

McMullen Miles - 6/12/2009**Nazareth College****Results****Girls 10-14 1 Mile Run**

Name	Age Team	Finals	Age-Grading	Points
Finals				
1 Mary Amielle Nichols	14 Fairport, NY	7:10.05	6:45.07 62.11%	10

Women 15-19 1 Mile Run

Name	Age Team	Finals	Age-Grading	Points
1 Kristina Martin	17 Holley, NY	5:38.88	5:31.77 75.84%	10
2 Katie Saxton	15 Spencerport, NY	6:09.21	5:52.60 71.36%	8
3 Amanda Montgomery	17 Brockport, NY	7:52.44	7:42.52 54.40%	6
4 Joselin Gibbons	16 clinic	8:08.26	7:52.15 53.29%	5

Women 20-24 1 Mile Run

Name	Age Team	Finals	Age-Grading	Points
1 Kelly Beers	23 Rochester	6:43.17	6:43.17 62.41%	10

Women 25-29 1 Mile Run

Name	Age Team	Finals	Age-Grading	Points
1 Trisha Byler	25 unattached	5:13.45	5:13.45 80.27%	10
1 Lea Yates	27 clinic	7:15.14	7:15.14 57.82%	10
2 Erin Yates	29 clinic	7:16.46	7:16.46 57.65%	8
3 Jill Delvecchio	28 clinic	8:51.45	8:51.45 47.34%	6

Women 30-34 1 Mile Run

Name	Age Team	Finals	Age-Grading	Points
1 Karen Blodgett	33 unattached	5:10.26	5:09.92 81.18%	10
2 Jennifer Malik	30 Rochester, NY	5:48.92	5:48.54 72.19%	8
3 Becky Charpinsky	34 Webster	6:33.55	6:33.12 64.00%	6
4 Heather Danielson	34 Rochester, NY	6:39.30	6:38.87 63.08%	5

Women 35-39 1 Mile Run

Name	Age Team	Finals	Age-Grading	Points
1 Sarah Nazarian-Elliott	37 Fairport, NY	5:18.90	5:13.39 80.29%	10
2 Becky Duberry	38 clinic	5:36.36	5:30.55 76.12%	8
3 Traci Walker	38 clinic	6:50.86	6:43.76 62.32%	6
4 Kristine Rodriguez	39 clinic	7:16.01	7:08.47 58.72%	5

Women 40-44 1 Mile Run

Name	Age Team	Finals	Age-Grading	Points
1 Jennifer Rea	43 Rush, NY	5:51.63	5:32.96 75.57%	10
2 Angela Schnuerch	42 Naples, NY	6:14.20	5:54.33 71.01%	8
3 Alice Nichols	44 Fairport, NY	6:49.20	6:27.48 64.93%	6

McMullen Miles - 6/12/2009**Nazareth College****Results****Women 45-49 1 Mile Run**

Name	Age	Team	Finals	Age-Grading	Points
1 Patty Sommerville	49	clinic	6:48.56	6:05.71 68.80%	10

Women 50-54 1 Mile Run

Name	Age	Team	Finals	Age-Grading	Points
1 Darlene Saeva	50	Rochester, NY	6:23.16	5:22.47 78.02%	10
2 Ann Martin	51	Victor, NY	6:50.02	5:45.08 72.91%	8

Women 55-59 1 Mile Run

Name	Age	Team	Finals	Age-Grading	Points
1 Charlotte Jaanimagi	56	clinic	6:55.81	5:27.70 76.78%	10
2 Anne Lytwynec	55	clinic	7:11.41	5:40.00 74.00%	8
3 Judy Beers	56	clinic	7:21.12	5:47.65 72.37%	6
4 Eileen Weinpress	55	Spencerport, NY	7:23.78	5:49.75 71.94%	5
5 Kathy Sheridan-Henrie	55	clinic	7:53.70	6:13.33 67.39%	4
6 Karen Huntley-Romanow	58	clinic	7:58.23	6:16.90 66.76%	3
7 Donna Roberts	56	clinic	9:00.70	7:06.13 59.04%	2

Women 60-64 1 Mile Run

Name	Age	Team	Finals	Age-Grading	Points
1 Connie Hibbard	64	Hilton, NY	6:52.86	5:03.29 82.96%	10
2 Lynda McGuire	61	Scottsville, NY	7:16.98	5:21.01 78.38%	8
3 Karen Snell	60	clinic	10:08.05	7:26.68 56.33%	6

Women 65-69 1 Mile Run

Name	Age	Team	Finals	Age-Grading	Points
1 Carolyn Kriesen	65	Webster, NY	7:57.89	5:25.50 77.30%	10

Women 1 Mile Run Seeded

Name	Age	Team	Finals	Age-Grading	Points
1 Karen Blodgett	33	unattached	5:10.26	5:09.92 81.18%	
2 Trisha Byler	25	unattached	5:13.45	5:13.45 80.27%	
3 Sarah Nazarian-Elliott	37	Fairport, NY	5:18.90	5:13.39 80.29%	
4 Becky Duberry	38	clinic	5:36.36	5:30.55 76.12%	
5 Kristina Martin	17	Holley, NY	5:38.88	5:31.77 75.84%	
6 Jennifer Malik	30	Rochester, NY	5:48.92	5:48.54 72.19%	
7 Katie Saxton	15	Spencerport, NY	6:09.21	5:52.60 71.36%	

Women 1 Mile Run Open

Name	Age	Team	Finals	Age-Grading	Points
1 Jennifer Rea	43	Rush, NY	5:51.63	5:32.96 75.57%	
2 Angela Schnuerch	42	Naples, NY	6:14.20	5:54.33 71.01%	

McMullen Miles - 6/12/2009**Nazareth College****Results****....Women 1 Mile Run Open**

3	Darlene Saeva	50	Rochester, NY	6:23.16	5:22.47	78.02%
4	Becky Charpinsky	34	Webster	6:33.55	6:33.12	64.00%
5	Heather Danielson	34	Rochester, NY	6:39.30	6:38.87	63.08%
6	Kelly Beers	23	Rochester	6:43.17	6:43.17	62.41%
7	Patty Sommerville	49	clinic	6:48.56	6:05.71	68.80%
8	Alice Nichols	44	Fairport, NY	6:49.20	6:27.48	64.93%
9	Ann Martin	51	Victor, NY	6:50.02	5:45.08	72.91%
10	Traci Walker	38	clinic	6:50.86	6:43.76	62.32%
11	Connie Hibbard	64	Hilton, NY	6:52.86	5:03.29	82.96%
12	Charlotte Jaanimagi	56	clinic	6:55.81	5:27.70	76.78%
13	Mary Amielle Nichols	14	Fairport, NY	7:10.05	6:45.07	62.11%
14	Anne Lytwynec	55	clinic	7:11.41	5:40.00	74.00%
15	Lea Yates	27	clinic	7:15.14	7:15.14	57.82%
16	Kristine Rodriquez	39	clinic	7:16.01	7:08.47	58.72%
17	Erin Yates	29	clinic	7:16.46	7:16.46	57.65%
18	Lynda McGuire	61	Scottsville, NY	7:16.98	5:21.01	78.38%
19	Judy Beers	56	clinic	7:21.12	5:47.65	72.37%
20	Eileen Weinpress	55	Spencerport, NY	7:23.78	5:49.75	71.94%
21	Amanda Montgomery	17	Brockport, NY	7:52.44	7:42.52	54.40%
22	Kathy Sheridan-Henrie	55	clinic	7:53.70	6:13.33	67.39%
23	Carolyn Kriesen	65	Webster, NY	7:57.89	5:25.50	77.30%
24	Karen Huntley-Romanow	58	clinic	7:58.23	6:16.90	66.76%
25	Joselin Gibbons	16	clinic	8:08.26	7:52.15	53.29%
26	Jill Delvecchio	28	clinic	8:51.45	8:51.45	47.34%
27	Donna Roberts	56	clinic	9:00.70	7:06.13	59.04%
28	Karen Snell	60	clinic	10:08.05	7:26.68	56.33%

Men 10-14 1 Mile Run

Name	Age	Team	Finals	Age-Grading	Points	
1	Billy Galetto	14	Spencerport, NY	5:12.74	4:44.32 78.30%	10
2	Mitch Moran	14	Rochester, NY	5:38.06	5:07.34 72.43%	8
3	Brennan Root	13	clinic	6:29.16	5:46.12 64.31%	6

Men 15-19 1 Mile Run

Name	Age	Team	Finals	Age-Grading	Points	
1	Josh Greenfield-Tuttle	18	Irondequoit, NY	4:33.72	4:24.69 84.10%	10
2	Aaron Heckman	17	Rochester, NY	4:35.67	4:23.27 84.55%	8
3	Ryan McCallough	17	Rochester, NY	4:36.94	4:24.48 84.17%	6
4	Ron Rafferty Jr	19	Rochester	6:18.65	6:10.70 60.05%	5

Men 20-24 1 Mile Run

Name	Age	Team	Finals	Age-Grading	Points	
1	Justin Craddock	22	Buffalo, NY	4:29.56	4:29.46 82.61%	10
2	Carlton Combermack	21	Elmira, NY	4:41.91	4:40.84 79.26%	8
3	Josh Harter	22	Avon, NY	4:53.93	4:53.82 75.76%	6
4	John Gammariello	20	Palmyra, NY	5:04.74	5:01.48 73.84%	5

McMullen Miles - 6/12/2009**Nazareth College****Results****Men 25-29 1 Mile Run**

Name	Age	Team	Finals	Age-Grading	Points
1 Chris Muldoon	25	Tonawanda, NY	4:19.84	4:19.84 85.67%	10
2 Neal Holtschulthe	25	Rochester, NY	4:21.02	4:21.02 85.28%	8
3 Samuel Mackenzie	25	unattached	4:21.35	4:21.35 85.17%	6
4 Steve Streliek	26	unattached	4:27.15	4:27.15 83.32%	5
5 Mike Insler	25	Rochester, NY	4:42.63	4:42.63 78.76%	4
6 Christopher Chichester	28	Leicester, NY	4:48.97	4:48.95 77.04%	3
7 Michael Ryan	29	unattached	6:01.77	6:01.45 61.59%	2
8 Jeff Coppini	29	rochester, NY	6:39.59	6:39.24 55.76%	1
9 Patrick Ciervo	29	E. Irondequoit	8:08.31	8:07.88 45.63%	
-- Julius Rono	25	Rochester, NY	DNF		

Men 30-34 1 Mile Run

Name	Age	Team	Finals	Age-Grading	Points
1 David Bradshaw	30	Macedon, NY	4:28.82	4:28.15 83.01%	10
2 Joshua Perks	34	Fairport, NY	4:41.94	4:41.24 79.15%	8
3 Tony Mastroberardino	34	unattached	5:12.35	5:11.57 71.45%	6
4 Greg Rowe	30	Rochester	5:27.37	5:26.56 68.17%	5
5 John Ghidiu	30	Rochester	6:02.54	6:01.64 61.55%	4
-- Brian Lombardo	31	Tonawanda, NY	DNF		

Men 35-39 1 Mile Run

Name	Age	Team	Finals	Age-Grading	Points
1 Matt Tylter	37	Irondequoit, NY	4:53.47	4:47.25 77.49%	10
2 John Salvador	38	Penfield, NY	5:27.44	5:20.50 69.45%	8
3 Eric Lees	38	unattached	5:28.21	5:21.26 69.29%	6
4 Chris Cody	36	unattached	5:39.56	5:32.37 66.97%	5
5 Matt Hortop	35	Pittsford, NY	5:39.82	5:32.62 66.92%	4
6 Joe Williams	36	Penn Yan, NY	5:53.87	5:46.37 64.27%	3

Men 40-44 1 Mile Run

Name	Age	Team	Finals	Age-Grading	Points
1 Tim Wilcox	43	Hornell, NY	4:49.17	4:33.30 81.45%	10
2 Alan Pogroszewski	42	clinic	5:28.02	5:10.02 71.80%	8
3 Pat Milligan	44	clinic	5:37.55	5:19.02 69.78%	6
4 Carmen Gumina	44	Webster	5:57.75	5:38.11 65.84%	5

Men 45-49 1 Mile Run

Name	Age	Team	Finals	Age-Grading	Points
1 Dave Bischoff	47	Fairport, NY	5:03.57	4:36.22 80.59%	10
2 Tim Dwyer	49	Rochester, NY	5:05.96	4:38.40 79.96%	8
3 Ron Saxton	48	Spencerport, NY	5:07.41	4:39.72 79.58%	6
4 Tony Machulskis	49	unattached	5:20.60	4:51.72 76.31%	5
5 Peter Lautenslager	48	Victor, NY	5:29.40	4:59.73 74.27%	4
6 Michael May	49	clinic	6:13.35	5:39.72 65.53%	3
7 Ron Rafferty Sr	45	clinic	6:51.09	6:14.06 59.51%	2

McMullen Miles - 6/12/2009**Nazareth College****Results****....Men 45-49 1 Mile Run**

8 Douglas Jones	46 unattached	7:38.49	6:57.18	53.36%	1
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Men 50-54 1 Mile Run

Name	Age Team	Finals	Age-Grading	Points
1 Charlie Andrews	51 unattached	5:03.20	4:25.21 83.93%	10
2 Guy George	50 Amherst, NY	5:14.76	4:35.33 80.85%	8
3 Michael Weinpress	54 Spencerport, NY	5:59.79	5:14.71 70.73%	6
4 Dan Quinlisk	51 Rochester, NY	6:00.89	5:15.68 70.52%	5
5 Wilton Alston	50 unattached	6:02.83	5:17.37 70.14%	4
6 Bill Beyerbach	54 Rochester	6:04.29	5:18.65 69.86%	3
7 Mark Herberger	54 Rochester, NY	6:09.01	5:22.78 68.97%	2
8 Paul Hickey	50 Rochester, NY	6:17.41	5:30.13 67.43%	1
9 Michael McCullough	52 Spencerport, NY	6:20.66	5:32.97 66.85%	
10 Rick Borrelli	51 Rochester	6:21.59	5:33.78 66.69%	
11 Jim Talpey	51 Brighton	8:01.75	7:01.39 52.83%	

Men 55-59 1 Mile Run

Name	Age Team	Finals	Age-Grading	Points
1 Jim Robinson	55 unattached	4:56.40	4:08.83 89.46%	10
2 Tim McMullen	56 NY, NY	5:02.19	4:13.69 87.75%	8
3 Tom Hartshorne	55 Ithaca, NY	5:17.12	4:26.23 83.62%	6
4 Mark Barry	56 Rochester, NY	5:44.78	4:49.45 76.91%	5
5 Bill Quinlisk	57 Syracuse, NY	6:03.50	5:05.16 72.95%	4
6 Bill Clauss	58 Williamson, NY	6:04.05	5:05.62 72.84%	3
7 Jerry Roberts	59 Rochester	6:19.12	5:18.28 69.94%	2
8 John Melville	55 Honeoye Falls	6:19.53	5:18.62 69.87%	1
9 Andrew Arnold	57 clinic	6:34.34	5:31.05 67.24%	
10 Lou Katz	57 Spencerport, NY	6:50.73	5:44.81 64.56%	
11 Andy Matzan	57 Rochester	6:50.76	5:44.84 64.55%	

Men 60-64 1 Mile Run

Name	Age Team	Finals	Age-Grading	Points
1 Tony Gingello	62 Rochester, NY	5:38.48	4:32.24 81.77%	10
2 Roger Howe	61 Rochester, NY	6:22.65	5:07.77 72.33%	8
3 James Conklin	61 Rochester	6:35.16	5:17.83 70.04%	6
4 Stephen Hedges	60 Rochester	6:46.22	5:26.73 68.13%	5
5 Tom Perry	64 Fairport, NY	7:30.16	6:02.07 61.48%	4
6 Gregory Vleck	60 Rochester, NY	8:16.28	6:39.16 55.77%	3
7 Robert Crumrine	60 clinic	9:08.71	7:21.33 50.44%	2
8 William Murphy	60 Rocheester, NY	11:26.06	9:11.80 40.34%	1

Men 65-69 1 Mile Run

Name	Age Team	Finals	Age-Grading	Points
1 Peter Leonard	65 Spencerport, NY	6:53.34	5:17.90 70.02%	10
2 Joe Madonia	67 Rochester, NY	7:09.77	5:30.54 67.35%	8
3 Norm Greiner	68 Rochester, NY	8:56.24	6:52.43 53.97%	6

McMullen Miles - 6/12/2009**Nazareth College****Results****Men 70-74 1 Mile Run**

Name	Age	Team	Finals	Age-Grading	Points
1 Earl Cliffel	70	Livonia, NY	8:15.26	6:02.49 61.41%	10
2 Al Smith	71	Rochester, NY	9:04.68	6:38.66 55.84%	8

Men 75+ 1 Mile Run

Name	Age	Team	Finals	Age-Grading	Points
1 Charles Sabatine	76	Victor, NY	7:59.71	5:26.59 68.16%	10

Men 1 Mile Run Open 2

Name	Age	Team	Finals	Age-Grading	Points
1 Christopher Chichester	28	Leicester, NY	4:48.97	4:48.95 77.04%	
2 Matt Tylter	37	Irondequoit, NY	4:53.47	4:47.25 77.49%	
3 Josh Harter	22	Avon, NY	4:53.93	4:53.82 75.76%	
4 Tony Mastroberardino	34	unattached	5:12.35	5:11.57 71.45%	
5 Billy Galetto	14	Spencerport, NY	5:12.74	4:44.32 78.30%	
6 Greg Rowe	30	Rochester	5:27.37	5:26.56 68.17%	
7 John Salvador	38	Penfield, NY	5:27.44	5:20.50 69.45%	
8 Eric Lees	38	unattached	5:28.21	5:21.26 69.29%	
9 Mitch Moran	14	Rochester, NY	5:38.06	5:07.34 72.43%	
10 Tony Gingello	62	Rochester, NY	5:38.48	4:32.24 81.77%	
11 Chris Cody	36	unattached	5:39.56	5:32.37 66.97%	
12 Matt Hortop	35	Pittsford, NY	5:39.82	5:32.62 66.92%	
13 Mark Barry	56	Rochester, NY	5:44.78	4:49.45 76.91%	
14 Joe Williams	36	Penn Yan, NY	5:53.87	5:46.37 64.27%	
15 Carmen Gumina	44	Webster	5:57.75	5:38.11 65.84%	
16 Michael Weinpress	54	Spencerport, NY	5:59.79	5:14.71 70.73%	
17 Dan Quinlisk	51	Rochester, NY	6:00.89	5:15.68 70.52%	
18 Michael Ryan	29	unattached	6:01.77	6:01.45 61.59%	
19 John Ghidiu	30	Rochester	6:02.54	6:01.64 61.55%	
20 Wilton Alston	50	unattached	6:02.83	5:17.37 70.14%	
21 Bill Quinlisk	57	Syracuse, NY	6:03.50	5:05.16 72.95%	
22 Bill Clauss	58	Williamson, NY	6:04.05	5:05.62 72.84%	
23 Bill Beyerbach	54	Rochester	6:04.29	5:18.65 69.86%	
24 Mark Herberger	54	Rochester, NY	6:09.01	5:22.78 68.97%	
25 Michael May	49	clinic	6:13.35	5:39.72 65.53%	
26 Paul Hickey	50	Rochester, NY	6:17.41	5:30.13 67.43%	
27 Ron Rafferty Jr	19	Rochester	6:18.65	6:10.70 60.05%	
28 Jerry Roberts	59	Rochester	6:19.12	5:18.28 69.94%	
29 John Melville	55	Honeoye Falls	6:19.53	5:18.62 69.87%	
30 Michael McCullough	52	Spencerport, NY	6:20.66	5:32.97 66.85%	
31 Rick Borrelli	51	Rochester	6:21.59	5:33.78 66.69%	
32 Roger Howe	61	Rochester, NY	6:22.65	5:07.77 72.33%	
33 Brennan Root	13	clinic	6:29.16	5:46.12 64.31%	
34 Andrew Arnold	57	clinic	6:34.34	5:31.05 67.24%	
35 James Conklin	61	Rochester	6:35.16	5:17.83 70.04%	
36 Jeff Coppini	29	rochester, NY	6:39.59	6:39.24 55.76%	
37 Stephen Hedges	60	Rochester	6:46.22	5:26.73 68.13%	
38 Lou Katz	57	Spencerport, NY	6:50.73	5:44.81 64.56%	
39 Andy Matzan	57	Rochester	6:50.76	5:44.84 64.55%	
40 Ron Rafferty Sr	45	clinic	6:51.09	6:14.06 59.51%	

McMullen Miles - 6/12/2009**Nazareth College****Results****....Men 1 Mile Run Open 2**

41	Peter Leonard	65	Spencerport, NY	6:53.34	5:17.90	70.02%
42	Joe Madonia	67	Rochester, NY	7:09.77	5:30.54	67.35%
43	Tom Perry	64	Fairport, NY	7:30.16	6:02.07	61.48%
44	Douglas Jones	46	unattached	7:38.49	6:57.18	53.36%
45	Jim Talpey	51	Brighton	8:01.75	7:01.39	52.83%

Men 1 Mile Run Open 1

Name	Age	Team	Finals	Age-Grading	Points
1 Charles Sabatine	76	Victor, NY	7:59.71	5:26.59	68.16%
1 Patrick Ciervo	29	E. Irondequoit	8:08.31	8:07.88	45.63%
1 Earl Cliffel	70	Livonia, NY	8:15.26	6:02.49	61.41%
1 Gregory Vleck	60	Rochester, NY	8:16.28	6:39.16	55.77%
1 Norm Greiner	68	Rochester, NY	8:56.24	6:52.43	53.97%
2 Al Smith	71	Rochester, NY	9:04.68	6:38.66	55.84%
2 Robert Crumrine	60	clinic	9:08.71	7:21.33	50.44%
3 William Murphy	60	Rocheester, NY	11:26.06	9:11.80	40.34%

Men 1 Mile Run Elite Open

Name	Age	Team	Finals	Age-Grading	Points
1 Chris Muldoon	25	Tonawanda, NY	4:19.84	4:19.84	85.67%
2 Neal Holtschulthe	25	Rochester, NY	4:21.02	4:21.02	85.28%
3 Samuel Mackenzie	25	unattached	4:21.35	4:21.35	85.17%
4 Steve Streliek	26	unattached	4:27.15	4:27.15	83.32%
5 David Bradshaw	30	Macedon, NY	4:28.82	4:28.15	83.01%
6 Justin Craddock	22	Buffalo, NY	4:29.56	4:29.46	82.61%
7 Josh Greenfield-Tuttle	18	Irondequoit, NY	4:33.72	4:24.69	84.10%
8 Aaron Heckman	17	Rochester, NY	4:35.67	4:23.27	84.55%
9 Ryan McCallough	17	Rochester, NY	4:36.94	4:24.48	84.17%
10 Carlton Combermack	21	Elmira, NY	4:41.91	4:40.84	79.26%
11 Joshua Perks	34	Fairport, NY	4:41.94	4:41.24	79.15%
12 Mike Insler	25	Rochester, NY	4:42.63	4:42.63	78.76%
13 John Gammariello	20	Palmyra, NY	5:04.74	5:01.48	73.84%
-- Brian Lombardo	31	Tonawanda, NY	DNF		
-- Julius Rono	25	Rochester, NY	DNF		

Men 1 Mile Run Elite Master

Name	Age	Team	Finals	Age-Grading	Points
1 Tim Wilcox	43	Hornell, NY	4:49.17	4:33.30	81.45%
2 Jim Robinson	55	unattached	4:56.40	4:08.83	89.46%
3 Tim McMullen	56	NY, NY	5:02.19	4:13.69	87.75%
4 Charlie Andrews	51	unattached	5:03.20	4:25.21	83.93%
5 Dave Bischoff	47	Fairport, NY	5:03.57	4:36.22	80.59%
6 Tim Dwyer	49	Rochester, NY	5:05.96	4:38.40	79.96%
7 Ron Saxton	48	Spencerport, NY	5:07.41	4:39.72	79.58%
8 Guy George	50	Amherst, NY	5:14.76	4:35.33	80.85%
9 Tom Hartshorne	55	Ithaca, NY	5:17.12	4:26.23	83.62%
10 Tony Machulskis	49	unattached	5:20.60	4:51.72	76.31%
11 Alan Pogroszewski	42	clinic	5:28.02	5:10.02	71.80%
12 Peter Lautenslager	48	Victor, NY	5:29.40	4:59.73	74.27%

McMullen Miles - 6/12/2009

Nazareth College

Results

....Men 1 Mile Run Elite Master

13 Pat Milligan 44 clinic 5:37.55 5:19.02 69.78%

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Men - Team Rankings - 1 Events Scored
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1) clinic 63