

Capital 10 Miler 2013 Elite Update

Race Date

April 07, 2013

Age Group Results

10 Mile Run

Male Open Winners

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Overall</u>	<u>Chip Time</u>	<u>Gun Time</u>	<u>Pace</u>
1	Travis Spahr		108	28	1	1:01:15.4	1:01:23.1	6:08/M

Male Masters Winners

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Overall</u>	<u>Chip Time</u>	<u>Gun Time</u>	<u>Pace</u>
1	Jose Biboso	Harrisburg	271	44	3	1:04:17.8	1:04:25.1	6:26/M

Capital 10 Miler 2013 Elite Update

Age Group Results

10 Mile Run

Race Date
April 07, 2013

Male 19 and Under

						-----Total-----		
Place	Name	City	Bib No	Age	Overall	Chip Time	Gun Time	Pace
1	* Cameron Miller	Lancaster	208	18	86	1:20:27.0	1:20:27.0	8:03/M

Male 20 to 24

-----Total-----								
Place	Name	City	Bib No	Age	Overall	Chip Time	Gun Time	Pace
1	* Benjamin Hollinger		273	24	74	1:19:28.2	1:19:42.1	7:57/M
2	* Allan Mathew		413	21	240	1:35:46.7	1:36:24.8	9:35/M
3	* Christopher Parks		407	21	360	1:52:36.2	1:52:52.6	11:16/M

Male 25 to 29

						-----Total-----		
Place	Name	City	Bib No	Age	Overall	Chip Time	Gun Time	Pace
1	* Dan Carrigan	Lebanon	302	26	16	1:09:13.8	1:09:36.7	6:55/M
2	* Andrew Brooks		229	26	19	1:10:05.1	1:10:14.9	7:01/M
3	* Jeffrey Slade		385	28	21	1:10:23.5	1:10:31.9	7:02/M
4	Brent Houck		401	28	23	1:10:42.5	1:10:51.7	7:04/M
5	Mike Zeller		376	27	64	1:18:07.9	1:18:19.9	7:49/M
6	Chris Seiler		362	29	66	1:18:26.0	1:18:26.0	7:51/M
7	Mike Walker		167	27	97	1:21:35.1	1:21:47.0	8:10/M
8	Steve Kelly		66	28	99	1:21:52.4	1:22:28.0	8:11/M
9	Zachary Miller		292	28	118	1:24:07.9	1:24:42.8	8:25/M
10	Justin Tomevi	Cornwall	72	26	119	1:24:18.2	1:24:26.6	8:26/M
11	Michael Deery		368	29	121	1:24:48.9	1:25:00.8	8:29/M
12	Derek Hench		404	28	123	1:24:59.0	1:25:11.9	8:30/M
13	John Stover		439	29	124	1:25:00.3	1:25:40.4	8:30/M
14	Gregory Heid		140	28	145	1:27:10.6	1:27:36.1	8:43/M
15	John Disalvo		135	28	157	1:28:12.0	1:28:37.4	8:49/M
16	Chad Derrick		361	27	219	1:33:04.0	1:33:51.0	9:18/M
17	Robert Eck		67	28	228	1:34:05.8	1:34:41.7	9:25/M
18	Samuel Clearfield		375	29	233	1:34:45.2	1:35:23.9	9:29/M
19	Adam Yagel		119	29	252	1:36:35.7	1:37:02.9	9:40/M
20	Jeff Brubaker		203	25	270	1:38:26.2	1:38:36.0	9:51/M
21	Zachary Richardson		299	25	319	1:43:27.9	1:43:53.2	10:21/M
22	Scott Weber-Broody		345	29	402	2:14:30.4	2:14:30.4	13:27/M

Male 30 to 34

						-----Total-----		
Place	Name	City	Bib No	Age	Overall	Chip Time	Gun Time	Pace
1	* Timothy Ebersole	Middletown	387	32	4	1:04:22.0	1:04:31.1	6:26/M
2	* Andrew Dobish		206	34	12	1:07:12.0	1:07:12.0	6:43/M
3	* Chris Skaugen		341	32	26	1:11:34.4	1:11:42.8	7:09/M
4	Nathan Shufan	Harrisburg	276	31	33	1:13:15.4	1:13:25.3	7:20/M
5	Bob Porambo	Elizabethtown	183	32	38	1:13:55.1	1:14:10.6	7:24/M
6	William Dillingham		459	30	41	1:14:00.8	1:14:18.3	7:24/M
7	Andrew Hermance	Carlise	76	34	50	1:15:34.3	1:15:44.8	7:33/M
8	Ralph Vartan		405	31	69	1:18:48.3	1:19:00.7	7:53/M
9	Nathan Ramsey		448	32	72	1:19:14.1	1:19:26.5	7:55/M
10	Gregory Brobst		65	31	76	1:19:39.3	1:19:55.0	7:58/M
11	Andy Bloscovich		336	32	78	1:19:45.7	1:20:00.3	7:59/M
12	Adam Hicks	Hanover	42	31	95	1:21:15.1	1:21:43.8	8:08/M
13	Douglas Funk	Harrisburg	147	34	103	1:22:31.0	1:22:57.0	8:15/M
14	Paul Saccente		142	31	113	1:23:16.7	1:23:32.3	8:20/M
15	Paul Miller	Abbottstown	37	30	115	1:23:30.8	1:24:00.9	8:21/M
16	Nathan Fisher	Northumberland	19	33	155	1:28:05.2	1:28:14.5	8:49/M
17	Michael Mehaffey		202	30	163	1:28:26.2	1:28:43.8	8:51/M
18	Jason Barlup	Newport	241	33	214	1:32:06.7	1:32:48.8	9:13/M
19	Justin Eckenrode		156	32	224	1:33:28.2	1:33:48.8	9:21/M
20	David Bock	Camp Hill	358	33	251	1:36:27.4	1:36:48.0	9:39/M
21	Derek Puchalsky	Harrisburg	132	30	265	1:37:50.2	1:38:03.4	9:47/M
22	Nate Wagner		251	32	338	1:47:33.5	1:48:12.2	10:45/M
23	Matthew Gerhart		164	31	384	2:04:11.8	2:04:51.8	12:25/M

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Age Group Results

10 Mile Run

Male 35 to 39

-----Total-----								
Place	Name	City	Bib No	Age	Overall	Chip Time	Gun Time	Pace
1	* Jeffrey Harris	Enola	85	39	2	1:04:00.7	1:04:07.9	6:24/M
2	* Jim Smiley	New Bloomfield	334	38	6	1:04:49.0	1:04:59.8	6:29/M
3	* Diego Chacón-Acosta		134	38	8	1:05:10.8	1:05:19.7	6:31/M
4	Kevin Sagen	Camp Hill	125	36	10	1:05:56.4	1:06:04.2	6:36/M
5	Marlon Gravesande		352	39	14	1:08:47.9	1:08:56.5	6:53/M
6	Rich Kunkel	York Haven	344	38	17	1:09:14.1	1:09:22.0	6:55/M
7	Jason Mazzullo		456	35	34	1:13:29.1	1:13:47.6	7:21/M
8	Charles Hooker	Harrisburg	384	38	52	1:15:38.0	1:15:46.0	7:34/M
9	Richard Beaty		92	37	82	1:20:02.2	1:20:38.8	8:00/M
10	Glenn Seibert	Liverpool	329	35	87	1:20:27.3	1:20:47.4	8:03/M
11	Garrett Scaringi		61	39	106	1:22:36.6	1:22:55.9	8:16/M
12	David Bixler		343	38	173	1:29:24.9	1:29:58.6	8:56/M
13	Christopher Rhine		318	37	184	1:30:28.0	1:30:49.6	9:03/M
14	Maresh Rengaswamy		197	38	202	1:31:05.0	1:31:18.5	9:07/M
15	Wesley Bretz		225	36	207	1:31:19.9	1:31:41.3	9:08/M
16	Clayton Murray		422	39	209	1:31:42.3	1:32:13.0	9:10/M
17	Bryan Wolfe		351	35	221	1:33:13.9	1:33:24.8	9:19/M
18	David Vitale		359	37	260	1:37:01.6	1:37:12.5	9:42/M
19	Tim Wolaver		284	36	268	1:38:14.5	1:38:42.4	9:49/M
20	Michael Pivovar		155	38	398	2:09:37.9	2:10:17.7	12:58/M

Male 40 to 44

-----Total-----								
Place	Name	City	Bib No	Age	Overall	Chip Time	Gun Time	Pace
1	* Michael Bupp	Gardners	31	41	5	1:04:27.5	1:04:36.0	6:27/M
2	* Glenn Newton	Mechanicsburg	56	41	11	1:06:54.8	1:07:02.9	6:41/M
3	* Michael Moppin	Lemoyne	327	43	15	1:08:53.6	1:09:01.5	6:53/M
4	* Daryl Crum		291	41	18	1:09:31.7	1:09:31.7	6:57/M
5	James Leigh	Harrisburg	328	41	20	1:10:11.6	1:10:20.4	7:01/M
6	Bill Wonders		339	42	25	1:11:23.3	1:11:31.8	7:08/M
7	Matt Neff	Etters	395	40	27	1:12:12.0	1:12:26.8	7:13/M
8	Andy Norfleet	Etters	396	42	28	1:12:12.4	1:12:27.0	7:13/M
9	Joel Cahalan		187	42	35	1:13:41.3	1:13:51.4	7:22/M
10	Xinran Li		317	40	44	1:14:48.5	1:14:58.5	7:29/M
11	Tim Wehnert	Lemoyne	333	41	45	1:14:48.8	1:15:09.8	7:29/M
12	Mark Evans		24	40	57	1:17:10.0	1:17:10.0	7:43/M
13	Todd Miller		148	42	58	1:17:23.4	1:17:47.7	7:44/M
14	Marc Reeves	Camp Hill	182	43	63	1:18:06.5	1:18:20.7	7:49/M
15	Kirk Smith		261	40	65	1:18:14.6	1:18:22.9	7:49/M
16	Jason Cox		438	40	70	1:18:52.3	1:19:05.1	7:53/M
17	Michael Landis	Lebanon	97	42	71	1:19:01.6	1:19:13.8	7:54/M
18	Judd Fodness		434	42	77	1:19:41.6	1:19:51.3	7:58/M
19	Brad Garfinkel	New Cumberland	423	43	96	1:21:22.3	1:21:37.0	8:08/M
20	Michael Greenholt		50	43	100	1:22:10.5	1:22:40.7	8:13/M
21	Don Underdonk	Mechanicsburg	189	42	101	1:22:25.0	1:22:46.9	8:15/M
22	Troy Dean		338	41	102	1:22:30.9	1:22:30.9	8:15/M
23	Sam Koda		255	44	104	1:22:31.2	1:22:42.0	8:15/M
24	David Lemos		38	43	114	1:23:20.0	1:23:29.8	8:20/M
25	Michael Uti		437	43	151	1:27:43.1	1:28:12.2	8:46/M
26	Dan Jacquemin		268	41	158	1:28:18.9	1:28:37.5	8:50/M
27	Steve Wicht		100	40	188	1:30:37.4	1:30:52.3	9:04/M
28	Doug Tomlinson		215	42	197	1:30:55.2	1:31:26.4	9:06/M
29	Anthony Antenucci		163	43	200	1:31:03.4	1:31:21.2	9:06/M
30	Gus Lesnevich		282	44	217	1:32:47.0	1:33:18.7	9:17/M
31	Greg Seetoo		379	41	236	1:34:57.7	1:35:38.5	9:30/M
32	David La Torre	Harrisburg	220	42	244	1:35:57.0	1:36:36.4	9:36/M
33	Timothy Boyum		162	40	245	1:36:00.0	1:36:41.3	9:36/M
34	Ivan Pryor		181	40	247	1:36:01.1	1:36:24.5	9:36/M
35	Scott Seymore		436	42	262	1:37:05.5	1:37:32.9	9:43/M
36	Kevin Gladis	Dover	12	43	263	1:37:33.8	1:38:05.1	9:45/M
37	Jeff Wineka		68	44	310	1:41:44.3	1:42:14.0	10:10/M
38	Keith Graham		80	43	334	1:46:57.5	1:46:57.5	10:42/M
39	Joseph Rebarchak Jr		223	44	335	1:47:15.2	1:47:47.2	10:44/M

Male 45 to 49

-----Total-----								
Place	Name	City	Bib No	Age	Overall	Chip Time	Gun Time	Pace
1	* Mike Rebuck	Mechanicsburg	354	45	9	1:05:17.0	1:05:17.0	6:32/M

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Age Group Results

10 Mile Run

Race Date

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Male 45 to 49

-----Total-----								
Place	Name	City	Bib No	Age	Overall	Chip Time	Gun Time	Pace
2	* Michael Burns	Mechanicsburg	393	47	22	1:10:26.7	1:10:38.3	7:03/M
3	* Martin Salvaggio	Palmyra	207	48	36	1:13:44.7	1:14:04.7	7:22/M
4	Steven Craver	Harrisburg	3	48	48	1:15:21.6	1:15:32.7	7:32/M
5	Chris Shaffer		230	46	55	1:16:22.9	1:16:22.9	7:38/M
6	Barry Claypool		399	46	56	1:16:25.4	1:16:35.5	7:39/M
7	Alfredo Rivera	Lebanon	257	47	61	1:17:57.1	1:18:23.4	7:48/M
8	David Hanes		446	48	68	1:18:45.7	1:18:57.5	7:53/M
9	Mitchell Miller	Lancaster	209	48	88	1:20:27.7	1:20:42.7	8:03/M
10	Kanyon Miller		425	49	93	1:21:06.9	1:21:49.0	8:07/M
11	Jeff Howe	Mechanicsburg	152	47	127	1:25:29.5	1:25:48.0	8:33/M
12	Erik Weenink	Mechanicsburg	240	46	146	1:27:10.9	1:27:21.7	8:43/M
13	William Heck	Dauphin	106	48	152	1:27:52.5	1:28:11.4	8:47/M
14	Chris Baldrige		198	48	160	1:28:20.2	1:28:34.3	8:50/M
15	Thomas Binkley		350	46	167	1:29:14.7	1:29:34.6	8:55/M
16	Mike Fasick		193	46	194	1:30:47.7	1:31:09.6	9:05/M
17	Andrew McCarty		433	46	238	1:35:11.9	1:35:44.3	9:31/M
18	Brian Harrity		211	49	250	1:36:22.8	1:36:51.6	9:38/M
19	Eric Augustine	Harrisburg	301	48	266	1:37:59.2	1:38:24.8	9:48/M
20	William Fuoroli		286	49	273	1:38:52.9	1:38:52.9	9:53/M
21	Gary Ziegler		285	46	278	1:39:23.3	1:39:54.3	9:56/M
22	Tony Parisi		364	48	282	1:39:29.5	1:39:44.8	9:57/M
23	Mark Greenholt		188	46	318	1:43:24.6	1:43:55.3	10:20/M
24	Mark Mallet	Lewisberry	191	45	331	1:46:28.9	1:46:55.6	10:39/M
25	Michael Stringent		415	49	354	1:50:45.4	1:51:13.1	11:05/M
26	Anthony Greenholt		173	49	355	1:51:06.3	1:51:37.0	11:07/M
27	Clayton Gabert		464	46	377	2:02:46.3	2:03:23.5	12:17/M

Male 50 to 54

-----Total-----								
Place	Name	City	Bib No	Age	Overall	Chip Time	Gun Time	Pace
1	* Craig Murphy		442	52	7	1:05:07.3	1:05:16.1	6:31/M
2	* Charlie Mann		139	50	40	1:14:00.4	1:14:11.9	7:24/M
3	Timothy Walsh	Mechanicsburg	454	52	43	1:14:25.8	1:14:41.7	7:27/M
4	Keith Schreiner		260	52	75	1:19:28.7	1:19:45.8	7:57/M
5	Jonathan Flower	Mechanicsburg	386	50	90	1:20:29.4	1:20:50.3	8:03/M
6	William Corbin		212	53	129	1:25:30.7	1:25:56.1	8:33/M
7	Jeffrey Bridi	Harrisburg	243	52	138	1:26:12.0	1:26:12.0	8:37/M
8	Daniel Munyan	Elizabethtown	75	53	139	1:26:13.6	1:26:52.0	8:37/M
9	Tim Diehl		254	52	142	1:26:32.6	1:26:57.0	8:39/M
10	Ty Kepler	Camp Hill	355	52	149	1:27:33.6	1:27:49.1	8:45/M
11	Tom Ecker		143	50	153	1:28:03.8	1:28:16.0	8:48/M
12	Richard Long	Camp Hill	392	53	193	1:30:47.6	1:31:06.6	9:05/M
13	Mike Kercher	Lebanon	168	53	195	1:30:50.3	1:31:16.0	9:05/M
14	Steve Lynch		265	54	232	1:34:37.6	1:35:07.0	9:28/M
15	Allan Rossi	Palmyra	219	50	235	1:34:53.3	1:35:12.5	9:29/M
16	Stephen Stanko	Camp Hill, Pa	43	53	249	1:36:11.2	1:36:46.0	9:37/M
17	Scott Duncanson	Camp Hill	287	50	258	1:36:57.7	1:37:28.3	9:42/M
18	Ed Greenholt	Mcsherrystown	6	51	275	1:39:10.5	1:39:40.0	9:55/M
19	Harold Crow		74	52	292	1:40:02.9	1:40:23.2	10:00/M
20	David Baker		451	52	301	1:41:04.7	1:41:27.4	10:06/M
21	Michael Percherke	Enola	127	52	312	1:42:13.7	1:42:37.5	10:13/M
22	Larry Cooney		204	53	328	1:45:55.4	1:45:55.4	10:36/M
23	David Ark	Harrisburg	214	52	347	1:49:00.6	1:49:25.1	10:54/M
24	Douglas Fehl		295	51	349	1:49:19.1	1:49:40.2	10:56/M
25	Brian Chamberlain	Carlisle	159	53	409	2:35:37.5	2:35:41.7	15:34/M

Male 55 to 59

-----Total-----								
Place	Name	City	Bib No	Age	Overall	Chip Time	Gun Time	Pace
1	* Mchael Cover		262	56	51	1:15:35.4	1:15:47.3	7:34/M
2	* Heid Tom		213	58	92	1:21:00.0	1:21:22.3	8:06/M
3	Stephen Kozick III		253	59	125	1:25:16.4	1:25:42.4	8:32/M
4	John Disalvo	Cornwall	58	55	162	1:28:22.2	1:28:47.1	8:50/M
5	Gregg Waters		458	59	182	1:30:24.4	1:30:35.8	9:02/M
6	Tom Bucher		144	59	185	1:30:28.7	1:31:10.8	9:03/M
7	Ray Woods	Mechanicsburg	23	55	227	1:33:50.8	1:34:13.0	9:23/M
8	Bob Good	Harrisburg	445	55	284	1:39:33.9	1:39:54.1	9:57/M
9	David Dyson		169	56	306	1:41:23.5	1:41:47.7	10:08/M

Capital 10 Miler 2013 Elite Update

Age Group Results

10 Mile Walk

Race Date
April 07, 2013

Male 55 to 59

						-----Total-----		
<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Overall</u>	<u>Chip Time</u>	<u>Gun Time</u>	<u>Pace</u>
10	Troy Bakel		21	57	412	2:48:29.2	2:48:34.3	16:51/M

Male 60 to 64

						-----Total-----		
<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Overall</u>	<u>Chip Time</u>	<u>Gun Time</u>	<u>Pace</u>
1 *	Gary Grobman		455	60	13	1:07:39.1	1:07:46.2	6:46/M
2 *	Michael Chovonec		247	63	105	1:22:33.2	1:22:47.3	8:15/M
3	Brad Colwell		53	64	126	1:25:21.9	1:25:31.8	8:32/M
4	Allen Hipple		170	64	131	1:25:40.4	1:25:57.1	8:34/M
5	Kevin Woods		298	63	132	1:25:41.3	1:25:41.3	8:34/M
6	Dennis McGettrick	Hummelstown	337	62	255	1:36:48.4	1:37:17.8	9:41/M
7	Frederick Johnson	Annaville	28	61	256	1:36:51.1	1:37:16.0	9:41/M
8	Randall Heisley-Cato		314	60	345	1:48:23.3	1:48:41.7	10:50/M
9	Jan Goshorn		294	62	363	1:53:29.4	1:53:59.3	11:21/M
10	Nick Elsener		171	61	375	2:01:40.5	2:02:14.5	12:10/M
11	Garry Price		450	61	381	2:03:23.8	2:03:54.3	12:20/M

Male 65 to 69

						-----Total-----		
<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Overall</u>	<u>Chip Time</u>	<u>Gun Time</u>	<u>Pace</u>
1 *	Alan Sommerville		461	68	243	1:35:56.3	1:36:10.9	9:36/M
2	Curtis Kauffman		332	66	315	1:42:37.6	1:42:57.0	10:16/M

Male 70 and over

						-----Total-----		
<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Overall</u>	<u>Chip Time</u>	<u>Gun Time</u>	<u>Pace</u>
1 *	Jack Whitcomb	Williamstown	331	76	220	1:33:06.1	1:33:16.7	9:19/M
2	Donald Alsedek		98	71	416	3:11:00.2	3:11:04.6	19:06/M

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Race Date

April 07, 2013

Age Group Results

10 Mile Run

Female Open Winners

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Overall</u>	<u>Chip Time</u>	<u>Gun Time</u>	<u>Pace</u>
1	Julie Burner		326	44	24	1:10:52.3	1:11:03.6	7:05/M

Female Masters Winners

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Overall</u>	<u>Chip Time</u>	<u>Gun Time</u>	<u>Pace</u>
1	Kristin Kopp		427	41	32	1:13:07.2	1:13:16.5	7:19/M

Capital 10 Miler 2013 Elite Update

Age Group Results

10 Mile Run

Race Date
April 07, 2013

Female 1 to 19

						-----Total-----		
Place	Name	City	Bib No	Age	Overall	Chip Time	Gun Time	Pace
1 *	Hailey Grant		313	18	120	1:24:43.3	1:25:01.5	8:28/M
2 *	Lauren Howe		153	19	134	1:25:50.6	1:26:08.5	8:35/M
3	Janine Paskey		414	19	295	1:40:52.5	1:41:18.5	10:05/M
4	Carolina Nicholson	Millersburg	426	16	407	2:21:48.4	2:22:06.5	14:11/M

Female 20 to 24

						-----Total-----		
Place	Name	City	Bib No	Age	Overall	Chip Time	Gun Time	Pace
1	* Abby Kallin	Carlisle	236	22	73	1:19:26.5	1:19:51.7	7:57/M
2	* Ashley Willhide		421	24	91	1:20:47.1	1:21:09.1	8:05/M
3	* Shannon Mulcahy		346	20	116	1:23:46.0	1:24:10.3	8:23/M
4	Stephanie Loeh		347	20	143	1:26:40.3	1:27:07.1	8:40/M
5	Lindsay Cover		264	24	148	1:27:29.4	1:27:53.5	8:45/M
6	Marisa Maxwell		369	24	150	1:27:38.7	1:28:01.3	8:46/M
7	Samantha Muth	Harrisburg	64	20	210	1:31:50.8	1:32:08.2	9:11/M
8	Alexandra Gray		192	21	211	1:32:01.0	1:32:18.6	9:12/M
9	Amanda Fritschi		44	21	215	1:32:34.2	1:32:51.5	9:15/M
10	Amy Krug		297	22	241	1:35:46.8	1:36:24.7	9:35/M
11	Megan Goodman		353	23	281	1:39:28.2	1:39:39.6	9:57/M
12	Joanna Barnhouse		235	23	288	1:39:45.1	1:40:13.7	9:59/M
13	Daril Foose	Mechanicsburg	406	22	289	1:39:51.8	1:40:08.2	9:59/M
14	Courtney Simonds		390	22	293	1:40:17.0	1:40:43.2	10:02/M
15	Danielle Diantoniis		342	24	308	1:41:29.6	1:42:08.0	10:09/M
16	Alex Hoff	Mifflintown	308	24	332	1:46:40.7	1:47:04.5	10:40/M
17	Jillian Paskey		311	24	356	1:52:05.8	1:52:32.0	11:13/M
18	Sarah Kramer		305	24	364	1:55:18.1	1:55:43.3	11:32/M

Female 25 to 29

						-----Total-----		
Place	Name	City	Bib No	Age	Overall	Chip Time	Gun Time	Pace
1	* Ashley McDonnell		35	25	47	1:15:12.6	1:15:53.3	7:31/M
2	* Kathryn Baier		316	26	80	1:19:50.8	1:20:00.1	7:59/M
3	* April Nabholz	Felton	228	29	110	1:23:06.7	1:23:57.4	8:19/M
4	* Katie Mace		280	29	122	1:24:51.6	1:25:17.5	8:29/M
5	Kristen Skaugen		340	29	130	1:25:39.4	1:25:55.2	8:34/M
6	Brianne Carter		113	29	144	1:27:00.8	1:27:30.8	8:42/M
7	Elizabeth Stene		304	26	159	1:28:19.8	1:28:43.8	8:50/M
8	Jaclyn Gibboney		370	28	169	1:29:20.6	1:29:20.6	8:56/M
9	Lindsey Panassow		83	25	177	1:29:58.4	1:30:15.4	9:00/M
10	Kate Heid		141	27	178	1:29:59.2	1:30:24.6	9:00/M
11	Catherine Ryan		15	28	180	1:30:10.7	1:30:39.0	9:01/M
12	Courtney Miller	Lititz	41	26	181	1:30:19.5	1:30:46.1	9:02/M
13	Candace Binkley		103	25	242	1:35:55.8	1:36:24.0	9:36/M
14	Emalyn Phillips		429	25	253	1:36:43.2	1:37:11.2	9:40/M
15	Tracey Diehl	Lewisberry	4	25	261	1:37:03.7	1:37:25.4	9:42/M
16	Megan Healey	Harrisburg	300	29	267	1:37:59.6	1:38:24.8	9:48/M
17	Audrey Hoffmann	Elizabethtown	288	26	272	1:38:46.1	1:39:10.4	9:53/M
18	Alyse Manning		184	26	285	1:39:36.2	1:40:04.4	9:58/M
19	Tressa Koch		460	26	287	1:39:40.7	1:40:07.1	9:58/M
20	Rebecca Spahr		109	25	307	1:41:25.6	1:41:50.4	10:09/M
21	Laura Kurtz	Dauphin	447	28	311	1:41:50.1	1:42:09.7	10:11/M
22	Laura Dye		322	27	320	1:43:29.0	1:44:05.8	10:21/M
23	Kristin Demore	Harrisburg	104	27	333	1:46:44.6	1:47:20.3	10:40/M
24	Lauren Donahoe	Harrisburg	417	25	339	1:47:36.2	1:47:59.7	10:46/M
25	Katie Pennay	Harrisburg	8	29	352	1:50:05.3	1:50:33.3	11:01/M
26	Ashley Tedor		281	26	359	1:52:28.4	1:52:48.4	11:15/M
27	Megan Hayman	Hummelstown	70	25	366	1:56:13.4	1:56:29.4	11:37/M
28	Laura Palumbo	Grantham	232	25	376	2:01:47.8	2:02:21.1	12:11/M
29	Devon Hoch		388	25	390	2:05:04.7	2:05:54.9	12:30/M
30	Kimberlee Tomevi		71	27	391	2:06:02.7	2:06:13.8	12:36/M
31	Angie Straub		81	28	395	2:06:53.3	2:07:24.7	12:41/M
32	Kami Keller		449	29	400	2:12:19.0	2:12:38.4	13:14/M
33	Erika Maury		307	27	403	2:14:30.7	2:14:30.7	13:27/M

Capital 10 Miler 2013 Elite Update

Race Date

April 07, 2013

Age Group Results

10 Mile Run

Female 30 to 34

						-----Total-----			
Place	Name	City	Bib No	Age	Overall	Chip Time	Gun Time	Pace	
1	* Sheri Bullock	Harrisburg	418	33	37	1:13:47.4	1:13:59.2	7:23/M	
2	* Lindsay Leigh		382	33	49	1:15:28.0	1:15:36.6	7:33/M	
3	* Sarah Wolfe		250	34	60	1:17:55.9	1:18:12.1	7:48/M	
4	* Karen Shaup		200	33	81	1:19:59.2	1:20:19.4	8:00/M	
5	* Alexandra Stairs		293	31	89	1:20:28.4	1:20:39.1	8:03/M	
6	Sandy Dobish	Harrisburg	201	31	108	1:22:53.1	1:23:09.6	8:17/M	
7	Amy Waugh		443	30	137	1:26:05.4	1:26:42.9	8:37/M	
8	Meredith Golden		Dillsburg	283	32	147	1:27:26.8	1:27:47.3	8:45/M
9	Sunni Snyder		Northumberland	18	32	154	1:28:05.2	1:28:14.5	8:49/M
10	Gwen Stettler			408	34	156	1:28:10.4	1:28:55.3	8:49/M
11	Mary Quinn	Newport	16	34	161	1:28:20.5	1:28:36.1	8:50/M	
12	Christina Ulsh		154	31	168	1:29:16.2	1:29:32.2	8:56/M	
13	Leigh Brown		172	33	170	1:29:21.4	1:29:33.4	8:56/M	
14	Rachel Nyce		166	30	174	1:29:29.4	1:29:43.0	8:57/M	
15	Deanna Starner		377	34	175	1:29:47.5	1:30:23.7	8:59/M	
16	Barbara Still	Newport	194	34	198	1:30:57.8	1:31:40.6	9:06/M	
17	Natasha Roberts	Hbg	160	30	199	1:30:58.4	1:31:18.0	9:06/M	
18	Jessica Barlup	Newport	242	34	213	1:32:05.5	1:32:48.3	9:13/M	
19	Lindsey Kertes	Gettysburg	45	32	226	1:33:48.5	1:34:08.1	9:23/M	
20	Sarah Daily		221	31	229	1:34:06.7	1:34:23.1	9:25/M	
21	Noelle Stewart		462	32	237	1:35:09.9	1:35:45.4	9:31/M	
22	Heidi Shea		224	34	239	1:35:19.2	1:35:48.6	9:32/M	
23	Josie Vitale		360	33	259	1:37:01.2	1:37:12.4	9:42/M	
24	Jeannette Matkowski	Hanover	77	32	277	1:39:20.8	1:39:53.6	9:56/M	
25	Janelle Ebaugh		89	31	279	1:39:27.0	1:40:09.2	9:57/M	
26	Jennifer Cottrill		5	30	290	1:39:53.7	1:40:23.2	9:59/M	
27	Chris Cayer		Palmyra	9	32	300	1:41:02.5	1:41:26.6	10:06/M
28	Michelle Wherley		363	32	304	1:41:16.9	1:41:49.6	10:08/M	
29	Suthanya Adams	Camp Hill	239	34	309	1:41:42.0	1:42:19.6	10:10/M	
30	Jaimi Campos		69	34	326	1:45:35.0	1:46:06.0	10:34/M	
31	Sarah Newman		325	30	340	1:47:37.2	1:47:59.7	10:46/M	
32	Heather Groff		231	32	344	1:48:21.9	1:48:51.8	10:50/M	
33	Laura Schmidt		306	32	351	1:50:03.7	1:50:27.5	11:00/M	
34	Tracy Hipple		130	34	357	1:52:08.0	1:52:24.5	11:13/M	
35	Ana Gerhart		165	33	385	2:04:12.1	2:04:52.2	12:25/M	
36	Kristy Dravk		136	33	392	2:06:10.9	2:06:38.4	12:37/M	
37	Laura Bednar		96	30	393	2:06:14.7	2:06:51.6	12:37/M	
38	Priscilla Barr		10	31	411	2:44:44.9	2:45:13.7	16:28/M	
39	Jessica Rowland		84	32	417	3:20:28.4	3:20:32.7	20:03/M	

Female 35 to 39

						-----Total-----		
Place	Name	City	Bib No	Age	Overall	Chip Time	Gun Time	Pace
1	* Gredda Schreffler	New Cumberland	62	35	29	1:12:22.5	1:12:32.2	7:14/M
2	* Shelley Casey		403	39	30	1:12:48.7	1:13:01.0	7:17/M
3	* Tedi Sponaule		428	38	31	1:12:58.6	1:13:08.0	7:18/M
4	* Danielle King	Harrisburg	424	35	54	1:16:20.0	1:16:32.8	7:38/M
5	Nicole Cassel		124	35	62	1:18:01.6	1:18:13.2	7:48/M
6	Michelle Gruber		275	36	67	1:18:30.3	1:18:46.0	7:51/M
7	Samantha Saultz		435	37	84	1:20:04.8	1:20:14.5	8:00/M
8	Abby Sharbaugh		248	35	85	1:20:15.7	1:20:51.8	8:02/M
9	Belinda Heltzel	Dillsburg	149	35	111	1:23:08.5	1:23:21.2	8:19/M
10	Laura Reynolds	Harrisburg	309	36	117	1:24:00.8	1:24:38.0	8:24/M
11	Kristin Seibert	Liverpool	330	36	128	1:25:30.2	1:25:50.4	8:33/M
12	Jamie Buchenauer		234	38	141	1:26:31.7	1:27:01.5	8:39/M
13	Caryn Hand	Dauphin	420	35	165	1:28:44.4	1:29:10.6	8:52/M
14	Jen Hunter		137	38	183	1:30:25.5	1:31:00.2	9:03/M
15	Amy Eltz		177	35	186	1:30:29.1	1:30:56.1	9:03/M
16	Leslie Brightbill	Harrisburg	412	38	189	1:30:38.6	1:31:13.2	9:04/M
17	Danielle Valentino	Mechanicsburg	279	35	204	1:31:06.4	1:31:42.1	9:07/M
18	Lauren Salerno	Harrisburg	310	35	212	1:32:02.3	1:32:15.6	9:12/M
19	Heather Simbeck		11	36	216	1:32:46.5	1:33:02.9	9:17/M
20	Ilana Boyum		161	37	246	1:36:00.4	1:36:41.3	9:36/M
21	Sharon Pryor		180	39	248	1:36:01.3	1:36:24.7	9:36/M
22	Tanya Brown		226	35	264	1:37:37.8	1:37:58.9	9:46/M
23	Erin Siwert		411	36	269	1:38:25.7	1:38:41.5	9:51/M
24	Liz Conn		289	35	294	1:40:41.4	1:41:10.7	10:04/M
25	Danielle Pardee		233	37	296	1:40:57.3	1:41:17.3	10:06/M
26	Michelle Beaver	Mcalisterville	237	39	298	1:40:58.5	1:41:18.3	10:06/M
27	Kimberly Walsh		186	35	302	1:41:05.6	1:41:46.3	10:07/M
28	Anne-Marie Christian		323	39	305	1:41:17.9	1:41:52.6	10:08/M
29	Sandra Anson		274	36	313	1:42:16.7	1:42:37.5	10:14/M

Capital 10 Miler 2013 Elite Update

Race Date

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Age Group Results

10 Mile Run

Female 35 to 39

						-----Total-----		
Place	Name	City	Bib No	Age	Overall	Chip Time	Gun Time	Pace
30	Jennifer Langan	Harrisburg	348	35	317	1:43:05.3	1:43:20.1	10:19/M
31	Toni Fitzgerald	Pa	14	36	325	1:45:34.6	1:46:05.9	10:33/M
32	Samantha Whitney	Enola	29	37	330	1:46:19.5	1:46:46.1	10:38/M
33	Amy Crush		397	38	342	1:48:08.5	1:48:31.3	10:49/M
34	Kim Bachman		398	37	343	1:48:11.1	1:48:33.7	10:49/M
35	Angela Stan		269	37	362	1:53:20.0	1:53:38.1	11:20/M
36	Michaela Strawser		258	37	365	1:55:30.1	1:56:03.2	11:33/M
37	Amy Burke		380	39	367	1:56:54.1	1:57:11.4	11:41/M
38	Marianne Seiler		252	39	368	1:57:32.8	1:58:12.1	11:45/M
39	Aimee Readie		419	36	380	2:03:23.8	2:03:54.0	12:20/M
40	Adrienne Mitford	Harrisburg	122	38	382	2:03:50.2	2:04:22.6	12:23/M
41	Jill Rothschild		441	37	386	2:04:18.1	2:04:57.1	12:26/M
42	Erin Edwards	New Cumberland	227	37	387	2:04:18.5	2:04:51.8	12:26/M

Female 40 to 44

						-----Total-----		
Place	Name	City	Bib No	Age	Overall	Chip Time	Gun Time	Pace
1	* Crystal Roesner	Mechanicsburg	47	41	39	1:13:57.5	1:14:11.8	7:24/M
2	* Jill Tenny		101	44	53	1:15:53.2	1:16:07.3	7:35/M
3	* Jennifer Hitz		178	41	59	1:17:35.6	1:18:00.0	7:46/M
4	* Angi Braun		378	41	79	1:19:48.4	1:20:06.1	7:59/M
5	* Dee Murphy		102	44	83	1:20:03.8	1:20:21.6	8:00/M
6	Sherry Leisher	Harrisburg	457	44	107	1:22:49.2	1:23:01.4	8:17/M
7	Leslie Hawes		190	44	112	1:23:12.0	1:23:34.6	8:19/M
8	Jill Robertson		40	40	135	1:25:55.0	1:26:30.6	8:36/M
9	Kim Heck		105	44	136	1:26:01.7	1:26:20.3	8:36/M
10	Mindy Weaver	Halifax	402	40	140	1:26:26.7	1:26:51.6	8:39/M
11	Megan Capuano	New Kingstown	272	44	164	1:28:33.6	1:28:47.3	8:51/M
12	Connie Strayer	Boiling Springs	1	43	166	1:28:59.7	1:29:34.7	8:54/M
13	Francine Shreiner	Elizabethtown	259	42	190	1:30:38.6	1:30:55.7	9:04/M
14	Jennifer Wicht		99	42	192	1:30:46.5	1:31:01.6	9:05/M
15	Cynthia Rabuck		217	44	196	1:30:54.1	1:31:12.1	9:05/M
16	Maria Biava		51	43	205	1:31:10.1	1:31:18.3	9:07/M
17	Allison Schucker		249	44	222	1:33:14.0	1:33:32.9	9:19/M
18	Ann Jackson		324	44	223	1:33:14.6	1:33:32.8	9:19/M
19	Jennifer Davis		46	44	234	1:34:45.8	1:35:10.8	9:29/M
20	Jackie White		452	41	254	1:36:45.0	1:36:57.9	9:41/M
21	Lisa Gravesande		179	42	280	1:39:27.3	1:39:52.3	9:57/M
22	Krista Massara		371	41	299	1:40:58.6	1:41:21.3	10:06/M
23	Sherri Cooney	Harrisburg	205	43	324	1:45:08.1	1:45:43.1	10:31/M
24	Rosalyn Gabriel	Harrisburg	270	44	327	1:45:39.9	1:46:14.7	10:34/M
25	Monica Rebuck	Harrisburg	356	41	329	1:46:05.7	1:46:54.1	10:37/M
26	Heidi Notario	Camp Hill	131	40	337	1:47:19.0	1:47:35.3	10:44/M
27	Tina Entenman	Dillsburg	357	40	341	1:48:01.5	1:48:49.8	10:48/M
28	Yvonne Harrity		210	41	353	1:50:16.5	1:50:45.0	11:02/M
29	Lori Reese	Harrisburg	315	41	361	1:52:45.3	1:53:13.6	11:17/M
30	Brenda Balmer		151	44	369	1:58:00.9	1:58:37.8	11:48/M
31	Meghan Dade		440	43	372	1:59:41.8	1:59:45.5	11:58/M
32	Lisa Ayers	Annaville	453	41	379	2:03:19.1	2:03:57.0	12:20/M
33	Laurie Newsome		409	44	399	2:10:19.0	2:10:53.2	13:02/M
34	Cindy Gladis		13	41	401	2:13:00.8	2:13:32.5	13:18/M
35	Renee Reimer	Camp Hill	277	44	405	2:17:55.0	2:18:33.7	13:48/M

Female 45 to 49

						-----Total-----		
Place	Name	City	Bib No	Age	Overall	Chip Time	Gun Time	Pace
1	* Terrie Evans	Mechanicsburg	17	45	46	1:14:53.3	1:15:04.7	7:29/M
2	* Shawna Brent	Mechanicsburg	79	45	98	1:21:43.8	1:22:00.2	8:10/M
3	* Cheryl Murphy-Sweet	Mechanicsburg	216	46	133	1:25:42.4	1:25:59.8	8:34/M
4	Karen Updegraff		245	47	171	1:29:21.4	1:29:43.8	8:56/M
5	Patricia Elgin		82	48	172	1:29:21.6	1:29:43.8	8:56/M
6	Ann Burke		367	47	201	1:31:04.7	1:31:28.8	9:06/M
7	Ellen Sigl		138	45	203	1:31:05.2	1:31:18.4	9:07/M
8	Dawn Clayton		195	48	206	1:31:10.9	1:31:33.1	9:07/M
9	Denise Smith		2	48	208	1:31:24.1	1:31:53.3	9:08/M
10	Michelle Howe	Dillsburg	123	45	225	1:33:36.2	1:34:00.2	9:22/M
11	Margaret Strohecker		218	49	230	1:34:08.9	1:34:44.4	9:25/M
12	Barbara Parisi		365	49	283	1:39:30.3	1:39:45.1	9:57/M

Capital 10 Miler 2013 Elite Update

Age Group Results

10 Mile Run

Race Date
April 07, 2013

Female 45 to 49

-----Total-----								
Place	Name	City	Bib No	Age	Overall	Chip Time	Gun Time	Pace
13	Melinda Gunther	Riderwood	27	49	303	1:41:15.6	1:41:48.7	10:08/M
14	Madonna Gabert		463	45	314	1:42:30.7	1:43:33.0	10:15/M
15	Jane Faust	Red Lion	133	49	321	1:43:41.9	1:44:14.7	10:22/M
16	Patrice Fehl		296	49	350	1:49:19.2	1:49:40.9	10:56/M
17	Annie Dellinger		116	46	370	1:58:20.0	1:58:57.9	11:50/M
18	Amy Kehner		86	45	371	1:59:03.1	1:59:46.1	11:54/M
19	Mary Beth Stringent		416	47	373	1:59:42.3	1:59:46.0	11:58/M
20	Karen Gasser		150	45	378	2:02:47.7	2:03:05.2	12:17/M
21	Catherine Smith		48	45	396	2:07:07.6	2:07:10.9	12:43/M
22	Shelly Latsha		335	45	406	2:17:55.2	2:18:33.8	13:48/M
23	Alice Chamberlain	Carlisle	158	48	410	2:35:41.7	2:35:41.7	15:34/M

Female 50 to 54

-----Total-----								
Place	Name	City	Bib No	Age	Overall	Chip Time	Gun Time	Pace
1	* Cindy Blood		175	52	42	1:14:16.7	1:14:26.1	7:26/M
2	* Lori Hassinger		400	52	94	1:21:12.8	1:21:44.7	8:07/M
3	* Karen Good	Harrisburg	444	52	109	1:23:03.8	1:23:14.7	8:18/M
4	Carol Varano	Harrisburg	267	54	176	1:29:53.1	1:30:16.6	8:59/M
5	Becky Michaelian		246	50	179	1:29:59.2	1:30:20.7	9:00/M
6	Marjorie Lebo	New Cumberland	176	52	191	1:30:41.7	1:31:12.0	9:04/M
7	Christine Foreman	Hummelstown	410	54	218	1:33:01.9	1:33:28.4	9:18/M
8	Laurie Lyter		431	51	231	1:34:15.3	1:34:47.6	9:26/M
9	Gina Brown	Carlisle	59	52	271	1:38:31.7	1:38:57.6	9:51/M
10	Joy Boden	Gettysburg	90	51	274	1:38:54.6	1:39:36.9	9:53/M
11	Lucia Murphy		185	54	286	1:39:39.1	1:40:15.1	9:58/M
12	Michele Crow		73	50	291	1:40:02.3	1:40:22.9	10:00/M
13	Kathy Whitman		39	53	297	1:40:57.9	1:41:30.3	10:06/M
14	Pam Moore		196	52	323	1:44:07.1	1:44:29.9	10:25/M
15	Rebecca Wilburne	Hummelstown	22	53	346	1:48:35.6	1:49:03.0	10:52/M
16	Lisa Essman	Lewisberry	63	54	389	2:04:50.3	2:05:18.5	12:29/M
17	Debra Bednar		95	54	394	2:06:20.0	2:06:57.3	12:38/M
18	Linda Herzog		57	52	397	2:09:33.2	2:09:36.2	12:57/M
19	Julie Paris		121	52	404	2:14:53.0	2:15:33.8	13:29/M
20	Barbara Baciorek	New Cumberland	349	52	408	2:22:49.7	2:23:34.9	14:17/M
21	Joanne Bakel		20	53	413	2:48:29.7	2:48:34.2	16:51/M

Female 55 to 59

-----Total-----								
Place	Name	City	Bib No	Age	Overall	Chip Time	Gun Time	Pace
1	* Rebecca Cover	Harrisburg	263	56	187	1:30:35.3	1:30:59.0	9:04/M
2	* Mary Nestor		381	58	257	1:36:56.2	1:37:45.8	9:42/M
3	Jess Hayden	New Cumberland	115	56	316	1:42:47.4	1:43:05.6	10:17/M
4	Molly Hans		432	59	322	1:44:03.0	1:44:43.0	10:24/M
5	Jane Jaffe	Hummelstown	389	56	374	2:01:32.1	2:02:07.6	12:09/M
6	Rosemary French		391	56	383	2:03:56.4	2:03:59.5	12:24/M
7	Bonnie Stephens		430	56	414	2:57:55.4	2:57:58.8	17:48/M
8	Gayle Hendricks		278	57	415	3:01:43.2	3:01:45.3	18:10/M

Female 60 to 64

-----Total-----								
Place	Name	City	Bib No	Age	Overall	Chip Time	Gun Time	Pace
1	* Patricia Parker	Lewisberry	266	63	276	1:39:11.6	1:39:19.6	9:55/M
2	* Joy Klinger	Duncannon	157	63	336	1:47:15.9	1:47:35.1	10:44/M
3	Mary Luquette		128	62	348	1:49:07.4	1:49:42.0	10:55/M
4	Loyal Hain		256	60	358	1:52:22.6	1:52:55.9	11:14/M

Female 65 and over

-----Total-----								
Place	Name	City	Bib No	Age	Overall	Chip Time	Gun Time	Pace

Capital 10 Miler 2013 Elite Update

Race Date

April 07, 2013

Age Group Results

10 Mile Run

Female 65 and over

						-----Total-----		
<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Overall</u>	<u>Chip Time</u>	<u>Gun Time</u>	<u>Pace</u>
1 *	Sonja Sampsell		290	71	388	2:04:47.2	2:05:30.5	12:29/M