

# Capital 10 Miler 2013 Elite Update

Race Date  
April 07, 2013

## Overall Finish List

Place		-----Total-----									
Overall	Name	City	Div	Bib No	Age	Gen	AG Place	Chip Time	Gun Time	Pace	
1	Travis Spahr		1	108	28	M	1 Top Fin	1:01:15.4	1:01:23.1	6:08/M	
2	Jeffrey Harris	Enola PA	1	85	39	M	1 35-39	1:04:00.7	1:04:07.9	6:24/M	
3	Jose Biboso	Harrisburg PA	1	271	44	M	1 Top Fin	1:04:17.8	1:04:25.1	6:26/M	
4	Timothy Ebersole	Middletown PA	1	387	32	M	1 30-34	1:04:22.0	1:04:31.1	6:26/M	
5	Michael Bupp	Gardners PA	1	31	41	M	1 40-44	1:04:27.5	1:04:36.0	6:27/M	
6	Jim Smiley	New Bloomfield PA	1	334	38	M	2 35-39	1:04:49.0	1:04:59.8	6:29/M	
7	Craig Murphy		1	442	52	M	1 50-54	1:05:07.3	1:05:16.1	6:31/M	
8	Diego Chacón-Acosta		1	134	38	M	3 35-39	1:05:10.8	1:05:19.7	6:31/M	
9	Mike Rebuck	Mechanicsburg PA	1	354	45	M	1 45-49	1:05:17.0	1:05:17.0	6:32/M	
10	Kevin Sagen	Camp Hill PA	1	125	36	M	4 35-39	1:05:56.4	1:06:04.2	6:36/M	
11	Glenn Newton	Mechanicsburg PA	1	56	41	M	2 40-44	1:06:54.8	1:07:02.9	6:41/M	
12	Andrew Dobish		1	206	34	M	2 30-34	1:07:12.0	1:07:12.0	6:43/M	
13	Gary Grobman		1	455	60	M	1 60-64	1:07:39.1	1:07:46.2	6:46/M	
14	Marlon Gravesande		1	352	39	M	5 35-39	1:08:47.9	1:08:56.5	6:53/M	
15	Michael Moppin	Lemoyne PA	1	327	43	M	3 40-44	1:08:53.6	1:09:01.5	6:53/M	
16	Dan Carrigan		1	302	26	M	1 25-29	1:09:13.8	1:09:36.7	6:55/M	
17	Rich Kunkel	York Haven PA	1	344	38	M	6 35-39	1:09:14.1	1:09:22.0	6:55/M	
18	Daryl Crum		1	291	41	M	4 40-44	1:09:31.7	1:09:31.7	6:57/M	
19	Andrew Brooks		1	229	26	M	2 25-29	1:10:05.1	1:10:14.9	7:01/M	
20	James Leigh	Harrisburg PA	1	328	41	M	5 40-44	1:10:11.6	1:10:20.4	7:01/M	
21	Jeffrey Slade	Lebanon PA	1	385	28	M	3 25-29	1:10:23.5	1:10:31.9	7:02/M	
22	Michael Burns	Mechanicsburg PA	1	393	47	M	2 45-49	1:10:26.7	1:10:38.3	7:03/M	
23	Brent Houck		1	401	28	M	4 25-29	1:10:42.5	1:10:51.7	7:04/M	
24	Julie Burner		1	326	44	F	1 Top Fin	1:10:52.3	1:11:03.6	7:05/M	
25	Bill Wonders		1	339	42	M	6 40-44	1:11:23.3	1:11:31.8	7:08/M	
26	Chris Skaugen		1	341	32	M	3 30-34	1:11:34.4	1:11:42.8	7:09/M	
27	Matt Neff	Etters PA	1	395	40	M	7 40-44	1:12:12.0	1:12:26.8	7:13/M	
28	Andy Norfleet	Etters PA	1	396	42	M	8 40-44	1:12:12.4	1:12:27.0	7:13/M	
29	Gredda Schreffler	New Cumberland PA	1	62	35	F	1 35-39	1:12:22.5	1:12:32.2	7:14/M	
30	Shelley Casey		1	403	39	F	2 35-39	1:12:48.7	1:13:01.0	7:17/M	
31	Tedi Sponaugle		1	428	38	F	3 35-39	1:12:58.6	1:13:08.0	7:18/M	
32	Kristin Kopp		1	427	41	F	1 Top Fin	1:13:07.2	1:13:16.5	7:19/M	
33	Nathan Shuffran	Harrisburg PA	1	276	31	M	4 30-34	1:13:15.4	1:13:25.3	7:20/M	
34	Jason Mazzullo		1	456	35	M	7 35-39	1:13:29.1	1:13:47.6	7:21/M	
35	Joel Cahalan		1	187	42	M	9 40-44	1:13:41.3	1:13:51.4	7:22/M	
36	Martin Salvaggio	Palmyra PA	1	207	48	M	3 45-49	1:13:44.7	1:14:04.7	7:22/M	
37	Sheri Bullock		1	418	33	F	1 30-34	1:13:47.4	1:13:59.2	7:23/M	
38	Bob Porambo	Elizabethtown PA	1	183	32	M	5 30-34	1:13:55.1	1:14:10.6	7:24/M	
39	Crystal Roesner	Mechanicsburg PA	1	47	41	F	1 40-44	1:13:57.5	1:14:11.8	7:24/M	
40	Charlie Mann		1	139	50	M	2 50-54	1:14:00.4	1:14:11.9	7:24/M	
41	William Dillingham		1	459	30	M	6 30-34	1:14:00.8	1:14:18.3	7:24/M	
42	Cindy Blood		1	175	52	F	1 50-54	1:14:16.7	1:14:26.1	7:26/M	
43	Timothy Walsh	Mechanicsburg PA	1	454	52	M	3 50-54	1:14:25.8	1:14:41.7	7:27/M	
44	Xinran Li		1	317	40	M	10 40-44	1:14:48.5	1:14:58.5	7:29/M	
45	Tim Wehnert	Lemoyne PA	1	333	41	M	11 40-44	1:14:48.8	1:15:09.8	7:29/M	
46	Terrie Evans	Mechanicsburg PA	1	17	45	F	1 45-49	1:14:53.3	1:15:04.7	7:29/M	
47	Ashley McDonnell		1	35	25	F	1 25-29	1:15:12.6	1:15:53.3	7:31/M	
48	Steven Craver	Harrisburg PA	1	3	48	M	4 45-49	1:15:21.6	1:15:32.7	7:32/M	
49	Lindsay Leigh	Harrisburg PA	1	382	33	F	2 30-34	1:15:28.0	1:15:36.6	7:33/M	
50	Andrew Hermance	Carlise PA	1	76	34	M	7 30-34	1:15:34.3	1:15:44.8	7:33/M	
51	Mchael Cover		1	262	56	M	1 55-59	1:15:35.4	1:15:47.3	7:34/M	
52	Charles Hooker	Harrisburg PA	1	384	38	M	8 35-39	1:15:38.0	1:15:46.0	7:34/M	
53	Jill Tenny		1	101	44	F	2 40-44	1:15:53.2	1:16:07.3	7:35/M	
54	Danielle King	Harrisburg PA	1	424	35	F	4 35-39	1:16:20.0	1:16:32.8	7:38/M	
55	Chris Shaffer		1	230	46	M	5 45-49	1:16:22.9	1:16:22.9	7:38/M	
56	Barry Claypool		1	399	46	M	6 45-49	1:16:25.4	1:16:35.5	7:39/M	
57	Mark Evans		1	24	40	M	12 40-44	1:17:10.0	1:17:10.0	7:43/M	
58	Todd Miller		1	148	42	M	13 40-44	1:17:23.4	1:17:47.7	7:44/M	
59	Jennifer Hitz		1	178	41	F	3 40-44	1:17:35.6	1:18:00.0	7:46/M	
60	Sarah Wolfe		1	250	34	F	3 30-34	1:17:55.9	1:18:12.1	7:48/M	
61	Alfredo Rivera	Lebanon PA	1	257	47	M	7 45-49	1:17:57.1	1:18:23.4	7:48/M	
62	Nicole Cassel		1	124	35	F	5 35-39	1:18:01.6	1:18:13.2	7:48/M	
63	Marc Reeves	Camp Hill PA	1	182	43	M	14 40-44	1:18:06.5	1:18:20.7	7:49/M	
64	Mike Zeller		1	376	27	M	5 25-29	1:18:07.9	1:18:19.9	7:49/M	
65	Kirk Smith		1	261	40	M	15 40-44	1:18:14.6	1:18:22.9	7:49/M	
66	Chris Seiler		2	362	29	M	6 25-29	1:18:26.0	1:18:26.0	7:51/M	
67	Michelle Gruber		1	275	36	F	6 35-39	1:18:30.3	1:18:46.0	7:51/M	

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Place	-----Total-----									
Overall	Name	City	Div	Bib No	Age	Gender	AG Place	Chip Time	Gun Time	Pace
68	David Hanes		1	446	48	M	8 45-49	1:18:45.7	1:18:57.5	7:53/M
69	Ralph Vartan		1	405	31	M	8 30-34	1:18:48.3	1:19:00.7	7:53/M
70	Jason Cox		1	438	40	M	16 40-44	1:18:52.3	1:19:05.1	7:53/M
71	Michael Landis	Lebanon PA	1	97	42	M	17 40-44	1:19:01.6	1:19:13.8	7:54/M
72	Nathan Ramsey		1	448	32	M	9 30-34	1:19:14.1	1:19:26.5	7:55/M
73	Abby Kallin		1	236	22	F	1 20-24	1:19:26.5	1:19:51.7	7:57/M
74	Benjamin Hollinger		1	273	24	M	1 20-24	1:19:28.2	1:19:42.1	7:57/M
75	Keith Schreiner		1	260	52	M	4 50-54	1:19:28.7	1:19:45.8	7:57/M
76	Gregory Brobst		1	65	31	M	10 30-34	1:19:39.3	1:19:55.0	7:58/M
77	Judd Fodness		1	434	42	M	18 40-44	1:19:41.6	1:19:51.3	7:58/M
78	Andy Bloscovich		1	336	32	M	11 30-34	1:19:45.7	1:20:00.3	7:59/M
79	Angi Braun		1	378	41	F	4 40-44	1:19:48.4	1:20:06.1	7:59/M
80	Kathryn Baier		1	316	26	F	2 25-29	1:19:50.8	1:20:00.1	7:59/M
81	Karen Shaup		1	200	33	F	4 30-34	1:19:59.2	1:20:19.4	8:00/M
82	Richard Beaty		1	92	37	M	9 35-39	1:20:02.2	1:20:38.8	8:00/M
83	Dee Murphy		1	102	44	F	5 40-44	1:20:03.8	1:20:21.6	8:00/M
84	Samantha Saultz		1	435	37	F	7 35-39	1:20:04.8	1:20:14.5	8:00/M
85	Abby Sharbaugh		1	248	35	F	8 35-39	1:20:15.7	1:20:51.8	8:02/M
86	Cameron Miller	Lancaster PA	1	208	18	M	1 1-19	1:20:27.0	1:20:27.0	8:03/M
87	Glenn Seibert	Liverpool PA	1	329	35	M	10 35-39	1:20:27.3	1:20:47.4	8:03/M
88	Mitchell Miller	Lancaster PA	1	209	48	M	9 45-49	1:20:27.7	1:20:42.7	8:03/M
89	Alexandra Stairs		1	293	31	F	5 30-34	1:20:28.4	1:20:39.1	8:03/M
90	Jonathan Flower	Mechanicsburg PA	1	386	50	M	5 50-54	1:20:29.4	1:20:50.3	8:03/M
91	Ashley Willhide	Carlisle PA	1	421	24	F	2 20-24	1:20:47.1	1:21:09.1	8:05/M
92	Heid Tom		1	213	58	M	2 55-59	1:21:00.0	1:21:22.3	8:06/M
93	Kanyon Miller		1	425	49	M	10 45-49	1:21:06.9	1:21:49.0	8:07/M
94	Lori Hassinger		1	400	52	F	2 50-54	1:21:12.8	1:21:44.7	8:07/M
95	Adam Hicks	Hanover PA	1	42	31	M	12 30-34	1:21:15.1	1:21:43.8	8:08/M
96	Brad Garfinkel	New Cumberland PA	1	423	43	M	19 40-44	1:21:22.3	1:21:37.0	8:08/M
97	Mike Walker		1	167	27	M	7 25-29	1:21:35.1	1:21:47.0	8:10/M
98	Shawna Brent	Mechanicsburg PA	1	79	45	F	2 45-49	1:21:43.8	1:22:00.2	8:10/M
99	Steve Kelly		1	66	28	M	8 25-29	1:21:52.4	1:22:28.0	8:11/M
100	Michael Greenholt		1	50	43	M	20 40-44	1:22:10.5	1:22:40.7	8:13/M
101	Don Underdonk	Mechanicsburg PA	1	189	42	M	21 40-44	1:22:25.0	1:22:46.9	8:15/M
102	Troy Dean		1	338	41	M	22 40-44	1:22:30.9	1:22:30.9	8:15/M
103	Douglas Funk	Harrisburg PA	1	147	34	M	13 30-34	1:22:31.0	1:22:57.0	8:15/M
104	Sam Koda		1	255	44	M	23 40-44	1:22:31.2	1:22:42.0	8:15/M
105	Michael Chovonec		1	247	63	M	2 60-64	1:22:33.2	1:22:47.3	8:15/M
106	Garrett Scaringi		1	61	39	M	11 35-39	1:22:36.6	1:22:55.9	8:16/M
107	Sherry Leisher	Harrisburg PA	1	457	44	F	6 40-44	1:22:49.2	1:23:01.4	8:17/M
108	Sandy Dobish		1	201	31	F	6 30-34	1:22:53.1	1:23:09.6	8:17/M
109	Karen Good	Harrisburg PA	1	444	52	F	3 50-54	1:23:03.8	1:23:14.7	8:18/M
110	April Nabholz	Felton PA	1	228	29	F	3 25-29	1:23:06.7	1:23:57.4	8:19/M
111	Belinda Heltzel	Dillsburg PA	1	149	35	F	9 35-39	1:23:08.5	1:23:21.2	8:19/M
112	Leslie Hawes		1	190	44	F	7 40-44	1:23:12.0	1:23:34.6	8:19/M
113	Paul Saccente		1	142	31	M	14 30-34	1:23:16.7	1:23:32.3	8:20/M
114	David Lemos		1	38	43	M	24 40-44	1:23:20.0	1:23:29.8	8:20/M
115	Paul Miller	Abbottstown PA	1	37	30	M	15 30-34	1:23:30.8	1:24:00.9	8:21/M
116	Shannon Mulcahy		1	346	20	F	3 20-24	1:23:46.0	1:24:10.3	8:23/M
117	Laura Reynolds	Harrisburg PA	1	309	36	F	10 35-39	1:24:00.8	1:24:38.0	8:24/M
118	Zachary Miller		1	292	28	M	9 25-29	1:24:07.9	1:24:42.8	8:25/M
119	Justin Tomevi		1	72	26	M	10 25-29	1:24:18.2	1:24:26.6	8:26/M
120	Hailey Grant		1	313	18	F	1 1-19	1:24:43.3	1:25:01.5	8:28/M
121	Michael Deery		1	368	29	M	11 25-29	1:24:48.9	1:25:00.8	8:29/M
122	Katie Mace		1	280	29	F	4 25-29	1:24:51.6	1:25:17.5	8:29/M
123	Derek Hench		1	404	28	M	12 25-29	1:24:59.0	1:25:11.9	8:30/M
124	John Stover		1	439	29	M	13 25-29	1:25:00.3	1:25:40.4	8:30/M
125	Stephen Kozick III		1	253	59	M	3 55-59	1:25:16.4	1:25:42.4	8:32/M
126	Brad Colwell		1	53	64	M	3 60-64	1:25:21.9	1:25:31.8	8:32/M
127	Jeff Howe	Mechanicsburg PA	1	152	47	M	11 45-49	1:25:29.5	1:25:48.0	8:33/M
128	Kristin Seibert	Liverpool PA	1	330	36	F	11 35-39	1:25:30.2	1:25:50.4	8:33/M
129	William Corbin		1	212	53	M	6 50-54	1:25:30.7	1:25:56.1	8:33/M
130	Kristen Skaugen		1	340	29	F	5 25-29	1:25:39.4	1:25:55.2	8:34/M
131	Allen Hipple		1	170	64	M	4 60-64	1:25:40.4	1:25:57.1	8:34/M
132	Kevin Woods		1	298	63	M	5 60-64	1:25:41.3	1:25:41.3	8:34/M
133	Cheryl Murphy-Sweet	Mechanicsburg PA	1	216	46	F	3 45-49	1:25:42.4	1:25:59.8	8:34/M
134	Lauren Howe		1	153	19	F	2 1-19	1:25:50.6	1:26:08.5	8:35/M

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Place										-----Total-----		
Overall	Name	City	Div	Bib No	Age	Gender	AG Place	Chip Time	Gun Time	Pace		
135	Jill Robertson		1	40	40	F	8 40-44	1:25:55.0	1:26:30.6	8:36/M		
136	Kim Heck		1	105	44	F	9 40-44	1:26:01.7	1:26:20.3	8:36/M		
137	Amy Waugh	Harrisburg PA	1	443	30	F	7 30-34	1:26:05.4	1:26:42.9	8:37/M		
138	Jeffrey Bridi	Harrisburg PA	1	243	52	M	7 50-54	1:26:12.0	1:26:12.0	8:37/M		
139	Daniel Munyan	Elizabethtown PA	1	75	53	M	8 50-54	1:26:13.6	1:26:52.0	8:37/M		
140	Mindy Weaver	Halifax PA	1	402	40	F	10 40-44	1:26:26.7	1:26:51.6	8:39/M		
141	Jamie Buchenauer		1	234	38	F	12 35-39	1:26:31.7	1:27:01.5	8:39/M		
142	Tim Diehl		1	254	52	M	9 50-54	1:26:32.6	1:26:57.0	8:39/M		
143	Stephanie Loeh		1	347	20	F	4 20-24	1:26:40.3	1:27:07.1	8:40/M		
144	Brianne Carter		1	113	29	F	6 25-29	1:27:00.8	1:27:30.8	8:42/M		
145	Gregory Heid		1	140	28	M	14 25-29	1:27:10.6	1:27:36.1	8:43/M		
146	Erik Weenink	Mechanicsburg PA	1	240	46	M	12 45-49	1:27:10.9	1:27:21.7	8:43/M		
147	Meredith Golden	Dillsburg PA	1	283	32	F	8 30-34	1:27:26.8	1:27:47.3	8:45/M		
148	Lindsay Cover		1	264	24	F	5 20-24	1:27:29.4	1:27:53.5	8:45/M		
149	Ty Kepler	Camp Hill PA	1	355	52	M	10 50-54	1:27:33.6	1:27:49.1	8:45/M		
150	Marisa Maxwell		1	369	24	F	6 20-24	1:27:38.7	1:28:01.3	8:46/M		
151	Michael Uti		1	437	43	M	25 40-44	1:27:43.1	1:28:12.2	8:46/M		
152	William Heck	Dauphin PA	1	106	48	M	13 45-49	1:27:52.5	1:28:11.4	8:47/M		
153	Tom Ecker		1	143	50	M	11 50-54	1:28:03.8	1:28:16.0	8:48/M		
154	Sunni Snyder	Northumberland PA	1	18	32	F	9 30-34	1:28:05.2	1:28:14.5	8:49/M		
155	Nathan Fisher	Northumberland PA	1	19	33	M	16 30-34	1:28:05.2	1:28:14.5	8:49/M		
156	Gwen Stettler		1	408	34	F	10 30-34	1:28:10.4	1:28:55.3	8:49/M		
157	John Disalvo	Cornwall NY	1	135	28	M	15 25-29	1:28:12.0	1:28:37.4	8:49/M		
158	Dan Jacquemin		1	268	41	M	26 40-44	1:28:18.9	1:28:37.5	8:50/M		
159	Elizabeth Stene		1	304	26	F	7 25-29	1:28:19.8	1:28:43.8	8:50/M		
160	Chris Baldrige		1	198	48	M	14 45-49	1:28:20.2	1:28:34.3	8:50/M		
161	Mary Quinn		1	16	34	F	11 30-34	1:28:20.5	1:28:36.1	8:50/M		
162	John Disalvo	Cornwall NY	1	58	55	M	4 55-59	1:28:22.2	1:28:47.1	8:50/M		
163	Michael Mehaffey		1	202	30	M	17 30-34	1:28:26.2	1:28:43.8	8:51/M		
164	Megan Capuano	New Kingstown PA	1	272	44	F	11 40-44	1:28:33.6	1:28:47.3	8:51/M		
165	Caryn Hand	Dauphin PA	1	420	35	F	13 35-39	1:28:44.4	1:29:10.6	8:52/M		
166	Connie Strayer	Boiling Springs PA	1	1	43	F	12 40-44	1:28:59.7	1:29:34.7	8:54/M		
167	Thomas Binkley		1	350	46	M	15 45-49	1:29:14.7	1:29:34.6	8:55/M		
168	Christina Ulsh		1	154	31	F	12 30-34	1:29:16.2	1:29:32.2	8:56/M		
169	Jaclyn Gibboney		1	370	28	F	8 25-29	1:29:20.6	1:29:20.6	8:56/M		
170	Leigh Brown		1	172	33	F	13 30-34	1:29:21.4	1:29:33.4	8:56/M		
171	Karen Updegraff		1	245	47	F	4 45-49	1:29:21.4	1:29:43.8	8:56/M		
172	Patricia Elgin		1	82	48	F	5 45-49	1:29:21.6	1:29:43.8	8:56/M		
173	David Bixler		1	343	38	M	12 35-39	1:29:24.9	1:29:58.6	8:56/M		
174	Rachel Nyce		1	166	30	F	14 30-34	1:29:29.4	1:29:43.0	8:57/M		
175	Deanna Starner		1	377	34	F	15 30-34	1:29:47.5	1:30:23.7	8:59/M		
176	Carol Varano	Harrisburg PA	1	267	54	F	4 50-54	1:29:53.1	1:30:16.6	8:59/M		
177	Lindsey Panassow		1	83	25	F	9 25-29	1:29:58.4	1:30:15.4	9:00/M		
178	Kate Heid		1	141	27	F	10 25-29	1:29:59.2	1:30:24.6	9:00/M		
179	Becky Michaelian		1	246	50	F	5 50-54	1:29:59.2	1:30:20.7	9:00/M		
180	Catherine Ryan		1	15	28	F	11 25-29	1:30:10.7	1:30:39.0	9:01/M		
181	Courtney Miller	Lititz PA	1	41	26	F	12 25-29	1:30:19.5	1:30:46.1	9:02/M		
182	Gregg Waters		1	458	59	M	5 55-59	1:30:24.4	1:30:35.8	9:02/M		
183	Jen Hunter		1	137	38	F	14 35-39	1:30:25.5	1:31:00.2	9:03/M		
184	Christopher Rhine		1	318	37	M	13 35-39	1:30:28.0	1:30:49.6	9:03/M		
185	Tom Bucher		1	144	59	M	6 55-59	1:30:28.7	1:31:10.8	9:03/M		
186	Amy Eltz		1	177	35	F	15 35-39	1:30:29.1	1:30:56.1	9:03/M		
187	Rebecca Cover	Harrisburg PA	1	263	56	F	1 55-59	1:30:35.3	1:30:59.0	9:04/M		
188	Steve Wicht		1	100	40	M	27 40-44	1:30:37.4	1:30:52.3	9:04/M		
189	Leslie Brightbill	Harrisburg PA	1	412	38	F	16 35-39	1:30:38.6	1:31:13.2	9:04/M		
190	Francine Shreiner	Elizabethtown PA	1	259	42	F	13 40-44	1:30:38.6	1:30:55.7	9:04/M		
191	Marjorie Lebo	New Cumberland PA	1	176	52	F	6 50-54	1:30:41.7	1:31:12.0	9:04/M		
192	Jennifer Wicht		1	99	42	F	14 40-44	1:30:46.5	1:31:01.6	9:05/M		
193	Richard Long	Camp Hill PA	1	392	53	M	12 50-54	1:30:47.6	1:31:06.6	9:05/M		
194	Mike Fasick		1	193	46	M	16 45-49	1:30:47.7	1:31:09.6	9:05/M		
195	Mike Kercher	Lebanon PA	1	168	53	M	13 50-54	1:30:50.3	1:31:16.0	9:05/M		
196	Cynthia Rabuck		1	217	44	F	15 40-44	1:30:54.1	1:31:12.1	9:05/M		
197	Doug Tomlinson		1	215	42	M	28 40-44	1:30:55.2	1:31:26.4	9:06/M		
198	Barbara Still	Newport PA	1	194	34	F	16 30-34	1:30:57.8	1:31:40.6	9:06/M		
199	Natasha Roberts	Hbg PA	1	160	30	F	17 30-34	1:30:58.4	1:31:18.0	9:06/M		
200	Anthony Antenucci		1	163	43	M	29 40-44	1:31:03.4	1:31:21.2	9:06/M		
201	Ann Burke		1	367	47	F	6 45-49	1:31:04.7	1:31:28.8	9:06/M		

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## Overall Finish List

Place		-----Total-----									
Overall	Name	City	Div	Bib No	Age	Gen	AG Place	Chip Time	Gun Time	Pace	
202	Mahesh Rengaswamy		1	197	38	M	14 35-39	1:31:05.0	1:31:18.5	9:07/M	
203	Ellen Sigl		1	138	45	F	7 45-49	1:31:05.2	1:31:18.4	9:07/M	
204	Danielle Valentino	Mechanicsburg PA	1	279	35	F	17 35-39	1:31:06.4	1:31:42.1	9:07/M	
205	Maria Biava		1	51	43	F	16 40-44	1:31:10.1	1:31:18.3	9:07/M	
206	Dawn Clayson		1	195	48	F	8 45-49	1:31:10.9	1:31:33.1	9:07/M	
207	Wesley Bretz		1	225	36	M	15 35-39	1:31:19.9	1:31:41.3	9:08/M	
208	Denise Smith		1	2	48	F	9 45-49	1:31:24.1	1:31:53.3	9:08/M	
209	Clayton Murray		1	422	39	M	16 35-39	1:31:42.3	1:32:13.0	9:10/M	
210	Samantha Muth		1	64	20	F	7 20-24	1:31:50.8	1:32:08.2	9:11/M	
211	Alexandra Gray		1	192	21	F	8 20-24	1:32:01.0	1:32:18.6	9:12/M	
212	Lauren Salerno	Harrisburg PA	1	310	35	F	18 35-39	1:32:02.3	1:32:15.6	9:12/M	
213	Jessica Barlup	Newport PA	1	242	34	F	18 30-34	1:32:05.5	1:32:48.3	9:13/M	
214	Jason Barlup	Newport PA	1	241	33	M	18 30-34	1:32:06.7	1:32:48.8	9:13/M	
215	Amanda Fritschi		1	44	21	F	9 20-24	1:32:34.2	1:32:51.5	9:15/M	
216	Heather Simbeck		1	11	36	F	19 35-39	1:32:46.5	1:33:02.9	9:17/M	
217	Gus Lesnevich		1	282	44	M	30 40-44	1:32:47.0	1:33:18.7	9:17/M	
218	Christine Foreman	Hummelstown PA	1	410	54	F	7 50-54	1:33:01.9	1:33:28.4	9:18/M	
219	Chad Derrick		1	361	27	M	16 25-29	1:33:04.0	1:33:51.0	9:18/M	
220	Jack Whitcomb	Williamstown	1	331	76	M	1 70-99	1:33:06.1	1:33:16.7	9:19/M	
221	Bryan Wolfe		1	351	35	M	17 35-39	1:33:13.9	1:33:24.8	9:19/M	
222	Allison Schucker		1	249	44	F	17 40-44	1:33:14.0	1:33:32.9	9:19/M	
223	Ann Jackson		1	324	44	F	18 40-44	1:33:14.6	1:33:32.8	9:19/M	
224	Justin Eckenrode		1	156	32	M	19 30-34	1:33:28.2	1:33:48.8	9:21/M	
225	Michelle Howe	Dillsburg PA	1	123	45	F	10 45-49	1:33:36.2	1:34:00.2	9:22/M	
226	Lindsey Kertes		1	45	32	F	19 30-34	1:33:48.5	1:34:08.1	9:23/M	
227	Ray Woods	Mechanicsburg PA	1	23	55	M	7 55-59	1:33:50.8	1:34:13.0	9:23/M	
228	Robert Eck		1	67	28	M	17 25-29	1:34:05.8	1:34:41.7	9:25/M	
229	Sarah Daily		1	221	31	F	20 30-34	1:34:06.7	1:34:23.1	9:25/M	
230	Margaret Strohecker		1	218	49	F	11 45-49	1:34:08.9	1:34:44.4	9:25/M	
231	Laurie Lyter		1	431	51	F	8 50-54	1:34:15.3	1:34:47.6	9:26/M	
232	Steve Lynch		1	265	54	M	14 50-54	1:34:37.6	1:35:07.0	9:28/M	
233	Samuel Clearfield		1	375	29	M	18 25-29	1:34:45.2	1:35:23.9	9:29/M	
234	Jennifer Davis		1	46	44	F	19 40-44	1:34:45.8	1:35:10.8	9:29/M	
235	Allan Rossi	Palmyra	1	219	50	M	15 50-54	1:34:53.3	1:35:12.5	9:29/M	
236	Greg Seetoo		1	379	41	M	31 40-44	1:34:57.7	1:35:38.5	9:30/M	
237	Noelle Stewart		1	462	32	F	21 30-34	1:35:09.9	1:35:45.4	9:31/M	
238	Andrew McCarty		1	433	46	M	17 45-49	1:35:11.9	1:35:44.3	9:31/M	
239	Heidi Shea		1	224	34	F	22 30-34	1:35:19.2	1:35:48.6	9:32/M	
240	Allan Mathew		1	413	21	M	2 20-24	1:35:46.7	1:36:24.8	9:35/M	
241	Amy Krug		1	297	22	F	10 20-24	1:35:46.8	1:36:24.7	9:35/M	
242	Candace Binkley		1	103	25	F	13 25-29	1:35:55.8	1:36:24.0	9:36/M	
243	Alan Sommerville		1	461	68	M	1 65-69	1:35:56.3	1:36:10.9	9:36/M	
244	David La Torre	Harrisburg PA	1	220	42	M	32 40-44	1:35:57.0	1:36:36.4	9:36/M	
245	Timothy Boyum		1	162	40	M	33 40-44	1:36:00.0	1:36:41.3	9:36/M	
246	Ilana Boyum		1	161	37	F	20 35-39	1:36:00.4	1:36:41.3	9:36/M	
247	Ivan Pryor		1	181	40	M	34 40-44	1:36:01.1	1:36:24.5	9:36/M	
248	Sharon Pryor		1	180	39	F	21 35-39	1:36:01.3	1:36:24.7	9:36/M	
249	Stephen Stanko	Camp Hill, Pa PA	1	43	53	M	16 50-54	1:36:11.2	1:36:46.0	9:37/M	
250	Brian Harrity		1	211	49	M	18 45-49	1:36:22.8	1:36:51.6	9:38/M	
251	David Bock	Camp Hill PA	1	358	33	M	20 30-34	1:36:27.4	1:36:48.0	9:39/M	
252	Adam Yagel		1	119	29	M	19 25-29	1:36:35.7	1:37:02.9	9:40/M	
253	Emalyn Phillips		1	429	25	F	14 25-29	1:36:43.2	1:37:11.2	9:40/M	
254	Jackie White		1	452	41	F	20 40-44	1:36:45.0	1:36:57.9	9:41/M	
255	Dennis McGettrick	Hummelstown	1	337	62	M	6 60-64	1:36:48.4	1:37:17.8	9:41/M	
256	Frederick Johnson	Anncville PA	1	28	61	M	7 60-64	1:36:51.1	1:37:16.0	9:41/M	
257	Mary Nestor		1	381	58	F	2 55-59	1:36:56.2	1:37:45.8	9:42/M	
258	Scott Duncanson	Camp Hill PA	1	287	50	M	17 50-54	1:36:57.7	1:37:28.3	9:42/M	
259	Josie Vitale		1	360	33	F	23 30-34	1:37:01.2	1:37:12.4	9:42/M	
260	David Vitale		1	359	37	M	18 35-39	1:37:01.6	1:37:12.5	9:42/M	
261	Tracey Diehl	Lewisberry PA	1	4	25	F	15 25-29	1:37:03.7	1:37:25.4	9:42/M	
262	Scott Seymore		1	436	42	M	35 40-44	1:37:05.5	1:37:32.9	9:43/M	
263	Kevin Gladis	Dover PA	1	12	43	M	36 40-44	1:37:33.8	1:38:05.1	9:45/M	
264	Tanya Brown		1	226	35	F	22 35-39	1:37:37.8	1:37:58.9	9:46/M	
265	Derek Puchalsky	Harrisburg PA	1	132	30	M	21 30-34	1:37:50.2	1:38:03.4	9:47/M	
266	Eric Augustine	Harrisburg PA	1	301	48	M	19 45-49	1:37:59.2	1:38:24.8	9:48/M	
267	Megan Healey	Harrisburg PA	1	300	29	F	16 25-29	1:37:59.6	1:38:24.8	9:48/M	
268	Tim Wolaver		1	284	36	M	19 35-39	1:38:14.5	1:38:42.4	9:49/M	

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## Overall Finish List

Place		-----Total-----									
Overall	Name	City	Div	Bib No	Age	Gen	AG Place	Chip Time	Gun Time	Pace	
269	Erin Siwert		1	411	36	F	23 35-39	1:38:25.7	1:38:41.5	9:51/M	
270	Jeff Brubaker		1	203	25	M	20 25-29	1:38:26.2	1:38:36.0	9:51/M	
271	Gina Brown	Carlisle PA	1	59	52	F	9 50-54	1:38:31.7	1:38:57.6	9:51/M	
272	Audrey Hoffmann	Elizabethtown PA	1	288	26	F	17 25-29	1:38:46.1	1:39:10.4	9:53/M	
273	William Fuoroli		1	286	49	M	20 45-49	1:38:52.9	1:38:52.9	9:53/M	
274	Joy Boden	Gettysburg PA	1	90	51	F	10 50-54	1:38:54.6	1:39:36.9	9:53/M	
275	Ed Greenholt	Mcsherrystown PA	1	6	51	M	18 50-54	1:39:10.5	1:39:40.0	9:55/M	
276	Patricia Parker	Lewisberry PA	1	266	63	F	1 60-64	1:39:11.6	1:39:19.6	9:55/M	
277	Jeannette Matkowski		1	77	32	F	24 30-34	1:39:20.8	1:39:53.6	9:56/M	
278	Gary Ziegler		1	285	46	M	21 45-49	1:39:23.3	1:39:54.3	9:56/M	
279	Janelle Ebaugh	Gettysburg PA	1	89	31	F	25 30-34	1:39:27.0	1:40:09.2	9:57/M	
280	Lisa Gravesande		1	179	42	F	21 40-44	1:39:27.3	1:39:52.3	9:57/M	
281	Megan Goodman		1	353	23	F	11 20-24	1:39:28.2	1:39:39.6	9:57/M	
282	Tony Parisi		1	364	48	M	22 45-49	1:39:29.5	1:39:44.8	9:57/M	
283	Barbara Parisi		1	365	49	F	12 45-49	1:39:30.3	1:39:45.1	9:57/M	
284	Bob Good	Harrisburg PA	1	445	55	M	8 55-59	1:39:33.9	1:39:54.1	9:57/M	
285	Alyse Manning		1	184	26	F	18 25-29	1:39:36.2	1:40:04.4	9:58/M	
286	Lucia Murphy		1	185	54	F	11 50-54	1:39:39.1	1:40:15.1	9:58/M	
287	Tressa Koch		1	460	26	F	19 25-29	1:39:40.7	1:40:07.1	9:58/M	
288	Joanna Barnhouse	Harrisburg PA	1	235	23	F	12 20-24	1:39:45.1	1:40:13.7	9:59/M	
289	Daryl Foose		1	406	22	F	13 20-24	1:39:51.8	1:40:08.2	9:59/M	
290	Jennifer Cottrill	Hanover PA	1	5	30	F	26 30-34	1:39:53.7	1:40:23.2	9:59/M	
291	Michele Crow		1	73	50	F	12 50-54	1:40:02.3	1:40:22.9	10:00/M	
292	Harold Crow		1	74	52	M	19 50-54	1:40:02.9	1:40:23.2	10:00/M	
293	Courtney Simonds		1	390	22	F	14 20-24	1:40:17.0	1:40:43.2	10:02/M	
294	Liz Conn		1	289	35	F	24 35-39	1:40:41.4	1:41:10.7	10:04/M	
295	Janine Paskey		1	414	19	F	3 1-19	1:40:52.5	1:41:18.5	10:05/M	
296	Danielle Pardee		1	233	37	F	25 35-39	1:40:57.3	1:41:17.3	10:06/M	
297	Kathy Whitman		1	39	53	F	13 50-54	1:40:57.9	1:41:30.3	10:06/M	
298	Michelle Beaver	Mcalisterville PA	1	237	39	F	26 35-39	1:40:58.5	1:41:18.3	10:06/M	
299	Krista Massara		1	371	41	F	22 40-44	1:40:58.6	1:41:21.3	10:06/M	
300	Chris Cayer	Palmyra PA	1	9	32	F	27 30-34	1:41:02.5	1:41:26.6	10:06/M	
301	David Baker		1	451	52	M	20 50-54	1:41:04.7	1:41:27.4	10:06/M	
302	Kimberly Walsh		1	186	35	F	27 35-39	1:41:05.6	1:41:46.3	10:07/M	
303	Melinda Gunther	Riderwood MD	1	27	49	F	13 45-49	1:41:15.6	1:41:48.7	10:08/M	
304	Michelle Wherley		1	363	32	F	28 30-34	1:41:16.9	1:41:49.6	10:08/M	
305	Anne-Marie Christian		1	323	39	F	28 35-39	1:41:17.9	1:41:52.6	10:08/M	
306	David Dyson		1	169	56	M	9 55-59	1:41:23.5	1:41:47.7	10:08/M	
307	Rebecca Spahr		1	109	25	F	20 25-29	1:41:25.6	1:41:50.4	10:09/M	
308	Danielle Diantoniis	Mechanicsburg PA	1	342	24	F	15 20-24	1:41:29.6	1:42:08.0	10:09/M	
309	Suthanya Adams		1	239	34	F	29 30-34	1:41:42.0	1:42:19.6	10:10/M	
310	Jeff Wineka		1	68	44	M	37 40-44	1:41:44.3	1:42:14.0	10:10/M	
311	Laura Kurtz	Dauphin PA	1	447	28	F	21 25-29	1:41:50.1	1:42:09.7	10:11/M	
312	Michael Percherke	Enola PA	1	127	52	M	21 50-54	1:42:13.7	1:42:37.5	10:13/M	
313	Sandra Anson		1	274	36	F	29 35-39	1:42:16.7	1:42:37.5	10:14/M	
314	Madonna Gabert		1	463	45	F	14 45-49	1:42:30.7	1:43:33.0	10:15/M	
315	Curtis Kauffman		1	332	66	M	2 65-69	1:42:37.6	1:42:57.0	10:16/M	
316	Jess Hayden	New Cumberland PA	1	115	56	F	3 55-59	1:42:47.4	1:43:05.6	10:17/M	
317	Jennifer Langan	Harrisburg PA	1	348	35	F	30 35-39	1:43:05.3	1:43:20.1	10:19/M	
318	Mark Greenholt		1	188	46	M	23 45-49	1:43:24.6	1:43:55.3	10:20/M	
319	Zachary Richardson		1	299	25	M	21 25-29	1:43:27.9	1:43:53.2	10:21/M	
320	Laura Dye		1	322	27	F	22 25-29	1:43:29.0	1:44:05.8	10:21/M	
321	Jane Faust	Red Lion PA	1	133	49	F	15 45-49	1:43:41.9	1:44:14.7	10:22/M	
322	Molly Hans		1	432	59	F	4 55-59	1:44:03.0	1:44:43.0	10:24/M	
323	Pam Moore		1	196	52	F	14 50-54	1:44:07.1	1:44:29.9	10:25/M	
324	Sherri Cooney	Harrisburg PA	1	205	43	F	23 40-44	1:45:08.1	1:45:43.1	10:31/M	
325	Toni Fitzgerald	Pa PA	1	14	36	F	31 35-39	1:45:34.6	1:46:05.9	10:33/M	
326	Jaimi Campos		1	69	34	F	30 30-34	1:45:35.0	1:46:06.0	10:34/M	
327	Rosalyn Gabriel	Harrisburg PA	1	270	44	F	24 40-44	1:45:39.9	1:46:14.7	10:34/M	
328	Larry Cooney		1	204	53	M	22 50-54	1:45:55.4	1:45:55.4	10:36/M	
329	Monica Rebuck	Harrisburg	1	356	41	F	25 40-44	1:46:05.7	1:46:54.1	10:37/M	
330	Samantha Whitney	Enola PA	1	29	37	F	32 35-39	1:46:19.5	1:46:46.1	10:38/M	
331	Mark Maldet	Lewisberry PA	1	191	45	M	24 45-49	1:46:28.9	1:46:55.6	10:39/M	
332	Alex Hoff		1	308	24	F	16 20-24	1:46:40.7	1:47:04.5	10:40/M	
333	Kristin Demore	Harrisburg PA	1	104	27	F	23 25-29	1:46:44.6	1:47:20.3	10:40/M	
334	Keith Graham		1	80	43	M	38 40-44	1:46:57.5	1:46:57.5	10:42/M	
335	Joseph Rebarchak Jr		1	223	44	M	39 40-44	1:47:15.2	1:47:47.2	10:44/M	

# Capital 10 Miler 2013 Elite Update

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## Overall Finish List

Place		City	Div	Bib No	Age	Gend	AG Place	-----Total-----		Pace
Overall	Name							Chip Time	Gun Time	
336	Joy Klinger	Duncannon PA	1	157	63	F	2 60-64	1:47:15.9	1:47:35.1	10:44/M
337	Heidi Notario	Camp Hill PA	1	131	40	F	26 40-44	1:47:19.0	1:47:35.3	10:44/M
338	Nate Wagner		1	251	32	M	22 30-34	1:47:33.5	1:48:12.2	10:45/M
339	Lauren Donahoe	Harrisburg PA	1	417	25	F	24 25-29	1:47:36.2	1:47:59.7	10:46/M
340	Sarah Newman		1	325	30	F	31 30-34	1:47:37.2	1:47:59.7	10:46/M
341	Tina Entenman	Dillsburg	1	357	40	F	27 40-44	1:48:01.5	1:48:49.8	10:48/M
342	Amy Crush		1	397	38	F	33 35-39	1:48:08.5	1:48:31.3	10:49/M
343	Kim Bachman		1	398	37	F	34 35-39	1:48:11.1	1:48:33.7	10:49/M
344	Heather Groff		1	231	32	F	32 30-34	1:48:21.9	1:48:51.8	10:50/M
345	Randall Heisley-Cato		1	314	60	M	8 60-64	1:48:23.3	1:48:41.7	10:50/M
346	Rebecca Wilburne	Hummelstown PA	1	22	53	F	15 50-54	1:48:35.6	1:49:03.0	10:52/M
347	David Ark	Harrisburg PA	1	214	52	M	23 50-54	1:49:00.6	1:49:25.1	10:54/M
348	Mary Luquette		1	128	62	F	3 60-64	1:49:07.4	1:49:42.0	10:55/M
349	Douglas Fehl		1	295	51	M	24 50-54	1:49:19.1	1:49:40.2	10:56/M
350	Patrice Fehl		1	296	49	F	16 45-49	1:49:19.2	1:49:40.9	10:56/M
351	Laura Schmidt		1	306	32	F	33 30-34	1:50:03.7	1:50:27.5	11:00/M
352	Katie Pennay	Harrisburg PA	1	8	29	F	25 25-29	1:50:05.3	1:50:33.3	11:01/M
353	Yvonne Harrity		1	210	41	F	28 40-44	1:50:16.5	1:50:45.0	11:02/M
354	Michael Stringent		1	415	49	M	25 45-49	1:50:45.4	1:51:13.1	11:05/M
355	Anthony Greenholt		1	173	49	M	26 45-49	1:51:06.3	1:51:37.0	11:07/M
356	Jillian Paskey		1	311	24	F	17 20-24	1:52:05.8	1:52:32.0	11:13/M
357	Tracy Hipple	Camp Hill PA	1	130	34	F	34 30-34	1:52:08.0	1:52:24.5	11:13/M
358	Lloyal Hain		1	256	60	F	4 60-64	1:52:22.6	1:52:55.9	11:14/M
359	Ashley Tedor		1	281	26	F	26 25-29	1:52:28.4	1:52:48.4	11:15/M
360	Christopher Parks		1	407	21	M	3 20-24	1:52:36.2	1:52:52.6	11:16/M
361	Lori Reese	Harrisburg PA	1	315	41	F	29 40-44	1:52:45.3	1:53:13.6	11:17/M
362	Angela Stan		1	269	37	F	35 35-39	1:53:20.0	1:53:38.1	11:20/M
363	Jan Goshorn		1	294	62	M	9 60-64	1:53:29.4	1:53:59.3	11:21/M
364	Sarah Kramer	Mifflintown PA	1	305	24	F	18 20-24	1:55:18.1	1:55:43.3	11:32/M
365	Michaela Strawser		1	258	37	F	36 35-39	1:55:30.1	1:56:03.2	11:33/M
366	Megan Hayman	Hummelstown PA	1	70	25	F	27 25-29	1:56:13.4	1:56:29.4	11:37/M
367	Amy Burke		1	380	39	F	27 35-39	1:56:54.1	1:57:11.4	11:41/M
368	Marianne Seiler		1	252	39	F	38 35-39	1:57:32.8	1:58:12.1	11:45/M
369	Brenda Balmer		1	151	44	F	30 40-44	1:58:00.9	1:58:37.8	11:48/M
370	Annie Dellinger		1	116	46	F	17 45-49	1:58:20.0	1:58:57.9	11:50/M
371	Amy Kehner		1	86	45	F	18 45-49	1:59:03.1	1:59:46.1	11:54/M
372	Meghan Dade		2	440	43	F	31 40-44	1:59:41.8	1:59:45.5	11:58/M
373	Mary Beth Stringent		2	416	47	F	19 45-49	1:59:42.3	1:59:46.0	11:58/M
374	Jane Jaffe	Hummelstown PA	1	389	56	F	5 55-59	2:01:32.1	2:02:07.6	12:09/M
375	Nick Elsener		1	171	61	M	10 60-64	2:01:40.5	2:02:14.5	12:10/M
376	Laura Palumbo	Grantham PA	1	232	25	F	28 25-29	2:01:47.8	2:02:21.1	12:11/M
377	Clayton Gabert		1	464	46	M	27 45-49	2:02:46.3	2:03:23.5	12:17/M
378	Karen Gasser		1	150	45	F	20 45-49	2:02:47.7	2:03:05.2	12:17/M
379	Lisa Ayers	Annaville PA	1	453	41	F	32 40-44	2:03:19.1	2:03:57.0	12:20/M
380	Aimee Readie		1	419	36	F	39 35-39	2:03:23.8	2:03:54.0	12:20/M
381	Garry Price		1	450	61	M	11 60-64	2:03:23.8	2:03:54.3	12:20/M
382	Adrienne Mitford	Harrisburg PA	1	122	38	F	40 35-39	2:03:50.2	2:04:22.6	12:23/M
383	Rosemary French		2	391	56	F	6 55-59	2:03:56.4	2:03:59.5	12:24/M
384	Matthew Gerhart		1	164	31	M	23 30-34	2:04:11.8	2:04:51.8	12:25/M
385	Ana Gerhart		1	165	33	F	35 30-34	2:04:12.1	2:04:52.2	12:25/M
386	Jill Rothschild		1	441	37	F	41 35-39	2:04:18.1	2:04:57.1	12:26/M
387	Erin Edwards	New Cumberland PA	1	227	37	F	42 35-39	2:04:18.5	2:04:51.8	12:26/M
388	Sonja Sampsell		1	290	71	F	1 65-99	2:04:47.2	2:05:30.5	12:29/M
389	Lisa Essman	Lewisberry PA	1	63	54	F	16 50-54	2:04:50.3	2:05:18.5	12:29/M
390	Devon Hoch		1	388	25	F	29 25-29	2:05:04.7	2:05:54.9	12:30/M
391	Kimberlee Tomevi		1	71	27	F	30 25-29	2:06:02.7	2:06:13.8	12:36/M
392	Kristy Dravk		1	136	33	F	36 30-34	2:06:10.9	2:06:38.4	12:37/M
393	Laura Bednar		1	96	30	F	37 30-34	2:06:14.7	2:06:51.6	12:37/M
394	Debra Bednar		1	95	54	F	17 50-54	2:06:20.0	2:06:57.3	12:38/M
395	Angie Straub		1	81	28	F	31 25-29	2:06:53.3	2:07:24.7	12:41/M
396	Catherine Smith		2	48	45	F	21 45-49	2:07:07.6	2:07:10.9	12:43/M
397	Linda Herzog		2	57	52	F	18 50-54	2:09:33.2	2:09:36.2	12:57/M
398	Michael Pivovar		1	155	38	M	20 35-39	2:09:37.9	2:10:17.7	12:58/M
399	Laurie Newsome		1	409	44	F	33 40-44	2:10:19.0	2:10:53.2	13:02/M
400	Kami Keller		1	449	29	F	32 25-29	2:12:19.0	2:12:38.4	13:14/M
401	Cindy Gladis		1	13	41	F	34 40-44	2:13:00.8	2:13:32.5	13:18/M
402	Scott Weber-Broody		2	345	29	M	22 25-29	2:14:30.4	2:14:30.4	13:27/M

# Capital 10 Miler 2013 Elite Update

Race Date  
April 07, 2013

## Overall Finish List

Place		-----Total-----									
<u>Overall</u>	<u>Name</u>	<u>City</u>	<u>Div</u>	<u>Bib No</u>	<u>Age</u>	<u>Gend</u>	<u>AG Place</u>	<u>Chip Time</u>	<u>Gun Time</u>	<u>Pace</u>	
403	Erika Maury		2	307	27	F	33 25-29	2:14:30.7	2:14:30.7	13:27/M	
404	Julie Paris		1	121	52	F	19 50-54	2:14:53.0	2:15:33.8	13:29/M	
405	Renee Reimer	Camp Hill PA	1	277	44	F	35 40-44	2:17:55.0	2:18:33.7	13:48/M	
406	Shelly Latsha		1	335	45	F	22 45-49	2:17:55.2	2:18:33.8	13:48/M	
407	Carolina Nicholson	Millersburg PA	1	426	16	F	4 1-19	2:21:48.4	2:22:06.5	14:11/M	
408	Barbara Baciorek	New Cumberland PA	1	349	52	F	20 50-54	2:22:49.7	2:23:34.9	14:17/M	
409	Brian Chamberlain	Carlisle PA	2	159	53	M	25 50-54	2:35:37.5	2:35:41.7	15:34/M	
410	Alice Chamberlain	Carlisle PA	2	158	48	F	23 45-49	2:35:41.7	2:35:41.7	15:34/M	
411	Priscilla Barr		1	10	31	F	38 30-34	2:44:44.9	2:45:13.7	16:28/M	
412	Troy Bakel		2	21	57	M	10 55-59	2:48:29.2	2:48:34.3	16:51/M	
413	Joanne Bakel		2	20	53	F	21 50-54	2:48:29.7	2:48:34.2	16:51/M	
414	Bonnie Stephens		2	430	56	F	7 55-59	2:57:55.4	2:57:58.8	17:48/M	
415	Gayle Hendricks		2	278	57	F	8 55-59	3:01:43.2	3:01:45.3	18:10/M	
416	Donald Alsedek		2	98	71	M	2 70-99	3:11:00.2	3:11:04.6	19:06/M	
417	Jessica Rowland		2	84	32	F	39 30-34	3:20:28.4	3:20:32.7	20:03/M	