

Rock N Glow 2016

Age Group Results

5K

Race Date  
June 04, 2016

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	Danae Peters	Manheim	812	20	7	18:53.4	18:56.5	6:05/M

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	Colton Sunderland	Manheim	1016	17	1	16:51.3	16:57.3	5:26/M

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5K

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June 04, 2016

No Age given

		-----Total-----						
Place	Name	City	Bib No	Age	Overall	Chip Time	Gun Time	Pace
1	Alex Hondru	Manheim	480	0	422	32:42.9	33:11.7	10:33/M

Female 1 to 10

		-----Total-----						
Place	Name	City	Bib No	Age	Overall	Chip Time	Gun Time	Pace
1	* Callie Segro	Mount Joy	914	10	101	24:41.2	24:50.3	7:58/M
2	Sami Eisenhofer	Sinking Spring	268	9	175	26:53.3	27:42.2	8:40/M
3	Abigail Marquette	Lancaster	656	8	199	27:21.3	27:32.6	8:49/M
4	milania breuning		1278	10	204	27:26.0	27:39.5	8:51/M
5	Kaleigh Enck	Manheim	273	8	259	29:16.5	29:33.8	9:26/M
6	Emma Martin	Manheim	661	10	262	29:22.1	30:21.3	9:28/M
7	Julia Rohrer	Manheim	865	9	356	31:03.9	33:18.5	10:01/M
8	Samantha Williams	Manheim	1227	10	437	33:07.3	33:21.9	10:41/M
9	Raya Hay	Lancaster	442	8	444	33:13.7	34:46.2	10:43/M
10	Hannah Espenshade	Manheim	1245	8	457	33:37.5	33:46.4	10:51/M
11	Keaira Joned	Lititz	527	10	527	34:49.6	35:18.1	11:14/M
12	Taryn Toburen	Lititz	1032	8	566	35:35.4	37:18.5	11:29/M
13	Lyla Mateer	Manheim	679	6	574	35:47.6	36:21.0	11:33/M
14	Madelyn Gehman	Mount Joy	347	7	577	35:51.3	37:38.4	11:34/M
15	Sophie Forbes	Denver	311	10	581	36:01.4	36:14.0	11:37/M
16	Laci Nelson	Mount Joy	764	9	594	36:24.8	37:11.6	11:45/M
17	Maya Stitzel	Manheim	992	7	601	36:34.7	37:07.7	11:48/M
18	Bridget Martin	Manheim	660	9	607	36:37.9	37:00.4	11:49/M
19	Gianna Bernat	Manheim	68	6	615	36:50.6	37:25.2	11:53/M
20	Avery Salada	Lancaster	892	10	649	37:55.6	38:06.0	12:14/M
21	Lexi Cox	Manheim	209	9	652	38:04.6	39:12.9	12:17/M
22	Addison Musser	Denver	745	8	659	38:17.7	39:26.1	12:21/M
23	Kylie Mays	Lancaster	689	8	663	38:24.3	39:37.9	12:23/M
24	Kiera MacAriola	Leola	1261	9	667	38:26.6	39:44.8	12:24/M
25	Avery Yost	Manheim	1128	8	684	38:58.0	40:33.9	12:34/M
26	Kaela McCarthy	Manheim	695	10	715	40:14.4	40:30.1	12:59/M
27	Hope Hollinger	Manheim	1175	7	733	40:49.7	41:16.4	13:10/M
28	Katelyn Shelly	Manheim	1196	8	734	40:49.8	41:16.9	13:10/M
29	Kella Ulrich	Elizabethtown	1045	8	740	41:03.9	42:58.3	13:15/M
30	Caroline Hondru	Manheim	481	7	753	41:30.2	42:02.5	13:23/M
31	Sarah Hondru	Manheim	484	10	773	42:28.8	42:57.4	13:42/M
32	Naomi Atticks	Columbia	25	10	775	42:30.4	42:55.6	13:43/M
33	Emma Greineder	Lancaster	393	10	780	42:31.9	42:56.3	13:43/M
34	Magdalena Turner	Lititz	1041	10	822	43:48.8	45:14.2	14:08/M
35	Ava Jacobs	Reinholds	521	9	826	44:00.4	45:08.3	14:12/M
36	Madison Reitzel	Mr. Wolf	848	10	832	44:20.2	45:29.8	14:18/M
37	Alexa Miville	Lancaster	730	9	838	44:46.3	45:55.0	14:26/M
38	Gretta Brubaker	Lititz	119	9	849	45:25.3	47:07.2	14:39/M
39	Cami Wolfe	Lancaster	1110	7	858	46:05.5	47:29.8	14:52/M
40	Cali Inthavongsa	Manheim	517	8	863	46:10.3	48:21.0	14:54/M
41	Gretchen Long	Elizabethtown	630	7	865	46:25.8	47:53.1	14:58/M
42	Mya Stackhouse	Elizabethtown	978	7	872	46:44.8	48:11.1	15:05/M
43	Emma Garner	Manheim	335	6	920	49:08.0	51:30.0	15:51/M
44	Haylee Hollinger	Manheim	1173	5	943	51:38.2	52:06.5	16:39/M
45	Camryn Stouch	Manheim	1002	6	944	51:47.5	53:26.6	16:42/M
46	Haley Kover	Manheim	1230	9	949	52:21.7	53:58.0	16:53/M
47	Brooke Nelson	Mount Joy	761	7	965	54:40.5	55:45.7	17:38/M
48	Josie Baronsky	Mount Joy	41	5	973	55:41.7	58:03.1	17:58/M
49	Mackenzie Blough	Parkesburg	88	9	974	55:47.8	57:53.2	18:00/M
50	Ramey Diehl	Manheim	235	8	998	59:17.7	1:00:46.7	19:07/M
51	Jenna Leschner	Denver	615	8	1006	1:00:16.4	1:02:30.1	19:26/M

Male 1 to 10

		-----Total-----						
Place	Name	City	Bib No	Age	Overall	Chip Time	Gun Time	Pace
1	* Benjamin Causak	Lebanon	172	9	48	22:21.3	22:24.0	7:13/M
2	Keagan Eisenhofer	Sinking Spring	267	8	59	22:52.2	23:40.5	7:23/M
3	Conlan Fletcher	Manheim	1246	10	132	25:26.7	26:38.7	8:12/M
4	Avery Kirchner	Manheim	557	8	167	26:44.5	27:44.5	8:37/M
5	Carson Bansner	Denver	34	6	192	27:14.3	28:18.0	8:47/M
6	Chase Kirchner	Manheim	559	8	208	27:36.0	28:37.0	8:54/M
7	Braden Brubaker	Leola	1236	7	212	27:52.1	28:18.2	8:59/M
8	Henry Von Stetten	Manheim	1059	9	223	28:13.1	28:38.8	9:06/M

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### Male 1 to 10

									-----Total-----	
Place	Name	City	Bib No	Age	Overall	Chip Time	Gun Time	Pace		
9	Cooper Longenecker	Manheim	1180	6	230	28:22.8	29:37.5	9:09/M		
10	Jaycen Conrad	Elizabethtown	195	10	281	29:42.8	31:39.6	9:35/M		
11	Hunter Hurst	Manheim	509	9	295	29:51.7	29:51.7	9:38/M		
12	Jake Zimmerman	Ephrata	1151	7	337	30:40.5	32:15.5	9:54/M		
13	Brayden Fox	Manheim	314	9	355	31:03.7	33:17.8	10:01/M		
14	Sonny Callahan	Mount Joy	154	10	364	31:16.1	31:51.1	10:05/M		
15	Austin Berger	Lancaster	66	9	376	31:32.8	33:01.0	10:10/M		
16	Adam Wiekrykas	Ranson	1103	9	390	31:51.6	32:32.6	10:16/M		
17	Weston Longenecker	Manheim	637	9	395	31:59.4	33:06.9	10:19/M		
18	Nathan Savage	Ephrata	902	9	434	33:01.8	35:33.9	10:39/M		
19	Brody Longenecker	Manheim	1179	9	463	33:40.7	34:55.1	10:52/M		
20	Carter Patrick	Manheim	800	9	475	33:56.2	34:31.7	10:57/M		
21	Tyler Groff	Manheim	405	9	480	33:57.5	35:06.9	10:57/M		
22	Aiden Garner	Manheim	333	9	568	35:38.2	37:30.6	11:30/M		
23	Christopher Hondru	Manheim	482	5	595	36:25.6	36:57.0	11:45/M		
24	Tyson Kilgore	Lititz	550	9	661	38:21.0	39:06.4	12:22/M		
25	Jamison Kilgore	Lititz	548	7	672	38:42.7	39:28.7	12:29/M		
26	Robert Reitzel	Lancaster	849	10	681	38:54.0	39:59.8	12:33/M		
27	Landen Statts	Manheim	984	9	737	40:56.0	41:31.5	13:12/M		
28	Aj Haag	Quarryville	409	7	741	41:04.0	41:09.4	13:15/M		
29	Connor Gehman	Mount Joy	345	5	750	41:27.2	43:14.1	13:22/M		
30	Brandon Haag	Quarryville	410	5	760	42:13.1	42:18.8	13:37/M		
31	Jay Hollinger	Manheim	1176	8	764	42:15.8	42:47.7	13:38/M		
32	Kenny Rothacker	Manheim	877	5	770	42:21.1	46:08.3	13:40/M		
33	Colton Rutt	Denver	888	8	784	42:37.7	44:35.2	13:45/M		
34	Nate Sauder	Manheim	899	10	868	46:37.0	48:56.5	15:02/M		
35	Rod Sauder	Manheim	900	10	869	46:37.9	48:56.8	15:02/M		
36	John Pogorzelski	Manheim	819	9	888	47:39.9	50:00.3	15:22/M		
37	Zachary Rokosky	Cumbola	869	7	907	48:08.3	50:01.4	15:32/M		
38	Jack Lammey	Adamstown	599	8	940	50:33.8	52:46.9	16:18/M		
39	Davion Edgell	Lancaster	263	9	989	57:32.7	58:49.9	18:34/M		
40	Andy Goff	Manheim	366	6	1012	1:02:33.9	1:07:48.0	20:11/M		
41	Garrett Barnett	Manheim	39	8	1019	1:04:28.7	1:06:15.1	20:48/M		
42	Caidan Lewis	Landisville	618	7	1021	1:11:00.7	1:11:00.7	22:54/M		

### Female 11 to 14

									-----Total-----	
Place	Name	City	Bib No	Age	Overall	Chip Time	Gun Time	Pace		
1	* Katelyn Locker	Elizabethtown	627	13	23	20:59.6	21:01.7	6:46/M		
2	Katelyn Weissend	Manheim	1086	14	25	21:04.8	21:06.7	6:48/M		
3	Madeline Quinn	Elizabethtown	830	13	33	21:42.5	21:44.5	7:00/M		
4	arielle breuninger		1277	12	54	22:32.2	22:46.4	7:16/M		
5	Olivia Sunderland	Manheim	1019	12	63	23:02.5	23:04.3	7:26/M		
6	Sierra Zimmerman	Ephrata	1154	14	65	23:10.1	23:39.1	7:28/M		
7	Hannah Zimmerman	Ephrata	1149	12	91	24:22.3	24:34.5	7:52/M		
8	Laura Good	Elm	374	14	96	24:27.1	24:37.1	7:53/M		
9	Brittany Benner	Mount Joy	61	14	137	25:52.1	26:39.3	8:21/M		
10	Amanda Fry	Mount Joy	321	13	145	26:06.4	26:23.7	8:25/M		
11	Sydney Brubaker	Leola	1239	11	149	26:20.2	26:46.0	8:30/M		
12	Kallee Locker	Elizabethtown	626	11	169	26:46.3	26:48.7	8:38/M		
13	Abby Nolt	Manheim	776	14	177	26:55.7	27:42.4	8:41/M		
14	Keri Anderson	Mount Joy	12	13	178	26:57.2	27:14.9	8:42/M		
15	Bella Carper	Ephrata	1243	13	187	27:11.6	27:38.9	8:46/M		
16	Olissa Clingenpeel	Manheim	185	11	197	27:20.5	28:00.1	8:49/M		
17	Amber Maurer	Manheim	684	13	202	27:24.2	27:41.7	8:50/M		
18	Courtney Smith	Mount Joy	1197	12	203	27:25.2	27:26.9	8:51/M		
19	Makenna Hollinger	Manheim	478	12	226	28:18.4	28:20.5	9:08/M		
20	Abbi Martin	Manheim	658	13	264	29:24.5	30:23.9	9:29/M		
21	Camryn King	Manheim	553	11	266	29:25.2	30:24.3	9:29/M		
22	Kameron Fahnestock	Manheim	280	11	269	29:27.7	30:01.4	9:30/M		
23	Eleanor Deeg	Lancaster	216	13	270	29:28.6	30:55.5	9:30/M		
24	Abby Miller	Manheim	721	14	271	29:29.9	30:05.7	9:31/M		
25	Emma Bitner	Lancaster	73	12	277	29:37.8	30:38.0	9:33/M		
26	Allysen Leber	Manheim	608	12	278	29:39.0	30:13.8	9:34/M		
27	Halie Mayfield	Manheim	1183	13	287	29:46.6	29:52.2	9:36/M		
28	Eden Heiserman	Manheim	445	13	288	29:46.7	29:52.3	9:36/M		
29	Hope Cahill	Lancaster	147	13	309	30:07.7	30:29.9	9:43/M		
30	Leah Hawryluk	Lebanon	441	14	333	30:32.7	30:54.1	9:51/M		
31	Emmy Varner	Lititz	1052	13	335	30:38.9	30:49.8	9:53/M		
32	Erin Haldeman	Lititz	421	13	342	30:49.4	31:52.7	9:56/M		
33	hanna zimmerman		1150	12	378	31:33.4	32:23.0	10:11/M		
34	Camri Foster	Lebanon	313	12	407	32:25.6	33:00.2	10:27/M		

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### Female 11 to 14

Place	Name	City	Bib No	Age	Overall	-----Total-----		Pace
						Chip Time	Gun Time	
35	Mariah Burkholder	Lititz	145	14	432	32:56.8	33:47.8	10:37/M
36	Morgan Kreider	Manheim	586	11	471	33:49.8	34:30.0	10:55/M
37	Ellie Krushinski	Lititz	589	13	474	33:55.2	34:14.9	10:56/M
38	Olivia Faulhaber	Manheim	289	12	491	34:12.5	35:44.0	11:02/M
39	Olivia Swope	Strasburg	1024	14	493	34:20.9	34:28.3	11:05/M
40	Abby Dannecker	Mount Joy	214	13	502	34:31.9	36:20.0	11:08/M
41	Wynne Coolbeth	Manheim	203	11	505	34:35.4	35:07.7	11:09/M
42	Anna Brubaker	Mount Joy	116	11	518	34:41.5	34:54.5	11:11/M
43	Grace Atticks	Columbia	24	13	547	35:12.6	35:37.4	11:21/M
44	Alyssa Hess	Manheim	460	12	555	35:22.1	35:24.1	11:25/M
45	Moriah Garber	Bainbridge	331	13	557	35:23.7	36:32.6	11:25/M
46	Kiley Kreider	Manheim	585	13	579	36:00.3	36:41.1	11:37/M
47	Mya Williams	Lititz	1107	13	580	36:00.6	36:41.2	11:37/M
48	Kayla Emley	Seven Valleys	271	14	584	36:04.3	36:09.2	11:38/M
49	Carissa Stief	Manheim	989	13	585	36:07.1	36:35.1	11:39/M
50	Olivia Herr	Lititz	453	13	608	36:38.0	36:57.0	11:49/M
51	Olivia Here	Lititz	452	13	612	36:44.4	37:03.7	11:51/M
52	Megan Brubaker	Lititz	123	14	640	37:36.8	39:05.8	12:08/M
53	Lillian Slough	Lancaster	953	13	641	37:37.0	39:05.9	12:08/M
54	Ruby Fox	New Holland	317	14	675	38:45.8	39:35.3	12:30/M
55	Lannah Ulrich	Elizabethtown	1046	11	693	39:12.3	41:05.8	12:39/M
56	Emily Dietz	Cleona	239	12	699	39:33.3	41:11.5	12:45/M
57	Addy Ober	Lititz	783	11	707	39:52.6	39:56.7	12:52/M
58	Audrey Weaver	Lititz	1072	14	723	40:34.1	42:37.1	13:05/M
59	Shauna Lukus	Lititz Pa	1182	13	726	40:37.6	40:45.8	13:06/M
60	Madison Miller	Manheim	749	13	730	40:45.5	40:54.0	13:09/M
61	Gillian Martin	Manheim	662	12	731	40:45.7	40:54.0	13:09/M
62	Ellie McCabe	Manheim	691	12	757	42:00.1	43:39.0	13:33/M
63	Kym Kouterick	Strasburg	1178	14	781	42:32.1	42:56.1	13:43/M
64	Evangelina Guttedar	Manheim	1250	12	841	44:50.8	46:15.1	14:28/M
65	Alexis Young	Manheim	1131	12	843	45:05.7	45:21.1	14:33/M
66	Olivia Jenkins	Manheim	524	13	846	45:12.1	45:27.4	14:35/M
67	Abbey Goff	Manheim	365	13	848	45:23.3	50:37.3	14:38/M
68	Adriana Siegrist	Columbia	944	11	855	45:53.0	48:09.8	14:48/M
69	Kelly Chodkowski	Conestoga	177	13	917	48:58.3	49:23.2	15:48/M
70	Lea Kover	Manheim	1231	13	950	52:21.9	53:57.8	16:53/M
71	Genna Tripple	Mount Joy	1035	12	970	55:38.3	58:00.4	17:57/M
72	Samantha Mays	Lancaster	690	14	1005	1:00:11.4	1:00:19.9	19:25/M

### Male 11 to 14

Place	Name	City	Bib No	Age	Overall	-----Total-----		Pace
						Chip Time	Gun Time	
1	* Preston Brubaker	Leola	1238	14	6	18:39.4	18:41.5	6:01/M
2	Ryan Horner	Lititz	492	14	17	20:11.7	20:14.6	6:31/M
3	Josh Wenger	Lititz	1090	14	18	20:12.7	20:15.6	6:31/M
4	Raymond Truex	Ephrata	1039	14	21	20:40.6	20:44.8	6:40/M
5	Benjamin Nolt	Denver	777	12	22	20:41.5	20:47.2	6:40/M
6	Isaac Martin	Manheim	663	14	27	21:05.8	21:09.5	6:48/M
7	Gabe Damon	Manheim	213	14	32	21:38.7	21:42.4	6:59/M
8	Parker Wolfe	Lancaster	1111	12	39	22:02.9	22:06.1	7:06/M
9	Zachary Benner	Mount Joy	65	11	50	22:22.1	22:29.6	7:13/M
10	Benjamin Ginder	Manheim	360	11	53	22:28.7	22:43.5	7:15/M
11	Austin Nelson	Mount Joy	760	14	66	23:12.6	24:46.7	7:29/M
12	Connor Brooks	Manheim	111	13	67	23:13.5	23:36.9	7:29/M
13	Max Hudson	Mt Joy	508	11	85	24:17.4	24:28.1	7:50/M
14	Kade Kegarise	Manheim	537	13	89	24:20.9	25:15.7	7:51/M
15	Matt Wash	Lititz	1071	13	94	24:24.5	24:43.8	7:52/M
16	Kaden Ludwig	Manheim	631	12	95	24:26.7	24:30.4	7:53/M
17	Mason Long	Lancaster	641	13	99	24:35.4	26:05.7	7:56/M
18	Camryn Eberly	Manheim	255	13	120	25:09.0	26:04.4	8:07/M
19	Carson Brooks	Manheim	110	12	129	25:19.1	25:42.9	8:10/M
20	Brady Weaver	Lititz	1074	12	134	25:43.4	27:25.2	8:18/M
21	Nathan Brubaker	Mount Joy	124	14	143	26:04.4	26:51.9	8:25/M
22	Riley McGallicher	Manheim	708	11	151	26:21.7	26:44.9	8:30/M
23	Tanner Haines	Lititz	419	14	157	26:27.6	27:17.8	8:32/M
24	Jaden Weit	Manheim	1087	11	159	26:32.2	26:49.8	8:34/M
25	Mason Caleca	Lititz	149	14	166	26:42.5	27:34.8	8:37/M
26	Logan Burkholder	Manheim	143	13	179	26:59.6	27:07.6	8:42/M
27	Chase Grissinger	Manheim	399	13	185	27:04.7	27:27.6	8:44/M
28	Zachary Melhorn	Manheim	711	14	214	27:59.9	29:10.4	9:02/M
29	Aiden Deppen	Manheim	226	11	217	28:03.9	28:29.2	9:03/M
30	Cameron Evans	Manheim	1223	11	221	28:08.2	29:13.4	9:05/M

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5K

Race Date  
June 04, 2016

### Male 11 to 14

								-----Total-----	
Place	Name	City	Bib No	Age	Overall	Chip Time	Gun Time	Pace	
31	Gage McCabe	Manheim	692	14	243	28:43.2	29:06.7	9:16/M	
32	Scott Westfield	Mount Joy	1093	14	258	29:11.2	30:01.7	9:25/M	
33	Darren Shenenberger	Manheim	1224	13	273	29:34.7	29:58.5	9:32/M	
34	Luke Nagle	Terre Hill	752	13	280	29:39.5	30:17.2	9:34/M	
35	Rob Maddox	Manheim	649	13	286	29:45.5	29:50.5	9:36/M	
36	Logan Conrad	Elizabethtown	197	12	292	29:51.4	31:47.9	9:38/M	
37	Justin Reinhart	Landisville	843	11	326	30:24.4	31:01.2	9:48/M	
38	David Adamchak	York	3	11	357	31:04.6	32:58.6	10:01/M	
39	Tyler Fahnestock	Manheim	282	12	373	31:30.3	31:42.1	10:10/M	
40	Devynne Neville	Manheim	767	13	417	32:39.2	32:44.1	10:32/M	
41	Jase Colino	Landisville	191	11	428	32:49.0	33:26.7	10:35/M	
42	Devin Zook	Leola	1156	11	430	32:56.2	33:27.8	10:37/M	
43	Zac Nagle	Terre Hill	754	11	466	33:43.0	34:20.4	10:53/M	
44	Owen Yost	Manheim	1130	11	514	34:39.4	35:43.9	11:11/M	
45	Elijah Padulese	Lititz	1210	14	550	35:13.5	36:55.5	11:22/M	
46	Cole Meyer	Manheim	719	14	697	39:25.1	39:47.9	12:43/M	
47	Annalyce Hess	Lititz	461	11	704	39:50.7	39:53.9	12:51/M	
48	Bryn Hess	Lititz	462	11	706	39:52.0	39:55.5	12:52/M	
49	Colton Faulhaber	Manheim	287	12	759	42:08.0	43:39.4	13:35/M	
50	Jesse Hurst	Manheim	510	11	765	42:19.3	42:19.3	13:39/M	
51	Ethan Coolbeth	Manheim	199	13	782	42:34.1	42:55.3	13:44/M	
52	Owen Kormos	Manheim	571	12	798	42:57.9	43:16.5	13:51/M	
53	Daniel Brubaker	Lititz	117	12	851	45:34.9	47:16.4	14:42/M	
54	Rachael Rivera	Manheim	862	12	880	47:16.5	49:34.6	15:15/M	
55	Benjamin Blough	Parkesburg	87	11	961	54:08.7	56:13.8	17:28/M	

### Female 15 to 18

								-----Total-----	
Place	Name	City	Bib No	Age	Overall	Chip Time	Gun Time	Pace	
1	* Kate Dickow	Lititz	233	15	11	19:37.7	19:40.6	6:20/M	
2	Mallory Sunderland	Manheim	1018	15	30	21:34.1	21:44.9	6:57/M	
3	Marianne Fitzkee	Manheim	304	15	34	21:45.1	21:55.8	7:01/M	
4	Charis Dinger	Manheim	242	18	35	21:46.0	21:54.2	7:01/M	
5	Christina Gavala	Manheim	340	17	38	21:54.6	21:56.7	7:04/M	
6	Madalyn Nelson	Mount Joy	765	16	136	25:50.4	26:08.1	8:20/M	
7	Alyssa Turner	Manheim	1040	15	146	26:06.5	26:15.5	8:25/M	
8	Ashley Hartzler	Manheim	434	15	194	27:19.2	29:15.5	8:49/M	
9	Lauren Hartzler	Manheim	436	17	211	27:50.5	27:50.5	8:59/M	
10	Jensen Hodecker	Lititz	475	15	220	28:07.1	28:47.3	9:04/M	
11	Joye Martin	Manheim	667	15	250	28:52.3	29:39.1	9:19/M	
12	Saige Wolgenuth	Manheim	1116	15	289	29:50.3	30:09.5	9:37/M	
13	Kacie Eberly	Manheim	256	18	324	30:22.3	31:06.4	9:48/M	
14	Lauren Becker	Manheim	50	17	340	30:44.4	31:40.4	9:55/M	
15	Maggie Eckert	Manheim	1168	15	361	31:11.4	32:27.3	10:04/M	
16	Courtney Weaver	Mount Joy	1075	18	371	31:28.8	32:26.3	10:09/M	
17	Halina Dorofee	Lititz	249	18	403	32:14.1	33:28.6	10:24/M	
18	Hope Hendershot	Manheim	448	16	411	32:31.2	33:13.4	10:29/M	
19	Makenzie Burkholder	Lititz	144	17	451	33:27.2	34:18.5	10:47/M	
20	Priya Desai	Lititz	228	17	464	33:40.8	34:55.3	10:52/M	
21	Autumn Swope	Strasburg	1022	15	470	33:49.3	33:56.6	10:55/M	
22	elise schofield		909	18	478	33:57.2	35:11.1	10:57/M	
23	Sydney Rhoades	Palmyra	856	17	592	36:18.8	36:41.7	11:43/M	
24	Alyssa Glotfelty	Palmyra	363	16	593	36:18.8	36:41.3	11:43/M	
25	Lexi Kohler	Manhiem	569	15	598	36:30.1	36:40.5	11:46/M	
26	Hannah Kowalski	Manheim	575	15	632	37:18.4	38:27.4	12:02/M	
27	Elise Schofield	Lititz	908	18	634	37:22.7	39:07.2	12:03/M	
28	Brianna Dissler	Lititz	246	18	636	37:34.4	39:07.3	12:07/M	
29	Amanda Gonzalez	Lancaster	369	16	666	38:26.1	39:31.7	12:24/M	
30	Baylee Sexton	Elizabethtown	921	15	679	38:49.6	40:40.7	12:31/M	
31	Molly McCord	Lititz	700	18	702	39:40.5	41:34.3	12:48/M	
32	Maggie Vanbrakle	Hershey	1051	18	743	41:05.8	42:42.8	13:15/M	
33	Kylie Downs	Lebanon	251	17	767	42:20.5	42:34.0	13:39/M	
34	Hannah Greineder	Lancaster	394	15	776	42:30.8	42:55.7	13:43/M	
35	Meaghan Austin	Lancaster	26	16	788	42:40.9	42:56.3	13:46/M	
36	Joanna Boone	Leola	94	15	806	43:14.9	43:58.9	13:57/M	
37	Madison Dietz	Cleona	240	17	824	43:53.7	45:33.7	14:09/M	
38	Rachel Vanblargan	Manheim	1050	16	936	50:28.5	51:27.3	16:17/M	
39	Erin Slough	Lancaster	952	18	964	54:30.1	55:13.8	17:35/M	

# Rock N Glow 2016

## Age Group Results

5K

Race Date  
June 04, 2016

### Male 15 to 18

								-----Total-----	
Place	Name	City	Bib No	Age	Overall	Chip Time	Gun Time	Pace	
1	* Ian Lauver	Manheim	1257	18	3	17:07.9	17:15.3	5:31/M	
2	Galen Fitzkee	Manheim	303	17	5	18:14.9	18:19.3	5:53/M	
3	Lawrence Locker	Elizabethtown	628	15	9	19:29.7	19:32.2	6:17/M	
4	Niko Gavala	Manheim	341	15	26	21:05.4	21:07.6	6:48/M	
5	Robert Pavlik	Manheim	808	18	56	22:36.5	22:42.4	7:17/M	
6	Kyle Anderson	Mount Joy	14	17	61	22:57.3	23:00.5	7:24/M	
7	Zachary Leaman	Lancaster	1258	15	62	22:59.6	23:20.9	7:25/M	
8	Liam Eckert	Lititz	261	15	77	23:56.8	24:00.5	7:43/M	
9	Logan Coolbeth	Manheim	202	15	80	24:06.4	24:26.4	7:46/M	
10	Josh Varner	Lititz	1053	15	82	24:10.5	24:21.3	7:48/M	
11	Dominick Dombrowski	Manheim	248	18	97	24:30.3	24:42.9	7:54/M	
12	Marcus Stoltzfus	Lititz	996	18	100	24:36.0	25:05.1	7:56/M	
13	Steve Bruhn	Manheim	1240	15	111	24:55.9	26:08.1	8:02/M	
14	Ben Coolbeth	Manheim	198	17	113	24:56.9	25:17.4	8:03/M	
15	Devin Summers	Ephrata	1015	16	114	24:59.1	26:02.9	8:04/M	
16	Sebastian Solbrig	Leola	969	15	138	25:52.3	25:54.6	8:21/M	
17	Pierce Blevins	Newfreedom	84	16	165	26:41.1	26:41.1	8:36/M	
18	Ben Weaver	Manheim	1073	17	209	27:36.4	28:45.8	8:54/M	
19	Peter Brubaker	Mount Joy	125	16	210	27:41.5	27:51.4	8:56/M	
20	Kody Kegarise	Manheim	539	17	338	30:44.1	31:40.4	9:55/M	
21	Aaron Goss	Manheim	379	16	341	30:47.2	31:04.9	9:56/M	
22	Dashaun Neville	Manheim	766	18	370	31:28.5	32:26.0	10:09/M	
23	Bryan Weinsheimer	Lancaster	1085	15	446	33:17.0	33:22.8	10:44/M	
24	Austin Shirk	Elizabethtown	938	18	499	34:28.9	36:17.0	11:07/M	
25	Blake Strausbaugh	Manheim	1007	18	603	36:36.7	38:20.6	11:48/M	

### Female 19 to 29

								-----Total-----	
Place	Name	City	Bib No	Age	Overall	Chip Time	Gun Time	Pace	
1	* Lindsey Mousetis	Ephrata	1187	27	14	19:57.6	20:02.3	6:26/M	
2	Kristen Goff	Ephrata	1164	28	15	19:58.1	20:02.3	6:26/M	
3	Erin Steinweg	Lititz	988	19	24	21:03.9	21:13.6	6:47/M	
4	Corinna Harnly	Mount Joy	431	23	51	22:23.5	22:35.3	7:13/M	
5	Laura Brenner	Peach Bottom	106	25	73	23:41.0	24:06.1	7:38/M	
6	Brittany Hartman	Manheim	432	29	93	24:24.3	24:41.5	7:52/M	
7	Morgan Mummau	Manheim	743	22	109	24:51.1	25:06.1	8:01/M	
8	Shannon Smith	Lancaster	963	28	125	25:16.9	26:09.0	8:09/M	
9	Shelby Hontz	Manheim	488	21	152	26:22.2	26:58.6	8:30/M	
10	Kaitlin Fair	Manheim	283	19	155	26:25.0	26:37.2	8:31/M	
11	Emily Bancroft	Elizabethtown	32	25	164	26:40.3	28:11.6	8:36/M	
12	Angel Eshleman	Columbia	277	29	189	27:13.4	27:29.6	8:47/M	
13	Shea Barlett	Lebanon	36	29	196	27:20.5	28:04.1	8:49/M	
14	Sarah Cunliffe	Lititz	211	20	231	28:22.8	29:18.2	9:09/M	
15	Sadie Moore	Manheim	737	29	239	28:40.6	28:54.0	9:15/M	
16	Brittney Becker	Annville	48	28	242	28:43.0	30:51.0	9:16/M	
17	Jennifer McFarland	Mount Joy	704	20	245	28:44.2	30:06.5	9:16/M	
18	Emily Spence	Denver	975	27	246	28:46.6	30:14.6	9:17/M	
19	Megan Rutledge	Akron	887	25	275	29:35.9	30:50.2	9:33/M	
20	Kisha Reinmiller	Lancaster	1192	28	291	29:51.3	30:11.5	9:38/M	
21	Janelle Martin	Manheim	664	20	293	29:51.6	30:38.2	9:38/M	
22	Kara Newcomer	Lancaster	768	29	296	29:51.7	29:56.6	9:38/M	
23	Allie Graver	Lancaster	386	27	297	29:52.0	30:11.7	9:38/M	
24	Lauren Smith	Manheim	961	27	306	30:06.5	31:26.0	9:43/M	
25	Nicole Tarapchak	Lititz	1029	28	315	30:16.1	31:53.6	9:46/M	
26	Krystal Huber	Manheim	505	21	316	30:16.5	31:05.0	9:46/M	
27	Tess Buckwalter	Lititz	133	25	320	30:17.3	31:38.5	9:46/M	
28	Elizabeth Packard	Lancaster	1265	22	323	30:21.9	31:24.9	9:47/M	
29	Kristen Matthew	Akron	680	26	332	30:31.2	31:38.3	9:51/M	
30	Sharon Fisher	Manheim	298	24	339	30:44.2	31:54.5	9:55/M	
31	Allison Reifsnnyder	Manheim	841	28	369	31:24.7	32:10.3	10:08/M	
32	Samantha Eck	Lancaster	258	27	377	31:33.2	33:01.0	10:11/M	
33	Emily Zimmerman	Manheim	1147	24	382	31:38.4	32:27.9	10:12/M	
34	Caroline Meyer	Lancaster	718	24	383	31:38.5	32:27.5	10:12/M	
35	emily zimmerman		1148	24	384	31:39.4	32:27.9	10:13/M	
36	Samantha Maurer	Fredericksburg	685	27	385	31:42.4	32:34.5	10:14/M	
37	Michelle Holweger	Lansdale	479	21	387	31:43.6	32:50.9	10:14/M	
38	Juliet Pletcher	Mount Wolf	818	29	392	31:53.1	33:03.8	10:17/M	
39	Mindy Krause	State College	583	29	396	32:04.0	33:14.2	10:21/M	
40	Celine Schell	Leola	906	19	400	32:12.2	33:36.0	10:23/M	
41	Jenn Weaver	East Earl	1078	26	406	32:20.3	32:24.3	10:26/M	
42	Kiera Nguyen	Lancaster	772	28	410	32:30.3	32:42.1	10:29/M	
43	Shawna Clawges	Lancaster	1165	22	416	32:39.0	34:00.1	10:32/M	

## Rock N Glow 2016

Age Group Results

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Race Date  
June 04, 2016

## Female 19 to 29

									-----Total-----	
Place	Name	City	Bib No	Age	Overall	Chip Time	Gun Time	Pace		
44	Kelly Frederick	Denver	318	28	423	32:45.8	34:20.7	10:34/M		
45	Mary Nolt	Mount Joy	780	29	425	32:46.8	33:59.2	10:34/M		
46	Alyssa Smale	Stroudsburg	955	20	433	33:01.5	35:34.0	10:39/M		
47	Jordyn Williams	Manheim	1225	19	438	33:09.4	33:23.8	10:42/M		
48	Jade Welsh	Manheim	1088	22	445	33:16.6	33:26.9	10:44/M		
49	Amy Gordon	New Holland	378	22	448	33:21.9	34:33.8	10:45/M		
50	Meghan Clisham	New Holland	186	24	449	33:22.1	34:34.0	10:46/M		
51	Danielle Haley	Ephrata	422	29	450	33:22.3	34:22.3	10:46/M		
52	Amanda Jeffries	Lititz	523	27	452	33:29.0	34:35.9	10:48/M		
53	Kailey Fesenmyer	Lancaster	1162	25	453	33:29.1	33:58.2	10:48/M		
54	Analyse Gaspich	Palmyra	337	21	459	33:40.0	33:50.4	10:52/M		
55	Alyssa Good	Lititz	370	21	462	33:40.6	34:01.7	10:52/M		
56	Amy Althouse	Holtwood	11	29	467	33:44.0	33:53.4	10:53/M		
57	Heidi Piechowski	Lititz	816	28	472	33:50.9	34:42.4	10:55/M		
58	Julia Stauffer	Lititz	985	28	473	33:51.2	34:43.0	10:55/M		
59	Heidi Horst	Columbia	494	27	477	33:56.8	34:09.6	10:57/M		
60	Jessica Farnish	Marietta	1161	29	483	34:03.5	34:32.5	10:59/M		
61	Kim Stangl	Manheim	982	29	492	34:14.1	34:47.7	11:03/M		
62	Julie McFarland	Mount Joy	706	19	501	34:29.7	36:17.7	11:07/M		
63	Megan Clelan	Cornwall	183	28	526	34:49.2	36:41.8	11:14/M		
64	Mckenzie Pavlik	Manheim	806	20	534	34:58.2	36:34.8	11:17/M		
65	Morgan Valle	Manheim	1047	20	535	34:58.4	36:34.7	11:17/M		
66	Katelyn Hilton	Lebanon	470	25	539	35:03.6	35:26.2	11:18/M		
67	Tiffany Roth	Manheim	875	28	545	35:09.2	35:35.9	11:20/M		
68	Adrianna Pastorelli	Elizabethtown	799	20	551	35:16.8	36:00.3	11:23/M		
69	Gabrielle Handley	Steelton	427	21	552	35:16.8	36:00.4	11:23/M		
70	Alison Moffett	East Petersburg	731	26	556	35:22.7	36:02.4	11:25/M		
71	Alyssa Bunting	Ephrata	137	23	562	35:32.1	35:41.6	11:28/M		
72	Danielle Peachey	New Providence	809	26	563	35:32.8	35:41.5	11:28/M		
73	Lori Safstrom	Mount Joy	891	29	565	35:34.0	35:45.8	11:28/M		
74	Jennifer Hess	Lititz	464	26	570	35:43.7	36:08.5	11:31/M		
75	Emily Meola	Paradise	712	22	587	36:07.8	36:35.3	11:39/M		
76	Michelle Ayers	Lebanon	29	29	599	36:33.1	37:50.9	11:47/M		
77	Cassandra Rambler	Manheim	835	19	602	36:35.1	38:19.7	11:48/M		
78	Alanna Apperson	Elizabethtown	18	26	604	36:36.8	38:28.2	11:48/M		
79	Diana Shenk	Manheim	931	24	620	37:04.9	37:46.1	11:57/M		
80	Melissa Schreiber	Myerstown	910	28	621	37:11.0	37:14.9	12:00/M		
81	Rebecca Myers	Mechanicsburg	750	26	633	37:21.9	38:00.2	12:03/M		
82	Brittany Nash	East Petersburg	756	24	637	37:34.7	39:07.4	12:07/M		
83	Andrea Pugliese	Manheim	829	28	644	37:41.3	38:57.9	12:09/M		
84	Johanna Black	Conestoga	76	24	647	37:50.9	39:08.5	12:12/M		
85	Aolany Mercado	Lancaster	713	19	648	37:55.2	38:05.9	12:14/M		
86	Victoria Summers Bansen	Denver	1014	24	651	38:02.0	39:05.6	12:16/M		
87	Christina McFetridge	Ephrata	1184	26	656	38:09.7	39:11.4	12:18/M		
88	Missy Speicher	Ephrata	974	20	658	38:15.8	38:32.4	12:20/M		
89	Elyzabeth Maule	Kirkwood	683	21	669	38:40.6	38:56.9	12:28/M		
90	Ashley Kowalski	Manheim	574	19	682	38:54.8	40:51.6	12:33/M		
91	Lisa Henderson	Manheim	450	29	698	39:31.1	41:23.1	12:45/M		
92	Mariah Gansel	Lititz	326	21	701	39:40.5	41:34.4	12:48/M		
93	Maggie Walker	Sinking Spring	1214	20	714	40:10.4	42:00.9	12:57/M		
94	Stephanie Nace	Lititz	751	25	717	40:18.7	42:07.9	13:00/M		
95	Ashlee Garman	Ephrata	1163	25	718	40:18.8	42:09.1	13:00/M		
96	Chelsea Graham	Lancaster	383	24	720	40:19.7	42:03.3	13:00/M		
97	Liesa Miller	Mount Joy	725	27	728	40:40.5	40:40.5	13:07/M		
98	Josephine Eckert	Manheim	1167	27	732	40:49.2	42:06.5	13:10/M		
99	Sarai Hartnett	Lancaster	433	27	735	40:51.1	42:08.7	13:11/M		
100	Sarah Kuhn	Reading	591	28	736	40:52.0	42:08.9	13:11/M		
101	Alicia Statts	Manheim	983	29	738	40:56.2	41:31.4	13:12/M		
102	Brittini Krajnak	Lititz	578	22	747	41:23.1	41:45.6	13:21/M		
103	Roxanne Tan	Mount Joy	1028	29	778	42:31.4	43:30.6	13:43/M		
104	Shaina Krick	Lititz	587	25	785	42:40.4	44:38.5	13:46/M		
105	Mary Burkhart	Manheim	139	22	790	42:42.4	42:56.9	13:46/M		
106	Danielle Zane	Manheim	1134	24	803	43:05.8	43:05.8	13:54/M		
107	Lindsey Slough	Lancaster	954	20	807	43:14.9	43:58.4	13:57/M		
108	Melissa Palmer	Robesonia	796	28	814	43:23.5	45:06.5	14:00/M		
109	Hannah Wurster	Conestoga	1121	21	835	44:27.5	46:25.9	14:20/M		
110	Taylor Barto	Lancaster	44	20	862	46:10.1	48:20.8	14:54/M		
111	Shanyn Blanck	Manheim	80	29	877	47:06.6	48:40.8	15:12/M		
112	Randi Boyd	Mt Joy	101	23	885	47:27.6	49:46.5	15:18/M		
113	Christine Radcliffe	Manheim	832	27	890	47:42.4	50:04.2	15:23/M		
114	Alexis Richards	Lancaster	857	19	891	47:45.9	47:51.8	15:24/M		
115	Janelle Axe	Lancaster	27	28	897	47:54.6	48:02.2	15:27/M		
116	Megan Scott	Lancaster	1267	29	898	47:55.6	48:02.1	15:27/M		
117	Sharelle White	Lancaster	1098	29	915	48:36.5	48:44.4	15:41/M		
118	Christina Kramkowski	Warriors Mark	579	25	922	49:12.2	50:00.2	15:52/M		
119	Maryanne Koval	Manheim	573	26	931	49:59.5	49:59.5	16:07/M		

# Rock N Glow 2016

## Age Group Results

5K

Race Date  
June 04, 2016

### Female 19 to 29

		-----Total-----						
Place	Name	City	Bib No	Age	Overall	Chip Time	Gun Time	Pace
120	Katie Vanblargan	Manheim	1049	22	935	50:27.8	51:27.2	16:16/M
121	Jamie Flowers	Mt. Joy	307	27	941	50:35.3	52:11.0	16:19/M
122	Sonia Stuckman	Gordonville	1010	28	942	50:52.3	52:14.6	16:25/M
123	Brandi Olsen	Middletown	790	26	954	52:39.7	53:37.8	16:59/M
124	Bridget Reinhart	Washington Boro	842	24	955	53:09.8	54:21.6	17:09/M
125	Brianna Sears	Lancaster	912	25	956	53:10.0	54:21.7	17:09/M
126	Victoria Kramkowski	Warriors Mark	582	29	958	54:03.7	54:50.7	17:26/M
127	Marissa Shumate Blough	Parkesburg	942	28	975	55:50.1	57:55.7	18:01/M
128	Alicia Alexander	East Petersburg	9	24	978	55:52.7	58:03.0	18:01/M
129	Trista Kuhn	Mount Joy	592	25	980	56:00.4	58:13.3	18:04/M
130	Courtney Howard	Easy Petersburg	503	21	984	56:22.8	58:41.8	18:11/M
131	Jessica Goss	Manheim	380	19	985	56:23.3	58:42.1	18:11/M
132	Tara Slaymaker	Lancaster	950	24	986	56:25.1	58:43.0	18:12/M
133	Mandi Slaymaker	Lancaster	948	20	987	56:25.8	58:42.9	18:12/M
134	Desiree Lener	Elizabethtown	612	26	988	56:40.8	58:46.9	18:17/M
135	Diana Dorwart	Forrt Walton Beach	1159	26	1009	1:00:58.6	1:02:28.5	19:40/M

### Male 19 to 29

		-----Total-----						
Place	Name	City	Bib No	Age	Overall	Chip Time	Gun Time	Pace
1	* Jordan Shimer	Manheim	937	21	2	16:55.9	16:58.3	5:27/M
2	Jackson Crouse	Manheim	210	21	4	17:33.9	17:42.0	5:40/M
3	Barry Saylor	Lititz	903	26	13	19:50.6	20:01.7	6:24/M
4	Matt Steimling	Landisville	1208	20	31	21:35.6	21:41.4	6:58/M
5	E Reid Pavlik	Manheim	804	22	37	21:54.4	21:59.9	7:04/M
6	Austin Good	Lititz	372	25	42	22:10.0	22:12.4	7:09/M
7	Jesse Rutledge	Akron	886	25	43	22:10.6	22:13.9	7:09/M
8	Lee Billips	Lititz	71	27	46	22:14.9	22:19.5	7:10/M
9	Colton Sauder	Manheim	897	25	72	23:31.4	23:43.6	7:35/M
10	Taylor Eck	Lancaster	259	19	90	24:22.2	25:00.8	7:52/M
11	Josiah Weaver	Manheim	1079	24	106	24:47.3	24:54.7	8:00/M
12	Samuel Habbershon	Lititz	414	21	117	25:04.1	25:59.4	8:05/M
13	Kyle Kegarise	Manheim	540	20	126	25:17.0	26:11.8	8:09/M
14	Joshua Nash	East Petersburg	757	26	139	25:52.6	25:57.5	8:21/M
15	Timothy Carver	Lititz	166	26	148	26:14.4	26:31.2	8:28/M
16	Jason Mossburg	Quakertown	738	29	161	26:37.2	26:56.0	8:35/M
17	Shawn Hontz	Manheim	487	25	170	26:48.1	27:25.2	8:39/M
18	Garrett Bansner	Denver	35	26	182	27:03.8	28:07.7	8:44/M
19	Mitchell Shenk	Manheim	933	19	186	27:05.5	27:49.2	8:44/M
20	Jonathan Eshleman	Columbia	278	28	188	27:12.2	27:29.8	8:46/M
21	Justin Shelly	Manheim	930	20	191	27:14.2	27:37.2	8:47/M
22	Daniel Collison	Lancaster	1207	25	206	27:27.9	28:53.4	8:51/M
23	Travis Kauffman	Manheim	533	20	215	28:00.0	28:44.7	9:02/M
24	Wade Beamesderfer	Manheim	47	21	218	28:06.1	28:21.7	9:04/M
25	Oliver Martin	Manheim	671	20	219	28:06.1	28:22.0	9:04/M
26	Chad Fisher	Leola	293	28	227	28:18.8	29:49.2	9:08/M
27	Alex Pugh		828	22	249	28:51.9	29:23.7	9:18/M
28	Gary Detweiler	Millersville	229	26	263	29:24.4	29:42.4	9:29/M
29	Daniel Burkholder	Manheim	142	28	283	29:44.7	30:55.3	9:35/M
30	Tanner Ford	Harrisburg	312	19	305	30:04.3	31:28.7	9:42/M
31	Chad Packard	Lancaster	1264	19	308	30:07.4	31:09.6	9:43/M
32	Tim Fisher	Manheim	299	21	330	30:28.6	31:39.1	9:50/M
33	Callahan Mabry	Lititz	1215	19	346	30:52.2	31:34.5	9:57/M
34	Mark Habbershon	Lititz	413	19	399	32:11.0	32:39.8	10:23/M
35	Dylan Musser	Manheim	746	20	408	32:26.7	32:35.9	10:28/M
36	Alfredo Santana	Lancaster	1195	20	413	32:31.5	33:53.0	10:29/M
37	Ryan Carlino	Manheim	1226	19	439	33:09.9	33:24.0	10:42/M
38	Caleb Fetterolf	Manheim	292	24	447	33:17.1	33:26.9	10:44/M
39	Alex Sieber	Lititz	943	23	461	33:40.3	34:01.0	10:52/M
40	Zach Horst	Columbia	498	28	476	33:56.6	34:09.7	10:57/M
41	Matthew Stopa	Lancaster	1001	28	504	34:33.4	34:53.0	11:09/M
42	Michael McCord	Lititz	699	22	544	35:08.9	36:59.1	11:20/M
43	Brandyn Zink	Columbia	1273	21	554	35:21.0	37:40.6	11:24/M
44	Jordan Blanck	Manheim	78	28	561	35:28.7	36:56.1	11:26/M
45	Joseph Vigilante	Lebanon	1054	27	571	35:44.0	36:08.4	11:32/M
46	bruce1 wolgemuth		1203	28	588	36:08.3	36:56.3	11:39/M
47	Jeffrey Hamill	Columbia	1254	21	590	36:12.5	36:57.5	11:41/M
48	Matthew Apperson	Elizabethtown	19	27	708	39:57.8	41:51.2	12:53/M
49	Dustan Miller	York	1263	26	709	40:04.3	42:22.8	12:55/M
50	Bradlee Garman	Lititz	1213	21	713	40:10.2	42:02.0	12:57/M
51	David Bower	Lititz	96	29	719	40:19.6	42:03.3	13:00/M
52	Morgan Ash	East Earl	21	26	745	41:15.5	41:50.1	13:18/M



# Rock N Glow 2016

## Age Group Results

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### Male 19 to 29

		-----Total-----						
Place	Name	City	Bib No	Age	Overall	Chip Time	Gun Time	Pace
53	Jordan Shekart	Lititz	928	23	746	41:22.7	41:45.4	13:21/M
54	Jonathan Keiffer	Manheim	1255	26	755	41:42.6	43:43.4	13:27/M
55	Rick McCord	Lititz	701	24	853	45:49.0	47:29.3	14:47/M
56	Jesse Gibble	Manheim	1249	21	864	46:12.0	48:20.8	14:54/M
57	George Richard	Lancaster	1266	21	892	47:46.2	47:52.2	15:25/M
58	Matthew Axe	Lancaster	28	29	899	47:56.5	48:03.0	15:28/M

### Female 30 to 39

		-----Total-----						
Place	Name	City	Bib No	Age	Overall	Chip Time	Gun Time	Pace
1	* Greta Stoner	Manheim	999	34	20	20:38.9	20:46.6	6:39/M
2	Jeanette Knaub	Millersville	564	36	45	22:12.7	22:18.1	7:10/M
3	Natalie Blanck	Mount Joy	79	31	55	22:33.7	22:42.8	7:16/M
4	Joelyn Metzler	Christiana	1262	32	60	22:56.0	23:03.9	7:24/M
5	Ellen Vogt	Manheim	1057	36	83	24:15.6	24:22.7	7:49/M
6	Kat Mason	Lititz	674	36	84	24:15.7	24:22.7	7:49/M
7	Stephanie Rada	Manheim	831	32	88	24:18.9	25:25.3	7:50/M
8	Lisa Soders	Lancaster	966	36	110	24:51.5	24:56.8	8:01/M
9	Louise Lingenfelter	Palmyra	623	34	122	25:10.8	25:54.7	8:07/M
10	Sophia Kilby	Lancaster	546	30	135	25:47.3	25:54.6	8:19/M
11	Colleen Dehart	Manheim	218	30	140	25:56.4	27:19.5	8:22/M
12	Jackie Weaver	Lititz	1077	34	141	26:01.2	27:43.5	8:24/M
13	Kathy Horst	Manheim	495	34	142	26:03.0	26:38.9	8:24/M
14	Marta Horst	Lititz	496	35	158	26:28.3	26:36.6	8:32/M
15	Stephanie Newswanger	Manheim	771	38	190	27:13.7	27:40.9	8:47/M
16	Priscilla Caliz	Ephrata	1275	30	193	27:14.9	27:42.3	8:47/M
17	Valerie Paige	Lancaster	795	35	195	27:19.3	27:59.4	8:49/M
18	Jill Marquette	Lancaster	657	39	198	27:20.8	27:32.1	8:49/M
19	Amie Kohler	York	567	33	200	27:22.7	27:52.6	8:50/M
20	Leslie McCarthy	Manheim	696	39	201	27:23.5	27:34.7	8:50/M
21	Ashley Sherwood	Manheim	935	32	213	27:57.7	28:32.9	9:01/M
22	Mindy Ditzler	Manheim	247	31	232	28:24.4	29:57.9	9:10/M
23	Emmy Savage	Ephrata	901	39	234	28:28.8	31:01.3	9:11/M
24	Alyssa Soule	Lititz	970	33	236	28:34.6	29:37.4	9:13/M
25	Heather Hinkel	Mount Joy	471	33	237	28:34.6	29:53.8	9:13/M
26	Jen Prince	Reinholds	824	35	238	28:39.1	30:05.8	9:15/M
27	Michele Stum	Steelton	1012	32	244	28:44.1	29:23.2	9:16/M
28	Alison Hamby	Landisville	424	35	247	28:47.0	29:46.9	9:17/M
29	Sarah Zimmerman	Ephrata	1153	34	257	29:11.0	30:46.2	9:25/M
30	Sarah Sylvia	Manheim	1026	36	261	29:19.7	30:13.2	9:27/M
31	Josie Zondory	Lititz	1155	30	272	29:32.4	30:33.2	9:32/M
32	Rachel Bitner	Lancaster	75	38	276	29:37.5	30:37.8	9:33/M
33	Candi Brooks	Manheim	109	39	285	29:45.0	31:37.0	9:36/M
34	Angie Carper	Ephrata	1242	39	302	30:01.2	30:29.1	9:41/M
35	Tori Shank	Leola	925	32	313	30:14.4	31:42.0	9:45/M
36	Jennifer Spence	Denver	976	33	317	30:16.6	31:46.0	9:46/M
37	Colleen Gergely	Manheim	354	38	321	30:18.3	31:01.4	9:46/M
38	Lisa Colino	Landisville	192	39	327	30:24.8	31:01.5	9:48/M
39	Amber Miller	Lititz	722	31	328	30:26.1	31:04.1	9:49/M
40	Holly Heeter	Annville	444	35	343	30:50.0	34:44.8	9:57/M
41	Nicole Vracarich	Lititz	1060	31	350	31:01.0	32:37.1	10:00/M
42	Tara Wright	Mount Joy	1120	34	351	31:01.1	31:23.9	10:00/M
43	Jennifer Kiesel	Elizabethtown	544	31	352	31:02.2	32:28.3	10:01/M
44	Kelly Rohrer	Manheim	866	34	353	31:03.4	33:17.8	10:01/M
45	Angela Stoutt	Manheim	1004	33	358	31:05.9	32:13.0	10:02/M
46	Kimberly Matthews	Manheim	681	34	362	31:13.3	31:53.1	10:04/M
47	Kristy Anderson	Mount Joy	13	36	363	31:13.5	31:31.8	10:04/M
48	Evelyn Campbell	Manheim	158	34	367	31:24.3	32:47.3	10:08/M
49	Clarissa Baxter	Ephrata	45	31	375	31:31.3	32:52.6	10:10/M
50	Brandi Gipe	Myerstown	1220	34	381	31:37.1	36:15.9	10:12/M
51	Jodi Stuber	Camp Hill	1009	31	389	31:51.3	32:32.2	10:16/M
52	Adrienne Longenecker	Manheim	634	32	394	31:59.1	33:06.8	10:19/M
53	Lindsay Rhine	Conestoga	854	32	398	32:09.0	32:52.0	10:22/M
54	Teresa Rinehart	Mt. Joy	860	39	402	32:13.6	33:26.5	10:24/M
55	Alisa Hershey	Lancaster	454	35	418	32:39.9	32:51.1	10:32/M
56	Karen Reinhart	Landisville	844	38	429	32:49.1	33:26.7	10:35/M
57	Beth Rinehart	Mount Joy	859	38	431	32:56.6	34:10.1	10:37/M
58	Ellie Eisenhofer	Sinking Spring	266	37	435	33:04.1	33:20.6	10:40/M
59	Jennifer Soehnle	Lititz	1216	31	440	33:10.2	33:52.4	10:42/M
60	Pamela Dupont	Manheim	252	33	442	33:12.4	34:11.6	10:43/M
61	Daria Indeck	Lancaster	515	33	443	33:13.6	34:46.0	10:43/M
62	Madeline Masters	Elizabethtown	676	31	454	33:33.6	34:44.7	10:49/M

# Rock N Glow 2016

## Age Group Results

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Race Date  
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### Female 30 to 39

Place	Name	City	Bib No	Age	Overall	-----Total-----		Pace
						Chip Time	Gun Time	
63	Ashley Nauman	Mt. Wolf	758	30	455	33:36.3	34:06.4	10:50/M
64	Veronica Swope	Lititz	1025	34	460	33:40.3	33:47.4	10:52/M
65	Stacy Reed	Manheim	839	35	468	33:44.6	34:17.7	10:53/M
66	Rosene Groff	Manheim	404	37	479	33:57.2	35:06.8	10:57/M
67	Julie Keim	Lancaster	542	35	482	34:01.7	35:44.7	10:58/M
68	Bobbie Jo Hilgert	Mountville	1205	37	484	34:04.8	34:24.3	10:59/M
69	Noy Phankham	Manheim	814	32	486	34:07.3	35:09.5	11:00/M
70	Ingrid Ingar	Lebanon	516	34	488	34:08.2	34:29.5	11:01/M
71	Stephanie Martin	Elizabethtown	673	32	489	34:09.1	36:00.9	11:01/M
72	Laura Cox	Mount Joy	208	37	494	34:21.5	34:31.2	11:05/M
73	Erin Geib	Manheim	350	38	496	34:23.7	35:17.5	11:05/M
74	Christin Buehler	Lancaster	135	36	498	34:27.2	35:46.8	11:07/M
75	Amy Stopa	Lancaster	1000	30	503	34:32.3	34:52.6	11:08/M
76	Jen Ross	Lititz	871	38	509	34:36.3	36:07.1	11:10/M
77	Nicole Ellinger	Mount Joy	270	36	515	34:39.6	36:55.6	11:11/M
78	Tanya Fritz	Myerstown	1218	30	516	34:40.1	39:18.2	11:11/M
79	Ashley Wharton	Landisville	1095	32	520	34:42.6	34:49.0	11:12/M
80	Angie Jones	Lititz	528	36	528	34:49.6	35:18.1	11:14/M
81	Samantha Brenner	Frederick	108	32	530	34:51.4	35:21.8	11:15/M
82	Naomi Brought	Mount Joy	1234	35	537	34:58.8	36:29.9	11:17/M
83	Abigail Carwile	Lititz	167	30	538	35:01.1	36:04.1	11:18/M
84	Jean Martin	Ariville	665	33	542	35:06.0	36:32.1	11:19/M
85	Lauren Taggart	Lancaster	1027	33	549	35:13.3	36:05.2	11:22/M
86	Sarah Primak	Lititz	823	32	553	35:18.7	36:38.8	11:23/M
87	Valerie Biddle	Manheim	70	37	559	35:26.8	36:45.4	11:26/M
88	Tiffany Tennant Toburen		1031	30	569	35:39.5	37:22.7	11:30/M
89	Kerri Mateer	Manheim	678	38	575	35:47.9	36:20.9	11:33/M
90	Allison Gehman	Mount Joy	344	32	576	35:51.1	37:38.5	11:34/M
91	Nicole George	Columbia	353	36	586	36:07.3	36:43.3	11:39/M
92	Karrye Hawryluk	Lebanon	440	38	589	36:12.2	36:33.3	11:41/M
93	Kelley Wolgenuth	Manheim	1113	36	591	36:12.8	36:33.2	11:41/M
94	Ashley Appelbaum	Lancaster	17	30	605	36:37.1	37:48.6	11:49/M
95	Melissa Reed	Marietta	838	38	613	36:47.2	38:01.3	11:52/M
96	Lauire Olsen	Manheim	791	32	614	36:48.2	38:01.9	11:52/M
97	Trisha Weaver	Manheim	1083	30	619	37:04.7	37:46.3	11:57/M
98	April Rineer	Conestoga	1194	38	623	37:11.2	38:45.8	12:00/M
99	Kellye Herbert	Mount Joy	1171	31	625	37:11.6	38:46.0	12:00/M
100	Kim Rothacker	Manheim	878	32	626	37:12.5	41:00.1	12:00/M
101	Mindy Benjamin	Levittown	59	39	628	37:13.3	38:38.3	12:00/M
102	Monica Wagner	Quarryville	1062	36	629	37:13.5	37:54.6	12:00/M
103	Lindsey Barley	York	1233	30	639	37:36.2	39:54.4	12:08/M
104	Tara Ober	Lititz	786	36	642	37:40.4	38:11.3	12:09/M
105	Stashia Nolt	Denver	781	36	650	37:56.2	38:03.6	12:14/M
106	Jennifer Cox	Manheim	206	37	653	38:06.2	39:14.4	12:17/M
107	Amanda Buckel	Manheim	131	31	655	38:08.5	39:52.7	12:18/M
108	Angela Delaney	Landisville	220	39	657	38:15.7	39:59.9	12:20/M
109	Laura Musser	Denver	747	38	662	38:21.1	39:29.2	12:22/M
110	Crystal Fox	New Holland	315	39	673	38:45.3	39:35.1	12:30/M
111	Melissa Kilgore	Lititz	549	35	676	38:47.6	39:33.7	12:31/M
112	Diana Rambler	Manheim	836	35	678	38:48.0	39:24.4	12:31/M
113	kelly gallo		1282	37	683	38:56.4	41:04.8	12:34/M
114	Amanda Yost	Manheim	1127	37	685	38:58.7	40:34.4	12:34/M
115	Alli Stover	York	1006	36	688	39:04.9	39:40.8	12:36/M
116	Jennifer Brandt	Manheim	1204	37	696	39:20.3	40:35.4	12:41/M
117	Jessica Kistler	Ephrata	561	38	700	39:39.8	41:48.9	12:47/M
118	Jasmine Hess	Lancaster	463	32	703	39:44.9	41:13.4	12:49/M
119	Lauren Clark	Mohnton	180	30	712	40:09.0	41:55.1	12:57/M
120	Chelsea Larson	Harrisburg	603	31	716	40:16.5	42:02.7	12:59/M
121	Tami Bare	Elizabethtown	1228	30	724	40:35.3	42:15.1	13:05/M
122	Erin Callahan	Manheim	152	34	725	40:35.6	41:28.4	13:05/M
123	Brevney Ulrich	Elizabethtown	1043	38	739	41:03.4	42:58.0	13:15/M
124	Kristen Stager	Palmyra	980	35	742	41:04.8	41:04.8	13:15/M
125	Gretchen Smith	Manheim	957	32	744	41:06.0	42:42.9	13:15/M
126	Monica Stitzel	Manheim	993	35	752	41:29.1	42:02.7	13:23/M
127	Lori Werner	Manheim	1091	32	756	41:56.8	43:50.9	13:32/M
128	Tiffani Wolgemuth	Manheim	1117	30	761	42:13.2	44:12.4	13:37/M
129	Lindsey Haag	Quarryville	411	31	762	42:13.5	42:18.9	13:37/M
130	Stacy Hondru	Manheim	485	38	763	42:15.1	42:48.1	13:38/M
131	Trina Hurst	Manheim	512	39	766	42:19.5	42:19.5	13:39/M
132	Julie Rutt	Denver	889	37	783	42:37.2	44:34.8	13:45/M
133	Abby Wood	Lancaster	1118	39	786	42:40.9	42:55.9	13:46/M
134	Rachael Eshleman	Leola	279	31	787	42:40.9	42:57.1	13:46/M
135	Erica Moyer	Mohnton	740	30	796	42:51.5	43:40.4	13:49/M
136	Jade Wilkins	Stevens	1105	30	797	42:57.2	43:45.6	13:51/M
137	Carey Bonneau	Harrisburg	91	33	799	43:03.5	45:03.2	13:53/M
138	Ashley Bucks	Hershey	132	30	813	43:22.6	45:06.2	13:59/M

# Rock N Glow 2016

## Age Group Results

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### Female 30 to 39

		-----Total-----						
Place	Name	City	Bib No	Age	Overall	Chip Time	Gun Time	Pace
139	Heather Chernich	Lebanon	1212	31	816	43:24.6	45:04.2	14:00/M
140	Laurel Latimer	Makawao	1256	34	818	43:38.0	44:14.5	14:05/M
141	Jennifer Ridenour	Lititz	858	38	820	43:41.0	45:20.8	14:05/M
142	Emily Jacobs	Reinholds	522	35	827	44:03.4	45:11.0	14:13/M
143	Laura Inthavongsa	Manheim	518	35	830	44:10.0	46:18.6	14:15/M
144	Veronica Reitzel	Mr. Wolf	850	37	833	44:23.2	45:32.5	14:19/M
145	Ashley Lavenice	Manheim	606	30	834	44:27.2	46:25.7	14:20/M
146	Michelle Bartlett	Lititz	43	36	837	44:31.8	46:15.3	14:22/M
147	Jennie Abano	Mount Joy	1	38	852	45:39.3	46:01.8	14:44/M
148	Sarah Wolfe	Lancaster	1112	37	859	46:05.8	47:30.2	14:52/M
149	Jessica Sauder	Manheim	898	36	870	46:38.6	48:56.6	15:03/M
150	Lauren Eriksen	East Petersburg	276	32	871	46:42.9	47:58.3	15:04/M
151	Jessica Grundza	Mt Joy	407	33	879	47:13.2	48:46.6	15:14/M
152	Rachael Rivera	Manheim	861	32	882	47:16.8	49:35.0	15:15/M
153	Natasha Weidman	Manheim	1272	32	883	47:17.4	49:34.7	15:15/M
154	Trina Plaskowski	Manheim	815	31	884	47:25.3	49:11.5	15:18/M
155	Anisa Candy	Manheim	161	34	887	47:37.1	48:41.8	15:22/M
156	Michelle Griesemer	Lititz	398	32	900	48:00.1	50:15.6	15:29/M
157	Amy Lewis	Columbia	617	36	902	48:06.9	50:19.4	15:31/M
158	Becky Link	Lititz	624	32	903	48:07.3	50:19.0	15:31/M
159	Rebecca Hertzog	Leola	459	36	904	48:07.6	50:19.3	15:31/M
160	Julie Rokosky	Cumbola	867	38	906	48:08.3	50:01.1	15:32/M
161	Christine Hosler	Columbia	500	39	909	48:15.7	50:04.0	15:34/M
162	Laurie Gettis	Manheim	357	34	910	48:18.4	50:03.4	15:35/M
163	Karen Greineder	Lancaster	395	39	916	48:42.3	49:06.2	15:43/M
164	Karen Garner	Manheim	336	37	919	49:07.2	51:29.6	15:51/M
165	Shana Montgomery	Manheim	733	38	923	49:14.4	51:27.7	15:53/M
166	Brooke Hall	Lititz	423	34	924	49:15.8	51:08.4	15:53/M
167	Monica Sparks	Lancaster	973	33	933	50:02.4	50:57.0	16:08/M
168	Michelle Dengler	Adamstown	224	35	939	50:33.2	52:47.1	16:18/M
169	Angela Warner	Lebanon	1069	37	947	52:20.0	53:18.7	16:53/M
170	Danelle Nelson	Mount Joy	762	36	966	55:03.0	56:08.3	17:45/M
171	Kyron Delinko	Reading	1166	34	968	55:17.8	57:08.0	17:50/M
172	Elizabeth Fisher	Lancaster	296	36	990	58:04.2	59:22.5	18:44/M
173	Jessica Edgell	Landisville	264	33	994	58:50.1	58:50.1	18:59/M
174	Selena Edgell	Lancaster	265	38	997	59:02.7	1:00:21.1	19:03/M
175	Tara Jo Ober	Elizabethtown	787	31	1003	1:00:03.1	1:02:11.3	19:22/M
176	Rebecca Boerst	Lebanon	90	37	1010	1:02:21.9	1:04:27.9	20:07/M
177	Linda Fahnstocck	Manheim	281	38	1015	1:04:06.7	1:04:47.1	20:41/M
178	Danielle Barnett	Manheim	38	32	1016	1:04:26.1	1:06:13.1	20:47/M
179	Rebekah Bowers	Mifflintown	99	37	1020	1:09:04.8	1:11:28.2	22:17/M

### Male 30 to 39

		-----Total-----						
Place	Name	City	Bib No	Age	Overall	Chip Time	Gun Time	Pace
1	* Nick Mousetis	Ephrata	1188	33	8	19:21.9	19:21.9	6:15/M
2	Corby Burkholder	Manheim	141	38	12	19:47.8	19:55.6	6:23/M
3	Dave Safstrom	Mount Joy	890	33	16	20:11.1	20:13.8	6:31/M
4	Daniel Bowerman	Manheim	97	36	41	22:08.3	22:20.1	7:08/M
5	barry1 garner		1283	38	44	22:11.4	22:32.0	7:09/M
6	Benjamin Engle	Manheim	275	30	49	22:22.0	23:01.1	7:13/M
7	Iauihen DzihanavnuKousky	Newtown	253	39	52	22:25.3	25:07.3	7:14/M
8	Jeremy Blanck	Mount Joy	77	32	57	22:38.2	22:45.8	7:18/M
9	Eric Wilkins	Stevens	1104	30	58	22:38.9	23:21.7	7:18/M
10	Jay Dehart	Manheim	219	31	64	23:08.7	24:31.5	7:28/M
11	Dave Groff	Manheim	402	39	68	23:21.1	23:29.4	7:32/M
12	Josh Nelson	Mount Joy	763	38	70	23:27.2	24:52.1	7:34/M
13	Jonathan Shirk	Manheim	939	37	71	23:30.4	25:23.5	7:35/M
14	Mike Hockenberry	Manheim	473	32	74	23:44.4	24:36.2	7:39/M
15	Keith Rokosky	Cumbola	868	36	75	23:47.1	24:28.6	7:40/M
16	Daniel Kling	York	563	31	78	23:57.9	24:10.6	7:44/M
17	Joseph Landis	Lititz	601	32	81	24:10.0	24:36.0	7:48/M
18	Kristopher Blecher	Mount Joy	82	39	86	24:17.6	25:10.7	7:50/M
19	Chad Landers	Stevens	600	33	92	24:23.6	24:56.1	7:52/M
20	John Trovato	Manheim	1036	35	98	24:31.6	24:44.2	7:55/M
21	Matthew Brenner	Frederick	107	33	102	24:42.1	25:06.4	7:58/M
22	Jamie Rottmund		879	30	105	24:46.4	25:13.0	7:59/M
23	Kenneth Ober	Lancaster	784	31	116	25:01.4	25:20.6	8:04/M
24	Kevin Mahan	Mount Joy	651	32	123	25:14.2	25:28.1	8:08/M
25	Derrick Snyder	Manheim	965	33	124	25:14.4	26:07.3	8:08/M
26	Thomas McCauley	Lancaster	697	31	127	25:17.6	25:23.5	8:09/M
27	Ben Hamby	Landisville	1170	38	128	25:17.9	26:19.3	8:09/M

# Rock N Glow 2016

## Age Group Results

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### Male 30 to 39

		-----Total-----						
Place	Name	City	Bib No	Age	Overall	Chip Time	Gun Time	Pace
28	Greg Beniston Jr	Lebanon	58	36	131	25:20.5	28:48.3	8:10/M
29	Richard Kerstetter	Manheim	543	33	160	26:34.1	27:45.9	8:34/M
30	Timothy Lavenice	Manheim	607	38	173	26:49.1	28:35.6	8:39/M
31	Jared Longenecker	Manheim	1181	30	229	28:22.6	29:37.8	9:09/M
32	Jourdan Martin	Manheim	666	32	241	28:41.8	29:51.5	9:15/M
33	Steven Bruhn	Manheim	1241	34	254	29:01.3	30:13.6	9:22/M
34	Tom Haag	Quarryville	412	32	268	29:27.3	29:31.3	9:30/M
35	Joseph Nicholas	Lancaster	774	35	279	29:39.2	29:57.3	9:34/M
36	Trevor Enck	Manheim	274	39	282	29:43.6	30:00.4	9:35/M
37	Loy Wolgenuth	Manheim	1115	36	290	29:51.0	30:09.6	9:38/M
38	Kevin Reinmiller	Lancaster	1191	31	294	29:51.6	30:12.2	9:38/M
39	Shannon Blevins	Newfreedom	86	39	298	29:52.1	29:52.1	9:38/M
40	Jason Hertzog	Leola	457	37	304	30:03.4	32:13.2	9:42/M
41	Doug Alexander	East Petersburg	10	35	307	30:07.2	30:56.0	9:43/M
42	Steve Gergely	Manheim	355	38	322	30:18.6	31:01.4	9:46/M
43	Jay Zimmerman	Ephrata	1152	35	336	30:40.2	32:15.3	9:54/M
44	Keith Fox	Manheim	316	38	354	31:03.5	33:17.0	10:01/M
45	Jason Stoudt	Manheim	1005	34	359	31:06.7	32:13.3	10:02/M
46	Justin Weaver	Lititz	1080	36	360	31:10.0	32:51.9	10:03/M
47	Merle Horst	Manheim	497	34	380	31:36.0	32:12.8	10:12/M
48	Todd Eisenhofer	Sinking Spring	269	36	415	32:38.6	32:56.2	10:32/M
49	David Buehler	Lancaster	136	37	441	33:10.4	34:30.7	10:42/M
50	Justin Martin	Elizabethtown	668	32	485	34:05.9	35:58.6	11:00/M
51	Dustin Stoltz	New Cumberland	994	30	487	34:08.1	34:28.9	11:01/M
52	Kyle Feldman	Manheim	291	30	500	34:29.3	35:49.5	11:07/M
53	Edward Malberger	St Clair	1219	35	513	34:39.2	39:18.2	11:11/M
54	Jason Brown	Mount Joy	114	34	519	34:42.0	36:00.6	11:12/M
55	Robert Biddle	Manheim	69	35	560	35:26.8	36:45.5	11:26/M
56	Tyler Toburen	Lititz	1033	30	567	35:37.1	37:19.1	11:29/M
57	Dan Yost	Manheim	1129	36	572	35:46.2	36:51.7	11:32/M
58	Chad Mateer	Manheim	677	39	573	35:47.5	36:21.0	11:33/M
59	Jason Hondru	Manheim	483	39	596	36:25.7	36:57.3	11:45/M
60	Kenny Young	Manheim	1132	33	606	36:37.6	37:48.6	11:49/M
61	Matt Lafrance	Lebanon	597	31	609	36:38.2	38:15.1	11:49/M
62	Elijah Bernat	Manheim	67	34	617	36:51.2	37:25.3	11:53/M
63	Chris Herbert		1209	33	624	37:11.5	38:45.9	12:00/M
64	Ober Ober	Lititz	785	37	643	37:41.0	38:10.6	12:09/M
65	James Ulrich	Elizabethtown	1044	38	692	39:11.1	41:05.9	12:38/M
66	Jonathan McCarthy	Manheim	694	36	722	40:32.1	40:48.0	13:05/M
67	Robert Gettis	Manheim	358	38	729	40:43.6	42:31.2	13:08/M
68	Dwight Gehman	Mount Joy	346	32	751	41:27.3	43:13.9	13:22/M
69	Jesse Rothacker	Manheim	876	34	768	42:20.6	46:08.2	13:39/M
70	Nathan Blue	Mount Joy	89	31	777	42:31.1	43:30.4	13:43/M
71	John McEntee	Manheim	703	30	802	43:05.7	43:05.7	13:54/M
72	Russell Monti	East Petersburg	734	32	874	46:45.4	48:01.0	15:05/M
73	Jason Lindemuth	Lancaster	622	35	894	47:48.2	50:03.2	15:25/M
74	Michael Link	Lititz	625	35	905	48:08.2	50:19.3	15:32/M
75	Steve Maurer	Hummelstown	686	31	926	49:17.8	50:55.1	15:54/M
76	Sam Inthavongsa	Manheim	519	36	938	50:32.8	52:40.6	16:18/M
77	Keith Diehl	Elizabethtown	234	37	999	59:19.5	1:00:47.6	19:08/M
78	Tom Stager	Manheim	981	34	1008	1:00:54.7	1:00:54.7	19:39/M

### Female 40 to 49

		-----Total-----						
Place	Name	City	Bib No	Age	Overall	Chip Time	Gun Time	Pace
1	* Jennifer Nikolaus	Mount Joy	775	41	76	23:52.4	24:03.6	7:42/M
2	Jacquie Gumper	Lititz	408	46	103	24:43.3	24:50.1	7:58/M
3	Beth Eberly	Manheim	254	44	112	24:56.6	25:42.8	8:03/M
4	Brenda Spackman	Mount Joy	1198	40	119	25:06.1	25:58.1	8:06/M
5	Mary McGallicher	Manheim	707	44	147	26:09.1	27:02.3	8:26/M
6	Wendy Fry	Mount Joy	322	43	156	26:26.8	26:45.7	8:32/M
7	Kimberly Kirchner	Manheim	560	41	168	26:44.7	27:45.0	8:37/M
8	Rachel Causak	Lebanon	174	42	176	26:55.4	27:34.4	8:41/M
9	Pattie Brubaker	Leola	1237	44	180	27:02.2	27:28.9	8:43/M
10	Julie Garman	Ephrata	332	41	183	27:04.1	29:27.9	8:44/M
11	Rebecca Brubaker	Mount Joy	126	41	205	27:26.6	27:36.7	8:51/M
12	Dana Atticks	Columbia	23	44	216	28:03.2	28:26.0	9:03/M
13	Ashley Evans	Manheim	1222	40	228	28:20.5	29:25.3	9:08/M
14	Diane Dickison	Stroudsburg	231	45	233	28:28.3	31:01.3	9:11/M
15	Amy Benner	Mount Joy	60	45	240	28:41.3	28:54.5	9:15/M
16	Connie Buckwalter	Lititz	1280	45	248	28:50.8	29:05.5	9:18/M
17	Gwen Callahan	Mount Joy	153	41	251	28:52.9	29:27.5	9:19/M

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## Age Group Results

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### Female 40 to 49

Place	Name	City	Bib No	Age	Overall	-----Total-----		Pace
						Chip Time	Gun Time	
18	Joann Sunderland	Manheim	1017	43	256	29:08.8	30:10.6	9:24/M
19	Tracey Campbell	Mount Joy	160	43	265	29:25.2	30:23.8	9:29/M
20	Katie Flick	Manheim	306	49	267	29:27.3	30:28.9	9:30/M
21	Stephanie Hartzler	Manhiem	438	43	301	29:59.2	31:56.0	9:40/M
22	Kim Spangle	York	972	46	303	30:01.7	30:12.1	9:41/M
23	Jennifer Lauris	Lititz	605	43	310	30:08.4	31:42.1	9:43/M
24	Jessica Widrick	Columbia	1102	43	311	30:11.0	31:21.1	9:44/M
25	Karen Conrad	Elizabethtown	196	44	314	30:15.2	32:12.2	9:45/M
26	Amy Good	Mount Joy	371	41	325	30:23.1	31:17.9	9:48/M
27	Gayle Merkt	Elizabethtown	714	43	331	30:30.2	31:39.6	9:50/M
28	Christine Shimer	Manheim	936	49	344	30:51.3	32:52.2	9:57/M
29	Susanne Adamchak	York	4	45	374	31:30.5	33:24.5	10:10/M
30	Laura Wash	Lititz	1070	43	379	31:35.1	33:05.4	10:11/M
31	Michele L Goss	Manheim	382	44	386	31:43.6	32:14.8	10:14/M
32	Denice Weaver	Manheim	1076	42	388	31:48.7	33:11.8	10:15/M
33	Marie Good	Elm	375	42	393	31:55.8	35:16.7	10:18/M
34	Erika Campbell	Willow Street	157	42	397	32:08.0	32:51.2	10:22/M
35	Regina Dagen	Lancaster	212	48	401	32:13.0	32:33.7	10:24/M
36	Kristina Baker	Columbia	30	46	409	32:27.8	34:01.0	10:28/M
37	Jodi Groff	Lancaster	403	41	414	32:35.0	34:19.4	10:31/M
38	Christine Binkley	New Holland	72	42	420	32:42.8	33:48.3	10:33/M
39	Maria Alers	Lancaster	8	44	426	32:47.1	32:57.6	10:35/M
40	Tonya Nagle	Terre Hill	753	41	465	33:42.5	34:20.3	10:52/M
41	Suanne Angel	Lancaster	1206	46	469	33:46.0	34:05.3	10:54/M
42	Amy Hamilton	Lititz	425	46	481	33:57.8	35:10.9	10:57/M
43	Brenda Faulhaber	Manheim	286	47	495	34:23.0	35:54.4	11:05/M
44	Jen Patrick	Manheim	801	42	507	34:36.0	35:11.5	11:10/M
45	Kimberly Ross	Denver	872	43	511	34:37.2	36:07.6	11:10/M
46	Aimee Spencer	Manheim	1199	47	523	34:46.9	36:42.2	11:13/M
47	Kelly Czyzewski	Lititz	1211	40	524	34:48.2	36:30.5	11:14/M
48	Amy Garber	Bainbridge	329	46	532	34:52.9	36:49.7	11:15/M
49	Carmen Dickerson	Harrisburg	230	44	533	34:54.2	35:05.0	11:15/M
50	Crystal Steimling	Landisville	986	48	540	35:05.6	36:31.7	11:19/M
51	Michelle Labrecque	Ephrata	593	47	541	35:05.6	35:56.9	11:19/M
52	Lara Primak	Mifflintown	821	48	543	35:06.6	36:26.7	11:19/M
53	Natalie Primak	Marysville	822	46	546	35:11.8	36:31.9	11:21/M
54	Robin Aurilio	Lancaster	1232	49	548	35:13.1	36:16.4	11:22/M
55	Melissa Forbes	Denver	310	40	583	36:02.8	36:14.1	11:37/M
56	Nora Martin	Manheim	670	42	611	36:38.7	37:01.0	11:49/M
57	Shannon Ginder	Manheim	361	42	627	37:13.3	38:38.2	12:00/M
58	Myrna Beachy	Lititz	46	43	631	37:17.5	39:13.1	12:02/M
59	Tammy Marcuse	York	654	42	645	37:44.2	39:39.1	12:10/M
60	Nickie Fasnacht	Mount Joy	285	42	646	37:44.4	39:39.1	12:10/M
61	Corie Hynicker	Elizabethtown	513	43	654	38:08.0	39:46.2	12:18/M
62	Christina Fisher	Ephrata	295	49	665	38:25.7	38:41.4	12:24/M
63	Jodie MacAriola	Leola	1260	45	668	38:34.6	39:53.3	12:26/M
64	Lori George	Manheim	1248	41	677	38:47.9	39:23.7	12:31/M
65	Lisa Kowalski	Manheim	577	45	686	39:01.0	40:57.3	12:35/M
66	Lori Imler	Lebanon	514	44	689	39:05.2	40:28.7	12:36/M
67	Rochelle Meiskey	Columbia	709	43	690	39:05.3	39:41.0	12:36/M
68	Michele Smith	Lititz	962	40	691	39:08.0	41:33.8	12:37/M
69	Stacey Marley	Manheim	655	45	694	39:15.3	40:52.8	12:40/M
70	Tiffany Krum	Manheim	588	40	695	39:15.5	40:53.0	12:40/M
71	Cindy Haines	Lititz	417	44	711	40:08.0	42:33.5	12:57/M
72	Candace Sexton	Elizabethtown	922	45	748	41:23.9	43:13.7	13:21/M
73	Lori Musser	Manheim	748	45	749	41:26.4	42:41.7	13:22/M
74	Stacy Clauss	Lititz	182	43	754	41:39.9	43:48.1	13:26/M
75	Gwen Newell	Manheim	770	49	758	42:03.6	43:36.2	13:34/M
76	Alison Downs	Lebanon	250	45	769	42:20.9	42:34.2	13:39/M
77	Jen Coolbeth	Manheim	201	42	774	42:29.2	43:02.7	13:42/M
78	Aimee Hevener	Lititz	466	45	789	42:41.8	44:39.5	13:46/M
79	Nichole McCabe	Manheim	693	42	791	42:44.5	44:23.9	13:47/M
80	Mandy Emley	Seven Valleys	272	41	794	42:47.5	42:54.3	13:48/M
81	Kirsten Kormos	Manheim	570	45	805	43:06.0	43:24.7	13:54/M
82	Lynn Israel	Bowie	520	42	809	43:17.3	45:38.4	13:58/M
83	Carolyn Fitzkee	Manheim	302	49	810	43:19.5	44:50.3	13:58/M
84	Michele Sensenig	Denver	919	44	815	43:24.1	45:06.6	14:00/M
85	Mary Turner	Lititz	1042	42	825	43:57.0	45:22.6	14:11/M
86	Sandy Coates	Conestoga	187	49	831	44:13.3	46:07.2	14:16/M
87	Melissa Martin	Lancaster	669	42	839	44:47.0	45:55.2	14:27/M
88	Kathy Perrier	Hummelstown	811	49	842	45:04.9	47:07.4	14:32/M
89	Jayne Pavlik	Manheim	805	49	850	45:29.2	47:30.0	14:40/M
90	Richelle Gearise	Manheim	541	47	860	46:06.1	47:05.5	14:52/M
91	Charlene Mummau	Manheim	742	47	861	46:06.4	47:05.6	14:52/M
92	Elaine Dietz	Cleona	238	47	866	46:29.6	48:08.9	15:00/M
93	Lelia Long	Elizabethtown	633	42	867	46:30.8	47:57.8	15:00/M

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## Age Group Results

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### Female 40 to 49

									-----Total-----	
Place	Name	City	Bib No	Age	Overall	Chip Time	Gun Time	Pace		
94	Kristyn Stackhouse	Elizabethtown	977	42	873	46:45.3	48:11.6	15:05/M		
95	Judith Bitner	Mount Joy	74	47	886	47:27.8	49:46.7	15:18/M		
96	Kresson Romanos	Lititz	870	43	895	47:49.2	49:29.4	15:25/M		
97	Donna Foltz	Harrisburg	309	45	913	48:30.0	49:31.8	15:39/M		
98	Carla Kouterick	Strasburg	1177	40	918	49:02.9	49:28.3	15:49/M		
99	Cathy Patterson	Manheim	802	40	925	49:17.0	51:09.4	15:54/M		
100	Beth Rossi	Palmyra	873	47	927	49:29.6	52:25.8	15:58/M		
101	Carolyn Hamill	Columbia	1252	43	937	50:29.6	51:27.1	16:17/M		
102	Dawn Hauser	Manheim	439	48	948	52:20.4	53:27.2	16:53/M		
103	Jewel Mast	Denver	675	44	951	52:23.6	54:24.3	16:54/M		
104	Patti Johns	Denver	525	45	952	52:25.3	54:24.1	16:55/M		
105	Kathy Rhoades	Plamyra	855	49	953	52:38.0	53:37.7	16:59/M		
106	Alvina Osman	Enola	793	49	957	53:10.8	55:18.4	17:09/M		
107	Beth Slough	Lancaster	951	49	960	54:07.5	54:52.6	17:27/M		
108	Kathy Brubaker	Lititz	121	46	967	55:15.3	57:13.5	17:49/M		
109	Jenny Baronsky	Mount Joy	40	40	971	55:40.9	58:01.9	17:57/M		
110	Sherry Farmer	Manheim	284	41	981	56:01.0	58:14.8	18:04/M		
111	Melanie McCord	Lititz	698	43	982	56:12.3	58:37.4	18:08/M		
112	Shawn Fitzpatrick	Marietta	305	44	983	56:16.0	58:40.6	18:09/M		
113	Stephanie Weaver	New Holland	1082	43	991	58:29.8	1:00:30.1	18:52/M		
114	Keeli Looper	Denver	639	46	992	58:30.5	1:00:30.7	18:52/M		
115	Lisa Lefever	Lancaster	611	48	1000	59:34.9	1:01:50.8	19:13/M		
116	Carolyn Schell	Leola	905	49	1001	59:35.2	1:01:51.3	19:13/M		
117	Susie Colbert	Lititz	190	46	1002	59:36.8	1:01:52.1	19:14/M		
118	Darlene Sommers	Mount Joy	1271	45	1004	1:00:03.5	1:02:11.2	19:22/M		
119	Penny Leschner	Denver	616	45	1007	1:00:16.5	1:02:30.0	19:26/M		
120	Jennifer Goff	Manheim	368	44	1011	1:02:32.8	1:07:46.9	20:10/M		
121	Sandy Solbrig	Leola	968	43	1013	1:04:01.6	1:06:06.5	20:39/M		
122	Ashley Barnett	Manheim	37	41	1018	1:04:28.0	1:06:14.0	20:48/M		

### Male 40 to 49

									-----Total-----	
Place	Name	City	Bib No	Age	Overall	Chip Time	Gun Time	Pace		
1	* Ray Truex	Ephrata	1038	44	10	19:32.4	19:36.6	6:18/M		
2	john breuning		1279	47	28	21:15.3	21:28.7	6:51/M		
3	Mike Parmer	Lancaster	798	43	29	21:30.5	22:12.5	6:56/M		
4	Matthew Burkholder	Lititz	146	42	40	22:03.3	23:00.5	7:07/M		
5	Korey Schload	Marietta	907	45	47	22:16.6	22:24.8	7:11/M		
6	Scott Huber	Manheim	507	43	79	23:59.6	24:56.7	7:44/M		
7	Jason Dickow	Lititz	232	45	87	24:18.8	24:21.9	7:50/M		
8	Mark Murr	Lititz	744	45	107	24:47.4	25:26.6	8:00/M		
9	Darren Bowman	Lititz	100	48	108	24:49.6	25:59.6	8:00/M		
10	Brant Widrick	Columbia Pa	1101	46	115	25:00.5	26:00.9	8:04/M		
11	John Vanblargan	Manheim	1048	47	118	25:05.5	25:55.7	8:05/M		
12	Loren Benner	Mount Joy	63	46	121	25:10.3	25:19.4	8:07/M		
13	Jason Cox	Manheim	205	40	144	26:06.3	26:14.3	8:25/M		
14	Tim Merkt	Elizabethtown	715	43	150	26:21.0	27:23.0	8:30/M		
15	Matthew Goss	Manheim	381	45	154	26:22.4	26:53.5	8:30/M		
16	Eric Haines	Lititz	418	47	163	26:40.2	27:30.9	8:36/M		
17	Craig Hahnlen	Hershey	416	45	171	26:48.6	28:59.8	8:39/M		
18	Scott Coates	Conestoga	188	48	181	27:02.7	28:23.4	8:43/M		
19	Ben Deppen	Manheim	227	40	222	28:12.5	28:37.8	9:06/M		
20	Brian Von Stetten	Manheim	1058	46	224	28:13.5	28:39.4	9:06/M		
21	Jimmy Cox	Mount Joy	207	40	225	28:15.9	28:24.9	9:07/M		
22	Joseph Citko	Manheim	178	47	235	28:30.8	30:13.1	9:12/M		
23	Dustin Conrad	Elizabethtown	194	40	300	29:55.3	31:53.4	9:39/M		
24	Eric Solbrig	Leola	967	44	318	30:17.0	31:46.0	9:46/M		
25	John Brooks	Manheim	112	41	319	30:17.1	30:46.6	9:46/M		
26	Kent Hartzler	Manheim	435	43	348	30:57.1	32:53.5	9:59/M		
27	Shane Matthews	Manheim	682	41	366	31:20.7	32:08.1	10:06/M		
28	John Wilkinson	Mount Joy	1106	44	372	31:30.2	31:39.9	10:10/M		
29	Thomas Ginder	Manheim	362	42	404	32:16.3	33:42.4	10:25/M		
30	Chad Kirchner	Manheim	558	42	419	32:42.0	33:42.6	10:33/M		
31	Rod Brenize	Manheim	104	48	424	32:46.5	33:59.5	10:34/M		
32	Jason Salada	Lancaster	893	46	427	32:47.9	32:57.6	10:35/M		
33	Kevin Kegarise	Manheim	538	47	506	34:36.0	35:32.9	11:10/M		
34	Gary Coolbeth	Manheim	200	43	508	34:36.1	35:07.6	11:10/M		
35	Tom Eberly	Manheim	257	47	510	34:36.4	35:33.2	11:10/M		
36	Nate Bare	Elizabethtown	1229	43	512	34:38.1	36:02.0	11:10/M		
37	Tony Brubaker	Mount Joy	128	44	517	34:41.3	34:54.6	11:11/M		
38	David Brubaker	Lititz	118	45	522	34:45.7	35:42.1	11:13/M		
39	Joe Garber	Bainbridge	330	48	529	34:50.6	36:47.1	11:14/M		

# Rock N Glow 2016

## Age Group Results

5K

Race Date  
June 04, 2016

### Male 40 to 49

									-----Total-----	
Place	Name	City	Bib No	Age	Overall	Chip Time	Gun Time	Pace		
40	Edward Long	Elizabethtown	629	47	564	35:32.9	36:58.1	11:28/M		
41	Chris Foster	Lancaster	1247	43	582	36:01.5	37:27.0	11:37/M		
42	Kevin Meyer	Manheim	720	42	597	36:26.2	38:20.6	11:45/M		
43	Clayton Stitzel	Manheim	991	40	600	36:33.7	37:07.7	11:47/M		
44	Jerry Hess	Manheim	465	45	618	36:58.6	37:28.4	11:55/M		
45	Doug Hamill	Columbia	1253	43	635	37:26.6	38:11.4	12:05/M		
46	Rob Fisher	Manheim	297	46	638	37:35.1	37:48.4	12:07/M		
47	Todd Good	Elm	377	44	660	38:19.4	42:42.4	12:22/M		
48	Jeremy Mays	Lancaster	688	40	664	38:25.2	39:38.3	12:24/M		
49	Dan Kilgore	Lititz	547	40	674	38:45.5	39:31.5	12:30/M		
50	Scott Labrecque	Ephrata	594	47	771	42:26.6	43:18.6	13:41/M		
51	Keith Wissing	Lititz	1109	43	836	44:30.8	46:15.6	14:21/M		
52	Craig Wise	Lancaster	1201	49	840	44:47.1	45:56.0	14:27/M		
53	David Goff	Manheim	367	44	847	45:23.2	50:37.2	14:38/M		
54	Preetam Guttedar	Manheim	1251	41	857	45:58.9	47:22.7	14:50/M		
55	Richard Pavlik	Manheim	807	48	876	47:02.6	49:04.1	15:10/M		
56	Jason Hall	Lancaster	1169	42	881	47:16.5	49:01.1	15:15/M		
57	John Pogorzelski	Manheim	820	46	889	47:40.4	50:00.8	15:23/M		
58	Tim Johns	Denver	526	48	896	47:53.3	49:52.1	15:27/M		
59	Rick McCord	Lititz	702	46	914	48:31.5	50:22.2	15:39/M		
60	Louis Rossi	Palmyra	874	45	928	49:30.1	52:26.0	15:58/M		
61	Jeremy Stouch	Manheim	1003	40	945	51:48.1	53:26.5	16:43/M		
62	Brent Hollinger	Manheim	1172	45	946	52:04.0	52:36.8	16:48/M		
63	Michael Baronsky	Mount Joy	42	45	972	55:41.5	58:02.8	17:58/M		

### Female 50 to 59

									-----Total-----	
Place	Name	City	Bib No	Age	Overall	Chip Time	Gun Time	Pace		
1	* Lynn Hershey	Willow Street	455	50	153	26:22.2	27:14.8	8:30/M		
2	Ann Ash	East Earl	20	55	207	27:34.3	28:12.9	8:54/M		
3	Pamela Hertzog	Marietta	458	51	252	28:59.1	29:14.6	9:21/M		
4	kim fruin		320	52	253	28:59.6	29:06.2	9:21/M		
5	Elaine Brenner	Lancaster	105	51	255	29:01.5	29:31.4	9:22/M		
6	Mona Eckert	Lititz	262	53	312	30:11.0	30:15.5	9:44/M		
7	Jan Gaspich	Palmyra	338	51	329	30:27.5	30:37.3	9:49/M		
8	Gail Campbell	Manheim	159	59	334	30:38.1	31:16.5	9:53/M		
9	Ena Banks	Lititz	33	56	347	30:53.7	31:48.5	9:58/M		
10	Sue Senter	Manheim	920	53	365	31:16.1	32:17.2	10:05/M		
11	Denise Moyer	Manheim	739	53	368	31:24.5	32:10.3	10:08/M		
12	Mary Miller	Manheim	726	51	421	32:42.9	35:14.6	10:33/M		
13	Cheryl Heverling	Palmyra	467	52	436	33:04.1	35:38.4	10:40/M		
14	Debra Denlinger	Manheim	225	56	458	33:38.8	33:50.4	10:51/M		
15	Sherry Capello	Lebanon	163	52	490	34:09.9	34:44.4	11:01/M		
16	Coleen Pike	Denver	817	55	525	34:49.0	36:24.1	11:14/M		
17	Debra Kauffman	Annaville	532	56	630	37:15.8	39:50.6	12:01/M		
18	Andrea Dissler	Lititz	245	51	705	39:50.9	41:23.2	12:51/M		
19	Rose Gehman	Manheim	348	57	710	40:05.4	41:53.0	12:56/M		
20	Amy Miller	Mount Joy	723	55	727	40:40.4	40:40.4	13:07/M		
21	Alison Lafrance	Manheim	595	51	779	42:31.4	43:53.4	13:43/M		
22	Janice Burkhart	Manheim	138	53	792	42:44.9	42:59.3	13:47/M		
23	Liz Shaffer	Manheim	924	51	793	42:45.4	42:56.9	13:47/M		
24	Terri O'Neil	Hummelstown	792	50	800	43:03.7	45:03.0	13:53/M		
25	Elaine Leech	Manheim	609	54	801	43:05.3	44:45.5	13:54/M		
26	Jackie Wilson	Lancaster	1108	53	808	43:16.7	44:19.8	13:57/M		
27	Wendy Grazan	Manheim	388	58	811	43:20.1	45:32.9	13:59/M		
28	Marcia Clingenpeel	Manheim	184	53	817	43:31.4	45:41.7	14:02/M		
29	Shelly Budde	Mechanicsburg	134	50	844	45:10.3	47:13.5	14:34/M		
30	Amy Addams	Elizabethtown	5	51	845	45:11.3	47:13.7	14:35/M		
31	Jeanne Millhouse	Lancaster	729	55	854	45:49.5	46:53.3	14:47/M		
32	Stacey Henry	Manheim	451	50	908	48:10.9	50:32.7	15:32/M		
33	Lisa Sanders	Lancaster	895	52	911	48:24.4	49:30.3	15:37/M		
34	Kathleen Odell	Lancaster	788	58	912	48:30.0	49:31.6	15:39/M		
35	Robin Kramkowski	Warriors Mark	581	52	921	49:12.0	49:59.8	15:52/M		
36	Bobbie Campbell	Lancaster	156	55	932	50:02.2	50:57.5	16:08/M		
37	Nancy Karagianis	Reading	529	57	969	55:18.1	57:08.3	17:50/M		
38	Sandy Houser	Harrisburg	502	51	977	55:52.1	58:01.7	18:01/M		
39	Jennifer Kohler	Manheim	568	52	993	58:49.3	59:54.1	18:58/M		
40	Kathy Kreider	Manheim	584	55	1014	1:04:05.5	1:04:47.1	20:40/M		
41	Sherie Eckardt	Coatsville	260	53	1017	1:04:26.4	1:06:13.3	20:47/M		

Male 50 to 59

									-----Total-----	
Place	Name	City	Bib No	Age	Overall	Chip Time	Gun Time	Pace		
1	* Jeff Shenk	Lititz	932	52	19	20:25.1	20:34.1	6:35/M		
2	Brian Reed	Manheim	837	54	133	25:38.9	26:34.3	8:16/M		
3	Tom Blanck	Manheim	81	59	162	26:40.0	26:59.6	8:36/M		
4	Sal Larusso	Mount Joy	604	54	172	26:48.7	28:59.6	8:39/M		
5	Timothy Darling	Hershey	215	56	184	27:04.2	29:14.5	8:44/M		
6	Marc Robeson	Manheim	864	51	260	29:19.3	29:30.3	9:27/M		
7	Mike Travitz	Manheim	1034	53	274	29:34.7	31:05.1	9:32/M		
8	Glen Beller	Akron	57	57	284	29:44.9	32:07.7	9:35/M		
9	Allen Dise	Lititz	244	55	345	30:51.3	31:22.3	9:57/M		
10	Scot Ash	East Earl	22	56	391	31:52.1	32:31.0	10:17/M		
11	Jeffrey Hendershot		449	52	412	32:31.5	33:13.6	10:29/M		
12	Brian Hoerner	Harrisburg	477	58	456	33:36.6	35:17.3	10:50/M		
13	Charles Hosler	Brockton	499	59	521	34:44.5	36:36.8	11:12/M		
14	Joseph Lafrance	Manheim	596	56	558	35:25.1	36:47.7	11:25/M		
15	Alan Roberts	Lititz	863	56	578	35:51.8	36:21.4	11:34/M		
16	Ken Kowalski	Manheim	576	50	687	39:01.3	40:57.5	12:35/M		
17	Donald Faulhaber	Manheim	288	51	772	42:27.9	43:59.5	13:42/M		
18	Robert Sanders	Lancaster	896	55	795	42:51.1	43:57.3	13:49/M		
19	Harry Kinard	Columbia	552	59	804	43:05.8	44:45.6	13:54/M		
20	Jeffrey Grazan	Middletown	387	56	812	43:21.8	45:34.6	13:59/M		
21	Wendle Miller	Manheim	728	55	819	43:38.2	44:14.5	14:05/M		
22	Bob Long	Myerstown	1259	59	821	43:46.8	45:07.5	14:07/M		
23	Dave Heeter	Annaville	443	50	828	44:04.4	48:12.9	14:13/M		
24	Standrick Patton	Columbia	803	50	934	50:11.5	52:00.9	16:11/M		
25	Randy Kramkowski	Warriors Mark	580	56	959	54:04.7	54:51.6	17:26/M		
26	Dave Houser	Harrisburg	501	51	976	55:50.6	58:02.0	18:01/M		
27	Dave Huber	Manheim	504	50	979	55:53.3	58:03.0	18:02/M		

Female 60 to 69

									-----Total-----	
Place	Name	City	Bib No	Age	Overall	Chip Time	Gun Time	Pace		
1	* Lynn Work	Lancaster	1119	63	405	32:18.9	33:48.7	10:25/M		
2	Kim Overly	Lancaster	794	60	622	37:11.0	38:39.6	12:00/M		
3	Priscilla Hodecker	Lititz	476	69	670	38:42.1	40:22.8	12:29/M		
4	Judy Lentz	Manheim	614	60	671	38:42.2	40:08.6	12:29/M		
5	Mary Gildea	Marietta	359	61	721	40:20.7	42:43.5	13:01/M		
6	Sharon Anderson	Lancaster	15	63	856	45:57.8	47:53.4	14:49/M		
7	Jerri May	East Petersburg	687	63	875	47:01.0	49:17.8	15:10/M		
8	Kathy Hinton	Ephrata	472	67	878	47:10.6	49:41.2	15:13/M		
9	Ann Koval	Manheim	572	60	893	47:47.1	49:59.9	15:25/M		
10	Marilyn Griesemer	Fredericksburg	397	62	901	48:00.2	50:15.5	15:29/M		
11	Linda White	Manheim	1097	64	929	49:35.0	51:38.2	16:00/M		
12	Marian Yoder	Lititz	1126	64	930	49:35.2	51:38.8	16:00/M		
13	Karen Oglesby	Reading	789	60	995	58:52.5	1:01:03.8	18:59/M		
14	Judy Dengler	Reinholds	223	63	996	59:00.6	1:01:12.0	19:02/M		

Male 60 to 69

									-----Total-----	
Place	Name	City	Bib No	Age	Overall	Chip Time	Gun Time	Pace		
1	* Walter Newcomer	Manheim	769	60	36	21:46.7	21:51.2	7:01/M		
2	Glenn Nolt	Manheim	778	66	69	23:21.6	23:51.7	7:32/M		
3	Kirby Smith	Akron	960	62	104	24:45.8	25:43.2	7:59/M		
4	Steves Mousetis		1284	60	130	25:20.3	25:39.1	8:10/M		
5	Mike Fausnacht	Elizabethtown	290	63	174	26:50.3	27:13.6	8:39/M		
6	Phil Huber	Manheim	506	60	349	31:00.5	32:41.0	10:00/M		
7	Edward White	Elizabethtown	1096	61	497	34:26.7	35:47.7	11:06/M		
8	John Lentz	Manheim	613	60	531	34:52.6	36:21.5	11:15/M		
9	Allan Shopp	Mount Joy	940	67	536	34:58.8	35:49.8	11:17/M		
10	Thomas Gates	Myerstown	339	62	610	36:38.6	40:47.1	11:49/M		
11	John C. Trovato	Manheim	1037	60	616	36:51.0	38:02.2	11:53/M		
12	David Dietz	Lititz	237	60	680	38:51.6	40:40.6	12:32/M		
13	Brian Hagan	Thorold	415	65	829	44:07.7	45:08.5	14:14/M		
14	Chuck Wissing	Tucson	1202	66	962	54:15.5	56:04.7	17:30/M		
15	Donald Dorwart	Fort Walton Beach	1160	66	963	54:18.3	56:06.7	17:31/M		



Race Date  
June 04, 2016

Rock N Glow 2016  
Age Group Results

5K

Female 70 and over

<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 *	Ruthie Koehler	Lebanon	566	72	823	43:53.5	45:34.3	14:09/M

Male 70 and over

<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 *	Howard Hockenbury	Cornwall	474	75	299	29:54.3	30:45.5	9:39/M