

Frozen Foot 2017 Race 3

Age Group Results

5K

Race Date
March 19, 2017

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	Dd Shea		857	21	7	17:56.6	17:56.6	5:47/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	Zach Mains	Harrisburg PA	763	25	1	15:36.3	15:36.3	5:02/M

Female Masters Winners

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Overall</u>	<u>Chip Time</u>	<u>Gun Time</u>	<u>Pace</u>
1	Michelle Destefano		609	47	24	20:40.4	20:43.9	6:40/M

Male Masters Winners

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Overall</u>	<u>Chip Time</u>	<u>Gun Time</u>	<u>Pace</u>
1	Daryl Weaver	Lititz PA	351	43	3	16:26.0	16:26.0	5:18/M

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Race Date
March 19, 2017

Female 1 to 14

		-----Total-----						
Place	Name	City	Bib No	Age	Overall	Chip Time	Gun Time	Pace
1	* Lucy Stevens		886	11	57	23:06.1	23:06.1	7:27/M
2	* Jordan Dirisio		616	12	106	25:50.2	25:57.1	8:20/M
3	* Josie Spayd	Elizabethtown PA	353	10	107	25:51.7	26:06.5	8:20/M
4	Alison Fink		646	10	108	25:52.3	26:07.3	8:21/M
5	Alexis Kellogg	Lititz PA	719	14	190	29:31.1	29:41.6	9:31/M
6	Andrea Rodriguez		837	12	209	30:04.6	30:11.6	9:42/M
7	Kai Laszakovits	Elizabethtown PA	743	9	254	32:28.0	32:37.7	10:28/M
8	Katie Hook		703	12	267	33:33.2	33:54.6	10:49/M
9	Shelby Spickler		879	7	338	51:01.2	51:43.2	16:27/M

Male 14 and Under

		-----Total-----						
Place	Name	City	Bib No	Age	Overall	Chip Time	Gun Time	Pace
1	* Caleb Hershey		693	13	8	17:59.5	17:59.5	5:48/M
2	* Adam Evans	Elizabethtown PA	639	14	15	19:10.4	19:10.4	6:11/M
3	* Evan Eshleman		636	13	16	19:38.9	19:38.9	6:20/M
4	Darren Diverio	Manheim PA	618	13	30	21:03.9	21:03.9	6:47/M
5	Dalton Fink		647	10	37	21:47.1	21:47.1	7:02/M
6	Daltin Batche		563	11	55	22:55.2	22:55.2	7:24/M
7	Tray Lilly	Lancaster PA	349	14	60	23:19.3	23:48.4	7:31/M
8	Connor Pushart	Camp Hill PA	371	12	73	24:08.9	24:09.1	7:47/M
9	Evan Smith		869	14	75	24:10.6	24:13.4	7:48/M
10	Ethan Cronin		594	12	98	25:20.7	25:40.5	8:10/M
11	Ryan Lownsbery		758	13	134	26:52.0	27:09.8	8:40/M
12	Luka Spayd	Elizabethtown PA	352	8	145	27:25.1	27:35.9	8:51/M
13	Steven Sauer		846	14	195	29:44.3	29:44.3	9:35/M

Female 15 to 19

		-----Total-----						
Place	Name	City	Bib No	Age	Overall	Chip Time	Gun Time	Pace
1	* Maddie Remillard		828	18	78	24:19.9	24:26.0	7:51/M
2	* Carleigh Roche		834	15	84	24:31.3	24:34.5	7:55/M
3	* Kyra Buettner	Elizabethtown PA	581	18	119	26:17.4	26:30.4	8:29/M
4	Sami Stoner		892	18	137	26:57.8	26:57.8	8:42/M
5	Madison Ebersole		627	17	177	29:02.7	29:15.4	9:22/M

Male 15 to 19

		-----Total-----						
Place	Name	City	Bib No	Age	Overall	Chip Time	Gun Time	Pace
1	* Adler Brininger	Hanover PA	576	15	5	17:38.9	17:38.9	5:41/M
2	* Danny O'Toile	Newport PA	811	18	18	19:44.6	19:49.3	6:22/M
3	* Evan Megoulas	Palmyra PA	777	19	31	21:09.7	21:11.0	6:49/M
4	Nate DeGoede	Mount Joy PA	608	16	40	21:57.2	22:01.6	7:05/M
5	Jacob Buffington	Middletown PA	582	15	43	22:03.9	22:03.9	7:07/M
6	Conner Babinchak		342	18	76	24:12.2	24:25.1	7:48/M
7	Jack Yengo	Hummelstown PA	359	17	86	24:39.5	24:50.0	7:57/M
8	Harrison Eichelberger		631	17	89	24:44.1	24:56.9	7:59/M
9	Elliot Farver		643	16	92	24:48.1	25:22.6	8:00/M
10	Lucas Wenger		979	15	95	25:09.6	25:10.9	8:07/M

Female 20 to 24

		-----Total-----						
Place	Name	City	Bib No	Age	Overall	Chip Time	Gun Time	Pace
1	* Katie Vanetten	Hershey PA	322	23	104	25:35.1	25:54.3	8:15/M
2	* Jessica Rauchut		824	23	122	26:19.9	26:23.1	8:29/M
3	* Elizabeth Hivner		701	24	136	26:55.4	27:26.4	8:41/M
4	Chantel Gish	Mount Joy PA	309	21	231	30:54.2	31:03.6	9:58/M
5	Catherine Hess	Hershey PA	311	22	256	32:31.7	32:43.0	10:29/M
6	Lori Noble		802	24	269	33:44.6	34:15.4	10:53/M
7	Taylor Destefano		610	21	271	33:56.9	34:29.7	10:57/M

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Female 20 to 24

		-----Total-----						
Place	Name	City	Bib No	Age	Overall	Chip Time	Gun Time	Pace
8	Julie Hess	Elizabethtown PA	373	22	276	34:30.0	34:43.4	11:08/M

Male 20 to 24

		-----Total-----						
Place	Name	City	Bib No	Age	Overall	Chip Time	Gun Time	Pace
1	* Clayton Blöse	Mountville PA	571	24	11	18:45.3	18:45.3	6:03/M
2	* Bradley Yehl	Elizabethtown PA	995	24	20	20:00.6	20:00.6	6:27/M
3	* Jack Hess	Hershey	375	24	138	26:58.1	26:58.1	8:42/M

Female 25 to 29

		-----Total-----						
Place	Name	City	Bib No	Age	Overall	Chip Time	Gun Time	Pace
1	* Leah Maher	New Providence PA	355	25	14	19:00.4	19:00.4	6:08/M
2	* Melissa Hanigosky	Buffalo NY	686	25	80	24:25.0	24:29.9	7:53/M
3	* Danielle Miller	Abbottstown PA	368	26	121	26:19.8	26:29.6	8:29/M
4	Gina Davis	Etters PA	604	29	157	28:01.0	28:10.4	9:02/M
5	Marisa Fulmer		659	28	162	28:08.8	28:22.7	9:05/M
6	Lydia Mellinger		779	26	167	28:27.6	28:49.4	9:11/M
7	Jenn Evans	East Earl PA	361	27	181	29:14.9	29:19.4	9:26/M
8	Lisa Daniels		602	29	188	29:29.3	30:08.5	9:31/M
9	Samantha Miller		784	26	210	30:07.7	30:12.9	9:43/M
10	Melissa Schreiber	Myerstown PA	853	28	214	30:19.5	30:23.7	9:47/M
11	Chelsea Kirincic		727	25	281	34:58.2	35:05.8	11:17/M
12	Johanna Romain		839	29	309	38:33.9	38:59.7	12:26/M
13	Emily McCall	Halifax PA	317	25	329	42:21.9	42:56.3	13:40/M
14	Beverly Ponterio		820	26	331	42:23.3	42:47.8	13:40/M

Male 25 to 29

		-----Total-----						
Place	Name	City	Bib No	Age	Overall	Chip Time	Gun Time	Pace
1	* Chris McCabe	Manheim PA	769	27	2	15:54.2	15:54.2	5:08/M
2	* Derrie Miller	Abbottstown PA	367	25	27	20:51.5	20:55.5	6:44/M
3	* Brian Hutchison		709	27	82	24:29.4	24:33.0	7:54/M

Female 30 to 34

		-----Total-----						
Place	Name	City	Bib No	Age	Overall	Chip Time	Gun Time	Pace
1	* Sarah Miller		785	34	49	22:16.8	22:20.7	7:11/M
2	* Sara Johnson	Blue Grass IA	315	33	64	23:34.6	23:34.6	7:36/M
3	* Brenda Daily		601	33	70	23:52.9	23:59.5	7:42/M
4	Kristi French	Mechanicsburg PA	653	32	72	24:08.4	24:15.3	7:47/M
5	Leah Yingling		996	32	128	26:35.5	26:59.4	8:35/M
6	Ashley Klick		729	31	160	28:07.3	28:14.6	9:04/M
7	Kelly Fuddy		657	34	165	28:27.1	28:59.0	9:11/M
8	Elyse Pollak		819	32	187	29:28.5	30:08.4	9:30/M
9	Linda Cruz	Elizabethtown PA	597	34	229	30:53.0	31:31.2	9:58/M
10	Kira Zimmerman	Myerstown PA	1000	32	268	33:38.3	33:49.6	10:51/M
11	Ashley Count		591	33	278	34:48.0	35:06.8	11:14/M
12	Dana Schlader	Lancaster PA	325	33	288	35:43.4	36:09.8	11:31/M
13	Dawn Ciuk		588	34	291	36:07.5	36:16.5	11:39/M
14	Elizabeth Schneider		851	32	302	37:31.5	38:03.7	12:06/M
15	Amanda Ruth	Lebanon PA	841	34	312	38:55.1	39:20.3	12:33/M
16	Amy Snyder	Mount Joy PA	873	31	320	40:46.6	41:18.8	13:09/M
17	Michelle Giera		668	33	333	45:40.9	45:40.9	14:44/M

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5K

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March 19, 2017

Male 30 to 34

								-----Total-----	
Place	Name	City	Bib No	Age	Overall	Chip Time	Gun Time	Pace	
1	* Brent Edwards	Hazleton PA	629	30	4	17:18.6	17:18.6	5:35/M	
2	* Benjamin Schlosser	Mount Joy PA	850	30	44	22:06.2	22:06.2	7:08/M	
3	* Eric Johnson	Blue Grass IA	313	33	45	22:06.8	22:06.8	7:08/M	
4	Nick Rossi	Elizabethtown PA	372	34	54	22:50.9	22:53.9	7:22/M	
5	Tim Golden	Hershey	674	31	56	23:04.5	23:05.9	7:26/M	
6	Mike Johnson	Aspers PA	314	33	91	24:47.0	24:47.0	8:00/M	
7	Derrick Snyder	Manheim PA	874	33	126	26:33.1	26:57.2	8:34/M	
8	Wallace Rejrat	Elizabethtown PA	827	31	149	27:31.9	27:40.5	8:53/M	
9	Thomas Gorman		676	30	174	28:48.9	29:30.3	9:17/M	
10	Richard Newton		800	33	178	29:09.1	29:23.1	9:24/M	
11	Mitch Romig	Mount Joy PA	840	32	185	29:25.9	29:38.1	9:29/M	
12	Jose Cruz		596	33	227	30:52.9	31:30.9	9:57/M	

Female 35 to 39

								-----Total-----	
Place	Name	City	Bib No	Age	Overall	Chip Time	Gun Time	Pace	
1	* Kelly Fox		650	37	34	21:28.4	21:30.5	6:55/M	
2	* Carrie Booth	Elizabethtown PA	573	37	58	23:12.6	23:16.3	7:29/M	
3	* Meghann Pierdon	Bainbridge PA	816	37	62	23:27.1	23:28.5	7:34/M	
4	Maura Ebersole	Elizabethtown PA	628	35	77	24:15.2	24:16.2	7:49/M	
5	Carie Reigel	Richland PA	825	38	110	25:58.8	26:20.7	8:23/M	
6	Susan Kenderdine		720	39	118	26:15.5	26:39.5	8:28/M	
7	Amanda Heisey-Gallagher	Elizabethtown PA	691	39	143	27:17.8	27:25.6	8:48/M	
8	Darby Valego		967	39	159	28:03.9	28:11.5	9:03/M	
9	Jan Grinstead	Palmyra PA	678	39	163	28:22.3	28:27.2	9:09/M	
10	Emily Sirinides		865	35	166	28:27.5	28:59.2	9:11/M	
11	Maryglo Stroik	Mount Gretna PA	893	35	172	28:39.9	28:45.2	9:15/M	
12	Amanda Sauder		843	35	173	28:42.8	29:04.5	9:15/M	
13	Erin Snader		872	37	183	29:17.4	29:27.4	9:27/M	
14	Kelcey Bucks	Lebanon PA	579	35	192	29:40.9	29:46.3	9:34/M	
15	Jessica Schaber	Elizabethtown PA	849	36	213	30:16.3	30:32.2	9:46/M	
16	Ashley Westphal	Lancaster PA	981	36	219	30:23.6	30:46.9	9:48/M	
17	Kimberly Ernst	East Petersburg PA	634	38	235	31:08.5	31:23.7	10:03/M	
18	Antinia Franco		651	37	239	31:19.3	31:47.0	10:06/M	
19	Bridget Hudacs		707	38	241	31:43.3	31:57.1	10:14/M	
20	Megan Benson		568	39	265	33:24.5	33:38.0	10:46/M	
21	Mary Wise		990	38	272	33:59.6	34:05.5	10:58/M	
22	Erin Blough		572	38	273	33:59.7	34:05.4	10:58/M	
23	Kristi Ritter	Elizabethtown PA	833	38	285	35:10.7	35:21.4	11:21/M	
24	Sara Shaneor	Elizabethtown PA	856	38	286	35:24.6	35:38.3	11:25/M	
25	Michele Wagner		975	37	287	35:38.1	35:57.0	11:30/M	
26	Jennifer Ridenour	Lititz PA	831	39	293	36:19.5	36:31.7	11:43/M	
27	Ellen Zazulak	Elizabethtown PA	999	39	313	39:05.5	39:22.2	12:36/M	
28	Vickie Abdelnaby		552	36	337	50:58.7	51:32.1	16:26/M	
29	Jessica Smith	York PA	394	35	341	51:36.6	51:36.6	16:39/M	

Male 35 to 39

								-----Total-----	
Place	Name	City	Bib No	Age	Overall	Chip Time	Gun Time	Pace	
1	* Lyle Stauffer		884	35	6	17:49.7	17:49.7	5:45/M	
2	* Jon Fox		649	38	9	18:16.8	18:16.8	5:54/M	
3	* Bob Porambo	PA	821	36	10	18:38.0	18:38.0	6:01/M	
4	Justin Hirst		697	36	22	20:11.0	20:11.0	6:31/M	
5	Rob Eberz	Elizabethtown PA	350	39	26	20:50.8	21:08.3	6:43/M	
6	Joel Eshleman		637	38	29	20:55.7	20:56.5	6:45/M	
7	Matthew Davis	Lebanon PA	370	37	36	21:36.5	21:39.6	6:58/M	
8	Patrick Ward		977	38	61	23:26.0	23:29.8	7:34/M	
9	Andrew Sholly	Palmyra PA	863	39	69	23:52.8	24:04.1	7:42/M	
10	Jerry Schaber		848	36	109	25:57.5	26:14.3	8:22/M	
11	Zachary Shenk	Elizabethtown PA	862	38	123	26:28.4	26:31.8	8:32/M	
12	Matthew Wagner		974	35	130	26:46.7	27:15.8	8:38/M	
13	Derek Slabaugh		866	36	153	27:51.3	28:39.7	8:59/M	
14	Daivd Craft	Womelsdorf PA	592	38	169	28:29.1	29:04.7	9:11/M	
15	Ben Lorah	Camp Hill PA	754	38	186	29:26.4	30:02.4	9:30/M	
16	Eric Schneider	Mount Joy PA	852	35	206	29:56.4	30:16.7	9:39/M	
17	Michael Checco	Elizabethtown PA	586	39	238	31:19.0	31:38.9	10:06/M	
18	Joel Yudt	Lititz PA	998	38	283	35:00.4	35:29.3	11:17/M	
19	Gene Barton	Elizabethtown PA	362	39	318	40:02.7	40:23.6	12:55/M	

Frozen Foot 2017 Race 3

Age Group Results

5K

Race Date
March 19, 2017

Female 40 to 44

								-----Total-----	
Place	Name	City	Bib No	Age	Overall	Chip Time	Gun Time	Pace	
1	* Rebecca Sollenberger		875	41	42	22:00.5	22:01.5	7:06/M	
2	* Jen Kristich		736	41	93	25:06.3	25:20.9	8:06/M	
3	* Kathy Sauer		845	40	101	25:26.0	25:35.7	8:12/M	
4	Jennifer O'Donnell		805	40	105	25:37.5	25:46.2	8:16/M	
5	Stephanie Mader		761	40	125	26:29.3	26:38.5	8:33/M	
6	Kristen Weingardt		978	44	152	27:41.8	27:59.2	8:56/M	
7	Megan Nolt		803	41	171	28:35.3	28:56.6	9:13/M	
8	Susan Miller		788	41	175	28:55.2	29:15.1	9:20/M	
9	Stephanie Bennecoff		565	40	189	29:30.5	29:41.2	9:31/M	
10	Nichole Feldenzer	Palmyra PA	644	43	198	29:45.8	30:25.0	9:36/M	
11	Mary Ober	Mount Joy PA	804	41	215	30:20.0	30:54.6	9:47/M	
12	Mary Checco	Elizabethtown PA	585	42	216	30:21.2	30:40.7	9:47/M	
13	Carrie Heinsey		690	41	218	30:23.3	30:46.8	9:48/M	
14	Melissa Wissler	Leola PA	991	41	223	30:36.7	30:44.6	9:52/M	
15	Carrie Fritz		655	41	250	32:17.5	32:31.7	10:25/M	
16	Karin Laszakovits	Elizabethtown PA	744	41	253	32:27.6	32:37.7	10:28/M	
17	Tina Entenman		632	43	255	32:31.6	32:39.8	10:29/M	
18	Erika Bailey		343	43	258	32:42.1	33:15.2	10:33/M	
19	Sue Ittleson	Palmyra PA	710	40	261	32:57.1	33:29.7	10:38/M	
20	Loretta Sauder	Ephrata PA	844	44	274	34:00.2	34:31.0	10:58/M	
21	Jen Rittel		832	41	279	34:48.7	35:11.0	11:14/M	
22	Leigh Kaliss		715	40	289	35:55.7	36:04.5	11:35/M	
23	Amy Johnson	Madrid IA	312	43	294	36:23.4	36:44.4	11:44/M	
24	Jennifer Frey		654	42	319	40:35.2	41:06.6	13:05/M	
25	Jessica Widrick	Columbia PA	985	43	322	41:16.1	41:36.5	13:19/M	
26	Gayle Merkt	Elizabethtown PA	781	44	328	41:57.5	42:16.8	13:32/M	
27	Kerry Gill		669	42	332	42:42.7	43:20.6	13:46/M	

Male 40 to 44

								-----Total-----	
Place	Name	City	Bib No	Age	Overall	Chip Time	Gun Time	Pace	
1	* Jim Schwalm		855	41	21	20:03.5	20:03.5	6:28/M	
2	* Lou Starzl	Elizabethtown PA	883	40	32	21:19.4	21:19.4	6:53/M	
3	* Bryan Glatfelter	Lancaster PA	672	43	48	22:15.6	22:18.1	7:11/M	
4	Ryan Sheidy		861	41	51	22:18.6	22:21.1	7:12/M	
5	Andy Evans	Elizabethtown PA	640	42	52	22:22.9	22:22.9	7:13/M	
6	Tom Sheckard		858	44	87	24:40.8	25:22.5	7:57/M	
7	Don Good		675	40	90	24:45.4	24:51.3	7:59/M	
8	Mark Gallick	Elizabethtown PA	661	43	94	25:06.5	25:12.7	8:06/M	
9	Rob Cronin		595	40	100	25:22.1	25:41.7	8:11/M	
10	Adam Welter		374	40	102	25:27.3	25:27.3	8:13/M	
11	Shawn Miller		787	40	117	26:14.1	26:30.9	8:28/M	
12	Matt Musser		793	44	141	27:16.6	27:53.4	8:48/M	
13	Patrick Mitchell	Lebanon PA	790	42	168	28:28.9	28:47.1	9:11/M	
14	Patrick Kiley		725	43	179	29:10.3	29:21.9	9:25/M	
15	Timothy Merkt		782	44	193	29:43.2	29:58.7	9:35/M	
16	Scott Keddie		717	42	211	30:09.1	30:24.9	9:44/M	
17	Reed Mask	Elizabethtown PA	766	43	240	31:37.7	31:50.9	10:12/M	
18	Joel Ernst		633	40	245	31:59.1	32:22.2	10:19/M	
19	Anthony Spickler		878	44	339	51:01.6	51:43.8	16:27/M	

Female 45 to 49

								-----Total-----	
Place	Name	City	Bib No	Age	Overall	Chip Time	Gun Time	Pace	
1	* Nicole Hart	Boiling Springs PA	688	46	88	24:42.6	24:48.2	7:58/M	
2	* Karen Moore		792	49	120	26:18.0	26:26.2	8:29/M	
3	* Connie Buckwalter	Lititz PA	580	46	131	26:48.3	26:50.1	8:39/M	
4	Darlene Swift		899	46	147	27:27.2	27:38.3	8:51/M	
5	Christine Willet		986	45	155	27:56.2	28:14.3	9:01/M	
6	Annette Drohan	Mount Joy PA	308	48	161	28:07.4	28:38.8	9:04/M	
7	Monica Kiley		724	45	180	29:10.6	29:21.9	9:25/M	
8	Theresa Burkholder		584	49	194	29:43.7	30:10.1	9:35/M	
9	Melanie Wenger		980	45	200	29:48.9	29:48.9	9:37/M	
10	Dawn Groleau	Harrisburg PA	680	47	201	29:49.2	29:58.1	9:37/M	
11	Donna Felice		645	47	203	29:51.4	30:07.6	9:38/M	
12	Jill McKee		774	47	207	30:02.2	30:12.8	9:41/M	
13	Mary Oliveira		807	45	208	30:02.2	30:18.0	9:41/M	
14	Stephanie Gingrich		671	48	212	30:11.8	30:23.3	9:44/M	

Frozen Foot 2017 Race 3

Age Group Results

5K

Race Date
March 19, 2017

Female 45 to 49

								-----Total-----	
Place	Name	City	Bib No	Age	Overall	Chip Time	Gun Time	Pace	
15	Gisselle Talley	Ephrata PA	962	47	226	30:50.4	31:17.7	9:57/M	
16	Heather Givens	Mountville PA	310	46	228	30:52.9	31:27.0	9:57/M	
17	Melissa Fryberger		656	49	233	31:01.4	31:28.5	10:00/M	
18	Linda Lownsbery	Elizabethtown PA	757	47	236	31:17.5	31:36.4	10:05/M	
19	Donna Nice	Harrisburg PA	801	47	237	31:17.6	31:26.5	10:05/M	
20	Carol Dudzinski		621	46	242	31:48.0	32:05.0	10:15/M	
21	Jolonda Hopwood		704	49	282	34:59.3	35:19.7	11:17/M	
22	Melissa Landry	Lebanon PA	742	46	298	37:00.9	37:25.9	11:56/M	
23	Gina Leed		750	48	305	38:04.1	38:35.0	12:17/M	
24	Sheila Rodriguez		838	46	306	38:09.4	38:40.3	12:18/M	
25	Traci Glover	Strasburg PA	673	48	311	38:51.0	39:25.0	12:32/M	
26	Fawn Davies		603	48	323	41:29.3	41:49.4	13:23/M	
27	Carolyn Laboy		738	45	340	51:02.4	51:36.0	16:28/M	

Male 45 to 49

								-----Total-----	
Place	Name	City	Bib No	Age	Overall	Chip Time	Gun Time	Pace	
1	* Kurt Degoede	Mount Joy	607	47	12	18:48.4	18:48.4	6:04/M	
2	* Doug Leaman		746	46	13	18:50.5	18:50.5	6:05/M	
3	* West Brininger	Hanover PA	577	47	17	19:40.9	19:40.9	6:21/M	
4	Jeff McCloud		770	47	25	20:46.3	20:46.3	6:42/M	
5	Chris Yengo	Hummelstown PA	360	48	28	20:52.7	21:03.1	6:44/M	
6	Michael Landis	Lebanon PA	741	46	35	21:35.7	21:36.5	6:58/M	
7	Bob McEvoy	Etown PA	773	47	38	21:49.5	21:52.0	7:02/M	
8	Mike Blessing	Grantville PA	354	49	46	22:13.7	22:14.4	7:10/M	
9	Doug Kramer		734	47	59	23:18.4	23:26.3	7:31/M	
10	Darren Bowman	Lititz PA	574	49	63	23:28.5	23:29.4	7:34/M	
11	Scott Buffington	Middletown PA	583	46	66	23:40.2	23:40.2	7:38/M	
12	Dave Merkt		780	46	74	24:09.2	24:18.9	7:47/M	
13	Brant Widrick	Columbia Pa PA	984	46	103	25:30.8	25:41.3	8:14/M	
14	Robert Wolfkiel		993	49	111	25:59.5	26:06.3	8:23/M	
15	Ron Fink	Elizabethtown PA	648	49	116	26:11.7	26:26.9	8:27/M	
16	Ron Trimnell		963	49	127	26:33.4	26:43.0	8:34/M	
17	Shawn Vonstein	Lancaster PA	971	46	129	26:39.8	26:53.9	8:36/M	
18	Brian Lownsbery		755	48	135	26:52.6	27:10.0	8:40/M	
19	Greg Orris		810	47	140	27:08.9	27:24.0	8:45/M	
20	Scott Kennedy	Middletown PA	722	45	154	27:55.5	28:11.9	9:00/M	
21	Luis Cosenzo	Mechanicsburg PA	356	47	277	34:46.0	34:58.6	11:13/M	

Female 50 to 54

								-----Total-----	
Place	Name	City	Bib No	Age	Overall	Chip Time	Gun Time	Pace	
1	* Laurie Funk	Lebanon PA	660	53	113	26:09.0	26:12.8	8:26/M	
2	* Lori Dirisio	Elizabethtown PA	617	52	115	26:09.1	26:15.7	8:26/M	
3	* Sue McCune		772	50	133	26:49.9	26:52.0	8:39/M	
4	Susan Graver	Lancaster PA	677	53	170	28:29.8	28:37.2	9:11/M	
5	Maureen Fairbanks		641	51	220	30:29.0	30:38.1	9:50/M	
6	Bobbi Johnson		714	51	230	30:54.1	31:05.5	9:58/M	
7	Lori Newswanger		799	52	234	31:06.7	31:14.2	10:02/M	
8	Judith Phipps		815	53	243	31:54.6	32:22.2	10:17/M	
9	Jan Gaspich	Palmyra PA	662	52	244	31:54.8	32:19.9	10:17/M	
10	Cathy Utz		966	51	246	31:59.2	32:14.6	10:19/M	
11	Amy Artman		348	51	251	32:22.7	32:42.1	10:26/M	
12	Michelle Quino-Drescher		822	52	252	32:25.9	32:35.6	10:27/M	
13	Jeannine Hohman		702	51	259	32:53.5	33:10.2	10:36/M	
14	Kathy Sullivan	Hummelstown PA	894	51	263	33:01.8	33:32.7	10:39/M	
15	Christine Fake		642	53	275	34:25.0	34:50.8	11:06/M	
16	Wendy Smith	York PA	871	54	292	36:09.7	36:39.4	11:40/M	
17	Patricia Cole	Palmyra PA	590	54	295	36:30.9	36:56.6	11:46/M	
18	Colleen Knutsen	Palmyra PA	730	52	304	37:55.7	38:22.6	12:14/M	
19	Jeannie Kontis		732	51	314	39:22.2	39:36.5	12:42/M	
20	Karen Bramley	Hummelstown PA	575	52	326	41:40.0	42:04.9	13:26/M	
21	Caroline Barnhart		561	52	327	41:40.2	42:04.9	13:26/M	
22	Lisa Poliski		817	51	344	53:26.6	53:54.9	17:14/M	

Frozen Foot 2017 Race 3

Age Group Results

5K

Race Date
March 19, 2017

Male 50 to 54

								-----Total-----	
Place	Name	City	Bib No	Age	Overall	Chip Time	Gun Time	Pace	
1	* Daniel Chirico		587	53	19	19:58.4	19:58.4	6:26/M	
2	* Steve Koons	Hummelstown PA	733	52	23	20:23.9	20:24.2	6:35/M	
3	* John Rodgers	Lancaster PA	836	53	33	21:27.9	21:29.6	6:55/M	
4	Richard Dickerson		612	54	50	22:18.2	22:19.7	7:12/M	
5	Michael Heider	Lancaster PA	689	54	65	23:35.0	23:41.6	7:36/M	
6	Bill Sheibley	Duncannon PA	859	53	67	23:43.2	23:46.7	7:39/M	
7	Steve Remillard		829	50	79	24:22.9	24:28.5	7:52/M	
8	Steve Bareuther		346	54	81	24:26.2	24:26.7	7:53/M	
9	Mark Poliski		818	52	96	25:09.6	25:19.9	8:07/M	
10	Timothy Sullivan	Hummelstown PA	895	52	99	25:21.6	26:01.8	8:11/M	
11	James Drumm		620	52	132	26:48.3	26:49.8	8:39/M	
12	Christopher Skundrich	Lancaster PA	320	50	151	27:38.6	27:41.2	8:55/M	
13	Tom Maganas		762	53	182	29:16.9	29:30.9	9:26/M	
14	Marty Stevens		887	54	191	29:36.8	30:19.3	9:33/M	
15	William McCune	Lancaster PA	318	53	197	29:45.4	29:47.4	9:36/M	
16	Fred Wagaman		973	54	247	32:03.3	32:12.7	10:20/M	
17	Tara Swartz		898	50	280	34:52.0	35:09.0	11:15/M	
18	John Holtman	Lititz PA	363	51	345	53:27.0	53:54.1	17:15/M	

Female 55 to 59

								-----Total-----	
Place	Name	City	Bib No	Age	Overall	Chip Time	Gun Time	Pace	
1	* Doris Olney		808	56	97	25:14.3	25:21.1	8:08/M	
2	* Sharon Parrish		812	56	124	26:28.6	26:34.5	8:32/M	
3	* Sorita Averill	Reading PA	366	56	139	27:08.2	27:14.6	8:45/M	
4	Kelly Wobrak		992	57	184	29:22.2	29:51.9	9:28/M	
5	Cindy Hendershott	Elizabethtown PA	692	58	199	29:47.3	29:57.5	9:36/M	
6	Shirley De Perrot		606	55	204	29:54.5	30:04.2	9:39/M	
7	Ena Marie Banks		345	57	222	30:33.5	30:36.2	9:51/M	
8	Lauren Dungan		623	58	248	32:10.4	32:23.9	10:23/M	
9	Kim Dicozanzo		613	55	296	36:43.9	36:54.1	11:51/M	
10	Rose Anna Stillwagon		889	59	297	36:53.1	37:23.1	11:54/M	
11	Marycatherine Hess	Hershey PA	695	59	315	39:39.4	40:05.1	12:47/M	
12	Kim Hitz	Hummelstown PA	699	56	316	39:39.6	40:05.4	12:47/M	
13	Kim Kennedy	Elizabethtown PA	721	55	334	47:21.7	47:45.1	15:16/M	
14	Stephanie Geib	Manheim PA	666	55	335	48:32.7	49:06.0	15:39/M	
15	Nancy Schrom		854	56	336	49:38.0	50:06.8	16:01/M	
16	Melissa Vanetten	Hershey PA	324	55	342	51:37.5	52:02.9	16:39/M	
17	Nora Haefele		681	59	343	51:49.5	52:17.3	16:43/M	

Male 55 to 59

								-----Total-----	
Place	Name	City	Bib No	Age	Overall	Chip Time	Gun Time	Pace	
1	* Jim Roche	Lancaster PA	835	55	39	21:50.1	21:50.1	7:03/M	
2	* Jeff Sanden		842	56	41	21:57.2	21:58.9	7:05/M	
3	* Dwight Eichelberger	Elizabethtown PA	630	55	53	22:49.9	23:00.1	7:22/M	
4	Peter O'Donoghue		806	55	68	23:51.8	23:51.8	7:42/M	
5	John Rickle		830	58	71	23:54.2	23:54.6	7:43/M	
6	Mark Laufer	Mountville PA	745	59	83	24:30.8	24:37.7	7:54/M	
7	Dean Newswanger		798	55	142	27:17.0	27:22.7	8:48/M	
8	William Krieger		735	56	146	27:26.2	27:42.9	8:51/M	
9	Richard Long	Camp Hill PA	753	57	148	27:29.2	27:47.2	8:52/M	
10	Mike Sheibley	Hummelstown PA	860	58	150	27:36.2	27:40.4	8:54/M	
11	Ed Lammando		740	59	156	27:56.4	28:20.1	9:01/M	
12	Scott Lithgow	Mount Joy PA	751	56	164	28:24.2	28:26.6	9:10/M	
13	Terry Lukehart	Lancaster PA	759	59	202	29:49.5	30:10.8	9:37/M	
14	Curtis Smith		868	56	205	29:54.9	30:13.7	9:39/M	
15	Donald Dohner		619	56	217	30:22.7	30:53.2	9:48/M	
16	Christ Megoulas	Palmyra PA	776	58	225	30:47.4	30:50.7	9:56/M	
17	Butch Dimitris	Lancaster PA	614	59	249	32:15.4	32:54.5	10:24/M	
18	Clarence Hitz		698	56	257	32:32.8	32:56.2	10:30/M	
19	Mark Bellavia	Lancaster PA	564	56	303	37:43.4	37:58.3	12:10/M	
20	Lee Vanetten	Hershey PA	323	57	307	38:13.6	38:40.6	12:20/M	
21	John Lohman		752	57	324	41:36.4	42:14.5	13:25/M	
22	Steve Deperrot	Lititz PA	364	55	346	53:27.4	53:54.4	17:15/M	

Frozen Foot 2017 Race 3

Age Group Results

5K

Race Date
March 19, 2017

Female 60 to 69

								-----Total-----	
Place	Name	City	Bib No	Age	Overall	Chip Time	Gun Time	Pace	
1	* Mary Nestor		796	62	196	29:44.6	29:50.5	9:35/M	
2	* Susan Truxal	Lancaster PA	965	65	221	30:29.7	30:34.1	9:50/M	
3	* Jayne Duncan		622	60	224	30:41.1	30:49.2	9:54/M	
4	Linda Armstrong		347	67	232	31:00.3	31:15.6	10:00/M	
5	Lynn Williams		989	60	262	32:57.6	33:15.9	10:38/M	
6	Cynthia Ebersole		626	62	284	35:02.7	35:18.4	11:18/M	
7	Suzanne Szczepanski	Elizabethtown PA	961	61	290	36:01.8	36:19.9	11:37/M	
8	Terry Ernst	Lancaster PA	635	67	310	38:44.4	39:13.9	12:30/M	
9	Sue Ruhl	Manheim PA	358	60	317	40:02.2	40:23.3	12:55/M	
10	Judy Swarthout	Elizabethtown PA	897	67	325	41:39.2	41:48.4	13:26/M	
11	Pamela Eusi		638	60	348	54:35.6	55:05.5	17:36/M	

Male 60 to 69

								-----Total-----	
Place	Name	City	Bib No	Age	Overall	Chip Time	Gun Time	Pace	
1	* Jerry Higley	Lebanon PA	696	62	47	22:15.2	22:17.4	7:11/M	
2	* Randy Mladenoff	Hershey PA	791	63	85	24:38.5	24:41.6	7:57/M	
3	* Gary Gehrat		664	60	112	26:09.0	26:16.4	8:26/M	
4	Tom Blanck	Manheim PA	569	60	114	26:09.1	26:16.7	8:26/M	
5	Dan Harnick	Lancaster PA	687	62	144	27:19.2	27:27.2	8:49/M	
6	Fred Kohler		731	63	158	28:02.1	28:29.4	9:03/M	
7	Richard Troutman	Manheim PA	964	68	176	28:55.7	29:00.1	9:20/M	
8	Earl Ruhl	Manheim PA	357	61	260	32:56.1	33:19.1	10:37/M	
9	Michael Flood	Lancaster PA	365	65	264	33:03.6	33:04.1	10:40/M	
10	Bruce Whiteley	Lititz PA	983	67	266	33:32.0	33:40.7	10:49/M	
11	Anthony Kenneff		723	65	270	33:49.0	34:09.2	10:55/M	
12	Frederick Vos	Lancaster PA	972	62	299	37:06.4	37:11.8	11:58/M	
13	Dave Williams		988	64	300	37:08.7	37:42.7	11:59/M	

Female 70 and over

								-----Total-----	
Place	Name	City	Bib No	Age	Overall	Chip Time	Gun Time	Pace	
1	* Carol Lebo		749	74	321	41:03.9	41:21.4	13:15/M	
2	* Elsie Gilliland		670	74	347	54:25.4	55:00.2	17:33/M	

Male 70 and over

								-----Total-----	
Place	Name	City	Bib No	Age	Overall	Chip Time	Gun Time	Pace	
1	* Bob Horst	Lancaster PA	706	86	301	37:14.3	37:20.0	12:01/M	
2	* Ralph Detrick	Elizabethtown PA	611	76	308	38:21.0	38:39.3	12:22/M	
3	* Richard McCullough	Lititz PA	771	82	330	42:22.6	42:34.8	13:40/M	