

Race Date
June 03, 2017

Rock N Glow 2017
Age Group Results

5K

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 | Ian Lauver | Manheim PA | 1216 | 18 | 1 | 16:25.4 | 16:25.4 | 5:17/M |

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 | Kate Dickow | Lititz PA | 243 | 16 | 6 | 18:26.7 | 18:26.7 | 5:55/M |

Rock N Glow 2017

Age Group Results

5K

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No Age given

| | | -----Total----- | | | | | | |
|-------|--------------|-----------------|--------|-----|---------|-----------|----------|---------|
| Place | Name | City | Bib No | Age | Overall | Chip Time | Gun Time | Pace |
| 1 | Gage Meckley | | 1315 | | 250 | 28:12.2 | 29:41.9 | 9:06/M |
| 2 | Aiden Garner | Manheim PA | 344 | 0 | 804 | 38:16.2 | 38:36.5 | 12:21/M |

Female No Age Given

| | | -----Total----- | | | | | | |
|-------|-----------|-----------------|--------|-----|---------|-----------|----------|--------|
| Place | Name | City | Bib No | Age | Overall | Chip Time | Gun Time | Pace |
| 1 | Gina Ford | | 1322 | | 393 | 30:54.9 | 31:48.8 | 9:58/M |

Male 1 to 10

| | | -----Total----- | | | | | | |
|-------|--------------------|-----------------|--------|-----|---------|-----------|----------|---------|
| Place | Name | City | Bib No | Age | Overall | Chip Time | Gun Time | Pace |
| 1 | * Benjamin Causak | | 167 | 10 | 32 | 21:05.8 | 21:09.2 | 6:48/M |
| 2 | Keagan Eisenhofer | | 279 | 9 | 33 | 21:06.0 | 21:09.2 | 6:48/M |
| 3 | Logan McGallicher | | 725 | 4 | 109 | 24:26.8 | 24:33.3 | 7:53/M |
| 4 | Peyton Bernhardt | | 66 | 10 | 147 | 25:36.0 | 25:39.0 | 8:15/M |
| 5 | Avery Kirchner | Manheim PA | 588 | 9 | 155 | 25:57.8 | 26:26.9 | 8:22/M |
| 6 | Logan Richard | | 902 | 10 | 159 | 26:02.4 | 26:21.2 | 8:24/M |
| 7 | Chase Kirchner | Manheim PA | 590 | 9 | 172 | 26:37.8 | 27:06.8 | 8:35/M |
| 8 | Logan Gallagher | | 336 | 2 | 200 | 27:19.5 | 27:32.9 | 8:49/M |
| 9 | Max Munkittrick | | 792 | 8 | 229 | 27:55.2 | 27:58.2 | 9:00/M |
| 10 | Anthony Hummel | | 521 | 8 | 234 | 27:59.6 | 28:02.9 | 9:02/M |
| 11 | Tyce Miller | | 1220 | 6 | 235 | 27:59.7 | 28:37.1 | 9:02/M |
| 12 | Carter Patrick | | 862 | 10 | 236 | 28:01.1 | 29:12.4 | 9:02/M |
| 13 | Aiden Welch | | 1147 | 10 | 252 | 28:14.1 | 29:05.6 | 9:06/M |
| 14 | Aaron Cassel | | 163 | 10 | 253 | 28:14.1 | 28:53.1 | 9:06/M |
| 15 | Jacob Zimmerman | | 1199 | 8 | 259 | 28:21.8 | 29:18.0 | 9:09/M |
| 16 | Aj Schwartz | | 975 | 10 | 262 | 28:26.1 | 29:55.6 | 9:10/M |
| 17 | Luke Reitzel | | 897 | 9 | 287 | 28:54.7 | 29:04.8 | 9:19/M |
| 18 | A.j. Hondru | | 483 | 10 | 312 | 29:24.5 | 29:48.0 | 9:29/M |
| 19 | Austin Gallagher | | 337 | 7 | 323 | 29:37.0 | 30:26.8 | 9:33/M |
| 20 | Carson Skillman | | 1224 | 10 | 333 | 29:52.2 | 30:43.0 | 9:38/M |
| 21 | Christopher Hondru | | 484 | 6 | 335 | 29:53.2 | 30:18.4 | 9:38/M |
| 22 | Chester Beach | | 44 | 8 | 416 | 31:13.7 | 31:24.9 | 10:04/M |
| 23 | Lucas Locker | | 658 | 6 | 417 | 31:14.1 | 31:56.0 | 10:05/M |
| 24 | Weston Longenecker | Manheim PA | 666 | 10 | 437 | 31:27.2 | 31:48.5 | 10:09/M |
| 25 | Brady Winters | | 1167 | 8 | 440 | 31:32.3 | 32:35.1 | 10:10/M |
| 26 | Benjamin Cunrod | | 207 | 8 | 460 | 32:02.2 | 33:18.9 | 10:20/M |
| 27 | Cole Cox | | 196 | 9 | 471 | 32:16.3 | 33:08.4 | 10:25/M |
| 28 | Gavin Longenecker | | 667 | 8 | 478 | 32:22.1 | 32:43.4 | 10:26/M |
| 29 | Connor Gehman | Mount Joy PA | 355 | 6 | 497 | 32:40.2 | 33:35.4 | 10:32/M |
| 30 | Gregory Kensey | | 573 | 9 | 544 | 33:32.0 | 34:55.8 | 10:49/M |
| 31 | Andy Goff | | 371 | 7 | 556 | 33:47.4 | 34:45.6 | 10:54/M |
| 32 | Cohen Hoffer | | 460 | 10 | 583 | 34:23.1 | 35:12.5 | 11:05/M |
| 33 | Jeremiah Kilheffer | | 579 | 9 | 596 | 34:31.4 | 35:34.9 | 11:08/M |
| 34 | Shawn Heckman | | 419 | 10 | 600 | 34:38.6 | 35:40.3 | 11:10/M |
| 35 | Cooper Longenecker | Manheim PA | 663 | 7 | 606 | 34:42.9 | 35:43.6 | 11:12/M |
| 36 | Hunter Hurst | Manheim PA | 528 | 10 | 645 | 35:18.1 | 37:14.0 | 11:23/M |
| 37 | Landyn Desautels | | 242 | 9 | 649 | 35:19.3 | 37:28.0 | 11:24/M |
| 38 | Titus Newswanger | | 826 | 10 | 657 | 35:25.3 | 35:28.7 | 11:25/M |
| 39 | Graycen Hoffer | | 461 | 7 | 658 | 35:25.5 | 36:15.4 | 11:25/M |
| 40 | Leo Neifert | | 807 | 8 | 740 | 37:09.4 | 37:54.8 | 11:59/M |
| 41 | Owen Inthavongsa | | 1230 | 5 | 741 | 37:09.5 | 37:22.3 | 11:59/M |
| 42 | Athan Schwartz | | 1209 | 7 | 746 | 37:17.1 | 38:50.8 | 12:02/M |
| 43 | Collin Bernstein | | 69 | 9 | 754 | 37:22.5 | 38:48.5 | 12:03/M |
| 44 | Logan Dupler | | 1215 | 8 | 764 | 37:34.9 | 39:10.8 | 12:07/M |
| 45 | Chase Marsh | | 682 | 7 | 783 | 37:54.5 | 38:44.3 | 12:14/M |
| 46 | Jasper Kling | | 595 | 6 | 801 | 38:13.9 | 38:28.4 | 12:20/M |
| 47 | Brody Longenecker | | 664 | 10 | 809 | 38:22.6 | 39:23.3 | 12:23/M |
| 48 | Colton Rutt | | 943 | 9 | 811 | 38:25.6 | 40:41.1 | 12:24/M |
| 49 | Conner Zeyak | | 1196 | 8 | 818 | 38:34.9 | 40:26.5 | 12:26/M |
| 50 | Garrett Delozier | | 230 | 6 | 823 | 38:38.3 | 39:27.0 | 12:28/M |
| 51 | Max Chesney | | 169 | 6 | 858 | 39:44.7 | 40:49.6 | 12:49/M |
| 52 | Brady Dillner | | 251 | 9 | 891 | 40:55.6 | 41:26.0 | 13:12/M |
| 53 | Lincoln Tyson | | 1245 | 10 | 892 | 40:55.9 | 42:49.4 | 13:12/M |
| 54 | Andrew Phillips | | 877 | 7 | 922 | 41:51.8 | 43:26.7 | 13:30/M |
| 55 | Zachary Rokosky | Cumbola PA | 919 | 8 | 923 | 41:53.4 | 43:25.7 | 13:31/M |
| 56 | Charlie Hoppenjans | | 493 | 6 | 934 | 42:15.7 | 44:06.8 | 13:38/M |
| 57 | Cole Arter | | 24 | 8 | 949 | 43:14.7 | 45:01.5 | 13:57/M |

Rock N Glow 2017

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Male 1 to 10

| | | -----Total----- | | | | | | |
|-------|-------------------|-----------------|--------|-----|---------|-----------|-----------|---------|
| Place | Name | City | Bib No | Age | Overall | Chip Time | Gun Time | Pace |
| 58 | Kenny Rothacker | Manheim PA | 929 | 6 | 982 | 44:21.5 | 46:27.2 | 14:18/M |
| 59 | Lucas Difilippo | | 1261 | 5 | 1017 | 46:20.8 | 48:45.1 | 14:57/M |
| 60 | Jordan Echterling | | 271 | 10 | 1058 | 47:46.1 | 49:14.0 | 15:25/M |
| 61 | Garrett Barnett | | 1231 | 9 | 1123 | 52:16.3 | 53:21.0 | 16:52/M |
| 62 | Jason Patterson | | 864 | 7 | 1126 | 52:22.8 | 54:37.8 | 16:54/M |
| 63 | Colton Hollinger | | 477 | 3 | 1132 | 52:31.0 | 55:03.6 | 16:56/M |
| 64 | Cohen Inthavongsa | | 540 | 7 | 1133 | 52:34.9 | 55:05.1 | 16:57/M |
| 65 | Johnathan Castro | | 1234 | 9 | 1150 | 57:12.0 | 59:02.9 | 18:27/M |
| 66 | Burke Edmiston | | 277 | 7 | 1160 | 58:37.8 | 59:00.2 | 18:55/M |
| 67 | Max Blickle | | 83 | 9 | 1164 | 59:07.3 | 1:01:25.7 | 19:04/M |
| 68 | Jack Lammey | Adamstown PA | 624 | 9 | 1165 | 59:15.9 | 1:01:34.1 | 19:07/M |
| 69 | Zachary Zahora | | 1191 | 9 | 1166 | 59:18.7 | 1:01:27.8 | 19:08/M |
| 70 | Tyler Zahora | | 1192 | 7 | 1168 | 59:20.3 | 1:01:28.9 | 19:08/M |
| 71 | Dakota Bollinger | | 91 | 7 | 1170 | 59:22.8 | 1:01:30.8 | 19:09/M |
| 72 | Mathias Ruzyllo | | 945 | 8 | 1189 | 1:01:04.8 | 1:03:11.4 | 19:42/M |
| 73 | Miykha Murray | | 1249 | 6 | 1197 | 1:03:15.2 | 1:04:23.4 | 20:24/M |

Female 1 to 10

| | | -----Total----- | | | | | | |
|-------|--------------------|-------------------|--------|-----|---------|-----------|----------|---------|
| Place | Name | City | Bib No | Age | Overall | Chip Time | Gun Time | Pace |
| 1 | * Kaleigh Enck | Manheim PA | 282 | 9 | 108 | 24:25.5 | 24:30.5 | 7:53/M |
| 2 | Morgan Miller | | 1221 | 10 | 126 | 24:56.1 | 25:32.9 | 8:03/M |
| 3 | Sami Eisenhofer | Sinking Spring PA | 278 | 10 | 297 | 29:09.1 | 29:19.0 | 9:24/M |
| 4 | Kendra Hummel | | 522 | 10 | 362 | 30:25.9 | 30:57.4 | 9:49/M |
| 5 | Avery Yost | Manheim PA | 1183 | 9 | 369 | 30:36.6 | 30:56.9 | 9:52/M |
| 6 | Gianna Bernat | Manheim PA | 64 | 7 | 378 | 30:48.8 | 31:07.0 | 9:56/M |
| 7 | Mackenzie Blough's | | 88 | 10 | 399 | 30:58.8 | 31:06.7 | 9:59/M |
| 8 | Emma Garner | | 346 | 7 | 407 | 31:06.5 | 31:27.6 | 10:02/M |
| 9 | Anna Horst | | 500 | 10 | 412 | 31:10.9 | 32:06.6 | 10:03/M |
| 10 | Emma Herman | | 439 | 10 | 454 | 31:55.1 | 32:48.3 | 10:18/M |
| 11 | Raya Hay | Lancaster PA | 416 | 9 | 480 | 32:22.9 | 33:21.2 | 10:26/M |
| 12 | Katie Shelly | | 999 | 9 | 481 | 32:24.2 | 32:29.8 | 10:27/M |
| 13 | Ellsa Rankin | | 1238 | 9 | 482 | 32:25.4 | 32:47.3 | 10:27/M |
| 14 | Sara Inthavongsa | | 1229 | 9 | 500 | 32:43.9 | 32:50.6 | 10:33/M |
| 15 | Hope Hollinger | Manheim PA | 479 | 8 | 507 | 32:50.8 | 33:16.4 | 10:35/M |
| 16 | Kendal Huggins | | 519 | 9 | 508 | 32:55.2 | 34:44.4 | 10:37/M |
| 17 | Nora Golding | | 374 | 9 | 510 | 32:55.5 | 34:12.6 | 10:37/M |
| 18 | Olivia Denlinger | | 234 | 8 | 527 | 33:12.7 | 33:38.3 | 10:43/M |
| 19 | Abbey Goff | Manheim PA | 372 | 7 | 557 | 33:47.5 | 34:45.9 | 10:54/M |
| 20 | Laci Nelson | Mount Joy PA | 811 | 10 | 567 | 34:00.9 | 34:54.2 | 10:58/M |
| 21 | Gianna Conte | | 188 | 9 | 571 | 34:05.5 | 35:03.8 | 11:00/M |
| 22 | Madelyn Gehman | Mount Joy PA | 353 | 8 | 608 | 34:43.5 | 35:37.9 | 11:12/M |
| 23 | Letteria Olsen | | 847 | 6 | 616 | 34:49.2 | 36:03.6 | 11:14/M |
| 24 | Alexandra Delozier | | 229 | 9 | 625 | 34:53.8 | 35:19.1 | 11:15/M |
| 25 | Izzy Grube | | 393 | 10 | 626 | 34:53.9 | 35:19.0 | 11:15/M |
| 26 | Jill Rittenhouse | | 1030 | 10 | 647 | 35:18.6 | 36:25.6 | 11:23/M |
| 27 | Arianna Schall | | 963 | 8 | 660 | 35:26.3 | 35:30.3 | 11:26/M |
| 28 | Emma Kilheffer | | 580 | 6 | 673 | 35:41.0 | 36:45.5 | 11:31/M |
| 29 | Grace Chesney | | 170 | 9 | 687 | 35:59.6 | 37:04.1 | 11:36/M |
| 30 | Delaney Cox | | 200 | 8 | 693 | 36:04.1 | 36:04.1 | 11:38/M |
| 31 | Kaylynn Hartman | | 414 | 7 | 698 | 36:11.7 | 38:07.4 | 11:40/M |
| 32 | Bella Treadway | | 1101 | 9 | 719 | 36:43.8 | 36:46.9 | 11:51/M |
| 33 | Cali Inthavongsa | | 541 | 9 | 720 | 36:46.6 | 36:52.0 | 11:52/M |
| 34 | Lexi Cox | | 201 | 10 | 730 | 37:00.8 | 37:33.0 | 11:56/M |
| 35 | Courtney Arms | | 20 | 10 | 777 | 37:49.0 | 38:16.9 | 12:12/M |
| 36 | Mikaela Desautels | | 241 | 7 | 780 | 37:49.4 | 39:57.7 | 12:12/M |
| 37 | Olivia Oswald | | 852 | 10 | 781 | 37:50.2 | 38:17.3 | 12:12/M |
| 38 | Madison Sherwood | | 1007 | 8 | 800 | 38:13.7 | 39:59.6 | 12:20/M |
| 39 | Lyla Mateer | Manheim PA | 704 | 7 | 822 | 38:37.9 | 40:21.6 | 12:27/M |
| 40 | Maggie Hook | | 489 | 9 | 833 | 38:57.5 | 40:11.9 | 12:34/M |
| 41 | Brooke Nelson | Mount Joy PA | 815 | 8 | 839 | 38:59.4 | 41:16.0 | 12:35/M |
| 42 | Kylie Mays | Lancaster PA | 713 | 9 | 842 | 39:08.9 | 41:07.6 | 12:37/M |
| 43 | Reece Weaver | | 1142 | 7 | 843 | 39:11.4 | 41:28.4 | 12:38/M |
| 44 | Amiah Eisenhower | | 1264 | 7 | 875 | 40:27.3 | 41:00.4 | 13:03/M |
| 45 | Kaylee Arter | | 23 | 6 | 878 | 40:40.0 | 42:25.8 | 13:07/M |
| 46 | Aryanna Kershner | | 1247 | 7 | 893 | 40:55.9 | 42:49.5 | 13:12/M |
| 47 | Gretta Brubaker | Lititz PA | 129 | 10 | 913 | 41:25.6 | 42:26.3 | 13:22/M |
| 48 | Callie Tuel | | 1112 | 10 | 919 | 41:41.2 | 44:10.0 | 13:27/M |
| 49 | Naomi Fittery | | 310 | 7 | 928 | 42:05.8 | 42:52.6 | 13:35/M |
| 50 | Ella Hoppenjans | | 492 | 5 | 933 | 42:15.2 | 44:06.5 | 13:38/M |
| 51 | Lily Hollenbaugh | | 470 | 6 | 944 | 43:06.3 | 45:09.6 | 13:54/M |
| 52 | Bailee Heckman | | 422 | 8 | 957 | 43:24.0 | 44:59.2 | 14:00/M |

Rock N Glow 2017

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5K

Race Date
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Female 1 to 10

| | | | | | | | | -----Total----- | |
|-------|------------------------|--------------------|--------|-----|---------|-----------|-----------|-----------------|--|
| Place | Name | City | Bib No | Age | Overall | Chip Time | Gun Time | Pace | |
| 53 | Mya Stackhouse | Elizabethtown PA | 1049 | 8 | 959 | 43:30.2 | 44:48.8 | 14:02/M | |
| 54 | Gretchen Long | Elizabethtown PA | 660 | 8 | 961 | 43:30.5 | 44:48.8 | 14:02/M | |
| 55 | Ava Lacagnina | | 618 | 7 | 983 | 44:38.2 | 45:03.6 | 14:24/M | |
| 56 | Julia Lacagnina | | 620 | 9 | 988 | 44:45.0 | 45:11.0 | 14:26/M | |
| 57 | Alexa Miville | Lancaster PA | 778 | 10 | 1002 | 45:54.8 | 47:21.4 | 14:48/M | |
| 58 | Kelsey Celotto-Edwards | | 1258 | 8 | 1016 | 46:20.5 | 48:45.1 | 14:57/M | |
| 59 | Kendal Newswanger | | 828 | 7 | 1035 | 46:52.4 | 47:37.1 | 15:07/M | |
| 60 | Danaira Neville | | 818 | 10 | 1044 | 47:09.2 | 47:41.4 | 15:13/M | |
| 61 | Eleanor Callaghan | | 150 | 8 | 1053 | 47:34.7 | 47:55.7 | 15:21/M | |
| 62 | Kaylee Hollenbaugh | | 469 | 8 | 1062 | 48:02.8 | 50:06.9 | 15:30/M | |
| 63 | Lila Callaghan | | 149 | 5 | 1065 | 48:17.3 | 48:38.6 | 15:35/M | |
| 64 | Skyler Ganster | East Petersburg PA | 340 | 10 | 1078 | 48:58.1 | 50:47.7 | 15:48/M | |
| 65 | Megan Engelbert | | 284 | 7 | 1088 | 49:34.7 | 51:37.3 | 15:59/M | |
| 66 | Julie Gergely | | 360 | 7 | 1117 | 52:08.2 | 53:56.9 | 16:49/M | |
| 67 | Alexis Breneman | | 104 | 9 | 1144 | 55:41.0 | 57:52.4 | 17:58/M | |
| 68 | Kendall Blough | | 87 | 4 | 1149 | 56:24.9 | 58:46.1 | 18:12/M | |
| 69 | Abigail Castro | | 1233 | 7 | 1155 | 58:11.1 | 1:00:01.4 | 18:46/M | |
| 70 | Jenna Leschner | | 643 | 9 | 1172 | 59:23.4 | 1:01:39.0 | 19:09/M | |
| 71 | Sydney Blough | | 85 | 7 | 1183 | 1:00:36.8 | 1:02:58.2 | 19:33/M | |
| 72 | Sophia Ruzyllo | | 946 | 6 | 1186 | 1:01:02.3 | 1:03:08.6 | 19:41/M | |
| 73 | Makenna Heisey | | 430 | 5 | 1187 | 1:01:02.9 | 1:03:09.2 | 19:41/M | |
| 74 | Anna Yowler | | 1285 | 8 | 1194 | 1:02:26.1 | 1:02:49.8 | 20:08/M | |
| 75 | Makhyla Mitchell | | 1250 | 4 | 1199 | 1:03:21.3 | 1:04:29.5 | 20:26/M | |

Male 11 to 14

| | | | | | | | | -----Total----- | |
|-------|--------------------|--------------|--------|-----|---------|-----------|----------|-----------------|--|
| Place | Name | City | Bib No | Age | Overall | Chip Time | Gun Time | Pace | |
| 1 | * Trenton Brubaker | | 127 | 14 | 7 | 18:48.8 | 18:55.5 | 6:04/M | |
| 2 | Dante Velasco | | 1275 | 13 | 14 | 19:45.9 | 19:49.7 | 6:22/M | |
| 3 | Darren Diverio | Manheim PA | 255 | 14 | 16 | 20:15.4 | 20:20.9 | 6:32/M | |
| 4 | Brady Knier | | 600 | 14 | 18 | 20:24.1 | 20:30.0 | 6:35/M | |
| 5 | Steve Dickow | | 244 | 13 | 20 | 20:26.0 | 20:30.6 | 6:35/M | |
| 6 | Max Hudson | Mt Joy PA | 516 | 12 | 38 | 21:25.3 | 21:34.6 | 6:55/M | |
| 7 | Drew Keener | | 559 | 13 | 52 | 21:57.1 | 21:57.1 | 7:05/M | |
| 8 | Colby Richard | | 901 | 13 | 59 | 22:03.8 | 22:22.1 | 7:07/M | |
| 9 | Landen Brubaker | | 125 | 12 | 68 | 22:36.6 | 22:42.5 | 7:17/M | |
| 10 | Connor Brooks | Manheim PA | 115 | 14 | 70 | 22:42.2 | 23:11.8 | 7:19/M | |
| 11 | Riley McGallicher | Manheim PA | 727 | 14 | 76 | 23:04.0 | 23:11.0 | 7:26/M | |
| 12 | Ben Ginder | | 364 | 12 | 81 | 23:20.1 | 23:40.0 | 7:32/M | |
| 13 | Tyler Glessner | | 1257 | 13 | 85 | 23:37.7 | 24:11.4 | 7:37/M | |
| 14 | Matthew Wash | | 1137 | 14 | 89 | 23:47.8 | 23:53.0 | 7:40/M | |
| 15 | Ethan Stoltzfus | Manheim PA | 1067 | 13 | 92 | 23:54.0 | 24:46.1 | 7:43/M | |
| 16 | Parker Cox | | 195 | 13 | 96 | 24:02.5 | 24:07.7 | 7:45/M | |
| 17 | Kameron Sheffer | | 997 | 11 | 102 | 24:20.1 | 24:29.3 | 7:51/M | |
| 18 | Rolan Hoffer | | 459 | 12 | 116 | 24:45.0 | 25:15.0 | 7:59/M | |
| 19 | Mj Hummel | | 523 | 13 | 124 | 24:55.9 | 25:26.5 | 8:02/M | |
| 20 | Carson Brooks | Manheim PA | 114 | 13 | 127 | 24:57.2 | 25:27.2 | 8:03/M | |
| 21 | Ryland Fittery | | 309 | 13 | 130 | 25:01.8 | 25:54.1 | 8:04/M | |
| 22 | Nate Hovan | | 507 | 11 | 141 | 25:25.5 | 26:07.7 | 8:12/M | |
| 23 | Owen Yost | Manheim PA | 1182 | 12 | 176 | 26:43.7 | 27:13.6 | 8:37/M | |
| 24 | Domonic Santos | | 954 | 13 | 181 | 26:57.3 | 28:15.4 | 8:42/M | |
| 25 | Tyler Truex | | 1109 | 12 | 193 | 27:15.4 | 28:04.8 | 8:47/M | |
| 26 | Jeremy Knight | | 1279 | 14 | 199 | 27:19.3 | 27:44.7 | 8:49/M | |
| 27 | Cole Groff | | 390 | 11 | 218 | 27:42.9 | 28:02.5 | 8:56/M | |
| 28 | Matthew Echegoyen | | 268 | 12 | 226 | 27:54.1 | 30:01.1 | 9:00/M | |
| 29 | David Adamchak | York PA | 2 | 12 | 240 | 28:06.4 | 28:26.3 | 9:04/M | |
| 30 | Keaton Fischer | Lancaster PA | 1277 | 13 | 241 | 28:06.6 | 29:18.0 | 9:04/M | |
| 31 | Chris Needham | | 1276 | 12 | 243 | 28:07.2 | 29:18.4 | 9:04/M | |
| 32 | Drew Schwartz | | 976 | 12 | 257 | 28:18.6 | 29:48.4 | 9:08/M | |
| 33 | Kyle Valentine | | 1118 | 12 | 258 | 28:20.8 | 29:24.7 | 9:08/M | |
| 34 | Derek Benedict | | 54 | 14 | 273 | 28:36.1 | 29:32.7 | 9:14/M | |
| 35 | Thomas Burg | | 141 | 14 | 283 | 28:46.6 | 30:17.3 | 9:17/M | |
| 36 | Nevin Rutherford | | 938 | 13 | 344 | 30:05.3 | 30:05.3 | 9:42/M | |
| 37 | Nathan Valentine | | 1119 | 11 | 356 | 30:13.2 | 31:17.6 | 9:45/M | |
| 38 | Dillon Goerner | | 368 | 11 | 389 | 30:54.2 | 31:29.8 | 9:58/M | |
| 39 | Owen Sensenig | | 987 | 13 | 390 | 30:54.3 | 32:41.8 | 9:58/M | |
| 40 | Aidan Kinsey | | 586 | 11 | 392 | 30:54.9 | 31:30.7 | 9:58/M | |
| 41 | Brennan Zeyak | | 1194 | 11 | 406 | 31:06.1 | 32:53.7 | 10:02/M | |
| 42 | Devin Zook | Leola PA | 1204 | 12 | 457 | 31:59.1 | 32:33.5 | 10:19/M | |
| 43 | Barto Damon | | 1210 | 11 | 501 | 32:44.1 | 32:50.7 | 10:34/M | |
| 44 | Jackson Conte | | 186 | 14 | 570 | 34:05.0 | 35:04.0 | 11:00/M | |
| 45 | Ryan Sensenig | | 986 | 12 | 579 | 34:19.9 | 36:07.8 | 11:04/M | |

Rock N Glow 2017

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5K

Race Date
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Male 11 to 14

| | | -----Total----- | | | | | | |
|-------|-----------------|-----------------|--------|-----|---------|-----------|----------|---------|
| Place | Name | City | Bib No | Age | Overall | Chip Time | Gun Time | Pace |
| 46 | Devyne Neville | Manheim PA | 819 | 14 | 623 | 34:53.3 | 35:27.3 | 11:15/M |
| 47 | Garen Hardin | | 407 | 11 | 710 | 36:35.6 | 37:46.6 | 11:48/M |
| 48 | Jon Miller | | 762 | 12 | 771 | 37:45.6 | 39:35.3 | 12:11/M |
| 49 | Kassidy Spangle | | 1042 | 12 | 836 | 38:58.6 | 39:16.6 | 12:34/M |
| 50 | Dylan Dillner | | 250 | 11 | 890 | 40:54.6 | 41:25.1 | 13:12/M |
| 51 | Ivan Rivera | | 913 | 13 | 1106 | 51:07.8 | 53:23.4 | 16:29/M |

Female 11 to 14

| | | -----Total----- | | | | | | |
|-------|----------------------|------------------|--------|-----|---------|-----------|----------|---------|
| Place | Name | City | Bib No | Age | Overall | Chip Time | Gun Time | Pace |
| 1 | * Arielle Breuninger | | 1254 | 13 | 31 | 21:04.3 | 21:07.3 | 6:48/M |
| 2 | Olivia Sunderland | Manheim PA | 1081 | 13 | 43 | 21:41.7 | 21:50.5 | 7:00/M |
| 3 | Chloe Zook | | 1205 | 13 | 48 | 21:51.9 | 22:01.1 | 7:03/M |
| 4 | Abigail Ames | | 13 | 12 | 53 | 21:58.2 | 22:25.1 | 7:05/M |
| 5 | Amanda Fry | | 327 | 14 | 79 | 23:14.3 | 23:29.2 | 7:30/M |
| 6 | Hannah Zimmerman | | 1200 | 13 | 84 | 23:35.3 | 23:41.1 | 7:36/M |
| 7 | Audrey Hovan | | 509 | 13 | 150 | 25:42.0 | 26:23.2 | 8:17/M |
| 8 | Julie Rittenhouse | | 910 | 13 | 151 | 25:45.3 | 26:51.0 | 8:18/M |
| 9 | Allison Zook | | 1206 | 11 | 169 | 26:29.0 | 26:38.6 | 8:33/M |
| 10 | Madeline Kahler | | 548 | 13 | 202 | 27:21.5 | 27:34.3 | 8:49/M |
| 11 | Milana Breuninger | | 1255 | 11 | 208 | 27:28.2 | 27:32.9 | 8:52/M |
| 12 | Shauna Lukus | Lititz Pa PA | 669 | 14 | 219 | 27:44.8 | 28:19.5 | 8:57/M |
| 13 | Sydney Shepos | | 1004 | 13 | 221 | 27:48.2 | 27:53.0 | 8:58/M |
| 14 | Rachel Nolt | | 1244 | 13 | 223 | 27:48.5 | 28:50.3 | 8:58/M |
| 15 | Grace Cassel | | 164 | 13 | 230 | 27:56.0 | 28:35.1 | 9:01/M |
| 16 | Rachel Horner | Lititz PA | 496 | 13 | 239 | 28:05.8 | 28:28.2 | 9:04/M |
| 17 | Vanessa Gajewski | | 332 | 11 | 295 | 29:08.8 | 29:18.5 | 9:24/M |
| 18 | Kaela McCarthy | Manheim PA | 718 | 11 | 302 | 29:15.4 | 29:42.9 | 9:26/M |
| 19 | Abby Dannecker | Mount Joy PA | 213 | 14 | 304 | 29:17.5 | 30:11.1 | 9:27/M |
| 20 | Emma Martin | Manheim PA | 691 | 11 | 315 | 29:25.3 | 29:37.5 | 9:29/M |
| 21 | Abbi Martin | Manheim PA | 690 | 14 | 316 | 29:25.3 | 29:37.6 | 9:29/M |
| 22 | Savanna Martinez | | 699 | 13 | 330 | 29:47.5 | 30:24.9 | 9:36/M |
| 23 | Kaley Yunginger | | 1189 | 13 | 353 | 30:10.0 | 31:35.7 | 9:44/M |
| 24 | Krystal Fritz | | 324 | 13 | 359 | 30:18.7 | 30:49.2 | 9:46/M |
| 25 | Eleanor Deeg | Lancaster PA | 223 | 14 | 365 | 30:27.9 | 30:58.4 | 9:49/M |
| 26 | Madison Wissler | | 1173 | 12 | 366 | 30:32.1 | 30:49.1 | 9:51/M |
| 27 | Katie Pan | | 858 | 14 | 368 | 30:35.3 | 31:47.9 | 9:52/M |
| 28 | Grace Stoltzfus | | 1066 | 13 | 436 | 31:25.9 | 32:28.1 | 10:08/M |
| 29 | Avery Bernhardt | | 65 | 12 | 461 | 32:02.3 | 33:19.0 | 10:20/M |
| 30 | Bre Bortner | | 1236 | 13 | 466 | 32:08.6 | 32:31.0 | 10:22/M |
| 31 | Christina Elliot | | 1237 | 12 | 476 | 32:20.3 | 32:42.8 | 10:26/M |
| 32 | Sara Heckman | | 418 | 14 | 504 | 32:46.8 | 33:39.7 | 10:34/M |
| 33 | Holly Colvin | | 181 | 12 | 505 | 32:47.6 | 33:11.4 | 10:35/M |
| 34 | Bella Sensenig | | 985 | 11 | 521 | 33:09.1 | 34:55.5 | 10:42/M |
| 35 | Tiana Sensenig | | 982 | 12 | 523 | 33:10.0 | 34:56.3 | 10:42/M |
| 36 | Grace Rudder | | 936 | 11 | 526 | 33:12.5 | 35:10.3 | 10:43/M |
| 37 | Lauren Moore | | 785 | 12 | 529 | 33:15.2 | 33:39.1 | 10:44/M |
| 38 | Noah Scott | | 978 | 12 | 532 | 33:17.5 | 35:15.3 | 10:44/M |
| 39 | Sara Brubaker | | 131 | 11 | 551 | 33:40.5 | 34:40.9 | 10:52/M |
| 40 | Moriah Garber | Bainbridge PA | 341 | 14 | 573 | 34:08.2 | 35:08.9 | 11:01/M |
| 41 | Madelyn Danz | | 215 | 11 | 584 | 34:23.9 | 35:30.5 | 11:05/M |
| 42 | Makenna Hollinger | Manheim PA | 472 | 13 | 613 | 34:48.4 | 36:06.4 | 11:14/M |
| 43 | Ava Bond | | 92 | 13 | 614 | 34:48.6 | 36:06.5 | 11:14/M |
| 44 | Adriana Siegrist | | 1018 | 12 | 646 | 35:18.3 | 36:47.4 | 11:23/M |
| 45 | Hannah Kilheffer | | 578 | 11 | 665 | 35:32.4 | 36:35.2 | 11:28/M |
| 46 | Avery Salada | | 950 | 11 | 667 | 35:35.4 | 36:48.0 | 11:29/M |
| 47 | Kallee Locker | Elizabethtown PA | 656 | 12 | 691 | 36:02.2 | 36:44.9 | 11:37/M |
| 48 | Maddox Boyd | | 1222 | 12 | 700 | 36:16.6 | 37:00.0 | 11:42/M |
| 49 | Monica Herman | | 438 | 11 | 706 | 36:30.3 | 37:23.5 | 11:46/M |
| 50 | Jade Wilson | | 1160 | 12 | 712 | 36:38.7 | 37:49.8 | 11:49/M |
| 51 | Sarah Eckert | | 275 | 14 | 738 | 37:09.0 | 39:37.4 | 11:59/M |
| 52 | Sara Echegoyen | | 269 | 11 | 786 | 37:58.6 | 40:05.9 | 12:15/M |
| 53 | Madison Reitzel | Mr. Wolf PA | 898 | 11 | 788 | 37:59.5 | 38:39.7 | 12:15/M |
| 54 | Hannah Packer | | 1219 | 11 | 791 | 38:04.1 | 39:28.7 | 12:17/M |
| 55 | Keaira Jones | | 545 | 11 | 793 | 38:06.3 | 39:30.6 | 12:17/M |
| 56 | Katie Hook | | 488 | 12 | 831 | 38:51.1 | 40:06.0 | 12:32/M |
| 57 | Hailey Treiler | | 1291 | 12 | 854 | 39:42.7 | 41:53.4 | 12:48/M |
| 58 | Jenae Forbes | | 322 | 11 | 863 | 40:02.8 | 41:50.5 | 12:55/M |
| 59 | Ellie McCabe | Manheim PA | 1213 | 13 | 864 | 40:03.0 | 41:11.2 | 12:55/M |
| 60 | Aubree High | | 448 | 14 | 869 | 40:18.6 | 42:21.4 | 13:00/M |
| 61 | Piper Snow | | 1036 | 14 | 872 | 40:21.3 | 42:22.4 | 13:01/M |
| 62 | Hannah Skillman | | 1223 | 13 | 884 | 40:44.5 | 41:35.5 | 13:08/M |

Female 11 to 14

| | | | | | | | | -----Total----- | |
|-------|------------------|------|--------|-----|---------|-----------|-----------|-----------------|--|
| Place | Name | City | Bib No | Age | Overall | Chip Time | Gun Time | Pace | |
| 63 | Lyra Newswanger | | 825 | 11 | 896 | 40:59.9 | 41:12.0 | 13:13/M | |
| 64 | Kennedy Conte | | 185 | 11 | 903 | 41:10.8 | 42:12.5 | 13:17/M | |
| 65 | Ashley Sauder | | 958 | 13 | 912 | 41:25.2 | 42:28.2 | 13:22/M | |
| 66 | Alexa Taylor | | 1091 | 13 | 947 | 43:10.5 | 43:16.4 | 13:55/M | |
| 67 | Izzy Hardin | | 406 | 14 | 1134 | 53:33.0 | 54:44.8 | 17:16/M | |
| 68 | Rosemarie Castro | | 1235 | 12 | 1153 | 58:09.8 | 1:00:02.2 | 18:45/M | |

Male 15 to 18

| | | | | | | | | -----Total----- | |
|-------|-------------------|------------------|--------|-----|---------|-----------|----------|-----------------|--|
| Place | Name | City | Bib No | Age | Overall | Chip Time | Gun Time | Pace | |
| 1 | * Cole Sunderland | Manheim | 1079 | 18 | 2 | 17:10.3 | 17:14.0 | 5:32/M | |
| 2 | Galen Fitzkee | Manheim PA | 315 | 18 | 4 | 17:39.0 | 17:43.5 | 5:42/M | |
| 3 | Raymond Truex | Ephrata PA | 1108 | 15 | 5 | 18:23.8 | 18:29.1 | 5:56/M | |
| 4 | Ryan Horner | | 497 | 15 | 11 | 19:23.1 | 19:27.5 | 6:15/M | |
| 5 | Josh Wenger | Lititz PA | 1149 | 15 | 12 | 19:26.2 | 19:30.4 | 6:16/M | |
| 6 | Isaac Martin | Manheim PA | 688 | 15 | 13 | 19:40.9 | 19:45.2 | 6:21/M | |
| 7 | Gabe Damon | Manheim PA | 211 | 15 | 30 | 21:04.0 | 21:08.4 | 6:48/M | |
| 8 | Michael Stoltzfus | | 1319 | 15 | 36 | 21:21.4 | 21:28.3 | 6:53/M | |
| 9 | Mason Caleca | Lititz PA | 147 | 15 | 39 | 21:31.2 | 21:49.5 | 6:56/M | |
| 10 | Kole Rankin | | 1239 | 15 | 41 | 21:34.5 | 21:39.1 | 6:57/M | |
| 11 | Sierra Zimmerman | | 1198 | 15 | 55 | 21:59.8 | 22:05.2 | 7:05/M | |
| 12 | Austin Nelson | Mount Joy PA | 814 | 15 | 60 | 22:05.0 | 22:57.7 | 7:07/M | |
| 13 | Caleb Nolt | | 1243 | 17 | 88 | 23:44.0 | 23:51.2 | 7:39/M | |
| 14 | Ethan Weitkamp | | 1145 | 16 | 90 | 23:49.6 | 23:49.6 | 7:41/M | |
| 15 | Samuel Becker | Elizabethtown PA | 49 | 15 | 91 | 23:53.4 | 25:48.9 | 7:42/M | |
| 16 | Timothy Noll | | 834 | 16 | 93 | 23:57.3 | 24:06.0 | 7:44/M | |
| 17 | Ben Keener | | 561 | 15 | 107 | 24:25.2 | 24:25.2 | 7:53/M | |
| 18 | Gage McCabe | Manheim PA | 1212 | 15 | 153 | 25:47.3 | 26:06.0 | 8:19/M | |
| 19 | Scott Westfield | Mount Joy PA | 1152 | 15 | 177 | 26:45.4 | 26:55.8 | 8:38/M | |
| 20 | Zachary Melhorn | Manheim PA | 736 | 15 | 280 | 28:43.2 | 29:58.7 | 9:16/M | |
| 21 | Luke Hameloth | | 404 | 16 | 284 | 28:47.5 | 30:17.7 | 9:17/M | |
| 22 | Chase Fasnacht | | 300 | 15 | 321 | 29:32.0 | 30:07.0 | 9:32/M | |
| 23 | Jack Martinez | | 701 | 18 | 331 | 29:47.8 | 30:25.0 | 9:36/M | |
| 24 | David Regan | | 893 | 17 | 514 | 32:56.4 | 33:04.3 | 10:37/M | |
| 25 | Thomas Hartley | | 411 | 17 | 559 | 33:48.8 | 35:32.6 | 10:54/M | |
| 26 | Andrew Cunrod | | 208 | 15 | 650 | 35:19.6 | 36:40.8 | 11:24/M | |
| 27 | Antonio Guarducci | | 1218 | 18 | 682 | 35:51.9 | 35:59.7 | 11:34/M | |
| 28 | Austin Rinehart | | 907 | 15 | 789 | 38:02.4 | 38:20.6 | 12:16/M | |
| 29 | Niko Gavala | | 350 | 16 | 855 | 39:43.2 | 41:56.5 | 12:49/M | |
| 30 | Robert Miller | | 755 | 17 | 994 | 45:18.1 | 45:52.9 | 14:37/M | |
| 31 | Logan Bortner | | 1241 | 15 | 1128 | 52:23.3 | 52:28.0 | 16:54/M | |

Female 15 to 18

| | | | | | | | | -----Total----- | |
|-------|----------------------|--------------|--------|-----|---------|-----------|----------|-----------------|--|
| Place | Name | City | Bib No | Age | Overall | Chip Time | Gun Time | Pace | |
| 1 | * Mallory Sunderland | Manheim PA | 1080 | 16 | 19 | 20:25.6 | 20:34.1 | 6:35/M | |
| 2 | Marianne Fitzkee | Manheim PA | 316 | 16 | 57 | 22:01.5 | 22:11.1 | 7:06/M | |
| 3 | Megan Myers | | 797 | 15 | 119 | 24:49.5 | 24:59.1 | 8:00/M | |
| 4 | Lydia De Bruin | | 222 | 15 | 146 | 25:34.1 | 26:38.8 | 8:15/M | |
| 5 | Kaitlin Deck | | 1299 | 15 | 157 | 26:02.2 | 26:07.7 | 8:24/M | |
| 6 | Megan Criste | | 1292 | 15 | 158 | 26:02.3 | 26:07.6 | 8:24/M | |
| 7 | Madalyn Nelson | Mount Joy PA | 813 | 17 | 173 | 26:38.4 | 26:45.8 | 8:35/M | |
| 8 | Kristina Miller | | 764 | 15 | 188 | 27:08.7 | 27:56.9 | 8:45/M | |
| 9 | Tori Fahnestock | | 293 | 15 | 210 | 27:30.8 | 28:18.2 | 8:52/M | |
| 10 | Joye Martin | | 687 | 16 | 220 | 27:47.8 | 28:23.1 | 8:58/M | |
| 11 | Sarah Rittenhouse | | 911 | 16 | 269 | 28:34.0 | 29:40.3 | 9:13/M | |
| 12 | Alyssa Turner | | 1114 | 16 | 286 | 28:54.2 | 28:54.2 | 9:19/M | |
| 13 | Leah Steiner | | 1057 | 17 | 394 | 30:55.0 | 31:37.8 | 9:58/M | |
| 14 | Alyssa Meisl | | 1302 | 17 | 426 | 31:21.5 | 33:04.7 | 10:07/M | |
| 15 | Maggie Eckert | Manheim PA | 273 | 16 | 464 | 32:04.8 | 33:05.5 | 10:21/M | |
| 16 | Hope Hendershot | | 433 | 16 | 496 | 32:39.1 | 32:55.3 | 10:32/M | |
| 17 | Priya Desai | Lititz PA | 237 | 18 | 607 | 34:43.1 | 35:33.4 | 11:12/M | |
| 18 | Hannah Kowalski | Manheim PA | 609 | 16 | 633 | 35:06.5 | 36:05.9 | 11:19/M | |
| 19 | Holly Hendershot | Manheim PA | 434 | 18 | 723 | 36:52.8 | 37:08.7 | 11:54/M | |
| 20 | Abby Miller | Manheim PA | 761 | 15 | 732 | 37:02.8 | 38:48.7 | 11:57/M | |
| 21 | Elizabeth Hoke | | 465 | 16 | 888 | 40:51.8 | 42:23.2 | 13:11/M | |
| 22 | Alyssa Ebersole | | 266 | 16 | 889 | 40:51.9 | 42:23.0 | 13:11/M | |
| 23 | Megan Brubaker | Lititz PA | 128 | 15 | 906 | 41:15.3 | 42:15.6 | 13:18/M | |

Rock N Glow 2017

Age Group Results

5K

Race Date
June 03, 2017

Female 15 to 18

| | | -----Total----- | | | | | | |
|-------|------------------|-----------------|--------|-----|---------|-----------|----------|---------|
| Place | Name | City | Bib No | Age | Overall | Chip Time | Gun Time | Pace |
| 24 | Christina Gavala | Manheim PA | 351 | 18 | 925 | 41:56.7 | 41:56.7 | 13:32/M |
| 25 | Abby Hurst | | 531 | 15 | 932 | 42:14.1 | 43:17.8 | 13:37/M |
| 26 | Hayleigh Sauder | | 959 | 15 | 940 | 42:45.3 | 43:49.1 | 13:47/M |
| 27 | Priya Hans | | 405 | 15 | 1018 | 46:23.2 | 47:51.1 | 14:58/M |
| 28 | Kayleena Shantz | | 991 | 15 | 1021 | 46:25.9 | 47:54.2 | 14:58/M |
| 29 | Rayanna Kopp | | 604 | 18 | 1023 | 46:27.1 | 47:58.6 | 14:59/M |
| 30 | Blake Ebersole | | 265 | 18 | 1024 | 46:27.5 | 47:58.6 | 14:59/M |
| 31 | Dallas Stanley | | 1053 | 15 | 1028 | 46:32.9 | 48:47.4 | 15:01/M |
| 32 | Aaliyah Ortiz | | 849 | 18 | 1100 | 50:48.5 | 52:29.0 | 16:23/M |
| 33 | Kara Benedict | | 51 | 17 | 1122 | 52:16.2 | 53:50.0 | 16:52/M |
| 34 | Samantha Mays | Lancaster PA | 714 | 15 | 1135 | 54:01.7 | 55:58.7 | 17:25/M |

Male 19 to 29

| | | -----Total----- | | | | | | |
|-------|-------------------|-----------------|--------|-----|---------|-----------|----------|---------|
| Place | Name | City | Bib No | Age | Overall | Chip Time | Gun Time | Pace |
| 1 | * Barry Saylor | Lititz PA | 960 | 27 | 10 | 19:20.1 | 19:26.1 | 6:14/M |
| 2 | Caleb Baas | | 1294 | 24 | 15 | 20:10.6 | 20:28.0 | 6:30/M |
| 3 | Daniel Dixon | | 256 | 28 | 22 | 20:36.5 | 20:47.2 | 6:39/M |
| 4 | Shawn Hoover | | 1310 | 21 | 23 | 20:36.7 | 21:57.8 | 6:39/M |
| 5 | Bradley Snyder | | 1037 | 28 | 27 | 20:56.7 | 21:04.1 | 6:45/M |
| 6 | Jesse Rutledge | Akron PA | 941 | 26 | 34 | 21:12.4 | 21:21.5 | 6:50/M |
| 7 | Neil Weaver | | 1313 | 22 | 35 | 21:13.0 | 22:34.6 | 6:51/M |
| 8 | Matt Steimling | Landisville PA | 1056 | 21 | 42 | 21:34.5 | 21:40.1 | 6:57/M |
| 9 | Tyler Groff | Manheim PA | 388 | 24 | 50 | 21:54.4 | 22:35.2 | 7:04/M |
| 10 | Steven Shinsky | | 1012 | 23 | 51 | 21:55.3 | 22:21.6 | 7:04/M |
| 11 | Derek Geib | Manheim PA | 357 | 27 | 77 | 23:04.6 | 23:04.6 | 7:26/M |
| 12 | Jon Diffenderfer | | 249 | 28 | 82 | 23:27.3 | 23:49.9 | 7:34/M |
| 13 | Curtis Sprankle | | 1046 | 25 | 94 | 23:57.4 | 24:40.8 | 7:44/M |
| 14 | Nickolas Manion | | 677 | 25 | 117 | 24:46.3 | 26:13.7 | 7:59/M |
| 15 | R Connor Pavlik | | 869 | 19 | 131 | 25:01.8 | 25:31.4 | 8:04/M |
| 16 | Brennan White | | 1153 | 26 | 136 | 25:15.5 | 25:53.6 | 8:09/M |
| 17 | Sam Habbershon | | 397 | 22 | 144 | 25:29.7 | 27:10.8 | 8:13/M |
| 18 | Ryan Snavelly | | 1035 | 27 | 165 | 26:14.4 | 26:42.2 | 8:28/M |
| 19 | Cody Thomas | | 1094 | 22 | 175 | 26:41.8 | 26:55.5 | 8:36/M |
| 20 | Daniel Burkholder | Manheim PA | 145 | 29 | 198 | 27:18.2 | 27:46.2 | 8:48/M |
| 21 | Lance Klaassen | | 592 | 28 | 209 | 27:29.1 | 27:51.5 | 8:52/M |
| 22 | Landon Brenize | | 106 | 22 | 260 | 28:22.8 | 29:33.5 | 9:09/M |
| 23 | Dylan Riggs | | 1289 | 22 | 266 | 28:31.9 | 29:26.2 | 9:12/M |
| 24 | Brandon Riggs | | 1288 | 28 | 267 | 28:32.3 | 29:26.4 | 9:12/M |
| 25 | Shawn Hontz | Manheim PA | 486 | 26 | 278 | 28:42.3 | 29:24.1 | 9:15/M |
| 26 | Blair Fisher | | 306 | 24 | 279 | 28:43.1 | 30:13.0 | 9:16/M |
| 27 | Jonathan Keiffer | Manheim PA | 566 | 27 | 281 | 28:43.2 | 30:12.7 | 9:16/M |
| 28 | Daniel Smith | | 1028 | 21 | 292 | 29:04.1 | 29:23.3 | 9:23/M |
| 29 | Dean Nolt | | 1311 | 24 | 328 | 29:47.1 | 31:10.0 | 9:36/M |
| 30 | Daniel Smith | | 1027 | 21 | 340 | 30:02.6 | 30:22.1 | 9:41/M |
| 31 | Dalton Benedict | | 53 | 19 | 341 | 30:03.0 | 30:59.5 | 9:42/M |
| 32 | Lucas Messick | | 747 | 29 | 343 | 30:03.9 | 32:14.1 | 9:42/M |
| 33 | Chad Moore | | 786 | 24 | 345 | 30:05.8 | 30:26.9 | 9:42/M |
| 34 | Steven Keefer | | 557 | 28 | 375 | 30:43.1 | 31:34.0 | 9:55/M |
| 35 | Jeremy Case | | 161 | 29 | 386 | 30:53.8 | 31:03.9 | 9:58/M |
| 36 | Ghaith Ibrahim | | 534 | 27 | 401 | 30:59.1 | 31:46.6 | 10:00/M |
| 37 | Aaron Smith | | 1024 | 22 | 405 | 31:03.5 | 32:29.6 | 10:01/M |
| 38 | John Shinsky | | 1011 | 27 | 439 | 31:30.0 | 32:00.0 | 10:10/M |
| 39 | Erich Carroll | | 158 | 22 | 453 | 31:54.6 | 32:02.8 | 10:17/M |
| 40 | Brendon Leslie | | 644 | 24 | 456 | 31:56.3 | 32:03.6 | 10:18/M |
| 41 | Oliver Martin | Manheim PA | 689 | 21 | 458 | 32:02.2 | 32:17.6 | 10:20/M |
| 42 | Wade Beamesderfer | Manheim PA | 45 | 22 | 462 | 32:03.1 | 32:18.7 | 10:20/M |
| 43 | James Wachter | | 1125 | 26 | 472 | 32:16.4 | 33:42.8 | 10:25/M |
| 44 | Bradlee Garman | Lititz PA | 342 | 22 | 493 | 32:34.9 | 33:23.2 | 10:30/M |
| 45 | Tanner Fitting | | 313 | 22 | 494 | 32:35.8 | 33:19.6 | 10:31/M |
| 46 | Dashaun Neville | | 820 | 19 | 546 | 33:37.7 | 34:07.6 | 10:51/M |
| 47 | Travis Mello | | 739 | 24 | 560 | 33:53.5 | 35:07.6 | 10:56/M |
| 48 | Korbyn Peterson | | 874 | 24 | 589 | 34:25.7 | 36:27.9 | 11:06/M |
| 49 | Andrew Felsheim | | 301 | 22 | 751 | 37:21.3 | 39:15.5 | 12:03/M |
| 50 | Jordan Blanck | | 78 | 29 | 784 | 37:55.0 | 38:19.4 | 12:14/M |
| 51 | Jordan Fitting | | 312 | 27 | 794 | 38:10.2 | 40:07.4 | 12:19/M |
| 52 | Zach Martin | | 697 | 20 | 826 | 38:43.4 | 40:38.6 | 12:29/M |
| 53 | Blake Strausbaugh | Manheim PA | 1073 | 19 | 870 | 40:20.2 | 41:15.2 | 13:01/M |
| 54 | Tyler Griffith | | 386 | 29 | 877 | 40:28.7 | 42:29.5 | 13:03/M |
| 55 | Tyler Sowyer | | 1040 | 26 | 950 | 43:15.0 | 44:17.6 | 13:57/M |
| 56 | Morgan Ash | East Earl PA | 1282 | 27 | 967 | 43:43.2 | 45:18.2 | 14:06/M |
| 57 | Ed Hutchinson | | 532 | 28 | 970 | 43:49.0 | 44:43.2 | 14:08/M |

Rock N Glow 2017

Age Group Results

5K

Race Date
June 03, 2017

Male 19 to 29

| | | -----Total----- | | | | | | |
|-------|------------------|------------------|--------|-----|---------|-----------|-----------|---------|
| Place | Name | City | Bib No | Age | Overall | Chip Time | Gun Time | Pace |
| 58 | Aaron Becker | | 47 | 20 | 977 | 44:09.5 | 46:05.8 | 14:15/M |
| 59 | Forrest Borod | | 95 | 27 | 1005 | 45:57.9 | 46:55.5 | 14:49/M |
| 60 | Sean Ward | | 1134 | 28 | 1045 | 47:16.5 | 47:48.6 | 15:15/M |
| 61 | Andy Newcomer | | 822 | 25 | 1076 | 48:56.7 | 49:25.6 | 15:47/M |
| 62 | Matthew Apperson | Elizabethtown PA | 18 | 28 | 1097 | 50:14.6 | 51:38.9 | 16:12/M |
| 63 | Joshua Pavlik | | 870 | 27 | 1138 | 54:04.6 | 56:05.7 | 17:26/M |
| 64 | Ian Anderson | | 14 | 27 | 1161 | 58:55.9 | 1:00:35.2 | 19:00/M |
| 65 | Robert Rust | | 1217 | 19 | 1203 | 1:04:55.4 | 1:05:04.4 | 20:56/M |

Female 19 to 29

| | | -----Total----- | | | | | | |
|-------|---------------------|-------------------|--------|-----|---------|-----------|----------|---------|
| Place | Name | City | Bib No | Age | Overall | Chip Time | Gun Time | Pace |
| 1 | * Lindsey Mousetis | Ephrata PA | 1320 | 27 | 9 | 19:11.8 | 19:15.6 | 6:11/M |
| 2 | Laura Brenner | Peach Bottom PA | 109 | 26 | 44 | 21:42.4 | 21:54.5 | 7:00/M |
| 3 | Natalie Holland | | 467 | 26 | 49 | 21:53.6 | 22:02.0 | 7:04/M |
| 4 | Samantha Stoner | | 1071 | 19 | 80 | 23:14.5 | 23:29.4 | 7:30/M |
| 5 | Heidi Mellon | | 740 | 24 | 97 | 24:02.8 | 24:11.0 | 7:45/M |
| 6 | Erin Carroll | | 159 | 21 | 98 | 24:03.0 | 24:11.1 | 7:45/M |
| 7 | Janelle Peters | Manheim PA | 873 | 24 | 100 | 24:15.1 | 24:39.7 | 7:49/M |
| 8 | Samantha Melonas | | 741 | 29 | 104 | 24:20.9 | 24:30.5 | 7:51/M |
| 9 | Beth Hershey | | 444 | 29 | 110 | 24:28.7 | 25:11.8 | 7:54/M |
| 10 | Emily Bancroft | | 30 | 26 | 115 | 24:44.5 | 25:17.5 | 7:59/M |
| 11 | Bronte D'Arco | | 216 | 24 | 118 | 24:46.7 | 26:14.5 | 7:59/M |
| 12 | Karen Willey | | 1158 | 25 | 120 | 24:51.3 | 26:19.2 | 8:01/M |
| 13 | Morgan Hoffman | | 464 | 25 | 135 | 25:12.7 | 25:39.7 | 8:08/M |
| 14 | Alicia Krauter | | 611 | 26 | 138 | 25:21.2 | 25:59.9 | 8:11/M |
| 15 | Shannon Smith | Lancaster PA | 1025 | 29 | 142 | 25:26.1 | 25:45.3 | 8:12/M |
| 16 | Megan Rutledge | Akron PA | 940 | 26 | 166 | 26:18.2 | 26:42.3 | 8:29/M |
| 17 | Samantha Maurer | Fredericksburg PA | 709 | 28 | 168 | 26:19.0 | 27:05.6 | 8:29/M |
| 18 | Alexa Evans | | 289 | 20 | 189 | 27:09.7 | 27:49.1 | 8:45/M |
| 19 | Kristin Kamp | | 549 | 28 | 194 | 27:16.2 | 27:45.4 | 8:48/M |
| 20 | Molly De Bruin | | 221 | 19 | 196 | 27:17.0 | 28:23.2 | 8:48/M |
| 21 | Bethany Zimmerman | | 1202 | 22 | 201 | 27:20.1 | 27:33.8 | 8:49/M |
| 22 | Brittney Romanowski | | 922 | 23 | 211 | 27:31.3 | 27:51.7 | 8:53/M |
| 23 | Megan Hunt | | 526 | 23 | 215 | 27:41.3 | 28:02.1 | 8:56/M |
| 24 | Julie McFarland | Mount Joy PA | 722 | 20 | 224 | 27:51.8 | 28:45.6 | 8:59/M |
| 25 | Heather Madara | | 672 | 25 | 242 | 28:07.1 | 28:58.4 | 9:04/M |
| 26 | Kailey Fesenmyer | | 302 | 26 | 247 | 28:09.1 | 28:59.5 | 9:05/M |
| 27 | Caitlin Kumher | | 614 | 23 | 264 | 28:30.1 | 29:09.3 | 9:12/M |
| 28 | Amanda Shinsky | | 1010 | 28 | 277 | 28:41.5 | 29:11.4 | 9:15/M |
| 29 | Shelby Hontz | Manheim PA | 487 | 22 | 288 | 28:56.7 | 29:38.3 | 9:20/M |
| 30 | Audrey Landis | | 626 | 27 | 296 | 29:09.1 | 30:20.0 | 9:24/M |
| 31 | Hillary Snavelly | | 1033 | 28 | 298 | 29:09.2 | 30:20.0 | 9:24/M |
| 32 | Elysha Kendrick | | 1305 | 23 | 303 | 29:15.4 | 30:07.2 | 9:26/M |
| 33 | Kelsey Kendrick | | 1304 | 25 | 305 | 29:20.2 | 30:12.3 | 9:28/M |
| 34 | Chelsea Nasatka | | 802 | 25 | 322 | 29:32.9 | 30:13.2 | 9:32/M |
| 35 | Christina Nolt | | 1312 | 23 | 329 | 29:47.4 | 31:10.0 | 9:36/M |
| 36 | Nicole Tarapchak | Lititz PA | 1089 | 29 | 339 | 30:00.3 | 30:59.6 | 9:41/M |
| 37 | Liz Messick | | 746 | 28 | 342 | 30:03.3 | 32:13.1 | 9:42/M |
| 38 | Angelena Moldovan | | 780 | 29 | 363 | 30:26.3 | 30:29.5 | 9:49/M |
| 39 | Tamra Newswanger | | 829 | 26 | 379 | 30:48.8 | 31:58.3 | 9:56/M |
| 40 | Ivy Martin | | 696 | 19 | 381 | 30:50.0 | 31:58.5 | 9:57/M |
| 41 | Katie Freeman | | 323 | 28 | 382 | 30:50.1 | 32:10.7 | 9:57/M |
| 42 | Lindsay Koehn | | 602 | 28 | 387 | 30:53.9 | 31:04.1 | 9:58/M |
| 43 | Jennifer Hooven | Lancaster PA | 490 | 29 | 404 | 31:02.3 | 32:09.9 | 10:01/M |
| 44 | Angela Foster | | 1265 | 29 | 409 | 31:07.1 | 31:39.5 | 10:02/M |
| 45 | Mckenzie Pavlik | Manheim PA | 867 | 21 | 420 | 31:17.8 | 32:43.5 | 10:05/M |
| 46 | Jessica Leschke | | 641 | 26 | 422 | 31:19.3 | 31:47.8 | 10:06/M |
| 47 | Jacqueline Landis | | 629 | 27 | 423 | 31:19.5 | 31:47.8 | 10:06/M |
| 48 | Claire Conwell | | 189 | 26 | 425 | 31:20.0 | 31:47.8 | 10:06/M |
| 49 | Mary Dippner | | 253 | 24 | 444 | 31:39.1 | 31:50.0 | 10:13/M |
| 50 | Mandy Metzler | | 748 | 19 | 451 | 31:54.3 | 32:02.7 | 10:17/M |
| 51 | Amanda Morgan | | 787 | 24 | 468 | 32:10.4 | 32:51.1 | 10:23/M |
| 52 | Tamara Shertzer | | 1005 | 23 | 484 | 32:26.1 | 33:52.8 | 10:28/M |
| 53 | Melissa Ramp | | 887 | 29 | 485 | 32:31.3 | 32:54.6 | 10:29/M |
| 54 | Valerie Smoker | | 1031 | 29 | 488 | 32:32.5 | 34:17.9 | 10:30/M |
| 55 | Maggie Walker | | 1129 | 21 | 491 | 32:34.4 | 33:23.0 | 10:30/M |
| 56 | Halina Dorofee | Lititz PA | 262 | 19 | 522 | 33:09.7 | 33:58.8 | 10:42/M |
| 57 | Jasmeng Lo | | 651 | 20 | 525 | 33:11.6 | 33:48.2 | 10:42/M |
| 58 | Krystal Huber | Manheim PA | 511 | 22 | 535 | 33:18.3 | 34:06.3 | 10:45/M |
| 59 | Emmie Grassetti | | 379 | 22 | 536 | 33:18.4 | 34:06.2 | 10:45/M |
| 60 | Liz Borders | | 94 | 25 | 540 | 33:23.6 | 33:53.2 | 10:46/M |

Rock N Glow 2017

Age Group Results

5K

Race Date
June 03, 2017

Female 19 to 29

| Place | Name | City | Bib No | Age | Overall | -----Total----- | | Pace |
|-------|----------------------|------------------|--------|-----|---------|-----------------|----------|---------|
| | | | | | | Chip Time | Gun Time | |
| 61 | Chelsea Barr | | 41 | 27 | 542 | 33:31.2 | 34:36.8 | 10:49/M |
| 62 | Courtney Weaver | Mount Joy PA | 1143 | 19 | 547 | 33:38.1 | 34:08.2 | 10:51/M |
| 63 | Lindsay Faro | | 298 | 28 | 548 | 33:40.0 | 34:35.8 | 10:52/M |
| 64 | Tara Boughay | | 1270 | 26 | 549 | 33:40.1 | 33:51.7 | 10:52/M |
| 65 | Brittany Cutarelli | | 209 | 26 | 550 | 33:40.3 | 34:36.0 | 10:52/M |
| 66 | Ariel Mello | | 738 | 25 | 561 | 33:55.5 | 35:08.6 | 10:56/M |
| 67 | Abby Augustine | | 26 | 29 | 564 | 33:59.7 | 35:21.0 | 10:58/M |
| 68 | Vera Yeaglin | | 1177 | 28 | 569 | 34:02.5 | 35:21.2 | 10:59/M |
| 69 | Alyssa Martin | | 694 | 26 | 576 | 34:17.0 | 36:25.9 | 11:04/M |
| 70 | Mariah Flawd | | 317 | 20 | 580 | 34:21.6 | 34:38.4 | 11:05/M |
| 71 | Maggie Good | | 376 | 29 | 587 | 34:24.6 | 35:31.0 | 11:06/M |
| 72 | Shannon Welch | | 1146 | 26 | 591 | 34:26.9 | 35:18.3 | 11:06/M |
| 73 | Ally Maldonado | | 676 | 21 | 602 | 34:41.9 | 34:41.9 | 11:11/M |
| 74 | Keri McGovern | | 728 | 23 | 610 | 34:45.1 | 36:16.7 | 11:13/M |
| 75 | Emma Rovnak | | 933 | 27 | 617 | 34:50.6 | 35:37.7 | 11:14/M |
| 76 | Courtney Torborg | | 1098 | 29 | 618 | 34:50.6 | 35:37.6 | 11:14/M |
| 77 | Diana Sauder | | 956 | 25 | 620 | 34:51.1 | 36:32.5 | 11:15/M |
| 78 | Katelyn Grazan | | 382 | 22 | 628 | 34:58.6 | 35:51.5 | 11:17/M |
| 79 | Sadie Werner | | 1150 | 22 | 635 | 35:10.2 | 35:55.6 | 11:21/M |
| 80 | Desiree Myers | | 796 | 21 | 636 | 35:10.9 | 35:55.5 | 11:21/M |
| 81 | Xai Lo | | 652 | 24 | 653 | 35:22.8 | 36:41.7 | 11:25/M |
| 82 | Aolany Mercado | Lancaster PA | 743 | 20 | 666 | 35:32.7 | 36:47.6 | 11:28/M |
| 83 | Sarai Hartnett | Lancaster PA | 415 | 28 | 668 | 35:36.4 | 37:00.1 | 11:29/M |
| 84 | Andrea Pugliese | Manheim PA | 881 | 29 | 669 | 35:36.8 | 37:00.1 | 11:29/M |
| 85 | Naomi Pha | | 875 | 27 | 675 | 35:44.3 | 37:03.3 | 11:32/M |
| 86 | Chia Lo | | 654 | 26 | 676 | 35:45.3 | 37:03.9 | 11:32/M |
| 87 | Dia Lo | | 653 | 27 | 677 | 35:45.9 | 37:05.0 | 11:32/M |
| 88 | Miranda Hollinger | | 473 | 21 | 704 | 36:25.8 | 37:43.7 | 11:45/M |
| 89 | Alyssa Stefanadis | | 1274 | 26 | 716 | 36:41.8 | 38:40.1 | 11:50/M |
| 90 | Stephanie Nell | | 809 | 26 | 717 | 36:42.1 | 38:40.2 | 11:50/M |
| 91 | Myava Thibault-Cuhel | | 1093 | 24 | 725 | 36:53.1 | 37:38.2 | 11:54/M |
| 92 | Samantha Maillie | | 674 | 22 | 739 | 37:09.2 | 39:08.9 | 11:59/M |
| 93 | Liesa Miller | Mount Joy PA | 754 | 28 | 750 | 37:20.7 | 38:47.4 | 12:03/M |
| 94 | Nicole Inslee | | 538 | 28 | 758 | 37:28.9 | 39:26.0 | 12:05/M |
| 95 | Juliana Sheaffer | | 993 | 19 | 779 | 37:49.4 | 39:21.3 | 12:12/M |
| 96 | Sarah Harris | | 409 | 29 | 785 | 37:56.1 | 39:53.5 | 12:14/M |
| 97 | Alicia Bressler | | 112 | 29 | 795 | 38:10.9 | 38:47.1 | 12:19/M |
| 98 | Katie Lizotte | | 649 | 26 | 813 | 38:26.6 | 39:01.9 | 12:24/M |
| 99 | Alanna Apperson | Elizabethtown PA | 17 | 27 | 816 | 38:32.4 | 39:54.9 | 12:26/M |
| 100 | Rebecca Myers | Mechanicsburg PA | 795 | 27 | 834 | 38:57.7 | 41:03.9 | 12:34/M |
| 101 | Paige Service | | 989 | 28 | 846 | 39:20.4 | 40:28.5 | 12:41/M |
| 102 | Stephanie Burkhart | | 143 | 26 | 847 | 39:20.8 | 40:28.8 | 12:41/M |
| 103 | Johanna Black | Conestoga PA | 73 | 25 | 867 | 40:13.8 | 41:37.5 | 12:58/M |
| 104 | Cassandra Rambler | Manheim PA | 886 | 19 | 871 | 40:20.2 | 41:14.8 | 13:01/M |
| 105 | Ashley Johnson | | 1263 | 29 | 876 | 40:28.0 | 41:00.3 | 13:03/M |
| 106 | Lyndsey Smith | | 1026 | 28 | 885 | 40:44.7 | 42:22.5 | 13:08/M |
| 107 | Courtney Meyers | | 750 | 27 | 886 | 40:44.8 | 41:30.0 | 13:08/M |
| 108 | Ashley Eberly | | 1290 | 29 | 899 | 41:06.5 | 42:37.0 | 13:15/M |
| 109 | Maggie Vanbrakle | Hershey PA | 1121 | 19 | 900 | 41:07.6 | 42:27.2 | 13:16/M |
| 110 | Gabrielle Spatz | | 1044 | 21 | 910 | 41:24.3 | 42:48.7 | 13:21/M |
| 111 | Abby Binkley | | 71 | 23 | 911 | 41:24.8 | 42:48.8 | 13:21/M |
| 112 | Dalanna Klopp | | 596 | 25 | 917 | 41:31.8 | 42:47.1 | 13:24/M |
| 113 | Tasha Madison | | 673 | 28 | 927 | 42:05.3 | 44:06.2 | 13:35/M |
| 114 | Malinda Heisey | | 429 | 20 | 937 | 42:25.3 | 43:09.7 | 13:41/M |
| 115 | Alexandria Diem | | 246 | 22 | 951 | 43:15.2 | 44:17.8 | 13:57/M |
| 116 | Veronica Reitzel | Mr. Wolf PA | 896 | 29 | 956 | 43:22.5 | 44:27.5 | 13:59/M |
| 117 | Megan Davis | | 1272 | 21 | 966 | 43:42.2 | 45:18.0 | 14:06/M |
| 118 | Lisa Rothacker | | 928 | 28 | 981 | 44:20.2 | 46:26.4 | 14:18/M |
| 119 | Randi Boyd | Mount Joy PA | 98 | 24 | 987 | 44:44.9 | 46:57.0 | 14:26/M |
| 120 | Josephine Eckert | Manheim PA | 274 | 28 | 991 | 44:48.6 | 47:16.4 | 14:27/M |
| 121 | Ellen Achey | | 1 | 29 | 992 | 44:54.8 | 46:55.4 | 14:29/M |
| 122 | Ashley Griffith | | 385 | 28 | 993 | 44:54.8 | 46:55.5 | 14:29/M |
| 123 | Kari Long | Elizabethtown PA | 661 | 23 | 1001 | 45:52.9 | 46:39.0 | 14:48/M |
| 124 | Christina Nale | Palmyra PA | 800 | 27 | 1006 | 45:58.6 | 46:55.8 | 14:50/M |
| 125 | Mandy Arnold | | 21 | 26 | 1009 | 46:06.0 | 46:52.1 | 14:52/M |
| 126 | Shelley Sheets | | 1259 | 29 | 1015 | 46:20.4 | 48:45.6 | 14:57/M |
| 127 | Samantha Nafziger | | 799 | 26 | 1025 | 46:27.6 | 47:47.7 | 14:59/M |
| 128 | Kelsey Tankesley | | 1088 | 22 | 1026 | 46:28.3 | 46:54.9 | 14:59/M |
| 129 | Shannon Kaufman | | 555 | 25 | 1029 | 46:33.2 | 47:53.3 | 15:01/M |
| 130 | Danielle Fitting | | 311 | 27 | 1039 | 46:59.7 | 48:55.9 | 15:09/M |
| 131 | Amber Miller | | 763 | 28 | 1041 | 47:02.1 | 48:59.1 | 15:10/M |
| 132 | Heidi Hippey | | 451 | 27 | 1048 | 47:22.4 | 49:16.6 | 15:17/M |
| 133 | Alyssa Leib | | 639 | 23 | 1051 | 47:25.2 | 49:04.7 | 15:18/M |
| 134 | Haley Leed | | 636 | 19 | 1052 | 47:25.8 | 49:04.8 | 15:18/M |
| 135 | Brittani Sprankle | | 1047 | 25 | 1055 | 47:36.1 | 49:05.0 | 15:21/M |
| 136 | Maryanne Koval | Manheim PA | 606 | 27 | 1067 | 48:19.1 | 50:22.2 | 15:35/M |

Rock N Glow 2017

Age Group Results

5K

Race Date
June 03, 2017

Female 19 to 29

| | | -----Total----- | | | | | | |
|-------|------------------------|--------------------|--------|-----|---------|-----------|-----------|---------|
| Place | Name | City | Bib No | Age | Overall | Chip Time | Gun Time | Pace |
| 137 | Ashley Melbert | | 735 | 25 | 1074 | 48:53.0 | 50:10.9 | 15:46/M |
| 138 | Abby Wert | | 1151 | 28 | 1075 | 48:53.3 | 50:10.9 | 15:46/M |
| 139 | Trista Kuhn | Mount Joy PA | 613 | 26 | 1081 | 49:10.5 | 49:17.9 | 15:52/M |
| 140 | Ashlie Munk | | 791 | 26 | 1083 | 49:13.7 | 51:15.5 | 15:53/M |
| 141 | Alicia Lafrance | | 622 | 29 | 1086 | 49:20.9 | 51:31.7 | 15:55/M |
| 142 | Brooke Benfer | | 55 | 26 | 1094 | 49:49.0 | 51:56.7 | 16:04/M |
| 143 | Kortnee Winters | | 1164 | 26 | 1099 | 50:44.9 | 52:55.2 | 16:22/M |
| 144 | Jamie Flowers | Mt. Joy PA | 319 | 28 | 1103 | 50:56.2 | 52:28.5 | 16:26/M |
| 145 | Adrienne Buchmoyer | | 135 | 24 | 1111 | 51:47.4 | 54:10.2 | 16:42/M |
| 146 | Sarah Pavlik | | 871 | 27 | 1139 | 54:04.9 | 56:06.5 | 17:26/M |
| 147 | Salyiena Lo | | 650 | 24 | 1141 | 54:30.0 | 55:06.9 | 17:35/M |
| 148 | Tia Miller | | 1248 | 29 | 1146 | 55:55.4 | 57:49.5 | 18:02/M |
| 149 | Marissa Shumate Blough | Parkesburg PA | 1015 | 29 | 1148 | 56:24.5 | 58:45.7 | 18:12/M |
| 150 | Desiree Lener | Elizabethtown PA | 640 | 27 | 1151 | 57:18.8 | 59:39.9 | 18:29/M |
| 151 | Rebecca Anderson | | 15 | 27 | 1162 | 58:56.0 | 1:00:34.9 | 19:01/M |
| 152 | Emily Keller | | 568 | 21 | 1178 | 1:00:15.4 | 1:02:06.6 | 19:26/M |
| 153 | Nichole Bentley | | 60 | 25 | 1179 | 1:00:15.8 | 1:02:06.7 | 19:26/M |
| 154 | Kaylyn Ringso | | 908 | 24 | 1181 | 1:00:19.9 | 1:02:09.5 | 19:27/M |
| 155 | Alicia Alexander | East Petersburg PA | 10 | 25 | 1191 | 1:01:26.0 | 1:03:04.7 | 19:49/M |

Male 30 to 39

| | | -----Total----- | | | | | | |
|-------|-----------------------|------------------|--------|-----|---------|-----------|----------|---------|
| Place | Name | City | Bib No | Age | Overall | Chip Time | Gun Time | Pace |
| 1 | * Steve Gergely | Manheim PA | 359 | 39 | 3 | 17:22.4 | 17:25.6 | 5:36/M |
| 2 | Jeremy Blanck | Mount Joy PA | 77 | 33 | 25 | 20:53.1 | 20:58.1 | 6:44/M |
| 3 | Chad Landers | Stevens PA | 625 | 34 | 45 | 21:43.2 | 21:51.5 | 7:00/M |
| 4 | James Rottmund | | 931 | 31 | 46 | 21:43.4 | 21:55.3 | 7:00/M |
| 5 | David Keefer | | 556 | 32 | 47 | 21:45.6 | 21:53.9 | 7:01/M |
| 6 | Barry Garner | Manheim PA | 345 | 39 | 54 | 21:58.8 | 22:29.2 | 7:05/M |
| 7 | Kenneth Ober | Lancaster PA | 841 | 32 | 56 | 21:59.9 | 22:09.1 | 7:05/M |
| 8 | Mike Hockenberry | Manheim PA | 453 | 33 | 61 | 22:05.1 | 22:23.9 | 7:07/M |
| 9 | Pat Ward | | 1133 | 38 | 62 | 22:05.7 | 22:20.1 | 7:07/M |
| 10 | Daniel Kling | York PA | 594 | 32 | 66 | 22:34.5 | 22:48.7 | 7:17/M |
| 11 | Adam Reed | | 891 | 37 | 72 | 22:50.9 | 23:05.0 | 7:22/M |
| 12 | Richard Kerstetter | Manheim PA | 574 | 34 | 74 | 22:53.1 | 23:34.3 | 7:23/M |
| 13 | Keith Rokosky | Cumbola PA | 918 | 37 | 87 | 23:41.4 | 24:16.6 | 7:38/M |
| 14 | Joseph Stieber | | 1061 | 34 | 101 | 24:15.4 | 24:43.5 | 7:49/M |
| 15 | Adam Kerlin | | 1287 | 34 | 111 | 24:30.7 | 24:42.0 | 7:54/M |
| 16 | Dwight Brubaker | | 126 | 37 | 112 | 24:35.5 | 24:35.5 | 7:56/M |
| 17 | Joseph Landis | | 631 | 33 | 114 | 24:37.4 | 25:27.1 | 7:56/M |
| 18 | Andrew Scrivano | | 1252 | 30 | 121 | 24:52.9 | 25:07.8 | 8:01/M |
| 19 | Stuart Heisey | | 427 | 39 | 122 | 24:55.3 | 25:35.4 | 8:02/M |
| 20 | Steve Bruhn | Manheim PA | 1227 | 35 | 129 | 24:59.7 | 25:07.6 | 8:04/M |
| 21 | Bret Knight | | 1278 | 37 | 140 | 25:24.0 | 25:49.2 | 8:12/M |
| 22 | Benjamin Engle | Manheim PA | 285 | 31 | 161 | 26:04.3 | 26:33.5 | 8:25/M |
| 23 | Derrick Snyder | Manheim PA | 1038 | 34 | 167 | 26:18.5 | 27:05.0 | 8:29/M |
| 24 | Leroy Ketner | | 575 | 38 | 180 | 26:54.8 | 27:21.4 | 8:41/M |
| 25 | Joel Siegrist | | 1016 | 31 | 185 | 27:01.8 | 27:45.4 | 8:43/M |
| 26 | Charles Maxwell | | 711 | 32 | 186 | 27:04.2 | 27:43.1 | 8:44/M |
| 27 | Adam Manz | | 678 | 30 | 206 | 27:26.6 | 28:07.3 | 8:51/M |
| 28 | Lee Brandt | | 99 | 39 | 228 | 27:55.0 | 29:59.7 | 9:00/M |
| 29 | Jason Schmink | | 969 | 39 | 231 | 27:57.2 | 28:39.4 | 9:01/M |
| 30 | Nicholas Troutman | | 1105 | 31 | 244 | 28:07.7 | 28:58.0 | 9:04/M |
| 31 | Christopher Cooper | | 193 | 34 | 249 | 28:12.2 | 28:46.1 | 9:06/M |
| 32 | James Reifsnnyder | | 894 | 36 | 255 | 28:16.2 | 28:30.0 | 9:07/M |
| 33 | Kristofer Reifsnnyder | | 895 | 35 | 256 | 28:17.6 | 28:31.6 | 9:07/M |
| 34 | Michael Cunningham | | 204 | 35 | 282 | 28:44.4 | 28:51.6 | 9:16/M |
| 35 | Mark Avery | | 1309 | 39 | 285 | 28:51.9 | 30:36.7 | 9:18/M |
| 36 | Richard Staley | | 1051 | 30 | 290 | 28:57.9 | 30:28.5 | 9:20/M |
| 37 | Todd Bergman | | 62 | 37 | 307 | 29:20.6 | 30:22.8 | 9:28/M |
| 38 | Anthony Burkhardt | | 142 | 30 | 311 | 29:24.1 | 30:30.3 | 9:29/M |
| 39 | Bobby Schena | | 967 | 30 | 313 | 29:24.6 | 30:30.2 | 9:29/M |
| 40 | Justin Sangrey | | 953 | 36 | 355 | 30:11.1 | 31:16.9 | 9:44/M |
| 41 | Ryan Torrenti | | 1099 | 30 | 358 | 30:18.2 | 31:23.6 | 9:46/M |
| 42 | Ben Hamby | Landisville PA | 403 | 39 | 361 | 30:23.4 | 32:05.3 | 9:48/M |
| 43 | Katherine Wiercinski | | 1157 | 33 | 372 | 30:38.8 | 31:58.1 | 9:53/M |
| 44 | Elijah Bernat | Manheim PA | 63 | 35 | 380 | 30:49.3 | 31:07.7 | 9:56/M |
| 45 | Kevin Parks | | 860 | 32 | 395 | 30:56.4 | 31:49.7 | 9:59/M |
| 46 | Christian Torres | | 1100 | 33 | 397 | 30:57.3 | 32:27.4 | 9:59/M |
| 47 | David Bower | Lititz PA | 96 | 30 | 402 | 30:59.2 | 31:46.9 | 10:00/M |
| 48 | Justin Martin | Elizabethtown PA | 685 | 33 | 403 | 31:02.0 | 32:24.6 | 10:01/M |
| 49 | Merle Horst | Manheim PA | 499 | 35 | 411 | 31:10.7 | 32:06.6 | 10:03/M |

Rock N Glow 2017

Age Group Results

5K

Race Date
June 03, 2017

Male 30 to 39

| | | | | | | | | | -----Total----- | |
|-------|--------------------|--------------------|--------|-----|---------|-----------|-----------|---------|-----------------|--|
| Place | Name | City | Bib No | Age | Overall | Chip Time | Gun Time | Pace | | |
| 50 | Nate Taggart | | 1086 | 36 | 449 | 31:46.4 | 32:21.0 | 10:15/M | | |
| 51 | Dustin Nikles | | 830 | 36 | 467 | 32:08.6 | 33:34.2 | 10:22/M | | |
| 52 | Jason Landis | | 628 | 30 | 474 | 32:17.1 | 33:25.5 | 10:25/M | | |
| 53 | Chris Kegey | | 565 | 38 | 477 | 32:21.7 | 33:41.5 | 10:26/M | | |
| 54 | Brent Smoker | | 1032 | 30 | 487 | 32:32.2 | 34:17.7 | 10:30/M | | |
| 55 | Dwight Gehman | | 354 | 33 | 498 | 32:40.3 | 33:35.5 | 10:32/M | | |
| 56 | Allen Treadway | | 1103 | 37 | 517 | 33:01.0 | 33:04.7 | 10:39/M | | |
| 57 | Troy Richard | | 903 | 39 | 520 | 33:05.3 | 33:52.2 | 10:40/M | | |
| 58 | Jason Denlinger | | 233 | 39 | 524 | 33:11.6 | 33:37.8 | 10:42/M | | |
| 59 | Doug Alexander | East Petersburg PA | 11 | 36 | 534 | 33:18.0 | 34:06.2 | 10:45/M | | |
| 60 | Jourdan Martin | Manheim PA | 693 | 33 | 577 | 34:17.6 | 36:27.1 | 11:04/M | | |
| 61 | Jonathan Kilheffer | | 577 | 37 | 598 | 34:32.0 | 35:35.1 | 11:08/M | | |
| 62 | Jared Longenecker | Manheim PA | 662 | 31 | 619 | 34:51.0 | 35:51.5 | 11:15/M | | |
| 63 | Jared Newswanger | | 824 | 35 | 630 | 34:59.4 | 36:16.2 | 11:17/M | | |
| 64 | Robert Gettiss | Manheim PA | 363 | 39 | 643 | 35:12.1 | 37:36.8 | 11:21/M | | |
| 65 | Jon Schall | | 962 | 34 | 659 | 35:26.3 | 35:30.9 | 11:26/M | | |
| 66 | Dustin Kaps | | 550 | 35 | 680 | 35:51.1 | 36:28.9 | 11:34/M | | |
| 67 | Kyle Hartman | | 413 | 30 | 697 | 36:10.8 | 38:07.4 | 11:40/M | | |
| 68 | Rich Spangler | | 1043 | 38 | 728 | 36:57.6 | 38:59.9 | 11:55/M | | |
| 69 | Matt Lafrance | Lebanon PA | 623 | 32 | 744 | 37:10.6 | 39:19.7 | 11:59/M | | |
| 70 | Jordan Desautels | Lancaster PA | 240 | 34 | 768 | 37:41.6 | 39:58.2 | 12:09/M | | |
| 71 | Matt Dupler | | 1214 | 39 | 769 | 37:43.8 | 39:20.1 | 12:10/M | | |
| 72 | Jason Brown | Mount Joy PA | 119 | 35 | 773 | 37:46.3 | 38:41.8 | 12:11/M | | |
| 73 | Steve Marsh | | 680 | 39 | 782 | 37:53.6 | 38:43.9 | 12:13/M | | |
| 74 | Kenny Young | Manheim PA | 1186 | 34 | 799 | 38:13.6 | 38:58.3 | 12:20/M | | |
| 75 | Michael Link | Lititz PA | 647 | 36 | 803 | 38:14.7 | 40:14.2 | 12:20/M | | |
| 76 | Josh Nelson | Mount Joy PA | 810 | 39 | 835 | 38:58.2 | 41:15.5 | 12:34/M | | |
| 77 | Eric Meyers | | 749 | 31 | 865 | 40:08.7 | 40:54.1 | 12:57/M | | |
| 78 | Brandon Arter | | 22 | 37 | 880 | 40:40.3 | 42:26.0 | 13:07/M | | |
| 79 | Frank Tyson | | 1246 | 35 | 894 | 40:56.7 | 42:51.0 | 13:12/M | | |
| 80 | Russell Monti | East Petersburg PA | 784 | 33 | 907 | 41:19.9 | 42:38.9 | 13:20/M | | |
| 81 | Rich Hollenbaugh | | 471 | 33 | 945 | 43:07.2 | 45:09.9 | 13:55/M | | |
| 82 | Joe Lacagnina | | 619 | 39 | 984 | 44:40.8 | 45:06.9 | 14:25/M | | |
| 83 | Jesse Rothacker | Manheim PA | 927 | 35 | 1013 | 46:19.7 | 48:26.2 | 14:56/M | | |
| 84 | Anthony Roof | | 924 | 32 | 1036 | 46:53.1 | 46:53.1 | 15:07/M | | |
| 85 | Brett Callaghan | | 151 | 35 | 1054 | 47:34.9 | 47:56.0 | 15:21/M | | |
| 86 | Charlie Winters | | 1165 | 31 | 1098 | 50:44.4 | 52:54.9 | 16:22/M | | |
| 87 | Gregory Cooley | | 190 | 31 | 1112 | 51:47.7 | 54:10.5 | 16:42/M | | |
| 88 | Danny Castro | | 165 | 39 | 1152 | 57:44.6 | 59:37.5 | 18:37/M | | |
| 89 | Derek Sherwood | | 1006 | 33 | 1163 | 59:06.5 | 1:00:54.3 | 19:04/M | | |

Female 30 to 39

| | | | | | | | | | -----Total----- | |
|-------|---------------------|------------------|--------|-----|---------|-----------|----------|--------|-----------------|--|
| Place | Name | City | Bib No | Age | Overall | Chip Time | Gun Time | Pace | | |
| 1 | * Meg Griffith | | 384 | 30 | 21 | 20:33.6 | 20:41.9 | 6:38/M | | |
| 2 | Greta Stoner | Manheim PA | 1070 | 35 | 24 | 20:45.5 | 20:53.2 | 6:42/M | | |
| 3 | Natalie Blanck | Mount Joy PA | 75 | 32 | 58 | 22:02.2 | 22:07.6 | 7:06/M | | |
| 4 | Jenna Henault | | 431 | 30 | 63 | 22:11.3 | 22:24.1 | 7:09/M | | |
| 5 | Alicia Brumbach | | 134 | 34 | 71 | 22:43.7 | 22:50.5 | 7:20/M | | |
| 6 | Louise Lingenfelter | Palmyra PA | 646 | 35 | 78 | 23:04.6 | 23:15.5 | 7:26/M | | |
| 7 | Kathy Horst | Manheim PA | 498 | 35 | 113 | 24:35.6 | 25:06.1 | 7:56/M | | |
| 8 | Heather Heisey | Elizabethtown PA | 428 | 37 | 123 | 24:55.3 | 25:34.9 | 8:02/M | | |
| 9 | Carolyn Vogt | | 1123 | 30 | 125 | 24:56.0 | 25:07.5 | 8:03/M | | |
| 10 | Sarah Keener | | 558 | 32 | 139 | 25:22.1 | 26:04.5 | 8:11/M | | |
| 11 | Melissa Reed | | 892 | 39 | 143 | 25:26.2 | 25:38.0 | 8:12/M | | |
| 12 | Nicole Hoffer | | 457 | 37 | 170 | 26:32.1 | 27:22.0 | 8:34/M | | |
| 13 | Nina Schall | | 961 | 33 | 171 | 26:33.7 | 26:37.9 | 8:34/M | | |
| 14 | Sarah Sylvia | Manheim PA | 1085 | 37 | 174 | 26:41.0 | 27:39.8 | 8:36/M | | |
| 15 | Shannon Cunningham | | 205 | 33 | 178 | 26:46.8 | 26:54.5 | 8:38/M | | |
| 16 | Leslie McCarthy | Manheim PA | 717 | 38 | 184 | 27:01.2 | 27:01.2 | 8:43/M | | |
| 17 | Amanda Turner | | 1113 | 32 | 190 | 27:12.6 | 27:25.1 | 8:46/M | | |
| 18 | Casey Voelmlle | | 1122 | 33 | 197 | 27:17.5 | 27:30.6 | 8:48/M | | |
| 19 | Julie Lehr | | 637 | 35 | 203 | 27:22.6 | 28:50.2 | 8:50/M | | |
| 20 | Brandi Cooper | | 192 | 30 | 207 | 27:27.0 | 27:59.5 | 8:51/M | | |
| 21 | Jami Brandt | | 100 | 33 | 227 | 27:54.7 | 29:59.8 | 9:00/M | | |
| 22 | Brittany Hartman | Manheim PA | 412 | 30 | 232 | 27:57.3 | 29:53.3 | 9:01/M | | |
| 23 | Amanda Sauder | | 957 | 35 | 233 | 27:58.2 | 28:59.4 | 9:01/M | | |
| 24 | Jennifer Kiesel | Elizabethtown PA | 576 | 32 | 237 | 28:02.8 | 28:58.9 | 9:03/M | | |
| 25 | Karla Honeywell | | 485 | 33 | 238 | 28:04.7 | 28:20.6 | 9:03/M | | |
| 26 | Amie Kohler | York PA | 603 | 34 | 246 | 28:08.7 | 28:18.2 | 9:05/M | | |
| 27 | Daria Indeck | Lancaster PA | 537 | 34 | 254 | 28:14.5 | 29:12.3 | 9:06/M | | |
| 28 | Sarah Zimmerman | Ephrata PA | 1201 | 35 | 265 | 28:31.3 | 29:28.5 | 9:12/M | | |

Rock N Glow 2017

Age Group Results

5K

Race Date
June 03, 2017

Female 30 to 39

| Place | Name | City | Bib No | Age | Overall | -----Total----- | | Pace |
|-------|----------------------|--------------------|--------|-----|---------|-----------------|----------|---------|
| | | | | | | Chip Time | Gun Time | |
| 29 | Heather Meckley | | 1314 | 39 | 268 | 28:33.9 | 30:03.9 | 9:13/M |
| 30 | Heather Hinkel | Mount Joy PA | 450 | 34 | 270 | 28:35.8 | 29:31.6 | 9:13/M |
| 31 | Mary Nolt | Mount Joy PA | 838 | 30 | 291 | 29:00.5 | 30:10.9 | 9:21/M |
| 32 | Rose Rickey | | 904 | 37 | 299 | 29:10.3 | 29:28.5 | 9:25/M |
| 33 | Stephanie Stoltzfus | | 1063 | 33 | 300 | 29:14.2 | 30:29.2 | 9:26/M |
| 34 | Kelly Stoltzfus | | 1064 | 32 | 301 | 29:14.3 | 30:29.3 | 9:26/M |
| 35 | Jessica Booth | | 1267 | 34 | 308 | 29:22.2 | 30:22.3 | 9:28/M |
| 36 | Kimberly Matthews | Manheim PA | 707 | 35 | 310 | 29:23.7 | 29:48.3 | 9:29/M |
| 37 | Lauren Bergman | | 61 | 36 | 314 | 29:24.9 | 30:25.9 | 9:29/M |
| 38 | Stacy Hondru | Manheim PA | 481 | 39 | 317 | 29:25.4 | 29:48.9 | 9:29/M |
| 39 | Lieshe Severein | | 990 | 34 | 326 | 29:42.6 | 31:08.8 | 9:35/M |
| 40 | Amy Risser | | 909 | 35 | 334 | 29:52.3 | 30:36.0 | 9:38/M |
| 41 | Evelyn Campbell | Manheim PA | 155 | 35 | 347 | 30:06.6 | 30:45.9 | 9:43/M |
| 42 | Jen Ahrens | Lancaster PA | 6 | 35 | 352 | 30:08.0 | 30:32.0 | 9:43/M |
| 43 | Marta Horst | | 501 | 36 | 367 | 30:32.2 | 30:49.4 | 9:51/M |
| 44 | Holly Heeter | Annaville PA | 424 | 36 | 374 | 30:41.9 | 31:57.8 | 9:54/M |
| 45 | Callie Meyer | | 1269 | 34 | 376 | 30:44.8 | 31:28.2 | 9:55/M |
| 46 | Rosene Groff | | 389 | 38 | 377 | 30:47.7 | 31:09.1 | 9:56/M |
| 47 | Becky Sprout | Lancaster PA | 1048 | 34 | 388 | 30:53.9 | 31:05.1 | 9:58/M |
| 48 | Kim Stangl | Manheim PA | 1052 | 30 | 410 | 31:10.0 | 31:21.9 | 10:03/M |
| 49 | Stacy Reed | Manheim PA | 889 | 36 | 414 | 31:12.3 | 31:23.9 | 10:04/M |
| 50 | Shea Barlett | Lebanon PA | 35 | 30 | 415 | 31:13.1 | 31:24.3 | 10:04/M |
| 51 | Danielle Haley | Ephrata PA | 400 | 30 | 418 | 31:15.1 | 31:42.5 | 10:05/M |
| 52 | Kristi Hein | | 425 | 38 | 419 | 31:17.7 | 32:17.1 | 10:05/M |
| 53 | Lauren Blain | | 74 | 34 | 424 | 31:19.7 | 33:02.3 | 10:06/M |
| 54 | Shannon Paules | | 866 | 33 | 429 | 31:24.0 | 31:46.1 | 10:08/M |
| 55 | Lauren Hodgdon | | 455 | 30 | 431 | 31:25.2 | 32:49.3 | 10:08/M |
| 56 | Hillary Moser | | 790 | 31 | 432 | 31:25.2 | 31:46.8 | 10:08/M |
| 57 | Alison Hamby | Landisville PA | 402 | 36 | 435 | 31:25.8 | 33:07.8 | 10:08/M |
| 58 | Veronica Swope | Lititz PA | 1084 | 35 | 445 | 31:39.4 | 31:49.9 | 10:13/M |
| 59 | Lauren Taggart | | 1087 | 34 | 448 | 31:45.0 | 32:21.1 | 10:15/M |
| 60 | Michelle Winey | | 1163 | 32 | 455 | 31:55.7 | 33:51.5 | 10:18/M |
| 61 | Julie Keim | Lancaster PA | 567 | 36 | 459 | 32:02.2 | 32:51.7 | 10:20/M |
| 62 | Michele Stum | Steelton PA | 1074 | 33 | 463 | 32:04.5 | 34:10.2 | 10:21/M |
| 63 | Dana Renee | | 899 | 35 | 465 | 32:07.1 | 33:32.8 | 10:22/M |
| 64 | Heather Black | | 1321 | 39 | 469 | 32:11.4 | 32:44.8 | 10:23/M |
| 65 | Kari Nye | | 840 | 36 | 470 | 32:15.7 | 32:56.0 | 10:24/M |
| 66 | Lori Safstrom | Mount Joy PA | 947 | 30 | 475 | 32:17.9 | 33:50.1 | 10:25/M |
| 67 | Elizabeth Fish | | 304 | 30 | 479 | 32:22.2 | 33:28.1 | 10:26/M |
| 68 | Elizabeth Young | | 1187 | 31 | 483 | 32:25.7 | 33:18.2 | 10:27/M |
| 69 | Ashley Nauman | Mt. Wolf PA | 803 | 31 | 486 | 32:31.6 | 32:55.1 | 10:29/M |
| 70 | Lindsay Sasko | | 955 | 30 | 489 | 32:33.3 | 33:28.7 | 10:30/M |
| 71 | Colleen Steinmetz | | 1059 | 34 | 490 | 32:33.5 | 33:28.8 | 10:30/M |
| 72 | Adrienne Longenecker | Manheim PA | 665 | 33 | 492 | 32:34.6 | 32:55.0 | 10:30/M |
| 73 | Alanna Cochran | Harrisburg PA | 177 | 37 | 495 | 32:36.2 | 33:19.7 | 10:31/M |
| 74 | Laura Cox | Mount Joy PA | 197 | 38 | 503 | 32:45.0 | 32:51.4 | 10:34/M |
| 75 | Lauren Eriksen | East Petersburg PA | 286 | 33 | 506 | 32:49.3 | 34:08.7 | 10:35/M |
| 76 | Lisa Golding | | 373 | 37 | 511 | 32:55.6 | 34:12.5 | 10:37/M |
| 77 | Julie Hollinger | | 474 | 34 | 516 | 32:59.3 | 34:17.8 | 10:38/M |
| 78 | Rachel Smith | | 1021 | 31 | 518 | 33:02.7 | 33:35.9 | 10:39/M |
| 79 | Beth Semmens | | 980 | 39 | 519 | 33:02.9 | 33:22.4 | 10:39/M |
| 80 | Heidi Hollinger | Manheim PA | 475 | 38 | 530 | 33:16.9 | 33:16.9 | 10:44/M |
| 81 | April Miller | | 775 | 38 | 531 | 33:17.1 | 34:15.1 | 10:44/M |
| 82 | Sheena Nauss | | 805 | 34 | 545 | 33:37.3 | 34:04.7 | 10:51/M |
| 83 | Mary Wallick | Lancaster PA | 1130 | 36 | 552 | 33:41.4 | 35:00.5 | 10:52/M |
| 84 | Clarissa Baxter | Ephrata PA | 43 | 32 | 553 | 33:42.0 | 34:30.1 | 10:52/M |
| 85 | Ashley Glessner | | 1256 | 33 | 566 | 34:00.5 | 35:41.2 | 10:58/M |
| 86 | Deirdre Daily | | 210 | 33 | 568 | 34:01.4 | 35:21.2 | 10:58/M |
| 87 | Stephanie Martin | Elizabethtown PA | 684 | 33 | 572 | 34:06.9 | 35:29.4 | 11:00/M |
| 88 | Ashley Seibert | | 979 | 31 | 578 | 34:19.4 | 35:30.9 | 11:04/M |
| 89 | Kim Yost | | 1185 | 30 | 586 | 34:24.4 | 35:36.4 | 11:06/M |
| 90 | Shannon Bernhardt | | 67 | 39 | 588 | 34:25.0 | 35:45.6 | 11:06/M |
| 91 | Jessica Dolan | | 258 | 35 | 592 | 34:27.8 | 35:44.5 | 11:07/M |
| 92 | Marie Barber | | 32 | 36 | 593 | 34:28.3 | 34:50.7 | 11:07/M |
| 93 | Deb Tobias | | 1096 | 39 | 595 | 34:30.3 | 35:31.7 | 11:08/M |
| 94 | Jessica Smith | York PA | 1020 | 37 | 597 | 34:31.8 | 35:50.4 | 11:08/M |
| 95 | Allison Gehman | Mount Joy PA | 352 | 33 | 609 | 34:43.5 | 35:38.2 | 11:12/M |
| 96 | Laurie Olsen | | 846 | 33 | 615 | 34:49.2 | 36:03.5 | 11:14/M |
| 97 | Trisha Weaver | Manheim PA | 1140 | 31 | 624 | 34:53.7 | 36:34.3 | 11:15/M |
| 98 | Kristy Schwartz | | 972 | 36 | 627 | 34:55.9 | 35:36.3 | 11:16/M |
| 99 | Lindsay Rinard | Mount Joy PA | 905 | 33 | 629 | 34:59.4 | 36:45.3 | 11:17/M |
| 100 | Lindsey Taylor | | 1092 | 31 | 634 | 35:07.9 | 35:23.2 | 11:20/M |
| 101 | Jennifer Killian | | 582 | 34 | 637 | 35:11.0 | 37:23.1 | 11:21/M |
| 102 | Jeanna McEvoy | | 720 | 34 | 638 | 35:11.0 | 37:23.0 | 11:21/M |
| 103 | Magan Shumaker | | 1014 | 32 | 639 | 35:11.1 | 37:23.2 | 11:21/M |
| 104 | Julie Connors | | 183 | 30 | 640 | 35:11.5 | 37:09.3 | 11:21/M |

Rock N Glow 2017

Age Group Results

5K

Race Date
June 03, 2017

Female 30 to 39

| Place | Name | City | Bib No | Age | Overall | -----Total----- | | Pace |
|-------|------------------------|------------------|--------|-----|---------|-----------------|----------|---------|
| | | | | | | Chip Time | Gun Time | |
| 105 | Lindsey Frye | | 328 | 31 | 641 | 35:11.6 | 37:09.5 | 11:21/M |
| 106 | Jennifer Soehnle | Lititz PA | 1039 | 32 | 642 | 35:11.7 | 35:22.1 | 11:21/M |
| 107 | Kathy Desautels | | 239 | 34 | 651 | 35:20.1 | 37:28.3 | 11:24/M |
| 108 | Monica Wagner | Quarryville PA | 1126 | 37 | 671 | 35:40.9 | 36:06.1 | 11:30/M |
| 109 | Sarabeth Brubaker | | 124 | 36 | 672 | 35:40.9 | 37:19.9 | 11:30/M |
| 110 | Tracy Kilheffer | | 581 | 35 | 674 | 35:41.9 | 36:45.5 | 11:31/M |
| 111 | Theresa Mitchell | | 776 | 38 | 678 | 35:50.7 | 36:33.9 | 11:34/M |
| 112 | Cari Maxwell | | 710 | 39 | 684 | 35:56.6 | 36:35.8 | 11:35/M |
| 113 | Jen Voshell | | 1124 | 38 | 689 | 36:00.0 | 37:13.5 | 11:37/M |
| 114 | Alli Stover | York PA | 1072 | 37 | 690 | 36:00.2 | 36:17.1 | 11:37/M |
| 115 | Claire McGrath | | 729 | 39 | 692 | 36:04.0 | 36:20.7 | 11:38/M |
| 116 | Nicole Griest | | 383 | 37 | 694 | 36:04.6 | 37:28.2 | 11:38/M |
| 117 | Jennifer Largent | Mount Joy | 634 | 30 | 696 | 36:09.8 | 36:56.4 | 11:40/M |
| 118 | Mary Breaithwaite | | 102 | 37 | 699 | 36:12.4 | 37:12.8 | 11:41/M |
| 119 | Barb Wilson | | 1159 | 39 | 713 | 36:39.1 | 37:49.8 | 11:49/M |
| 120 | Naomi Brought | Mount Joy PA | 118 | 36 | 714 | 36:39.8 | 38:34.8 | 11:49/M |
| 121 | Natalie Spear | | 1045 | 39 | 715 | 36:41.1 | 38:36.1 | 11:50/M |
| 122 | Megan Treadway | | 1102 | 37 | 718 | 36:42.9 | 36:46.7 | 11:50/M |
| 123 | Erin Geib | Manheim PA | 356 | 39 | 721 | 36:48.8 | 37:36.0 | 11:52/M |
| 124 | Melissa Foltz | Lancaster PA | 320 | 33 | 722 | 36:49.1 | 39:05.0 | 11:53/M |
| 125 | Trina Piaskowski | Manheim PA | 878 | 32 | 726 | 36:54.9 | 38:47.5 | 11:54/M |
| 126 | Jennifer Cox | | 198 | 38 | 734 | 37:06.5 | 37:38.6 | 11:58/M |
| 127 | Christin Holder | | 466 | 34 | 735 | 37:07.5 | 37:29.4 | 11:58/M |
| 128 | Kim Marsh | | 681 | 36 | 742 | 37:10.0 | 38:44.4 | 11:59/M |
| 129 | Angela Neifert | | 806 | 37 | 745 | 37:11.8 | 37:57.1 | 12:00/M |
| 130 | Jamie Monaco | | 781 | 31 | 747 | 37:17.2 | 38:45.3 | 12:02/M |
| 131 | Krista Schwartz | | 974 | 37 | 748 | 37:17.4 | 38:50.9 | 12:02/M |
| 132 | Ashley Ellingsworth | | 280 | 30 | 749 | 37:19.4 | 38:59.0 | 12:02/M |
| 133 | Amy Hunsberger | | 524 | 31 | 757 | 37:27.2 | 39:25.9 | 12:05/M |
| 134 | Tami Bare | Elizabethtown PA | 34 | 31 | 759 | 37:30.0 | 39:20.3 | 12:06/M |
| 135 | Katey Brubaker | | 123 | 31 | 763 | 37:34.3 | 38:55.3 | 12:07/M |
| 136 | Grace Mentzer | | 742 | 34 | 766 | 37:36.8 | 37:54.4 | 12:08/M |
| 137 | Laura Inthavongsa | Manheim PA | 539 | 36 | 767 | 37:37.9 | 37:44.8 | 12:08/M |
| 138 | Lauren Clark | Mohnton PA | 174 | 31 | 775 | 37:46.6 | 39:57.3 | 12:11/M |
| 139 | Amanda Miller | | 768 | 30 | 787 | 37:59.2 | 38:39.5 | 12:15/M |
| 140 | Ashley Appelbaum | Lancaster PA | 16 | 31 | 797 | 38:13.1 | 38:58.4 | 12:20/M |
| 141 | Rebecca Link | | 648 | 35 | 798 | 38:13.5 | 40:13.8 | 12:20/M |
| 142 | Amanda Kling | | 593 | 32 | 802 | 38:14.0 | 38:28.8 | 12:20/M |
| 143 | Julie Rutt | Denver PA | 942 | 38 | 812 | 38:26.3 | 40:42.0 | 12:24/M |
| 144 | Angie Jones | Lititz PA | 546 | 37 | 815 | 38:32.3 | 39:56.7 | 12:26/M |
| 145 | Erin Callahan | Manheim PA | 152 | 35 | 817 | 38:33.8 | 40:26.8 | 12:26/M |
| 146 | Kerri Mateer | | 705 | 39 | 821 | 38:36.9 | 40:21.1 | 12:27/M |
| 147 | Ashley Kinsey | | 585 | 35 | 825 | 38:42.6 | 39:19.5 | 12:29/M |
| 148 | Megan Hess | | 446 | 33 | 828 | 38:46.4 | 40:30.3 | 12:30/M |
| 149 | Jessica Grundza | Mt Joy PA | 394 | 34 | 829 | 38:46.9 | 39:38.3 | 12:30/M |
| 150 | Amanda Bachert | | 27 | 34 | 830 | 38:46.9 | 40:30.4 | 12:30/M |
| 151 | Andrea Nissley Bachert | | 832 | 38 | 838 | 38:59.2 | 40:42.1 | 12:35/M |
| 152 | Wanda Hernandez | | 441 | 31 | 841 | 39:06.5 | 39:24.0 | 12:37/M |
| 153 | Breesha Schena | | 966 | 31 | 845 | 39:20.1 | 40:28.4 | 12:41/M |
| 154 | Jennifer Marshall | | 683 | 38 | 848 | 39:34.7 | 41:01.3 | 12:46/M |
| 155 | Amanda Buckel | Manheim PA | 136 | 32 | 860 | 39:48.3 | 42:21.9 | 12:50/M |
| 156 | Jenn Mock | | 779 | 38 | 862 | 40:02.4 | 41:50.7 | 12:55/M |
| 157 | Holly Miller | | 765 | 30 | 866 | 40:08.7 | 42:03.6 | 12:57/M |
| 158 | Stacey Royer | | 934 | 31 | 882 | 40:42.7 | 42:20.8 | 13:08/M |
| 159 | Heather Summers | | 1077 | 33 | 887 | 40:49.7 | 42:26.9 | 13:10/M |
| 160 | Valerie Dillner | | 252 | 38 | 895 | 40:58.0 | 41:28.6 | 13:13/M |
| 161 | Lonita Dueck | | 263 | 32 | 898 | 41:06.1 | 42:37.5 | 13:15/M |
| 162 | Gretchen Smith | Manheim PA | 1022 | 33 | 902 | 41:08.0 | 42:27.5 | 13:16/M |
| 163 | Chelsea Larson | Harrisburg PA | 635 | 32 | 908 | 41:21.1 | 43:39.6 | 13:20/M |
| 164 | Heidi Witmer | | 1174 | 32 | 909 | 41:23.0 | 42:46.8 | 13:21/M |
| 165 | Melissa Obetz | | 842 | 38 | 915 | 41:28.1 | 42:50.0 | 13:23/M |
| 166 | Sara Tuel | | 1111 | 38 | 916 | 41:31.2 | 43:59.6 | 13:24/M |
| 167 | Alison Blanshine | | 79 | 38 | 920 | 41:41.3 | 44:09.8 | 13:27/M |
| 168 | Jacqueline Phillips | | 876 | 33 | 924 | 41:55.3 | 43:30.0 | 13:31/M |
| 169 | Danelle Morrow | | 788 | 37 | 926 | 41:58.4 | 42:38.6 | 13:32/M |
| 170 | Julie Rokosky | | 920 | 39 | 929 | 42:05.9 | 43:37.8 | 13:35/M |
| 171 | Andrea Hoppenjans | | 491 | 36 | 935 | 42:15.7 | 44:06.8 | 13:38/M |
| 172 | Melissa Lowe | Mountville PA | 668 | 37 | 938 | 42:38.1 | 42:54.5 | 13:45/M |
| 173 | Lynette Coon | | 191 | 35 | 942 | 42:50.1 | 44:15.4 | 13:49/M |
| 174 | Amy Arter | | 25 | 34 | 952 | 43:15.7 | 45:02.1 | 13:57/M |
| 175 | Briana Landis | | 627 | 30 | 954 | 43:19.5 | 44:29.7 | 13:58/M |
| 176 | Jaime Heckman | | 421 | 37 | 958 | 43:24.3 | 44:59.3 | 14:00/M |
| 177 | Natalie Bliss | | 1268 | 39 | 968 | 43:43.2 | 45:44.2 | 14:06/M |
| 178 | Ruthie Gonzalez | | 375 | 38 | 971 | 43:49.4 | 44:43.9 | 14:08/M |
| 179 | Jennifer McClure | | 719 | 39 | 973 | 43:57.7 | 45:35.6 | 14:11/M |
| 180 | Jennifer Roof | | 923 | 31 | 979 | 44:12.0 | 45:11.2 | 14:15/M |

Rock N Glow 2017

Age Group Results

5K

Race Date
June 03, 2017

Female 30 to 39

| | | -----Total----- | | | | | | |
|-------|----------------------|--------------------|--------|-----|---------|-----------|-----------|---------|
| Place | Name | City | Bib No | Age | Overall | Chip Time | Gun Time | Pace |
| 181 | Kim Rothacker | | 930 | 33 | 980 | 44:19.9 | 46:25.6 | 14:18/M |
| 182 | Cory Brought | | 117 | 37 | 998 | 45:30.4 | 47:22.5 | 14:41/M |
| 183 | Davita Walker | | 1128 | 36 | 1008 | 46:00.4 | 47:05.2 | 14:50/M |
| 184 | Carmen Commanchi | | 182 | 30 | 1010 | 46:08.5 | 47:22.9 | 14:53/M |
| 185 | Gina Sheets | | 1260 | 33 | 1014 | 46:20.0 | 48:45.1 | 14:57/M |
| 186 | Nikki Provatopoulos | | 880 | 36 | 1027 | 46:29.1 | 46:54.7 | 15:00/M |
| 187 | Sara Trumpower | | 1110 | 36 | 1030 | 46:33.9 | 48:48.3 | 15:01/M |
| 188 | Stephanie Newswanger | | 827 | 39 | 1037 | 46:53.8 | 47:38.2 | 15:07/M |
| 189 | Emily Siegrist | | 1017 | 34 | 1043 | 47:07.4 | 48:36.4 | 15:12/M |
| 190 | Michelle Bartlett | Lititz PA | 42 | 37 | 1049 | 47:23.3 | 49:07.3 | 15:17/M |
| 191 | Jennifer Palyo | | 856 | 39 | 1050 | 47:25.0 | 49:16.7 | 15:18/M |
| 192 | Elizabeth Fisher | Lancaster PA | 307 | 37 | 1060 | 47:55.9 | 49:54.7 | 15:27/M |
| 193 | Erica Hollenbaugh | | 468 | 31 | 1061 | 48:02.7 | 50:06.5 | 15:30/M |
| 194 | Heather Callaghan | | 148 | 34 | 1066 | 48:18.7 | 48:39.8 | 15:35/M |
| 195 | Anisa Candy | Manheim PA | 157 | 35 | 1068 | 48:31.8 | 49:17.4 | 15:39/M |
| 196 | Jayne Neumyer | | 816 | 37 | 1069 | 48:40.2 | 50:21.4 | 15:42/M |
| 197 | Nicole Tice | | 1095 | 37 | 1077 | 48:57.8 | 49:25.7 | 15:47/M |
| 198 | Jenee Ganster | East Petersburg PA | 339 | 37 | 1079 | 48:58.4 | 50:48.0 | 15:48/M |
| 199 | Jamie Morton | | 789 | 34 | 1080 | 49:01.0 | 50:25.5 | 15:49/M |
| 200 | Nancy Schultz | | 971 | 34 | 1084 | 49:15.5 | 51:15.4 | 15:53/M |
| 201 | Jackie Keener | | 562 | 39 | 1087 | 49:34.6 | 50:20.6 | 15:59/M |
| 202 | Jennifer Halula | | 401 | 33 | 1090 | 49:44.8 | 52:03.8 | 16:03/M |
| 203 | Jess Umberger | | 1116 | 31 | 1092 | 49:45.8 | 52:04.1 | 16:03/M |
| 204 | Ashley Hilton | | 449 | 30 | 1093 | 49:48.8 | 51:56.4 | 16:04/M |
| 205 | Lindsay Ortiz | | 850 | 35 | 1101 | 50:48.7 | 52:29.0 | 16:23/M |
| 206 | Mindy Ditzler | Manheim PA | 254 | 32 | 1102 | 50:53.5 | 52:26.0 | 16:25/M |
| 207 | Rachael Rivera | Manheim PA | 912 | 33 | 1105 | 51:07.7 | 53:23.6 | 16:29/M |
| 208 | Laurie Gettis | Manheim PA | 362 | 35 | 1108 | 51:15.4 | 53:42.7 | 16:32/M |
| 209 | Angela Wolfe | | 1176 | 32 | 1109 | 51:19.4 | 53:42.3 | 16:33/M |
| 210 | Michelle Eakman | | 264 | 36 | 1110 | 51:37.0 | 53:53.7 | 16:39/M |
| 211 | Kristin Smith | | 1029 | 32 | 1114 | 51:52.4 | 54:16.3 | 16:44/M |
| 212 | Melissa McKenzie | | 730 | 37 | 1115 | 52:00.9 | 54:05.3 | 16:46/M |
| 213 | Colleen Gergely | Manheim PA | 358 | 39 | 1118 | 52:08.2 | 53:57.0 | 16:49/M |
| 214 | Danielle Barnett | Manheim PA | 36 | 33 | 1120 | 52:14.6 | 53:19.8 | 16:51/M |
| 215 | Jennice Olan | | 845 | 38 | 1140 | 54:11.2 | 56:10.6 | 17:29/M |
| 216 | Melissa Lacagnina | | 617 | 37 | 1142 | 55:19.7 | 55:44.6 | 17:51/M |
| 217 | Jill Breneman | | 103 | 39 | 1145 | 55:42.1 | 57:53.3 | 17:58/M |
| 218 | Denise Schoppner | | 1242 | 38 | 1154 | 58:10.6 | 1:00:01.3 | 18:46/M |
| 219 | Jennifer Edmiston | | 276 | 33 | 1159 | 58:36.8 | 58:59.3 | 18:54/M |
| 220 | Stephanie Zahora | | 1190 | 37 | 1167 | 59:20.2 | 1:01:28.9 | 19:08/M |
| 221 | Teryn Bollinger | | 90 | 39 | 1171 | 59:22.8 | 1:01:30.6 | 19:09/M |
| 222 | Care Taylor | | 1090 | 38 | 1174 | 59:27.6 | 1:00:01.5 | 19:11/M |
| 223 | Raquel Colon | | 180 | 31 | 1175 | 59:58.7 | 1:02:00.9 | 19:21/M |
| 224 | Rachel Brauer | | 101 | 33 | 1180 | 1:00:16.6 | 1:02:09.2 | 19:26/M |
| 225 | Tiffany Ruzyllo | | 944 | 37 | 1188 | 1:01:04.1 | 1:03:10.8 | 19:42/M |
| 226 | Rachel Ainge | | 8 | 32 | 1200 | 1:03:54.9 | 1:04:27.4 | 20:37/M |
| 227 | Veronica Bunty | | 139 | 32 | 1202 | 1:03:55.1 | 1:04:27.4 | 20:37/M |

Male 40 to 49

| | | -----Total----- | | | | | | |
|-------|--------------------|------------------|--------|-----|---------|-----------|----------|--------|
| Place | Name | City | Bib No | Age | Overall | Chip Time | Gun Time | Pace |
| 1 | * Ray Truex | Ephrata PA | 1107 | 45 | 8 | 19:10.2 | 19:14.3 | 6:11/M |
| 2 | Craig Hahnlen | Hershey PA | 398 | 46 | 26 | 20:53.6 | 21:06.7 | 6:44/M |
| 3 | Korey Schload | Marietta PA | 968 | 45 | 29 | 21:03.1 | 21:09.4 | 6:47/M |
| 4 | Matthew Burkholder | Lititz PA | 144 | 43 | 40 | 21:31.9 | 21:35.7 | 6:56/M |
| 5 | Steven Donnelly | | 261 | 40 | 65 | 22:22.4 | 22:55.4 | 7:13/M |
| 6 | John Breuninger | | 1253 | 48 | 67 | 22:35.0 | 22:35.0 | 7:17/M |
| 7 | John Overmeyer | | 853 | 46 | 69 | 22:39.6 | 23:15.9 | 7:18/M |
| 8 | Darren Bowman | Lititz PA | 97 | 49 | 73 | 22:52.0 | 23:07.8 | 7:23/M |
| 9 | John Vanblargan | Manheim PA | 1120 | 48 | 83 | 23:30.9 | 23:59.1 | 7:35/M |
| 10 | Rob Sterner | | 1060 | 41 | 86 | 23:39.2 | 24:12.5 | 7:38/M |
| 11 | Brant Widrick | | 1155 | 47 | 103 | 24:20.6 | 25:01.5 | 7:51/M |
| 12 | Barry Hunt | | 525 | 49 | 106 | 24:24.8 | 24:37.8 | 7:52/M |
| 13 | Jimmy Cox | Mount Joy PA | 194 | 41 | 132 | 25:03.2 | 25:09.1 | 8:05/M |
| 14 | Bret Lussow | | 670 | 46 | 133 | 25:04.7 | 25:38.3 | 8:05/M |
| 15 | James Hovan | | 508 | 46 | 149 | 25:40.7 | 26:23.3 | 8:17/M |
| 16 | Mark Murr | Lititz PA | 793 | 46 | 152 | 25:45.9 | 26:23.4 | 8:18/M |
| 17 | Scott Huber | | 515 | 44 | 154 | 25:49.2 | 25:53.6 | 8:20/M |
| 18 | Kristopher Blecher | Mount Joy PA | 80 | 40 | 182 | 26:59.1 | 27:47.0 | 8:42/M |
| 19 | Tim Merkt | Elizabethtown PA | 745 | 44 | 191 | 27:12.8 | 27:54.4 | 8:46/M |
| 20 | Brian Bortner | | 1240 | 43 | 195 | 27:16.3 | 27:39.1 | 8:48/M |
| 21 | Scott Martin | Manheim PA | 686 | 49 | 222 | 27:48.5 | 28:22.4 | 8:58/M |

Male 40 to 49

| | | | | | | | | -----Total----- | |
|-------|-----------------------|------------------|--------|-----|---------|-----------|-----------|-----------------|--|
| Place | Name | City | Bib No | Age | Overall | Chip Time | Gun Time | Pace | |
| 22 | Chris Horner | Lititz PA | 494 | 46 | 245 | 28:08.2 | 28:30.7 | 9:05/M | |
| 23 | Christopher McMichael | | 731 | 40 | 248 | 28:09.4 | 28:43.3 | 9:05/M | |
| 24 | Troy Sunderland | | 1082 | 47 | 293 | 29:04.5 | 30:13.0 | 9:23/M | |
| 25 | Micah Gallagher | | 334 | 41 | 324 | 29:37.3 | 30:27.1 | 9:33/M | |
| 26 | Edward Long | Elizabethtown PA | 659 | 48 | 332 | 29:48.5 | 30:44.2 | 9:37/M | |
| 27 | Jason Hondru | Manheim PA | 482 | 40 | 336 | 29:53.7 | 30:18.9 | 9:38/M | |
| 28 | Dave Cassel | | 162 | 47 | 337 | 29:54.6 | 30:33.9 | 9:39/M | |
| 29 | John Brooks | Manheim PA | 116 | 42 | 348 | 30:07.1 | 30:44.6 | 9:43/M | |
| 30 | Rod Brenize | Manheim PA | 105 | 49 | 391 | 30:54.3 | 32:05.2 | 9:58/M | |
| 31 | Gerald Rutherford | | 939 | 45 | 396 | 30:56.7 | 32:26.9 | 9:59/M | |
| 32 | Trevor Enck | Manheim PA | 281 | 40 | 430 | 31:25.0 | 31:33.5 | 10:08/M | |
| 33 | Matt Stoltzfus | | 1065 | 42 | 433 | 31:25.3 | 32:28.2 | 10:08/M | |
| 34 | Mike Winters | | 1166 | 43 | 441 | 31:32.8 | 32:35.5 | 10:10/M | |
| 35 | Jason Salada | Lancaster PA | 949 | 47 | 499 | 32:42.9 | 33:54.5 | 10:33/M | |
| 36 | John Huggins | | 518 | 43 | 509 | 32:55.4 | 34:44.5 | 10:37/M | |
| 37 | Ryan Keener | | 560 | 40 | 513 | 32:56.1 | 33:31.9 | 10:37/M | |
| 38 | Clinton Dixon | | 257 | 49 | 528 | 33:13.2 | 33:25.3 | 10:43/M | |
| 39 | Chad Kirchner | Manheim PA | 589 | 43 | 537 | 33:19.6 | 33:49.6 | 10:45/M | |
| 40 | Matt Kensey | | 571 | 45 | 543 | 33:31.5 | 34:54.9 | 10:49/M | |
| 41 | Shane Matthews | Manheim PA | 708 | 42 | 554 | 33:43.6 | 35:26.3 | 10:53/M | |
| 42 | Mike Tobias | | 1097 | 46 | 581 | 34:21.7 | 35:23.6 | 11:05/M | |
| 43 | Michael Schreiber | | 970 | 43 | 621 | 34:52.3 | 36:53.9 | 11:15/M | |
| 44 | Chris Grube | Manheim PA | 392 | 40 | 622 | 34:52.7 | 35:18.8 | 11:15/M | |
| 45 | Neal Benedict | | 52 | 48 | 644 | 35:15.6 | 36:13.0 | 11:22/M | |
| 46 | Kevin Cunrod | | 206 | 46 | 652 | 35:20.4 | 36:40.9 | 11:24/M | |
| 47 | Brad Hoffer | | 458 | 40 | 661 | 35:26.7 | 36:16.6 | 11:26/M | |
| 48 | Jason Cox | Manheim PA | 199 | 41 | 685 | 35:57.0 | 35:57.0 | 11:36/M | |
| 49 | Tom Chesney | | 171 | 41 | 688 | 35:59.9 | 37:03.9 | 11:36/M | |
| 50 | Lorenzo Falcone | | 295 | 41 | 727 | 36:55.7 | 37:40.2 | 11:55/M | |
| 51 | Jeffrey Snyder | | 1262 | 43 | 760 | 37:32.9 | 38:45.5 | 12:06/M | |
| 52 | Daniel Echegoyen | | 267 | 47 | 808 | 38:17.6 | 40:24.9 | 12:21/M | |
| 53 | Jeremy Mays | | 715 | 41 | 814 | 38:28.4 | 40:27.6 | 12:25/M | |
| 54 | Chad Mateer | Manheim PA | 706 | 40 | 820 | 38:36.3 | 40:21.5 | 12:27/M | |
| 55 | Dennis Delozier | | 227 | 49 | 824 | 38:38.8 | 39:27.9 | 12:28/M | |
| 56 | Scott Eavenson | | 1295 | 47 | 832 | 38:55.5 | 40:02.6 | 12:33/M | |
| 57 | John Houston | | 504 | 49 | 856 | 39:43.4 | 40:51.6 | 12:49/M | |
| 58 | Mike Skillman | | 1225 | 44 | 883 | 40:44.3 | 41:35.5 | 13:08/M | |
| 59 | Louis Rossi | Palmyra PA | 925 | 46 | 897 | 40:59.9 | 43:04.2 | 13:13/M | |
| 60 | Valentino Conte | | 184 | 42 | 904 | 41:11.5 | 42:12.9 | 13:17/M | |
| 61 | David Brubaker | | 130 | 46 | 936 | 42:20.2 | 43:20.5 | 13:39/M | |
| 62 | John Miller | | 757 | 48 | 995 | 45:18.3 | 45:52.9 | 14:37/M | |
| 63 | Ken Zeyak | | 1197 | 47 | 996 | 45:27.5 | 47:20.1 | 14:40/M | |
| 64 | Jon Sensenig | | 984 | 41 | 997 | 45:27.7 | 47:20.4 | 14:40/M | |
| 65 | Anthony Lapinski | | 633 | 40 | 999 | 45:41.0 | 48:00.1 | 14:44/M | |
| 66 | Keith Wissing | Lititz PA | 1171 | 44 | 1047 | 47:22.1 | 49:06.9 | 15:17/M | |
| 67 | Alejandro Galarza | | 333 | 44 | 1107 | 51:08.0 | 53:23.9 | 16:30/M | |
| 68 | Brent Hollinger | Manheim PA | 476 | 46 | 1131 | 52:30.8 | 55:03.1 | 16:56/M | |
| 69 | Dave Goff | | 370 | 45 | 1185 | 1:00:43.3 | 1:01:42.6 | 19:35/M | |
| 70 | Charles Yowler | | 1286 | 48 | 1193 | 1:02:25.5 | 1:02:49.2 | 20:08/M | |

Female 40 to 49

| | | | | | | | | -----Total----- | |
|-------|-------------------|--------------|--------|-----|---------|-----------|----------|-----------------|--|
| Place | Name | City | Bib No | Age | Overall | Chip Time | Gun Time | Pace | |
| 1 | * Lisa Mast | | 702 | 42 | 37 | 21:21.9 | 21:29.2 | 6:53/M | |
| 2 | Angel Brumbach | | 133 | 43 | 64 | 22:20.8 | 22:27.4 | 7:12/M | |
| 3 | Jennifer Nikolaus | Mount Joy PA | 831 | 42 | 128 | 24:59.1 | 25:12.3 | 8:04/M | |
| 4 | Diane Donnelly | | 260 | 41 | 134 | 25:06.1 | 25:37.5 | 8:06/M | |
| 5 | Wendy Fry | Mount Joy PA | 326 | 44 | 137 | 25:17.3 | 25:32.5 | 8:09/M | |
| 6 | Kimberly Kirchner | Manheim PA | 587 | 42 | 156 | 25:58.1 | 26:27.8 | 8:23/M | |
| 7 | Audrey Caleca | Lititz PA | 146 | 41 | 160 | 26:03.6 | 26:21.7 | 8:24/M | |
| 8 | Bethany Hovan | | 506 | 43 | 162 | 26:11.1 | 26:52.1 | 8:27/M | |
| 9 | Mary McGallicher | Manheim PA | 723 | 45 | 164 | 26:14.1 | 26:21.8 | 8:28/M | |
| 10 | Lori Delozier | | 228 | 42 | 183 | 26:59.4 | 27:48.2 | 8:42/M | |
| 11 | Lisa Locker | | 655 | 40 | 204 | 27:26.3 | 28:07.9 | 8:51/M | |
| 12 | Julie Steiner | | 1058 | 43 | 205 | 27:26.6 | 28:09.2 | 8:51/M | |
| 13 | Tina Lukas | | 1306 | 44 | 214 | 27:40.2 | 28:18.0 | 8:55/M | |
| 14 | Elizabeth Neifert | | 808 | 43 | 216 | 27:41.8 | 28:40.5 | 8:56/M | |
| 15 | Connie Buckwalter | Lititz PA | 137 | 46 | 225 | 27:52.8 | 27:59.4 | 8:59/M | |
| 16 | Susanne Adamchak | | 4 | 46 | 251 | 28:12.6 | 28:31.9 | 9:06/M | |
| 17 | Kori Landis | | 630 | 42 | 261 | 28:24.6 | 29:53.9 | 9:10/M | |
| 18 | Gwen Callahan | Mount Joy PA | 153 | 42 | 263 | 28:29.1 | 29:12.2 | 9:11/M | |
| 19 | Rachel Causak | Lebanon PA | 166 | 43 | 289 | 28:57.3 | 29:54.8 | 9:20/M | |

Rock N Glow 2017

Age Group Results

5K

Race Date
June 03, 2017

Female 40 to 49

| | | -----Total----- | | | | | | |
|-------|----------------------|------------------|--------|-----|---------|-----------|----------|---------|
| Place | Name | City | Bib No | Age | Overall | Chip Time | Gun Time | Pace |
| 20 | Bridget Conte | | 187 | 40 | 294 | 29:05.5 | 30:05.4 | 9:23/M |
| 21 | Jean Benedict | | 50 | 49 | 306 | 29:20.5 | 30:21.5 | 9:28/M |
| 22 | Jen Allison | | 12 | 43 | 309 | 29:23.1 | 30:25.8 | 9:29/M |
| 23 | Joann Sunderland | Manheim PA | 1078 | 44 | 319 | 29:26.5 | 30:36.4 | 9:30/M |
| 24 | Christina Myers | | 798 | 46 | 320 | 29:31.5 | 30:41.6 | 9:31/M |
| 25 | Maria Alers | Lancaster PA | 9 | 45 | 338 | 29:59.6 | 31:14.5 | 9:40/M |
| 26 | Michelle Labrecque | Ephrata PA | 615 | 48 | 350 | 30:07.6 | 30:43.1 | 9:43/M |
| 27 | Deni Weaver | | 1138 | 43 | 351 | 30:08.0 | 30:47.1 | 9:43/M |
| 28 | Melissa Nolt | | 835 | 44 | 354 | 30:10.1 | 30:31.4 | 9:44/M |
| 29 | Denise Valentine | | 1117 | 44 | 357 | 30:14.1 | 31:17.6 | 9:45/M |
| 30 | Michelle Scheler | | 965 | 45 | 360 | 30:22.8 | 31:00.7 | 9:48/M |
| 31 | Farah Hummel | | 520 | 40 | 364 | 30:26.3 | 30:57.4 | 9:49/M |
| 32 | Vill Yingst | | 1296 | 40 | 373 | 30:40.1 | 31:50.0 | 9:54/M |
| 33 | Melissa Wissler | Leola PA | 1172 | 41 | 398 | 30:58.0 | 31:14.9 | 9:59/M |
| 34 | Amy Boleski | | 89 | 43 | 421 | 31:17.9 | 32:17.1 | 10:05/M |
| 35 | Laura Wash | Lititz PA | 1136 | 44 | 428 | 31:22.9 | 32:24.5 | 10:07/M |
| 36 | Teresa Rinehart | Mt. Joy PA | 906 | 40 | 434 | 31:25.4 | 31:43.8 | 10:08/M |
| 37 | Jill Evans | | 291 | 49 | 442 | 31:34.8 | 32:13.4 | 10:11/M |
| 38 | Cynthia Freeman | | 1300 | 43 | 446 | 31:41.7 | 32:58.1 | 10:13/M |
| 39 | Leann Yoder | | 1179 | 43 | 452 | 31:54.3 | 33:24.3 | 10:17/M |
| 40 | Candi Brooks | Manheim PA | 113 | 40 | 473 | 32:16.5 | 32:54.5 | 10:25/M |
| 41 | Jodi Groff | Lancaster PA | 391 | 42 | 502 | 32:44.2 | 34:43.4 | 10:34/M |
| 42 | Diane Beaston | | 1273 | 47 | 512 | 32:55.7 | 33:59.0 | 10:37/M |
| 43 | Farah Mittel | | 777 | 40 | 533 | 33:17.5 | 34:09.5 | 10:44/M |
| 44 | Kristina Baker | Columbia PA | 28 | 47 | 539 | 33:20.7 | 35:16.5 | 10:45/M |
| 45 | Leinaala Zettlemoyer | | 1193 | 46 | 541 | 33:29.9 | 33:59.3 | 10:48/M |
| 46 | Yihsing Pan | | 857 | 48 | 565 | 34:00.2 | 35:17.4 | 10:58/M |
| 47 | Alexandra Henry | | 1308 | 40 | 574 | 34:10.0 | 35:54.0 | 11:01/M |
| 48 | Debbie Christ | | 172 | 48 | 582 | 34:22.2 | 35:06.0 | 11:05/M |
| 49 | Nicole Danz | | 214 | 44 | 585 | 34:24.4 | 35:31.5 | 11:06/M |
| 50 | Christine Binkley | New Holland PA | 70 | 43 | 590 | 34:26.6 | 35:17.8 | 11:06/M |
| 51 | Deanette Yoder | | 1178 | 47 | 594 | 34:29.5 | 35:59.1 | 11:07/M |
| 52 | Jen Patrick | Manheim PA | 861 | 43 | 601 | 34:41.0 | 35:51.8 | 11:11/M |
| 53 | Suzi Daub | | 218 | 45 | 611 | 34:45.1 | 36:16.6 | 11:13/M |
| 54 | Krista Sensenig | | 983 | 41 | 631 | 35:00.5 | 36:47.5 | 11:17/M |
| 55 | Wendy Rudder | Lititz PA | 935 | 46 | 632 | 35:01.3 | 37:00.3 | 11:18/M |
| 56 | Tammy Witmer | | 1175 | 42 | 656 | 35:24.6 | 36:25.5 | 11:25/M |
| 57 | Trina Hurst | Manheim PA | 527 | 40 | 662 | 35:29.9 | 37:26.2 | 11:27/M |
| 58 | Kristen Schattgen | | 964 | 40 | 663 | 35:31.1 | 36:34.1 | 11:27/M |
| 59 | Jennifer Kensey | | 572 | 44 | 670 | 35:40.4 | 37:03.5 | 11:30/M |
| 60 | Nickie Fasnacht | Mount Joy PA | 299 | 43 | 679 | 35:50.9 | 37:32.1 | 11:34/M |
| 61 | Shawna Hernandez | | 440 | 40 | 681 | 35:51.3 | 36:28.6 | 11:34/M |
| 62 | Corie Hynicker | Elizabethtown PA | 533 | 44 | 683 | 35:52.2 | 37:28.5 | 11:34/M |
| 63 | Tina Hartley | | 410 | 48 | 695 | 36:07.3 | 37:54.7 | 11:39/M |
| 64 | Niki Goerner | | 367 | 43 | 701 | 36:19.3 | 36:56.0 | 11:43/M |
| 65 | Fawn Davies | | 219 | 48 | 703 | 36:24.7 | 37:49.8 | 11:45/M |
| 66 | Susan Weaver | | 1139 | 48 | 731 | 37:02.3 | 37:54.3 | 11:57/M |
| 67 | Denise Maillie | | 675 | 49 | 737 | 37:08.9 | 39:08.4 | 11:59/M |
| 68 | Jennifer Inthanongsa | | 1228 | 41 | 743 | 37:10.0 | 37:22.1 | 11:59/M |
| 69 | Lisa Napierala | | 801 | 49 | 753 | 37:22.3 | 39:15.8 | 12:03/M |
| 70 | Stacey Bernstein | Lititz PA | 68 | 41 | 755 | 37:22.8 | 38:48.6 | 12:03/M |
| 71 | Gina Colella | | 179 | 47 | 756 | 37:27.0 | 38:20.7 | 12:05/M |
| 72 | Lori Imler | Lebanon PA | 536 | 45 | 761 | 37:33.4 | 38:45.5 | 12:07/M |
| 73 | Laura Meisl | | 734 | 45 | 770 | 37:45.2 | 39:29.1 | 12:11/M |
| 74 | Cindy Smith | | 1023 | 43 | 774 | 37:46.5 | 39:16.2 | 12:11/M |
| 75 | Amy Arms | | 19 | 40 | 776 | 37:48.7 | 38:16.7 | 12:12/M |
| 76 | Sheri Horner | Lititz PA | 495 | 44 | 790 | 38:03.2 | 38:29.9 | 12:16/M |
| 77 | Jessica Falcone | | 294 | 41 | 805 | 38:16.4 | 39:01.9 | 12:21/M |
| 78 | Heather Gallagher | | 335 | 44 | 810 | 38:25.1 | 39:59.6 | 12:24/M |
| 79 | Cindy Zeyak | | 1195 | 43 | 819 | 38:35.2 | 40:26.9 | 12:27/M |
| 80 | Sheila Kahler | | 547 | 40 | 827 | 38:43.5 | 38:43.5 | 12:29/M |
| 81 | Kim Spangle | York PA | 1041 | 47 | 837 | 38:58.7 | 39:16.6 | 12:34/M |
| 82 | Sue Cammauf | | 154 | 45 | 840 | 39:03.4 | 40:24.3 | 12:36/M |
| 83 | Kirsten Kormos | Manheim PA | 605 | 46 | 849 | 39:39.1 | 40:49.8 | 12:47/M |
| 84 | Jennifer Scot | | 977 | 48 | 850 | 39:39.9 | 41:37.1 | 12:47/M |
| 85 | Jessica Widrick | Columbia PA | 1154 | 44 | 852 | 39:41.9 | 41:08.7 | 12:48/M |
| 86 | Jen Chesney | | 168 | 40 | 857 | 39:44.1 | 40:49.0 | 12:49/M |
| 87 | Panayiota Gavala | | 349 | 48 | 859 | 39:46.3 | 41:56.3 | 12:50/M |
| 88 | Gayle Merkt | Elizabethtown PA | 744 | 44 | 868 | 40:18.1 | 41:41.8 | 13:00/M |
| 89 | Beth Rossi | Palmyra PA | 926 | 48 | 874 | 40:26.2 | 42:30.4 | 13:03/M |
| 90 | Betsy Martinez | | 698 | 44 | 881 | 40:41.1 | 41:18.8 | 13:07/M |
| 91 | Karen Musser | | 794 | 49 | 901 | 41:07.6 | 41:48.2 | 13:16/M |
| 92 | Kate Rouse | | 932 | 46 | 914 | 41:28.0 | 42:50.0 | 13:23/M |
| 93 | Tammy Miller | | 756 | 46 | 921 | 41:50.1 | 42:23.1 | 13:30/M |
| 94 | Jennifer Fittery | | 308 | 44 | 930 | 42:06.4 | 42:52.9 | 13:35/M |
| 95 | Cindy Howe | | 510 | 42 | 931 | 42:14.1 | 42:39.9 | 13:37/M |

Rock N Glow 2017

Age Group Results

5K

Race Date
June 03, 2017

Female 40 to 49

| | | | | | | | | -----Total----- | |
|-------|----------------------|------------------|--------|-----|---------|-----------|-----------|-----------------|--|
| Place | Name | City | Bib No | Age | Overall | Chip Time | Gun Time | Pace | |
| 96 | Nichole McCabe | Manheim PA | 1211 | 43 | 941 | 42:48.9 | 43:57.8 | 13:48/M | |
| 97 | Tracey Johnson | | 544 | 45 | 955 | 43:21.1 | 45:22.1 | 13:59/M | |
| 98 | Kristyn Stackhouse | Elizabethtown PA | 1050 | 43 | 960 | 43:30.4 | 44:48.7 | 14:02/M | |
| 99 | Tiffany Krum | Manheim PA | 612 | 41 | 964 | 43:34.0 | 44:05.1 | 14:03/M | |
| 100 | Stacey Marley | Manheim PA | 679 | 46 | 965 | 43:34.0 | 44:05.0 | 14:03/M | |
| 101 | Tanya Rolinski | | 921 | 41 | 969 | 43:48.5 | 44:21.5 | 14:08/M | |
| 102 | Beth Miller | | 769 | 49 | 972 | 43:52.1 | 45:05.7 | 14:09/M | |
| 103 | Judith Bitner | Mount Joy PA | 72 | 48 | 990 | 44:45.8 | 46:58.0 | 14:26/M | |
| 104 | Melissa Martin | Lancaster PA | 695 | 43 | 1003 | 45:55.0 | 47:21.5 | 14:49/M | |
| 105 | Melissa Lapinski | | 632 | 41 | 1007 | 46:00.3 | 48:19.4 | 14:50/M | |
| 106 | Cindy Kennedy | | 570 | 47 | 1011 | 46:10.4 | 47:24.2 | 14:54/M | |
| 107 | Teresa Brown | | 120 | 45 | 1033 | 46:41.8 | 47:05.8 | 15:04/M | |
| 108 | Bela Desai | | 236 | 48 | 1038 | 46:59.5 | 48:22.3 | 15:09/M | |
| 109 | Anja Najera | | 1297 | 46 | 1046 | 47:19.5 | 48:29.9 | 15:16/M | |
| 110 | Megan Echterling | | 270 | 42 | 1057 | 47:41.3 | 49:14.2 | 15:23/M | |
| 111 | Christine Hosler | Columbia PA | 502 | 40 | 1059 | 47:48.6 | 49:21.2 | 15:25/M | |
| 112 | Theresa Ilaria | | 535 | 47 | 1063 | 48:05.8 | 49:30.8 | 15:31/M | |
| 113 | Tammy Rutherford | | 937 | 43 | 1073 | 48:48.3 | 50:13.7 | 15:45/M | |
| 114 | Sherry Farmer | Manheim PA | 297 | 42 | 1082 | 49:10.6 | 49:18.3 | 15:52/M | |
| 115 | Laurie Pychewicz | | 883 | 46 | 1085 | 49:15.7 | 51:15.8 | 15:53/M | |
| 116 | Theresa Engelbert | | 283 | 41 | 1089 | 49:35.4 | 51:38.0 | 16:00/M | |
| 117 | Lori Ward | | 1132 | 44 | 1104 | 50:57.3 | 53:26.8 | 16:26/M | |
| 118 | Jenna Jacobs | | 542 | 48 | 1116 | 52:01.7 | 54:05.5 | 16:47/M | |
| 119 | Ashley Barnett | | 37 | 43 | 1121 | 52:14.9 | 53:20.3 | 16:51/M | |
| 120 | Cathy Patterson | Manheim PA | 863 | 41 | 1127 | 52:23.2 | 54:38.4 | 16:54/M | |
| 121 | Jacqueline Rodriguez | | 917 | 42 | 1143 | 55:23.8 | 57:49.5 | 17:52/M | |
| 122 | Jody Miller | | 772 | 49 | 1147 | 55:59.2 | 57:49.6 | 18:04/M | |
| 123 | Holly Weaver | | 1141 | 41 | 1156 | 58:13.4 | 1:00:30.7 | 18:47/M | |
| 124 | Pamela Blickle | | 82 | 46 | 1169 | 59:20.7 | 1:01:40.0 | 19:08/M | |
| 125 | Penny Leschner | Denver PA | 642 | 46 | 1173 | 59:23.8 | 1:01:39.3 | 19:09/M | |
| 126 | Jennifer Goff | Manheim PA | 369 | 45 | 1184 | 1:00:42.2 | 1:01:41.6 | 19:35/M | |
| 127 | Tina Huber | | 513 | 48 | 1190 | 1:01:24.8 | 1:03:04.4 | 19:48/M | |
| 128 | Kimberly Miller | | 758 | 46 | 1201 | 1:03:55.1 | 1:04:27.5 | 20:37/M | |

Male 50 to 59

| | | | | | | | | -----Total----- | |
|-------|--------------------|---------------|--------|-----|---------|-----------|----------|-----------------|--|
| Place | Name | City | Bib No | Age | Overall | Chip Time | Gun Time | Pace | |
| 1 | * Jeff Shenk | | 1003 | 53 | 17 | 20:16.1 | 20:22.2 | 6:32/M | |
| 2 | John Knier Jr | | 601 | 55 | 28 | 21:02.2 | 21:06.5 | 6:47/M | |
| 3 | Brian Reed | Manheim PA | 890 | 55 | 95 | 24:00.1 | 24:34.1 | 7:45/M | |
| 4 | Peter O'Donoghue | | 1226 | 56 | 99 | 24:13.3 | 24:19.2 | 7:49/M | |
| 5 | James Boon | | 93 | 50 | 148 | 25:36.5 | 25:55.4 | 8:15/M | |
| 6 | Ted Gavala | Manheim PA | 348 | 54 | 163 | 26:12.0 | 28:44.7 | 8:27/M | |
| 7 | Brian Stone | | 1069 | 53 | 179 | 26:52.7 | 26:52.7 | 8:40/M | |
| 8 | Stan Wisler | | 1169 | 59 | 187 | 27:06.3 | 28:15.9 | 8:45/M | |
| 9 | Marc Robeson | Manheim PA | 916 | 52 | 274 | 28:38.5 | 28:54.2 | 9:14/M | |
| 10 | Timothy Darling | Hershey PA | 217 | 57 | 276 | 28:40.3 | 28:54.0 | 9:15/M | |
| 11 | Donavon Graybill | Lititz PA | 1318 | 58 | 318 | 29:25.9 | 29:46.1 | 9:29/M | |
| 12 | Mark Gottlieb | | 378 | 56 | 325 | 29:40.9 | 30:28.7 | 9:34/M | |
| 13 | Mark Deller | | 225 | 58 | 327 | 29:43.3 | 29:53.7 | 9:35/M | |
| 14 | Scott Miller | Manheim PA | 751 | 52 | 385 | 30:53.7 | 31:09.4 | 9:58/M | |
| 15 | John Wimer | York PA | 1162 | 51 | 400 | 30:59.0 | 31:23.2 | 10:00/M | |
| 16 | Doug Sanders | | 951 | 55 | 408 | 31:07.0 | 32:00.9 | 10:02/M | |
| 17 | Duane Evans | | 290 | 50 | 443 | 31:36.8 | 32:15.4 | 10:12/M | |
| 18 | Brian Hoerner | Harrisburg PA | 456 | 58 | 562 | 33:57.9 | 34:10.6 | 10:57/M | |
| 19 | Scot Ash | East Earl PA | 1281 | 57 | 604 | 34:42.4 | 36:17.6 | 11:12/M | |
| 20 | Steve Heckman | | 417 | 50 | 612 | 34:45.3 | 35:47.2 | 11:13/M | |
| 21 | Alan Roberts | Lititz PA | 915 | 57 | 702 | 36:21.0 | 38:02.8 | 11:44/M | |
| 22 | Stuart Brown | | 121 | 54 | 711 | 36:36.5 | 37:21.3 | 11:48/M | |
| 23 | Jeffrey Hendershot | PA | 432 | 53 | 724 | 36:52.9 | 37:09.3 | 11:54/M | |
| 24 | James Brennan | | 107 | 52 | 752 | 37:21.9 | 39:15.5 | 12:03/M | |
| 25 | Terry Slagle | | 1317 | 58 | 772 | 37:46.2 | 38:18.9 | 12:11/M | |
| 26 | Dave Gurdus | | 395 | 53 | 853 | 39:42.5 | 41:52.4 | 12:48/M | |
| 27 | Jack Martinez | | 700 | 52 | 879 | 40:40.3 | 41:18.7 | 13:07/M | |
| 28 | Dave Heeter | Annaville PA | 423 | 51 | 939 | 42:44.7 | 44:01.6 | 13:47/M | |
| 29 | Delwayne Becker | | 48 | 54 | 1000 | 45:50.0 | 47:46.8 | 14:47/M | |
| 30 | Craig Wise | Lancaster PA | 1168 | 50 | 1004 | 45:55.6 | 47:22.4 | 14:49/M | |
| 31 | Pratik Desai | | 238 | 52 | 1040 | 47:00.0 | 48:22.6 | 15:10/M | |
| 32 | Bill Lukas | | 1307 | 54 | 1042 | 47:06.1 | 47:06.1 | 15:12/M | |
| 33 | Stan Patton | | 865 | 51 | 1056 | 47:37.1 | 49:09.2 | 15:22/M | |
| 34 | Shane Keeny | | 563 | 50 | 1124 | 52:16.4 | 53:50.1 | 16:52/M | |
| 35 | Jim Shenk | | 1001 | 58 | 1136 | 54:03.0 | 56:23.9 | 17:26/M | |

Rock N Glow 2017

Age Group Results

5K

Race Date
June 03, 2017

Male 50 to 59

| | | -----Total----- | | | | | | |
|-------|--------------|-----------------|--------|-----|---------|-----------|-----------|---------|
| Place | Name | City | Bib No | Age | Overall | Chip Time | Gun Time | Pace |
| 36 | James Blough | | 86 | 50 | 1182 | 1:00:35.6 | 1:02:57.9 | 19:33/M |
| 37 | Dave Huber | Manheim PA | 512 | 51 | 1192 | 1:01:26.8 | 1:03:05.3 | 19:49/M |

Female 50 to 59

| | | -----Total----- | | | | | | |
|-------|-------------------------|------------------|--------|-----|---------|-----------|-----------|---------|
| Place | Name | City | Bib No | Age | Overall | Chip Time | Gun Time | Pace |
| 1 | * Michele Criste | | 1293 | 51 | 145 | 25:33.9 | 25:43.4 | 8:15/M |
| 2 | Lori Switzer | Ephrata PA | 1083 | 53 | 271 | 28:35.9 | 29:17.0 | 9:13/M |
| 3 | Susan Graver | Lancaster PA | 380 | 53 | 272 | 28:36.0 | 29:15.6 | 9:14/M |
| 4 | Pamela Hertzog | Marietta PA | 445 | 52 | 275 | 28:39.2 | 28:53.0 | 9:15/M |
| 5 | Sue Senter | Manheim PA | 988 | 54 | 349 | 30:07.6 | 31:22.3 | 9:43/M |
| 6 | Mary Miller | Manheim PA | 752 | 52 | 383 | 30:53.3 | 31:08.9 | 9:58/M |
| 7 | Elaine Brenner | | 110 | 52 | 384 | 30:53.6 | 31:04.9 | 9:58/M |
| 8 | Ena Banks | Lititz PA | 31 | 57 | 413 | 31:11.8 | 31:28.4 | 10:04/M |
| 9 | Christine Shimer | Manheim PA | 1008 | 50 | 427 | 31:21.7 | 33:05.0 | 10:07/M |
| 10 | Michelle Quino-Drescher | | 885 | 52 | 438 | 31:27.9 | 32:51.9 | 10:09/M |
| 11 | Cheryl Heverling | Palmyra PA | 447 | 53 | 538 | 33:19.7 | 35:23.1 | 10:45/M |
| 12 | Missy Eavenson | | 1298 | 51 | 558 | 33:48.4 | 34:55.7 | 10:54/M |
| 13 | Amy Miller | Mount Joy PA | 753 | 56 | 563 | 33:59.0 | 35:26.2 | 10:58/M |
| 14 | Patti Sensenig | | 981 | 51 | 575 | 34:12.2 | 35:59.3 | 11:02/M |
| 15 | Ann Ash | East Earl PA | 1280 | 56 | 603 | 34:42.4 | 36:17.6 | 11:12/M |
| 16 | Cheryl Good | Mount Joy PA | 377 | 53 | 654 | 35:23.8 | 36:39.7 | 11:25/M |
| 17 | Cheryl Eshelman | | 287 | 54 | 655 | 35:24.0 | 36:39.8 | 11:25/M |
| 18 | Gloria Martin | | 692 | 54 | 686 | 35:59.2 | 37:32.6 | 11:36/M |
| 19 | Deb Kauffman | | 554 | 57 | 705 | 36:29.0 | 38:32.3 | 11:46/M |
| 20 | Jessica Rivers | | 914 | 51 | 707 | 36:30.4 | 37:47.6 | 11:46/M |
| 21 | Kim Dicostanzo | | 245 | 55 | 708 | 36:31.9 | 37:56.6 | 11:47/M |
| 22 | Karen Nolt | | 837 | 55 | 729 | 36:59.6 | 37:21.7 | 11:56/M |
| 23 | Jayne Pavlik | | 868 | 50 | 733 | 37:05.5 | 39:07.1 | 11:58/M |
| 24 | Heather Stone | Lancaster PA | 1068 | 50 | 765 | 37:36.1 | 38:42.3 | 12:08/M |
| 25 | Kimberly Donaldson | | 259 | 54 | 778 | 37:49.2 | 38:17.6 | 12:12/M |
| 26 | Wendle Miller | | 759 | 56 | 796 | 38:11.3 | 40:01.1 | 12:19/M |
| 27 | Wendle Miller | | 760 | 56 | 806 | 38:16.5 | 40:02.1 | 12:21/M |
| 28 | Dolores Kolesar | | 1316 | 57 | 807 | 38:17.4 | 38:17.4 | 12:21/M |
| 29 | Virginia Wilson | | 1301 | 53 | 844 | 39:17.3 | 40:30.1 | 12:40/M |
| 30 | Lisa Houston | | 505 | 50 | 851 | 39:41.4 | 40:49.9 | 12:48/M |
| 31 | Michele Stipe | Lititz PA | 1062 | 53 | 861 | 39:56.0 | 41:50.2 | 12:53/M |
| 32 | Carolyn Fitzkee | Manheim PA | 314 | 50 | 873 | 40:23.7 | 42:08.4 | 13:02/M |
| 33 | Gwen Newell | Manheim PA | 823 | 50 | 905 | 41:13.0 | 41:49.6 | 13:18/M |
| 34 | Pam Klopp | | 597 | 53 | 918 | 41:35.6 | 42:51.2 | 13:25/M |
| 35 | Wendy Grazan | Manheim PA | 381 | 59 | 943 | 43:01.1 | 43:51.6 | 13:53/M |
| 36 | Donna Wisler | | 1170 | 59 | 953 | 43:19.5 | 44:29.6 | 13:58/M |
| 37 | Jackie Wilson | | 1161 | 54 | 962 | 43:31.4 | 45:28.1 | 14:02/M |
| 38 | Jeanne Millhouse | Lancaster PA | 1303 | 56 | 963 | 43:31.6 | 45:28.1 | 14:02/M |
| 39 | Karen McCarter | | 716 | 59 | 975 | 43:58.1 | 45:35.6 | 14:11/M |
| 40 | Condessa Flawd | | 318 | 58 | 976 | 43:59.8 | 44:17.2 | 14:11/M |
| 41 | Nancy Becker | Elizabethtown PA | 46 | 53 | 978 | 44:12.0 | 46:05.9 | 14:15/M |
| 42 | Shelly Budde | Mechanicsburg PA | 138 | 51 | 985 | 44:43.5 | 46:23.7 | 14:25/M |
| 43 | Kathy Perrier | Hummelstown PA | 872 | 50 | 986 | 44:44.5 | 46:23.4 | 14:26/M |
| 44 | Linda Karns | Manheim PA | 552 | 54 | 1019 | 46:23.4 | 47:58.0 | 14:58/M |
| 45 | Diane Knepp | Manheim PA | 599 | 59 | 1022 | 46:26.7 | 47:58.1 | 14:59/M |
| 46 | Lori Proctor | | 879 | 50 | 1031 | 46:37.2 | 47:55.5 | 15:02/M |
| 47 | Lisa Sanders | Lancaster PA | 952 | 53 | 1032 | 46:39.0 | 47:53.5 | 15:03/M |
| 48 | Maria Kapsak | | 551 | 50 | 1064 | 48:05.8 | 49:31.0 | 15:31/M |
| 49 | Amy Addams | Elizabethtown PA | 5 | 52 | 1070 | 48:40.6 | 50:21.4 | 15:42/M |
| 50 | Ann Fesenmyer | | 303 | 56 | 1091 | 49:45.1 | 50:38.7 | 16:03/M |
| 51 | Karen Lewis | | 645 | 56 | 1095 | 49:51.8 | 51:28.2 | 16:05/M |
| 52 | Doreen Obetz | | 843 | 57 | 1096 | 49:51.9 | 51:27.8 | 16:05/M |
| 53 | Rochelle Stuter | Middletown PA | 1076 | 58 | 1113 | 51:51.9 | 54:16.0 | 16:44/M |
| 54 | Sherie Eckardt | Coatsville PA | 272 | 54 | 1119 | 52:14.3 | 53:19.8 | 16:51/M |
| 55 | Belinda Keeny | | 564 | 52 | 1125 | 52:16.5 | 53:50.0 | 16:52/M |
| 56 | Joann Hoffheins | | 462 | 50 | 1129 | 52:23.5 | 54:37.2 | 16:54/M |
| 57 | Alvina Osman | Enola PA | 851 | 50 | 1130 | 52:26.8 | 54:37.2 | 16:55/M |
| 58 | Kim Shenk | | 1002 | 54 | 1137 | 54:03.8 | 56:24.5 | 17:26/M |
| 59 | Carl Miller | | 771 | 55 | 1195 | 1:02:38.1 | 1:05:04.5 | 20:12/M |
| 60 | Brenda Miller | | 770 | 53 | 1196 | 1:02:38.3 | 1:05:04.6 | 20:12/M |
| 61 | Denise Biddinoer | | 1251 | 54 | 1198 | 1:03:17.1 | 1:04:24.7 | 20:25/M |

Male 60 to 69

| | | | | | | | | | -----Total----- | |
|-------|------------------|--------------|--------|-----|---------|-----------|----------|---------|-----------------|--|
| Place | Name | City | Bib No | Age | Overall | Chip Time | Gun Time | Pace | | |
| 1 | * Jim Knauss | | 598 | 60 | 75 | 23:02.0 | 23:08.9 | 7:26/M | | |
| 2 | Glenn Nolt | Manheim PA | 836 | 67 | 105 | 24:21.5 | 24:21.5 | 7:51/M | | |
| 3 | Tom Blanck | Manheim PA | 76 | 60 | 192 | 27:14.5 | 27:29.6 | 8:47/M | | |
| 4 | Phil Huber | Manheim PA | 514 | 61 | 212 | 27:33.5 | 27:46.3 | 8:53/M | | |
| 5 | Don Doster | | 1266 | 62 | 217 | 27:42.7 | 28:13.9 | 8:56/M | | |
| 6 | Larry Yoder | | 1180 | 68 | 346 | 30:06.0 | 31:04.5 | 9:43/M | | |
| 7 | Charles Hosler | | 503 | 60 | 370 | 30:36.8 | 32:04.3 | 9:52/M | | |
| 8 | Scott Shelley | | 998 | 63 | 447 | 31:42.2 | 32:49.0 | 10:14/M | | |
| 9 | Thomas Gates | Myerstown PA | 347 | 63 | 555 | 33:43.7 | 34:59.8 | 10:53/M | | |
| 10 | David Dietz | Lititz PA | 247 | 61 | 599 | 34:32.2 | 35:45.6 | 11:08/M | | |
| 11 | John C Trovato | Manheim PA | 1106 | 61 | 648 | 35:18.6 | 36:33.6 | 11:23/M | | |
| 12 | James Kilneffer | | 1284 | 65 | 709 | 36:35.4 | 36:35.4 | 11:48/M | | |
| 13 | William Sheaffer | | 995 | 65 | 946 | 43:10.1 | 45:14.5 | 13:55/M | | |
| 14 | Bob Long | Myerstown PA | 1271 | 60 | 989 | 44:45.5 | 45:42.1 | 14:26/M | | |
| 15 | John Koval | | 607 | 63 | 1072 | 48:45.2 | 50:50.8 | 15:44/M | | |

Female 60 to 69

| | | | | | | | | | -----Total----- | |
|-------|-----------------|--------------------|--------|-----|---------|-----------|-----------|---------|-----------------|--|
| Place | Name | City | Bib No | Age | Overall | Chip Time | Gun Time | Pace | | |
| 1 | * Sharon Dietz | Lititz PA | 248 | 60 | 450 | 31:48.7 | 33:02.2 | 10:15/M | | |
| 2 | Gail Campbell | Manheim PA | 156 | 60 | 515 | 32:56.9 | 33:04.9 | 10:37/M | | |
| 3 | Frances Jeblee | | 1283 | 60 | 605 | 34:42.8 | 36:17.6 | 11:12/M | | |
| 4 | Betsy Kemper | | 569 | 65 | 664 | 35:32.1 | 37:40.8 | 11:28/M | | |
| 5 | Margaret Warner | | 1135 | 63 | 736 | 37:07.6 | 38:22.6 | 11:58/M | | |
| 6 | Leslie Aikens | | 7 | 60 | 762 | 37:34.2 | 37:55.9 | 12:07/M | | |
| 7 | Donna Delcollo | Lancaster PA | 224 | 60 | 792 | 38:04.8 | 39:12.1 | 12:17/M | | |
| 8 | Sandra Nauman | | 804 | 66 | 948 | 43:13.3 | 45:13.8 | 13:56/M | | |
| 9 | Donna Nixdorf | | 833 | 63 | 974 | 43:57.9 | 44:16.5 | 14:11/M | | |
| 10 | Jerri May | East Petersburg PA | 712 | 64 | 1012 | 46:11.5 | 47:40.5 | 14:54/M | | |
| 11 | Donna Gerhard | Manheim PA | 361 | 66 | 1020 | 46:23.7 | 47:58.0 | 14:58/M | | |
| 12 | Pamela Miller | | 767 | 60 | 1034 | 46:42.0 | 47:06.0 | 15:04/M | | |
| 13 | Ann Koval | | 608 | 61 | 1071 | 48:44.7 | 50:49.9 | 15:43/M | | |
| 14 | Cindy Shaub | | 992 | 61 | 1157 | 58:16.4 | 1:00:31.1 | 18:48/M | | |
| 15 | Patty Ginder | | 365 | 66 | 1158 | 58:16.7 | 1:00:31.0 | 18:48/M | | |
| 16 | Karen Oglesby | Reading PA | 844 | 61 | 1176 | 1:00:04.3 | 1:02:24.8 | 19:23/M | | |
| 17 | Judy Dengler | Reinholds PA | 231 | 64 | 1177 | 1:00:04.7 | 1:02:24.9 | 19:23/M | | |

Male 70 and over

| | | | | | | | | | -----Total----- | |
|-------|-------------------|-------------|--------|-----|---------|-----------|----------|--------|-----------------|--|
| Place | Name | City | Bib No | Age | Overall | Chip Time | Gun Time | Pace | | |
| 1 | * Geams Blevins | Lititz PA | 81 | 70 | 213 | 27:35.0 | 28:12.4 | 8:54/M | | |
| 2 | Howard Hockenbury | Cornwall PA | 454 | 76 | 371 | 30:38.1 | 31:26.3 | 9:53/M | | |