

2019 Frozen Foot RC 2

Race Date

February 17, 2019

Overall Finish List

10K

Place								-----Total-----		
Overall	Name	City	Bib No	Age	Gen	AG Place	Chip Time	Gun Time	Pace	
1	Alex Pearson		1141	33	M	1 Open	34:04.2	34:04.2	5:35/M	
2	Brad Sweigart	Mechanicsburg PA	1450	29	M	1 25-29	34:25.4	34:25.6	5:39/M	
3	Blair Williams	Carlisle PA	1455	29	M	2 25-29	38:54.9	38:55.4	6:23/M	
4	Jay McMillan	Columbia PA	1421	46	M	1 Masters	39:49.2	39:49.2	6:31/M	
5	Travis Hess	Lititz PA	1406	45	M	1 45-49	41:37.2	41:38.9	6:49/M	
6	Gale Hess		1139	40	M	1 40-44	42:04.7	42:05.1	6:54/M	
7	Isaac Traina	Lebanon PA	1451	15	M	1 15-19	42:08.0	42:10.8	6:54/M	
8	Derek Rozanski	Middletown PA	1438	27	M	3 25-29	42:08.9	42:08.9	6:54/M	
9	Katherine Frantz	White Hall MD	1392	32	F	1 Open	42:21.9	42:21.9	6:57/M	
10	Jacob Buffington	Middletown PA	1372	17	M	2 15-19	42:36.6	42:39.5	6:59/M	
11	Michael Phillips	Lititz PA	1429	42	M	2 40-44	42:48.1	42:53.0	7:01/M	
12	Juliana Ross		1460	25	F	1 25-29	42:52.5	42:53.8	7:02/M	
13	John Gilbert	Palmyra PA	1398	50	M	1 50-54	44:58.1	45:03.7	7:22/M	
14	Doug Boswell	Camp Hill PA	1369	34	M	1 30-34	45:14.6	45:21.4	7:25/M	
15	Alicia Brumbach	Lancaster PA	1371	35	F	1 35-39	45:54.0	45:55.6	7:31/M	
16	Denise McMillan	Columbia PA	1420	47	F	1 Masters	46:34.0	46:34.0	7:37/M	
17	Kyle Smail	Elizabethtown PA	1443	26	M	4 25-29	47:43.4	47:54.1	7:49/M	
18	Sarah Brendle	Landisville PA	1370	38	F	2 35-39	48:14.6	48:15.9	7:54/M	
19	Heidi Kirsch	Columbia MD	1409	40	F	1 40-44	49:01.9	49:13.2	8:02/M	
20	Bridget Fox	Duncannon PA	1391	25	F	2 25-29	49:05.6	49:29.0	8:03/M	
21	Megan Gotowski	Highland Park NJ	1400	28	F	3 25-29	50:08.8	50:10.8	8:13/M	
22	Chris Lammando	Elizabethtown PA	1414	48	M	2 45-49	50:24.0	51:06.7	8:16/M	
23	Karen Moore	Perkiomenville PA	1423	51	F	1 50-54	50:48.8	50:56.0	8:20/M	
24	Brenda Spackman	Mount Joy PA	1448	43	F	2 40-44	50:58.4	51:09.8	8:21/M	
25	Brett Kehler	Elizabethtown PA	1408	41	M	3 40-44	51:35.1	51:38.2	8:27/M	
26	Erin Mengel	New Cumberland PA	1422	45	F	1 45-49	51:52.2	51:55.7	8:30/M	
27	Sharon Smith	Mechanicsburg PA	1446	47	F	2 45-49	51:57.9	52:01.1	8:31/M	
28	Andrew Wisniewski	Mountville PA	1456	38	M	1 35-39	51:59.3	52:37.1	8:31/M	
29	Nicole Smith	Milford NJ	1445	34	F	1 30-34	52:16.5	52:28.5	8:34/M	
30	James Smith	Elizabethtown PA	1444	41	M	4 40-44	52:17.7	52:25.3	8:34/M	
31	Brianna Komiske	Sykesville MD	1413	20	F	1 20-24	52:26.5	52:40.2	8:36/M	
32	James Drumm	Quarryville PA	1384	54	M	2 50-54	52:34.9	52:38.4	8:37/M	
33	Melanie Hemmings	Marietta PA	1405	28	F	4 25-29	52:35.8	53:00.3	8:37/M	
34	Jessica Trimble	Mount Joy PA	1452	33	F	2 30-34	52:39.4	52:51.9	8:38/M	
35	Kristina Fulton	Lancaster PA	1395	35	F	3 35-39	52:41.3	52:43.8	8:38/M	
36	Sean Fitzsimmons	Morgantown WV	1387	47	M	3 45-49	53:59.9	54:13.1	8:51/M	
37	Amie Mull	Lititz PA	1425	45	F	3 45-49	54:23.6	54:28.6	8:55/M	
38	Tara Wright	Mount Joy PA	1458	37	F	4 35-39	54:25.2	54:56.6	8:55/M	
39	Fred Kohler	Lancaster PA	1412	65	M	1 65-69	55:09.3	55:13.7	9:02/M	
40	Melissa Nolt	Mount Joy PA	1426	46	F	4 45-49	56:19.5	56:30.8	9:14/M	
41	Dakota Bender	Manheim PA	1367	15	M	3 15-19	56:25.7	56:28.7	9:15/M	
42	Mark Laufer	Mountville PA	1415	61	M	1 60-64	56:34.4	56:40.9	9:16/M	
43	Jacqui Derr	Ickesburg PA	1382	35	F	5 35-39	56:43.9	57:13.0	9:18/M	
44	Gary Gehret		1140	62	M	2 60-64	56:57.3	57:06.7	9:20/M	
45	Rebecca Bishop-Gassert	Mechanicsburg PA	1368	35	F	6 35-39	57:10.2	57:14.5	9:22/M	
46	Kathy Sauer	Lancaster PA	1440	42	F	3 40-44	57:16.7	57:41.4	9:23/M	
47	Lori Klein	Lebanon PA	1410	44	F	4 40-44	57:28.4	57:39.5	9:25/M	
48	Melissa Wisniewski	Mountville PA	1457	36	F	7 35-39	57:57.1	58:34.6	9:30/M	
49	Joshua Huber	Elizabethtown PA	1407	36	M	2 35-39	58:08.0	58:25.7	9:32/M	
50	Christine Foreman	Hummelstown PA	1390	59	F	1 55-59	58:17.1	58:24.3	9:33/M	
51	David Schleifenheimer		1145	24	M	1 20-24	58:22.9	58:31.5	9:34/M	
52	Kate Parker	Lititz PA	1427	32	F	3 30-34	58:43.1	59:11.8	9:38/M	
53	Don Pu	Harrisburg PA	1436	30	M	2 30-34	59:39.5	59:57.9	9:47/M	
54	Jessica Gustafson	Mount Joy PA	1403	34	F	4 30-34	59:49.1	59:57.7	9:48/M	
55	Stephen Fean	Glenmoore PA	1386	31	M	3 30-34	59:57.0	1:00:06.0	9:50/M	
56	Nick Bybel		1142	60	M	3 60-64	1:00:55.5	1:01:05.1	9:59/M	
57	Sharon Young	York Haven PA	1459	48	F	5 45-49	1:00:56.6	1:01:07.0	9:59/M	
58	Ashley Klick	Myerstown PA	1926	33	F	5 30-34	1:01:21.8	1:01:53.0	10:03/M	
59	Christina Helfrick	Mount Joy PA	1404	36	F	8 35-39	1:03:11.8	1:03:40.9	10:21/M	
60	Ashley Martin	York SC	1419	25	F	5 25-29	1:03:30.0	1:03:34.2	10:25/M	
61	Joanna Adams	Havre De Grace MD	1365	29	F	6 25-29	1:03:43.5	1:04:07.3	10:27/M	
62	Angela Adams	Aberdeen MD	1364	31	F	6 30-34	1:03:46.2	1:04:10.1	10:27/M	
63	Maureen Fairbanks		1144	53	F	2 50-54	1:04:20.6	1:04:28.9	10:33/M	
64	Michael Fleming	Marietta PA	1389	29	M	5 25-29	1:05:27.5	1:05:44.2	10:44/M	
65	Micheal Stackhouse	Elizabethtown PA	1449	49	F	6 45-49	1:06:15.3	1:06:53.5	10:52/M	
66	Gary Stern		1138	67	M	2 65-69	1:07:39.4	1:07:51.7	11:05/M	
67	Robert Rabuck	Harrisburg PA	2008	60	M	4 60-64	1:08:03.1	1:08:21.8	11:09/M	

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Race Date
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Overall Finish List

10K

Place							-----Total-----		
Overall	Name	City	Bib No	Age	Gen	AG Place	Chip Time	Gun Time	Pace
68	John Commander	New Holland PA	1377	72	M	1 70-99	1:09:01.7	1:09:14.3	11:19/M
69	Mimi Plona	Lemoyne PA	1432	58	F	2 55-59	1:12:49.7	1:13:13.2	11:56/M
70	Marisa Wagner	Lititz PA	1454	27	F	7 25-29	1:12:57.6	1:13:16.0	11:58/M
71	Kelly Litofsky	Lititz PA	1416	49	F	7 45-49	1:14:15.9	1:14:32.3	12:10/M
72	Angie Shultz	Lebanon PA	1441	37	F	9 35-39	1:15:23.9	1:15:55.5	12:21/M
73	Sue (ittleson) Maloney	Palmyra PA	1363	42	F	5 40-44	1:15:24.3	1:15:55.6	12:22/M
74	Nora Frisk	Mercer PA	1393	36	F	10 35-39	1:16:53.6	1:17:07.0	12:36/M
75	Traci Glover	Mount Joy PA	1399	50	F	3 50-54	1:23:51.5	1:24:25.8	13:45/M
76	Tina Pope	Cochranville PA	1434	62	F	1 60-64	1:27:30.4	1:28:09.2	14:21/M
77	Christina Davis	Seven Valleys PA	1380	49	F	8 45-49	1:27:31.4	1:28:09.8	14:21/M
78	Larry Portzline	Camp Hill PA	1435	57	M	1 55-59	1:38:59.3	1:39:44.6	16:14/M