

2019 Frozen Foot Race 3

Age Group Results

5K

Race Date
March 17, 2019

Female Open Winners

						-----Total-----		
<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	Amanda Kane		123	32	11	19:52.4	19:52.4	6:24/M

Male Open Winners

						-----Total-----		
<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	Lyle Stauffer	Ephrata PA	248	37	1	16:26.4	16:26.4	5:18/M

Female Masters Winners

						-----Total-----		
<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	Jen Wagner	Lititz PA	270	45	17	21:00.9	21:00.9	6:46/M

Male Masters Winners

						-----Total-----		
<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	Kurt Degoede	Mount Joy PA	44	49	5	18:15.2	18:15.2	5:53/M

2019 Frozen Foot Race 3

Age Group Results

5K

Race Date
March 17, 2019

Female No Age Provided

		-----Total-----						
Place	Name	City	Bib No	Age	Overall	Chip Time	Gun Time	Pace
1	Erika Zinkan	Middletown PA	293	0	194	35:22.0	35:24.9	11:25/M

Female 14 and Under

		-----Total-----						
Place	Name	City	Bib No	Age	Overall	Chip Time	Gun Time	Pace
1	* Katie Hook	Elizabethtown PA	111	14	45	24:00.7	24:06.4	7:45/M
2	* Tessa Cronin	Elizabethtown PA	37	12	59	25:21.5	25:29.7	8:11/M
3	* Alessandra Luffy	Shippensburg PA	162	11	64	25:45.3	26:04.0	8:18/M
4	Jordyn Cronin	Elizabethtown PA	35	8	74	26:13.3	26:22.4	8:27/M
5	Lilly Rutkowski		305	14	172	33:00.7	33:11.5	10:39/M
6	Bryann Heindel		325	10	193	35:13.3	35:44.6	11:22/M
7	Bella Myers		329	13	197	35:27.3	35:38.6	11:26/M
8	Claire Sahd	Lancaster PA	223	9	220	38:41.9	39:12.7	12:29/M
9	Julia Gergely	Manheim PA	79	9	232	40:12.5	40:50.6	12:58/M
10	Sophie Keller	Mount Wolf PA	129	9	246	42:50.5	43:14.3	13:49/M

Male 14 and Under

		-----Total-----						
Place	Name	City	Bib No	Age	Overall	Chip Time	Gun Time	Pace
1	* Dalton Fink		317	12	7	19:03.6	19:05.1	6:09/M
2	* Ethan Cronin	Elizabethtown PA	36	14	28	21:49.2	21:53.7	7:02/M
3	* Elijah Miller	Elizabethtown PA	180	14	32	22:38.6	22:42.3	7:18/M
4	Cameron Evans	Manheim PA	57	14	47	24:17.6	24:19.9	7:50/M
5	Seth Rajnic	Elizabethtown PA	211	12	55	25:14.3	25:23.2	8:08/M
6	Isaac Landis	Palmyra PA	141	12	75	26:13.6	26:17.0	8:27/M
7	Alex Plante	Boiling Springs PA	205	14	92	27:12.6	27:24.5	8:46/M
8	Patrick Anderson	Middletown PA	4	14	95	27:17.8	27:22.6	8:48/M
9	Toren Erikson	Elizabethtown PA	55	12	143	30:41.7	30:52.2	9:54/M
10	Tj Kehler	Elizabethtown PA	126	11	149	30:58.5	31:25.1	9:59/M
11	Abram Luffy	Shippensburg PA	161	9	183	34:25.0	34:42.5	11:06/M
12	Liam Fisher	Lancaster PA	62	8	243	41:33.3	44:30.2	13:24/M
13	Nicholas Keller	Mount Wolf PA	128	14	265	48:40.0	49:03.2	15:42/M
14	Bradley Washko	Manchester PA	273	14	266	48:40.1	49:03.1	15:42/M
15	Luke McCone		312	10	283	57:28.5	57:36.5	18:32/M

Female 15 to 19

		-----Total-----						
Place	Name	City	Bib No	Age	Overall	Chip Time	Gun Time	Pace
1	* Sierra Kapcsos		304	15	57	25:15.4	25:25.4	8:09/M
2	* Cassidy Dunn	Chester Springs PA	49	19	98	27:27.6	27:32.1	8:51/M
3	* Alexa Habermehl	Royersford PA	89	18	214	37:46.5	37:51.8	12:11/M
4	Kyrianna Frantz	Bainbridge PA	69	17	281	55:01.8	55:49.1	17:45/M

Male 15 to 19

		-----Total-----						
Place	Name	City	Bib No	Age	Overall	Chip Time	Gun Time	Pace
1	* Riley Myers	Lewistown PA	184	15	13	20:21.4	20:28.0	6:34/M
2	* Darren Diverio	Manheim PA	47	15	15	20:30.5	20:33.6	6:37/M
3	* Dakota Frantz	Bainbridge PA	71	16	67	25:51.4	25:53.9	8:20/M

Female 20 to 24

		-----Total-----						
Place	Name	City	Bib No	Age	Overall	Chip Time	Gun Time	Pace
1	* Maria Waterfield	Conestoga PA	276	23	86	26:44.8	26:57.8	8:37/M
2	* Jesse Rohrbaugh	Denver PA	219	22	89	27:03.0	27:16.5	8:44/M
3	* Sydney Tefft	Lancaster PA	258	23	120	28:23.9	28:31.0	9:09/M

2019 Frozen Foot Race 3

Age Group Results

5K

Race Date
March 17, 2019

Female 20 to 24

		-----Total-----						
Place	Name	City	Bib No	Age	Overall	Chip Time	Gun Time	Pace
4	Hannah Wyrick	Shippensburg PA	287	21	125	28:51.0	29:02.9	9:18/M
5	Allyson Gower	Auburn MI	85	22	153	31:10.1	31:20.9	10:03/M
6	Samantha Houser	Campbelltown PA	115	21	173	33:13.8	33:55.1	10:43/M
7	Julie Hess		326	24	207	36:38.7	36:50.4	11:49/M
8	Rachel Whiteman	Manheim PA	331	23	274	51:53.6	52:04.9	16:44/M

Male Age 20-24

		-----Total-----						
Place	Name	City	Bib No	Age	Overall	Chip Time	Gun Time	Pace
1	* Samuel Altland	Middletown NJ	2	24	2	17:29.6	17:30.7	5:38/M
2	* Samuel Hilshberg		327	21	25	21:40.1	21:52.7	6:59/M
3	* Hui Liu		311	22	62	25:32.2	25:44.6	8:14/M

Female 25 to 29

		-----Total-----						
Place	Name	City	Bib No	Age	Overall	Chip Time	Gun Time	Pace
1	* Kimberly Nein	Elizabethtown PA	187	27	48	24:40.2	24:53.5	7:57/M
2	* Breianna Hummer	Elizabethtown PA	118	27	60	25:23.0	25:36.4	8:11/M
3	* Kristin Horton	New Holland PA	114	25	133	29:29.0	29:42.6	9:31/M
4	Maggie Davis	Lancaster PA	41	26	138	30:21.6	30:51.7	9:47/M
5	Rebecca Myers	Mechanicsburg PA	186	29	155	31:27.3	31:47.3	10:09/M
6	Kayla Roush		315	27	176	33:22.8	33:40.2	10:46/M
7	Kristyn Gross	Enola PA	535	29	217	38:12.6	38:31.1	12:19/M
8	Richelle Counelis	Etters PA	32	27	280	55:01.5	55:49.4	17:45/M
9	Liz Borders	Mount Joy PA	12	27	285	1:15:53.4	1:16:34.0	24:29/M

Male 25 to 29

		-----Total-----						
Place	Name	City	Bib No	Age	Overall	Chip Time	Gun Time	Pace
1	* Benjamin Kien		308	27	3	17:34.4	17:35.2	5:40/M
2	* Scott Benadict		332	27	22	21:35.0	21:36.7	6:58/M
3	* Johnathan Fureman	Lancaster PA	74	27	83	26:37.3	27:06.6	8:35/M
4	Morgan Ash		322	28	245	42:26.6	42:33.5	13:41/M
5	Brett Whiteman	Manheim PA	330	26	273	51:52.9	52:04.9	16:44/M

Female 30 to 34

		-----Total-----						
Place	Name	City	Bib No	Age	Overall	Chip Time	Gun Time	Pace
1	* Amanda Flurry	Lancaster PA	63	32	23	21:37.7	21:43.5	6:58/M
2	* Ally Confer	Hershey PA	28	30	29	22:15.0	22:26.8	7:11/M
3	* Liz Dalton		320	32	34	22:50.2	22:54.8	7:22/M
4	Leah Yingling	Elizabethtown PA	289	34	81	26:33.6	26:50.5	8:34/M
5	Jessica Serbel	Mount Joy PA	232	30	94	27:15.5	27:31.1	8:47/M
6	Kara Newcomer	Lancaster PA	189	32	102	27:44.9	27:49.7	8:57/M
7	Meredith Brickner	Lancaster PA	18	32	119	28:22.5	28:31.1	9:09/M
8	Gina Davis	Etters PA	42	31	141	30:34.2	30:58.0	9:52/M
9	Heather Gebhart	Elizabethtown PA	77	34	161	31:59.7	32:34.6	10:19/M
10	Amy Snyder	Mount Joy PA	245	33	203	36:23.7	37:00.1	11:44/M
11	Erika Likins	Hershey PA	150	32	235	40:38.2	40:56.2	13:06/M

Male 30 to 34

		-----Total-----						
Place	Name	City	Bib No	Age	Overall	Chip Time	Gun Time	Pace
1	* Nicholas Frantz	White Hall MD	72	33	12	20:18.6	20:20.9	6:33/M
2	* Matthew Cook	Camp Hill PA	29	34	16	20:53.0	20:55.6	6:44/M
3	* Adam Cless	Columbia PA	299	33	18	21:07.8	21:17.9	6:49/M

2019 Frozen Foot Race 3

Race Date
March 17, 2019

Age Group Results

5K

Male 30 to 34

									-----Total-----	
Place	Name	City	Bib No	Age	Overall	Chip Time	Gun Time	Pace		
4	Jonathan Croft	Hummelstown PA	34	33	46	24:01.4	24:09.1	7:45/M		
5	Michael Harris	Lancaster PA	95	30	54	25:08.3	25:15.9	8:06/M		
6	Derek Yoder	Etters PA	291	31	66	25:51.3	25:54.3	8:20/M		
7	Wallace Rejrat	Harrisburg PA	212	33	93	27:15.1	27:51.4	8:47/M		
8	Jason Smith	Stevens PA	244	34	109	27:55.7	28:32.9	9:00/M		
9	James Laff		319	32	175	33:16.2	33:41.5	10:44/M		
10	Mitch Romig	Mount Joy PA	220	34	182	34:19.6	34:44.1	11:04/M		
11	Joshua Fisher	Lancaster PA	61	31	244	41:36.6	44:29.6	13:25/M		

Female 35 to 39

									-----Total-----	
Place	Name	City	Bib No	Age	Overall	Chip Time	Gun Time	Pace		
1	* Sarah Miller	Elizabethtown PA	178	36	24	21:39.0	21:44.2	6:59/M		
2	* Melissa Roark	Quarryville PA	217	37	37	23:11.4	23:16.7	7:29/M		
3	* Erin Farmer		310	39	39	23:16.3	23:23.9	7:30/M		
4	Joyce Loizeaux	Elizabethtown PA	156	37	42	23:52.6	23:58.1	7:42/M		
5	Maura Ebersole	Wrightsville PA	51	37	53	25:01.4	25:11.4	8:04/M		
6	Amy Koerner	Columbia PA	135	36	56	25:15.3	25:21.5	8:09/M		
7	Emily Sirinides	Elizabethtown PA	239	37	63	25:44.7	26:01.7	8:18/M		
8	Angela Howard	York PA	117	35	70	26:10.0	26:23.9	8:26/M		
9	Stefanie Flynn	Elizabethtown PA	64	35	72	26:11.9	26:38.6	8:27/M		
10	Lindsay Troop	Elizabethtown PA	261	38	73	26:12.3	26:39.2	8:27/M		
11	Ann Roda	Elizabethtown PA	218	38	91	27:06.9	27:35.0	8:45/M		
12	Jami Brandt	Manheimanheim PA	15	35	128	29:14.3	29:44.5	9:26/M		
13	Jo Hershey	Elizabethtown PA	104	39	139	30:25.3	30:41.4	9:49/M		
14	Katherine Englert	Millersville PA	53	36	148	30:57.5	31:16.8	9:59/M		
15	Jennifer Volchko	Elizabethtown PA	268	35	156	31:30.4	32:06.4	10:10/M		
16	Mandy Caron	York Haven PA	23	38	159	31:51.7	32:13.3	10:16/M		
17	Kara Schoessler	Hummelstown PA	230	37	163	32:06.5	32:32.3	10:21/M		
18	Kristy Smith	Stevens PA	241	36	166	32:17.5	32:51.6	10:25/M		
19	Michele Stum	Steelton PA	250	35	167	32:18.1	32:47.8	10:25/M		
20	Rebecca Sangrey	Lancaster PA	226	39	169	32:39.8	33:11.1	10:32/M		
21	Stephanie Kelshaw	Elizabethtown PA	130	35	179	33:41.9	34:04.6	10:52/M		
22	Brianna Kehler	Elizabethtown PA	125	37	189	34:48.8	35:16.0	11:14/M		
23	Abby Cless	Columbia PA	307	38	195	35:22.5	35:38.9	11:25/M		
24	Sarah Walsh	Elizabethtown PA	271	37	199	36:11.3	36:39.5	11:40/M		
25	Amanda Ferguson	Elizabethtown PA	60	38	240	41:09.2	41:45.4	13:16/M		
26	Jessica Schaber	Elizabethtown PA	228	38	250	44:20.6	45:05.5	14:18/M		
27	Sarah E. Gill	Hummelstown PA	81	35	252	44:21.9	44:38.3	14:18/M		
28	Leslie Long	Mifflintown PA	158	37	255	44:54.8	45:28.1	14:29/M		
29	Sarah Tash	Lancaster PA	256	36	260	46:03.6	46:18.7	14:51/M		
30	Jessica Smith	York PA	243	37	269	50:03.8	50:24.4	16:09/M		

Male 35 to 39

									-----Total-----	
Place	Name	City	Bib No	Age	Overall	Chip Time	Gun Time	Pace		
1	* Bob Porambo	Elizabethtown PA	209	38	4	17:44.4	17:45.8	5:43/M		
2	* Jeremy King	Harrisburg PA	132	37	6	18:26.7	18:27.6	5:57/M		
3	* Kyle Daily	Elizabethtown PA	39	39	9	19:31.3	19:34.0	6:18/M		
4	Daniel Loizeaux	Elizabethtown PA	157	37	10	19:39.1	19:40.0	6:20/M		
5	Brian Tash	Lancaster PA	255	36	80	26:31.3	26:48.1	8:33/M		
6	Steve Schoessler	Hummelstown PA	231	37	164	32:06.8	32:32.0	10:21/M		
7	Jeffrey Lloyd	Stevens PA	155	39	180	34:04.2	34:14.8	10:59/M		
8	Michael Silvestrini	Lancaster PA	237	35	184	34:27.3	34:47.9	11:07/M		

Female 40 to 44

									-----Total-----	
Place	Name	City	Bib No	Age	Overall	Chip Time	Gun Time	Pace		
1	* Karin Laszakovits	Elizabethtown PA	145	43	31	22:33.3	22:39.2	7:16/M		
2	* Jean Kilheffer Hess	Columbia PA	131	44	40	23:27.5	23:33.0	7:34/M		
3	* Ashley Evans	Manheim PA	56	43	44	23:55.5	23:58.1	7:43/M		
4	Mackenzie Compton	Manheim PA	27	40	58	25:19.3	25:24.6	8:10/M		
5	Stacey Plante	Boiling Springs PA	204	44	65	25:45.9	25:57.2	8:18/M		
6	Susan Kenderaline		328	42	82	26:33.8	26:50.4	8:34/M		

2019 Frozen Foot Race 3

Race Date
March 17, 2019

Age Group Results

5K

Female 40 to 44

								-----Total-----	
Place	Name	City	Bib No	Age	Overall	Chip Time	Gun Time	Pace	
7	Deborah Luffy	Shippensburg PA	160	42	99	27:33.2	27:51.4	8:53/M	
8	Krista Gray	Manheim PA	86	41	103	27:45.4	27:52.9	8:57/M	
9	Lauren Herman	Manheim PA	102	43	107	27:53.8	28:00.7	9:00/M	
10	Jamie Lloyd	Stevens PA	154	41	113	28:03.1	28:13.3	9:03/M	
11	Kelly Hammarberg	Bainbridge PA	93	41	126	29:02.4	29:12.0	9:22/M	
12	Tina Laudermlch	Elizabethtown PA	146	44	132	29:22.9	29:51.0	9:28/M	
13	Anne Garber	Elizabethtown PA	75	43	134	29:35.7	29:51.5	9:33/M	
14	Kaitlin Erikson	Elizabethtown PA	54	43	144	30:42.0	30:52.2	9:54/M	
15	Marlene Weaver	Leola PA	277	44	150	31:06.0	31:20.9	10:02/M	
16	Melissa Wissler	Leola PA	284	43	151	31:06.2	31:21.1	10:02/M	
17	Kristi Ritter	Elizabethtown PA	216	40	170	32:47.6	33:24.2	10:35/M	
18	Jodi Groff	Lancaster PA	87	44	174	33:14.2	33:41.7	10:43/M	
19	Katie Landis	Palmyra PA	142	41	219	38:35.0	39:18.8	12:27/M	
20	Corey Hall	Palmyra PA	92	43	224	39:09.2	39:39.5	12:38/M	
21	Kimberly Dierwechter	Enola PA	46	40	225	39:22.1	39:53.5	12:42/M	
22	Kelly Muldowney	Lancaster PA	182	40	227	39:47.6	40:07.9	12:50/M	
23	Kendra Rice	Lancaster PA	213	43	230	40:10.2	40:38.9	12:57/M	
24	Colleen Gergely	Manheim PA	78	40	231	40:12.2	40:50.3	12:58/M	
25	Lyndell Sahn	Lancaster PA	224	44	233	40:36.4	41:05.4	13:06/M	
26	Jill Breneman	Mount Joy PA	16	40	234	40:36.5	40:54.4	13:06/M	
27	Michelle Kennedy	Middletown PA	302	44	239	40:56.0	41:21.4	13:12/M	
28	Jackie Forwood	Conestoga PA	66	44	242	41:12.3	41:34.0	13:17/M	
29	Alisha Keller	Mount Wolf PA	127	42	249	42:58.5	43:20.9	13:52/M	
30	Carey Manz	Jonestown PA	166	40	272	51:39.7	52:19.3	16:40/M	
31	Carolyn Null	New Providence PA	195	42	277	53:57.8	54:24.4	17:24/M	

Male 40 to 44

								-----Total-----	
Place	Name	City	Bib No	Age	Overall	Chip Time	Gun Time	Pace	
1	* Ryan Sheidy		233	43	21	21:31.1	21:38.5	6:56/M	
2	* Shawn Miller	Elizabethtown PA	179	42	49	24:44.8	24:49.0	7:59/M	
3	* Ronald Luffy	Shippensburg PA	163	44	68	25:52.1	26:09.7	8:21/M	
4	Brian Keller	Mount Wolf PA	288	42	71	26:10.7	26:33.3	8:26/M	
5	Rob Cronin	Elizabethtown PA	38	42	76	26:19.8	26:29.3	8:29/M	
6	Luke Parrish	Mount Wolf PA	199	42	85	26:38.1	27:12.5	8:35/M	
7	Joshua Thompson	Lititz PA	260	43	127	29:06.2	29:34.9	9:23/M	
8	James Richards	Harrisburg PA	214	42	129	29:16.7	29:42.3	9:26/M	
9	James Nesbitt	Elizabethtown PA	188	44	160	31:51.7	32:29.1	10:16/M	
10	Nick Sahn	Lancaster PA	222	44	198	36:07.1	36:36.5	11:39/M	

Female 45 to 49

								-----Total-----	
Place	Name	City	Bib No	Age	Overall	Chip Time	Gun Time	Pace	
1	* Connie Buckwalter	Lititz PA	21	48	61	25:27.2	25:34.9	8:13/M	
2	* Karalyn Kempinski	Lititz PA	314	46	69	26:05.1	26:26.7	8:25/M	
3	* Jen Allison	Mount Joy PA	1	45	100	27:44.6	27:53.2	8:57/M	
4	Gayle Merkt	Elizabethtown PA	176	46	124	28:49.8	29:12.2	9:18/M	
5	Melanie Payton	Mount Joy PA	201	45	130	29:17.3	29:49.2	9:27/M	
6	Jodi Myers	State College PA	185	46	136	30:12.9	30:36.7	9:45/M	
7	Suzanne Lefever	Lititz PA	148	47	165	32:11.9	32:35.8	10:23/M	
8	Lisa Ayers	Annaville PA	6	47	188	34:44.3	34:54.6	11:12/M	
9	Leslie Heindel	Marietta PA	324	46	192	35:13.2	35:44.2	11:22/M	
10	Jennifer Witmer	Manheim PA	285	49	201	36:17.1	36:25.2	11:42/M	
11	Tanya Markley	York PA	167	46	204	36:25.5	36:44.5	11:45/M	
12	Alison Williams	Harrisburg PA	282	47	205	36:26.8	36:57.8	11:45/M	
13	Mary Stoltzfus	Lancaster PA	249	49	209	36:57.4	37:10.0	11:55/M	
14	Denise Snyder-Patch	Elizabethtown PA	246	46	215	38:00.4	38:29.2	12:15/M	
15	Amy Linn	Enola PA	152	48	218	38:14.4	38:56.6	12:20/M	
16	Tami Anderson	Middletown PA	501	48	237	40:49.4	41:29.0	13:10/M	
17	Michele Coleman	Hershey PA	26	46	238	40:55.8	41:21.4	13:12/M	
18	Nichole Feldenzer	Palmyra PA	59	46	241	41:10.6	41:51.6	13:17/M	
19	Diane Washko	Manchester PA	274	46	248	42:52.7	43:15.6	13:50/M	
20	Beth Krebs	Lancaster PA	306	48	279	54:01.4	54:28.4	17:25/M	

2019 Frozen Foot Race 3

Age Group Results

5K

Race Date
March 17, 2019

Male 45 to 49

		-----Total-----						
Place	Name	City	Bib No	Age	Overall	Chip Time	Gun Time	Pace
1	* Michael Landis	Lebanon PA	144	48	19	21:12.5	21:24.9	6:50/M
2	* Bob McEvoy	Elizabethtown PA	174	49	26	21:47.5	21:54.0	7:02/M
3	* Edward Payton	Mount Joy PA	202	48	50	24:46.2	24:57.3	7:59/M
4	Rich Anderson	York Haven PA	5	49	78	26:24.0	26:57.7	8:31/M
5	Jonah Mull	Lititz PA	183	46	79	26:30.0	26:54.3	8:33/M
6	Scott Shertzer	Lancaster PA	236	47	96	27:20.5	27:51.1	8:49/M
7	Greg Orris	Harrisburg PA	198	49	97	27:20.7	27:35.3	8:49/M
8	Scott Kennedy	Middletown PA	301	48	112	28:02.3	28:25.4	9:03/M
9	Reed Mask	Elizabethtown PA	171	45	135	30:12.7	30:30.9	9:45/M
10	Gerhard Wendt	Harrisburg PA	280	49	142	30:35.5	30:43.9	9:52/M
11	John Richards	Marysville PA	215	47	162	32:03.0	32:28.4	10:20/M

Female 50 to 54

		-----Total-----						
Place	Name	City	Bib No	Age	Overall	Chip Time	Gun Time	Pace
1	* Beth Forry	Elizabethtown PA	65	53	52	24:59.1	25:10.4	8:04/M
2	* Kelly Eakin	Harrisburg PA	50	54	105	27:46.9	27:52.0	8:57/M
3	* Elaine Brenner	Lancaster PA	17	54	106	27:48.5	28:01.6	8:58/M
4	Brenda Balmer	Lebanon PA	7	50	140	30:33.8	30:44.3	9:51/M
5	Jeannine Hohman	Lititz PA	110	53	154	31:15.3	31:39.7	10:05/M
6	Virginia Hunsberger	Elizabethtown PA	119	54	157	31:33.5	31:49.8	10:11/M
7	Pamela Szajnok	Enola PA	252	53	168	32:34.3	33:01.8	10:30/M
8	Karen Landis	Pequea PA	143	53	191	35:11.0	35:31.8	11:21/M
9	Denise Hess	Lititz PA	106	52	206	36:37.1	36:45.8	11:49/M
10	Colleen Knutsen	Palmyra PA	134	54	208	36:55.9	37:33.1	11:55/M
11	Lynda Hasper	Lititz PA	98	52	256	45:17.4	45:45.1	14:36/M
12	Stephanie Gingrich		82	50	257	45:21.2	46:08.7	14:38/M
13	Cheryl Good	Manheim PA	83	54	258	45:36.4	46:09.3	14:43/M
14	Melissa Fryberger	Reinholds PA	527	51	268	49:26.7	49:53.8	15:57/M
15	Lisa Poliski	Lititz PA	208	53	271	50:14.3	50:49.4	16:12/M
16	Terri Krimmel	Lancaster PA	138	52	278	53:57.8	54:24.4	17:24/M

Male 50 to 54

		-----Total-----						
Place	Name	City	Bib No	Age	Overall	Chip Time	Gun Time	Pace
1	* John Childerns		294	54	30	22:23.9	22:30.1	7:13/M
2	* Mark Poliski	Lititz PA	207	54	41	23:33.2	23:37.2	7:36/M
3	* Ronald Howard	Lebanon PA	116	54	77	26:21.6	26:25.1	8:30/M
4	Michael Patch	Elizabethtown PA	200	53	90	27:05.6	27:12.1	8:44/M
5	Rick Lown	Elizabethtown PA	159	52	104	27:46.3	28:11.1	8:57/M
6	Mike Hershey	Harrisburg PA	105	52	110	27:58.5	28:02.3	9:01/M
7	Robert Fulton	Harrisburg PA	73	51	121	28:37.7	28:42.6	9:14/M
8	Ron Fink	Elizabethtown PA	318	51	122	28:43.6	29:06.9	9:16/M
9	Shawn McLaughlin	Bainbridge PA	175	53	171	32:53.3	33:14.3	10:36/M
10	Eric Sheils	Palmyra PA	234	54	185	34:27.4	34:56.9	11:07/M
11	Matt Anderson	Middletown PA	3	51	202	36:21.2	37:00.4	11:44/M

Female 55 to 59

		-----Total-----						
Place	Name	City	Bib No	Age	Overall	Chip Time	Gun Time	Pace
1	* Ann Ash	East Earl PA	321	58	108	27:54.0	28:00.8	9:00/M
2	* Shirley De Perrot	Lititz PA	43	57	111	28:00.2	28:13.7	9:02/M
3	* Laurie Dove	Palmyra PA	48	59	137	30:17.9	30:33.5	9:46/M
4	Lorraine Hahn	Stevens PA	91	55	145	30:42.2	30:57.4	9:54/M
5	Judith Phipps	Ephrata PA	563	55	181	34:17.3	34:42.8	11:04/M
6	Deborah Schneider	Harrisburg PA	229	55	200	36:11.8	36:39.7	11:40/M
7	Wendy Smith	York PA	242	56	212	37:42.8	38:01.8	12:10/M
8	Kathrine Markley	Lancaster PA	168	56	213	37:43.7	38:02.1	12:10/M
9	Kim Hitz	Hummelstown PA	109	58	222	39:04.8	39:28.7	12:36/M
10	Nannette Handley	Mechanicsburg PA	94	59	247	42:52.6	43:20.4	13:50/M
11	Patricia Tenhuisen	Hummelstown PA	259	57	251	44:20.8	44:37.2	14:18/M
12	Lisa Heilner	Elizabethtown PA	101	59	263	46:19.2	46:38.8	14:56/M

2019 Frozen Foot Race 3

Age Group Results

5K

Race Date
March 17, 2019

Male 55 to 59

		-----Total-----						
Place	Name	City	Bib No	Age	Overall	Chip Time	Gun Time	Pace
1	* Daniel Chirico	Annville PA	24	55	8	19:11.8	19:13.9	6:11/M
2	* Jeff Stouch		296	59	14	20:23.8	20:24.5	6:35/M
3	* Michael Heider	Lancaster Lancaster PA	100	56	33	22:39.6	22:51.2	7:18/M
4	David Mann	Lebanon PA	165	55	35	23:02.9	23:16.0	7:26/M
5	Peter O'Donoghue	Mountville PA	196	57	36	23:10.5	23:11.7	7:28/M
6	Dale Linn	Enola PA	151	59	51	24:58.4	25:01.8	8:03/M
7	Robert McDonald		309	58	84	26:37.6	26:51.9	8:35/M
8	William Krieger	Mount Joy PA	137	58	88	26:52.5	27:25.1	8:40/M
9	Tom Sindlinger	York PA	238	59	115	28:11.1	28:24.5	9:05/M
10	Kevin Hartman	Lancaster PA	96	57	131	29:21.8	29:30.8	9:28/M
11	Chip Hitz	Hummelstown PA	108	58	152	31:06.7	31:30.9	10:02/M
12	Christopher Bradley	Elizabethtown PA	13	57	177	33:24.5	33:49.7	10:46/M
13	Scott Lithgow	Mount Joy PA	153	58	190	35:06.0	35:29.5	11:19/M
14	Steve De Perrot		316	57	270	50:13.9	50:49.4	16:12/M

Female 60 to 64

		-----Total-----						
Place	Name	City	Bib No	Age	Overall	Chip Time	Gun Time	Pace
1	* Deb Plummer	Enola PA	206	61	43	23:53.6	23:55.8	7:42/M
2	* Susan Waterfield	Conestoga PA	275	61	87	26:44.8	26:58.0	8:37/M
3	* Sue Ruhl	Manheim PA	221	62	210	37:22.4	37:48.6	12:03/M
4	Margaret Saunders	Lancaster PA	227	62	211	37:37.2	37:59.7	12:08/M
5	Mary Hess	Hershey PA	107	61	223	39:05.6	39:28.6	12:36/M
6	Deb Vanek		297	62	236	40:44.6	41:14.9	13:08/M
7	Jo Ann Martinelli	Lancaster PA	170	63	262	46:17.8	46:37.6	14:56/M
8	Nora Haefele	Pottstown PA	90	61	275	53:45.2	54:13.8	17:20/M

Male 60 to 64

		-----Total-----						
Place	Name	City	Bib No	Age	Overall	Chip Time	Gun Time	Pace
1	* Walter Newcomer	Manheim PA	190	63	101	27:44.7	27:49.5	8:57/M
2	* Mark Leaman	Lancaster PA	300	62	118	28:17.1	28:31.2	9:07/M
3	* Ed Lammando	Hummelstown PA	140	61	147	30:48.1	31:19.1	9:56/M
4	Terry Liekhert		323	61	178	33:40.9	34:22.5	10:52/M
5	John Markley	Lancaster PA	169	64	216	38:06.4	38:27.0	12:17/M
6	Fred Vos	Lancaster PA	269	64	221	38:47.4	39:11.8	12:31/M

Female 65 to 69

		-----Total-----						
Place	Name	City	Bib No	Age	Overall	Chip Time	Gun Time	Pace
1	* Janet Wendler	Lancaster PA	279	69	123	28:46.3	29:06.1	9:17/M
2	* Susan Truxal	Lancaster PA	263	67	146	30:44.4	30:49.6	9:55/M
3	* Jill Bucks	Elizabethtown PA	20	66	158	31:36.8	31:52.6	10:12/M
4	Martha Wolf	Hummelstown PA	286	67	186	34:41.3	35:18.1	11:11/M
5	Rose Ward	Columbia PA	272	67	187	34:43.1	34:53.6	11:12/M
6	Judy Swarthout	Elizabethtown PA	251	69	228	39:59.8	40:37.6	12:54/M
7	Janice Herman	Conestoga PA	103	66	259	45:52.2	46:27.2	14:48/M
8	Mary Susan Weidman	Palmyra PA	278	66	264	47:43.1	48:19.1	15:24/M
9	Joanne Emig	Lititz PA	52	67	284	1:02:25.6	1:02:59.2	20:08/M

Male 65 to 69

		-----Total-----						
Place	Name	City	Bib No	Age	Overall	Chip Time	Gun Time	Pace
1	* Don Morrison	West Brandywine PA	295	68	20	21:14.8	21:17.8	6:51/M
2	* Fernando Moura		303	68	27	21:48.9	21:51.5	7:02/M
3	* Mike Fausnacht	Elizabethtown PA	58	65	114	28:06.1	28:20.2	9:04/M
4	Frank Morton	Elizabethtown PA	181	67	116	28:14.4	28:22.6	9:06/M
5	Bruce Whiteley	Lititz PA	281	69	196	35:23.1	35:36.0	11:25/M
6	John Frantz	Bainbridge PA	70	65	254	44:37.3	44:40.6	14:24/M
7	Tom Correll	Harrisburg PA	31	65	261	46:04.4	46:18.5	14:52/M

2019 Frozen Foot Race 3

Age Group Results

Race Date
March 17, 2019

5K

Female 70 and Over

		-----Total-----						
<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	* Carol Lebo	Myerstown PA	147	76	253	44:34.1	44:56.3	14:23/M
2	* Ginny Yingst	Lebanon PA	290	70	276	53:53.8	54:32.5	17:23/M
3	* Elsie Gillilana		313	76	282	57:21.5	57:36.6	18:30/M

Male 70 and Over

		-----Total-----						
<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	* Dennis Rhinner		298	71	38	23:12.1	23:17.6	7:29/M
2	* Richard Troutman	Manheim PA	262	70	117	28:15.5	28:24.7	9:07/M
3	* Ralph Detrick	Elizabethtown PA	45	78	226	39:30.4	39:59.9	12:45/M
4	Bob Horst	Lancaster PA	113	88	229	40:08.1	40:17.0	12:57/M
5	Dick McCullough	Lititz PA	173	84	267	48:40.2	48:57.6	15:42/M