

2019 Frozen Foot Race 3

Race Date

March 17, 2019

Overall Finish List

5K

Place							-----Total-----		
Overall	Name	City	Bib No	Age	Gen	AG Place	Chip Time	Gun Time	Pace
1	Lyle Stauffer	Ephrata PA	248	37	M	1 Open	16:26.4	16:26.4	5:18/M
2	Samuel Altland	Middletown NJ	2	24	M	1 20-24	17:29.6	17:30.7	5:38/M
3	Benjamin Kien		308	27	M	1 25-29	17:34.4	17:35.2	5:40/M
4	Bob Porambo	Elizabethtown PA	209	38	M	1 35-39	17:44.4	17:45.8	5:43/M
5	Kurt Degoede	Mount Joy PA	44	49	M	1 Masters	18:15.2	18:15.2	5:53/M
6	Jeremy King	Harrisburg PA	132	37	M	2 35-39	18:26.7	18:27.6	5:57/M
7	Dalton Fink		317	12	M	1 1-14	19:03.6	19:05.1	6:09/M
8	Daniel Chirico	Annaville PA	24	55	M	1 55-59	19:11.8	19:13.9	6:11/M
9	Kyle Daily	Elizabethtown PA	39	39	M	3 35-39	19:31.3	19:34.0	6:18/M
10	Daniel Loizeaux	Elizabethtown PA	157	37	M	4 35-39	19:39.1	19:40.0	6:20/M
11	Amanda Kane		123	32	F	1 Open	19:52.4	19:52.4	6:24/M
12	Nicholas Frantz	White Hall MD	72	33	M	1 30-34	20:18.6	20:20.9	6:33/M
13	Riley Myers	Lewistown PA	184	15	M	1 15-19	20:21.4	20:28.0	6:34/M
14	Jeff Stouch		296	59	M	2 55-59	20:23.8	20:24.5	6:35/M
15	Darren Diverio	Manheim PA	47	15	M	2 15-19	20:30.5	20:33.6	6:37/M
16	Matthew Cook	Camp Hill PA	29	34	M	2 30-34	20:53.0	20:55.6	6:44/M
17	Jen Wagner	Lititz PA	270	45	F	1 Masters	21:00.9	21:00.9	6:46/M
18	Adam Cless	Columbia PA	299	33	M	3 30-34	21:07.8	21:17.9	6:49/M
19	Michael Landis	Lebanon PA	144	48	M	1 45-49	21:12.5	21:24.9	6:50/M
20	Don Morrison	West Brandywine PA	295	68	M	1 65-69	21:14.8	21:17.8	6:51/M
21	Ryan Sheidy		233	43	M	1 40-44	21:31.1	21:38.5	6:56/M
22	Scott Benadict		332	27	M	2 25-29	21:35.0	21:36.7	6:58/M
23	Amanda Flurry	Lancaster PA	63	32	F	1 30-34	21:37.7	21:43.5	6:58/M
24	Sarah Miller	Elizabethtown PA	178	36	F	1 35-39	21:39.0	21:44.2	6:59/M
25	Samuel Hilshberg		327	21	M	2 20-24	21:40.1	21:52.7	6:59/M
26	Bob McEvoy	Elizabethtown PA	174	49	M	2 45-49	21:47.5	21:54.0	7:02/M
27	Fernando Moura		303	68	M	2 65-69	21:48.9	21:51.5	7:02/M
28	Ethan Cronin	Elizabethtown PA	36	14	M	2 1-14	21:49.2	21:53.7	7:02/M
29	Ally Confer	Hershey PA	28	30	F	2 30-34	22:15.0	22:26.8	7:11/M
30	John Childerns		294	54	M	1 50-54	22:23.9	22:30.1	7:13/M
31	Karin Laszakovits	Elizabethtown PA	145	43	F	1 40-44	22:33.3	22:39.2	7:16/M
32	Elijah Miller	Elizabethtown PA	180	14	M	3 1-14	22:38.6	22:42.3	7:18/M
33	Michael Heider	Lancasterlanaster	100	56	M	3 55-59	22:39.6	22:51.2	7:18/M
34	Liz Dalton		320	32	F	3 30-34	22:50.2	22:54.8	7:22/M
35	David Mann	Lebanon PA	165	55	M	4 55-59	23:02.9	23:16.0	7:26/M
36	Peter O'Donoghue	Mountville PA	196	57	M	5 55-59	23:10.5	23:11.7	7:28/M
37	Melissa Roark	Quarryville PA	217	37	F	2 35-39	23:11.4	23:16.7	7:29/M
38	Dennis Rhinner		298	71	M	1 70-99	23:12.1	23:17.6	7:29/M
39	Erin Farmer		310	39	F	3 35-39	23:16.3	23:23.9	7:30/M
40	Jean Kilheffer Hess	Columbia PA	131	44	F	2 40-44	23:27.5	23:33.0	7:34/M
41	Mark Poliski	Lititz PA	207	54	M	2 50-54	23:33.2	23:37.2	7:36/M
42	Joyce Loizeaux	Elizabethtown PA	156	37	F	4 35-39	23:52.6	23:58.1	7:42/M
43	Deb Plummer	Enola PA	206	61	F	1 60-64	23:53.6	23:55.8	7:42/M
44	Ashley Evans	Manheim PA	56	43	F	3 40-44	23:55.5	23:58.1	7:43/M
45	Katie Hook	Elizabethtown PA	111	14	F	1 1-14	24:00.7	24:06.4	7:45/M
46	Jonathan Croft	Hummelstown PA	34	33	M	4 30-34	24:01.4	24:09.1	7:45/M
47	Cameron Evans	Manheim PA	57	14	M	4 1-14	24:17.6	24:19.9	7:50/M
48	Kimberly Nein	Elizabethtown PA	187	27	F	1 25-29	24:40.2	24:53.5	7:57/M
49	Shawn Miller	Elizabethtown PA	179	42	M	2 40-44	24:44.8	24:49.0	7:59/M
50	Edward Payton	Mount Joy PA	202	48	M	3 45-49	24:46.2	24:57.3	7:59/M
51	Dale Linn	Enola PA	151	59	M	6 55-59	24:58.4	25:01.8	8:03/M
52	Beth Forry	Elizabethtown PA	65	53	F	1 50-54	24:59.1	25:10.4	8:04/M
53	Maura Ebersole	Wrightsville PA	51	37	F	5 35-39	25:01.4	25:11.4	8:04/M
54	Michael Harris	Lancaster PA	95	30	M	5 30-34	25:08.3	25:15.9	8:06/M
55	Seth Rajnic	Elizabethtown PA	211	12	M	5 1-14	25:14.3	25:23.2	8:08/M
56	Amy Koerner	Columbia PA	135	36	F	6 35-39	25:15.3	25:21.5	8:09/M
57	Sierra Kapcsos		304	15	F	1 15-19	25:15.4	25:25.4	8:09/M
58	Mackenzie Compton	Manheim PA	27	40	F	4 40-44	25:19.3	25:24.6	8:10/M
59	Tessa Cronin	Elizabethtown PA	37	12	F	2 1-14	25:21.5	25:29.7	8:11/M
60	Breanna Hummer	Elizabethtown PA	118	27	F	2 25-29	25:23.0	25:36.4	8:11/M
61	Connie Buckwalter	Lititz PA	21	48	F	1 45-49	25:27.2	25:34.9	8:13/M
62	Hui Liu		311	22	M	3 20-24	25:32.2	25:44.6	8:14/M
63	Emily Sirinides	Elizabethtown PA	239	37	F	7 35-39	25:44.7	26:01.7	8:18/M
64	Alessandra Luffy	Shippensburg PA	162	11	F	3 1-14	25:45.3	26:04.0	8:18/M
65	Stacey Plante	Boiling Springs PA	204	44	F	5 40-44	25:45.9	25:57.2	8:18/M
66	Derek Yoder	Etters PA	291	31	M	6 30-34	25:51.3	25:54.3	8:20/M
67	Dakota Frantz	Bainbridge PA	71	16	M	3 15-19	25:51.4	25:53.9	8:20/M

March 17, 2019

Overall Finish List

5K

Place Overall	Name	City	Bib No	Age	Gend	AG Place	-----Total-----		Pace
							Chip Time	Gun Time	
68	Ronald Luffy	Shippensburg PA	163	44	M	3 40-44	25:52.1	26:09.7	8:21/M
69	Karalyn Kempinski	Lititz PA	314	46	F	2 45-49	26:05.1	26:26.7	8:25/M
70	Angela Howard	York PA	117	35	F	8 35-39	26:10.0	26:23.9	8:26/M
71	Brian Keller	Mount Wolf PA	288	42	M	4 40-44	26:10.7	26:33.3	8:26/M
72	Stefanie Flynn	Elizabethtown PA	64	35	F	9 35-39	26:11.9	26:38.6	8:27/M
73	Lindsay Troop	Elizabethtown PA	261	38	F	10 35-39	26:12.3	26:39.2	8:27/M
74	Jordyn Cronin	Elizabethtown PA	35	8	F	4 1-14	26:13.3	26:22.4	8:27/M
75	Isaac Landis	Palmyra PA	141	12	M	6 1-14	26:13.6	26:17.0	8:27/M
76	Rob Cronin	Elizabethtown PA	38	42	M	5 40-44	26:19.8	26:29.3	8:29/M
77	Ronald Howard	Lebanon PA	116	54	M	3 50-54	26:21.6	26:25.1	8:30/M
78	Rich Anderson	York Haven PA	5	49	M	4 45-49	26:24.0	26:57.7	8:31/M
79	Jonah Mull	Lititz PA	183	46	M	5 45-49	26:30.0	26:54.3	8:33/M
80	Brian Tash	Lancaster PA	255	36	M	5 35-39	26:31.3	26:48.1	8:33/M
81	Leah Yingling	Elizabethtown PA	289	34	F	4 30-34	26:33.6	26:50.5	8:34/M
82	Susan Kenderaline		328	42	F	6 40-44	26:33.8	26:50.4	8:34/M
83	Johnathan Fureman	Lancaster PA	74	27	M	3 25-29	26:37.3	27:06.6	8:35/M
84	Robert McDonald		309	58	M	7 55-59	26:37.6	26:51.9	8:35/M
85	Luke Parrish	Mount Wolf PA	199	42	M	6 40-44	26:38.1	27:12.5	8:35/M
86	Maria Waterfield	Conestoga PA	276	23	F	1 20-24	26:44.8	26:57.8	8:37/M
87	Susan Waterfield	Conestoga PA	275	61	F	2 60-64	26:44.8	26:58.0	8:37/M
88	William Krieger	Mount Joy PA	137	58	M	8 55-59	26:52.5	27:25.1	8:40/M
89	Jesse Rohrbaugh	Denver PA	219	22	F	2 20-24	27:03.0	27:16.5	8:44/M
90	Michael Patch	Elizabethtown PA	200	53	M	4 50-54	27:05.6	27:12.1	8:44/M
91	Ann Roda	Elizabethtown PA	218	38	F	11 35-39	27:06.9	27:35.0	8:45/M
92	Alex Plante	Boiling Springs PA	205	14	M	7 1-14	27:12.6	27:24.5	8:46/M
93	Wallace Rejrat	Harrisburg PA	212	33	M	7 30-34	27:15.1	27:51.4	8:47/M
94	Jessica Serbel	Mount Joy PA	232	30	F	5 30-34	27:15.5	27:31.1	8:47/M
95	Patrick Anderson	Middletown PA	4	14	M	8 1-14	27:17.8	27:22.6	8:48/M
96	Scott Shertzer	Lancaster PA	236	47	M	6 45-49	27:20.5	27:51.1	8:49/M
97	Greg Orris	Harrisburg PA	198	49	M	7 45-49	27:20.7	27:35.3	8:49/M
98	Cassidy Dunn	Chester Springs PA	49	19	F	2 15-19	27:27.6	27:32.1	8:51/M
99	Deborah Luffy	Shippensburg PA	160	42	F	7 40-44	27:33.2	27:51.4	8:53/M
100	Jen Allison	Mount Joy PA	1	45	F	3 45-49	27:44.6	27:53.2	8:57/M
101	Walter Newcomer	Manheim PA	190	63	M	1 60-64	27:44.7	27:49.5	8:57/M
102	Kara Newcomer	Lancaster PA	189	32	F	6 30-34	27:44.9	27:49.7	8:57/M
103	Krista Gray	Manheim PA	86	41	F	8 40-44	27:45.4	27:52.9	8:57/M
104	Rick Lown	Elizabethtown PA	159	52	M	5 50-54	27:46.3	28:11.1	8:57/M
105	Kelly Eakin	Harrisburg PA	50	54	F	2 50-54	27:46.9	27:52.0	8:57/M
106	Elaine Brenner	Lancaster PA	17	54	F	3 50-54	27:48.5	28:01.6	8:58/M
107	Lauren Herman	Manheim PA	102	43	F	9 40-44	27:53.8	28:00.7	9:00/M
108	Ann Ash	East Earl PA	321	58	F	1 55-59	27:54.0	28:00.8	9:00/M
109	Jason Smith	Stevens PA	244	34	M	8 30-34	27:55.7	28:32.9	9:00/M
110	Mike Hershey	Harrisburg PA	105	52	M	6 50-54	27:58.5	28:02.3	9:01/M
111	Shirley De Perrot	Lititz PA	43	57	F	2 55-59	28:00.2	28:13.7	9:02/M
112	Scott Kennedy	Middletown PA	301	48	M	8 45-49	28:02.3	28:25.4	9:03/M
113	Jamie Lloyd	Stevens PA	154	41	F	10 40-44	28:03.1	28:13.3	9:03/M
114	Mike Fausnacht	Elizabethtown PA	58	65	M	3 65-69	28:06.1	28:20.2	9:04/M
115	Tom Sindlinger	York PA	238	59	M	9 55-59	28:11.1	28:24.5	9:05/M
116	Frank Morton	Elizabethtown PA	181	67	M	4 65-69	28:14.4	28:22.6	9:06/M
117	Richard Troutman	Manheim PA	262	70	M	2 70-99	28:15.5	28:24.7	9:07/M
118	Mark Leaman	Lancaster PA	300	62	M	2 60-64	28:17.1	28:31.2	9:07/M
119	Meredith Brickner	Lancaster PA	18	32	F	7 30-34	28:22.5	28:31.1	9:09/M
120	Sydney Tefft	Lancaster PA	258	23	F	3 20-24	28:23.9	28:31.0	9:09/M
121	Robert Fulton	Harrisburg PA	73	51	M	7 50-54	28:37.7	28:42.6	9:14/M
122	Ron Fink	Elizabethtown PA	318	51	M	8 50-54	28:43.6	29:06.9	9:16/M
123	Janet Wendler	Lancaster PA	279	69	F	1 65-69	28:46.3	29:06.1	9:17/M
124	Gayle Merkt	Elizabethtown PA	176	46	F	4 45-49	28:49.8	29:12.2	9:18/M
125	Hannah Wyrick	Shippensburg PA	287	21	F	4 20-24	28:51.0	29:02.9	9:18/M
126	Kelly Hammarberg	Bainbridge PA	93	41	F	11 40-44	29:02.4	29:12.0	9:22/M
127	Joshua Thompson	Lititz PA	260	43	M	7 40-44	29:06.2	29:34.9	9:23/M
128	Jami Brandt	Manheim PA	15	35	F	12 35-39	29:14.3	29:44.5	9:26/M
129	James Richards	Harrisburg PA	214	42	M	8 40-44	29:16.7	29:42.3	9:26/M
130	Melanie Payton	Mount Joy PA	201	45	F	5 45-49	29:17.3	29:49.2	9:27/M
131	Kevin Hartman	Lancaster PA	96	57	M	10 55-59	29:21.8	29:30.8	9:28/M
132	Tina Laudermitch	Elizabethtown PA	146	44	F	12 40-44	29:22.9	29:51.0	9:28/M
133	Kristin Horton	New Holland PA	114	25	F	3 25-29	29:29.0	29:42.6	9:31/M
134	Anne Garber	Elizabethtown PA	75	43	F	13 40-44	29:35.7	29:51.5	9:33/M

2019 Frozen Foot Race 3

Race Date

March 17, 2019

Overall Finish List

5K

Place								-----Total-----		
Overall	Name	City	Bib No	Age	Gen	AG Place	Chip Time	Gun Time	Pace	
135	Reed Mask	Elizabethtown PA	171	45	M	9 45-49	30:12.7	30:30.9	9:45/M	
136	Jodi Myers	State College PA	185	46	F	6 45-49	30:12.9	30:36.7	9:45/M	
137	Laurie Dove	Palmyra PA	48	59	F	3 55-59	30:17.9	30:33.5	9:46/M	
138	Maggie Davis	Lancaster PA	41	26	F	4 25-29	30:21.6	30:51.7	9:47/M	
139	Jo Hershey	Elizabethtown PA	104	39	F	13 35-39	30:25.3	30:41.4	9:49/M	
140	Brenda Balmer	Lebanon PA	7	50	F	4 50-54	30:33.8	30:44.3	9:51/M	
141	Gina Davis	Etters PA	42	31	F	8 30-34	30:34.2	30:58.0	9:52/M	
142	Gerhard Wendt	Harrisburg PA	280	49	M	10 45-49	30:35.5	30:43.9	9:52/M	
143	Toren Erikson	Elizabethtown PA	55	12	M	9 1-14	30:41.7	30:52.2	9:54/M	
144	Kaitlin Erikson	Elizabethtown PA	54	43	F	14 40-44	30:42.0	30:52.2	9:54/M	
145	Lorraine Hahn	Stevens PA	91	55	F	4 55-59	30:42.2	30:57.4	9:54/M	
146	Susan Truxal	Lancaster PA	263	67	F	2 65-69	30:44.4	30:49.6	9:55/M	
147	Ed Lammando	Hummelstown PA	140	61	M	3 60-64	30:48.1	31:19.1	9:56/M	
148	Katherine Englert	Millersville PA	53	36	F	14 35-39	30:57.5	31:16.8	9:59/M	
149	Tj Kehler	Elizabethtown PA	126	11	M	10 1-14	30:58.5	31:25.1	9:59/M	
150	Marlene Weaver	Leola PA	277	44	F	15 40-44	31:06.0	31:20.9	10:02/M	
151	Melissa Wissler	Leola PA	284	43	F	16 40-44	31:06.2	31:21.1	10:02/M	
152	Chip Hitz	Hummelstown PA	108	58	M	11 55-59	31:06.7	31:30.9	10:02/M	
153	Allyson Gower	Auburn MI	85	22	F	5 20-24	31:10.1	31:20.9	10:03/M	
154	Jeannine Hohman	Lititz PA	110	53	F	5 50-54	31:15.3	31:39.7	10:05/M	
155	Rebecca Myers	Mechanicsburg PA	186	29	F	5 25-29	31:27.3	31:47.3	10:09/M	
156	Jennifer Volchko	Elizabethtown PA	268	35	F	15 35-39	31:30.4	32:06.4	10:10/M	
157	Virginia Hunsberger	Elizabethtown PA	119	54	F	6 50-54	31:33.5	31:49.8	10:11/M	
158	Jill Bucks	Elizabethtown PA	20	66	F	3 65-69	31:36.8	31:52.6	10:12/M	
159	Mandy Caron	York Haven PA	23	38	F	16 35-39	31:51.7	32:13.3	10:16/M	
160	James Nesbitt	Elizabethtown PA	188	44	M	9 40-44	31:51.7	32:29.1	10:16/M	
161	Heather Gebhart	Elizabethtown PA	77	34	F	9 30-34	31:59.7	32:34.6	10:19/M	
162	John Richards	Marysville PA	215	47	M	11 45-49	32:03.0	32:28.4	10:20/M	
163	Kara Schoessler	Hummelstown PA	230	37	F	17 35-39	32:06.5	32:32.3	10:21/M	
164	Steve Schoessler	Hummelstown PA	231	37	M	6 35-39	32:06.8	32:32.0	10:21/M	
165	Suzanne Lefever	Lititz PA	148	47	F	7 45-49	32:11.9	32:35.8	10:23/M	
166	Kristy Smith	Stevens PA	241	36	F	18 35-39	32:17.5	32:51.6	10:25/M	
167	Michele Stum	Steelton PA	250	35	F	19 35-39	32:18.1	32:47.8	10:25/M	
168	Pamela Szajnik	Enola PA	252	53	F	7 50-54	32:34.3	33:01.8	10:30/M	
169	Rebecca Sangrey	Lancaster PA	226	39	F	20 35-39	32:39.8	33:11.1	10:32/M	
170	Kristi Ritter	Elizabethtown PA	216	40	F	17 40-44	32:47.6	33:24.2	10:35/M	
171	Shawn McLaughlin	Bainbridge PA	175	53	M	9 50-54	32:53.3	33:14.3	10:36/M	
172	Lilly Rutkowski		305	14	F	5 1-14	33:00.7	33:11.5	10:39/M	
173	Samantha Houser	Campbelltown PA	115	21	F	6 20-24	33:13.8	33:55.1	10:43/M	
174	Jodi Groff	Lancaster PA	87	44	F	18 40-44	33:14.2	33:41.7	10:43/M	
175	James Laff		319	32	M	9 30-34	33:16.2	33:41.5	10:44/M	
176	Kayla Roush		315	27	F	6 25-29	33:22.8	33:40.2	10:46/M	
177	Christopher Bradley	Elizabethtown PA	13	57	M	12 55-59	33:24.5	33:49.7	10:46/M	
178	Terry Liekhert		323	61	M	4 60-64	33:40.9	34:22.5	10:52/M	
179	Stephanie Kelshaw	Elizabethtown PA	130	35	F	21 35-39	33:41.9	34:04.6	10:52/M	
180	Jeffrey Lloyd	Stevens PA	155	39	M	7 35-39	34:04.2	34:14.8	10:59/M	
181	Judith Phipps	Ephrata PA	563	55	F	5 55-59	34:17.3	34:42.8	11:04/M	
182	Mitch Romig	Mount Joy PA	220	34	M	10 30-34	34:19.6	34:44.1	11:04/M	
183	Abram Luffy	Shippensburg PA	161	9	M	11 1-14	34:25.0	34:42.5	11:06/M	
184	Michael Silvestrini	Lancaster PA	237	35	M	8 35-39	34:27.3	34:47.9	11:07/M	
185	Eric Sheils	Palmyra PA	234	54	M	10 50-54	34:27.4	34:56.9	11:07/M	
186	Martha Wolf	Hummelstown PA	286	67	F	4 65-69	34:41.3	35:18.1	11:11/M	
187	Rose Ward	Columbia PA	272	67	F	5 65-69	34:43.1	34:53.6	11:12/M	
188	Lisa Ayers	Annaville PA	6	47	F	8 45-49	34:44.3	34:54.6	11:12/M	
189	Brianna Kehler	Elizabethtown PA	125	37	F	22 35-39	34:48.8	35:16.0	11:14/M	
190	Scott Lithgow	Mount Joy PA	153	58	M	13 55-59	35:06.0	35:29.5	11:19/M	
191	Karen Landis	Pequea PA	143	53	F	8 50-54	35:11.0	35:31.8	11:21/M	
192	Leslie Heindel	Marietta PA	324	46	F	9 45-49	35:13.2	35:44.2	11:22/M	
193	Bryann Heindel		325	10	F	6 1-14	35:13.3	35:44.6	11:22/M	
194	Erika Zinkan	Middletown PA	293	0	F	1 0-0	35:22.0	35:24.9	11:25/M	
195	Abby Cless	Columbia PA	307	38	F	23 35-39	35:22.5	35:38.9	11:25/M	
196	Bruce Whiteley	Lititz PA	281	69	M	5 65-69	35:23.1	35:36.0	11:25/M	
197	Bella Myers		329	13	F	7 1-14	35:27.3	35:38.6	11:26/M	
198	Nick Sahd	Lancaster PA	222	44	M	10 40-44	36:07.1	36:36.5	11:39/M	
199	Sarah Walsh	Elizabethtown PA	271	37	F	24 35-39	36:11.3	36:39.5	11:40/M	
200	Deborah Schneider	Harrisburg PA	229	55	F	6 55-59	36:11.8	36:39.7	11:40/M	
201	Jennifer Witmer	Manheim PA	285	49	F	10 45-49	36:17.1	36:25.2	11:42/M	

2019 Frozen Foot Race 3

Race Date

March 17, 2019

Overall Finish List

5K

Place		-----Total-----								
Overall	Name	City	Bib No	Age	Gen	AG Place	Chip Time	Gun Time	Pace	
202	Matt Anderson	Middletown PA	3	51	M	11 50-54	36:21.2	37:00.4	11:44/M	
203	Amy Snyder	Mount Joy PA	245	33	F	10 30-34	36:23.7	37:00.1	11:44/M	
204	Tanya Markley	York PA	167	46	F	11 45-49	36:25.5	36:44.5	11:45/M	
205	Alison Williams	Harrisburg PA	282	47	F	12 45-49	36:26.8	36:57.8	11:45/M	
206	Denise Hess	Lititz PA	106	52	F	9 50-54	36:37.1	36:45.8	11:49/M	
207	Julie Hess		326	24	F	7 20-24	36:38.7	36:50.4	11:49/M	
208	Colleen Knutsen	Palmyra PA	134	54	F	10 50-54	36:55.9	37:33.1	11:55/M	
209	Mary Stoltzfus	Lancaster PA	249	49	F	13 45-49	36:57.4	37:10.0	11:55/M	
210	Sue Ruhl	Manheim PA	221	62	F	3 60-64	37:22.4	37:48.6	12:03/M	
211	Margaret Saunders	Lancaster PA	227	62	F	4 60-64	37:37.2	37:59.7	12:08/M	
212	Wendy Smith	York PA	242	56	F	7 55-59	37:42.8	38:01.8	12:10/M	
213	Kathrine Markley	Lancaster PA	168	56	F	8 55-59	37:43.7	38:02.1	12:10/M	
214	Alexa Habermehl	Royersford PA	89	18	F	3 15-19	37:46.5	37:51.8	12:11/M	
215	Denise Snyder-Patch	Elizabethtown PA	246	46	F	14 45-49	38:00.4	38:29.2	12:15/M	
216	John Markley	Lancaster PA	169	64	M	5 60-64	38:06.4	38:27.0	12:17/M	
217	Kristyn Gross	Enola PA	535	29	F	7 25-29	38:12.6	38:31.1	12:19/M	
218	Amy Linn	Enola PA	152	48	F	15 45-49	38:14.4	38:56.6	12:20/M	
219	Katie Landis	Palmyra PA	142	41	F	19 40-44	38:35.0	39:18.8	12:27/M	
220	Claire Sahd	Lancaster PA	223	9	F	8 1-14	38:41.9	39:12.7	12:29/M	
221	Fred Vos	Lancaster PA	269	64	M	6 60-64	38:47.4	39:11.8	12:31/M	
222	Kim Hitz	Hummelstown PA	109	58	F	9 55-59	39:04.8	39:28.7	12:36/M	
223	Mary Hess	Hershey PA	107	61	F	5 60-64	39:05.6	39:28.6	12:36/M	
224	Corey Hall	Palmyra PA	92	43	F	20 40-44	39:09.2	39:39.5	12:38/M	
225	Kimberly Dierwechter	Enola PA	46	40	F	21 40-44	39:22.1	39:53.5	12:42/M	
226	Ralph Detrick	Elizabethtown PA	45	78	M	3 70-99	39:30.4	39:59.9	12:45/M	
227	Kelly Muldowney	Lancaster PA	182	40	F	22 40-44	39:47.6	40:07.9	12:50/M	
228	Judy Swarouth	Elizabethtown PA	251	69	F	6 65-69	39:59.8	40:37.6	12:54/M	
229	Bob Horst	Lancaster PA	113	88	M	4 70-99	40:08.1	40:17.0	12:57/M	
230	Kendra Rice	Lancaster PA	213	43	F	23 40-44	40:10.2	40:38.9	12:57/M	
231	Colleen Gergely	Manheim PA	78	40	F	24 40-44	40:12.2	40:50.3	12:58/M	
232	Julia Gergely	Manheim PA	79	9	F	9 1-14	40:12.5	40:50.6	12:58/M	
233	Lyndell Sahd	Lancaster PA	224	44	F	25 40-44	40:36.4	41:05.4	13:06/M	
234	Jill Breneman	Mount Joy PA	16	40	F	26 40-44	40:36.5	40:54.4	13:06/M	
235	Erika Likins	Hershey PA	150	32	F	11 30-34	40:38.2	40:56.2	13:06/M	
236	Deb Vanek		297	62	F	6 60-64	40:44.6	41:14.9	13:08/M	
237	Tami Anderson	Middletown PA	501	48	F	16 45-49	40:49.4	41:29.0	13:10/M	
238	Michele Coleman	Hershey PA	26	46	F	17 45-49	40:55.8	41:21.4	13:12/M	
239	Michelle Kennedy	Middletown PA	302	44	F	27 40-44	40:56.0	41:21.4	13:12/M	
240	Amanda Ferguson	Elizabethtown PA	60	38	F	25 35-39	41:09.2	41:45.4	13:16/M	
241	Nichole Feldenzer	Palmyra PA	59	46	F	18 45-49	41:10.6	41:51.6	13:17/M	
242	Jackie Forwood	Conestoga PA	66	44	F	28 40-44	41:12.3	41:34.0	13:17/M	
243	Liam Fisher	Lancaster PA	62	8	M	12 1-14	41:33.3	44:30.2	13:24/M	
244	Joshua Fisher	Lancaster PA	61	31	M	11 30-34	41:36.6	44:29.6	13:25/M	
245	Morgan Ash		322	28	M	4 25-29	42:26.6	42:33.5	13:41/M	
246	Sophie Keller	Mount Wolf PA	129	9	F	10 1-14	42:50.5	43:14.3	13:49/M	
247	Nannette Handley	Mechanicsburg PA	94	59	F	10 55-59	42:52.6	43:20.4	13:50/M	
248	Diane Washko	Manchester PA	274	46	F	19 45-49	42:52.7	43:15.6	13:50/M	
249	Alisha Keller	Mount Wolf PA	127	42	F	29 40-44	42:58.5	43:20.9	13:52/M	
250	Jessica Schaber	Elizabethtown PA	228	38	F	26 35-39	44:20.6	45:05.5	14:18/M	
251	Patricia Tenhuisen	Hummelstown PA	259	57	F	11 55-59	44:20.8	44:37.2	14:18/M	
252	Sarah E. Gill	Hummelstown PA	81	35	F	27 35-39	44:21.9	44:38.3	14:18/M	
253	Carol Lebo	Myerstown PA	147	76	F	1 70-99	44:34.1	44:56.3	14:23/M	
254	John Frantz	Bainbridge PA	70	65	M	6 65-69	44:37.3	44:40.6	14:24/M	
255	Leslie Long	Mifflintown PA	158	37	F	28 35-39	44:54.8	45:28.1	14:29/M	
256	Lynda Hasper	Lititz PA	98	52	F	11 50-54	45:17.4	45:45.1	14:36/M	
257	Stephanie Gingrich		82	50	F	12 50-54	45:21.2	46:08.7	14:38/M	
258	Cheryl Good	Manheim PA	83	54	F	13 50-54	45:36.4	46:09.3	14:43/M	
259	Janice Herman	Conestoga PA	103	66	F	7 65-69	45:52.2	46:27.2	14:48/M	
260	Sarah Tash	Lancaster PA	256	36	F	29 35-39	46:03.6	46:18.7	14:51/M	
261	Tom Correll	Harrisburg PA	31	65	M	7 65-69	46:04.4	46:18.5	14:52/M	
262	Jo Ann Martinelli	Lancaster PA	170	63	F	7 60-64	46:17.8	46:37.6	14:56/M	
263	Lisa Heilner	Elizabethtown PA	101	59	F	12 55-59	46:19.2	46:38.8	14:56/M	
264	Mary Susan Weidman	Palmyra PA	278	66	F	8 65-69	47:43.1	48:19.1	15:24/M	
265	Nicholas Keller	Mount Wolf PA	128	14	M	13 1-14	48:40.0	49:03.2	15:42/M	
266	Bradley Washko	Manchester PA	273	14	M	14 1-14	48:40.1	49:03.1	15:42/M	
267	Dick McCullough	Lititz PA	173	84	M	5 70-99	48:40.2	48:57.6	15:42/M	
268	Melissa Fryberger	Reinholds PA	527	51	F	14 50-54	49:26.7	49:53.8	15:57/M	

2019 Frozen Foot Race 3

Race Date
March 17, 2019

Overall Finish List

5K

Place		-----Total-----							
Overall	Name	City	Bib No	Age	Gen	AG Place	Chip Time	Gun Time	Pace
269	Jessica Smith	York PA	243	37	F	30 35-39	50:03.8	50:24.4	16:09/M
270	Steve De Perrot		316	57	M	14 55-59	50:13.9	50:49.4	16:12/M
271	Lisa Poliski	Lititz PA	208	53	F	15 50-54	50:14.3	50:49.4	16:12/M
272	Carey Manz	Jonestown PA	166	40	F	30 40-44	51:39.7	52:19.3	16:40/M
273	Brett Whiteman	Manheim PA	330	26	M	5 25-29	51:52.9	52:04.9	16:44/M
274	Rachel Whiteman	Manheim PA	331	23	F	8 20-24	51:53.6	52:04.9	16:44/M
275	Nora Haefele	Pottstown PA	90	61	F	8 60-64	53:45.2	54:13.8	17:20/M
276	Ginny Yingst	Lebanon PA	290	70	F	2 70-99	53:53.8	54:32.5	17:23/M
277	Carolyn Null	New Providence PA	195	42	F	31 40-44	53:57.8	54:24.4	17:24/M
278	Terri Krimmel	Lancaster PA	138	52	F	16 50-54	53:57.8	54:24.4	17:24/M
279	Beth Krebs	Lancaster PA	306	48	F	20 45-49	54:01.4	54:28.4	17:25/M
280	Richelle Counelis	Etters PA	32	27	F	8 25-29	55:01.5	55:49.4	17:45/M
281	Kyrianna Frantz	Bainbridge PA	69	17	F	4 15-19	55:01.8	55:49.1	17:45/M
282	Elsie Gillilana		313	76	F	3 70-99	57:21.5	57:36.6	18:30/M
283	Luke McCone		312	10	M	15 1-14	57:28.5	57:36.5	18:32/M
284	Joanne Emig	Lititz PA	52	67	F	9 65-69	1:02:25.6	1:02:59.2	20:08/M
285	Liz Borders	Mount Joy PA	12	27	F	9 25-29	1:15:53.4	1:16:34.0	24:29/M