

Race Date
November 02, 2019

2019 Blood Sweat and Tears
Age Group Results

BST 5 Miler

Female Open Winners

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Shannon Pomroy	Hummelstown	40	265	2	37:32.5	7:31/M

Male Open Winners

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Benjamin Kier	Elizabethtown PA	28	299	1	30:37.0	6:07/M

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Female 20 to 24

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Cassandra Koser	Palmyra PA	21	257	8	48:32.8	9:43/M

Male 25 to 29

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Johnathan Loeb		26	306	5	43:05.4	8:37/M

Male 30 to 34

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Justin Clements	Lebanon PA	34	252	12	52:02.6	10:25/M

Female 35 to 39

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Tommi Nace		37	264	24	1:17:59.4	15:36/M

Male 35 to 39

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	David Gass	Myerstown PA	39	302	3	37:40.0	7:32/M
2	Glenn Weaber		35	307	6	46:42.4	9:20/M

Female 40 to 44

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Karin McCabe		41	262	16	54:52.0	10:58/M

Male 40 to 44

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Allan Youngs		44	304	4	38:42.5	7:45/M

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Female 50 to 54

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Diane Beaston		50	297	9	50:20.0	10:04/M
2	Diana Karlinsey	Camp Hill PA	52	255	21	1:04:31.8	12:54/M
3	Lori Lauver	Mechanicsburg PA	50	298	22	1:11:52.1	14:22/M

Female 55 to 59

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Kelly Menser	Palmyra PA	58	263	17	56:03.0	11:13/M
2	Judith Carlson		58	251	18	56:06.3	11:13/M
3	Paula Schramm	Elizabethtown PA	58	266	23	1:17:59.3	15:36/M
4	Kelly Smith		59	268	26	1:24:16.6	16:51/M

Male 55 to 59

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Steve Wasserman	Lebanon PA	57	269	11	50:39.0	10:08/M

Female 60 to 64

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Karla Ludwig		62	261	25	1:24:15.8	16:51/M

Male 60 to 64

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Stephan Shaub	Lititz PA	60	267	10	50:23.6	10:05/M
2	Ed Lammando	Hummelstown PA	62	258	13	52:14.8	10:27/M
3	Scott Clements		62	253	20	1:02:41.1	12:32/M

Female 65 to 69

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Barb Lefko		68	260	15	53:48.4	10:46/M

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Male 65 to 69

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1	Fred Kohler	Lancaster	66	256	7	46:43.3	9:21/M
2	Bob Jones	Hummelstown PA	69	303	19	56:30.0	11:18/M

Male 70 to 74

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	John Lefko	Stewartstown PA	70	259	14	53:11.9	10:38/M