

Race Date
January 19, 2020

2020 Frozen Foot 5K RC 1
Age Group Results

5K

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>	<u>Time Back</u>
1	Teal Liu	Hershey PA	173	34	6	21:47.7	21:47.7	6:57/M	

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>	<u>Time Back</u>
1	Peter Weida		294	27	1	17:51.5	17:51.5	5:41/M	

Female Masters 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>	<u>Time Back</u>
1	Julie Hess		312	40	33	25:58.7	25:58.7	8:17/M	4:11.0

Male Masters 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>	<u>Time Back</u>
1	Kurt Degoede		93	50	5	20:55.3	20:55.3	6:40/M	3:03.7

2020 Frozen Foot 5K RC 1

Age Group Results

5K

Race Date
January 19, 2020

Female 14 and Under

-----Total-----										
Place	Name	City	Bib No	Age	Overall	Chip Time	Gun Time	Pace	Time Back	
1	* Marina Papadimitriou	Lancaster PA	206	13	11	22:33.9	22:49.6	7:17/M	0:46.2	
2	* Savannah Hershey	Lebanon PA	135	13	21	23:55.0	24:10.3	7:43/M	2:07.3	
3	* Meghan Phillips	Lititz PA	212	13	44	27:15.3	27:31.3	8:48/M	5:27.6	
4	Rae Sandt	Conestoga PA	229	11	45	27:16.1	27:34.1	8:48/M	5:28.4	
5	Christine Wagner	Quarryville PA	272	14	49	27:43.7	27:59.1	8:57/M	5:56.0	
6	Skylar Gubbins	Elizabethtown PA	126	14	54	28:21.0	28:35.4	9:09/M	6:33.2	
7	Paige Heslap		293	14	76	31:21.0	31:39.3	10:07/M	9:33.3	
8	Madison Reed	Mountville PA	219	11	138	37:11.3	37:29.4	12:00/M	15:23.6	
9	Maia Hampton	Elizabethtown PA	128	13	139	37:14.8	37:29.8	12:01/M	15:27.1	
10	Brianna Null	New Providence PA	197	10	210	54:54.6	55:17.8	17:43/M	33:06.9	
11	Keira Uniatowski	Mount Joy PA	265	11	219	1:16:15.9	1:17:16.6	24:36/M	54:28.2	

Male 14 and Under

-----Total-----										
Place	Name	City	Bib No	Age	Overall	Chip Time	Gun Time	Pace	Time Back	
1	* Dalton Fink		306	12	12	22:47.5	23:05.1	7:21/M	4:55.9	
2	* Jonah Arnold	York PA	1254	14	28	25:09.7	25:50.4	8:07/M	7:18.1	
3	* Lucas Grenier	Wrightsville PA	122	11	83	32:12.4	32:53.4	10:23/M	14:20.8	
4	Cooper Dolby	Elizabethtown PA	99	8	110	34:41.8	35:23.0	11:12/M	16:50.2	
5	Chas Bibleheimer	Elizabethtown PA	1259	12	160	41:46.2	42:05.5	13:28/M	23:54.6	
6	Eli Arnold	York PA	1253	11	179	45:11.7	45:37.0	14:35/M	27:20.1	

Female 15 to 19

-----Total-----										
Place	Name	City	Bib No	Age	Overall	Chip Time	Gun Time	Pace	Time Back	
1	* Madie Morrow	Landisburg PA	188	16	18	23:36.4	23:52.3	7:37/M	1:48.7	
2	* Hannah Sohn	Mechanicsburg PA	248	19	42	27:01.0	27:20.4	8:43/M	5:13.3	
3	* Brooke Wilson	Elizabethtown PA	285	15	95	33:08.0	33:25.8	10:41/M	11:20.3	

Male 15 to 19

-----Total-----										
Place	Name	City	Bib No	Age	Overall	Chip Time	Gun Time	Pace	Time Back	
1	* Luke Papadimitriou	Lancaster PA	205	15	7	22:01.8	22:17.9	7:06/M	4:10.2	
2	* Ethan Cronin		311	15	17	23:33.0	23:50.7	7:36/M	5:41.4	
3	* Riley Myers	Lewistown PA	193	16	23	24:36.0	24:59.0	7:56/M	6:44.4	
4	Darren Diverio	Manheim PA	98	16	26	24:57.7	25:14.7	8:03/M	7:06.1	
5	Elijah Miller	Elizabethtown PA	186	15	27	25:00.5	25:18.7	8:04/M	7:08.9	
6	Nathan Gubbins	Elizabethtown PA	125	15	39	26:43.3	27:01.4	8:37/M	8:51.7	
7	Kyle Valentine	Elizabethtown PA	267	15	146	38:42.0	39:00.2	12:29/M	20:50.5	

Female 20 to 24

-----Total-----										
Place	Name	City	Bib No	Age	Overall	Chip Time	Gun Time	Pace	Time Back	
1	* Cassidy Dunn	Chester Springs PA	102	20	52	28:11.7	28:31.1	9:06/M	6:24.0	
2	* Abby Smith	Mechanicsburg PA	237	20	143	38:24.5	38:57.8	12:23/M	16:36.8	
3	* Kelsey Snyder	Annaville PA	246	22	166	42:35.3	43:10.7	13:44/M	20:47.6	

Male Age 20-24

-----Total-----										
Place	Name	City	Bib No	Age	Overall	Chip Time	Gun Time	Pace	Time Back	
1	* Austin Buchmoyer	Mount Joy PA	1237	23	92	33:01.3	33:29.1	10:39/M	15:09.7	

2020 Frozen Foot 5K RC 1

Race Date
January 19, 2020

Age Group Results

5K

Female 25 to 29

-----Total-----									
Place	Name	City	Bib No	Age	Overall	Chip Time	Gun Time	Pace	Time Back
1 *	Lydia Mellinger		302	29	38	26:39.5	26:57.9	8:36/M	4:51.8
2 *	Emily Sterner	Elizabethtown PA	253	28	48	27:42.7	28:04.9	8:56/M	5:55.0
3 *	Katrina Stefanik	Peach Bottom PA	252	26	93	33:03.2	33:24.8	10:40/M	11:15.5
4	Kelly Burns	Lancaster PA	1241	26	94	33:06.5	33:27.8	10:41/M	11:18.8
5	Natasa McCulloch	Elizabethtown PA	183	29	106	34:27.2	34:56.8	11:07/M	12:39.4
6	Christine Sferco		305	27	142	37:37.8	38:01.3	12:08/M	15:50.1
7	Bridget Cole	Palmyra PA	1244	28	194	47:58.3	48:49.3	15:28/M	26:10.6
8	Alyssa Kaupas	Lansdowne PA	156	27	202	50:59.3	51:44.0	16:27/M	29:11.6

Male 25 to 29

-----Total-----									
Place	Name	City	Bib No	Age	Overall	Chip Time	Gun Time	Pace	Time Back
1 *	Benjamin Keer		301	28	3	19:23.6	19:37.9	6:15/M	1:32.0
2 *	Steven Hoffer	Bainbridge PA	145	28	43	27:10.4	27:37.3	8:46/M	9:18.8
3 *	Adam Swartz	Terre Hill PA	255	27	56	28:30.2	28:59.0	9:12/M	10:38.6
4	Paul Dalton	Lebanon PA	1248	29	57	28:34.5	28:51.4	9:13/M	10:42.9

Female 30 to 34

-----Total-----									
Place	Name	City	Bib No	Age	Overall	Chip Time	Gun Time	Pace	Time Back
1 *	Bethany Hix	Birdsboro PA	142	31	75	31:12.0	31:29.1	10:04/M	9:24.2
2 *	Jessica Serbel	Mount Joy PA	232	31	81	32:09.1	32:29.6	10:22/M	10:21.4
3 *	Rachel McCarthy		313	34	101	33:33.3	34:14.5	10:49/M	11:45.6
4	Christine Nickel	Lancaster PA	196	34	102	33:56.5	34:34.8	10:57/M	12:08.8
5	Amy Snyder	Mount Joy PA	244	34	132	36:50.6	37:30.4	11:53/M	15:02.8
6	Stephanie Herrmann	Lancaster PA	133	30	137	37:11.1	37:29.2	12:00/M	15:23.4
7	Jessica Dinkel	Marietta PA	97	31	149	39:23.3	39:53.0	12:42/M	17:35.6
8	Lauren Ishaq	Mechanicsburg PA	150	33	158	41:33.3	41:57.4	13:24/M	19:45.6
9	Brittany Dyer	Marietta PA	103	30	161	41:49.9	42:17.8	13:30/M	20:02.2
10	Courtney Farr	East Petersburg PA	107	31	206	53:18.0	53:45.7	17:12/M	31:30.3

Male 30 to 34

-----Total-----									
Place	Name	City	Bib No	Age	Overall	Chip Time	Gun Time	Pace	Time Back
1 *	Jeremy Brady		298	32	2	18:06.0	18:20.8	5:50/M	0:14.5
2 *	Jeff Leggett	Elizabethtown PA	172	33	29	25:15.5	25:39.6	8:09/M	7:24.0
3 *	Jonathan Croft	Hummelstown PA	1247	34	34	26:05.3	26:28.9	8:25/M	8:13.7
4	Christopher Gibson	Landisville PA	115	34	67	29:50.4	30:33.8	9:38/M	11:58.9
5	Jesse Dyer	Marietta PA	104	34	87	32:30.3	32:58.7	10:29/M	14:38.8

Female 35 to 39

-----Total-----									
Place	Name	City	Bib No	Age	Overall	Chip Time	Gun Time	Pace	Time Back
1 *	Joyce Loizeaux	Elizabethtown PA	175	38	37	26:27.2	26:46.0	8:32/M	4:39.5
2 *	Lindsay Troop	Elizabethtown PA	263	39	47	27:39.5	28:03.4	8:55/M	5:51.8
3 *	Leah Yingling	Elizabethtown PA	290	35	79	32:01.7	32:37.1	10:20/M	10:14.0
4	Jennifer Volchko	Elizabethtown PA	270	36	113	35:08.8	35:49.3	11:20/M	13:21.1
5	Carrie Beamenderfer	Elizabethtown PA	1258	37	122	35:45.9	36:25.4	11:32/M	13:58.2
6	Erin Callahan	Manheim PA	1242	37	125	36:02.9	36:44.8	11:38/M	14:15.2
7	Anya Goldina	Elizabethtown PA	117	39	128	36:24.4	37:02.5	11:45/M	14:36.7
8	Heather Gebhart	Elizabethtown PA	112	35	131	36:46.4	37:26.5	11:52/M	14:58.7
9	Sarah Zeiders	Elizabethtown PA	291	39	135	37:06.3	37:43.7	11:58/M	15:18.5
10	Guthrie Christina		320	38	151	40:01.8	40:54.1	12:55/M	18:14.1
11	Allison Willis	Lancaster PA	283	39	156	40:48.4	41:29.9	13:10/M	19:00.6
12	Jessica Schaber	Elizabethtown PA	231	39	186	46:54.9	47:20.4	15:08/M	25:07.2
13	Tracy Pierce	Landisville PA	215	35	223	1:16:50.9	1:17:53.4	24:47/M	55:03.2

2020 Frozen Foot 5K RC 1

Race Date
January 19, 2020

Age Group Results

5K

Male 35 to 39

-----Total-----									
Place	Name	City	Bib No	Age	Overall	Chip Time	Gun Time	Pace	Time Back
1	* Bob Porambo	Elizabethtown PA	217	39	4	20:35.6	20:51.2	6:39/M	2:44.0
2	* Daniel Loizeaux	Elizabethtown PA	174	38	9	22:22.9	22:38.0	7:13/M	4:31.3
3	* Isaac Greene	Mount Joy PA	310	35	14	23:06.2	23:23.3	7:27/M	5:14.6
4	Clint Willman	Landisville PA	284	39	51	28:09.4	28:26.9	9:05/M	10:17.8
5	Jerry Schaber	Elizabethtown PA	230	39	61	28:50.2	29:14.1	9:18/M	10:58.6
6	Brian Tash	Lancaster PA	259	37	62	29:15.7	29:40.0	9:26/M	11:24.1
7	Matthew Hix	Landisville PA	144	37	65	29:35.9	29:53.4	9:33/M	11:44.3
8	Jeremy Troop	Elizabethtown PA	262	39	66	29:50.1	29:50.1	9:37/M	11:58.5
9	Mitch Romig	Mount Joy PA	225	35	133	36:51.6	37:28.2	11:53/M	19:00.0
10	Corey Pierce	Landisville PA	214	35	222	1:16:49.5	1:17:53.5	24:47/M	58:57.9

Female 40 to 44

-----Total-----									
Place	Name	City	Bib No	Age	Overall	Chip Time	Gun Time	Pace	Time Back
1	* Karin Laszkovits	Elizabethtown PA	167	44	36	26:17.3	26:40.7	8:29/M	4:29.5
2	* Brenda Spackman	Mount Joy PA	249	44	40	26:54.4	27:22.1	8:41/M	5:06.7
3	* Mackenzie Compton	Manheim PA	1246	41	55	28:22.4	29:07.4	9:09/M	6:34.7
4	Lauren Herman	Manheim PA	132	44	63	29:21.0	30:04.5	9:28/M	7:33.3
5	Jamie Auker	Elizabethtown PA	1255	40	72	30:56.1	31:26.2	9:59/M	9:08.4
6	Anne Garber	Elizabethtown PA	110	44	90	32:57.6	33:33.5	10:38/M	11:09.9
7	Krista Gray	Manheim PA	120	42	99	33:20.1	34:04.9	10:45/M	11:32.4
8	Vicki Grenier	Wrightsville PA	123	41	103	34:05.0	34:45.8	11:00/M	12:17.3
9	Jo Hershey	Elizabethtown PA	134	40	109	34:40.2	35:16.0	11:11/M	12:52.5
10	Susan Kenderdine	Elizabethtown PA	158	42	117	35:15.9	35:57.7	11:23/M	13:28.2
11	Melissa Wissler	Leola PA	287	44	127	36:12.3	36:54.7	11:41/M	14:24.6
12	Kristi Ritter	Elizabethtown PA	222	41	140	37:16.2	37:56.8	12:01/M	15:28.5
13	Kelly Muldowney	Lancaster PA	190	41	165	42:33.0	43:05.7	13:44/M	20:45.2
14	Jodi Oley	Downingtown PA	201	41	175	44:00.5	44:22.2	14:12/M	22:12.8
15	Dionna Rookey	Elizabethtown PA	226	42	188	47:04.0	47:41.4	15:11/M	25:16.3
16	Becky Smith	Elizabethtown PA	238	42	191	47:33.9	48:08.1	15:21/M	25:46.2
17	Sherry Quickel	Elizabethtown PA	218	40	195	48:24.1	48:55.0	15:37/M	26:36.4
18	Maggie St. Clair	Lititz PA	250	40	196	48:35.8	49:18.1	15:41/M	26:48.1
19	Carolyn Null	New Providence PA	198	43	211	55:07.3	55:30.4	17:47/M	33:19.6
20	Elizabeth Kerr	Mount Joy PA	162	44	221	1:16:49.4	1:17:52.3	24:47/M	55:01.7

Male 40 to 44

-----Total-----									
Place	Name	City	Bib No	Age	Overall	Chip Time	Gun Time	Pace	Time Back
1	* Dan Arnold	York PA	1252	44	8	22:14.2	22:55.5	7:10/M	4:22.6
2	* Drake Adam		319	40	10	22:28.0	22:44.6	7:15/M	4:36.4
3	* Dimitri Papadimitriou	Lancaster PA	204	42	15	23:31.8	23:48.5	7:35/M	5:40.2
4	Michael Phillips	Lititz PA	213	43	16	23:32.9	23:49.9	7:36/M	5:41.3
5	Lane Burkholder	Manheim PA	1240	44	22	24:22.4	24:43.5	7:52/M	6:30.9
6	Ryan Sheidy	Elizabethtown PA	233	44	30	25:27.5	25:54.7	8:13/M	7:35.9
7	Shawn Miller	Elizabethtown PA	187	43	59	28:43.7	29:13.7	9:16/M	10:52.1
8	James Oley	Downingtown PA	200	44	64	29:32.9	29:54.9	9:32/M	11:41.3
9	Mark Rothenberger	Lancaster PA	227	44	69	30:17.1	30:37.3	9:46/M	12:25.5
10	Justin Grenier	Wrightsville PA	121	43	86	32:27.3	33:06.9	10:28/M	14:35.7
11	Mathew Cash		296	40	112	34:48.2	35:21.5	11:14/M	16:56.6
12	James Richards	Harrisburg PA	220	43	116	35:13.0	35:47.4	11:22/M	17:21.4
13	Mike Smith	Lewisberry PA	241	44	130	36:40.4	37:02.7	11:50/M	18:48.8
14	Peter Ollar		300	42	190	47:23.9	47:57.3	15:17/M	29:32.3
15	Bradley Kerr	Mount Joy PA	161	42	218	1:15:39.9	1:16:43.3	24:24/M	57:48.3

Female 45 to 49

-----Total-----									
Place	Name	City	Bib No	Age	Overall	Chip Time	Gun Time	Pace	Time Back
1	* Denise Valentine	Elizabethtown PA	266	47	70	30:28.0	30:54.7	9:50/M	8:40.3
2	* Jodi Myers	Lewistown PA	192	47	91	33:00.5	33:23.6	10:39/M	11:12.8
3	* Tanya Markley	York PA	179	47	97	33:18.2	33:47.8	10:45/M	11:30.5
4	Tina Laudermlch	Elizabethtown PA	168	45	100	33:32.9	33:57.8	10:49/M	11:45.2
5	Cinda Kauffman	Mount Joy PA	154	45	104	34:07.5	34:47.0	11:01/M	12:19.8
6	Gail Mowery	Millersville PA	189	45	107	34:27.6	34:49.1	11:07/M	12:39.9
7	Rebecca Gottshall	Columbia PA	119	49	108	34:36.9	35:00.3	11:10/M	12:49.2

2020 Frozen Foot 5K RC 1

Age Group Results

5K

Race Date
January 19, 2020

Female 45 to 49

-----Total-----										
Place	Name	City	Bib No	Age	Overall	Chip Time	Gun Time	Pace	Time Back	
8	Angela Watson	Lewisberry PA	274	47	115	35:12.4	35:35.1	11:21/M	13:24.7	
9	Marlene Weaver	Leola PA	275	45	126	36:08.5	36:51.5	11:40/M	14:20.8	
10	Melanie Payton	Mount Joy PA	209	46	129	36:29.6	36:55.8	11:46/M	14:41.9	
11	Jodi Groff	Lancaster PA	124	45	145	38:32.8	39:12.9	12:26/M	16:45.1	
12	Jacqueline Rodriguez	Lancaster PA	223	45	153	40:11.8	40:35.9	12:58/M	18:24.1	
13	Rochelle Meiskey	Columbia PA	185	47	154	40:12.1	40:36.2	12:58/M	18:24.4	
14	Alison Williams	Harrisburg PA	281	48	155	40:31.0	41:12.5	13:04/M	18:43.3	
15	Chrissy Buchmoyer	Marietta PA	1238	45	162	41:59.3	42:26.8	13:33/M	20:11.6	
16	Denise Snyder-Patch	Elizabethtown PA	247	47	169	43:07.6	43:33.8	13:55/M	21:19.9	
17	Melissa Hess	York PA	138	46	192	47:45.6	48:20.1	15:24/M	25:57.8	
18	Suzanne Lefever	Lititz PA	171	48	200	50:24.4	51:00.9	16:16/M	28:36.7	
19	Kim Wolgemuth	Elizabethtown PA	289	49	208	54:53.5	55:36.4	17:42/M	33:05.8	
20	Beth Krebs	Lancaster PA	164	49	213	55:08.3	55:30.3	17:47/M	33:20.6	
21	Jennifer Young		303	49	215	1:00:19.5	1:00:58.8	19:28/M	38:31.8	

Male 45 to 49

-----Total-----										
Place	Name	City	Bib No	Age	Overall	Chip Time	Gun Time	Pace	Time Back	
1	* Luther Wilson	Elizabethtown PA	286	48	53	28:14.2	28:32.5	9:07/M	10:22.7	
2	* Edward Payton	Mount Joy PA	208	49	58	28:42.8	29:01.8	9:16/M	10:51.3	
3	* Doug Jones	Lititz PA	151	48	60	28:45.7	29:03.1	9:17/M	10:54.1	
4	Scott Kennedy	Middletown PA	160	48	68	30:08.2	30:33.4	9:43/M	12:16.6	
5	John Richards	Marysville PA	221	48	77	31:29.6	32:03.9	10:10/M	13:38.1	
6	William Kaufhold	Mount Joy PA	155	48	217	1:15:06.4	1:16:10.8	24:14/M	57:14.8	

Female 50 to 54

-----Total-----										
Place	Name	City	Bib No	Age	Overall	Chip Time	Gun Time	Pace	Time Back	
1	* Pamela Szajnik	Enola PA	256	54	118	35:19.1	35:47.0	11:24/M	13:31.4	
2	* Tammy Smith	Mechanicsburg PA	242	50	144	38:25.4	38:58.2	12:24/M	16:37.7	
3	* Judi Snyder	Annville PA	245	50	164	42:29.0	43:04.5	13:42/M	20:41.3	
4	Denise Hess	Lititz PA	136	53	168	42:39.6	43:10.6	13:46/M	20:51.9	
5	Julianne Browne	Strasburg PA	1263	54	171	43:32.3	44:13.4	14:03/M	21:44.6	
6	Awilda Depatto	Manchester PA	94	52	182	46:38.3	47:19.0	15:03/M	24:50.6	
7	Chris Shenk		235	52	183	46:41.7	47:27.1	15:04/M	24:54.0	
8	Nancy Ebersole		299	54	184	46:42.4	47:27.2	15:04/M	24:54.6	
9	Kelly Thomas	Lititz PA	261	51	197	48:36.7	49:18.9	15:41/M	26:49.0	
10	Jeannine Hohman	Lititz PA	146	54	199	50:23.8	51:00.9	16:15/M	28:36.1	
11	Terri Krimmel	Lancaster PA	165	53	212	55:07.8	55:30.5	17:47/M	33:20.1	

Male 50 to 54

-----Total-----										
Place	Name	City	Bib No	Age	Overall	Chip Time	Gun Time	Pace	Time Back	
1	* Bob McEvoy	Elizabethtown PA	184	50	25	24:52.1	25:17.6	8:01/M	7:00.5	
2	* Greg Orris	Harrisburg PA	203	50	71	30:34.7	31:04.2	9:52/M	12:43.2	
3	* Rick Lown	Elizabethtown PA	177	53	78	31:32.5	31:55.4	10:11/M	13:41.0	
4	Rod Wilson		307	53	80	32:05.3	32:23.5	10:21/M	14:13.7	
5	Michael Patch	Elizabethtown PA	207	54	82	32:12.2	32:37.8	10:23/M	14:20.6	
6	Robert Fulton	Harrisburg PA	109	52	88	32:45.4	33:10.1	10:34/M	14:53.9	
7	Gerhard Wendt	Ronks PA	279	50	114	35:08.8	35:37.9	11:20/M	17:17.2	
8	William Laudien	Landisville PA	169	51	121	35:45.5	36:22.2	11:32/M	17:53.9	
9	Michael Peffley		304	50	124	36:01.6	36:46.8	11:37/M	18:10.0	
10	Christopher Depatto	Manchester PA	95	50	198	48:44.6	49:24.4	15:43/M	30:53.0	

Female 55 to 59

-----Total-----										
Place	Name	City	Bib No	Age	Overall	Chip Time	Gun Time	Pace	Time Back	
1	* Kelly Eakin	Harrisburg PA	105	55	105	34:26.8	34:50.9	11:07/M	12:39.1	
2	* Jan Gaspich	Palmyra PA	111	55	123	35:52.9	36:47.8	11:35/M	14:05.2	
3	* Karen Bramley	Elizabethtown PA	1262	55	150	39:40.7	40:22.9	12:48/M	17:53.0	

2020 Frozen Foot 5K RC 1

Age Group Results

5K

Race Date
January 19, 2020

Female 55 to 59

-----Total-----										
Place	Name	City	Bib No	Age	Overall	Chip Time	Gun Time	Pace	Time Back	
4	Wendy Smith	York PA	243	57	157	41:30.9	41:59.8	13:24/M	19:43.2	
5	Colleen Knutsen	Palmyra PA	163	55	167	42:36.7	43:20.3	13:45/M	20:49.0	
6	Marcie Webber	Mount Gretna PA	276	57	172	43:32.3	44:00.9	14:03/M	21:44.6	
7	Kim Hitz	Hummelstown PA	141	59	178	45:03.7	45:42.7	14:32/M	23:16.0	
8	Kim Kennedy	Harrisburg PA	159	58	185	46:52.8	47:31.0	15:07/M	25:05.1	
9	Patricia Cole	Palmyra PA	1245	57	187	47:02.2	47:53.4	15:10/M	25:14.5	
10	Annette Chevalier	Cleona PA	1243	59	193	47:54.0	48:26.8	15:27/M	26:06.3	
11	Cheryl Good	Manheim PA	118	55	204	51:13.7	51:44.1	16:32/M	29:26.0	
12	Tammy Williams	Elizabethtown PA	282	59	209	54:54.3	55:36.7	17:43/M	33:06.6	
13	Susan Welsh	Newville PA	277	55	216	1:06:49.1	1:07:28.6	21:33/M	45:01.4	

Male 55 to 59

-----Total-----										
Place	Name	City	Bib No	Age	Overall	Chip Time	Gun Time	Pace	Time Back	
1 *	Dwight Eichelberger		308	58	24	24:36.1	25:08.8	7:56/M	6:44.5	
2 *	David Mann	Lebanon PA	178	56	31	25:36.2	26:01.0	8:16/M	7:44.7	
3 *	Randy Whitaker		315	59	32	25:47.8	26:05.7	8:19/M	7:56.2	
4	Michael Heider	Lancaster Lancaster PA	130	57	35	26:08.9	26:25.1	8:26/M	8:17.3	
5	Peter O'Donoghue	Mountville PA	199	58	41	26:55.3	27:09.7	8:41/M	9:03.7	
6	Ross Nick		318	57	50	28:05.3	28:30.9	9:04/M	10:13.7	
7	William Kriege		295	59	73	30:58.2	31:17.7	9:59/M	13:06.6	
8	Chip Hitz	Hummelstown PA	140	59	119	35:31.6	36:08.5	11:28/M	17:40.0	
9	Eric Sheils	Palmyra PA	234	55	136	37:09.3	37:41.0	11:59/M	19:17.7	
10	Christopher Bradley	Elizabethtown PA	1261	58	141	37:24.0	37:59.3	12:04/M	19:32.4	
11	Mark Ballavia	Elizabethtown PA	1257	59	147	38:57.2	39:27.0	12:34/M	21:05.6	

Female 60 to 64

-----Total-----										
Place	Name	City	Bib No	Age	Overall	Chip Time	Gun Time	Pace	Time Back	
1 *	Deb Plummer	Enola PA	216	62	46	27:22.4	27:37.4	8:50/M	5:34.6	
2 *	Susan J Landis	Columbia PA	166	60	120	35:33.2	35:55.1	11:28/M	13:45.5	
3 *	Sue Ruhl	Manheim PA	228	63	159	41:34.3	42:04.6	13:25/M	19:46.6	
4	Suzanne Szczepanski	Elizabethtown PA	258	64	170	43:11.8	43:48.4	13:56/M	21:24.1	
5	Nannette Handley	Mechanicsburg PA	129	60	173	43:32.4	44:01.1	14:03/M	21:44.7	
6	Marycatherine Hess	Hershey PA	137	62	177	45:03.0	45:42.0	14:32/M	23:15.3	
7	Deb Vanek	Mount Joy PA	268	62	180	45:40.7	46:17.3	14:44/M	23:53.0	
8	Nora Haefele	Dover PA	127	62	214	1:00:18.7	1:00:58.2	19:27/M	38:30.9	

Male 60 to 64

-----Total-----										
Place	Name	City	Bib No	Age	Overall	Chip Time	Gun Time	Pace	Time Back	
1 *	Jeffrey Stouch	Mount Joy PA	254	60	13	23:00.8	23:16.1	7:25/M	5:09.2	
2 *	Walter Newcomer	Manheim PA	195	64	20	23:44.8	24:00.3	7:40/M	5:53.2	
3 *	David Hix	Birdsboro PA	143	63	74	31:05.3	31:22.5	10:02/M	13:13.8	
4	Leaman Mark		316	63	85	32:16.6	32:42.0	10:25/M	14:25.0	
5	Richard Long	Camp Hill PA	176	60	98	33:19.3	34:01.7	10:45/M	15:27.7	
6	Art Fairbanks	Elizabethtown PA	106	60	201	50:29.5	51:04.6	16:17/M	32:37.9	

Female 65 to 69

-----Total-----										
Place	Name	City	Bib No	Age	Overall	Chip Time	Gun Time	Pace	Time Back	
1 *	Jill Bucks	Elizabethtown PA	1239	67	134	37:00.0	37:20.8	11:56/M	15:12.3	
2 *	Rose Ward	Columbia PA	273	68	148	39:06.7	39:28.1	12:37/M	17:19.0	
3 *	Sharyn Mc Henry	Grantville PA	181	65	203	51:05.2	51:49.3	16:29/M	29:17.5	

2020 Frozen Foot 5K RC 1

Age Group Results

5K

Race Date
January 19, 2020

Male 65 to 69

-----Total-----									
Place	Name	City	Bib No	Age	Overall	Chip Time	Gun Time	Pace	Time Back
1	* Don Morrison		309	69	19	23:42.4	23:58.5	7:39/M	5:50.8
2	* Mike Fausnacht	Elizabethtown PA	108	66	89	32:51.0	33:11.2	10:36/M	14:59.4
3	* Peter Ollar	Mount Joy PA	202	67	220	1:16:45.7	1:17:49.1	24:46/M	58:54.1

Female 70 and Over

-----Total-----									
Place	Name	City	Bib No	Age	Overall	Chip Time	Gun Time	Pace	Time Back
1	* Janet Wendler	Lancaster PA	278	70	84	32:13.4	32:46.1	10:24/M	10:25.7
2	* Patricia Allwein	Mount Gretna PA	1250	70	163	42:08.4	42:35.2	13:36/M	20:20.7
3	* Judy Anttonen	Millersville PA	1251	78	174	43:47.8	44:10.4	14:08/M	22:00.0
4	Ernst Teresa		317	70	181	46:23.6	47:07.9	14:58/M	24:35.9
5	Calebo Lebo	Lebanon PA	170	76	205	53:17.2	53:45.4	17:11/M	31:29.5

Male 70 and Over

-----Total-----									
Place	Name	City	Bib No	Age	Overall	Chip Time	Gun Time	Pace	Time Back
1	* Richard Troutman	Manheim PA	264	71	96	33:08.9	33:26.9	10:42/M	15:17.3
2	* Jim Doyle	Lancaster PA	101	74	111	34:42.1	35:04.9	11:12/M	16:50.5
3	* Bruce Whiteley	Lititz PA	280	70	152	40:02.0	40:33.6	12:55/M	22:10.4
4	Bob Horst	Lancaster PA	148	89	176	44:04.7	44:24.7	14:13/M	26:13.2
5	Ralph Detrick	Elizabethtown PA	96	79	189	47:19.2	48:00.0	15:16/M	29:27.7
6	Brian Condron	Lancaster PA	297	75	207	53:25.9	54:09.5	17:14/M	35:34.3