

2022 Frozen Foot Race 3

Age Group Results

5K

Race Date
March 20, 2022

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>
1	Julie Halteman	Elizabethtown PA	310	29	2	17:56.8	18:44.8	6:03/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>
1	Adam Cless		410	36	1	17:34.3	18:24.6	5:56/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>
1	Amy Falk		400	50	7	20:14.4	21:03.5	6:48/M

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>
1	Kurt Degoede	Florin PA	282	52	3	18:27.4	19:15.2	6:13/M

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Female 14 and Under

								-----Total-----
Place	Name	City	Bib No	Age	Overall	Chip Time	Gun Time	Pace
1 *	Lydia Frey	Ephrata PA	299	11	58	28:38.7	29:30.8	9:31/M
2 *	Julia Ernst	East Petersburg PA	293	13	60	28:54.8	29:45.8	9:36/M
3 *	Jemma Volchko		401	9	87	36:53.1	37:03.2	11:57/M
4	Annabelle Schaber	Elizabethtown PA	368	9	92	37:28.5	38:24.9	12:24/M

Male 14 and Under

								-----Total-----
Place	Name	City	Bib No	Age	Overall	Chip Time	Gun Time	Pace
1 *	Vincent Keefer	Lancaster PA	325	14	10	20:33.7	21:24.7	6:54/M
2 *	Elijah Swift	Palmyra PA	376	13	15	21:32.1	22:20.6	7:12/M
3 *	Gage Myers	Lancaster PA	346	14	20	22:17.7	23:09.0	7:28/M
4	Logan Troop	Columbia PA	383	9	43	25:44.8	26:33.0	8:34/M
5	Jacob Schaber	Elizabethtown PA	367	12	73	31:51.2	32:47.8	10:35/M
6	Chas Bibleheimer	Elizabethtown PA	272	14	82	35:25.3	35:35.2	11:29/M
7	Carter Cless		411	10	83	35:49.7	36:40.7	11:50/M
8	Ethan Cless		412	6	84	36:03.8	36:54.2	11:54/M
9	James Flurry	Lancaster PA	297	6	94	37:36.8	38:34.5	12:27/M

Female 15 to 19

								-----Total-----
Place	Name	City	Bib No	Age	Overall	Chip Time	Gun Time	Pace
1	Reagan Ibach	Manheim PA	322	15	14	21:06.4	21:55.3	7:04/M
2	Jenna Gest	Williamsport MD	304	18	21	22:33.0	23:22.6	7:32/M
3	Paige Heslop		396	17	54	27:43.6	28:39.7	9:15/M
4	Maia Hampton	Elizabethtown PA	311	16	56	28:18.2	28:28.7	9:11/M

Male 15 to 19

								-----Total-----
Place	Name	City	Bib No	Age	Overall	Chip Time	Gun Time	Pace
1	Jordan Degroft	Elizabethtown PA	284	15	23	22:59.9	23:09.5	7:28/M
2	Alex Mowery	Millersville PA	344	19	40	25:33.2	25:42.3	8:18/M

Female 20 to 24

								-----Total-----
Place	Name	City	Bib No	Age	Overall	Chip Time	Gun Time	Pace
1 *	Ava Pyles		399	22	37	24:52.2	25:41.4	8:17/M
2 *	Jessica Pflugler	Willow Street PA	353	24	76	32:13.0	33:01.7	10:39/M

Male 20 to 24

								-----Total-----
Place	Name	City	Bib No	Age	Overall	Chip Time	Gun Time	Pace
1 *	Kevin Hemingway, Jr.	Harrisburg PA	314	20	24	23:01.5	23:49.8	7:41/M
2 *	Bruce Hubbs	Swatara Township PA	321	23	30	23:55.4	24:47.1	8:00/M

Female 25 to 29

								-----Total-----
Place	Name	City	Bib No	Age	Overall	Chip Time	Gun Time	Pace
1 *	Kelly Rowell	Harrisburg PA	365	26	51	27:17.4	28:15.6	9:07/M
2 *	Emily Geib	Harrisburg PA	303	27	53	27:19.9	28:10.4	9:05/M

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Male 25 to 29

		-----Total-----						
Place	Name	City	Bib No	Age	Overall	Chip Time	Gun Time	Pace
1	* Dalton Leash	Yorkana PA	331	25	25	23:12.5	24:02.2	7:45/M

Female 30 to 34

		-----Total-----						
Place	Name	City	Bib No	Age	Overall	Chip Time	Gun Time	Pace
1	* Jessica Dorsey	Dillsburg PA	288	33	59	28:44.3	29:42.1	9:35/M
2	* Karly Musser	Elizabethtown PA	345	30	64	29:52.5	30:50.9	9:57/M
3	* Laura Dipaolo	Lititz PA	287	32	65	29:52.6	30:51.0	9:57/M

Male 30 to 34

		-----Total-----						
Place	Name	City	Bib No	Age	Overall	Chip Time	Gun Time	Pace
1	* Aron Christiansen		409	33	8	20:20.5	21:10.8	6:50/M

Female 35 to 39

		-----Total-----						
Place	Name	City	Bib No	Age	Overall	Chip Time	Gun Time	Pace
1	* Kris Castner	Lancaster PA	279	35	16	21:44.9	22:33.7	7:17/M
2	* Rachel McCarthy	Marietta PA	336	36	74	31:55.2	32:54.7	10:37/M
3	* Beth-Ann Quickel	Bainbridge PA	413	39	88	37:05.6	38:02.4	12:16/M
4	Jennifer Volchko	Elizabethtown PA	402	38	89	37:07.4	37:17.1	12:02/M
5	Amanda Flurry	Lancaster PA	296	35	95	37:38.4	38:36.2	12:27/M
6	Lindsay Gabers	Lititz PA	301	36	97	39:03.0	40:01.3	12:55/M
7	Alexandra Campeau	Lititz PA	278	36	98	39:06.3	40:04.3	12:56/M
8	Jen Cless		403	35	102	39:40.3	40:41.3	13:08/M

Male 35 to 39

		-----Total-----						
Place	Name	City	Bib No	Age	Overall	Chip Time	Gun Time	Pace
1	* Ryan Shakely	Hummelstown PA	371	37	4	18:46.5	19:34.3	6:19/M
2	* Jonathan Croft	Hummelstown PA	281	37	11	20:38.9	21:28.1	6:56/M

Female 40 to 44

		-----Total-----						
Place	Name	City	Bib No	Age	Overall	Chip Time	Gun Time	Pace
1	* Meghann Pierdon	Bainbridge PA	355	43	27	23:34.5	24:24.4	7:52/M
2	* Krista Templin	Elizabethtown PA	381	40	28	23:41.2	23:52.8	7:42/M
3	* Maura Ebersole	Wrightsville PA	408	40	29	23:46.8	24:37.0	7:56/M
4	Abbie Acker	Columbia PA	267	42	45	26:11.3	26:59.9	8:43/M
5	Joyce Loizeaux	Elizabethtown PA	333	40	47	26:53.3	27:43.4	8:57/M
6	Andrea Black	Mount Joy PA	273	41	49	26:59.9	27:11.2	8:46/M
7	Kerri Schaaf	Middletown PA	366	41	52	27:18.8	28:17.6	9:08/M
8	Anya Goldina	Elizabethtown PA	307	41	68	30:56.0	31:48.4	10:16/M
9	Kristen Patterson	Elizabethtown PA	352	40	71	31:35.6	32:27.7	10:28/M
10	Jo Hershey	Elizabethtown PA	315	42	77	32:21.0	33:13.3	10:43/M
11	Sherry Quickel	Elizabethtown PA	356	43	106	41:05.3	42:02.5	13:34/M
12	Jessica Schaber	Elizabethtown PA	369	41	108	43:24.9	44:26.2	14:20/M

Male 40 to 44

		-----Total-----						
Place	Name	City	Bib No	Age	Overall	Chip Time	Gun Time	Pace
1	* Daniel Loizeaux	Elizabethtown PA	334	40	5	19:38.8	20:26.5	6:36/M

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Male 40 to 44

		-----Total-----						
Place	Name	City	Bib No	Age	Overall	Chip Time	Gun Time	Pace
2	* John Feighan	Lancaster PA	295	41	9	20:27.9	21:17.9	6:52/M
3	* James Smith	Elizabethtown PA	398	44	38	24:56.6	25:53.6	8:21/M
4	Shawn Degroft	Elizabethtown PA	283	43	66	29:56.0	30:05.2	9:42/M
5	Jerry Schaber	Elizabethtown PA	370	41	96	37:43.5	38:42.3	12:29/M

Female 45 to 49

		-----Total-----						
Place	Name	City	Bib No	Age	Overall	Chip Time	Gun Time	Pace
1	* Tara Borgna	Lancaster PA	274	45	13	20:53.3	21:43.9	7:01/M
2	* Jean Kilheffer Hess	Columbia PA	326	47	32	24:04.5	24:54.5	8:02/M
3	* Karin Laszakovits	Elizabethtown PA	330	46	33	24:08.2	24:59.7	8:04/M
4	Donna Vasiloff	New Cumberland PA	384	48	39	24:59.0	25:58.1	8:23/M
5	Susan Miller	Elizabethtown PA	341	46	44	25:53.0	26:03.7	8:24/M
6	Kelly Rodgers	Manheim PA	363	48	67	30:04.4	30:53.4	9:58/M
7	Jodi Groff	Lancaster PA	308	47	100	39:19.9	40:21.3	13:01/M
8	Gail Mowery	Millersville PA	343	47	105	40:25.6	41:22.4	13:21/M

Male 45 to 49

		-----Total-----						
Place	Name	City	Bib No	Age	Overall	Chip Time	Gun Time	Pace
1	* Lou Starzl	East Petersburg PA	374	45	17	21:52.9	22:41.5	7:19/M
2	* Shawn Miller	Elizabethtown PA	340	45	26	23:32.3	23:42.1	7:39/M
3	* Andrew Carroll	Lancaster PA	407	49	35	24:33.3	25:25.5	8:12/M
4	Michael Trimble	Elizabethtown PA	382	49	36	24:46.0	25:36.5	8:16/M
5	Matt Eberts	Lancaster PA	292	45	42	25:44.3	25:55.9	8:22/M
6	Mark Rothenberger	Lancaster PA	364	46	50	27:07.8	27:19.1	8:49/M

Female 50 to 54

		-----Total-----						
Place	Name	City	Bib No	Age	Overall	Chip Time	Gun Time	Pace
1	* Danielle Berger	Lancaster PA	271	50	19	22:14.4	23:03.8	7:26/M
2	* Christina Shenk	Elizabethtown PA	372	54	31	24:01.8	24:57.9	8:03/M
3	* Nicole Hart	Boiling Springs PA	313	52	55	27:52.9	28:53.4	9:19/M
4	Darlene Swift	Palmyra PA	375	53	63	29:47.4	30:36.9	9:53/M
5	Amy McGloshen	Lancaster PA	337	53	78	33:04.6	33:15.8	10:44/M
6	Lisa Janssen	Hershey PA	324	53	91	37:27.8	38:33.3	12:26/M
7	Denise Snyder-Patch	Elizabethtown PA	373	50	99	39:14.1	40:11.5	12:58/M

Male 50 to 54

		-----Total-----						
Place	Name	City	Bib No	Age	Overall	Chip Time	Gun Time	Pace
1	* Duane Koser	Mount Joy PA	328	54	6	19:54.5	20:42.2	6:41/M
2	* Jack Gest	Williamsport MD	305	52	22	22:33.5	23:23.1	7:33/M
3	* Mark Greenholt	Hampden Township PA	414	54	46	26:22.6	27:30.0	8:52/M
4	Brian Frey	Ephrata PA	298	50	57	28:32.9	29:24.9	9:29/M
5	Michael Peffley		395	52	61	29:37.1	30:29.3	9:50/M
6	Gerhard Wendt	Ronks PA	386	52	80	34:36.0	35:28.0	11:26/M

Female 55 to 59

		-----Total-----						
Place	Name	City	Bib No	Age	Overall	Chip Time	Gun Time	Pace
1	* Beth Forry	Elizabethtown PA	415	56	34	24:20.6	25:10.7	8:07/M
2	* Donna Ornosky	East Greenville PA	350	59	62	29:44.7	29:55.3	9:39/M
3	* Pamela Szajnok	Enola PA	377	56	69	31:20.6	32:16.7	10:25/M
4	Linda Lines	Hallam PA	397	59	81	35:11.0	36:08.7	11:40/M
5	Jan Gaspich	Palmyra PA	302	57	90	37:12.7	38:18.4	12:21/M

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Female 55 to 59

		-----Total-----						
Place	Name	City	Bib No	Age	Overall	Chip Time	Gun Time	Pace
6	Julianne Browne	Lancaster PA	275	56	101	39:32.9	40:34.4	13:05/M
7	Colleen Knutsen	Palmyra PA	327	57	103	39:54.5	40:58.2	13:13/M
8	Erika Wolf	Mountville PA	391	55	104	40:24.4	41:21.1	13:20/M

Male 55 to 59

		-----Total-----						
Place	Name	City	Bib No	Age	Overall	Chip Time	Gun Time	Pace
1 *	Steve Koon		405	58	12	20:46.5	21:36.0	6:58/M
2 *	Michael Patch	Elizabethtown PA	351	56	75	32:10.9	33:07.8	10:41/M

Female 60 to 64

		-----Total-----						
Place	Name	City	Bib No	Age	Overall	Chip Time	Gun Time	Pace
1 *	Erika Zinkan	Middletown PA	393	61	85	36:17.6	37:20.6	12:03/M
2 *	Kim Hitz	Hummelstown PA	318	61	110	43:40.8	44:41.1	14:25/M
3 *	Mary Hess	Hershey PA	316	64	111	43:41.5	44:41.5	14:25/M
4	Nannette Handley	Mechanicsburg PA	312	62	113	45:15.1	46:14.3	14:55/M

Male 60 to 64

		-----Total-----						
Place	Name	City	Bib No	Age	Overall	Chip Time	Gun Time	Pace
1 *	Chip Hitz	Hummelstown PA	319	61	72	31:44.4	32:43.5	10:33/M

Female 65 to 69

		-----Total-----						
Place	Name	City	Bib No	Age	Overall	Chip Time	Gun Time	Pace
1 *	Cindy Ebersole	Mount Joy PA	291	68	86	36:43.0	37:45.4	12:11/M
2 *	Maryellen Winn	Romansville PA	388	67	112	44:37.8	45:44.5	14:45/M

Male 65 to 69

		-----Total-----						
Place	Name	City	Bib No	Age	Overall	Chip Time	Gun Time	Pace
1 *	Jerry Higley	Lebanon PA	317	67	18	22:10.8	22:59.3	7:25/M
2 *	Courtland Howard	Red Lion PA	320	67	41	25:35.9	26:23.9	8:31/M
3 *	Randy Mladenoff	Duncannon PA	342	68	48	26:54.9	27:04.3	8:44/M

Female 70 to 74

		-----Total-----						
Place	Name	City	Bib No	Age	Overall	Chip Time	Gun Time	Pace
1 *	Rose Ward	Columbia PA	385	70	79	34:16.9	34:27.2	11:07/M
2 *	Pat Allwein	Mt. Gretna PA	268	72	93	37:34.2	37:45.4	12:11/M

Female 75 and Over

		-----Total-----						
Place	Name	City	Bib No	Age	Overall	Chip Time	Gun Time	Pace
1 *	Judy Anttonen	Millersville PA	404	80	107	41:26.3	41:37.4	13:26/M

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Male 75 and Over

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Overall</u>	<u>-----Total-----</u>		<u>Pace</u>
						<u>Chip Time</u>	<u>Gun Time</u>	
1 *	Jim Doyle	Lancaster PA	290	76	70	31:29.9	31:40.7	10:13/M
2 *	Ralph Detrick	Elizabethtown PA	285	81	109	43:34.6	44:39.1	14:24/M