

2023 Jan Frozen Foot

Age Group Results

5K

Race Date
January 15, 2023

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>	<u>Time Back</u>
1	Julie Halteman	Elizabethtown PA	50	30	6	19:51.4	19:51.4	6:23/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>	<u>Time Back</u>
1	Cole Nissley	Harrisburg PA	87	26	2	17:27.1	17:27.1	5:37/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>	<u>Time Back</u>
1	Amy Falk	Hummelstown PA	41	51	19	22:59.2	22:59.2	7:23/M	3:07.7

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>	<u>Time Back</u>
1	Daryl Weaver		148	49	3	18:17.4	18:17.4	5:53/M	0:47.3

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Female 14 and Under

-----Total-----									
Place	Name	City	Bib No	Age	Overall	Chip Time	Gun Time	Pace	Time Back
1 *	Evelyn Carroll	Lancaster PA	14	14	30	25:07.8	25:15.9	8:06/M	5:16.4
2 *	Allison Shaffner	Elizabethtown PA	107	12	35	25:25.4	25:29.6	8:12/M	5:34.0
3 *	Ahnelise Ebersole	Wrightsville PA	32	11	36	25:32.7	25:40.3	8:14/M	5:41.3
4	Jenna Faulkner	Mount Joy PA	42	13	51	27:03.7	27:07.5	8:44/M	7:12.3
5	Sydney Swarthout	Elizabethtown PA	120	12	74	30:40.1	30:44.7	9:54/M	10:48.6
6	Maliyah Brady	Bainbridge PA	7	12	112	36:20.9	36:25.4	11:44/M	16:29.4
7	Maddie Eberts	Lancaster PA	35	14	116	38:10.4	38:20.2	12:19/M	18:19.0
8	Cora Quickel	Elizabethtown PA	96	12	142	44:32.8	44:37.6	14:22/M	24:41.4

Male 14 and Under

-----Total-----									
Place	Name	City	Bib No	Age	Overall	Chip Time	Gun Time	Pace	Time Back
1 *	Levi Sell		164	13	8	20:53.0	20:55.5	6:44/M	3:23.0
2 *	Kingston Fischbach	Ephrata PA	149	12	15	22:47.2	22:50.8	7:21/M	5:17.1
3 *	Elijah Swift	Palmyra PA	157	14	18	22:57.8	23:06.9	7:24/M	5:27.7
4	Caleb Martin	Leola PA	74	14	25	24:15.8	24:23.3	7:50/M	6:45.8
5	Carter Fegliel		172	14	120	38:38.7	38:53.0	12:28/M	21:08.6
6	Jacob Pierdon		177	8	128	40:41.4	40:50.1	13:08/M	23:11.3
7	William Quickel	Elizabethtown PA	98	11	143	44:37.6	44:41.5	14:24/M	27:07.5
8	Joey Langston		150	5	153	49:02.9	49:16.5	15:49/M	31:32.8

Female 15 to 19

-----Total-----									
Place	Name	City	Bib No	Age	Overall	Chip Time	Gun Time	Pace	Time Back
1 *	Jazzy Lopez	East Petersburg PA	73	15	11	21:20.6	21:24.7	6:53/M	1:29.2
2 *	Brooke Eberhard	Elizabethtown PA	31	18	29	25:02.2	25:05.5	8:05/M	5:10.7
3 *	Kaitlyn Ream	Washington Boro PA	99	17	63	28:52.8	29:06.2	9:19/M	9:01.3

Male 15 to 19

-----Total-----									
Place	Name	City	Bib No	Age	Overall	Chip Time	Gun Time	Pace	Time Back
1 *	Jack Hightower	Millersville PA	55	16	5	18:59.5	19:05.2	6:08/M	1:29.4
2 *	Patrick Fak		166	15	17	22:53.3	22:59.0	7:23/M	5:23.2
3 *	Jordan Degroft	Elizabethtown PA	175	16	21	23:28.4	23:37.5	7:34/M	5:58.3
4	Chase Widders	Lititz PA	137	15	39	25:58.3	26:06.0	8:23/M	8:28.2
5	Vincent Keefer	Lancaster PA	165	15	42	26:10.2	26:16.7	8:27/M	8:40.2

Male Age 20-24

-----Total-----									
Place	Name	City	Bib No	Age	Overall	Chip Time	Gun Time	Pace	Time Back
1 *	Tyler Caudill	Elizabethtown PA	16	23	14	22:33.9	22:37.2	7:17/M	5:03.8
2 *	Bruce Hubbs	Lebanon PA	58	23	37	25:35.7	25:40.7	8:15/M	8:05.6

Female 25 to 29

-----Total-----									
Place	Name	City	Bib No	Age	Overall	Chip Time	Gun Time	Pace	Time Back
1 *	Sarah Grow Martz	Harrisburg PA	48	26	90	33:10.1	33:30.5	10:42/M	13:18.7

Male 25 to 29

-----Total-----									
Place	Name	City	Bib No	Age	Overall	Chip Time	Gun Time	Pace	Time Back
1 *	Trevor Slade	Annville PA	111	29	22	23:34.5	23:38.0	7:36/M	6:04.5

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Male 25 to 29

-----Total-----										
Place	Name	City	Bib No	Age	Overall	Chip Time	Gun Time	Pace	Time Back	
2	* Connor Daniels	Lancaster PA	24	29	38	25:44.4	26:00.4	8:18/M	8:14.3	
3	* Dalton Leash	York PA	68	26	52	27:13.8	27:24.6	8:47/M	9:43.7	
4	Andrew Martz	Harrisburg PA	76	26	91	33:11.0	33:31.2	10:42/M	15:41.0	

Female 30 to 34

-----Total-----										
Place	Name	City	Bib No	Age	Overall	Chip Time	Gun Time	Pace	Time Back	
1	* Amanda Hippensteel	Lancaster PA	56	34	32	25:10.0	25:16.1	8:07/M	5:18.6	
2	* Katelyn Paul	Manheim PA	91	34	33	25:10.6	25:25.7	8:07/M	5:19.1	
3	* Caitrin Cosgrove	Annvillennville PA	18	31	45	26:25.9	26:39.3	8:32/M	6:34.4	
4	Natasha Clarke	Lancaster PA	17	31	92	33:18.5	33:36.6	10:45/M	13:27.1	
5	Katelyn Wolf	Lancaster PA	139	32	101	34:57.3	35:09.5	11:17/M	15:05.9	
6	Shannon Moyer	Lebanon PA	82	31	138	43:32.4	43:35.9	14:03/M	23:40.9	
7	Alissa Kurtz	Elizabethtown PA	65	33	150	47:25.5	47:33.9	15:18/M	27:34.1	

Male 30 to 34

-----Total-----										
Place	Name	City	Bib No	Age	Overall	Chip Time	Gun Time	Pace	Time Back	
1	* Scott Hendershott	Lancaster PA	53	30	84	32:09.9	32:25.5	10:23/M	14:39.8	
2	* Andrew Langston		152	30	154	49:03.8	49:16.6	15:50/M	31:33.7	

Female 35 to 39

-----Total-----										
Place	Name	City	Bib No	Age	Overall	Chip Time	Gun Time	Pace	Time Back	
1	* Brittany McCormac	Lancaster PA	78	35	31	25:08.2	25:20.8	8:07/M	5:16.8	
2	* Kathleen Romine	Landisville PA	104	38	67	29:19.4	29:26.0	9:28/M	9:28.0	
3	* Kacie Wetzal	Lititz PA	135	38	73	30:35.7	30:51.6	9:52/M	10:44.3	
4	Kristi Scholl	Mountville PA	105	38	89	33:06.2	33:28.1	10:41/M	13:14.7	
5	Kara Newcomer	Lancaster PA	85	36	95	33:22.0	33:42.7	10:46/M	13:30.5	
6	Brenda Daily	Elizabethtown PA	22	39	105	35:27.8	35:52.3	11:26/M	15:36.4	
7	Beth-Ann Quicquel	Bainbridge PA	95	39	124	39:36.2	39:40.6	12:47/M	19:44.8	
8	Kim Levenson		147	37	145	44:40.1	44:53.4	14:25/M	24:48.7	
9	Tara Etsell	Mount Joy PA	39	38	146	46:33.6	46:50.6	15:01/M	26:42.2	
10	Rachel Sutter	Marietta PA	119	37	148	46:34.3	46:51.0	15:01/M	26:42.9	
11	Jessica O'hara	Washington Boro PA	90	37	152	48:53.3	49:10.8	15:46/M	29:01.8	

Male 35 to 39

-----Total-----										
Place	Name	City	Bib No	Age	Overall	Chip Time	Gun Time	Pace	Time Back	
1	* Matthew Bomberger		161	36	1	17:27.1	17:30.0	5:38/M		
2	* Antonio Mendez	Marietta PA	80	37	27	24:34.4	24:44.6	7:56/M	7:04.4	
3	* Jason Smith	Stevens PA	113	38	44	26:24.3	26:31.2	8:31/M	8:54.3	
4	Kevin Uhland	Felton PA	126	36	81	31:43.9	31:47.4	10:14/M	14:13.8	
5	Thomas Cluttenburg Weed		171	39	87	32:35.5	32:47.4	10:31/M	15:05.4	
6	Adam Giera	Hanover PA	44	38	115	37:55.7	38:12.1	12:14/M	20:25.6	

Female 40 to 44

-----Total-----										
Place	Name	City	Bib No	Age	Overall	Chip Time	Gun Time	Pace	Time Back	
1	* Joyce Loizeaux	Elizabethtown PA	71	41	46	26:32.5	26:38.4	8:34/M	6:41.1	
2	* Sarah Brendle	Landisville PA	8	42	47	26:38.9	26:46.3	8:36/M	6:47.4	
3	* Kim Martin	Leola PA	75	40	59	28:20.4	28:28.7	9:09/M	8:29.0	
4	Sonya Widders	Lititz PA	138	43	60	28:20.5	28:28.8	9:09/M	8:29.0	
5	Maura Ebersole	Wrightsville PA	33	41	62	28:52.7	29:00.0	9:19/M	9:01.2	
6	Andrea Black	Mount Joy PA	4	42	68	29:35.3	29:42.0	9:33/M	9:43.9	
7	Lauren Simon	Hummelstown PA	110	42	76	30:51.9	30:57.2	9:57/M	11:00.5	

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Female 40 to 44

-----Total-----										
Place	Name	City	Bib No	Age	Overall	Chip Time	Gun Time	Pace	Time Back	
8	Stephanie Gerber	Lititz PA	43	43	80	31:39.4	31:53.9	10:13/M	11:47.9	
9	Anya Goldina	Elizabethtown PA	45	42	93	33:19.0	33:36.8	10:45/M	13:27.6	
10	Jennifer Kieffer	Denver PA	61	44	102	34:58.5	35:11.5	11:17/M	15:07.0	
11	Jo Hershey	Elizabethtown PA	54	43	113	37:14.1	37:33.0	12:01/M	17:22.6	
12	Heather Hairhoger	Mount Joy PA	49	40	121	39:17.4	39:32.9	12:40/M	19:26.0	
13	Bethany Van Schoick	Mount Joy PA	128	42	122	39:19.7	39:34.9	12:41/M	19:28.3	
14	Chrissy Eberts	Lancaster PA	34	44	123	39:34.7	39:45.8	12:46/M	19:43.3	
15	Malinda Swartzwelder	Columbia PA	122	44	125	39:51.6	40:12.9	12:52/M	20:00.2	
16	Meghann Pierdon	Bainbridge PA	92	43	129	40:42.2	40:50.6	13:08/M	20:50.7	
17	Sherry Quickel	Elizabethtown PA	97	43	141	44:31.8	44:36.6	14:22/M	24:40.3	

Male 40 to 44

-----Total-----										
Place	Name	City	Bib No	Age	Overall	Chip Time	Gun Time	Pace	Time Back	
1	* Byron Small		162	44	9	20:54.0	20:56.9	6:45/M	3:24.0	
2	* Daniel Loizeaux	Elizabethtown PA	70	41	10	21:06.1	21:09.0	6:48/M	3:36.0	
3	* Josh Lewis	Harrisburg PA	69	44	26	24:17.6	24:28.9	7:50/M	6:47.5	
4	Seth Kieffer	Denver PA	62	43	53	27:17.9	27:44.3	8:48/M	9:47.9	
5	Nate Smith	Columbia PA	178	40	56	28:05.6	28:19.3	9:04/M	10:35.5	
6	Jay Rhoads	Columbia PA	101	40	57	28:06.1	28:19.8	9:04/M	10:36.0	
7	Shawn Degroft	Elizabethtown PA	176	43	85	32:13.2	32:26.5	10:24/M	14:43.2	
8	Kyle Daily	Elizabethtown PA	23	42	104	35:26.9	35:51.9	11:26/M	17:56.8	

Female 45 to 49

-----Total-----										
Place	Name	City	Bib No	Age	Overall	Chip Time	Gun Time	Pace	Time Back	
1	* Tara Borgna	Lancaster PA	6	46	28	24:43.1	24:48.5	7:58/M	4:51.7	
2	* Laura Reinike	Holtwood PA	100	45	41	26:09.7	26:17.7	8:26/M	6:18.3	
3	* Donna Vasiloff	New Cumberland PA	130	49	49	26:56.4	27:07.0	8:41/M	7:05.0	
4	Andrea Stonebraker	Harrisburg PA	117	45	58	28:16.0	28:27.5	9:07/M	8:24.5	
5	Lori Klein	Lebanon PA	63	48	66	29:05.5	29:20.8	9:23/M	9:14.1	
6	Jodi Stauffer	Pequea PA	116	49	78	31:09.9	31:24.2	10:03/M	11:18.4	
7	Sarah Yohe	Lancaster PA	142	49	82	31:46.2	32:00.9	10:15/M	11:54.7	
8	Jo Keener	Elizabethtown PA	60	47	98	34:03.4	34:15.9	10:59/M	14:12.0	
9	Gretchen Berkheimer	Marietta PA	3	47	103	35:13.0	35:35.0	11:22/M	15:21.5	
10	Jodi Groff	Lancaster PA	47	48	126	40:08.4	40:27.6	12:57/M	20:16.9	
11	Rebecca Smith	Elizabethtown PA	115	45	133	42:27.3	42:38.7	13:42/M	22:35.9	

Male 45 to 49

-----Total-----										
Place	Name	City	Bib No	Age	Overall	Chip Time	Gun Time	Pace	Time Back	
1	* Jesse Smith	Wellsville PA	114	49	4	18:36.7	18:39.4	6:00/M	1:06.6	
2	* Patrick Pietrefesa	Beach Haven NJ	93	48	16	22:48.1	22:52.7	7:21/M	5:18.0	
3	* Joel Valvo	Palmyra PA	127	45	23	23:43.4	23:48.0	7:39/M	6:13.4	
4	James Smith	Elizabethtown PA	112	45	54	27:47.0	27:51.3	8:58/M	10:16.9	
5	Patrick Mitchell	Grantville PA	81	49	64	28:56.4	29:07.1	9:20/M	11:26.3	
6	James Richards	Harrisburg PA	102	46	72	30:22.3	30:35.8	9:48/M	12:52.2	
7	David Bliss	Harrisburg PA	5	46	75	30:51.3	30:56.9	9:57/M	13:21.2	
8	Matthew Eberts	Lancaster PA	36	45	117	38:11.4	38:21.2	12:19/M	20:41.3	

Female 50 to 54

-----Total-----										
Place	Name	City	Bib No	Age	Overall	Chip Time	Gun Time	Pace	Time Back	
1	* Jodi Olympia	Hummelstown PA	88	51	20	23:02.9	23:08.7	7:26/M	3:11.5	
2	* Jennifer Hockensmith	Wellsville PA	57	50	50	27:01.0	27:04.9	8:43/M	7:09.6	
3	* Mary-Anne Westfall	New Providence PA	134	51	61	28:42.1	28:51.0	9:16/M	8:50.7	
4	Karen Yobing		169	54	65	28:56.9	29:09.0	9:20/M	9:05.4	
5	Nicole Hart	Boiling Springs PA	51	52	70	29:57.9	30:11.9	9:40/M	10:06.5	
6	Jodi Myers	State College PA	83	50	71	30:12.6	30:32.5	9:45/M	10:21.2	
7	Darlene Swift	Palmyra PA	156	53	97	33:52.1	34:01.8	10:56/M	14:00.7	

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Female 50 to 54

-----Total-----										
Place	Name	City	Bib No	Age	Overall	Chip Time	Gun Time	Pace	Time Back	
8	Rebecca Gottshall	Columbia PA	46	51	106	35:39.8	36:01.7	11:30/M	15:48.3	
9	Amy McGloshen	Lancaster PA	151	53	114	37:39.6	37:47.8	12:09/M	17:48.1	
10	Diana Lynch		154	51	134	42:40.6	43:05.6	13:46/M	22:49.2	
11	Sheila Rodriguez	Elizabethtown PA	103	52	136	43:08.3	43:27.3	13:55/M	23:16.8	
12	Staci Wenger		159	51	151	47:45.2	48:03.5	15:24/M	27:53.7	

Male 50 to 54

-----Total-----										
Place	Name	City	Bib No	Age	Overall	Chip Time	Gun Time	Pace	Time Back	
1	* Kurt Degoede	Mount Joy PA	26	53	7	20:36.7	20:39.4	6:39/M	3:06.7	
2	* Rodney Nissly		163	54	12	22:19.0	22:21.8	7:12/M	4:49.0	
3	* John Gilbert	Palmyra PA	168	54	24	23:49.0	23:54.3	7:41/M	6:18.9	
4	Andrew Carroll	Lancaster PA	13	50	48	26:43.6	26:52.5	8:37/M	9:13.6	
5	Michael Trimble	Elizabethtown PA	123	50	55	27:49.9	27:57.0	8:59/M	10:19.8	
6	Shawn McClearn	Harrisburg PA	77	52	69	29:35.5	29:42.6	9:33/M	12:05.5	
7	Charles Yohe	Lancaster PA	141	50	110	36:02.2	36:17.0	11:37/M	18:32.1	

Female 55 to 59

-----Total-----										
Place	Name	City	Bib No	Age	Overall	Chip Time	Gun Time	Pace	Time Back	
1	* Laurel Kratz		173	57	79	31:31.7	31:48.3	10:10/M	11:40.2	
2	* Susan Gilbert		167	55	86	32:33.6	32:48.6	10:30/M	12:42.1	
3	* Renee Dipilla	Peach Bottom PA	29	57	96	33:28.5	33:36.4	10:48/M	13:37.0	
4	Carin Schrum	Hummelstown PA	106	55	107	35:44.4	36:04.3	11:32/M	15:53.0	
5	Barbara Kurtz	Lititz PA	66	58	111	36:15.9	36:24.6	11:42/M	16:24.4	
6	Tara Swartz	Elizabethtown PA	121	56	118	38:14.5	38:25.0	12:20/M	18:23.1	
7	Kristina Landvater	Hershey PA	67	55	127	40:22.0	40:42.2	13:01/M	20:30.6	
8	Connie Wertz	Halifax PA	133	57	131	40:59.3	41:19.7	13:13/M	21:07.8	
9	Julianne Browne	Lancaster PA	10	57	137	43:12.1	43:31.9	13:56/M	23:20.7	
10	Christine Fake	Lititz PA	40	59	157	50:45.6	51:09.1	16:22/M	30:54.2	

Male 55 to 59

-----Total-----										
Place	Name	City	Bib No	Age	Overall	Chip Time	Gun Time	Pace	Time Back	
1	* Ronald Kratz	Mount Joy PA	174	57	43	26:23.8	26:39.7	8:31/M	8:53.7	
2	* Dave Wenger	Palmyra PA	132	55	109	36:00.4	36:19.3	11:37/M	18:30.3	
3	* Ronald Trimnell	New Cumberland PA	124	55	119	38:18.9	38:42.0	12:22/M	20:48.8	
4	Andrew McGloshen		153	55	155	50:17.3	50:28.0	16:13/M	32:47.3	

Female 60 to 64

-----Total-----										
Place	Name	City	Bib No	Age	Overall	Chip Time	Gun Time	Pace	Time Back	
1	* Donna Ornosky	East Greenville PA	89	60	77	31:00.6	31:12.0	10:00/M	11:09.1	
2	* Cindy Hendershott	Elizabethtown PA	52	64	83	32:09.7	32:25.1	10:23/M	12:18.3	
3	* Suzette Kreider	Elizabethtown PA	64	62	100	34:37.9	34:52.1	11:10/M	14:46.5	
4	Esther Cohick	Grantham PA	160	62	140	43:35.1	43:52.4	14:04/M	23:43.7	
5	Nancy Shrom	Ephrata PA	108	62	147	46:34.1	46:52.2	15:01/M	26:42.6	
6	Joy Zobel	Harrisburg PA	143	63	158	56:40.0	56:59.7	18:17/M	36:48.5	
7	Lori Bunalski	Buckingham PA	11	60	159	56:40.6	57:00.1	18:17/M	36:49.2	

Male 60 to 64

-----Total-----										
Place	Name	City	Bib No	Age	Overall	Chip Time	Gun Time	Pace	Time Back	
1	* Richard Sievers	Elizabethtown PA	109	64	13	22:28.5	22:34.2	7:15/M	4:58.4	
2	* Bill Stahr		170	62	34	25:23.9	25:30.2	8:12/M	7:53.8	
3	* Scott Miller		146	64	40	26:00.7	26:12.7	8:23/M	8:30.6	

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Male 60 to 64

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Place	Name	City	Bib No	Age	Overall	Chip Time	Gun Time	Pace	Time Back
4	Richard Long	Camp Hill PA	72	63	99	34:31.4	34:43.4	11:08/M	17:01.3
5	Carl Spangler		155	63	135	42:47.2	42:51.6	13:48/M	25:17.1

Female 65 to 69

-----Total-----									
Place	Name	City	Bib No	Age	Overall	Chip Time	Gun Time	Pace	Time Back
1	* Sue Ruhl	Manheim PA	179	66	130	40:46.0	41:00.8	13:09/M	20:54.5
2	* Cindy Demuth		158	67	139	43:32.4	43:49.6	14:03/M	23:41.0
3	* Sharyn McHenry	Grantville PA	79	67	149	47:19.4	47:33.7	15:16/M	27:27.9

Male 65 to 69

-----Total-----									
Place	Name	City	Bib No	Age	Overall	Chip Time	Gun Time	Pace	Time Back
1	* Walter Newcomer	Manheim PA	86	67	94	33:21.6	33:43.4	10:46/M	15:51.6

Female 70 to 74

-----Total-----									
Place	Name	City	Bib No	Age	Overall	Chip Time	Gun Time	Pace	Time Back
1	* Rose Ward	Columbia PA	131	71	108	35:59.7	36:10.3	11:37/M	16:08.2
2	* Patricia Allwein	Mount Gretna PA	1	73	132	41:45.2	41:55.5	13:28/M	21:53.8
3	* Teresa Ernst	Lancaster PA	38	73	144	44:40.0	44:58.3	14:25/M	24:48.6

Male 75 to 79

-----Total-----									
Place	Name	City	Bib No	Age	Overall	Chip Time	Gun Time	Pace	Time Back
1	* Jim Doyle	Lancaster PA	30	77	88	33:06.1	33:18.9	10:41/M	15:36.0

Male 80 and Over

-----Total-----									
Place	Name	City	Bib No	Age	Overall	Chip Time	Gun Time	Pace	Time Back
1	* Ralph Detrick	Elizabethtown PA	27	82	156	50:22.4	50:44.5	16:15/M	32:52.3