

2023 March Frozen Foot

Race Date

March 19, 2023

Overall Finish List

5K

| Place | | | | | | | | -----Total----- | | |
|---------|---------------------|--------------------|--------|-----|--------|-----------|-----------|-----------------|---------|--|
| Overall | Name | City | Bib No | Age | Gender | AG Place | Chip Time | Gun Time | Pace | |
| 1 | Cole Nissler | | 12 | 27 | M | 1 Open | 17:16.8 | 17:16.8 | 5:34/M | |
| 2 | Daryl Weaver | | 25 | 49 | M | 1 Masters | 17:47.8 | 17:47.8 | 5:44/M | |
| 3 | Julie Halteman | Elizabethtown PA | 272 | 30 | F | 1 Open | 19:06.3 | 19:06.3 | 6:09/M | |
| 4 | Jack Hightower | Millersville PA | 275 | 16 | M | 1 15-19 | 19:20.2 | 19:22.1 | 6:14/M | |
| 5 | Kurt Degoede | Mount Joy PA | 200 | 53 | M | 1 50-54 | 20:08.0 | 20:09.4 | 6:30/M | |
| 6 | Daniel Loizeaux | Elizabethtown PA | 289 | 41 | M | 1 40-44 | 20:39.4 | 20:40.9 | 6:40/M | |
| 7 | Brian Sull | | 129 | 44 | M | 2 40-44 | 20:51.6 | 20:58.3 | 6:44/M | |
| 8 | Levi Sell | Lititz PA | 323 | 13 | M | 1 1-14 | 20:51.8 | 21:00.8 | 6:44/M | |
| 9 | Mikey Dunham | | 15 | 19 | M | 2 15-19 | 21:18.2 | 21:20.5 | 6:52/M | |
| 10 | pATRIC FaLK | | 3001 | 15 | M | 3 15-19 | 21:28.9 | 21:32.4 | 6:56/M | |
| 11 | Jazzy Lopez | East Petersburg PA | 291 | 15 | F | 1 15-19 | 21:36.4 | 21:38.3 | 6:58/M | |
| 12 | Tyler Caudill | Elizabethtown PA | 193 | 23 | M | 1 20-24 | 21:38.3 | 21:43.0 | 6:59/M | |
| 13 | Caleb Martin | Leola PA | 292 | 14 | M | 2 1-14 | 21:57.1 | 22:06.3 | 7:05/M | |
| 14 | Joel Valvo | Palmyra PA | 343 | 45 | M | 1 45-49 | 22:09.8 | 22:12.1 | 7:09/M | |
| 15 | Elijah Swift | | 339 | 14 | M | 3 1-14 | 22:12.4 | 22:23.0 | 7:10/M | |
| 16 | Rodney Nissly | | 360 | 55 | M | 1 55-59 | 22:24.5 | 22:26.3 | 7:14/M | |
| 17 | Amy Falk | Hummelstown PA | 213 | 51 | F | 1 Masters | 22:32.5 | 22:32.5 | 7:15/M | |
| 18 | Richard Sievers | Elizabethtown PA | 326 | 64 | M | 1 60-64 | 22:38.7 | 22:41.7 | 7:18/M | |
| 19 | Tara Borgna | Lancaster PA | 185 | 46 | F | 1 45-49 | 23:04.0 | 23:06.7 | 7:26/M | |
| 20 | Chase Widders | Lititz PA | 350 | 15 | M | 4 15-19 | 23:04.9 | 23:14.0 | 7:27/M | |
| 21 | Jay Rhoads | Columbia PA | 314 | 40 | M | 3 40-44 | 23:07.3 | 23:15.2 | 7:28/M | |
| 22 | Trevor Slade | Annville PA | 328 | 29 | M | 1 25-29 | 23:20.4 | 23:24.4 | 7:32/M | |
| 23 | Jodi Olympia | Hummelstown PA | 302 | 52 | F | 1 50-54 | 23:25.9 | 23:30.2 | 7:34/M | |
| 24 | John Gilbert | Palmyra PA | 28 | 54 | M | 2 50-54 | 23:51.9 | 23:55.9 | 7:42/M | |
| 25 | Jordan Degroft | Elizabethtown PA | 201 | 16 | M | 5 15-19 | 24:04.3 | 24:09.5 | 7:46/M | |
| 26 | Kyle Daily | Elizabethtown PA | 199 | 43 | M | 4 40-44 | 24:11.7 | 24:14.9 | 7:48/M | |
| 27 | Brenda Daily | Elizabethtown PA | 198 | 39 | F | 1 35-39 | 24:11.9 | 24:15.1 | 7:48/M | |
| 28 | Jay Zimmerman | | 118 | 47 | M | 2 45-49 | 24:24.7 | 24:35.1 | 7:52/M | |
| 29 | Allison Shaffner | Elizabethtown PA | 324 | 12 | F | 1 1-14 | 24:28.6 | 24:33.9 | 7:54/M | |
| 30 | Vincent Keefer | Lancaster PA | 280 | 15 | M | 6 15-19 | 24:30.6 | 24:33.5 | 7:54/M | |
| 31 | Amanda Hippensteel | Lancaster PA | 276 | 34 | F | 1 30-34 | 24:35.3 | 24:43.5 | 7:56/M | |
| 32 | Sarah Brendle | Landisville PA | 187 | 42 | F | 1 40-44 | 25:01.7 | 25:06.3 | 8:04/M | |
| 33 | Krista Templin | Elizabethtown PA | 356 | 41 | F | 2 40-44 | 25:05.7 | 25:14.5 | 8:06/M | |
| 34 | Scott Miller | | 297 | 64 | M | 2 60-64 | 25:07.4 | 25:10.2 | 8:06/M | |
| 35 | Ahnelise Ebersole | Wrightsville PA | 207 | 11 | F | 2 1-14 | 25:30.6 | 25:36.9 | 8:14/M | |
| 36 | Sam Coyl | Harrisburg PA | 195 | 45 | M | 3 45-49 | 25:32.3 | 25:38.0 | 8:14/M | |
| 37 | Laura Reinike | Holtwood PA | 313 | 45 | F | 2 45-49 | 25:41.7 | 25:45.9 | 8:17/M | |
| 38 | Joyce Loizeaux | Elizabethtown PA | 290 | 41 | F | 3 40-44 | 25:54.1 | 25:58.4 | 8:21/M | |
| 39 | Dalton Leash | York PA | 288 | 26 | M | 2 25-29 | 25:55.8 | 26:03.2 | 8:22/M | |
| 40 | Jason Smith | Stevens PA | 330 | 38 | M | 1 35-39 | 25:58.9 | 26:04.5 | 8:23/M | |
| 41 | Riley Myers | Lewistown PA | 300 | 19 | M | 7 15-19 | 26:01.8 | 26:15.7 | 8:24/M | |
| 42 | Kacie Wetzel | Lititz PA | 348 | 38 | F | 2 35-39 | 26:41.1 | 26:44.7 | 8:36/M | |
| 43 | Sonya Widders | Lititz PA | 351 | 43 | F | 4 40-44 | 27:11.0 | 27:20.4 | 8:46/M | |
| 44 | Kim Martin | Leola PA | 293 | 41 | F | 5 40-44 | 27:11.3 | 27:20.5 | 8:46/M | |
| 45 | Andrew Carroll | Lancaster PA | 190 | 51 | M | 3 50-54 | 27:18.6 | 27:28.4 | 8:49/M | |
| 46 | Evelyn Carroll | Lancaster PA | 191 | 14 | F | 3 1-14 | 27:19.2 | 27:29.0 | 8:49/M | |
| 47 | Nicole Hart | Boiling Springs PA | 273 | 53 | F | 2 50-54 | 27:23.5 | 27:29.4 | 8:50/M | |
| 48 | Sarah Grow Martz | Harrisburg PA | 219 | 27 | F | 1 25-29 | 27:37.3 | 27:42.3 | 8:55/M | |
| 49 | Lori Klein | Lebanon PA | 283 | 48 | F | 3 45-49 | 27:46.4 | 27:52.4 | 8:58/M | |
| 50 | Lesley Hurst | Harrisburg PA | 278 | 39 | F | 3 35-39 | 28:20.1 | 28:35.5 | 9:08/M | |
| 51 | Donna Vasiloff | New Cumberland PA | 344 | 49 | F | 4 45-49 | 28:20.5 | 28:26.7 | 9:09/M | |
| 52 | Bruce Hubbs | Lebanon PA | 277 | 24 | M | 2 20-24 | 28:44.7 | 28:50.7 | 9:16/M | |
| 53 | Carrie Beamenderfer | Elizabethtown PA | 181 | 39 | F | 4 35-39 | 28:57.0 | 29:04.2 | 9:20/M | |
| 54 | James Richards | Harrisburg PA | 315 | 46 | M | 4 45-49 | 29:32.3 | 29:45.7 | 9:32/M | |
| 55 | Donna Ornosky | East Greenville PA | 303 | 60 | F | 1 60-64 | 29:40.5 | 29:46.7 | 9:34/M | |
| 56 | Susan Gilbert | | 37 | 55 | F | 1 55-59 | 29:44.3 | 29:55.2 | 9:36/M | |
| 57 | Maura Ebersole | Wrightsville PA | 208 | 41 | F | 6 40-44 | 29:47.3 | 29:54.1 | 9:37/M | |
| 58 | Shawn McClaren | | 140 | 52 | M | 4 50-54 | 30:32.3 | 30:50.3 | 9:51/M | |
| 59 | Jim Doyle | Lancaster PA | 206 | 77 | M | 1 75-79 | 30:42.7 | 30:47.9 | 9:54/M | |
| 60 | Sally Burget | | 84 | 49 | F | 5 45-49 | 30:49.8 | 31:00.8 | 9:57/M | |
| 61 | Jodi Myers | State College PA | 299 | 50 | F | 3 50-54 | 31:07.7 | 31:22.3 | 10:03/M | |
| 62 | Andrew Martz | Harrisburg PA | 294 | 26 | M | 3 25-29 | 31:18.3 | 31:23.3 | 10:06/M | |
| 63 | Katelyn Wolf | Marietta PA | 352 | 32 | F | 2 30-34 | 31:21.3 | 31:31.6 | 10:07/M | |
| 64 | Alexander Krieger | | 357 | 31 | M | 1 30-34 | 31:38.2 | 31:54.0 | 10:12/M | |
| 65 | Renee Dipilla | Peach Bottom PA | 205 | 57 | F | 2 55-59 | 31:38.4 | 31:42.9 | 10:12/M | |
| 66 | Bill Krieger | | 136 | 63 | M | 3 60-64 | 31:48.4 | 32:01.4 | 10:16/M | |
| 67 | Cindy Hendershott | Elizabethtown PA | 9 | 64 | F | 2 60-64 | 31:59.1 | 32:05.8 | 10:19/M | |

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Overall Finish List

5K

| Place | | -----Total----- | | | | | | | |
|----------------|--------------------|--------------------|---------------|------------|-------------|-----------------|------------------|-----------------|-------------|
| <u>Overall</u> | <u>Name</u> | <u>City</u> | <u>Bib No</u> | <u>Age</u> | <u>Gend</u> | <u>AG Place</u> | <u>Chip Time</u> | <u>Gun Time</u> | <u>Pace</u> |
| 68 | Darlene Swift | | 338 | 53 | F | 4 50-54 | 31:59.2 | 32:09.6 | 10:19/M |
| 69 | Peter Palaitis | | 2 | 57 | M | 2 55-59 | 32:03.0 | 32:14.2 | 10:20/M |
| 70 | Jodi Stauffer | Pequea PA | 332 | 50 | F | 5 50-54 | 32:05.4 | 32:09.1 | 10:21/M |
| 71 | Jacob Pierdon | | 21 | 8 | M | 4 1-14 | 32:19.5 | 32:28.4 | 10:26/M |
| 72 | Meghann Pierdon | Bainbridge PA | 305 | 44 | F | 7 40-44 | 32:20.5 | 32:28.6 | 10:26/M |
| 73 | Shawn Degroft | Elizabethtown PA | 202 | 44 | M | 5 40-44 | 32:47.1 | 32:54.6 | 10:35/M |
| 74 | Ronald Trimnell | New Cumberland PA | 341 | 55 | M | 3 55-59 | 32:55.1 | 33:09.9 | 10:37/M |
| 75 | Dave Wenger | Palmyra PA | 346 | 55 | M | 4 55-59 | 33:05.1 | 33:15.0 | 10:40/M |
| 76 | Kathleen Romine | Landisville PA | 319 | 39 | F | 5 35-39 | 33:44.9 | 33:53.4 | 10:53/M |
| 77 | Natasha Clarke | Lancaster PA | 194 | 31 | F | 3 30-34 | 34:42.0 | 34:54.1 | 11:12/M |
| 78 | Anya Goldina | Elizabethtown PA | 216 | 42 | F | 8 40-44 | 34:42.3 | 34:54.5 | 11:12/M |
| 79 | Suzette Kreider | Elizabethtown PA | 284 | 62 | F | 3 60-64 | 34:46.6 | 34:55.6 | 11:13/M |
| 80 | Kevin Uhland | Felton PA | 342 | 37 | M | 2 35-39 | 34:47.8 | 34:49.9 | 11:14/M |
| 81 | John Richards | Marysville PA | 94 | 51 | M | 5 50-54 | 34:49.2 | 35:02.1 | 11:14/M |
| 82 | Adam Giera | Hanover PA | 215 | 38 | M | 3 35-39 | 35:01.4 | 35:10.9 | 11:18/M |
| 83 | Jo Hershey | Elizabethtown PA | 274 | 43 | F | 9 40-44 | 35:14.0 | 35:25.6 | 11:22/M |
| 84 | Barbara Kurtz | Lititz PA | 286 | 58 | F | 3 55-59 | 36:00.9 | 36:08.9 | 11:37/M |
| 85 | Norah Downing | | 359 | 11 | F | 4 1-14 | 36:10.9 | 36:22.0 | 11:40/M |
| 86 | Rose Ward | Columbia PA | 345 | 71 | F | 1 70-74 | 36:33.1 | 36:38.0 | 11:47/M |
| 87 | Luke Quickel | | 361 | 43 | M | 6 40-44 | 37:40.8 | 37:45.9 | 12:09/M |
| 88 | Carin Schrum | Hummelstown PA | 322 | 55 | F | 4 55-59 | 37:45.4 | 37:57.7 | 12:11/M |
| 89 | Beth-Ann Quickel | Bainbridge PA | 308 | 40 | F | 10 40-44 | 38:33.4 | 38:38.1 | 12:26/M |
| 90 | Cora Quickel | Elizabethtown PA | 309 | 12 | F | 5 1-14 | 38:37.7 | 38:40.7 | 12:28/M |
| 91 | Connie Wertz | Halifax PA | 347 | 57 | F | 5 55-59 | 38:39.2 | 38:52.0 | 12:28/M |
| 92 | Sue Ruhl | Manheim PA | 320 | 66 | F | 1 65-69 | 38:43.3 | 38:53.8 | 12:29/M |
| 93 | Kristina Landvater | Hershey PA | 287 | 55 | F | 6 55-59 | 39:01.4 | 39:14.7 | 12:35/M |
| 94 | Andrea Black | Mount Joy PA | 183 | 42 | F | 11 40-44 | 40:48.2 | 40:59.4 | 13:10/M |
| 95 | Lucy Downing | | 358 | 8 | F | 6 1-14 | 40:50.0 | 41:01.2 | 13:10/M |
| 96 | Patricia Allwein | Mount Gretna PA | 180 | 73 | F | 2 70-74 | 41:32.8 | 41:39.6 | 13:24/M |
| 97 | Christine Fake | Lititz PA | 212 | 59 | F | 7 55-59 | 41:42.7 | 41:49.4 | 13:27/M |
| 98 | William Quickel | Elizabethtown PA | 311 | 11 | M | 5 1-14 | 42:24.7 | 42:28.3 | 13:41/M |
| 99 | Sherry Quickel | Elizabethtown PA | 310 | 44 | F | 12 40-44 | 42:25.0 | 42:30.1 | 13:41/M |
| 100 | Judy Anttonen | Millersville PA | 20 | 81 | F | 1 80-99 | 45:03.7 | 45:16.5 | 14:32/M |
| 101 | Andrew Rockey | Washington Boro PA | 316 | 10 | M | 6 1-14 | 46:01.1 | 46:15.4 | 14:51/M |
| 102 | Shawn McClaren | | 364 | 52 | M | 6 50-54 | 46:19.4 | 46:19.4 | 14:57/M |
| 103 | Morgan Ash | East Earl PA | 362 | 32 | M | 2 30-34 | 46:43.4 | 46:52.9 | 15:04/M |
| 104 | Teresa Ernst | Lancaster PA | 210 | 74 | F | 3 70-74 | 46:48.5 | 47:01.5 | 15:06/M |
| 105 | Shannon Moyer | Lebanon PA | 298 | 31 | F | 4 30-34 | 46:56.2 | 47:00.4 | 15:08/M |
| 106 | Nancy Shrom | Ephrata PA | 325 | 62 | F | 4 60-64 | 47:38.0 | 47:45.1 | 15:22/M |
| 107 | Alissa Kurtz | Elizabethtown PA | 285 | 34 | F | 5 30-34 | 48:25.5 | 48:32.8 | 15:37/M |
| 108 | Ralph Detrick | Elizabethtown PA | 203 | 82 | M | 1 80-99 | 49:12.4 | 49:28.4 | 15:52/M |
| 109 | Sharyn McHenry | Grantville PA | 295 | 68 | F | 2 65-69 | 49:13.0 | 49:28.4 | 15:53/M |
| 110 | Lucas Rockey | Washington Boro PA | 317 | 13 | M | 7 1-14 | 50:24.3 | 50:38.2 | 16:16/M |
| 111 | Jessica O'hara | Washington Boro PA | 304 | 37 | F | 6 35-39 | 50:25.2 | 50:38.8 | 16:16/M |