

Race Date  
March 17, 2024

2024 Frozen Foot Races March  
Age Group Results

5K

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 Halterman		181	31	8	20:45.5	20:45.5	6:41/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	Bob Porambo	Elizabethtown PA	122	43	1	19:11.5	19:11.5	6:11/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	Jenn Fisher	Middletown PA	50	44	12	22:05.4	22:05.4	7:07/M	1:19.9

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	Kyle Daily	Elizabethtown PA	36	44	2	19:57.9	19:57.9	6:26/M	0:46.4

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### Female 14 and Under

-----Total-----									
Place	Name	City	Bib No	Age	Overall	Chip Time	Gun Time	Pace	Time Back
1	* Olivia Davies	Landisville PA	39	13	9	20:55.7	20:58.8	6:45/M	0:10.2
2	* Claire Sahn	Lancaster PA	133	14	18	22:54.9	22:57.9	7:24/M	2:09.3
3	* Abigail Reed	Marietta PA	127	14	21	23:36.5	23:47.0	7:37/M	2:51.0
4	Lena Glick	Lancaster PA	60	14	26	24:53.3	24:56.6	8:02/M	4:07.7
5	Julia Ernst	East Petersburg PA	45	14	43	28:20.6	28:27.5	9:09/M	7:35.0
6	Josephine McFarland	New Holland PA	102	6	51	29:13.6	29:22.1	9:26/M	8:28.1
7	Cora Kalloz	Elizabethtown PA	77	9	57	30:16.6	30:25.5	9:46/M	9:31.1
8	Lillian Kohler	East Petersburg PA	176	12	75	34:07.5	34:19.5	11:01/M	13:22.0

### Male 14 and Under

-----Total-----									
Place	Name	City	Bib No	Age	Overall	Chip Time	Gun Time	Pace	Time Back
1	* Seth Manning	Mount Joy PA	99	13	6	20:32.1	20:41.3	6:37/M	1:20.6
2	* Carter Kline		182	11	56	30:02.3	30:08.3	9:41/M	10:50.8

### Female 15 to 19

-----Total-----									
Place	Name	City	Bib No	Age	Overall	Chip Time	Gun Time	Pace	Time Back
1	* Abigail Davies	Landisville PA	38	16	29	25:19.4	25:26.4	8:10/M	4:33.8
2	* Emily Addams	Elizabethtown PA	2	15	35	26:40.4	26:55.6	8:36/M	5:54.8
3	* Evelyn Carroll	Lancaster PA	27	15	38	27:20.7	27:28.2	8:49/M	6:35.1
4	Kaitlyn Ream	Washington Boro PA	126	18	68	32:06.7	32:11.9	10:22/M	11:21.1

### Male 15 to 19

-----Total-----									
Place	Name	City	Bib No	Age	Overall	Chip Time	Gun Time	Pace	Time Back
1	* Ezekiel Ginder	Millersville PA	58	15	17	22:50.5	22:56.0	7:22/M	3:39.0

### Female 20 to 24

-----Total-----									
Place	Name	City	Bib No	Age	Overall	Chip Time	Gun Time	Pace	Time Back
1	* Jennica Wenger	Lancaster PA	161	21	23	23:56.2	24:00.0	7:43/M	3:10.6

### Male Age 20-24

-----Total-----									
Place	Name	City	Bib No	Age	Overall	Chip Time	Gun Time	Pace	Time Back
1	* Riley Myers	Lewistown PA	111	20	16	22:37.7	22:51.4	7:18/M	3:26.1
2	* Trent Wenger	Lancaster PA	162	21	20	23:29.0	23:33.8	7:35/M	4:17.5

### Male 25 to 29

-----Total-----									
Place	Name	City	Bib No	Age	Overall	Chip Time	Gun Time	Pace	Time Back
1	* Declan Barber	Mount Joy PA	8	26	7	20:44.6	20:48.5	6:42/M	1:33.1
2	* Mitchell Bitner	Elizabethtown PA	17	27	22	23:37.6	23:56.9	7:37/M	4:26.1
3	* Dalton Leash	York PA	88	27	49	29:09.7	29:27.3	9:24/M	9:58.2

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### Female 30 to 34

-----Total-----									
Place	Name	City	Bib No	Age	Overall	Chip Time	Gun Time	Pace	Time Back
1	* Monique Dykman	Lancaster PA	44	31	60	30:42.5	31:08.4	9:54/M	9:56.9
2	* Caitlyn Heisey	Elizabethtown PA	71	32	61	30:44.3	30:52.7	9:55/M	9:58.7
3	* Frances Weyer	Mechainsburg PA	167	33	77	34:23.8	34:40.6	11:06/M	13:38.3
4	Michelle Cave	Bernville PA	29	31	109	47:15.5	47:40.8	15:15/M	26:30.0
5	Bryanna Merrill	Milton PA	107	31	113	47:43.9	48:15.4	15:24/M	26:58.4

### Male 30 to 34

-----Total-----									
Place	Name	City	Bib No	Age	Overall	Chip Time	Gun Time	Pace	Time Back
1	* Conrad Heisey	Elizabethtown PA	72	33	11	21:49.6	21:53.8	7:02/M	2:38.0
2	* Kevin Rabuck	Towson MD	174	31	39	27:34.0	28:05.5	8:54/M	8:22.5
3	* Matthew Carter	Lititz PA	28	31	41	27:37.9	28:06.3	8:55/M	8:26.3
4	Alexander Krieger	Mount Joy PA	84	32	54	29:42.9	29:55.6	9:35/M	10:31.4
5	Brian Swank	Lancaster PA	150	32	100	42:25.2	42:44.2	13:41/M	23:13.7

### Female 35 to 39

-----Total-----									
Place	Name	City	Bib No	Age	Overall	Chip Time	Gun Time	Pace	Time Back
1	* Cathy Ginder	Millersville PA	57	37	13	22:11.6	22:16.7	7:10/M	1:26.1
2	* Christina Kline	Lititz PA	83	37	24	24:23.3	24:28.7	7:52/M	3:37.8
3	* Ashley Griesemer	Reinholds PA	63	37	37	27:06.2	27:10.3	8:45/M	6:20.6
4	Kayla Jones	Harrisburg PA	76	35	48	28:58.1	29:10.4	9:21/M	8:12.5
5	Amy McFarland	New Holland PA	101	37	50	29:12.7	29:21.4	9:25/M	8:27.1
6	Lauren Lombardo	Lititz PA	94	35	66	32:02.7	32:22.3	10:20/M	11:17.2
7	Shane Neiffer	Pottstown PA	112	38	67	32:03.2	32:23.3	10:20/M	11:17.6
8	Erin Hodos	Elizabethtown PA	73	37	73	33:45.4	34:00.4	10:53/M	12:59.8
9	Heather Gebhart	Elizabethtown PA	55	39	78	34:30.4	34:51.9	11:08/M	13:44.9
10	Rachel Sutter	Marietta PA	149	38	103	44:03.8	44:32.7	14:13/M	23:18.3
11	Christie McCracken	Elizabethtown PA	100	35	110	47:25.1	47:49.3	15:18/M	26:39.6

### Male 35 to 39

-----Total-----									
Place	Name	City	Bib No	Age	Overall	Chip Time	Gun Time	Pace	Time Back
1	* Jeffrey Slade	New Cumberland PA	141	38	3	19:58.0	20:01.0	6:26/M	0:46.5
2	* William Rummel	York PA	132	38	5	20:30.1	20:32.8	6:37/M	1:18.5
3	* Robert Gantz	Myerstown PA	54	37	10	21:43.2	21:47.8	7:00/M	2:31.7
4	Jonathan Croft	Hummelstown PA	33	38	14	22:20.6	22:24.7	7:12/M	3:09.1
5	Wallace Rejrat	Palmyra PA	128	38	52	29:21.6	29:52.3	9:28/M	10:10.1
6	Paul Schmidt	Elizabethtown PA	135	37	53	29:31.4	29:38.5	9:31/M	10:19.9
7	Bryant Taylor	Harrisburg PA	153	35	87	37:24.7	37:51.4	12:04/M	18:13.2

### Female 40 to 44

-----Total-----									
Place	Name	City	Bib No	Age	Overall	Chip Time	Gun Time	Pace	Time Back
1	* Janelle Glick	Lancaster PA	59	44	15	22:35.3	22:38.6	7:17/M	1:49.8
2	* Brenda Daily	Elizabethtown PA	35	40	19	23:14.6	23:19.1	7:30/M	2:29.1
3	* Carrie Booth	East Petersburg PA	18	44	25	24:33.2	24:40.7	7:55/M	3:47.6
4	Joyce Loizeaux	Elizabethtown PA	93	42	28	25:09.2	25:16.8	8:07/M	4:23.6
5	Erica Baer	Lancaster PA	7	43	30	25:48.5	25:55.1	8:20/M	5:02.9
6	Meghann Pierdon	Bainbridge PA	121	44	32	26:22.5	26:30.5	8:30/M	5:36.9
7	Sarah Ames	Harrisburg PA	3	41	42	27:53.3	28:05.4	9:00/M	7:07.8
8	Jennifer Quinn	Landisville PA	124	41	59	30:38.0	30:52.6	9:53/M	9:52.4
9	Kimberly Hays	Hershey PA	70	40	69	32:08.6	32:37.0	10:22/M	11:23.1
10	Amberlee Pickel	Lancaster PA	119	40	72	32:21.5	32:36.1	10:26/M	11:35.9
11	Sherry Quickel	Elizabethtown PA	123	44	107	45:30.6	45:55.2	14:41/M	24:45.0
12	Sarah E. Hershey	Lancaster PA	177	40	111	47:25.4	47:49.6	15:18/M	26:39.8

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### Male 40 to 44

-----Total-----									
Place	Name	City	Bib No	Age	Overall	Chip Time	Gun Time	Pace	Time Back
1	* Daniel Loizeaux	Bainbridge PA	92	42	4	20:26.1	20:28.5	6:36/M	1:14.6
2	* Michael Kalloz	Elizabethtown PA	78	42	58	30:21.8	30:30.4	9:48/M	11:10.3

### Female 45 to 49

-----Total-----									
Place	Name	City	Bib No	Age	Overall	Chip Time	Gun Time	Pace	Time Back
1	* Jean Kilheffer Hess	Columbia PA	81	49	33	26:29.7	26:41.2	8:33/M	5:44.1
2	* Jenn O'Donnell	Mechanicsburg PA	114	47	47	28:47.2	29:15.0	9:17/M	8:01.6
3	* Stephanie Mader	Harrisburg PA	98	47	81	35:18.7	35:46.5	11:23/M	14:33.1
4	Jill Breneman	Mt Joy PA	21	45	83	35:36.1	35:49.8	11:29/M	14:50.6
5	Stacy Karli	Elizabethtown PA	79	47	84	36:58.7	37:21.7	11:56/M	16:13.1
6	Jennifer Fields	York PA	48	45	96	39:49.7	40:12.4	12:51/M	19:04.1
7	Gretchen Berkheimer	Marietta PA	15	48	102	43:29.3	43:56.4	14:02/M	22:43.7

### Male 45 to 49

-----Total-----									
Place	Name	City	Bib No	Age	Overall	Chip Time	Gun Time	Pace	Time Back
1	* Lou Starzl	East Petersburg PA	146	47	27	25:01.5	25:08.4	8:04/M	5:50.0
2	* Joel Valvo	Palmyra PA	156	46	31	26:11.0	26:16.6	8:27/M	6:59.5
3	* James Nesbitt	Elizabethtown PA	113	49	79	34:35.9	34:55.9	11:10/M	15:24.4
4	Daniel Kenny	Elizabethtown PA	80	47	97	39:49.7	40:12.6	12:51/M	20:38.2
5	Justin Repsch	Elizabethtown PA	129	49	104	44:11.5	44:36.0	14:15/M	24:59.9

### Female 50 to 54

-----Total-----									
Place	Name	City	Bib No	Age	Overall	Chip Time	Gun Time	Pace	Time Back
1	* Donna Vasiloff	New Cumberland PA	157	50	44	28:36.2	28:44.9	9:14/M	7:50.6
2	* Nicole Hart	Boiling Springs PA	69	53	46	28:44.8	29:02.3	9:16/M	7:59.3
3	* Rebecca Gottshall	Columbia PA	62	53	64	31:38.5	32:05.5	10:12/M	10:53.0
4	Jodi Myers	Lewistown PA	110	51	65	31:59.2	32:17.5	10:19/M	11:13.7
5	Loretta Whitcraft	New Holland PA	168	51	91	37:46.4	38:16.2	12:11/M	17:00.8
6	Tonya Beck	Manheim PA	13	53	92	38:04.6	38:22.5	12:17/M	17:19.0

### Male 50 to 54

-----Total-----									
Place	Name	City	Bib No	Age	Overall	Chip Time	Gun Time	Pace	Time Back
1	* Patrick Mitchell	Grantville PA	108	50	62	30:59.3	31:08.7	10:00/M	11:47.8
2	* Karl Smith	Manheimmanhiem PA	145	53	76	34:14.6	34:56.9	11:03/M	15:03.0
3	* Christopher Booth	Millersvillmillersville PA	19	50	80	34:58.4	35:18.7	11:17/M	15:46.9
4	Brian Frey	Ephrata PA	52	52	85	37:19.7	37:36.5	12:03/M	18:08.2

### Female 55 to 59

-----Total-----									
Place	Name	City	Bib No	Age	Overall	Chip Time	Gun Time	Pace	Time Back
1	* Pamela Formica	Lititz PA	51	56	45	28:40.9	28:51.4	9:15/M	7:55.4
2	* Melissa Batula	Jonestown PA	10	55	89	37:32.2	38:00.7	12:07/M	16:46.6
3	* Pamela Szajruk	Enola PA	152	58	90	37:38.0	38:00.1	12:08/M	16:52.4
4	Amy Addams	Elizabethtown PA	1	58	94	39:24.8	39:50.7	12:43/M	18:39.2
5	Carin Schrum	Hummelstown PA	136	56	99	40:45.7	41:10.8	13:09/M	20:00.1

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## Age Group Results

5K

### Female 60 to 64

-----Total-----									
Place	Name	City	Bib No	Age	Overall	Chip Time	Gun Time	Pace	Time Back
1	* Pam Currie	Lancaster PA	34	64	34	26:37.8	26:51.3	8:35/M	5:52.2
2	* Erica Zinkan		180	63	88	37:30.3	37:55.8	12:06/M	16:44.7
3	* Marlene Cosner	Harrisburg PA	31	63	106	44:49.4	45:11.4	14:28/M	24:03.8
4	Nannette Handley	Mechanicsburg PA	68	64	114	48:21.0	48:44.2	15:36/M	27:35.4

### Male 60 to 64

-----Total-----									
Place	Name	City	Bib No	Age	Overall	Chip Time	Gun Time	Pace	Time Back
1	* Fred Cramer	Camp Hill PA	32	62	40	27:35.7	27:44.1	8:54/M	8:24.2
2	* William Krieger	Mount Joy PA	85	63	63	31:24.0	31:36.6	10:08/M	12:12.5
3	* David Palya	Lancaster PA	118	60	95	39:45.7	39:57.4	12:50/M	20:34.2
4	Mark Bellavia	Lancaster PA	14	63	101	43:16.5	43:29.6	13:58/M	24:05.0

### Female 65 to 69

-----Total-----									
Place	Name	City	Bib No	Age	Overall	Chip Time	Gun Time	Pace	Time Back
1	* Sharyn McHenry	Grantville PA	103	69	105	44:35.3	44:55.1	14:23/M	23:49.8

### Male 65 to 69

-----Total-----									
Place	Name	City	Bib No	Age	Overall	Chip Time	Gun Time	Pace	Time Back
1	* Courtland Howard	Red Lion PA	74	68	36	26:56.4	26:59.3	8:41/M	7:44.9
2	* Glenn Sauder	New Holland PA	134	67	55	29:50.2	29:59.4	9:37/M	10:38.6
3	* Robert Rabuck	Harrisburg PA	125	65	74	34:01.6	34:33.5	10:59/M	14:50.1
4	James Fulkerson	Lancaster PA	53	66	112	47:39.1	48:01.5	15:22/M	28:27.6

### Female 70 to 74

-----Total-----									
Place	Name	City	Bib No	Age	Overall	Chip Time	Gun Time	Pace	Time Back
1	* Janet Wendler	Lancaster PA	160	74	70	32:14.2	32:35.8	10:24/M	11:28.6
2	* Rose Ward	Columbia PA	158	72	82	35:19.6	35:34.1	11:24/M	14:34.0
3	* Susan Truxal	Lancaster PA	155	72	93	39:14.4	39:21.2	12:40/M	18:28.9
4	Teresa Ernst	Lancaster PA	46	74	116	52:14.8	52:42.8	16:51/M	31:29.2

### Male 70 to 74

-----Total-----									
Place	Name	City	Bib No	Age	Overall	Chip Time	Gun Time	Pace	Time Back
1	* Brad Westhafer	Mechanicsburg PA	165	72	71	32:14.5	32:28.1	10:24/M	13:03.0
2	* Fred Kohler	Lancaster PA	178	71	98	39:54.9	40:09.7	12:53/M	20:43.4

### Male 75 to 79

-----Total-----									
Place	Name	City	Bib No	Age	Overall	Chip Time	Gun Time	Pace	Time Back
1	* Hal Darr	York PA	37	76	86	37:20.2	37:31.0	12:03/M	18:08.7

### Female 80 and Over

-----Total-----									
Place	Name	City	Bib No	Age	Overall	Chip Time	Gun Time	Pace	Time Back

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## Age Group Results

**5K**

### Female 80 and Over

<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	* Judy Anttonen	Millersville PA	4	82	108	45:57.7	46:15.1	14:50/M	25:12.1

### Male 80 and Over

<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	* Ralph Detrick	Elizabethtown PA	41	83	115	50:16.1	50:36.1	16:13/M	31:04.6