

2024 Frozen Foot January

Age Group Results

5K

Race Date
January 21, 2024

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	Olivia Davies	Landisville PA	353	13	6	21:09.4	21:09.4	6:49/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	813	43	1	19:31.2	19:31.2	6:17/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	Greta Stoner	Manheim PA	841	41	9	21:54.0	21:54.0	7:03/M	0:44.5

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	351	44	3	20:37.9	20:37.9	6:39/M	1:06.7

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Female 14 and Under

-----Total-----									
Place	Name	City	Bib No	Age	Overall	Chip Time	Gun Time	Pace	Time Back
1 *	Abigail Reed	Marietta PA	818	14	15	23:36.3	23:40.3	7:37/M	2:26.8
2 *	Lena Glick	Lancaster PA	470	14	24	24:53.9	24:58.9	8:02/M	3:44.5
3 *	Claire Sahn	Lancaster PA	823	14	26	25:04.2	25:15.0	8:05/M	3:54.7
4	Julia Ernst	East Petersburg PA	1345	14	30	25:46.7	25:52.7	8:19/M	4:37.3
5	Cora Kalloz	Elizabethtown PA	486	9	66	31:53.5	32:06.8	10:17/M	10:44.0
6	Lillian Kohlen	East Petersburg PA	1359	12	79	33:31.2	33:40.7	10:49/M	12:21.8
7	Alice Bierly	Elizabethtown PA	335	14	105	41:01.3	41:25.8	13:14/M	19:51.8

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	1327	13	8	21:14.1	21:15.1	6:51/M	1:42.9
2 *	Carter Kline		1354	11	56	30:19.5	30:26.6	9:47/M	10:48.3

Female 15 to 19

-----Total-----									
Place	Name	City	Bib No	Age	Overall	Chip Time	Gun Time	Pace	Time Back
1 *	Evelyn Carroll	Lancaster PA	343	15	42	27:51.8	27:58.1	8:59/M	6:42.3
2 *	Kaitlyn Ream	Washington Boro PA	817	18	60	30:53.9	30:56.2	9:58/M	9:44.5
3 *	Emily Addams	Elizabethtown PA	322	15	106	41:01.5	41:25.8	13:14/M	19:52.0

Male 15 to 19

-----Total-----									
Place	Name	City	Bib No	Age	Overall	Chip Time	Gun Time	Pace	Time Back
1 *	Ezekiel Ginder	Millersville PA	467	15	20	24:11.0	24:12.8	7:48/M	4:39.8

Female 20 to 24

-----Total-----									
Place	Name	City	Bib No	Age	Overall	Chip Time	Gun Time	Pace	Time Back
1 *	Jennica Wenger	Lancaster PA	1330	21	29	25:41.2	25:52.9	8:17/M	4:31.7

Male Age 20-24

-----Total-----									
Place	Name	City	Bib No	Age	Overall	Chip Time	Gun Time	Pace	Time Back
1 *	Riley Myers	Lewistown PA	802	20	12	22:54.5	23:01.0	7:23/M	3:23.3
2 *	Trent Wenger	Lancaster PA	1331	21	25	24:56.6	25:06.9	8:03/M	5:25.4

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	327	26	10	22:36.9	22:44.7	7:18/M	3:05.6
2 *	Mitchell Bitner	Elizabethtown PA	1352	27	13	22:57.7	23:01.1	7:24/M	3:26.5
3 *	Dalton Leash	York PA	499	27	54	30:01.9	30:06.2	9:41/M	10:30.7

Female 30 to 34

-----Total-----									
Place	Name	City	Bib No	Age	Overall	Chip Time	Gun Time	Pace	Time Back
1 *	Lydia Mellinger	Lancaster PA	1355	33	57	30:23.7	30:45.4	9:48/M	9:14.2

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Female 30 to 34

-----Total-----									
Place	Name	City	Bib No	Age	Overall	Chip Time	Gun Time	Pace	Time Back
2	* Melissa Hanigosky	Glen Mills PA	479	32	63	30:59.9	31:06.6	10:00/M	9:50.4
3	* Frances Weyer	Mechainsburg PA	1336	33	73	32:59.8	33:17.4	10:39/M	11:50.4
4	Monique Dykman	Lancaster PA	359	31	80	33:33.4	33:49.2	10:50/M	12:23.9
5	Bryanna Merrill	Milton PA	798	31	82	34:19.0	34:34.7	11:04/M	13:09.6
6	Michelle Cave	Berndale PA	345	31	122	49:43.9	50:10.9	16:03/M	28:34.4

Male 30 to 34

-----Total-----									
Place	Name	City	Bib No	Age	Overall	Chip Time	Gun Time	Pace	Time Back
1	* Ben Tanner	Annaville PA	844	30	17	23:54.6	24:11.9	7:43/M	4:23.4
2	* Conrad Heisey	Elizabethtown PA	482	33	50	28:44.1	28:51.2	9:16/M	9:12.9
3	* Alexander Krieger	Mount Joy PA	495	32	59	30:46.0	30:58.1	9:56/M	11:14.8
4	Matthew Carter	Lititz PA	344	31	64	31:29.4	31:49.0	10:10/M	11:58.2
5	Ford Eichelberger	Glen Mills PA	360	30	77	33:22.1	33:50.3	10:46/M	13:50.9
6	Matthew McLaughlin	Akron PA	795	34	86	34:45.8	34:58.1	11:13/M	15:14.6
7	Morgan Ash	Denver PA	324	33	115	45:12.3	45:27.6	14:35/M	25:41.1

Female 35 to 39

-----Total-----									
Place	Name	City	Bib No	Age	Overall	Chip Time	Gun Time	Pace	Time Back
1	* Cathy Ginder	Millersville PA	466	37	11	22:48.4	22:50.1	7:21/M	1:38.9
2	* Christina Kline	Lititz PA	492	37	18	23:58.0	24:04.3	7:44/M	2:48.5
3	* Ashley Griesemer	Reinholds PA	475	37	38	27:36.4	27:44.1	8:54/M	6:27.0
4	Shane Neiffer	New Holland PA	1362	38	40	27:49.6	27:57.4	8:59/M	6:40.1
5	Lauren Lombardo	Lititz PA	788	35	45	28:19.3	28:26.7	9:08/M	7:09.8
6	Erin Hodos	Elizabethtown PA	483	37	74	33:08.9	33:24.9	10:42/M	11:59.4
7	Heather Gebhart	Elizabethtown PA	464	39	114	44:43.1	45:07.1	14:26/M	23:33.6
8	Justine Frymyer	Lancaster PA	371	37	123	49:49.3	50:12.4	16:04/M	28:39.8

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	831	38	2	19:40.4	19:42.5	6:21/M	0:09.2
2	* William Rummel	York PA	822	38	4	20:59.6	21:01.2	6:46/M	1:28.4
3	* Jonathan Croft	Hummelstown PA	348	38	19	24:02.3	24:06.7	7:45/M	4:31.1
4	Eric Stene	Hummelstown PA	839	37	22	24:44.4	24:56.1	7:59/M	5:13.2
5	Paul Schmidt	Elizabethtown PA	825	37	49	28:43.5	28:50.9	9:16/M	9:12.3
6	Wallace Rejrat	Palmyra PA	819	38	52	29:23.3	29:52.7	9:29/M	9:52.1

Female 40 to 44

-----Total-----									
Place	Name	City	Bib No	Age	Overall	Chip Time	Gun Time	Pace	Time Back
1	* Brenda Daily	Elizabethtown PA	350	40	14	23:19.6	23:25.0	7:31/M	2:10.1
2	* Jenn Fisher	Middletown PA	368	44	21	24:25.6	24:27.7	7:53/M	3:16.1
3	* Carrie Booth	East Petersburg PA	336	44	27	25:06.0	25:13.3	8:06/M	3:56.5
4	Joyce Loizeaux	Elizabethtown PA	787	42	31	26:09.8	26:17.9	8:26/M	5:00.4
5	Meghann Pierdon	Bainbridge PA	812	44	36	26:47.5	26:53.5	8:39/M	5:38.0
6	Erica Baer	Lancaster PA	326	43	44	28:10.7	28:20.3	9:05/M	7:01.3
7	Anya Goldina	Elizabethtown PA	472	43	78	33:28.8	33:45.2	10:48/M	12:19.4
8	Amberlee Pickel	Lancaster PA	810	40	90	36:30.2	36:53.3	11:47/M	15:20.7
9	Kimberly Hays	Hershey PA	481	40	91	36:52.5	37:19.1	11:54/M	15:43.0
10	Sherry Quickel	Elizabethtown PA	814	44	109	42:13.9	42:18.5	13:37/M	21:04.5

Male 40 to 44

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

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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	786	42	5	21:06.0	21:07.3	6:48/M	1:34.8
2	* Tim Haak	Elizabethtown PA	477	43	16	23:46.5	24:02.5	7:40/M	4:15.3
3	* Michael Kalloz	Elizabethtown PA	487	42	67	31:59.1	32:12.2	10:19/M	12:27.9

Female 45 to 49

-----Total-----									
Place	Name	City	Bib No	Age	Overall	Chip Time	Gun Time	Pace	Time Back
1	* Karin Laszakovits	Elizabethtown PA	498	48	34	26:31.7	26:37.4	8:33/M	5:22.3
2	* Jean Kilheffer Hess	Columbia PA	490	49	39	27:48.7	27:56.6	8:58/M	6:39.2
3	* Andrea Stonebraker	Harrisburg PA	840	46	41	27:51.0	27:58.9	8:59/M	6:41.5
4	Jenn O'Donnell	Mechanicsburg PA	804	47	51	29:12.0	29:25.9	9:25/M	8:02.5
5	Stephanie Mader	Harrisburg PA	792	47	76	33:21.5	33:35.6	10:46/M	12:12.0
6	Nichole Gonzalez	Elizabethtown PA	473	49	85	34:42.2	34:56.0	11:12/M	13:32.7
7	Becky Smith	Elizabethtown PA	834	46	94	37:49.6	38:07.1	12:12/M	16:40.1
8	Stacy Karli	Elizabethtown PA	488	47	96	38:11.8	38:33.2	12:19/M	17:02.3
9	Jill Breneman	Mt Joy PA	339	45	103	40:39.0	40:52.6	13:07/M	19:29.5
10	Gretchen Berkheimer	Marietta PA	334	48	110	42:46.0	43:08.8	13:48/M	21:36.5

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	837	47	28	25:15.3	25:22.6	8:09/M	5:44.1
2	* Joel Valvo	Palmyra PA	849	46	33	26:24.6	26:32.7	8:31/M	6:53.4
3	* Sam Coyl	Harrisburg PA	1361	45	35	26:41.6	26:56.5	8:37/M	7:10.4
4	James Richards	Harrisburg PA	821	47	81	34:11.8	34:25.7	11:02/M	14:40.6
5	James Nesbitt	Elizabethtown PA	803	49	93	37:24.2	37:48.9	12:04/M	17:53.0
6	Justin Repsch	Elizabethtown PA	820	49	113	44:42.8	45:06.7	14:25/M	25:11.6
7	Daniel Kenny	Elizabethtown PA	489	47	118	46:49.9	47:01.5	15:06/M	27:18.7

Female 50 to 54

-----Total-----									
Place	Name	City	Bib No	Age	Overall	Chip Time	Gun Time	Pace	Time Back
1	* Jodi Olympia	Hummelstown PA	805	52	23	24:52.8	24:59.2	8:02/M	3:43.3
2	* Nicole Hart	Boiling Springs PA	480	53	48	28:37.6	28:50.6	9:14/M	7:28.1
3	* Donna Vasiloff	New Cumberland PA	850	50	58	30:26.3	30:45.3	9:49/M	9:16.8
4	Jodi Myers	Lewistown PA	801	51	71	32:48.6	32:54.1	10:35/M	11:39.1
5	Connie Buckwalter	Lititz PA	340	53	72	32:54.0	33:09.7	10:37/M	11:44.5
6	Rebecca Gottshall	Columbia PA	474	53	87	35:44.2	36:10.4	11:32/M	14:34.7
7	Loretta Whitcraft	New Holland PA	1337	51	92	36:55.2	37:20.8	11:55/M	15:45.7
8	Tonya Beck	Manheim PA	332	53	99	39:26.3	39:46.7	12:43/M	18:16.8
9	Nichole Feldenzer	Palmyra PA	365	51	107	41:13.8	41:37.3	13:18/M	20:04.3

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	355	54	7	21:09.6	21:10.8	6:50/M	1:38.4
2	* Andrew Carroll	Lancaster PA	342	51	43	27:59.6	28:06.5	9:02/M	8:28.4
3	* Patrick Mitchell	Grantville PA	799	50	69	32:18.1	32:32.5	10:25/M	12:46.9
4	Karl Smith	Manheimmanhiem PA	836	53	83	34:28.1	34:46.0	11:07/M	14:56.9
5	Brian Frey	Ephrata PA	370	52	100	39:45.7	39:59.4	12:50/M	20:14.4

Female 55 to 59

-----Total-----									
Place	Name	City	Bib No	Age	Overall	Chip Time	Gun Time	Pace	Time Back
1	* Karen Young	Boys MD	1348	55	47	28:36.9	28:50.1	9:14/M	7:27.5
2	* Pamela Formica	Lititz PA	369	56	53	29:29.0	29:39.1	9:31/M	8:19.5

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Female 55 to 59

-----Total-----									
Place	Name	City	Bib No	Age	Overall	Chip Time	Gun Time	Pace	Time Back
3	* Laurel Kratz	Mount Joy PA	493	58	70	32:26.4	32:41.7	10:28/M	11:17.0
4	Pamela Szajnok	Enola PA	843	58	97	38:44.2	39:00.7	12:30/M	17:34.7
5	Connie Wertz	Mechanicsburg PA	1332	58	101	39:53.6	43:05.5	12:52/M	18:44.1
6	Carin Schrum	Hummelstown PA	826	56	104	40:45.6	41:04.9	13:09/M	19:36.1
7	Melissa Batula	Jonestown PA	329	55	108	42:03.8	42:25.3	13:34/M	20:54.3
8	Amy Addams	Elizabethtown PA	321	58	120	47:15.6	47:41.1	15:15/M	26:06.1

Female 60 to 64

-----Total-----									
Place	Name	City	Bib No	Age	Overall	Chip Time	Gun Time	Pace	Time Back
1	* Brenda Eichelberger	Elizabethtown PA	1356	62	75	33:18.2	33:47.1	10:45/M	12:08.8
2	* Erika Zinkan	Middletown PA	1344	63	102	40:01.8	41:21.6	12:55/M	18:52.3
3	* Marlene Cosner	Harrisburg PA	346	63	116	46:07.3	46:24.3	14:53/M	24:57.8
4	Nannette Handley	Mechanicsburg PA	478	64	121	48:41.5	48:57.3	15:42/M	27:32.0

Male 60 to 64

-----Total-----									
Place	Name	City	Bib No	Age	Overall	Chip Time	Gun Time	Pace	Time Back
1	* Dwight Eichelberger	Elizabethtown PA	1357	62	32	26:14.7	26:20.8	8:28/M	6:43.5
2	* Fred Cramer	Camp Hill PA	347	62	46	28:29.7	28:47.8	9:12/M	8:58.5
3	* Bill Stahr	Boys MD	1349	63	61	30:56.2	31:11.1	9:59/M	11:25.0
4	William Krieger	Mount Joy PA	496	63	62	30:57.1	31:09.3	9:59/M	11:25.9
5	Edward Beck	Harrisburg PA	330	60	68	32:16.7	32:29.1	10:25/M	12:45.5
6	Mark Bellavia	Lancaster PA	333	63	111	43:38.1	43:50.5	14:05/M	24:06.9
7	David Palya	Lancaster PA	808	60	112	44:33.7	44:44.2	14:22/M	25:02.5

Female 65 to 69

-----Total-----									
Place	Name	City	Bib No	Age	Overall	Chip Time	Gun Time	Pace	Time Back
1	* Sharyn McHenry	Grantville PA	794	69	127	52:40.4	52:58.8	16:59/M	31:30.9

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	484	68	37	27:10.6	27:11.9	8:46/M	7:39.3
2	* Robert Rabuck	Harrisburg PA	815	65	84	34:28.6	34:41.2	11:07/M	14:57.3
3	* James Fulkerson	Lancaster PA	372	66	119	46:50.2	47:01.8	15:07/M	27:19.0

Female 70 to 74

-----Total-----									
Place	Name	City	Bib No	Age	Overall	Chip Time	Gun Time	Pace	Time Back
1	* Janet Wendler	Lancaster PA	1329	74	65	31:37.9	32:06.9	10:12/M	10:28.5
2	* Rose Wurd	Columbia PA	1326	72	89	36:25.0	36:35.6	11:45/M	15:15.5
3	* Susan Truxal	Lancaster PA	848	72	98	39:05.0	39:10.1	12:36/M	17:55.5
4	Teresa Ernst	Lancaster PA	362	74	125	51:37.6	51:57.0	16:39/M	30:28.1

Male 70 to 74

-----Total-----									
Place	Name	City	Bib No	Age	Overall	Chip Time	Gun Time	Pace	Time Back
1	* Brad Westhafer	Mechanicsburg PA	1334	72	55	30:14.7	30:25.8	9:45/M	10:43.5
2	* Fred Kohler	Lancaster PA	1360	70	88	36:14.7	36:23.9	11:42/M	16:43.4
3	* Patrick Kameen	Mount Joy PA	1353	72	124	51:11.2	51:20.8	16:31/M	31:40.0

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Male 75 to 79

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1 *	Hal Darr	York PA	352	76	95	38:06.0	38:14.9	12:17/M	18:34.8

Female 80 and Over

-----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 *	Judy Anttonen	Millersville PA	323	82	117	46:37.9	46:49.7	15:03/M	25:28.4

Male 80 and Over

-----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 *	Ralph Detrick	Elizabethtown PA	356	83	126	52:35.5	52:58.6	16:58/M	33:04.3