

# 2024 Frozen Foot January

Race Date

January 21, 2024

## Overall Finish List

5K

Place								-----Total-----		
Overall	Name	City	Bib No	Age	Gender	AG Place	Chip Time	Gun Time	Pace	
1	Bob Porambo	Elizabethtown PA	813	43	M	1 Open	19:31.2	19:31.2	6:17/M	
2	Jeffrey Slade	New Cumberland PA	831	38	M	1 35-39	19:40.4	19:42.5	6:21/M	
3	Kyle Daily	Elizabethtown PA	351	44	M	1 Masters	20:37.9	20:37.9	6:39/M	
4	William Rummel	York PA	822	38	M	2 35-39	20:59.6	21:01.2	6:46/M	
5	Daniel Loizeaux	Bainbridge PA	786	42	M	1 40-44	21:06.0	21:07.3	6:48/M	
6	Olivia Davies	Landisville PA	353	13	F	1 Open	21:09.4	21:09.4	6:49/M	
7	Kurt Degoede	Mount Joy PA	355	54	M	1 50-54	21:09.6	21:10.8	6:50/M	
8	Seth Manning	Mount Joy PA	1327	13	M	1 1-14	21:14.1	21:15.1	6:51/M	
9	Greta Stoner	Manheim PA	841	41	F	1 Masters	21:54.0	21:54.0	7:03/M	
10	Declan Barber	Mount Joy PA	327	26	M	1 25-29	22:36.9	22:44.7	7:18/M	
11	Cathy Ginder	Millersville PA	466	37	F	1 35-39	22:48.4	22:50.1	7:21/M	
12	Riley Myers	Lewistown PA	802	20	M	1 20-24	22:54.5	23:01.0	7:23/M	
13	Mitchell Bitner	Elizabethtown PA	1352	27	M	2 25-29	22:57.7	23:01.1	7:24/M	
14	Brenda Daily	Elizabethtown PA	350	40	F	1 40-44	23:19.6	23:25.0	7:31/M	
15	Abigail Reed	Marietta PA	818	14	F	1 1-14	23:36.3	23:40.3	7:37/M	
16	Tim Haak	Elizabethtown PA	477	43	M	2 40-44	23:46.5	24:02.5	7:40/M	
17	Ben Tanner	Annaville PA	844	30	M	1 30-34	23:54.6	24:11.9	7:43/M	
18	Christina Kline	Lititz PA	492	37	F	2 35-39	23:58.0	24:04.3	7:44/M	
19	Jonathan Croft	Hummelstown PA	348	38	M	3 35-39	24:02.3	24:06.7	7:45/M	
20	Ezekiel Ginder	Millersville PA	467	15	M	1 15-19	24:11.0	24:12.8	7:48/M	
21	Jenn Fisher	Middletown PA	368	44	F	2 40-44	24:25.6	24:27.7	7:53/M	
22	Eric Stene	Hummelstown PA	839	37	M	4 35-39	24:44.4	24:56.1	7:59/M	
23	Jodi Olympia	Hummelstown PA	805	52	F	1 50-54	24:52.8	24:59.2	8:02/M	
24	Lena Glick	Lancaster PA	470	14	F	2 1-14	24:53.9	24:58.9	8:02/M	
25	Trent Wenger	Lancaster PA	1331	21	M	2 20-24	24:56.6	25:06.9	8:03/M	
26	Claire Sahd	Lancaster PA	823	14	F	3 1-14	25:04.2	25:15.0	8:05/M	
27	Carrie Booth	East Petersburg PA	336	44	F	3 40-44	25:06.0	25:13.3	8:06/M	
28	Lou Starzl	East Petersburg PA	837	47	M	1 45-49	25:15.3	25:22.6	8:09/M	
29	Jennica Wenger	Lancaster PA	1330	21	F	1 20-24	25:41.2	25:52.9	8:17/M	
30	Julia Ernst	East Petersburg PA	1345	14	F	4 1-14	25:46.7	25:52.7	8:19/M	
31	Joyce Loizeaux	Elizabethtown PA	787	42	F	4 40-44	26:09.8	26:17.9	8:26/M	
32	Dwight Eichelberger	Elizabethtown PA	1357	62	M	1 60-64	26:14.7	26:20.8	8:28/M	
33	Joel Valvo	Palmyra PA	849	46	M	2 45-49	26:24.6	26:32.7	8:31/M	
34	Karin Laszakovits	Elizabethtown PA	498	48	F	1 45-49	26:31.7	26:37.4	8:33/M	
35	Sam Coyl	Harrisburg PA	1361	45	M	3 45-49	26:41.6	26:56.5	8:37/M	
36	Meghann Pierdon	Bainbridge PA	812	44	F	5 40-44	26:47.5	26:53.5	8:39/M	
37	Courtland Howard	Red Lion PA	484	68	M	1 65-69	27:10.6	27:11.9	8:46/M	
38	Ashley Griesemer	Reinholds PA	475	37	F	3 35-39	27:36.4	27:44.1	8:54/M	
39	Jean Kilheffer Hess	Columbia PA	490	49	F	2 45-49	27:48.7	27:56.6	8:58/M	
40	Shane Neiffer	New Holland PA	1362	38	F	4 35-39	27:49.6	27:57.4	8:59/M	
41	Andrea Stonebraker	Harrisburg PA	840	46	F	3 45-49	27:51.0	27:58.9	8:59/M	
42	Evelyn Carroll	Lancaster PA	343	15	F	1 15-19	27:51.8	27:58.1	8:59/M	
43	Andrew Carroll	Lancaster PA	342	51	M	2 50-54	27:59.6	28:06.5	9:02/M	
44	Erica Baer	Lancaster PA	326	43	F	6 40-44	28:10.7	28:20.3	9:05/M	
45	Lauren Lombardo	Lititz PA	788	35	F	5 35-39	28:19.3	28:26.7	9:08/M	
46	Fred Cramer	Camp Hill PA	347	62	M	2 60-64	28:29.7	28:47.8	9:12/M	
47	Karen Young	Boys MD	1348	55	F	1 55-59	28:36.9	28:50.1	9:14/M	
48	Nicole Hart	Boiling Springs PA	480	53	F	2 50-54	28:37.6	28:50.6	9:14/M	
49	Paul Schmidt	Elizabethtown PA	825	37	M	5 35-39	28:43.5	28:50.9	9:16/M	
50	Conrad Heisey	Elizabethtown PA	482	33	M	2 30-34	28:44.1	28:51.2	9:16/M	
51	Jenn O'Donnell	Mechanicsburg PA	804	47	F	4 45-49	29:12.0	29:25.9	9:25/M	
52	Wallace Rejrat	Palmyra PA	819	38	M	6 35-39	29:23.3	29:52.7	9:29/M	
53	Pamela Formica	Lititz PA	369	56	F	2 55-59	29:29.0	29:39.1	9:31/M	
54	Dalton Leash	York PA	499	27	M	3 25-29	30:01.9	30:06.2	9:41/M	
55	Brad Westhafer	Mechanicsburg PA	1334	72	M	1 70-74	30:14.7	30:25.8	9:45/M	
56	Carter Kline		1354	11	M	2 1-14	30:19.5	30:26.6	9:47/M	
57	Lydia Mellinger	Lancaster PA	1355	33	F	1 30-34	30:23.7	30:45.4	9:48/M	
58	Donna Vasiloff	New Cumberland PA	850	50	F	3 50-54	30:26.3	30:45.3	9:49/M	
59	Alexander Krieger	Mount Joy PA	495	32	M	3 30-34	30:46.0	30:58.1	9:56/M	
60	Kaitlyn Ream	Washington Boro PA	817	18	F	2 15-19	30:53.9	30:56.2	9:58/M	
61	Bill Stahr	Boys MD	1349	63	M	3 60-64	30:56.2	31:11.1	9:59/M	
62	William Krieger	Mount Joy PA	496	63	M	4 60-64	30:57.1	31:09.3	9:59/M	
63	Melissa Hanigosky	Glen Mills PA	479	32	F	2 30-34	30:59.9	31:06.6	10:00/M	
64	Matthew Carter	Lititz PA	344	31	M	4 30-34	31:29.4	31:49.0	10:10/M	
65	Janet Wendler	Lancaster PA	1329	74	F	1 70-74	31:37.9	32:06.9	10:12/M	
66	Cora Kalloz	Elizabethtown PA	486	9	F	5 1-14	31:53.5	32:06.8	10:17/M	
67	Michael Kalloz	Elizabethtown PA	487	42	M	3 40-44	31:59.1	32:12.2	10:19/M	

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68	Edward Beck	Harrisburg PA	330	60	M	5 60-64	32:16.7	32:29.1	10:25/M
69	Patrick Mitchell	Grantville PA	799	50	M	3 50-54	32:18.1	32:32.5	10:25/M
70	Laurel Kratz	Mount Joy PA	493	58	F	3 55-59	32:26.4	32:41.7	10:28/M
71	Jodi Myers	Lewistown PA	801	51	F	4 50-54	32:48.6	32:54.1	10:35/M
72	Connie Buckwalter	Lititz PA	340	53	F	5 50-54	32:54.0	33:09.7	10:37/M
73	Frances Weyer	Mechanicsburg PA	1336	33	F	3 30-34	32:59.8	33:17.4	10:39/M
74	Erin Hodos	Elizabethtown PA	483	37	F	6 35-39	33:08.9	33:24.9	10:42/M
75	Brenda Eichelberger	Elizabethtown PA	1356	62	F	1 60-64	33:18.2	33:47.1	10:45/M
76	Stephanie Mader	Harrisburg PA	792	47	F	5 45-49	33:21.5	33:35.6	10:46/M
77	Ford Eichelberger	Glen Mills PA	360	30	M	5 30-34	33:22.1	33:50.3	10:46/M
78	Anya Goldina	Elizabethtown PA	472	43	F	7 40-44	33:28.8	33:45.2	10:48/M
79	Lillian Kohlen	East Petersburg PA	1359	12	F	6 1-14	33:31.2	33:40.7	10:49/M
80	Monique Dykman	Lancaster PA	359	31	F	4 30-34	33:33.4	33:49.2	10:50/M
81	James Richards	Harrisburg PA	821	47	M	4 45-49	34:11.8	34:25.7	11:02/M
82	Bryanna Merrill	Milton PA	798	31	F	5 30-34	34:19.0	34:34.7	11:04/M
83	Karl Smith	Manheimmanhiem	836	53	M	4 50-54	34:28.1	34:46.0	11:07/M
84	Robert Rabuck	Harrisburg PA	815	65	M	2 65-69	34:28.6	34:41.2	11:07/M
85	Nichole Gonzalez	Elizabethtown PA	473	49	F	6 45-49	34:42.2	34:56.0	11:12/M
86	Matthew McLaughlin	Akron PA	795	34	M	6 30-34	34:45.8	34:58.1	11:13/M
87	Rebecca Gottshall	Columbia PA	474	53	F	6 50-54	35:44.2	36:10.4	11:32/M
88	Fred Kohler	Lancaster PA	1360	70	M	2 70-74	36:14.7	36:23.9	11:42/M
89	Rose Ward	Columbia PA	1326	72	F	2 70-74	36:25.0	36:35.6	11:45/M
90	Amberlee Pickel	Lancaster PA	810	40	F	8 40-44	36:30.2	36:53.3	11:47/M
91	Kimberly Hays	Hershey PA	481	40	F	9 40-44	36:52.5	37:19.1	11:54/M
92	Loretta Whitcraft	New Holland PA	1337	51	F	7 50-54	36:55.2	37:20.8	11:55/M
93	James Nesbitt	Elizabethtown PA	803	49	M	5 45-49	37:24.2	37:48.9	12:04/M
94	Becky Smith	Elizabethtown PA	834	46	F	7 45-49	37:49.6	38:07.1	12:12/M
95	Hal Darr	York PA	352	76	M	1 75-79	38:06.0	38:14.9	12:17/M
96	Stacy Karli	Elizabethtown PA	488	47	F	8 45-49	38:11.8	38:33.2	12:19/M
97	Pamela Szajnuke	Enola PA	843	58	F	4 55-59	38:44.2	39:00.7	12:30/M
98	Susan Truxal	Lancaster PA	848	72	F	3 70-74	39:05.0	39:10.1	12:36/M
99	Tonya Beck	Manheim PA	332	53	F	8 50-54	39:26.3	39:46.7	12:43/M
100	Brian Frey	Ephrata PA	370	52	M	5 50-54	39:45.7	39:59.4	12:50/M
101	Connie Wertz	Mechanicsburg PA	1332	58	F	5 55-59	39:53.6	43:05.5	12:52/M
102	Erika Zinkan	Middletown PA	1344	63	F	2 60-64	40:01.8	41:21.6	12:55/M
103	Jill Breneman	Mt Joy PA	339	45	F	9 45-49	40:39.0	40:52.6	13:07/M
104	Carin Schrum	Hummelstown PA	826	56	F	6 55-59	40:45.6	41:04.9	13:09/M
105	Alice Bierly	Elizabethtown PA	335	14	F	7 1-14	41:01.3	41:25.8	13:14/M
106	Emily Addams	Elizabethtown PA	322	15	F	3 15-19	41:01.5	41:25.8	13:14/M
107	Nichole Feldenzer	Palmyra PA	365	51	F	9 50-54	41:13.8	41:37.3	13:18/M
108	Melissa Batula	Jonestown PA	329	55	F	7 55-59	42:03.8	42:25.3	13:34/M
109	Sherry Quickel	Elizabethtown PA	814	44	F	10 40-44	42:13.9	42:18.5	13:37/M
110	Gretchen Berkheimer	Marietta PA	334	48	F	10 45-49	42:46.0	43:08.8	13:48/M
111	Mark Bellavia	Lancaster PA	333	63	M	6 60-64	43:38.1	43:50.5	14:05/M
112	David Palya	Lancaster PA	808	60	M	7 60-64	44:33.7	44:44.2	14:22/M
113	Justin Reppsch	Elizabethtown PA	820	49	M	6 45-49	44:42.8	45:06.7	14:25/M
114	Heather Gebhart	Elizabethtown PA	464	39	F	7 35-39	44:43.1	45:07.1	14:26/M
115	Morgan Ash	Denver PA	324	33	M	7 30-34	45:12.3	45:27.6	14:35/M
116	Marlene Cosner	Harrisburg PA	346	63	F	3 60-64	46:07.3	46:24.3	14:53/M
117	Judy Anttonen	Millersville PA	323	82	F	1 80-99	46:37.9	46:49.7	15:03/M
118	Daniel Kenny	Elizabethtown PA	489	47	M	7 45-49	46:49.9	47:01.5	15:06/M
119	James Fulkerson	Lancaster PA	372	66	M	3 65-69	46:50.2	47:01.8	15:07/M
120	Amy Addams	Elizabethtown PA	321	58	F	8 55-59	47:15.6	47:41.1	15:15/M
121	Nannette Handley	Mechanicsburg PA	478	64	F	4 60-64	48:41.5	48:57.3	15:42/M
122	Michelle Cave	Bernville PA	345	31	F	6 30-34	49:43.9	50:10.9	16:03/M
123	Justine Frymyer	Lancaster PA	371	37	F	8 35-39	49:49.3	50:12.4	16:04/M
124	Patrick Kameen	Mount Joy PA	1353	72	M	3 70-74	51:11.2	51:20.8	16:31/M
125	Teresa Ernst	Lancaster PA	362	74	F	4 70-74	51:37.6	51:57.0	16:39/M
126	Ralph Detrick	Elizabethtown PA	356	83	M	1 80-99	52:35.5	52:58.6	16:58/M
127	Sharyn McHenry	Grantville PA	794	69	F	1 65-69	52:40.4	52:58.8	16:59/M