

March 14, 2015

28k (10k + 5M + 10k)

Place				----	10k	----	5M	----	10k	----	Total		
Overall	Name	Bib No	AG Place	Rnk	Time	Pace	Rnk	Time	Pace	Rnk	Time	Pace	Time
1	Michael Williamson	859	1 M Top Fin	1	37:24.3	6:01	1	29:47.7	5:57	2	35:56.0	5:47	1:43:08.0
2	Mathew McClellan	318	1 M25-29	2	37:40.9	6:04	2	29:59.1	6:00	1	35:39.0	5:44	1:43:19.0
3	Adam Rowe	734	1 M30-34	3	39:16.1	6:19	3	31:22.9	6:16	3	37:50.0	6:06	1:48:29.0
4	Robb Frost	154	2 M30-34	4	40:35.8	6:32	4	31:59.2	6:24	5	40:25.0	6:30	1:53:00.0
5	Steve Locy	291	1 M Top Fin	6	42:08.7	6:47	5	32:05.3	6:25	7	42:18.0	6:49	1:56:32.0
6	Gregory Sherwin	768	1 M40-44	11	43:33.7	7:01	7	33:54.3	6:47	4	40:24.0	6:30	1:57:52.0
7	Tom Farrell	134	1 M45-49	7	42:52.4	6:54	8	34:37.6	6:55	6	42:06.0	6:47	1:59:36.0
8	Steve Easley	118	1 M50-54	12	44:14.4	7:07	10	34:56.6	6:59	8	43:37.0	7:01	2:02:48.0
9	Kevin Slagle	889	3 M30-34	8	43:15.7	6:58	14	36:42.3	7:20	9	43:54.0	7:04	2:03:52.0
10	Dan Cass	63	2 M40-44	9	43:18.6	6:58	12	35:46.4	7:09	10	44:57.0	7:14	2:04:02.0
11	Gabby Kennelley	252	1 F Top Fin	10	43:28.1	7:00	9	34:39.9	6:56	13	46:15.0	7:27	2:04:23.0
12	Matt Groenendaal	176	1 M35-39	13	45:17.9	7:18	11	35:45.1	7:09	12	46:07.0	7:26	2:07:10.0
13	Alan Ellsworth	122	3 M40-44	5	42:04.3	6:46	6	33:35.7	6:43	27	51:46.0	8:20	2:07:26.0
14	Rebecca Easley	117	1 F20-24	14	45:37.9	7:21	13	36:37.1	7:19	11	45:28.0	7:19	2:07:43.0
15	Ginny Sackett	741	1 F Top Fin	15	46:11.7	7:26	15	36:51.3	7:22	14	47:26.0	7:38	2:10:29.0
16	Karen Groshek	179	1 F40-44	16	47:23.2	7:38	19	38:16.8	7:39	19	49:02.0	7:54	2:14:42.0
17	Brad Wheeler	842	2 M35-39	17	48:28.9	7:48	16	37:37.1	7:31	22	50:01.0	8:03	2:16:07.0
18	Anthony Saputo	745	1 M55-59	20	50:50.3	8:11	20	38:25.7	7:41	18	48:37.0	7:50	2:17:53.0
19	Bridget Fetzner	141	2 F40-44	18	48:39.8	7:50	27	41:56.2	8:23	16	47:45.0	7:41	2:18:21.0
20	Ron Krystek	262	2 M55-59	25	52:01.1	8:23	18	38:13.9	7:39	20	49:22.0	7:57	2:19:37.0
21	Marykaye Pazder	387	1 F50-54	30	53:38.5	8:38	21	39:29.5	7:54	15	47:38.0	7:40	2:20:46.0
22	Tracey Desantis	97	3 F40-44	31	53:58.6	8:41	17	38:09.4	7:38	21	49:36.0	7:59	2:21:44.0
23	Kelly Hilling	208	1 F45-49	21	50:55.1	8:12	22	40:08.9	8:02	23	50:52.0	8:11	2:21:56.0
24	Susan Ellsworth	123	4 F40-44	19	50:04.1	8:04	26	41:43.9	8:21	26	51:45.0	8:20	2:23:33.0
25	Alan Hilling	206	2 M45-49	22	51:26.5	8:17	23	41:13.5	8:15	24	50:53.0	8:12	2:23:33.0
26	Anthony Berdis	36	3 M45-49	27	52:37.6	8:28	24	41:20.4	8:16	29	53:53.0	8:41	2:27:51.0
27	Bob Hanes	189	1 M Top Fin	32	54:15.8	8:44	29	42:43.2	8:33	25	51:13.0	8:15	2:28:12.0
28	Heather Cass	64	5 F40-44	26	52:09.4	8:24	25	41:36.6	8:19	31	54:27.0	8:46	2:28:13.0
29	Dominique Conti	82	1 F13-19	28	52:41.0	8:29	38	47:42.0	9:32	17	48:36.0	7:50	2:28:59.0
30	Frederick Bird	43	2 M50-54	33	54:22.5	8:45	32	44:17.5	8:51	28	51:54.0	8:21	2:30:34.0
31	Jenna Johnson	239	1 F30-34	23	51:36.0	8:19	28	42:39.0	8:32	35	56:58.0	9:10	2:31:13.0
32	Ronald Johnson	240	4 M30-34	24	51:36.0	8:19	31	44:02.0	8:48	34	56:55.0	9:10	2:32:33.0
33	Lisa Oesterling	376	2 F50-54	29	53:37.9	8:38	30	43:52.1	8:46	33	55:58.0	9:01	2:33:28.0
34	Mark Dombrowski	106	3 M55-59	34	54:44.7	8:49	35	47:25.3	9:29	32	55:11.0	8:53	2:37:21.0
35	Diane Hanes	192	6 F40-44	36	57:12.0	9:13	33	46:13.0	9:15	30	54:03.0	8:42	2:37:28.0
36	Heather Bedell-Machmer	30	2 F45-49	35	56:37.9	9:07	43	50:17.1	10:03	36	58:01.0	9:21	2:44:56.0
37	Jennifer Merski	330	1 F35-39	37	57:34.6	9:16	39	47:53.4	9:35	41	1:00:18.0	9:43	2:45:46.0
38	Angela	70	2 F30-34	39	1:00:29.3	9:44	36	47:31.7	9:30	37	58:30.0	9:25	2:46:31.0
39	John Costello	87	1 M65-69	44	1:02:07.4	10:00	34	47:01.6	9:24	38	58:42.0	9:27	2:47:51.0
40	Roland Blakeslee	46	1 M60-64	38	59:51.9	9:38	37	47:35.1	9:31	43	1:01:23.0	9:53	2:48:50.0
41	Pat Conti	84	4 M40-44	42	1:01:01.4	9:50	41	49:03.6	9:49	40	1:00:05.0	9:41	2:50:10.0
42	Lucas Conti	83	2 F13-19	41	1:00:51.2	9:48	40	49:01.8	9:48	42	1:00:19.0	9:43	2:50:12.0
43	David Machmer	300	4 M45-49	43	1:01:47.3	9:57	42	50:16.7	10:03	39	1:00:04.0	9:40	2:52:08.0
44	Ramon Patron Jr	385	3 M35-39	40	1:00:35.1	9:45	45	53:27.9	10:41	44	1:05:06.0	10:29	2:59:09.0
45	Sheri Groenendaal	177	2 F35-39	46	1:04:24.3	10:22	44	50:35.7	10:07	46	1:06:37.0	10:44	3:01:37.0
46	Barbara Gingenbach	166	1 F55-59	47	1:06:22.5	10:41	47	54:56.5	10:59	45	1:05:51.0	10:36	3:07:10.0
47	Linh Truong	820	3 F35-39	45	1:03:53.1	10:17	46	53:35.9	10:43	48	1:13:14.0	11:48	3:10:43.0
48	Lisa Baker	23	4 F35-39	48	1:07:40.9	10:54	48	57:43.1	11:33	47	1:12:12.0	11:38	3:17:36.0

18k (5k +_5M + 5k)

March 14, 2015

Place				-----	5k	-----	-----	5M	-----	-----	5k	-----	Total
Overall	Name	Bib No	AG Place	Rnk	Time	Pace	Rnk	Time	Pace	Rnk	Time	Pace	Time
1	Harry Balwick, Jr.	26	1 MTop Fin	1	19:38.6	6:20	1	35:04.4	7:01	1	20:29.0	6:36	1:15:12.0
2	Ray Dworakowski	112	1 MTop Fin	2	24:18.4	7:50	5	42:09.6	8:26	2	23:10.0	7:28	1:29:38.0
3	Michael Stroup	798	1 M30-34	4	25:09.8	8:07	3	40:27.2	8:05	5	24:10.0	7:48	1:29:47.0
4	Amy Fisher	146	1 FTop Fin	18	27:45.5	8:57	2	38:51.5	7:46	3	23:40.0	7:38	1:30:17.0
5	Ann Miller	336	1 FTop Fin	5	25:30.4	8:14	4	41:37.6	8:19	11	25:51.0	8:20	1:32:59.0
6	Martin Raffensberger	411	1 M35-39	3	24:24.5	7:52	19	45:58.5	9:12	4	24:07.0	7:47	1:34:30.0
7	Ken Felker	137	1 M55-59	8	26:04.3	8:25	8	43:37.7	8:43	12	25:52.0	8:21	1:35:34.0
8	Leann Parmenter	383	1 F45-49	6	25:33.4	8:15	13	44:41.6	8:56	9	25:39.0	8:16	1:35:54.0
9	Eric Marendt	307	1 M40-44	7	25:33.9	8:15	9	43:57.1	8:47	17	26:40.0	8:36	1:36:11.0
10	Nick Vodzak	827	2 M40-44	10	26:24.3	8:31	10	44:10.7	8:50	21	27:05.0	8:44	1:37:40.0
11	Lisa Miller	338	1 F35-39	9	26:24.1	8:31	17	45:46.9	9:09	8	25:32.0	8:14	1:37:43.0
12	Tina Fuhrman	156	2 F45-49	11	26:25.0	8:31	14	44:58.0	9:00	19	26:43.0	8:37	1:38:06.0
13	James Tolon	816	1 MTop Fin	14	26:46.1	8:38	12	44:40.9	8:56	25	27:43.0	8:56	1:39:10.0
14	Rachel Steiger	789	1 F13-19	12	26:41.4	8:36	20	46:13.6	9:15	18	26:40.0	8:36	1:39:35.0
15	Jonathan Riley	726	2 M35-39	43	33:35.9	10:50	6	42:27.1	8:29	6	25:23.0	8:11	1:41:26.0
16	Jay Williams	856	1 M50-54	17	27:45.4	8:57	21	46:38.6	9:20	26	28:05.0	9:04	1:42:29.0
17	Tricia Louis	296	3 F45-49	28	29:47.4	9:36	15	45:16.6	9:03	23	27:31.0	8:53	1:42:35.0
18	Liz Rinderle	728	1 F55-59	16	27:41.4	8:56	25	47:36.6	9:31	22	27:29.0	8:52	1:42:47.0
19	John Harmle	194	2 M50-54	42	33:00.4	10:39	7	43:28.6	8:42	15	26:34.0	8:34	1:43:03.0
20	Jeffrey Guild	180	2 M55-59	26	29:33.7	9:32	11	44:12.3	8:50	31	29:26.0	9:30	1:43:12.0
21	Kim Steiger	788	1 F40-44	15	27:20.0	8:49	27	48:46.0	9:45	28	28:51.0	9:18	1:44:57.0
22	Bill Smith	778	1 M60-64	20	28:30.6	9:12	22	46:52.4	9:22	35	29:49.0	9:37	1:45:12.0
23	Thom Miller	340	3 M35-39	24	29:15.6	9:26	35	51:38.4	10:20	7	25:24.0	8:12	1:46:18.0
24	Jeff Latsko	276	1 M45-49	13	26:44.1	8:37	41	53:53.9	10:47	10	25:47.0	8:19	1:46:25.0
25	Jack Sherwin	769	1 M1-12	30	29:57.5	9:40	26	48:28.5	9:42	29	28:51.0	9:18	1:47:17.0
26	Mark Loch	289	3 M40-44	22	28:37.4	9:14	33	50:28.6	10:06	30	29:13.0	9:25	1:48:19.0
27	Chris Farrell	132	2 M45-49	50	37:19.2	12:02	16	45:30.8	9:06	13	25:52.0	8:21	1:48:42.0
28	Trisha Schreiber	755	2 F40-44	21	28:33.0	9:13	32	50:20.0	10:04	36	29:53.0	9:38	1:48:46.0
29	Jack Vahey	824	3 M45-49	34	30:21.3	9:47	28	49:16.7	9:51	34	29:43.0	9:35	1:49:21.0
30	Aaron Easley	115	1 M13-19	41	32:38.7	10:32	29	49:57.3	9:59	24	27:32.0	8:53	1:50:08.0
31	Jason Fleek	147	4 M35-39	51	38:11.9	12:19	18	45:54.1	9:11	14	26:32.0	8:34	1:50:38.0
32	Kelly Geer	160	3 F40-44	19	27:57.6	9:01	37	52:42.4	10:32	37	30:24.0	9:48	1:51:04.0
33	Michael Presnar	403	3 M50-54	33	30:18.2	9:46	31	50:06.8	10:01	48	32:34.0	10:30	1:52:59.0
34	Kim Serafin	762	4 F45-49	32	30:12.9	9:45	34	50:49.1	10:10	45	32:06.0	10:21	1:53:08.0
35	Michelle Easley	116	1 F50-54	40	32:36.4	10:31	30	49:59.6	10:00	38	30:47.0	9:56	1:53:23.0
36	Allen Smith	777	4 M45-49	36	30:58.0	9:59	36	52:03.0	10:25	39	30:49.0	9:56	1:53:50.0
37	Brittany Holby	209	1 F20-24	25	29:23.6	9:29	46	55:17.4	11:03	32	29:31.0	9:31	1:54:12.0
38	Tammy Waldo	830	2 F50-54	23	29:00.2	9:21	40	53:33.8	10:43	43	31:41.0	10:13	1:54:15.0
39	Joe Hudacky	222	1 M70-74	29	29:52.2	9:38	39	53:32.8	10:42	41	31:23.0	10:07	1:54:48.0
40	Katie Sherwin	770	2 F13-19	27	29:34.6	9:32	52	58:55.4	11:47	16	26:36.0	8:35	1:55:06.0
41	Linda Felker	138	1 FTop Fin	31	30:09.7	9:44	43	54:17.3	10:51	42	31:39.0	10:13	1:56:06.0
42	Charity Mozdy	360	1 F30-34	37	31:30.0	10:10	50	57:31.0	11:30	27	28:38.0	9:14	1:57:39.0
43	John Kemp	251	4 M50-54	38	31:54.7	10:17	42	53:54.3	10:47	46	32:09.0	10:22	1:57:58.0
44	Kathryn Meyer	334	2 F30-34	35	30:56.6	9:59	45	54:55.4	10:59	47	32:32.0	10:30	1:58:24.0
45	Jennifer Bach	22	4 F40-44	55	45:16.0	14:36	23	47:26.0	9:29	20	26:43.0	8:37	1:59:25.0
46	Kelly Gheres	162	2 F55-59	54	43:10.6	13:55	24	47:27.4	9:29	33	29:38.0	9:34	2:00:16.0
47	Krissy Heard	197	1 F25-29	44	34:45.4	11:13	47	55:49.6	11:10	49	32:44.0	10:34	2:03:19.0
48	Michael Abt	1	2 M60-64	39	32:05.7	10:21	49	56:24.3	11:17	52	34:58.0	11:17	2:03:28.0

March 14, 2015

18k (5k +_5M + 5k)

Place				5k			5M			5k		Total	
Overall	Name	Bib No	AG Place	Rnk	Time	Pace	Rnk	Time	Pace	Rnk	Time	Pace	Time
49	Emily Kern	254	3 F 30-34	46	36:16.0	11:42	44	54:38.0	10:56	51	33:55.0	10:56	2:04:49.0
50	Dawn	731	2 F 35-39	47	36:25.0	11:45	51	57:34.0	11:31	53	35:07.0	11:20	2:09:06.0
51	Caroline Sherwin	767	5 F 40-44	45	35:03.6	11:18	53	58:55.4	11:47	54	36:34.0	11:48	2:10:33.0
52	Dennis Albreuczynski	9	5 M 45-49	49	36:48.1	11:52	55	1:07:58.9	13:36	44	31:59.0	10:19	2:16:46.0
53	Maureen Williams	858	3 F 55-59	61	54:19.7	17:31	48	56:11.3	11:14	50	32:58.0	10:38	2:23:29.0
54	Nyla Wolfgang	864	3 F 35-39	48	36:35.3	11:48	54	1:01:39.7	12:20	58	45:31.0	14:41	2:23:46.0
55	Michael Bohrer	49	5 M 50-54	63	1:07:03.0	21:38	38	53:13.0	10:39	40	30:50.0	9:57	2:31:06.0
56	Jill Haemer	184	4 F 35-39	52	38:33.8	12:26	56	1:09:35.2	13:55	56	44:32.0	14:22	2:32:41.0
57	Joseph Albreuczynski	10	2 M 13-19	56	47:57.8	15:28	57	1:13:58.2	14:48	55	41:29.0	13:23	2:43:25.0
58	Matthew Albreuczynski	11	2 M 1-12	53	41:07.7	13:16	62	1:29:59.3	18:00	57	45:10.0	14:34	2:56:17.0
59	Carol Hanes	190	6 F 40-44	58	51:26.1	16:35	58	1:16:21.9	15:16	62	49:42.0	16:02	2:57:30.0
60	Heather Devlin	100	5 F 45-49	59	52:33.7	16:57	59	1:21:02.3	16:12	60	49:00.0	15:48	3:02:36.0
61	Heather Crossley	89	4 F 30-34	60	52:35.0	16:58	60	1:21:21.0	16:16	61	49:00.0	15:48	3:02:56.0
62	Robin Minner	341	3 F 50-54	57	50:57.7	16:26	61	1:25:04.3	17:01	63	52:54.0	17:04	3:08:56.0
63	Wendy Albreuczynski	12	7 F 40-44	62	59:21.3	19:09	63	1:30:23.7	18:05	59	47:44.0	15:24	3:17:29.0