

# iRock Fitness Charity 5k Run-Walk

## Age Group Results

5k Race

Race Date  
August 14, 2016

### Female Open Winners

<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>Chip Diff</u>	<u>Pace</u>	<u>Time Back</u>
1	Gabrielle Kennelley	Waterford PA	75	22	4	17:22.3	17:23.7	0:01.4	5:36/M	

### Male Open Winners

<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>Chip Diff</u>	<u>Pace</u>	<u>Time Back</u>
1	Dylan Stevens	Edinboro PA	164	26	1	15:21.8	15:22.9	0:01.1	4:57/M	

## iRock Fitness Charity 5k Run-Walk

Age Group Results

## 5k Race

Race Date  
August 14, 2016

## Female No Age Provided

Place	Name	City	Bib No	Age	Overall	-----Total-----		Chip		
						Chip Time	Gun Time	Diff	Pace	Time Back
1	Nancy Sparks	Erie PA	143	0	97	33:33.5	36:27.2	2:53.6	10:49/M	16:09.8
2	Amanda Beer		173		107	36:29.1	36:45.5	0:16.3	11:46/M	19:05.4

## Male No Age Given

Place	Name	City	Bib No	Age	Overall	-----Total-----		Chip		
						Chip Time	Gun Time	Diff	Pace	Time Back
1	Jaret Willits		172		36	24:20.0	24:24.4	0:04.4	7:51/M	8:57.1
2	Chris Hollern		176		42	25:11.4	25:25.3	0:13.9	8:07/M	9:48.5
3	Charles Sr Caryl	Erie PA	24	0	69	28:18.3	28:33.4	0:15.1	9:08/M	12:55.4
4	Thomas Holland		177		78	29:39.8	29:47.2	0:07.4	9:34/M	14:16.9
5	Michael Pettinato		174		81	29:57.2	30:13.5	0:16.3	9:40/M	14:34.2

## Female 9 and Under

Place	Name	City	Bib No	Age	Overall	-----Total-----		Chip		
						Chip Time	Gun Time	Diff	Pace	Time Back
1	Abby Allen	Portland OR	6	5	105	36:21.0	36:29.7	0:08.7	11:44/M	18:57.2

## Male 9 and Under

Place	Name	City	Bib No	Age	Overall	-----Total-----		Chip		
						Chip Time	Gun Time	Diff	Pace	Time Back
1	Preston Adams	Corry PA	5	9	48	25:36.2	25:37.7	0:01.5	8:15/M	10:13.3
2	Grant Adams	Corry PA	3	9	54	25:58.6	26:00.5	0:01.9	8:23/M	10:35.6
3	Zachary Hellman	Erie PA	1805	8	86	31:00.0	31:00.0		10:00/M	15:37.0

## Female 10 to 14

Place	Name	City	Bib No	Age	Overall	-----Total-----		Chip		
						Chip Time	Gun Time	Diff	Pace	Time Back
1	Gweneth Adams	Corry PA	4	11	66	27:34.9	27:40.7	0:05.8	8:54/M	10:11.2
2	Katie Caryl	Erie PA	26	10	67	28:07.3	28:12.6	0:05.3	9:04/M	10:43.5
3	Raina Smith	Erie PA	140	13	128	53:49.9	54:07.8	0:17.8	17:22/M	36:26.2

## Male 10 to 14

Place	Name	City	Bib No	Age	Overall	-----Total-----		Chip		
						Chip Time	Gun Time	Diff	Pace	Time Back
1	Brady Heeter	Fairview PA	55	11	5	19:13.3	19:15.1	0:01.8	6:12/M	3:50.3
2	Charlie Jr Caryl	Erie PA	25	13	18	22:09.3	22:14.0	0:04.7	7:09/M	6:46.4
3	Nathan George	Fairview PA	46	13	19	22:11.0	22:15.8	0:04.8	7:09/M	6:48.0
4	Logan Hellman	Erie PA	57	12	108	37:24.5	37:27.1	0:02.6	12:04/M	22:01.5

## Female 15 to 19

Place	Name	City	Bib No	Age	Overall	-----Total-----		Chip		
						Chip Time	Gun Time	Diff	Pace	Time Back
1	Kaylynn Lamp	Erie PA	83	18	90	31:45.9	31:53.5	0:07.6	10:15/M	14:22.1

## Male 15 to 19

Place	Name	City	Bib No	Age	Overall	-----Total-----		Chip		
						Chip Time	Gun Time	Diff	Pace	Time Back
1	Patrick Kelly	Erie PA	73	16	14	22:04.2	22:13.2	0:09.0	7:07/M	6:41.2

## iRock Fitness Charity 5k Run-Walk

Race Date

August 14, 2016

Age Group Results

## 5k Race

## Male 15 to 19

Place	Name	City	Bib No	Age	Overall	-----Total-----		Chip		Time Back
						Chip Time	Gun Time	Diff	Pace	
2	Sam Purchase	Erie PA	119	16	20	22:13.7	22:28.2	0:14.5	7:10/M	6:50.7
3	Mathew Serafin	Erie PA	130	15	112	40:50.3	41:17.3	0:26.9	13:10/M	25:27.4

## Female 20 to 29

Place	Name	City	Bib No	Age	Overall	-----Total-----		Chip		Time Back
						Chip Time	Gun Time	Diff	Pace	
1	Desiree Terella	Fairview PA	162	28	9	20:55.3	20:57.1	0:01.8	6:45/M	3:31.5
2	Rebekah Stolar	Erie PA	145	23	29	23:42.1	23:45.2	0:03.1	7:39/M	6:18.4
3	Mikenzi Pennington	Erie PA	114	25	37	24:24.5	24:31.6	0:07.1	7:52/M	7:00.7
4	Tiffany Patterson	Conneautville PA	112	25	51	25:45.1	25:50.4	0:05.2	8:18/M	8:21.4
5	Lleana Kelly	Erie PA	72	20	57	26:04.6	26:16.5	0:11.9	8:25/M	8:40.9
6	Catherine Oligeri	Erie PA	111	29	60	26:23.2	26:29.8	0:06.6	8:31/M	8:59.5
7	Kerry O'Connor	Erie PA	110	29	92	32:12.5	32:25.3	0:12.8	10:23/M	14:48.8
8	Erika Medina	Erie PA	98	26	98	33:41.4	33:56.1	0:14.7	10:52/M	16:17.7
9	Leshawn Phillips	Erie PA	117	26	104	35:47.4	36:02.9	0:15.5	11:33/M	18:23.6
10	Angelia Brown	Erie PA	19	25	118	44:48.6	45:11.4	0:22.8	14:27/M	27:24.8

## Male 20 to 29

Place	Name	City	Bib No	Age	Overall	-----Total-----		Chip		Time Back
						Chip Time	Gun Time	Diff	Pace	
1	Andrew Nowak	Erie PA	168	29	2	15:46.0	15:47.3	0:01.3	5:05/M	0:23.1
2	Logan Kempney	Castorland NY	74	22	3	15:52.5	15:53.9	0:01.4	5:07/M	0:29.6
3	Patrick Hilling	Erie PA	60	21	13	21:56.5	21:59.2	0:02.6	7:05/M	6:33.6
4	William Daviau	Dallas TX	35	29	23	22:53.6	23:06.6	0:13.0	7:23/M	7:30.7
5	Travis Shaffer	Erie PA	131	25	24	23:18.0	23:22.2	0:04.2	7:31/M	7:55.1
6	John Hill	Philadelphia PA	59	26	35	24:16.2	24:26.5	0:10.3	7:50/M	8:53.2
7	Brian Thompson	Erie PA	149	29	49	25:39.9	25:54.6	0:14.7	8:16/M	10:16.9
8	David Hugar	Erie PA	170	29	52	25:48.7	26:02.8	0:14.0	8:19/M	10:25.8
9	Jack Kelly	Erie PA	70	20	56	26:04.3	26:16.1	0:11.8	8:25/M	10:41.3
10	Danny Schenkel	Erie PA	126	24	76	29:37.4	29:48.7	0:11.3	9:33/M	14:14.4
11	Bud Charles	Erie PA	27	29	87	31:14.0	31:29.7	0:15.7	10:05/M	15:51.0
12	Michael Beck	Erie PA	11	20	89	31:45.8	31:53.8	0:08.0	10:15/M	16:22.9
13	David Slack	Erie PA	136	28	131	55:28.4	55:28.4		17:54/M	40:05.5

## Female 30 to 39

Place	Name	City	Bib No	Age	Overall	-----Total-----		Chip		Time Back
						Chip Time	Gun Time	Diff	Pace	
1	Anne Braggins	Erie PA	15	34	10	21:01.4	21:03.5	0:02.1	6:47/M	3:37.7
2	Brooke Reitz	Erie PA	122	35	22	22:50.9	22:53.4	0:02.5	7:22/M	5:27.1
3	Emily Cox	Erie PA	31	31	26	23:31.4	23:44.0	0:12.5	7:35/M	6:07.7
4	Jennifer Nuber	Erie PA	109	31	33	24:11.0	24:15.7	0:04.7	7:48/M	6:47.2
5	Kate Hersch	Erie PA	58	30	41	25:01.6	25:06.0	0:04.3	8:04/M	7:37.9
6	Lindsay Meighan	Erie PA	101	31	44	25:16.0	25:27.7	0:11.7	8:09/M	7:52.2
7	Nora McCann	Erie PA	95	36	53	25:49.4	25:58.0	0:08.6	8:20/M	8:25.7
8	Sarah Maxwell	Woodbridge VA	94	33	59	26:20.1	26:34.0	0:13.8	8:30/M	8:56.4
9	Megan Hollern	Erie PA	63	30	64	27:23.9	27:35.0	0:11.1	8:50/M	10:00.2
10	Jen Huggler	Erie PA	65	39	70	28:20.1	28:28.3	0:08.1	9:08/M	10:56.4
11	Mary Butler	Erie PA	22	31	71	28:35.0	28:35.0		9:13/M	11:11.2
12	Lexa Thompson	Girard PA	150	36	73	28:47.6	28:51.9	0:04.2	9:17/M	11:23.9
13	Kate Manchisi	Fairview PA	89	35	75	29:35.4	29:54.2	0:18.8	9:33/M	12:11.7
14	Sarah Holland	Erie PA	61	37	79	29:40.4	29:47.4	0:07.0	9:34/M	12:16.6
15	Jessica Riggle	Erie PA	124	30	94	32:50.3	32:58.2	0:07.8	10:35/M	15:26.6
16	Stephanie Hansen	Erie PA	53	37	95	33:05.3	33:13.8	0:08.5	10:40/M	15:41.5
17	Andrea Rish	Erie PA	125	35	96	33:16.7	33:26.8	0:10.1	10:44/M	15:52.9
18	Amanda Schmitt	Erie PA	127	30	101	35:23.6	35:43.5	0:19.9	11:25/M	17:59.9
19	Dailene Adams	Corry PA	2	32	102	35:46.3	35:59.9	0:13.5	11:32/M	18:22.6
20	Stephanie Diluzio	Girard PA	37	37	103	35:47.2	36:02.9	0:15.7	11:33/M	18:23.5
21	Jennifer Allen	Portland OR	7	34	106	36:21.2	36:29.6	0:08.4	11:44/M	18:57.5
22	Randie Peters	Erie PA	115	35	111	40:49.6	41:17.4	0:27.7	13:10/M	23:25.9
23	Stephanie McIntosh	Erie PA	96	33	116	43:17.5	43:25.9	0:08.4	13:58/M	25:53.7
24	Laura Hellman	Erie PA	56	38	120	47:59.2	48:17.1	0:17.9	15:29/M	30:35.4
25	Devin Wells	Erie PA	156	34	124	51:42.3	51:42.3		16:41/M	34:18.5
26	Aimee Neubauer	Erie PA	108	34	129	54:37.2	55:02.3	0:25.1	17:37/M	37:13.5
27	Laura Daviau	Dallas TX	34	30	133	55:52.5	56:18.0	0:25.5	18:01/M	38:28.7

## iRock Fitness Charity 5k Run-Walk

Age Group Results

## 5k Race

Race Date  
August 14, 2016

## Male 30 to 39

Place	Name	City	Bib No	Age	Overall	-----Total-----		Chip		
						Chip Time	Gun Time	Diff	Pace	Time Back
1	Will Collins	Erie PA	29	30	7	20:05.8	20:08.2	0:02.4	6:29/M	4:42.8
2	Leroy Oglesby	Erie PA	167	32	11	21:23.2	21:26.8	0:03.6	6:54/M	6:00.3
3	Timothy Smith	Quantico VA	141	36	12	21:52.9	21:58.1	0:05.1	7:03/M	6:30.0
4	Michael Musone	Erie PA	107	33	17	22:07.1	22:13.2	0:06.1	7:08/M	6:44.1
5	Ryan Fasenmyer	Erie PA	42	38	27	23:40.3	23:45.5	0:05.2	7:38/M	8:17.3
6	Kyle Woods	Erie PA	158	30	30	23:48.1	23:49.9	0:01.8	7:41/M	8:25.2
7	Daniel Cuevas	Quantico VA	32	37	32	24:09.2	24:13.9	0:04.7	7:47/M	8:46.2
8	Jonathan Meighan	Erie PA	100	32	43	25:15.8	25:28.0	0:12.2	8:09/M	9:52.9
9	Patrick Maxwell	Woodbridge VA	93	32	65	27:33.2	27:46.9	0:13.7	8:53/M	12:10.2
10	Shaun Pelley	Erie PA	113	36	85	30:50.6	30:54.8	0:04.2	9:57/M	15:27.6
11	Alex Cox	Erie PA	30	31	132	55:40.1	56:06.2	0:26.1	17:57/M	40:17.1

## Female 40 to 49

Place	Name	City	Bib No	Age	Overall	-----Total-----		Chip		
						Chip Time	Gun Time	Diff	Pace	Time Back
1	Becky Siegler	Erie PA	133	46	8	20:34.0	20:37.6	0:03.6	6:38/M	3:10.2
2	Julie Beck	Erie PA	10	45	63	27:15.5	27:22.9	0:07.4	8:47/M	9:51.8
3	Trisha Schreiber.	Erie PA	128	43	68	28:13.5	28:20.0	0:06.4	9:06/M	10:49.8
4	Michelle Polon	Erie PA	118	45	84	30:34.4	30:43.6	0:09.2	9:52/M	13:10.6
5	Kelly Gustafson	Erie PA	51	43	110	37:51.3	38:01.1	0:09.8	12:13/M	20:27.6
6	Kim Serafin	Erie PA	129	47	113	40:51.0	41:17.6	0:26.5	13:11/M	23:27.3
7	Elie Zill	Erie PA	160	41	121	47:59.4	48:17.4	0:18.0	15:29/M	30:35.6
8	Cynthia Hultberg	Edinboro PA	66	49	130	55:02.3	55:29.2	0:26.9	17:45/M	37:38.5
9	Denise Kunath	Erie PA	81	40	135	56:25.8	56:25.8		18:12/M	39:02.0

## Male 40 to 49

Place	Name	City	Bib No	Age	Overall	-----Total-----		Chip		
						Chip Time	Gun Time	Diff	Pace	Time Back
1	Christopher Hawes	Erie PA	54	43	15	22:04.2	22:10.3	0:06.1	7:07/M	6:41.3
2	Scott Gezymalla	Erie PA	48	45	25	23:21.8	23:24.1	0:02.2	7:32/M	7:58.9
3	Jorge Delosrios	Woodbridge VA	36	40	31	24:07.7	24:12.7	0:05.0	7:47/M	8:44.8
4	Tim George	Fairview PA	47	49	45	25:20.6	25:36.0	0:15.4	8:10/M	9:57.7
5	Tony Lazarow	Union City PA	165	41	77	29:37.7	29:53.5	0:15.8	9:33/M	14:14.7
6	John Grazioli	Erie PA	50	42	93	32:24.9	32:38.8	0:13.9	10:27/M	17:02.0
7	Mike Gustafson	Erie PA	52	43	109	37:48.8	37:58.5	0:09.6	12:12/M	22:25.9
8	Kevin Smith	Erie PA	138	43	127	53:49.3	54:07.9	0:18.5	17:22/M	38:26.4

## Female 50 to 59

Place	Name	City	Bib No	Age	Overall	-----Total-----		Chip		
						Chip Time	Gun Time	Diff	Pace	Time Back
1	Ginny Sackett	Erie PA	161	52	16	22:04.3	22:07.4	0:03.1	7:07/M	4:40.6
2	Pamela Jewell	Erie PA	68	55	39	24:48.8	24:52.6	0:03.7	8:00/M	7:25.1
3	Toni Petrone	East Springfield PA	116	51	61	27:00.9	27:07.1	0:06.2	8:43/M	9:37.1
4	Elizabeth Kelly	Erie PA	69	57	72	28:46.1	28:58.2	0:12.1	9:17/M	11:22.3
5	Renie Skalko	East Springfield PA	135	54	74	28:51.4	29:00.3	0:08.8	9:18/M	11:27.7
6	Mary Ann Scottino	Laurel MD	166	57	80	29:55.5	30:02.0	0:06.4	9:39/M	12:31.8
7	Diana Hyjek	Fairfax Station VA	67	52	82	30:18.3	30:24.5	0:06.2	9:46/M	12:54.5
8	Lisa Maas	Erie PA	87	55	83	30:34.3	30:43.3	0:09.0	9:52/M	13:10.6
9	Sharon Tidball	Erie PA	151	56	100	34:23.2	34:26.5	0:03.2	11:05/M	16:59.5
10	Joann Rastatter	Erie PA	121	51	115	43:00.9	43:22.3	0:21.4	13:52/M	25:37.2
11	Amanda Brown	Erie PA	18	51	117	44:47.8	45:11.8	0:24.0	14:27/M	27:24.0
12	Gretchen Dusckas	Erie PA	40	59	136	56:28.0	56:28.0		18:13/M	39:04.2

## Male 50 to 59

Place	Name	City	Bib No	Age	Overall	-----Total-----		Chip		
						Chip Time	Gun Time	Diff	Pace	Time Back
1	John Trucilla	Erie PA	163	55	6	19:24.5	19:26.0	0:01.5	6:15/M	4:01.6
2	Alan Hilling	Erie PA	175	50	28	23:40.7	23:44.0	0:03.2	7:38/M	8:17.8
3	Gerry Kielar	Erie PA	77	52	38	24:43.1	24:51.0	0:07.9	7:58/M	9:20.1
4	Rich Tregaskis	Erie PA	152	52	46	25:27.1	25:30.9	0:03.7	8:13/M	10:04.2

## iRock Fitness Charity 5k Run-Walk

Age Group Results

## 5k Race

Race Date  
August 14, 2016

## Male 50 to 59

Place	Name	City	Bib No	Age	Overall	-----Total-----		Chip		Time Back
						Chip Time	Gun Time	Diff	Pace	
5	Michael Malpiedi	Erie PA	171	57	50	25:40.5	25:53.9	0:13.4	8:17/M	10:17.5
6	Robert Freeman	Erie PA	45	58	55	26:01.0	26:06.6	0:05.6	8:24/M	10:38.0
7	Erich Zech	Erie PA	169	58	58	26:10.5	26:17.6	0:07.1	8:26/M	10:47.6
8	Richard Lanzillo	Erie PA	84	55	62	27:03.9	27:20.4	0:16.5	8:44/M	11:41.0
9	Tony Medina	Erie PA	99	51	88	31:26.2	31:41.2	0:14.9	10:08/M	16:03.3
10	Milton Moyer	Erie PA	105	50	114	42:26.5	42:48.1	0:21.5	13:41/M	27:03.6
11	Robert Brown	Erie PA	21	53	119	44:57.1	45:20.3	0:23.1	14:30/M	29:34.2

## Female 60 to 69

Place	Name	City	Bib No	Age	Overall	-----Total-----		Chip		Time Back
						Chip Time	Gun Time	Diff	Pace	
1	Debbie Mizikowski	Fairview PA	103	60	40	24:49.0	24:51.8	0:02.8	8:00/M	7:25.2
2	Nancy Ditmore	PA	38	61	99	34:14.8	34:22.4	0:07.6	11:03/M	16:51.1
3	Kathy Braggins	Erie PA	17	64	122	48:25.2	48:45.6	0:20.4	15:37/M	31:01.5
4	Joann White	Union City PA	157	67	126	52:34.7	52:51.6	0:16.9	16:57/M	35:10.9

## Male 60 to 69

Place	Name	City	Bib No	Age	Overall	-----Total-----		Chip		Time Back
						Chip Time	Gun Time	Diff	Pace	
1	Rocco Riazzi	Fairview PA	123	61	21	22:35.8	22:39.2	0:03.4	7:17/M	7:12.8
2	Jeff Shaw	Erie PA	132	61	34	24:15.8	24:19.2	0:03.3	7:49/M	8:52.9
3	Patrick Smith	Erie PA	139	61	47	25:32.0	25:34.6	0:02.6	8:14/M	10:09.0
4	George Dusckas	Erie PA	39	61	91	31:59.7	34:53.5	2:53.8	10:19/M	16:36.8
5	Jim Braggins	Erie PA	16	68	123	48:25.4	48:45.9	0:20.5	15:37/M	33:02.5
6	Michael Abt	Erie PA	1	65	125	52:28.6	52:45.6	0:17.0	16:55/M	37:05.6
7	Clarke Kuebler	Fairview PA	79	61	134	55:59.7	56:26.7	0:27.0	18:04/M	40:36.7