

Arc of Delaware
5K Run/Walk - 1 Mile Walk & Roll
May 2nd, 2015
Results by TriSports Events

5k Run Results in Finish Order

#	Name	Bib No	Age	Chip Time	Gun Time	Chip Diff	Pace	M/F
1	Frank Cannon	309	38	20:08.8	20:08.8	0:00.0	6:30/M	M
2	Ed Hood	9845	49	20:58.9	20:58.9	0:00.0	6:46/M	M
3	John Van Gorp	433	48	21:11.2	21:11.2	0:00.0	6:50/M	M
4	Mardiny Ung	400	48	22:56.9	22:57.4	0:00.5	7:24/M	F
5	Brian Harvey	431	40	23:14.3	23:17.1	0:02.7	7:30/M	M
6	Tim Collins	315	41	23:35.8	23:45.1	0:09.3	7:36/M	M
7	Rob Ridgeway	434	38	23:55.4	23:55.4	0:00.0	7:43/M	M
8	Monty Garrett	9854	63	24:02.1	24:05.3	0:03.2	7:45/M	M
9	Heather Elzey	458	37	24:02.8	24:06.3	0:03.5	7:45/M	F
10	Tracy Campbell	308	50	24:52.9	24:54.6	0:01.6	8:01/M	F
11	Dennis Campbell	307	50	25:14.4	25:15.3	0:00.9	8:08/M	M
12	Mikayla Cannon	310	13	26:27.5	26:32.7	0:05.1	8:32/M	F
13	Jose Lukecart	363	63	26:31.5	26:36.5	0:04.9	8:33/M	M
14	Rob Line	9828	63	26:38.6	26:40.9	0:02.2	8:35/M	M
15	Christina Bell	302	36	26:52.9	26:54.6	0:01.6	8:40/M	F
16	Alexis Jamison	350	62	26:54.9	26:57.9	0:02.9	8:41/M	F
17	Cameo Blades	304	30	27:20.8	27:23.5	0:02.7	8:49/M	F
18	JON HARRIS	449	47	27:34.3	27:38.2	0:03.8	8:54/M	M
19	Alexis Ray	435	35	28:26.4	28:28.7	0:02.2	9:10/M	F
20	Kimberly Wood-Savini	407	49	28:46.8	28:46.8	0:00.0	9:17/M	F
21	Kate Howard	349	59	29:08.4	29:12.9	0:04.5	9:24/M	F
22	Carol Ware	402	58	29:08.8	29:13.0	0:04.2	9:24/M	F
23	Randall Donithan	322	26	29:38.2	29:38.2	0:00.0	9:34/M	M
24	Carylon Comegys	10000	49	30:11.7	30:16.8	0:05.0	9:44/M	F
25	Jamie Potts	459	31	30:15.9	30:19.1	0:03.2	9:45/M	F
26	Joy Salyer	384	46	31:26.3	31:31.0	0:04.6	10:08/M	F
27	Marcus Woodward	452	31	31:43.6	31:56.9	0:13.3	10:14/M	M
28	Lauren Lindgren	360	28	32:16.3	32:21.0	0:04.6	10:25/M	F
29	Jay Epstein	326	57	32:23.5	32:25.8	0:02.3	10:27/M	M
30	Marcia Woodward	453	31	32:18.6	32:33.9	0:15.2	10:25/M	F
31	Louise Holt	345	57	32:31.3	32:36.7	0:05.4	10:29/M	F
32	Sean Jackson	1975	24	32:47.6	32:51.7	0:04.1	10:35/M	M
33	Charles Matthews	369	67	32:57.2	33:02.7	0:05.5	10:38/M	M
34	Laura Vaughn	9900	57	33:06.9	33:14.5	0:07.5	10:41/M	F
35	Cynthia Mangubat	428	51	33:14.9	33:21.9	0:07.0	10:43/M	F
36	Brandon Berb	9877	23	34:30.1	34:34.5	0:04.3	11:08/M	M
37	Tony DeSanctis	446	25	34:40.9	34:47.2	0:06.3	11:11/M	M

38	Lori Davis-Palmer	9827	41	36:16.9	36:21.7	0:04.8	11:42/M	F
39	Christene Donithan	321	28	37:21.6	37:21.6	0:00.0	12:03/M	F
40	Penny Williams	405	50	37:47.5	37:54.3	0:06.7	12:11/M	F
41	Diane Legar	9999	42	38:10.1	38:14.2	0:04.0	12:19/M	F
42	Austin Miller	442	27	38:26.8	38:32.8	0:06.0	12:24/M	M
43	Pam Cannon	311	55	39:06.0	39:10.5	0:04.5	12:37/M	F
44	Dawn Hollinger	344	44	39:14.0	39:19.6	0:05.6	12:39/M	F
45	Lee Masser	365	79	41:20.5	41:26.2	0:05.6	13:20/M	M
46	Nicole Hartman	342	34	43:03.6	43:14.6	0:11.0	13:53/M	F
47	Alexis Gatti	330	36	43:04.4	43:14.9	0:10.5	13:54/M	F
48	Elerece Tnomas	393	30	53:41.5	54:01.6	0:20.1	17:19/M	M
49	Lisa Treece	399	28	58:39.0	58:43.9	0:04.8	18:55/M	F
50	Zoe Woodward	451	4	1:03:39.8	1:04:01.7	0:21.8	20:32/M	F
51	Diana Woodward	408	58	1:03:48.0	1:04:08.7	0:20.6	20:35/M	F

5k Walk Results in Finish Order

#	Name	Bib No	Age	Chip Time	Gun Time	Chip Diff	Pace	M/F
1	Don Zalenski	411	69	36:28.0	36:28.0	0:00.0	11:46/M	M
2	Debbie Johnson	9897	56	41:20.5	41:28.8	0:08.2	13:20/M	F
3	Terry Woodward	409	59	45:52.6	45:54.7	0:02.1	14:48/M	M
4	Doc Case	9898	65	45:53.6	45:55.8	0:02.1	14:48/M	M
5	Junina Sullivan	390	48	46:44.0	47:03.1	0:19.1	15:05/M	F
6	Billy McCulley	370	52	47:07.7	47:12.7	0:04.9	15:12/M	M
7	Jennifer Moffatt	447	27	46:55.5	47:14.4	0:18.8	15:08/M	F
8	John Tringali	445	28	46:55.2	47:14.4	0:19.1	15:08/M	M
9	Suasan Hajec	337	66	48:13.7	48:21.5	0:07.7	15:33/M	F
10	Ann Line	9829	62	48:14.8	48:22.0	0:07.1	15:34/M	F
11	Pamla Cooper	9893	58	48:31.5	48:43.2	0:11.7	15:39/M	F
12	Lynn Sweeney	391		48:31.6	48:43.4	0:11.7	15:39/M	F
13	Agnes Case	9899	64	48:46.5	48:54.9	0:08.4	15:44/M	F
14	Phyllis Zalenski	412	66	48:48.2	48:55.7	0:07.5	15:45/M	F
15	Ralph Todd	396	62	49:12.3	49:32.8	0:20.5	15:52/M	M
16	Sandi Voss	9840	52	49:10.8	49:32.9	0:22.0	15:52/M	F
17	Denise Blades	454	56	50:51.6	51:12.3	0:20.6	16:24/M	F
18	Brandon Heald	9894	32	53:19.5	53:26.7	0:07.1	17:12/M	M
19	Christina Heald	9895	28	53:21.1	53:27.4	0:06.2	17:13/M	F
20	William Duffy	323	21	53:43.5	54:02.0	0:18.5	17:20/M	M
21	Lucinda Kitching	430	42	53:44.3	54:07.2	0:22.8	17:20/M	F
22	Rachel Kitching	429	21	53:44.1	54:07.2	0:23.1	17:20/M	F
23	Julien Nassini	374	24	54:24.7	54:35.6	0:10.8	17:33/M	M
24	Liz Harris	341	25	54:25.0	54:36.0	0:11.0	17:33/M	F
25	Terry Murphy	425	54	54:33.2	55:06.3	0:33.0	17:36/M	M
26	Alexander Yoder Baez	410	12	55:58.6	56:15.3	0:16.6	18:03/M	M
27	Phil Smetana	386	56	55:57.3	56:15.7	0:18.4	18:03/M	M
28	Julie DiBlasi	436	55	56:59.9	57:22.6	0:22.6	18:23/M	F
29	Mike DiBlasi	437	58	56:56.7	57:24.5	0:27.7	18:22/M	M

30	Jill Robleto	383	37	57:23.0	57:29.0	0:05.9	18:31/M	F
31	Jenny Smetana	385	40	57:14.3	57:29.0	0:14.6	18:28/M	F
32	Barb Robleto	382	60	57:23.0	57:29.1	0:06.1	18:31/M	F
33	Hector Baez	450	17	57:15.4	57:31.1	0:15.7	18:28/M	M
34	Sherry Ortiz	376	48	57:16.2	57:31.5	0:15.2	18:28/M	F
35	Chris Carlson	424	29	57:32.0	57:52.3	0:20.3	18:34/M	M
36	Craig Messick	9853	22	57:31.1	57:52.7	0:21.5	18:33/M	M
37	Linda Davis	9890	66	58:32.1	58:42.0	0:09.9	18:53/M	F
38	Jonathon Judy	355	27	59:05.8	59:26.5	0:20.7	19:04/M	M
39	Leanna Masseus	366	10	59:05.2	59:26.9	0:21.6	19:04/M	F
40	Leonard Masseus	368	34	59:04.1	59:27.3	0:23.1	19:03/M	M
41	Madeline Stillwagon	389	11	59:09.2	59:28.9	0:19.7	19:05/M	F
42	Leonard Masseus	367	5	59:38.0	59:59.7	0:21.6	19:14/M	M
43	Sherline Exautus	328	34	1:00:33.4	1:00:59.0	0:25.5	19:32/M	F
44	Charlene Renard	380	25	1:00:37.6	1:01:00.2	0:22.6	19:33/M	F
45	Paul Long	438	56	1:00:37.0	1:01:07.8	0:30.8	19:33/M	M
46	Tony DeSanctis	441	59	1:00:36.5	1:01:07.9	0:31.3	19:33/M	M
47	Patricia Zabel	9826	59	1:01:45.4	1:02:10.2	0:24.8	19:55/M	F
48	Marie Cunningham	1967		1:01:46.1	1:02:11.0	0:24.9	19:55/M	F
49	James Crampton	317	52	1:02:56.0	1:03:22.4	0:26.4	20:18/M	M
50	Tiffani Johnson	352	40	1:02:58.1	1:03:22.5	0:24.4	20:19/M	F
51	Victoria Judy	432	29	1:04:16.6	1:04:36.9	0:20.2	20:44/M	F
52	Ruthann Messick	9842	45	1:04:21.6	1:04:39.6	0:17.9	20:45/M	F
53	Michael Messick	9888	47	1:04:21.4	1:04:40.2	0:18.7	20:45/M	M

5k Roll Results in Finish Order

#	Name	Bib No	Age	Chip Time	Gun Time	Chip Diff	Pace	M/F
1	Alexander Yoder Baez	410	12	55:58.6	56:15.3	0:16.6	18:03/M	M
2	Harvey Hardy	338	65	1:16:36.3	1:17:12.2	0:35.9	24:43/M	M

Male Open Winner

#	Name	Bib No	Age	Chip Time	Gun Time	Chip Diff	Pace
1	Frank Cannon	309	38	20:08.8	20:08.8	0:00.0	6:30/M

Male Masters Winner

#	Name	Bib No	Age	Chip Time	Gun Time	Chip Diff	Pace
1	Ed Hood	9845	49	20:58.9	20:58.9	0:00.0	6:46/M

Male 5k Run Age Group Results

Male 20 to 29

#	Name	Bib No	Age	Chip Time	Gun Time	Chip Diff	Pace
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1	Randall Donithan	322	26	29:38.2	29:38.2	0:00.0	9:34/M
2	Sean Jackson	1975	24	32:47.6	32:51.7	0:04.1	10:35/M
3	Brandon Berb	9877	23	34:30.1	34:34.5	0:04.3	11:08/M
4	Tony DeSanctis	446	25	34:40.9	34:47.2	0:06.3	11:11/M
5	Austin Miller	442	27	38:26.8	38:32.8	0:06.0	12:24/M

Male 30 to 39

#	Name	Bib No	Age	Chip Time	Gun Time	Chip Diff	Pace
1	Rob Ridgeway	434	38	23:55.4	23:55.4	0:00.0	7:43/M
2	Marcus Woodward	452	31	31:43.6	31:56.9	0:13.3	10:14/M
3	Elerece Tnomas	393	30	53:41.5	54:01.6	0:20.1	17:19/M

Male 40 to 49

#	Name	Bib No	Age	Chip Time	Gun Time	Chip Diff	Pace
1	John Van Gorp	433	48	21:11.2	21:11.2	0:00.0	6:50/M
2	Brian Harvey	431	40	23:14.3	23:17.1	0:02.7	7:30/M
3	Tim Collins	315	41	23:35.8	23:45.1	0:09.3	7:36/M

Male 50 to 59

#	Name	Bib No	Age	Chip Time	Gun Time	Chip Diff	Pace
1	Dennis Campbell	307	50	25:14.4	25:15.3	0:00.9	8:08/M
2	Jay Epstein	326	57	32:23.5	32:25.8	0:02.3	10:27/M

Male 60 to 69

#	Name	Bib No	Age	Chip Time	Gun Time	Chip Diff	Pace
1	Monty Garrett	9854	63	24:02.1	24:05.3	0:03.2	7:45/M
2	Jose Lukecart	363	63	26:31.5	26:36.5	0:04.9	8:33/M
3	Rob Line	9828	63	26:38.6	26:40.9	0:02.2	8:35/M
4	Charles Matthews	369	67	32:57.2	33:02.7	0:05.5	10:38/M

Male 70 and Over

#	Name	Bib No	Age	Chip Time	Gun Time	Chip Diff	Pace
1	Lee Masser	365	79	41:20.5	41:26.2	0:05.6	13:20/M

Female Open Winner

#	Name	Bib No	Age	Chip Time	Gun Time	Chip Diff	Pace
1	Mardiny Ung	400	48	22:56.9	22:57.4	0:00.5	7:24/M

Female Masters Winner

#	Name	Bib No	Age	Chip Time	Gun Time	Chip Diff	Pace
1	Tracy Campbell	308	50	24:52.9	24:54.6	0:01.6	8:01/M

Female 5k Run Age Group Results

Female 14 and Under

#	Name	Bib No	Age	Chip Time	Gun Time	Chip Diff	Pace
1	Mikayla Cannon	310	13	26:27.5	26:32.7	0:05.1	8:32/M
2	Zoe Woodward	451	4	1:03:39.8	1:04:01.7	0:21.8	20:32/M

Female 20 to 29

#	Name	Bib No	Age	Chip Time	Gun Time	Chip Diff	Pace
1	Lauren Lindgren	360	28	32:16.3	32:21.0	0:04.6	10:25/M
2	Christene Donithan	321	28	37:21.6	37:21.6	0:00.0	12:03/M
3	Lisa Treece	399	28	58:39.0	58:43.9	0:04.8	18:55/M

Female 30 to 39

#	Name	Bib No	Age	Chip Time	Gun Time	Chip Diff	Pace
1	Heather Elzey	458	37	24:02.8	24:06.3	0:03.5	7:45/M
2	Christina Bell	302	36	26:52.9	26:54.6	0:01.6	8:40/M
3	Cameo Blades	304	30	27:20.8	27:23.5	0:02.7	8:49/M
4	Alexis Ray	435	35	28:26.4	28:28.7	0:02.2	9:10/M
5	Jamie Potts	459	31	30:15.9	30:19.1	0:03.2	9:45/M
6	Marcia Woodward	453	31	32:18.6	32:33.9	0:15.2	10:25/M
7	Nicole Hartman	342	34	43:03.6	43:14.6	0:11.0	13:53/M
8	Alexis Gatti	330	36	43:04.4	43:14.9	0:10.5	13:54/M

Female 40 to 49

#	Name	Bib No	Age	Chip Time	Gun Time	Chip Diff	Pace
1	Kimberly Wood-Savini	407	49	28:46.8	28:46.8	0:00.0	9:17/M
2	Carylon Comegys	10000	49	30:11.7	30:16.8	0:05.0	9:44/M
3	Joy Salyer	384	46	31:26.3	31:31.0	0:04.6	10:08/M
4	Lori Davis-Palmer	9827	41	36:16.9	36:21.7	0:04.8	11:42/M
5	Diane Legar	9999	42	38:10.1	38:14.2	0:04.0	12:19/M
6	Dawn Hollinger	344	44	39:14.0	39:19.6	0:05.6	12:39/M

Female 50 to 59

#	Name	Bib No	Age	Chip Time	Gun Time	Chip Diff	Pace
1	Kate Howard	349	59	29:08.4	29:12.9	0:04.5	9:24/M
2	Carol Ware	402	58	29:08.8	29:13.0	0:04.2	9:24/M
3	Louise Holt	345	57	32:31.3	32:36.7	0:05.4	10:29/M

4	Laura Vaughn	9900	57	33:06.9	33:14.5	0:07.5	10:41/M
5	Cynthia Mangubat	428	51	33:14.9	33:21.9	0:07.0	10:43/M
6	Penny Williams	405	50	37:47.5	37:54.3	0:06.7	12:11/M
7	Pam Cannon	311	55	39:06.0	39:10.5	0:04.5	12:37/M
8	Diana Woodward	408	58	1:03:48.0	1:04:08.7	0:20.6	20:35/M

Female 60 and Over

#	Name	Bib No	Age	Chip Time	Gun Time	Chip Diff	Pace
1	Alexis Jamison	350	62	26:54.9	26:57.9	0:02.9	8:41/M

1 Mile Walk Results in Finish Order

#	Name	Bib No	Age	Chip Time	Gun Time	Chip Diff	Pace	M/F
1	Asa Mebane	372	25	13:16.4	13:32.9	0:16.5	13:16/M	M
2	Alexander Brathwaite	9891	21	13:17.6	13:34.5	0:16.8	13:17/M	M
3	Pam Avila	448	62	13:52.9	14:21.5	0:28.5	13:52/M	F
4	Valerie Cherry	313	43	14:18.3	14:32.0	0:13.6	14:18/M	F
5	Dawn Flowers	444	44	15:01.7	15:02.8	0:01.0	15:01/M	F
6	Richard Dunning	324	30	14:55.5	15:08.9	0:13.4	14:55/M	M
7	Mike Williams	404	42	14:45.2	15:10.8	0:25.6	14:45/M	M
8	Saryah Davis	460	9	14:57.4	15:29.7	0:32.2	14:57/M	F
9	Brittany Davis	320	27	14:53.0	15:29.7	0:36.7	14:53/M	F
10	Kim Grimes	9896	46	15:49.1	16:27.6	0:38.5	15:49/M	F
11	Vari Jackson	9878	21	16:27.3	16:53.3	0:25.9	16:27/M	M
12	Shane Vari	9832	20	16:27.5	16:53.8	0:26.2	16:27/M	M
13	Sandra Hitchens	343	60	16:59.8	17:09.3	0:09.4	16:59/M	F
14	Gloria Horn	346	65	16:58.3	17:09.5	0:11.2	16:58/M	F
15	Michael Horn	348	67	17:11.5	17:21.4	0:09.8	17:11/M	M
16	Jeff Horn	347	51	17:11.7	17:21.9	0:10.1	17:11/M	M
17	Lee Hudgins	416	78	16:49.5	17:25.2	0:35.7	16:49/M	F
18	Alexis Baily	9892	20	17:11.4	17:50.6	0:39.1	17:11/M	F
19	Jessica Giangrant	334	28	17:39.5	17:53.0	0:13.4	17:39/M	M
20	Melinda Giangrant	335	58	17:41.9	17:53.3	0:11.4	17:41/M	F
21	Richard Giagrant	333	30	17:43.4	17:53.9	0:10.4	17:43/M	M
22	Bridget Ayers	253	34	18:06.8	18:25.2	0:18.3	18:06/M	F
23	Constance Smith	387	50	18:03.1	18:25.3	0:22.2	18:03/M	F
24	Beth Ann Lints	361	51	18:18.0	18:31.4	0:13.3	18:18/M	F
25	Ruth Seaholtz	275	56	17:55.6	18:32.8	0:37.2	17:55/M	F
26	Donald Watkins	403	56	18:42.1	18:50.9	0:08.8	18:42/M	M
27	Joseph Hajec	336	70	18:42.7	18:51.1	0:08.3	18:42/M	M
28	Nicole Castogna	443	38	18:28.2	18:57.1	0:28.9	18:28/M	F
29	Denise Grosshans	439	56	18:28.0	18:57.4	0:29.4	18:28/M	F
30	Jeffrey Koenig	358	43	19:38.9	20:09.5	0:30.5	19:38/M	M
31	Terry Conley	316	64	19:46.7	20:15.4	0:28.6	19:46/M	F
32	Elaine Koenig	357	68	19:46.7	20:17.2	0:30.5	19:46/M	F
33	Jordan Little	362	21	20:00.1	20:18.7	0:18.6	20:00/M	M

34	Briana Carter	312	21	20:01.8	20:19.8	0:18.0	20:01/M	F
35	Chris Smith	9925	24	20:03.4	20:22.1	0:18.6	20:03/M	M
36	Janet DeSanctis	440	60	20:01.6	20:31.2	0:29.5	20:01/M	F
37	Kimberly Jones	353	34	20:20.0	20:37.4	0:17.3	20:20/M	F
38	Rod Smith	9961	58	20:31.2	20:47.0	0:15.7	20:31/M	M
39	Cheryl Groach	9889	59	20:35.2	20:48.0	0:12.8	20:35/M	F
40	George Todd	394	59	23:00.8	23:28.4	0:27.5	23:00/M	M
41	Jill Todd	395	62	23:02.4	23:31.8	0:29.4	23:02/M	F
42	Linda Cobb	314	50	23:39.7	24:14.5	0:34.8	23:39/M	F
43	Vernita Brown	306	50	23:48.9	24:14.6	0:25.7	23:48/M	F
44	Tiesha Johnson	351	27	23:48.7	24:15.3	0:26.6	23:48/M	F
45	Jeanne Cranmer	318	79	23:41.9	24:18.2	0:36.3	23:41/M	F
46	Teresa Evans	327	43	25:55.1	26:19.2	0:24.1	25:55/M	F
47	Judy Castle	264	54	25:54.1	26:38.1	0:43.9	25:54/M	F
48	Vivian Pritchett	242	49	25:55.6	26:38.5	0:42.9	25:55/M	F
49	Estrella Rlos	421	20	25:55.0	26:39.0	0:43.9	25:55/M	F
50	Tamika Rivera	415	35	26:29.4	27:09.3	0:39.9	26:29/M	F
51	Dez Reeves	417	31	26:31.5	27:09.7	0:38.2	26:31/M	F
52	Brandy Wolcott	217	28	26:26.8	27:09.9	0:43.0	26:26/M	F
53	Shae Russell	418	21	26:58.4	27:38.3	0:39.8	26:58/M	F
54	Sherri Williams	243	37	27:01.8	27:40.8	0:39.0	27:01/M	F
55	Katie Mills	413	22	26:58.8	27:41.1	0:42.3	26:58/M	F
56	Kutisha Sudler	237	21	26:59.2	27:41.8	0:42.6	26:59/M	F
57	Robin Todd	427	67	49:12.7	49:32.5	0:19.7	49:12/M	M
58	Sharon Smith	388	46	57:45.1	58:14.6	0:29.5	57:45/M	F
59	Chris Reed	379	47	57:44.4	58:15.1	0:30.7	57:44/M	M
60	Annmarie Bennett	303	45	59:14.5	59:44.1	0:29.5	59:14/M	F
61	Sharon Reppard	381	57	59:16.6	59:44.6	0:28.0	59:16/M	F

1 Mile Roll Results in Finish Order

#	Name	Bib No	Age	Chip Time	Gun Time	Chip Diff	Pace	M/F
1	Jean Betts	286	56	14:12.0	14:14.5	0:02.5	14:12/M	F
2	Gina Rodriquez	291	29	16:47.6	17:23.8	0:36.2	16:47/M	F
3	Bill Mosley	373	59	17:11.7	17:51.0	0:39.3	17:11/M	M
4	Lisa Malfitano	232	42	25:52.9	26:37.9	0:45.0	25:52/M	F
5	Jennifer Spence	426	35	1:06:52.5	1:07:38.1	0:45.6	66:52/M	F
6	Anthony Ekanem	325	21	1:06:55.1	1:07:38.5	0:43.4	66:55/M	M