

Delaware Pharmacy 5k Run/Walk

In Memory of Don Holst

June 28, 2015
Smyrna, DE

5k Run Results in Finish Order

#	Name	Bib #	Age	M/F	Gun Time	Chip Time	Chip Diff	Pace
1	Steven Wheeler	1396	31	M	19:33.1	19:29.6	0:03.5	6:17/M
2	Dylan Hernandez	1371	18	M	20:29.5	20:26.5	0:02.9	6:35/M
3	Duane Christy	1363	52	M	20:33.7	20:30.1	0:03.6	6:37/M
4	Christopher James	1315	40	M	21:03.0	20:59.8	0:03.1	6:46/M
5	Jaime Cantlon	1373	53	M	21:20.8	21:17.5	0:03.2	6:52/M
6	Patrick Leone	1384	41	M	22:25.7	22:21.3	0:04.3	7:13/M
7	Theodore Bobola	1302	28	M	23:17.6	23:12.3	0:05.3	7:29/M
8	Kevin McDermott	1368	49	M	23:23.1	23:17.6	0:05.5	7:31/M
9	Ron Niblett	1358	66	M	23:56.9	23:53.6	0:03.3	7:42/M
10	Joe Deacon	1306	36	M	24:11.8	24:08.4	0:03.4	7:47/M
11	Rick Desrosiers	1365	48	M	24:38.0	24:35.4	0:02.6	7:56/M
12	Adrienne Yourek	1375	36	F	24:46.0	24:42.2	0:03.8	7:58/M
13	Anirudh Narayanan	1320	15	M	24:50.1	24:46.2	0:03.8	7:59/M
14	Charles Roebuck	1380	50	M	25:05.0	25:00.2	0:04.7	8:04/M
15	Tracy Campbell	1304	50	F	25:07.7	25:02.9	0:04.7	8:05/M
16	James Satterfield	1393	50	M	25:26.9	25:21.5	0:05.4	8:11/M
17	Ryan Goverts	1381	38	M	26:38.4	26:34.0	0:04.3	8:34/M
18	Jessica Cysner	1377	23	F	26:51.1	26:46.5	0:04.6	8:38/M
19	Donna Opande	1322	17	F	26:52.4	26:48.9	0:03.5	8:39/M
20	Cynthia Karnai	1389	45	F	27:02.7	26:57.4	0:05.3	8:42/M
21	Alexis Jamison	1316	62	F	27:45.5	27:40.6	0:04.8	8:55/M
22	Brandon Nolte	1321	29	M	27:57.3	27:51.0	0:06.2	8:59/M
23	Mark Eisele	1387	39	M	27:59.1	27:53.1	0:05.9	9:00/M
24	Michael Baker	1388	37	M	28:01.2	27:55.1	0:06.1	9:00/M
25	Steven Willey	1327	41	M	29:03.4	28:54.7	0:08.6	9:19/M
26	Steven Thomas	1325	41	M	29:31.5	29:26.7	0:04.7	9:30/M
27	Ronald Grantland	1310	29	M	30:17.3	30:08.6	0:08.6	9:43/M
28	Rebecca Bobola	1301	26	F	31:20.7	31:13.2	0:07.5	10:04/M
29	Mercy Mugo	1385	44	F	31:58.3	31:51.7	0:06.5	10:16/M
30	Jack Flairty	1308	13	M	32:08.8	32:03.8	0:05.0	10:20/M
31	Susa Reitz	1324	36	F	32:38.8	32:27.8	0:10.9	10:28/M
32	Umit Turan	1391	32	M	32:38.8	32:27.5	0:11.3	10:28/M
33	Christine Tolino	1374	27	F	32:40.1	32:34.6	0:05.5	10:30/M
34	George Kelly	1359	47	M	32:40.4	32:36.7	0:03.6	10:31/M
35	Ginger Flairty	1307	49	F	32:41.7	32:36.7	0:04.9	10:31/M
36	Howard Bowker	1303	73	M	32:54.2	32:44.5	0:09.6	10:34/M
37	Valerie Reihl	1323	59	F	33:10.5	33:03.2	0:07.3	10:40/M
38	Kathy Gallagher	1392	56	F	33:14.0	33:08.1	0:05.9	10:41/M
39	Mark Taylor	1360	50	M	33:14.1	33:03.5	0:10.6	10:40/M
40	Michael Tolino	1376	27	M	34:05.0	33:58.8	0:06.2	10:57/M
41	Samantha Grantland	1311	29	F	34:32.3	34:23.1	0:09.2	11:05/M

42	Melissa Urian	1326	30	F	35:17.2	35:08.1	0:09.0	11:20/M
43	Kevin Musto	1319	47	M	36:31.9	36:25.3	0:06.5	11:45/M
44	Colleen Ryder	1370	51	F	36:46.1	36:39.4	0:06.6	11:49/M
45	Jim Ryder	1369	52	M	36:46.1	36:39.1	0:07.0	11:49/M
46	Abbey Spezio	1366	24	F	40:00.4	39:52.6	0:07.7	12:52/M
47	Allegra Spiezio	1367	24	F	40:00.5	39:52.8	0:07.6	12:52/M
48	Kristie Hall	1312	24	F	41:14.8	41:05.2	0:09.5	13:15/M
49	Dawn Hollinger	1314	44	F	45:44.9	45:34.1	0:10.8	14:42/M
50	Brandon Wolford	1328	28	M	46:49.2	46:39.0	0:10.2	15:03/M
51	Larry Price	1362	72	M	49:20.5	49:13.2	0:07.2	15:53/M
52	Don Kelleher	1317	54	M	1:03:05.5	1:02:56.2	0:09.2	20:18/M

5k Walk Results in Finish Order

#	Name	Bib #	Age	M/F	Gun Time	Chip Time	Chip Diff	Pace
1	Don Zalenski	1356	69	M	36:48.5	36:44.3	0:04.1	11:51/M
2	Ed Matarese	1341	61	M	38:19.6	38:09.7	0:09.9	12:18/M
3	Debbie Johnson	1372	57	F	41:52.7	41:46.8	0:05.9	13:28/M
4	Joe Young	1355	65	M	43:25.7	43:21.0	0:04.7	13:59/M
5	Jessie Holding	1332	36	F	43:48.2	43:35.1	0:13.0	14:04/M
6	Ron Salamon	1364	78	M	45:54.0	45:50.5	0:03.4	14:47/M
7	Norah Rennewanz	1345	25	F	46:49.7	46:39.9	0:09.7	15:03/M
8	Mary Cysnerf	1378	56	F	48:23.6	48:14.7	0:08.8	15:34/M
9	Moshe Cysner	1379	67	M	48:23.7	48:14.2	0:09.4	15:34/M
10	John Isabella	1334	11	M	49:19.7	49:02.8	0:16.8	15:49/M
11	Luke Isabella	1335	9	M	49:38.3	49:21.1	0:17.1	15:55/M
12	Emily Rodden	1386	17	F	49:44.1	49:29.7	0:14.4	15:58/M
13	Monica Elavarthi	1361	16	F	49:44.7	49:29.9	0:14.7	15:58/M
14	Anne Isabella	1333	48	F	49:53.2	49:36.2	0:16.9	16:00/M
15	Phyllis Zalenski	1357	66	F	50:47.9	50:38.9	0:09.0	16:20/M
16	Amy Disabella	1330	40	F	54:40.6	54:25.1	0:15.5	17:33/M
17	Sharon Meer	1342	44	F	54:40.7	54:25.7	0:15.0	17:33/M
18	Mary Jo Ryan	1348	61	F	54:42.4	54:23.2	0:19.1	17:33/M
19	Gayleen Philips	1344	34	F	55:00.5	54:43.1	0:17.4	17:39/M
20	Elizabeth Ryan	1346	29	F	55:52.5	55:33.2	0:19.3	17:55/M
21	John Ryan	1347	61	M	55:56.5	55:37.3	0:19.1	17:56/M
22	Ann Barsby	1390	73	F	1:02:09.8	1:01:59.6	0:10.1	20:00/M
23	Julie Johnson	1394	48	F	1:02:13.6	1:01:59.4	0:14.2	20:00/M
24	Erin Lloyd	1382	13	F	1:02:23.3	1:02:06.6	0:16.6	20:02/M
25	Annie James	1383	34	F	1:02:23.3	1:02:08.1	0:15.1	20:03/M
26	Hooshang Shanehsaz	1349	51	M	1:04:21.4	1:01:24.0	2:57.4	19:48/M
27	Mark Freebery	1331	36	M	1:04:21.5	1:02:57.8	1:23.7	20:18/M
28	Jaclyn Mahle	1338	30	F	1:05:26.5	1:04:33.4	0:53.0	20:49/M
29	Ryan Mahle	1339	35	M	1:05:26.6	1:04:33.9	0:52.7	20:49/M
30	Dee Taylor	1351	48	F	1:15:25.5	1:01:28.8	13:56.6	19:50/M

Male Open Champion

#	Name	Bib #	Age	Overall	Gun Time	Chip Time	Chip Diff	Pace
1	Steven Wheeler	1396	31	1	19:33.1	19:29.6	0:03.5	6:17/M

Male Masters Champion

#	Name	Bib #	Age	Overall	Gun Time	Chip Time	Chip Diff	Pace
1	Duane Christy	1363	52	3	20:33.7	20:30.1	0:03.6	6:37/M

Male Age Group Results

Male 14 and Under

#	Name	Bib #	Age	Overall	Gun Time	Chip Time	Chip Diff	Pace
1	Jack Flairty	1308	13	30	32:08.8	32:03.8	0:05.0	10:20/M

Male 15 to 19

#	Name	Bib #	Age	Overall	Gun Time	Chip Time	Chip Diff	Pace
1	Dylan Hernandez	1371	18	2	20:29.5	20:26.5	0:02.9	6:35/M
2	Anirudh Narayanan	1320	15	13	24:50.1	24:46.2	0:03.8	7:59/M

Male 20 to 29

#	Name	Bib #	Age	Overall	Gun Time	Chip Time	Chip Diff	Pace
1	Theodore Bobola	1302	28	7	23:17.6	23:12.3	0:05.3	7:29/M
2	Brandon Nolte	1321	29	22	27:57.3	27:51.0	0:06.2	8:59/M
3	Ronald Grantland	1310	29	27	30:17.3	30:08.6	0:08.6	9:43/M
4	Michael Tolino	1376	27	40	34:05.0	33:58.8	0:06.2	10:57/M
5	Brandon Wolford	1328	28	50	46:49.2	46:39.0	0:10.2	15:03/M

Male 30 to 39

#	Name	Bib #	Age	Overall	Gun Time	Chip Time	Chip Diff	Pace
1	Joe Deacon	1306	36	10	24:11.8	24:08.4	0:03.4	7:47/M
2	Ryan Goverts	1381	38	17	26:38.4	26:34.0	0:04.3	8:34/M
3	Mark Eisele	1387	39	23	27:59.1	27:53.1	0:05.9	9:00/M
4	Michael Baker	1388	37	24	28:01.2	27:55.1	0:06.1	9:00/M
5	Umit Turan	1391	32	32	32:38.8	32:27.5	0:11.3	10:28/M

Male 40 to 49

#	Name	Bib #	Age	Overall	Gun Time	Chip Time	Chip Diff	Pace
1	Christopher James	1315	40	4	21:03.0	20:59.8	0:03.1	6:46/M
2	Patrick Leone	1384	41	6	22:25.7	22:21.3	0:04.3	7:13/M
3	Kevin McDorman	1368	49	8	23:23.1	23:17.6	0:05.5	7:31/M
4	Rick Desrosiers	1365	48	11	24:38.0	24:35.4	0:02.6	7:56/M
5	Steven Willey	1327	41	25	29:03.4	28:54.7	0:08.6	9:19/M
6	Steven Thomas	1325	41	26	29:31.5	29:26.7	0:04.7	9:30/M
7	George Kelly	1359	47	34	32:40.4	32:36.7	0:03.6	10:31/M
8	Kevin Musto	1319	47	43	36:31.9	36:25.3	0:06.5	11:45/M

Male 50 to 59

#	Name	Bib #	Age	Overall	Gun Time	Chip Time	Chip Diff	Pace
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1	Jaime Cantlon	1373	53	5	21:20.8	21:17.5	0:03.2	6:52/M
2	Charles Roebuck	1380	50	14	25:05.0	25:00.2	0:04.7	8:04/M
3	James Satterfield	1393	50	16	25:26.9	25:21.5	0:05.4	8:11/M
4	Mark Taylor	1360	50	39	33:14.1	33:03.5	0:10.6	10:40/M
5	Jim Ryder	1369	52	45	36:46.1	36:39.1	0:07.0	11:49/M
6	Don Kelleher	1317	54	52	1:03:05.5	1:02:56.2	0:09.2	20:18/M

Male 60 to 69

#	Name	Bib #	Age	Overall	Gun Time	Chip Time	Chip Diff	Pace
1	Ron Niblett	1358	66	9	23:56.9	23:53.6	0:03.3	7:42/M

Male 70 and Over

#	Name	Bib #	Age	Overall	Gun Time	Chip Time	Chip Diff	Pace
1	Howard Bowker	1303	73	36	32:54.2	32:44.5	0:09.6	10:34/M
2	Larry Price	1362	72	51	49:20.5	49:13.2	0:07.2	15:53/M

Female Open Champion

#	Name	Bib #	Age	Overall	Gun Time	Chip Time	Chip Diff	Pace
1	Adrienne Yourek	1375	36	12	24:46.0	24:42.2	0:03.8	7:58/M

Female Masters Champion

#	Name	Bib #	Age	Overall	Gun Time	Chip Time	Chip Diff	Pace
1	Tracy Campbell	1304	50	15	25:07.7	25:02.9	0:04.7	8:05/M

Female Age Group Results

Female 15 to 19

#	Name	Bib #	Age	Overall	Gun Time	Chip Time	Chip Diff	Pace
1	Donna Opande	1322	17	19	26:52.4	26:48.9	0:03.5	8:39/M

Female 20 to 29

#	Name	Bib #	Age	Overall	Gun Time	Chip Time	Chip Diff	Pace
1	Jessica Cysner	1377	23	18	26:51.1	26:46.5	0:04.6	8:38/M
2	Rebecca Bobola	1301	26	28	31:20.7	31:13.2	0:07.5	10:04/M
3	Christine Tolino	1374	27	33	32:40.1	32:34.6	0:05.5	10:30/M
4	Samantha Grantland	1311	29	41	34:32.3	34:23.1	0:09.2	11:05/M
5	Abbey Spezio	1366	24	46	40:00.4	39:52.6	0:07.7	12:52/M
6	Allegra Spiezio	1367	24	47	40:00.5	39:52.8	0:07.6	12:52/M
7	Kristie Hall	1312	24	48	41:14.8	41:05.2	0:09.5	13:15/M

Female 30 to 39

#	Name	Bib #	Age	Overall	Gun Time	Chip Time	Chip Diff	Pace
1	Susa Reitz	1324	36	31	32:38.8	32:27.8	0:10.9	10:28/M
2	Melissa Urian	1326	30	42	35:17.2	35:08.1	0:09.0	11:20/M

Female 40 to 49

#	Name	Bib #	Age	Overall	Gun Time	Chip Time	Chip Diff	Pace
1	Cynthia Karnai	1389	45	20	27:02.7	26:57.4	0:05.3	8:42/M
2	Mercy Mugo	1385	44	29	31:58.3	31:51.7	0:06.5	10:16/M
3	Ginger Flairty	1307	49	35	32:41.7	32:36.7	0:04.9	10:31/M
4	Dawn Hollinger	1314	44	49	45:44.9	45:34.1	0:10.8	14:42/M

Female 50 to 59

#	Name	Bib #	Age	Overall	Gun Time	Chip Time	Chip Diff	Pace
1	Valerie Reihl	1323	59	37	33:10.5	33:03.2	0:07.3	10:40/M
2	Kathy Gallagher	1392	56	38	33:14.0	33:08.1	0:05.9	10:41/M
3	Colleen Ryder	1370	51	44	36:46.1	36:39.4	0:06.6	11:49/M

Female 60 and Over

#	Name	Bib #	Age	Overall	Gun Time	Chip Time	Chip Diff	Pace
1	Alexis Jamison	1316	62	21	27:45.5	27:40.6	0:04.8	8:55/M