

# Be Great 5K Run/Walk

Buffalo Wild Wings - Dover, DE

November 03, 2016

A Trisports Events Production

## Overall Finish List

### 5K Run

Pla	Name	City	Bib	Age	Age Grp	Pk	Chip	Gun	Pace
1	Jesse Goodyear	Elkton MD	1913	36	1	Open	17:44.4	17:45.0	5:44/M
2	Patrick Hoffman	Federica DE	1919	48	1	Masters	18:46.5	18:47.1	6:04/M
3	Andy Gorlich	Milton DE	186	31	1	M 30-39	20:46.2	20:48.5	6:43/M
4	Brendon Horne	Dover DE	1926	22	1	M 20-29	21:10.8	21:11.5	6:50/M
5	Fernando Gisone	Palmyra NJ	185	54	1	M 50-59	22:21.1	22:23.9	7:13/M
6	Gil Hoffman	Federica DE	1920	14	1	M 11-14	22:21.8	22:23.6	7:13/M
7	Mardiny Ung	Elizabethtown PA	233	50	1	Open	22:27.6	22:28.2	7:15/M
8	John Yanacek	Milford DE	243	50	2	M 50-59	22:33.3	22:34.0	7:17/M
9	Maurice Fosque	Cheswold DE	184	23	2	M 20-29	23:47.0	23:53.0	7:42/M
10	Todd Carmean	Bridgeville DE	1908	54	3	M 50-59	23:56.9	23:57.5	7:44/M
11	Heather Imhof	Camden Wyoming DE	192	33	1	F 30-39	23:57.5	23:59.6	7:44/M
12	Ryan Kelly	Camden DE	1922	31	2	M 30-39	24:22.5	24:26.1	7:53/M
13	Mike Cordeiro	Dover DE	1917	52	4	M 50-59	24:22.7	24:23.3	7:52/M
14	Brylee Wheeler	Still Pond MD	1933	6	1	F 1-10	24:55.5	24:56.1	8:03/M
15	Steve Wheeler	Still Pond MD	1932	33	3	M 30-39	24:55.8	24:56.4	8:03/M
16	Denise Courtney	Clayton DE	172	37	2	F 30-39	25:30.1	25:30.8	8:14/M
17	Erin Rich	Dover DE	1905	41	1	Masters	25:37.1	25:43.2	8:18/M
18	Nina Smeltzer	Rehoboth Beach DE	224	57	1	F 50-59	25:58.8	25:59.5	8:23/M
19	Bill Brockenbrough	Clayton DE	1909	57	5	M 50-59	26:21.2	26:21.8	8:30/M
20	Martyna Kulesza	Mount Kisco NY	1923	29	1	F 20-29	26:49.4	26:53.0	8:40/M
21	Alexis Jamison	Dover DE	193	63	1	F 60-99	26:57.5	27:05.1	8:44/M
22	Rob Ridgeway	Camden Wyoming DE	1931	39	4	M 30-39	27:03.8	27:09.9	8:45/M
23	David Lovelace	Newark DE	203	71	1	M 70-99	27:05.6	27:08.3	8:45/M
24	William Austin	Dover DE	149	26	3	M 20-29	27:19.1	27:29.0	8:52/M
25	Mandelyn Cook	Dover DE	171	33	3	F 30-39	27:43.4	27:46.2	8:57/M
26	Robert Crossman	Mount Kisco NY	1921	44	1	M 40-49	27:47.5	27:51.2	8:59/M
27	Tim Horne	Dover DE	1925	50	6	M 50-59	28:01.1	28:05.0	9:04/M
28	Joseph Serrano	Dover DE	223	33	5	M 30-39	28:01.5	28:04.1	9:03/M
29	Bruce Ford	Parksley VA	1918	60	1	M 60-69	28:11.0	28:15.8	9:07/M
30	Kathy Freshwater	Dover DE	1935	45	1	F 40-49	28:28.4	28:31.7	9:12/M
31	Matthew Milan		1907	13	2	M 11-14	28:37.5	28:44.4	9:16/M
32	Gwen Willey	Seaford DE	1910	34	4	F 30-39	28:38.2	28:41.0	9:15/M
33	Vicki Windsor	Dover DE	237	46	2	F 40-49	28:57.4	29:07.4	9:24/M
34	Jose Lukecart	Felton DE	204	64	2	M 60-69	29:03.2	29:16.7	9:26/M
35	Amy Parsell	Smyrna DE	216	47	3	F 40-49	29:04.9	29:13.2	9:25/M
36	Vickie Vlachos	Milford DE	1928	52	2	F 50-59	29:42.2	29:50.4	9:37/M
37	Edwin Tennefoss	Greenwood DE	227	11	3	M 11-14	29:57.2	30:01.9	9:41/M
38	Chris Dellis	Dover DE	176	31	6	M 30-39	30:24.8	30:31.9	9:51/M
39	Krista Bivins	Newark DE	1912	26	2	F 20-29	30:25.4	30:31.4	9:51/M
40	Laurie Yanacek	Milford DE	244	51	3	F 50-59	30:28.3	30:32.2	9:51/M
41	Edwin Tennefoss	Greenwood DE	228	41	2	M 40-49	30:32.9	30:37.9	9:53/M

42	Laura Bivins	Newark DE	1911	27	3 F 20-29	30:34.8	30:40.6	9:54/M
43	Kristen Tennefoss	Greenwood DE	230	13	1 F 11-14	30:42.7	30:48.0	9:56/M
44	Elaine Nolan	Camden DE	1927	58	4 F 50-59	30:44.5	30:56.9	9:59/M
45	Sheila Milan	Dover DE	1906	46	4 F 40-49	30:48.3	30:54.7	9:58/M
46	Kristen Jones	Selbyville DE	195	31	5 F 30-39	31:13.7	31:32.0	10:10/M
47	Bobbi Jo Webber	Clayton DE	234	37	6 F 30-39	31:26.2	31:38.3	10:12/M
48	Amy Zook	Magnolia DE	249	39	7 F 30-39	31:31.8	31:36.6	10:12/M
49	Courtney Stewart	Dover DE	226	34	8 F 30-39	31:56.0	32:17.5	10:25/M
50	Erin D'Allesandro	Magnolia DE	173	27	4 F 20-29	32:17.2	32:28.5	10:28/M
51	Jeremy Tennefoss	Greenwood DE	229	9	1 M 1-10	32:23.4	32:28.7	10:28/M
52	Louise Holt	Milford DE	191	59	5 F 50-59	32:54.8	33:04.5	10:40/M
53	Kirsten Higgins	Dover DE	189	40	5 F 40-49	33:08.9	33:27.7	10:47/M
54	Samantha Pennewell	Newark DE	218	29	5 F 20-29	33:11.9	33:16.5	10:44/M
55	Harold Myers	Harrington DE	213	31	7 M 30-39	33:57.9	34:08.9	11:01/M
56	John Fiori	Felton DE	179	45	3 M 40-49	34:08.1	34:17.0	11:04/M
57	Jimmy Pennewell	Dover DE	217	36	8 M 30-39	34:09.1	34:28.6	11:07/M
58	Laura Barnas	Dover DE	150	40	6 F 40-49	35:58.8	36:03.1	11:38/M
59	Alexis Ray	Camden Wyoming DE	1930	36	9 F 30-39	36:05.9	36:17.6	11:42/M
60	Charles Matthews	Camden Wyoming DE	206	68	3 M 60-69	36:19.4	36:23.9	11:44/M
61	Jennifer King	Dundalk MD	196	40	7 F 40-49	36:22.2	36:26.5	11:45/M
62	Rita Tennefoss	Greenwood DE	231	37	10 F 30-39	37:05.6	37:11.1	12:00/M
63	Angelita Mosley	Frederica DE	212	33	11 F 30-39	37:21.0	37:24.0	12:04/M
64	Malcolm Thompson	Magnolia DE	1929	46	4 M 40-49	38:07.7	38:24.1	12:23/M
65	A J McLaren	Dover DE	210	27	6 F 20-29	38:15.2	38:26.3	12:24/M
66	Rosita Burton	Lincoln DE	156	44	8 F 40-49	38:21.6	38:26.5	12:24/M
67	Nathan Webber	Clayton DE	235	8	2 M 1-10	41:16.5	41:30.0	13:23/M
68	Marcia Woodward	Houston DE	239	33	12 F 30-39	41:17.0	41:35.2	13:25/M
69	Zoe Woodward	Houston DE	242	6	2 F 1-10	41:20.5	41:25.1	13:22/M
70	Arleen Murchison	Dover DE	1914	54	6 F 50-59	42:54.9	43:07.2	13:55/M
71	Nancy Dellis	Dover DE	177	31	13 F 30-39	46:10.3	46:21.5	14:57/M
72	Amy Kominkiewicz	Morton IL	198	31	14 F 30-39	46:10.3	46:21.4	14:57/M
73	Lee Masser	Edgewater MD	205	80	2 M 70-99	47:26.6	47:42.1	15:23/M
74	Heather Davis	Milford DE	175	22	7 F 20-29	47:35.4	47:46.0	15:25/M
75	Charity Hall	Dover DE	188	20	8 F 20-29	52:52.1	53:06.0	17:08/M
76	Olivia Woodward	Houston DE	240	4	3 F 1-10	54:07.9	54:18.7	17:31/M
77	Diana Woodward	Harrington DE	238	59	7 F 50-59	54:59.0	55:09.5	17:47/M

### 5K WALK

Pla	Name	City	Bib	Age	Age Grp	Pk Chip	Gun	Pace
1	Karen Carson	Dover DE	162	41	1 F 1-99	34:53.6	34:57.3	11:16/M
2	Rodney Carson	Dover DE	163	50	1 M 1-99	36:40.6	36:43.5	11:51/M
3	Geraldine D'Allesandro	Magnolia DE	174	56	2 F 1-99	41:05.9	41:18.5	13:19/M
4	Mark Cabry	Dover DE	157	43	2 M 1-99	41:08.0	41:23.1	13:21/M
5	Joe Young	Dover DE	246	66	3 M 1-99	41:32.7	41:33.3	13:24/M
6	Cynthia Canevari	Milford DE	158	59	3 F 1-99	41:35.4	41:48.9	13:29/M
7	Terry Pepper	Camden Wyoming DE	1915	60	4 M 1-99	43:24.2	43:32.2	14:03/M
8	Jennifer Cohan	Dover DE	167	44	4 F 1-99	46:25.7	46:39.9	15:03/M
9	Aundrea Gourdine	Magnolia DE	1916	43	5 F 1-99	47:19.2	47:27.5	15:18/M
10	Roberta Faircloth	Dover DE	1936	59	6 F 1-99	47:24.3	47:32.8	15:20/M
11	Charles Gourley	Wilmington DE	187	39	5 M 1-99	47:35.3	47:46.7	15:25/M
12	Chris Cohan	Dover DE	166	43	6 M 1-99	48:39.5	48:53.7	15:46/M
13	Pam Lilly	Magnolia DE	199	43	7 F 1-99	48:42.7	48:53.2	15:46/M

14	Taylor Collins	Magnolia DE	170	15	8 F	1-99	49:25.3	49:40.9	16:01/M
15	Victoria McCullough	Newark DE	1924	57	9 F	1-99	49:25.8	49:38.8	16:01/M
16	Jen Carpenter	Dover DE	160	33	10 F	1-99	49:26.0	49:39.0	16:01/M
17	Heather Spadaccini	Milford DE	225	31	11 F	1-99	49:45.7	50:01.9	16:08/M
18	Sharon Collins	Magnolia DE	169	44	12 F	1-99	49:47.1	50:01.7	16:08/M
19	Jennifer Lopez	Milford DE	202	37	13 F	1-99	49:47.8	50:03.5	16:09/M
20	Maria Basco	Dover DE	151	46	14 F	1-99	49:54.7	50:00.2	16:08/M
21	Anna Owens	Dover DE	215	60	15 F	1-99	50:02.4	50:13.2	16:12/M
22	Ramona Bracy	Magnolia DE	152	41	16 F	1-99	50:02.5	50:13.1	16:12/M
23	Loretta Brisbane	Camden DE	153	53	17 F	1-99	50:03.1	50:13.2	16:12/M
24	Terry Woodward	Harrington DE	241	60	7 M	1-99	50:37.7	50:42.1	16:21/M
25	James Collins	Magnolia DE	168	46	8 M	1-99	52:11.6	52:27.4	16:55/M
26	Patricia Maull	Milton DE	207	64	18 F	1-99	52:11.6	52:27.5	16:55/M
27	Evalyn Fort	Magnolia DE	181	12	19 F	1-99	52:23.4	52:31.8	16:56/M
28	Natasha Fort	Magnolia DE	183	7	20 F	1-99	52:23.8	52:33.4	16:57/M
29	Jen Allen	Dover DE	148	40	21 F	1-99	52:48.8	53:05.3	17:07/M
30	Eric Fort	Magnolia DE	180	39	9 M	1-99	52:49.6	52:58.8	17:05/M
31	Irina Fort	Magnolia DE	182	39	22 F	1-99	52:50.1	52:58.8	17:05/M
32	Stacey Pounsberry	Dover DE	219	28	23 F	1-99	52:51.4	53:05.6	17:07/M
33	Jennifer Wilson	Middletown DE	236	19	24 F	1-99	52:52.8	53:05.1	17:07/M
34	Faith Morris	Marydel DE	211	19	10 M	1-99	52:53.5	53:06.3	17:08/M
35	Brittany Klecan	Dover DE	197	23	25 F	1-99	53:11.8	53:26.2	17:14/M
36	Staci Johnson	Dover DE	194	24	26 F	1-99	53:11.9	53:26.2	17:14/M
37	Emily Carr	Newark DE	161	18	27 F	1-99	55:24.8	55:39.6	17:57/M
38	Deb Udoh	Dover DE	232	23	28 F	1-99	55:25.2	55:38.9	17:57/M
39	Melanie Carlson	Dover DE	159	53	29 F	1-99	56:41.5	56:52.7	18:21/M
40	Arlene Hobbs	Dover DE	190	59	30 F	1-99	56:45.5	56:57.0	18:22/M
41	Marta Raccio	Dover DE	221	58	31 F	1-99	1:02:16.7	1:02:24.8	20:08/M
42	Barbara Sampson	Dover DE	222	75	32 F	1-99	1:02:18.4	1:02:26.3	20:08/M
43	Bernadine Abdul-Aleem	Dover DE	147	66	11 M	1-99	1:04:10.8	1:04:17.3	20:44/M
44	Chaneta Walker	Seaford DE	1934	42	33 F	1-99	1:04:15.7	1:04:21.8	20:45/M
45	Janiya Wyatte		1939	10	34 F	1-99	1:08:01.8	1:08:01.8	21:56/M
46	Jeremiah Walker		1938	10	12 M	1-99	1:08:02.0	1:08:02.0	21:57/M
47	Daquaan Martinez		1937	16	13 M	1-99	1:08:22.1	1:08:22.1	22:03/M
48	Tashira Thompson		1940	33	35 F	1-99	1:10:32.7	1:10:32.7	22:45/M
49	Jahaad Wyatte		1941	12	14 M	1-99	1:10:32.7	1:10:32.7	22:45/M

## Age Group Results

### Female Champion

Plc Name	City	Age	O'all Chip	Gun	Pace	
1 Mardiny Ung	Elizabethtown PA	50	7	22:27.6	22:28.2	7:15/M

### Female Masters Champion

Plc Name	City	Age	O'all Chip	Gun	Pace	
1 Erin Rich	Dover DE	41	17	25:37.1	25:43.2	8:18/M

### Female 10 and Under

Plc Name	City	Age	O'all Chip	Gun	Pace
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1	Brylee Wheeler	Still Pond MD	6	14	24:55.5	24:56.1	8:03/M
2	Zoe Woodward	Houston DE	6	69	41:20.5	41:25.1	13:22/M
3	Olivia Woodward	Houston DE	4	76	54:07.9	54:18.7	17:31/M

#### Female 11 to 14

Plc Name	City	Age	O'all	Chip	Gun	Pace	
1	Kristen Tennefoss	Greenwood DE	13	43	30:42.7	30:48.0	9:56/M

#### Female 20 to 29

Plc Name	City	Age	O'all	Chip	Gun	Pace	
1	Martyna Kulesza	Mount Kisco NY	29	20	26:49.4	26:53.0	8:40/M
2	Krista Bivins	Newark DE	26	39	30:25.4	30:31.4	9:51/M
3	Laura Bivins	Newark DE	27	42	30:34.8	30:40.6	9:54/M
4	Erin D'Allesandro	Magnolia DE	27	50	32:17.2	32:28.5	10:28/M
5	Samantha Pennewell	Newark DE	29	54	33:11.9	33:16.5	10:44/M
6	A J McLaren	Dover DE	27	65	38:15.2	38:26.3	12:24/M
7	Heather Davis	Milford DE	22	74	47:35.4	47:46.0	15:25/M
8	Charity Hall	Dover DE	20	75	52:52.1	53:06.0	17:08/M

#### Female 30 to 39

Plc Name	City	Age	O'all	Chip	Gun	Pace	
1	Heather Imhof	Camden Wyoming DE	33	11	23:57.5	23:59.6	7:44/M
2	Denise Courtney	Clayton DE	37	16	25:30.1	25:30.8	8:14/M
3	Mandelyn Cook	Dover DE	33	25	27:43.4	27:46.2	8:57/M
4	Gwen Willey	Seaford DE	34	32	28:38.2	28:41.0	9:15/M
5	Kristen Jones	Selbyville DE	31	46	31:13.7	31:32.0	10:10/M
6	Bobbi Jo Webber	Clayton DE	37	47	31:26.2	31:38.3	10:12/M
7	Amy Zook	Magnolia DE	39	48	31:31.8	31:36.6	10:12/M
8	Courtney Stewart	Dover DE	34	49	31:56.0	32:17.5	10:25/M
9	Alexis Ray	Camden Wyoming DE	36	59	36:05.9	36:17.6	11:42/M
10	Rita Tennefoss	Greenwood DE	37	62	37:05.6	37:11.1	12:00/M
11	Angelita Mosley	Frederica DE	33	63	37:21.0	37:24.0	12:04/M
12	Marcia Woodward	Houston DE	33	68	41:17.0	41:35.2	13:25/M
13	Nancy Dellis	Dover DE	31	71	46:10.3	46:21.5	14:57/M
14	Amy Kominkiewicz	Morton IL	31	72	46:10.3	46:21.4	14:57/M

#### Female 40 to 49

Plc Name	City	Age	O'all	Chip	Gun	Pace	
1	Kathy Freshwater	Dover DE	45	30	28:28.4	28:31.7	9:12/M
2	Vicki Windsor	Dover DE	46	33	28:57.4	29:07.4	9:24/M
3	Amy Parsell	Smyrna DE	47	35	29:04.9	29:13.2	9:25/M
4	Sheila Milan	Dover DE	46	45	30:48.3	30:54.7	9:58/M
5	Kirsten Higgins	Dover DE	40	53	33:08.9	33:27.7	10:47/M
6	Laura Barnas	Dover DE	40	58	35:58.8	36:03.1	11:38/M
7	Jennifer King	Dundalk MD	40	61	36:22.2	36:26.5	11:45/M
8	Rosita Burton	Lincoln DE	44	66	38:21.6	38:26.5	12:24/M

#### Female 50 to 59

Plc Name	City	Age	O'all Chip	Gun	Pace
1 Nina Smeltzer	Rehoboth Beach DE	57	18 25:58.8	25:59.5	8:23/M
2 Vickie Vlachos	Milford DE	52	36 29:42.2	29:50.4	9:37/M
3 Laurie Yanacek	Milford DE	51	40 30:28.3	30:32.2	9:51/M
4 Elaine Nolan	Camden DE	58	44 30:44.5	30:56.9	9:59/M
5 Louise Holt	Milford DE	59	52 32:54.8	33:04.5	10:40/M
6 Arleen Murchison	Dover DE	54	70 42:54.9	43:07.2	13:55/M
7 Diana Woodward	Harrington DE	59	77 54:59.0	55:09.5	17:47/M

#### Female 60 and Over

Plc Name	City	Age	O'all Chip	Gun	Pace
1 Alexis Jamison	Dover DE	63	21 26:57.5	27:05.1	8:44/M

#### Male Open Champion

Plc Name	City	Age	O'all Chip	Gun	Pace
1 Jesse Goodyear	Elkton MD	36	1 17:44.4	17:45.0	5:44/M

#### Male Masters Champion

Plc Name	City	Age	O'all Chip	Gun	Pace
1 Patrick Hoffman	Federica DE	48	2 18:46.5	18:47.1	6:04/M

#### Male 10 and Under

Plc Name	City	Age	O'all Chip	Gun	Pace
1 Jeremy Tennefoss	Greenwood DE	9	51 32:23.4	32:28.7	10:28/M
2 Nathan Webber	Clayton DE	8	67 41:16.5	41:30.0	13:23/M

#### Male 11 to 14

Plc Name	City	Age	O'all Chip	Gun	Pace
1 Gil Hoffman	Federica DE	14	6 22:21.8	22:23.6	7:13/M
2 Matthew Milan		13	31 28:37.5	28:44.4	9:16/M
3 Edwin Tennefoss	Greenwood DE	11	37 29:57.2	30:01.9	9:41/M

#### Male 20 to 29

Plc Name	City	Age	O'all Chip	Gun	Pace
1 Brendon Horne	Dover DE	22	4 21:10.8	21:11.5	6:50/M
2 Maurice Fosque	Cheswold DE	23	9 23:47.0	23:53.0	7:42/M
3 William Austin	Dover DE	26	24 27:19.1	27:29.0	8:52/M

#### Male 30 to 39

Plc Name	City	Age	O'all Chip	Gun	Pace
1 Andy Gorlich	Milton DE	31	3 20:46.2	20:48.5	6:43/M
2 Ryan Kelly	Camden DE	31	12 24:22.5	24:26.1	7:53/M
3 Steve Wheeler	Still Pond MD	33	15 24:55.8	24:56.4	8:03/M

4	Rob Ridgeway	Camden Wyoming DE	39	22	27:03.8	27:09.9	8:45/M
5	Joseph Serrano	Dover DE	33	28	28:01.5	28:04.1	9:03/M
6	Chris Dellis	Dover DE	31	38	30:24.8	30:31.9	9:51/M
7	Harold Myers	Harrington DE	31	55	33:57.9	34:08.9	11:01/M
8	Jimmy Pennewell	Dover DE	36	57	34:09.1	34:28.6	11:07/M

**Male 40 to 49**

Plc Name	City	Age	O'all	Chip	Gun	Pace	
1	Robert Crossman	Mount Kisco NY	44	26	27:47.5	27:51.2	8:59/M
2	Edwin Teneffoss	Greenwood DE	41	41	30:32.9	30:37.9	9:53/M
3	John Fiori	Felton DE	45	56	34:08.1	34:17.0	11:04/M
4	Malcolm Thompson	Magnolia DE	46	64	38:07.7	38:24.1	12:23/M

**Male 50 to 59**

Plc Name	City	Age	O'all	Chip	Gun	Pace	
1	Fernando Gisone	Palmyra NJ	54	5	22:21.1	22:23.9	7:13/M
2	John Yanacek	Milford DE	50	8	22:33.3	22:34.0	7:17/M
3	Todd Carmean	Bridgeville DE	54	10	23:56.9	23:57.5	7:44/M
4	Mike Cordeiro	Dover DE	52	13	24:22.7	24:23.3	7:52/M
5	Bill Brockenbrough	Clayton DE	57	19	26:21.2	26:21.8	8:30/M
6	Tim Horne	Dover DE	50	27	28:01.1	28:05.0	9:04/M

**Male 60 to 69**

Plc Name	City	Age	O'all	Chip	Gun	Pace	
1	Bruce Ford	Parksley VA	60	29	28:11.0	28:15.8	9:07/M
2	Jose Lukecart	Felton DE	64	34	29:03.2	29:16.7	9:26/M
3	Charles Matthews	Camden Wyoming DE	68	60	36:19.4	36:23.9	11:44/M

**Male 70 and Over**

Plc Name	City	Age	O'all	Chip	Gun	Pace	
1	David Lovelace	Newark DE	71	23	27:05.6	27:08.3	8:45/M
2	Lee Masser	Edgewater MD	80	73	47:26.6	47:42.1	15:23/M