

Crossfit Dover 5K Run Walk & 1.5 Mile Fitness Challenge

CrossFit Dover, Dover, DE

Wednesday, June 19, 2019 - Sunny - 90 Degrees

A Trisports Events Production

Overall Finish List

5K Run

Plc	Name	City	Bib	Age	Age Plc	Chip	Gun	Pace
1	David Trombello	Magnolia DE	950	36	1:Open	21:40.5	21:40.5	6:59/M
2	Tim Collins	Dover DE	907	45	1:Masters	23:07.1	23:07.1	7:27/M
3	Adam Pritchett	Camden DE	935	39	1:M 30-39	23:08.9	23:13.9	7:28/M
4	Duane Christy	Havre De Grace MD	830	56	1:M 50-59	23:09.2	23:10.2	7:28/M
5	Jesse Spampinato	Dover DE	943	38	2:M 30-39	23:40.2	23:44.6	7:38/M
6	Aaron Schauber	Sudlersville MD	963	28	1:M 20-29	24:01.0	24:03.1	7:45/M
7	Adam Colaprete	Dover DE	906	35	3:M 30-39	24:41.8	24:47.1	7:58/M
8	Sarah Cummings	Dover DE	912	14	1:Open	25:12.2	25:12.2	8:07/M
9	Brendan Coyle	Camden Wyoming DE	909	17	1:M 15-19	25:18.3	25:19.2	8:10/M
10	Megan Forrest	Felton DE	920	14	1:F 1-14	26:08.3	26:13.2	8:26/M
11	Landon Bratz	Bridgeville DE	902	6	1:M 1-14	26:23.2	26:24.2	8:31/M
12	Benjamin Hollinger	Magnolia DE	924	52	2:M 50-59	27:17.5	27:21.2	8:48/M
13	Woody Disharoon	Laurel DE	916	70	1:M 70-99	27:25.5	27:29.0	8:51/M
14	Quade Cummings	Dover DE	911	9	2:M 1-14	27:38.0	27:40.7	8:55/M
15	Nina Smeltzer	Rehoboth Beach DE	941	60	1:Masters	27:46.6	27:46.6	8:56/M
16	Manish Singh	Newark DE	969	20	2:M 20-29	28:25.9	28:32.2	9:10/M
17	Carrie Green	Dover DE	923	45	1:F 40-49	28:41.4	28:49.5	9:15/M
18	Karen Forrest	Felton DE	919	43	2:F 40-49	28:41.5	28:46.6	9:15/M
19	Bill Brockenbrough	Clayton DE	966	60	1:M 60-69	28:42.5	28:48.3	9:15/M
20	Joi Simmons	Dover DE	957	40	3:F 40-49	28:52.6	28:55.7	9:19/M
21	Sarah Gifford	Rock Hall MD	921	61	1:F 60-69	31:47.6	31:52.6	10:15/M
22	Jon Phillips	Dover DE	961	40	1:M 40-49	31:57.4	32:03.9	10:18/M
23	Robin Maracle	Camden Wyoming DE	929	37	1:F 30-39	32:27.9	32:36.1	10:28/M
24	Re' Schlitt	Dover DE	959	49	2:M 40-49	33:01.3	33:06.8	10:39/M
25	Valerie Reihl	Rock Hall MD	936	63	2:F 60-69	33:39.0	33:43.2	10:51/M
26	Deborah Rementer	Rehoboth Beach DE	937	63	3:F 60-69	34:15.8	34:22.6	11:03/M
27	Mandelyn Cook-Jones	Dover DE	908	36	2:F 30-39	34:27.0	34:36.0	11:07/M
28	Amy Cunningham	Dover DE	913	44	4:F 40-49	34:52.5	35:01.3	11:15/M
29	Charese Messina-Pritchett	Camden Wyoming DE	931	37	3:F 30-39	35:00.8	35:06.0	11:17/M
30	Raegan Logue	Clayton DE	927	15	1:F 15-19	35:12.0	35:18.6	11:21/M
31	Kristen Tarr	Easton MD	948	29	1:F 20-29	35:29.7	35:34.7	11:27/M
32	Bridget Davila	Camden Wyoming DE	975	34	4:F 30-39	36:08.0	36:18.1	11:39/M
33	Corie Stewart	Gaithersburg MD	945	34	5:F 30-39	36:31.9	36:38.6	11:47/M
34	Frank Whittington	Middletown DE	952	68	2:M 60-69	36:34.7	36:41.1	11:48/M
35	Craig Warrington	Milford DE	951	57	3:M 50-59	36:39.4	36:47.2	11:49/M
36	Lisa Kane	Dover DE	972	55	1:F 50-59	36:44.7	36:49.4	11:51/M
37	Michele Cummings	Dover DE	910	43	5:F 40-49	37:08.6	37:12.8	11:59/M
38	Mark Pleasanton	Smyrna DE	934	58	4:M 50-59	37:29.1	37:36.6	12:05/M
39	Larry Price	Middletown DE	962	76	2:M 70-99	37:31.6	37:39.7	12:06/M
40	Christina Zimmerman	Harrington DE	955	38	6:F 30-39	38:29.3	38:32.5	12:25/M
41	Althea Phillips	Dover DE	960	41	6:F 40-49	39:44.7	39:51.2	12:49/M
42	Karen Phillips	Dover DE	958	57	2:F 50-59	40:07.9	40:16.5	12:56/M

43	Dawn Hollinger	Magnolia DE	925	48	7:F 40-49	41:14.3	41:21.4	13:18/M
44	Jack Cortez	Dover DE	970	30	4:M 30-39	41:22.7	41:30.2	13:21/M
45	Trisha Davidson	Dover DE	971	23	2:F 20-29	41:22.7	41:30.3	13:21/M
46	Rachel Rohm	Dover DE	939	25	3:F 20-29	41:32.8	41:41.1	13:24/M
47	Erin Thwaites		590	36	7:F 30-39	42:17.6	42:30.5	13:38/M
48	Danny Thwaites	Dover DE	589	41	3:M 40-49	42:17.9	42:30.8	13:38/M
49	Jennifer Logue	Clayton DE	926	47	8:F 40-49	42:38.6	42:45.5	13:45/M
50	Paul Eichler	Dover DE	964	54	5:M 50-59	43:13.2	43:20.6	13:56/M
51	Charles Matthews	Camden Wyoming DE	930	71	3:M 70-99	46:28.7	46:36.9	14:59/M
52	Victoria Chambers	Marydel DE	904	50	3:F 50-59	50:41.3	50:44.1	16:21/M
53	Clair Smith	Marydel DE	942	7	2:F 1-14	50:41.6	50:44.1	16:21/M

5K Walk

Plc	Name	City	Bib	Age	Age Plc	Chip	Gun	Pace
1	Steven Brennan	Dover DE	588	58	1:M 1-99	33:55.4	33:56.3	10:56/M
2	Don Zalenski	Magnolia DE	953	73	2:M 1-99	36:38.4	36:41.2	11:49/M
3	Hoong Chow	Felton DE	905	60	3:M 1-99	40:37.4	40:38.4	13:06/M
4	Shirley Brennan	Dover DE	744	57	1:F 1-99	41:01.2	41:02.2	13:14/M
5	Alan Firlein	Rock Hall MD	918	80	4:M 1-99	41:31.3	41:34.2	13:24/M
6	Phyllis Zalenski	Magnolia DE	954	70	2:F 1-99	50:38.3	50:45.0	16:20/M

1.5 Fitness Challenge

Plc	Name	City	Bib	Age	Age Plc	Chip	Gun	Pace
1	Patrick Burks	Dover DE	903	29	1:OpenFC	22:15.4	22:15.4	14:49/M
2	Cesar Agostin	Camden Wyoming DE	968	37	1:M 1-99	22:23.6	22:27.8	14:55/M
3	Adam Jones	Camden Wyoming DE	965	39	2:M 1-99	23:25.7	23:26.6	15:37/M
4	Kimberly Root	Magnolia DE	940	34	1:OpenFC	27:02.8	27:02.8	17:59/M
5	Matt Blawn	Camden DE	901	44	1:MastFC	28:15.0	28:15.0	18:47/M
6	Hailey Sparco	Townsend DE	967	25	1:F 1-99	29:05.8	29:11.0	19:23/M
7	Carolina Rodriquez	Dover DE	938	41	1:MastFC	30:13.3	30:13.3	20:05/M
8	Joann Paskey	Harrington DE	831	58	2:F 1-99	30:47.1	30:51.0	20:31/M
9	Jonathan Diggs	Smyrna DE	915	38	3:M 1-99	32:27.1	32:40.3	21:38/M
10	Bonnie Thomas	Dover DE	949	51	3:F 1-99	32:37.2	32:40.7	21:45/M
11	Amy Zook	Magnolia DE	956	41	4:F 1-99	33:56.7	34:01.4	22:37/M
12	Sebastian Gonzalez	Camden DE	922	56	4:M 1-99	38:17.8	38:21.3	25:31/M

5K Age Group Results

Female Champion

Plc	Name	City	Age	O'all	Chip	Gun	Pace
1	Sarah Cummings	Dover DE	14	8	25:12.2	25:12.2	8:07/M

Female Masters Champion

Plc	Name	City	Age	O'all	Chip	Gun	Pace
1	Nina Smeltzer	Rehoboth Beach DE	60	15	27:46.6	27:46.6	8:56/M

Female 14 and Under

Plc	Name	City	Age	O'all	Chip	Gun	Pace
1	Megan Forrest	Felton DE	14	10	26:08.3	26:13.2	8:26/M
2	Clair Smith	Marydel DE	7	53	50:41.6	50:44.1	16:21/M

Female 15 to 19

Plc	Name	City	Age	O'all	Chip	Gun	Pace
1	Raegan Logue	Clayton DE	15	30	35:12.0	35:18.6	11:21/M

Female 20 to 29

Plc	Name	City	Age	O'all	Chip	Gun	Pace
1	Kristen Tarr	Easton MD	29	31	35:29.7	35:34.7	11:27/M
2	Trisha Davidson	Dover DE	23	45	41:22.7	41:30.3	13:21/M
3	Rachel Rohm	Dover DE	25	46	41:32.8	41:41.1	13:24/M

Female 30 to 39

Plc	Name	City	Age	O'all	Chip	Gun	Pace
1	Robin Maracle	Camden Wyoming DE	37	23	32:27.9	32:36.1	10:28/M
2	Mandelyn Cook-Jones	Dover DE	36	27	34:27.0	34:36.0	11:07/M
3	Charese Messina-Pritchett	Camden Wyoming DE	37	29	35:00.8	35:06.0	11:17/M
4	Bridget Davila	Camden Wyoming DE	34	32	36:08.0	36:18.1	11:39/M
5	Corie Stewart	Gaithersburg MD	34	33	36:31.9	36:38.6	11:47/M
6	Christina Zimmerman	Harrington DE	38	40	38:29.3	38:32.5	12:25/M
7	Erin Thwaites		36	47	42:17.6	42:30.5	13:38/M

Female 40 to 49

Plc	Name	City	Age	O'all	Chip	Gun	Pace
1	Carrie Green	Dover DE	45	17	28:41.4	28:49.5	9:15/M
2	Karen Forrest	Felton DE	43	18	28:41.5	28:46.6	9:15/M
3	Joi Simmons	Dover DE	40	20	28:52.6	28:55.7	9:19/M
4	Amy Cunningham	Dover DE	44	28	34:52.5	35:01.3	11:15/M
5	Michele Cummings	Dover DE	43	37	37:08.6	37:12.8	11:59/M
6	Althea Phillips	Dover DE	41	41	39:44.7	39:51.2	12:49/M
7	Dawn Hollinger	Magnolia DE	48	43	41:14.3	41:21.4	13:18/M
8	Jennifer Logue	Clayton DE	47	49	42:38.6	42:45.5	13:45/M

Female 50 to 59

Plc	Name	City	Age	O'all	Chip	Gun	Pace
1	Lisa Kane	Dover DE	55	36	36:44.7	36:49.4	11:51/M
2	Karen Phillips	Dover DE	57	42	40:07.9	40:16.5	12:56/M
3	Victoria Chambers	Marydel DE	50	52	50:41.3	50:44.1	16:21/M

Female 60 to 69

Plc	Name	City	Age	O'all	Chip	Gun	Pace
1	Sarah Gifford	Rock Hall MD	61	21	31:47.6	31:52.6	10:15/M
2	Valerie Reihl	Rock Hall MD	63	25	33:39.0	33:43.2	10:51/M
3	Deborah Rementer	Rehoboth Beach DE	63	26	34:15.8	34:22.6	11:03/M

Male Champion

Plc	Name	City	Age	O'all	Chip	Gun	Pace
1	David Trombello	Magnolia DE	36	1	21:40.5	21:40.5	6:59/M

Male Masters Champion

Plc	Name	City	Age	O'all	Chip	Gun	Pace
1	Tim Collins	Dover DE	45	2	23:07.1	23:07.1	7:27/M

Male 14 and Under

Plc	Name	City	Age	O'all	Chip	Gun	Pace
1	Landon Bratz	Bridgeville DE	6	11	26:23.2	26:24.2	8:31/M
2	Quade Cummings	Dover DE	9	14	27:38.0	27:40.7	8:55/M

Male 15 to 19

Plc	Name	City	Age	O'all	Chip	Gun	Pace
1	Brendan Coyle	Camden Wyoming DE	17	9	25:18.3	25:19.2	8:10/M

Male 20 to 29

Plc	Name	City	Age	O'all	Chip	Gun	Pace
1	Aaron Schauber	Sudlersville MD	28	6	24:01.0	24:03.1	7:45/M
2	Manish Singh	Newark DE	20	16	28:25.9	28:32.2	9:10/M

Male 30 to 39

Plc	Name	City	Age	O'all	Chip	Gun	Pace
1	Adam Pritchett	Camden DE	39	3	23:08.9	23:13.9	7:28/M
2	Jesse Spampinato	Dover DE	38	5	23:40.2	23:44.6	7:38/M
3	Adam Colaprete	Dover DE	35	7	24:41.8	24:47.1	7:58/M
4	Jack Cortez	Dover DE	30	44	41:22.7	41:30.2	13:21/M

Male 40 to 49

Plc	Name	City	Age	O'all	Chip	Gun	Pace
1	Jon Phillips	Dover DE	40	22	31:57.4	32:03.9	10:18/M
2	Re' Schlitt	Dover DE	49	24	33:01.3	33:06.8	10:39/M
3	Danny Thwaites	Dover DE	41	48	42:17.9	42:30.8	13:38/M

Male 50 to 59

Plc	Name	City	Age	O'all	Chip	Gun	Pace
1	Duane Christy	Havre De Grace MD	56	4	23:09.2	23:10.2	7:28/M
2	Benjamin Hollinger	Magnolia DE	52	12	27:17.5	27:21.2	8:48/M
3	Craig Warrington	Milford DE	57	35	36:39.4	36:47.2	11:49/M
4	Mark Pleasanton	Smyrna DE	58	38	37:29.1	37:36.6	12:05/M
5	Paul Eichler	Dover DE	54	50	43:13.2	43:20.6	13:56/M

Male 60 to 69

Plc	Name	City	Age	O'all	Chip	Gun	Pace
1	Bill Brockenbrough	Clayton DE	60	19	28:42.5	28:48.3	9:15/M
2	Frank Whittington	Middletown DE	68	34	36:34.7	36:41.1	11:48/M

Male 70 and Over

Plc	Name	City	Age	O'all	Chip	Gun	Pace
1	Woody Disharoon	Laurel DE	70	13	27:25.5	27:29.0	8:51/M
2	Larry Price	Middletown DE	76	39	37:31.6	37:39.7	12:06/M
3	Charles Matthews	Camden Wyoming DE	71	51	46:28.7	46:36.9	14:59/M

1.5 Fitness Challenge Results

Female Fitness Challenge Champion

Plc	Name	City	Age	O'all	Chip	Gun	Pace
1	Kimberly Root	Magnolia DE	34	4	27:02.8	27:02.8	17:59/M

Female Masters Fitness Challenge Champion

Plc	Name	City	Age	O'all	Chip	Gun	Pace
1	Carolina Rodriguez	Dover DE	41	7	30:13.3	30:13.3	20:05/M

Female 99 and Under

Plc	Name	City	Age	O'all	Chip	Gun	Pace
1	Hailey Sparco	Townsend DE	25	6	29:05.8	29:11.0	19:23/M
2	Joann Paskey	Harrington DE	58	8	30:47.1	30:51.0	20:31/M
3	Bonnie Thomas	Dover DE	51	10	32:37.2	32:40.7	21:45/M
4	Amy Zook	Magnolia DE	41	11	33:56.7	34:01.4	22:37/M

Male Fitness Challenge Champion

Plc	Name	City	Age	O'all	Chip	Gun	Pace
1	Patrick Burks	Dover DE	29	1	22:15.4	22:15.4	14:49/M

Male Masters Fitness Challenge Champion

Plc	Name	City	Age	O'all	Chip	Gun	Pace
1	Matt Blawn	Camden DE	44	5	28:15.0	28:15.0	18:47/M

Male 99 and Under

Plc	Name	City	Age	O'all	Chip	Gun	Pace
1	Cesar Agostin	Camden Wyoming DE	37	2	22:23.6	22:27.8	14:55/M
2	Adam Jones	Camden Wyoming DE	39	3	23:25.7	23:26.6	15:37/M
3	Jonathan Diggs	Smyrna DE	38	9	32:27.1	32:40.3	21:38/M
4	Sebastian Gonzalez	Camden DE	56	12	38:17.8	38:21.3	25:31/M