

Crossfit Dover/Team RWB 5K Run/Walk

Crossfit Dover - Dover, DE

Friday, June 22, 2018

A Trisports Events Production

Overall Finish List

5K Run

Plc	Name	City	Bib	Age	Age Plc	Chip	Gun	Pace
1	Aidan O'Connor	Wyoming DE	1900	18	1:Open	17:43.7	17:43.7	5:43/M
2	Andrew Jakubowitch	Dover DE	1124	39	1:M 30-39	17:59.7	18:00.0	5:48/M
3	Steven Ferrandino	Dover DE	1127	18	1:M 15-19	19:48.2	19:49.1	6:24/M
4	Matt Sparacino	Harrington DE	1009	40	1:Masters	20:40.1	20:40.1	6:40/M
5	Rick Short	Dover DE	1108	41	1:M 40-49	21:40.0	21:41.1	7:00/M
6	Chas Barker	Smyrna DE	1128	36	2:M 30-39	22:21.2	22:23.9	7:13/M
7	Duane Christy	Havre De Grace MD	2267	55	1:M 50-59	22:35.2	22:36.0	7:17/M
8	Bryan Perry	Dover DE	1099	42	2:M 40-49	23:04.9	23:05.9	7:27/M
9	Mardiny Ung	Elizabethtown PA	1050	51	1:Open	23:08.3	23:08.3	7:28/M
10	Todd Carmean	Bridgeville DE	1049	55	2:M 50-59	23:13.5	23:13.8	7:29/M
11	Mike Piorkowsky	Glen Mills PA	1122	57	3:M 50-59	23:29.3	23:31.1	7:35/M
12	Sydni Warman	Dover DE	1112	16	1:F 15-19	23:48.9	23:52.0	7:42/M
13	Evan Phillips	Dover DE	1101	15	2:M 15-19	24:39.2	24:41.2	7:58/M
14	Jon Phillips	Dover DE	1102	39	3:M 30-39	24:41.4	24:43.5	7:58/M
15	Diane Frentzel	Avondale PA	1076	39	1:F 30-39	24:46.6	24:51.3	8:01/M
16	Majorie Adams	Wilmington DE	1121	58	1:Masters	25:23.3	25:23.3	8:11/M
17	Skip Ford	Camden Wyoming DE	1075	50	4:M 50-59	26:22.1	26:31.3	8:33/M
18	Catherine Akridge	Toms River NJ	1062	66	1:F 60-69	26:50.9	26:55.5	8:41/M
19	Chris Lofton	Dover DE	1088	28	1:M 20-29	26:51.2	26:57.3	8:42/M
20	Barbara Griffin	Dover DE	1123	40	1:F 40-49	26:53.6	26:59.2	8:42/M
21	Dawn Ebert	Camden Wyoming DE	1072	52	1:F 50-59	29:46.1	29:51.7	9:38/M
22	Sarah Zerrad	Dover DE	1117	32	2:F 30-39	29:47.8	29:52.6	9:38/M
23	Lance Moon	Dover DE	1096	47	3:M 40-49	29:51.0	29:58.6	9:40/M
24	Elizabeth Moon	Dover DE	1095	41	2:F 40-49	29:51.8	29:58.6	9:40/M
25	Davera Burgess	Dover DE	1070	39	3:F 30-39	29:59.2	30:03.4	9:42/M
26	Ashli Warman	Dover DE	1110	16	2:F 15-19	30:19.0	30:22.4	9:48/M
27	Anthony Gott	Dover DE	1078	27	2:M 20-29	31:00.1	31:08.4	10:03/M
28	Kyla Bonelli	Dover DE	1126	20	1:F 20-29	31:06.3	31:09.3	10:03/M
29	Terri Murphy	Dover DE	1098	55	2:F 50-59	31:40.4	31:48.6	10:15/M
30	Juston Yelverton	Dover DE	1130	37	4:M 30-39	33:14.4	33:22.1	10:46/M
31	Lee Ann Waltz	Milton DE	1120	55	3:F 50-59	33:22.7	33:25.1	10:47/M
32	Magdalena Winfield	Dover DE	1113	38	4:F 30-39	33:30.4	33:38.1	10:51/M
33	Sophia Barker	Smyrna DE	1129	10	1:F 1-14	33:38.9	33:45.1	10:53/M
34	Rosita Burton	Lincoln DE	1071	46	3:F 40-49	35:15.8	35:19.4	11:24/M
35	Althea Phillips	Dover DE	1100	40	4:F 40-49	35:15.9	35:24.4	11:25/M
36	Lisa Kane	Dover DE	1125	54	4:F 50-59	35:46.9	35:52.7	11:34/M
37	Laura Holloway	Camden DE	1080	54	5:F 50-59	36:16.9	36:23.1	11:44/M
38	Larry Price	Middletown DE	1119	75	1:M 70-99	36:53.9	36:59.0	11:56/M
39	Dawn Warman	Dover DE	1111	48	5:F 40-49	37:35.7	37:41.4	12:09/M
40	Rebekah Ford	Camden DE	1897	38	5:F 30-39	39:48.7	40:00.0	12:54/M
41	Elizabeth Clark	Missoula MT	1898	36	6:F 30-39	39:49.1	40:00.4	12:54/M
42	Sue Balik	Dover DE	1063	55	6:F 50-59	42:49.8	42:58.6	13:52/M

43	Donna Morris	Dover DE	1097	52	7:F 50-59	42:53.7	42:58.3	13:52/M
44	Jay Epstein	Elizabethtown PA	2266	61	1:M 60-69	45:27.8	45:32.3	14:41/M
45	Jerri Fleetwood	Houston DE	1074	62	2:F 60-69	45:28.2	45:32.4	14:41/M
46	Charles Matthews	Camden Wyoming DE	1089	70	2:M 70-99	45:33.7	45:40.6	14:44/M
47	Jen Christman	Felton DE	1045	36	7:F 30-39	49:54.2	50:05.7	16:09/M

5K Walk

Plc	Name	City	Bib	Age	Age Plc	Chip	Gun	Pace
1	Steven Brennan	Dover DE	1068	57	1:M 1-99	33:51.4	33:52.1	10:55/M
2	Ron Salvio	Whiting NJ	1105	69	2:M 1-99	34:00.9	34:06.3	11:00/M
3	Don Zalenski	Magnolia DE	1115	72	3:M 1-99	39:04.0	39:06.4	12:37/M
4	Hoong Chow	Felton DE	1036	59	4:M 1-99	40:40.0	40:43.1	13:08/M
5	Alan Firlein	Rock Hall MD	1073	79	5:M 1-99	41:56.6	42:00.9	13:33/M
6	Mayer Rubin	Dover DE	1034	62	6:M 1-99	45:55.8	45:59.2	14:50/M
7	Jeff Savin	Camden Wyoming DE	1106	50	7:M 1-99	49:55.8	50:06.8	16:10/M
8	Phyllis Zalenski	Magnolia DE	1116	69	1:F 1-99	51:13.5	51:21.0	16:34/M
9	Liz Molin	Townsend DE	1093	65	2:F 1-99	51:52.6	52:00.3	16:46/M
10	Tom Molin	Townsend DE	1094	66	8:M 1-99	51:52.9	52:00.9	16:46/M

Fitness Challenge

Plc	Name	City	Bib	Age	Age Plc	Chip	Gun	Pace
1	Erik Bork	Smyrna DE	1065	38	1:OpenFC	20:34.8	20:34.8	13:43/M
2	Beth Johnson	Dover DE	1083	55	1:OpenFC	21:45.2	21:45.2	14:30/M
3	Adam Jones	Camden Wyoming DE	1027	38	1:M 1-99	22:10.2	22:14.0	14:49/M
4	Vincent Richardson	Dover DE	1103	21	2:M 1-99	22:57.0	23:02.5	15:21/M
5	Paul Bernard	Magnolia DE	1064	61	1:MastFC	23:12.9	23:12.9	15:28/M
6	Jared Hughart	Greenwood DE	1082	33	3:M 1-99	23:26.7	23:29.9	15:39/M
7	Allison Hughart	Greenwood DE	1081	34	1:F 1-99	23:26.8	23:29.7	15:39/M
8	Lidia Marroquin		1899	30	2:F 1-99	23:44.3	23:46.5	15:51/M
9	Matthew Frentzel	Avondale PA	1077	40	4:M 1-99	23:51.1	23:55.2	15:57/M
10	Amy Zook	Magnolia DE	1118	40	1:MastFC	23:56.6	23:56.6	15:57/M
11	Mike Mendoza	Dover DE	1091	56	5:M 1-99	24:17.8	24:20.0	16:13/M
12	Mark Wood	Dover DE	1114	56	6:M 1-99	27:13.4	27:17.4	18:11/M
13	Carolina Rodriguez	Dover DE	2268	40	3:F 1-99	27:31.1	27:34.6	18:23/M
14	Kimberly Root	Magnolia DE	1104	33	4:F 1-99	30:04.8	30:08.4	20:05/M
15	Laura Bortz	Camden Wyoming DE	1067	38	5:F 1-99	30:45.0	30:46.7	20:31/M
16	Alyssa Bortz	Camden Wyoming DE	1066	10	6:F 1-99	30:45.3	30:46.9	20:31/M
17	Amin Haqani	Dover DE	1131	38	7:M 1-99	31:18.5	31:18.5	20:52/M

Age Group Results

Female Champion

Plc	Name	City	Age	O'all	Chip	Gun	Pace
1	Mardiny Ung	Elizabethtown PA	51	9	23:08.3	23:08.3	7:28/M

Female Masters Champion

Plc	Name	City	Age	O'all	Chip	Gun	Pace
1	Majorie Adams	Wilmington DE	58	16	25:23.3	25:23.3	8:11/M

Female 14 and Under

Plc	Name	City	Age	O'all	Chip	Gun	Pace
1	Sophia Barker	Smyrna DE	10	33	33:38.9	33:45.1	10:53/M

Female 15 to 19

Plc	Name	City	Age	O'all	Chip	Gun	Pace
1	Sydni Warman	Dover DE	16	12	23:48.9	23:52.0	7:42/M
2	Ashli Warman	Dover DE	16	26	30:19.0	30:22.4	9:48/M

Female 20 to 29

Plc	Name	City	Age	O'all	Chip	Gun	Pace
1	Kyla Bonelli	Dover DE	20	28	31:06.3	31:09.3	10:03/M

Female 30 to 39

Plc	Name	City	Age	O'all	Chip	Gun	Pace
1	Diane Frentzel	Avondale PA	39	15	24:46.6	24:51.3	8:01/M
2	Sarah Zerrad	Dover DE	32	22	29:47.8	29:52.6	9:38/M
3	Davera Burgess	Dover DE	39	25	29:59.2	30:03.4	9:42/M
4	Magdalena Winfield	Dover DE	38	32	33:30.4	33:38.1	10:51/M
5	Rebekah Ford	Camden DE	38	40	39:48.7	40:00.0	12:54/M
6	Elizabeth Clark	Missoula MT	36	41	39:49.1	40:00.4	12:54/M
7	Jen Christman	Felton DE	36	47	49:54.2	50:05.7	16:09/M

Female 40 to 49

Plc	Name	City	Age	O'all	Chip	Gun	Pace
1	Barbara Griffin	Dover DE	40	20	26:53.6	26:59.2	8:42/M
2	Elizabeth Moon	Dover DE	41	24	29:51.8	29:58.6	9:40/M
3	Rosita Burton	Lincoln DE	46	34	35:15.8	35:19.4	11:24/M
4	Althea Phillips	Dover DE	40	35	35:15.9	35:24.4	11:25/M
5	Dawn Warman	Dover DE	48	39	37:35.7	37:41.4	12:09/M

Female 50 to 59

Plc	Name	City	Age	O'all	Chip	Gun	Pace
1	Dawn Ebert	Camden Wyoming DE	52	21	29:46.1	29:51.7	9:38/M
2	Terri Murphy	Dover DE	55	29	31:40.4	31:48.6	10:15/M
3	Lee Ann Waltz	Milton DE	55	31	33:22.7	33:25.1	10:47/M
4	Lisa Kane	Dover DE	54	36	35:46.9	35:52.7	11:34/M
5	Laura Holloway	Camden DE	54	37	36:16.9	36:23.1	11:44/M
6	Sue Balik	Dover DE	55	42	42:49.8	42:58.6	13:52/M
7	Donna Morris	Dover DE	52	43	42:53.7	42:58.3	13:52/M

Female 60 to 69

Plc	Name	City	Age	O'all	Chip	Gun	Pace
1	Catherine Akridge	Toms River NJ	66	18	26:50.9	26:55.5	8:41/M

2	Jerri Fleetwood	Houston DE	62	45	45:28.2	45:32.4	14:41/M
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Male Champion

Plc	Name	City	Age	O'all	Chip	Gun	Pace
1	Aidan O'Connor	Wyoming DE	18	1	17:43.7	17:43.7	5:43/M

Male Masters Champion

Plc	Name	City	Age	O'all	Chip	Gun	Pace
1	Matt Sparacino	Harrington DE	40	4	20:40.1	20:40.1	6:40/M

Male 15 to 19

Plc	Name	City	Age	O'all	Chip	Gun	Pace
1	Steven Ferrandino	Dover DE	18	3	19:48.2	19:49.1	6:24/M
2	Evan Phillips	Dover DE	15	13	24:39.2	24:41.2	7:58/M

Male 20 to 29

Plc	Name	City	Age	O'all	Chip	Gun	Pace
1	Chris Lofton	Dover DE	28	19	26:51.2	26:57.3	8:42/M
2	Anthony Gott	Dover DE	27	27	31:00.1	31:08.4	10:03/M

Male 30 to 39

Plc	Name	City	Age	O'all	Chip	Gun	Pace
1	Andrew Jakubowitch	Dover DE	39	2	17:59.7	18:00.0	5:48/M
2	Chas Barker	Smyrna DE	36	6	22:21.2	22:23.9	7:13/M
3	Jon Phillips	Dover DE	39	14	24:41.4	24:43.5	7:58/M
4	Juston Yelverton	Dover DE	37	30	33:14.4	33:22.1	10:46/M

Male 40 to 49

Plc	Name	City	Age	O'all	Chip	Gun	Pace
1	Rick Short	Dover DE	41	5	21:40.0	21:41.1	7:00/M
2	Bryan Perry	Dover DE	42	8	23:04.9	23:05.9	7:27/M
3	Lance Moon	Dover DE	47	23	29:51.0	29:58.6	9:40/M

Male 50 to 59

Plc	Name	City	Age	O'all	Chip	Gun	Pace
1	Duane Christy	Havre De Grace MD	55	7	22:35.2	22:36.0	7:17/M
2	Todd Carmean	Bridgeville DE	55	10	23:13.5	23:13.8	7:29/M
3	Mike Piorkowsky	Glen Mills PA	57	11	23:29.3	23:31.1	7:35/M
4	Skip Ford	Camden Wyoming DE	50	17	26:22.1	26:31.3	8:33/M

Male 60 to 69

Plc	Name	City	Age	O'all	Chip	Gun	Pace
1	Jay Epstein	Elizabethtown PA	61	44	45:27.8	45:32.3	14:41/M

Male 70 and Over

Plc	Name	City	Age	O'all	Chip	Gun	Pace
1	Larry Price	Middletown DE	75	38	36:53.9	36:59.0	11:56/M
2	Charles Matthews	Camden Wyoming DE	70	46	45:33.7	45:40.6	14:44/M

1.5 Mile Fitness Challenge

Female Fitness Challenge Champion

Plc	Name	City	Age	O'all	Chip	Gun	Pace
1	Beth Johnson	Dover DE	55	2	21:45.2	21:45.2	14:30/M

Female Masters Fitness Challenge Champion

Plc	Name	City	Age	O'all	Chip	Gun	Pace
1	Amy Zook	Magnolia DE	40	10	23:56.6	23:56.6	15:57/M

Female 99 and Under

Plc	Name	City	Age	O'all	Chip	Gun	Pace
1	Allison Hughart	Greenwood DE	34	7	23:26.8	23:29.7	15:39/M
2	Lidia Marroquin		30	8	23:44.3	23:46.5	15:51/M
3	Carolina Rodriguez	Dover DE	40	13	27:31.1	27:34.6	18:23/M
4	Kimberly Root	Magnolia DE	33	14	30:04.8	30:08.4	20:05/M
5	Laura Bortz	Camden Wyoming DE	38	15	30:45.0	30:46.7	20:31/M
6	Alyssa Bortz	Camden Wyoming DE	10	16	30:45.3	30:46.9	20:31/M

Male Fitness Challenge Champion

Plc	Name	City	Age	O'all	Chip	Gun	Pace
1	Erik Bork	Smyrna DE	38	1	20:34.8	20:34.8	13:43/M

Male Masters Fitness Challenge Champion

Plc	Name	City	Age	O'all	Chip	Gun	Pace
1	Paul Bernard	Magnolia DE	61	5	23:12.9	23:12.9	15:28/M

Male 99 and Under

Plc	Name	City	Age	O'all	Chip	Gun	Pace
1	Adam Jones	Camden Wyoming DE	38	3	22:10.2	22:14.0	14:49/M
2	Vincent Richardson	Dover DE	21	4	22:57.0	23:02.5	15:21/M
3	Jared Hughart	Greenwood DE	33	6	23:26.7	23:29.9	15:39/M
4	Matthew Frentzel	Avondale PA	40	9	23:51.1	23:55.2	15:57/M
5	Mike Mendoza	Dover DE	56	11	24:17.8	24:20.0	16:13/M
6	Mark Wood	Dover DE	56	12	27:13.4	27:17.4	18:11/M
7	Amin Haqani	Dover DE	38	17	31:18.5	31:18.5	20:52/M