

Be Great 5K Run/Walk
Dover Boys & Girls Club, Dover, DE
Saturday, November 02, 2019 - Sunny - 53 Degrees
A Trisports Events Production

Overall Finish List

		<u>5K Run</u>						
Plc	Name	City	Bib	Age	Age Plc	Chip	Gun	Pace
1	Steven Wheeler	Still Pond MD	443	36	1:Open	19:36.4	19:36.4	6:19/M
2	Enrique Escalante	Lincoln DE	444	25	1:M 20-29	19:37.9	19:39.8	6:20/M
3	Derek Ross	Rockville MD	426	38	1:M 30-39	20:39.9	20:40.0	6:40/M
4	Kevin Mitten	Frederica DE	387	30	2:M 30-39	20:46.2	20:46.3	6:42/M
5	Deke Rush	Philadelphia PA	403	55	1:Masters	20:58.9	20:58.9	6:46/M
6	Mardiny Ung	Elizabethtown PA	414	53	1:Open	22:34.1	22:34.1	7:17/M
7	Rob Ridgeway	Camden Wyoming DE	431	42	1:M 40-49	22:41.1	22:41.3	7:19/M
8	Brian Harvey	Dover DE	374	44	2:M 40-49	22:45.8	22:49.6	7:21/M
9	Steven Dirksen	Dover DE	362	48	3:M 40-49	22:48.8	22:48.9	7:22/M
10	Bill Myers	Wilmington DE	425	63	1:M 60-69	23:07.7	23:09.7	7:28/M
11	John Yanacek	Milford DE	418	53	1:M 50-59	23:16.0	23:18.0	7:30/M
12	Holly Scott	Dover DE	428	58	1:Masters	23:19.2	23:19.2	7:30/M
13	Jeanette Hammon	Magnolia DE	429	48	1:F 40-49	23:38.7	23:41.7	7:38/M
14	Ramon Escalante	Milford DE	442	27	2:M 20-29	23:39.0	23:41.0	7:38/M
15	Michael Gillen	Camden Wyoming DE	371	48	4:M 40-49	23:39.1	23:42.5	7:38/M
16	Landon Bratz	Bridgeville DE	353	7	1:M 1-10	24:24.6	24:24.8	7:52/M
17	Tracey Gaines	Dover DE	369	39	1:F 30-39	25:07.5	25:11.2	8:06/M
18	Jules Woodall	Lewes DE	432	71	1:M 70-99	25:46.9	25:50.7	8:19/M
19	Joanne Hastings	Harrington DE	427	42	2:F 40-49	25:47.5	25:50.2	8:19/M
20	Eric Perez	Magnolia DE	393	49	5:M 40-49	26:02.2	26:06.3	8:24/M
21	Levi Fisher	Magnolia DE	368	35	3:M 30-39	26:43.3	26:45.4	8:37/M
22	Bill Brockenbrough	Clayton DE	438	60	2:M 60-69	27:35.0	27:38.3	8:54/M
23	Alan Quillen	Seaford DE	430	64	3:M 60-69	27:52.5	27:52.6	9:00/M
24	Gmerice Banks	Bear DE	350	45	3:F 40-49	27:53.6	28:05.7	9:00/M
25	Willie Makit	Clayton DE	433	64	4:M 60-69	28:00.9	28:03.4	9:02/M
26	Rafael Escalante	Milford DE	440	29	3:M 20-29	28:23.1	28:35.9	9:09/M
27	Heath Hackwell	Dover DE	373	31	4:M 30-39	29:07.9	29:12.9	9:24/M
28	Valerie Reihl	Rock Hall MD	397	63	1:F 60-99	29:51.4	29:54.8	9:38/M
29	Sarah Gifford	Rock Hall MD	370	61	2:F 60-99	30:09.7	30:13.6	9:44/M
30	Angel Rodriguez	Newark DE	402	38	5:M 30-39	30:36.0	30:40.2	9:52/M
31	Wafa Hozien	Dover DE	377	50	1:F 50-59	30:38.8	30:51.1	9:53/M
32	Craig Burkett	Dover DE	355	53	2:M 50-59	30:41.0	30:47.4	9:54/M
33	Vicki Windsor	Dover DE	417	49	4:F 40-49	30:43.1	30:47.9	9:55/M
34	Sarah Robinson	Felton DE	401	30	2:F 30-39	31:09.9	31:12.3	10:03/M
35	Teresa Escalante	Lincoln DE	441	48	5:F 40-49	31:23.8	31:37.5	10:08/M
36	Coryn Louder	Felton DE	437	9	1:F 1-10	31:26.4	31:26.6	10:09/M
37	Deborah Rementer	Rehoboth Beach DE	398	64	3:F 60-99	31:37.3	31:47.3	10:12/M
38	Shawn Ellis	Dover DE	363	43	6:M 40-49	32:01.6	32:12.8	10:20/M
39	Joni Keach	Florence AL	378	55	2:F 50-59	32:16.1	32:21.6	10:25/M
40	William Austin	Dover DE	349	29	4:M 20-29	34:06.4	34:08.9	11:00/M
41	Aj McLaren	Smyrna DE	386	30	3:F 30-39	34:28.3	34:33.3	11:07/M
42	Louise Holt	Milford DE	376	62	4:F 60-99	34:33.2	34:42.2	11:09/M

43	Courtney Stewart	Dover DE	408	37	4:F 30-39	34:58.9	35:11.8	11:17/M
44	Kirsten Higgins	Camden Wyoming DE	435	43	6:F 40-49	35:00.0	35:12.7	11:17/M
45	Wyman Ard	Felton DE	348	31	6:M 30-39	36:01.3	36:06.0	11:37/M
46	Amy Zook	Magnolia DE	434	42	7:F 40-49	37:12.6	37:17.6	12:00/M
47	Susan Albanese	Hartly DE	347	56	3:F 50-59	37:30.2	37:40.8	12:06/M
48	Heather Davis	Milford DE	361	25	1:F 20-29	38:09.7	38:17.7	12:19/M
49	Melissa Beck	Dover DE	352	41	8:F 40-49	39:37.8	39:46.1	12:47/M
50	Daniel Pennington	Milford DE	445	40	7:M 40-49	40:05.2	40:05.2	12:56/M
51	Angelita Mosley	Frederica DE	389	36	5:F 30-39	40:09.8	40:15.8	12:57/M
52	Diana Woodward	Harrington DE	423	62	5:F 60-99	42:44.7	42:50.2	13:47/M
53	Majessa Louder	Felton DE	436	14	1:F 11-14	50:50.8	50:50.9	16:24/M
54	Jay Epstein	Elizabethtown PA	364	62	5:M 60-69	58:03.1	58:11.4	18:44/M

5K Walk

Plc	Name	City	Bib	Age	Age Plc	Chip	Gun	Pace
1	Steve Brennan	Dover DE	889	59	1:M 1-99	34:17.2	34:17.3	11:04/M
2	Dawn Riggi	Harrington DE	399	48	1:F 1-99	35:27.1	35:29.3	11:26/M
3	Don Zalenski	Magnolia DE	421	73	2:M 1-99	38:01.2	38:01.4	12:16/M
4	Shirley Brennan	Dover DE	888	57	2:F 1-99	38:21.0	38:21.1	12:22/M
5	Hoong Chow	Felton DE	358	60	3:M 1-99	38:39.4	38:41.6	12:28/M
6	Raymond Banks	Bear DE	351	53	4:M 1-99	39:47.2	40:01.6	12:50/M
7	Geraldine D'Allesandro	Magnolia DE	881	59	3:F 1-99	39:56.8	40:08.4	12:53/M
8	Taffi Lang	Dover DE	380	49	4:F 1-99	40:06.5	40:06.7	12:56/M
9	Alan Firlein	Rock Hall MD	367	81	5:M 1-99	40:44.6	40:49.8	13:09/M
10	Dakota Shaffner	Hartly DE	406	16	6:M 1-99	42:17.8	42:25.1	13:39/M
11	Andrew Shaffner	Clayton DE	405	35	7:M 1-99	42:19.8	42:27.4	13:39/M
12	Pam Lilly	Magnolia DE	382	46	5:F 1-99	44:22.4	44:31.3	14:19/M
13	Nadine Moody	Townsend DE	388	39	6:F 1-99	44:23.8	44:30.2	14:19/M
14	Chris Cohan	Dover DE	359	46	8:M 1-99	44:38.5	44:47.3	14:24/M
15	David Teel	Dover DE	410	57	9:M 1-99	46:01.8	46:09.2	14:51/M
16	Jacob Carey	Harrington DE	356	27	10:M 1-99	46:23.1	46:29.6	14:58/M
17	Nora Carlisle	Milford DE	357	42	7:F 1-99	46:39.9	46:46.5	15:03/M
18	Jessica Main	Dover DE	384	35	8:F 1-99	47:20.6	47:36.7	15:16/M
19	Laurie Yanacek	Milford DE	419	54	9:F 1-99	48:34.1	48:44.8	15:40/M
20	Emily Teel	Dover DE	411	25	10:F 1-99	48:40.1	48:46.6	15:42/M
21	Leslie Ruth	Clayton DE	404	60	11:F 1-99	48:44.3	48:54.8	15:43/M
22	Bobbi Tyree-Edwards	Felton DE	413	43	12:F 1-99	49:18.7	49:24.5	15:54/M
23	Jennifer Cohan	Dover DE	360	47	13:F 1-99	49:21.2	49:30.6	15:55/M
24	Brittany Klecan	Dover DE	379	26	14:F 1-99	49:21.4	49:30.6	15:55/M
25	Candace Louder	Dover DE	383	36	15:F 1-99	50:23.2	50:49.6	16:15/M
26	Claribel Perez	Magnolia DE	392	51	16:F 1-99	51:04.9	51:18.5	16:29/M
27	Anna Owens	Dover DE	390	63	17:F 1-99	51:26.2	51:40.2	16:36/M
28	Phyllis Zalenski	Lincoln DE	422	70	18:F 1-99	52:38.8	52:49.6	16:59/M
29	Grayson Weeks	Dover DE	885	6	11:M 1-99	53:17.6	53:43.6	17:12/M
30	Emma Bydlon		884	8	19:F 1-99	53:19.0	53:46.4	17:12/M
31	Chana Weeks	Dover DE	415	35	20:F 1-99	53:41.3	54:07.6	17:19/M
32	Hanna Bydlon		883	6	21:F 1-99	53:45.4	54:13.6	17:20/M
33	Steve Aird	Dover DE	346	57	12:M 1-99	54:13.0	54:22.6	17:29/M
34	Terry Woodward	Harrington DE	424	63	13:M 1-99	54:18.5	54:22.5	17:31/M
35	Gavin Weeks		887	4	14:M 1-99	54:22.0	54:47.9	17:32/M
36	Doug Ferris	Camden Wyoming DE	365	62	15:M 1-99	54:49.2	54:49.2	17:41/M
37	Sandy Teel	Dover DE	412	57	22:F 1-99	55:04.8	55:12.1	17:46/M

38	Laura Gott	Viola DE	372	34	23:F 1-99	55:06.5	55:13.3	17:47/M
39	Sandra Dee Henning	Felton DE	882	58	24:F 1-99	1:01:19.0	1:01:31.6	19:47/M

Age Group Results

Female Champion

Plc	Name	City	Age	O'all	Chip	Gun	Pace
1	Mardiny Ung	Elizabethtown PA	53	6	22:34.1	22:34.1	7:17/M

Female Masters Champion

Plc	Name	City	Age	O'all	Chip	Gun	Pace
1	Holly Scott	Dover DE	58	12	23:19.2	23:19.2	7:30/M

Female 10 and Under

Plc	Name	City	Age	O'all	Chip	Gun	Pace
1	Coryn Louder	Felton DE	9	36	31:26.4	31:26.6	10:09/M

Female 11 to 14

Plc	Name	City	Age	O'all	Chip	Gun	Pace
1	Majessa Louder	Felton DE	14	53	50:50.8	50:50.9	16:24/M

Female 20 to 29

Plc	Name	City	Age	O'all	Chip	Gun	Pace
1	Heather Davis	Milford DE	25	48	38:09.7	38:17.7	12:19/M

Female 30 to 39

Plc	Name	City	Age	O'all	Chip	Gun	Pace
1	Tracey Gaines	Dover DE	39	17	25:07.5	25:11.2	8:06/M
2	Sarah Robinson	Felton DE	30	34	31:09.9	31:12.3	10:03/M
3	Aj McLaren	Smyrna DE	30	41	34:28.3	34:33.3	11:07/M
4	Courtney Stewart	Dover DE	37	43	34:58.9	35:11.8	11:17/M
5	Angelita Mosley	Frederica DE	36	51	40:09.8	40:15.8	12:57/M

Female 40 to 49

Plc	Name	City	Age	O'all	Chip	Gun	Pace
1	Jeanette Hammon	Magnolia DE	48	13	23:38.7	23:41.7	7:38/M
2	Joanne Hastings	Harrington DE	42	19	25:47.5	25:50.2	8:19/M
3	Gmerice Banks	Bear DE	45	24	27:53.6	28:05.7	9:00/M
4	Vicki Windsor	Dover DE	49	33	30:43.1	30:47.9	9:55/M
5	Teresa Escalante	Lincoln DE	48	35	31:23.8	31:37.5	10:08/M
6	Kirsten Higgins	Camden Wyoming DE	43	44	35:00.0	35:12.7	11:17/M
7	Amy Zook	Magnolia DE	42	46	37:12.6	37:17.6	12:00/M
8	Melissa Beck	Dover DE	41	49	39:37.8	39:46.1	12:47/M

Female 50 to 59

Plc	Name	City	Age	O'all	Chip	Gun	Pace
1	Wafa Hozien	Dover DE	50	31	30:38.8	30:51.1	9:53/M
2	Joni Keach	Florence AL	55	39	32:16.1	32:21.6	10:25/M
3	Susan Albanese	Hartly DE	56	47	37:30.2	37:40.8	12:06/M

Female 60 and Over

Plc	Name	City	Age	O'all	Chip	Gun	Pace
1	Valerie Reihl	Rock Hall MD	63	28	29:51.4	29:54.8	9:38/M
2	Sarah Gifford	Rock Hall MD	61	29	30:09.7	30:13.6	9:44/M
3	Deborah Rementer	Rehoboth Beach DE	64	37	31:37.3	31:47.3	10:12/M
4	Louise Holt	Milford DE	62	42	34:33.2	34:42.2	11:09/M
5	Diana Woodward	Harrington DE	62	52	42:44.7	42:50.2	13:47/M

Male Champion

Plc	Name	City	Age	O'all	Chip	Gun	Pace
1	Steven Wheeler	Still Pond MD	36	1	19:36.4	19:36.4	6:19/M

Male Masters Champion

Plc	Name	City	Age	O'all	Chip	Gun	Pace
1	Deke Rush	Philadelphia PA	55	5	20:58.9	20:58.9	6:46/M

Male 10 and Under

Plc	Name	City	Age	O'all	Chip	Gun	Pace
1	Landon Bratz	Bridgeville DE	7	16	24:24.6	24:24.8	7:52/M

Male 20 to 29

Plc	Name	City	Age	O'all	Chip	Gun	Pace
1	Enrique Escalante	Lincoln DE	25	2	19:37.9	19:39.8	6:20/M
2	Ramon Escalante	Milford DE	27	14	23:39.0	23:41.0	7:38/M
3	Rafael Escalante	Milford DE	29	26	28:23.1	28:35.9	9:09/M
4	William Austin	Dover DE	29	40	34:06.4	34:08.9	11:00/M

Male 30 to 39

Plc	Name	City	Age	O'all	Chip	Gun	Pace
1	Derek Ross	Rockville MD	38	3	20:39.9	20:40.0	6:40/M
2	Kevin Mitten	Frederica DE	30	4	20:46.2	20:46.3	6:42/M
3	Levi Fisher	Magnolia DE	35	21	26:43.3	26:45.4	8:37/M
4	Heath Hackwell	Dover DE	31	27	29:07.9	29:12.9	9:24/M
5	Angel Rodriguez	Newark DE	38	30	30:36.0	30:40.2	9:52/M
6	Wyman Ard	Felton DE	31	45	36:01.3	36:06.0	11:37/M

Male 40 to 49

Plc	Name	City	Age	O'all	Chip	Gun	Pace
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1	Rob Ridgeway	Camden Wyoming DE	42	7	22:41.1	22:41.3	7:19/M
2	Brian Harvey	Dover DE	44	8	22:45.8	22:49.6	7:21/M
3	Steven Dirksen	Dover DE	48	9	22:48.8	22:48.9	7:22/M
4	Michael Gillen	Camden Wyoming DE	48	15	23:39.1	23:42.5	7:38/M
5	Eric Perez	Magnolia DE	49	20	26:02.2	26:06.3	8:24/M
6	Shawn Ellis	Dover DE	43	38	32:01.6	32:12.8	10:20/M
7	Daniel Pennington	Milford DE	40	50	40:05.2	40:05.2	12:56/M

Male 50 to 59

Plc	Name	City	Age	O'all	Chip	Gun	Pace
1	John Yanacek	Milford DE	53	11	23:16.0	23:18.0	7:30/M
2	Craig Burkett	Dover DE	53	32	30:41.0	30:47.4	9:54/M

Male 60 to 69

Plc	Name	City	Age	O'all	Chip	Gun	Pace
1	Bill Myers	Wilmington DE	63	10	23:07.7	23:09.7	7:28/M
2	Bill Brockenbrough	Clayton DE	60	22	27:35.0	27:38.3	8:54/M
3	Alan Quillen	Seaford DE	64	23	27:52.5	27:52.6	9:00/M
4	Willie Makit	Clayton DE	64	25	28:00.9	28:03.4	9:02/M
5	Jay Epstein	Elizabethtown PA	62	54	58:03.1	58:11.4	18:44/M

Male 70 and Over

Plc	Name	City	Age	O'all	Chip	Gun	Pace
1	Jules Woodall	Lewes DE	71	18	25:46.9	25:50.7	8:19/M