

Builders Dash Virtual 5K Run/Walk
Benefits: Central Delaware Habitat for Humanity
August 1 - 2, 2020
A Trisports Events Production
85 Registered Participants - 43 Reported 5K times

Overall Finish List

5K Run

Plc	Name	City	Bib	Age	Age Plc	Time	Pace
1	Alyssa Young	Smyrna DE	84	14	1:Open	20:50.0	6:43/M
2	Jaime Cantlon	Huntingtown MD	16	58	1:Open	21:36.0	6:58/M
3	Rob Ridgeway	Camden Wyoming DE	65	43	1:Masters	22:57.0	7:24/M
4	Brian Harvey	Dover DE	32	45	1:M 45-49	23:19.0	7:31/M
5	Jeff Sylvester	Pendleton SC	77	50	1:M 50-54	24:55.0	8:02/M
6	Jared Holliday	Claymont DE	36	28	1:M 25-29	26:50.0	8:39/M
7	Carolina Rodriguez	Dover DE	67	42	1:Masters	27:07.0	8:45/M
8	Jocelyn Tice	Dover DE	78	39	1:F 35-39	27:41.0	8:56/M
9	Brennan McKone	Dover DE	56	34	1:M 30-34	29:08.0	9:24/M
10	Patricia Guido	Camden Wyoming DE	27	53	1:F 50-54	29:10.0	9:25/M
11	David Lovelace	Newark DE	54	74	1:M 70-99	31:01.0	10:00/M
12	Jared Hughart	Greenwood DE	40	36	1:M 35-39	31:02.0	10:01/M
13	Paul Wagner	Bel Air MD	80	34	2:M 30-34	31:20.0	10:06/M
14	Gianna Guido	Camden Wyoming DE	26	17	1:F 15-19	31:33.0	10:11/M
15	Dawn Haw-Young	Smyrna DE	33	46	1:F 45-49	32:31.0	10:29/M
16	Shane Breakie	Middletown DE	10	49	2:M 45-49	32:53.0	10:36/M
17	Allison Hughart	Dover DE	39	37	2:F 35-39	35:29.0	11:27/M
18	Ivy Baluyut	Smyrna DE	7	39	3:F 35-39	36:00.0	11:37/M
1	Don Zalenski	Magnolia DE	85	74	2 M 70-99	36:05.0	11:38/M
19	Marie Neaves	Townsend DE	60	72	1:F 70-99	37:32.0	12:06/M
20	Lisa Kane	Dover DE	43	56	1:F 55-59	37:52.0	12:13/M
21	Steve Saulsbury	Centreville MD	71	57	1:M 55-59	38:11.0	12:19/M
22	Arleen Murchison	Dover DE	58	57	2:F 55-59	38:40.0	12:28/M
23	Rachel Rohm	Dover DE	68	26	1:F 25-29	40:40.0	13:07/M
24	Molly Breeding	Harrington DE	11	58	3:F 55-59	41:49.0	13:29/M
25	Alexis Ray	Camden Wyoming DE	64	39	4:F 35-39	42:34.0	13:44/M
26	Deanna Carmean	Millsboro DE	17	69	1:F 65-69	47:01.0	15:10/M
27	Lucille Rose	Chester MD	69	44	1:F 40-44	47:49.0	15:25/M
28	Jen Pulmano	Magnolia DE	63	31	1:F 30-34	1:13:18.0	23:39/M

5K Walk

Plc	Name	City	Bib	Age	Age Plc	Time	Pace
2	Chow Hoong	Felton DE	37	60	1:M 1-99	41:22.0	13:21/M
3	Alan Firlein	Rock Hall MD	22	81	2:M 1-99	41:57.0	13:32/M
4	Tom Molin	Townsend DE	57	68	3 M 1-99	42:00.0	13:33/M
5	Amy Zook	Magnolia DE	86	42	1:F 1-99	42:03.0	13:34/M
6	Puru Buddha	Newark DE	13	44	4:M 1-99	45:00.0	14:31/M
7	Amy Kouse	Greenwood DE	47	42	2:F 1-99	46:12.0	14:54/M
8	Debbie Johnson	Middletown DE	42	62	3:F 1-99	46:22.0	14:57/M
9	Don Stein	Dover DE	74	71	5:M 1-99	46:30.0	15:00/M
10	Deanna Winder	Camden DE	83	46	4:F 1-99	52:00.0	16:46/M

11	Ellen Davies	Berlin MD	18	59	5:F 1-99	53:43.0	17:20/M
12	Carla Ascetta	Magnolia DE	1	53	6:F 1-99	54:13.0	17:29/M
13	Dawn Ebert	Camden DE	20	54	7:F 1-99	56:04.0	18:05/M
14	Dani Santos	Magnolia DE	70	51	8:F 1-99	59:59.0	19:21/M
15	Travis Neal	Middletown DE	59	39	6:M 1-99	1:10:00.0	22:35/M

Age Group Results

Female Open Champion

Plc	Name	City	Age	O'all	Time	Pace
1	Alyssa Young	Smyrna DE	14	1	20:50.0	6:43/M

Female Masters Champion

Plc	Name	City	Age	O'all	Time	Pace
1	Carolina Rodriquez	Dover DE	42	7	27:07.0	8:45/M

Female 15 to 19

Plc	Name	City	Age	O'all	Time	Pace
1	Gianna Guido	Camden Wyoming DE	17	14	31:33.0	10:11/M

Female 25 to 29

Plc	Name	City	Age	O'all	Time	Pace
1	Rachel Rohm	Dover DE	26	23	40:40.0	13:07/M

Female 30 to 34

Plc	Name	City	Age	O'all	Time	Pace
1	Jen Pulmano	Magnolia DE	31	28	1:13:18.0	23:39/M

Female 35 to 39

Plc	Name	City	Age	O'all	Time	Pace
1	Jocelyn Tice	Dover DE	39	8	27:41.0	8:56/M
2	Allison Hughart	Dover DE	37	17	35:29.0	11:27/M
3	Ivy Baluyut	Smyrna DE	39	18	36:00.0	11:37/M
4	Alexis Ray	Camden Wyoming DE	39	25	42:34.0	13:44/M

Female 40 to 44

Plc	Name	City	Age	O'all	Time	Pace
1	Lucille Rose	Chester MD	44	27	47:49.0	15:25/M

Female 45 to 49

Plc	Name	City	Age	O'all	Time	Pace
1	Dawn Haw-Young	Smyrna DE	46	15	32:31.0	10:29/M

Female 50 to 54

Plc	Name	City	Age	O'all	Time	Pace
1	Patricia Guido	Camden Wyoming DE	53	10	29:10.0	9:25/M

Female 55 to 59

Plc	Name	City	Age	O'all	Time	Pace
1	Lisa Kane	Dover DE	56	20	37:52.0	12:13/M
2	Arleen Murchison	Dover DE	57	22	38:40.0	12:28/M
3	Molly Breeding	Harrington DE	58	24	41:49.0	13:29/M

Female 65 to 69

Plc	Name	City	Age	O'all	Time	Pace
1	Deanna Carmean	Millsboro DE	69	26	47:01.0	15:10/M

Female 70 and Over

Plc	Name	City	Age	O'all	Time	Pace
1	Marie Neaves	Townsend DE	72	19	37:32.0	12:06/M

Male Open Champion

Plc	Name	City	Age	O'all	Time	Pace
1	Jaime Cantlon	Huntingtown MD	58	2	21:36.0	6:58/M

Male Masters Champion

Plc	Name	City	Age	O'all	Time	Pace
1	Rob Ridgeway	Camden Wyoming DE	43	3	22:57.0	7:24/M

Male 25 to 29

Plc	Name	City	Age	O'all	Time	Pace
1	Jared Holliday	Claymont DE	28	6	26:50.0	8:39/M

Male 30 to 34

Plc	Name	City	Age	O'all	Time	Pace
1	Brennan McKone	Dover DE	34	9	29:08.0	9:24/M
2	Paul Wagner	Bel Air MD	34	13	31:20.0	10:06/M

Male 35 to 39

Plc	Name	City	Age	O'all	Time	Pace
1	Jared Hughart	Greenwood DE	36	12	31:02.0	10:01/M

Male 45 to 49

Plc	Name	City	Age	O'all	Time	Pace
1	Brian Harvey	Dover DE	45	4	23:19.0	7:31/M
2	Shane Breakie	Middletown DE	49	16	32:53.0	10:36/M

Male 50 to 54

Plc	Name	City	Age	O'all	Time	Pace
1	Jeff Sylvester	Pendleton SC	50	5	24:55.0	8:02/M

Male 55 to 59

Plc	Name	City	Age	O'all	Time	Pace
1	Steve Saulsbury	Centreville MD	57	21	38:11.0	12:19/M

Male 70 and Over

Plc	Name	City	Age	O'all	Time	Pace
1	David Lovelace	Newark DE	74	11	31:01.0	10:00/M
2	Don Zalenski	Magnolia DE	74		36:04.0	11:38/M