

Crossfit Dover 5K Run/Walk & 1.5 Mile Fitness Challenge

Benefits: Soles4Souls

Crossfit Dover - Dover, DE

Wednesday, May 26, 2021 - Humid 90 Degrees

Trisports Events Production

5K Run

PLC Name	City	Bib No	Age	Age PLC	Chip	Gun	Pace
1 Mike Sewell	Lewes DE	565	51	1:Open	19:21.1	19:21.6	6:15/M
2 Aaron Schauber	Chestertown MD	556	30	1:M 30-39	22:51.7	22:52.2	7:23/M
3 Jon Harris	Frederica DE	529	53	1:Masters	23:31.7	23:33.5	7:35/M
4 Rolney Rodriguez	Dover DE	552	31	2:M 30-39	23:53.8	23:56.2	7:43/M
5 Andrea Derocili	Dover DE	520	28	1:Open	24:07.8	24:10.4	7:47/M
6 Duane Christy	Havre De Grace MD	516	57	1:M 50-59	24:15.7	24:16.2	7:50/M
7 Anna Korpela	Smyrna DE	567	12	1:F 1-14	24:32.5	24:32.9	7:55/M
8 Jackson Massey	Felton DE	540	17	1:M 15-19	24:49.1	24:49.5	8:00/M
9 Benjamin Schwartz	Hockessin DE	557	46	1:M 40-49	25:06.9	25:10.6	8:06/M
10 Frank Whittington	Middletown DE	561	70	1:M 70-99	26:53.0	26:55.5	8:40/M
11 Bobby Brown	Dover DE	510	28	1:M 20-29	26:53.3	26:53.8	8:40/M
12 Braedon Higbee	Dover DE	534	15	2:M 15-19	27:01.1	27:01.6	8:43/M
13 Wesley Coombs	Dover DE	517	51	2:M 50-59	27:31.1	27:34.2	8:53/M
14 Scott Ackerly	Fort Walton Beach FL	500	29	2:M 20-29	28:01.5	28:05.2	9:02/M
15 Tricia Massey	Felton DE	541	48	1:Masters	28:14.7	28:15.2	9:07/M
16 Tom Birowski	Seaford DE	505	58	3:M 50-59	28:31.4	28:34.9	9:12/M
17 Dana Brennan	Smyrna DE	509	34	1:F 30-39	28:52.6	28:52.6	9:19/M
18 Allison Wong	Dover DE	563	36	2:F 30-39	28:54.9	29:02.5	9:20/M
19 Jessica Heckman	Milford DE	532	36	3:F 30-39	29:14.6	29:17.8	9:26/M
20 Rebekah Hayes	Dover DE	531	29	1:F 20-29	29:39.9	29:42.6	9:34/M
21 Woody Disharoon	Laurel DE	524	72	2:M 70-99	30:24.1	30:28.6	9:48/M
22 Madeline Carlson	Clayton DE	513	23	2:F 20-29	30:37.2	30:41.0	9:53/M
23 Joanne Hastings	Harrington DE	530	43	1:F 40-49	31:03.9	31:07.1	10:01/M
24 Carrie Reynolds	Smyrna DE	550	50	1:F 50-59	36:10.1	36:17.1	11:40/M
25 Lisa Kane	Dover DE	566	57	2:F 50-59	38:35.9	38:43.0	12:27/M
26 Leslie Carlson	Clayton DE	512	59	3:F 50-59	42:14.9	42:19.9	13:38/M
27 Larry Price	Middletown DE	548	78	3:M 70-99	46:25.5	46:32.1	14:59/M
28 Charles Matthews	Camden Wyoming DE	542	73	4:M 70-99	49:55.7	50:01.9	16:06/M

5K WALK

PLC Name	City	Bib No	Age	Age PLC	Chip	Gun	Pace
1 John Fredericks	Brick NJ	527	73	1:Open Wa	36:19.7	36:22.9	11:43/M
2 Don Zalenski	Magnolia DE	562	75	2:Open Wa	37:20.6	37:23.7	12:03/M
3 Alan Firlein	Rock Hall MD	526	82	3:Open Wa	41:14.3	41:25.4	13:18/M
4 Kay Self	Dover DE	558	39	1:Open Wa	42:39.6	42:50.3	13:46/M
5 Timothy McMahon	Camden DE	544	52	4:Open Wa	45:43.9	45:54.7	14:45/M
6 Patricia MacArthur	Seaford DE	539	66	2:Open Wa	47:13.7	47:25.0	15:14/M
7 Donna Angell	Seaford DE	502	74	3:Open Wa	47:14.1	47:25.8	15:14/M
8 Kate Hoffman	Dover DE	8	27	4:Open Wa	48:06.9	48:17.3	15:31/M
9 Nicholas Spafadino	Dover DE	9	25	5:Open Wa	48:07.8	48:17.7	15:32/M
10 Jennie McMahon	Camden DE	543	51	5:Open Wa	48:47.3	48:58.2	15:44/M

Age Group Results

Female Open Champion

PLC Name	City	Age	O'All Chip	Gun	Pace
1 Andrea Derocili	Dover DE	28	5 24:07.8	24:10.4	7:47/M

Female Masters Champion

PLC Name	City	Age	O'All Chip	Gun	Pace
1 Tricia Massey	Felton DE	48	15 28:14.7	28:15.2	9:07/M

Female 14 and Under

PLC Name	City	Age	O'All Chip	Gun	Pace
1 Anna Korpela	Smyrna DE	12	7 24:32.5	24:32.9	7:55/M

Female 20 to 29

PLC Name	City	Age	O'All Chip	Gun	Pace
1 Rebekah Hayes	Dover DE	29	20 29:39.9	29:42.6	9:34/M
2 Madeline Carlson	Clayton DE	23	22 30:37.2	30:41.0	9:53/M

Female 30 to 39

PLC Name	City	Age	O'All Chip	Gun	Pace
1 Dana Brennan	Smyrna DE	34	17 28:52.6	28:52.6	9:19/M
2 Allison Wong	Dover DE	36	18 28:54.9	29:02.5	9:20/M
3 Jessica Heckman	Milford DE	36	19 29:14.6	29:17.8	9:26/M

Female 40 to 49

PLC Name	City	Age	O'All Chip	Gun	Pace
1 Joanne Hastings	Harrington DE	43	23 31:03.9	31:07.1	10:01/M

Female 50 to 59

PLC Name	City	Age	O'All Chip	Gun	Pace
1 Carrie Reynolds	Smyrna DE	50	24 36:10.1	36:17.1	11:40/M
2 Lisa Kane	Dover DE	57	25 38:35.9	38:43.0	12:27/M
3 Leslie Carlson	Clayton DE	59	26 42:14.9	42:19.9	13:38/M

Male Open Champion

PLC Name	City	Age	O'All Chip	Gun	Pace
1 Mike Sewell	Lewes DE	51	1 19:21.1	19:21.6	6:15/M

Male Masters Champion

PLC Name	City	Age	O'All Chip	Gun	Pace
1 Jon Harris	Frederica DE	53	3 23:31.7	23:33.5	7:35/M

Male 15 to 19

PLC Name	City	Age	O'All Chip	Gun	Pace
1 Jackson Massey	Felton DE	17	8 24:49.1	24:49.5	8:00/M
2 Braedon Higbee	Dover DE	15	12 27:01.1	27:01.6	8:43/M

Male 20 to 29

PLC Name	City	Age	O'All Chip	Gun	Pace
1 Bobby Brown	Dover DE	28	11 26:53.3	26:53.8	8:40/M
2 Scott Ackerly	Fort Walton Beach FL	29	14 28:01.5	28:05.2	9:02/M

Male 30 to 39

PLC Name	City	Age	O'All Chip	Gun	Pace
1 Aaron Schaubert	Chestertown MD	30	2 22:51.7	22:52.2	7:23/M
2 Rolney Rodriguez	Dover DE	31	4 23:53.8	23:56.2	7:43/M

Male 40 to 49

PLC Name	City	Age	O'All Chip	Gun	Pace
1 Benjamin Schwartz	Hockessin DE	46	9 25:06.9	25:10.6	8:06/M

Male 50 to 59

PLC Name	City	Age	O'All Chip	Gun	Pace
1 Duane Christy	Havre De Grace MD	57	6 24:15.7	24:16.2	7:50/M
2 Wesley Coombs	Dover DE	51	13 27:31.1	27:34.2	8:53/M
3 Tom Birowski	Seaford DE	58	16 28:31.4	28:34.9	9:12/M

Male 70 and Over

PLC Name	City	Age	O'All Chip	Gun	Pace
1 Frank Whittington	Middletown DE	70	10 26:53.0	26:55.5	8:40/M
2 Woody Disharoon	Laurel DE	72	21 30:24.1	30:28.6	9:48/M
3 Larry Price	Middletown DE	78	27 46:25.5	46:32.1	14:59/M
4 Charles Matthews	Camden Wyoming DE	73	28 49:55.7	50:01.9	16:06/M

Crossfit Dover 1.5 Mile Fitness Challenge Results

Female Open Fitness Challenge Winners

PLC Name	City	Age	Over Chip Time	Gun Tim	Pace
1 Kimberly Root	Magnolia DE	36	3 27:53.4	27:55.4	18:36/M

Female Masters Fitness Challenge Winners

PLC Name	City	Age	Over Chip Time	Gun Tim	Pace
1 Carolina Rodriguez	Dover DE	42	10 32:31.4	32:34.6	21:41/M

Female Fitness Challenge Overall

PLC Name	City	Age	Over Chip Time	Gun Tim Pace
1 Kendra Christian	Harrington DE	37	5 30:25.2	30:32.3 20:17/M
2 Katie Diggs	Smyrna DE	38	6 31:37.0	31:43.2 21:05/M
3 Briana Hughson	Dover DE	27	11 32:45.6	32:57.8 21:50/M
4 Morgan Hobbs-Darlin	Marydel DE	27	13 33:33.0	33:41.0 22:22/M
5 Emma Carey	Dover DE	11	14 33:54.8	34:02.5 22:37/M
6 Megan Hicks	Felton DE	32	15 33:55.3	34:02.4 22:37/M
7 Lydia Newnam	Smyrna DE	27	17 38:15.0	38:20.2 25:30/M
8 Alexis Reider	Clayton DE	29	18 38:17.2	38:21.9 25:32/M
9 Roxana Andrews	Smyrna DE	38	20 43:40.7	43:49.3 29:07/M
10 Kim Birowski	Seaford DE	59	21 43:42.3	43:53.8 29:08/M
11 Ashlee Jobin	Dover DE	18	22 49:59.9	50:11.3 33:20/M

Male Open Fitness Challenge Winners

PLC Name	City	Age	Over Chip Time	Gun Tim Pace
1 Christian Padilla	Dover DE	24	1 23:12.4	23:18.4 15:28/M

Male Masters Fitness Challenge Winners

PLC Name	City	Age	Over Chip Time	Gun Tim Pace
1 Ryan Davis	Dover DE	40	2 24:06.8	24:08.9 16:05/M

Male Fitness Challenge Overall

PLC Name	City	Age	Over Chip Time	Gun Tim Pace
1 Matthew Roy	Magnolia DE	37	4 30:13.5	30:20.1 20:09/M
2 Jonathan Diggs	Smyrna DE	40	7 31:37.4	31:42.6 21:05/M
3 Ryan Diggs	Smyrna DE	8	8 31:37.4	31:42.8 21:05/M
4 Michael Mendoza	Magnolia DE	59	9 32:06.6	32:08.5 21:24/M
5 Tyler Block	Dover DE	27	12 33:32.2	33:43.7 22:22/M
6 Sean Deanni	Seaford DE	31	16 35:08.2	35:16.0 23:25/M
7 Michael Jobin	Dover DE	46	19 40:24.0	40:35.4 26:56/M