

iRock Fitness Charity 5k Run-Walk

Race Date

August 23, 2015

Overall Finish List

5k Race

Place Overall	Name	City	Bib No	Age	Gend	AG Place	-----Total-----		Chip		
							Chip Time	Gun Time	Diff	Pace	Time Back
1	Andrew Nowak	Erie PA	174	28	M	1 Open	16:42.6	16:45.1	0:02.5	5:23/M	
2	Joe Hunt	Erie PA	75	34	M	1 30-39	18:39.0	18:42.6	0:03.6	6:01/M	1:56.4
3	John Trucilla	Erie PA	162	54	M	1 50-59	19:41.8	19:43.9	0:02.1	6:21/M	2:59.2
4	Ethan Chase	Erie PA	28	24	M	1 20-29	19:45.2	19:49.4	0:04.1	6:22/M	3:02.6
5	George Drushel	Girard PA	169	53	M	2 50-59	20:03.6	20:05.6	0:02.0	6:28/M	3:21.0
6	Eric Ellis	Erie PA	172	38	M	2 30-39	20:07.0	20:10.6	0:03.5	6:29/M	3:24.4
7	Michael Mang	Erie PA	95	45	M	1 40-49	20:18.6	20:26.3	0:07.6	6:33/M	3:36.0
8	Laura Walker	Erie PA	177	26	F	1 Open	20:25.0	20:28.3	0:03.3	6:35/M	
9	Joseph Scrimenti	Erie PA	131	16	M	1 15-19	20:26.6	20:39.0	0:12.3	6:35/M	3:44.0
10	Beth Lowenthal	Laurel MD	173	40	F	1 40-49	21:02.6	21:05.9	0:03.3	6:47/M	0:37.6
11	William Collins	Erie PA	30	29	M	2 20-29	21:05.1	21:07.6	0:02.4	6:48/M	4:22.5
12	Jeffrey Giannelli	Erie PA	55	13	M	1 10-14	21:09.6	21:12.2	0:02.5	6:49/M	4:27.0
13	Charlie Jr. Caryl	Erie PA	24	12	M	2 10-14	21:13.5	21:16.1	0:02.6	6:51/M	4:30.9
14	Madison Steward	Erie PA	146	25	F	1 20-29	21:16.2	21:19.9	0:03.6	6:52/M	0:51.2
15	Jared Willets	Harborcreek PA	188	33	M	3 30-39	21:24.3	21:27.2	0:02.9	6:54/M	4:41.7
16	Mike Smiley	Erie PA	178	57	M	3 50-59	21:24.4	21:25.8	0:01.3	6:54/M	4:41.8
17	Christopher Hilling	Erie PA	69	26	M	3 20-29	21:30.4	21:37.7	0:07.3	6:56/M	4:47.8
18	Alex Kolodychak	Erie PA	83	14	M	3 10-14	21:39.8	21:42.8	0:03.0	6:59/M	4:57.2
19	Don Fagley	Albion PA	163	53	M	4 50-59	21:41.7	21:54.6	0:12.8	7:00/M	4:59.1
20	Ryland Lutz	Saegertown PA	90	11	M	4 10-14	21:58.1	22:00.8	0:02.7	7:05/M	5:15.5
21	Christopher Hawes	Erie PA	66	42	M	2 40-49	21:59.9	22:02.1	0:02.1	7:05/M	5:17.3
22	Russell Robison	Erie PA	119	47	M	3 40-49	22:06.4	22:08.6	0:02.2	7:08/M	5:23.8
23	Rocco Riazzi	Fairview PA	194	60	M	1 60-69	22:11.4	22:17.2	0:05.8	7:09/M	5:28.8
24	Jim Bowen	Erie PA	179	60	M	2 60-69	22:14.0	22:19.9	0:05.8	7:10/M	5:31.4
25	Brent Kowalczyk	Edinboro PA	85	42	M	4 40-49	22:26.2	22:34.4	0:08.2	7:14/M	5:43.6
26	Henry Collins	Erie PA	29	24	M	4 20-29	22:47.5	22:50.2	0:02.7	7:21/M	6:04.9
27	Matthew Jr Harris	Erie PA	64	19	M	2 15-19	22:47.6	23:03.0	0:15.4	7:21/M	6:05.0
28	Jonathan Metzler	Erie PA	196		M	1 0-0	22:48.9	22:54.0	0:05.0	7:21/M	6:06.3
29	Becky Siegler	Erie PA	137	45	F	2 40-49	22:48.9	23:00.2	0:11.3	7:21/M	2:23.9
30	David Dodson	Erie PA	40	35	M	4 30-39	23:03.9	23:09.6	0:05.7	7:26/M	6:21.3
31	Tim Roberts	Erie PA	118	50	M	5 50-59	23:05.0	23:09.1	0:04.1	7:27/M	6:22.4
32	Chris Hollern	Erie PA	72	31	M	5 30-39	23:11.7	23:16.2	0:04.4	7:29/M	6:29.1
33	Andrew Dugan	Erie PA	41	22	M	5 20-29	23:15.7	23:20.0	0:04.3	7:30/M	6:33.1
34	Rebekah Seesan	Massillon OH	133	22	F	2 20-29	23:21.5	23:28.9	0:07.4	7:32/M	2:56.5
35	Kelly Hilling	Erie PA	70	47	F	3 40-49	23:23.4	23:30.1	0:06.7	7:33/M	2:58.4
36	Nicholas Stolar	Erie PA	147	24	M	6 20-29	23:30.2	23:37.4	0:07.2	7:35/M	6:47.6
37	Alan Hilling	Erie PA	68	49	M	5 40-49	23:39.1	23:46.2	0:07.1	7:38/M	6:56.5
38	Michael Malpiedi	Erie PA	94	56	M	6 50-59	23:39.8	23:50.2	0:10.4	7:38/M	6:57.2
39	John Phillips	Erie PA	113	41	M	6 40-49	23:56.4	24:07.3	0:10.9	7:43/M	7:13.8
40	Alex Keefer	Erie PA	78	15	M	3 15-19	24:11.7	24:15.3	0:03.6	7:48/M	7:29.1
41	David Hugar	Erie PA	74	28	M	7 20-29	24:14.2	24:25.1	0:10.9	7:49/M	7:31.6
42	Debbie Mizikowski	Fairview PA	104	59	F	1 50-59	24:19.1	24:23.5	0:04.4	7:51/M	3:54.1
43	Melissa Bevan	Erie PA	11	28	F	3 20-29	24:37.0	24:45.5	0:08.4	7:56/M	4:12.0
44	Patrick DeMarco	Erie PA	167		M	2 0-0	24:38.9	24:51.0	0:12.1	7:57/M	7:56.3
45	Molly Welch	Erie PA	156	35	F	1 30-39	24:43.3	24:53.4	0:10.1	7:58/M	4:18.3
46	Patrick Smith	Erie PA	141	60	M	3 60-69	24:45.0	24:49.7	0:04.7	7:59/M	8:02.4
47	Rich Tregaskis	Erie PA	154	51	M	7 50-59	24:45.3	24:52.1	0:06.8	7:59/M	8:02.7
48	Keith Malone	Erie PA	92	40	M	7 40-49	24:49.1	24:54.5	0:05.4	8:00/M	8:06.5
49	Mike Hirsch	Erie PA	71	54	M	8 50-59	25:21.8	25:47.2	0:25.4	8:11/M	8:39.2
50	Christine Caserta	Erie PA	27	49	F	4 40-49	25:30.5	25:47.8	0:17.2	8:14/M	5:05.5
51	Jennifer Nuber	Erie PA	108	30	F	2 30-39	25:33.9	25:42.3	0:08.4	8:15/M	5:08.9
52	Julie Brugger	Erie PA	19	39	F	3 30-39	25:38.1	25:51.9	0:13.8	8:16/M	5:13.1
53	Daniel Farley	Erie PA	45	37	M	6 30-39	25:41.4	26:02.6	0:21.2	8:17/M	8:58.8
54	Matthew Serafin	Erie PA	135	14	M	5 10-14	25:46.7	25:46.7		8:19/M	9:04.1
55	Jeff Semczur	Erie PA	191	41	M	8 40-49	25:47.3	25:51.3	0:04.0	8:19/M	9:04.7
56	Jeff Shaw	Erie PA	165	60	M	4 60-69	25:48.3	25:54.9	0:06.6	8:19/M	9:05.7
57	Daniela Tobin	Girard PA	153	34	F	4 30-39	26:07.0	26:09.3	0:02.2	8:25/M	5:42.0
58	Stephanie Franklin	Erie PA	49	35	F	5 30-39	26:17.9	26:26.1	0:08.1	8:29/M	5:52.9
59	Thomas Mitchell	Erie PA	103	20	M	8 20-29	26:23.3	26:40.0	0:16.7	8:31/M	9:40.7
60	Rose Cortes	Erie PA	32	36	F	6 30-39	26:27.3	26:42.5	0:15.2	8:32/M	6:02.3
61	Tim Mello	Erie PA	186	28	M	9 20-29	26:30.4	26:40.0	0:09.6	8:33/M	9:47.8
62	Emily Welsh	Erie PA	157	25	F	4 20-29	26:32.8	26:42.1	0:09.2	8:34/M	6:07.8
63	Lance Thornton	Erie PA	180	45	M	9 40-49	27:01.1	27:17.6	0:16.4	8:43/M	10:18.5
64	William Sadner	Erie PA	125	9	M	1 1-9	27:19.6	27:29.7	0:10.1	8:49/M	10:37.0
65	Preston Adams	Corry PA	5	8	M	2 1-9	27:24.9	27:28.4	0:03.5	8:50/M	10:42.3
66	Bill Smith	Harborcreek PA	138	60	M	5 60-69	27:31.7	27:42.9	0:11.2	8:53/M	10:49.1
67	Kierstyn Buczynski	Erie PA	193	12	F	1 10-14	27:48.3	27:54.7	0:06.4	8:58/M	7:23.3

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5k Race

Place	Overall	Name	City	Bib No	Age	Gend	AG Place	-----Total-----		Chip		
								Chip Time	Gun Time	Diff	Pace	Time Back
68		Robert Brown	Erie PA	18	52	M	9 50-59	27:49.4	28:05.4	0:15.9	8:58/M	11:06.8
69		Dan Continenza	Whitehall PA	31	30	M	7 30-39	27:49.7	28:20.8	0:31.1	8:58/M	11:07.1
70		Rochelle Flick	Erie PA	176	13	F	2 10-14	27:56.0	27:59.0	0:02.9	9:01/M	7:31.0
71		Maria Bell	Erie PA	10	34	F	7 30-39	27:56.7	28:12.7	0:15.9	9:01/M	7:31.7
72		Kristen Brandt	Erie PA	171	40	F	5 40-49	27:56.8	28:13.6	0:16.8	9:01/M	7:31.8
73		Steven Brugger	Erie PA	20	41	M	10 40-49	28:05.3	28:14.5	0:09.2	9:04/M	11:22.7
74		Katie Caryl	Erie PA	25	9	F	1 1- 9	28:06.3	28:13.7	0:07.4	9:04/M	7:41.3
75		Norine Gammon	Erie PA	52	46	F	6 40-49	28:45.6	29:00.1	0:14.5	9:16/M	8:20.6
76		Michael Daugherty	Erie PA	37	29	M	10 20-29	28:46.6	29:01.6	0:15.0	9:17/M	12:04.0
77		Tracey Beveridge	Erie PA	12	39	F	8 30-39	28:55.8	29:11.5	0:15.7	9:20/M	8:30.8
78		Gweneth Adams	Corry PA	4	10	F	3 10-14	28:58.0	29:05.0	0:07.0	9:21/M	8:33.0
79		Maria Bondaruk	Erie PA	13	28	F	5 20-29	28:59.2	29:04.0	0:04.8	9:21/M	8:34.2
80		Leah Fiorelli	Erie PA	48	38	F	9 30-39	29:09.3	29:27.7	0:18.4	9:24/M	8:44.3
81		Lucius Bugbee	North East PA	181	76	M	1 70-79	29:18.8	29:37.1	0:18.2	9:27/M	12:36.2
82		Megan Hollern	Erie PA	73	29	F	6 20-29	29:37.0	29:43.6	0:06.6	9:33/M	9:12.0
83		Allison Keenan	Erie PA	79	58	F	2 50-59	29:47.9	30:05.7	0:17.7	9:36/M	9:22.9
84		Kevin Rose	Erie PA	185	56	M	10 50-59	29:48.2	30:06.1	0:17.8	9:37/M	13:05.6
85		Pamela Scrimenti	Erie PA	132	53	F	3 50-59	29:53.5	30:05.7	0:12.2	9:38/M	9:28.5
86		Michelle Gerhard	Erie PA	54	34	F	10 30-39	29:59.5	30:15.5	0:15.9	9:40/M	9:34.5
87		Toni Petrone	East Springfield PA	112	50	F	4 50-59	30:00.3	30:09.3	0:09.0	9:41/M	9:35.3
88		Colleen May	Mc Kean PA	99	48	F	7 40-49	30:00.9	30:09.8	0:08.9	9:41/M	9:35.9
89		Dick Nichols	Centerville PA	175	72	M	2 70-79	30:05.1	30:21.7	0:16.6	9:42/M	13:22.5
90		Grant Adams	Corry PA	3	8	M	3 1- 9	30:14.2	30:34.3	0:20.0	9:45/M	13:31.6
91		Annie Sanner	Erie PA	123	45	F	8 40-49	30:15.6	30:27.2	0:11.6	9:45/M	9:50.6
92		Luci Edgett	Erie PA	192	12	F	4 10-14	30:16.4	30:28.5	0:12.1	9:46/M	9:51.4
93		Tori Steffy	Erie PA	145	21	F	7 20-29	30:23.4	30:42.1	0:18.7	9:48/M	9:58.4
94		Ashley Rogers	Erie PA	122	26	F	8 20-29	30:55.0	31:02.0	0:07.0	9:58/M	10:30.0
95		Joanie Giannelli	Erie PA	56	54	F	5 50-59	31:10.2	31:26.2	0:15.9	10:03/M	10:45.2
96		Abigail Stadler	Erie PA	144	30	F	11 30-39	31:14.5	31:21.0	0:06.5	10:05/M	10:49.5
97		Alecia Daniels	Erie PA	36	25	F	9 20-29	31:14.7	31:20.9	0:06.2	10:05/M	10:49.7
98		Kellylynn Bell	Erie PA	9	43	F	9 40-49	31:18.7	31:35.4	0:16.7	10:06/M	10:53.7
99		Molly Decker	Erie PA	38	29	F	10 20-29	31:45.7	31:59.2	0:13.5	10:15/M	11:20.7
100		Larissa Lutz	Saegertown PA	89	35	F	12 30-39	31:46.1	31:56.5	0:10.3	10:15/M	11:21.1
101		Zoey Rogan	Saegertown PA	121	22	F	11 20-29	31:47.6	31:57.3	0:09.7	10:15/M	11:22.6
102		Connie Rogan	Saegertown PA	120	48	F	10 40-49	31:48.3	31:57.6	0:09.3	10:15/M	11:23.3
103		Randie Peters	Erie PA	111	34	F	13 30-39	31:48.4	32:14.4	0:25.9	10:15/M	11:23.4
104		Kim Serafin	Erie PA	134	46	F	11 40-49	31:48.8	32:12.1	0:23.3	10:15/M	11:23.8
105		Michelle MacKanos	Erie PA	91	38	F	14 30-39	31:50.5	32:02.9	0:12.3	10:16/M	11:25.5
106		Keilee Heidt	Fairview PA	187	46	F	12 40-49	31:53.8	31:59.4	0:05.6	10:17/M	11:28.8
107		Scott Calhoun	Erie PA	22	54	M	11 50-59	31:54.6	31:59.6	0:04.9	10:17/M	15:12.0
108		Melanie Harris	Erie PA	65	44	F	13 40-49	32:00.8	32:29.0	0:28.2	10:19/M	11:35.8
109		Cortney Kaliszewski	Erie PA	77	31	F	15 30-39	32:31.2	32:44.3	0:13.1	10:29/M	12:06.2
110		Tammi Costello	Meadville PA	34	43	F	14 40-49	32:45.6	33:05.4	0:19.7	10:34/M	12:20.6
111		Maria Scott	Erie PA	130	40	F	15 40-49	32:49.1	33:03.6	0:14.5	10:35/M	12:24.1
112		Nicole Potosnak	Erie PA	116	33	F	16 30-39	33:07.5	33:17.4	0:09.8	10:41/M	12:42.5
113		Jennifer Ramm	Fairview PA	117	40	F	16 40-49	33:16.1	33:33.6	0:17.5	10:44/M	12:51.1
114		Erika Medina	Erie PA	101	25	F	12 20-29	33:28.7	33:54.4	0:25.7	10:48/M	13:03.7
115		Elizabeth Kelly	Erie PA	81	56	F	6 50-59	33:40.1	33:55.6	0:15.5	10:52/M	13:15.1
116		Brody Bonsell	Erie PA	14	7	M	4 1- 9	34:16.4	34:37.2	0:20.8	11:03/M	17:33.8
117		Kristin Vereb	Erie PA	155	26	F	13 20-29	34:18.4	34:33.6	0:15.2	11:04/M	13:53.4
118		Shana Krivonak	Erie PA	86	45	F	17 40-49	34:22.1	34:42.6	0:20.5	11:05/M	13:57.1
119		Dave Ganska	Erie PA	170	50	M	12 50-59	34:31.9	34:38.4	0:06.5	11:08/M	17:49.3
120		Kerri Boozer	Cochran PA	15	41	F	18 40-49	34:38.4	34:51.6	0:13.1	11:10/M	14:13.4
121		Jodi Batsch	Jacksonville FL	7	40	F	19 40-49	34:38.8	34:51.7	0:12.9	11:10/M	14:13.8
122		Janel Bonsell	Erie PA	184		F	1 0- 0	34:41.9	35:04.0	0:22.1	11:11/M	14:16.9
123		Justin Smith	Waterford PA	139	32	M	8 30-39	35:19.8	35:36.4	0:16.6	11:24/M	18:37.2
124		Jean Marnella-Berarducci	Erie PA	96	45	F	20 40-49	35:24.3	35:39.4	0:15.1	11:25/M	14:59.3
125		Julia Bagnoni	Fairview PA	6	41	F	21 40-49	35:41.2	35:59.7	0:18.5	11:31/M	15:16.2
126		Christy Gentile	Waterford PA	53	49	F	22 40-49	35:41.4	35:58.1	0:16.7	11:31/M	15:16.4
127		Michael Abt	Erie PA	1	64	M	6 60-69	35:51.9	36:11.6	0:19.7	11:34/M	19:09.3
128		Kristen Heisler	Erie PA	67	34	F	17 30-39	36:07.6	36:15.5	0:07.9	11:39/M	15:42.6
129		Jennifer Lester	Erie PA	88	23	F	14 20-29	36:11.9	36:19.7	0:07.8	11:40/M	15:46.9
130		Karen Pontillo	Erie PA	115	59	F	7 50-59	36:28.6	36:38.2	0:09.6	11:46/M	16:03.6
131		Sidney Spaeder	Erie PA	143	22	F	15 20-29	36:30.0	36:40.7	0:10.7	11:46/M	16:05.0
132		Lexa Thompson	Girard PA	151	35	F	18 30-39	36:38.6	37:08.3	0:29.7	11:49/M	16:13.6
133		Susan Fagley	Albion PA	44	46	F	23 40-49	36:42.5	36:55.4	0:12.8	11:50/M	16:17.5
134		Nancy Ditmore	Erie PA	39	60	F	1 60-69	36:48.9	37:05.6	0:16.7	11:52/M	16:23.9

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Place		City	Bib No	Age	Gend	AG Place	-----Total-----		Chip		
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135	Dan Thompson	Girard PA	150	44	M	11 40-49	36:52.7	37:22.5	0:29.7	11:54/M	20:10.1
136	Steven Gonzalez	Erie PA	60	10	M	6 10-14	37:18.2	37:36.0	0:17.7	12:02/M	20:35.6
137	Eileen Tighe	Erie PA	152	0	F	2 0-0	37:24.2	37:42.3	0:18.1	12:04/M	16:59.2
138	Maria Mucci	New Haven CT	106	26	F	16 20-29	38:29.0	38:41.6	0:12.5	12:25/M	18:04.0
139	Tony Medina	Erie PA	102	50	M	13 50-59	38:47.5	39:14.6	0:27.1	12:31/M	22:04.9
140	Dailene Adams	Corry PA	2	31	F	19 30-39	39:02.2	39:22.9	0:20.6	12:35/M	18:37.2
141	Carrie Kamholz	Erie PA	166	40	F	24 40-49	39:22.9	39:22.9		12:42/M	18:57.9
142	Carl Daugherty	Harborcreek PA	160	55	M	14 50-59	39:23.8	39:44.2	0:20.4	12:42/M	22:41.2
143	Chelsea Costello	Meadville PA	33	23	F	17 20-29	40:35.2	40:54.1	0:18.8	13:05/M	20:10.2
144	Lorie Daugherty	Harborcreek PA	161	55	F	8 50-59	41:25.1	41:49.1	0:24.0	13:22/M	21:00.1
145	Dana Shaffer	Erie PA	136	53	F	9 50-59	42:20.2	42:35.3	0:15.1	13:39/M	21:55.2
146	Donna Laver	Greenville PA	87	65	F	2 60-69	42:44.8	43:06.3	0:21.5	13:47/M	22:19.8
147	Kelly Malone	Erie PA	93	37	F	20 30-39	42:49.2	42:58.1	0:08.9	13:49/M	22:24.2
148	Jan Hubler	Erie PA	189	72	F	1 70-79	43:05.2	43:14.5	0:09.2	13:54/M	22:40.2
149	Megan Kuhn	Erie PA	164	26	F	18 20-29	43:10.9	43:25.6	0:14.7	13:55/M	22:45.9
150	Carol Taylor	Erie PA	148	57	F	10 50-59	43:11.0	43:52.2	0:41.2	13:56/M	22:46.0
151	Gary Mizikowski	Fairview PA	195	60	M	7 60-69	43:21.1	43:53.0	0:31.9	13:59/M	26:38.5
152	Bill Hammerlee	Erie PA	63	57	M	15 50-59	43:21.6	43:37.5	0:15.9	13:59/M	26:39.0
153	Jennifer Oberley	Mc Kean PA	109	42	F	25 40-49	43:23.3	43:37.5	0:14.2	14:00/M	22:58.3
154	Amanda Brown	Erie PA	16	49	F	26 40-49	45:47.4	46:21.6	0:34.2	14:46/M	25:22.4
155	Angelia Brown	Erie PA	17	24	F	19 20-29	45:47.5	46:21.4	0:33.9	14:46/M	25:22.5
156	Brooke Schneider	Erie PA	126	17	F	1 15-19	45:59.7	46:19.2	0:19.5	14:50/M	25:34.7
157	Daphne Gindlesperger	Mc Kean PA	57	9	F	2 1-9	46:05.1	46:28.1	0:23.0	14:52/M	25:40.1
158	Karen Gindlesperger	Mc Kean PA	58	38	M	9 30-39	46:05.2	46:29.0	0:23.8	14:52/M	29:22.6
159	Dave Hubler	Erie PA	190	51	M	16 50-59	46:46.2	47:00.1	0:13.9	15:05/M	30:03.6
160	Stephanie McIntosh	Erie PA	100	32	F	21 30-39	47:58.1	48:12.0	0:13.9	15:28/M	27:33.1
161	Alexander Gonzalez	Erie PA	59	7	M	5 1-9	48:33.0	48:49.2	0:16.1	15:40/M	31:50.4
162	Gillian Fink	Fairview PA	183	7	F	3 1-9	48:45.5	49:08.8	0:23.2	15:44/M	28:20.5
163	Scott Fink	Fairview PA	182	40	M	12 40-49	48:46.4	49:08.8	0:22.4	15:44/M	32:03.8
164	Joann White	Mc Kean PA	158	66	F	3 60-69	49:40.2	50:01.2	0:21.0	16:01/M	29:15.2
165	Kevin Smith	Erie PA	140	42	M	13 40-49	50:48.0	51:12.2	0:24.1	16:23/M	34:05.4
166	Raina Smith	Erie PA	142	13	F	5 10-14	50:48.5	51:11.5	0:23.0	16:23/M	30:23.5
167	Gary Bukowski	Erie PA	168	64	M	8 60-69	51:03.0	51:24.0	0:21.0	16:28/M	34:20.4