# ABBRx Natural and Fit Day 5K Run/Walk

Saturday, March 21, 2015

Timing and results processing by Miller Race Management www.race-mrm.com

## 5K Run/Walk

#### Top Males Overall in 5K division - based on Gun Elapsed time

Place	Bib #	Name	Finish	Pace	Age	Gender
1	949	FRAZIER, MATT	00:17:17.820	5:32	36	M
2	946	SZESZULSKI, CHRISTOP	00:19:04.581	6:07	38	M
3	923	FRITZ, CHARLES	00:19:45.337	6:20	39	M

#### Top Females Overall in 5K division - based on Gun Elapsed time

Place	Bib #	Name	Finish	Pace	Age	Gender
1	955	SANMIGUEL, TAMMY	00:20:48.367	6:40	46	F
2	951	ALLARDYCE, JILL	00:21:57.941	7:02	37	F
3	924	FROESE, SHANNON	00:22:54.482	7:20	40	F

#### Male 15-19 in division 5K - based on Gun Elapsed time

Place	Bib #	Name	Finish	Pace	Age	Gender
1	935	MARR, STEVEN	00:21:09.868	6:47	16	M
2	939	PETERSEN, CALEB	00:24:51.106	7:58	18	M

#### Male 25-29 in division 5K - based on Gun Elapsed time

Place	Bib #	Name	Finish	Pace	Age	Gender
1	928	HOWEY, GREG	00:28:31.170	9:08	26	

Male 30-34 in division 5K - based on Gun Elapsed time

Place	Bib #	Name	Finish	Pace	Age	Gender	
1	952	KLOSOWSKI, MIKE	00:23:56.508	7:40	34	M	
2	915	BUCKNER, DERWIN	00:24:18.149	7:47	33	M	
3	919	DAVIS, SHAWN	00:29:33.070	9:28	32	M	
4	956	SINACOLA, JACOB	00:36:39.893	11:45	34	M	

#### Male 35-39 in division 5K - based on Gun Elapsed time

Place	Bib #	Name	Finish	Pace	Age	Gender	
1	950	LEE, FRANSCO	00:25:08.233	8:03	35	M	

#### Male 40-44 in division 5K - based on Gun Elapsed time

Place	Bib #	Name	Finish	Pace	Age	Gender
1	917	CUMMINGS, MICHAEL L	00:28:45.237	9:13	42	M
2	911	BACZEWSKI, MARK	00:33:27.592	10:43	40	M

### Male 50-54 in division 5K - based on Gun Elapsed time

Place	Bib #	Name	Finish	Pace	Age	Gender
1	958	COOK, TIM	00:21:59.519	7:03	51	M
2	953	RADVAN, MICHAEL	00:26:09.371	8:23	50	M
3	936	MCGILL, MARC	00:27:41.835	8:52	54	M
4	910	ALLEN, GARY	00:29:59.441	9:37	53	M

### Male 60-64 in division 5K - based on Gun Elapsed time

Place	Bib #	Name	Finish	Pace	Age	Gender
1	929	JOHNSON, FRANK	00:27:03.135	8:40	62	M

Female 1-12 in division 5K - based on Gun Elapsed time

Place	Bib #	Name	Finish	Pace	Age	Gender				
1	933	LOVASCO, ELLA	00:32:30.294	10:25	8	F				
2	912		00:32:31.994	10:25	9	F				
Female	10-14	in division 5K - ba	ased on Gun Ela	apsed t	ime					
Place	Bib #	Name	Finish	Pace	Age	Gender				
1	913	BRADY, LAWSON	00:32:31.998	10:25	11	F				
Female	20-24	in division 5K - ba	ased on Gun Ela	apsed t	ime					
Place	Bib #	Name	Finish	Pace	Age	Gender				
1	925	GRENDEL, MADELINE	00:27:16.461	8:44	23	 F				
2	920	DOYLE, MAKENNA	00:30:17.090			F				
Female	emale 25-29 in division 5K - based on Gun Elapsed time									
Place	Bib #	Name	Finish	Pace	Age	Gender				
1	927	HINE, ASHLEY	00:24:41.749	7:55	26	 F				
2	937	•				F				
Female	30-34	in division 5K - ba	ased on Gun Ela	apsed t	ime					
Place	Bib #	Name	Finish	Pace	Age	Gender				
1	922	FREEMAN, MELISSA	00:24:57.598	7:59	33	 F				
2	916	· ·	00:30:37.295			F				
3	957		00:39:29.289	12:39	32	F				
4	914	BRANDT, HOLLY	00:39:57.014		33	F				
5	942	SMITH, AMANDA	00:41:51.519	13:25	32	F				
Female	35-39	in division 5K - ba	ased on Gun Ela	apsed t	ime					
Place	Bib #	Name	Finish	Pace	Age	Gender				
1	921	ESCKELSON, AMY	00:25:56.366	8:19	39	 F				
2	948	ALFANO, SAM	00:27:01.235		38	F				

3	944	STEWART,	SARAH	00:29:16.093	9:23	35	F
4	932	LENTNER,	JAMIE	00:29:59.815	9:37	37	F
5	934	MANGINO,	KRISTEN	00:33:38.553	10:47	36	F

### Female 40-44 in division 5K - based on Gun Elapsed time

Place	Bib #	Name	Finish	Pace	Age	Gender	
1	940	PETERSEN, MARY	00:26:21.762	8:27	42	F	
2	938	MILLER, CARRIE	00:26:49.248	8:36	40	F	
3	954	KERNS, KIM	00:28:12.322	9:02	40	F	
4	959	GUMPEL, JAMIE	00:33:12.510	10:38	43	F	
5	918	CZERWINSKI, SHERYL	00:51:07.855	16:23	42	F	

# Female 50-54 in division 5K - based on Gun Elapsed time

Place Bib # Name	Finish Pace	Age	Gender
1 931 KLINE, JEANNE	00:27:38.015 8:51	53	F
2 926 HAHN, RENEE	00:48:34.673 15:34	51	F

Place	Bib #	Name		Finish	Pace	Age	Gender
1	943	SMITH, GAIL	00:42:55.250	13:45	64	F	