



Diakon Wilderness Center

Diakon Adventure Challenge 5k

September 17, 2016

Age Group Finish

overcast clouds
light breeze

Age Group	Over All	Mas ter	Time	Name	Race Number	Age On Race Day	Age Group	City	State	Pace / Mile
Female	12 & under		Total: 4							
1	6		28:41	Gabriella Sainato	481	10	12 & under	Gettysburg	PA	9:14
2	86		45:15	Aisha Trump	522	9	12 & under	Mechanicsburg	PA	14:34
3	105		52:12	Aevyn Gannon	357	9	12 & under	Mohrsville	PA	16:48
	4	111	53:06	Ellie Fasick	349	8	12 & under	Gardners	PA	17:05
Female	13 - 19		Total: 10							
1	37		35:30	Mary Smith	501	18	13 - 19	Carlisle	PA	11:26
2	55		37:52	Amanda Bertsch	316	15	13 - 19	Lewisberry	PA	12:11
3	81		43:09	Ashleigh Sites	497	14	13 - 19	Mechanicsburg	PA	13:53
	4	84	44:48	Laura Stremmel	514	14	13 - 19	New Oxford	PA	14:25
	5	88	45:32	Mackenzie Carothers	328	13	13 - 19	Enola	PA	14:39
	6	92	47:00	Zoe Gannon	359	13	13 - 19	Mohrsville	PA	15:08
	7	96	49:07	Shelby Kent	402	19	13 - 19	East Berlin	PA	15:49
	8	97	49:09	Sarah Shader	487	19	13 - 19	Mechanicsburg	PA	15:49
	9	122	55:43	Emily Keim	400	13	13 - 19	Harrisburg	PA	17:56
	10	130	1:00:31	Aalliyah Hutchison	562	14	13 - 19			19:29
Female	20 - 29		Total: 25							
1	8		28:51	Julia Moore	439	23	20 - 29	Carlisle	PA	9:17
2	9		28:53	Marissa Lagna	414	26	20 - 29	Stewartstown	PA	9:18
3	15		31:29	Rebekah Beard	311	25	20 - 29	Lancaster	PA	10:08
	4	16	32:08	Jennifer Johnson	395	26	20 - 29	Chambersburg	PA	10:21
	5	24	34:07	Jessica Barnett	309	24	20 - 29	Harrisburg	PA	10:59
	6	31	35:06	Jennifer Prael	467	28	20 - 29	Mechanicsburg	PA	11:18
	7	33	35:27	Angela Obrien	453	29	20 - 29	Gaithersburg	MD	11:25
	8	38	35:30	Danielle Thomas	520	27	20 - 29	New Cumberland	PA	11:26
	9	40	35:53	Madison Williams	530	27	20 - 29	Harrisburg	PA	11:33
	10	41	35:53	Marci Walls	525	29	20 - 29	Harrisburg	PA	11:33
	11	42	35:55	Nathaly Gonzalez	367	20	20 - 29	Carlisle	PA	11:34
	12	52	37:28	Morgan Hukill	391	27	20 - 29	Chambersburg	PA	12:04
	13	56	38:23	Elysia Mikkelsen	433	27	20 - 29	New Cumberland	PA	12:21
	14	71	40:29	Moriah Hough	387	21	20 - 29	Mechanicsburg	PA	13:02
	15	72	40:29	Dani Kepner	403	20	20 - 29	Mechanicsburg	PA	13:02
	16	74	41:48	Ariel Andrejev	301	28	20 - 29	Harrisburg	PA	13:27
	17	75	41:54	Danielle Baker	304	25	20 - 29	Marysville	PA	13:29
	18	76	42:09	Melissa Hodge	386	25	20 - 29	York	PA	13:34



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Age Group	Over All	Mas ter	Time	Name	Race Number	Age On Race Day	Age Group	City	State	Pace / Mile
Female 20 - 29			Total: 25							
19	78		42:37	Sarah Kramer	545	28	20 - 29			13:43
20	93		47:45	Kelsi Knarr	410	20	20 - 29	Newville	PA	15:22
21	110		53:04	Kristi Meier	429	26	20 - 29	Chambersburg	PA	17:05
22	115		54:08	Tiffany Miller	437	26	20 - 29	Wormleysburg	PA	17:25
23	127		59:31	Amanda Blouch	321	23	20 - 29	Annville	PA	19:09
24	129		1:00:31	Catlin Lawson	561	23	20 - 29			19:29
25	134		1:16:13	Nicole Ruff	479	27	20 - 29	Biglerville	PA	24:32
Female 30 - 39			Total: 36							
1	4		27:42	Sherry Riley	473	38	30 - 39	York Springs	PA	8:55
2	5		27:56	Deanna Petula	460	39	30 - 39	Mount Holly Spring	PA	8:59
3	7		28:42	Nicole Cassel	329	39	30 - 39	Harrisburg	PA	9:14
4	10		28:59	Laura Kilko	404	37	30 - 39	Mount Holly Spring	PA	9:20
5	11		29:48	Joy Hern	546	32	30 - 39			9:36
6	13		30:54	Chrissy French	356	38	30 - 39	Newville	PA	9:57
7	14		31:01	Chantal Chaplain	330	34	30 - 39	New Cumberland	PA	9:59
8	17		32:23	Holly Kressler	413	36	30 - 39	Mechanicsburg	PA	10:25
9	21		33:46	Melissa Kirby	408	36	30 - 39	Carlisle	PA	10:52
10	23		33:58	Ruth Ritchie	474	32	30 - 39	Harrisburg	PA	10:56
11	25		34:07	Valerie Messner-West	430	33	30 - 39	Lancaster	PA	10:59
12	28		34:22	Katherine Suwala	518	33	30 - 39	Carlisle	PA	11:04
13	29		34:49	Grace Heiland	383	33	30 - 39	Mount Joy	PA	11:12
14	30		35:02	Alyssa Shapley	488	30	30 - 39	New Cumberland	PA	11:17
15	32		35:16	Erin Pittman	463	36	30 - 39	Carlisle	PA	11:21
16	34		35:28	Carolyn Dorazio	342	39	30 - 39	Harrisburg	PA	11:25
17	36		35:30	Kimberly Ogle	455	36	30 - 39	East Berlin	PA	11:26
18	44		35:59	Tammy Behl	314	36	30 - 39	Hanover	PA	11:35
19	49		37:12	Kim Stone	509	37	30 - 39	Harrisburg	PA	11:58
20	53		37:39	Nicole Sellers	484	36	30 - 39	Mechanicsburg	PA	12:07
21	59		39:09	Shelly Renfrew	543	38	30 - 39			12:36
22	65		39:38	Janelle Chockla	331	34	30 - 39	Biglerville	PA	12:45
23	67		39:43	Emily Kinn	407	31	30 - 39	Boiling Springs	PA	12:47
24	68		39:57	Elizabeth Clough	332	37	30 - 39	Shippensburg	PA	12:52
25	77		42:30	Heather Smith	500	34	30 - 39	Enola	PA	13:41
26	80		42:45	Mary Tyrrell	523	34	30 - 39	Chambersburg	PA	13:46
27	82		43:43	Stephanie Taylor	556	38	30 - 39			14:04



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Age Group	Over All	Mas ter	Time	Name	Race Number	Age On Race Day	Age Group	City	State	Pace / Mile
Female 30 - 39			Total: 36							
	28	87	45:18	Tamar Wallace	524	34	30 - 39	New Cumberland	PA	14:35
	29	89	45:33	Jennifer Dructor	344	33	30 - 39	Camp Hill	PA	14:40
	30	90	46:29	Jeannette Magaro	560	38	30 - 39			14:58
	31	94	48:46	Tanya Lambdin	415	30	30 - 39	Orrtanna	PA	15:42
	32	95	48:49	M. Angie Larkin	416	36	30 - 39	Boiling Springs	PA	15:43
	33	101	50:25	Nichole Kunkle	557	39	30 - 39	Shippensburg	PA	16:14
	34	108	52:59	Vanessa Steinbacher	508	35	30 - 39	Middletown	PA	17:03
	35	114	54:08	Tiffany Walters	526	34	30 - 39	Mechanicsburg	PA	17:25
	36	121	55:43	Christina Keim	399	39	30 - 39	Harrisburg	PA	17:56
Female 40 - 49			Total: 34							
1	12		30:06	Zoe Metro	431	41	40 - 49	Boiling Springs	PA	9:41
2	18		33:07	Shannon Gay	361	41	40 - 49	Mechanicsburg	PA	10:40
3	20		33:40	Tina Cannon	327	48	40 - 49	Enola	PA	10:50
	4	22	33:50	Michelle Neuharth	448	47	40 - 49	Chambersburg	PA	10:53
	5	26	34:15	Rebekah Lichtenberger	421	42	40 - 49	Carlisle	PA	11:01
	6	27	34:16	Cathleen Jennings	393	46	40 - 49	Carlisle	PA	11:02
	7	39	35:41	Helen Sainato	482	44	40 - 49	Gettysburg	PA	11:29
	8	45	36:11	Dana Dickerson	340	40	40 - 49	Gettysburg	PA	11:39
	9	46	36:18	Angelique Gardner	360	41	40 - 49	Carlisle	PA	11:41
	10	47	36:52	Rondell Smith	503	40	40 - 49	Chambersburg	PA	11:52
	11	50	37:19	Jana Mosemann	441	40	40 - 49	Carlisle	PA	12:01
	12	54	37:45	Kristi Prowell	469	45	40 - 49	Mechanicsburg	PA	12:09
	13	60	39:15	Heather Ranck	470	46	40 - 49	Lancaster	PA	12:38
	14	62	39:17	Wendi Weigle	529	45	40 - 49	Gettysburg	PA	12:39
	15	63	39:19	Barbara Bingham	318	47	40 - 49	Camp Hill	PA	12:39
	16	66	39:38	Cathy Sprenger	504	49	40 - 49	Mechanicsburg	PA	12:45
	17	79	42:45	Melaney Stremmel	515	44	40 - 49	New Oxford	PA	13:46
	18	83	44:09	Kristin Jensen	394	40	40 - 49	New Cumberland	PA	14:13
	19	91	46:58	Karen Woodring	534	43	40 - 49	Mechanicsburg	PA	15:07
	20	98	49:19	Tara Pettersson	459	41	40 - 49	Lemoyne	PA	15:52
	21	99	49:21	Kami Link	551	41	40 - 49			15:53
	22	100	49:23	Michelle Goodrich	368	42	40 - 49	York	PA	15:54
	23	102	51:44	Vicki Hardman	378	40	40 - 49	Newville	PA	16:39
	24	103	51:44	April Knepper	411	40	40 - 49	Chambersburg	PA	16:39
	25	106	52:32	Lori Aux	302	48	40 - 49	Carlisle	PA	16:55



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Age Group	Over All	Mas ter	Time	Name	Race Number	Age On Race Day	Age Group	City	State	Pace / Mile
Female 40 - 49			Total: 34							
	26	107	52:58	Angeline Zemba	535	45	40 - 49	Boiling Springs	PA	17:03
	27	109	53:00	Barbie Kostyak	412	47	40 - 49	Carlisle	PA	17:04
	28	112	53:06	Joy Fasick	350	41	40 - 49	Gardners	PA	17:05
	29	116	54:09	Vicki Witter	532	48	40 - 49	Newville	PA	17:26
	30	119	55:05	Stephanie Shorten	493	42	40 - 49	Enola	PA	17:44
	31	123	56:48	Vickie Geesaman	363	44	40 - 49	Harrisburg	PA	18:17
	32	124	56:51	Traci Moyer	443	46	40 - 49	Enola	PA	18:18
	33	126	57:30	Laurie McFadden	541	45	40 - 49			18:30
	34	128	59:44	Jodie Miller	548	45	40 - 49	Biglerville	PA	19:14
Female 50 & over			Total: 23							
1	19		33:34	Kim Day	339	54	50 & over	Shippensburg	PA	10:48
2	35		35:28	Toni Birkhimer	320	54	50 & over	Marion	PA	11:25
3	43		35:55	Christine Stark	507	52	50 & over	Carlisle	PA	11:34
4	48		37:08	Lori Anderson	559	51	50 & over			11:57
5	51		37:27	Lisa Moore	440	50	50 & over	Carlisle	PA	12:03
6	57		38:53	Linda Plesic	464	58	50 & over	New Cumberland	PA	12:31
7	58		38:55	Janelle Leymeister	420	52	50 & over	Hummelstown	PA	12:32
8	61		39:16	Dawn Nolt	451	50	50 & over	Lititz	PA	12:38
9	64		39:20	Teresa Strausbaugh	512	53	50 & over	Glenville	PA	12:40
10	69		39:58	Debby Burd	326	63	50 & over	Biglerville	PA	12:52
11	70		39:59	Laura Lent	419	50	50 & over	Carlisle	PA	12:52
12	73		40:42	Karen Connolly	335	51	50 & over	Enola	PA	13:06
13	85		45:14	Corinne Rebinski	471	56	50 & over	Etters	PA	14:34
14	104		51:44	Linda Johnson	396	54	50 & over	Newville	PA	16:39
15	113		53:46	Millie Potteiger	466	58	50 & over	Carlisle	PA	17:18
16	117		54:26	Linda Shader	485	51	50 & over	Mechanicsburg	PA	17:31
17	118		54:53	Michelle Grochalski	372	53	50 & over	Carlisle	PA	17:40
18	120		55:05	Betsy Baker	303	54	50 & over	Marysville	PA	17:44
19	125		57:29	Susan McFadden	540	66	50 & over			18:30
20	131		1:01:36	Lorraine Nagy	445	57	50 & over	East Berlin	PA	19:50
21	132		1:05:42	Chris Shields	490	60	50 & over	Shippensburg	PA	21:09
22	133		1:11:11	Debra Cordell	336	60	50 & over	Chambersburg	PA	22:55
23	135		1:16:14	Andrea Laudermilch	417	56	50 & over	Biglerville	PA	24:32



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Age Group	Over All	Mas ter	Time	Name	Race Number	Age On Race Day	Age Group	City	State	Pace / Mile
Male	12 & under		Total: 11							
1	27		29:40	Benjamin Ogle	454	10	12 & under	East Berlin	PA	9:33
2	64		35:28	Jaceb Dickerson	341	10	12 & under	Gettysburg	PA	11:25
3	65		35:28	Chase Harmon	379	10	12 & under	East Berlin	PA	11:25
4	68		35:51	Mason Stone	510	12	12 & under	Harrisburg	PA	11:32
5	72		37:12	Josh Dorazio	343	12	12 & under	Harrisburg	PA	11:58
6	80		39:11	Trek Weigle	528	11	12 & under	Gettysburg	PA	12:37
7	87		42:43	Caleb Houston	388	11	12 & under	Enola	PA	13:45
8	88		42:53	Vance Kunkle	558	12	12 & under	Shippensburg	PA	13:48
9	91		44:32	Luke McGlaughlin	426	11	12 & under	York	PA	14:20
10	103		1:15:50	Justin Jarman	392	6	12 & under	Biglerville	PA	24:25
11	104		1:16:12	Colin Becker	313	6	12 & under	Biglerville	PA	24:32
Male	13 - 19		Total: 15							
1	7		25:38	Brandon Sites	498	15	13 - 19	Mechanicsburg	PA	8:15
2	8		25:45	Brandon Jones	398	18	13 - 19	Carlisle	PA	8:17
3	9		25:58	Erik Brudowski	542	16	13 - 19			8:21
4	26		29:22	Isiah Godoy	366	19	13 - 19	Carlisle	PA	9:27
5	28		29:41	Jackson Hart	382	15	13 - 19	Boiling Springs	PA	9:33
6	33		29:57	Albert Sites	495	16	13 - 19	Mechanicsburg	PA	9:38
7	34		30:00	Kevin Potoki	465	19	13 - 19	Carlisle	PA	9:39
8	37		30:30	Austin Kent	401	14	13 - 19	Newport	PA	9:49
9	45		31:53	Matt Fasick	351	15	13 - 19	Gardners	PA	10:16
10	49		32:59	Grant McGlaughlin	425	13	13 - 19	York	PA	10:37
11	60		34:54	Patrick Hernandez	385	17	13 - 19	Carlisle	PA	11:14
12	62		35:11	Jared Sauder	550	19	13 - 19			11:19
13	63		35:14	Kayden Smith	537	13	13 - 19	Shermansdale	PA	11:20
14	71		37:07	Trent Stremmel	516	16	13 - 19	New Oxford	PA	11:57
15	90		43:38	Jackson Klingaman	409	15	13 - 19	New Cumberland	PA	14:03
Male	20 - 29		Total: 13							
1	4		24:19	Derek Beard	310	25	20 - 29	Lancaster	PA	7:50
2	12		26:53	Ryan Cassatt	538	29	20 - 29			8:39
3	14		27:14	Philip Smith	502	27	20 - 29	Mechanicsburg	PA	8:46
4	16		27:19	Darren Engle	346	25	20 - 29	Mechanicsburg	PA	8:48
5	18		28:09	Harrison Lund	422	20	20 - 29	Carlisle	PA	9:04
6	38		30:34	Steven Cross	553	22	20 - 29			9:50



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Male 20 - 29			Total: 13							
	7	47	32:33	Michael Grochalski	371	26	20 - 29	Carlisle	PA	10:29
	8	50	33:03	Nolan Graham	370	20	20 - 29	Carlisle	PA	10:38
	9	51	33:03	William Johnson	397	20	20 - 29	Carlisle	PA	10:38
	10	56	34:18	Ben Cohen	333	28	20 - 29	Harrisburg	PA	11:02
	11	84	42:08	Thomas Hamilton	377	24	20 - 29	York	PA	13:34
	12	100	52:00	Kevin Tingler	521	24	20 - 29	Thurmont	MD	16:44
	13	102	1:08:47	Steve Papinchak	458	29	20 - 29	Marysville	PA	22:08
Male 30 - 39			Total: 19							
1	5		24:33	Chris Ondeck	456	33	30 - 39	Shippensburg	PA	7:54
2	17		27:35	Brent Newman	449	39	30 - 39	York	PA	8:53
3	30		29:49	Philip Hern	544	34	30 - 39	Harrisburg	PA	9:36
	4	36	30:28	Derek Short	492	35	30 - 39	Mechanicsburg	PA	9:48
	5	39	30:45	Jonathan Geiman	364	33	30 - 39	Boiling Springs	PA	9:54
	6	40	30:46	Tim Mirra	547	31	30 - 39			9:54
	7	46	32:04	Randy Strite	517	39	30 - 39	Mechanicsburg	PA	10:19
	8	53	33:13	Chris Leonard	549	32	30 - 39			10:41
	9	57	34:22	Paul Taylor	519	39	30 - 39	Shippensburg	PA	11:04
	10	59	34:45	Daniel Short	552	31	30 - 39			11:11
	11	66	35:29	Joshua Harmon	380	34	30 - 39	East Berlin	PA	11:25
	12	69	36:17	Cody Reigle	472	30	30 - 39	Mechanicsburg	PA	11:41
	13	76	37:53	William Pines	462	31	30 - 39	Enola	PA	12:12
	14	77	37:58	James Willshier	531	36	30 - 39	Mechanicsburg	PA	12:13
	15	78	38:11	Michael Miller	435	33	30 - 39	New Oxford	PA	12:17
	16	79	38:32	Jeffery Geiselman	365	39	30 - 39	Spring Grove	PA	12:24
	17	82	39:42	Dustin Kinn	406	33	30 - 39	Boiling Springs	PA	12:47
	18	85	42:23	Chris Roffe	476	35	30 - 39	New Cumberland	PA	13:39
	19	96	46:41	Joe Esbenshade	347	39	30 - 39	Dover	PA	15:02
Male 40 - 49			Total: 25							
1	11		26:38	Matthew Newman	450	41	40 - 49	York	PA	8:34
2	15		27:17	Tim Sindlinger	494	43	40 - 49	Dover	PA	8:47
3	19		28:27	John Crossley	338	42	40 - 49	Harrisburg	PA	9:09
	4	20	28:36	Steven Bennion	315	46	40 - 49	Owings Mills	MD	9:12
	5	21	28:58	Scott Habecker	374	46	40 - 49	Hummelstown	PA	9:19
	6	22	29:04	Tim Wolford	533	43	40 - 49	Harrisburg	PA	9:21



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Male		40 - 49		Total: 25						
	7	29	29:44	Chris Hart	381	46	40 - 49	Boiling Springs	PA	9:34
	8	31	29:55	James Gannon	358	47	40 - 49	Mohrsville	PA	9:38
	9	35	30:15	Bruce Moore	438	49	40 - 49	Carlisle	PA	9:44
	10	41	30:53	David Henkel	384	41	40 - 49	Mechanicsburg	PA	9:56
	11	43	31:05	Joseph Prowell	468	48	40 - 49	Mechanicsburg	PA	10:00
	12	44	31:30	Douglas Rohrer	477	47	40 - 49	Landisburg	PA	10:08
	13	48	32:50	Dustin England	345	43	40 - 49	Newville	PA	10:34
	14	52	33:07	Glen Ott	457	48	40 - 49	Shippensburg	PA	10:40
	15	54	33:52	Gary Michael	432	41	40 - 49	Boiling Springs	PA	10:54
	16	61	34:55	Alan Billings	317	48	40 - 49	Carlisle	PA	11:14
	17	67	35:37	Kurt Shook	491	46	40 - 49	Mechanicsburg	PA	11:28
	18	70	37:02	Michael Zemba	536	49	40 - 49	Boiling Springs	PA	11:55
	19	74	37:31	Stephen Bobb	322	46	40 - 49	Boiling Springs	PA	12:05
	20	89	42:56	Eric Houston	389	40	40 - 49	Enola	PA	13:49
	21	92	44:32	Brad McGlaughlin	424	46	40 - 49	York	PA	14:20
	22	93	44:48	Daniel Stremmel	513	44	40 - 49	New Oxford	PA	14:25
	23	97	49:22	Patrick Goodrich	369	46	40 - 49	York	PA	15:53
	24	99	50:36	Albert Sites	496	46	40 - 49	Mechanicsburg	PA	16:17
	25	101	56:47	Robert Geesaman	362	44	40 - 49	Harrisburg	PA	18:17
Male		50 & over		Total: 19						
1	6		25:34	Michael Natale	446	51	50 & over	York	PA	8:14
2	10		26:09	Brian Ober	452	53	50 & over	Mechanicsburg	PA	8:25
3	13		26:56	Mike Fasick	352	50	50 & over	Gardners	PA	8:40
	4	23	29:04	Rodney Small	499	55	50 & over	Chambersburg	PA	9:21
	5	24	29:07	Alfredo Rivera	475	51	50 & over	Lebanon	PA	9:22
	6	25	29:18	David Marchese	423	57	50 & over	Hummelstown	PA	9:26
	7	32	29:55	Derrick Birkhimer	319	54	50 & over	Marion	PA	9:38
	8	42	31:04	Scott Fitzpatrick	539	51	50 & over			9:60
	9	55	34:08	Ted Murphy	444	58	50 & over	Carlisle	PA	10:59
	10	58	34:41	Leroy Weaver	527	60	50 & over	Holtwood	PA	11:10
	11	73	37:22	Edward Muzic	554	55	50 & over			12:02
	12	75	37:41	Brian Hair	375	58	50 & over	Shippensburg	PA	12:08
	13	81	39:21	Jerry Strausbaugh	511	52	50 & over	Glenville	PA	12:40
	14	83	41:36	Paul Rundle	480	53	50 & over	Camp Hill	PA	13:23
	15	86	42:31	Patrick Collins	334	52	50 & over	Harrisburg	PA	13:41



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overcast clouds
light breeze

Age Group	Over All	Master	Time	Name	Race Number	Age On Race Day	Age Group	City	State	Pace / Mile
Male		50 & over		Total: 19						
16	94		45:24	Ali Firoozmand	353	64	50 & over	Harrisburg	PA	14:37
17	95		46:06	Matt Sprenger	506	52	50 & over	Mechanicsburg	PA	14:50
18	98		49:58	Russ Shader	486	56	50 & over	Mechanicsburg	PA	16:05
19	105		1:16:16	Tom Laudermilch	418	62	50 & over	Biglerville	PA	24:33