



American Diabetes Association Fitter Feet - Thankful Hearts 5k November 23, 2013

Awards

Overall

Place	Over All	Time	Name	Race Number	Age On Race Day	Masters	Age Group / Place	City	State	Pace / Mile
Female		Total: 2								
1	3	22:35	Jennifer Morris	314	38		30 - 39	Chambersburg	PA	7:16
2	7	25:28	Brooke Emge	196	13		19 & under	Fayetteville	PA	8:12
Male		Total: 2								
1	1	21:32	William Dentler	347	29		20 - 29			6:56
2	2	21:51	Rodney Small	324	52		50 - 59	Chambersburg	PA	7:02

Masters

Place	Over All	Time	Name	Race Number	Age On Race Day	Age Group	City	State	Pace / Mile
Female		Total: 1							
1	13	26:55	Rebecca Essis	219	45	40 - 49	Chambersburg	PA	8:40
Male		Total: 1							
1	5	23:28	Darren Armstrong	329	47	40 - 49	Chambersburg	PA	7:33

Age Adjusted Finish

Adjusted Place	Over All	Adjusted Time	Time	Name	Race Number	Age	Masters	Age Group / Place	City	State
Female										
1	3	22:03	22:35	Jennifer Morris	314	38		30 - 39	Chambersburg	PA
2	7	23:35	25:28	Brooke Emge	196	13		19 & under	Fayetteville	PA
3	29	24:28	31:05	Margaret Horioka	307	58	6	50 - 59 2	Williamsport	MD
Male										
1	2	18:48	21:51	Rodney Small	324	52		50 - 59	Chambersburg	PA
2	5	21:01	23:28	Darren Armstrong	329	47	1	40 - 49	Chambersburg	PA
3	1	21:30	21:32	William Dentler	347	29		20 - 29		



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Age Groups

Age Group	Over All	Time	Name	Race Number	Age On Race Day	Age Group	City	State	Pace / Mile
Female 19 & under									
1	9	27:47	Madalyn Essis	208	12	19 & under	Chambersburg	PA	8:57
2	10	27:51	Cassandra Essis	201	15	19 & under	Chambersburg	PA	8:58
Male 19 & under									
1	8	26:20	Luke Myers	317	11	19 & under	Chambersburg	PA	8:29
2	10	28:36	Rodrigo Hackos	339	11	19 & under			9:12
Female 20 - 29									
1	6	27:27	Jennifer Jarjour	331	21	20 - 29	Chambersburg	PA	8:50
2	8	27:37	Ashley Peters	333	29	20 - 29	Chambersburg	PA	8:53
Female 30 - 39									
1	3	26:13	Liz Buhrman	350	33	30 - 39	Chambersburg	PA	8:26
2	7	27:33	Trina Schenzel	321	35	30 - 39	Chambersburg	PA	8:52
Male 30 - 39									
1	3	23:17	Daniel Flack	341	39	30 - 39	Chambersburg	PA	7:30
2	13	33:40	Derek Dentler	188	31	30 - 39	Chambersburg	PA	10:50
Female 40 - 49									
1	5	27:01	Deb Swope	325	45	40 - 49	Chambersburg	PA	8:42
2	13	28:49	Carmie George	330	44	40 - 49	Amberson	PA	9:17
Male 40 - 49									
1	5	24:11	Jonathan Miller	313	41	40 - 49	Chambersburg	PA	7:47
2	6	25:30	Mike Buhrman	158	40	40 - 49			8:12
Female 50 - 59									
1	12	28:41	Sara Grove	348	51	50 - 59	Chambersburg	PA	9:14
2	17	31:05	Margaret Horioka	307	58	50 - 59	Williamsport	MD	10:00
Male 50 - 59									
1	7	25:42	Jeff Sarver	320	51	50 - 59	Chambersburg	PA	8:16
2	15	49:12	Keith Myers	316	51	50 - 59	Greencastle	PA	15:50
Female 60 - 69									
1	20	35:15	Pat Phenicie-Grandel	318	64	60 - 69	Chambersburg	PA	11:21
Male 60 - 69									
1	18	1:02:45	Charles White	327	62	60 - 69	Chambersburg	PA	20:12



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Age Group	Over All	Time	Name	Race Number	Age On Race Day	Age Group	City	State	Pace / Mile
Female	70 & over								
1	35	1:02:23	Elizabeth Caveney	166	71	70 & over	Chambersburg	PA	20:05