



American Diabetes Association

Fitter Feet - Thankful Hearts 5k

November 23, 2013

Overall Finish

FitterFeet Total: 54

Over All	Race Number	Gender	Place	Time	Name	Age	Masters	Age Group / Place	City	State	Pace / Mile	
1	347	M	1	21:32	William Dentler	29		20 - 29			6:56	
2	324	M	2	21:51	Rodney Small	52		50 - 59	Chambersburg	PA	7:02	
3	314	F	1	22:35	Jennifer Morris	38		30 - 39	Chambersburg	PA	7:16	
4	341	M	3	23:17	Daniel Flack	39		30 - 39	1	Chambersburg	PA	7:30
5	329	M	4	23:28	Darren Armstrong	47	1	40 - 49		Chambersburg	PA	7:33
6	313	M	5	24:11	Jonathan Miller	41	2	40 - 49	1	Chambersburg	PA	7:47
7	196	F	2	25:28	Brooke Emge	13		19 & under		Fayetteville	PA	8:12
8	158	M	6	25:30	Mike Buhrman	40	3	40 - 49	2			8:12
9	320	M	7	25:42	Jeff Sarver	51	4	50 - 59	1	Chambersburg	PA	8:16
10	350	F	3	26:13	Liz Buhrman	33		30 - 39	1	Chambersburg	PA	8:26
11	317	M	8	26:20	Luke Myers	11		19 & under	1	Chambersburg	PA	8:29
12	315	M	9	26:20	Doug Myers	42	5	40 - 49	3	Waynesboro	PA	8:29
13	219	F	4	26:55	Rebecca Essis	45	1	40 - 49		Chambersburg	PA	8:40
14	325	F	5	27:01	Deb Swope	45	2	40 - 49	1	Chambersburg	PA	8:42
15	331	F	6	27:27	Jennifer Jarjour	21		20 - 29	1	Chambersburg	PA	8:50
16	321	F	7	27:33	Trina Schenzel	35		30 - 39	2	Chambersburg	PA	8:52
17	333	F	8	27:37	Ashley Peters	29		20 - 29	2	Chambersburg	PA	8:53
18	208	F	9	27:47	Madalyn Essis	12		19 & under	1	Chambersburg	PA	8:57
19	201	F	10	27:51	Cassandra Essis	15		19 & under	2	Chambersburg	PA	8:58
20	332	F	11	27:52	Shelly Corwell	31		30 - 39	3	Shippensburg	PA	8:58
21	339	M	10	28:36	Rodrigo Hackos	11		19 & under	2			9:12
22	348	F	12	28:41	Sara Grove	51	3	50 - 59	1	Chambersburg	PA	9:14
23	330	F	13	28:49	Carmie George	44	4	40 - 49	2	Amberson	PA	9:17
24	306	M	11	29:28	Aaron Hopkins	44	6	40 - 49	4	Hagerstown	MD	9:29
25	311	M	12	29:55	Ronald Leighty	48	7	40 - 49	5	Chambersburg	PA	9:38
26	323	F	14	29:57	Julie Showalter	42	5	40 - 49	3	Chambersburg	PA	9:38
27	337	F	15	30:24	Sarah McCoy	28		20 - 29	3			9:47
28	335	F	16	31:00	Stephanie Lancione	32		30 - 39	4	Chambersburg	PA	9:59
29	307	F	17	31:05	Margaret Horioka	58	6	50 - 59	2	Williamsport	MD	10:00
30	301	F	18	33:24	Brenda Ford	39		30 - 39	5	Greencastle	PA	10:45
31	188	M	13	33:40	Derek Dentler	31		30 - 39	2	Chambersburg	PA	10:50
32	171	F	19	33:41	Alison Dentler	29		20 - 29	4	Chambersburg	PA	10:50
33	318	F	20	35:15	Pat Phenicie-Grandel	64	7	60 - 69	1	Chambersburg	PA	11:21
34	340	F	21	38:08	Miller Kiera	11		19 & under	3			12:16



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35	336	F	22	38:23	Danielle Lynn Kessler	33		30 - 39 6	Chambersburg	PA	12:21
36	346	F	23	38:23	Foster Kristen	36		30 - 39 7			12:21
37	352	F	24	42:31	Susan Melendez	52	8	50 - 59 3			13:41
38	312	F	25	42:38	Holley Miller	32		30 - 39 8	Fayetteville	PA	13:43
39	342	F	26	43:27	Glenda Small	54	9	50 - 59 4	Chambersburg	PA	13:59
40	338	F	27	43:40	Janice Hackos	43	10	40 - 49 4			14:03
41	322	F	28	46:27	Juliette Shearer	57	11	50 - 59 5	Spring Run	PA	14:57
42	345	F	29	47:35	Rebecca Weaver	38		30 - 39 9			15:19
43	303	F	30	48:46	Miranda Haney	17		19 & under 4	Greencastle	PA	15:42
44	302	M	14	49:12	Brett Haney	11		19 & under 3	Greencastle	PA	15:50
45	316	M	15	49:12	Keith Myers	51	8	50 - 59 2	Greencastle	PA	15:50
46	170	F	31	49:53	Tracy Cope	43	12	40 - 49 5	Chambersburg	PA	16:03
47	349	F	32	52:07	Corwell Karen	49	13	40 - 49 6			16:46
48	343	M	16	52:33	Jamie Helman	45	9	40 - 49 6			16:55
49	308	M	17	54:36	David Horsh	35		30 - 39 3	Chambersburg	PA	17:34
50	344	F	33	56:30	Madison Hessong	10		19 & under 5			18:11
51	305	F	34	56:38	Heather Hessong	37		30 - 39 10	Chambersburg	PA	18:14
52	166	F	35	1:02:23	Elizabeth Caveney	71	14	70 & over 1	Chambersburg	PA	20:05
53	328	F	36	1:02:24	Kathy White	59	15	50 - 59 6	Chambersburg	PA	20:05
54	327	M	18	1:02:45	Charles White	62	10	60 - 69 1	Chambersburg	PA	20:12