



# Shippensburg University French Club

## Lavi a Bon 5k Run

April 06, 2024

### Awards



broken clouds  
gentle breeze

#### Overall Gender

Place	Over All	Time	Race Number	Name	Gender	Age	City	State	Pace / Mile	Age Grade
<b>Female</b>										
1	5	28:49	3627	Jackie Eichelberger	F	41	Shippensburg	PA	9:17	51.84
<b>Male</b>										
1	1	21:13	3298	Emanuel Ciocan	M	36	Greencastle	PA	6:50	62.12

#### Age Graded Percent

Place	Over All	Age Grade	Race Number	Name	Gender	Age	City	State	Time	Adjusted Time	Adjusted Place
1	2	66.99	3270	Eldon Martin	M	47	Mcconnellsburg	PA	21:22	19:08	
2	1	62.12	3298	Emanuel Ciocan	M	36	Greencastle	PA	21:13	20:38	
3	3	56.79	3667	Cliff Ocker	M	53	Chambersburg	PA	26:27	22:34	
4	7	55.09	3249	John Wilbur Jr	M	64	Shippensburg	PA	29:59	23:16	
5	11	54.31	3067	Aj Reath	M	71	Shippensburg	PA	32:39	23:36	
6	5	<b>51.84</b>	<b>3627</b>	<b>Jackie Eichelberger</b>	<b>F</b>	<b>41</b>	Shippensburg	PA	<b>28:49</b>	<b>27:37</b>	
7	8	49.55	3317	Daren Helsel	M	57			31:21	25:52	
8	6	<b>49.11</b>	<b>3347</b>	<b>Sarah Orndorf</b>	<b>F</b>	<b>29</b>	Shippensburg	PA	<b>29:09</b>	<b>29:09</b>	
9	16	<b>48.18</b>	<b>3272</b>	<b>Kathi Bietsch</b>	<b>F</b>	<b>70</b>			<b>45:16</b>	<b>29:43</b>	
10	4	45.91	3388	Ethan Zuwiala	M	22			27:56	27:55	



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#### Age Groups

Place	Over All	Time	Race Number	Name	Gender	Age	City	State	Pace / Mile	Age Grade
<b>Female 13 - 19</b>										
1	8	1:02:21	3383	Gabrielle De Bruin	F	18	Shippensburg	PA	20:04	23.22
<b>Female 20 - 29</b>										
1	2	29:09	3347	Sarah Orndorf	F	29	Shippensburg	PA	9:23	49.11
2	3	34:25	3639	Ashley Martin	F	27	Akron	PA	11:05	41.6
3	4	36:13	3242	Maddy Snyder	F	25	Camp Hill	PA	11:39	39.53
<b>Male 20 - 29</b>										
1	4	27:56	3388	Ethan Zuwiala	M	22			8:59	45.91
2	7	31:57	3304	Quentin Helsel	M	29	Chambersburg	PA	10:17	40.16
<b>Male 40 - 49</b>										
1	2	21:22	3270	Eldon Martin	M	47	Mcconnellsburg	PA	6:53	66.99
2	8	32:38	3632	Rob Lesman	M	47	Carlisle	PA	10:30	43.87
3	12	46:22	3296	James Butts	M	41			14:55	29.47
<b>Female 50 - 59</b>										
1	6	48:14	3662	Sheila Martin	F	54	Chambersburg	PA	15:31	35.72
2	7	51:55	3670	Marsha Ocker	F	55	Mercersburg	PA	16:43	33.63
<b>Male 50 - 59</b>										
1	3	26:27	3667	Cliff Ocker	M	53	Chambersburg	PA	8:31	56.79
2	6	31:21	3317	Daren Helsel	M	57			10:05	49.55
3	10	35:51	3661	Delray Martin	M	54	Chambersburg	PA	11:32	42.25
<b>Female 60 &amp; over</b>										
1	5	45:16	3272	Kathi Bietsch	F	70			14:34	48.18
<b>Male 60 &amp; over</b>										
1	5	29:59	3249	John Wilbur Jr	M	64	Shippensburg	PA	9:39	55.09
2	9	32:39	3067	Aj Reath	M	71	Shippensburg	PA	10:31	54.31