



Shippensburg University French Club

Lavi a Bon 5k Run

April 06, 2024

Overall Finish



broken clouds
gentle breeze

5k Total: 21

Over All	Race Number	Gender	Place	Time	Name	Age	Masters	Age Group / Place	City	State	Pace / Mile	Age Grade
1	3298	M	1	21:13	Emanuel Ciocan	36		30 - 39	Greencastle	PA	6:50	62.12
2	3270	M	2	21:22	Eldon Martin	47		40 - 49 1	Mcconnellsburg	PA	6:53	66.99
3	3667	M	3	26:27	Cliff Ocker	53		50 - 59 1	Chambersburg	PA	8:31	56.79
4	3388	M	4	27:56	Ethan Zuwiala	22		20 - 29 1			8:59	45.91
5	3627	F	1	28:49	Jackie Eichelberger	41		40 - 49	Shippensburg	PA	9:17	51.84
6	3347	F	2	29:09	Sarah Orndorf	29		20 - 29 1	Shippensburg	PA	9:23	49.11
7	3249	M	5	29:59	John Wilbur Jr	64		60 & over 1	Shippensburg	PA	9:39	55.09
8	3317	M	6	31:21	Daren Helsel	57		50 - 59 2			10:05	49.55
9	3304	M	7	31:57	Quentin Helsel	29		20 - 29 2	Chambersburg	PA	10:17	40.16
10	3632	M	8	32:38	Rob Lesman	47		40 - 49 2	Carlisle	PA	10:30	43.87
11	3067	M	9	32:39	Aj Reath	71		60 & over 2	Shippensburg	PA	10:31	54.31
12	3639	F	3	34:25	Ashley Martin	27		20 - 29 2	Akron	PA	11:05	41.60
13	3661	M	10	35:51	Delray Martin	54		50 - 59 3	Chambersburg	PA	11:32	42.25
14	3242	F	4	36:13	Maddy Snyder	25		20 - 29 3	Camp Hill	PA	11:39	39.53
15	3219	M	11	43:39	Mark Sachleben	59		50 - 59 4	Shippensburg	PA	14:03	36.21
16	3272	F	5	45:16	Kathi Bietsch	70		60 & over 1			14:34	48.18
17	3296	M	12	46:22	James Butts	41		40 - 49 3			14:55	29.47
18	3662	F	6	48:14	Sheila Martin	54		50 - 59 1	Chambersburg	PA	15:31	35.72
19	3670	F	7	51:55	Marsha Ocker	55		50 - 59 2	Mercersburg	PA	16:43	33.63
20	3387	M	13	1:02:21	David De Bruin	55		50 - 59 5	Shippensburg	PA	20:04	24.49
21	3383	F	8	1:02:21	Gabrielle De Bruin	18		13 - 19 1	Shippensburg	PA	20:04	23.22