



PA National Guard & US Army War College

Run to Rise SAAPM 5k

April 06, 2025

Overall Finish

 **52**
overcast clouds
light breeze

5K Total: 47

Over All	Race Number	Gender	Place	Time	Name	Age	Masters	Age Group / Place	City	State	Pace / Mile	Age Grade
1	2903	F	1	19:36	Maeve Thistel	24		19 - 29	Baltimore	MD	6:19	72.53
2	2779	M	1	22:10	Eugene Ingalls	41		40 - 49	Mechanicsburg	PA	7:08	61.67
3	2864	F	2	23:39	Kelly Dworak	62		50 & over 1	Carlisle	PA	7:37	80.85
4	2886	F	3	24:08	Kristin Milford	38		30 - 39 1	Harrisburg	PA	7:46	60.33
5	2880	M	2	24:25	Erik Leeds	51		50 & over 1	Palmyra	PA	7:52	60.50
6	2909	F	4	25:03	Natasha Yearsley	40		40 - 49 1	Carlisle	PA	8:04	58.83
7	2860	M	3	25:11	John Cramer	38		30 - 39 1	Dillsburg	PA	8:06	53.07
8	2906	M	4	25:19	John Wenzel	51		50 & over 2	Haymarket	VA	8:09	58.39
9	2907	M	5	26:09	Neil Wolfe	46		40 - 49 1	Lebanon	PA	8:25	54.31
10	2885	M	6	26:29	David Melendez Piñero	42		40 - 49 2	Dauphin	PA	8:31	51.99
11	2857	M	7	27:27	Liam Bishop	26		19 - 29 1	Mechanicsburg	PA	8:50	46.69
12	2858	M	8	27:33	Carl Burrows	41		40 - 49 3	North Bend	PA	8:52	49.61
13	2166	F	5	27:43	Siera Beard	31		30 - 39 2			8:55	51.35
14	2877	F	6	27:49	Katie Kohlenburg	32		30 - 39 3	Harrisburg	PA	8:57	51.26
15	2865	M	9	27:50	Michael Fenn	66		50 & over 3	Carlisle	PA	8:58	60.46
16	2863	M	10	27:58	David Dworak	62		50 & over 4	Carlisle	PA	9:00	58.04
17	2890	M	11	28:07	Shawn Phillips	53		50 & over 5	Jonestown	PA	9:03	53.40
18	2866	F	7	29:49	Jade-Lynn Geedy	26		19 - 29 1	Harrisburg	PA	9:36	47.68
19	2869	M	12	30:03	Jerry Guistwite	60		50 & over 6	Hanover	PA	9:40	53.03
20	2852	F	8	30:29	Gillian Barrie	25		19 - 29 2	Lebanon	PA	9:49	46.64
21	2894	M	13	30:50	Joshua Quimby	41		40 - 49 4	Julian	PA	9:55	44.32
22	2900	M	14	31:54	Andrew Spurgeon	42		40 - 49 5	Carlisle	PA	10:16	43.18
23	2868	F	9	31:58	Emily Guistwite	26		19 - 29 3	Milroy	PA	10:17	44.47
24	2905	M	15	32:03	Jasen Warren	47		40 - 49 6	Lancaster	PA	10:19	44.66
25	2901	F	10	32:25	Andrea Stonebraker	47		40 - 49 2	Harrisburg	PA	10:26	48.36
26	2873	M	16	32:27	Bill Himchak	57		50 & over 7	Chambersburg	PA	10:27	47.85
27	2893	F	11	32:27	Amber Quimby	40		40 - 49 3	Julian	PA	10:27	45.40
28	2891	M	17	34:13	John Pippy	54		50 & over 8	Coraopolis	PA	11:01	44.27
29	2897	F	12	34:13	Shante Sherrill	38		30 - 39 4	Philadelphia	PA	11:01	42.54
30	2872	F	13	35:22	Tiffany Heath	40		40 - 49 4	Chambersburg	PA	11:23	41.65
31	2856	F	14	35:33	Karin Bettilyon	49		40 - 49 5	Ashburn	VA	11:27	45.18
32	2904	M	18	35:59	Neal Van Horn	76		50 & over 9	Portland	OR	11:35	53.29
33	2899	F	15	36:03	Amy Snyder	42		40 - 49 6	Harrisburg	PA	11:36	41.45



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34	2895	F	16	36:04	Tonya Resto	56		50 & over 2	Camp Hill	PA	11:37	48.72
35	2031	F	17	37:25	Gabrielle Lee	26		19 - 29 4	Chambersburg	PA	12:03	38.00
36	2853	F	18	37:48	Sylvia Beiler	30		30 - 39 5	Lebanon	PA	12:10	37.63
37	2879	F	19	37:48	Angela Lee	35		30 - 39 6	Lebanon	PA	12:10	38.01
38	2896	F	20	38:01	Erin Rosenberry	40		40 - 49 7	Shippensburg	PA	12:14	38.76
39	2902	F	21	38:26	Nancy Strueber	46		40 - 49 8	Chambersburg	PA	12:22	40.35
40	2876	F	22	38:26	Denise Keim	58		50 & over 3	Tower City	PA	12:22	47.00
41	2874	F	23	40:20	Lou Hoffman	38		30 - 39 7	Fayetteville	PA	12:59	36.10
42	2910	F	24	41:03	Sunshine Zentichko	40		40 - 49 9	Marysville	PA	13:13	35.89
43	2871	F	25	48:15	Macie Watkins	10		18 & under 1	Pine Grove	PA	15:32	33.97
44	2878	F	26	50:16	Isabelle Latsch	24		19 - 29 5	Carlisle	PA	16:11	28.28
45	2888	M	19	51:38	Keith O'Connor	45		40 - 49 7	Fayetteville	PA	16:37	27.29
46	2875	M	20	55:32	David Johnson	53		50 & over 10	Dover	PA	17:52	27.04
47	2908	F	27	55:33	Hollis Woodard	59		50 & over 4	Dover	PA	17:53	32.96