

# Amanda Strous Fly High 22 Foundation

## Live, Laugh, Love 5K

September 28, 2024



light intensity drizzle  
light breeze

### Age Grade

Adjusted Place	Name	Age Graded %	Over All	Time	Adjusted Time	Gender	Age	Race Number	City	State
1	Sarah Boward	72.55	2	21:18	19:44	F	45	336	Chambersburg	PA
2	Eyoel Delessa	70.23	1	18:28	18:15	M	33	1107	Chambersburg	PA
3	Anthony Fragassi	68.42	3	22:54	18:44	M	58	1108		
4	Cliff Ocker	58.26	6	25:47	22:00	M	53	1130	Chambersburg	PA
5	Aj Reath	57.13	11	31:02	22:26	M	71	1136	Shippensburg	PA
6	Chloe Prettyman	56.66	5	25:16	25:16	F	22	1135		
7	Sara Reynolds	53.32	7	26:52	26:51	F	30	1141		
8	Taylor Webster	52.83	8	27:07	27:06	F	30	1159		
9	Brandon Calle	51.34	4	24:58	24:58	M	27	1103		
10	Taylor Reinecker	49.25	9	29:29	29:04	F	36	1137	York Springs	PA
11	Joanna Strous	48.72	14	34:54	29:23	F	53	1152		
12	Jen Langan	48.72	15	34:54	29:23	F	53	1123		
13	Jody Boyer	48.56	10	29:29	29:29	F	24	1102		
14	Lori Helman	45.26	19	37:35	31:38	F	53	1117	Chambersburg	PA
15	Alysha Reitz	44.23	13	32:25	32:22	F	31	1138		
16	Miranda Bollinger	40.05	17	35:45	35:45	F	29	1100		
17	Ginger Grieb	39.79	33	57:40	35:59	F	73	1114		
18	Aleaha Strous	38.62	18	37:15	37:04	F	33	1148		
19	Pamela Murdoch	36.44	21	49:13	39:17	F	57	1129		
20	Kyle Strous	36.32	16	35:34	35:17	M	32	1153		
21	Susan Thompson	36.26	25	51:34	39:29	F	60	1157		
22	Eric Strous	32.84	23	49:25	39:02	M	62	1150		
23	Karen Womer	32.71	28	56:22	43:46	F	59	1163		
24	Paula Strous	31.97	34	57:40	44:47	F	59	1154		
25	Garrett Strous	31.30	20	41:00	40:57	M	29	1151		
26	Crystal Strous	31.28	36	58:57	45:46	F	59	1149		
27	Mary Fragassi	29.25	27	52:50	48:57	F	45	1109		
28	Ashleigh Hansen	29.06	22	49:20	49:16	F	31	1115	Shippensburg	PA
29	Zane Strous	28.90	32	57:40	44:21	M	65	1155		
30	Brian Womer	28.26	29	56:24	45:21	M	60	1162		
31	Sara Davidson	26.19	30	56:38	54:40	F	40	1106		
32	Lisa Wright	26.01	31	56:41	55:03	F	39	1165	Chambersburg	PA
33	Kristina Kulp	24.49	35	58:54	58:28	F	34	1121		
34	Katelynn Graham	24.27	38	59:09	58:59	F	32	1112		
35	Makenzie Ocker	24.22	37	59:06	59:06	F	28	1131		
36	Brooke Piechocki	23.60	40	1:00:42	1:00:40	F	30	1133		
37	Mya Kemp	23.45	41	1:01:03	1:01:03	F	22	1119		
38	Paige Bond	23.45	42	1:01:03	1:01:03	F	23	1101		

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39	Maddie Reuther	23.44	43	1:01:04	1:01:04	F	24	1139		
40	Meg Thompson	23.37	44	1:01:16	1:01:16	F	24	1156		
41	Sarah Womer	23.36	46	1:01:17	1:01:17	F	24	1164		
42	Gage Piechocki	21.17	39	1:00:42	1:00:32	M	30	1134		