

Amanda Strous Fly High 22 Foundation

Live, Laugh, Love 5K

September 28, 2024

Overall Finish



light intensity drizzle
light breeze

Live, Laugh, Love 5k Total: 46

Over All	Race Number	Gender	Place	Time	Name	Age	Mas ters	Age Group / Place	City	State	Pace / Mile	Age Grade
1	1107	M	1	18:28	Eyoel Delessa	33			Chambersburg	PA	5:57	70.23
2	336	F	1	21:18	Sarah Boward	45			Chambersburg	PA	6:51	72.55
3	1108	M	2	22:54	Anthony Fragassi	58					7:22	68.42
4	1103	M	3	24:58	Brandon Calle	27					8:02	51.34
5	1135	F	2	25:16	Chloe Prettyman	22					8:08	56.66
6	1130	M	4	25:47	Cliff Ocker	53			Chambersburg	PA	8:18	58.26
7	1141	F	3	26:52	Sara Reynolds	30					8:39	53.32
8	1159	F	4	27:07	Taylor Webster	30					8:44	52.83
9	1137	F	5	29:29	Taylor Reinecker	36			York Springs	PA	9:29	49.25
10	1102	F	6	29:29	Jody Boyer	24					9:29	48.56
11	1136	M	5	31:02	Aj Reath	71			Shippensburg	PA	9:59	57.13
12	387	F	7	31:03	Chrissy Lucas						9:60	
13	1138	F	8	32:25	Alysha Reitz	31					10:26	44.23
14	1152	F	9	34:54	Joanna Strous	53					11:14	48.72
15	1123	F	10	34:54	Jen Langan	53					11:14	48.72
16	1153	M	6	35:34	Kyle Strous	32					11:27	36.32
17	1100	F	11	35:45	Miranda Bollinger	29					11:30	40.05
18	1148	F	12	37:15	Aleaha Strous	33					11:59	38.62
19	1117	F	13	37:35	Lori Helman	53			Chambersburg	PA	12:06	45.26
20	1151	M	7	41:00	Garrett Strous	29					13:12	31.30
21	1129	F	14	49:13	Pamela Murdoch	57					15:50	36.44
22	1115	F	15	49:20	Ashleigh Hansen	31			Shippensburg	PA	15:53	29.06
23	1150	M	8	49:25	Eric Strous	62					15:54	32.84
24	306	F	16	51:01	Tracey Cantabene						16:25	
25	1157	F	17	51:34	Susan Thompson	60					16:36	36.26
26	289	F	18	51:35	Laurie Albee						16:36	
27	1109	F	19	52:50	Mary Fragassi	45					17:00	29.25
28	1163	F	20	56:22	Karen Womer	59					18:09	32.71
29	1162	M	9	56:24	Brian Womer	60					18:09	28.26
30	1106	F	21	56:38	Sara Davidson	40					18:14	26.19
31	1165	F	22	56:41	Lisa Wright	39			Chambersburg	PA	18:15	26.01
32	1155	M	10	57:40	Zane Strous	65					18:34	28.90
33	1114	F	23	57:40	Ginger Grieb	73					18:34	39.79

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34	1154	F	24	57:40	Paula Strous	59					18:34	31.97
35	1121	F	25	58:54	Kristina Kulp	34					18:57	24.49
36	1149	F	26	58:57	Crystal Strous	59					18:58	31.28
37	1131	F	27	59:06	Makenzie Ocker	28					19:01	24.22
38	1112	F	28	59:09	Katelynn Graham	32					19:02	24.27
39	1134	M	11	1:00:42	Gage Piechocki	30					19:32	21.17
40	1133	F	29	1:00:42	Brooke Piechocki	30					19:32	23.60
41	1119	F	30	1:01:03	Mya Kemp	22					19:39	23.45
42	1101	F	31	1:01:03	Paige Bond	23					19:39	23.45
43	1139	F	32	1:01:04	Maddie Reuther	24					19:39	23.44
44	1156	F	33	1:01:16	Meg Thompson	24					19:43	23.37
45	337	F	34	1:01:16	Anna Gruber						19:43	
46	1164	F	35	1:01:17	Sarah Womer	24					19:44	23.36