



Chambersburg YMCA

Chambersburg YMCA Sprint Tri Open

September 28, 2019

Masters Finish

Open Total: 27

Place	Race Number	Over All	Time	Name	Age On Race Day	Age Group	City	State	Pace / Mile
Female				Total: 10					
1	4189	15	1:36:38	Ellie Nash	41	40 - 44	Hagerstown	MD	4:59
2	4212	16	1:37:50	Michelle Wissinger	47	45 - 49	Laughlintown	PA	5:03
3	4190	25	1:43:08	Debra Plummer	61	60 & over	Enola	PA	5:19
4	4172	50	2:06:49	Misty Grillo	41	40 - 44	Chambersburg	PA	6:32
5	4206	52	2:12:18	Deborah Swope	51	50 - 54	Waynesboro	PA	6:49
6	4169	54	2:14:15	Elizabeth Freeman	49	45 - 49	Gettysburg	PA	6:55
7	4194	55	2:17:02	Sue Russell	66	60 & over	Fayetteville	PA	7:04
8	4170	56	2:17:28	Amy Gambler	46	45 - 49	Reading	PA	7:05
9	4203	57	2:30:02	Kimberly Spittler	65	60 & over			7:44
10	4160	59	2:51:03	Jeri Cooper	40	40 - 44	Mercersburg	PA	8:49
Male				Total: 17					
1	4153	4	1:26:47	Mark Barnett	56	55 - 59	Weatherford	TX	4:28
2	4151	5	1:28:14	Khaled Al Khalifa	41	40 - 44	Shippensburg	PA	4:33
3	4184	6	1:28:44	Brent Lawberz	42	40 - 44			4:34
4	4207	8	1:31:22	Jeremy Thompson	48	45 - 49	Mercersburg	PA	4:43
5	4159	9	1:32:42	Harold Coder	41	40 - 44	Chambersburg	PA	4:47
6	4208	18	1:39:15	Kris Wagner	42	40 - 44			5:07
7	4182	19	1:39:26	Rob Kole	48	45 - 49	Carlisle	PA	5:08
8	4196	22	1:42:18	Jonathan Shirk	40	40 - 44	Manheim	PA	5:16
9	4152	24	1:43:02	Douglas Barnes	44	40 - 44			5:19
10	4177	28	1:44:42	Lawton Jacobs	52	50 - 54	Fayetteville	PA	5:24
11	4188	30	1:45:26	Nicholas Mistishen	57	55 - 59	Harrisburg	PA	5:26
12	4171	43	1:56:46	Mark Goda	48	45 - 49			6:01
13	4183	44	1:56:54	Daniel Kyle	46	45 - 49	Oreland	PA	6:02
14	4158	46	1:59:10	Troy Claar	49	45 - 49	Bedford	PA	6:09
15	4201	47	2:01:41	Thomas Soerens	57	55 - 59			6:16
16	4168	51	2:09:21	Gregory Fox	60	60 & over	Ellwood City	PA	6:40
17	4191	53	2:12:42	Bob Richards	67	60 & over	Chambersburg	PA	6:50