

RaceTab by MileSplit/FloSports PennsaukenTFXC, Pennsauken Girls T

Joe's Run 5k - 3/3/2019 5:10:50 PM
 Palmyra Cove Nature Park, Palmyra, NJ

5k Run

Name	Group	Age	Hometown	Time

Women				
1 Ritanne Duszak	F 40-49	40	Haddon Township,	20:27.56
2 Lucy Flood	F 30-39	39	Cherry Hill,	21:57.50
3 Tonya Russell	F 30-39	31	Woodbury,	22:36.97
4 Lisa Branco Sleeper	F 30-39	39	Mount Laurel,	23:12.19
5 Danielle Fudala	F 30-39	36	Maple Shade,	23:12.59
6 Andrea Wonderlin	F 40-49	42	Blackwood,	23:33.22
7 Carly Kirk	F 40-49	44	Barrington,	24:03.10
8 Antoinette Snyder	F 40-49	46	Pennsauken,	24:24.79
9 Willow DiMartino	F 40-49	43	Collingswood,	25:08.51
10 Ericka Moore	F 40-49	43	Cinnaminson Rive	25:09.25
11 Melissa Gill	F 30-39	37	Maple Shade,	25:09.71
12 Heather Williams	F 30-39	35	Bellmawr,	25:38.33
13 Nikki Varoutsos	F 30-39	34	Oaklyn,	25:39.98
14 Leah Wallach	F 40-49	41	Cherry Hill,	25:47.36
15 Kate Winterbottom	F 30-39	33	Williamstown,	26:00.67
16 Nicole Tellechea	F 13-19	13	Medford,	26:01.93
17 Maureen O'Brien	F 40-49	46	Mount Laurel,	26:03.17
18 Patricia Mahoney	F 50-59	52	Cherry Hill,	26:35.23
19 Regina Mosher	F 40-49	49	Williamstown,	26:42.80
20 Kathleen Davis	F 40-49	40	Palmyra,	26:59.60
21 Catherine Rockstein	F 40-49	44	Audubon,	27:27.53
22 Courtney Laub	F 40-49	40	Moorestown,	27:43.58
23 Jamie McNamara	F 40-49	40	Riverton,	28:12.18
24 Liz Grande	F 40-49	41	Riverton,	28:12.54
25 Betsy D'Allesandro	F 40-49	46	Delran,	28:19.52
26 Heidi Lonardo	F 40-49	41	Cinnaminson,	28:31.34
27 Lauren Evans	F 30-39	35	Mount Laurel,	28:48.44
28 Kelly Miller	F 30-39	35	Gloucester City,	28:54.43
29 Marie Molz	F 40-49	42	mount laurel,	28:57.39
30 Heidi Arnold	F 40-49	44	Holmes,	29:04.71
31 Danielle Starn	F 30-39	36	Millville,	29:08.81
32 Angie Gambone	F 30-39	37	Collingswood,	29:53.18
33 Caitlin Rotkiske	F 30-39	31	Philadelphia,	30:01.69
34 Stacey norcross	F 40-49	43	Palmyra,	30:13.66
35 Alyssia Cavallo	F 30-39	32	Collingswood,	30:15.58
36 Gina Palumbo	F 50-59	55	Mount Ephraim,	30:28.96
37 Nevan Soumilas	F 40-49	46	Haddonfield,	30:31.31
38 Ann Fassbender	F 40-49	47	Collingswood,	30:54.78
39 Melissa Olson	F 30-39	34	Cinnaminson,	30:56.29
40 Katie Yansick	F 40-49	43	Riverton,	31:00.58
41 Toni Amodei	F 30-39	37	pennsauken,	31:12.63
42 Diana Gerstenbacher	F 30-39	39	West Deptford,	31:32.57

43 Rachael Shugars	F 30-39	33 Pennsauken,	31:36.98
44 Kristin Knorr	F 30-39	37 Laurel Springs,	31:53.37
45 Michelle Cirilli	F 30-39	36 Pennsauken,	32:01.29
46 Anna Marie Giova	F 30-39	34 Marlton,	32:41.08
47 Christine James	F 50-59	51 Palmyra,	32:51.01
48 eleanor beason	F 60-69	62 Lindenwold,	32:55.84
49 Kelsey Bozarth	F 20-29	29 Burlington,	32:59.12
50 Donna Rohm	F 50-59	52 Maple Shade,	32:59.45
51 Michelle Petrik	F 40-49	43 Medford,	33:21.14
52 Deborah Sambucci	F 40-49	44 Moorestown,	33:26.81
53 Jenna Tickner	F 40-49	45 Moorestown,	33:27.53
54 Jillian Schneider	F 30-39	37 Marlton,	35:04.72
55 Madara Bungs	F 12 & Un	10 Plainsboro,	35:17.87
56 Kimberly Thress	F 30-39	34 Cinnaminson,	35:32.98
57 Lauren Gardiner	F 30-39	33 Glassboro,	36:04.00
58 Melissa Young	F 30-39	37 Williamstown,	36:04.37
59 Kimberly Abbott	F 30-39	35 Williamstown,	36:13.06
60 Alicia Park	F 30-39	32 Palmyra,	36:33.26
61 Valerie Weaver	F 20-29	29 Burlington,	36:43.96
62 Lisa Rose Johnson	F 40-49	42 Northfield,	36:57.26
63 Erin Talbot	F 40-49	44 Moorestownoo,	37:13.82
64 Susan Learn	F 40-49	40 Haddon Township,	38:08.43
65 Aleciana Madalena	F 30-39	36 Hainesport,	38:09.57
66 Daina Bungs	F 30-39	39 Plainsboro,	39:47.73
67 Norma Carter	F 70 & Ov	71 Burlington Towns	40:01.50
68 Tarah Freestone	F 40-49	41 Cherry Hill,	40:11.70
69 Jillian Lawrence	F 40-49	40 Haddonfield,	40:12.02
70 Dorothy Melton	F 40-49	47 Pennsauken,	40:12.37
71 Joan Tapken	F 40-49	46 Pitman,	40:25.44
72 Christine Caione	F 40-49	48 Palmyra,	40:25.74
73 Barbara Bodzioch	F 30-39	36 Berlin,	40:27.79
74 Karen Murray	F 50-59	53 Barrington,	42:18.08
75 Kristen Buff	F 30-39	36 Oaklyn,	42:18.56
76 audrey masich	F 20-29	26 Palmyra,	43:09.26
77 Laura Masich	F 60-69	63 Palmyra,	43:09.63
78 Susan Barry	F 40-49	46 Oaklyn,	43:58.88
79 Theresa Bauer	F 30-39	38 Cinnaminson,	44:02.50
80 Rebecca Hiltner-Horn	F 40-49	43 Collingswood,	46:40.39
81 Cathy Fiebelkorn	F 40-49	44 Lindenwold,	47:13.61
82 Shina Shinkowitz	F 40-49	48 Magnolia,	47:54.70
83 Erin Giberson	F 30-39	35 Marlton,	48:00.04
84 Tiffany Schroeder	F 30-39	35 Philadelphia,	48:11.09
85 Theresa Carducci	F 40-49	42 Deptford,	49:08.93
86 Elizabeth Marenco	F 30-39	34 Cinnaminson,	53:21.03
87 Connie Domingo	F 50-59	50 Marlton,	53:22.50

Men

1 Caleb Messenger	M 13-19	15 Bellmawr,	18:10.06
2 Marco Cardoso	M 40-49	46 Sayreville,	18:10.99
3 Anthony Howard	M 13-19	15 Pennsauken,	18:15.87
4 Adam Faris	M 30-39	37 Sicklerville,	18:51.04
5 Huy Nguyen	M 13-19	18 Merchantville,	19:16.55

6	Andrew Berger	M 20-29	26	Cherry Hill,	20:05.82
7	Matthew Duca	M 13-19	18	Sicklerville,	21:12.31
8	Eric Williams	M 40-49	42	Mount Laurel,	22:22.72
9	Fernando Gisone	M 50-59	56	Palmyra,	22:25.50
10	Billy Snyder	M 40-49	48	Pennsauken,	22:33.30
11	Bob Law	M 50-59	50	Mantua,	22:37.36
12	John Dugan	M 50-59	56	Deptford,	23:16.76
13	Asante Wilson	M 30-39	37	Camden,	24:01.33
14	George Duca	M 50-59	50	Sicklerville,	24:12.77
15	Tavis Karrow	M 30-39	39	Gloucester City,	24:22.17
16	Alexander Lonardo	M 12 & Un	9	Cinnaminson,	24:44.72
17	Zaiden Ascalon	M 13-19	16	Cherry Hill,	24:59.18
18	Jim Palumbo	M 50-59	59	Mount Ephraim,	25:01.58
19	Joseph McCaden	M 20-29	29	Burlington Towns	25:08.89
20	Eric Wonderlin	M 40-49	44	Blackwood,	25:28.93
21	Daniel McGlamery	M 40-49	45	Essington,	25:33.39
22	Eric Rieger	M 40-49	49	Swedesboro,	25:37.78
23	Kyle Jakubowski	M 30-39	35	Audubon,	25:42.53
24	Craig Evans	M 30-39	37	Mount Laurel,	25:49.39
25	Bill Kettelberger	M 50-59	55	Riverton,	26:07.23
26	Rodney Logan	M 60-69	65	Hamilton,	26:09.47
27	Doug Stiglich	M 40-49	48	Delran,	26:17.83
28	Alex Soumilas	M 13-19	13	Haddonfield,	26:55.79
29	Troy Pelfrey	M 50-59	55	Cherry Hill,	27:00.30
30	Mike Wells	M 40-49	47	Westmont,	28:36.52
31	Paul Viggiano	M 60-69	62	Haddon Hts,	28:46.68
32	Mike Rotkiske	M 30-39	32	Philadelphia,	29:38.80
33	Alex Deflavis	M 60-69	65	Cherry Hill,	30:01.32
34	John Bilkins	M 30-39	39	Palmyra,	30:32.20
35	Allen Roberts	M 40-49	47	Delran,	30:34.87
36	Jim Clavin	M 30-39	35	King Of Prussia,	30:45.08
37	Drew Golin	M 40-49	45	Voorhees,	31:19.67
38	Lawrence Thress Jr	M 30-39	34	Cinnaminson,	32:43.55
39	Francisco Beltran-bel	M 50-59	58	Riverside,	33:07.98
40	Henry Bennett	M 40-49	48	Pennsauken,	35:50.52
41	Tim Bower	M 40-49	49	Collingswood,	35:57.68
42	Jeff Abbott	M 30-39	34	Williamstown,	36:13.50
43	Lee Park	M 30-39	35	Palmyra,	36:32.93
44	Mark Donohue	M 40-49	49	Wenonah,	37:25.83
45	Aldis Bungs	M 12 & Un	7	Plainsboro,	37:59.92
46	David James	M 40-49	49	Palmyra,	38:04.28
47	Andrew Choptiany	M 20-29	28	Philadelphia,	39:32.98
48	Mason Bauer	M 12 & Un	10	Cinnaminson,	43:52.58
49	Randy Almond	M 40-49	49	Magnolia,	47:54.42
50	Garrett Giberson	M 12 & Un	10	Marlton,	47:59.76

RaceTab by MileSplit/FloSports PennsaukenTFXC, Pennsauken Girls T

Joe's Run 5k - 3/3/2019 5:10:50 PM
 Palmyra Cove Nature Park, Palmyra, NJ

12 & UNDER

5k Run

Name	Group	Age	Hometown	Time

Women				

1 Madara Bungs	F 12 & Un	10	Plainsboro,	35:17.87

Men				

1 Alexander Lonardo	M 12 & Un	9	Cinnaminson,	24:44.72
2 Aldis Bungs	M 12 & Un	7	Plainsboro,	37:59.92
3 Mason Bauer	M 12 & Un	10	Cinnaminson,	43:52.58
4 Garrett Giberson	M 12 & Un	10	Marlton,	47:59.76

13-19

5k Run

Name	Group	Age	Hometown	Time

Women				

1 Nicole Tellechea	F 13-19	13	Medford,	26:01.93

Men				

1 Caleb Messenger	M 13-19	15	Bellmawr,	18:10.06
2 Anthony Howard	M 13-19	15	Pennsauken,	18:15.87
3 Huy Nguyen	M 13-19	18	Merchantville,	19:16.55
4 Matthew Duca	M 13-19	18	Sicklerville,	21:12.31
5 Zaiden Ascalon	M 13-19	16	Cherry Hill,	24:59.18
6 Alex Soumilas	M 13-19	13	Haddonfield,	26:55.79

20-29

5k Run

Name	Group	Age	Hometown	Time

Women				

1	Kelsey Bozarth	F 20-29	29 Burlington,	32:59.12
2	Valerie Weaver	F 20-29	29 Burlington,	36:43.96
3	audrey masich	F 20-29	26 Palmyra,	43:09.26

Men				

1	Andrew Berger	M 20-29	26 Cherry Hill,	20:05.82
2	Joseph McCaden	M 20-29	29 Burlington Towns	25:08.89
3	Andrew Choptiany	M 20-29	28 Philadelphia,	39:32.98

30-39

5k Run				
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Name	Group	Age	Hometown	Time

Women				

1	Lucy Flood	F 30-39	39 Cherry Hill,	21:57.50
2	Tonya Russell	F 30-39	31 Woodbury,	22:36.97
3	Lisa Branco Sleeper	F 30-39	39 Mount Laurel,	23:12.19
4	Danielle Fudala	F 30-39	36 Maple Shade,	23:12.59
5	Melissa Gill	F 30-39	37 Maple Shade,	25:09.71
6	Heather Williams	F 30-39	35 Bellmawr,	25:38.33
7	Nikki Varoutsos	F 30-39	34 Oaklyn,	25:39.98
8	Kate Winterbottom	F 30-39	33 Williamstown,	26:00.67
9	Lauren Evans	F 30-39	35 Mount Laurel,	28:48.44
10	Kelly Miller	F 30-39	35 Gloucester City,	28:54.43
11	Danielle Starn	F 30-39	36 Millville,	29:08.81
12	Angie Gambone	F 30-39	37 Collingswood,	29:53.18
13	Caitlin Rotkiske	F 30-39	31 Philadelphia,	30:01.69
14	Alyssia Cavallo	F 30-39	32 Collingswood,	30:15.58
15	Melissa Olson	F 30-39	34 Cinnaminson,	30:56.29
16	Toni Amodei	F 30-39	37 pennsauken,	31:12.63
17	Diana Gerstenbacher	F 30-39	39 West Deptford,	31:32.57
18	Rachael Shugars	F 30-39	33 Pennsauken,	31:36.98
19	Kristin Knorr	F 30-39	37 Laurel Springs,	31:53.37
20	Michelle Cirilli	F 30-39	36 Pennsauken,	32:01.29
21	Anna Marie Giova	F 30-39	34 Marlton,	32:41.08
22	Jillian Schneider	F 30-39	37 Marlton,	35:04.72
23	Kimberly Thress	F 30-39	34 Cinnaminson,	35:32.98
24	Lauren Gardiner	F 30-39	33 Glassboro,	36:04.00
25	Melissa Young	F 30-39	37 Williamstown,	36:04.37
26	Kimberly Abbott	F 30-39	35 Williamstown,	36:13.06
27	Alicia Park	F 30-39	32 Palmyra,	36:33.26
28	Aleciana Madalena	F 30-39	36 Hainesport,	38:09.57
29	Daina Bungs	F 30-39	39 Plainsboro,	39:47.73

30	Barbara Bodzioch	F 30-39	36	Berlin,	40:27.79
31	Kristen Buff	F 30-39	36	Oaklyn,	42:18.56
32	Theresa Bauer	F 30-39	38	Cinnaminson,	44:02.50
33	Erin Giberson	F 30-39	35	Marlton,	48:00.04
34	Tiffany Schroeder	F 30-39	35	Philadelphia,	48:11.09
35	Elizabeth Marenco	F 30-39	34	Cinnaminson,	53:21.03

 Men

1	Adam Faris	M 30-39	37	Sicklerville,	18:51.04
2	Asante Wilson	M 30-39	37	Camden,	24:01.33
3	Tavis Karrow	M 30-39	39	Gloucester City,	24:22.17
4	Kyle Jakubowski	M 30-39	35	Audubon,	25:42.53
5	Craig Evans	M 30-39	37	Mount Laurel,	25:49.39
6	Mike Rotkiske	M 30-39	32	Philadelphia,	29:38.80
7	John Bilkins	M 30-39	39	Palmyra,	30:32.20
8	Jim Clavin	M 30-39	35	King Of Prussia,	30:45.08
9	Lawrence Thress Jr	M 30-39	34	Cinnaminson,	32:43.55
10	Jeff Abbott	M 30-39	34	Williamstown,	36:13.50
11	Lee Park	M 30-39	35	Palmyra,	36:32.93

40-49

5k Run

Name	Group	Age	Hometown	Time
Women				
1 Ritanne Duszak	F 40-49	40	Haddon Township,	20:27.56
2 Andrea Wonderlin	F 40-49	42	Blackwood,	23:33.22
3 Carly Kirk	F 40-49	44	Barrington,	24:03.10
4 Antoinette Snyder	F 40-49	46	Pennsauken,	24:24.79
5 Willow DiMartino	F 40-49	43	Collingswood,	25:08.51
6 Ericka Moore	F 40-49	43	Cinnaminson Rive	25:09.25
7 Leah Wallach	F 40-49	41	Cherry Hill,	25:47.36
8 Maureen O'Brien	F 40-49	46	Mount Laurel,	26:03.17
9 Regina Mosher	F 40-49	49	Williamstown,	26:42.80
10 Kathleen Davis	F 40-49	40	Palmyra,	26:59.60
11 Catherine Rockstein	F 40-49	44	Audubon,	27:27.53
12 Courtney Laub	F 40-49	40	Moorestown,	27:43.58
13 Jamie McNamara	F 40-49	40	Riverton,	28:12.18
14 Liz Grande	F 40-49	41	Riverton,	28:12.54
15 Betsy D'Allesandro	F 40-49	46	Delran,	28:19.52
16 Heidi Lonardo	F 40-49	41	Cinnamminson,	28:31.34
17 Marie Molz	F 40-49	42	mount laurel,	28:57.39
18 Heidi Arnold	F 40-49	44	Holmes,	29:04.71
19 Stacey norcross	F 40-49	43	Palmyra,	30:13.66
20 Nevan Soumilas	F 40-49	46	Haddonfield,	30:31.31
21 Ann Fassbender	F 40-49	47	Collingswood,	30:54.78

22	Katie Yansick	F 40-49	43 Riverton,	31:00.58
23	Michelle Petrik	F 40-49	43 Medford,	33:21.14
24	Deborah Sambucci	F 40-49	44 Moorestown,	33:26.81
25	Jenna Tickner	F 40-49	45 Moorestown,	33:27.53
26	Lisa Rose Johnson	F 40-49	42 Northfield,	36:57.26
27	Erin Talbot	F 40-49	44 Moorestownoo,	37:13.82
28	Susan Learn	F 40-49	40 Haddon Township,	38:08.43
29	Tarah Freestone	F 40-49	41 Cherry Hill,	40:11.70
30	Jillian Lawrence	F 40-49	40 Haddonfield,	40:12.02
31	Dorothy Melton	F 40-49	47 Pennsauken,	40:12.37
32	Joan Tapken	F 40-49	46 Pitman,	40:25.44
33	Christine Caione	F 40-49	48 Palmyra,	40:25.74
34	Susan Barry	F 40-49	46 Oaklyn,	43:58.88
35	Rebecca Hiltner-Horn	F 40-49	43 Collingswood,	46:40.39
36	Cathy Fiebelkorn	F 40-49	44 Lindenwold,	47:13.61
37	Shina Shinkowitz	F 40-49	48 Magnolia,	47:54.70
38	Theresa Carducci	F 40-49	42 Deptford,	49:08.93

Men

1	Marco Cardoso	M 40-49	46 Sayreville,	18:10.99
2	Eric Williams	M 40-49	42 Mount Laurel,	22:22.72
3	Billy Snyder	M 40-49	48 Pennsauken,	22:33.30
4	Eric Wonderlin	M 40-49	44 Blackwood,	25:28.93
5	Daniel McGlamery	M 40-49	45 Essington,	25:33.39
6	Eric Rieger	M 40-49	49 Swedesboro,	25:37.78
7	Doug Stiglich	M 40-49	48 Delran,	26:17.83
8	Mike Wells	M 40-49	47 Westmont,	28:36.52
9	Allen Roberts	M 40-49	47 Delran,	30:34.87
10	Drew Golin	M 40-49	45 Voorhees,	31:19.67
11	Henry Bennett	M 40-49	48 Pennsauken,	35:50.52
12	Tim Bower	M 40-49	49 Collingswood,	35:57.68
13	Mark Donohue	M 40-49	49 Wenonah,	37:25.83
14	David James	M 40-49	49 Palmyra,	38:04.28
15	Randy Almond	M 40-49	49 Magnolia,	47:54.42

50-59

5k Run

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Name	Group	Age	Hometown	Time
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Women

1	Patricia Mahoney	F 50-59	52 Cherry Hill,	26:35.23
2	Gina Palumbo	F 50-59	55 Mount Ephraim,	30:28.96
3	Christine James	F 50-59	51 Palmyra,	32:51.01
4	Donna Rohm	F 50-59	52 Maple Shade,	32:59.45
5	Karen Murray	F 50-59	53 Barrington,	42:18.08
6	Connie Domingo	F 50-59	50 Marlton,	53:22.50

Men				

1	Fernando Gisone	M 50-59	56 Palmyra,	22:25.50
2	Bob Law	M 50-59	50 Mantua,	22:37.36
3	John Dugan	M 50-59	56 Deptford,	23:16.76
4	George Duca	M 50-59	50 Sicklerville,	24:12.77
5	Jim Palumbo	M 50-59	59 Mount Ephraim,	25:01.58
6	Bill Kettelberger	M 50-59	55 Riverton,	26:07.23
7	Troy Pelfrey	M 50-59	55 Cherry Hill,	27:00.30
8	Francisco Beltran-bel	M 50-59	58 Riverside,	33:07.98

60-69

5k Run				
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Name	Group	Age	Hometown	Time

Women				

1	eleanor beason	F 60-69	62 Lindenwold,	32:55.84
2	Laura Masich	F 60-69	63 Palmyra,	43:09.63

Men				

1	Rodney Logan	M 60-69	65 Hamilton,	26:09.47
2	Paul Viggiano	M 60-69	62 Haddon Hts,	28:46.68
3	Alex Deflavis	M 60-69	65 Cherry Hill,	30:01.32

70 & OVER

5k Run				
=====				
Name	Group	Age	Hometown	Time

Women				

1	Norma Carter	F 70 & Ov	71 Burlington Towns	40:01.50