

Race Date
May 31, 2025

Freeport Flash 5K / 10K

Age Group Results

10K

Female Overall Winners

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Rebecca Pennington	Swissvale	25	285	6	43:09.21	6:57/M
2	Melissa Conjack	Sarver	38	299	8	45:21.11	7:18/M
3	Raegan Ruckus	New Kensington	14	294	10	46:01.93	7:25/M

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Female 11 to 14

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Julia Hixon	Sarver	13	270	35	1:01:54.63	9:58/M

Female 15 to 18

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Dillon Perry	Gibsonia	15	288	29	59:37.83	9:36/M

Female 19 to 29

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Mikayla Dokos	Homer City	24	262	36	1:02:15.19	10:01/M

Female 30 to 39

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Emily Robertson	Springdale	39	293	18	52:37.72	8:28/M
2	Tricia Luett	Cheswick	31	278	25	56:18.18	9:04/M
3	Courtney Callas	Sarver	38	258	32	1:00:29.35	9:44/M
4	Mara Goldie	Pittsburgh	35	267	33	1:00:59.99	9:49/M
5	Jocelyn Barr	North Apollo	37	253	41	1:09:11.17	11:08/M
6	Pragathi Praveena	Pittsburgh	32	291	44	1:11:02.56	11:26/M
7	Erin Lindsay Dragan	Pittsburgh	38	263	47	1:18:37.19	12:40/M

Female 40 to 49

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Lisa Ewing	Wexford	46	264	16	49:23.59	7:57/M
2	Carrie Birckbichler-Smith	Butler	46	255	19	52:50.46	8:30/M
3	Kosie Shepherd-Parada	Seward	46	298	27	58:01.57	9:21/M
4	Elizabeth Perry	Gibsonia	47	289	30	59:41.63	9:37/M
5	Karen Springmeyer	Sarver	44	296	31	1:00:28.60	9:44/M
6	Tabitha Bowser	Worthington	42	257	39	1:05:57.32	10:37/M
7	Laura Pesci	New Castle	48	290	45	1:11:09.70	11:27/M
8	Rose Cardamone	Saxonburg	42	261	46	1:13:55.83	11:54/M

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Female 50 and over

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1	Kimberly Miller	Butler	51	284	43	1:09:51.22	11:15/M

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Male Overall Winners

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Benjamin Perka	Freeport	21	286	1	37:12.85	5:59/M
2	Josh McGinley	New Kensington	32	282	2	40:12.24	6:28/M
3	Raymond McDougald	Pittsburgh	56	281	3	42:06.69	6:47/M

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Male 11 to 14

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Matthew Canzoneri	Freeport	13	259	20	54:20.16	8:45/M

Male 15 to 18

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Jacob Szul	Butler	15	300	11	46:27.77	7:29/M
2	Lucas Bowser	Worthington	15	256	26	57:07.30	9:12/M

Male 19 to 29

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Joshua McCoy	Sarver	24	280	5	43:01.89	6:56/M
2	Evan Michelini	Sarver	19	283	17	50:26.64	8:07/M
3	Nash Matson	Sarver	27	279	22	54:31.18	8:47/M
4	Alexander Kennedy	Evans City	26	273	24	56:00.43	9:01/M

Male 30 to 39

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Matt Gardner	Homestead	34	266	38	1:04:10.39	10:20/M

Male 40 to 49

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Brandon Bodily	Sarver	48	506	7	43:23.94	6:59/M
2	John Van Gehuchten	Aspinwall	42	301	9	45:38.24	7:21/M
3	Nick Radio	Sarver	46	292	12	46:54.90	7:33/M
4	Jack Kelley	Saxonburg	41	272	13	47:32.65	7:39/M
5	Terry Beacom	Tarentum	48	254	14	47:36.96	7:40/M
6	Ben Ewing	Wexford	47	265	23	55:51.55	9:00/M
7	Randy Barr	North Apollo	46	252	28	58:03.64	9:21/M
8	Jason Perry	Gibsonia	49	287	40	1:06:18.25	10:41/M

Male 50 and over

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1	Herman Weihrauch	Apollo	58	297	4	42:46.46	6:53/M
2	Mark Lamison	Valencia	57	276	15	47:52.76	7:42/M

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3	Chuck Sarver	Freeport	71	295	21	54:23.20	8:45/M
4	Kevin Hixon	Sarver	54	271	34	1:01:53.98	9:58/M
5	Kevin Hargrave	Ocoee	56	269	37	1:02:46.12	10:06/M
6	Robb Kipp	Pittsburgh	64	274	42	1:09:33.32	11:12/M