

Race Date
January 01, 2020

HangOver Helper 5K
Most Improved List

5K

<u>Name</u>	<u>City</u>	<u>2019</u>	<u>2020</u>	<u>Improvement %</u>
Chip Lambert	Newark	35:27.3	28:02.8	20.90
Tom Lynch	Newark	31:12.2	24:50.3	20.40
Steve Buenaga	Wilmington	40:19.8	32:18.5	19.90
Walter Bruhl	Newark	53:30.9	44:40.1	16.50
Chandra Williams	Bear	38:46.7	34:03.2	12.20
Liz Palmatary	Newark	28:28.9	25:24.4	10.80
Nate Elder	Wilmington	29:39.5	26:35.0	10.40
Jamie Furgason	Bear	35:52.3	32:17.8	9.97
Ethan Wills	Lincoln University	23:18.0	21:22.3	8.28
Jane Kovicak	Elkton	27:15.1	25:02.2	8.13
Randy Hawkes	West Grove	32:38.8	30:03.9	7.91
Keely Fitzgerald	Wilmington	29:46.6	27:36.7	7.27
Corrine Reed	Newark	34:26.5	31:58.2	7.18
Kelly Staehle	Newark	25:41.1	23:49.3	7.25
Meghan Covert	Elkton	51:20.0	47:56.0	6.62
Tanya Naton	Newark	51:15.6	47:52.4	6.61
Melissa Bruhl	Newark	37:34.1	35:08.4	6.46
Molly Shay	Newark	25:36.3	24:06.1	5.87
Elaine Vanderhorst-Williams	Wilmington	35:59.6	33:55.1	5.77
Laura Furgason	Bear	35:55.1	33:52.9	5.67
Jessica Deshong	Newark	35:59.4	34:01.7	5.45
James King	West Grove	27:28.3	26:13.7	4.52
Amanda Alexander	Wilmington	28:09.3	26:55.9	4.34
David Landon	Bear	19:37.4	18:47.3	4.25
Elaine Lambert	Newark	28:17.4	27:09.9	3.98
Elizabeth Swierzbinski	Wilmington	18:50.7	18:05.5	3.99
Michael Reilly	New Castle	33:20.6	32:04.7	3.80
Raymond Deshong	Newark	46:16.7	44:36.3	3.62
Jo Ann Alexander	Wilmington	30:10.6	29:10.4	3.32
Christina Russell	Montchanin	28:18.5	27:24.6	3.18
Katy Ferrero	Newark	31:15.7	30:19.1	3.02
Beth Oybkan	Wilmington	37:56.9	36:48.6	3.00
Beth Jefferson	Newark	34:26.4	33:33.1	2.58
Dan Bloom	Newark	32:36.2	31:47.0	2.52
Mike Janis	Newark	21:12.9	20:41.4	2.48
Gina Steinbrecher	Wilmington	32:35.5	31:46.5	2.51
Elizabeth Leonardi	Newark	24:07.3	23:32.8	2.39
Charmaine Dill	Townsend	39:36.7	38:50.6	1.94
Janet Somerville	Hockessin	25:08.8	24:42.4	1.75
El Jones	Elkton	22:40.9	22:27.9	0.96
Mick Donnelly	Wilmington	20:52.7	20:44.4	0.66
Mike Guessford	Newark	19:32.1	19:23.5	0.74
Stephen Lattanzio	Landenberg	27:07.8	26:57.4	0.64
Justin Whipkey	Newark	23:51.9	23:48.6	0.23

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Crystal Lattanzio	Landenberg	26:07.5	26:09.6	-0.14
Jody Sies	Wilmington	49:02.8	49:10.7	-0.27
Deb Uff	Newark	26:35.3	26:44.7	-0.59
Eduardo Garcia	Lincoln University	30:39.7	30:54.8	-0.82
Kathleen Belardo	Landenberg	33:22.1	33:46.1	-1.20
Tracy Campbell	Wilmington	34:25.3	34:57.2	-1.54
Bob Wisniewski	Newark	26:23.8	26:48.4	-1.56
Evan Humes	Newark	24:59.0	25:24.4	-1.69
Andrea Riley	Wilmington	24:45.4	25:10.6	-1.70
Patrick Dunn	Wilmington	52:03.0	53:05.7	-2.01
Lisa Hatfield	Newark	33:56.3	34:36.3	-1.96
Chas Kerin	Wilmington	24:55.5	25:26.6	-2.08
Terry Derk	Dauphin	32:21.5	33:07.6	-2.37
Jamie Fitzgerald	Newark	46:31.0	47:44.1	-2.62
Mollie Kerin	Wilmington	34:47.8	35:42.6	-2.62
Burdon Tyson	New Castle	35:27.1	36:26.5	-2.79
Deb Buena	Wilmington	28:34.4	29:23.9	-2.88
Claire Love	Newark	30:34.0	31:31.8	-3.15
Cynthia Benedict	Wilmington	26:52.3	27:52.8	-3.75
Brooke Saunders	Newark	21:08.4	21:55.0	-3.67
Blythe Milbury-Steen	Newark	27:51.4	28:54.5	-3.78
Avery Love	Newark	28:41.4	29:57.2	-4.40
April Anderson	Newark	39:53.1	41:53.3	-5.02
Tashan Fitzgerald	Newark	41:56.4	44:24.7	-5.89
Mandi Lermond	Wilmington	27:52.3	29:33.2	-6.03
Nicole Perkins	Newark	43:56.2	46:34.7	-6.01
Kathy Zdrojewski	New Castle	49:06.5	52:36.3	-7.12
Anne Mas	Wilmington	31:45.5	34:27.2	-8.48
Amy Shay	Newark	31:31.8	34:14.2	-8.58
Barbara Casarino	Newark	27:46.6	30:18.5	-9.11
Linda Daniel	Landenberg	27:44.9	30:22.1	-9.44
Heather Justison	Newark	36:56.9	40:38.4	-9.99
Catalina Elizalde	Lincoln University	36:40.4	41:01.1	-11.85
Jennifer Acord	Newark	33:30.2	37:43.4	-12.60
Dave Houck	New Castle	32:33.7	36:47.4	-12.99
Tony Williams	Bear	34:52.6	39:31.6	-13.33
Anthony Soto	Newark	23:45.9	27:01.5	-13.72
Carter Eggleston	Wilmington	26:15.1	30:46.8	-17.25
Carlita Kaliher	Wilmington	21:34.2	25:35.7	-18.66
Carey Nathan	Avondale	35:34.1	42:29.6	-19.47
Derrick Coleman	Smyrna	36:03.5	47:08.2	-30.72
Kathy Dougherty	Newark	30:31.8	41:31.7	-36.03
Michele Lynch	Wilmington	22:12.4	34:27.9	-55.21