

2023 BSM Hero 5K Run

Place	Name	Hometown	Gender	Type	Bib #	Time	Pace	Speed	Division Rank
1	TIM NOWAKOWSKI	FACTORYVILLE, PA	M: 1	RUNNER	133	00:17:58.95	05:47	10.4mph	Overall Male Runner: 1
2	BRENDAN YATSKO	HARVEYS LAKE, PA	M: 2	RUNNER	127	00:18:15.03	05:52	10.2mph	Male 15 - 19: 1
3	ZACKARY GREEN	JOHNSON CITY, NY	M: 3	RUNNER	89	00:19:08.99	06:09	9.7mph	Male 25 - 29: 1
4	MIKE MIDDENDORF	ROME, PA	M: 4	RUNNER	90	00:20:21.47	06:33	9.2mph	Male 50 - 54: 1
5	MICHAEL WOJNARSKI	MEHOOPANY, PA	M: 5	RUNNER	72	00:21:26.23	06:53	8.7mph	Male 55 - 59: 1
6	CHRISTOPHER KOVALCHICK		M: 6	RUNNER	112	00:21:35.56	06:57	8.6mph	Male 15 - 19: 2
7	MADELYN GRAVES	FACTORYVILLE, PA	F: 1	RUNNER	108	00:21:40.76	06:58	8.6mph	Overall Female Runner: 1
8	JOSH PRATT	TUNKHANNOCK, PA	M: 7	RUNNER	94	00:21:50.12	07:01	8.5mph	Male 45 - 49: 1
9	DAVID GUNDLING		M: 8	RUNNER	944	00:21:50.62	07:01	8.5mph	Male 10 - 14: 1
10	KELLY CARPENTER	MESHOPPEN, PA	F: 2	RUNNER	73	00:22:51.27	07:21	8.2mph	Female 40 - 44: 1
11	FRANK GRINDLE		M: 9	RUNNER	993	00:23:11.92	07:28	8.0mph	Male 55 - 59: 2
12	CHASE NEWHART	FACTORYVILLE, PA	M: 10	RUNNER	125	00:23:31.51	07:34	7.9mph	Male 10 - 14: 2
13	LYNANN LORENZ		F: 3	RUNNER	970	00:23:41.98	07:37	7.9mph	Female 40 - 44: 2
14	DARLENE GILPIN	DALTON, PA	F: 4	RUNNER	123	00:24:00.12	07:43	7.8mph	Female 50 - 54: 1
15	HEATHER DEWEES	HARVEYS LAKE, PA	F: 5	RUNNER	129	00:24:05.30	07:45	7.7mph	Female 50 - 54: 2
16	KEITH AUSTIN	SWEET VALLEY, PA	M: 11	RUNNER	131	00:24:06.46	07:45	7.7mph	Male 55 - 59: 3
17	NATHAN RAUB	HOP BOTTOM, PA	M: 12	RUNNER	118	00:24:07.46	07:45	7.7mph	Male 40 - 44: 1
18	TIMOTHY SHAY	CLARKS SUMMIT, PA	M: 13	RUNNER	122	00:24:43.54	07:57	7.5mph	Male 30 - 34: 1
19	JONATHAN SLOCUM	WYOMING, PA	M: 14	RUNNER	137	00:24:50.27	07:59	7.5mph	Male 45 - 49: 2
20	RANDY CHESKIEWICZ		M: 15	RUNNER	200	00:25:10.51	08:06	7.4mph	Male 15 - 19: 3
21	AMY GIULI		F: 6	RUNNER	111	00:25:24.61	08:10	7.3mph	Female 40 - 44: 3
22	MIKE KMIACIAK	TUNKHANNOCK, PA	M: 16	RUNNER	98	00:25:29.11	08:12	7.3mph	Male 50 - 54: 2
23	TAMMY PITTSMAN	JEFFERSON TWP, PA	F: 7	RUNNER	65	00:25:39.49	08:15	7.3mph	Female 50 - 54: 3
24	JOHN TOSI		M: 17	RUNNER	929	00:25:39.76	08:15	7.3mph	Male 45 - 49: 3
25	PATRICK KILKER	TUNKHANNOCK, PA	M: 18	RUNNER	100	00:25:43.65	08:16	7.2mph	Male 10 - 14: 3
26	ROMAN DONNELLY	CLARKS SUMMIT, PA	M: 19	RUNNER	120	00:25:44.80	08:17	7.2mph	Male 10 - 14: 4
27	STAN SLOCUM	TUNKHANNOCK, PA	M: 20	RUNNER	99	00:25:52.15	08:19	7.2mph	Male 35 - 39: 1
28	KEVIN MORAN		M: 21	RUNNER	996	00:26:05.03	08:23	7.1mph	Male 60+: 1
29	GRACE BENNETT		F: 8	RUNNER	994	00:26:17.86	08:27	7.1mph	Female 15 - 19: 1
30	NOAH VANORDER	FACTORYVILLE, PA	M: 22	RUNNER	114	00:26:33.00	08:32	7.0mph	Male 10 - 14: 5
31	KAYLEIGH KOVALCHICK		F: 9	RUNNER	104	00:26:36.95	08:34	7.0mph	Female 10 - 14: 1
32	SADIE CONRAD	FORKSTON, PA	F: 10	RUNNER	126	00:26:44.09	08:36	7.0mph	Female 0 - 9: 1
33	LYNN HOBBS	DALTON, PA	F: 11	RUNNER	107	00:26:55.60	08:40	6.9mph	Female 55 - 59: 1
34	DANIEL ALLEN	DALLAS, PA	M: 23	RUNNER	110	00:27:03.04	08:42	6.9mph	Male 60+: 2
35	JON ROSIAK	NICHOLSON, PA	M: 24	RUNNER	101	00:27:09.10	08:44	6.9mph	Male 50 - 54: 3
36	ARTHUR DOOLITTLE JR	MONTROSE, PA	M: 25	RUNNER	71	00:27:57.22	08:59	6.7mph	Male 55 - 59: 4
37	JUDAH DONNELLY	CLARKS SUMMIT, PA	M: 26	RUNNER	119	00:28:29.53	09:10	6.5mph	Male 15 - 19: 4
38	JAY LEWIS		M: 27	RUNNER	946	00:28:32.61	09:11	6.5mph	Male 45 - 49: 4
39	SHARON APPLEBY	TUNKHANNOCK, PA	F: 12	RUNNER	75	00:28:41.08	09:13	6.5mph	Female 50 - 54: 4
40	HARPER PALLMAN	CLARKS SUMMIT, PA	F: 13	RUNNER	132	00:28:43.71	09:14	6.5mph	Female 15 - 19: 2
41	HEATHER COLOMBO	CLARKS SUMMIT, PA	F: 14	RUNNER	66	00:29:31.93	09:30	6.3mph	Female 30 - 34: 1
42	TRESSIE EDWARDS		F: 15	RUNNER	80	00:30:00.06	09:39	6.2mph	Female 45 - 49: 1
43	EDDIE HARTMAN		M: 28	RUNNER	69	00:30:02.48	09:40	6.2mph	Male 50 - 54: 4
44	RICHARD NOVACK	TUNKHANNOCK, PA	M: 29	RUNNER	130	00:30:30.45	09:49	6.1mph	Male 60+: 3
45	CHRISY DETTORE	DALTON, PA	F: 16	RUNNER	109	00:30:42.22	09:52	6.1mph	Female 55 - 59: 2
46	JEFF SMITH	KINGSLEY, PA	M: 30	RUNNER	134	00:31:45.65	10:13	5.9mph	Male 55 - 59: 5
47	AMANDA MURRAY		F: 17	RUNNER	83	00:31:46.18	10:13	5.9mph	Female 35 - 39: 1
48	TAMI KOZLOSKI		F: 18	RUNNER	995	00:32:02.59	10:18	5.8mph	Female 45 - 49: 2
49	CONNER PRATT	CARBONDALE, PA	M: 31	RUNNER	117	00:32:22.06	10:25	5.8mph	Male 15 - 19: 5
50	SHANE VANORDER	FACTORYVILLE, PA	M: 32	RUNNER	113	00:32:37.88	10:30	5.7mph	Male 0 - 9: 1
51	LISETTE O'DONNELL	JERMYN, PA	F: 19	RUNNER	121	00:32:48.99	10:33	5.7mph	Female 55 - 59: 3
52	GINA LENGEL	DALTONDALTON, PA	F: 20	RUNNER	88	00:32:56.45	10:36	5.7mph	Female 55 - 59: 4
53	VALERIE PRATT	CARBONDALE, PA	F: 21	RUNNER	116	00:33:07.57	10:39	5.6mph	Female 60+: 1
54	NANCY SHARER	LACEYVILLE, PA	F: 22	RUNNER	76	00:33:10.43	10:40	5.6mph	Female 55 - 59: 5
55	JOHANNA SCHULTZ	HONESDALE, PA	F: 23	RUNNER	91	00:33:10.59	10:40	5.6mph	Female 45 - 49: 3
56	SUNCHA RHONE	BENTON, PA	F: 24	RUNNER	70	00:33:43.39	10:51	5.5mph	Female 60+: 2
57	TRINITY RAUB		F: 25	RUNNER	927	00:33:47.71	10:52	5.5mph	Female 10 - 14: 2
58	ADALYNN URDA		F: 26	RUNNER	95	00:33:49.38	10:53	5.5mph	Female 10 - 14: 3
59	AUBREY URDA	NICHOLSON, PA	F: 27	RUNNER	128	00:33:57.14	10:55	5.5mph	Female 10 - 14: 4
60	MELLISSA URDA		F: 28	RUNNER	84	00:34:39.46	11:09	5.4mph	Female 40 - 44: 4
61	THOMAS BYRON	HONESDALE, PA	M: 33	RUNNER	92	00:34:42.05	11:10	5.4mph	Male 55 - 59: 6

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62	AMANDA NEWHART	FACTORYVILLE, PA	F: 29	RUNNER	124	00:34:55.16	11:14	5.3mph	Female 40 - 44: 5
63	LINDA TOOMEY	TUNKHANNOCK, PA	F: 30	RUNNER	138	00:34:59.89	11:15	5.3mph	Female 35 - 39: 2
64	SAM PRATT	TUNKHANNOCK, PA	M: 34	RUNNER	93	00:35:25.92	11:24	5.3mph	Male 10 - 14: 6
65	JAIME DEGILIO	DALTON, PA	F: 31	RUNNER	85	00:35:36.07	11:27	5.2mph	Female 40 - 44: 6
66	JENNIFER SLOCUM		F: 32	RUNNER	201	00:35:57.08	11:34	5.2mph	Female 35 - 39: 3
67	PAUL COE	MOSCOW, PA	M: 35	RUNNER	64	00:37:41.66	12:07	4.9mph	Male 60+: 4
68	MELISSA YANCHAK		F: 33	RUNNER	68	00:40:15.46	12:57	4.6mph	Female 40 - 44: 7
69	MICHELE GRIPP	CLARKS SUMMIT, PA	F: 34	RUNNER	103	00:40:33.74	13:03	4.6mph	Female 60+: 3
70	KOURTNEY KOVALCHICK		F: 35	RUNNER	97	00:40:38.29	13:04	4.6mph	Female 10 - 14: 5
71	CARLA WALSH	DALTON, PA	F: 36	RUNNER	102	00:40:38.29	13:04	4.6mph	Female 60+: 4
72	VIOLA TOOMEY		F: 37	RUNNER	998	00:41:19.42	13:18	4.5mph	Female 0 - 9: 2
73	TAMMIE GRAVES	FACTORYVILLE, PA	F: 38	RUNNER	79	00:41:42.55	13:25	4.5mph	Female 50 - 54: 5
74	KRISTINE COLLINS	OLYPHANT, PA	F: 39	RUNNER	74	00:43:36.02	14:02	4.3mph	Female 55 - 59: 6
75	LEAH DOUGHERTY		F: 40	RUNNER	106	00:43:43.39	14:04	4.3mph	Female 50 - 54: 6
76	FRANK GAVAL		M: 36	RUNNER	988	00:43:49.17	14:06	4.3mph	Male 60+: 5
77	JAMES COLOMBO	CLARKS SUMMIT, PA	M: 37	RUNNER	67	00:46:40.90	15:01	4.0mph	Male 30 - 34: 2
78	ANNE DEREMER	CLARKS SUMMIT, PA	F: 41	RUNNER	77	00:48:31.00	15:36	3.8mph	Female 55 - 59: 7
79	GENA LENGEL 1	DALTONDALTON, PA	F: 42	RUNNER	87	00:50:12.54	16:09	3.7mph	Female 55 - 59: 8