

ACHING QUAD SERIES-2020 (5K)  
LAKE HOLLOWAY, LAKE LAND, FLORIDA  
ChronoTrack Results by FITniche Events

\*\*\*\* Alphabetic Listing of 5K Total Series Eligible Entrants \*\*\*\*

Name	No.	S	S_age	Hometown	Totaltime	Series#1	Series#2	Series#3	Series#4
Darrell Acreman	238	M	55	Winter Haven, FL	1:56:44	0:41:24	0:11:13	0:22:53	0:41:14
Brandy Ambrose	401	F	40	Lake Alfred, FL	2:10:35	0:45:27	0:13:26	0:26:17	0:45:25
Herminia Avellaneda	225	F	30	Frostproof, FL	1:34:48	0:34:52	0:09:21	0:18:17	0:32:18
Allen Ayris	325	M	78	Lakeland, FL	1:36:40	0:33:42	0:09:36	0:19:30	0:33:52
Kim Baker	400	F	40	Lakeland, FL	2:05:41	0:44:01	0:11:50	0:25:32	0:44:18
Samuel Baker	216	M	24	Saint Petersburg,	1:21:46	0:28:07	0:07:48	0:16:37	0:29:14
Jennifer Banks	315	F	52	Lakeland, FL	1:43:49	0:36:32	0:10:18	0:20:54	0:36:05
Stephen Barber	120	M	61	Kissimmee, FL	1:14:50	0:26:02	0:07:22	0:15:02	0:26:24
Petra Beemer	215	F	50	Lakeland, FL	1:22:30	0:28:29	0:08:06	0:16:19	0:29:36
Ra Bemman	101	M	27	Winter Haven, FL	0:55:51	0:19:20	0:05:29	0:11:15	0:19:47
Jennifer Benthall	313	F	49	Lakeland, FL	2:06:00	0:43:13	0:13:17	0:25:41	0:43:49
Randy Benthall	226	M	50	Lakeland, FL	1:31:29	0:31:11	0:08:34	0:17:43	0:34:01
Craig Betz	115	M	36	Lakeland, FL	1:08:23	0:23:37	0:06:23	0:13:39	0:24:44
Ryan Bontrager	109	M	43	Plant City, FL	1:08:31	0:23:51	0:06:56	0:13:50	0:23:54
Hunter Borah	104	M	19	Lakeland, FL	0:58:48	0:20:26	0:05:37	0:11:50	0:20:55
Cameron Brock	127	M	57	Lakeland, FL	1:17:32	0:27:06	0:07:39	0:15:47	0:27:00
Sean Brunnock	107	M	52	Lakeland, FL	1:06:52	0:22:57	0:06:33	0:13:39	0:23:43
Tamara Brunnock	232	F	57	Lakeland, FL	1:31:41	0:32:29	0:09:14	0:17:53	0:32:05
Candy Bryant	431	F	60	Kathleen, FL	3:06:38	1:07:05	0:18:58	0:36:48	1:03:47
Carol Carlson	314	F	58	Lakeland, FL	1:53:51	0:39:22	0:11:15	0:22:48	0:40:26
Coleman Cavanah	103	M	23	Auburndale, FL	1:06:49	0:23:29	0:05:56	0:12:54	0:24:30
Douglas Collins	328	M	63	Lakeland, NC	2:09:22	0:43:15	0:11:07	0:27:04	0:47:56
April Condo	236	F	38	Lakeland, FL	1:36:03	0:33:16	0:09:19	0:19:38	0:33:50
Regan Davenport	116	F	47	Bowling Green, FL	1:17:35	0:27:17	0:07:41	0:15:12	0:27:25
Nicole Davison	438	F	42	Lakeland, FL	2:28:13	0:51:40	0:14:23	0:29:24	0:52:46
Robin Deblake	327	F	64	Petoskey, MI	1:47:09	0:35:26	0:10:01	0:21:21	0:40:21
Heather Earl	326	F	49	Winter Haven, FL	1:47:05	0:35:46	0:10:52	0:21:55	0:38:32
Christina Edmiston	408	F	31	Lakeland, FL	2:09:14	0:42:52	0:12:21	0:25:52	0:48:09
Matthew Eicholtz	105	M	33	Lakeland, FL	1:11:19	0:25:21	0:06:33	0:14:41	0:24:44
Angelique Falkenberg	319	F	48	Winter Springs, FL	2:13:23	0:47:44	0:10:52	0:27:47	0:47:00
Audrey Falkenberg	320	F	12	Winter Springs, FL	2:13:48	0:47:41	0:11:30	0:27:39	0:46:58
Markus Falkenberg	228	M	51	Winter Springs, FL	1:40:39	0:34:44	0:09:37	0:20:52	0:35:26
Barbara Foster	416	F	71	Apopka, FL	2:02:52	0:40:29	0:11:47	0:24:29	0:46:07
Elijah Fulford	110	M	15	Plant City, FL	1:06:04	0:22:22	0:06:21	0:13:07	0:24:14
Carolyn Gallagher	417	F	53	Lakeland, FL	2:02:06	0:43:12	0:11:38	0:23:18	0:43:58

Paul Gibbs	208 M	28 Plant City, FL	1:21:56	0:29:07	0:07:50	0:16:15	0:28:44
Luis Guerra	407 M	30 Kissimmee, FL	2:11:54	0:45:34	0:12:21	0:25:50	0:48:09
Amber Hall	324 F	27 Lakeland, FL	2:11:54	0:45:45	0:12:25	0:26:14	0:47:30
Spencer Hall	212 M	27 Lakeland, FL	1:43:09	0:36:33	0:09:12	0:20:07	0:37:17
Caroline Hamrick	300 F	51 Haines City, FL	2:02:19	0:43:18	0:10:43	0:23:07	0:45:11
Dawn Hargrett	303 F	49 Plant City, FL	1:29:24	0:31:13	0:09:08	0:17:43	0:31:20
William Harrelson	316 M	34 Lakeland, FL	1:41:06	0:35:06	0:09:53	0:20:54	0:35:13
Norm Herendeen	118 M	67 Lakeland, FL	1:33:07	0:33:16	0:08:34	0:18:01	0:33:16
Martha Hernandez	203 F	38 Avon Park, FL	1:17:12	0:27:33	0:07:28	0:15:33	0:26:38
Scott Hoover	106 M	42 Babson Park, FL	1:02:03	0:21:33	0:06:10	0:12:27	0:21:53
Keri Hunt	311 F	61 Lake Wales, FL	1:36:25	0:33:59	0:09:34	0:19:14	0:33:38
Brigitte Imperato	102 F	48 Tampa, FL	1:20:58	0:28:44	0:08:04	0:16:31	0:27:39
Kimberly Inks	125 F	35 Lakeland, FL	1:28:23	0:30:58	0:07:56	0:17:11	0:32:18
Louis Irwin	138 M	62 Lakeland, FL	1:23:16	0:28:21	0:08:47	0:17:15	0:28:53
Theresa Johnson	419 F	57 Mulberry, FL	2:19:19	0:49:03	0:14:03	0:27:47	0:48:26
Kim Jones	140 M	62 Sun City Center, F	1:16:50	0:26:45	0:07:25	0:15:23	0:27:17
Trey Jones	111 M	40 Winter Haven, FL	1:06:26	0:22:40	0:06:26	0:13:34	0:23:46
Jodie Julson	427 F	52 Lakeland, FL	2:08:32	0:43:58	0:13:02	0:26:23	0:45:09
Danielle Kapanowski	423 F	39 Plant City, FL	2:32:47	0:51:12	0:14:54	0:31:39	0:55:02
Julienne Kermond	422 F	76 Winter Haven, FL	2:30:49	0:49:50	0:15:52	0:30:30	0:54:37
Jennifer Kirkpatrick	322 F	51 Lakeland, FL	2:06:25	0:49:33	0:12:22	0:24:10	0:40:20
Janet Lamoureux	132 F	56 Lakeland, FL	1:28:29	0:31:08	0:08:31	0:17:59	0:30:51
Angela Lanasa	237 F	58 Lakeland, FL	1:39:34	0:33:55	0:09:53	0:20:29	0:35:17
Erin Lavelle	332 F	43 Lakeland, FL	1:32:14	0:31:49	0:09:50	0:18:39	0:31:56
Kristina Lavoie	337 F	39 Lakeland, FL	2:22:33	0:56:27	0:12:24	0:26:21	0:47:21
Deanna Legendre	306 F	48 Auburndale, FL	1:48:25	0:38:21	0:10:45	0:21:51	0:37:28
Devan Legendre	112 M	20 Auburndale, FL	1:10:30	0:24:37	0:06:48	0:13:58	0:25:07
Ken Lehmker	403 M	73 Lakeland, FL	2:24:04	0:48:52	0:13:28	0:27:43	0:54:01
Daniel Long	323 M	34 Lakeland, FL	2:23:00	0:50:33	0:12:48	0:28:05	0:51:34
Mitchell Lynn	209 M	13 Lakeland, FL	1:22:23	0:26:28	0:08:00	0:17:36	0:30:19
Linda Lysinger	223 F	60 Parrish, FL	1:42:51	0:36:07	0:10:26	0:20:53	0:35:25
Walter Lysinger	114 M	61 Parrish, FL	1:12:12	0:25:08	0:07:18	0:14:20	0:25:26
Rebecca Madderom	414 F	34 Lakeland, FL	2:05:00	0:41:21	0:13:00	0:25:38	0:45:01
Heather Malone	439 F	53 Lakeland, FL	2:25:58	0:49:48	0:14:24	0:29:13	0:52:33
Rob Mason	304 M	74 Lakeland, FL	1:48:28	0:37:07	0:09:45	0:21:12	0:40:24
Joseph McBrayer, Jr.	410 M	33 Lakeland, FL	1:51:14	0:39:45	0:10:25	0:22:20	0:38:44
Lane McClelland	211 F	21 Winter Haven, FL	1:31:51	0:31:52	0:09:07	0:18:10	0:32:42
John Metzger	233 M	45 Winter Haven, FL	1:24:50	0:29:13	0:08:13	0:17:18	0:30:06
Heather Miller	424 F	37 Lakeland, FL	2:32:59	0:52:03	0:15:26	0:30:59	0:54:31
Nicole Minott	307 F	36 Lakeland, FL	1:56:16	0:41:14	0:10:54	0:24:02	0:40:06
Johnny Molina	312 M	56 Lakeland, FL	1:19:13	0:27:32	0:07:50	0:15:56	0:27:55
Marissa Moore	409 F	31 Lakeland, FL	2:09:21	0:42:25	0:11:39	0:27:22	0:47:55
Michele Most	317 F	30 Lakeland, FL	1:34:05	0:32:37	0:09:19	0:18:39	0:33:30
Elizabeth Mozingo	131 F	29 Lakeland, FL	1:30:02	0:31:50	0:08:44	0:18:11	0:31:17
Sharon Nance	217 F	61 Lakeland, FL	1:37:53	0:34:38	0:09:25	0:19:12	0:34:38

Matt Newcomer	129 M	33 Lakeland, FL	1:35:46	0:35:12	0:08:24	0:18:36	0:33:34
Darlene Nogle	222 F	62 Oviedo, FL	2:00:43	0:41:39	0:11:14	0:22:53	0:44:57
Petra Norris	221 F	57 Lakeland, FL	1:38:39	0:35:04	0:09:29	0:19:22	0:34:44
Donna Nunley	433 F	55 Seffner, FL	2:34:07	0:52:10	0:15:10	0:32:18	0:54:29
Elijah Oquendo	100 M	20 Tallahassee, FL	0:59:41	0:21:28	0:05:32	0:12:05	0:20:36
Nicole Parisi	119 F	40 Lakeland, FL	1:13:06	0:25:41	0:07:14	0:14:48	0:25:23
Clifford Parkinson	329 M	72 Dundee, FL	1:59:46	0:42:57	0:11:08	0:23:06	0:42:35
Michelle Patino	305 F	51 Valrico, FL	1:33:01	0:32:16	0:09:35	0:18:28	0:32:42
Cassandra Pileggi	425 F	50 Auburndale, FL	2:32:53	0:51:12	0:15:00	0:31:39	0:55:02
Luis Rivas	334 M	40 Lakeland, FL	1:23:50	0:28:45	0:08:06	0:16:13	0:30:46
Nanette Rodgers	415 F	84 Winter Haven, FL	2:30:42	0:49:51	0:15:52	0:30:25	0:54:34
Cathy Schaefer	406 F	50 Winter Haven, FL	1:45:46	0:37:13	0:10:50	0:21:15	0:36:28
David Schapiro	113 M	60 Riverview, FL	1:13:53	0:24:10	0:06:55	0:13:46	0:29:02
John Scimone	130 M	55 Lakeland, FL	1:24:11	0:30:01	0:07:20	0:16:16	0:30:34
Ashley Sherman	239 F	29 Bartow, FL	1:36:45	0:33:05	0:08:53	0:19:01	0:35:46
Daniel Sherman	133 M	32 Bartow, FL	1:19:20	0:27:45	0:07:08	0:15:35	0:28:52
Rebecca Slone	202 F	34 Fort Meade, FL	1:44:53	0:36:47	0:10:13	0:22:01	0:35:52
Pamela Smith	302 F	35 Lakeland, FL	2:22:59	0:50:33	0:12:48	0:28:05	0:51:33
Kandy Spangler	230 F	51 Lakeland, FL	1:40:07	0:35:19	0:10:05	0:19:46	0:34:57
John Stark	310 M	76 Winter Haven, FL	1:39:13	0:34:06	0:10:03	0:19:40	0:35:24
Tatjana Stojkovic	205 F	35 Seffner, FL	1:24:27	0:29:21	0:09:19	0:16:26	0:29:21
Will Strouse	207 M	76 Lakeland, FL	1:30:26	0:30:53	0:08:54	0:17:29	0:33:10
Andrea Styer	429 F	56 Lakeland, FL	2:29:45	0:49:55	0:14:56	0:30:41	0:54:13
Eric Taylor	234 M	32 Lakeland, FL	1:31:17	0:31:40	0:08:38	0:18:42	0:32:17
Larry Taylor	331 M	66 Mulberry, FL	2:00:32	0:42:05	0:11:02	0:23:36	0:43:49
Angela Trewartha	206 F	48 Cape Coral, FL	1:22:28	0:29:45	0:07:59	0:16:03	0:28:41
Cynthia Troxler	426 F	39 Bartow, FL	2:15:59	0:48:06	0:12:32	0:26:32	0:48:49
Jane Troxler	430 F	71 Bartow, FL	2:29:27	0:49:31	0:15:02	0:32:17	0:52:37
Erica Waters	220 F	37 Mulberry, FL	1:22:48	0:28:43	0:08:14	0:16:50	0:29:01
Lisa Weathers	235 F	46 Lakeland, FL	1:42:22	0:36:30	0:09:48	0:19:59	0:36:05
Lourdes Weaver	411 F	45 Polk City, FL	2:21:16	0:48:36	0:14:01	0:28:25	0:50:14
Rodney Weaver	412 M	49 Lakeland, FL	2:21:03	0:48:35	0:13:57	0:28:17	0:50:14
Susanne White	428 F	49 Seffner, FL	2:02:46	0:41:36	0:13:01	0:24:23	0:43:46
Noah Willoughby	229 M	42 Winter Haven, FL	1:59:49	0:42:45	0:11:19	0:23:44	0:42:01
Emma Winfield	301 F	55 Cape Coral, FL	1:56:54	0:41:17	0:11:11	0:23:01	0:41:25
James Winters	219 M	50 Lakeland, FL	1:17:39	0:27:33	0:07:42	0:15:29	0:26:55
Andrea Yancy	218 F	26 Haines City, FL	1:29:44	0:30:52	0:08:53	0:18:03	0:31:56

Number of records: 117