

# 2023 BSM Hero 5K Walk

Place	Name	Hometown	Gender	Type	Bib #	Time	Pace	Speed	Division Rank
1	REBECCA HRICKO	NICHOLSON, PA	F: 1	WALKER	184	00:37:53.55	12:11	4.9mph	Overall Female Walker: 1
2	GENE KOVALCHICK	TUNKHANNOCK, PA	M: 1	WALKER	163	00:42:05.19	13:32	4.4mph	Overall Male Walker: 1
3	JAIME HOBBS	TUNKHANNOCK, PA	F: 2	WALKER	152	00:46:31.61	14:58	4.0mph	Overall Female Walker: 2
4	REBECCA TALCOTT	TUNKHANNOCK, PA	F: 3	WALKER	178	00:46:41.50	15:01	4.0mph	Overall Female Walker: 3
5	DEVIN WALSH		M: 2	WALKER	203	00:46:49.70	15:04	4.0mph	Overall Male Walker: 2
6	CINDY ADAMS		F: 4	WALKER	215	00:47:13.42	15:11	3.9mph	Overall Female Walker: 4
7	JESS TYLER		F: 5	WALKER	216	00:47:14.88	15:12	3.9mph	Overall Female Walker: 5
8	MEIA VAN HOUTEN		F: 6	WALKER	997	00:47:21.04	15:14	3.9mph	Overall Female Walker: 6
9	KRISTEN KOVALCHICK		F: 7	WALKER	206	00:47:22.40	15:14	3.9mph	Overall Female Walker: 7
10	CHRIS KOVALCHICK	TUNKHANNOCK, PA	M: 3	WALKER	162	00:47:22.71	15:14	3.9mph	Overall Male Walker: 3
11	FELICIA PALLMAN		F: 8	WALKER	191	00:48:18.26	15:32	3.9mph	Overall Female Walker: 8
12	LINDA MURRAY		F: 9	WALKER	999	00:49:56.03	16:04	3.7mph	Overall Female Walker: 9
13	PATRICK MURRAY		M: 4	WALKER	1000	00:49:57.72	16:04	3.7mph	Overall Male Walker: 4
14	BELLAROSE LORD	TUNKHANNOCK, PA	F: 10	WALKER	176	00:50:58.54	16:24	3.7mph	Overall Female Walker: 10
15	ANGELA WALKER	DALTON, PA	F: 11	WALKER	153	00:51:08.31	16:27	3.6mph	Overall Female Walker: 11
16	KAREN RICKABY		F: 12	WALKER	190	00:51:16.25	16:30	3.6mph	Overall Female Walker: 12
17	ANNE DEMARCO		F: 13	WALKER	907	00:51:18.90	16:31	3.6mph	Overall Female Walker: 13
18	CHRIS DEMARCO		M: 5	WALKER	908	00:51:21.19	16:31	3.6mph	Overall Male Walker: 5
19	LEA PHINNEY	MESHOPPEN, PA	F: 14	WALKER	159	00:51:26.73	16:33	3.6mph	Overall Female Walker: 14
20	CHRIS ALLISON	MOOSIC, PA	M: 6	WALKER	187	00:51:33.17	16:35	3.6mph	Overall Male Walker: 6
21	AMY ALLISON	MOOSIC, PA	F: 15	WALKER	186	00:51:35.57	16:36	3.6mph	Overall Female Walker: 15
22	MALINDA GLEASON	TUNKHANNOCK, PA	F: 16	WALKER	183	00:52:04.59	16:45	3.6mph	Overall Female Walker: 16
23	LISA ANN CAINES	TUNKHANNOCK, PA	F: 17	WALKER	147	00:52:06.29	16:46	3.6mph	Overall Female Walker: 17
24	AUDRA SPENCER	TUNKHANNOCK, PA	F: 18	WALKER	181	00:52:06.89	16:46	3.6mph	Overall Female Walker: 18
25	PAM HARRIS		F: 19	WALKER	193	00:52:51.57	17:00	3.5mph	Overall Female Walker: 19
26	JULIA RAUB		F: 20	WALKER	928	00:52:52.38	17:01	3.5mph	Overall Female Walker: 20
27	LINDSEY WALSH		F: 21	WALKER	945	00:53:18.10	17:09	3.5mph	Overall Female Walker: 21
28	STACEY VINSON	WEST ABINGTON TOWNSHIP, PA	F: 22	WALKER	161	00:53:38.74	17:16	3.5mph	Overall Female Walker: 22
29	ANDREA MECCA		F: 23	WALKER	196	00:53:39.09	17:16	3.5mph	Overall Female Walker: 23
30	JAMIE SCHIRG	WEST ABINGTON TOWNSHIP, PA	F: 24	WALKER	160	00:53:41.58	17:16	3.5mph	Overall Female Walker: 24
31	GWENDOLYN LORD	TUNKHANNOCK, PA	F: 25	WALKER	175	00:54:01.06	17:23	3.5mph	Overall Female Walker: 25
32	LIBBIE ADAMS	TUNKHANNOCK, PA	F: 26	WALKER	185	00:54:44.96	17:37	3.4mph	Overall Female Walker: 26
33	JUSTIN VINCENT		M: 7	WALKER	924	00:54:50.70	17:39	3.4mph	Overall Male Walker: 7
34	JEREMY SPRAGUE	KINGSTON, PA	M: 8	WALKER	166	00:55:02.97	17:43	3.4mph	Overall Male Walker: 8
35	KATHY MORREALE	SWOYERSVILLE, PA	F: 27	WALKER	167	00:55:05.67	17:43	3.4mph	Overall Female Walker: 27
36	WILLIAM BOWER	HARFORD, PA	M: 9	WALKER	165	00:55:42.94	17:55	3.3mph	Overall Male Walker: 9
37	WILLIAM ZALEWSKI	TUNKHANNOCK, PA	M: 10	WALKER	168	00:56:06.97	18:03	3.3mph	Overall Male Walker: 10
38	KAREN ZALEWSKI	TUNKHANNOCK, PA	F: 28	WALKER	164	00:56:08.93	18:04	3.3mph	Overall Female Walker: 28
39	RENEE RASPEN	MESHOPPEN, PA	F: 29	WALKER	170	00:56:17.82	18:07	3.3mph	Overall Female Walker: 29
40	CASSANDRA FOWLER		F: 30	WALKER	213	00:56:19.34	18:07	3.3mph	Overall Female Walker: 30
41	CRAIG FOWLER		M: 11	WALKER	214	00:56:20.97	18:08	3.3mph	Overall Male Walker: 11
42	KIM WELSH	MESHOPPEN, PA	F: 31	WALKER	169	00:56:21.96	18:08	3.3mph	Overall Female Walker: 31
43	TERRY WERTMAN		F: 32	WALKER	211	00:56:27.18	18:10	3.3mph	Overall Female Walker: 32
44	PAUL SCHULTZ		M: 12	WALKER	212	00:56:30.49	18:11	3.3mph	Overall Male Walker: 12
45	BERNADETTE BEAMER	MONTROSE, PA	F: 33	WALKER	151	00:57:48.49	18:36	3.2mph	Overall Female Walker: 33
46	LAWRENCE POLACHEK	DALLAS, PA	M: 13	WALKER	150	00:59:11.94	19:03	3.1mph	Overall Male Walker: 13
47	CATHERINE POLACHEK	DALLAS, PA	F: 34	WALKER	149	00:59:16.86	19:04	3.1mph	Overall Female Walker: 34
48	MARCY ROSCIOLI	JERMYN, PA	F: 35	WALKER	171	00:59:30.88	19:09	3.1mph	Overall Female Walker: 35
49	SANDRA L FLYNN	TUNKHANNOCK, PA	F: 36	WALKER	148	00:59:33.28	19:10	3.1mph	Overall Female Walker: 36
50	RICH ROSCIOLI	JERMYN, PA	M: 14	WALKER	182	00:59:35.14	19:10	3.1mph	Overall Male Walker: 14
51	MELISSA PROCE		F: 37	WALKER	197	01:05:21.20	21:02	2.9mph	Overall Female Walker: 37
52	AMY SHERMAN		F: 38	WALKER	194	01:05:34.63	21:06	2.8mph	Overall Female Walker: 38
53	DEB SHERMAN		F: 39	WALKER	195	01:05:35.98	21:06	2.8mph	Overall Female Walker: 39