

BSMofNEPA Hero 5K

Place	Name	Hometown	Gender	Type	Bib #	Time	Pace	Speed	Division Rank
1	NATHAN MYERS	TUNKHANNOCK, PA	M: 1	Runner	917	00:17:43.55	05:42	10.5mph	Overall Male Runner: 1
2	TIM NOWAKOWSKI	FACTORYVILLE, PA	M: 2	Runner	923	00:17:52.65	05:45	10.4mph	Overall Male Runner: 2
3	ALEX BYRARS		M: 3	Runner	993	00:18:33.71	05:58	10.0mph	Overall Male Runner: 3
4	DAVID SMITH		M: 4	Runner	989	00:18:39.71	06:00	10.0mph	Male Runner 0 - 9: 1
5	BO MARCY	TUNKHANNOCK, PA	M: 5	Runner	904	00:19:40.82	06:20	9.5mph	Male Runner 0 - 9: 2
6	RYAN FLAIM	WILKES BARRE, PA	M: 6	Runner	859	00:20:19.23	06:32	9.2mph	Male Runner 0 - 9: 3
7	MIKE TOYE	WEST PITTSTON, PA	M: 7	Runner	962	00:20:40.95	06:39	9.0mph	Male Runner 10 - 14: 1
8	NATHAN SCHAEFFER	DALTON, PA	M: 8	Runner	945	00:20:41.01	06:39	9.0mph	Male Runner 10 - 14: 2
9	ROGER KIDD	TUNKHANNOCK, PA	M: 9	Runner	883	00:20:49.82	06:42	8.9mph	Male Runner 10 - 14: 3
10	EVAN TALCOTT	TUNKHANNOCK, PA	M: 10	Runner	958	00:21:03.69	06:46	8.9mph	Male Runner 15 - 29: 1
11	EVAN COLE		M: 11	Runner	984	00:21:16.22	06:50	8.8mph	Male Runner 15 - 29: 2
12	SEAN LAPE		M: 12	Runner	990	00:21:16.82	06:50	8.8mph	Male Runner 15 - 29: 3
13	ADAN EDWARDS		M: 13	Runner	981	00:21:41.45	06:58	8.6mph	Male Runner 20 - 24: 1
14	BRYCE MILLER	TUNKHANNOCK, PA	M: 14	Runner	910	00:22:17.97	07:10	8.4mph	Male Runner 20 - 24: 2
15	MICHAEL BEACH		M: 15	Runner	986	00:22:20.49	07:11	8.3mph	Male Runner 20 - 24: 3
16	CHARLES PROTHERO		M: 16	Runner	991	00:22:22.52	07:12	8.3mph	Male Runner 25 - 29: 1
17	RANDY WHITE		M: 17	Runner	985	00:22:24.87	07:12	8.3mph	Male Runner 25 - 29: 2
18	JAMIE BARKER	MOUNTAIN TOP, PA	F: 1	Runner	831	00:23:10.24	07:27	8.0mph	Overall Female Runner: 1
19	SCOTT HARDING	TUNKHANNOCK KUNK HANNOCK, PA	M: 18	Runner	870	00:23:26.40	07:32	8.0mph	Male Runner 25 - 29: 3
20	JATYM KORMIS	KINGSTON, PA	M: 19	Runner	886	00:23:34.13	07:35	7.9mph	Male Runner 30 - 34: 1
21	VICTORIA ROBINSON	SPRINGVILLE, PA	F: 2	Runner	936	00:23:40.65	07:37	7.9mph	Overall Female Runner: 2
22	DREW MICKEY		M: 20	Runner	998	00:23:53.54	07:41	7.8mph	Male Runner 30 - 34: 2
23	KELLY CARPENTER	MESHOPPEN, PA	F: 3	Runner	842	00:24:24.94	07:51	7.6mph	Overall Female Runner: 3
24	CHRIS KOVALCHICK		M: 21	Runner	996	00:24:41.69	07:56	7.5mph	Male Runner 30 - 34: 3
25	JIM LASCO	POTTSVILLE, PA	M: 22	Runner	892	00:25:04.93	08:04	7.4mph	Male Runner 35 - 39: 1
26	TERI OLCOTT	MONTROSE, PA	F: 4	Runner	926	00:25:40.68	08:15	7.3mph	Female Runner 0 - 9: 1
27	JORDAN WAGNER		M: 23	Runner	995	00:25:46.06	08:17	7.2mph	Male Runner 35 - 39: 2
28	ERIC FALZONE	TUNKHANNOCK, PA	M: 24	Runner	858	00:25:48.72	08:18	7.2mph	Male Runner 35 - 39: 3
29	VANESSA MOCK	TUNKHANNOCK, PA	F: 5	Runner	916	00:26:05.83	08:23	7.1mph	Female Runner 0 - 9: 2
30	JON ROSIAK	NICHOLSON, PA	M: 25	Runner	943	00:26:11.12	08:25	7.1mph	Male Runner 40 - 44: 1
31	COLLIN TRUESDALE	TUNKHANNOCK, PA	M: 26	Runner	963	00:26:25.40	08:30	7.1mph	Male Runner 40 - 44: 2
32	BREE RILEY	FACTORYVILLE, PA	F: 6	Runner	934	00:26:35.06	08:33	7.0mph	Female Runner 0 - 9: 3
33	JOSEPH SIGGINS	THOMPSON, PA	M: 27	Runner	949	00:26:41.67	08:35	7.0mph	Male Runner 40 - 44: 3
34	HEIDI POLLACK	MOUNTAIN TOP, PA	F: 7	Runner	931	00:26:43.87	08:36	7.0mph	Female Runner 10 - 14: 1
35	RICHARD PARRY	WILKES BARRE, PA	M: 28	Runner	927	00:26:53.22	08:39	6.9mph	Male Runner 45 - 49: 1
36	LYNN DZIELAK	OLYPHANT, PA	F: 8	Runner	853	00:27:01.10	08:41	6.9mph	Female Runner 10 - 14: 2
37	EDWARD DZIELAK	OLYPHANT, PA	M: 29	Runner	854	00:27:12.89	08:45	6.8mph	Male Runner 45 - 49: 2
38	ASHLEY BUNNELL	SPRINGVILLE, PA	F: 9	Runner	837	00:27:17.63	08:47	6.8mph	Female Runner 10 - 14: 3
39	DANIEL ALLEN	DALLAS, PA	M: 30	Runner	828	00:27:22.32	08:48	6.8mph	Male Runner 45 - 49: 3
40	JOHN ZDANIEWICZ	FALLS, PA	M: 31	Runner	972	00:27:28.35	08:50	6.8mph	Male Runner 50 - 54: 1
41	CHRISTOPHER BOROCH	PLAINS, PA	M: 32	Runner	836	00:27:39.01	08:53	6.7mph	Male Runner 50 - 54: 2
42	THOMAS ARMILLAY	TAYLOR, PA	M: 33	Runner	830	00:27:39.31	08:54	6.7mph	Male Runner 50 - 54: 3
43	ZAHARA HUBBARD	TUNKHANNOCK, PA	F: 10	Runner	877	00:27:44.62	08:55	6.7mph	Female Runner 15 - 29: 1
44	AVA WISNOSKY	TUNKHANNOCK, PA	F: 11	Runner	969	00:27:45.24	08:55	6.7mph	Female Runner 15 - 29: 2
45	MADELYN GRAVES	DALTON, PA	F: 12	Runner	863	00:27:48.76	08:57	6.7mph	Female Runner 15 - 29: 3
46	DARLENE GILPIN	DALTON, PA	F: 13	Runner	862	00:27:49.61	08:57	6.7mph	Female Runner 20 - 24: 1
47	AIDAN MISLEVY	TUNKHANNOCK, PA	M: 34	Runner	914	00:27:54.91	08:59	6.7mph	Male Runner 55 - 59: 1
48	TERESA PSOLKA	TUNKHANNOCK, PA	F: 14	Runner	932	00:27:58.60	09:00	6.7mph	Female Runner 20 - 24: 2
49	WILLIAM O'CONNOR	TUNKHANNOCK, PA	M: 35	Runner	924	00:28:02.29	09:01	6.6mph	Male Runner 55 - 59: 2
50	ADAM HODGE	FALLS, PA	M: 36	Runner	876	00:28:49.29	09:16	6.5mph	Male Runner 55 - 59: 3
51	LOGAN KORMIS	KINGSTON, PA	M: 37	Runner	887	00:29:07.27	09:22	6.4mph	Male Runner 60 +: 1
52	JULIE MATOSKY	WEST PITTSTON, PA	F: 15	Runner	906	00:29:09.39	09:23	6.4mph	Female Runner 20 - 24: 3
53	RYAN NEGVESKY	TUNKHANNOCK, PA	M: 38	Runner	921	00:29:45.68	09:34	6.3mph	Male Runner 60 +: 2
54	SIERRA STONIER	TUNKHANNOCK, PA	F: 16	Runner	955	00:29:56.35	09:38	6.2mph	Female Runner 25 - 29: 1
55	TAMI KOZLOSKI	TUNKHANNOCK, PA	F: 17	Runner	888	00:30:00.44	09:39	6.2mph	Female Runner 25 - 29: 2
56	NICHOLAS BEACH		M: 39	Runner	988	00:30:23.13	09:46	6.1mph	Male Runner 60 +: 3
57	MARK BEACH		M: 40	Runner	987	00:30:54.24	09:56	6.0mph	Male Runner 60 +: 4
58	GRACE BOECKER	TUNKHANNOCK, PA	F: 18	Runner	834	00:30:57.58	09:57	6.0mph	Female Runner 25 - 29: 3
59	GERARD WALSH	DALTON, PA	M: 41	Walker	966	00:31:04.86	10:00	6.0mph	Overall Male Walker: 1
60	CELIA TOMLINSON	FACTORYVILLE, PA	F: 19	Runner	960	00:31:18.03	10:04	6.0mph	Female Runner 30 - 34: 1
61	MADISON MATSON	FACTORYVILLE, PA	F: 20	Runner	907	00:31:18.14	10:04	6.0mph	Female Runner 30 - 34: 2

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62	MICHAEL PATRICIAN	CLARKS SUMMIT, PA	M: 42	Runner	928	00:31:23.12	10:06	5.9mph	Male Runner 60 +: 5
63	JENNIE STONIER	TUNKHANNOCK, PA	F: 21	Runner	954	00:31:34.21	10:09	5.9mph	Female Runner 30 - 34: 3
64	CJ VERDETTO	SCRANTON, PA	M: 43	Runner	964	00:31:39.36	10:11	5.9mph	Male Runner 60 +: 6
65	KEVIN ROBINSON	TUNKHANNOCK, PA	M: 44	Runner	939	00:31:59.10	10:17	5.8mph	Male Runner 60 +: 7
66	EMILY HOWELL		F: 22	Runner	4	00:32:55.66	10:35	5.7mph	Female Runner 35 - 39: 1
67	TIFFANY TOTH	MESHOPPEN, PA	F: 23	Runner	961	00:32:55.68	10:35	5.7mph	Female Runner 35 - 39: 2
68	JENNIE SEIDEL	EAST STROUDSBURG, PA	F: 24	Runner	947	00:33:46.31	10:52	5.5mph	Female Runner 35 - 39: 3
69	SCOTT ROSENGRANT	TUNKHANNOCK, PA	M: 45	Runner	942	00:33:50.64	10:53	5.5mph	Male Runner 60 +: 8
70	JACOB LEARN	TUNKHANNOCK, PA	M: 46	Runner	894	00:33:59.91	10:56	5.5mph	Male Runner 60 +: 9
71	PATRICK MARBAKER	TUNKHANNOCK, PA	M: 47	Runner	903	00:34:05.80	10:58	5.5mph	Male Runner 60 +: 10
72	KRIS JOHNSON	MADISON TWP, PA	M: 48	Runner	879	00:35:00.06	11:15	5.3mph	Male Runner 60 +: 11
73	JOHN STONIER	TUNKHANNOCK, PA	M: 49	Runner	956	00:36:18.89	11:41	5.1mph	Male Runner 60 +: 12
74	MICHAEL GREEN	DALTON, PA	M: 50	Runner	865	00:36:28.60	11:44	5.1mph	Male Runner 60 +: 13
75	BETH GREEN	DALTON, PA	F: 25	Runner	864	00:36:29.21	11:44	5.1mph	Female Runner 40 - 44: 1
76	MICHELE GRIPP	CLARKS SUMMIT, PA	F: 26	Runner	867	00:36:34.06	11:46	5.1mph	Female Runner 40 - 44: 2
77	MICHAEL CEFALO	PITTSTON, PA	M: 51	Runner	843	00:36:58.01	11:53	5.0mph	Male Runner 60 +: 14
78	KYLE KOZLOSKI	TUNKHANNOCK, PA	M: 52	Runner	890	00:39:05.91	12:35	4.8mph	Male Runner 60 +: 15
79	STEVEN KOZLOSKI	TUNKHANNOCK, PA	M: 53	Runner	889	00:39:07.38	12:35	4.8mph	Male Runner 60 +: 16
80	SHARI PHILMECK	TUNKHANNOCK, PA	F: 27	Runner	929	00:39:13.62	12:37	4.8mph	Female Runner 40 - 44: 3
81	SHARYN DAVIS	MONROE TWP, PA	F: 28	Walker	846	00:40:54.24	13:09	4.6mph	Overall Female Walker: 1
82	CHRISTINE EVANS	TUNKHANNOCK, PA	F: 29	Runner	857	00:41:01.33	13:12	4.5mph	Female Runner 45 - 49: 1
83	LISA CAINES	TUNKHANNOCK, PA	F: 30	Walker	840	00:41:07.03	13:14	4.5mph	Overall Female Walker: 2
84	CARL KALIE	SHICKSHINNY, PA	M: 54	Runner	882	00:43:09.13	13:53	4.3mph	Male Runner 60 +: 17
85	ELIZABETH RATCHFORD	FACTORYVILLE, PA	F: 31	Runner	933	00:43:17.45	13:56	4.3mph	Female Runner 45 - 49: 2
86	DOLLY GARNECKI	TUNKHANNOCK, PA	F: 32	Runner	861	00:44:30.40	14:19	4.2mph	Female Runner 45 - 49: 3
87	KIMBERLEE GLINSKY		F: 33	Walker	992	00:44:30.48	14:19	4.2mph	Overall Female Walker: 3
88	ANNE GRIFFITHS	GOULDSBORO, PA	F: 34	Runner	866	00:45:59.85	14:48	4.1mph	Female Runner 50 - 54: 1
89	BRADEN MILLER	TUNKHANNOCK, PA	M: 55	Runner	911	00:46:14.40	14:52	4.0mph	Male Runner 60 +: 18
90	HENRY DECKER	TUNKHANNOCK, PA	M: 56	Walker	848	00:46:32.68	14:58	4.0mph	Overall Male Walker: 2
91	KAYLEIGH KOVALICK		M: 57	Runner	999	00:46:35.80	14:59	4.0mph	Male Runner 60 +: 19
92	KYLER TRUESDALE		M: 58	Walker	3	00:46:37.05	15:00	4.0mph	Overall Male Walker: 3
93	JAIME HOBBS	TUNKHANNOCK, PA	F: 35	Walker	874	00:46:42.46	15:02	4.0mph	Overall Female Walker: 4
94	KRISTEN KOVALCHICK		M: 59	Walker	1	00:46:59.35	15:07	4.0mph	Overall Male Walker: 4
95	KOURTNEY KOVALICK		F: 36	Walker	1000	00:47:01.11	15:08	4.0mph	Overall Female Walker: 5
96	AUDRA SPENCER	TUNKHANNOCK, PA	F: 37	Walker	953	00:47:02.54	15:08	4.0mph	Overall Female Walker: 6
97	LINDA MURRAY		F: 38	Walker	5	00:47:11.40	15:11	4.0mph	Overall Female Walker: 7
98	PATRICK MURRAY		M: 60	Walker	6	00:47:11.85	15:11	3.9mph	Overall Male Walker: 5
99	LOUISE HAUGHWOUT	FORTY FORT, PA	F: 39	Walker	871	00:47:21.93	15:14	3.9mph	Overall Female Walker: 8
100	POLLY WHISPELL	HARVEYS LAKE, PA	F: 40	Walker	968	00:47:22.75	15:14	3.9mph	Overall Female Walker: 9
101	ASHLEE BUTKEWICK		F: 41	Walker	983	00:47:30.97	15:17	3.9mph	Overall Female Walker: 10
102	KIM GALELLA		F: 42	Walker	982	00:47:31.28	15:17	3.9mph	Overall Female Walker: 11
103	SUSAN SOUTHERTON	HONESDALE, PA	F: 43	Walker	951	00:47:33.32	15:18	3.9mph	Overall Female Walker: 12
104	LISA BURCHER	HONESDALE, PA	F: 44	Walker	838	00:47:33.73	15:18	3.9mph	Overall Female Walker: 13
105	TINA HODGE	FALLS, PA	F: 45	Walker	875	00:47:35.72	15:19	3.9mph	Overall Female Walker: 14
106	TIM MISLEVY	TUNKHANNOCK, PA	M: 61	Walker	915	00:47:36.89	15:19	3.9mph	Overall Male Walker: 6
107	MIKE MISLEVY	TUNKHANNOCK, PA	M: 62	Runner	913	00:47:39.26	15:20	3.9mph	Male Runner 60 +: 20
108	KRISTY RITZ	TUNKHANNOCK, PA	F: 46	Runner	935	00:47:39.67	15:20	3.9mph	Female Runner 50 - 54: 2
109	SHARON GENEROTTI		F: 47	Runner	975	00:47:50.75	15:24	3.9mph	Female Runner 50 - 54: 3
110	MANNY HICKS		M: 63	Runner	976	00:47:51.59	15:24	3.9mph	Male Runner 60 +: 21
111	KATE MILLER	TUNKHANNOCK, PA	F: 48	Walker	912	00:48:13.49	15:31	3.9mph	Overall Female Walker: 15
112	DEBBIE CARICHNER	TUNKHANNOCK, PA	F: 49	Walker	841	00:49:43.96	16:00	3.7mph	Overall Female Walker: 16
113	DIANA HUFF	TUNKHANNOCK, PA	F: 50	Walker	878	00:49:44.01	16:00	3.7mph	Overall Female Walker: 17
114	SHERYL GARDNER	TUNKHANNOCK, PA	F: 51	Runner	860	00:49:45.02	16:00	3.7mph	Female Runner 55 - 59: 1
115	JOLYNN LAWLER	TUNKHANNOCK, PA	F: 52	Runner	893	00:51:33.92	16:35	3.6mph	Female Runner 55 - 59: 2
116	NICOLE NEGVESKY	TUNKHANNOCK, PA	F: 53	Walker	920	00:51:34.58	16:36	3.6mph	Overall Female Walker: 18
117	BOB MILLER	TUNKHANNOCK, PA	M: 64	Walker	909	00:51:54.25	16:42	3.6mph	Overall Male Walker: 7
118	CARLA WALSH	DALTON, PA	F: 54	Walker	965	00:51:55.87	16:42	3.6mph	Overall Female Walker: 19
119	ANDREA HEBDA	TUNKHANNOCK, PA	F: 55	Runner	872	00:53:14.10	17:08	3.5mph	Female Runner 55 - 59: 3
120	STACY HEGEDTY	TUNKHANNOCK, PA	F: 56	Walker	873	00:53:14.56	17:08	3.5mph	Overall Female Walker: 20
121	BETH BURN	DOYLESTOWN, PA	F: 57	Runner	839	00:53:32.92	17:14	3.5mph	Female Runner 60 +: 1

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122	EULAINÉ GRONSKY	NORTH ABINGTON TOWNSHIP, PA	F: 58	Walker	868	00:53:33.23	17:14	3.5mph	Overall Female Walker: 21
123	PATTY TKACIR		F: 59	Walker	980	00:53:33.38	17:14	3.5mph	Overall Female Walker: 22
124	GWENDOLYN LORD	TUNKHANNOCK, PA	F: 60	Walker	896	00:53:54.58	17:21	3.5mph	Overall Female Walker: 23
125	BETH BEVAN		F: 61	Walker	2	00:54:10.13	17:26	3.4mph	Overall Female Walker: 24
126	TERRY WERTMAN	TUNKHANNOCK, PA	F: 62	Runner	967	00:54:29.62	17:32	3.4mph	Female Runner 60 +: 2
127	LILY BEDFORD		F: 63	Walker	979	00:55:05.57	17:43	3.4mph	Overall Female Walker: 25
128	SAGE BROWN		F: 64	Walker	792	00:55:14.95	17:46	3.4mph	Overall Female Walker: 26
129	DEANNA BEDFORD		F: 65	Walker	783	00:55:17.43	17:47	3.4mph	Overall Female Walker: 27
130	TRACEY SCIALPI	HARDING, PA	F: 66	Walker	946	00:55:29.62	17:51	3.4mph	Overall Female Walker: 28
131	WENDY LOPATKA	EXETER, PA	F: 67	Walker	895	00:55:32.04	17:52	3.4mph	Overall Female Walker: 29
132	JEFF COX	TUNKHANNOCK, PA	M: 65	Walker	844	00:57:26.41	18:29	3.2mph	Overall Male Walker: 8
133	MICHAELLE COX	TUNKHANNOCK, PA	F: 68	Walker	845	00:57:29.67	18:30	3.2mph	Overall Female Walker: 30
134	CORA NEGVESKY	TUNKHANNOCK, PA	F: 69	Walker	918	00:58:05.75	18:41	3.2mph	Overall Female Walker: 31
135	LEN NEGVESKY	TUNKHANNOCK, PA	M: 66	Walker	919	00:58:07.62	18:42	3.2mph	Overall Male Walker: 9
136	LEO HARVEY		M: 67	Runner	994	01:00:44.96	19:33	3.1mph	Male Runner 60 +: 22
137	BERNADETTE BEAMER	MONTROSE, PA	F: 70	Walker	832	01:00:55.71	19:36	3.1mph	Overall Female Walker: 32
138	TERRI LARUE	MONTROSE, PA	F: 71	Walker	891	01:00:57.96	19:37	3.1mph	Overall Female Walker: 33
139	JEFF MURRAY		M: 68	Walker	997	01:00:58.25	19:37	3.1mph	Overall Male Walker: 10
140	AUSTIN YANORA	TUNKHANNOCK, PA	M: 69	Walker	970	01:02:14.61	20:02	3.0mph	Overall Male Walker: 11
141	TAYLOR LYNN	TUNKHANNOCK, PA	F: 72	Walker	902	01:02:14.91	20:02	3.0mph	Overall Female Walker: 34
142	KENDRA LYNN		F: 73	Walker	901	01:02:43.68	20:11	3.0mph	Overall Female Walker: 35
143	CATHERINE POLACHEK	DALLAS, PA	F: 74	Walker	930	01:06:20.48	21:21	2.8mph	Overall Female Walker: 36