

# March Abominable Slowman 5k

Race Date

March 17, 2013

## Overall Finish List

Place						-----Total-----		Chip		
Overall	Name	City	Bib No	Age	Gen	AG Place	Chip Time	Gun Time	Diff	Pace
1	Chuck Crabb		199	56	M	1 Overall	18:39.47	18:39.47	0:00.00	6:00/M
2	Jennifer Panetta	Berwyn PA	31	42	F	1 Overall	19:00.99	19:00.99	0:00.00	6:07/M
3	Katie Bash	West Chester PA	136	24	F	1 19-24	19:47.37	19:49.76	0:02.39	6:23/M
4	Joseph Parente	Ardmore PA	51	23	M	1 19-24	20:12.44	20:12.44		6:31/M
5	Tara Hany		215	31	F	1 30-34	20:13.48	20:16.30	0:02.82	6:31/M
6	Thomas Hausch	Brookhaven PA	6	32	M	1 30-34	20:20.99	20:23.39	0:02.40	6:34/M
7	Lou Bevilacqua	King Of Prussia PA	23	28	M	1 25-29	20:29.70	20:33.32	0:03.62	6:36/M
8	Richard Gossow		218	49	M	1 Masters	20:36.39	20:36.39	0:00.00	6:38/M
9	Katsuyoshi Saito		220	30	M	2 30-34	20:37.43	20:40.24	0:02.81	6:39/M
10	Mark Terry		198	52	M	1 50-54	20:44.55	20:44.70	0:00.15	6:41/M
11	Alden Thomas	Ambler PA	178	40	M	1 40-44	21:09.34	21:15.97	0:06.63	6:49/M
12	Marita McCormick	Paoli PA	36	31	F	2 30-34	21:13.99	21:15.57	0:01.58	6:51/M
13	Matthew Beckman	Collegeville PA	153	41	M	2 40-44	21:25.66	21:28.80	0:03.14	6:55/M
14	Stephen Moylan	Hatfield PA	41	32	M	3 30-34	21:27.31	21:30.57	0:03.26	6:55/M
15	Thomas Fogarty	Malvern PA	72	50	M	2 50-54	21:46.43	21:50.27	0:03.84	7:01/M
16	Matt Kropp	Wayne PA	64	40	M	3 40-44	21:50.89	21:54.32	0:03.43	7:03/M
17	Kenneth Kapner	Havertown PA	9	54	M	3 50-54	22:03.09	22:07.34	0:04.25	7:07/M
18	Joseph Dopsovic	Philadelphia PA	68	33	M	4 30-34	22:15.11	22:21.55	0:06.44	7:11/M
19	Rich Fanelli	Wayne PA	173	41	M	4 40-44	22:31.28	22:36.97	0:05.69	7:16/M
20	Stephen Lawson	Trappe PA	43	50	M	4 50-54	22:49.02	22:52.57	0:03.55	7:22/M
21	Rachel Myhre	Collegeville PA	69	7	F	1 0-12	23:00.82	23:00.82		7:25/M
22	Tim Corey	King Of Prussia PA	24	28	M	2 25-29	23:07.59	23:10.82	0:03.23	7:27/M
23	Douglas Blatchford	Wayne PA	65	43	M	5 40-44	23:09.24	23:15.77	0:06.53	7:28/M
24	Mike Clarke		196	65	M	1 65-69	23:17.51	23:21.46	0:03.95	7:31/M
25	Phillip Thomas	Ambler PA	194	14	M	1 13-18	23:19.93	23:25.76	0:05.83	7:31/M
26	Janet Gossow		219	52	F	1 Masters	23:33.19	23:33.19	0:00.00	7:35/M
27	Lynda Terry		197	51	F	1 50-54	23:34.87	23:37.59	0:02.72	7:36/M
28	Scott Goldman	Wayne PA	139	38	M	1 35-39	23:40.65	23:46.00	0:05.35	7:38/M
29	Joe Campbell	Lansdale PA	37	55	M	1 55-59	23:52.88	23:55.78	0:02.90	7:42/M
30	Marios Migias	Exton PA	184	16	M	2 13-18	24:11.22	24:16.21	0:04.99	7:48/M
31	Darren Hansen	Newark NJ	86	36	M	2 35-39	24:16.01	24:25.33	0:09.32	7:50/M
32	Susana Lagunas-Gomez	Wayne PA	179	41	F	1 40-44	24:31.16	24:42.81	0:11.65	7:55/M
33	Kimberly Mabry	King Of Prussia PA	107	28	F	1 25-29	24:39.47	24:42.81	0:03.34	7:57/M
34	James Freece	Harleysville PA	160	64	M	1 60-64	24:47.86	24:51.76	0:03.90	8:00/M
35	Rebecca Waddell	Paoli PA	52	39	F	1 35-39	24:50.68	24:54.33	0:03.65	8:01/M
36	Andy Nieves	Woodridge NJ	127	32	M	5 30-34	24:52.98	24:59.54	0:06.56	8:01/M
37	Bruno Zepeda	Berwyn PA	162	43	M	6 40-44	24:56.03	25:05.79	0:09.76	8:03/M
38	David Rudolph	Schwenksville PA	45	61	M	2 60-64	24:56.63	24:59.54	0:02.91	8:03/M
39	Kevin Sullivan	North Wales PA	5	36	M	3 35-39	25:01.27	25:10.58	0:09.31	8:04/M
40	Julia Havertine	Bryn Mawr PA	66	13	F	1 13-18	25:04.27	25:06.58	0:02.31	8:05/M
41	Sean Dempsey	Conshohocken PA	96	38	M	4 35-39	25:07.34	25:17.32	0:09.98	8:06/M
42	Josh Winner	Phoenixville PA	190	29	M	3 25-29	25:09.02	25:13.58	0:04.56	8:07/M
43	Walt Kostyk		212	51	M	5 50-54	25:12.01	25:15.84	0:03.83	8:08/M
44	Ashley Bonifer	Collegeville PA	34	26	F	2 25-29	25:20.68	25:28.58	0:07.90	8:10/M
45	Amy Keich		200	37	F	2 35-39	25:21.54	25:27.94	0:06.40	8:11/M
46	Lawrence Borska	Malvern PA	123	50	M	6 50-54	25:31.98	25:36.22	0:04.24	8:14/M
47	Henry Borska	Malvern PA	187	12	M	1 0-12	25:33.88	25:38.50	0:04.62	8:15/M
48	Jerianne Moore	Springfield PA	145	44	F	2 40-44	25:35.90	25:39.47	0:03.57	8:15/M
49	Joey Menta		214	11	M	2 0-12	25:37.28	25:39.27	0:01.99	8:16/M
50	Jonathan Waite	Berwyn PA	168	46	M	1 45-49	25:57.60	26:05.47	0:07.87	8:22/M
51	Katherine Waite	Berwyn PA	170	15	F	2 13-18	25:57.93	26:05.74	0:07.81	8:22/M
52	John Kostenbauder	Berwyn PA	191	58	M	2 55-59	26:04.20	26:15.83	0:11.63	8:25/M
53	Dennis Ryan	Chadds Ford PA	189	66	M	2 65-69	26:15.16	26:26.80	0:11.64	8:28/M
54	Renee Menta		213	39	F	3 35-39	26:37.44	26:40.58	0:03.14	8:35/M
55	Steve Mocey		236	30	M	6 30-34	26:38.16	26:52.78	0:14.62	8:35/M
56	Kevin Kolmer		234	31	M	7 30-34	26:38.44	26:52.78	0:14.34	8:35/M
57	Susan Ziegler	Newtown Square PA	44	33	F	3 30-34	26:43.98	26:49.32	0:05.34	8:37/M
58	Charles Ashley	Norristown PA	149	54	M	7 50-54	26:45.08	26:54.20	0:09.12	8:38/M
59	Joe Diroma	West Grove PA	53	48	M	2 45-49	26:46.27	26:53.80	0:07.53	8:38/M
60	Tommy Martorana		211	10	M	3 0-12	26:51.88	26:52.98	0:01.10	8:40/M
61	Megan Kampf		233	41	F	3 40-44	26:52.05	26:58.57	0:06.52	8:40/M
62	Audrey Rasmussen	Wayne PA	75	9	F	2 0-12	26:57.22	27:03.83	0:06.61	8:42/M
63	Rebecca Hoyle	Wayne PA	17	34	F	4 30-34	27:00.54	27:02.86	0:02.32	8:43/M
64	Kristin Zado	Haverford PA	22	50	F	2 50-54	27:02.93	27:07.58	0:04.65	8:43/M
65	Setareh Williams		217	42	F	4 40-44	27:07.90	27:17.87	0:09.97	8:45/M
66	Elizabeth Lassen	Bryn Mawr PA	70	47	F	1 45-49	27:09.64	27:12.26	0:02.62	8:45/M
67	Ryan Trimble	Limerick PA	40	9	M	4 0-12	27:15.94	27:24.29	0:08.35	8:47/M

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## Overall Finish List

Place Overall	Name	City	Bib No	Age	Gend	AG Place	-----Total-----		Chip	
							Chip Time	Gun Time	Diff	Pace
68	Jeffrey Ehret	Schwenksville PA	158	34	M	8 30-34	27:16.35	27:26.93	0:10.58	8:48/M
69	Emily Bahrt	Philadelphia PA	137	29	F	3 25-29	27:19.22	27:25.87	0:06.65	8:49/M
70	Scott Johnson	King Of Prussia PA	159	38	M	5 35-39	27:20.64	27:26.33	0:05.69	8:49/M
71	Lisa Coniglio	Fallsington PA	29	41	F	5 40-44	27:27.35	27:37.50	0:10.15	8:51/M
72	Jason Glathar		224	44	M	7 40-44	27:30.65	27:38.10	0:07.45	8:52/M
73	Brandon Cody		235	17	M	3 13-18	27:37.60	27:38.10	0:00.50	8:55/M
74	Julie Abraham	Chesterbrook PA	10	32	F	5 30-34	27:39.01	27:42.33	0:03.32	8:55/M
75	Todd Retzlaff	Norristown PA	97	41	M	8 40-44	27:39.92	27:49.83	0:09.91	8:55/M
76	Jay Jabs	Schwenksville PA	134	18	M	4 13-18	27:40.34	27:42.86	0:02.52	8:55/M
77	Dru Bates		195	49	M	3 45-49	27:50.88	27:55.58	0:04.70	8:59/M
78	Diane Bahrt	Newville PA	135	58	F	1 55-59	27:53.32	27:59.47	0:06.15	9:00/M
79	Dana Misialek		228	18	F	3 13-18	27:55.63	28:02.88	0:07.25	9:00/M
80	Ronald Trimble	Limerick PA	39	37	M	6 35-39	27:59.98	28:08.33	0:08.35	9:02/M
81	Barbara Francis	Radnor PA	15	61	F	1 60-64	28:02.89	28:07.79	0:04.90	9:03/M
82	Tracy Richardson	Audubon PA	46	37	F	4 35-39	28:02.94	28:16.83	0:13.89	9:03/M
83	Jennifer Moylan	Hatfield PA	42	31	F	6 30-34	28:04.28	28:17.76	0:13.48	9:03/M
84	Jonathan Picker	Lafayette Hill PA	78	43	M	9 40-44	28:11.57	28:15.33	0:03.76	9:05/M
85	Catherine Blake	Quakertown PA	144	23	F	2 19-24	28:24.08	28:31.20	0:07.12	9:10/M
86	Cathy Misialek		229	51	F	3 50-54	28:30.27	28:37.53	0:07.26	9:12/M
87	Richard Neill	Narberth PA	104	52	M	8 50-54	28:33.39	28:45.63	0:12.24	9:13/M
88	Frank Kauffman	Doylestown PA	148	29	M	4 25-29	28:38.66	28:42.20	0:03.54	9:14/M
89	William Rottschaefer		231	35	M	7 35-39	28:43.36	28:50.70	0:07.34	9:16/M
90	Evan Pellegrino	Easton PA	50	39	M	8 35-39	28:44.85	28:48.49	0:03.64	9:16/M
91	Isabel Wang	Ardmore PA	105	38	F	5 35-39	28:49.27	28:57.83	0:08.56	9:18/M
92	Traci Coyle	Merchantville NJ	2	43	F	6 40-44	28:51.94	29:00.84	0:08.90	9:18/M
93	D.a. Graham	Trenton NJ	8	44	M	10 40-44	28:55.69	29:09.17	0:13.48	9:20/M
94	Claire Lang	Philadelphia PA	180	40	F	7 40-44	28:55.94	29:03.51	0:07.57	9:20/M
95	Hillary Mohaupt	Philadelphia PA	25	27	F	4 25-29	28:57.01	29:05.91	0:08.90	9:20/M
96	Tara Derivan	Exton PA	116	35	F	6 35-39	29:07.90	29:07.90		9:24/M
97	Nicole Faux	Wayne PA	54	43	F	8 40-44	29:13.78	29:17.55	0:03.77	9:25/M
98	Melissa Cordoba	Berwyn PA	118	35	F	7 35-39	29:16.26	29:28.91	0:12.65	9:26/M
99	Amanda Rasmussen	Wayne PA	35	39	F	8 35-39	29:16.57	29:22.90	0:06.33	9:26/M
100	Jim Durkin		221	75	M	1 70-99	29:19.11	29:25.43	0:06.32	9:27/M
101	Paul Ridder	Malvern PA	93	41	M	11 40-44	29:21.91	29:27.68	0:05.77	9:28/M
102	Katie Ridder	Malvern PA	94	11	F	3 0-12	29:22.01	29:27.28	0:05.27	9:28/M
103	Etienne Arnoult	Springfield PA	146	10	M	5 0-12	29:22.68	29:26.26	0:03.58	9:28/M
104	Stephen Torregrossa Jr	Glen Rock PA	120	9	M	6 0-12	29:22.97	29:34.81	0:11.84	9:28/M
105	John Bell	Chadds Ford PA	188	56	M	3 55-59	29:25.42	29:36.23	0:10.81	9:29/M
106	Andrea Howard	Berwyn PA	62	34	F	7 30-34	29:30.69	29:39.50	0:08.81	9:31/M
107	Lara Karlson	Abington PA	175	36	F	9 35-39	29:32.45	29:48.23	0:15.78	9:32/M
108	Rob Miller	Philadelphia PA	176	38	M	9 35-39	29:35.63	29:51.82	0:16.19	9:33/M
109	Kurt Misialek		230	51	M	9 50-54	29:39.16	29:52.84	0:13.68	9:34/M
110	Holly Bolan	Schwenksville PA	32	39	F	10 35-39	29:39.76	29:45.58	0:05.82	9:34/M
111	Melissa Slifer	West Chester PA	55	40	F	9 40-44	29:44.38	29:55.54	0:11.16	9:35/M
112	Steve Boschi	Wayne PA	174	45	M	4 45-49	29:49.71	29:55.91	0:06.20	9:37/M
113	Stephen Burgo	Berwyn PA	140	39	M	10 35-39	29:54.37	29:58.19	0:03.82	9:39/M
114	Ron Morrill		226	41	M	12 40-44	30:04.32	30:47.97	0:43.65	9:42/M
115	Herbert Thal	Wayne PA	60	81	M	2 70-99	30:05.76	30:10.42	0:04.66	9:42/M
116	Sara Waite	Berwyn PA	171	17	F	4 13-18	30:18.43	30:26.34	0:07.91	9:46/M
117	Hannah Levin		223	17	F	5 13-18	30:18.78	30:26.34	0:07.56	9:46/M
118	Christopher Merken	Rosemont PA	92	17	M	5 13-18	30:20.84	30:20.84		9:47/M
119	Michael Hughes	Chester Springs PA	109	10	M	7 0-12	30:41.65	30:51.40	0:09.75	9:54/M
120	Joseph Daversa	Downingtown PA	143	33	M	9 30-34	30:42.02	30:50.30	0:08.28	9:54/M
121	Laura Wurzer	Wayne PA	133	43	F	10 40-44	30:45.87	30:52.59	0:06.72	9:55/M
122	Ella Beckman	Collegeville PA	154	10	F	4 0-12	30:46.99	30:53.31	0:06.32	9:55/M
123	Ashley Bolan	Schwenksville PA	155	10	F	5 0-12	30:48.61	30:53.59	0:04.98	9:56/M
124	Sue Liek-Gewertz	Broomall PA	38	50	F	4 50-54	30:53.07	31:03.22	0:10.15	9:58/M
125	Lori Nicolo	Chalfont PA	151	43	F	11 40-44	30:56.09	31:05.88	0:09.79	9:59/M
126	Julius Maul	Abington PA	11	38	M	11 35-39	30:56.19	31:10.73	0:14.54	9:59/M
127	Joseph Callis	Wayne PA	129	43	M	13 40-44	31:03.71	31:09.52	0:05.81	10:01/M
128	Emily Callis	Wayne PA	132	12	F	6 0-12	31:07.22	31:11.99	0:04.77	10:02/M
129	Glenn Rubenstein	Berwyn PA	130	51	M	10 50-54	31:12.51	31:19.84	0:07.33	10:04/M
130	Chris Schaffer		216	41	F	12 40-44	31:13.82	31:22.97	0:09.15	10:04/M
131	Xiaoling Zhang	Harleysville PA	47	46	F	2 45-49	31:19.14	31:24.97	0:05.83	10:06/M
132	Jeff Dische	Wayne PA	147	41	M	14 40-44	31:24.83	31:33.32	0:08.49	10:08/M
133	Michelle Smith	Chester Springs PA	103	40	F	13 40-44	31:29.33	31:42.59	0:13.26	10:09/M
134	Amanda Luciani	Fairless Hills PA	30	28	F	5 25-29	31:38.19	31:48.98	0:10.79	10:12/M

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Place		City	Bib No	Age	Gend	AG Place	-----Total-----		Chip	
Overall	Name						Chip Time	Gun Time	Diff	Pace
135	Jennifer Staley	Norristown PA	49	25	F	6 25-29	31:48.46	31:56.61	0:08.15	10:15/M
136	Marie Staley	Oaklyn NJ	21	27	F	7 25-29	31:53.99	32:02.55	0:08.56	10:17/M
137	David Jacoby		222	46	M	5 45-49	31:54.65	32:04.55	0:09.90	10:17/M
138	Grace Tamasa		232	12	F	7 0-12	32:05.35	32:05.35		10:21/M
139	Monica Zepeda	Berwyn PA	163	39	F	11 35-39	33:32.06	33:43.21	0:11.15	10:49/M
140	Consuela Fogarty	Malvern PA	74	50	F	5 50-54	33:48.29	33:58.60	0:10.31	10:54/M
141	Kelly Deeb	Eagleville PA	83	38	F	12 35-39	33:51.12	34:03.60	0:12.48	10:55/M
142	James Mountain	Wayne PA	98	54	M	11 50-54	34:02.10	34:02.10		10:59/M
143	Virginia Daversa	Downingtown PA	142	31	F	8 30-34	34:17.11	34:27.90	0:10.79	11:04/M
144	Jeanne Liedtka	Berwyn PA	141	43	F	14 40-44	34:21.36	34:29.52	0:08.16	11:05/M
145	Naomi Hampson	Berwyn PA	124	28	F	8 25-29	34:39.29	34:55.60	0:16.31	11:11/M
146	Joy Ricco	Perkasie PA	166	43	F	15 40-44	34:41.88	34:48.10	0:06.22	11:11/M
147	Brian Dunn	Collegeville PA	91	45	M	6 45-49	34:50.22	35:15.44	0:25.22	11:14/M
148	Mike Knauer	Norristown PA	113	43	M	15 40-44	34:53.97	35:10.59	0:16.62	11:15/M
149	Doria Hughes	Chester Springs PA	110	40	F	16 40-44	35:23.39	35:33.95	0:10.56	11:25/M
150	Hunter Hughes	Chester Springs PA	108	7	M	8 0-12	35:24.58	35:34.35	0:09.77	11:25/M
151	Ana Romerobruno		225	35	F	13 35-39	35:35.13	35:52.44	0:17.31	11:29/M
152	Justin Palumbo	Collegeville PA	87	15	M	6 13-18	35:37.17	35:48.60	0:11.43	11:29/M
153	Anastasia Migias	Exton PA	185	13	F	6 13-18	35:49.52	36:05.10	0:15.58	11:33/M
154	Susan Kurtz	Jeffersonville PA	114	56	F	2 55-59	35:50.74	36:03.60	0:12.86	11:34/M
155	George Migias	Exton PA	183	46	M	7 45-49	35:54.14	36:10.75	0:16.61	11:35/M
156	Brandie Nemchenko	King Of Prussia PA	192	39	F	14 35-39	36:17.99	36:29.41	0:11.42	11:42/M
157	Arthur Nemchenko	King Of Prussia PA	88	50	M	12 50-54	36:18.64	36:30.24	0:11.60	11:43/M
158	Nicole Yarmark	Devon PA	152	41	F	17 40-44	36:33.10	36:40.43	0:07.33	11:47/M
159	Lisa Brown	Berwyn PA	112	38	F	15 35-39	36:36.54	36:44.68	0:08.14	11:48/M
160	Peggy Liberatoscioli		227	51	F	6 50-54	36:37.09	36:48.95	0:11.86	11:49/M
161	Dave Brown	Berwyn PA	111	38	M	12 35-39	36:37.70	36:44.83	0:07.13	11:49/M
162	Donald Benner	Lansdale PA	156	75	M	3 70-99	37:02.45	37:16.33	0:13.88	11:57/M
163	Deb Mellinger	Exton PA	20	38	F	16 35-39	37:20.52	37:32.98	0:12.46	12:03/M
164	Jennifer Moses	Philadelphia PA	26	43	F	18 40-44	37:30.90	37:41.10	0:10.20	12:06/M
165	Holly Corson	Hatboro PA	76	28	F	9 25-29	37:44.18	37:53.72	0:09.54	12:10/M
166	Emily Newhall	Wayne PA	182	12	F	8 0-12	37:48.89	38:02.80	0:13.91	12:12/M
167	Catherine Cabrera	Limerick PA	164	51	F	7 50-54	37:55.21	37:59.77	0:04.56	12:14/M
168	Claire Hickey	Limerick PA	165	14	F	7 13-18	37:56.21	38:00.59	0:04.38	12:14/M
169	Sharlene Cirillo	Berwyn PA	167	54	F	8 50-54	38:10.40	38:20.36	0:09.96	12:19/M
170	Wendy Carroll	East Norriton PA	16	40	F	19 40-44	38:14.56	38:29.21	0:14.65	12:20/M
171	Julie Brownsberger	Robesonia PA	138	41	F	20 40-44	38:34.37	38:50.77	0:16.40	12:26/M
172	Victoria Kowalski	King Of Prussia PA	157	29	F	10 25-29	38:35.73	38:49.55	0:13.82	12:27/M
173	Jennifer Newhall	Wayne PA	181	42	F	21 40-44	42:11.14	42:24.87	0:13.73	13:36/M
174	Henry Newhall	Wayne PA	193	7	M	9 0-12	42:11.69	42:25.40	0:13.71	13:36/M
175	Carrie McAdams	Eagleville PA	18	37	F	17 35-39	42:34.82	42:48.54	0:13.72	13:44/M
176	Kathy Clawson	Eagleville PA	19	37	F	18 35-39	42:35.72	42:48.87	0:13.15	13:44/M
177	Shaun McAdams	Eagleville PA	117	38	M	13 35-39	42:35.73	42:48.54	0:12.81	13:44/M
178	Kristi Yingling	Plymouth Meeting PA	128	32	F	9 30-34	43:43.47	44:00.37	0:16.90	14:06/M
179	Andrew Hampson	Berwyn PA	125	33	M	10 30-34	43:44.32	44:00.88	0:16.56	14:06/M
180	Stephen Torregrossa	Glen Rock PA	119	35	M	14 35-39	44:48.26	45:01.55	0:13.29	14:27/M
181	Alison Quinn	Lumberton NJ	13	42	F	22 40-44	52:59.46	53:11.31	0:11.85	17:05/M
182	Leslie Cirillo Plante	Mountain Lakes NJ	115	49	F	3 45-49	53:00.26	53:13.56	0:13.30	17:06/M
183	Pamela Robinson	St Davids PA	150	57	F	3 55-59	53:45.90	54:02.40	0:16.50	17:20/M
184	Mark Denio	Wilmington DE	59	43	M	16 40-44	54:18.49	54:35.14	0:16.65	17:31/M