







































Lititz Pretzel Twist 5K

Overall Results

Place	Bib	Name	Team	Group	Group Place	Pace	Chip Time
1	125	Adam Harriger	-	M (25-29)	 (Overall Male 1)	5:12	16:10
2	87	Thomas Luff	-	M (30-34)	 (Overall Male 2)	5:15	16:17
3	1592	Andrew Macneil	-	M (40-44)	 (Overall Male 3)	5:27	16:55
4	6	Lyle Stauffer	-	M (40-44)	 (Masters Male 1)	5:30	17:05
5	1564	Nathan Kimmel	-	M (15-19)	 1st	5:37	17:25
6	1560	Michael Sneller	-	M (60-64)	 1st	5:37	17:27
7	1559	Mihai Sanchez	-	M (60-64)	 2nd	5:43	17:44
8	73	Bryanna Urban	-	F (25-29)	 (Overall Female 1)	5:50	18:06
9	1575	Michael Urban	-	M (25-29)	 1st	6:07	18:58
10	21	Jeremiah Warner	-	M (35-39)	 1st	6:16	19:26
11	137	Jonathan Rehner	-	M (35-39)	 2nd	6:17	19:31
12	1583	Eric Resch	-	M (30-34)	 1st	6:19	19:38
13	13	Travis Hess	-	M 45-49)	 1st	6:20	19:41
14	175	Tyler Monko	Team Aware	M (25-29)	 2nd	6:24	19:51
15	1565	Dimitri Papa	-	M (40-44)	 1st	6:25	19:56
16	1562	Kenneth Boland	-	M (60-64)	 3rd	6:28	20:05
17	123	Austin Weaver	Slow Pokes	M (25-29)	 3rd	6:36	20:30
18	199	Owen Szabo	-	M (14&Under)	 1st	6:44	20:54
19	49	Nick Artale	-	M (25-29)	 4th	6:46	21:00
20	74	Anderson Kopp	-	M (14&Under)	 2nd	6:48	21:07
21	40	Finnegan Mitchley	-	M (14&Under)	 3rd	6:48	21:08
22	66	Joel Smith	-	M 45-49)	 2nd	6:54	21:26
23	1593	Brian Couch	-	M (40-44)	 2nd	6:59	21:39
24	1572	Monica Hull	-	F (40-44)	 (Overall Female 2)	7:04	21:55
25	90	Matthew Culp	-	M (40-44)	 3rd	7:05	22:00
26	38	Brett Mitchley	-	M (35-39)	 3rd	7:08	22:09
27	195	Austin Long	Team Aware	M (20-24)	 1st	7:13	22:24
28	19	Amanda Flurry	-	F (35-39)	 (Overall Female 3)	7:16	22:33
29	39	Maxwell Mitchley	-	M (14&Under)	 4th	7:16	22:35
30	108	Ryan Brandon	-	M (30-34)	 2nd	7:19	22:42
31	56	Ben Gladhill	-	M (15-19)	 2nd	7:19	22:43
32	152	Benjamin Steinmetz	-	M (14&Under)	 5th	7:21	22:50
33	148	Pierce Henault	-	M (14&Under)	 6th	7:22	22:52
34	75	Davis Kopp	-	M (14&Under)	 7th	7:27	23:08
35	134	Anthony Downey	Motivated Mommas	M (25-29)	 5th	7:28	23:11
36	7	Michael McCartin	-	M 45-49)	 3rd	7:29	23:14
37	1598	Mike Keeports	-	M (20-24)	 2nd	7:31	23:19
38	142	Doug Matthews	-	M (40-44)	 4th	7:34	23:28
39	140	Jocelyn Engle	-	F (40-44)	 (Masters Female 1)	7:40	23:49
40	115	Leroy Zook	-	M 45-49)	 4th	7:42	23:53
41	45	Steve Kline	-	M (35-39)	 4th	7:50	24:20
42	1557	Les Bell	-	M (70+)	 1st	7:52	24:26
43	77	Holly Pannebecker	-	F (30-34)	 1st	7:57	24:39

Lititz Pretzel Twist 5K

Overall Results

Place	Bib	Name	Team	Group	Group Place	Pace	Chip Time
44	1574	Rob Myallis	-	M (40-44)	5th	7:57	24:42
45	162	Katerina Grynyskin	The Knockouts	F (25-29)	 1st	7:58	24:43
46	136	Brian Mccartin	-	M (40-44)	6th	7:58	24:44
47	1597	Charlie Dvorscak	-	M (70+)	 2nd	7:59	24:46
48	1573	Audrey Myallis	-	F (14&Under)	 1st	8:00	24:49
49	109	Kevin Kovaleski	-	M (35-39)	5th	8:00	24:50
50	15	Frank Gentile	-	M (55-59)	 1st	8:00	24:50
51	18	Aj Cordero	-	M (35-39)	6th	8:01	24:53
52	54	Jeffrey Difrank	-	M (65-69)	 1st	8:06	25:08
53	154	Kristin Kopp	-	F (50-54)	 1st	8:07	25:13
54	28	Steve Farina	-	M (35-39)	7th	8:08	25:15
55	3	Robert Swatski	-	M (50-54)	 1st	8:10	25:21
56	36	Steven Bell	-	M (55-59)	 2nd	8:12	25:29
57	1558	Klein Richard	-	M (60-64)	4th	8:17	25:44
58	150	Adelyn Martin	-	F (14&Under)	 2nd	8:17	25:44
59	5	Julia Mongeau	-	F (30-34)	 2nd	8:21	25:56
60	106	Hannah Foley	-	F (35-39)	 1st	8:22	26:00
61	1596	Blair Hogg	-	M (60-64)	5th	8:24	26:04
62	1584	Hannah Reichert	-	F (30-34)	 3rd	8:25	26:07
63	68	David Miller	-	M (40-44)	7th	8:26	26:10
64	1591	Juan Carro	-	M (70+)	 3rd	8:26	26:12
65	193	Brooke Gagnon	Team Aware	F (20-24)	 1st	8:27	26:14
66	10	Stacy Batz	-	F (35-39)	 2nd	8:29	26:20
67	27	Daniel Southwell	-	M (30-34)	 3rd	8:31	26:25
68	138	Daniel Anderson	-	M (60-64)	6th	8:31	26:26
69	105	Luke Lastinger	-	M (15-19)	 3rd	8:31	26:26
70	23	Ryan Heffner	-	M (30-34)	4th	8:31	26:28
71	29	Brandon Batz	-	M (35-39)	8th	8:34	26:35
72	102	Daniel Ludwig	-	M (40-44)	8th	8:34	26:37
73	2	Jennifer Mills	-	F (50-54)	 2nd	8:35	26:39
74	80	Cory Dumez	-	M (40-44)	9th	8:36	26:42
75	169	Patrick Barscheski	Slow Pokes	M (25-29)	6th	8:37	26:47
76	103	Lydia Slater	-	F (30-34)	4th	8:38	26:47
77	1580	Paige Diffenback	Warwick Field Hockey	F (14&Under)	 3rd	8:38	26:48
78	20	Stephanie Snavely	-	F (40-44)	 1st	8:39	26:52
79	121	Kenton Bucher	The Knockouts	M (35-39)	9th	8:42	27:01
80	104	Andrew Slater	-	M (30-34)	5th	8:42	27:01
81	8	Sarah Shenk	-	F (30-34)	5th	8:42	27:01
82	158	Kayla Gockley	Warwick Field Hockey	F (14&Under)	4th	8:44	27:08
83	122	Cameron Bucher	The Knockouts	M (14&Under)	8th	8:45	27:09
84	156	Mara Moyer	-	F (14&Under)	5th	8:45	27:09
85	120	Aislinn Sutcliffe	Motivated Mommas	F (30-34)	6th	8:45	27:09
86	92	William Knobloch	-	M (60-64)	7th	8:47	27:15













Lititz Pretzel Twist 5K

Overall Results

Place	Bib	Name	Team	Group		Group Place	Pace	Chip Time
87	85	Meghan Sears	-	F (40-44)		2nd	8:47	27:16
88	1577	Brayden Koehler	-	M (15-19)		4th	8:48	27:20
89	1578	Mallory Deiderick	-	F (15-19)		1st	8:49	27:22
90	26	Amanda Sutton	-	F (40-44)		3rd	8:50	27:24
91	34	Donna Ornosky	-	F (60-64)		1st	8:57	27:48
92	1566	Michael Wood	-	M (30-34)		6th	9:01	27:59
93	84	Jim Sears	-	M (70+)		4th	9:01	28:00
94	132	Jim Dohner	Warwick Field Hockey	M (70+)		5th	9:02	28:04
95	1579	Amy Deiderick	-	F (50-54)		3rd	9:06	28:14
96	1563	Beth Kimmel	-	F (55-59)		1st	9:09	28:25
97	184	Jenny Ecenrode	Team Aware	F (25-29)		2nd	9:09	28:25
98	1586	Sabrina Gillette	-	F (50-54)		4th	9:10	28:28
99	1567	Jeff Carr	-	M (65-69)		2nd	9:12	28:34
100	1589	William Longenecker	-	M (30-34)		7th	9:12	28:34
101	62	Matthew Tarka	-	M (40-44)		10th	9:16	28:46
102	81	Anna Rzeszotko	-	F (50-54)		5th	9:19	28:57
103	1590	Courtney Longenecker	-	F (30-34)		7th	9:27	29:20
104	70	Amber Monaghan	-	F (40-44)		4th	9:28	29:22
105	1581	Nick Bybel	-	M (60-64)		8th	9:28	29:24
106	57	Jonathan Gladhill	-	M (14&Under)		9th	9:34	29:42
107	124	Brianna Weaver	The Knockouts	F (25-29)		3rd	9:45	30:16
108	89	Katie Shickman	-	F (40-44)		5th	9:47	30:22
109	60	Kristen Caci	-	F (35-39)		3rd	9:48	30:25
110	59	Arya Jones	-	F (14&Under)		6th	9:56	30:50
111	58	Ashley Griesemer	-	F (35-39)		4th	9:59	31:01
112	119	Alyssa Palumbo	Lancaster Road	F (25-29)		4th	10:04	31:15
113	141	Carrie Jo Matthews	-	F (40-44)		6th	10:06	31:23
114	176	Sara Salfrank	Team Aware	F (45-49)		1st	10:07	31:24
115	200	Jeff Lubin	-	M (50-54)		2nd	10:11	31:39
116	130	Dianne Showers	The Knockouts	F (65-69)		1st	10:17	31:56
117	107	Amber Bisking	-	F (35-39)		5th	10:19	32:01
118	1576	Mikayla Werner	-	F (30-34)		8th	10:19	32:03
119	146	Fiona Dietrich	-	F (14&Under)		7th	10:20	32:05
120	1568	Glen Beiler	-	M (60-64)		9th	10:20	32:06
121	98	Shannon Wolf	Team Aware	F (30-34)		9th	10:21	32:08
122	167	Josh Barscheski	Slow Pokes	M (35-39)		10th	10:22	32:12
123	44	Lindsey Maysilles	-	F (30-34)		10th	10:26	32:22
124	126	Dennis Rehrer	The Knockouts	M (60-64)		10th	10:29	32:34
125	41	Maggie Hagan	-	F (30-34)		11th	10:36	32:55
126	47	Brad Westhafer	-	M (70+)		6th	10:38	33:01
127	170	Tyler Murphy	The Knockouts	M (30-34)		8th	10:49	33:37
128	151	Tiffany Toburen	-	F (35-39)		6th	10:54	33:51
129	131	George Williams	The Knockouts	M (70+)		7th	10:55	33:54



Lititz Pretzel Twist 5K

Overall Results

Place	Bib	Name	Team	Group	Group Place	Pace	Chip Time
130	168	Anna Goetze	The Knockouts	F (25-29)	5th	10:58	34:04
131	1569	Dennis Wanner	-	M (70+)	8th	11:08	34:35
132	153	Gary Lentz	-	M (65-69)	 3rd	11:11	34:45
133	166	Svitlana Grynshin	The Knockouts	F (50-54)	6th	11:18	35:06
134	51	Marbie Tarburton	-	F (50-54)	7th	11:24	35:23
135	188	Jamie Niedzolkowski	Team Aware	F (50-54)	8th	11:34	35:55
136	187	Janine Rydin	Team Aware	F (50-54)	9th	11:34	35:56
137	129	Richard Showers	Slow Pokes	M (65-69)	4th	11:35	35:57
138	179	Megan Mcevoy	Team Aware	F (35-39)	7th	11:51	36:47
139	1595	Omid Adabi	-	M (30-34)	9th	12:01	37:20
140	1594	Alex Woldt	-	M (30-34)	10th	12:01	37:20
141	65	Mike Devito	-	M (70+)	9th	12:03	37:24
142	185	Jennifer Bartlett	Team Aware	F (45-49)	 2nd	12:16	38:06
143	30	Rose Wetzel	-	F (20-24)	 2nd	12:19	38:16
144	163	Adam Barscheski	Slow Pokes	M (30-34)	11th	12:22	38:25
145	46	Alison Daniels	-	F (15-19)	 2nd	12:27	38:40
146	1561	Stephan Sipos	-	M (60-64)	11th	12:31	38:54
147	172	Karyn Nancarvis	Motivated Mommas	F (55-59)	 2nd	12:33	38:59
148	97	Brittany Groff	Team Aware	F (30-34)	12th	12:33	38:59
149	159	Kathi Markley	Lancaster Road	F (60-64)	 2nd	12:46	39:39
150	118	Bruce Cronrath	-	M (70+)	10th	13:06	40:42
151	165	Sandy Thorpe	Motivated Mommas	F (55-59)	 3rd	13:15	41:08
152	83	Deb Witmer	-	F (65-69)	 2nd	13:24	41:36
153	88	Rose Marie Hagy	-	F (70+)	 1st	13:37	42:17
154	143	Carl Spangler	-	M (60-64)	12th	13:41	42:30
155	79	Greg Gimber	Team Aware	M (35-39)	11th	13:51	43:02
156	191	Emily Gimber	Team Aware	F (25-29)	6th	13:52	43:02
157	64	Katie Warner	-	F (35-39)	8th	13:54	43:09
158	155	Megan Shumaker	-	F (40-44)	7th	13:54	43:10
159	177	Salena Coachman	Team Aware	F (45-49)	 3rd	13:55	43:13
160	139	Patricia Anderson	-	F (60-64)	 3rd	14:02	43:33
161	99	Christine Gimber	Team Aware	F (60-64)	4th	14:18	44:24
162	197	Amanda	Team Aware	F (35-39)	9th	14:34	45:14
163	1	Barry Elder	-	M (60-64)	13th	14:38	45:28
164	194	Beatrix Sheaffer	Team Aware	F (30-34)	13th	14:55	46:18
165	160	Melissa Keebler	Motivated Mommas	F (35-39)	10th	14:58	46:28
166	1571	George Kernisky	-	M (70+)	11th	15:07	46:58
167	50	Megan Mailen	-	F (30-34)	14th	15:31	48:13
168	72	Abigail Mohl	-	F (25-29)	7th	15:32	48:16
169	147	Isabelle Mailen	-	F (30-34)	15th	15:33	48:17
170	1587	Georgine. Spengler	-	F (60-64)	5th	15:57	49:31
171	1588	Troy Krushinst	-	M (50-54)	 3rd	15:57	49:31
172	1570	Dennis Faust	-	M (70+)	12th	15:57	49:32

Lititz Pretzel Twist 5K

Overall Results

Place	Bib	Name	Team	Group		Group Place	Pace	Chip Time
173	117	Eve Cabbell	-	F (65-69)		3rd	15:58	49:35
174	1585	John Markley	-	M (65-69)		5th	16:25	50:58
175	190	Hannah Bentz	Team Aware	F (20-24)		3rd	17:20	53:51
176	174	Vee Insixiengmay	Team Aware	F (40-44)		8th	17:20	53:51
177	198	Samantha Rishell	Team Aware	F (25-29)		8th	17:37	54:43
178	180	Mckenzi David	Team Aware	F (30-34)		16th	17:37	54:44
179	189	Heather Rice	Team Aware	F (25-29)		9th	24:26	1:15:55
180	196	Amethyst Kurtz	Team Aware	F (25-29)		10th	24:36	1:16:25