

2016 Palmer 5K

Overall Male

Place	Bib#	Name	Time	Grade	Athlete Type	Hometown	Pace	Speed	Overall Place	Age	Athlete ID
1.	128	Vidumsky, Mike	16:44.250	FR	Runner		5:23	11.140	1	33	

1-14 Male

Place	Bib#	Name	Time	Grade	Athlete Type	Hometown	Pace	Speed	Overall Place	Age	Athlete ID
1.	123	Griffiths, Brendan	19:45.304	FR	Runner		6:21	9.439	6	14	
2.	134	Lutri, Owen	21:55.350	FR	Runner		7:03	8.505	15	14	
3.	81	Smith, Cody	22:10.180	-	Runner	Easton, PA	7:08	8.410	16	13	
4.	82	Smith, Jordan	24:56.050	-	Runner	Easton, PA	8:02	7.476	37	10	
5.	56	Perhamus, Andrew	25:27.160	-	Runner	Easton, PA	8:11	7.325	40	12	
6.	142	Micklos, Jacob	27:05.140	FR	Runner		8:43	6.883	53	10	
7.	135	Pieper, Brandon	27:06.120	FR	Runner		8:43	6.879	54	13	
8.	114	Braido, Nicholas	29:10.297	FR	Runner		9:23	6.391	68	6	
9.	141	Micklos, Andrew	37:50.760	FR	Runner		12:11	4.927	112	13	

15-19 male

Place	Bib#	Name	Time	Grade	Athlete Type	Hometown	Pace	Speed	Overall Place	Age	Athlete ID
1.	126	Griffiths, John	18:54.074	FR	Runner		6:05	9.863	3	16	
2.	59	Lapsansky, Kevin	19:32.754	-	Runner	Easton, PA	6:17	9.543	4	18	
3.	121	Koch, Logan	19:32.954	FR	Runner		6:17	9.543	5	17	
4.	144	Vega, Ares	21:28.970	FR	Runner		6:55	8.684	12	17	

20-29 male

Place	Bib#	Name	Time	Grade	Athlete Type	Hometown	Pace	Speed	Overall Place	Age	Athlete ID
1.	50	Unrue, Alexander	28:46.937	-	Runner	Easton, PA	9:16	6.480	65	23	
2.	122	Gordon, Scott	33:51.904	FR	Runner		10:54	5.507	102	29	
3.	18	Kratz, Nathan	42:44.000	-	Runner	Easton, PA	13:45	4.362	124	29	

30-39 Male

Place	Bib#	Name	Time	Grade	Athlete Type	Hometown	Pace	Speed	Overall Place	Age	Athlete ID
1.	107	Mcinerney, Matthew	20:08.427	FR	Runner		6:29	9.259	7	33	
2.	70	Bracken, Jeffrey	20:28.524	-	Runner	Easton, PA	6:35	9.108	8	33	
3.	51	Miller, Michael	22:42.934	-	Runner	Easton, PA	7:18	8.212	17	36	
4.	91	Fisk, Ben	25:59.500	-	Runner	Bethlehem, PA	8:22	7.174	47	31	
5.	136	Chosak, Andy	26:38.517	FR	Runner		8:34	6.999	50	37	
6.	138	Micklos, Aandrew	27:44.340	FR	Runner		8:56	6.722	58	38	
7.	29	Miller, Andy	28:44.317	-	Runner	Easton, PA	9:15	6.488	64	35	
8.	62	French, Jonathon	30:47.484	-	Runner	Easton, PA	9:54	6.056	79	34	
9.	15	Steuer, Thomas	32:31.687	-	Runner	Easton, PA	10:28	5.733	93	34	
10.	41	Velekei, Matthew	40:40.477	-	Runner	Bethlehem, PA	13:05	4.584	120	30	

40-49 male

Place	Bib#	Name	Time	Grade	Athlete Type	Hometown	Pace	Speed	Overall Place	Age	Athlete ID
1.	124	Wong, David	18:18.264	FR	Runner		5:53	10.186	2	47	
2.	43	Blasi, Steven	20:57.304	-	Runner	Easton, PA	6:45	8.898	9	40	

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3.	66	Sisonick, Anthony	21:34.824	-	Runner	Easton, PA	6:56	8.644	13	45
4.	133	Teles, Kevin	23:10.380	FR	Runner		7:27	8.047	24	47
5.	58	Gualano, Stephen	23:17.604	-	Runner	Easton, PA	7:30	8.006	25	46
6.	7	Hulbert, Jerry	23:26.590	-	Runner	Easton, PA	7:33	7.955	26	49
7.	23	De Lorenzo, Joseph	25:50.937	-	Runner	Lopatcong, NJ	8:19	7.216	44	44
8.	111	Pfeiffer, Steven	26:53.420	FR	Runner		8:39	6.934	52	48
9.	49	Unrue, Howard	29:12.927	-	Runner	Easton, PA	9:24	6.384	69	49
10.	67	Menendez-Manjon, Pedro	30:43.144	-	Runner	Stewartsville, NJ	9:53	6.069	78	42
11.	76	Hunsicker, Michael	33:14.097	-	Runner	Easton, PA	10:42	5.609	100	44
12.	99	Myers, Christopher	39:26.804	-	Runner		12:42	4.727	117	43

50 -59 male

Place	Bib#	Name	Time	Grade	Athlete Type	Hometown	Pace	Speed	Overall Place	Age	Athlete ID
1.	104	Hepp, Joe	21:26.284	FR	Runner	Easton, PA	6:54	8.697	11	58	
2.	48	Young, David	22:42.934	-	Runner	Bethlehem, PA	7:18	8.212	18	53	
3.	75	Phillips, Rob	22:42.937	-	Runner	Easton, PA	7:18	8.212	19	51	
4.	77	Decker, Eugene	22:42.937	-	Runner	Bethlehem, PA	7:18	8.212	20	58	
5.	130	Boylan, Brian	24:06.060	FR	Runner		7:45	7.735	33	56	
6.	118	Hoffman, Chris	24:47.330	FR	Runner		7:59	7.522	36	51	
7.	68	Weaver, Rick	25:35.334	-	Runner	Bethlehem, PA	8:14	7.286	42	55	
8.	24	Panovec, Timothy	29:32.177	-	Runner	Easton, PA	9:30	6.312	71	50	
9.	95	Perruso, Michael	31:58.884	-	Runner	Bethlehem, PA	10:17	5.831	84	58	
10.	52	Wolfe, Kevin	32:10.984	-	Runner	Easton, PA	10:21	5.795	86	54	
11.	94	Smith, David	33:59.484	-	Runner	Asbury, NJ	10:56	5.485	103	59	
12.	28	Lynch, Michael	34:38.504	-	Runner	Easton, PA	11:09	5.382	106	55	

60+ Male

Place	Bib#	Name	Time	Grade	Athlete Type	Hometown	Pace	Speed	Overall Place	Age	Athlete ID
1.	97	Foster, Steve	23:06.970	-	Runner	Easton, PA	7:26	8.070	23	63	
2.	60	Gullo, James	24:28.920	-	Runner	Williamsburg, VA	7:53	7.619	34	62	
3.	146	Ogutu, Edmuis	24:40.150	FR	Runner		7:56	7.557	35	61	
4.	84	Miller, Dan	25:24.287	-	Runner	Bishopville, MD	8:11	7.339	39	66	
5.	26	Correll, Gregory	25:29.440	-	Runner	Bethlehem, PA	8:12	7.315	41	61	
6.	64	Juran, Louis	25:57.510	-	Runner	Nazareth, PA	8:21	7.183	45	65	
7.	116	Bonisesse, Chrles	26:33.540	FR	Runner		8:33	7.021	49	61	
8.	117	Dobias, Gry	27:21.560	FR	Runner		8:48	6.816	55	67	
9.	85	Fleishman, Bruce	28:06.114	-	Runner	Northampton, PA	9:03	6.634	62	63	
10.	46	Davis, Thomas	31:48.654	-	Runner	Bethlehem, PA	10:14	5.862	82	61	
11.	5	Fazenda, Carlos	36:23.300	-	Runner	Bethlehem, PA	11:43	5.124	109	69	
12.	10	Rodgers, Robert	36:57.530	-	Runner	Easton, PA	11:54	5.045	111	69	
13.	90	Montero, Luis	42:25.934	-	Runner	Nazareth03/, PA	13:39	4.395	122	65	
14.	53	Gallagher, Edward	45:14.604	-	Runner	Bethlehem, PA	14:34	4.121	127	75	
15.	21	Schoenek, Joe	53:30.454	-	Runner	Easton, PA	17:13	3.484	135	67	

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Overall Female

Place	Bib#	Name	Time	Grade	Athlete Type	Hometown	Pace	Speed	Overall Place	Age	Athlete ID
1.	127	Guida, Tarah	21:24.514	FR	Runner		6:53	8.711	10	35	

1-14 female

Place	Bib#	Name	Time	Grade	Athlete Type	Hometown	Pace	Speed	Overall Place	Age	Athlete ID
1.	140	Micklos, Anna	27:41.660	FR	Runner		8:55	6.734	56	12	
2.	143	Micklos, Lea	27:42.240	FR	Runner		8:55	6.730	57	7	
3.	105	Schoenfield, Alexa	27:46.567	FR	Runner	Palmer, PA	8:56	6.714	59	13	
4.	168	Berlet, Allison	28:48.240	-	Runner		9:16	6.473	66	13	
5.	115	Braido, Sophie	35:40.470	FR	Runner		11:29	5.226	107	6	
6.	100	Myers, Isabella	39:19.340	-	Runner		12:39	4.741	116	7	
7.	74	Falvey, Kerri	45:15.834	-	Runner	Stewartsville, NJ	14:34	4.120	128	9	

15-19 female

Place	Bib#	Name	Time	Grade	Athlete Type	Hometown	Pace	Speed	Overall Place	Age	Athlete ID
1.	103	Marino, Samantha	22:56.270	FR	Runner		7:23	8.128	22	18	
2.	44	Zigmont, Kayla	25:44.560	-	Runner	Easton, PA	8:17	7.244	43	15	

20-29 female

Place	Bib#	Name	Time	Grade	Athlete Type	Hometown	Pace	Speed	Overall Place	Age	Athlete ID
1.	65	O'boyle, Erin	23:58.867	-	Runner	Bethlehem, PA	7:43	7.778	32	29	
2.	9	Marino, Danielle	29:51.110	-	Runner	Allentown, PA	9:36	6.245	73	24	
3.	12	Mcperson, Alexandra	32:13.074	-	Runner	Easton, PA	10:22	5.786	87	29	
4.	92	Mccarron, Lindsay	32:34.524	-	Runner	Bethlehem, PA	10:29	5.724	94	27	
5.	106	Kimbrough, Ashley	34:20.004	FR	Runner		11:03	5.429	105	29	
6.	13	Lambert, Jamie	40:13.740	-	Runner	Easton, PA	12:57	4.635	119	27	

30-39 female

Place	Bib#	Name	Time	Grade	Athlete Type	Hometown	Pace	Speed	Overall Place	Age	Athlete ID
1.	109	Kelly, Amy	22:42.937	FR	Runner		7:18	8.212	21	39	
2.	119	Meadowcroft, Nanette	23:32.780	FR	Runner		7:34	7.921	27	38	
3.	35	Himmelreich, Jennifer	23:33.264	-	Runner	Easton, PA	7:35	7.916	28	35	
4.	78	Hartnett, Mary	23:33.784	-	Runner	Bethlehem, PA	7:35	7.916	29	36	
5.	112	Browne, Lacy	23:41.430	FR	Runner		7:37	7.871	30	33	
6.	131	Morris, Jessica	25:18.470	FR	Runner		8:09	7.368	38	37	
7.	19	Abernethy, Taryn	25:58.610	-	Runner	Easton, PA	8:21	7.179	46	34	
8.	79	Noonan, Meghann	26:04.950	-	Runner	Nazareth, PA	8:23	7.151	48	37	
9.	108	Wenze, Susan	26:48.757	FR	Runner		8:38	6.956	51	37	
10.	86	Fleishman, Lindsay	27:59.160	-	Runner	Allentown, PA	9:00	6.662	61	30	
11.	38	Goffredo, Jamie	29:07.597	-	Runner		9:22	6.402	67	35	
12.	89	Alter, Heather	29:18.937	-	Runner	Bethlehem, PA	9:26	6.362	70	36	
13.	30	Ackerman, Danielle	30:32.724	-	Runner	Bethlehem, PA	9:50	6.105	77	34	
14.	139	Micklos, Christine	32:07.264	FR	Runner		10:20	5.804	85	38	
15.	54	Michalska, Brenda	32:20.294	-	Runner	Easton, PA	10:24	5.765	88	37	
16.	1	Hrizuk, Millicent	32:24.924	-	Runner	Easton, PA	10:26	5.753	89	37	

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17.	32	Miller, Gwenn	32:43.604	-	Runner	Easton, PA	10:32	5.698	95	36
18.	63	French, Lindsay	32:53.544	-	Runner	Easton, PA	10:35	5.669	96	34
19.	80	Fleming, Aaron	32:56.444	-	Runner	Nazareth, PA	10:36	5.660	97	38
20.	4	Gomes, Mary Helena	33:12.820	-	Runner	Bethlehem, PA	10:41	5.615	99	37
21.	71	Dize, Jennifer	39:06.520	-	Runner	Bethlehem, PA	12:35	4.768	114	32
22.	47	Gullo, Gina	39:38.214	-	Runner	Easton, PA	12:45	4.703	118	31
23.	17	Kratz, Tiffany	46:35.284	-	Runner	Effort, PA	15:00	4.002	130	31
24.	45	Baldwin, Rebekah	47:03.644	-	Runner	Allentown, PA	15:09	3.962	131	33
25.	98	Young, Cassandra	29:40:46.874	-	Runner		573:10	0.105	136	30

40-49 female

Place	Bib#	Name	Time	Grade	Athlete Type	Hometown	Pace	Speed	Overall Place	Age	Athlete ID
1.	113	Braido, Kari	21:46.070	FR	Runner		7:00	8.564	14	42	
2.	88	Williams, August	28:31.640	-	Runner	Easton, PA	9:11	6.537	63	47	
3.	83	Smith, Jennifer	29:39.087	-	Runner	Easton, PA	9:33	6.287	72	42	
4.	120	Hawk, Rena	30:04.180	FR	Runner		9:41	6.200	74	47	
5.	101	Postma, Mary	30:20.107	-	Runner		9:46	6.145	75	45	
6.	129	Knight, Michelle	30:23.727	FR	Runner		9:47	6.135	76	49	
7.	72	Snyder, Tracy	30:56.520	-	Runner	Easton, PA	9:57	6.026	80	48	
8.	137	Rayden, Michele	31:04.524	FR	Runner		10:00	6.000	81	47	
9.	55	Brehm, Maureen	32:28.434	-	Runner		10:27	5.742	91	45	
10.	34	Bogoly, Kelly	34:17.414	-	Runner	Easton, PA	11:02	5.437	104	42	
11.	11	Higgins, Janet	39:01.164	-	Runner	Easton, PA	12:33	4.778	113	45	
12.	69	Reynolds, Grace	39:06.760	-	Runner	Easton, PA	12:35	4.768	115	48	
13.	22	De Lorenzo, Dawn	42:42.727	-	Runner	Lopatcong, NJ	13:45	4.366	123	42	
14.	73	Falvey, Robbie	45:17.214	-	Runner	Stewartsville, NJ	14:35	4.117	129	44	

50-59 female

Place	Bib#	Name	Time	Grade	Athlete Type	Hometown	Pace	Speed	Overall Place	Age	Athlete ID
1.	125	Siebler, Marie	23:57.500	FR	Runner		7:43	7.783	31	58	
2.	8	Grillo, Donna	27:52.467	-	Runner	Easton, PA	8:58	6.689	60	53	
3.	27	Trux, Charlene	31:48.834	-	Runner	Easton, PA	10:14	5.862	83	57	
4.	132	Scarano, Julianne	32:25.114	FR	Runner		10:26	5.750	90	54	
5.	110	Miller, Diane	32:30.414	FR	Runner		10:28	5.736	92	54	
6.	87	Oates, Darlene	33:35.604	-	Runner	Easton, PA	10:49	5.551	101	57	
7.	93	Peck, Vilma	36:42.464	-	Runner	Easton, PA	11:49	5.079	110	52	
8.	42	Velekei, Jill	40:41.250	-	Runner	Bethlehem, PA	13:06	4.582	121	59	
9.	33	Evans, Mary Louise	49:41.734	-	Runner	Easton, PA	15:59	3.752	133	58	

60+ female

Place	Bib#	Name	Time	Grade	Athlete Type	Hometown	Pace	Speed	Overall Place	Age	Athlete ID
1.	61	Gullo, Martha	32:57.514	-	Runner		10:36	5.657	98	63	
2.	14	Mfarej, Bonnie	36:20.720	-	Runner	Allentown, PA	11:42	5.131	108	65	
3.	57	Buss, Patrice	43:19.197	-	Runner	Bethlehem, PA	13:57	4.303	125	64	
4.	6	Supon, Patricia	44:53.674	-	Runner	Bethlehem, PA	14:27	4.153	126	71	
5.	39	Orso, Marge	48:49.994	-	Runner	Easton, PA	15:43	3.819	132	65	

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6.	20	Hepp-Schoenek, Mary	53:30.080	-	Runner	Easton, PA	17:13	3.484	134	60
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