

# 2016 Norristown 5K & Pump and Run

10/1/2016

Norristown Area High School  
Norristown, PA

Place	Bib	Last	First	Sex	Age	5K	Ded. (Min)	Adj. Time
1	455	Singh	Christopher	M	34	19:04.1	15.00	04:04.1
2	467	Madden	Brian	M	37	18:04.2	12.30	05:34.2
3	472	Galvan	Oscar	M	32	22:42.9	15.30	07:12.9
4	476	Junio	Timothy	M	42	25:07.0	17.00	08:07.0
5	454	Singh	Michael	M	37	21:49.5	13.00	08:49.5
6	302	Sherrick	Tricia	F	37	26:08.7	15.00	11:08.7
7	316	Ronca	Dave	M	32	24:06.1	10.30	13:36.1
8	460	Driscoll	Stacie	F	47	30:12.2	16.30	13:42.2
9	479	Elkins	Scott	M	48	25:13.3	11.00	14:13.3
10	464	Malehorn	Eric	M	33	21:52.2	5.30	16:22.2
11	482	Bontcue	Robert	M	33	22:40.3	6.00	16:40.3
12	474	McMenamin	Sean	M	45	22:49.4	6.00	16:49.4
13	471	Wareham	Jordan	M	35	21:26.7	3.00	18:26.7
14	307	Smith	Rich	M	24	25:02.8	6.30	18:32.8
15	488	Fricker	Douglas	M	30	18:51.8	Run Only	18:51.8
16	499	Iiabres	Chris	M	26	23:05.6	3.30	19:35.6
17	305	Winchock	Chalie	M	23	31:57.4	12.00	19:57.4
18	301	Clyman	Joel	M	61	27:45.7	7.00	20:45.7
19	469	Zrinski	Scott	M	46	25:34.1	4.30	21:04.1
20	489	Mattingly	Diane	F	28	21:18.3	Run Only	21:18.3
21	459	Arango	Lucas	M	35	22:39.2	0.30	22:09.2
22	452	Struck	Brian	M	39	22:38.9	Run Only	22:38.9
23	477	Mobley	Harry	M	37	29:28.7	6.30	22:58.7
24	457	Olmedo	Marco	M	38	23:54.9	Run Only	23:54.9
25	495	Fitch	Al	M	35	27:26.2	3.30	23:56.2
26	456	Olmedo Jr	Marco	M	14	24:03.7	Run Only	24:03.7
27	487	Murray	Karen	F	39	24:07.3	Run Only	24:07.3
28	481	Fitch	Tara	F	36	27:48.6	3.30	24:18.6
29	478	Sullivan	Shelly	F	58	29:18.7	5.00	24:18.7
30	308	Gibson	Amon	M	40	26:18.9	2.00	24:18.9
31	463	Ross	Brian	M	32	24:56.1	0.30	24:26.1
32	461	Altman	Brooks	M	34	25:34.4	Run Only	25:34.4
33	458	Reyes	Paula	F	30	27:46.8	2.00	25:46.8
34	310	Fortescue	Maggie	F	22	26:31.2	Run Only	26:31.2
35	497	Yadappanavar	Mrutyunjay	M	34	26:38.5	Run Only	26:38.5
36	315	Palmieri	Julia	M	31	27:38.7	Run Only	27:38.7
37	311	Furst	Ryan	M	23	27:40.5	Run Only	27:40.5
38	498	Viola	CJ	M	22	28:52.2	0.30	28:22.2
39	494	Dreibelbis	Ellen	F	27	28:38.0	Run Only	28:38.0
40	485	Tyrrell	Jim	M	53	28:39.7	Run Only	28:39.7

41	490	Joshi	Shloka	F	28	28:55.6	Run Only	28:55.6
42	475	Wieber	Katherine	F	27	29:40.7	0.30	29:10.7
43	313	Rowland	Jennifer	F	29	29:16.9	DNC	29:16.9
44	321	Bender	Gail	F	50	29:22.8	Run Only	29:22.8
45	462	Ross	Amy	F	31	30:57.6	1.30	29:27.6
46	492	Fienup	Sally	F	32	30:51.2	Run Only	30:51.2
47	493	Julius	Kara	F	31	30:51.3	Run Only	30:51.3
48	306	Rajca	Sofia	F	23	31:27.4	Run Only	31:27.4
49	450	Moon	Edward	M	64	34:21.6	2.30	31:51.6
50	317	Klein	Rachel	F	44	32:20.2	Run Only	32:20.2
51	314	Rowland	Marilee	F	54	32:40.0	Run Only	32:40.0
52	312	Shoff	Julia	F	46	33:14.8	Run Only	33:14.8
53	500	Iiabres	Gabriel	M	70	34:36.3	Run Only	34:36.3
54	496	Math	Ashwini	F	30	35:32.9	Run Only	35:32.9
55	309	Flood	Susanne	F	33	36:35.6	0.00	36:35.6
56	466	Arobone	Edward	M	36	39:40.3	Run Only	39:40.3
57	491	Pray-Rhodes	Khalia	F	29	39:45.6	Run Only	39:45.6
58	473	Ksiazek	Nicole	F	44	43:45.2	3.00	40:45.2
59	465	Arobone	Tina	F	36	43:09.3	Run Only	43:09.3
60	438	Ksiazek	Vanessa	F	9	43:35.2	Run Only	43:35.2