

Results of Second Annual Pump and 5k Run Contest
Penn State Wilkes-Barre Campus
August 30, 2009

<u>Men</u>	<u>Age</u>	<u>Bench Reps</u>	<u>Run Time</u>	<u>Adjustment</u>	<u>Net Time</u>	<u>Age Place</u>
1. Brian Lisowski	42	39	22:19	9:45	12:34	1
2. Craig Rome	43	35	21:27	8:45	12:42	2
3. Dennis Tanner	52	38	23:45	9:30	14:15	1
4. Tom Ducatte	56	27	21:10	6:45	14:25	2
5. Arthur Jordan	46	22	20:18	5:30	14:48	3
6. Bill Lawrence	50	31	22:34	7:45	14:49	3
7. Jim Dawson	28	20	19:55	5:00	14:55	1
8. Luke Shillington	20	19	20:07	4:45	15:22	2
9. Joel Heintzelman	31	25	21:53	6:15	15:38	3
10. Robert Felix Jr.	52	36	24:56	9:00	15:56	4
11. Joe Splendido	41	25	22:47	6:15	16:32	4
12. Austin Harry	14	14	21:01	3:30	17:31	4
12. Brian Karwaski	19.	17	21:46	4:15	17:31	4
14. Dean Mulherin	44	23	23:53	5:45	18:08	5
15. Michael Parker	51	25	25:00	6:15	18:45	5
16. Walter Boyle	57	20	23:50	5:00	18:50	6
17. Mark Nolan	39	22	24:25	5:30	18:55	6
18. Brad Petty	50	29	26:33	7:15	19:18	7
19. Stan Kardish	47	16	23:24	4:00	19:24	6
20. Lyndon Tomaine	21	19	24:15	4:45	19:30	7
21. Marc Nespoli	29	17	24:01	4:15	19:46	8
22. Tony Lylo	42	26	26:22	6:30	19:52	7
23. William Watkins	49	18	24:38	4:30	20:08	8
24. Steven Spaits	26	7	22:01	1:45	20:16	9
25. Matt Bevan	28	17	24:46	4:15	20:31	10
26. Flash Barchik	33	9	22:51	2:15	20:36	11
27. Jonathan Chesnick	20	11	23:32	2:45	20:47	12
28. Paul Farber	37	12	25:05	3:00	22:05	13
29. Bradley Treadway	26	0	22:12	0:00	22:12	14
30. Anthony Swain	18	7	24:14	1:45	22:29	15
31. Aaron Fincke	32	9	25:03	2:15	22:48	16
32. Josh Witmer	20	12	26:29	3:00	23:29	17
33. Josh Herzog	28	23	30:33	5:45	24:48	18
34. Derek Fincke	38	23	31:24	5:45	25:39	19
35. Matt Muldoon	23	10	29:31	2:30	27:01	20
36. Matt Krince	27	5	31:34	1:15	30:19	21
37. Aaron Grisham	19	1	30:46	0:15	30:31	22

<u>Women</u>	<u>Age</u>	<u>Bench Reps</u>	<u>Run Time</u>	<u>Adjustment</u>	<u>Net Time</u>	<u>Age Place</u>
1. Kelly Rupp	48	29	26:07	7:15	18:52	1
2. Nancy Lee Harmon	50	29	26:37	7:15	19:22	1
3. Kyla Hennigan	16	10	22:52	2:30	20:22	1
4. Val Tanner	50	43	32:46	10:45	22:01	2
5. Michele Jordan	45	9	24:33	2:15	22:18	2
6. Kim Gasper	47	8	24:51	2:00	22:51	3
7. Karen Parker	52	4	31:14	1:00	30:14	3
8. Jennifer Grieves	26	0	26:52	0:00	26:52	2