

SAT SEPT 14, 2019- HONESDALE, PA.
WAYNE COUNTY YMCA 5K RUN/WALK

Wayne Highlands Track & Field Complex, 474 Grove Street, Honesdale, Pennsylvania 18431

Hosted by the Wayne County YMCA

Timing/Results- Kirby Timing Service

Wayne County YMCA 11th Annual 5k Run

Place	Name	Hometown	Gender	Time	Pace	Speed	Division Rank
1	DUSTIN EDSAL		M: 1	00:18:27.19	05:56	10.1mph	Overall Male Runner: 1
2	JEREME HALL	TYLER HILL, PA	M: 2	00:19:18.91	06:13	9.7mph	Male 40 - 44: 1
3	TIM NOWAKOWSKI	FACTORYVILLE, PA	M: 3	00:19:48.13	06:22	9.4mph	Male 30 - 34: 1
4	AIDAN LATOURETTE		M: 4	00:20:49.65	06:42	9.0mph	Male 11 - 15: 1
5	TIFFANY LEVENTHAL		F: 1	00:20:58.28	06:45	8.9mph	Overall Female Runner: 1
6	JARED OYLER	STATE COLLEGE, PA	M: 5	00:21:43.03	06:59	8.6mph	Male 35 - 39: 1
7	KATE OYLER	STATE COLLEGE, PA	F: 2	00:23:01.35	07:24	8.1mph	Female 40 - 44: 1
8	MARYKATE GRADY		F: 3	00:23:19.96	07:30	8.0mph	Female 20 - 29: 1
9	AMY NEUGEBAUER		F: 4	00:23:23.19	07:31	8.0mph	Female 45 - 49: 1
10	MICHAEL BUCK		M: 6	00:23:46.49	07:39	7.8mph	Male 35 - 39: 2
11	SCOTT EDWARDS		M: 7	00:24:10.68	07:46	7.7mph	Male 30 - 34: 2
12	MICHELE WALUTES		F: 5	00:24:11.11	07:47	7.7mph	Female 50 - 59: 1
13	KEVIN OLVER	HONESDALE, PA	M: 8	00:25:14.37	08:07	7.4mph	Male 50 - 59: 1
14	CHARLES KOVALCHICK		M: 9	00:26:12.01	08:25	7.1mph	Male 45 - 49: 1
15	CODY GRIES		M: 10	00:26:45.83	08:36	7.0mph	Male 20 - 29: 1
16	KEITH PIERSON		M: 11	00:26:58.75	08:41	6.9mph	Male 30 - 34: 3
17	CARLI SHIELDS		F: 6	00:27:14.12	08:45	6.8mph	Female 30 - 34: 1
18	CHRIS NOVOA		M: 12	00:27:16.68	08:46	6.8mph	Male 30 - 34: 4
19	SARAH CAREY		F: 7	00:27:16.81	08:46	6.8mph	Female 20 - 29: 2
20	MARK SUNDSTROM	COLUMBUS, OH	M: 13	00:27:18.50	08:47	6.8mph	Male 60 - 69: 1
21	CARL ALBRIGHT		M: 14	00:27:41.71	08:54	6.7mph	Male 45 - 49: 2
22	ALYSSA THOMAS		F: 8	00:27:55.44	08:59	6.7mph	Female 20 - 29: 3
23	ERICA VEROLA		F: 9	00:28:42.27	09:14	6.5mph	Female 30 - 34: 2
24	SYLVIA THOMPSON		F: 10	00:29:38.31	09:32	6.3mph	Female 50 - 59: 2
25	AMBER ESCOTT		F: 11	00:29:56.26	09:38	6.2mph	Female 40 - 44: 2
26	JUSTIN SHIELDS		M: 15	00:29:58.04	09:38	6.2mph	Male 35 - 39: 3
27	BARBARA PRATT		F: 12	00:30:02.39	09:40	6.2mph	Female 50 - 59: 3
28	KENNETH PLATT III		M: 16	00:30:10.32	09:42	6.2mph	Male 35 - 39: 4
29	MARY ANN SWINGLE		F: 13	00:30:17.84	09:45	6.2mph	Female 40 - 44: 3
30	JERRY SWENDSEN	HONESDALE, PA	M: 17	00:30:24.92	09:47	6.1mph	Male 70 +: 1
31	RYANNE JENNINGS		F: 14	00:30:58.95	09:58	6.0mph	Female 30 - 34: 3
32	NICOLE RANDALL	MOSCOW, PA	F: 15	00:31:07.69	10:01	6.0mph	Female 20 - 29: 4
33	MARGARET KELLY		F: 16	00:31:15.82	10:03	6.0mph	Female 50 - 59: 4
34	ALICIA KOBILINSKI		F: 17	00:31:24.45	10:06	5.9mph	Female 50 - 59: 5
35	SEAN WORTHINGTON		M: 18	00:31:27.13	10:07	5.9mph	Male 11 - 15: 2
36	TIM TYRE		M: 19	00:31:31.58	10:08	5.9mph	Male 50 - 59: 2
37	EDDIE O'CONNOR	E. STROUDSBURG, PA	M: 20	00:31:33.10	10:09	5.9mph	Male 60 - 69: 2
38	KATHERINE PABON		F: 18	00:31:40.13	10:11	5.9mph	Female 30 - 34: 4
39	JOHN MILLER	LAKE ARIEL, PA	M: 21	00:31:42.62	10:12	5.9mph	Male 60 - 69: 3
40	STACI INGULLI		F: 19	00:32:26.46	10:26	5.7mph	Female 30 - 34: 5
41	MAGGIE HICKS		F: 20	00:32:37.19	10:29	5.7mph	Female 45 - 49: 2
42	ROD WARNER		M: 22	00:32:50.79	10:34	5.7mph	Male 70 +: 2
43	TAMMY DUFFY		F: 21	00:33:12.68	10:41	5.6mph	Female 50 - 59: 6
44	MARY MCCORMICK		F: 22	00:34:01.93	10:57	5.5mph	Female 50 - 59: 7
45	KATIE ROSSINI		F: 23	00:34:24.70	11:04	5.4mph	Female 35 - 39: 1
46	ZACHARY MEAD		M: 23	00:35:00.63	11:16	5.3mph	Male 11 - 15: 3
47	REBECCA MEAD		F: 24	00:35:02.11	11:16	5.3mph	Female 40 - 44: 4
48	RODNEY GOODRICH		M: 24	00:36:32.70	11:45	5.1mph	Male 50 - 59: 3
49	BRUCE GRANDJEAN	HONESDALE, PA	M: 25	00:36:44.50	11:49	5.1mph	Male 60 - 69: 4

50	MELISSA RICKARD		F: 25	00:36:46.13	11:50	5.1mph	Female 45 - 49: 3
51	KRISTEN OST		F: 26	00:36:46.68	11:50	5.1mph	Female 45 - 49: 4
52	LAUREN EDSALL		F: 27	00:37:47.38	12:09	4.9mph	Female 20 - 29: 5
53	NINA NESKY		F: 28	00:37:57.79	12:13	4.9mph	Female 50 - 59: 8
54	JOANIE DENEEN		F: 29	00:37:57.96	12:13	4.9mph	Female 50 - 59: 9
55	LORI WOOD		F: 30	00:39:13.92	12:37	4.8mph	Female 50 - 59: 10
56	LARISA RICKARD		F: 31	00:42:56.33	13:49	4.3mph	Female 45 - 49: 5
57	SANDRA DUNN		F: 32	00:42:57.93	13:49	4.3mph	Female 60 - 69: 1
58	NICOLE HENDRIX		F: 33	00:43:27.73	13:59	4.3mph	Female 35 - 39: 2
59	ABBY BURNS	HONESDALE, PA	F: 34	00:46:35.39	14:59	4.0mph	Female 11 - 15: 1
60	TERESA MURRAY		F: 35	00:48:13.99	15:31	3.9mph	Female 30 - 34: 6
61	NORAH BURNS	HONESDALE, PA	F: 36	00:48:39.28	15:39	3.8mph	Female 0 - 10: 1
62	NATALIE BURNS		F: 37	00:51:28.01	16:33	3.6mph	Female 35 - 39: 3
63	DAISY BURNS	HONESDALE, PA	F: 38	00:51:30.66	16:34	3.6mph	Female 0 - 10: 2
64	NICOLE HARTUNG		F: 39	01:01:04.97	19:39	3.1mph	Female 35 - 39: 4
65	JACKIE MOASE		F: 40	01:01:05.52	19:39	3.1mph	Female 45 - 49: 6

Walk Wayne County YMCA 11th Annual 5k Walk

Place	Name	Hometown	Gender	Time	Pace	Speed	Division Rank
1	RANDY COUSINS		M: 1	00:39:36.15	12:44	4.7mph	Overall Male Walker: 1
2	KATHY GRANDJEAN	HONESDALE, PA	F: 1	00:42:56.06	13:49	4.3mph	Overall Female Walker: 1
3	BERNIE TALLMAN		M: 2	00:45:50.01	14:45	4.1mph	Male 40 - 64: 1
4	OLIVIA MALL		F: 2	00:46:17.06	14:53	4.0mph	:
5	ROBYN BOGNATZ		F: 3	00:46:59.97	15:07	4.0mph	Female 40 - 64: 1
6	JOAN RAKE		F: 4	00:47:00.18	15:07	4.0mph	Female 40 - 64: 2
7	CHERYL SIEG		F: 5	00:47:00.65	15:07	4.0mph	Female 40 - 64: 3
8	CATHLEEN MALL		F: 6	00:47:02.46	15:08	4.0mph	Female 40 - 64: 4
9	NANCY LAVENDUSKI		F: 7	00:51:51.45	16:41	3.6mph	Female 65 +: 1
10	DIANE ZINTEL		F: 8	00:51:51.63	16:41	3.6mph	Female 65 +: 2
11	CAROLINE TEMPLETON	PLEASANT MT., PA	F: 9	00:53:51.88	17:20	3.5mph	Female 40 - 64: 5
12	ROSE DONEY		F: 10	00:53:52.57	17:20	3.5mph	Female 40 - 64: 6
13	PATSY SCHWEGMAN		F: 11	00:54:57.97	17:41	3.4mph	Female 40 - 64: 7