

2022 BSM Hero 5K

Place	Name	Hometown	Gender	Type	Bib #	Time	Pace	Speed	Division Rank
1	TIM NOWAKOWSKI		M: 1	RUNNER	978	00:18:03.24	05:48	10.3mph	Overall Male Runner: 1
2	BRENDAN YATSKO		M: 2	RUNNER	826	00:18:20.35	05:54	10.2mph	Male 15 - 19: 1
3	MICHAEL BEACH	HOP BOTTOM, PA	M: 3	RUNNER	894	00:20:06.81	06:28	9.3mph	Male 15 - 19: 2
4	BO MARCY	TUNKHANNOCK, PA	M: 4	RUNNER	922	00:20:13.53	06:30	9.2mph	Male 35 - 39: 1
5	EVAN TALCOTT	TUNKHANNOCK, PA	M: 5	RUNNER	883	00:20:19.50	06:32	9.2mph	Male 15 - 19: 3
6	MIKE MIDDENDORF	ROME, PA	M: 6	RUNNER	872	00:20:40.65	06:39	9.0mph	Male 50 - 54: 1
7	JOHN EVANGELISTA	MOSCOW, PA	M: 7	RUNNER	864	00:21:32.22	06:55	8.7mph	Male 50 - 54: 2
8	MADELYN GRAVES	FACTORYVILLE, PA	F: 1	RUNNER	899	00:21:51.00	07:01	8.5mph	Overall Female Runner: 1
9	JOSH GANDT		M: 8	RUNNER	793	00:22:28.28	07:13	8.3mph	Male 15 - 19: 4
10	JOSH FALZONE	TUNKHANNOCK, PA	M: 9	RUNNER	902	00:22:39.85	07:17	8.2mph	Male 15 - 19: 5
11	HEATHER DEWEES		F: 2	RUNNER	981	00:23:08.22	07:26	8.1mph	Female 45 - 49: 1
12	ERIC FALZONE	TUNKHANNOCK, PA	M: 10	RUNNER	901	00:23:10.37	07:27	8.0mph	Male 15 - 19: 6
13	CHRISTOPHER KOVALCHICK	TUNKHANNOCK, PA	M: 11	RUNNER	880	00:23:19.39	07:30	8.0mph	Male 15 - 19: 7
14	MICHAEL WOJNARSKI	MEHOOPANY, PA	M: 12	RUNNER	957	00:24:02.02	07:44	7.8mph	Male 55 - 59: 1
15	KELLY CARPENTER	MESHOPPEN, PA	F: 3	RUNNER	906	00:24:05.46	07:45	7.7mph	Female 40 - 44: 1
16	JOHN TOSI		M: 13	RUNNER	853	00:24:16.15	07:48	7.7mph	Male 45 - 49: 1
17	NATHAN RAUB		M: 14	RUNNER	812	00:24:18.05	07:49	7.7mph	Male 35 - 39: 2
18	DREW MICKEY	TUNKHANNOCK, PA	M: 15	RUNNER	887	00:24:32.83	07:54	7.6mph	Male 35 - 39: 3
19	JEREMY MURRY		M: 16	RUNNER	964	00:24:45.51	07:58	7.5mph	Male 35 - 39: 4
20	JODY LENGEL	DALTON, PA	M: 17	RUNNER	924	00:24:55.56	08:01	7.5mph	Male 25 - 29: 1
21	THOMAS ARMILLAY	TAYLOR, PA	M: 18	RUNNER	867	00:25:03.57	08:03	7.4mph	Male 30 - 34: 1
22	GRACE BENNETT		F: 4	RUNNER	979	00:25:06.26	08:04	7.4mph	Female 10 - 14: 1
23	TERI OLCOTT	MONTROSE, PA	F: 5	RUNNER	879	00:25:12.10	08:06	7.4mph	Female 55 - 59: 1
24	FRANK GRINDLE	HOP BOTTOM, PA	M: 19	RUNNER	877	00:25:18.02	08:08	7.4mph	Male 55 - 59: 2
25	JILL ROBINSON	MONROE TOWNSHIP, PA	F: 6	RUNNER	876	00:25:20.33	08:09	7.4mph	Female 25 - 29: 1
26	TAMMY PITTSMAN	JEFFERSON TWP, PA	F: 7	RUNNER	936	00:25:29.63	08:12	7.3mph	Female 50 - 54: 1
27	SAMANTHA WARD	TUNKHANNOCK, PA	F: 8	RUNNER	862	00:25:49.03	08:18	7.2mph	Female 15 - 19: 1
28	TYLER ELY	MONROE TWP, PA	M: 20	RUNNER	871	00:26:05.91	08:24	7.1mph	Male 20 - 24: 1
29	JON ROSIAK	NICHOLSON, PA	M: 21	RUNNER	916	00:26:19.08	08:28	7.1mph	Male 50 - 54: 3
30	MATTHEW MCDONOUGH	SCRANTON, PA	M: 22	RUNNER	930	00:26:22.79	08:29	7.1mph	Male 35 - 39: 5
31	AIDAN MISLEY		M: 23	RUNNER	986	00:26:39.78	08:34	7.0mph	Male 10 - 14: 1
32	LAUREN CILIBERTO		F: 9	RUNNER	958	00:26:40.30	08:35	7.0mph	Female 35 - 39: 1
33	LILY FRANKOWSKI		F: 10	RUNNER	980	00:26:47.65	08:37	7.0mph	Female 10 - 14: 2
34	NICHOLAS BEACH	HOP BOTTOM, PA	M: 24	RUNNER	895	00:27:00.03	08:41	6.9mph	Male 10 - 14: 2
35	SHAWN TITUS	MOUNTAIN TOP, PA	M: 25	RUNNER	951	00:27:01.12	08:41	6.9mph	Male 50 - 54: 4
36	DARLENE GILPIN	DALTON, PA	F: 11	RUNNER	865	00:27:20.38	08:47	6.8mph	Female 45 - 49: 2
37	HARMON SAINT GERMAIN	FACTORYVILLE, PA	M: 26	RUNNER	920	00:28:01.71	09:01	6.7mph	Male 20 - 24: 2
38	CELIA TOMLINSON	FACTORYVILLE, PA	F: 12	RUNNER	919	00:28:02.88	09:01	6.6mph	Female 20 - 24: 1
39	SHARON APPLEBY	TUNKHANNOCK, PA	F: 13	RUNNER	927	00:28:21.50	09:07	6.6mph	Female 50 - 54: 2
40	STEVEN SALTERS		M: 27	RUNNER	985	00:28:42.47	09:14	6.5mph	Male 50 - 54: 5
41	MADELINE MECKWOOD	DALTON, PA	F: 14	RUNNER	890	00:28:46.66	09:15	6.5mph	Female 15 - 19: 2
42	JOHN ZDANIEWICZ	FALLS, PA	M: 28	RUNNER	956	00:29:08.67	09:22	6.4mph	Male 30 - 34: 2
43	ATALIA NAPOLI		F: 15	RUNNER	827	00:29:34.16	09:31	6.3mph	Female 0 - 9: 1
44	KYLE ELY	SHAVERTOWN, PA	M: 29	RUNNER	863	00:29:37.63	09:32	6.3mph	Male 25 - 29: 2
45	TIFFANY TOTH		F: 16	RUNNER	977	00:29:51.11	09:36	6.2mph	Female 20 - 24: 2
46	ASHLEY NAPOLI		F: 17	RUNNER	848	00:30:08.71	09:42	6.2mph	Female 35 - 39: 2
47	TRESSIE EDWARDS		F: 18	RUNNER	962	00:30:12.61	09:43	6.2mph	Female 45 - 49: 3
48	AMANDA MURRY		F: 19	RUNNER	963	00:30:36.57	09:51	6.1mph	Female 35 - 39: 3
49	CHRISTOPHER HALLOCK	SCRANTON, PA	M: 30	RUNNER	874	00:31:11.66	10:02	6.0mph	Male 35 - 39: 6
50	KAYLEIGH KOVALCHICK	TUNKHANNOCK, PA	F: 20	RUNNER	881	00:31:20.13	10:05	5.9mph	Female 10 - 14: 3
51	KONNOR CILIBERTO		M: 31	RUNNER	959	00:31:24.09	10:06	5.9mph	Male 10 - 14: 3
52	CALVIN URIE	TUNKHANNOCK, PA	M: 32	RUNNER	886	00:31:48.70	10:14	5.9mph	Male 35 - 39: 7
53	ELIZA TALCOTT	TUNKHANNOCK, PA	F: 21	RUNNER	884	00:32:05.84	10:19	5.8mph	Female 10 - 14: 4
54	HEATHER BLISS	TUNKHANNOCK, PA	F: 22	RUNNER	931	00:32:08.64	10:20	5.8mph	Female 30 - 34: 1
55	JACKSON CILIBERTO		M: 33	RUNNER	960	00:32:36.82	10:29	5.7mph	Male 0 - 9: 1
56	GERARD WALSH	DALTON, PA	M: 34	RUNNER	926	00:32:42.74	10:31	5.7mph	Male 60 - 99: 1
57	GENA LENGEL	DALTONDALTON, PA	F: 23	RUNNER	928	00:33:01.45	10:37	5.6mph	Female 55 - 59: 2
58	MELISSA YANCHAK		F: 24	RUNNER	961	00:33:05.06	10:38	5.6mph	Female 40 - 44: 2
59	LARRY KOWALSKI		M: 35	RUNNER	811	00:34:12.73	11:00	5.4mph	Male 55 - 59: 3
60	JASON SUTTON		M: 36	RUNNER	819	00:34:14.81	11:01	5.4mph	Male 35 - 39: 8

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Place	Name	Hometown	Gender	Type	Bib #	Time	Pace	Speed	Division Rank
61	MONIKA MUZYKA	LE RAYSVILLE, PA	F: 25	RUNNER	888	00:34:26.09	11:05	5.4mph	Female 30 - 34: 2
62	ALEAH ROBINSON		F: 26	RUNNER	832	00:35:27.36	11:24	5.3mph	Female 10 - 14: 5
63	MICHAEL CEFALO		M: 37	RUNNER	800	00:35:44.66	11:30	5.2mph	Male 60 - 99: 2
64	KRIS JOHNSON	MADISON TWP, PA	M: 38	RUNNER	946	00:36:22.53	11:42	5.1mph	Male 60 - 99: 3
65	MICHELLE SEIBERT	CARLISLE, PA	F: 27	RUNNER	938	00:37:03.95	11:55	5.0mph	Female 45 - 49: 4
66	SHAWNA MASON		F: 28	RUNNER	976	00:37:33.70	12:05	5.0mph	Female 40 - 44: 3
67	KOURTNEY KOVALCHICK	TUNKHANNOCK, PA	F: 29	RUNNER	882	00:37:34.25	12:05	5.0mph	Female 0 - 9: 2
68	SUNCHA RHONE	BENTON, PA	F: 30	RUNNER	933	00:37:47.20	12:09	4.9mph	Female 60 - 99: 1
69	FRANCES URIE	TUNKHANNOCK, PA	F: 31	RUNNER	885	00:37:48.90	12:10	4.9mph	Female 60 - 99: 2
70	RONALD YONKOSKI	CLARKS SUMMIT, PA	M: 39	WALKER	923	00:38:49.45	12:29	4.8mph	Overall Male Walker: 1
71	CLAIRE BUTKOVSKY	SUGAR NOTCH, PA	F: 32	RUNNER	932	00:39:11.35	12:36	4.8mph	Female 60 - 99: 3
72	MICHELE GRIPP	CLARKS SUMMIT, PA	F: 33	RUNNER	935	00:39:20.79	12:39	4.7mph	Female 60 - 99: 4
73	CHRISTOPHER ROWLES	TUNKHANNOCK, PA	M: 40	RUNNER	878	00:39:25.71	12:41	4.7mph	Male 15 - 19: 8
74	MALINDA GLEASON		F: 34	WALKER	790	00:41:22.75	13:19	4.5mph	Overall Female Walker: 1
75	LAUREN JESSOP	EASTON, PA	F: 35	RUNNER	915	00:42:35.80	13:42	4.4mph	Female 60 - 99: 5
76	GENE KOVALICKICK		M: 41	WALKER	984	00:42:58.07	13:49	4.3mph	Overall Male Walker: 2
77	TAMMY VELEHOSKI	MOUNTAIN TOP, PA	F: 36	RUNNER	950	00:43:25.22	13:58	4.3mph	Female 50 - 54: 3
78	MIKE TALERICO	MOOSIC, PA	M: 42	RUNNER	952	00:43:25.35	13:58	4.3mph	Male 50 - 54: 6
79	KRISTEN KOVALCHICK		F: 37	WALKER	969	00:46:38.33	15:00	4.0mph	Overall Female Walker: 2
80	TIM MISLEVY	TUNKHANNOCK, PA	M: 43	WALKER	937	00:46:40.04	15:01	4.0mph	Overall Male Walker: 3
81	JULIE BEACH	HOP BOTTOM, PA	F: 38	WALKER	896	00:46:53.77	15:05	4.0mph	Overall Female Walker: 3
82	CHRIS KOVALCHICK		M: 44	WALKER	968	00:46:55.50	15:06	4.0mph	Overall Male Walker: 4
83	BARBARA TIERNEY		F: 39	WALKER	982	00:46:58.40	15:07	4.0mph	Overall Female Walker: 4
84	BELLAROSE LORD	TUNKHANNOCK, PA	F: 40	RUNNER	870	00:48:06.82	15:29	3.9mph	Female 10 - 14: 6
85	CONNOR SANDY	TUNKHANNOCK, PA	M: 45	RUNNER	911	00:48:07.01	15:29	3.9mph	Male 0 - 9: 2
86	LISA CAINES	TUNKHANNOCK, PA	F: 41	WALKER	917	00:48:07.90	15:29	3.9mph	Overall Female Walker: 5
87	AUDRA SPENCER		F: 42	WALKER	975	00:48:11.03	15:30	3.9mph	Overall Female Walker: 6
88	LISA BURNS	HUMMELSTOWN, PA	F: 43	WALKER	940	00:48:57.63	15:45	3.8mph	Overall Female Walker: 7
89	LORI NICHOLS	TUNKHANNOCK, PA	F: 44	WALKER	868	00:49:14.18	15:50	3.8mph	Overall Female Walker: 8
90	SUSAN SOUTHERTON	HONESDALE, PA	F: 45	WALKER	892	00:49:30.10	15:55	3.8mph	Overall Female Walker: 9
91	LISA BURCHER	HONESDALE, PA	F: 46	WALKER	891	00:50:24.85	16:13	3.7mph	Overall Female Walker: 10
92	AMY BOCHNOVICH	HONESDALE, PA	F: 47	WALKER	893	00:50:26.24	16:14	3.7mph	Overall Female Walker: 11
93	CONSTANCE CAMPANELLA	EAST STROUDSBURG, PA	F: 48	WALKER	903	00:50:29.71	16:15	3.7mph	Overall Female Walker: 12
94	KEVIN CASEY	CAPE MAY POINT, PA	M: 46	WALKER	904	00:50:30.70	16:15	3.7mph	Overall Male Walker: 5
95	PAM HARRIS	SHAVERTOWN, PA	F: 49	WALKER	943	00:50:48.27	16:21	3.7mph	Overall Female Walker: 13
96	WILLIAM BOWER	HARFORD, PA	M: 47	WALKER	941	00:53:31.10	17:13	3.5mph	Overall Male Walker: 6
97	BRENDA GOODRICH	NICHOLSON, PA	F: 50	WALKER	953	00:53:49.33	17:19	3.5mph	Overall Female Walker: 14
98	MOLLY CARTER		F: 51	WALKER	974	00:53:51.68	17:20	3.5mph	Overall Female Walker: 15
99	MAGGIE CARTER	ARCHBALD, PA	F: 52	WALKER	955	00:53:54.33	17:21	3.5mph	Overall Female Walker: 16
100	TAMMY CARTER	ARCHBALD, PA	F: 53	WALKER	954	00:53:55.03	17:21	3.5mph	Overall Female Walker: 17
101	LORI ALLEN		F: 54	RUNNER	849	00:54:34.42	17:33	3.4mph	Female 55 - 59: 3
102	JUDY ALLEN		F: 55	WALKER	852	00:54:35.73	17:34	3.4mph	Overall Female Walker: 18
103	GWENDOLYN LORD	TUNKHANNOCK, PA	F: 56	RUNNER	869	00:54:44.82	17:37	3.4mph	Female 10 - 14: 7
104	CARLA WALSH	DALTON, PA	F: 57	WALKER	925	00:54:56.32	17:40	3.4mph	Overall Female Walker: 19
105	SANDRA L FLYNN	TUNKHANNOCK, PA	F: 58	WALKER	944	00:55:10.72	17:45	3.4mph	Overall Female Walker: 20
106	JULIE REIMILLER	TUNKHANNOCK, PA	F: 59	RUNNER	909	00:56:09.96	18:04	3.3mph	Female 55 - 59: 4
107	CHRISTINE DECKER	TUNKHANNOCK, PA	F: 60	WALKER	910	00:56:10.12	18:04	3.3mph	Overall Female Walker: 21
108	MARJORIE MANCHESTER		F: 61	WALKER	983	00:56:19.50	18:07	3.3mph	Overall Female Walker: 22
109	TERRY WERTMAN	TUNKHANNOCK, PA	F: 62	WALKER	889	00:56:22.64	18:08	3.3mph	Overall Female Walker: 23
110	SYLVIA TAGERT	SOUTH ABINGTON TOWNSHIP, PA	F: 63	RUNNER	942	01:03:23.14	20:24	2.9mph	Female 60 - 99: 6
111	BERNADETTE BEAMER	MONTROSE, PA	F: 64	WALKER	921	01:03:24.16	20:24	2.9mph	Overall Female Walker: 24
112	JILLIAN HARASYMCZUK	APALACHIN, NY	F: 65	WALKER	875	01:03:25.07	20:24	2.9mph	Overall Female Walker: 25