

# Frank J. Valvano Memorial 10K

Place	Name	Hometown	Gender	Type	Bib #	Time	Pace	Speed	Division Rank	
1	TIM NOWAKOWSKI	FACTORYVILLE, PA	M: 1	RUNNER	307	00:37:42.42	12:08	4.9mph	Overall Male Runner: 1	
						<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
						Lap 1	00:17:26.60	05:36	10.7mph	00:17:26.60
						Finish	00:20:15.83	06:31	9.2mph	00:37:42.42
2	JULIE HARTENBACH	SPRINGFIELD, VA	F: 1	RUNNER	317	00:38:01.12	12:14	4.9mph	Overall Female Runner: 1	
						<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
						Lap 1	00:17:37.39	05:40	10.6mph	00:17:37.39
						Finish	00:20:23.73	06:33	9.1mph	00:38:01.12
3	TONY MALONEY	TUNKHANNOCK, PA	M: 2	RUNNER	301	00:43:26.11	13:58	4.3mph	Overall Male Runner: 2	
						<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
						Lap 1	00:19:56.92	06:25	9.3mph	00:19:56.92
						Finish	00:23:29.19	07:33	7.9mph	00:43:26.11
4	MICHAEL WOJNARSKI	MEHOOPANY, PA	M: 3	RUNNER	187	00:44:48.23	14:25	4.2mph	Overall Male Runner: 3	
						<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
						Lap 1	00:35:01.33	11:16	5.3mph	00:35:01.33
						Finish	00:09:46.90	03:08	19.1mph	00:44:48.23
5	PAUL SHAFFER	WEST PITTSTON, PA	M: 4	RUNNER	320	00:44:53.83	14:27	4.2mph	Male 50 - 59: 1	
						<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
						Lap 1	00:20:52.53	06:43	8.9mph	00:20:52.53
						Finish	00:24:01.31	07:43	7.8mph	00:44:53.83
6	MICHAEL ROMANO	TUNKHANNOCK, PA	M: 5	RUNNER	302	00:45:21.29	14:35	4.1mph	Male 20 - 29: 1	
						<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
						Lap 1	00:21:27.33	06:54	8.7mph	00:21:27.33
						Finish	00:23:53.97	07:41	7.8mph	00:45:21.29
7	JACOB SCHNEIDER	SCRANTON, PA	M: 6	RUNNER	287	00:45:58.99	14:48	4.1mph	Male 40 - 49: 1	
						<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
						Lap 1	00:21:10.22	06:48	8.8mph	00:21:10.22
						Finish	00:24:48.78	07:59	7.5mph	00:45:58.99
8	SCOTT HAKES		M: 7	RUNNER	747	00:47:04.18	15:09	4.0mph	Male 30 - 39: 1	
						<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
						Lap 1	00:21:18.69	06:51	8.7mph	00:21:18.69
						Finish	00:25:45.50	08:17	7.2mph	00:47:04.18
9	MICHAEL PRATT	STAMFORD, CT	M: 8	RUNNER	316	00:47:15.26	15:12	3.9mph	Male 30 - 39: 2	
						<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
						Lap 1	00:22:39.70	07:17	8.2mph	00:22:39.70
						Finish	00:24:35.56	07:54	7.6mph	00:47:15.26
10	CHRISTINE STROKA	MOSCOW, PA	F: 2	RUNNER	311	00:49:12.32	15:50	3.8mph	Overall Female Runner: 2	
						<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
						Lap 1	00:22:31.97	07:15	8.3mph	00:22:31.97
						Finish	00:26:40.36	08:35	7.0mph	00:49:12.32
11	KELLY CARPENTER	MESHOPPEN, PA	F: 3	RUNNER	298	00:49:34.00	15:57	3.8mph	Overall Female Runner: 3	
						<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
						Lap 1	00:23:10.12	07:27	8.0mph	00:23:10.12
						Finish	00:26:23.89	08:29	7.1mph	00:49:34.00
12	MELISSA FLYNN	HOP BOTTOM, PA	F: 4	RUNNER	304	00:49:48.55	16:01	3.7mph	Female 40 - 49: 1	
						<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
						Lap 1	00:23:30.29	07:33	7.9mph	00:23:30.29
						Finish	00:26:18.27	08:27	7.1mph	00:49:48.55
13	MAIA ARCANGELO	CLARKS SUMMIT, PA	F: 5	RUNNER	313	00:51:28.56	16:34	3.6mph	Female 13 - 19: 1	
						<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
						Lap 1	00:24:08.57	07:46	7.7mph	00:24:08.57
						Finish	00:27:19.99	08:47	6.8mph	00:51:28.56
14	STEPHANIE TARAPCHAK	MOOSIC, PA	F: 6	RUNNER	321	00:51:45.64	16:39	3.6mph	Female 50 - 59: 1	
						<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
						Lap 1	00:23:37.21	07:36	7.9mph	00:23:37.21
						Finish	00:28:08.43	09:03	6.6mph	00:51:45.64
15	JEFF HALL	DOWNINGTOWN, PA	M: 9	RUNNER	306	00:52:00.22	16:44	3.6mph	Male 40 - 49: 2	
						<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
						Lap 1	00:24:04.49	07:44	7.7mph	00:24:04.49
						Finish	00:27:55.73	08:59	6.7mph	00:52:00.22
16	TARYN IRIZARRY TRUDNAK	PECKVILLE, PA	F: 7	RUNNER	309	00:52:27.31	16:53	3.6mph	Female 30 - 39: 1	
						<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
						Lap 1	00:25:16.05	08:07	7.4mph	00:25:16.05
						Finish	00:27:11.26	08:45	6.9mph	00:52:27.31

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17	KRISTIN LIPKUS	CLARKS SUMMIT, PA	F: 8	RUNNER	299	00:52:37.12	16:56	3.5mph	Female 20 - 29: 1	
						<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
						Lap 1	00:24:08.74	07:46	7.7mph	00:24:08.74
						Finish	00:28:28.39	09:09	6.5mph	00:52:37.12
18	LEANNA BELL	TUNKHANNOCK, PA	F: 9	RUNNER	312	00:54:04.70	17:24	3.4mph	Female 30 - 39: 2	
						<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
						Lap 1	00:24:41.64	07:56	7.5mph	00:24:41.64
						Finish	00:29:23.07	09:27	6.3mph	00:54:04.70
19	DEANA SESSO	NORTH ABINGTON TWP, PA	F: 10	RUNNER	314	00:54:40.71	17:35	3.4mph	Female 50 - 59: 2	
						<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
						Lap 1	00:25:45.86	08:17	7.2mph	00:25:45.86
						Finish	00:28:54.85	09:18	6.4mph	00:54:40.71
20	SRIKANTH GADIYAR	WEST CHESTER, PA	M: 10	RUNNER	308	00:55:07.49	17:44	3.4mph	Male 40 - 49: 3	
						<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
						Lap 1	00:24:48.20	07:59	7.5mph	00:24:48.20
						Finish	00:30:19.30	09:45	6.1mph	00:55:07.49
21	DAVID HARRISON	MESHOPPEN, PA	M: 11	RUNNER	300	00:55:34.85	17:53	3.4mph	Male 60+: 1	
						<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
						Lap 1	00:25:09.75	08:05	7.4mph	00:25:09.75
						Finish	00:30:25.10	09:47	6.1mph	00:55:34.85
22	DARLENE GILPIN		F: 11	RUNNER	359	00:56:24.42	18:09	3.3mph	Female 50 - 59: 3	
						<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
						Lap 1	00:26:08.92	08:24	7.1mph	00:26:08.92
						Finish	00:30:15.50	09:44	6.2mph	00:56:24.42
23	NADIA ZEBLUIM	DOWNINGTOWN, PA	F: 12	RUNNER	305	00:56:35.39	18:12	3.3mph	Female 50 - 59: 4	
						<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
						Lap 1	00:26:10.71	08:25	7.1mph	00:26:10.71
						Finish	00:30:24.69	09:47	6.1mph	00:56:35.39
24	MICHAEL BOYKO	TAYLOR, PA	M: 12	RUNNER	310	00:56:45.75	18:16	3.3mph	Male 60+: 2	
						<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
						Lap 1	00:26:01.99	08:22	7.2mph	00:26:01.99
						Finish	00:30:43.76	09:53	6.1mph	00:56:45.75
25	WILLIAM SAYRE	TUNKHANNOCK, PA	M: 13	RUNNER	297	00:57:34.81	18:31	3.2mph	Male 20 - 29: 2	
						<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
						Lap 1	00:25:33.38	08:13	7.3mph	00:25:33.38
						Finish	00:32:01.44	10:18	5.8mph	00:57:34.81
26	CHRISTOPHER KOVALCHICK	TUNKHANNOCK, PA	M: 14	RUNNER	252	00:57:51.79	18:37	3.2mph	Male 13 - 19: 1	
						<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
						Lap 1	00:24:30.29	07:53	7.6mph	00:24:30.29
						Finish	00:33:21.50	10:44	5.6mph	00:57:51.79
27	JANICE URBANS		F: 13	RUNNER	365	01:00:58.29	19:37	3.1mph	Female 60+: 1	
						<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
						Lap 1	00:28:21.27	09:07	6.6mph	00:28:21.27
						Finish	00:32:37.03	10:29	5.7mph	01:00:58.29
28	DAVE MCSHERRY		M: 15	RUNNER	289	01:01:29.66	19:47	3.0mph	Male 60+: 3	
						<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
						Lap 1	00:29:27.16	09:28	6.3mph	00:29:27.16
						Finish	00:32:02.50	10:18	5.8mph	01:01:29.66
29	LAURA KLUCK	WILKES BARRE, PA	F: 14	RUNNER	319	01:02:44.89	20:11	3.0mph	Female 30 - 39: 3	
						<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
						Lap 1	00:28:13.91	09:05	6.6mph	00:28:13.91
						Finish	00:34:30.99	11:06	5.4mph	01:02:44.89
30	MELISSA BEYER	WYALUSING, PA	F: 15	RUNNER	188	01:06:20.35	21:21	2.8mph	Female 30 - 39: 4	
						<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
						Lap 1	00:28:28.91	09:10	6.5mph	00:28:28.91
						Finish	00:37:51.44	12:11	4.9mph	01:06:20.35
31	ANDREW MILLER	CHANTILLY, VA	M: 16	RUNNER	288	01:13:52.52	23:46	2.5mph	Male 50 - 59: 2	
						<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
						Lap 1	00:31:58.72	10:17	5.8mph	00:31:58.72
						Finish	00:41:53.81	13:29	4.4mph	01:13:52.52

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32	DOUG EPPLY		M: 17	RUNNER	370	01:20:21.09	25:51	2.3mph	Male 20 - 29: 3
			<u>Split Description</u>	<u>Split Time</u>		<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>	
			Lap 1	00:20:37.22		06:38	9.0mph	00:20:37.22	
			Finish	00:59:43.88		19:13	3.1mph	01:20:21.09	