

2024 FC Teague Trail Trot 5K

Place	Name	Hometown	Gender	Type	Bib #	Time	Pace	Speed	Division Rank
1	MASON OPALKA	THOMPSON, PA	M: 1	RUNNER	485	00:21:04.65	06:47	8.8mph	Overall Male Runner: 1
2	STEPHEN GLYNN	FOREST CITY, PA	M: 2	RUNNER	472	00:21:55.20	07:03	8.5mph	Male 40 - 49: 1
3	ERIC POCHAS	GREENFIELD TOWNSHIP, PA	M: 3	RUNNER	470	00:22:02.08	07:05	8.5mph	Male 50 - 59: 1
4	JACK JONES	THOMPSON, PA	M: 4	RUNNER	481	00:22:20.33	07:11	8.3mph	Male 11 - 19: 1
5	LOGAN FITZSIMMONS		M: 5	RUNNER	502	00:23:34.47	07:35	7.9mph	Male 20 - 29: 1
6	TIFFANY LEVENTHAL	HONESDALE, PA	F: 1	RUNNER	469	00:23:40.00	07:37	7.9mph	Overall Female Runner: 1
7	DAVID GORMAN		M: 6	RUNNER	445	00:24:18.98	07:49	7.7mph	Male 60 - 69: 1
8	ADAM DYNO	VANDLING, PA	M: 7	RUNNER	460	00:25:01.04	08:03	7.5mph	Male 30 - 39: 1
9	KRISTEN MAJDIC	VANDLING, PA	F: 2	RUNNER	462	00:25:09.58	08:05	7.4mph	Female 30 - 39: 1
10	STEVE FIRMSTONE	WAYMART, PA	M: 8	RUNNER	497	00:25:44.53	08:17	7.2mph	Male 50 - 59: 2
11	LINDSEY KOZUCH	JESSUP, PA	F: 3	RUNNER	466	00:26:32.70	08:32	7.0mph	Female 20 - 29: 1
12	CAROLANN SCHWARTZ	PLEASANT MOUNT, PA	F: 4	RUNNER	453	00:26:41.02	08:35	7.0mph	Female 60 - 69: 1
13	ETHAN GARM	LANSDALE, PA	M: 9	RUNNER	457	00:26:56.90	08:40	6.9mph	Male 0 - 10: 1
14	ZACHARY GARM	LANSDALE, PA	M: 10	RUNNER	456	00:26:57.50	08:40	6.9mph	Male 30 - 39: 2
15	MEAGHAN GARM	LANSDALE, PA	F: 5	RUNNER	458	00:26:57.50	08:40	6.9mph	Female 30 - 39: 2
16	JESSICA O'NEILL	FOREST CITY, PA	F: 6	RUNNER	491	00:28:44.78	09:15	6.5mph	Female 30 - 39: 3
17	AMY BRANNING	FOREST CITY, PA	F: 7	RUNNER	496	00:28:44.95	09:15	6.5mph	Female 30 - 39: 4
18	KYLE DYER	MONTCLAIR, NJ	F: 8	RUNNER	495	00:28:57.50	09:19	6.4mph	Female 30 - 39: 5
19	LUKE GLYNN	FOREST CITY, PA	M: 11	RUNNER	475	00:29:08.53	09:22	6.4mph	Male 0 - 10: 2
20	JENNY ODAY		F: 9	RUNNER	447	00:29:20.83	09:26	6.4mph	Female 50 - 59: 1
21	DAVID FLORES	SOUTH ORANGE, NJ	M: 12	RUNNER	493	00:29:23.64	09:27	6.3mph	Male 40 - 49: 2
22	JENNA GLYNN	FOREST CITY, PA	F: 10	RUNNER	473	00:29:28.31	09:29	6.3mph	Female 30 - 39: 6
23	COLLEEN GLAVICH	FOREST CITY, PA	F: 11	RUNNER	454	00:29:34.66	09:31	6.3mph	Female 20 - 29: 2
24	SCOTT LEET	HONESDALE, PA	M: 13	RUNNER	488	00:29:48.32	09:35	6.3mph	Male 70 +: 1
25	LAUREN ODELL	HONESDALE, PA	F: 12	RUNNER	486	00:29:56.91	09:38	6.2mph	Female 20 - 29: 3
26	JACOB FITZSIMMONS		M: 14	RUNNER	505	00:30:55.35	09:57	6.0mph	Male 11 - 19: 2
27	DARRELL SEAMAN	VANDLING, PA	M: 15	RUNNER	477	00:32:34.03	10:28	5.7mph	Male 40 - 49: 3
28	FRANK RIZZO	SCRANTON, PA	M: 16	RUNNER	489	00:33:23.00	10:44	5.6mph	Male 30 - 39: 3
29	MARY MCCORMICK	HONESDALE, PA	F: 13	RUNNER	499	00:33:44.48	10:51	5.5mph	Female 50 - 59: 2
30	BRIAN NEBZYDOSKI		M: 17	RUNNER	506	00:34:09.50	10:59	5.5mph	Male 30 - 39: 4
31	KELLY KIRCHNER		F: 14	RUNNER	503	00:34:49.15	11:12	5.4mph	Female 30 - 39: 7
32	ALEXANDRA BESTEN	CARBONDALE, PA	F: 15	RUNNER	455	00:35:08.55	11:18	5.3mph	Female 60 - 69: 2
33	SUZANNE ATCAVAGE	HONESDALE, PA	F: 16	RUNNER	501	00:35:24.87	11:23	5.3mph	Female 50 - 59: 3
34	PEG FOSTER	JACKSON, PA	F: 17	RUNNER	461	00:36:03.44	11:36	5.2mph	Female 50 - 59: 4
35	KIMBERLY MULEA	FOREST CITY, PA	F: 18	RUNNER	451	00:36:05.95	11:37	5.2mph	Female 50 - 59: 5
36	THOMAS OPALKA	THOMPSON, PA	M: 18	RUNNER	484	00:37:16.83	11:59	5.0mph	Male 50 - 59: 3
37	EMILY NICHOLS	SCOTT TWP, PA	F: 19	RUNNER	468	00:37:45.42	12:09	4.9mph	Female 11 - 19: 1
38	CORA SEAMAN	VANDLING, PA	F: 20	RUNNER	478	00:38:19.74	12:20	4.9mph	Female 11 - 19: 2
39	GABRIELLE RYDZIK	FOREST CITY, PA	F: 21	RUNNER	459	00:38:27.98	12:22	4.8mph	Female 11 - 19: 3
40	KENNY NICHOLS	SCOTT TWP, PA	M: 19	RUNNER	467	00:38:48.27	12:29	4.8mph	Male 50 - 59: 4
41	RUSTY JONES	THOMPSON, PA	M: 20	RUNNER	482	00:38:53.33	12:31	4.8mph	Male 11 - 19: 3
42	NICHOLE FREIERMUTH	HONESDALE, PA	F: 22	RUNNER	490	00:39:36.61	12:44	4.7mph	Female 20 - 29: 4
43	ASHLEY ATCAVAGE	HONESDALE, PA	F: 23	RUNNER	465	00:39:36.69	12:44	4.7mph	Female 20 - 29: 5
44	COOPER FITZSIMMONS		M: 21	RUNNER	504	00:39:40.36	12:46	4.7mph	Male 11 - 19: 4
45	RYAN GLYNN	FOREST CITY, PA	M: 22	RUNNER	474	00:43:09.21	13:53	4.3mph	Male 11 - 19: 5
46	CYNTHIA ODELL	HONESDALE, PA	F: 24	RUNNER	487	00:45:01.33	14:29	4.1mph	Female 50 - 59: 6
47	ANNIE JONES	THOMPSON, PA	F: 25	RUNNER	483	00:45:30.87	14:38	4.1mph	Female 11 - 19: 4
48	CATHLEEN MALL	WAYMART, PA	F: 26	RUNNER	463	00:45:45.13	14:43	4.1mph	Female 50 - 59: 7
49	GEORGE FLORES	SOUTH ORANGE, NJ	M: 23	RUNNER	494	00:46:02.27	14:49	4.0mph	Male 70 +: 2
50	MARYANN FLORES	SOUTH ORANGE, NJ	F: 27	RUNNER	492	00:46:03.41	14:49	4.0mph	Female 70 +: 1
51	MICHELLE FIRMSTONE	WAYMART, PA	F: 28	RUNNER	498	00:48:04.76	15:28	3.9mph	Female 50 - 59: 8
52	FRED HOWELL		M: 24	RUNNER	446	00:49:49.81	16:02	3.7mph	Male 70 +: 3
53	DAVID JONES	THOMPSON, PA	M: 25	RUNNER	480	00:58:51.24	18:56	3.2mph	Male 50 - 59: 5
54	PAMELA JONES	THOMPSON, PA	F: 29	RUNNER	479	00:58:51.28	18:56	3.2mph	Female 40 - 49: 1