

# 2015 Pump and Run 5K

10/10/2015

Norristown High School

Place	Bib	First	Last	Sex	Age	Deduct	5K Time	Adj. Time
1	210	Oscar	Galvan	M	31	14:30	24:18.2	09:48.2
2	206	Brian	Madden	M	36	8:30	19:16.1	10:46.1
3	215	Damien	Verontisis	M	29	8:30	23:36.7	15:06.7
4	228	Dave	Ronca	M	31	9:30	24:57.8	15:27.8
5	213	Matt	Curtis	M	31	4:30	21:20.8	16:50.8
6	237	Benjamin	Adams	M	23	3:30	20:55.6	17:25.6
7	243	Jim	Crossan	M		5:00	23:04.8	18:04.8
8	219	Kellie Ann	Grimner	F	23	10:00	28:17.5	18:17.5
9	233	Megan	Barkley	F	33	9:30	28:42.5	19:12.5
10	227	Bob	Bontcue	M	32	5:00	24:18.4	19:18.4
11	238	Heather	Sharkey	F	28	3:30	23:46.5	20:16.5
12	247	Rich	Rogers	M			21:06.4	21:06.4
13	208	Paul	Archhambault	M	33	5:00	27:06.0	22:06.0
14	221	Matt	Cavagnaro	M			22:17.2	22:17.2
15	232	Kurt	Brooks	M	31	2:00	24:27.6	22:27.6
16	204	Kent	Conway	M	40	1:00	23:36.4	22:36.4
17	203	Todd	Irons	M	42	3:30	28:11.0	24:41.0
18	245	Scott	Zrinski	M		2:00	26:55.3	24:55.3
19	217	Derek	Cheng	M	26	0:00	25:07.8	25:07.8
20	300	Marco	Olmedo	M	13		25:10.3	25:10.3
21	201	Sam	Cobley	M	45	3:30	29:57.0	26:27.0
22	299	Dean	Millard	M	12		27:05.7	27:05.7
23	246	Joseph	Slavick	M	29	0:00	27:29.6	27:29.6
24	207	Brooks	Altman	M	33	0:00	27:30.0	27:30.0
25	214	Jody	Vrontisis	F	30	5:00	32:41.4	27:41.4
26	239	Jeremy	Baker	M			28:03.9	28:03.9
27	209	Danielle	Green	F	32	0:00	28:15.3	28:15.3
28	244	Bridget	Slavick	M		0:00	28:30.8	28:30.8
29	229	Ricky	Phillips	M			30:28.6	30:28.6
30	240	Stacy	James	F			32:41.1	32:41.1
31	224	Rachel	McKernan	F			32:52.9	32:52.9
32	248	Jose	Lopez	M	9		32:57.9	32:57.9
33	212	Megan	Sugars	F	31	1:30	35:42.0	34:12.0
34	216	Samantha	Woodburn	F	29	0:00	35:16.7	35:16.7
35	249	Andrea	Lopez	F	12		35:37.7	35:37.7
36	225	Faith	Opielski	F			35:38.4	35:38.4
37	205	Tuan	Nguyen	M	37	1:30	38:43.4	37:13.4
38	230	Hiroshi	Miwa	M			43:03.1	43:03.1
39	223	Nicole	Ksiazek	F			43:15.4	43:15.4
40	250	Vanessa	Ksiazek	F			43:15.7	43:15.7
41	235	Lindsey	Williamson	F			43:17.7	43:17.7

42				F			43:19.3	43:19.3
43				F			43:19.5	43:19.5
44	241	Misti	Conway	F			43:33.7	43:33.7
45	242	Caydi	Conway	F			43:34.0	43:34.0