

35th Annual Delaware Open XC Championships

Women's 5K Open

Overall Finish List

November 30, 2019

Results By Ultimate Sports Productions www.usp-sports.com

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Gend</u>	<u>Total Time</u>
1	Katie O'Regan	Lititz PA	1400	34	F	20:53.50
2	Lafonda Alfonzo	Stony Brook NY	1435	22	F	21:03.80
3	Alyssa Kennedy	Wyomissing PA	1334	27	F	21:11.90
4	Morgan Morrow	Bear DE	1346	28	F	22:02.80
5	Ameron Cavery	Wilmington DE	1411	23	F	22:11.70
6	Vicki Rudawsky	Garnett Valley PA	1417	52	F	22:36.50
7	Lorraine Jasper	Birchrunville PA	1330	58	F	22:37.30
8	Danielle Hopko	Wilmington DE	1327	32	F	22:51.30
9	Sierra Downs	Wilmington DE	1436	23	F	22:55.20
10	Andrea Kramer	Washington Boro PA	1335	50	F	23:17.00
11	Amy Dischler	Wilmington DE	1415	49	F	23:27.70
12	Julie Pangburn	Downingtown PA	1353	55	F	23:33.80
13	Dorcas Huang	Philadelphia PA	1426	25	F	23:40.40
14	Kelsey Wolff	Wilmington DE	1409	13	F	23:45.60
15	Meghan Smith	Avondale PA	1427	28	F	23:50.20
16	Rachel Wise	North Wales PA	1390	33	F	24:09.10
17	Jennifer Lippincott	Philadelphia PA	1413	42	F	24:21.70
18	Cecelia Regan	Ardsley PA	1361	49	F	24:53.70
19	Caroline Poole	Wilmington DE	1358	12	F	24:56.20
20	Nicole Tellechea		1367	13	F	24:58.10
21	Annie James	Wilmington DE	1328	38	F	25:10.70
22	Linda Boyer	North Wales PA	1291	61	F	25:35.30
23	Nicole Carroll	Wilmington DE	1441	34	F	25:47.90
24	Marva Schodel	Philadelphia PA	1363	50	F	26:00.70
25	Megan Mahle	Wilmington DE	1342	42	F	26:04.00
26	Carol Feole-Driscoll		1308	61	F	26:07.10
27	Jennifer Pisula	Wilmington DE	1356	32	F	26:15.20
28	Colleen Tozer	Philadelphia PA	1368	31	F	26:25.80
29	Cindy Ott	Wilmington DE	1351	58	F	26:32.90
30	Joie Gambino	Thorofare NJ	1309	50	F	26:42.70
31	Maretta Doran-Briggs	Marlton NJ	1303	55	F	27:25.10
32	Dana Balick	Wilmington DE	1290	54	F	27:39.10
33	Michelle Harvey	Atco NJ	1399	53	F	27:43.50
34	Linda Pasquella	Franklinville NJ	1354	53	F	27:52.70
35	Heidi Bershad	Bala Cynwyd PA	1424	56	F	28:06.50
36	Rachel Quisel	Santa Barbara CA	1481	34	F	28:19.50
37	Mary Ann Gurka	Berlin NJ	1318	66	F	28:21.80
38	Anna Quisel	Wilmington DE	1482	50	F	28:33.60
39	Denise Pangborn	Allentown PA	1352	51	F	28:43.20
40	Alison Tracy	Newark DE	1370	30	F	28:48.10
41	Sara Weiss	Nyack NY	1410	40	F	29:01.50
42	Rachel Jobe	Madison NJ	1432	42	F	29:02.10
43	Jan Summers	Mullica Hill NJ	1366	58	F	29:05.80
44	Katy Wilson	Wilmington DE	1439	20	F	29:09.70
45	Silvana Alfieri	Wilmington DE	1406	21	F	29:22.50
46	Sofia Alfieri	Wilmington DE	1403	19	F	29:23.50

47	Lauren Siegel	Elkins Park PA	1364	59	F	29:26.20
48	Samantha Creamer	Mount Laurel NJ	1297	31	F	29:54.20
49	Olivia Herdman	Wilmington DE	1321	19	F	30:01.20
50	Emma Herdman	Wilmington DE	1323	22	F	30:01.60
51	Shelley Hill	Thorofare NJ	1325	64	F	30:57.50
52	Cheryl Hilk	Wilmington DE	1404	58	F	31:35.10
53	Joanna Hellman	Medford Lakes NJ	1419	63	F	31:37.20
54	Emily Evans	Slatington PA	1377	25	F	31:47.70
55	Joy Hampton	Mullica Hill NJ	1381	73	F	32:00.50
56	Jessica Wilson	Wilmington DE	1438	55	F	32:13.50
57	Ann Wolf	Marlton NJ	1376	63	F	33:15.20
58	Meaghan Nana-Sinkam	Hockessin DE	1347	48	F	33:18.70
59	Jennifer Greenberg	Bala Cynwyd PA	1401	56	F	33:38.10
60	Joan Gambogi	Hillsborough NJ	1312	56	F	35:31.80
61	Diane Hardies	Marlton NJ	1319	74	F	36:23.20
62	Julia Hearn	Wilmington DE	1487	53	F	37:37.30
63	Sue Martin	Wilmington DE	1479	55	F	37:38.90
64	Karen Ckarke	Havertown PA	1433	64	F	39:22.40
65	Amanda Gambogi	Wilmington DE	1428	33	F	42:04.60
66	Kristine Longshore	Doylestown PA	1340	51	F	42:27.70
67	Lisa Rose Johnson	Northfield NJ	1331	42	F	44:50.60
68	Fran Dombrosky	Berlin NJ	1300	51	F	45:06.80
