

Race Date

9-11 Heroes Race - Baltimore

September 29, 2019

TMF Balt 5K Age Group

5K Run

Female Open Winners

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Overall</u>	<u>-----Total-----</u>		<u>Pace</u>
						<u>Chip Time</u>	<u>Gun Time</u>	
1	Mary Katherine Wienecke	Perry Hall MD	209	27	19	23:32.5	23:34.8	7:34/M
2	Meghan Grenier	Severn MD	188	26	30	25:04.0	25:08.7	8:04/M

9-11 Heroes Race - Baltimore

TMF Balt 5K Age Group

5K Run

Race Date
September 29, 2019

Female 19 and Under

								-----Total-----	
Place	Name	City	Bib No	Age	Overall	Chip Time	Gun Time	Pace	
1	* Josie Miller	Owings Mills MD	174	14	37	25:31.2	25:38.9	8:12/M	
2	* Chloe Shriver	Owings Mills MD	173	17	39	26:03.5	26:11.6	8:23/M	
3	* Minh Kim		98	19	51	30:00.9	30:06.3	9:39/M	
4	Brianna Vincent	Herndon VA	94	14	85	37:20.6	37:22.5	12:00/M	
5	Alex Krohn	Mount Airy MD	132	15	92	39:22.9	39:28.3	12:40/M	
6	Josie Krohn	Mount Airy MD	134	9	93	39:23.0	39:28.3	12:40/M	
7	Kaylee Stewart	Randallstown MD	162	6	103	48:31.2	49:00.4	15:36/M	

Female 20 to 29

								-----Total-----	
Place	Name	City	Bib No	Age	Overall	Chip Time	Gun Time	Pace	
1	* Moira Anderson	Linthicum MD	116	28	43	27:17.6	27:36.6	8:47/M	
2	* Alyson Fagan	Baltimore MD	167	26	57	30:44.5	30:52.1	9:53/M	
3	* Eve Lukowski	Ellicott City MD	176	23	60	30:53.8	30:58.9	9:56/M	
4	Sarah Thiroway	Jmison PA	147	23	64	31:18.0	31:25.5	10:04/M	
5	Kaili Johnson	Sykesville MD	203	26	90	38:36.9	38:45.6	12:25/M	
6	Kennisha Murphy	Randallstown MD	159	29	104	50:11.5	50:41.6	16:08/M	

Female 30 to 39

								-----Total-----	
Place	Name	City	Bib No	Age	Overall	Chip Time	Gun Time	Pace	
1	* Kimberly Neal	Catonsville MD	115	39	55	30:26.5	30:31.2	9:47/M	
2	* Denise Bahler	Baltimore MD	191	36	68	32:58.2	33:08.2	10:36/M	
3	* Erin Howard	Central SC	171	39	69	33:01.8	33:15.2	10:37/M	
4	Donna Bowen	Central SC	170	39	72	34:17.0	34:30.7	11:01/M	
5	Kristen Tronberg	Windsor Mill MD	92	31	76	36:14.7	36:29.0	11:39/M	
6	Jennifer Lee	Ellicott City MD	118	31	82	36:49.6	37:01.0	11:50/M	
7	Katie Kwiatkowski	Hollywood MD	124	38	99	45:16.3	45:25.5	14:33/M	
8	Jenny Green	Germantown MD	29	34	108	52:54.9	53:30.9	17:01/M	
9	Annastatia Moody	Altoona PA	52	31	109	57:01.7	57:28.2	18:20/M	
10	Kimberly Campos	Baltimore MD	101	39	110	59:15.3	59:38.7	19:03/M	

Female 40 to 49

								-----Total-----	
Place	Name	City	Bib No	Age	Overall	Chip Time	Gun Time	Pace	
1	* Erin Miller	Silver Spring MD	127	43	44	27:51.4	27:58.2	8:57/M	
2	* Amy Gromada	Taneytown MD	128	47	48	29:08.5	29:11.8	9:22/M	
3	* Nichole Garcia	Eldersburg MD	184	44	63	31:16.8	31:24.8	10:03/M	
4	Wendy Tittle	Baltimore MD	207	41	97	42:08.1	43:20.4	13:33/M	
5	Nicole Kelly	Baltimore MD	164	46	100	45:30.6	48:43.2	14:38/M	

Female 50 to 59

								-----Total-----	
Place	Name	City	Bib No	Age	Overall	Chip Time	Gun Time	Pace	
1	* Jennifer Cloutier	Crownsville MD	140	54	41	26:15.9	26:22.0	8:27/M	
2	* Tammie Lee	Ellicott City MD	119	58	74	34:51.7	35:01.3	11:13/M	
3	* Linda Smith	Clayton NC	194	54	75	36:04.3	36:14.6	11:36/M	
4	Kim Dalton	Baltimore MD	189	59	78	36:41.8	36:52.3	11:48/M	
5	Colette Newton	Ellicott City MD	186	58	79	36:42.4	36:52.4	11:48/M	
6	Rosemarie Kraus	Ellicott City MD	185	55	80	36:42.6	36:52.6	11:48/M	
7	Michelle Murphy	Randallstown MD	157	54	101	47:01.8	47:32.4	15:07/M	

Female 60 to 69

								-----Total-----	
Place	Name	City	Bib No	Age	Overall	Chip Time	Gun Time	Pace	
1	* Beverly Byron	Ellicott City MD	187	66	95	40:22.5	40:37.8	12:59/M	

9-11 Heroes Race - Baltimore

TMF Balt 5K Age Group

5K Run

Race Date
September 29, 2019

Female 60 to 69

		-----Total-----						
<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Overall</u>	<u>Chip Time</u>	<u>Gun Time</u>	<u>Pace</u>
2	* Maryann Delaney	Gaithersburg MD	142	60	106	51:33.7	52:25.7	16:35/M
3	* Deborah Fearson	Baltimore MD	102	65	111	59:18.4	59:43.5	19:04/M

Race Date

9-11 Heroes Race - Baltimore

September 29, 2019

TMF Balt 5K Age Group

5K Run

Male Open Winners

		-----Total-----						
<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Overall</u>	<u>Chip Time</u>	<u>Gun Time</u>	<u>Pace</u>
1	Jason Stevens	Baltimore MD	122	38	1	20:20.2	20:22.3	6:32/M
2	Michael Krohn	Mount Airy MD	133	14	2	20:30.7	20:33.4	6:36/M

9-11 Heroes Race - Baltimore

TMF Balt 5K Age Group

5K Run

Race Date
September 29, 2019

Male 19 and Under

		-----Total-----						
Place	Name	City	Bib No	Age	Overall	Chip Time	Gun Time	Pace
1	* Justin Dietzel	Eldersburg MD	200	15	7	21:52.4	21:55.7	7:02/M
2	* Andrew Cougnet	Cockeysville MD	139	11	14	22:46.3	22:48.1	7:19/M
3	* Henry Hilger	Ellicott City MD	169	15	18	23:15.1	23:19.5	7:29/M
4	Max Garcia	Eldersburg MD	183	15	23	24:00.9	24:04.0	7:43/M
5	William Brown	Ellicott City MD	197	15	24	24:03.8	24:06.7	7:44/M
6	Josif Mavridis	Mount Airy MD	137	14	32	25:18.0	25:21.5	8:08/M
7	Adam Kozikowski	Ellicott City MD	121	14	36	25:27.6	25:31.1	8:11/M
8	Tyler Gladstone	Marriottsville MD	87	15	40	26:05.9	26:13.2	8:24/M
9	Cameron Kwiatkowski	Hollywood MD	125	8	49	29:20.2	29:28.6	9:26/M
10	Tye Wiggins	Laurel MD	179	12	50	29:29.1	29:32.8	9:29/M
11	Nathan Wineman	Woodbine MD	83	15	54	30:15.7	30:18.8	9:44/M
12	Aj Fritz-Ramirez	Eldersburg MD	149	14	56	30:32.5	30:36.3	9:49/M
13	Jace Wiggins	Laurel MD	178	14	71	34:03.4	34:07.5	10:57/M
14	Kwesi Murphy	Randallstown MD	160	17	77	36:17.5	37:24.8	11:40/M
15	Joseph Hipsley	Eldersburg MD	182	12	86	37:21.3	37:27.9	12:01/M
16	Kyjuani Bornside	Baltimore MD	96	18	96	40:34.3	41:02.6	13:03/M
17	Eli Kwiatkowski	Hollywood MD	126	6	98	45:14.9	45:24.0	14:33/M
18	Kayden Stewart	Randallstown MD	163	5	105	50:11.8	50:41.3	16:08/M

Male 20 to 29

		-----Total-----						
Place	Name	City	Bib No	Age	Overall	Chip Time	Gun Time	Pace
1	* Patrick Delaney	Gaithersburg MD	143	27	3	21:09.4	21:14.8	6:48/M
2	* Jacob Topper	Laurel MD	208	21	4	21:10.5	21:13.1	6:49/M
3	* Tyler Derderian	Pasadena MD	181	27	5	21:13.1	21:21.4	6:49/M
4	Cole Simmons	Lancaster PA	151	22	6	21:49.0	21:51.5	7:01/M
5	Daniel Ahn	Ellicott City MD	198	21	8	22:06.0	22:10.2	7:06/M
6	Anthony Romeo	Linthicum Heights MD	206	23	9	22:07.2	22:11.0	7:07/M
7	Anthony Watters	Baltimore MD	89	27	12	22:30.1	22:32.3	7:14/M
8	Sean Wilson	Linthicum MD	210	21	16	22:55.4	23:00.3	7:22/M
9	Michael Metler	Dunkirk MD	205	21	17	22:56.1	23:00.3	7:22/M
10	Max Trumper	Baltimore MD	86	21	21	23:42.5	23:49.9	7:37/M
11	Ahad Asim	Elkridge MD	199	21	26	24:39.4	24:43.6	7:56/M
12	Anthony Henry	Ellicott City MD	93	26	34	25:25.7	25:28.8	8:11/M
13	Jake Fedorczyk	Dunkirk MD	201	21	35	25:26.1	25:31.7	8:11/M
14	Nolan Anderson	Linthicum MD	117	27	42	27:17.5	27:36.8	8:47/M
15	Patrick Fitzgerald		85	22	46	28:36.6	28:39.5	9:12/M
16	Taylor Kitzmiller	Millersville MD	148	23	65	31:18.4	31:25.6	10:04/M
17	Tony Adedipe	Baltimore MD	95	26	91	39:07.8	39:35.7	12:35/M
18	Kyrell Stewart	Randallstown MD	58	26	102	48:23.8	49:00.1	15:34/M

Male 30 to 39

		-----Total-----						
Place	Name	City	Bib No	Age	Overall	Chip Time	Gun Time	Pace
1	* John Hornsby	Dundalk MD	105	31	20	23:37.0	23:43.1	7:36/M
2	* Gary Gambarani	Baltimore MD	152	35	22	23:54.6	24:09.6	7:41/M
3	* Jim McMenamin	Glen Burnie MD	130	35	29	24:52.0	24:58.6	8:00/M
4	Brandon McDonald	Baltimore MD	204	31	58	30:46.2	31:02.2	9:54/M
5	Joe O'Shaughnessy	Ellicott City MD	123	31	81	36:48.7	37:00.1	11:50/M
6	Luke Botting	Baltimore MD	33	32	88	38:26.9	38:47.6	12:22/M
7	Todd Boulden	Glen Burnie MD	27	33	107	52:53.4	53:32.0	17:00/M

Male 40 to 49

		-----Total-----						
Place	Name	City	Bib No	Age	Overall	Chip Time	Gun Time	Pace
1	* Steven Cunningham	Ellicott City MD	144	47	10	22:12.0	22:14.2	7:08/M
2	Buzz Krohn	Mount Airy MD	131	45	13	22:38.6	22:42.1	7:17/M
3	* Jay Cougnet	Cockeysville MD	138	42	15	22:50.1	22:52.3	7:21/M
4	Steve Tedeschi	Eldersburg MD	106	45	25	24:38.6	24:51.4	7:55/M
5	Michael Reed	Edgewood MD	97	43	33	25:19.9	25:24.8	8:09/M
6	Scott Aukema	Herndon VA	155	47	38	25:52.8	26:02.9	8:19/M
7	John Mavridis	Mount Airy MD	136	46	45	28:36.1	28:41.9	9:12/M
8	Andy Gromada	Taneytown MD	129	48	59	30:48.9	30:52.0	9:55/M
9	James Ong	Eldersburg MD	107	42	61	31:05.1	31:17.6	10:00/M

9-11 Heroes Race - Baltimore

TMF Balt 5K Age Group

5K Run

Race Date
September 29, 2019

Male 40 to 49

-----Total-----								
Place	Name	City	Bib No	Age	Overall	Chip Time	Gun Time	Pace
10	F Branden Anderson	Baltimore MD	113	43	62	31:06.7	31:18.2	10:00/M
11	Timothy Woodlawn	Severna Park MD	84	49	84	37:07.3	37:16.8	11:56/M
12	Mike Hipsley	Sykesville MD	111	43	87	37:25.8	37:32.4	12:02/M
13	Bertram Allyene	Randallstown MD	161	45	89	38:30.8	39:38.9	12:23/M

Male 50 to 59

-----Total-----								
Place	Name	City	Bib No	Age	Overall	Chip Time	Gun Time	Pace
1 *	Dave Callaway	Eldersburg MD	109	50	27	24:46.7	24:59.4	7:58/M
2 *	Trent Gladstone	Marriottsville MD	88	52	28	24:49.5	24:55.9	7:59/M
3 *	Andrew Hilger	Ellicott City MD	168	50	31	25:05.8	25:12.3	8:04/M
4	Mark Hamilton	Ft Meade MD	202	50	47	28:53.4	29:04.7	9:17/M
5	Chuck Carroll	Baltimore MD	103	54	52	30:11.7	30:27.3	9:43/M
6	Bill Brown	Ellicott City MD	196	53	53	30:11.9	30:25.4	9:43/M
7	Chris Howard	Central SC	172	50	73	34:45.4	34:59.1	11:11/M
8	Jeff Woodlawn	Severna Park MD	91	51	83	37:07.3	37:16.7	11:56/M
9	Kenmore Murphy	Randallstown MD	158	54	94	39:28.0	40:22.8	12:41/M

Male 60 to 69

-----Total-----								
Place	Name	City	Bib No	Age	Overall	Chip Time	Gun Time	Pace
1 *	Jeff Atkinson	Arnold MD	90	60	11	22:15.3	22:17.8	7:09/M
2 *	Mike Delaney	Gaithersburg MD	193	61	66	32:51.7	32:56.4	10:34/M
3 *	Danny Wools	Bethesda MD	82	60	67	32:56.6	33:03.8	10:36/M
4	Thomas Lukowski	Ellicott City MD	177	60	70	34:02.6	34:07.8	10:57/M