

Delaware Senior Olympics
2019 - 5K Time Trials

Iname	fname	sex	age	Age Group	ST	Time HH:MM:SS.00	Position Overall	Position Delaware
Blake-Hedges	Lynne	F	55	55-59	MD	08:11.7	1	
Cook	Cynthia	F	65	65-69	DE	11:30.2	1	1
Neaves	Marie	F	72	70-74	DE	11:59.2	1	1
Davis	Jeanne	F	75	75-79	MD	11:30.7	1	
Sambrano	Steve	M	52	50-54	PA	07:16.8	1	
Owens	Steve	M	57	55-59	MD	07:28.8	1	
Cherney	Tom	M	57	55-59	DE	07:32.3	2	1
Cowin	Mark	M	57	55-59	DE	07:36.3	3	2
Emerson	Mike	M	61	60-64	VA	07:57.9	1	
Andrews	Jeff	M	62	60-64	MD	09:04.7	2	
Seibert	Joseph	M	60	60-64	NJ	09:06.2	3	
Beatty	Dean	M	67	65-69	DE	08:22.7	1	1
Witmer	Dennis	M	67	65-69	DE	08:39.7	2	2
Hill	Michael	M	69	65-69	MD	08:59.7	3	
cabrey	patrick	M	66	65-69	DE	09:01.6	4	3
Klotz	Peter	M	66	65-69	DE	11:39.2	5	4
Prinz	William	M	69	65-69	DE	45:00.0	6	5
Asay	Christopher	M	66	65-69	DE	11:54.0	7	6

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Hartnett	Jim	M	70	70-74	PA	08:19.8	1	
Cox	john	M	73	70-74	MD	08:48.1	2	
Willis	Bill	M	70	70-74	DE	09:06.4	3	1
Gingrich	Bob	M	73	70-74	DE	11:01.4	4	2
Loy	Russell	M	78	75-79	MD	10:05.6	1	
Gary	Prince	M	77	75-79	MH	10:58.2	2	
Getis	Mark	M	79	75-79	DE	12:18.9	3	1
hirst	dave	M	81	80-84	PA	11:12.2	1	
Schlaupitz	Warner	M	96	95-99	DE	24:01.3	1	1

New meet and state records are displayed in red

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2019 10K Time Trials

Iname	fname	sex	age	Age Group	ST	Time HH:MM:SS.00	Position Overall	Position Delaware
Blake-Hedges	Lynne	F	55	55-59	MD	16:11.0	1	
Cook	Cynthia	F	65	65-69	DE	22:12.3	1	1
Neaves	Marie	F	72	70-74	DE	22:08.3	1	1
Davis	Jeanne	F	75	75-79	MD	22:16.6	1	
Sambrano	Steve	M	52	50-54	PA	14:22.8	1	
Cherney	Tom	M	57	55-59	DE	14:30.2	1	1
Owens	Steve	M	57	55-59	MD	14:28.2	2	
Cowin	Mark	M	57	55-59	DE	15:00.4	3	2
Emerson	Mike	M	61	60-64	VA	15:41.9	1	
Andrews	Jeff	M	62	60-64	MD	17:44.3	2	
Seibert	Joseph	M	60	60-64	NJ	18:17.0	3	
Witmer	Dennis	M	67	65-69	DE	16:22.1	1	1
Hill	Michael	M	69	65-69	MD	17:33.0	2	
cabrey	patrick	M	66	65-69	DE	17:42.1	3	2
Prinz	William	M	69	65-69	DE	22:27.1	4	3
Asay	Christopher	M	66	65-69	DE	23:24.6	5	4

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Hartnett	Jim	M	70	70-74	PA	16:05.7	1	
Cox	john	M	73	70-74	MD	17:10.0	2	
Willis	Bill	M	70	70-74	DE	17:50.9	3	2
Phillips	Robert	M	73	70-74	MD	20:19.0	4	
Loy	Russell	M	78	75-79	MD	19:30.2	1	
Gary	Prince	M	77	75-79	NH	21:55.0	2	
hirst	dave	M	81	80-84	PA	22:07.5	1	

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