

Advanced Sports Chiropractic Runners' Pentathlon - Presented By Greater Philadelphia Track Club

Individual Pentathlon 2015

Bib Number	Gender	Age	NAME	rank	Score	3000 min	3000 seconds	3000 score	200 seconds	200 score	1500 min	1500 seconds	1500 score	100 seconds	200 score	800 min	800 seconds	800 score	400 min	400 seconds	400 score	
65	M42		Mark Williams	1	420.47	9	17.32	84.80	25.82	81.89	4	23.20	84.97	12.52	83.05	2	6.31	85.75				-
64	M43		Peter Brady	2	417.65	9	19.01	85.18	26.41	80.65	4	23.65	85.64	13.05	80.25	2	7.21	85.92				-
71	M51		Kevin Forde	3	408.46	10	12.82	82.76	28.66	78.76	4	42.67	86.00	14.25	77.54	2	20.62	83.40				-
61	F56		Vicki Fox	4	405.23	13	49.85	76.73	31.55	86.06	6	45.29	73.89	15.56	83.74			-	1	12.542		84.82
55	M53		Bruce Rash	5	405.23	11	26.92	75.04	26.93	84.95	5	16.71	78.11	13.22	84.64			-	1	1.251		82.48
62	F53		Lorraine Jasper	6	403.77	11	57.16	85.25	34.47	76.27	5	37.98	85.09	16.69	75.72			-	1	13.457		81.44
70	M47		Chuck Kruelle	7	393.75	10	45.04	76.15	27.41	80.02	5	5.79	76.67	13.32	80.81			-	1	0.554		80.11
68	M17		Michael Collins	8	388.04	9	55.60	77.36	24.99	80.32	4	50.12	74.35	12.46	81.55			-	1	0.057		74.46
60	M57		Timothy Riccardi	9	384.28	10	45.08	82.64	33.14	70.97	5	11.16	82.27	16.48	69.67	2	36.52	78.73				-
67	M19		Brian Rosenstein	10	382.49	9	55.98	75.41	26.08	74.88	4	35.15	76.48	12.76	78.15			-	0	56.282		77.57
73	M48		Joe Manion	11	381.90	10	53.94	75.70	28.01	78.85	5	19.23	74.11	14.06	77.03			-	1	4.103		76.21
46	F51		Julie Pangborn	12	381.85	12	8.08	81.80	36.14	71.21	5	38.99	82.65	17.65	70.21			-	1	17.271		75.98
63	F52		Betsy Stewart	13	373.26	12	31.15	80.33	37.00	70.30	5	55.90	79.75	17.82	70.28			-	1	21.627		72.60
56	M48		Kevin Arloff	14	371.20	11	30.56	71.69	28.69	77.00	5	37.67	70.07	14.08	76.93			-	1	4.691		75.51
57	M44		Andrew Albright	15	367.22	11	41.99	68.36	28.16	76.21	5	22.51	70.70	13.54	77.84			-	1	4.102		74.12
72	M42		Donovan Rebbechi	16	361.45	10	34.11	74.53	30.74	68.77	4	56.16	75.52	14.85	70.04	2	29.21	72.59				-
59	M56		Duncan Smith	17	361.36	12	6.63	72.75	36.94	63.24	5	44.11	73.78	15.26	74.76			-	1	7.062		76.84
58	M44		Vitaly Belotserkovsky	18	357.03	11	25.64	69.99	29.54	72.66	5	17.14	71.89	14.47	72.86			-	1	8.237		69.62
51	M77		James Durkin	19	349.47	16	49.96	66.42	39.43	73.18	7	45.60	68.00	19.11	71.06			-	1	35.008		70.80
54	F79		Tami Graf	20	345.12	21	19.50	72.94	57.80	61.00	9	48.83	74.41	27.57	60.22	4	51.90	76.56				-
50	F49		Laura Donnelly	21	337.79	13	51.37	69.84	35.98	69.92	6	46.00	67.28	17.64	68.76	3	23.17	61.99				-
47	M18		John Anderson	22	318.36	12	11.08	62.24	30.15	65.65	5	38.25	62.98	14.62	68.82			-	1	15.227		58.68
69	M31		Gavin Whitt	23	287.66	10	52.54	67.75	24.99	77.64	0	0.00	-	12.29	79.64	2	41.45	62.63				-
49	M54		Paul Tarallo	24	278.29	14	49.61	58.43	35.44	65.01	7	8.46	58.25	20.35	55.39	4	51.87	41.21				-

Advanced Sports Chiropractic

Team Pentathlon 2015

<u>Rank</u>	<u>Team</u>	<u>3000</u>	<u>200</u>	<u>1500</u>	<u>100</u>	<u>800</u>	<u>400</u>	<u>Team Total</u>
1	SAC & Friends	81.71	89.73	81.02	88.71	0.00	81.00	422.16
2	Athena TC	94.66	75.45	95.16	75.16	77.78	0.00	418.21
3	Potomac Valley	81.95	82.41	89.42	80.12	82.79	0.00	416.68
4	Greater Phila. TC	73.15	85.68	74.85	87.54	81.46	0.00	402.68
5	Phila. Masters TC	78.87	72.06	80.79	75.16	0.00	78.20	385.07
6	Stockarelli AA	70.80	72.06	76.74	80.20	0.00	82.74	382.53
7	CCK	74.79	90.55	61.10	87.00	0.00	58.28	371.72
8	Old & Washed Up	62.69	79.90	65.67	83.71	0.00	72.99	364.96
9	ACCRA Runners	63.38	83.54	63.17	82.43	0.00	68.26	360.78

2015 Advanced Sports Chiropractic Team Pentathlon Competition Individual Results

<u>Rank</u>	<u>Team</u>	<u>Event</u>	<u>Bib</u>	<u>Gender</u> <u>- age</u>	<u>Runner's Name</u>	<u>Event</u> <u>Min.</u>	<u>Event</u> <u>Seconds</u>	<u>Event</u> <u>Score</u>
1	SAC & Friends	3000	452	M25	Brian Leung	8	58.46	81.71
1	SAC & Friends	200	450	M53	Matthew Wallack	0	25.50	89.73
1	SAC & Friends	1500	452	M25	Brian Leung	4	14.27	81.02
1	SAC & Friends	100	450	M53	Matthew Wallack	0	12.61	88.71
1	SAC & Friends	400	451	M46	Nick Damalas	0	59.49	81.00
2	Athena TC	3000	460	F64	Coreen Steinbach	12	36.21	94.66
2	Athena TC	200	461	F43	Tara Smith	0	31.08	75.45
2	Athena TC	1500	460	F64	Coreen Steinbach	5	53.64	95.16
2	Athena TC	100	461	F43	Tara Smith	0	15.13	75.16
2	Athena TC	800	462	F53	Mary Swan	2	49.72	77.78
3	Potomac Valley	3000	484	F59	Ida Draim	13	30.53	81.95
3	Potomac Valley	200	483	F63	Hannah Phillips	0	35.36	82.41
3	Potomac Valley	1500	485	F59	Mary Lowe Mayhugh	5	49.35	89.42
3	Potomac Valley	100	483	F63	Hannah Phillips	0	17.37	80.12
3	Potomac Valley	800	485	F59	Mary Lowe Mayhugh	2	53.52	82.79
4	Greater Phila. TC	3000	478	M61	Bob Draim	12	34.57	73.15
4	Greater Phila. TC	200	477	M32	Marlin Gross	0	22.83	85.68
4	Greater Phila. TC	1500	478	M61	Bob Draim	5	53.63	74.85
4	Greater Phila. TC	100	477	M32	Marlin Gross	0	11.18	87.54
4	Greater Phila. TC	800	476	M43	Delvin Dinkins	2	14.18	81.46
5	Phila. Masters TC	3000	420	M62	John Hibbs	11	46.04	78.87
5	Phila. Masters TC	200	421	F75	Lana Kane	0	45.20	72.06
5	Phila. Masters TC	1500	420	M62	John Hibbs	5	30.23	80.79
5	Phila. Masters TC	100	421	F75	Lana Kane	0	21.12	75.16
5	Phila. Masters TC	400	437	F59	Jean Griffin	1	20.85	78.20
6	Stockarelli AA	3000	442	M22	Teddy Stocking	10	21.71	70.80
6	Stockarelli AA	200	442	M22	Teddy Stocking	0	26.81	72.06
6	Stockarelli AA	1500	443	M44	Neill Clark	4	57.12	76.74
6	Stockarelli AA	100	441	M54	Carl Stocking	0	14.05	80.20
6	Stockarelli AA	400	441	M54	Carl Stocking	1	1.47	82.74
7	CCK	3000	440	F54	Christine Kelley	13	48.56	74.79
7	CCK	200	439	M49	John Curtis	0	24.57	90.55
7	CCK	1500	438	F52	Carla Crosby	7	44.56	61.10
7	CCK	100	439	M49	John Curtis	0	12.53	87.00
7	CCK	400	438	F52	Carla Crosby	1	41.67	58.28
8	Old & Washed Up	3000	447	M23	Francis Polignano	11	41.83	62.69
8	Old & Washed Up	200	448	M23	Mike Panczner	0	24.18	79.90
8	Old & Washed Up	1500	447	M23	Francis Polignano	5	13.69	65.67
8	Old & Washed Up	100	448	M23	Mike Panczner	0	11.70	83.71
8	Old & Washed Up	400	446	M24	Nick Jasper	0	59.16	72.99
9	ACCRA Runners	3000	458	F36	Dela Acolatse	13	26.26	63.38
9	ACCRA Runners	200	457	M67	Joachim Acolatse	0	30.15	83.54
9	ACCRA Runners	1500	458	F36	Dela Acolatse	6	16.85	63.17
9	ACCRA Runners	100	457	M67	Joachim Acolatse	0	14.80	82.43
9	ACCRA Runners	400	459	F42	Nicole Harris	1	18.52	68.26