

Pen Bay 5K Run/Walk
Rockland, Maine Saturday April 13, 2024 9:00 a.m.

Proceeds to benefit Pen Bay Christian School

Timing, Registration, & Finish Line Management by Run In A Race, LLC
question@RunInARace.com 207-232-8394 RunInARace.com

Age Group 5K Results

5K Top Female Overall

| Position | Bib | Name | Finish | Pace | Age | City |
|----------|-----|----------------|----------|------|-----|------------|
| 1 | 172 | Jennifer Frank | 23:22.62 | 7:32 | 46 | Windsor VT |

5K Top Males Overall based on Gun Elapsed time

| Position | Bib | Name | Finish | Pace | Age | City |
|----------|-----|-----------|----------|------|-----|----------|
| 1 | 171 | Kyle Wood | 18:08.97 | 5:51 | 24 | Rockland |

Male 9 and under

| Position | Bib | Name | Finish | Pace | Age | City |
|----------|-----|-----------------|----------|-------|-----|----------|
| 1 | 15 | Soren Adolphsen | 29:01.38 | 9:22 | 6 | Hope |
| 2 | 24 | Reid Atwood | 30:08.32 | 9:43 | 7 | Albion |
| 3 | 81 | Remi Mank | 30:30.81 | 9:50 | 9 | Albion |
| 4 | 191 | Grayson Smith | 32:08.87 | 10:22 | 2 | Rockport |
| 5 | 181 | Josie York | 36:28.48 | 11:46 | 9 | Rockland |
| 6 | 8 | Levi Adolphsen | 36:39.56 | 11:49 | 9 | Rockport |
| 7 | 178 | Noah Robertson | 42:44.59 | 13:47 | 8 | Rockport |
| 8 | 13 | Owen Adolphsen | 45:36.10 | 14:43 | 6 | Rockport |
| 9 | 83 | Colton Martz | 51:04.42 | 16:28 | 8 | Union |
| 10 | 80 | Miles Mank | 51:04.80 | 16:28 | 7 | Albion |

Female 9 and under

| Position | Bib | Name | Finish | Pace | Age | City |
|----------|-----|-------------------|------------|-------|-----|-----------------|
| 1 | 187 | Sophia Smith | 32:54.65 | 10:37 | 6 | |
| 2 | 64 | Carly Crockett | 32:59.43 | 10:38 | 8 | Lincolntonville |
| 3 | 77 | Cassidy Kaler | 33:31.24 | 10:49 | 9 | Camden |
| 4 | 7 | Karlyn Adolphsen | 38:45.75 | 12:30 | 8 | Hope |
| 5 | 97 | Natalie Smith | 42:43.12 | 13:47 | 8 | Tenants Harbor |
| 6 | 78 | Lillian Karpowich | 42:53.35 | 13:50 | 7 | Warren |
| 7 | 3 | Audrey Adolphsen | 45:12.17 | 14:35 | 8 | Rockport |
| 8 | 65 | Gracie Curtis | 49:47.77 | 16:04 | 8 | Rockland |
| 9 | 34 | Rebekah Bellows | 50:50.91 | 16:24 | 9 | Waldoboro |
| 10 | 69 | Kinsli Duke | 53:58.19 | 17:25 | 9 | Camden |
| 11 | 74 | Georgia Jones | 55:10.63 | 17:48 | 9 | Rockport |
| 12 | 66 | Hadley Curtis | 55:41.04 | 17:58 | 9 | Rockland |
| 13 | 68 | Mallory Curtis | 55:47.20 | 18:00 | 5 | Rockland |
| 14 | 173 | Ellie Adolphsen | 1:04:25.89 | 20:47 | 8 | |

Male 10 - 14

| Position | Bib | Name | Finish | Pace | Age | City |
|----------|-----|------------------|----------|-------|-----|-----------|
| 1 | 107 | Bridger Winslow | 24:22.12 | 7:52 | 13 | Union |
| 2 | 39 | William Blake | 25:53.52 | 8:21 | 12 | Appleton |
| 3 | 179 | Everett Hymes | 27:31.04 | 8:53 | 14 | Waldo |
| 4 | 35 | Silas Bellows | 29:49.93 | 9:37 | 11 | Waldoboro |
| 5 | 170 | Levi Winchenbach | 35:53.91 | 11:35 | 12 | Waldoboro |

| | | | | | | |
|----|-----|------------------|----------|-------|----|------------|
| 6 | 168 | Brysen Gilchrest | 36:09.59 | 11:40 | 13 | Friendship |
| 7 | 17 | Troy Adolphsen | 36:42.13 | 11:50 | 10 | Hope |
| 8 | 177 | Victor Matthews | 38:15.03 | 12:20 | 11 | Rockland |
| 9 | 62 | Levi Callahan | 40:30.17 | 13:04 | 10 | Rockland |
| 10 | 87 | Abel Philbrook | 40:46.22 | 13:09 | 12 | Owls head |

Female 10 - 14

| Position | Bib | Name | Finish | Pace | Age | City |
|----------|-----|--------------------|------------|-------|-----|-----------|
| 1 | 89 | Lucy Philbrook | 37:51.78 | 12:13 | 10 | Owls head |
| 2 | 184 | Serabella Matthews | 46:35.08 | 15:02 | 12 | Rockland |
| 3 | 75 | Mallory jones | 52:08.59 | 16:49 | 11 | Rockport |
| 4 | 100 | Alexa Watkins | 56:46.30 | 18:19 | 13 | Hope |
| 5 | 93 | Chelsea Rabara | 1:00:48.53 | 19:37 | 14 | Hope |
| 6 | 192 | Naomi Philbrook | 1:00:59.01 | 19:40 | 14 | Owls Head |

Male 15 - 19

| Position | Bib | Name | Finish | Pace | Age | City |
|----------|-----|--------------------|----------|-------|-----|------------|
| 1 | 91 | Nevan Power | 19:36.22 | 6:19 | 17 | Warren |
| 2 | 169 | Benjamin Robertson | 21:01.41 | 6:47 | 17 | Rockport |
| 3 | 180 | Brayden Strong | 25:04.09 | 8:05 | 15 | OH |
| 4 | 166 | Austin Adolphsen | 30:04.88 | 9:42 | 16 | Appleton |
| 5 | 94 | Connor Rowlands | 32:37.85 | 10:31 | 18 | Morrill |
| 6 | 189 | William Knowlton | 33:29.29 | 10:48 | 16 | Washington |
| 7 | 85 | Charles Noke | 40:40.25 | 13:07 | 15 | Warren |
| 8 | 37 | Tristan Blais | 49:56.20 | 16:06 | 16 | Warren |

Female 15 - 19

| Position | Bib | Name | Finish | Pace | Age | City |
|----------|-----|--------------------|------------|-------|-----|------------|
| 1 | 31 | Zinka Bari | 34:04.23 | 10:59 | 15 | Friendship |
| 2 | 29 | Abigail Bari | 46:36.13 | 15:02 | 17 | Friendship |
| 3 | 195 | Emma Philbrook | 53:44.16 | 17:20 | 18 | Owls Head |
| 4 | 103 | Willow Whitworth | 1:00:48.65 | 19:37 | 16 | Appleton |
| 5 | 43 | Charlotte Callahan | 1:00:59.02 | 19:40 | 15 | Rockland |

Male 20 - 29

| Position | Bib | Name | Finish | Pace | Age | City |
|----------|-----|--------------|----------|------|-----|------------|
| 1 | 156 | Chris Bowman | 24:42.33 | 7:58 | 22 | Washington |

Female 20 - 29

| Position | Bib | Name | Finish | Pace | Age | City |
|----------|-----|------------------|----------|-------|-----|----------|
| 1 | 175 | Sienna Barstow | 25:12.92 | 8:08 | 28 | |
| 2 | 63 | Lisa Cebula | 31:42.60 | 10:14 | 25 | Rockland |
| 3 | 188 | Karly Robinson | 32:10.88 | 10:23 | 27 | Rockland |
| 4 | 79 | Gillian Lafleche | 43:09.47 | 13:55 | 24 | Winslow |
| 5 | 92 | Gabby Proulx | 43:09.95 | 13:55 | 24 | Camden |

Male 30 - 39

| Position | Bib | Name | Finish | Pace | Age | City |
|----------|-----|-------------------|----------|------|-----|------------|
| 1 | 165 | Daniel Taylor | 21:47.69 | 7:02 | 37 | Union |
| 2 | 14 | Sam Adolphsen | 29:02.14 | 9:22 | 38 | Hope |
| 3 | 174 | Dean Adolphsen | 29:12.40 | 9:25 | 34 | |
| 4 | 167 | Gabriel Gilchrest | 29:32.70 | 9:32 | 37 | Friendship |

| | | | | | | |
|---|-----|----------------|----------|-------|----|-----------|
| 5 | 33 | Philip Bellows | 29:50.41 | 9:37 | 36 | Waldoboro |
| 6 | 186 | Dakota Smith | 32:55.35 | 10:37 | 31 | |
| 7 | 67 | Justin Curtis | 34:30.62 | 11:08 | 38 | Rockland |
| 8 | 10 | Nick Adolphsen | 36:38.70 | 11:49 | 39 | Rockport |
| 9 | 185 | Steven Welube | 47:42.63 | 15:23 | 30 | Rockland |

Female 30 - 39

| Position | Bib | Name | Finish | Pace | Age | City |
|----------|-----|------------------|----------|-------|-----|----------------|
| 1 | 88 | Claire Philbrook | 29:33.21 | 9:32 | 38 | Owls head |
| 2 | 70 | Emily Emmott | 30:44.08 | 9:55 | 39 | Rockland |
| 3 | 73 | Becca Johnson | 36:14.01 | 11:41 | 36 | St. George |
| 4 | 4 | kara adolphsen | 39:38.19 | 12:47 | 38 | Hope |
| 5 | 96 | Bethany Smith | 42:54.06 | 13:50 | 39 | Tenants Harbor |
| 6 | 32 | Katie Bellows | 50:50.10 | 16:24 | 36 | Waldoboro |

Male 40 - 49

| Position | Bib | Name | Finish | Pace | Age | City |
|----------|-----|--------------------|------------|-------|-----|-----------|
| 1 | 106 | Darren Winchenbach | 21:07.43 | 6:49 | 42 | Sace |
| 2 | 101 | Addison Whitworth | 22:20.40 | 7:12 | 48 | Appleton |
| 3 | 190 | Justin Bari | 27:35.63 | 8:54 | 48 | |
| 4 | 76 | Jason Kaler | 30:32.90 | 9:51 | 49 | Camden |
| 5 | 38 | Christopher Blais | 50:08.06 | 16:10 | 40 | Warren |
| 6 | 194 | Jason Philbrook | 1:04:27.75 | 20:47 | 48 | Owls Head |

Female 40 - 49

| Position | Bib | Name | Finish | Pace | Age | City |
|----------|-----|-------------------|----------|-------|-----|-----------|
| 1 | 71 | Nichole Grassi | 24:55.30 | 8:02 | 46 | Camden |
| 2 | 90 | Ainslee Pine | 36:36.26 | 11:48 | 45 | Rockland |
| 3 | 72 | Nicole Greenlee | 40:38.55 | 13:06 | 47 | Kodak TN |
| 4 | 82 | Bonnie Martz | 52:01.33 | 16:47 | 40 | Union |
| 5 | 193 | Allison Philbrook | 53:59.82 | 17:25 | 47 | Owls Head |

Male 50 - 59

| Position | Bib | Name | Finish | Pace | Age | City |
|----------|-----|------------|----------|------|-----|------|
| 1 | 86 | Brian Peck | 26:40.20 | 8:36 | 51 | Hope |

Female 50 - 59

| Position | Bib | Name | Finish | Pace | Age | City |
|----------|-----|-------------------|----------|------|-----|----------|
| 1 | 102 | Jessica Whitworth | 25:43.57 | 8:18 | 51 | Appleton |

Male 60 and above

| Position | Bib | Name | Finish | Pace | Age | City |
|----------|-----|---------------|------------|-------|-----|------------|
| 1 | 176 | Ralph Gentile | 32:00.98 | 10:19 | 72 | Andover MA |
| 2 | 19 | Danny Allen | 36:46.40 | 11:52 | 68 | Rockland |
| 3 | 182 | Dan Quigley | 46:57.71 | 15:09 | 63 | Milford NH |
| 4 | 99 | john walker | 1:06:17.07 | 21:23 | 76 | Owls Head |

Female 60 and above

| Position | Bib | Name | Finish | Pace | Age | City |
|----------|-----|---------------|----------|-------|-----|------------|
| 1 | 183 | Cindy Quigley | 46:58.56 | 15:09 | 62 | Milford NH |

