

Healthy Kids Running Series 2023 Fall Allentown, PA

	Name / Race	Wk-1	Time	Wk-2	Time	Wk-3	Time	Wk-4	Time	Wk-5	Time	Total Points
Pre-K 2 Year Old - 50 Yard Dash (Girls)												
1	M. Robinson	9	N/A	9	N/A	10	N/A	10	N/A	10	N/A	48
2	A. Fowler	10	N/A	8	N/A	9	N/A	7	N/A	8	N/A	42
3	R. Falgout	0	N/A	10	N/A	8	N/A	9	N/A	9	N/A	36
4	L. Vaughan	6	N/A	6	N/A	6	N/A	6	N/A	4	N/A	28
5	E. Beck	4	N/A	7	N/A	5	N/A	0	N/A	7	N/A	23
6	E. Scarpero	0	N/A	0	N/A	7	N/A	8	N/A	6	N/A	21
7	L. Dimitriadis	5	N/A	5	N/A	0	N/A	5	N/A	5	N/A	20
8	M. Bonser	8	N/A	0	N/A	0	N/A	0	N/A	0	N/A	8
9	M. Arrowsmith	7	N/A	0	N/A	0	N/A	0	N/A	0	N/A	7
Pre-K 2 Year Old - 50 Yard Dash (Boys)												
1	K. Lee	9	N/A	7	N/A	8	N/A	9	N/A	10	N/A	43
2	J. Ebert	10	N/A	9	N/A	8	N/A	10	N/A	0	N/A	37
3	N. Chesler	8	N/A	10	N/A	1	N/A	8	N/A	5	N/A	32
4	L. Foley	6	N/A	8	N/A	9	N/A	1	N/A	3	N/A	27
5	M. Scaccia	7	N/A	6	N/A	10	N/A	3	N/A	0	N/A	26
6	C. Beidler	1	N/A	4	N/A	3	N/A	4	N/A	8	N/A	20
7	J. Fowler	2	N/A	3	N/A	5	N/A	6	N/A	4	N/A	20
8	M. Sjoeland	4	N/A	0	N/A	1	N/A	5	N/A	9	N/A	19
9	W. Nitikman	1	N/A	5	N/A	6	N/A	7	N/A	0	N/A	19
10	M. Santiago	5	N/A	1	N/A	2	N/A	2	N/A	7	N/A	17
11	N. Pila	3	N/A	1	N/A	4	N/A	0	N/A	6	N/A	14
12	L. Nevel	1	N/A	2	N/A	0	N/A	0	N/A	0	N/A	3
13	L. Nevel	1	N/A	1	N/A	0	N/A	0	N/A	0	N/A	2
14	G. Vangelo	1	N/A	0	N/A	0	N/A	0	N/A	0	N/A	1
Pre-K 3 Year Old - 50 Yard Dash (Girls)												
1	H. Boyer	10	N/A	10	N/A	10	N/A	10	N/A	10	N/A	50
2	E. Stevens	7	N/A	5	N/A	9	N/A	9	N/A	9	N/A	39
3	S. Baldwin	8	N/A	7	N/A	8	N/A	8	N/A	6	N/A	37
4	N. Kerschner	6	N/A	4	N/A	6	N/A	6	N/A	8	N/A	30
5	O. Rakaczewski	2	N/A	9	N/A	3	N/A	7	N/A	7	N/A	28
6	L. Nagle	9	N/A	8	N/A	5	N/A	4	N/A	0	N/A	26
7	N. Reyes- Marquez	5	N/A	6	N/A	4	N/A	3	N/A	5	N/A	23
8	A. Stout	3	N/A	3	N/A	7	N/A	5	N/A	4	N/A	22
9	S. Beckwith	4	N/A	0	N/A	0	N/A	0	N/A	0	N/A	4
Pre-K 3 Year Old - 50 Yard Dash (Boys)												
1	O. Bucantis	10	N/A	10	N/A	9	N/A	10	N/A	9	N/A	48
2	N. Gerhart	8	N/A	7	N/A	7	N/A	7	N/A	7	N/A	36
3	L. Engler	7	N/A	0	N/A	10	N/A	9	N/A	10	N/A	36
4	H. Beck	9	N/A	9	N/A	6	N/A	0	N/A	6	N/A	30
5	I. Suaza	6	N/A	8	N/A	4	N/A	6	N/A	5	N/A	29
6	C. Kobyra	5	N/A	5	N/A	8	N/A	8	N/A	0	N/A	26
7	B. Lindner	3	N/A	4	N/A	1	N/A	3	N/A	3	N/A	14
8	P. Weinstein	2	N/A	3	N/A	0	N/A	0	N/A	8	N/A	13
9	M. Engelhardt	1	N/A	1	N/A	1	N/A	5	N/A	4	N/A	12
10	L. Worman	5	N/A	2	N/A	5	N/A	0	N/A	0	N/A	12
11	E. Burrows	1	N/A	6	N/A	1	N/A	1	N/A	1	N/A	10
12	L. Hantz	0	N/A	1	N/A	3	N/A	4	N/A	0	N/A	8

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13	J. Ruff	0	N/A	1	N/A	1	N/A	2	N/A	2	N/A	6
14	N. Talarico	0	N/A	1	N/A	2	N/A	1	N/A	1	N/A	5
15	L. Siegfried	1	N/A	0	N/A	0	N/A	0	N/A	0	N/A	1
Pre-K 4/5 Year Old - 75 Yard Dash (Girls)												
1	M. Beidler	8	N/A	10	N/A	10	N/A	10	N/A	10	N/A	48
2	R. Burrows	10	N/A	9	N/A	9	N/A	8	N/A	8	N/A	44
3	H. Budinas	9	N/A	8	N/A	7	N/A	7	N/A	7	N/A	38
4	J. Leckrone	0	N/A	8	N/A	9	N/A	9	N/A	9	N/A	35
5	K. Socci	7	N/A	6	N/A	3	N/A	1	N/A	6	N/A	23
6	E. Scaccia	2	N/A	5	N/A	6	N/A	7	N/A	3	N/A	23
7	A. Nogueira	5	N/A	4	N/A	4	N/A	5	N/A	0	N/A	18
8	S. Sussman	4	N/A	1	N/A	5	N/A	0	N/A	5	N/A	15
9	A. Stout	7	N/A	3	N/A	1	N/A	1	N/A	1	N/A	13
10	M. Metzger	1	N/A	2	N/A	1	N/A	4	N/A	4	N/A	12
11	C. Bloch	1	N/A	1	N/A	2	N/A	3	N/A	2	N/A	9
12	L. Quinlan	3	N/A	1	N/A	1	N/A	2	N/A	1	N/A	8
13	H. McGorry	1	N/A	1	N/A	1	N/A	1	N/A	1	N/A	5
14	S. Ruff	0	N/A	1	N/A	1	N/A	1	N/A	1	N/A	4
15	M. Litzenberger	1	N/A	0	N/A	1	N/A	0	N/A	1	N/A	3
16	E. Wight	1	N/A	0	N/A	0	N/A	0	N/A	1	N/A	2
17	E. Martinez	1	N/A	0	N/A	0	N/A	0	N/A	0	N/A	1
Pre-K 4/5 Year Old - 75 Yard Dash (Boys)												
1	L. Baade	10	N/A	10	N/A	10	N/A	9	N/A	10	N/A	49
2	B. Graver	0	N/A	9	N/A	9	N/A	10	N/A	9	N/A	37
3	A. Brody	9	N/A	5	N/A	8	N/A	6	N/A	8	N/A	36
4	O. Dimitriadis	7	N/A	8	N/A	7	N/A	8	N/A	6	N/A	36
5	C. Strelecki	8	N/A	6	N/A	6	N/A	2	N/A	7	N/A	29
6	B. Lee	5	N/A	3	N/A	4	N/A	3	N/A	4	N/A	19
7	C. Hantz	0	N/A	7	N/A	5	N/A	7	N/A	0	N/A	19
8	E. Stanglein	6	N/A	4	N/A	3	N/A	5	N/A	0	N/A	18
9	N. Kerschner	3	N/A	2	N/A	1	N/A	4	N/A	3	N/A	13
10	L. Litzenberger	2	N/A	0	N/A	2	N/A	1	N/A	5	N/A	10
11	A. Singh	4	N/A	1	N/A	0	N/A	1	N/A	1	N/A	7
12	C. Yarosh	1	N/A	1	N/A	1	N/A	1	N/A	2	N/A	6
13	T. Vaughan V	1	N/A	1	N/A	1	N/A	1	N/A	1	N/A	5
14	E. Pascoe	1	N/A	0	N/A	1	N/A	1	N/A	1	N/A	4
15	K. Sjoeland	1	N/A	0	N/A	1	N/A	1	N/A	1	N/A	4
16	N. Hoffman	1	N/A	0	N/A	0	N/A	1	N/A	1	N/A	3
17	T. Zuchlinski	1	N/A	0	N/A	1	N/A	0	N/A	1	N/A	3
18	B. Mcdermott	1	N/A	1	N/A	0	N/A	1	N/A	0	N/A	3
Challenger - 75 Yard Dash (Boys)												
1	P. Georges	10	N/A	10	N/A	10	N/A	10	N/A	10	N/A	50
Kindergarten & 1st Grade - 1/4 Mile (Girls)												
1	K. Heffelfinger	9	01:49	9	01:56	10	01:47	10	01:45	10	01:41	48
2	A. McDonald-Cziraky	10	01:48	10	01:50	9	01:49	9	01:48	9	01:46	47
3	K. Abraham	7	01:52	8	02:00	7	02:02	7	02:01	8	01:55	37
4	A. Stevens	6	02:03	6	02:07	5	02:04	6	02:04	7	01:59	30
5	S. Harkcom	8	01:50	0	N/A	8	01:51	8	01:53	0	N/A	24
6	C. Ambron	5	02:04	0	N/A	6	02:03	3	02:07	6	02:03	20

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7	K. Lindner	3	02:08	5	02:13	1	02:21	4	02:06	5	02:06	18
8	K. Medford	4	02:07	7	02:06	3	02:07	2	02:10	0	N/A	16
9	L. Boronyak	1	02:14	1	02:24	1	02:13	5	02:05	4	02:07	12
10	R. Kistler	1	02:33	4	02:20	4	02:06	0	N/A	1	02:40	10
11	H. Griffin	0	N/A	3	02:22	2	02:12	1	02:12	3	02:10	9
12	E. Brown	3	02:08	2	02:23	0	N/A	1	02:22	2	02:16	8
13	M. Nitikman	1	02:34	1	02:43	1	02:31	1	02:41	1	02:30	5
14	E. Billotti	1	02:44	1	02:52	1	02:42	1	02:50	1	02:43	5
15	O. Santiago	1	02:55	1	03:00	1	02:53	1	02:49	1	02:46	5
16	I. Laubach	1	02:29	1	02:50	1	02:38	1	03:12	1	03:06	5
17	A. Collins	1	02:58	1	03:05	1	03:17	1	03:13	1	03:12	5
18	A. Yadav	1	02:20	1	02:25	0	N/A	1	02:17	1	02:25	4
19	K. Hoffman	1	02:23	0	N/A	0	N/A	1	02:19	1	02:24	3
20	D. Williams	1	02:38	1	02:57	1	02:54	0	N/A	0	N/A	3
21	M. Roberts	1	02:35	1	02:44	0	N/A	0	N/A	0	N/A	2
22	E. Orloski	0	N/A	0	N/A	1	02:54	0	N/A	0	N/A	1

Kindergarten & 1st Grade - 1/4 Mile (Boys)

1	J. Clipper	6	02:00	9	01:52	9	01:57	10	01:52	10	01:47	44
2	T. Chesler	10	01:50	8	01:53	7	02:03	7	02:02	6	02:01	38
3	K. Engler	7	01:53	0	N/A	10	01:53	9	01:58	9	01:52	35
4	C. Carter	8	01:52	6	02:07	8	02:01	6	02:06	5	02:02	33
5	C. Gerhart	2	02:07	1	02:26	6	02:05	8	02:00	4	02:06	21
6	W. de Jesus	9	01:51	10	01:50	0	N/A	0	N/A	0	N/A	19
7	C. Petrunak	3	02:06	1	02:20	3	02:14	3	02:12	8	01:58	18
8	B. Koch-Borda	4	02:04	5	02:10	2	02:18	3	02:12	3	02:08	17
9	K. McGorry	1	02:17	4	02:12	4	02:12	4	02:11	2	02:09	15
10	A. Sussman	1	02:08	1	02:19	5	02:11	0	N/A	7	02:00	14
11	C. Nagle	5	02:03	3	02:16	0	N/A	5	02:07	0	N/A	13
12	A. Hristov	1	02:11	7	02:03	0	N/A	0	N/A	0	N/A	8
13	C. Durham	1	03:00	2	02:18	1	02:31	1	02:30	1	02:32	6
14	G. Boyer	1	02:20	1	02:22	1	02:28	1	02:18	1	02:11	5
15	Z. Holstine	1	02:33	1	02:51	1	03:05	1	03:06	1	03:07	5
16	D. Thomas	0	N/A	1	02:49	1	02:50	1	02:56	1	02:49	4
17	W. Zuchlinski	1	02:20	0	N/A	1	02:22	1	02:28	1	02:28	4
18	B. Roberts	1	02:17	1	02:52	0	N/A	0	N/A	0	N/A	2

2nd & 3rd Grade - 1/2 Mile (Girls)

1	J. Koszi	10	03:35	10	03:33	10	03:37	10	03:41	10	03:29	50
2	N. Bloch	9	03:50	8	04:06	9	04:00	8	03:54	7	04:01	41
3	L. Torres	8	04:07	9	04:02	0	N/A	7	03:57	8	03:58	32
4	A. Martinez	7	04:09	5	04:12	0	N/A	9	03:43	9	03:42	30
5	L. Mauro	3	04:33	6	04:09	8	04:10	0	N/A	6	04:03	23
6	S. Curtin	2	04:34	7	04:07	7	04:16	3	04:19	3	04:08	22
7	L. Quier	0	N/A	3	04:22	6	04:21	6	04:00	5	04:04	20
8	R. Bayly	1	04:35	1	04:26	5	04:24	5	04:07	4	04:07	16
9	E. Jornov	2	04:34	4	04:18	3	04:30	4	04:11	0	N/A	13
10	A. Scarpero	6	04:20	1	04:33	2	04:40	1	04:43	1	04:21	11
11	M. Fowler	1	04:36	1	05:08	4	04:27	1	04:39	1	04:22	8
12	E. Brown	5	04:27	1	04:46	0	N/A	2	04:21	0	N/A	8
13	M. Bilotti	1	05:11	1	04:40	1	04:44	1	05:07	1	04:33	5

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14	F. Conley	1	05:48	1	04:54	1	04:51	1	05:29	1	05:01	5
15	S. Rajak	1	05:49	1	05:19	1	05:05	1	05:30	1	05:09	5
16	A. Heffelfinger	0	N/A	2	04:23	0	N/A	1	04:37	2	04:15	5
17	E. Nevel	4	04:30	1	04:29	0	N/A	0	N/A	0	N/A	5
18	B. Haas	1	04:47	1	05:05	1	05:07	0	N/A	0	N/A	3
19	R. Atkinson	1	04:45	1	04:44	0	N/A	0	N/A	0	N/A	2
20	J. Hristov	1	05:08	1	05:12	0	N/A	0	N/A	0	N/A	2
21	K. Valentine	1	05:47	1	05:15	0	N/A	0	N/A	0	N/A	2

2nd & 3rd Grade - 1/2 Mile (Boys)

1	S. Kricun	8	03:52	10	03:51	9	03:46	10	03:41	10	03:34	47
2	E. Heffelfinger	10	03:43	9	03:54	10	03:36	9	03:47	9	03:39	47
3	B. Gregory	9	03:50	9	03:54	5	04:07	6	04:08	6	04:02	35
4	C. Droskinis	5	04:00	7	04:07	0	N/A	8	04:02	8	03:46	28
5	J. Medford	4	04:07	6	04:10	7	03:59	7	04:05	0	N/A	24
6	S. Fiore	6	03:58	0	N/A	8	03:57	0	N/A	7	03:55	21
7	M. Robinson	2	04:26	2	04:24	7	03:59	4	04:26	3	04:31	18
8	S. Durham	1	04:51	4	04:12	3	04:14	5	04:23	4	04:28	17
9	J. McGorry	3	04:18	1	04:39	4	04:11	3	04:34	5	04:14	16
10	R. de Jesus	7	03:57	5	04:11	0	N/A	0	N/A	0	N/A	12
11	W. Petrunak	1	05:17	3	04:23	2	04:53	1	05:20	2	04:58	9
12	C. Parette	1	05:21	1	05:30	1	05:50	2	04:57	1	05:40	6
13	Z. Walkinshaw	1	05:25	1	04:58	1	05:05	1	05:21	1	05:15	5
14	S. Holstine	1	04:45	1	04:52	1	05:27	0	N/A	1	04:59	4
15	G. Marin	0	N/A	1	05:53	1	05:01	0	N/A	0	N/A	2
16	S. Hernandez	0	N/A	1	05:36	1	05:30	0	N/A	0	N/A	2

4th & 5th Grade - 1 Mile (Girls)

1	C. Petrunak	9	08:43	10	08:29	10	08:01	10	08:08	10	07:43	49
2	C. Haldeman	10	08:19	9	08:39	9	08:10	9	08:33	9	08:45	46
3	N. Vey	8	11:28	8	09:17	8	09:52	8	10:01	8	09:28	40
4	A. Hernandez	7	16:27	6	15:50	0	N/A	0	N/A	0	N/A	13
5	L. Roberts	0	N/A	7	10:20	0	N/A	0	N/A	0	N/A	7

4th & 5th Grade - 1 Mile (Boys)

1	C. Heffelfinger	10	08:49	10	08:43	10	08:29	10	08:16	10	08:02	50
2	E. Vargas	9	12:10	9	12:24	9	12:38	9	11:50	0	N/A	36

6th - 8th Grade - 1 Mile (Girls)

1	G. Petrunak	9	06:59	10	06:59	10	07:00	10	06:45	10	06:59	49
2	E. Bowen	10	06:45	9	07:05	9	07:12	9	07:06	8	07:29	45
3	L. Ellis	8	07:19	8	07:25	8	07:20	8	07:25	9	07:21	41
4	E. Vargas	7	08:22	7	08:00	5	10:12	7	08:25	6	08:46	32
5	C. Droskinis	6	08:35	6	08:43	7	08:51	6	08:50	7	08:27	32
6	K. Gregory	5	09:13	5	10:09	6	09:30	5	10:06	5	08:47	26
7	S. Troyano	0	N/A	0	N/A	4	10:53	4	10:24	4	09:18	12

6th - 8th Grade - 1 Mile (Boys)

1	K. Vey	10	07:17	10	07:20	10	07:08	10	06:54	10	07:02	50
2	M. Kayser	9	07:47	9	07:37	9	07:57	9	08:01	9	07:37	45
3	L. Diaz	5	09:41	6	10:34	8	11:18	0	N/A	8	09:09	27
4	S. Pennypacker	7	09:09	8	09:43	0	N/A	0	N/A	0	N/A	15
5	C. Pennypacker	6	09:21	7	10:00	0	N/A	0	N/A	0	N/A	13
6	E. de Jesus	8	08:01	0	N/A	0	N/A	0	N/A	0	N/A	8