

OLD NEW CASTLE RUN

2003 PUMP & RUN Results

Handicap = 1 Minute/repetition

Men push 100% body weight - Women push 60% body weight

<u>Place</u>	<u>Bib</u>	<u>First Name</u>	<u>Last Name</u>	<u>Age</u>	<u>Sex</u>	<u>City</u>	<u>State</u>	<u>Bench Press Repetitions</u>	<u>Race Time</u>	<u>Adjusted Race Time</u>
1	53	Chris	Calloway	38	Male	New Castle	DE	25	36:40.9	11:40.9
2	160	Sean	Norman	28	Male	Galena	MD	17	31:09.4	14:09.4
3	73	Dan	Bloom	37	Male	Newark	DE	25	39:53.3	14:53.3
4	161	Brian	Purcell	24	Male	Bear	DE	17	32:36.8	15:36.8
5	58	Gary	Russell, Jr.	27	Male	Glenolden	PA	21	36:59.2	15:59.2
6	24	David	Sternberg	28	Male	Folsom	PA	24	41:20.0	17:20.0
7	93	Theodore	Haas	36	Male	Edison	NJ	20	38:17.9	18:17.9
8	46	Michael	Newman	32	Male	Hillsboro	NJ	5	29:11.8	24:11.8
9	48	Bill	Barthel	46	Male	New Castle	DE	21	47:43.9	26:43.9
10	94	Chris	Newman	29	Male	Three Springs	PA	12	39:05.7	27:05.7
11	171	Mike	Piorkowski	42	Male	Glen Mills	PA	8	35:44.4	27:44.4
12	1	Frank	Shorter	55	Male	Boulder	CO	4	34:50.4	30:50.4
13	19	Paul	Chilkotowsky	37	Male	Cochranville	PA	7	38:28.9	31:28.9
14	195	Tina	Masiello	40	Female	New Castle	DE	20	51:54.0	31:54.0
15	23	Robert	Hart	55	Male	Kimberton	PA	13	45:28.5	32:28.5
16	156	Cassandra	Dietrick	14	Female	Newark	DE	2	40:05.1	38:05.1
17	52	Marie	Kibblehouse	37	Female	New Castle	DE	5	46:34.3	41:34.3
18	157	Mary	Thomas	53	Female	Newark	DE	4	45:44.5	41:44.5