

## Individual Placings - W

	Team	Name	M/W	Age	Race	Performance	Altitude	Age Grade Percent	Altitude Adjusted Performance	Altitude Adjusted Age Grade
▼	W									
	Shore Athletic Club	Barbara Donelik	W	73	5K	24:39	0	89.18%	24:39	89.18%
	Greater Lowell Track	Sally Reiley	W	60	5K	22:00	0	84.09%	22:00	84.09%
	Liberty AC	Alda Cossi	W	65	5K	23:29	0	83.89%	23:29	83.89%
	Greater Philadelphia	Sandra Folzer	W	81	5K	30:44	0	81.29%	30:44	81.29%
	Boulder Road Runners	Lynn Hermanson	W	69	5K	25:40	5348	80.91%	24:54	83.42%
	Greater Lowell Track	Liane Pancoast	W	62	5K	23:53	0	79.34%	23:53	79.34%
	Shore Athletic Club	Diane Rothman	W	62	5K	24:01	0	78.90%	24:01	78.90%
	Greater Philadelphia	Kyra McGrath	W	65	5K	25:57	0	75.92%	25:57	75.92%
	Shore Athletic Club	Susan Stirrat	W	64	5K	25:40	0	75.78%	25:40	75.78%
	Shore Athletic Club	Kim Hart	W	60	5K	24:39	0	75.05%	24:39	75.05%
	Greater Lowell Track	Julie Haynes	W	61	5K	25:00	0	74.87%	25:00	74.87%
	Liberty AC	Joan Butterton	W	62	5K	25:37	0	73.96%	25:37	73.96%
	Boulder Road Runners	Nancy Antos	W	70	5K	29:40	5331	71.01%	28:46	73.22%
	Liberty AC	Anne Shreffler	W	63	5K	28:02	0	68.49%	28:02	68.49%
	Liberty AC	Dru Pratt-Otto	W	61	5K	27:48	0	67.33%	27:48	67.33%
	Liberty AC	Nora Mann	W	62	5K	28:17	0	67.00%	28:17	67.00%
	Boulder Road Runners	Catherine Groneman	W	67	5K	30:17	0	66.76%	30:17	66.76%
	Greater Philadelphia	Mary Fanelli Lund	W	61	5K	29:05	3600	64.36%	28:36	65.44%
	Shore Athletic Club	Katherine Packowski	W	63	5K	30:18	0	63.37%	30:18	63.37%
	Liberty AC	Karen Lein	W	62	5K	29:58	0	63.24%	29:58	63.24%
	Greater Lowell Track	Michelle Roche	W	61	5K	29:41	0	63.05%	29:41	63.05%
	Boulder Road Runners	Sara Cohen	W	65	5K	32:18	5347	60.99%	31:20	62.89%
	Greater Lowell Track	Amanda Maffei	W	60	5K	32:27	0	57.01%	32:27	57.01%