

2019 Rapid Heart 5K
Feb. 24, 2019
Bon Air VA



Place	Bib #	Name	Hometown	Time	Pace	Speed	Sex	Age
1	87	NED FISCHER		00:15:35.78	05:01	12.0mph	M	27
2	56	AARON JOHNSON	RICHMOND, VA	00:16:44.47	05:23	11.1mph	M	18
3	19	NOAH HESTER	RICHMOND, VA	00:17:18.32	05:34	10.8mph	M	17
4	25	LUKE LAMBERSON	MIDLOTHIAN, VA	00:17:19.81	05:34	10.8mph	M	16
5	90	RICHARD MORRIS		00:18:17.46	05:53	10.2mph	M	31
6	75	ZACK ALLEN	MIDLOTHIAN, VA	00:19:14.13	06:11	9.7mph	M	15
7	29	JADEN PHILLIPS	RICHMOND, VA	00:19:21.45	06:13	9.6mph	M	15
8	54	NOAH RIDGWAY	MIDLOTHIAN, VA	00:19:34.40	06:18	9.5mph	M	16
9	46	NOAH LANDIS	MIDLOTHIAN, VA	00:19:48.46	06:22	9.4mph	M	15
10	44	ANDREW DONALDSON	MIDLOTHIAN, VA	00:19:56.18	06:25	9.4mph	M	16
11	47	ZACHARY STEVENS	MIDLOTHIAN, VA	00:20:03.22	06:27	9.3mph	M	14
12	39	BOWMAN NOVEY	MIDLOTHIAN, VA	00:20:13.41	06:30	9.2mph	M	14
13	40	SCOTT VADAS	RICHMOND, VA	00:20:44.78	06:40	9.0mph	M	39
14	63	RICHARD LETTER	MECHANICSVILLE, VA	00:22:19.45	07:11	8.4mph	M	46
15	20	LINDSEY HESTER	RICHMOND, VA	00:23:09.19	07:27	8.1mph	F	16

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16	18	BENJAMIN HESTER	RICHMOND, VA	00:23:12.84	07:28	8.0mph	M	48
17	55	CATHY COSNER	RICHMOND, VA	00:24:17.97	07:49	7.7mph	F	45
18	78	SARAH LIGHTHISER	GLEN ALLEN, VA	00:24:24.70	07:51	7.6mph	F	31
19	79	JOSEPH LIGHTHISER	GLEN ALLEN, VA	00:24:24.82	07:51	7.6mph	M	31
20	45	KATHERINE ARMSTRONG	MIDLOTHIAN, VA	00:24:25.88	07:51	7.6mph	F	15
21	83	SEAN FORSYTHE	RICHMOND, VA	00:24:26.38	07:51	7.6mph	M	14
22	15	OLIVER BUCKNER	MIDLOTHIAN, VA	00:25:01.81	08:03	7.4mph	M	15
23	85	SAMUEL ESCORCIA	MIDLOTHIAN, VA	00:25:11.67	08:06	7.4mph	M	15
24	58	SIRENE PHILLIPS	RICHMOND, VA	00:25:40.83	08:15	7.3mph	F	14
25	60	SARAH EID	RICHMOND, VA	00:25:41.32	08:16	7.3mph	F	14
26	80	RYAN COLLIER	MIDLOTHIAN, VA	00:25:44.27	08:17	7.2mph	M	15
27	4	JOHN COSGROVE	RICHMOND, VA	00:25:48.80	08:18	7.2mph	M	35
28	2	MISTI FRODYMA	FORT LEE, VA	00:25:53.87	08:20	7.2mph	F	42
29	28	MICHAEL CLUNN	NEWPORT NEWS, VA	00:25:54.43	08:20	7.2mph	M	37
30	71	JAMES JOHNSON	LANCASTER, PA	00:26:19.67	08:28	7.1mph	M	37
31	68	OLIVIA MEYERS	MONTPELIER, VA	00:26:33.51	08:32	7.0mph	F	23
32	50	JOE MEYERS	MONTPELIER, VA	00:26:36.31	08:33	7.0mph	M	57
33	53	TERESA MCNEELY	BUMPASS, VA	00:26:39.71	08:34	7.0mph	F	42
34	6	MIKE WENTWORTH	POWHATAN, VA	00:26:43.32	08:36	7.0mph	M	55
35	8	CARA JENNINGS	RICHMOND, VA	00:26:49.66	08:38	6.9mph	F	36
36	57	RUSSELL COSNER	RICHMOND, VA	00:27:04.73	08:42	6.9mph	M	56
37	5	DANA COSGROVE	RICHMOND, VA	00:28:38.61	09:13	6.5mph	F	35
38	82	ROBERT COLLIER	MIDLOTHIAN, VA	00:31:00.58	09:58	6.0mph	M	50
39	11	LYLA DONOVAN	NORTH CHESTERFIELD, VA	00:31:05.30	10:00	6.0mph	F	8
40	1	JESUS GONZALEZ	FORT LEE, VA	00:31:09.38	10:01	6.0mph	M	47
41	22	KEVIN BRUNY	HENRICO, VA	00:32:38.18	10:30	5.7mph	M	56
42	67	JESSICA SAGE	HENRICO, VA	00:33:46.21	10:52	5.5mph	F	28

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43	59	KATHERINE PHILLIPS	RICHMOND, VA	00:34:08.09	10:59	5.5mph	F	44
44	10	MADALYNN DONOVAN	NORTH CHESTERFIELD, VA	00:35:20.61	11:22	5.3mph	F	10
45	77	SUMMIT GRANDSTAFF	RICHMOND, VA	00:35:29.03	11:25	5.3mph	F	10
46	37	GRACE DAVIS	RICHMOND, VA	00:35:43.52	11:29	5.2mph	F	10
47	66	JUDI FAYE ROBERTSON	COLONIAL HEIGHTS, VA	00:35:58.36	11:34	5.2mph	F	72
48	13	LAUREN BAKER	MIDLOTHIAN, VA	00:36:18.38	11:41	5.1mph	F	38
49	14	SOPHIA BAKER	MIDLOTHIAN, VA	00:36:20.73	11:41	5.1mph	F	10
50	84	AMMAR MOHIUDDIN	CHESTER, VA	00:37:59.27	12:13	4.9mph	M	15
51	33	KAREN AUSTIN	MIDLOTHIAN, VA	00:38:00.19	12:13	4.9mph	F	34
52	43	OLIVER CRAMER	RICHMOND, VA	00:40:05.26	12:54	4.7mph	M	7
53	42	VALERIE SWEET	RICHMOND, VA	00:40:07.46	12:54	4.6mph	F	32
54	86	BETH NOVEY		00:42:14.87	13:35	4.4mph	F	50
55	89	CONNOR DAVIS		00:45:58.77	14:47	4.1mph	M	6
56	36	EFA DAVIS	RICHMOND, VA	00:46:02.32	14:49	4.0mph	F	49
57	88	BRUCE DAVIS		00:46:15.63	14:53	4.0mph	M	54
58	91	CLAIRE SHAFFER		00:47:03.52	15:08	4.0mph	F	8
59	76	JOAN GRANDTAFF	RICHMOND, VA	00:47:05.07	15:09	4.0mph	F	50
60	74	CLARE PARFITT	RICHMOND, VA	00:47:05.77	15:09	4.0mph	F	10
61	9	STACEY DONOVAN	NORTH CHESTERFIELD, VA	00:47:08.44	15:10	4.0mph	F	46
62	73	WHITNEY PARFITT	RICHMOND, VA	00:47:22.31	15:14	3.9mph	F	43
63	64	LAUREN TURNER	RICHMOND, VA	00:47:27.06	15:16	3.9mph	F	38
64	92	KATIE SHAFFER		00:47:46.61	15:22	3.9mph	F	42
65	65	JULIA TURNER	RICHMOND, VA	00:47:50.39	15:23	3.9mph	F	9
66	35	LISA GEGNER	MIDLOTHIAN, VA	00:49:27.93	15:55	3.8mph	F	54
67	34	BRITTANY HAAS	HENRICO, VA	00:49:30.18	15:56	3.8mph	F	32
68	62	CAROLYN SOWDER	NORTH CHESTERFIELD, VA	00:49:33.33	15:57	3.8mph	F	58
69	70	PATRICIA BIANCHI	RICHMOND, VA	00:49:34.31	15:57	3.8mph	F	57

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70	61	JACOB SOWDER	NORTH CHESTERFIELD, VA	00:50:54.74	16:23	3.7mph	M	18