

Run for Recovery 5K

Place	Name	Hometown	Type	Bib #	Time	Pace	Speed	Sex	Age
1	STEPHEN KELLEY		RUNNER	64	00:27:56.30	08:59	6.7mph	M	49
2	TIM ALEXANDER		RUNNER	43	00:27:56.41	08:59	6.7mph	M	41
3	BRITTNEY WELSCH		RUNNER	65	00:28:09.57	09:03	6.6mph	F	35
4	RAY NELSON	MIDLOTHIAN, VA	RUNNER	47	00:28:09.90	09:03	6.6mph	M	64
5	HONESTY LILLER		RUNNER	34	00:28:40.24	09:13	6.5mph	F	38
6	MAYUMI CANO	HENRICO, VA	RUNNER	20	00:28:40.41	09:13	6.5mph	F	51
7	RYAN SMITH	HERNDON, VA	RUNNER	50	00:28:42.40	09:14	6.5mph	M	28
8	PAXTON WOLFREY		RUNNER	16	00:29:24.62	09:27	6.3mph	M	46
9	GEORGE SOMERVILLE	HENRICO, VA	RUNNER	22	00:29:25.72	09:28	6.3mph	M	66
10	JIM PORTER	RICHMOND, VA	RUNNER	11	00:30:21.98	09:46	6.1mph	M	53
11	JAMES JEFFRIES	FREDERICKSBURG, VA	RUNNER	94	00:31:22.48	10:05	5.9mph	M	37
12	RUBEN FOSTER	HOPEWELL, VA	RUNNER	71	00:31:41.44	10:12	5.9mph	M	42
13	MATTHEW SPILLER		RUNNER	85	00:32:58.97	10:36	5.7mph	M	29
14	BETSY SOMERVILLE	HENRICO, VA	RUNNER	23	00:33:14.06	10:41	5.6mph	F	60
15	NICOLE DINUNZI	CHARLOTTESVILLE, VA	RUNNER	54	00:34:25.01	11:04	5.4mph	F	35
16	BARBARA NIGHTINGALE	PORT TOWNSEND, WA	RUNNER	87	00:34:27.75	11:05	5.4mph	F	71
17	ASHLEY GERSHOWITZ	MECHANICSVILLE, VA	RUNNER	13	00:34:33.00	11:07	5.4mph	F	29
18	TRACY NAPOLSKY	MECHANICSVILLE, VA	RUNNER	27	00:34:33.39	11:07	5.4mph	F	38
19	KORY KIRKLAND	CHARLOTTESVILLE, VA	RUNNER	55	00:34:34.90	11:07	5.4mph	M	41
20	SHARON THOMPSON		RUNNER	99	00:35:24.27	11:23	5.3mph	F	46
21	NICOLE HU	HERNDON, VA	RUNNER	49	00:35:49.95	11:32	5.2mph	F	28
22	VICTORIA MINISTRI	RICHMOND, VA	RUNNER	89	00:35:58.49	11:34	5.2mph	F	50
23	AIDAN MINISTRI	RICHMOND, VA	RUNNER	90	00:36:00.64	11:35	5.2mph	M	10
24	ANDREW MILLER	N. CHESTERFIELD, VA	RUNNER	32	00:36:03.67	11:36	5.2mph	M	40
25	EMMA HERZOG		RUNNER	68	00:36:14.40	11:39	5.1mph	F	12
26	JASON HERZOG		RUNNER	67	00:36:15.12	11:40	5.1mph	M	42
27	LEAH BEARDD	FREDERICKSBURG, VA	RUNNER	95	00:36:28.70	11:44	5.1mph	F	34
28	FRANKIE HANBACK	HENRICO, VA	RUNNER	9	00:38:07.75	12:16	4.9mph	M	63
29	LYNN TAYLOR2		RUNNER	98	00:38:23.00	12:21	4.9mph	F	56
30	DARWIN RICHARDSON	GLEN ALLEN, VA	RUNNER	38	00:38:30.04	12:23	4.8mph	M	56
31	JASON NAPOLSKY	MECHANICSVILLE, VA	RUNNER	26	00:39:34.42	12:44	4.7mph	M	39

32	JOE GERSHOWITZ	MECHANICSVILLE, VA	RUNNER	14	00:39:39.34	12:45	4.7mph	M	34
33	CHRISTIANA STAFFORD	MECHANICSVILLE, VA	RUNNER	84	00:40:30.95	13:02	4.6mph	F	32
34	MALIK GREEN	HENRICO, VA	RUNNER	93	00:40:57.58	13:11	4.6mph	M	38
35	NORA LOVELY	HOPEWELL, VA	RUNNER	70	00:44:27.62	14:18	4.2mph	F	64
36	JESSIE MILLER	N. CHESTERFIELD, VA	RUNNER	31	00:45:42.26	14:42	4.1mph	F	34
37	WILLIAM NIGHTINGALE	PORT TOWNSEND, WA	RUNNER	88	00:46:38.97	15:00	4.0mph	M	71
38	LISA HOOKER		RUNNER	41	00:48:02.03	15:27	3.9mph	F	42
39	CHRISTIE CRAMER		RUNNER	39	00:48:02.62	15:27	3.9mph	F	37
40	ROBERT DE TRIQUET		RUNNER	18	01:03:24.87	20:24	2.9mph	M	28
41	GINNY THRASHER		RUNNER	19	01:03:49.77	20:32	2.9mph	F	33
42	SARAH BOHN	RICHMOND, VA	RUNNER	10	01:04:20.91	20:42	2.9mph	F	30
43	NICOLE ANDREWS		RUNNER	77	01:12:28.69	23:19	2.6mph	F	41
44	CARRIE FLINT	GLEN ALLEN, VA	RUNNER	59	01:12:34.10	23:21	2.6mph	F	27
45	MARY FLINT	GLEN ALLEN, VA	RUNNER	58	01:12:34.76	23:21	2.6mph	F	27
46	JAMES RITTER		RUNNER	100	01:12:36.30	23:22	2.6mph	M	29
47	TAYLOR SCARCE	HENRICO, VA	RUNNER	78	01:21:25.99	26:12	2.3mph	F	28
48	CHRISTINA AUSTIN	RICHMOND, VA	RUNNER	79	01:21:27.14	26:13	2.3mph	F	36
49	STACEY JOHNSON		RUNNER	81	01:23:18.91	26:48	2.2mph	F	53
50	SUMMER VAN DEXTER		RUNNER	35	01:23:18.97	26:49	2.2mph	F	21
51	SEAN MCMAHON		RUNNER	102	01:23:25.34	26:51	2.2mph	M	29



ID Number

