

**2019 Superhero Heart Run**  
**Sunday, May 5, 2019**  
**Richmond VA**



Bib	Name	Gender	Age	Chip Time	Pace per Mile
164	Greg Davis	Male	45	00:19:39.84	6:22
128	Brian King	Male	44	00:20:44.99	8:19
61	Mia Nock	Female	9	00:21:29.29	8:45
60	Jennifer Nock	Female	42	00:21:30.34	8:47
40	Jordan Allen	Male	13	00:22:01.50	8:30
196	Dylan Brown	Male	15	00:23:31.54	7:35
162	Ryan Quiram	Male	16	00:23:55.65	7:45
15	Jesse Pickens	Female	36	00:24:16.83	8:04

Bib	Name		Gender	Age	Chip Time	Pace per Mile
166	Carter	Davis	Female	13	00:25:14.41	8:12
251	Virginia	Syptak	Female	36	00:25:35.35	8:16
130	Jess	Hopkins	Female	30	00:25:52.51	10:19
83	Tyson	Filmanski	Male	43	00:25:53.55	10:11
129	Sharon	Alexander	Female	30	00:25:53.82	10:18
149	Suzanne	Fuster	Female	41	00:25:58.28	8:23
84	Tracy	Berry	Female	44	00:26:42.88	10:22
1	Joe	Walker	Male	35	00:26:47.01	10:17
146	Lauren	Kokernak	Female	37	00:27:08.58	8:46
67	dale	purrington	Male	51	00:27:12.92	8:50
161	Dan	Quiram	Male	49	00:27:20.46	8:50
114	Mackenzie	Lambert	Female	27	00:27:36.58	9:26
115	Ryan	Lambert	Male	25	00:27:37.07	9:26
178	Emily	Moulton	Female	33	00:28:13.57	9:07
197	Max	Rangford	Male	29	00:28:20.10	9:11
10	Charles	George	Male	46	00:28:23.70	9:20
9	Claire	George	Female	0	00:28:33.77	9:25
156	Hannah	Safren	Female	29	00:28:38.07	9:16
157	Meagan	Elfert	Female	30	00:28:39.75	9:17
78	Dustin	Haislip	Male	32	00:28:40.91	11:02
206	William	Hargrove	Male	36	00:29:14.52	9:41
127	Shane	Carrillo	Male	35	00:29:32.93	12:06
126	Lindsey	Carrillo	Female	37	00:29:37.41	12:08
68	Sarah	purrington	Female	19	00:29:39.96	9:37
21	Jason	Holc	Male	34	00:30:13.80	11:39

Bib	Name		Gender	Age	Chip Time	Pace per Mile
19	Amanda	Slate	Female	35	00:30:16.38	11:40
86	Jackson	Berry	Male	15	00:30:18.08	11:29
20	Ginny	Holc	Female	36	00:30:19.69	11:41
18	Chuck	Slate	Male	35	00:30:20.98	11:40
85	ALEX	Berry	Male	43	00:30:21.12	11:32
94	Anna	Smith	Female	46	00:30:58.11	10:32
131	Diana	Hall	Female	31	00:31:02.82	10:11
54	Crystal	Hightower	Female	36	00:31:25.72	10:13
4	Stephen	Lock	Male	32	00:31:39.03	10:16
12	Hannah	Brown	Female	25	00:32:25.70	12:12
133	Kat	Brown	Female	53	00:32:37.07	12:15
173	Cameron	Foster	Female	30	00:33:01.38	10:41
183	Shelly	Coppock	Female	40	00:33:15.13	10:46
33	Victoria	Stafford	Female	24	00:33:35.23	10:58
74	Christiana	Stafford	Female	33	00:33:39.22	10:59
8	Julie	Hovermale	Female	53	00:34:44.28	11:31
69	Maria	Lacovara	Female	26	00:34:54.67	11:19
179	Zoe	Perrine	Male	37	00:34:58.91	11:22
41	Eric	Seay	Male	38	00:35:04.58	11:29
180	Maia	Giannini	Female	38	00:36:02.81	11:49
184	Cohen	Coppock	Male	13	00:36:07.80	11:39
154	Alexander	Conrad	Male	68	00:36:19.09	11:44
155	Yvonne	Conrad	Female	65	00:36:23.03	11:45
56	Beth	Cronin	Female	52	00:36:25.23	11:45
205	Ayden	Hargrove	Male	11	00:38:41.59	12:43

Bib	Name		Gender	Age	Chip Time	Pace per Mile
48	Crystal	Lett	Female	40	00:40:30.20	13:11
121	David	Lester	Male	37	00:40:36.99	13:04
122	Sam	Lester	Female	33	00:40:39.01	13:05
174	Amanda	Foster	Female	33	00:40:41.73	13:10
159	Emma	James	Female	47	00:40:52.69	13:21
201	Bridget	Stacey	Female	21	00:41:05.20	13:19
35	Erica	Montgomery	Female	28	00:41:09.93	13:20
100	Kiia	Crawford	Female	26	00:41:26.95	13:20
200	Lynnette	Seax	Female	31	00:41:57.31	13:42
199	Holly	Bosher	Female	36	00:43:22.32	14:40
64	Rachel	Eaker	Female	27	00:43:30.75	14:05
153	Rick	Lockhart	Male	58	00:43:32.41	14:16
97	Robert	Tanner	Male	36	00:43:41.54	14:41
141	Kevin	Kramer	Male	46	00:43:45.89	14:15
203	Christopher	Diaz	Male	14	00:44:26.42	14:25
181	Aaron	Giannini	Male	36	00:44:56.55	14:39
189	Diego	Vizcaino	Male	60	00:44:58.15	14:34
91	Nicole	Duncan	Female	39	00:45:55.82	15:37
204	Willique	Hargrove	Male	12	00:48:11.31	15:46
51	Patrick	McGrady	Male	54	00:48:52.72	15:52
52	Kayla	McGrady	Female	25	00:48:56.56	15:53
50	Evelyn	McGrady	Female	52	00:49:01.65	15:55
124	Jessica	Gleason	Female	37	00:49:35.65	16:12
125	Jeffrey	Gleason	Male	39	00:49:37.41	16:12
182	Patricia	Napier	Female	70	00:49:45.47	16:06

Bib	Name		Gender	Age	Chip Time	Pace per Mile
7	Mike	Haymaker	Male	54	00:49:56.77	16:28
207	Tayna	Crop	Female	40	00:50:04.77	16:20
208	Melody	Bryant	Female	12	00:50:06.84	16:21
90	Adam	Duncan	Male	40	00:52:39.02	17:47
134	Angela	Monroe	Female	30	00:53:07.57	17:23
82	Joe	Harvey	Male	40	00:53:40.77	17:23
81	Jennifer	Harvey	Female	36	00:53:43.71	17:24
88	Denise	McKee	Female	60	00:54:27.31	17:39
3	Madison	Owens	Female	21	00:54:40.89	17:41
2	Donovan	Owens	Male	24	00:54:41.83	17:42
96	Lindsey	Dawson	Female	35	00:55:13.10	18:25
150	Candice	Smiley	Female	37	00:55:17.93	18:24
16	Jennifer	Hornby	Female	32	00:56:36.11	20:12
17	Patrick	Hornby	Male	32	00:56:36.86	20:12
45	Tony	Robinson	Male	43	00:57:21.56	18:43
71	Charlene	Chotalal	Female	35	00:57:24.72	18:44
70	Erinn	Perry	Female	39	00:57:43.03	18:50
92	Mary	Legge	Female	58	00:58:46.66	19:32
31	Jake	Lahah	Male	25	00:59:18.80	19:29
135	Alita	Hargrove	Female	35	01:00:43.58	19:50
34	Peyton	Amos	Male	16	01:01:45.40	19:55
145	William	Bowles	Male	68	01:01:47.57	20:22
177	Joe	Lighthiser	Male	31	01:01:54.99	20:19
176	Beth	Lighthiser	Female	31	01:01:55.55	20:19
167	Erin	Graydon	Female	31	01:02:01.17	20:21

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190	Ana Rubio Hernandez	Female	23	01:03:48.19	20:35
57	Kelli Cummings	Female	30	01:06:12.69	21:48
49	Vicki Simon	Female	55	01:06:15.40	21:48