

2022 Valor Run10 Miler

Place	Name	Hometown	Gender	Type	Bib #	Time	Pace	Speed	Division Rank
1	PAUL GROSCH	VIRGINIA BEACH, VA	M: 1	Runner	499	01:18:56.08	07:53	7.6mph	Male 40 - 49: 1
2	GABRIEL BOLLHORST	LANEXA, VA	M: 2	Runner	505	01:18:57.62	07:53	7.6mph	Male 18 - 29: 1
3	MARK COCKRELL	VIRGINIA BEACH, VA	M: 3	Runner	487	01:19:01.09	07:54	7.6mph	Male 40 - 49: 2
4	ELLA WILLOUGHBY	VIRGINIA BEACH, VA	F: 1	Runner	577	01:21:29.58	08:08	7.4mph	Female 0 - 17: 1
5	TED LAFFKAS	VIRGINIA BEACH, VA	M: 4	Runner	450	01:21:34.13	08:09	7.4mph	Male 50 - 59: 1
6	ANDY BEDINGER	VIRGINIA BEACH, VA	M: 5	Runner	482	01:22:32.67	08:15	7.3mph	Male 50 - 59: 2
7	CJ MCRAE	MIDLOTHIAN, VA	M: 6	Runner	506	01:24:06.50	08:24	7.1mph	Male 18 - 29: 2
8	RAYMUNDO HERNANDEZ	DUMFRIES, VA	M: 7	Runner	594	01:27:59.92	08:48	6.8mph	Male 18 - 29: 3
9	ANELISA FULGIERI	BELLMORE, NY	F: 2	Runner	468	01:28:23.05	08:50	6.8mph	Female 0 - 17: 2
10	ERIC WILLOUGHBY	VIRGINIA BEACH, VA	M: 8	Runner	578	01:28:27.35	08:50	6.8mph	Male 30 - 39: 1
11	AMANDA MACDONALD	MECHANICSVILLE, VA	F: 3	Runner	480	01:31:07.42	09:06	6.6mph	Female 40 - 49: 1
12	JULIE BEST	MECHANICSVILLE, VA	F: 4	Runner	479	01:31:10.13	09:07	6.6mph	Female 40 - 49: 2
13	MIHAELA NEACSU	VIRGINIA BEACH, VA	F: 5	Runner	486	01:32:45.05	09:16	6.5mph	Female 30 - 39: 1
14	LAURENT MUNTER	VIRGINIA BEACH, VA	M: 9	Runner	483	01:33:18.69	09:19	6.4mph	Male 40 - 49: 3
15	DAVID SPRING	CHESAPEAKE, VA	M: 10	Runner	464	01:33:24.08	09:20	6.4mph	Male 30 - 39: 2
16	HANNAH SPRING	CHESAPEAKE, VA	F: 6	Runner	463	01:33:57.63	09:23	6.4mph	Female 30 - 39: 2
17	CASEY SHOTTS	VIRGINIA BEACH, VA	M: 11	Runner	485	01:35:41.91	09:34	6.3mph	Male 30 - 39: 3
18	JENNA ZIMMERMANN	VIRGINIA BEACH, VA	F: 7	Runner	635	01:36:14.83	09:37	6.2mph	Female 30 - 39: 3
19	BROOKS CRAWFORD	MOYOCK, NC	M: 12	Runner	514	01:36:40.17	09:40	6.2mph	Male 40 - 49: 4
20	CECELIA SSOCIA		F: 8	Runner	645	01:37:30.44	09:45	6.2mph	Female 50 - 59: 1
21	CARA DILLARD	VIRGINIA BEACH, VA	F: 9	Runner	452	01:39:20.85	09:56	6.0mph	Female 40 - 49: 3
22	LINDA WAGNER	CHESAPEAKE, VA	F: 10	Runner	456	01:39:26.88	09:56	6.0mph	Female 40 - 49: 4
23	NICK KIRBY	DURHAM, NC	M: 13	Runner	474	01:39:40.93	09:58	6.0mph	Male 30 - 39: 4
24	SARAH VAN VLEET	DURHAM, NC	F: 11	Runner	475	01:39:42.76	09:58	6.0mph	Female 30 - 39: 4
25	KIERSTEN BELL	NORFOLK, VA	F: 12	Runner	469	01:40:59.92	10:06	5.9mph	Female 30 - 39: 5
26	RACHEL SHAFFER	VIRGINIA BEACH, VA	F: 13	Runner	453	01:41:42.20	10:10	5.9mph	Female 30 - 39: 6
27	TIFFANY MCMAHON	VIRGINIA BEACH, VA	F: 14	Runner	580	01:41:57.17	10:11	5.9mph	Female 40 - 49: 5
28	FRANK SCARINGELLO	NORFOLK, VA	M: 14	Runner	465	01:42:36.85	10:15	5.8mph	Male 60 - 99: 1
29	VINCENT BESS	BRISTOW, VA	M: 15	Runner	512	01:43:34.35	10:21	5.8mph	Male 50 - 59: 3
30	BASIL ROWELL	NORFOLK, VA	M: 16	Runner	509	01:44:18.79	10:25	5.8mph	Male 50 - 59: 4
31	CHRISTINA KRONEMANN	VIRGINIA BEACH, VA	F: 15	Runner	626	01:44:54.71	10:29	5.7mph	Female 18 - 29: 1
32	ANTHONY BELLACICCO	CHESAPEAKE, VA	M: 17	Runner	457	01:44:57.49	10:29	5.7mph	Male 50 - 59: 5
33	JOE BUCK	CHESAPEAKE, VA	M: 18	Runner	616	01:46:27.69	10:38	5.6mph	Male 50 - 59: 6
34	WENDY BENTON	CHESAPEAKE, VA	F: 16	Runner	495	01:46:39.33	10:39	5.6mph	Female 40 - 49: 6
35	GREGG BENTON	CHESAPEAKE, VA	M: 19	Runner	496	01:46:41.75	10:40	5.6mph	Male 40 - 49: 5
36	STEPHANIE MUNTER	VIRGINIA BEACH, VA	F: 17	Runner	484	01:47:02.79	10:42	5.6mph	Female 40 - 49: 7
37	BETH WIK	VIRGINIA BEACH, VA	F: 18	Runner	488	01:47:04.91	10:42	5.6mph	Female 50 - 59: 2
38	STEPHANIE LATIGONA	SPRINGFIELD, VA	F: 19	Runner	461	01:47:10.88	10:43	5.6mph	Female 30 - 39: 7
39	DENISE CUNNINGHAM	VIRGINIA BEACH, VA	F: 20	Runner	462	01:47:13.47	10:43	5.6mph	Female 40 - 49: 8
40	SUZANNE SMITH	VIRGINIA BEACH, VA	F: 21	Runner	471	01:47:29.27	10:44	5.6mph	Female 50 - 59: 3
41	JENNIFER KALB	CHESAPEAKE, VA	F: 22	Runner	455	01:47:45.51	10:46	5.6mph	Female 40 - 49: 9
42	PATRICIA STRATHMANN	CHESAPEAKE, VA	F: 23	Runner	454	01:47:49.17	10:46	5.6mph	Female 40 - 49: 10
43	DAVID HERNANDEZ	NEWPORT NEWS, VA	M: 20	Runner	501	01:47:52.61	10:47	5.6mph	Male 18 - 29: 4
44	CHARLENE RADLER	NORFOLK, VA	F: 24	Runner	451	01:48:37.55	10:51	5.5mph	Female 30 - 39: 8
45	HELEN ROBERTSON	NORFOLK, VA	F: 25	Runner	589	01:48:42.56	10:52	5.5mph	Female 18 - 29: 2
46	BRANDON FISH	CHESAPEAKE, VA	M: 21	Runner	591	01:48:47.11	10:52	5.5mph	Male 40 - 49: 6
47	NICHOLE COULARD	CHESAPEAKE, VA	F: 26	Runner	587	01:48:58.50	10:53	5.5mph	Female 30 - 39: 9
48	CAROLINE FENDER	DUMFRIES, VA	F: 27	Runner	593	01:49:12.25	10:55	5.5mph	Female 18 - 29: 3
49	TORILL RIEGER	NORFOLK, VA	F: 28	Runner	508	01:49:49.58	10:58	5.5mph	Female 60 - 99: 1
50	GURI AUNE	VIRGINIA BEACH, VA	F: 29	Runner	507	01:49:51.40	10:59	5.5mph	Female 50 - 59: 4
51	GRACE MURRAY	VIRGINIA BEACH, VA	F: 30	Runner	492	01:50:14.46	11:01	5.4mph	Female 40 - 49: 11
52	JANET HOLSINGER	CHESAPEAKE, VA	F: 31	Runner	458	01:50:39.91	11:04	5.4mph	Female 40 - 49: 12
53	KIM BEDINGER	VIRGINIA BEACH, VA	F: 32	Runner	481	01:50:50.89	11:05	5.4mph	Female 50 - 59: 5
54	VINCE PHILLIPS	NORFOLK, VA	M: 22	Runner	498	01:52:17.41	11:13	5.3mph	Male 40 - 49: 7
55	APRIL DAY	VIRGINIA BEACH, VA	F: 33	Runner	466	01:52:23.83	11:14	5.3mph	Female 18 - 29: 4
56	BRANDON DAY	VIRGINIA BEACH, VA	M: 23	Runner	467	01:52:26.20	11:14	5.3mph	Male 18 - 29: 5
57	BRIAN SMITH	VIRGINIA BEACH, VA	M: 24	Runner	470	01:54:23.25	11:26	5.2mph	Male 60 - 99: 2
58	JULIA FLORES	NORFOLK, VA	F: 34	Runner	477	01:54:55.73	11:29	5.2mph	Female 18 - 29: 5
59	TINA HARGIS	NORFOLK, VA	F: 35	Runner	478	01:56:57.76	11:41	5.1mph	Female 50 - 59: 6
60	DENA RISLEY	CHESAPEAKE, VA	F: 36	Runner	497	01:58:05.53	11:48	5.1mph	Female 40 - 49: 13

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61	LISA MANNING	NORFOLK, VA	F: 37	Runner	575	01:58:08.40	11:48	5.1mph	Female 40 - 49: 14
62	LAURA CLARK		F: 38	Runner	650	01:59:25.60	11:56	5.0mph	Female 30 - 39: 10
63	RONALD KELLUM	HAMPTON, VA	M: 25	Runner	476	01:59:42.52	11:58	5.0mph	Male 60 - 99: 3
64	TEAGAN BILKA	CHESAPEAKE, VA	F: 39	Runner	515	01:59:44.81	11:58	5.0mph	Female 0 - 17: 3
65	ARBIE BERNARDO	CHESAPEAKE, VA	M: 26	Runner	586	01:59:46.99	11:58	5.0mph	Male 0 - 17: 1
66	L JILL BLANKENBURG	RICHMOND, VA	F: 40	Runner	600	02:00:04.86	12:00	5.0mph	Female 50 - 59: 7
67	AMY CLARK	VIRGINIA BEACH, VA	F: 41	Runner	606	02:01:03.07	12:06	5.0mph	Female 40 - 49: 15
68	DWAYNE LEWIS	NORFILK, VA	M: 27	Runner	640	02:03:07.15	12:18	4.9mph	Male 50 - 59: 7
69	ERIN GROTH	VIRGINIA BEACH, VA	F: 42	Runner	490	02:03:22.34	12:20	4.9mph	Female 40 - 49: 16
70	LEIGH SCHIERER	VIRGINIA BEACH, VA	F: 43	Runner	491	02:03:24.68	12:20	4.9mph	Female 40 - 49: 17
71	KODI HUNTER	CHESAPEAKE, VA	F: 44	Runner	511	02:11:44.99	13:10	4.6mph	Female 18 - 29: 6
72	RODA LYN SORIANO	NORFOLK, VA	F: 45	Runner	602	02:12:56.09	13:17	4.5mph	Female 18 - 29: 7
73	JENNA SCHAEFFER	APEX, NC	F: 46	Runner	472	02:17:14.92	13:43	4.4mph	Female 30 - 39: 11
74	JACEY PRICE	VIRGINIA BEACH, VA	F: 47	Runner	473	02:17:17.96	13:43	4.4mph	Female 18 - 29: 8
75	HEATHER MAINS	VIRGINIA BEACH, VA	F: 48	Runner	500	02:20:11.57	14:01	4.3mph	Female 40 - 49: 18
76	CHEYENNE SHASKY	CHESAPEAKE, VA	F: 49	Runner	504	02:20:25.06	14:02	4.3mph	Female 40 - 49: 19
77	BRITTANY HOPPER	NORFOLK, VA	F: 50	Runner	510	02:20:27.66	14:02	4.3mph	Female 18 - 29: 9
78	KARLA CASTELLANOS	VIRGINIA BEACH, VA	F: 51	Runner	603	02:21:44.87	14:10	4.2mph	Female 18 - 29: 10
79	MATTHEW TIMPER	VIRGINIA BEACH, VA	M: 28	Runner	502	02:29:22.42	14:56	4.0mph	Male 30 - 39: 5
80	ELYSSA ORQUIZA	VIRGINIA BEACH, VA	F: 52	Runner	503	02:29:25.04	14:56	4.0mph	Female 18 - 29: 11
81	PATRICIA RARICK	VIRGINIA BEACH, VA	F: 53	Runner	614	02:42:56.16	16:17	3.7mph	Female 60 - 99: 2