

# 2022 Valor Run Half Marathon

Place	Name	Hometown	Gender	Type	Bib #	Time	Pace	Speed	Division Rank
1	MATT SENIUK	NORFOLK, VA	M: 1	Runner	435	01:45:45.58	08:04	7.4mph	Male 30 - 39: 1
2	RILEY COOK	MECHANICSVILLE, VA	F: 1	Runner	419	01:46:47.12	08:08	7.4mph	Female 18 - 29: 1
3	TODD COULARD	CHESAPEAKE, VA	M: 2	Runner	588	01:48:18.79	08:15	7.3mph	Male 30 - 39: 2
4	DANA REESMAN	VIRGINIA BEACH, VA	F: 2	Runner	422	01:48:51.73	08:18	7.2mph	Female 30 - 39: 1
5	FRANK KALNA	VIRGINIA BEACH, VA	M: 3	Runner	445	01:49:18.83	08:20	7.2mph	Male 30 - 39: 3
6	CHARLES MONCAYO	VIRGINIA BEACH, VA	M: 4	Runner	434	01:51:00.66	08:28	7.1mph	Male 30 - 39: 4
7	DAVID SMITH	VIRGINIA BEACH, VA	M: 5	Runner	432	01:54:50.27	08:45	6.8mph	Male 40 - 49: 1
8	CHRISTOPHER ALBERSON	CHESAPEAKE, VA	M: 6	Runner	601	01:57:23.98	08:57	6.7mph	Male 30 - 39: 5
9	JAMIE TERSIGNI	FREDERICKSBURG, VA	F: 3	Runner	418	02:01:20.16	09:15	6.5mph	Female 18 - 29: 2
10	DANNY SILVA	HOUSTON, TX	M: 7	Runner	440	02:02:55.12	09:22	6.4mph	Male 40 - 49: 2
11	BRIAN LANTZ	VIENNA, VA	M: 8	Runner	414	02:02:57.95	09:22	6.4mph	Male 30 - 39: 6
12	LAUREN JANES	NEWPORT NEWS, VA	F: 4	Runner	447	02:04:29.56	09:29	6.3mph	Female 18 - 29: 3
13	MATTHEW CAMPANICO	VIRGINIA BEACH, VA	M: 9	Runner	417	02:04:53.41	09:31	6.3mph	Male 18 - 29: 1
14	VICTOR MCKENNA		M: 10	Runner	642	02:05:17.44	09:33	6.3mph	Male 50 - 59: 8
15	SARAH YOUNG	CHESAPEAKE, VA	F: 5	Runner	444	02:06:07.26	09:37	6.2mph	Female 40 - 49: 1
16	ROBERT GRANTZ	PORTSMOUTH, VA	M: 11	Runner	448	02:08:22.47	09:47	6.1mph	Male 30 - 39: 7
17	NICHOLAS CUMBERLAND	JACKSONVILLE, NC	M: 12	Runner	617	02:11:03.57	09:59	6.0mph	Male 30 - 39: 8
18	KEVIN GRIFFIN	NORFOLK, VA	M: 13	Runner	425	02:11:36.78	10:02	6.0mph	Male 40 - 49: 3
19	CHRIS GRONBECH	VIRGINIA BEACH, VA	M: 14	Runner	402	02:12:01.58	10:04	6.0mph	Male 50 - 59: 2
20	EDWARD JOHNSON	VIRGINIA BEACH, VA	M: 15	Runner	426	02:12:04.37	10:04	6.0mph	Male 40 - 49: 4
21	JEREMY MANUS	FRANKLIN, VA	M: 16	Runner	579	02:13:56.19	10:13	5.9mph	Male 18 - 29: 2
22	PAIGE BLOK	VIRGINIA BEACH, VA	F: 6	Runner	404	02:14:39.12	10:16	5.8mph	Female 30 - 39: 2
23	KATE PAYNE	HOCKESSIN, DE	F: 7	Runner	411	02:15:25.99	10:19	5.8mph	Female 18 - 29: 4
24	GREGORY MCROBBIE	VIENNAVIENNA, VA	M: 17	Runner	413	02:17:23.05	10:28	5.7mph	Male 40 - 49: 5
25	DAWN PFEIFFER	VIRGINIA BEACH, VA	F: 8	Runner	415	02:17:26.00	10:29	5.7mph	Female 50 - 59: 1
26	TERI MILLER	VIRGINIA BEACH, VA	F: 9	Runner	416	02:17:28.27	10:29	5.7mph	Female 50 - 59: 2
27	LEANN SPLITTER	VIRGINIA BEACH, VA	F: 10	Runner	401	02:18:28.35	10:33	5.7mph	Female 40 - 49: 2
28	DAVID WHITTED	CHESAPEAKE, VA	M: 18	Runner	433	02:18:48.85	10:35	5.7mph	Male 50 - 59: 3
29	ASHLEE REESMAN	VIRGINIA BEACH, VA	F: 11	Runner	423	02:19:49.28	10:39	5.6mph	Female 30 - 39: 3
30	CANDACE POMOZZI	PORTSMOUTH, VA	F: 12	Runner	449	02:19:58.82	10:40	5.6mph	Female 30 - 39: 4
31	KEVIN BUDDIN	NORFOLK, VA	M: 19	Runner	442	02:20:29.04	10:42	5.6mph	Male 30 - 39: 9
32	NATHAN JOYCE		M: 20	Runner	654	02:21:11.23	10:46	5.6mph	Male 30 - 39: 10
33	EMMYLOU MCDANIEL	GLENVILLE, WV	F: 13	Runner	446	02:24:16.14	11:00	5.5mph	Female 40 - 49: 3
34	AMANDA LAUGHEAD	VIRGINIA BEACH, VA	F: 14	Runner	428	02:25:06.81	11:04	5.4mph	Female 40 - 49: 4
35	MYKAYLA HERGES	VIRGINIA BEACH, VA	F: 15	Runner	439	02:25:32.35	11:06	5.4mph	Female 18 - 29: 5
36	LYDIA SORENSEN	VIRGINIA BEACH, VA	F: 16	Runner	443	02:25:34.89	11:06	5.4mph	Female 60 - 99: 1
37	JASON CHERRY	VIRGINIA BEACH, VA	M: 21	Runner	409	02:25:51.51	11:07	5.4mph	Male 40 - 49: 6
38	JILLIAN MARSTELLER	LEESBURG, VA	F: 17	Runner	436	02:27:36.78	11:15	5.3mph	Female 18 - 29: 6
39	JENNIFER HALE	PASADENA, MD	F: 18	Runner	430	02:34:35.28	11:47	5.1mph	Female 30 - 39: 5
40	DANIEL LIPPS	CHESAPEAKE, VA	M: 22	Runner	438	02:37:22.88	12:00	5.0mph	Male 40 - 49: 7
41	GREG BLOK	VIRGINIA BEACH, VA	M: 23	Runner	405	02:38:40.99	12:06	5.0mph	Male 30 - 39: 11
42	LAURA WATROUS	BURNSVILLE, NC	F: 19	Runner	424	02:43:33.69	12:28	4.8mph	Female 60 - 99: 2
43	KATE NGUYEN	VIRGINIA BEACH, VA	F: 20	Runner	437	02:46:46.05	12:43	4.7mph	Female 40 - 49: 5
44	STEPHANIE DENNARD	NEWPORT NEWS, VA	F: 21	Runner	427	02:58:15.48	13:35	4.4mph	Female 50 - 59: 3
45	JENNIFER BADJI	GLOUCESTER, VA	F: 22	Runner	441	03:07:23.31	14:17	4.2mph	Female 40 - 49: 6