

CASA Superhero 5K
30-Apr-16
St. Josephs Villa Richmond VA
Commonwealth Timing



Place	Bib #	First Name	Last Name	Sex	Age	Chip Time	Pace/Mile
1	39	Ian	Chavis	Male	29	17:22.773	5:36
2	150	Chase	Kelly	Male	14	18:04.266	5:49
3	209	Carlos	Oquendo Jr.	Male	37	18:17.737	5:54
4	233	Alex	Seabury	Male	11	19:51.803	6:24
5	265	Ben	Walters	Male	45	20:13.743	6:30
6	29	Michaelson	Buchanan	Male	50	21:12.473	6:51
7	225	Marquette	Robinson	Male	41	21:26.537	6:56
8	24	Marshie	Boswell	Female	27	21:29.513	6:56
9	94	Jeremy	Fromholz	Male	36	21:51.357	7:04
10	182	Tina	McGovern	Female	33	21:53.686	7:03
11	86	Michelle	Fang	Female	36	21:55.633	7:05

Place	Bib #	First Name	Last Name	Sex	Age	Chip Time	Pace/Mile
12	95	Bryan	Fry	Male	53	22:00.987	7:07
13	247	Ryan	Strudgeon	Male	9	22:03.913	7:06
14	139	Anthony	James	Male	41	22:11.497	7:18
15	231	Amelia	Seabury	Female	13	22:18.527	7:12
16	26	Hana	Brilliant	Female	41	22:19.020	7:12
17	195	Gavin	Myers	Male	9	22:20.283	7:11
18	232	Charles	Seabury	Male	45	22:27.877	7:15
19	274	James	Winslow	Male	44	22:53.310	7:39
20	98	Ethan	Fry	Male	20	23:02.263	7:26
21	197	Ethan	Neilson	Male	13	23:11.927	7:31
22	199	Peyton	Neilson	Male	11	23:20.713	7:33
23	96	Caroline	Fry	Female	16	23:32.563	7:36
24	285	Bridget	Stacy	Female	32	23:47.190	7:39
25	278	Megan	Quinn	Female	30	23:53.293	7:45
26	155	James	Laird	Male	29	24:04.020	7:47
27	289	Jaslyne	Robinson	Female	12	24:08.487	7:47
28	10	David	Beardsley	Male	42	24:13.500	7:49
29	156	Teresa	Laird	Female	29	24:15.033	7:50
30	288	Kandice	Neilson	Female	38	24:20.890	7:53
31	212	Gregory	Panos	Male	9	24:29.213	7:55
32	33	Carl	Cabaniss	Male	35	24:30.313	8:11
33	140	Daniel	Jamison	Male	57	24:36.473	7:58
34	164	Edmund	Lewandowski	Male	64	24:40.753	7:56
35	236	Kaitlyn	Slattery	Female	24	24:40.993	8:01
36	235	Anthony	Sheldon	Male	9	24:54.790	8:06
37	93	Ashley	Froman	Female	35	25:00.506	8:03
38	198	Lily	Neilson	Female	8	25:04.423	8:04
39	246	Morgan	Strudgeon	Female	11	25:05.257	8:06
40	119	Heather	Hart	Female	31	25:09.190	8:06

Place	Bib #	First Name	Last Name	Sex	Age	Chip Time	Pace/Mile
41	237	Deosire	Smith	Male	31	25:20.733	8:15
42	273	Jennifer	Winnagle	Female	31	25:23.303	8:28
43	259	Keith	Wagner	Male	42	25:23.743	8:12
44	223	Vincent	Riggi	Male	31	25:26.143	8:11
45	287	Stephanie	Leary	Female	32	25:34.513	8:25
46	179	Paige	Mcarthur	Female	13	25:41.453	8:19
47	67	Katherine	Dodd	Female	25	25:48.353	8:18
48	159	Maggie	Lamb	Female	23	25:51.137	8:31
49	97	Emmalyn	Fry	Female	18	26:04.000	8:25
50	272	Marianna	Wills	Female	23	26:06.133	8:24
51	280	Tracy	King	Male	51	26:11.606	8:26
52	206	Gabe	O'brien	Female	30	26:12.607	8:27
53	133	Ryan	Ickes	Male	41	26:13.243	8:43
54	126	Rochele	Higgins	Female	37	26:21.690	8:46
55	200	Marydith	Newman	Female	38	26:30.016	8:32
56	183	Kristy	Mcmillian	Female	36	26:40.843	8:43
57	163	Bob	Lehr	Male	47	26:44.837	8:40
58	181	Anne	Mcclain	Female	37	26:46.633	8:37
59	50	Craig	Cronheim	Male	39	26:50.360	8:38
60	230	Joseph	Schmidt	Male	37	26:51.076	8:39
61	298	Brianne	Burke	Female	27	27:00.740	8:50
62	20	James	Blow	Male	46	27:01.020	8:42
63	211	Ilze	Panos	Female	39	27:08.926	8:44
64	264	Mike	Walsh	Male	34	27:09.886	8:44
65	255	Jason	Vaughan	Male	38	27:14.283	8:46
66	256	Yvonne	Vaughan	Female	40	27:28.550	8:57
67	120	Shannon	Hauser	Female	40	27:29.493	8:51
68	160	Bob	Lawrence	Male	70	28:06.403	9:06
69	263	Michele	Walsh	Female	35	28:21.800	9:07

Place	Bib #	First Name	Last Name	Sex	Age	Chip Time	Pace/Mile
70	171	Alejandro	Lopez	Male	9	28:40.037	9:15
71	292	Jeanel	Heyel	Female	45	28:53.143	9:19
72	170	Becky	Loos	Female	42	29:01.720	9:25
73	152	Addie	Kies	Female	31	29:08.320	9:23
74	188	Melissa	Mitchell	Female	32	29:18.000	9:26
75	109	John	Gerardo	Male	32	29:21.420	9:39
76	187	Amy	Miller	Female	35	29:24.663	9:28
77	102	Erin	Gargano	Female	35	29:49.596	9:36
78	131	J.T.	Hosack	Male	28	30:03.983	9:46
79	172	Jessica	Ludwig	Female	24	30:12.633	9:56
80	253	Travis	Tyree	Male	23	30:16.197	9:58
81	229	Adam	Saunders	Male	35	30:19.996	9:45
82	110	Avery	Gill	Female	8	30:32.247	9:53
83	173	Lauren	Ludwig	Female	19	30:34.060	10:03
84	277	Mike	Gill	Male	44	30:41.240	9:53
85	146	Amber	Jones	Female	25	30:41.947	10:00
86	291	John	Heyel	Male	45	30:44.850	9:55
87	293	Jack	Heyel	Male	8	30:47.753	9:54
88	185	Tucker	Mcneil	Male	38	30:57.407	10:30
89	281	Sharon	King	Female	52	31:04.313	10:00
90	17	Tamra	Blankenship	Female	39	31:09.707	10:08
91	254	Karthikeyan	Vaithialingam	Male	38	31:14.476	10:03
92	174	Ann	Maddox	Female	38	31:24.777	10:10
93	90	Caren	Flick	Female	31	31:31.776	10:09
94	258	Chrissy	Wagner	Female	38	31:38.966	10:11
95	176	Patrick	Mansfield	Male	35	31:46.700	10:41
96	38	David	Chappell	Male	31	31:48.030	10:41
97	239	Trinity	Smith	Female	12	31:51.213	10:33
98	16	Adam	Blais	Male	47	31:58.550	10:17

Place	Bib #	First Name	Last Name	Sex	Age	Chip Time	Pace/Mile
99	202	Cooper	Nonnemacker	Male	11	32:08.143	10:30
100	177	Brian	Marsh	Male	31	32:08.643	10:21
101	275	Melanie	Winslow	Female	42	32:10.990	10:21
102	61	Brittany	Delvecchio	Female	27	32:12.853	10:22
103	68	Pravin	Dsouza	Male	37	32:15.397	10:27
104	262	Valicity	Walls	Female	11	32:50.056	10:34
105	45	Nick	Cooper	Male	36	33:04.363	10:45
106	217	Anthony	Petrella	Male	33	33:13.433	10:41
107	46	Colin	Cooper	Male	6	33:27.406	10:46
108	91	Molly	Foote	Female	9	33:53.930	10:54
109	269	Wanda	Wells	Female	57	34:00.033	11:07
110	157	David	Lamb	Male	51	34:11.603	11:12
111	27	Emma	Bruny	Female	24	34:45.240	11:11
112	220	Patti	Presson	Female	35	34:55.816	11:14
113	99	Sandi	Fulp	Female	40	34:56.016	11:15
114	268	Amy	Weiss	Female	30	34:56.333	11:28
115	180	Erin	Mcauliffe	Female	29	35:03.230	11:42
116	242	Ryan	Sobrito	Male	28	35:33.740	11:58
117	151	Jerry	Kelly	Male	47	35:38.737	11:37
118	107	Alexandra	George	Female	7	36:07.340	11:43
119	224	Maverick	Rizk	Male	8	36:20.267	11:52
120	203	Gwen	Novak	Female	48	36:21.933	11:42
121	89	Alexis	Fisher-Rizk	Female	37	36:23.377	11:53
122	105	Joseph	George	Male	40	36:28.263	11:44
123	82	Rob	Estes	Male	39	36:36.190	11:56
124	252	Colt	Tuhey	Male	6	36:48.747	11:59
125	218	Teri	Posey	Female	39	36:49.537	11:59
126	118	Stephenie	Harrington	Female	47	36:55.783	11:53
127	243	Landon	Sobrito	Male	9	37:13.696	11:59

Place	Bib #	First Name	Last Name	Sex	Age	Chip Time	Pace/Mile
128	251	Lindsay	Tuhey	Female	37	37:13.860	11:59
129	193	Elyssa	Murphy	Female	10	37:31.610	12:26
130	168	Matt	Loman	Male	43	37:31.710	12:12
131	248	Cree	Taylor	Female	11	37:32.953	12:28
132	194	Emma	Murphy	Female	9	37:33.263	12:05
133	192	Rebecca	Murphy	Female	39	37:33.303	12:05
134	169	Lillian	Loman	Female	9	37:33.760	12:13
135	148	Zoe	Justice	Female	11	37:45.830	12:27
136	213	Seanna	Patterson	Female	11	37:50.663	12:29
137	122	Staci	Haynes	Female	39	38:00.700	12:28
138	125	Ryun	Hicks	Female	10	38:14.926	12:18
139	201	Katy	Nonnemacker	Female	48	38:17.316	12:19
140	65	Mehar	Dhaliwal	Female	11	38:20.880	12:20
141	282	Soren	Burke	Female	30	38:21.030	12:54
142	290	Marquette	Robinson1	Male	13	38:25.226	12:22
143	101	Jon	Ganues	Male	55	38:46.270	12:36
144	104	Ellie	Garrison	Female	11	38:55.913	12:32
145	175	Caroline	Mallory	Female	54	39:16.636	12:38
146	138	Desiree	Jackson	Female	38	39:23.157	12:47
147	124	Renee	Hernandez-Smith	Female	51	39:27.600	13:02
148	141	Andrea	Allen	Female	10	39:36.440	12:45
149	108	Bridget	George	Female	9	39:40.730	12:52
150	261	William	Waller	Male	52	39:41.120	12:57
151	106	Tammy	George	Female	40	39:59.810	12:52
152	283	Colin	Bunn	Male	37	40:14.680	12:57
153	249	Kendall	Thorp	Female	11	40:43.437	13:29
154	295	Jacqueline	Hedbloom	Female	40	43:39.090	14:27
155	81	Karen	Espenschied	Female	37	44:33.090	14:26
156	214	Ezra	Pegeas	Male	10	44:33.473	14:20

Place	Bib #	First Name	Last Name	Sex	Age	Chip Time	Pace/Mile
157	113	Midas	Goldman	Male	10	45:06.713	14:36
158	112	Bailey	Goldman	Female	12	45:06.917	14:36
159	62	Yeshwanth	Dendhi	Male	38	45:29.503	14:58
160	276	Shilpa	Yedama	Female	30	45:30.827	14:58
161	132	Gwendolyn	Hughes	Female	11	45:32.356	14:39
162	270	Amy	West	Female	40	46:08.737	15:02
163	271	Jackson	West	Male	7	46:43.070	15:02
164	142	Allison	Alonso	Female	11	46:47.910	15:03
165	85	Erin	Evans	Female	46	47:39.093	15:32
166	216	Richard	Pertgen	Male	54	47:49.027	15:39
167	53	Avery	Cutright	Female	10	47:51.493	15:24
168	215	Nancy	Pertgen	Female	55	47:53.987	15:40
169	21	Judy	Blow	Female	48	48:47.260	15:42
170	189	Michael	Moore	Male	50	49:40.923	16:05
171	165	Susan	Lindsay	Female	41	49:42.237	16:05
172	191	Zachary	Moore	Male	6	49:44.373	16:06
173	190	Andrew	Moore	Male	6	49:55.990	16:04
174	244	Jess	Stankus Smith	Female	34	50:17.510	16:11
175	80	Sueann	Ellis	Female	36	50:58.540	16:24
176	64	Danny	Dennis	Male	6	51:33.310	16:52
177	143	Nazl	Bakhtiari	Female	10	53:00.217	17:25
178	260	Kennedy	Wagner	Female	11	53:37.863	17:38
179	167	Manjula	Lokesh	Female	50	54:15.927	17:44
180	222	Dru	Proost	Female	32	54:50.840	18:11
181	221	Carrie	Proost	Female	43	56:28.826	18:10
182	70	Antoinette	Duesing	Female	48	57:21.637	18:55
183	72	Denise	Duesing	Female	82	57:31.687	18:58
184	210	Shirley	Pace	Female	34	57:51.257	19:06
185	18	Joanna	Blanks	Female	44	58:05.393	19:07

Place	Bib #	First Name	Last Name	Sex	Age	Chip Time	Pace/Mile
186	158	Marjorie	Lamb	Female	52	58:38.423	18:52
187	71	Daniel	Duesing	Male	49	58:44.283	18:54
188	66	Gail	Dickens	Female	58	59:05.403	19:01
189	100	Maria	Ganues	Female	51	59:20.310	19:06
190	238	Rob	Smith	Male	33	1:00:58.290	19:37