

# Fast Before the Feast 5K

Place	Name	Hometown	Gender	Type	Bib #	Time	Pace	Speed
1	WILLIAM LAINE	KENNESAW, GA	M: 1	RUNNER	1350	00:18:31.96	05:57	10.1mph
2	ALEX BELISLE	NEWPORT NEWS, VA	M: 2	RUNNER	135	00:18:34.60	05:58	10.0mph
3	JIM HIGHSMITH	NEWPORT NEWS, VA	M: 3	RUNNER	741	00:18:46.59	06:02	9.9mph
4	JORDAN PRICE	NEWPORT NEWS, VA	M: 4	RUNNER	1522	00:19:12.78	06:11	9.7mph
5	MARIA SPADY	YORKTOWN, VA	F: 1	RUNNER	1602	00:19:21.95	06:13	9.6mph
6	CHRIS LAWS	YORKTOWN, VA	M: 5	RUNNER	1356	00:19:31.13	06:16	9.6mph
7	PEYTON WORTHINGTON	OAKLAND, CA	M: 6	RUNNER	1708	00:19:35.54	06:18	9.5mph
8	THOMAS WORTHINGTON	OAKLAND, CA	M: 7	RUNNER	1710	00:19:49.81	06:22	9.4mph
9	JACK GORTON	NEWPORT NEWS, VA	M: 8	RUNNER	1200	00:20:05.73	06:28	9.3mph
10	STEPHEN MACDONALD	SUFFOLK, VA	M: 9	RUNNER	1379	00:20:27.99	06:35	9.1mph
11	MATTHAEUS OTT	MYRTLE BEACH, SC	M: 10	RUNNER	1484	00:20:45.97	06:41	9.0mph
12	JASON TODD	NEWPORT NEWS, VA	M: 11	RUNNER	1647	00:21:03.48	06:46	8.9mph
13	GRACE PRILLAMAN	NEWPORT NEWS, VA	F: 2	RUNNER	1524	00:21:04.04	06:46	8.8mph
14	ROBERT LEFKOWICZ	NEWPORT NEWS, VA	M: 12	RUNNER	1365	00:21:20.12	06:52	8.7mph
15	DARREN LESLIE	POQUOSON, VA	M: 13	RUNNER	1412	00:21:24.50	06:53	8.7mph
16	RYAN RICHARDSON	RICHMOND, VA	M: 14	RUNNER	1546	00:21:42.09	06:59	8.6mph
17	PATRICK BOWLDS	ANCHORAGE, AK	M: 15	RUNNER	1070	00:21:46.37	07:00	8.6mph
18	ETHAN CLINKENBEARD	NEWPORT NEWS, VA	M: 16	RUNNER	1105	00:21:47.96	07:00	8.6mph
19	MICHELLE HUMPHREY	NEWPORT NEWS, VA	F: 3	RUNNER	1285	00:21:48.16	07:01	8.5mph
20	DAVIS PILLOW	CARROLLTON, VA	M: 17	RUNNER	1510	00:21:50.86	07:01	8.5mph
21	CHRIS GOLDSMITH	NEWPORT NEWS, VA	M: 18	RUNNER	287	00:21:51.36	07:02	8.5mph
22	ABBEY KENNEDY	HOLLY SPRINGS, NC	F: 4	RUNNER	1316	00:22:00.70	07:05	8.5mph
23	ABRAHAM CALVERT	WAYNESBURG, PA	M: 19	RUNNER	1087	00:22:10.18	07:08	8.4mph
24	KYLE NAZAREK	ANCHORAGE, AK	M: 20	RUNNER	1462	00:22:17.03	07:10	8.4mph
25	SOREN HINES	NEWPORT NEWS, VA	M: 21	RUNNER	1270	00:22:21.03	07:11	8.3mph
26	CHRIS LAFLAMME	YORKTOWN, VA	M: 22	RUNNER	389	00:22:22.06	07:11	8.3mph
27	RICH WIGHTMAN	YORKTOWN, VA	M: 23	RUNNER	1689	00:22:46.86	07:19	8.2mph
28	CHRISTOPHER EALY	NEWPORT NEWS, VA	M: 24	RUNNER	1149	00:22:51.26	07:21	8.2mph
29	RILEY KENNEDY	YORKTOWN, VA	F: 5	RUNNER	1323	00:23:15.65	07:29	8.0mph
30	JACKSON KENNEDY	HOLLY SPRINGS, NC	M: 25	RUNNER	1320	00:23:18.17	07:30	8.0mph
31	LAURA TRUMBORE	NEWPORT NEWS, VA	F: 6	RUNNER	1653	00:23:24.02	07:31	8.0mph
32	KELLEN LA ROCHE	HAMPTON, VA	M: 26	RUNNER	1341	00:23:30.03	07:33	7.9mph
33	KYLE ORTIZ	NEWPORT NEWS, VA	M: 27	RUNNER	1479	00:23:49.32	07:40	7.8mph
34	JOSEPH RYSAVY	CHESAPEAKE, VA	M: 28	RUNNER	1568	00:23:55.82	07:42	7.8mph
35	TANIA WHITE	HENRICO, VA	F: 7	RUNNER	1685	00:23:56.52	07:42	7.8mph
36	KAREN SANZO	HAMPTON, VA	F: 8	RUNNER	1573	00:23:59.25	07:43	7.8mph
37	TOMMY LAWRENCE	RESTON, VA	M: 29	RUNNER	1355	00:24:07.63	07:45	7.7mph
38	ANTHONY IGNOZZI	NEWPORT NEWS, VA	M: 30	RUNNER	1289	00:24:10.77	07:46	7.7mph
39	PETER MUELLER1		M: 31	RUNNER	739	00:24:11.13	07:47	7.7mph
40	JACKSON LEWIS		M: 32	RUNNER	724	00:24:12.68	07:47	7.7mph
41	BRAXTON LEE	QUINTON, VA	M: 33	RUNNER	1358	00:24:14.35	07:48	7.7mph
42	JOSEPH SEAL	CHESAPEAKE, VA	M: 34	RUNNER	1585	00:24:18.10	07:49	7.7mph
43	MICHAEL	BROOKLYN, NY	M: 35	RUNNER	1310	00:24:27.35	07:52	7.6mph
44	KARNJANAPRAKORN JOSHUA KREPPS	NEWPORT NEWS,	M: 36	RUNNER	1336	00:24:32.07	07:53	7.6mph

45	ANDREA GOLDSMITH	VA NEWPORT NEWS,	F: 9	RUNNER	286	00:24:40.69	07:56	7.6mph
46	DANIEL MINGIONE	VA CHESAPEAKE, VA	M: 37	RUNNER	1427	00:24:40.97	07:56	7.6mph

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Place	Name	Hometown	Gender	Type	Bib #	Time	Pace	Speed
47	EVAN DANZ	NEWPORT NEWS, VA	M: 38	RUNNER	1127	00:24:43.32	07:57	7.5mph
48	HAGEN HINES	NEWPORT NEWS, VA	M: 39	RUNNER	1268	00:24:49.12	07:59	7.5mph
49	BARACHIAH GONZALES	NEWPORT NEWS, VA	M: 40	RUNNER	1199	00:24:53.55	08:00	7.5mph
50	ANDREW FIOCCA	YORKTOWN, VA	M: 41	RUNNER	1168	00:24:57.86	08:02	7.5mph
51	STEVE BRINKER	NEWPORT NEWS, VA	M: 42	RUNNER	1078	00:24:58.71	08:02	7.5mph
52	ALISON TEM	NORFOLK, VA	F: 10	RUNNER	1629	00:25:09.35	08:05	7.4mph
53	ANN-GERMAINE DANZ	NEWPORT NEWS, VA	F: 11	RUNNER	1126	00:25:17.40	08:08	7.4mph
54	JAYSON LEFKOWICZ	NEWPORT NEWS, VA	M: 43	RUNNER	1362	00:25:26.59	08:11	7.3mph
55	BRITTNEY PELFREY	MIDLOTHIAN, VA	F: 12	RUNNER	1501	00:25:31.40	08:12	7.3mph
56	MICHELLE HOOPER	HAMPTON, VA	F: 13	RUNNER	1273	00:25:47.74	08:18	7.2mph
57	STAFFORD NICHOLS	ALEXANDRIA, VA	M: 44	RUNNER	1472	00:25:49.69	08:18	7.2mph
58	BETSY NICHOLS	ALEXANDRIA, VA	F: 14	RUNNER	1471	00:25:51.00	08:19	7.2mph
59	GRACE BOWEN	RICHMOND, VA	F: 15	RUNNER	1068	00:25:52.86	08:19	7.2mph
60	JAIME LEWIS1		M: 45	RUNNER	727	00:25:56.02	08:20	7.2mph
61	ALYSON HEIDENTHAL	NEWPORT NEWS, VA	F: 16	RUNNER	1259	00:25:57.13	08:21	7.2mph
62	ETHAN MONTGOMERY	ELGIN, IL	M: 46	RUNNER	1438	00:25:58.94	08:21	7.2mph
63	BENTLEY ZABICKI1		F: 17	RUNNER	728	00:25:59.14	08:21	7.2mph
64	KAMEL BEN-OTHMANE	YORKTOWN, VA	M: 47	RUNNER	1056	00:26:01.64	08:22	7.2mph
65	STEVEN GROSS	NEWPORT NEWS, VA	M: 48	RUNNER	1219	00:26:03.25	08:23	7.2mph
66	ASHLEY OWENS	KITTS HILL, OH	F: 18	RUNNER	1485	00:26:04.23	08:23	7.2mph
67	ERIK OTT	MYRTLE BEACH, SC	M: 49	RUNNER	1483	00:26:06.31	08:24	7.1mph
68	STEVEN LAINE	KENNESAW, GA	M: 50	RUNNER	1349	00:26:10.57	08:25	7.1mph
69	COLIN WINSLOW	CHESAPEAKE, VA	M: 51	RUNNER	1700	00:26:10.99	08:25	7.1mph
70	RAYNA REID	NEWPORT NEWS, VA	F: 19	RUNNER	1541	00:26:12.15	08:26	7.1mph
71	SCOTT SPARKS	NEWPORT NEWS, VA	M: 52	RUNNER	1603	00:26:17.21	08:27	7.1mph
72	ANNE MORGAN ALLIGOOD	NEWPORT NEWS, VA	F: 20	RUNNER	1019	00:26:21.11	08:28	7.1mph
73	ALAN DAWKINS	HAMPTON, VA	M: 53	RUNNER	1132	00:26:21.18	08:28	7.1mph
74	MAYA GORTON	NEWPORT NEWS, VA	F: 21	RUNNER	1201	00:26:21.48	08:29	7.1mph
75	JUBRAN ABDALLAH	YORKTOWN, VA	M: 54	RUNNER	1005	00:26:21.67	08:29	7.1mph
76	LAWRENCE CALVERT	WAYNESBURG, PA	M: 55	RUNNER	1088	00:26:22.29	08:29	7.1mph
77	DENNIS KENNEDY	HOLLY SPRINGS, NC	M: 56	RUNNER	1318	00:26:30.88	08:32	7.0mph
78	ERIC KARLIN	YORKTOWN, VA	M: 57	RUNNER	1309	00:26:32.93	08:32	7.0mph
79	MADÉLINE HALLINGER	WAKE FOREST, NC	F: 22	RUNNER	1236	00:26:36.85	08:33	7.0mph
80	REED MINGIONE	CHESAPEAKE, VA	M: 58	RUNNER	1430	00:26:39.49	08:34	7.0mph
81	ADDISON WINSLOW	CHESAPEAKE, VA	F: 23	RUNNER	1698	00:26:42.56	08:35	7.0mph
82	JAVI SALAZAR	BROOKLYN, NY	M: 59	RUNNER	1569	00:26:43.81	08:36	7.0mph
83	TOMMY PELFREY	MIDLOTHIAN, VA	M: 60	RUNNER	1502	00:26:46.82	08:37	7.0mph
84	MARY HALL	GLOUCESTER, VA	F: 24	RUNNER	1232	00:26:51.01	08:38	6.9mph
85	BRYTON LEE	QUINTON, VA	M: 61	RUNNER	1359	00:26:53.95	08:39	6.9mph
86	KAIDEN WILSON	MIDLOTHIAN, VA	M: 62	RUNNER	1695	00:26:54.33	08:39	6.9mph
87	DANIEL HALLINGER	WAKE FOREST, NC	M: 63	RUNNER	1235	00:26:56.38	08:40	6.9mph
88	ETHAN MOSES	NEWPORT NEWS, VA	M: 64	RUNNER	1454	00:26:57.08	08:40	6.9mph
89	COLIN HARRIS	YORKTOWN, VA	M: 65	RUNNER	1242	00:26:58.38	08:40	6.9mph
90	WILLIAM BERGER	NEWPORT NEWS, VA	M: 66	RUNNER	1061	00:26:59.35	08:41	6.9mph
91	KIRSTEN ZEIGLER	CHESAPEAKE, VA	F: 25	RUNNER	1718	00:27:02.90	08:42	6.9mph
92	LEO KENNEDY	CLEMMONS, NC	M: 67	RUNNER	1322	00:27:07.14	08:43	6.9mph
93	ERICK HAMPTEN		M: 68	RUNNER	1752	00:27:08.33	08:44	6.9mph
94	JOHN MCCLURE	NEWPORT NEWS, VA	M: 69	RUNNER	1408	00:27:09.36	08:44	6.9mph

95 ANNA NEWMAN

VA  
HAMPTON, VA

F: 26

RUNNER

1468 00:27:15.55

08:46

6.8mph

**Commonwealth Timing**

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96	HANNAH ABEYOUNIS	NEWPORT NEWS, VA	F: 27	RUNNER	1011	00:27:15.74	08:46	6.8mph
97	ERIC PARSELL	HAMPTON, VA	M: 70	RUNNER	1497	00:27:19.94	08:47	6.8mph
98	KEVIN CONLIN	NEWPORT NEWS, VA	M: 71	RUNNER	1113	00:27:20.53	08:48	6.8mph
99	KRISTIE MANNING	NEWPORT NEWS, VA	F: 28	RUNNER	1390	00:27:27.57	08:50	6.8mph
100	VALERIE ATLEE	YORKTOWN, VA	F: 29	RUNNER	1032	00:27:28.49	08:50	6.8mph
101	DJ MOORE	NEWPORT NEWS, VA	M: 72	RUNNER	1442	00:27:28.86	08:50	6.8mph
102	MARK JONES	YORKTOWN, VA	M: 73	RUNNER	1308	00:27:30.45	08:51	6.8mph
103	SUSAN LINDEMANN	YORKTOWN, VA	F: 30	RUNNER	1372	00:27:31.52	08:51	6.8mph
104	AUSTIN LINGENFELTER	YORKTOWN, VA	M: 74	RUNNER	1373	00:27:32.44	08:51	6.8mph
105	AMANDA WATKINS	NEWPORT NEWS, VA	F: 31	RUNNER	1676	00:27:33.46	08:52	6.8mph
106	ISABEL ATLEE	YORKTOWN, VA	F: 32	RUNNER	1031	00:27:34.68	08:52	6.8mph
107	ETHAN BOWEN		M: 75	RUNNER	722	00:27:35.18	08:52	6.8mph
108	BLAINE HUTCHENS	NEWPORT NEWS, VA	M: 76	RUNNER	1286	00:27:35.46	08:52	6.8mph
109	KRISTIN COCHRAN	NEWPORT NEWS, VA	F: 33	RUNNER	1108	00:27:35.50	08:52	6.8mph
110	MICHAEL SIBLEY JR	NEWPORT NEWS, VA	M: 77	RUNNER	1593	00:27:35.72	08:52	6.8mph
111	JEANNE FIOCCA	YORKTOWN, VA	F: 34	RUNNER	1170	00:27:37.54	08:53	6.7mph
112	ANDREW DUNN	NEWPORT NEWS, VA	M: 78	RUNNER	1148	00:27:37.83	08:53	6.7mph
113	LUKE SENSENIG	YORKTOWN, VA	M: 79	RUNNER	1589	00:27:44.68	08:55	6.7mph
114	NICOLE HEALD	NEWPORT NEWS, VA	F: 35	RUNNER	1258	00:27:46.86	08:56	6.7mph
115	EDWARD RIDOUT	NORFOLK, VA	M: 80	RUNNER	1548	00:27:47.88	08:56	6.7mph
116	EREK JANOWSKI	GLOUCESTER, VA	M: 81	RUNNER	1301	00:27:49.14	08:57	6.7mph
117	HANNAH MALLORY	HAMPTON, VA	F: 36	RUNNER	1385	00:27:49.82	08:57	6.7mph
118	PHIL MILLER	NEWPORT NEWS, VA	M: 82	RUNNER	1424	00:27:50.49	08:57	6.7mph
119	HEATHER MILLNER	ARLINGTON, VA	F: 37	RUNNER	1425	00:27:51.97	08:58	6.7mph
120	JESSE MALLORY	HAMPTON, VA	M: 83	RUNNER	1386	00:27:53.41	08:58	6.7mph
121	BRUCE REID	NEWPORT NEWS, VA	M: 84	RUNNER	1540	00:27:54.01	08:58	6.7mph
122	JIMMY FIOCCA	YORKTOWN, VA	M: 85	RUNNER	1171	00:27:54.64	08:59	6.7mph
123	JOSH MILLNER	ARLINGTON, VA	M: 86	RUNNER	1426	00:27:56.40	08:59	6.7mph
124	ADAM MONTALVO	CARROLLTON, VA	M: 87	RUNNER	1434	00:27:57.50	08:59	6.7mph
125	SAMUEL RADECKI	CARROLLTON, VA	M: 88	RUNNER	1531	00:27:58.51	09:00	6.7mph
126	ETHAN ROBERTSON	NEWPORT NEWS, VA	M: 89	RUNNER	1554	00:27:59.96	09:00	6.7mph
127	DEBRA PRICE	NEWPORT NEWS, VA	F: 38	RUNNER	1521	00:28:04.07	09:02	6.6mph
128	WALKER MASON	NEWPORT NEWS, VA	M: 90	RUNNER	1402	00:28:07.15	09:03	6.6mph
129	MADELINE SANDIFER	VIRGINIA BEACH, VA	F: 39	RUNNER	1572	00:28:09.79	09:03	6.6mph
130	KAT PLUCINSKI	NEWPORT NEWS, VA	F: 40	RUNNER	1515	00:28:09.98	09:03	6.6mph
131	HARLEY PAGE	NEWPORT NEWS, VA	M: 91	RUNNER	1489	00:28:11.87	09:04	6.6mph
132	KEVIN HUTCHENS	NEWPORT NEWS, VA	M: 92	RUNNER	1287	00:28:19.76	09:07	6.6mph
133	LINDSEY ACCARDI	CARROLLTON, VA	F: 41	RUNNER	1013	00:28:24.66	09:08	6.6mph
134	MEGAN MACLEOD	YORKTOWN, VA	F: 42	RUNNER	1380	00:28:27.00	09:09	6.6mph
135	JANINE HARVEY	NEWPORT NEWS, VA	F: 43	RUNNER	1250	00:28:32.77	09:11	6.5mph

136	HEATHER FRANZ	VA SEAFORD, VA	F: 44	RUNNER	264	00:28:34.24	09:11	6.5mph
137	GABRIELE LINGENFELTER	YORKTOWN, VA	F: 45	RUNNER	1374	00:28:40.81	09:13	6.5mph
138	MARK PARSELL	SALIDA, CO	M: 93	RUNNER	1498	00:28:43.72	09:14	6.5mph
139	ANN CHAPPELL ELLINGTON	NEWPORT NEWS, VA	F: 46	RUNNER	1150	00:28:46.08	09:15	6.5mph

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140	GINA RONDINELLI	NEWPORT NEWS, VA	F: 47	RUNNER	1558	00:28:48.84	09:16	6.5mph
141	MIKE HILL	NEWPORT NEWS, VA	M: 94	RUNNER	1267	00:28:52.32	09:17	6.5mph
142	CHRISTIAN OTT	MYRTLE BEACH, SC	M: 95	RUNNER	1482	00:28:55.00	09:18	6.4mph
143	JESSICA PONCE	YORKTOWN, VA	F: 48	RUNNER	1519	00:28:58.27	09:19	6.4mph
144	SARAH BEN-OTHMANE	YORKTOWN, VA	F: 49	RUNNER	1058	00:28:58.84	09:19	6.4mph
145	CARLY BOWEN		F: 50	RUNNER	721	00:29:03.56	09:21	6.4mph
146	LAUREN PALAGYI	SUFFOLK, VA	F: 51	RUNNER	1490	00:29:07.19	09:22	6.4mph
147	KRISTA GRYGAR	SPRINGFIELD, VA	F: 52	RUNNER	1222	00:29:07.39	09:22	6.4mph
148	ADAM LEVINE	YORKTOWN, VA	M: 96	RUNNER	1367	00:29:08.64	09:22	6.4mph
149	RICHARD ZEIGLER	CHESAPEAKE, VA	M: 97	RUNNER	1719	00:29:10.27	09:23	6.4mph
150	JIMMY HEALD	NEWPORT NEWS, VA	M: 98	RUNNER	1255	00:29:14.85	09:24	6.4mph
151	JENNIFER SANDIFER	VIRGINIA BEACH, VA	F: 53	RUNNER	1571	00:29:18.71	09:26	6.4mph
152	MARY BROWN	HAMPTON, VA	F: 54	RUNNER	1080	00:29:22.01	09:27	6.3mph
153	NICHOLAS BEARDALL	NORFOLK, VA	M: 99	RUNNER	1054	00:29:25.17	09:28	6.3mph
154	AMANDA HALL	NEWPORT NEWS, VA	F: 55	RUNNER	1231	00:29:29.64	09:29	6.3mph
155	MASON HAGERTY	SEAFORD, VA	M: 100	RUNNER	1229	00:29:31.21	09:30	6.3mph
156	MICHAEL CHINN	CHESAPEAKE, VA	M: 101	RUNNER	1100	00:29:32.43	09:30	6.3mph
157	MADELEINE BARRERA	NORFOLK, VA	F: 56	RUNNER	1043	00:29:32.63	09:30	6.3mph
158	BERTIE CHINN	CHESAPEAKE, VA	F: 57	RUNNER	1099	00:29:33.16	09:30	6.3mph
159	RYAN HAGERTY	SEAFORD, VA	M: 102	RUNNER	1230	00:29:34.45	09:31	6.3mph
160	CHRISTINE DAWKINS	HAMPTON, VA	F: 58	RUNNER	1133	00:29:34.60	09:31	6.3mph
161	STEVE THORNE	YORKTOWN, VA	M: 103	RUNNER	1644	00:29:34.91	09:31	6.3mph
162	CARTER MASON	NEWPORT NEWS, VA	M: 104	RUNNER	1399	00:29:36.49	09:31	6.3mph
163	LORI MELLE	NEWPORT NEWS, VA	F: 59	RUNNER	1414	00:29:36.80	09:31	6.3mph
164	TERRY HARRIS	NEWPORT NEWS, VA	M: 105	RUNNER	1248	00:29:37.08	09:31	6.3mph
165	JULIE PILLOW	CARROLLTON, VA	F: 60	RUNNER	1511	00:29:39.35	09:32	6.3mph
166	GEORGE JACOBS	NEWPORT NEWS, VA	M: 106	RUNNER	1294	00:29:42.27	09:33	6.3mph
167	ZACHARY ABDALLAH	YORKTOWN, VA	M: 107	RUNNER	1007	00:29:44.84	09:34	6.3mph
168	BRADY LA ROCHE	HAMPTON, VA	M: 108	RUNNER	1338	00:29:46.17	09:34	6.3mph
169	JEFF HARRIS	YORKTOWN, VA	M: 109	RUNNER	1244	00:29:49.26	09:35	6.3mph
170	MICHAEL LINGENFELTER	POQUOSON, VA	M: 110	RUNNER	1375	00:29:57.38	09:38	6.2mph
171	BROCK WOLF	CHARLOTTE, NC	M: 111	RUNNER	1705	00:29:59.07	09:39	6.2mph
172	TASHA ROSE	NEWPORT NEWS, VA	F: 61	RUNNER	1564	00:30:00.21	09:39	6.2mph
173	NATHAN SENSENIG	YORKTOWN, VA	M: 112	RUNNER	1590	00:30:01.87	09:39	6.2mph
174	AMANDA COLLIER	YORKTOWN, VA	F: 62	RUNNER	1112	00:30:03.36	09:40	6.2mph
175	HEATHER MATHER	CHESAPEAKE, VA	F: 63	RUNNER	1404	00:30:03.64	09:40	6.2mph
176	LENA NAZAREK	NEWPORT NEWS, VA	F: 64	RUNNER	1463	00:30:06.53	09:41	6.2mph
177	ABBY WACLO	GLOUCESTER, VA	F: 65	RUNNER	1665	00:30:06.63	09:41	6.2mph
178	JAMES MATHER	CHESAPEAKE, VA	M: 113	RUNNER	1405	00:30:09.67	09:42	6.2mph
179	JACOB HOPE	NEWPORT NEWS, VA	M: 114	RUNNER	1277	00:30:09.75	09:42	6.2mph
180	JAKE LA ROCHE	HAMPTON, VA	M: 115	RUNNER	1340	00:30:10.05	09:42	6.2mph
181	MICHAEL GRYGAR	SPRINGFIELD, VA	M: 116	RUNNER	1223	00:30:13.57	09:43	6.2mph
182	RICHARD LA ROCHE	HAMPTON, VA	M: 117	RUNNER	1344	00:30:18.55	09:45	6.2mph
183	CRAIG MURCHISON	NEWPORT NEWS, VA	M: 118	RUNNER	1457	00:30:19.87	09:45	6.1mph
184	LINDSEY KELLY	CARROLLTON, VA	F: 66	RUNNER	1313	00:30:26.92	09:48	6.1mph
185	SCARLETT KENNEDY	CLEMMONS, NC	F: 67	RUNNER	1324	00:30:39.31	09:52	6.1mph
186	JULIE KENNEDY	HOLLY SPRINGS, NC	F: 68	RUNNER	1321	00:30:40.73	09:52	6.1mph
187	JENNIFER ZEIGLER	CHESAPEAKE, VA	F: 69	RUNNER	1717	00:30:43.31	09:53	6.1mph
188	MELINDA MONK SALKEN	NEWPORT NEWS, VA	F: 70	RUNNER	1433	00:30:47.24	09:54	6.1mph
189	STEPHANIE DENNARD	NEWPORT NEWS, VA	F: 71	RUNNER	1140	00:30:47.89	09:54	6.1mph





# Fast Before the Feast 5K

Place	Name	Hometown	Gender	Type	Bib #	Time	Pace	Speed
190	MICHELE HEALD	NEWPORT NEWS, VA	F: 72	RUNNER	1256	00:30:54.66	09:56	6.0mph
191	ADONIAH MERFAKE	YORKTOWN, VA	M: 119	RUNNER	1417	00:30:58.56	09:58	6.0mph
192	REBEKAH SENSENIG	YORKTOWN, VA	F: 73	RUNNER	1591	00:30:58.57	09:58	6.0mph
193	RON WORTHINGTON	BENA, VA	M: 120	RUNNER	1709	00:30:58.69	09:58	6.0mph
194	BENJAMIN SENSENIG	YORKTOWN, VA	M: 121	RUNNER	1588	00:31:00.24	09:58	6.0mph
195	TRAVIS WORTHINGTON	OAKLAND, CA	M: 122	RUNNER	1711	00:31:02.04	09:59	6.0mph
196	MAYA GOKCEN	YORKTOWN, VA	F: 74	RUNNER	1197	00:31:09.18	10:01	6.0mph
197	JESSICA GOSSELIN	NORFOLK, VA	F: 75	RUNNER	1203	00:31:10.67	10:02	6.0mph
198	ELAINE MONTGOMERY	ELGIN, IL	F: 76	RUNNER	1437	00:31:16.70	10:04	6.0mph
199	ELIZABETH HUBBARD	CHICAGO, IL	F: 77	RUNNER	1280	00:31:17.91	10:04	6.0mph
200	JACLYN WADE	NEWPORT NEWS, VA	F: 78	RUNNER	669	00:31:21.82	10:05	5.9mph
201	MATTHEW CLINARD	NEWPORT NEWS, VA	M: 123	RUNNER	1102	00:31:22.00	10:05	5.9mph
202	COURTLAND WRIGHT	NEWPORT NEWS, VA	F: 79	RUNNER	720	00:31:23.99	10:06	5.9mph
203	ERIC NUNGESTER	NEWPORT NEWS, VA	M: 124	RUNNER	1474	00:31:24.83	10:06	5.9mph
204	AMY MCCLURE	NEWPORT NEWS, VA	F: 80	RUNNER	1406	00:31:33.20	10:09	5.9mph
205	KRISTEN WOLF	CHARLOTTE, NC	F: 81	RUNNER	1706	00:31:40.89	10:11	5.9mph
206	THEA GANOE	HAMPTON, VA	F: 82	RUNNER	1188	00:31:43.66	10:12	5.9mph
207	BRIDGET MCCLURE	NEWPORT NEWS, VA	F: 83	RUNNER	1407	00:31:45.94	10:13	5.9mph
208	LEO BAILEY II	NEWPORT NEWS, VA	M: 125	RUNNER	1036	00:31:58.94	10:17	5.8mph
209	NICK BUJACICH	CHESAPEAKE, VA	M: 126	RUNNER	1083	00:32:02.09	10:18	5.8mph
210	MAGEN LEFKOWICZ	NEWPORT NEWS, VA	F: 84	RUNNER	1364	00:32:02.71	10:18	5.8mph
211	MEGHAN O'MALLEY	SUFFOLK, VA	F: 85	RUNNER	1477	00:32:04.27	10:19	5.8mph
212	LISA MACDONALD	SUFFOLK, VA	F: 86	RUNNER	1378	00:32:04.85	10:19	5.8mph
213	ELIZABETH TEM	ARLINGTON, VA	F: 87	RUNNER	1632	00:32:19.34	10:24	5.8mph
214	IAN LANGAN	WASHINGTON, DC	M: 127	RUNNER	1353	00:32:23.01	10:25	5.8mph
215	CELESTE IMBORNONE	HAMPTON, VA	F: 88	RUNNER	1290	00:32:26.80	10:26	5.7mph
216	KIM FLINT	NEWPORT NEWS, VA	F: 89	RUNNER	1177	00:32:32.05	10:28	5.7mph
217	EDDIE FIOCCA	YORKTOWN, VA	M: 128	RUNNER	1169	00:32:34.86	10:29	5.7mph
218	KATE FIEST	YORKTOWN, VA	F: 90	RUNNER	251	00:32:35.33	10:29	5.7mph
219	PAMELA NEWTOWN	WINSTON-SALEM, NC	F: 91	RUNNER	1470	00:32:39.51	10:30	5.7mph
220	ELIZABETH WUSK	ROYAL OAK, MI	F: 92	RUNNER	1712	00:32:40.89	10:31	5.7mph
221	CALEB RADECKI	CARROLLTON, VA	M: 129	RUNNER	1529	00:32:44.04	10:32	5.7mph
222	DARYL BLOOM	NEWPORT NEWS, VA	M: 130	RUNNER	1062	00:32:44.30	10:32	5.7mph
223	ANDREW NUNN	SUFFOLK, VA	M: 131	RUNNER	1475	00:32:50.39	10:34	5.7mph
224	KASEY PATTON	SUFFOLK, VA	F: 93	RUNNER	1499	00:32:52.56	10:34	5.7mph
225	MICHAEL RODGERS	NEWPORT NEWS, VA	M: 132	RUNNER	1555	00:32:52.83	10:34	5.7mph
226	DAVE WHITE	NEWPORT NEWS, VA	M: 133	RUNNER	1680	00:32:54.59	10:35	5.7mph
227	AUBREY ROANE	SUFFOLK, VA	F: 94	RUNNER	1550	00:33:09.39	10:40	5.6mph
228	CHERYL WALDRON	YORKTOWN, VA	F: 95	RUNNER	1668	00:33:17.69	10:42	5.6mph
229	WILLIAM WALDRON	YORKTOWN, VA	M: 134	RUNNER	1669	00:33:18.12	10:43	5.6mph
230	ROSARIA CRISAFULLI	NEWPORT NEWS, VA	F: 96	RUNNER	1120	00:33:18.71	10:43	5.6mph
231	JEFF ELLINGTON	NEWPORT NEWS, VA	M: 135	RUNNER	1151	00:33:19.95	10:43	5.6mph
232	KERRIE WATSON1		F: 97	RUNNER	738	00:33:21.17	10:44	5.6mph
233	GABRIELLA PAGAN	SUFFOLK, VA	F: 98	RUNNER	1486	00:33:22.13	10:44	5.6mph

234	ADRIA STROTHERS	NEWPORT NEWS, VA	F: 99	RUNNER	1620 00:33:26.21	10:45	5.6mph
235	MELISSA ABREU TOYENS	SUFFOLK, VA	F: 100	RUNNER	1012 00:33:30.57	10:47	5.6mph
236	STEPHANIE MURCHISON	NEWPORT NEWS, VA	F: 101	RUNNER	1458 00:33:32.29	10:47	5.6mph

**Commonwealth Timing**

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# Fast Before the Feast 5K

Place	Name	Hometown	Gender	Type	Bib #	Time	Pace	Speed
237	MARTY RIDOUT	HAMPTON, VA	M: 136	RUNNER	1549	00:33:42.86	10:51	5.5mph
238	SUSAN EURE	CLAYTON, NC	F: 102	RUNNER	1159	00:33:45.00	10:51	5.5mph
239	DONNA LEWIS	SEAFORD, VA	F: 103	RUNNER	1369	00:33:53.67	10:54	5.5mph
240	JESSICA HARRIS	YORKTOWN, VA	F: 104	RUNNER	1245	00:33:59.37	10:56	5.5mph
241	TOMMY GRAY	CARROLLTON, VA	M: 137	RUNNER	1215	00:34:02.09	10:57	5.5mph
242	STEFANY MONTGOMERY	ELGIN, IL	F: 105	RUNNER	1440	00:34:05.06	10:58	5.5mph
243	ALEXIS TAYLOR	DENVER, CO	F: 106	RUNNER	1625	00:34:05.52	10:58	5.5mph
244	JASON MONTGOMERY	ELGIN, IL	M: 138	RUNNER	1439	00:34:07.11	10:58	5.5mph
245	JASON MOORE	DURHAM, NC	M: 139	RUNNER	1444	00:34:08.53	10:59	5.5mph
246	REBECCA WEINGARTEN	SILVER SPRING, MD	F: 107	RUNNER	1677	00:34:09.04	10:59	5.5mph
247	LAURA MADLER	NEWPORT NEWS, VA	F: 108	RUNNER	1381	00:34:16.63	11:01	5.4mph
248	ANDREW MEDVEC	KILL DEVIL HILLS, NC	M: 140	RUNNER	1413	00:34:34.80	11:07	5.4mph
249	HOLLY CUNNINGHAM1		F: 109	RUNNER	734	00:34:37.16	11:08	5.4mph
250	JIM CUNNINGHAM1		M: 141	RUNNER	735	00:34:37.84	11:08	5.4mph
251	SARAH HUGHES	HARRISONBURG, VA	F: 110	RUNNER	1284	00:34:38.31	11:08	5.4mph
252	JARED BROWN		M: 142	RUNNER	749	00:34:42.17	11:10	5.4mph
253	MARK VINYARD	HAMPTON, VA	M: 143	RUNNER	1662	00:34:43.10	11:10	5.4mph
254	WILL GORTON	NEWPORT NEWS, VA	M: 144	RUNNER	1202	00:34:47.91	11:12	5.4mph
255	MEREDITH HUTCHENS	NEWPORT NEWS, VA	F: 111	RUNNER	1288	00:34:58.30	11:15	5.3mph
256	TAMARA KREPPS	NEWPORT NEWS, VA	F: 112	RUNNER	1337	00:34:59.15	11:15	5.3mph
257	CHRISTOPHER SCHREIER	CAMERON, NC	M: 145	RUNNER	1581	00:35:02.85	11:16	5.3mph
258	ALISON PEABODY	CHESAPEAKE, VA	F: 113	RUNNER	1500	00:35:04.27	11:17	5.3mph
259	KHRYSTEL KING	NEWPORT NEWS, VA	F: 114	RUNNER	1327	00:35:09.81	11:19	5.3mph
260	JANE MOORE	HAMPTON, VA	F: 115	RUNNER	1443	00:35:14.24	11:20	5.3mph
261	VALERIE BOWEN	HAMPTON, VA	F: 116	RUNNER	1069	00:35:15.54	11:20	5.3mph
262	JANE ABBOTT	HAMPTON, VA	F: 117	RUNNER	1001	00:35:20.97	11:22	5.3mph
263	ASHLEIGH TYLER	CHESAPEAKE, VA	F: 118	RUNNER	1655	00:35:28.06	11:24	5.3mph
264	BRIENNA SAWYER	CENTREVILLE, VA	F: 119	RUNNER	1576	00:35:42.75	11:29	5.2mph
265	SAMANTHA HIGHSMITH	NEWPORT NEWS, VA	F: 120	RUNNER	742	00:35:45.13	11:30	5.2mph
266	MICHAEL MYNES	NEWPORT NEWS, VA	M: 146	RUNNER	1459	00:35:45.45	11:30	5.2mph
267	ABIGALE MYNES	NEWPORT NEWS, VA	F: 121	RUNNER	1604	00:35:47.09	11:31	5.2mph
268	ASHLYNN CLINKENBEARD	NEWPORT NEWS, VA	F: 122	RUNNER	1104	00:35:47.46	11:31	5.2mph
269	KIM HINES	NEWPORT NEWS, VA	F: 123	RUNNER	1269	00:35:55.63	11:33	5.2mph
270	CHRISSIE OTT	MYRTLE BEACH, SC	F: 124	RUNNER	1481	00:35:56.44	11:34	5.2mph
271	LUCY MENDEZ	NEWPORT NEWS, VA	F: 125	RUNNER	1415	00:35:56.90	11:34	5.2mph
272	JUSTIN FITZPATRICK	CHESAPEAKE, VA	M: 147	RUNNER	1173	00:36:00.01	11:35	5.2mph
273	CAITLIN MCEVILY	YORKTOWN, VA	F: 126	RUNNER	1409	00:36:12.37	11:39	5.1mph
274	TABITHA LLOYD	LANEXA, VA	F: 127	RUNNER	1376	00:36:14.19	11:39	5.1mph
275	COLEY SMITH	RESTON, VA	F: 128	RUNNER	1595	00:36:21.56	11:42	5.1mph
276	DAVID ABEYOUNIS	NEWPORT NEWS, VA	M: 148	RUNNER	1010	00:36:23.74	11:42	5.1mph
277	SARAH MARCHESE	NEWPORT NEWS, VA	F: 129	RUNNER	1395	00:36:24.18	11:43	5.1mph
278	CASEY LA ROCHE	HAMPTON, VA	F: 130	RUNNER	1339	00:36:27.87	11:44	5.1mph
279	BOSTON LEE	GLOUCESTER, VA	M: 149	RUNNER	1357	00:36:40.15	11:48	5.1mph
280	AIDEN RHODES	HAMPTON, VA	M: 150	RUNNER	545	00:36:43.01	11:49	5.1mph
281	JOHN ADAMS	NEWPORT NEWS, VA	M: 151	RUNNER	1014	00:36:45.50	11:49	5.1mph
282	MARYANNE LEE	QUINTON, VA	F: 131	RUNNER	1360	00:36:45.67	11:49	5.1mph
283	BRAYLEE BARNETT	SUFFOLK, VA	F: 132	RUNNER	1040	00:36:48.90	11:50	5.1mph

284 CAITLYN WALKER

NEWPORT NEWS,  
VA

F: 133

RUNNER

1670 00:36:53.11

11:52 5.1mph

**Commonwealth Timing**

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# Fast Before the Feast 5K

Place	Name	Hometown	Gender	Type	Bib #	Time	Pace	Speed
285	LOUISA HUGHES	WOODFORD, VA	F: 134	RUNNER	1283	00:36:55.65	11:53	5.0mph
286	GREG SVENCER	SUFFOLK, VA	M: 152	RUNNER	1623	00:36:56.57	11:53	5.0mph
287	COURTNEY FIEST	YORKTOWN, VA	F: 135	RUNNER	249	00:37:13.52	11:58	5.0mph
288	REGINALD ALMOND	NEWPORT NEWS, VA	M: 153	RUNNER	1021	00:37:19.56	12:00	5.0mph
289	DESMOND MOORE	DURHAM, NC	M: 154	RUNNER	1441	00:37:26.49	12:03	5.0mph
290	OLIVIA ORTIZ	NEWPORT NEWS, VA	F: 136	RUNNER	1480	00:37:27.37	12:03	5.0mph
291	EMILY BEARDALL	NORFOLK, VA	F: 137	RUNNER	1050	00:37:36.22	12:06	5.0mph
292	HOLDEN WINSLOW	CHESAPEAKE, VA	M: 155	RUNNER	1701	00:37:41.66	12:07	4.9mph
293	KEN RADECKI	CARROLLTON, VA	M: 156	RUNNER	1530	00:37:42.86	12:08	4.9mph
294	PHILLIP WINSLOW	CHESAPEAKE, VA	M: 157	RUNNER	1702	00:37:45.39	12:09	4.9mph
295	JODY O'HARA	MONTPELIER, VA	F: 138	RUNNER	1476	00:37:46.68	12:09	4.9mph
296	JACKSON HARRIS	YORKTOWN, VA	M: 158	RUNNER	1243	00:37:55.11	12:12	4.9mph
297	JANELL GREGORY	WEST COLUMBIA, SC	F: 139	RUNNER	1216	00:37:55.96	12:12	4.9mph
298	SHAUN RICHARDSON	NORFOLK, VA	M: 159	RUNNER	1547	00:37:58.03	12:13	4.9mph
299	LISHA MOORE	NEWPORT NEWS, VA	F: 140	RUNNER	1445	00:38:06.22	12:15	4.9mph
300	MARYANN JACKSON	NEWPORT NEWS, VA	F: 141	RUNNER	1293	00:38:09.22	12:16	4.9mph
301	JESSICA MINGIONE	CHESAPEAKE, VA	F: 142	RUNNER	1428	00:38:28.85	12:23	4.8mph
302	BETHEL MERFAKE	YORKTOWN, VA	F: 143	RUNNER	1418	00:38:29.22	12:23	4.8mph
303	DEBBIE VREELAND	MONETA, VA	F: 144	RUNNER	1663	00:38:46.88	12:28	4.8mph
304	KELLI SEAL	SUFFOLK, VA	F: 145	RUNNER	1586	00:39:17.09	12:38	4.7mph
305	AMY LINDAHL	NORFOLK, VA	F: 146	RUNNER	1371	00:39:25.92	12:41	4.7mph
306	ELIAS WHITE	SUFFOLK, VA	M: 160	RUNNER	1681	00:39:35.50	12:44	4.7mph
307	MICHAEL GREGORY	WEST COLUMBIA, SC	M: 161	RUNNER	1217	00:39:35.86	12:44	4.7mph
308	TRINITY WHITE	SUFFOLK, VA	F: 147	RUNNER	1686	00:39:45.56	12:47	4.7mph
309	DIANE HOPE	NEWPORT NEWS, VA	F: 148	RUNNER	1275	00:39:49.63	12:49	4.7mph
310	HARPER ROSE	NEWPORT NEWS, VA	F: 149	RUNNER	1562	00:39:51.91	12:49	4.7mph
311	LAURIE HARRIS	YORKTOWN, VA	F: 150	RUNNER	1247	00:39:53.53	12:50	4.7mph
312	CATHERINE KELLY	CARROLLTON, VA	F: 151	RUNNER	1312	00:39:53.79	12:50	4.7mph
313	BONNIE ABDALLAH	YORKTOWN, VA	F: 152	RUNNER	1004	00:39:54.07	12:50	4.7mph
314	LAURA SCOTT	POQUOSON, VA	F: 153	RUNNER	1583	00:39:54.60	12:50	4.7mph
315	SAM ROSE	NEWPORT NEWS, VA	M: 162	RUNNER	1563	00:39:54.71	12:50	4.7mph
316	MARIA RAMIREZ GORTON	NEWPORT NEWS, VA	F: 154	RUNNER	1538	00:39:58.05	12:51	4.7mph
317	NATHANIEL WHITE	SUFFOLK, VA	M: 163	RUNNER	1683	00:40:08.08	12:55	4.6mph
318	PAIGE LA ROCHE	HAMPTON, VA	F: 155	RUNNER	1343	00:40:13.81	12:56	4.6mph
319	ERIN DIXON	NEWPORT NEWS, VA	F: 156	RUNNER	1142	00:40:14.00	12:56	4.6mph
320	MARK WHITE	SUFFOLK, VA	M: 164	RUNNER	1682	00:40:16.34	12:57	4.6mph
321	RONALD HOLCOMB	NEWPORT NEWS, VA	M: 165	RUNNER	1271	00:40:18.87	12:58	4.6mph
322	ANITA MASON	CLAYTON, NC	F: 157	RUNNER	1398	00:40:18.92	12:58	4.6mph
323	SHELBY BROWN	HAMPTON, VA	F: 158	RUNNER	1081	00:40:29.19	13:01	4.6mph
324	DONNA KELLEY1		F: 159	RUNNER	725	00:40:40.47	13:05	4.6mph
325	MICHAEL TEM	NORFOLK, VA	M: 166	RUNNER	1634	00:40:44.25	13:06	4.6mph
326	MATTHEW TEM	NORFOLK, VA	M: 167	RUNNER	1633	00:40:45.44	13:07	4.6mph
327	SUSANNA BAILEY	NEWPORT NEWS, VA	F: 160	RUNNER	1035	00:40:45.69	13:07	4.6mph
328	JAMES SPOSATO	CHESAPEAKE, VA	M: 168	RUNNER	1607	00:40:49.60	13:08	4.6mph
329	KRISTEN COOPER	NEWPORT NEWS, VA	F: 161	RUNNER	1115	00:40:50.62	13:08	4.6mph
330	MICAELA SPOSATO	CHESAPEAKE, VA	F: 162	RUNNER	1608	00:40:53.36	13:09	4.6mph
331	DEANNA HILL	NEWPORT NEWS, VA	F: 163	RUNNER	1266	00:41:00.27	13:11	4.5mph

332 ASHLEY HILL

NEWPORT NEWS,  
VA

F: 164

RUNNER

1265 00:41:03.12

13:12 4.5mph

**Commonwealth Timing**

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# Fast Before the Feast 5K

Place	Name	Hometown	Gender	Type	Bib #	Time	Pace	Speed
333	SAMANTHA GRAHAM	SUFFOLK, VA	F: 165	RUNNER	1209	00:41:25.72	13:20	4.5mph
334	CHELSIE BAKER	NEWPORT NEWS, VA	F: 166	RUNNER	1037	00:41:36.49	13:23	4.5mph
335	TERRENCE WILL	YORKTOWN, VA	M: 169	RUNNER	1690	00:41:42.30	13:25	4.5mph
336	DANIEL MASON	NEWPORT NEWS, VA	M: 170	RUNNER	1400	00:41:48.23	13:27	4.5mph
337	MORGAN ROANE	HAMPTON, VA	M: 171	RUNNER	1551	00:41:49.60	13:27	4.5mph
338	ATASHA PANNELL	HAMPTON, VA	F: 167	RUNNER	1496	00:41:51.37	13:28	4.5mph
339	KATIE ELLINGTON	NEWPORT NEWS, VA	F: 168	RUNNER	1152	00:41:52.69	13:28	4.5mph
340	STEPHANIE ROANE	CHARLOTTESVILLE, VA	F: 169	RUNNER	1552	00:41:57.15	13:30	4.4mph
341	ZACHARY WUSK	YORKTOWN, VA	M: 172	RUNNER	1715	00:42:01.87	13:31	4.4mph
342	MICHAEL WUSK	YORKTOWN, VA	M: 173	RUNNER	1714	00:42:14.96	13:35	4.4mph
343	ABIGAIL ADCOX	RICHMOND, VA	F: 170	RUNNER	1015	00:42:17.26	13:36	4.4mph
344	DOUG ROREM	WHEATON, IL	M: 174	RUNNER	1560	00:42:29.98	13:40	4.4mph
345	ZOE GAUTHIER	POQUOSON, VA	F: 171	RUNNER	1191	00:42:31.25	13:41	4.4mph
346	ABBY TOPPING	POQUOSON, VA	F: 172	RUNNER	1648	00:42:33.14	13:41	4.4mph
347	ELEANOR GRAHAM	NEWPORT NEWS, VA	F: 173	RUNNER	1205	00:42:45.83	13:45	4.4mph
348	ANDY GRAHAM	TIJERAS, NM	M: 175	RUNNER	1204	00:42:47.09	13:46	4.4mph
349	JASON GRAHAM	NEWPORT NEWS, VA	M: 176	RUNNER	1206	00:42:50.93	13:47	4.4mph
350	ABIGAIL JONES	SMYRNA, GA	F: 174	RUNNER	1307	00:42:59.42	13:50	4.3mph
351	KATHY HUBBARD	NEWPORT NEWS, VA	F: 175	RUNNER	1281	00:43:01.99	13:51	4.3mph
352	STEVE HUBBARD	NEWPORT NEWS, VA	M: 177	RUNNER	1282	00:43:02.41	13:51	4.3mph
353	CHERIE GOHR	VIRGINIA BEACH, VA	F: 176	RUNNER	1196	00:43:03.60	13:51	4.3mph
354	SHERRY CHESNUT	ODENTON, MD	F: 177	RUNNER	1098	00:43:09.75	13:53	4.3mph
355	SARAH SCHREIER	CAMERON, NC	F: 178	RUNNER	1582	00:43:14.57	13:55	4.3mph
356	STEPHANIE WILL- SCHREIER	YORKTOWN, VA	F: 179	RUNNER	1691	00:43:17.63	13:56	4.3mph
357	RAMI HAMOUDEH	PORTSMOUTH, VA	M: 178	RUNNER	1240	00:43:22.39	13:57	4.3mph
358	JANYA MOSBY	MIDLOTHIAN, VA	F: 180	RUNNER	1447	00:43:24.09	13:58	4.3mph
359	SEAN GUERRERO	HAMPTON, VA	M: 179	RUNNER	1226	00:43:30.19	14:00	4.3mph
360	KHALIFA ABDALLAH	YORKTOWN, VA	M: 180	RUNNER	1006	00:43:33.76	14:01	4.3mph
361	JACQUELINE GUERRERO	HAMPTON, VA	F: 181	RUNNER	1225	00:43:34.11	14:01	4.3mph
362	CYNTHIA BRINKER	NEWPORT NEWS, VA	F: 182	RUNNER	1076	00:43:48.15	14:05	4.3mph
363	JASMINE CARPENTER	SMITHFIELD, VA	F: 183	RUNNER	1089	00:43:58.28	14:09	4.2mph
364	DAVID BRINKER	NEWPORT NEWS, VA	M: 181	RUNNER	1077	00:44:12.16	14:13	4.2mph
365	DAKOTA WILSON	MIDLOTHIAN, VA	F: 184	RUNNER	1693	00:44:12.83	14:13	4.2mph
366	TRAVIS WILSON	MIDLOTHIAN, VA	M: 182	RUNNER	1697	00:44:13.88	14:14	4.2mph
367	FARRAH WILSON	MIDLOTHIAN, VA	F: 185	RUNNER	1694	00:44:15.77	14:14	4.2mph
368	DANIEL RYSAVY	CHESAPEAKE, VA	M: 183	RUNNER	1567	00:44:25.68	14:17	4.2mph
369	KAREN LAINE	KENNESAW, GA	F: 186	RUNNER	1347	00:44:32.67	14:20	4.2mph
370	ANNALEIGH LAINE	KENNESAW, GA	F: 187	RUNNER	1346	00:44:32.69	14:20	4.2mph
371	NADINE ROREM	WHEATON, IL	F: 188	RUNNER	1561	00:44:37.61	14:21	4.2mph
372	LIANA MERFAKE	YORKTOWN, VA	F: 189	RUNNER	1419	00:44:42.76	14:23	4.2mph
373	MICHAEL GONTESKY	HAMPTON, VA	M: 184	RUNNER	1198	00:44:44.34	14:24	4.2mph
374	MERFAKE SEMRET	YORKTOWN, VA	M: 185	RUNNER	1587	00:44:49.54	14:25	4.2mph
375	ABEL RETTA	YORKTOWN, VA	M: 186	RUNNER	1542	00:45:02.34	14:29	4.1mph
376	STEVE MALLORY	HAMPTON, VA	M: 187	RUNNER	1389	00:45:16.07	14:34	4.1mph
377	LACY MALLORY	HAMPTON, VA	F: 190	RUNNER	1387	00:45:17.99	14:34	4.1mph
378	MADISON MOSER	SEAFORD, VA	F: 191	RUNNER	1451	00:45:20.16	14:35	4.1mph
379	TAYLOR MOSER	SEAFORD, VA	F: 192	RUNNER	1452	00:45:24.14	14:36	4.1mph
380	MARLYN ANDINO	NEWPORT NEWS, VA	F: 193	RUNNER	1028	00:45:31.24	14:39	4.1mph
381	PATRICK SPISAK	NEWPORT NEWS, VA	M: 188	RUNNER	1606	00:45:32.20	14:39	4.1mph
382	SERENA PLAZA	NEWPORT NEWS, VA	F: 194	RUNNER	1513	00:45:34.34	14:40	4.1mph





# Fast Before the Feast 5K

Place	Name	Hometown	Gender	Type	Bib #	Time	Pace	Speed
383	CHRISTY WALKER	DURHAM, NC	F: 195	RUNNER	1673	00:45:42.16	14:42	4.1mph
384	JADE PAGAN	SUFFOL, VA	F: 196	RUNNER	1487	00:45:55.52	14:46	4.1mph
385	JAVIER PAGAN	SUFFOL, VA	M: 189	RUNNER	1488	00:45:57.15	14:47	4.1mph
386	HANNAH ELLIOTT	NEWPORT NEWS, VA	F: 197	RUNNER	1153	00:45:58.36	14:47	4.1mph
387	INGRID WARD	POQUOSON, VA	F: 198	RUNNER	1675	00:45:58.47	14:47	4.1mph
388	MELISSA SCAPARO	LOGANVILLE, GA	F: 199	RUNNER	1577	00:46:00.40	14:48	4.1mph
389	CHERYL NELSON BARNARD	SEAFORD, VA	F: 200	RUNNER	1467	00:46:02.09	14:49	4.0mph
390	JENNIFER MILLER	NEWPORT NEWS, VA	F: 201	RUNNER	1422	00:46:19.52	14:54	4.0mph
391	FAREED HAMOUDEH	PORTSMOUTH, VA	M: 190	RUNNER	1238	00:46:22.86	14:55	4.0mph
392	ORLANDO PLAZA	NEWPORT NEWS, VA	M: 191	RUNNER	1512	00:46:32.25	14:58	4.0mph
393	LINDSEY COOR	SEAFORD, VA	F: 202	RUNNER	1116	00:46:33.57	14:59	4.0mph
394	LINDSEY LA ROCHE	HAMPTON, VA	F: 203	RUNNER	1342	00:46:37.76	15:00	4.0mph
395	MEGHAN MADLER	NEWPORT NEWS, VA	F: 204	RUNNER	1383	00:46:41.33	15:01	4.0mph
396	MARK MADLER	NEWPORT NEWS, VA	M: 192	RUNNER	1382	00:46:44.00	15:02	4.0mph
397	GRAYSON HUBBARD	ORLANDO, FL	M: 193	RUNNER	740	00:46:46.41	15:03	4.0mph
398	MIRANDA LEE	NORFOLK, VA	F: 205	RUNNER	1361	00:47:03.04	15:08	4.0mph
399	ROBBIN LEOPOLD	CHULA VISTA, CA	F: 206	RUNNER	1366	00:47:09.08	15:10	4.0mph
400	LISA KINGSBURY TIFF	ZUNI, VA	F: 207	RUNNER	1328	00:47:15.60	15:12	3.9mph
401	MICHAEL TIFF	ZUNI, VA	M: 194	RUNNER	1645	00:47:22.54	15:14	3.9mph
402	NICOLLE SVENCER	SUFFOLK, VA	F: 208	RUNNER	1624	00:47:24.78	15:15	3.9mph
403	DAVE NAZAREK	NEWPORT NEWS, VA	M: 195	RUNNER	1461	00:47:31.25	15:17	3.9mph
404	LILY MASSEY	HAMPTON, VA	F: 209	RUNNER	1403	00:47:44.04	15:21	3.9mph
405	RACHEL KELLY	CARROLLTON, VA	F: 210	RUNNER	1314	00:47:48.74	15:23	3.9mph
406	AMANDA KELLEY	NEWPORT NEWS, VA	F: 211	RUNNER	375	00:47:52.92	15:24	3.9mph
407	ELYSE ROOS	HAMPTON, VA	F: 212	RUNNER	1559	00:48:05.52	15:28	3.9mph
408	ALIVIA ULSH	NEWPORT NEWS, VA	F: 213	RUNNER	1656	00:48:09.91	15:30	3.9mph
409	JESSICA KLEMENCIC	HAMPTON, VA	F: 214	RUNNER	1330	00:48:10.79	15:30	3.9mph
410	COREY ULSH	NEWPORT NEWS, VA	M: 196	RUNNER	1657	00:48:13.73	15:31	3.9mph
411	BRITTANY BROWN	PORTSMOUTH, VA	F: 215	RUNNER	1079	00:48:15.05	15:31	3.9mph
412	JEFFREY KLEMENCIC	HAMPTON, VA	M: 197	RUNNER	1329	00:48:15.78	15:32	3.9mph
413	JOSIAH WRIGHT		M: 198	RUNNER	733	00:48:15.92	15:32	3.9mph
414	DANIEL BROWN1		M: 199	RUNNER	748	00:48:16.47	15:32	3.9mph
415	LORI PALAGYI	SUFFOLK, VA	F: 216	RUNNER	1491	00:48:16.57	15:32	3.9mph
416	DAYANARA PEREZ	SMITHFIELD, VA	F: 217	RUNNER	500	00:48:19.89	15:33	3.9mph
417	CRYSTAL LANE-TILLERSON	NEWPORT NEWS, VA	F: 218	RUNNER	1351	00:48:32.10	15:37	3.8mph
418	JAMEY STUART	CHESAPEAKE, VA	M: 200	RUNNER	627	00:48:32.23	15:37	3.8mph
419	BONITA STUART	CHESAPEAKE, VA	F: 219	RUNNER	625	00:48:35.93	15:38	3.8mph
420	SARAH STUART	CHESAPEAKE, VA	F: 220	RUNNER	628	00:48:38.32	15:39	3.8mph
421	EUGENE THIES	HAMPTON, VA	M: 201	RUNNER	1638	00:48:50.99	15:43	3.8mph
422	DYLAN HENRY	POQUOSON, VA	M: 202	RUNNER	1262	00:49:00.64	15:46	3.8mph
423	RIO HENDERSON	YORKTOWN, VA	M: 203	RUNNER	1260	00:49:04.42	15:47	3.8mph
424	RACHEL GILLETTE	YORKTOWN, VA	F: 221	RUNNER	1194	00:49:05.30	15:47	3.8mph
425	SANDRA PRARIA	NEWPORT NEWS, VA	F: 222	RUNNER	1520	00:49:12.11	15:50	3.8mph
426	LAURA STETLER	YORKTOWN, VA	F: 223	RUNNER	1611	00:49:22.57	15:53	3.8mph
427	KEIRA PIERCE	OCEANSIDE, CA	F: 224	RUNNER	1508	00:49:23.53	15:53	3.8mph
428	HANA RETTA	YORKTOWN, VA	F: 225	RUNNER	1544	00:49:24.16	15:54	3.8mph
429	KYLEE HAGERTY	SEAFORD, VA	F: 226	RUNNER	1227	00:49:24.57	15:54	3.8mph
430	LINDSAY HAGERTY	SEAFORD, VA	F: 227	RUNNER	1228	00:49:25.46	15:54	3.8mph
431	VITHENIA FORBES	BALTIMORE, MD	F: 228	RUNNER	1179	00:49:28.81	15:55	3.8mph
432	KELLY SIBLEY	NEWPORT NEWS, VA	F: 229	RUNNER	1592	00:49:37.14	15:58	3.8mph
433	JOSHUA CARRELL	NORFOLK, VA	M: 204	RUNNER	1090	00:49:42.15	15:59	3.8mph
434	JANANI SRIDHAR	HAMPTON, VA	F: 230	RUNNER	1609	00:49:43.63	16:00	3.7mph

# Fast Before the Feast 5K

Place	Name	Hometown	Gender	Type	Bib #	Time	Pace	Speed
435	MATHEW KOTCH	HAMPTON, VA	M: 205	RUNNER	1335	00:49:44.59	16:00	3.7mph
436	LOUIS DAVIS	HAMPTON, VA	M: 206	RUNNER	1131	00:49:48.46	16:01	3.7mph
437	AIME CLINKENBEARD	NEWPORT NEWS, VA	F: 231	RUNNER	1103	00:49:48.70	16:01	3.7mph
438	MERLENE MALLORY	HAMPTON, VA	F: 232	RUNNER	1388	00:49:48.72	16:01	3.7mph
439	LOWREY REYNOLDS	SALUDA, VA	F: 233	RUNNER	1545	00:49:56.85	16:04	3.7mph
440	KAREN FORDE	WILLIAMSBURG, VA	F: 234	RUNNER	1182	00:50:00.12	16:05	3.7mph
441	KAREN BREWER	POQUOSON, VA	F: 235	RUNNER	1073	00:50:06.12	16:07	3.7mph
442	SCOTT CLINKENBEARD	NEWPORT NEWS, VA	M: 207	RUNNER	1107	00:50:17.99	16:11	3.7mph
443	JOSEPH BEARDALL	NORFOLK, VA	M: 208	RUNNER	1051	00:50:19.27	16:11	3.7mph
444	MADISON CLINKENBEARD	NEWPORT NEWS, VA	F: 236	RUNNER	1106	00:50:20.73	16:12	3.7mph
445	BARBARA THOMAS	SMITHFIELD, VA	F: 237	RUNNER	1640	00:50:23.14	16:13	3.7mph
446	JULIE LARCH	NEWPORT NEWS, VA	F: 238	RUNNER	1354	00:50:29.12	16:14	3.7mph
447	JOY ELLIOTT	NEWPORT NEWS, VA	F: 239	RUNNER	1154	00:50:29.74	16:15	3.7mph
448	AL MONTALVO	YORKTOWN, VA	M: 209	RUNNER	1435	00:50:30.75	16:15	3.7mph
449	PATRICK MONTALVO	ALEXANDRIA, VA	M: 210	RUNNER	1436	00:50:31.23	16:15	3.7mph
450	SUTTON WINSLOW	CHESAPEAKE, VA	M: 211	RUNNER	1703	00:50:31.26	16:15	3.7mph
451	CHRIS WRIGHT		M: 212	RUNNER	731	00:50:35.54	16:17	3.7mph
452	ASHLEY WINSLOW	CHESAPEAKE, VA	F: 240	RUNNER	1699	00:50:35.92	16:17	3.7mph
453	PAMELA PRICE	HAMPTON, VA	F: 241	RUNNER	1523	00:50:40.75	16:18	3.7mph
454	MOLLY ELLIOTT	NEWPORT NEWS, VA	F: 242	RUNNER	1155	00:50:41.07	16:18	3.7mph
455	DEREK STUART	CHESAPEAKE, VA	M: 213	RUNNER	626	00:50:41.67	16:19	3.7mph
456	SARAH PARKER1		F: 243	RUNNER	1753	00:50:41.87	16:19	3.7mph
457	LINCOLN MOSER	SEAFORD, VA	M: 214	RUNNER	1450	00:50:42.16	16:19	3.7mph
458	DANIELLE DARE	YORKTOWN, VA	F: 244	RUNNER	213	00:50:43.36	16:19	3.7mph
459	RACHELLE RHODES	HAMPTON, VA	F: 245	RUNNER	546	00:50:44.10	16:19	3.7mph
460	DEBORAL WRIGHT		M: 215	RUNNER	750	00:50:44.18	16:19	3.7mph
461	ALLISON MORGAN	POQUOSON, VA	F: 246	RUNNER	1446	00:50:46.29	16:20	3.7mph
462	JENNA MOSER	SEAFORD, VA	F: 247	RUNNER	1449	00:50:46.46	16:20	3.7mph
463	ANTONIO PANNELL	HAMPTON, VA	M: 216	RUNNER	1494	00:50:51.33	16:22	3.7mph
464	ANGELA PANNELL	HAMPTON, VA	F: 248	RUNNER	1493	00:50:52.39	16:22	3.7mph
465	ANTWAN PANNELL	HAMPTON, VA	M: 217	RUNNER	1495	00:50:53.60	16:22	3.7mph
466	ALICE FITZPATRICK	CHESAPEAKE, VA	F: 249	RUNNER	1172	00:50:54.47	16:23	3.7mph
467	KEN WACLO	GLOUCESTER, VA	M: 218	RUNNER	1666	00:50:57.17	16:24	3.7mph
468	ANDREA SINGLETON	CHESAPEAKE, VA	F: 250	RUNNER	1594	00:50:58.98	16:24	3.7mph
469	DAVID ROGERS	HAMPTON, VA	M: 219	RUNNER	1556	00:50:59.45	16:24	3.7mph
470	ALEXANDER KENNEDY	CLEMMONS, NC	M: 220	RUNNER	1317	00:51:18.59	16:30	3.6mph
471	DENNIS KENNEDY	YORKTOWN, VA	M: 221	RUNNER	1319	00:51:20.83	16:31	3.6mph
472	TARYN SPENCE	NEWPORT NEWS, VA	F: 251	RUNNER	1605	00:51:23.97	16:32	3.6mph
473	JENNIFER MOSBY	NEWPORT NEWS, VA	F: 252	RUNNER	1448	00:51:35.83	16:36	3.6mph
474	KATIE MASON	CLAYTON, NC	F: 253	RUNNER	1401	00:51:37.14	16:36	3.6mph
475	SYDNEY EURE	CLAYTON, NC	F: 254	RUNNER	1160	00:51:39.41	16:37	3.6mph
476	ZACHARY FITZPATRICK	CHESAPEAKE, VA	M: 222	RUNNER	1174	00:51:45.10	16:39	3.6mph
477	ADDISON GRAY	CARROLLTON, VA	F: 255	RUNNER	1210	00:51:45.86	16:39	3.6mph
478	ELISE COLEMAN-WHITE	NORFOLK, VA	F: 256	RUNNER	1110	00:51:57.29	16:43	3.6mph
479	NATHAN COLEMAN-WHITE	SWANNANOVA, NC	M: 223	RUNNER	1111	00:52:05.37	16:45	3.6mph
480	KATHY ROGERS	HAMPTON, VA	F: 257	RUNNER	1557	00:52:14.99	16:49	3.6mph
481	KILEY MILLER	SUFFOLK, VA	F: 258	RUNNER	1423	00:52:17.99	16:50	3.6mph
482	LAURA KETTERMAN	HAMPTONHAMPTON, VA	F: 259	RUNNER	1325	00:52:19.13	16:50	3.6mph
483	BRIAN MILLER	SUFFOLK, VA	M: 224	RUNNER	1421	00:52:19.87	16:50	3.6mph
484	GILDA CORTEZ	YORKTOWN, VA	F: 260	RUNNER	1117	00:52:29.10	16:53	3.6mph
485	JAMES HALLEY	YORKTOWN, VA	M: 225	RUNNER	1233	00:52:38.41	16:56	3.5mph
486	BRITTNEY THOMPSON	CARROLLTON, VA	F: 261	RUNNER	1642	00:52:43.98	16:58	3.5mph
487	EDGAR CARRELO	SUFFOLK, VA	M: 226	RUNNER	1092	00:52:45.10	16:58	3.5mph
488	MARIAH CARRELL	NORFOLK, VA	F: 262	RUNNER	1091	00:52:53.94	17:01	3.5mph

# Fast Before the Feast 5K

Place	Name	Hometown	Gender	Type	Bib #	Time	Pace	Speed
489	RAINAH HERDMAN	CHESAPEAKE, VA	F: 263	RUNNER	1264	00:52:56.72	17:02	3.5mph
490	EMMA SMITH	SUFFOLK, VA	F: 264	RUNNER	1596	00:52:59.01	17:03	3.5mph
491	MARY STOWE	SMITHFIELD, VA	F: 265	RUNNER	1619	00:53:02.39	17:04	3.5mph
492	ANDREW ABEYOUNIS	NEWPORT NEWS, VA	M: 227	RUNNER	1009	00:53:05.32	17:05	3.5mph
493	ANTHONY FOY	BENA, VA	M: 228	RUNNER	1183	00:53:06.75	17:05	3.5mph
494	ADRIENNE ABEYOUNIS	NEWPORT NEWS, VA	F: 266	RUNNER	1008	00:53:12.74	17:07	3.5mph
495	MICHAEL SCHOLL	MEMPHIS, TN	M: 229	RUNNER	1580	00:53:18.05	17:09	3.5mph
496	BELINDA SCHOLL	NEWPORT NEWS, VA	F: 267	RUNNER	1578	00:53:21.23	17:10	3.5mph
497	PAULA BUNN	NEWPORT NEWS, VA	F: 268	RUNNER	1084	00:53:22.10	17:10	3.5mph
498	CATHERINE KELLEY	NEWPORT NEWS, VA	F: 269	RUNNER	376	00:53:22.43	17:10	3.5mph
499	JUDITH STEWART	NEWPORT NEWS, VA	F: 270	RUNNER	1612	00:53:22.63	17:10	3.5mph
500	CHRISTINA FERRIS	HAMPTON, VA	F: 271	RUNNER	1164	00:53:28.99	17:12	3.5mph
501	HEATHER GAUTHIER	POQUOSON, VA	F: 272	RUNNER	1190	00:53:40.74	17:16	3.5mph
502	DENISE TOPPING	POQUOSON, VA	F: 273	RUNNER	1649	00:53:45.29	17:18	3.5mph
503	JILLIAN VENTI	NEWPORT NEWS, VA	F: 274	RUNNER	1661	00:53:46.06	17:18	3.5mph
504	MARY GRAY	CARROLLTON, VA	F: 275	RUNNER	1214	00:53:48.68	17:19	3.5mph
505	NIKOLUS BRYANT	SMITHFIELD, VA	M: 230	RUNNER	1082	00:53:49.35	17:19	3.5mph
506	MATTHEW PALAGYI	SUFFOLK, VA	M: 231	RUNNER	1492	00:53:54.79	17:21	3.5mph
507	CHRISTINA GRAY	CARROLLTON, VA	F: 276	RUNNER	1211	00:53:56.88	17:21	3.5mph
508	JEFF GRAY	CARROLLTON, VA	M: 232	RUNNER	1212	00:53:57.87	17:22	3.5mph
509	JULIA GRAY	CARROLLTON, VA	F: 277	RUNNER	1213	00:54:00.04	17:22	3.5mph
510	ANGELA THOMPSON	CARROLLTON, VA	F: 278	RUNNER	1641	00:54:19.47	17:29	3.4mph
511	STEPHANIE DOUGLAS	SUFFOLK, VA	F: 279	RUNNER	1145	00:54:20.99	17:29	3.4mph
512	MACKENZIE SOLOMON	CLEVELAND, OH	F: 280	RUNNER	1600	00:54:22.39	17:30	3.4mph
513	CHADNEY THOMPSON	CARROLLTON, VA	F: 281	RUNNER	1643	00:54:22.41	17:30	3.4mph
514	SHARI LOVETT SOLOMON	NEWPORT NEWS, VA	F: 282	RUNNER	1377	00:54:24.19	17:30	3.4mph
515	SUSAN WOLF	NEWPORT NEWS, VA	F: 283	RUNNER	1707	00:54:26.45	17:31	3.4mph
516	JORDAN WIEMKEN	NEWPORT NEWS, VA	M: 233	RUNNER	1687	00:54:27.50	17:31	3.4mph
517	MAD SOLOMON	PITTSBURGH, PA	F: 284	RUNNER	1601	00:54:29.65	17:32	3.4mph
518	KATE ALEXANDER	YORKTOWN, VA	F: 285	RUNNER	1016	00:54:30.66	17:32	3.4mph
519	LINDSAY BOONE	YORKTOWN, VA	F: 286	RUNNER	145	00:54:34.19	17:33	3.4mph
520	MEGAN ALEXANDER	YORKTOWN, VA	F: 287	RUNNER	1017	00:54:34.45	17:33	3.4mph
521	MADISON WIEMKEN	NEWPORT NEWS, VA	F: 288	RUNNER	1688	00:54:34.93	17:34	3.4mph
522	PATRICIA CARRELO	SUFFOLK, VA	F: 289	RUNNER	1094	00:54:44.78	17:37	3.4mph
523	MELODIA CARRELO	SUFFOLK, VA	F: 290	RUNNER	1093	00:54:44.89	17:37	3.4mph
524	BRIAN GASKINS	NEWPORT NEWS, VA	M: 234	RUNNER	1189	00:54:50.67	17:39	3.4mph
525	EVALEEN FLECK	NEWPORT NEWS, VA	F: 291	RUNNER	1175	00:54:55.75	17:40	3.4mph
526	JESSICA FLECK	NEWPORT NEWS, VA	F: 292	RUNNER	1176	00:54:59.14	17:41	3.4mph
527	AMY CARTER	VIRGINIA BEACH, VA	F: 293	RUNNER	1095	00:55:04.88	17:43	3.4mph
528	NANCY GRAHAM	TIJERAS, NM	F: 294	RUNNER	1208	00:55:05.65	17:43	3.4mph
529	MELISSA THIES	HAMPTON, VA	F: 295	RUNNER	1639	00:55:12.61	17:46	3.4mph
530	ALMA CAROLINA GRYGAR	SPRINGFIELD, VA	F: 296	RUNNER	1221	00:55:13.76	17:46	3.4mph
531	MARY GRAHAM	NEWPORT NEWS, VA	F: 297	RUNNER	1207	00:55:14.49	17:46	3.4mph
532	TRICIA SMITH	SUFFOLK, VA	F: 298	RUNNER	1597	00:55:15.55	17:47	3.4mph
533	CHRISTINE HERDMAN	CHESAPEAKE, VA	F: 299	RUNNER	1263	00:55:26.26	17:50	3.4mph
534	MUHENED HAMOUDEH	PORTSMOUTH, VA	M: 235	RUNNER	1239	00:55:31.63	17:52	3.4mph
535	NAJOUA BEN-OTMANE	YORKTOWN, VA	F: 300	RUNNER	1057	00:55:47.97	17:57	3.3mph

536 MATT PLUCINSKII

NEWPORT NEWS,  
VA

M: 236

RUNNER

1517 00:55:48.25

17:57 3.3mph

**Commonwealth Timing**

**Printed: 11/25/2021 1:18:37 PM**

# Fast Before the Feast 5K

Place	Name	Hometown	Gender	Type	Bib #	Time	Pace	Speed
537	TIFFANY URBAN	NEWPORT NEWS, VA	F: 301	RUNNER	1658	00:55:55.08	17:59	3.3mph
538	ED PLUCINSKI	NEWPORT NEWS, VA	M: 237	RUNNER	1514	00:55:59.32	18:01	3.3mph
539	DEBORAH CROWDER	NEWPORT NEWS, VA	F: 302	RUNNER	1122	00:55:59.49	18:01	3.3mph
540	MARY BETH PLUCINSKI	NEWPORT NEWS, VA	F: 303	RUNNER	1516	00:56:01.26	18:01	3.3mph
541	CASSIDY CROWDER	NEWPORT NEWS, VA	F: 304	RUNNER	1121	00:56:02.73	18:02	3.3mph
542	TAYLOR MINTER1		F: 305	RUNNER	747	00:56:05.77	18:03	3.3mph
543	MORGAN TROMBLEE	CARROLLTON, VA	F: 306	RUNNER	1650	00:56:07.35	18:03	3.3mph
544	SOPHIE RADECKI	CARROLLTON, VA	F: 307	RUNNER	1532	00:56:07.49	18:03	3.3mph
545	MARY BEARDALL	NORFOLK, VA	F: 308	RUNNER	1053	00:56:09.10	18:04	3.3mph
546	PAUL BARNARD	SEAFORD, VA	M: 238	RUNNER	1039	00:56:10.67	18:04	3.3mph
547	CODY COIR	SEAFORD, VA	M: 239	RUNNER	1109	00:56:10.75	18:04	3.3mph
548	KATHERINE BEARDALL	NORFOLK, VA	F: 309	RUNNER	1052	00:56:16.14	18:06	3.3mph
549	INES BEN-OTHMANE	YORKTOWN, VA	F: 310	RUNNER	1055	00:56:43.58	18:15	3.3mph
550	SEAN KELLY	CARROLLTON, VA	M: 240	RUNNER	1315	00:56:43.92	18:15	3.3mph
551	NICOLE FIEST	YORKTOWN, VA	F: 311	RUNNER	252	00:57:20.05	18:27	3.3mph
552	JOSEPH BRIGGS	GLOUCESTER, VA	M: 241	RUNNER	1074	00:57:20.39	18:27	3.3mph
553	KELLY MOSES	NEWPORT NEWS, VA	F: 312	RUNNER	1455	00:57:21.05	18:27	3.3mph
554	MELYSSA BRIGGS	GLOUCESTER, VA	F: 313	RUNNER	1075	00:57:22.73	18:28	3.2mph
555	FRANK DAVIS	GLOUCESTER, VA	M: 242	RUNNER	1130	00:57:25.75	18:29	3.2mph
556	ADA MOSES	NEWPORT NEWS, VA	F: 314	RUNNER	1453	00:57:32.60	18:31	3.2mph
557	BRANDEN ALLEN	SMITHFIELD, VA	M: 243	RUNNER	1018	00:58:23.09	18:47	3.2mph
558	CHEYENNE SNOW	SMITHFIELD, VA	F: 315	RUNNER	1598	00:58:23.29	18:47	3.2mph
559	SARAH POLAK	SMITHFIELD, VA	F: 316	RUNNER	1518	00:58:25.56	18:48	3.2mph
560	DORA SUSANA JEFFERSON	HAMPTON, VA	F: 317	RUNNER	1302	00:58:30.09	18:49	3.2mph
561	NELLY CUEVA -STERNA	NEWPORT NEWS, VA	F: 318	RUNNER	1123	00:58:32.14	18:50	3.2mph
562	CHRISTOPHER SNOW	SMITHFIELD, VA	M: 244	RUNNER	1599	00:58:32.31	18:50	3.2mph
563	ATIANA WILLIAMS	NEWPORT NEWS, VA	F: 319	RUNNER	1692	00:58:38.33	18:52	3.2mph
564	CAELAN BOLANOWSKI	VIRGINIA BEACH, VA	M: 245	RUNNER	1065	00:58:40.55	18:53	3.2mph
565	VICTORIA FACIANE	YORKTOWN, VA	F: 320	RUNNER	1162	00:58:40.67	18:53	3.2mph
566	CRYSTAL MIDGETT	VIRGINIA BEACH, VA	F: 321	RUNNER	1420	00:58:41.82	18:53	3.2mph
567	RON BOLANOWSKI	VIRGINIA BEACH, VA	M: 246	RUNNER	1066	00:58:47.64	18:55	3.2mph
568	LARRY HOLMES	BRENTWOOD, TN	M: 247	RUNNER	1272	00:58:48.71	18:55	3.2mph
569	CHRIS STETLER	YORKTOWN, VA	M: 248	RUNNER	1610	00:59:13.96	19:03	3.1mph
570	KATIE PIERCE	WASHINGTON, DC	F: 322	RUNNER	1507	00:59:15.52	19:04	3.1mph
571	BILL STOOKS	HAMPTON, VA	M: 249	RUNNER	1614	00:59:25.49	19:07	3.1mph
572	KIP NAZDA	WILLIAMSBURG, VA	M: 250	RUNNER	1465	00:59:31.24	19:09	3.1mph
573	AUDRY ROSENTHAL	YORKTOWN, VA	F: 323	RUNNER	1565	01:00:03.08	19:19	3.1mph
574	SIDNEY DEGAN	NEW ORLEANS, LA	M: 251	RUNNER	1139	01:00:13.81	19:23	3.1mph
575	DENNIS DEGAN	LAMPASAS, TX	M: 252	RUNNER	1137	01:00:17.50	19:24	3.1mph
576	MARCY PRONOVOST	HAMPTON, VA	F: 324	RUNNER	1527	01:00:40.59	19:31	3.1mph
577	ELEANOR NORTHOVER	HAMPTON, VA	F: 325	RUNNER	1473	01:00:41.98	19:32	3.1mph
578	LINETTE PRONOVOST	FORT MONROE, VA	F: 326	RUNNER	1526	01:00:52.90	19:35	3.1mph
579	MATTIE STOOKS	HAMPTON, VA	F: 327	RUNNER	1616	01:01:11.85	19:41	3.0mph
580	MARIEL FOCSENEANU	YORKTOWN, VA	F: 328	RUNNER	1178	01:01:22.54	19:45	3.0mph
581	RACHEL LEVINE	YORKTOWN, VA	F: 329	RUNNER	1368	01:01:39.35	19:50	3.0mph
582	JOANNE DEGAN	NEW ORLEANS, LA	F: 330	RUNNER	1138	01:01:50.67	19:54	3.0mph
583	ROBIN GRUEN	LAMPASAS, TX	F: 331	RUNNER	1220	01:02:00.36	19:57	3.0mph
584	EMILY CAIN	LAMPASAS, TX	F: 332	RUNNER	1086	01:02:03.44	19:58	3.0mph
585	BARBARA TEM	NORFOLK, VA	F: 333	RUNNER	1630	01:02:08.94	20:00	3.0mph
586	PEGGY SCOTT LABORDE	NEW ORLEANS, LA	F: 334	RUNNER	1584	01:02:10.81	20:00	3.0mph
587	DANIEL STOOKS	HAMPTON, VA	M: 253	RUNNER	1615	01:02:44.49	20:11	3.0mph
588	LEOPOLDO FIERROS	POQUOSON, VA	M: 254	RUNNER	1165	01:03:16.19	20:21	2.9mph
589	ROBERT WHITE	HAMPTON, VA	M: 255	RUNNER	1684	01:03:16.25	20:21	2.9mph
590	SUZANNE FIERROS	POQUOSON, VA	F: 335	RUNNER	1167	01:04:54.03	20:53	2.9mph

# Fast Before the Feast 5K

Place	Name	Hometown	Gender	Type	Bib #	Time	Pace	Speed
591	STEVEN PRONOVOST	FORT MONROE, VA	M: 256	RUNNER	1528	01:05:14.88	21:00	2.9mph
592	ROXANNE DALLAIRE	FORT MONROE, VA	F: 336	RUNNER	1124	01:05:17.45	21:00	2.9mph
593	RICHARD FIERROS	POQUOSON, VA	M: 257	RUNNER	1166	01:05:37.46	21:07	2.8mph
594	ANNE BARRERA	NORFOLK, VA	F: 337	RUNNER	1041	01:05:40.85	21:08	2.8mph
595	KATHERINE BARRERA	NORFOLK, VA	F: 338	RUNNER	1042	01:05:54.31	21:12	2.8mph
596	DIANE NEWTON	WINSTON-SALEM, NC	F: 339	RUNNER	1469	01:06:18.35	21:20	2.8mph
597	BERNIE MARCOCCIA	HAMPTON, VA	M: 258	RUNNER	1396	01:06:18.91	21:20	2.8mph
598	ROBIN MARCOCCIA	HAMPTON, VA	F: 340	RUNNER	1397	01:06:20.59	21:21	2.8mph
599	MARY WUSK	YORKTOWN, VA	F: 341	RUNNER	1713	01:06:34.07	21:25	2.8mph
600	SALLY STOOKS	HAMPTON, VA	F: 342	RUNNER	1618	01:06:57.17	21:32	2.8mph
601	PAGE STOOKS	HAMPTON, VA	F: 343	RUNNER	1617	01:07:19.32	21:40	2.8mph
602	ZAIN JAFRI	PORTLAND, OR	M: 259	RUNNER	1300	01:07:40.31	21:46	2.8mph
603	ARMAAN JAFRI	PORTLAND, OR	M: 260	RUNNER	1295	01:07:42.03	21:47	2.8mph
604	SALINA JAFRI	PORTLAND, OR	F: 344	RUNNER	1299	01:07:48.07	21:49	2.7mph
605	JULIE JAFRI	PORTLAND, OR	F: 345	RUNNER	1297	01:11:17.09	22:56	2.6mph
606	MAYA JAFRI	PORTLAND, OR	F: 346	RUNNER	1298	01:11:20.27	22:57	2.6mph
607	ALLISON ABDALLAH	YORKTOWN, VA	F: 347	RUNNER	1003	01:11:41.66	23:04	2.6mph
608	YASMIN SAMARA	YORKTOWN, VA	F: 348	RUNNER	1570	01:11:46.24	23:06	2.6mph
609	CRYSTAL MCNAMARA	SUFFOLK, VA	F: 349	RUNNER	1411	01:12:33.36	23:21	2.6mph
610	CHARLOTTE MENENDEZ	SUFFOLK, VA	F: 350	RUNNER	1416	01:12:38.33	23:22	2.6mph
611	RAQUEL BABB	NEWPORT NEWS, VA	F: 351	RUNNER	1033	01:12:40.04	23:23	2.6mph
612	RAVEN WILSON	NEWPORT NEWS, VA	F: 352	RUNNER	1696	01:12:46.25	23:25	2.6mph
613	ADEL ABDALLAH	YORKTOWN, VA	M: 261	RUNNER	1002	01:12:48.95	23:26	2.6mph
614	MATTHEW TRUMBORE	NEWPORT NEWS, VA	M: 262	RUNNER	1654	01:14:53.16	24:06	2.5mph
615	KIMBERLEE TRUMBORE	NEWPORT NEWS, VA	F: 353	RUNNER	1651	01:14:54.09	24:06	2.5mph
616	LARRY TRUMBORE	NEWPORT NEWS, VA	M: 263	RUNNER	1652	01:14:54.73	24:06	2.5mph
617	TERRI WAGNER	YORKTOWN, VA	F: 354	RUNNER	1667	01:16:51.03	24:44	2.4mph
618	CARMEN GERSCHUTZ	SWANNANOVA, NC	F: 355	RUNNER	1192	01:17:43.18	25:00	2.4mph