

2023 West End Orthodontics 5K Turkey Trot

Place	Name	Hometown	Gender	Type	Bib #	Time	Pace	Speed	Division Rank
1	MICHAEL HARLOW	GLEN ALLEN, VA	M: 1	RUNNER	658	00:16:32.51	05:19	11.3mph	Overall Male Runner: 1
2	CHRISTOPHER BLAGG	ARLINGTON, VA	M: 2	RUNNER	838	00:16:56.06	05:27	11.0mph	Overall Male Runner: 2
3	STEPHEN TIVENAN	RICHMOND, VA	M: 3	RUNNER	817	00:16:58.91	05:27	11.0mph	Overall Male Runner: 3
4	RICARDO HERNANDEZ	OVIEDO, FL	M: 4	RUNNER	721	00:17:02.97	05:29	10.9mph	Male 10 - 19: 1
5	HUNTER MOSS		M: 5	RUNNER	883	00:17:29.79	05:37	10.7mph	Male 10 - 19: 2
6	DAVID HUGO	RICHMOND, VA	M: 6	RUNNER	804	00:17:50.81	05:44	10.4mph	Male 20 - 29: 1
7	ADAM READE	MIDLOTHIAN, VA	M: 7	RUNNER	796	00:17:57.07	05:46	10.4mph	Male 20 - 29: 2
8	MICHAEL WOLFE	GLEN ALLEN, VA	M: 8	RUNNER	731	00:17:57.78	05:46	10.4mph	Male 40 - 49: 1
9	DAVID DOWNING	CHARLOTTESVILLE, VA	M: 9	RUNNER	620	00:19:00.52	06:07	9.8mph	Male 30 - 39: 1
10	LIAM ROBINSON	HENRICO, VA	M: 10	RUNNER	694	00:19:03.90	06:08	9.8mph	Male 10 - 19: 3
11	ELLIE HARLOW	GLEN ALLEN, VA	F: 1	RUNNER	661	00:19:17.68	06:12	9.7mph	Overall Female Runner: 1
12	RIVER BATES	HENRICO, VA	M: 11	RUNNER	828	00:20:02.28	06:26	9.3mph	Male 10 - 19: 4
13	CARTER EGGLESTON		M: 12	RUNNER	858	00:20:12.19	06:30	9.2mph	Male 40 - 49: 2
14	GREGORY HENRY	TAPPAHANNOCK, VA	M: 13	RUNNER	722	00:20:32.06	06:36	9.1mph	Male 40 - 49: 3
15	WILLIAM EGGLESTON		M: 14	RUNNER	860	00:20:43.20	06:40	9.0mph	Male 10 - 19: 5
16	MATTHEW VERDILLO	RICHMOND, VA	M: 15	RUNNER	776	00:20:55.92	06:44	8.9mph	Male 30 - 39: 2
17	STEPHEN SALVATO	ASHLAND, VA	M: 16	RUNNER	624	00:21:00.96	06:45	8.9mph	Male 30 - 39: 3
18	SAHARA ENSLEY	ARLINGTON, VA	F: 2	RUNNER	835	00:21:04.87	06:47	8.8mph	Overall Female Runner: 2
19	BRAD ONOFRIO	GLEN ALLEN, VA	M: 17	RUNNER	666	00:21:15.90	06:50	8.8mph	Male 50 -Plus: 1
20	CALEB HARLOW	GLEN ALLEN, VA	M: 18	RUNNER	660	00:21:22.66	06:52	8.7mph	Male 10 - 19: 6
21	AYDYN SUPER	MECHANICSVILLE, VA	M: 19	RUNNER	696	00:21:28.20	06:54	8.7mph	Male 10 - 19: 7
22	OLIVIA CREECH	HENRICO, VA	F: 3	RUNNER	789	00:21:28.95	06:54	8.7mph	Overall Female Runner: 3
23	CAEL LUHMAN	GLEN ALLEN, VA	M: 20	RUNNER	824	00:21:34.58	06:56	8.6mph	Male 10 - 19: 8
24	SYDNEY FORD		F: 4	RUNNER	851	00:21:35.33	06:56	8.6mph	Female 10 - 19: 1
25	AUSTIN HARLOW	GLEN ALLEN, VA	F: 5	RUNNER	659	00:21:41.88	06:59	8.6mph	Female 10 - 19: 2
26	MATTHEW GASPERINI	GLEN ALLEN, VA	M: 21	RUNNER	608	00:21:42.65	06:59	8.6mph	Male 10 - 19: 9
27	JOHN DANIEL		M: 22	RUNNER	877	00:21:42.78	06:59	8.6mph	Male 40 - 49: 4
28	BRITTANY MURPHY	GLEN ALLEN, VA	F: 6	RUNNER	774	00:21:43.08	06:59	8.6mph	Female 30 - 39: 1
29	DARIN DUNHAM	MERIDIANVILLE, AL	M: 23	RUNNER	678	00:21:47.47	07:00	8.6mph	Male 50 -Plus: 2
30	LOGAN ROBERTS	GLEN ALLEN, VA	M: 24	RUNNER	629	00:21:55.02	07:03	8.5mph	Male 10 - 19: 10
31	DANIEL MANGELS		M: 25	RUNNER	856	00:21:57.25	07:03	8.5mph	Male 10 - 19: 11
32	BUCK ROBINSON	HENRICO, VA	M: 26	RUNNER	693	00:22:01.71	07:05	8.5mph	Male 50 -Plus: 3
33	ANNEMARIE STALLMAN	HERNDON, VA	F: 7	RUNNER	691	00:22:16.65	07:10	8.4mph	Female 10 - 19: 3
34	FRED MANGELS		M: 27	RUNNER	854	00:22:26.94	07:13	8.3mph	Male 50 -Plus: 4
35	LUKE L. DOWNEN		M: 28	RUNNER	875	00:22:33.17	07:15	8.3mph	Male 10 - 19: 12
36	BRAD SOMMERS	HENRICO, VA	M: 29	RUNNER	739	00:22:46.07	07:19	8.2mph	Male 40 - 49: 5
37	DAVID DIGGS	GLEN ALLEN, VA	M: 30	RUNNER	791	00:22:47.43	07:20	8.2mph	Male 30 - 39: 4
38	ETHAN PARSLEY	HENRICO, VA	M: 31	RUNNER	728	00:22:54.50	07:22	8.1mph	Male 20 - 29: 3
39	BOB TARNAI	RICHMOND, VA	M: 32	RUNNER	803	00:23:05.88	07:26	8.1mph	Male 50 -Plus: 5
40	FRED FORD	GLEN ALLEN, VA	M: 33	RUNNER	814	00:23:08.55	07:26	8.1mph	Male 50 -Plus: 6
41	EMMA GALBRAITH	GLEN ALLEN, VA	F: 8	RUNNER	718	00:23:08.63	07:26	8.1mph	Female 20 - 29: 1
42	MATTHEW THOMSON	HENRICO, VA	M: 34	RUNNER	833	00:23:12.71	07:28	8.0mph	Male 50 -Plus: 7
43	CORMAC RAYMAN-MOORE	TAMPA, FL	M: 35	RUNNER	646	00:23:16.86	07:29	8.0mph	Male 10 - 19: 13
44	ROY BELL SR.	NEW KENT, VA	M: 36	RUNNER	795	00:23:18.27	07:30	8.0mph	Male 40 - 49: 6
45	JACKSON KEPPLER	GLEN ALLEN, VA	M: 37	RUNNER	823	00:23:21.77	07:31	8.0mph	Male 10 - 19: 14
46	GEORGE GARDNER	GLEN ALLEN, VA	M: 38	RUNNER	802	00:23:23.57	07:31	8.0mph	Male 20 - 29: 4
47	KRIS KIRBY	RICHMOND, VA	M: 39	RUNNER	773	00:23:34.21	07:35	7.9mph	Male 40 - 49: 7
48	SCOTT ENSLEY	CHESTER, NJ	M: 40	RUNNER	834	00:23:45.62	07:38	7.8mph	Male 50 -Plus: 8
49	SEAN MADES	GLEN ALLEN, VA	M: 41	RUNNER	637	00:23:50.82	07:40	7.8mph	Male 20 - 29: 5
50	TYLER GRANDY	PITTSBURGH, PA	M: 42	RUNNER	757	00:23:56.16	07:42	7.8mph	Male 30 - 39: 5
51	ROGER GALBRAITH	GLEN ALLEN, VA	M: 43	RUNNER	720	00:24:02.36	07:44	7.8mph	Male 50 -Plus: 9
52	EVANGELOS RINGAS	GLEN ALLEN, VA	M: 44	RUNNER	651	00:24:04.65	07:44	7.7mph	Male 40 - 49: 8
53	SHAWN SUTPHIN	RICHMOND, VA	M: 45	RUNNER	702	00:24:11.78	07:47	7.7mph	Male 30 - 39: 6
54	VINCENT MORAN	HENRICO, VA	M: 46	RUNNER	845	00:24:13.21	07:47	7.7mph	Male 10 - 19: 15
55	FINNIAN MURPHY	HERNDON, VA	M: 47	RUNNER	682	00:24:16.84	07:48	7.7mph	Male 10 - 19: 16
56	GORDON PHILLIPS	RICHMOND, VA	M: 48	RUNNER	781	00:24:17.51	07:49	7.7mph	Male 30 - 39: 7
57	JACOB WRIGHT	GLEN ALLEN, VA	M: 49	RUNNER	793	00:24:38.10	07:55	7.6mph	Male 0 - 9: 1
58	REBECCA GALBRAITH	GLEN ALLEN, VA	F: 9	RUNNER	719	00:24:41.02	07:56	7.6mph	Female 10 - 19: 4
59	CHASE EGGLESTON		M: 50	RUNNER	859	00:24:50.80	07:59	7.5mph	Male 10 - 19: 17
60	TARA KARNES	HANOVER, VA	F: 10	RUNNER	602	00:25:02.38	08:03	7.4mph	Female 40 - 49: 1

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Place	Name	Hometown	Gender	Type	Bib #	Time	Pace	Speed	Division Rank
61	BAILEY GARDNER	ARLINGTON, VA	F: 11	RUNNER	777	00:25:05.98	08:04	7.4mph	Female 20 - 29: 2
62	WAHEED CHAUDHRY	GLEN ALLEN, VA	M: 51	RUNNER	635	00:25:10.57	08:06	7.4mph	Male 50 -Plus: 10
63	COLIN SMOLINSKY	GLEN ALLEN, VA	M: 52	RUNNER	662	00:25:14.88	08:07	7.4mph	Male 30 - 39: 8
64	NOAH REICHEL	RICHMOND, VA	M: 53	RUNNER	640	00:25:17.79	08:08	7.4mph	Male 20 - 29: 6
65	JENNIFER FRISCH	RICHMOND, VA	F: 12	RUNNER	841	00:25:26.36	08:11	7.3mph	Female 50 - Plus: 1
66	EMMA VAN METER	MECHANICSVILLE, VA	F: 13	RUNNER	766	00:25:26.53	08:11	7.3mph	Female 10 - 19: 5
67	AARON HAYES	GLEN ALLEN, VA	M: 54	RUNNER	716	00:25:27.46	08:11	7.3mph	Male 10 - 19: 18
68	KIM MINOR		F: 14	RUNNER	862	00:25:30.26	08:12	7.3mph	Female 50 - Plus: 2
69	THOMAS MORAN	HENRICO, VA	M: 55	RUNNER	843	00:25:34.47	08:13	7.3mph	Male 40 - 49: 9
70	HARRIS FRIEDLEIN	MIDLOTHIAN, VA	M: 56	RUNNER	750	00:25:34.63	08:13	7.3mph	Male 10 - 19: 19
71	MIC MARKIEWICZ	HENRICO, VA	M: 57	RUNNER	746	00:25:43.27	08:16	7.2mph	Male 20 - 29: 7
72	RASHELLE HAYES	GLEN ALLEN, VA	F: 15	RUNNER	714	00:25:45.11	08:17	7.2mph	Female 40 - 49: 2
73	DANA SCRUGGS		F: 16	RUNNER	848	00:25:48.09	08:18	7.2mph	Female 40 - 49: 3
74	DAVID ROSALES	ROCKVILLE, VA	M: 58	RUNNER	756	00:25:48.23	08:18	7.2mph	Male 20 - 29: 8
75	JAY MARKIEWICZ	HENRICO, VA	M: 59	RUNNER	744	00:26:00.86	08:22	7.2mph	Male 50 -Plus: 11
76	EDWARD DILLON	GLEN ALLEN, VA	M: 60	RUNNER	622	00:26:02.40	08:22	7.2mph	Male 50 -Plus: 12
77	PO BHATTACHARYYA	AUSTIN, TX	M: 61	RUNNER	742	00:26:10.10	08:25	7.1mph	Male 30 - 39: 9
78	COOPER HOLTON	GLEN ALLEN, VA	M: 62	RUNNER	799	00:26:10.11	08:25	7.1mph	Male 10 - 19: 20
79	CALEB EBERT	AUSTIN, TX	M: 63	RUNNER	741	00:26:13.19	08:26	7.1mph	Male 20 - 29: 9
80	TADIANA VILLA	GLEN ALLEN, VA	F: 17	RUNNER	792	00:26:28.19	08:31	7.0mph	Female 40 - 49: 4
81	VESNA MITROVIC	HENRICO, VA	F: 18	RUNNER	747	00:26:30.20	08:31	7.0mph	Female 30 - 39: 2
82	WILLIAM OLIVER	WILLIAMSPORT, MD	M: 64	RUNNER	650	00:26:39.50	08:34	7.0mph	Male 50 -Plus: 13
83	PETRA PLATZER	HENRICO, VA	F: 19	RUNNER	743	00:26:43.73	08:36	7.0mph	Female 50 - Plus: 3
84	ALEX MARKIEWICZ	ALEXANDRIA, VA	F: 20	RUNNER	745	00:26:46.96	08:37	7.0mph	Female 20 - 29: 3
85	VASSILIOS RINGAS	GLEN ALLEN, VA	M: 65	RUNNER	652	00:26:54.87	08:39	6.9mph	Male 10 - 19: 21
86	ANDREW MANGELS		M: 66	RUNNER	855	00:26:57.41	08:40	6.9mph	Male 10 - 19: 22
87	JENNIFER ANDERSON	CROZIER, VA	F: 21	RUNNER	815	00:26:58.72	08:41	6.9mph	Female 40 - 49: 5
88	CHRISTA PETERSEN	PETERSBURG, VA	F: 22	RUNNER	674	00:27:05.79	08:43	6.9mph	Female 40 - 49: 6
89	CONNOR FRENCH		M: 67	RUNNER	880	00:27:13.92	08:45	6.8mph	Male 0 - 9: 2
90	CALISTA RINGAS	GLEN ALLEN, VA	F: 23	RUNNER	649	00:27:17.24	08:46	6.8mph	Female 20 - 29: 4
91	JOE HENDRICKS	AYLETT, VA	M: 68	RUNNER	783	00:27:21.05	08:48	6.8mph	Male 40 - 49: 10
92	MELISSA JEFFREY	RICHMOND, VA	F: 24	RUNNER	767	00:27:22.27	08:48	6.8mph	Female 50 - Plus: 4
93	IAIN NELSON	GLEN ALLEN, VA	M: 69	RUNNER	634	00:27:22.61	08:48	6.8mph	Male 40 - 49: 11
94	CHAD FRIEDLEIN	MIDLOTHIAN, VA	M: 70	RUNNER	748	00:27:23.18	08:48	6.8mph	Male 40 - 49: 12
95	BRIAN MCBEATH	WASHINGTON, DC	M: 71	RUNNER	654	00:27:24.66	08:49	6.8mph	Male 40 - 49: 13
96	LYDIA WINDLE	GLEN ALLEN, VA	F: 25	RUNNER	797	00:27:26.65	08:50	6.8mph	Female 30 - 39: 3
97	KEITH BERKLEY	GUM SPRING, VA	M: 72	RUNNER	713	00:27:27.40	08:50	6.8mph	Male 50 -Plus: 14
98	SAVANNAH STYER	ROCKVILLE, VA	F: 26	RUNNER	734	00:27:44.11	08:55	6.7mph	Female 10 - 19: 6
99	FELIX ANKRAH	STAFFORD, VA	M: 73	RUNNER	842	00:27:49.23	08:57	6.7mph	Male 40 - 49: 14
100	KATY KOST	OAKTON, VA	F: 27	RUNNER	737	00:27:51.93	08:58	6.7mph	Female 20 - 29: 5
101	LILY JAG	PERRY HALL, MD	F: 28	RUNNER	653	00:28:03.52	09:01	6.6mph	Female 20 - 29: 6
102	AMBER KEPPLER	GLEN ALLEN, VA	F: 29	RUNNER	820	00:28:03.70	09:01	6.6mph	Female 40 - 49: 7
103	MELINA RINGAS	GLEN ALLEN, VA	F: 30	RUNNER	630	00:28:14.68	09:05	6.6mph	Female 10 - 19: 7
104	STEPHEN ANCHOR	SOUTHERN PINES, NC	M: 74	RUNNER	847	00:28:20.50	09:07	6.6mph	Male 40 - 49: 15
105	MELISSA KISH	HENRICO, VA	F: 31	RUNNER	642	00:28:21.32	09:07	6.6mph	Female 50 - Plus: 5
106	MICHAEL KISH	HENRICO, VA	M: 75	RUNNER	643	00:28:22.46	09:07	6.6mph	Male 10 - 19: 23
107	BARRETT LONG	HERNDON, VA	M: 76	RUNNER	687	00:28:25.76	09:09	6.6mph	Male 20 - 29: 10
108	CARO TAYLOR	GLEN ALLEN, VA	F: 32	RUNNER	830	00:28:29.78	09:10	6.5mph	Female 20 - 29: 7
109	RAFY IMLER	GLEN ALLEN, VA	M: 77	RUNNER	639	00:28:30.80	09:10	6.5mph	Male 40 - 49: 16
110	MOLLY STALLMAN	HERNDON, VA	F: 33	RUNNER	690	00:28:38.89	09:13	6.5mph	Female 10 - 19: 8
111	CARTER MANN		M: 78	RUNNER	850	00:28:47.37	09:15	6.5mph	Male 20 - 29: 11
112	MARK MURPHY	HERNDON, VA	M: 79	RUNNER	679	00:28:48.53	09:16	6.5mph	Male 50 -Plus: 15
113	CAITLIN SUPER	MECHANICSVILLE, VA	F: 34	RUNNER	695	00:28:59.28	09:19	6.4mph	Female 30 - 39: 4
114	GRANT LUHMAN	GLEN ALLEN, VA	M: 80	RUNNER	825	00:29:03.51	09:21	6.4mph	Male 0 - 9: 3
115	GRACIELA ROSALES	ROCKVILLE, VA	F: 35	RUNNER	755	00:29:11.29	09:23	6.4mph	Female 30 - 39: 5
116	ADAM LUHMAN	GLEN ALLEN, VA	M: 81	RUNNER	821	00:29:18.15	09:25	6.4mph	Male 40 - 49: 17
117	SAMUEL WRIGHT	GLEN ALLEN, VA	M: 82	RUNNER	794	00:29:20.65	09:26	6.4mph	Male 0 - 9: 4
118	ALEJANDRA VILLA	GLEN ALLEN, VA	F: 36	RUNNER	827	00:29:21.69	09:27	6.3mph	Female 30 - 39: 6
119	MIRANDA JONES	MECHANICSVILLE, VA	F: 37	RUNNER	818	00:29:22.29	09:27	6.3mph	Female 40 - 49: 8

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120	RACHELLE STYER	ROCKVILLE, VA	F: 38	RUNNER	733	00:29:27.34	09:28	6.3mph	Female 40 - 49: 9
121	ALEXANDER SALVATO	ATLANTA, GA	M: 83	RUNNER	625	00:29:28.85	09:29	6.3mph	Male 20 - 29: 12
122	CAITLIN SECRIST	ASHEVILLE, NC	F: 39	RUNNER	621	00:29:35.42	09:31	6.3mph	Female 30 - 39: 7
123	MELISSA MAXIM	QUINTON, VA	F: 40	RUNNER	790	00:29:37.69	09:32	6.3mph	Female 40 - 49: 10
124	RYAN MINOR		F: 41	RUNNER	864	00:29:54.94	09:37	6.2mph	Female 0 - 9: 1
125	MICHELLE ONOFRIO	GLEN ALLEN, VA	F: 42	RUNNER	665	00:30:02.90	09:40	6.2mph	Female 50 - Plus: 6
126	MADDIE HOWE	PHILADELPHIA, PA	F: 43	RUNNER	760	00:30:03.86	09:40	6.2mph	Female 20 - 29: 8
127	CORINNE ROBERTS	GLEN ALLEN, VA	F: 44	RUNNER	628	00:30:11.96	09:43	6.2mph	Female 10 - 19: 9
128	SYLVIA THOMAS	GLEN ALLEN, VA	F: 45	RUNNER	758	00:30:17.36	09:44	6.2mph	Female 30 - 39: 8
129	NOLAN FRENCH		M: 84	RUNNER	878	00:30:25.17	09:47	6.1mph	Male 10 - 19: 24
130	DONNA ATKINSON	ITHACA, NY	F: 46	RUNNER	701	00:30:27.27	09:48	6.1mph	Female 40 - 49: 11
131	DONNA ATKINSON	ITHACA, NY	F: 47	RUNNER	700	00:30:29.05	09:48	6.1mph	Female 40 - 49: 12
132	ANTHONY RUDDY	GLEN ALLEN, VA	M: 85	RUNNER	614	00:30:34.63	09:50	6.1mph	Male 50 -Plus: 16
133	JENNIFER RICHARDET	GLEN ALLENGLEN ALLEN, VA	F: 48	RUNNER	615	00:30:36.09	09:50	6.1mph	Female 40 - 49: 13
134	ALEX DILLON	GLEN ALLEN, VA	M: 86	RUNNER	623	00:30:43.90	09:53	6.1mph	Male 10 - 19: 25
135	JOANNE STALLMAN	HERNDON, VA	F: 49	RUNNER	688	00:30:47.40	09:54	6.1mph	Female 40 - 49: 14
136	OLIVIA NEWMAN	RICHMOND, VA	F: 50	RUNNER	788	00:30:52.61	09:56	6.0mph	Female 30 - 39: 9
137	MEGAN JACK	GLEN ALLEN, VA	F: 51	RUNNER	899	00:30:53.02	09:56	6.0mph	Female 30 - 39: 10
138	HUNTER BOWEN	ALEXANDRIA, VA	M: 87	RUNNER	692	00:30:57.65	09:57	6.0mph	Male 20 - 29: 13
139	ADAM CARRANZA	HENRICO, VA	M: 88	RUNNER	631	00:31:03.24	09:59	6.0mph	Male 30 - 39: 10
140	ADAM HUGO	RICHMOND, VA	M: 89	RUNNER	810	00:31:08.07	10:01	6.0mph	Male 20 - 29: 14
141	NICOLE MCCORMICK	GLEN ALLEN, VA	F: 52	RUNNER	763	00:31:10.82	10:02	6.0mph	Female 20 - 29: 9
142	BRENDAN MCCORMICK	GLEN ALLEN, VA	M: 90	RUNNER	762	00:31:13.53	10:03	6.0mph	Male 50 -Plus: 17
143	COURTNEY FRIEDLEIN	MIDLOTHIAN, VA	F: 53	RUNNER	749	00:31:17.57	10:04	6.0mph	Female 40 - 49: 15
144	SARA TAYLOR	GLEN ALLEN, VA	F: 54	RUNNER	831	00:31:20.96	10:05	5.9mph	Female 20 - 29: 10
145	CORA NOLAN	GLEN ALLEN, VA	F: 55	RUNNER	627	00:31:25.96	10:07	5.9mph	Female 10 - 19: 10
146	AMY NOLAN	GLEN ALLEN, VA	F: 56	RUNNER	626	00:31:27.68	10:07	5.9mph	Female 40 - 49: 16
147	JACKSON ENSLEY	AUSTIN, TX	M: 91	RUNNER	837	00:31:28.95	10:07	5.9mph	Male 20 - 29: 15
148	ELLIS SUEANN		F: 57	RUNNER	849	00:31:40.70	10:11	5.9mph	Female 40 - 49: 17
149	JAMES SYLVESTER	GLEN ALLEN, VA	M: 92	RUNNER	832	00:31:42.23	10:12	5.9mph	Male 20 - 29: 16
150	ALEX RAGAGLIA	HENRICO, VA	M: 93	RUNNER	605	00:31:46.76	10:13	5.9mph	Male 30 - 39: 11
151	MARK SCHRICKEL	HENRICO, VA	M: 94	RUNNER	840	00:31:49.30	10:14	5.9mph	Male 40 - 49: 18
152	AMBERLEE DOWNEN		F: 58	RUNNER	873	00:32:02.96	10:18	5.8mph	Female 10 - 19: 11
153	JILL FLOYD	GLEN ALLEN, VA	F: 59	RUNNER	675	00:32:06.27	10:20	5.8mph	Female 30 - 39: 11
154	PETER HOWE	RICHMOND, VA	M: 95	RUNNER	759	00:32:10.20	10:21	5.8mph	Male 50 -Plus: 18
155	DOUG BAGBY		M: 96	RUNNER	867	00:32:13.45	10:22	5.8mph	Male 50 -Plus: 19
156	LARRY GLIDEWELL		M: 97	RUNNER	852	00:32:20.45	10:24	5.8mph	Male 50 -Plus: 20
157	LAUREN STRATTON	ASHLAND, VA	F: 60	RUNNER	673	00:32:22.62	10:25	5.8mph	Female 40 - 49: 18
158	LUKE DOWNWEN		M: 98	RUNNER	872	00:32:24.04	10:25	5.8mph	Male 30 - 39: 12
159	FRANK IUORNO	HENRICO, VA	M: 99	RUNNER	829	00:32:31.95	10:28	5.7mph	Male 50 -Plus: 21
160	SAMANTHA MACIOLEK	ASHLAND, VA	F: 61	RUNNER	813	00:33:17.58	10:42	5.6mph	Female 20 - 29: 11
161	ZACHARY MACIOLEK	ASHLAND, VA	M: 100	RUNNER	812	00:33:20.34	10:43	5.6mph	Male 20 - 29: 17
162	GLENN SHERMAN		M: 101	RUNNER	866	00:33:20.55	10:43	5.6mph	Male 50 -Plus: 22
163	CARA KURZ	FORT LEE, VA	F: 62	RUNNER	839	00:33:23.77	10:44	5.6mph	Female 50 - Plus: 7
164	BRAYDEN FRENCH		M: 102	RUNNER	879	00:33:29.53	10:46	5.6mph	Male 10 - 19: 26
165	DAVID FRISCH	ASHLAND, VA	M: 103	RUNNER	672	00:33:55.54	10:55	5.5mph	Male 50 -Plus: 23
166	HAYLEY WILSON	NORTH CHESTERFIELD, VA	F: 63	RUNNER	808	00:34:01.72	10:57	5.5mph	Female 20 - 29: 12
167	ANGELA NIXON	MONTPELIER, VA	F: 64	RUNNER	603	00:34:03.98	10:57	5.5mph	Female 50 - Plus: 8
168	MELISSA MASCHER	HENRICO, VA	F: 65	RUNNER	703	00:34:05.48	10:58	5.5mph	Female 30 - 39: 12
169	SANDRA CAMPOS	ROCKVILLE, VA	F: 66	RUNNER	754	00:34:26.38	11:05	5.4mph	Female 40 - 49: 19
170	MURPHY HOLTON	GLEN ALLEN, VA	M: 104	RUNNER	798	00:34:34.47	11:07	5.4mph	Male 10 - 19: 27
171	DELMAR PATTERSON	BOWIE, MD	M: 105	RUNNER	801	00:34:36.69	11:08	5.4mph	Male 20 - 29: 18
172	ELI THIBODEAU	SAN DIEGO, CA	M: 106	RUNNER	663	00:34:47.11	11:11	5.4mph	Male 30 - 39: 13
173	JEANETTE MURPHY	HERNDON, VA	F: 67	RUNNER	680	00:34:48.49	11:12	5.4mph	Female 50 - Plus: 9
174	HEATHER ENSLEY	CHESTER, NJ	F: 68	RUNNER	836	00:34:59.39	11:15	5.3mph	Female 50 - Plus: 10
175	CHIP NICKERSON	HENRICO, VA	M: 107	RUNNER	632	00:35:08.65	11:18	5.3mph	Male 30 - 39: 14
176	LIAM MASCHER	HENRICO, VA	M: 108	RUNNER	706	00:35:12.14	11:19	5.3mph	Male 0 - 9: 5
177	UMAR AZIZUDDIN	HENRICO, VA	M: 109	RUNNER	657	00:35:30.99	11:25	5.2mph	Male 40 - 49: 19
178	PATRICIA SCHMITZ	GLEN ALLEN, VA	F: 69	RUNNER	778	00:35:31.08	11:25	5.2mph	Female 50 - Plus: 11
179	JESSICA BRABRAND	HENRICO, VA	F: 70	RUNNER	787	00:35:37.83	11:28	5.2mph	Female 40 - 49: 20

2023 West End Orthodontics 5K Turkey Trot

Place	Name	Hometown	Gender	Type	Bib #	Time	Pace	Speed	Division Rank
180	JAMES WILSON	NORTH CHESTERFIELD, VA	M: 110	RUNNER	807	00:35:49.13	11:31	5.2mph	Male 50 -Plus: 24
181	DEB WOLFE		F: 71	RUNNER	876	00:36:00.12	11:35	5.2mph	Female 50 - Plus: 12
182	BROOKE ROSS NELSON	GLEN ALLEN, VA	F: 72	RUNNER	633	00:36:07.37	11:37	5.2mph	Female 40 - 49: 21
183	SUSAN POE	MECHANICSVILLE, VA	F: 73	RUNNER	711	00:36:08.44	11:37	5.2mph	Female 50 - Plus: 13
184	ALINA BRASHEAR	WAKE FOREST, NC	F: 74	RUNNER	709	00:36:10.41	11:38	5.2mph	Female 30 - 39: 13
185	KYLE BRASHEAR	WAKE FOREST, NC	M: 111	RUNNER	710	00:36:18.11	11:41	5.1mph	Male 30 - 39: 15
186	XOCHITL MORENO	ROCKVILLE, VA	F: 75	RUNNER	751	00:36:18.72	11:41	5.1mph	Female 40 - 49: 22
187	LU MIRANDA	GLEN ALLEN, VA	M: 112	RUNNER	772	00:36:22.96	11:42	5.1mph	Male 40 - 49: 20
188	TRISTAN HAYES	GLEN ALLEN, VA	M: 113	RUNNER	717	00:36:27.94	11:44	5.1mph	Male 0 - 9: 6
189	FOUGELEY DENIS	RICHMOND, VA	F: 76	RUNNER	761	00:36:34.20	11:46	5.1mph	Female 20 - 29: 13
190	CHRISTOPHER HAYES	GLEN ALLEN, VA	M: 114	RUNNER	715	00:36:36.13	11:46	5.1mph	Male 40 - 49: 21
191	MEGAN ECKELKAMP	SAINT LOUIS, MO	F: 77	RUNNER	617	00:36:50.45	11:51	5.1mph	Female 30 - 39: 14
192	KELSEY HILTON	GLEN ALLEN, VA	F: 78	RUNNER	736	00:37:09.00	11:57	5.0mph	Female 30 - 39: 15
193	AMANDA ONOFRIO	GLEN ALLEN, VA	F: 79	RUNNER	669	00:37:19.89	12:00	5.0mph	Female 20 - 29: 14
194	KEAGAN COMERFORD	GLEN ALLEN, VA	M: 115	RUNNER	699	00:37:20.55	12:01	5.0mph	Male 10 - 19: 28
195	WALKER YATESAB12@GMAIL.COM	HENRICO, VA	M: 116	RUNNER	786	00:37:37.47	12:06	5.0mph	Male 20 - 29: 19
196	SARAH PARSLEY	HENRICO, VA	F: 80	RUNNER	729	00:37:40.23	12:07	4.9mph	Female 20 - 29: 15
197	MARY GRACE GASPERINI	GLEN ALLEN, VA	F: 81	RUNNER	611	00:37:46.81	12:09	4.9mph	Female 10 - 19: 12
198	RICHARD COMERFORD	GLEN ALLEN, VA	M: 117	RUNNER	698	00:37:49.50	12:10	4.9mph	Male 50 -Plus: 25
199	DANIEL MASCHER	HENRICO, VA	M: 118	RUNNER	704	00:37:55.76	12:12	4.9mph	Male 30 - 39: 16
200	EMILY WHITT	GLEN ALLEN, VA	F: 82	RUNNER	644	00:38:14.69	12:18	4.9mph	Female 20 - 29: 16
201	SCOTT JOHNSTON	NORTH CHESTERFIELD, VA	M: 119	RUNNER	780	00:38:37.30	12:25	4.8mph	Male 50 -Plus: 26
202	REBECCA BARKER	HENRICO, VA	F: 83	RUNNER	779	00:38:39.24	12:26	4.8mph	Female 30 - 39: 16
203	SYDNEY MINOR		F: 84	RUNNER	865	00:38:40.40	12:26	4.8mph	Female 0 - 9: 2
204	GENEVIEVE GASPERINI	GLEN ALLEN, VA	F: 85	RUNNER	612	00:38:42.72	12:27	4.8mph	Female 10 - 19: 13
205	LAILA CHAUDHRY	GLEN ALLEN, VA	F: 86	RUNNER	636	00:38:53.89	12:31	4.8mph	Female 20 - 29: 17
206	KAREN SLIWINSKI- THURMAN	HENRICO, VA	F: 87	RUNNER	727	00:39:08.88	12:36	4.8mph	Female 40 - 49: 23
207	PAIGE FITZGERALD	HENRICO, VA	F: 88	RUNNER	764	00:39:19.80	12:39	4.7mph	Female 50 - Plus: 14
208	CINDY ALVIS	MANAKIN SABOT, VA	F: 89	RUNNER	670	00:39:42.09	12:46	4.7mph	Female 50 - Plus: 15
209	HANNAH MOLNAR	MANAKIN SABOT, VA	F: 90	RUNNER	671	00:39:43.61	12:47	4.7mph	Female 20 - 29: 18
210	STEFANIE JENKINS	GLEN ALLEN, VA	F: 91	RUNNER	723	00:40:10.60	12:55	4.6mph	Female 30 - 39: 17
211	LAURA ROSS	BURKE, VA	F: 92	RUNNER	604	00:40:14.19	12:57	4.6mph	Female 30 - 39: 18
212	AMANDA LUMPKIN	AYLETT, VA	F: 93	RUNNER	784	00:40:32.18	13:02	4.6mph	Female 40 - 49: 24
213	CHERELLE UPIOMOH	RICHMOND, VA	F: 94	RUNNER	785	00:40:42.45	13:06	4.6mph	Female 30 - 39: 19
214	ROSE HENDRICKS	AYLETT, VA	F: 95	RUNNER	782	00:40:42.82	13:06	4.6mph	Female 40 - 49: 25
215	NIKKI BOWLES	PALMYRA, VA	F: 96	RUNNER	708	00:40:44.64	13:06	4.6mph	Female 50 - Plus: 16
216	PETER FARRELL	GLEN ALLEN, VA	M: 120	RUNNER	648	00:41:13.42	13:16	4.5mph	Male 50 -Plus: 27
217	ALEXIS MORAN	HENRICO, VA	F: 97	RUNNER	844	00:41:23.10	13:19	4.5mph	Female 40 - 49: 26
218	GRACE HUGO	RICHMOND, VA	F: 98	RUNNER	806	00:41:55.21	13:29	4.4mph	Female 10 - 19: 14
219	MARY JO HILTON	GLEN ALLEN, VA	F: 99	RUNNER	735	00:42:00.71	13:31	4.4mph	Female 50 - Plus: 17
220	NOAH MASCHER	HENRICO, VA	M: 121	RUNNER	705	00:43:01.53	13:50	4.3mph	Male 10 - 19: 29
221	CHERYL MODESTO	HENRICO, VA	F: 100	RUNNER	768	00:43:50.61	14:06	4.3mph	Female 50 - Plus: 18
222	MAYA MORENO	ROCKVILLE, VA	F: 101	RUNNER	752	00:44:42.46	14:23	4.2mph	Female 10 - 19: 15
223	BETTY ANNE FLYNN	WASHINGTON, DC	F: 102	RUNNER	656	00:46:33.62	14:59	4.0mph	Female 50 - Plus: 19
224	JENNIFER RYAN	HERNDON, VA	F: 103	RUNNER	684	00:47:11.03	15:11	4.0mph	Female 50 - Plus: 20
225	LARRY LONG	HERNDON, VA	M: 122	RUNNER	685	00:47:21.10	15:14	3.9mph	Male 50 -Plus: 28
226	REBECCA LONG	HERNDON, VA	F: 104	RUNNER	686	00:47:21.58	15:14	3.9mph	Female 20 - 29: 19
227	ALLISON MOORE	TAMPA, FL	F: 105	RUNNER	645	00:56:24.21	18:09	3.3mph	Female 50 - Plus: 21