

2019 HCA SPORTS MED 5K

23-MAR-19

RICHMOND VA



Place	Bib #	First Name	Last Name	Sex	Age	Finishing Time	Pace per mile	Team Name
1	109	Piotr	Dybas	Male	32	00:16:30.96	5:19	
2	116	John	Sharp	Male	44	00:16:54.96	5:26	
3	60	Nick	Flieg	Male	35	00:19:56.72	6:25	
4	71	Allie	Desko	Female	24	00:21:16.25	6:51	Not that kind of Rehab
5	98	Ryan	O'Bar	Male	36	00:21:29.45	6:55	
6	105	Andrew	McGlamery	Male	49	00:22:08.52	7:07	Swervin' Durvin's Das
7	52	Chris	Horan	Male	34	00:22:42.02	7:18	
8	62	Matthew	Kucharski	Male	45	00:22:50.19	7:21	Not that kind of Rehab
9	43	Robert	Buffa	Male	14	00:23:00.57	7:24	Buffa clan
10	2	Brandon	Paarfus	Male	26	00:23:54.02	7:42	
11	39	Brian	Crookshank	Male	37	00:24:15.33	7:48	
12	122	Andrew	Berlin	Male	0	00:24:37.85	7:55	

Place	Bib #	First Name	Last Name	Sex	Age	Finishing Time	Pace per mile	Team Name
13	94	Omar	Ahmad	Male	33	00:24:41.01	7:57	Swervin' Durvin's Das
14	107	Sarah	Berlin	Female	27	00:24:44.11	7:58	
15	113	Mauricio	Morales	Male	43	00:24:57.46	8:02	
16	68	Stephanie	Schuster	Female	40	00:25:01.25	8:03	Retreat Elite
17	25	Sarah	Waagen	Female	32	00:25:10.94	8:06	Rehab Rockstars
18	41	Kristine	Hansen	Female	36	00:25:13.51	8:07	Rehab Rockstars
19	93	Danielle	Joslin	Female	40	00:25:27.82	8:11	Swervin' Durvin's Das
20	101	Alden	Koupal	Female	14	00:25:30.99	8:12	
21	67	Michelle	Pendleton	Female	41	00:25:34.52	8:14	Retreat Elite
22	87	Cody	Wilson	Male	32	00:25:37.20	8:15	Parallon Pacers
23	64	Ariel	Furler	Female	33	00:25:48.25	8:18	Retreat Elite
24	61	Eugene	Molisso	Male	25	00:25:56.18	8:21	
25	90	Sean	Ragudos	Male	29	00:26:27.67	8:31	
26	6	Matthew	Ward	Male	25	00:26:38.07	8:34	Scrambled Legs
27	121	Melanie	Kangelaris	Female	0	00:26:56.19	8:40	
28	118	Erik	Skolrood	Male	29	00:27:03.85	8:42	
29	99	Greg	Delano	Male	24	00:27:05.63	8:43	Swervin' Durvin's Das
30	48	Geoff	Wilson	Male	55	00:27:51.69	8:58	
31	84	Sandra	Neisen	Female	33	00:28:03.69	9:02	Rehab Rockstars
32	45	GARY	VAN DERVEER	Male	61	00:28:06.51	9:03	
33	78	Carolyn	Hunter	Female	29	00:28:15.67	9:06	
34	63	Susan	Jack	Female	52	00:28:24.57	9:08	Retreat Elite
35	115	Tess	Andres	Female	38	00:29:45.00	9:35	
36	77	Laura	Stepnowski	Female	35	00:29:53.38	9:37	Parallon Pacers
37	65	Kristen	Byrne	Female	25	00:30:18.25	9:45	

Place	Bib #	First Name	Last Name	Sex	Age	Finishing Time	Pace per mile	Team Name
38	89	Phillip	Shearer	Male	48	00:30:31.42	9:49	Rehab Rockstars
39	54	Emily	Johnson	Female	35	00:31:00.75	9:59	IT&S
40	14	Caitlin	Syrett	Female	29	00:31:05.72	10:00	Rehab Rockstars
41	96	Karee	Brown	Female	16	00:31:31.14	10:09	
42	51	Michael	Wells	Male	48	00:33:23.14	10:45	
43	73	Kristen	Ardoin	Female	15	00:33:24.48	10:45	
44	103	Jennifer	Hopp	Female	39	00:33:29.50	10:47	
45	104	James	LeBaron	Male	40	00:33:31.02	10:47	
46	102	Olivia	Kloc	Female	15	00:33:33.99	10:48	
47	75	Aimee	Ardoin	Female	45	00:33:50.87	10:53	
48	29	Chris	Jones	Male	50	00:34:01.41	10:57	Bones Jones
49	38	Melissa	Jones	Female	50	00:34:04.53	10:58	Bones Jones
50	92	Maya	Wright	Female	14	00:34:33.06	11:07	
51	88	Jill	Blankenburg	Female	51	00:34:37.50	11:09	
52	24	Christopher	Toler	Male	26	00:35:13.84	11:20	
53	85	Phillip	Hillis	Male	46	00:36:14.96	11:40	RCX Spartans
54	86	Jaclyn	Hillis	Female	29	00:36:15.02	11:40	RCX Spartans
55	18	Rashad	Ferebee	Male	35	00:36:22.28	11:42	
56	56	Jonathan	Reed	Male	43	00:36:45.06	11:50	
57	57	Cyndi	Crawford	Female	43	00:36:50.87	11:51	
58	119	Meg	Thompson	Female	50	00:37:10.46	11:58	
59	4	Erin	Keim	Female	37	00:37:30.89	12:04	JW PACU
60	33	Sadie	Smith	Female	23	00:37:51.53	12:11	
61	91	Emily	Connell	Female	17	00:38:00.84	12:14	
62	106	Julianna	Phillips	Female	17	00:38:02.81	12:15	

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63	70	Zach	McCluskey	Male	38	00:38:34.35	12:25	
64	97	Brooke	Childress	Female	17	00:40:27.73	13:01	
65	83	Nicole	Caldwell	Female	35	00:40:41.74	13:06	
66	82	Natasha	Hawkes	Female	33	00:40:43.29	13:06	
67	117	Kaitlyn	Mitchell	Female	17	00:40:48.89	13:08	
68	74	Bailey	Ardoin	Female	12	00:41:37.82	13:24	
69	58	Valerie	Cortez	Female	58	00:42:25.18	13:39	
70	59	Daniel	Cortez	Male	62	00:42:26.83	13:39	
71	100	Maria	Mata	Female	38	00:42:42.54	13:45	
72	114	Layla	Weston	Female	14	00:43:19.32	13:57	
73	81	Elliot	Winegar	Female	14	00:43:29.77	14:00	
74	49	Sara	Jackson	Female	46	00:44:18.35	14:16	Rehab Rockstars
75	37	Jeanne	McLemore	Female	58	00:44:28.62	14:19	
76	50	Deborah	Gaglio	Female	65	00:44:33.91	14:20	
77	10	Lily	Coffey	Female	6	00:46:43.59	15:02	Team Nuclear
78	3	Stacy	Coffey	Female	27	00:46:47.19	15:03	Team Nuclear
79	46	Alexander	Coffey	Male	29	00:46:54.27	15:06	Team Nuclear
80	35	Trina	Crookshank	Female	61	00:47:10.93	15:11	
81	40	Dawn	Gallentine	Female	59	00:47:12.06	15:12	
82	42	Sue Ellen	Fry	Female	70	00:47:17.57	15:13	
83	44	Chelsea	Belcher	Female	28	00:48:18.72	15:33	Team Nuclear
84	8	Teresa	Perkins	Female	53	00:48:57.89	15:45	Team Nuclear
85	79	Amani	Gaafar	Female	14	00:49:42.48	16:00	
86	32	Sam	Giles	Male	56	00:51:49.16	16:41	
87	36	Sally	Slayton	Female	63	00:51:52.24	16:42	

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88	30	Carol	Giles	Female	58	00:52:38.26	16:56	
89	9	Annette	Van Derveer	Female	57	00:52:39.15	16:57	
90	22	Alana	Underdue	Female	37	00:53:20.14	17:10	
91	76	Gabrielle	Davison	Female	18	00:53:30.86	17:13	
92	28	Natasha	Godsey	Female	38	00:53:40.74	17:16	
93	19	TYSHEA	PENDER	Female	35	00:53:43.00	17:17	
94	34	Melissa	Moran	Female	41	00:53:53.82	17:21	Ace Center at Hermita
95	21	Julliet	Coates	Female	57	00:53:56.15	17:22	Ace Center at Hermita
96	23	Bobbi	Southard	Female	43	00:53:57.45	17:22	Ace Center at Hermita
97	15	Pam	Ross	Female	60	00:54:00.85	17:23	Ace Center at Hermita
98	17	Aura	Deane	Female	60	00:55:21.85	17:49	
99	53	shauna	clements	Female	49	00:57:18.33	18:27	
100	120	Paula	Ward	Female	61	00:59:15.09	19:04	

Swerve Buffa Retreat Rehab Paralon Eggs rehab its bones

rcx nuclear JW Ace