

2022 Valor Run5K

Place	Name	Hometown	Gender	Type	Bib #	Time	Pace	Speed	Division Rank
1	MIKE KAPETANAKIS	VIRGINIA BEACH, VA	M: 1	Runner	624	00:19:02.96	06:07	9.8mph	Male 30 - 39: 1
2	ANDREA BUOSO	NORFOLK, VA	M: 2	Runner	619	00:22:52.31	07:21	8.2mph	Male 40 - 49: 1
3	KEEGAN DURKIN	VIRGINIA BEACH, VA	M: 3	Runner	622	00:23:36.72	07:35	7.9mph	Male 18 - 29: 1
4	ADAM COLLETT	CHANDLER, AZ	M: 4	Runner	608	00:24:04.55	07:44	7.7mph	Male 18 - 29: 2
5	VIRGINIA COBB	VIRGINIA BEACH, VA	F: 1	Runner	621	00:25:32.77	08:13	7.3mph	Female 18 - 29: 1
6	GIUSEPPE COSSU	VIRGINIA BEACH, VA	M: 5	Runner	638	00:25:51.04	08:19	7.2mph	Male 40 - 49: 2
7	TATUM FITZPATRICK	NORFOLK, VA	F: 2	Runner	590	00:25:57.63	08:21	7.2mph	Female 18 - 29: 2
8	GIOVANNI IODICE	VIRGINIA BEACH, VA	M: 6	Runner	597	00:26:18.69	08:28	7.1mph	Male 50 - 59: 1
9	NICK NOAGE		M: 7	Runner	643	00:26:22.24	08:29	7.1mph	Male 0 - 17: 1
10	HAIG CAVISTON	VIRGINIA BEACH, VA	M: 8	Runner	604	00:26:24.40	08:29	7.1mph	Male 18 - 29: 3
11	MISSY FRITZ	VIRGINIA BEACH, VA	F: 3	Runner	549	00:26:52.60	08:39	6.9mph	Female 30 - 39: 1
12	PATRICK MCSHEA	VIRGINIA BEACH, VA	M: 9	Runner	607	00:26:54.99	08:39	6.9mph	Male 60 - 99: 1
13	ALESSANDRO CORRADINI	VIRGINIA BEACH, VA	M: 10	Runner	639	00:27:00.73	08:41	6.9mph	Male 40 - 49: 3
14	BECKY UPTON	VIRGINIA BEACH, VA	F: 4	Runner	609	00:27:06.85	08:43	6.9mph	Female 50 - 59: 1
15	KAYLA GANSROW	VIRGINIA BEACH, VA	F: 5	Runner	532	00:27:49.85	08:57	6.7mph	Female 18 - 29: 3
16	AARON ECKARD	NORFOLK, VA	M: 11	Runner	627	00:28:05.76	09:02	6.6mph	Male 40 - 49: 4
17	MICHAEL DYER	VIRGINIA BEACH, VA	M: 12	Runner	556	00:28:12.67	09:04	6.6mph	Male 50 - 59: 2
18	JESSICA EISENBERG	VIRGINIA BEACH, VA	F: 6	Runner	545	00:28:25.92	09:09	6.6mph	Female 30 - 39: 2
19	KATHERINE CHAWNER	VIRGINIA BEACH, VA	F: 7	Runner	570	00:29:55.57	09:37	6.2mph	Female 30 - 39: 3
20	HOPE LOWE	COBBS CREEK, VA	F: 8	Runner	525	00:29:58.92	09:39	6.2mph	Female 40 - 49: 1
21	SHANNON BROWN	CHESAPEAKE, VA	F: 9	Runner	566	00:30:17.29	09:44	6.2mph	Female 30 - 39: 4
22	DWIGHT STARKS	VIRGINIA BEACH, VA	M: 13	Runner	611	00:30:22.28	09:46	6.1mph	Male 60 - 99: 2
23	ANDIE C	WASHINGTON, DC	F: 10	Runner	557	00:30:36.72	09:51	6.1mph	Female 40 - 49: 2
24	RAAID CROSSLEY	NORFOLK, VA	M: 14	Runner	637	00:30:40.57	09:52	6.1mph	Male 30 - 39: 2
25	RACHEL BUTTERFLY.RAG@GMAIL.COM	GLOUCESTER, VA	F: 11	Runner	531	00:30:42.96	09:53	6.1mph	Female 40 - 49: 3
26	VICKY CASSANI	VIRGINIA BEACH, VA	F: 12	Runner	554	00:30:45.40	09:53	6.1mph	Female 50 - 59: 2
27	KADEN CASSANI	VIRGINIA BEACH, VA	M: 15	Runner	555	00:30:46.96	09:54	6.1mph	Male 0 - 17: 2
28	CINDY KROHN	MUNROE FALLS, OH	F: 13	Runner	536	00:31:03.28	09:59	6.0mph	Female 40 - 49: 4
29	HARRISON MANNING	VIRGINIA BEACH, VA	M: 16	Runner	605	00:32:05.11	10:19	5.8mph	Male 18 - 29: 4
30	BRITTANY AUSTIN	WILLIAMSBURG, VA	F: 14	Runner	610	00:32:32.32	10:28	5.7mph	Female 30 - 39: 5
31	JENNIFER TILLARD	VIRGINIA BEACH, VA	F: 15	Runner	569	00:32:43.27	10:31	5.7mph	Female 40 - 49: 5
32	VANESSA CHRISTIE	VIRGINIA BEACH, VA	F: 16	Runner	550	00:32:56.91	10:36	5.7mph	Female 40 - 49: 6
33	PAUL HOFFMAN	VIRGINIA BEACH, VA	M: 17	Runner	517	00:32:59.49	10:37	5.7mph	Male 60 - 99: 3
34	SHANNON OSBOURNE	CHESAPEAKE, VA	F: 17	Runner	565	00:33:10.39	10:40	5.6mph	Female 40 - 49: 7
35	KYLE HAIRE	VIRGINIA BEACH, VA	M: 18	Runner	526	00:33:36.11	10:48	5.5mph	Male 40 - 49: 5
36	ELIZABETH LOYAL	VIRGINIA BEACH, VA	F: 18	Runner	551	00:33:41.49	10:50	5.5mph	Female 18 - 29: 4
37	COURTNEY MICHELS	VIRGINIA BEACH, VA	F: 19	Runner	583	00:34:00.41	10:56	5.5mph	Female 40 - 49: 8
38	KIMBERLY MCKEE	VIRGINIA BEACH, VA	F: 20	Runner	620	00:34:15.68	11:01	5.4mph	Female 18 - 29: 5
39	MARISSA KALASHIAN	DUBLIN, CA	F: 21	Runner	538	00:34:20.12	11:03	5.4mph	Female 30 - 39: 6
40	MARIO FULGIERI	BELLMORE, NY	M: 19	Runner	529	00:34:56.67	11:14	5.3mph	Male 50 - 59: 3
41	DEHAVEN MAYS	HENRICO, VA	F: 22	Runner	524	00:34:59.72	11:15	5.3mph	Female 30 - 39: 7
42	JENNIFER MAYS	CHESAPEAKE, VA	F: 23	Runner	523	00:35:03.72	11:17	5.3mph	Female 40 - 49: 9
43	WHITNEY RAFFO	VIRGINIA BEACH, VA	F: 24	Runner	599	00:35:06.67	11:18	5.3mph	Female 30 - 39: 8
44	LIZBETH GONZALEZ	SAN BENITO, TX	F: 25	Runner	623	00:35:09.48	11:18	5.3mph	Female 18 - 29: 6
45	TAYLOR HAIRE	VIRGINIA BEACH, VA	M: 20	Runner	527	00:35:13.90	11:20	5.3mph	Male 0 - 17: 3
46	SHANNON DRURY	VIRGINIA BEACH, VA	F: 26	Runner	598	00:35:25.25	11:24	5.3mph	Female 40 - 49: 10
47	AUSRA ZEMAITIENE	ELIZABETH CITY, NC	F: 27	Runner	596	00:35:43.86	11:30	5.2mph	Female 40 - 49: 11
48	CARNELL AURELIO	CHESAPEAKE, VA	M: 21	Runner	631	00:35:56.17	11:34	5.2mph	Male 40 - 49: 6
49	COLLIN AURELIO	CHESAPEAKE, VA	M: 22	Runner	632	00:35:58.36	11:34	5.2mph	Male 0 - 17: 4
50	KARELI WENRICH	CHESAPEAKE, VA	F: 28	Runner	534	00:36:11.10	11:38	5.2mph	Female 30 - 39: 9
51	ALEXANDER BUSH	VIRGINIA BEACH, VA	M: 23	Runner	542	00:36:18.53	11:41	5.1mph	Male 30 - 39: 3
52	MARLA ROBINSON	VIRGINIA BEACH, VA	F: 29	Runner	572	00:37:34.76	12:05	5.0mph	Female 50 - 59: 3
53	ANDREA LAMBIE	VIRGINIA BEACH, VA	F: 30	Runner	613	00:38:22.77	12:21	4.9mph	Female 50 - 59: 4
54	TERESA MARKLEY		F: 31	Runner	421	00:38:45.12	12:28	4.8mph	Female 30 - 39: 10
55	DAWN VENDT	VIRGINIA BEACH, VA	F: 32	Runner	585	00:39:16.74	12:38	4.7mph	Female 50 - 59: 5
56	SOPHIE KIEDROWSKI	NORFOLK, VA	F: 33	Runner	628	00:39:23.38	12:40	4.7mph	Female 18 - 29: 7
57	VALERIE KIRBY	VIRGINIA BEACH, VA	F: 34	Runner	533	00:39:49.54	12:49	4.7mph	Female 50 - 59: 6
58	ROBIN KLOEPPPEL	SUFFOLK, VA	F: 35	Runner	595	00:39:55.52	12:51	4.7mph	Female 60 - 99: 1
59	MARSHA SAINTFLEUR	NORFOLK, VA	F: 36	Runner	584	00:40:03.34	12:53	4.7mph	Female 40 - 49: 12
60	KARA BRISENO	VIRGINIA BEACH, VA	F: 37	Runner	548	00:40:07.42	12:54	4.6mph	Female 50 - 59: 7
61	LISA HARCZAK	CAPE MAY, NJ	F: 38	Runner	519	00:40:20.38	12:59	4.6mph	Female 40 - 49: 13

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62	JAMES LAMAR		M: 24	Runner	646	00:40:43.92	13:06	4.6mph	Male 0 - 17: 5
63	CAROLSUE MCGEHEE	VIRGINIA BEACH, VA	F: 39	Runner	567	00:42:25.32	13:39	4.4mph	Female 40 - 49: 14
64	SERAPHINA COTTON	VIRGINIA BEACH, VA	F: 40	Runner	553	00:42:26.79	13:39	4.4mph	Female 0 - 17: 1
65	SUSAN CANEDY	SUFFOLK, VA	F: 41	Runner	568	00:42:34.65	13:42	4.4mph	Female 60 - 99: 2
66	LAURA KAMOSA	TALL TIMBERS, MD	F: 42	Runner	612	00:44:00.88	14:10	4.2mph	Female 50 - 59: 8
67	ALEXANDRIA PRIEBE	NORFOLK, VA	F: 43	Runner	528	00:44:03.16	14:10	4.2mph	Female 18 - 29: 8
68	ALEXANDRA GREENE	VIRGINIA BEACH, VA	F: 44	Runner	546	00:44:13.11	14:13	4.2mph	Female 30 - 39: 11
69	NANCY SEARLES	VIRGINIA BEACH, VA	F: 45	Runner	541	00:44:43.20	14:23	4.2mph	Female 30 - 39: 12
70	CAROLINE BREWER	VIRGINIA BEACH, VA	F: 46	Runner	547	00:45:29.24	14:38	4.1mph	Female 18 - 29: 9
71	MOLLY MCKEEL	VIRGINIA BEACH, VA	F: 47	Runner	573	00:46:43.81	15:02	4.0mph	Female 40 - 49: 15
72	CHRISTINE MARTINEZ	VIRGINIA BEACH, VA	F: 48	Runner	630	00:47:43.68	15:21	3.9mph	Female 30 - 39: 13
73	JEREMY OSWALT	NORFOLK, VA	M: 25	Runner	582	00:51:17.93	16:30	3.6mph	Male 30 - 39: 4
74	KATHARINE FISH	CHESAPEAKE, VA	F: 49	Runner	592	00:52:12.79	16:48	3.6mph	Female 30 - 39: 14
75	LYNN RIDINGER	VIRGINIA BEACH, VA	F: 50	Runner	535	00:52:57.96	17:02	3.5mph	Female 60 - 99: 3
76	JAYNE EPALOOSE	VIRGINIA BEACH, VA	F: 51	Runner	539	00:53:38.06	17:15	3.5mph	Female 40 - 49: 16
77	JENNIFER WILLIAMS	VIRGINIA BEACH, VA	F: 52	Runner	552	00:53:39.80	17:16	3.5mph	Female 40 - 49: 17
78	KATI JOHNSON	SUFFOLK, VA	F: 53	Runner	562	00:54:39.51	17:35	3.4mph	Female 40 - 49: 18
79	MELINDA LEMAR	CARROLLTON, VA	F: 54	Runner	561	00:54:40.99	17:36	3.4mph	Female 30 - 39: 15
80	DONALD GAUTHIER	GLOUCESTER, VA	M: 26	Runner	516	00:55:44.36	17:56	3.3mph	Male 60 - 99: 4
81	LUCIA HERNDON	NORFOLK, VA	F: 55	Runner	560	00:58:08.83	18:42	3.2mph	Female 60 - 99: 4
82	CHRISTINE MURRAY	VIRGINIA BEACH, VA	F: 56	Runner	559	00:58:15.93	18:45	3.2mph	Female 50 - 59: 9
83	IMANI MATTHEWS OWENS	NORFOLK, VA	F: 57	Runner	615	00:58:22.51	18:47	3.2mph	Female 18 - 29: 10
84	EVAN LINDBERG	VIRGINIA BEACH, VA	M: 27	Runner	521	00:59:59.21	19:18	3.1mph	Male 0 - 17: 6
85	CHRIS LINDBERG	VIRGINIA BEACH, VA	M: 28	Runner	520	01:00:00.71	19:18	3.1mph	Male 40 - 49: 7