

FINIAL Fast Before the Feast 5K

Women's Overall

Place	Bib #	Name	Time	Class	Type	Hometown	Pace	Speed	Overall	Age	ID Number
1	26	JACKIE HOFFMAN	00:19:39.55		Runner	Newport News, VA	6:19/M	9.5mph	10	25	
2	25	LAURA WELCH	00:20:03.69		Runner	Richmond, VA	6:27/M	9.3mph	13	33	
3	17	MEGAN DERSCHANG	00:20:31.85		Runner	Denver, CO	6:36/M	9.1mph	18	28	

Girls 14 & Under

Place	Bib #	Name	Time	Class	Type	Hometown	Pace	Speed	Overall	Age	ID Number
1	58	EMMY CENNAME	00:22:22.14		Runner	Newport News, VA	7:12/M	8.3mph	40	12	
2	144	FLANNERY BENDA	00:23:58.22		Runner	Norfolk, VA	7:43/M	7.8mph	63	13	
3	95	EMILY SWARTZBAUGH	00:24:46.77		Runner	Poquoson, VA	7:58/M	7.5mph	83	13	

Young Women 15-19

Place	Bib #	Name	Time	Class	Type	Hometown	Pace	Speed	Overall	Age	ID Number
1	52	KRISTEN YARBOROUGH	00:24:18.55		Runner	Newport News, VA	7:49/M	7.7mph	69	16	
2	142	JESSICA MAGEE	00:24:52.09		Runner	Norfolk, VA	8:00/M	7.5mph	86	15	
3	73	SYDNEY EURE	00:24:58.70		Runner	Clayton, NC	8:02/M	7.5mph	89	15	

Women 20 - 24

Place	Bib #	Name	Time	Class	Type	Hometown	Pace	Speed	Overall	Age	ID Number
1	44	GRACE PRILLAMAN	00:21:59.78		Runner	Newport News, VA	7:05/M	8.5mph	31	21	
2	254	CLARISSA MCINTYRE	00:24:20.97		Runner	Alexandria, VA	7:50/M	7.7mph	70	24	
3	137	GRACE BOWEN	00:24:33.43		Runner	Hampton, VA	7:54/M	7.6mph	74	22	

Women 25 - 29

Place	Bib #	Name	Time	Class	Type	Hometown	Pace	Speed	Overall	Age	ID Number
1	12	EMILY HONEYCUTT	00:21:19.54		Runner	Newport News, VA	6:52/M	8.7mph	22	27	
2	109	COURTNEY WERNER	00:22:07.87		Runner	Newport News, VA	7:07/M	8.4mph	34	27	
3	511	ALYSON SEARLES	00:23:47.12		Runner	Arlington, VA	7:39/M	7.8mph	62	28	

Women 30 - 34

Place	Bib #	Name	Time	Class	Type	Hometown	Pace	Speed	Overall	Age	ID Number
1	70	AMBER KUSZAK	00:22:30.27		Runner	Yorktown, VA	7:15/M	8.3mph	46	34	
2	65	RENEE LENASSI	00:22:33.98		Runner	Richmond, VA	7:15/M	8.3mph	48	32	
3	48	MEGAN LAVOIE	00:23:00.61		Runner	Newport News, VA	7:24/M	8.1mph	50	32	

Women 35 - 39

Place	Bib #	Name	Time	Class	Type	Hometown	Pace	Speed	Overall	Age	ID Number
1	36	RUTHIE KREUZER	00:22:16.14		Runner	Yorktown, VA	7:10/M	8.4mph	38	37	
2	50	STACEY KNIGHT	00:24:31.36		Runner	Washington, DC	7:53/M	7.6mph	72	36	
3	149	ROSE EMBRY	00:24:52.50		Runner	Geneva, IL	8:00/M	7.5mph	87	35	

Women 40 - 44

Place	Bib #	Name	Time	Class	Type	Hometown	Pace	Speed	Overall	Age	ID Number
1	51	KAREN SANZO	00:23:29.48		Runner	Hampton, VA	7:34/M	7.9mph	58	42	
2	103	ANNA NEWMAN	00:25:33.69		Runner	Hampton, VA	8:13/M	7.3mph	99	40	
3	81	LISA LEECH	00:25:53.68		Runner	Newport News, VA	8:20/M	7.2mph	107	42	

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Women 45 - 49

Place	Bib #	Name	Time	Class	Type	Hometown	Pace	Speed	Overall	Age	ID Number
1	751	DEBORAH BRISCOE	00:22:17.49		Runner	Gloucester, VA	7:10/M	8.4mph	39	48	
2	57	SUSAN HAGEL	00:24:08.88		Runner	Norfolk, VA	7:46/M	7.7mph	66	45	
3	139	JENNIFER JOHNSON	00:27:24.35		Runner	Poquoson, VA	8:49/M	6.8mph	144	47	

Women 50 - 54

Place	Bib #	Name	Time	Class	Type	Hometown	Pace	Speed	Overall	Age	ID Number
1	180	MARY BROWN	00:26:00.54		Runner	Hampton, VA	8:22/M	7.2mph	110	50	
2	298	PAULA GILLIAN	00:27:30.16		Runner	Suffolk, VA	8:51/M	6.8mph	147	51	
3	159	KAREN STADLER	00:27:35.60		Runner	Poquoson, VA	8:53/M	6.8mph	150	54	

Women 55 - 59

Place	Bib #	Name	Time	Class	Type	Hometown	Pace	Speed	Overall	Age	ID Number
1	188	DEBRA PRICE	00:26:23.42		Runner	Newport News, VA	8:30/M	7.1mph	116	55	
2	75	LORI MELLE	00:27:33.65		Runner	Newport News, VA	8:52/M	6.8mph	149	56	
3	359	CARLEEN LENASSI	00:31:10.95		Runner	Suffolk, VA	10:02/M	6.0mph	284	59	

Women 60 - 64

Place	Bib #	Name	Time	Class	Type	Hometown	Pace	Speed	Overall	Age	ID Number
1	446	ELIZABETH ROWE	00:29:59.41		Runner	Yorktown, VA	9:39/M	6.2mph	228	60	
2	157	MARTHA WELCH	00:30:48.67		Runner	Yorktown, VA	9:55/M	6.1mph	262	63	
3	569	KATHY GALLO	00:36:37.51		Runner	newport news, VA	11:47/M	5.1mph	433	62	

Women 65 - 69

Place	Bib #	Name	Time	Class	Type	Hometown	Pace	Speed	Overall	Age	ID Number
1	694	DEBORAH VREELAND	00:35:55.31		Runner	Moneta, VA	11:34/M	5.2mph	418	65	
2	466	MARY HARMAN	00:37:16.66		Runner	Newport NEws, VA	12:00/M	5.0mph	451	68	
3	806	DEBI ZEDAKER	00:41:29.78		Runner	Bradenton, FL	13:21/M	4.5mph	541	66	

Women 70 - 74

Place	Bib #	Name	Time	Class	Type	Hometown	Pace	Speed	Overall	Age	ID Number
1	442	JANE ABBOTT	00:33:20.50		Runner	Hampton, VA	10:44/M	5.6mph	358	71	
2	840	KATE ALEXANDER	00:40:00.19		Runner	Newport News, VA	12:52/M	4.7mph	510	72	
3	892	HELEN JOHNSON-ANDERSON	00:52:20.23		Runner	Hampton, VA	16:51/M	3.6mph	687	73	

Women 75 & Over

Place	Bib #	Name	Time	Class	Type	Hometown	Pace	Speed	Overall	Age	ID Number
1	728	LUCINDA DAVIS	00:40:01.63		Runner	Warrenton, VA	12:53/M	4.7mph	511	79	
2	691	JUDY FOSTER	00:56:16.55		Runner	Lodi, OH	18:07/M	3.3mph	743	77	

Men's Overall

Place	Bib #	Name	Time	Class	Type	Hometown	Pace	Speed	Overall	Age	ID Number
1	1	BRIAN CLAPP	00:18:28.00		Runner	Smithfield, VA	5:57/M	10.1mph	1	30	
2	9	TUCKER HOFFMAN	00:18:37.14		Runner	NEWPORT NEWS, VA	6:00/M	10.0mph	2	23	
3	10	JOSHUA THOMAS	00:18:38.87		Runner	Charlottesville, VA	6:00/M	10.0mph	3	29	

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Boys 14 & Under

Place	Bib #	Name	Time	Class	Type	Hometown	Pace	Speed	Overall	Age	ID Number
1	3	WILLIAM LAINE	00:18:48.68		Runner	Kennesaw, GA	6:03/M	9.9mph	4	14	
2	4	MATTHAEUS OTT	00:19:16.97		Runner	Myrtle Beach, SC	6:12/M	9.7mph	6	14	
3	8	LAUCHNOR LAMB	00:22:08.74		Runner	Newport News, VA	7:07/M	8.4mph	35	13	

Young Men 15-19

Place	Bib #	Name	Time	Class	Type	Hometown	Pace	Speed	Overall	Age	ID Number
1	2	RECE THOMAS	00:19:21.90		Runner	Burke, VA	6:14/M	9.6mph	7	16	
2	11	WILLIAM PRILLAMAN	00:19:31.77		Runner	Newport News, VA	6:17/M	9.6mph	8	18	
3	41	NATHAN GILLIAN	00:21:42.94		Runner	Suffolk, VA	6:59/M	8.6mph	23	16	

Men 20 - 24

Place	Bib #	Name	Time	Class	Type	Hometown	Pace	Speed	Overall	Age	ID Number
1	33	NICHOLAS VIADO	00:19:31.98		Runner	Suffolk, VA	6:17/M	9.6mph	9	20	
2	21	ISAAC RIFE	00:19:39.79		Runner	Newport News, VA	6:19/M	9.5mph	11	21	
3	18	REED MINGIONE	00:20:11.41		Runner	Chesapeake, VA	6:30/M	9.2mph	14	21	

Men 25 - 29

Place	Bib #	Name	Time	Class	Type	Hometown	Pace	Speed	Overall	Age	ID Number
1	38	MYLES MANSFIELD	00:20:21.26		Runner	Arnold, MD	6:33/M	9.2mph	16	25	
2	404	NICHOLAS BOWMAN	00:22:27.28		Runner	Loveland, CO	7:14/M	8.3mph	42	28	
3	66	CLARK BELOTE	00:23:16.11		Runner	Virginia Beach, VA	7:29/M	8.0mph	56	29	

Men 30 - 34

Place	Bib #	Name	Time	Class	Type	Hometown	Pace	Speed	Overall	Age	ID Number
1	20	KYLE FOULGER	00:19:41.54		Runner	Richmond, VA	6:20/M	9.5mph	12	34	
2	23	MILES DAVISON	00:21:49.41		Runner	Williamsburg, VA	7:01/M	8.5mph	24	32	
3	39	MICHEAL RAMEY	00:21:55.59		Runner	Newport News, VA	7:03/M	8.5mph	26	34	

Men 35 - 39

Place	Bib #	Name	Time	Class	Type	Hometown	Pace	Speed	Overall	Age	ID Number
1	56	ROBERT LEFKOWICZ	00:22:03.74		Runner	Newport News, VA	7:06/M	8.5mph	32	36	
2	60	JASON ANDERSON	00:22:10.44		Runner	Hudson, FL	7:08/M	8.4mph	36	36	
3	905	MICHAEL KARNJANAPRAKORN	00:23:08.08		Runner	Brooklyn, NY	7:27/M	8.1mph	52	36	

Men 40 - 44

Place	Bib #	Name	Time	Class	Type	Hometown	Pace	Speed	Overall	Age	ID Number
1	7	MICHAEL LEECH	00:19:05.16		Runner	newport news, VA	6:09/M	9.8mph	5	40	
2	82	BRIAN MONBECK	00:21:56.68		Runner	Fort Eustis, VA	7:04/M	8.5mph	28	40	
3	67	STEVEN BRINKER	00:22:59.54		Runner	Newport News, VA	7:24/M	8.1mph	49	41	

Men 45 - 49

Place	Bib #	Name	Time	Class	Type	Hometown	Pace	Speed	Overall	Age	ID Number
1	34	TOM SIDES	00:21:03.74		Runner	Huntersville, NC	6:47/M	8.9mph	21	49	
2	903	AARON CANDELLA	00:21:56.04		Runner	Yorktown, VA	7:04/M	8.5mph	27	49	
3	135	BRIAN HOLLIFIELD	00:22:24.50		Runner	Newport News, VA	7:13/M	8.3mph	41	47	

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Men 50 - 54

Place	Bib #	Name	Time	Class	Type	Hometown	Pace	Speed	Overall	Age	ID Number
1	31	DOUG MALONE	00:20:43.14		Runner	Yorktown, VA	6:40/M	9.0mph	20	53	
2	86	PAUL RAGI	00:21:57.81		Runner	Newport News, VA	7:04/M	8.5mph	30	52	
3	228	DANIEL MINGIONE	00:22:28.41		Runner	Chesapeake, VA	7:14/M	8.3mph	44	53	

Men 60 - 64

Place	Bib #	Name	Time	Class	Type	Hometown	Pace	Speed	Overall	Age	ID Number
1	218	DOUG ROREM	00:28:04.83		Runner	Wheaton, IL	9:02/M	6.6mph	162	62	
2	367	RICHARD LA ROCHE	00:29:09.54		Runner	Hampton, VA	9:23/M	6.4mph	203	61	
3	237	DAVID YOUKER	00:29:36.44		Runner	Yorktown, VA	9:32/M	6.3mph	219	61	

Men 55 - 59

Place	Bib #	Name	Time	Class	Type	Hometown	Pace	Speed	Overall	Age	ID Number
1	35	ALAN VAN ZANDT	00:21:56.91		Runner	Newport News, VA	7:04/M	8.5mph	29	57	
2	117	KAMEL BENOETHMANE	00:25:19.05		Runner	Yorktown, VA	8:09/M	7.4mph	94	57	
3	111	MICHAEL LINGENFELTER	00:25:42.25		Runner	Yorktown, VA	8:16/M	7.3mph	103	59	

Men 65 - 69

Place	Bib #	Name	Time	Class	Type	Hometown	Pace	Speed	Overall	Age	ID Number
1	129	BILL DANCY	00:24:51.45		Runner	Smithfield, VA	8:00/M	7.5mph	85	65	
2	104	WAYNE WILLIAMS	00:25:46.08		Runner	Poquoson, VA	8:18/M	7.2mph	105	65	
3	140	STEVE BOOKBINDER	00:26:37.27		Runner	Newport News, VA	8:34/M	7.0mph	122	69	

Men 70 - 74

Place	Bib #	Name	Time	Class	Type	Hometown	Pace	Speed	Overall	Age	ID Number
1	138	MICHAEL POFF	00:29:15.93		Runner	Ellwood City, PA	9:25/M	6.4mph	206	73	
2	572	JOHN ADAMS	00:33:21.44		Runner	Hampton, VA	10:44/M	5.6mph	359	70	
3	729	THOMAS SOUTHWORTH	00:55:28.34		Runner	Warrenton, VA	17:51/M	3.4mph	733	73	

Men 75 & Over

Place	Bib #	Name	Time	Class	Type	Hometown	Pace	Speed	Overall	Age	ID Number
1	683	ROBERT DILL	00:29:09.63		Runner	Glenview, IL	9:23/M	6.4mph	204	80	
2	616	NICKOLAS HAGEL	00:35:56.56		Runner	Norfolk, VA	11:34/M	5.2mph	419	76	
3	398	CHARLES TERRELL	00:36:08.52		Runner	Newport News, VA	11:38/M	5.2mph	424	79	