

FINIAL Fast Before the Feast 5K

Place	Name	Hometown	Type	Bib #	Time	Pace	Speed	Sex	Age	ID Number
1	BRIAN CLAPP	SMITHFIELD, VA	RUNNER	1	00:18:28.00	05:56	10.1mph	M	30	
2	TUCKER HOFFMAN	NEWPORT NEWS, VA	RUNNER	9	00:18:37.14	05:59	10.0mph	M	23	
3	JOSHUA THOMAS	CHARLOTTESVILLE, VA	RUNNER	10	00:18:38.87	06:00	10.0mph	M	29	
4	WILLIAM LAINE	KENNESAW, GA	RUNNER	3	00:18:48.68	06:03	9.9mph	M	14	
5	MICHAEL LEECH	NEWPORT NEWS, VA	RUNNER	7	00:19:05.16	06:08	9.8mph	M	40	
6	MATTHAEUS OTT	MYRTLE BEACH, SC	RUNNER	4	00:19:16.97	06:12	9.7mph	M	14	
7	RECE THOMAS	BURKE, VA	RUNNER	2	00:19:21.90	06:13	9.6mph	M	16	
8	WILLIAM PRILLAMAN	NEWPORT NEWS, VA	RUNNER	11	00:19:31.77	06:17	9.5mph	M	18	
9	NICHOLAS VIADO	SUFFOLK, VA	RUNNER	33	00:19:31.98	06:17	9.5mph	M	20	
10	JACKIE HOFFMAN	NEWPORT NEWS, VA	RUNNER	26	00:19:39.55	06:19	9.5mph	F	25	
11	ISAAC RIFE	NEWPORT NEWS, VA	RUNNER	21	00:19:39.79	06:19	9.5mph	M	21	
12	KYLE FOULGER	RICHMOND, VA	RUNNER	20	00:19:41.54	06:20	9.5mph	M	34	
13	LAURA WELCH	RICHMOND, VA	RUNNER	25	00:20:03.69	06:27	9.3mph	F	33	
14	REED MINGIONE	CHESAPEAKE, VA	RUNNER	18	00:20:11.41	06:29	9.2mph	M	21	
15	THOMAS MALONE	YORKTOWN, VA	RUNNER	76	00:20:20.13	06:32	9.2mph	M	24	
16	MYLES MANSFIELD	ARNOLD, MD	RUNNER	38	00:20:21.26	06:33	9.2mph	M	25	
17	MARK YOUKER	YORKTOWN, VA	RUNNER	93	00:20:28.33	06:35	9.1mph	M	22	
18	MEGAN DERSCHANG	DENVER, CO	RUNNER	17	00:20:31.85	06:36	9.1mph	F	28	
19	WILLIAM MALONE	YORKTOWN, VA	RUNNER	30	00:20:38.19	06:38	9.0mph	M	22	
20	DOUG MALONE	YORKTOWN, VA	RUNNER	31	00:20:43.14	06:40	9.0mph	M	53	
21	TOM SIDES	HUNTERSVILLE, NC	RUNNER	34	00:21:03.74	06:46	8.9mph	M	49	
22	EMILY HONEYCUTT	NEWPORT NEWS, VA	RUNNER	12	00:21:19.54	06:51	8.7mph	F	27	
23	NATHAN GILLIAN	SUFFOLK, VA	RUNNER	41	00:21:42.94	06:59	8.6mph	M	16	
24	MILES DAVISON	WILLIAMSBURG, VA	RUNNER	23	00:21:49.42	07:01	8.5mph	M	32	
25	WILLARD ROBINSON	BOONE, NC	RUNNER	6	00:21:53.04	07:02	8.5mph	M	23	
26	MICHEAL RAMEY	NEWPORT NEWS, VA	RUNNER	39	00:21:55.59	07:03	8.5mph	M	34	
27	AARON CANDELLA	YORKTOWN, VA	RUNNER	903	00:21:56.04	07:03	8.5mph	M	49	
28	BRIAN MONBECK	FORT EUSTIS, VA	RUNNER	82	00:21:56.68	07:03	8.5mph	M	40	
29	ALAN VAN ZANDT	NEWPORT NEWS, VA	RUNNER	35	00:21:56.91	07:03	8.5mph	M	57	
30	PAUL RAGI	NEWPORT NEWS, VA	RUNNER	86	00:21:57.81	07:04	8.5mph	M	52	
31	GRACE PRILLAMAN	NEWPORT NEWS, VA	RUNNER	44	00:21:59.78	07:04	8.5mph	F	21	
32	ROBERT LEFKOWICZ	NEWPORT NEWS, VA	RUNNER	56	00:22:03.74	07:06	8.4mph	M	36	
33	ZACHARY BECOUVARAKIS	HAMPTON, VA	RUNNER	64	00:22:03.90	07:06	8.4mph	M	21	
34	COURTNEY WERNER	NEWPORT NEWS, VA	RUNNER	109	00:22:07.87	07:07	8.4mph	F	27	
35	LAUCHNOR LAMB	NEWPORT NEWS, VA	RUNNER	8	00:22:08.74	07:07	8.4mph	M	13	
36	JASON ANDERSON	HUDSON, FL	RUNNER	60	00:22:10.44	07:08	8.4mph	M	36	
37	MITCHELL DAVIS	LAS VEGAS, NV	RUNNER	28	00:22:11.65	07:08	8.4mph	M	14	
38	RUTHIE KREUZER	YORKTOWN, VA	RUNNER	36	00:22:16.14	07:10	8.4mph	F	37	
39	DEBORAH BRISCOE	GLOUCESTER, VA	RUNNER	751	00:22:17.49	07:10	8.4mph	F	48	
40	EMMY CENAME	NEWPORT NEWS, VA	RUNNER	58	00:22:22.14	07:11	8.3mph	F	12	
41	BRIAN HOLLIFIELD	NEWPORT NEWS, VA	RUNNER	135	00:22:24.50	07:12	8.3mph	M	47	
42	NICHOLAS BOWMAN	LOVELAND, CO	RUNNER	404	00:22:27.28	07:13	8.3mph	M	28	
43	JOSHUA MESSICK	HAMPTON, VA	RUNNER	14	00:22:27.61	07:13	8.3mph	M	23	
44	DANIEL MINGIONE	CHESAPEAKE, VA	RUNNER	228	00:22:28.41	07:14	8.3mph	M	53	
45	KEVIN MAHAN	HAMPTON, VA	RUNNER	55	00:22:29.36	07:14	8.3mph	M	22	
46	AMBER KUSZAK	YORKTOWN, VA	RUNNER	70	00:22:30.27	07:14	8.3mph	F	34	
47	JOSEPH "LUKE" MESSICK	HAMPTON, VA	RUNNER	13	00:22:33.10	07:15	8.3mph	M	19	
48	RENEE LENASSI	RICHMOND, VA	RUNNER	65	00:22:33.98	07:15	8.3mph	F	32	
49	STEVEN BRINKER	NEWPORT NEWS, VA	RUNNER	67	00:22:59.54	07:24	8.1mph	M	41	
50	MEGAN LAVOIE	NEWPORT NEWS, VA	RUNNER	48	00:23:00.61	07:24	8.1mph	F	32	
51	CRAIG YUNKER	SUFFOLK, VA	RUNNER	54	00:23:04.94	07:25	8.1mph	M	33	
52	MICHAEL KARNJANAPRAKORN	BROOKLYN, NY	RUNNER	905	00:23:08.08	07:26	8.1mph	M	36	
53	MICHAEL STUART	HENRICO, VA	RUNNER	69	00:23:09.72	07:27	8.0mph	M	34	
54	ERIC ALTMAN	HAMPTON, VA	RUNNER	72	00:23:12.87	07:28	8.0mph	M	33	
55	JASON HATCH	NEWPORT NEWS, VA	RUNNER	80	00:23:13.95	07:28	8.0mph	M	35	
56	CLARK BELOTE	VIRGINIA BEACH, VA	RUNNER	66	00:23:16.11	07:29	8.0mph	M	29	
57	AARON HOPKINS	NEWPORT NEWS, VA	RUNNER	118	00:23:24.77	07:32	8.0mph	M	27	
58	KAREN SANZO	HAMPTON, VA	RUNNER	51	00:23:29.48	07:33	7.9mph	F	42	
59	RAYMOND GILLIAN	SUFFOLK, VA	RUNNER	43	00:23:30.88	07:34	7.9mph	M	20	
60	CHRIS COLANGELO	CLAYTON, NC	RUNNER	213	00:23:46.36	07:39	7.8mph	M	47	

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61	PATRICK GILLIAN	SUFFOLK, VA	RUNNER	42	00:23:46.69	07:39	7.8mph	M	18	
62	ALYSON SEARLES	ARLINGTON, VA	RUNNER	511	00:23:47.12	07:39	7.8mph	F	28	
63	FLANNERY BENDA	NORFOLK, VA	RUNNER	144	00:23:58.22	07:42	7.8mph	F	13	
64	ERIK OTT	MYRTLE BEACH, SC	RUNNER	19	00:23:59.36	07:43	7.8mph	M	49	
65	GRADY THOMAS	BURKE, VA	RUNNER	53	00:24:07.45	07:45	7.7mph	M	11	
66	SUSAN HAGEL	NORFOLK, VA	RUNNER	57	00:24:08.88	07:46	7.7mph	F	45	
67	JOE DAVIS	MARSHALL, VA	RUNNER	74	00:24:15.60	07:48	7.7mph	M	54	
68	CONNOR MANSFIELD	GREENSBORO, NC	RUNNER	240	00:24:16.91	07:48	7.7mph	M	22	
69	KRISTEN YARBOROUGH	NEWPORT NEWS, VA	RUNNER	52	00:24:18.55	07:49	7.7mph	F	16	
70	CLARISSA MCINTYRE	ALEXANDRIA, VA	RUNNER	254	00:24:20.97	07:50	7.7mph	F	24	
71	ANDREW PETERSON-ROSE	NEWPORT NEWS, VA	RUNNER	114	00:24:27.10	07:52	7.6mph	M	23	
72	STACEY KNIGHT	WASHINGTON, DC	RUNNER	50	00:24:31.36	07:53	7.6mph	F	36	
73	SOREN HINES	NEWPORT NEWS, VA	RUNNER	71	00:24:32.88	07:54	7.6mph	M	9	
74	GRACE BOWEN	HAMPTON, VA	RUNNER	137	00:24:33.43	07:54	7.6mph	F	22	
75	DAVID BONNEWELL	WASHINGTON, DC	RUNNER	146	00:24:36.90	07:55	7.6mph	M	28	
76	ALAN DAWKINS	HAMPTON, VA	RUNNER	32	00:24:38.87	07:56	7.6mph	M	43	
77	STEVEN LAINE	KENNESAW, GA	RUNNER	63	00:24:39.23	07:56	7.6mph	M	51	
78	CARTER CANALICHIO	CARROLLTON, VA	RUNNER	273	00:24:40.45	07:56	7.6mph	M	13	
79	KARL KELLER		RUNNER	912	00:24:44.04	07:57	7.5mph	M	33	
80	TAYLOR BEAUPREZ	RALEIGH, NC	RUNNER	84	00:24:44.07	07:57	7.5mph	F	23	
81	ALANTE DANCY	CHESAPEAKE, VA	RUNNER	85	00:24:44.20	07:57	7.5mph	M	24	
82	SERENA MILLER	BLACKSBURG, VA	RUNNER	59	00:24:45.82	07:58	7.5mph	F	31	
83	EMILY SWARTZBAUGH	POQUOSON, VA	RUNNER	95	00:24:46.77	07:58	7.5mph	F	13	
84	CURSTIN ZYDRON	SUFFOLK, VA	RUNNER	148	00:24:49.73	07:59	7.5mph	F	31	
85	BILL DANCY	SMITHFIELD, VA	RUNNER	129	00:24:51.45	08:00	7.5mph	M	65	
86	JESSICA MAGEE	NORFOLK, VA	RUNNER	142	00:24:52.09	08:00	7.5mph	F	15	
87	ROSE EMBRY	GENEVA, IL	RUNNER	149	00:24:52.50	08:00	7.5mph	F	35	
88	JON TAYLOR	SUFFOLK, VA	RUNNER	120	00:24:58.27	08:02	7.5mph	M	23	
89	SYDNEY EURE	CLAYTON, NC	RUNNER	73	00:24:58.70	08:02	7.5mph	F	15	
90	BRADY LA ROCHE	HAMPTON, VA	RUNNER	369	00:25:01.46	08:03	7.4mph	M	13	
91	ALISON TEM	NORFOLK, VA	RUNNER	141	00:25:08.13	08:05	7.4mph	F	30	
92	JOE GILLIAN	SUFFOLK, VA	RUNNER	299	00:25:10.03	08:06	7.4mph	M	51	
93	ERIN MURNANE	ARNOLD, MD	RUNNER	145	00:25:17.33	08:08	7.4mph	F	23	
94	KAMEL BENOITHMANE	YORKTOWN, VA	RUNNER	117	00:25:19.05	08:08	7.4mph	M	57	
95	TIM SCHMIDT	YORKTOWN, VA	RUNNER	162	00:25:21.20	08:09	7.4mph	M	30	
96	HAILEY LINDSAY	NEWPORT NEWS, VA	RUNNER	77	00:25:21.42	08:09	7.4mph	F	12	
97	JOSHUA DUKE	HAMPTON, VA	RUNNER	219	00:25:28.47	08:11	7.3mph	M	37	
98	SAM BATEMAN		RUNNER	911	00:25:29.64	08:12	7.3mph	M	31	
99	ANNA NEWMAN	HAMPTON, VA	RUNNER	103	00:25:33.69	08:13	7.3mph	F	40	
100	BENJAMIN MCINTYRE	ALEXANDRIA, VA	RUNNER	255	00:25:37.50	08:14	7.3mph	M	25	
101	BLAINE HUTCHENS	NEWPORT NEWS, VA	RUNNER	203	00:25:39.49	08:15	7.3mph	M	15	
102	JAVI SALAZAR	BROOKLYN, NY	RUNNER	908	00:25:39.57	08:15	7.3mph	M	30	
103	MICHAEL LINGENFELTER	YORKTOWN, VA	RUNNER	111	00:25:42.25	08:16	7.3mph	M	59	
104	MILLS BECOUVARAKIS	HAMPTON, VA	RUNNER	92	00:25:45.63	08:17	7.2mph	M	16	
105	WAYNE WILLIAMS	POQUOSON, VA	RUNNER	104	00:25:46.08	08:17	7.2mph	M	65	
106	HAILEY SWARTZBAUGH	POQUOSON, VA	RUNNER	96	00:25:51.78	08:19	7.2mph	F	13	
107	LISA LEECH	NEWPORT NEWS, VA	RUNNER	81	00:25:53.68	08:20	7.2mph	F	42	
108	RYAN CORVASCE	BLUE BELL, PA	RUNNER	676	00:25:54.89	08:20	7.2mph	F	8	
109	BRIAN LANG	CARROLLTON, VA	RUNNER	276	00:25:58.25	08:21	7.2mph	M	35	
110	MARY BROWN	HAMPTON, VA	RUNNER	180	00:26:00.54	08:22	7.2mph	F	50	
111	KYLE WILLIAMS	NEWPORT NEWS, VA	RUNNER	106	00:26:02.68	08:22	7.2mph	M	32	
112	HENRY WARD	MOUNT PLEASANT, SC	RUNNER	46	00:26:15.30	08:27	7.1mph	M	11	
113	SAM RADECKI	CARROLLTON, VA	RUNNER	123	00:26:15.52	08:27	7.1mph	M	21	
114	PETER WARD	MOUNT PLEASANT, SC	RUNNER	45	00:26:16.29	08:27	7.1mph	M	40	
115	RODRIGO ALCABINE	APEX, NC	RUNNER	155	00:26:19.34	08:28	7.1mph	M	35	
116	DEBRA PRICE	NEWPORT NEWS, VA	RUNNER	188	00:26:23.42	08:29	7.1mph	F	55	
117	JACOB BRAUNER	YORKTOWN, VA	RUNNER	61	00:26:26.73	08:30	7.0mph	M	14	
118	DAN WIEBKE	ARLINGTON, VA	RUNNER	277	00:26:26.80	08:30	7.0mph	M	34	
119	SHARI STILLEY	NEWPORT NEWS, VA	RUNNER	153	00:26:30.56	08:31	7.0mph	F	40	
120	RACHEL STADLER	POQUOSON, VA	RUNNER	160	00:26:33.35	08:32	7.0mph	F	25	
121	PATRICK WHANG	BALTIMORE, MD	RUNNER	176	00:26:35.69	08:33	7.0mph	M	44	
122	STEVE BOOKBINDER	NEWPORT NEWS, VA	RUNNER	140	00:26:37.27	08:34	7.0mph	M	69	

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123	ABBY STEVENS	RALEIGH, NC	RUNNER	196	00:26:38.30	08:34	7.0mph	F	36
124	JEFF STEVENS	RALEIGH, NC	RUNNER	197	00:26:38.88	08:34	7.0mph	M	37
125	ROXANNE DALLAIRE	FORT MONROE, VA	RUNNER	195	00:26:39.98	08:34	7.0mph	F	30
126	HAGEN HINES	NEWPORT NEWS, VA	RUNNER	134	00:26:43.58	08:36	7.0mph	M	13
127	DEVON CORVASCE	BLUE BELL, PA	RUNNER	331	00:26:45.85	08:36	7.0mph	F	40
128	STUART MONTGOMERY	NEWPORT NEWS, VA	RUNNER	230	00:26:47.73	08:37	7.0mph	M	22
129	SCOTT CONE	NEWPORT NEWS, VA	RUNNER	223	00:26:55.88	08:40	6.9mph	M	53
130	BLAKE WYNN	SMITHFIELD, VA	RUNNER	287	00:26:58.26	08:40	6.9mph	M	11
131	ELIAS TOPP	NEWPORT NEWS, VA	RUNNER	170	00:26:59.99	08:41	6.9mph	M	21
132	KEMARIN KIM	NEWPORT NEWS, VA	RUNNER	239	00:27:01.91	08:42	6.9mph	M	29
133	JOHN WELCH	RICHMOND, VA	RUNNER	133	00:27:02.15	08:42	6.9mph	M	30
134	THEO GARDNER	NEWPORT NEWS, VA	RUNNER	99	00:27:03.12	08:42	6.9mph	M	46
135	ALYSON HEIDENTHAL	NEWPORT NEWS, VA	RUNNER	200	00:27:08.30	08:44	6.9mph	F	31
136	GEORGE JACOBS	NEWPORT NEWS, VA	RUNNER	199	00:27:08.72	08:44	6.9mph	M	65
137	JUSTIN GWILT	HENRICO, VA	RUNNER	315	00:27:11.05	08:44	6.9mph	M	35
138	CALEB RADECKI	CARROLLTON, VA	RUNNER	122	00:27:15.15	08:46	6.8mph	M	23
139	GREG BECOVUARAKIS	HAMPTON, VA	RUNNER	173	00:27:21.78	08:48	6.8mph	M	56
140	LAUREN MARTINO	SUFFOLK, VA	RUNNER	171	00:27:21.96	08:48	6.8mph	F	14
141	NOAH O'HARA	PORTSMOUTH, VA	RUNNER	37	00:27:22.15	08:48	6.8mph	M	14
142	JOSHUA KANE	NEWPORT NEWS, VA	RUNNER	288	00:27:23.75	08:49	6.8mph	M	28
143	RANDY KANE	SHIPPENSBURG, PA	RUNNER	289	00:27:24.30	08:49	6.8mph	M	49
144	JENNIFER JOHNSON	POQUOSON, VA	RUNNER	139	00:27:24.35	08:49	6.8mph	F	47
145	JORDAN RUSSELL	NEWPORT NEWS, VA	RUNNER	124	00:27:26.37	08:49	6.8mph	F	32
146	RACHEL ECHTERNACH	CHESAPEAKE, VA	RUNNER	211	00:27:28.62	08:50	6.8mph	F	36
147	PAULA GILLIAN	SUFFOLK, VA	RUNNER	298	00:27:30.16	08:51	6.8mph	F	51
148	ASHLEIGH TYLER	VIRGINIA BEACH, VA	RUNNER	235	00:27:30.74	08:51	6.8mph	F	29
149	LORI MELLE	NEWPORT NEWS, VA	RUNNER	75	00:27:33.65	08:52	6.8mph	F	56
150	KAREN STADLER	POQUOSON, VA	RUNNER	159	00:27:35.60	08:52	6.8mph	F	54
151	NICK BUJACICH	VIRGINIA BEACH, VA	RUNNER	234	00:27:37.37	08:53	6.7mph	M	30
152	MICHAEL SIBLEY JR	NEWPORT NEWS, VA	RUNNER	506	00:27:43.88	08:55	6.7mph	M	13
153	CHRISTIAN OTT	MYRTLE BEACH, SC	RUNNER	68	00:27:44.12	08:55	6.7mph	M	11
154	KERRY WOODS	NORFOLK, VA	RUNNER	172	00:27:46.16	08:56	6.7mph	F	37
155	KRISTIN COCHRAN	NEWPORT NEWS, VA	RUNNER	339	00:27:48.05	08:56	6.7mph	F	43
156	ELIZABETH TEM	NORFOLK, VA	RUNNER	208	00:27:49.25	08:57	6.7mph	F	30
157	JULIE DYE	YORKTOWN, VA	RUNNER	192	00:27:51.90	08:58	6.7mph	F	49
158	KATHERINE CANALICHIO	CARROLLTON, VA	RUNNER	272	00:27:58.32	09:00	6.7mph	F	39
159	ERIC KENT	HAMPTON, VA	RUNNER	182	00:28:01.87	09:01	6.7mph	M	48
160	MARIANA KEENER	NEWPORT NEWS, VA	RUNNER	283	00:28:03.17	09:01	6.6mph	F	26
161	LYNN HOPKINS	NEWPORT NEWS, VA	RUNNER	198	00:28:03.63	09:01	6.6mph	F	54
162	DOUG ROREM	WHEATON, IL	RUNNER	218	00:28:04.83	09:02	6.6mph	M	62
163	AMANDA COLLIER	YORKTOWN, VA	RUNNER	128	00:28:05.74	09:02	6.6mph	F	39
164	DENNIS BARNES	YORKTOWN, VA	RUNNER	161	00:28:06.29	09:02	6.6mph	M	52
165	RYAN MCKENZIE	MC LEAN, VA	RUNNER	341	00:28:07.32	09:03	6.6mph	M	11
166	JAKE LA ROCHE	HAMPTON, VA	RUNNER	844	00:28:08.38	09:03	6.6mph	M	8
167	KELLEN LA ROCHE	HAMPTON, VA	RUNNER	370	00:28:08.45	09:03	6.6mph	M	11
168	DAVID MCKENZIE	MC LEAN, VA	RUNNER	178	00:28:08.68	09:03	6.6mph	M	44
169	KIM LOSS	POQUOSON, VA	RUNNER	166	00:28:09.40	09:03	6.6mph	F	39
170	KATHERINE PLUCINSKI	NEWPORT NEWS, VA	RUNNER	152	00:28:09.47	09:03	6.6mph	F	21
171	DAVID TAYLOR	SUFFOLK, VA	RUNNER	311	00:28:13.11	09:04	6.6mph	M	53
172	SUZANNE WYNN	CHESAPEAKE, VA	RUNNER	216	00:28:14.87	09:05	6.6mph	F	51
173	ABBY WACLO	GLOUCESTER, VA	RUNNER	163	00:28:15.26	09:05	6.6mph	F	19
174	BILL HATCH	NEWPORT NEWS, VA	RUNNER	94	00:28:16.29	09:05	6.6mph	M	57
175	DAN MCMAHON	SUFFOLK, VA	RUNNER	238	00:28:25.74	09:09	6.6mph	M	45
176	LACEY MACDUFFIE	NEWPORT NEWS, VA	RUNNER	168	00:28:26.43	09:09	6.6mph	F	35
177	PETER GALANTICH	NEWPORT NEWS, VA	RUNNER	358	00:28:31.88	09:11	6.5mph	M	17
178	INES BENOITHMANE	YORKTOWN, VA	RUNNER	183	00:28:32.69	09:11	6.5mph	F	28
179	SARAH BENOITHMANE	YORKTOWN, VA	RUNNER	184	00:28:32.69	09:11	6.5mph	F	19
180	MARI FRAUENZIMMER	NORFOLK, VA	RUNNER	154	00:28:32.88	09:11	6.5mph	F	9
181	ADELÉ BENDA	NORFOLK, VA	RUNNER	143	00:28:33.17	09:11	6.5mph	F	15
182	BOBBY PRICE01/23/1960	NEWPORT NEWS, VA	RUNNER	189	00:28:36.00	09:12	6.5mph	M	58
183	BROOKE SWARRINGIM	LANEXA, VA	RUNNER	186	00:28:36.53	09:12	6.5mph	F	13
184	ROGER TIMM	SANIBEL, FL	RUNNER	174	00:28:37.33	09:12	6.5mph	M	68

FINIAL Fast Before the Feast 5K

Place	Name	Hometown	Type	Bib #	Time	Pace	Speed	Sex	Age	ID Number
185	MAURA RUST	POQUOSON, VA	RUNNER	322	00:28:37.37	09:12	6.5mph	F	39	
186	MARCY PRONOVOST	FORT MONROE, VA	RUNNER	252	00:28:39.65	09:13	6.5mph	F	36	
187	DELANEY COLANGELO	CLAYTON, NC	RUNNER	78	00:28:39.67	09:13	6.5mph	F	19	
188	NATASHA ROSE	NEWPORT NEWS, VA	RUNNER	116	00:28:42.38	09:14	6.5mph	F	38	
189	MICHAEL RODGERS	NEWPORT NEWS, VA	RUNNER	364	00:28:42.81	09:14	6.5mph	M	40	
190	JOHN BRANCH	SUFFOLK, VA	RUNNER	519	00:28:43.45	09:14	6.5mph	M	45	
191	HAROLD VIADO	SUFFOLK, VA	RUNNER	127	00:28:47.42	09:16	6.5mph	M	49	
192	JENNIFER FRAZIER	YORKTOWN, VA	RUNNER	194	00:28:47.70	09:16	6.5mph	F	40	
193	CHARLES MONTGOMERY	NEWPORT NEWS, VA	RUNNER	229	00:28:52.27	09:17	6.5mph	M	23	
194	KENNETH FORREST	HAMPTON, VA	RUNNER	783	00:28:56.97	09:19	6.4mph	M	22	
195	STEVE BULTMAN	NEWPORT NEWS, VA	RUNNER	259	00:28:59.02	09:19	6.4mph	M	49	
196	MONTE ROBINSON	NEWPORT NEWS, VA	RUNNER	181	00:29:00.03	09:20	6.4mph	M	58	
197	ELIZABETH GRACE BALL	NEWPORT NEWS, VA	RUNNER	222	00:29:00.54	09:20	6.4mph	F	27	
198	EMMA TAYLOR	SUFFOLK, VA	RUNNER	312	00:29:02.63	09:20	6.4mph	F	20	
199	COURTNEY MONTGOMERY	NEWPORT NEWS, VA	RUNNER	501	00:29:03.32	09:21	6.4mph	F	21	
200	SONIA BENOETHMANE	SEATTLE, WA	RUNNER	327	00:29:05.43	09:21	6.4mph	F	25	
201	PATRICK MINTER	NEWPORT NEWS, VA	RUNNER	201	00:29:06.64	09:22	6.4mph	M	37	
202	KEVIN BURKE	NEWPORT NEWS, VA	RUNNER	150	00:29:08.18	09:22	6.4mph	M	66	
203	RICHARD LA ROCHE	HAMPTON, VA	RUNNER	367	00:29:09.54	09:23	6.4mph	M	61	
204	ROBERT DILL	GLENVIEW, IL	RUNNER	683	00:29:09.63	09:23	6.4mph	M	80	
205	JAY DILL	NORFOLK, VA	RUNNER	709	00:29:11.47	09:23	6.4mph	M	54	
206	MICHAEL POFF	ELLWOOD CITY, PA	RUNNER	138	00:29:15.93	09:25	6.4mph	M	73	
207	APRIL ROSS	NORFOLK, VA	RUNNER	306	00:29:17.72	09:25	6.4mph	F	51	
208	ERIC KENNEDY	HAMPTON, VA	RUNNER	125	00:29:17.82	09:25	6.4mph	M	31	
209	TRISHA MENDEZ	CHESAPEAKE, VA	RUNNER	246	00:29:19.43	09:26	6.4mph	F	24	
210	TARA MAYNARD	NEWPORT NEWS, VA	RUNNER	253	00:29:19.58	09:26	6.4mph	F	35	
211	SAMANTHA BURCHAM		RUNNER	909	00:29:21.46	09:26	6.3mph	F	14	
212	ANDREW KENT	HAMPTON, VA	RUNNER	290	00:29:24.53	09:27	6.3mph	M	18	
213	ANDREW MEDVEC	KILL DEVIL HILLS, NC	RUNNER	318	00:29:24.84	09:28	6.3mph	M	68	
214	JACQUELINE SISLAK	NEWPORT NEWS, VA	RUNNER	193	00:29:28.06	09:29	6.3mph	F	52	
215	MADISON ROSE	NEWPORT NEWS, VA	RUNNER	115	00:29:28.77	09:29	6.3mph	F	21	
216	DANIEL ATANGAN	DENVER, CO	RUNNER	215	00:29:32.13	09:30	6.3mph	M	30	
217	JEANNE FIOCCA	YORKTOWN, VA	RUNNER	204	00:29:33.28	09:30	6.3mph	F	46	
218	ALEX STRAND	YORKTOWN, VA	RUNNER	270	00:29:33.97	09:30	6.3mph	M	28	
219	DAVID YOUKER	YORKTOWN, VA	RUNNER	237	00:29:36.44	09:31	6.3mph	M	61	
220	RICK COLLIER	DURHAM, NC	RUNNER	355	00:29:37.74	09:32	6.3mph	M	61	
221	ED MCINTYRE	SMITHFIELD, VA	RUNNER	256	00:29:38.52	09:32	6.3mph	M	55	
222	ADDISON KRAMER	YORKTOWN, VA	RUNNER	47	00:29:39.86	09:32	6.3mph	F	14	
223	ANN CHAPPELL ELLINGTON	NEWPORT NEWS, VA	RUNNER	107	00:29:40.36	09:33	6.3mph	F	14	
224	MEGAN MILLER	NEWPORT NEWS, VA	RUNNER	87	00:29:40.78	09:33	6.3mph	F	14	
225	SUSAN EURE	CLAYTON, NC	RUNNER	187	00:29:54.78	09:37	6.2mph	F	47	
226	NICOLE RENTO	NEWPORT NEWS, VA	RUNNER	408	00:29:56.89	09:38	6.2mph	F	26	
227	JERRY COSCARELLI	NICEVILLE, FL	RUNNER	309	00:29:58.16	09:38	6.2mph	M	30	
228	ELIZABETH ROWE	YORKTOWN, VA	RUNNER	446	00:29:59.41	09:39	6.2mph	F	60	
229	MICHAEL EDMONDS	SMITHFIELD, VA	RUNNER	108	00:30:02.61	09:40	6.2mph	M	49	
230	JIMMY HEALD	NEWPORT NEWS, VA	RUNNER	387	00:30:03.80	09:40	6.2mph	M	54	
231	NICOLE HEALD	NEWPORT NEWS, VA	RUNNER	388	00:30:04.31	09:40	6.2mph	F	21	
232	JEFF MOORE	NEWPORT NEWS, VA	RUNNER	269	00:30:04.87	09:40	6.2mph	M	33	
233	MARIEL LICEAGA PINA	NEWPORT NEWS, VA	RUNNER	407	00:30:04.98	09:40	6.2mph	F	29	
234	LINDSAY KRAMER	YORKTOWN, VA	RUNNER	307	00:30:06.31	09:41	6.2mph	F	42	
235	JAY LEACH	VIRGINIA BEACH, VA	RUNNER	205	00:30:08.11	09:41	6.2mph	M	51	
236	MARY HALL	GLOUCESTER, VA	RUNNER	147	00:30:08.33	09:42	6.2mph	F	37	
237	DAVID LANG	HAMPTON, VA	RUNNER	293	00:30:10.69	09:42	6.2mph	M	9	
238	MARC DARNELL	NEWPORT NEWS, VA	RUNNER	233	00:30:12.09	09:43	6.2mph	M	41	
239	JASON LANG	HAMPTON, VA	RUNNER	295	00:30:12.32	09:43	6.2mph	M	44	
240	COURTNEY TAMPAS	WILLIAMSBURG, VA	RUNNER	417	00:30:16.65	09:44	6.2mph	F	29	
241	JUDITH TAYLOR	SUFFOLK, VA	RUNNER	310	00:30:17.39	09:44	6.2mph	F	53	
242	AINSLEY ABBITT	NEWPORT NEWS, VA	RUNNER	716	00:30:19.01	09:45	6.1mph	F	15	
243	MATT FRAUENZIMMER	NORFOLK, VA	RUNNER	179	00:30:20.71	09:46	6.1mph	M	44	
244	SARAH FRAUENZIMMER	NORFOLK, VA	RUNNER	282	00:30:21.94	09:46	6.1mph	F	43	
245	TARA DRESS	YORKTOWN, VA	RUNNER	321	00:30:23.64	09:46	6.1mph	F	50	
246	ALLEN KEMP	HAMPTON, VA	RUNNER	535	00:30:26.64	09:47	6.1mph	M	61	

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Place	Name	Hometown	Type	Bib #	Time	Pace	Speed	Sex	Age	ID Number
247	CAROL MINTER	NEWPORT NEWS, VA	RUNNER	460	00:30:26.73	09:47	6.1mph	F	36	
248	ATIANA WILLIAMS	NEWPORT NEWS, VA	RUNNER	439	00:30:27.82	09:48	6.1mph	F	12	
249	WYNTER BENDA	NORFOLK, VA	RUNNER	130	00:30:28.05	09:48	6.1mph	M	45	
250	MARK MILLER	POQUOSON, VA	RUNNER	451	00:30:29.82	09:48	6.1mph	M	48	
251	HANNAH KEMP KLANN	WASHINGTON, DC	RUNNER	538	00:30:31.39	09:49	6.1mph	F	32	
252	ELIZABETH PETERSON-ROSE	NEWPORT NEWS, VA	RUNNER	113	00:30:34.53	09:50	6.1mph	F	22	
253	PHIL MILLER	NEWPORT NEWS, VA	RUNNER	226	00:30:34.82	09:50	6.1mph	M	45	
254	MICHAEL TRUJILLO	YORKTOWN, VA	RUNNER	105	00:30:35.14	09:50	6.1mph	M	26	
255	MEGAN WILLIAMS	CARROLLTON, VA	RUNNER	773	00:30:35.16	09:50	6.1mph	F	32	
256	HOLLIE DUKE	HAMPTON, VA	RUNNER	220	00:30:36.01	09:50	6.1mph	F	33	
257	JEFF ELLINGTON	NEWPORT NEWS, VA	RUNNER	177	00:30:40.52	09:52	6.1mph	M	47	
258	MEREDITH HUTCHENS	NEWPORT NEWS, VA	RUNNER	330	00:30:45.11	09:53	6.1mph	F	44	
259	JEFF BARLEY	NEWPORT NEWS, VA	RUNNER	416	00:30:45.37	09:53	6.1mph	M	56	
260	PALOMA LHERITIER	HENRICO, VA	RUNNER	436	00:30:47.39	09:54	6.1mph	F	13	
261	CHARLES WELCH	YORKTOWN, VA	RUNNER	156	00:30:48.06	09:54	6.1mph	M	61	
262	MARTHA WELCH	YORKTOWN, VA	RUNNER	157	00:30:48.67	09:55	6.1mph	F	63	
263	JEFF HANSEN	CHESAPEAKE, VA	RUNNER	217	00:30:50.66	09:55	6.0mph	M	47	
264	JEFFREY DEBERRY	NEWPORT NEWS, VA	RUNNER	602	00:30:50.80	09:55	6.0mph	M	49	
265	MICAH KEMP	RICHMOND, VA	RUNNER	536	00:30:53.03	09:56	6.0mph	M	29	
266	ABBY KEMP	RICHMOND, VA	RUNNER	537	00:30:53.32	09:56	6.0mph	F	28	
267	TARA STUART	HENRICO, VA	RUNNER	262	00:30:53.65	09:56	6.0mph	F	35	
268	SEAN MAHAN	HAMPTON, VA	RUNNER	397	00:30:55.47	09:57	6.0mph	M	56	
269	JOCELYN GALLAGHER	YORKTOWN, VA	RUNNER	361	00:30:57.95	09:58	6.0mph	F	54	
270	LUKE SENSENIG	YORKTOWN, VA	RUNNER	303	00:30:58.12	09:58	6.0mph	M	8	
271	ANDRE LEWIS	BRADENTON, FL	RUNNER	829	00:31:01.57	09:59	6.0mph	M	37	
272	EMMY BATEMAN		RUNNER	910	00:31:01.72	09:59	6.0mph	F	31	
273	GARY TAPFER	YORKTOWN, VA	RUNNER	320	00:31:02.90	09:59	6.0mph	M	64	
274	LEO MENDEZ	EDGEWATER, MD	RUNNER	431	00:31:02.93	09:59	6.0mph	M	39	
275	ETHAN DILL	GLENVIEW, IL	RUNNER	533	00:31:04.44	10:00	6.0mph	M	16	
276	ANGELA THOMPSON	SUFFOLK, VA	RUNNER	313	00:31:04.62	10:00	6.0mph	F	35	
277	MICHELE HEALD	NEWPORT NEWS, VA	RUNNER	386	00:31:05.91	10:00	6.0mph	F	51	
278	PARKER WARD	YORKTOWN, VA	RUNNER	865	00:31:06.31	10:00	6.0mph	M	26	
279	STEPHANIE DENNARD	NEWPORT NEWS, VA	RUNNER	585	00:31:06.45	10:00	6.0mph	F	50	
280	JEN ANDERSON	POQUOSON, VA	RUNNER	29	00:31:06.67	10:00	6.0mph	F	37	
281	LILLY ABBITT	NEWPORT NEWS, VA	RUNNER	717	00:31:07.86	10:01	6.0mph	F	11	
282	RONALD HOLCOMB	NEWPORT NEWS, VA	RUNNER	319	00:31:07.96	10:01	6.0mph	M	62	
283	WILL MENDEZ	EDGEWATER, MD	RUNNER	432	00:31:09.93	10:01	6.0mph	M	11	
284	CARLEEN LENASSI	SUFFOLK, VA	RUNNER	359	00:31:10.95	10:02	6.0mph	F	59	
285	ELIZABETH JONES	MILLERSVILLE, MD	RUNNER	248	00:31:12.28	10:02	6.0mph	F	35	
286	ALYSSA FAISON		RUNNER	261	00:31:12.31	10:02	6.0mph	F	25	
287	PAUL MALLORY	HAMPTON, VA	RUNNER	493	00:31:15.80	10:03	6.0mph	M	18	
288	LAURA POHL	BALTIMORE, MD	RUNNER	630	00:31:19.51	10:04	6.0mph	F	42	
289	KATIE BROWN	SUFFOLK, VA	RUNNER	825	00:31:21.45	10:05	5.9mph	F	28	
290	ALISON ALCAINE	APEX, NC	RUNNER	642	00:31:21.50	10:05	5.9mph	F	35	
291	MAGEN LEFKOWICZ	NEWPORT NEWS, VA	RUNNER	375	00:31:23.16	10:06	5.9mph	F	38	
292	CAMPBELL ANDERSON	POQUOSON, VA	RUNNER	165	00:31:24.14	10:06	5.9mph	F	6	
293	LOLA PORTER	SUFFOLK, VA	RUNNER	236	00:31:25.65	10:06	5.9mph	F	36	
294	DOMINIC HUNT	NEWPORT NEWS, VA	RUNNER	530	00:31:26.81	10:07	5.9mph	M	20	
295	DENISE VAUGHN	NEWPORT NEWS, VA	RUNNER	712	00:31:27.49	10:07	5.9mph	F	47	
296	KRISTOPHER DOELITSCH	SANIBEL, FL	RUNNER	618	00:31:30.41	10:08	5.9mph	M	36	
297	JESSICA FITZPATRICK	CHESAPEAKE, VA	RUNNER	517	00:31:31.33	10:08	5.9mph	F	22	
298	BEN SCARINO	NEWPORT NEWS, VA	RUNNER	335	00:31:31.72	10:08	5.9mph	M	32	
299	ELZIE DOELITSCH	SANIBEL, FL	RUNNER	680	00:31:31.84	10:08	5.9mph	M	8	
300	MICHAEL TEM	NORFOLK, VA	RUNNER	207	00:31:32.79	10:09	5.9mph	M	32	
301	ALICE FITZPATRICK	CHESAPEAKE, VA	RUNNER	337	00:31:37.29	10:10	5.9mph	F	56	
302	TAYLOR MOHN	YORKTOWN, VA	RUNNER	889	00:31:37.81	10:10	5.9mph	F	26	
303	MOLLY JACOB	ARLINGTON, VA	RUNNER	443	00:31:39.20	10:11	5.9mph	F	27	
304	KATHRYN SANTOSKI	CHARLOTTEVILLE, VA	RUNNER	40	00:31:40.66	10:11	5.9mph	F	27	
305	KIM HARRIS	NEWPORT NEWS, VA	RUNNER	522	00:31:40.78	10:11	5.9mph	F	55	
306	MIKE BRITT	SUFFOLK, VA	RUNNER	503	00:31:44.54	10:13	5.9mph	M	37	
307	MICHAEL HAMILTON	SELLERSBURG, IN	RUNNER	868	00:31:47.13	10:13	5.9mph	M	32	

FINIAL Fast Before the Feast 5K

Place	Name	Hometown	Type	Bib #	Time	Pace	Speed	Sex	Age	ID Number
308	CHRISTINE WILLIAMS	POQUOSON, VA	RUNNER	326	00:31:47.37	10:13	5.9mph	F	56	
309	STACIE ABBITT	NEWPORT NEWS, VA	RUNNER	714	00:31:50.19	10:14	5.9mph	F	42	
310	JACOB RODRIGUEZ	NEWPORT NEWS, VA	RUNNER	488	00:31:52.00	10:15	5.8mph	M	11	
311	CHARLES REECE	YORKTOWN, VA	RUNNER	351	00:31:54.01	10:16	5.8mph	M	62	
312	JESSICA ZORUMSKI	YORKTOWN, VA	RUNNER	491	00:31:54.83	10:16	5.8mph	F	21	
313	BRANT ABBITT	NEWPORT NEWS, VA	RUNNER	715	00:31:58.88	10:17	5.8mph	M	43	
314	BRYAN PAYNE	WASHINGTON, DC	RUNNER	399	00:31:58.95	10:17	5.8mph	M	34	
315	CHELSIE BAKER	NEWPORT NEWS, VA	RUNNER	509	00:32:00.66	10:18	5.8mph	F	32	
316	JENNY RODRIGUEZ	NEWPORT NEWS, VA	RUNNER	487	00:32:01.69	10:18	5.8mph	F	36	
317	MADDY BAILEY	HAMPTON, VA	RUNNER	348	00:32:04.95	10:19	5.8mph	F	51	
318	ED PLUCINSKI	NEWPORT NEWS, VA	RUNNER	151	00:32:06.55	10:20	5.8mph	M	54	
319	KELLY BORDEN	NEWPORT NEWS, VA	RUNNER	175	00:32:08.77	10:20	5.8mph	M	51	
320	REBECCA ROWLAND	NEWPORT NEWS, VA	RUNNER	674	00:32:11.89	10:21	5.8mph	F	30	
321	TINA BECOUVARAKIS	HAMPTON, VA	RUNNER	456	00:32:12.93	10:22	5.8mph	F	51	
322	DAVE PECK	NEWPORT NEWS, VA	RUNNER	345	00:32:13.17	10:22	5.8mph	M	54	
323	AUSTIN LINGENFELTER	YORKTOWN, VA	RUNNER	285	00:32:14.20	10:22	5.8mph	M	25	
324	KELLY PECK	NEWPORT NEWS, VA	RUNNER	344	00:32:14.38	10:22	5.8mph	F	55	
325	TONY COSCARELLI	NICEVILLE, FL	RUNNER	666	00:32:16.48	10:23	5.8mph	M	27	
326	NATHAN BRAUNER	YORKTOWN, VA	RUNNER	62	00:32:16.76	10:23	5.8mph	M	49	
327	TIM FORBES	NEWPORT NEWS, VA	RUNNER	505	00:32:16.80	10:23	5.8mph	M	49	
328	CHARLES SOUTHALL	POQUOSON, VA	RUNNER	221	00:32:19.66	10:24	5.8mph	M	53	
329	TOMMY GUNTER	HYATTSVILLE, MD	RUNNER	338	00:32:23.47	10:25	5.8mph	M	39	
330	MARK SWARRINGIM	LANEXA, VA	RUNNER	297	00:32:24.00	10:25	5.8mph	M	51	
331	BROOKE SCUTT	NEWPORT NEWS, VA	RUNNER	372	00:32:27.53	10:26	5.7mph	F	38	
332	LISA MACDONALD	SUFFOLK, VA	RUNNER	448	00:32:28.27	10:27	5.7mph	F	39	
333	BRYAN STILLLEY	NEWPORT NEWS, VA	RUNNER	281	00:32:29.21	10:27	5.7mph	M	40	
334	TIFFANY LANGE-ALTMAN	HAMPTON, VA	RUNNER	371	00:32:30.14	10:27	5.7mph	F	31	
335	ALMA HODGE	VIRGINIA BEACH, VA	RUNNER	356	00:32:31.18	10:28	5.7mph	F	35	
336	KRISTIE MANNING	NEWPORT NEWS, VA	RUNNER	419	00:32:37.25	10:29	5.7mph	F	39	
337	CONOR MANNING	NEWPORT NEWS, VA	RUNNER	420	00:32:37.92	10:30	5.7mph	M	10	
338	RODNEY BELTZ	NEWPORT NEWS, VA	RUNNER	469	00:32:38.03	10:30	5.7mph	M	42	
339	SARAH HUGHES	HARRISONBURG, VA	RUNNER	418	00:32:40.54	10:31	5.7mph	F	35	
340	ETHAN SABO	FREDERICKSBURG, VA	RUNNER	513	00:32:50.90	10:34	5.7mph	M	25	
341	JEREMY MACKLIN	HAMPTON, VA	RUNNER	768	00:32:50.95	10:34	5.7mph	M	36	
342	SARAH MARCHESE	NEWPORT NEWS, VA	RUNNER	421	00:32:52.04	10:34	5.7mph	F	38	
343	SUSANNA BAILEY	NEWPORT NEWS, VA	RUNNER	548	00:32:55.22	10:35	5.7mph	F	35	
344	DAVID ALEXANDER	YORKTOWN, VA	RUNNER	422	00:32:57.07	10:36	5.7mph	M	67	
345	ASHLEY MACKLIN	HAMPTON, VA	RUNNER	362	00:32:57.54	10:36	5.7mph	F	33	
346	MANDI SABO	FREDERICKSBURG, VA	RUNNER	512	00:32:57.77	10:36	5.7mph	F	23	
347	JACQUI MALONE	YORKTOWN, VA	RUNNER	328	00:33:02.09	10:37	5.6mph	F	50	
348	MARK VINYARD	HAMPTON, VA	RUNNER	550	00:33:02.61	10:38	5.6mph	M	66	
349	KLARE BIALKOWSKI	NORFOLK, VA	RUNNER	16	00:33:05.52	10:39	5.6mph	F	9	
350	COOPER HATCH	NEWPORT NEWS, VA	RUNNER	241	00:33:06.30	10:39	5.6mph	F	26	
351	PIOTR BIALKOWSKI	NORFOLK, VA	RUNNER	15	00:33:06.32	10:39	5.6mph	M	43	
352	DAVID MESSICK	HAMPTON, VA	RUNNER	169	00:33:06.91	10:39	5.6mph	M	57	
353	MELODY BORDEN	NEWPORT NEWS, VA	RUNNER	325	00:33:13.58	10:41	5.6mph	F	56	
354	CHASE CORREIA	CHICAGO, IL	RUNNER	132	00:33:14.89	10:42	5.6mph	M	32	
355	CAMIL CORREIA	CHICAGO, IL	RUNNER	257	00:33:15.14	10:42	5.6mph	F	31	
356	NIKKI LANCASTER	CHESAPEAKE, VA	RUNNER	98	00:33:19.32	10:43	5.6mph	F	36	
357	JEANETTE FOXX	CHESAPEAKE, VA	RUNNER	247	00:33:19.68	10:43	5.6mph	F	34	
358	JANE ABBOTT	HAMPTON, VA	RUNNER	442	00:33:20.50	10:43	5.6mph	F	71	
359	JOHN ADAMS	HAMPTON, VA	RUNNER	572	00:33:21.44	10:44	5.6mph	M	70	
360	VALERIE BOWEN	HAMPTON, VA	RUNNER	377	00:33:22.03	10:44	5.6mph	F	56	
361	ROBERT DAY	SUFFOLK, VA	RUNNER	264	00:33:24.46	10:45	5.6mph	M	33	
362	EVAN DILL	GLENVIEW, IL	RUNNER	634	00:33:25.48	10:45	5.6mph	M	11	
363	SARAH DILL	NORFOLK, VA	RUNNER	708	00:33:25.56	10:45	5.6mph	F	48	
364	GREGORY DILL	GLENVIEW, IL	RUNNER	278	00:33:26.79	10:45	5.6mph	M	49	
365	BRIAN GASKINS	NEWPORT NEWS, VA	RUNNER	317	00:33:27.05	10:46	5.6mph	M	38	
366	JODY O'HARA	MONTPELIER, VA	RUNNER	484	00:33:33.45	10:48	5.6mph	F	58	
367	GEORGE TILLERSON IV	NEWPORT NEWS, VA	RUNNER	471	00:33:34.53	10:48	5.6mph	M	27	
368	JESSICA KLEMENCIC	HAMPTON, VA	RUNNER	461	00:33:35.04	10:48	5.6mph	F	42	
369	ELYSE ROOS	HAMPTON, VA	RUNNER	444	00:33:36.30	10:48	5.5mph	F	42	

FINIAL Fast Before the Feast 5K

Place Name	Hometown	Type	Bib #	Time	Pace	Speed	Sex	Age	ID Number
370 TODD KRAMER	YORKTOWN, VA	RUNNER	308	00:33:36.31	10:48	5.5mph	M	42	
371 PARKER ANDERSON	POQUOSON, VA	RUNNER	202	00:33:38.08	10:49	5.5mph	F	9	
372 CHRIS LAWS	YORKTOWN, VA	RUNNER	22	00:33:39.57	10:50	5.5mph	M	43	
373 SHELBY BROWN	HAMPTON, VA	RUNNER	830	00:33:42.05	10:50	5.5mph	F	17	
374 GENEVIEVE LOUTINSKY	NEWPORT NEWS, VA	RUNNER	395	00:33:42.52	10:50	5.5mph	F	31	
375 JESSICA MAPP	NEWPORT NEWS, VA	RUNNER	428	00:33:44.74	10:51	5.5mph	F	28	
376 BERTIE CHINN	CHESAPEAKE, VA	RUNNER	324	00:33:52.94	10:54	5.5mph	F	40	
377 TYLER LEMON	YORKTOWN, VA	RUNNER	588	00:34:02.00	10:57	5.5mph	M	25	
378 SEAN LEECH	NEWPORT NEWS, VA	RUNNER	126	00:34:02.26	10:57	5.5mph	M	12	
379 MEGHAN VIRGINIA O'MALLEY	NEWPORT NEWS, VA	RUNNER	365	00:34:02.33	10:57	5.5mph	F	40	
380 CALEB POLSTON	PORTSMOUTH, VA	RUNNER	334	00:34:03.64	10:57	5.5mph	M	25	
381 BRITNEY O'HARA	PORTSMOUTH, VA	RUNNER	360	00:34:06.89	10:58	5.5mph	F	24	
382 TARA MERKEL	NEWPORT NEWS, VA	RUNNER	342	00:34:09.41	10:59	5.5mph	F	36	
383 RYAN MOSSMAN	HAMPTON, VA	RUNNER	812	00:34:11.66	11:00	5.5mph	M	24	
384 ROBERT TRUJILLO	YORKTOWN, VA	RUNNER	263	00:34:15.62	11:01	5.4mph	M	54	
385 LARISSA MARIE AMBROSE	HAMPTON, VA	RUNNER	403	00:34:19.65	11:02	5.4mph	F	38	
386 BLAINE PHILLIPS	NEWPORT NEWS, VA	RUNNER	552	00:34:21.04	11:03	5.4mph	F	38	
387 JASON LEVAN	NEWPORT NEWS, VA	RUNNER	551	00:34:22.31	11:03	5.4mph	M	45	
388 MELODY BRAUCHLE	HAMPTON, VA	RUNNER	225	00:34:32.99	11:07	5.4mph	F	28	
389 MEGHAN MADLER	NEWPORT NEWS, VA	RUNNER	350	00:34:33.06	11:07	5.4mph	F	24	
390 ROBERT BRAUCHLE	HAMPTON, VA	RUNNER	224	00:34:34.03	11:07	5.4mph	M	34	
391 ALANA CURRY	SUFFOLK, VA	RUNNER	479	00:34:41.26	11:09	5.4mph	F	33	
392 KATIE GRESHAM	VIRGINIA BEACH, VA	RUNNER	333	00:34:41.27	11:09	5.4mph	F	30	
393 DEBORAH BONNEWELL	NORFOLK, VA	RUNNER	624	00:34:42.30	11:10	5.4mph	F	58	
394 ERYNN HATCH	NEWPORT NEWS, VA	RUNNER	242	00:34:44.97	11:11	5.4mph	F	30	
395 CONSTANCE LEWIS	BRADENTON, FL	RUNNER	828	00:34:51.97	11:13	5.3mph	F	36	
396 SHEP ZEDAKER	BRADENTON, FL	RUNNER	366	00:34:52.31	11:13	5.3mph	M	66	
397 LOUISA HUGHES	WOODFORD, VA	RUNNER	907	00:34:54.92	11:14	5.3mph	F	29	
398 COOPER LEACH	YORKTOWN, VA	RUNNER	543	00:34:58.19	11:15	5.3mph	M	8	
399 KATIE ELLINGTON	NEWPORT NEWS, VA	RUNNER	363	00:34:58.21	11:15	5.3mph	F	47	
400 MICHAEL CHINN	CHESAPEAKE, VA	RUNNER	390	00:34:59.64	11:15	5.3mph	M	43	
401 DREW DEBERRY	NEWPORT NEWS, VA	RUNNER	603	00:35:01.76	11:16	5.3mph	M	15	
402 CONNOR MCKENZIE	MC LEAN, VA	RUNNER	424	00:35:04.24	11:17	5.3mph	M	13	
403 KELLY MCKENZIE	MC LEAN, VA	RUNNER	340	00:35:04.35	11:17	5.3mph	F	43	
404 CHRISTINA FERRIS	HAMPTON, VA	RUNNER	352	00:35:08.52	11:18	5.3mph	F	47	
405 LAURA KETTERMAN	HAMPTON, VA	RUNNER	462	00:35:09.18	11:18	5.3mph	F	47	
406 AMANDA LHERITIER	HENRICO, VA	RUNNER	434	00:35:10.35	11:19	5.3mph	F	41	
407 JANINE COLON	WINDSOR, CT	RUNNER	396	00:35:11.97	11:19	5.3mph	F	37	
408 CASEY LA ROCHE	HAMPTON, VA	RUNNER	368	00:35:16.19	11:21	5.3mph	F	36	
409 LISA KINGSBURY	ZUNI, VA	RUNNER	581	00:35:24.97	11:23	5.3mph	F	47	
410 JULIA GILLIAN	SUFFOLK, VA	RUNNER	301	00:35:27.82	11:24	5.3mph	F	11	
411 KIM HINES	NEWPORT NEWS, VA	RUNNER	477	00:35:28.44	11:25	5.3mph	F	49	
412 ERICA GILLIAN	SUFFOLK, VA	RUNNER	300	00:35:28.62	11:25	5.3mph	F	14	
413 KAYLEE MCMAHON	SUFFOLK, VA	RUNNER	496	00:35:31.55	11:26	5.2mph	F	13	
414 REECE CORVASCE	BLUE BELL, PA	RUNNER	587	00:35:32.16	11:26	5.2mph	F	10	
415 CHRISSIE OTT	MYRTLE BEACH, SC	RUNNER	102	00:35:33.63	11:26	5.2mph	F	45	
416 MARIAH AYALA	SUFFOLK, VA	RUNNER	520	00:35:36.66	11:27	5.2mph	F	40	
417 CHRISTINE DAWKINS	HAMPTON, VA	RUNNER	206	00:35:45.66	11:30	5.2mph	F	32	
418 DEBORAH VREELAND	MONETA, VA	RUNNER	694	00:35:55.31	11:33	5.2mph	F	65	
419 NICKOLAS HAGEL	NORFOLK, VA	RUNNER	616	00:35:56.56	11:34	5.2mph	M	76	
420 MILES WONG	HAYES, VA	RUNNER	797	00:35:59.56	11:35	5.2mph	M	64	
421 COLBY FOWLE	HAMPSTEAD, NC	RUNNER	881	00:36:01.84	11:35	5.2mph	F	9	
422 ROSS FOWLE	HAMPSTEAD, NC	RUNNER	83	00:36:02.15	11:35	5.2mph	M	50	
423 JESSICA LANG	CARROLLTON, VA	RUNNER	275	00:36:06.42	11:37	5.2mph	F	33	
424 CHARLES TERRELL	NEWPORT NEWS, VA	RUNNER	398	00:36:08.52	11:37	5.2mph	M	79	
425 MATTHEW BOERNER	NEWPORT NEWS, VA	RUNNER	410	00:36:22.71	11:42	5.1mph	M	38	
426 KRYSTIE COSCARELLI	NICEVILLE, FL	RUNNER	554	00:36:24.63	11:43	5.1mph	F	30	
427 SARAH GOLIGHTLY	HENRICO, VA	RUNNER	558	00:36:25.22	11:43	5.1mph	F	50	
428 CARLOS LICEAGA	NEWPORT NEWS, VA	RUNNER	258	00:36:25.34	11:43	5.1mph	M	60	
429 MADISON DILLARD	YORKTOWN, VA	RUNNER	389	00:36:31.59	11:45	5.1mph	F	21	
430 ABRIANNA RODRIGUEZ	NEWPORT NEWS, VA	RUNNER	568	00:36:33.48	11:46	5.1mph	F	8	

FINIAL Fast Before the Feast 5K

Place	Name	Hometown	Type	Bib #	Time	Pace	Speed	Sex	Age	ID Number
431	LEO M. BAILEY II	NEWPORT NEWS, VA	RUNNER	656	00:36:35.90	11:46	5.1mph	M	30	
432	MATTIE STOOKS	HAMPTON, VA	RUNNER	810	00:36:36.96	11:47	5.1mph	F	25	
433	KATHY GALLO	NEWPORT NEWS, VA	RUNNER	569	00:36:37.51	11:47	5.1mph	F	62	
434	CHRISTY INGELL	NEWPORT NEWS, VA	RUNNER	732	00:36:39.14	11:47	5.1mph	F	27	
435	KAMERON ANDERSON	HUDSON, FL	RUNNER	526	00:36:39.69	11:48	5.1mph	F	7	
436	KIM WALSH	YORKTOWN, VA	RUNNER	378	00:36:40.76	11:48	5.1mph	F	32	
437	ANDREW INGELL	NEWPORT NEWS, VA	RUNNER	731	00:36:41.46	11:48	5.1mph	M	27	
438	SOPHIE RADECKI	CARROLLTON, VA	RUNNER	447	00:36:42.33	11:48	5.1mph	F	25	
439	NATE LEACH	YORKTOWN, VA	RUNNER	541	00:36:45.52	11:49	5.1mph	M	37	
440	GRIFFIN LEACH	YORKTOWN, VA	RUNNER	544	00:36:46.50	11:50	5.1mph	M	6	
441	LEONARD COLLINS	HAMPTON, VA	RUNNER	376	00:36:50.60	11:51	5.1mph	M	35	
442	SIMONE BELL	YORKTOWN, VA	RUNNER	500	00:36:51.10	11:51	5.1mph	F	42	
443	CAITLIN MCEVILY	YORKTOWN, VA	RUNNER	167	00:36:58.29	11:53	5.0mph	F	27	
444	DONNA POLSTON	PORTSMOUTH, VA	RUNNER	402	00:37:04.42	11:55	5.0mph	F	53	
445	EMMA DILL	GLENVIEW, IL	RUNNER	635	00:37:04.59	11:56	5.0mph	F	18	
446	JENNIFER MOSBY	NEWPORT NEWS, VA	RUNNER	291	00:37:04.79	11:56	5.0mph	F	33	
447	ROB STALLARD	NEWPORT NEWS, VA	RUNNER	401	00:37:08.09	11:57	5.0mph	M	40	
448	BRENDA NICKEL	NEWPORT NEWS, VA	RUNNER	347	00:37:13.75	11:58	5.0mph	F	52	
449	TRISH WILLIAMS	HAMPTON, VA	RUNNER	429	00:37:13.89	11:59	5.0mph	F	63	
450	CORINNE BRUCE	NEWPORT NEWS, VA	RUNNER	346	00:37:15.24	11:59	5.0mph	F	49	
451	MARY HARMAN	NEWPORT NEWS, VA	RUNNER	466	00:37:16.66	11:59	5.0mph	F	68	
452	TARYN LAFRENIERRE	SEAFORD, VA	RUNNER	349	00:37:19.84	12:00	5.0mph	F	27	
453	BARRY ZORUMSKI	YORKTOWN, VA	RUNNER	489	00:37:22.59	12:01	5.0mph	M	55	
454	RACHEL YUNKER	SUFFOLK, VA	RUNNER	467	00:37:25.32	12:02	5.0mph	F	33	
455	KIM ANGLIN	DURHAM, NC	RUNNER	557	00:37:40.02	12:07	4.9mph	M	63	
456	LAURA SCOTT	POQUOSON, VA	RUNNER	549	00:37:44.16	12:08	4.9mph	F	53	
457	GUY LEVY	NEWPORT NEWS, VA	RUNNER	668	00:37:45.94	12:09	4.9mph	M	56	
458	ROBIN LEVY	NEWPORT NEWS, VA	RUNNER	670	00:37:46.30	12:09	4.9mph	F	54	
459	JENNIFER TOMALKA	NEWPORT NEWS, VA	RUNNER	672	00:37:47.45	12:09	4.9mph	F	41	
460	AZARIAH COLLINS	HAMPTON, VA	RUNNER	640	00:37:52.12	12:11	4.9mph	M	3	
461	FRANKIE LEVY	NEWPORT NEWS, VA	RUNNER	669	00:37:54.45	12:12	4.9mph	M	21	
462	ANA BOSSMAN	YORKTOWN, VA	RUNNER	644	00:37:57.97	12:13	4.9mph	F	60	
463	MEGAN HEBERT	HAMPTON, VA	RUNNER	478	00:37:58.41	12:13	4.9mph	F	27	
464	AMBER CLARK	NEWPORT NEWS, VA	RUNNER	464	00:37:58.52	12:13	4.9mph	F	28	
465	RYAN FRANZ	YORKTOWN, VA	RUNNER	553	00:37:58.82	12:13	4.9mph	M	35	
466	KATY GASTON	NEWPORT NEWS, VA	RUNNER	561	00:38:00.49	12:14	4.9mph	F	29	
467	BILL BAILEY	NEWPORT NEWS, VA	RUNNER	685	00:38:01.53	12:14	4.9mph	M	54	
468	BROOKE WYNN	SMITHFIELD, VA	RUNNER	540	00:38:06.48	12:15	4.9mph	F	40	
469	ROB BIRD	YORKTOWN, VA	RUNNER	332	00:38:11.49	12:17	4.9mph	M	36	
470	KENDALL BIRD	YORKTOWN, VA	RUNNER	458	00:38:11.51	12:17	4.9mph	F	8	
471	KENDRA SWARRINGIM	LANEXA, VA	RUNNER	565	00:38:13.46	12:18	4.9mph	F	37	
472	DANA MACKEY	HAMPTON, VA	RUNNER	481	00:38:16.62	12:19	4.9mph	F	54	
473	TRACY LESAGE	HAMPTON, VA	RUNNER	482	00:38:17.89	12:19	4.9mph	F	54	
474	MATTHEW MILLER	NEWPORT NEWS, VA	RUNNER	393	00:38:23.24	12:21	4.9mph	M	11	
475	MELISSA SCAPARO	SELLERSBURG, IN	RUNNER	866	00:38:24.98	12:21	4.9mph	F	36	
476	REGINA BARNES	YORKTOWN, VA	RUNNER	373	00:38:25.41	12:22	4.9mph	F	47	
477	CHRISTIE BRITT	SUFFOLK, VA	RUNNER	502	00:38:31.20	12:23	4.8mph	F	42	
478	PAIGE DEBERRY	NEWPORT NEWS, VA	RUNNER	604	00:38:37.37	12:25	4.8mph	F	12	
479	LILIANA RAMIREZ	NEWPORT NEWS, VA	RUNNER	438	00:38:37.94	12:26	4.8mph	F	17	
480	ERIN HANCOCK	HAMPTON, VA	RUNNER	556	00:38:38.19	12:26	4.8mph	F	39	
481	KATHERINE GALANTICH	RICHMOND, VA	RUNNER	423	00:38:39.09	12:26	4.8mph	F	22	
482	SARAH POLAK	SMITHFIELD, VA	RUNNER	856	00:38:39.41	12:26	4.8mph	F	31	
483	CHRISTOPHER SNOW	SMITHFIELD, VA	RUNNER	857	00:38:39.48	12:26	4.8mph	M	32	
484	MOLLY MURNANE	CROFTON, MD	RUNNER	480	00:38:39.48	12:26	4.8mph	F	18	
485	DAVID REECE	YORKTOWN, VA	RUNNER	271	00:38:41.66	12:27	4.8mph	M	27	
486	MINDI VELARDI	NEWPORT NEWS, VA	RUNNER	504	00:39:01.06	12:33	4.8mph	F	46	
487	NATHAN SENSENIG	YORKTOWN, VA	RUNNER	304	00:39:01.31	12:33	4.8mph	M	6	
488	REBEKAH SENSENIG	YORKTOWN, VA	RUNNER	302	00:39:01.36	12:33	4.8mph	F	39	
489	SOPHIA RAMIREZ	NEWPORT NEWS, VA	RUNNER	655	00:39:04.14	12:34	4.8mph	F	19	
490	ANTON MALKOWSKI	ARLINGTON, VA	RUNNER	762	00:39:07.79	12:35	4.8mph	M	39	
491	KATHRYN ELY	ARLINGTON, VA	RUNNER	761	00:39:07.88	12:35	4.8mph	F	34	
492	JOSHUA STEWART	NEWPORT NEWS, VA	RUNNER	678	00:39:12.59	12:37	4.8mph	M	12	

FINIAL Fast Before the Feast 5K

Place Name	Hometown	Type	Bib #	Time	Pace	Speed	Sex	Age	ID Number
493 DAWN RAMIREZ	NEWPORT NEWS, VA	RUNNER	654	00:39:14.67	12:37	4.7mph	F	49	
494 MERLENE MALLORY	HAMPTON, VA	RUNNER	492	00:39:14.88	12:37	4.7mph	F	56	
495 EUGENE THIES	HAMPTON, VA	RUNNER	357	00:39:15.50	12:38	4.7mph	M	64	
496 JENNIFER MILLER	NEWPORT NEWS, VA	RUNNER	392	00:39:20.44	12:39	4.7mph	F	45	
497 RAY FERRARA	NEWPORT NEWS, VA	RUNNER	653	00:39:21.44	12:40	4.7mph	M	65	
498 CAROLINE GILLETTE	NEWPORT NEWS, VA	RUNNER	839	00:39:25.77	12:41	4.7mph	F	14	
499 RACHEL GILLETTE	NEWPORT NEWS, VA	RUNNER	838	00:39:27.13	12:41	4.7mph	F	18	
500 BETHANY MONK	CARROLLTON, VA	RUNNER	474	00:39:29.52	12:42	4.7mph	F	36	
501 RYAN HAGERTY	SEAFORD, VA	RUNNER	296	00:39:30.90	12:43	4.7mph	M	39	
502 MASON HAGERTY	SEAFORD, VA	RUNNER	690	00:39:32.28	12:43	4.7mph	M	5	
503 KIERNAN BIRD	YORKTOWN, VA	RUNNER	457	00:39:33.26	12:43	4.7mph	F	13	
504 MELISSA NELSON	HAMPTON, VA	RUNNER	739	00:39:36.35	12:44	4.7mph	F	40	
505 RIO HENDERSON	NEWPORT NEWS, VA	RUNNER	837	00:39:43.18	12:47	4.7mph	M	8	
506 MEGAN ALEXANDER	NEWPORT NEWS, VA	RUNNER	836	00:39:53.20	12:50	4.7mph	F	44	
507 BRIENNA SAWYER	CENTREVILLE, VA	RUNNER	243	00:39:54.07	12:50	4.7mph	F	24	
508 NOAH ROHLFS	NEWPORT NEWS, VA	RUNNER	486	00:39:57.34	12:51	4.7mph	M	13	
509 LEONIE ROHLFS	NEWPORT NEWS, VA	RUNNER	485	00:39:58.96	12:52	4.7mph	F	44	
510 KATE ALEXANDER	NEWPORT NEWS, VA	RUNNER	840	00:40:00.19	12:52	4.7mph	F	72	
511 LUCINDA DAVIS	WARRENTON, VA	RUNNER	728	00:40:01.63	12:53	4.7mph	F	79	
512 LACIE COLLINS	HAMPTON, VA	RUNNER	459	00:40:03.74	12:53	4.7mph	F	35	
513 ALYSSA COLLINS	HAMPTON, VA	RUNNER	639	00:40:04.48	12:53	4.7mph	F	6	
514 MARIE WILLIAMS	YORKTOWN, VA	RUNNER	818	00:40:06.88	12:54	4.6mph	F	32	
515 ANDREW BALL	YORKTOWN, VA	RUNNER	817	00:40:07.44	12:54	4.6mph	M	32	
516 CELITA SPORL	SOUTH SALT LAKE, UT	RUNNER	578	00:40:10.22	12:55	4.6mph	F	30	
517 MARYANN JACKSON	NEWPORT NEWS, VA	RUNNER	545	00:40:10.97	12:56	4.6mph	F	28	
518 ROBERT HUSTED	SOUTH SALT LAKE, UT	RUNNER	579	00:40:11.31	12:56	4.6mph	M	28	
519 SARAH SNOW	NORFOLK, VA	RUNNER	853	00:40:17.31	12:58	4.6mph	F	37	
520 RYAN SNOW	NORFOLK, VA	RUNNER	854	00:40:18.89	12:58	4.6mph	M	42	
521 DANIEL STOOKS	HAMPTON, VA	RUNNER	809	00:40:31.55	13:02	4.6mph	M	13	
522 DEBBIE HATCH	NEWPORT NEWS, VA	RUNNER	400	00:40:43.83	13:06	4.6mph	F	57	
523 MADYSON SNOOK	VERNON, NJ	RUNNER	79	00:40:45.37	13:07	4.6mph	F	14	
524 ANNALISA KEMPLE	CHESAPEAKE, VA	RUNNER	214	00:40:46.42	13:07	4.6mph	F	15	
525 DONALD HUNT	NEWPORT NEWS, VA	RUNNER	531	00:40:51.31	13:09	4.6mph	M	58	
526 DIANNA HUNT	NEWPORT NEWS, VA	RUNNER	529	00:40:51.75	13:09	4.6mph	F	40	
527 MARTIN QUIGLEY	YORKTOWN, VA	RUNNER	559	00:40:54.56	13:10	4.6mph	M	59	
528 MARIA QUIGLEY	YORKTOWN, VA	RUNNER	563	00:40:54.62	13:10	4.6mph	F	59	
529 BILL MORRIS	HAMPTON, VA	RUNNER	906	00:40:56.70	13:10	4.6mph	M	50	
530 ANNA MENDEZ	EDGEWATER, MD	RUNNER	433	00:41:05.09	13:13	4.5mph	F	8	
531 CHRISTOPHER DENNARD	NEWPORT NEWS, VA	RUNNER	586	00:41:06.40	13:13	4.5mph	M	41	
532 JESSICA MENDEZ	EDGEWATER, MD	RUNNER	430	00:41:07.68	13:14	4.5mph	F	38	
533 DYLAN NAQUIN	NEWPORT NEWS, VA	RUNNER	495	00:41:07.87	13:14	4.5mph	M	25	
534 ROBERT GATZ	NEWPORT NEWS, VA	RUNNER	453	00:41:13.03	13:15	4.5mph	M	58	
535 JUSTIN BELVIN	HAMPTON, VA	RUNNER	547	00:41:21.39	13:18	4.5mph	M	28	
536 REBECCA DARRON	HAMPTON, VA	RUNNER	546	00:41:23.20	13:19	4.5mph	F	29	
537 KEAGAN GATZ	NEWPORT NEWS, VA	RUNNER	454	00:41:25.52	13:20	4.5mph	F	2	
538 KRISTIN HOPKINS	NEWPORT NEWS, VA	RUNNER	661	00:41:26.30	13:20	4.5mph	F	30	
539 CHRISTEN KAPP	NEWPORT NEWS, VA	RUNNER	452	00:41:26.49	13:20	4.5mph	F	34	
540 HEATHER WINEMAN	SUFFOLK, VA	RUNNER	305	00:41:27.11	13:20	4.5mph	F	29	
541 DEBI ZEDAKER	BRADENTON, FL	RUNNER	806	00:41:29.78	13:21	4.5mph	F	66	
542 NANI NABRITT	NEWPORT NEWS, VA	RUNNER	567	00:41:35.07	13:23	4.5mph	F	47	
543 DEVIN STONE	YORKTOWN, VA	RUNNER	595	00:41:49.38	13:27	4.5mph	M	19	
544 CHRISTINE LEWIS	SELLERSBURG, IN	RUNNER	867	00:41:51.09	13:28	4.5mph	F	58	
545 SHEREE PULLEN MOSBY	NEWPORT NEWS, VA	RUNNER	560	00:41:53.09	13:28	4.5mph	F	62	
546 HILLARY OPDYKE	YORKTOWN, VA	RUNNER	735	00:41:53.26	13:28	4.5mph	F	7	
547 MICHELE BROWN	SUFFOLK, VA	RUNNER	823	00:41:54.28	13:29	4.4mph	F	56	
548 CHARLIE GASKELL	NEWPORT NEWS, VA	RUNNER	470	00:41:54.98	13:29	4.4mph	M	12	
549 LORI LANG	HAMPTON, VA	RUNNER	292	00:41:59.71	13:31	4.4mph	F	44	
550 RACHEL LANG	HAMPTON, VA	RUNNER	294	00:42:00.55	13:31	4.4mph	F	5	
551 ALICE OPDYKE	YORKTOWN, VA	RUNNER	605	00:42:02.65	13:31	4.4mph	F	40	
552 JOSH STADLER	POQUOSON, VA	RUNNER	659	00:42:04.92	13:32	4.4mph	M	27	
553 WILLIAM OPDYKE	YORKTOWN, VA	RUNNER	737	00:42:04.98	13:32	4.4mph	M	4	
554 DAVE GASKELL	NEWPORT NEWS, VA	RUNNER	249	00:42:07.77	13:33	4.4mph	M	47	

FINIAL Fast Before the Feast 5K

Place Name	Hometown	Type	Bib #	Time	Pace	Speed	Sex	Age	ID Number
555 GARY ALTMAN	HAMPTON, VA	RUNNER	706	00:42:12.11	13:35	4.4mph	M	64	
556 PAIGE LA ROCHE	HAMPTON, VA	RUNNER	843	00:42:18.11	13:36	4.4mph	F	11	
557 DEBBI LAMB	NEWPORT NEWS, VA	RUNNER	582	00:42:31.77	13:41	4.4mph	F	47	
558 WILLIAM WARD	MOUNT PLEASANT, SC	RUNNER	664	00:42:34.14	13:42	4.4mph	M	8	
559 CHRISTY WALKER	DURHAM, NC	RUNNER	623	00:42:37.38	13:43	4.4mph	F	43	
560 MARLYN ANDINO	NEWPORT NEWS, VA	RUNNER	855	00:42:40.22	13:44	4.4mph	F	38	
561 ANNA WARD	MOUNT PLEASANT, SC	RUNNER	663	00:42:41.36	13:44	4.4mph	F	40	
562 HEIDI SCHIANO	HAMPTON, VA	RUNNER	286	00:42:50.65	13:47	4.4mph	F	34	
563 LISA KELLER	HAMPTON, VA	RUNNER	425	00:42:51.23	13:47	4.3mph	F	29	
564 CRYSTAL LANETILLERSON	NEWPORT NEWS, VA	RUNNER	515	00:42:54.55	13:48	4.3mph	F	58	
565 COLIN FOWLE	HAMPSTEAD, NC	RUNNER	882	00:43:15.39	13:55	4.3mph	M	11	
566 KELLY MOSES	NEWPORT NEWS, VA	RUNNER	391	00:43:21.16	13:57	4.3mph	F	51	
567 KATHARINE FOWLE	HAMPSTEAD, NC	RUNNER	880	00:43:21.68	13:57	4.3mph	F	42	
568 CATHY DEBERRY	NEWPORT NEWS, VA	RUNNER	601	00:43:27.93	13:59	4.3mph	F	43	
569 JAKE COCHRAN	YORKTOWN, VA	RUNNER	525	00:43:30.01	14:00	4.3mph	M	12	
570 LORA COCHRAN	YORKTOWN, VA	RUNNER	523	00:43:35.06	14:01	4.3mph	F	40	
571 EVAN COCHRAN	YORKTOWN, VA	RUNNER	524	00:43:35.70	14:01	4.3mph	M	10	
572 BARBARA T. RILEY	NEWPORT NEWS, VA	RUNNER	699	00:43:45.27	14:04	4.3mph	F	64	
573 VICKI COOPER	YORKTOWN, VA	RUNNER	611	00:43:56.59	14:08	4.2mph	F	63	
574 JOSEPH BRIGGS	GLOUCESTER, VA	RUNNER	510	00:43:57.65	14:08	4.2mph	M	8	
575 MELYSSA LALONDE	GLOUCESTER, VA	RUNNER	507	00:43:57.99	14:09	4.2mph	F	32	
576 HANNAH DYE	YORKTOWN, VA	RUNNER	562	00:43:59.53	14:09	4.2mph	F	15	
577 ARTHUR LHERITIER	HENRICO, VA	RUNNER	437	00:44:16.73	14:15	4.2mph	M	11	
578 ROMAIN LHERITIER	HENRICO, VA	RUNNER	435	00:44:16.82	14:15	4.2mph	M	44	
579 LISA SWARTZBAUGH	POQUOSON, VA	RUNNER	614	00:44:18.53	14:15	4.2mph	F	42	
580 MARY VALENTE	NEWPORT NEWS, VA	RUNNER	896	00:44:18.84	14:15	4.2mph	F	32	
581 CASEY QUINLEY	YORKTOWN, VA	RUNNER	833	00:44:18.96	14:15	4.2mph	F	40	
582 ADRIAN SWARTZBAUGH	POQUOSON, VA	RUNNER	615	00:44:19.00	14:15	4.2mph	M	45	
583 STEVEN ELLIS	NEWPORT NEWS, VA	RUNNER	628	00:44:32.18	14:20	4.2mph	M	53	
584 CHRIS CONLEY	HAYES, VA	RUNNER	796	00:44:34.91	14:20	4.2mph	F	66	
585 KIMBERLY HOLLAND	POQUOSON, VA	RUNNER	508	00:44:36.38	14:21	4.2mph	F	55	
586 MATTHEW PALAGYI	SUFFOLK, VA	RUNNER	27	00:44:40.25	14:22	4.2mph	M	21	
587 LUKE STALLARD	NEWPORT NEWS, VA	RUNNER	748	00:44:44.72	14:24	4.2mph	M	3	
588 EMERSON SMITH	NEWPORT NEWS, VA	RUNNER	494	00:44:44.83	14:24	4.2mph	M	25	
589 PEGGY JENNINGS	ATKINS, AR	RUNNER	632	00:44:45.61	14:24	4.2mph	F	58	
590 ZACHARY FITZPATRICK	CHESAPEAKE, VA	RUNNER	518	00:44:46.64	14:24	4.2mph	M	28	
591 XENIA DELEON	SUFFOLK, VA	RUNNER	516	00:44:47.25	14:24	4.2mph	F	51	
592 ELIZABETH GARRETT	NEWPORT NEWS, VA	RUNNER	658	00:44:51.60	14:26	4.2mph	F	56	
593 CHRISTOPHER GARRETT	NEWPORT NEWS, VA	RUNNER	657	00:44:51.83	14:26	4.2mph	M	53	
594 BERNICE WAHLER	SANDWICH, MA	RUNNER	633	00:44:54.05	14:27	4.2mph	F	43	
595 LORI PALAGYI	SUFFOLK, VA	RUNNER	566	00:45:02.78	14:29	4.1mph	F	51	
596 MATTHEW ZORUMSKI	YORKTOWN, VA	RUNNER	490	00:45:03.90	14:30	4.1mph	M	17	
597 BRENDA MONTGOMERY	YORKTOWN, VA	RUNNER	786	00:45:18.71	14:35	4.1mph	F	58	
598 WARREN MONTGOMERY	YORKTOWN, VA	RUNNER	785	00:45:19.57	14:35	4.1mph	M	60	
599 KENDALL BYNUM	NEWPORT NEWS, VA	RUNNER	835	00:45:30.33	14:38	4.1mph	M	31	
600 STACY BYNUM	YORKTOWN, VA	RUNNER	834	00:45:31.18	14:39	4.1mph	F	31	
601 CARTER MARTINO	SUFFOLK, VA	RUNNER	600	00:45:35.44	14:40	4.1mph	M	11	
602 LAURA MADLER	NEWPORT NEWS, VA	RUNNER	847	00:45:39.20	14:41	4.1mph	F	17	
603 CASEY BLOWE	HAMPTON, VA	RUNNER	465	00:45:39.40	14:41	4.1mph	F	22	
604 KIMBERLY MARTINO	SUFFOLK, VA	RUNNER	599	00:45:39.92	14:41	4.1mph	F	42	
605 MARK MADLER	NEWPORT NEWS, VA	RUNNER	564	00:45:40.74	14:42	4.1mph	M	54	
606 KRYSTEN STALLARD	NEWPORT NEWS, VA	RUNNER	747	00:45:44.67	14:43	4.1mph	F	39	
607 JULIA STEWART	NEWPORT NEWS, VA	RUNNER	677	00:45:47.27	14:44	4.1mph	F	38	
608 LORRIE CARTER	NEWPORT NEWS, VA	RUNNER	463	00:45:49.98	14:45	4.1mph	F	45	
609 KEN RADECKI	CARROLLTON, VA	RUNNER	190	00:46:04.17	14:49	4.0mph	M	54	
610 MARCI RADECKI	CARROLLTON, VA	RUNNER	667	00:46:08.86	14:51	4.0mph	F	54	
611 KEN WACLO	GLOUCESTER, VA	RUNNER	878	00:46:14.32	14:52	4.0mph	M	54	
612 ERIN PALMER	NEWPORT NEWS, VA	RUNNER	394	00:46:23.04	14:55	4.0mph	F	37	
613 CONRAD BRINKER	NEWPORT NEWS, VA	RUNNER	414	00:46:24.49	14:56	4.0mph	M	8	
614 MEREDITH RAUCH	NEWPORT NEWS, VA	RUNNER	596	00:46:24.95	14:56	4.0mph	F	23	
615 MARNIE BLALOCK	NEWPORT NEWS, VA	RUNNER	636	00:46:25.01	14:56	4.0mph	F	24	
616 DAVID BRINKER	NEWPORT NEWS, VA	RUNNER	413	00:46:25.01	14:56	4.0mph	M	64	

FINIAL Fast Before the Feast 5K

Place	Name	Hometown	Type	Bib #	Time	Pace	Speed	Sex	Age	ID Number
617	WELLS BEAL	POQUOSON, VA	RUNNER	592	00:46:29.48	14:57	4.0mph	M	2	
618	TERRI WAGNER	YORKTOWN, VA	RUNNER	583	00:46:30.89	14:58	4.0mph	F	57	
619	SHEILA BRANSON	YORKTOWN, VA	RUNNER	695	00:46:48.66	15:04	4.0mph	F	50	
620	TIM BRANSON	YORKTOWN, VA	RUNNER	450	00:46:49.11	15:04	4.0mph	M	47	
621	MICHELE ZENTNER	YORKTOWN, VA	RUNNER	621	00:46:49.12	15:04	4.0mph	F	50	
622	ELIZABETH BOWMAN	LOVELAND, CO	RUNNER	620	00:46:50.12	15:04	4.0mph	F	27	
623	JOHN ZENTNER	YORKTOWN, VA	RUNNER	622	00:46:50.34	15:04	4.0mph	M	53	
624	DOUG KNOX	YORKTOWN, VA	RUNNER	848	00:46:57.75	15:06	4.0mph	M	65	
625	TERESA ROBINSON	NEWPORT NEWS, VA	RUNNER	645	00:47:02.15	15:08	4.0mph	F	53	
626	MAUREEN LOWDER	NEWPORT NEWS, VA	RUNNER	593	00:47:05.35	15:09	4.0mph	F	68	
627	KAREN FORDE	NEWPORT NEWS, VA	RUNNER	555	00:47:07.48	15:10	4.0mph	F	47	
628	MIKE FINDLAY	YORKTOWN, VA	RUNNER	788	00:47:30.18	15:17	3.9mph	M	49	
629	JENNIFER FINDLAY	YORKTOWN, VA	RUNNER	787	00:47:30.45	15:17	3.9mph	F	47	
630	TARA LANGE	MANISTEE, MI	RUNNER	713	00:47:38.47	15:20	3.9mph	F	36	
631	MIKE LANGE	MANISTEE, MI	RUNNER	707	00:47:39.49	15:20	3.9mph	M	58	
632	AIDAN MURPHY	HAMPTON, VA	RUNNER	649	00:47:43.27	15:21	3.9mph	M	11	
633	JUSTICE COLEMAN	NEWPORT NEWS, VA	RUNNER	629	00:47:46.57	15:22	3.9mph	F	20	
634	KELLY SIBLEY	NEWPORT NEWS, VA	RUNNER	738	00:47:55.60	15:25	3.9mph	F	49	
635	LINDSEY LEACH	YORKTOWN, VA	RUNNER	542	00:48:01.30	15:27	3.9mph	F	36	
636	KEVIN DOWNER	YORKTOWN, VA	RUNNER	820	00:48:12.98	15:31	3.9mph	M	60	
637	ELISABETH KELLY	YORKTOWN, VA	RUNNER	625	00:48:13.81	15:31	3.9mph	F	41	
638	KAREN DOWNER	YORKTOWN, VA	RUNNER	819	00:48:15.40	15:31	3.9mph	F	48	
639	KYLEE HAGERTY	SEAFORD, VA	RUNNER	689	00:48:19.11	15:33	3.9mph	F	8	
640	ALLISON MORGAN	POQUOSON, VA	RUNNER	745	00:48:21.25	15:33	3.9mph	F	32	
641	JONATHAN ANDERSON	HAMPTON, VA	RUNNER	795	00:48:24.37	15:34	3.9mph	M	46	
642	RACHEL BEAN	NEWPORT NEWS, VA	RUNNER	766	00:48:26.25	15:35	3.8mph	F	21	
643	HARDING HUMPHRIES	NEWPORT NEWS, VA	RUNNER	767	00:48:26.41	15:35	3.8mph	M	22	
644	SAGE GRAY SEARLES	SARASOTA, FL	RUNNER	743	00:48:27.98	15:35	3.8mph	M	11	
645	MARTHA WARD	MOUNT PLEASANT, SC	RUNNER	665	00:48:41.68	15:40	3.8mph	F	6	
646	JAN PHAUP	NEWPORT NEWS, VA	RUNNER	641	00:48:42.21	15:40	3.8mph	F	63	
647	NAJOUA BENOETHMANE	YORKTOWN, VA	RUNNER	483	00:48:48.94	15:42	3.8mph	F	57	
648	WREN MURPHY	HAMPTON, VA	RUNNER	650	00:48:52.02	15:43	3.8mph	F	5	
649	KRISTIN NEGAARD	HAMPTON, VA	RUNNER	648	00:48:52.20	15:43	3.8mph	F	48	
650	KAEL MURPHY	HAMPTON, VA	RUNNER	647	00:48:53.54	15:44	3.8mph	M	48	
651	JOLEEN SEARLES	SARASOTA, FL	RUNNER	742	00:48:57.42	15:45	3.8mph	F	40	
652	LINDSAY HAGERTY	SEAFORD, VA	RUNNER	688	00:49:12.94	15:50	3.8mph	F	37	
653	MICHAEL NICOLETTI	HAMPTON, VA	RUNNER	704	00:49:15.39	15:51	3.8mph	M	68	
654	JOHN GALLO	NEWPORT NEWS, VA	RUNNER	696	00:49:28.07	15:55	3.8mph	M	62	
655	CRYSTAL MCNAMARA	LEXINGTON PARK, MD	RUNNER	858	00:49:37.99	15:58	3.8mph	F	43	
656	ELAINE ARRIETA	YORKTOWN, VA	RUNNER	646	00:49:42.48	15:59	3.8mph	F	53	
657	MELANIE RAMIREZ	HAYES, VA	RUNNER	744	00:49:44.88	16:00	3.7mph	F	40	
658	JILLIAN MOORE	NEWPORT NEWS, VA	RUNNER	528	00:49:52.28	16:03	3.7mph	F	28	
659	JEFF GARY	HAMPTON, VA	RUNNER	740	00:49:53.21	16:03	3.7mph	M	49	
660	JOLYN BROWN	SUFFOLK, VA	RUNNER	827	00:49:59.09	16:05	3.7mph	F	25	
661	TYLER BROWN	SUFFOLK, VA	RUNNER	826	00:49:59.31	16:05	3.7mph	M	24	
662	VICTORIA FACIANE	YORKTOWN, VA	RUNNER	849	00:50:03.58	16:06	3.7mph	F	40	
663	AIDAN MONK	CARROLLTON, VA	RUNNER	475	00:50:08.11	16:08	3.7mph	M	11	
664	EVAN MONK	CARROLLTON, VA	RUNNER	476	00:50:10.69	16:09	3.7mph	M	9	
665	DANIEL MONK	CARROLLTON, VA	RUNNER	473	00:50:13.60	16:09	3.7mph	M	39	
666	TINA MARES	HAMPTON, VA	RUNNER	784	00:50:16.93	16:11	3.7mph	F	44	
667	TYLER FORREST	HAMPTON, VA	RUNNER	780	00:50:17.06	16:11	3.7mph	M	18	
668	RILEY MARES	HAMPTON, VA	RUNNER	781	00:50:17.44	16:11	3.7mph	F	9	
669	ROBERT MARES	HAMPTON, VA	RUNNER	782	00:50:18.30	16:11	3.7mph	M	46	
670	JULIE LARCH	NEWPORT NEWS, VA	RUNNER	682	00:51:06.93	16:27	3.6mph	F	46	
671	KELLY TOPP	NEWPORT NEWS, VA	RUNNER	597	00:51:08.97	16:27	3.6mph	M	59	
672	LORI BAKER	NEWPORT NEWS, VA	RUNNER	598	00:51:09.42	16:27	3.6mph	F	56	
673	THOMAS HARDEN	BUCHTEL, OH	RUNNER	638	00:51:45.90	16:39	3.6mph	M	60	
674	DIANE TOPPING	NEWPORT NEWS, VA	RUNNER	619	00:51:54.95	16:42	3.6mph	F	57	
675	LISA CASANOVA	NEWPORT NEWS, VA	RUNNER	521	00:51:56.79	16:43	3.6mph	F	58	
676	JOHN GILLESPIE	NEWPORT NEWS, VA	RUNNER	775	00:51:57.73	16:43	3.6mph	M	60	
677	CASSIDY CROWDER	NEWPORT NEWS, VA	RUNNER	733	00:51:59.86	16:44	3.6mph	F	21	
678	CHADNEY THOMPSON	CARROLLTON, VA	RUNNER	777	00:52:05.02	16:45	3.6mph	F	31	

FINIAL Fast Before the Feast 5K

Place Name	Hometown	Type	Bib #	Time	Pace	Speed	Sex	Age	ID Number
679	ANGELA THOMPSON	CARROLLTON, VA	RUNNER	776	00:52:06.00	16:46	3.6mph	F	50
680	HANNAH BEAN	NEWPORT NEWS, VA	RUNNER	765	00:52:07.90	16:46	3.6mph	F	28
681	ATASHA PANNELL	HAMPTON, VA	RUNNER	468	00:52:10.38	16:47	3.6mph	F	36
682	ANTONIO PANNELL	HAMPTON, VA	RUNNER	580	00:52:11.48	16:47	3.6mph	M	45
683	TIMOTHY RICHARD	MECHANICSVILLE, VA	RUNNER	532	00:52:14.26	16:48	3.6mph	M	23
684	BRITTNEY THOMPSON	CARROLLTON, VA	RUNNER	778	00:52:14.41	16:48	3.6mph	F	28
685	NELIDA HUERTAS	NEWPORT NEWS, VA	RUNNER	746	00:52:16.86	16:49	3.6mph	F	51
686	MARY BETH PLUCINSKI	NEWPORT NEWS, VA	RUNNER	816	00:52:18.02	16:50	3.6mph	F	57
687	HELEN JOHNSON-ANDERSON	HAMPTON, VA	RUNNER	892	00:52:20.23	16:50	3.6mph	F	73
688	LYNNE BEAN	NEWPORT NEWS, VA	RUNNER	763	00:52:23.03	16:51	3.6mph	F	55
689	BOB BEAN	NEWPORT NEWS, VA	RUNNER	764	00:52:24.49	16:52	3.6mph	M	58
690	HEATHER GAUTHIER	POQUOSON, VA	RUNNER	846	00:52:26.59	16:52	3.6mph	F	45
691	DENISE TOPPING	POQUOSON, VA	RUNNER	793	00:52:29.10	16:53	3.6mph	F	55
692	ANNE ROWE	YORKTOWN, VA	RUNNER	863	00:52:40.37	16:57	3.5mph	F	23
693	ELEANOR BLOWE	HAMPTON, VA	RUNNER	693	00:52:41.36	16:57	3.5mph	F	52
694	BRENDA HARDEN	BUCHTEL, OH	RUNNER	675	00:52:42.13	16:57	3.5mph	F	52
695	SARAH ROWE	YORKTOWN, VA	RUNNER	864	00:52:42.15	16:57	3.5mph	F	29
696	VICKY JONES	HAMPTON, VA	RUNNER	898	00:52:42.53	16:57	3.5mph	F	54
697	DONALD ROWE	YORKTOWN, VA	RUNNER	862	00:52:52.80	17:01	3.5mph	M	62
698	MATT PLUCINSKII	NEWPORT NEWS, VA	RUNNER	815	00:53:03.68	17:04	3.5mph	M	24
699	CHRIS BROWN	SUFFOLK, VA	RUNNER	824	00:53:32.99	17:14	3.5mph	M	56
700	BILL PRICE	NEWPORT NEWS, VA	RUNNER	710	00:53:33.71	17:14	3.5mph	M	54
701	BEATRICE BRINKER	NEWPORT NEWS, VA	RUNNER	415	00:53:34.33	17:14	3.5mph	F	6
702	AMANDA PRICE	NEWPORT NEWS, VA	RUNNER	711	00:53:35.72	17:15	3.5mph	F	26
703	LEE YOUKER	YORKTOWN, VA	RUNNER	679	00:53:54.29	17:21	3.5mph	F	31
704	CYNTHIA BRINKER	NEWPORT NEWS, VA	RUNNER	412	00:54:04.55	17:24	3.4mph	F	64
705	AMY LEWIS	NEWPORT NEWS, VA	RUNNER	411	00:54:05.69	17:24	3.4mph	F	38
706	PAMELA BOERNER	NEWPORT NEWS, VA	RUNNER	409	00:54:06.10	17:24	3.4mph	F	37
707	RACHEL PEARCE	MANTEO, NC	RUNNER	718	00:54:08.78	17:25	3.4mph	F	43
708	KARI ANDERSON	HUDSON, FL	RUNNER	527	00:54:12.18	17:26	3.4mph	F	40
709	CONNER TAPPER	YORKTOWN, VA	RUNNER	702	00:54:17.16	17:28	3.4mph	M	25
710	KATHEY TAPPER	YORKTOWN, VA	RUNNER	701	00:54:17.45	17:28	3.4mph	F	60
711	VITHENIA FORBES	BALTIMORE, MD	RUNNER	894	00:54:20.56	17:29	3.4mph	F	66
712	JOANNE STUDEBAKER	RYE, NH	RUNNER	753	00:54:36.07	17:34	3.4mph	F	61
713	MICHELLE SHARP	CHESTER, NH	RUNNER	752	00:54:36.38	17:34	3.4mph	F	43
714	KAREN NICOLETTI	HAMPTON, VA	RUNNER	705	00:54:45.29	17:37	3.4mph	F	68
715	PATRICIA NEAL	NEWPORT NEWS, VA	RUNNER	612	00:54:45.70	17:37	3.4mph	F	28
716	MARY MONROSE	BALLSTON SPA, NY	RUNNER	613	00:54:45.89	17:37	3.4mph	F	29
717	DOUG WOLKOWICH	SUFFOLK, VA	RUNNER	607	00:54:50.82	17:39	3.4mph	M	49
718	KATHLEEN DAWY	SUFFOLK, VA	RUNNER	790	00:54:51.08	17:39	3.4mph	F	58
719	JESSICA WOLKOWICH	SUFFOLK, VA	RUNNER	606	00:54:53.87	17:40	3.4mph	F	38
720	JOSEPH TOLK	YORKTOWN, VA	RUNNER	891	00:54:56.91	17:41	3.4mph	M	28
721	JESSA TOTH	YORKTOWN, VA	RUNNER	890	00:55:03.60	17:43	3.4mph	F	26
722	LINDSEY LA ROCHE	HAMPTON, VA	RUNNER	842	00:55:05.73	17:44	3.4mph	F	36
723	JONI LA ROCHE	HAMPTON, VA	RUNNER	845	00:55:08.38	17:44	3.4mph	F	59
724	DENNIS DEGAN	NORFOLK, VA	RUNNER	385	00:55:11.58	17:45	3.4mph	M	53
725	EDWARD TEM	NORFOLK, VA	RUNNER	382	00:55:14.10	17:46	3.4mph	M	65
726	SIDNEY DEGAN	NORFOLK, VA	RUNNER	380	00:55:14.74	17:46	3.4mph	M	64
727	BARBARA TEM	NORFOLK, VA	RUNNER	381	00:55:16.38	17:47	3.4mph	F	61
728	JOANNE DEGAN	NORFOLK, VA	RUNNER	384	00:55:20.87	17:48	3.4mph	F	61
729	ROBERTA THAYER-SMITH	YORKTOWN, VA	RUNNER	794	00:55:21.96	17:49	3.4mph	F	66
730	PAMELA DAVIS	MARSHALL, VA	RUNNER	637	00:55:22.13	17:49	3.4mph	F	62
731	REBECCA GWILT	HENRICO, VA	RUNNER	314	00:55:23.52	17:49	3.4mph	F	34
732	DANIEL WARTHAN	NEWPORT NEWS, VA	RUNNER	662	00:55:24.90	17:50	3.4mph	M	59
733	THOMAS SOUTHWORTH	WARRENTON, VA	RUNNER	729	00:55:28.34	17:51	3.4mph	M	73
734	ROBERT BALL	YORKTOWN, VA	RUNNER	814	00:55:35.30	17:53	3.4mph	M	72
735	BARBARA BALL	YORKTOWN, VA	RUNNER	813	00:55:36.44	17:53	3.4mph	F	67
736	JUANA TRUJILLO	YORKTOWN, VA	RUNNER	789	00:55:46.06	17:56	3.3mph	F	52
737	CORINNE STEELE	NORFOLK, VA	RUNNER	749	00:55:46.32	17:57	3.3mph	F	56
738	DOYLE STEELE	NORFOLK, VA	RUNNER	750	00:55:48.11	17:57	3.3mph	M	55
739	KATHERINE STRAND	YORKTOWN, VA	RUNNER	631	00:55:52.15	17:58	3.3mph	F	28

FINIAL Fast Before the Feast 5K

Place Name	Hometown	Type	Bib #	Time	Pace	Speed	Sex	Age	ID Number
740	KIMBERLY REECE	YORKTOWN, VA	RUNNER	799	00:55:53.11	17:59	3.3mph	F	58
741	ALAN KELLER	HAMPTON, VA	RUNNER	686	00:56:05.79	18:03	3.3mph	M	66
742	KAREN KELLER	HAMPTON, VA	RUNNER	687	00:56:07.09	18:03	3.3mph	F	63
743	JUDY FOSTER	LODI, OH	RUNNER	691	00:56:16.55	18:06	3.3mph	F	77
744	LYNNE ROADARMEL	YORKTOWN, VA	RUNNER	698	00:56:17.05	18:06	3.3mph	F	69
745	ROB ROADARMEL	YORKTOWN, VA	RUNNER	697	00:56:17.89	18:07	3.3mph	M	76
746	BILL FOSTER	LODI, OH	RUNNER	692	00:56:29.78	18:11	3.3mph	M	80
747	CONNIE BELTZ	NEWPORT NEWS, VA	RUNNER	879	00:56:53.11	18:18	3.3mph	F	67
748	DON TIDWELL	HAMPTON, VA	RUNNER	723	00:57:02.22	18:21	3.3mph	M	61
749	HALLIE TIDWELL	HAMPTON, VA	RUNNER	722	00:57:05.32	18:22	3.3mph	F	22
750	ERIN TOPP	NEWPORT NEWS, VA	RUNNER	455	00:57:06.15	18:22	3.3mph	F	33
751	PATRICIA TOPP	NORFOLK, VA	RUNNER	730	00:57:07.46	18:23	3.3mph	F	30
752	JENNY THARP-WARTHAN	NEWPORT NEWS, VA	RUNNER	577	00:57:08.25	18:23	3.3mph	F	59
753	KIP NAZDA	NEWPORT NEWS, VA	RUNNER	584	00:57:14.01	18:25	3.3mph	M	29
754	SANDRA TIDWELL	HAMPTON, VA	RUNNER	721	00:57:14.29	18:25	3.3mph	F	62
755	JUDY YARBOROUGH	NEWPORT NEWS, VA	RUNNER	576	00:57:18.11	18:26	3.3mph	F	61
756	HALEY SCHMIDT	YORKTOWN, VA	RUNNER	703	00:57:34.22	18:31	3.2mph	F	28
757	TRICIA SMITH	CHESAPEAKE, VA	RUNNER	800	00:57:36.65	18:32	3.2mph	F	47
758	CHRISTINE HERDMAN	CHESAPEAKE, VA	RUNNER	798	00:57:36.66	18:32	3.2mph	F	41
759	SAMMIE GASKELL	NEWPORT NEWS, VA	RUNNER	757	00:57:45.87	18:35	3.2mph	F	9
760	JENNIE WIEBKE	HAMPTON, VA	RUNNER	801	00:57:48.64	18:36	3.2mph	F	61
761	ISABEL WIEBKE	HAMPTON, VA	RUNNER	802	00:57:49.16	18:36	3.2mph	F	17
762	MISSY LIPPIATT	PORTSMOUTH, VA	RUNNER	899	00:57:49.54	18:36	3.2mph	F	62
763	SHELBA BOONE	PORTSMOUTH, VA	RUNNER	900	00:57:52.57	18:37	3.2mph	F	59
764	KAREN BEAN	NEWPORT NEWS, VA	RUNNER	756	00:57:56.53	18:38	3.2mph	F	45
765	SUSAN THIES	HAMPTON, VA	RUNNER	571	00:58:14.86	18:44	3.2mph	F	63
766	GRACE CHO	NEWPORT NEWS, VA	RUNNER	279	00:58:15.08	18:44	3.2mph	F	24
767	JOHN CHO	NEWPORT NEWS, VA	RUNNER	280	00:58:15.94	18:45	3.2mph	M	17
768	MELISSA THIES	HAMPTON, VA	RUNNER	570	00:58:17.29	18:45	3.2mph	F	31
769	JOHN DALLAIRE	FORT MONROE, VA	RUNNER	700	00:58:29.63	18:49	3.2mph	M	62
770	STEVEN PRONOVOST	NORTHFIELD, CT	RUNNER	760	00:58:29.98	18:49	3.2mph	M	66
771	LINETTE PRONOVOST	NORTHFIELD, CT	RUNNER	759	00:58:30.84	18:50	3.2mph	F	64
772	JOHN KRAVITZ	HAMPTON, VA	RUNNER	860	00:58:33.56	18:50	3.2mph	M	31
773	JESSICA EDWARDS	YORKTOWN, VA	RUNNER	859	00:58:35.52	18:51	3.2mph	F	26
774	LARRY LAUDER	FRANKLIN, TN	RUNNER	610	00:58:40.52	18:53	3.2mph	M	60
775	LAURA LAUDER	WILLIAMSBURG, VA	RUNNER	608	00:58:40.96	18:53	3.2mph	F	24
776	DIANE LAUDER	FRANKLIN, TN	RUNNER	609	00:58:42.99	18:53	3.2mph	F	59
777	JILLIAN VENTI	NEWPORT NEWS, VA	RUNNER	877	00:58:44.88	18:54	3.2mph	F	56
778	LARRICA SIDES	HAMPTON, VA	RUNNER	876	00:58:46.45	18:55	3.2mph	F	54
779	JOHN GEDVILLE	NEWPORT NEWS, VA	RUNNER	821	00:59:05.86	19:01	3.2mph	M	39
780	TRULEE SWINDLE	VIRGINIA BEACH, VA	RUNNER	822	00:59:07.98	19:01	3.2mph	F	43
781	HAI CHO	NEWPORT NEWS, VA	RUNNER	893	00:59:16.71	19:04	3.1mph	F	58
782	RICK POLSTON	PORTSMOUTH, VA	RUNNER	754	00:59:19.17	19:05	3.1mph	M	60
783	SAM ROSE	NEWPORT NEWS, VA	RUNNER	268	00:59:26.10	19:07	3.1mph	M	51
784	EMILY HANSELL	CHARLESTON, SC	RUNNER	804	00:59:52.23	19:16	3.1mph	F	30
785	HEATH HANSELL	CHARLESTON, SC	RUNNER	805	00:59:55.74	19:17	3.1mph	M	32
786	AIDA WIEBKE	ARLINGTON, VA	RUNNER	803	00:59:59.34	19:18	3.1mph	F	34
787	MARISOL LICEAGA	NEWPORT NEWS, VA	RUNNER	626	01:00:52.54	19:35	3.1mph	F	59
788	JENNY DRANG	NEWPORT NEWS, VA	RUNNER	884	01:01:06.70	19:40	3.1mph	F	47
789	LINDA FICHT	NEWPORT NEWS, VA	RUNNER	885	01:01:06.83	19:40	3.1mph	F	50
790	MIMI DREW	NEWPORT NEWS, VA	RUNNER	883	01:01:07.33	19:40	3.0mph	F	46
791	DAVID TATE	YORKTOWN, VA	RUNNER	651	01:01:22.59	19:45	3.0mph	M	69
792	CAROL TATE	YORKTOWN, VA	RUNNER	652	01:01:24.08	19:45	3.0mph	F	69
793	JUAN LICEAGA	NEWPORT NEWS, VA	RUNNER	627	01:01:48.29	19:53	3.0mph	M	35
794	JESSICA LICEAGA	NEWPORT NEWS, VA	RUNNER	681	01:01:50.36	19:54	3.0mph	F	32
795	MARIANNE MOCK	NEWPORT NEWS, VA	RUNNER	875	01:02:03.44	19:58	3.0mph	F	25
796	ALDEN HOPE	NEWPORT NEWS, VA	RUNNER	873	01:02:08.00	19:59	3.0mph	M	26
797	DIANE HOPE	NEWPORT NEWS, VA	RUNNER	353	01:02:08.44	20:00	3.0mph	F	54
798	SALLY STOOKS	HAMPTON, VA	RUNNER	811	01:02:20.30	20:03	3.0mph	F	20
799	BILL STOOKS	HAMPTON, VA	RUNNER	808	01:02:21.30	20:04	3.0mph	M	55
800	PAGE STOOKS	HAMPTON, VA	RUNNER	807	01:02:21.81	20:04	3.0mph	F	55
801	SERINIA WRIGHT	HAMPTON, VA	RUNNER	904	01:02:49.04	20:13	3.0mph	F	28

FINIAL Fast Before the Feast 5K

Place	Name	Hometown	Type	Bib #	Time	Pace	Speed	Sex	Age	ID Number
802	MARIAH WILSON	HAMPTON, VA	RUNNER	772	01:02:49.89	20:13	3.0mph	F	25	
803	JORDAN ROBESON	YORKTOWN, VA	RUNNER	888	01:03:42.56	20:30	2.9mph	M	29	
804	VINCENT ROBESON	YORKTOWN, VA	RUNNER	887	01:03:43.82	20:30	2.9mph	M	53	
805	LORETTA ROBESON	YORKTOWN, VA	RUNNER	886	01:03:47.42	20:31	2.9mph	F	50	
806	MARIA ESSELSTROM	NEWPORT NEWS, VA	RUNNER	354	01:05:52.10	21:12	2.8mph	F	34	