

Finishers by Category - Heat 1

Rundate: 08/01/2020 20:44:11 2020 3 H Trail 1/2 Marathon 08/01/2020

Cat	Pl	Place	Name	City	Time	min/mile	Ag	Bib #
Women's Open								
	4	1/3	Jean Kleitz	Gainesville	VA 1:38:01	7:29	38	1332
	8	2/3	Deb Jockin	Fredericksburg	VA 1:51:23	8:30	54	1328
	9	3/3	Sara Gilliam	Stafford	VA 1:52:38	8:36	42	1317
Women's 20-29								
	14	1/2	Bethany Houpt	Norfolk	VA 2:06:43	9:40	27	1327
	38	2/2	Victoria Kersey	Stafford	VA 2:59:15	13:40	29	1330
Women's 30-39								
	21	1/5	Shelley Folk	Ft. Washington	MD 2:23:11	10:55	37	1315
	23	2/5	Christa Ackerman	King George	VA 2:26:31	11:11	30	1301
	29	3/5	Nicole Harris	Fredericksburg	VA 2:31:35	11:34	33	1321
	31	4/5	Rachel Podbielski	King George	VA 2:36:43	11:57	32	1346
	41	5/5	Julie McNamara	Reston	VA 3:04:28	14:04	35	1335
Women's 40-49								
	24	1/5	Tracy Sawyers	Clifton	VA 2:27:41	11:16	41	1349
	28	2/5	Kathy Hnatt	Fredericksburg	VA 2:31:35	11:34	41	1325
	33	3/5	Rachel Sloan	Louisa	VA 2:41:49	12:21	41	1351
	42	4/5	Leila Nowroozi	Arlington	VA 3:07:51	14:20	48	1341
	47	5/5	Sonia Moss	Stafford	VA 4:06:48	18:50	45	1338
Women's 50-59								
	13	1/3	Karen Schumm	Stafford	VA 2:04:22	9:29	52	1350
	32	2/3	Vickie Bryant	Mechanicsville	VA 2:41:45	12:20	50	1309
	43	3/3	Sandra VanValkenburg	Fredericksburg	VA 3:10:10	14:30	51	1354
Women's 60-649								
	18	1/2	Kathy Headlee	Richmond	VA 2:14:18	10:15	63	1322
	27	2/2	Leslie Rigby Kash	Fredericksburg	VA 2:31:01	11:31	64	1329
Men's Open								
	1	1/3	Matthew Leonard	Johnson City	TN 1:22:40	6:18	29	1334
	2	2/3	Steven Hensley	Bristol	VA 1:22:52	6:19	27	1323
	3	3/3	Dennis Billings	Woodbridge	VA 1:32:39	7:04	51	1304
Men's 20-29								
	19	1/3	Jared Brewer	Spotsylvania	VA 2:20:03	10:41	21	1308
	25	2/3	Jared Day	Fredericksburg	VA 2:29:34	11:25	27	1311
	26	3/3	Cody Waters	Fredericksburg	VA 2:29:35	11:25	26	1355
Men's 30-39								
	5	1/5	James Perea	Washington	DC 1:40:39	7:41	38	1344
	6	2/5	Zachary Novitske	Hayes	VA 1:45:09	8:01	36	1340
	12	3/5	Andrew Timm	Fairfax	VA 2:03:16	9:24	37	1353
	37	4/5	Randy Mounts	Silver Spring	MD 2:58:48	13:38	39	1339
	44	5/5	Aman Saini	Bristow	VA 3:10:10	14:30	30	1348
Men's 40-49								
	7	1/5	Matt Spaulding	Manassas	VA 1:45:12	8:01	42	1352
	10	2/5	Brian Hain	Berwyn Heights	MD 1:55:14	8:47	42	1319
	20	3/5	Anthony Fiacco	Alexandria	VA 2:20:26	10:43	43	1313
	30	4/5	Glenn Hnatt	Fredericksburg	VA 2:34:34	11:47	41	1324
	39	5/5	Jared Minsk	Laurel	VA 3:02:08	13:54	45	1336
Men's 50-59								
	11	1/5	Jeff Parker	Virginia Beach	VA 1:57:53	9:00	55	1343
	15	2/5	Mark Friedlander	Centreville	VA 2:12:32	10:07	58	1316
	17	3/5	Karl Kesselring	West Chester	PA 2:13:29	10:11	53	1331
	22	4/5	Kevin Biondi	King George	VA 2:26:05	11:09	53	1305
	34	5/5	Michael Bolden	Waldorf	MD 2:42:47	12:25	51	1306

Men's 60-69

35	1/4	Victor Podbielski	King George	VA 2:51:31	13:05	62	1347
40	2/4	Larry Willis	Chesapeake	VA 3:03:23	13:59	62	1356
45	3/4	Tim Moles	Stafford	VA 3:16:32	15:00	60	1337
46	4/4	Bob Brammer	Fredericksburg	VA 3:52:14	17:43	67	1307

Men's 70 and over

16	1/2	Joseph Giunta	Warrenton	VA 2:12:41	10:07	72	1318
36	2/2	Stephen Fisher	Fredericksburg	VA 2:52:41	13:10	72	1314