

Finishers by Category - Heat 1

Rundate: 04/17/2010 11:51:01 2010 Gateway Urgent Care 5 km 04/17/2010

Cat	Pl	Place	Name	City	ST	Time	Time min/mile	Ag
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Women's Overall								
	11	1/3	Esperanza Cortes	Colonial Beach	VA	0:22:45	7:19	40
	15	2/3	Erica Lendon	King George	VA	0:23:51	7:41	26
	17	3/3	Robin Mitchell	Warsaw	VA	0:26:20	8:29	34
Women's 19 and under								
	28	1/3	Rebecca Gongloff	Colonial Beach	VA	0:29:24	9:28	15
	39	2/3	Katie Lawrence	Colonial Beach	VA	0:32:10	10:21	18
	40	3/3	Hailey Lawrence	Dahlgren	VA	0:33:27	10:46	14
Women's 20-29								
	26	1/10	Kristen Staples	Colonial Beach	VA	0:29:16	9:25	25
	35	2/10	Lindsey Lawrence	Dahlgren	VA	0:31:32	10:09	20
	38	3/10	Katherine Feltner	Colonial Beach	VA	0:32:07	10:20	29
	42	4/10	Leah Dudley	King George	VA	0:35:31	11:26	20
	47	5/10	Julia Miller	King George	VA	0:38:09	12:17	24
	48	6/10	Michelle Lammers	Colonial Beach	VA	0:38:10	12:17	25
	51	7/10	Samantha Elliott	Spotsylvania	VA	0:40:34	13:03	27
	55	8/10	Vuksan	Montross	VA	0:49:59	16:05	29
	60	9/10	Kim Berry	Montross	VA	0:54:26	17:31	26
	66	10/10	Abby Burkholder	King George	VA	1:00:37	19:31	25
Women's 30-39								
	22	1/4	Beth Scherm	Montross	VA	0:27:17	8:47	30
	36	2/4	Bridget Fay	Fredericksburg	VA	0:31:35	10:10	31
	41	3/4	Wendy F. Martin	King George	VA	0:33:49	10:53	38
	56	4/4	Kowalczyk	Montross	VA	0:50:00	16:06	31
Women's 40-49								
	19	1/13	Terri Newman	King George	VA	0:26:38	8:34	43
	21	2/13	Kellie M. Saienni	King George	VA	0:27:01	8:42	48
	24	3/13	Anne Koepfinger	King George	VA	0:27:39	8:54	41
	32	4/13	Sheri Almond	Montross	VA	0:30:34	9:50	40
	43	5/13	Kelly Miller	King George	VA	0:35:42	11:29	41
	44	6/13	Barbara Taylor	King George	VA	0:36:06	11:37	48
	50	7/13	Eleanor Redmond	King George	VA	0:39:43	12:47	41
	52	8/13	Lori Ferrell	Colonial Beach	VA	0:43:10	13:54	46
	53	9/13	Tisha Jordan	Fredericksburg	VA	0:45:25	14:37	42
	57	10/13	Kellie Pearson	Colonial Beach	VA	0:50:35	16:17	43
	59	11/13	Tina Inscoe	Colonial Beach	VA	0:51:39	16:37	43
	61	12/13	Barbara Murphee	King George	VA	0:54:44	17:37	47
	62	13/13	Joni Ferrell	Colonial Beach	VA	0:54:45	17:37	47
Women's 50-59								
	58	1/7	Valerie Heflin	Colonial Beach	VA	0:50:36	16:17	50
	65	2/7	Katherine Greenlaw	Colonial Beach	VA	1:00:37	19:31	55
	67	3/7	Judy Long	Colonial Beach	VA	1:00:37	19:31	57
	69	4/7	Vicki Roberson	Colonial Beach	VA	1:00:37	19:31	53
	70	5/7	Donna Raynes	Woodford	VA	1:00:37	19:31	50
	71	6/7	Viann Grigsby	King George	VA	1:00:37	19:31	54
	74	7/7	Frances Bowen	Colonial Beach	VA	1:00:37	19:31	52
Women's 60+								

37	1/4	Elizabeth Guthrie	King George	VA 0:31:51	10:15	60
63	2/4	Patricia Fitzgerald	Colonial Beach	VA 1:00:36	19:30	60
72	3/4	Barbara Goff	Colonial Beach	VA 1:00:37	19:31	64
73	4/4	Carol Birmingham	Colonial Beach	VA 1:00:37	19:31	69

Men's Overall

1	1/3	Evan Parry	Fredericksburg	VA 0:17:51	5:45	19
2	2/3	Joseph Crook	King George	VA 0:18:02	5:48	18
3	3/3	Stephen Seemion	Fredericksburg	VA 0:18:42	6:01	20

Men's 19 and under

20	1/1	Jacob Redmond	King George	VA 0:26:58	8:41	11
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Men's 20-29

13	1/4	Chuck Yarus	King George	VA 0:23:45	7:39	29
25	2/4	Michael Arendt	King George	VA 0:29:00	9:20	27
29	3/4	Andrew Tabler	Colonial Beach	VA 0:29:25	9:28	27
31	4/4	Scott Monsch	King George	VA 0:29:51	9:36	29

Men's 30-39

5	1/7	Adam Grieco	King George	VA 0:18:59	6:07	39
9	2/7	Allen Sembower	King George	VA 0:21:48	7:01	36
10	3/7	John Krause	Stafford	VA 0:22:06	7:07	34
12	4/7	Vuksan	Montross	VA 0:22:56	7:23	31
49	5/7	Dashan Turner	Montross	VA 0:39:27	12:42	31
64	6/7	Sam Jamison	Fredericksburg	VA 1:00:37	19:31	35
68	7/7	John Sevier	King George	VA 1:00:37	19:31	32

Men's 40-49

4	1/10	Mike Cutright	Fredericksburg	VA 0:18:44	6:02	44
6	2/10	Paul Koepfinger	King George	VA 0:20:50	6:42	45
7	3/10	Brad Cranick	Fredericksburg	VA 0:21:12	6:49	47
8	4/10	Don McKenney	Colonial Beach	VA 0:21:14	6:50	41
14	5/10	John Thrasher	Colonial Beach	VA 0:23:49	7:40	42
16	6/10	Ben Shows	King George	VA 0:24:48	7:59	44
18	7/10	Wayne Rose	Colonial Beach	VA 0:26:33	8:33	48
23	8/10	Robert Sokol	Colonial Beach	VA 0:27:30	8:51	41
46	9/10	Michael Lloyd	King George	VA 0:37:57	12:13	47
54	10/10	John Jordan	Fredericksburg	VA 0:45:26	14:37	45

Men's 50-59

27	1/3	Gil Taylor	King George	VA 0:29:19	9:26	56
30	2/3	Gary Abernathy	King George	VA 0:29:26	9:28	50
33	3/3	Frank Eak	King George	VA 0:31:02	9:59	55

Men's 60 and over

34	1/2	Bruce Thomas	Fredericksburg	VA 0:31:31	10:09	64
45	2/2	Ferris Portner Jr	King George	VA 0:36:23	11:43	81