

Race Date

September 19, 2020

Wits for Wellness 5k

Overall Finish List

5K

Place												
Overall	Name	City	Bib No	Age	Gender	AG Place	Start Time	Finish Time	Net Time	Pace		
1	Nicolo Schianchi	Winchester VA	113	16	M	1: Top Fin	0:02.3	17:16.3	17:13.9	5:34/M		
2	Ryan Stickley	Winchester VA	127	16	M	1/17: 11-19	0:02.2	17:39.7	17:37.4	5:41/M		
3	Garrett Stickley	Winchester VA	126	14	M	2/17: 11-19	0:02.5	17:44.6	17:42.0	5:43/M		
4	Luca Schianchi	Winchester VA	112	48	M	1/10: 40-49	0:02.0	18:18.8	18:16.7	5:54/M		
5	Glen Tortorella	Front Royal VA	132	51	M	1/5: 50-59	0:02.6	18:35.6	18:32.9	5:59/M		
6	Max Ware	Winchester VA	139	15	M	3/17: 11-19	0:01.9	19:10.1	19:08.1	6:10/M		
7	Luke Gore	Stephens City VA	51	33	M	1/8: 30-39	0:03.4	19:16.4	19:13.0	6:12/M		
8	Jack Smith	Winchester VA	157	17	M	4/17: 11-19	0:02.9	19:36.7	19:33.8	6:19/M		
9	Pierce Francis	Winchester VA	49	15	M	5/17: 11-19	0:02.8	19:57.1	19:54.3	6:25/M		
10	Robert Bell	Gainesville VA	9	31	M	2/8: 30-39	0:02.3	20:04.9	20:02.6	6:28/M		
11	Jackson Justice	Winchester VA	158	13	M	6/17: 11-19	0:03.2	20:37.1	20:33.9	6:38/M		
12	Charles Bowles	Winchester VA	156	38	M	3/8: 30-39	0:03.0	20:49.2	20:46.2	6:42/M		
13	Thomas Schmiedicke	Strasburg VA	115	17	M	7/17: 11-19	13:58.1	35:00.4	21:02.3	6:47/M		
14	Dylan Denter	Winchester VA	33	24	M	1/4: 20-29	1:05.2	22:13.3	21:08.0	6:49/M		
15	Christian Rodman	Front Royal VA	108	17	M	8/17: 11-19	13:56.4	35:18.0	21:21.6	6:53/M		
16	Duane Williamson	Warrenton VA	142	56	M	2/5: 50-59	19:35.3	41:11.7	21:36.4	6:58/M		
17	Tyler Dewarf	Gore VA	34	14	M	9/17: 11-19	1:51.5	23:41.4	21:49.8	7:03/M		
18	Scott Bowman	Winchester VA	11	48	M	2/10: 40-49	18:27.9	41:01.5	22:33.5	7:17/M		
19	Skyler Dunn	Winchester VA	40	16	M	10/17 11-19	19:01.7	42:11.5	23:09.8	7:28/M		
20	Jedidiah Bell	Stephens City VA	159	13	M	11/17 11-19	1:25.6	24:45.6	23:19.9	7:32/M		
21	Nikolai Matveev	Flint Hill VA	72	39	M	4/8: 30-39	4:59.9	28:26.9	23:27.0	7:34/M		
22	Brody Morgan	Middletown VA	80	14	M	12/17 11-19	13:57.2	37:35.4	23:38.2	7:37/M		
23	Sarah Roberson	Winchester VA	102	15	F	1: Top Fin	19:04.0	42:58.1	23:54.0	7:43/M		
24	Grace Zadnick	Edinburg VA	147	17	F	1/19: 11-19	13:54.9	38:00.1	24:05.2	7:46/M		
25	Berkeley Collingwood	Winchester VA	150	15	F	2/19: 11-19	19:03.9	43:14.4	24:10.5	7:48/M		
26	Chris Leary	Front Royal VA	68	45	M	3/10: 40-49	13:56.6	38:24.5	24:27.8	7:54/M		
27	Michelle Vanhorn	Harpers Ferry WV	137	39	F	1/16: 30-39	1:17.0	25:48.9	24:31.8	7:55/M		
28	Michael Larson	Stephens City VA	66	27	M	2/4: 20-29	1:09.2	25:53.1	24:43.9	7:59/M		
29	Zane Dewarf	Gore VA	35	11	M	13/17 11-19	1:51.4	26:45.9	24:54.5	8:02/M		
30	Camberly Leary	Front Royal VA	67	15	F	3/19: 11-19	13:54.9	38:56.8	25:01.9	8:05/M		
31	Shane Rose	Stephenson VA	109	42	M	4/10: 40-49	1:02.2	26:07.1	25:04.8	8:05/M		
32	Milaina Matveeva	Flint Hill VA	74	13	F	4/19: 11-19	13:55.6	39:04.5	25:08.8	8:07/M		
33	Evelyn Elliot	Round Hill VA	43	16	F	5/19: 11-19	13:55.5	39:23.9	25:28.4	8:13/M		
34	Neal Riemenschneider	Winchester VA	100	65	M	1/4: 60-69	12:37.6	38:13.9	25:36.2	8:16/M		
35	Jay Gomez	Strasburg VA	50	23	M	3/4: 20-29	0:59.2	26:46.7	25:47.5	8:19/M		
36	Alice Shoemaker	Winchester VA	155	30	F	2/16: 30-39	37:19.1	1:03:16.7	25:57.5	8:22/M		
37	Suzanna Jenkins Barb	Winchester VA	61	41	F	1/7: 40-49	9:15.6	35:21.2	26:05.6	8:25/M		
38	Bridgett Matveeva	Flint Hill VA	73	15	F	6/19: 11-19	13:55.7	40:02.0	26:06.2	8:25/M		
39	Jason States	Front Royal VA	125	41	M	5/10: 40-49	10:59.0	37:14.5	26:15.5	8:28/M		
40	James Harden	Martinsburg WV	151	49	M	6/10: 40-49	1:17.2	27:33.2	26:15.9	8:28/M		
41	Jimmy Harden	Martinsburg WV	152	15	M	14/17 11-19	1:17.0	27:33.2	26:16.2	8:28/M		
42	Matthew Polk	Winchester VA	154	43	M	7/10: 40-49	37:19.0	1:03:39.2	26:20.2	8:30/M		
43	Jason Miller	Mt. Jackson VA	78	38	M	5/8: 30-39	4:47.3	31:16.4	26:29.0	8:33/M		
44	Jared Martin	Winchester VA	71	38	M	6/8: 30-39	17:46.0	44:18.1	26:32.0	8:34/M		
45	Brody Ellis	Bluemont VA	44	11	M	15/17 11-19	7:28.5	34:12.6	26:44.1	8:37/M		
46	Maria Sudlow	Strasburg VA	130	17	F	7/19: 11-19	13:55.0	40:50.7	26:55.6	8:41/M		
47	Craig Richard	Winchester VA	99	50	M	3/5: 50-59	23:08.2	50:14.8	27:06.6	8:45/M		
48	Michael Zawadzki	Boyce VA	149	64	M	2/4: 60-69	30:19.1	57:33.6	27:14.5	8:47/M		
49	Emma Fout	Winchester VA	48	15	F	8/19: 11-19	19:04.0	46:35.2	27:31.2	8:53/M		
50	Kathryn Curles	Purcellville VA	28	15	F	9/19: 11-19	13:56.3	41:52.0	27:55.7	9:01/M		
51	Joseph Cox	Stephens City VA	25	50	M	4/5: 50-59	16:54.7	44:53.5	27:58.7	9:02/M		
52	Jim Edson	Linden VA	42	62	M	3/4: 60-69	1:22.6	29:58.3	28:35.7	9:13/M		
53	Miriam Sudlow	Strasburg VA	131	15	F	10/19 11-19	13:56.3	42:45.7	28:49.4	9:18/M		
54	Ed Mayhew	Winchester VA	75	75	M	1/3: 70-89	28:55.7	57:45.6	28:49.9	9:18/M		
55	Matthew Boyd	Stephens City VA	12	16	M	16/17 11-19	26:11.6	55:08.1	28:56.4	9:20/M		
56	Jerry Barb	Winchester VA	2	46	M	8/10: 40-49	9:16.4	39:00.4	29:44.0	9:36/M		
57	Dennis Myers		82	67	M	4/4: 60-69	7:54.9	37:39.0	29:44.1	9:36/M		
58	Halle Buterbaugh	Purcellville VA	17	16	F	11/19 11-19	13:56.5	43:43.8	29:47.2	9:37/M		
59	Carolina Hatch	Front Royal VA	52	18	F	12/19 11-19	13:57.6	43:54.0	29:56.4	9:39/M		
60	Katrina Trago	Capon Bridge WV	133	59	F	1/6: 50-59	21:44.5	52:26.8	30:42.3	9:54/M		
61	Kelli Williams	Harrisonburg VA	141	30	F	3/16: 30-39	25:16.8	56:09.4	30:52.6	9:58/M		
62	Rudolph Zadnik	Edinburg VA	148	56	M	5/5: 50-59	43:58.5	1:15:07.6	31:09.0	10:03/M		
63	Cathy Burr	Winchester VA	16	53	F	2/6: 50-59	22:10.3	53:22.9	31:12.6	10:04/M		
64	Kathryn Doyle	Strasburg VA	39	69	F	1/8: 60-69	12:58.7	44:22.1	31:23.3	10:08/M		
65	Kate Simpson	Winchester VA	120	62	F	2/8: 60-69	16:53.8	48:21.0	31:27.2	10:09/M		
66	Laine Clark	Front Royal VA	21	16	F	13/19 11-19	13:57.1	45:35.1	31:37.9	10:12/M		
67	Brittany Hill	Alexandria VA	56	33	F	4/16: 30-39	38:02.7	1:09:55.8	31:53.1	10:17/M		

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Place		City	Bib No	Age	Gend	AG Place	Start Time	Finish Time	Net	
Overall	Name								Time	Pace
68	Douglas Morris	Delaplane VA	81	82	M	2/3: 70-89	1:11:27.5	1:43:31.6	32:04.0	10:21/M
69	Pablo Alexander	Winchester VA	129	30	M	7/8: 30-39	1:19.6	33:34.0	32:14.4	10:24/M
70	Dianne Wright	Winchester VA	143	65	F	3/8: 60-69	18:30.2	50:48.4	32:18.1	10:25/M
71	Samantha Bascom	Front Royal VA	3	17	M	17/17 11-19	13:57.0	46:15.4	32:18.4	10:25/M
72	Krista Heres	Winchester VA	54	44	F	2/7: 40-49	3:31.4	37:39.8	34:08.3	11:01/M
73	Anna Bowman	Winchester VA	10	16	F	14/19 11-19	27:34.7	1:02:08.0	34:33.2	11:09/M
74	Katie Sartelle	Capon Bridge WV	110	39	F	5/16: 30-39	21:46.1	57:05.6	35:19.4	11:24/M
75	Katrina Jeanne	Capon Bridge WV	111	4	F	1/3: 0-10	21:46.3	57:10.8	35:24.5	11:25/M
76	Emelie Daniels	Marshall VA	30	20	F	1/5: 20-29	38:07.4	1:14:32.1	36:24.6	11:45/M
77	Jillian Legge	Stephens City VA	69	39	F	6/16: 30-39	25:45.6	1:02:30.7	36:45.1	11:51/M
78	Mike Legge	Stephens City VA	70	41	M	9/10: 40-49	25:44.8	1:02:31.2	36:46.3	11:52/M
79	Suzy Bauer	Winchester VA	6	63	F	4/8: 60-69	4:33.7	41:20.9	36:47.1	11:52/M
80	Gail Spangler	Bentonville VA	121	61	F	5/8: 60-69	41:07.6	1:18:25.8	37:18.2	12:02/M
81	Katie Secrist	Woodstock VA	116	39	F	7/16: 30-39	26:26.5	1:03:49.5	37:23.0	12:04/M
82	Aaron Brittain	Stephens City VA	15	35	M	8/8: 30-39	37:50.6	1:15:15.8	37:25.2	12:04/M
83	Amanda Breeden	Winchester VA	14	34	F	8/16: 30-39	37:50.3	1:15:15.8	37:25.5	12:04/M
84	Whitney Miller	Mt. Jackson VA	79	38	F	9/16: 30-39	48:08.0	1:25:46.8	37:38.8	12:09/M
85	Ricardo Joaquin Esteban	Martinsburg WV	62	26	M	4/4: 20-29	29:11.8	1:06:59.1	37:47.2	12:11/M
86	Angela Bee	Haymarket VA	7	51	F	3/6: 50-59	10:59.6	48:47.1	37:47.5	12:11/M
87	Kristi Fernandez	Stephens City VA	45	47	F	3/7: 40-49	28:18.2	1:06:11.3	37:53.0	12:13/M
88	Aileen Seelbach	Stephens City VA	117	32	F	10/16 30-39	41:07.2	1:19:14.4	38:07.1	12:18/M
89	Fallin Hebb	Linden VA	53	32	F	11/16 30-39	33:03.9	1:11:36.0	38:32.1	12:26/M
90	Janet Hughes	Winchester VA	60	83	F	1/1: 70-89	18:36.3	58:35.1	39:58.7	12:54/M
91	Diana McHenry	Winchester VA	76	46	F	4/7: 40-49	48:25.1	1:29:32.1	41:06.9	13:16/M
92	Harry Poling	Winchester VA	97	74	M	3/3: 70-89	18:40.1	1:00:51.7	42:11.5	13:37/M
93	Elizabeth Osbourn	Front Royal VA	93	17	F	15/19 11-19	55:16.7	1:38:20.7	43:03.9	13:54/M
94	Benjamin Bates	Bunker Hill WV	4	40	M	10/10 40-49	18:09.9	1:01:29.7	43:19.8	13:59/M
95	Whitney Nelsen	Middletown VA	85	31	F	12/16 30-39	56:32.1	1:47:27.0	50:54.8	16:25/M
96	Lillian Nelsen	Middletown VA	84	13	F	16/19 11-19	56:32.3	1:47:27.4	50:55.1	16:26/M
97	Karlee Wymer		146	9	F	2/3: 0-10	40:15.8	1:31:14.5	50:58.6	16:27/M
98	Brock Wymer		144	6	M	1/1: 0-10	40:16.0	1:31:16.1	51:00.0	16:27/M
99	Alexis Copley	Stephens City VA	22	29	F	2/5: 20-29	47:33.8	1:38:41.2	51:07.4	16:29/M
100	Kelly Copley	Winchester VA	23	40	F	5/7: 40-49	47:33.1	1:38:40.9	51:07.8	16:30/M
101	Katherine Weaver	Shenandoah VA	140	27	F	3/5: 20-29	46:25.4	1:37:33.2	51:07.8	16:30/M
102	Candace Caison	Luray VA	18	35	F	13/16 30-39	46:24.9	1:37:33.8	51:08.8	16:30/M
103	Alecia Tutt	Stephens City VA	134	30	F	14/16 30-39	46:24.8	1:37:33.7	51:08.9	16:30/M
104	Mindy Bates	Bunker Hill WV	5	42	F	6/7: 40-49	18:13.5	1:10:47.3	52:33.8	16:57/M
105	Shelly Pine	Berryville VA	96	51	F	4/6: 50-59	18:13.5	1:10:48.0	52:34.5	16:58/M
106	Liz Dingess	Front Royal VA	37	40	F	7/7: 40-49	37:32.0	1:30:13.8	52:41.8	17:00/M
107	Linda Duvall	Arlington VA	41	67	F	6/8: 60-69	6:31.7	59:26.3	52:54.5	17:04/M
108	Lacey Crouch	Strasburg VA	27	27	F	4/5: 20-29	41:14.4	1:34:09.7	52:55.3	17:04/M
109	Blair Crouch	Strasburg VA	26	6	F	3/3: 0-10	41:13.7	1:34:09.2	52:55.5	17:04/M
110	Tami O'Brien	Haymarket VA	92	52	F	5/6: 50-59	6:31.7	59:27.3	52:55.6	17:04/M
111	Sherry Ritenour	Strasburg VA	101	55	F	6/6: 50-59	41:14.8	1:34:32.4	53:17.5	17:11/M
112	Eunice Myers		83	65	F	7/8: 60-69	3:09.7	59:41.9	56:32.2	18:14/M
113	Nancy Specht	Bunker Hill WV	122	68	F	8/8: 60-69	18:18.6	1:15:25.4	57:06.8	18:25/M
114	Kristal Nguyen	Front Royal VA	86	18	F	17/19 11-19	22:01.0	1:19:53.5	57:52.4	18:40/M
115	Kayla Hudson	Front Royal VA	59	18	F	18/19 11-19	22:00.8	1:19:54.6	57:53.7	18:41/M
116	Eve Fincham	Stephens City VA	153	18	F	19/19 11-19	22:00.6	1:19:54.7	57:54.1	18:41/M
117	Kristina Sherfey	Shenandoah VA	118	22	F	5/5: 20-29	0:29.3	1:00:54.2	1:00:24.9	19:29/M
118	Melissa Robison	Front Royal VA	107	37	F	15/16 30-39	0:28.7	1:00:55.4	1:00:26.6	19:30/M
119	Erin Wymer		145	38	F	16/16 30-39	32:14.2	1:34:57.7	1:02:43.5	20:14/M