

Laurel Ridge Community College 5k

Age Group Results

5K

Race Date
September 16, 2023

Female Top Finishers Winners

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall*</u>	<u>Time</u>	<u>Pace</u>
1	Isabela Eriksson	Front Royal VA	19	246	1	22:41.5	7:19/M

*Overall place within gender

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Race Date
September 16, 2023

Female 10 and Under

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall*</u>	<u>Time</u>	<u>Pace</u>
1	Katrina Jeanne	Capon Bridge WV	7	251	4	26:37.4	8:35/M
2	Kathryn Maphis	Winchester VA	7	223	18	31:52.7	10:17/M
3	Sylvie Hogan	Middletown VA	7	283	35	40:01.3	12:55/M

Female 11 to 19

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall*</u>	<u>Time</u>	<u>Pace</u>
1	Nicole Phillips	Trappe MD	14	257	6	28:14.7	9:07/M
2	Ava Borkon	Winchester VA	11	281	8	28:19.0	9:08/M
3	Olivia Maphis	Winchester VA	12	224	10	29:06.7	9:23/M
4	Emma Costa	Winchester VA	12	203	12	30:08.5	9:43/M
5	Neila Coughenour	Strasburg VA	18	268	14	30:21.4	9:48/M
6	Allison Files	Winchester VA	13	231	20	31:56.3	10:18/M
7	Grace Vollmer	Winchester VA	16	277	22	32:47.7	10:35/M
8	Melanie Salas	Bealeton VA	18	290	41	42:39.0	13:45/M

Female 20 to 29

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall*</u>	<u>Time</u>	<u>Pace</u>
1	Alexandria Bailey	Stephens City VA	28	262	2	23:53.2	7:42/M
2	Mackenzie Owens	Winchester VA	20	255	30	37:10.8	12:00/M
3	Noemy Valeriano	Stephens City VA	21	204	38	40:38.3	13:07/M
4	Katherine Werner	Winchester VA	27	286	44	47:02.6	15:11/M

Female 30 to 39

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall*</u>	<u>Time</u>	<u>Pace</u>
1	Natalia Rhoe	Inwood WV	37	299	15	31:05.1	10:02/M
2	Ashley Burns	Capon Bridge WV	39	276	21	32:20.7	10:26/M
3	Sarah Nordberg	Stephens City VA	37	253	23	32:56.7	10:38/M
4	Caitlin Cavanaugh	Wahiawa HI	34	243	25	33:44.5	10:53/M
5	Amanda Breeden	Winchester VA	37	293	26	34:09.7	11:01/M
6	Catherine Robbins	Strasburg VA	33	266	33	39:45.1	12:49/M
7	Sydney Patton	Front Royal VA	38	216	45	47:06.7	15:12/M
8	Whitney Nelsen	Middletown VA	34	292	47	50:15.1	16:13/M
9	Kerry Kilpatrick	Front Royal VA	36	236	49	52:32.9	16:57/M

*Overall place within gender

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Race Date
September 16, 2023

Female 40 to 49

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall*</u>	<u>Time</u>	<u>Pace</u>
1	Katherine Sartelle	Capon Bridge WV	42	252	3	26:37.3	8:35/M
2	Suzanna Barb	Winchester VA	44	211	5	27:57.2	9:01/M
3	Debra Phillips	Trappe MD	46	256	7	28:17.8	9:08/M
4	Jessica Coulson	Stephens City VA	42	240	13	30:14.0	9:45/M
5	Marisa Varley	Strasburg VA	42	273	16	31:37.3	10:12/M
6	April Adams	Winchester VA	48	218	17	31:37.5	10:12/M
7	Sarah Vanderjagt	Stephens City VA	43	245	19	31:55.9	10:18/M
8	Jennifer Lineweaver	Stephens City VA	43	228	24	33:19.7	10:45/M
9	Ana Butcher	Martinsburg WV	43	214	27	34:43.4	11:12/M
10	Toni Funkhouser	Winchester VA	43	250	28	36:43.1	11:51/M
11	Cara Laub	Middletown VA	43	285	34	40:01.0	12:55/M
12	Amy Maphis	Winchester VA	43	222	37	40:27.4	13:03/M
13	Julia Robak	Winchester VA	43	259	42	42:44.0	13:47/M
14	Diana McHenry	Winchester VA	49	295	43	46:45.5	15:05/M
15	Amy Flora	Front Royal VA	49	269	51	1:04:39.9	20:52/M

Female 50 to 59

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall*</u>	<u>Time</u>	<u>Pace</u>
1	Kerry Bailey	Stephens City VA	57	265	9	28:20.5	9:09/M
2	Stephanie Cannon	Warrenton VA	53	260	11	30:05.0	9:42/M
3	Cathy Burr	Winchester VA	56	296	29	36:58.8	11:56/M
4	Lisa Kara	Woodstock VA	55	261	36	40:08.2	12:57/M
5	Julia Tinker	Winchester VA	52	267	46	47:32.9	15:20/M

Female 60 to 69

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall*</u>	<u>Time</u>	<u>Pace</u>
1	Suzy Bauer	Winchester VA	66	201	31	37:43.7	12:10/M
2	Lori Killough	Bloomery WV	60	229	32	37:52.8	12:13/M
3	Colleen Snyder	Linden VA	67	233	40	42:22.3	13:40/M
4	Theresa Fierro	Smithville TX	64	206	48	50:32.9	16:18/M

Female 70 and Over

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall*</u>	<u>Time</u>	<u>Pace</u>
1	Janet Hughes	Winchester VA	86	215	39	41:24.7	13:22/M
2	Nancy Specht	Bunker Hill WV	71	238	50	1:04:34.6	20:50/M

*Overall place within gender

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Male Top Finishers Winners

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1	Jonathan Dixon	Stephens City VA	40	241	1	19:35.8	6:19/M

*Overall place within gender

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Male 10 and Under

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall*</u>	<u>Time</u>	<u>Pace</u>
1	Lewis Hogan	Middletown VA	9	284	33	32:36.5	10:31/M

Male 11 to 19

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall*</u>	<u>Time</u>	<u>Pace</u>
1	Benjamin Phillips	Trappe MD	14	258	3	21:36.1	6:58/M
2	Ivan Dong	Winchester VA	17	247	4	22:31.4	7:16/M
3	Daed Burns	Capon Bridge WV	11	278	12	25:35.3	8:15/M
4	Ace Brown	Winchester VA	18	208	32	32:34.8	10:31/M
5	Christian Manglo	Winchester VA	19	249	37	35:44.7	11:32/M
6	Dylan Funkhouser	Winchester VA	14	248	38	38:18.7	12:22/M
7	Jonathan Cannon	Warrenton VA	18	289	41	42:39.7	13:46/M
8	Draven Flora	Lake Frederick VA	18	270	44	51:47.6	16:42/M

Male 20 to 29

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall*</u>	<u>Time</u>	<u>Pace</u>
1	Seth Foster	Bentonville VA	27	275	10	24:23.0	7:52/M
2	Jay Gomez	Winchester VA	26	254	21	28:18.6	9:08/M
3	Joshua Jolin	Winchester VA	27	287	42	47:05.3	15:11/M

Male 30 to 39

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall*</u>	<u>Time</u>	<u>Pace</u>
1	Caleb Golchert	Winchester VA	34	242	5	22:35.3	7:17/M
2	Chad Speakman	Winchester VA	34	217	11	24:44.0	7:59/M
3	Zachary Painter	Stephens City VA	35	219	13	25:37.9	8:16/M
4	Andrew Bailey	Stephens City VA	32	263	17	26:34.9	8:34/M
5	Mauricio Giron	Winchester VA	30	298	27	30:22.5	9:48/M
6	Cody Fouts	Basye VA	36	297	30	31:51.4	10:17/M
7	Eric Lineweaver	Stephens City VA	38	226	34	33:19.5	10:45/M
8	Aaron Brittain	Stephens City VA	38	294	36	34:09.9	11:01/M

Male 40 to 49

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall*</u>	<u>Time</u>	<u>Pace</u>
1	Karsten Brown	Front Royal VA	49	209	2	21:18.6	6:52/M
2	Matthew Borkon	Winchester VA	44	280	23	28:41.6	9:15/M

*Overall place within gender

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3	Nicholas Hogan	Middletown VA	49	282	28	30:38.1	9:53/M
4	Jerry Barb	Winchester VA	49	212	29	31:43.1	10:14/M
5	Doug Vanderjagt	Stephens City VA	43	244	31	31:56.1	10:18/M
6	Bryan Maphis	Winchester VA	47	225	35	33:48.5	10:54/M
7	Alvin Figer	Winchester VA	44	274	39	40:13.1	12:58/M

Male 50 to 59

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall*</u>	<u>Time</u>	<u>Pace</u>
1	Joseph Grayson	Winchester VA	55	235	7	23:55.5	7:43/M
2	Scott Patnode	Winchester VA	59	279	8	24:00.1	7:45/M
3	Dan Bailey	Stephens City VA	57	264	24	29:23.8	9:29/M
4	Matthew Hansel	Maurertown VA	53	234	40	41:19.9	13:20/M

Male 60 to 69

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall*</u>	<u>Time</u>	<u>Pace</u>
1	John Volinsky	Winchester VA	62	237	6	23:46.8	7:40/M
2	Jim Edson	Linden VA	65	202	9	24:13.4	7:49/M
3	Acension Fierro	Smithville TX	66	205	14	25:44.1	8:18/M
4	Daniel Hayes	Winchester VA	64	232	16	26:24.3	8:31/M
5	Ricardo A. Locarnini	Charles Town WV	61	291	18	26:37.5	8:35/M
6	Neal Riemenschneider	Winchester VA	68	210	19	26:43.2	8:37/M
7	Pete Kaslik	Basye VA	67	288	20	28:18.6	9:08/M
8	Jesse Richardson	Morgantown WV	61	221	25	30:08.2	9:43/M
9	Cyril Petras	Stephens City VA	69	230	45	52:32.9	16:57/M
10	David Nall	Front Royal VA	62	272	47	1:04:39.4	20:51/M

Male 70 and Over

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall*</u>	<u>Time</u>	<u>Pace</u>
1	Bill Senseney	Charles Town WV	74	220	15	26:13.0	8:27/M
2	Hal Burba	Bentonville VA	73	239	22	28:21.6	9:09/M
3	Ed Mayhew	Winchester VA	78	213	26	30:13.1	9:45/M
4	Foss Smith	Front Royal VA	77	207	43	49:33.4	15:59/M
5	Kenneth Castor	Front Royal VA	76	227	46	53:16.9	17:11/M

*Overall place within gender