

# Wits for Wellness 5k

Race Date  
September 17, 2022

## Overall Finish List

5K

Place	Overall	Name	City	Bib No	Age	Gend	AG Place	-----Total-----		Chip		Penalty
								Chip Time	Gun Time	Diff	Pace	
1		Brody Ellis	Bluemont VA	9	13	M	1 Top Fin	20:29.0	20:30.8	0:01.8	6:36/M	
2		Zachary Painter	Stephens City VA	23	34	M	1/7 30-39	24:07.0	24:09.0	0:02.0	7:47/M	
3		Terry Ellis	Bluemont VA	10	45	M	1/9 40-49	24:58.7	25:02.7	0:03.9	8:03/M	
4		Shannah Irish	Winchester VA	56	40	F	1 Top Fin	25:14.1	25:16.7	0:02.6	8:08/M	
5		Andrew Bailey	Stephens City VA	82	31	M	2/7 30-39	25:19.5	25:23.0	0:03.5	8:10/M	
6		Emily Martin	Catlett VA	6	44	F	1/15 40-49	25:28.7	25:32.5	0:03.8	8:13/M	
7		Allie Bailey	Stephens City VA	84	27	F	1/2 20-29	26:45.7	26:49.8	0:04.1	8:38/M	
8		Jim Edson	Linden VA	3	64	M	1/3 60-69	27:08.3	27:10.9	0:02.6	8:45/M	
9		Meyly Vicente	Winchester VA	78	15	F	1/8 11-19	27:34.0	27:37.3	0:03.2	8:54/M	
10		David Troxell	Berryville VA	17	42	M	2/9 40-49	27:48.2	28:05.8	0:17.5	8:58/M	
11		Cole Miller	Mount Jackson VA	93	8	M	1/4 0-10	27:50.3	27:54.5	0:04.1	8:59/M	
12		Stacey Ellis	Bluemont VA	8	43	F	2/15 40-49	27:51.4	27:55.5	0:04.0	8:59/M	
13		Suzanna Barb	Winchester VA	44	43	F	3/15 40-49	28:12.5	28:16.0	0:03.4	9:06/M	
14		Jay Gomez	Winchester VA	5	25	M	1/2 20-29	29:26.9	29:36.0	0:09.1	9:30/M	
15		Caleb Lutman	Toms Brook VA	80	9	M	2/4 0-10	29:29.2	29:44.7	0:15.5	9:31/M	
16		Robert Lutman	Toms Brook VA	81	39	M	3/7 30-39	29:35.4	29:51.0	0:15.5	9:33/M	
17		Dan Bailey	Stephens City VA	85	56	M	1/2 50-59	29:46.7	29:55.3	0:08.5	9:36/M	
18		Marianna Cardozo	Basye VA	94	40	F	4/15 40-49	29:58.4	30:12.5	0:14.1	9:40/M	
19		Ginny Hughes	Warrenton VA	30	71	F	1/2 70-99	30:16.6	30:22.2	0:05.6	9:46/M	
20		Katherine Sartelle	Capon Bridge WV	66	41	F	5/15 40-49	30:33.9	30:45.2	0:11.2	9:52/M	
21		Katrina Jeanne	Capon Bridge WV	68	6	F	1/2 0-10	30:34.0	30:45.2	0:11.2	9:52/M	
22		Tara Koff	Manassas VA	7	40	F	6/15 40-49	30:37.9	30:42.6	0:04.6	9:53/M	
23		Santos Vicente	Winchester VA	79	39	M	4/7 30-39	30:45.5	30:49.8	0:04.2	9:55/M	
24		Ed Mayhew	Winchester VA	28	77	M	1/5 70-99	30:52.6	30:59.6	0:07.0	9:58/M	
25		Holly Kolasa	Warrenton VA	98	39	F	1/6 30-39	31:06.3	31:16.0	0:09.6	10:02/M	
26		Katrina Trago	Capon Bridge WV	65	61	F	1/8 60-69	31:08.3	31:23.1	0:14.8	10:03/M	
27		Olivia Maphis	Winchester VA	90	11	F	2/8 11-19	31:09.8	31:15.9	0:06.1	10:03/M	
28		Cody Fouts	Basye VA	95	35	M	5/7 30-39	31:10.2	31:24.5	0:14.2	10:03/M	
29		Leah Snapp	Winchester VA	18	18	F	3/8 11-19	31:12.0	31:17.8	0:05.7	10:04/M	
30		Mike Cockrell	Toms Brook VA	77	30	M	6/7 30-39	31:26.3	31:46.2	0:19.9	10:08/M	
31		Kerry Bailey	Stephens City VA	83	56	F	1/7 50-59	31:43.4	31:52.1	0:08.7	10:14/M	
32		Sylvia Flanagan	Front Royal VA	96	37	F	2/6 30-39	31:52.7	31:57.9	0:05.1	10:17/M	
33		Steve Wines	Marshall VA	31	60	M	2/3 60-69	31:53.9	31:59.5	0:05.6	10:17/M	
34		Angela Bee	Haymarket VA	71	53	F	2/7 50-59	32:03.9	32:13.0	0:09.1	10:21/M	
35		Kameron Strosnider	Winchester VA	97	18	F	4/8 11-19	32:32.1	32:37.9	0:05.7	10:30/M	
36		Rebekah Shaner	Front Royal VA	67	18	F	5/8 11-19	33:12.5	33:20.3	0:07.7	10:43/M	
37		Jason Abitz	Stephenson VA	35	40	M	3/9 40-49	33:13.6	33:21.4	0:07.8	10:43/M	
38		Lexi Abitz	Stephenson VA	37	11	F	6/8 11-19	33:13.7	33:21.5	0:07.7	10:43/M	
39		Kyler Rodgers	Winchester VA	34	27	M	2/2 20-29	33:19.6	33:32.7	0:13.1	10:45/M	
40		Bryan Maphis	Winchester VA	89	46	M	4/9 40-49	33:35.7	33:42.4	0:06.6	10:50/M	
41		Shelly Crowder	Stephens City VA	25	30	F	3/6 30-39	33:48.7	33:57.3	0:08.5	10:54/M	
42		Lauren Fleming	Winchester VA	32	32	F	4/6 30-39	34:30.1	34:40.9	0:10.8	11:08/M	
43		Carol Fleming	Ringgold GA	4	60	F	2/8 60-69	35:04.5	35:15.5	0:11.0	11:19/M	
44		Bayani Smith	Manassas VA	76	47	M	5/9 40-49	36:04.3	36:09.5	0:05.2	11:38/M	
45		Christian Manglo	Winchester VA	43	18	M	1/3 11-19	36:22.9	36:33.5	0:10.6	11:44/M	
46		Dylan Funkhouser	Winchester VA	41	13	M	2/3 11-19	36:25.2	36:33.9	0:08.6	11:45/M	
47		Krista Heres	Winchester VA	46	46	F	7/15 40-49	36:41.6	36:58.1	0:16.4	11:50/M	
48		Lewis Hogan	Middletown VA	87	8	M	3/4 0-10	38:00.9	38:15.4	0:14.5	12:16/M	
49		Nicholas Hogan	Middletown VA	88	48	M	6/9 40-49	38:03.2	38:18.6	0:15.3	12:17/M	
50		Jerry Barb	Winchester VA	45	48	M	7/9 40-49	38:20.3	38:27.6	0:07.3	12:22/M	
51		Jillian Marie Grieshaber	Martinsburg WV	16	43	F	8/15 40-49	38:20.3	38:27.9	0:07.6	12:22/M	
52		Heidi Michael	Bunker Hill WV	38	49	F	9/15 40-49	38:30.8	38:40.9	0:10.1	12:25/M	
53		Rachel Tran	Gainesville VA	72	48	F	10/15 40-49	38:32.3	38:41.6	0:09.3	12:26/M	
54		Janie Shirley	Bunker Hill WV	24	60	F	3/8 60-69	38:46.5	38:56.9	0:10.4	12:31/M	
55		Preston Briar	Winchester VA	22	8	M	4/4 0-10	39:14.1	39:28.5	0:14.4	12:39/M	
56		Alvin Figer	Winchester VA	21	43	M	8/9 40-49	39:23.1	39:38.1	0:15.0	12:42/M	
57		Suzy Bauer	Winchester VA	2	65	F	4/8 60-69	39:52.9	40:03.6	0:10.7	12:52/M	
58		Toni Cel Funkhouser	Winchester VA	40	42	F	11/15 40-49	41:50.3	42:02.3	0:12.0	13:30/M	
59		Jack Funkhouser	Winchester VA	39	44	M	9/9 40-49	41:51.0	42:02.7	0:11.6	13:30/M	
60		Winter Funkhouser	Winchester VA	42	10	F	2/2 0-10	41:51.3	42:02.5	0:11.2	13:30/M	
61		Kerstenn Rodgers	Winchester VA	33	27	F	2/2 20-29	41:57.3	42:11.3	0:13.9	13:32/M	
62		Roseann Marrero	Haymarket VA	26	56	F	3/7 50-59	41:58.1	42:11.7	0:13.6	13:32/M	
63		Whitney Miller	Mount Jackson VA	91	40	F	12/15 40-49	42:27.2	42:27.2		13:42/M	
64		Ryck Lydecker	Stephens City VA	13	77	M	2/5 70-99	42:39.4	42:58.1	0:18.7	13:46/M	
65		Amy Maphis	Winchester VA	92	42	F	13/15 40-49	42:51.7	42:59.1	0:07.4	13:50/M	
66		Tommy Marrero	Haymarket VA	27	58	M	2/2 50-59	45:44.1	46:02.2	0:18.0	14:45/M	
67		Debra Shows	Hedgesville WV	14	61	F	5/8 60-69	45:51.8	46:01.9	0:10.1	14:48/M	

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Place		City	Bib No	Age	Gend	AG Place	-----Total-----		Chip		Penalty
Overall	Name						Chip Time	Gun Time	Diff	Pace	
68	Foss Smith	Front Royal VA	29	76	M	3/5 70-99	47:53.4	48:17.8	0:24.4	15:27/M	
69	Lillian Nelsen	Middletown VA	75	15	F	7/8 11-19	50:08.6	50:27.7	0:19.0	16:11/M	
70	Brenda Wiens	Middletown VA	69	59	F	4/7 50-59	51:04.8	51:28.2	0:23.4	16:29/M	
71	Tisha Hicks	Middletown VA	70	51	F	5/7 50-59	51:04.8	51:28.2	0:23.4	16:29/M	
72	Whitney Nelsen	Middletown VA	74	33	F	5/6 30-39	53:03.9	53:22.8	0:18.8	17:07/M	
73	Tracy Clontz	Stephens City VA	86	54	F	6/7 50-59	55:38.1	55:48.6	0:10.5	17:57/M	
74	Doris Boyer	Hagerstown MD	51	68	F	6/8 60-69	55:38.2	55:49.0	0:10.7	17:57/M	
75	Kerry Kilpatrick	Front Royal VA	55	35	F	6/6 30-39	55:54.1	56:15.1	0:21.0	18:02/M	
76	Cyril Petras	Stephens City VA	19	68	M	3/3 60-69	55:54.6	56:15.4	0:20.7	18:02/M	
77	Amy Abitz	Stephenson VA	36	46	F	14/15 40-49	57:23.5	57:42.4	0:18.8	18:31/M	
78	Draven Flora	Lake Frederick VA	49	17	M	3/3 11-19	58:14.5	58:43.2	0:28.7	18:47/M	
79	Ashley Junker	Strasburg VA	50	16	F	8/8 11-19	58:14.7	58:43.3	0:28.6	18:47/M	
80	Kenneth Castor	Front Royal VA	47	75	M	4/5 70-99	58:47.7	59:17.2	0:29.4	18:58/M	
81	Anne Davis	Union Bridge MD	11	60	F	7/8 60-69	1:00:45.3	1:01:07.0	0:21.7	19:36/M	
82	Caroline Garrison	Union Bridge MD	12	54	F	7/7 50-59	1:00:47.6	1:01:10.2	0:22.6	19:37/M	
83	Amy Flora	Front Royal VA	53	48	F	15/15 40-49	1:00:57.1	1:01:28.7	0:31.6	19:40/M	
84	Virginia Castor	Strasburg VA	48	76	F	2/2 70-99	1:00:58.4	1:01:27.3	0:28.8	19:40/M	
85	David Nall	Front Royal VA	54	31	M	7/7 30-39	1:00:59.3	1:01:30.6	0:31.3	19:40/M	
86	Dennis Shows	Hedgesville WV	15	77	M	5/5 70-99	1:01:11.1	1:01:33.6	0:22.5	19:44/M	
87	Sharon Gochenour	Woodstock VA	20	61	F	8/8 60-69	1:13:03.4	1:13:38.0	0:34.5	23:34/M	