

Wits for Wellness 5k

Race Date
September 18, 2021

Overall Finish List

5K

Place	Overall	Name	City	Bib No	Age	Gend	AG Place	-----Total-----		Pace
								Chip Time	Gun Time	
1		Michael Demato	Front Royal VA	174	37	M	1 Top Fin	20:52.9	20:55.1	6:44/M
2		Dylan Denter	Winchester VA	168	25	M	1/7 20-29	20:56.9	20:58.9	6:45/M
3		Jonathan Wheaton	Bluemont VA	154	12	M	1/5 11-19	21:41.5	21:45.0	7:00/M
4		Joseph Demato	Astoria NY	175	34	M	1/6 30-39	21:58.3	22:00.5	7:05/M
5		Matt Harris	Linden VA	169	36	M	2/6 30-39	23:24.8	23:58.9	7:33/M
6		Curtis Kasinski	Fairfax VA	151	22	M	2/7 20-29	24:16.2	24:18.8	7:50/M
7		Daed Burns		178	9	M	1/5 0-10	24:44.3	24:49.4	7:59/M
8		Samuel Lung	Purcellville VA	190	19	M	2/5 11-19	24:50.4	24:55.2	8:01/M
9		Daniel Lung	Reston VA	192	27	M	3/7 20-29	24:58.4	25:02.9	8:03/M
10		Robert Fitzgerald	Winchester VA	136	32	M	3/6 30-39	25:27.7	25:33.5	8:13/M
11		Cate Nettin	Middletown VA	124	39	F	1 Top Fin	25:56.4	25:58.7	8:22/M
12		Taylor Perry	Winchester VA	183	31	M	4/6 30-39	26:06.1	26:14.0	8:25/M
13		Clay Perry	Winchester VA	184	50	M	1/7 50-59	26:06.2	26:14.2	8:25/M
14		Carmen Schlosser	Winchester VA	189	32	F	1/8 30-39	26:07.3	26:13.0	8:26/M
15		Michael Zawadzki	Boyce VA	158	65	M	1/7 60-69	26:13.1	28:12.5	8:27/M
16		Bill Senseney	Charles Town WV	167	72	M	1/4 70-89	26:20.0	26:23.9	8:30/M
17		Andrew Bailey	Stephens City VA	129	30	M	5/6 30-39	26:51.2	29:59.6	8:40/M
18		Shane Rose	Stephenson VA	126	43	M	1/5 40-49	26:52.7	26:59.2	8:40/M
19		Lydia Wheaton	Bluemont VA	152	14	F	1/3 11-19	27:03.8	27:07.2	8:44/M
20		Neal Riemenschneider	Winchester VA	155	66	M	2/7 60-69	27:47.1	30:07.3	8:58/M
21		Jim Edson	Linden VA	105	63	M	3/7 60-69	27:48.4	27:51.3	8:58/M
22		Allie Bailey	Stephens City VA	132	26	F	1/6 20-29	27:53.8	31:00.5	9:00/M
23		Matthew Polk	Winchester VA	140	44	M	2/5 40-49	28:29.3	28:36.5	9:11/M
24		Caleb Wheaton	Bluemont VA	153	9	M	2/5 0-10	28:45.2	28:48.3	9:17/M
25		Eric Nugent	Martinsburg WV	157	27	M	4/7 20-29	29:33.3	29:36.3	9:32/M
26		Kerry Bailey	Stephens City VA	131	55	F	1/6 50-59	29:54.3	33:02.8	9:39/M
27		Daniel Bailey	Stephens City VA	130	55	M	2/7 50-59	30:15.8	33:23.4	9:46/M
28		Polly Nesselrodt		195	47	F	1/11 40-49	30:16.2	30:22.8	9:46/M
29		Ed Mayhew	Winchester VA	134	76	M	2/4 70-89	30:21.4	33:43.5	9:48/M
30		Dennis Myers	Stephens City VA	166	67	M	4/7 60-69	30:30.2	31:44.6	9:50/M
31		Ralph Crabill	Strasburg VA	176	53	M	3/7 50-59	30:36.7	30:45.4	9:52/M
32		Cole Miller		138	7	M	3/5 0-10	31:19.7	31:58.4	10:06/M
33		Rachel Schlosser	Winchester VA	191	26	F	2/6 20-29	31:44.8	31:50.3	10:14/M
34		Michael Nordberg	Stephens City VA	149	60	M	5/7 60-69	31:56.0	32:05.0	10:18/M
35		Angela Bee	Haymarket VA	193	52	F	2/6 50-59	32:04.8	32:20.0	10:21/M
36		Katrina Jeanne	Capon Bridge WV	161	5	F	1/5 0-10	32:10.7	32:14.7	10:23/M
37		Ashley Burns		177	37	F	2/8 30-39	32:47.8	32:53.2	10:35/M
38		Ricky Dolly	Strasburg VA	122	52	M	4/7 50-59	33:06.7	34:59.4	10:41/M
39		Shelly Crowder	Stephens City VA	198	29	F	3/6 20-29	33:52.4	34:02.7	10:56/M
40		Kathryn Doyle	Strasburg VA	114	70	F	1/2 70-89	35:18.4	35:29.7	11:23/M
41		Dianne Wright	Winchester VA	150	66	F	1/8 60-69	35:20.9	35:34.6	11:24/M
42		Krista Heres	Winchester VA	179	45	F	2/11 40-49	35:28.6	35:39.1	11:27/M
43		Jacqueline Ryan	Stephens City VA	156	42	F	3/11 40-49	36:01.9	36:38.7	11:37/M
44		Lisa Winter	Strasburg VA	128	57	F	3/6 50-59	36:13.9	36:17.2	11:41/M
45		Isabel Reinitz	Strasburg VA	139	19	F	2/3 11-19	37:42.6	38:24.4	12:10/M
46		Whitney Miller	Mt. Jackson VA	137	39	F	3/8 30-39	37:53.3	38:34.9	12:13/M
47		Suzu Bauer	Winchester VA	104	64	F	2/8 60-69	38:12.1	38:17.2	12:19/M
48		Brian Higgins	Bealeton VA	180	54	M	5/7 50-59	38:26.6	38:34.5	12:24/M
49		Elizabeth North	Stephens City VA	200	31	F	4/8 30-39	39:00.8	39:10.3	12:35/M
50		Amy Maphis	Winchester VA	109	41	F	4/11 40-49	42:08.2	43:02.0	13:36/M
51		Kasey Overby	Winchester VA	199	40	F	5/11 40-49	42:46.9	42:56.4	13:48/M
52		Katherine Sartelle	Capon Bridge WV	160	40	F	6/11 40-49	43:37.9	43:41.9	14:05/M
53		Jo Cherry	Capon Bridge WV	159	8	F	2/5 0-10	43:38.0	43:42.1	14:05/M
54		Colleen Snyder	Linden VA	133	65	F	3/8 60-69	43:48.2	46:23.1	14:08/M
55		Gail Spangler	Bentonville VA	135	62	F	4/8 60-69	44:10.1	44:33.0	14:15/M
56		Courtney Thompson	Front Royal VA	196	25	F	4/6 20-29	44:55.9	45:47.8	14:30/M
57		Tanner Thompson	Front Royal VA	197	24	M	5/7 20-29	44:56.8	45:47.7	14:30/M
58		Harry Poling	Winchester VA	186	75	M	3/4 70-89	46:35.2	48:48.4	15:02/M
59		Ravneet Singh	Stephenson VA	145	4	M	4/5 0-10	47:51.9	47:57.9	15:26/M
60		Angela Kaylor		102	50	F	4/6 50-59	48:21.7	49:37.7	15:36/M
61		Robin Konopa	Middletown VA	185	60	F	5/8 60-69	49:36.7	51:12.3	16:00/M
62		Kristine Konopa	Middletown VA	187	35	F	5/8 30-39	49:36.8	51:12.4	16:00/M
63		Cathy Burr	VA	148	54	F	5/6 50-59	49:36.9	51:12.3	16:00/M
64		Brody Ellis	Bluemont VA	112	12	M	3/5 11-19	51:04.3	52:11.7	16:28/M
65		Brock Wymer	Gore VA	172	7	M	5/5 0-10	51:05.1	52:12.1	16:29/M
66		Karlee Wymer	Gore VA	171	10	F	3/5 0-10	51:47.9	52:54.7	16:43/M
67		Jackson Ellis	Bluemont VA	111	14	M	4/5 11-19	51:48.3	52:55.0	16:43/M

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5K

Place		-----Total-----								
<u>Overall</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Gen</u>	<u>AG Place</u>	<u>Chip Time</u>	<u>Gun Time</u>	<u>Pace</u>	
68	Terry Ellis	Bluemont VA	113	44	M	3/5 40-49	52:05.2	53:12.1	16:48/M	
69	Brenda Wiens		143	58	F	6/6 50-59	52:49.2	53:11.9	17:02/M	
70	Chris Wiens	VA	147	26	M	6/7 20-29	52:50.8	53:12.0	17:03/M	
71	Greg Wiens		144	60	M	6/7 60-69	52:51.0	53:12.0	17:03/M	
72	Curtis Morgan	Middletown VA	188	60	M	7/7 60-69	54:20.0	55:34.9	17:32/M	
73	Whitney Nelsen	Middletown VA	106	32	F	6/8 30-39	55:11.9	55:11.9	17:48/M	
74	Lillian Nelsen	Middletown VA	107	14	F	3/3 11-19	55:12.1	55:12.1	17:48/M	
75	Kendra Layman	Winchester VA	182	48	F	7/11 40-49	56:48.0	59:17.2	18:19/M	
76	Stacie Haaga	Winchester VA	181	41	F	8/11 40-49	56:48.3	59:17.2	18:19/M	
77	Gary Wymer Jr.	Gore VA	173	40	M	4/5 40-49	56:49.4	59:20.0	18:20/M	
78	Erin Wymer	Gore VA	170	39	F	7/8 30-39	56:49.4	59:20.2	18:20/M	
79	Kate Hartsook	Berryville VA	203	29	F	5/6 20-29	56:50.7	59:21.7	18:20/M	
80	Debbi Dolly	Strasburg VA	123	52	M	6/7 50-59	57:14.1	59:06.4	18:28/M	
81	Ann Jenkins	Strasburg VA	125	66	F	6/8 60-69	57:14.3	59:06.9	18:28/M	
82	Nancy Hill	Timberville VA	202	32	F	8/8 30-39	58:02.9	58:47.8	18:44/M	
83	Tristen Mimiaga	Timberville VA	201	32	M	6/6 30-39	58:02.9	58:47.7	18:44/M	
84	Becky Van Andel	Middletown VA	127	69	F	7/8 60-69	1:00:01.0	1:00:15.4	19:22/M	
85	Jennifer Wines		103	48	F	9/11 40-49	1:02:34.0	1:03:32.5	20:11/M	
86	Jason Mitchell		101	48	M	5/5 40-49	1:02:36.8	1:03:32.6	20:12/M	
87	Eunice Myers	Stephens City VA	165	67	F	8/8 60-69	1:03:48.9	1:05:08.0	20:35/M	
88	Robbin Stacks	Winchester VA	142	45	F	10/11 40-49	1:05:26.5	1:08:06.7	21:07/M	
89	Shauna Stacks	Winchester VA	141	21	F	6/6 20-29	1:05:26.5	1:08:06.9	21:07/M	
90	Kenneth Castor	Strasburg VA	162	74	M	4/4 70-89	1:09:33.2	1:10:54.2	22:26/M	
91	Draven Flora	Front Royal VA	164	16	M	5/5 11-19	1:09:33.7	1:10:54.6	22:26/M	
92	Virginia Castor	Strasburg VA	163	75	F	2/2 70-89	1:09:35.8	1:10:55.6	22:27/M	
93	Scottlynn Kaster	Middletown VA	117	8	F	4/5 0-10	1:10:46.1	1:13:32.5	22:50/M	
94	Nancy Kaster	Middletown VA	116	44	F	11/11 40-49	1:10:56.7	1:13:42.8	22:53/M	
95	Charles Kaster	Middletown VA	115	56	M	7/7 50-59	1:11:02.0	1:13:48.9	22:55/M	
96	Lincoln Kaster	Middletown VA	118	6	F	5/5 0-10	1:11:10.4	1:13:32.4	22:58/M	
97	Noah Cahoon	Middletown VA	120	22	M	7/7 20-29	1:11:22.0	1:13:45.2	23:01/M	