

# Healthy Trails 5K - Spring 2018

Race Date

May 12, 2018

## Overall Finish List

**5K**

Place Overall	Name	City	Bib No	Age	Gend	AG Place	-----Total-----		Chip	
							Chip Time	Gun Time	Diff	Pace
1	Raffaele Simpson		887	35	M	1 Open	20:14.0	20:14.1	0:00.0	6:30/M
2	Damon Teal		938	41	M	1 40-49	20:42.9	20:43.0	0:00.0	6:39/M
3	Derek Ross	Rockville MD	956	36	M	1 30-39	21:17.1	21:17.2	0:00.0	6:51/M
4	Michael Kendall		867	29	M	1 20-29	24:51.3	24:53.6	0:02.3	7:59/M
5	Lydia Teal	Washington DC	959	36	F	1 Open	26:33.5	26:36.2	0:02.6	8:32/M
6	Donna Gunter		343	54	F	1 50-59	28:28.4	28:31.9	0:03.4	9:09/M
7	Jesse Ritz		883	30	M	2 30-39	28:44.3	28:46.8	0:02.4	9:14/M
8	Augustus Jones	Washington MD	532	31	M	3 30-39	30:11.1	30:11.1	0:00.0	9:42/M
9	Grisselda Juarez	Lanham MD	955	34	F	1 30-39	30:48.0	30:50.1	0:02.0	9:54/M
10	Robert Caldwell	Accokeek MD	271	49	M	2 40-49	30:52.8	30:56.0	0:03.1	9:55/M
11	Nathaniel Giles		325	34	M	4 30-39	32:34.7	32:34.8	0:00.0	10:28/M
12	Bethlehem Addis	Alexandria VA	197	27	F	1 20-29	32:49.3	32:53.9	0:04.6	10:33/M
13	Gwendolyn Holtmeyer	Bowie MD	430	59	F	2 50-59	34:05.2	34:11.7	0:06.4	10:58/M
14	Tymon Reid	Accokeek MD	952	38	M	5 30-39	34:42.7	34:48.2	0:05.5	11:09/M
15	Sheldon Marshall	Vienna VA	954	28	M	2 20-29	35:08.2	35:22.0	0:13.8	11:18/M
16	Emma Semanyk	Vienna VA	953	24	F	2 20-29	35:13.0	35:27.3	0:14.2	11:19/M
17	Louise Cisse		276	34	F	2 30-39	35:21.3	35:34.6	0:13.2	11:22/M
18	Lukasha Jackson		451	44	F	1 40-49	35:31.9	35:35.6	0:03.6	11:25/M
19	Jaydonte Bonds	Waldorf MD	957	33	M	6 30-39	35:32.9	35:33.0	0:00.0	11:26/M
20	Roberta Morehouse		872	44	F	2 40-49	35:37.6	35:39.3	0:01.6	11:27/M
21	Latonia Ford		289	45	F	3 40-49	35:55.7	36:02.8	0:07.0	11:33/M
22	Wendy Brown		265	48	F	4 40-49	35:56.9	36:04.6	0:07.7	11:33/M
23	Dakari Fleming	Laurel MD	287	12	M	1 1-13	36:26.5	36:26.6	0:00.0	11:43/M
24	Dionna Gunter		342	33	F	3 30-39	36:32.3	36:37.6	0:05.3	11:45/M
25	Monet Peterson	Springfield VA	958	48	F	5 40-49	36:34.1	36:39.2	0:05.0	11:45/M
26	Tiffany Pometto		881	33	F	4 30-39	37:08.5	37:14.5	0:06.0	11:56/M
27	Brenda Sydney		935	46	F	6 40-49	37:20.7	37:30.0	0:09.3	12:00/M
28	Tremika Pinckney		879	35	F	5 30-39	37:24.8	37:29.6	0:04.8	12:02/M
29	Ronnie Hawkins		460	52	M	1 50-59	37:35.1	37:38.9	0:03.8	12:05/M
30	Tammy Colandrea		277	42	F	7 40-49	38:13.4	38:20.7	0:07.2	12:17/M
31	Donnita Mennealy		871	41	F	8 40-49	38:18.7	38:26.9	0:08.2	12:19/M
32	Rashaad Smith	Temple Hills MD	951	28	M	3 20-29	38:54.1	38:58.9	0:04.8	12:30/M
33	Christian Fields		286	12	M	2 1-13	39:29.3	40:03.9	0:34.6	12:42/M
34	Kevette Settles		884	51	F	3 50-59	39:48.8	40:00.9	0:12.1	12:48/M
35	Janine Branch		261	30	F	6 30-39	40:15.7	40:23.9	0:08.1	12:57/M
36	Keith Campbell		274	48	M	3 40-49	40:42.5	40:49.6	0:07.0	13:05/M
37	Kareemat Ayodeji	Bowie MD	948	28	F	3 20-29	41:08.0	41:10.0	0:02.0	13:14/M
38	Kai Paul	Suitland MD	876	12	F	1 1-13	41:11.4	41:15.6	0:04.1	13:15/M
39	Gillian Richardson	Suitland MD	882	49	F	9 40-49	41:42.2	41:46.7	0:04.4	13:25/M
40	Betty Wise		943	63	F	1 60-69	41:52.4	42:00.8	0:08.3	13:28/M
41	Paige O'Neal	Washington DC	949	7	F	2 1-13	43:15.5	43:40.9	0:25.4	13:54/M
42	Antilecia O'Neal		874	46	F	10 40-49	43:16.2	43:41.3	0:25.0	13:55/M
43	Blake Simpson		886	39	M	7 30-39	43:44.7	43:54.6	0:09.8	14:04/M
44	Crystal Gist		329	46	F	11 40-49	43:46.2	43:52.9	0:06.7	14:04/M
45	Veronica Collins		278	68	F	2 60-69	44:53.9	44:54.0	0:00.0	14:26/M
46	Valerie Barnes		251	41	F	12 40-49	45:00.0	45:07.7	0:07.6	14:28/M
47	Kelsi Bracmort	Fort Washington MD	258	39	F	7 30-39	45:38.8	45:38.8		14:40/M
48	Shirley Bracmort	Fort Washington MD	259	66	F	3 60-69	45:39.0	45:39.0		14:41/M
49	Damien Terry		939	35	M	8 30-39	46:25.6	46:40.5	0:14.8	14:55/M
50	Charlene Harris-Russell	Upper Marlboro MD	402	61	F	4 60-69	46:36.2	46:45.1	0:08.8	14:59/M
51	Judy French	Largo MD	291	65	F	5 60-69	46:37.6	46:46.3	0:08.6	14:59/M
52	Lisha Smith		933	57	F	4 50-59	46:38.3	46:47.0	0:08.7	15:00/M
53	Summer Campbell		275	14	F	1 14-19	47:03.8	47:40.5	0:36.7	15:08/M
54	Akiesha Foster		290	41	F	13 40-49	47:07.1	47:16.2	0:09.1	15:09/M
55	Andrea Fuller		292	50	F	5 50-59	47:16.4	47:54.8	0:38.3	15:12/M
56	Bill Butler	Fort Washington MD	269	73	M	1 70-99	47:24.1	47:44.4	0:20.3	15:14/M
57	Tracy Wright		944	52	F	6 50-59	47:34.9	47:50.1	0:15.1	15:18/M
58	Keisha Campbell		273	43	F	14 40-49	48:15.4	48:51.8	0:36.4	15:31/M
59	C.p. Payne		877	71	M	2 70-99	48:42.5	48:53.1	0:10.6	15:40/M
60	Angela Smith		888	56	F	7 50-59	49:10.9	49:53.8	0:42.9	15:49/M
61	Stephanie Gunter		361	29	F	4 20-29	49:13.2	49:29.7	0:16.5	15:50/M
62	Kellie Gowdy		337	52	F	8 50-59	50:02.5	50:22.2	0:19.7	16:05/M
63	Brenda Butler	Fort Washington MD	270	70	F	1 70-99	50:03.4	50:22.3	0:18.9	16:06/M
64	Denise Johnson		503	43	F	15 40-49	51:42.7	52:04.2	0:21.4	16:37/M
65	Tamara Caldwell		272	52	F	9 50-59	51:54.7	52:06.2	0:11.5	16:41/M
66	Brooklyn Johnson		485	11	F	3 1-13	51:57.5	52:03.6	0:06.1	16:42/M
67	Gavin Davis		283	42	M	4 40-49	54:35.7	55:18.7	0:43.0	17:33/M

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Place		City	Bib No	Age	Gend	AG Place	-----Total-----		Chip	
Overall	Name						Chip Time	Gun Time	Diff	Pace
68	Karen Jordan		857	53	F	10 50-59	55:50.6	56:18.7	0:28.1	17:57/M
69	Gail Craig		279	53	F	11 50-59	55:51.5	56:18.5	0:26.9	17:57/M
70	Jacqueline Isaac	Fort Washington MD	445	64	F	6 60-69	57:39.4	58:03.6	0:24.1	18:32/M
71	Denise Smith		932	54	F	12 50-59	58:11.2	58:47.4	0:36.1	18:43/M
72	April Smith		922	47	F	16 40-49	58:22.3	58:58.1	0:35.7	18:46/M
73	Shannon Young	Upper Marlboro MD	947	48	F	17 40-49	58:31.0	59:02.5	0:31.5	18:49/M
74	Valerie Turner		941	60	F	7 60-69	58:49.3	59:18.6	0:29.3	18:55/M
75	Sahr Yarjah		946	52	M	2 50-59	58:58.1	59:36.0	0:37.8	18:58/M
76	Kelli Crouch	Mitchellville MD	281	52	F	13 50-59	58:58.5	59:17.9	0:19.3	18:58/M
77	Jay Fuller		294	51	M	3 50-59	58:59.0	59:36.9	0:37.8	18:58/M
78	Denise Michelle Brown		263	62	F	8 60-69	59:00.3	59:18.9	0:18.5	18:58/M
79	Florence Crouch		280	74	F	2 70-99	59:02.7	59:19.6	0:16.8	18:59/M
80	Christi Fields		285	41	F	18 40-49	59:10.2	59:39.7	0:29.5	19:01/M
81	Taia Shabazz	Laurel MD	885	47	F	19 40-49	59:10.3	59:39.6	0:29.3	19:01/M
82	Sandra Mason		870	65	F	9 60-69	59:16.3	59:44.4	0:28.0	19:03/M
83	Roberto Bonnevie	Bryans Road MD	256	48	M	5 40-49	1:00:48.9	1:01:06.6	0:17.7	19:33/M
84	Laila Bonnevie	Bryans Road MD	255	52	F	14 50-59	1:00:50.2	1:01:07.9	0:17.7	19:34/M
85	Gracie Hendserson		429	59	F	15 50-59	1:01:08.2	1:01:13.0	0:04.7	19:39/M
86	Deidra Daniels	Upper Marlboro MD	282	50	F	16 50-59	1:02:14.3	1:02:46.2	0:31.9	20:01/M
87	Howard Page		875	75	M	3 70-99	1:02:19.0	1:02:42.7	0:23.6	20:02/M
88	Fernanda Brown		264	32	F	8 30-39	1:03:32.4	1:03:53.0	0:20.6	20:26/M
89	Brittnee Gail		297	31	F	9 30-39	1:03:33.3	1:03:53.1	0:19.8	20:26/M
90	Carolyn Baker		198	72	F	3 70-99	1:04:12.0	1:04:35.5	0:23.5	20:39/M
91	Trudy Gatewood		317	73	F	4 70-99	1:04:13.8	1:04:35.5	0:21.6	20:39/M
92	Kadiatu Yarjah		945	54	F	17 50-59	1:04:38.0	1:05:15.4	0:37.3	20:47/M
93	V'Nell Decosta		284	65	M	1 60-69	1:06:09.1	1:06:33.3	0:24.1	21:16/M
94	Dorothy Stockto Marshall		869	65	F	10 60-69	1:06:09.8	1:06:32.8	0:22.9	21:16/M
95	Tonya Jennifer		480	45	F	20 40-49	1:06:12.7	1:06:46.2	0:33.4	21:17/M
96	Carl Jennifer		469	49	M	6 40-49	1:06:38.9	1:07:11.7	0:32.8	21:26/M
97	Elizabeth Fuller		293	19	F	2 14-19	1:08:22.2	1:08:36.1	0:13.9	21:59/M
98	Sharlene Nicholson		873	63	F	11 60-69	1:11:00.8	1:11:44.3	0:43.5	22:50/M
99	Tina Fleming		288	28	F	5 20-29	1:12:33.9	1:13:01.9	0:28.0	23:20/M
100	Jesusa Boney		254	32	F	10 30-39	1:12:35.7	1:13:04.3	0:28.6	23:20/M
101	Nettie Watts	Glenn Dale MD	950	67	F	12 60-69	1:14:29.0	1:15:03.7	0:34.6	23:57/M