

Race Date
May 01, 2021

Healthy Trails 5K
Age Group Results

5K

Female Open Winners

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Overall</u>	<u>-----Total-----</u>		<u>Pace</u>
						<u>Chip Time</u>	<u>Gun Time</u>	
1	Larissa Powers	Fort washington VA	851	33	6	29:25.6	29:25.6	9:28/M

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Female 19 and Under

		-----Total-----						
Place	Name	City	Bib No	Age	Overall	Chip Time	Gun Time	Pace
1	Vera Cook	Washington DC	2680	9	28	41:57.3	46:40.9	13:29/M

Female 20 to 29

		-----Total-----						
Place	Name	City	Bib No	Age	Overall	Chip Time	Gun Time	Pace
1	* Lydia Gulley	Glenn Dale MD	803	29	19	34:48.5	36:40.8	11:12/M
2	* Maria Ilinas	Laurel MD	2646	26	68	59:14.1	1:04:02.0	19:03/M

Female 30 to 39

		-----Total-----						
Place	Name	City	Bib No	Age	Overall	Chip Time	Gun Time	Pace
1	Rebekah Esmaili	College Park MD	744	36	7	29:38.0	41:03.3	9:32/M
2	Kristyn Barrett	Upper Marlboro MD	692	32	9	30:12.5	32:15.8	9:43/M
3	Denita Sendish	Waldorf MD	706	33	14	30:40.3	30:43.3	9:52/M
4	Clare Yang	Lorton VA	846	37	16	31:31.4	33:31.8	10:08/M
5	Jennifer Oliver	Triange VA	15	38	17	32:09.5	32:11.7	10:20/M
6	Cyscy Valenzuela	New Carrollton MD	689	30	35	43:13.1	45:01.2	13:54/M
7	Regina Barrett	Upper Marlboro MD	691	32	49	51:13.9	57:33.0	16:28/M
8	MK Fitzsimmons	Bowie MD	13	34	56	53:12.4	58:00.1	17:06/M
9	Margaret Velazquez-Pardes	Dumfries VA	2683	38	64	59:07.7	1:06:53.0	19:01/M
10	Alexandria Wilson	Bowie MD	11	37	79	1:01:10.0	1:05:56.2	19:40/M

Female 40 to 49

		-----Total-----						
Place	Name	City	Bib No	Age	Overall	Chip Time	Gun Time	Pace
1	Kimberly White	Hyattsville MD	931	49	12	30:39.8	34:32.3	9:52/M
2	Jamesetta Goggins	Brandywine MD	910	49	21	35:51.7	37:57.9	11:32/M
3	Emily Lawrence	Washington DC	2560	40	27	41:54.7	46:38.0	13:29/M
4	Jerselle Howard	Upper Marlboro MD	866	49	29	42:01.2	53:24.0	13:31/M
5	Monica Johnson	Upper Marlboro MD	983	46	32	43:03.4	46:56.5	13:51/M
6	Alethea Chatman	Waldorf MO	877	48	37	45:47.5	45:48.9	14:43/M
7	Kischa Reid	Laurel MD	747	49	41	48:39.7	53:21.5	15:39/M
8	MATISSHA Paige	Baltimore MD	811	49	42	49:50.2	54:31.5	16:01/M
9	Lishey Brown	Camp Springs MD	827	48	48	51:06.8	58:53.4	16:26/M
10	Keisha Campbell	Brandywine MD	864	46	50	51:49.2	59:38.4	16:40/M
11	Leigh Eckenrode	Hyattsville MD	995	46	57	53:55.4	58:43.0	17:20/M
12	Ayanna Seide	Oxon Hill MD	912	43	71	1:00:06.8	1:06:28.0	19:20/M

Female 50 to 59

		-----Total-----						
Place	Name	City	Bib No	Age	Overall	Chip Time	Gun Time	Pace
1	Virna Winters	Upper Marlboro MD	247	54	31	42:18.3	46:10.2	13:36/M
2	Gerri Sosa	Upper Marlboro MD	736	51	33	43:03.6	47:45.2	13:51/M
3	Cynthia Jackson	Upper Marlboro MD	12	55	38	47:19.4	51:09.1	15:13/M
4	ANDREA SMITH	WALDORF MD	822	59	44	50:46.2	58:33.4	16:20/M
5	Heather Gray	Crofton MD	836	52	51	51:57.0	58:17.2	16:42/M
6	Aida Rodriguez	Suitland MD	249	50	55	53:10.1	59:30.8	17:06/M
7	María Peata	Oxon Hill MD	928	53	59	56:45.7	1:04:32.2	18:15/M
8	Katrina Williams	Greenbelt MD	883	50	61	58:34.5	1:06:18.5	18:50/M
9	Lorraine Bullock	Bowie MD	245	59	63	59:06.7	1:05:25.4	19:00/M
10	Louisa Haney	Waldorf MD	2559	57	67	59:11.7	1:06:59.5	19:02/M
11	Asuntha Chiang-Smith	Greenbelt MD	892	51	69	59:31.8	1:10:55.4	19:09/M
12	Donna Saunders	Upper Marlboro MD	238	59	72	1:00:13.6	1:06:30.0	19:22/M
13	Cynthia Hallman	Upper Marlboro MD	236	55	73	1:00:18.8	1:06:35.2	19:24/M
14	Kelli Crouch	Mitchellville MD	997	55	76	1:00:28.6	1:11:50.0	19:27/M
15	Tracy Rayford	Bryason MD	197	51	80	1:01:47.2	1:13:08.8	19:52/M

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Female 60 to 69

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Place	Name	City	Bib No	Age	Overall	Chip Time	Gun Time	Pace
1	Phyllis Davis	Mitchellville MD	235	61	30	42:17.0	46:09.0	13:36/M
2	Lisha Smith	Mitchellville MD	242	60	47	51:04.4	1:00:48.8	16:25/M
3	Charlene Harris-Russell	Upper Marlboro LARGO	1667	64	52	52:09.4	1:01:55.7	16:46/M
4	Judy French	UPPER MARLBORO	984	68	53	52:09.6	1:01:54.7	16:46/M
5	Permelia Addison	Upper Marlboro MD	748	68	54	52:11.6	1:01:56.8	16:47/M
6	Cheryl Shackelford	Fort Washington MD	876	60	66	59:07.9	1:05:26.5	19:01/M
7	PHYLISS HARRELL	New Carrollton MD	850	61	74	1:00:25.1	1:06:41.1	19:26/M
8	Denise Brown	Upper Marlboro MD	996	65	78	1:00:30.3	1:11:51.0	19:27/M
9	Cara Heart	Juster Heights MD	943	60	81	1:01:47.7	1:13:09.1	19:52/M

Female 70 and Over

-----Total-----								
Place	Name	City	Bib No	Age	Overall	Chip Time	Gun Time	Pace
1	Agnes Newman	LANHAM SEABROOK	684	71	22	35:52.3	39:41.6	11:32/M
2	Deborah Lightfoot	Bowie MD	1000	70	39	47:38.7	51:31.7	15:19/M
3	Valarie Prue	Fort Washington MD	2678	71	58	55:00.2	1:01:17.4	17:41/M
4	Florence Crouch	Upper Marlboro MD	234	77	75	1:00:26.8	1:11:47.9	19:26/M

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Male Open Winners

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Overall</u>	<u>-----Total-----</u>		<u>Pace</u>
						<u>Chip Time</u>	<u>Gun Time</u>	
1	Brandon Woolfolk	Brandywine MD	881	29	1	23:14.2	23:15.4	7:28/M

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Male 20 to 29

		-----Total-----						
Place	Name	City	Bib No	Age	Overall	Chip Time	Gun Time	Pace
1	Alfredo Ilinas	Laurel MD	2639	25	4	27:31.2	27:32.4	8:51/M
2	Sean Kassouf	Upper Marlboro MD	841	27	10	30:23.4	30:26.3	9:46/M
3	William Smith	Greenbelt MD	951	21	70	59:32.5	1:10:55.3	19:09/M

Male 40 to 49

		-----Total-----						
Place	Name	City	Bib No	Age	Overall	Chip Time	Gun Time	Pace
1	Jeffrey Ambush		1658	48	2	24:05.1	24:07.7	7:45/M
2	Aaron Connley		800	41	5	28:03.2	29:49.6	9:01/M
3	Gary Hynson	Temple Hills MD	1	41	11	30:25.4	30:26.8	9:47/M
4	Rafael Lewis	Washington DC	2671	41	25	39:43.1	41:33.7	12:46/M
5	C.P. Payne	Upper Marlboro MD	784	41	46	50:50.4	1:00:34.7	16:21/M
6	Jarvis Goggins	Brandywine MD	911	49	60	58:00.3	1:02:48.6	18:39/M
7	Tommy Paolucci	Greenbelt MD	882	41	62	58:34.9	1:06:18.8	18:50/M
8	Gus Pardes	Dumfries VA	2684	43	65	59:07.9	1:06:53.4	19:01/M

Male 50 to 59

		-----Total-----						
Place	Name	City	Bib No	Age	Overall	Chip Time	Gun Time	Pace
1	Jeffrey Albritton	Alexandria VA	837	53	15	31:23.0	33:27.6	10:05/M
2	Keith Campbell	Brandywine MD	947	51	18	34:42.9	38:40.4	11:10/M
3	Arthur Vernon	Brandywine MD	3	52	20	35:48.8	35:51.7	11:31/M
4	Wayne Aaron	Arlington VA	2682	59	34	43:12.3	45:11.6	13:54/M
5	Anderson Higgins	Clinton MD	2679	58	36	45:40.6	53:23.6	14:41/M
6	Norman Turner	Ft Washington MD	239	59	77	1:00:29.6	1:11:51.7	19:27/M

Male 60 to 69

		-----Total-----						
Place	Name	City	Bib No	Age	Overall	Chip Time	Gun Time	Pace
1	Harrison Grayson	Upper Marlboro MD	240	69	3	25:27.7	29:17.8	8:11/M
2	Bill Andrews	upper marlboro MD	940	68	8	30:00.3	31:45.1	9:39/M
3	Joe Alston	Bowie MD	2677	61	13	30:39.9	30:43.7	9:52/M
4	Kurt Doehnert	Springfield VA	999	64	24	37:06.8	41:01.4	11:56/M
5	Antonio Jackson	Hyattsville MD	941	60	26	40:45.8	42:41.9	13:06/M

Male 70 and Over

		-----Total-----						
Place	Name	City	Bib No	Age	Overall	Chip Time	Gun Time	Pace
1	Roylin Abrams	Clinton MD	913	76	23	36:23.8	36:23.8	11:42/M
2	Sherman Addison	Upper Marlboro MD	749	75	40	48:31.8	58:17.4	15:36/M
3	Charles Akins	Upper Marlboro MD	8	90	43	50:30.7	1:00:13.7	16:15/M
4	Boone Saunders	Upper Marlboro MD	241	71	45	50:47.1	1:00:31.3	16:20/M