

Healthy Trails 5K

Overall Finish List

5K

Race Date
May 01, 2021

Place	Overall	Name	City	Bib No	Age	Gend	AG Place	-----Total-----		Pace
								Chip Time	Gun Time	
1		Brandon Woolfolk	Brandywine MD	881	29	M	1 Open	23:14.2	23:15.4	7:28/M
2		Jeffrey Ambush		1658	48	M	1 40-49	24:05.1	24:07.7	7:45/M
3		Harrison Grayson	Upper Marlboro MD	240	69	M	1 60-69	25:27.7	29:17.8	8:11/M
4		Alfredo Ilinas	Laurel MD	2639	25	M	1 20-29	27:31.2	27:32.4	8:51/M
5		Aaron Connley		800	41	M	2 40-49	28:03.2	29:49.6	9:01/M
6		Larissa Powers	Fort washington VA	851	33	F	1 Open	29:25.6	29:25.6	9:28/M
7		Rebekah Esmaili	College Park MD	744	36	F	1 30-39	29:38.0	41:03.3	9:32/M
8		Bill Andrews	upper marlboro MD	940	68	M	2 60-69	30:00.3	31:45.1	9:39/M
9		Kristyn Barrett	Upper Marlboro MD	692	32	F	2 30-39	30:12.5	32:15.8	9:43/M
10		Sean Kassouf	Upper Marlboro MD	841	27	M	2 20-29	30:23.4	30:26.3	9:46/M
11		Gary Hynson	Temple Hills MD	1	41	M	3 40-49	30:25.4	30:26.8	9:47/M
12		Kimberly White	Hyattsville MD	931	49	F	1 40-49	30:39.8	34:32.3	9:52/M
13		Joe Alston	Bowie MD	2677	61	M	3 60-69	30:39.9	30:43.7	9:52/M
14		Denita Sendish	Waldorf MD	706	33	F	3 30-39	30:40.3	30:43.3	9:52/M
15		Jeffrey Albritton	Alexandria VA	837	53	M	1 50-59	31:23.0	33:27.6	10:05/M
16		Clare Yang	Lorton VA	846	37	F	4 30-39	31:31.4	33:31.8	10:08/M
17		Jennifer Oliver	Triange VA	15	38	F	5 30-39	32:09.5	32:11.7	10:20/M
18		Keith Campbell	Brandywine MD	947	51	M	2 50-59	34:42.9	38:40.4	11:10/M
19		Lydia Gulley	Glenn Dale MD	803	29	F	1 20-29	34:48.5	36:40.8	11:12/M
20		Arthur Vernon	Brandywine MD	3	52	M	3 50-59	35:48.8	35:51.7	11:31/M
21		Jamesetta Goggins	Brandywine MD	910	49	F	2 40-49	35:51.7	37:57.9	11:32/M
22		Agnes Newman	LANHAM	684	71	F	1 70-99	35:52.3	39:41.6	11:32/M
23		Roylin Abrams	Clinton MD	913	76	M	1 70-99	36:23.8	36:23.8	11:42/M
24		Kurt Doehner	Springfield VA	999	64	M	4 60-69	37:06.8	41:01.4	11:56/M
25		Rafael Lewis	Washington DC	2671	41	M	4 40-49	39:43.1	41:33.7	12:46/M
26		Antonio Jackson	Hyattsville MD	941	60	M	5 60-69	40:45.8	42:41.9	13:06/M
27		Emily Lawrence	Washington DC	2560	40	F	3 40-49	41:54.7	46:38.0	13:29/M
28		Vera Cook	Washington DC	2680	9	F	1 1-19	41:57.3	46:40.9	13:29/M
29		Jerselle Howard	Upper Marlboro MD	866	49	F	4 40-49	42:01.2	53:24.0	13:31/M
30		Phyllis Davis	Mitchellville MD	235	61	F	1 60-69	42:17.0	46:09.0	13:36/M
31		Virna Winters	Upper Marlboro MD	247	54	F	1 50-59	42:18.3	46:10.2	13:36/M
32		Monica Johnson	Upper Marlboro MD	983	46	F	5 40-49	43:03.4	46:56.5	13:51/M
33		Gerri Sosa	Upper Marlboro MD	736	51	F	2 50-59	43:03.6	47:45.2	13:51/M
34		Wayne Aaron	Arlington VA	2682	59	M	4 50-59	43:12.3	45:11.6	13:54/M
35		Cyscy Valenzuela	New Carrollton MD	689	30	F	6 30-39	43:13.1	45:01.2	13:54/M
36		Anderson Higgins	Clinton MD	2679	58	M	5 50-59	45:40.6	53:23.6	14:41/M
37		Alethea Chatman	Waldorf MO	877	48	F	6 40-49	45:47.5	45:48.9	14:43/M
38		Cynthia Jackson	Upper Marlboro MD	12	55	F	3 50-59	47:19.4	51:09.1	15:13/M
39		Deborah Lightfoot	Bowie MD	1000	70	F	2 70-99	47:38.7	51:31.7	15:19/M
40		Sherman Addison	Upper Marlboro MD	749	75	M	2 70-99	48:31.8	58:17.4	15:36/M
41		Kischa Reid	Laurel MD	747	49	F	7 40-49	48:39.7	53:21.5	15:39/M
42		MATISSHA Paige	Baltimore MD	811	49	F	8 40-49	49:50.2	54:31.5	16:01/M
43		Charles Akins	Upper Marlboro MD	8	90	M	3 70-99	50:30.7	1:00:13.7	16:15/M
44		ANDREA SMITH	WALDORF MD	822	59	F	4 50-59	50:46.2	58:33.4	16:20/M
45		Boone Saunders	Upper Marlboro MD	241	71	M	4 70-99	50:47.1	1:00:31.3	16:20/M
46		C.P. Payne	Upper Marlboro MD	784	41	M	5 40-49	50:50.4	1:00:34.7	16:21/M
47		Lisha Smith	Mitchellville MD	242	60	F	2 60-69	51:04.4	1:00:48.8	16:25/M
48		Lishey Brown	Camp Springs MD	827	48	F	9 40-49	51:06.8	58:53.4	16:26/M
49		Regina Barrett	Upper Marlboro MD	691	32	F	7 30-39	51:13.9	57:33.0	16:28/M
50		Keisha Campbell	Brandywine MD	864	46	F	10 40-49	51:49.2	59:38.4	16:40/M
51		Heather Gray	Crofton MD	836	52	F	5 50-59	51:57.0	58:17.2	16:42/M
52		Charlene Harris-Russell	Upper Marlboro	1667	64	F	3 60-69	52:09.4	1:01:55.7	16:46/M
53		Judy French	UPPER MARLBORO	984	68	F	4 60-69	52:09.6	1:01:54.7	16:46/M
54		Permelia Addison	Upper Marlboro MD	748	68	F	5 60-69	52:11.6	1:01:56.8	16:47/M
55		Aida Rodriguez	Suitland MD	249	50	F	6 50-59	53:10.1	59:30.8	17:06/M
56		MK Fitzsimmons	Bowie MD	13	34	F	8 30-39	53:12.4	58:00.1	17:06/M
57		Leigh Eckenrode	Hyattsville MD	995	46	F	11 40-49	53:55.4	58:43.0	17:20/M
58		Valarie Prue	Fort Washington MD	2678	71	F	3 70-99	55:00.2	1:01:17.4	17:41/M
59		Maria Peata	Oxon Hill MD	928	53	F	7 50-59	56:45.7	1:04:32.2	18:15/M
60		Jarvis Goggins	Brandywine MD	911	49	M	6 40-49	58:00.3	1:02:48.6	18:39/M
61		Katrina Williams	Greenbelt MD	883	50	F	8 50-59	58:34.5	1:06:18.5	18:50/M
62		Tommy Paolucci	Greenbelt MD	882	41	M	7 40-49	58:34.9	1:06:18.8	18:50/M
63		Lorraine Bullock	Bowie MD	245	59	F	9 50-59	59:06.7	1:05:25.4	19:00/M
64		Margaret	Dumfries VA	2683	38	F	9 30-39	59:07.7	1:06:53.0	19:01/M
65		Gus Pardes	Dumfries VA	2684	43	M	8 40-49	59:07.9	1:06:53.4	19:01/M
66		Cheryl Shackelford	Fort Washington MD	876	60	F	6 60-69	59:07.9	1:05:26.5	19:01/M
67		Louisa Haney	Waldorf MD	2559	57	F	10 50-59	59:11.7	1:06:59.5	19:02/M

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<u>Place</u>							<u>-----Total-----</u>		
<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	Maria Ilinas	Laurel MD	2646	26	F	2 20-29	59:14.1	1:04:02.0	19:03/M
69	Asuntha Chiang-Smith	Greenbelt MD	892	51	F	11 50-59	59:31.8	1:10:55.4	19:09/M
70	William Smith	Greenbelt MD	951	21	M	3 20-29	59:32.5	1:10:55.3	19:09/M
71	Ayanna Seide	Oxon Hill MD	912	43	F	12 40-49	1:00:06.8	1:06:28.0	19:20/M
72	Donna Saunders	Upper Marlboro MD	238	59	F	12 50-59	1:00:13.6	1:06:30.0	19:22/M
73	Cynthia Hallman	Upper Marlboro MD	236	55	F	13 50-59	1:00:18.8	1:06:35.2	19:24/M
74	PHYLISS HARRELL	New Carrollton MD	850	61	F	7 60-69	1:00:25.1	1:06:41.1	19:26/M
75	Florence Crouch	Upper Marlboro MD	234	77	F	4 70-99	1:00:26.8	1:11:47.9	19:26/M
76	Kelli Crouch	Mitchellville MD	997	55	F	14 50-59	1:00:28.6	1:11:50.0	19:27/M
77	Norman Turner	Ft Washington MD	239	59	M	6 50-59	1:00:29.6	1:11:51.7	19:27/M
78	Denise Brown	Upper Marlboro MD	996	65	F	8 60-69	1:00:30.3	1:11:51.0	19:27/M
79	Alexandria Wilson	Bowie MD	11	37	F	10 30-39	1:01:10.0	1:05:56.2	19:40/M
80	Tracy Rayford	Bryason MD	197	51	F	15 50-59	1:01:47.2	1:13:08.8	19:52/M
81	Cara Heart	Juster Heights MD	943	60	F	9 60-69	1:01:47.7	1:13:09.1	19:52/M