

Run For A Better Life 5K Overall Results

Place	Bib	Name	Gender	Age Place	City	State	Chip Time	Pace
1	531	Ismael Torres Castrodad	M	1: M20-24	Washington	DC	16:52.13	5:26
2	318	Charlie Ban	M	1: M40-44	Washington	DC	17:03.28	5:30
3	320	Tim Hughes	M	1: M35-39	Washington	DC	17:15.59	5:34
4	246	Efayomi Carr	M	1: M30-34	Washington	DC	17:59.44	5:48
5	485	Trevin Glasgow	M	2: M30-34	Charlottesville	VA	18:31.93	5:59
6	369	Mark Neff	M	1: M60-64	Derwood	MD	18:35.61	6:00
7	415	Alicia Del Pardo	F	1: F35-39	Washington	DC	18:37.25	6:00
8	371	Bobby Huang	M	1: M25-29	Washington	DC	18:52.67	6:05
9	627	Curtis Sakow	M	3: M30-34	Washington	DC	19:11.00	6:11
10	520	Sarah Geren	F	1: F30-34	Washington	DC	19:16.36	6:13
11	565	Steven Ballesteros	M	2: M25-29	Washington	DC	19:23.02	6:15
12	619	Adrian Fenty	M	1: M50-54	Washington	DC	19:31.26	6:18
13	406	James Wagner	M	2: M50-54	Washington	DC	19:32.38	6:18
14	381	Logan Carrington	M	3: M25-29	Washington	DC	20:01.18	6:27
15	479	James Brennan	M	2: M40-44	Fairfax	VA	20:06.61	6:29
16	493	Christopher Martinez	M	4: M25-29	Washington	DC	20:07.81	6:30
17	483	Caitlyn Tateishi	F	2: F35-39	Washington	DC	20:18.18	6:33
18	353	Sy Doan	M	4: M30-34	Washington	DC	20:22.88	6:34
19	342	Fred Irby	M	3: M40-44	Washington	DC	20:26.13	6:36
20	364	Christopher Jolly	M	5: M30-34	Washington	DC	20:35.69	6:39
21	508	William Cutler	M	5: M25-29	Washington	DC	20:37.07	6:39
22	519	Xiuya Yao	F	1: F25-29	Washington	DC	20:42.17	6:41
23	301	Hilary Cairns	F	1: F50-54	Washington	DC	20:45.32	6:42
24	322	Daniel Kalinowski	M	6: M30-34	Washington	DC	20:52.04	6:44
25	613	Caleb-Michael Files	M	7: M30-34	rockville	MD	20:57.19	6:46
26	580	Brian Beary	M	1: M45-49	Hyattsville	MD	21:00.98	6:47
27	518	Caleb Crawford	M	8: M30-34	Washington	DC	21:05.29	6:48
28	601	Charles Batkin	M	1: M01-19	Washington	DC	21:13.88	6:51
29	607	Allan Ng	M	2: M45-49	Arlington	VA	21:32.57	6:57
30	333	Laura Zeilinger	F	2: F50-54	Washington	DC	21:49.47	7:02
31	600	William Batkin	M	2: M01-19	Washington	DC	21:52.02	7:03
32	454	Anastasia Beletsky	F	2: F30-34	Washington	DC	21:56.10	7:05
33	587	Julia Dickson	F	2: F25-29	Washington	DC	21:56.72	7:05
34	457	Nicholas St. Sauveur	M	6: M25-29	Washington	DC	22:00.98	7:06
35	431	Jeremy Sitnick	M	2: M20-24	Washington	DC	22:03.21	7:07
36	315	Samuel Burmester	M	9: M30-34	Washington	DC	22:10.79	7:09
37	354	Jackson Price	M	7: M25-29	Sneads Ferry	NC	22:14.41	7:10
38	305	Daniel Wells	M	4: M40-44	Baltimore	MD	22:36.60	7:18
39	348	Niko Kotsiras	M	10: M30-34	Bethany Beach	DE	22:37.15	7:18
40	516	Lozie Goolsby III	M	8: M25-29	Alexandria	VA	22:47.97	7:21
41	530	Hanna Useem	F	3: F35-39	Washington	DC	23:04.02	7:26
42	455	Harrison Grayson	M	1: M70-74	Upper Marlboro	MD	23:08.96	7:28
43	346	Julie Oxman Kotsiras	F	3: F30-34	Bethany Beach	DE	23:30.06	7:35
44	521	Raphael Breit	M	2: M35-39	Washington	DC	23:32.20	7:36
45	509	Luis Clavijo	M	3: M45-49	Alexandria	VA	23:35.16	7:37
46	583	Joshua Lopez	M	3: M35-39	Washington	DC	23:47.76	7:41
47	422	Lauren Lipsey	F	4: F35-39	Washington	DC	23:55.55	7:43
48	555	Jeff Horowitz	M	1: M55-59	Washington	DC	24:06.00	7:46
49	343	Gabriela Neufeld	F	3: F50-54	Pasadena	CA	24:08.92	7:47

Place	Bib	Name	Gender	Age Place	City	State	Chip Time	Pace
50	639	Alexis Shelton	F	3: F25-29	Washington	DC	24:12.74	7:49
51	574	Daniel Ahern	M	2: M55-59	Washington	DC	24:20.94	7:51
52	465	Eric Torija	M	3: M20-24	Washington	DC	24:28.97	7:54
53	592	Anthoni Love	M	4: M20-24	Washington	DC	24:35.88	7:56
54	609	Elizabeth Kendler	F	1: F60-64	Washington	DC	24:39.50	7:57
55	614	Ian Conyers	M	11: M30-34	West Hempstead	NY	24:40.89	7:58
56	314	Erin Doherty	F	4: F25-29	Washington	DC	24:41.75	7:58
57	68	Michael Lightfoot	M	3: M50-54	Washington	DC	24:48.99	8:00
58	557	Dajah Massey	F	4: F30-34	Alexandria	VA	24:50.38	8:01
59	617	Benjamin Young	M	4: M45-49	Washington	DC	24:56.24	8:03
60	326	Chris Greenberg	M	5: M20-24	Bethesda	MD	25:06.77	8:06
61	616	Luke Miller	M	9: M25-29	Washington	DC	25:17.03	8:09
62	324	Jordan Christian	M	6: M20-24	Washington	DC	25:24.03	8:12
63	470	Nichole Smith	F	5: F30-34	Washington DC	DC	25:31.81	8:14
64	417	Addie Price	F	1: F20-24	Washington	DC	25:37.47	8:16
65	497	Sanjana Kaicker	F	2: F20-24	Washington	DC	25:45.54	8:19
66	336	Marcus Goodwin	M	12: M30-34	Washington	DC	25:58.03	8:23
67	579	Brad Miller	M	13: M30-34	Arlington	VA	26:08.89	8:26
68	309	Elyse Braner	F	5: F35-39	Washington	DC	26:14.63	8:28
69	345	Rachel Oxman Shemer	F	6: F35-39	Bethany Beach	DE	26:15.52	8:28
70	578	Charlotte Stenmark	F	3: F20-24	Mesa	AZ	26:18.85	8:29
71	599	Joshua Batkin	M	4: M50-54	Washington	DC	26:24.35	8:31
72	484	Steve Choe	M	14: M30-34	Washingtoningt	DC	26:40.86	8:36
73	311	Ian Weissgerber	M	15: M30-34	Washington	DC	26:42.43	8:37
74	62	Jill Palmer	F	2: F60-64	Washington	DC	26:57.00	8:42
75	388	Gerardo Cruz	M	4: M35-39	Washington	DC	27:00.36	8:43
76	636	Gus DeSchryver	M	3: M01-19	Washington	DC	27:18.48	8:49
77	335	David DeSchryver	M	5: M50-54	Washington	DC	27:18.49	8:49
78	327	Robert Dewey	M	2: M60-64	Bethesda	MD	27:26.10	8:51
79	389	Derek Adams	M	5: M35-39	Washington	DC	27:32.61	8:53
80	511	Rachel Gilbert	F	4: F20-24	Arlington	VA	27:36.31	8:54
81	304	Charles Brodsky	M	3: M55-59	Washington	DC	27:42.95	8:56
82	489	Priscilla Clayton	F	5: F25-29	Silver Spring	MD	27:56.40	9:01
83	589	Ashleigh Harrison	F	5: F20-24	Washington	DC	27:59.28	9:02
84	499	Matt Dorf	M	6: M50-54	Arlington	VA	28:00.68	9:02
85	357	Matt Colender	M	7: M50-54	Hampstead	MD	28:03.61	9:03
86	573	Keshia Roberson	F	7: F35-39	Washington	DC	28:06.09	9:04
87	464	Vera Goldberg	F	6: F30-34	Silver Spring	MD	28:15.13	9:07
88	488	José Morales Vázquez	M	16: M30-34	Alexandria	VA	28:15.33	9:07
89	325	Anna Smith	F	7: F30-34	WashingtonWashington	DC	28:26.19	9:10
90	586	Robert Sands Jr	M	8: M50-54	Bowie	MD	28:36.20	9:14
91	349	Ian Shemer	M	10: M25-29	Bethany Beach	DE	28:50.76	9:18
92	615	Kim Nettles	F	8: F30-34	John	NY	29:14.63	9:26
93	629	Katherine Zimmerman	F	8: F35-39	Washington	DC	29:15.04	9:26
94	630	Alex Economos	M	6: M35-39	Washington	DC	29:15.65	9:26
95	606	Noelle Ng	F	1: F40-44	Arlington	VA	29:15.96	9:26
96	436	Anna Stewart	F	6: F20-24	Washington	DC	29:47.47	9:37
97	564	Sam Nystrom	M	5: M40-44	Washington	DC	29:57.63	9:40
98	385	Sabrina Kidane	F	6: F25-29	Bethesda	MD	29:59.64	9:41
99	443	Magdalena Lara	F	7: F25-29	Washington	DC	30:01.93	9:41
100	635	Elijah Clay	M	4: M01-19	Washington	DC	30:07.41	9:43
101	634	Darryl Clay	M	9: M50-54	Washington	DC	30:09.09	9:44

Place	Bib	Name	Gender	Age Place	City	State	Chip Time	Pace
102	407	Lauren Becker	F	2: F40-44	Washington	DC	30:15.69	9:46
103	621	Megan Roessing	F	1: F45-49	Arlington	VA	30:16.65	9:46
104	306	Anna Gavin	F	3: F40-44	Clarksville	MD	30:25.75	9:49
105	307	Jeffrey Gavin	M	5: M45-49	Clarksville	MD	30:26.46	9:49
106	575	Angelena Low	F	7: F20-24	Washington	DC	30:31.92	9:51
107	638	Nathan Kazaitis	M	6: M40-44	Washington	DC	30:36.98	9:53
108	637	Joy McIver	F	4: F50-54	Lanham	MD	30:38.34	9:53
109	416	Fran Brennan	F	1: F55-59	Washington	DC	30:38.88	9:53
110	451	Kaitlyn Pritchard	F	4: F40-44	Chevy Chase	MD	30:42.10	9:54
111	401	Mia Ginocchi	F	8: F20-24	Washington	DC	30:47.96	9:56
112	426	Martha Saccocio	F	2: F55-59	Washington	DC	30:48.23	9:56
113	567	Megan Stout	F	9: F35-39	Washington	DC	31:43.24	10:14
114	64	Carroll Doherty	M	2: M70-74	Washington	DC	32:39.23	10:32
115	495	Shamika Patton	F	9: F30-34	Washington	DC	33:10.19	10:42
116	397	Michael Murray	M	17: M30-34	Washington	DC	34:24.03	11:06
117	571	James McManamon	M	1: M65-69	Lauderdale-by-the-Sea	FL	34:25.62	11:06
118	572	Pam Braden	F	1: F65-69	Fort Lauderdale	FL	34:25.79	11:06
119	404	Anika Simpson	F	5: F50-54	Washington	DC	34:29.26	11:08
120	560	Tamara Adams	F	2: F45-49	Bowie	MD	34:36.96	11:10
121	533	Stephanie Schriock	F	6: F50-54	Alexandria	VA	34:37.25	11:10
122	632	Kellie Courtland	F	7: F50-54	Arlington	VA	35:04.29	11:19
123	522	Edward Obewa	M	3: M60-64	Philadelphia	PA	35:08.39	11:20
124	605	Justin Binder	M	6: M45-49	Washington	DC	35:13.91	11:22
125	393	Travis Melvin	M	18: M30-34	Washington	DC	35:18.72	11:23
126	249	Antwane Smith	M	7: M35-39	Washington	DC	35:19.15	11:24
127	604	Jeanne Simon	F	3: F45-49	Washington	DC	35:23.35	11:25
128	602	Jessica Rose	F	3: F55-59	Chevy Chase	MD	35:24.12	11:25
129	252	Matthew Fields	M	10: M50-54	Washington	DC	35:24.40	11:25
130	490	Kris Sooklal	M	19: M30-34	College Park	MD	35:29.33	11:27
131	378	Lisa Simpson	F	8: F50-54	Washington	DC	35:41.08	11:31
132	467	Breyon Williams	M	20: M30-34	Philadelphia	PA	35:48.64	11:33
133	435	Kimberly Rogers	F	3: F60-64	Bethesda	MD	35:50.91	11:34
134	303	Michelle Harburg	F	5: F40-44	Washington	DC	36:02.82	11:38
135	411	Emily Morin	F	8: F25-29	Washington	DC	36:04.44	11:38
136	423	Lauren Harcarik	F	10: F35-39	Washington	DC	36:05.22	11:38
137	620	Neal Iyer	M	8: M35-39	Herndon	VA	36:06.77	11:39
138	523	John Brown	M	4: M55-59	Philadelphia	PA	36:37.67	11:49
139	504	James Perreault	M	11: M50-54	Greenbelt	MD	36:38.06	11:49
140	554	Oscar Iraheta	M	12: M50-54	Washington	DC	36:42.30	11:50
141	310	Michael Katz	M	9: M35-39	Washington	DC	36:45.16	11:51
142	506	Timothy Choi	M	10: M35-39	Washington	DC	36:45.16	11:51
143	329	Edie (Elizabeth) Wilson	F	10: F30-34	Washington	DC	36:45.22	11:51
144	529	Namatie Mansaray	F	6: F40-44	Washington	DC	37:05.62	11:58
145	312	Isabela Ortiz	F	9: F25-29	Washington	DC	37:32.49	12:07
146	498	Martin Powell	M	7: M40-44	Bowie	MD	37:40.00	12:09
147	419	Maude LaVaute	F	10: F25-29	Washington	DC	37:49.82	12:12
148	566	Samantha Yi	F	11: F25-29	Washington	DC	37:54.16	12:14
149	588	Julie Gunderson	F	4: F60-64	Washington	DC	38:09.26	12:18
150	356	Jeremiah Tillman	M	21: M30-34	Washington	DC	38:36.97	12:27
151	355	Julia Cantuaria	F	11: F30-34	Washington	DC	38:37.30	12:28
152	492	Karon Johnson	F	11: F35-39	Suitland	MD	38:49.37	12:31
153	442	Rey Trochez	M	22: M30-34	HalethorpeHalethorpe	MD	38:56.70	12:34

Place	Bib	Name	Gender	Age Place	City	State	Chip Time	Pace
154	532	Carlos Aguilar	M	11: M35-39	Ellicott City	MD	38:56.75	12:34
155	633	Anthony Williams	M	23: M30-34	Washington	DC	39:02.94	12:36
156	491	Kathy Etz	F	12: F30-34	Washington	DC	39:09.83	12:38
157	418	Rebecca Kasemeyer	F	5: F60-64	Washington	DC	39:10.87	12:38
158	512	Andrea Dixon	F	4: F55-59	Baltimore	MD	39:12.01	12:39
159	513	Margot Milburn	F	12: F25-29	Baltimore	MD	39:12.62	12:39
160	375	Steven Sendldorfer	M	12: M35-39	Columbia	MD	39:50.25	12:51
161	410	Sezin Sakmar	F	9: F20-24	Washington	DC	39:54.94	12:53
162	412	Cricket Baldwin	F	10: F20-24	Albany	CA	39:55.39	12:53
163	474	Michael Shaw	M	13: M50-54	Rosedale	MD	40:09.66	12:57
164	374	Laura Sendldorfer	F	13: F30-34	Columbia	MD	40:14.04	12:59
165	608	Jessica Anderson	F	7: F40-44	Fairfax	VA	40:20.59	13:01
166	434	Abbey Rogers	F	11: F20-24	Bethesda	MD	41:29.66	13:23
167	577	Carrie Stenmark	F	4: F45-49	Mesa	AZ	41:33.90	13:24
168	271	Shavon Jordan	F	14: F30-34	Hyattsville	MD	43:10.32	13:56
169	525	Tommy Ferris	M	24: M30-34	Washington	DC	43:35.11	14:04
170	593	Ilana Boivie	F	8: F40-44	Washington	DC	43:44.89	14:07
171	405	Joanne Irby	F	5: F45-49	Washington	DC	43:49.58	14:08
172	424	Liz Goetz	F	5: F55-59	Washington	DC	44:55.29	14:29
173	561	Elynn Walter	F	9: F40-44	Washington	DC	44:56.30	14:30
174	594	Joe Killiany	M	7: M45-49	Washington	DC	45:12.81	14:35
175	461	Santita Mitchell	F	10: F40-44	Accokeek	MD	45:28.23	14:40
176	503	Yousef Bournes	M	5: M01-19	Washington	DC	46:16.51	14:56
177	502	Leon Bournes	M	13: M35-39	Washington	DC	46:17.90	14:56
178	501	Leila Bournes	F	12: F35-39	Washington	DC	47:41.97	15:23
179	452	Tequila West	F	11: F40-44	Clinton	MD	51:46.60	16:42
180	437	Abby Leszczuk	F	12: F20-24	Trenton	NJ	53:02.34	17:07
181	432	Gabriela Perez	F	13: F20-24	Washington	DC	53:09.22	17:09
182	507	Christian Worrell	M	25: M30-34	Washington	DC	53:24.97	17:14
183	623	Nia Harrington	F	15: F30-34	Alexandria	VA	53:34.40	17:17
184	341	Kevin W Keating	M	5: M55-59	Washington	DC	53:56.54	17:24
185	413	Max Lancaster	M	14: M50-54	Alexandria	VA	54:44.72	17:40
186	414	Loida Tolentino	F	9: F50-54	Alexandria	VA	54:59.52	17:44
187	302	Liz Ortiz	F	6: F45-49	Brandon	FL	55:26.83	17:53
188	402	Alba Gonzalez Valentin	F	13: F25-29	Mayaguez	PR	55:28.99	17:54
189	591	Marilyn Rosenman	F	14: F25-29	Washington	DC	55:52.15	18:01
190	475	Mikey Shaw Jr	M	6: M01-19	Rosedale	MD	55:52.33	18:01
191	420	Eva Schulman	F	15: F25-29	New York	NY	55:52.41	18:01
192	433	Sarah Flakus	F	14: F20-24	Washington	DC	55:52.60	18:01
193	631	Jake Connelly	M	8: M45-49	Crownsville	MD	55:54.76	18:02
194	408	Samantha Keim	F	15: F20-24	Washington	DC	55:59.92	18:04
195	612	Caroline Purcell	F	6: F55-59	Hampstead	MD	56:30.56	18:14
196	611	John Purcell	M	6: M55-59	Hampstead	MD	56:32.10	18:14
197	449	Lincoln Penny	M	7: M01-19	Clinton	MD	57:51.04	18:40
198	448	Tony Penny	M	14: M35-39	Clinton	MD	57:51.42	18:40
199	447	Tene Penny	F	13: F35-39	Clinton	MD	57:51.89	18:40
200	590	Ari Geller	M	15: M50-54	Washington	DC	59:32.81	19:13
201	581	Hannah Gavin	F	16: F25-29	Washington	DC	59:39.95	19:15
202	576	Eleanor Donohue	F	16: F20-24	Washington	DC	59:40.02	19:15
203	441	Gemma Puglisi	F	2: F65-69	Vienna	VA	59:59.94	19:21
204	500	Lilliana Silver	F	17: F20-24	Washington	DC	1:00:03.41	19:22
205	487	Melissa Sullivan	F	14: F35-39	Washington	DC	1:03:08.94	20:22

Place	Bib	Name	Gender	Age Place	City	State	Chip Time	Pace
206	486	Joey Deaven	M	26: M30-34	Washington	DC	1:03:09.29	20:22
207	584	Olimpia Lopez	F	1: F70-74	Washington	DC	1:04:30.10	20:48
208	496	Takiya Brooks	F	15: F35-39	Silver Spring	MD	1:05:38.05	21:10
209	421	Javier Suarez	M	11: M25-29	arlington	VA	1:10:51.17	22:51
210	563	Kevin Walker	M	9: M45-49	Crofton	MD	1:14:48.12	24:08