

## Dare To Be Fit. Be Well. Be You! 5K

Overall Finish LineRace Date

April 13, 2025

<u>Overall</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Gend</u>	<u>AG Place</u>	<u>Div</u>	<u>Time</u>	<u>Pace</u>
1	Bubba Dunkerson	Philipsburg MT	86	M	1/4: 30-39	1	22:10	7:09/M
2	Kim Nguyen	Falls Church VA	34	F	1/6: 20-29	1	22:17	7:11/M
3	Jeffrey Gurley	Chantilly VA	94	M	1/6: 50-59	1	23:40	7:38/M
4	Kendon Lee Nguyen	Falls Church VA	35	M	1/7: 10-19	3	26:22	8:30/M
5	Neal Riemenschneider	Winchester VA	5	M	1/1: 70-99	1	26:23	8:30/M
6	Sam Onoffrey	Oakton VA	103	M	2/7: 10-19	3	26:24	8:31/M
7	Aneece Davis	Fort Belvoir VA	58	F	1/5: 10-19	3	26:37	8:35/M
8	Kuleni Shewakena	Reston VA	74	F	2/6: 20-29	1	26:43	8:37/M
9	Alex Cathlin	Fairfax VA	68	M	1/4: 1- 9	3	27:23	8:50/M
10	Richard Alot	Alexandria VA	92	M	1/2: 20-29	1	28:29	9:11/M
11	Cian Haefele	Rockville MD	84	F	3/6: 20-29	1	28:41	9:15/M
12	Janice Henderson	Oakton VA	16	F	1/2: 60-69	1	31:06	10:02/M
13	Melissa Fuller	Rockville MD	85	F	1/8: 50-59	1	31:09	10:03/M
14	Christen Kinard	Alexandria VA	96	F	1/4: 30-39	1	31:52	10:17/M
15	Daisa Harris	Oakton VA	4	F	4/6: 20-29	1	31:53	10:17/M
16	Gary Wong	Arlington VA	77	M	2/4: 30-39	1	32:43	10:33/M
17	Christopher Cathlin	Fairfax VA	67	M	1/8: 40-49	1	33:11	10:42/M
18	Lellise Shewakena	Reston VA	93	F	1/7: 40-49	1	33:27	10:47/M
19	Mechelle Armstead	Upper Marlboro MD	81	F	2/7: 40-49	1	33:47	10:54/M
20	Christian Armstead	Upper Marlboro MD	82	M	3/7: 10-19	3	34:40	11:11/M
21	Wendyaline Philip-Cyprien	Accokeek MD	49	F	3/7: 40-49	1	34:48	11:13/M
22	Elizabeth Smith	Fort Belvoir VA	42	F	2/8: 50-59	1	35:34	11:28/M
23	Alvin Cardinal	Fort Belvoir VA	14	M	2/6: 50-59	1	35:34	11:28/M
24	Raphael Thomas	Vienna VA	78	M	3/6: 50-59	1	36:01	11:37/M
25	Lemakase Makau	Vienna VA	73	F	2/4: 30-39	1	36:01	11:37/M
26	Amy Morris	Fairfax Station VA	97	F	3/8: 50-59	1	38:01	12:16/M
27	Laurie Golson	Springfield VA	2	F	4/7: 40-49	1	38:46	12:30/M
28	Hope Green	Clifton VA	91	F	2/5: 10-19	3	39:05	12:36/M
29	Quoc Nguyen	Falls Church VA	33	M	3/4: 30-39	1	39:08	12:37/M
30	David Wortham	Bowie MD	76	M	1/4: 60-69	1	44:32	14:22/M
31	Valoree Wortham	Bowie MD	75	F	2/2: 60-69	1	44:40	14:24/M
32	Ebony Holland	Herndon VA	12	F	4/8: 50-59	1	44:52	14:28/M
33	Preston Golson	Springfield VA	3	M	2/8: 40-49	1	45:05	14:32/M
34	Elijah Golson	Springfield VA	1	M	2/4: 1- 9	3	45:05	14:32/M
35	Megan Marandure	Ashburn VA	8	F	3/5: 10-19	3	45:47	14:46/M
36	Derrick Marandure	Ashburn VA	7	M	3/8: 40-49	1	45:51	14:47/M
37	Briscola Von Walter Gonzalez	Haymarket VA	39	F	4/5: 10-19	3	46:44	15:04/M
38	Shalita Davis	Fort Belvoir VA	57	F	5/8: 50-59	1	46:44	15:04/M
39	Dainty Marandure	Ashburn VA	22	F	3/4: 30-39	1	46:54	15:08/M
40	Jean-Dominique Cyprien	Accokeek MD	50	M	2/4: 60-69	1	48:25	15:37/M
41	Joab Jean-Cyprien	Accokeek MD	51	M	3/4: 1- 9	3	48:30	15:38/M
42	Asher Govada	Fairfax VA	56	M	4/4: 1- 9	3	48:53	15:46/M
43	Abigail Thomas	Falls Church VA	98	F	1/5: 1- 9	3	49:12	15:52/M
44	Jason Thomas	Falls Church VA	99	M	4/8: 40-49	1	49:52	16:05/M
45	Ariel Govada	Fairfax VA	55	F	2/5: 1- 9	3	49:56	16:06/M
46	Mervin Govada	Fairfax VA	54	M	4/4: 30-39	1	49:57	16:07/M
47	Misheel Cuello	Alexandria VA	21	F	3/5: 1- 9	3	50:04	16:09/M

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48	Sostenes Cuello	Alexandria VA	20	M	5/8: 40-49	1	50:09	16:10/M
49	Damian Clarke	Fairfax VA	101	M	6/8: 40-49	1	50:14	16:12/M
50	Lisa Cardinal	Fort Belvoir VA	15	F	6/8: 50-59	1	50:16	16:13/M
51	Danny Maldonado	Woodbridge VA	28	M	4/6: 50-59	1	50:16	16:13/M
52	Sandy Hall-Clarke	Fairfax VA	102	F	5/7: 40-49	1	50:18	16:14/M
53	Damien Lares	San Antonio TX	83	M	2/2: 20-29	1	50:28	16:17/M
54	Skip Holland	Herndon VA	13	M	5/6: 50-59	1	50:29	16:17/M
55	Daniel Kim	Chantilly VA	62	M	4/7: 10-19	3	52:30	16:56/M
56	Jackie Reyes	Sterling VA	100	F	4/4: 30-39	1	56:30	18:13/M
57	Lindsey Bonilla	Burke VA	45	F	5/6: 20-29	1	56:43	18:18/M
58	Hadassah Miranda	Oxon Hill MD	65	F	4/5: 1- 9	3	57:24	18:31/M
59	Michael Onoffrey	Oakton VA	17	M	3/4: 60-69	1	57:33	18:34/M
60	Oscar Bonilla	Burke VA	44	M	4/4: 60-69	1	58:31	18:52/M
61	Benilda Bonilla	Burke VA	43	F	7/8: 50-59	1	58:32	18:53/M
62	Juliana Bermudez	Reston VA	46	F	6/7: 40-49	1	58:49	18:58/M
63	Julie Ann Benson	Reston VA	48	F	5/5: 1- 9	3	58:58	19:01/M
64	Brandon Lee	Falls Church VA	32	M	7/8: 40-49	1	59:06	19:04/M
65	Thomas Maldonado	Woodbridge VA	29	M	5/7: 10-19	3	59:07	19:04/M
66	Liam Lee Nguyen	Falls Church VA	36	M	6/7: 10-19	3	59:10	19:05/M
67	Bohlale Mokoena	Vienna VA	79	M	7/7: 10-19	3	59:24	19:09/M
68	Betty Silva	Vienna VA	90	M	8/8: 40-49	1	1:00:04	19:22/M
69	Kimmy Nguyen	Falls Church VA	31	F	7/7: 40-49	1	1:00:04	19:23/M
70	Annaliese Maldonado	Woodbridge VA	30	F	5/5: 10-19	3	1:00:14	19:26/M
71	Karla Parducci	Oxon Hill MD	64	F	6/6: 20-29	1	1:04:18	20:44/M
72	Don Spady	Manassas VA	18	M	6/6: 50-59	1	1:05:18	21:04/M
73	Tanya Butterfield-Spady	Manassas VA	19	F	8/8: 50-59	1	1:05:19	21:04/M