

2025 HFA Memorial 5k

Overall Male Runner

Place	Bib #	Name	Time	Type	City
1	330	MICHAEL BRAND	00:18:04	.	Manassas
<u>Split Description</u> <u>Split Times</u> <u>Speed</u> <u>Pace</u> <u>Cumulative</u>					
		2500	00:08:46.758	10.6mph	05:39
		Finish	00:09:17.749	10.0mph	05:59
2	381	PATRICK KAY	00:18:07	.	Catlett
<u>Split Description</u> <u>Split Times</u> <u>Speed</u> <u>Pace</u> <u>Cumulative</u>					
		2500	00:08:45.272	10.6mph	05:38
		Finish	00:09:22.724	9.9mph	06:02
3	377	DANIEL HURLEY	00:18:22	.	Manassas
<u>Split Description</u> <u>Split Times</u> <u>Speed</u> <u>Pace</u> <u>Cumulative</u>					
		2500	00:08:55.257	10.4mph	05:44
		Finish	00:09:27.469	9.9mph	06:05

Overall Female Runner

Place	Bib #	Name	Time	Type	City
1	332	MIA BUKOWSKI	00:22:29	.	Manassas
<u>Split Description</u> <u>Split Times</u> <u>Speed</u> <u>Pace</u> <u>Cumulative</u>					
		2500	00:10:54.038	8.6mph	07:01
		Finish	00:11:35.564	8.0mph	07:27
2	380	PHILOMENA KAY	00:22:47	.	Catlett
<u>Split Description</u> <u>Split Times</u> <u>Speed</u> <u>Pace</u> <u>Cumulative</u>					
		2500	00:11:09.250	8.4mph	07:10
		Finish	00:11:38.047	8.0mph	07:29
3	416	REGINA PENNEFATHER	00:22:47	.	Manassas
<u>Split Description</u> <u>Split Times</u> <u>Speed</u> <u>Pace</u> <u>Cumulative</u>					
		2500	00:11:18.768	8.2mph	07:16
		Finish	00:11:28.908	8.1mph	07:23

Male 9 & Under

Place	Bib #	Name	Time	Type	City
1	406	BRUNO MENKE	00:22:51	.	Manassas
<u>Split Description</u> <u>Split Times</u> <u>Speed</u> <u>Pace</u> <u>Cumulative</u>					
		2500	00:11:05.049	8.4mph	07:08
		Finish	00:11:46.394	7.9mph	07:34
2	314	THOMAS BAILEY	00:23:29	.	Manassas
<u>Split Description</u> <u>Split Times</u> <u>Speed</u> <u>Pace</u> <u>Cumulative</u>					
		2500	00:11:24.701	8.2mph	07:20
		Finish	00:12:04.602	7.7mph	07:46

Female 9 & Under

Place	Bib #	Name	Time	Type	City
1	393	CAMILLE KRAMER	00:28:35	.	Manassas
<u>Split Description</u> <u>Split Times</u> <u>Speed</u> <u>Pace</u> <u>Cumulative</u>					
		2500	00:13:50.402	6.7mph	08:54
		Finish	00:14:45.209	6.3mph	09:29
2	373	EVELYN HOWELL	00:33:23	.	Manassas
<u>Split Description</u> <u>Split Times</u> <u>Speed</u> <u>Pace</u> <u>Cumulative</u>					
		2500	00:15:51.944	5.9mph	10:12
		Finish	00:17:31.450	5.3mph	11:16

Male 10 - 12

Place	Bib #	Name	Time	Type	City
1	481	QUINTIN DALY	00:21:45	.	
<u>Split Description</u> <u>Split Times</u> <u>Speed</u> <u>Pace</u> <u>Cumulative</u>					
		2500	00:10:53.493	8.6mph	07:00
		Finish	00:10:51.974	8.6mph	06:59
2	396	JUDE LEFFAS	00:21:51	.	Fairfax
<u>Split Description</u> <u>Split Times</u> <u>Speed</u> <u>Pace</u> <u>Cumulative</u>					
		2500	00:09:31.798	9.8mph	06:08
		Finish	00:12:19.525	7.6mph	07:56

Female 10 - 12

Place	Bib #	Name	Time	Type	City
1	356	MARY FRANCIS	00:24:20	.	Manassas
<u>Split Description</u> <u>Split Times</u> <u>Speed</u> <u>Pace</u> <u>Cumulative</u>					
		2500	00:11:45.701	7.9mph	07:34
		Finish	00:12:34.796	7.4mph	08:05
2	383	MARIAN KAY	00:24:37	.	Catlett
<u>Split Description</u> <u>Split Times</u> <u>Speed</u> <u>Pace</u> <u>Cumulative</u>					
		2500	00:12:01.338	7.8mph	07:44
		Finish	00:12:36.129	7.4mph	08:06

Male 13 - 15

Place	Bib #	Name	Time	Type	City
1	446	WILLIAM SHEEDY	00:19:09	.	Warrenton
<u>Split Description</u> <u>Split Times</u> <u>Speed</u> <u>Pace</u> <u>Cumulative</u>					
		2500	00:09:16.254	10.1mph	05:58
		Finish	00:09:52.804	9.4mph	06:21
2	443	GREYSON SHAMBAUGH	00:19:14	.	Manassas
<u>Split Description</u> <u>Split Times</u> <u>Speed</u> <u>Pace</u> <u>Cumulative</u>					
		2500	00:09:27.806	9.8mph	06:05
		Finish	00:09:46.530	9.5mph	06:17

Female 13 - 15

Place	Bib #	Name	Time	Type	City
1	382	CLARE KAY	00:23:47	.	Catlett
<u>Split Description</u> <u>Split Times</u> <u>Speed</u> <u>Pace</u> <u>Cumulative</u>					
		2500	00:11:09.151	8.4mph	07:10
		Finish	00:12:38.738	7.4mph	08:08
2	447	RITA SHEEDY	00:24:48	.	Warrenton
<u>Split Description</u> <u>Split Times</u> <u>Speed</u> <u>Pace</u> <u>Cumulative</u>					
		2500	00:12:07.822	7.7mph	07:48
		Finish	00:12:40.614	7.4mph	08:09

Male 16 - 19

Place	Bib #	Name	Time	Type	City
1	355	GABRIEL DWANE	00:19:44	.	Manassas
<u>Split Description</u> <u>Split Times</u> <u>Speed</u> <u>Pace</u> <u>Cumulative</u>					
		2500	00:09:30.485	9.8mph	06:07
		Finish	00:10:13.823	9.1mph	06:35
2	445	KEVIN SHEEDY	00:21:01	.	Warrenton
<u>Split Description</u> <u>Split Times</u> <u>Speed</u> <u>Pace</u> <u>Cumulative</u>					
		2500	00:09:58.009	9.4mph	06:24
		Finish	00:11:03.836	8.4mph	07:07

Female 16 - 19

Place	Bib #	Name	Time	Type	City
1	389	CORA KRAMER	00:23:36	.	Manassas
<u>Split Description</u> <u>Split Times</u> <u>Speed</u> <u>Pace</u> <u>Cumulative</u>					
		2500	00:11:28.365	8.1mph	07:23
		Finish	00:12:07.812	7.7mph	07:48
2	463	BARBARA WOLTERING	00:25:01	.	Marshall
<u>Split Description</u> <u>Split Times</u> <u>Speed</u> <u>Pace</u> <u>Cumulative</u>					
		2500	00:11:53.986	7.8mph	07:39
		Finish	00:13:07.075	7.1mph	08:26

2025 HFA Memorial 5k

Female 20 - 29

Place	Bib #	Name	Time	Type	City
1	349	MONICA CONROY	00:26:19	.	Manassas
<div> <div><u>Split Description</u></div> <div><u>Split Times</u></div> <div><u>Speed</u></div> <div><u>Pace</u></div> <div><u>Cumulative</u></div> </div> <div> <div>2500</div> <div>00:13:06.430</div> <div>7.1mph</div> <div>08:26</div> <div>00:13:06.430</div> </div> <div> <div>Finish</div> <div>00:13:13.319</div> <div>7.0mph</div> <div>08:30</div> <div>00:26:19.749</div> </div>					
2	418	ANN PENNEFATHER	00:27:33	.	Manassas
<div> <div><u>Split Description</u></div> <div><u>Split Times</u></div> <div><u>Speed</u></div> <div><u>Pace</u></div> <div><u>Cumulative</u></div> </div> <div> <div>2500</div> <div>00:14:05.073</div> <div>6.6mph</div> <div>09:04</div> <div>00:14:05.073</div> </div> <div> <div>Finish</div> <div>00:13:27.953</div> <div>6.9mph</div> <div>08:40</div> <div>00:27:33.026</div> </div>					

Male 30 - 39

Place	Bib #	Name	Time	Type	City
1	459	TIMOTHY VANDER WOUDE	00:19:02	.	Nokesville
<div> <div><u>Split Description</u></div> <div><u>Split Times</u></div> <div><u>Speed</u></div> <div><u>Pace</u></div> <div><u>Cumulative</u></div> </div> <div> <div>2500</div> <div>00:09:19.381</div> <div>10.0mph</div> <div>06:00</div> <div>00:09:19.381</div> </div> <div> <div>Finish</div> <div>00:09:43.126</div> <div>9.6mph</div> <div>06:15</div> <div>00:19:02.507</div> </div>					
2	470	CHRIS AUDINO	00:20:06	.	
<div> <div><u>Split Description</u></div> <div><u>Split Times</u></div> <div><u>Speed</u></div> <div><u>Pace</u></div> <div><u>Cumulative</u></div> </div> <div> <div>2500</div> <div>00:09:21.946</div> <div>10.0mph</div> <div>06:01</div> <div>00:09:21.946</div> </div> <div> <div>Finish</div> <div>00:10:44.543</div> <div>8.7mph</div> <div>06:54</div> <div>00:20:06.489</div> </div>					

Female 30 - 39

Place	Bib #	Name	Time	Type	City
1	457	ELIZABETH TATE	00:26:04	.	Nokesville
<div> <div><u>Split Description</u></div> <div><u>Split Times</u></div> <div><u>Speed</u></div> <div><u>Pace</u></div> <div><u>Cumulative</u></div> </div> <div> <div>2500</div> <div>00:13:07.336</div> <div>7.1mph</div> <div>08:26</div> <div>00:13:07.336</div> </div> <div> <div>Finish</div> <div>00:12:57.462</div> <div>7.2mph</div> <div>08:20</div> <div>00:26:04.798</div> </div>					
2	386	THERESA KOSSEY	00:37:34	.	Fairfax
<div> <div><u>Split Description</u></div> <div><u>Split Times</u></div> <div><u>Speed</u></div> <div><u>Pace</u></div> <div><u>Cumulative</u></div> </div> <div> <div>2500</div> <div>00:17:36.384</div> <div>5.3mph</div> <div>11:20</div> <div>00:17:36.384</div> </div> <div> <div>Finish</div> <div>00:19:58.310</div> <div>4.7mph</div> <div>12:51</div> <div>00:37:34.694</div> </div>					

Male 40 - 49

Place	Bib #	Name	Time	Type	City
1	351	MICHAEL CROSON	00:22:51	.	Manassas
<div> <div><u>Split Description</u></div> <div><u>Split Times</u></div> <div><u>Speed</u></div> <div><u>Pace</u></div> <div><u>Cumulative</u></div> </div> <div> <div>2500</div> <div>00:11:17.027</div> <div>8.3mph</div> <div>07:15</div> <div>00:11:17.027</div> </div> <div> <div>Finish</div> <div>00:11:34.344</div> <div>8.1mph</div> <div>07:26</div> <div>00:22:51.371</div> </div>					
2	451	BRIG SLOCUM	00:23:55	.	Manassas
<div> <div><u>Split Description</u></div> <div><u>Split Times</u></div> <div><u>Speed</u></div> <div><u>Pace</u></div> <div><u>Cumulative</u></div> </div> <div> <div>2500</div> <div>00:12:11.028</div> <div>7.6mph</div> <div>07:50</div> <div>00:12:11.028</div> </div> <div> <div>Finish</div> <div>00:11:44.329</div> <div>7.9mph</div> <div>07:33</div> <div>00:23:55.357</div> </div>					

Female 40 - 49

Place	Bib #	Name	Time	Type	City
1	353	MELANIE DUCHATEAU	00:30:44	.	Woodbridge
<div> <div><u>Split Description</u></div> <div><u>Split Times</u></div> <div><u>Speed</u></div> <div><u>Pace</u></div> <div><u>Cumulative</u></div> </div> <div> <div>2500</div> <div>00:15:08.252</div> <div>6.2mph</div> <div>09:44</div> <div>00:15:08.252</div> </div> <div> <div>Finish</div> <div>00:15:36.164</div> <div>6.0mph</div> <div>10:02</div> <div>00:30:44.416</div> </div>					

Male 50 - 59

Place	Bib #	Name	Time	Type	City
1	492	BRENT SCOTT	00:22:12	.	Manassas
<div> <div><u>Split Description</u></div> <div><u>Split Times</u></div> <div><u>Speed</u></div> <div><u>Pace</u></div> <div><u>Cumulative</u></div> </div> <div> <div>2500</div> <div>00:10:54.075</div> <div>8.6mph</div> <div>07:01</div> <div>00:10:54.075</div> </div> <div> <div>Finish</div> <div>00:11:18.451</div> <div>8.2mph</div> <div>07:16</div> <div>00:22:12.526</div> </div>					
2	456	RICK STOREY	00:25:24	.	Warrenton
<div> <div><u>Split Description</u></div> <div><u>Split Times</u></div> <div><u>Speed</u></div> <div><u>Pace</u></div> <div><u>Cumulative</u></div> </div> <div> <div>2500</div> <div>00:12:43.754</div> <div>7.3mph</div> <div>08:11</div> <div>00:12:43.754</div> </div> <div> <div>Finish</div> <div>00:12:40.911</div> <div>7.3mph</div> <div>08:09</div> <div>00:25:24.665</div> </div>					

Female 50 - 59

Place	Bib #	Name	Time	Type	City
1	417	DEIRDRE PENNEFATHER	00:29:15	.	Manassas
<div> <div><u>Split Description</u></div> <div><u>Split Times</u></div> <div><u>Speed</u></div> <div><u>Pace</u></div> <div><u>Cumulative</u></div> </div> <div> <div>2500</div> <div>00:14:38.089</div> <div>6.4mph</div> <div>09:25</div> <div>00:14:38.089</div> </div> <div> <div>Finish</div> <div>00:14:37.879</div> <div>6.4mph</div> <div>09:25</div> <div>00:29:15.968</div> </div>					

Female 60 & Over

Place	Bib #	Name	Time	Type	City
1	369	BARBARA HEALY	00:37:34	.	Reston
<div> <div><u>Split Description</u></div> <div><u>Split Times</u></div> <div><u>Speed</u></div> <div><u>Pace</u></div> <div><u>Cumulative</u></div> </div> <div> <div>2500</div> <div>00:17:36.612</div> <div>5.3mph</div> <div>11:20</div> <div>00:17:36.612</div> </div> <div> <div>Finish</div> <div>00:19:57.865</div> <div>4.7mph</div> <div>12:51</div> <div>00:37:34.477</div> </div>					