2026 Senior Games 5k

Female 50 - 54

Place	Bib #	Name	Time	Type	City
1	23	ANN KRISTIN DYRKOLBOTN	00:24:26	Runner	Virginia Beach

Split Description	Split Times	Speed	Pace	Cumulative
Finish	00:07:50.231	0.0mph		00:07:50.231
Split 2	00:08:16.916	7.5mph	07:59	00:16:07.147
Split 3	00:08:19.273	7.5mph	08:02	00:24:26.420

Male 55 - 59

Place	Bib #	Name	Time	Type	City
1	10	HOWARD HARDAWAY	00:25:29	Runner	Culpeper

Split Description	Split Times	Speed	Pace	Cumulative
Finish	00:08:32.056	0.0mph		00:08:32.056
Split 2	00:08:26.284	7.4mph	08:08	00:16:58.340
Split 3	00:08:31.247	7.3mph	08:13	00:25:29.587

Female 55 - 59

Place	Bib #	Name	Time	Type	City
1	24	DANIELLE HARDAWAY	00:28:05	Runner	Culpeper

Split Description	Split Times	Speed	Pace	Cumulative
Finish	00:09:19.357	0.0mph		00:09:19.357
Split 2	00:09:27.523	6.6mph	09:08	00:18:46.880
Split 3	00:09:18.806	6.7mph	08:59	00:28:05.686

Male 60 - 64

Place	Bib #	Name	Time	Type	City
1	13	JEFF FARR	00:25:25	Runner	Vienna

Split Description	Split Times	Speed	Pace	Cumulative
Finish	00:08:03.575	0.0mph		00:08:03.575
Split 2	00:08:53.620	7.0mph	08:35	00:16:57.195
Split 3	00:08:28.581	7.3mph	08:11	00:25:25.776

Place	Bib #	Name	Time	Type	City
2	12	EDWARD CAPRIGLIONE	00:31:15	Runner	Midlothian

Split Description	Split Times	Speed	Pace	Cumulative
Finish	00:09:27.079	0.0mph		00:09:27.079
Split 2	00:10:26.559	6.0mph	10:05	00:19:53.638
Split 3	00:11:22.073	5.5mph	10:58	00:31:15.711

Female 60 - 64

Place	Bib #	Name	Time	Type	City
1	25	MARGERY BUGEN	00:25:25	Runner	Montpelier

Split Description	Split Times	Speed	Pace	Cumulative
Finish	00:08:25.004	0.0mph		00:08:25.004
Split 2	00:08:33.324	7.3mph	08:15	00:16:58.328
Split 3	00:08:27.458	7.3mph	08:10	00:25:25.786

Place	Bib #	Name	Time	Type	City
2	29	BECKY UPTON	00:30:11	Runner	Virginia Beach

Split Description	Split Times	Speed	Pace	Cumulative
Finish	00:09:39.122	0.0mph		00:09:39.122
Split 2	00:10:04.208	6.2mph	09:43	00:19:43.330
Split 3	00:10:28.177	5.9mph	10:06	00:30:11.507

Male 65 - 69

Place	Bib #	Name	Time	Type	City
1	15	RANDY PURYEAR	00:29:34	Runner	Glen Allen

Split Description	Split Times	Speed	Pace	Cumulative
Finish	00:09:14.500	0.0mph		00:09:14.500
Split 2	00:10:03.600	6.2mph	09:42	00:19:18.100
Split 3	00:10:16.538	6.0mph	09:55	00:29:34.638

Female 70 - 74

Place	Bib #	Name	Time	Type	City
1	49	LYNNE KRITTER	00:34:50	Runner	Culpeper

Split Description	Split Times	Speed	Pace	Cumulative
Finish	00:11:20.149	0.0mph		00:11:20.149
Split 2	00:11:38.685	5.3mph	11:14	00:22:58.834
Split 3	00:11:51.969	5.2mph	11:27	00:34:50.803

Male 75 - 79

Place	Bib #	Name	Time	Type	City
1	58	JOHN L DAVIS	00:27:27	Runner	Wellsburg

Split Description	Split Times	Speed	Pace	Cumulative
Finish	00:09:18.737	0.0mph		00:09:18.737
Split 2	00:09:14.857	6.7mph	08:55	00:18:33.594
Split 3	00:08:53.541	7.0mph	08:35	00:27:27.135

Place	Bib #	Name	Time	Type	City
2	20	LOUIS TRIANDAFILOU	00:37:53	Runner	Baltimore

Split Description	Split Times	Speed	Pace	Cumulative
Finish	00:12:20.526	0.0mph		00:12:20.526
Split 2	00:12:50.963	4.8mph	12:24	00:25:11.489
Split 3	00:12:42.310	4.9mph	12:16	00:37:53.799

Male 80 - 84

Place	Bib #	Name	Time	Type	City
1	21	WILLIAM CHADIM	00:42:27	Runner	Midlothian

Split Description	Split Times	Speed	Pace	Cumulative
Finish	00:13:44.641	0.0mph		00:13:44.641
Split 2	00:14:25.256	4.3mph	13:55	00:28:09.897
Split 3	00:14:17.373	4.3mph	13:47	00:42:27.270