

<u>Age Group</u>	<u>Place</u>	<u>NO.</u>	<u>NAME</u>	<u>CITY</u>	<u>ST</u>	<u>age</u>	<u>sex</u>	<u>s plc</u>	<u>swim</u>	<u>b plc</u>	<u>bike</u>	<u>r plc</u>	<u>Run</u>	<u>O place</u>	<u>Overall Time</u>	<u>Awards</u>
10-12	73	682	Ryan Murphy	Herndon	VA	12	F	9	5:37	134	31:37:00	88	15:33	73	52:46:00	1
10-12	303	1004	Jamie Spiers	Potomac	MD	11	F	302	14:42	305	54:32:00	259	21:29	303	1:30:41	2
13-15	84	711	Hailey Jones	Odenton	MD	13	F	11	5:41	88	29:53:00	182	18:15	84	53:47:00	1
13-15	198	681	Anna Marron	Manassas	VA	15	F	48	6:25	257	37:47:00	184	18:16	198	1:02:27	2
13-15	217	769	Jennifer Markin	Fairfax	VA	14	F	124	7:49	261	38:03:00	195	18:33	217	1:04:25	3
13-15	236	900	Caitlin Megonigal	Dunkirk	MD	15	F	178	8:48	279	40:27:00	135	17:11	236	1:06:24	
13-15	297	895	Mary Pettengill	Manassas	VA	15	F	261	10:45	297	45:35:00	291	26:03:00	297	1:22:22	
13-15		726	Allison Brady	Great Falls	VA	13	F	84	7:09					DNF		
16-19	67	754	Hannah Lowell	Catlett	VA	16	F	122	7:47	49	27:54:00	107	16:12	67	51:53:00	1
16-19	196	670	Laura Hoover	Annandale	VA	18	F	3	5:03	253	37:25:00	237	19:50	196	1:02:18	2
20-24	28	689	Kathryn Bailey	Washington	DC	24	F	20	5:55	41	27:44:00	67	14:59	28	48:37:00	1
20-24	47	912	Elizabeth Light	Montgomery Vil	MD	23	F	162	8:24	5	23:35	168	18:01	47	49:58:00	2
20-24	63	807	Alexandra Davolos	Washington	DC	24	F	82	7:09	67	28:56:00	91	15:40	63	51:43:00	3
20-24	66	693	Nicole Martinez	Woodbridge	VA	22	F	7	5:26	115	31:08:00	86	15:20	66	51:53:00	
20-24	76	894	Kathleen Sims	Arlington	VA	20	F	138	8:10	128	31:28:00	27	13:21	76	52:57:00	
20-24	124	808	Shannon Smith	Marshall	VA	22	F	67	6:53	148	32:13:00	160	17:43	124	56:48:00	
20-24	128	1018	Sarah McGorden	Falls Church	VA	23	F	117	7:42	184	33:44:00	89	15:39	128	57:03:00	
20-24	130	822	Teresa Bonistalli	Elkridge	MD	23	F	68	6:55	166	32:51:00	146	17:24	130	57:08:00	
20-24	144	825	Laura Baker	Edenton	NC	22	F	148	8:14	183	33:43:00	105	16:11	144	58:08:00	
20-24	193	968	Emily Newton	Millersville	MD	22	F	168	8:30	189	34:03:00	226	19:35	193	1:02:07	
20-24	213	941	Rachel Manwill	Upper Marlboro	MD	24	F	126	7:53	194	34:24:00	258	21:26	213	1:03:43	
20-24	244	768	Megan O'Byrne	Washington	DC	24	F	60	6:41	248	37:13:00	281	23:25	244	1:07:19	
20-24	263	911	Krista Wohlenberg	Silver Spring	MD	24	F	163	8:26	282	41:31:00	238	19:52	263	1:09:47	
20-24	270	723	Emily Morgan	Falls Church	VA	23	F	90	7:15	274	39:45:00	283	23:57	270	1:10:55	
20-24	289	859	Lauren Tyson	Severna Park	MD	21	F	251	10:23	300	48:14:00	212	18:59	289	1:17:35	
25-29	25	800	Angel Stone	Arlington	VA	29	F	95	7:21	21	26:46:00	34	13:45	25	47:51:00	3rd Female
25-29	60	714	Jana Poscharsky	Arlington	VA	29	F	43	6:20	52	27:57:00	134	17:10	60	51:25:00	1
25-29	91	857	Jennifer Hubbard	Manassas Park	VA	29	F	189	8:53	93	30:07:00	73	15:10	91	54:10:00	2
25-29	101	773	Rachelle Lasken	Clifton	VA	27	F	101	7:29	79	29:39:00	151	17:32	101	54:38:00	3
25-29	119	677	Leslie Klinger	Stafford	VA	27	F	10	5:38	186	33:52:00	125	16:55	119	56:24:00	
25-29	135	767	Kara Harms	Arlington	VA	25	F	46	6:22	143	32:06:00	208	18:58	135	57:24:00	
25-29	148	707	Jennifer Murphy	Fairfax	VA	29	F	50	6:27	121	31:19:00	250	20:42	148	58:27:00	
25-29	153	805	Meredith Russell	Fairfax	VA	26	F	159	8:20	123	31:21:00	219	19:10	153	58:50:00	
25-29	155	804	Kelly Stone	Bristow	VA	27	F	59	6:40	205	34:56:00	141	17:22	155	58:57:00	
25-29	171	749	Heather Fulmines	Gainesville	VA	29	F	125	7:50	153	32:19:00	235	19:49	171	59:58:00	
25-29	202	932	Christina Gamez	Vienna	VA	28	F	224	9:28	231	36:22:00	133	17:04	202	1:02:53	
25-29	206	678	Erin Pokrzywa	Alexandria	VA	26	F	15	5:47	264	38:38:00	205	18:50	206	1:03:13	
25-29	214	843	Lisa Genello	Arlington	VA	28	F	186	8:52	238	36:40:00	181	18:15	214	1:03:46	
25-29	220	821	Rhea Kennedy	Washington	DC	27	F	179	8:49	245	37:07:00	207	18:55	220	1:04:50	
25-29	224	1023	Tracy Chandler	Bristow	VA	29	F	98	7:24	262	38:05:00	225	19:34	224	1:05:03	
25-29	228	997	Jonathan Daniels	Gainesville	VA	29	F	305	15:02	244	37:06:00	30	13:31	228	1:05:37	
25-29	240	940	Cheryl Yaniscavich	Fredericksburg	VA	28	F	298	13:55	228	35:54:00	127	16:56	240	1:06:43	

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25-29	241	824	Barbara Francis	Falls Church	VA	28	F	137	8:08	236	36:39:00	270	22:10	241	1:06:56	
25-29	255	845	Jessica Hontiveros	Louisa	VA	27	F	200	9:04	234	36:31:00	277	23:01	255	1:08:35	
25-29	302	896	Erica Erickson	Silver Spring	MD	26	F	259	10:38	307	1:02:04	61	14:53	302	1:27:35	
25-29	304	1013	Nicole Cerquitella	Falls Church	VA	29	F	300	14:27	301	48:31:00	304	30:36:00	304	1:33:32	
25-29		752	Emily Felker	Reston	VA	26	F	65	6:51					DNF		
30-34	18	766	Leslie Barnes	Durham	NC	33	F	70	6:56	43	27:49:00	9	12:39	18	47:23:00	2nd Female
30-34	35	746	Katherine Lowery	Bluemont	VA	33	F	71	6:57	40	27:41:00	51	14:33	35	49:11:00	1
30-34	49	838	Tammy Carr	Boyds	MD	33	F	161	8:21	58	28:20:00	28	13:27	49	50:07:00	2
30-34	59	729	Amy Button	Centreville	VA	30	F	34	6:09	85	29:50:00	82	15:17	59	51:16:00	3
30-34	69	837	Molly Castille	Silver Spring	MD	34	F	158	8:20	106	30:47:00	19	13:08	69	52:13:00	
30-34	79	706	Anita Scott	Silver Spring	MD	32	F	76	7:04	68	28:58:00	136	17:13	79	53:13:00	
30-34	104	798	Geralyn Winters	Leesburg	VA	31	F	166	8:28	63	28:46:00	164	17:47	104	54:59:00	
30-34	123	965	Maura Fitzgerald	Arlington	VA	30	F	156	8:19	110	31:02:00	144	17:23	123	56:44:00	
30-34	139	841	Marlis Sidletsky	Richmond Hill	GA	32	F	194	8:59	122	31:21:00	150	17:29	139	57:48:00	
30-34	150	1022	Katrina Kooney	Arlington	VA	33	F	192	8:56	155	32:27:00	139	17:16	150	58:38:00	
30-34	151	820	Margaret Zaepfel	Leesburg	VA	33	F	198	9:02	112	31:04:00	201	18:40	151	58:45:00	
30-34	161	887	Hayley Davis	North Myrtle B	SC	32	F	174	8:41	139	31:52:00	200	18:39	161	59:11:00	
30-34	164	760	Karen Willard	Arlington	VA	31	F	64	6:50	200	34:49:00	162	17:46	164	59:24:00	
30-34	176	797	Leslie Hurt	Newport News	VA	32	F	155	8:17	180	33:42:00	204	18:49	176	1:00:48	
30-34	180	728	Tammy Farmer	Alexandria	VA	33	F	81	7:07	150	32:17:00	266	21:54	180	1:01:17	
30-34	185	672	Mara Csokmay	Silver Spring	MD	31	F	19	5:53	197	34:39:00	253	20:57	185	1:01:28	
30-34	200	964	Melissa Bartlett	Winchester	VA	30	F	145	8:13	227	35:54:00	189	18:25	200	1:02:30	
30-34	208	989	Tracey Shea	Reston	VA	33	F	202	9:04	254	37:27:00	122	16:51	208	1:03:21	
30-34	210	947	Robert Tolson	Gainesville	VA	34	F	233	9:46	218	35:38:00	176	18:06	210	1:03:29	
30-34	218	759	Jodie Stellern	Palmyra	VA	32	F	80	7:05	195	34:33:00	275	22:56	218	1:04:34	
30-34	276	890	Heather Murphy	Fairfax	VA	31	F	229	9:41	207	35:05:00	297	28:26:00	276	1:13:11	
30-34	277	799	Jennifer Halpern	Takoma Park	MD	30	F	223	9:28	291	43:00:00	257	21:06	277	1:13:33	
30-34	279	910	Wendy Ligon	Fairfax	VA	34	F	262	10:48	246	37:12:00	292	26:10:00	279	1:14:08	
30-34	280	886	Kelli James	Fairfax	VA	33	F	279	11:45	290	42:56:00	232	19:47	280	1:14:26	
30-34	281	963	Heather Walters	Arlington	VA	33	F	291	13:17	272	39:11:00	273	22:38	281	1:15:05	
30-34	290	961	Lisa McCabe	Woodbridge	VA	34	F	287	12:59	235	36:39:00	296	28:25:00	290	1:18:03	
35-39	16	671	Alisa Prendergast	Stafford	VA	39	F	5	5:17	25	26:55:00	68	15:00	16	47:12:00	1st Female
35-39	48	787	Mollie Roth	Washington	DC	39	F	40	6:18	61	28:30:00	85	15:18	48	50:05:00	1
35-39	52	718	Janice Kiernan	Alexandria	VA	39	F	33	6:08	131	31:30:00	17	13:01	52	50:38:00	2
35-39	80	792	Catherine Leggett	Norfolk	VA	36	F	111	7:38	76	29:33:00	101	16:05	80	53:16:00	3
35-39	82	763	Alice Wiesner	Vienna	VA	37	F	103	7:30	80	29:42:00	104	16:10	82	53:20:00	
35-39	89	703	Jennifer Ryan	Springfield	VA	37	F	44	6:20	82	29:43:00	172	18:04	89	54:05:00	
35-39	93	704	Daphne Callender	Springfield	VA	35	F	190	8:54	94	30:12:00	76	15:11	93	54:15:00	
35-39	95	705	Ariel Lotz	Woodbridge	VA	35	F	37	6:16	77	29:38:00	194	18:33	95	54:26:00	
35-39	102	788	Stephanie Brinley	Manassas	VA	38	F	151	8:15	105	30:44:00	98	15:56	102	54:54:00	
35-39	108	720	Micki Hultquist	Gaithersburg	MD	37	F	39	6:17	174	33:09:00	103	16:05	108	55:31:00	
35-39	143	683	Alison Moore	Gainesville	VA	37	F	8	5:36	178	33:26:00	211	18:59	143	58:01:00	

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35-39	145	741	Deborah Brooks	Falls Church	VA	38	F	164	8:26	144	32:06:00	161	17:43	145	58:13:00	
35-39	146	819	Therese Griffin	Manassas	VA	35	F	201	9:04	149	32:15:00	128	16:56	146	58:14:00	
35-39	156	791	Jennifer Shipley	Washington	DC	38	F	107	7:36	137	31:44:00	229	19:38	156	58:57:00	
35-39	158	882	Amy O'Connor	Potomac Falls	VA	38	F	248	10:14	92	30:07:00	202	18:44	158	59:03:00	
35-39	159	884	Shannon Trust	Herndon	VA	36	F	210	9:14	89	30:02:00	233	19:49	159	59:04:00	
35-39	163	906	Anne Halal	Alexandria	VA	38	F	171	8:37	147	32:13:00	191	18:32	163	59:21:00	
35-39	173	721	Mona Sur	Washington	DC	36	F	55	6:32	217	35:35:00	183	18:16	173	1:00:22	
35-39	175	1000	Debra Lovette	Springfield	VA	35	F	270	11:09	132	31:31:00	174	18:05	175	1:00:45	
35-39	177	938	Judy Hambleton	Winchester	VA	37	F	217	9:24	152	32:18:00	218	19:08	177	1:00:49	
35-39	189	772	Leaann Fritsch	Nokesville	VA	37	F	113	7:40	204	34:55:00	222	19:22	189	1:01:56	
35-39	205	879	Susan Airola-Skully	Alexandria	VA	38	F	182	8:51	206	34:58:00	221	19:22	205	1:03:10	
35-39	207	719	Lori Prendergast	Fairfax	VA	39	F	116	7:42	226	35:53:00	230	19:43	207	1:03:17	
35-39	212	789	Sharlene Holladay	Manassas	VA	38	F	183	8:51	222	35:47:00	210	18:59	212	1:03:37	
35-39	216	933	Marnie Glaebberman	Washington	DC	37	F	271	11:18	219	35:41:00	137	17:16	216	1:04:14	
35-39	219	925	Michelle McGregor	Washington	DC	37	F	232	9:43	242	36:57:00	167	17:58	219	1:04:37	
35-39	227	880	Meredith Buchanan	Sterling	VA	38	F	283	12:05	199	34:47:00	199	18:38	227	1:05:29	
35-39	229	946	Beth Blankenship	Reston	VA	36	F	191	8:56	250	37:22:00	224	19:31	229	1:05:48	
35-39	230	1014	Gwen Buttrum	McLean	VA	35	F	205	9:08	237	36:39:00	243	20:02	230	1:05:48	
35-39	233	1025	Kristen Day	Vienna	VA	38	F	118	7:43	252	37:23:00	254	20:59	233	1:06:03	
35-39	237	897	Catheryne Pully	Washington	DC	35	F	188	8:53	251	37:22:00	246	20:17	237	1:06:32	
35-39	238	907	Denise Raybon	Alexandria	VA	36	F	280	11:46	220	35:41:00	217	19:08	238	1:06:34	
35-39	245	1003	Ellen Schein	Potomac	MD	37	F	177	8:46	211	35:11:00	280	23:23	245	1:07:19	
35-39	252	744	Carrie Dugan Brubake	Falls Church	VA	35	F	78	7:04	283	41:33:00	239	19:53	252	1:08:30	
35-39	254	985	Hannah Jarvis	Winchester	VA	38	F	215	9:19	284	41:35:00	159	17:41	254	1:08:34	
35-39	259	794	Elizabeth Molloy	Centreville	VA	35	F	135	8:05	268	38:57:00	268	22:01	259	1:09:02	
35-39	269	702	Katie Caldwell	Kensington	MD	25	F	263	10:51	278	40:16:00	227	19:35	269	1:10:40	
35-39	284	992	Lisa Brown	Woodbridge	VA	38	F	265	11:00	265	38:49:00	290	25:49:00	284	1:15:37	
35-39	296	948	Michele Tubbs	Dumfries	VA	35	F	285	12:14	293	44:13:00	287	25:34:00	296	1:22:00	
35-39	300	795	Connie Muse	Ashburn	VA	35	F	293	13:25	288	42:09:00	302	29:50:00	300	1:25:24	
35-39		986	Regina Lewis	Paeonian Sprin	VA	38	F	152	8:15					DNF		
40-44	37	731	Martha Huizenga	Washington	DC	40	F	31	6:05	75	29:20:00	41	13:53	37	49:17:00	1
40-44	77	699	Jean Nodine	Derwood	MD	44	F	86	7:11	108	30:59:00	60	14:52	77	53:01:00	2
40-44	83	717	Kristy Wallmo	Silver Spring	MD	40	F	30	6:04	107	30:51:00	117	16:39	83	53:33:00	3
40-44	149	955	Kathleen Meeks-Hall	Perry Hall	MD	44	F	256	10:32	100	30:30:00	149	17:26	149	58:28:00	
40-44	157	865	Deborah Bowers	Dunn Loring	VA	44	F	131	8:01	74	29:14:00	265	21:47	157	59:01:00	
40-44	160	831	Bonnie Gurney	Reston	VA	40	F	169	8:33	162	32:39:00	166	17:56	160	59:07:00	
40-44	165	774	Miriam Friedman	Silver Spring	MD	43	F	139	8:10	187	34:01:00	138	17:16	165	59:25:00	
40-44	168	785	Tamara Scannell	Leesburg	VA	40	F	144	8:12	124	31:23:00	241	19:58	168	59:33:00	
40-44	169	944	Deb Weber	Waterford	VA	44	F	238	9:55	172	33:05:00	124	16:53	169	59:52:00	
40-44	172	737	Susan Sheehan	Haymarket	VA	44	F	119	7:44	190	34:05:00	186	18:22	172	1:00:10	
40-44	190	867	Susan Kruchten	Leesburg	VA	44	F	175	8:43	214	35:19:00	169	18:02	190	1:02:03	
40-44	231	915	Kelly Oesterblad	Leesburg	VA	40	F	260	10:39	198	34:40:00	248	20:31	231	1:05:49	

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40-44	243	956	Kathy Moston	Manassas	VA	43	F	276	11:36	196	34:36:00	252	20:57	243	1:07:08	
40-44	247	877	Dee Salazar	Huntingtown	MD	40	F	286	12:26	249	37:21:00	185	18:18	247	1:08:03	
40-44	249	780	Kay Bostjanick	Manassas	VA	42	F	235	9:47	239	36:50:00	261	21:31	249	1:08:08	
40-44	251	904	Amy Knapp	Springfield	VA	40	F	253	10:29	230	36:21:00	262	21:40	251	1:08:29	
40-44	264	903	Amy Craig	Fairfax	VA	43	F	239	9:55	241	36:57:00	276	23:00	264	1:09:51	
40-44	268	868	Susan Somersall	Leesburg	VA	44	F	173	8:40	215	35:28:00	293	26:17:00	268	1:10:24	
40-44	272	982	Annice Lee	Vienna	VA	43	F	296	13:52	229	35:54:00	267	21:58	272	1:11:42	
40-44	285	1002	Attiya Malik	Washington	DC	40	F	313	18:38	176	33:22:00	282	23:52	285	1:15:51	
40-44	287	922	Karen Connors	Leesburg	VA	43	F	264	10:58	276	40:06:00	289	25:45:00	287	1:16:48	
40-44	292	1007	Cindy Spiers	Potomac	MD	43	F	275	11:32	260	38:00:00	301	29:45:00	292	1:19:16	
40-44	295	957	Christine Ramirez	Bethesda	MD	43	F	184	8:52	304	50:16:00	269	22:07	295	1:21:14	
40-44	306	999	Maureen Erickson	Leesburg	VA	43	F	309	17:40	299	47:20:00	308	32:29:00	306	1:37:28	
40-44	307	996	Mia Ruggles	Manassas	VA	43	F	314	19:37	294	44:46:00	299	35:30:00	307	1:39:51	
40-44		936	Stephany Bellomo	McLean	VA	40	F	240	9:55					DNF		
45-49	44	716	Leslie Anchor	Rockville	MD	45	F	32	6:06	70	28:58:00	53	14:37	44	49:40:00	1
45-49	115	778	Jo Ann Colbert	Oakton	VA	46	F	185	8:52	120	31:16:00	95	15:47	115	55:54:00	2
45-49	201	698	Jennifer Gittins	Annandale	VA	45	F	42	6:18	232	36:22:00	244	20:09	201	1:02:48	3
45-49	286	998	Diane Manwill	Upper Marlboro	MD	48	F	310	17:59	281	40:55:00	157	17:37	286	1:16:30	
45-49		951	Shiela Bostelmann	Annapolis	MD	48	F	312	18:17		dnf	295	26:38:00	DNF		
50-54	110	975	Kathy Manzo	Casanova	VA	52	F	241	9:56	96	30:15:00	87	15:30	110	55:40:00	1
50-54	129	861	Clarissa Reberkenny	Alexandria	VA	53	F	207	9:10	91	30:05:00	165	17:52	129	57:06:00	2
50-54	147	733	Lora Hindenburg	Fairfax Statio	VA	50	F	99	7:24	136	31:42:00	220	19:15	147	58:21:00	3
50-54	239	995	Gail Chow	Washington	DC	51	F	234	9:47	225	35:52:00	256	21:03	239	1:06:41	
50-54	248	950	Suzanne Shaw	Alexandria	VA	53	F	308	16:19	182	33:43:00	173	18:04	248	1:08:05	
50-54	256	860	Joy Smith	Woodbridge	VA	50	F	197	9:01	117	31:10:00	298	28:41:00	256	1:08:52	
50-54	291	862	Ellen Rosen	McLean	VA	53	F	176	8:45	296	44:50:00	288	25:35:00	291	1:19:09	
55-59	199	827	Gigi Castle	Springfield	VA	55	F	195	9:00	109	31:02:00	271	22:28	199	1:02:29	1
55-59	298	949	Nancy Murphy	Waldorf	MD	55	F	269	11:08	280	40:33:00	307	32:14:00	298	1:23:54	2
60+	140	826	Ruth Hamilton	McLean	VA	60	F	208	9:11	84	29:47:00	206	18:54	140	57:52:00	1
60+	261	916	Rosemary Jellish	Alexandria	VA	63	F	292	13:20	212	35:12:00	251	20:45	261	1:09:16	2
10-12	39	712	Austin Dickey	Broadlands	VA	12	M	14	5:47	62	28:38:00	64	14:56	39	49:20:00	1
10-12	64	810	Alistair Andrulis	Washington	DC	12	M	47	6:22	81	29:42:00	93	15:42	64	51:45:00	2
10-12	141	686	Skyler White	Centreville	VA	11	M	38	6:16	208	35:07:00	115	16:35	141	57:58:00	3
10-12	181	732	Benjamin Samuels	Fairfax	VA	12	M	72	6:57	213	35:14:00	216	19:07	181	1:01:17	
10-12	234	974	Finn Petrides	Leesburg	VA	12	M	250	10:22	256	37:44:00	175	18:05	234	1:06:11	
10-12	250	770	Jacob Markin	Fairfax	VA	11	M	104	7:30	277	40:14:00	249	20:32	250	1:08:15	
10-12	265	849	David Roberts	Springfield	VA	11	M	267	11:03	233	36:26:00	272	22:32	265	1:10:00	
13-15	7	697	Will Shearer	Fairfax Statio	VA	13	M	13	5:45	7	24:40:00	40	13:52	7	44:16:00	1
13-15	12	690	Dylan Morgan	Fairfax Statio	VA	13	M	6	5:22	37	27:31:00	12	12:41	12	45:33:00	2
13-15	56	694	Jeremy Samuels	Fairfax	VA	14	M	17	5:49	83	29:46:00	79	15:14	56	50:48:00	3
13-15	109	756	Tyler Shiels	Stafford	VA	13	M	66	6:53	125	31:23:00	142	17:22	109	55:38:00	
13-15	178	809	Reese Shaw	Alexandria	VA	13	M	77	7:04	224	35:50:00	178	18:10	178	1:01:02	

<u>Age Group</u>	<u>Place</u>	<u>NO.</u>	<u>NAME</u>	<u>CITY</u>	<u>ST</u>	<u>age</u>	<u>sex</u>	<u>s plc</u>	<u>swim</u>	<u>b plc</u>	<u>bike</u>	<u>r plc</u>	<u>Run</u>	<u>O place</u>	<u>Overall Time</u>	<u>Awards</u>
13-15	226	994	Drew Ruggles	Manassas	VA	15	M	294	13:25	271	39:11:00	13	12:47	226	1:05:22	
13-15	266	755	Steven Connors li	Leesburg	VA	14	M	106	7:36	263	38:14:00	286	24:13:00	266	1:10:02	
16-19	57	727	Bradley Kurtzman	Oakton	VA	18	M	79	7:05	103	30:34:00	23	13:14	57	50:51:00	1
16-19	103	913	Jeffrey Bennett	Oak Hill	VA	19	M	180	8:50	146	32:13:00	42	13:56	103	54:58:00	2
20-24	2	1026	Dawid Pietrzak	Alexandria	VA	21	M	22	5:56	4	23:33	3	11:12	2	40:40:00	2nd Male
20-24	4	753	Graham Abel	Monrovia	MD	22	M	45	6:21	3	23:30	7	12:01	4	41:51:00	1
20-24	6	680	Randy Carroll	Annandale	VA	23	M	4	5:15	36	27:29:00	2	11:02	6	43:45:00	2
20-24	13	776	Kurt Kuehne	Frederick	MD	21	M	108	7:37	48	27:53:00	1	10:26	13	45:56:00	3
20-24	30	710	Casey Barrett	Herndon	VA	21	M	28	6:02	53	28:00:00	55	14:38	30	48:39:00	
20-24	92	846	Jeffrey Grabosky	Alexandria	VA	24	M	212	9:16	116	31:08:00	37	13:49	92	54:12:00	
20-24	116	893	John Cancian	Arlington	VA	22	M	136	8:06	113	31:06:00	119	16:43	116	55:54:00	
20-24	117	725	Patrick Rainey	Arlington	VA	23	M	21	5:55	170	33:02:00	131	17:01	117	55:57:00	
20-24		685	Clayton Joyner	Annandale	VA	23	M	16	5:49					DNF		
25-29	5	715	J.R. Stratton	Falls Church	VA	28	M	41	6:18	6	23:59	8	12:23	5	42:39:00	1
25-29	14	669	Jeffrey Strahota	Chevy Chase	MD	27	M	1	4:55	42	27:45:00	39	13:51	14	46:30:00	2
25-29	19	722	Michael Bonistalli	Bethesda	MD	25	M	35	6:12	23	26:49:00	50	14:28	19	47:28:00	3
25-29	23	673	Evan Thayer	Arlington	VA	28	M	27	5:59	9	25:07:00	116	16:36	23	47:41:00	
25-29	65	803	Kris Cuccinelli	Falls Church	VA	27	M	89	7:15	104	30:34:00	44	14:00	65	51:48:00	
25-29	74	966	Nicholas Luppino	Odenton	MD	26	M	227	9:33	64	28:50:00	49	14:28	74	52:50:00	
25-29	81	1017	Jason Dale	Falls Church	VA	25	M	243	10:06	90	30:04:00	20	13:09	81	53:18:00	
25-29	85	851	Lawrence Sneed	Norfolk	VA	28	M	153	8:16	54	28:07:00	148	17:25	85	53:48:00	
25-29	88	750	Ryan Martin	Edmond	OK	29	M	216	9:21	129	31:29:00	21	13:10	88	53:59:00	
25-29	90	977	Mark Herzog	Arlington	VA	28	M	299	14:09	32	27:14:00	14	12:47	90	54:09:00	
25-29	118	751	Ron Willoughby	College Park	MD	29	M	36	6:14	138	31:48:00	187	18:22	118	56:23:00	
25-29	120	892	Edward Branagan	Gaithersburg	MD	26	M	247	10:14	160	32:34:00	32	13:39	120	56:25:00	
25-29	122	801	Thomas Hogarty	Sterling	VA	28	M	92	7:17	173	33:08:00	106	16:12	122	56:36:00	
25-29	133	844	Pablo Gamez	Vienna	VA	28	M	129	7:59	135	31:41:00	154	17:35	133	57:15:00	
25-29	134	899	Matthew Cancian	Arlington	VA	25	M	206	9:09	156	32:28:00	94	15:46	134	57:22:00	
25-29	162	991	Anthony Jordan	Elkridge	MD	27	M	127	7:56	193	34:21:00	129	16:58	162	59:14:00	
25-29	174	993	Robert Krass	Ashburn	VA	29	M	284	12:12	118	31:13:00	140	17:17	174	1:00:41	
25-29	187	708	Bobby Cox	Washington	DC	27	M	53	6:31	191	34:12:00	255	21:02	187	1:01:44	
25-29	191	858	Christopher Bradley	Norfolk	VA	26	M	133	8:03	158	32:30:00	260	21:31	191	1:02:03	
25-29	222	1006	Paul Mohrbacher	Alexandria	VA	29	M	218	9:25	273	39:18:00	108	16:17	222	1:05:00	
25-29	294	967	Brandon McCraw	Alexandria	VA	25	M	213	9:18	295	44:32:00	294	26:24:00	294	1:20:12	
30-34	10	1024	Radovan Miyskovic	Arlington	VA	30	M	25	5:59	20	26:44:00	10	12:40	10	45:22:00	1
30-34	29	930	Joshua Stevens	Triangle	VA	31	M	196	9:00	44	27:50:00	5	11:50	29	48:39:00	2
30-34	34	823	Brion Shaw	Palmyra	VA	32	M	97	7:23	47	27:52:00	36	13:47	34	49:00:00	3
30-34	45	676	Bradford Payne	Commercial Poi	OH	34	M	74	7:00	39	27:40:00	81	15:16	45	49:54:00	
30-34	50	909	Steven Hall	Vienna	VA	34	M	115	7:42	50	27:55:00	52	14:35	50	50:11:00	
30-34	51	748	Charles Shedrick	Arlington	VA	32	M	100	7:28	38	27:39:00	71	15:05	51	50:11:00	
30-34	58	840	Wade Schwartzkopf	Sterling	VA	32	M	231	9:42	33	27:16:00	43	14:00	58	50:56:00	
30-34	71	885	Cliff Congo	Vienna	VA	33	M	257	10:35	28	26:56:00	65	14:57	71	52:27:00	

<u>Age Group</u>	<u>Place</u>	<u>NO.</u>	<u>NAME</u>	<u>CITY</u>	<u>ST</u>	<u>age</u>	<u>sex</u>	<u>s plc</u>	<u>swim</u>	<u>b plc</u>	<u>bike</u>	<u>r plc</u>	<u>Run</u>	<u>O place</u>	<u>Overall Time</u>	<u>Awards</u>
30-34	78	853	Peter Manternach	Bristow	VA	32	M	149	8:14	72	29:09:00	90	15:39	78	53:02:00	
30-34	86	775	Timothy Huddleston	Springfield	VA	32	M	160	8:21	99	30:23:00	72	15:06	86	53:49:00	
30-34	94	747	Aaron Steketee	Bristow	VA	33	M	140	8:11	73	29:10:00	132	17:02	94	54:22:00	
30-34	98	842	Eric Keehan	Woodbridge	VA	31	M	142	8:12	133	31:35:00	59	14:49	98	54:34:00	
30-34	107	839	Brooks Kaufman	Chevy Chase	MD	33	M	105	7:32	167	32:54:00	70	15:05	107	55:30:00	
30-34	136	1021	Todd Thomson	Leesburg	VA	34	M	109	7:37	201	34:51:00	66	14:57	136	57:25:00	
30-34	182	889	Dave Roberts	Fairfax	VA	31	M	249	10:17	177	33:25:00	156	17:36	182	1:01:17	
30-34	184	1016	Matt Russell	Falls Church	VA	33	M	228	9:40	203	34:55:00	123	16:53	184	1:01:27	
30-34	188	962	Clay Trivett	Alexandria	VA	33	M	290	13:10	168	32:55:00	96	15:48	188	1:01:52	
30-34	195	745	Jason Foster	Arlington	VA	33	M	23	5:58	266	38:49:00	143	17:23	195	1:02:09	
30-34	223	1008	Robert Apanna	Fairfax	VA	33	M	281	11:50	98	30:21:00	274	22:51	223	1:05:01	
30-34	267	1010	Piyavuth Bhutrakarn	Fairfax	VA	31	M	237	9:53	289	42:43:00	155	17:36	267	1:10:10	
30-34	274	990	Hui Zhang	Falls Church	VA	30	M	307	16:10	221	35:42:00	247	20:28	274	1:12:20	
30-34	283	960	Chris Brubaker	Falls Church	VA	34	M	306	15:14	285	41:35:00	203	18:44	283	1:15:32	
30-34	299	796	Bj Muse	Ashburn	VA	34	M	297	13:52	286	41:36:00	303	29:51:00	299	1:25:18	
35-39	3	764	Peter Leo	Alexandria	VA	36	M	93	7:19	2	22:24	4	11:38	3	41:20:00	3rd Male
35-39	8	701	Steven Ablondi	Sterling	VA	37	M	29	6:02	12	25:42:00	11	12:40	8	44:23:00	1
35-39	11	765	Marvin Tubbs	Dumfries	VA	35	M	51	6:30	13	25:44:00	22	13:13	11	45:26:00	2
35-39	26	742	John Gill	Germantown	MD	37	M	62	6:44	19	26:35:00	57	14:44	26	48:02:00	3
35-39	27	790	Robert Marzban	McLean	VA	38	M	88	7:13	22	26:47:00	45	14:06	27	48:04:00	
35-39	31	908	Kelly Davis	Haymarket	VA	35	M	157	8:19	27	26:56:00	31	13:32	31	48:47:00	
35-39	32	724	Kurt Seekford	Leesburg	VA	37	M	49	6:27	15	26:00:00	111	16:23	32	48:50:00	
35-39	36	818	David Hayes	Leesburg	VA	37	M	58	6:38	34	27:26:00	75	15:11	36	49:13:00	
35-39	55	786	Mark Kruchten	Leesburg	VA	39	M	54	6:32	45	27:50:00	113	16:27	55	50:48:00	
35-39	70	684	Grady Hough	Fairfax	VA	37	M	18	5:53	66	28:51:00	153	17:34	70	52:17:00	
35-39	75	832	Mark Murphy	Herndon	VA	39	M	230	9:41	17	26:31:00	120	16:45	75	52:56:00	
35-39	106	881	Brandt Huseman	Baltimore	MD	38	M	87	7:12	119	31:15:00	121	16:47	106	55:14:00	
35-39	112	817	Billy Chism	Fairfax	VA	37	M	222	9:28	95	30:13:00	102	16:05	112	55:45:00	
35-39	125	816	Jon Tucker	Ashburn	VA	39	M	170	8:33	86	29:51:00	190	18:27	125	56:51:00	
35-39	131	835	Christopher Skully	Alexandria	VA	35	M	181	8:51	69	28:58:00	223	19:23	131	57:10:00	
35-39	132	937	William Miller	Leesburg	VA	38	M	272	11:26	114	31:08:00	56	14:42	132	57:14:00	
35-39	142	924	Scott Vago	Fredericksburg	VA	39	M	274	11:30	127	31:27:00	69	15:03	142	57:58:00	
35-39	152	898	Mark Gould	Oakton	VA	38	M	203	9:04	164	32:47:00	130	16:59	152	58:50:00	
35-39	166	793	James Griffin	Manassas	VA	35	M	147	8:13	151	32:17:00	209	18:58	166	59:27:00	
35-39	167	928	Daniel Ehlert	Broadlands	VA	35	M	199	9:03	130	31:29:00	213	18:59	167	59:30:00	
35-39	179	1020	Joseph Casey	Manassas	VA	35	M	121	7:46	243	36:59:00	112	16:25	179	1:01:09	
35-39	197	834	Craig Kennedy	Herndon	VA	38	M	150	8:15	154	32:24:00	263	21:46	197	1:02:24	
35-39	203	878	Scott Kasper	Leesburg	VA	39	M	268	11:07	141	32:00:00	240	19:57	203	1:03:02	
35-39	215	973	Sean Leslie	Leesburg	VA	37	M	246	10:13	209	35:09:00	188	18:25	215	1:03:46	
35-39	232	836	Matthew Wiggin	Herndon	VA	35	M	193	8:59	267	38:55:00	171	18:02	232	1:05:55	
35-39	260	959	Sanjay Sardar	Fairfax	VA	35	M	295	13:39	216	35:35:00	242	20:00	260	1:09:13	
35-39	301	958	Ej Bernabe	Fairfax	VA	38	M	289	13:07	306	58:05:00	46	14:20	301	1:25:30	

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35-39	305	1012	Mohammed Reddani	Falls Church	VA	38	M	301	14:27	302	48:37:00	306	30:57:00	305	1:33:59	
35-39		692	Jeffrey Davis	Washington	DC	38	M	24	5:58					DNF		
35-39		1009	Bruce Ladson	Baltimore	MD	37	M							DNF		
40-44	9	738	Jeff Scarritt	Fairfax	VA	43	M	69	6:55	8	24:46:00	15	12:52	9	44:32:00	1
40-44	15	942	Tee Wolf	Springfield	VA	42	M	146	8:13	11	25:41:00	18	13:05	15	46:58:00	2
40-44	17	730	Elan Krueger	Potomac	MD	42	M	26	5:59	51	27:55:00	26	13:18	17	47:12:00	3
40-44	20	771	Matthew Colton	Winchester	VA	41	M	57	6:33	35	27:28:00	29	13:29	20	47:29:00	
40-44	21	757	Brian Hyland	Bellevue	NE	41	M	73	6:59	10	25:15:00	84	15:18	21	47:31:00	
40-44	22	713	Jeff Ball	Herndon	VA	44	M	56	6:32	18	26:34:00	48	14:27	22	47:32:00	
40-44	33	781	Eric Spooner	Silver Spring	MD	42	M	120	7:45	46	27:51:00	25	13:17	33	48:52:00	
40-44	38	696	Peter Wiley	Annandale	VA	40	M	12	5:43	57	28:19:00	83	15:18	38	49:19:00	
40-44	41	875	Dave Moston	Manassas	VA	41	M	123	7:49	14	26:00:00	92	15:41	41	49:29:00	
40-44	42	830	Jorge Espinosa	Germantown	MD	42	M	96	7:22	30	27:13:00	63	14:56	42	49:30:00	
40-44	43	814	Wayne Robey	Annandale	VA	40	M	141	8:11	16	26:11:00	80	15:16	43	49:37:00	
40-44	46	675	Bill Colbert	Oakton	VA	41	M	102	7:29	31	27:13:00	77	15:13	46	49:55:00	
40-44	53	739	Daniel Jordan	Fairfax	VA	41	M	75	7:02	60	28:27:00	74	15:11	53	50:39:00	
40-44	54	829	Matthew Barazia	Vienna	VA	43	M	219	9:25	59	28:22:00	16	12:58	54	50:44:00	
40-44	61	782	Christopher Highfill	Manassas Park	VA	41	M	110	7:38	24	26:53:00	126	16:55	61	51:25:00	
40-44	62	811	Richard Harfst	Fairfax	VA	44	M	130	8:01	78	29:39:00	38	13:50	62	51:29:00	
40-44	68	866	Charles Clear	Reston	VA	44	M	165	8:26	97	30:16:00	24	13:14	68	51:56:00	
40-44	72	815	Matt Triola	Vienna	VA	40	M	94	7:21	101	30:32:00	54	14:37	72	52:29:00	
40-44	87	784	Robert Kinloch	Silver Spring	MD	40	M	112	7:39	55	28:10:00	170	18:02	87	53:50:00	
40-44	97	812	C. Kelly Jones	Annandale	VA	42	M	114	7:41	56	28:13:00	198	18:36	97	54:30:00	
40-44	99	872	William Koshoffer	Culpeper	VA	42	M	128	7:59	65	28:51:00	163	17:46	99	54:35:00	
40-44	100	945	Luis Velasco	Reston	VA	40	M	214	9:18	102	30:33:00	58	14:46	100	54:37:00	
40-44	105	779	Mark Emineth	Washington	DC	43	M	204	9:05	111	31:03:00	62	14:55	105	55:01:00	
40-44	121	700	Edmund Pettengill	Manassas	VA	40	M	134	8:05	175	33:10:00	78	15:14	121	56:27:00	
40-44	127	740	Mike Shiels	Stafford	VA	40	M	143	8:12	126	31:23:00	145	17:24	127	56:58:00	
40-44	138	871	Todd Erickson	Leesburg	VA	42	M	83	7:09	142	32:05:00	197	18:35	138	57:48:00	
40-44	154	876	Neeraj Bhagat	Dunn Loring	VA	40	M	220	9:27	171	33:04:00	110	16:23	154	58:53:00	
40-44	170	921	Scott Berman	Falls Church	VA	43	M	221	9:27	169	32:59:00	152	17:32	170	59:57:00	
40-44	183	874	Rocky Mehta	Vienna	VA	41	M	226	9:31	210	35:10:00	118	16:42	183	1:01:22	
40-44	186	873	Pyush Kumar	Arlington	VA	41	M	254	10:30	157	32:28:00	192	18:33	186	1:01:29	
40-44	192	935	Gordon Wallace	Woodbridge	VA	41	M	167	8:30	247	37:13:00	109	16:22	192	1:02:04	
40-44	204	905	Ian Schultz	Oak Hill	VA	40	M	245	10:13	161	32:37:00	245	20:16	204	1:03:05	
40-44	209	984	Todd Jarvis	Winchester	VA	40	M	242	9:56	185	33:48:00	228	19:38	209	1:03:21	
40-44	211	919	James Berry	Silver Spring	MD	44	M	288	13:01	188	34:02:00	114	16:31	211	1:03:32	
40-44	225	914	Don Oesterblad	Leesburg	VA	41	M	225	9:30	223	35:47:00	236	19:49	225	1:05:06	
40-44	235	972	Steve Petrides	Leesburg	VA	41	M	154	8:17	275	39:57:00	177	18:08	235	1:06:20	
40-44	246	761	Brian Samuels	Fairfax	VA	42	M	85	7:09	287	41:39:00	214	19:00	246	1:07:48	
40-44	271	981	Clifford Ruggles	Manassas	VA	43	M	303	14:42	259	37:53:00	193	18:33	271	1:11:07	
40-44	288	980	Rajive Mathur	Reston	VA	43	M	315	20:30	258	37:50:00	196	18:35	288	1:16:53	

<u>Age Group</u>	<u>Place</u>	<u>NO.</u>	<u>NAME</u>	<u>CITY</u>	<u>ST</u>	<u>age</u>	<u>sex</u>	<u>s plc</u>	<u>swim</u>	<u>b plc</u>	<u>bike</u>	<u>r plc</u>	<u>Run</u>	<u>O place</u>	<u>Overall Time</u>	<u>Awards</u>
40-44		783	Terry Smith	Leesburg	VA	41	M	187	8:53					DNF		
40-44		923	Reuben Brown	Woodbridge	VA	40	M							DNF		
40-44		674	Steve Daly	Crofton	MD	43	M							DNF		
45-49	1	667	David Taylor	Haymarket	VA	47	M	2	4:58	1	22:19	6	11:59	1	39:15:00	1st Male
45-49	24	758	Larry McWilliams	Brookeville	MD	45	M	91	7:17	26	26:56:00	33	13:39	24	47:51:00	1
45-49	40	852	Mark Bayliss	Winchester	VA	48	M	132	8:03	29	27:04:00	47	14:22	40	49:28:00	2
45-49	111	1019	Vincent Capezzuto	Manassas	VA	47	M	236	9:49	145	32:09:00	35	13:46	111	55:43:00	3
45-49	113	864	Kamyar Kadivar	Washington	DC	47	M	244	10:11	87	29:52:00	97	15:49	113	55:51:00	
45-49	114	854	Richard Jones	Odenton	MD	46	M	172	8:37	71	29:03:00	179	18:13	114	55:52:00	
45-49	126	734	John Hoover	Annandale	VA	49	M	63	6:50	159	32:30:00	158	17:38	126	56:57:00	
45-49	137	691	Dan Reynolds	Harpers Ferry	WV	48	M	61	6:42	165	32:48:00	180	18:13	137	57:43:00	
45-49	242	850	William Sullivan	Manassas	VA	49	M	209	9:13	181	33:42:00	285	24:09:00	242	1:07:04	
45-49	253	902	Kevin Craig	Fairfax	VA	48	M	255	10:32	202	34:54:00	278	23:07	253	1:08:32	
45-49	262	952	David Calico	Alexandria	VA	47	M	266	11:03	240	36:52:00	264	21:46	262	1:09:40	
45-49	282	954	Michael Wallisch	Bethesda	MD	45	M	282	11:56	298	47:10:00	99	16:01	282	1:15:07	
45-49	293	762	Steven Botello	Manassas	VA	48	M	278	11:44	270	39:11:00	300	29:16:00	293	1:20:10	
50-54	96	695	Dennis Hays	Reston	VA	54	M	52	6:30	140	31:54:00	100	16:05	96	54:28:00	1
50-54	221	901	William Theobald	Annandale	VA	50	M	273	11:28	179	33:40:00	231	19:45	221	1:04:53	2
50-54	273	828	Thomas Classick	Fairfax Statio	VA	52	M	211	9:16	292	43:08:00	234	19:49	273	1:12:12	3
50-54	275	976	James Demartino	Washington	DC	50	M	311	18:11	255	37:30:00	147	17:24	275	1:13:04	
50-54	278	943	Roger Whitworth	District Hts.	MD	53	M	277	11:39	269	39:00:00	279	23:22	278	1:14:01	
55-59	194	917	Mark Cancian	Arlington	VA	56	M	252	10:25	163	32:42:00	215	19:03	194	1:02:09	1
55-59	257	979	Kevin Murphy	Waldorf	MD	56	M	258	10:37	192	34:15:00	284	24:01:00	257	1:08:52	2
60+	306	1011	Charles Cerquitella	Cherry Hill	NJ	61	M	304	14:43	303	48:46:00	305	30:38:00	306	1:34:05	1