

25th Columbia Triathlon
 Swim 1.5k * Bike 41k * Run 10k
 Sunday, May 21, 2006 - Columbia, Maryland
 Race director: Robert Vigorito *** Timing: Sommer Sports

PROFESSIONAL MALE

Over- Place All	Name	Age	City/State	Swim Plc	Swim Time	Trn1 Plc	Trans #1	Bike Plc	Bike Time	Bike Rate	Cum Plc	Cum Time	Trn2 Plc	Trans #2	Run Plc	Run Time	Pace /mile	Finish Time	PEN
1	1 MATT REED	31	BOULDER CO	3	17:10	2	1:15	1	59:21	25.7	1	1:17:45	3	0:36	1	33:25	5:23	1:51:46	
2	2 STEPHEN HACKETT	24	TERRIGAL	2	16:56	4	1:17	3	1:03:03	24.2	3	1:21:15	1	0:35	2	34:10	5:30	1:55:59	
3	3 WILL SMITH	29	MADISON WI	5	17:45	3	1:15	2	1:02:14	24.5	2	1:21:13	6	0:43	4	35:16	5:41	1:57:11	
4	6 JAMES P HADLEY	26	BOULDER CO	10	17:56	8	1:31	4	1:05:08	23.4	4	1:24:34	8	0:47	3	34:49	5:37	2:00:09	
5	7 MATT CHRABOT	23	VIRGINIA BEACH VA	8	17:50	11	1:42	7	1:05:58	23.1	6	1:25:30	4	0:40	6	36:34	5:54	2:02:42	
6	8 BARRETT E BRANDON	25	LINCOLN NE	6	17:49	1	1:14	9	1:07:07	22.7	7	1:26:09	2	0:36	5	36:18	5:51	2:03:02	
7	9 KEVIN M COLLINGTON	22	GAINESVILLE FL	9	17:54	7	1:30	6	1:05:57	23.1	5	1:25:20	5	0:41	8	37:50	6:06	2:03:51	
8	12 MAREK DVORAK	27	BOULDER CO	7	17:50	10	1:33	8	1:06:49	22.8	8	1:26:12	7	0:43	9	37:53	6:06	2:04:47	
9	16 MICHAEL ORTON	23	RESTON VA	4	17:12	5	1:18	10	1:07:43	22.5	9	1:26:13	9	0:48	11	38:52	6:16	2:05:52	
10	17 TRAVIS KUHL	31	LOWVILLE NY	12	21:57	9	1:33	5	1:05:33	23.2	10	1:29:02	11	0:49	7	37:28	6:02	2:07:18	
11	23 JOHN KENNY	26	ATLANTIC CITY NJ	1	16:52	12	1:59	12	1:11:38	21.3	11	1:30:28	12	1:17	10	38:20	6:11	2:10:05	
12	27 ANTONIO M MOLINA	25	BOULDER CO	11	20:52	6	1:21	11	1:09:11	22.0	12	1:31:23	10	0:48	12	38:55	6:16	2:11:05	

PROFESSIONAL FEMALE

Over- Place All	Name	Age	City/State	Swim Plc	Swim Time	Trn1 Plc	Trans #1	Bike Plc	Bike Time	Bike Rate	Cum Plc	Cum Time	Trn2 Plc	Trans #2	Run Plc	Run Time	Pace /mile	Finish Time	PEN
1	25 MARGARET S SHAPIRO	30	ANNANDALE VA	2	19:31	1	1:31	1	1:09:40	21.9	1	1:30:42	2	0:47	1	38:50	6:15	2:10:17	
2	41 JOLENE E WILKINSON	33	MOUNTAIN HOME AFB ID	5	21:54	2	1:33	2	1:11:34	21.3	2	1:35:00	4	0:49	2	42:17	6:49	2:18:05	
3	51 LAURIE HUG	41	AMBLER PA	1	17:48	5	2:10	4	1:15:04	20.3	3	1:35:01	3	0:49	5	43:57	7:05	2:19:46	
4	55 KELLY REED	32	BOULDER CO	4	20:43	3	1:35	3	1:13:36	20.7	4	1:35:54	1	0:44	4	43:37	7:02	2:20:15	
5	76 CHRISTY UNDERDONK	38	POTOMAC MD	3	20:42	4	1:55	5	1:16:06	20.0	5	1:38:41	5	1:26	3	43:06	6:57	2:23:13	

TOP MALE FINISHERS

Over- Place All	Name	Age	City/State	Swim Plc	Swim Time	Trn1 Plc	Trans #1	Bike Plc	Bike Time	Bike Rate	Cum Plc	Cum Time	Trn2 Plc	Trans #2	Run Plc	Run Time	Pace /mile	Finish Time	PEN
1	4 ERIC S LIMKEMANN	25	PITTSBURGH PA	1	15:56	21	1:51	4	1:04:26	23.7	3	1:22:12	3	0:39	4	36:08	5:49	1:58:58	
2	5 CHRISTOPHER R MARTIN	30	LAWRENCEVILLE NJ	6	18:29	2	1:20	2	1:01:41	24.7	2	1:21:29	5	0:43	5	37:09	5:59	1:59:20	
3	10 ADAM L WEBBER	25	LEBANON PA	2	16:05	6	1:27	18	1:08:10	22.4	5	1:25:40	4	0:43	10	38:05	6:08	2:04:27	
4	11 PHILIPPE H KOZUB	31	BETHESDA MD	17	19:46	1	1:18	6	1:05:48	23.2	6	1:26:51	1	0:35	6	37:11	5:59	2:04:35	
5	13 ERIC TOURVILLE	32	BALTIMORE MD	42	21:00	19	1:51	3	1:04:13	23.7	7	1:27:02	31	0:59	7	37:13	6:00	2:05:13	

TOP FEMALE FINISHERS

Over- Place All	Name	Age	City/State	Swim Plc	Swim Time	Trn1 Plc	Trans #1	Bike Plc	Bike Time	Bike Rate	Cum Plc	Cum Time	Trn2 Plc	Trans #2	Run Plc	Run Time	Pace /mile	Finish Time	PEN
1	61 VALERIE F KUKLA	26	AMBLER PA	2	19:17	13	2:07	2	1:14:04	20.6	1	1:35:27	30	1:12	12	44:25	7:09	2:21:03	
2	78 HEATHER HOUSEKNECHT	31	BRYN MAWR PA	20	22:53	2	1:46	4	1:15:01	20.3	3	1:39:38	36	1:16	6	43:02	6:56	2:23:55	
3	90 HOPE HALL	39	HERNDON VA	26	23:45	26	2:22	11	1:16:02	20.0	10	1:42:08	37	1:16	1	41:42	6:43	2:25:05	
4	91 CONNIE CHOW DOWLER	31	KENSINGTON MD	25	23:44	9	2:03	1	1:13:57	20.6	4	1:39:44	32	1:14	10	44:09	7:07	2:25:05	
5	101 PIPPA MICHAELS	45	FAR HILLS NJ	44	24:38	5	1:58	6	1:15:27	20.2	9	1:42:02	2	0:42	8	43:35	7:01	2:26:18	

OPEN MALE

Over- Place All	Name	Age	City/State	Swim Plc	Swim Time	Trn1 Plc	Trans #1	Bike Plc	Bike Time	Bike Rate	Cum Plc	Cum Time	Trn2 Plc	Trans #2	Run Plc	Run Time	Pace /mile	Finish Time	PEN
1	14 FRANK G MCCARTNEY	31	HAVERTOWN PA	4	18:35	1	1:23	5	1:09:20	22.0	4	1:29:18	3	0:53	1	35:17	5:41	2:05:26	2:00
2	15 ANDREW YODER	17	COLUMBIA PA	1	17:58	3	1:43	1	1:05:51	23.1	1	1:25:31	4	0:55	2	39:24	6:21	2:05:48	
3	20 ANTHONY F VAN LIEROP	33	BALTIMORE MD	3	18:30	2	1:24	2	1:07:22	22.6	2	1:27:15	2	0:44	6	41:20	6:40	2:09:19	
4	24 STEVEN J DOWLER	32	KENSINGTON MD	2	18:20	5	1:49	4	1:09:02	22.1	3	1:29:11	8	1:09	3	39:47	6:25	2:10:06	
5	29 JOSEPH SIGISMONDO	25	SILVER SPRING MD	5	19:42	6	1:51	3	1:08:22	22.3	5	1:29:53	5	1:03	7	41:35	6:42	2:12:30	
6	30 STEVE TAPPAN	39	ALEXANDRIA VA	6	19:44	4	1:47	6	1:10:10	21.7	6	1:31:40	1	0:37	5	40:21	6:30	2:12:38	
7	65 RYAN T MCGRATH	25	BALTIMORE MD	9	26:23	8	2:28	8	1:11:28	21.3	8	1:40:18	7	1:06	4	40:12	6:29	2:21:34	
8	565 MARK S ROTHBAUM	57	REDDING CT	8	22:09	11	4:01	9	1:30:38	16.8	9	1:56:47	9	1:51	9	53:47	8:40	2:52:24	
9	726 JAMES DIFFELL	48	COLUMBIA MD	11	35:07	9	2:53	10	1:31:40	16.6	11	2:09:40	6	1:03	8	49:08	7:55	2:59:50	
10	741 KENNETH N AMOS	40	TIMONIUM MD	10	27:37	10	3:45	11	1:32:45	16.4	10	2:04:07	10	1:51	10	54:30	8:47	3:00:27	
11	0 DAMIAN C WALSH	31	ARLINGTON VA	7	20:47	7	1:54	7	1:10:31	21.6	7	1:33:10							

OPEN FEMALE

Over- Place All	Name	Age	City/State	Swim Plc	Swim Time	Trn1 Plc	Trans #1	Bike Plc	Bike Time	Bike Rate	Cum Plc	Cum Time	Trn2 Plc	Trans #2	Run Plc	Run Time	Pace /mile	Finish Time	PEN
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1	125	KELLY A MCLAUGHLIN	28	DURHAM NC	1	20:50	2	2:20	2	1:15:04	20.3	1	1:38:12	2	1:00	2	48:24	7:48	2:27:36
2	131	ROBYN O'KANE	32	QUEENS NY	2	26:13	1	1:26	1	1:14:47	20.4	2	1:42:25	1	0:48	1	44:49	7:13	2:28:01

MALE MASTERS

Place	Over- All	Name	Age	City/State	Swim Plc	Swim Time	Trn1 Plc	Trans #1	Bike Plc	Bike Time	Bike Rate	Cum Plc	Cum Time	Trn2 Plc	Trans #2	Run Plc	Run Time	Pace /mile	Finish Time	PEN
1	28	ERIC SCHRADING	40	GALLOWAY NJ	22	21:51	18	2:14	3	1:08:43	22.2	2	1:32:48	8	0:57	1	38:22	6:11	2:12:07	
2	32	GEORGE A ALTIERI	49	CLERMONT FL	21	21:37	138	3:19	4	1:09:08	22.0	5	1:34:03	49	1:17	2	38:53	6:16	2:14:12	
3	37	ERIC VIRKLER	41	LOWVILLE NY	6	20:32	14	2:13	12	1:10:58	21.5	3	1:33:42	19	1:03	12	42:05	6:47	2:16:50	

FEMALE MASTERS

Over- Place All	Name	Age	City/State	Swim Plc	Swim Time	Trn1 Plc	Trans #1	Bike Plc	Bike Time	Bike Rate	Cum Plc	Cum Time	Trn2 Plc	Trans #2	Run Plc	Run Time	Pace /mile	Finish Time	PEN
1	145 JANELLE D MCINTYRE	41	ELLICOTT CITY MD	4	23:27	9	2:33	1	1:15:55	20.1	1	1:41:55	7	0:57	3	46:23	7:28	2:29:14	
2	216 MIDGE KERR	42	MOORESTOWN NJ	17	25:38	1	1:49	4	1:17:39	19.6	3	1:45:05	1	0:36	13	49:17	7:56	2:34:57	
3	220 KAREN E FRALEN	41	STAFFORD VA	7	23:58	12	2:48	5	1:17:48	19.6	2	1:44:33	2	0:51	18	49:51	8:02	2:35:14	

MALE GRAND MASTERS

Over- Place All	Name	Age	City/State	Swim Plc	Swim Time	Trn1 Plc	Trans #1	Bike Plc	Bike Time	Bike Rate	Cum Plc	Cum Time	Trn2 Plc	Trans #2	Run Plc	Run Time	Pace /mile	Finish Time	PEN
1	174 DAVID MCNEELY	63	GLEN ARM MD	1	24:47	4	3:13	1	1:15:16	20.2	1	1:43:15	8	1:37	1	46:31	7:30	2:31:21	

FEMALE GRAND MASTERS

Over- Place All	Name	Age	City/State	Swim Plc	Swim Time	Trn1 Plc	Trans #1	Bike Plc	Bike Time	Bike Rate	Cum Plc	Cum Time	Trn2 Plc	Trans #2	Run Plc	Run Time	Pace /mile	Finish Time	PEN
1	311 JODY GIARDINA	52	COATESVILLE PA	1	21:11	1	3:07	1	1:21:58	18.6	1	1:46:15	3	1:25	3	52:38	8:29	2:40:17	

FEMALE AGE GROUP: 15 - 17

Over- Place All	Name	Age	City/State	Swim Plc	Swim Time	Trn1 Plc	Trans #1	Bike Plc	Bike Time	Bike Rate	Cum Plc	Cum Time	Trn2 Plc	Trans #2	Run Plc	Run Time	Pace /mile	Finish Time	PEN
1	239 STEPHANIE E STAMBAUGH	17	WATCHUNG NJ	1	21:16	1	2:39	1	1:22:06	18.6	1	1:46:01	1	1:34	1	48:44	7:51	2:36:18	

MALE AGE GROUP: 15 - 17

Place	Over- All	Name	Age	City/State	Swim Plc	Swim Time	Trn1 Plc	Trans #1	Bike Plc	Bike Time	Bike Rate	Cum Plc	Cum Time	Trn2 Plc	Trans #2	Run Plc	Run Time	Pace /mile	Finish Time	PEN
1	88	GRAHAM N BAZELL	15	COLUMBIA MD	3	23:50	2	2:35	2	1:21:02	18.8	2	1:47:27	1	1:25	1	36:05	5:49	2:24:56	
2	89	ANDREW N BALHOFF	17	MARRIOTTSVILLE MD	1	18:30	1	2:34	1	1:11:41	21.3	1	1:32:44	2	1:28	2	50:44	8:10	2:24:56	
3	452	JASON K BAZELL	15	COLUMBIA MD	4	25:39	3	2:48	3	1:25:50	17.8	3	1:54:15	3	1:49	3	50:53	8:12	2:46:56	
4	1038	HUNTER LUSSI	16	KENSINGTON MD	2	23:27	6	11:16	5	1:45:11	14.5	4	2:19:53	4	2:25	4	56:29	9:06	3:18:45	
5	1273	DAVID c MELTON	16	ANNAPOLIS MD	6	48:00	5	9:57	4	1:42:31	14.9	5	2:40:27	6	3:48	5	1:01:05	9:50	3:45:19	
6	1337	NATHAN G RADERMAN	16	ELLCOTT CITY MD	5	41:04	4	8:31	6	2:25:41	10.5	6	3:15:16	5	3:17	6	1:41:40	16:22	5:00:12	

FEMALE AGE GROUP: 18 - 19

Over- Place All	Name	Age	City/State	Swim Plc	Swim Time	Trn1 Plc	Trans #1	Bike Plc	Bike Time	Bike Rate	Cum Plc	Cum Time	Trn2 Plc	Trans #2	Run Plc	Run Time	Pace /mile	Finish Time	PEN
1	746 KATIE VARNEY	18	MCLEAN VA	2	25:04	3	3:28	1	1:36:50	15.7	2	2:05:21	4	2:24	2	52:51	8:31	3:00:36	
2	858 EMILY J TIERNAN	19	CHEVY CHASE MD	3	28:01	2	3:23	5	1:41:35	15.0	4	2:12:57	1	1:37	1	52:01	8:23	3:06:34	
3	993 CLAIRE DUFEK	19	POTOMAC MD	1	22:32	1	3:21	2	1:37:26	15.6	1	2:03:18	3	1:59	5	1:10:17	11:19	3:15:33	
4	996 JACQUELINE E BORS	18	WILLOW GROVE PA	4	29:05	6	6:07	3	1:37:45	15.6	3	2:12:56	5	2:31	3	1:00:14	9:42	3:15:41	
5	1227 MICHAEL FOEHRKOLB	18	ELLICOTT CITY MD	6	46:00	4	4:19	4	1:38:40	15.4	6	2:28:58	2	1:51	4	1:06:40	10:44	3:37:29	
6	1304 ELISE M SPEDDEN	19	CLARKSVILLE MD	5	29:16	5	4:49	6	1:53:30	13.4	5	2:27:34	6	4:43	6	1:24:58	13:41	3:57:14	

MALE AGE GROUP: 18 - 19

Over- Place All	Name	Age	City/State	Swim Plc	Swim Time	Trn1 Plc	Trans #1	Bike Plc	Bike Time	Bike Rate	Cum Plc	Cum Time	Trn2 Plc	Trans #2	Run Plc	Run Time	Pace /mile	Finish Time	PEN
1	403 MICHAEL D ALLEN	18	ARLINGTON VA	2	20:20	1	2:24	1	1:27:02	17.5	1	1:49:44	3	1:35	2	52:51	8:31	2:44:10	
2	572 BRENT R LEVIN	19	COLUMBIA MD	1	20:18	2	3:14	2	1:35:40	15.9	2	1:59:11	1	0:58	1	52:47	8:30	2:52:55	
3	1055 JUSTIN SOBLESKIE	19	CLARKSVILLE MD	3	36:16	3	6:31	3	1:42:46	14.8	3	2:25:32	2	1:23	3	53:44	8:39	3:20:38	

FEMALE AGE GROUP: 20 - 24

Over- Place All	Name	Age	City/State	Swim Plc	Swim Time	Trn1 Plc	Trans #1	Bike Plc	Bike Time	Bike Rate	Cum Plc	Cum Time	Trn2 Plc	Trans #2	Run Plc	Run Time	Pace /mile	Finish Time	PEN
1	181 MEGAN M NECHANICKY	24	MONTGOMERY VILLAGE MD	4	20:58	1	2:21	2	1:22:44	18.4	2	1:46:02	1	1:23	1	44:31	7:10	2:31:55	
2	192 MEGAN B KNEPPER	23	FAIRFAX VA	1	18:44	3	2:37	3	1:24:56	17.9	3	1:46:16	2	1:35	2	44:58	7:15	2:32:48	
3	304 FELICIA WAGNER	24	ISLIP TERRACE NY	3	20:54	2	2:26	1	1:22:30	18.5	1	1:45:50	5	1:37	4	52:25	8:27	2:39:51	
4	505 GABRIELLE FREDMAN	24	BROOKLINE MA	2	20:37	4	2:38	4	1:29:59	16.9	4	1:53:13	3	1:36	5	54:32	8:47	2:49:20	2:00
5	600 WENDY A SCHOLFIELD	24	CROFTON MD	6	26:22	8	3:44	5	1:31:15	16.7	6	2:01:20	7	2:24	3	50:23	8:07	2:54:05	
6	801 LINDSAY M MATHERS	24	WASHINGTON DC	5	21:19	5	3:22	8	1:36:23	15.8	5	2:01:03	9	2:32	10	1:00:00	9:40	3:03:34	
7	927 ELIZABETH GALLAGHER	24	CROFTON MD	9	32:18	12	4:54	6	1:32:04	16.6	7	2:09:15	12	2:44	9	59:10	9:32	3:11:08	
8	1090 LAUREL WINKENWERDER	24	BALTIMORE MD	15	44:59	14	5:28	7	1:34:29	16.1	10	2:24:55	8	2:28	6	55:44	8:59	3:23:06	
9	1126 CARLA STANLEY	21	CHARLESTON SC	12	37:49	7	3:38	10	1:47:02	14.2	12	2:28:28	4	1:36	7	55:56	9:00	3:25:59	

10	1138	TALIA MOYHER	20	WASHINGTON DC	10	32:24	9	3:50	11	1:48:39	14.0	9	2:24:53	14	3:06	8	58:58	9:30	3:26:56	
11	1197	STACEY KAISER	23	SALISBURY MD	8	30:13	11	4:40	9	1:41:36	15.0	8	2:16:28	15	4:04	12	1:12:45	11:43	3:33:16	
12	1275	KATHRYN N BONISTALLI	24	ODENTON MD	7	27:54	10	4:29	14	1:54:00	13.4	11	2:26:23	11	2:43	13	1:16:22	12:18	3:45:27	
13	1285	KRISTEN SINNETT	24	DEALE MD	13	39:34	6	3:35	13	1:51:40	13.6	14	2:34:49	10	2:40	11	1:11:13	11:28	3:48:40	
14	1318	REBECCA TIMMONS	24	NEWARK MD	11	37:14	13	5:25	12	1:51:24	13.7	13	2:34:02	16	4:06	15	1:30:18	14:32	4:08:24	2:00
15	1325	AMANDA DAUER	22	MOUNT AIRY MD	14	43:08	16	6:05	15	1:56:23	13.1	15	2:45:35	13	3:05	14	1:28:32	14:15	4:17:12	
16	1334	STACIA POTEMPA	24	BALTIMORE MD	16	49:26	15	5:42	16	2:04:58	12.2	16	3:00:05	6	1:46	16	1:35:34	15:23	4:37:24	

MALE AGE GROUP: 20 - 24

Place	Over- All	Name	Age	City/State	Swim Plc	Swim Time	Trn1 Plc	Trans #1	Bike Plc	Bike Time	Bike Rate	Cum Plc	Cum Time	Trn2 Plc	Trans #2	Run Plc	Run Time	Pace /mile	Finish Time	PEN
1	36	JOE MUNCHAK	23	STATE COLLEGE PA	5	24:13	3	2:23	1	1:09:16	22.0	1	1:35:50	1	1:06	1	39:40	6:24	2:16:35	
2	67	MICHAEL P LAHM	23	WILMINGTON DE	4	24:06	2	2:08	2	1:11:26	21.3	2	1:37:39	3	1:10	2	43:11	6:57	2:21:59	
3	107	KEN L KREIS	20	ELLICOTT CITY MD	1	21:40	1	1:48	3	1:17:30	19.7	3	1:40:58	4	1:11	5	44:28	7:10	2:26:35	
4	189	JOE AZZATA	24	WASHINGTON DC	3	23:26	4	2:54	5	1:20:43	18.9	4	1:47:02	2	1:08	4	44:18	7:08	2:32:28	
5	423	DAVID A BECERRA	24	BURKE VA	6	25:46	13	5:10	10	1:27:59	17.3	7	1:58:55	10	1:54	3	44:16	7:08	2:45:04	
6	462	JOHN-MICHAEL GERLACH	21	LAUREL MD	2	23:16	8	4:02	6	1:22:08	18.6	5	1:49:25	6	1:12	10	56:52	9:10	2:47:29	
7	590	LAWRENCE J GROMAN	21	COLUMBIA MD	13	35:37	11	4:33	9	1:26:38	17.6	11	2:06:47	9	1:51	6	45:02	7:15	2:53:39	
8	604	REID m SCHWARTZEL	21	COLUMBIA MD	9	32:37	5	3:19	8	1:26:19	17.7	9	2:02:13	8	1:34	7	50:28	8:08	2:54:15	
9	692	MATT M GEBHART	21	COLUMBIA MD	10	33:57	10	4:16	7	1:25:49	17.8	10	2:04:01	14	2:42	8	51:40	8:19	2:58:22	
10	700	MATTHEW SCHECHTER	24	WASHINGTON DC	8	27:49	7	3:51	11	1:29:24	17.0	8	2:01:03	7	1:32	9	56:23	9:05	2:58:57	
11	835	JEFFREY STROMBERG	23	BALTIMORE MD	7	26:21	12	5:01	4	1:19:35	19.1	6	1:50:56	11	2:17	15	1:12:07	11:37	3:05:19	
12	966	BRIAN FINN	23	ARLINGTON VA	12	35:33	14	5:22	12	1:29:47	17.0	12	2:10:41	13	2:36	11	1:00:13	9:42	3:13:29	
13	968	WILLIAM CHAMBLEE	20	PIKESVILLE MD	11	34:26	6	3:20	13	1:33:41	16.3	13	2:11:26	5	1:11	12	1:00:59	9:49	3:13:35	2:00
14	1182	JOSEPH S LIM	24	NEW YORK NY	15	44:27	9	4:03	14	1:35:54	15.9	14	2:24:23	15	2:59	13	1:04:37	10:24	3:31:58	
15	1248	SETH T FAIRFAX	23	NORTH BETHESDA MD	14	36:01	15	5:28	15	1:49:52	13.9	15	2:31:20	12	2:25	14	1:06:49	10:46	3:40:33	

FEMALE AGE GROUP: 25 - 29

Place	Over- All	Name	Age	City/State	Swim Plc	Swim Time	Trn1 Plc	Trans #1	Bike Plc	Bike Time	Bike Rate	Cum Plc	Cum Time	Trn2 Plc	Trans #2	Run Plc	Run Time	Pace /mile	Finish Time	PEN
1	113	SHANDRA D RICHARDSON	26	GAINESVILLE VA	1	19:39	9	2:38	5	1:18:07	19.5	1	1:40:22	11	1:35	5	44:55	7:14	2:26:51	
2	119	KRISTA A SCHULTZ	28	BALTIMORE MD	3	22:45	5	2:11	3	1:16:07	20.0	2	1:41:01	8	1:31	4	44:40	7:12	2:27:12	
3	132	MARY E MILLER	26	BOULDER CO	7	24:03	2	2:03	2	1:15:52	20.1	3	1:41:57	17	1:59	3	44:10	7:07	2:28:04	
4	135	JENNY HARVEY	29	TIMONIUM MD	4	22:48	6	2:16	6	1:18:19	19.5	5	1:43:22	6	1:27	2	43:23	6:59	2:28:10	
5	185	MINDY SURRATT	26	PACIFIC GROVE CA	14	25:30	17	3:15	1	1:15:32	20.2	6	1:44:16	1	1:13	6	46:36	7:30	2:32:04	
6	198	BETH R STOCKEL	29	VIRGINIA BEACH VA	5	22:52	8	2:23	7	1:19:04	19.3	7	1:44:17	12	1:36	8	47:12	7:36	2:33:04	
7	234	LAURA KLINE	29	MILLERVILLE MD	36	31:35	3	2:06	4	1:17:48	19.6	10	1:51:28	10	1:34	1	42:56	6:55	2:35:56	
8	322	LINDSAY TEXTER-CAMERA	28	EAST PETERSBURG PA	2	20:03	1	1:59	9	1:21:20	18.7	4	1:43:22	2	1:17	27	56:13	9:03	2:40:51	
9	332	CARA A BRUE	25	ANNAPOLIS MD	20	26:48	13	2:56	10	1:22:04	18.6	11	1:51:48	4	1:19	9	48:06	7:45	2:41:12	
10	345	LAURA A WORLEY	27	ALEXANDRIA VA	26	29:17	10	2:45	8	1:20:33	18.9	12	1:52:34	27	2:21	7	46:36	7:30	2:41:30	
11	426	MARIA A PETERSON	27	RALIEGH NC	13	24:56	11	2:55	11	1:22:54	18.4	8	1:50:44	24	2:14	16	52:20	8:26	2:45:18	
12	458	AMANDA SHUMAN	26	FAIRFAX VA	25	28:54	4	2:06	14	1:24:41	18.0	13	1:55:40	5	1:19	11	50:22	8:07	2:47:20	
13	509	MARIANA P PARGANA	28	WASHINGTON DC	12	24:51	16	3:10	21	1:27:54	17.3	15	1:55:54	16	1:56	15	51:40	8:19	2:49:29	
14	528	JULIA BRYAN	27	BALTIMORE MD	15	26:05	22	3:39	16	1:26:08	17.7	14	1:55:51	14	1:53	18	52:51	8:31	2:50:34	
15	570	LISA BENJAMIN	28	WESTON MA	18	26:37	28	4:13	22	1:28:14	17.3	17	1:59:04	32	2:34	14	51:14	8:15	2:52:50	
16	648	HEATHER BLANNIN	29	ARLINGTON VA	17	26:31	12	2:55	25	1:28:56	17.1	16	1:58:22	9	1:32	26	56:10	9:03	2:56:03	
17	669	TERESA A LOVE	29	BALTIMORE MD	28	30:00	54	5:36	19	1:27:37	17.4	22	2:03:12	50	3:17	12	50:22	8:07	2:56:50	
18	687	RENEE M LEACH	29	BALTIMORE MD	51	34:01	36	4:30	18	1:27:02	17.5	27	2:05:32	39	2:47	10	49:46	8:01	2:58:04	
19	704	LAURIE E PEVERILL	28	ALEXANDRIA VA	24	28:38	29	4:14	27	1:30:23	16.9	23	2:03:13	26	2:21	19	53:32	8:37	2:59:04	
20	731	LUZ ANDREA VASQUEZ	29	WASHINGTON DC	57	37:24	20	3:32	15	1:26:01	17.7	29	2:06:57	21	2:09	13	50:50	8:11	2:59:56	
21	738	NICOLE BANISTER	28	AUSTIN TX	10	24:17	31	4:16	30	1:33:10	16.4	20	2:01:43	38	2:47	25	55:57	9:01	3:00:26	
22	745	BEVERLY LI	27	ALEXANDRIA VA	9	24:16	14	2:58	29	1:32:49	16.4	19	2:00:02	13	1:37	36	58:57	9:30	3:00:36	2:00
23	752	STACEY L SEIDEL	28	COLUMBIA MD	45	32:32	24	3:54	12	1:23:26	18.3	18	1:59:51	37	2:39	35	58:27	9:25	3:00:56	
24	784	JENNIFER BROWN	26	CLIFTON VA	49	33:22	7	2:20	20	1:27:51	17.3	24	2:03:31	7	1:28	32	57:25	9:15	3:02:24	
25	805	TARA J MARTIN	28	LAWRENCEVILLE NJ	22	27:16	15	3:05	34	1:34:19	16.2	26	2:04:40	15	1:56	31	57:08	9:12	3:03:43	
26	813	SARA E MCCARTNEY	29	HAVERTOWN PA	21	27:08	30	4:14	41	1:37:26	15.6	33	2:08:47	34	2:36	17	52:49	8:30	3:04:10	
27	862	LISA A GIANNACCINI	25	BALTIMORE MD	53	34:06	57	5:51	24	1:28:31	17.2	32	2:08:27	3	1:19	29	56:56	9:10	3:06:40	
28	892	MEG SCHIFFMAN	25	WASHINGTON DC	27	29:46	48	5:12	33	1:33:51	16.2	34	2:08:49	46	3:11	30	57:05	9:12	3:09:04	
29	906	JAMIE E BAUER	29	ANNAPOLIS MD	37	31:46	25	3:59	23	1:28:29	17.2	25	2:04:13	20	2:06	44	1:03:30	10:14	3:09:48	
30	950	TRACY POSNER	28	CATONSVILLE MD	35	31:35	27	4:08	17	1:26:24	17.6	21	2:02:05	30	2:27	53	1:08:04	10:58	3:12:35	2:00
31	953	ALISON L WRIGHT	27	BALTIMORE MD	39	31:49	21	3:33	26	1:30:18	16.9	28	2:05:38	18	2:00	50	1:05:06	10:29	3:12:43	
32	962	HOPE DEUTSCHLE	28	BALTIMORE MD	29	30:07	35	4:29	44	1:40:14	15.2	41	2:14:49	52	3:40	21	54:49	8:50	3:13:18	
33	963	ELIZABETH PRUSHA	27	BALTIMORE MD	54	35:15	44	5:03	28	1:32:30	16.5	39	2:12:47	58	4:53	24	55:42	8:58	3:13:21	
34	964	HOLLY A O'CONNOR	28	ARLINGTON VA	42	32:18	40	4:51	37	1:35:30	16.0	37	2:12:38	28	2:25	34	58:18	9:23	3:13:21	

MALE AGE GROUP: 25 - 29

Place	Over-All	Name	Age	City/State	Swim Plc	Swim Time	Trn1 Plc	Trans #1	Bike Plc	Bike Time	Bike Rate	Cum Plc	Cum Time	Trn2 Plc	Trans #2	Run Plc	Run Time	Pace /mile	Finish Time	PEN
1	34	MICHAEL J EGAN	29	NEWTOWN SQUARE PA	3	20:31	2	1:55	2	1:07:49	22.5	1	1:30:13	40	2:22	6	42:36	6:52	2:15:10	
2	35	DEREK J ECKENRODE	26	CATONSVILLE MD	20	24:57	6	2:10	3	1:09:28	21.9	5	1:36:33	4	1:10	2	38:33	6:13	2:16:15	
3	43	JAMES FOGG	28	GERMANTOWN MD	30	26:38	14	2:29	1	1:06:34	22.9	3	1:35:40	3	1:09	3	41:28	6:41	2:18:16	
4	59	PETER J EVANS	25	WYNDMOOR PA	2	20:27	3	1:57	6	1:13:16	20.8	2	1:35:39	8	1:14	9	43:47	7:03	2:20:39	
5	60	STEVE L LINDAUER	26	BALTIMORE MD	1	20:12	8	2:16	8	1:13:51	20.6	4	1:36:18	14	1:28	7	43:11	6:57	2:20:56	
6	82	ANDREW D MEEKINS	28	BALTIMORE MD	12	24:09	7	2:12	5	1:12:35	21.0	6	1:38:55	2	1:08	11	44:23	7:09	2:24:26	
7	122	DAVID MARQUARDT	27	ROCKVILLE MD	16	24:32	4	1:59	10	1:15:42	20.1	9	1:42:13	9	1:16	10	43:54	7:04	2:27:22	
8	123	MONTE HAWKINS	29	ARLINGTON VA	43	28:12	28	3:25	12	1:16:08	20.0	17	1:47:45	17	1:37	1	38:02	6:08	2:27:23	2:00
9	124	WILLIAM O'CONNELL	28	SUMMIT NJ	6	22:15	17	2:39	20	1:18:44	19.4	11	1:43:38	19	1:45	5	42:10	6:48	2:27:32	
10	134	BERNARD A LYNCH	29	TAKOMA PARK MD	4	20:52	5	2:10	14	1:17:03	19.8	7	1:40:03	1	1:02	13	47:03	7:35	2:28:07	
11	143	MARTIN WRIGHT	28	PORTSMOUTH VA	39	27:17	12	2:26	13	1:16:34	19.9	16	1:46:16	5	1:11	4	41:33	6:42	2:28:59	
12	209	MATTHEW AUGUSTIN	28	BALTIMORE MD	32	26:54	11	2:25	21	1:19:29	19.2	21	1:48:47	32	2:03	8	43:27	7:00	2:34:16	2:00
13	275	JAMIE E BROWN	29	WASHINGTON DC	11	23:38	44	4:19	17	1:18:17	19.5	15	1:46:14	43	2:26	21	49:40	8:00	2:38:19	
14	279	JEFFREY HAID	28	FALLS CHURCH VA	19	24:45	32	3:38	23	1:20:13	19.0	19	1:48:35	29	2:02	15	47:50	7:42	2:38:27	
15	280	STEPHEN P MCCAY	28	ARLINGTON VA	35	27:05	19	2:44	22	1:19:59	19.1	22	1:49:47	11	1:21	14	47:24	7:38	2:38:31	
16	284	WAYNE ALTER	28	HAGERSTOWN MD	15	24:29	20	2:46	25	1:21:28	18.7	20	1:48:42	6	1:11	17	48:47	7:52	2:38:39	
17	296	HENRY a JOHNSEN	28	ELKRIDGE MD	13	24:24	41	4:03	16	1:17:42	19.6	14	1:46:08	21	1:46	25	51:22	8:16	2:39:16	
18	303	CHRIS RICHARDS	27	BETHESDA MD	41	27:24	15	2:32	7	1:13:20	20.8	10	1:43:16	18	1:38	36	54:54	8:51	2:39:47	
19	328	NICK ZOHDI	27	GERMANTOWN MD	42	27:29	13	2:28	4	1:10:26	21.6	8	1:40:21	39	2:20	47	58:24	9:24	2:41:05	
20	347	MICHAEL D'ANGELO	29	COLUMBIA MD	36	27:07	10	2:23	29	1:22:04	18.6	24	1:51:32	10	1:17	18	48:48	7:52	2:41:37	
21	365	BRADFORD RATHGEBER	28	WASHINGTON DC	5	22:12	24	3:07	40	1:26:54	17.5	27	1:52:12	20	1:46	16	48:37	7:50	2:42:35	
22	373	MICHAEL E REED	28	CROFTON MD	27	26:14	23	3:05	24	1:20:52	18.8	23	1:50:11	37	2:15	22	50:24	8:07	2:42:48	
23	380	STEVEN A SANDOR	26	BALTIMORE MD	28	26:16													2:43:06	
24	391	BRETT J SCHWARTZBART	29	COLUMBIA MD	31	26:47	29	3:29	26	1:21:35	18.7	25	1:51:50	52	2:44	19	49:09	7:55	2:43:42	
25	398	JEROME D MAY	27	BOWIE MD	23	25:44	26	3:20	32	1:23:57	18.2	29	1:52:59	22	1:48	20	49:13	7:56	2:44:00	
26	417	DALE ROBSON	26	LAUREL MD	33	27:00	21	2:52	18	1:18:38	19.4	18	1:48:29	13	1:27	37	54:58	8:51	2:44:53	
27	424	MIKE NUSBAUM	29	BEDMINSTER NJ	21	25:09	18	2:41	15	1:17:36	19.6	13	1:45:25	31	2:03	46	57:44	9:18	2:45:10	
28	463	DANNY T SERPICO	27	ELLICOTT CITY MD	7	22:36	55	5:11	38	1:26:19	17.7	31	1:54:06	36	2:14	24	51:16	8:15	2:47:35	
29	468	MICHAEL MASHNER	27	WASHINGTON DC	26	26:10	40	4:02	44	1:29:33	17.0	41	1:59:44	25	1:55	12	46:09	7:26	2:47:47	
30	469	BROCK C YETSO	29	BALTIMORE MD	44	28:29	38	4:02	27	1:21:53	18.6	34	1:54:22	48	2:32	23	50:56	8:12	2:47:48	
31	470	CHRIS J FRANEY	28	ROSEDALE MD	17	24:34	25	3:08	33	1:25:09	17.9	28	1:52:50	30	2:02	30	52:58	8:32	2:47:50	
32	487	ROBERT SINGER	29	SILVER SPRING MD	8	22:43	34	3:39	39	1:26:43	17.6	30	1:53:04	47	2:31	28	52:49	8:30	2:48:23	
33	525	KYLE A WYATT	26	WASHINGTON DC	14	24:25	35	3:54	36	1:25:56	17.7	33	1:54:13	55	3:03	31	53:14	8:34	2:50:29	2:00
34	535	JOHN P FIMBEL	29	CENTREVILLE VA	55	32:54	16	2:37	19	1:18:38	19.4	32	1:54:08	23	1:51	35	54:50	8:50	2:50:48	2:00

FEMALE AGE GROUP: 30 - 34

Place	Over- All	Name	Age	City/State	Swim Plc	Swim Time	Trn1 Plc	Trans #1	Bike Plc	Bike Time	Bike Rate	Cum Plc	Cum Time	Trn2 Plc	Trans #2	Run Plc	Run Time	Pace /mile	Finish Time	PEN
1	203	CHRISTIANA L OBER	32	MIDDLEBURG VA	3	24:34	1	2:10	3	1:20:00	19.0	1	1:46:42	7	1:46	2	45:21	7:18	2:33:48	
2	252	MARIE L SANDROCK	34	ALEXANDRIA VA	26	29:34	8	2:42	5	1:20:23	19.0	9	1:52:38	9	1:50	1	42:36	6:52	2:37:04	
3	274	AMY E MCKEE	34	WASHINGTON DC	19	27:58	10	2:53	2	1:19:43	19.1	7	1:50:33	14	1:54	4	45:51	7:23	2:38:17	
4	283	KIRSTEN A EMERY	30	WASHINGTON DC	22	28:16	22	3:22	1	1:18:38	19.4	6	1:50:15	18	1:59	5	46:25	7:29	2:38:39	
5	294	ANGELA VAVASORI	30	BALTIMORE MD	10	25:58	7	2:37	7	1:21:09	18.8	4	1:49:42	5	1:34	7	47:52	7:43	2:39:08	
6	319	SHARON ADAMS	31	RESTON VA	15	26:58	17	3:10	8	1:21:17	18.7	8	1:51:25	8	1:46	6	47:30	7:39	2:40:40	
7	323	TIFFANY SCANLON	32	PHILADELPHIA PA	6	25:01	6	2:31	6	1:20:45	18.9	2	1:48:17	11	1:52	10	50:45	8:10	2:40:53	
8	364	BRITTANY a RUTTER	30	BELMAR NJ	11	25:58	3	2:11	4	1:20:14	19.0	3	1:48:23	2	1:27	12	52:40	8:29	2:42:29	
9	421	SERENA B MARTIN	33	MONKTON MD	38	32:11	2	2:10	9	1:23:23	18.3	11	1:57:43	6	1:36	3	45:43	7:22	2:45:01	
10	473	RAIN NEWTON-SMITH	31	WASHINGTON DC	2	22:32	16	3:09	11	1:24:25	18.1	5	1:50:05	39	2:28	17	55:23	8:55	2:47:55	
11	485	MICHELLE CALLENDER	32	ANNAPOLIS MD	16	26:59	13	3:04	10	1:23:27	18.3	10	1:53:30	29	2:17	11	52:35	8:28	2:48:21	
12	591	JENNIFER W HAN	30	BETHESDA MD	8	25:17	30	3:56	16	1:28:51	17.2	12	1:58:03	28	2:15	14	53:25	8:36	2:53:42	
13	682	CASSANDRA BROWN	30	BERRYVILLE VA	47	33:32	12	3:04	19	1:30:55	16.8	27	2:07:30	1	1:16	9	48:51	7:52	2:57:35	
14	688	LYNN TYRRELL	30	CRANBURY NJ	12	26:05	23	3:26	17	1:29:00	17.1	13	1:58:30	23	2:06	27	57:34	9:16	2:58:09	
15	717	BECCA PEARCE	34	BALTIMORE MD	18	27:13	14	3:05	26	1:33:15	16.3	20	2:03:32	4	1:33	16	54:23	8:46	2:59:27	
16	729	JEAN M KNAACK	34	ARLINGTON VA	4	24:54	5	2:30	23	1:32:33	16.5	15	1:59:56	26	2:12	28	57:45	9:18	2:59:52	
17	735	SAMANTHA NORTON	33	PHILADELPHIA PA	7	25:08	28	3:49	27	1:33:31	16.3	18	2:02:26	30	2:19	18	55:35	8:57	3:00:19	
18	737	AMY J KRUPKA	32	OLNEY MD	14	26:32	24	3:31	14	1:28:32	17.2	14	1:58:34	16	1:58	35	59:51	9:38	3:00:22	
19	743	MARGARET S HOWELL	34	ARLINGTON VA	5	24:57	20	3:16	24	1:33:01	16.4	17	2:01:13	10	1:51	26	57:28	9:15	3:00:31	
20	764	CHRISTY H LAUSCH	34	MOUNT AIRY MD	31	30:34	26	3:46	22	1:31:51	16.6	26	2:06:10	35	2:23	13	53:08	8:33	3:01:39	
21	783	JENNIFER F WALSH	33	ARLINGTON VA	13	26:26	15	3:08	30	1:34:21	16.2	23	2:03:54	19	1:59	19	56:31	9:06	3:02:23	
22	794	JUSTINE KAISER	32	ALEXANDRIA VA	35	31:55	57	5:36	25	1:33:06	16.4	32	2:10:35	61	4:00	8	48:23	7:48	3:02:58	
23	825	HEATHER W SHRINER	32	ALEXANDRIA VA	30	30:15	21	3:20	33	1:35:15	16.0	30	2:08:48	25	2:12	15	53:51	8:40	3:04:50	
24	829	ANDREA KHOURY	34	GREENBELT MD	21	28:14	66	6:51	13	1:28:29	17.2	21	2:03:33	63	4:08	23	57:20	9:14	3:05:00	
25	834	HEATHER VAN SLOOTEN	34	WASHINGTON DC	32	30:50	9	2:53	12	1:26:47	17.6	16	2:00:29	20	2:02	44	1:02:48	10:07	3:05:18	
26	902	KAREN B CIEMIER	32	ODENTON MD	20	28:11	35	4:11	38	1:36:25	15.8	29	2:08:47	33	2:21	30	58:24	9:24	3:09:31	
27	922	KATHY BAUER	31	HERNDON VA	27	29:43	19	3:15	18	1:30:24	16.9	19	2:03:21	12	1:53	49	1:05:36	10:34	3:10:49	
28	937	JENNIFER J DERENGOWSKI	31	SYKESVILLE MD	37	32:09	11	2:54	15	1:28:40	17.2	22	2:03:42	15	1:55	52	1:06:21	10:41	3:11:57	
29	943	SUSAN KLOSTERHAUS	33	LUSBY MD	1	21:59	68	7:25	44	1:38:39	15.4	28	2:08:02	45	2:46	40	1:01:32	9:55	3:12:18	
30	945	ERIKA HANSEN	31	ARLINGTON VA	42	32:25	25	3:35	29	1:34:06	16.2	31	2:10:04	34	2:21	36	59:59	9:40	3:12:24	
31	965	KELLY HABERSTROH	30	RANDALLSTOWN MD	9	25:55	36	4:16	28	1:33:58	16.2	24	2:04:09	50	3:07	50	1:06:06	10:39	3:13:21	
32	974	TELA GALLAGHER	30	WASHINGTON DC	25	29:24	32	3:57	20	1:30:59	16.8	25	2:04:19	54	3:24	53	1:06:24	10:42	3:14:06	
33	987	JODIE KENDALL	30	OWINGS MILLS MD	40	32:13	63	6:38	39	1:36:25	15.8	41	2:15:15	21	2:02	29	57:52	9:19	3:15:08	
34	990	ANNE S BONNEY	33	BALTIMORE MD	43	32:32	41	4:27	32	1:35:04	16.0	33	2:12:03	24	2:09	39	1:01:05	9:50	3:15:16	

MALE AGE GROUP: 30 - 34

Place	Over- All	Name	Age	City/State	Swim Plc	Swim Time	Trn1 Plc	Trans #1	Bike Plc	Bike Time	Bike Rate	Cum Plc	Cum Time	Trn2 Plc	Trans #2	Run Plc	Run Time	Pace /mile	Finish Time	PEN
1	31	GREG KEIER	34	BALTIMORE MD	1	19:47	6	2:07	3	1:07:31	22.6	1	1:29:25	3	1:00	9	42:30	6:51	2:12:53	
2	33	ROBERT C WOLFE	34	WASHINGTON DC	5	21:47	4	1:59	8	1:11:14	21.4	4	1:34:59	6	1:07	1	38:12	6:09	2:14:17	
3	42	ANDREW GROVE	33	MECHANICSBURG PA	22	25:24	13	2:23	2	1:07:26	22.6	5	1:35:11	13	1:20	5	41:45	6:44	2:18:15	
4	56	MARC SCHNEIDER	34	WASHINGTON DC	4	21:06	2	1:50	9	1:11:42	21.3	3	1:34:37	17	1:23	12	44:22	7:09	2:20:21	
5	72	DAVID B LEE	32	BALTIMORE MD	14	24:13	5	2:04	6	1:09:16	22.0	6	1:35:33	31	1:33	18	45:49	7:23	2:22:54	
6	75	MICHAEL BOORSTEIN	34	ALEXANDRIA VA	56	28:13	9	2:18	4	1:08:34	22.2	8	1:39:03	8	1:09	10	42:58	6:55	2:23:09	
7	80	ELLSWORTH BERGAN	34	PERRY HALL MD	13	23:47	12	2:22	13	1:12:34	21.0	7	1:38:43	5	1:04	13	44:25	7:09	2:24:11	
8	102	JONATHAN D LEAVITT	32	WASHINGTON DC	40	26:59	3	1:52	16	1:13:14	20.8	15	1:42:04	47	1:47	8	42:29	6:51	2:26:19	
9	105	ROBERT J OSTERRIED	34	STERLING VA	52	27:57	23	2:41	10	1:12:05	21.1	18	1:42:42	16	1:21	7	42:22	6:50	2:26:24	
10	109	MARK TORRES	31	WASHINGTON DC	50	27:49	58	3:44	17	1:13:36	20.7	25	1:45:08	41	1:41	3	39:49	6:25	2:26:36	
11	110	KEVIN J GREEN	34	GAITHERSBURG MD	21	25:10	21	2:38	14	1:12:42	21.0	11	1:40:29	35	1:36	14	44:35	7:11	2:26:39	
12	111	SEAN I WHITTAKER	31	BALTIMORE MD	32	26:06	19	2:31	11	1:12:16	21.1	12	1:40:52	2	0:57	15	44:52	7:14	2:26:39	
13	115	MARK A SENKOWSKI	34	MOUNT AIRY MD	39	26:55	52	3:40	5	1:08:56	22.1	9	1:39:31	75	2:14	16	45:15	7:17	2:26:59	
14	121	TYLER J BRANNEN	34	BALTIMORE MD	55	28:12	24	2:43	15	1:13:00	20.9	23	1:43:55	23	1:29	6	41:54	6:45	2:27:17	
15	126	SEAN P REINCKE	31	CAMBRIDGE MD	15	24:23	48	3:29	31	1:16:57	19.8	24	1:44:48	7	1:07	4	41:42	6:43	2:27:37	
16	149	THOMAS FAUCETTE	30	SILVER SPRING MD	34	26:26	63	3:51	38	1:17:56	19.6	36	1:48:12	24	1:29	2	39:41	6:24	2:29:21	
17	153	DREW REGAN	32	ARLINGTON VA	10	22:40	42	3:18	22	1:15:10	20.3	13	1:41:06	30	1:33	22	46:51	7:33	2:29:29	
18	160	MICHAEL J OLIVEIRA	34	WASHINGTON DC	38	26:43	11	2:22	7	1:10:30	21.6	10	1:39:34	48	1:47	34	48:38	7:50	2:29:58	
19	161	CHRIS PARKER	34	PARKVILLE MD	18	24:45	35	3:03	21	1:14:49	20.4	17	1:42:36	10	1:14	20	46:20	7:28	2:30:09	
20	169	CLIFTON CHAMBERLIN	32	ADELPHI MD	26	25:36	18	2:29	1	1:04:33	23.6	2	1:32:37	32	1:34	75	56:43	9:08	2:30:53	
21	172	STEVE BOYD	31	ELKRIDGE MD	20	25:05	7	2:16	18	1:13:53	20.6	14	1:41:13	29	1:33	32	48:23	7:48	2:31:07	
22	182	RYAN DUNNE	31	PHILADELPHIA PA	43	27:20	34	3:01	12	1:12:34	21.0	20	1:42:53	14	1:20	28	47:45	7:42	2:31:58	
23	191	JAMES ROEDER	33	BALTIMORE MD	16	24:28	73	4:02	19	1:14:14	20.5	19	1:42:43	26	1:30	33	48:30	7:49	2:32:43	
24	199	BRIAN m MCGINLEY	34	BALTIMORE MD	9	22:30	77	4:13	28	1:16:47	19.8	22	1:43:28	71	2:10	27	47:43	7:41	2:33:20	
25	202	KEVIN C SHAW	32	ASHBURN VA	11	22:41	27	2:45	33	1:17:10	19.7	16	1:42:35	66	2:05	35	48:59	7:53	2:33:37	
26	223	TREVOR M ASHBARRY	32	SILVER SPRING MD	91	32:20	26	2:45	20	1:14:29	20.5	42	1:49:33	39	1:40	11	44:11	7:07	2:35:23	
27	228	DAVID M BLADES	30	COLUMBIA MD	45	27:27	82	4:21	25	1:16:11	20.0	34	1:47:58	72	2:10	17	45:29	7:20	2:35:37	
28	237	BRIAN A BALGAARD	33	WASHINGTON DC	23	25:27	1	1:49	52	1:20:42	18.9	33	1:47:57	1	0:45	26	47:30	7:39	2:36:11	
29	246	BRIAN SCHREIBER	32	DOWNINGTOWN PA	33	26:22	46	3:28	23	1:15:29	20.2	27	1:45:18	34	1:35	36	49:35	7:59	2:36:27	
30	250	CHRIS MANNING	33	WASHINGTON DC	51	27:56	15	2:26	35	1:17:38	19.6	35	1:47:59	21	1:27	25	47:23	7:38	2:36:48	
31	253	JEFFREY LEACH	34	ARLINGTON VA	30	25:48	47	3:29	39	1:17:58	19.5	30	1:47:13	44	1:44	31	48:09	7:45	2:37:06	
32	273	TRISTAN BURTON	32	ANNAPOLIS MD	53	28:04	80	4:17	34	1:17:22	19.7	44	1:49:43	46	1:46	21	46:46	7:32	2:38:14	
33	298	JUSTIN HOLMES	34	ALEXANDRIA VA	88	31:58	38	3:07	29	1:16:48	19.8	50	1:51:53	36	1:36	19	45:50	7:23	2:39:19	
34	307	BRIAN GILBERT	34	WOODSTOCK MD	29	25:44	66	3:53	36	1:17:55	19.6	32	1:47:31	22	1:28	46	51:11	8:15	2:40:09	

35	309	TIM K KEHOE	33	RICHMOND VA	67	29:39	25	2:44	24	1:15:51	20.1	37	1:48:13	11	1:17	45	50:42	8:10	2:40:11	
36	315	MICHAEL M SMITH	33	MANHEIM PA	3	20:50	17	2:28	48	1:20:08	19.0	21	1:43:24	27	1:31	69	55:37	8:57	2:40:31	
37	327	MATTHEW SULLIVAN	32	MORRISVILLE PA	28	25:39	39	3:12	32	1:17:06	19.8	28	1:45:56	40	1:40	58	53:28	8:37	2:41:04	
38	330	DOUGLAS FULLING	32	WEST CHESTER PA	2	20:49	78	4:14	62	1:22:25	18.5	31	1:47:26	60	2:01	48	51:42	8:20	2:41:08	
39	337	WILLIAM SCHIMMEL	31	ARLINGTON VA	17	24:36	50	3:35	56	1:21:31	18.7	43	1:49:41	50	1:50	38	49:47	8:01	2:41:18	
40	339	MONTE LEWIS	30	FREDERICK MD	62	29:06	51	3:39	42	1:19:10	19.3	51	1:51:53	43	1:42	29	47:51	7:43	2:41:25	
41	342	BRANDON R WITTE	33	ARNOLD MD	25	25:31	43	3:22	27	1:16:21	20.0	26	1:45:13	53	1:51	63	54:23	8:46	2:41:26	
42	350	ED PEARCE	31	BALTIMORE MD	12	23:22	32	2:58	53	1:20:44	18.9	29	1:47:03	68	2:07	55	52:38	8:29	2:41:47	
43	356	MICHAEL P BLUM	30	ARBUTUS MD	86	31:51	79	4:17	37	1:17:56	19.6	57	1:54:02	4	1:02	23	47:04	7:35	2:42:07	
44	363	BILL FRITZ	34	CATONSVILLE MD	48	27:41	28	2:46	50	1:20:35	18.9	47	1:51:01	20	1:25	40	49:55	8:02	2:42:20	
45	368	MORRIS MASINTER	33	ROANOKE VA	77	30:54	37	3:07	26	1:16:21	20.0	46	1:50:20	93	2:32	39	49:49	8:01	2:42:40	2:00
46	381	DOMENIC SMERAGLIA	30	WARRENTON VA	42	27:15	33	2:59	54	1:21:01	18.8	49	1:51:14	90	2:30	37	49:37	8:00	2:43:20	
47	387	BLAIR G HILL	32	WOODBINE MD	61	29:02	83	4:22	30	1:16:56	19.8	45	1:50:19	61	2:01	47	51:19	8:16	2:43:38	
48	397	BANG TRINH	34	RESTON VA	75	30:51	20	2:36	49	1:20:18	19.0	56	1:53:44	70	2:09	30	48:07	7:45	2:43:59	
49	438	ERIK FLODEN	33	WASHINGTON DC	36	26:33	31	2:55	65	1:22:59	18.4	53	1:52:26	12	1:20	53	52:23	8:26	2:46:08	
50	486	MATTHEW K FERGUSON	34	WASHINGTON DC	37	26:40	8	2:17	68	1:23:33	18.2	54	1:52:28	38	1:38	62	54:17	8:45	2:48:23	
51	514	JEB BENSON	34	CATONSVILLE MD	19	25:03	36	3:05	55	1:21:04	18.8	40	1:49:11	92	2:31	82	58:11	9:22	2:49:52	
52	522	MICHAEL G JANTZ	34	BALTIMORE MD	70	29:57	72	4:02	45	1:19:43	19.1	55	1:53:41	55	1:54	64	54:46	8:49	2:50:19	
53	529	MATTHEW GINSBURG	34	WASHINGTON DC	65	29:23	53	3:41	71	1:23:57	18.2	61	1:56:59	112	3:38	41	50:04	8:04	2:50:40	
54	537	MATT MURRELL	33	PATUXENT RIVER MD	74	30:44	71	4:01	60	1:22:17	18.5	62	1:57:01	45	1:46	51	52:10	8:24	2:50:56	
55	540	JOEL ANGELES	32	ALEXANDRIA VA	58	28:48	16	2:27	46	1:19:48	19.1	48	1:51:02	83	2:19	77	57:38	9:17	2:50:58	
56	545	ANTONJ LOSEY	30	COLUMBIA MD	95	33:01	68	3:55	59	1:21:58	18.6	72	1:58:54	78	2:15	43	50:08	8:05	2:51:16	
57	567	MARC FUENTEBELLA	32	RESTON VA	31	25:52	44	3:28	44	1:19:36	19.1	38	1:48:55	97	2:41	91	1:00:54	9:48	2:52:30	
58	569	GRAHAM WESTERBERG	32	GAITHERSBURG MD	8	22:20	59	3:45	67	1:23:09	18.3	41	1:49:13	33	1:35	93	1:01:54	9:58	2:52:41	
59	582	OMAR J FACUSE	34	PATERSON NJ	109	35:24	45	3:28	43	1:19:26	19.2	68	1:58:17	25	1:30	59	53:41	8:39	2:53:27	
60	607	DAVID URBANEK	30	BALTIMORE MD	64	29:23	88	4:34	75	1:25:00	17.9	73	1:58:56	37	1:37	60	53:49	8:40	2:54:22	
61	617	KEVIN J BAUER	30	ANNAPOLIS MD	57	28:23	22	2:40	86	1:27:16	17.5	69	1:58:18	9	1:13	67	55:21	8:55	2:54:52	
62	620	QUINDI C FRANCO	33	WASHINGTON DC	49	27:43	107	5:43	70	1:23:45	18.2	66	1:57:10	59	1:59	70	55:50	9:00	2:54:58	
63	627	JEREMY S ZOCH	31	ELLCOTT CITY MD	111	35:36	60	3:45	41	1:18:19	19.5	67	1:57:39	19	1:24	73	56:25	9:05	2:55:27	
64	631	CHRISTOPHER R JONES	31	ALEXANDRIA VA	69	29:45	10	2:21	73	1:24:17	18.1	60	1:56:22	18	1:24	80	57:58	9:20	2:55:43	
65	640	ROB CARLSEN	33	COLUMBIA MD	89	32:00	55	3:43	66	1:23:05	18.3	71	1:58:46	77	2:14	65	54:54	8:50	2:55:53	
66	647	JOHN P CAMPBELL	31	SOUTH ORANGE NJ	92	32:21	65	3:52	77	1:26:06	17.7	82	2:02:18	28	1:32	52	52:11	8:24	2:56:00	
67	651	TIMOTHY J FERRESE	32	COCKEYSVILLE MD	71	30:01	75	4:05	91	1:29:27	17.0	89	2:03:32	69	2:07	44	50:36	8:09	2:56:15	
68	654	ERIK B ADAMS	33	ALEXANDRIA VA	24	25:30	92	4:40	78	1:26:11	17.7	59	1:56:21	81	2:17	78	57:41	9:17	2:56:18	
69	664	ERIKS RICHTERS	32	CATONSVILLE MD	59	28:52	101	5:19	79	1:26:34	17.6	76	2:00:44	103	2:53	56	52:57	8:32	2:56:32	
70	666	KEVIN J GRAYSON	31	ODENTON MD	7	21:55	74	4:05	97	1:31:07	16.7	64	1:57:06	106	3:03	74	56:32	9:06	2:56:40	
71	676	DAVID CHEEK	31	ARLINGTON VA	114	36:35	123	8:42	40	1:17:59	19.5	86	2:03:15	115	3:55	42	50:06	8:04	2:57:15	
72	679	PETER DELLA-CROCE	30	COLUMBIA MD	90	32:18	81	4:20	76	1:25:23	17.8	81	2:02:01	76	2:14	57	53:04	8:33	2:57:18	
73	689	MATTHEW TEXLER	33	COLUMBIA MD	44	27:26	105	5:22	72	1:24:17	18.1	63	1:57:04	102	2:51	83	58:16	9:23	2:58:11	
74	691	KENNETH M CAPUTO	31	BALTIMORE MD	78	31:02	100	5:15	61	1:22:23	18.5	70	1:58:39	89	2:29	76	57:08	9:12	2:58:15	
75	707	TIMOTHY KANE	34	WASHINGTON DC	6	21:54	61	3:45	80	1:26:45	17.6	52	1:52:23	105	3:01	99	1:03:46	10:16	2:59:08	
76	710	CHRISTOPHER MURRAY	30	BALTIMORE MD	63	29:15	103	5:22	92	1:29:41	17.0	94	2:04:18	94	2:34	54	52:24	8:26	2:59:15	
77	711	WILLIAM D GAYNOR	31	ROSWELL GA	27	25:38	29	2:50	51	1:20:36	18.9	39	1:49:03	57	1:58	111	1:08:16	11:00	2:59:16	

78	727 THOMAS M VOYTEN	33 ANNAPOLIS MD	113	36:13	56	3:44	63	1:22:44	18.4	83	2:02:39	51	1:50	68	55:23	8:55	2:59:51
79	749 TIM MEEHAN	34 PACIFIC GROVE CA	102	33:41	85	4:26	57	1:21:33	18.7	75	1:59:38	65	2:04	87	59:07	9:31	3:00:49
80	757 JEFFREY L AMERICO	31 SILVER SPRING MD	80	31:36	54	3:41	102	1:32:08	16.5	97	2:07:24	42	1:41	50	52:09	8:24	3:01:13
81	766 RICHARD BETTENCOURT	34 GAITHERSBURG MD	47	27:40	99	5:13	93	1:30:29	16.8	87	2:03:20	85	2:21	72	56:06	9:02	3:01:46
82	768 MICHAEL HEFFERNAN	30 BALTIMORE MD	101	33:30	64	3:51	58	1:21:38	18.7	74	1:58:58	88	2:28	89	1:00:25	9:44	3:01:50
83	770 RICHARD R DOPP	33 ANN ARBOR MI	99	33:21	112	6:04	74	1:24:19	18.1	90	2:03:43	79	2:15	71	55:54	9:00	3:01:52
84	788 PATRICK DUFFY	34 CLARKSVILLE MD	35	26:31	57	3:44	84	1:26:53	17.5	65	1:57:07	99	2:45	96	1:02:51	10:07	3:02:42
85	789 JOHN L RIGG	33 EPHRATA PA	108	34:38	76	4:07	64	1:22:53	18.4	80	2:01:38	63	2:02	86	59:03	9:31	3:02:42
86	799 CAMERON DEZFULIAN	32 WASHINGTON DC	79	31:35	90	4:37	85	1:27:01	17.5	85	2:03:11	84	2:19	81	58:00	9:20	3:03:29
87	820 AARON C LIEBERT	30 ARLINGTON VA	84	31:47	94	4:47	88	1:27:24	17.4	92	2:03:57	58	1:58	85	58:43	9:27	3:04:37
88	828 MATT MILES	32 BALTIMORE MD	81	31:38	97	5:01	95	1:30:33	16.8	96	2:07:11	116	3:58	61	53:50	8:40	3:04:58
89	838 MICHAEL P KEANE	34 ELLICOTT CITY MD	121	38:31	109	5:46	47	1:20:00	19.0	93	2:04:16	54	1:52	88	59:30	9:35	3:05:38
90	852 STAN GORSKI	31 ROCKVILLE MD	100	33:26	89	4:37	94	1:30:32	16.8	98	2:08:34	98	2:43	66	55:01	8:52	3:06:17
91	880 JOSHUA TZUKER	31 WASHINGTON DC	98	33:19	86	4:28	109	1:36:48	15.7	107	2:14:33	49	1:48	49	51:49	8:21	3:08:10
92	890 ROBERT C HAWTHORNE	31 FULTON MD	76	30:54	49	3:30	83	1:26:52	17.5	79	2:01:15	52	1:50	104	1:05:54	10:37	3:08:58
93	899 ANDREW S VELIUONA	34 ELLICOTT CITY MD	118	37:31	111	5:59	105	1:33:25	16.3	110	2:16:54	121	5:20	24	47:11	7:36	3:09:24
94	918 CHRISTIAN FRASER	34 BALTIMORE MD	106	34:02	14	2:23	87	1:27:22	17.4	91	2:03:47	56	1:54	101	1:04:43	10:25	3:10:23
95	924 ED SCHULTHEIS	34 BELCAMP MD	97	33:16	114	6:09	96	1:30:50	16.8	100	2:10:13	101	2:50	79	57:55	9:20	3:10:57
96	933 DAVID E GWINN	34 CROWNSVILLE MD	72	30:21	84	4:25	98	1:31:12	16.7	95	2:05:57	87	2:27	97	1:03:21	10:12	3:11:44
97	959 MICHAEL K RUANE	31 BROOKEVILLE MD	85	31:48	70	3:58	89	1:27:39	17.4	88	2:03:24	91	2:31	109	1:07:02	10:48	3:12:56
98	1006 COREY A BRUNSON	34 SPRINGFIELD VA	83	31:45	98	5:09	108	1:35:25	16.0	103	2:12:18	80	2:16	92	1:01:30	9:54	3:16:03
99	1020 JOSH L GOODMAN	31 ANNAPOLIS MD	60	28:58	102	5:22	81	1:26:48	17.6	78	2:01:07	104	3:00	116	1:13:19	11:48	3:17:26
100	1041 BRIAN MCNALLY	32 WASHINGTON DC	96	33:07	40	3:14	82	1:26:50	17.6	84	2:03:10	67	2:05	117	1:13:39	11:52	3:18:53
101	1043 PATRICK t HOGAN	31 RIVA MD	107	34:29	87	4:34	99	1:31:16	16.7	101	2:10:18	95	2:35	105	1:06:05	10:39	3:18:57
102	1044 GRAHAM S TALBOT	33 CROFTON MD	73	30:28	106	5:30	106	1:33:36	16.3	99	2:09:33	107	3:07	107	1:06:28	10:42	3:19:06
103	1056 MARTIN A NEGRON	32 SILVER SPRING MD	123	40:00	62	3:50	103	1:32:17	16.5	108	2:16:07	73	2:10	95	1:02:34	10:05	3:20:50
104	1082 MATTHEW S RASCHKA	32 BALTIMORE MD	66	29:25	108	5:46	111	1:38:31	15.5	104	2:13:41	96	2:39	106	1:06:08	10:39	3:22:27
105	1087 VIJAY A DSOUZA	33 WASHINGTON DC	112	35:49	117	6:41	100	1:31:31	16.7	105	2:14:00	109	3:32	103	1:05:29	10:33	3:23:00
106	1101 SUK PARK	33 NY NY	110	35:30	69	3:57	118	1:44:20	14.6	115	2:23:46	15	1:21	84	58:30	9:25	3:23:35
107	1123 JAY B HOLLISTER	34 PENN YAN NY	120	37:55	67	3:54	104	1:32:33	16.5	106	2:14:21	62	2:02	112	1:09:19	11:10	3:25:41
108	1163 WILLIAM A NABACH	30 ARLINGTON VA	115	36:42	93	4:41	110	1:37:11	15.7	111	2:18:34	118	4:14	108	1:06:46	10:45	3:29:33
109	1167 JASON VERMILLION	32 KING OF PRUSSIA PA	104	33:57	110	5:48	101	1:31:36	16.6	102	2:11:21	117	4:04	119	1:14:45	12:02	3:30:09
110	1194 JEFFREY J CORNELIUS	34 LAUREL MD	116	36:54	120	7:50	115	1:42:16	14.9	116	2:26:59	108	3:18	94	1:02:29	10:04	3:32:46
111	1212 PAUL A BAKER	34 WASHINGTON DC	117	37:15	104	5:22	120	1:45:46	14.4	118	2:28:22	86	2:27	100	1:04:35	10:24	3:35:23
112	1216 WON CHOI	31 NEW YORK NY	124	40:46	96	4:56	119	1:44:31	14.6	119	2:30:12	74	2:14	98	1:03:42	10:15	3:36:06
113	1229 BRADY W HILL	33 GERMANTOWN MD	93	32:36	113	6:06	116	1:42:36	14.9	114	2:21:16	82	2:17	118	1:14:01	11:55	3:37:34
114	1231 MATTHEW W CORELL	34 FINKSBURG MD	82	31:44	127	13:04	107	1:34:18	16.2	112	2:19:05	122	6:24	114	1:12:25	11:40	3:37:53
115	1242 CHRIS SOUDER	31 HARRISBURG PA	68	29:44	91	4:39	114	1:42:07	14.9	109	2:16:29	100	2:49	122	1:20:29	12:58	3:39:46
116	1256 JOSEPH A WESTMORELAND	32 CENTREVILLE VA	94	32:53	118	7:26	112	1:39:05	15.4	113	2:19:23	110	3:33	121	1:18:51	12:42	3:41:46
117	1266 KEITH BUTT	30 ELKRIDGE MD	105	34:01	126	10:16	125	1:51:08	13.7	122	2:35:24	111	3:35	102	1:05:02	10:28	3:44:00
118	1269 KEVIN C LEE	31 BALTIMORE MD	127	52:39	122	8:22	113	1:39:21	15.3	125	2:40:21	113	3:45	90	1:00:52	9:48	3:44:57
119	1283 CHRIS J GRAMICCIONI	34 BALTIMORE MD	122	38:51	125	9:33	121	1:46:19	14.3	121	2:34:43	120	5:05	110	1:07:43	10:54	3:47:30
120	1288 HERMES M SOYEZ	33 ARLINGTON VA	119	37:52	115	6:11	117	1:44:03	14.6	117	2:28:06	124	6:34	120	1:15:03	12:05	3:49:42

FEMALE AGE GROUP: 35 - 39

Place	Over- All	Name	Age	City/State	Swim Plc	Swim Time	Trn1 Plc	Trans #1	Bike Plc	Bike Time	Bike Rate	Cum Plc	Cum Time	Trn2 Plc	Trans #2	Run Plc	Run Time	Pace /mile	Finish Time	PEN
1	118	KRISTINE I KUSS	38	NEWARK DE	7	24:54	9	2:56	1	1:15:29	20.2	2	1:43:18	12	1:46	2	42:08	6:47	2:27:11	
2	197	ELIZABETH G SCHIEBER	38	STAFFORD VA	2	22:19	2	2:00	3	1:18:01	19.5	1	1:42:19	3	1:18	10	49:26	7:58	2:33:02	
3	225	MARY J MAGNANI	35	PRINCETON NJ	6	24:38	10	2:57	2	1:16:40	19.9	3	1:44:14	22	1:56	9	49:23	7:57	2:35:32	
4	233	MARYBETH COCHRAN	38	BEL AIR MD	9	26:24	12	3:08	9	1:21:27	18.7	6	1:50:58	2	1:17	3	43:41	7:02	2:35:56	
5	244	JULIE DUKES	37	PASADENA MD	14	26:44	3	2:16	6	1:20:15	19.0	4	1:49:15	5	1:32	5	45:38	7:21	2:36:24	
6	271	DENISE KNICKMAN	38	BALTIMORE MD	27	27:57	24	3:39	12	1:23:02	18.4	11	1:54:37	14	1:48	1	41:44	6:43	2:38:08	
7	290	KRISTEN DONOHUE	39	CAPE MAY COURT HOUSE	41	30:38	1	1:48	5	1:20:08	19.0	8	1:52:33	1	1:00	4	45:23	7:19	2:38:54	
8	316	CHRISTINA L KICHULA	36	SILVER SPRING MD	19	27:27	14	3:09	4	1:20:04	19.0	5	1:50:39	8	1:38	7	48:17	7:47	2:40:33	
9	366	CHRISTINA LEWIS	39	BALTIMORE MD	26	27:57	5	2:45	8	1:21:07	18.8	7	1:51:48	23	1:57	8	48:52	7:52	2:42:36	
10	416	DANA E WOLFE	39	WASHINGTON DC	15	26:59	8	2:49	11	1:22:50	18.4	9	1:52:37	20	1:54	13	50:20	8:06	2:44:50	
11	433	PHILIPPA SHIELS	39	EDGEWATER MD	5	24:34	17	3:17	18	1:26:31	17.6	10	1:54:20	11	1:46	11	49:41	8:00	2:45:46	
12	454	KAREN J HANRAHAN	37	WASHINGTON DC	37	30:01	20	3:29	10	1:21:32	18.7	13	1:55:01	29	2:19	12	49:43	8:01	2:47:02	
13	516	MAURA C DUNNIGAN	38	ELLICOTT CITY MD	24	27:41	19	3:20	13	1:23:48	18.2	12	1:54:49	6	1:36	23	53:43	8:39	2:50:06	
14	527	MELANIE L SIX	35	ALEXANDRIA, VA	30	28:18	4	2:42	14	1:24:03	18.1	14	1:55:02	15	1:48	22	53:42	8:39	2:50:31	
15	553	ELIZABETH REXON	39	HADDONFIELD NJ	18	27:21	11	3:06	19	1:27:05	17.5	17	1:57:31	10	1:45	19	52:25	8:27	2:51:39	
16	555	CAROLINE W JOHNSTON	35	BALTIMORE MD	22	27:38	31	3:51	31	1:30:48	16.8	24	2:02:16	32	2:21	6	47:18	7:37	2:51:54	
17	559	ANDREA M CARBONELL	36	DAMASCUS MD	28	28:00	37	4:01	15	1:24:33	18.0	15	1:56:33	9	1:42	24	53:46	8:40	2:52:01	
18	593	LIZA DUNHAM	37	WASHINGTON DC	20	27:32	27	3:47	22	1:28:44	17.2	18	2:00:03	31	2:20	15	51:20	8:16	2:53:42	
19	650	DONNA L COMAS	38	BRIDGEWATER NJ	44	31:26	30	3:51	17	1:25:57	17.7	20	2:01:12	26	2:12	20	52:43	8:30	2:56:07	
20	660	ANNABEL LUSARDI	39	FALLSTON MD	35	29:34	44	4:46	21	1:27:34	17.4	23	2:01:53	51	2:51	17	51:45	8:20	2:56:27	
21	728	ANGIE MARELLA	38	DAMASCUS MD	4	24:31	28	3:49	36	1:33:21	16.3	21	2:01:39	19	1:53	31	56:21	9:04	2:59:52	
22	751	ELIZABETH STERLING	38	OLNEY MD	29	28:15	18	3:20	16	1:25:28	17.8	16	1:57:02	4	1:28	49	1:02:24	10:03	3:00:53	
23	763	CAROL G BESSE	37	RELAY MD	16	27:08	29	3:49	28	1:30:15	16.9	19	2:01:12	53	2:52	35	57:35	9:16	3:01:38	
24	773	HOLLY S COATES	38	BALTIMORE MD	38	30:05	36	4:00	30	1:30:33	16.8	28	2:04:37	17	1:51	27	55:32	8:57	3:01:59	
25	782	PAULA DWYER	38	ELLICOTT CITY MD	31	28:42	51	5:07	42	1:34:26	16.1	38	2:08:14	64	3:28	14	50:39	8:10	3:02:20	
26	785	HEIDI E BURKHARDT	35	ALEXANDRIA VA	21	27:35	35	4:00	41	1:34:16	16.2	31	2:05:49	37	2:30	26	54:06	8:43	3:02:25	
27	786	MICHELE BUCKLEY	39	ARLINGTON VA	65	37:16	38	4:11	20	1:27:29	17.4	41	2:08:55	21	1:55	16	51:44	8:20	3:02:33	
28	795	AMY RANDOLPH	39	VIRGINIA BEACH VA	23	27:39	25	3:42	29	1:30:30	16.8	22	2:01:50	63	3:27	37	57:42	9:18	3:02:59	
29	810	CLAUDIA C DUCKER	38	ANNAPOLIS MD	50	32:13	53	5:15	26	1:29:48	17.0	35	2:07:15	52	2:52	25	54:00	8:42	3:04:06	
30	814	MARILYN A JARVIS	37	PURCELLVILLE VA	40	30:14	22	3:31	24	1:29:35	17.0	27	2:03:19	25	2:10	39	58:45	9:28	3:04:14	
31	816	STACY RAMOS	37	ANNAPOLIS MD	32	28:49	7	2:48	48	1:35:21	16.0	34	2:06:57	16	1:50	29	55:36	8:57	3:04:23	2:00
32	824	JEAN MCGINLEY	36	ARLINGTON VA	48	31:56	43	4:41	23	1:29:27	17.0	33	2:06:03	60	3:08	28	55:34	8:57	3:04:45	
33	844	DEBORAH J KING	39	DARNESTOWN MD	10	26:25	15	3:13	37	1:33:31	16.3	26	2:03:08	30	2:19	41	1:00:27	9:44	3:05:53	
34	869	SABINE BOGGS	36	CHARLESTON WV	34	28:58	21	3:29	38	1:33:31	16.3	32	2:05:57	43	2:39	38	58:32	9:26	3:07:07	

78 0 NICHOLE J LEITNER

36 COLUMBIA MD

69 39:02

MALE AGE GROUP: 35 - 39

Place	Over- All	Name	Age	City/State	Swim Plc	Swim Time	Trn1 Plc	Trans #1	Bike Plc	Bike Time	Bike Rate	Cum Plc	Cum Time	Trn2 Plc	Trans #2	Run Plc	Run Time	Pace /mile	Finish Time	PEN
1	18	BRIAN G BENDA	36	PARKTON MD	1	17:16	1	1:24	6	1:08:34	22.2	1	1:27:13	1	0:44	7	40:00	6:27	2:07:55	
2	19	SEAN L ROBBINS	37	DALLAS PA	13	22:02	3	1:43	2	1:06:31	22.9	3	1:30:16	4	0:48	2	38:04	6:08	2:09:07	
3	21	VINNIE MONSEAU	37	MORGANTOWN WV	15	22:29	30	2:36	4	1:07:30	22.6	5	1:32:34	16	1:08	1	35:39	5:45	2:09:20	
4	22	RHYS THOMAS	35	ELLICOTT CITY MD	5	20:22	2	1:43	3	1:07:14	22.7	2	1:29:17	44	1:23	4	39:15	6:19	2:09:55	
5	26	TREY CASSIDY	38	ELLICOTT CITY MD	18	22:32	22	2:29	1	1:05:51	23.1	4	1:30:52	6	0:51	3	39:13	6:19	2:10:55	
6	40	STEVE O MEININGER	37	CLARKSVILLE MD	10	21:38	6	1:59	8	1:09:42	21.9	6	1:33:18	14	1:03	21	43:38	7:02	2:17:58	
7	46	COREY JENSEN	37	BALTIMORE MD	24	22:58	17	2:19	12	1:12:16	21.1	11	1:37:32	5	0:49	8	40:19	6:30	2:18:39	
8	48	GREG KOTZBAUER	36	PRINCETON NJ	42	24:29	33	2:39	11	1:11:54	21.2	15	1:39:01	35	1:18	6	39:24	6:21	2:19:42	
9	52	DAVID KALINOWSKI	37	WASHINGTON DC	8	21:08	8	2:05	14	1:12:40	21.0	9	1:35:52	9	0:56	17	43:02	6:56	2:19:50	
10	54	MATTHEW G POFFENROTH	37	ROCKVILLE MD	14	22:23	10	2:09	9	1:11:10	21.4	8	1:35:41	32	1:17	15	42:59	6:56	2:19:57	
11	58	MARTIN C JACOBS	38	SPRINGFIELD VA	3	19:56	23	2:29	15	1:12:44	21.0	7	1:35:08	10	1:00	24	44:22	7:09	2:20:29	
12	73	LARRY CHEVRES	36	PRINCETON JUNCTION NJ	2	19:08	4	1:45	48	1:16:55	19.8	12	1:37:48	3	0:44	25	44:27	7:10	2:22:58	
13	77	SCOTT A JOHNSON	38	SOUTH RIDING VA	68	26:14	43	2:55	5	1:08:23	22.3	10	1:37:31	33	1:17	29	44:46	7:13	2:23:33	
14	79	JEFF ROBINSON	35	WASHINGTON DC	17	22:31	5	1:58	29	1:14:54	20.3	19	1:39:22	55	1:28	19	43:12	6:57	2:24:01	
15	81	OLE R VILLADSEN	35	ARLINGTON VA	40	24:25	60	3:10	16	1:12:48	20.9	20	1:40:22	42	1:22	14	42:33	6:51	2:24:16	
16	84	RICHARD P FAY	36	RALEIGH NC	16	22:29	11	2:11	25	1:14:19	20.5	14	1:38:59	21	1:11	26	44:30	7:10	2:24:39	
17	98	STUART W HOUGH	39	FREDERICK MD	9	21:16	87	3:30	46	1:16:51	19.8	25	1:41:36	46	1:24	16	43:00	6:56	2:26:00	
18	99	NED L WOODY	39	BEL AIR MD	63	25:56	27	2:32	49	1:16:59	19.8	40	1:45:27	43	1:22	5	39:19	6:20	2:26:07	
19	103	SEAN R WARD	35	WASHINGTON DC	19	22:41	12	2:15	24	1:14:10	20.5	17	1:39:05	66	1:35	37	45:40	7:21	2:26:19	
20	106	DOUGLAS B WOODS	37	GAITHERSBURG MD	38	24:09	20	2:24	13	1:12:33	21.0	16	1:39:05	40	1:20	44	46:04	7:25	2:26:27	
21	116	MARC W APPLGATE	38	WOODSTOCK MD	66	26:01	115	3:53	22	1:13:47	20.7	31	1:43:39	68	1:36	10	41:49	6:44	2:27:03	
22	129	DAVID HOLMES	37	LAUREL MD	57	25:32	36	2:40	20	1:13:27	20.7	26	1:41:38	11	1:01	32	45:17	7:18	2:27:55	
23	130	JAMIE DALESSANDRO	36	GAINESVILLE VA	36	23:58	101	3:40	23	1:14:07	20.6	27	1:41:44	26	1:16	30	45:01	7:15	2:27:59	
24	137	JOSEPH C DECKER	38	COLUMBIA MD	6	20:45	13	2:15	58	1:18:21	19.5	23	1:41:20	2	0:44	48	46:19	7:28	2:28:22	
25	139	MICHAEL F LAHEY	39	SALISBURY MD	12	22:00	9	2:07	33	1:15:09	20.3	18	1:39:15	15	1:04	68	48:17	7:47	2:28:35	
26	142	STEVE RUSSELL	37	SEVERNA PARK MD	89	27:34	34	2:39	10	1:11:38	21.3	29	1:41:50	88	1:44	34	45:25	7:19	2:28:58	
27	146	JOHN KICHULA	37	MEDIA PA	39	24:23	21	2:25	21	1:13:38	20.7	21	1:40:25	37	1:19	62	47:32	7:39	2:29:15	
28	147	BRIAN ZIDEK	37	MEDIA PA	29	23:37	71	3:15	30	1:14:56	20.3	28	1:41:48	72	1:37	41	45:52	7:23	2:29:16	
29	148	PETER t WARNER	37	ARLINGTON VA	43	24:42	32	2:39	19	1:13:14	20.8	22	1:40:35	61	1:32	59	47:16	7:37	2:29:21	
30	150	JASON A MULVENY	35	WASHINGTON DC DC	119	29:34	31	2:39	7	1:09:19	22.0	24	1:41:31	41	1:20	54	46:36	7:30	2:29:26	
31	155	ANTHONY V GUIDA	36	WASHINGTON DC	48	24:50	72	3:16	44	1:16:39	19.9	35	1:44:44	23	1:13	22	43:48	7:03	2:29:44	
32	159	ALEXEI M SILVERMAN	36	BETHESDA MD	94	27:49	25	2:31	36	1:15:36	20.2	43	1:45:56	54	1:27	12	42:30	6:51	2:29:52	
33	163	GREGORY A OLSON	35	WASHINGTON DC	69	26:17	39	2:51	45	1:16:47	19.8	42	1:45:54	30	1:17	18	43:09	6:57	2:30:19	
34	173	DAVID SLUPE	35	LANDENBERG PA	60	25:42	62	3:11	60	1:18:31	19.4	52	1:47:23	50	1:26	13	42:32	6:51	2:31:19	

35	176 BRIAN GALLAGHER	37 YARDLEY PA	4	20:02	41	2:53	32	1:15:05	20.3	13	1:38:00	22	1:12	101	52:25	8:26	2:31:35
36	177 JAMES L DONLON	35 PURCELLVILLE VA	72	26:26	38	2:50	39	1:15:57	20.1	39	1:45:11	12	1:02	36	45:29	7:20	2:31:41
37	186 JOHN F MAGUIRE	35 POTOMAC FALLS VA	49	24:58	127	4:07	38	1:15:42	20.1	36	1:44:46	70	1:36	39	45:48	7:23	2:32:09
38	188 JOHN M WOOD	37 BALTIMORE MD	20	22:50	116	3:54	84	1:20:25	19.0	47	1:47:07	120	1:56	20	43:24	7:00	2:32:26
39	190 STEVE FROMMER	36 OCEAN NJ	28	23:27	7	2:02	116	1:23:59	18.1	68	1:49:27	57	1:29	9	41:39	6:43	2:32:34
40	204 CHARLES R RADCLIFFE	35 MITCHELLVILLE MD	46	24:45	123	3:59	51	1:17:22	19.7	44	1:46:05	38	1:19	52	46:29	7:29	2:33:52
41	215 CHRIS FIACCO	36 FOREST HILL MD	53	25:22	16	2:17	72	1:19:43	19.1	50	1:47:21	17	1:10	49	46:21	7:28	2:34:52
42	219 DAN KERR	39 LANCASTER PA	58	25:40	15	2:17	70	1:19:20	19.2	48	1:47:15	29	1:17	55	46:37	7:31	2:35:08
43	221 ANDREW RICO	37 VIENNA VA	7	21:04	18	2:22	88	1:20:33	18.9	34	1:43:58	62	1:32	80	49:48	8:01	2:35:18
44	232 ROB BARNES	35 SOUTH RIDING VA	86	27:16	26	2:32	31	1:15:00	20.3	37	1:44:48	31	1:17	79	49:46	8:01	2:35:50
45	235 CHRISTOPHER T RANKIN	35 CLARKSBURG MD	33	23:46	88	3:30	101	1:21:51	18.6	66	1:49:06	87	1:43	31	45:16	7:18	2:36:05
46	236 KEITH WOBESER	37 HAVERTOWN PA	74	26:38	84	3:28	66	1:18:49	19.3	61	1:48:54	95	1:45	35	45:29	7:20	2:36:07
47	238 DAREN DICKERSON	37 HAYMARKET VA	114	29:13	105	3:44	35	1:15:25	20.2	55	1:48:22	90	1:44	45	46:07	7:26	2:36:12
48	241 GEORGE MAXWELL	38 WARRENTON VA	92	27:46	51	3:03	17	1:12:53	20.9	32	1:43:41	71	1:37	90	51:01	8:13	2:36:18
49	248 MICHAEL SHEVLIN	39 FAIRFAX VA	104	28:40	42	2:55	62	1:18:33	19.4	73	1:50:07	124	1:57	27	44:32	7:10	2:36:35
50	249 BRETT B CLARK	38 HAVRE DE GRACE MD	32	23:44	64	3:12	50	1:17:01	19.8	33	1:43:56	13	1:02	94	51:38	8:19	2:36:36
51	255 JASON COCCIA	35 WASHINGTON DC	141	31:06	54	3:05	42	1:16:08	20.0	75	1:50:18	25	1:15	38	45:41	7:22	2:37:14
52	257 ALAN VAN ORDER	37 WASHINGTON DC	23	22:57	14	2:16	115	1:23:42	18.2	62	1:48:55	126	1:58	50	46:28	7:29	2:37:20
53	260 THOMAS R PALUSKA	36 BETHESDA MD	78	26:44	77	3:20	37	1:15:38	20.1	41	1:45:41	125	1:58	83	49:57	8:03	2:37:35
54	261 LOUIS J SAVASTANI	37 NARBERTH PA	47	24:46	66	3:12	26	1:14:36	20.4	30	1:42:34	113	1:52	107	53:12	8:34	2:37:36
55	263 MICHAEL SIMPSON	38 SILVER SPRING MD	121	29:41	48	3:02	27	1:14:40	20.4	51	1:47:22	112	1:51	70	48:25	7:48	2:37:37
56	264 MIKE CARNEY	38 ELLICOTT CITY MD	113	29:05	73	3:16	43	1:16:29	19.9	59	1:48:49	85	1:43	58	47:07	7:35	2:37:38
57	266 GEORGE (TY) T SIMPSON	36 WASHINGTON DC	51	25:14	35	2:39	85	1:20:25	19.0	54	1:48:18	93	1:45	64	47:46	7:42	2:37:47
58	267 DAVID G HIBBERD	37 BALTIMORE MD	172	34:07	97	3:39	18	1:13:09	20.8	79	1:50:54	81	1:41	33	45:19	7:18	2:37:53
59	270 DON VAN WIE	35 OWINGS MILLS MD	54	25:24	55	3:06	83	1:20:20	19.0	58	1:48:49	91	1:44	63	47:36	7:40	2:38:07
60	286 ANDY ZUCCOTTI	37 JENKINTOWN PA	142	31:12	29	2:34	28	1:14:54	20.3	56	1:48:39	99	1:47	69	48:18	7:47	2:38:42
61	287 BRIAN M BLOCK	38 OWINGS MILLS MD	90	27:35	112	3:48	68	1:19:03	19.3	76	1:50:25	123	1:57	51	46:28	7:29	2:38:49
62	288 JOE M HALL	39 CHARLOTTESVILLE VA	77	26:43	93	3:35	73	1:19:43	19.1	71	1:49:59	94	1:45	57	47:06	7:35	2:38:50
63	289 KEVIN A WALTER	38 PITTSBURGH PA	97	28:11	63	3:11	67	1:18:55	19.3	74	1:50:16	129	2:02	53	46:34	7:30	2:38:51
64	291 DAVID STRAUS	39 SPARKS MD	41	24:27	28	2:34	93	1:21:05	18.8	53	1:48:04	63	1:34	75	49:18	7:56	2:38:56
65	299 DANIEL J CASSIDY	38 WASHINGTON DC	105	28:42	67	3:15	47	1:16:55	19.8	60	1:48:51	103	1:49	71	48:45	7:51	2:39:23
66	300 DAVID A DASH	38 FULTON MD	110	28:57	137	4:20	76	1:19:47	19.1	96	1:53:03	86	1:43	28	44:39	7:12	2:39:25
67	306 BRIAN M JARVIS	36 PURCELLVILLE VA	127	29:55	108	3:45	65	1:18:48	19.3	93	1:52:27	45	1:24	46	46:18	7:27	2:40:08
68	310 ANDRES HILLAR	39 CENTREVILLE VA	75	26:41	133	4:15	134	1:26:15	17.7	122	1:57:10	8	0:55	11	42:11	6:48	2:40:16
69	314 PETER J VIOLA	38 VIENNA VA	21	22:52	140	4:24	52	1:17:36	19.6	38	1:44:51	166	2:41	106	52:58	8:32	2:40:29
70	325 PAUL MCGINNIS	37 FRAMINGHAM MA	125	29:48	132	4:12	40	1:16:01	20.0	72	1:50:01	139	2:07	73	48:54	7:53	2:41:00
71	333 CHRISTOPHER J AMENT	36 HAMPSTEAD MD	81	26:56	111	3:48	98	1:21:24	18.7	89	1:52:07	27	1:16	65	47:50	7:42	2:41:12
72	344 JAMES C BYLES	37 WASHINGTON DC	76	26:42	75	3:19	63	1:18:41	19.4	57	1:48:41	18	1:10	93	51:37	8:19	2:41:27
73	348 PETER A GOBELL	37 ELLICOTT CITY MD	35	23:58	95	3:37	110	1:22:57	18.4	77	1:50:31	74	1:38	77	49:29	7:58	2:41:37
74	355 BROOKS COTGREAVE	35 ANNAPOLIS MD	67	26:11	59	3:09	71	1:19:36	19.1	63	1:48:55	24	1:13	96	51:59	8:22	2:42:06
75	357 PETER A MANDY	35 CABIN JOHN MD	80	26:52	53	3:04	121	1:24:31	18.0	107	1:54:26	53	1:27	47	46:19	7:28	2:42:11
76	358 TIM MAXEY	37 URBANA MD	27	23:24	37	2:46	78	1:20:07	19.0	45	1:46:16	65	1:35	124	54:23	8:46	2:42:13
77	374 RITZ YAP	37 WAYNE NJ	30	23:38	24	2:29	125	1:25:03	17.9	81	1:51:09	107	1:49	81	49:52	8:02	2:42:50

2:00

78	378 PAUL STURM	38 SYKESVILLE MD	84	27:07	52	3:03	97	1:21:21	18.7	85	1:51:31	161	2:34	74	49:01	7:54	2:43:05	
79	383 MANNY D PASTREICH	37 WASHINGTON DC	56	25:31	149	4:39	92	1:21:04	18.8	83	1:51:13	167	2:46	76	49:24	7:57	2:43:22	2:00
80	392 DAVID BELL	39 WASHINGTON DC	25	23:03	143	4:27	136	1:26:20	17.7	101	1:53:49	127	2:01	66	48:00	7:44	2:43:49	
81	396 JASON WEESNER	37 BALTIMORE MD	88	27:33	102	3:43	54	1:17:42	19.6	64	1:48:57	150	2:20	104	52:43	8:30	2:43:59	
82	404 MICHAEL C LEE	38 CHEVY CHASE MD	82	26:59	156	4:54	57	1:18:05	19.5	69	1:49:57	177	3:00	92	51:17	8:16	2:44:13	
83	405 MARCO d LOMBARDINI	37 COCKEYSVILLE MD	83	27:05	50	3:02	113	1:23:23	18.3	98	1:53:30	19	1:10	78	49:39	8:00	2:44:18	
84	407 EDWARD G DUDLEY	37 BALTIMORE MD	107	28:51	122	3:58	108	1:22:52	18.4	116	1:55:40	89	1:44	56	46:57	7:34	2:44:19	
85	408 SIMON HERNAEZ	35 ARLINGTON VA	44	24:44	86	3:30	90	1:20:49	18.9	65	1:49:02	96	1:45	114	53:37	8:38	2:44:23	2:00
86	422 DAVID A ALTOBELLO	38 POTOMAC MD	31	23:39	65	3:12	86	1:20:26	18.9	49	1:47:16	34	1:18	137	56:30	9:06	2:45:03	
87	431 T. J BARGER	39 FALLSTON MD	137	30:48	166	5:10	107	1:22:50	18.4	127	1:58:47	7	0:55	43	45:54	7:24	2:45:35	
88	435 STEPHEN J HAYS	38 UNIVERSITY PARK MD	157	32:21	79	3:21	120	1:24:27	18.0	131	2:00:07	92	1:44	23	44:02	7:06	2:45:52	
89	443 JESSE A LEITNER	37 COLUMBIA MD	124	29:48	168	5:12	91	1:20:55	18.8	117	1:55:54	84	1:42	72	48:45	7:51	2:46:20	
90	448 KEVIN J MISH	36 ANNAPOLIS MD	93	27:48	178	5:37	74	1:19:43	19.1	97	1:53:07	172	2:51	86	50:47	8:11	2:46:44	
91	457 JOHN D GLAS	35 HARRISBURG PA	55	25:28	139	4:23	103	1:22:17	18.5	90	1:52:08	164	2:37	103	52:35	8:28	2:47:19	
92	466 MARTIN p GRIFFIN	37 BETHESDA MD	26	23:05	94	3:36	79	1:20:09	19.0	46	1:46:49	175	2:53	150	58:05	9:21	2:47:46	
93	472 KEVIN STRAUSS	37 COLUMBIA MD	91	27:38	57	3:07	100	1:21:49	18.6	94	1:52:33	80	1:41	117	53:41	8:39	2:47:53	
94	478 GEOFFREY MATRANGOLA	36 CLARKSVILLE MD	62	25:50	150	4:39	96	1:21:18	18.7	86	1:51:46	58	1:30	127	54:48	8:50	2:48:04	
95	480 ROBERT REID	35 ELLICOTT CITY MD	99	28:24	91	3:34	69	1:19:13	19.2	82	1:51:11	108	1:50	128	55:06	8:52	2:48:06	
96	481 MICHAEL S MCCLENAHAN	39 LANSLOWNE VA	61	25:49	90	3:34	102	1:22:07	18.6	84	1:51:29	157	2:29	121	54:12	8:44	2:48:10	
97	482 JAMES CAMPBELL	36 EASTON MD	59	25:41	121	3:55	95	1:21:16	18.8	78	1:50:52	104	1:49	130	55:32	8:57	2:48:12	
98	492 STEVE CHOP	38 SYKESVILLE MD	163	33:02	99	3:39	89	1:20:34	18.9	123	1:57:15	39	1:19	84	50:08	8:04	2:48:41	
99	493 LEONARDO A VIEIRA	35 BURKE VA	148	31:31	76	3:19	53	1:17:37	19.6	92	1:52:26	140	2:07	123	54:14	8:44	2:48:46	
100	495 DAVID P JENKINSON	39 CENTREVILLE VA	71	26:24	170	5:18	105	1:22:23	18.5	103	1:54:04	144	2:12	102	52:33	8:28	2:48:48	
101	496 MARK D KERSHAW	36 BROOKEVILLE MD	106	28:44	78	3:20	55	1:17:54	19.6	70	1:49:57	83	1:42	143	57:12	9:13	2:48:50	
102	503 DAVID S CAMPBELL	39 HIGHLAND MD	176	34:48	134	4:16	34	1:15:16	20.2	104	1:54:20	77	1:40	108	53:13	8:34	2:49:12	
103	511 JOHN LATVENAS	37 PHILA PA	70	26:22	40	2:52	114	1:23:29	18.3	95	1:52:41	110	1:51	129	55:08	8:53	2:49:39	
104	515 KEVIN D BRITTINGHAM	37 WINDSOR MILL MD	162	32:59	109	3:48	59	1:18:28	19.4	115	1:55:14	73	1:37	109	53:13	8:34	2:50:03	
105	526 DENNIS M ALBRIGHT	35 ELLICOTT CITY MD	192	37:26	100	3:39	56	1:18:04	19.5	129	1:59:09	52	1:26	82	49:56	8:03	2:50:30	
106	530 ADRIAN M FENTY	36 WASHINGTON DC	151	31:49	173	5:27	80	1:20:11	19.0	124	1:57:26	130	2:02	91	51:17	8:16	2:50:44	
107	532 CHRISTOPHER D BACCUS	39 WARRENTON VA	101	28:29	45	2:58	112	1:23:12	18.3	108	1:54:38	133	2:04	120	54:06	8:43	2:50:47	
108	538 LALIT VERMA	38 LAUREL MD	45	24:44	56	3:06	118	1:24:01	18.1	87	1:51:51	141	2:07	139	57:00	9:11	2:50:58	
109	544 CRIS NEWCOMER	35 WAYNESBORO PA	85	27:09	114	3:53	117	1:24:00	18.1	111	1:55:01	49	1:25	126	54:47	8:49	2:51:13	
110	549 EDWIN C DOE	35 BETHESDA MD	52	25:18	74	3:18	146	1:27:44	17.4	119	1:56:19	20	1:10	119	53:58	8:42	2:51:27	
111	551 JEFF MUNSON	39 HUNT VALLEY MD	34	23:57	69	3:15	140	1:26:42	17.6	102	1:53:52	98	1:46	132	56:00	9:01	2:51:38	
112	552 ARYA AKMAL	39 BETHESDA MD	126	29:52	68	3:15	137	1:26:24	17.6	130	1:59:29	117	1:54	85	50:16	8:06	2:51:38	
113	560 KEVIN M KRAISS	35 ALEXANDRIA VA	149	31:34	175	5:31	138	1:26:35	17.6	151	2:03:38	163	2:37	42	45:53	7:24	2:52:08	
114	566 NICHOLAS TORRES	36 PHILADELPHIA PA	167	33:20	110	3:48	127	1:25:25	17.8	144	2:02:32	105	1:49	67	48:07	7:45	2:52:26	2:00
115	571 MICHAEL W ECKER	36 COLUMBIA MD	118	29:30	44	2:58	106	1:22:35	18.5	112	1:55:02	78	1:41	134	56:12	9:03	2:52:54	
116	578 BILL HEALY	35 GAITHERSBURG MD	174	34:21	128	4:07	133	1:26:09	17.7	155	2:04:37	51	1:26	60	47:20	7:38	2:53:22	
117	580 RYAN HELM	38 COLUMBIA MD	120	29:37	113	3:52	122	1:24:35	18.0	126	1:58:03	115	1:52	112	53:29	8:37	2:53:23	
118	581 RUSSELL J ANTONUCCI	38 NEW YORK NY	116	29:19	124	4:00	94	1:21:06	18.8	106	1:54:24	122	1:56	140	57:05	9:12	2:53:24	
119	585 JOSH LEVINSON	35 TOWSON MD	122	29:43	138	4:22	161	1:29:42	17.0	152	2:03:46	153	2:24	61	47:23	7:38	2:53:32	
120	594 SCOTT HOLCOMB	36 BALTIMORE MD	123	29:47	46	2:59	104	1:22:20	18.5	113	1:55:05	118	1:55	138	56:45	9:08	2:53:44	

121	612	JEFFREY L KRAISSER	38	KING GEORGE VA	134	30:29	47	3:00	82	1:20:18	19.0	100	1:53:45	142	2:10	158	58:41	9:27	2:54:35	
122	623	GEORGE E QUINN	39	OLNEY MD	150	31:40	120	3:55	128	1:25:37	17.8	138	2:01:11	111	1:51	98	52:13	8:25	2:55:15	
123	624	BRUCE SCHWARTZMAN	39	WINCHESTER MA	161	32:52	89	3:32	61	1:18:32	19.4	109	1:54:55	121	1:56	156	58:27	9:25	2:55:16	
124	626	THOMAS HOGAN	39	BETHESDA MD	115	29:17	165	5:09	147	1:27:45	17.4	143	2:02:11	148	2:18	88	50:55	8:12	2:55:23	
125	628	JAMES GRIM	36	PASADENA MD	102	28:33	135	4:18	123	1:24:54	18.0	125	1:57:44	69	1:36	133	56:09	9:03	2:55:28	
126	635	BRIAN P MCBREEN	37	WASHINGTON DC	73	26:33	117	3:54	99	1:21:45	18.6	91	1:52:11	169	2:48	168	1:00:50	9:48	2:55:48	
127	636	AARON HOPKINS	36	FAIRFAX VA	186	36:42	103	3:43	87	1:20:33	18.9	135	2:00:57	134	2:04	105	52:49	8:30	2:55:50	
128	637	KEVIN m BLAIR	35	NORFOLK VA	129	30:00	70	3:15	144	1:27:19	17.5	132	2:00:33	60	1:30	118	53:47	8:40	2:55:50	
129	646	EDUARDO CARRANZA	35	OAK HILL VA	22	22:57	49	3:02	126	1:25:04	17.9	80	1:51:02	56	1:28	178	1:03:31	10:14	2:56:00	
130	656	DAVID HOPKINS	38	BALTIMORE MD	153	32:10	96	3:38	142	1:26:54	17.5	146	2:02:41	102	1:48	95	51:53	8:21	2:56:21	
131	657	KEVIN D SPURRIER	38	CLARKSVILLE MD	50	25:07	98	3:39	143	1:27:16	17.5	118	1:56:01	67	1:35	159	58:48	9:28	2:56:23	
132	658	ALEC C ZACAROLI	37	SPRINGFIELD VA	98	28:22	145	4:30	167	1:30:24	16.9	147	2:03:15	146	2:13	89	50:58	8:13	2:56:25	
133	662	ERIC CONWAY	38	SYKESVILLE MD	11	21:53	85	3:29	153	1:28:11	17.3	99	1:53:32	76	1:40	172	1:01:20	9:53	2:56:31	
134	667	ERIC P MITCHELL	35	ANNAPOLIS MD	165	33:08	19	2:24	130	1:25:38	17.8	137	2:01:09	131	2:03	113	53:34	8:38	2:56:45	
135	672	CLIFFORD r FOLLWEILER	38	WASHINGTON DC	65	25:58	81	3:23	124	1:25:03	17.9	105	1:54:23	137	2:06	166	1:00:32	9:45	2:56:59	
136	674	CHARLIE MINESINGER	38	FAIRFAX VA	79	26:48	125	4:02	135	1:26:16	17.7	121	1:57:06	97	1:46	153	58:21	9:24	2:57:11	
137	678	JUSTIN C SOMERVILLE	35	OWINGS MILLS MD	108	28:52	130	4:10	183	1:35:57	15.9	165	2:08:59	158	2:31	40	45:49	7:23	2:57:18	
138	680	JOSEPH HUTCHINSON	37	NORFOLK VA	64	25:56	82	3:26	131	1:25:39	17.8	110	1:55:00	149	2:20	164	1:00:10	9:41	2:57:29	
139	681	MATTHEW J SEUBERT	37	GERMANTOWN MD	37	24:07	171	5:23	75	1:19:45	19.1	67	1:49:14	173	2:52	182	1:05:25	10:32	2:57:31	
140	683	BILL ROONEY	37	ALEXANDRIA VA	156	32:21	136	4:19	119	1:24:03	18.1	133	2:00:42	184	3:30	111	53:25	8:36	2:57:35	
141	696	JEFF J LORBER	35	BOONTON NJ	138	30:55	61	3:11	111	1:23:00	18.4	120	1:57:05	28	1:16	165	1:00:18	9:43	2:58:38	
142	698	KEITH P DUNNIGAN	37	ELLICOTT CITY MD	140	31:03	185	6:15	132	1:26:05	17.7	149	2:03:22	36	1:18	122	54:14	8:44	2:58:53	
143	716	JAMES R GLENN	35	COLUMBIA MD	193	38:05	188	6:42	41	1:16:06	20.0	134	2:00:51	193	4:58	115	53:37	8:38	2:59:26	
144	718	STEPHEN WARGO	36	LAUREL MD	164	33:04	164	5:07	156	1:28:25	17.2	157	2:06:35	135	2:05	87	50:48	8:11	2:59:28	
145	721	ERIC FINNEN	35	FREDERICK MD	158	32:26	131	4:11	148	1:27:53	17.3	153	2:04:29	170	2:50	100	52:22	8:26	2:59:40	
146	740	ALAN HOWARD	37	PRINCETON NJ	117	29:22	181	5:49	77	1:20:01	19.0	114	1:55:11	176	2:58	176	1:02:19	10:02	3:00:27	
147	750	ANDREW L WILDER	39	CHARLOTTESVILLE VA	152	32:01	186	6:31	109	1:22:53	18.4	139	2:01:25	188	3:51	131	55:37	8:57	3:00:52	
148	775	MARK SAMUELS	39	CROFTON MD	136	30:45	58	3:09	152	1:28:00	17.3	142	2:01:52	109	1:50	155	58:26	9:25	3:02:08	
149	776	MICHAEL JARMOLOWICH	37	SUMMIT NE	197	44:48	126	4:02	64	1:18:45	19.4	161	2:07:35	147	2:17	99	52:20	8:26	3:02:10	
150	787	ZAKEL ANTHONY	38	ELLICOTT CITY MD	147	31:30	118	3:54	149	1:27:53	17.3	148	2:03:16	106	1:49	146	57:32	9:16	3:02:36	2:00
151	793	CHRISTOPHER m BELTON	39	WOODSIDE NY	95	28:04	153	4:43	155	1:28:19	17.3	136	2:01:05	143	2:11	162	59:38	9:36	3:02:53	
152	798	TOM HANNINEN	38	CLEONA PA	130	30:14	147	4:32	141	1:26:47	17.6	140	2:01:33	159	2:32	161	59:18	9:33	3:03:22	
153	802	LEE SHELLY	39	LANSDALE PA	100	28:27	80	3:22	81	1:20:12	19.0	88	1:52:00	132	2:03	188	1:09:34	11:12	3:03:36	
154	812	BRAD WOLF	38	POTOMAC MD	143	31:23	148	4:34	139	1:26:41	17.6	145	2:02:37	179	3:06	154	58:26	9:25	3:04:09	
155	817	JOHN W COLEMAN	39	HAYMARKET VA	111	28:59	157	4:56	168	1:30:39	16.8	154	2:04:33	79	1:41	152	58:14	9:23	3:04:27	2:00
156	818	JAMIE MANN	38	ELLICOTT CITY MD	183	36:10	152	4:41	154	1:28:16	17.3	166	2:09:06	182	3:20	97	52:05	8:23	3:04:30	
157	826	BLAIR J MCFARLAND	39	ODENTON MD	154	32:20	160	4:59	166	1:30:19	16.9	162	2:07:37	160	2:33	125	54:44	8:49	3:04:53	
158	840	MARK F QUINN	35	PHILADELPHIA PA	87	27:26	92	3:35	151	1:27:56	17.3	128	1:58:55	47	1:24	181	1:05:22	10:32	3:05:40	
159	849	ROB BARK	35	OWINGS MILLS MD	144	31:25	155	4:46	129	1:25:38	17.8	141	2:01:49	180	3:15	169	1:01:03	9:50	3:06:06	
160	854	CURT ISLAND	37	CLARKSVILLE MD	128	29:57	119	3:55	162	1:29:47	17.0	150	2:03:37	48	1:25	173	1:01:21	9:53	3:06:22	2:00
161	861	MIKE FLEISHELL	39	SYKESVILLE MD	135	30:35	184	6:15	174	1:33:20	16.3	170	2:10:10	178	3:04	110	53:24	8:36	3:06:37	
162	878	WILLIAM B SMITH	39	CLARKSVILLE MD	188	37:00	183	6:00	160	1:29:38	17.0	180	2:12:37	101	1:48	116	53:38	8:38	3:08:03	
163	883	JEREMY CUNNINGHAM	37	ASHBURN VA	169	33:45	141	4:24	165	1:30:10	16.9	163	2:08:18	145	2:13	151	58:07	9:22	3:08:38	

FEMALE AGE GROUP: 40 - 44

Place	Over- All	Name	Age	City/State	Swim Plc	Swim Time	Trn1 Plc	Trans #1	Bike Plc	Bike Time	Bike Rate	Cum Plc	Cum Time	Trn2 Plc	Trans #2	Run Plc	Run Time	Pace /mile	Finish Time	PEN
1	245	ROBIN L JEFFERIS	43	PHOENIXVILLE PA	3	24:41	15	3:21	4	1:22:13	18.5	2	1:50:13	11	1:09	1	45:05	7:16	2:36:27	
2	312	MICHELE R MCGLEISH	40	GERMANTOWN MD	28	30:26	1	2:11	1	1:16:45	19.9	1	1:49:20	16	1:16	8	49:47	8:01	2:40:23	
3	369	MARGARET W BISHOP	42	MIDDLEBURG VA	32	31:30	11	3:10	2	1:18:08	19.5	4	1:52:46	34	1:51	5	48:04	7:44	2:42:40	
4	430	NAOMI MILLER	40	MARRIOTTSTVILLE MD	10	25:55	2	2:16	7	1:23:37	18.2	3	1:51:47	1	0:52	14	52:56	8:31	2:45:34	
5	440	MICHELE FAUL	44	PRINCETON NJ	19	28:58	3	2:26	5	1:22:14	18.5	7	1:53:38	12	1:10	10	51:26	8:17	2:46:13	
6	467	LAURA TRAVISANO	40	ELLICOTT CITY MD	20	29:01	37	4:55	3	1:21:27	18.7	10	1:55:22	8	1:06	9	51:19	8:16	2:47:46	
7	483	ANGIE DELLO	44	WHIPPANY NJ	34	31:41	6	2:55	6	1:23:32	18.2	14	1:58:07	2	0:57	7	49:11	7:55	2:48:14	
8	501	STACEY HOPKINS	40	EDGEWATER MD	4	24:53	4	2:40	11	1:25:58	17.7	6	1:53:30	15	1:16	20	54:16	8:44	2:49:01	
9	502	SHARON f NEVINS	42	BALTIMORE MD	2	24:17	14	3:13	14	1:27:11	17.5	8	1:54:41	7	1:05	15	53:16	8:35	2:49:01	
10	520	TRINA D TAYLOR	43	FORT WASHINGTON MD	12	26:14	7	2:56	12	1:26:23	17.6	12	1:55:32	10	1:06	16	53:38	8:38	2:50:15	
11	541	ARDYTH L HALL	44	BALTIMORE MD	13	27:54	12	3:12	8	1:24:23	18.1	11	1:55:28	19	1:30	19	54:05	8:43	2:51:02	
12	542	ANNIE H HENNESSA	42	RESTON VA	23	29:48	26	3:56	16	1:27:43	17.4	19	2:01:26	25	1:40	4	48:00	7:44	2:51:06	
13	548	LISA H GLYMPH	43	GLENWOOD MD	5	25:06	5	2:50	10	1:25:27	17.8	5	1:53:22	23	1:37	28	56:26	9:05	2:51:24	
14	556	MARY LYNN HANSEN	40	WOODSTOCK MD	35	31:46	13	3:12	17	1:27:53	17.3	22	2:02:50	21	1:32	2	47:34	7:40	2:51:55	
15	601	CYNTHIA L HUTCHINGS	43	MCLEAN VA	6	25:36	30	4:05	20	1:29:33	17.0	15	1:59:13	13	1:10	17	53:50	8:40	2:54:12	
16	608	LEA ANN WHITE	40	VIENNA VA	30	31:05	10	3:05	15	1:27:25	17.4	21	2:01:35	5	1:04	11	51:45	8:20	2:54:23	
17	615	MARIA F DANKER	42	GRETNA NE	8	25:39	9	3:02	13	1:26:38	17.6	9	1:55:17	3	0:58	34	58:35	9:26	2:54:50	
18	663	SHELLY WEDGE	40	STAFFORD VA	22	29:25	8	2:56	18	1:29:10	17.1	20	2:01:29	6	1:05	18	53:58	8:42	2:56:31	
19	665	LAURA FALSONE	44	EDGEWATER MD	1	23:47	18	3:36	19	1:29:31	17.0	13	1:56:53	32	1:48	32	57:53	9:19	2:56:33	
20	684	WENDY m BELDEN	44	OAKTON VA	36	32:04	22	3:45	9	1:25:27	17.8	18	2:01:16	26	1:41	21	54:50	8:50	2:57:45	
21	686	JULIANA E HARRIS	41	ODENTON MD	9	25:44	21	3:45	22	1:30:47	16.8	16	2:00:15	41	2:37	23	55:07	8:53	2:57:58	
22	693	MARIA C KOZLOSKI	41	BETHESDA MD	45	34:18	16	3:24	24	1:31:49	16.6	27	2:09:30	9	1:06	3	47:47	7:42	2:58:22	
23	706	KATHY MEYER	43	ELKRIDGE MD	15	28:12	29	4:05	21	1:30:38	16.8	23	2:02:54	17	1:21	22	54:54	8:50	2:59:07	
24	723	KRISTEN KOSTECKY	44	ELLICOTT CITY MD	7	25:39	17	3:27	25	1:32:08	16.5	17	2:01:12	18	1:28	29	57:02	9:11	2:59:40	
25	781	JENNIFER K SCHILPP	41	WEST CHESTER PA	18	28:47	19	3:38	23	1:31:02	16.7	24	2:03:26	31	1:45	30	57:10	9:12	3:02:20	
26	901	JOAN M ZAKEL	40	ELLICOTT CITY MD	27	30:08	25	3:54	31	1:36:26	15.8	28	2:10:27	24	1:38	31	57:27	9:15	3:09:31	
27	908	BARBARA NOE	42	ARLINGTON VA	46	34:19	41	5:48	37	1:38:09	15.5	37	2:18:15	45	2:48	6	49:01	7:54	3:10:04	
28	935	NIQUI JOHNSON	41	FREDERICK MD	55	40:03	24	3:50	28	1:34:23	16.1	38	2:18:16	14	1:16	13	52:21	8:26	3:11:51	
29	941	HOLLY P GILLUM	40	COLUMBIA MD	24	30:00	46	6:11	35	1:37:43	15.6	33	2:13:53	43	2:42	27	55:41	8:58	3:12:15	
30	952	TINA PROVEAUX	42	LUTHERVILLE MD	48	34:47	31	4:24	27	1:33:49	16.2	31	2:12:59	20	1:30	33	58:11	9:22	3:12:38	
31	985	FRAN T BARNES	43	WASHINGTON DC	37	32:40	53	7:49	44	1:40:59	15.1	44	2:21:26	30	1:44	12	51:53	8:21	3:15:02	
32	1015	YUN XIONG	43	ELLICOTT CITY MD	44	34:06	47	6:24	43	1:40:08	15.2	42	2:20:38	4	1:00	25	55:17	8:54	3:16:54	
33	1016	BETTINA STERN	42	WASHINGTON DC	49	35:08	40	5:21	41	1:39:11	15.4	41	2:19:38	33	1:49	26	55:38	8:58	3:17:03	
34	1029	AMY P GRAZIANO	40	EDGEWATER MD	16	28:18	32	4:28	33	1:36:32	15.8	26	2:09:17	47	2:55	40	1:05:51	10:36	3:18:02	

MALE AGE GROUP: 40 - 44

Place	Over- All	Name	Age	City/State	Swim Plc	Swim Time	Trn1 Plc	Trans #1	Bike Plc	Bike Time	Bike Rate	Cum Plc	Cum Time	Trn2 Plc	Trans #2	Run Plc	Run Time	Pace /mile	Finish Time	PEN
1	39	CHARLES GRAF	40	MOUNTAIN LAKES NJ	1	20:16	4	2:09	7	1:11:21	21.4	1	1:33:45	91	1:49	6	41:57	6:45	2:17:29	
2	47	JIM NIELSEN	40	ASHBURN VA	43	25:39	56	3:16	1	1:09:18	22.0	9	1:38:12	61	1:34	1	39:35	6:23	2:19:20	
3	57	JEFFREY C WILCOX	43	ARLINGTON VA	21	23:15	3	2:08	12	1:12:13	21.1	6	1:37:35	33	1:16	4	41:36	6:42	2:20:26	
4	63	TODD BINGAMAN	43	MOUNT AIRY MD	12	22:02	7	2:13	6	1:11:17	21.4	4	1:35:32	23	1:13	11	44:46	7:13	2:21:29	
5	66	JEFFREY CUNDIFF	41	LEESBURG VA	11	21:59	15	2:27	5	1:10:59	21.5	3	1:35:24	20	1:10	17	45:12	7:17	2:21:46	
6	68	CHIP WARFEL	44	ELLICOTT CITY MD	8	21:25	12	2:22	9	1:11:36	21.3	2	1:35:22	64	1:35	18	45:13	7:17	2:22:09	
7	70	SCOTT C FISHER	42	HIGHLAND MD	17	22:53	22	2:34	11	1:12:12	21.1	7	1:37:38	9	1:00	9	43:49	7:04	2:22:26	
8	83	DAVE DIXON	40	DOYLESTOWN PA	84	29:03	27	2:39	3	1:10:17	21.7	20	1:41:58	14	1:06	3	41:29	6:41	2:24:32	
9	85	JAMIE RYAN	42	TOWSON MD	4	21:02	1	1:45	21	1:14:57	20.3	8	1:37:42	7	0:58	31	46:05	7:25	2:24:45	
10	87	DAVID JORGENSON	42	BALTIMORE MD	9	21:31	16	2:28	10	1:12:05	21.1	5	1:36:03	89	1:46	38	47:03	7:35	2:24:51	
11	94	MICHAEL T WYATT	42	LUTHERVILLE MD	29	24:14	74	3:32	4	1:10:34	21.6	10	1:38:19	39	1:22	27	45:46	7:22	2:25:26	
12	97	VINCENT G SABATHIER	41	WASHINGTON DC	32	24:24	45	2:59	15	1:12:53	20.9	15	1:40:15	26	1:14	10	44:17	7:08	2:25:45	
13	100	HANS M RUPPENTHAL	42	REISTERSTOWN MD	22	23:17	19	2:30	20	1:13:51	20.6	13	1:39:37	12	1:02	25	45:38	7:21	2:26:17	
14	104	PAUL C NEIMEYER	41	LAFAYETTE HILL PA	36	24:53	125	4:45	13	1:12:18	21.1	19	1:41:54	110	2:01	8	42:27	6:50	2:26:22	
15	117	ROBERT DOYLE	43	BALTIMORE MD	7	21:22	50	3:06	49	1:18:56	19.3	26	1:43:23	30	1:15	7	42:26	6:50	2:27:03	
16	120	JEFFREY S KNIGHT	44	REISTERSTOWN MD	28	24:11	8	2:14	17	1:13:30	20.7	14	1:39:54	56	1:32	28	45:52	7:23	2:27:17	
17	128	BLAIR WISE	40	TIMONIUM MD	61	27:36	54	3:14	19	1:13:41	20.7	28	1:44:30	116	2:09	2	41:15	6:39	2:27:53	
18	133	STEPHEN LEVICKAS	40	WOODSTOCK MD	26	24:00	24	2:36	14	1:12:28	21.0	11	1:39:03	8	0:59	47	48:04	7:45	2:28:05	
19	141	DOUG p MADISON	44	COLUMBIA MD	41	25:16	2	2:01	22	1:15:03	20.3	23	1:42:19	53	1:31	14	45:07	7:16	2:28:57	
20	152	HENRIK E PEDERSEN	41	WASHINGTON DC	46	26:19	128	4:52	8	1:11:29	21.3	25	1:42:39	78	1:40	15	45:09	7:16	2:29:28	
21	154	PAUL MASUCCI	43	GRASONVILLE MD	88	29:17	9	2:15	2	1:10:12	21.7	17	1:41:43	2	0:52	36	46:55	7:33	2:29:30	
22	165	KELLY J GUERRERO	40	WASHINGTON DC	39	25:01	42	2:52	33	1:16:39	19.9	29	1:44:31	24	1:13	13	44:51	7:13	2:30:35	
23	166	MARK HENCK	41	INDIANA PA	38	24:57	5	2:10	32	1:16:30	19.9	27	1:43:36	60	1:33	20	45:26	7:19	2:30:35	
24	171	PHILIP HUGO	41	SALISBURY MD	2	20:40	98	4:00	36	1:17:12	19.7	18	1:41:51	43	1:24	45	47:47	7:42	2:31:00	
25	175	ANDY G COURTNEY	43	CAMP HILL PA	13	22:17	25	2:38	35	1:17:04	19.8	21	1:41:58	51	1:30	49	48:07	7:45	2:31:35	
26	193	DAVID A HIGHFIELD	41	TOWSON MD	30	24:17	26	2:39	44	1:18:22	19.4	32	1:45:17	21	1:12	33	46:19	7:28	2:32:48	
27	200	MARK LAMBRIDES	40	OAK HILL VA	99	29:49	65	3:25	18	1:13:37	20.7	37	1:46:50	36	1:20	21	45:27	7:19	2:33:35	
28	205	CARL SOKOLOSKI	42	ELLICOTT CITY MD	6	21:21	39	2:51	24	1:15:15	20.3	12	1:39:26	13	1:02	92	53:27	8:37	2:33:55	
29	206	RICHARD L KLINE	43	LEESBURG VA	20	23:08	10	2:19	23	1:15:09	20.3	16	1:40:34	15	1:06	84	52:19	8:26	2:33:59	
30	207	JIM GROSS	42	BELTSVILLE MD	37	24:54	51	3:06	43	1:18:22	19.4	35	1:46:21	25	1:14	35	46:25	7:29	2:33:59	
31	211	DON LEMERSAL	42	SAN DIEGO CA	91	29:23	17	2:29	27	1:15:53	20.1	42	1:47:44	1	0:50	29	46:02	7:25	2:34:35	
32	224	MATTHEW R FRENTSOS	44	POTOMAC MD	3	20:48	102	4:06	38	1:17:36	19.6	24	1:42:28	119	2:10	72	50:53	8:12	2:35:31	
33	226	EDDIE BARNETT	44	ASHBURN VA	34	24:29	35	2:48	61	1:19:38	19.1	39	1:46:54	4	0:56	44	47:45	7:41	2:35:34	
34	227	BILL MARCINIAK	44	ELLICOTT CITY MD	58	27:28	21	2:34	26	1:15:43	20.1	34	1:45:44	11	1:02	52	48:52	7:52	2:35:36	

35	231 GLENN DAVIS	42 WYE MILLS MD	100	29:50	82	3:44	25	1:15:18	20.2	45	1:48:51	38	1:22	22	45:28	7:19	2:35:40
36	240 JUAN e ALCORTA	43 ARLINGTON VA	107	30:10	31	2:43	31	1:16:27	19.9	46	1:49:19	32	1:15	26	45:44	7:22	2:36:18
37	242 THOMAS m CLIME	41 GLENWOOD MD	70	28:15	88	3:49	16	1:13:16	20.8	33	1:45:19	67	1:36	59	49:25	7:58	2:36:19
38	243 JAY LOCHHEAD	43 MIDDLETOWN MD	119	31:14	6	2:12	34	1:16:49	19.8	53	1:50:14	10	1:00	16	45:10	7:17	2:36:23
39	272 STEVEN M FRADKIN	43 OWINGS MILLS MD	16	22:46	72	3:31	29	1:15:59	20.1	22	1:42:15	71	1:39	105	54:20	8:45	2:38:12
40	277 PAUL DURBIN	41 ARLINGTON VA	50	26:38	87	3:48	73	1:20:41	18.9	57	1:51:06	17	1:08	32	46:07	7:26	2:38:20
41	281 STEVE m PANDELIDIS	44 GLEN ROCK PA	24	23:56	55	3:14	40	1:18:07	19.5	31	1:45:16	101	1:55	74	51:22	8:16	2:38:31
42	285 ANDREW GRIFFITH	44 ROCKVILLE MD	31	24:22	32	2:44	37	1:17:34	19.6	30	1:44:39	46	1:25	87	52:38	8:29	2:38:41
43	293 ANDY NAZWORTH	43 NEW MARKET MD	85	29:05	43	2:53	67	1:20:13	19.0	61	1:52:10	109	2:01	12	44:51	7:13	2:39:01
44	297 MARK LEVY	41 OWINGS MILLS MD	52	26:56	40	2:52	46	1:18:41	19.4	43	1:48:28	19	1:10	60	49:42	8:00	2:39:19
45	301 MICHAEL L HOCH	40 GAITHERSBURG MD	67	28:13	18	2:29	55	1:19:19	19.2	52	1:50:00	134	2:23	37	47:02	7:35	2:39:25
46	302 DOUG KRUEGER	41 ASHBURN VA	42	25:31	36	2:50	97	1:23:39	18.2	60	1:51:59	40	1:22	34	46:22	7:28	2:39:42
47	308 RICHARD J ESSWEIN	43 PITTSBURGH PA	73	28:32	66	3:27	78	1:21:17	18.7	67	1:53:14	50	1:28	23	45:29	7:20	2:40:10
48	313 PAUL g LOBO	43 BALTIMORE MD	95	29:38	132	5:04	88	1:22:21	18.5	93	1:57:01	68	1:38	5	41:46	6:44	2:40:24
49	317 BILL WHEELER	41 ELLICOTT CITY MD	105	30:07	49	3:05	30	1:16:20	20.0	48	1:49:31	114	2:07	54	48:57	7:53	2:40:34
50	318 FERNANDO G SALAZAR	41 BATON ROUGE LA	19	23:07	38	2:51	96	1:23:37	18.2	50	1:49:34	22	1:12	62	49:51	8:02	2:40:36
51	320 KNUIT TJONNELAND	42 BETHESDA MD	27	24:05	53	3:09	63	1:19:48	19.1	40	1:47:01	106	1:58	78	51:43	8:20	2:40:41
52	336 RUSSELL ALLWEIN	40 ELLICOTT CITY MD	49	26:35	28	2:40	57	1:19:26	19.2	44	1:48:40	5	0:57	76	51:40	8:19	2:41:16
53	338 TONY J TARANTINI	42 MORGANTOWN WV	106	30:10	44	2:54	75	1:20:57	18.8	71	1:54:00	37	1:20	30	46:03	7:25	2:41:22
54	352 MARK P DICKSON	43 ARLINGTON VA	72	28:23	160	6:15	68	1:20:15	19.0	74	1:54:52	90	1:48	19	45:20	7:18	2:41:59
55	370 TODD S MYER	41 MCLEAN VA	87	29:15	46	3:03	47	1:18:54	19.3	58	1:51:11	87	1:46	61	49:46	8:01	2:42:42
56	377 THOMAS GLASS	41 KENSINGTON MD	89	29:19	64	3:25	72	1:20:28	18.9	66	1:53:11	102	1:56	46	47:58	7:44	2:43:04
57	382 TIM COULSON	41 ROCKVILLE MD	142	33:49	29	2:41	28	1:15:54	20.1	64	1:52:22	76	1:40	57	49:19	7:57	2:43:20
58	384 PATRICK J MURPHY	43 CHEVY CHASE MD	116	31:08	34	2:48	64	1:20:05	19.0	70	1:53:59	35	1:20	48	48:06	7:45	2:43:24
59	386 EDWARD F WATKINS	44 ALEXANDRIA VA	14	22:19	83	3:45	103	1:24:31	18.0	55	1:50:33	28	1:15	79	51:48	8:21	2:43:34
60	393 CHRIS RAYNAL	42 WASHINGTON DC	98	29:48	62	3:23	52	1:19:08	19.3	63	1:52:18	75	1:39	63	49:54	8:02	2:43:50
61	394 GARY J KEIL	40 CHADDS FORD PA	35	24:30	93	3:53	77	1:21:05	18.8	47	1:49:27	137	2:26	82	52:01	8:23	2:43:53
62	400 DANIEL G OGG	43 ALEXANDRIA VA	57	27:26	14	2:27	62	1:19:40	19.1	49	1:49:32	122	2:15	83	52:19	8:26	2:44:05
63	409 MARTIN JANIS	43 POTOMAC MD	55	27:20	95	3:56	101	1:24:15	18.1	80	1:55:30	55	1:32	42	47:29	7:39	2:44:29
64	411 BARRY S GOLDSMITH	44 POTOMAC MD	69	28:14	118	4:28	92	1:23:17	18.3	85	1:55:58	34	1:19	40	47:19	7:37	2:44:35
65	414 GERARDO GOLDBERGER	44 MARLBORO NJ	10	21:36	47	3:04	86	1:22:14	18.5	38	1:46:52	29	1:15	126	56:36	9:07	2:44:42
66	419 LEE PRESSLER	43 FAR HILLS NJ	40	25:06	116	4:27	39	1:17:52	19.6	41	1:47:24	146	2:39	113	54:56	8:51	2:44:58
67	420 PETER W PALAITIS	41 FLEMINGTON NJ	123	31:30	63	3:24	74	1:20:55	18.8	83	1:55:48	103	1:56	39	47:15	7:37	2:44:58
68	427 DOUGLAS K PRICE	43 FAIRFAX VA	93	29:35	20	2:30	66	1:20:11	19.0	62	1:52:16	47	1:26	77	51:42	8:20	2:45:22
69	428 CHIP AUSTIN	43 STAFFORD VA	109	30:32	139	5:11	56	1:19:26	19.2	77	1:55:07	98	1:52	51	48:29	7:49	2:45:28
70	432 SCOTT c MADDEN	43 BETHESDA MD	62	27:38	113	4:24	45	1:18:30	19.4	54	1:50:31	70	1:38	96	53:37	8:38	2:45:45
71	436 TROY S WEAVER	40 ELKRIDGE MD	25	23:58	70	3:29	48	1:18:56	19.3	36	1:46:22	79	1:42	131	57:51	9:19	2:45:55
72	439 DAVID F WHEELER	44 ELLICOTT CITY MD	77	28:43	89	3:51	41	1:18:11	19.5	56	1:50:44	96	1:50	97	53:39	8:38	2:46:12
73	442 ERNIE Z BOWER	42 FAIRFAX VA	102	29:51	117	4:27	82	1:21:54	18.6	86	1:56:11	72	1:39	50	48:27	7:48	2:46:17
74	444 WALTER G BELLEZA	43 FULTON MD	23	23:42	99	4:01	81	1:21:53	18.6	51	1:49:35	120	2:13	110	54:36	8:48	2:46:24
75	445 TOM COLLINS	41 SILVER SPRING MD	68	28:13	123	4:40	42	1:18:22	19.4	59	1:51:14	112	2:07	90	53:10	8:34	2:46:30
76	446 BRET A DANIELS	42 COLUMBIA PA	97	29:44	11	2:22	91	1:23:07	18.3	78	1:55:13	18	1:09	67	50:19	8:06	2:46:40
77	447 LLOYD W COWARD	44 VIENNA VA	65	28:11	23	2:36	83	1:21:55	18.6	65	1:52:41	44	1:24	86	52:37	8:28	2:46:42

78	455 MARK LASH	44 ELLICOTT CITY MD	124	31:34	104	4:06	51	1:19:06	19.3	73	1:54:46	127	2:18	65	50:00	8:03	2:47:03	
79	459 CYRUS S THOMPSON	44 WASHINGTON DC	131	32:34	103	4:06	59	1:19:33	19.2	87	1:56:12	92	1:49	58	49:21	7:57	2:47:21	
80	479 JIM EDWARDS	43 POTOMAC MD	90	29:20	126	4:46	80	1:21:43	18.6	82	1:55:47	49	1:27	70	50:52	8:12	2:48:05	
81	491 KEVIN KNAUFF	40 COLUMBIA MD	112	30:37	85	3:48	84	1:21:58	18.6	89	1:56:22	63	1:34	68	50:37	8:09	2:48:33	
82	497 ANDY LAZRIS	42 ELLICOTT CITY MD	44	25:54	110	4:18	131	1:29:25	17.0	110	1:59:35	81	1:43	43	47:37	7:40	2:48:54	
83	500 RICHARD L CURTIS	40 BALTIMORE MD	114	30:42	91	3:53	50	1:19:05	19.3	69	1:53:38	41	1:23	99	54:00	8:42	2:49:00	
84	508 JOHN GINSBURG	43 OWINGS MILLS MD	64	28:01	134	5:05	71	1:20:26	18.9	68	1:53:32	80	1:42	102	54:10	8:43	2:49:23	
85	510 CHRISTOPHER W BLAKE	41 BALTIMORE MD	145	34:15	73	3:32	58	1:19:27	19.2	94	1:57:13	57	1:33	69	50:50	8:11	2:49:35	
86	517 GLENN BYRD	43 WOODBINE MD	59	27:28	75	3:33	127	1:29:05	17.1	111	2:00:06	6	0:58	56	49:06	7:55	2:50:08	
87	524 BRIAN CHABOT	42 ROCKVILLE MD	33	24:27	58	3:18	116	1:26:56	17.5	72	1:54:40	73	1:39	101	54:10	8:43	2:50:28	
88	531 ERIC DROOFF	43 ANNAPOLIS MD	76	28:41	33	2:44	100	1:24:15	18.1	81	1:55:39	65	1:35	93	53:31	8:37	2:50:44	
89	547 GREGORY O NOONAN	41 WASHINGTON DC	56	27:24	106	4:14	107	1:24:51	18.0	90	1:56:28	160	3:17	75	51:35	8:19	2:51:20	
90	550 TOM CURRIE	43 ALEXANDRIA VA	81	28:58	121	4:35	105	1:24:44	18.0	101	1:58:16	131	2:23	71	50:52	8:12	2:51:30	
91	573 DAN E BUYAS	40 MECHANICSVILLE VA	83	29:02	135	5:06	104	1:24:43	18.0	102	1:58:50	129	2:22	80	51:50	8:21	2:53:01	2:00
92	575 JOHN D SUNDIUS	43 LINTHICUM MD	125	31:56	141	5:16	65	1:20:07	19.0	95	1:57:18	59	1:33	106	54:25	8:46	2:53:15	
93	586 JOSEPH DEERING	40 BALTIMORE MD	48	26:28	109	4:16	117	1:26:56	17.5	99	1:57:39	138	2:26	94	53:32	8:37	2:53:36	
94	588 STAN SMITH	43 VIENNA VA	15	22:26	101	4:03	143	1:31:10	16.7	98	1:57:38	123	2:17	98	53:45	8:39	2:53:38	
95	596 FRANK VOYACK	44 STERLING VA	141	33:37	78	3:37	85	1:22:04	18.6	108	1:59:17	86	1:44	88	52:52	8:31	2:53:52	
96	597 DAVID A SUPER	42 SILVER SPRING MD	143	33:51	97	3:58	69	1:20:16	19.0	100	1:58:05	128	2:19	95	53:33	8:38	2:53:56	
97	613 CARL GEPPERT	43 GRANITE MD	74	28:33	140	5:13	95	1:23:36	18.2	96	1:57:20	142	2:33	111	54:47	8:49	2:54:39	
98	614 ROBERT T JENNINGS	40 FALLS CHURHC VA	80	28:55	111	4:23	111	1:25:59	17.7	107	1:59:16	42	1:23	100	54:02	8:42	2:54:41	
99	616 CHRIS J GUTIERREZ	41 WOODBRIDGE VA	155	35:48	79	3:41	106	1:24:50	18.0	124	2:04:18	74	1:39	53	48:54	7:53	2:54:50	
100	618 MARK D GONZE MD	42 LUTHERVILLE MD	60	27:33	119	4:29	110	1:25:23	17.8	97	1:57:24	125	2:17	117	55:17	8:54	2:54:57	
101	621 BRETT A DEWITT	44 STERLING VA	45	25:57	137	5:09	109	1:25:17	17.9	88	1:56:22	69	1:38	128	57:05	9:12	2:55:04	
102	622 BRUCE MAYHEW	42 HIGHLAND MD	111	30:34	69	3:29	76	1:21:00	18.8	76	1:55:02	48	1:27	138	58:37	9:26	2:55:05	
103	630 KEVIN J DEAN	42 ELLICOTT CITY MD	153	35:14	68	3:28	121	1:27:40	17.4	133	2:06:21	104	1:57	41	47:19	7:37	2:55:36	
104	634 HAMID KAZEMI	42 WASHINGTON DC	75	28:35	59	3:19	90	1:23:05	18.3	75	1:54:58	16	1:06	143	59:42	9:37	2:55:45	
105	641 STEWART B JORDAN	41 SILVER SPRING MD	146	34:19	130	5:01	60	1:19:33	19.2	103	1:58:52	153	2:47	104	54:15	8:44	2:55:53	
106	643 JOHN SCHLEGEL	41 OAK HILL VA	18	22:53	143	5:20	124	1:28:42	17.2	92	1:56:54	158	3:12	119	55:51	9:00	2:55:57	
107	652 RON D TAYLOR	41 FORT WASHINGTON MD	53	26:57	13	2:23	114	1:26:35	17.6	84	1:55:55	85	1:44	139	58:39	9:27	2:56:16	
108	655 ROBERT J MCENTIRE	40 SPRINGFIELD VA	117	31:10	57	3:17	87	1:22:17	18.5	91	1:56:43	95	1:50	130	57:48	9:19	2:56:20	
109	671 EDWARD NUGENT	43 WASHINGTON DC	132	32:47	153	5:47	70	1:20:23	19.0	104	1:58:56	144	2:36	118	55:27	8:56	2:56:57	
110	673 JOHN D CHANDLER	42 MELFA VA	118	31:13	94	3:55	112	1:26:14	17.7	116	2:01:21	52	1:31	103	54:13	8:44	2:57:04	
111	690 LANCE MATTHIESEN	42 BETHESDA MD	133	32:56	133	5:05	79	1:21:22	18.7	109	1:59:22	143	2:34	125	56:19	9:04	2:58:14	
112	697 HENRY P MCDONALD III	43 COLUMBIA MD	103	29:56	115	4:26	118	1:26:56	17.5	115	2:01:17	136	2:25	114	55:10	8:53	2:58:52	
113	705 INGO MAYR	43 ROCKVILLE MD	152	35:12	76	3:33	120	1:27:30	17.4	132	2:06:14	82	1:43	73	51:10	8:14	2:59:06	
114	709 TOM M DOWD	40 ASHBURN VA	122	31:25	77	3:36	115	1:26:39	17.6	117	2:01:40	31	1:15	124	56:16	9:04	2:59:10	
115	719 MIKE WITTENBURG	41 ASHBURN VA	167	41:36	154	5:52	53	1:19:17	19.2	136	2:06:43	149	2:40	66	50:07	8:04	2:59:30	
116	720 BOB WOOD	41 GLENWOOD MD	128	32:12	61	3:23	108	1:24:51	18.0	112	2:00:25	157	3:09	121	56:04	9:02	2:59:37	
117	730 WALTER F SMITH	40 ELLICOTT CITY MD	115	30:46	96	3:56	130	1:29:20	17.1	123	2:04:01	45	1:25	107	54:30	8:47	2:59:55	
118	733 GUY E CHALK	41 CATONSVILLE MD	151	35:08	164	6:42	54	1:19:19	19.2	113	2:01:08	151	2:45	122	56:07	9:02	2:59:59	
119	734 JEFF CARLSON	40 EDGEWATER MD	126	31:57	169	8:13	122	1:27:49	17.4	140	2:07:58	113	2:07	64	49:57	8:03	3:00:01	
120	739 DANIEL D BLAUSEY	43 BROOKLYN NY	154	35:28	60	3:19	155	1:34:15	16.2	152	2:13:01	94	1:50	24	45:37	7:21	3:00:26	

121	747 TODD SHERWOOD	44 DAMASCUS MD	101	29:51	100	4:02	135	1:29:48	17.0	121	2:03:40	83	1:43	116	55:16	8:54	3:00:38
122	748 STEVEN p HIMMELFARB	40 KENSINGTON MD	140	33:24	52	3:07	89	1:22:45	18.4	106	1:59:15	135	2:24	140	59:02	9:30	3:00:39
123	753 JOHN D O'LEARY	40 POTOMAC MD	130	32:32	162	6:31	94	1:23:29	18.3	118	2:02:31	133	2:23	120	56:04	9:02	3:00:57
124	759 TED HART	41 CHEVY CHASE MD	113	30:39	81	3:42	150	1:32:39	16.4	139	2:06:59	99	1:53	85	52:30	8:27	3:01:21
125	774 BRUCE M ALLENTUCK	41 GAITHERSBURG MD	54	27:07	107	4:15	99	1:24:08	18.1	79	1:55:28	108	2:01	154	1:04:34	10:24	3:02:02
126	778 ROBERT SILKOWITZ	42 ANNANDALE VA	92	29:24	150	5:40	137	1:30:10	16.9	129	2:05:12	139	2:28	108	54:34	8:47	3:02:13
127	800 BILL RITCHEY	41 ELLICOTT CITY MD	108	30:17	158	6:05	119	1:27:13	17.5	120	2:03:33	105	1:57	136	58:04	9:21	3:03:33
128	804 GEOFFREY L CINIERO	41 ELLICOTT CITY MD	134	32:58	84	3:46	126	1:28:54	17.1	131	2:05:38	27	1:14	127	56:51	9:09	3:03:43
129	806 WILLIAM J TIMMINS	44 SCITUATE MA	86	29:14	138	5:11	132	1:29:36	17.0	122	2:04:00	100	1:54	133	57:52	9:19	3:03:45
130	809 MARVIN LEVENTER	42 BALTIMORE MD	139	33:22	145	5:25	138	1:30:19	16.9	143	2:09:06	107	1:59	89	52:58	8:32	3:04:02
131	811 ARTHUR W EDWARDS JR	43 ANNAPOLIS MD	144	33:53	41	2:52	102	1:24:29	18.0	114	2:01:13	111	2:05	148	1:00:50	9:48	3:04:07
132	815 DAVID R MACKENDRICK	41 EASTON MD	149	35:04	159	6:08	98	1:23:49	18.2	127	2:05:01	159	3:12	123	56:09	9:03	3:04:20
133	823 TODD W GUNDERSON	43 ELLICOTT CITY MD	63	27:53	90	3:52	160	1:38:40	15.4	145	2:10:24	141	2:31	81	51:51	8:21	3:04:45
134	831 BRUCE VILLARD	42 ARNOLD MD	47	26:27	148	5:39	141	1:31:09	16.7	119	2:03:14	130	2:22	142	59:33	9:35	3:05:07
135	863 MICHAEL DECRICK	43 MONTGOMERY VILLAGE MD	160	36:57	112	4:23	129	1:29:17	17.1	147	2:10:36	54	1:31	109	54:36	8:48	3:06:43
136	867 DOUG M PADRUTT	44 ALEXANDRIA VA	66	28:12	114	4:25	113	1:26:34	17.6	105	1:59:11	118	2:09	156	1:05:39	10:34	3:06:57
137	868 MARK HOLLINGSWORTH	44 ELKRIDGE MD	79	28:54	120	4:34	146	1:31:39	16.6	128	2:05:06	62	1:34	145	1:00:19	9:43	3:06:58
138	872 JEFFREY D GILBERT	40 ANNAPOLIS MD	82	28:59	129	4:54	149	1:32:31	16.5	134	2:06:24	97	1:51	141	59:18	9:33	3:07:32
139	873 PAUL J KRUG	42 COLUMBIA MD	94	29:37	136	5:07	157	1:36:29	15.8	149	2:11:12	66	1:35	112	54:48	8:50	3:07:34
140	879 THANH VO	43 ELLICOTT CITY MD	159	36:36	142	5:19	93	1:23:21	18.3	130	2:05:15	121	2:13	146	1:00:43	9:47	3:08:10
141	888 KEVIN M YEICH	40 ELLICOTT CITY MD	138	33:13	151	5:45	134	1:29:37	17.0	142	2:08:34	124	2:17	135	57:59	9:20	3:08:49
142	894 CHRISTOPHER J STACK	42 STAMFORD CT	110	30:32	71	3:29	139	1:30:28	16.8	125	2:04:29	115	2:08	149	1:02:29	10:04	3:09:05
143	895 DAVE YEAKEL JR	42 FALLS CHURCH VA	150	35:06	131	5:02	144	1:31:17	16.7	150	2:11:24	140	2:30	115	55:13	8:54	3:09:06
144	896 JONATHAN P VAN HOVEN	43 REISTERSTOWN MD	148	34:55	48	3:04	125	1:28:43	17.2	135	2:06:41	84	1:43	147	1:00:48	9:47	3:09:11
145	910 ANDREW J TURNER	40 DAVIDSONVILLE MD	166	39:05	156	6:00	133	1:29:36	17.0	155	2:14:39	117	2:09	91	53:21	8:36	3:10:09
146	938 BRUCE CASE	43 GERMANTOWN MD	136	33:08	80	3:41	145	1:31:30	16.7	141	2:08:18	3	0:54	150	1:02:49	10:07	3:12:00
147	949 STUART WHITE	43 PHOENIX MD	127	32:05	147	5:35	151	1:32:56	16.4	146	2:10:34	161	3:40	137	58:21	9:24	3:12:35
148	971 DAVID GUTTMAN	40 CHICAGO IL	157	36:24	122	4:35	153	1:33:26	16.3	154	2:14:24	77	1:40	134	57:52	9:19	3:13:55
149	995 DARREN L TURNER	41 SEVERNA PARK MD	156	35:59	30	2:43	140	1:30:59	16.8	144	2:09:40	88	1:46	153	1:04:15	10:21	3:15:40
150	1002 EARL M FURFINE	44 BETHESDA MD	78	28:53	86	3:48	147	1:32:12	16.5	126	2:04:51	93	1:50	158	1:09:14	11:09	3:15:54
151	1032 GERRY T VALENTINE	44 BROOKLYN NY	129	32:24	92	3:53	156	1:36:08	15.9	151	2:12:25	150	2:44	151	1:03:09	10:10	3:18:16
152	1035 ANDRE I MYERS	43 WASHINGTON DC	158	36:31	168	8:12	148	1:32:13	16.5	156	2:16:55	162	3:47	129	57:47	9:18	3:18:28
153	1050 THOMAS J LAVIN	43 BALTIMORE MD	168	45:36	67	3:28	123	1:28:17	17.3	157	2:17:20	126	2:18	144	1:00:13	9:42	3:19:50
154	1127 TIMOTHY LATIMER	43 ELLICOTT CITY MD	96	29:41	157	6:04	142	1:31:09	16.7	138	2:06:52	154	2:48	165	1:16:21	12:18	3:26:00
155	1128 BRIAN c DEWITT	43 ELLICOTT MD	121	31:23	144	5:22	136	1:30:07	16.9	137	2:06:51	148	2:40	166	1:16:30	12:19	3:26:00
156	1133 DAVID GOCH	40 BETHESDA MD	5	21:11	108	4:15	168	2:07:47	11.9	166	2:33:13	166	4:21	55	48:59	7:53	3:26:32
157	1147 DONALD AVONDOLIO	43 MANASSAS VA	135	33:07	127	4:48	152	1:33:14	16.3	148	2:11:08	58	1:33	163	1:15:33	12:10	3:28:13
158	1154 PAUL W COWARD	40 COLUMBIA MD	120	31:17	146	5:32	158	1:36:33	15.8	153	2:13:21	132	2:23	161	1:12:58	11:45	3:28:41
159	1199 GREG BISHOP	41 FAIRFAX VA	137	33:10	166	7:26	159	1:38:17	15.5	158	2:18:53	156	3:03	160	1:11:43	11:33	3:33:38
160	1214 MARK A SCHAFFER	44 NEW YORK NY	71	28:21	170	9:13	163	1:46:01	14.4	160	2:23:34	167	7:15	155	1:04:54	10:27	3:35:43
161	1226 KEVIN F CASSIDY	44 LEESBURG VA	165	39:04	167	8:01	162	1:39:52	15.3	161	2:26:56	164	4:04	157	1:06:19	10:41	3:37:18
162	1239 WILLIAM H JONES	40 SALISBURY MD	164	38:53	165	7:24	164	1:46:13	14.3	165	2:32:29	155	3:03	152	1:03:55	10:18	3:39:25
163	1250 FREDDY MONEGRO	40 NEW YORK NY	170	1:06:24	124	4:40	128	1:29:16	17.1	168	2:40:20	145	2:36	132	57:52	9:19	3:40:47

FEMALE AGE GROUP: 45 - 49

Place	Over- All	Name	Age	City/State	Swim Plc	Swim Time	Trn1 Plc	Trans #1	Bike Plc	Bike Time	Bike Rate	Cum Plc	Cum Time	Trn2 Plc	Trans #2	Run Plc	Run Time	Pace /mile	Finish Time	PEN
1	229	CRISSY FUENTES	49	ANNAPOLIS MD	8	25:51	3	2:26	1	1:17:32	19.7	1	1:45:49	2	0:56	4	48:54	7:53	2:35:37	
2	331	THERESA KOLISH	45	ALEXANDRIA VA	14	27:23	10	2:55	5	1:21:30	18.7	7	1:51:47	1	0:53	3	48:32	7:49	2:41:11	
3	341	LORI FREELAND-MORRIS	45	FAR HILLS NJ	1	23:01	1	2:03	6	1:22:30	18.5	2	1:47:33	4	0:59	13	52:55	8:31	2:41:26	
4	359	JULIE m CAPRIO	46	BALTO MD	3	24:17	13	3:07	4	1:21:06	18.8	3	1:48:29	8	1:12	11	52:34	8:28	2:42:14	
5	361	VICKIE J SMITH	48	CAMP HILL PA	12	27:11	20	3:47	2	1:18:28	19.4	4	1:49:25	13	1:26	10	51:26	8:17	2:42:16	
6	371	JEANNE M GRILLO	45	POTOMAC MD	13	27:20	22	4:02	9	1:24:14	18.1	12	1:55:35	28	2:08	1	45:03	7:15	2:42:44	
7	376	KATHI CANESE	48	ARLINGTON VA	9	25:58	9	2:55	11	1:24:33	18.0	9	1:53:24	16	1:36	2	47:59	7:44	2:42:58	
8	390	KAREN VOGT	48	ANNAPOLIS MD	4	24:22	5	2:43	10	1:24:24	18.1	5	1:51:28	6	1:04	8	51:10	8:15	2:43:42	
9	402	LINDA P KENNEDY	46	FAIRFAX VA	2	23:19	14	3:12	14	1:25:55	17.7	8	1:52:25	22	1:53	6	49:51	8:02	2:44:09	
10	453	GWEN CORLEY	46	WINCHESTER VA	10	26:13	4	2:28	8	1:23:05	18.3	6	1:51:45	3	0:56	15	54:20	8:45	2:47:01	
11	456	JANET GATES	49	SMITHFIELD PA	11	26:20	8	2:52	12	1:25:04	17.9	11	1:54:15	17	1:38	9	51:25	8:17	2:47:17	
12	484	LUCILLE BARBER	45	CAPE MAY COURT HOUSE	17	28:08	2	2:15	16	1:27:11	17.5	16	1:57:34	7	1:04	5	49:38	8:00	2:48:15	2:00
13	499	REBECCA A ALLGEIER	46	BRECKSVILLE OH	28	33:18	15	3:20	3	1:19:37	19.1	14	1:56:14	23	1:54	7	50:50	8:11	2:48:57	
14	513	GRETCHEN COONEY	46	NEWTOWN SQUARE PA	5	24:34	7	2:51	15	1:26:14	17.7	10	1:53:38	5	1:00	16	55:14	8:54	2:49:51	
15	536	KATHY KIMBER	45	MENDHAM NJ	7	25:43	6	2:51	17	1:28:02	17.3	15	1:56:35	19	1:40	12	52:37	8:28	2:50:52	
16	659	JANET A SPEDDEN	48	CLARKSVILLE MD	18	29:02	17	3:37	7	1:23:04	18.3	13	1:55:42	10	1:17	21	59:27	9:34	2:56:25	
17	754	KRISTINA AUTH PALTELL	45	BALTIMORE MD	27	33:04	26	4:41	13	1:25:22	17.9	18	2:03:06	26	2:03	17	55:54	9:00	3:01:02	
18	808	PATRICIA A CLIFFORD	46	ROCKVILLE MD	6	25:34	18	3:40	18	1:29:08	17.1	17	1:58:21	25	1:59	27	1:03:39	10:15	3:03:57	
19	865	LESLIE H BARTOSHESKY	49	SALISBURY MD	15	27:41	11	3:03	27	1:38:29	15.5	23	2:09:11	12	1:24	18	56:22	9:05	3:06:57	
20	900	VICTORIA L CLARK	47	STAFFORD VA	22	30:14	19	3:40	19	1:31:08	16.7	19	2:05:02	11	1:18	25	1:03:09	10:10	3:09:28	
21	931	MEG L MAIER	45	SEVERNA PARK MD	21	29:43	25	4:15	25	1:36:30	15.8	24	2:10:27	24	1:56	20	59:19	9:33	3:11:41	
22	932	SHERRI WEINMAN	46	TOWSON MD	24	31:21	12	3:05	20	1:32:29	16.5	21	2:06:54	9	1:16	26	1:03:34	10:14	3:11:44	
23	1026	MARY SCHILLER	47	GLENELG MD	16	27:54	21	3:48	22	1:34:58	16.0	20	2:06:39	27	2:04	29	1:09:05	11:08	3:17:48	
24	1028	DIAN KOHERE	45	FAIR HAVEN NJ	31	35:15	23	4:02	26	1:36:41	15.8	27	2:15:56	21	1:49	22	1:00:11	9:41	3:17:55	
25	1077	SHARON a HESTVIK	48	ARLINGTON VA	19	29:22	31	5:50	21	1:32:57	16.4	22	2:08:09	33	3:53	31	1:10:06	11:17	3:22:07	
26	1092	ELIZABETH G PENCE	47	BETHESDA MD	20	29:40	33	7:50	28	1:39:39	15.3	28	2:17:09	32	3:10	24	1:02:59	10:09	3:23:18	
27	1107	LORETTA L MALANDER	47	OAK HILL VA	29	33:32	29	5:05	33	1:49:03	14.0	32	2:27:39	30	2:31	14	53:51	8:40	3:24:00	
28	1132	MAIREAD H MELIS	46	OAKTON VA	26	31:57	16	3:26	24	1:36:27	15.8	25	2:11:49	18	1:39	32	1:12:55	11:45	3:26:23	
29	1136	NORMA L SESTO	46	COLUMBIA MD	34	36:30	24	4:03	23	1:35:08	16.0	26	2:15:40	20	1:44	30	1:09:19	11:10	3:26:42	
30	1145	LINDA WERNER	46	MCLEAN VA	33	36:06	27	4:48	30	1:43:43	14.7	30	2:24:36	31	2:41	23	1:00:47	9:47	3:28:03	
31	1151	ELISABETH L GARCIA-WADE	47	WESTMINSTER MD	23	30:23	28	5:03	32	1:47:36	14.2	29	2:23:01	14	1:28	28	1:03:59	10:18	3:28:28	
32	1200	LYNN DEMUTH	47	BALTIMORE MD	35	40:34	30	5:06	31	1:46:48	14.3	33	2:32:27	29	2:18	19	59:03	9:31	3:33:47	
33	1286	PEGGY M HOFFMAN	49	LAUREL MD	30	34:29	34	8:24	29	1:42:56	14.8	31	2:25:48	34	5:20	34	1:17:40	12:30	3:48:47	
34	1306	LAURA n JAMES	46	WOODSBORO MD	32	35:49	35	8:39	34	1:55:14	13.2	34	2:39:42	15	1:32	33	1:16:27	12:19	3:57:39	

35 0 KAREN FOER

49 WASHINGTON DC

25 31:35 32 6:00 35 2:10:04 11.7 35 2:47:37

MALE AGE GROUP: 45 - 49

Place	Over- All	Name	Age	City/State	Swim Plc	Swim Time	Trn1 Plc	Trans #1	Bike Plc	Bike Time	Bike Rate	Cum Plc	Cum Time	Trn2 Plc	Trans #2	Run Plc	Run Time	Pace /mile	Finish Time	PEN
1	38	KEITH R MCINTYRE	48	ELLICOTT CITY MD	5	21:21	10	2:31	4	1:10:49	21.5	2	1:34:40	4	1:18	1	41:12	6:38	2:17:08	
2	44	MARTIN K STIEGMANN	46	GLEN ALLEN VA	29	25:03	4	2:16	2	1:08:04	22.4	4	1:35:22	9	1:22	2	41:37	6:42	2:18:21	
3	64	ED J JABLONSKI	46	COCKEYSVILLE MD	7	21:54	1	2:02	7	1:12:47	20.9	5	1:36:43	1	1:03	4	43:48	7:03	2:21:33	
4	71	MARK S WISE	46	WILMINGTON DE	9	22:06	13	2:40	3	1:10:31	21.6	3	1:35:16	25	1:42	13	45:31	7:20	2:22:28	
5	74	GEORGE A JACOBS	47	LAUREL MD	34	25:25	3	2:09	6	1:11:59	21.2	7	1:39:32	10	1:25	3	42:13	6:48	2:23:09	
6	93	KEITH R PETERSON	46	FALLS CHURCH VA	4	21:19	2	2:06	24	1:16:28	19.9	9	1:39:52	6	1:20	8	44:13	7:07	2:25:24	
7	96	KEVIN f DOLAN	46	OWINGS MILLS MD	16	23:03	18	2:46	9	1:13:44	20.7	8	1:39:33	39	1:48	9	44:17	7:08	2:25:37	
8	112	PAUL R INGHOLT	46	VIENNA VA	3	20:30	5	2:20	12	1:14:38	20.4	6	1:37:26	19	1:32	29	47:53	7:43	2:26:51	
9	140	THOMAS BERGIN	45	ALEXANDRIA VA	31	25:11	7	2:26	13	1:15:08	20.3	14	1:42:44	54	2:00	6	44:02	7:06	2:28:45	
10	156	DAVID A HOLDEN	47	CHAGRIN FALLS OH	17	23:20	12	2:34	18	1:15:37	20.2	12	1:41:31	11	1:26	21	46:52	7:33	2:29:48	
11	167	DOUGLAS K KLEIN	48	ARLINGTON VA	32	25:17	36	3:20	11	1:14:31	20.5	15	1:43:07	14	1:27	18	46:10	7:26	2:30:43	
12	170	BRUCE D CAR	45	PENNINGTON NJ	48	26:49	24	2:56	15	1:15:27	20.2	23	1:45:10	36	1:46	5	43:58	7:05	2:30:53	
13	178	FRANZ SZYMANSKI	48	RESTON VA	1	19:07	53	3:46	31	1:18:03	19.5	10	1:40:56	68	2:15	32	48:33	7:49	2:31:43	2:00
14	180	GLENN REGENYE	47	FLEMINGTON NJ	33	25:22	39	3:23	21	1:16:13	20.0	22	1:44:57	53	2:00	11	44:59	7:15	2:31:54	
15	194	WILLIAM D BEYER	45	RESTON VA	18	23:37	9	2:30	14	1:15:22	20.2	11	1:41:28	78	2:24	36	49:01	7:54	2:32:51	
16	196	DANIEL M BRAFMAN	46	ROCKVILLE MD	11	22:15	22	2:49	37	1:19:03	19.3	17	1:44:06	8	1:21	27	47:36	7:40	2:33:02	
17	201	TROY E CONRAN	45	WESTMINSTER MD	14	22:55	31	3:10	41	1:20:03	19.0	26	1:46:07	18	1:31	16	46:00	7:25	2:33:37	
18	208	PHILIP G BERGMAN	47	WASHINGTON DC	40	26:08	37	3:22	10	1:14:01	20.6	16	1:43:30	47	1:54	34	48:51	7:52	2:34:14	
19	210	WALTER A SCHRADING	46	YORK PA	91	30:25	33	3:16	8	1:13:37	20.7	33	1:47:18	41	1:50	12	45:26	7:19	2:34:32	
20	212	DAVID C GSSERT	45	CAMP HILL PA	2	19:34	51	3:45	34	1:18:46	19.3	13	1:42:04	103	2:57	40	49:37	7:59	2:34:37	
21	214	CARROLL THUMEL	46	ELLICOTT CITY MD	46	26:22	26	2:59	22	1:16:22	20.0	25	1:45:42	60	2:05	23	47:00	7:34	2:34:46	
22	218	WYLIE LOWERY	46	FAIRFAX STATION VA	27	25:00	6	2:22	28	1:17:19	19.7	20	1:44:40	7	1:20	35	48:59	7:53	2:34:59	
23	222	DAVID WIESENHAHN	45	SPRINGFIELD VA	41	26:11	19	2:48	16	1:15:33	20.2	19	1:44:30	2	1:17	39	49:34	7:59	2:35:20	
24	247	TED DEPATIE	49	SCITUATE MA	28	25:03	27	3:00	30	1:17:29	19.7	24	1:45:31	37	1:46	37	49:14	7:56	2:36:30	
25	251	ROBERT G BUERGER	47	ELDERSBURG MD	55	27:31	63	3:58	35	1:18:58	19.3	41	1:50:25	42	1:51	10	44:38	7:11	2:36:53	
26	254	ROBERT e SROUR	49	POTOMAC MD	25	24:34	75	4:12	32	1:18:40	19.4	35	1:47:25	99	2:55	22	46:52	7:33	2:37:11	
27	259	JOSEPH p COLLINS	49	LONG BEACH NY	53	27:13	34	3:17	23	1:16:24	19.9	31	1:46:53	64	2:12	31	48:23	7:48	2:37:27	
28	265	JEFF GREEN	48	RIVERVIEW	63	28:14	40	3:26	19	1:15:47	20.1	36	1:47:26	24	1:40	33	48:37	7:50	2:37:42	
29	269	CHRISTOPHER R BENNETT	47	ARLINGTON VA	78	29:53	42	3:32	25	1:16:52	19.8	40	1:50:16	5	1:18	19	46:27	7:29	2:38:00	
30	278	LARS R DAHL	45	STAFFORD VA	47	26:47	29	3:06	38	1:19:15	19.2	38	1:49:07	21	1:34	28	47:41	7:41	2:38:22	
31	282	CARLETON A CONANT	45	KENSINGTON MD	38	25:49	8	2:27	50	1:22:46	18.4	43	1:51:00	31	1:45	14	45:52	7:23	2:38:36	
32	292	DANIEL PERELES	45	POTOMAC MD	13	22:42	35	3:19	42	1:20:12	19.0	28	1:46:12	46	1:54	47	50:54	8:12	2:38:59	
33	295	LEN FORKAS	47	VIENNA VA	90	30:23	68	4:03	5	1:11:43	21.3	27	1:46:09	52	1:58	49	51:06	8:14	2:39:12	
34	321	JOSEPH BACHMAN	46	COLUMBIA MD	22	24:25	57	3:54	33	1:18:40	19.4	32	1:46:59	45	1:53	53	51:57	8:22	2:40:47	

35	326	JEFF LICCARDI	46	BASKING RIDGE NJ	87	30:16	50	3:45	39	1:19:22	19.2	48	1:53:21	26	1:43	15	45:59	7:24	2:41:02	
36	349	GREG SAFKO	48	SYKESVILLE MD	43	26:15	87	4:33	20	1:16:02	20.0	30	1:46:49	76	2:23	56	52:30	8:27	2:41:41	
37	351	DESMOND J HANNON	48	CROWNSVILLE MD	6	21:53	11	2:32	48	1:21:58	18.6	29	1:46:22	62	2:08	59	53:21	8:36	2:41:49	
38	360	RONALD G BUSCH	45	GERMANTOWN MD	26	24:58	28	3:02	64	1:25:17	17.9	47	1:53:16	16	1:30	26	47:30	7:39	2:42:15	
39	362	MATTHEW R WEINBERG	49	BETHESDA MD	24	24:34	73	4:09	17	1:15:35	20.2	18	1:44:16	40	1:49	79	56:12	9:03	2:42:16	
40	367	JOHN SABELHAUS	45	SILVER SPRING MD	23	24:30	23	2:50	29	1:17:24	19.7	21	1:44:44	55	2:02	77	55:52	9:00	2:42:37	
41	372	STEPHEN S CLINGER	48	ELLICOTT CITY MD	56	27:34	60	3:56	36	1:19:01	19.3	42	1:50:30	29	1:44	43	50:35	8:09	2:42:48	
42	388	TOM MCCOMAS	45	TIMONIUM MD	10	22:13	17	2:44	60	1:25:05	17.9	39	1:50:01	12	1:26	54	52:13	8:25	2:43:39	
43	406	TOM WILCOX	48	ALEXANDRIA VA	111	32:57	16	2:43	43	1:20:13	19.0	59	1:55:52	30	1:44	20	46:42	7:31	2:44:18	
44	410	MARK J DARRELL	47	FINKSBURG MD	15	22:57	44	3:35	44	1:20:48	18.9	34	1:47:19	51	1:57	73	55:17	8:54	2:44:32	
45	415	MARK K CORBLISS	45	VIRGINIA BEACH VA	62	28:14	81	4:25	49	1:22:29	18.5	55	1:55:06	35	1:45	30	47:59	7:44	2:44:50	
46	418	AL NAVIDI	47	ROCKVILLE MD	107	32:32	14	2:40	27	1:17:17	19.7	45	1:52:28	38	1:48	44	50:41	8:10	2:44:56	
47	429	RICHARD T ARROWSMITH	45	BOYDS MD	19	23:59	20	2:48	58	1:24:34	18.0	44	1:51:20	32	1:45	55	52:27	8:27	2:45:32	
48	450	THOMAS J ZORN	47	MILLERSVILLE MD	60	28:06	41	3:30	66	1:25:42	17.8	63	1:57:17	71	2:20	25	47:10	7:36	2:46:45	2:00
49	477	JOE H HALL	46	ELDERSBURG MD	99	31:43	78	4:17	59	1:24:36	18.0	73	2:00:34	13	1:26	17	46:01	7:25	2:48:01	
50	488	JEFF UMBREIT	47	MILFORD CT	74	29:11	94	4:48	77	1:28:04	17.3	76	2:02:01	73	2:22	7	44:02	7:06	2:48:24	
51	494	BROOKS BIGGS	45	TOWSON MD	82	30:02	91	4:39	45	1:20:58	18.8	57	1:55:39	58	2:04	50	51:06	8:14	2:48:47	
52	498	TOM IVEY	48	VIENNA VA	59	28:04	15	2:42	54	1:23:13	18.3	49	1:53:58	3	1:17	62	53:40	8:39	2:48:55	
53	504	RAYMOND J REED	47	BALTIMORE MD	44	26:18	106	5:08	67	1:26:09	17.7	64	1:57:34	69	2:18	38	49:22	7:57	2:49:13	
54	506	LUKE C HANNON	49	LEESBURG VA	8	22:00	32	3:13	75	1:27:25	17.4	46	1:52:37	104	2:58	66	53:46	8:40	2:49:21	
55	512	SCOTT J MACEWEN	46	ARLINGTON VA	73	28:49	82	4:26	52	1:22:53	18.4	61	1:56:07	96	2:50	45	50:50	8:11	2:49:46	
56	518	MATT C WHITE	46	VIENNA VA	61	28:10	21	2:49	56	1:23:15	18.3	52	1:54:13	20	1:33	70	54:24	8:46	2:50:09	
57	562	JOSEPH N BROOKS	49	CAMBRIDGE MD	51	27:04	67	4:03	55	1:23:13	18.3	53	1:54:20	85	2:29	74	55:25	8:55	2:52:12	
58	564	CHRIS C ELLINGHAUS	45	LEESBURG VA	67	28:21	47	3:42	72	1:26:32	17.6	67	1:58:35	50	1:57	52	51:45	8:20	2:52:16	
59	574	STEVE COFFIN	45	BETHESDA MD	65	28:17	30	3:06	51	1:22:51	18.4	51	1:54:13	34	1:45	84	57:06	9:12	2:53:03	
60	587	JON G MORRIS	49	ELLICOTT CITY MD	21	24:16	58	3:54	68	1:26:12	17.7	54	1:54:21	72	2:22	82	56:57	9:10	2:53:38	
61	592	JEFF M SCHWABER	45	ROCKVILLE MD	93	30:41	79	4:20	46	1:21:28	18.7	62	1:56:28	90	2:37	71	54:38	8:48	2:53:42	
62	602	GORDON COONEY	47	NEWTOWN SQUARE PA	45	26:20	59	3:55	65	1:25:37	17.8	58	1:55:50	86	2:32	76	55:51	9:00	2:54:13	
63	605	DOUGLAS F ERDMAN	48	ELLICOTT CITY MD	35	25:28	99	4:56	61	1:25:07	17.9	56	1:55:30	107	3:04	75	55:45	8:59	2:54:18	
64	629	SAMUEL RACOOSIN	45	POTOMAC MD	121	35:26	108	5:24	40	1:19:33	19.2	72	2:00:22	118	3:32	51	51:40	8:19	2:55:33	
65	633	JON ALTSCHULER	49	ANNAPOLIS MD	69	28:29	71	4:05	74	1:27:08	17.5	69	1:59:42	89	2:36	61	53:27	8:37	2:55:44	
66	642	JOHN D KENNEDY	48	BALTIMORE MD	37	25:46	123	6:31	47	1:21:43	18.6	50	1:54:00	130	4:18	87	57:38	9:17	2:55:55	
67	645	CHRISTOPHER DOMINIC	48	BETHESDA MD	12	22:33	52	3:46	88	1:29:37	17.0	60	1:55:54	61	2:07	92	58:00	9:20	2:56:00	
68	661	SEAN M COSTELLO	47	COLUMBIA MD	129	37:35	25	2:59	53	1:23:12	18.3	82	2:03:45	27	1:43	48	51:00	8:13	2:56:27	
69	699	BILL DUDLEY	48	ROCKVILLE MD	76	29:36	93	4:42	81	1:28:21	17.2	78	2:02:38	109	3:10	58	53:08	8:34	2:58:55	2:00
70	701	MICHAEL m DRUM	45	ANNAPOLIS MD	58	28:02	56	3:50	73	1:26:38	17.6	66	1:58:29	82	2:27	93	58:02	9:21	2:58:57	
71	702	TOM J CARIOTA	49	OAK HILL VA	114	33:50	86	4:32	84	1:28:49	17.2	95	2:07:10	43	1:51	42	50:00	8:03	2:58:59	
72	703	ERIC c SCHWAAB	46	CATONSVILLE MD	36	25:42	64	3:59	94	1:30:35	16.8	71	2:00:15	91	2:42	78	56:08	9:02	2:59:03	
73	708	THOMAS SINNOTT	45	ELLICOTT CITY MD	68	28:23	111	5:34	62	1:25:09	17.9	68	1:59:05	79	2:24	88	57:41	9:17	2:59:09	
74	736	MARK BEHRENS	45	LUTHERVILLE MD	130	38:13	38	3:22	70	1:26:27	17.6	99	2:08:01	81	2:27	41	49:54	8:02	3:00:21	
75	744	RUSSELL KOMESAROOK	46	GAITHERSBURG MD	118	34:59	66	4:02	86	1:29:00	17.1	98	2:08:00	28	1:43	46	50:53	8:12	3:00:35	
76	755	ERIC PALTELL	45	BALTIMORE MD	97	31:02	74	4:11	83	1:28:41	17.2	84	2:03:52	117	3:30	63	53:41	8:39	3:01:03	
77	760	SHINJI YAMAMOTO	46	WASHINGTON DC	116	34:13	102	5:03	63	1:25:09	17.9	85	2:04:25	94	2:47	67	54:12	8:44	3:01:24	

78	796 MICHAEL e SILVERMAN	46 ELLICOTT CITY MD	83	30:05	77	4:15	57	1:23:27	18.3	65	1:57:46	63	2:08	107	1:03:07	10:10	3:02:59	
79	797 DON KLEIN	48 COLUMBIA MD	64	28:16	97	4:54	93	1:30:24	16.9	80	2:03:33	74	2:22	86	57:25	9:15	3:03:18	
80	807 PATRICK KEATING	45 GARRETT PARK MD	52	27:05	114	5:41	82	1:28:32	17.2	75	2:01:18	131	4:50	90	57:43	9:18	3:03:50	
81	819 ANDREW FOEHRKOLB	48 ELLICOTT CITY MD	79	29:54	45	3:38	71	1:26:32	17.6	70	2:00:02	22	1:36	105	1:02:57	10:08	3:04:35	
82	821 KENNEY JOHNSON	47 SALISBURY MD	108	32:35	121	6:16	85	1:28:58	17.1	97	2:07:48	84	2:29	69	54:23	8:46	3:04:38	
83	822 DAN J MENDELSON	49 WASHINGTON DC	102	32:07	120	6:13	116	1:36:40	15.8	113	2:14:59	93	2:43	24	47:01	7:34	3:04:43	
84	827 ROBERT F RUDOLPHI	45 TOWSON MD	98	31:05	96	4:51	89	1:29:37	17.0	89	2:05:32	59	2:04	85	57:22	9:14	3:04:57	
85	836 LASZLO MADARAS	45 GREENCASTLE PA	95	30:54	43	3:33	97	1:31:24	16.7	90	2:05:50	48	1:56	89	57:42	9:18	3:05:27	
86	837 KEVIN PEARSON	49 MOUNT AIRY MD	49	26:54	107	5:20	114	1:36:21	15.8	102	2:08:33	119	3:40	60	53:25	8:36	3:05:37	
87	845 NICHOLAS ABRUSCATO	45 CAMBRIDGE MD	89	30:19	95	4:50	79	1:28:17	17.3	79	2:03:25	23	1:40	100	1:00:51	9:48	3:05:55	
88	846 KENNETH A CORNELL	46 WOODSTOCK MD	85	30:14	48	3:43	96	1:31:22	16.7	88	2:05:18	15	1:28	95	59:15	9:33	3:06:00	
89	848 CHRIS STOKES	48 DAVIDSONVILLE MD	94	30:46	69	4:03	87	1:29:02	17.1	83	2:03:50	100	2:55	96	59:18	9:33	3:06:03	2:00
90	855 RAND D FOLKMAN	47 GLENELG MD	92	30:39	100	4:59	101	1:32:07	16.5	96	2:07:44	83	2:27	80	56:13	9:03	3:06:23	
91	871 TIM JOHNSON	47 FREDERICK MD	122	35:39	118	6:07	69	1:26:16	17.7	100	2:08:01	33	1:45	91	57:44	9:18	3:07:29	
92	886 TIMOTHY J LORBER	48 LUTHERVILLE MD	50	27:00	72	4:07	103	1:32:34	16.5	81	2:03:40	102	2:56	104	1:02:06	10:00	3:08:41	
93	893 PORTY J COSTELLO	45 ARLINGTON VA	117	34:58	83	4:28	99	1:31:32	16.6	106	2:10:57	113	3:20	72	54:48	8:50	3:09:04	
94	898 JOE FINDARO	49 VIENNA VA	110	32:50	109	5:28	106	1:33:22	16.3	107	2:11:39	116	3:23	68	54:21	8:45	3:09:22	
95	915 TIMOTHY P SHUMATE	48 OWINGS MD	72	28:41	65	4:01	110	1:33:31	16.3	92	2:06:11	70	2:19	103	1:01:47	9:57	3:10:17	
96	917 BRIAN G KIM	45 BETHESDA MD	84	30:12	101	5:03	120	1:38:46	15.4	111	2:14:00	92	2:42	64	53:42	8:39	3:10:22	
97	925 CHRIS NAPOLITANO	46 LANHAM MD	88	30:16	103	5:04	112	1:35:11	16.0	105	2:10:30	56	2:02	94	58:34	9:26	3:11:06	
98	936 FRANK WHITE, JR	47 SILVER SPRING MD	105	32:29	98	4:54	76	1:27:41	17.4	87	2:05:03	98	2:54	111	1:03:57	10:18	3:11:53	
99	944 MARK PATERSON	47 ELLICOTT CITY MD	54	27:28	104	5:04	80	1:28:18	17.3	74	2:00:50	101	2:56	123	1:08:37	11:03	3:12:21	
100	947 MARTIN A ALBORNOZ	48 ELLICOTT CITY MD	75	29:27	113	5:35	107	1:33:25	16.3	101	2:08:26	122	3:47	98	1:00:18	9:43	3:12:30	
101	961 MICHAEL E SULLIVAN	48 EAST BRIDGEWATER MA	80	29:58	61	3:56	105	1:33:15	16.3	94	2:07:09	57	2:03	113	1:04:05	10:19	3:13:15	
102	972 PAUL m KIRK	45 HILLSBORO VA	70	28:33	92	4:41	115	1:36:35	15.8	103	2:09:48	95	2:49	102	1:01:25	9:53	3:14:00	
103	989 JAY R MESSENGER	46 WASHINGTON DC	39	25:52	62	3:57	117	1:37:14	15.7	93	2:07:02	132	4:53	108	1:03:20	10:12	3:15:14	
104	1004 EDWARD M TOVORNIK	47 MYERSVILLE MD	101	32:02	90	4:36	78	1:28:11	17.3	86	2:04:49	114	3:22	122	1:07:49	10:55	3:15:59	
105	1005 TOM R SCHOFIELD	46 ELLICOTT CITY MD	123	36:13	130	6:59	119	1:38:04	15.5	125	2:21:15	44	1:53	57	52:56	8:32	3:16:03	
106	1010 JACK W CROWLEY	46 MOSELEY VA	20	24:09	89	4:36	108	1:33:27	16.3	77	2:02:11	49	1:56	128	1:12:21	11:39	3:16:28	
107	1012 SAUL GOLDFARB	46 POTOMAC MD	100	32:02	88	4:34	109	1:33:27	16.3	104	2:10:03	87	2:33	112	1:04:04	10:19	3:16:40	
108	1014 KEVIN L PERKINS	46 ELLICOTT CITY MD	126	36:33	105	5:06	98	1:31:29	16.7	109	2:13:06	77	2:23	101	1:01:17	9:52	3:16:45	
109	1021 WILLIAM A WROBEL	47 ALEXANDRIA VA	81	30:01	70	4:04	118	1:37:58	15.6	108	2:12:01	80	2:26	106	1:03:01	10:09	3:17:27	
110	1025 BUZZ LOFTUS	49 COLUMBIA MD	106	32:31	131	7:05	111	1:34:30	16.1	112	2:14:05	128	4:08	97	59:34	9:36	3:17:46	
111	1036 TEDDIE MOSER	46 ALEXANDRIA VA	113	33:38	137	9:23	113	1:35:22	16.0	121	2:18:22	124	3:49	81	56:24	9:05	3:18:33	
112	1040 BRIAN P HOCHHEIMER	47 CATONSVILLE MD	104	32:18	115	5:54	122	1:39:56	15.3	120	2:18:07	121	3:43	83	56:59	9:11	3:18:48	2:00
113	1062 RICHARD BERNSTEIN	48 COLUMBIA MD	136	48:14	128	6:53	92	1:30:20	16.9	130	2:25:25	65	2:12	65	53:45	8:40	3:21:22	
114	1069 KEVIN COLABUCCI	48 BELTSVILLE MD	125	36:19	119	6:08	95	1:30:57	16.8	110	2:13:23	115	3:22	117	1:04:58	10:28	3:21:42	
115	1097 ANTHONY J YOOR	46 BEL AIR MD	134	40:12	76	4:14	100	1:32:05	16.6	117	2:16:30	75	2:22	115	1:04:32	10:24	3:23:23	
116	1099 BRIAN B SMITH	46 GLEN BURNIE MD	86	30:15	110	5:32	91	1:30:12	16.9	91	2:05:57	133	5:17	127	1:12:14	11:38	3:23:28	
117	1104 JACK MILLER	47 BALTIMORE MD	103	32:15	138	10:11	104	1:33:02	16.4	115	2:15:27	112	3:18	116	1:04:57	10:28	3:23:40	2:00
118	1119 MARK LEFF	48 MASSAPEQUA NY	109	32:37	85	4:29	123	1:40:44	15.1	119	2:17:49	111	3:14	114	1:04:26	10:23	3:25:28	
119	1139 HOWARD P BOWDRING	46 ALEXANDRIA VA	30	25:05	49	3:43	133	1:47:11	14.2	116	2:15:58	17	1:31	126	1:09:28	11:11	3:26:56	
120	1140 JOHN KEENE	47 MANCHESTER MD	127	37:01	112	5:34	126	1:41:54	15.0	129	2:24:28	67	2:14	99	1:00:29	9:44	3:27:10	

MALE AGE GROUP: 50 - 54

Over- Place All	Name	Age	City/State	Swim Plc	Swim Time	Trn1 Plc	Trans #1	Bike Plc	Bike Time	Bike Rate	Cum Plc	Cum Time	Trn2 Plc	Trans #2	Run Plc	Run Time	Pace /mile	Finish Time	PEN
1	49 STEVEN K GIORGIS	52	HERNDON VA	2	20:53	2	2:18	3	1:13:21	20.8	1	1:36:31	2	1:15	1	41:59	6:46	2:19:44	
2	92 PAUL SCHLOSSER JR	52	NEWARK DE	1	20:49	6	2:45	4	1:13:39	20.7	2	1:37:12	5	1:38	5	46:34	7:30	2:25:23	
3	95 MICHAEL D CLARK	50	WILMINGTON DE	9	24:58	4	2:27	1	1:10:58	21.5	4	1:38:22	8	1:45	4	45:21	7:18	2:25:27	
4	144 MIKE MCCONNELL	53	PHOENIX MD	5	22:55	5	2:34	2	1:11:54	21.2	3	1:37:21	6	1:39	12	50:07	8:04	2:29:07	
5	151 PATRICK GAFFNEY	51	WASHINGTON DC	3	22:15	12	3:10	9	1:17:12	19.7	6	1:42:36	11	1:48	3	45:03	7:15	2:29:26	
6	158 PARKE BYRON	52	RINGWOOD NJ	4	22:31	3	2:27	8	1:16:45	19.9	5	1:41:42	3	1:17	6	46:54	7:33	2:29:52	
7	179 HENRY D JAMPEL	50	BALTIMORE MD	11	25:27	7	2:46	11	1:18:29	19.4	9	1:46:40	7	1:43	2	43:20	6:59	2:31:43	
8	184 THOMAS A STROUP	52	GREAT FALLS VA	12	25:31	1	1:59	6	1:15:51	20.1	7	1:43:21	1	1:13	7	47:30	7:39	2:32:02	
9	217 EDWARD J DZIELAK	54	GREENFIELD TWP PA	6	22:57	15	3:23	10	1:17:52	19.6	8	1:44:11	29	2:16	10	48:32	7:49	2:34:58	
10	324 RICK LEVIN	54	CALDWELL NJ	10	25:13	9	2:58	19	1:23:29	18.3	12	1:51:39	12	1:49	8	47:30	7:39	2:40:57	
11	340 BEN HETZER	51	PHILADELPHIA PA	33	30:09	19	3:43	5	1:14:23	20.5	10	1:48:14	16	1:52	14	51:21	8:16	2:41:25	
12	375 WADE GAASCH	52	ELLICOTT CITY MD	47	34:25	8	2:52	7	1:16:04	20.0	15	1:53:20	19	2:02	9	47:36	7:40	2:42:57	
13	412 STEVE RADANT	51	COLUMBIA MD	15	27:09	13	3:14	17	1:21:58	18.6	13	1:52:20	4	1:34	13	50:46	8:11	2:44:39	
14	490 JAY J CARNEY LLL	51	MADISON CT	25	28:46	14	3:19	15	1:21:34	18.7	16	1:53:37	9	1:46	17	53:08	8:34	2:48:31	
15	507 PETER C CHRISTOPHER	50	CHATHAM NJ	24	28:12	26	4:02	14	1:21:25	18.7	17	1:53:39	21	2:05	18	53:39	8:38	2:49:22	
16	519 DON KNOTT	52	ELLICOTT CITY MD	22	27:47	10	3:08	26	1:25:44	17.8	19	1:56:38	18	2:00	15	51:38	8:19	2:50:14	
17	577 GORDON R GERA	50	LAFAYETTE HILL PA	21	27:41	40	4:49	41	1:29:26	17.0	29	2:01:55	36	2:38	11	48:49	7:52	2:53:22	
18	603 THOMAS RANDOLPH	51	VIRGINIA BEACH VA	18	27:23	39	4:46	23	1:25:12	17.9	21	1:57:20	22	2:12	23	54:43	8:49	2:54:14	
19	677 DENNIS WIELEPSKI	51	CHARLOTTE NC	23	28:11	23	3:56	37	1:28:36	17.2	27	2:00:42	35	2:32	21	54:03	8:42	2:57:17	
20	694 DANIEL E O'DONNELL	51	SHREWSBURY MA	32	30:07	20	3:45	22	1:24:29	18.0	24	1:58:20	14	1:50	34	58:26	9:25	2:58:35	
21	714 ANTON STRUNTZ	52	GAITHERSBURG MD	35	30:17	28	4:10	38	1:28:52	17.1	33	2:03:18	25	2:14	20	53:52	8:41	2:59:23	
22	715 JOHN C DARRELL	50	LEBANON PA	13	26:44	41	4:50	32	1:27:19	17.5	25	1:58:51	13	1:50	35	58:45	9:28	2:59:26	
23	722 JOEL SACHS	52	ANNAPOLIS MD	29	29:57	22	3:53	20	1:24:14	18.1	23	1:58:03	17	1:59	37	59:39	9:36	2:59:40	
24	756 THOMAS EVANS	50	SHAVERTOWN PA	44	33:38	21	3:50	18	1:22:32	18.5	26	1:59:59	37	2:43	33	58:24	9:24	3:01:05	
25	758 PETER R O'DUNNE	51	ELLICOTT CITY MD	16	27:11	47	5:25	43	1:30:59	16.8	35	2:03:34	47	3:18	22	54:28	8:46	3:01:19	
26	767 MARK F JOHNSON	54	TOWSON MD	57	36:21	33	4:28	28	1:26:20	17.7	40	2:07:07	33	2:26	16	52:17	8:25	3:01:50	
27	769 KEITH s WEBER	52	FAIRFAX VA	30	30:04	42	4:54	33	1:27:27	17.4	31	2:02:24	28	2:16	30	57:12	9:13	3:01:50	
28	771 RAYMOND CANALS	50	STONY POINT NY	31	30:05	34	4:32	36	1:28:19	17.3	32	2:02:55	39	2:50	26	56:08	9:02	3:01:52	
29	772 PETER MONTANINO	50	OAKTON VA	43	33:35	18	3:30	34	1:27:32	17.4	37	2:04:36	15	1:51	24	55:26	8:56	3:01:52	
30	779 GEORGE L MINO	53	JESSUP MD	36	30:46	50	5:40	25	1:25:36	17.8	30	2:02:01	31	2:19	32	57:55	9:20	3:02:14	
31	791 RICH P DENISE	51	BOWIE MD	7	23:02	27	4:07	24	1:25:17	17.9	14	1:52:25	26	2:15	48	1:08:11	10:59	3:02:50	
32	830 MARK LEVITT	50	BETHESDA MD	38	31:19	17	3:29	29	1:26:29	17.6	28	2:01:16	20	2:04	40	1:01:45	9:57	3:05:03	
33	841 STEVEN D BEATRICE	53	GERMANTOWN MD	19	27:23	11	3:08	30	1:26:52	17.5	22	1:57:22	10	1:48	47	1:06:33	10:43	3:05:42	
34	850 PATRICK W CLOUGHERTY	50	VIENNA VA	14	27:09	29	4:15	44	1:31:56	16.6	34	2:03:19	45	3:11	38	59:42	9:37	3:06:11	

35	857	JOHN K DIERKES	51	BALTIMORE MD	8	23:05	36	4:36	52	1:37:00	15.7	38	2:04:41	32	2:21	36	59:23	9:34	3:06:25
36	874	GARY R ALLANSON	54	CROWNSVILLE MD	27	29:21	16	3:28	21	1:24:20	18.1	20	1:57:08	23	2:12	49	1:08:19	11:00	3:07:38
37	920	ERIK MELIS	50	OAKTON VA	48	34:33	25	3:59	35	1:27:53	17.3	39	2:06:25	24	2:12	41	1:01:59	9:59	3:10:35
38	926	MARK R STROMBERG	51	COLUMBIA MD	55	35:57	52	5:49	47	1:33:20	16.3	51	2:15:04	27	2:16	19	53:49	8:40	3:11:08
39	929	HOWARD S SHAPIRO	51	CLARKSVILLE MD	51	35:18	44	5:03	45	1:32:50	16.4	47	2:13:11	40	2:50	25	55:30	8:56	3:11:29
40	951	CRAIG COOK	52	SEVERNA PARK MD	60	47:13	32	4:27	13	1:20:33	18.9	45	2:12:12	53	4:01	27	56:25	9:05	3:12:37
41	967	ED SILVERMAN	51	LAUREL MD	53	35:36	24	3:57	48	1:33:42	16.3	48	2:13:14	38	2:44	31	57:36	9:17	3:13:33
42	977	RICK BRAGG	52	ARLINGTON VA	42	33:32	35	4:34	50	1:36:28	15.8	50	2:14:32	44	3:10	28	56:26	9:05	3:14:07
43	980	ROBERT LAWS	51	REISTERSTOWN MD	34	30:10	30	4:18	16	1:21:49	18.6	18	1:56:16	46	3:14	57	1:14:48	12:03	3:14:17
44	1022	MARK n MUEDEKING	52	OWINGS MILLS MD	41	33:07	38	4:46	27	1:26:12	17.7	36	2:04:04	41	2:53	52	1:10:39	11:23	3:17:36
45	1074	SCOTT Y BROWN	52	LINTHICUM MD	39	31:57	45	5:10	51	1:36:33	15.8	49	2:13:38	42	3:02	45	1:05:23	10:32	3:22:03
46	1079	MARK R KERIN	52	DOYLESTOWN PA	28	29:23	43	5:02	49	1:36:04	15.9	43	2:10:28	34	2:31	50	1:09:16	11:09	3:22:14
47	1143	HOWARD SALTZMAN	51	OWINGS MILLS MD	58	43:00	54	6:53	39	1:29:00	17.1	52	2:18:52	52	4:01	44	1:05:02	10:28	3:27:54
48	1144	FRED CASSELS	50	LAUREL MD	46	33:54	51	5:47	54	1:41:18	15.0	54	2:20:58	43	3:09	42	1:03:49	10:17	3:27:56
49	1146	MITCHELL WOLFF	53	BERNARDSVILLE NJ	56	36:09	31	4:19	42	1:30:49	16.8	44	2:11:16	30	2:17	56	1:14:39	12:01	3:28:11
50	1160	ROBERT A APPELBAUM	51	PARKTON MD	52	35:19	60	7:45	40	1:29:22	17.1	46	2:12:25	59	5:06	53	1:11:55	11:35	3:29:25
51	1171	KEMP R BROOKS	53	CAMBRIDGE MD	37	31:17	48	5:33	46	1:32:56	16.4	42	2:09:45	60	5:34	58	1:15:17	12:07	3:30:36
52	1187	JAMES R LYONS	51	EDGEWATER MD	59	44:22	58	7:33	53	1:37:54	15.6	59	2:29:49	61	5:48	29	56:33	9:06	3:32:08
53	1190	DAVE HENKEL	50	ELLICOTT CITY MD	49	34:47	55	7:04	31	1:27:01	17.5	41	2:08:51	48	3:19	59	1:20:08	12:54	3:32:17
54	1191	TOM MCCARTHY	53	COLUMBIA MD	50	34:51	57	7:30	57	1:43:45	14.7	57	2:26:05	57	4:38	39	1:01:39	9:56	3:32:21
55	1215	ROBERT HELWIG	50	ROCKVILLE MD	26	28:57	46	5:22	60	1:46:45	14.3	55	2:21:03	56	4:12	51	1:10:32	11:22	3:35:46
56	1217	ZACK H SHARIFF	51	COLUMBIA MD	45	33:42	49	5:35	61	1:48:52	14.0	58	2:28:08	51	3:59	43	1:04:04	10:19	3:36:09
57	1247	CHAS CHESTER	52	NO. BETHESDA MA	54	35:51	61	9:17	58	1:44:49	14.5	60	2:29:56	54	4:06	46	1:06:20	10:41	3:40:22
58	1249	WILLIAM PEDERSON	50	HUNT VALLEY MD	40	32:52	59	7:34	56	1:43:18	14.8	56	2:23:42	49	3:23	54	1:13:37	11:51	3:40:41
59	1274	WILLIE BRENNAN	53	CLARKSVILLE MD	20	27:31	56	7:21	59	1:45:48	14.4	53	2:20:40	50	3:41	60	1:21:02	13:03	3:45:22
60	1301	CARL HENDRICKS	53	GAMBRILLS MD	61	49:54	53	6:09	55	1:41:52	15.0	61	2:37:54	55	4:07	55	1:14:01	11:55	3:56:01
61	0	CURTIS BAUMANN	53	ELLICOTT CITY MD	17	27:17	37	4:38	12	1:19:44	19.1	11	1:51:37	58	4:38				

FEMALE AGE GROUP: 55 - 59

Place	Over- All	Name	Age	City/State	Swim	Swim	Trn1	Trans	Bike	Bike	Bike	Cum	Cum	Trn2	Trans	Run	Run	Pace	Finish	PEN
					Plc	Time	Plc	#1	Plc	Time	Rate	Plc	Time	Plc	#2	Plc	Time	/mile	Time	
1	583	ANNE VIVIANI	57	ARLINGTON VA	3	31:11	5	4:23	2	1:25:24	17.8	2	2:00:58	1	1:11	1	51:20	8:16	2:53:28	
2	632	NANCY AVITABILE	58	BETHESDA MD	4	31:14	2	3:38	1	1:25:02	17.9	1	1:59:53	5	1:41	2	54:11	8:44	2:55:44	
3	792	MARY WAGNER	56	ISLIP TERRACE NY	2	30:20	3	3:52	3	1:29:22	17.1	3	2:03:33	8	2:05	4	57:15	9:13	3:02:52	
4	923	JUDI e CARBARY	56	CLARKSVILLE MD	8	38:29	4	4:21	4	1:31:57	16.6	6	2:14:47	3	1:31	3	54:33	8:47	3:10:50	
5	975	LYNN SALVO	57	MCLEAN VA	5	32:20	7	4:57	6	1:37:00	15.7	5	2:14:17	4	1:34	5	58:17	9:23	3:14:06	
6	1001	DONNA NEWCOMER	55	YORK PA	1	30:12	1	3:09	5	1:35:24	16.0	4	2:08:44	7	1:51	6	1:05:17	10:31	3:15:52	
7	1118	CANDE J OLSEN	56	CHATHAM NJ	6	32:26	8	5:18	7	1:40:21	15.2	7	2:18:05	2	1:29	7	1:05:39	10:34	3:25:11	
8	1244	CHRISTINE MCKNIGHT	59	SCHUYLERVILLE NY	9	40:56	6	4:52	8	1:41:59	14.9	9	2:27:46	6	1:47	8	1:10:24	11:20	3:39:56	

9 1278 SUE WATSON

58 COLUMBIA MD

7 33:40

9 7:03

9 1:46:39 14.3

8 2:27:20

9 2:16

9 1:17:02 12:24 3:46:38

MALE AGE GROUP: 55 - 59

Place	Over- All	Name	Age	City/State	Swim Plc	Swim Time	Trn1 Plc	Trans #1	Bike Plc	Bike Time	Bike Rate	Cum Plc	Cum Time	Trn2 Plc	Trans #2	Run Plc	Run Time	Pace /mile	Finish Time	PEN
1	138	BOB G HOYT	55	SPARKS MD	1	20:33	3	2:22	2	1:15:07	20.3	1	1:38:01	10	1:34	3	48:57	7:53	2:28:31	
2	162	LARRY A GEPHART	55	BRANCHBURG NJ	4	24:30	1	1:54	1	1:13:46	20.7	2	1:40:10	4	1:14	2	48:48	7:52	2:30:11	
3	230	NICK F POMPONIO	55	SEWELL NJ	2	23:50	11	3:28	4	1:18:54	19.3	3	1:46:10	2	1:01	1	48:28	7:48	2:35:38	
4	334	LEONARD S ERSHOW	56	PRINCETON NJ	3	24:28	2	2:20	11	1:22:11	18.5	4	1:48:58	7	1:29	8	50:49	8:11	2:41:15	
5	385	J L CUNNINGHAM	55	FREDERICK MD	27	31:30	12	3:30	3	1:17:04	19.8	7	1:52:04	22	2:11	4	49:12	7:55	2:43:26	
6	425	LARRY ATKINS	58	TAKOMA PARK MD	12	28:03	10	3:18	10	1:21:54	18.6	8	1:53:14	13	1:39	5	50:25	8:07	2:45:17	
7	464	RODNEY E MEASE	55	MECHANICSBURG PA	8	26:41	8	3:04	14	1:24:22	18.1	10	1:54:06	5	1:15	9	52:15	8:25	2:47:35	
8	465	CHUCK GRAZIANO	56	RAMSEY NJ	6	26:09	7	2:56	8	1:21:07	18.8	5	1:50:11	11	1:34	13	55:58	9:01	2:47:43	
9	475	RICK SCHWAB	56	CLIFTON VA	24	30:20	6	2:51	7	1:20:59	18.8	11	1:54:09	6	1:19	10	52:30	8:27	2:47:57	
10	523	JOHN F TANSEY	57	WILLIAMSBURG VA	9	27:15	4	2:41	6	1:20:52	18.8	6	1:50:46	1	0:57	16	58:41	9:27	2:50:23	
11	539	JOSEPH H SCHWARTZEL	55	COLUMBIA MD	7	26:18	13	3:37	15	1:29:05	17.1	14	1:58:58	8	1:32	6	50:29	8:08	2:50:58	
12	589	OTTO KAUSCH	56	BRECKSVILLE OH	18	29:22	15	3:52	5	1:20:21	19.0	9	1:53:34	9	1:34	15	58:31	9:25	2:53:38	
13	639	PAUL YOUNG-HYMAN	57	BALTIMORE MD	20	29:31	25	5:27	13	1:23:07	18.3	13	1:58:05	17	1:47	14	56:00	9:01	2:55:51	
14	712	RANDALL D BOOKOUT	56	FAIRFAX STATION VA	28	31:41	18	4:05	21	1:30:43	16.8	21	2:06:28	19	2:03	7	50:49	8:11	2:59:18	
15	732	LAWRENCE B GODWIN	56	ARLINGTON VA	17	29:05	16	3:53	19	1:29:54	17.0	17	2:02:52	12	1:35	12	55:33	8:57	2:59:59	
16	853	DAVID M BROWN	55	BALTIMORE MD	13	28:07	32	7:15	27	1:35:22	16.0	23	2:10:42	25	2:25	11	53:11	8:34	3:06:18	
17	877	ERIC J BRESSLER	56	CUTCHOGUE NY	26	30:42	22	4:55	20	1:30:31	16.8	20	2:06:07	29	2:41	18	59:04	9:31	3:07:52	
18	907	VINCENT GIARDINA	59	COATESVILLE PA	19	29:24	20	4:13	18	1:29:49	17.0	18	2:03:26	20	2:03	23	1:04:30	10:23	3:09:57	
19	913	MYRON R SEGAL	58	SILVER SPRING MD	10	27:53	21	4:48	25	1:33:14	16.3	19	2:05:53	16	1:47	21	1:02:35	10:05	3:10:15	
20	946	JIM S CLADIAS	56	WEIRTON WV	29	32:14	29	5:59	9	1:21:13	18.8	15	1:59:25	26	2:26	30	1:10:35	11:22	3:12:25	
21	982	WILLIAM J HARRIGAN	57	KEY LARGO FL	5	25:02	26	5:31	17	1:29:38	17.0	16	2:00:11	32	2:55	31	1:11:23	11:30	3:14:28	
22	1037	PAUL NOONAN	58	ROCKVILLE MD	31	34:19	31	6:44	16	1:29:33	17.0	22	2:10:35	34	2:59	24	1:05:09	10:30	3:18:42	
23	1067	NICK CODD	55	SEVERNA PARK MD	36	37:22	5	2:43	33	1:41:02	15.1	32	2:21:07	15	1:44	17	58:44	9:28	3:21:35	
24	1068	MICHAEL BRYANT	56	BALTIMORE MD	35	35:41	41	9:27	24	1:33:08	16.4	29	2:18:14	27	2:33	19	1:00:50	9:48	3:21:37	
25	1088	DENNIS UTTERBACK	56	WASHINGTON DC	37	37:50	14	3:42	22	1:32:22	16.5	26	2:13:54	23	2:21	25	1:06:47	10:45	3:23:01	
26	1121	STEWART K DIANA	57	BALTIMORE MD	21	29:39	35	7:44	34	1:41:07	15.1	30	2:18:29	31	2:52	22	1:04:18	10:21	3:25:39	
27	1152	ELLIS W MERSCHOFF	56	CURTIS BAY MD	23	30:16	17	4:02	37	1:46:10	14.4	31	2:20:27	3	1:08	26	1:06:57	10:47	3:28:31	
28	1153	CHUCK NAEGELI	58	POTOMAC MD	38	38:16	37	8:24	29	1:37:29	15.6	35	2:24:07	28	2:36	20	1:01:56	9:58	3:28:38	
29	1157	WILLIAM c DOUGHERTY	56	BALTIMORE MD	25	30:38	24	5:26	28	1:37:11	15.7	25	2:13:14	21	2:04	36	1:13:45	11:53	3:29:01	
30	1162	FRED S SELBY	59	ALEXANDRIA VA	22	29:55	23	4:57	31	1:40:31	15.2	27	2:15:21	14	1:43	34	1:12:27	11:40	3:29:31	
31	1196	LANNY BROWN	57	ROCKVILLE MD	32	34:31	38	8:38	26	1:33:42	16.3	28	2:16:50	38	3:55	32	1:12:19	11:39	3:33:02	
32	1203	ALAN D LEVIN	57	LIVINGSTON NJ	11	28:00	19	4:09	32	1:40:36	15.1	24	2:12:44	33	2:58	37	1:18:41	12:40	3:34:22	2:00
33	1208	JOHN MEANEY	55	MILLERSVILLE MD	15	28:43	33	7:36	36	1:45:03	14.5	34	2:21:21	39	4:02	29	1:09:28	11:11	3:34:50	
34	1224	RON PRICE	55	ELLCOTT CITY MD	34	35:25	36	7:59	30	1:37:46	15.6	33	2:21:09	35	3:32	33	1:12:27	11:40	3:37:07	

35	1228	RONALD E BOWMAN	56	ANNAPOLIS MD	40	46:36	28	5:48	23	1:32:38	16.5	36	2:25:01	36	3:42	28	1:08:50	11:05	3:37:32
36	1240	PETER R DORN	58	BUMPASS VA	39	39:41	30	6:38	35	1:43:42	14.7	37	2:30:00	24	2:24	27	1:07:10	10:49	3:39:33
37	1305	PHILLIP B REID	58	NAPERVILLE IL	30	33:02	34	7:36	38	1:55:26	13.2	39	2:36:03	18	1:55	38	1:19:26	12:47	3:57:23
38	1309	DANIEL SHUB	57	COCKEYSVILLE MD	33	34:39	40	9:12	41	2:00:40	12.6	40	2:44:30	37	3:49	35	1:13:28	11:50	4:01:46
39	1326	JEFFREY S DAVIS	55	ELLCOTT CITY MD	14	28:29	27	5:33	40	1:57:25	13.0	38	2:31:26	40	4:47	40	1:41:31	16:21	4:17:44
40	1331	EDWARD SHORES	57	RIVA MD	41	1:03:55	39	8:45	39	1:56:33	13.1	41	3:09:12	30	2:47	39	1:22:56	13:21	4:34:55
41	0	WAYNE P SHEPHERD	56	COLUMBIA MD	16	28:49	9	3:13	12	1:22:25	18.5	12	1:54:26						

FEMALE AGE GROUP: 60 - 64

Over- Place All	Name	Age	City/State	Swim Plc	Swim Time	Trn1 Plc	Trans #1	Bike Plc	Bike Time	Bike Rate	Cum Plc	Cum Time	Trn2 Plc	Trans #2	Run Plc	Run Time	Pace /mile	Finish Time	PEN
1	803 SUSAN I LUCAS	64	GAINESVILLE VA	1	30:35	3	5:20	1	1:28:35	17.2	1	2:04:29	2	1:51	1	57:17	9:13	3:03:36	
2	919 HEYSOON LEE	62	LOUDON TN	2	32:02	1	4:07	2	1:32:04	16.6	2	2:08:12	1	1:36	2	1:00:45	9:47	3:10:32	
3	1064 LOUISE RAMM	61	BALTIMORE MD	3	33:38	2	4:42	3	1:36:55	15.7	3	2:15:14	3	2:04	3	1:04:08	10:20	3:21:25	

MALE AGE GROUP: 60 - 64

Over- Place All	Name	Age	City/State	Swim Plc	Swim Time	Trn1 Plc	Trans #1	Bike Plc	Bike Time	Bike Rate	Cum Plc	Cum Time	Trn2 Plc	Trans #2	Run Plc	Run Time	Pace /mile	Finish Time	PEN
1	401 DAVID ADAMS	60	GAITHERSBURG MD	4	29:14	14	5:09	1	1:17:30	19.7	1	1:51:51	5	1:31	2	50:46	8:11	2:44:06	
2	441 JOE AMATO	63	ELLICOTT CITY MD	5	29:41	1	1:44	3	1:20:29	18.9	2	1:51:53	4	1:30	3	52:51	8:31	2:46:13	
3	579 DAVID M GEARIN	62	ARLINGTON VA	14	32:51	8	4:23	4	1:20:35	18.9	4	1:57:48	6	1:35	4	54:01	8:42	2:53:23	
4	625 RUSS ABBOTT	63	ROCKVILLE MD	15	32:58	4	3:29	7	1:27:33	17.4	7	2:03:59	13	2:10	1	49:11	7:55	2:55:19	
5	668 MICHAEL B COOK	64	FALLS CHURCH VA	17	34:25	2	3:00	2	1:19:21	19.2	3	1:56:45	2	1:21	9	58:42	9:27	2:56:47	
6	765 KENNETH BAUGHMAN	60	WABEN MA	1	25:37	13	4:51	10	1:34:18	16.2	8	2:04:45	15	2:18	5	54:38	8:48	3:01:40	
7	856 MAX PROLA	61	COLUMBIA MD	8	30:32	10	4:34	5	1:23:13	18.3	5	1:58:18	3	1:29	13	1:06:37	10:44	3:06:24	
8	891 LARRY E NORTON	62	CARLISLE PA	2	27:04	6	3:55	11	1:35:11	16.0	9	2:06:10	8	1:43	10	1:01:10	9:51	3:09:02	
9	897 ERIC AVERILL	60	EAST BRIDGEWATER MA	3	28:34	5	3:53	6	1:26:31	17.6	6	1:58:57	14	2:13	15	1:08:12	10:59	3:09:22	
10	904 EARL NICEWARNER	60	GAITHERSBURG MD	19	34:53	9	4:25	8	1:32:32	16.5	12	2:11:50	1	0:56	7	56:52	9:09	3:09:37	
11	905 DAVID BREESE	60	CLIFTON VA	16	33:45	7	4:02	9	1:32:49	16.4	10	2:10:35	11	1:58	8	57:15	9:13	3:09:47	
12	912 JOHN J DEAN	61	ALEXANDRIA VA	9	32:12	11	4:49	13	1:35:49	15.9	13	2:12:48	9	1:52	6	55:32	8:57	3:10:11	
13	1081 HUGH ALLEN	63	WASHINGTON DC	12	32:16	12	4:51	14	1:38:09	15.5	14	2:15:15	10	1:52	12	1:05:10	10:30	3:22:17	
14	1096 CHUCK B SARICH	62	MCLEAN VA	10	32:15	3	3:04	12	1:35:18	16.0	11	2:10:36	7	1:43	17	1:11:04	11:27	3:23:22	
15	1112 ERIC A KATKOW	62	COLUMBIA MD	18	34:36	16	6:49	15	1:38:40	15.4	15	2:20:04	18	3:20	11	1:01:24	9:53	3:24:48	
16	1188 KENNETH J CHRISTIE	61	SILVER SPRING MD	7	30:17	21	10:56	16	1:40:34	15.2	16	2:21:46	17	3:05	14	1:07:26	10:51	3:32:16	
17	1209 HARVEY GOLOMB	60	POTOMAC MD	11	32:16	15	5:11	17	1:45:55	14.4	17	2:23:21	16	2:28	16	1:09:06	11:08	3:34:54	
18	1317 WILLIAM D ELLIOTT	61	CAMBRIDGE MD	21	41:29	19	8:09	20	1:49:30	13.9	20	2:39:07	12	2:04	18	1:26:46	13:58	4:07:57	
19	1322 DICK WOODS	60	ELLICOTT CITY MD	20	39:52	20	9:09	19	1:49:10	14.0	19	2:38:10	19	3:54	19	1:29:49	14:28	4:11:53	
20	0 GEORGE c MILLER	60	LEWISBURG PA	6	29:48	17	6:49	18	1:47:41	14.2	18	2:24:16	20	3:58					
21	0 TERRY O MAYER	60	BALTIMORE MD	13	32:36	18	6:50												

FEMALE AGE GROUP: 65 - 69

Over- Place All	Name	Age	City/State	Swim Plc	Swim Time	Trn1 Plc	Trans #1	Bike Plc	Bike Time	Bike Rate	Cum Plc	Cum Time	Trn2 Plc	Trans #2	Run Plc	Run Time	Pace /mile	Finish Time	PEN
1	1130 SADJ BARTOLO	65	COLUMBIA MD	1	32:48	1	5:49	1	1:41:16	15.0	1	2:19:53	1	3:03	1	1:03:19	10:12	3:26:14	

MALE AGE GROUP: 65 - 69

Over- Place All	Name	Age	City/State	Swim Plc	Swim Time	Trn1 Plc	Trans #1	Bike Plc	Bike Time	Bike Rate	Cum Plc	Cum Time	Trn2 Plc	Trans #2	Run Plc	Run Time	Pace /mile	Finish Time	PEN
1	533 JOHN ELLIOTT	68	COLUMBIA MD	2	35:49	1	3:56	1	1:20:13	19.0	1	1:59:58	1	1:21	1	49:30	7:58	2:50:48	
2	790 CARL h WALKER	65	DOWNINGTOWN PA	1	30:08	2	4:21	3	1:32:19	16.5	2	2:06:47	3	1:52	2	54:10	8:43	3:02:48	
3	1114 ROBERT F LONG	65	CARLISLE PA	4	38:10	4	6:28	2	1:29:42	17.0	3	2:14:19	4	2:30	3	1:08:07	10:58	3:24:55	
4	1259 PHILLIP V FENTY	66	WASHINGTON DC	3	37:12	3	5:35	4	1:42:09	14.9	4	2:24:55	2	1:41	4	1:15:44	12:12	3:42:20	

MALE AGE GROUP: 70 - 74

Over- Place All	Name	Age	City/State	Swim Plc	Swim Time	Trn1 Plc	Trans #1	Bike Plc	Bike Time	Bike Rate	Cum Plc	Cum Time	Trn2 Plc	Trans #2	Run Plc	Run Time	Pace /mile	Finish Time	PEN
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FEMALE AGE GROUP: 70 - 79

Over- Place All	Name	Age	City/State	Swim Plc	Swim Time	Trn1 Plc	Trans #1	Bike Plc	Bike Time	Bike Rate	Cum Plc	Cum Time	Trn2 Plc	Trans #2	Run Plc	Run Time	Pace /mile	Finish Time	PEN
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MALE AGE GROUP: 75 - 79

Over- Place All	Name	Age	City/State	Swim Plc	Swim Time	Trn1 Plc	Trans #1	Bike Plc	Bike Time	Bike Rate	Cum Plc	Cum Time	Trn2 Plc	Trans #2	Run Plc	Run Time	Pace /mile	Finish Time	PEN
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MALE AGE GROUP: 80 - 89

Over- Place All	Name	Age	City/State	Swim Plc	Swim Time	Trn1 Plc	Trans #1	Bike Plc	Bike Time	Bike Rate	Cum Plc	Cum Time	Trn2 Plc	Trans #2	Run Plc	Run Time	Pace /mile	Finish Time	PEN
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MILITARY DIVISION - MALE

Over- Place All	Name	Age	City/State	Swim Plc	Swim Time	Trn1 Plc	Trans #1	Bike Plc	Bike Time	Bike Rate	Cum Plc	Cum Time	Trn2 Plc	Trans #2	Run Plc	Run Time	Pace /mile	Finish Time	PEN
1	195 JONATHAN E GILHOOLY	32	SILVER SPRING MD	1	25:29	1	2:54	1	1:18:36	19.4	1	1:46:59	1	1:38	1	44:25	7:09	2:33:01	2:00
2	887 JAMES MARQUEZ	34	SILVER SPRING MD	2	34:09	2	2:58	2	1:29:02	17.1	2	2:06:09	2	2:24	2	1:00:17	9:42	3:08:48	

MILITARY DIVISION - FEMALE

Over- Place All	Name	Age	City/State	Swim Plc	Swim Time	Trn1 Plc	Trans #1	Bike Plc	Bike Time	Bike Rate	Cum Plc	Cum Time	Trn2 Plc	Trans #2	Run Plc	Run Time	Pace /mile	Finish Time	PEN
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TOP CLYDESDALE FINISHERS

Over- Place All	Name	Age	City/State	Swim Plc	Swim Time	Trn1 Plc	Trans #1	Bike Plc	Bike Time	Bike Rate	Cum Plc	Cum Time	Trn2 Plc	Trans #2	Run Plc	Run Time	Pace /mile	Finish Time	PEN
1	62 RYAN GROVE	35	PITTSBURGH PA	7	22:51	9	2:19	1	1:11:11	21.4	1	1:36:20	1	1:13	1	43:57	7:05	2:21:29	

CLYDESDALES AGE GROUP: 15 - 39

Over- Place All	Name	Age	City/State	Swim Plc	Swim Time	Trn1 Plc	Trans #1	Bike Plc	Bike Time	Bike Rate	Cum Plc	Cum Time	Trn2 Plc	Trans #2	Run Plc	Run Time	Pace /mile	Finish Time	PEN
1	127 CHRIS ORNEE	32	ANNAPOLIS MD	1	19:01	2	2:02	4	1:17:48	19.6	1	1:38:50	2	1:18	2	47:35	7:40	2:27:42	
2	157 RICK ARMIGER	35	SPARKS MD	8	24:10	6	2:18	3	1:15:05	20.3	3	1:41:32	8	1:49	1	46:31	7:30	2:29:51	
3	183 PETER N FERET	34	BALTIMORE MD	7	24:10	7	2:28	1	1:13:01	20.9	2	1:39:38	7	1:47	4	50:35	8:09	2:31:59	
4	268 JUDE K APPLE	37	CAMBRIDGE MD	5	22:22	5	2:11	9	1:21:32	18.7	5	1:46:04	5	1:42	3	50:10	8:05	2:37:54	
5	329 PAUL A KELLY	36	WYNNEWOOD PA	10	25:31	12	3:25	2	1:14:41	20.4	4	1:43:37	15	2:25	10	55:07	8:53	2:41:07	
6	395 SONNY SMITH	39	HEBRON MD	15	29:02	9	3:01	5	1:18:58	19.3	8	1:51:00	4	1:30	5	51:26	8:17	2:43:55	
7	434 KEVIN KRUEGER	35	POOLESVILLE MD	11	25:36	1	1:53	8	1:21:29	18.7	7	1:48:58	3	1:26	11	55:23	8:55	2:45:46	
8	489 KEVIN JOUBERT	34	TOWSON MD	2	19:05	11	3:07	11	1:24:14	18.1	6	1:46:25	10	2:15	15	59:51	9:38	2:48:30	
9	554 JAMES T FINLEY	25	ALEXANDRIA VA	14	28:49	19	4:28	7	1:21:14	18.8	10	1:54:30	20	2:37	9	54:40	8:48	2:51:47	
10	584 A.J. ZOTTOLA	36	ARLINGTON VA	4	22:05	10	3:07	14	1:27:51	17.3	9	1:53:02	13	2:19	14	58:11	9:22	2:53:32	
11	599 JERRY TURNER	34	BALTIMORE MD	20	33:35	4	2:08	6	1:21:07	18.8	11	1:56:50	9	1:51	12	55:25	8:56	2:54:04	
12	713 JOSHUA J GREEN	34	HARRISBURG PA	19	30:16	3	2:02	18	1:31:54	16.6	15	2:04:11	1	1:17	7	53:56	8:41	2:59:23	
13	725 DAVID M DUNN	31	ALEXANDRIA VA	6	23:22	17	4:11	17	1:31:53	16.6	14	1:59:25	24	3:05	13	57:17	9:13	2:59:46	
14	777 SEAN HERITAGE	36	SEVERNA PARK MD	24	34:58	14	3:41	15	1:28:38	17.2	20	2:07:16	6	1:42	6	53:15	8:35	3:02:12	
15	833 JOHN A COPLIN	27	BALTIMORE MD	9	24:13	16	3:55	16	1:29:44	17.0	13	1:57:51	14	2:22	20	1:05:04	10:29	3:05:16	
16	839 SHAUN GALLAGHER	33	ODENTON MD	18	29:56	13	3:28	10	1:23:41	18.2	12	1:57:03	12	2:19	22	1:06:18	10:41	3:05:39	

17	884 MARIO c ZANNINO	32 BALTIMORE MD	12	27:44	22	5:19	19	1:32:08	16.5	16	2:05:10	16	2:26	16	1:01:04	9:50	3:08:39
18	942 JASON E CHAMBERLAIN	32 BALTIMORE MD	22	34:28	15	3:49	13	1:27:40	17.4	17	2:05:55	23	2:54	17	1:03:29	10:13	3:12:17
19	954 MICHAEL LEE	39 GREENBELT MD	3	20:32	18	4:24	24	1:41:20	15.0	18	2:06:15	17	2:28	19	1:04:04	10:19	3:12:47
20	955 MARCELLUS VAN DER VALK	36 HIGHLAND MD	16	29:08	8	2:57	26	1:44:21	14.6	23	2:16:25	11	2:15	8	54:09	8:43	3:12:48
21	970 ROB R REBER	35 OWINGS MILLS MD	21	34:12	23	5:30	12	1:27:27	17.4	19	2:07:08	21	2:43	18	1:03:59	10:18	3:13:49
22	1115 MARC GUERRISI	36 ANNAPOLIS MD	13	28:28	27	6:42	20	1:33:27	16.3	21	2:08:36	27	3:39	25	1:12:42	11:42	3:24:57
23	1124 KENNETH W RUB	38 FALLS CHURCH VA	17	29:37	25	6:04	21	1:35:54	15.9	22	2:11:34	26	3:37	23	1:10:40	11:23	3:25:49
24	1181 MATTHEW DUFFEY	25 MILWAUKEE WI	23	34:47	26	6:09	25	1:41:39	15.0	24	2:22:34	25	3:36	21	1:05:46	10:35	3:31:55
25	1255 TOM V DUGAS	31 ELLICOTT CITY MD	25	40:51	20	4:32	23	1:40:50	15.1	25	2:26:13	18	2:32	24	1:12:42	11:42	3:41:26
26	1270 JOSHUA P ROSENBERG	36 WASHINGTON DC	26	40:58	24	5:54	22	1:40:12	15.2	26	2:27:03	22	2:43	27	1:15:18	12:08	3:45:03
27	1291 JIM EGGERS	36 BALTIMORE MD	27	45:22	21	5:01	27	1:44:34	14.6	27	2:34:56	19	2:36	26	1:13:07	11:46	3:50:37

CLYDESDALES AGE GROUP: 40 - 79

Place	Over- All	Name	Age	City/State	Swim Plc	Swim Time	Trn1 Plc	Trans #1	Bike Plc	Bike Time	Bike Rate	Cum Plc	Cum Time	Trn2 Plc	Trans #2	Run Plc	Run Time	Pace /mile	Finish Time	PEN
1	213	KIP JAWISH	47	FREDERICK MD	4	24:58	3	2:22	3	1:16:51	19.8	3	1:44:09	1	1:22	2	49:07	7:55	2:34:37	
2	262	JOHN ERB	50	ALEXANDRIA VA	1	20:07	4	2:30	7	1:18:15	19.5	1	1:40:50	12	2:14	13	54:34	8:47	2:37:37	
3	276	ERIC E THOMPSON	50	OLNEY MD	3	24:23	7	2:44	4	1:16:59	19.8	2	1:44:05	10	2:04	9	52:13	8:25	2:38:20	
4	305	PETER VAN BEMMEL	43	WAYNE PA	5	25:34	1	2:12	9	1:19:57	19.1	4	1:47:41	9	1:58	5	50:21	8:07	2:39:59	
5	343	GREGG MUNROE	48	ALEXANDRIA VA	10	28:48	16	4:04	1	1:16:08	20.0	6	1:48:59	4	1:38	6	50:51	8:11	2:41:27	
6	389	THOMAS MACLELLAN	40	ELLICOTT CITY MD	9	28:27	5	2:32	10	1:22:32	18.5	8	1:53:30	2	1:22	1	48:49	7:52	2:43:40	
7	413	JONATHAN COHEN	45	CHEVY CHASE MD	7	26:55	11	3:16	5	1:17:57	19.6	5	1:48:07	16	2:28	10	54:08	8:43	2:44:42	
8	451	DEAN A SIEDLECKI	50	ELLICOTT CITY MD	19	32:11	12	3:24	6	1:18:05	19.5	9	1:53:40	3	1:25	8	51:44	8:20	2:46:48	
9	460	JAMIE COURTNEY	45	WOODBINE MD	17	31:29			27	2:17:11	11.1	11	1:54:48	21	2:59	3	49:38	8:00	2:47:24	
10	461	DAVID C FLYNN	48	LAUREL MD	2	24:21	15	3:54	17	1:26:50	17.6	13	1:55:04	13	2:20	4	50:01	8:03	2:47:25	2:00
11	474	KEITH V EMERY	49	KENSINGTON MD	8	27:01	9	3:04	14	1:25:03	17.9	14	1:55:08	7	1:51	7	50:59	8:13	2:47:57	
12	521	CHRIS MALONE	45	MIDDLEBURG VA	13	29:23	8	3:02	2	1:16:39	19.9	7	1:49:03	18	2:31	18	58:42	9:27	2:50:16	
13	534	KEONI J CHEFFENS	50	RESTON VA	22	34:19	2	2:14	8	1:18:22	19.4	12	1:54:54	6	1:44	11	54:12	8:44	2:50:48	
14	561	JIM EPIK	47	VIENNA VA	6	26:17	14	3:50	12	1:24:03	18.1	10	1:54:09	15	2:28	14	55:34	8:57	2:52:10	
15	644	WARREN E FRICK	45	NORTH EAST MD	16	31:28	18	4:32	11	1:23:36	18.2	17	1:59:35	8	1:53	12	54:30	8:47	2:55:57	
16	742	MIKE DANCE	46	BALTIMORE MD	12	29:10	13	3:49	15	1:26:35	17.6	16	1:59:33	14	2:21	17	58:34	9:26	3:00:28	
17	832	SCOTT VIETH	44	BALTIMORE MD	11	28:49	10	3:10	13	1:24:19	18.1	15	1:56:18	11	2:10	22	1:06:49	10:46	3:05:16	
18	843	JIMMY MOORE	42	MALVERN PA	15	30:22	6	2:42	21	1:34:18	16.2	19	2:07:20	5	1:43	15	56:50	9:09	3:05:52	
19	940	KURT ALLRED	40	HOLLYWOOD MD	25	36:56	24	5:48	19	1:28:20	17.3	22	2:11:04	22	3:03	16	58:03	9:21	3:12:09	
20	1070	WILLIAM J VEIHMEYER	42	ELLICOTT CITY MD	18	32:07	21	5:20	18	1:28:04	17.3	18	2:05:30	25	3:36	25	1:12:38	11:42	3:21:43	
21	1094	WOJTEK K TOMANEK	47	BEL AIR MD	24	36:37	25	5:59	16	1:26:48	17.6	20	2:09:22	20	2:45	23	1:11:15	11:28	3:23:21	
22	1095	BRIAN C SINNETT	51	DEALE MD	23	35:26	22	5:22	22	1:34:37	16.1	24	2:15:23	23	3:16	20	1:04:44	10:25	3:23:22	
23	1098	WILLIAM TRAPMANN	55	SILVER SPRING MD	20	32:40	20	5:14	23	1:36:34	15.8	23	2:14:26	17	2:30	21	1:06:30	10:43	3:23:25	
24	1169	GARY D DEAN	45	SILVER SPRING MD	27	44:41	23	5:36	25	1:37:40	15.6	27	2:27:56	19	2:36	19	59:55	9:39	3:30:26	
25	1192	CRAIG D BARNABEE	42	GAMBRILLS MD	21	33:05	19	4:41	20	1:32:59	16.4	21	2:10:44	24	3:22	26	1:18:19	12:37	3:32:24	
26	1245	AL SHEPPARD III	46	WASHINGTON DC	14	29:44	17	4:18	26	1:42:55	14.8	25	2:16:56	26	3:53	27	1:19:18	12:46	3:40:05	
27	1260	MICHAEL A WEAR	41	CENTREVILLE VA	26	38:21	26	10:08	24	1:37:39	15.6	26	2:26:07	27	4:09	24	1:12:10	11:37	3:42:26	

TOP ATHENA FINISHER

Place	Over- All	Name	Age	City/State	Swim Plc	Swim Time	Trn1 Plc	Trans #1	Bike Plc	Bike Time	Bike Rate	Cum Plc	Cum Time	Trn2 Plc	Trans #2	Run Plc	Run Time	Pace /mile	Finish Time	PEN
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1 598 MICHELLE C JEZYCKI 39 WASHINGTON DC 7 29:48 2 2:50 1 1:25:39 17.8 1 1:58:16 3 1:50 1 53:57 8:41 2:54:02

ATHENA AGE GROUP: 15 - 39

Over- Place All	Name	Age	City/State	Swim Plc	Swim Time	Trn1 Plc	Trans #1	Bike Plc	Bike Time	Bike Rate	Cum Plc	Cum Time	Trn2 Plc	Trans #2	Run Plc	Run Time	Pace /mile	Finish Time	PEN
1	598 MICHELLE C JEZYCKI	39	WASHINGTON DC	6	29:48	2	2:50	1	1:25:39	17.8	1	1:58:16	2	1:50	1	53:57	8:41	2:54:02	
2	761 JEN JACOBS	29	WASHINGTON DC	9	31:14	1	2:47	2	1:26:52	17.5	3	2:00:53	11	2:28	2	58:07	9:22	3:01:27	
3	860 JEN MARQUARDT	30	FALLS CHURCH VA	1	24:09	7	3:32	7	1:32:48	16.4	2	2:00:29	1	1:43	4	1:04:24	10:22	3:06:35	
4	909 MICHELE a BULL	34	ELDERSBURG MD	12	35:37	6	3:31	3	1:28:38	17.2	7	2:07:45	7	2:18	3	1:00:07	9:41	3:10:09	
5	939 MARCIA L TWOMEY	35	SAVAGE MD	7	29:53	9	3:49	4	1:31:01	16.7	6	2:04:43	13	2:33	5	1:04:49	10:26	3:12:05	
6	958 MARY CATHERINE BRENNAN	38	ANNAPOLIS MD	5	29:47	5	3:05	5	1:31:06	16.7	5	2:03:57	4	2:00	8	1:06:59	10:47	3:12:55	
7	978 KATHRYN V MOORE	28	SEVERNA PARK MD	2	27:13	3	2:55	8	1:33:11	16.4	4	2:03:17	12	2:29	11	1:08:29	11:02	3:14:14	
8	1052 EMILY A JACOBS	29	WASHINGTON DC	3	28:07	4	2:55	11	1:39:19	15.3	8	2:10:21	6	2:13	9	1:07:21	10:51	3:19:54	
9	1075 WHITNEY H HOUCK	27	ALEXANDRIA VA	4	28:51	13	4:14	9	1:37:59	15.6	10	2:11:03	9	2:25	12	1:08:36	11:03	3:22:03	
10	1091 HELEN E HONEYWELL	30	RESTON VA	8	30:54	8	3:38	10	1:38:07	15.5	11	2:12:38	8	2:19	10	1:08:17	11:00	3:23:13	
11	1100 CORY CHURCHES	37	WASHINGTON DC	10	33:48	12	4:14	6	1:32:30	16.5	9	2:10:31	3	1:53	14	1:11:10	11:28	3:23:33	
12	1195 SIRI OSWALD	34	FALLS CHURCH VA	11	34:26	10	4:13	12	1:42:36	14.9	12	2:21:14	15	2:50	13	1:08:59	11:06	3:33:02	
13	1236 ELENA SHUVALOV	36	CLARKSBURG MD	14	40:40	14	4:33	14	1:46:07	14.4	14	2:31:19	5	2:00	6	1:05:12	10:30	3:38:30	
14	1271 KRISTEN MYLOTTE	30	BALTIMORE MD	13	40:00	11	4:14	13	1:44:35	14.6	13	2:28:48	10	2:26	15	1:13:53	11:54	3:45:07	
15	1293 TRUDY M HUTCHERSON	32	TAKOMA PARK MD	15	42:40	15	5:36	15	1:53:44	13.4	15	2:41:59	14	2:45	7	1:06:47	10:45	3:51:31	

ATHENA AGE GROUP: 40 - 79

Over- Place All	Name	Age	City/State	Swim Plc	Swim Time	Trn1 Plc	Trans #1	Bike Plc	Bike Time	Bike Rate	Cum Plc	Cum Time	Trn2 Plc	Trans #2	Run Plc	Run Time	Pace /mile	Finish Time	PEN
1	859 CAROLYN SHERWOOD	42	DAMASCUS MD	2	30:53	2	4:04	1	1:29:41	17.0	1	2:04:37	1	1:37	2	1:00:22	9:43	3:06:35	
2	916 JENNIFER A LATORRE	40	MADISON NJ	1	29:04	1	3:22	2	1:33:35	16.3	2	2:06:00	2	1:53	3	1:02:27	10:03	3:10:19	
3	1262 SUSAN SCOFIELD	43	DERWOOD MD	3	36:07	3	5:06	4	1:59:17	12.8	4	2:40:28	3	2:40	1	1:00:11	9:42	3:43:18	
4	1267 NANCY TOBY	49	ARLINGTON VA	4	37:23	4	5:37	3	1:44:28	14.6	3	2:27:27	4	2:46	4	1:14:11	11:57	3:44:23	

CHALLENGED - MALE

Over- Place All	Name	Age	City/State	Swim Plc	Swim Time	Trn1 Plc	Trans #1	Bike Plc	Bike Time	Bike Rate	Cum Plc	Cum Time	Trn2 Plc	Trans #2	Run Plc	Run Time	Pace /mile	Finish Time	PEN
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1 670 DAVID ROZELLE 34 ALEXANDRIA VA 1 28:54 1 3:53 1 1:25:24 17.8 1 1:58:10 1 2:04 1 56:40 9:08 2:56:52

CHALLENGED - FEMALE

Over-			Swim	Swim	Trn1	Trans	Bike	Bike	Bike	Cum	Cum	Trn2	Trans	Run	Run	Pace	Finish	
Place	All	Name	Age	City/State	Plc	#1	Plc	Time	Rate	Plc	Time	Plc	#2	Plc	Time	/mile	Time	PEN

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