

Summer Super Sprint

8/9/09

Splits by Age Group

<u>first</u>	<u>last</u>	<u>sex</u>	<u>age</u>	<u>ag</u>	<u>city</u>	<u>state</u>	<u>swim rank</u>	<u>swim</u>	<u>T1</u>	<u>bike rank</u>	<u>bike</u>	<u>T2</u>	<u>run rank</u>	<u>run</u>	<u>o'all place</u>	<u>Total</u>	<u>penalty</u>
Page	Lester	F	10	10-12	Washington	DC	60	7:33	1:26				23	13:33	75	0:51:22.3	
Lia	Campbell	F	10	10-12	Fairfax	VA	47	7:17	1:22	166	27:17:00	1:00	133	17:38	116	0:54:30.9	
Sarah	Dickson	F	11	10-12	Arlington	VA	84	8:07	1:51	216	30:25:00	0:42	126	17:25	171	0:58:28.5	
Peyton	Curry	F	13	13-15	Stafford	VA	9	6:19	2:18	70	23:39	0:36	40	14:26	34	0:47:16.6	
Hailey	Jones	F	15	13-15	Odenton	MD	2	5:55	1:06	74	23:47	0:22	137	17:43	51	0:48:51.4	
Laura	Sullivan	F	13	13-15	Vienna	VA	1	5:50	1:17	114	25:13:00	0:33	99	16:32	57	0:49:23.9	
Christine	Vincent	F	13	13-15	Arlington	VA	59	7:32	1:31	185	28:31:00	1:11	128	17:28	141	0:56:10.1	
Abby	Basham	F	14	13-15	Dumfries	VA	43	7:13	1:03				138	17:44	143	0:56:22.5	
Ava	Oaxaca	F	14	13-15	Arlington	VA	57	7:30	1:38	179	28:04:00	0:43	170	19:00	149	0:56:52.9	
Sarah	Brown	F	14	13-15	Springfield	VA	21	6:42	1:40	221	31:02:00	1:29	189	20:06	196	1:00:57.1	
Katie	Yensen	F	16	16-19	Falls	VA	3	6:00	1:32	85	24:20:00	0:24	38	14:23	26	0:46:36.1	
Megan	Haley	F	17	16-19	Alexandria	VA	7	6:15	2:45	151	26:42:00	0:33	36	14:18	68	0:50:31.2	
Kristina	Kovch	F	19	16-19	Springfield	VA	41	7:10	1:39	113	25:13:00	1:06	158	18:20	103	0:53:24.8	
Kelly	Hogan	F	21	20-24	McLean	VA	44	7:15	2:25	167	27:25:00	0:55	105	16:40	120	0:54:37.9	
Jess	Quick	F	22	20-24	Fairfax	VA	78	7:58	1:35	120	25:20:00	0:59	182	19:27	130	0:55:17.4	
Hannah	Mills	F	23	20-24	Washington	DC	165	10:17	1:59	112	25:11:00	2:04	169	19:00	170	0:58:27.8	
Johanna	Edlund	F	20	20-24	Gainesville	VA				3	14:58	16:21	93	16:09	183	0:59:13.3	
Rebecca	Glazer	F	24	20-24	Vienna	VA	213	12:37	1:57				152	26:43:00	190	1:00:04.9	
Amy	Pritchuk	F	20	20-24	Fairfax	VA	22	6:45	1:09	203	29:27:00	0:49	219	22:15	192	1:00:22.3	
Lauren	Carrier	F	22	20-24	Sterling	VA							148	17:59	212	1:02:47.0	
Kelly	Commenator	F	20	20-24	Springfield	VA	173	10:35							244	1:06:41.8	
Kathryn	Farwell	F	21	20-24	Sterling	VA	212	12:18	2:06	198	29:20:00	1:02	239	25:08:00	256	1:09:52.1	
Megan	Sheehan	F	25	25-29	Washington	DC	15	6:34	1:13	34	22:22	0:53	8	12:28	10	0:43:27.2	
Melissa	Somadellis	F	27	25-29	Oakton	VA	83	8:06	1:15	73	23:45	1:12	10	12:45	28	0:46:59.6	
Chantal	Buchser	F	26	25-29	Arlington	VA	40	7:08	1:48	47	22:52	0:48	69	15:27	41	0:48:00.1	
Samantha	Longley	F	27	25-29	Blacksburg	VA	12	6:22	1:04	158	26:57:00	0:36	102	16:38	78	0:51:33.5	
Christine	Maxwell	F	27	25-29	Burke	VA	195	11:29	1:08	99	24:45:00	0:40	32	14:03	87	0:52:02.6	
Julie	Diette	F	25	25-29	Arlington	VA	16	6:39	2:29	108	24:59:00	2:11	130	17:32	106	0:53:46.4	
Lauren	Yamada	F	25	25-29	N	MD									147	0:56:44.2	
Miriam	Joy	F	29	25-29	Fairfax	VA	95	8:35	1:55	180	28:05:00	0:40	146	17:57	154	0:57:10.5	
Cassandra	Cullen	F	26	25-29	Vienna	VA	23	6:47	2:24	188	28:39:00	0:46	174	19:09	160	0:57:43.2	
Cristin	Steele	F	29	25-29	Centreville	VA	114	9:01	2:13	218	30:44:00	1:29	123	17:21	195	1:00:45.8	
Amber	Rindell	F	28	25-29	Lorton	VA	208	12:09	1:48	163	27:12:00	1:05	171	19:02	203	1:01:13.7	
Rachel	Cousin	F	25	25-29	Falls	VA	231	14:24	3:06				48	14:38	210	1:02:11.1	
Julie	Exter	F	26	25-29	Philadelphia	PA	211	12:13	2:46	174	27:48:00	1:06	225	22:40	241	1:06:29.7	
Ashley	Fanto	F	26	25-29	Harleysville	PA	210	21:45							250	1:08:44.4	
Deborah	Lee	F	26	25-29	Springfield	VA	179	10:43	4:16	132	25:54:00	2:56	248	27:46:00	266	1:11:31.7	
Carolina	Soto	F	31	30-34	Fairfax	VA	90	8:27	1:26	38	22:30	0:45	54	14:55	42	0:48:00.6	
Heather	Weaver	F	31	30-34	Ashburn	VA	160	10:11	2:24	43	22:43	1:03	68	15:26	82	0:51:44.5	
Tia	Roy	F	34	30-34	Ashburn	VA							123	25:25:00	84	0:51:56.6	
Melinda	Morrell	F	31	30-34	Vienna	VA	190	11:01	1:00				138	26:08:00	98	0:53:03.6	

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<u>first</u>	<u>last</u>	<u>sex</u>	<u>age</u>	<u>ag</u>	<u>city</u>	<u>state</u>	<u>swim rank</u>	<u>swim</u>	<u>T1</u>	<u>bike rank</u>	<u>bike</u>	<u>T2</u>	<u>run rank</u>	<u>run</u>	<u>o'all place</u>	<u>Total</u>	<u>penalty</u>
Debbie	Rothlein	F	30	30-34	Manassas	VA	156	10:09	2:00	101	24:48:00	0:52	70	15:28	101	0:53:14.4	
Helen	MacIntyre	F	31	30-34	Reston	VA	76	7:56	1:50	170	27:30:00	1:13	71	15:29	109	0:53:55.4	
Jeannie	McLaurin	F	32	30-34	Ashburn	VA	198	11:34	1:42				127	25:33:00	119	0:54:37.4	
Kelly	Partin-Yi	F	33	30-34	Fairfax	VA				189	28:40:00	0:32	100	16:33	138	0:56:03.1	
Victoria	Olson	F	33	30-34	Crozet	VA	13	6:30	3:10				222	31:03:00	165	0:58:15.9	
Angelie	Petersen	F	30	30-34	Warrenton	VA	180	10:43	2:07				162	27:07:00	176	0:58:47.4	
Danielle	Cook	F	34	30-34	Vienna	VA	186	10:56	1:48	129	25:43:00	0:44	188	20:02	180	0:59:09.9	
Natalie	Branagan	F	30	30-34	Washington	DC	197	11:33	2:36	210	30:05:00	0:22	114	17:06	206	1:01:38.8	
Sunny	Browarny	F	30	30-34	Herndon	VA				195	29:18:00	0:20	212	21:52	211	1:02:21.1	
Melissa	Mitchell	F	34	30-34	Arlington	VA	178	10:43	1:41	148	26:33:00	1:24	224	22:36	215	1:02:54.6	
Anne	Kain	F	34	30-34	Bryn	PA				230	32:17:00	1:11	183	19:32	216	1:02:58.8	
Niki	Sollinger	F	33	30-34	Arlington	VA	145	9:46	4:38	194	29:14:00	1:15	164	18:37	222	1:03:27.8	
Nina	Brown	F	32	30-34	Ashburn	VA				186	28:33:00	0:38	197	20:28	226	1:03:39.4	
Nicole	Maloney	F	32	30-34	Alexandria	VA	182	10:47	2:18	207	29:47:00	1:18	206	21:07	237	1:05:14.4	
Cynthia	Hall	F	33	30-34	Woodbridge	VA	196	11:32	3:02	192	28:51:00	1:21	213	21:54	243	1:06:36.8	
Lori	Wagoner	F	32	30-34	Washington	DC	126	9:18	4:09	228	31:50:00	1:41	214	22:00	251	1:08:56.4	
Melissa	Dyer	F	30	30-34	Arlington	VA	219	13:11	2:36	240	36:04:00	0:54	163	18:32	264	1:11:15.7	
Sandra	Aloguin	F	34	30-34	Leola	PA				246	40:50:00	0:21	233	24:22:00	278	1:17:49.9	
Heather	Murphy	F	33	30-34	Falls	VA	203	11:47	2:12	171	27:33:00	1:52	255	35:04:00	279	1:18:25.2	
Jennifer	Lansburgh	F	36	35-39	Alexandria	VA	10	6:20	1:13	39	22:34	1:19	16	13:05	17	0:44:29.1	
Jennifer	Ryan	F	39	35-39	Springfield	VA	17	6:39	1:13	51	23:03	0:37	80	15:48	33	0:47:16.5	
Hillary	Hertler	F	38	35-39	Washington	DC				36	22:27	1:14	83	15:53	38	0:47:37.0	
Kimberly	Hardiman	F	36	35-39	Fairfax	VA	56	7:30	1:25	22	21:33	1:16	136	17:43	58	0:49:25.8	
Tracy	Merron-Campbel	F	39	35-39	South	VA	121	9:13	1:25	79	24:02:00	0:57	60	15:02	70	0:50:37.7	
Jen	Norris	F	39	35-39	Arlington	VA	210	12:10	2:00	59	23:23	1:15	27	13:43	91	0:52:27.9	
Tara	Kallal	F	35	35-39	Herndon	VA	82	8:06	2:36	75	23:54	0:40	119	17:16	93	0:52:30.2	
Janion	Ubert	F	36	35-39	Stephen	VA	8	6:17	2:24	178	27:57:00	0:37	86	15:57	99	0:53:09.9	
Laura	Fyfe	F	39	35-39	Reston	VA	63	7:37	0:58	104	24:51:00	0:36	175	19:12	100	0:53:13.0	
Bonnie	Alcid	F	36	35-39	Gaithersburg	MD	50	7:19	1:33	117	25:19:00				110	0:53:59.3	
Sherrie	McMullen	F	39	35-39	Alexandria	VA	80	8:03	2:47	96	24:36:00	1:31	118	17:16	112	0:54:09.7	
Heather	Manzo	F	36	35-39	Bristow	VA	133	9:31	1:43	150	26:40:00	0:38	90	16:01	117	0:54:31.2	
Michelle	Zamarin	F	36	35-39	Arlington	VA	117	9:10	2:02	69	23:39	1:26	157	18:20	118	0:54:34.2	
Brenda	Morton	F	36	35-39	Ashburn	VA				89	24:29:00	1:32	76	15:34	124	0:55:05.9	
Diane	Keefe	F	38	35-39	Manassas	VA							149	18:03	158	0:57:32.9	
Claire	Silva	F	36	35-39	Reston	VA	93	8:30	1:56	156	26:51:00	0:50	193	20:13	167	0:58:18.6	
Nicol	Newell-Bell	F	39	35-39	Frederick	MD	191	11:02	1:31	84	24:16:00	1:39	185	19:57	168	0:58:23.2	
Sylvie	Mortimer	F	39	35-39	Arlington	VA	101	8:44	2:26	214	30:16:00	1:03	97	16:30	179	0:58:56.6	
Deborah	Weitzman-Ward	F	39	35-39	Bristow	VA	172	10:28	1:59	172	27:33:00	1:00	154	18:15	182	0:59:13.3	
Mary	May	F	39	35-39	North	MD	105	8:52	3:13				198	20:35	191	1:00:07.2	
Anna	Kalontgis	F	39	35-39	Springfield	VA	138	9:34	1:27	136	26:02:00	1:36	217	22:07	194	1:00:43.3	
Elizabeth	Biffi	F	38	35-39	Alexandria	VA				135	26:00:00	2:00	142	17:47	207	1:01:39.6	

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Amy	McConaghie	F	36	35-39	Centreville	VA	181	10:44	3:16	208	29:49:00	1:27	109	16:44	209	1:01:57.6	
Nadine	Kaiser	F	39	35-39	Centreville	VA	140	9:34	2:02	217	30:25:00	0:54	191	20:08	217	1:03:00.6	
Raphaele	Pelaez	F	38	35-39	Falls	VA	162	10:13	1:42	149	26:37:00	1:31	227	23:09	218	1:03:09.9	
Rachael	Bradshaw	F	39	35-39	Washington	DC									219	1:03:12.4	
Amanda	Kelley	F	37	35-39	Alexandria	VA	77	7:58	2:29	197	29:19:00	1:27	220	22:16	221	1:03:27.1	
Patti	Anderson	F	38	35-39	Manassas	VA	220	13:18	2:27	201	29:24:00	0:45	160	18:29	231	1:04:19.7	
Angella	Slepica	F	38	35-39	Fairfax	VA	152	10:04	1:35	202	29:27:00	1:02	222	22:30	232	1:04:35.4	
Lee	Calizo	F	38	35-39	Silver	MD	122	9:14	3:30				219	30:47:00	234	1:05:01.2	
Andrew	Parmentier	F	35	35-39	Washington	DC	147	9:48	2:27	169	27:27:00	2:29	226	23:00	236	1:05:08.9	
Allison	Ebert	F	38	35-39	Lynchburg	VA				225	31:34:00	1:32	203	20:49	240	1:06:26.0	
Monica	Martinez	F	36	35-39	Bethesda	MD	202	11:46	4:04	196	29:19:00	0:38	232	24:20:00	257	1:10:04.5	
Stephanie	Bates	F	36	35-39	Frederick	MD	199	11:38	3:09	235	34:15:00	2:09	21:26	1:10:16	1:10:16	1:10:16.0	
Jennifer	Stephens	F	38	35-39	Fairfax	VA	128	9:23	2:18	233	32:45:00	1:27	237	24:55:00	259	1:10:44.7	
Enu	Mainigi	F	39	35-39	Washington	DC	161	10:13	2:52	239	35:26:00	1:52	196	20:28	260	1:10:47.6	
Jennifer	Lawler	F	39	35-39	Bonaire	GA	184	10:53	3:04	231	32:30:00	1:34	230	23:56	268	1:11:53.7	
Karen	Simpson	F	36	35-39	Arlington	VA	185	10:54	2:38	215	30:23:00	1:08	249	28:04:00	271	1:13:05.1	
Marina	Chatoo	F	35	35-39	Baltimore	MD	239	16:20	5:24	238	35:21:00				283	1:22:17.3	
Deborah	Draghi	F	38	35-39	Manassas	VA	216	12:48	2:28	247	40:50:00	1:15	243	26:14:00	284	1:23:33.0	
Janice	Kiernan	F	41	40-44	Alexandria	VA	14	6:33	1:21	28	21:51	0:28	20	13:20	11	0:43:29.9	
Darcy	Ytterdahl	F	40	40-44	Oakton	VA	31	6:55	1:30	25	21:45	1:05	33	14:08	21	0:45:20.3	
Sandra	Cannon	F	44	40-44	Burke	VA	129	9:23	1:52	62	23:28	1:54	41	14:29	72	0:51:03.8	
Paula	Swanson	F	42	40-44	Alexandria	VA	119	9:11	1:26	103	24:50:00	0:58	87	15:59	90	0:52:21.2	
Jennifer	Jones	F	43	40-44	Odenton	MD				61	23:28	1:15	153	18:12	107	0:53:47.3	
Michele	Schaner	F	44	40-44	Bristow	VA	148	9:52	1:25	122	25:24:00	1:09	104	16:38	115	0:54:27.1	
Shelley	Norton	F	40	40-44	Alexandria	VA	167	10:20	2:13	95	24:34:00	1:15	101	16:38	123	0:54:57.8	
Jennifer	Bildman	F	41	40-44	Rockville	MD	79	8:02	2:19	109	25:00:00	1:43	184	19:39	146	0:56:40.4	
Karin	Varblow	F	42	40-44	Oak	VA	158	10:10	2:18	119	25:19:00	1:36	125	17:23	148	0:56:44.2	
Nena	Sall	F	40	40-44	Haymarket	VA							162	18:32	155	0:57:10.7	
Mary	Leahy	F	42	40-44	North	MD	98	8:38	3:02	97	24:43:00	1:12	192	20:12	162	0:57:45.0	
Danielle	Furlich	F	40	40-44	Fairfax	VA				176	27:55:00	0:57	161	18:29	173	0:58:37.6	
Suzanne	Williamson	F	40	40-44	Manassas	VA	120	9:11	1:56	141	26:19:00	0:24	205	21:03	177	0:58:49.9	
Tabatha	Pavalok	F	43	40-44	Manassas	VA	155	10:09	1:56	144	26:27:00	1:19	180	19:22	181	0:59:10.9	
Kellie	Perry	F	40	40-44	Gainesville	VA	154	10:08	2:02	153	26:46:00	1:10	179	19:20	184	0:59:23.7	
Heather	Hulen	F	41	40-44	Ashburn	VA	168	10:20	2:09	161	27:06:00	2:22	218	22:07	228	1:04:01.3	
Stacey	Sterling	F	40	40-44	Virginia	VA	141	9:35	3:07	145	26:29:00	2:02	234	24:30:00	238	1:05:40.3	
Tammy	Wagner	F	44	40-44	Middletown	VA	104	8:51	1:47	237	35:20:00	1:10	187	20:00	245	1:07:05.9	
Kate	Fallon	F	44	40-44	Arlington	VA	151	9:57	2:59	241	36:20:00				267	1:11:37.6	
Pat	Tunstall	F	40	40-44	Washington	DC	240	16:39	1:43	241	25:47:00				272	1:16:20.1	
Soyun	Park	F	41	40-44	Washington	DC	188	10:58	2:59	245	40:43:00	1:34	238	25:07:00	281	1:21:18.9	
Dineen	Baker	F	40	40-44	Jacksonville	FL	214	12:42	2:26				254	33:51:00	287	1:33:19.6	
Dionne	Pells	F	40	40-44	Bristow	VA	241	16:58	3:43				250	28:17:00	288	1:38:41.0	

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Peg	O'Hara	F	45	45-49	Alexandria	VA							4	15:17	76	0:51:29.9	
Blair Elizabeth	Taylor	F	46	45-49	Haymarket	VA	86	8:18	2:01				91	24:31:00	85	0:51:57.2	
Linda	Powell	F	46	45-49	Arlington	VA							159	10:10	97	0:52:56.2	
Sheri	Gibson	F	45	45-49	Alexandria	VA	108	8:54	2:20	116	25:18:00	0:55	145	17:52	128	0:55:16.5	
Anne Marie	Moyer	F	49	45-49	Gainesville	VA				88	24:28:00	1:20	106	16:40	129	0:55:16.9	
Isabella	Firth	F	48	45-49	Chevy	MD	146	9:48	2:53	87	24:21:00	1:39	129	17:31	140	0:56:09.5	
Miriam	Friedman	F	45	45-49	Silver	MD	96	8:36	1:21	205	29:36:00	0:39	112	16:55	152	0:57:04.0	
Barbara	Shycoff	F	49	45-49	Chevy	MD	71	7:47	2:19	182	28:16:00	1:58	202	20:43	197	1:00:59.3	
Sherry	Basham	F	48	45-49	Dumfries	VA				199	29:22:00	0:34	91	16:01	201	1:01:12.1	
Jill	Finnie	F	46	45-49	Richmond	VA	102	8:45	2:16	212	30:12:00	1:33	235	24:36:00	246	1:07:19.6	
Constance	Christakos	F	48	45-49	Alexandria	VA				191	28:50:00	0:52	245	26:37:00	254	1:09:33.3	
Tara	Geller	F	46	45-49	Ashburn	VA	235	14:33	3:01	190	28:41:00				255	1:09:35.7	
Mary	Tamberrino	F	46	45-49	Arlington	VA	209	12:09	3:55	211	30:11:00	1:38	231	24:08:00	269	1:11:58.5	
Kathy	Manzo	F	54	50-54	Casanova	VA	143	9:45	1:23	67	23:36	0:59	65	15:13	71	0:50:53.8	
Drusilla	Powell	F	50	50-54	Chesapeake	VA	124	9:15	1:52	147	26:31:00	2:08	194	20:16	188	0:59:59.1	
Judith	Layne	F	54	50-54	Clifton	VA	200	11:44	2:50	106	24:54:00	1:22	195	20:16	198	1:01:03.7	
Anice	Hoachlander	F	50	50-54	Bethesda	MD	169	10:20	3:16	146	26:29:00	2:10	201	20:41	214	1:02:53.9	
Linda	Kirk	F	54	50-54	Arlington	VA				154	26:49:00	1:37	204	20:57	233	1:04:55.3	
Christy	Maier	F	54	50-54	Arlington	VA	206	11:58	2:28	213	30:14:00	2:01	207	21:07	247	1:07:45.5	
Nancy	Murphy	F	57	55-59	Waldorf	MD	193	11:14	2:26	177	27:56:00	1:21	252	29:25:00	270	1:12:19.4	
Mary	Johnson	F	55	55-59	Arlington	VA	226	13:36	3:40	226	31:39:00	1:40	247	26:42:00	275	1:17:15.8	
Janice	Gubrud	F	59	55-59	Manassas	VA		13:34	4:37							1:35:07.8	
Esther	Buchser	F	61	60-64	Abingdon	MD	201	11:45	1:32	56	23:19	1:13	57	14:59	95	0:52:46.0	
Peg	Mangan	F	61	60-64	Washington	DC	215	12:43	2:47	236	35:01:00	1:14	236	24:53:00	274	1:16:35.4	
Patricia	Canestra-Heena	F	61	60-64	Arlington	VA	237	15:12	3:10	229	32:01:00	1:34	242	25:56:00	277	1:17:49.9	
Rosemary	Jellish	F	65	65-69	Alexandria	VA	225	13:35	3:17	181	28:13:00	2:12	216	22:05	252	1:09:17.9	
Phillip	Sullivan	M	11	10-12	Vienna	VA	11	6:21	1:23	142	26:19:00	0:42	30	13:57	50	0:48:40.2	
Zach	Larison	M	12	10-12	Haymarket	VA	223	13:23	2:00	1	13:01	14:10	1	6:58	60	0:49:30.1	
Manuel	Solano	M	10	10-12	Norfolk	VA	91	8:29	1:25	157	26:56:00	1:14	120	17:18	132	0:55:19.1	
Ethan	Hancock	M	12	10-12	Sterling	VA	187	10:56	2:36	234	33:57:00	0:39	63	15:09	220	1:03:14.1	
Jeff	Joppich	M	12	10-12	Herndon	VA	137	9:34	1:12	220	31:02:00	1:03	229	23:43	242	1:06:31.4	
Jared	Hancock	M	10	10-12	Sterling	VA	170	10:26	2:08	242	36:48:00	1:37	131	17:32	249	1:08:28.4	
Joey	Pickens	M	14	13-15	Glenelg	MD	20	6:40	1:25	20	21:20		7	12:06	4	0:40:18.2	
Caleb	Stroud	M	15	13-15	Leesburg	VA	26	6:50	1:14	130	25:48:00	0:45	53	14:53	59	0:49:28.4	
Noah	Bell	M	13	13-15	Washington	DC	89	8:21	2:14	110	25:00:00	0:38	115	17:07	102	0:53:17.4	
Ryan	Kiernan	M	13	13-15	Alexandria	VA							96	16:25	145	0:56:27.7	
Eric	Williamson	M	13	13-15	Manassas	VA	106	8:52	1:35				94	16:18	166	0:58:16.7	
Christian	Crawford	M	18	16-19	Winchester	VA	38	7:00	0:42	6	18:51	0:51	6	11:50	2	0:39:11.8	
Robert	Cunningham	M	18	16-19	Winchester	VA					41	22:37	256	38:13:00	22	0:45:23.0	
Andrew	Callahan	M	17	16-19	McLean	VA	113	9:01	1:57						48	0:48:27.8	
Travis	Lowes	M	18	16-19	Stafford	VA	61	7:35	1:30				77	23:59	83	0:51:55.2	

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<u>first</u>	<u>last</u>	<u>sex</u>	<u>age</u>	<u>ag</u>	<u>city</u>	<u>state</u>	<u>swim rank</u>	<u>swim</u>	<u>T1</u>	<u>bike rank</u>	<u>bike</u>	<u>T2</u>	<u>run rank</u>	<u>run</u>	<u>o'all place</u>	<u>Total</u>	<u>penalty</u>	
Daniel	Bell	M	16	16-19	Washington	DC				68	23:38	1:07	127	17:26	127	0:55:12.7		
Logan	Ward	M	17	16-19	Bristow	VA	24	6:48	1:43				168	18:41	153	0:57:08.2		
Alex	Hobby	M	16	16-19	Bethesda	MD	131	9:29	3:09	137	26:08:00	2:13	132	17:33	172	0:58:29.7		
Scott	Henderson	M	24	20-24	Silver	MD	5	6:10	1:07	15	20:31				5	0:41:22.3		
Daniel	Bell	M	23	20-24	Drexel	PA	51	7:26	0:56	11	20:05	0:53	39	14:23	12	0:43:40.5		
Michael	Stanphill	M	20	20-24	Woodbridge	VA	62	7:37	1:04				17	13:12	16	0:44:07.7		
Brian	Alvarez	M	22	20-24	Warrenton	VA	110	8:56	0:55	19	21:20	0:35	24	13:35	20	0:45:19.0		
Joshua	McGregor	M	23	20-24	Alexandria	VA	132	9:30	1:21	21	21:33				23	0:46:03.6		
James	Willoughby	M	20	20-24	Atlanta	GA	37	7:00	1:35	78	24:02:00	0:40	29	13:54	31	0:47:08.7		
Jose	Acosta	M	20	20-24	Fairfax	VA	92	8:30	1:29	52	23:04	0:49	44	14:35	47	0:48:23.9		
Ben	Biber	M	20	20-24	Sterling	VA	127	9:19	1:48	65	23:31	0:24	108	16:43	81	0:51:41.7		
Bryon	Russell	M	22	20-24	Springfield	VA	75	7:55	1:43	93	24:32:00	1:30	103	16:38	89	0:52:14.6		
Ben	Ferry	M	26	25-29	Vienna	VA	36	6:59	1:35	17	20:54	1:04	13	12:56	9	0:43:25.6		
Gary	Weickum	M	28	25-29	Manassas	VA				16	20:48	0:33	14	13:01	15	0:44:04.1		
Paul	Mazzuca	M	27	25-29	Herndon	VA	54	7:28	2:17	48	22:52	0:47	12	12:51	24	0:46:11.6		
Daniel	Gray	M	25	25-29	Manassas	VA	39	7:00	2:06	60	23:24	1:09	21	13:31	30	0:47:08.4		
Kurt	Craven	M	25	25-29	Lorton	VA	55	7:30	1:18	45	22:51	0:37	58	15:01	32	0:47:14.8		
Ryan	Sweeney	M	25	25-29	Arlington	VA	33	6:56	1:35	32	22:10	0:51	84	15:54	35	0:47:25.1		
Taylor	Powell	M	26	25-29	Arlington	VA	4	6:01	1:18	107	24:59:00	0:53	47	14:36	40	0:47:44.5		
Jason	Yarborough	M	25	25-29	Laurel	MD	42	7:12	1:40	57	23:22	0:34	79	15:43	49	0:48:29.9		
Luke	Sackett	M	25	25-29	Waynesboro	VA	64	7:38	1:42	55	23:17	0:49	82	15:53	53	0:49:16.2		
Charles	Moran	M	27	25-29	Washington	DC	70	7:47	2:10	54	23:15	1:33	62	15:06	61	0:49:48.5		
Charles	Schuyler	M	28	25-29	Rockville	MD	85	8:15	2:45	44	22:45	0:52	73	15:33	64	0:50:07.7		
Joshua	Biber	M	28	25-29	Goldsboro	NC	45	7:15	1:30	30	21:59	1:52	143	17:50	67	0:50:24.5		
Edward	Branagan	M	28	25-29	Gaithersburg	MD	166	10:17	2:05	124	25:27:00	0:46	11	12:46	74	0:51:17.4		
Jacob	Kave	M	29	25-29	Fortvalley	VA	171	10:28	2:08	80	24:03:00	1:20	25	13:38	79	0:51:34.3		
Brent	Anderson	M	29	25-29	Woodbridge	VA	65	7:39	1:34	2	14:36	14:42	26	13:40	88	0:52:08.5		
John	Holmberg	M	29	25-29	Springfield	VA	28	6:54	2:57	187	28:39:00	0:53	81	15:50	125	0:55:10.2		
Corey	Fitze	M	25	25-29	Alexandria	VA				46	22:51	1:41	156	18:19	133	0:55:21.3		
Alan	Lightner	M	29	25-29	Reston	VA	118	9:11	1:35	140	26:13:00	0:50	147	17:58	134	0:55:44.4		
Trevor	Thibeault	M	29	25-29	Burke	VA	115	9:03	2:07				139	17:45	136	0:55:46.3		
Greg	Culver	M	29	25-29	Washington	DC				175	27:53:00	0:55	56	14:56	144	0:56:23.5		
Tim	Douglas	M	26	25-29	Reston	VA	163	10:13	2:45	105	24:52:00	0:53	166	18:40	157	0:57:21.0		
Richard	Joy	M	29	25-29	Fairfax	VA				183	28:19:00	0:50	152	18:12	193	1:00:26.2		
Stephen	Bunch	M	29	25-29	Washington	DC	222	13:22	2:34				204	29:35:00	208	1:01:41.9		
Joseph	Noonan	M	25	25-29	Springfield	VA							167	18:41	213	1:02:48.5		
Kevin	Shin	M	27	25-29	Arlington	VA	234	14:32	3:56						263	1:11:11.9		
Walter	English	M	28	25-29	Alexandria	VA	232	14:26	1:52	224	31:18:00	1:40	251	28:35:00	276	1:17:48.8		
Stephan	Browarny	M	25	25-29	Herndon	VA							243	27:17:00	4:18	282	1:22:02.5	
Emory	Land	M	32	30-34	Alexandria	VA	19	6:40	1:02	9	19:26	0:57	3	11:25	3	0:39:28.8		
Don	Nott	M	33	30-34	Arlington	VA	32	6:55	1:37	29	21:54	1:03	50	14:49	25	0:46:16.1		

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Timothy	Huddleston	M	34	30-34	Springfield	VA	74	7:54	1:17	35	22:27	1:21	31	14:00	27	0:46:57.4	
Joel	Johnson	M	31	30-34	Fairfax	VA	135	9:33	2:26	159	27:04:00	0:54	2	10:01	62	0:49:54.6	
Dan	Nestor	M	34	30-34	Silver	MD	134	9:31	1:26	40	22:37	1:37	85	15:56	73	0:51:04.7	
Sean	Hannigan	M	33	30-34	Chantilly	VA	6	6:11	1:43	134	25:59:00	1:00	176	19:15	111	0:54:06.2	
Jeremy	Duncan	M	32	30-34	Fairfax	VA	123	9:15	3:06	86	24:21:00	1:22	110	16:47	121	0:54:47.2	
Billy	Roeting	M	33	30-34	Gainesville	VA	73	7:53	2:06	143	26:22:00	0:47	165	18:39	135	0:55:45.9	
James	Keefe	M	34	30-34	Manassas	VA	174	10:36	2:45				111	25:02:00	175	0:58:38.4	
Shaun	Mealy	M	31	30-34	Sterling	VA	112	8:59	3:26				133	25:55:00	189	1:00:01.9	
William	Schmidt	M	32	30-34	Centreville	VA	238	16:07	6:40	5	17:57	1:31	208	21:18	224	1:03:31.6	
Michael	Gocke	M	34	30-34	McLean	VA	150	9:55	3:10				227	31:50:00	230	1:04:15.8	
Chao-Kuei	Wang	M	34	30-34	Fairfax	VA	224	13:25	2:24	223	31:13:00	2:03	221	22:28	265	1:11:29.7	
Jose	Jimenez	M	32	30-34	Clifton	VA	218	13:06	3:01						273	1:16:35.2	
Brian	Finnegan	M	31	30-34	Baltimore	MD	242	22:04	5:23				211	21:49	285	1:28:02.5	
Stefan	Wiesen	M	37	35-39	Arlington	VA	18	6:40	0:48	7	19:12	0:50	4	11:26	1	0:38:54.4	
Robert	Leamon	M	37	35-39	Washington	DC	30	6:55	1:29	12	20:15	0:57	15	13:03	6	0:42:35.7	
Francisco	Parra	M	38	35-39	Dallas	TX	94	8:35	1:02	23	21:36	1:02	52	14:53	29	0:47:06.2	
Vinton	McLaughlin	M	38	35-39	Leesburg	VA				50	22:53	1:15	46	14:36	45	0:48:14.2	
Charles	Scholes	M	38	35-39	Alexandria	VA				24	21:36	1:32	51	14:50	54	0:49:17.6	
Brett	Rosenberg	M	36	35-39	Washington	DC	69	7:44	2:42				111	16:54	96	0:52:53.0	
Jimmy	Lo	M	35	35-39	Hyattsville	MD	183	10:49	3:19	49	22:53	1:46	49	14:41	104	0:53:25.4	
Matthew	Agen	M	35	35-39	Arlington	VA	116	9:08	2:32	83	24:14:00	0:42	122	17:20	108	0:53:52.3	
Matthew	Parse	M	39	35-39	Hillsboro	VA	142	9:36	3:15				74	15:33	113	0:54:21.3	
Christopher	Green	M	37	35-39	Arlington	VA	139	9:34	2:04	118	25:19:00	0:55	124	17:21	126	0:55:10.5	
Tyler	Maxey	M	36	35-39	Herndon	VA	100	8:43	1:37	125	25:28:00	1:17	177	19:15	142	0:56:17.3	
Jonathan	Poe	M	35	35-39	Alexandria	VA	88	8:20	2:14	92	24:31:00	1:31	199	20:38	156	0:57:11.9	
John	McKnight	M	37	35-39	Washington	DC						0:58	181	19:23	159	0:57:36.3	
James	Ballas	M	35	35-39	Washington	DC				64	23:31	3:29	89	16:00	164	0:58:03.9	
James	Lansburgh	M	36	35-39	Alexandria	VA	107	8:53	3:06	100	24:48:00	1:56	186	19:57	174	0:58:37.8	
Jeff	Aslen	M	36	35-39	Centreville	VA	229	14:08	3:11	164	27:13:00	1:04	19	13:20	178	0:58:52.9	
Steve	Wiegman	M	38	35-39	Ashburn	VA	207	12:01	2:40	168	27:27:00	1:10	144	17:52	199	1:01:07.7	
Andy	Berry	M	39	35-39	Arlington	VA	230	14:20	2:02	128	25:38:00	1:11	151	18:08	204	1:01:17.0	
Nelson	Hunter	M	36	35-39	Rockville	MD	103	8:46	2:20	246	26:40:00				261	1:11:11.8	
Eric	Mangelsdorf	M	42	40-44	Alexandria	VA	27	6:53	0:52	18	21:03	0:07	34	14:11	8	0:43:04.4	
Robert	Marzban	M	40	40-44	McLean	VA	46	7:16	1:40				43	14:33	19	0:44:49.6	
James	Joppich	M	41	40-44	Herndon	VA	144	9:46	1:24				45	14:35	36	0:47:31.4	
Glenn	Rosett	M	42	40-44	Burke	VA	35	6:59	1:26	63	23:30				44	0:48:11.9	
Lester	Benitez	M	40	40-44	Ashburn	VA	153	10:08	1:32	14	20:25	1:50	42	14:31	46	0:48:21.8	
Richard	Driggers	M	40	40-44	Dumfries	VA	67	7:42	1:38	102	24:49:00	1:04	35	14:12	55	0:49:22.5	
Jon	Tucker	M	41	40-44	Ashburn	VA	72	7:53	1:29	33	22:12	1:06	121	17:19	63	0:49:56.2	
Scott	Flory	M	42	40-44	Fairfax	VA	68	7:43	0:42				92	16:01	69	0:50:33.6	
Mike	Barbier	M	41	40-44	Arlington	VA	109	8:55	1:31				98	16:31	92	0:52:28.1	

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Mark	Gomez	M	42	40-44	Bristow	VA	177	10:42	1:59	126	25:31:00	0:53	67	15:22	114	0:54:25.7	
Gordon	Turner	M	41	40-44	Ashburn	VA	189	10:58	2:55	37	22:29	1:47	107	16:40	122	0:54:47.3	
Lee	Kaiser	M	40	40-44	Centreville	VA				121	25:20:00				139	0:56:08.5	
Michael	McNicholas	M	42	40-44	Leesburg	VA	176	10:37	2:36	76	23:54	1:45	150	18:06	150	0:56:56.6	
David	Simms	M	43	40-44	Arlington	VA	217	13:02	3:15	66	23:35	1:33	95	16:21	161	0:57:43.7	
Mark	Norris	M	43	40-44	Arlington	VA	227	13:44	2:27	31	22:02	2:05	141	17:46	163	0:58:02.2	
Rodney	Whitlock	M	44	40-44	Arlington	VA	164	10:15	2:45	209	29:59:00	1:20	66	15:22	186	0:59:38.4	
David	Catacora	M	43	40-44	Haymarket	VA	236	15:07	4:33				140	17:46	223	1:03:29.8	
Emil	Parker	M	42	40-44	Takoma	MD				173	27:37:00	1:46	72	15:30	225	1:03:38.0	
Scott	Damelin	M	40	40-44	McLean	VA							88	16:00	239	1:05:46.1	
Vince	Martinez	M	40	40-44	Bethesda	MD	233	14:28	2:48	193	28:58:00	1:13	215	22:04	253	1:09:28.6	
Ronald	Teribery	M	49	45-49	Warrenton	VA	48	7:17	0:38				22	13:32	18	0:44:42.9	
James	O'Loughlin	M	46	45-49	Leesburg	VA	99	8:40	0:52				64	15:10	43	0:48:04.6	
Scott	Giambattista	M	49	45-49	Stafford	VA				53	23:11	0:51	28	13:43	52	0:49:01.2	
Michael	Beveridge	M	45	45-49	Bethesda	MD	52	7:26	0:38	26	21:47	1:17	155	18:17	56	0:49:22.5	
Howard	Sargent	M	45	45-49	Washington	DC	81	8:05	4:13	82	24:07:00	1:01	9	12:45	65	0:50:08.9	
Richard	Jones	M	48	45-49	Odenton	MD	125	9:16	1:01	27	21:51	0:59	117	17:12	66	0:50:16.6	
Kevin	Brightwell	M	49	45-49	Reston	VA	97	8:36	1:11	58	23:23	1:22	113	17:02	77	0:51:32.1	
Rob	Brown	M	48	45-49	Springfield	VA	29	6:54	2:12				77	15:41	80	0:51:36.6	
Rick	Uribe	M	45	45-49	Bristow	VA	130	9:24	2:21	72	23:40	1:36	59	15:01	86	0:51:59.0	
Andy	Vincent	M	48	45-49	Arlington	VA				71	23:39	0:52	37	14:19	94	0:52:38.7	
David	Anderson	M	46	45-49	Manassas	VA	136	9:33	3:08	165	27:17:00	1:20	116	17:12	169	0:58:26.9	
Manish	Patel	M	45	45-49	Fairfax	VA									202	1:01:12.3	
Mike	Nichols	M	45	45-49	Stafford	VA	205	11:57	2:34				200	29:23:00	205	1:01:21.1	
Darrell	Fogan	M	47	45-49	Washington	DC	87	8:19	2:52	160	27:05:00	2:33	228	23:16	229	1:04:03.0	
Al	Luna	M	48	45-49	Alexandria	VA	228	14:00	4:13	243	37:45:00		172	19:03	262	1:11:11.8	
Kenneth	Larison	M	47	45-49	Haymarket	VA	221	13:22	1:59	232	32:40:00	0:37	253	29:50:00	280	1:18:25.4	
Todd	Loney	M	47	45-49	Glen	VA				244	38:55:00		240	25:46:00	286	1:30:14.1	
Terry	Basham	M	50	50-54	Dumfries	VA	111	8:57	1:04	13	20:17	1:03	5	11:44	7	0:43:03.9	
Mark	Bayliss	M	50	50-54	Winchester	VA	66	7:41	1:10	10	19:38	1:58	18	13:19	13	0:43:44.3	
Glenn	Stephens	M	51	50-54	State	PA	25	6:50	1:06	8	19:23	0:57	75	15:34	14	0:43:48.4	
Gregg	Moyer	M	50	50-54	Haymarket	VA	157	10:10	2:17	81	24:05:00	1:17	78	15:42	105	0:53:28.8	
Ray	Shaak	M	53	50-54	Vienna	VA	49	7:18	2:37	131	25:52:00	1:11	159	18:22	131	0:55:18.0	
Louis	Haley	M	52	50-54	Alexandria	VA	58	7:31	3:02	98	24:45:00	1:27	178	19:16	137	0:55:58.8	
Jeff	Biber	M	54	50-54	Stelring	VA	204	11:49	2:36	155	26:49:00	1:03	135	17:43	187	0:59:57.0	
Nicholas	Fanto	M	53	50-54	Harleysville	PA	194	11:28	2:30	139	26:11:00	0:56	190	20:07	200	1:01:09.5	
Paul	Hallenbeck	M	53	50-54	Woodbridge	VA	192	11:10	3:35	206	29:40:00	1:16	223	22:35	248	1:08:13.8	
Joe	Pusateri	M	55	55-59	Rockville	MD	53	7:27	2:05				61	15:04	37	0:47:32.1	
Dennis	Hays	M	56	55-59	Reston	VA	34	6:57	2:10	42	22:41	0:59	55	14:56	39	0:47:40.3	
Thomas	Christiansen	M	58	55-59	Herndon	VA				94	24:34:00	0:52	134	17:40	151	0:57:03.7	
Mark	Cancian	M	58	55-59	Arlington	VA				184	28:23:00	0:42	200	20:41	227	1:03:55.3	

Summer Super Sprint

8/9/09

Splits by Age Group

<u>first</u>	<u>last</u>	<u>sex</u>	<u>age</u>	<u>ag</u>	<u>city</u>	<u>state</u>	<u>swim rank</u>	<u>swim</u>	<u>T1</u>	<u>bike rank</u>	<u>bike</u>	<u>T2</u>	<u>run rank</u>	<u>run</u>	<u>o'all place</u>	<u>Total</u>	<u>penalty</u>
Leonard	Lynch	M	67	65-69	Washington	DC	175	10:37	2:38	115	25:17:00	2:03	173	19:04	185	0:59:35.8	
John	Mealy	M	66	65-69	Germantown	MD	149	9:54	2:21	90	24:31:00	1:52	244	26:29:00	235	1:05:03.8	