

Summer Super Sprint
 400 Yard Swim, 8 Mile Bike, 1.8 Mile Run
 Race Scored by Amazing Race Timing
 08/09/2009

AGEGROUP RESULTS (INDIVIDUALS & 1ST TIMERS)

** DIV/TOT shows place in agegroup/div & the total (6/42 - 6th out of 42) **																			
Place	Div/Tot	Bib	Name	S	Age	City	St	Rank	Swim	T1	Rank	Bike	T2	Rank	Summi	Finish	Penalty	Rank	Time
1	1/19	39	Stefan Wiesen	M	37	Arlington	VA	13	6:40	0:48	7	19:12	0:50	4	11:26	38:55		1	38:55
2	1/7	64	Christian Crawford	M	18	Winchester	VA	28	7:00	0:42	6	18:51	0:51	6	11:50	39:12		2	39:12
3	1/15	34	Emory Land	M	32	Alexandria	VA	14	6:40	1:02	9	19:26	0:57	3	11:25	39:29		3	39:29
4	1/5	29	Joey Pickens	M	14	Glenelg	MD				20	21:20		7	12:06	40:19		4	40:19
5	1/9	18	Scott Henderson	M	24	Silver Spring	MD				15	20:31				41:23		5	41:23
6	2/19	55	Robert Leamon	M	37	Washington	DC	22	6:55	1:29	12	20:15	0:57	15	13:03	42:36		6	42:36
7	1/9	87	Terry Basham	M	50	Dumfries	VA	88	8:57	1:04	13	20:17	1:03	5	11:44	43:04		7	43:04
8	1/20	13	Eric Mangelsdorf	M	42	Alexandria	VA	19	6:53	0:52	18	21:03	0:07	34	14:11	43:05		8	43:05
9	1/27	68	Ben Ferry	M	26	Vienna	VA	26	6:59	1:35	17	20:54	1:04	13	12:56	43:26		9	43:26
10	1/15	33	Megan Sheehan	F	25	Washington	DC	10	6:34	1:13	34	22:22	0:53	8	12:28	43:28		10	43:28
11	1/23	27	Janice Kiernan	F	41	Alexandria	VA	9	6:33	1:21	28	21:51	0:28	20	13:20	43:30		11	43:30
12	2/9	118	Daniel Bell	M	23	Drexel Hill	PA	40	7:26	0:56	11	20:05	0:53	39	14:23	43:41		12	43:41
13	2/9	77	Mark Bayliss	M	50	Winchester	VA	49	7:41	1:10	10	19:38	1:58	18	13:19	43:45		13	43:45
14	3/9	15	Glenn Stephens	M	51	State College	PA				8	19:23	0:57	75	15:34	43:49		14	43:49
15	2/27	214	Gary Weickum	M	28	Manassas	VA				16	20:48	0:33	14	13:01	44:05		15	44:05
16	3/9	62	Michael Stanphill	M	20	Woodbridge	VA	45	7:37	1:04				17	13:12	44:08		16	44:08
17	1/40	45	Jennifer Lansburgh	F	36	Alexandria	VA	6	6:20	1:13	39	22:34	1:19	16	13:05	44:30		17	44:30
18	1/17	76	Ronald Teribery	M	49	Warrenton	VA	37	7:17				0:38	22	13:32	44:43		18	44:43
19	2/20	40	Robert Marzban	M	40	McLean	VA	35	7:16	1:40				43	14:33	44:50		19	44:50
20	4/9	94	Brian Alvarez	M	22	Warrenton	VA	87	8:56	0:55	19	21:20	0:35	24	13:35	45:19		20	45:19
21	2/23	50	Darcy Ytterdahl	F	40	Oakton	VA				25	21:45	1:05	33	14:08	45:21		21	45:21
22	2/7	79	Robert Cunningham	M	18	Winchester	VA				41	22:37		256	38:13	45:23		22	45:23
23	5/9	154	Joshua McGregor	M	23	Alexandria	VA	109	9:30	1:21	21	21:33				46:04		23	46:04
24	3/27	80	Paul Mazzuca	M	27	Herndon	VA	41	7:28	2:17	48	22:52	0:47	12	12:51	46:12		24	46:12
25	2/15	82	Don Nott	M	33	Arlington	VA				29	21:54	1:03	50	14:49	46:17		25	46:17
26	1/3	16	Katie Jensen	F	16	Falls Church	VA				85	24:20	0:24	38	14:23	46:37		26	46:37
27	3/15	89	Timothy Huddleston	M	34	Springfield	VA	57	7:54	1:17	35	22:27	1:21	31	14:00	46:58		27	46:58
28	2/15	159	Melissa Somadelis	F	27	Oakton	VA	65	8:06	1:15	73	23:45	1:12	10	12:45	47:00		28	47:00
29	3/19	73	Francisco Parra	M	38	Dallas	TX				23	21:36	1:02	52	14:53	47:07		29	47:07
30	4/27	66	Daniel Gray	M	25	Manassas	VA	29	7:00	2:06	60	23:24	1:09	21	13:31	47:09		30	47:09
31	6/9	98	James Willoughby	M	20	Atlanta	GA	27	7:00	1:35	78	24:02	0:40	29	13:54	47:09		31	47:09
32	5/27	65	Kurt Craven	M	25	Lorton	VA				45	22:51	0:37	58	15:01	47:15		32	47:15
33	2/40	47	Jennifer Ryan	F	39	Springfield	VA	12	6:39	1:13	51	23:03	0:37	80	15:48	47:17		33	47:17
34	1/7	44	Peyton Curry	F	13	Stafford	VA	5	6:19	2:18	70	23:39	0:36	40	14:26	47:17		34	47:17
35	6/27	135	Ryan Sweeney	M	25	Arlington	VA	23	6:56	1:35	32	22:10	0:51	84	15:54	47:26		35	47:26
36	3/20	141	James Joppich	M	41	Herndon	VA	120	9:46	1:24				45	14:35	47:32		36	47:32
37	1/4	115	Joe Pusateri	M	55	Rockville	MD							61	15:04	47:33		37	47:33
38	3/40	56	Hillary Hertler	F	38	Washington	DC				36	22:27	1:14	83	15:53	47:37		38	47:37
39	2/4	43	Dennis Hays	M	56	Reston	VA	24	6:57	2:10	42	22:41	0:59	55	14:56	47:41		39	47:41
40	7/27	23	Taylor Powell	M	26	Arlington	VA	2	6:01	1:18	107	24:59	0:53	47	14:36	47:45		40	47:45
41	3/15	52	Chantal Buchser	F	26	Arlington	VA	30	7:08	1:48	47	22:52	0:48	69	15:27	48:01		41	48:01
42	1/23	104	Carolina Soto	F	31	Fairfax Station	VA	71	8:27	1:26	38	22:30	0:45	54	14:55	48:01		42	48:01
43	2/17	111	James O'Loughlin	M	46	Leesburg	VA						0:52	64	15:10	48:05		43	48:05
44	4/20	41	Glenn Rosett	M	42	Burke	VA	25	6:59	1:26	63	23:30				48:12		44	48:12
45	4/19	49	Vinton McLaughlin	M	38	Leesburg	VA				50	22:53	1:15	46	14:36	48:15		45	48:15
46	5/20	187	Lester Benitez	M	40	Ashburn	VA	129	10:08	1:32	14	20:25	1:50	42	14:31	48:22		46	48:22

47	7/9	99	Jose Acosta	M	20	Fairfax Station	VA	73	8:30	1:29	52	23:04	0:49	44	14:35	48:24	47	48:24
48	3/7	309	Andrew Callahan	M	17	McLean	VA	90	9:01	1:57						48:28	48	48:28
49	8/27	119	Jason Yarborough	M	25	Laurel	MD	32	7:12	1:40	57	23:22	0:34	79	15:43	48:30	49	48:30
50	1/6	22	Phillip Sullivan	M	11	Vienna	VA	7	6:21	1:23	142	26:19	0:42	30	13:57	48:41	50	48:41

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Place	Div/Tot	Bib	Name	S	Age	City	St	Rank	Swim	T1	Rank	Bike	T2	Rank	Summi	Finish	Penalty	Rank	Time
51	2/7	20	Hailey Jones	F	15	Odenton	MD	1	5:55	1:06	74	23:47	0:22	137	17:43	48:52		51	48:52
52	3/17	144	Scott Giambattista	M	49	Stafford	VA				53	23:11	0:51	28	13:43	49:02		52	49:02
53	9/27	155	Luke Sackett	M	25	Waynesboro	VA	47	7:38	1:42	55	23:17	0:49	82	15:53	49:17		53	49:17
54	5/19	176	Charles Scholes	M	38	Alexandria	VA				24	21:36	1:32	51	14:50	49:18		54	49:18
55	6/20	90	Richard Driggers	M	40	Dumfries	VA	50	7:42	1:38	102	24:49	1:04	35	14:12	49:23		55	49:23
56	4/17	61	Michael Beveridge	M	45	Bethesda	MD				26	21:47	1:17	155	18:17	49:23		56	49:23
57	3/7	19	Laura Sullivan	F	13	Vienna	VA				114	25:13	0:33	99	16:32	49:24		57	49:24
58	4/40	71	Kimberly Hardiman	F	36	Fairfax	VA				22	21:33	1:16	136	17:43	49:26		58	49:26
59	2/5	31	Caleb Stroud	M	15	Leesburg	VA				130	25:48	0:45	53	14:53	49:29		59	49:29
60	2/6	325	Zach Larison	M	12	Haymarket	VA	197	13:23	2:00	1	13:01	14:10	1	6:58	49:31		60	49:31
61	10/27	322	Charles Moran	M	27	Washington	DC	53	7:47	2:10	54	23:15	1:33	62	15:06	49:49		61	49:49
62	4/15	123	Joel Johnson	M	31	Fairfax	VA	111	9:33	2:26	159	27:04	0:54	2	10:01	49:55		62	49:55
63	7/20	58	Jon Tucker	M	41	Ashburn	VA	55	7:53	1:29	33	22:12	1:06	121	17:19	49:57		63	49:57
64	11/27	137	Charles Schuyler	M	28	Rockville	MD				44	22:45	0:52	73	15:33	50:08		64	50:08
65	5/17	84	Howard Sargent	M	45	Washington	DC				82	24:07	1:01	9	12:45	50:09		65	50:09
66	6/17	95	Richard Jones	M	48	Odenton	MD	102	9:16	1:01	27	21:51	0:59	117	17:12	50:17		66	50:17
67	12/27	92	Joshua Biber	M	28	Goldsboro	NC				30	21:59	1:52	143	17:50	50:25		67	50:25
68	2/3	12	Megan Haley	F	17	Alexandria	VA				151	26:42	0:33	36	14:18	50:32		68	50:32
69	8/20	74	Scott Flory	M	42	Fairfax	VA	51	7:43				0:42	92	16:01	50:34		69	50:34
70	5/40	329	Tracy Merron-Campbel	F	39	South Riding	VA	98	9:13	1:25	79	24:02	0:57	60	15:02	50:38		70	50:38
71	1/6	239	Kathy Manzo	F	54	Casanova	VA	119	9:45	1:23	67	23:36	0:59	65	15:13	50:54		71	50:54
72	3/23	110	Sandra Cannon	F	44	Burke	VA	106	9:23	1:52	62	23:28	1:54	41	14:29	51:04		72	51:04
73	5/15	36	Dan Nestor	M	34	Silver Spring	MD				40	22:37	1:37	85	15:56	51:05		73	51:05
74	13/27	193	Edward Branagan	M	28	Gaithersburg	MD	140	10:17	2:05	124	25:27	0:46	11	12:46	51:18		74	51:18
75	1/3	60	Page Lester	F	10	Washington	DC	43	7:33	1:26				23	13:33	51:23		75	51:23
76	1/13	310	Peg O'Hara	F	45	Alexandria	VA				4	15:17				51:30		76	51:30
77	7/17	327	Kevin Brightwell	M	49	Reston	VA	76	8:36	1:11	58	23:23	1:22	113	17:02	51:33		77	51:33
78	4/15	24	Samantha Longley	F	27	Blacksburg	VA	8	6:22	1:04	158	26:57	0:36	102	16:38	51:34		78	51:34
79	14/27	126	Jacob Kave	M	29	Fortvalley	VA	145	10:28	2:08	80	24:03	1:20	25	13:38	51:35		79	51:35
80	8/17	42	Rob Brown	M	48	Springfield	VA	21	6:54	2:12				77	15:41	51:37		80	51:37
81	8/9	100	Ben Biber	M	20	Sterling	VA	104	9:19	1:48	65	23:31	0:24	108	16:43	51:42		81	51:42
82	2/23	256	Heather Weaver	F	31	Ashburn	VA	135	10:11	2:24	43	22:43	1:03	68	15:26	51:45		82	51:45
83	4/7	32	Travis Lowes	M	18	Stafford	VA	44	7:35	1:30	77	23:59				51:56		83	51:56
84	3/23	244	Tia Roy	F	34	Ashburn	VA				123	25:25				51:57		84	51:57
85	2/13	113	Blair Elizab Taylor	F	46	Gainesville	VA	67	8:18	2:01	91	24:31				51:58		85	51:58
86	9/17	75	Ri ck Uribe	M	45	Bristow	VA	107	9:24	2:21	72	23:40	1:36	59	15:01	51:59		86	51:59
87	5/15	311	Christine Maxwell	F	27	Burke	VA	169	11:29	1:08	99	24:45	0:40	32	14:03	52:03		87	52:03
88	15/27	120	Brent Anderson	M	29	woodbridge	VA	48	7:39	1:34	2	14:36	14:42	26	13:40	52:09		88	52:09

89	9/9	132	Bryon Russell	M	22	Springfield	VA	58	7:55	1:43	93	24:32	1:30	103	16:38	52:15	89	52:15
90	4/23	93	Paula Swanson	F	42	Alexandria	VA	96	9:11	1:26	103	24:50	0:58	87	15:59	52:22	90	52:22
91	6/40	204	Jen Norris	F	39	Arlington	VA	184	12:10	2:00	59	23:23	1:15	27	13:43	52:28	91	52:28
92	9/20	57	Mike Barbier	M	41	Arlington	VA	86	8:55	1:31				98	16:31	52:29	92	52:29
93	7/40	138	Tara Kallal	F	35	Herndon	VA	64	8:06	2:36	75	23:54	0:40	119	17:16	52:31	93	52:31
94	10/17	208	Andy Vincent	M	48	Arlington	VA				71	23:39	0:52	37	14:19	52:39	94	52:39
95	1/4	240	Esther Buchser	F	61	Abingdon	MD	175	11:45	1:32	56	23:19	1:13	57	14:59	52:46	95	52:46
96	6/19	38	Brett Rosenberg	M	36	Washington	DC	52	7:44	2:42				111	16:54	52:53	96	52:53
97	3/13	112	Linda Powell	F	46	Arlington	VA									52:57	97	52:57
98	4/23	209	Melinda Morrell	F	31	Vienna	VA	164	11:01	1:00	138	26:08				53:04	98	53:04
99	8/40	48	Janion Ubert	F	36	Stephen City	VA	4	6:17	2:24	178	27:57	0:37	86	15:57	53:10	99	53:10
100	9/40	324	Laura Fyfe	F	39	Reston	VA	46	7:37	0:58	104	24:51	0:36	175	19:12	53:13	100	53:13

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101	5/23	163	Debbie Rothlein	F	30	Manassas	VA	132	10:09	2:00	101	24:48	0:52	70	15:28	53:15		101	53:15
102	3/5	28	Noah Bell	M	13	Washington	DC	70	8:21	2:14	110	25:00	0:38	115	17:07	53:18		102	53:18
103	3/3	97	Kristina Kovch	F	19	Springfield	VA	31	7:10	1:39	113	25:13	1:06	158	18:20	53:25		103	53:25
104	7/19	220	Jimmy Lo	M	35	Hyattsville	MD	157	10:49	3:19	49	22:53	1:46	49	14:41	53:26		104	53:26
105	4/9	277	Gregg Moyer	M	50	Haymarket	VA	133	10:10	2:17	81	24:05	1:17	78	15:42	53:29		105	53:29
106	6/15	46	Julie Diette	F	25	Arlington	VA	11	6:39	2:29	108	24:59	2:11	130	17:32	53:47		106	53:47
107	5/23	146	Jennifer Jones	F	43	Odenton	MD				61	23:28	1:15	153	18:12	53:48		107	53:48
108	8/19	203	Matthew Agen	M	35	Arlington	VA	93	9:08	2:32	83	24:14	0:42	122	17:20	53:53		108	53:53
109	6/23	122	Helen MacIntyre	F	31	Reston	VA	59	7:56	1:50	170	27:30	1:13	71	15:29	53:56		109	53:56
110	10/40	37	Bonnie Alcid	F	36	Gaithersburg	MD	39	7:19	1:33	117	25:19				54:00		110	54:00
111	6/15	26	Sean Hannigan	M	33	Chantilly	VA	3	6:11	1:43	134	25:59	1:00	176	19:15	54:07		111	54:07
112	11/40	267	Sherrie McMullen	F	39	Alexandria	VA	63	8:03	2:47	96	24:36	1:31	118	17:16	54:10		112	54:10
113	9/19	181	Matthew Parse	M	39	Hillsboro	VA	118	9:36	3:15				74	15:33	54:22		113	54:22
114	10/20	271	Mark Gomez	M	42	Bristow	VA	151	10:42	1:59	126	25:31	0:53	67	15:22	54:26		114	54:26
115	6/23	330	Michele Schaner	F	44	Bristow	VA	124	9:52	1:25	122	25:24	1:09	104	16:38	54:28		115	54:28
116	2/3	328	Lia Campbell	F	10	Fairfax Station	VA	36	7:17	1:22	166	27:17	1:00	133	17:38	54:31		116	54:31
117	12/40	173	Heather Manzo	F	36	Bristow	VA	110	9:31	1:43	150	26:40	0:38	90	16:01	54:32		117	54:32
118	13/40	139	Michelle Zamarin	F	36	Arlington	VA	94	9:10	2:02	69	23:39	1:26	157	18:20	54:35		118	54:35
119	7/23	257	Jeannie McLaurin	F	32	Ashburn	VA	172	11:34	1:42	127	25:33				54:38		119	54:38
120	1/9	234	Kelly Hogan	F	21	McLean	VA	34	7:15	2:25	167	27:25	0:55	105	16:40	54:38		120	54:38
121	7/15	165	Jeremy Duncan	M	32	Fairfax	VA	100	9:15	3:06	86	24:21	1:22	110	16:47	54:48		121	54:48
122	11/20	304	Gordon Turner	M	41	Ashburn	VA	163	10:58	2:55	37	22:29	1:47	107	16:40	54:48		122	54:48
123	7/23	226	Shelley Norton	F	40	Alexandria	VA	141	10:20	2:13	95	24:34	1:15	101	16:38	54:58		123	54:58
124	14/40	172	Brenda Morton	F	36	Ashburn	VA				89	24:29	1:32	76	15:34	55:06		124	55:06
125	16/27	70	John Holmberg	M	29	Springfield	VA	20	6:54	2:57	187	28:39	0:53	81	15:50	55:11		125	55:11
126	10/19	317	Christopher Green	M	37	Arlington	VA	115	9:34	2:04	118	25:19	0:55	124	17:21	55:11		126	55:11
127	5/7	250	Daniel Bell	M	16	Washington	DC				68	23:38	1:07	127	17:26	55:13		127	55:13
128	4/13	143	Sheri Gibson	F	45	Alexandria	VA	85	8:54	2:20	116	25:18	0:55	145	17:52	55:17		128	55:17
129	5/13	307	Anne Marie Moyer	F	49	Haymarket	VA				88	24:28	1:20	106	16:40	55:17		129	55:17
130	2/9	131	Jess Quick	F	22	Fairfax Station	VA	61	7:58	1:35	120	25:20	0:59	182	19:27	55:18		130	55:18

131	5/9	88	Ray Shaak	M	53	Vienna	VA	38	7:18	2:37	131	25:52	1:11	159	18:22	55:18	131	55:18
132	3/6	117	Manuel Solano	M	10	Norfolk	VA	72	8:29	1:25	157	26:56	1:14	120	17:18	55:20	132	55:20
133	17/27	156	Corey Fitze	M	25	Alexandria	VA				46	22:51	1:41	156	18:19	55:22	133	55:22
134	18/27	147	Alan Lightner	M	29	Reston	VA	95	9:11	1:35	140	26:13	0:50	147	17:58	55:45	134	55:45
135	8/15	216	Billy Roeting	M	33	Gainesville	VA	56	7:53	2:06	143	26:22	0:47	165	18:39	55:46	135	55:46
136	19/27	121	Trevor Thibeault	M	29	Burke	VA	92	9:03	2:07				139	17:45	55:47	136	55:47
137	6/9	114	Louis Haley	M	52	Alexandria	VA	42	7:31	3:02	98	24:45	1:27	178	19:16	55:59	137	55:59
138	8/23	194	Kelly Partin-Yi	F	33	Fairfax	VA				189	28:40	0:32	100	16:33	56:04	138	56:04
139	12/20	282	Lee Kaiser	M	40	Centreville	VA				121	25:20				56:09	139	56:09
140	6/13	246	Isabella Firth	F	48	Chevy Chase	MD	122	9:48	2:53	87	24:21	1:39	129	17:31	56:10	140	56:10
141	4/7	78	Christine Vincent	F	13	Arlington	VA				185	28:31	1:11	128	17:28	56:11	141	56:11
142	11/19	72	Tyler Maxey	M	36	Herndon	VA	78	8:43	1:37	125	25:28	1:17	177	19:15	56:18	142	56:18
143	5/7	51	Abby Basham	F	14	Dumfries	VA	33	7:13				1:03	138	17:44	56:23	143	56:23
144	20/27	161	Greg Culver	M	29	Washington	DC				175	27:53	0:55	56	14:56	56:24	144	56:24
145	4/5	249	Ryan Kiernan	M	13	Alexandria	VA						96	16:25	56:28	145	56:28	
146	8/23	245	Jennifer Bildman	F	41	Rockville	MD	62	8:02	2:19	109	25:00	1:43	184	19:39	56:41	146	56:41
147	7/15	197	Lauren Yamada	F	25	N Bethesda	MD									56:45	147	56:45
148	9/23	273	Karin Varblow	F	42	Oak Hill	VA	134	10:10	2:18	119	25:19	1:36	125	17:23	56:45	148	56:45
149	6/7	59	Ava Oaxaca	F	14	Arlington	VA				179	28:04	0:43	170	19:00	56:53	149	56:53
150	13/20	189	Michael McNicholas	M	42	Leesburg	VA	150	10:37	2:36	76	23:54	1:45	150	18:06	56:57	150	56:57

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Summer Super Sprint
400 Yard Swim, 8 Mile Bike, 1.8 Mile Run
Race Scored by Amazing Race Timing
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AGEGROUP RESULTS (INDIVIDUALS & 1ST TIMERS)

Place	Div/Tot	Bib	Name	S	Age	City	St	Rank	Swim	T1	Rank	Bike	T2	Rank	Summi	Finish	Penalty	Rank	Time
151	3/4	288	Thomas Christiansen	M	58	Herndon	VA				94	24:34	0:52	134	17:40	57:04		151	57:04
152	7/13	85	Miriam Friedman	F	45	Silver Spring	MD	75	8:36	1:21	205	29:36	0:39	112	16:55	57:04		152	57:04
153	6/7	25	Logan Ward	M	17	Bristow	VA	18	6:48	1:43	248	1:05:37		168	18:41	57:09		153	57:09
154	8/15	102	Miriam Joy	F	29	Fairfax	VA				180	28:05	0:40	146	17:57	57:11		154	57:11
155	10/23	225	Nena Sall	F	40	Haymarket	VA							162	18:32	57:11		155	57:11
156	12/19	124	Jonathan Poe	M	35	Alexandria	VA	69	8:20	2:14	92	24:31	1:31	199	20:38	57:12		156	57:12
157	21/27	321	Tim Douglas	M	26	Reston	VA	138	10:13	2:45	105	24:52	0:53	166	18:40	57:21		157	57:21
158	15/40	301	Diane Keefe	F	38	Manassas	VA							149	18:03	57:33		158	57:33
159	13/19	174	John McKnight	M	37	Washington	DC						0:58	181	19:23	57:37		159	57:37
160	9/15	69	Cassandra Cullen	F	26	Vienna	VA	17	6:47	2:24	188	28:39	0:46	174	19:09	57:44		160	57:44
161	14/20	109	David Simms	M	43	Arlington	VA	191	13:02	3:15	66	23:35	1:33	95	16:21	57:44		161	57:44
162	11/23	108	Mary Leahy	F	42	North Potomac	MD	77	8:38	3:02	97	24:43	1:12	192	20:12	57:45		162	57:45
163	15/20	205	Mark Norris	M	43	Arlington	VA	201	13:44	2:27	31	22:02	2:05	141	17:46	58:03		163	58:03
164	14/19	219	James Ballas	M	35	Washington	DC				64	23:31	3:29	89	16:00	58:04		164	58:04
165	9/23	53	Victoria Olson	F	33	Crozet	VA				222	31:03				58:16		165	58:16
166	5/5	152	Eric Williamson	M	13	Manassas	VA	83	8:52	1:35				94	16:18	58:17		166	58:17
167	16/40	83	Claire Silva	F	36	Reston	VA	74	8:30	1:56	156	26:51	0:50	193	20:13	58:19		167	58:19
168	17/40	316	Nicol Newell-Bell	F	39	Frederick	MD	165	11:02	1:31	84	24:16	1:39	185	19:57	58:24		168	58:24
169	11/17	237	David Anderson	M	46	Manassas	VA	112	9:33	3:08	165	27:17	1:20	116	17:12	58:27		169	58:27
170	3/9	133	Hannah Mills	F	23	Washington	DC	139	10:17	1:59	112	25:11	2:04	169	19:00	58:28		170	58:28
171	3/3	129	Sarah Dickson	F	11	Arlington	VA	66	8:07	1:51	216	30:25	0:42	126	17:25	58:29		171	58:29
172	7/7	251	Alex Hobby	M	16	Bethesda	MD	108	9:29	3:09	137	26:08	2:13	132	17:33	58:30		172	58:30

173	12/23	185	Danielle Furlich	F	40	Fairfax	VA				176	27:55	0:57	161	18:29	58:38	173	58:38
174	15/19	127	James Lansburgh	M	36	Alexandria	VA	84	8:53	3:06	100	24:48	1:56	186	19:57	58:38	174	58:38
175	9/15	299	James Keefe	M	34	Manassas	VA	148	10:36	2:45	111	25:02				58:39	175	58:39
176	10/23	294	Angelie Petersen	F	30	Warrenton	VA	154	10:43	2:07	162	27:07				58:48	176	58:48
177	13/23	150	Suzanne Williamson	F	40	Manassas	VA	97	9:11	1:56	141	26:19	0:24	205	21:03	58:50	177	58:50
178	16/19	315	Jeff Aslen	M	36	Centreville	VA	203	14:08	3:11	164	27:13	1:04	19	13:20	58:53	178	58:53
179	18/40	107	Sylvie Mortimer	F	39	Arlington	VA	79	8:44	2:26	214	30:16	1:03	97	16:30	58:57	179	58:57
180	11/23	169	Danielle Cook	F	34	Vienna	VA	160	10:56	1:48	129	25:43	0:44	188	20:02	59:10	180	59:10
181	14/23	305	Tabatha Pavalok	F	43	Manassas	VA	131	10:09	1:56	144	26:27	1:19	180	19:22	59:11	181	59:11
182	19/40	183	Deborah Weitzman-Ward	F	39	Bristow	VA	146	10:28	1:59	172	27:33	1:00	154	18:15	59:14	182	59:14
183	4/9	252	Johanna Edlund	F	20	Gainesville	VA				3	14:58	16:21	93	16:09	59:14	183	59:14
184	15/23	224	Kellie Perry	F	40	Gainesville	VA	130	10:08	2:02	153	26:46	1:10	179	19:20	59:24	184	59:24
185	1/2	210	Leonard Lynch	M	67	Washington	DC	149	10:37	2:38	115	25:17	2:03	173	19:04	59:36	185	59:36
186	16/20	116	Rodney Whitlock	M	44	Arlington	VA				209	29:59	1:20	66	15:22	59:39	186	59:39
187	7/9	191	Jeff Biber	M	54	Stelring	VA	178	11:49	2:36	155	26:49	1:03	135	17:43	59:57	187	59:57
188	2/6	151	Drusilla Powell	F	50	Chesapeake	VA	101	9:15	1:52	147	26:31	2:08	194	20:16	1:00:00	188	1:00:00
189	10/15	148	Shaun Mealy	M	31	Sterling	VA	89	8:59	3:26	133	25:55				1:00:02	189	1:00:02
190	5/9	134	Rebecca Glazer	F	24	Vienna	VA	187	12:37	1:57	152	26:43				1:00:05	190	1:00:05
191	20/40	145	Mary May	F	39	North Potomac	MD	82	8:52	3:13				198	20:35	1:00:08	191	1:00:08
192	6/9	17	Amy Pritchkyk	F	20	Fairfax	VA	16	6:45	1:09	203	29:27	0:49	219	22:15	1:00:23	192	1:00:23
193	22/27	243	Richard Joy	M	29	Fairfax	VA				183	28:19	0:50	152	18:12	1:00:27	193	1:00:27
194	21/40	182	Anna Kaliontgis	F	39	Springfield	VA	114	9:34	1:27	136	26:02	1:36	217	22:07	1:00:44	194	1:00:44
195	10/15	103	Cristin Steele	F	29	Centreville	VA	91	9:01	2:13	218	30:44	1:29	123	17:21	1:00:46	195	1:00:46
196	7/7	30	Sarah Brown	F	14	Springfield	VA	15	6:42	1:40	221	31:02	1:29	189	20:06	1:00:58	196	1:00:58
197	8/13	63	Barbara Shycoff	F	49	Chevy Chase	MD	54	7:47	2:19	182	28:16	1:58	202	20:43	1:01:00	197	1:01:00
198	3/6	190	Judith Layne	F	54	Clifton	VA	174	11:44	2:50	106	24:54	1:22	195	20:16	1:01:04	198	1:01:04
199	17/19	195	Steve Wiegman	M	38	Ashburn	VA	181	12:01	2:40	168	27:27	1:10	144	17:52	1:01:08	199	1:01:08
200	8/9	278	Nicholas Fanto	M	53	Harleysville	PA	168	11:28	2:30	139	26:11	0:56	190	20:07	1:01:10	200	1:01:10
09:45:08 08/11/2009																		

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Place	Div/Tot	Bib	Name	S	Age	City	St	Rank	Swim	T1	Rank	Bike	T2	Rank	Summi	Finish	Penalty	Rank	Time
201	9/13	275	Sherry Basham	F	48	Dumfries	VA				199	29:22	0:34	91	16:01	1:01:13		201	1:01:13
202	12/17	283	Manish Patel	M	45	Fairfax Station	VA									1:01:13		202	1:01:13
203	11/15	136	Amber Rindell	F	28	Lorton	VA	182	12:09	1:48	163	27:12	1:05	171	19:02	1:01:14		203	1:01:14
204	18/19	179	Andy Berry	M	39	Arlington	VA	204	14:20	2:02	128	25:38	1:11	151	18:08	1:01:17		204	1:01:17
205	13/17	236	Mike Nichols	M	45	Stafford	VA	179	11:57	2:34	200	29:23				1:01:22		205	1:01:22
206	12/23	313	Natalie Bran Branagan	F	30	Washington	DC	171	11:33	2:36	210	30:05	0:22	114	17:06	1:01:39		206	1:01:39
207	22/40	266	Elizabeth Biffi	F	38	Alexandria	VA				135	26:00	2:00	142	17:47	1:01:40		207	1:01:40
208	23/27	160	Stephen Bunch	M	29	washington	DC	196	13:22	2:34	204	29:35				1:01:42		208	1:01:42
209	23/40	171	Amy McConaghie	F	36	Centreville	VA	155	10:44	3:16	208	29:49	1:27	109	16:44	1:01:58		209	1:01:58
210	12/15	291	Rachel Cousin	F	25	Falls Church	VA	205	14:24	3:06				48	14:38	1:02:12		210	1:02:12
211	13/23	162	Sunny Browarny	F	30	Herndon	VA				195	29:18	0:20	212	21:52	1:02:22		211	1:02:22
212	7/9	254	Lauren Carrier	F	22	Sterling	VA							148	17:59	1:02:47		212	1:02:47
213	24/27	67	Joseph Noonan	M	25	Springfield	VA							167	18:41	1:02:49		213	1:02:49
214	4/6	238	Anice Hoachlander	F	50	Bethesda	MD	143	10:20	3:16	146	26:29	2:10	201	20:41	1:02:54		214	1:02:54

215	14/23	202	Melissa Mitchell	F	34	Arlington	VA	152	10:43	1:41	148	26:33	1:24	224	22:36	1:02:55	215	1:02:55	
216	15/23	54	Anne Kain	F	34	Bryn Mawr	PA				230	32:17	1:11	183	19:32	1:02:59	216	1:02:59	
217	24/40	281	Nadine Kaiser	F	39	Centreville	VA	116	9:34	2:02	217	30:25	0:54	191	20:08	1:03:01	217	1:03:01	
218	25/40	140	Raphael Pelaez	F	38	Falls Church	VA	137	10:13	1:42	149	26:37	1:31	227	23:09	1:03:10	218	1:03:10	
219	26/40	268	Rachael Bradshaw	F	39	Washington	DC									1:03:13	219	1:03:13	
220	4/6	211	Ethan Hancock	M	12	Sterling	VA	161	10:56	2:36	234	33:57	0:39	63	15:09	1:03:15	220	1:03:15	
221	27/40	106	Amanda Kelley	F	37	Alexandria	VA	60	7:58	2:29	197	29:19	1:27	220	22:16	1:03:28	221	1:03:28	
222	16/23	168	Niki Sollinger	F	33	Arlington	VA	121	9:46	4:38	194	29:14	1:15	164	18:37	1:03:28	222	1:03:28	
223	17/20	21	David Catacora	M	43	Haymarket	VA	210	15:07	4:33				140	17:46	1:03:30	223	1:03:30	
224	11/15	201	William Schmidt	M	32	Centreville	VA	212	16:07	6:40	5	17:57	1:31	208	21:18	1:03:32	224	1:03:32	
225	18/20	272	Emil Parker	M	42	Takoma Park	MD				173	27:37	1:46	72	15:30	1:03:38	225	1:03:38	
226	17/23	167	Nina Brown	F	32	Ashburn	VA				186	28:33	0:38	197	20:28	1:03:40	226	1:03:40	
227	4/4	192	Mark Cancian	M	58	Arlington	VA				184	28:23	0:42	200	20:41	1:03:56	227	1:03:56	
228	16/23	270	Heather Hulen	F	41	Ashburn	VA	142	10:20	2:09	161	27:06	2:22	218	22:07	1:04:02	228	1:04:02	
229	14/17	149	Darrell Fogan	M	47	Washington	DC	68	8:19	2:52	160	27:05	2:33	228	23:16	1:04:03	229	1:04:03	
230	12/15	218	Michael Gocke	M	34	McLean	VA	126	9:55	3:10	227	31:50				1:04:16	230	1:04:16	
231	28/40	287	Patti Anderson	F	38	Manassas	VA	194	13:18	2:27	201	29:24	0:45	160	18:29	1:04:20	231	1:04:20	
232	29/40	265	Angella Slepica	F	38	Fairfax	VA	128	10:04	1:35	202	29:27	1:02	222	22:30	1:04:36	232	1:04:36	
233	5/6	279	Linda Kirk	F	54	Arlington	VA				154	26:49	1:37	204	20:57	1:04:56	233	1:04:56	
234	30/40	175	Lee Calizo	F	38	Silver Spring	MD	99	9:14	3:30	219	30:47				1:05:02	234	1:05:02	
235	2/2	231	John Mealy	M	66	Germantown	MD	125	9:54	2:21	90	24:31	1:52	244	26:29	1:05:04	235	1:05:04	
236	31/40	261	Andrew Parmentier	F	35	Washington	DC	123	9:48	2:27	169	27:27	2:29	226	23:00	1:05:09	236	1:05:09	
237	18/23	166	Nicole Maloney	F	32	Alexandria	VA	156	10:47	2:18	207	29:47	1:18	206	21:07	1:05:15	237	1:05:15	
238	17/23	186	Stacey Sterling	F	40	Virginia Beach	VA	117	9:35	3:07	145	26:29	2:02	234	24:30	1:05:41	238	1:05:41	
239	19/20	320	Scott Damelin	M	40	McLean	VA						55:09	88	16:00	1:05:47	239	1:05:47	
240	32/40	177	Allison Ebert	F	38	Lynchburg	VA				225	31:34	1:32	203	20:49	1:06:26	240	1:06:26	
241	13/15	157	Julie Exter	F	26	Philadelphia	PA	185	12:13	2:46	174	27:48	1:06	225	22:40	1:06:30	241	1:06:30	
242	5/6	130	Jeff Joppich	M	12	Herndon	VA	113	9:34	1:12	220	31:02	1:03	229	23:43	1:06:32	242	1:06:32	
243	19/23	298	Cynthia Hall	F	33	Woodbridge	VA	170	11:32	3:02	192	28:51	1:21	213	21:54	1:06:37	243	1:06:37	
244	8/9	290	Kelly Commenator	F	20	Springfield	VA	147	10:35							1:06:42	244	1:06:42	
245	18/23	142	Tammy Wagner	F	44	Middletown	VA	81	8:51	1:47	237	35:20	1:10	187	20:00	1:07:06	245	1:07:06	
246	10/13	86	Jill Finnie	F	46	Richmond	VA				212	30:12	1:33	235	24:36	1:07:20	246	1:07:20	
247	6/6	230	Christy Maier	F	54	Arlington	VA	180	11:58	2:28	213	30:14	2:01	207	21:07	1:07:46	247	1:07:46	
248	9/9	229	Paul Hallenbeck	M	53	Woodbridge	VA	166	11:10	3:35	206	29:40	1:16	223	22:35	1:08:14	248	1:08:14	
249	6/6	128	Jared Hancock	M	10	Sterling	VA	144	10:26	2:08	242	36:48	1:37	131	17:32	1:08:29	249	1:08:29	
250	14/15	255	Ashley Fanto	F	26	Harleysville	PA							210	21:45	1:08:45	250	1:08:45	
09:45:08		08/11/2009																	

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Place	Div/Tot	Bib	Name	S	Age	City	St	Rank	Swim	T1	Rank	Bike	T2	Rank	Summi	Finish	Penalty	Rank	Time
251	20/23	200	Lori wagoner	F	32	washington	DC	103	9:18	4:09	228	31:50	1:41	214	22:00	1:08:57		251	1:08:57
252	2/4	232	Rosemary Jellish	F	65	Alexandria	VA	199	13:35	3:17	181	28:13	2:12	216	22:05	1:09:18		252	1:09:18
253	20/20	269	Vince Martinez	M	40	Bethesda	MD	207	14:28	2:48	193	28:58	1:13	215	22:04	1:09:29		253	1:09:29
254	11/13	206	Constance Christakos	F	48	Alexandria	VA				191	28:50	0:52	245	26:37	1:09:34		254	1:09:34
255	12/13	284	Tara Geller	F	46	Ashburn	VA	209	14:33	3:01	190	28:41				1:09:36		255	1:09:36
256	9/9	280	Kathryn Farwell	F	21	Sterling	VA	186	12:18	2:06	198	29:20	1:02	239	25:08	1:09:53		256	1:09:53

257	33/40	262	Monica Martinez	F	36	Bethesda	MD	176	11:46	4:04	196	29:19	0:38	232	24:20	1:10:05	257	1:10:05
258	34/40	300	Stephanie Bates	F	36	Frederick	MD	173	11:38	3:09	235	34:15		209	21:26	1:10:16	258	1:10:16
259	35/40	96	Jennifer Stephens	F	38	Fairfax	VA	105	9:23	2:18	233	32:45	1:27	237	24:55	1:10:45	259	1:10:45
260	36/40	223	Enu Mainigi	F	39	Washington	DC	136	10:13	2:52	239	35:26	1:52	196	20:28	1:10:48	260	1:10:48
261	19/19	105	Nelson Hunter	M	36	Rockville	MD	80	8:46	2:20				246	26:40	1:11:12	261	1:11:12
262	15/17	306	Al Luna	M	48	Alexandria	VA	202	14:00	4:13	243	37:45		172	19:03	1:11:12	262	1:11:12
263	25/27	292	Kevin Shin	M	27	Arlington	VA	208	14:32	3:56						1:11:12	263	1:11:12
264	21/23	10	Melissa Dyer	F	30	Arlington	VA	193	13:11	2:36	240	36:04	0:54	163	18:32	1:11:16	264	1:11:16
265	13/15	260	Chao-Kuei Wang	M	34	Fairfax	VA	198	13:25	2:24	223	31:13	2:03	221	22:28	1:11:30	265	1:11:30
266	15/15	158	Deborah Lee	F	26	Springfield	VA	153	10:43	4:16	132	25:54	2:56	248	27:46	1:11:32	266	1:11:32
267	19/23	274	Kate Fallon	F	44	Arlington	VA	127	9:57	2:59	241	36:20				1:11:38	267	1:11:38
268	37/40	180	Jennifer Lawler	F	39	Bonair	GA	158	10:53	3:04	231	32:30	1:34	230	23:56	1:11:54	268	1:11:54
269	13/13	196	Mary Tamberrino	F	46	Arlington	VA	183	12:09	3:55	211	30:11	1:38	231	24:08	1:11:59	269	1:11:59
270	1/2	247	Nancy Murphy	F	57	Waldorf	MD	167	11:14	2:26	177	27:56	1:21	252	29:25	1:12:20	270	1:12:20
271	38/40	263	Karen Simpson	F	36	Arlington	VA	159	10:54	2:38	215	30:23	1:08	249	28:04	1:13:06	271	1:13:06
272	20/23	289	Pat Tunstall	F	40	Washington	DC	214	16:39	1:43				241	25:47	1:16:21	272	1:16:21
273	14/15	295	Jose Jimenez	M	32	Clifton	VA	192	13:06	3:01						1:16:36	273	1:16:36
274	3/4	248	Peg Mangan	F	61	Washington	DC	189	12:43	2:47	236	35:01	1:14	236	24:53	1:16:36	274	1:16:36
275	2/2	285	Mary Johnson	F	55	Arlington	VA	200	13:36	3:40	226	31:39	1:40	247	26:42	1:17:16	275	1:17:16
276	26/27	242	Walter English	M	28	Alexandria	VA	206	14:26	1:52	224	31:18	1:40	251	28:35	1:17:49	276	1:17:49
277	4/4	207	Patricia Canestra-Heena	F	61	Arlington	VA	211	15:12	3:10	229	32:01	1:34	242	25:56	1:17:50	277	1:17:50
278	22/23	259	Sandra Aloguin	F	34	Leola	PA				246	40:50	0:21	233	24:22	1:17:50	278	1:17:50
279	23/23	286	Heather Murphy	F	33	Falls Church	VA	177	11:47	2:12	171	27:33	1:52	255	35:04	1:18:26	279	1:18:26
280	16/17	326	Kenneth Larison	M	47	Haymarket	VA	195	13:22	1:59	232	32:40	0:37	253	29:50	1:18:26	280	1:18:26
281	21/23	188	Soyun Park	F	41	Washington	DC	162	10:58	2:59	245	40:43	1:34	238	25:07	1:21:19	281	1:21:19
282	27/27	213	Stephan Browarny	M	25	Herndon	VA	217	27:17	4:18						1:22:03	282	1:22:03
283	39/40	233	Marina Chatoo	F	35	Baltimore	MD	213	16:20	5:24	238	35:21				1:22:18	283	1:22:18
284	40/40	178	Deborah Draghi	F	38	Manassas	VA	190	12:48	2:28	247	40:50	1:15	243	26:14	1:23:33	284	1:23:33
285	15/15	164	Brian Finnegan	M	31	Baltimore	MD	216	22:04	5:23				211	21:49	1:28:03	285	1:28:03
286	17/17	228	Todd Loney	M	47	Glen Allen	VA				244	38:55		240	25:46	1:30:15	286	1:30:15
287	22/23	302	Dineen Baker	F	40	Jacksonville	FL	188	12:42	2:26				254	33:51	1:33:20	287	1:33:20
288	23/23	235	Dionne Pells	F	40	Bristow	VA	215	16:58	3:43				250	28:17	1:38:41	288	1:38:41
09:45:08		08/11/2009																