

Tune Up Tri  
 April 10, 2016  
 Manassas, VA

Triathlon  
 1.5 mi Run-4 mi Bike-250 yd Swim

Results  
 by age group

Div/Tot	Bib	First name	Last name	S	Age	Age Group	Run rank	Run	Bike Rank	Bike	Swim Rank	Swim	Rank	Time
1/1	200	Mallory	Kling	F	11	10-12	96	17:10	91	30:19:00	84	14:33	122	1:02:01.0
1/2	207	Kathleen	Brewster	F	15	13-15	19	12:14	35	17:27	19	6:50	20	0:36:29.0
2/2	204	Laila	Hamer	F	14	13-15	23	12:32	53	19:59	26	7:26	40	0:39:56.0
1/1	209	Carlie	Hvizdash	F	17	16-19	14	11:35	19	16:40	29	7:36	14	0:35:50.0
1/1	212	Nicole	Dagata	F	24	20-24	70	15:35	49	19:31	67	10:40	78	0:45:45.0
1/6	215	Melissa	Hickey	F	27	25-29	18	12:11	21	16:42	25	7:25	17	0:36:18.0
2/6	213	Emily	Lang	F	26	25-29	86	16:23	45	19:17	51	9:20	70	0:44:59.0
3/6	247	Stephanie	Graceffo	F	28	25-29	66	15:13	51	19:49	75	11:43	84	0:46:44.0
4/6	221	Jaime	Reel	F	29	25-29	90	16:41					88	0:47:37.0
5/6	220	Eileen	Foyle	F	29	25-29	54	14:37					89	0:48:05.0
6/6	217	Susann	Babaei	F	28	25-29	103	17:52					97	0:49:29.0
1/7	227	Elle	Flood	F	31	30-34	9	11:25	14	15:54	17	6:35	12	0:33:52.0
2/7	230	Erin	Smith	F	32	30-34	22	12:30	28	17:07	14	6:26	15	0:36:02.0
3/7	238	Emily	Blum	F	34	30-34	65	15:12	48	19:30	66	10:32	71	0:45:14.0
4/7	225	Richena	Purnell-Sayle	F	31	30-34	39	13:37	72	23:07	57	9:53	82	0:46:36.0
5/7	222	Deniz	Soyer	F	30	30-34	94	17:05	57	20:12	53	9:45	86	0:47:00.0
6/7	232	Stefanie	Vestal	F	33	30-34	89	16:39					96	0:49:25.0
7/7	226	Coree	Reuter-Mcnamar	F	31	30-34	106	18:05	81	24:40:00	62	10:13	107	0:52:57.0
1/6	265	Jennifer	Murphy	F	38	35-39	52	14:05	27	17:01	8	6:10	26	0:37:16.0
2/6	269	Christine	Williams	F	39	35-39	46	13:49	32	17:20	40	8:26	36	0:39:34.0
3/6	256	Alison	Eddy	F	36	35-39	64	15:08	20	16:41	35	7:54	38	0:39:42.0
4/6	252	Katherine	Caldwell	F	35	35-39	36	13:14					53	0:42:56.0
5/6	264	Allison	Medina	F	38	35-39	112	18:58	78	23:56	45	8:31	102	0:51:24.0
6/6	270	Katie	Heather	F	39	35-39	98	17:25	82	24:41:00	90	17:38	118	0:59:43.0
1/5	289	Kathryn	Law	F	44	40-44	38	13:34					62	0:44:10.0
2/5	285	Sarah	Emory	F	41	40-44	80	16:05					80	0:45:50.0
3/5	280	Lisa	Letke	F	41	40-44	117	19:39	66	21:34	61	10:07	101	0:51:19.0
4/5	281	Rachael	Mangum	F	41	40-44	116	19:38	67	21:37	65	10:32	103	0:51:47.0
5/5	288	Kathryn	Taber	F	43	40-44	118	19:44	76	23:45	73	11:20	111	0:54:48.0

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1/9	307	Shawn	Shields	F	47	45-49	48	13:51					44	0:40:54.0
2/9	303	Fiona	McClure	F	46	45-49	59	14:47					60	0:43:55.0
3/9	311	Suzanne	Brewster	F	48	45-49	60	14:48					66	0:44:29.0
4/9	312	Anne	McMurry	F	48	45-49	74	15:41	61	20:41	38	8:13	67	0:44:34.0
5/9	304	Beth	Connors	F	46	45-49	101	17:38	54	20:00	54	9:48	87	0:47:25.0
6/9	308	Sarah	MacEyak	F	47	45-49	97	17:19	68	21:40	79	13:16	105	0:52:13.0
7/9	300	Amy	Storey	F	45	45-49	119	19:48	74	23:19	69	10:47	108	0:53:54.0
8/9	314	Anne	Kling	F	48	45-49	115	19:20	64	21:11	85	14:41	112	0:55:11.0
9/9	313	Julie	Ayotte	F	48	45-49	121	20:20	88	25:48:00	76	12:00	115	0:58:07.0
1/7	321	Andileen	Gooch	F	51	50-54	84	16:13	59	20:19	33	7:47	63	0:44:18.0
2/7	325	Ann	Palmer	F	52	50-54	72	15:37					68	0:44:54.0
3/7	326	Miriam	Friedman	F	52	50-54	87	16:30	73	23:08	48	9:06	93	0:48:42.0
4/7	330	Cynthia	Fischer	F	54	50-54	93	17:04	63	21:01	71	10:52	94	0:48:56.0
5/7	323	Ana	Ayerbe	F	51	50-54	100	17:34	75	23:39	77	13:07	110	0:54:18.0
6/7	317	Judie	Almodovar	F	50	50-54	110	18:44	89	26:53:00	82	13:44	116	0:59:20.0
7/7	358	Laurie	Bain	F	53	50-54	120	19:50	83	24:41:00	86	15:07	117	0:59:37.0
1/4	336	Duk	Ro	F	57	55-59	53	14:29					64	0:44:20.0
2/4	332	Tish	Tucker	F	55	55-59	85	16:16					72	0:45:17.0
3/4	331	Maureen	Duran	F	55	55-59	108	18:14	44	19:15	37	8:07	76	0:45:35.0
4/4	333	Elizabeth	Locke	F	56	55-59	113	18:59	56	20:04	50	9:16	91	0:48:19.0
1/1	349	Cornelia	Willett	F	66	65-69	123	23:13	84	24:43:00	83	14:04	121	1:01:59.0
1/2	201	David	Taber	M	12	10-12	61	14:58					77	0:45:38.0
2/2	202	Benjamin	Adams	M	12	10-12	81	16:06					81	0:46:09.0
1/4	208	Sean	Altenburg	M	15	13-15	27	12:39	58	20:16	42	8:28	46	0:41:22.0
2/4	203	Jamari	Toppin	M	13	13-15	67	15:14	65	21:26	18	6:46	56	0:43:25.0
3/4	205	Michael	Storey	M	14	13-15	55	14:38					79	0:45:48.0
4/4	206	Ethan	Coffin	M	14	13-15	104	17:53	90	27:35:00	59	10:05	114	0:55:32.0
1/2	210	Adam	Brumley	M	23	20-24	1	9:02	1	13:03	1	4:42	1	0:26:46.0
2/2	211	David	Ray	M	24	20-24	69	15:28					99	0:50:18.0

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1/4	218	Ian	Dennis	M	28	25-29	12	11:33	7	14:44	12	6:20	9	0:32:36.0
2/4	214	Raymond	Chian	M	26	25-29	21	12:25	55	20:01	20	6:52	32	0:39:17.0
3/4	216	Jerad	Silverstrim	M	27	25-29	73	15:37	60	20:23	31	7:45	58	0:43:43.0
4/4	219	Justin	Opfermann	M	29	25-29	71	15:36	50	19:32	64	10:26	75	0:45:32.0
1/9	239	Douglas	Hickey	M	34	30-34	2	9:17	2	13:29	2	5:05	2	0:27:49.0
2/9	223	David	Howe	M	30	30-34	6	10:47	3	13:46	9	6:13	4	0:30:46.0
2/9	224	Carlos	Benitez	M	30	30-34	3	10:11	9	14:48	11	6:17	6	0:31:15.0
4/9	233	Chris	Dickinson	M	33	30-34	29	12:44	4	14:00	6	5:57	10	0:32:40.0
5/9	229	Thomas	McQuigg	M	31	30-34	13	11:34	12	15:40	43	8:30	13	0:35:42.0
6/9	228	Brandon	Filsinger	M	31	30-34	17	12:06	29	17:13	28	7:36	24	0:36:53.0
7/9	231	Timothy	Zalewski	M	32	30-34	20	12:24	22	16:46	58	10:03	31	0:39:12.0
8/9	235	Jeffery	Kuhn	M	33	30-34	109	18:31					90	0:48:10.0
9/9	248	Joseph	Balinas	M	32	30-34	91	16:56	52	19:50	80	13:20	98	0:50:05.0
1/15	262	Morgan	O'Brien	M	37	35-39	4	10:19	5	14:22	4	5:35	3	0:30:16.0
2/15	255	Jason	Cain	M	35	35-39	33	12:49	31	17:15	10	6:14	16	0:36:17.0
3/15	267	Jonathan	Jacobson	M	38	35-39	7	11:07	16	16:23	47	8:56	19	0:36:26.0
4/15	274	Matthew	Leech	M	39	35-39	45	13:48	13	15:43	36	8:03	27	0:37:34.0
5/15	259	Christopher	Zayas	M	36	35-39	42	13:47	36	17:27	15	6:28	28	0:37:41.0
6/15	254	Sean	Mulligan	M	35	35-39	24	12:36	40	18:35	46	8:39	39	0:39:49.0
7/15	275	Royce	Adams	M	39	35-39	43	13:48	47	19:27	21	7:03	41	0:40:17.0
8/15	273	Matthew	Koertyohann	M	39	35-39	41	13:41	39	18:04	56	9:52	49	0:41:36.0
9/15	263	Chris	Daupert	M	37	35-39	77	15:46					57	0:43:32.0
10/15	257	Lenny	Compton	M	36	35-39	44	13:48	46	19:22	70	10:49	61	0:43:57.0
11/15	261	James	Caldwell	M	37	35-39	15	11:52	69	21:47	68	10:47	65	0:44:25.0
12/15	260	Jesus	Diaz	M	36	35-39	83	16:12					95	0:49:04.0
13/15	276	John	Park	M	39	35-39	78	15:48	86	25:20:00	78	13:09	109	0:54:16.0
14/15	268	Cory	Peterson	M	38	35-39	99	17:29	79	24:38:00	89	17:37	119	0:59:43.0
15/15	258	Dashawn	Groves	M	36	35-39	114	18:59	85	24:45:00	88	17:36	120	1:01:19.0
1/6	277	Christopher	McBride	M	40	40-44	16	11:58	34	17:23	27	7:31	23	0:36:51.0
2/6	287	Mike	Zaetta	M	42	40-44	57	14:44	25	16:49	32	7:46	33	0:39:18.0
3/6	279	Peter	Cooke	M	40	40-44	62	15:02	37	17:27	34	7:53	42	0:40:21.0
4/6	286	David	Wright	M	42	40-44	95	17:05	80	24:39:00	81	13:37	113	0:55:20.0
5/6	290	James	Dirubbio	M	44	40-44	124	26:01:00	70	22:42	87	16:14	123	1:04:57.0

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6/6	278	Michael	Delozier	M	40	40-44	68	15:22	77	23:53	91	29:52:00	124	1:09:06.0
1/8	305	Jose	Idler	M	46	45-49	5	10:20	8	14:48	5	5:56	5	0:31:03.0
2/8	362	Scott	McLallen	M	45	45-49	8	11:13	11	15:05	3	5:08	7	0:31:24.0
3/8	301	Patrick	Altenburg	M	45	45-49	28	12:42	15	16:00	30	7:42	18	0:36:24.0
4/8	316	Thomas	Afferton	M	49	45-49	34	12:57	18	16:36	23	7:09	22	0:36:42.0
5/8	309	Michael	Hamer	M	47	45-49	30	12:44	33	17:20	41	8:27	29	0:38:31.0
6/8	306	Frank	Price	M	46	45-49	56	14:43					47	0:41:24.0
7/8	310	Brian	Daly	M	47	45-49	37	13:19	24	16:48	74	11:21	48	0:41:27.0
8/8	361	Christopher	Dryden	M	49	45-49	47	13:50					50	0:41:39.0
1/8	324	Nick	Neakrase	M	51	50-54	11	11:31	6	14:25	7	6:05	8	0:32:01.0
2/8	360	James	Speicher	M	52	50-54	10	11:27	10	15:04	16	6:30	11	0:33:00.0
3/8	327	Andrew	Baillie	M	52	50-54	25	12:38	30	17:14	52	9:42	35	0:39:33.0
4/8	328	Joseph	Campbell	M	53	50-54	31	12:45					43	0:40:30.0
5/8	329	Carl	Eklund	M	53	50-54	75	15:45					54	0:43:02.0
6/8	318	Nathan	Younge	M	50	50-54	51	14:04					73	0:45:20.0
7/8	320	William	Raskin	M	50	50-54	32	12:49	87	25:44:00	60	10:06	92	0:48:39.0
8/8	319	Michael	Lacouture	M	50	50-54	111	18:45	71	22:48	72	11:04	106	0:52:36.0
1/6	334	Ronald	Teribery	M	56	55-59	26	12:39	38	17:31	13	6:25	21	0:36:34.0
2/6	338	Frank	Bossong	M	58	55-59	58	14:46					34	0:39:18.0
3/6	359	Andre	Leblanc	M	55	55-59	63	15:02					45	0:41:09.0
4/6	335	Craig	Kaucher	M	56	55-59	79	16:05					52	0:42:10.0
5/6	339	Michael	Willett	M	58	55-59	92	17:03	43	19:11	22	7:08	55	0:43:21.0
6/6	337	Darrell	Oresky	M	57	55-59	122	20:46	62	20:57	63	10:24	104	0:52:06.0
1/6	344	George	Jones	M	61	60-64	35	13:04	23	16:47	24	7:13	25	0:37:03.0
2/6	341	Bob	Richard	M	60	60-64	49	13:52	17	16:30	39	8:20	30	0:38:41.0
3/6	340	Bruce	Metge	M	60	60-64	76	15:46					51	0:41:58.0
4/6	342	Gary	Graceffo	M	60	60-64	82	16:10					59	0:43:44.0
5/6	347	Michael	Brumas	M	64	60-64	88	16:31					83	0:46:43.0
6/6	345	Bill	Lyons	M	63	60-64	102	17:42	92				100	0:51:17.0
1/3	350	Donald	Hodgen	M	66	65-69	40	13:40	26	16:50	49	9:10	37	0:39:39.0
2/3	348	Robert	Ebert	M	65	65-69	50	13:57					69	0:44:58.0
3/3	351	Lloyd	Leonard	M	66	65-69	105	17:59	42	19:01	44	8:30	74	0:45:29.0

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1/1	353	Joseph	Gillespie	M	70	70+	107	18:05	41	18:58	55	9:49	85	0:46:51.0