

Tune Up Tri  
April 10, 2016  
Manassas, VA

Triathlon  
1.5 mi run-4 mi bike-250 yd swim

Results  
overall

| Place | Div/Tot | Bib | First name  | Last name | S | Age | Age Group | Run rank | Run   | Bike Rank | Bike  | Swim Rank | Swim  | Time      |
|-------|---------|-----|-------------|-----------|---|-----|-----------|----------|-------|-----------|-------|-----------|-------|-----------|
| 1     | 1/2     | 210 | Adam        | Brumley   | M | 23  | 20-24     | 1        | 9:02  | 1         | 13:03 | 1         | 4:42  | 0:26:46.0 |
| 2     | 1/9     | 239 | Douglas     | Hickey    | M | 34  | 30-34     | 2        | 9:17  | 2         | 13:29 | 2         | 5:05  | 0:27:49.0 |
| 3     | 1/15    | 262 | Morgan      | O'Brien   | M | 37  | 35-39     | 4        | 10:19 | 5         | 14:22 | 4         | 5:35  | 0:30:16.0 |
| 4     | 2/9     | 223 | David       | Howe      | M | 30  | 30-34     | 6        | 10:47 | 3         | 13:46 | 9         | 6:13  | 0:30:46.0 |
| 5     | 1/8     | 305 | Jose        | Idler     | M | 46  | 45-49     | 5        | 10:20 | 8         | 14:48 | 5         | 5:56  | 0:31:03.0 |
| 6     | 2/9     | 224 | Carlos      | Benitez   | M | 30  | 30-34     | 3        | 10:11 | 9         | 14:48 | 11        | 6:17  | 0:31:15.0 |
| 7     | 2/8     | 362 | Scott       | McLallen  | M | 45  | 45-49     | 8        | 11:13 | 11        | 15:05 | 3         | 5:08  | 0:31:24.0 |
| 8     | 1/8     | 324 | Nick        | Neakrase  | M | 51  | 50-54     | 11       | 11:31 | 6         | 14:25 | 7         | 6:05  | 0:32:01.0 |
| 9     | 1/4     | 218 | Ian         | Dennis    | M | 28  | 25-29     | 12       | 11:33 | 7         | 14:44 | 12        | 6:20  | 0:32:36.0 |
| 10    | 4/9     | 233 | Chris       | Dickinson | M | 33  | 30-34     | 29       | 12:44 | 4         | 14:00 | 6         | 5:57  | 0:32:40.0 |
| 11    | 2/8     | 360 | James       | Speicher  | M | 52  | 50-54     | 10       | 11:27 | 10        | 15:04 | 16        | 6:30  | 0:33:00.0 |
| 12    | 1/7     | 227 | Elle        | Flood     | F | 31  | 30-34     | 9        | 11:25 | 14        | 15:54 | 17        | 6:35  | 0:33:52.0 |
| 13    | 5/9     | 229 | Thomas      | McQuigg   | M | 31  | 30-34     | 13       | 11:34 | 12        | 15:40 | 43        | 8:30  | 0:35:42.0 |
| 14    | 1/1     | 209 | Carlie      | Hvizdash  | F | 17  | 16-19     | 14       | 11:35 | 19        | 16:40 | 29        | 7:36  | 0:35:50.0 |
| 15    | 2/7     | 230 | Erin        | Smith     | F | 32  | 30-34     | 22       | 12:30 | 28        | 17:07 | 14        | 6:26  | 0:36:02.0 |
| 16    | 2/15    | 255 | Jason       | Cain      | M | 35  | 35-39     | 33       | 12:49 | 31        | 17:15 | 10        | 6:14  | 0:36:17.0 |
| 17    | 1/6     | 215 | Melissa     | Hickey    | F | 27  | 25-29     | 18       | 12:11 | 21        | 16:42 | 25        | 7:25  | 0:36:18.0 |
| 18    | 3/8     | 301 | Patrick     | Altenburg | M | 45  | 45-49     | 28       | 12:42 | 15        | 16:00 | 30        | 7:42  | 0:36:24.0 |
| 19    | 3/15    | 267 | Jonathan    | Jacobson  | M | 38  | 35-39     | 7        | 11:07 | 16        | 16:23 | 47        | 8:56  | 0:36:26.0 |
| 20    | 1/2     | 207 | Kathleen    | Brewster  | F | 15  | 13-15     | 19       | 12:14 | 35        | 17:27 | 19        | 6:50  | 0:36:29.0 |
| 21    | 1/6     | 334 | Ronald      | Teribery  | M | 56  | 55-59     | 26       | 12:39 | 38        | 17:31 | 13        | 6:25  | 0:36:34.0 |
| 22    | 4/8     | 316 | Thomas      | Afferton  | M | 49  | 45-49     | 34       | 12:57 | 18        | 16:36 | 23        | 7:09  | 0:36:42.0 |
| 23    | 1/6     | 277 | Christopher | McBride   | M | 40  | 40-44     | 16       | 11:58 | 34        | 17:23 | 27        | 7:31  | 0:36:51.0 |
| 24    | 6/9     | 228 | Brandon     | Filsinger | M | 31  | 30-34     | 17       | 12:06 | 29        | 17:13 | 28        | 7:36  | 0:36:53.0 |
| 25    | 1/6     | 344 | George      | Jones     | M | 61  | 60-64     | 35       | 13:04 | 23        | 16:47 | 24        | 7:13  | 0:37:03.0 |
| 26    | 1/6     | 265 | Jennifer    | Murphy    | F | 38  | 35-39     | 52       | 14:05 | 27        | 17:01 | 8         | 6:10  | 0:37:16.0 |
| 27    | 4/15    | 274 | Matthew     | Leech     | M | 39  | 35-39     | 45       | 13:48 | 13        | 15:43 | 36        | 8:03  | 0:37:34.0 |
| 28    | 5/15    | 259 | Christopher | Zayas     | M | 36  | 35-39     | 42       | 13:47 | 36        | 17:27 | 15        | 6:28  | 0:37:41.0 |
| 29    | 5/8     | 309 | Michael     | Hamer     | M | 47  | 45-49     | 30       | 12:44 | 33        | 17:20 | 41        | 8:27  | 0:38:31.0 |
| 30    | 2/6     | 341 | Bob         | Richard   | M | 60  | 60-64     | 49       | 13:52 | 17        | 16:30 | 39        | 8:20  | 0:38:41.0 |
| 31    | 7/9     | 231 | Timothy     | Zalewski  | M | 32  | 30-34     | 20       | 12:24 | 22        | 16:46 | 58        | 10:03 | 0:39:12.0 |
| 32    | 2/4     | 214 | Raymond     | Chian     | M | 26  | 25-29     | 21       | 12:25 | 55        | 20:01 | 20        | 6:52  | 0:39:17.0 |
| 33    | 2/6     | 287 | Mike        | Zaetta    | M | 42  | 40-44     | 57       | 14:44 | 25        | 16:49 | 32        | 7:46  | 0:39:18.0 |
| 34    | 2/6     | 338 | Frank       | Bossong   | M | 58  | 55-59     | 58       | 14:46 |           |       |           |       | 0:39:18.0 |
| 35    | 3/8     | 327 | Andrew      | Baillie   | M | 52  | 50-54     | 25       | 12:38 | 30        | 17:14 | 52        | 9:42  | 0:39:33.0 |
| 36    | 2/6     | 269 | Christine   | Williams  | F | 39  | 35-39     | 46       | 13:49 | 32        | 17:20 | 40        | 8:26  | 0:39:34.0 |
| 37    | 1/3     | 350 | Donald      | Hodgen    | M | 66  | 65-69     | 40       | 13:40 | 26        | 16:50 | 49        | 9:10  | 0:39:39.0 |
| 38    | 3/6     | 256 | Alison      | Eddy      | F | 36  | 35-39     | 64       | 15:08 | 20        | 16:41 | 35        | 7:54  | 0:39:42.0 |

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| Place | Div/Tot | Bib | First name  | Last name   | S | Age | Age Group | Run rank | Run   | Bike Rank | Bike  | Swim Rank | Swim  | Time      |
|-------|---------|-----|-------------|-------------|---|-----|-----------|----------|-------|-----------|-------|-----------|-------|-----------|
| 39    | 6/15    | 254 | Sean        | Mulligan    | M | 35  | 35-39     | 24       | 12:36 | 40        | 18:35 | 46        | 8:39  | 0:39:49.0 |
| 40    | 2/2     | 204 | Laila       | Hamer       | F | 14  | 13-15     | 23       | 12:32 | 53        | 19:59 | 26        | 7:26  | 0:39:56.0 |
| 41    | 7/15    | 275 | Royce       | Adams       | M | 39  | 35-39     | 43       | 13:48 | 47        | 19:27 | 21        | 7:03  | 0:40:17.0 |
| 42    | 3/6     | 279 | Peter       | Cooke       | M | 40  | 40-44     | 62       | 15:02 | 37        | 17:27 | 34        | 7:53  | 0:40:21.0 |
| 43    | 4/8     | 328 | Joseph      | Campbell    | M | 53  | 50-54     | 31       | 12:45 |           |       |           |       | 0:40:30.0 |
| 44    | 1/9     | 307 | Shawn       | Shields     | F | 47  | 45-49     | 48       | 13:51 |           |       |           |       | 0:40:54.0 |
| 45    | 3/6     | 359 | Andre       | Leblanc     | M | 55  | 55-59     | 63       | 15:02 |           |       |           |       | 0:41:09.0 |
| 46    | 1/4     | 208 | Sean        | Altenburg   | M | 15  | 13-15     | 27       | 12:39 | 58        | 20:16 | 42        | 8:28  | 0:41:22.0 |
| 47    | 6/8     | 306 | Frank       | Price       | M | 46  | 45-49     | 56       | 14:43 |           |       |           |       | 0:41:24.0 |
| 48    | 7/8     | 310 | Brian       | Daly        | M | 47  | 45-49     | 37       | 13:19 | 24        | 16:48 | 74        | 11:21 | 0:41:27.0 |
| 49    | 8/15    | 273 | Matthew     | Koirtyohann | M | 39  | 35-39     | 41       | 13:41 | 39        | 18:04 | 56        | 9:52  | 0:41:36.0 |
| 50    | 8/8     | 361 | Christopher | Dryden      | M | 49  | 45-49     | 47       | 13:50 |           |       |           |       | 0:41:39.0 |
| 51    | 3/6     | 340 | Bruce       | Metge       | M | 60  | 60-64     | 76       | 15:46 |           |       |           |       | 0:41:58.0 |
| 52    | 4/6     | 335 | Craig       | Kaucher     | M | 56  | 55-59     | 79       | 16:05 |           |       |           |       | 0:42:10.0 |
| 53    | 4/6     | 252 | Katherine   | Caldwell    | F | 35  | 35-39     | 36       | 13:14 |           |       |           |       | 0:42:56.0 |
| 54    | 5/8     | 329 | Carl        | Eklund      | M | 53  | 50-54     | 75       | 15:45 |           |       |           |       | 0:43:02.0 |
| 55    | 5/6     | 339 | Michael     | Willett     | M | 58  | 55-59     | 92       | 17:03 | 43        | 19:11 | 22        | 7:08  | 0:43:21.0 |
| 56    | 2/4     | 203 | Jamari      | Toppin      | M | 13  | 13-15     | 67       | 15:14 | 65        | 21:26 | 18        | 6:46  | 0:43:25.0 |
| 57    | 9/15    | 263 | Chris       | Daupert     | M | 37  | 35-39     | 77       | 15:46 |           |       |           |       | 0:43:32.0 |
| 58    | 3/4     | 216 | Jerad       | Silverstrim | M | 27  | 25-29     | 73       | 15:37 | 60        | 20:23 | 31        | 7:45  | 0:43:43.0 |
| 59    | 4/6     | 342 | Gary        | Graceffo    | M | 60  | 60-64     | 82       | 16:10 |           |       |           |       | 0:43:44.0 |
| 60    | 2/9     | 303 | Fiona       | McClure     | F | 46  | 45-49     | 59       | 14:47 |           |       |           |       | 0:43:55.0 |
| 61    | 10/15   | 257 | Lenny       | Compton     | M | 36  | 35-39     | 44       | 13:48 | 46        | 19:22 | 70        | 10:49 | 0:43:57.0 |
| 62    | 1/5     | 289 | Kathryn     | Law         | F | 44  | 40-44     | 38       | 13:34 |           |       |           |       | 0:44:10.0 |
| 63    | 1/7     | 321 | Andileen    | Gooch       | F | 51  | 50-54     | 84       | 16:13 | 59        | 20:19 | 33        | 7:47  | 0:44:18.0 |
| 64    | 1/4     | 336 | Duk         | Ro          | F | 57  | 55-59     | 53       | 14:29 |           |       |           |       | 0:44:20.0 |
| 65    | 11/15   | 261 | James       | Caldwell    | M | 37  | 35-39     | 15       | 11:52 | 69        | 21:47 | 68        | 10:47 | 0:44:25.0 |
| 66    | 3/9     | 311 | Suzanne     | Brewster    | F | 48  | 45-49     | 60       | 14:48 |           |       |           |       | 0:44:29.0 |
| 67    | 4/9     | 312 | Anne        | McMurry     | F | 48  | 45-49     | 74       | 15:41 | 61        | 20:41 | 38        | 8:13  | 0:44:34.0 |
| 68    | 2/7     | 325 | Ann         | Palmer      | F | 52  | 50-54     | 72       | 15:37 |           |       |           |       | 0:44:54.0 |
| 69    | 2/3     | 348 | Robert      | Ebert       | M | 65  | 65-69     | 50       | 13:57 |           |       |           |       | 0:44:58.0 |
| 70    | 2/6     | 213 | Emily       | Lang        | F | 26  | 25-29     | 86       | 16:23 | 45        | 19:17 | 51        | 9:20  | 0:44:59.0 |
| 71    | 3/7     | 238 | Emily       | Blum        | F | 34  | 30-34     | 65       | 15:12 | 48        | 19:30 | 66        | 10:32 | 0:45:14.0 |
| 72    | 2/4     | 332 | Tish        | Tucker      | F | 55  | 55-59     | 85       | 16:16 |           |       |           |       | 0:45:17.0 |
| 73    | 6/8     | 318 | Nathan      | Younge      | M | 50  | 50-54     | 51       | 14:04 |           |       |           |       | 0:45:20.0 |
| 74    | 3/3     | 351 | Lloyd       | Leonard     | M | 66  | 65-69     | 105      | 17:59 | 42        | 19:01 | 44        | 8:30  | 0:45:29.0 |
| 75    | 4/4     | 219 | Justin      | Opfermann   | M | 29  | 25-29     | 71       | 15:36 | 50        | 19:32 | 64        | 10:26 | 0:45:32.0 |
| 76    | 3/4     | 331 | Maureen     | Duran       | F | 55  | 55-59     | 108      | 18:14 | 44        | 19:15 | 37        | 8:07  | 0:45:35.0 |

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|-------|---------|-----|------------|----------------|---|-----|-----------|----------|-------|-----------|----------|-----------|-------|-----------|
| 77    | 1/2     | 201 | David      | Taber          | M | 12  | 10-12     | 61       | 14:58 |           |          |           |       | 0:45:38.0 |
| 78    | 1/1     | 212 | Nicole     | Dagata         | F | 24  | 20-24     | 70       | 15:35 | 49        | 19:31    | 67        | 10:40 | 0:45:45.0 |
| 79    | 3/4     | 205 | Michael    | Storey         | M | 14  | 13-15     | 55       | 14:38 |           |          |           |       | 0:45:48.0 |
| 80    | 2/5     | 285 | Sarah      | Emory          | F | 41  | 40-44     | 80       | 16:05 |           |          |           |       | 0:45:50.0 |
| 81    | 2/2     | 202 | Benjamin   | Adams          | M | 12  | 10-12     | 81       | 16:06 |           |          |           |       | 0:46:09.0 |
| 82    | 4/7     | 225 | Richena    | Purnell-Sayle  | F | 31  | 30-34     | 39       | 13:37 | 72        | 23:07    | 57        | 9:53  | 0:46:36.0 |
| 83    | 5/6     | 347 | Michael    | Brumas         | M | 64  | 60-64     | 88       | 16:31 |           |          |           |       | 0:46:43.0 |
| 84    | 3/6     | 247 | Stephanie  | Graceffo       | F | 28  | 25-29     | 66       | 15:13 | 51        | 19:49    | 75        | 11:43 | 0:46:44.0 |
| 85    | 1/1     | 353 | Joseph     | Gillespie      | M | 70  | 70+       | 107      | 18:05 | 41        | 18:58    | 55        | 9:49  | 0:46:51.0 |
| 86    | 5/7     | 222 | Deniz      | Soyer          | F | 30  | 30-34     | 94       | 17:05 | 57        | 20:12    | 53        | 9:45  | 0:47:00.0 |
| 87    | 5/9     | 304 | Beth       | Connors        | F | 46  | 45-49     | 101      | 17:38 | 54        | 20:00    | 54        | 9:48  | 0:47:25.0 |
| 88    | 4/6     | 221 | Jaime      | Reel           | F | 29  | 25-29     | 90       | 16:41 |           |          |           |       | 0:47:37.0 |
| 89    | 5/6     | 220 | Eileen     | Foyle          | F | 29  | 25-29     | 54       | 14:37 |           |          |           |       | 0:48:05.0 |
| 90    | 8/9     | 235 | Jeffery    | Kuhn           | M | 33  | 30-34     | 109      | 18:31 |           |          |           |       | 0:48:10.0 |
| 91    | 4/4     | 333 | Elizabeth  | Locke          | F | 56  | 55-59     | 113      | 18:59 | 56        | 20:04    | 50        | 9:16  | 0:48:19.0 |
| 92    | 7/8     | 320 | William    | Raskin         | M | 50  | 50-54     | 32       | 12:49 | 87        | 25:44:00 | 60        | 10:06 | 0:48:39.0 |
| 93    | 3/7     | 326 | Miriam     | Friedman       | F | 52  | 50-54     | 87       | 16:30 | 73        | 23:08    | 48        | 9:06  | 0:48:42.0 |
| 94    | 4/7     | 330 | Cynthia    | Fischer        | F | 54  | 50-54     | 93       | 17:04 | 63        | 21:01    | 71        | 10:52 | 0:48:56.0 |
| 95    | 12/15   | 260 | Jesus      | Diaz           | M | 36  | 35-39     | 83       | 16:12 |           |          |           |       | 0:49:04.0 |
| 96    | 6/7     | 232 | Stefanie   | Vestal         | F | 33  | 30-34     | 89       | 16:39 |           |          |           |       | 0:49:25.0 |
| 97    | 6/6     | 217 | Susann     | Babaei         | F | 28  | 25-29     | 103      | 17:52 |           |          |           |       | 0:49:29.0 |
| 98    | 9/9     | 248 | Joseph     | Balinas        | M | 32  | 30-34     | 91       | 16:56 | 52        | 19:50    | 80        | 13:20 | 0:50:05.0 |
| 99    | 2/2     | 211 | David      | Ray            | M | 24  | 20-24     | 69       | 15:28 |           |          |           |       | 0:50:18.0 |
| 100   | 6/6     | 345 | Bill       | Lyons          | M | 63  | 60-64     | 102      | 17:42 | 92        |          |           |       | 0:51:17.0 |
| 101   | 3/5     | 280 | Lisa       | Letke          | F | 41  | 40-44     | 117      | 19:39 | 66        | 21:34    | 61        | 10:07 | 0:51:19.0 |
| 102   | 5/6     | 264 | Allison    | Medina         | F | 38  | 35-39     | 112      | 18:58 | 78        | 23:56    | 45        | 8:31  | 0:51:24.0 |
| 103   | 4/5     | 281 | Rachael    | Mangum         | F | 41  | 40-44     | 116      | 19:38 | 67        | 21:37    | 65        | 10:32 | 0:51:47.0 |
| 104   | 6/6     | 337 | Darrell    | Oresky         | M | 57  | 55-59     | 122      | 20:46 | 62        | 20:57    | 63        | 10:24 | 0:52:06.0 |
| 105   | 6/9     | 308 | Sarah      | MacEyak        | F | 47  | 45-49     | 97       | 17:19 | 68        | 21:40    | 79        | 13:16 | 0:52:13.0 |
| 106   | 8/8     | 319 | Michael    | Lacouture      | M | 50  | 50-54     | 111      | 18:45 | 71        | 22:48    | 72        | 11:04 | 0:52:36.0 |
| 107   | 7/7     | 226 | Coree      | Reuter-Mcnamar | F | 31  | 30-34     | 106      | 18:05 | 81        | 24:40:00 | 62        | 10:13 | 0:52:57.0 |
| 108   | 7/9     | 300 | Amy        | Storey         | F | 45  | 45-49     | 119      | 19:48 | 74        | 23:19    | 69        | 10:47 | 0:53:54.0 |
| 109   | 13/15   | 276 | John       | Park           | M | 39  | 35-39     | 78       | 15:48 | 86        | 25:20:00 | 78        | 13:09 | 0:54:16.0 |
| 110   | 5/7     | 323 | Ana        | Ayerbe         | F | 51  | 50-54     | 100      | 17:34 | 75        | 23:39    | 77        | 13:07 | 0:54:18.0 |
| 111   | 5/5     | 288 | Kathryn    | Taber          | F | 43  | 40-44     | 118      | 19:44 | 76        | 23:45    | 73        | 11:20 | 0:54:48.0 |
| 112   | 8/9     | 314 | Anne       | Kling          | F | 48  | 45-49     | 115      | 19:20 | 64        | 21:11    | 85        | 14:41 | 0:55:11.0 |
| 113   | 4/6     | 286 | David      | Wright         | M | 42  | 40-44     | 95       | 17:05 | 80        | 24:39:00 | 81        | 13:37 | 0:55:20.0 |
| 114   | 4/4     | 206 | Ethan      | Coffin         | M | 14  | 13-15     | 104      | 17:53 | 90        | 27:35:00 | 59        | 10:05 | 0:55:32.0 |

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|-------|---------|-----|------------|-----------|---|-----|-----------|----------|----------|-----------|----------|-----------|----------|-----------|
| 115   | 9/9     | 313 | Julie      | Ayotte    | F | 48  | 45-49     | 121      | 20:20    | 88        | 25:48:00 | 76        | 12:00    | 0:58:07.0 |
| 116   | 6/7     | 317 | Judie      | Almodovar | F | 50  | 50-54     | 110      | 18:44    | 89        | 26:53:00 | 82        | 13:44    | 0:59:20.0 |
| 117   | 7/7     | 358 | Laurie     | Bain      | F | 53  | 50-54     | 120      | 19:50    | 83        | 24:41:00 | 86        | 15:07    | 0:59:37.0 |
| 118   | 6/6     | 270 | Katie      | Heather   | F | 39  | 35-39     | 98       | 17:25    | 82        | 24:41:00 | 90        | 17:38    | 0:59:43.0 |
| 119   | 14/15   | 268 | Cory       | Peterson  | M | 38  | 35-39     | 99       | 17:29    | 79        | 24:38:00 | 89        | 17:37    | 0:59:43.0 |
| 120   | 15/15   | 258 | Dashawn    | Groves    | M | 36  | 35-39     | 114      | 18:59    | 85        | 24:45:00 | 88        | 17:36    | 1:01:19.0 |
| 121   | 1/1     | 349 | Cornelia   | Willett   | F | 66  | 65-69     | 123      | 23:13    | 84        | 24:43:00 | 83        | 14:04    | 1:01:59.0 |
| 122   | 1/1     | 200 | Mallory    | Kling     | F | 11  | 10-12     | 96       | 17:10    | 91        | 30:19:00 | 84        | 14:33    | 1:02:01.0 |
| 123   | 5/6     | 290 | James      | Dirubbio  | M | 44  | 40-44     | 124      | 26:01:00 | 70        | 22:42    | 87        | 16:14    | 1:04:57.0 |
| 124   | 6/6     | 278 | Michael    | Delozier  | M | 40  | 40-44     | 68       | 15:22    | 77        | 23:53    | 91        | 29:52:00 | 1:09:06.0 |