

Tune Up Tri  
 Manassas, VA  
 March 27, 2011

Results by Age Group

<u>Place</u>	<u>Bib</u>	<u>First Name</u>	<u>Last Name</u>	<u>S</u>	<u>Age</u>	<u>AG</u>	<u>City</u>	<u>St</u>	<u>Rank</u>	<u>Run</u>	<u>T1</u>	<u>Rank</u>	<u>Bike</u>	<u>T2</u>	<u>Rank</u>	<u>Swim</u>	<u>Finish</u>	<u>Penalty</u>	<u>Rank</u>	<u>Time</u>
107	293	Camryn	Ubert	F	10	10-12	Stephens City	VA	47	10:53	1:19	188	19:00	2:24	128	6:22	39:56:00		107	39:56:00
108	296	Bailey	Ytterdahl	F	11	10-12	Oakton	VA	107	12:46	0:49	189	19:03	1:30	97	5:52	39:57:00		108	39:57:00
245	297	Shelby	Haley	F	12	10-12	Leesburg	VA	199	15:41	1:19	259	26:18:00	2:37	216	8:33	54:25:00		242	54:25:00
22	307	Elizabeth	Edwards	F	13	13-15	Kennett Square	PA	32	10:22	0:44	56	14:43	1:31	16	4:26	31:43:00		22	31:43:00
91	312	Madeline	Treiber	F	14	13-15	Winchester	VA	76	11:57	1:15	148	17:47	2:06	78	5:33	38:36:00		91	38:36:00
147	306	Isabella	Blanco	F	13	13-15	Falls Church	VA	88	12:10	1:34	224	21:15	3:10	87	5:45	43:52:00		146	43:52:00
209	311	Kaylie	Benson	F	14	13-15	Woodbridge	VA	183	15:01	2:51	243	22:46	4:04	12	4:20	48:59:00		207	48:59:00
214	309	Kate	Karlen	F	13	13-15	Woodbridge	VA	184	15:01	2:50	245	22:48	4:02	39	4:59	49:37:00		212	49:37:00
103	80	Genevieve	Brock	F	19	16-19	Exeter	NH	93	12:16	1:24	177	18:35	2:06	52	5:06	39:26:00		103	39:26:00
199	79	Annalucia	Schelbert	F	17	16-19	Bethesda	MD	168	14:35	1:06	206	19:52	2:51	245	9:45	48:06:00		197	48:06:00
4	88	Lauren	Bussian	F	20	20-24	Haymarket	VA	25	10:01	0:54	3	11:10	1:01	9	4:15	27:18:00		4	27:18:00
5	102	Hannah	Granger	F	23	20-24	Lexington	VA	7	9:03	0:54	10	12:01	1:22	18	4:28	27:46:00		5	27:46:00
23	105	Anna	Outratova	F	24	20-24	Fairfax	VA	17	9:48	0:57	52	14:31	1:27	48	5:04	31:44:00		23	31:44:00
33	87	Delia	Belausteguigoi	F	20	20-24	Bethesda	MD	61	11:19	1:28	24	12:58	1:54	27	4:41	32:18:00		33	32:18:00
34	91	Candace	Sanderson	F	20	20-24	Gaithersburg	MD	27	10:13	0:57	45	14:05	2:01	50	5:04	32:18:00		34	32:18:00
38	95	Kathleen	Purpura	F	21	20-24	Lexington	VA	18	9:52	0:52	54	14:33	1:51	103	5:59	33:05:00		38	33:05:00
39	92	Lauren	Van Vliet	F	20	20-24	Fairfax	VA	67	11:30	1:17	21	12:54	1:26	106	6:03	33:08:00		39	33:08:00
48	103	Irene	Papas	F	23	20-24	Greensburg	PA	52	11:04	1:00	57	14:43	2:01	44	5:03	33:49:00		48	33:49:00
51	101	Roxana	Ehsani	F	23	20-24	Blacksburg	VA	22	9:57	1:07	80	15:32	1:39	114	6:07	34:20:00		51	34:20:00
54	90	Emily	Makhlouf	F	20	20-24	Reisterstown	MD	28	10:15	1:03	110	16:34	1:36	56	5:11	34:37:00		54	34:37:00
79	100	Elizabeth	Carlos	F	23	20-24	Lexington	VA	96	12:18	0:52	137	17:25	1:36	70	5:27	37:36:00		79	37:36:00
88	99	Carolyn	Kenaley	F	22	20-24	Lexington	VA	106	12:41	1:08	130	17:10	1:28	93	5:48	38:13:00		88	38:13:00
97	106	Maria	Srouer	F	24	20-24	Washington	DC	126	13:14	1:13	82	15:38	2:03	157	6:50	38:55:00		97	38:55:00
124	94	Maya	Munoz	F	21	20-24	Mt Airy	MD	94	12:16	1:27	175	18:34	2:35	159	6:55	41:45:00		124	41:45:00
131	97	Kelly	Creamer	F	22	20-24	Pittsburgh	PA	133	13:24	1:20	160	18:06	2:34	163	6:58	42:20:00		131	42:20:00
151	98	Sarah	Gray	F	22	20-24	Charlottesville	VA	167	14:34	1:00	201	19:43	2:16	139	6:33	44:04:00		150	44:04:00
222	93	Courtney	Hamlin	F	21	20-24	Woodbridge	VA	171	14:43	1:10	254	24:41:00	2:28	183	7:22	50:22:00		220	50:22:00
248	89	Katryna	Cera-Proulx	F	20	20-24	Middletown	DE	250	19:38	2:11	227	21:21	3:08	225	8:58	55:14:00		245	55:14:00
249	104	Rashanda	Dunn	F	24	20-24	Clinton	MD	262	22:29	3:06	226	21:18	2:44	96	5:51	55:27:00		246	55:27:00
44	130	Jessica	Harris	F	25	25-29	Woodbridge	VA	53	11:05	1:09	78	15:27	1:28	10	4:18	33:26:00		44	33:26:00
86	133	Lauren	Mogavero	F	25	25-29	Arlington	VA	65	11:27	1:53	88	15:51	1:59	144	6:41	37:49:00		86	37:49:00
105	135	Christine	Mack	F	26	25-29	Germantown	MD	80	12:01	1:23	147	17:45	1:56	147	6:42	39:45:00		105	39:45:00
125	132	Sarah	Kramer	F	25	25-29	Arlington	VA	197	15:38	1:06	170	18:15	1:54	37	4:55	41:46:00		125	41:46:00
163	136	Jacqueline	Albright	F	27	25-29	Bristow	VA	155	14:01	1:51	126	17:05	2:55	230	9:09	44:59:00		162	44:59:00

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180	137	Helen	Anderson	F	27	25-29	King George	VA	148	13:51	1:24	222	20:52	3:24	146	6:42	46:11:00		178	46:11:00
189	134	Deniz	Soyer	F	25	25-29	Arlington	VA	194	15:22	2:45	190	19:05	2:40	172	7:04	46:53:00		187	46:53:00
191	143	Katherine	Lewis	F	28	25-29	Springfield	VA	141	13:40	1:15	237	22:22	1:57	202	8:02	47:14:00		189	47:14:00
201	142	Michelle	Bevis	F	28	25-29	Alexandria	VA	218	16:34	1:40	197	19:38	3:06	192	7:40	48:35:00		199	48:35:00
232	138	Elizabeth	Blindauer	F	27	25-29	Woodbridge	VA	223	17:05	1:27	251	23:54	2:37	162	6:57	51:58:00		230	51:58:00
240	129	Rebecca	Glasberg	F	25	25-29	Alexandria	VA	190	15:13	1:30	261	27:54:00	2:17	168	7:00	53:52:00		237	53:52:00
241	131	Katherine	Juzbasich	F	25	25-29	Waterford	VA	227	17:11	2:05	236	22:14	4:14	210	8:16	53:58:00		238	53:58:00
259	146	Lorelei	Taylor	F	28	25-29	Fort Belvoir	VA	226	17:10	1:36	265	39:03:00	2:00	118	6:08	1:05:57		256	1:05:57
260	145	Allison	Neaves	F	28	25-29	Sterling	VA	245	18:34	3:19	263	30:45:00	4:22	258	12:46	1:09:44		257	1:09:44
70	192	Carolina	Soto	F	33	30-34	Burke	VA	79	11:59	1:32	79	15:28	1:32	90	5:46	36:16:00		70	36:16:00
98	198	Elizabeth	Togger	F	34	30-34	Roanoke	VA	73	11:47	1:39	166	18:10	2:13	59	5:14	39:02:00		98	39:02:00
100	193	Amy	Button	F	34	30-34	Haymarket	VA	143	13:42	2:35	92	15:55	2:26	24	4:36	39:11:00		100	39:11:00
110	199	Heather	Westerman	F	34	30-34	Woodbridge	VA	149	13:53	1:06	142	17:38	2:09	84	5:42	40:25:00		110	40:25:00
116	187	Jennifer	Eisenach	F	32	30-34	Alexandria	VA	146	13:46	1:34	118	16:42	2:25	164	6:58	41:22:00		116	41:22:00
127	183	Alison	Eddy	F	31	30-34	Arlington	VA	187	15:09	1:13	121	16:46	2:07	160	6:56	42:09:00		127	42:09:00
139	368	Nicole	Thomas	F	34	30-34	Woodbridge	VA	144	13:43	1:38	196	19:28	3:00	58	5:13	43:01:00		139	43:01:00
144	185	Miriam	Joy	F	31	30-34	Fairfax	VA	174	14:47	1:15	183	18:46	2:47	83	5:40	43:14:00		143	43:14:00
158	196	Shannon	Hepler	F	34	30-34	Washington	DC	172	14:43	1:35	138	17:30	3:45	176	7:12	44:43:00		157	44:43:00
177	182	Jahleen	Wright	F	30	30-34	Woodbridge	VA	152	14:00	1:21	228	21:25	2:16	173	7:07	46:07:00		175	46:07:00
227	188	Leanna	Keegan	F	32	30-34	Fairfax	VA	240	18:09	2:34	207	19:54	2:51	203	8:04	51:31:00		225	51:31:00
238	197	Adele	Milliken	F	34	30-34	Alexandria	VA	206	15:51	2:10	239	22:25	3:05	239	9:28	52:56:00		235	52:56:00
247	190	Hemal	Jhaveri	F	33	30-34	Alexandria	VA	112	12:50	1:35	262	28:43:00	3:16	206	8:12	54:34:00		244	54:34:00
255	195	Katie	Flynn	F	34	30-34	Fairfax	VA	261	22:29	1:54	257	25:56:00	3:08	174	7:09	1:00:34		252	1:00:34
94	317	Megan	Sullivan	F	35	35-39	Arlington	VA	122	13:07	1:18	152	17:55	1:56	21	4:31	38:44:00		94	38:44:00
109	329	Rebekah	Cox	F	38	35-39	South Riding	VA	121	13:04	0:51	128	17:08	2:15	153	6:44	40:00:00		109	40:00:00
113	319	Brandi	Farrell	F	36	35-39	Takoma Park	MD	137	13:36	1:37	139	17:30	2:07	122	6:13	41:02:00		113	41:02:00
120	321	Amanda	May	F	36	35-39	Arlington	VA	209	16:06	1:46	86	15:48	2:09	85	5:42	41:30:00		120	41:30:00
128	336	Christine	Zell	F	38	35-39	Bristow	VA	90	12:11	1:37	185	18:55	2:30	170	7:01	42:12:00		128	42:12:00
140	313	Angelee	Andoe	F	35	35-39	Washington	DC	108	12:48	1:44	109	16:33	2:20	244	9:40	43:03:00		140	43:03:00
141	316	Jennifer	Hall	F	35	35-39	Richmond	VA	85	12:07	1:44	120	16:45	3:04	238	9:27	43:04:00		141	43:04:00
154	200	Kim	Yost	F	36	35-39	Rockville	MD	147	13:48	2:13	108	16:29	2:17	242	9:30	44:15:00		153	44:15:00
156	322	Stephanie	Mitchell	F	36	35-39	Arlington	VA	131	13:23	2:12	200	19:40	2:43	140	6:33	44:28:00		155	44:28:00
170	334	Susan	Raeder	F	38	35-39	Lorton	VA	170	14:40	2:07	212	20:03	2:25	129	6:23	45:37:00		169	45:37:00
173	335	Cheryl	Waller	F	38	35-39	Arlington	VA	208	15:55	1:23	198	19:38	2:10	145	6:41	45:45:00		172	45:45:00

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186	330	Susan	Hovatter	F	38	35-39	Virginia Beach	VA	203	15:49	1:32	192	19:09	2:36	190	7:34	46:37:00		184	46:37:00
205	333	Sarah	Novak	F	38	35-39	Arlington	VA	181	14:59	1:40	244	22:47	2:28	158	6:55	48:46:00		203	48:46:00
207	324	Stacey	Capers	F	37	35-39	Gainesville	VA	192	15:15	1:22	223	20:57	4:35	152	6:44	48:53:00		205	48:53:00
231	320	Melissa	Gretton	F	36	35-39	Bristow	VA	243	18:32	1:58	191	19:05	3:22	224	8:58	51:53:00		229	51:53:00
237	327	Liz	Witt-Lee	F	37	35-39	Manassas	VA	210	16:08	1:23	241	22:29	3:04	234	9:19	52:20:00		234	52:20:00
252	332	Jennifer	Lucero	F	38	35-39	Manassas	VA	249	19:36	2:20	240	22:29	5:12	204	8:07	57:42:00		249	57:42:00
253	315	Amber	Facer	F	35	35-39	Woodbridge	VA	242	18:31	1:50	253	24:08:00	3:15	252	10:55	58:37:00		250	58:37:00
261	331	Nicola	Kemp	F	38	35-39	Woodbridge	VA	264	22:41	2:16	260	27:18:00	4:33	260	22:36	1:19:21		258	1:19:21
30	360	Darcy	Ytterdahl	F	42	40-44	Oakton	VA	71	11:41	1:11	29	13:13	1:44	17	4:26	32:14:00		30	32:14:00
36	358	Annica	Hedman-Marshal	F	42	40-44	Boonsboro	MD	33	10:24	0:54	43	14:03	1:34	113	6:07	32:59:00		36	32:59:00
61	354	Corky	Sturtevant	F	41	40-44	Springfield	VA	30	10:20	0:58	95	16:00	1:52	134	6:27	35:35:00		61	35:35:00
81	338	Colleen	Avis	F	40	40-44	Arlington	VA	99	12:28	1:49	90	15:54	2:21	57	5:12	37:41:00		81	37:41:00
90	355	Donna	Treiber	F	41	40-44	Winchester	VA	77	11:58	1:14	141	17:38	2:15	73	5:28	38:30:00		90	38:30:00
101	344	Leana	Thomas	F	40	40-44	Alexandria	VA	109	12:50	1:23	107	16:28	2:36	102	5:58	39:13:00		101	39:13:00
104	342	Deborah	McKenna	F	40	40-44	North Potomac	MD	128	13:19	2:18	102	16:17	2:27	67	5:21	39:40:00		104	39:40:00
118	352	Katherine	Reeves	F	41	40-44	North Beach	MD	135	13:28	1:06	159	18:05	2:26	127	6:22	41:24:00		118	41:24:00
126	351	Alison	Moore	F	41	40-44	Gainesville	VA	178	14:58	1:46	156	18:04	3:01	7	4:02	41:48:00		126	41:48:00
150	348	Carmel	Dekel	F	41	40-44	Montgomery Village	MD	180	14:58	1:55	153	17:55	3:39	79	5:34	43:59:00		149	43:59:00
153	361	Lisa	Haley	F	43	40-44	Leesburg	VA	138	13:38	2:22	174	18:34	3:14	131	6:25	44:11:00		152	44:11:00
159	357	Joan	Brewington	F	42	40-44	Manasssas	VA	153	14:01	1:26	132	17:17	2:41	236	9:23	44:45:00		158	44:45:00
174	353	Blake	Royer	F	41	40-44	Lynchburg	VA	86	12:07	2:41	238	22:24	2:30	115	6:07	45:48:00		173	45:48:00
175	356	Katherine	Baker	F	42	40-44	Fredericksburg	VA	160	14:15	2:02	165	18:09	2:59	213	8:27	45:50:00		174	45:50:00
202	347	Beth	Connors	F	41	40-44	Arlington	VA	214	16:22	3:00	136	17:24	3:26	214	8:29	48:38:00		200	48:38:00
204	346	Anna	Clark	F	41	40-44	Glen Allen	VA	239	18:09	2:19	180	18:37	2:58	154	6:45	48:46:00		202	48:46:00
216	363	Julie	Jaeger	F	44	40-44	Woodbridge	VA	179	14:58	1:11	252	23:55	3:24	133	6:27	49:53:00		214	49:53:00
220	362	Kimberly	De Castro	F	44	40-44	Hampton	VA	248	18:57	2:33	220	20:40	3:00	49	5:04	50:11:00		218	50:11:00
221	345	Lori	Benson	F	41	40-44	Woodbridge	VA	182	15:00	2:50	246	22:55	3:55	80	5:39	50:17:00		219	50:17:00
234	340	Allison	Ebert	F	40	40-44	Lynchburg	VA	232	17:35	1:52	242	22:36	3:23	148	6:42	52:07:00		231	52:07:00
256	366	Cynthia	Romero	F	44	40-44	Virginia Beach	VA	233	17:38	2:32	256	25:00:00	4:17	257	12:27	1:01:52		253	1:01:52
258	359	Nicole	Walker	F	42	40-44	Macon	GA	255	20:40	1:48	264	31:02:00	4:06	211	8:17	1:05:51		255	1:05:51
117	15	Valerie	Page	F	46	45-49	Fredericksburg	VA	104	12:37	2:24	53	14:32	2:24	241	9:29	41:23:00		117	41:23:00
121	30	Sandra	Gardella-Cherr	F	48	45-49	Stafford	VA	150	13:54	1:09	169	18:14	2:15	107	6:04	41:33:00		121	41:33:00
123	21	Miriam	Friedman	F	47	45-49	Silver Spring	MD	161	14:16	0:51	181	18:40	1:36	124	6:20	41:40:00		123	41:40:00
132	12	Margaret	Hanrahan	F	45	45-49	Burke	VA	191	15:13	1:45	106	16:27	2:17	149	6:42	42:22:00		132	42:22:00

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135	19	Lisa	Boorum	F	47	45-49	Woodbridge	VA	205	15:50	1:15	122	16:48	2:12	150	6:42	42:44:00		135	42:44:00
137	24	Denise	Martin	F	47	45-49	Woodbridge	VA	74	11:53	1:15	81	15:34	2:38	255	11:31	42:50:00		137	42:50:00
157	31	Irma	Sanchez-Cogdil	F	48	45-49	Manassas	VA	145	13:44	2:24	112	16:36	2:39	232	9:14	44:36:00		156	44:36:00
179	23	Denise	Krein	F	47	45-49	Lorton	VA	186	15:06	1:26	215	20:23	2:45	138	6:31	46:09:00		177	46:09:00
192	33	Stacey	Boehm	F	49	45-49	Potomac	MD	219	16:48	1:56	179	18:36	3:00	165	6:58	47:17:00		190	47:17:00
200	34	Catherine	Kestle	F	49	45-49	Montclair	VA	165	14:31	2:02	221	20:43	3:25	191	7:39	48:18:00		198	48:18:00
203	16	Yolanda	Raffert	F	46	45-49	Manassas	VA	222	17:01	2:32	164	18:08	3:09	198	7:56	48:44:00		201	48:44:00
219	27	Christina	Wardlow	F	47	45-49	Ashburn	VA	215	16:26	1:27	247	23:13	3:00	112	6:06	50:11:00		217	50:11:00
251	14	Lori	Conklin	F	46	45-49	Charlottesville	VA	251	19:41	1:30	249	23:38	3:19	233	9:18	57:25:00		248	57:25:00
257	32	Jan	Stover	F	48	45-49	Bristow	VA	257	21:35	2:02	258	26:15:00	3:30	250	10:34	1:03:54		254	1:03:54
92	41	Jean	Wright	F	50	50-54	King George	VA	100	12:30	1:46	61	14:58	3:12	123	6:15	38:38:00		92	38:38:00
111	55	Margaret	Smith	F	54	50-54	Manassas	VA	166	14:32	1:45	85	15:47	2:16	117	6:08	40:26:00		111	40:26:00
130	53	Nancy	Frohman	F	54	50-54	Potomac	MD	162	14:22	2:26	84	15:43	3:04	151	6:43	42:17:00		130	42:17:00
161	40	Diana	Wilcox	F	50	50-54	Lorton	VA	163	14:24	1:26	104	16:25	3:22	231	9:13	44:48:00		160	44:48:00
164	47	Anice	Hoachlander	F	52	50-54	Bethesda	MD	225	17:10	1:58	111	16:35	2:40	141	6:37	44:59:00		163	44:59:00
169	45	Bonnie	Bloom	F	52	50-54	Fairfax Station	VA	188	15:11	1:28	151	17:53	3:50	179	7:16	45:35:00		168	45:35:00
172	37	Sara	Sakura	F	50	50-54	Washington	DC	115	12:55	2:39	193	19:09	4:29	137	6:31	45:41:00		171	45:41:00
193	49	Jeanne	Bridger	F	53	50-54	Dumfries	VA	195	15:24	3:26	144	17:40	2:56	205	8:12	47:36:00		191	47:36:00
194	48	Pam	Mahone	F	52	50-54	Woodbridge	VA	204	15:49	1:13	195	19:20	2:40	221	8:39	47:40:00		192	47:40:00
198	54	Gerri	Noble-Martocci	F	54	50-54	Springfield	VA	200	15:42	1:34	203	19:47	3:48	175	7:10	47:59:00		196	47:59:00
206	43	Deborah	Dixon	F	51	50-54	Alexandria	VA	238	18:06	1:32	209	19:59	2:29	156	6:49	48:52:00		204	48:52:00
210	38	Joan	Sansbury	F	50	50-54	Kensington	MD	230	17:16	3:07	150	17:50	3:07	200	8:01	49:19:00		208	49:19:00
215	36	Tamra	Joslyn	F	50	50-54	Reston	VA	234	17:47	1:57	208	19:57	3:49	126	6:20	49:49:00		213	49:49:00
217	51	Kathleen	Karlen	F	53	50-54	Woodbridge	VA	246	18:38	1:54	218	20:38	2:49	104	5:59	49:57:00		215	49:57:00
226	42	Susan	Altschuler	F	51	50-54	Herndon	VA	235	17:50	1:52	214	20:19	3:26	188	7:32	50:59:00		224	50:59:00
243	35	Constance	Christakos	F	50	50-54	Alexandria	VA	253	20:18	1:29	217	20:38	3:38	209	8:16	54:17:00		240	54:17:00
212	59	Laura	Gillis	F	58	55-59	Baltimore	MD	207	15:52	1:55	163	18:08	5:12	212	8:22	49:27:00		210	49:27:00
244	56	Carolyn	Smith	F	55	55-59	Arlington	VA	231	17:30	1:56	233	22:00	3:01	247	9:55	54:20:00		241	54:20:00
166	71	Marie	Neaves	F	64	60-64	Townsend	DE	229	17:16	1:21	143	17:40	3:03	111	6:06	45:23:00		165	45:23:00
246	70	Aggie	Byers	F	63	60-64	Alexandria	VA	254	20:24	1:47	210	19:59	4:07	207	8:13	54:28:00		243	54:28:00
254	69	Annie	Brown	F	62	60-64	Baltimore	MD	256	20:54	2:02	235	22:12	4:15	237	9:27	58:47:00		251	58:47:00
134	285	Carter	Herman	M	11	10-12	Williamsburg	VA	116	12:55	1:14	184	18:51	2:40	171	7:02	42:40:00		134	42:40:00
149	291	Samuel	Updike	M	12	10-12	Falls Church	VA	177	14:58	1:07	194	19:18	2:28	109	6:06	43:55:00		148	43:55:00
183	289	Antonio	Velasquez	M	11	10-12	Olneyu	MD	213	16:14	3:00	187	18:57	2:41	72	5:27	46:18:00		181	46:18:00

Tune Up Tri  
 Manassas, VA  
 March 27, 2011

Results by Age Group

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195	288	Jake	Seltzer	M	11	10-12	Vienna	VA	136	13:35	1:31	219	20:39	1:39	249	10:26	47:47:00		193	47:47:00
236	286	Brandon	Lee	M	11	10-12	Manassas	VA	173	14:47	1:46	248	23:24	2:51	240	9:29	52:15:00		233	52:15:00
21	304	Alex	McKenna	M	15	13-15	Leesburg	VA	29	10:19	1:21	44	14:05	1:07	35	4:54	31:43:00		21	31:43:00
136	300	Michael	Quinn	M	13	13-15	Springfield	VA	98	12:27	1:14	225	21:16	2:22	71	5:27	42:45:00		136	42:45:00
197	301	Jacob	Steiner	M	13	13-15	Chesterfield	VA	189	15:12	1:14	234	22:00	1:59	187	7:30	47:53:00		195	47:53:00
239	303	Edward	Walker	M	13	13-15	Macon	GA	211	16:13	2:04	255	24:59:00	4:00	100	5:55	53:10:00		236	53:10:00
2	82	Dylan	Morgan	M	17	16-19	Fairfax Station	VA	2	8:13	0:46	20	12:51	1:15	4	3:46	26:50:00		2	26:50:00
7	81	Thomas	Edwards	M	16	16-19	Kennett Square	PA	4	8:51	0:44	2	10:21	1:32	29	4:43	26:08:00	2:00	7	28:08:00
1	116	Brandon	Norem	M	21	20-24	Lexington	VA	1	7:45	0:43	13	12:21	1:24	3	3:44	25:55:00		1	25:55:00
8	86	Alex	Wyman	M	20	20-24	Brookeville	MD	5	8:51	1:08	1	10:16	1:26	42	5:01	26:41:00	2:00	8	28:41:00
9	113	Michael	Hepp	M	21	20-24	College Park	MD	12	9:42	0:47	7	11:52	0:55	1	3:34	26:47:00	2:00	9	28:47:00
10	124	David	Miller	M	23	20-24	Washington	DC	8	9:04	0:49	16	12:32	1:13	68	5:24	29:00:00		10	29:00:00
11	84	Tom	Campbell	M	20	20-24	Charlottesville	VA	6	8:52	0:55	49	14:27	1:18	6	3:59	29:29:00		11	29:29:00
18	114	Binh	Ly	M	21	20-24	Woodbridge	VA	10	9:36	0:46	71	15:09	1:13	20	4:29	31:11:00		18	31:11:00
19	111	Alexander	Firehammer	M	21	20-24	Lexington	VA	19	9:54	0:57	41	13:59	1:38	31	4:51	31:17:00		19	31:17:00
20	128	Paul	Setlak	M	24	20-24	Herndon	VA	92	12:15	1:16	4	11:23	1:48	28	4:42	31:21:00		20	31:21:00
26	109	Hank	Purvis	M	20	20-24	Lexington	VA	41	10:38	0:46	68	15:06	1:43	2	3:43	31:53:00		26	31:53:00
29	121	David	Currie	M	23	20-24	Oakton	VA	11	9:38	1:29	6	11:49	2:13	47	5:04	30:11:00	2:00	29	32:11:00
41	112	Cornelius	Foley	M	21	20-24	Kensington	MD	43	10:45	1:01	98	16:04	1:32	5	3:57	33:17:00		41	33:17:00
43	110	Julian	Capps	M	21	20-24	College Park	MD	45	10:47	1:39	40	13:58	1:42	65	5:19	33:24:00		43	33:24:00
71	118	Justin	Bishop	M	22	20-24	Fredericksburg	VA	55	11:06	0:46	145	17:43	1:34	63	5:18	36:25:00		71	36:25:00
77	107	Scott	Altemus	M	21	20-24	North Potomac	MD	111	12:50	1:32	42	14:03	1:55	180	7:17	37:34:00		77	37:34:00
84	126	Tobin	Shreeve	M	24	20-24	Arlington	VA	35	10:28	1:41	38	13:50	2:40	227	9:07	37:44:00		84	37:44:00
112	115	Spencer	Neubaum	M	22	20-24	Gaithersburg	MD	110	12:50	0:54	55	14:36	2:10	248	10:24	40:52:00		112	40:52:00
133	120	Alex	Heymann	M	23	20-24	Vienna	VA	24	10:00	1:41	27	13:09	2:07	259	15:34	42:28:00		133	42:28:00
165	117	Justin	Samson	M	21	20-24	Vienna	VA	91	12:12	1:12	204	19:51	4:14	197	7:48	45:14:00		164	45:14:00
196	85	David	Taylor	M	20	20-24	Stafford	VA	252	20:09	1:54	116	16:41	2:28	143	6:40	47:51:00		194	47:51:00
3	170	Brian	Myers	M	28	25-29	Fairfax	VA	9	9:05	0:41	12	12:11	1:02	11	4:20	27:16:00		3	27:16:00
6	148	Kellen	Duke	M	25	25-29	Arlington	VA	3	8:43	1:05	9	11:58	1:10	38	4:56	27:50:00		6	27:50:00
13	167	Tim	Kelley	M	29	25-29	Arlington	VA	40	10:33	1:09	11	12:03	1:28	40	5:00	30:12:00		13	30:12:00
17	153	Kyle	Foster	M	26	25-29	Alexandria	VA	38	10:30	1:08	31	13:21	1:07	19	4:29	30:33:00		17	30:33:00
25	125	Tiernan	Mulrooney	M	27	25-29	Arlington	VA	31	10:21	1:48	15	12:28	1:32	86	5:44	31:52:00		25	31:52:00
27	147	Adam	Casey	M	25	25-29	Washington	DC	44	10:46	1:25	17	12:32	1:22	95	5:51	31:54:00		27	31:54:00
31	157	Philip	Colon	M	27	25-29	Burke	VA	36	10:29	1:21	25	13:05	1:53	74	5:28	32:15:00		31	32:15:00

Tune Up Tri  
 Manassas, VA  
 March 27, 2011

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52	160	Mark	Hyatt	M	27	25-29	Arlington	VA	34	10:24	0:34	91	15:55	1:24	119	6:10	34:24:00		52	34:24:00
55	165	Chris	Dickinson	M	28	25-29	Alexandria	VA	84	12:06	1:15	48	14:12	1:42	77	5:31	34:42:00		55	34:42:00
57	176	Patrick	Gillen	M	29	25-29	Manassas	VA	89	12:10	0:48	83	15:40	1:17	51	5:06	34:59:00		57	34:59:00
59	152	Ken	Schulz	M	26	25-29	Arlington	VA	50	11:02	1:42	14	12:25	2:18	193	7:40	35:06:00		59	35:06:00
67	166	Andrew	Frank	M	28	25-29	Lorton	VA	83	12:05	0:45	123	16:49	1:29	45	5:03	36:09:00		67	36:09:00
72	154	Steven	Whelpley	M	26	25-29	Fredericksburg	VA	58	11:08	2:29	75	15:23	1:54	82	5:40	36:33:00		72	36:33:00
74	164	Michael	Rejmaniak	M	28	25-29	Arlington	VA	158	14:07	1:57	47	14:09	1:55	43	5:03	37:08:00		74	37:08:00
80	162	Justin	Main	M	27	25-29	Reston	VA	87	12:09	0:45	94	15:57	1:22	186	7:30	37:41:00		80	37:41:00
89	155	Justin	Boshers	M	27	25-29	Reston	VA	60	11:11	1:31	87	15:50	1:41	208	8:14	38:25:00		89	38:25:00
99	150	Brian	Mattern	M	26	25-29	Fairfax	VA	129	13:19	2:01	73	15:16	2:30	110	6:06	39:10:00		99	39:10:00
138	168	Jeffery	Kuhn	M	28	25-29	Fairfax	VA	198	15:41	1:36	119	16:43	2:13	155	6:47	42:58:00		138	42:58:00
184	161	Kevin	Mahan	M	27	25-29	Fairfax	VA	156	14:04	2:24	158	18:04	2:11	246	9:47	46:29:00		182	46:29:00
223	178	Jonathan	Lushao	M	29	25-29	Sterling	VA	244	18:33	3:15	229	21:44	1:51	55	5:10	50:31:00		221	50:31:00
228	171	Jakob	Wolf-Barnett	M	29	25-29	Arlington	VA	260	21:49	2:44	199	19:38	2:11	60	5:15	51:35:00		226	51:35:00
229	159	Ian	Fuller	M	27	25-29	Manassas	VA	236	17:52	1:59	186	18:56	3:52	226	9:04	51:41:00		227	51:41:00
143	175	David	Dang	M	29	25-29	Vienna	VA	118	12:57	2:31	62	15:00	2:03	251	10:38	43:07:00	RELAY		43:07:00
42	207	Timmothy	McShane	M	31	30-34	Columbia	MD	51	11:03	1:09	51	14:29	2:03	26	4:40	33:23:00		42	33:23:00
65	205	Brian	Ballard	M	31	30-34	Herndon	VA	97	12:27	2:08	72	15:11	1:59	14	4:23	36:06:00		65	36:06:00
75	208	Trevor	Thibeault	M	31	30-34	Burke	VA	120	13:03	1:24	89	15:53	2:12	36	4:55	37:25:00		75	37:25:00
115	204	Geoffrey	Schaab	M	30	30-34	Falls Church	VA	70	11:37	1:35	113	16:36	2:05	235	9:20	41:11:00		115	41:11:00
119	210	Shaun	Mealy	M	33	30-34	Sterling	VA	114	12:53	1:32	155	17:59	2:57	116	6:08	41:28:00		119	41:28:00
168	186	Richard	Joy, Jr.	M	31	30-34	Fairfax	VA	164	14:28	1:36	167	18:10	2:28	223	8:53	45:34:00		167	45:34:00
171	202	Levi	Magyar	M	31	30-34	Jeffersonton	VA	224	17:09	2:01	114	16:36	2:28	185	7:28	45:40:00		170	45:40:00
188	206	Lenny	Compton	M	31	30-34	Herndon	VA	69	11:36	1:53	173	18:33	3:05	256	11:38	46:43:00		186	46:43:00
211	209	Eric	Taylor	M	32	30-34	Fort Belvoir	VA	75	11:57	1:33	230	21:51	2:49	253	11:17	49:26:00		209	49:26:00
12	230	Michael	Oliveira	M	39	35-39	Kensington	MD	23	9:57	1:20	22	12:56	1:26	15	4:23	30:00:00		12	30:00:00
16	214	Paul	Moosman	M	35	35-39	Rockbridge Baths	VA	16	9:47	0:54	33	13:27	1:24	41	5:01	30:31:00		16	30:31:00
24	213	Drew	McElhare	M	36	35-39	Arlington	VA	14	9:42	1:23	18	12:42	1:38	135	6:28	31:50:00		24	31:50:00
37	219	Timothy	Huddleston	M	36	35-39	Springfield	VA	26	10:04	0:58	76	15:24	1:00	81	5:39	33:03:00		37	33:03:00
50	215	James	Thomas	M	36	35-39	Silver Spring	MD	21	9:56	1:19	26	13:08	1:51	194	7:47	33:59:00		50	33:59:00
56	225	Cole	Cox	M	38	35-39	South Riding	VA	64	11:26	1:18	50	14:29	1:42	99	5:55	34:48:00		56	34:48:00
85	223	Robert	Britt	M	37	35-39	Williamsburg	VA	56	11:07	1:29	103	16:20	2:29	130	6:25	37:47:00		85	37:47:00
95	229	Jason	Gorres	M	39	35-39	Bristow	VA	117	12:55	2:15	93	15:56	2:15	75	5:29	38:49:00		95	38:49:00
106	216	Rian	Welch	M	35	35-39	Washington	DC	142	13:41	1:17	127	17:05	1:46	105	6:02	39:50:00		106	39:50:00

Tune Up Tri  
 Manassas, VA  
 March 27, 2011

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129	220	Stevaughn	Jones	M	36	35-39	Clinton	MD	68	11:30	1:08	232	21:58	1:50	91	5:47	42:12:00		129	42:12:00
155	369	Vaughn	Thomas	M	36	35-39	Woodbridge	VA	124	13:09	2:13	154	17:56	3:31	189	7:34	44:21:00		154	44:21:00
178	221	Daniel	Nelson	M	36	35-39	Richmond	VA	132	13:23	2:46	178	18:36	3:24	201	8:01	46:07:00		176	46:07:00
224	228	Arthur	Bufalari	M	39	35-39	Fredericksburg	VA	258	21:47	2:03	133	17:18	2:22	181	7:19	50:47:00		222	50:47:00
262	222	Chris	Smith	M	37	35-39	Manassas	VA	159	14:11	2:00	115	16:38	3:50	261	46:39:00	1:23:15		259	1:23:15
14	236	David	Gammack	M	41	40-44	Arlington	VA	20	9:55	1:23	28	13:10	1:28	23	4:34	30:28:00		14	30:28:00
15	240	Lester	Benitez	M	42	40-44	Ashburn	VA	13	9:42	0:48	23	12:57	1:19	89	5:46	30:30:00		15	30:30:00
28	232	Daniel	Fletcher	M	40	40-44	Harpers Ferry	WV	15	9:43	0:45	36	13:44	1:15	22	4:33	29:57:00	2:00	28	31:57:00
35	243	Kevin	McKenna	M	42	40-44	North Potomac	MD	37	10:29	1:22	39	13:55	1:43	76	5:30	32:58:00		35	32:58:00
40	255	Matt	Triola	M	44	40-44	Vienna	VA	42	10:40	1:28	46	14:09	2:07	32	4:53	33:15:00		40	33:15:00
49	244	Mark	Miller	M	42	40-44	Arlington	VA	105	12:37	1:13	30	13:20	1:50	34	4:53	33:52:00		49	33:52:00
63	253	Thomas	Afferton	M	44	40-44	Centreville	VA	78	11:59	1:49	67	15:06	1:54	61	5:15	36:01:00		63	36:01:00
66	237	Adam	Herman	M	41	40-44	Williamsburg	VA	101	12:30	1:02	65	15:03	2:08	69	5:24	36:06:00		66	36:06:00
73	238	Matthew	Leger	M	41	40-44	Arlington	VA	48	10:58	2:08	66	15:05	3:06	64	5:19	36:35:00		73	36:35:00
78	247	Randy	Rose	M	42	40-44	Potomac Falls	VA	103	12:32	1:48	77	15:26	2:32	66	5:20	37:35:00		78	37:35:00
87	239	Marc	Munoz	M	41	40-44	Virginia Beach	VA	62	11:21	1:20	99	16:06	2:40	136	6:29	37:54:00		87	37:54:00
93	246	Ed	Ramirez	M	42	40-44	Leesburg	VA	54	11:05	1:02	101	16:12	1:53	218	8:34	38:44:00		93	38:44:00
96	250	Mike	Hamar	M	43	40-44	Woodbridge	VA	102	12:30	1:09	60	14:56	3:21	167	6:59	38:53:00		96	38:53:00
102	235	Roger	Friedman	M	41	40-44	Annandale	VA	39	10:32	1:02	172	18:32	1:33	196	7:48	39:25:00		102	39:25:00
142	245	Robert	Morrow	M	42	40-44	Leesburg	VA	154	14:01	2:44	105	16:26	3:37	125	6:20	43:06:00		142	43:06:00
145	251	Edward	Paden	M	43	40-44	Silver Spring	MD	175	14:49	2:23	97	16:01	2:53	178	7:13	43:17:00		144	43:17:00
185	254	Martin	Steiner	M	44	40-44	Chesterfield	VA	140	13:40	2:16	171	18:29	2:58	229	9:09	46:29:00		183	46:29:00
218	233	David	Scharf	M	40	40-44	Teaneck	NJ	125	13:12	3:07	157	18:04				50:03:00		216	50:03:00
225	249	Max	Seltzer	M	42	40-44	Vienna	VA	217	16:34	1:36	216	20:35	2:28	243	9:37	50:48:00		223	50:48:00
242	252	Arthur	Smith	M	43	40-44	Great Falls	VA	259	21:47	1:58	202	19:45	3:28	177	7:12	54:09:00		239	54:09:00
46	258	Todd	Smith	M	45	45-49	Lorton	VA	57	11:07	1:44	58	14:54	1:29	13	4:23	33:35:00		46	33:35:00
53	269	Drew	Uplinger	M	48	45-49	Centreville	VA	49	11:00	1:59	37	13:46	2:03	94	5:49	34:34:00		53	34:34:00
60	266	Greg	Romero	M	47	45-49	Bristow	VA	66	11:29	1:24	70	15:07	1:56	62	5:16	35:11:00		60	35:11:00
62	259	Nathan	Younge	M	45	45-49	Falls Church	VA	63	11:22	1:00	59	14:54	2:38	108	6:04	35:57:00		62	35:57:00
64	256	Kevin	Cevasco	M	45	45-49	Fairfax Station	VA	113	12:53	1:07	69	15:06	2:13	30	4:46	36:04:00		64	36:04:00
82	261	Jim	Richardson	M	47	45-49	Fredericksburg	VA	123	13:07	2:18	35	13:39	2:00	142	6:40	37:41:00		82	37:41:00
146	264	Kenneth	Fortes	M	47	45-49	North Haven	CT	196	15:31	1:41	134	17:19	2:18	166	6:59	43:47:00		145	43:47:00
148	262	Nick	Shaffer	M	46	45-49	Herndon	VA	139	13:38	3:02	129	17:10	2:44	182	7:22	43:55:00		147	43:55:00
152	271	Jonathan	Sucher	M	49	45-49	Manassas	VA	185	15:02	1:02	211	19:59	2:06	101	5:57	44:05:00		151	44:05:00

Tune Up Tri  
 Manassas, VA  
 March 27, 2011

Results by Age Group

<u>Place</u>	<u>Bib</u>	<u>First Name</u>	<u>Last Name</u>	<u>S</u>	<u>Age</u>	<u>AG</u>	<u>City</u>	<u>St</u>	<u>Rank</u>	<u>Run</u>	<u>T1</u>	<u>Rank</u>	<u>Bike</u>	<u>T2</u>	<u>Rank</u>	<u>Swim</u>	<u>Finish</u>	<u>Penalty</u>	<u>Rank</u>	<u>Time</u>
190	263	Kenneth	Blanco	M	47	45-49	Falls Church	VA	176	14:50	3:04	213	20:09	3:05	98	5:55	47:01:00		188	47:01:00
208	268	Dave	Honaker	M	48	45-49	Fredericksburg	VA	228	17:13	2:05	162	18:07	3:02	217	8:33	48:58:00		206	48:58:00
235	260	Frank	Phillips	M	46	45-49	Fredericksburg	VA	241	18:14	1:52	135	17:23	6:06	220	8:36	52:08:00		232	52:08:00
45	276	Ronald	Teribery	M	51	50-54	Warrenton	VA	46	10:52	1:08	74	15:22	1:29	25	4:39	33:27:00		45	33:27:00
47	272	Rob	Brown	M	50	50-54	Springfield	VA	82	12:04	0:50	63	15:01	1:32	8	4:12	33:37:00		47	33:37:00
68	283	Glenn	Stephens	M	53	50-54	Falls Church	VA	157	14:07	1:37	34	13:37	1:58	33	4:53	36:10:00		68	36:10:00
83	277	Peter	Vigliano	M	51	50-54	Montclair	VA	59	11:08	1:39	131	17:15	1:58	88	5:45	37:43:00		83	37:43:00
114	279	Allan	McCoy	M	52	50-54	Roanoke	VA	119	12:59	1:39	125	16:57	2:36	161	6:56	41:05:00		114	41:05:00
122	281	Bill	Kennedy	M	53	50-54	Arlington	VA	130	13:22	2:40	96	16:00	2:33	169	7:01	41:35:00		122	41:35:00
160	275	John	Snow	M	50	50-54	Leesburg	VA	220	16:49	1:19	146	17:44	2:44	120	6:11	44:46:00		159	44:46:00
167	280	Darrell	Oresky	M	52	50-54	Fairfax Station	VA	201	15:44	1:36	149	17:47	2:40	195	7:47	45:34:00		166	45:34:00
181	274	Brian	Quinn	M	50	50-54	Springfield	VA	212	16:13	2:03	100	16:10	2:40	228	9:08	46:12:00		179	46:12:00
58	67	Steve	Lord	M	56	55-59	Oakton	VA	151	13:58	1:57	8	11:53	2:07	54	5:09	35:01:00		58	35:01:00
69	63	Bruce	Metge	M	55	55-59	McLean	VA	134	13:26	0:59	64	15:02	1:41	53	5:08	36:14:00		69	36:14:00
76	65	Carl	Coan	M	56	55-59	Kensington	MD	72	11:45	3:26	19	12:48	2:13	184	7:22	37:32:00		76	37:32:00
213	60	Paul	Hallenbeck	M	55	55-59	Woodbridge	VA	221	16:54	1:38	205	19:51	2:40	215	8:30	49:31:00		211	49:31:00
230	68	Bruce	Mahone	M	57	55-59	Woodbridge	VA	202	15:47	2:41	231	21:57	2:53	219	8:35	51:52:00		228	51:52:00
250	62	Ron	Lesko	M	55	55-59	Baltimore	MD	216	16:33	2:16	250	23:50	3:07	254	11:18	57:02:00		247	57:02:00
176	284	Santiago	Gonzalez	M	55	55-59	Alexandria	VA	247	18:49	2:43	124	16:53	2:32	46	5:03	45:59:00		RELAY	45:59:00
32	74	Donald	Hodgen	M	61	60-64	Arlington	VA	95	12:17	0:56	5	11:45	1:33	92	5:48	32:17:00		32	32:17:00
162	73	Rich	Heiser	M	60	60-64	Ijamsville	MD	169	14:39	1:55	140	17:34	2:00	222	8:48	44:55:00		161	44:55:00
182	72	Thomas	Christiansen	M	60	60-64	Herndon	VA	193	15:20	1:18	182	18:43	3:02	199	7:57	46:17:00		180	46:17:00
187	77	John	Corradi	M	69	65-69	Rixeyville	VA	237	18:02	1:19	161	18:06	2:47	132	6:26	46:39:00		185	46:39:00
233	370	John	Mealy	M	68	65-69	Germantown	MD	263	22:34	2:16	117	16:41	4:19	121	6:12	52:01:00	DQ		52:01:00