

2018 EX2 Adventures Blue Crab Bolt Trail Running Series

Race #1 Seneca Creek - June 30, 2018

Age Group Results

5K Course (actual distance 3.3 miles)							
5K - F 19-U							
Place	Bib #	First Name	Last Name	Age	Hometown	Time	R1 Points
1	1	Anna	Bonapace	12	Boyds MD	0:32:08	50
2	12	Maya	Hutchins	12	Vienna VA	0:39:43	41
3	15	Siri Lakshmi	Khalsa	9	Reston VA	0:43:40	35
4	30	Grace	Rhoades	13	Frederick MD	0:49:11	30

5K - F 20-29							
Place	Bib #	First Name	Last Name	Age	Hometown	Time	R1 Points
1	82	Emily	Seibert	25	Salt Lake City UT	0:28:11	50
2	16	Katherine	Krauss	25	Ashburn VA	0:31:27	41
3	81	Mary	Desrosiers	25	Washington DC	0:32:10	35
4	11	Caitlin	Garrigan-Nass	29	Washington DC	0:42:12	30

5K - F 30-39							
Place	Bib #	First Name	Last Name	Age	Hometown	Time	R1 Points
1	20	Margaret	Ledyard-Marks	35	Arlington VA	0:31:44	50
2	24	Jen	Mcgough	34	Washington DC	0:31:51	41
3	5	Amy	Chrest	32	Germantown MD	0:33:34	35
4	6	Tiana	Cooper	30	Odenton MD	0:34:14	30
5	85	Kathleen	Savoy	32	Washington DC	0:34:48	26
6	35	Corinn	Wendel	37	Gaithersburg MD	0:36:01	23
7	77	Rosa	Hanks	32	Alexandria VA	0:40:04	20
8	36	Allison	Williams	35	Annapolis MD	0:40:41	17
9	34	Ashley	Volta	33	Westminster MD	0:42:48	15
10	26	Tracy	Nursey	39	Arlington VA	0:45:50	13
11	9	Maria	Ferrucci	33	Columbia MD	0:46:08	11
12	21	Jocelyn	Martin	37	Annapolis MD	0:56:36	9

5K - F 40-49							
Place	Bib #	First Name	Last Name	Age	Hometown	Time	R1 Points
1	18	Mary	Larocco	47	Frederick MD	0:28:17	50
2	22	Kristina	Maze	48	Washington DC	0:30:52	41
3	4	Barbara	Chong	47	Boyds MD	0:37:17	35
4	13	Beth	Ingalls	44	Alexandria VA	0:39:43	30
5	23	Meg	Mcgarry	46	Washington DC	0:39:52	26

6	2	Paola	Canelos	42	Gaithersburg MD	0:44:01	23
7	3	Ivy	Choe-Branstetter	42	Germantown MD	0:44:08	20
8	32	Kristin	Stephens	40	Washington DC	0:45:28	17
9	25	Stephanie	Murdock	49	Washington DC	0:47:27	15
10	28	Lisa	Pine Pellak	42	West Friendship MD	0:49:40	13
11	14	Mariana	Kalpos	43	Churchton MD	1:13:35	11

5K - F 50-59							
Place	Bib #	First Name	Last Name	Age	Hometown	Time	R1 Points
1	33	Kristen	Verderame	50	Mclean VA	0:33:13	50
2	8	Kate	Dowling	55	Washington DC	0:36:07	41
3	31	Kathy	Slack	54	Burtonsville MD	0:48:00	35

5K - M 19-U							
Place	Bib #	First Name	Last Name	Age	Hometown	Time	R1 Points
1	45	Justin	Connell	18	Washington DC	0:25:27	50
2	80	Marco	LaRocco	11	Mt Airy MD	0:27:35	41
3	78	Blue	Shapiro	16	Frederick MD	0:28:07	35
4	68	Marty	Ratchford	14	Frederick MD	0:30:50	30
5	38	Evan	Bonapace	10	Boyds MD	0:35:30	26
6	66	Jackson	Pellak	11	West Friendship MD	0:49:39	23

5K - M 20-29							
Place	Bib #	First Name	Last Name	Age	Hometown	Time	R1 Points
1	69	Jefferson	Ruiz	21	Silver Spring MD	0:23:39	50
2	65	Joshua	Ostrenga	28	Gaithersburg MD	0:27:02	41
3	49	Adam	Hammett	27	Annapolis MD	0:34:31	35

5K - M 30-39							
Place	Bib #	First Name	Last Name	Age	Hometown	Time	R1 Points
1	62	Chris	Mcgough	34	Washington DC	0:21:55	50
2	42	Adam	Cardenas	35	Arlington VA	0:26:11	41
3	70	Erik	Scudder	38	Aldie VA	0:32:25	35
4	84	Carlos	Tamayo	32	Frenchtown	0:32:42	30
5	47	Chris	Dutton	34	Frederick MD	0:33:08	26
6	40	James	Bruggman	35	Washington VA	0:37:59	23
7	48	Alessandro	Ferrucci	33	Columbia MD	0:38:22	20
8	72	Bart	Sheard	30	Washington DC	0:38:50	17
9	83	Chris	Wilson	37	Derwood MD	0:41:42	15

5K - M 40-49							
Place	Bib #	First Name	Last Name	Age	Hometown	Time	R1 Points

1	79	Kenny	Shapiro	49	Frederick MD	0:23:52	50
2	74	PJ	Magpantay	40	Clarksburg VA	0:25:24	41
3	53	Deepak	Kashyap	44	Fairfax VA	0:27:10	35
4	44	Jack	Cline	47	Gaithersburg MD	0:28:34	30
4	52	Gardner	Hutchins	45	Vienna VA	0:28:34	26
6	51	Jason	Huebner	41	Germantown MD	0:32:40	23
7	75	Jason	Boehm	45	Poolesville	0:33:13	20
8	43	Paul	Clavijo	43	Gaithersburg MD	0:36:03	17
9	54	Sat Nam	Khalsa	44	Reston VA	0:43:41	15

5K - M 50-59							
Place	Bib #	First Name	Last Name	Age	Hometown	Time	R1 Points
1	76	Joseph	Woitach	54	Potomac MD	0:26:30	50
2	50	Pete	Hayward	52	Vienna VA	0:30:25	41
3	39	Charles	Bonapace	50	Boyd MD	0:30:46	35
4	37	Ken	Bocam	52	Potomac MD	0:35:59	30
5	58	Scott	Mackintosh	55	Springfield VA	0:36:13	26
6	61	Dan	Max	50	Potomac MD	0:37:36	23
7	63	Andrew	Mergen	54	Washington DC	0:46:53	20

5K - M 60+							
Place	Bib #	First Name	Last Name	Age	Hometown	Time	R1 Points
1	67	Paul	Rapavi	60	Springfield VA	0:29:46	50
2	46	Francis	Donovan	68	Chevy Chase MD	0:42:44	41

10K Course (actual distance 6.4 miles)							
10K - F 19-U							
Place	Bib #	First Name	Last Name	Age	Hometown	Time	R1 Points
1	692	Riley	Hinegardner	17	Frederick MD	1:24:53	50
10K - F 20-29							
Place	Bib #	First Name	Last Name	Age	Hometown	Time	R1 Points
1	526	Erika	Elko	29	Alexandria VA	0:51:50	50
2	567	Megan	Parry	25	Clear Spring MD	0:56:54	41
3	540	Alexandra	Hyman	28	Washington DC	1:03:58	35
4	507	Delia	Belausteguigoitia	26	Bethesda MD	1:06:26	30
5	542	Wendy	Kanter	26	Ellicott City MD	1:08:03	26
6	523	Becky	Dress	29	Laurel MD	1:15:36	23
7	576	Jenna	Shenk	24	Baltimore MD	1:18:19	20
8	515	Dayna	Clark	26	Washington DC	1:19:28	17
9	509	Sarah	Boehm	26	Annapolis MD	1:21:00	15

10	575	Jamie	Secoura	26	Millersville MD	1:21:03	13
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10K - F 30-39

Place	Bib #	First Name	Last Name	Age	Hometown	Time	R1 Points
1	551	Amanda	Love	36	Ohiopyle PA	0:56:29	50
2	535	Julie	Harris	32	Frederick MD	0:57:54	41
3	536	Janine	Harris	38	Washington DC	1:00:30	35
4	516	Brooke	Coggiano	33	Pasadena MD	1:00:39	30
5	519	Ellen	Cousins	31	Rockville MD	1:00:59	26
6	510	Rachel	Buker	38	Alexandria VA	1:02:19	23
7	590	Jennifer	Vogt	36	Arlington VA	1:03:19	20
8	581	Becki	Spiering	37	Arlington VA	1:03:25	17
9	549	Rachel	Leyko	34	Baltimore MD	1:03:32	15
10	502	Danye	Aboki	39	Bethesda MD	1:04:29	13
11	591	Christy	Wahle	36	Alexandria VA	1:09:58	11
12	528	Natasha	Ezerski	35	Montgomery Village MD	1:10:32	9
13	518	Kim	Conway	34	Rockville MD	1:10:35	8
14	594	Katie	Windlan	38	Silver spring MD	1:10:41	7
15	525	Allison	Dyck	32	Churchton MD	1:12:55	6
16	560	Rebecca	Mills	38	Frederick MD	1:13:17	5
17	592	Lauren	White	32	Frederick MD	1:13:18	4
18	521	Stacy	Difranco	39	Hagerstown MD	1:13:33	3
19	595	Crystal	Wissinger	33	Laurel MD	1:14:24	2
20	577	Megan	Siekkinen	37	Arlington VA	1:14:43	1
21	557	Ingrid	Mcphee	31	Rockville MD	1:15:02	
22	530	Kelsey	Flora	34	Washington DC	1:15:20	
23	568	Michelle	Poncetta	36	Washington DC	1:15:42	
24	512	Michelle	Chapman	37	Washington DC	1:17:21	
25	527	Kathryn	Ellis	37	Derwood MD	1:20:19	
26	578	Ellen	Skirvin	26	Catonsville MD	1:20:21	
27	583	Irene	Thomas	36	Arlington VA	1:20:24	
28	555	Kerry	Mchugh	30	Frederick MD	1:24:38	
29	520	Bridget	Day	34	Alexandria VA	1:25:40	
30	562	Annie	Moon	35	Gaithersburg MD	1:26:39	
31	553	Angela	Mariani	33	Silver Spring MD	1:28:56	
32	517	Megan	Connell	29	Owings MD	1:29:01	
33	559	Ivory	Miceli	31	Haymarket VA	1:30:10	
34	550	Heather	Livingston	29	Sykesville MD	1:30:56	
35	539	Jessica	Hower	28	Frederick MD	1:41:58	
36	558	Sarah	Meeker	32	Baltimore MD	1:42:57	

10K - F 40-49

Place	Bib #	First Name	Last Name	Age	Hometown	Time	R1 Points
1	532	Deborah	Gayle	40	Burtonsville MD	0:59:26	50
2	545	Karla	Kramer	46	Silver Spring MD	1:03:17	41
3	522	Michele	Dougherty	46	Derwood MD	1:05:30	35
4	508	Charlotte	Block	45	Washington DC	1:06:54	30
5	533	Jc	Gibbons	46	Reston VA	1:07:54	26
6	513	Hilary	Chapman	46	Washington DC	1:08:40	23
7	511	Robin	Camarote	43	Falls Church VA	1:10:19	20
8	544	Maria	Korsak	41	Leesburg DC	1:22:03	17
9	570	Stephanie	Robinson	44	Arlington VA	1:22:35	15
10	565	Regina	Oliveira	47	Gaithersburg MD	1:22:40	13
11	569	Kelly	Proctor	49	Columbia MD	1:29:07	11
12	506	Jennifer	Barlet	46	Manassas VA	1:30:14	9
13	589	Amy	Upton	41	Washington DC	1:31:15	8
14	572	Michelle	Ryan	48	Alexandria VA	1:33:01	7
15	554	Julie	Mcdowell	44	Washington DC	1:35:29	6
16	596	Heather	Zimmerman	49	Ellicott City MD	1:36:34	5
17	582	Devon	Struck	42	Hyattsville MD	1:36:57	4
18	566	Diane	Pancoska	46	Silver Spring MD	1:41:50	3
DNF	537	Caryn	Healander	49	Clarksburg MD	DNF	

10K - F 50-59							
Place	Bib #	First Name	Last Name	Age	Hometown	Time	R1 Points
1	552	Brenda	Mackintosh	52	Springfield VA	1:02:33	50
2	588	Laura	Turbe	50	Silver Spring MD	1:08:02	41
3	547	Stephanie	Lasure	52	alexandria VA	1:15:16	35
4	524	Jennifer	Dress	53	Fulton MD	1:16:32	30
5	584	Jennifer	Thomas	50	Washington DC	1:17:04	26
6	561	Sue	Modica	50	Gambrills MD	1:24:48	23
7	586	Donna	Tolland	57	Boonsboro MD	1:25:58	20
8	546	Katrina	Lamb	56	Gaithersburg MD	1:27:27	17
9	534	Liz	Glanz	51	springfield VA	1:28:37	15
10	514	Hai	Chen	52	Elkridge MD	1:30:19	13
11	531	Shellie	Frazier	50	Keedysville MD	1:30:29	11
12	541	Julie	Jamsa	53	Gaithersburg MD	1:36:43	9

10K - F 60+							
Place	Bib #	First Name	Last Name	Age	Hometown	Time	R1 Points
1	538	Kathy	Hennes	66	Annapolis MD	1:21:29	50
2	556	Kathleen	Mcmackin	63	Millersville MD	1:38:33	41

10K - M 19-U							
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Place	Bib #	First Name	Last Name	Age	Hometown	Time	R1 Points
1	648	Marco	Lagendyk	15	Vienna VA	0:52:38	50
2	699	Mauro	Pellot	14	Fairfax VA	1:17:00	41

10K - M 20-29							
Place	Bib #	First Name	Last Name	Age	Hometown	Time	R1 Points
1	646	Gabriel	Kline	21	Acton MA	0:43:03	50
2	631	Rj	Gitter	24	Baltimore MD	0:58:29	41
3	678	Neal	Shenk	28	Silver Spring MD	1:01:53	35
4	696	Paul	Halliday	29	Ellicot City MD	1:09:19	30
5	656	Jacob	Miller	28	Crownsville MD	1:12:18	26
6	645	Andrew	Klansek	28	Derwood MD	1:18:19	23
7	625	Nicholas	Elisio	27	Mount airy MD	1:29:01	20
8	600	Corey	Barlet	23	Manassas Park VA	1:30:14	17

10K - M 30-39							
Place	Bib #	First Name	Last Name	Age	Hometown	Time	R1 Points
1	617	Amos	Desjardins	36	Alexandria VA	0:45:09	50
2	599	Charlie	Ban	36	Washington DC	0:45:42	41
3	686	Benn	Thomas	38	Arlington VA	0:46:02	35
4	619	Brian	Doherty	34	Washington DC	0:47:40	30
5	628	Ryan	Fitzgibbons	37	Ellicott City MD	0:55:55	26
6	659	Josh	Nichols	33	Burke VA	0:57:35	23
7	674	Patrick	Savoy	31	Washington DC	0:58:21	20
8	639	Jason	Henderson	38	Fairfax VA	0:58:28	17
9	634	Joel	Graham	36	Washington DC	0:58:59	15
10	691	Jeremy	Zehr	36	Derwood MD	1:00:12	13
11	597	Muggs	Alexander	35	Mount Airy MD	1:01:13	11
12	620	Billy	Dove	35	Mount Airy MD	1:01:14	9
13	685	Nicholas	Sunseri	36	Arlington VA	1:01:51	8
14	679	Kurt	Shenk	31	Montgomery Village MD	1:01:56	7
15	676	Corey	Schoo	33	Frederick MD	1:01:59	6
16	612	Blake	Burket	38	Altamonte Springs FL	1:03:06	5
17	683	Jeremy	Springall	33	Germantown MD	1:06:06	4
18	682	Jordan	Southers	32	Frederick MD	1:06:56	3
19	664	Mark	Poblete	32	Oakton VA	1:07:36	2
20	622	David	Duran	38	Bristow VA	1:07:53	1
21	626	Nathaniel	Elliott	30	Bowie MD	1:09:59	
22	621	Austin	Dress	30	Laurel MD	1:11:21	
23	653	Richard	Mccandless	38	Washington DC	1:11:53	
24	624	Jonathan	Elias	34	Centreville VA	1:12:33	
25	662	Jon	Piper	35	Funkstown MD	1:15:12	

26	633	Peter	Goff	37	Alexandria VA	1:15:30	
27	694	Ran	Magalong	31	Fairfax VA	1:15:39	
28	635	Lucas	Hale	34	Frederick MD	1:17:48	
29	697	Jason	Day	33	Alexandria VA	1:25:40	
30	608	Ross	Branstetter	37	Silver Spring MD	1:29:36	

10K - M 40-49							
Place	Bib #	First Name	Last Name	Age	Hometown	Time	R1 Points
1	616	Ze	Dagher	40	Falls Church VA	0:48:41	50
2	623	Anthony	Duricy	44	Arlington VA	0:49:12	41
3	657	James	Mills	41	Frederick MD	0:50:55	35
4	668	Christopher	Robinson	44	Arlington VA	0:51:11	30
5	602	Bill	Bernier	42	Springfield VA	0:55:18	26
6	672	Sean	Ryan	42	Washington DC	0:57:47	23
7	638	Scott	Hembrough	47	Bethesda MD	0:57:59	20
8	680	David	Shove-Brown	45	Potomac MD	1:02:16	17
9	693	Dave	Holbrook	48	Bethesda MD	1:04:44	15
10	613	Brian	Camarote	45	Falls Church VA	1:05:19	13
11	647	Doug	Kuckelman	40	Potomac MD	1:05:43	11
12	660	Enrique	Parra	44	Gaithersburg MD	1:07:51	9
13	695	Dan	Bengero	40	Laurel MD	1:10:23	8
14	673	Shaun	Ryan	48	McLean VA	1:11:03	7
15	698	Carlos	Pellot	46	Fairfax	1:14:19	6
16	654	John	Mcglathlin	44	rockville MD	1:14:20	5
17	630	Stan	French	44	Gaithersburg MD	1:14:55	4
18	606	Byron	Blunt	48	Washington DC	1:16:01	3
19	689	James	Upton	42	Washington DC	1:19:41	2
20	667	Patrick	Rawson	42	Olney MD	1:23:54	1
21	636	Robert	Hall	40	Walkersville MD	1:24:36	
22	652	Jason	Martin	40	Germantown MD	1:25:22	
DNF	644	Brian	Kaigler	49	Urbana MD	DNF	

10K - M 50-59							
Place	Bib #	First Name	Last Name	Age	Hometown	Time	R1 Points
1	607	Rob	Bowen	54	Oak Hill VA	0:51:41	50
2	649	Wilco	Lagendyk	52	Vienna VA	0:51:51	41
3	681	Jan	Smilek	51	Leesburg VA	0:55:24	35
4	637	Richard	Hanno	55	Bowie MD	0:55:48	30
5	661	Robert	Parry	53	College Park MD	0:56:38	26
6	640	Kevin	Hensley	56	Washington DC	0:57:07	23
7	684	Jay	Stanley	50	Arlington VA	1:03:42	20
8	663	Eric	Platt	54	silver spring MD	1:05:07	17

9	611	Glenn	Buchter	54	Alexandria VA	1:07:03	15
10	677	Mark	Schuermann	56	Washington DC	1:07:52	13
11	669	Mark	Robinson	58	Vienna VA	1:08:46	11
12	632	Jonathan	Gitter	57	baltimore MD	1:08:56	9
13	643	Martin	Jones	58	Rockville MD	1:14:35	8
14	615	Patrick	Cavanagh	55	Bowie MD	1:20:00	7
15	609	Robert	Brown	51	Vienna VA	1:26:53	6
16	618	Robert	Didonato	56	Woodstock MD	1:27:11	5
17	642	Greg	Jamsa	52	Gaithersburg MD	1:34:41	4
18	687	Thomas	Troutman	57	Ijamsville MD	1:36:47	3

10K - M 60+							
Place	Bib #	First Name	Last Name	Age	Hometown	Time	R1 Points
1	641	James	Iciek	63	Rockville MD	1:10:43	50
2	598	Graham	Allaway	62	Darnestown MD	1:13:32	41
3	665	Walter	Porzel	69	Falls Church VA	1:19:27	35
4	651	Lenny	Marino	60	Mount Airy MD	1:22:42	30
5	614	Mike	Carey	62	Spencerville MD	1:24:27	26
6	655	Stephen	Miles	60	Hagerstown MD	1:25:31	23
7	650	Fredric	Leffler	63	Columbia MD	1:29:57	20
8	629	Jerry	Frankenheim	75	Germantown MD	1:33:19	17