

PI	Stno	Name	Age	Hometown	Swim	Bike	Run	Time
Solo Tri - F 15-19 (1)								
					Swim	Bike	Run	
1	29	Lena Cromley	17	Alexandria VA	20:51 (1)	2:10:39 (1)	48:47 (1)	3:20:17
Solo Tri - F 30-34 (4)								
					Swim	Bike	Run	
1	167	Helen Rodriguez	34	Kent OH	24:16 (1)	1:28:44 (1)	59:20 (1)	2:52:20
2	28	Melissa Coppersmith	34	New Windsor MD	32:01 (3)	1:42:38 (2)	1:00:22 (2)	3:15:01
3	64	Marsha Jedlinski	33	Saluda VA	29:37 (2)	1:43:38 (3)	1:05:43 (3)	3:18:58
	70	J.M. Kitner	34	Baltimore MD				dnf
Solo Tri - F 35-39 (7)								
					Swim	Bike	Run	
1	94	Dana Miller	35	Westminster MD	26:58 (1)	1:27:27 (1)	1:01:14 (2)	2:55:39
2	114	Heather Rousseau	38	Roake VA	31:20 (4)	1:33:52 (2)	1:00:47 (1)	3:05:59
3	62	Michelle Hornfeck	35	Odenton MD	29:16 (2)	1:37:04 (3)	1:06:20 (3)	3:12:40
4	90	Danielle McDaniel	39	Finksburg MD	29:43 (3)	1:39:22 (4)	1:09:33 (4)	3:18:38
	18	Angela Carr	39	Falls Church VA				dnf
	37	Jeanie Denison	35	Baltimore MD				dnf
	134	Rebecca Venediktov	36	Damascus MD				dnf
Solo Tri - F 40-44 (5)								
					Swim	Bike	Run	
1	73	Florence Lamirand	40	Jefferson VA	24:23 (1)	1:23:03 (1)	46:00 (1)	2:33:26
2	60	Casey Holbert	40	Mchenry MD	28:46 (2)	1:29:23 (2)	51:20 (2)	2:49:29
3	57	Melissa Handrigan	44	Arlington VA	29:22 (3)	1:46:19 (3)	59:43 (3)	3:15:24
4	117	Heather Schultz	41	Roake VA	29:46 (4)	2:00:29 (4)	1:03:25 (4)	3:33:40
	33	Krishna Davis	40	Westminster MD				dnf
Solo Tri - F 45-49 (3)								
					Swim	Bike	Run	
1	107	Kathleen Prentice	45	Takoma Park MD	29:14 (1)	1:33:31 (1)	58:22 (1)	3:01:07
2	82	Lisa Mackem	48	Reston VA	35:30 (3)	1:43:04 (2)	1:04:27 (2)	3:23:01
3	111	Sarah Robertson	48	Annapolis MD	30:00 (2)	1:59:07 (3)	1:13:35 (3)	3:42:42
Solo Tri - F 50-54 (3)								
					Swim	Bike	Run	
1	166	Kate Lucas	50	Charlottesville VA	23:05 (1)	1:18:46 (1)	51:18 (1)	2:33:09
2	77	Christina Lewis	51	Coilumbia MD	26:13 (3)	1:27:31 (2)	56:25 (2)	2:50:09
3	48	Karen Good	52	Reisterstown MD	24:58 (2)	1:54:49 (3)	1:25:08 (3)	3:44:55
Solo Tri - F 55-59 (3)								
					Swim	Bike	Run	
1	123	Alice Spriesterbach	56	Ellicott City MD	24:30 (1)	1:36:26 (1)	54:21 (1)	2:55:17
2	80	Tracy Lynott	56	Catonsville MD	34:07 (3)	1:49:24 (2)	1:23:36 (2)	3:47:07
3	1	Judy Acosta	58	Annapolis MD	30:57 (2)	1:51:48 (3)	1:32:26 (3)	3:55:11
Solo Tri - F 60-64 (1)								
					Swim	Bike	Run	
1	65	Eleonore Jones	64	Morgantown WV	31:58 (1)	1:30:18 (1)	1:09:47 (1)	3:12:03
Solo Tri - M 15-19 (3)								
					Swim	Bike	Run	
1	44	Maxwell Galbraith	19	Glen Allen VA	19:58 (1)	1:06:56 (2)	36:24 (1)	2:03:18
2	132	Joseph Urbanowicz	15	Atlanta GA	22:50 (2)	1:02:08 (1)	41:42 (2)	2:06:40
3	35	James DeMonte-Weckel	16	Nottingham MD	25:31 (3)	1:41:33 (3)	1:06:50 (3)	3:13:54

PI	Stno	Name	Age	Hometown				Time
Solo Tri - M 20-24 (2)								
					Swim	Bike	Run	
1	112	Nathaniel Rogers	24	Silver Spring MD	23:22 (1)	1:15:49 (1)	44:02 (1)	2:23:13
2	170	Sam Groner	23	Highland MD	31:21 (2)	1:29:20 (2)	55:37 (2)	2:56:18
Solo Tri - M 25-29 (5)								
					Swim	Bike	Run	
1	21	Nick Cicio	26	Irwin PA	24:14 (1)	1:04:07 (1)	42:42 (1)	2:11:03
2	54	Jake Haley	26	Annapolis MD	25:29 (3)	1:23:00 (2)	47:00 (2)	2:35:29
3	13	Tyler Bordick	29	Cumberland MD	26:03 (4)	1:40:54 (3)	1:07:10 (3)	3:14:07
4	69	Nicklason Kiser	28	ashburn VA	24:34 (2)	1:44:05 (4)	1:13:09 (4)	3:21:48
	125	Connor Stemple	25	Arlington VA				dnf
Solo Tri - M 30-34 (15)								
					Swim	Bike	Run	
1	12	Kyle Boorsma	30	Guelph ON	19:49 (1)	59:17 (1)	32:28 (1)	1:51:34
2	4	Bobby Alkire	33	Midlothian MD	22:08 (3)	1:06:18 (2)	41:57 (2)	2:10:23
3	52	Tyler Guggemos	31	DeWitt MI	21:44 (2)	1:10:01 (3)	50:02 (3)	2:21:47
4	98	Tyler Moyer	34	Spring Grove PA	25:51 (5)	1:15:40 (5)	51:28 (5)	2:32:59
5	128	Michael Thompson	32	Arlington VA	26:40 (6)	1:15:32 (4)	51:35 (6)	2:33:47
6	81	Mike Lyons	32	Arlington VA	26:58 (8)	1:23:27 (8)	50:20 (4)	2:40:45
7	119	Bradford Smith	32	Lakewood OH	28:04 (10)	1:17:48 (6)	55:13 (9)	2:41:05
8	55	Danny Haley	31	Crownsville MD	26:42 (7)	1:26:07 (9)	55:42 (10)	2:48:31
9	2	Trevor Albert	33	Alexandria VA	28:06 (11)	1:19:48 (7)	1:02:27 (12)	2:50:21
10	42	Benjamin Fry	31	Woburn MA	27:34 (9)	1:41:08 (11)	53:57 (8)	3:02:39
11	122	Myles Somerville	32	Portola Valley CA	28:23 (12)	1:41:33 (12)	1:00:21 (11)	3:10:17
12	14	Brian Boyle	32	Welcome MD	22:26 (4)	2:13:38 (13)	52:53 (7)	3:28:57
13	113	James Rose	33	Lexington KY	35:29 (13)	1:41:01 (10)	1:14:04 (13)	3:30:34
	59	Hank Hendrix	32	Vincent OH				dnf
	136	David Wacker	31	Washington DC				dnf
Solo Tri - M 35-39 (16)								
					Swim	Bike	Run	
1	165	Zach Bittinger	36	Frostburg MD	20:30 (4)	59:39 (1)	41:46 (2)	2:01:55
2	7	Steve Bedilion	39	McMurray PA	20:44 (5)	1:01:55 (2)	45:31 (7)	2:08:10
3	100	Kris Nessler	39	Bethesda MD	19:36 (1)	1:08:51 (3)	45:01 (5)	2:13:28
4	102	Timothy Otto	37	Mt Gretna PA	22:29 (8)	1:10:56 (6)	40:38 (1)	2:14:03
5	168	Gabriel Piriz	37	Kent OH	22:22 (7)	1:12:34 (7)	41:53 (4)	2:16:49
6	3	Luke Alexander	37	Sterling VA	24:46 (9)	1:09:23 (4)	45:05 (6)	2:19:14
7	131	Pablo Torres	39	Alexandria VA	21:04 (6)	1:16:44 (8)	41:51 (3)	2:19:39
8	106	Casey Phillips	39	Yardley PA	26:21 (15)	1:10:03 (5)	50:39 (10)	2:27:03
9	115	Jackson San Miguel	35	Washington DC	20:02 (2)	1:19:03 (10)	51:03 (11)	2:30:08
10	99	Thomas Mugno	37	Reston VA	24:57 (10)	1:19:05 (11)	48:27 (8)	2:32:29
11	138	Phil White	35	Pittsburgh PA	26:19 (14)	1:17:02 (9)	53:50 (12)	2:37:11
12	20	James Chu	39	Washington DC	20:03 (3)	1:32:03 (15)	50:20 (9)	2:42:26
13	124	Jason Starck	37	Arlington VA	25:42 (11)	1:23:33 (12)	1:01:20 (15)	2:50:35
14	173	Erik Scuder	39		25:47 (12)	1:26:40 (13)	1:05:44 (16)	2:58:11
15	47	Jeff Goerlitz	37	Kensington MD	26:17 (13)	1:35:14 (16)	1:00:22 (14)	3:01:53
16	11	Brian Blumling	38	Coraopolis PA	34:44 (16)	1:30:33 (14)	57:44 (13)	3:03:01
Solo Tri - M 40-44 (15)								
					Swim	Bike	Run	
1	79	Brian Lovett	44	Allentown PA	16:55 (1)	1:05:46 (3)	40:18 (3)	2:02:59
2	92	Chris Mclsaac	43	Newtown Square PA	20:06 (4)	1:04:59 (2)	39:25 (1)	2:04:30
3	58	Chris Harnish	44	Richmond VA	23:53 (8)	1:01:33 (1)	39:58 (2)	2:05:24
4	38	Martin Devenport	44	Gaithersburg MD	19:44 (2)	1:11:34 (5)	42:42 (4)	2:14:00
5	118	Christopher Shaw	40	Lovettsville VA	22:18 (5)	1:09:33 (4)	43:09 (5)	2:15:00
6	130	Greg Tokarsky	41	Columbia MD	20:04 (3)	1:19:39 (7)	46:46 (6)	2:26:29
7	10	Robert Bennett	40	Hershey PA	23:40 (7)	1:17:40 (6)	50:29 (9)	2:31:49
8	26	Peter Coleman	41	Bethesda MD	23:30 (6)	1:27:15 (8)	48:53 (8)	2:39:38
9	71	Jason Klaitman	43	Durham NC	25:03 (9)	1:36:54 (10)	48:35 (7)	2:50:32

PI	Stno	Name	Age	Hometown				Time
Solo Tri - M 40-44 (15) (cont.)								
					Swim	Bike	Run	
10	41	Patrick Florit	41	McLean VA	25:21 (11)	1:37:03 (11)	56:24 (10)	2:58:48
11	72	Louis Kousouris	44	Baltimore MD	25:20 (10)	1:36:36 (9)	1:05:08 (13)	3:07:04
12	95	Mohsen Mojri	42	West Chester PA	32:49 (13)	1:37:48 (12)	58:57 (11)	3:09:34
13	25	Patrick Clyde	40	Olney MD	33:38 (14)	1:43:45 (14)	1:03:33 (12)	3:20:56
14	84	Mike Mantegna	43	Perry Hall MD	28:52 (12)	1:43:15 (13)	1:20:06 (14)	3:32:13
	126	Adam Stolzberg	42	Arlington MD				dnf
Solo Tri - M 45-49 (12)								
					Swim	Bike	Run	
1	8	Brian Benda	48	Parkton MD	16:29 (1)	1:08:25 (1)	45:06 (1)	2:10:00
2	121	Cameron Smith	48	Montgomery Village M	25:39 (3)	1:16:17 (2)	56:02 (2)	2:37:58
3	23	Spencer Clark	45	Natrona Heights PA	26:01 (5)	1:23:12 (4)	58:52 (3)	2:48:05
4	15	Douglas Brede	49	Charlottesville VA	25:48 (4)	1:22:01 (3)	1:15:00 (5)	3:02:49
5	39	Mark Dyce	48	Baltimore MD	31:10 (8)	1:46:36 (6)	1:05:11 (4)	3:22:57
6	63	Michael Jantz	46	Perry Hall MD	27:45 (6)	1:43:56 (5)	1:20:24 (7)	3:32:05
7	109	Matthew Reeves	48	Washington DC	20:00 (2)	1:52:17 (7)	1:20:52 (8)	3:33:09
8	97	Paul Morales	48	kensington MD	30:17 (7)	1:54:49 (8)	1:16:32 (6)	3:41:38
9	171	Antonio Garcia	48	Catonsville MD	37:48 (9)	2:18:09 (9)	1:46:16 (9)	4:42:13
	120	Torrence Smith	49	Clarksburg MD				dnf
	135	Borris Verdan	46	St Albert AB				dnf
	137	Daryl Weaver	45	Lititz PA				dnf
Solo Tri - M 50-54 (9)								
					Swim	Bike	Run	
1	31	Paul Cutler	51	Washington DC	24:06 (2)	1:09:33 (1)	45:19 (2)	2:18:58
2	169	Geo Toomey	53	Bethel Park PA	25:34 (4)	1:13:26 (3)	41:29 (1)	2:20:29
3	32	James Dandro	50	Charlotte NC	27:18 (5)	1:13:17 (2)	49:43 (4)	2:30:18
4	51	Pete Gray	53	Finksburg MD	29:06 (6)	1:19:02 (4)	48:36 (3)	2:36:44
5	85	David Manthey	50	Pittsburgh PA	25:19 (3)	1:19:10 (5)	55:55 (5)	2:40:24
6	50	Bob Goyette	54	Durham NH	29:11 (7)	1:22:21 (6)	59:21 (6)	2:50:53
7	67	Todd King	50	Catonsville MD	21:28 (1)	1:36:25 (7)	1:01:36 (7)	2:59:29
8	27	Robert Conley	54	Reston VA	31:14 (8)	1:41:58 (8)	1:19:12 (8)	3:32:24
	133	Paul Urbanowicz	51	Atlanta GA				dnf
Solo Tri - M 55-59 (12)								
					Swim	Bike	Run	
1	86	Jean-Paul Martin	58	Oakton VA	21:11 (2)	1:07:03 (1)	42:41 (1)	2:10:55
2	34	John De Leon	55	Columbia MD	25:56 (9)	1:10:18 (2)	47:53 (2)	2:24:07
3	105	Scott Perschke	56	Glen Rock PA	23:59 (3)	1:14:26 (3)	50:56 (3)	2:29:21
4	101	Tucker Newberry	55	Oakton VA	21:07 (1)	1:15:50 (4)	55:04 (5)	2:32:01
5	74	Mark Lander	57	Vienna VA	24:20 (5)	1:19:34 (6)	55:39 (6)	2:39:33
6	140	Jonathan Woodford	56	Lambertville NJ	25:43 (8)	1:22:31 (8)	54:01 (4)	2:42:15
7	83	Frederick Mackem	55	Reston VA	24:03 (4)	1:20:53 (7)	1:04:51 (8)	2:49:47
8	103	Tony Papandrea	59	Boyds MD	34:24 (12)	1:19:05 (5)	59:56 (7)	2:53:25
9	43	Charles Futcher	59	Millersville PA	31:31 (11)	1:27:28 (9)	1:11:52 (11)	3:10:51
10	22	Curtis Cillo	56	Fairfax VA	25:02 (6)	1:31:43 (10)	1:15:29 (12)	3:12:14
11	5	Michael Allen	57	Gainesville VA	28:40 (10)	2:08:28 (11)	1:08:43 (9)	3:45:51
12	30	William Cromley	58	Alexandria VA	25:17 (7)	2:16:14 (12)	1:09:52 (10)	3:51:23
Solo Tri - M 60-64 (7)								
					Swim	Bike	Run	
1	68	John King	60	Waterbury VT	24:48 (2)	1:08:50 (1)	44:28 (1)	2:18:06
2	76	Jim LeVerne	60	Jericho NY	28:01 (3)	1:10:36 (2)	54:34 (4)	2:33:11
3	89	Rob McCoy	61	Fairmont WV	23:52 (1)	1:18:14 (3)	54:16 (3)	2:36:22
4	56	Bruce Halpin	62	Ashburn VA	31:39 (6)	1:35:46 (5)	52:40 (2)	3:00:05
5	88	Michael Matyas	63	Arlington VA	28:19 (4)	1:28:49 (4)	1:05:32 (6)	3:02:40
6	45	Bradley Gilman	60	Vienna VA	30:37 (5)	1:38:47 (6)	1:02:19 (5)	3:11:43
7	40	Greg Elmer	60	Phoenix MD	31:59 (7)	2:09:37 (7)	1:06:20 (7)	3:47:56

PI	Stno	Name	Age	Hometown				Time
Solo Tri - M 65+ (2)								
					Swim	Bike	Run	
1	24	Russell Clark	67	Scotia NY	32:55 (1)	1:31:42 (1)	1:04:39 (1)	3:09:16
2	108	Charlie Redmond	69	Buck Hill Falls PA	34:28 (2)	1:35:50 (2)	1:12:37 (2)	3:22:55
Du Solo - F 29-U (2)								
					Run	Bike	Run	
1	267	Mackenzie Vanover	29	Winchester VA	29:43 (1)	1:29:44 (1)	1:02:39 (1)	3:02:06
	235	Taylor Bielski	27	New Market MD				dnf
Du Solo - F 30-39 (3)								
					Run	Bike	Run	
1	265	Shannon Tevendale	37	Earlsville VA	32:21 (1)	1:22:03 (1)	56:18 (1)	2:50:42
2	260	Jasmine Scott	36	Bethesda MD	34:21 (2)	1:45:07 (2)	1:05:38 (2)	3:25:06
	254	Melissa Pyrant	30	New Windsor MD				dnf
Du Solo - F 40-49 (3)								
					Run	Bike	Run	
1	281	Kristin Wimmer	43		33:06 (1)	1:22:31 (1)	1:02:33 (2)	2:58:10
2	252	Cherie Murdock	45	Foxboro MA	33:22 (2)	1:26:12 (2)	59:09 (1)	2:58:43
	241	Amelia Colyer	44	Leonardtown MD				dnf
Du Solo - M 29-U (3)								
					Run	Bike	Run	
1	268	Dave Ventura	28	Philadelphia PA	29:30 (1)	1:35:35 (2)	59:25 (1)	3:04:30
2	255	Mike Reymann	27	Halethorpe MD	30:10 (2)	1:34:20 (1)	1:02:24 (2)	3:06:54
3	250	Chris Mazzaresse	25	Hollisopple PA	30:19 (3)	1:37:34 (3)	1:05:17 (3)	3:13:10
Du Solo - M 30-39 (6)								
					Run	Bike	Run	
1	242	Alan Dyer	35	Rockingham VA	26:17 (3)	1:02:46 (1)	47:42 (1)	2:16:45
2	259	Joe Schindler	32	Annapolis MD	27:25 (4)	1:09:36 (2)	49:31 (3)	2:26:32
3	234	Colin Armstrong	31	Catonsville MD	25:20 (1)	1:09:59 (3)	51:23 (4)	2:26:42
4	236	Ryan Bowen	33	Rockville MD	25:21 (2)	1:17:11 (4)	47:57 (2)	2:30:29
5	245	John Jedlinski	34	Saluda VA	29:51 (5)	1:33:15 (5)	55:24 (5)	2:58:30
	263	Chris Stenersen	31	Arlington VA				dnf
Du Solo - M 40-49 (13)								
					Run	Bike	Run	
1	282	Ryan Welborn	40		22:45 (1)	1:03:52 (1)	40:06 (1)	2:06:43
2	247	Erin Kelman	41	Germantown MD	26:36 (2)	1:13:51 (3)	46:47 (2)	2:27:14
3	248	Rodd Kugler	48	Dumfries VA	27:32 (4)	1:12:51 (2)	52:41 (4)	2:33:04
4	240	Jason Clarke	47	Hunt Valley MD	26:52 (3)	1:20:11 (7)	55:38 (5)	2:42:41
5	246	Mark Jones	48	Morgantown WV	30:28 (8)	1:17:54 (5)	55:39 (6)	2:44:01
6	266	Vashek Vancura	48	Lorton VA	29:41 (7)	1:16:14 (4)	1:01:47 (8)	2:47:42
7	249	David Marsi	40	Brooklyn OH	29:40 (6)	1:18:04 (6)	1:01:11 (7)	2:48:55
8	239	Kody Cario	47	Easton MD	28:46 (5)	1:29:58 (9)	51:52 (3)	2:50:36
9	257	Scott Samuel	45	Foxboro MA	30:54 (9)	1:21:28 (8)	1:07:08 (9)	2:59:30
10	264	Jason Stewart	42	Morgantown WV	31:21 (10)	1:33:28 (10)	1:16:25 (10)	3:21:14
11	243	Michael Fox	42	Catonsville MD	36:45 (11)	2:01:37 (11)	1:24:01 (11)	4:02:23
	244	Gerald Holland	42	Newport News VA				dnf
	256	Curtis Rhoten	42	Westminster MD				dnf

PI	Stno	Name	Age	Hometown	Run	Bike	Run	Time
Du Solo - M 50+ (5)								
1	261	Peter Sherry	50	Great Falls VA	23:42 (1)	1:19:35 (2)	50:23 (1)	2:33:40
2	269	Bill Wheeler	53	Ellicott City MD	29:20 (3)	1:18:14 (1)	58:49 (2)	2:46:23
3	251	Greg McDivitt	50	Catonsville MD	28:41 (2)	1:19:48 (3)	1:00:03 (3)	2:48:32
4	237	Matt Bowling	50	Westminster MD	29:50 (4)	1:42:38 (4)	1:26:54 (4)	3:39:22
	253	Barry Nobles	52	Falls Church VA				dnf