

First Name	Last Name	Age	Hometown	Age Group	R1 Points	R2 Points	Total
Riley	Hinegardner	17	Frederick MD	10K - F 19-U	50		50
Ameenah	Noor	14	Frederick MD	10K - F 19-U		50	50
Patricia	Mills	12	Frederick MD	10K - F 19-U		41	41

Megan	Parry	25	Clear Spring MD	10K - F 20-29	41	35	76
Becky	Dress	29	Laurel MD	10K - F 20-29	23	30	53
Erika	Elko	29	Alexandria VA	10K - F 20-29	50		50
Lucy	Wright	23	Monrovia MD	10K - F 20-29		50	50
Madeline	White	22	Washington DC	10K - F 20-29		41	41
Alexandra	Hyman	28	Washington DC	10K - F 20-29	35		35
Megan	Connell	29	Owings MD	10K - F 20-29	11	23	34
Delia	Belausteguigo	26	Bethesda MD	10K - F 20-29	30		30
Wendy	Kanter	26	Ellicott City MD	10K - F 20-29	26		26
Callie	Gregg	23	Roanoke VA	10K - F 20-29		26	26
Jenna	Shenk	24	Baltimore MD	10K - F 20-29	20		20
Dayna	Clark	26	Washington DC	10K - F 20-29	17		17
Sarah	Boehm	26	Annapolis MD	10K - F 20-29	15		15
Jamie	Secoura	26	Millersville MD	10K - F 20-29	13		13
Heather	Livingston	29	Sykesville MD	10K - F 20-29	9		9
Jessica	Hower	28	Frederick MD	10K - F 20-29	8		8

Ellen	Cousins	31	Rockville MD	10K - F 30-39	26	50	76
Brooke	Coggiano	33	Pasadena MD	10K - F 30-39	30	35	65
Amanda	Love	36	Ohiopyle PA	10K - F 30-39	50		50
Julie	Harris	32	Frederick MD	10K - F 30-39	41		41
Miranda	Forte	33	Rockville MD	10K - F 30-39		41	41
Janine	Harris	38	Washington DC	10K - F 30-39	35		35
Kim	Conway	34	Rockville MD	10K - F 30-39	8	26	34
Becki	Spiering	37	Arlington VA	10K - F 30-39	17	15	32
Paola Nasser	Robey	39	Falls Church VA	10K - F 30-39		30	30
Natasha	Ezerski	35	Montgomery Village M	10K - F 30-39	9	20	29
Megan	Siekkinen	37	Arlington VA	10K - F 30-39	1	23	24
Rachel	Buker	38	Alexandria VA	10K - F 30-39	23		23
Jennifer	Vogt	36	Arlington VA	10K - F 30-39	20		20
Shawna	Barry	37	Arlington VA	10K - F 30-39		17	17
Rachel	Leyko	34	Baltimore MD	10K - F 30-39	15		15
Rebecca	Mills	38	Frederick MD	10K - F 30-39	5	9	14
Danye	Aboki	39	Bethesda MD	10K - F 30-39	13		13
Julie	Sharkey	30	Washington DC	10K - F 30-39		13	13
Lauren	White	32	Frederick MD	10K - F 30-39	4	8	12
Christy	Wahle	36	Alexandria VA	10K - F 30-39	11		11
Amy	Chrest	32	Germantown MD	10K - F 30-39		11	11
Katie	Windlan	38	Silver spring MD	10K - F 30-39	7		7

Michelle	Poncetta	36	Washington DC	10K - F 30-39		7	7
Allison	Dyck	32	Churchton MD	10K - F 30-39	6		6
Kerry	Mchugh	30	Frederick MD	10K - F 30-39		6	6
Irene	Thomas	36	Arlington VA	10K - F 30-39		5	5
Courtnee	Pelton	36	Gaithersburg MD	10K - F 30-39		4	4
Stacy	Difranco	39	Hagerstown MD	10K - F 30-39	3		3
Lindsay	Ballard	39	Greenbelt MD	10K - F 30-39		3	3
Crystal	Wissinger	33	Laurel MD	10K - F 30-39	2		2
Emily	Maus	31	Washington DC	10K - F 30-39		2	2
Angela	Mariani	33	Silver Spring MD	10K - F 30-39		1	1

Deborah	Gayle	40	Burtonsville MD	10K - F 40-49	50		50
Janel	Lobur	41	Frederick MD	10K - F 40-49		50	50
Robin	Camarote	43	Falls Church VA	10K - F 40-49	20	23	43
Karla	Kramer	46	Silver Spring MD	10K - F 40-49	41		41
Sophie	Knight	43	Glenn Dale MD	10K - F 40-49		41	41
Michele	Dougherty	46	Derwood MD	10K - F 40-49	35		35
Tabatha	Thompson	43	Washington DC	10K - F 40-49		35	35
Charlotte	Block	45	Washington DC	10K - F 40-49	30		30
Nicole	Davis	47	Urbana MD	10K - F 40-49		30	30
Jc	Gibbons	46	Reston VA	10K - F 40-49	26		26
Mary	Slater	47	Silver Spring MD	10K - F 40-49		26	26
Hilary	Chapman	46	Washington DC	10K - F 40-49	23		23
Emily	Howe	43	Ellicott City MD	10K - F 40-49		20	20
Maria	Korsak	41	Leesburg DC	10K - F 40-49	17		17
Kerensa	Hadley	44	Fairfax VA	10K - F 40-49		17	17
Stephanie	Robinson	44	Arlington VA	10K - F 40-49	15		15
Jane	Rabinovitch	45	Reston VA	10K - F 40-49		15	15
Michelle	Ryan	48	Alexandria VA	10K - F 40-49	7	8	15
Amy	Upton	41	Washington DC	10K - F 40-49	8	7	15
Regina	Oliveira	47	Gaithersburg MD	10K - F 40-49	13		13
Caryn	Healander	49	Clarksburg MD	10K - F 40-49		13	13
Kelly	Proctor	49	Columbia MD	10K - F 40-49	11		11
Theresa	Thomas	49	Bowie MD	10K - F 40-49		11	11
Jennifer	Barlet	46	Manassas VA	10K - F 40-49	9		9
Angela	Hayes	48	Odenton MD	10K - F 40-49		9	9
Julie	Mcdowell	44	Washington DC	10K - F 40-49	6		6
Rachel	Ridgway	47	Ijamsville MD	10K - F 40-49		6	6
Heather	Zimmerman	49	Ellicott City MD	10K - F 40-49	5		5
Kristin	Stephens	40	Washington DC	10K - F 40-49		5	5
Devon	Struck	42	Hyattsville MD	10K - F 40-49	4		4
Kari	Hill	45	Germantown MD	10K - F 40-49		4	4
Stacy	Welch	44	Bethesda MD	10K - F 40-49		4	4
Diane	Pancoska	46	Silver Spring MD	10K - F 40-49	3		3

Anne	Shubert	49	Smithsburg MD	10K - F 40-49		2	2
Melissa	Armstrong	48	Fleetwood PA	10K - F 40-49		1	1

Laura	Turbe	50	Silver Spring MD	10K - F 50-59	41	35	76
Brenda	Mackintosh	52	Springfield VA	10K - F 50-59	50		50
Ruth	Taylor	50	Frederick MD	10K - F 50-59		50	50
Jennifer	Thomas	50	Washington DC	10K - F 50-59	26	17	43
Jackson	Rappaport	52	Washington DC	10K - F 50-59		41	41
Stephanie	Lasure	52	alexandria VA	10K - F 50-59	35		35
Jennifer	Dress	53	Fulton MD	10K - F 50-59	30		30
Monika	Bachmann	52	Upper Marlboro MD	10K - F 50-59		30	30
Hai	Chen	52	Elkridge MD	10K - F 50-59	13	13	26
Shellie	Frazier	50	Keedysville MD	10K - F 50-59	11	15	26
Dee	Gager	53	New Market MD	10K - F 50-59		26	26
Sue	Modica	50	Gambrills MD	10K - F 50-59	23		23
Laurie	Horstmann	58	Centreville VA	10K - F 50-59		23	23
Donna	Tolland	57	Boonsboro MD	10K - F 50-59	20		20
Julie	Jamsa	53	Gaithersburg MD	10K - F 50-59	9	11	20
Pamela	Yao	58	Ellicott city MD	10K - F 50-59		20	20
Katrina	Lamb	56	Gaithersburg MD	10K - F 50-59	17		17
Liz	Glanz	51	springfield VA	10K - F 50-59	15		15
Carla	Piorkowski	56	Frederick MD	10K - F 50-59		9	9

Kathleen	Mcmackin	63	Millersville MD	10K - F 60+	41	50	91
Kathy	Hennes	66	Annapolis MD	10K - F 60+	50		50
Kathleen	Hanson	64	Annapolis MD	10K - F 60+		41	41

Marco	Legendyk	15	Vienna VA	10K - M 19-U	50		50
Peter	Hajdo	18	Ashburn VA	10K - M 19-U		50	50
Ian	Zygmunt	18	Winchester VA	10K - M 19-U		41	41

Rj	Gitter	24	baltimore MD	10K - M 20-29	41	15	56
Gabriel	Kline	21	Acton MA	10K - M 20-29	50		50
Nicholas	Fogel	28	Washington DC	10K - M 20-29		50	50
Colin	MacFarlane	28	Arlington VA	10K - M 20-29		41	41
Neal	Shenk	28	Silver Spring MD	10K - M 20-29	35		35
Matt	Cassi	29	Washington DC	10K - M 20-29		35	35
Nicholas	Elisio	27	Mount airy MD	10K - M 20-29	20	13	33
Paul	Halliday	29	Ellicott City MD	10K - M 20-29	30		30
Patrick	Watson	24	Baltimore MD	10K - M 20-29		30	30
Jacob	Miller	28	Crownsville MD	10K - M 20-29	26		26
Ryan	Foret	26	Takoma Park MD	10K - M 20-29		26	26
Andrew	Klansek	28	Derwood MD	10K - M 20-29	23		23
Sam	Myers	27	Clear Spring MD	10K - M 20-29		23	23

Kenneth	Gonzales	24	Takoma Park MD	10K - M 20-29		20	20
Corey	Barlet	23	Manassas Park VA	10K - M 20-29	17		17
Jorge	Torres	24	Silver Spring MD	10K - M 20-29		17	17

Amos	Desjardins	36	Alexandria VA	10K - M 30-39	50	35	85
Benn	Thomas	38	Arlington VA	10K - M 30-39	35	50	85
Brian	Doherty	34	Washington DC	10K - M 30-39	30	41	71
Charlie	Ban	36	Washington DC	10K - M 30-39	41		41
Josh	Nichols	33	Burke VA	10K - M 30-39	23	13	36
Ryan	Bowen	32	Rockville MD	10K - M 30-39		30	30
Ryan	Fitzgibbons	37	Ellicott City MD	10K - M 30-39	26		26
Brian	Fleming	35	Ellicott City MD	10K - M 30-39		26	26
Jason	Henderson	38	Fairfax VA	10K - M 30-39	17	9	26
Doug	Johnson	33	Great falls VA	10K - M 30-39		23	23
Patrick	Savoy	31	Washington DC	10K - M 30-39	20		20
Michael	Trumbull	36	Monrovia MD	10K - M 30-39		20	20
Nicholas	Sunseri	36	Arlington VA	10K - M 30-39	8	11	19
Brian	Poulin	30	Washington DC	10K - M 30-39		17	17
Joel	Graham	36	Washington DC	10K - M 30-39	15		15
Thomas	Mccarthy	39	Warrenton VA	10K - M 30-39		15	15
Jeremy	Zehr	36	Derwood MD	10K - M 30-39	13		13
Corey	Schoo	33	Frederick MD	10K - M 30-39	6	7	13
Muggs	Alexander	35	Mount Airy MD	10K - M 30-39	11		11
Billy	Dove	35	Mount Airy MD	10K - M 30-39	9		9
Brian	Mckenzie	33	Arlington VA	10K - M 30-39		8	8
Mark	Poblete	32	Oakton VA	10K - M 30-39	2	6	8
Kurt	Shenk	31	Montgomery Village MD	10K - M 30-39	7		7
Blake	Burket	38	Altamonte Springs FL	10K - M 30-39	5		5
Jordan	Southers	32	Frederick MD	10K - M 30-39	3	2	5
Michael	Vu	35	Alexandria VA	10K - M 30-39		5	5
Jeremy	Springall	33	Germantown MD	10K - M 30-39	4		4
Michael	Ionadi	34	Pittsburgh PA	10K - M 30-39		4	4
Michael	Rathmanner	34	Washington DC	10K - M 30-39		3	3
David	Duran	38	Bristow VA	10K - M 30-39	1		1
Brent	King	37	Reston VA	10K - M 30-39		1	1

Ze	Dagher	40	Falls Church VA	10K - M 40-49	50	30	80
James	Mills	41	Frederick MD	10K - M 40-49	35	35	70
Anthony	Duricy	44	Arlington VA	10K - M 40-49	41	23	64
Christopher	Robinson	44	Arlington VA	10K - M 40-49	30	20	50
David	Storper	45	Bethesda MD	10K - M 40-49		50	50
Peter	Sherry	49	Great Falls VA	10K - M 40-49		41	41
David	Shove-Brown	45	Potomac MD	10K - M 40-49	17	11	28
Bill	Bernier	42	Springfield VA	10K - M 40-49	26		26

Chris	Bailey	43	keedysville MD	10K - M 40-49		26	26
Sean	Ryan	42	Washington DC	10K - M 40-49	23		23
Scott	Hembrough	47	Bethesda MD	10K - M 40-49	20		20
Brian	Camarote	45	Falls Church VA	10K - M 40-49	13	6	19
Bram	Arrington	44	Ellicott City MD	10K - M 40-49		17	17
Dave	Holbrook	48	Bethesda MD	10K - M 40-49	15		15
Brian	Hain	40	College Park MD	10K - M 40-49		15	15
Billy	Clem	49	Frederick MD	10K - M 40-49		13	13
Shaun	Ryan	48	McLean VA	10K - M 40-49	7	5	12
Doug	Kuckelman	40	Potomac MD	10K - M 40-49	11		11
Enrique	Parra	44	Gaithersburg MD	10K - M 40-49	9		9
Stephen	Thompson	45	Washington DC	10K - M 40-49		9	9
Dan	Bengero	40	Laurel MD	10K - M 40-49	8		8
Sean	Mcdevitt	45	Springfield VA	10K - M 40-49		8	8
Ed	Choy	42	Germantown MD	10K - M 40-49		7	7
Carlos	Pellot	46	Fairfax	10K - M 40-49	6		6
John	Mcglathlin	44	rockville MD	10K - M 40-49	5		5
Stan	French	44	Gaithersburg MD	10K - M 40-49	4		4
J	Dee	46	Annandale VA	10K - M 40-49		4	4
Byron	Blunt	48	Washington DC	10K - M 40-49	3		3
Alonso	Revilla	47	Springfield VA	10K - M 40-49		3	3
James	Upton	42	Washington DC	10K - M 40-49	2		2
Quan	Luong	46	Fairfax Station VA	10K - M 40-49		2	2
Patrick	Rawson	42	Olney MD	10K - M 40-49	1	1	2

Rob	Bowen	54	Oak Hill VA	10K - M 50-59	50	50	100
Jan	Smilek	51	Leesburg VA	10K - M 50-59	35	41	76
Robert	Parry	53	College Park MD	10K - M 50-59	26	35	61
Richard	Hanno	55	Bowie MD	10K - M 50-59	30	30	60
Kevin	Hensley	56	Washington DC	10K - M 50-59	23	23	46
Wilco	Legendyk	52	Vienna VA	10K - M 50-59	41		41
Glenn	Buchter	54	Alexandria VA	10K - M 50-59	15	15	30
Rodney	Vieira	50	Chevy Chase MD	10K - M 50-59		26	26
Robert	Didonato	56	Woodstock MD	10K - M 50-59	5	20	25
Mark	Robinson	58	Vienna VA	10K - M 50-59	11	11	22
Jay	Stanley	50	Arlington VA	10K - M 50-59	20		20
Jonathan	Gitter	57	Baltimore MD	10K - M 50-59	9	9	18
Eric	Platt	54	silver spring MD	10K - M 50-59	17		17
Dan	Thomas	56	Bowie MD	10K - M 50-59		17	17
Mark	Schuermann	56	Washington DC	10K - M 50-59	13		13
Bo	Saulsbury	54	Rockville MD	10K - M 50-59		13	13
Greg	Jamsa	53	Gaithersburg MD	10K - M 50-59	4	7	11
Martin	Jones	58	Rockville MD	10K - M 50-59	8		8
Clifford	Smith	50	Dunkirk MD	10K - M 50-59		8	8

Patrick	Cavanagh	55	Bowie MD	10K - M 50-59	7		7
Robert	Brown	51	Vienna VA	10K - M 50-59	6		6
Taro	Adachi	55	Baltimore MD	10K - M 50-59		6	6
Thomas	Troutman	57	Ijamsville MD	10K - M 50-59	3		3

Graham	Allaway	62	Darnestown MD	10K - M 60+	41	23	64
James	Iciek	63	Rockville MD	10K - M 60+	50		50
Timothy	Morgan	67	Damascus MD	10K - M 60+		50	50
Stephen	Miles	60	Hagerstown MD	10K - M 60+	23	20	43
Mike	Carey	62	Spencerville MD	10K - M 60+	26	15	41
Tim	Okeefe	65	Middletown MD	10K - M 60+		41	41
Walter	Porzel	69	Falls Church VA	10K - M 60+	35		35
Scott	Mckenzie	60	York PA	10K - M 60+		35	35
Jerry	Frankenheim	75	Germantown MD	10K - M 60+	17	17	34
Fredric	Leffler	63	Columbia MD	10K - M 60+	20	13	33
Lenny	Marino	60	Mount Airy MD	10K - M 60+	30		30
Bradley	Gilman	60	Vienna VA	10K - M 60+		30	30
Art	Gregory	74	Frederick MD	10K - M 60+		26	26
George	Ladue	61	New Market MD	10K - M 60+		11	11

Anna	Bonapace	12	Boyds MD	5K - F 19-U	50	50	100
Emily	Seibert	25	Salt Lake City UT	5K - F 19-U	50		50
Maya	Hutchins	12	Vienna VA	5K - F 19-U	41		41
Katherine	Krauss	25	Ashburn VA	5K - F 19-U	41		41
Gwyneth	Duroske	15	Fairfax VA	5K - F 19-U		41	41
Siri Lakshmi	Khalsa	9	Reston VA	5K - F 19-U	35		35
Mary	Desrosiers	25	Washington DC	5K - F 19-U	35		35
Sophia	Anderson	19	Arlington VA	5K - F 19-U		35	35
Grace	Rhoades	13	Frederick MD	5K - F 19-U	30		30
Caitlin	Garrigan-Nass	29	Washington DC	5K - F 19-U	30		30
Zoë	Thompson	15	Washington DC	5K - F 19-U		30	30

Heather	Duroske	29	Arlington VA	5K - F 20-29		50	50
Kayla	Kerrigan	29	Silver Spring MD	5K - F 20-29		41	41
Carey	Ward	27	Silver Spring MD	5K - F 20-29		35	35
Julie	Cater	28	Severn MD	5K - F 20-29		30	30
Emily	Griswold	26	Takoma Park MD	5K - F 20-29		26	26
Shelby	Johnson	26	Laurel MD	5K - F 20-29		23	23
Melisa	Hansen	27	Frederick MD	5K - F 20-29		20	20

Corinn	Wendel	37	Gaithersburg MD	5K - F 30-39	23	30	53
Margaret	Ledyard-Mark	35	Arlington VA	5K - F 30-39	50		50
Rachel	Buker	38	Alexandria VA	5K - F 30-39		50	50
Jen	Mcgough	34	Washington DC	5K - F 30-39	41		41

Kelly	Hogan	30	McLean VA	5K - F 30-39		41	41
Amy	Chrest	32	Germantown MD	5K - F 30-39	35		35
Maureen	Mckenzie	33	Arlington VA	5K - F 30-39		35	35
Tiana	Cooper	30	Odenton MD	5K - F 30-39	30		30
Kathleen	Savoy	32	Washington DC	5K - F 30-39	26		26
Sarah	Godoy	32	Washington DC	5K - F 30-39		26	26
Christene	Nichols	34	Burke VA	5K - F 30-39		23	23
Rosa	Hanks	32	Alexandria VA	5K - F 30-39	20		20
Hedvig	Gajdos	33	Baltimore MD	5K - F 30-39		20	20
Allison	Williams	35	Annapolis MD	5K - F 30-39	17		17
Amanda	Stover	35	Rohrersville MD	5K - F 30-39		17	17
Ashley	Volta	33	Westminster MD	5K - F 30-39	15		15
Maria	O'Donell	38	Columbia MD	5K - F 30-39		15	15
Tracy	Nursej	39	Arlington VA	5K - F 30-39	13		13
Crystal	Street	38	Prince Frederick MD	5K - F 30-39		13	13
Maria	Ferrucci	33	Columbia MD	5K - F 30-39	11		11
Kara	Cretsinger	31	Edgewater MD	5K - F 30-39		11	11
Jocelyn	Martin	37	Annapolis MD	5K - F 30-39	9		9

Kristina	Maze	48	Washington DC	5K - F 40-49	41	50	91
Barbara	Chong	47	Boyd's MD	5K - F 40-49	35	41	76
Meg	McGarry	46	Washington DC	5K - F 40-49	26	35	61
Mary	Larocco	47	Frederick MD	5K - F 40-49	50		50
Paola	Canelos	42	Gaithersburg MD	5K - F 40-49	23	26	49
Beth	Ingalls	44	Alexandria VA	5K - F 40-49	30		30
Holly	Miller	46	Annandale VA	5K - F 40-49		30	30
Stephanie	Murdock	49	Washington DC	5K - F 40-49	15	13	28
Lisa	Pine Pellak	42	West Friendship MD	5K - F 40-49	13	15	28
Stephanie	Robinson	44	Arlington VA	5K - F 40-49		23	23
Ivy	Choe-Branstet	42	Germantown MD	5K - F 40-49	20		20
Katie	Kula	42	Purcellville VA	5K - F 40-49		20	20
Kristin	Stephens	40	Washington DC	5K - F 40-49	17		17
Shauna	Duroske	43	Fairfax VA	5K - F 40-49		17	17
Mariana	Kalpos	43	Churchton MD	5K - F 40-49	11		11
Isabelle	Doucet	43	Germantown MD	5K - F 40-49		11	11
Kelly	Proctor	49	Columbia MD	5K - F 40-49		11	11
Finiana	Joseph	46	Hyattsville MD	5K - F 40-49		8	8
Katherine	Trinidad	44	Bethesda MD	5K - F 40-49		7	7
Jennifer	Tepper	40	Rockville MD	5K - F 40-49		6	6

Kate	Dowling	55	Washington DC	5K - F 50-59	41	35	76
Kristen	Verderame	50	McLean VA	5K - F 50-59	50		50
Katherine	Mccann	53	washington DC	5K - F 50-59		50	50
Kathy	Slack	54	Burtonsville MD	5K - F 50-59	35	15	50

Angelika	Smilek	51	Leesburg VA	5K - F 50-59		41	41
Lisa	Hajdo	52	Ashburn VA	5K - F 50-59		30	30
Susan	Yenyo	50	Springfield VA	5K - F 50-59		26	26
Nancy	Murphy	50	Arlington VA	5K - F 50-59		23	23
Liz	Glanz	51	springfield VA	5K - F 50-59		20	20
Holli	Tippl	57	Centreville VA	5K - F 50-59		17	17
Azhar	Ibrahim	59	Brunswick MD	5K - F 50-59		13	13

Joni	Mckenzie	60	York PA	5K - F 60+		50	50
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Evan	Bonapace	10	Boyds MD	5K - M 19-U	26	50	76
Jackson	Pellak	11	West Friendship MD	5K - M 19-U	23	35	58
Justin	Connell	18	Washington DC	5K - M 19-U	50		50
Marco	LaRocco	11	Mt Airy MD	5K - M 19-U	41		41
Hollon	Urgese	7	Fairfax Station VA	5K - M 19-U		41	41
Blue	Shapiro	16	Frederick MD	5K - M 19-U	35		35
Marty	Ratchford	14	Frederick MD	5K - M 19-U	30		30

Jefferson	Ruiz	21	Silver Spring MD	5K - M 20-29	50	50	100
Joshua	Ostrenga	28	Gaithersburg MD	5K - M 20-29	41		41
Alexander	Hensley	27	San Deigo CA	5K - M 20-29		41	41
Adam	Hammett	27	Annapolis MD	5K - M 20-29	35		35
Charlie	Marsh	29	Germantown MD	5K - M 20-29		35	35
Jordan	Cater	28	Severn MD	5K - M 20-29		30	30
Tom	Perlozzo	28	Silver Spring MD	5K - M 20-29		30	30

Chris	Dutton	34	Frederick MD	5K - M 30-39	26	35	61
Erik	Scudder	39	Aldie VA	5K - M 30-39	35	26	61
Chris	Mcgough	34	Washington DC	5K - M 30-39	50		50
David	Majors	31	Arlington VA	5K - M 30-39		50	50
James	Bruggman	35	Washington VA	5K - M 30-39	23	23	46
Adam	Cardenas	35	Arlington VA	5K - M 30-39	41		41
Greg	Blatt	36	Baltimore MD	5K - M 30-39		41	41
Carlos	Tamayo	32	Frenchtown	5K - M 30-39	30		30
Ray	O'Donell	31	Columbia MD	5K - M 30-39		30	30
Alessandro	Ferrucci	33	Columbia MD	5K - M 30-39	20		20
Ryan	Huttar	32	Haymarket VA	5K - M 30-39		20	20
Bart	Sheard	30	Washington DC	5K - M 30-39	17		17
Ryan	Exon	33	Laurel MD	5K - M 30-39		17	17
Chris	Wilson	37	Derwood MD	5K - M 30-39	15		15
Rob	Hayes	34	Arlington VA	5K - M 30-39		15	15

Deepak	Kashyap	44	Fairfax VA	5K - M 40-49	35	50	85
Jack	Cline	47	Gaithersburg MD	5K - M 40-49	30	41	71

Jason	Huebner	41	Germantown MD	5K - M 40-49	23	30	53
Kenny	Shapiro	49	Frederick MD	5K - M 40-49	50		50
PJ	Magpantay	40	Clarksburg VA	5K - M 40-49	41		41
Paul	Clavijo	43	Gaithersburg MD	5K - M 40-49	17	20	37
Dave	Conlon	40	Baltimore MD	5K - M 40-49		35	35
Gardner	Hutchins	45	Vienna VA	5K - M 40-49	26		26
Craig	Durosko	48	Fairfax VA	5K - M 40-49		26	26
Scott	Smith	45	Vienna VA	5K - M 40-49		23	23
Jason	Boehm	45	Poolesville	5K - M 40-49	20		20
Joseph	Urgese	47	Fairfax Station VA	5K - M 40-49		17	17
Sat Nam	Khalsa	44	Reston VA	5K - M 40-49	15		15
Jai	Yoo	47	Falls Church VA	5K - M 40-49		15	15
Ryan	Kula	43	Purcellville VA	5K - M 40-49		13	13

Joseph	Woitach	54	Potomac MD	5K - M 50-59	50	50	100
Pete	Hayward	52	Vienna VA	5K - M 50-59	41	35	76
Charles	Bonapace	50	Boyd's MD	5K - M 50-59	35	26	61
Mark	Billinghurst	56	Arlington VA	5K - M 50-59		41	41
Andrew	Mergen	54	Washington DC	5K - M 50-59	20	17	37
Ken	Bocam	52	Potomac MD	5K - M 50-59	30		30
Joseph	Lowther	57	Vienna VA	5K - M 50-59		30	30
Scott	Mackintosh	55	Springfield VA	5K - M 50-59	26		26
Dan	Max	50	Potomac MD	5K - M 50-59	23		23
Mukund	Belliappa	53	Washington DC	5K - M 50-59		23	23
Michael	Anderson	55	Arlington VA	5K - M 50-59		20	20
Tommy	Tepper	51	Rockville MD	5K - M 50-59		15	15

Paul	Rapavi	60	Springfield VA	5K - M 60+	50	50	100
Francis	Donovan	68	Chevy Chase MD	5K - M 60+	41	30	71
Ralph	Burroughs	60	Fairfax VA	5K - M 60+		41	41
Qassim	Abdullah	63	Brunswick MD	5K - M 60+		35	35
Mauro	Pellot	14	Fairfax VA		41		41