

2019 EX2 Adventures Blue Crab Bolt Trail Running Series

Race #1 Seneca Creek State Park - June 22, 2019

Overall Results

5K Results (Actual Distance 5.2K)

F 19-U

Place	Bib #	First Name	Last Name	Age	City	Time	R1 Points
1	311	Anna	Bonapace	13	Boyds MD	0:31:27	50
2	430	Audrey	Blake	11	Kensington MD	0:34:57	41
3	328	Siri Lakshmi	Khalsa	10	Reston VA	0:41:03	35
4	327	Ananda	Khalsa	13	Reston VA	0:42:50	30
5	352	Claire	Tepper	9	Rockville MD	0:52:06	26
6	350	Veronica	Supinger	8	Springfield VA	0:53:05	23
7	432	Natalie	Birner	49	Woodbine MD	1:00:05	20
8	321	Julietta	Gil	9	Arlington VA	1:04:18	17

F 20-29

Place	Bib #	First Name	Last Name	Age	City	Time	R1 Points
1	351	Jenny	Taylor	27	Ashburn VA	0:32:29	50
2	315	Alice	Cook	20	Gaithersburg MD	0:33:15	41
3	323	Emily	Griswold	27	Takoma Park MD	0:41:05	35
4	322	Elizabeth	Gill	27	Takoma Park MD	0:53:35	30

F 30-39

Place	Bib #	First Name	Last Name	Age	City	Time	R1 Points
1	420	Megan	Wahl	38	Silver Spring MD	0:30:50	50
2	331	Holli	Loomans-Kropp	32	Gaithersburg MD	0:31:00	41
3	336	Maureen	Mckenzie	34	Alexandria VA	0:33:58	35
4	419	Katie	Windlan	39	Silver Spring MD	0:34:23	30
5	340	Molly	Nixon	36	Washington DC	0:37:34	26
6	423	Kelli	Swift	34	Frederick MD	0:39:43	23
7	324	Rachel	Guzzone	36	Rockville MD	0:40:33	20
8	316	Latoya	Cross	36	Bowie MD	0:41:30	17
9	342	Cari	Penniman	35	Highland MD	0:45:52	15
10	332	Raquel	Machado	33	Germantown MD	0:48:59	13
11	345	Tara	Reed	36	Waldorf MD	0:52:04	11
12	349	Jamie	Supinger	32	Springfield VA	0:53:05	9

F 40-49

Place	Bib #	First Name	Last Name	Age	City	Time	R1 Points
1	320	Jessica	Gerard	48	Centreville GA	0:30:55	50
2	335	Kristina	Maze	49	Washington DC	0:30:59	41
3	329	Emma	Knox	40	Middletown MD	0:32:27	35
4	308	Stacey	Arnold	47	Rockville MD	0:33:01	30

5	314	Barbara	Chong	48	Boyds MD	0:35:37	26
6	426	Erin	Sutton	41	Arlington VA	0:38:12	23
7	346	Stephanie	Robinson	45	Arlington VA	0:38:30	20
8	428	Jennifer	Johnson	46	Bethesda MD	0:38:47	17
9	431	Katherine	Godesky	41	Arlington VA	0:39:17	15
10	313	Paola	Canelos	43	Gaithersburg MD	0:41:10	13
11	319	Natasha	Ezerski	43	Bowie MD	0:41:28	11
12	341	Tracy	Nursej	40	Arlington VA	0:42:00	9
13	309	Brianne	Barrow Little	40	washington DC	0:42:57	8
14	310	Erin	Birgfeld	47	Washington DC	0:43:02	7
15	339	Suman	Nayak	43	Frederick MD	0:43:06	6
16	338	Agnes	Moyeno	48	Beltsville MD	0:54:16	5
17	422	Julie	Parks	41	Alexandria VA	0:55:45	4
18	330	Joanne	Lee	45	Columbia MD	1:07:01	3
19	353	Jennifer	Tepper	41	Rockville MD	1:16:38	2

F 50-59							
Place	Bib #	First Name	Last Name	Age	City	Time	R1 Points
1	354	Susan	Yenyo	51	Springfield VA	0:36:05	50
2	318	Kate	Dowling	56	Washington DC	0:36:45	41
3	347	Romana	Rychlikova	52	Alexandria VA	0:38:14	35
4	326	Veronica	Kerr	54	Derwood MD	0:38:21	30
5	344	Maria	Puga	50	Chevy Chase MD	0:52:19	26

F 60+							
Place	Bib #	First Name	Last Name	Age	City	Time	R1 Points
1	325	Kathy	Hennes	66	Annapolis MD	1:08:23	50

M 19-U							
Place	Bib #	First Name	Last Name	Age	City	Time	R1 Points
1	394	Marc	Luchtefeld	14	Germantown MD	0:27:18	50
2	361	Evan	Bonapace	11	Boyds MD	0:28:21	41
3	425	Jeremy	Shutters	16	Kittanning PA	0:32:10	35
4	381	Maccabi	Hollis	11	Bethesda MD	0:38:37	30
5	412	Camden	Serra	8	Olney MD	0:41:57	26
6	385	Nicholas	Jorgensen	15	Frederick MD	0:42:30	23
7	418	Dima	Yakovets	15	Derwood MD	0:44:31	20
8	384	Lucian	Jorgensen	11	Frederick MD	0:46:31	17
9	421	Ben	Owens	6	Alexandria VA	0:55:41	15

M 20-29							
Place	Bib #	First Name	Last Name	Age	City	Time	R1 Points
1	373	Nicholas	Fogel	29	Washington DC	0:20:56	50
2	410	Jefferson	Ruiz	22	Silver Spring MD	0:23:05	41
3	372	Ryan	Fainor	21	Allentown PA	0:26:22	35

4	415	Antonio	Velez	27	Silver Spring MD	0:28:12	30
5	374	Ryan	Foret	27	Takoma Park MD	0:28:30	26
1	402	Evan	Miller	30	Arlington VA	0:22:25	50
2	376	Tom	Gaines	36	Alexandria VA	0:23:25	41
3	416	William	Wiemers	38	Kensington MD	0:26:10	35
4	397	David	Majors	32	Arlington VA	0:28:16	30
5	367	Jack	Coursey	39	Rockville MD	0:29:21	26
6	398	Brian	Mckenzie	33	Alexandria VA	0:30:07	23
7	358	Greg	Blatt	37	Baltimore MD	0:30:35	20
8	368	Robert	Cousins	31	Rockville MD	0:31:37	17
9	403	Derrick	Nursey	39	Arlington VA	0:33:03	15
10	389	Adam	Kobler	38	Washington DC	0:33:59	13
11	408	John	Roller	30	Rockville MD	0:34:08	11
12	378	Ben	Graves	35	Alexandria VA	0:34:54	9
13	359	Brandon	Bodnar	36	Ankeny IA	0:38:18	8
14	390	Steven	Kraft	34	Gaithersburg MD	0:41:09	7
15	395	Martin	Machado	37	Germantown MD	0:44:45	6
16	404	Matt	Penniman	35	Highland MD	0:45:52	5

M 40-49

Place	Bib #	First Name	Last Name	Age	City	Time	R1 Points
1	407	Christopher	Robinson	45	Arlington VA	0:23:40	50
2	396	Pj	Magpantay	41	Clarksburg MD	0:25:43	41
3	379	Brandon	Guzzone	44	Rockville MD	0:27:29	35
4	366	Jack	Cline	48	Gaithersburg MD	0:28:56	30
5	409	Brian	Rubens	40	Clarksville MD	0:29:27	26
6	380	Alfred	Haugen	42	Arlington VA	0:29:59	23
7	399	Thomas	Mcmanuels	46	Columbia MD	0:30:04	20
8	393	Christopher	Luchtefeld	44	Germantown MD	0:32:17	17
9	411	Gregg	Serenbetz	47	Alexandria VA	0:33:30	15
10	429	Carl	Blake	47	Kensington MD	0:35:02	13
11	405	Heath	Peterson	43	Reston VA	0:36:55	11
12	400	David	Michehl	47	Vienna VA	0:39:18	9
13	391	Ryan	Kula	44	Purcellville VA	0:39:21	8
14	427	Simon	Limage	42	Washington DC	0:40:11	7
14	355	Michael	Belinkie	42	Arlington VA	0:40:11	7
16	387	Sat Nam	Khalsa	45	Reston VA	0:41:03	5
17	377	Edgar	Gil Rico	46	Arlington VA	1:04:25	4

M 50-59

Place	Bib #	First Name	Last Name	Age	City	Time	R1 Points
1	357	Mark	Billinghurst	57	Arlington VA	0:28:27	50
2	360	Charles	Bonapace	51	Boyds MD	0:29:34	41
3	369	Robert	Creek	51	Laurel MD	0:34:01	35
4	388	Drew	Kistler	50	Boyds MD	0:36:16	30

5	371	Timothy	Elder	52	Arlington VA	0:42:14	26
6	383	John	Jorgensen	54	Frederick MD	0:46:31	23
7	413	Tommy	Tepper	52	Rockville MD	0:47:25	20
8	356	George	Bernier	55	Alexandria VA	0:49:54	17

M 60+

Place	Bib #	First Name	Last Name	Age	City	Time	R1 Points
1	406	Paul	Rapavi	61	Springfield VA	0:30:11	50
2	424	Greg	Greismon	60	Elkridge MD	0:36:42	41
3	370	Jack	Eisenberg	64	Rockville MD	0:40:16	35
4	386	Ronald	Keech	64	Rockville MD	0:40:18	30
5	392	Fredric	Leffler	64	Columbia MD	0:41:12	26
6	364	Mike	Carey	63	Spencerville MD	0:42:58	23

M 70+

Place	Bib #	First Name	Last Name	Age	City	Time	R1 Points
1	414	John	Thomas	74	Lexington VA	0:45:50	50
2	417	Alan	Wycherley	76	Annapolis MD	0:58:11	41

10K Results (Actual Distance 10.4K)**F 19-U**

Place	Bib #	First Name	Last Name	Age	City	Time	R1 Points
1	898	Sarah	Farzin	15	Pooseville MD	1:04:42	50
2	576	Patricia	Mills	13	Frederick MD	1:07:17	41
3	547	Nicole	Hilleary	19	New Market MD	1:08:45	35

F 20-29

Place	Bib #	First Name	Last Name	Age	City	Time	R1 Points
1	607	Bethany	Schumacher	28	Washington DC	0:58:10	50
2	636	Lucy	Wright	24	Monrovia MD	0:58:27	41
3	627	Eliana	Torres	29	Alexandria VA	0:59:57	35
4	584	Cate	Nowak	26	Silver Spring MD	1:08:51	30
5	628	Amy	Varela	28	Frederick MD	1:11:25	26
6	523	Marie	Demeulenaere	28	Derwood MD	1:13:14	23
7	629	Yifan	Wang	29	Germantown MD	1:18:50	20
8	616	Miranda	Sly	23	Frederick MD	1:22:02	17
9	518	Katelyn	Clunk	26	Baltimore MD	1:33:51	15

F 30-39

Place	Bib #	First Name	Last Name	Age	City	Time	R1 Points
1	534	Miranda	Forte	34	Rockville MD	0:52:18	50
2	528	Penelope	Donkar	35	Washington DC	0:56:49	41
3	568	Kathryn	Martin	38	Bethesda MD	0:57:47	35
4	569	Michaela	Mccann	33	Potomac MD	0:58:13	30
5	615	Lara	Silverman	30	Baltimore MD	0:59:06	26
6	592	Sarah	Pondell	30	Rockville MD	1:00:35	23
7	630	Lindsey	Weaver	33	Frederick MD	1:01:05	20
8	520	Ellen	Cousins	32	Rockville MD	1:01:15	17
9	896	Marie	Marino	38	Gaithersburg MD	1:02:09	15
10	555	Laura	Jensen	37	Tucson AZ	1:02:24	13
11	612	Heather	Shull	37	Burke VA	1:02:36	11
12	614	Stephanie	Sikorski	38	Alexandria VA	1:03:53	9
13	510	Caitlin	Briere	33	Alexandria VA	1:03:54	8
14	506	Lauren	Becker	37	Washington DC	1:05:23	7
15	513	Lindsey	Browning	30	Germantown MD	1:05:30	6
16	507	Samantha	Bennett	37	Arlington VA	1:06:58	5
17	575	Melissa	Mendoza	37	Silver Spring MD	1:07:13	4
18	596	Allison	Rainey	39	Arlington VA	1:09:15	3
19	585	Lyudmyla	Panashchenko	33	Silver Spring MD	1:09:32	2
20	550	Tereza	Horejsova	39	Alexandria VA	1:10:13	1
21	530	Sarah	Elliott	34	Silver Spring MD	1:11:03	
22	543	Lea	Haubelt	39	Rockville MD	1:11:51	
23	577	Rebecca	Mills	39	Frederick MD	1:13:24	
24	526	Stacy	Difranco	39	Hagerstown MD	1:13:40	

25	565	Victoria	Lynch	38	Germantown MD	1:15:09	
26	608	Kali	Schumitz	38	Elkridge MD	1:15:13	
27	591	Michelle	Poncetta	37	Washington DC	1:16:50	
28	502	Rebecca	Adelman	38	Baltimore MD	1:16:56	
29	514	Kiersten	Bugge	32	Rockville MD	1:17:44	
30	587	Courtnee	Pelton	37	Gaithersburg MD	1:18:16	
31	574	Becky	Meisels	36	Skokie IL	1:19:36	
32	606	Natasha	Schuh-Nuhfer	39	Sterling VA	1:20:23	
33	537	Ashley	George	34	Dunkirk MD	1:21:26	
34	589	Leslie	Pezzullo	39	Alexandria VA	1:22:26	
35	581	Amara Thiri	Myaing	39	Alexandria VA	1:22:31	
36	595	Grace	Quiroz	31	Owings Mills MD	1:25:20	
37	622	Irene	Thomas	37	Arlington VA	1:25:47	
38	567	Angela	Mariani	34	Silver Spring MD	1:31:41	
39	598	Heather	Roberts	39	Gaithersburg MD	1:33:04	
40	571	Paula	Mckinney	37	Dumfries VA	1:33:05	
41	532	Elizabeth	Faux	34	Baltimore MD	1:33:54	
42	505	Jennifer	Barr	32	Parkville MD	1:36:41	
43	509	Joyce	Breger	36	Greenbelt MD	1:37:52	
44	904	Sarah	Khasawinah	31	Falls Church VA	1:39:16	
45	519	Emily	Cook	38	Dumfries VA	1:39:24	

F 40-49							
Place	Bib #	First Name	Last Name	Age	City	Time	R1 Points
1	599	Paola Nasser	Robey	40	Falls Church VA	0:57:57	50
2	501	Danye	Aboki	40	Bethesda MD	1:00:42	41
3	549	Emily	Hoagland	40	Washington DC	1:02:07	35
4	582	Jen	Norris	48	Alexandria VA	1:02:34	30
5	632	Roberta	Whipple	47	Woodbridge VA	1:04:52	26
6	538	Jc	Gibbons	47	Reston VA	1:05:33	23
7	625	Tabatha	Thompson	44	Washington DC	1:06:47	20
8	594	Kerry	Quinn	42	Washington DC	1:06:52	17
9	527	Madeline	Dolente	43	Arlington VA	1:06:56	15
10	633	Marnie	Whitlock	44	Laurel MD	1:07:16	13
11	611	Molly	Shea	40	Prince Frederick MD	1:07:35	11
12	638	Cheryl	Young	49	Reston VA	1:07:40	9
13	516	Robin	Camarote	44	Falls Church VA	1:08:01	8
14	580	Meg	Mosier	42	Kensington MD	1:08:48	7
15	524	Stephanie	Devlin-Gill	40	Rockville MD	1:12:13	6
16	554	Amy	Jansen	49	Woodbine MD	1:12:18	5
17	564	Cristiane	Leite	43	Germantown MD	1:13:47	4
17	610	Heather	Serra	46	Bethesda MD	1:13:47	4
17	604	Thichakorn	Sawadviphachai	48	Germantown MD	1:13:47	4
20	548	Kathleen	Hinman	47	Alexandria VA	1:14:39	1
21	588	Alison	Pepper	41	Potomac MD	1:15:16	

22	544	Angela	Hayes	49	Odenton MD	1:16:05	
23	618	Rebecca	Sonkiss	46	Alexandria MD	1:17:26	
24	540	Mary	Goodie	48	Gaithersburg MD	1:17:30	
25	545	Robin	Hayes	45	Arlington VA	1:17:41	
26	621	Jennifer	Thibodeau	45	Winchester VA	1:17:46	
27	508	Helen	Brailey	41	Rockville MD	1:19:33	
28	552	Emily	Howe	44	Ellicott City MD	1:20:47	
29	546	Kristina	Hidalgo	40	Arlington VA	1:21:28	
30	503	Jane	Alonso	44	Washington DC	1:21:59	
31	600	Megan	Roessing	42	arlington VA	1:22:26	
32	603	Michelle	Ryan	49	Alexandria VA	1:22:37	
33	536	Kristen	Gearhart	42	Crofton MD	1:25:34	
34	583	Heidi	Novak	44	Frederick MD	1:25:54	
35	619	Christine	Stafford	49	Frederick MD	1:28:17	
36	609	Amanda	Scoughton	42	Alexandria VA	1:28:44	
37	605	Samantha	Schepps	40	North Bethesda MD	1:29:13	
38	620	Devon	Struck	43	Hyattsville MD	1:29:29	
39	639	Tracy	Zimmerman	43	Arlington VA	1:31:26	
40	560	Mary	Knight	45	Falls Church VA	1:34:15	
41	634	Heather	Williams	47	Joppa MD	1:35:13	
42	562	Sandy	Lamparello	47	Gaithersburg MD	1:40:21	
43	570	Julie	Mcdowell	45	Washington DC	1:41:47	

F 50-59

Place	Bib #	First Name	Last Name	Age	City	Time	R1 Points
1	579	Amy	Mortimer	54	Arlington VA	1:00:38	50
2	504	Monika	Bachmann	53	Upper Marlboro MD	1:05:03	41
3	601	Alicia M	Romero Muci	55	Bethesda MD	1:07:15	35
4	623	Jennifer	Thomas	51	Washington DC	1:07:30	30
5	535	Dee	Gager	54	New Market MD	1:10:13	26
6	590	Sheila	Phillips	58	Falls Church VA	1:10:22	23
7	533	Kimberly	Ferland	52	Chantilly VA	1:17:37	20
8	624	Andrea	Thompson	50	Union Bridge MD	1:19:59	17
9	557	Sharon	Jones	58	Gaithersburg MD	1:20:28	15
10	637	Pamela	Yao	59	Ellicott city MD	1:20:47	13
11	529	Megan	Dooley	50	Waldorf MD	1:25:34	11
12	561	Katrina	Lamb	57	Gaithersburg MD	1:28:05	9
13	517	Hai	Chen	53	Elkridge MD	1:30:44	8
14	631	Wendy	Weigant	55	Frederick MD	1:32:46	7
15	553	Julie	Jaeger	52	Woodbridge VA	1:41:21	6
16	617	Emily	Smith	57	Annandale VA	1:41:48	5

F 60+

Place	Bib #	First Name	Last Name	Age	City	Time	R1 Points
1	563	Pattie	Laun	61	Ellicott City MD	1:13:47	50

2	593	Marisol	Pulliam	63	Gaithersburg MD	1:20:10	41
3	572	Kathleen	Mcmackin	64	Millersville MD	1:49:18	35
4	541	Kathleen	Hanson	65	Annapolis MD	2:01:02	30

M 19-U							
Place	Bib #	First Name	Last Name	Age	City	Time	R1 Points
1	701	Marco	Lagendyk	16	Vienna VA	0:51:41	50
2	648	Caeden	Beavers	15	Burke VA	0:55:33	41
3	671	Cael	Ferland	14	Chantilly VA	1:04:39	35
4	694	Elijah	Jones	17	Gaithersburg MD	1:07:04	30
5	654	Gilbert	Brailey	10	Rockville MD	1:19:33	26

M 20-29							
Place	Bib #	First Name	Last Name	Age	City	Time	R1 Points
1	756	Brady	Smith	21	Mt Airy MD	0:45:05	50
2	645	Kevin	Baird	29	Silver Spring MD	0:53:20	41
3	679	Rj	Gitter	25	Baltimore MD	0:59:01	35
4	697	Prajwal	Kerannahalli	21	Clarksburg MD	0:59:48	30
5	675	Andrew	Garrison	28	Annapolis MD	1:11:59	26
6	711	Nicholas	Matthews	29	Falls Church VA	1:12:20	23
7	704	Joseph	Lawlor	26	Washington DC	1:14:18	20
8	709	Varun	Madan	29	Baltimore MD	1:14:22	17
9	767	Gregory	Thompson	20	Union Bridge MD	1:19:59	15
10	641	Brandon	Agro	28	Glen Burnie MD	1:23:55	13
10	655	Dan	Brown	27	Odenton MD	1:23:55	13

M 30-39							
Place	Bib #	First Name	Last Name	Age	City	Time	R1 Points
1	777	Travis	Wray	33	Alexandria VA	0:43:30	50
2	766	Benn	Thomas	39	Arlington VA	0:44:05	41
3	724	Philipp	Naegele	36	Rockville MD	0:44:16	35
4	776	Austin	Wray	31	Washington DC	0:45:55	30
5	902	Ranjoah	Gill	37	Rockville MD	0:46:22	26
6	684	Kyle	Grimsley	31	Springfield VA	0:47:18	23
7	681	David	Gooze	31	Washington DC	0:48:12	20
8	710	Jim	Marchesi	38	Towson MD	0:48:30	17
9	652	Ryan	Bowen	33	Rockville MD	0:48:32	15
10	716	Ryan	Mclaughlin	37	Arlington VA	0:48:43	13
11	893	Brent	Barbee	38	Gaithersburg MD	0:49:00	11
12	737	Robert	Pondell	31	Rockville MD	0:49:59	9
13	703	Joshua	Lasky	34	Washington DC	0:50:09	8
14	706	Chris	Levinton	37	Dickerson MD	0:51:00	7
15	779	Xian	Zhao	32	Washington DC	0:51:46	6
16	757	Nathan	Soules	35	Leesburg VA	0:52:46	5
17	692	Julius	Jeter	35	Washington DC	0:53:19	4

18	698	Joshua	Kiner	35	Greenbelt MD	0:54:58	3
19	683	Tyler	Gray	35	Washington DC	0:55:19	2
20	647	Kellan	Baker	37	Baltimore MD	0:55:25	1
21	753	Eric	Sikorski	39	Alexandria VA	0:57:20	
22	760	Matthew	Stoycos	34	Rockville MD	0:58:30	
23	682	Joel	Graham	37	Alexandria VA	0:58:43	
24	667	Drew	Cormier	34	Ellicott City MD	0:59:02	
25	730	Oleksiy	Panashchenko	31	Silver Spring MD	0:59:30	
26	746	Corey	Schoo	34	Frederick MD	1:00:10	
27	758	Jordan	Southers	33	Frederick MD	1:01:51	
28	705	Douglas	Lerch	32	Ashburn VA	1:02:05	
29	676	Michael	Geffel	32	Baltimore MD	1:02:35	
30	689	Timothy	Higgins	36	Eldersburg MD	1:02:39	
31	735	Mark	Poblete	33	Fairfax VA	1:03:34	
32	903	Donald	Conner	38	Clarksburg MD	1:04:05	
33	778	Jeremy	Zehr	37	Rockville MD	1:04:59	
34	763	Nick	Sunseri	36	Alexandria VA	1:06:59	
35	769	Jason	Tremblay	39	Washington DC	1:07:15	
36	661	Ben	Clarke	36	Gaithersburg MD	1:08:09	
37	693	Khali	Johnson	37	Alexandria VA	1:08:21	
38	673	Keith	Fischer	35	Baltimore MD	1:09:42	
39	732	Dan	Pelton	39	gaithersburg MD	1:14:30	
40	680	Peter	Goff	38	Alexandria VA	1:16:27	
41	644	Scott	Axtell	34	Germantown MD	1:18:46	
42	728	Michael	Oskin	39	Skokie IL	1:19:36	
43	660	Jonathan	Chwirut	35	Sterling VA	1:20:49	
44	751	Minsoo	Shim	37	Rockville MD	1:22:42	
45	664	Alan	Cook	38	Dumfries VA	1:26:22	

M 40-49

Place	Bib #	First Name	Last Name	Age	City	Time	R1 Points
1	773	James	Wagner	46	Washington DC	0:46:12	50
2	743	Travis	Rudge	40	Centreville VA	0:46:17	41
3	718	Jamie	Mills	42	Frederick MD	0:48:39	35
4	653	Lochlan	Boyle	46	Columbia MD	0:51:16	30
5	643	Michael	Alonzo	40	Silver Spring MD	0:51:38	26
6	690	Spencer	Hollis	45	Bethesda MD	0:53:09	23
7	722	William	Moore	40	Bethesda MD	0:53:59	20
8	685	Graham	Grove	41	Washington DC	0:55:57	17
9	768	Stephen	Thompson	46	Washington DC	0:56:08	15
10	762	Anders	Sundstrom	43	Clarksburg MD	0:56:41	13
11	765	Brett	Theeler	41	Gaithersburg MD	0:57:04	11
12	672	Jay	Ferland	49	Chantilly VA	0:58:45	9
13	752	David	Shove-Brown	46	Potomac MD	0:59:12	8
14	733	Noel	Pesce	43	Rockville MD	0:59:19	7

15	659	Ed	Choy	43	Germantown MD	0:59:21	6
16	657	Brian	Camarote	46	Falls Church VA	0:59:29	5
17	712	Brendan	Mccarthy	40	Frederick MD	0:59:38	4
18	669	Chad	Duhon	41	Gaithersburg MD	1:00:04	3
19	739	Robert	Racek	43	Brunswick MD	1:01:48	2
20	658	Jason	Cave	48	Vienna VA	1:02:51	1
21	759	Todd	Steel	49	Monrovia MD	1:04:18	
22	741	Joshua	Roane	42	Frederick MD	1:05:14	
23	731	Enrique	Parra	45	Gaithersburg MD	1:05:19	
24	677	Ed	Gehres	47	Bethesda MD	1:05:32	
25	744	Shaun	Ryan	49	McLean VA	1:05:40	
26	700	Ondrej	Koumal	43	Alexandria VA	1:06:12	
27	668	Greg	Deller	44	Vienna VA	1:06:51	
28	749	James	Shea	40	Prince Frederick MD	1:07:36	
29	774	Matt	Walley	44	Tucson AZ	1:09:13	
30	663	Michael	Coffey	41	Silver Spring MD	1:10:08	
31	892	Jay	Haley	44	Ft Meade MD	1:11:57	
32	649	Byron	Blunt	48	Rockville MD	1:12:36	
33	740	Patrick	Rawson	43	Olney MD	1:12:42	
34	714	John	Mcglathlin	45	Rockville MD	1:14:00	
35	686	Ramiro	Gutierrez	47	Gaithersburg MD	1:15:25	
36	734	Tony	Pisarenkov	45	Alexandria VA	1:18:13	
37	775	Jonathan	Wallinger	46	Falls Church VA	1:19:37	
38	727	Jesse	Oropesa	43	Bethesda MD	1:19:39	
38	656	Greg	Brown	48	Alexandria VA	1:19:39	
40	726	Brian	O'Quinn	42	Herndon VA	1:23:17	
41	715	Don	Mclaughlin	49	Sterling VA	1:29:38	
42	738	Joshua	Potts	44	Stafford VA	1:31:01	

M 50-59

Place	Bib #	First Name	Last Name	Age	City	Time	R1 Points
1	651	Rob	Bowen	55	Oak Hill VA	0:50:08	50
2	761	Francisco	Sucre	54	Chevy Chase MD	0:50:30	41
3	702	Wilco	Lagendyk	53	Vienna VA	0:51:21	35
4	755	Jan	Smilek	52	Leesburg VA	0:52:34	30
5	691	Christopher	Jackman	53	Vienna VA	0:54:53	26
6	670	Paul	Durbin	54	Austin TX	0:56:22	23
7	897	Luis	Herrera	57	Bethesda MD	0:59:00	20
8	662	Billy	Clem	50	Frederick MD	0:59:22	17
9	674	Steve	Frostad	57	Herndon VA	0:59:33	15
10	736	Bret	Pollack	53	Marriottsville MD	1:00:21	13
11	895	James	Menzies	54	Gaithersburg MD	1:00:34	11
12	650	Ken	Bocam	53	Potomac MD	1:07:34	9
13	729	Oleg	Panashchenko	56	Silver Spring MD	1:09:32	8
14	713	Christopher	Mcfarlane	51	Alexandria VA	1:09:50	7

15	678	Jonathan	Gitter	58	Baltimore MD	1:10:40	6
16	708	Robert	Love	50	Alexandria VA	1:11:56	5
17	695	Martin	Jones	59	Rockville MD	1:12:36	4
18	770	Mark	Trexler	58	Timonium MD	1:15:15	3
19	894	Greg	Jamsa	53	North Potomac MD	1:19:34	2
20	899	Andy	Carr	56	Milton GA	1:19:38	1
21	745	Orin	Schepps	53	North Bethesda MD	1:23:45	
22	780	Brian	Zimmerman	54	Frederick MD	1:24:15	
23	640	Taro	Adachi	56	Baltimore MD	1:27:18	
24	771	Tom	Troutman	58	Ijamsville MD	1:28:34	
25	901	Antonio	Rodriguez	55	Potomac MD	1:28:55	
26	687	David	Hart	50	Pasadena MD	1:33:01	
27	699	Douglas	Klayman	55	Potomac MD	1:38:10	

M 60+							
Place	Bib #	First Name	Last Name	Age	City	Time	R1 Points
1	900	Bruce	Halpin	62	Ashburn VA	0:54:19	50
2	720	Larry	Moffatt	64	Mitchell IN	0:55:31	41
3	750	Vincent	Sheehy	60	Arlington VA	1:02:53	35
4	646	Stephen	Baird	61	Harwick PA	1:15:20	30
5	719	Jeffrey	Misner	63	Walkersville MD	1:26:46	26