

Place	Bib #	Name	Age	City				Time
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## Tri Solo - F 25-29 (2)

					Swim	Bike	Run	
1	184	Zywusko, Karlee	27	Edgewater MD	23:40 (1)	2:17:43 (1)	51:14 (1)	3:32:37
2	22	Capes, Nikki	27	Cuddy PA	24:18 (2)	2:47:59 (2)	1:36:56 (2)	4:49:13

## Tri Solo - F 30-34 (2)

					Swim	Bike	Run	
1	87	Koebler, Emily	30	Monroeville PA	28:48 (2)	1:54:15 (1)	56:11 (1)	3:19:14
2	126	Nielsen, Emily	32	Amissville VA	25:11 (1)	1:56:13 (2)	57:54 (2)	3:19:18

## Tri Solo - F 35-39 (9)

					Swim	Bike	Run	
1	78	Jackson, Stacey	35	Winchester VA	20:42 (1)	1:27:16 (1)	51:09 (2)	2:39:07
2	140	Rodriguez, Helen	35	Kent OH	22:13 (2)	1:30:54 (2)	59:30 (5)	2:52:37
3	74	Hornfeck, Michelle	36	Odenton MD	23:04 (3)	1:36:29 (4)	58:19 (4)	2:57:52
4	38	Cunningham, Brynn	37	Ohioypyle PA	28:00 (6)	1:48:32 (6)	47:58 (1)	3:04:30
5	66	Gray, Ashlea	37	Kensington MD	26:21 (5)	1:32:48 (3)	1:09:05 (7)	3:08:14
6	143	Rohrs, Allison	35	Fairhope PA	35:52 (8)	1:48:49 (7)	55:36 (3)	3:20:17
7	12	Bingham, Blaire	37	Alexandria VA	34:06 (7)	1:42:22 (5)	1:14:22 (8)	3:30:50
8	5	Ballard, Jamie	37	Berryville VA	23:45 (4)	2:53:08 (9)	1:04:28 (6)	4:21:21
9	103	Maes, Brandy	39	Triangle VA	39:05 (9)	2:36:16 (8)	1:33:20 (9)	4:48:41

## Tri Solo - F 40-44 (4)

					Swim	Bike	Run	
1	29	Colaizzi, Meredith	42	Glenshaw PA	20:01 (1)	1:40:19 (1)	49:38 (2)	2:49:58
2	177	Webb, Amanda	40	Glenshaw PA	26:05 (3)	1:44:36 (3)	49:19 (1)	3:00:00
3	15	Booth, Jennifer	43	Berlin PA	26:35 (4)	1:42:45 (2)	1:03:38 (3)	3:12:58
4	8	Becker, Jolie	41	Wexford PA	25:46 (2)	1:46:38 (4)	1:10:08 (4)	3:22:32

## Tri Solo - F 45-49 (6)

					Swim	Bike	Run	
1	164	Stephens, Susan	45	Harrow ON	22:50 (1)	1:13:02 (1)	51:00 (1)	2:26:52
2	14	Blandford, Jennifer	49	Elkridge MD	29:23 (4)	1:27:16 (2)	55:46 (2)	2:52:25
3	179	Wheeler, Sara	46	Mc Lean VA	27:07 (3)	1:27:19 (3)	58:45 (4)	2:53:11
4	133	Prentice, Kathleen	46	Takoma Park MD	25:31 (2)	1:34:05 (4)	56:48 (3)	2:56:24
5	102	Mackem, Lisa	49	Reston VA	32:38 (5)	1:46:16 (6)	1:05:22 (5)	3:24:16
6	45	Dunkin, Amy	48	Buckhannon WV	34:04 (6)	1:44:18 (5)	1:24:41 (6)	3:43:03

## Tri Solo - F 50-54 (7)

					Swim	Bike	Run	
1	98	Lucas, Kate	51	Charlottesville VA	21:20 (1)	1:19:59 (1)	51:08 (1)	2:32:27
2	94	Lewis, Christina	52	Windsor Mill MD	22:57 (2)	1:27:53 (2)	57:56 (3)	2:48:46
3	3	Ashbrook-Barnes, Kar	50	Vienna VA	28:32 (7)	1:46:56 (5)	54:53 (2)	3:10:21
4	76	Hovis, Catherine	50	Falls Church VA	27:10 (5)	1:37:47 (3)	1:07:53 (5)	3:12:50
5	122	Morell, Lisa	51	Sewickley PA	23:28 (3)	2:00:44 (7)	1:02:15 (4)	3:26:27
6	178	Weiser, Donna	52	Gardners PA	28:05 (6)	1:42:31 (4)	1:21:03 (6)	3:31:39
7	63	Good, Karen	53	Reisterstown MD	24:05 (4)	2:00:07 (6)	1:34:35 (7)	3:58:47

Place	Bib #	Name	Age	City				Time
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### Tri Solo - F 55-59 (5)

					Swim	Bike	Run	
1	158	Spriesterbach, Alice	57	Ellicott City MD	24:03 (2)	1:34:29 (1)	52:41 (1)	2:51:13
2	28	Classen, Carolyn	56	Gettysburg PA	23:05 (1)	1:56:26 (4)	55:34 (2)	3:15:05
2	124	Musk, Gwen	56	Columbia MD	29:19 (4)	1:45:38 (2)	1:00:08 (3)	3:15:05
4	99	Lynott, Tracy	57	Catonsville MD	31:22 (5)	1:47:44 (3)	1:20:58 (4)	3:40:04
5	156	Snoeyenbos, Ann	55	Towson MD	27:38 (3)	2:31:44 (5)	1:36:47 (5)	4:36:09

### Tri Solo - F 60+ (3)

					Swim	Bike	Run	
1	203	Landry, Stephanie	60	Ballston Spu NY	25:54 (1)	1:20:26 (1)	49:58 (1)	2:36:18
2	180	Wiest, Jill	60	Lykens PA	31:36 (2)	1:39:18 (2)	1:09:35 (2)	3:20:29
3	116	Mihm, Kathleen	60	Dickerson MD	35:46 (3)	1:41:01 (3)	1:15:40 (3)	3:32:27

### Tri Solo - M 15-19 (2)

					Swim	Bike	Run	
1	139	Roadman, Isaac	17	Indiana PA	21:40 (2)	1:17:47 (1)	41:51 (1)	2:21:18
2	163	Stein, Adam	19	Catonsville MD	18:35 (1)	1:21:29 (2)	51:36 (2)	2:31:40

### Tri Solo - M 25-29 (6)

					Swim	Bike	Run	
1	92	LeRoy, Sean	26	Baltimore MD	21:52 (2)	1:27:43 (3)	56:23 (2)	2:45:58
2	7	Beck, Dylan	28	Pittsburgh PA	21:23 (1)	1:26:07 (2)	1:02:43 (3)	2:50:13
3	23	Carback, Aaron	25	Finksburg MD	29:29 (4)	1:46:23 (4)	1:02:55 (4)	3:18:47
4	69	Gutierrez, Leonardo	28	Gaithersburg MD	34:55 (6)	1:23:38 (1)	1:21:54 (6)	3:20:27
5	155	Smith, Nathan	28	Washington DC	22:01 (3)	2:06:11 (6)	54:57 (1)	3:23:09
6	80	Johnson, Christopher	27	Mount Airy MD	31:35 (5)	1:53:03 (5)	1:12:33 (5)	3:37:11

### Tri Solo - M 30-34 (16)

					Swim	Bike	Run	
1	2	Alkire, Bobby	34	Midlothian MD	20:10 (2)	1:05:20 (1)	41:32 (1)	2:07:02
2	24	Chirside, Nathaniel	32	Linthicum Heights MD	24:18 (7)	1:25:32 (2)	50:12 (2)	2:40:02
3	75	Houck, Dale	31	Arlington VA	19:06 (1)	1:30:00 (6)	51:45 (4)	2:40:51
4	68	Greshock, Jedd	33	Springfield VA	27:23 (10)	1:27:02 (3)	51:14 (3)	2:45:39
5	100	Mack, Ronald	30	State College PA	23:09 (3)	1:38:51 (10)	52:27 (5)	2:54:27
6	79	Jennison, Alex	33	Washington DC	32:37 (14)	1:28:43 (5)	53:49 (6)	2:55:09
7	109	McClaskey, Joshua	33	Sterling VA	24:13 (6)	1:36:21 (9)	1:03:44 (10)	3:04:18
8	96	Lotz, Matthew	33	Currituck NC	24:10 (4)	1:42:19 (12)	1:00:27 (9)	3:06:56
9	127	Orendorff, John	31	Alexandria VA	30:20 (12)	1:42:38 (13)	54:28 (7)	3:07:26
10	73	Hendrix, Hank	33	Vincent OH	25:42 (9)	1:30:49 (7)	1:13:06 (13)	3:09:37
11	33	Connors, Kevin	31	Kensington MD	24:11 (5)	1:32:10 (8)	1:13:20 (14)	3:09:41
12	117	Milam, Jeffrey	30	Columbia MD	28:56 (11)	1:51:02 (14)	55:34 (8)	3:15:32
13	136	Raymond, Philip	34	Germantown MD	31:43 (13)	1:27:52 (4)	1:24:37 (16)	3:24:12
14	88	Koebler, Mike	34	Monroeville PA	35:26 (15)	1:41:52 (11)	1:11:21 (12)	3:28:39
15	161	Stacy, Brian	32	Alexandria VA	25:33 (8)	2:02:17 (15)	1:08:11 (11)	3:36:01
16	47	Eiland, Adam	31	Amissville VA	36:33 (16)	2:12:39 (16)	1:13:43 (15)	4:02:55

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**Tri Solo - M 35-39 (18)**

				Swim	Bike	Run		
1	13	Bittinger, Zach	37	Frostburg MD	18:58 (1)	59:51 (1)	40:34 (1)	1:59:23
2	131	Piriz, Gabriel	38	Kent OH	20:31 (5)	1:04:35 (2)	43:25 (2)	2:08:31
3	145	San Miguel, Jackson	36	Washington DC	19:02 (2)	1:11:45 (3)	48:54 (6)	2:19:41
4	1	Alexander, Luke	38	Sterling VA	23:34 (8)	1:11:46 (4)	46:42 (4)	2:22:02
5	65	Gray, Alexander	36	Kensington MD	20:25 (4)	1:17:17 (6)	48:03 (5)	2:25:45
6	21	Campolattano, Joseph	38	High Bridge NJ	26:29 (12)	1:16:41 (5)	45:05 (3)	2:28:15
7	183	Yearsley, David	35	Carlisle PA	25:18 (10)	1:19:45 (7)	50:08 (7)	2:35:11
8	11	Bewley, Todd	37	Arlington VA	20:57 (7)	1:21:22 (9)	54:46 (9)	2:37:05
9	77	Ippoliti, John	36	Laurel MD	37:18 (18)	1:20:33 (8)	53:23 (8)	2:51:14
10	169	Swisher, Adam	36	Gaithersburg MD	24:06 (9)	1:32:11 (12)	57:25 (11)	2:53:42
11	137	Reid, Alden	36	Manassas VA	26:19 (11)	1:28:31 (10)	58:56 (13)	2:53:46
12	108	Maule, Jeff	38	Oakland MD	29:51 (14)	1:31:16 (11)	55:07 (10)	2:56:14
13	168	Sutton, Adam	36	Towson MD	27:25 (13)	1:35:52 (13)	59:55 (14)	3:03:12
14	42	Derscheid, Steve	35	Alexandria VA	34:11 (17)	1:45:39 (14)	58:12 (12)	3:18:02
15	50	Fadul, Philip	37	Swanton MD	20:14 (3)	1:47:34 (15)	1:12:37 (17)	3:20:25
16	18	Brooks, William	38	Crownsville MD	30:23 (15)	1:53:43 (16)	1:03:23 (15)	3:27:29
17	19	Brown, Jeffrey	38	Clarksburg MD	30:31 (16)	1:59:11 (17)	1:06:48 (16)	3:36:30
18	147	Sayles, Brice	35	Elizabeth City NC	20:55 (6)	2:24:32 (18)	1:21:10 (18)	4:06:37

**Tri Solo - M 40-44 (26)**

				Swim	Bike	Run		
1	166	Stolzberg, Adam	40	Arlington VA	22:54 (9)	1:08:24 (3)	37:47 (1)	2:09:05
2	112	Mclsaac, Chris	44	Newtown Square P	22:09 (6)	1:06:09 (1)	42:50 (5)	2:11:08
3	151	Shaw, Christopher	41	Lovettsville VA	21:22 (2)	1:08:23 (2)	42:00 (4)	2:11:45
4	9	Bedilion, Steve	40	Canonsburg PA	19:04 (1)	1:11:49 (4)	41:47 (3)	2:12:40
5	84	Kelman, Erin	42	Germantown MD	23:19 (11)	1:13:02 (5)	38:47 (2)	2:15:08
6	202	Klaitman, Jason	44	Chapel Hill NC	22:39 (8)	1:15:39 (6)	45:46 (6)	2:24:04
7	162	Stancil, Matthew	43	Palmyra VA	22:06 (5)	1:15:51 (7)	51:17 (9)	2:29:14
8	55	Florit, Patrick	42	Mc Lean VA	23:21 (12)	1:24:06 (9)	49:45 (8)	2:37:12
9	31	Coleman, Peter	42	Bethesda MD	22:15 (7)	1:29:53 (12)	49:43 (7)	2:41:51
10	175	Wean, Tyler	41	Arlington VA	27:14 (20)	1:24:42 (10)	56:27 (11)	2:48:23
11	90	Kuckelman, Doug	42	Potomac MD	22:00 (4)	1:39:11 (16)	51:34 (10)	2:52:45
12	41	DeLisa, Austin	41	Jackson NJ	24:08 (14)	1:20:52 (8)	1:09:35 (17)	2:54:35
13	134	Preston, Christopher	40	Conroe TX	26:20 (17)	1:33:48 (14)	1:04:19 (13)	3:04:27
14	144	Salhab, Sam	44	Manakin Sabot VA	27:45 (22)	1:31:35 (13)	1:07:26 (15)	3:06:46
15	104	Marchand, JD	42	Ijamsville MD	27:13 (19)	1:41:00 (17)	1:01:06 (12)	3:09:19
16	35	Crawford, Brooks	41	Alexandria VA	21:38 (3)	1:29:09 (11)	1:23:19 (23)	3:14:06
17	132	Plerhoples, Tim	41	Mc Lean VA	25:31 (16)	1:46:22 (21)	1:07:38 (16)	3:19:31
18	83	Katsaros, Michael	43	Potomac MD	23:07 (10)	1:45:53 (20)	1:14:31 (19)	3:23:31
19	20	Burnett, Dave	40	Manassas VA	26:23 (18)	1:52:57 (22)	1:06:07 (14)	3:25:27
20	118	Mojri, Mohsen	43	West Chester PA	30:29 (24)	1:41:49 (18)	1:14:54 (20)	3:27:12
21	59	Gilbert, Gregory	44	Potomac MD	27:38 (21)	1:45:07 (19)	1:17:05 (21)	3:29:50
22	170	Simescu, Julius	22	Berlin MD	32:47 (25)	1:36:06 (15)	1:30:00 (25)	3:38:53
23	141	Roeder, Jimmy	40	Fallston MD	24:36 (15)	2:12:13 (25)	1:13:14 (18)	3:50:03
24	64	Granobles, Andres	42	Maryknoll NY	23:47 (13)	1:53:46 (23)	1:38:41 (26)	3:56:14
25	135	Rampulla, Marc	41	Potomac MD	33:43 (26)	2:04:08 (24)	1:22:27 (22)	4:00:18
26	4	Bahr, Douglas	40	Baltimore MD	28:04 (23)	2:13:42 (26)	1:28:25 (24)	4:10:11

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**Tri Solo - M 45-49 (18)**

				Swim	Bike	Run		
1	176	Weaver, Daryl	46	Lititz PA	20:20 (2)	1:00:51 (1)	35:35 (1)	1:56:46
2	72	Harnish, Chris	45	Richmond VA	23:25 (6)	1:01:49 (2)	39:34 (2)	2:04:48
3	153	Smith, Cameron	49	Montgomery Village	22:19 (4)	1:15:56 (3)	51:33 (5)	2:29:48
4	130	Pieck, Mike	45	Ellicott City MD	22:46 (5)	1:24:24 (5)	43:07 (3)	2:30:17
5	16	Boy, Alain	48	Bethesda MD	24:59 (10)	1:20:33 (4)	45:40 (4)	2:31:12
6	120	Moore, Timothy	49	Potomac MD	27:39 (14)	1:29:57 (7)	52:01 (6)	2:49:37
7	149	Scott, Kevin	46	Derwood MD	18:04 (1)	1:31:35 (8)	1:00:15 (9)	2:49:54
8	27	Clark, Spencer	46	Natrona Heights PA	24:34 (8)	1:28:28 (6)	1:03:57 (10)	2:56:59
9	114	Megary, Matt	49	Potomac MD	21:16 (3)	1:32:58 (9)	1:09:17 (13)	3:03:31
10	43	Donnell, William	48	Annandale VA	25:43 (11)	1:44:59 (12)	54:47 (7)	3:05:29
11	51	Ferland, Jay	49	Chantilly VA	25:55 (12)	1:44:20 (11)	57:38 (8)	3:07:53
12	85	Kirk, Paul	45	Clarksburg MD	27:46 (15)	1:38:27 (10)	1:06:28 (11)	3:12:41
13	148	Schriber, Peter	46	Allentown PA	28:00 (16)	1:54:56 (13)	1:10:09 (14)	3:33:05
14	89	Kuch, Bradley	46	Pittsburgh PA	24:22 (7)	2:05:02 (15)	1:08:52 (12)	3:38:16
15	30	Cole, William	45	Lansdale PA	27:19 (13)	2:02:16 (14)	1:18:56 (16)	3:48:31
16	62	Gomez, Sydney	47	Franklin Park NJ	24:54 (9)	2:13:36 (17)	1:18:30 (15)	3:57:00
17	121	Morales, Karel	46	Falls Church VA	38:44 (18)	2:08:02 (16)	1:25:13 (17)	4:11:59
18	204	Garcia, Antonio	49	Catonsville MD	32:21 (17)	2:31:46 (18)	1:53:07 (18)	4:57:14

**Tri Solo - M 50-54 (11)**

				Swim	Bike	Run		
1	54	Fisher, Jim	50	Midlothian VA	17:36 (1)	1:05:37 (1)	41:47 (1)	2:05:00
2	39	Cutler, Paul	52	Washington DC	22:15 (3)	1:10:01 (3)	46:25 (2)	2:18:41
3	119	Moore, Eric	53	Charlottesville VA	22:58 (4)	1:12:12 (4)	48:49 (3)	2:23:59
4	165	Stevens, Michael	51	Phoenixville PA	25:01 (8)	1:09:19 (2)	52:13 (5)	2:26:33
5	93	Levy, Mark	54	Owings Mills MD	23:01 (6)	1:17:21 (5)	51:26 (4)	2:31:48
6	67	Gray, Pete	54	Finksburg MD	27:27 (10)	1:26:48 (7)	53:10 (6)	2:47:25
7	101	Mackem, Eric	50	Reston VA	23:02 (7)	1:25:29 (6)	1:01:06 (9)	2:49:37
8	172	Upton, Dennis	53	Purcellville VA	26:31 (9)	1:33:58 (8)	57:51 (7)	2:58:20
9	17	Brede, Douglas	50	Charlottesville VA	21:39 (2)	1:42:27 (9)	1:09:25 (10)	3:13:31
10	81	Johnson, Nicholas	50	Potomac MD	22:59 (5)	1:46:44 (10)	1:17:07 (11)	3:26:50
11	36	Crichton, Gary	52	Potomac MD	29:39 (11)	2:04:49 (11)	59:29 (8)	3:33:57

**Tri Solo - M 55-59 (10)**

				Swim	Bike	Run		
1	105	Martin, Jean-Paul	59	Oakton VA	20:03 (1)	1:05:05 (1)	41:20 (1)	2:06:28
2	40	De Leon, John	56	Columbia MD	23:26 (4)	1:10:57 (2)	47:33 (2)	2:21:56
3	106	Marut, Bill	55	Painesville OH	22:53 (2)	1:15:16 (3)	53:38 (3)	2:31:47
4	91	Lander, Mark	58	Vienna VA	23:08 (3)	1:20:21 (4)	54:41 (4)	2:38:10
5	182	Woodford, Jonathan	57	Lambertville NJ	24:43 (7)	1:26:47 (6)	57:23 (5)	2:48:53
6	123	Morgan, Wayne	55	Magnolia DE	27:13 (9)	1:24:14 (5)	58:02 (6)	2:49:29
7	46	Edwards, Oliver	57	Silver Spring MD	24:48 (8)	1:35:34 (7)	59:29 (7)	2:59:51
8	167	Sullivan, Timothy	55	Frederick MD	23:55 (6)	1:43:01 (9)	1:07:17 (9)	3:14:13
9	25	Cillo, Curtis	57	Fairfax VA	23:52 (5)	1:37:45 (8)	1:20:17 (10)	3:21:54
10	61	Givens, David	59	Bethesda MD	27:55 (10)	1:58:13 (10)	1:05:54 (8)	3:32:02

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### Tri Solo - M 60-64 (10)

					Swim	Bike	Run	
1	110	McCoy, Rob	62	Charleston WV	22:24 (1)	1:17:55 (1)	53:06 (3)	2:33:25
2	128	Papandrea, Tony	60	Boyds MD	28:12 (5)	1:22:54 (2)	51:48 (2)	2:42:54
3	71	Halpin, Bruce	63	Ashburn VA	28:36 (8)	1:29:40 (4)	49:25 (1)	2:47:41
4	107	Matyas, Michael	64	Arlington VA	26:24 (2)	1:31:18 (5)	59:07 (5)	2:56:49
5	115	Mihm, Bernard	62	Dickerson MD	27:41 (4)	1:41:35 (7)	59:35 (6)	3:08:51
6	57	Futcher, Charles	61	Millersville PA	26:41 (3)	1:29:13 (3)	1:13:23 (10)	3:09:17
7	60	Gilman, Bradley	61	Vienna VA	30:18 (9)	1:45:18 (8)	1:01:20 (7)	3:16:56
8	48	Elmer, Greg	61	Phoenix MD	28:17 (7)	1:39:22 (6)	1:12:16 (9)	3:19:55
9	6	Basham, Terry	60	Dumfries VA	28:13 (6)	1:56:56 (10)	56:19 (4)	3:21:28
10	138	Resciniti, Mark	60	Gettysburg PA	31:06 (10)	1:55:11 (9)	1:02:18 (8)	3:28:35

### Tri Solo - M 65+ (1)

					Swim	Bike	Run	
1	26	Clark, Russell	68	Schenectady NY	31:42 (1)	1:35:51 (1)	1:16:02 (1)	3:23:35

### Du Solo - F 30-39 (4)

					Run1	Bike	Run2	
1	522	Landis, Jesse	37	Berlin PA	33:10 (2)	1:55:19 (3)	57:23 (1)	3:25:52
2	510	Dolan, Maddie	34	Washington DC	32:11 (1)	1:53:54 (2)	1:03:19 (2)	3:29:24
3	518	Jedlinski, Marsha	34	Saluda VA	33:44 (3)	1:49:54 (1)	1:09:58 (3)	3:33:36
4	529	Ritchey, Roxanna	37	Berlin PA	34:58 (4)	2:26:21 (4)	1:15:28 (4)	4:16:47

### Du Solo - F 40-49 (1)

					Run1	Bike	Run2	
1	532	Snow, Jodie	46	Fredericksburg VA	32:13 (1)	1:52:24 (1)	55:49 (1)	3:20:26

### Du Solo - M 29-U (3)

					Run1	Bike	Run2	
1	547	Galbraith, Maxwell	28	Glen Allen VA	27:56 (3)	1:06:40 (1)	38:12 (1)	2:12:48
2	521	Karls, Tim	28	Pittsburgh PA	26:07 (1)	1:29:07 (2)	48:01 (2)	2:43:15
3	533	Snow, Tucker	16	Fredericksburg VA	26:08 (2)	1:31:06 (3)	57:01 (3)	2:54:15

### Du Solo - M 30-39 (2)

					Run1	Bike	Run2	
1	517	Jedlinski, John	35	Saluda VA	30:23 (1)	1:40:07 (1)	59:12 (1)	3:09:42
2	526	New, Willie	36	Elyria OH	33:55 (2)	1:47:28 (2)	1:10:23 (2)	3:31:46

### Du Solo - M 40-49 (7)

					Run1	Bike	Run2	
1	536	Thompson, Michael	46	Clarksburg MD	28:25 (1)	1:33:20 (3)	47:39 (1)	2:49:24
2	519	Jones, Mark	49	Morgantown WV	28:28 (2)	1:29:58 (1)	56:51 (2)	2:55:17
3	506	Cario, Kody	48	Easton MD	30:38 (4)	1:33:57 (4)	1:02:17 (3)	3:06:52
4	512	Espanol, Paul	46	Vienna VA	32:54 (6)	1:31:04 (2)	1:05:39 (4)	3:09:37

Place	Bib #	Name	Age	City	Time			
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**Du Solo - M 40-49 (7)***(cont.)*

					Run1	Bike	Run2	
5	515	Hauff, Scott	46	Baldwin MD	31:25 (5)	1:41:46 (5)	1:13:13 (5)	3:26:24
6	524	Meadows, Nathean	48	Glen Burnie MD	30:27 (3)	2:12:51 (6)	2:00:58 (6)	4:44:16

**Du Solo - M 50+ (4)**

					Run1	Bike	Run2	
1	531	Sherry, Peter	51	Great Falls VA	25:09 (1)	1:18:33 (1)	49:25 (1)	2:33:07
2	516	Jackman, Christopher	54	Vienna VA	29:07 (2)	1:37:00 (3)	52:50 (2)	2:58:57
3	527	Nobles, Barry	53	Falls Church VA	31:12 (3)	1:31:35 (2)	57:42 (3)	3:00:29
4	504	Bowling, Matt	51	Westminster MD	32:32 (4)	1:37:15 (4)	1:14:56 (4)	3:24:43