

2019 EX2 Adventures Blue Crab Bolt Trail Running Series

Race #3 Little Bennett - August 10, 2019

Age Group Results

5K Results (Actual Distance 3.7 Miles)

F 19-U

Place	Bib #	First Name	Last Name	Age	City	Time	R3 Points
1	157	Anna	Bonapace	13	Boyds MD	0:36:46	50
2	168	Madelyn	Jamsa	19	Gaithersburg MD	0:37:12	41
3	170	Maya	Kashyap	10	Fairfax VA	0:40:12	35
4	272	Audrey	Blake	11	Kensington MD	0:40:23	30
5	194	Veronica	Supinger	8	Springfield VA	0:57:03	26

F 20-29

Place	Bib #	First Name	Last Name	Age	City	Time	R3 Points
1	196	Jenny	Taylor	27	Ashburn VA	0:33:34	50
2	161	Alice	Cook	20	Gaithersburg MD	0:34:57	41
3	165	Emily	Griswold	27	Takoma Park MD	0:43:57	35
4	156	Mara	Barry	25	Kensington MD	0:44:46	30
5	163	Katelyn	Currier	25	Silver Spring MD	0:47:36	26
6	188	Amanda	Schellhamer	29	Frederick MD	0:54:10	23
7	164	Elizabeth	Gill	27	Takoma Park MD	0:54:32	20

F 30-39

Place	Bib #	First Name	Last Name	Age	City	Time	R3 Points
1	180	Michaela	Mccann	33	Potomac MD	0:31:52	50
2	177	Marie	Marino	38	Gaithersburg MD	0:34:06	41
3	174	Holli	Loomans-Kropp	32	Gaithersburg MD	0:34:08	35
4	280	Shauna	Sweet	37	Ellicott City MD	0:34:31	30
5	154	Michelle	Bahe	36	Washington DC	0:36:23	26
6	202	Sara	Watchinski	33	Glen Burnie MD	0:38:49	23
7	190	Tiffany-Rose	Sikorski	35	Sterling VA	0:38:51	20
8	166	Rachel	Guzzone	36	Rockville MD	0:42:06	17
9	195	Kelli	Swift	34	Frederick MD	0:42:23	15
10	155	Bethany	Banks	31	Washington DC	0:43:56	13
11	189	Catherine	Schooley	33	Hyattsville MD	0:44:46	11
12	159	Patricia	Chen	33	Bethesda MD	0:45:15	9
13	201	Jennifer	Vogt	37	Arlington VA	0:45:55	8
14	203	Allison	Williams	36	Annapolis MD	0:46:07	7
15	182	Elga	Ozols	36	Alexandria MD	0:48:04	6
16	185	Tara	Reed	36	Waldorf MD	0:52:06	5
17	193	Jamie	Supinger	32	Springfield VA	0:57:03	4
18	178	Jocelyn	Martin	38	Annapolis MD	1:00:18	3

F 40-49

Place	Bib #	First Name	Last Name	Age	City	Time	R3 Points
1	191	Shelese	Smith	46	Alexandria VA	0:32:09	50
2	179	Kristina	Maze	49	Washington DC	0:33:29	41
3	153	Stacey	Arnold	47	Rockville MD	0:34:06	35
4	200	Tomasita	Villarreal	48	Washington DC	0:35:01	30
5	173	Emma	Knox	40	Middletown MD	0:35:06	26
6	160	Barbara	Chong	48	Boyds MD	0:38:39	23
7	186	Stephanie	Robinson	45	Arlington VA	0:40:22	20
8	270	Meg	McGerry	47	Washington DC	0:42:55	17
9	183	Lisa	Pine Pellak	43	West Friendship MD	0:47:24	15

10	181	Suman	Nayak	43	Frederick MD	0:47:43	13
11	291	Amy	Upton	42	Washington DC	0:49:37	11
12	285	Pallau	Kashyap	44	Fairfax VA	0:52:30	9
13	169	Tiernee	Jefferis	46	Gilbert AZ	0:54:20	8
14	162	Lancey	Cowan	49	Frederick MD	0:56:58	7

F 50-59

Place	Bib #	First Name	Last Name	Age	City	Time	R3 Points
1	197	Ruth	Taylor	51	Ijamsville MD	0:32:31	50
2	289	Angelica	Smilek	52	Leesburg VA	0:36:18	41
3	204	Pamela	Yao	59	Ellicott city MD	0:37:50	35
4	175	Patty	Lynch	54	Rockville MD	0:38:15	30
5	205	Susan	Yenyo	51	Springfield VA	0:38:44	26
6	171	Veronica	Kerr	54	Derwood MD	0:39:58	23
7	282	Monica	Ludwig	55	Washington DC	0:45:59	20
8	184	Kelly	Proctor	50	Columbia MD	0:48:59	17
9	274	Julie	Jaeger	52	Woodbridge VA	0:52:34	15

M 19-U

Place	Bib #	First Name	Last Name	Age	City	Time	R3 Points
1	276	Ford	Washburn	15	Iowa City IA	0:28:33	50
2	214	Evan	Bonapace	11	Boyd's MD	0:31:25	41
3	207	Simon	Barnes	12	Vienna VA	0:32:42	35
4	245	Nico	Lagendyk	18	Vienna VA	0:33:56	30
5	267	Nate	Whipple	18	Woodbridge VA	0:35:53	26
6	264	Hollon	Urgese	8	Fairfax Station VA	0:39:11	23
7	239	Avi	Kashyap	8	Fairfax VA	0:40:12	20
8	253	Jackson	Pellak	12	West Friendship MD	0:41:58	17
9	234	Maccabi	Hollis	11	Bethesda MD	0:42:21	15
10	268	Dima	Yakovets	15	Derwood MD	0:44:45	13
11	261	Camden	Serra	8	Olney MD	0:45:31	11
12	238	Nicholas	Jorgensen	15	Frederick MD	0:46:48	9
13	286	Dylan	Kashyap	7	Fairfax VA	0:47:16	8
14	237	Lucian	Jorgensen	11	Frederick MD	0:48:52	7

M 20-29

Place	Bib #	First Name	Last Name	Age	City	Time	R3 Points
1	287	Rollin	Bresson	23	Bethesda MD	0:24:10	50
2	279	Jefferson	Ruiz	22	Silver Spring MD	0:25:50	41
3	231	Ryan	Foret	27	Takoma Park MD	0:30:30	35
4	232	Alex	Fuhrmann	25	Rockville MD	0:31:42	30

M 30-39

Place	Bib #	First Name	Last Name	Age	City	Time	R3 Points
1	281	William	Wiemers	38	Kensington MD	0:29:17	50
2	262	Eric	Sikorski	39	Alexandria VA	0:30:09	41
3	250	David	Majors	32	Arlington VA	0:32:14	35
4	215	Benjamin	Burgin	37	Arlington VA	0:33:09	30
5	246	Thomas	Laliberte	33	Rockville MD	0:33:38	26
6	225	Robert	Cousins	31	Rockville MD	0:33:55	23
7	211	Greg	Blatt	37	Baltimore MD	0:34:16	20
8	260	Erik	Scudder	39	Aldie VA	0:35:00	17
9	273	Henry	Chhour	37	Wayne PA	0:35:04	15
10	266	Marc	Watchinski	34	Glen Burnie MD	0:35:29	13
11	257	John	Roller	30	Rockville MD	0:37:19	11
12	212	Brandon	Bodnar	36	Ankeny IA	0:37:41	9

13	221	Jason	Cheung	33	Clarksburg MD	0:44:48	8
14	206	Michael	Alijewicz	33	Arlington VA	0:45:55	7

M 40-49							
Place	Bib #	First Name	Last Name	Age	City	Time	R3 Points
1	255	Christopher	Robinson	45	Arlington VA	0:26:43	50
2	249	PJ	Magpantay	41	Clarksburg MD	0:27:55	41
3	284	Spencer	Hollis	45	Bethesda MD	0:29:43	35
4	224	Jack	Cline	48	Gaithersburg MD	0:29:56	30
5	258	Brian	Rubens	40	Clarksville MD	0:31:27	26
6	216	Christopher	Burnett	45	Glenn Dale MD	0:32:08	23
7	222	Javier	Cifuentes	45	Silver Spring MD	0:33:29	20
8	288	Thomas	Mcmanuels	46	Columbia MD	0:33:39	17
9	277	Cary	Knox	49	Middleton MD	0:35:06	15
10	223	Paul	Clavijo	44	Gaithersburg MD	0:39:57	13
11	240	Deepak	Kashyap	45	Fairfax VA	0:40:11	11
12	271	Carl	Blake	47	Kensington MD	0:40:23	9
13	265	Jay	Urgese	48	Fairfax Station VA	0:40:37	8
14	256	Kevin	Roddy	45	Washington DC	0:43:20	7
15	251	David	Michehl	47	Vienna VA	0:45:33	6
16	290	James	Upton	43	Washington DC	0:50:35	5

M 50-59							
Place	Bib #	First Name	Last Name	Age	City	Time	R3 Points
1	210	Mark	Billingham	57	Arlington VA	0:30:49	50
2	213	Charles	Bonapace	51	Boyd's MD	0:32:16	41
3	226	Robert	Creek	51	LAUREL MD	0:36:44	35
4	228	Timothy	Elder	52	Arlington VA	0:41:17	30
5	243	Drew	Kistler	50	Boyd's MD	0:42:02	26
6	208	Peter	Bayer	54	Chantilly VA	0:46:09	23
7	283	Bob	Ludwig	56	Washington DC	0:47:29	20
8	236	John	Jorgensen	54	Frederick MD	0:48:51	17
DNF	230	Mark	Finisey	57	Laplata MD	DNF	

M 60-69							
Place	Bib #	First Name	Last Name	Age	City	Time	R3 Points
1	254	Paul	Rapavi	61	Springfield VA	0:33:06	50
2	278	Greg	Greisman	60	Elkridge MD	0:38:10	41
3	235	James	Iciek	64	Rockville MD	0:38:18	35
4	217	Chip	Burroughs	61	Fairfax VA	0:39:06	30
5	227	Jack	Eisenberg	64	Rockville MD	0:42:08	26
6	218	Mike	Carey	63	Spencerville MD	0:42:44	23
7	269	Leroy	Weaver	64	Moltwood PA	0:42:49	20
8	241	Ronald	Keech	64	Rockville MD	0:43:09	17
9	247	Fredric	Leffler	64	Columbia MD	0:45:08	15
10	242	David	Kerr	64	Derwood MD	0:46:47	13
11	229	Jeffrey	Embry	61	Laurel MD	0:57:03	11

M 70+							
Place	Bib #	First Name	Last Name	Age	City	Time	R3 Points
1	233	Art	Gregory	75	Ijamsville MD	0:35:59	50

10K Results

F 19-U

Place	Bib #	First Name	Last Name	Age	City	Time	R3 Points
1	733	Natalie	Bardach	18	Vienna VA	0:45:09	50
2	817	Cassie	Smith	19	Boyd's MD	1:00:44	41
3	787	Patricia	Mills	13	Frederick MD	1:05:19	35
4	789	Ryan	Mills	15	Frederick MD	1:06:28	30
5	775	Pooja	Keranahalli	19	Clarksburg MD	1:20:40	26

F 20-29

Place	Bib #	First Name	Last Name	Age	City	Time	R3 Points
1	811	Bethany	Schumacher	28	Washington DC	0:53:33	50
2	958	Elizabeth	Seff	22	Arlington VA	0:53:41	41
3	757	Valerie	Garrison	28	Baltimore MD	1:02:47	35
4	795	Cate	Nowak	26	Silver Spring MD	1:04:14	30
5	830	Amy	Varela	28	Frederick MD	1:11:00	26
	816	Miranda	Sly	23	Frederick MD	DNF	

F 30-39

Place	Bib #	First Name	Last Name	Age	City	Time	R3 Points
1	755	Miranda	Forte	34	Rockville MD	0:49:23	50
2	793	Kelli	Morrissey	30	Denver CO	0:51:31	41
3	752	Penelope	Donkar	35	Washington DC	0:54:38	35
4	743	Laura	Chipkin	39	Arlington VA	0:55:44	30
5	746	Ellen	Cousins	32	Rockville MD	0:59:15	26
6	815	Stephanie	Sikorski	38	Alexandria VA	0:59:16	23
7	767	Jennie	Hill	37	Columbia MD	1:04:52	20
8	763	Lea	Haubelt	39	Rockville MD	1:04:55	17
9	788	Rebecca	Mills	39	Frederick MD	1:07:52	15
10	749	Stacy	Difranco	39	Hagerstown MD	1:09:18	13
11	736	Fanny	Boy	38	Bethesda MD	1:12:23	11
12	799	Michelle	Poncetta	37	Washington DC	1:12:24	9
13	810	Natasha	Schuh-Nuhfer	39	Sterling VA	1:13:31	8
14	796	Erin	Owens	31	Washington DC	1:21:22	7
15	750	Carolyn	Dimaria	38	Frederick MD	1:23:37	6
16	773	Amy	Jagoda	39	Westminster MD	1:25:36	5

F 40-49

Place	Bib #	First Name	Last Name	Age	City	Time	R3 Points
1	804	Paola Nasser	Robey	40	Falls Church VA	0:53:22	50
2	731	Karen	Ashbrook-Barnes	49	Vienna VA	0:55:20	41
3	813	Rachel	Shirley	41	Harpers Ferry WV	0:57:20	35
4	769	Emily	Hoagland	40	Washington DC	0:57:25	30
5	778	Karla	Kramer	47	Silver Spring MD	0:58:56	26
6	759	JC	Gibbons	47	Reston VA	0:59:22	23
7	832	Roberta	Whipple	47	Woodbridge VA	1:00:01	20
8	735	Charlotte	Block	46	Washington DC	1:01:31	17
9	826	Tabatha	Thompson	44	Washington DC	1:02:40	15
10	807	Aida	Ruilova	45	Rockville MD	1:02:50	13
11	745	Juanita	Constible	46	Leesburg VA	1:03:14	11
12	779	Stacy	Kreger	41	Baltimore MD	1:03:29	9
13	792	Ashley	Morgan	41	Bethesda MD	1:03:54	8
14	790	Stephanie	Milner	42	Arlington VA	1:04:07	7
15	765	Maia	Heyck-Merlin	41	Bethesda MD	1:04:13	6
16	741	Robin	Camarote	44	Falls Church VA	1:07:22	5
17	953	Amy	Jansen	49	Woodbine MD	1:11:08	4

18	824	Jennifer	Thibodeau	45	Winchester VA	1:12:26	3
19	737	Helen	Brailey	41	Rockville MD	1:14:09	2
20	766	Kristina	Hidalgo	40	Arlington VA	1:14:59	1
21	768	Kathleen	Hinman	47	Alexandria VA	1:15:16	
22	760	Cynthia	Glenn	45	Rockville MD	1:16:44	
22	820	Rebecca	Sonkiss	46	Alexandria MD	1:16:44	
24	776	Melissa	Klembara	40	Washington DC	1:16:49	
25	806	Megan	Roessing	42	arlington VA	1:17:37	
26	809	Michelle	Ryan	49	Alexandria VA	1:19:53	
27	808	Kelly	Russell	46	Alexandria VA	1:24:05	
28	774	Caren	Jagoda	46	Westminster MD	1:25:35	
29	821	Christine	Stafford	49	Frederick MD	1:25:58	
30	947	Brooke	Haley	40	Ft Meade MD	1:26:26	
31	833	Heather	Williams	47	Joppa MD	1:27:28	

F 50-59							
Place	Bib #	First Name	Last Name	Age	City	Time	R3 Points
1	800	Suzanne	Porter	58	Annandale VA	0:53:36	50
2	756	Anita	Freres	54	Vienna VA	0:54:07	41
3	794	Amy	Mortimer	54	Arlington VA	0:57:40	35
4	732	Monika	Bachmann	53	Upper Marlboro MD	1:00:08	30
5	825	Jennifer	Thomas	51	Washington DC	1:05:08	26
6	955	Lisette	Pedre	52	Arlington VA	1:06:20	23
7	957	Darcy	Gottadarto	58	Arlington VA	1:08:50	20
8	754	Kimberly	Ferland	52	Chantilly VA	1:09:49	17
9	819	Lisa	Smith	55	Boyd's MD	1:15:50	15
10	742	Hai	Chen	53	Elkridge MD	1:28:35	13
10	818	Emily	Smith	57	Annandale VA	1:28:35	13
11	831	Wendy	Weigant	55	Frederick MD	1:29:36	11

F 60+							
Place	Bib #	First Name	Last Name	Age	City	Time	R3 Points
1	761	Mary	Greer	60	Washington DC	1:15:54	50
2	764	Kathy	Hennes	66	Annapolis MD	1:18:31	41
3	784	Kathleen	Mcmackin	64	Millersville MD	1:40:39	35
	762	Kathleen	Hanson	65	Annapolis MD	DNF	

M 19-U							
Place	Bib #	First Name	Last Name	Age	City	Time	R3 Points
1	949	Jack	Roseboom	16	Catonsville MD	0:42:49	50
2	841	Caeden	Beavers	15	Burke VA	0:48:02	41
3	863	Cael	Ferland	14	Chantilly VA	1:07:27	35
4	846	Gilbert	Brailey	10	Rockville MD	1:14:09	30
5	872	Tyler	Glenn	11	Rockville MD	1:16:44	26

M 20-29							
Place	Bib #	First Name	Last Name	Age	City	Time	R3 Points
1	862	Danyal	Eisenbrandt	26	Washington DC	0:46:50	50
2	920	Ira	Rickman	26	Washington DC	0:50:16	41
3	930	Ryan	Smith	24	Boyd's MD	0:54:33	35
4	898	Nicholas	Matthews	29	Falls Church VA	1:02:52	30
5	867	Andrew	Garrison	28	Annapolis MD	1:04:48	26
6	893	Joseph	Lawlor	26	Washington DC	1:08:35	23
7	875	James	Goss	28	Boyd's MD	1:12:13	20
8	836	Brandon	Agro	28	Glen Burnie MD	1:15:38	17

M 30-39

Place	Bib #	First Name	Last Name	Age	City	Time	R3 Points
1	857	Adam	Coile	32	Washington DC	0:43:36	50
2	878	Kyle	Grimsley	31	Springfield VA	0:44:04	41
3	874	David	Gooze	31	Washington DC	0:44:33	35
4	950	Ryan	Bowen	33	Rockville MD	0:44:54	30
5	941	Andrew	Zapcic	30	Washington DC	0:45:54	26
6	943	Xian	Zhao	32	Washington DC	0:47:03	23
7	895	Chris	Levinton	37	Dickerson MD	0:48:26	20
8	956	Michael	Hrdy	31	Washington DC	0:51:02	17
9	909	Josh	Nichols	34	Burke VA	0:51:28	15
10	877	Tyler	Gray	35	Washington DC	0:52:31	13
11	850	Jeff	Butler	32	University Park MD	0:53:01	11
12	885	Andrew	Jones	34	Washington DC	0:53:18	9
13	869	David	Giambarresi	34	Arlington VA	0:54:05	8
14	876	Joel	Graham	37	Alexandria VA	0:55:14	7
15	882	Michael	Hoard	36	Alexandria VA	0:56:06	6
16	889	Peter	Kropp	30	Gaithersburg MD	0:56:22	5
17	852	Brian	Campbell	32	Alexandria VA	0:59:12	4
18	924	Corey	Schoo	34	Frederick MD	1:00:02	3
19	859	Jack	Coursey	39	Rockville MD	1:00:03	2
20	914	Mark	Poblete	33	Fairfax VA	1:00:36	1
21	932	Jordan	Southers	33	Frederick MD	1:01:32	
22	868	Benjamin	Garrison	32	Baltimore MD	1:01:40	
23	887	Adam	Kobler	38	Washington DC	1:05:02	
24	873	Peter	Goff	38	Alexandria VA	1:07:35	
25	840	Nate	Bashaw	39	Clifton VA	1:08:11	
26	854	Jonathan	Chwirut	35	Sterling VA	1:10:02	
27	838	Scott	Axtell	34	Germantown MD	1:13:21	
28	861	Blake	Dremann	38	Alexandria VA	1:22:27	
29	936	Naveen Chander	Thangaraj	35	Gaithersburg MD	1:26:27	
DNF-Late	925	Minsoo	Shim	37	Rockville MD	1:25:31	

M 40-49

Place	Bib #	First Name	Last Name	Age	City	Time	R3 Points
1	954	Travis	Rudge	40	Alexandria VA	0:43:58	50
2	905	Jamie	Mills	42	Frederick MD	0:44:41	41
3	845	Alain	Boy	48	Bethesda MD	0:48:42	35
4	942	Wade	Zech	44	Burke VA	0:50:23	30
5	938	Stephen	Thompson	46	Washington DC	0:50:27	26
6	908	William	Moore	40	Bethesda MD	0:51:03	23
7	842	Bill	Bernier	43	Springfield VA	0:52:50	20
8	934	Anders	Sundstrom	43	Clarksburg MD	0:53:54	17
9	853	Ed	Choy	43	Germantown MD	0:54:16	15
10	851	Brian	Camarote	46	Falls Church VA	0:57:49	13
11	935	Brian	Sweeney	43	Aldie VA	0:58:11	11
12	918	Robert	Racek	43	Brunswick MD	0:58:22	9
13	933	Todd	Steel	49	Monrovia MD	0:58:55	8
14	922	Shaun	Ryan	49	McLean VA	1:01:33	7
15	919	Patrick	Rawson	43	Olney MD	1:02:13	6
16	892	Alfredo	Lagos	43	Washington DC	1:02:44	5
17	860	J	Dee	47	Annandale VA	1:06:08	4
18	864	Jay	Ferland	49	Chantilly VA	1:09:49	3
19	856	Michael	Coffey	41	Silver Spring MD	1:10:53	2
20	912	Tony	Pisarenkov	45	Alexandria VA	1:11:11	1
21	946	Michael	Weiss	48	Kingston MD	1:11:52	

22	948	Jay	Haley	45	Ft Meade MD	1:23:46	
DNF-Late	927	Kevyn	Silverman	40	Severn MD	1:20:24	

M 50-59							
Place	Bib #	First Name	Last Name	Age	City	Time	R3 Points
1	891	Wilco	Lagendyk	53	Vienna VA	0:46:24	50
2	952	Kenny	Shapiro	50	Frederick MD	0:46:43	41
3	844	Rob	Bowen	55	Oak Hill VA	0:47:31	35
4	951	Matt	Anderson	53	Fairfax VA	0:49:43	30
5	884	Christopher	Jackman	53	Vienna VA	0:50:23	26
6	928	Jan	Smilek	52	Leesburg VA	0:50:26	23
7	897	Deron	Lovaas	50	College Park MD	0:56:09	20
8	904	Doug	Milliken	53	Frederick MD	0:56:46	17
9	945	Darren	Wall	50	Boyd's MD	0:57:22	15
10	915	Bret	Pollack	53	Marriottsville MD	0:58:29	13
11	866	Steve	Frostad	57	Herndon VA	0:58:35	11
12	849	Glenn	Buchter	55	Alexandria VA	0:59:33	9
13	888	Thomas	Krall	51	Chantilly VA	1:01:54	8
14	923	Bo	Saulsbury	55	Potomac MD	1:02:46	7
15	913	Eric	Platt	55	Silver spring MD	1:03:25	6
16	879	Darryl	Hart	54	Lockport NY	1:04:48	5
17	886	Martin	Jones	59	Rockville MD	1:06:41	4
18	890	Mark	Krulikowski	50	Reston VA	1:07:45	3
19	870	Jonathan	Gitter	58	Baltimore MD	1:09:02	2
20	944	Rick	Ringel	57	New Market MD	1:13:06	1
21	931	Steve	Smith	57	Boyd's MD	1:15:16	
22	921	Mark	Robinson	59	Vienna VA	1:18:04	
23	835	Taro	Adachi	56	Baltimore MD	1:18:57	
24	939	Tom	Troutman	58	Ijamsville MD	1:22:17	
25	880	David	Hart	50	Pasadena MD	1:25:06	

M 60-69							
Place	Bib #	First Name	Last Name	Age	City	Time	R3 Points
1	839	Ronald	Bardach	61	Vienna VA	1:02:50	50
2	837	Graham	Allaway	63	Darnestown MD	1:05:22	41

M 70+							
Place	Bib #	First Name	Last Name	Age	City	Time	R3 Points
1	917	Walter	Porzel	70	Falls Church VA	1:16:44	50