

**2019 EX2 Adventures Fall Backyard Burn Trail Running Series**  
**Race #4 Fountainhead Regional Park - November 24, 2019**  
**Age Group Results**

**5 Mile (Actual Distance 4.8 Miles)**

**F 19-U**

Place	Bib #	First Name	Last Name	Age	City	Time	R4 Points
1	182	Josephine	Damico-Lassman	13	Alexandria VA	0:58:20	50
2	350	Emma	Whaley	8	Alexandria VA	1:10:11	41
3	349	Adelyn	Whaley	6	Alexandria VA	1:27:08	35

**F 20-29**

Place	Bib #	First Name	Last Name	Age	City	Time	R4 Points
1	316	Stephanie	Schmidt	26	Fairfax VA	0:44:22	50
2	260	Judith	Hooymans	27	Alexandria VA	0:47:00	41
3	5	Beth	Armitage	28	Vienna VA	0:52:29	35
4	355	Jessica	Wong	29	Alexandria VA	0:56:11	30
5	197	Emily	Griswold	27	Takoma Park MD	1:07:09	26
6	195	Elizabeth	Gill	27	Takoma Park MD	1:21:38	23

**F 30-39**

Place	Bib #	First Name	Last Name	Age	City	Time	R4 Points
1	190	Miranda	Forte	34	Rockville MD	0:41:43	50
2	14	Erica	Blom	37	Washington DC	0:44:18	41
3	486	Heather	Prochnow	35	Arlington VA	0:48:59	35
4	487	Georgia	Lagoudas	30	Washington DC	0:49:15	30
5	6	Emily	Armitage	35	Vienna VA	0:50:07	26
6	8	Jessica	Babington	39	Oak Hill VA	0:51:14	23
7	346	Jamie	Weikle	39	Alexandria VA	0:52:02	20
8	11	Lauren	Becker	37	Washington DC	0:53:06	17
9	297	Nicki	Post	38	Alexandria VA	0:53:35	15
10	288	Christene	Nichols	35	Burke VA	0:54:06	13
11	315	Eliza	Scheibel	37	Ellicott City MD	0:57:43	11
12	265	Samantha	Kennard	36	Dover DE	0:58:06	9
13	322	Muna	Shikaki	39	Washington DC	0:59:35	8
14	348	Kara	Wenzel	37	Washington DC	1:00:32	7
15	170	Megan	Carney	37	Arlington VA	1:01:18	6
16	270	Kendra	Kreider	39	Washington DC	1:01:53	5
17	280	Jessica	Mcdonald-Kennedy	36	Fredericksburg VA	1:01:56	4
18	12	Michelle	Belinkie	36	Glen Echo MD	1:02:41	3
19	277	Whitney	Martz	36	Burke VA	1:02:49	2
20	299	Bronwen	Rice	39	Washington DC	1:03:59	1
21	283	Taryl	Millison	38	Alexandria VA	1:04:03	
22	296	Shelley	Pleva	37	Springfield VA	1:07:17	

23	173	Jessica	Champion	39	Woodbridge VA	1:07:34	
24	345	Jennifer	Weidman	36	Arlington VA	1:08:20	
25	295	Susan	Pilley	35	Oakton VA	1:08:27	
26	291	Elga	Ozols	37	Alexandria VA	1:10:04	
27	267	Jamie	Klepek	36	Burke VA	1:10:47	
28	177	Laura	Cooper	38	Fairfax VA	1:11:17	
29	352	Emily	Wiley	32	Alexandria VA	1:11:45	
30	328	Jessica	Stewart	32	Fredericksburg VA	1:12:36	
31	271	Clara	Lau	38	Arlington VA	1:13:03	
32	169	Britni	Burks	34	Stafford VA	1:14:12	
33	181	Ashley	Curl	34	Falls Church VA	1:16:16	
34	189	Anne	Forney	33	Arlington VA	1:19:00	
35	18	Kirsten	Boyd	36	Fairfax VA	1:19:09	
36	337	Rebecca	Trusty	34	Sterling VA	1:26:06	
37	338	Sarah	Trusty	35	Sterling VA	1:28:27	
38	266	Cynthia	Kennedy	36	Burke VA	1:30:20	
38	312	Colleen	Rodigas	33	Leesburg VA	1:30:20	

F 40-49							
Place	Bib #	First Name	Last Name	Age	City	Time	R4 Points
1	347	Jenny	Wells	44	Annandale VA	0:48:23	50
2	289	Kim	O'Brien	47	Potomac Falls VA	0:49:15	41
3	482	Darcey	Bennett	44	Arlington VA	0:50:06	35
4	263	Tracie	Hough	41	Alexandria VA	0:50:40	30
5	329	Nyssa	Straatveit	42	Alexandria VA	0:50:52	26
6	333	Lisa	Sweetland	42	Annadale VA	0:52:19	23
6	311	Darcy	Rios	41	Montclair VA	0:52:19	20
8	188	Elodie	Fillieul	40	Puteaux	0:52:55	17
9	269	Crystal	Kominar	41	alexandria VA	0:53:50	15
10	264	Elizabeth	Ingalls	45	Alexandria VA	0:56:39	13
11	341	Jennifer	Walker	44	Oakton VA	0:58:14	11
12	353	Maureen	Williams	40	Springfield VA	0:58:18	9
13	325	Jill	Stacey	46	Washington DC	0:58:27	8
14	343	Kelly	Waud	42	Washington DC	0:58:42	7
15	258	Kathleen	Hinman	47	Alexandria VA	0:58:49	6
16	290	Robin	Ochoa	43	Lorton VA	1:00:42	5
17	17	Amy	Bowman	43	Fairfax VA	1:00:57	4
18	2	Marcella	Amaya	44	Woodbridge VA	1:02:48	3
19	326	Michelle	Stanley	40	Springfield VA	1:03:12	2
20	314	Heather	Walsh	46	Arlington VA	1:04:34	1
21	324	Meagan	Snyder	42	Ashburn VA	1:05:27	
22	330	Jen	Strohecker	44	Springfield VA	1:05:29	
23	287	Monica	Neukomm	40	Arlington VA	1:05:40	
24	320	Amanda	Scoughton	42	Hanover PA	1:05:41	
25	292	Doron	Petersan	46	Washington DC	1:07:27	

26	313	Megan	Roessing	42	Arlington VA	1:07:40	
27	199	Sarah	Halgas	44	Ashburn VA	1:08:00	
28	359	Audra	Zeibel	40	Fairfax Station VA	1:08:04	
29	268	Susan	Kolbay	40	Fairfax VA	1:08:09	
30	335	Carrie	Traverso	40	Washington DC	1:08:25	
31	327	Julie	Sternberg	42	Washington DC	1:08:53	
32	336	Anne	Trotter	44	Chantilly VA	1:12:15	
33	294	Meredith	Phillips	41	Washington DC	1:13:06	
34	319	Sarah	Scott	47	Crozet VA	1:15:15	
35	16	Mary Beth	Bowen	42	Crozet VA	1:15:18	
36	334	Mindy	Thomas	40	Fairfax VA	1:17:17	
37	193	Janice	Gambaccini	46	Oakton VA	1:19:09	
38	293	Sharon	Petersen	49	Fairfax VA	1:25:01	
39	272	Keri	Lewis	45	Virginia VA	1:27:11	
40	489	Kelly	Russell	47	Alexandria VA	1:30:07	
41	275	Sarah	Maguire	40	Washington DC	1:32:14	
42	10	Laura	Ballou	48	Springfield VA	1:48:05	
DNF	1	Jane	Alonso	45	Washington DC	DNF	

#### F 50-59

Place	Bib #	First Name	Last Name	Age	City	Time	R4 Points
1	13	Melanie	Bibens	53	Spotsylvania VA	0:53:06	50
2	354	Amy	Woitach	51	Potomac MD	0:54:25	41
3	357	Susan	Yenyo	51	Springfield VA	0:58:52	35
4	300	Elizabeth	Richards	51	Woodbridge VA	0:59:16	30
5	344	Heather	Weaver	51	Bethesda MD	1:02:00	26
6	198	Lisa	Hajdo	54	Ashburn VA	1:02:31	23
7	179	Mary Beth	Corrigan	58	Alexandria VA	1:02:40	20
8	262	Laurie	Horstmann	59	centreville VA	1:03:05	17
9	298	Michelle	Ramsdell	52	Burke VA	1:05:37	15
10	274	Monica	Ludwig	55	Washington DC	1:06:56	13
11	20	Deb	Brown	55	Timonium MD	1:08:30	11
12	257	Stefanie	Hession	51	Fairfax VA	1:09:35	9
13	3	Ann	Andrews	56	Annapolis MD	1:09:37	8
14	175	Cory	Churches	50	Washington DC	1:12:58	7
15	196	Liz	Glanz	53	springfield VA	1:18:01	6
16	19	Juli	Briskman	52	Stirling VA	1:18:02	5
17	279	Melinda	Matheny	55	Burke VA	1:21:15	4
18	282	Dea	Merchant	52	Fairfax VA	1:21:17	3
19	15	Meg	Boone	55	Fairfax Station VA	1:26:23	2
20	273	Gretchen	Loss	58	Fairfax Station VA	1:27:26	1
21	285	Anne	Nagy	53	Reston VA	1:27:47	

#### F 60+

Place	Bib #	First Name	Last Name	Age	City	Time	R4 Points
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1	281	Lisa	Mcknight	62	Fairfax Station VA	0:58:13	50
2	186	Karen	Edison	61	Vienna VA	1:18:46	41

### M 19-U

Place	Bib #	First Name	Last Name	Age	City	Time	R4 Points
1	404	Evan	Gibbons	15	Reston VA	0:37:57	50
2	368	Caeden	Beavers	16	Burke VA	0:41:12	41
3	485	Peter	Hajdo	19	Ashburn VA	0:47:47	35
4	416	Allen	Hill	19	Alexandria VA	0:48:04	30
5	418	Cameron	Hill	16	Alexandria VA	0:48:24	26
6	394	Logan	Ellwein	14	Falls Church VA	0:50:54	23
6	398	Cael	Ferland	14	Chantilly VA	0:50:54	23
7	462	Cooper	Stacey	10	Washington DC	0:55:19	20
8	389	Tobias	Damico-Lassman	15	Alexandria VA	0:57:43	17
9	471	Aiden	Vaughan	11	Arlington VA	1:01:13	15
10	468	Hollon	Urgese	8	Fairfax Station VA	1:06:17	13

### M 20-29

Place	Bib #	First Name	Last Name	Age	City	Time	R4 Points
1	454	Kevin	Righi	29	Herndon VA	0:38:41	50
2	387	David	Cowan	27	Arlington VA	0:39:12	41
3	422	Blaize	Johnson	27	Arlington VA	0:43:56	35
4	453	Lucas	Regner	28	Washington DC	0:47:50	30
5	401	Ryan	Foret	27	Takoma Park MD	0:48:23	26
6	414	Seth	Hein	24	Fairfax VA	0:55:47	23

### M 30-39

Place	Bib #	First Name	Last Name	Age	City	Time	R4 Points
1	408	David	Gooze	31	Washington DC	0:38:24	50
2	369	Jason	Belinkie	37	Glen Echo MD	0:38:53	41
3	386	David	Colman	33	Arlington VA	0:39:16	35
4	385	Matthew	Cleveland	31	Potomac Falls VA	0:39:22	30
5	445	Josh	Nichols	35	Burke VA	0:40:51	26
6	392	Shane	Doss	34	Springfield VA	0:41:19	23
7	380	Scott	Camillo	38	Silver Spring MD	0:42:55	20
8	440	Aaron	Miller	38	Ellicott City MD	0:45:20	17
9	403	David	Giambarresi	34	Arlington VA	0:45:35	15
10	419	Ryan	Hudson	37	Washington DC	0:46:21	13
11	384	Chris	Clements	36	Fairfax VA	0:49:06	11
12	411	Darragh	Harvey	38	Sterling VA	0:51:38	9
13	452	Clinton	Reach	38	Washington DC	0:52:44	8
14	447	Scott	Olesen	32	Cambridge MA	0:53:49	7
15	426	Kevin	Karg	39	Burke VA	0:53:50	6
16	421	Andrew	Janeczko	34	Fairfax VA	0:53:58	5
17	425	Edward	Joyce	39	Fort Belvoir VA	0:55:12	4

18	363	Andrew	Back	31	Silver Spring MD	0:58:08	3
19	450	Naseer	Rashid	30	Alexandria VA	0:59:34	2
20	377	Matt	Burks	36	Stafford VA	1:00:22	1
21	429	Stan	Kennedy	33	Fredericksburg VA	1:01:55	
22	465	Alias	Tagami	36	Washington DC	1:04:00	
23	430	James	Klepek	39	Burke VA	1:10:51	

#### M 40-49

Place	Bib #	First Name	Last Name	Age	City	Time	R4 Points
1	391	Joe	Doherty	40	Alexandria VA	0:38:05	50
2	444	Keith	Nelson	44	Vienna VA	0:40:26	41
3	473	Michael	Vega	41	Ashburn VA	0:41:39	35
4	443	William	Moore	41	Bethesda MD	0:42:31	30
5	381	Ray	Champion	45	Woodbridge VA	0:42:40	26
6	461	Jacob	Snodgrass	40	Alexandria VA	0:43:08	23
7	412	Alistair	Hastings	42	Reston VA	0:43:46	20
8	399	Jacob	Ferry	42	Aldie VA	0:44:02	17
9	470	Kyriakos	Vassilakos	40	Vienna VA	0:44:07	15
10	409	Graham	Grove	42	Washington DC	0:44:55	13
11	476	Brian	Waud	44	Washington DC	0:45:02	11
12	456	Sergio	Rios	41	Montclair VA	0:46:14	9
13	364	David	Baggett	49	Woodbridge VA	0:47:17	8
14	417	Brent	Hill	49	Alexandria VA	0:47:31	7
15	420	Gardner	Hutchins	46	Vienna VA	0:47:37	6
16	361	Ryan	Annis	43	North Potomac MD	0:48:27	5
17	396	Adrian	Farquhar	44	Dunn Loring VA	0:49:56	4
18	481	Conrad	Windisch	48	Falls Church VA	0:50:23	3
19	475	Bryan	Watts	47	Vienna VA	0:53:10	2
20	402	Greg	Garst	49	Haymarket VA	0:53:57	1
21	460	Brian	Shea	43	Alexandria VA	0:54:14	
22	407	Noah	Goodman	42	Vienna VA	0:54:33	
23	459	Erik	Scudder	40	Aldie VA	0:55:03	
24	393	Joshua	Ellwein	44	Falls Church VA	0:55:19	
25	390	J	Dee	47	Annadale VA	0:55:46	
26	455	Matthew	Ringier	44	Vienna VA	0:55:57	
27	400	David	Fick	43	Fairfax VA	0:56:12	
28	432	Alfredo	Lagos	43	Washington DC	0:56:41	
29	423	Brent	Johnson	49	Fairfax VA	0:56:46	
30	382	Jason	Chi	43	Washington DC	0:57:59	
31	431	Geoffrey	Koehler	40	Burke VA	0:58:44	
32	472	Patrick	Vaughan	42	Arlington VA	1:01:15	
33	434	Mike	Long	43	Sterling VA	1:01:22	
34	463	Andrew	Street	46	Burke VA	1:03:13	
35	479	Jason	Wenrich	42	Herndon VA	1:03:16	
36	467	Brian	Teufel	40	haymarket VA	1:03:48	

37	469	Jay	Urgese	48	Fairfax Station VA	1:07:03	
38	480	Todd	Whaley	49	Alexandria VA	1:10:12	
39	437	James	Mancillas	48	Alexandria VA	1:19:11	

<b>M 50-59</b>							
<b>Place</b>	<b>Bib #</b>	<b>First Name</b>	<b>Last Name</b>	<b>Age</b>	<b>City</b>	<b>Time</b>	<b>R4 Points</b>
1	376	Thomas	Burke	55	Vienna VA	0:45:39	50
2	488	Joseph	Boyle	52	Oakton VA	0:46:50	41
3	373	Mark	Billinghamurst	58	arlington VA	0:47:38	35
4	448	Steve	Ramsdell	53	Burke VA	0:49:43	30
5	466	Thomas	Teifke	54	Arlington VA	0:51:38	26
6	372	James	Bibens	52	Spotsylvania VA	0:53:08	23
7	478	Matthew	Wells	50	Burke VA	0:56:30	20
8	484	Leonard	Newsom	50	Largo MD	0:56:41	17
9	374	Ken	Bocam	53	Potomac MD	0:59:07	15
10	388	Robert	Creek	51	Forte Meade MD	1:00:00	13
11	397	Jose	Feijo	57	Washington DC	1:02:38	11
12	395	Robert	Falk	56	Washington DC	1:02:57	9
13	442	Jeff	Moeller	51	Falls Church VA	1:03:14	8
14	413	Eric	Hein	57	Fairfax VA	1:03:18	7
15	435	Bob	Ludwig	57	Washington DC	1:06:56	6
16	406	Omar	Gill	50	Burke VA	1:07:36	5
17	371	George	Bernier	55	Hanover PA	1:18:30	4
DNF	457	Gregory	Russell	55	Fairfax VA	DNF	

<b>M 60+</b>							
<b>Place</b>	<b>Bib #</b>	<b>First Name</b>	<b>Last Name</b>	<b>Age</b>	<b>City</b>	<b>Time</b>	<b>R4 Points</b>
1	366	Ron	Bardach	62	Vienna VA	0:47:45	50
2	449	Paul	Rapavi	62	Springfield VA	0:50:53	41
3	436	Lusk	Lusk	65	Fairfax VA	0:54:07	35
4	427	Ronald	Keech	65	Rockville MD	1:06:41	30

**10 Mile (Actual Distance 9.5 Miles)****F 20-29**

Place	Bib #	First Name	Last Name	Age	City	Time	R4 Points
1	744	Diane	Martin	28	Washington DC	1:27:57	50
2	723	Alee	Halsey	27	Charlottesville VA	1:45:05	41
3	767	Katie	Smith	29	Falls Church VA	1:49:17	35
4	732	Stephanie	Kahrs	29	Stafford VA	2:18:55	30
DNF	733	Wendy	Kanter	28	Ellicott City MD	1:01:38	

**F 30-39**

Place	Bib #	First Name	Last Name	Age	City	Time	R4 Points
1	771	Sheila	Vibert	37	Arlington VA	1:25:44	50
2	708	Marissa	Chiantella	32	Arlington VA	1:30:57	41
3	745	Kathryn	Martin	38	Bethesda MD	1:35:55	35
4	761	Emily	Ruppel	34	Washington DC	1:36:47	30
5	743	Janiece	Marquez	33	Arlington VA	1:48:42	26
6	706	Tiffiney	Carney	39	Washington DC	1:48:51	23
7	718	Maritza	Foland	35	Leesburg VA	1:54:31	20
8	709	Daniela	Collaguazo	35	Hyattsville MD	1:55:34	17
9	711	Megan	Dejesus	38	Vienna VA	2:17:48	15
10	762	Julia	Scheiermann	35	Frederick MD	2:40:07	13
DNF	741	Lauren	Lipsey	35	Washington DC	DNF	

**F 40-49**

Place	Bib #	First Name	Last Name	Age	City	Time	R4 Points
1	764	Rachel	Shirley	42	Harpers Ferry WV	1:38:11	50
2	758	Paola Nasser	Robey	40	Falls Church VA	1:39:44	41
3	738	Sarah	Laughlin	40	San Francisco CA	1:45:03	35
4	749	Jen	Norris	48	Alexandria VA	1:46:46	30
5	734	Karla	Kramer	47	Silver Spring MD	1:48:10	26
6	751	Julie	Parks	42	Alexandria VA	1:48:11	23
7	768	Keri Ann	Tatusko	46	Washington DC	1:53:42	20
8	770	Donna	Treiber	49	Winchester VA	1:56:24	17
9	748	Mytrang	Nguyen	48	Alexandria VA	1:58:50	15
10	756	Kristen	Ratzel	42	Annadale VA	2:00:29	13
11	720	Preethy	George	42	Fairfax VA	2:04:10	11
12	759	Winnie	Rodriguez	41	alexandria VA	2:08:51	9
13	705	Robin	Camarote	44	Falls Church VA	2:09:57	8
14	772	Ruth	Zolock	47	Washington DC	2:15:54	7
15	760	Carla	Rountree	40	Washington DC	2:16:28	6
16	735	Katie	Kula	43	Purcellville VA	2:19:50	5
DNF	728	Kiku	Huckle	41	Seattle WA	0:59:31	
DNF	739	Debbie	Lenard	45	Arlington VA	1:04:49	
DNF	730	Heather	Jeff	45	Arlington VA	1:04:52	

**F 50-59**

Place	Bib #	First Name	Last Name	Age	City	Time	R4 Points
1	724	Shelly	Hanson	50	Centreville VA	1:36:40	50
2	776	Dana	Basile	51	Fairfax VA	1:47:41	41
3	740	Teresa	Lent	57	Arlington VA	1:55:33	35
4	769	Jennifer	Thomas	52	Washington DC	1:57:24	30
5	703	Stephanie	Brinley	50	Herndon VA	2:01:56	26
6	729	Amy	Jansen	50	Woodbine MD	2:06:10	23
7	715	Sheila	Farthing	50	Potomac Falls VA	2:17:13	20
7	716	Kimberly	Ferland	52	Chantilly VA	2:17:13	20

**M 19-U**

Place	Bib #	First Name	Last Name	Age	City	Time	R4 Points
1	779	Tommy	Bertram	16	Fredericksburg VA	1:40:50	50

**M 20-29**

Place	Bib #	First Name	Last Name	Age	City	Time	R4 Points
1	869	Cody	Wright	26	Boulder CO	1:11:05	50
2	863	Quincy	Tichenor	23	Washington DC	1:26:04	41
3	816	Damien	Helman	23	Boonsboro MD	1:39:46	35

**M 30-39**

Place	Bib #	First Name	Last Name	Age	City	Time	R4 Points
1	870	Walker	Yane	35	Washington DC	1:10:27	50
2	813	Kyle	Grimsley	31	Springfield VA	1:18:36	41
3	840	Geoff	Patterson	36	Washington DC	1:20:24	35
4	814	Peter	Gudmundsen	30	Fairfax VA	1:20:45	30
5	786	Nick	Caligiuri	31	Oakton VA	1:21:57	26
6	855	Pj	Scotto	38	Falls Church VA	1:22:16	23
7	844	Erik	Price	36	Falls Church VA	1:22:31	20
8	796	Amos	Desjardins	38	Alexandria VA	1:23:02	17
9	794	Michael	Dean	38	Fairfax VA	1:23:37	15
10	777	Sam	Batkins	37	Springfield VA	1:27:50	13
11	778	Kevin	Beatty	37	Stafford VA	1:28:59	11
12	799	Michael	Faber	37	Alexandria VA	1:29:14	9
13	839	William	Parker	39	Fairfax VA	1:37:22	8
14	846	Benjamin	Rasmus	35	Washington DC	1:37:40	7
15	812	Tyler	Gray	35	Washington DC	1:37:53	6
16	823	Michael	Hoard	37	Alexandria VA	1:39:42	5
17	811	Alex	Gonski	34	Reston VA	1:46:31	4
18	843	Mark	Poblete	34	Fairfax VA	1:50:51	3
19	824	John	Hodge	31	King george VA	1:51:27	2
20	773	Yale	Akers	33	Alexandria VA	1:53:24	1
21	853	Nicholas	Rotteveel	37	Springfield VA	1:53:52	
22	825	Hunter	Holloway	30	Raleigh NC	1:56:46	



23	810	Peter	Goff	38	Alexandria VA	2:06:42	
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M 40-49							
Place	Bib #	First Name	Last Name	Age	City	Time	R4 Points
1	862	Benn	Thomas	40	Arlington VA	1:13:11	50
2	795	Brady	Dehoust	44	Reston VA	1:15:48	41
3	872	Darren	Zanon	40	Falls Church VA	1:18:19	35
4	861	James	Studebaker	42	Reston VA	1:19:40	30
5	831	James	Magee	41	Springfield VA	1:20:18	26
6	867	James	Wagner	46	Washington DC	1:21:35	23
7	842	Matthew	Pleva	41	Springfield VA	1:24:50	20
8	798	Alejandro	Escobar	43	Washington DC	1:26:47	17
9	845	Thomas	Pulham	42	Washington DC	1:29:58	15
10	860	Mark	Stacey	47	Washington DC	1:33:45	13
11	873	Wade	Zech	44	Burke VA	1:35:03	11
12	787	J.J.	Campbell	44	Mclean VA	1:35:15	9
13	865	Michael	Tollini	42	Mclean VA	1:36:14	8
14	874	Albert	Kelly	40	Bristow VA	1:37:40	7
15	793	Dan	Combs	47	Vienna VA	1:37:41	6
16	827	Sat	Khalsa	45	Reston VA	1:37:43	5
17	864	Jeremy	Tishler	41	Warrenton VA	1:39:04	4
18	828	Rob	Krupicka	48	Alexandria VA	1:41:50	3
19	829	Kent	Lassman	45	Alexandria VA	1:45:31	2
20	866	Thomas	Topp	48	Fairfax VA	1:45:54	1
21	788	Christopher	Canter	40	Arlington VA	1:45:58	
22	792	David	Colbert	41	Williamsburg VA	1:47:16	
23	800	Jay	Ferland	49	Chantilly VA	1:47:33	
24	802	Adam	Fleming	45	Baltimore MD	1:49:07	
25	856	Mike	Silag	47	Chantilly VA	1:51:01	
26	789	John	Cassidy	41	Washington DC	1:54:35	
27	797	Lance	Elzie	45	Manassas VA	1:55:42	
28	807	Ed	Gehres	47	Bethesda MD	1:57:45	
29	848	Alonso	Revilla	48	Springfield VA	2:01:21	
30	830	Christopher	Magee	40	Manassas Park VA	2:02:52	
31	850	James	Richardson	49	Ashburn VA	2:11:35	
32	817	Geoffrey	Hemgen	44	Eldersburg MD	2:21:32	

M 50-59							
Place	Bib #	First Name	Last Name	Age	City	Time	R4 Points
1	805	Richard	Frame	50	Alexandria VA	1:16:41	50
2	834	Dan	Murphy	55	Bethesda MD	1:28:43	41
3	858	Jan	Smilek	52	Leesburg VA	1:29:07	35
4	859	Frank	Squillaro	56	Sterling VA	1:32:40	30
5	838	Barry	Nobles	52	Falls Church VA	1:33:29	26
6	820	Kevin	Hensley	57	Washington DC	1:35:00	23

7	868	Dave	Wilson	55	Arlington VA	1:37:32	20
8	832	Jonathan	Massey	56	Bethesda MD	1:38:06	17
9	775	Geoffrey	Ballou	52	Springfield VA	1:54:26	15
10	841	Eric	Platt	55	silver spring MD	2:00:28	13
11	871	Garry	Young	56	Arlington VA	2:03:44	11
12	818	Jim	Hemgen	51	Frederick MD	2:21:31	9

**M 60+**

<b>Place</b>	<b>Bib #</b>	<b>First Name</b>	<b>Last Name</b>	<b>Age</b>	<b>City</b>	<b>Time</b>	<b>R4 Points</b>
1	808	Bradley	Gilman	61	Vienna VA	1:55:23	50