

All Finishers - Heat 1

Rundate: 07/28/2019 15:04:59 2019 Tri Super Sprint Tri

07/28/2019

Place	Name	Sex		ST	Tot Time	Swim	Swim			Bike			Run		Cat		Bib #	
		S	Place				City	min/100m	Tr#1	Bike	mph	Tr#2	Run	min/mile	Ag	Cat		Place
1/104	Kevin Soeder	M	1/62	Stafford	VA	00:41:25	00:06:54	1:44	1:03	00:19:26	24.70	0:43	00:13:19	6:40	42	M-Over	1/3	377
2/104	Jared Nieters	M	2/62	Haymarket	VA	00:44:33	00:09:18	2:20	0:45	00:18:55	25.37	0:43	00:14:52	7:26	42	M-Over	2/3	378
3/104	Lucas Elder	M	3/62	Alexandria	VA	00:44:34	00:05:57	1:29	0:28	00:20:43	23.17	0:43	00:16:43	8:22	43	M-Over	3/3	369
4/104	Wiesen	N	1/4			00:44:37	00:07:21	1:50	0:44	00:19:52	24.16	0:25	00:16:15	8:08	1	Relay	1/4	368
5/104	Matthew Negard	M	4/62	Manassas	VA	00:46:58	00:08:35	2:09	1:25	00:20:57	22.91	0:48	00:15:13	7:37	32	M3034	1/5	367
6/104	Robin Nix	M	5/62	New Orleans	LA	00:47:00	00:07:38	1:55	1:01	00:20:50	23.04	0:41	00:16:50	8:25	35	M3539	1/4	390
7/104	Adam Vonallmen	M	6/62	Arlington	VA	00:48:58	00:08:19	2:05	0:49	00:24:30	19.59	0:54	00:14:26	7:13	36	M3539	2/4	406
8/104	Robert Bruton	M	7/62	Lovettsville	VA	00:49:05	00:08:14	2:04	1:00	00:21:33	22.27	0:48	00:17:30	8:45	54	M5054	1/9	393
9/104	Erin Smith	F	1/38	Ft. Washington	MD	00:49:14	00:08:47	2:12	0:57	00:25:33	18.79	0:41	00:13:16	6:38	35	F-Over	1/3	366
10/104	Cathal O'connor	M	8/62	McLean	VA	00:49:16	00:07:49	1:57	0:46	00:21:36	22.22	0:54	00:18:11	9:06	53	M5054	2/9	380
11/104	Ben Anderson	M	9/62	Arlington	VA	00:49:45	00:08:35	2:09	2:01	00:22:59	20.88	0:48	00:15:22	7:41	32	M3034	2/5	364
12/104	Brandon Dixon	M	10/62	Vienna	VA	00:50:41	00:08:59	2:15	1:14	00:21:38	22.19	0:57	00:17:53	8:57	31	M3034	3/5	419
13/104	Fred Kurst	M	11/62	Manassas	VA	00:50:45	00:10:15	2:34	1:11	00:23:02	20.84	0:57	00:15:20	7:40	53	M5054	3/9	424
14/104	Sophia Casler	F	2/38			00:51:57	00:07:11	1:48	1:09	00:25:26	18.87	0:38	00:17:33	8:47	16	F-Over	2/3	396
15/104	Lyon Ladies	N	2/4			00:52:14	00:08:44	2:11	2:00	00:25:21	18.93	0:32	00:15:37	7:49	1	Relay	2/4	365
16/104	Aaron Arel	M	12/62	Baltimore	MD	00:52:30	00:06:42	1:41	2:52	00:25:21	18.93	0:43	00:16:52	8:26	30	M3034	4/5	376
17/104	Jonathan Jacobson	M	13/62	Burke	VA	00:52:38	00:09:11	2:18	1:11	00:22:09	21.67	0:46	00:19:21	9:41	41	M4044	1/7	391
18/104	Lydia Teal	F	3/38	Washington	DC	00:52:40	00:09:36	2:24	2:01	00:22:22	21.46	1:12	00:17:29	8:45	38	F-Over	3/3	386
19/104	David Feinberg	M	14/62	Chevy Chase	MD	00:52:44	00:08:40	2:10	1:19	00:23:25	20.50	0:54	00:18:26	9:13	43	M4044	2/7	446
20/104	Charles Rossi	M	15/62	Purcellville	VA	00:53:10	00:09:55	2:29	1:43	00:22:40	21.18	0:37	00:18:15	9:08	56	M5559	1/8	445
21/104	Raymond Chian	M	16/62	Bristow	VA	00:54:14	00:07:59	2:00	2:39	00:24:31	19.58	1:22	00:17:43	8:52	29	M2529	1/1	389
22/104	Jasper Estes	M	17/62	Lorton	VA	00:54:49	00:07:23	1:51	1:01	00:25:11	19.06	0:37	00:20:37	10:19	10	M1012	1/1	375
23/104	Curtis Duncan	M	18/62	Aiea	HI	00:55:16	00:09:03	2:16	1:04	00:23:26	20.48	0:39	00:21:04	10:32	49	M4549	1/9	409
24/104	Leah Shukan	F	4/38	Vienna	VA	00:55:37	00:06:57	1:44	1:10	00:25:34	18.77	0:52	00:21:04	10:32	20	F2024	1/2	373
25/104	Joseph Campbell	M	19/62	LEESBURG	VA	00:55:39	00:09:59	2:30	1:35	00:24:01	19.99	2:02	00:18:02	9:01	56	M5559	2/8	411
26/104	Matthew Nichols	M	20/62	Vienna	VA	00:56:28	00:07:40	1:55	1:01	00:29:47	16.12	1:16	00:16:44	8:22	14	M1315	1/4	465
27/104	Brian Shukan	M	21/62	Vienna	VA	00:56:34	00:07:02	1:46	1:24	00:25:12	19.05	1:33	00:21:23	10:42	51	M5054	4/9	379
28/104	Frank Burhance	M	22/62	Newton	CT	00:56:55	00:08:26	2:07	1:24	00:27:11	17.66	1:11	00:18:43	9:22	59	M5559	3/8	412
29/104	Caden Duncan	M	23/62	Alexandria	VA	00:57:28	00:08:59	2:15	1:21	00:25:11	19.06	0:49	00:21:08	10:34	13	M1315	2/4	428
30/104	Jacqueline Brown	F	5/38	Alexandria	VA	00:57:31	00:08:46	2:12	1:27	00:29:18	16.38	0:33	00:17:27	8:44	38	F3539	1/8	401
31/104	Deborah Dietzel	F	6/38	Manassas	VA	00:57:37	00:09:43	2:26	0:57	00:26:36	18.05	0:51	00:19:30	9:45	38	F3539	2/8	455
32/104	Thomas Afferton	M	24/62	Centreville	VA	00:57:40	00:08:36	2:09	1:48	00:24:58	19.23	1:18	00:21:00	10:30	52	M5054	5/9	410
33/104	James Lengle	M	25/62	Arlington	VA	00:58:09	00:08:29	2:07	1:56	00:26:08	18.37	0:54	00:20:42	10:21	70	M7074	1/3	395
34/104	Katherine Hetland	F	7/38	Andrews AFB	MD	00:58:13	00:11:53	2:58	1:19	00:24:53	19.29	0:37	00:19:31	9:46	41	F4044	1/6	435
35/104	Sang Lee	M	26/62	Fairfax	VA	00:58:20	00:12:46	3:12	1:05	00:23:31	20.41	0:50	00:20:08	10:04	45	M4549	2/9	459
36/104	Patrick Long	M	27/62	Sterling	VA	00:58:24	00:10:10	2:33	1:45	00:26:00	18.46	1:46	00:18:43	9:22	23	M2024	1/3	404
37/104	Rick Storey	M	28/62	Warrenton	VA	00:58:30	00:09:47	2:27	1:41	00:25:21	18.93	0:54	00:20:47	10:24	49	M4549	3/9	444
38/104	Lance Elzie	M	29/62	Manassas	VA	00:58:33	00:08:35	2:09	1:34	00:25:53	18.54	0:51	00:21:40	10:50	45	M4549	4/9	420
39/104	Sungjae Lee	M	30/62	McLean	VA	00:58:51	00:11:41	2:55	1:49	00:25:18	18.97	1:16	00:18:47	9:24	48	M4549	5/9	452
40/104	Joseph Lee	M	31/62	Washington	DC	00:59:08	00:11:12	2:48	2:15	00:23:53	20.10	1:25	00:20:23	10:12	41	M4044	3/7	441
41/104	Rosemary Wild	F	8/38	Leonardtown	Md	00:59:27	00:06:42	1:41	1:51	00:28:45	16.70	0:52	00:21:17	10:39	17	F1619	1/1	385
42/104	Shaun Galang	M	32/62	Winchester	VA	00:59:28	00:11:00	2:45	1:29	00:20:35	23.32	1:38	00:24:46	12:23	48	M4549	6/9	408
43/104	Duct-Tape & WD-40	N	3/4	Bethesda	MD	01:00:04	00:07:59	2:00	1:02	00:26:01	18.45	1:57	00:23:05	11:33	1	Relay	3/4	468
44/104	Joshua Leaggett	M	33/62	Centreville	VA	01:00:21	00:08:44	2:11	2:02	00:24:23	19.69	1:17	00:23:55	11:58	40	M4044	4/7	440
45/104	Amanda Evans	F	9/38	Kingsville	MD	01:00:31	00:09:52	2:28	1:41	00:27:57	17.17	0:42	00:20:19	10:10	25	F2529	1/4	429
46/104	Keith Foxx	M	34/62	Springfield	VA	01:00:48	00:10:56	2:44	2:15	00:26:35	18.06	1:12	00:19:50	9:55	47	M4549	7/9	443
47/104	Paula Swanson	F	10/38	Alexandria	VA	01:01:01	00:09:31	2:23	1:14	00:27:34	17.41	0:48	00:21:54	10:57	52	F5054	1/5	403
48/104	Mary Jane Willis	F	11/38	Louisa	VA	01:01:18	00:10:11	2:33	1:15	00:25:15	19.01	1:11	00:23:26	11:43	59	F5559	1/4	438
49/104	Lauren Baldwin	F	12/38	Sterling	VA	01:01:42	00:09:38	2:25	2:05	00:27:54	17.20	1:00	00:21:05	10:33	30	F3034	1/1	430
50/104	Lleyton Dunsmore	M	35/62	WILLIAMSBURG	VA	01:01:55	00:07:56	1:59	2:19	00:26:02	18.44	0:57	00:24:41	12:21	14	M1315	3/4	426
51/104	Robert Brown	M	36/62	Bryans Road	MD	01:02:32	00:07:32	1:53	1:39	00:26:49	17.90	1:19	00:25:13	12:37	58	M5559	4/8	381
52/104	Cathy Meals	F	13/38	Washington	DC	01:02:32	00:12:24	3:06	1:48	00:25:48	18.60	1:02	00:21:30	10:45	37	F3539	3/8	432
53/104	Danny Han	M	37/62	Clifton	VA	01:02:45	00:09:36	2:24	2:33	00:23:37	20.32	1:11	00:25:48	12:54	42	M4044	5/7	474
54/104	Kap Ro	M	38/62	Bristow	VA	01:02:57	00:11:43	2:56	2:03	00:26:38	18.02	0:40	00:21:53	10:57	64	M6064	1/1	461
55/104	XJ	N	4/4			01:03:56	00:09:58	2:30	0:50	00:24:35	19.53	0:36	00:27:57	13:59	1	Relay	4/4	384
56/104	Bryan Sookhoo	M	39/62	Bristow	VA	01:03:59	00:09:59	2:30	3:23	00:25:49	18.59	2:02	00:22:46	11:23	51	M5054	6/9	481

57/104	Ian Richey	M 40/62	South Riding	VA 01:04:00	00:12:21	3:05	1:41	00:23:41	20.27	1:37	00:24:40	12:20	51	M5054	7/9	422
58/104	Andrew Baillie	M 41/62	NOKESVILLE	VA 01:04:08	00:11:59	3:00	1:35	00:25:19	18.96	1:41	00:23:34	11:47	55	M5559	5/8	453
59/104	Kanwal Malik	F 14/38	Gainesville	VA 01:04:11	00:10:23	2:36	2:14	00:26:27	18.15	0:48	00:24:19	12:10	41	F4044	2/6	434
60/104	Randall Dunsmore	M 42/62	WILLIAMSBURG	VA 01:04:12	00:09:18	2:20	2:16	00:27:31	17.44	1:07	00:24:00	12:00	49	M4549	8/9	421
61/104	Michelle Roberts	F 15/38	Springfield	VA 01:04:36	00:08:57	2:14	1:37	00:28:21	16.93	1:31	00:24:10	12:05	39	F3539	4/8	387
62/104	Chantelle Grenfell	F 16/38	Leesburg	Va 01:04:58	00:10:33	2:38	1:42	00:26:52	17.87	1:28	00:24:23	12:12	39	F3539	5/8	470
63/104	Christopher Highfill	M 43/62	Haymarket	VA 01:05:00	00:10:50	2:43	1:35	00:25:04	19.15	2:19	00:25:12	12:36	53	M5054	8/9	423
64/104	Natalie Mitchell	F 17/38	Centreville	VA 01:05:27	00:10:43	2:41	2:12	00:27:29	17.47	1:10	00:23:53	11:57	44	F4044	3/6	436
65/104	Brianne Watkins	F 18/38	Washington	DC 01:06:02	00:11:48	2:57	1:58	00:28:25	16.89	1:23	00:22:28	11:14	38	F3539	6/8	456
66/104	Sarah Rains	F 19/38	Alexandria	VA 01:06:07	00:07:39	1:55	2:48	00:27:49	17.26	0:57	00:26:54	13:27	36	F3539	7/8	431
67/104	Eric Kern	M 44/62	Alexandria	VA 01:06:21	00:10:05	2:31	2:15	00:25:06	19.12	1:49	00:27:06	13:33	54	M5054	9/9	425
68/104	David Barno	M 45/62	Carlisle	PA 01:06:25	00:12:18	3:05	2:14	00:28:44	16.71	1:17	00:21:52	10:56	65	M6569	1/2	462
69/104	Petra Barth	F 20/38	Alexandria	VA 01:06:45	00:09:05	2:16	2:46	00:28:57	16.58	1:03	00:24:54	12:27	55	F5559	2/4	417
70/104	Michael Radican	M 46/62	Sterling	VA 01:07:04	00:09:33	2:23	2:13	00:29:42	16.16	0:58	00:24:38	12:19	59	M5559	6/8	448
71/104	Zach Boykin	M 47/62	NOKESVILLE	VA 01:08:07	00:12:41	3:10	3:23	00:28:37	16.77	2:27	00:20:59	10:30	31	M3034	5/5	473
72/104	Justin Smith	M 48/62	Dumfries	VA 01:08:21	00:08:23	2:06	3:18	00:28:36	16.78	1:02	00:27:02	13:31	21	M2024	2/3	483
73/104	Janet Effler	F 21/38	Mumfrottsville	MD 01:08:22	00:11:18	2:50	2:43	00:27:14	17.63	1:00	00:26:07	13:04	45	F4549	1/3	413
74/104	Mark Campbell	M 49/62		01:08:49	00:11:26	2:52	2:18	00:32:20	14.85	0:54	00:21:51	10:56	24	M2024	3/3	475
75/104	Hope Scherer	F 22/38	Alexandria	VA 01:09:30	00:11:53	2:58	2:12	00:26:39	18.01	1:09	00:27:37	13:49	52	F5054	2/5	437
76/104	Lisa Larkin	F 23/38	Kensington	MD 01:09:30	00:11:46	2:57	2:04	00:28:56	16.59	1:18	00:25:26	12:43	49	F4549	2/3	458
77/104	Kenneth Fortes	M 50/62	North Haven	CT 01:09:49	00:10:53	2:43	2:00	00:29:19	16.37	0:50	00:26:47	13:24	55	M5559	7/8	454
78/104	Luke Rains	M 51/62		01:09:54	00:09:49	2:27	1:58	00:27:43	17.32	1:26	00:28:58	14:29	39	M3539	3/4	449
79/104	Mark Biesiada	M 52/62	Washington	DC 01:09:57	00:12:23	3:06	2:34	00:27:00	17.78	1:59	00:26:01	13:01	42	M4044	6/7	442
80/104	Min Koo Kang	M 53/62	Chantilly	VA 01:10:22	00:18:19	4:35	1:34	00:27:36	17.39	0:38	00:22:15	11:08	41	M4044	7/7	479
81/104	Jerry Rayadi	M 54/62	Alexandria	VA 01:11:00	00:12:27	3:07	2:34	00:24:56	19.25	1:23	00:29:40	14:50	39	M3539	4/4	439
82/104	Alyssa Pope	F 24/38	Arlington	VA 01:11:16	00:08:25	2:06	2:48	00:28:23	16.91	1:35	00:30:05	15:03	27	F2529	2/4	374
83/104	John Lee	M 55/62	Fairfax	VA 01:11:27	00:09:51	2:28	2:07	00:31:50	15.08	1:32	00:26:07	13:04	17	M1619	1/1	427
84/104	Miriam Friedman	F 25/38	Wheaton	MD 01:11:45	00:10:04	2:31	1:36	00:33:47	14.21	0:41	00:25:37	12:49	55	F5559	3/4	418
85/104	Molly Reid	F 26/38	Reston	VA 01:11:50	00:09:47	2:27	2:05	00:28:04	17.10	2:06	00:29:48	14:54	28	F2529	3/4	415
86/104	Fatma Elshobokshy	F 27/38	Gainesville	VA 01:11:55	00:12:10	3:03	1:18	00:29:33	16.24	0:57	00:27:57	13:59	44	F4044	4/6	388
87/104	Joe Jeronimo	M 56/62	Fairfax	VA 01:12:32	00:11:16	2:49	1:43	00:40:47	11.77	0:34	00:18:12	9:06	47	M4549	9/9	451
88/104	Cathy Field	F 28/38	Springfield	VA 01:13:12	00:14:59	3:45	1:44	00:28:16	16.98	1:18	00:26:55	13:28	41	F4044	5/6	478
89/104	Miranda Pelham	F 29/38	Dumfries	VA 01:13:39	00:10:21	2:35	2:07	00:28:55	16.60	1:04	00:31:12	15:36	50	F5054	3/5	464
90/104	Nancy Woodward	F 30/38	Herndon	VA 01:13:43	00:11:36	2:54	2:49	00:28:00	17.14	1:28	00:29:50	14:55	65	F6569	1/1	466
91/104	Alicia Hosmer	F 31/38	Arlington	VA 01:14:49	00:12:36	3:09	3:29	00:34:51	13.77	1:25	00:22:28	11:14	22	F2024	2/2	450
92/104	Meera Dunleavey	F 32/38	Aldie	VA 01:15:00	00:13:11	3:18	1:48	00:30:32	15.72	0:43	00:28:46	14:23	42	F4044	6/6	402
93/104	Jonathan Han	M 57/62	Clifton	VA 01:15:17	00:10:16	2:34	2:14	00:30:43	15.63	0:58	00:31:06	15:33	13	M1315	4/4	463
94/104	William Creighton	M 58/62	Oak Hill	Va 01:15:40	00:16:08	4:02	2:15	00:27:14	17.63	1:51	00:28:12	14:06	55	M5559	8/8	460
95/104	Amanda Pugh	F 33/38	Ashburn	VA 01:15:47	00:10:46	2:42	2:26	00:31:09	15.41	1:16	00:30:10	15:05	25	F2529	4/4	414
96/104	Beth Felsen	F 34/38	Burke	VA 01:17:03	00:11:51	2:58	2:03	00:27:35	17.40	2:00	00:33:34	16:47	53	F5054	4/5	416
97/104	Richard Chasen	M 59/62	Chevy Chase	MD 01:20:42	00:12:31	3:08	4:40	00:29:03	16.52	4:01	00:30:27	15:14	70	M7074	2/3	469
98/104	Rachel Cramer	F 35/38	Woodbridge	VA 01:21:05	00:12:19	3:05	1:46	00:33:50	14.19	1:27	00:31:43	15:52	39	F3539	8/8	433
99/104	Ronnette Radican	F 36/38	Sterling	VA 01:21:41	00:13:20	3:20	2:00	00:33:04	14.52	1:18	00:31:59	16:00	57	F5559	4/4	447
100/104	John Noble	M 60/62	Bethesda	MD 01:24:42	00:14:37	3:39	3:08	00:28:59	16.56	2:55	00:35:03	17:32	82	M80+	1/1	482
101/104	John Jacquemin	M 61/62	Castleton	VA 01:26:15	00:13:33	3:23	4:43	00:29:57	16.03	3:45	00:34:17	17:09	73	M7074	3/3	467
102/104	Robert Aaron	M 62/62	Potomac	Md 01:33:24	00:17:11	4:18	5:39	00:32:03	14.98	1:52	00:36:39	18:20	67	M6569	2/2	476
103/104	Beth Pinto	F 37/38	Concord	NC 01:45:09	00:10:14	2:34	6:59	00:49:32	9.69	1:50	00:36:34	18:17	54	F5054	5/5	472
104/104	Susan Sferra	F 38/38	Saint Leonard	MD 01:45:16	00:10:22	2:36	6:54	00:49:29	9.70	1:56	00:36:35	18:18	48	F4549	3/3	471
	Allen Wagner	M	Haymarket	VA DNF	00:14:07	3:32	1:29			1:21	00:22:08	11:04	38	M3539		407