

All Finishers - Heat 1
 Rundate: 05/09/2016 10:05:07 2016 Ladies Choice Triathlon 05/08/2016

Place	Name	Sex	S Place	City	ST	Tot Time	Swim	Swim min/100m	Bike	Bike mph	Run	Run min/mile	Penalty	Ag	Cat	Cat Place	Bib #
1/97	Williams Family	N	1/8	Oak Hill	Va	00:49:18	00:07:44	2:07	00:25:24	18.90	00:16:10	8:05	00:00:00	1	Relay	1/8	152
2/97	Erin Smith	F	1/89	Ft. Washington	MD	00:50:18	00:07:42	2:07	00:27:25	17.51	00:15:11	7:36	00:00:00	32	F-Over	1/3	105
3/97	Tanya Filkins	F	2/89	Mont Village	MD	00:50:34	00:07:36	2:05	00:26:28	18.14	00:16:30	8:15	00:00:00	41	F-Over	2/3	106
4/97	Kathleen Brewster	F	3/89	Vienna	VA	00:50:45	00:08:05	2:13	00:26:21	18.22	00:16:19	8:10	00:00:00	15	F-Over	3/3	153
5/97	Lauren Santangelo	F	4/89	Alexandria	VA	00:51:02	00:08:53	2:26	00:25:44	18.65	00:16:25	8:13	00:00:00	43	F4044	1/12	144
6/97	Leah Ferrara	F	5/89	Arlington	VA	00:51:37	00:10:28	2:52	00:27:12	17.65	00:13:57	6:59	00:00:00	24	F2024	1/2	180
7/97	Amy Button	F	6/89	Oak Hill	Va	00:51:45	00:07:06	1:57	00:27:59	17.15	00:16:40	8:20	00:00:00	39	F3539	1/17	115
8/97	Christy Gunville	F	7/89	Arlington	VA	00:52:54	00:07:42	2:07	00:27:15	17.61	00:17:57	8:59	00:00:00	38	F3539	2/17	101
9/97	Fallon Pennington	F	8/89	Fredericksburg	VA	00:53:38	00:09:15	2:32	00:28:11	17.03	00:16:12	8:06	00:00:00	29	F2529	1/7	104
10/97	Cathryn Mahoney	F	9/89	Hampton	VA	00:53:51	00:08:48	2:25	00:27:29	17.47	00:17:34	8:47	00:00:00	31	F3034	1/7	112
11/97	Sophie Tedesco	F	10/89	McLean	Va	00:53:57	00:09:07	2:30	00:29:26	16.31	00:15:24	7:42	00:00:00	14	F1315	1/1	138
12/97	Girl Power	N	2/8	NOKESVILLE	VA	00:54:05	00:11:28	3:08	00:27:45	17.30	00:14:52	7:26	00:00:00	1	Relay	2/8	178
13/97	Heather Tedesco	F	11/89	McLean	Va	00:54:17	00:09:42	2:39	00:28:58	16.57	00:15:37	7:49	00:00:00	44	F4044	2/12	164
14/97	Sarah Dickinson	F	12/89	Manassas	VA	00:54:27	00:07:31	2:04	00:27:16	17.60	00:19:40	9:50	00:00:00	30	F3034	2/7	113
15/97	Heather McNemar	F	13/89	Fairfax	VA	00:54:41	00:11:33	3:10	00:28:03	17.11	00:15:05	7:33	00:00:00	42	F4044	3/12	160
16/97	Michele Reimer	F	14/89	Lanoka harbor	NJ	00:55:14	00:10:03	2:45	00:26:42	17.98	00:18:29	9:15	00:00:00	47	F4549	1/8	131
17/97	Marcie Schreiberman	F	15/89	Manassas	VA	00:55:38	00:08:18	2:16	00:28:55	16.60	00:18:25	9:13	00:00:00	38	F3539	3/17	127
18/97	Mackenzie Reimer	F	16/89	Duncan	SC	00:56:39	00:08:28	2:19	00:28:36	16.78	00:19:35	9:48	00:00:00	30	F3034	3/7	125
19/97	Fiona McClure	F	17/89	Fairfax	VA	00:56:42	00:09:25	2:35	00:28:31	16.83	00:18:46	9:23	00:00:00	46	F4549	2/8	119
20/97	Cheryl Sabo	F	18/89	Alexandria	VA	00:56:58	00:08:36	2:21	00:28:47	16.68	00:19:35	9:48	00:00:00	44	F4044	4/12	129
21/97	Nada Al-Sharabati	F	19/89	Sterling	VA	00:57:01	00:10:23	2:51	00:28:48	16.67	00:17:50	8:55	00:00:00	36	F3539	4/17	155
22/97	Jennifer Park	F	20/89	Silver Spring	MD	00:57:06	00:08:58	2:27	00:29:08	16.48	00:19:00	9:30	00:00:00	38	F3539	5/17	236
23/97	Tanya La Force	F	21/89	McLean	VA	00:57:09	00:09:05	2:29	00:28:57	16.58	00:19:07	9:34	00:00:00	46	F4549	3/8	133
24/97	Cindy Gambogi	F	22/89	LEESBURG	VA	00:57:20	00:06:56	1:54	00:31:05	15.44	00:19:19	9:40	00:00:00	61	F6064	1/5	107
25/97	Kaiya Reimer	F	23/89	Toms River	NJ	00:57:27	00:07:42	2:07	00:29:34	16.23	00:20:11	10:06	00:00:00	17	F1619	1/1	103
26/97	Jennifer Katt	F	24/89	Woodbridge	VA	00:58:00	00:08:36	2:21	00:29:59	16.01	00:19:25	9:43	00:00:00	57	F5559	1/11	149
27/97	Beth DeVries Casey	F	25/89	Alexandria	VA	00:58:12	00:08:30	2:20	00:32:53	14.60	00:16:49	8:25	00:00:00	47	F4549	4/8	132
28/97	Schadey Ladies	N	3/8			00:58:21	00:10:04	2:45	00:26:28	18.14	00:21:49	10:55	00:00:00	1	Relay	3/8	136
29/97	Marycel Trauzon	F	26/89	ALEXANDRIA	VA	00:58:24	00:11:12	3:04	00:28:30	16.84	00:18:42	9:21	00:00:00	50	F5054	1/11	168
30/97	Margot Krauss	F	27/89	Kensington	MD	00:58:31	00:07:59	2:11	00:30:19	15.83	00:20:13	10:07	00:00:00	62	F6064	2/5	121
31/97	Team AFC	N	4/8	Manassas	VA	00:58:32	00:11:42	3:12	00:30:13	15.89	00:16:37	8:19	00:00:00	1	Relay	4/8	203
32/97	Noemi Diop	F	28/89	Lawrence	KS	00:58:48	00:15:57	4:22	00:22:48	21.05	00:20:03	10:02	00:00:00	38	F3539	6/17	141
33/97	Suzanne Friis	F	29/89	Brookeville	MD	00:59:02	00:09:29	2:36	00:29:03	16.52	00:20:30	10:15	00:00:00	61	F6064	3/5	150
34/97	Cheryl Engelbrecht	F	30/89	Fairfax Station	VA	00:59:15	00:07:25	2:02	00:31:21	15.31	00:20:29	10:15	00:00:00	38	F3539	7/17	116
35/97	Goli Trump	F	31/89	Falls Church	VA	00:59:19	00:10:07	2:46	00:29:16	16.40	00:19:56	9:58	00:00:00	49	F4549	5/8	175
36/97	Paula Kane	F	32/89	Louisa	VA	00:59:54	00:09:57	2:44	00:30:38	15.67	00:19:19	9:40	00:00:00	59	F5559	2/11	196
37/97	Sabrina Ramsey	F	33/89	Gainesville	VA	01:00:12	00:09:52	2:42	00:28:58	16.57	00:21:22	10:41	00:00:00	35	F3539	8/17	159
38/97	SKM	N	5/8			01:00:13	00:11:05	3:02	00:33:33	14.31	00:15:35	7:48	00:00:00	1	Relay	5/8	179
39/97	Kathleen Green	F	34/89	Falls Church	VA	01:00:15	00:10:53	2:59	00:29:34	16.23	00:19:48	9:54	00:00:00	54	F5054	2/11	176
40/97	Ruth Hamilton	F	35/89	McLean	VA	01:00:34	00:09:44	2:40	00:28:21	16.93	00:22:29	11:15	00:00:00	69	F6569	1/2	237
41/97	Team Tri-Angles	N	6/8	Oak Hill	Va	01:00:38	00:11:50	3:15	00:31:38	15.17	00:17:10	8:35	00:00:00	1	Relay	6/8	201
42/97	Suzanne Brewster	F	36/89	Vienna	VA	01:00:40	00:13:47	3:47	00:29:16	16.40	00:17:37	8:49	00:00:00	48	F4549	6/8	183
43/97	Jennifer Bethel	F	37/89	Arlington	VA	01:00:42	00:07:30	2:03	00:35:10	13.65	00:18:02	9:01	00:00:00	36	F-Para	1/2	102
44/97	Amanda Jagusiak	F	38/89	Arlington	VA	01:00:50	00:08:52	2:26	00:30:52	15.55	00:21:06	10:33	00:00:00	28	F2529	2/7	111
45/97	Donna Englander	F	39/89	Vienna	VA	01:01:43	00:10:36	2:54	00:31:44	15.13	00:19:23	9:42	00:00:00	54	F5054	3/11	184
46/97	Elizabeth Drachman	F	40/89	Fairfax	VA	01:01:46	00:10:07	2:46	00:31:39	15.17	00:20:00	10:00	00:00:00	44	F4044	5/12	163
47/97	Amy Jones	F	41/89	Alexandria	VA	01:01:56	00:09:07	2:30	00:28:33	16.81	00:24:16	12:08	00:00:00	30	F3034	4/7	140
48/97	Nicole Radd	F	42/89	Warrenton	VA	01:02:00	00:10:43	2:56	00:30:03	15.97	00:21:14	10:37	00:00:00	43	F4044	6/12	117
49/97	Kathryn Kienast	F	43/89	Davidsonville	MD	01:02:08	00:10:39	2:55	00:30:45	15.61	00:20:44	10:22	00:00:00	49	F4549	7/8	166
50/97	Tracey De Blank	F	44/89	Hamilton	VA	01:02:10	00:10:19	2:50	00:29:54	16.05	00:21:57	10:59	00:00:00	51	F5054	4/11	147
51/97	Toni Ziemba	F	45/89	Chesapeake	VA	01:02:20	00:10:03	2:45	00:28:37	16.77	00:23:40	11:50	00:00:00	52	F5054	5/11	167
52/97	Eileen Foyle	F	46/89	Falls Church	VA	01:02:42	00:09:54	2:43	00:33:39	14.26	00:19:09	9:35	00:00:00	29	F2529	3/7	154
53/97	MaryAnn Dana	F	47/89	Reston	VA	01:03:13	00:09:34	2:37	00:31:17	15.34	00:22:22	11:11	00:00:00	44	F4044	7/12	162
54/97	Susan Bradley	F	48/89	Sterling	VA	01:03:24	00:09:08	2:30	00:34:10	14.05	00:20:06	10:03	00:00:00	54	F5054	6/11	146
55/97	Katiuska Pabon-Beauchamp	F	49/89	Alexandria	VA	01:03:51	00:11:53	3:15	00:30:11	15.90	00:21:47	10:54	00:00:00	42	F4044	8/12	174
56/97	Eileen Lutkenhouse	F	50/89	Bristow	VA	01:03:55	00:10:24	2:51	00:32:13	14.90	00:21:18	10:39	00:00:00	42	F4044	9/12	161

57/97	Super Girls	N	7/8	Manassas	VA	01:03:56	00:08:34	2:21	00:36:08	13.28	00:19:14	9:37	00:00:00	1	Relay	7/8	137
58/97	Lauren Harris	F	51/89	Alexandria	VA	01:04:12	00:09:03	2:29	00:32:59	14.55	00:22:10	11:05	00:00:00	31	F-Para	2/2	110
59/97	Kimberly Harris	F	52/89	Clinton	Md	01:04:20	00:10:13	2:48	00:30:15	15.87	00:23:52	11:56	00:00:00	50	F5054	7/11	148
60/97	Stephanie Gordon	F	53/89	South San FranciCAo	01:04:57	00:07:13	1:59	00:33:25	14.36	00:24:19	12:10	00:00:00	29	F2529	4/7	124	
61/97	Tish Keith	F	54/89	Springfield	VA	01:04:57	00:10:20	2:50	00:33:19	14.41	00:21:18	10:39	00:00:00	38	F3539	9/17	143
62/97	Jessica Cremer	F	55/89	Centreville	VA	01:05:24	00:09:58	2:44	00:30:52	15.55	00:24:34	12:17	00:00:00	38	F3539	10/17	158
63/97	Jennifer Allard	F	56/89	Burke	VA	01:05:50	00:10:10	2:47	00:33:08	14.49	00:22:32	11:16	00:00:00	44	F4044	10/12	145
64/97	Duk Ro	F	57/89	Bristow	VA	01:05:58	00:11:31	3:09	00:34:48	13.79	00:19:39	9:50	00:00:00	57	F5559	3/11	185
65/97	Geralyn Blossom	F	58/89	Ft. Washington	MD	01:06:13	00:13:44	3:46	00:24:02	19.97	00:28:27	14:14	00:00:00	28	F2529	5/7	181
66/97	Kelly Kiernan	F	59/89	Falls Church	VA	01:06:25	00:11:04	3:02	00:34:11	14.04	00:21:10	10:35	00:00:00	30	F3034	5/7	182
67/97	Krystal Heller	F	60/89	Alexandria	VA	01:07:38	00:13:24	3:40	00:33:13	14.45	00:21:01	10:31	00:00:00	31	F3034	6/7	191
68/97	Meridith Price	F	61/89	Alexandria	VA	01:07:50	00:09:20	2:33	00:36:13	13.25	00:22:17	11:09	00:00:00	34	F3034	7/7	139
69/97	Susan Gano	F	62/89	Cross junction	VA	01:07:52	00:13:26	3:41	00:31:20	15.32	00:23:06	11:33	00:00:00	58	F5559	4/11	189
70/97	Lori Modowski	F	63/89	Ashburn	VA	01:08:20	00:10:48	2:58	00:35:12	13.64	00:22:20	11:10	00:00:00	55	F5559	5/11	187
71/97	Allison Medina	F	64/89	Falls Church	VA	01:08:35	00:08:18	2:16	00:36:40	13.09	00:23:37	11:49	00:00:00	38	F3539	11/17	114
72/97	Annerose Merchant	F	65/89	myersville	MD	01:09:05	00:11:30	3:09	00:47:02	10.21	00:10:33	5:17	00:00:00	29	F2529	6/7	204
73/97	Lisa Welsh	F	66/89	Brookeville	MD	01:09:16	00:13:02	3:34	00:35:15	13.62	00:20:59	10:30	00:00:00	51	F5054	8/11	195
74/97	Sara Harris	F	67/89	Clinton	Md	01:09:56	00:11:41	3:12	00:35:19	13.59	00:22:56	11:28	00:00:00	26	F2529	7/7	171
75/97	Deborah Roe	F	68/89	Hampton	VA	01:10:43	00:09:49	2:41	00:31:49	15.09	00:29:05	14:33	00:00:00	65	F6569	2/2	151
76/97	Kathryn Law	F	69/89	Arlington	VA	01:11:33	00:10:11	2:47	00:43:51	10.95	00:17:31	8:46	00:00:00	44	F4044	11/12	165
77/97	Aurelia Ortiz	F	70/89	Alexandria	VA	01:12:42	00:16:28	4:31	00:33:55	14.15	00:22:19	11:10	00:00:00	37	F3539	12/17	172
78/97	Valerie Meyer	F	71/89	Arlington	VA	01:13:04	00:11:30	3:09	00:39:13	12.24	00:22:21	11:11	00:00:00	58	F5559	6/11	135
79/97	Leslie Thompson	F	72/89	Washington	DC	01:13:12	00:10:33	2:53	00:40:05	11.98	00:22:34	11:17	00:00:00	35	F3539	13/17	192
80/97	Diane Hastings	F	73/89	Potomac	Md	01:13:43	00:15:04	4:08	00:35:12	13.64	00:23:27	11:44	00:00:00	58	F5559	7/11	234
81/97	Mary Ann Cox	F	74/89	Chantilly	VA	01:14:29	00:10:46	2:57	00:36:12	13.26	00:27:31	13:46	00:00:00	54	F5054	9/11	177
82/97	Stephanie Moffett	F	75/89	Grapevine	TX	01:14:36	00:10:28	2:52	00:37:56	12.65	00:26:12	13:06	00:00:00	44	F4044	12/12	118
83/97	Amy Storey	F	76/89	Bealton	VA	01:15:17	00:12:00	3:17	00:37:22	12.85	00:25:55	12:58	00:00:00	45	F4549	8/8	194
84/97	Eire	N	8/8	Falls Church	VA	01:16:08	00:12:33	3:26	00:37:34	12.78	00:26:01	13:01	00:00:00	1	Relay	8/8	202
85/97	Lindsay Pak	F	77/89	Arlington	VA	01:16:56	00:11:41	3:12	00:38:27	12.48	00:26:48	13:24	00:00:00	37	F3539	14/17	156
86/97	Christina Rude	F	78/89	Alexandria	VA	01:16:56	00:11:23	3:07	00:38:21	12.52	00:27:12	13:36	00:00:00	59	F5559	8/11	188
87/97	Julie Matlaga	F	79/89	Bristow	VA	01:17:21	00:12:58	3:33	00:39:00	12.31	00:25:23	12:42	00:00:00	38	F3539	15/17	157
88/97	Kim Regan	F	80/89	Bristow	VA	01:18:19	00:11:58	3:17	00:36:34	13.13	00:29:47	14:54	00:00:00	36	F3539	16/17	210
89/97	Whitney Lassiter	F	81/89	Louisa	VA	01:20:15	00:09:17	2:33	00:41:08	11.67	00:29:50	14:55	00:00:00	23	F2024	2/2	190
90/97	Mary Shoff	F	82/89	Frederick	MD	01:20:30	00:14:24	3:57	00:36:27	13.17	00:29:39	14:50	00:00:00	63	F6064	4/5	200
91/97	Beth Felsen	F	83/89	Burke	VA	01:20:34	00:15:48	4:20	00:37:33	12.78	00:27:13	13:37	00:00:00	50	F5054	10/11	205
92/97	Beth Larock	F	84/89	LEESBURG	VA	01:21:36	00:13:28	3:41	00:41:38	11.53	00:26:30	13:15	00:00:00	62	F6064	5/5	199
93/97	Dondie McNickle	F	85/89	LEESBURG	VA	01:21:49	00:13:39	3:44	00:41:37	11.53	00:26:33	13:17	00:00:00	55	F5559	9/11	197
94/97	Tracy Leech	F	86/89	Haymarket	VA	01:22:42	00:10:08	2:47	00:38:07	12.59	00:34:27	17:14	00:00:00	36	F3539	17/17	173
95/97	Margo Lassiter	F	87/89	Lovettsville	VA	01:26:02	00:09:10	2:31	00:42:27	11.31	00:34:25	17:13	00:00:00	56	F5559	10/11	120
96/97	TL Delawter	F	88/89	Manassas	VA	02:38:55	00:25:52	7:05	01:20:29	5.96	00:52:34	26:17	00:00:00	56	F5559	11/11	207
97/97	Acacia Ellis	F	89/89	Manassas	VA	02:39:02	00:25:59	7:07	01:18:41	6.10	00:54:22	27:11	00:00:00	51	F5054	11/11	206