

All Finishers - Heat 1  
 Runday: 05/12/2019 13:38:33 2019 Ladies Choice Triathlon 05/12/2019

Place	Name	Sex	S Place	City	ST	Tot Time	Plty	Swim	Swim			Bike		Run		Cat			
									min/100m	Tr#1	Bike	mph	Tr#2	Run	min/mile	Ag	Cat	Place	Bib #
1/56	Cameron Seeley	F	1/56	Blacksburg	VA	00:42:24	1:00	00:05:39	1:33	0:38	00:22:14	21.59	00:00:44	00:12:09	6:05	19	F-Over	1/3	502
2/56	Amanda Starbuck	F	2/56	Arlington	VA	00:47:08	0:00	00:07:42	2:07	0:50	00:25:40	18.70	00:01:08	00:11:48	5:54	34	F-Over	2/3	508
3/56	Sadie Sandifer	F	3/56	Chesterfield	VA	00:48:28	0:00	00:08:04	2:13	0:53	00:27:49	17.26	00:00:34	00:11:08	5:34	21	F-Over	3/3	580
4/56	Adrienne Law	F	4/56	Ft Belvoir	VA	00:48:45	1:00	00:06:34	1:48	1:32	00:27:14	17.63	00:00:58	00:11:27	5:44	30	F3034	1/11	501
5/56	Lindsey Seynhavee	F	5/56	Annapolis	MD	00:48:54	0:00	00:07:58	2:11	1:33	00:25:12	19.05	00:00:56	00:13:15	6:38	36	F3539	1/11	510
6/56	Amanda May	F	6/56	Falls Church	Va	00:49:06	0:00	00:08:03	2:12	0:54	00:23:23	20.53	00:01:08	00:15:38	7:49	44	F4044	1/9	583
7/56	Erin Smith	F	7/56	Ft. Washington	MD	00:49:23	0:00	00:08:08	2:14	1:02	00:26:08	18.37	00:00:41	00:13:24	6:42	35	F3539	2/11	509
8/56	Andrea Karsko	F	8/56	Alexandria	VA	00:49:56	1:00	00:06:31	1:47	0:41	00:26:37	18.03	00:00:48	00:14:19	7:10	37	F3539	3/11	505
9/56	Erin Wood	F	9/56	King George	VA	00:50:34	0:00	00:07:02	1:56	2:09	00:25:53	18.54	00:01:38	00:13:52	6:56	40	F4044	2/9	511
10/56	Marina Paz	F	10/56	Gaithersburg	MD	00:50:36	1:00	00:06:27	1:46	1:17	00:27:42	17.33	00:00:55	00:13:15	6:38	43	F4044	3/9	506
11/56	Lauren Santangelo	F	11/56	Alexandria	VA	00:50:39	0:00	00:08:52	2:26	1:27	00:25:22	18.92	00:02:02	00:12:56	6:28	46	F4549	1/4	525
12/56	Hailey Holland	F	12/56	Falls Church	VA	00:53:03	0:00	00:08:58	2:27	0:59	00:27:23	17.53	00:02:25	00:13:18	6:39	16	F1619	1/1	579
13/56	Deborah Dietzel	F	13/56	Manassas	VA	00:53:35	0:00	00:09:20	2:33	1:02	00:27:31	17.44	00:01:22	00:14:20	7:10	38	F3539	4/11	550
14/56	Beth DeVries Casey	F	14/56	Alexandria	VA	00:53:48	0:00	00:08:38	2:22	1:59	00:27:53	17.21	00:00:37	00:14:41	7:21	50	F5054	1/5	526
15/56	Marci Goldberg	F	15/56	Silver Spring	MD	00:54:15	0:00	00:07:46	2:08	1:17	00:27:57	17.17	00:01:49	00:15:26	7:43	35	F3539	5/11	504
16/56	Debra Stroiney	F	16/56	Fairfax	VA	00:54:24	0:00	00:08:56	2:27	1:43	00:27:08	17.69	00:01:49	00:14:48	7:24	40	F4044	4/9	534
17/56	Nora May	F	17/56	Falls Church	Va	00:55:04	0:00	00:08:19	2:17	1:28	00:29:33	16.24	00:01:21	00:14:23	7:12	12	F1012	1/2	556
18/56	Anna Sugg	F	18/56	Washington	DC	00:55:23	0:00	00:08:05	2:13	2:02	00:28:17	16.97	00:01:04	00:15:55	7:58	30	F3034	2/11	516
19/56	Margot Krauss	F	19/56	Kensington	MD	00:58:19	0:00	00:08:04	2:13	2:06	00:29:39	16.19	00:01:59	00:16:31	8:16	65	F6569	1/1	513
20/56	Kathryn Fitrell	F	20/56	Arlington	VA	00:58:30	0:00	00:11:08	3:03	3:14	00:29:30	16.27	00:00:40	00:13:58	6:59	51	F5054	2/5	552
21/56	Christina Konoza	F	21/56	Warrenton	VA	00:59:39	0:00	00:09:00	2:28	3:16	00:31:20	15.32	00:00:45	00:15:18	7:39	32	F3034	3/11	517
22/56	Paula Swanson	F	22/56	Alexandria	VA	00:59:53	0:00	00:09:07	2:30	2:02	00:31:19	15.33	00:01:19	00:16:06	8:03	52	F5054	3/5	527
23/56	Julie Dimarzio	F	23/56	Leesburg	Va	01:00:14	0:00	00:09:31	2:36	1:39	00:29:43	16.15	00:00:34	00:18:47	9:24	34	F3034	4/11	518
24/56	Alyssa Berg	F	24/56	Washington	DC	01:00:25	0:00	00:09:58	2:44	2:17	00:29:06	16.49	00:01:32	00:17:32	8:46	27	F2529	1/2	530
25/56	Kathleen Green	F	25/56	Falls Church	VA	01:00:32	0:00	00:11:36	3:11	2:09	00:28:40	16.74	00:03:07	00:15:00	7:30	57	F5559	1/4	559
26/56	Suzanne Friis	F	26/56	Brookeville	MD	01:00:40	0:00	00:10:30	2:53	3:09	00:27:28	17.48	00:02:58	00:16:35	8:18	64	F6064	1/3	538
27/56	Erika Harris	F	27/56	Clinton	Md	01:01:14	0:00	00:08:44	2:24	1:53	00:30:21	15.82	00:01:15	00:19:01	9:31	30	F3034	5/11	531
28/56	Rachael Shaw	F	28/56	Burke	VA	01:01:21	0:00	00:15:15	4:11	2:48	00:27:15	17.61	00:01:27	00:14:36	7:18	44	F4044	5/9	569
29/56	Meghan Bernier	F	29/56	Baltimore	MD	01:01:34	0:00	00:10:18	2:49	1:41	00:27:44	17.31	00:01:33	00:20:18	10:09	35	F3539	6/11	549
30/56	Susan Bradley	F	30/56	Sterling	VA	01:01:41	0:00	00:09:22	2:34	3:37	00:29:54	16.05	00:01:04	00:17:44	8:52	57	F5559	2/4	536
31/56	Fatma Elshobokshy	F	31/56	Gainesville	VA	01:02:01	0:00	00:11:49	3:14	1:56	00:29:31	16.26	00:00:50	00:17:55	8:58	44	F4044	6/9	578
32/56	Kristina Baum	F	32/56	Washington	DC	01:02:41	0:00	00:13:09	3:36	2:08	00:30:05	15.96	00:01:22	00:15:57	7:59	37	F3539	7/11	540
33/56	Erin Bender	F	33/56	Manassas	VA	01:02:49	0:00	00:09:00	2:28	2:51	00:30:31	15.73	00:00:58	00:19:29	9:45	36	F3539	8/11	519
34/56	Robyn Engelson	F	34/56	Leesburg	Va	01:03:26	0:00	00:11:45	3:13	2:52	00:30:27	15.76	00:01:21	00:17:01	8:31	43	F4044	7/9	521
35/56	Sara Brandt-Vorel	F	35/56	Washington	DC	01:03:38	0:00	00:09:33	2:37	3:05	00:31:34	15.21	00:02:49	00:16:37	8:19	31	F3034	6/11	557
36/56	Adrienne Douglass	F	36/56	Centreville	VA	01:03:58	0:00	00:09:01	2:28	2:16	00:30:41	15.64	00:01:19	00:20:41	10:21	41	F4044	8/9	520
37/56	Alicia Sutherland	F	37/56	Falls Church	VA	01:04:03	0:00	00:09:45	2:40	3:55	00:31:00	15.48	00:02:34	00:16:49	8:25	48	F4549	2/4	551
38/56	Zoe Hicks	F	38/56			01:04:41	0:00	00:10:25	2:51	3:57	00:31:00	15.48	00:02:31	00:16:48	8:24	12	F1012	2/2	546
39/56	Miranda Pelham	F	39/56	Dumfries	VA	01:05:20	0:00	00:10:07	2:46	2:35	00:31:38	15.17	00:01:00	00:20:00	10:00	50	F5054	4/5	561
40/56	Evangelia Tsapos	F	40/56	Springfield	VA	01:05:46	0:00	00:08:31	2:20	2:37	00:37:27	12.82	00:01:08	00:16:03	8:02	30	F3034	7/11	515
41/56	Keshia Mcdonald	F	41/56	Alexandria	VA	01:06:47	0:00	00:09:13	2:32	2:49	00:29:52	16.07	00:01:07	00:23:46	11:53	30	F3034	8/11	548
42/56	Julianne Tomsheski	F	42/56	Culpeper	VA	01:08:44	0:00	00:09:16	2:32	1:57	00:38:53	12.34	00:01:50	00:16:48	8:24	29	F2529	2/2	560
43/56	Melissa Cary	F	43/56	Arlington	VA	01:08:54	0:00	00:13:13	3:37	1:32	00:35:33	13.50	00:01:49	00:16:47	8:24	35	F3539	9/11	533
44/56	Jennie Svites	F	44/56	Charlotte Hall	MD	01:09:20	0:00	00:14:57	4:06	1:51	00:35:09	13.66	00:01:34	00:15:49	7:55	48	F4549	3/4	562
45/56	J Y	F	45/56	Leesburg	Va	01:12:01	0:00	00:14:38	4:01	2:24	00:37:12	12.90	00:02:01	00:15:46	7:53	34	F3034	9/11	566
46/56	Amy Storey	F	46/56	Warrenton	VA	01:14:04	0:00	00:11:21	3:07	3:24	00:35:32	13.51	00:00:57	00:22:50	11:25	48	F4549	4/4	584
47/56	Holly Noonan	F	47/56	Reston	VA	01:15:01	0:00	00:11:14	3:05	2:31	00:32:40	14.69	00:02:40	00:25:56	12:58	36	F3539	10/11	558
48/56	Debbie Bofinger	F	48/56	New Market	MD	01:15:20	0:00	00:14:46	4:03	1:30	00:36:55	13.00	00:01:26	00:20:43	10:22	62	F6064	2/3	587
49/56	Amanda Simon	F	49/56	Hampton	VA	01:18:14	0:00	00:15:56	4:22	4:23	00:36:58	12.98	00:01:25	00:19:32	9:46	41	F4044	9/9	572
50/56	Dietra Williams	F	50/56	Manassas	VA	01:19:43	0:00	00:20:56	5:44	5:37	00:34:17	14.00	00:02:05	00:16:48	8:24	59	F5559	3/4	575
51/56	Ronnette Radican	F	51/56	Sterling	VA	01:20:17	0:00	00:13:52	3:48	4:57	00:39:23	12.19	00:01:09	00:20:56	10:28	57	F5559	4/4	571
52/56	Tee Thompson	F	52/56			01:21:10	0:00	00:16:18	4:28	5:16	00:36:42	13.08	00:02:09	00:20:45	10:23	60	F6064	3/3	586
53/56	Hope Williams	F	53/56	Manassas	VA	01:23:21	0:00	00:21:08	5:47	5:35	00:34:25	13.95	00:01:44	00:20:29	10:15	30	F3034	10/11	574
54/56	Katie Theobald	F	54/56	Clinton	Md	01:38:53	0:00	00:17:46	4:52	3:51	00:48:38	9.87	00:02:59	00:25:39	12:50	36	F3539	11/11	568
55/56	Laura Theobald	F	55/56	Clinton	Md	01:39:04	0:00	00:18:00	4:56	3:52	00:47:32	10.10	00:04:06	00:25:34	12:47	33	F3034	11/11	567
56/56	Tammy Sandifer	F	56/56	Chesterfield	VA	01:43:59	0:00	00:21:26	5:52	2:06	00:54:15	8.85	00:01:21	00:24:51	12:26	50	F5054	5/5	585
	Angela Gandy	F		Washington	DC		0:00	00:19:44	5:24	6:09	01:11:36	6.70	00:01:56		51	F5054		573	

Alexandra Gongas	F	Valencia	PA	0:00	00:06:29	1:47	00:12:22	6:11	13		503
Schadey Ladies	N	Arlington	VA	0:00	00:10:52	2:59	00:24:09	12:05	Relay		563