

OrthoBethesda "Great Strides" 5k

Race Date
September 24, 2017

Age Group Results

5k

Female Open Winners

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Overall</u>	<u>-----Total-----</u>		<u>Chip</u>	
						<u>Chip Time</u>	<u>Gun Time</u>	<u>Diff</u>	<u>Pace</u>
1	Brittany Rosenthal	Washington DC	882	23	14	27:16.8	27:16.8	0:00.0	8:44/M
2	nila parvzian	washington dc DC	840	25	18	28:32.5	28:32.5	0:00.0	9:09/M
3	Samantha Willoughby	Rockville MD	402	33	20	28:52.0	28:52.0	0:00.0	9:14/M

Female Masters Winners

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Overall</u>	<u>-----Total-----</u>		<u>Chip</u>	
						<u>Chip Time</u>	<u>Gun Time</u>	<u>Diff</u>	<u>Pace</u>
1	Amy White	Germantown MD	849	43	13	27:12.9	27:12.9	0:00.0	8:42/M

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Female 13 and Under

Place	Name	City	Bib No	Age	Overall	-----Total-----		Chip	
						Chip Time	Gun Time	Diff	Pace
1 *	Lila Middleton	Kensington MD	873	7	54	38:04.3	38:17.2	0:12.9	12:14/M
2 *	Betty Ward-Zukerman		406	7	57	38:54.8	39:09.0	0:14.2	12:30/M
3 *	Eva Sola-Sole	Bethesda MD	858	13	81	56:25.9	56:36.1	0:10.1	18:08/M
4	Mira Kisslinger	Potomac MD	862	13	82	56:26.1	56:36.1	0:10.0	18:09/M
5	Caitlin Buber	Bethesda MD	820	6	93	1:00:40.9	1:01:07.3	0:26.4	19:30/M
6	Hailey Buber	Bethesda MD	821	2	95	1:01:21.5	1:01:47.8	0:26.3	19:44/M

Female 14 to 19

Place	Name	City	Bib No	Age	Overall	-----Total-----		Chip	
						Chip Time	Gun Time	Diff	Pace
1 *	Ella Grasmeder	Arlington VA	876	14	49	36:02.9	36:09.6	0:06.6	11:35/M
2 *	Emma Guarnero	Kensington MD	872	16	62	45:21.7	45:34.5	0:12.8	14:35/M

Female 20 to 24

Place	Name	City	Bib No	Age	Overall	-----Total-----		Chip	
						Chip Time	Gun Time	Diff	Pace
1 *	Anastasia Laurenzo	Gaithersburg MD	832	22	43	33:48.1	33:50.0	0:01.9	10:52/M
2 *	Ashley Bidwick	Damascus MD	869	23	47	35:07.7	35:11.9	0:04.2	11:17/M

Female 25 to 29

Place	Name	City	Bib No	Age	Overall	-----Total-----		Chip	
						Chip Time	Gun Time	Diff	Pace
1 *	Marci Quill	Gaithersburg MD	893	29	28	30:15.9	30:20.2	0:04.2	9:44/M
2 *	Madeleine Felley	Rockville MD	927	26	60	45:01.4	45:05.3	0:03.9	14:28/M
3 *	Samantha Spehr	Alexandria VA	884	25	72	53:13.2	53:19.3	0:06.1	17:07/M
4	Chelcie Carew		416	26	74	53:13.8	53:19.5	0:05.7	17:07/M
5	LeNeishia Carroll	Germantown MD	844	25	84	57:13.9	57:20.5	0:06.5	18:24/M
6	Samantha Pollin	Bethesda MD	803	29	86	57:27.4	57:37.4	0:10.0	18:28/M

Female 30 to 34

Place	Name	City	Bib No	Age	Overall	-----Total-----		Chip	
						Chip Time	Gun Time	Diff	Pace
1 *	Neena Adamski	Alexandria VA	828	32	30	30:37.7	30:38.7	0:00.9	9:51/M
2 *	Vickie Hopp	Columbia MD	928	34	36	32:20.0	32:32.2	0:12.1	10:24/M
3 *	Kristen Flanagan	Fairfax VA	886	31	38	32:30.2	32:35.2	0:04.9	10:27/M
4	andrea covington	Bethesda MD	899	31	83	57:06.0	57:21.4	0:15.4	18:22/M

Female 35 to 39

Place	Name	City	Bib No	Age	Overall	-----Total-----		Chip	
						Chip Time	Gun Time	Diff	Pace
1 *	Heather Sweren	Gaithersburg MD	805	37	40	33:31.2	33:34.8	0:03.6	10:47/M
2 *	Deborah Jorge		421	35	56	38:54.2	38:56.0	0:01.8	12:30/M
3 *	Vanny Encarnacion	Montgomery Village MD	816	36	58	39:15.7	39:17.3	0:01.6	12:37/M
4	Julie Hoang		413	37	69	52:09.5	52:19.6	0:10.1	16:46/M
5	Terrienne Morris		424	38	75	53:24.4	53:55.0	0:30.6	17:10/M

Female 40 to 44

Place	Name	City	Bib No	Age	Overall	-----Total-----		Chip	
						Chip Time	Gun Time	Diff	Pace
1 *	Zainab Schwartz	Bethesda MD	415	43	34	31:41.5	31:41.5		10:11/M
2 *	Angela Donn	Baltimore MD	808	43	104	1:08:17.9	1:08:36.4	0:18.4	21:57/M

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Female 45 to 49

Place	Name	City	Bib No	Age	Overall	-----Total-----		Chip	
						Chip Time	Gun Time	Diff	Pace
1	* Leslie Adelman	Chevy Chase MD	897	47	16	28:03.3	29:00.8	0:57.5	9:01/M
2	* Stephanie Sola-Sole	Bethesda MD	856	48	32	30:41.1	30:59.9	0:18.7	9:52/M
3	* Anne Kisslinger	Potomac MD	860	47	39	32:48.5	32:57.9	0:09.3	10:33/M
4	Anna Lauren	Gaithersburg MD	833	45	44	33:48.2	33:50.7	0:02.5	10:52/M
5	Sophie Grasmeyer	Arlington VA	875	46	50	36:03.4	36:10.4	0:06.9	11:35/M
6	Julie Ngyuen		412	49	68	52:09.2	52:19.4	0:10.1	16:46/M
7	erica Williams	Bethesda MD	823	46	80	54:54.8	55:23.9	0:29.1	17:39/M
8	Monifa Coaxum	Bethesda MD	827	46	97	1:02:07.1	1:02:36.9	0:29.7	19:58/M
9	nikki desilva	Bethesda MD	824	46	98	1:02:10.9	1:02:40.8	0:29.8	19:59/M

Female 50 to 54

Place	Name	City	Bib No	Age	Overall	-----Total-----		Chip	
						Chip Time	Gun Time	Diff	Pace
1	* Julie Donovan	Bethesda MD	831	53	25	29:59.8	30:02.8	0:03.0	9:38/M
2	* Lisa Morelli	Kensington MD	870	50	61	45:05.3	45:18.2	0:12.9	14:30/M
3	* Mirsada Gudic	Rockville MD	853	50	63	46:49.9	47:01.6	0:11.7	15:03/M
4	karla lane	Bethesda MD	825	54	79	54:54.2	55:24.0	0:29.7	17:39/M
5	Lisa Mitnick	Bethesda MD	864	53	88	59:07.5	59:30.1	0:22.6	19:01/M
6	Michaelene Vandine		407	52	102	1:06:55.0	1:07:22.0	0:26.9	21:31/M

Female 55 to 59

Place	Name	City	Bib No	Age	Overall	-----Total-----		Chip	
						Chip Time	Gun Time	Diff	Pace
1	* Nancy ray	Bethesda MD	806	58	52	36:50.8	37:05.4	0:14.6	11:51/M
2	* Janice Liu	Derwood MD	878	58	66	46:56.0	47:07.2	0:11.1	15:05/M
3	* Lisa Donahue	Rockville MD	836	56	92	59:28.8	59:31.6	0:02.8	19:07/M

Female 60 to 64

Place	Name	City	Bib No	Age	Overall	-----Total-----		Chip	
						Chip Time	Gun Time	Diff	Pace
1	* Suzi Katz	Chevy Chase MD	851	64	78	54:32.7	54:42.1	0:09.4	17:32/M
2	* elizabeth rozday	Bethesda MD	826	62	100	1:06:54.1	1:07:22.8	0:28.7	21:31/M

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5k

Male Open Winners

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Overall</u>	<u>-----Total-----</u>		<u>Chip</u>	
						<u>Chip Time</u>	<u>Gun Time</u>	<u>Diff</u>	<u>Pace</u>
1	Lucas McCollum	Frederick MD	846	37	1	19:41.4	19:41.4	0:00.0	6:20/M
2	Michael Julien	Washington DC	419	28	2	21:23.1	21:23.1	0:00.0	6:53/M
3	Bill Crump	Potomac MD	807	39	4	21:48.0	21:48.0	0:00.0	7:00/M

Male Masters Winners

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Overall</u>	<u>-----Total-----</u>		<u>Chip</u>	
						<u>Chip Time</u>	<u>Gun Time</u>	<u>Diff</u>	<u>Pace</u>
1	Jaime Cantlon		414	55	3	21:26.3	21:26.3	0:00.0	6:54/M

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5k

Male 13 and Under

Place	Name	City	Bib No	Age	Overall	-----Total-----		Chip	
						Chip Time	Gun Time	Diff	Pace
1	* Unknown Partic. 404		404		22	29:03.4	29:03.4		9:20/M
2	* Rickey Sakum		420	0	41	33:36.7	33:45.0	0:08.3	10:48/M
3	* Dan Grasmeyer	Arlington VA	877	13	45	34:23.5	34:30.1	0:06.6	11:03/M
4	Max Miller	Bethesda MD	926	13	59	43:07.0	43:13.5	0:06.4	13:52/M
5	Levi Horton		409	2	71	52:16.6	52:29.5	0:12.8	16:48/M
6	Unknown Partic. 423		423		85	57:27.3	57:37.1	0:09.7	18:28/M
7	Jude Buber	Bethesda MD	819	8	94	1:00:41.3	1:01:08.1	0:26.8	19:31/M
8	Eli DonnMendel	Baltimore MD	810	8	103	1:08:17.5	1:08:35.5	0:18.0	21:57/M
9	Unknown Partic. 430		430		106	1:12:01.0	1:12:01.0		23:09/M

Male 14 to 19

Place	Name	City	Bib No	Age	Overall	-----Total-----		Chip	
						Chip Time	Gun Time	Diff	Pace
1	* Matthew Leal		417	16	17	28:16.8	28:17.8	0:00.9	9:05/M
2	* Gabriel Mouallem	Chevy Chase MD	852	15	76	53:47.6	53:54.9	0:07.2	17:18/M

Male 20 to 24

Place	Name	City	Bib No	Age	Overall	-----Total-----		Chip	
						Chip Time	Gun Time	Diff	Pace
1	* Chris Lewandowski	Gaithersburg MD	811	22	7	23:08.3	23:10.3	0:02.0	7:26/M
2	* Kevin Liu	Derwood MD	880	22	23	29:35.9	29:48.2	0:12.2	9:31/M
3	* Tyler Woytowicz	Ellicott City MD	883	24	42	33:42.2	33:47.7	0:05.5	10:50/M
4	Riccy Martinez	Bethesda MD	841	24	67	47:09.9	47:22.8	0:12.8	15:10/M

Male 25 to 29

Place	Name	City	Bib No	Age	Overall	-----Total-----		Chip	
						Chip Time	Gun Time	Diff	Pace
1	* Jordan Brekke		428	25	33	31:19.6	31:19.6		10:04/M
2	* Martin Bottalico	Washington DC	411	25	35	32:15.6	32:21.7	0:06.1	10:22/M
3	* Connor Swearingen	Alexandria VA	885	26	73	53:13.5	53:19.4	0:05.9	17:07/M
4	Bradley Canter	Bethesda MD	804	29	87	57:28.2	57:37.2	0:09.0	18:29/M
5	Will Aviles	Rockville MD	837	25	91	59:25.7	59:26.6	0:00.9	19:06/M

Male 30 to 34

Place	Name	City	Bib No	Age	Overall	-----Total-----		Chip	
						Chip Time	Gun Time	Diff	Pace
1	* Brian Engelhart	Arlington VA	425	33	6	22:41.6	22:44.2	0:02.6	7:18/M
2	* Joseph Haynos	Gaithersburg MD	418	33	12	25:53.7	25:58.9	0:05.2	8:19/M
3	* Carlton McFarlane	Laurel MD	845	33	15	27:30.3	27:30.3		8:51/M
4	Chris Doods		427	33	26	30:04.1	30:09.3	0:05.1	9:40/M
5	Andrew Quill	Gaithersburg MD	894	32	27	30:15.4	30:20.2	0:04.7	9:44/M
6	Travis Scott		429	32	51	36:43.4	37:06.1	0:22.6	11:48/M
7	Jospeh Hernandez		405	34	77	54:05.5	54:10.0	0:04.5	17:23/M

Male 35 to 39

Place	Name	City	Bib No	Age	Overall	-----Total-----		Chip	
						Chip Time	Gun Time	Diff	Pace
1	* Jose Encarnacion	Montgomery Village MD	817	38	55	38:39.2	38:44.1	0:04.8	12:26/M
2	* Robert Buber	Bethesda MD	818	39	96	1:01:22.1	1:01:48.9	0:26.7	19:44/M

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Male 40 to 44

Place	Name	City	Bib No	Age	Overall	-----Total-----		Chip	
						Chip Time	Gun Time	Diff	Pace
1	* Matt Brown	Potomac MD	401	41	19	28:44.8	28:52.1	0:07.2	9:14/M
2	* Daniel Schwartz	Bethesda MD	410	42	21	28:52.1	28:52.8	0:00.6	9:17/M
3	* Javier Gamez	Bethesda MD	847	42	70	52:15.4	52:29.2	0:13.8	16:48/M
4	Haile Gemechu	Rockville MD	838	44	90	59:23.7	59:27.2	0:03.4	19:06/M
5	Jeffrey Mendel	Baltimore MD	809	44	105	1:08:21.2	1:08:36.6	0:15.4	21:59/M

Male 45 to 49

Place	Name	City	Bib No	Age	Overall	-----Total-----		Chip	
						Chip Time	Gun Time	Diff	Pace
1	* Paul Kisslinger	Potomac MD	802	49	8	23:28.9	23:28.9		7:33/M
2	* Les Russell	Potomac MD	855	48	9	23:31.9	23:34.2	0:02.2	7:34/M
3	* Chuck Grasmeyer	Arlington VA	874	46	10	24:01.0	24:01.3	0:00.3	7:43/M
4	Kenneth Grossfield	Chevy Chase MD	896	47	11	24:20.2	25:18.2	0:58.0	7:49/M
5	Levent Adam	Rockville MD	835	45	24	29:43.2	29:45.4	0:02.2	9:33/M
6	Roger Sola-Sole	Bethesda MD	857	48	29	30:32.2	30:37.7	0:05.5	9:49/M
7	Craig Miller	Bethesda MD	925	48	48	35:59.3	36:58.9	0:59.6	11:34/M

Male 50 to 54

Place	Name	City	Bib No	Age	Overall	-----Total-----		Chip	
						Chip Time	Gun Time	Diff	Pace
1	* Andre Gazdag	Potomac MD	843	52	5	22:36.6	22:37.8	0:01.2	7:16/M
2	* Chris Middleton	Kensington MD	871	53	31	30:37.8	30:47.7	0:09.8	9:51/M
3	* brian pearlstein	Potomac MD	888	51	53	37:30.8	37:44.9	0:14.1	12:03/M
4	Romano Ninassi	Bethesda MD	854	54	64	46:50.5	47:01.6	0:11.0	15:04/M
5	Seth Barsky	Bethesda MD	866	52	89	59:09.1	59:31.2	0:22.0	19:01/M
6	Deshaan Watts		422	54	99	1:02:12.4	1:02:40.8	0:28.4	20:00/M

Male 55 to 59

Place	Name	City	Bib No	Age	Overall	-----Total-----		Chip	
						Chip Time	Gun Time	Diff	Pace
1	* Bernie Bidwick		403	55	46	34:27.2	34:30.9	0:03.7	11:05/M

Male 60 to 64

Place	Name	City	Bib No	Age	Overall	-----Total-----		Chip	
						Chip Time	Gun Time	Diff	Pace
1	* Edward Bieber	Bethesda MD	829	64	37	32:20.1	32:35.2	0:15.1	10:24/M
2	* Adrian Liu	Derwood MD	879	60	65	46:55.7	47:08.4	0:12.6	15:05/M
3	* John Vandine		408	62	101	1:06:54.9	1:07:19.9	0:25.0	21:31/M