

9-11 Heroes 5K & Ruck - Alexandria

Race Date

September 14, 2019

Overall Finish List

5K - Run

Place	Name	City	Bib No	Age	Gend	AG Place	-----Total-----		Pace
							Chip Time	Gun Time	
1	MARK RANKIN	Arlington VA	542	26	M	1 Open	17:16.7	17:16.7	5:33/M
2	JEREMY BARDIN	Alexandria VA	382	40	M	2 Open	17:18.9	17:20.0	5:34/M
3	Jason DiMauro	Alexandria VA	255	38	M	3 Open	17:21.9	17:22.1	5:35/M
4	MICHAEL KISELYCZNYK	Arlington VA	370	38	M	1 30-39	17:38.4	17:38.4	5:40/M
5	RYAN STUART	Alexandria VA	253	45	M	1 40-49	18:43.9	18:43.9	6:01/M
6	IAN VAN DER HOVEN	Arlington VA	332	28	M	1 20-29	19:17.7	19:17.7	6:12/M
7	Charles Unruh	Fairfax VA	262	50	M	1 50-59	19:19.2	19:23.3	6:13/M
8	DAVID RICHKOWSKI	Alexandria VA	399	45	M	2 40-49	19:42.4	19:46.6	6:20/M
9	CONNOR BRUCE	Alexandria VA	561	14	M	1 0-19	19:50.4	20:36.9	6:23/M
10	JESSE FAIRBANKS	Springfield VA	513	34	M	2 30-39	19:54.7	20:09.0	6:24/M
11	JACK LOHMANN	Alexandria VA	560	14	M	2 0-19	20:09.6	20:56.1	6:29/M
12	MESAY AMBERBER	Springfield VA	398	45	M	3 40-49	20:18.6	20:24.2	6:32/M
13	MICHAEL VOIGT	Alexandria VA	490	38	M	3 30-39	20:35.7	20:41.7	6:37/M
14	JACQUELINE BROWN	Alexandria VA	363	37	F	1 Open	20:42.2	20:45.1	6:39/M
15	DAVID ANGLE	Lorton VA	376	39	M	4 30-39	20:48.0	20:53.0	6:41/M
16	SHAWN MILLER	Fredericksburg VA	473	43	M	4 40-49	20:55.0	21:10.1	6:44/M
17	MIKE BROOKS	Washington DC	489	38	M	5 30-39	21:06.0	21:35.0	6:47/M
18	STEVEN FOUNTAIN	Alexandria VA	508	35	M	6 30-39	21:16.8	21:45.4	6:51/M
19	MICHAEL SILBERMAN	Washington DC	487	39	M	7 30-39	21:25.7	21:55.5	6:53/M
20	NICHOLAS KUC	SPRINGFIELD	281	37	M	8 30-39	21:35.9	22:47.2	6:57/M
21	ADAM YOST	Alexandria VA	494	38	M	9 30-39	21:44.5	21:47.0	6:59/M
22	JOSHUA TAYLOR	Alexandria VA	389	41	M	5 40-49	21:50.0	22:20.9	7:01/M
23	MARK HENDERSON	Washington DC	331	28	M	2 20-29	21:50.9	22:00.9	7:02/M
24	Jeff Gurley	South Riding VA	270	51	M	2 50-59	21:58.2	26:25.8	7:04/M
25	Benjamin BERISLAVICH	Knob Noster MD	260	37	M	10 30-39	22:03.7	22:29.9	7:06/M
26	JOHN CRANE	Alexandria VA	413	48	M	6 40-49	22:04.1	22:06.4	7:06/M
27	BRIDGET HOELZEL	alexandria VA	322	25	F	2 Open	22:08.7	22:19.9	7:07/M
28	BRIAN HOELZEL	alexandria VA	375	39	M	11 30-39	22:13.0	22:14.1	7:09/M
29	COLIN SMITH	Alexandria VA	460	47	M	7 40-49	22:16.9	22:16.9	7:10/M
30	ADAM BINFORD	Arlington VA	329	27	M	3 20-29	22:17.7	22:32.6	7:10/M
31	WORTH LOVING	Washington DC	538	27	M	4 20-29	22:22.6	22:25.5	7:12/M
32	CORY GRITTER	Arlington	285	32	M	12 30-39	22:24.7	22:36.7	7:12/M
33	PATRICK DAUGHERTY	Alexandria VA	505	36	M	13 30-39	22:43.2	22:46.8	7:18/M
34	GREG GABRIELLI	Stafford VA	339	29	M	5 20-29	22:44.3	22:57.3	7:19/M
35	KNUTE ADCOCK	Alexandria VA	474	43	M	8 40-49	22:44.4	23:41.2	7:19/M
36	CARLY GRITTER	Stafford	286	32	F	3 Open	22:51.6	23:03.3	7:21/M
37	JEFF HARRY	Arlington VA	459	48	M	9 40-49	22:51.9	22:59.7	7:21/M
38	ANDREW GHERARDINI	Washington DC	543	26	M	6 20-29	22:55.3	22:58.7	7:22/M
39	JASON HOERNKE	Clifton VA	548	24	M	7 20-29	23:01.4	23:08.6	7:24/M
40	JEREMY PRICE	Stephens City VA	466	46	M	10 40-49	23:07.3	23:11.0	7:26/M
41	BRIAN STACY	Alexandria VA	344	31	M	14 30-39	23:13.1	23:24.9	7:28/M
42	BEN STANISLAV	Virginia VA	516	33	M	15 30-39	23:13.2	23:24.9	7:28/M
43	SIDNEY HODGSON	Arlington VA	307	9	M	3 0-19	23:32.7	24:23.2	7:34/M
44	MARY BREWER	Alexandria VA	378	39	F	1 30-39	23:35.1	24:04.5	7:35/M
45	MILO WARD	Alexandria VA	568	13	M	4 0-19	23:35.3	24:15.3	7:35/M
46	MICHAEL BOUCHERY	Woodbridge VA	510	34	M	16 30-39	23:36.9	24:17.0	7:36/M
47	JASON DRYER	Arlington VA	550	24	M	8 20-29	23:39.0	23:41.2	7:36/M
48	DOUGLAS HOEY	Alexandria VA	455	51	M	3 50-59	23:41.5	23:43.0	7:37/M
49	KRISTIN MORAN	Arlington VA	496	37	F	2 30-39	23:42.8	23:58.9	7:38/M
50	THOMAS KEELEY	Alexandria VA	334	29	M	9 20-29	23:45.7	24:00.4	7:38/M
51	COURTNEY ADCOCK	Alexandria VA	392	43	F	1 40-49	23:48.5	24:46.5	7:39/M
52	SCOTT DULLEA	Burke VA	451	52	M	4 50-59	23:51.0	23:55.7	7:40/M
53	SUZANNE PAYNE	Leesburg VA	404	46	F	2 40-49	23:59.3	24:39.8	7:43/M
54	KEITH URBAHN	Alexandria VA	354	35	M	17 30-39	24:07.1	24:07.1	7:45/M
55	Dillon Wirth	Alexandria VA	595	16	M	5 0-19	24:12.3	24:44.4	7:47/M
56	MASON DIAZ	Woodbridge VA	552	24	M	10 20-29	24:12.7	24:53.0	7:47/M
57	KEVIN WIRTH	Alexandria VA	456	49	M	11 40-49	24:25.9	24:57.7	7:51/M
58	ISIAH NIELAND	Falls Church VA	328	26	M	11 20-29	24:28.7	24:48.8	7:52/M
59	MARK KONEDA	Alexandria VA	472	44	M	12 40-49	24:31.2	24:51.6	7:53/M
60	EILEEN BABON	Honolulu VA	350	33	F	3 30-39	24:33.8	24:50.5	7:54/M
61	LYDIA PENKIUNAS	Alexandria VA	569	12	F	1 0-19	24:34.7	24:37.2	7:54/M
62	BRETT KULP	Alexandria VA	448	53	M	5 50-59	24:45.7	24:48.7	7:58/M
63	KARA LIGMAN	Fort Belvoir VA	351	33	F	4 30-39	24:47.1	25:43.4	7:58/M
64	KELLY ROGERS	Alexandria VA	507	36	F	5 30-39	24:52.0	25:39.0	8:00/M
65	ANGELA KLOPSON	Alexandria VA	405	47	F	3 40-49	24:52.6	24:52.6	8:00/M
66	JULIA DAVIDSON	Arlington VA	391	42	F	4 40-49	24:53.2	25:30.7	8:00/M
67	OLIVIA SLAWINSKI	Washington DC	537	27	F	1 20-29	24:59.1	25:14.4	8:02/M

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Place Overall	Name	City	Bib No	Age	Gend	AG Place	-----Total-----		Pace
							Chip Time	Gun Time	
68	BRIAN STECHSCHULTE	Washington DC	518	33	M	18 30-39	25:00.3	25:13.9	8:02/M
69	SID HODGSON	Arlington VA	397	44	M	13 40-49	25:09.5	26:01.8	8:05/M
70	Unknown Partic. 259		259		M	6 0-19	25:10.3	25:36.0	8:06/M
71	STEVEN BEDWELL	ALEXANDRIA	297	29	M	12 20-29	25:11.3	25:27.0	8:06/M
72	ALLISON ATKINSON	Alexandria VA	346	32	F	6 30-39	25:14.0	25:46.0	8:07/M
73	BRIAN GREEN	Alexandria	596	53	M	6 50-59	25:20.4	25:26.9	8:09/M
74	JOHN GAYDOS	Alexandria VA	428	55	M	7 50-59	25:21.6	25:40.2	8:09/M
75	Don Licytenstein	Fairfax VA	264	53	M	8 50-59	25:27.2	25:56.7	8:11/M
76	MEGHAN REICHERT	Alexandria VA	515	33	F	7 30-39	25:28.4	26:24.0	8:11/M
77	ALLISON SPEAKER	Washington DC	266	31	F	8 30-39	25:35.8	25:50.1	8:14/M
78	MARC SALVIA	Washington DC	357	36	M	19 30-39	25:35.9	25:50.0	8:14/M
79	TONI TARAVELLA	Arlington VA	484	40	F	5 40-49	25:36.1	25:46.1	8:14/M
80	MICHELLE TAYLOR	Alexandria VA	384	40	F	6 40-49	25:36.5	26:06.6	8:14/M
81	Stephen Schlacter	Arlington VA	258	46	M	14 40-49	25:40.1	26:10.1	8:15/M
82	AUDREY MARCHESE	Alexandria VA	267	14	F	2 0-19	25:43.1	25:43.1	8:16/M
83	SHANNON TOOHEY	Alexandria VA	371	38	F	9 30-39	25:43.2	26:03.8	8:16/M
84	NEIL TOOHEY	Alexandria VA	504	36	M	20 30-39	25:44.7	26:05.7	8:17/M
85	RUSS FITZGERALD	Arlington VA	458	49	M	15 40-49	25:45.1	25:49.8	8:17/M
86	AMY WELLS	fort washington VA	559	16	F	3 0-19	25:52.7	25:55.8	8:19/M
87	JEFF CERTOSIMO	Alexandria	293	37	M	21 30-39	26:02.9	26:19.0	8:23/M
88	VANESSA	Alexandria VA	333	29	F	2 20-29	26:05.4	26:21.8	8:23/M
89	SARAH JACKSON	Alexandria VA	540	26	F	3 20-29	26:08.0	26:17.0	8:24/M
90	ELLEN BITZER	Alexandria VA	525	31	F	10 30-39	26:08.0	26:21.1	8:24/M
91	FRANK HOLIDAY	Gainesville	284	57	M	9 50-59	26:10.2	26:19.0	8:25/M
92	JOHN CUEVAS	Fort Belvoir VA	449	53	M	10 50-59	26:13.1	26:16.6	8:26/M
93	CHRIS MEYERS	Alexandria VA	407	47	M	16 40-49	26:19.0	27:00.5	8:28/M
94	KENI AIKAU	Spotsylvania VA	320	22	M	13 20-29	26:21.0	26:33.1	8:28/M
95	LEE CROUCH	Fort Belvoir VA	503	36	M	22 30-39	26:26.0	26:35.1	8:30/M
96	KEITH BARKER	Arlington VA	412	48	M	17 40-49	26:27.5	27:19.2	8:30/M
97	AMANDA FLETCHER	Arlington VA	545	25	F	4 20-29	26:29.8	26:45.2	8:31/M
98	Bobby Gentry	Warrensburg MO	261	38	M	23 30-39	26:31.2	26:59.0	8:32/M
99	JADON KLOPSON	Alexandria VA	401	46	M	18 40-49	26:32.4	26:32.4	8:32/M
100	ANDREW MATKINS	ALEXANDRIA VA	341	29	M	14 20-29	26:43.9	27:44.6	8:36/M
101	RODRIGO LETONJA	Alexandria VA	403	46	M	19 40-49	26:48.5	26:50.2	8:37/M
102	LEO LETONJA	Alexandria VA	581	8	M	7 0-19	26:48.9	26:49.9	8:37/M
103	DREW CUKOR	Alexandria VA	422	51	M	11 50-59	26:49.3	27:22.9	8:37/M
104	SAUNDRA STAMPER	Indian Head VA	522	31	F	11 30-39	26:51.0	26:52.8	8:38/M
105	WESTON WARD	Alexandria VA	317	15	M	8 0-19	26:52.0	27:32.9	8:38/M
106	KATIE HANNA	Alexandria VA	396	44	F	7 40-49	26:55.9	27:19.1	8:40/M
107	LAUREN MAXAM	Alexandria VA	342	30	F	12 30-39	26:57.0	27:08.2	8:40/M
108	WILLIAM MAXAM	Alexandria VA	549	24	M	15 20-29	26:57.4	27:08.1	8:40/M
109	CHLOE COLE	Annandale	292	12	F	4 0-19	26:59.7	27:15.3	8:41/M
110	JENNIFER HOLT	Arlington VA	374	38	F	13 30-39	27:00.9	27:02.9	8:41/M
111	ALICE CROUCH	Fort Belvoir VA	488	38	F	14 30-39	27:03.8	27:13.2	8:42/M
112	Meghan Golda	Alexandria VA	287	31	F	15 30-39	27:04.7	27:39.3	8:42/M
113	VICTORIA MATKINS	Alexandria VA	326	26	F	5 20-29	27:06.0	28:07.1	8:43/M
114	PAUL KING	arlington VA	523	31	M	24 30-39	27:06.1	28:06.9	8:43/M
115	BETH BRENNAN	Washington DC	478	41	F	8 40-49	27:09.5	27:11.2	8:44/M
116	ETHAN MONTGOMERY	Washington DC	309	10	M	9 0-19	27:10.8	27:11.8	8:44/M
117	CHRIS HICKLING	Alexandria VA	366	38	M	25 30-39	27:22.2	27:44.8	8:48/M
118	SCOTT SUROVELL	Alexandria VA	414	48	M	20 40-49	27:23.5	27:31.9	8:48/M
119	HEATHER MAST	Springfield VA	348	32	F	16 30-39	27:28.0	27:33.9	8:50/M
120	LAWSON RICHKOWSKI	Alexandria VA	578	11	M	10 0-19	27:29.8	27:35.1	8:51/M
121	ANNA STEG	Vienna VA	521	32	F	17 30-39	27:40.6	28:07.2	8:54/M
122	ALISON ANDERSEN	ALEXANDRIA	298	37	F	18 30-39	27:40.9	28:19.9	8:54/M
123	STEVEN SANTOS	Alexandria VA	532	30	M	26 30-39	27:43.7	28:10.8	8:55/M
124	LUKE MCCOLLUM	Washington DC	441	59	M	12 50-59	27:45.1	27:56.1	8:55/M
125	KEVEN TALBERT	McLean VA	442	59	M	13 50-59	27:45.2	27:56.2	8:55/M
126	JORDANA COPPOLA	Woodbridge VA	463	47	F	9 40-49	27:53.8	27:53.8	8:58/M
127	WILLIAM KENDALL	Spotsylvania VA	385	40	M	21 40-49	27:56.4	28:08.2	8:59/M
128	SANDRA GARRETT	Joint Base Andrews	453	51	F	1 50-59	27:59.0	28:11.2	9:00/M
129	SCOTT MONTGOMERY	Washington DC	390	41	M	22 40-49	27:59.5	28:00.9	9:00/M
130	TYLER MONTGOMERY	Washington DC	580	9	M	11 0-19	28:00.8	28:00.8	9:00/M
131	CHRISTOPHER PORTER	Alexandria VA	424	52	M	14 50-59	28:01.7	28:19.6	9:01/M
132	CHRIS RICHEY	Alexandria VA	457	49	M	23 40-49	28:13.0	28:38.3	9:04/M
133	JACK RICHEY	Alexandria VA	564	13	M	12 0-19	28:14.4	28:40.0	9:05/M
134	HERBERT HUGHES	Alexandria VA	434	62	M	1 60-69	28:19.7	29:10.8	9:07/M

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							Chip Time	Gun Time	
135	BRANDON BOYLE	Stafford VA	340	29	M	16 20-29	28:19.8	28:33.4	9:07/M
136	LAURA HUGHES	Alexandria VA	533	29	F	6 20-29	28:20.1	29:10.8	9:07/M
137	JUSTIN HUGHES	Alexandria VA	347	32	M	27 30-39	28:20.5	29:10.9	9:07/M
138	Brianne Pena-Serrano	Alexandria VA	274	34	F	19 30-39	28:36.1	28:46.4	9:12/M
139	SHANNON RICHKOWSKI	Alexandria VA	393	43	F	10 40-49	28:44.7	28:49.5	9:15/M
140	WALKER FERRY	Alexandria VA	573	12	M	13 0-19	28:48.0	29:18.9	9:16/M
141	Kara Smith	Silver Spring MD	592		F	5 0-19	28:48.7	29:25.3	9:16/M
142	ALEXANDRA MANEIRO	Falls church VA	497	37	F	20 30-39	28:48.8	29:04.6	9:16/M
143	Eric Jones	Alexandria VA	593		M	14 0-19	28:49.3	29:25.5	9:16/M
144	KAITLIN SEALE	Calls church VA	530	30	F	21 30-39	28:50.2	28:56.2	9:16/M
145	ELIZABETH DELO	Washington DC	408	47	F	11 40-49	28:51.6	29:02.5	9:17/M
146	FARAHN MORGAN	Alexandria VA	517	33	F	22 30-39	29:09.1	29:37.7	9:22/M
147	TREVOR KUCHMAN	Washington	280	28	M	17 20-29	29:11.8	29:14.6	9:23/M
148	ROCQUELLE DISHAW	Bethesda VA	330	28	F	7 20-29	29:11.8	29:14.4	9:23/M
149	ROSALEE BARR	Gaithersburg VA	416	49	F	12 40-49	29:13.6	29:28.3	9:24/M
150	SHON BARR	Gaithersburg VA	467	46	M	24 40-49	29:13.9	29:28.0	9:24/M
151	MEGHAN BRENNAN	Alexandria VA	364	37	F	23 30-39	29:21.5	29:45.5	9:26/M
152	JOEY MANION	Arlington VA	305	8	M	15 0-19	29:33.0	29:57.2	9:30/M
153	MICHAEL NESS	Arlington VA	387	41	M	25 40-49	29:33.0	29:57.7	9:30/M
154	DINA RAMON	Arlington VA	444	57	F	2 50-59	29:41.4	30:19.5	9:33/M
155	STEPHEN SHANKS	Alexandria VA	471	44	M	26 40-49	29:42.5	30:01.5	9:33/M
156	ERIN WITOWSKI	Washington DC	335	29	F	8 20-29	29:55.8	30:03.8	9:37/M
157	CELESTE HOFFERT	Alexandria VA	381	40	F	13 40-49	30:03.0	30:24.7	9:40/M
158	CHRISTIAN FERRY	Alexandria VA	394	44	M	27 40-49	30:05.7	30:37.0	9:41/M
159	MARY PENKIUNAS	Alexandria VA	419	49	F	14 40-49	30:14.4	30:14.4	9:43/M
160	DAN WEINGOLD	Alexandria VA	427	54	M	15 50-59	30:31.8	30:50.8	9:49/M
161	LINDSEY SALIS	Alexandria VA	512	34	F	24 30-39	30:32.1	30:41.7	9:49/M
162	NICK SALIS	Alexandria VA	511	34	M	28 30-39	30:32.2	30:41.8	9:49/M
163	HEIDI KULP	Alexandria VA	447	55	F	3 50-59	30:40.9	30:44.6	9:52/M
164	ERIN STYSKAL	Alexandria VA	576	11	F	6 0-19	30:42.7	31:15.3	9:53/M
165	LAURA KIBBY	Alexandria VA	379	39	F	25 30-39	30:45.9	30:54.2	9:54/M
166	MICHAEL STAUBER	Arlington VA	590	43	M	28 40-49	30:45.9	30:54.1	9:54/M
167	CAROL BURGESS	Stafford VA	265	29	F	9 20-29	30:49.4	31:07.0	9:55/M
168	FAITH GIBSON	Annandale VA	291	14	F	7 0-19	30:52.7	30:52.7	9:56/M
169	ELENA CRISP	Stafford VA	337	29	F	10 20-29	30:52.9	31:10.8	9:56/M
170	ROBERT LODEWICK	Alexandria VA	368	38	M	29 30-39	30:54.1	31:33.5	9:56/M
171	THOMAS LODEWICK	Alexandria VA	582	8	M	16 0-19	30:54.6	31:33.2	9:56/M
172	MICHAEL STYSKAL	Alexandria VA	462	47	M	29 40-49	31:09.3	31:42.5	10:01/M
173	ETSEHIWOT ALBERT	Springfield VA	506	36	F	26 30-39	31:09.8	31:16.1	10:01/M
174	MOLLY STYSKAL	Alexandria VA	575	11	F	8 0-19	31:10.0	31:42.6	10:01/M
175	ALI AHMED	Germantown VA	470	44	M	30 40-49	31:13.5	31:13.5	10:02/M
176	Laura Beitler	Alexandria VA	594	24	F	11 20-29	31:13.6	31:50.3	10:02/M
177	MADI ALBRECHT	Arlington VA	321	24	F	12 20-29	31:26.0	32:20.2	10:06/M
178	STEPHANIE BIDSTRUP	McLean VA	485	40	F	15 40-49	31:26.5	32:20.4	10:07/M
179	MARTHA FITZGERALD	Alexandria VA	566	13	F	9 0-19	31:37.9	31:59.0	10:10/M
180	KIMBERLY DOEHNERT	Springfield VA	423	52	F	4 50-59	32:06.6	32:23.3	10:19/M
181	KURT DOEHNERT	Springfield VA	433	62	M	2 60-69	32:06.8	32:23.3	10:20/M
182	FRANK OLMSTEAD	Alexandria VA	446	55	M	16 50-59	32:13.8	32:37.7	10:22/M
183	LEANNA MCCOLLUM	Washington DC	445	56	F	5 50-59	32:20.7	32:30.4	10:24/M
184	ANGELA HOERNKE	Clifton VA	421	51	F	6 50-59	32:33.8	32:40.7	10:28/M
185	JAMIE ROCK	Alexandria VA	469	45	F	16 40-49	32:34.2	32:57.3	10:28/M
186	RICK MYLLENBECK	Alexandria VA	432	61	M	3 60-69	32:35.7	32:57.4	10:29/M
187	MIKE CAPEHART	ALEXANDRIA	295	30	M	30 30-39	32:38.2	35:18.1	10:30/M
188	JESSICA YOST	Alexandria VA	514	34	F	27 30-39	32:40.4	32:58.1	10:30/M
189	EAMON KOSTOPULOS	Annapolis MD	553	23	M	18 20-29	32:48.0	32:48.0	10:33/M
190	PATRICIA HICKEY	Alexandria VA	450	52	F	7 50-59	32:54.8	33:02.7	10:35/M
191	ADRIENNE KLING	Alexandria VA	343	30	F	28 30-39	32:56.9	33:09.8	10:36/M
192	Tommy Opson	Burke VA	269	7	M	17 0-19	33:09.4	33:44.9	10:40/M
193	CHRIS HUDSON	Stafford VA	476	42	M	31 40-49	33:11.2	33:23.6	10:40/M
194	Unknown Partic. 336		336		M	18 0-19	33:11.6	33:25.6	10:40/M
195	RACHEL LEVY	Arlington VA	360	36	F	29 30-39	33:12.6	33:17.7	10:41/M
196	SARAH ROENFELDT	Arlington VA	361	36	F	30 30-39	33:12.8	33:18.0	10:41/M
197	JAUNITA GEORGE	Washington DC DC	534	29	F	13 20-29	33:14.5	33:55.0	10:41/M
198	ERIN GALLAGHER	Arlington VA	367	38	F	31 30-39	33:19.5	33:43.7	10:43/M
199	JILLIAN BERNSTEIN	Arlington VA	526	31	F	32 30-39	33:30.7	34:07.0	10:47/M
200	ABIGAIL WHITE	Arlington VA	539	27	F	14 20-29	33:31.7	34:08.3	10:47/M
201	TORI BRUZESE	Lorton VA	439	60	F	1 60-69	33:38.5	34:05.0	10:49/M

September 14, 2019

Overall Finish List

5K - Run

Place Overall	Name	City	Bib No	Age	Gend	AG Place	-----Total-----		Pace
							Chip Time	Gun Time	
202	STACEY HOLLIDAY	Alexandria VA	495	37	F	33 30-39	33:43.1	33:55.8	10:51/M
203	ALICE HICKLING	Alexandria VA	477	42	F	17 40-49	33:47.0	34:32.7	10:52/M
204	ZACHARY HICKLING	Alexandria VA	304	8	M	19 0-19	33:47.8	34:33.5	10:52/M
205	ANNA CALDERONE	ALEXANDRIA	296	34	F	34 30-39	34:05.8	37:03.7	10:58/M
206	DAN ALLEN	Vienna	299	45	M	32 40-49	34:06.8	37:05.0	10:58/M
207	BRENDA THOMAS	Alexandria VA	438	60	F	2 60-69	34:13.0	34:13.0	11:00/M
208	ELIZABETH PHELPS	Arlington VA	547	24	F	15 20-29	34:16.1	34:30.8	11:01/M
209	RYAN CLARK	Fairfax VA	383	40	M	33 40-49	34:16.5	34:31.4	11:01/M
210	MICHAEL MULVEY	Alexandria VA	386	41	M	34 40-49	34:31.3	34:38.7	11:06/M
211	SHERI GIBSON	Ashburn VA	288	55	F	8 50-59	34:33.1	34:51.0	11:07/M
212	AMELIA WOLF	Arlington VA	535	29	F	16 20-29	34:38.5	34:54.0	11:08/M
213	JOHN GIBSON	Bethesda	289	14	M	20 0-19	34:40.6	34:40.6	11:09/M
214	Nichol Case		257	48	F	18 40-49	34:53.7	35:27.1	11:13/M
215	Ron Kapise	San Antonio TX	256	50	M	17 50-59	34:53.9	35:26.9	11:13/M
216	NICHOLAS NOVAK	Burke VA	310	10	M	21 0-19	35:02.5	35:44.4	11:16/M
217	ERIC RARDIN	Alexandria VA	417	49	M	35 40-49	35:11.5	35:46.4	11:19/M
218	GRACE RARDIN	Alexandria VA	311	11	F	10 0-19	35:11.8	35:46.1	11:19/M
219	MARY	Arlington VA	475	42	F	19 40-49	35:26.5	36:18.8	11:24/M
220	DANIEL OPSUT	Burke VA	500	37	M	31 30-39	35:28.0	36:04.2	11:24/M
221	Jacob Cysul	Burke VA	268	10	M	22 0-19	35:28.8	36:04.4	11:25/M
222	OWEN BELTON	Alexandria VA	452	51	M	18 50-59	35:30.4	36:23.2	11:25/M
223	OLIVIA RICHKOWSKI	Alexandria VA	567	13	F	11 0-19	35:41.7	35:46.6	11:29/M
224	KATHRYN CAIMI	Arlington VA	481	41	F	20 40-49	35:44.8	36:22.6	11:30/M
225	AMANDA WILKINSON	Arlington VA	483	41	F	21 40-49	35:45.2	36:22.8	11:30/M
226	CYRUS DIGGS	Springfield VA	557	19	M	23 0-19	36:19.7	37:10.5	11:41/M
227	DAMARIS VELASQUEZ	Springfield VA	558	19	F	12 0-19	36:32.9	37:23.9	11:45/M
228	JAKE GIBSON	Odenton	290	48	M	36 40-49	36:37.3	36:55.0	11:47/M
229	ERIN RUSSELL	Alexandria VA	400	45	F	22 40-49	37:03.0	37:25.0	11:55/M
230	ANNABELLE RUSSELL	Alexandria VA	302	5	F	13 0-19	37:03.4	37:25.6	11:55/M
231	LAWRENCE JANOVSKY	Alexandria VA	482	41	M	37 40-49	37:17.8	37:48.6	12:00/M
232	SARAH SCRUGGS	Alexandria VA	509	35	F	35 30-39	37:17.9	37:48.8	12:00/M
233	MACKENZIE LODEWICK	Alexandria VA	312	12	F	14 0-19	37:21.7	38:00.7	12:01/M
234	DIXIE DOWNING	Arlington VA	546	24	F	17 20-29	37:25.5	37:33.2	12:02/M
235	BECCA COOPER	Arlington VA	544	25	F	18 20-29	37:25.5	37:33.3	12:02/M
236	CLAIR HILL	Fairfax VA	429	56	F	9 50-59	37:59.8	38:40.7	12:13/M
237	ANN MINER	Springfield VA	435	68	F	3 60-69	38:29.5	39:01.6	12:23/M
238	JOANNE THOMSON	Winston Salem NC	431	60	F	4 60-69	40:11.1	41:00.4	12:55/M
239	CLINT THOMSON	Winston Salem NC	437	60	M	4 60-69	40:11.3	41:00.8	12:55/M
240	JESSICA DIXON	Waldorf MD	486	40	F	23 40-49	40:12.0	41:00.4	12:56/M
241	RALPH DIXON	Waldorf MD	402	46	M	38 40-49	40:12.1	41:00.4	12:56/M
242	JOSH THOMSON	Winston Salem NC	498	37	M	32 30-39	40:12.2	41:00.8	12:56/M
243	GRETCHEN TODD	Alexandria VA	388	41	F	24 40-49	40:29.9	41:08.7	13:01/M
244	BONNIE ALLISON	Manassas VA	588	66	F	5 60-69	41:16.9	41:36.8	13:16/M
245	BRIDGET HODGSON	Arlington VA	362	36	F	36 30-39	41:54.5	42:45.0	13:29/M
246	E KENDALL	Alexandria VA	410	48	F	25 40-49	42:15.3	42:36.0	13:35/M
247	Savannah Smith	Alexandria VA	591	30	F	37 30-39	43:25.1	44:02.3	13:58/M
248	GELYN TRANA	Arnold	277	34	F	38 30-39	43:25.2	43:38.0	13:58/M
249	SALVADOR ORTIZ	Germantown VA	352	34	M	33 30-39	43:57.2	44:39.8	14:08/M
250	SHARON MILLER	Fairfax Station VA	380	40	F	26 40-49	44:29.9	44:48.4	14:19/M
251	SCOTT MILLER	Fairfax Station VA	365	38	M	34 30-39	44:31.2	44:50.4	14:19/M
252	JACK MILLER	Fairfax Station VA	301	4	M	24 0-19	44:34.1	44:52.9	14:20/M
253	ANABELLE VOLPE	Springfield VA	565	13	F	15 0-19	44:50.5	44:57.4	14:25/M
254	KEVIN VOLPE	Springfield VA	395	44	M	39 40-49	44:50.7	44:57.5	14:25/M
255	MEGHAN GOLDA	Alexandria	254	31	F	39 30-39	47:57.1	48:24.9	15:25/M
256	RENEE JOSLYN	Alexandria	282	50	F	10 50-59	48:00.7	48:26.5	15:26/M
257	ELIZABETH AUCAMP	Alexandria VA	554	23	F	19 20-29	48:01.0	48:24.0	15:26/M
258	MEGAN STENCEL	Alexandria VA	556	22	F	20 20-29	48:01.2	48:24.3	15:26/M
259	TRAM HILL	Ruther Glen MD	454	51	F	11 50-59	48:32.0	49:01.5	15:36/M
260	DAWN PASCHAL	Manassas VA	415	49	F	27 40-49	48:33.0	49:02.8	15:37/M
261	MATT PASCHAL	Manassas VA	420	50	M	19 50-59	48:33.8	49:01.9	15:37/M
262	DEBORAH GARDNER	Alexandria VA	359	36	F	40 30-39	50:08.9	51:27.1	16:08/M
263	CAROL VALENTINE	Lorton VA	436	61	F	6 60-69	52:17.4	53:12.6	16:49/M
264	Mary Unrich	Fairfax VA	263	48	F	28 40-49	53:11.7	53:51.6	17:06/M
265	THUY NGO	Springfield VA	373	38	F	41 30-39	54:32.4	55:18.3	17:32/M
266	Unknown Partic. 527		527		M	25 0-19	54:32.6	55:18.3	17:32/M
267	NICOLE GOEHRING	Alexandria VA	327	26	F	21 20-29	54:32.8	55:18.4	17:32/M
268	ISABELLA RARDIN	Alexandria VA	306	9	F	16 0-19	54:57.3	56:37.3	17:40/M

Overall Finish List

5K - Run

Place								-----Total-----		
<u>Overall</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Gen</u>	<u>AG Place</u>	<u>Chip Time</u>	<u>Gun Time</u>	<u>Pace</u>	
269	NICHOLAS WEIMER	Arlington VA	324	25	M	19 20-29	55:08.4	56:15.7	17:44/M	
270	RILEY LARSON	Arlington VA	551	23	F	22 20-29	55:10.8	56:18.0	17:45/M	
271	STEPHANIE ALEXIS	Arlington	300	30	F	42 30-39	55:16.5	56:18.4	17:46/M	
272	GUS MOSHOS	Washington	279	23	M	20 20-29	55:20.9	56:17.6	17:48/M	
273	MARLA LINCOLNFELTER	Washington DC	440	59	F	12 50-59	55:48.3	57:52.2	17:57/M	
274	PATRICK BOYLE	New Bloomfield	599	89	M	1 70-99	55:51.0	57:52.7	17:58/M	
275	JENNIFER MEHLER	Alexandria VA	418	49	F	29 40-49	56:11.8	56:46.8	18:04/M	

Race Date

9-11 Heroes 5K & Ruck - Alexandria

September 14, 2019

Overall Finish List

5K-Ruck

Place							-----Total-----		
<u>Overall</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Gen</u>	<u>AG Place</u>	<u>Chip Time</u>	<u>Gun Time</u>	<u>Pace</u>
1	JASON ERDO	Alexandria VA	609	43	M	1 Open	28:04.7	28:35.0	9:02/M
2	KAYLEE FRAZIER	Quantico VA	645	25	F	1 Open	30:38.4	31:00.3	9:51/M
3	SAM MENCHEL	Arlington VA	603	25	M	2 Open	33:32.5	34:07.7	10:47/M
4	RAY COOK	Alexandria VA	616	63	M	3 Open	44:08.0	45:09.2	14:11/M
5	JUAN HICIANO JR	Fort Belvoir VA	647	11	M	1 0-19	47:43.6	48:18.0	15:21/M
6	NICHOLAS ADAMS	Alexandria VA	644	26	M	1 20-29	48:30.7	48:57.6	15:36/M
7	Bradlee Lowman	Reston VA	650	25	M	2 20-29	48:35.2	49:02.7	15:37/M
8	LUISA ZARATE	Annandale VA	613	45	F	2 Open	48:35.9	49:03.5	15:38/M
9	RAY LOWMAN	Woodbridge VA	620	50	M	1 50-59	48:36.3	49:02.1	15:38/M
10	GABRIELLA VALIO	Lorton VA	601	4	F	3 Open	52:52.9	53:38.4	17:00/M
11	EDWARD VALIO	Springfield VA	628	40	M	1 40-49	52:52.9	53:38.3	17:00/M
12	KEVIN SAUNDERS	Alexandria VA	627	40	M	2 40-49	54:41.4	56:33.2	17:35/M
13	NOAH SAUNDERS	Alexandria VA	648	8	M	2 0-19	54:45.5	56:35.2	17:36/M
14	EDUARDO NEGRON	Woodbridge VA	605	32	M	1 30-39	54:52.9	56:32.2	17:39/M
15	DAVID NOVAK	Burke VA	612	44	M	3 40-49	54:55.6	56:35.7	17:40/M