

Spud Long Triathlon Results with Splits

M90=Male Relay; F90=Female Relay; M91=Mixed Relay

Spud Long Triathlon Results with Splits

<u>PI</u>	<u>Name</u>	<u>City,State</u>	<u>Age</u>	<u>Sex</u>	<u>Swim</u>	<u>SwPI</u>	<u>100M Pace</u>	<u>Bike</u>	<u>BkPI</u>	<u>MPH</u>	<u>Run</u>	<u>RnPI</u>	<u>Min/mi</u>	<u>Finish</u>
1	John Dill	Norfolk,VA	29	M	23:08	5	2:19	1:05:17	1	22.8	38:34	3	06:12	2:06:59
2	David Cascio	Potomac,MD	39	M	22:02	1	2:12	1:10:10	12	21.3	38:36	5	06:13	2:10:48
3	John De Marco	Erie,PA	32	M	24:10	14	2:25	1:08:29	4	21.8	38:32	4	06:12	2:11:11
4	Daniel Labarca	Ashburn,VA	38	M	25:08	25	2:31	1:07:19	2	22.2	39:52	6	06:25	2:12:19
5	Jonathan Conklin	Owings Mills,MD	29	M	24:37	20	2:28	1:12:45	22	20.5	36:41	1	05:54	2:14:03
6	Tom Crandall	Reston,VA	37	M	23:59	12	2:24	1:09:25	8	21.5	41:22	10	06:39	2:14:46
7	Chuck Graf	Chevy Chase,MD	35	M	23:16	6	2:20	1:10:41	14	21.1	41:08	9	06:37	2:15:05
8	Eric Raffini	Washington,DC	28	M	28:21	54	2:50	1:09:26	9	21.5	40:41	7	06:33	2:18:28
9	Mark Puhaly	Dumfries,VA	32	M	24:17	15	2:26	1:10:32	13	21.1	43:44	22	07:02	2:18:33
10	Thomas Glista	Silver Spring,MD	44	M	26:28	38	2:39	1:12:41	21	20.5	41:26	12	06:40	2:20:35
11	Steve Russell	Severna Park,MD	33	M	29:09	73	2:55	1:09:24	7	21.5	42:35	17	06:51	2:21:08
12	Ted Steinhauser	Woodbridge,VA	43	M	24:56	21	2:30	1:12:49	24	20.5	43:38	20	07:01	2:21:23
13	Gary Vandever	Virginia Beach,VA	45	M	27:08	41	2:43	1:11:59	17	20.7	42:28	16	06:50	2:21:35
14	Nancy Lewis	Norfolk,VA	43	F	25:24	28	2:32	1:08:12	3	21.9	48:00	59	07:43	2:21:36
15	Tom Antisdell	Washington,DC	30	M	28:02	48	2:48	1:12:57	27	20.4	40:40	8	06:33	2:21:39
16	Paul Wright	Alexandria,VA	26	M	25:44	31	2:34	1:11:40	16	20.8	46:09	43	07:26	2:23:33
17	Philip Baetcke	Falls Church,VA	31	M	28:34	55	2:51	1:12:04	18	20.7	43:05	18	06:56	2:23:43
18	John Mazur	Alexandria,VA	42	M	26:12	35	2:37	1:14:23	37	20.1	43:48	23	07:03	2:24:23
19	I Sell	Bird In Hand,PA	38	M	25:47	32	2:35	1:14:30	39	20	44:27	29	07:09	2:24:44
20	Karen Merrill	Woodbridge,VA	34	F	24:31	18	2:27	1:14:59	42	19.9	45:29	35	07:19	2:24:59
21	Andrew Lipscomb	Arlington,VA	27	M	28:38	57	2:52	1:11:39	15	20.8	45:27	36	07:19	2:25:44
22	David Reynolds	Alexandria,VA	38	M	27:51	45	2:47	1:13:31	30	20.3	44:23	30	07:09	2:25:45
23	David Weiss	Washington,DC	23	M	35:11	198	3:31	1:12:22	19	20.6	38:14	2	06:09	2:25:47
24	Matthew Rogos	Reston,VA	27	M	23:28	8	2:21	1:18:58	86	18.9	44:18	27	07:08	2:26:44
25	Chris Geary	Reston,VA	27	M	28:01	47	2:48	1:13:22	29	20.3	46:45	47	07:31	2:28:08
26	Howard Curtis	Washington,DC	31	M	28:52	64	2:53	1:17:01	64	19.4	42:18	13	06:48	2:28:11
27	Matthew Heiser	Manheim,PA	24	M	30:14	86	3:01	1:13:33	31	20.3	44:40	31	07:11	2:28:27
28	Brighter Than Brokaw	Mixed Relay,	91	M	29:21	76	2:56	1:17:50	72	19.2	41:20	11	06:39	2:28:31
29	Olwen Huxley	Washington,DC	31	F	27:15	42	2:44	1:12:56	26	20.5	48:46	69	07:51	2:28:57
30	Greg Dorsey	Baltimore,MD	27	M	31:12	107	3:07	1:14:23	38	20.1	43:58	24	07:05	2:29:33
31	Justin Dekosovszky	Brooklyn,NY	25	M	31:27	114	3:09	1:14:58	41	19.9	43:14	19	06:57	2:29:39
32	David Wiesenbahn	Springfield,VA	41	M	28:40	58	2:52	1:13:46	32	20.2	48:12	64	07:45	2:30:38
33	James Sackett	Bowie,MD	43	M	30:37	97	3:04	1:15:48	51	19.7	44:17	28	07:08	2:30:42
34	David Auman	Richmond,VA	39	M	28:57	66	2:54	1:15:29	50	19.8	46:37	45	07:30	2:31:03
35	Tom Kalka	Vienna,VA	29	M	29:04	69	2:54	1:15:14	44	19.8	46:49	50	07:32	2:31:07

36	William Coquelin	Annandale,VA	42	M	31:17	110	3:08	1:15:00	43	19.9	44:51	33	07:13	2:31:08
37	Catherine Herrold	Washington,DC	24	F	22:05	2	2:12	1:22:36	127	18.1	46:39	46	07:30	2:31:20
38	Gordon Fesenger	Woodbridge,VA	45	M	32:41	141	3:16	1:09:31	10	21.5	49:36	79	07:59	2:31:48
39	Robert Cook	Manassas,VA	29	M	32:06	126	3:13	1:08:38	5	21.7	51:13	105	08:15	2:31:57
40	Whitney Johnson	King George,VA	31	F	28:05	49	2:48	1:17:10	68	19.3	46:55	51	07:33	2:32:10
41	Christophe Townsend	New York,NY	29	M	24:22	17	2:26	1:22:02	119	18.2	45:46	39	07:22	2:32:10
42	Linda Kennedy	Fairfax,VA	41	F	25:57	33	2:36	1:18:55	85	18.9	47:19	53	07:37	2:32:11
43	Rafael Mucino	Arlington,VA	29	M	30:25	91	3:02	1:15:20	46	19.8	46:41	48	07:31	2:32:26
44	Mark Ritter	Camp Hill,PA	33	M	29:39	78	2:58	1:13:03	28	20.4	50:03	85	08:03	2:32:45
45	Victor Valdez	Arlington,VA	37	M	25:23	27	2:32	1:18:10	77	19.1	49:22	75	07:57	2:32:55
46	Bruce Sladick	Raleigh,NC	40	M	32:56	151	3:18	1:12:51	25	20.5	47:14	52	07:36	2:33:01
47	Steve Crass	Arlington,VA	28	M	22:57	4	2:18	1:24:05	144	17.7	46:08	42	07:25	2:33:10
48	Matthew Huggins	Washington,DC	38	M	30:26	93	3:03	1:13:47	33	20.2	49:09	74	07:55	2:33:22
49	Bill Kidd	Fredericksburg,VA	35	M	25:12	26	2:31	1:15:25	48	19.8	53:00	129	08:32	2:33:37
50	Walter Brown	Montgomery Vill,MD	58	M	31:21	112	3:08	1:15:50	52	19.7	46:31	44	07:29	2:33:42
51	Matthew Corn	Hobe Sound,FL	32	M	34:45	184	3:28	1:09:07	6	21.6	49:57	83	08:02	2:33:49
52	Brent Boone	Annapolis,MD	33	M	27:34	44	2:45	1:15:16	45	19.8	51:04	97	08:13	2:33:54
53	John Seybold	Crofton,MD	40	M	29:16	74	2:56	1:15:55	54	19.6	48:56	72	07:53	2:34:07
54	Cullen Cowley	Greenbelt,MD	33	M	34:42	181	3:28	1:17:04	66	19.4	42:22	14	06:49	2:34:08
55	Monique Farah	Oak Hill,VA	34	F	30:25	92	3:02	1:19:53	98	18.7	44:01	25	07:05	2:34:19
56	Rob Colburn	Ashburn,VA	46	M	28:43	59	2:52	1:15:26	49	19.8	50:50	93	08:11	2:34:59
57	Bill Gulsby	Manassas,VA	44	M	32:56	152	3:18	1:14:11	35	20.1	48:07	65	07:45	2:35:14
58	Carl Lewin	Washington,DC	26	M	35:00	193	3:30	1:15:54	53	19.7	44:51	34	07:13	2:35:45
59	Alan Ryder	Gaithersburg,MD	38	M	35:14	199	3:31	1:18:21	80	19	42:24	15	06:49	2:35:59
60	Julie Gibbons	Fairfax,VA	33	F	28:20	53	2:50	1:16:16	58	19.6	51:29	106	08:17	2:36:05
61	Christine Couldrey	Alexandria,VA	28	F	28:49	62	2:53	1:14:17	36	20.1	53:13	134	08:34	2:36:19
62	Adam Perry	Silver Spring,MD	23	M	27:04	40	2:42	1:17:41	70	19.2	51:34	109	08:18	2:36:19
63	Al Navidi	Bethesda,MD	43	M	32:21	131	3:14	1:12:47	23	20.5	51:42	110	08:19	2:36:50
64	Mike Pfabe	Vienna,VA	45	M	25:00	23	2:30	1:19:27	91	18.8	52:29	125	08:27	2:36:56
65	Team Turbo	Female Relay,	90	F	26:08	34	2:37	1:20:45	105	18.5	50:07	88	08:04	2:37:00
66	Eugene Breidenbach	Annapolis,MD	30	M	27:19	43	2:44	1:16:35	60	19.5	53:12	135	08:34	2:37:06
67	Carol Housaman	Woodbridge,VA	41	F	31:38	117	3:10	1:17:50	73	19.2	47:45	58	07:41	2:37:13
68	Michael Wesbecher	Oakton,VA	54	M	30:24	89	3:02	1:19:25	90	18.8	47:27	54	07:38	2:37:16
69	Joanne Carney	Bowie,MD	37	F	28:11	50	2:49	1:16:46	62	19.4	52:24	124	08:26	2:37:21
70	Peter Viola	Vienna,VA	33	M	23:24	7	2:20	1:18:53	84	18.9	55:30	154	08:56	2:37:47
71	Mark Stoltzfus	Lancaster,PA	42	M	32:47	145	3:17	1:15:59	55	19.6	49:36	80	07:59	2:38:22
72	Xavier Szebrat	Annapolis,MD	31	M	35:48	207	3:35	1:18:02	74	19.1	44:40	32	07:11	2:38:30
73	Sharon Adams	Reston,VA	26	F	30:45	98	3:04	1:16:51	63	19.4	50:58	95	08:12	2:38:34
74	John Baltes	Upper Marlboro,MD	31	M	30:00	82	3:00	1:19:57	99	18.7	48:43	68	07:50	2:38:40
75	Steve Hanlon	Washington,DC	35	M	32:19	130	3:14	1:22:50	131	18	44:04	26	07:06	2:39:13
76	Anton Struntz	Frederick,MD	47	M	32:31	135	3:15	1:17:03	65	19.4	49:54	84	08:02	2:39:28
77	Scott Madden	Washington,DC	39	M	31:27	115	3:09	1:16:03	56	19.6	52:07	115	08:23	2:39:37

78	Steve Schmidt	Boyd's,MD	42	M	31:40	118	3:10	1:14:01	34	20.2	53:57	140	08:41	2:39:38
79	Bill Goodrum	Centreville,VA	43	M	29:05	70	2:54	1:16:06	57	19.6	54:27	145	08:46	2:39:38
80	Gregory Potts	Arlington,VA	24	M	32:54	147	3:17	1:20:50	108	18.5	46:41	49	07:31	2:40:25
81	David Druzynski	Alexandria,VA	23	M	22:54	3	2:17	1:25:22	165	17.5	52:19	120	08:25	2:40:35
82	David Jorgensen	Baltimore,MD	37	M	29:00	68	2:54	1:22:57	134	18	48:51	70	07:52	2:40:48
83	Gary Anderson	Fairfax,VA	32	M	25:01	24	2:30	1:22:51	132	18	53:05	131	08:33	2:40:57
84	Claes Lewenhaupt	Centreville,VA	38	M	30:35	95	3:04	1:22:59	135	18	47:34	56	07:39	2:41:08
85	Steve Peet	Silver Spring,MD	29	M	32:54	148	3:17	1:16:45	61	19.4	51:29	107	08:17	2:41:08
86	Ryan Wallace	Washington,DC	29	M	36:41	216	3:40	1:15:24	47	19.8	49:04	73	07:54	2:41:09
87	Richard Petitbon	Crofton,MD	38	M	29:18	75	2:56	1:12:40	20	20.5	59:46	206	09:37	2:41:44
88	Timothy Kunin	Fairfax,VA	19	M	24:17	16	2:26	1:19:43	95	18.7	58:02	186	09:20	2:42:02
89	Steven Mccann	Annandale,VA	39	M	32:43	143	3:16	1:18:48	83	18.9	50:40	92	08:09	2:42:11
90	Steven Dzibinski	Reston,VA	34	M	34:37	177	3:28	1:18:02	75	19.1	49:47	82	08:01	2:42:26
91	Frederick Mackem	Reston,VA	39	M	32:04	125	3:12	1:18:12	78	19.1	52:21	121	08:25	2:42:37
92	Kendall Schaefer	Washington,DC	31	F	24:58	22	2:30	1:19:36	94	18.7	58:12	188	09:22	2:42:46
93	Jose Santos	Falls Church,VA	47	M	30:32	94	3:03	1:19:13	88	18.8	53:25	137	08:36	2:43:10
94	Jim Wazuka	Sterling,VA	41	M	34:45	185	3:28	1:16:24	59	19.5	52:03	116	08:23	2:43:12
95	Phil Ash	Washington,DC	31	M	36:17	212	3:38	1:21:32	118	18.3	45:25	37	07:19	2:43:14
96	Rebecca Rankin	Arlington,VA	35	F	30:11	85	3:01	1:24:14	149	17.7	48:52	71	07:52	2:43:17
97	Donald Hurt	Alexandria,VA	48	M	35:05	194	3:30	1:17:16	69	19.3	51:05	98	08:13	2:43:26
98	Robert Dean	Great Falls,VA	39	M	33:45	168	3:22	1:21:16	113	18.4	48:35	67	07:49	2:43:36
99	Margaret Bishop	Middleburg,VA	37	F	33:11	159	3:19	1:21:02	112	18.4	49:30	77	07:58	2:43:43
100	Candy Panigutti	Washington,DC	24	F	24:08	13	2:25	1:18:14	79	19.1	1:01:45	227	09:56	2:44:07
101	Julie Sternberg	Washington,DC	25	F	23:46	11	2:23	1:25:29	166	17.4	55:01	148	08:51	2:44:16
102	Bill Pastor	Washington,DC	48	M	32:18	129	3:14	1:22:14	122	18.1	50:16	89	08:05	2:44:48
103	Thomas O'brien	Fredericksburg,VA	31	M	33:38	163	3:22	1:20:10	100	18.6	51:08	100	08:14	2:44:56
104	Christophe Sperry	Alexandria,VA	27	M	34:15	173	3:26	1:20:41	104	18.5	50:01	86	08:03	2:44:57
105	Phil Wallisch	Arlington,VA	27	M	28:56	65	2:54	1:24:10	145	17.7	51:53	114	08:21	2:44:59
106	Larry Atkins	Takoma Park,MD	54	M	31:07	105	3:07	1:22:09	120	18.2	51:49	112	08:20	2:45:05
107	Natasha Drew	Arlington,VA	29	F	30:59	102	3:06	1:23:46	138	17.8	50:24	91	08:07	2:45:09
108	David Gaudette	Arlington,VA	44	M	31:05	104	3:06	1:25:51	170	17.4	48:22	66	07:47	2:45:18
109	Tim Mccaffrey	Mclean,VA	43	M	30:24	90	3:02	1:26:49	177	17.2	48:05	63	07:44	2:45:18
110	Charlie Martorana	Manassas,VA	49	M	31:34	116	3:09	1:20:52	109	18.4	53:03	130	08:32	2:45:29
111	Jeff Oxman	Rockville,MD	45	M	29:07	71	2:55	1:30:36	203	16.5	45:51	40	07:23	2:45:34
112	Russ Abbott	Rockville,MD	59	M	35:27	201	3:33	1:24:17	151	17.7	45:52	41	07:23	2:45:36
113	Jay Housaman	Woodbridge,VA	55	M	34:00	171	3:24	1:23:56	141	17.8	47:41	57	07:40	2:45:37
114	Michele Mcgleish	Germantown,MD	36	F	39:20	243	3:56	1:18:26	81	19	47:55	60	07:43	2:45:41
115	Erik Lofgren	Washington,DC	32	M	29:08	72	2:55	1:22:45	130	18	53:59	141	08:41	2:45:52
116	Robert Henning	Washington,DC	30	M	33:10	158	3:19	1:20:54	110	18.4	51:48	113	08:20	2:45:52
117	Team D'oh	Mixed Relay,	91	M	23:42	9	2:22	1:25:50	169	17.4	56:35	167	09:06	2:46:07
118	Glenn Kehs	Winchester,VA	44	M	37:31	224	3:45	1:19:10	87	18.8	49:28	78	07:58	2:46:09
119	Joe Wesolaski	New York,NY	27	M	35:08	197	3:31	1:20:29	102	18.5	50:54	94	08:11	2:46:31

120	Daniel Shaw	Catonsville,MD	26	M	33:05	156	3:18	1:22:34	126	18.1	51:29	108	08:17	2:47:08
121	Boyd Steward	Rockville,MD	49	M	28:48	61	2:53	1:22:42	128	18	55:52	156	08:59	2:47:22
122	Catherine Townsend	New York,NY	28	F	28:57	67	2:54	1:27:35	187	17	50:55	96	08:12	2:47:27
123	Heather Mason	Schenectady,NY	23	F	38:05	228	3:48	1:20:13	101	18.6	49:24	76	07:57	2:47:42
124	Todd Robenson	Washington,DC	28	M	32:45	144	3:16	1:19:49	97	18.7	55:13	150	08:53	2:47:47
125	Tom Calligaro	Fairfax,VA	44	M	39:14	238	3:55	1:21:21	114	18.3	47:23	55	07:38	2:47:58
126	Ben Cooper	Falls Church,VA	54	M	32:57	153	3:18	1:22:18	123	18.1	53:15	136	08:34	2:48:30
127	Marcia Macedo	Washington,DC	25	F	31:15	109	3:08	1:24:10	146	17.7	53:34	138	08:37	2:48:59
128	Brian Stephenson	Harrisburg,PA	45	M	29:49	80	2:59	1:17:06	67	19.3	1:02:09	233	10:00	2:49:04
129	Nicki Atkinson	West Chester,PA	23	F	31:44	119	3:10	1:24:13	148	17.7	53:09	132	08:33	2:49:06
130	Marvin Leventer	Owings Mills,MD	38	M	33:50	170	3:23	1:25:30	167	17.4	50:15	90	08:05	2:49:35
131	Ross Mackinnon	Arlington,VA	26	M	26:14	36	2:37	1:25:04	163	17.5	58:24	191	09:24	2:49:42
132	Gary Ewart	Arlington,VA	36	M	35:31	203	3:33	1:20:46	107	18.5	53:39	139	08:38	2:49:56
133	Michael Bosch	Waldorf,MD	31	M	32:09	127	3:13	1:26:02	172	17.3	52:11	119	08:24	2:50:22
134	Bob Wood	Glenwood,MD	36	M	32:55	149	3:18	1:21:28	115	18.3	56:14	161	09:03	2:50:37
135	Robert Shearer	Fairfax Station,VA	34	M	34:26	175	3:27	1:30:39	204	16.5	45:32	38	07:20	2:50:37
136	Peter Raymond	Bethesda,MD	44	M	34:52	189	3:29	1:23:13	137	17.9	52:33	126	08:27	2:50:38
137	Reid Robinette	Centreville,VA	36	M	34:49	188	3:29	1:20:45	106	18.5	55:11	151	08:53	2:50:45
138	Sean Walsh	Lorton,VA	33	M	40:17	258	4:02	1:26:56	179	17.2	43:36	21	07:01	2:50:49
139	Thomas Barbieri	Montgomery Vill,MD	30	M	31:08	106	3:07	1:18:39	82	19	1:01:16	220	09:52	2:51:03
140	Dana Wolfe	Washington,DC	34	F	31:24	113	3:08	1:22:42	129	18	57:13	176	09:12	2:51:19
141	Christine Walsh	Arlington,VA	27	F	34:41	179	3:28	1:19:31	93	18.8	57:07	177	09:12	2:51:19
142	Davidy Swaney	Washington,DC	37	M	30:35	96	3:04	1:27:03	182	17.1	54:05	142	08:42	2:51:43
143	Paul Ludwig	Waldorf,MD	33	M	32:36	139	3:16	1:22:21	124	18.1	57:01	173	09:11	2:51:58
144	Mary Graham	Catharpin,VA	46	F	29:38	77	2:58	1:24:54	160	17.6	57:34	180	09:16	2:52:06
145	Steven Blanton	Alexandria,VA	28	M	32:23	133	3:14	1:28:50	195	16.8	51:09	101	08:14	2:52:22
146	Steve Lord	Oakton,VA	46	M	34:46	186	3:29	1:21:30	117	18.3	56:21	165	09:04	2:52:37
147	Daniel Hunt	Arlington,VA	25	M	35:57	208	3:36	1:24:40	155	17.6	52:06	117	08:23	2:52:43
148	Stephen Mccarthy	Arlington,VA	28	M	38:32	231	3:51	1:22:13	121	18.1	52:03	118	08:23	2:52:48
149	Lj White	Centreville,VA	40	F	37:56	225	3:48	1:23:53	140	17.8	51:12	102	08:14	2:53:01
150	Andrew Griffith	Montgomery Vill,MD	39	M	26:25	37	2:38	1:20:56	111	18.4	1:05:42	258	10:34	2:53:03
151	Nancy Chen	Arlington,VA	30	F	32:52	146	3:17	1:29:10	199	16.7	51:07	103	08:14	2:53:09
152	Brent Chism	Bethesda,MD	32	M	30:18	87	3:02	1:26:01	171	17.3	57:04	174	09:11	2:53:23
153	Scott Lajoie	Washington,DC	29	M	33:33	162	3:21	1:32:09	216	16.2	47:58	61	07:43	2:53:40
154	Karen Davis	Granite Bay,CA	44	F	37:00	220	3:42	1:24:36	154	17.6	52:15	122	08:25	2:53:51
155	Pawal Kisiel	Boston,MA	26	M	32:57	154	3:18	1:24:20	152	17.7	56:34	168	09:06	2:53:51
156	Andy Macdonald	Sterling,VA	29	M	32:15	128	3:14	1:14:43	40	20	1:06:57	261	10:46	2:53:55
157	Greg Foster	Lancaster,PA	47	M	39:14	239	3:55	1:24:40	156	17.6	50:04	87	08:03	2:53:58
158	Chris Hurst	Ellicott City,MD	51	M	31:49	121	3:11	1:24:02	142	17.8	58:13	189	09:22	2:54:04
159	Matthew Klapmust	Arlington,VA	26	M	30:23	88	3:02	1:23:10	136	17.9	1:00:47	217	09:47	2:54:20
160	Jeffrey Rose	Arlington,VA	33	M	32:35	138	3:16	1:28:37	194	16.8	53:09	133	08:33	2:54:21
161	Mark Baxter	Charlotte,NC	21	M	23:44	10	2:22	1:33:02	223	16	57:37	181	09:16	2:54:23

162	Jesse Freese	Rockville,MD	27	M	33:42	166	3:22	1:28:18	191	16.9	52:29	127	08:27	2:54:29
163	Neil Ferrentino	Woodbury,NY	39	M	30:48	99	3:05	1:24:03	143	17.7	59:48	207	09:37	2:54:39
164	Snow Dogs	Mixed Relay,	91	M	31:02	103	3:06	1:22:21	125	18.1	1:01:20	221	09:52	2:54:43
165	Lucas Zarwell	Washington,DC	30	M	34:29	176	3:27	1:28:09	188	16.9	52:20	123	08:25	2:54:58
166	Amy Griffin	Baltimore,MD	26	F	31:52	124	3:11	1:27:02	181	17.1	56:12	162	09:03	2:55:06
167	Candido Palting	Columbia,MD	35	M	36:46	217	3:41	1:19:14	89	18.8	59:12	202	09:32	2:55:12
168	Carolyn Fricke	Alexandria,VA	39	F	40:20	260	4:02	1:18:08	76	19.1	56:51	171	09:09	2:55:19
169	Amber Reiss-holt	Bowie,MD	28	F	24:34	19	2:27	1:35:35	237	15.6	55:24	153	08:55	2:55:33
170	Christine Kaucher	Washington,DC	37	F	25:25	29	2:32	1:34:25	229	15.8	57:04	175	09:11	2:56:54
171	Mary Brooks	Gainesville,VA	33	F	32:38	140	3:16	1:27:34	186	17	56:44	170	09:08	2:56:56
172	Laura Brown	Arlington,VA	30	F	27:00	39	2:42	1:33:08	224	16	56:55	172	09:10	2:57:03
173	Eric Kominski	Chantilly,VA	37	M	34:39	178	3:28	1:24:54	161	17.6	57:35	182	09:16	2:57:08
174	Kanna Volodka	Chevy Chase,MD	30	F	35:19	200	3:32	1:26:16	173	17.3	55:48	157	08:59	2:57:23
175	Christina Kennedy	Takoma Park,MD	27	F	39:54	247	3:59	1:26:34	175	17.2	51:09	104	08:14	2:57:37
176	Stephen Clinger	Ellicott City,MD	44	M	39:27	245	3:57	1:23:48	139	17.8	54:42	146	08:48	2:57:57
177	Brady Hill	Rockville,MD	28	M	35:07	196	3:31	1:24:52	157	17.6	58:38	192	09:26	2:58:37
178	Michael Keim	Leesburg,VA	34	M	33:04	155	3:18	1:26:17	174	17.3	59:18	203	09:33	2:58:39
179	Stu Bartow	Washington,DC	31	M	40:03	251	4:00	1:19:46	96	18.7	58:52	197	09:28	2:58:41
180	Donald Waymire	Springfield,VA	37	M	33:26	160	3:21	1:26:49	178	17.2	58:43	194	09:27	2:58:58
181	Natasha Houldson	Arlington,VA	26	F	36:53	218	3:41	1:24:20	153	17.7	57:50	184	09:18	2:59:03
182	Alison Hagele	Alexandria,VA	30	F	34:56	190	3:30	1:25:15	164	17.5	58:57	199	09:29	2:59:08
183	Heather Van Slooten	Washington,DC	29	F	39:01	236	3:54	1:24:16	150	17.7	55:53	160	09:00	2:59:10
184	Wendy Huber	Charlottesville,VA	36	F	29:51	81	2:59	1:26:40	176	17.2	1:02:57	242	10:08	2:59:28
185	Laura Macaluso	Herndon,VA	30	F	34:41	180	3:28	1:25:01	162	17.5	59:59	210	09:39	2:59:41
186	Jon Mellor	Charlottesville,VA	23	M	50:09	299	5:01	1:10:06	11	21.3	59:48	208	09:37	3:00:03
187	Larry Hevner	Centreville,VA	54	M	39:18	240	3:56	1:24:53	159	17.6	56:17	163	09:03	3:00:28
188	Wendy Vanasselt	Washington,DC	32	F	40:17	259	4:02	1:21:28	116	18.3	58:59	201	09:30	3:00:44
189	Susan Pandis	Centreville,VA	42	F	31:50	122	3:11	1:27:15	185	17.1	1:01:56	230	09:58	3:01:01
190	Dave Riley	Moriches,NY	26	M	28:19	52	2:50	1:33:55	227	15.9	58:53	200	09:29	3:01:07
191	Eric Lamar	Washington,DC	45	M	31:20	111	3:08	1:34:30	231	15.8	55:36	155	08:57	3:01:26
192	Christophe Drews	Sterling,VA	42	M	32:42	142	3:16	1:32:15	218	16.2	56:33	169	09:06	3:01:30
193	John Swanson	Washington,DC	39	M	41:08	264	4:07	1:24:11	147	17.7	56:13	164	09:03	3:01:32
194	Karl Riber	Washington,DC	28	M	36:00	210	3:36	1:27:03	183	17.1	58:43	195	09:27	3:01:46
195	Cathy Little	Falls Church,VA	36	F	34:48	187	3:29	1:27:08	184	17.1	1:00:09	213	09:41	3:02:05
196	Christophe Pflanz	Chevy Chase,MD	30	M	28:13	51	2:49	1:38:19	248	15.2	55:52	158	08:59	3:02:24
197	Kathleen Kinsey	Indian Head,MD	36	F	28:36	56	2:52	1:28:51	197	16.8	1:04:59	256	10:27	3:02:26
198	Jill Carroll	Washington,DC	24	F	25:38	30	2:34	1:35:36	238	15.6	1:01:18	222	09:52	3:02:32
199	David Altobello	Potomac,MD	34	M	28:43	60	2:52	1:31:49	214	16.2	1:02:13	234	10:01	3:02:45
200	Lawrence Godwin	Arlington,VA	52	M	32:55	150	3:18	1:31:06	209	16.4	58:46	196	09:27	3:02:47
201	Evan Nierman	Arlington,VA	23	M	46:33	290	4:39	1:28:27	193	16.9	48:00	62	07:43	3:03:00
202	Shelly Grow	Washington,DC	27	F	42:01	269	4:12	1:19:30	92	18.8	1:01:40	226	09:55	3:03:11
203	Patrick Rankin	Arlington,VA	32	M	37:18	223	3:44	1:28:10	189	16.9	57:58	187	09:20	3:03:26

204	Barbra Byington	Alexandria,VA	34	F	39:54	248	3:59	1:29:29	200	16.7	54:16	144	08:44	3:03:39
205	Sharyn Markey	Arlington,VA	23	F	33:38	164	3:22	1:28:12	190	16.9	1:02:04	231	09:59	3:03:54
206	Antonio De Monaco	Arlington,VA	35	M	29:43	79	2:58	1:38:56	249	15.1	55:20	152	08:54	3:03:59
207	Amber Morrell	Arlington,VA	27	F	39:20	244	3:56	1:33:50	226	15.9	51:01	99	08:13	3:04:11
208	Julie Bargeski	Silver Spring,MD	39	F	30:55	100	3:06	1:29:44	201	16.6	1:04:15	251	10:20	3:04:54
209	Karen Parrottino	Raleigh,NC	41	F	43:36	276	4:22	1:31:45	212	16.3	49:44	81	08:00	3:05:05
210	Elisabeth Root	Washington,DC	25	F	32:33	136	3:15	1:30:50	205	16.4	1:01:50	229	09:57	3:05:13
211	Jeff Travers	Waldorf,MD	34	M	36:25	215	3:38	1:28:50	196	16.8	1:00:11	214	09:41	3:05:26
212	Gerald Hendrickson	Rockville,MD	47	M	43:58	280	4:24	1:17:46	71	19.2	1:04:21	252	10:21	3:06:05
213	William Potts	Bowie,MD	44	M	37:03	221	3:42	1:32:00	215	16.2	57:13	178	09:12	3:06:16
214	Joe Ahearn	Mclean,VA	44	M	42:00	268	4:12	1:32:12	217	16.2	52:33	128	08:27	3:06:45
215	Mark Keatley	Alexandria,VA	25	M	40:04	254	4:00	1:31:42	211	16.3	55:05	149	08:52	3:06:51
216	Tammy Travers	Waldorf,MD	34	F	34:57	191	3:30	1:25:43	168	17.4	1:06:51	262	10:46	3:07:31
217	Trevor Nelson	Dunn Loring,VA	31	M	28:49	63	2:53	1:26:59	180	17.1	1:12:12	285	11:37	3:08:00
218	Sheri Sampson	Arlington,VA	26	F	27:52	46	2:47	1:31:46	213	16.3	1:08:28	268	11:01	3:08:06
219	Lyn Indrisano	Alexandria,VA	30	F	40:55	263	4:06	1:24:52	158	17.6	1:02:27	235	10:03	3:08:14
220	Robert Grimes	Potomac,MD	43	M	40:03	252	4:00	1:31:02	208	16.4	57:36	183	09:16	3:08:41
221	Jinny Kim	Takoma Park,MD	29	F	34:42	182	3:28	1:42:30	262	14.6	51:41	111	08:19	3:08:53
222	Tillman Bruett	Washington,DC	35	M	30:01	84	3:00	1:35:51	239	15.6	1:03:14	243	10:11	3:09:06
223	David Fraser-hidalgo	Kensington,MD	32	M	39:18	241	3:56	1:32:43	222	16.1	57:14	179	09:13	3:09:15
224	Fat, Old And Broken	Male Relay,	90	M	32:22	132	3:14	1:35:11	236	15.7	1:01:44	228	09:56	3:09:17
225	Robert Hermstein	Silver Spring,MD	27	M	41:42	266	4:10	1:32:18	220	16.2	56:19	166	09:04	3:10:19
226	Ashley Mckinnie	Alexandria,VA	32	F	31:14	108	3:07	1:28:25	192	16.9	1:10:48	280	11:24	3:10:27
227	Sandi Smith	Washington,DC	30	F	30:56	101	3:06	1:32:24	221	16.1	1:07:39	265	10:53	3:10:59
228	James Watson	Burke,VA	46	M	43:57	279	4:24	1:22:53	133	18	1:04:22	253	10:22	3:11:12
229	Nick Alberti	Washington,DC	51	M	49:35	296	4:58	1:20:32	103	18.5	1:01:32	224	09:54	3:11:39
230	Jonathan Sleep	Herndon,VA	45	M	38:14	230	3:49	1:35:05	234	15.7	58:37	193	09:26	3:11:56
231	Neda Farzan	Washington,DC	24	F	42:52	272	4:17	1:31:31	210	16.3	57:56	185	09:19	3:12:19
232	Sean Carney	Bowie,MD	39	M	31:51	123	3:11	1:30:57	206	16.4	1:09:38	275	11:12	3:12:26
233	Nancy Delaplane	Laplata,MD	57	F	39:13	237	3:55	1:34:04	228	15.9	59:27	205	09:34	3:12:44
234	Alexis Buitraed	Silver Spring,MD	38	M	41:58	267	4:12	1:28:54	198	16.8	1:02:37	238	10:05	3:13:29
235	Scott Davies	Norfolk,VA	35	M	40:13	257	4:01	1:33:49	225	15.9	59:43	209	09:37	3:13:45
236	Allison Cohen	Washington,DC	30	F	37:59	227	3:48	1:35:06	235	15.7	1:01:30	225	09:54	3:14:35
237	Bettina Myers	Washington,DC	32	F	45:14	284	4:31	1:34:29	230	15.8	54:54	147	08:50	3:14:37
238	Donn Keatley	Atlanta,GA	27	M	40:12	255	4:01	1:36:12	240	15.5	58:16	190	09:23	3:14:40
239	Janet Foster	Lancaster,PA	46	F	37:05	222	3:42	1:36:12	241	15.5	1:02:00	232	09:59	3:15:17
240	Brook Schutt	Alexandria,VA	27	F	39:59	250	4:00	1:36:44	244	15.4	58:51	198	09:28	3:15:34
241	Team Shuras	Female Relay,	90	F	39:45	246	3:58	1:40:12	255	14.9	55:52	159	08:59	3:15:49
242	Lucinda Szebrat	Annapolis,MD	29	F	33:30	161	3:21	1:41:45	259	14.7	1:00:38	216	09:45	3:15:53
243	Robert Kelley	Frederick,MD	46	M	33:42	167	3:22	1:37:21	245	15.3	1:05:39	259	10:34	3:16:42
244	Aislynn Raymond	Reston,VA	16	F	32:23	134	3:14	1:42:33	264	14.5	1:02:50	240	10:07	3:17:46
245	Jodie Riesenberger	Washington,DC	31	F	43:48	278	4:23	1:34:58	233	15.7	59:56	211	09:39	3:18:42

246	Jim Sebatian	Takoma Park,MD	37	M	32:34	137	3:15	1:32:17	219	16.2	1:13:53	288	11:53	3:18:44
247	Scott Lewis	Manassas,VA	39	M	38:41	232	3:52	1:39:17	251	15	1:00:59	219	09:49	3:18:57
248	Sam Keller	Washington,DC	30	M	35:41	206	3:34	1:40:02	253	14.9	1:03:53	246	10:17	3:19:36
249	Jeanette Dumbrell	Falls Church,VA	33	F	42:05	271	4:12	1:38:17	247	15.2	59:23	204	09:33	3:19:45
250	Josephine Lee	Bethesda,MD	32	F	38:46	233	3:53	1:39:14	250	15	1:02:28	236	10:03	3:20:28
251	Ruth Ellen James	Washington,DC	26	F	33:49	169	3:23	1:42:37	265	14.5	1:04:35	254	10:24	3:21:01
252	Byron Marchant	Arlington,VA	44	M	38:52	234	3:53	1:57:06	293	12.7	1:18:41	297	12:40	3:22:51
253	Christophe Jacobs	Baltimore,MD	26	M	44:23	281	4:26	1:31:00	207	16.4	1:07:36	266	10:53	3:22:59
254	Rebecca Morley	Arlington,VA	30	F	38:59	235	3:54	1:41:22	258	14.7	1:02:49	241	10:07	3:23:10
255	Antonio Pompa	Annapolis,MD	29	M	34:24	174	3:26	1:45:10	275	14.2	1:03:48	245	10:16	3:23:22
256	Julie Perlumtmer	Washington,DC	44	F	42:02	270	4:12	1:40:34	257	14.8	1:00:54	218	09:48	3:23:30
257	Peter Cook	Washington,DC	33	M	36:22	214	3:38	1:34:52	232	15.7	1:13:36	287	11:51	3:24:50
258	Raquel Domgaard	Washington,DC	34	F	40:12	256	4:01	1:42:14	261	14.6	1:02:30	237	10:04	3:24:56
259	Ron Lyerly	Fairfax,VA	35	M	35:33	204	3:33	1:44:42	271	14.2	1:05:05	257	10:28	3:25:20
260	Lisa Moreno	Washington,DC	35	F	44:58	282	4:30	1:36:33	242	15.4	1:04:09	250	10:19	3:25:40
261	Peter Birch	Fairfax,VA	29	M	35:05	195	3:30	1:46:38	277	14	1:03:57	248	10:18	3:25:40
262	Craig Smith	Voorhees,NJ	29	M	42:57	273	4:18	1:40:09	254	14.9	1:02:45	239	10:06	3:25:51
263	Richard Nelson	Crofton,MD	36	M	35:59	209	3:36	1:40:27	256	14.8	1:09:56	279	11:15	3:26:22
264	Annette Meredith	Riverdale,MD	31	F	49:36	297	4:58	1:42:51	266	14.5	54:12	143	08:43	3:26:39
265	Carrie Ludwig	Waldorf,MD	32	F	49:34	295	4:57	1:37:41	246	15.3	59:55	212	09:39	3:27:10
266	Nan Dawkins	Ashburn,VA	40	F	47:40	291	4:46	1:29:50	202	16.6	1:09:47	277	11:14	3:27:17
267	Kerry Baker	Potomac,VA	28	F	38:13	229	3:49	1:49:15	281	13.7	1:00:29	215	09:44	3:27:57
268	Will Berry	Ashburn,VA	36	M	30:00	83	3:00	1:49:44	284	13.6	1:08:27	269	11:01	3:28:11
269	Kerry Birch	Fairfax,VA	28	F	35:29	202	3:33	1:48:05	280	13.8	1:04:47	255	10:26	3:28:21
270	Halley Rosen	Washington,DC	30	F	39:18	242	3:56	1:46:06	276	14.1	1:03:58	249	10:18	3:29:22
271	Monique Mears	Washington,DC	28	F	40:54	262	4:05	1:39:41	252	15	1:08:57	270	11:06	3:29:32
272	Rachelle Lasken	Clifton,VA	22	F	45:24	286	4:32	1:36:35	243	15.4	1:07:51	267	10:55	3:29:50
273	Teri Adams	Annapolis,MD	41	F	37:58	226	3:48	1:43:33	267	14.4	1:09:47	278	11:14	3:31:18
274	Susanna Burlace	Anapolis,MD	36	F	40:03	253	4:00	1:41:51	260	14.6	1:09:24	272	11:10	3:31:18
275	Nicole Terry	Ashburn,VA	28	F	31:45	120	3:10	1:56:27	291	12.8	1:03:52	247	10:17	3:32:04
276	Tracy Sutton	Alexandria,VA	24	F	33:07	157	3:19	1:49:34	282	13.6	1:09:28	274	11:11	3:32:09
277	Carrie Evenden	Baltimore,MD	26	F	34:43	183	3:28	1:51:25	287	13.4	1:06:29	260	10:42	3:32:37
278	Allyvon Peters	Washington,DC	26	F	36:58	219	3:42	1:44:35	270	14.3	1:11:04	281	11:26	3:32:37
279	Kristin O'shields	Reston,VA	31	F	43:43	277	4:22	1:47:50	279	13.8	1:01:16	223	09:52	3:32:49
280	Katie Sleep	Herndon,VA	46	F	33:40	165	3:22	1:50:06	285	13.5	1:09:42	276	11:13	3:33:28
281	Greg Demichele	Haddonfield,NJ	30	M	34:04	172	3:24	1:54:11	289	13.1	1:07:30	264	10:52	3:35:45
282	Matt Smith	Alexandria,VA	27	M	35:40	205	3:34	1:44:20	269	14.3	1:16:32	294	12:19	3:36:32
283	Heidi Mcgowen	Alexandria,VA	34	F	39:58	249	4:00	1:45:08	274	14.2	1:11:39	284	11:32	3:36:45
284	Jennifer Franke	Washington,DC	33	F	46:32	289	4:39	1:44:44	272	14.2	1:06:51	263	10:46	3:38:07
285	Heidi Manley	Washington,DC	28	F	43:03	274	4:18	1:45:05	273	14.2	1:11:11	282	11:27	3:39:19
286	Monica Brookman	Washington,DC	26	F	45:31	287	4:33	1:42:30	263	14.6	1:12:47	286	11:43	3:40:48
287	Tara Rohland	Reston,VA	31	F	34:58	192	3:30	1:51:17	286	13.4	1:15:29	292	12:09	3:41:44

288	Robin Young	Springfield,VA	37	F	45:10	283	4:31	1:47:23	278	13.9	1:09:11	271	11:08	3:41:44
289	William Mcdaniel	Newport News,VA	44	M	43:26	275	4:21	1:55:49	290	12.9	1:03:37	244	10:14	3:42:52
290	Unofficial Finisher	,			46:25	288	4:38	2:15:30	302	11	1:26:58	301	14:00	3:44:13
291	Eunice Allen	Takoma Park,MD	23	F	49:07	294	4:55	1:44:18	268	14.3	1:14:27	290	11:59	3:47:52
292	Cheryl Gnehm	Falls Church,VA	30	F	36:19	213	3:38	1:56:30	292	12.8	1:16:50	295	12:22	3:49:39
293	Susan Fanburg	Arlington,VA	34	F	51:28	300	5:09	1:49:36	283	13.6	1:09:26	273	11:10	3:50:30
294	Sylvia Hacaj	Alexandria,VA	35	F	40:47	261	4:05	1:57:12	294	12.7	1:15:10	291	12:06	3:53:09
295	Katherine Butler	Potomac,MD	50	F	36:07	211	3:37	2:00:18	297	12.4	1:24:52	300	13:39	4:01:17
296	Rina Hakimian	Rockville,MD	40	F	47:47	292	4:47	1:58:51	295	12.6	1:15:51	293	12:12	4:02:29
297	Scott Bassford	Salisbury,MD	18	M	55:54	301	5:35	1:53:53	288	13.1	1:14:20	289	11:58	4:04:07
298	Kerry Brainard	Washington,DC	25	F	45:15	285	4:32	1:59:12	296	12.5	1:23:53	299	13:30	4:08:20
299	William Niner	Washington,DC	25	M	41:11	265	4:07	2:12:11	301	11.3	1:17:59	296	12:33	4:11:21
300	Sherry Wolfe	Alexandria,VA	44	F	47:57	293	4:48	2:03:59	298	12	1:21:05	298	13:03	4:13:01
301	Frida Hopper	Alexandria,VA	35	F	57:06	303	5:43	2:08:15	299	11.6	1:11:27	283	11:30	4:16:48
302	Katherine Myers	Ashburn,VA	39	F	49:48	298	4:59	2:10:26	300	11.4	1:28:46	302	14:17	4:29:00
303	Kathleen Obert	Alexandria,VA	41	F	58:02	304	5:48	2:25:53	303	10.2	1:35:31	303	15:22	4:58:13
304	Suzy Blanton	Alexandria,VA	33	F	56:49	302	5:41	2:25:53	304	10.2	1:35:31	304	15:22	4:58:13

AGE GROUP RESULTS

SPUD LONG TRIATHLON
NO FINISHERS

MALE 14 AND UNDER

SPUD LONG TRIATHLON
NO FINISHERS

FEMALE 14 AND UNDER

SPUD LONG TRIATHLON

MALE AGES 15 TO 19

1.	Timothy Kunin	Fairfax,VA	19	M	88	697	2:42:02	9:00
2.	Scott Bassford	Salisbury,MD	18	M	297	525	4:04:07	13:34

SPUD LONG TRIATHLON

FEMALE AGES 15 TO 19

1.	Aislynn Raymond	Reston,VA	16	F	244	796	3:17:46	10:59
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SPUD LONG TRIATHLON

MALE AGES 20 TO 24

1.	David Weiss	Washington,DC	23	M	23	C	885	2:25:47	8:06
2.	Matthew Heiser	Manheim,PA	24	M	27		650	2:28:27	8:15
3.	Adam Perry	Silver Spring,MD	23	M	62		782	2:36:19	8:41
4.	Gregory Potts	Arlington,VA	24	M	80		788	2:40:25	8:55
5.	David Druzynski	Alexandria,VA	23	M	81	C	599	2:40:35	8:55
6.	Mark Baxter	Charlotte,NC	21	M	161		526	2:54:23	9:41
7.	Jon Mellor	Charlottesville,VA	23	M	186		744	3:00:03	10:00
8.	Evan Nierman	Arlington,VA	23	M	201		761	3:03:00	10:10

SPUD LONG TRIATHLON

FEMALE AGES 20 TO 24

1.	Catherine Herrold	Washington,DC	24	F	37		654	2:31:20	8:24
2.	Candy Panigutti	Washington,DC	24	F	100		774	2:44:07	9:07
3.	Heather Mason	Schenectady,NY	23	F	123		730	2:47:42	9:19
4.	Nicki Atkinson	West Chester,PA	23	F	129		516	2:49:06	9:24

5.	Jill Carroll	Washington,DC	24	F	198	C	557	3:02:32	10:08
6.	Sharyn Markey	Arlington,VA	23	F	205	C	727	3:03:54	10:13
7.	Neda Farzan	Washington,DC	24	F	231		612	3:12:19	10:41
8.	Rachelle Lasken	Clifton,VA	22	F	272		703	3:29:50	11:39
9.	Tracy Sutton	Alexandria,VA	24	F	276	C	852	3:32:09	11:47
10.	Eunice Allen	Takoma Park,MD	23	F	291	C	506	3:47:52	12:40

SPUD LONG TRIATHLON

MALE AGES 25 TO 29

1.	John Dill	Norfolk,VA	29	M	1		591	2:06:59	7:03
2.	Jonathan Conklin	Owings Mills,MD	29	M	5		566	2:14:03	7:27
3.	Eric Raffini	Washington,DC	28	M	8		792	2:18:28	7:42
4.	Paul Wright	Alexandria,VA	26	M	16		894	2:23:33	7:58
5.	Andrew Lipscomb	Arlington,VA	27	M	21		711	2:25:44	8:06
6.	Matthew Rogos	Reston,VA	27	M	24		810	2:26:44	8:09
7.	Chris Geary	Reston,VA	27	M	25		626	2:28:08	8:14
8.	Greg Dorsey	Baltimore,MD	27	M	30		595	2:29:33	8:18
9.	Justin Dekoszovszky	Brooklyn,NY	25	M	31		584	2:29:39	8:19
10.	Tom Kalka	Vienna,VA	29	M	35	C	678	2:31:07	8:24
11.	Robert Cook	Manassas,VA	29	M	39		569	2:31:57	8:26
12.	Christophe Townsend	New York,NY	29	M	41	C	864	2:32:10	8:27
13.	Rafael Mucino	Arlington,VA	29	M	43		753	2:32:26	8:28
14.	Steve Crass	Arlington,VA	28	M	47		577	2:33:10	8:31
15.	Carl Lewin	Washington,DC	26	M	58		708	2:35:45	8:39
16.	Steve Peet	Silver Spring,MD	29	M	85		780	2:41:08	8:57
17.	Ryan Wallace	Washington,DC	29	M	86		877	2:41:09	8:57
18.	Christophe Sperry	Alexandria,VA	27	M	104		842	2:44:57	9:10
19.	Phil Wallisch	Arlington,VA	27	M	105		878	2:44:59	9:10
20.	Joe Wesolaski	New York,NY	27	M	119		888	2:46:31	9:15
21.	Daniel Shaw	Catonsville,MD	26	M	120		832	2:47:08	9:17
22.	Todd Robenson	Washington,DC	28	M	124	C	808	2:47:47	9:19
23.	Ross Mackinnon	Arlington,VA	26	M	131	C	723	2:49:42	9:26
24.	Steven Blanton	Alexandria,VA	28	M	145		533	2:52:22	9:35
25.	Daniel Hunt	Arlington,VA	25	M	147		664	2:52:43	9:36
26.	Stephen Mccarthy	Arlington,VA	28	M	148		736	2:52:48	9:36
27.	Scott Lajoie	Washington,DC	29	M	153	C	700	2:53:40	9:39
28.	Pawal Kisiel	Boston,MA	26	M	155		693	2:53:51	9:40
29.	Andy Macdonald	Sterling,VA	29	M	156		720	2:53:55	9:40
30.	Matthew Klapmust	Arlington,VA	26	M	159		694	2:54:20	9:41
31.	Jesse Freese	Rockville,MD	27	M	162		622	2:54:29	9:42
32.	Brady Hill	Rockville,MD	28	M	177		656	2:58:37	9:55
33.	Dave Riley	Moriches,NY	26	M	190		806	3:01:07	10:04
34.	Karl Riber	Washington,DC	28	M	194		803	3:01:46	10:06
35.	Mark Keatley	Alexandria,VA	25	M	215		683	3:06:51	10:23
36.	Robert Hermstein	Silver Spring,MD	27	M	225		653	3:10:19	10:34
37.	Donn Keatley	Atlanta,GA	27	M	238	C	682	3:14:40	10:49
38.	Christophe Jacobs	Baltimore,MD	26	M	253		670	3:22:59	11:17
39.	Antonio Pompa	Annapolis,MD	29	M	255		787	3:23:22	11:18
40.	Peter Birch	Fairfax,VA	29	M	261	C	531	3:25:40	11:26
41.	Craig Smith	Voorhees,NJ	29	M	262	C	839	3:25:51	11:26
42.	Matt Smith	Alexandria,VA	27	M	282		840	3:36:32	12:02
43.	William Niner	Washington,DC	25	M	299		762	4:11:21	13:58

SPUD LONG TRIATHLON		FEMALE AGES 25 TO 29						
1.	Christine Couldrey	Alexandria,VA	28	F	61	575	2:36:19	8:41
2.	Sharon Adams	Reston,VA	26	F	73	502	2:38:34	8:49
3.	Julie Sternberg	Washington,DC	25	F	101	846	2:44:16	9:08
4.	Natasha Drew	Arlington,VA	29	F	107	597	2:45:09	9:10
5.	Catherine Townsend	New York,NY	28	F	122	863	2:47:27	9:18
6.	Marcia Macedo	Washington,DC	25	F	127	721	2:48:59	9:23
7.	Christine Walsh	Arlington,VA	27	F	141	879	2:51:19	9:31
8.	Amy Griffin	Baltimore,MD	26	F	166	640	2:55:06	9:44
9.	Amber Reiss-holt	Bowie,MD	28	F	169	799	2:55:33	9:45
10.	Christina Kennedy	Takoma Park,MD	27	F	175	688	2:57:37	9:52
11.	Natasha Houldson	Arlington,VA	26	F	181	659	2:59:03	9:57
12.	Heather Van Slooten	Washington,DC	29	F	183	871	2:59:10	9:57
13.	Shelly Grow	Washington,DC	27	F	202	643	3:03:11	10:11
14.	Amber Morrell	Arlington,VA	27	F	207	752	3:04:11	10:14
15.	Elisabeth Root	Washington,DC	25	F	210	812	3:05:13	10:17
16.	Sheri Sampson	Arlington,VA	26	F	218	821	3:08:06	10:27
17.	Jinny Kim	Takoma Park,MD	29	F	221	691	3:08:53	10:30
18.	Brook Schutt	Alexandria,VA	27	F	240	826	3:15:34	10:52
19.	Lucinda Szebrat	Annapolis,MD	29	F	242	855	3:15:53	10:53
20.	Ruth Ellen James	Washington,DC	26	F	251	672	3:21:01	11:10
21.	Kerry Baker	Potomac,VA	28	F	267	898	3:27:57	11:33
22.	Kerry Birch	Fairfax,VA	28	F	269	530	3:28:21	11:34
23.	Monique Mears	Washington,DC	28	F	271	742	3:29:32	11:38
24.	Nicole Terry	Ashburn,VA	28	F	275	858	3:32:04	11:47
25.	Carrie Evenden	Baltimore,MD	26	F	277	607	3:32:37	11:49
26.	Allyvon Peters	Washington,DC	26	F	278	783	3:32:37	11:49
27.	Heidi Manley	Washington,DC	28	F	285	725	3:39:19	12:11
28.	Monica Brookman	Washington,DC	26	F	286	543	3:40:48	12:16
29.	Kerry Brainard	Washington,DC	25	F	298	538	4:08:20	13:48

SPUD LONG TRIATHLON		MALE AGES 30 TO 34							
1.	John De Marco	Erie,PA	32	M	3	900	2:11:11	7:17	
2.	Mark Puhaly	Dumfries,VA	32	M	9	790	2:18:33	7:42	
3.	Steve Russell	Severna Park,MD	33	M	11	817	2:21:08	7:50	
4.	Tom Antisdell	Washington,DC	30	M	15	513	2:21:39	7:52	
5.	Philip Baetcke	Falls Church,VA	31	M	17	520	2:23:43	7:59	
6.	Howard Curtis	Washington,DC	31	M	26	578	2:28:11	8:14	
7.	Mark Ritter	Camp Hill,PA	33	M	44	807	2:32:45	8:29	
8.	Matthew Corn	Hobe Sound,FL	32	M	51	573	2:33:49	8:33	
9.	Brent Boone	Annapolis,MD	33	M	52	535	2:33:54	8:33	
10.	Cullen Cowley	Greenbelt,MD	33	M	54	576	2:34:08	8:34	
11.	Eugene Breidenbach	Annapolis,MD	30	M	66	C	539	2:37:06	8:44
12.	Peter Viola	Vienna,VA	33	M	70	874	2:37:47	8:46	
13.	Xavier Szebrat	Annapolis,MD	31	M	72	856	2:38:30	8:48	
14.	John Baltes	Upper Marlboro,MD	31	M	74	521	2:38:40	8:49	
15.	Gary Anderson	Fairfax,VA	32	M	83	510	2:40:57	8:56	
16.	Steven Dzibinski	Reston,VA	34	M	90	604	2:42:26	9:01	
17.	Phil Ash	Washington,DC	31	M	95	514	2:43:14	9:04	
18.	Thomas O'brien	Fredericksburg,VA	31	M	103	C	764	2:44:56	9:10

19.Erik Lofgren	Washington,DC	32	M	115	713	2:45:52	9:13
20.Robert Henning	Washington,DC	30	M	116	652	2:45:52	9:13
21.Michael Bosch	Waldorf,MD	31	M	133	536	2:50:22	9:28
22.Robert Shearer	Fairfax Station,VA	34	M	135	833	2:50:37	9:29
23.Sean Walsh	Lorton,VA	33	M	138	880	2:50:49	9:29
24.Thomas Barbieri	Montgomery Vill,MD	30	M	139	522	2:51:03	9:30
25.Paul Ludwig	Waldorf,MD	33	M	143	C 716	2:51:58	9:33
26.Brent Chism	Bethesda,MD	32	M	152	560	2:53:23	9:38
27.Jeffrey Rose	Arlington,VA	33	M	160	813	2:54:21	9:41
28.Lucas Zarwell	Washington,DC	30	M	165	897	2:54:58	9:43
29.Michael Keim	Leesburg,VA	34	M	178	685	2:58:39	9:56
30.Stu Bartow	Washington,DC	31	M	179	524	2:58:41	9:56
31.Christophe Pflanz	Chevy Chase,MD	30	M	196	785	3:02:24	10:08
32.David Altobello	Potomac,MD	34	M	199	C 507	3:02:45	10:09
33.Patrick Rankin	Arlington,VA	32	M	203	794	3:03:26	10:11
34.Jeff Travers	Waldorf,MD	34	M	211	865	3:05:26	10:18
35.Trevor Nelson	Dunn Loring,VA	31	M	217	C 760	3:08:00	10:27
36.David Fraser-hidalgo	Kensington,MD	32	M	223	621	3:09:15	10:31
37.Sam Keller	Washington,DC	30	M	248	687	3:19:36	11:05
38.Peter Cook	Washington,DC	33	M	257	568	3:24:50	11:23
39.Greg Demichele	Haddonfield,NJ	30	M	281	587	3:35:45	11:59

SPUD LONG TRIATHLON FEMALE AGES 30 TO 34

1.Karen Merrill	Woodbridge,VA	34	F	20	746	2:24:59	8:03
2.Olwen Huxley	Washington,DC	31	F	29	667	2:28:57	8:16
3.Whitney Johnson	King George,VA	31	F	40	675	2:32:10	8:27
4.Monique Farah	Oak Hill,VA	34	F	55	611	2:34:19	8:34
5.Julie Gibbons	Fairfax,VA	33	F	60	627	2:36:05	8:40
6.Kendall Schaefer	Washington,DC	31	F	92	C 823	2:42:46	9:03
7.Dana Wolfe	Washington,DC	34	F	140	891	2:51:19	9:31
8.Nancy Chen	Arlington,VA	30	F	151	559	2:53:09	9:37
9.Mary Brooks	Gainesville,VA	33	F	171	C 542	2:56:56	9:50
10.Laura Brown	Arlington,VA	30	F	172	546	2:57:03	9:50
11.Kanna Volodka	Chevy Chase,MD	30	F	174	903	2:57:23	9:51
12.Alison Hagele	Alexandria,VA	30	F	182	C 646	2:59:08	9:57
13.Laura Macaluso	Herndon,VA	30	F	185	718	2:59:41	9:59
14.Wendy Vanasselt	Washington,DC	32	F	188	872	3:00:44	10:02
15.Barbra Byington	Alexandria,VA	34	F	204	552	3:03:39	10:12
16.Tammy Travers	Waldorf,MD	34	F	216	C 866	3:07:31	10:25
17.Lyn Indrisano	Alexandria,VA	30	F	219	668	3:08:14	10:27
18.Ashley Mckinnie	Alexandria,VA	32	F	226	C 740	3:10:27	10:35
19.Sandi Smith	Washington,DC	30	F	227	841	3:10:59	10:37
20.Allison Cohen	Washington,DC	30	F	236	563	3:14:35	10:49
21.Bettina Myers	Washington,DC	32	F	237	755	3:14:37	10:49
22.Jodie Riesenberger	Washington,DC	31	F	245	805	3:18:42	11:02
23.Jeanette Dumbrell	Falls Church,VA	33	F	249	602	3:19:45	11:06
24.Josephine Lee	Bethesda,MD	32	F	250	705	3:20:28	11:08
25.Rebecca Morley	Arlington,VA	30	F	254	751	3:23:10	11:17
26.Raquel Domgaard	Washington,DC	34	F	258	594	3:24:56	11:23
27.Annette Meredith	Riverdale,MD	31	F	264	745	3:26:39	11:29
28.Carrie Ludwig	Waldorf,MD	32	F	265	715	3:27:10	11:31

29.Halley Rosen	Washington,DC	30	F	270	814	3:29:22	11:38	
30.Kristin O'shields	Reston,VA	31	F	279	766	3:32:49	11:49	
31.Heidi Mcgowen	Alexandria,VA	34	F	283	738	3:36:45	12:02	
32.Jennifer Franke	Washington,DC	33	F	284	C	620	3:38:07	12:07
33.Tara Rohland	Reston,VA	31	F	287	C	811	3:41:44	12:19
34.Cheryl Gnehm	Falls Church,VA	30	F	292	631	3:49:39	12:46	
35.Susan Fanburg	Arlington,VA	34	F	293	610	3:50:30	12:48	
36.Suzy Blanton	Alexandria,VA	33	F	304	534	4:58:13	16:34	

SPUD LONG TRIATHLON

MALE AGES 35 TO 39

1.David Cascio	Potomac,MD	39	M	2	558	2:10:48	7:16	
2.Daniel Labarca	Ashburn,VA	38	M	4	699	2:12:19	7:21	
3.Tom Crandall	Reston,VA	37	M	6	C	593	2:14:46	7:29
4.Chuck Graf	Chevy Chase,MD	35	M	7	638	2:15:05	7:30	
5.I Sell	Bird In Hand,PA	38	M	19	829	2:24:44	8:02	
6.David Reynolds	Alexandria,VA	38	M	22	801	2:25:45	8:06	
7.David Auman	Richmond,VA	39	M	34	517	2:31:03	8:24	
8.Victor Valdez	Arlington,VA	37	M	45	870	2:32:55	8:30	
9.Matthew Huggins	Washington,DC	38	M	48	663	2:33:22	8:31	
10.Bill Kidd	Fredericksburg,VA	35	M	49	690	2:33:37	8:32	
11.Alan Ryder	Gaithersburg,MD	38	M	59	819	2:35:59	8:40	
12.Steve Hanlon	Washington,DC	35	M	75	648	2:39:13	8:51	
13.Scott Madden	Washington,DC	39	M	77	724	2:39:37	8:52	
14.David Jorgensen	Baltimore,MD	37	M	82	677	2:40:48	8:56	
15.Claes Lewenhaupt	Centreville,VA	38	M	84	707	2:41:08	8:57	
16.Richard Petitbon	Crofton,MD	38	M	87	C	784	2:41:44	8:59
17.Steven Mccann	Annandale,VA	39	M	89	C	734	2:42:11	9:01
18.Frederick Mackem	Reston,VA	39	M	91	722	2:42:37	9:02	
19.Robert Dean	Great Falls,VA	39	M	98	583	2:43:36	9:05	
20.Marvin Leventer	Owings Mills,MD	38	M	130	706	2:49:35	9:25	
21.Gary Ewart	Arlington,VA	36	M	132	608	2:49:56	9:26	
22.Bob Wood	Glenwood,MD	36	M	134	893	2:50:37	9:29	
23.Reid Robinette	Centreville,VA	36	M	137	C	809	2:50:45	9:29
24.Davidy Swaney	Washington,DC	37	M	142	C	853	2:51:43	9:32
25.Andrew Griffith	Montgomery Vill,MD	39	M	150	641	2:53:03	9:37	
26.Neil Ferrentino	Woodbury,NY	39	M	163	613	2:54:39	9:42	
27.Candido Palting	Columbia,MD	35	M	167	772	2:55:12	9:44	
28.Eric Kominski	Chantilly,VA	37	M	173	695	2:57:08	9:50	
29.Donald Waymire	Springfield,VA	37	M	180	882	2:58:58	9:57	
30.John Swanson	Washington,DC	39	M	193	854	3:01:32	10:05	
31.Antonio De Monaco	Arlington,VA	35	M	206	749	3:03:59	10:13	
32.Tillman Bruett	Washington,DC	35	M	222	548	3:09:06	10:30	
33.Sean Carney	Bowie,MD	39	M	232	556	3:12:26	10:41	
34.Alexis Buitraed	Silver Spring,MD	38	M	234	549	3:13:29	10:45	
35.Scott Davies	Norfolk,VA	35	M	235	580	3:13:45	10:46	
36.Jim Sebatian	Takoma Park,MD	37	M	246	828	3:18:44	11:02	
37.Scott Lewis	Manassas,VA	39	M	247	C	710	3:18:57	11:03
38.Ron Lyerly	Fairfax,VA	35	M	259	717	3:25:20	11:24	
39.Richard Nelson	Crofton,MD	36	M	263	C	759	3:26:22	11:28
40.Will Berry	Ashburn,VA	36	M	268	C	528	3:28:11	11:34

SPUD LONG TRIATHLON		FEMALE AGES 35 TO 39					
1.Joanne Carney	Bowie,MD	37 F	69 C	555	2:37:21	8:44	
2.Rebecca Rankin	Arlington,VA	35 F	96	795	2:43:17	9:04	
3.Margaret Bishop	Middleburg,VA	37 F	99	532	2:43:43	9:06	
4.Michele Mcgleish	Germantown,MD	36 F	114	904	2:45:41	9:12	
5.Carolyn Fricke	Alexandria,VA	39 F	168	623	2:55:19	9:44	
6.Christine Kaucher	Washington,DC	37 F	170	680	2:56:54	9:50	
7.Wendy Huber	Charlottesville,VA	36 F	184	662	2:59:28	9:58	
8.Cathy Little	Falls Church,VA	36 F	195	712	3:02:05	10:07	
9.Kathleen Kinsey	Indian Head,MD	36 F	197	692	3:02:26	10:08	
10.Julie Bargeski	Silver Spring,MD	39 F	208 C	523	3:04:54	10:16	
11.Lisa Moreno	Washington,DC	35 F	260	750	3:25:40	11:26	
12.Susanna Burlace	Anapolis,MD	36 F	274	899	3:31:18	11:44	
13.Robin Young	Springfield,VA	37 F	288	896	3:41:44	12:19	
14.Sylvia Hacaj	Alexandria,VA	35 F	294 C	645	3:53:09	12:57	
15.Frida Hopper	Alexandria,VA	35 F	301	657	4:16:48	14:16	
16.Katherine Myers	Ashburn,VA	39 F	302 C	756	4:29:00	14:57	

SPUD LONG TRIATHLON		MALE AGES 40 TO 44					
1.Thomas Glista	Silver Spring,MD	44 M	10	630	2:20:35	7:49	
2.Ted Steinhauser	Woodbridge,VA	43 M	12	844	2:21:23	7:51	
3.John Mazur	Alexandria,VA	42 M	18	732	2:24:23	8:01	
4.David Wiesenbahn	Springfield,VA	41 M	32	890	2:30:38	8:22	
5.James Sackett	Bowie,MD	43 M	33	820	2:30:42	8:22	
6.William Coquelin	Annandale,VA	42 M	36	572	2:31:08	8:24	
7.Bruce Sladick	Raleigh,NC	40 M	46	836	2:33:01	8:30	
8.John Seybold	Crofton,MD	40 M	53 M	830	2:34:07	8:34	
9.Bill Gulsby	Manassas,VA	44 M	57 M	644	2:35:14	8:37	
10.Al Navidi	Bethesda,MD	43 M	63 M	757	2:36:50	8:43	
11.Mark Stoltzfus	Lancaster,PA	42 M	71	848	2:38:22	8:48	
12.Steve Schmidt	Boyd's,MD	42 M	78 M	825	2:39:38	8:52	
13.Bill Goodrum	Centreville,VA	43 M	79 M	634	2:39:38	8:52	
14.Jim Wazuka	Sterling,VA	41 M	94	883	2:43:12	9:04	
15.David Gaudette	Arlington,VA	44 M	108	624	2:45:18	9:11	
16.Tim Mccaffrey	McLean,VA	43 M	109	733	2:45:18	9:11	
17.Glenn Kehs	Winchester,VA	44 M	118	684	2:46:09	9:14	
18.Tom Calligaro	Fairfax,VA	44 M	125	553	2:47:58	9:20	
19.Peter Raymond	Bethesda,MD	44 M	136	797	2:50:38	9:29	
20.Stephen Clinger	Ellicott City,MD	44 M	176	561	2:57:57	9:53	
21.Christophe Drews	Sterling,VA	42 M	192	598	3:01:30	10:05	
22.William Potts	Bowie,MD	44 M	213	789	3:06:16	10:21	
23.Joe Ahearn	McLean,VA	44 M	214 M	504	3:06:45	10:22	
24.Robert Grimes	Potomac,MD	43 M	220 M	642	3:08:41	10:29	
25.Byron Marchant	Arlington,VA	44 M	252	726	3:22:51	11:16	
26.William Mcdaniel	Newport News,VA	44 M	289	737	3:42:52	12:23	

SPUD LONG TRIATHLON		FEMALE AGES 40 TO 44					
1.Nancy Lewis	Norfolk,VA	43 F	14	709	2:21:36	7:52	
2.Linda Kennedy	Fairfax,VA	41 F	42 M	689	2:32:11	8:27	
3.Carol Housaman	Woodbridge,VA	41 F	67	660	2:37:13	8:44	
4.Lj White	Centreville,VA	40 F	149	889	2:53:01	9:37	

5.Karen Davis	Granite Bay,CA	44 F	154	581	2:53:51	9:40
6.Susan Pandis	Centreville,VA	42 F	189	773	3:01:01	10:03
7.Karen Parrottino	Raleigh,NC	41 F	209	776	3:05:05	10:17
8.Julie Perlumnter	Washington,DC	44 F	256	781	3:23:30	11:18
9.Nan Dawkins	Ashburn,VA	40 F	266	582	3:27:17	11:31
10.Teri Adams	Annapolis,MD	41 F	273 M	503	3:31:18	11:44
11.Rina Hakimian	Rockville,MD	40 F	296	647	4:02:29	13:28
12.Sherry Wolfe	Alexandria,VA	44 F	300	892	4:13:01	14:03
13.Kathleen Obert	Alexandria,VA	41 F	303 M	767	4:58:13	16:34

SPUD LONG TRIATHLON		MALE AGES 45 TO 49				
1.Gary Vandever	Virginia Beach,VA	45 M	13	873	2:21:35	7:52
2.Gordon Fesenger	Woodbridge,VA	45 M	38	614	2:31:48	8:26
3.Rob Colburn	Ashburn,VA	46 M	56	564	2:34:59	8:37
4.Mike Pfabe	Vienna,VA	45 M	64	628	2:36:56	8:43
5.Anton Struntz	Frederick,MD	47 M	76	850	2:39:28	8:52
6.Jose Santos	Falls Church,VA	47 M	93	822	2:43:10	9:04
7.Donald Hurt	Alexandria,VA	48 M	97	666	2:43:26	9:05
8.Bill Pastor	Washington,DC	48 M	102	778	2:44:48	9:09
9.Charlie Martorana	Manassas,VA	49 M	110	729	2:45:29	9:12
10.Jeff Oxman	Rockville,MD	45 M	111	771	2:45:34	9:12
11.Boyd Steward	Rockville,MD	49 M	121	847	2:47:22	9:18
12.Brian Stephenson	Harrisburg,PA	45 M	128 M	845	2:49:04	9:24
13.Steve Lord	Oakton,VA	46 M	146	714	2:52:37	9:35
14.Greg Foster	Lancaster,PA	47 M	157	617	2:53:58	9:40
15.Eric Lamar	Washington,DC	45 M	191	701	3:01:26	10:05
16.Gerald Hendrickson	Rockville,MD	47 M	212	651	3:06:05	10:20
17.James Watson	Burke,VA	46 M	228	881	3:11:12	10:37
18.Jonathan Sleep	Herndon,VA	45 M	230	837	3:11:56	10:40
19.Robert Kelley	Frederick,MD	46 M	243 M	686	3:16:42	10:56

SPUD LONG TRIATHLON		FEMALE AGES 45 TO 49				
1.Mary Graham	Catharpin,VA	46 F	144	639	2:52:06	9:34
2.Janet Foster	Lancaster,PA	46 F	239	618	3:15:17	10:51
3.Katie Sleep	Herndon,VA	46 F	280 M	838	3:33:28	11:52

SPUD LONG TRIATHLON		MALE AGES 50 TO 54				
1.Michael Wesbecher	Oakton,VA	54 M	68	887	2:37:16	8:44
2.Larry Atkins	Takoma Park,MD	54 M	106	515	2:45:05	9:10
3.Ben Cooper	Falls Church,VA	54 M	126	571	2:48:30	9:22
4.Chris Hurst	Ellicott City,MD	51 M	158	665	2:54:04	9:40
5.Larry Hevner	Centreville,VA	54 M	187	655	3:00:28	10:02
6.Lawrence Godwin	Arlington,VA	52 M	200	632	3:02:47	10:09
7.Nick Alberti	Washington,DC	51 M	229	505	3:11:39	10:39

SPUD LONG TRIATHLON		FEMALE AGES 50 TO 54				
1.Katherine Butler	Potomac,MD	50 F	295	551	4:01:17	13:24

SPUD LONG TRIATHLON		MALE AGES 55 TO 59				
1.Walter Brown	Montgomery Vill,MD	58 M	50	547	2:33:42	8:32
2.Russ Abbott	Rockville,MD	59 M	112	501	2:45:36	9:12

3.Jay Housaman	Woodbridge,VA	55 M	113	661	2:45:37	9:12
SPUD LONG TRIATHLON		FEMALE AGES 55 TO 59				
1.Nancy Delaplane	Laplata,MD	57 F	233	586	3:12:44	10:42

SPUD LONG TRIATHLON MALE AGES 60 TO 64
NO FINISHERS

SPUD LONG TRIATHLON FEMALE AGES 60 TO 64
NO FINISHERS

SPUD LONG TRIATHLON MALE 65 AND OVER
NO FINISHERS

SPUD LONG TRIATHLON FEMALE 65 AND OVER
NO FINISHERS

RELAY RESULTS

SPUD LONG TRIATHLON		MALE RELAYS				
1.Fat, Old And Broken	Male Relay,	90 M	224	508	3:09:17	10:31

SPUD LONG TRIATHLON		FEMALE RELAY				
1.Team Turbo	Female Relay,	90 F	65	868	2:37:00	8:43
2.Team Shuras	Female Relay,	90 F	241	834	3:15:49	10:53

SPUD LONG TRIATHLON		MIXED RELAY				
1.Brighter Than Brokaw	Mixed Relay,	91 M	28	905	2:28:31	8:15
2.Team D'oh	Mixed Relay,	91 M	117	579	2:46:07	9:14
3.Snow Dogs	Mixed Relay,	91 M	164	592	2:54:43	9:42

OPEN CLYDESDALE/ATHENA RESULTS

SPUD LONG TRIATHLON	MALE	CLYDESDALE/ATHENA					
PLACE	RUNNER'S NAME	CITY/TOWN	AGE SX	TEAM	(#)	TIME	PACE
1.	Tom Crandall	Reston,VA	37 M	C	593	2:14:46	7:29
2.	David Weiss	Washington,DC	23 M	C	885	2:25:47	8:06
3.	Tom Kalka	Vienna,VA	29 M	C	678	2:31:07	8:24
4.	Christophe Townsend	New York,NY	29 M	C	864	2:32:10	8:27
5.	John Seybold	Crofton,MD	40 M	C	830	2:34:07	8:34
6.	Bill Gulsby	Manassas,VA	44 M	C	644	2:35:14	8:37
7.	Al Navidi	Bethesda,MD	43 M	C	757	2:36:50	8:43
8.	Eugene Breidenbach	Annapolis,MD	30 M	C	539	2:37:06	8:44
9.	Steve Schmidt	Boyds,MD	42 M	C	825	2:39:38	8:52
10.	Bill Goodrum	Centreville,VA	43 M	C	634	2:39:38	8:52
11.	David Druzynski	Alexandria,VA	23 M	C	599	2:40:35	8:55
12.	Richard Petitbon	Crofton,MD	38 M	C	784	2:41:44	8:59
13.	Steven Mccann	Annandale,VA	39 M	C	734	2:42:11	9:01
14.	Thomas O'brien	Fredericksburg,VA	31 M	C	764	2:44:56	9:10
15.	Todd Robenson	Washington,DC	28 M	C	808	2:47:47	9:19
16.	Brian Stephenson	Harrisburg,PA	45 M	C	845	2:49:04	9:24
17.	Ross Mackinnon	Arlington,VA	26 M	C	723	2:49:42	9:26
18.	Reid Robinette	Centreville,VA	36 M	C	809	2:50:45	9:29

19.Davidy Swaney	Washington,DC	37	M	C	853	2:51:43	9:32
20.Paul Ludwig	Waldorf,MD	33	M	C	716	2:51:58	9:33
21.Scott Lajoie	Washington,DC	29	M	C	700	2:53:40	9:39
22.David Altobello	Potomac,MD	34	M	C	507	3:02:45	10:09
23.Joe Ahearn	McLean,VA	44	M	C	504	3:06:45	10:22
24.Trevor Nelson	Dunn Loring,VA	31	M	C	760	3:08:00	10:27
25.Robert Grimes	Potomac,MD	43	M	C	642	3:08:41	10:29
26.Donn Keatley	Atlanta,GA	27	M	C	682	3:14:40	10:49
27.Robert Kelley	Frederick,MD	46	M	C	686	3:16:42	10:56
28.Scott Lewis	Manassas,VA	39	M	C	710	3:18:57	11:03
29.Peter Birch	Fairfax,VA	29	M	C	531	3:25:40	11:26
30.Craig Smith	Voorhees,NJ	29	M	C	839	3:25:51	11:26
31.Richard Nelson	Crofton,MD	36	M	C	759	3:26:22	11:28
32.Will Berry	Ashburn,VA	36	M	C	528	3:28:11	11:34

SPUD LONG TRIATHLON FEMALE CLYDESDALE/ATHENA

PLACE	RUNNER'S NAME	CITY/TOWN	AGE	SEX	TEAM	(#)	TIME	PACE
1.	Linda Kennedy	Fairfax,VA	41	F	C	689	2:32:11	8:27
2.	Joanne Carney	Bowie,MD	37	F	C	555	2:37:21	8:44
3.	Kendall Schaefer	Washington,DC	31	F	C	823	2:42:46	9:03
4.	Mary Brooks	Gainesville,VA	33	F	C	542	2:56:56	9:50
5.	Alison Hagele	Alexandria,VA	30	F	C	646	2:59:08	9:57
6.	Jill Carroll	Washington,DC	24	F	C	557	3:02:32	10:08
7.	Sharyn Markey	Arlington,VA	23	F	C	727	3:03:54	10:13
8.	Julie Bargeski	Silver Spring,MD	39	F	C	523	3:04:54	10:16
9.	Tammy Travers	Waldorf,MD	34	F	C	866	3:07:31	10:25
10.	Ashley Mckinnie	Alexandria,VA	32	F	C	740	3:10:27	10:35
11.	Teri Adams	Annapolis,MD	41	F	C	503	3:31:18	11:44
12.	Tracy Sutton	Alexandria,VA	24	F	C	852	3:32:09	11:47
13.	Katie Sleep	Herndon,VA	46	F	C	838	3:33:28	11:52
14.	Jennifer Franke	Washington,DC	33	F	C	620	3:38:07	12:07
15.	Tara Rohland	Reston,VA	31	F	C	811	3:41:44	12:19
16.	Eunice Allen	Takoma Park,MD	23	F	C	506	3:47:52	12:40
17.	Sylvia Hacaj	Alexandria,VA	35	F	C	645	3:53:09	12:57
18.	Katherine Myers	Ashburn,VA	39	F	C	756	4:29:00	14:57
19.	Kathleen Obert	Alexandria,VA	41	F	C	767	4:58:13	16:34

MASTERS CLYDESDALE/ATHENA RESULTS

SPUD LONG TRIATHLON MALE MASTERS CLYDE/ATHENA

PLACE	RUNNER'S NAME	CITY/TOWN	AGE	SEX	TEAM	(#)	TIME	PACE
1.	John Seybold	Crofton,MD	40	M	M	830	2:34:07	8:34
2.	Bill Gulsby	Manassas,VA	44	M	M	644	2:35:14	8:37
3.	Al Navidi	Bethesda,MD	43	M	M	757	2:36:50	8:43
4.	Steve Schmidt	Boyd's,MD	42	M	M	825	2:39:38	8:52
5.	Bill Goodrum	Centreville,VA	43	M	M	634	2:39:38	8:52
6.	Brian Stephenson	Harrisburg,PA	45	M	M	845	2:49:04	9:24
7.	Joe Ahearn	McLean,VA	44	M	M	504	3:06:45	10:22
8.	Robert Grimes	Potomac,MD	43	M	M	642	3:08:41	10:29
9.	Robert Kelley	Frederick,MD	46	M	M	686	3:16:42	10:56

SPUD LONG TRIATHLON		FEMALE MASTERS CLYDE/ATHENA						
PLACE	RUNNER'S NAME	CITY/TOWN	AGE	SX	TEAM	(#)	TIME	PACE
1.	Linda Kennedy	Fairfax,VA	41	F	M	689	2:32:11	8:27
2.	Teri Adams	Annapolis,MD	41	F	M	503	3:31:18	11:44
3.	Katie Sleep	Herndon,VA	46	F	M	838	3:33:28	11:52
4.	Kathleen Obert	Alexandria,VA	41	F	M	767	4:58:13	16:34