

COMPLETE OVERALL RESULTS  
 2014 Kinetic Sprint Triathlon 2014  
 Spotsylvania, VA 5/11/14 9:00am  
 Directed By Virginia Triathlon Series

Place Rank	Bib Co Rank	Ag S	NAME	T2 Rank	RUN PENALTY	city/state	Rank	SWIM Rank	T1	
1	449	42 F	Heather Westerman			Ligonier PA	1	9:08	4	1:48
1	40:40	14	0:58	13	22:19	1:14:52				
2	533	29 F	Liz Whiteley			Washington DC	3	10:34	2	1:39
3	42:43	2	0:44	5	21:18	1:16:56				
3	210	32 F	Dina Sulyma			Potomac Falls VA	66	13:46	8	1:55
2	41:13	5	0:49	9	21:54	1:19:35				
4	222	36 F	Kristine Wooten			Reston VA	27	12:35	10	1:58
4	43:04	12	0:56	12	22:18	1:20:48				
5	316	39 F	Mandy Lovett			Allentown PA	5	10:54	12	1:58
5	43:05	7	0:51	29	24:24	1:21:10				
6	260	30 F	Lauren Lipsey			Washington DC	7	11:16	3	1:45
17	46:07	3	0:46	6	21:19	1:21:11				
7	391	26 F	Ashley Kearcher			Morgantown WV	25	12:31	20	2:12
11	45:31	17	0:59	3	20:45	1:21:55				
8	520	33 F	MacKenzie Yates			Washington DC	33	12:45	9	1:57
6	43:44	20	0:59	15	23:05	1:22:29				
9	158	18 F	Laura Sullivan			Vienna VA	2	9:36	13	1:59
40	48:34	8	0:52	7	21:32	1:22:32				
10	428	37 F	Kathy Lett			Falls Church VA	37	12:54	30	2:17
8	44:47	10	0:54	19	23:37	1:24:28				
11	107	43 F	Susan Winklosky			Ashburn VA	35	12:50	46	2:29
7	44:21	16	0:58	24	23:53	1:24:29				
12	275	31 F	Kara Yeater			Alexandria VA	6	11:12	54	2:37
31	47:22	58	1:14	14	23:05	1:25:28				
13	670	33 F	Jen Sykes			Alexandria VA	8	11:23	26	2:13
9	44:54	40	1:08	55	26:08	1:25:45				
14	106	36 F	Florence Lamirand			Jeffersonton VA	68	13:51	21	2:12
30	47:16	18	0:59	10	21:58	1:26:15				
15	295	51 F	Katherine McKnight			Fairfax VA	42	13:05	34	2:21
20	46:31	24	1:01	17	23:31	1:26:28				
16	390	32 F	June Firkser			Cherry Hill NJ	61	13:38	18	2:10
14	45:55	29	1:03	31	24:32	1:27:17				
17	576	30 F	Erin Collier			Washington DC	63	13:41	19	2:11
12	45:39	27	1:02	40	25:17	1:27:49				
18	588	31 F	Holly Tompkins			Arlington VA	41	13:05	15	2:09
15	46:04	53	1:12	51	25:54	1:28:23				
19	485	25 F	Bridget Stichnot			Charlottesville VA	58	13:34	103	3:13
63	50:48	13	0:56	1	20:07	1:28:36				
20	113	37 F	Gretchen Cullenberg			Arlington VA	50	13:25	23	2:13
18	46:08	74	1:18	49	25:45	1:28:47				
21	516	48 F	Jennifer Rentch			Washington DC	34	12:50	14	2:08
21	46:38	69	1:17	57	26:12	1:29:03				
22	591	34 F	Erin Green			Wilmington NC	24	12:28	36	2:23
33	47:46	49	1:12	45	25:28	1:29:16				
23	122	28 F	Kate Tussey			Falls Church VA	59	13:35	41	2:25
42	48:40	11	0:55	22	23:48	1:29:21				
24	532	47 F	Stephenie Winter			Wrightsville Beach NC	56	13:33	25	2:13
25	46:52	88	1:23	43	25:26	1:29:25				
25	442	34 F	Jaclyn Rieben			Leesburg VA	4	10:40	97	3:07
67	50:57	62	1:14	20	23:45	1:29:43				
26	590	30 F	Julia Hoppock			Washington DC	28	12:37	22	2:13
37	48:14	110	1:33	36	25:09	1:29:43				
27	361	52 F	Shannon Barras			Charlottesville VA	131	15:51	80	2:57
13	45:48	34	1:05	26	24:07	1:29:45				
28	358	36 F	Margaret Gray			Herndon VA	78	14:11	35	2:23
44	48:55	26	1:01	21	23:47	1:30:16				
29	72	42 F	Pauline Owen			King George VA	26	12:32	28	2:16
28	47:10	65	1:15	72	27:04	1:30:16				
30	156	33 F	Julie Gunzenhaeuser			Arlington VA	12	11:59	31	2:18

24	46:48	91	1:24	92	27:57	1:30:24				
31.	393	27 F Julie Brown				Arlington VA	29	12:40	43	2:27
48	49:14	107	1:31	33	24:37	1:30:27				
32.	274	37 F Sarah Carruth				Arlington VA	23	12:26	24	2:13
50	49:24	57	1:14	46	25:29	1:30:44				
33.	269	52 F Kellie Mastrodonato				Arlington VA	110	15:09	17	2:10
34	47:48	83	1:20	28	24:20	1:30:45				
34.	203	48 F Kris Toomey				Zionsville PA	15	12:06	39	2:24
45	48:56	112	1:34	53	26:02	1:30:59				
35.	243	41 F Nicole Goerge				Ruckersville VA	190	17:54	5	1:49
39	48:32	32	1:04	11	21:59	1:31:16				
36.	224	33 F Megan Carney				Arlington VA	38	12:55	27	2:14
19	46:31	56	1:14	109	28:30	1:31:22				
37.	421	36 F Carolyn Basista				Washington DC	44	13:09	83	2:59
35	48:10	125	1:39	47	25:29	1:31:23				
38.	294	56 F Connie Maxwell				Newport News VA	57	13:34	37	2:23
10	45:03	46	1:10	125	29:21	1:31:30				
39.	632 A	28 F Samantha Mader				Arlington VA	49	13:21	73	2:54
16	46:06	89	1:23	93	27:59	1:31:41				
40.	125	31 F Jennifer Tucker				Stafford VA	101	14:54	7	1:55
49	49:15	22	1:01	34	24:41	1:31:43				
41.	552	17 F Kara Kendall				Oak Hill VA	70	13:58	99	3:10
80	52:33	35	1:05	8	21:34	1:32:17				
42.	582	38 F Courtney Inglefield				Reston VA	99	14:52	75	2:56
36	48:11	104	1:29	39	25:17	1:32:43				
43.	139	29 F Kristen Klesh				Arlington VA	147	16:18	47	2:29
43	48:48	80	1:19	23	23:52	1:32:45				
44.	352	49 F Alison Simon				Washington DC	105	14:58	33	2:20
46	48:57	25	1:01	50	25:47	1:33:00				
45.	239	33 F Addie Schroeder				Arlington VA	124	15:30	88	3:02
26	47:00	200	2:16	48	25:31	1:33:16				
46.	417	31 F Rachael Bosch				Washington DC	129	15:47	40	2:24
47	48:57	21	1:00	38	25:16	1:33:22				
47.	100	37 F Elizabeth Coleman				Washington DC	142	16:10	85	3:00
27	47:03	72	1:17	56	26:10	1:33:38				
48.	90	41 F Andrea Latell				Irvington VA	19	12:17	42	2:25
32	47:35	134	1:41	133	29:55	1:33:51				
49.	160	29 F Sarah Ganslein				Washington DC	65	13:44	140	3:38
52	49:47	209	2:23	32	24:35	1:34:06				
50.	92	45 F Holly Northup				Newport News VA	9	11:43	16	2:10
72	51:35	42	1:09	88	27:40	1:34:15				
51.	457	31 F Sika Henry				Newport News VA	55	13:31	109	3:16
117	54:50	124	1:39	4	21:00	1:34:15				
52.	220	43 F Alice Cunin				Norfolk VA	62	13:40	90	3:04
92	53:29					1:34:23				
53.	174	45 F Stephanie Seiberg				Bethesda MD	79	14:14	52	2:34
55	50:11	87	1:22	63	26:25	1:34:45				
54.	476	29 F Lannie Marsh				Arlington VA	53	13:28	38	2:24
90	53:22	23	1:01	35	24:41	1:34:55				
55.	252	31 F Megan Sowder-Staley				Washington DC	52	13:27	108	3:16
53	50:01	172	1:58	62	26:23	1:35:03				
56.	433	50 F Martha Howar				Leesburg VA	92	14:39	148	3:47
57	50:24	158	1:53	30	24:28	1:35:08				
57.	53	45 F Emily Armstrong				Rockville MD	159	16:48	93	3:05
23	46:48	115	1:35	71	26:59	1:35:14				
58.	377	30 F Carolyn Kilkus				Bethesda MD	39	13:01	126	3:30
112	54:33	4	0:48	16	23:27	1:35:17				
59.	553	16 F Casey Kendall				Oak Hill VA	69	13:58	101	3:10
144	56:55	9	0:54	2	20:35	1:35:30				
60.	230	28 F Jennifer Weaver				Chantilly VA	22	12:23	119	3:23
102	53:49	1	0:42	41	25:22	1:35:37				
May-11-2014	12:11:01pm									

Place Rank	Bib	Co	Ag	S	NAME	city/state	Rank	SWIM Rank	T1	
	Bike		Rank		T2 Rank	RUN PENALTY TIME DQ				
61.	596		55	F	Ellen Guinther	Richmond VA	11	11:54	82	2:58
97	53:43		135		1:41 44 25:26	1:35:40				
62.	497		48	F	Jami Callahan-Brill	Hampton VA	36	12:51	64	2:46
74	51:58		99		1:28 70 26:57	1:35:58				
63.	594		39	F	Andrea Wuebker	Minneapolis MN	87	14:35	96	3:07
68	51:02		97		1:27 54 26:08	1:36:17				
64.	507		53	F	Cynthia Revesman	Herndon VA	83	14:27	105	3:15
64	50:50		108		1:31 59 26:18	1:36:19				
65.	244		30	F	Adrienne Brakefield	Washington Dc DC	67	13:49	48	2:31
61	50:41		67		1:16 102 28:13	1:36:27				
66.	479		26	F	Alexis Levinson	Washington DC	106	14:59	138	3:38
58	50:28		178		2:03 42 25:24	1:36:30				
67.	464		43	F	Lynette Mason	Norfolk VA	111	15:10	89	3:03
62	50:41		160		1:53 58 26:14	1:36:59				
68.	18		49	F	Shannon Baird	Falls Church VA	182	17:43	50	2:33
22	46:38		118		1:37 112 28:33	1:37:02				
69.	124		48	F	Michele Potter	Germantown MD	85	14:32	155	3:51
69	51:16		63		1:14 60 26:20	1:37:11				
70.	61		31	F	Lisa Kohl	Washington DC	48	13:21	87	3:02
82	53:00		70		1:17 65 26:35	1:37:13				
71.	499		31	F	Sierra Winser	King George VA	10	11:51	74	2:54
70	51:23		193		2:12 140 30:10	1:38:28				
72.	103		40	F	Laure Ray	Richmond VA	18	12:11	67	2:48
88	53:18		85		1:21 123 29:07	1:38:44				
73.	677 NF		35	F	Laurie Johnson	Centreville VA	162	16:56	153	3:50
38	48:15		231		2:46 76 27:09	1:38:54				
74.	425		32	F	Christy Wahle	Alexandria VA	94	14:42	59	2:41
86	53:10		59		1:14 75 27:08	1:38:54				
75.	478		27	F	Kathryn Purdy	Arlington VA	161	16:55	57	2:41
65	50:51		95		1:26 73 27:04	1:38:56				
76.	484		28	F	Caroline Phillips	Washington DC	54	13:31	63	2:45
103	53:49		51		1:12 91 27:49	1:39:03				
77.	643 NF		39	F	Toni Kerns	Washington DC	32	12:43	163	3:54
121	55:08		38		1:07 61 26:21	1:39:11				
78.	330		35	F	Erica Roberts	Sterling VA	121	15:27	32	2:19
100	53:47		102		1:28 67 26:43	1:39:43				
79.	535		26	F	Sara Larios	Washington DC	74	14:02	29	2:17
110	54:23		106		1:31 86 27:37	1:39:47				
80.	56		32	F	Amie Quinn	Reston VA	75	14:02	69	2:52
78	52:23		100		1:28 126 29:23	1:40:06				
81.	245		51	F	Jennifer Bauerle	Charlottesville VA	154	16:34	146	3:43
51	49:25		162		1:54 116 28:44	1:40:19				
82.	364		19	F	Laura Miller	College Park MD	113	15:16	45	2:28
111	54:24		47		1:10 74 27:08	1:40:24				
83.	320		42	F	Carolyn Hanson	Alexandria VA	76	14:07	123	3:28
94	53:35		78		1:18 104 28:19	1:40:46				
84.	197		29	F	Brittany Bird	Arlington VA	14	12:05	98	3:09
77	52:19		207		2:21 149 30:55	1:40:48				
85.	641		28	F	Tessa Winn	Montgomery Village MD	20	12:19	102	3:12
75	52:04		15		0:58 164 32:20	1:40:51				
86.	472		41	F	Sandy Elia	King George VA	77	14:09	66	2:47
71	51:29		144		1:47 144 30:42	1:40:51				
87.	296		33	F	Amanda Watkins	Newport News VA	163	16:57	145	3:43
118	54:52		48		1:10 27 24:19	1:41:00				
88.	15 MF		28	F	Jenna Shephard	Fort Belvoir VA	109	15:08	55	2:39
105	53:49		6		0:50 115 28:44	1:41:08				
89.	81		44	F	Lisa Mackem	Reston VA	201	18:20	100	3:10
41	48:39		153		1:49 124 29:20	1:41:16				
90.	213		27	F	Sarah Kennelley	Washington Dc DC	64	13:42	11	1:58
142	56:53		44		1:10 83 27:36	1:41:17				
91.	501		52	F	Kristina Ament	Alexandria VA	125	15:32	203	4:37
59	50:35		187		2:06 110 28:32	1:41:20				
92.	236		28	F	Sandy Su	Washington DC	72	14:00	192	4:21
99	53:44		146		1:47 84 27:36	1:41:26				

93.	629 A	39 F	Nathalie Behn	McLean VA	235	21:39	53	2:35
29	47:15	60	1:14 121	1:41:36				
94.	562	46 F	Brooke Curran	Alexandria VA	217	19:01	164	3:55
85	53:05	194	2:12 18	1:41:46				
95.	441	34 F	Natalie Kempkey	Washington DC	84	14:28	171	3:59
66	50:57	132	1:41 152	1:42:11				
96.	308	31 F	Elizabeth Westbrook	Washington DC	103	14:55	238	5:18
104	53:49	244	3:04 37	1:42:19				
97.	332	44 F	Shira Yoffe	Washington DC	107	15:01	117	3:21
81	52:50	210	2:24 120	1:42:24				
98.	396	34 F	Jennifer Medina	Falls Church VA	13	12:00	135	3:35
145	56:55	183	2:04 94	1:42:32				
99.	306	53 F	Janet Janas	Clifton VA	21	12:21	60	2:43
132	56:25	190	2:10 122	1:42:40				
100.	681 NF	30 F	Katherine Dinterman	Washington DC	197	18:03	134	3:35
73	51:58			1:42:47				
101.	246	34 F	Alison Eddy	Arlington VA	98	14:50	197	4:28
54	50:09	152	1:49 159	1:43:13				
102.	496	27 F	Sara Josey	Fredericksburg VA	114	15:17	199	4:30
98	53:43	185	2:05 100	1:43:41				
103.	370	28 F	Aleza Cain	Arlington VA	45	13:11	160	3:52
139	56:50	205	2:19 89	1:43:53				
104.	676	38 F	Melissa Erickson	Yorktown VA	203	18:21	169	3:58
91	53:24	28	1:03 77	1:43:54				
105.	194	33 F	Sarah McKenzie	Arlington VA	138	16:03	81	2:57
134	56:36	145	1:47 66	1:44:00				
106.	540	41 F	Joanna Silver	Silver Spring MD	170	17:21	51	2:33
113	54:36	159	1:53 87	1:44:01				
107.	598	52 F	Teresa Dumpe	Hagerstown MD	183	17:44	127	3:32
89	53:19	82	1:19 101	1:44:04				
108.	655 NF	23 F	Hannah Hoffman	Washington DC	167	17:12	136	3:36
108	54:04	184	2:04 80	1:44:06				
109.	521	16 F	Iris Gonzalez	Port Republic MD	96	14:45	111	3:17
160	58:09	55	1:14 68	1:44:09				
110.	16 MF	46 F	Diana Staneszewski	Arlington VA	116	15:18	61	2:44
120	54:54	84	1:20 136	1:44:18				
111.	572	32 F	Margaret Chadbourn	Washington DC	46	13:14	6	1:53
178	59:48	203	2:18 78	1:44:21				
112.	642	27 F	Nora Lewis	Washington DC	73	14:02	84	2:59
87	53:15	168	1:57 168	1:44:41				
113.	251	25 F	Rachel Sparks	Ashburn VA	17	12:08	113	3:19
115	54:40	137	1:44 179	1:44:50				
114.	565	38 F	Julia Taylor	Stafford VA	134	15:54	187	4:16
119	54:54	217	2:31 82	1:45:07				
115.	228	30 F	Kate Shine	Arlington VA	40	13:04	178	4:04
141	56:52	143	1:46 128	1:45:15				
116.	671 NF	31 F	Lauren Anneberg	Washington DC	148	16:20	125	3:29
135	56:42	31	1:04 90	1:45:18				
117.	630 A	37 F	Tricia Kane	Arlington VA	118	15:22	94	3:05
84	53:04	127	1:40 163	1:45:21				
118.	511	46 F	Laura Jackson	Arlington VA	122	15:27	183	4:09
176	59:43	176	2:00 25	1:45:22				
119.	195	35 F	Becky Baltes	Silver Spring MD	211	18:38	71	2:53
109	54:19	77	1:18 103	1:45:24				
120.	282	56 F	Marjorie Auer	Alexandria VA	123	15:28	44	2:28
60	50:37	147	1:47 206	1:45:31				

COMPLETE OVERALL RESULTS  
 2014 Kinetic Sprint Triathlon 2014  
 Spotsylvania, VA 5/11/14 9:00am  
 Directed By Virginia Triathlon Series

Place Rank	Bib	Co	Ag	S	NAME	city/state	Rank	SWIM Rank	T1	
					T2 Rank	RUN PENALTY				
						TIME DQ				
121.	204		40 F		Aya Mimura	Washington DC	31	12:42	132	3:34

173	59:08	141	1:45	117	28:46	1:45:52				
122.	287	60 F	Maggie Bartlett			Boys MD	93	14:41	122	3:27
125	55:39	94	1:26	145	30:44	1:45:56				
123.	298	25 F	Catherine Trainor			Washington DC	81	14:15	110	3:16
170	58:51	119	1:37	108	28:28	1:46:25				
124.	235	38 F	Erin McManamon			Arlington VA	141	16:08	210	4:43
107	53:52	212	2:25	130	29:34	1:46:40				
125.	515	30 F	Susan Conway			Arlington VA	177	17:36	131	3:33
95	53:40	169	1:58	137	30:06	1:46:51				
126.	39	38 F	Maureen Dunnigan			Sterling VA	156	16:45	212	4:45
116	54:41	181	2:04	118	28:47	1:46:59				
127.	538	44 F	Sioban Castor			Washington Dc DC	206	18:29	182	4:08
56	50:15	237	2:52	153	31:23	1:47:05				
128.	505	40 F	Gwynne Reid			Fairfax VA	196	18:01	176	4:03
128	55:49	170	1:58	81	27:19	1:47:08				
129.	257	34 F	Allison Drezek			Richmond VA	117	15:22	137	3:36
101	53:47	136	1:43	177	32:49	1:47:16				
130.	574	31 F	Jessika Briggs			Virginia Beach VA	60	13:37	58	2:41
164	58:26	131	1:40	150	30:59	1:47:22				
131.	348	60 F	Carol Gruenburg			Alexandria VA	102	14:54	223	5:00
136	56:43	214	2:27	114	28:37	1:47:40				
132.	646 NF	27 F	Xoco Shinbrot			Arlington VA	140	16:08	65	2:47
156	57:44	36	1:06	139	30:10	1:47:53				
133.	557	44 F	Lisa Harfoot			Alexandria VA	104	14:57	72	2:53
162	58:18	128	1:40	138	30:07	1:47:53				
134.	135 A	42 F	Traci Marin			Bristow VA	95	14:45	78	2:57
114	54:38	111	1:33	197	34:05	1:47:56				
135.	448	45 F	Katrina Koomey			Arlington VA	176	17:36	150	3:47
76	52:17	229	2:43	157	31:56	1:48:16				
136.	463	41 F	Kerensa Hadley			Fairfax VA	112	15:15	49	2:32
153	57:32	39	1:08	156	31:51	1:48:16				
137.	634 A	36 F	Debbie Pederson			Alexandria VA	51	13:25	120	3:24
163	58:21	68	1:17	172	32:35	1:48:59				
138.	322	49 F	Marnie Deaton			Ruckersville VA	91	14:38	91	3:04
149	57:06	167	1:56	165	32:21	1:49:03				
139.	575	41 F	Sherri Brothers			Alexandria VA	127	15:39	118	3:22
137	56:45	93	1:25	160	32:03	1:49:11				
140.	477	44 F	Sarah Waldman			Arlington VA	223	19:35	179	4:05
126	55:42	164	1:55	95	28:01	1:49:16				
141.	631 A	30 F	Cortney Donnalley			Washington DC	146	16:17	128	3:32
146	56:59	140	1:45	147	30:49	1:49:21				
142.	225	53 F	Heike Yates			Silver Spring MD	221	19:21	185	4:11
151	57:15	151	1:48	79	27:12	1:49:45				
143.	397	56 F	Joni Briganti			Spotsylvania VA	80	14:15	175	4:02
127	55:42	213	2:27	189	33:28	1:49:51				
144.	227	38 F	Heather McGowan			Arlington VA	172	17:22	243	5:39
131	56:18	242	3:03	85	27:36	1:49:57				
145.	119	19 F	Lia Russell			Richmond VA	137	16:01	236	5:15
159	57:54	201	2:18	111	28:32	1:49:58				
146.	661 NF	30 F	Grace Carroll			Washington DC	226	20:01	167	3:57
169	58:50	113	1:34	64	26:28	1:50:48				
147.	277	51 F	Donna Sumption			Arlington VA	245	23:37	1	0:00
83	53:00	233	2:49	154	31:39	1:51:04				
148.	729 NF	43 F	Jennifer Homendy			Fredericksburg VA	115	15:18	106	3:15
183	1:00:13	157	1:51	142	30:39	1:51:14				
149.	166	46 F	Bonnie McCready			Arlington VA	164	17:08	198	4:29
124	55:33	121	1:38	173	32:37	1:51:22				
150.	321	50 F	Margaret Krick			Fredericksburg VA	152	16:28	86	3:01
96	53:41	175	2:00	216	36:20	1:51:29				
151.	273	48 F	Sherri Sabol			Virginia Beach VA	86	14:33	56	2:39
208	1:03:27	50	1:12	132	29:46	1:51:35				
152.	318	34 F	Shannon Cooper			Locust Grove VA	82	14:18	104	3:13
172	59:01	149	1:47	188	33:25	1:51:43				
153.	399	29 F	Erin Donovan			Harpers Ferry WV	88	14:35	181	4:06
189	1:00:52	226	2:42	129	29:34	1:51:46				
154.	76	67 F	Kari Sprecher			Leesburg VA	174	17:30	116	3:20
122	55:17	197	2:14	190	33:31	1:51:50				
155.	272	38 F	Katy Mankin			Annandale VA	16	12:06	194	4:24

187	1:00:48	79		1:19	185	33:19		1:51:55					
156.	543	55 F	Mary Tognarelli				Richmond VA		139	16:04	173	4:00	
157	57:53	81		1:19	176	32:47		1:52:02					
157.	656 NF	38 F	Melinda Buchanan				Charlottesville VA		143	16:14	142	3:42	
171	58:52	196		2:14	151	31:02		1:52:02					
158.	586	38 F	Jessica Wyndham				Washington DC		128	15:40	107	3:15	
133	56:34	96		1:26	208	35:16		1:52:10					
159.	597	48 F	Ona Dosunmu				Washington DC		222	19:26	174	4:01	
93	53:31	245		3:09	162	32:08		1:52:13					
160.	336	37 F	Catherine Foca				Moseley VA		43	13:07	144	3:43	
212	1:03:52	37		1:06	146	30:47		1:52:32					
161.	633 A	30 F	Anne Kenney				Washington DC		89	14:36	184	4:10	
130	56:10	173		1:59	213	35:48		1:52:41					
162.	60	28 F	Laura Slingerland				Lexington Park MD		150	16:22	156	3:51	
79	52:32	142		1:46	230	38:12		1:52:41					
163.	510	27 F	Allison Blajda				Washington DC		216	18:59	245	6:04	
158	57:53	154		1:49	99	28:07		1:52:50					
164.	438	45 F	Lisa Folb				Centreville VA		209	18:34	186	4:13	
174	59:08	98		1:27	131	29:43		1:53:04					
165.	26	43 F	Rosie Sjam				Reston VA		188	17:54	141	3:41	
123	55:22	105		1:30	200	34:45		1:53:10					
166.	27	46 F	Hala Salha Fayyad				Rockville MD		179	17:37			
1:53:26													
167.	276	39 F	Susie Ahn				Washington DC		166	17:11	76	2:56	
161	58:16	208		2:22	175	32:43		1:53:27					
168.	142	42 F	Stacy Vasquez				Hyattsville MD		225	19:47	139	3:38	
129	55:56	191		2:10	161	32:04		1:53:33					
169.	439	49 F	Marcia Insley				Arlington VA		233	21:26	208	4:40	
148	57:02	225		2:41	97	28:06		1:53:53					
170.	549	51 F	Mary Meckley				Va VA		153	16:31	225	5:02	
167	58:44	179		2:03	155	31:45		1:54:03					
171.	327	33 F	Alexis Soderlund				McLean VA		232	21:24	147	3:46	
106	53:52	219		2:37	174	32:42		1:54:19					
172.	469	51 F	Julia Kadison				Washington DC		158	16:47	235	5:13	
201	1:02:46	109		1:33	96	28:03		1:54:20					
173.	672 NF	40 F	Erika Shaughnessy				Fredericksburg VA		135	15:55	252	6:44	
179	59:51	248		3:40	106	28:24		1:54:32					
174.	648 NF	40 F	Suzanne Croy				Vienna VA		199	18:06	159	3:52	
152	57:18	148		1:47	194	33:43		1:54:45					
175.	490	60 F	Bonnie Dattel				Virginia Beach VA		207	18:29	255	7:04	
175	59:21	73		1:17	113	28:35		1:54:45					
176.	162	30 F	Frances Turner				Alexandria VA		184	17:44	114	3:20	
215	1:04:26	52		1:12	98	28:07		1:54:48					
177.	253	57 F	Mary Foster				Laytonsville MD		171	17:21	193	4:21	
140	56:52	155		1:50	199	34:43		1:55:05					
178.	474	24 F	Amy Boerman				Arlington VA		120	15:24	124	3:29	
197	1:02:02	64		1:15	186	33:20		1:55:28					
179.	241	37 F	Katherine Lindler				Poquoson VA		144	16:15	133	3:34	
185	1:00:43	163		1:54	180	33:04		1:55:28					
180.	649 NF	20 F	Pavla Ovtchinnikova				Worcester MA		231	21:19	68	2:50	
143	56:54	75		1:18	182	33:10		1:55:30					
May-11-2014	12:11:01pm												

COMPLETE OVERALL RESULTS  
 2014 Kinetic Sprint Triathlon 2014  
 Spotsylvania, VA 5/11/14 9:00am  
 Directed By Virginia Triathlon Series

Place Rank	Bib	Co	Ag	S	NAME	city/state	Rank	SWIM	Rank	T1
====	====	==	==	==	=====	=====	====	=====	=====	=====
====	====	==	==	==	=====	=====	====	=====	=====	=====
====	====	==	==	==	=====	=====	====	=====	=====	=====
181.	450		32 F		Alexis Layne	Falls Church VA	108	15:05	152	3:50
192	1:01:22		211		2:24	184	33:18			
182.	578	55 F	Sharon Griffing			Springfield VA	213	18:50	234	5:11
209	1:03:30	222		2:39	52	26:00		1:56:08		
183.	654 NF	39 F	Jennifer Connor			Arlington VA	90	14:37	190	4:17
180	59:54	182		2:04	210	35:27		1:56:17		

184.	217	39 F	Calaneet Balas	Washington DC	145	16:17	180	4:06
182	1:00:07	241	3:03 178 32:50	1:56:21				
185.	304	37 F	Mary Beth Bruggeman	Burke VA	47	13:20	157	3:51
239	1:09:56	224	2:41 69 26:53	1:56:38				
186.	44	34 F	Jessica Mumme	Annandale VA	180	17:38	250	6:34
181	59:54	71	1:17 158 31:57	1:57:19				
187.	645 NF	39 F	Kristy Hoben	Partlow VA	224	19:45	62	2:44
155	57:43	150	1:47 211 35:35	1:57:32				
188.	89	24 F	Stephanie Schneider	Ellicott City MD	133	15:53	158	3:51
165	58:34	161	1:54 227 37:26	1:57:37				
189.	416	42 F	Jennifer Mason	Virginia Beach VA	119	15:23	95	3:06
147	57:00	138	1:44 240 40:28	1:57:39				
190.	108	12 F	Katie Winklosky	Ashburn VA	30	12:42	79	2:57
247	1:12:51	43	1:09 105 28:24	1:58:01				
191.	640 NF	30 F	Sarah King	Fredericksburg VA	200	18:12	161	3:52
217	1:04:55	45	1:10 135 30:00	1:58:07				
192.	424	37 F	Catherine Hall	Arlington VA	186	17:50	202	4:36
177	59:45	235	2:51 183 33:12	1:58:12				
193.	542	28 F	Alexis Miller	Washington DC	215	18:58	77	2:56
221	1:05:07	30	1:04 143 30:42	1:58:45				
194.	567	30 F	Bao Tran Pham	Vienna VA	228	20:39	213	4:45
166	58:35	221	2:38 167 32:28	1:59:03				
195.	657 NF	25 F	Kayla Marshall	Charlottesville VA	168	17:15	191	4:18
229	1:07:03	103	1:29 127 29:27	1:59:30				
196.	148	34 F	Elena Digiovanna	Washington DC	202	18:20	218	4:56
194	1:01:38	177	2:00 181 33:05	1:59:56				
197.	54	47 F	Patty Glass	Manassas Park VA	126	15:33	130	3:33
138	56:48	166	1:56 250 42:48	2:00:36				
198.	319	36 F	Lindsay Ritter	Washington DC	155	16:42	219	4:56
218	1:05:01	180	2:03 141 30:13	2:00 2:00:53				
199.	407	35 F	Kimberly Herbert	Springfield VA	195	18:00	188	4:17
188	1:00:52	215	2:28 217 36:36	2:02:10				
200.	663 NF	29 F	Kate Hubbard	Washington DC	151	16:26	232	5:09
199	1:02:38	236	2:51 204 35:10	2:02:12				
201.	434	53 F	Lynne Swartz	Centreville VA	258	29:10	205	4:39
150	57:10	240	3:03 107 28:28	2:02:27				
202.	498	32 F	Elizabeth Nicoletti Sheehy	Washington DC	210	18:37	240	5:21
195	1:01:45	41	1:08 214 36:04	2:02:53				
203.	577 NF	48 F	Sara Poore	Fredericksburg VA	214	18:57	206	4:39
202	1:02:56	232	2:47 195 33:45	2:03:02				
204.	651 NF	40 F	Kirsten Munz	Fairfax VA	160	16:50	228	5:05
232	1:07:46	76	1:18 170 32:34	2:03:31				
205.	271	53 F	Susan Leavitt	Washington DC	194	17:58	220	4:56
196	1:01:49	156	1:51 223 37:00	2:03:32				
206.	437	30 F	Cesse Ip	Washington DC	219	19:08	237	5:17
191	1:01:00	239	2:57 187 33:25	2:00 2:03:44				
207.	680 NF	44 F	Dawn Reposky	Charlotte Hall MD	242	23:06	177	4:03
184	1:00:30	204	2:19 201 34:47	2:04:43				
208.	650 NF	38 F	Miklane Chang	Fairfax VA	71	14:00	231	5:09
238	1:09:25	228	2:43 192 33:33	2:04:47				
209.	635 A	50 F	Kris Petersen	Silver Spring MD	132	15:53	70	2:52
154	57:39	120	1:37 254 47:11	2:05:10				
210.	665 NF	34 F	Katherine Gajewski	Philadelphia PA	149	16:21	168	3:58
226	1:06:19	133	1:41 222 36:58	2:05:15				
211.	38 NF	36 F	Nancy Wallace	Washington DC	173	17:27	149	3:47
237	1:09:05	33	1:04 196 33:55	2:05:16				
212.	470	26 F	Haley Deschamps	Annapolis MD	157	16:46	239	5:20
225	1:06:11	202	2:18 202 34:59	2:05:32				
213.	48	60 F	Judith Fitzpatrick	Takoma Park MD	189	17:54	195	4:24
222	1:05:17	230	2:44 209 35:21	2:05:37				
214.	679 NF	40 F	Christina Caesar	Catonsville MD	100	14:52	248	6:13
244	1:11:01	54	1:14 166 32:26	2:05:44				
215.	675 NF	32 F	Nicole McLaughlin	Fort Monroe VA	240	22:18	170	3:59
204	1:03:12	223	2:40 193 33:41	2:05:47				
216.	454	62 F	Leanne Layne	Springfield VA	205	18:28	162	3:53
200	1:02:45	206	2:21 233 38:50	2:06:15				
217.	581	55 F	Eileen McConkie	Colonial Beach VA	187	17:52	224	5:01
213	1:04:06	250	3:45 212 35:43	2:06:25				

218.	21	36	F	Samantha	Gallagher	Alexandria	VA	234	21:33	143	3:42	
198	1:02:04	199		2:15	220	36:57	2:06:30					
219.	658	NF	28	F	Katherine	Stallings	Falls Church	VA	218	19:03	115	3:20
233	1:08:23	117		1:36	198	34:24	2:06:44					
220.	653	NF	50	F	Katarina	Auer	Arlington	VA	212	18:46	196	4:26
210	1:03:38	246		3:11	219	36:55	2:06:54					
221.	673	NF	24	F	Elissa	Gathman	Fairfax	VA	169	17:20	229	5:06
224	1:06:09	174		1:59	224	37:06	2:07:38					
222.	110	32	F	Sheila	Dicostanza	Arlington	VA	136	15:58	189	4:17	
231	1:07:40	249		3:43	215	36:15	2:07:51					
223.	662	NF	53	F	Westley	Du Pont	Charlottesville	VA	191	17:54	166	3:57
193	1:01:27	195		2:14	247	42:25	2:07:55					
224.	367	35	F	Angela	Hennesy	Greenbelt	MD					
225.	263	52	F	Patricia	Stiegman	Lusby	MD	229	20:43	216	4:53	
211	1:03:49	123		1:39	225	37:09	2:08:11					
226.	453	63	F	Pat	Blood	McLean	VA	198	18:03	215	4:50	
223	1:05:41	216		2:31	228	37:33	2:08:36					
227.	247	29	F	Lindsay	Mulcahy	Arlington	VA	204	18:26	246	6:06	
248	1:12:54	114		1:34	134	30:00	2:08:58					
228.	674	NF	31	F	Christina	Jennings	Fredericksburg	VA	220	19:15	222	4:58
220	1:05:03	238		2:53	221	36:57	2:09:05					
229.	328	33	F	Vanessa	Tesoriero	Washington	DC	239	22:17	247	6:09	
228	1:06:28	165		1:55	169	32:32	2:09:19					
230.	293	32	F	Cynthia	Leon	Charlottesville	VA	230	21:15	217	4:53	
207	1:03:15	66		1:16	238	40:02	2:10:39					
231.	292	31	F	Nicole	Shepard	Staunton	VA	130	15:49	257	10:21	
206	1:03:13	130		1:40	235	39:37	2:10:39					
232.	63	34	F	Rachel	Cramer	Alexandria	VA	227	20:30	129	3:32	
219	1:05:01	86		1:21	239	40:18	2:10:41					
233.	539	29	F	Julia	Sullivan	Herndon	VA	249	24:47	92	3:05	
249	1:12:54	116		1:36	119	28:49	2:11:09					
234.	283	NF	47	F	Martha	Henebry	Washington	DC	257	28:02	244	6:00
205	1:03:12	101		1:28	171	32:34	2:11:15					
235.	647	NF	29	F	Laura	Johns	Washington	DC	241	22:57	172	4:00
227	1:06:22	92		1:24	218	36:38	2:11:19					
236.	471	28	F	Jessica	Kirby	Odenton	MD	237	22:06	151	3:49	
235	1:08:43	188		2:06	207	35:14	2:11:56					
237.	79	38	F	Susan	Kusel	Arlington	VA	238	22:14	204	4:39	
203	1:03:02	61		1:14	242	40:50	2:11:56					
238.	659	NF	28	F	Jackie	Anderson	Alexandria	VA	193	17:57	209	4:41
245	1:11:49	19		0:59	226	37:25	2:12:49					
239.	517	46	F	Lisa	Sylvia	Fredericksburg	VA	185	17:46	201	4:32	
251	1:14:57	192		2:10	191	33:33	2:12:57					
240.	154	60	F	Anne	Wood	Fairfax	VA	246	24:22	154	3:50	
216	1:04:43	139		1:45	232	38:49	2:13:27					

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COMPLETE OVERALL RESULTS  
2014 Kinetic Sprint Triathlon 2014  
Spotsylvania, VA 5/11/14 9:00am  
Directed By Virginia Triathlon Series

Place Rank	Bib Co Bike	Ag S Rank	NAME	T2 Rank	RUN PENALTY	city/state	Rank	SWIM Rank	T1			
241.	137	47	F	Suji	Brown	Reston	VA	254	25:36	211	4:43	
190	1:00:59	122		1:38	245	41:48	2:14:42					
242.	638	NF	49	F	Susan	Sigmon	Stafford	VA	175	17:33	221	4:58
246	1:12:10	198		2:15	234	38:57	2:15:50					
243.	669	NF	45	F	Julie	Naff	Annandale	VA	243	23:10	256	7:05
186	1:00:44	252		3:56	243	41:27	2:16:21					
244.	667	NF	29	F	Kate	Cobbs	Sterling	VA	178	17:36	226	5:04
242	1:10:36	220		2:37	241	40:42	2:16:34					
245.	109	32	F	Becca	Shane	Washington	DC	248	24:34	227	5:04	
243	1:10:46	126		1:39	203	35:01	2:17:03					
246.	98	41	F	Melanie	Koelsch	Manassas	VA	259	31:22	121	3:26	

214	1:04:07	129	1:40	229	37:43	2:18:17				
247.	668 NF	44 F	Kathleen	Sweeney		Alexandria VA	208	18:30	241	5:34
234	1:08:42	251	3:49	246	41:59	2:18:33				
248.	639 NF	35 F	Eugenia	Gregorio		Arlington VA	192	17:55	254	6:58
230	1:07:12	247	3:29	251	43:01	2:18:33				
249.	636 A	31 F	Catharine	Myung		Washington DC	165	17:08	230	5:06
168	58:45	234	2:51	255	57:26	2:21:14				
250.	378	39 F	Lesley	Eicher		Harrisonburg VA	97	14:47	249	6:19
250	1:14:06	254	5:01	249	42:37	2:22:49				
251.	59	49 F	Jennifer A	McCann		Washington DC	252	25:11	214	4:49
241	1:10:11	243	3:04	236	39:39	2:22:52				
252.	338	43 F	Jennifer	Scheller		Silver Spring MD	256	26:16	207	4:39
252	1:15:12	171	1:58	205	35:11	2:23:14				
253.	115	43 F	Erin	Linton		Potomac MD				
	2:24:15									
254.	683 NF	27 F	Desiree	Boucher		Arlington VA	255	26:13	165	3:57
240	1:09:59	218	2:33	244	41:41	2:24:22				
255.	313	24 F	Sarah	Truitt		Washington DC	247	24:33	112	3:18
253	1:16:59	90	1:24	237	39:40	2:25:52				
256.	146	35 F	Shabnaum	Amjad		Alexandria VA	236	21:53	242	5:35
254	1:20:15	186	2:05	231	38:20	2:28:07				
257.	381	46 F	Rebecca	Kuper		Germantown MD	253	25:26	200	4:32
236	1:08:43	253	4:44	252	45:22	2:28:45				
258.	69	37 F	Katie	Jackson		Washington DC	250	25:00	253	6:57
255	1:24:47	255	5:29	148	30:54	2:33:05				
259.	286	33 F	Leigh	Mays		Alexandria VA	251	25:04	251	6:35
256	1:25:57	189	2:07	248	42:31	2:42:12				
260.	627 A	34 F	Angela	Adelman		Baltimore MD	244	23:17	233	5:10
257	1:27:43	227	2:42	253	46:07	2:44:57				
	237	53 F	Suzanne	Borenzweig		Silver Spring MD	181	17:38		
May-11-2014	12:11:01pm									

261 records processed.