

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	TIME DQ	city/state	Rank	SWIM Rank	T1	
1	51	23 M	Bobby Stanley				Berryville VA	21	10:52	4	1:23
1	37:52	1	0:35	1	17:53		1:08:33				
2	169	25 M	Brady Thomas				Virginia Beach VA	16	10:37	5	1:32
2	37:53	5	0:39	7	19:06		1:09:45				
3	233	37 M	John Chambers				Washington DC	20	10:52	9	1:37
3	38:37	9	0:43	2	18:03		1:09:48				
4	123	47 M	Stephen Eid				Ashburn VA	2	9:16	39	1:56
7	40:32	2	0:37	17	20:26		1:12:45				
5	33	39 M	Shaun Nichols				Chester VA	17	10:39	17	1:43
4	38:52	12	0:45	29	21:10		1:13:07				
6	435	43 M	Lee Boyer				Alexandria VA	26	11:04	8	1:36
6	39:27	72	1:01	15	20:13		1:13:19				
7	430	45 M	Sean Pierce				Alexandria VA	45	11:44	52	2:01
5	39:12	47	0:56	13	20:02		1:13:54				
8	73	34 M	Joey Hess				Woodbridge VA	8	10:02	49	1:59
32	42:52	30	0:53	3	18:31		1:14:15				
9	285	28 M	Matthew Pugh				Chesterfield VA	67	12:11	10	1:38
11	41:05	3	0:39	5	19:05		1:14:35				
10	449	42 F	Heather Westerman				Ligonier PA	1	9:08	22	1:48
8	40:40	54	0:58	68	22:19		1:14:52				
11	305	27 M	Charles Kreuzberger				Norfolk VA	36	11:28	7	1:36
12	41:06	16	0:49	16	20:23		1:15:20				
12	88	38 M	Adam Stolzberg				Arlington VA	157	13:20	42	1:58
9	40:44	43	0:55	8	19:22		1:16:17				
13	249	54 M	Greg Nelson				Olney MD	24	10:56	107	2:21
15	41:27	135	1:09	18	20:27		1:16:19				
14	555	28 M	Corey Miller				Alexandria VA	33	11:21	32	1:51
30	42:44	58	0:58	9	19:37		1:16:30				
15	533	29 F	Liz Whiteley				Washington DC	13	10:34	12	1:39
28	42:43	10	0:44	32	21:18		1:16:56				
16	508	32 M	Barry McCarron				Washington DC	167	13:25	3	1:21
24	42:20	24	0:52	6	19:06		1:17:02				
17	455	27 M	Kevin Mallon				Springfield VA	11	10:28	6	1:34
33	42:54	78	1:01	39	21:32		1:17:28				
18	279	30 M	Peter McGuire				Bethesda MD	91	12:31	11	1:39
13	41:07	151	1:12	31	21:18		1:17:45				
19	191	30 M	Ryan Werner				Washington DC	54	12:00	27	1:49
42	43:22	37	0:54	11	20:01		1:18:03				
20	431	39 M	Michael Skeele				Arlington VA	6	9:54	63	2:07
22	42:12	140	1:10	84	22:52		1:18:14				
21	221	46 M	Bill Deaton				Ruckersville VA	59	12:04	13	1:39
10	41:00	22	0:51	85	22:56		1:18:28				
22	355	29 M	Sean Fish				Washington DC	39	11:34	102	2:20
61	44:32	66	1:00	12	20:02		1:19:25				
23	210	32 F	Dina Sulyma				Potomac Falls VA	197	13:46	38	1:55
14	41:13	17	0:49	54	21:54		1:19:35				
24	414	27 M	Joe Krasinskas				Vienna VA	48	11:48	16	1:41
51	43:56	128	1:08	30	21:13		1:19:45				
25	388	32 M	Steve Firkser				Cherry Hill NJ	58	12:04	14	1:40
60	44:26	14	0:47	27	21:03		1:19:58				
26	460	31 M	Andrew Callihan				Richmond VA	233	14:19	29	1:50
18	41:48	42	0:55	37	21:30		1:20:20				
27	264	34 M	Jose Ramos				Arlington VA	156	13:20	200	2:50
27	42:40	118	1:07	20	20:30		1:20:25				
28	155	31 M	Denis Moffett				Alexandria VA	162	13:24	24	1:48
26	42:36	20	0:51	55	21:54		1:20:32				
29	259	49 M	Kevin Hickey				Virginia Beach VA	151	13:19	21	1:48
20	41:56	114	1:06	72	22:24		1:20:32				
30	170	38 M	Monte Lewis				Montgomery Village MD	112	12:48	40	1:56

37	42:59	80	1:02	56	21:55	1:20:38				
31.	611 C	29 M	Ryan Siler			Arlington VA	97	12:39	88	2:16
44	43:26	31	0:53	41	21:32	1:20:44				
32.	222	36 F	Kristine Wooten			Reston VA	94	12:35	43	1:58
38	43:04	46	0:56	66	22:18	1:20:48				
33.	82	51 M	Eric Mackem			Reston VA	77	12:22	66	2:09
35	42:55	105	1:05	74	22:30	1:21:00				
34.	316	39 F	Mandy Lovett			Allentown PA	23	10:54	45	1:58
39	43:05	23	0:51	144	24:24	1:21:10				
35.	260	30 F	Lauren Lipsey			Washington DC	29	11:16	19	1:45
100	46:07	13	0:46	33	21:19	1:21:11				
36.	514	18 M	Jake Kendrick			Manassas VA	22	10:53	51	2:00
96	46:02	142	1:10	38	21:32	1:21:36				
37.	196	37 M	Andrew Jones			Arlington VA	201	13:50	103	2:20
17	41:48	103	1:05	77	22:38	1:21:38				
38.	190	24 M	Kempsey Clark			Rockville MD	27	11:08	23	1:48
94	46:01	234	1:22	35	21:27	1:21:44				
39.	391	26 F	Ashley Kearcher			Morgantown WV	89	12:31	75	2:12
83	45:31	59	0:59	23	20:45	1:21:55				
40.	209	55 M	Alan Dixon			Washington DC	119	12:50	86	2:15
23	42:14	34	0:54	125	24:03	1:22:15				
41.	85	28 M	John Closs			Arlington VA	10	10:20	152	2:34
67	44:51	63	0:59	107	23:36	1:22:20				
42.	114	45 M	Douglas Dudgeon			Stafford VA	12	10:29	106	2:21
52	43:57	139	1:09	149	24:29	1:22:24				
43.	526	29 M	Gregory Wing			Washington DC	132	13:05	55	2:02
31	42:45	179	1:15	98	23:22	1:22:26				
44.	520	33 F	MacKenzie Yates			Washington DC	110	12:45	41	1:57
48	43:44	62	0:59	90	23:05	1:22:29				
45.	187	60 M	Thomas Stroup			Great Falls VA	53	12:00	30	1:51
49	43:47	39	0:54	123	24:00	1:22:31				
46.	158	18 F	Laura Sullivan			Vienna VA	3	9:36	48	1:59
178	48:34	25	0:52	40	21:32	1:22:32				
47.	267	44 M	Darren Beilstein			Williamsburg VA	84	12:28	65	2:09
40	43:11	91	1:03	111	23:42	1:22:32				
48.	42	48 M	Daniel Anderson			Rockville MD	38	11:31	285	3:14
56	44:15	263	1:27	65	22:16	1:22:42				
49.	324	24 M	Max Lander			Washington DC	83	12:27	177	2:43
147	47:47	131	1:09	4	18:39	1:22:42				
50.	284	50 M	Christopher Vaughan			Washington DC	25	10:58	71	2:10
62	44:32	108	1:05	126	24:04	1:22:47				
51.	536	40 M	James Dillon			Midlothian VA	72	12:16	89	2:16
59	44:23	27	0:52	91	23:05	1:22:50				
52.	143	32 M	Steven Vadnais			Arlington VA	205	13:52	33	1:52
63	44:33	6	0:39	57	21:57	1:22:51				
53.	5 MM	32 M	Andrew Morgan			Lorton VA	338	15:36	112	2:22
21	42:12	160	1:13	48	21:35	1:22:56				
54.	7	58 M	Greg Guinther			Richmond VA	71	12:15	46	1:58
36	42:56	48	0:56	165	24:54	1:22:57				
55.	131	26 M	Zach Birnbaum			Viena VA	47	11:48	58	2:03
41	43:15	53	0:57	174	25:15	1:23:16				
56.	70	47 M	Thom Mukri			Woodbridge VA	241	14:25	59	2:03
46	43:35	33	0:53	71	22:22	1:23:16				
57.	65	28 M	Johnathan Stein			Arlington VA	177	13:32	54	2:01
79	45:13	84	1:02	42	21:33	1:23:20				
58.	376	24 M	Miles Bloom			Arlington VA	19	10:51	203	2:51
131	47:11	186	1:15	34	21:26	1:23:32				
59.	443	61 M	Stephen Godwin			Bethesda MD	69	12:11	255	3:05
45	43:34	250	1:24	97	23:22	1:23:34				
60.	468	51 M	Stephen O'Donnell			Washington DC	143	13:13	136	2:29
55	44:04	274	1:29	73	22:28	1:23:42				
May-11-2014 12:11:14pm										

Place Rank	Bib	Co	Ag	S	NAME	T2	Rank	RUN	PENALTY	TIME	DQ	city/state	Rank	SWIM	Rank	T1
61.	504		30	M	Evin Wick							Washington DC	170	13:28	47	1:59
89	45:41		67		1:00	64	22:15			1:24:20						
62.	99		42	M	Jeff Webb							Arlington VA	95	12:36	72	2:11
54	44:01		138		1:09	148	24:29			1:24:24						
63.	307		35	M	Eric Klintberg							Arlington VA	101	12:41	87	2:15
58	44:22		330		1:38	103	23:31			1:24:25						
64.	428		37	F	Kathy Lett							Falls Church VA	123	12:54	92	2:17
66	44:47		40		0:54	108	23:37			1:24:28						
65.	107		43	F	Susan Winklosky							Ashburn VA	118	12:50	135	2:29
57	44:21		56		0:58	119	23:53			1:24:29						
66.	185		26	M	Kurt Gibel							Centreville VA	56	12:00	15	1:41
16	41:38		18		0:50	335	28:29			1:24:36						
67.	4	MM	38	M	Aaron Shuler							Alexandria VA	193	13:43	164	2:39
68	44:52		124		1:08	67	22:18			1:24:38						
68.	531		50	M	Lowell Gould							Rocky Point NC	66	12:11	2	1:15
70	44:58		4		0:39	216	25:57			1:24:57						
69.	34		35	M	Mansur Mendizabal							Washington DC	202	13:51	519	4:59
29	42:44		406		1:53	46	21:34			1:24:59						
70.	359		42	M	Chad Rickner							Chesapeake VA	176	13:32	50	1:59
103	46:08		83		1:02	69	22:21			1:25:01						
71.	35		33	M	Timothy Orr							Chantilly VA	253	14:33	31	1:51
92	45:49		156		1:12	49	21:40			1:25:04						
72.	172		47	M	Ben Hale							Sterling VA	114	12:49	280	3:13
34	42:55		385		1:48	151	24:30			1:25:12						
73.	379		28	M	Rob Halliday							Arlington VA	34	11:21	98	2:18
211	49:32		170		1:14	25	20:56			1:25:19						
74.	342		37	M	Arnel Alverio							Haymarket VA	88	12:30	134	2:29
81	45:23		229		1:21	110	23:41			1:25:23						
75.	275		31	F	Kara Yeater							Alexandria VA	28	11:12	157	2:37
138	47:22		169		1:14	89	23:05			1:25:28						
76.	426		34	M	Christopher Catalano							Arlington VA	191	13:42	28	1:49
65	44:41		158		1:13	129	24:07			1:25:30						
77.	551		47	M	Charles Kendall							Oak Hill VA	105	12:43	85	2:14
78	45:12		64		0:59	146	24:26			1:25:33						
78.	10	MM	27	M	Lukas Vucsko							Chesapeake VA	208	13:54	74	2:12
84	45:32		184		1:15	80	22:44			1:25:35						
79.	456		43	M	Scott McLallen							Lorton VA	4	9:42	303	3:19
150	47:50		51		0:56	118	23:53			1:25:38						
80.	216		35	M	Brandon Cogswell							Arlington VA	183	13:35	149	2:34
25	42:36		267		1:28	201	25:34			1:25:43						
81.	670		33	F	Jen Sykes							Alexandria VA	35	11:23	81	2:13
69	44:54		123		1:08	226	26:08			1:25:45						
82.	219		30	M	Benjamin Richards							Arlington VA	65	12:08	171	2:41
76	45:10		292		1:32	138	24:16			1:25:46						
83.	583		49	M	Todd Pederson							Corapeake NC	150	13:19	95	2:18
47	43:42		104		1:05	197	25:30			1:25:51						
84.	301		46	M	Andrew McCabe							Ashburn VA	238	14:23	464	4:17
50	43:49		388		1:49	51	21:44			1:26:00						
85.	201		40	M	James Nosal							Ashbyrn VA	100	12:40	153	2:34
98	46:04		288		1:31	95	23:18			1:26:06						
86.	518		37	M	Garth Kaliczak							Suitland MD	57	12:04	231	2:59
53	44:01		296		1:33	202	25:37			1:26:12						
87.	3	MM	28	M	David Colman							Arlington VA	251	14:33	210	2:52
154	47:55		41		0:55	10	19:59			1:26:12						
88.	179		44	M	Jeffrey Horwitz							Arlington VA	141	13:12	36	1:54
125	47:03		192		1:16	83	22:49			1:26:13						
89.	106		36	F	Florence Lamirand							Jeffersonton VA	204	13:51	76	2:12
133	47:16		60		0:59	58	21:58			1:26:15						
90.	705	NM	41	M	Michael Kainu							Fredericksburg VA	86	12:30	207	2:52
151	47:50		327		1:38	44	21:33			1:26:22						
91.	295		51	F	Katherine McKnight							Fairfax VA	134	13:05	108	2:21
111	46:31		75		1:01	104	23:31			1:26:28						
92.	310		25	M	Michael Duncanson							Vienna VA	384	16:22	160	2:38
75	45:08		260		1:27	28	21:06			1:26:39						

93.	481	39 M	Charles Shedrick	Washington DC	187	13:38	35	1:54
107	46:22	36	0:54 134	24:13		1:26:58		
94.	420	33 M	Ryan Troll	Washington DC	342	15:46	61	2:05
85	45:37	50	0:56 78	22:39		1:27:01		
95.	94	56 M	James Jeremiah	Fairfax VA	113	12:48	56	2:02
159	48:01	195	1:16 86	22:57		1:27:03		
96.	502	47 M	Bob Lytle	Herndon VA	264	14:38	220	2:56
77	45:10	115	1:06 94	23:16		1:27:05		
97.	164	47 M	Todd Mackert	Manassas VA	273	14:45	279	3:12
64	44:40	301	1:34 87	22:58		1:27:06		
98.	258	53 M	Joel Isely	Poquoson VA	51	11:55	120	2:25
87	45:40	183	1:15 219	26:02		1:27:14		
99.	390	32 F	June Firkser	Cherry Hill NJ	188	13:38	70	2:10
93	45:55	92	1:03 152	24:32		1:27:17		
100.	132	29 M	John Miley	Falls Church VA	129	13:03	268	3:09
175	48:31	93	1:04 43	21:33		1:27:18		
101.	524	51 M	David Cadieux	Chesapeake VA	44	11:43	201	2:51
95	46:01	369	1:45 168	25:05		1:27:24		
102.	362	26 M	Darin Stiefvater	Glen Allen VA	126	13:01	18	1:44
233	50:20	21	0:51 47	21:34		1:27:27		
103.	311	41 M	Nicholas Hill	Takoma Park MD	310	15:13	84	2:14
135	47:18	130	1:09 50	21:44		1:27:36		
104.	570	36 M	Brandon Smith	Richmond VA	116	12:50	109	2:22
88	45:41	276	1:30 185	25:23		1:27:42		
105.	576	30 F	Erin Collier	Washington DC	190	13:41	73	2:11
86	45:39	85	1:02 181	25:17		1:27:49		
106.	117	46 M	James Rosen	Richmond VA	75	12:20	252	3:04
202	49:13	129	1:09 63	22:09		1:27:53		
107.	57	46 M	Dave Kayea	Annapolis MD	70	12:12	129	2:28
127	47:05	293	1:32 156	24:41		1:27:56		
108.	208	52 M	Greg Tuck	Mechanicsville VA	207	13:53	119	2:24
171	48:24	164	1:14 61	22:05		1:27:57		
109.	436	44 M	Brian Kennedy	Burke VA	172	13:30	141	2:31
73	45:04	310	1:36 196	25:30		1:28:08		
110.	25	31 M	Ling Chen	Centreville VA	231	14:18	94	2:18
71	45:02	224	1:21 175	25:15		1:28:12		
111.	363	22 M	Jeremy Palmer	College Park MD	256	14:35	301	3:18
180	48:38	159	1:13 21	20:33		1:28:15		
112.	707 NM	29 M	Dan Clark	Washington DC	213	13:59	127	2:27
145	47:46					1:28:21		
113.	588	31 F	Holly Tompkins	Arlington VA	131	13:05	67	2:09
97	46:04	157	1:12 213	25:54		1:28:23		
114.	589	40 M	Martin Oakhill	Vienna VA	78	12:23	455	4:13
112	46:37	88	1:03 131	24:09		1:28:23		
115.	730	46 M	Charles Barnes	Vienna VA	271	14:43	469	4:21
108	46:26	57	0:58 60	22:02		1:28:27		
116.	297	45 M	Terry Thornton	Glen Allen VA	164	13:25	26	1:49
119	46:51	125	1:08 182	25:21		1:28:32		
117.	485	25 F	Bridget Stichnot	Charlottesville VA	181	13:34	282	3:13
251	50:48	49	0:56 14	20:07		1:28:36		
118.	168	39 M	Geoff Sinclair	Burke VA	7	10:00	146	2:33
129	47:09	462	2:07 258	26:57		1:28:44		
119.	113	37 F	Gretchen Cullenberg	Arlington VA	163	13:25	78	2:13
102	46:08	206	1:18 207	25:45		1:28:47		
120.	427	29 M	Kevin Bush	Washington DC	221	14:03	156	2:37
101	46:08	197	1:17 81	22:44		2:00 1:28:47		
May-11-2014 12:11:14pm								

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.	413		24 M		Kyle Blackwell	Paoli PA	37	11:30	196	2:50

143	47:36	241	1:23	205	25:43	1:29:00				
122.	516	48 F Jennifer Rentch				Washington DC	117	12:50	64	2:08
113	46:38	198	1:17	230	26:12	1:29:03				
123.	593	29 M Brian Roche				Arlington VA	336	15:34	409	3:55
43	43:24	202	1:17	88	22:58	2:00 1:29:06				
124.	8 MM	38 M Matthew Jemmott				Arlington VA	272	14:44	187	2:46
134	47:16	109	1:06	100	23:26	1:29:16				
125.	591	34 F Erin Green				Wilmington NC	85	12:28	114	2:23
146	47:46	150	1:12	191	25:28	1:29:16				
126.	122	28 F Kate Tussey				Falls Church VA	184	13:35	122	2:25
182	48:40	44	0:55	114	23:48	1:29:21				
127.	32	39 M Joe Morales				South Riding VA	226	14:10	144	2:32
105	46:20	111	1:06	173	25:14	1:29:21				
128.	532	47 F Stephenie Winter				Wrightsville Beach NC	178	13:33	80	2:13
121	46:52	240	1:23	189	25:26	1:29:25				
129.	372	49 M William Prior				Fairfax Station VA	146	13:14	260	3:06
104	46:15	261	1:27	198	25:31	1:29:31				
130.	288	23 M Matthew Bohmke				Fredericksburg VA	196	13:45	242	3:02
254	50:53	82	1:02	24	20:55	1:29:35				
131.	580	49 M David Zemo				Culpeper VA	198	13:46	159	2:38
80	45:16	81	1:02	263	26:59	1:29:40				
132.	618 MC	52 M Michael Mowles				El Paso TX	32	11:20	101	2:20
157	47:59	77	1:01	267	27:04	1:29:42				
133.	442	34 F Jaclyn Rieben				Leesburg VA	18	10:40	262	3:07
259	50:57	177	1:14	112	23:45	1:29:43				
134.	590	30 F Julia Hoppock				Washington DC	96	12:37	77	2:13
167	48:14	297	1:33	169	25:09	1:29:43				
135.	361	52 F Shannon Barras				Charlottesville VA	345	15:51	225	2:57
91	45:48	101	1:05	128	24:07	1:29:45				
136.	140	32 M Matt Greytak				Herndon VA	194	13:44	319	3:24
152	47:53	141	1:10	109	23:38	1:29:48				
137.	86	60 M Charlie Watkins				Norfolk VA	31	11:20	272	3:10
144	47:44	323	1:38	218	26:00	1:29:50				
138.	20	43 M Mark Lindsay				High Point NC	209	13:55	206	2:52
170	48:21	235	1:22	101	23:26	1:29:54				
139.	344	30 M Jonathan Scanlon				Arlington VA	320	15:20	314	3:22
162	48:05	132	1:09	62	22:06	1:30:00				
140.	566	32 M Allen Wu				Fairfax VA	149	13:18	365	3:41
153	47:53	205	1:18	124	24:02	1:30:10				
141.	87	35 M Justin Jacobs				The Plains VA	144	13:14	235	3:00
137	47:20	341	1:40	166	25:00	1:30:12				
142.	223	49 M Aaron Gold				Falls Church VA	14	10:35	309	3:20
234	50:20	187	1:16	160	24:44	1:30:12				
143.	358	36 F Margaret Gray				Herndon VA	227	14:11	113	2:23
187	48:55	79	1:01	113	23:47	1:30:16				
144.	72	42 F Pauline Owen				King George VA	92	12:32	90	2:16
130	47:10	185	1:15	266	27:04	1:30:16				
145.	592	55 M Dwight Wolf				Newport News VA	5	9:42	82	2:13
116	46:45	384	1:47	388	29:50	1:30:17				
146.	534	45 M Marty DeJoseph				Wilmington NC	133	13:05	182	2:44
218	49:46	238	1:22	99	23:23	1:30:19				
147.	601 C	37 M Elliott Lane				Washington DC	122	12:52	53	2:01
74	45:05	45	0:55	377	29:30	1:30:21				
148.	354	34 M Aaron Kota				Spotsylvania VA	298	15:02	175	2:42
190	48:56	99	1:04	79	22:40	1:30:23				
149.	156	33 F Julie Gunzenhaeuser				Arlington VA	52	11:59	97	2:18
118	46:48	249	1:24	306	27:57	1:30:24				
150.	393	27 F Julie Brown				Arlington VA	99	12:40	128	2:27
203	49:14	285	1:31	154	24:37	1:30:27				
151.	544	45 M Bob Keller				Williamsburg VA	98	12:40	133	2:29
123	46:57	172	1:14	281	27:17	1:30:34				
152.	177	44 M Chuck Potter				Germantown MD	234	14:19	218	2:56
90	45:41					1:30:39				
153.	274	37 F Sarah Carruth				Arlington VA	82	12:26	79	2:13
207	49:24	167	1:14	192	25:29	1:30:44				
154.	527	51 M Steven Feldman				Washington DC	15	10:35	283	3:13
106	46:21	311	1:36	361	29:01	1:30:44				
155.	269	52 F Kellie Mastrodonato				Arlington VA	307	15:09	69	2:10

148	47:48	221	1:20	143	24:20	1:30:45				
156.	203	48 F	Kris Toomey			Zionsville PA	62	12:06	117	2:24
189	48:56	302	1:34	220	26:02	1:30:59				
157.	214	33 M	Chris Johnson			Centreville VA	81	12:25	176	2:42
272	51:34	242	1:23	92	23:10	1:31:12				
158.	289	51 M	George Sabol			Virginia Beach VA	235	14:20	60	2:04
169	48:19	29	0:52	203	25:39	1:31:13				
159.	299	51 M	Dennis Myers			Chesapeake VA	168	13:27	234	3:00
179	48:34	304	1:34	159	24:43	1:31:16				
160.	243	41 F	Nicole Goerge			Ruckersville VA	469	17:54	25	1:49
177	48:32	98	1:04	59	21:59	1:31:16				
161.	41	64 M	Brad Metcalf			Richmond VA	243	14:26	62	2:05
166	48:11	239	1:23	171	25:14	1:31:17				
162.	224	33 F	Megan Carney			Arlington VA	124	12:55	83	2:14
110	46:31	166	1:14	337	28:30	1:31:22				
163.	421	36 F	Carolyn Basista			Washington DC	138	13:09	230	2:59
164	48:10	336	1:39	194	25:29	1:31:23				
164.	126	44 M	Adam Ruben			Washington DC	152	13:19	143	2:31
236	50:24	232	1:22	115	23:50	1:31:24				
165.	400	57 M	Ben Foy			Murrysville PA	136	13:08	105	2:20
184	48:47	216	1:19	214	25:54	1:31:26				
166.	294	56 F	Connie Maxwell			Newport News VA	180	13:34	115	2:23
72	45:03	146	1:10	371	29:21	1:31:30				
167.	632 A	28 F	Samantha Mader			Arlington VA	160	13:21	214	2:54
99	46:06	244	1:23	308	27:59	1:31:41				
168.	480	27 M	Jonathan Montet			Washington DC	109	12:45	96	2:18
174	48:26	225	1:21	255	26:53	1:31:41				
169.	125	31 F	Jennifer Tucker			Stafford VA	287	14:54	37	1:55
204	49:15	73	1:01	157	24:41	1:31:43				
170.	266	34 M	Jeff Berggren			Alexandria VA	355	15:59	295	3:17
128	47:05	127	1:08	139	24:16	1:31:43				
171.	64	29 M	Jordan Kwok			Washington DC	399	16:35	158	2:38
186	48:49	113	1:06	82	22:48	1:31:54				
172.	475	66 M	Larry Atkins			Washington DC	259	14:35	275	3:10
115	46:38	399	1:53	206	25:45	1:31:59				
173.	50	37 M	Stephen Wooten			Reston VA	392	16:30	247	3:02
109	46:29	227	1:21	155	24:40	1:32:00				
174.	573	34 M	Daniel Alvarez			Washington DC	351	15:55	208	2:52
82	45:28	326	1:38	233	26:16	1:32:07				
175.	401	37 M	Roger Torres			Washington DC	380	16:20	327	3:28
192	48:57	373	1:46	52	21:48	1:32:16				
176.	545	15 M	Michael Keller			Williamsburg VA	41	11:40	191	2:48
230	50:14	90	1:03	244	26:34	1:32:17				
177.	552	17 F	Kara Kendall			Oak Hill VA	212	13:58	271	3:10
298	52:33	106	1:05	45	21:34	1:32:17				
178.	238	32 M	Robert Garnsey			Ashburn VA	185	13:37	322	3:26
289	52:16	343	1:40	36	21:30	1:32:27				
179.	525	52 M	Chris Wilmot			Warrenton VA	139	13:09	509	4:48
195	49:00	11	0:44	162	24:51	1:32:30				
180.	130	44 M	Steve Elsberg			Arlington VA	398	16:34	304	3:19
155	47:57	459	2:06	76	22:37	1:32:32				
May-11-2014 12:11:14pm										

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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	Ag	S	NAME	city/state	Rank	SWIM	Rank	T1
====	====	==	==	==	=====	=====	====	=====	=====	=====
====	====	==	==	==	=====	=====	====	=====	=====	=====
====	====	==	==	==	=====	=====	====	=====	=====	=====
181.	558		45	M	Ferris Salhab	Manakin Sabot VA	285	14:53	290	3:15
200	49:09		237		1:22	122	23:57	1:32:35		
182.	582		38	F	Courtney Inglefield	Reston VA	282	14:52	219	2:56
165	48:11		275		1:29	179	25:17	1:32:43		
183.	139		29	F	Kristen Klesh	Arlington VA	378	16:18	138	2:29
185	48:48		218		1:19	117	23:52	1:32:45		

184.	303	53 M	Brian Leonard			Oak Hill VA	255	14:35	278	3:12
199	49:08	354	1:42	132	24:12	1:32:46				
185.	731	51 M	Leonard Bechtel			Arlington VA	111	12:47	249	3:03
198	49:05	149	1:12	249	26:43	1:32:48				
186.	280	47 M	Brian Smith			Radford VA	220	14:03	125	2:27
255	50:53	306	1:34	121	23:57	1:32:53				
187.	352	49 F	Alison Simon			Washington DC	293	14:58	104	2:20
191	48:57	76	1:01	209	25:47	1:33:00				
188.	415	61 M	Barry Diccicco			Oakton VA	161	13:24	155	2:35
141	47:26	116	1:07	341	28:33	1:33:03				
189.	357	34 M	Jason Miller			Suffolk VA	87	12:30	110	2:22
216	49:44	71	1:01	289	27:33	1:33:07				
190.	614 MC	47 M	David McCready			Arlington VA	137	13:08	265	3:08
256	50:56	117	1:07	163	24:51	1:33:09				
191.	346	31 M	Greg Mowles			Alexandria VA	102	12:41	209	2:52
292	52:20	102	1:05	141	24:17	1:33:14				
192.	239	33 F	Addie Schroeder			Arlington VA	332	15:30	243	3:02
124	47:00	479	2:16	199	25:31	1:33:16				
193.	347	45 M	Mark Miller			Arlington VA	148	13:15	142	2:31
136	47:19	210	1:18	360	28:57	1:33:19				
194.	417	31 F	Rachael Bosch			Washington DC	343	15:47	118	2:24
193	48:57	68	1:00	178	25:16	1:33:22				
195.	229	28 M	Craig Herlihy			Arlington VA	203	13:51	183	2:45
260	51:01	289	1:31	137	24:15	1:33:22				
196.	622 MC	48 M	Todd Smith			Lorton VA	155	13:20	126	2:27
226	50:06	245	1:24	223	26:08	1:33:23				
197.	385	34 M	Brett Miller			Fairfax VA	125	12:57	215	2:54
223	49:58	7	0:42	260	26:58	1:33:27				
198.	487	29 M	Andrew Clement			Washington DC	120	12:51	93	2:18
319	53:10	236	1:22	116	23:50	1:33:29				
199.	335	64 M	David Conover			Great Falls VA	240	14:24	20	1:48
172	48:24	291	1:32	285	27:26	1:33:32				
200.	58	47 M	J. Michael Monaco			Edgewater MD	30	11:19	168	2:41
196	49:03	416	1:56	343	28:36	1:33:33				
201.	100	37 F	Elizabeth Coleman			Washington DC	368	16:10	233	3:00
126	47:03	203	1:17	228	26:10	1:33:38				
202.	90	41 F	Andrea Latell			Irvington VA	73	12:17	123	2:25
142	47:35	352	1:41	389	29:55	1:33:51				
203.	329	42 M	Christopher Brown			Broad Run VA	40	11:39	124	2:26
221	49:55	120	1:07	351	28:46	1:33:52				
204.	71	39 M	Timothy Huddleston			Arlington VA	217	14:02	363	3:39
296	52:30	233	1:22	75	22:33	1:34:05				
205.	160	29 F	Sarah Ganslein			Washington DC	195	13:44	361	3:38
219	49:47	492	2:23	153	24:35	1:34:06				
206.	77	46 M	David Koppenhaver			Chesapeake VA	175	13:32	57	2:03
139	47:24	194	1:16	393	30:00	1:34:13				
207.	92	45 F	Holly Northup			Newport News VA	43	11:43	68	2:10
273	51:35	133	1:09	297	27:40	1:34:15				
208.	457	31 F	Sika Henry			Newport News VA	174	13:31	293	3:16
373	54:50	334	1:39	26	21:00	1:34:15				
209.	366	20 M	Timothy Hensel			College Park MD	247	14:31	190	2:47
304	52:52	32	0:53	93	23:16	1:34:17				
210.	559	48 M	David Moston			Manassas VA	309	15:11	354	3:37
122	46:55	475	2:15	241	26:25	1:34:22				
211.	220	43 F	Alice Cunin			Norfolk VA	189	13:40	251	3:04
332	53:29					1:34:23				
212.	569	47 M	Joel Brou			Washington DC	377	16:18	267	3:09
163	48:06	357	1:43	170	25:12	1:34:26				
213.	432	29 M	Daniel Davis			Alexandria VA	326	15:25	166	2:40
176	48:31	52	0:57	265	27:02	1:34:33				
214.	174	45 F	Stephanie Seiberg			Bethesda MD	228	14:14	150	2:34
228	50:11	230	1:22	242	26:25	1:34:45				
215.	383	33 M	Erik Ruselowski			Washington DC	182	13:35	137	2:29
241	50:28	190	1:16	270	27:06	1:34:52				
216.	105	33 M	Jarrett Conway			Alexandria VA	279	14:50	202	2:51
160	48:02	161	1:13	307	27:58	1:34:53				
217.	476	29 F	Lannie Marsh			Arlington VA	171	13:28	116	2:24
328	53:22	74	1:01	158	24:41	1:34:55				

218.	446	14	M	Brandon Baumgartner	Alexandria VA	210	13:57	302	3:18
263	51:05	168		1:14 188 25:26	1:34:58				
219.	374	40	M	Matthew Gotlin	Owings Mills MD	269	14:42	424	3:59
188	48:55	279		1:30 215 25:56	1:35:00				
220.	226	31	M	Patrick Crile	Arlington VA	319	15:19	311	3:21
194	48:59	356		1:43 204 25:41	1:35:01				
221.	493	44	M	Jim Foote	Waldorf MD	382	16:21	298	3:17
156	47:58	207		1:18 229 26:11	1:35:03				
222.	252	31	F	Megan Sowder-Staley	Washington DC	169	13:27	291	3:16
225	50:01	427		1:58 240 26:23	1:35:03				
223.	433	50	F	Martha Howar	Leesburg VA	265	14:39	384	3:47
237	50:24	401		1:53 147 24:28	1:35:08				
224.	53	45	F	Emily Armstrong	Rockville MD	409	16:48	257	3:05
117	46:48	309		1:35 261 26:59	1:35:14				
225.	404	32	M	Alexander Bailey	Washington DC	179	13:33	194	2:49
320	53:11	317		1:37 130 24:08	1:35:16				
226.	377	30	F	Carolyn Kilkus	Bethesda MD	127	13:01	332	3:30
365	54:33	15		0:48 102 23:27	1:35:17				
227.	522	41	M	Vijay Dsouza	Washington DC	318	15:19	398	3:52
220	49:52	466		2:11 140 24:17	1:35:28				
228.	1 MM	36	M	Jay Sterrett	Alexandria VA	339	15:37	165	2:40
214	49:38	290		1:32 221 26:04	1:35:29				
229.	553	16	F	Casey Kendall	Oak Hill VA	211	13:58	274	3:10
420	56:55	38		0:54 22 20:35	1:35:30				
230.	248	30	M	Brian Klesh	Arlington VA	331	15:30	237	3:01
149	47:49	278		1:30 301 27:45	1:35:32				
231.	461	40	M	Sam Salhab	Manakin Sabot VA	276	14:46	357	3:38
140	47:24	485		2:18 286 27:29	1:35:33				
232.	192	44	M	Matthew Leger	Arlington VA	242	14:26	264	3:08
275	51:36	165		1:14 172 25:14	1:35:35				
233.	230	28	F	Jennifer Weaver	Chantilly VA	79	12:23	317	3:23
344	53:49	8		0:42 183 25:22	1:35:37				
234.	596	55	F	Ellen Guinther	Richmond VA	50	11:54	227	2:58
338	53:43	353		1:41 190 25:26	1:35:40				
235.	466	48	M	Mark Howsham	Oakton VA	283	14:52	507	4:46
120	46:52	504		2:30 252 26:47	1:35:45				
236.	497	48	F	Jami Callahan-Brill	Hampton VA	121	12:51	185	2:46
279	51:58	266		1:28 259 26:57	1:35:58				
237.	368	32	M	Matt Roush	Alexandria VA	115	12:49	238	3:01
403	56:11	335		1:39 70 22:21	1:35:59				
238.	159	33	M	Elvis Stumbergs	Washington DC	403	16:42	399	3:52
206	49:21	359		1:43 145 24:24	1:36:00				
239.	178	56	M	Mark Ryan	Manassas VA	158	13:21	132	2:28
205	49:16	402		1:53 368 29:10	1:36:06				
240.	163	34	M	Daniel Deller	Reston VA	306	15:09	248	3:02
286	52:07	255		1:26 150 24:30	1:36:13				
May-11-2014 12:11:14pm									

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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.	607 C	34	M	Sted Garber		Arlington VA	257	14:35	328	3:29
257	50:57	441		2:02 177 25:16		1:36:16				
242.	594	39	F	Andrea Wuebker		Minneapolis MN	254	14:35	261	3:07
262	51:02	264		1:27 225 26:08		1:36:17				
243.	529	32	M	Joshua Morin		McLean VA	93	12:32	324	3:27
312	53:03	414		1:55 184 25:22		1:36:18				
244.	507	53	F	Cynthia Revesman		Herndon VA	244	14:27	286	3:15
252	50:50	287		1:31 234 26:18		1:36:19				
245.	693 NM	47	M	Jeff Olmhausen		Falls Church VA	305	15:08	490	4:37
267	51:17	95		1:04 136 24:15		1:36:20				
246.	688 NM	33	M	Eric Medoff		Arlington VA	300	15:05	193	2:49

217	49:45	174	1:14	287	27:32	1:36:23				
247.	244	30 F	Adrienne Brakefield			Washington Dc DC	200	13:49	140	2:31
248	50:41	191	1:16	321	28:13	1:36:27				
248.	479	26 F	Alexis Levinson			Washington DC	294	14:59	359	3:38
240	50:28	444	2:03	186	25:24	1:36:30				
249.	83	50 M	Kylor Whitaker			Haymarket VA	278	14:48	99	2:19
235	50:22	152	1:12	305	27:52	1:36:32				
250.	147	54 M	Thomas Black			Vienna VA	60	12:05	305	3:19
212	49:35	387	1:48	387	29:50	1:36:35				
251.	198	36 M	Daniel Beaman			Alexandria VA	565	23:59	239	3:01
19	41:53	271	1:29	236	26:18	1:36:39				
252.	240	50 M	Alex Tait			Silver Spring MD	239	14:24	289	3:15
266	51:17	433	2:00	208	25:45	1:36:39				
253.	184	20 M	Erik Auer			Arlington VA	415	16:55	139	2:30
367	54:38	35	0:54	53	21:49	1:36:44				
254.	30	39 M	Michiel Van Zadel			Sterling VA	411	16:49		
161	24:47		1:36:51							
255.	75	51 M	Rj Redstrom			Powhatan VA	250	14:32	186	2:46
232	50:18	281	1:30	302	27:48	1:36:52				
256.	464	43 F	Lynette Mason			Norfolk VA	308	15:10	250	3:03
249	50:41	405	1:53	231	26:14	1:36:59				
257.	395	25 M	Bryan Nolan			Arlington VA	414	16:54	236	3:01
197	49:04	246	1:24	246	26:39	1:37:00				
258.	149	33 M	Alex Chisholm			Reston VA	90	12:31	256	3:05
270	51:29	286	1:31	331	28:27	1:37:01				
259.	371	28 M	Torrey Smith			Arlington VA	128	13:02	368	3:41
364	54:32	303	1:34	135	24:14	1:37:02				
260.	18	49 F	Shannon Baird			Falls Church VA	456	17:43	147	2:33
114	46:38	315	1:37	340	28:33	1:37:02				
261.	124	48 F	Michele Potter			Germantown MD	248	14:32	394	3:51
265	51:16	178	1:14	237	26:20	1:37:11				
262.	61	31 F	Lisa Kohl			Washington DC	159	13:21	241	3:02
306	53:00	200	1:17	245	26:35	1:37:13				
263.	133	46 M	Paul Le			Potomac Falls VA	363	16:06	195	2:49
222	49:57	212	1:18	275	27:09	1:37:19				
264.	411	33 M	Todd Finkbone			Washington DC	438	17:28	364	3:40
341	53:45	457	2:06	19	20:29	1:37:25				
265.	403	52 M	Charlie Penn			Fredericksburg VA	317	15:19	266	3:09
350	53:56	400	1:53	105	23:33	1:37:48				
266.	409	50 M	Peter Mattes			Centreville VA	266	14:40	323	3:26
213	49:38	422	1:58	322	28:14	1:37:54				
267.	150	31 M	Ben Chisholm			Reston VA	107	12:44	197	2:50
382	55:05	94	1:04	232	26:15	1:37:56				
268.	6 MM	42 M	Grigory Medina			Norfolk VA	337	15:35	410	3:55
239	50:26	469	2:13	211	25:52	1:37:59				
269.	95	65 M	John Tansey			Williamsburg VA	286	14:53	151	2:34
158	48:01	282	1:30	424	31:12	1:38:09				
270.	375	45 M	David Dolezel			California MD	518	19:30	173	2:42
209	49:26	137	1:09	187	25:25	1:38:11				
271.	373	36 M	Amar Tappouni			Alexandria VA	440	17:28	356	3:38
242	50:29	243	1:23	180	25:17	1:38:13				
272.	281	29 M	Jaymes Dressel			Apo NY	519	19:35	167	2:40
229	50:12	351	1:41	133	24:12	1:38:19				
273.	499	31 F	Sierra Winser			King George VA	49	11:51	216	2:54
268	51:23	467	2:12	399	30:10	1:38:28				
274.	356	18 M	Nick Polanosky			Spotsylvania VA	199	13:48	358	3:38
301	52:40	26	0:52	288	27:33	1:38:29				
275.	103	40 F	Laure Ray			Richmond VA	68	12:11	192	2:48
323	53:18	226	1:21	365	29:07	1:38:44				
276.	345 C	28 M	Chad Bartlett			Gaithersburg MD	206	13:53	245	3:02
288	52:10	175	1:14	332	28:27	1:38:44				
277.	677 NF	35 F	Laurie Johnson			Centreville VA	417	16:56	392	3:50
168	48:15	525	2:46	273	27:09	1:38:54				
278.	425	32 F	Christy Wahle			Alexandria VA	270	14:42	172	2:41
317	53:10	171	1:14	272	27:08	1:38:54				
279.	478	27 F	Kathryn Purdy			Arlington VA	416	16:55	169	2:41
253	50:51	258	1:26	268	27:04	1:38:56				
280.	484	28 F	Caroline Phillips			Washington DC	173	13:31	184	2:45

345	53:49	154	1:12	303	27:49	1:39:03				
281.	256	34 M	Jeremy Jensen			Washington DC	46	11:44	217	2:55
293	52:22	199	1:17	416	30:51	1:39:07				
282.	643 NF	39 F	Toni Kerns			Washington DC	106	12:43	406	3:54
383	55:08	119	1:07	238	26:21	1:39:11				
283.	623 MC	41 M	Chad Hamel			Falls Church VA	364	16:07	178	2:43
299	52:38	65	0:59	278	27:13	1:39:38				
284.	330	35 F	Erica Roberts			Sterling VA	328	15:27	100	2:19
342	53:47	270	1:28	250	26:43	1:39:43				
285.	535	26 F	Sara Larios			Washington DC	218	14:02	91	2:17
361	54:23	283	1:31	294	27:37	1:39:47				
286.	56	32 F	Amie Quinn			Reston VA	219	14:02	204	2:52
294	52:23	268	1:28	373	29:23	1:40:06				
287.	55	55 M	Al Navidi			Rockville MD	506	18:55	297	3:17
210	49:30	324	1:38	257	26:55	1:40:13				
288.	211	49 M	Bertrand Rigaldies			Charlottesville VA	142	13:13	482	4:30
277	51:53	491	2:22	324	28:18	1:40:15				
289.	606 C	31 M	Nathan Foley			Charlottesville VA	396	16:32	355	3:38
276	51:47	426	1:58	239	26:22	1:40:15				
290.	585	47 M	Richard Pittman			Ashburn VA	299	15:03	330	3:29
247	50:40	408	1:54	369	29:13	1:40:17				
291.	245	51 F	Jennifer Bauerle			Charlottesville VA	397	16:34	377	3:43
208	49:25	409	1:54	349	28:44	1:40:19				
292.	364	19 F	Laura Miller			College Park MD	313	15:16	131	2:28
362	54:24	147	1:10	271	27:08	1:40:24				
293.	11 MM	43 M	Frederic Tuset-Anres			Norfolk VA	379	16:19	426	4:00
388	55:17	308	1:34	96	23:20	1:40:29				
294.	167	56 M	David Cooper			Ashburn VA	400	16:37	244	3:02
261	51:02	253	1:25	330	28:26	1:40:30				
295.	186	36 M	Steven Feldstein			Washington DC	457	17:43	521	5:01
238	50:25	493	2:23	167	25:05	1:40:34				
296.	175	42 M	Craig Simpson			Great Falls VA	463	17:47	448	4:10
215	49:44	342	1:40	283	27:21	1:40:40				
297.	320	42 F	Carolyn Hanson			Alexandria VA	223	14:07	326	3:28
335	53:35	213	1:18	325	28:19	1:40:46				
298.	74	42 M	Kip Prestholdt			Alexandria VA	80	12:24	336	3:32
287	52:10	333	1:39	363	29:03	2:00 1:40:47				
299.	197	29 F	Brittany Bird			Arlington VA	61	12:05	269	3:09
291	52:19	489	2:21	419	30:55	1:40:48				
300.	641	28 F	Tessa Winn			Montgomery Village MD	74	12:19	277	3:12
282	52:04	55	0:58	445	32:20	1:40:51				
May-11-2014 12:11:14pm										

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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	Ag S	NAME	city/state	Rank	SWIM Rank	T1	
Rank	Bike	Rank	T2 Rank	RUN PENALTY TIME DQ				
301.	472	41 F	Sandy Elia	King George VA	224	14:09	189	2:47
271	51:29	376	1:47	412	30:42	1:40:51		
302.	296	33 F	Amanda Watkins	Newport News VA	418	16:57	376	3:43
375	54:52	148	1:10	142	24:19	1:41:00		
303.	15 MF	28 F	Jenna Shephard	Fort Belvoir VA	304	15:08	161	2:39
347	53:49	19	0:50	348	28:44	1:41:08		
304.	81	44 F	Lisa Mackem	Reston VA	486	18:20	273	3:10
181	48:39	390	1:49	370	29:20	1:41:16		
305.	213	27 F	Sarah Kennelley	Washington Dc DC	192	13:42	44	1:58
418	56:53	143	1:10	291	27:36	1:41:17		
306.	684 NM	33 M	Luke Whittington	Ashburn VA	474	17:57	353	3:37
250	50:41	340	1:40	284	27:23	1:41:17		
307.	501	52 F	Kristina Ament	Alexandria VA	333	15:32	489	4:37
243	50:35	458	2:06	338	28:32	1:41:20		
308.	236	28 F	Sandy Su	Washington DC	215	14:00	468	4:21
340	53:44	378	1:47	292	27:36	1:41:26		

309.	712 NM	38 M	Travis Lefever		Jamestown NC	461	17:45	461	4:16
201	49:11	439	2:01 327	28:23	1:41:36				
310.	629 A	39 F	Nathalie Behn		McLean VA	545	21:39	154	2:35
132	47:15	173	1:14 357	28:54	1:41:36				
311.	141	53 M	Dave Middleton		Ashburn VA	225	14:10	205	2:52
355	54:12	476	2:15 319	28:12	1:41:39				
312.	562	46 F	Brooke Curran		Alexandria VA	510	19:01	408	3:55
314	53:05	468	2:12 106	23:36	1:41:46				
313.	334	38 M	David Ocasio		Leesburg VA				
	1:42:05								
314.	624 MC	44 M	Michael Weber		Virginia Beach VA	245	14:27	316	3:22
325	53:20	316	1:37 372	29:22	1:42:05				
315.	394	42 M	Eugene Guilaran		Arlington VA	395	16:32	228	2:59
303	52:51	121	1:08 346	28:41	1:42:08				
316.	441	34 F	Natalie Kempkey		Washington DC	246	14:28	423	3:59
258	50:57	349	1:41 423	31:07	1:42:11				
317.	308	31 F	Elizabeth Westbrook		Washington DC	290	14:55	542	5:18
346	53:49	545	3:04 176	25:15	1:42:19				
318.	332	44 F	Shira Yoffe		Washington DC	296	15:01	313	3:21
302	52:50	495	2:24 356	28:50	1:42:24				
319.	36	39 M	Justin Neroda		Ashburn VA	538	20:53	440	4:06
224	50:00	134	1:09 235	26:18	1:42:24				
320.	396	34 F	Jennifer Medina		Falls Church VA	55	12:00	349	3:35
421	56:55	450	2:04 309	27:59	1:42:32				
321.	519	43 M	Chris Dickey		Midlothian VA	504	18:50	452	4:12
161	48:05	554	3:18 317	28:09	1:42:32				
322.	306	53 F	Janet Janas		Clifton VA	76	12:21	179	2:43
406	56:25	463	2:10 362	29:02	1:42:40				
323.	696 NM	30 M	Matt Holland		Clifton VA	303	15:08	453	4:12
305	52:53	355	1:42 354	28:49	1:42:42				
324.	681 NF	30 F	Katherine Dinterman		Washington DC	480	18:03	348	3:35
278	51:58				1:42:47				
325.	386	32 M	Kyle Adams		Arlington VA	423	17:08	407	3:55
333	53:31	318	1:37 264	27:00	1:43:08				
326.	708 NM	24 M	Michael Riccard		Fairfax VA	441	17:28	387	3:47
269	51:28	348	1:41 355	28:50	1:43:12				
327.	246	34 F	Alison Eddy		Arlington VA	280	14:50	478	4:28
227	50:09	389	1:49 434	31:59	1:43:13				
328.	489	53 M	Edward Lustig		Charlotte Hall MD	297	15:02	335	3:32
311	53:02	217	1:19 406	30:28	1:43:21				
329.	93	70 M	David Gearin		Arlington VA	268	14:41	344	3:33
173	48:25	498	2:25 490	34:23	1:43:27				
330.	697 NM	45 M	Richard Peal		Falls Church VA	428	17:16	405	3:54
353	54:08	231	1:22 253	26:51	1:43:28				
331.	37	19 M	Adam Davis		Midlothian VA	302	15:08	451	4:12
392	55:33	87	1:03 298	27:41	1:43:35				
332.	369	30 M	Travis Thekkudan		Arlington VA	477	17:59	343	3:33
363	54:24	393	1:49 212	25:54	1:43:37				
333.	339	52 M	Ray Montgomery		Hampton VA	237	14:21	371	3:42
283	52:04	440	2:01 426	31:32	1:43:39				
334.	496	27 F	Sara Josey		Fredericksburg VA	314	15:17	481	4:30
339	53:43	454	2:05 316	28:08	1:43:41				
335.	587	33 M	Derrick Rychlik		Culpeper VA	289	14:54	487	4:34
316	53:09	372	1:46 376	29:29	1:43:51				
336.	370	28 F	Aleza Cain		Arlington VA	140	13:11	401	3:52
415	56:50	487	2:19 299	27:42	1:43:53				
337.	676	38 F	Melissa Erickson		Yorktown VA	489	18:21	420	3:58
329	53:24	89	1:03 274	27:09	1:43:54				
338.	194	33 F	Sarah McKenzie		Arlington VA	359	16:03	226	2:57
409	56:36	377	1:47 247	26:39	1:44:00				
339.	540	41 F	Joanna Silver		Silver Spring MD	431	17:21	148	2:33
366	54:36	403	1:53 296	27:40	1:44:01				
340.	231	24 M	Matt Stevens		Baltimore MD	9	10:06	163	2:39
501	1:02:00	193	1:16 312	28:03	1:44:02				
341.	598	52 F	Teresa Dumpe		Hagerstown MD	458	17:44	334	3:32
324	53:19	220	1:19 320	28:13	1:44:04				
342.	655 NF	23 F	Hannah Hoffman		Washington DC	426	17:12	351	3:36
352	54:04	453	2:04 279	27:13	1:44:06				

343.	521	16 F	Iris Gonzalez			Port Republic MD	275	14:45	299	3:17
440	58:09	163	1:14	251	26:46	1:44:09				
344.	180	22 M	Leor Reef			Washington DC	147	13:15	276	3:11
354	54:12	294	1:33	435	32:01	1:44:10				
345.	215	33 M	Matthew Owen			Alexandria VA	444	17:32	111	2:22
310	53:02	223	1:20	390	29:56	1:44:11				
346.	62	50 M	Andrew Baillie			Nokesville VA	447	17:34	454	4:13
280	51:59	394	1:50	345	28:40	1:44:14				
347.	380	38 M	Ivan Iverson			Haymarket VA	311	15:14	374	3:43
384	55:10	360	1:43	336	28:30	1:44:17				
348.	16 MF	46 F	Diana Staneszewski			Arlington VA	316	15:18	180	2:44
378	54:54	222	1:20	395	30:03	1:44:18				
349.	572	32 F	Margaret Chadbourn			Washington DC	145	13:14	34	1:53
466	59:48	484	2:18	276	27:10	1:44:21				
350.	642	27 F	Nora Lewis			Washington DC	216	14:02	232	2:59
322	53:15	420	1:57	451	32:30	1:44:41				
351.	685 NM	41 M	Jess Weidman			Richmond VA	528	20:09	270	3:10
318	53:10	180	1:15	262	26:59	1:44:41				
352.	314	45 M	Robert Miller			Chester VA	388	16:24	346	3:34
308	53:00	188	1:16	408	30:31	1:44:44				
353.	118	37 M	Nick Hoben			Partlow VA	455	17:39	340	3:32
374	54:51	347	1:41	269	27:05	1:44:46				
354.	251	25 F	Rachel Sparks			Ashburn VA	64	12:08	306	3:19
369	54:40	362	1:44	465	33:01	1:44:50				
355.	512	47 M	Oliver Potts			Arlington VA	401	16:41	338	3:32
430	57:30	86	1:03	222	26:06	1:44:51				
356.	701 NM	30 M	Tsvetomir Vretenarov			Washington DC	356	16:00	538	5:14
414	56:48	262	1:27	195	25:29	1:44:57				
357.	452	33 M	Ryan Mroz			Falls Church VA	348	15:54	559	6:05
395	55:42	505	2:30	164	24:52	1:45:01				
358.	565	38 F	Julia Taylor			Stafford VA	349	15:54	462	4:16
376	54:54	507	2:31	290	27:34	1:45:07				
359.	571	51 M	Garry Young			Arlington VA	281	14:51	458	4:14
377	54:54	452	2:04	367	29:09	1:45:10				
360.	228	30 F	Kate Shine			Arlington VA	130	13:04	435	4:04
417	56:52	374	1:46	378	29:31	1:45:15				
May-11-2014 12:11:14pm										

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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	city/state	Rank	SWIM Rank	T1
			T2 Rank	RUN PENALTY TIME DQ			
361.	671 NF	31 F	Lauren Anneberg	Washington DC	381	16:20	331 3:29
410	56:42	97	1:04	300 27:44	1:45:18		
362.	630 A	37 F	Tricia Kane	Arlington VA	323	15:22	258 3:05
313	53:04	338	1:40	442 32:12	1:45:21		
363.	511	46 F	Laura Jackson	Arlington VA	329	15:27	446 4:09
464	59:43	432	2:00	127 24:04	1:45:22		
364.	195	35 F	Becky Baltus	Silver Spring MD	499	18:38	212 2:53
359	54:19	211	1:18	323 28:17	1:45:24		
365.	486	58 M	Daniel Stichnot	Lexington KY	327	15:26	554 5:53
327	53:21	70	1:01	386 29:49	1:45:27		
366.	621 MC	53 M	Hampton Oberle	Annandale VA	386	16:23	480 4:30
379	54:55	434	2:00	295 27:40	1:45:27		
367.	282	56 F	Marjorie Auer	Alexandria VA	330	15:28	130 2:28
245	50:37	379	1:47	499 35:13	1:45:31		
368.	704 NM	31 M	Gerald Wynn	Alexandria VA	546	21:40	366 3:41
331	53:29	214	1:18	200 25:32	1:45:38		
369.	492	29 M	Arup Mallik	Washington DC	413	16:51	439 4:06
326	53:20	430	2:00	379 29:31	1:45:46		
370.	112	54 M	Tom Avent	Arlington VA	357	16:01	281 3:13
356	54:14	451	2:04	403 30:17	1:45:47		
371.	323	35 M	Mark Taylor	Washington DC	556	22:39	540 5:17

183	48:42	438	2:01	280	27:13	1:45:49				
372.	204	40 F	Aya Mimura			Washington DC	104	12:42	345	3:34
458	59:08	370	1:45	350	28:46	1:45:52				
373.	287	60 F	Maggie Bartlett			Boys MD	267	14:41	325	3:27
393	55:39	256	1:26	413	30:44	1:45:56				
374.	298	25 F	Catherine Trainor			Washington DC	230	14:15	294	3:16
453	58:51	319	1:37	334	28:28	1:46:25				
375.	235	38 F	Erin McManamon			Arlington VA	366	16:08	499	4:43
349	53:52	497	2:25	382	29:34	1:46:40				
376.	613 MC	43 M	Kevin McNally			Frederick MD	482	18:04	350	3:36
264	51:13	361	1:43	440	32:07	1:46:41				
377.	515	30 F	Susan Conway			Arlington VA	449	17:36	342	3:33
336	53:40	423	1:58	396	30:06	1:46:51				
378.	39	38 F	Maureen Dunnigan			Sterling VA	406	16:45	504	4:45
370	54:41	448	2:04	352	28:47	1:46:59				
379.	538	44 F	Sioban Castor			Washington Dc DC	493	18:29	444	4:08
231	50:15	534	2:52	425	31:23	1:47:05				
380.	505	40 F	Gwynne Reid			Fairfax VA	479	18:01	432	4:03
398	55:49	424	1:58	282	27:19	1:47:08				
381.	257	34 F	Allison Drezek			Richmond VA	322	15:22	352	3:36
343	53:47	358	1:43	461	32:49	1:47:16				
382.	574	31 F	Jessika Briggs			Virginia Beach VA	186	13:37	170	2:41
446	58:26	346	1:40	421	30:59	1:47:22				
383.	19	39 M	Eric Cook			Chesapeake VA	490	18:22	370	3:42
244	50:36	363	1:44	468	33:06	1:47:27				
384.	348	60 F	Carol Gruenburg			Alexandria VA	288	14:54	520	5:00
411	56:43	500	2:27	344	28:37	1:47:40				
385.	604 C	32 M	David Cooper			Alexandria VA	460	17:45	263	3:08
380	54:59	314	1:36	404	30:18	1:47:44				
386.	605 C	31 M	Fernando Porter			Washington DC	566	24:08	229	2:59
295	52:28	280	1:30	248	26:42	1:47:45				
387.	568	51 M	Neil Semmel			Bear DE	222	14:05	379	3:44
284	52:06	503	2:28	505	35:32	1:47:52				
388.	646 NF	27 F	Xoco Shinbrot			Arlington VA	365	16:08	188	2:47
436	57:44	110	1:06	398	30:10	1:47:53				
389.	557	44 F	Lisa Harfoot			Alexandria VA	291	14:57	213	2:53
442	58:18	339	1:40	397	30:07	1:47:53				
390.	135 A	42 F	Traci Marin			Bristow VA	274	14:45	223	2:57
368	54:38	298	1:33	487	34:05	1:47:56				
391.	66	46 M	Thomas Robison			Alexandria VA	421	17:06	121	2:25
300	52:39	435	2:00	439	32:06	2:00 1:48:14				
392.	448	45 F	Katrina Koomey			Arlington VA	448	17:36	388	3:47
290	52:17	522	2:43	432	31:56	1:48:16				
393.	463	41 F	Kerensa Hadley			Fairfax VA	312	15:15	145	2:32
431	57:32	122	1:08	431	31:51	1:48:16				
394.	268	39 M	Dion Davitian			Fairfax VA	369	16:10	484	4:32
387	55:15	410	1:54	405	30:27	1:48:17				
395.	144	29 M	Michael Kimosh			Washington DC	166	13:25	476	4:26
351	54:01	566	4:08	464	32:59	1:48:57				
396.	290	55 M	Jack Wilbern			Vienna VA	321	15:21	531	5:06
358	54:16	442	2:02	443	32:15	1:48:59				
397.	634 A	36 F	Debbie Pederson			Alexandria VA	165	13:25	320	3:24
443	58:21	196	1:17	455	32:35	1:48:59				
398.	322	49 F	Marnie Deaton			Ruckersville VA	263	14:38	253	3:04
425	57:06	417	1:56	446	32:21	1:49:03				
399.	575	41 F	Sherri Brothers			Alexandria VA	340	15:39	315	3:22
412	56:45	252	1:25	437	32:03	1:49:11				
400.	408	39 M	Devon Kramer			Annandale VA				
1:49:15										
401.	477	44 F	Sarah Waldman			Arlington VA	520	19:35	437	4:05
394	55:42	412	1:55	310	28:01	1:49:16				
402.	631 A	30 F	Cortney Donnalley			Washington DC	375	16:17	337	3:32
422	56:59	367	1:45	415	30:49	1:49:21				
403.	225	53 F	Heike Yates			Silver Spring MD	516	19:21	450	4:11
427	57:15	386	1:48	277	27:12	1:49:45				
404.	616 MC	41 M	Michael Neary			Gainesville VA	537	20:49	199	2:50
246	50:40	544	3:04	447	32:25	1:49:46				
405.	189	22 M	Manar Zaghlula			Washington DC	548	21:59	544	5:19

381	55:00	375	1:47	210	25:49	1:49:51				
406.	397	56 F	Joni Briganti			Spotsylvania VA	229	14:15	430	4:02
396	55:42	499	2:27	476	33:28	1:49:51				
407.	227	38 F	Heather McGowan			Arlington VA	433	17:22	553	5:39
405	56:18	542	3:03	293	27:36	1:49:57				
408.	119	19 F	Lia Russell			Richmond VA	358	16:01	539	5:15
439	57:54	481	2:18	339	28:32	1:49:58				
409.	127	28 M	Nathaniel Greeson			Washington DC	488	18:21	551	5:37
399	55:53	273	1:29	347	28:43	1:50:01				
410.	612 MC	56 M	Richard Dumene			Barboursville VA	360	16:04	312	3:21
285	52:07	365	1:45	525	37:04	1:50:18				
411.	254	58 M	Paul Foster			Laytonsville MD	521	19:42	473	4:23
357	54:16	526	2:46	381	29:34	1:50:39				
412.	171	40 M	David Humphreys			Herndon VA	154	13:20	550	5:37
467	59:49	546	3:05	358	28:56	1:50:45				
413.	661 NF	30 F	Grace Carroll			Washington DC	526	20:01	416	3:57
452	58:50	305	1:34	243	26:28	1:50:48				
414.	46	45 M	Christopher Baker			Woodbridge VA	335	15:34	431	4:02
462	59:36	520	2:43	366	29:08	1:51:01				
415.	277	51 F	Donna Sumption			Arlington VA	563	23:37	1	0:00
307	53:00	530	2:49	427	31:39	1:51:04				
416.	349	38 M	Matt Kurylo			Fredericksburg VA	390	16:27	422	3:59
457	59:04	320	1:37	394	30:02	1:51:07				
417.	729 NF	43 F	Jennifer Homendy			Fredericksburg VA	315	15:18	287	3:15
476	1:00:13	398	1:51	409	30:39	1:51:14				
418.	619 MC	43 M	Scott Pitsley			Highland MD	465	17:51	381	3:45
281	52:01	257	1:26	514	36:19	1:51:20				
419.	166	46 F	Bonnie McCready			Arlington VA	422	17:08	479	4:29
391	55:33	328	1:38	456	32:37	1:51:22				
420.	321	50 F	Margaret Krick			Fredericksburg VA	391	16:28	240	3:01
337	53:41	431	2:00	515	36:20	1:51:29				
May-11-2014 12:11:14pm										

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

Place Rank	Bib Bike	Co	Ag S	NAME	city/state	Rank	SWIM	Rank	T1	
				T2 Rank	RUN PENALTY	TIME DQ				
421.	703 NM	28 M	Jordan Rhodes			Washington DC	501	18:44	389	3:48
494	1:01:37	181	1:15	224	26:08	1:51:30				
422.	291	42 M	Siddharth Shah			Arlington VA	485	18:19	413	3:57
456	59:02	494	2:23	304	27:51	1:51:30				
423.	273	48 F	Sherri Sabol			Virginia Beach VA	252	14:33	162	2:39
514	1:03:27	153	1:12	385	29:46	1:51:35				
424.	318	34 F	Shannon Cooper			Locust Grove VA	232	14:18	284	3:13
455	59:01	381	1:47	475	33:25	1:51:43				
425.	399	29 F	Erin Donovan			Harpers Ferry WV	258	14:35	442	4:06
483	1:00:52	518	2:42	380	29:34	1:51:46				
426.	76	67 F	Kari Sprecher			Leesburg VA	443	17:30	310	3:20
389	55:17	474	2:14	477	33:31	1:51:50				
427.	272	38 F	Katy Mankin			Annandale VA	63	12:06	474	4:24
481	1:00:48	215	1:19	472	33:19	1:51:55				
428.	543	55 F	Mary Tognarelli			Richmond VA	361	16:04	427	4:00
437	57:53	219	1:19	459	32:47	1:52:02				
429.	656 NF	38 F	Melinda Buchanan			Charlottesville VA	370	16:14	372	3:42
454	58:52	472	2:14	422	31:02	1:52:02				
430.	28	54 M	Rick Fayyad			Rockville MD	515	19:20	246	3:02
321	53:13	480	2:16	489	34:20	1:52:08				
431.	586	38 F	Jessica Wyndham			Washington DC	341	15:40	288	3:15
408	56:34	259	1:26	501	35:16	1:52:10				
432.	609 C	35 M	Charlie Wilkes			Arlington VA	439	17:28	333	3:31
432	57:36	397	1:51	430	31:47	1:52:11				
433.	584	28 M	Tung Phung			Sterling VA	564	23:38	292	3:16
372	54:49	299	1:33	359	28:56	1:52:11				

434.	597	48 F	Ona Dosunmu			Washington DC	517	19:26	428	4:01
334	53:31	549	3:09	441	32:08	1:52:13				
435.	165	34 M	Benjamin Berlin			Washington DC	371	16:15	472	4:23
486	1:01:01	107	1:05	383	29:37	1:52:19				
436.	336	37 F	Catherine Foca			Moseley VA	135	13:07	375	3:43
519	1:03:52	112	1:06	414	30:47	1:52:32				
437.	17	55 M	Christopher Dacosta			Point Of Rocks MD	536	20:46	445	4:09
371	54:44	510	2:35	407	30:29	1:52:40				
438.	633 A	30 F	Anne Kenney			Washington DC	260	14:36	449	4:10
402	56:10	428	1:59	509	35:48	1:52:41				
439.	60	28 F	Laura Slingerland			Lexington Park MD	385	16:22	395	3:51
297	52:32	371	1:46	535	38:12	1:52:41				
440.	510	27 F	Allison Blajda			Washington DC	509	18:59	558	6:04
438	57:53	392	1:49	315	28:07	1:52:50				
441.	625 MC	48 M	Gregory Dumont			Alexandria VA	249	14:32	436	4:05
400	55:53	254	1:26	526	37:06	1:53:01				
442.	438	45 F	Lisa Folb			Centreville VA	497	18:34	456	4:13
459	59:08	265	1:27	384	29:43	1:53:04				
443.	45	36 M	Peer Mumme			Annandale VA	373	16:16	497	4:41
472	1:00:04	145	1:10	420	30:58	1:53:07				
444.	706 NM	33 M	Jason Farbman			Bethesda MD	524	19:53	570	6:35
488	1:01:12	322	1:37	120	23:54	1:53:09				
445.	26	43 F	Rosie Sjam			Reston VA	467	17:54	367	3:41
390	55:22	277	1:30	493	34:45	1:53:10				
446.	595	69 M	Brad Kirley			Orange VA	434	17:25	296	3:17
449	58:40	421	1:57	436	32:01	1:53:18				
447.	27	46 F	Hala Salha Fayyad			Rockville MD	452	17:37		
1:53:26										
448.	276	39 F	Susie Ahn			Washington DC	425	17:11	221	2:56
441	58:16	490	2:22	458	32:43	1:53:27				
449.	278	35 M	Robert Mays			Alexandria VA	471	17:54	362	3:39
386	55:15	501	2:27	488	34:18	1:53:32				
450.	142	42 F	Stacy Vasquez			Hyattsville MD	523	19:47	360	3:38
401	55:56	464	2:10	438	32:04	1:53:33				
451.	702 NM	33 M	Andrew Dunn			Newport News VA	451	17:37	522	5:01
521	1:03:57	28	0:52	227	26:09	1:53:34				
452.	439	49 F	Marcia Insley			Arlington VA	542	21:26	495	4:40
424	57:02	517	2:41	313	28:06	1:53:53				
453.	128	49 M	Evan Lese			Alexandria VA	352	15:56	459	4:15
385	55:12	473	2:14	516	36:22	1:53:57				
454.	549	51 F	Mary Meckley			Va VA	394	16:31	524	5:02
450	58:44	446	2:03	429	31:45	1:54:03				
455.	694 NM	52 M	Scott Paradis			Alexandria VA	525	19:54	506	4:46
444	58:25	536	2:55	318	28:11	1:54:10				
456.	327	33 F	Alexis Soderlund			McLean VA	541	21:24	383	3:46
348	53:52	511	2:37	457	32:42	1:54:19				
457.	469	51 F	Julia Kadison			Washington DC	408	16:47	537	5:13
507	1:02:46	295	1:33	311	28:03	1:54:20				
458.	672 NF	40 F	Erika Shaughnessy			Fredericksburg VA	350	15:55	572	6:44
468	59:51	558	3:40	329	28:24	1:54:32				
459.	699 NM	43 M	Manish Naik			Vienna VA	262	14:38	457	4:13
461	59:27	471	2:14	486	34:02	1:54:33				
460.	648 NF	40 F	Suzanne Croy			Vienna VA	483	18:06	400	3:52
428	57:18	380	1:47	481	33:43	1:54:45				
461.	490	60 F	Bonnie Dattel			Virginia Beach VA	494	18:29	576	7:04
460	59:21	204	1:17	342	28:35	1:54:45				
462.	162	30 F	Frances Turner			Alexandria VA	459	17:44	307	3:20
525	1:04:26	155	1:12	314	28:07	1:54:48				
463.	262	54 M	David Helms			Silver Spring MD	496	18:34	378	3:44
309	53:01	437	2:01	533	37:35	1:54:53				
464.	9 MM	42 M	Galo Chaves			Annandale VA	577	25:58	380	3:45
435	57:44	455	2:05	193	25:29	1:54:59				
465.	253	57 F	Mary Foster			Laytonsville MD	432	17:21	470	4:21
416	56:52	395	1:50	492	34:43	1:55:05				
466.	102	58 M	Thomas Kraehling			Fredericksburg VA	420	17:05	533	5:09
274	51:35	551	3:12	537	38:24	1:55:24				
467.	474	24 F	Amy Boerman			Arlington VA	325	15:24	329	3:29
502	1:02:02	182	1:15	473	33:20	1:55:28				

468.	241	37 F	Katherine Lindler	Poquoson VA	372	16:15	347	3:34
479	1:00:43	411	1:54 466 33:04	1:55:28				
469.	649 NF	20 F	Pavla Ovtchinnikova	Worcester MA	540	21:19	198	2:50
419	56:54	208	1:18 469 33:10	1:55:30				
470.	450	32 F	Alexis Layne	Falls Church VA	301	15:05	391	3:50
491	1:01:22	496	2:24 471 33:18	1:55:57				
471.	686 NM	40 M	Dustin Davis	Fredericksburg VA	295	15:00	508	4:48
487	1:01:12			1:55:57				
472.	578	55 F	Sharon Griffing	Springfield VA	505	18:50	536	5:11
515	1:03:30	514	2:39 217 26:00	1:56:08				
473.	654 NF	39 F	Jennifer Connor	Arlington VA	261	14:37	466	4:17
469	59:54	449	2:04 504 35:27	1:56:17				
474.	217	39 F	Calaneet Balas	Washington DC	374	16:17	441	4:06
474	1:00:07	541	3:03 462 32:50	1:56:21				
475.	398	48 M	David Simms	Arlington VA	527	20:09	419	3:58
407	56:29	383	1:47 485 34:00	1:56:21				
476.	304	37 F	Mary Beth Bruggeman	Burke VA	153	13:20	396	3:51
556	1:09:56	516	2:41 256 26:53	1:56:38				
477.	528	50 M	Miro Lehky	Centreville VA	393	16:30	386	3:47
477	1:00:20	483	2:18 483 33:50	1:56:43				
478.	340	28 M	Chris Blankenship	Washington DC	549	22:01	501	4:43
404	56:15	391	1:49 449 32:27	1:57:13				
479.	44	34 F	Jessica Mumme	Annandale VA	453	17:38	569	6:34
470	59:54	201	1:17 433 31:57	1:57:19				
480.	645 NF	39 F	Kristy Hoben	Partlow VA	522	19:45	181	2:44
434	57:43	382	1:47 507 35:35	1:57:32				
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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	city/state	Rank	SWIM	Rank	T1
			T2 Rank		RUN PENALTY			TIME DQ
481.	145	40 M	David Laufer	Clifton VA	410	16:48	411	3:55
534	1:05:08	300	1:33 400 30:10	1:57:34				
482.	89	24 F	Stephanie Schneider	Ellicott City MD	347	15:53	397	3:51
447	58:34	407	1:54 530 37:26	1:57:37				
483.	416	42 F	Jennifer Mason	Virginia Beach VA	324	15:23	259	3:06
423	57:00	364	1:44 550 40:28	1:57:39				
484.	709 NM	23 M	Zaid Kokaja	Arlington VA	552	22:09	552	5:38
473	1:00:06	284	1:31 326 28:22	1:57:43				
485.	108	12 F	Katie Winklosky	Ashburn VA	103	12:42	224	2:57
567	1:12:51	136	1:09 328 28:24	1:58:01				
486.	506	27 M	William Marsh	Washington DC	502	18:45	460	4:15
520	1:03:56	368	1:45 375 29:28	1:58:07				
487.	640 NF	30 F	Sarah King	Fredericksburg VA	484	18:12	403	3:52
529	1:04:55	144	1:10 392 30:00	1:58:07				
488.	424	37 F	Catherine Hall	Arlington VA	464	17:50	488	4:36
465	59:45	532	2:51 470 33:12	1:58:12				
489.	542	28 F	Alexis Miller	Washington DC	508	18:58	222	2:56
533	1:05:07	96	1:04 411 30:42	1:58:45				
490.	567	30 F	Bao Tran Pham	Vienna VA	533	20:39	505	4:45
448	58:35	513	2:38 450 32:28	1:59:03				
491.	657 NF	25 F	Kayla Marshall	Charlottesville VA	427	17:15	467	4:18
544	1:07:03	272	1:29 374 29:27	1:59:30				
492.	599 C	30 M	Joseph Hadley	Arlington VA	476	17:58	447	4:09
489	1:01:16	69	1:00 503 35:25	1:59:47				
493.	148	34 F	Elena Digiovanna	Washington DC	487	18:20	514	4:56
495	1:01:38	436	2:00 467 33:05	1:59:56				
494.	458	46 M	Lonnie Lazear	Reston VA	530	20:17	417	3:58
475	1:00:09	529	2:48 460 32:49	1:59:59				
495.	96	63 M	Alvin Richardson	Newport News VA	42	11:42	369	3:42
566	1:12:41	547	3:06 364 29:05	2:00:14				
496.	343	63 M	Alonzo Crittenden	Hampton VA	362	16:05	443	4:08

360	54:21	556	3:30	563	42:33	2:00:35						
497.	54	47 F		Patty Glass		Manassas Park VA	334	15:33	341		3:33	
413	56:48	415	1:56	565	42:48	2:00:36						
498.	319	36 F		Lindsay Ritter		Washington DC	404	16:42	515		4:56	
530	1:05:01	447	2:03	402	30:13	2:00 2:00:53						
499.	473	25 M		Jason Farber		Arlington VA	405	16:43	318		3:24	
463	59:40	331	1:38	551	40:36	2:01:59						
500.	242	36 M		Kerry Oldfield		Leesburg VA	561	23:30	402		3:52	
497	1:01:44	248	1:24	428	31:39	2:02:07						
501.	407	35 F		Kimberly Herbert		Springfield VA	478	18:00	463		4:17	
482	1:00:52	502	2:28	517	36:36	2:02:10						
502.	663 NF	29 F		Kate Hubbard		Washington DC	389	16:26	534		5:09	
505	1:02:38	533	2:51	497	35:10	2:02:12						
503.	434	53 F		Lynne Swartz		Centreville VA	582	29:10	492		4:39	
426	57:10	540	3:03	333	28:28	2:02:27						
504.	498	32 F		Elizabeth Nicoletti Sheehy		Washington DC	498	18:37	546		5:21	
498	1:01:45	126	1:08	512	36:04	2:02:53						
505.	577 NF	48 F		Sara Poore		Fredericksburg VA	507	18:57	493		4:39	
508	1:02:56	527	2:47	482	33:45	2:03:02						
506.	651 NF	40 F		Kirsten Munz		Fairfax VA	412	16:50	528		5:05	
547	1:07:46	209	1:18	453	32:34	2:03:31						
507.	271	53 F		Susan Leavitt		Washington DC	475	17:58	516		4:56	
499	1:01:49	396	1:51	524	37:00	2:03:32						
508.	437	30 F		Cesse Ip		Washington DC	513	19:08	541		5:17	
485	1:01:00	537	2:57	474	33:25	2:00 2:03:44						
509.	325	28 M		Roberto Miranda		Arlington VA	446	17:34	578		7:08	
524	1:04:22	445	2:03	463	32:56	2:04:01						
510.	161	67 M		Skip Lambert		Chesapeake VA						
2:00	2:04:13											
511.	337	53 M		Eric Johnson		Washington DC	387	16:24	412		3:56	
429	57:27	524	2:45	567	44:06	2:04:35						
512.	680 NF	44 F		Dawn Reposky		Charlotte Hall MD	558	23:06	433		4:03	
478	1:00:30	486	2:19	494	34:47	2:04:43						
513.	695 NM	39 M		Mathais Rivera		Woodbridge VA	367	16:08	498		4:41	
500	1:01:53	539	3:01	542	39:04	2:04:45						
514.	650 NF	38 F		Miklane Chang		Fairfax VA	214	14:00	532		5:09	
555	1:09:25	521	2:43	479	33:33	2:04:47						
515.	635 A	50 F		Kris Petersen		Silver Spring MD	346	15:53	211		2:52	
433	57:39	321	1:37	573	47:11	2:05:10						
516.	665 NF	34 F		Katherine Gajewski		Philadelphia PA	383	16:21	418		3:58	
540	1:06:19	350	1:41	523	36:58	2:05:15						
517.	38 NF	36 F		Nancy Wallace		Washington DC	436	17:27	385		3:47	
554	1:09:05	100	1:04	484	33:55	2:05:16						
518.	626 MC	45 M		Tyson Toles		Schenectady NY	437	17:27	382		3:46	
397	55:47	563	3:51	568	44:28	2:05:17						
519.	470	26 F		Haley Deschamps		Annapolis MD	407	16:46	545		5:20	
539	1:06:11	482	2:18	495	34:59	2:05:32						
520.	48	60 F		Judith Fitzpatrick		Takoma Park MD	468	17:54	475		4:24	
535	1:05:17	523	2:44	502	35:21	2:05:37						
521.	52	52 M		Andrew Schubin		Alexandria VA	529	20:13	561		6:07	
558	1:10:00	508	2:31	254	26:52	2:05:41						
522.	679 NF	40 F		Christina Caesar		Catonsville MD	284	14:52	563		6:13	
563	1:11:01	162	1:14	448	32:26	2:05:44						
523.	31	40 M		Neil Goradia		Bethesda MD	429	17:20	438		4:06	
471	59:58	568	4:11	548	40:15	2:05:47						
524.	675 NF	32 F		Nicole McLaughlin		Fort Monroe VA	555	22:18	421		3:59	
510	1:03:12	515	2:40	480	33:41	2:05:47						
525.	687 NM	38 M		Philip Sokolowski		Sterling VA	531	20:29	580		9:34	
490	1:01:19	569	4:43	401	30:11	2:06:15						
526.	454	62 F		Leanne Layne		Springfield VA	492	18:28	404		3:53	
506	1:02:45	488	2:21	540	38:50	2:06:15						
527.	581	55 F		Eileen McConkie		Colonial Beach VA	466	17:52	523		5:01	
522	1:04:06	560	3:45	508	35:43	2:06:25						
528.	21	36 F		Samantha Gallagher		Alexandria VA	544	21:33	373		3:42	
503	1:02:04	478	2:15	521	36:57	2:06:30						
529.	658 NF	28 F		Katherine Stallings		Falls Church VA	511	19:03	308		3:20	
550	1:08:23	313	1:36	491	34:24	2:06:44						
530.	653 NF	50 F		Katarina Auer		Arlington VA	503	18:46	477		4:26	

517	1:03:38	550	3:11	520	36:55		2:06:54				
531.	691 NM	32 M	Robert Kilpatrick II			Manassas VA		550	22:04	500	4:43
537	1:06:04	565	3:58	410	30:42		2:07:29				
532.	673 NF	24 F	Elissa Gathman			Fairfax VA		430	17:20	529	5:06
538	1:06:09	429	1:59	527	37:06		2:07:38				
533.	110	32 F	Sheila Dicostanza			Arlington VA		354	15:58	465	4:17
546	1:07:40	559	3:43	513	36:15		2:07:51				
534.	662 NF	53 F	Westley Du Pont			Charlottesville VA		470	17:54	415	3:57
492	1:01:27	470	2:14	561	42:25		2:07:55				
535.	80	39 M	Ken Kusel			Arlington VA		512	19:06	502	4:43
516	1:03:37	418	1:56	538	38:37		2:07:56				
536.	367	35 F	Angela Hennessy			Greenbelt MD					
	2:07:57										
537.	263	52 F	Patricia Stiegman			Lusby MD		535	20:43	512	4:53
518	1:03:49	332	1:39	528	37:09		2:08:11				
538.	176	37 M	Glenn Ballard			Washington DC		584	31:31	564	6:16
330	53:27	571	4:55	444	32:17		2:08:24				
539.	453	63 F	Pat Blood			McLean VA		481	18:03	511	4:50
536	1:05:41	506	2:31	532	37:33		2:08:36				
540.	247	29 F	Lindsay Mulcahy			Arlington VA		491	18:26	560	6:06
568	1:12:54	307	1:34	391	30:00		2:08:58				
May-11-2014	12:11:14pm										

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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	city/state	Rank	SWIM Rank	T1
			T2 Rank		RUN PENALTY TIME DQ		
541.	674 NF	31 F	Christina Jennings	Fredericksburg VA	514	19:15	518 4:58
532	1:05:03	535	2:53	522	36:57		2:09:05
542.	309	55 M	Michael Harris	Fairfax VA	442	17:29	556 6:02
493	1:01:35	538	2:59	555	41:06		2:09:10
543.	328	33 F	Vanessa Tesoriero	Washington DC	554	22:17	562 6:09
542	1:06:28	413	1:55	452	32:32		2:09:19
544.	350	22 M	Joe Sullivan	Laurel MD	108	12:45	471 4:22
571	1:14:25	325	1:38	519	36:43		2:09:50
545.	405	39 M	Vladislav Gavrillets	Fairfax VA	435	17:26	434 4:04
548	1:07:55	553	3:13	531	37:32		2:10:07
546.	710 NM	49 M	Chris Munz	Fairfax VA	402	16:42	566 6:21
549	1:08:01	548	3:08	510	35:58		2:10:08
547.	293	32 F	Cynthia Leon	Charlottesville VA	539	21:15	513 4:53
513	1:03:15	189	1:16	547	40:02		2:10:39
548.	292	31 F	Nicole Shepard	Staunton VA	344	15:49	581 10:21
512	1:03:13	345	1:40	544	39:37		2:10:39
549.	63	34 F	Rachel Cramer	Alexandria VA	532	20:30	339 3:32
531	1:05:01	228	1:21	549	40:18		2:10:41
550.	539	29 F	Julia Sullivan	Herndon VA	570	24:47	254 3:05
569	1:12:54	312	1:36	353	28:49		2:11:09
551.	283 NF	47 F	Martha Henebry	Washington DC	580	28:02	555 6:00
511	1:03:12	269	1:28	454	32:34		2:11:15
552.	647 NF	29 F	Laura Johns	Washington DC	557	22:57	425 4:00
541	1:06:22	251	1:24	518	36:38		2:11:19
553.	471	28 F	Jessica Kirby	Odenton MD	551	22:06	390 3:49
552	1:08:43	460	2:06	500	35:14		2:11:56
554.	79	38 F	Susan Kusel	Arlington VA	553	22:14	491 4:39
509	1:03:02	176	1:14	554	40:50		2:11:56
555.	711 NM	56 M	Tim Gindling	College Park MD	500	18:39	568 6:32
504	1:02:24	557	3:34	556	41:24		2:12:31
556.	659 NF	28 F	Jackie Anderson	Alexandria VA	473	17:57	496 4:41
564	1:11:49	61	0:59	529	37:25		2:12:49
557.	517	46 F	Lisa Sylvia	Fredericksburg VA	462	17:46	485 4:32
572	1:14:57	465	2:10	478	33:33		2:12:57
558.	154	60 F	Anne Wood	Fairfax VA	567	24:22	393 3:50
526	1:04:43	366	1:45	539	38:49		2:13:27

559.	620 MC	48 M	Eric Hoy		Washington DC	562	23:36	579	7:48
496	1:01:40	419	1:56 543	39:11	2:14:10				
560.	261	46 M	Adrian Shaw		King George VA	292	14:57	543	5:18
527	1:04:44	552	3:13 571	46:14	2:14:25				
561.	137	47 F	Suji Brown		Reston VA	576	25:36	503	4:43
484	1:00:59	329	1:38 559	41:48	2:14:42				
562.	67	58 M	William Carlin		Fredericksburg VA	534	20:40	486	4:33
528	1:04:49	567	4:09 552	40:42	2:14:50				
563.	638 NF	49 F	Susan Sigmon		Stafford VA	445	17:33	517	4:58
565	1:12:10	477	2:15 541	38:57	2:15:50				
564.	669 NF	45 F	Julie Naff		Annandale VA	559	23:10	577	7:05
480	1:00:44	564	3:56 557	41:27	2:16:21				
565.	667 NF	29 F	Kate Cobbs		Sterling VA	450	17:36	526	5:04
560	1:10:36	512	2:37 553	40:42	2:16:34				
566.	392	39 M	Ernest Dellinger		Warrenton VA	573	25:11	557	6:04
543	1:06:47	528	2:48 511	36:03	2:16:50				
567.	109	32 F	Becca Shane		Washington DC	569	24:34	527	5:04
561	1:10:46	337	1:39 496	35:01	2:17:03				
568.	98	41 F	Melanie Koelsch		Manassas VA	583	31:22	321	3:26
523	1:04:07	344	1:40 534	37:43	2:18:17				
569.	668 NF	44 F	Kathleen Sweeney		Alexandria VA	495	18:30	547	5:34
551	1:08:42	562	3:49 560	41:59	2:18:33				
570.	639 NF	35 F	Eugenia Gregorio		Arlington VA	472	17:55	575	6:58
545	1:07:12	555	3:29 566	43:01	2:18:33				
571.	423	44 M	Adam Kannapell		Charlottesville VA	353	15:58	574	6:57
576	1:20:43	404	1:53 506	35:32	2:21:01				
572.	636 A	31 F	Catharine Myung		Washington DC	424	17:08	530	5:06
451	58:45	531	2:51 574	57:26	2:21:14				
573.	617 MC	53 M	Garry Stiegman		Lusby MD	581	28:18	548	5:35
445	58:25	443	2:03 572	46:58	2:21:17				
574.	378	39 F	Lesley Eicher		Harrisonburg VA	277	14:47	565	6:19
570	1:14:06	572	5:01 564	42:37	2:22:49				
575.	59	49 F	Jennifer A McCann		Washington DC	574	25:11	510	4:49
559	1:10:11	543	3:04 545	39:39	2:22:52				
576.	338	43 F	Jennifer Scheller		Silver Spring MD	579	26:16	494	4:39
573	1:15:12	425	1:58 498	35:11	2:23:14				
577.	602 C	36 M	Kevin Takeguchi		Arlington VA	376	16:17	525	5:04
315	53:06	561	3:46 575	1:05:23	2:23:34				
578.	115	43 F	Erin Linton		Potomac MD				
	2:24:15								
579.	683 NF	27 F	Desiree Boucher		Arlington VA	578	26:13	414	3:57
557	1:09:59	509	2:33 558	41:41	2:24:22				
580.	313	24 F	Sarah Truitt		Washington DC	568	24:33	300	3:18
574	1:16:59	247	1:24 546	39:40	2:25:52				
581.	146	35 F	Shabnaum Amjad		Alexandria VA	547	21:53	549	5:35
575	1:20:15	456	2:05 536	38:20	2:28:07				
582.	381	46 F	Rebecca Kuper		Germantown MD	575	25:26	483	4:32
553	1:08:43	570	4:44 569	45:22	2:28:45				
583.	68	36 M	Michael Jackson		Washington DC	543	21:31	567	6:30
577	1:24:42	574	5:31 417	30:53	2:29:05				
584.	69	37 F	Katie Jackson		Washington DC	571	25:00	573	6:57
578	1:24:47	573	5:29 418	30:54	2:33:05				
585.	286	33 F	Leigh Mays		Alexandria VA	572	25:04	571	6:35
579	1:25:57	461	2:07 562	42:31	2:42:12				
586.	627 A	34 F	Angela Adelman		Baltimore MD	560	23:17	535	5:10
580	1:27:43	519	2:42 570	46:07	2:44:57				
	422	64 M	Raymond Kannapell		Charlottesville VA	236	14:20	429	4:01
562	1:10:48								
	698 NM	39 M	Aaron Buchanan		Charlottesville VA	419	17:03	174	2:42
	237	53 F	Suzanne Borenzweig		Silver Spring MD	454	17:38		
	May-11-2014	12:11:14pm							

589 records processed.