

Colonial Beach Sprint & Olympic Triathlon 2025

Olympic Triathlon Overall Females

Race Date

June 22, 2025

Place	Name	Bib No	AG Place	----- Swim -----		T1	----- Bike -----		T2	----- Run -----		Total
				Rnk	Time		Rnk	Time		Rnk	Time	
1	Sara Black	542	TF :F SOA	1	24:06.6	1:36	2:07.4	1 1:08:52.6	22.6	1:35.1	2 44:37.0	7:11 2:21:18.8
2	Cameron Clarke	524	TF :F SOA	6	27:34.2	1:50	2:17.2	5 1:11:24.4	21.8	1:18.4	1 44:25.6	7:09 2:27:00.0
3	Hilary Cairns	515	TF :F SOA	5	27:19.7	1:49	2:04.1	4 1:10:28.6	22.1	2:01.0	5 47:10.7	7:36 2:29:04.2
4	Katherine McComas	389	1:F 25-29	3	25:49.8	1:43	2:33.2	7 1:14:21.3	21.0	2:17.3	6 48:40.2	7:50 2:33:41.9
5	Holly Wittsack	554	TF :F SMOA	2	25:06.5	1:40	3:04.4	8 1:16:16.8	20.5	3:15.2	8 51:28.1	8:17 2:39:11.1
6	Cheryl McMurray	305	TF :F SMOA	16	34:04.8	2:16	4:12.7	3 1:09:31.1	22.4	2:10.3	12 53:09.8	8:33 2:43:08.9
7	Laura Ramos	367	TF :F SMOA	14	32:47.5	2:11	2:03.5	16 1:20:51.4	19.3	2:04.9	3 45:35.6	7:20 2:43:23.1
8	Jenna Hager	319	2:F 25-29	25	36:19.5	2:25	2:51.2	2 1:09:20.6	22.5	2:28.8	17 54:27.1	8:46 2:45:27.4
9	Julia Follick	424	1:F 40-44	15	33:38.5	2:15	1:54.5	14 1:20:13.9	19.4	2:06.7	10 51:59.4	8:22 2:49:53.2
10	Jillian Cantrell	474	1:F 20-24	7	27:59.4	1:52	2:09.8	21 1:22:43.7	18.9	1:48.2	20 56:09.1	9:02 2:50:50.3
11	Mary Catherine Malin	381	1:F 65-69	13	32:38.6	2:11	3:13.6	26 1:24:51.7	18.4	2:24.7	7 49:56.2	8:02 2:53:05.0
12	Ingrid Mercer	521	1:F 50-54	9	30:07.0	2:00	2:20.1	11 1:17:59.0	20.0	3:05.4	31 1:01:44.9	9:56 2:55:16.5
13	Tia Robles	363	1:F Female	38	40:22.0	2:41	4:05.2	9 1:16:46.1	20.3	2:18.0	9 51:51.5	8:21 2:55:22.9
14	Jennifer Panlilio	320	1:F 35-39	43	40:54.5	2:44	2:18.9	10 1:17:57.9	20.0	2:06.9	11 52:10.0	8:24 2:55:28.3
15	Mary Kauffman	322	2:F 35-39	22	36:01.0	2:24	2:50.6	13 1:19:46.2	19.6	1:51.7	21 56:18.4	9:04 2:56:48.0
16	Ann Graham	549	3:F 35-39	17	34:17.2	2:17	2:18.7	17 1:21:50.5	19.1	1:47.1	24 58:26.6	9:24 2:58:40.3
17	Bridget Baker	473	1:F 30-34	37	40:08.7	2:41	5:03.0	19 1:22:06.7	19.0	2:18.2	13 53:10.2	8:33 3:02:47.0
18	Magali Wolfgang	371	2:F 40-44	49	42:25.5	2:50	3:14.5	12 1:18:58.6	19.8	3:45.0	18 55:27.8	8:56 3:03:51.6
19	Sarah Jurczyk	547	3:F 25-29	4	25:51.6	1:43	2:40.4	25 1:24:19.4	18.5	2:30.0	51 1:08:52.4	11:05 3:04:14.0
20	Kristine Baekgaard	436	4:F 25-29	24	36:12.0	2:25	2:38.2	27 1:25:23.9	18.3	1:48.5	33 1:01:57.8	9:58 3:08:00.5
21	Carrie Peterson	475	3:F 40-44	19	34:32.4	2:18	3:22.5	60 1:35:40.8	16.3	2:18.8	14 53:30.3	8:37 3:09:24.9
22	Marissa Gonzalez	394	4:F 35-39	23	36:06.9	2:24	4:47.8	36 1:28:08.7	17.7	3:52.1	22 56:43.6	9:08 3:09:39.3
23	Katie Hosteny	350	4:F 40-44	41	40:47.0	2:43	2:34.4	23 1:23:17.7	18.7	2:12.5	27 1:00:48.9	9:47 3:09:40.6
24	Donata Povilaityte	501	2:F 50-54	53	44:03.5	2:56	3:12.5	15 1:20:29.9	19.4	2:26.2	28 1:01:14.3	9:51 3:11:26.6
25	Amber Cornett	483	5:F 40-44				39:52.0	28 1:26:12.5	18.1	3:30.8	32 1:01:51.3	9:57 3:11:26.7
26	Celeste Carano	447	5:F 35-39	11	31:15.5	2:05	2:48.0	38 1:28:47.2	17.6	2:13.7	44 1:06:25.4	10:41 3:11:29.9
27	Elizabeth Gallacher	433	6:F 40-44	26	36:42.8	2:27	3:07.5	30 1:26:44.1	18.0	3:45.5	35 1:03:40.4	10:15 3:14:00.3
28	Katelyn Gross	334	5:F 25-29	8	29:08.5	1:57	3:07.7	44 1:31:40.1	17.0	2:06.5	50 1:08:34.7	11:02 3:14:37.7
29	Justine Yu	391	2:F 30-34	21	35:14.9	2:21	2:53.7	46 1:31:54.8	17.0	3:04.5	30 1:01:44.6	9:56 3:14:52.8
30	Tiffany O'Neal	511	7:F 40-44	57	45:34.2	3:02	3:22.9	20 1:22:40.7	18.9	3:05.0	25 1:00:22.6	9:43 3:15:05.5
31	Megan Johnson	434	1:F 45-49	27	37:29.1	2:30	2:33.4	29 1:26:39.1	18.0	2:46.6	47 1:07:21.1	10:50 3:16:49.4
32	Caroline Sealander	552	3:F 30-34	32	39:34.7	2:38	4:26.0	65 1:36:59.7	16.1	2:42.0	16 54:03.0	8:42 3:17:45.6
33	Anne Grady	421	2:F 20-24	33	39:34.9	2:38	3:43.6	67 1:37:27.1	16.0	2:02.6	19 56:08.0	9:02 3:18:56.4

*Overall place within gender

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Race Date

June 22, 2025

Place	Name	Bib No	AG Place	----- Swim -----			T1	----- Bike -----			T2	----- Run -----			Total
				Rnk	Time	Pace	Time	Rnk	Time	Rate	Time	Rnk	Time	Pace	Time
34	Estrella Peinado Vara	410	3:F 50-54	68	50:31.0	3:22	3:30.3	39	1:29:08.0	17.5	2:39.7	15	53:33.9	8:37	3:19:23.1
35	Juene Rader	460	2:F Female	72	53:14.9	3:33	2:38.9	24	1:23:47.6	18.6	1:49.8	23	58:00.3	9:20	3:19:31.5
36	Marciane Foote	302	4:F 30-34	64	48:57.1	3:16	3:03.3	18	1:21:57.9	19.0	2:45.2	39	1:05:21.6	10:31	3:22:05.3
37	Alice Duhaut	453	8:F 40-44	36	40:08.5	2:41	5:07.3	42	1:31:25.1	17.1	4:07.8	29	1:01:32.2	9:54	3:22:21.0
38	Julia Brodsky	470	2:F 45-49	47	41:13.6	2:45	4:30.9	22	1:22:50.4	18.8	5:55.8	53	1:09:26.1	11:10	3:23:57.0
39	Pip Wilson	537	9:F 40-44	30	38:38.1	2:35	2:54.7	53	1:33:50.3	16.6	2:10.6	49	1:07:33.2	10:52	3:25:07.1
40	Rylee Boyd	366	6:F 25-29	42	40:53.7	2:44	4:56.0	34	1:27:36.1	17.8	2:58.5	55	1:10:21.1	11:19	3:26:45.6
41	Delaney McOmber	494	3:F 20-24	20	34:54.8	2:20	2:38.2	76	1:39:49.7	15.6	2:37.4	57	1:11:23.2	11:29	3:31:23.5
42	Amy Hooper	390	10:F 40-44	46	40:59.4	2:44	3:07.4	78	1:40:37.4	15.5	2:13.8	41	1:06:05.9	10:38	3:33:04.1
43	Katie Spicer-Byers	450	11:F 40-44	18	34:28.3	2:18	2:29.0	56	1:34:51.4	16.4	2:37.0	76	1:18:56.4	12:42	3:33:22.3
44	Maria Koutlas	332	7:F 25-29	50	42:54.5	2:52	4:46.5	74	1:39:02.7	15.8	3:16.9	36	1:04:04.2	10:19	3:34:05.0
45	Laurie Rogers	325	1:F 55-59	34	39:45.0	2:39	4:00.1	47	1:32:00.8	17.0	3:08.7	70	1:15:16.0	12:07	3:34:10.8
46	Allison Thomas	414	4:F 50-54	51	43:32.2	2:54	4:18.4	45	1:31:42.8	17.0	3:16.1	59	1:11:36.6	11:31	3:34:26.3
47	Caitlin Kennedy	374	6:F 35-39	55	44:37.7	2:59	3:16.5	72	1:38:28.0	15.8	2:58.7	38	1:05:16.3	10:30	3:34:37.4
48	Kate Wall	317	5:F 30-34	35	40:03.4	2:40	6:01.1	70	1:37:52.1	15.9	3:30.0	48	1:07:25.7	10:51	3:34:52.5
49	Jillian Smith	441	8:F 25-29	28	38:21.2	2:33	3:42.9	75	1:39:29.1	15.7	1:45.1	58	1:11:36.2	11:31	3:34:54.7
50	Laura Povlich	310	12:F 40-44	58	45:54.1	3:04	5:30.5	48	1:33:02.6	16.8	4:01.3	45	1:06:31.4	10:42	3:35:00.2
51	Maggie Zerr	358	9:F 25-29	66	49:41.2	3:19	5:33.6	40	1:29:23.3	17.5	4:34.6	43	1:06:23.0	10:41	3:35:35.7
52	Jeanna Buck-Simpson	471	7:F 35-39	67	50:28.3	3:22	5:39.9	51	1:33:43.0	16.6	2:24.3	34	1:03:32.1	10:14	3:35:47.8
53	Brooke Kowalski	546	4:F 20-24	29	38:24.7	2:34	3:56.0	43	1:31:39.4	17.0	3:06.4	77	1:18:56.7	12:42	3:36:03.5
54	Rebecca Kern	551	8:F 35-39	39	40:27.8	2:42	4:03.8	68	1:37:37.0	16.0	2:49.8	65	1:12:57.7	11:45	3:37:56.3
55	Kate Kaufer	505	5:F 50-54	40	40:41.7	2:43	3:53.7	62	1:35:54.9	16.3	3:17.8	68	1:15:09.0	12:06	3:38:57.2
56	Chloe Waterman	422	9:F 35-39	69	51:39.1	3:27	3:33.5	57	1:35:02.0	16.4	3:39.7	37	1:05:08.5	10:29	3:39:03.0
57	Danielle Cossey	375	1:F Female	71	52:40.7	3:31	3:44.3	41	1:29:55.6	17.3	2:11.9	56	1:10:39.6	11:22	3:39:12.3
58	Catherine Boudreau	382	6:F 30-34	59	46:21.6	3:05	3:14.4	66	1:37:01.7	16.1	3:18.9	52	1:09:16.9	11:09	3:39:13.6
59	Sonja Seward	417	6:F 50-54	70	51:40.6	3:27	2:36.3	73	1:38:41.8	15.8	1:56.3	40	1:05:47.0	10:35	3:40:42.3
60	Rebekah Lawrence	347	3:F 45-49	60	46:41.5	3:07	4:22.2	49	1:33:20.2	16.7	3:31.4	64	1:12:57.3	11:44	3:40:52.9
61	Mariah Shriner	318	7:F 30-34	56	44:52.7	3:00	3:20.1	69	1:37:43.6	16.0	3:13.4	60	1:11:50.4	11:34	3:41:00.4
62	Caroline Barrow	338	8:F 30-34	81	1:00:45.7	4:03	3:49.1	35	1:28:00.8	17.7	2:50.5	42	1:06:13.1	10:39	3:41:39.3
63	Kimberly Larkin	435	10:F 35-39	74	55:31.1	3:42	4:36.3	33	1:27:26.7	17.8	3:24.9	61	1:11:56.2	11:35	3:42:55.3
64	Katie Wimsatt	373	10:F 25-29	10	30:45.2	2:03	4:14.6	83	1:48:21.2	14.4	3:56.3	74	1:16:42.6	12:21	3:44:00.0
65	Sarah Mossburg	407	4:F 45-49	75	57:02.8	3:48	6:14.4	63	1:36:01.1	16.2	4:59.8	26	1:00:42.5	9:46	3:45:00.7
66	Elena Kapp	333	9:F 30-34	31	38:51.7	2:35	3:55.2	64	1:36:48.6	16.1	3:23.2	81	1:24:20.3	13:34	3:47:19.1

*Overall place within gender

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June 22, 2025

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				Rnk	Time		Rnk	Time		Rnk	Time	
67	Melissa Pelligrino	345	13:F 40-44	44	40:55.9	2:44	5:52.9	61 1:35:53.0	16.3	3:28.0	80 1:21:27.6	13:07 3:47:37.5
68	Kristen Willett	429	14:F 40-44	76	57:43.5	3:51	3:44.7	31 1:26:44.2	18.0	3:45.5	73 1:16:34.1	12:19 3:48:32.1
69	Latonya Simon	534	10:F 30-34	77	57:45.8	3:51	4:57.3	50 1:33:21.6	16.7	2:45.1	62 1:12:14.3	11:38 3:51:04.3
70	Denitsa Apostolova	412	5:F 45-49	82	1:02:57.8	4:12	4:23.8	32 1:27:07.6	17.9	2:34.5	66 1:14:10.8	11:56 3:51:14.7
71	Stephanie Theofanos	364	2:F 55-59	45	40:57.8	2:44	3:45.8	54 1:34:44.2	16.5	4:30.2	83 1:27:49.3	14:08 3:51:47.4
72	Joanne David Velagala	446	11:F 30-34	83	1:03:55.7	4:16	4:45.9	55 1:34:50.4	16.4	3:20.0	46 1:07:07.3	10:48 3:53:59.5
73	Elise Serbaroli	361	15:F 40-44	79	58:11.9	3:53	2:37.7	59 1:35:29.1	16.3	2:36.7	72 1:15:52.9	12:13 3:54:48.4
74	Erin Willett	428	11:F 35-39	65	49:39.0	3:19	4:18.8	37 1:28:44.0	17.6	4:24.0	84 1:28:24.1	14:14 3:55:30.2
75	Mae Salvaggio	548	12:F 30-34	52	43:57.0	2:56	4:59.3	82 1:47:14.7	14.5	4:28.9	71 1:15:49.2	12:12 3:56:29.3
76	Julia Whelan	431	11:F 25-29	73	55:00.9	3:40	6:17.2	81 1:42:32.9	15.2	2:52.4	63 1:12:31.8	11:40 3:59:15.3
77	Janine Moses	493	12:F 25-29	80	58:42.4	3:55	4:05.3	79 1:41:55.1	15.3	2:13.6	69 1:15:10.9	12:06 4:02:07.3
78	Faten Saliba	418	12:F 35-39	48	42:02.1	2:48	5:59.0	85 1:53:55.3	13.7	3:13.1	78 1:19:04.4	12:44 4:04:14.1
79	Eileen McConkie	355	2:F 65-69	61	46:53.7	3:08	7:01.9	52 1:33:48.8	16.6	3:06.1	85 1:33:37.0	15:04 4:04:27.7
80	Sarah Dijulio	388	7:F 50-54	84	1:08:02.0	4:32	7:31.4	58 1:35:10.8	16.4	3:58.4	54 1:09:56.7	11:15 4:04:39.5
81	Claire Gini	442	16:F 40-44	54	44:23.1	2:58	7:53.0	84 1:51:00.0	14.1	3:00.8	75 1:18:28.3	12:38 4:04:45.4
82	Heidi Sleasman	348	8:F 50-54	62	46:57.6	3:08	7:11.8	77 1:40:34.2	15.5	6:45.4	82 1:25:58.5	13:50 4:07:27.6
83	Katie McCrystal	432	2:F Female	63	47:26.8	3:10	6:29.0	71 1:38:26.5	15.8	6:03.5	86 1:34:21.5	15:11 4:12:47.5
84	Amanda Kitson	482	3:F Female	78	58:03.2	3:52	3:34.9	86 1:54:24.5	13.6	2:07.8	79 1:21:25.7	13:06 4:19:36.4
85	Karin Villarroel	448	13:F 35-39	85	1:20:13.2	5:21	4:59.7	80 1:42:24.4	15.2	4:42.5	67 1:14:27.8	11:59 4:26:47.7
DQ	Gladys Chi	456	DQ:F 40-44				31:04.5	DQ 1:43:16.6	15.1	11:06.1	58:39.9	9:26 3:24:07.3

*Overall place within gender