

2019- 4500 Club Members

Place	Bib	Name	Club	Div	S	Ag	City	St	750	1500	2250	Total
1	104	Zachary Smith	Eagle Swim Team	M1719	M	17	SYKESVILLE	MD	07:51.4	16:46.7	25:35.4	0:50:14
2	132	Grant Kay	Eagle Swim Team	M1719	M	17	ELLCOTT CITY	MD	08:20.1	17:34.4	27:29.6	0:53:24
3	180	David Bajwa	Machine Aquatics	M16-	M	16	Bethesda	MD	08:23.6	17:40.4	27:37.4	0:53:41
4	45	Craig Dewing	MARY (Maryland Masters)	M4049	M	49	Hanover	MD	08:48.0	18:16.0	27:58.3	0:55:02
5	271	Louis Levine		M2029	M	22	Frederick	MD	08:35.5	18:39.5	28:34.0	0:55:49
6	222	Brad Hyde		M4049	M	48	Gettysburg	PA	08:47.0	19:12.1	29:59.9	0:57:59
7	181	John Kenny	Schuylkill Tri Club	M3039	M	38	Conshohocken	PA	09:11.0	19:11.7	30:08.7	0:58:31
8	227	Emily Watts		F5059	F	51	SPARKS	MD	09:32.8	20:01.7	30:35.9	1:00:10
9	89	Kasey Brough	Keystone Aquatics	F3039	F	33	Gardners	PA	09:57.0	20:33.2	31:17.4	1:01:48
10	261	Bridget McElroy	DCAC	F3039	F	37	Takoma Park	MD	09:54.2	20:34.2	31:22.5	1:01:51
11	157	Cynthia McLaughlin	COLU	F3039	F	33	Baltimore	MD	10:00.5	20:40.8	31:27.3	1:02:09
12	108	Todd Holt	Hanover YMCA Stingrays	M5059	M	57	HANOVER	PA	09:31.2	20:24.3	32:38.0	1:02:34
13	112	Mark Young	Germantown Masters	M5059	M	55	CLARKSBURG	MD	09:39.8	20:47.5	32:09.9	1:02:37
14	260	Garrett Jewett	DC aquatics Club	M3039	M	33	Takoma Park	MD	10:16.9	21:09.3	33:03.2	1:04:29
15	139	Marie Bowman	Central Maryland YMCA Masters	F3039	F	36	Catonsville	MD	10:25.8	21:28.8	33:25.2	1:05:20
16	237	James Moore	Columbia Masters	M5059	M	52	COLUMBIA	MD	10:24.8	21:46.3	33:49.5	1:06:01
17	52	Laurie Wei	DC Tri Club	F2029	F	24	POTOMAC	MD	10:23.2	21:55.5	33:43.4	1:06:02
18	225	Debbie Lennox		F4049	F	43	STROUDSBURG	PA	10:40.1	21:55.8	34:01.0	1:06:37
19	141	Scott Moffet	Mld Maryland Tri Club	M5059	M	51	Ellicott City	MD	10:26.5	22:09.8	34:40.8	1:07:17
20	5	Kristina Rebert	YWMA Masters (YWCA Gettysburg Ad	F5059	F	56	Gettysburg	PA	10:28.0	22:08.2	34:52.6	1:07:29
21	169	Megan Mackey		F4049	F	42	Ellicott City	MD	10:27.8	22:02.6	35:25.2	1:07:56
22	165	Brandon Fox		M3039	M	34	Martinsburg	WV	10:15.4	22:33.7	35:17.8	1:08:07
23	138	John D Ruf	Germantown Masters	M5059	M	58	Darnestown	MD	11:30.8	22:13.5	34:44.5	1:08:29
24	299	Elise Holtan	Keystone Aquatics	F4049	F	40	Etters	PA	11:00.9	22:54.8	35:04.1	1:09:00
25	200	Darren Leslie		M3039	M	36	CLARKSBURG	MD	10:48.8	22:54.8	36:03.5	1:09:47
26	153	Kevin Maloney		M5059	M	51	Hanover	PA	10:59.8	23:03.7	36:19.6	1:10:23
27	210	Colin Russell		M3039	M	37	HANOVER	PA	10:36.4	22:58.0	37:26.8	1:11:01
28	113	Bryan Main	Germantown Masters	M4049	M	45	Gaithersburg	MD	10:51.9	23:18.6	37:14.9	1:11:25
29	109	Mark Nowakowski		M3039	M	35	Millersville	MD	10:47.5	23:05.9	37:43.6	1:11:37
30	83	Chad Matthews		M4049	M	41	Boonsboro	MD	11:04.1	24:00.1	37:10.7	1:12:15
31	280	kevin goerlich		M2029	M	26	columbia	MD	11:06.0	23:35.1	37:47.8	1:12:29
32	96	Troy Conran		M5059	M	58	Westminster	MA	11:18.1	24:07.2	37:07.7	1:12:33

33	46	Wynn Fertig		M5059	M	59	Frederick	MD	10:59.7	24:02.0	37:32.7	1:12:34
34	120	John Smith		M5059	M	55	McSherrystown	PA	12:11.2	24:02.4	36:29.4	1:12:43
35	197	Shannon Mulcahy		F2029	F	26	York	PA	11:07.8	23:37.0	38:14.5	1:12:59
36	152	Robert Tozer		M5059	M	54	Bedford	PA	11:50.3	24:38.9	38:14.4	1:14:44
37	43	Matthew Bella		M4049	M	49	Falls Church	VA	12:04.5	24:52.5	38:28.3	1:15:25
38	24	David Lapp	rock creek tri club	M5059	M	51	Chevy Chase	MD	11:58.4	25:12.9	38:34.1	1:15:45
39	150	Julian A. Coiner		M5059	M	55	KAPAA	HI	13:00.2	24:21.8	38:39.0	1:16:01
40	172	Kelli Rostkowski		F3039	F	39	NOTTINGHAM	MD	12:03.8	24:57.0	39:20.9	1:16:22
41	85	Caroline Curtis		F4049	F	49	Ellicott City	MD	11:36.3	24:39.9	40:10.4	1:16:27
42	118	David Lamparella		M5059	M	52	Ellicott City	MD	11:48.5	25:27.6	39:23.6	1:16:40
43	278	Kara Draper		F4049	F	46			12:00.0	25:05.0	39:41.5	1:16:46
44	272	Jeff Francis		M5059	M	52	Westminster	MD	12:15.6	25:38.2	39:45.5	1:17:39
45	54	Laurie Hardway	Friends Central Masters Team	F4049	F	43	ARDMORE	PA	12:11.7	25:36.9	39:51.3	1:17:40
46	129	Heather Anderson		F3039	F	36	Hanover	PA	12:37.7	25:43.2	39:47.9	1:18:09
47	58	Dorcas Schindehette		F3039	F	33	CATONSVILLE	MD	13:26.5	25:46.3	39:13.9	1:18:27
48	195	Robert Schilling		M4049	M	48	Manchester	MD	12:15.3	25:53.2	40:41.4	1:18:50
49	177	Keith McCaffrey		M6069	M	64	Edgewater	MD	12:34.1	25:49.5	40:29.0	1:18:53
50	127	Jess Leilich	Harford Multisport	F2029	F	25	Forest Hill	MD	12:05.8	25:48.6	40:59.9	1:18:54
51	164	mike shackleford		M4049	M	46	Brunswick	MD	14:23.9	27:11.1	38:53.9	1:20:29
52	212	Caren Bancroft	E2P (Endurance2Perform) Tri Team	F4049	F	48	Gaithersburg	MD	12:11.5	25:53.8	43:01.2	1:21:07
53	137	Ray Visconti III		M3039	M	31	Falling Waters	WV	12:36.1	26:34.6	41:59.8	1:21:11
54	22	Stan Tyson	Westminster Hill Y Masters	M6069	M	60	Kingsville	MD	12:21.1	26:49.8	42:24.1	1:21:35
55	71	Mark Raiford		M5059	M	54	Castleton	VA	12:41.6	26:38.2	42:43.9	1:22:04
56	173	Lee Babcock	Rock Creek Tri Club	M5059	M	54	Kensington	MD	12:18.5	26:26.7	43:41.4	1:22:27
57	18	Corey Derrenbacher	Rock Creek Tri Club	F4049	F	47	Gaithersburg	MD	12:21.9	26:26.1	43:43.9	1:22:32
58	161	david vaughn	YMCA Ellicott City	M5059	M	56	Ellicott City	MD	12:47.3	27:26.9	42:43.6	1:22:58
59	88	David Miller	KIS Coaching	M6069	M	60	Frederick	MD	12:27.0	26:38.6	43:52.3	1:22:58
60	230	Amy Krupka	Mid Maryland	F4049	F	45	Olney	MD	13:11.4	26:46.3	43:02.4	1:23:00
61	61	Xu Duan		M5059	M	54	front royal	VA	13:13.4	27:28.4	42:22.4	1:23:04
62	117	Timothy Naylor		M4049	M	49	Carlisle	PA	12:41.9	26:55.8	43:46.0	1:23:24
63	187	Glenn Garbinski	Harford Multisport	M5059	M	54	FOREST HILL	MD	13:07.1	27:25.3	42:51.9	1:23:24
64	211	Garin Schilling		M16-	M	14			12:20.7	26:50.4	44:29.5	1:23:41
65	223	Patricia Nunn		F5059	F	56	CROSS JCT	VA	13:19.2	26:56.4	44:25.6	1:24:41
66	93	Matthew Garvey	Baltimore Area Triathlon Club (BATC)	M5059	M	58	baltimore	MD	12:54.5	27:49.1	44:12.4	1:24:56

67	35	Donald Derrenbacher	Rock Creek TRI Club	M4049	M	49	Gaithersburg	MD	13:00.5	27:55.3	44:35.8	1:25:32
68	114	Gary Moore	BATC	M4049	M	41	TOWSON	MD	13:54.7	28:49.2	43:43.4	1:26:27
69	50	Bridget Hatton	Team Z	F2029	F	28	ARLINGTON	VA	13:35.2	28:27.0	45:27.7	1:27:30
70	31	Michele Potter	MMTC	F5059	F	53	Germantown	MD	13:37.3	27:54.7	46:02.6	1:27:35
71	70	Nicole Thomas	Mid Maryland Triathlon Club; WeRTri	F5059	F	58	Olney	MD	13:26.2	28:48.2	46:26.6	1:28:41
72	206	Martha Howar	Team Z	F5059	F	54	Leesburg	VA	14:05.7	29:05.4	46:48.1	1:29:59
73	98	Nicole Mancini	The Mohawk foundation	F4049	F	42	parkville	MD	14:22.4	29:44.8	46:04.8	1:30:12
74	76	Jamie Riordan		F4049	F	42	Halethorpe	MD	13:39.7	30:05.3	48:01.4	1:31:46
75	201	Maggie Bartlett		F6069	F	64	Boysd	MD	21:36.6	27:23.7	43:38.5	1:32:39
76	188	Aileen Zimmerman		F3039	F	34	ELLCOTT CITY	MD	14:17.1	29:22.8	49:25.2	1:33:05
77	215	Hector Garchia	Wattie Ink.	M6069	M	61	ELLCOTT CITY	MD	13:52.6	30:22.4	48:59.4	1:33:14
78	186	Tsung-han Wu		M3039	M	35	North Bethesda	MD	14:29.5	30:04.2	48:42.9	1:33:17
79	251	Jerry Gerard	DC Triathlon Club	M5059	M	50	GERMANTOWN	MD	14:03.7	30:10.5	49:09.2	1:33:23
80	229	Tim Murphy		M5059	M	53	La Plata	MD	13:29.2	30:19.3	50:05.7	1:33:54
81	77	Ronald Reynolds		M5059	M	53	Gambrills	MD	15:28.3	29:49.1	48:53.4	1:34:11
82	44	Sarah Letos		F4049	F	45	Westminster	MD	14:54.9	31:19.0	48:04.3	1:34:18
83	205	Dorothy Cooley	MMTC	F5059	F	57	Ellicott City	MD	14:52.3	31:04.3	49:09.0	1:35:06
84	49	Kristen Killian	5 Peaks	F3039	F	32	GLEN BURNIE	MD	14:21.4	31:08.2	50:35.0	1:36:05
85	277	Denna Fisher		F3039	F	37		MD	15:29.8	31:49.8	49:14.8	1:36:34
86	101	wendy mcpherson	Harford Multisport Club	F5059	F	57	Forest Hill	MD	14:24.0	31:53.0	50:26.1	1:36:43
87	279	Robert Woodrell		M4049	M	46		MD	16:05.5	30:53.8	49:46.5	1:36:46
88	192	Shirley Woodward	Team Z	F5059	F	57	ARLINGTON	VA	14:21.9	33:05.0	54:52.4	1:42:19
89	119	chuck Flayhart	Athletes Serving Athletes	M5059	M	52	New Market	MD	24:32.3	29:16.4	49:16.1	1:43:05
90	42	Donna Sumption	Team Z	F5059	F	55	Arlington	VA	16:06.7	33:30.8	53:50.0	1:43:28
91	100	Sally Kidd		F5059	F	57	Silver Spring	MD	16:26.7	33:31.9	54:46.6	1:44:45
92	64	Matthew Killian		M4049	M	40	Glen Burnie	MD	15:02.9	33:19.3	58:57.1	1:47:19
93	34	James Pou	Harford Multisport	M4049	M	48	Baltimore	MD	17:03.3	33:50.9	56:58.8	1:47:53
94	207	Lynne Galiatsatos		F6069	F	63	Woodbine	MD	17:38.9	37:32.1	58:18.6	1:53:30
95	51	Sarah Reynolds	ATC	F4049	F	46	Gambrills	MD	15:53.5	36:51.4	01:02.3	1:53:47
96	163	Newsha Nazm Ansary	Team Z	F3039	F	35	ALDIE	VA	18:07.3	38:09.9	58:11.1	1:54:28
97	231	Susan Haag		F5059	F	53	Jacksonville	FL	17:47.6	37:55.5	59:47.0	1:55:30
98	208	Ying Ford	Endure2Perform	F5059	F	51	Clarksburg	MD	19:09.7	38:54.9	59:16.5	1:57:21
99	300	Cassandra Burke	MMTC	F4049	F	47	Finksburg	MD	18:38.9	38:27.8	00:45.2	1:57:52
100	102	Lori Mensh		F5059	F	56	Sharpsburg	MD	17:59.5	38:25.2	01:57.3	1:58:22

101	264	Dao Zhou		F4049	F	48	NORTH POTOMAC	MD	19:17.4	40:09.0	59:52.5	1:59:19
102	269	shen xiao		M5059	M	53	Rockville	MD	20:56.7	39:21.7	00:30.6	2:00:49
103	234	Kerry Blackmer	ASA	F4049	F	43	Mt Airy	MD	21:36.0	38:17.9	01:38.8	2:01:33
104	276	Christina Beaverson		F4049	F	41	York	PA	19:20.1	40:03.7	03:12.5	2:02:36
105	21	Staci Calder		F3039	F	38	Hagerstown	MD	18:48.6	40:51.1	03:24.6	2:03:04
106	26	Lisa Steptoe	Mid Maryland Tri	F5059	F	53	ELLICOTT CITY	MD	22:27.8	41:37.2	01:08.5	2:05:13
107	103	Michelle Klein	Annapolis Triathlon Club	F4049	F	43	Bowie	MD	19:29.5	41:41.9	10:44.3	2:11:56
108	110	Shuntae McKelvin	MMTC	F3039	F	38	COLUMBIA	MD	22:11.0	44:37.8	09:40.0	2:16:29