

## 2023- 4500 Club Members

<u>Place</u>	<u>Name</u>	<u>Div</u>	<u>Gender</u>	<u>Age</u>	<u>City</u>	<u>State</u>	<u>750</u>	<u>1500</u>	<u>2250</u>	<u>Total</u>
1	Sean Thomas	M3039	M	39	Catonsville	MD	0:10:54	0:21:53	0:32:53	1:05:39
2	Mady Barker	F16-	F	13	Waynesboro	PA	0:11:17	0:22:52	0:35:33	1:09:42
3	Lisa Chin	F4049	F	41	Gaithersburg	MD	0:11:22	0:23:08	0:36:15	1:10:46
4	JB Bonner	M16-	M	16	Waynesboro	PA	0:11:17	0:22:57	0:37:06	1:11:20
5	Allan Cohen	M5059	M	51	Ellicott City	MD	0:11:48	0:24:16	0:36:10	1:12:14
6	Bradley Hyde	M5059	M	52	Fairfield	PA	0:11:36	0:24:15	0:36:55	1:12:47
7	Kempsey Clark	M3039	M	32	Gaithersburg	MD	0:12:07	0:24:41	0:37:51	1:14:39
8	Patrick Boylan	M3039	M	39	Boulder	CO	0:12:20	0:24:22	0:38:25	1:15:07
9	Laurie Wei	F2029	F	29	Potomac	MD	0:12:30	0:25:15	0:38:57	1:16:42
10	Henry Charles Selwood	M16-	M	13	Sunderland	MD	0:12:36	0:25:43	0:38:37	1:16:56
11	Jay Kauffmann	M6069	M	61	Free Union	VA	0:12:54	0:26:01	0:39:03	1:17:58
12	Kylene Hohman	F2029	F	29	Harrisonburg	VA	0:13:07	0:26:25	0:39:27	1:18:59
13	Bryan Main	M5059	M	50	Gaithersburg	MD	0:13:13	0:26:43	0:40:53	1:20:49
14	Diane Wack	F5059	F	55	Catonsville	MD	0:12:56	0:26:13	0:41:54	1:21:03
15	Cassandra Vorgang	F4049	F	42	Chantilly	VA	0:13:36	0:27:27	0:42:32	1:23:36
16	William Dentler	M3039	M	39	Fayetteville	PA	0:13:10	0:27:08	0:43:21	1:23:39
17	Denise Dombay	F5059	F	56	Germantown	MD	0:13:50	0:27:48	0:43:18	1:24:56
18	Mark Young	M5059	M	59	Clarksburg	MD	0:13:34	0:28:04	0:43:33	1:25:11
19	Dan GOLDFARB	M5059	M	55	Burke	VA	0:13:33	0:28:37	0:43:22	1:25:33
20	Amy Nelson	F5059	F	56	Catonsville	MD	0:14:18	0:28:31	0:43:51	1:26:41
21	Lee Clasby	M4049	M	43	Rockville	MD	0:14:31	0:29:50	0:46:21	1:30:42
22	Andrea Marsh	F5059	F	57	Baltimore	MD	0:14:46	0:29:49	0:46:44	1:31:18
23	Clark Miller	M4049	M	46	South Riding	VA	0:14:38	0:29:30	0:47:26	1:31:35
24	Elizabeth Mao	F2029	F	21	Olney	MD	0:14:57	0:30:20	0:46:48	1:32:05
25	Marin Oehler	F2029	F	20	Elkridge	MD	0:15:07	0:30:32	0:47:32	1:33:11
26	Hope Mao Oehler	F5059	F	56	Elkridge	MD	0:15:33	0:30:25	0:47:32	1:33:30
27	Deborah Gilgore	F6069	F	63	Bethesda	MD	0:14:56	0:30:52	0:48:21	1:34:08
28	Reg HAHNE	M70	M	70	Columbia	MD	0:14:42	0:29:57	0:50:09	1:34:49
29	Jeanne Aldave	F5059	F	51	Catonsville	MD	0:15:37	0:30:47	0:48:53	1:35:17
30	Wynn Fertig	M6069	M	63	Waynesboro	PA	0:15:44	0:30:42	0:48:51	1:35:17
31	Rachel Savering	F3039	F	38	Rixeyville	VA	0:15:34	0:31:04	0:48:45	1:35:24
32	Bernhard Yutesler	M4049	M	49	Columbia	MD	0:14:30	0:32:11	0:48:56	1:35:37
33	Greg Nelson	M6069	M	63	Germantown	MD	0:15:19	0:32:43	0:49:13	1:37:14
34	Troy Conran	M6069	M	62	Westminster	MD	0:15:30	0:32:38	0:49:40	1:37:48
35	Tom Butt	M5059	M	58	Westminster	MD	0:15:11	0:32:06	0:50:35	1:37:52
36	Linda Henry	F6069	F	61	Fairfax	VA	0:15:43	0:32:34	0:49:56	1:38:13
37	Chris Richey	M5059	M	53	Alexandria	VA	0:16:23	0:32:56	0:49:47	1:39:06
38	Amy Gallagher	F4049	F	48	Columbia	MD	0:17:00	0:33:15	0:50:20	1:40:35
39	Katherine Feldman	F5059	F	57	Ellicott City	MD	0:16:12	0:33:01	0:51:48	1:41:01
40	Curtis Caywood	M6069	M	64	Sebastian	FL	0:16:56	0:32:51	0:51:20	1:41:07
41	Francesca Armstrong	F3039	F	33	Towson	MD	0:15:49	0:33:20	0:52:21	1:41:30
42	David Lamparella	M5059	M	56	Ellicott City	MD	0:16:30	0:33:38	0:51:23	1:41:31
43	Angie Melton	F5059	F	52	Kensington	MD	0:16:24	0:34:05	0:51:11	1:41:39

44	Gailynn Petry	F2029	F	29	Westminster	MD	0:15:50	0:34:14	0:51:38	1:41:42
45	Marge Burley	F70+	F	77	Baltimore	MD	0:16:32	0:33:28	0:52:17	1:42:16
46	Janet Van Sant	F6069	F	64	Catonsville	MD	0:17:05	0:34:44	0:51:50	1:43:39
47	Kristine Kellogg	F6069	F	61	Springfield	VA	0:16:21	0:34:58	0:56:38	1:47:57
48	Brian Henderson	M6069	M	66	Gaithersburg	MD	0:18:09	0:36:52	0:53:41	1:48:43
49	Mical Honigfort	F4049	F	46	Rockville	MD	0:17:36	0:37:01	0:55:40	1:50:17
50	Elizabeth Boyle	F4049	F	44	Silver Spring	MD	0:17:55	0:36:03	1:00:07	1:54:05
51	Mikhail Petrovskikh	M5059	M	52	Lutherville	MD	0:18:20	0:38:36	0:58:45	1:55:41
52	Melissa Moore	F4049	F	47	Rockville	MD	0:18:37	0:38:05	0:59:16	1:55:58
53	Abby Glassberg	F6069	F	63	Clarksville	MD	0:19:12	0:38:04	0:59:02	1:56:18
54	Timmy Murphy	M5059	M	57	La Plata	MD	0:18:36	0:39:51	1:00:06	1:58:33
55	Jason Marshall	M5059	M	53	Monkton	MD	0:18:31	0:39:45	1:01:41	1:59:57
56	Nina Hall	F3039	F	30	Vienna	VA	0:18:53	0:39:19	1:02:48	2:01:00
57	Andrew Campbell	M6069	M	69	Rockville	MD	0:19:32	0:40:32	1:02:24	2:02:28
58	Lauren Helinski	F3039	F	35	Riverdale	MD	0:19:31	0:42:03	1:01:11	2:02:44
59	Mohammad Wahidi	M3039	M	35	Frederick	MD	0:17:53	0:37:49	1:08:46	2:04:28
60	William Caywood	M70	M	73	Gettysburg	PA	0:19:12	0:40:20	1:05:16	2:04:49
61	Heather Brown	F4049	F	47	Rockville	MD	0:19:51	0:42:59	1:04:51	2:07:40
62	Ryan Gallagher	M4049	M	47	Columbia	MD	0:21:46	0:42:21	1:03:42	2:07:50
63	Yvonne Brach	F5059	F	53	Sykesville	MD	0:25:25	0:56:35	0:48:52	2:10:52
64	Donna Sumption	F5059	F	59	Arlington	VA	0:21:25	0:43:20	1:08:11	2:12:56
65	David Miller	M6069	M	64	Frederick	MD	0:18:50	0:42:32	1:17:21	2:18:43
66	Connor Roche	M2029	M	29	Odenton	MD	0:26:11	0:56:08	1:27:30	2:49:50