

# Spendyourself 5K



Place	Name	Hometown	Gender	Bib #	Time	Pace	Division Rank
1	ANDREW BROWN	VIENNA, VA	M: 1	166	00:18:33.28	05:58	Overall Male Runner: 1
2	LEANDRO PESSOA	ARLINGTON, VA	M: 2	201	00:19:41.27	06:20	Male 40 - 49: 1
3	IAN WONG	HONOLULU, HI	M: 3	1013	00:19:56.25	06:25	Male 20 - 29: 1
4	ANDREW GOLDEN	MC LEAN, VA	M: 4	155	00:19:56.44	06:25	Male 40 - 49: 2
5	OWEN HOFFMAN	FALLS CHURCH, VA	M: 5	259	00:21:11.90	06:49	Male 13 - 19: 1
6	ALAN MULINDWA	COLUMBIA, MD	M: 6	268	00:21:55.13	07:03	Male 40 - 49: 3
7	STEVEN BASS	FAIRFAX, VA	M: 7	247	00:22:23.72	07:12	Male 30 - 39: 1
8	LIAM CONVERSE	HERNDON, VA	M: 8	275	00:22:38.93	07:17	Male 30 - 39: 2
9	COLIN HALL	FALLS CHURCH, VA	M: 9	204	00:22:51.83	07:21	Male 13 - 19: 2
10	JOHN FELTON	GAINESVILLE, VA	M: 10	226	00:23:05.86	07:26	Male 13 - 19: 3
11	TED POULOS		M: 11	1029	00:23:10.97	07:27	Male 60 - 69: 1
12	CATHERINE CAMILLET	ARLINGTON, VA	F: 1	1006	00:23:12.94	07:28	Overall Female Runner: 1
13	JACK KING	FAIRFAX, VA	M: 12	1010	00:23:23.51	07:31	Male 20 - 29: 2
14	ANNE COLEVAS	ARLINGTON, VA	F: 2	264	00:23:24.67	07:32	Female 50 - 59: 1
15	ABIGAIL SALAS	FALLS CHURCH, VA	F: 3	1020	00:23:41.39	07:37	Female 13 - 19: 1
16	TAYLOR KING	SPRINGFIELD, VA	M: 13	191	00:23:43.73	07:38	Male 13 - 19: 4
17	ROBERT GOODIN	ARLINGTON, VA	M: 14	196	00:23:49.72	07:40	Male 20 - 29: 3
18	MICHAEL KING	AUSTIN, TX	M: 15	188	00:23:54.91	07:41	Male 40 - 49: 4
19	ROBERT GONZALEZ	ARLINGTON, VA	M: 16	198	00:24:04.49	07:44	Male 30 - 39: 3
20	RACHEL TODHUNTER	ALEXANDRIA, VA	F: 4	199	00:24:04.64	07:44	Female 20 - 29: 1
21	JOHN CONGABLE	ARLINGTON, VA	M: 17	1007	00:24:08.82	07:46	Male 40 - 49: 5
22	KELLY KING	FAIRFAX, VA	F: 5	1009	00:25:02.14	08:03	Female 20 - 29: 2
23	JAKE ACOSTA	CHANTILLY, VA	M: 18	149	00:25:04.06	08:04	Male 20 - 29: 4
24	RYAN THOMPSON	ARLINGTON, VA	M: 19	197	00:25:07.67	08:05	Male 30 - 39: 4

Place	Name	Hometown	Gender	Bib #	Time	Pace	Division Rank
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25	JON MARTINSON	ARLINGTON, VA	M: 20	267	00:25:13.42	08:07	Male 30 - 39: 5
26	KARA FOSHAY	ARLINGTON, VA	F: 6	231	00:25:16.51	08:08	Female 40 - 49: 1
27	LAURA MARTINSON	ARLINGTON, VA	F: 7	266	00:25:16.51	08:08	Female 40 - 49: 2
28	ANDREW STOCKDALE	FALLS CHURCH, VA	F: 8	133	00:25:46.62	08:17	Female 30 - 39: 1
29	CARLOS POLO	WOODBIDGE, VA	M: 21	292	00:25:48.43	08:18	Male 30 - 39: 6
30	MIKE SMITH	FALLS CHURCH, VA	M: 22	127	00:25:53.17	08:19	Male 60 - 69: 2
31	LUKE JESTER	FALLS CHURCH, VA	M: 23	298	00:26:05.47	08:23	Male 13 - 19: 5
32	SALMA	CENTREVILLE, VA	F: 9	299	00:26:46.07	08:36	Female 13 - 19: 2
	KHORRAMSHAHGOL						
33	NATHAN LANDERS	FALLS CHURCH, VA	M: 24	145	00:26:56.87	08:40	Male 0 - 12: 1
34	EUNJA RAU	ARLINGTON, VA	F: 10	1012	00:27:28.80	08:50	Female 50 - 59: 2
35	JENNA WALKER	VIENNA, VA	F: 11	279	00:27:34.52	08:52	Female 13 - 19: 3
36	LEE HUGHES 1		M: 25	1027	00:27:35.32	08:52	Male 20 - 29: 5
37	ANNE COIA	ARLINGTON, VA	F: 12	1011	00:27:37.19	08:53	Female 50 - 59: 3
38	PAUL ELMAN	ARLINGTON, VA	M: 26	296	00:27:42.68	08:55	Male 50 - 59: 1
39	CHARLES SMIROLODO	ARLINGTON, VA	M: 27	177	00:27:51.63	08:58	Male 40 - 49: 6
40	AARON PETERS	FALLS CHURCH, VA	M: 28	169	00:27:53.73	08:58	Male 40 - 49: 7
41	CHIP MITCHELL	VIENNA, VA	M: 29	134	00:27:56.86	08:59	Male 30 - 39: 7
42	KATHERINE WILLET	ANNANDALE, VA	F: 13	223	00:28:19.27	09:06	Female 40 - 49: 3
43	MISSY SMALL	ARLINGTON, VA	F: 14	219	00:28:19.77	09:07	Female 40 - 49: 4
44	CHRIS PHILIPS1		M: 30	1032	00:28:20.42	09:07	Male 20 - 29: 6
45	AKEEM HARRIS	REISTERSTOWN, MD	M: 31	209	00:28:49.89	09:16	Male 40 - 49: 8
46	SARAH SALAS	FALLS CHURCH, VA	F: 15	1019	00:28:57.05	09:19	Female 13 - 19: 4
47	TREVOR DOWD	FAIRFAX, VA	M: 32	246	00:29:02.76	09:20	Male 20 - 29: 7
48	STEVE FOGEL	VIENNA, VA	M: 33	1002	00:29:07.31	09:22	Male 50 - 59: 2
49	TRACI YATES	VIENNA, VA	F: 16	124	00:29:12.90	09:24	Female 50 - 59: 4
50	MARYANN SZWED	ARLINGTON, VA	F: 17	154	00:29:22.84	09:27	Female 50 - 59: 5
51	CASEY ACOSTA	CHANTILLY, VA	F: 18	150	00:29:25.18	09:28	Female 20 - 29: 3
52	MADELINE TAYLOR DIA	FALLS CHURCH, VA	F: 19	262	00:29:51.01	09:36	Female 30 - 39: 2
53	KARL STEADMAN	ARLINGTON, VA	M: 34	113	00:30:05.10	09:41	Male 50 - 59: 3
54	FIDELIS RAGUE	MCLEAN, VA	F: 20	148	00:30:10.30	09:42	Female 60 - 69: 1
<b>Place</b>	<b>Name</b>	<b>Hometown</b>	<b>Gender</b>	<b>Bib #</b>	<b>Time</b>	<b>Pace</b>	<b>Division Rank</b>
55	JULIANNA MOUROT	FALLS CHURCH, VA	F: 21	1015	00:30:33.82	09:50	Female 13 - 19: 5

56	MARISSA JUNG	VIENNA, VA	F: 22	250	00:30:41.41	09:52	Female 0 - 12: 1
57	LUKE SCOTT	FALLS CHURCH, VA	M: 35	171	00:30:52.45	09:56	Male 30 - 39: 8
58	LIAM MCCONACHY	BURKE, VA	M: 36	192	00:31:01.25	09:59	Male 13 - 19: 6
59	ERIC TIMAR	FALLS CHURCH, VA	M: 37	208	00:31:06.07	10:00	Male 50 - 59: 4
60	LIZ WAINRIGHT	SILVER SPRING, MD	F: 23	269	00:31:15.65	10:03	Female 40 - 49: 5
61	MARY WILCOX	FALLS CHURCH, VA	F: 24	207	00:31:19.61	10:04	Female 50 - 59: 6
62	CHRIS DELANEY	WASHINGTON, DC	M: 38	1024	00:31:21.67	10:05	Male 50 - 59: 5
63	JONATHAN KING	SPRINGFIELD, VA	M: 39	190	00:31:23.39	10:06	Male 0 - 12: 2
64	EMILY SHERWOOD	VIENNA, VA	F: 25	1004	00:31:28.51	10:07	Female 20 - 29: 4
65	WAYNE WALKER	FALLS CHURCH, VA	M: 40	1008	00:31:49.38	10:14	Male 40 - 49: 9
66	KATHI AYERS	VIENNA, VA	F: 26	276	00:31:51.71	10:15	Female 40 - 49: 6
67	JONNA WOOTEN	ARLINGTON, VA	F: 27	153	00:32:01.08	10:18	Female 50 - 59: 7
68	ANNE PASSIN	FALLS CHURCH, VA	F: 28	206	00:32:07.23	10:20	Female 70 and over: 1
69	CHRISTINA ZAVERI	FALLS CHURCH, VA	F: 29	211	00:32:10.57	10:21	Female 50 - 59: 8
70	PEYTON MITCHELL	VIENNA, VA	M: 41	135	00:32:11.86	10:21	Male 0 - 12: 3
71	LEAH PARTRIDGE	MC LEAN, VA	F: 30	210	00:32:21.22	10:24	Female 40 - 49: 7
72	HANNAH BURKET	ASHBURN, VA	F: 31	291	00:32:32.05	10:28	Female 13 - 19: 6
73	PAMELA ROBERTSON	ARLINGTON, VA	F: 32	221	00:32:32.76	10:28	Female 40 - 49: 8
74	RILEY MCDONNELL	ARLINGTON, VA	F: 33	241	00:32:40.60	10:31	Female 13 - 19: 7
75	ISABELLE BRERETON	ARNOLD, MD	F: 34	131	00:32:57.07	10:36	Female 0 - 12: 2
76	AMY BRERETON	ARNOLD, MD	F: 35	129	00:32:57.15	10:36	Female 40 - 49: 9
77	PETER BRERETON	ARNOLD, MD	M: 42	130	00:32:58.61	10:36	Male 0 - 12: 4
78	RODNEY BASCOM	FRONT ROYAL, VA	M: 43	128	00:32:59.04	10:36	Male 70 and over: 1
79	CHRIS IVENER	CHANTILLY, VA	M: 44	152	00:33:17.46	10:42	Male 20 - 29: 8
80	MARK JARVIS	FALLS CHURCH, VA	M: 45	117	00:33:33.00	10:47	Male 60 - 69: 3
81	JORDAN FAITH	ASHLAND, PA	M: 46	256	00:33:42.35	10:50	Male 20 - 29: 9
82	CONNER CAPRIO	FALLS CHURCH, VA	M: 47	220	00:33:42.49	10:50	Male 20 - 29: 10
83	ANDREW LANDERS	FALLS CHURCH, VA	M: 48	144	00:33:43.63	10:51	Male 0 - 12: 5
84	TAYLOR MCDONNELL	ARLINGTON, VA	F: 36	242	00:34:00.24	10:56	Female 0 - 12: 3
85	GRACE SUH	VIENNA, VA	F: 37	1021	00:34:01.32	10:57	Female 0 - 12: 4
<b>Place</b>	<b>Name</b>	<b>Hometown</b>	<b>Gender</b>	<b>Bib #</b>	<b>Time</b>	<b>Pace</b>	<b>Division Rank</b>
86	SCOTT JUNG	VIENNA, VA	M: 49	248	00:34:04.40	10:58	Male 40 - 49: 10
87	FABIEN MOUROT	FALLS CHURCH, VA	M: 50	261	00:34:06.89	10:58	Male 40 - 49: 11

88	NICOLAS POLO		M: 51	1031	00:34:09.33	10:59	Male 20 - 29: 11
89	ALLY FOGEL	VIENNA, VA	F: 38	300	00:34:14.80	11:01	Female 20 - 29: 5
90	STEPHEN THOKPSON		M: 52	1025	00:34:43.89	11:10	Male 20 - 29: 12
91	LOGAN BROWN	FALLS CHURCH, VA	M: 53	235	00:34:45.32	11:11	Male 0 - 12: 6
92	ANNEKE BROWN	FALLS CHURCH, VA	F: 39	234	00:34:45.51	11:11	Female 30 - 39: 3
93	BRYAN MCDONNELL	ARLINGTON, VA	M: 54	240	00:34:54.38	11:14	Male 40 - 49: 12
94	RYAN HARVEY	HERNDON, VA	M: 55	257	00:34:58.77	11:15	Male 30 - 39: 9
95	LUCAS ALMEIDA	FALLS CHURCH, VA	M: 56	112	00:35:07.13	11:18	Male 20 - 29: 13
96	WILLIAM HALL	FALLS CHURCH, VA	M: 57	203	00:35:08.06	11:18	Male 40 - 49: 13
97	KATHERINE HALL	FALLS CHURCH, VA	F: 40	202	00:35:14.68	11:20	Female 40 - 49: 10
98	MOLLY COOKE	SPRINGFIELD, VA	F: 41	252	00:35:27.73	11:24	Female 70 and over: 2
99	JULIA JESTER	FALLS CHURCH, VA	F: 42	297	00:35:30.93	11:25	Female 40 - 49: 11
100	ELISE WISE	MCLEAN, VA	F: 43	137	00:36:00.43	11:35	Female 0 - 12: 5
101	ETHAN WILLIAMS	ARLINGTON, VA	M: 58	108	00:36:10.19	11:38	Male 0 - 12: 7
102	AJ PETERS	FALLS CHURCH, VA	M: 59	170	00:36:13.09	11:39	Male 0 - 12: 8
103	ALYSSA SMIROLODO	ARLINGTON, VA	F: 44	178	00:36:48.91	11:50	Female 40 - 49: 12
104	DIANE WHITE		F: 45	1028	00:36:52.00	11:51	Female 60-99:
105	CHARLIE SMIROLODO	ARLINGTON, VA	M: 60	179	00:36:55.27	11:53	Male 0 - 12: 9
106	AURELIO MOUROT	FALLS CHURCH, VA	M: 61	1016	00:37:08.64	11:57	Male 0 - 12: 10
107	JACQUELINE MOUROT	FALLS CHURCH, VA	F: 46	260	00:37:14.31	11:59	Female 40 - 49: 13
108	TRACY HARTSEL	HERNDON, VA	F: 47	284	00:37:17.50	12:00	Female 40 - 49: 14
109	STEPHEN BURKET	ASHBURN, VA	M: 62	289	00:37:19.82	12:00	Male 50 - 59: 6
110	ERICA CHOI	OAKTON, VA	F: 48	141	00:37:24.58	12:02	Female 40 - 49: 15
111	SIMON TORGERSON	GREAT FALLS, VA	M: 63	180	00:37:34.13	12:05	Male 13 - 19: 7
112	MICHAEL CHECKIM		M: 64	1030	00:37:34.19	12:05	Male 20 - 29: 14
113	MATT DIGILIO	POTOMAC, MD	M: 65	126	00:37:43.09	12:08	Male 30 - 39: 10
114	EKA AKPAKIP FLEMING	FAIRFAX, VA	F: 49	194	00:37:48.97	12:10	Female 30 - 39: 4
115	JEFFERY AKPAKIP	FAIRFAX, VA	M: 66	195	00:37:49.51	12:10	Male 0 - 12: 11
116	RYAN FOSHAY	ARLINGTON, VA	M: 67	230	00:37:51.31	12:11	Male 0 - 12: 12
<b>Place</b>	<b>Name</b>	<b>Hometown</b>	<b>Gender</b>	<b>Bib #</b>	<b>Time</b>	<b>Pace</b>	<b>Division Rank</b>
117	BILL FOSHAY	ARLINGTON, VA	M: 68	228	00:37:55.96	12:12	Male 40 - 49: 14
118	JEFF MARTINSON	FALLS CHURCH, VA	M: 69	243	00:39:01.36	12:33	Male 40 - 49: 15
119	RACHEL STOCKDALE	FALLS CHURCH, VA	F: 50	132	00:39:20.24	12:39	Female 30 - 39: 5

120	ASHER HARVEY	FALLS CHURCH, VA	M: 70	163	00:39:36.88	12:45	Male 0 - 12: 13
121	SARAH KING	SPRINGFIELD, VA	F: 51	189	00:39:38.04	12:45	Female 40 - 49: 16
122	TIMOTHY ALLISON	FALLS CHURCH, VA	M: 71	224	00:39:49.11	12:48	Male 40 - 49: 16
123	AJ ALLISON	FALLS CHURCH, VA	F: 52	225	00:39:54.64	12:50	Female 0 - 12: 6
124	KEEGAN O'KANE	ARLINGTON, VA	M: 72	106	00:40:21.28	12:59	Male 0 - 12: 14
125	AMANDA O'KANE	ARLINGTON, VA	F: 53	104	00:40:25.22	13:00	Female 30 - 39: 6
126	AMY KUBICHEK	FALLS CHURCH, VA	F: 54	174	00:40:29.36	13:01	Female 40 - 49: 17
127	JENNY WISE	MCLEAN, VA	F: 55	136	00:40:31.15	13:02	Female 40 - 49: 18
128	DAWN WILLIAMS	ARLINGTON, VA	F: 56	107	00:41:00.62	13:11	Female 40 - 49: 19
129	PRESTON WILLIAMS	ARLINGTON, VA	M: 73	109	00:41:00.76	13:12	Male 0 - 12: 15
130	JENNIFER BOEDER	FALLS CHURCH, VA	F: 57	222	00:41:13.81	13:16	Female 40 - 49: 20
131	SARA KHORRAMSHAHI	VIENNA, VA	F: 58	293	00:41:23.12	13:19	Female 20 - 29: 7
132	CHRISTINE JUNG	VIENNA, VA	F: 59	249	00:41:29.07	13:21	Female 40 - 49: 21
133	LUCAS MCCANN	FALLS CHURCH, VA	M: 74	185	00:41:42.46	13:25	Male 40 - 49: 17
134	WESLEY GEWEHR	ARLINGTON, VA	M: 75	176	00:41:42.57	13:25	Male 70 and over: 2
135	JOHN KUBICHEK	FALLS CHURCH, VA	M: 76	173	00:41:55.40	13:29	Male 40 - 49: 18
136	NADIA KUBICHEK	FALLS CHURCH, VA	F: 60	175	00:41:56.85	13:30	Female 0 - 12: 7
137	ABBY MACDONALD	ARLINGTON, VA	F: 61	1014	00:42:00.82	13:31	Female 0 - 12: 8
138	BELLA FOSHAY	ARLINGTON, VA	F: 62	229	00:42:12.28	13:35	Female 0 - 12: 9
139	JONATHAN O'KANE	ARLINGTON, VA	M: 77	105	00:42:32.38	13:41	Male 40 - 49: 19
140	TALIA HARVEY	FALLS CHURCH, VA	F: 63	162	00:42:53.49	13:48	Female 0 - 12: 10
141	DEANNA HARVEY	FALLS CHURCH, VA	F: 64	161	00:42:59.98	13:50	Female 30 - 39: 7
142	NICK FOGEL	VIENNA, VA	M: 78	1001	00:45:08.91	14:31	Male 20 - 29: 15
143	KIM FOGEL	VIENNA, VA	F: 65	1003	00:45:21.39	14:35	Female 50 - 59: 9
144	ELAINE ULRICH	ASHBURN, VA	F: 66	156	00:47:28.76	15:16	Female 70 and over: 3
145	COURTNEY CLINE	LEESBURG, VA	F: 67	167	00:47:32.86	15:18	Female 30 - 39: 8
146	ANDY ULRICH	FREDERICKSBURG,	M: 79	157	00:47:34.75	15:18	Male 40 - 49: 20
		VA					
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147	ISAAC TORGERSON	GREAT FALLS, VA	M: 80	181	00:47:56.78	15:25	Male 0 - 12: 16
148	WALKER MCCANN	FALLS CHURCH, VA	M: 81	186	00:48:38.02	15:39	Male 13 - 19: 8
149	ELLA BURROUGHS	ANNANDALE, VA	F: 68	255	00:48:42.23	15:40	Female 0 - 12: 11
150	AMANDA BURROUGHS	ANNANDALE, VA	F: 69	253	00:48:42.48	15:40	Female 40 - 49: 22

151	STEPHEN BURROUGHS	ANNANDALE, VA	M: 82	254	00:48:44.36	15:41	Male 40 - 49: 21
152	JOYCE PALJUG	ANNANDALE, VA	F: 70	270	00:48:57.51	15:45	Female 60 - 69: 2
153	STARR HERNDON	ARLINGTON, VA	F: 71	238	00:49:37.95	15:58	Female 0 - 12: 12
154	DANIELE HERNDON	ARLINGTON, VA	F: 72	237	00:49:40.87	15:59	Female 40 - 49: 23
155	ALISSA NGUYEN	SILVER SPRING, MD	F: 73	286	00:50:52.34	16:22	Female 13 - 19: 8
156	NATALIE NGUYEN	SILVER SPRING, MD	F: 74	287	00:50:53.41	16:22	Female 13 - 19: 9
157	CARTER AYERS	VIENNA, VA	M: 83	278	00:51:17.68	16:30	Male 0 - 12: 17