

# 2023 Columbia Spend Yourself 5K

## Overall Male Runner

Place	Bib #	Name	Time	Type	City
1	236	DMYTRO YURCHYK	00:18:02.12	Runner	Herndon

## Overall Female Runner

Place	Bib #	Name	Time	Type	City
1	238	HANNAH SCHNEIDER	00:22:17.99	Runner	Washington

## Female 0 - 12

Place	Bib #	Name	Time	Type	City
1	122	MADELYN LESSARD	00:22:27.82	Runner	Woodbridge

## Male 0 - 12

Place	Bib #	Name	Time	Type	City
1	254	BRONSON ROGERS	00:25:22.35	Runner	Falls Church

## Female 13 - 19

Place	Bib #	Name	Time	Type	City
1	83	ANNE HALL	00:23:54.25	Runner	Falls Church

## Male 13 - 19

Place	Bib #	Name	Time	Type	City
1	197	DIEGO SYAR	00:19:52.54	Runner	Falls Church

## Female 20 - 29

Place	Bib #	Name	Time	Type	City
1	115	KELLY KING	00:25:33.94	Runner	McLean

## Male 20 - 29

Place	Bib #	Name	Time	Type	City
1	246	JOHN PAUL AULBACH	00:24:22.23	Runner	Arlington

## Female 30 - 39

Place	Bib #	Name	Time	Type	City
1	28	ANNEKE BROWN	00:29:03.28	Runner	Falls Church

## Male 30 - 39

Place	Bib #	Name	Time	Type	City
1	114	JACK KING	00:23:29.80	Runner	McLean

## Female 40 - 49

Place	Bib #	Name	Time	Type	City
1	87	MEREDITH HAMILTON	00:23:14.92	Runner	Falls Church

## Male 40 - 49

Place	Bib #	Name	Time	Type	City
1	29	ANDREW BROWN	00:18:05.83	Runner	Vienna

## Female 50 - 59

Place	Bib #	Name	Time	Type	City
1	40	ANNE COIA	00:26:46.54	Runner	Arlington

## Male 50 - 59

Place	Bib #	Name	Time	Type	City
1	126	WEI-HAN LIU	00:24:11.39	Runner	Mc Lean

## Female 60 - 69

Place	Bib #	Name	Time	Type	City
1	41	ELIZBETH CONNER	00:31:36.04	Runner	Burke

## Male 60 - 69

Place	Bib #	Name	Time	Type	City
1	248	TED POULOS	00:24:59.90	Runner	Mc Lean

## Female 70 - 79

Place	Bib #	Name	Time	Type	City
1	160	ANNE PASSIN	00:31:49.18	Runner	Falls Church

## Male 70 - 79

Place	Bib #	Name	Time	Type	City
1	118	GUY LAND	00:31:02.38	Runner	Arlington

## Female 80 plus

Place	Bib #	Name	Time	Type	City
1	208	ELAINE ULRICH	00:46:09.30	Runner	Ashburn