

2019 Four Courts Four Miler

Race: 4 Miler

# 4 Miler Awards

Generated by Melanie Dalby

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<b>RANK</b>	<b>NAME</b>	<b>HOMETOWN</b>	<b>PR_DIV</b>	<b>AWARD TIME</b>	<b>PACE</b>	<b>BIB</b>
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## Overall

1	DANIEL SAMET	Washington, DC	Male Open	00:20:36.29	05:10	780
2	WILL SHAFER	Arlington, VA	Male Open	00:21:18.76	05:20	439
3	DAVID WERTZ	Springfield, VA	Male Open	00:21:52.45	05:29	1002

## Female

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<b>RANK</b>	<b>NAME</b>	<b>HOMETOWN</b>	<b>PR_DIV</b>	<b>AWARD TIME</b>	<b>PACE</b>	<b>BIB</b>
1	KATIE READ	Arlington, VA	Female Open	00:23:53.05	05:58	506
2	TAYLOR TUBBS	Arlington, VA	Female Open	00:23:57.59	06:00	363
3	SARAH ZIEVE	Washington, DC	Female Open	00:24:28.42	06:07	811

### F8-10

1	MADELINE MANGI	Arlington, VA	F8-10	00:44:14.05	10:52	21902
2	FIONA JONES	Arlington, VA	F8-10	00:49:36.03	12:18	208

### F11-14

1	HANNAH HAWKINS	Arlington, VA	F11-14	00:32:42.33	08:09	240
2	KAILEY LAMONT	Woodbridge, VA	F11-14	00:34:56.68	08:39	626
3	AVA JONES	Arlington, VA	F11-14	00:40:48.36	10:06	207

### F15-19

1	HEATHER LAMONT	Woodbridge, VA	F15-19	00:43:02.83	10:40	629
2	MELISSA GREYNOLDS	Chantilly, VA	F15-19	00:51:07.36	12:28	175

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3	ISABELLE VENETTE	Haymarket, VA	F15-19	00:51:54.76	12:34	107

### **F20-29**

1	GINA MCNAMARA	Washington, DC	F20-29	00:24:54.91	06:14	1008
2	RACHEL LAVESON	Annandale, VA	F20-29	00:27:34.97	06:51	447
3	RACHAEL BANDY	Falls Church, VA	F20-29	00:28:25.24	06:58	1118

### **F30-39**

1	MEGAN HAMBY	Washington, DC	F30-39	00:25:27.20	06:22	1083
2	MOLLY RITTER	Arlington, VA	F30-39	00:26:10.88	06:32	20
3	SUSAN HENDRICK	Arlington, VA	F30-39	00:26:37.77	06:40	1138

### **F40-49**

1	STEFANI WATTERSON	Alexandria, VA	F40-49	00:27:21.84	06:50	96
2	TINA-LYNN TABIBI	Arlington, VA	F40-49	00:30:07.84	07:31	33
3	CHRISTIE YANG	Arlington, VA	F40-49	00:33:22.04	07:38	21948

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### **F50-59**

1	LAUREN SELIGMAN	Arlington, VA	F50-59	00:31:48.39	07:50	80
2	SARAH GREINER	Alexandria, VA	F50-59	00:33:15.97	08:17	844
3	SUSHILLA NANDA	Arlington, VA	F50-59	00:33:41.65	08:25	349

### **F60-69**

1	WENDY FITE	Dulles, VA	F60-69	00:34:37.24	08:38	308
2	DIANE WHITE	Annandale, VA	F60-69	00:45:51.03	11:07	448
3	SUSAN PARSONS	Fairfax, VA	F60-69	00:45:28.94	11:14	940

### **F70-79**

1	ALICE TILL	Arlington, VA	F70-79	00:52:25.77	13:02	235
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### **Male**

1	DANIEL SAMET	Washington, DC	Male Open	00:20:36.29	05:10	780
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<b>RANK</b>	<b>NAME</b>	<b>HOMETOWN</b>	<b>PR_DIV</b>	<b>AWARD TIME</b>	<b>PACE</b>	<b>BIB</b>
2	WILL SHAFER	Arlington, VA	Male Open	00:21:18.76	05:20	439
3	DAVID WERTZ	Springfield, VA	Male Open	00:21:52.45	05:29	1002

### **M8-10**

1	EAMONN GREINER	Alexandria, VA	M8-10	00:30:35.28	07:39	845
2	GABRIEL FRIEDL	Arlington, VA	M8-10	00:38:10.76	09:29	666
3	TYLER RENE	Fairfax, VA	M8-10	00:51:07.83	12:41	636

### **M11-14**

1	LIAM GLAVIN	Falls Church, VA	M11-14	00:28:36.86	07:09	914
2	WILSON RENE	Fairfax, VA	M11-14	00:33:51.82	08:28	638
3	ANDREW KLINGER	Arlington, VA	M11-14	00:36:10.74	09:00	268

### **M15-19**

1	JACKSON SHIFFER	Shady Side, MD	M15-19	00:25:37.42	06:25	741
2	CHRISTOPHER BIRD	Arlington, VA	M15-19	00:26:47.29	06:42	21941

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3	BEN ADAMS	Arlington, VA	M15-19	00:27:20.29	06:49	397

### **M20-29**

1	GRIFFIN COLAIZZI	Washington, DC	M20-29	00:22:45.52	05:42	1127
2	BRETT MANDEVILLE	Washington, DC	M20-29	00:24:37.68	06:07	533
3	BRIAN HENDRICKS	Arlington, VA	M20-29	00:24:47.61	06:10	530

### **M30-39**

1	STEVE MANCE	Washington, DC	M30-39	00:21:55.06	05:29	920
2	XANDER ASHBAUCHER	Pinehurst, NC	M30-39	00:22:27.68	05:37	21911
3	NICK OLTMAN	Arlington, VA	M30-39	00:23:48.66	05:58	663

### **M40-49**

1	SCOTT MILAM	Arlington, VA	M40-49	00:25:35.04	06:24	21913
2	REYNOLDS WILSON	Arlington, VA	M40-49	00:26:04.76	06:31	21946
3	DAVID BIRD	Arlington, VA	M40-49	00:27:45.09	06:55	21940

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<b>RANK</b>	<b>NAME</b>	<b>HOMETOWN</b>	<b>PR_DIV</b>	<b>AWARD TIME</b>	<b>PACE</b>	<b>BIB</b>
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**M50-59**

1	RICK WILHELM	Virginia, US	M50-59	00:26:27.03	06:34	871
2	PAUL VAN REMORTEL	Alexandria, VA	M50-59	00:29:15.74	07:16	634
3	THOMAS HOWDER	Arlington, VA	M50-59	00:30:09.40	07:32	331

**M60-69**

1	WILLIAM RICHARDS	Falls Church, VA	M60-69	00:32:20.43	08:02	215
2	ROB KENNEDY	Great Falls, VA	M60-69	00:34:02.30	08:21	1179
3	JAY JACOB WIND	Arlington, VA	M60-69	00:35:48.02	08:54	1108

**M70-79**

1	RYCK LYDECKER	Germantown, MD	M70-79	00:46:03.68	11:17	901
2	TOM LAHOVSKI	Arlington, VA	M70-79	00:59:46.86	14:54	169
3	FREDERICK PETERSON !!!	Norfolk, VA	M70-79	01:04:07.92	15:18	1098