



Overall Women

Smith Mountain Lake Triathlon

Smith Mountain Lake State Park - Huddleston, VA 5/05/2007 09:00AM

Place	AgeCat.	NAME	CITY/STATE	Rank	SWIM Rank	T1 Rank	BIKE Rank	T2 Rank	RUN	PENALTY	TIME	DQ
1	29	SAMANTHA BIRD	ARLINGTON VA	2	00:10:5916	00:01:441	00:35:234	00:00:557	00:20:45		01:09:45	
2	22 EF	CRYSTAL PRUITT	POQUOSON VA	23	00:14:0518	00:01:472	00:35:2347	00:01:162	00:18:25		01:10:54	
3	35 EF	SHANNON SUMMERLIN	ROANOKE VA	1	00:10:511	00:01:1310	00:37:5113	00:00:595	00:20:05		01:10:57	
4	37	JENNIFER COLLINS	ALEXANDRIA VA	12	00:13:0526	00:01:554	00:36:2544	00:01:143	00:19:33		01:12:11	
5	42	CHERIE FERNANDEZ	MIDLOTHIAN VA	8	00:12:3222	00:01:513	00:36:158	00:00:5612	00:21:52		01:13:25	
6	40	DONNA HODGERT	LYNCHBURG VA	5	00:12:0514	00:01:418	00:37:3412	00:00:589	00:21:23		01:13:39	
7	32 EF	CAT PHILLIPS	LYNCHBURG VA	24	00:14:08		158	00:38:124	00:19:53		01:13:45	
8	23	KAREN HELMSTETTER	QUANTICO VA	7	00:12:253	00:01:2411	00:38:1017	00:01:008	00:21:05		01:14:01	
9	49 EF	DEBI BERNARDES	KING GEORGE VA	10	00:12:3512	00:01:3619	00:39:059	00:00:576	00:20:33		01:14:44	
10	38	JULIET ADAMS	VIRGINIA BEACH VA	6	00:12:1425	00:01:559	00:37:4325	00:01:0314	00:22:10		01:15:02	
11	32 EF	JENNIFER WIERSMA	VIRGINIA BEACH VA	9	00:12:347	00:01:3013	00:38:2521	00:01:0011	00:21:44		01:15:11	
12	43	RUTH MONNIG	CHAPEL HILL NC	3	00:11:4513	00:01:367	00:37:3438	00:01:1126	00:23:17		01:15:21	
13	26	CARA BRUE	ANNAPOLIS MD	28	00:14:234	00:01:265	00:36:5526	00:01:0410	00:21:39		01:15:25	
14	31	RACHEL SENGENBERGER	LYNCHBURG VA	27	00:14:166	00:01:306	00:37:2949	00:01:1622	00:23:01		01:17:30	
15	33	ASHLEY MADRAY	WILMINGTON DE	4	00:11:465	00:01:2817	00:38:4930	00:01:0540	00:24:33		01:17:40	
16	34	DENISE TODERICO	MONTPELIER VA	13	00:13:1552	00:02:2918	00:38:562	00:00:5315	00:22:14		01:17:46	
17	38	GABRIELLE SUYDAM	LYNCHBURG VA	11	00:12:5934	00:02:0112	00:38:1934	00:01:0831	00:23:37		01:18:02	
18	41	LIBBY BLANKENSHIP	ROANOKE VA	15	00:13:3223	00:01:5322	00:40:053	00:00:5433	00:23:40		01:20:01	
19	23	SARAH GAHAGAN	LYNCHBURG VA	57	00:16:2446	00:02:1914	00:38:3175	00:01:2919	00:22:39		01:21:20	
20	35	LIZ SHIELD	RICHMOND VA	63	00:16:3910	00:01:3327	00:40:32115	00:01:5413	00:22:02		01:22:39	
21	23	CAITLIN SANFORD	WASHINGTON DC	25	00:14:142	00:01:1943	00:42:0911	00:00:5844	00:24:55		01:23:33	
22	22	KRISTY KLARE	OAKTON VA	20	00:13:518	00:01:3056	00:43:4150	00:01:1727	00:23:19		01:23:38	
23	25	RENEE ROBERTS	RICHMOND VA	42	00:15:0494	00:03:0732	00:41:1159	00:01:2125	00:23:03		01:23:44	
24	50	CLAIRE LAU	CHESTERFIELD VA	43	00:15:0524	00:01:5337	00:41:5257	00:01:2036	00:23:49		01:23:58	
25	35	KATI DERRICK	ROANOKE VA	14	00:13:2611	00:01:3442	00:42:0546	00:01:1655	00:25:46		01:24:05	
26	32	MEGAN OLDFIELD	DRIVERSIDE PA	35	00:14:4380	00:02:5545	00:42:1577	00:01:3024	00:23:02		01:24:22	
27	24	KELLY KLARE	OAKTON VA	66	00:16:4221	00:01:5023	00:40:0953	00:01:1842	00:24:44		01:24:40	
28	43	LORI CALLAHAN	SALEM VA	95	00:17:4267	00:02:4426	00:40:3165	00:01:2317	00:22:31		01:24:48	
29	53	LISA BECK	BLACKSBURG VA	34	00:14:40108	00:03:2753	00:43:2028	00:01:0416	00:22:28		01:24:58	
30	50	JULIA PECK	CULPEPER VA	56	00:16:199	00:01:3334	00:41:4261	00:01:2237	00:24:06		01:25:00	
Place	AgeCat.	NAME	CITY/STATE	Rank	SWIM Rank	T1 Rank	BIKE Rank	T2 Rank	RUN	PENALTY	TIME	DQ
31	43	JANET BUSS	BLACKSBURG VA	26	00:14:1515	00:01:4341	00:42:0366	00:01:2357	00:25:46		01:25:09	
32	47 A	JANE WEISEMAN	BLACKSBURG VA	48	00:15:4028	00:01:5725	00:40:2143	00:01:1465	00:26:31		01:25:41	
33	27	MARGARET MORAW	COLUMBIA MD	62	00:16:3629	00:01:5831	00:41:09103	00:01:4539	00:24:21		01:25:47	
34	21	LAUREN STADLER	WASHINGTON DC	36	00:14:4644	00:02:1740	00:42:0137	00:01:1059	00:25:50		01:26:02	
35	42	JP JULIE PALMER	BLACKSBURG VA	106	00:18:1120	00:01:5021	00:39:3314	00:00:5950	00:25:33		01:26:03	
36	30	KATHRYN SHAFFNER	VIRGINIA BEACH VA	87	00:17:1992	00:03:0616	00:38:4931	00:01:0558	00:25:49		01:26:06	
37	30	EVA WATKINS	ALEXANDRIA VA	31	00:14:2932	00:02:0024	00:40:1554	00:01:1881	00:28:08		01:26:08	
38	46	LORI WESTON	FRANKLIN VA	21	00:13:5545	00:02:1767	00:44:247	00:00:5641	00:24:43		01:26:14	
39	37	JENNIFER SHOJI	ARLINGTON VA	40	00:15:0168	00:02:4435	00:41:4245	00:01:1556	00:25:46		01:26:27	
40	28	LAUREN BROWN	ROANOKE VA	74	00:16:5048	00:02:2655	00:43:3184	00:01:3718	00:22:34		01:26:57	
41	23	AMY THESING	RICHMOND VA	60	00:16:3284	00:02:5852	00:43:151	00:00:4230	00:23:34		01:27:00	
42	40	HEATHER EAST	ANNAPOLIS MD	68	00:16:47118	00:03:4333	00:41:2883	00:01:3732	00:23:39		01:27:12	
43	25	LINDSAY CHRISTEN	LYNCHBURG VA	33	00:14:3763	00:02:4244	00:42:0910	00:00:5870	00:26:49		01:27:13	
44	54	BETSY HENDERSON	ROANOKE VA	122	00:19:2417	00:01:4615	00:38:3623	00:01:0269	00:26:42		01:27:29	
45	32 A	HEATHER OSEGUEDA	GREER SC	50	00:15:5478	00:02:5120	00:39:1767	00:01:2384	00:28:24		01:27:48	
46	25	CHRISTINE MCKENNA	RESTON VA	51	00:15:5564	00:02:4363	00:44:0199	00:01:4435	00:23:48		01:28:08	
47	51	LYNN BRADSHAW	ROANOKE VA	80	00:17:0759	00:02:3730	00:41:0990	00:01:3964	00:26:30		01:29:00	
48	30 A	SARAH MILZ	KINGSPORT TN	18	00:13:4654	00:02:3176	00:45:4474	00:01:2660	00:26:01		01:29:27	
49	23	JOHANNA HASLER	ALEXANDRIA VA	81	00:17:0776	00:02:5046	00:42:42117	00:01:5548	00:25:09		01:29:42	
50	41	KATE ERICSSON	ROANOKE VA	45	00:15:14147	00:05:1766	00:44:2351	00:01:1734	00:23:43		01:29:52	

51	50	SABRINA COLES	ROANOKE VA	102	00:17:5761	00:02:3936	00:41:4832	00:01:0567	00:26:36	01:30:04			
52	41	KIMBERLY BROWN	GLEN ALLEN VA	30	00:14:2775	00:02:4859	00:43:4472	00:01:2579	00:27:54	01:30:16			
53	50	PATTY HILL	RICHMOND VA	100	00:17:5136	00:02:0829	00:41:0779	00:01:3380	00:27:57	01:30:33			
54	28	BRONWYN MURRAY	CHARLOTTESVILLE VA	19	00:13:46114	00:03:3961	00:43:53104	00:01:4675	00:27:39	01:30:40			
55	22	ELLIOTT WALKER	FLORENCE SC	85	00:17:1640	00:02:1360	00:43:4422	00:01:0268	00:26:39	01:30:51			
56	26	ERIN CUMMINGS	ARLINGTON VA	83	00:17:1233	00:02:0068	00:44:5378	00:01:3152	00:25:37	01:31:12			
57	38	MARTHA MCINTIRE	GILFORD NH	59	00:16:3149	00:02:2738	00:41:5581	00:01:3491	00:29:08	01:31:34			
58	39	T TORNATORE	ANNAPOLIS MD	32	00:14:34141	00:04:4282	00:46:07129	00:02:0638	00:24:14	01:31:41			
59	35	JENNIFER FALLS	TROUTVILLE VA	124	00:19:3791	00:03:0548	00:42:5063	00:01:2347	00:25:02	01:31:55			
60	50	BARBARA ROBERTSON	ROANOKE VA	65	00:16:4162	00:02:4058	00:43:43118	00:01:5571	00:26:58	01:31:56			
61	40	MICHELLE JOYNER	RICHMOND VA	114	00:18:4470	00:02:4562	00:43:5893	00:01:4143	00:24:52	01:31:59			
Place	Age	Cat.	NAME	CITY/STATE	Rank	SWIM Rank	T1 Rank	BIKE Rank	T2 Rank	RUN	PENALTY	TIME	DQ
62	28		MOLLY CLEMONS	FINCASTLE VA	69	00:16:4769	00:02:44100	00:48:1020	00:01:0028	00:23:22	01:32:03		
63	41		STACEY REGAN	RALEIGH NC	41	00:15:0160	00:02:3849	00:42:5597	00:01:43104	00:29:49	01:32:04		
64	36	A	JOANNE BROWNE	LAFAYETTE NJ	98	00:17:4489	00:03:0439	00:41:56122	00:02:0076	00:27:46	01:32:29		
65	21		ELIZABETH BRANDLER	LEXINGTON VA	119	00:18:56115	00:03:3972	00:45:04126	00:02:0521	00:22:49	01:32:31		
66	29		JANA POSCHARSKY	ARLINGTON VA	46	00:15:2853	00:02:3174	00:45:1282	00:01:3777	00:27:49	01:32:35		
67	36		KIMBERLY KONKEL	WASHINGTON DC	37	00:14:4919	00:01:4971	00:45:0052	00:01:18102	00:29:46	01:32:41		
68	23		REENA NADLER	ARLINGTON VA	58	00:16:2542	00:02:1597	00:47:5539	00:01:1245	00:24:56	01:32:42		
69	40		SUSIE LEAHY	RICHMOND VA	128	00:20:1135	00:02:0680	00:46:0240	00:01:1229	00:23:27	01:32:56		
70	37		GWEN LOGAN	HENNIKER NH	131	00:20:3365	00:02:4347	00:42:4468	00:01:2462	00:26:07	01:33:29		
71	27		ANNA MACINTOSH	RICHMOND VA	113	00:18:4156	00:02:3454	00:43:2987	00:01:3772	00:27:13	01:33:32		
72	39		NATALIE KENNEDY	HARRISONBURG VA	70	00:16:4982	00:02:5788	00:46:5271	00:01:2563	00:26:09	01:34:10		
73	28		JEN NESTEL	ARLINGTON VA	75	00:16:5447	00:02:2564	00:44:0948	00:01:16100	00:29:43	01:34:25		
74	20		MEREDITH SMITH	LYNCHBURG VA	38	00:14:5581	00:02:5679	00:45:5556	00:01:2098	00:29:38	01:34:42		
75	14		KATHRYN BUSS	BLACKSBURG VA	22	00:13:5995	00:03:0884	00:46:33127	00:02:0689	00:29:00	01:34:43		
76	30		SHARON JACOBS	WOODBERRY FOREST VA	16	00:13:3687	00:03:00111	00:49:1376	00:01:3074	00:27:33	01:34:50		
77	23		ROBIN PAM	WASHINGTON DC	67	00:16:4630	00:01:5985	00:46:3436	00:01:0885	00:28:27	01:34:53		
78	34		ELIZABETH ROBSON	BLACKSBURG VA	55	00:16:1631	00:01:5950	00:42:5762	00:01:22136	00:32:21	01:34:54		
79	36		SHEILA CORDARO	ARLINGTON VA	134	00:20:3839	00:02:1183	00:46:2819	00:01:0051	00:25:36	01:35:52		
80	32	A	CARMEN HAMLIN	RICHMOND VA	111	00:18:2937	00:02:0975	00:45:2185	00:01:3786	00:28:41	01:36:16		
81	32		GINA SHAND	CHESTEFIELD VA	39	00:14:5951	00:02:2981	00:46:03132	00:02:11121	00:30:51	01:36:31		
82	52		CATHERINE LEE	CULPEPER VA	47	00:15:2985	00:02:5878	00:45:54133	00:02:11110	00:30:07	01:36:38		
83	27		LEE TAYLOR	BLACKSBURG VA	82	00:17:0841	00:02:1386	00:46:49121	00:02:0087	00:28:44	01:36:52		
84	37		JACQUELINE BURKE	ALEXANDRIA VA	93	00:17:3655	00:02:3395	00:47:4333	00:01:0582	00:28:10	01:37:05		
85	46		EVELYN KELLY	ROANOKE VA	78	00:17:06128	00:04:0251	00:43:08135	00:02:17116	00:30:41	01:37:11		
86	40		KIM YOAKUM	WAKE FOREST NC	109	00:18:2358	00:02:3657	00:43:43106	00:01:48117	00:30:45	01:37:13		
87	27		AIDYN MILLS	CHARLOTTESVILLE VA	140	00:21:02120	00:03:4893	00:47:41102	00:01:4523	00:23:01	01:37:16		
88	36		KERRY FORBES	PARKER CO	76	00:16:5950	00:02:2891	00:47:3164	00:01:23112	00:30:23	01:38:41		
89	52		MICHAEL PELLILLO	BLUEFIELD VA	72	00:16:5072	00:02:4787	00:46:505	00:00:55130	00:31:28	01:38:48		
90	21		MICAELA COFFEY	LEXINGTON VA	143	00:22:1277	00:02:5165	00:44:1298	00:01:4378	00:27:52	01:38:48		
91	39		KATE OLIVER	RICHMOND VA	92	00:17:3574	00:02:4899	00:47:59107	00:01:4888	00:28:44	01:38:53		
92	23		CARRIE HATTER	CHARLOTTESVILLE, VA VA	105	00:18:0398	00:03:0994	00:47:4218	00:01:0090	00:29:04	01:38:57		
Place	Age	Cat.	NAME	CITY/STATE	Rank	SWIM Rank	T1 Rank	BIKE Rank	T2 Rank	RUN	PENALTY	TIME	DQ
93	46		DONNA WILLIAMS	SALEM VA	153	00:26:2866	00:02:4377	00:45:4773	00:01:2620	00:22:45	01:39:07		
94	36		STACEY BANTLEON	ROANOKE VA	116	00:18:49126	00:03:58110	00:49:0786	00:01:3753	00:25:38	01:39:08		
95	44		DEIDRE WILKINSON	MONETA VA	125	00:19:40109	00:03:29114	00:49:19108	00:01:4946	00:25:02	01:39:16		
96	48		CINDY IVERSEN	SALEM VA	88	00:17:19140	00:04:40121	00:50:14124	00:02:0349	00:25:14	01:39:29		
97	24		ELIZABETH HAGER	BOONE NC	54	00:16:0886	00:02:58120	00:50:066	00:00:5596	00:29:34	01:39:40		
98	35		JULIE COLLINS	PALMYRA VA	104	00:18:02103	00:03:1769	00:44:55146	00:02:42126	00:31:10	01:40:04		
99	42		ANN ANDERSON	GAINESVILLE VA	118	00:18:51127	00:03:59117	00:49:34105	00:01:4761	00:26:03	01:40:13		
100	45		MARY CARLIN	ROANOKE VA	101	00:17:5699	00:03:1196	00:47:5269	00:01:24108	00:30:00	01:40:21		
101	33		JENNIFER STREBEL	RICHMOND VA	53	00:15:5997	00:03:09125	00:50:2780	00:01:34109	00:30:03	01:41:10		
102	46		SHARON DARBY	MIDLOTHIAN VA	89	00:17:2527	00:01:57101	00:48:19136	00:02:18129	00:31:15	01:41:12		
103	42		LAURA BERRY	ALEXANDRIA VA	73	00:16:50100	00:03:1292	00:47:38134	00:02:15133	00:31:41	01:41:34		
104	48		RACHEL ADKINS	LYNCHBURG VA	117	00:18:49102	00:03:14105	00:48:3916	00:00:59106	00:29:57	01:41:36		

105	43	LAURA LOGAN	CENTREVILLE VA	99	00:17:51111	00:03:2998	00:47:59113	00:01:52118	00:30:46	01:41:55			
106	43	SHARI WILBUR	CHESTERFIELD VA	144	00:22:3057	00:02:34112	00:49:1458	00:01:2066	00:26:34	01:42:10			
107	28	EMILY MITHOEFFER	BLACKSBURG VA	103	00:17:58110	00:03:29138	00:53:23125	00:02:0454	00:25:39	01:42:31			
108	26	EMILY EDMUNDS	RALEIGH NC	90	00:17:25135	00:04:23116	00:49:24109	00:01:49105	00:29:49	01:42:48			
109	34	MEGAN JONES	ARLINGTON VA	77	00:17:04106	00:03:2473	00:45:09119	00:01:59142	00:35:27	01:43:01			
110	27	JILL DEVLIN	BLACKSBURG VA	79	00:17:0683	00:02:58133	00:52:2729	00:01:05103	00:29:48	01:43:23			
111	35	CARLI BERTRAND	WASHINGTON DC	110	00:18:2488	00:03:03109	00:49:05139	00:02:25124	00:30:58	01:43:53			
112	40	JILL BLANKENBURG	RICHMOND VA	112	00:18:33138	00:04:38123	00:50:24157	00:29:591	00:00:22	01:43:54			
113	43	PAMELA KEMPER	MINERAL VA	127	00:20:0596	00:03:08106	00:48:39120	00:02:00111	00:30:15	01:44:05			
114	27	KATIE DRECHSEL	ALEXANDRIA VA	137	00:20:51145	00:05:1170	00:45:00154	00:03:3799	00:29:42	01:44:18			
115	36	KATHI HANSEN	BRISTOW VA	115	00:18:46136	00:04:25122	00:50:14128	00:02:0694	00:29:20	01:44:49			
116	40	DEANNA BOEHM	GLEN ALLEN VA	86	00:17:18131	00:04:03103	00:48:35152	00:02:52135	00:32:19	01:45:05			
117	34	LYNN DUBARD	GLEN ALLEN VA	129	00:20:12130	00:04:0390	00:47:20143	00:02:33131	00:31:33	01:45:38			
118	25	AMANDA NESTER	HILLSVILLE VA	97	00:17:44107	00:03:24137	00:53:0515	00:00:59115	00:30:31	01:45:41			
119	30	DIANNA DOUGLAS	WASHINGTON DC	120	00:19:0673	00:02:47119	00:50:06140	00:02:25132	00:31:35	01:45:57			
120	19	EF LINDSAY KING	FAIRFAX VA	17	00:13:42160	00:09:48107	00:48:40151	00:02:49127	00:31:11	01:46:08			
121	19	EF KRISTEN HANSEN	WILLIAMSBURG VA	130	00:20:2593	00:03:06124	00:50:2624	00:01:02128	00:31:11	01:46:08			
122	35	MAGGIE ARNOLD	WINSTON SALEM NC	91	00:17:34122	00:03:52131	00:51:34138	00:02:19120	00:30:51	01:46:08			
123	36	KATHERINE MORTIMER	RICHMOND VA	29	00:14:26117	00:03:42140	00:53:48100	00:01:44137	00:32:34	01:46:12			
Place	Age	Cat.	NAME	CITY/STATE	Rank	SWIM Rank	T1 Rank	BIKE Rank	T2 Rank	RUN	PENALTY	TIME	DQ
124	40		MOLLY WASH	RICHMOND VA	139	00:20:54101	00:03:13129	00:51:15130	00:02:0795	00:29:25		01:46:53	
125	35		KATIE PARRISH	ARLINGTON VA	141	00:21:08121	00:03:49108	00:48:53131	00:02:11101	00:29:4500:02:00		01:47:43	
126	48		SUSAN SHORT	SALEM VA	108	00:18:22125	00:03:57139	00:53:23112	00:01:52114	00:30:30		01:48:02	
127	41		ELIZABETH ROLAND	POTOMAC FALLS VA	126	00:19:54105	00:03:22143	00:55:19141	00:02:2773	00:27:16		01:48:15	
128	16		EMILY PHILLIPS	FOREST VA	52	00:15:59129	00:04:03118	00:50:02110	00:01:49146	00:36:37		01:48:28	
129	42		JUDY CUSUMANO	ROANOKE VA	136	00:20:49132	00:04:11132	00:51:4488	00:01:37125	00:31:03		01:49:23	
130	47		BLANCA RAMIREZ	ELDERSBURG MD	152	00:26:2690	00:03:04102	00:48:2955	00:01:20113	00:30:26		01:49:43	
131	23		CLAIRE WINCHESTER	CHARLOTTESVILLE VA	107	00:18:21156	00:06:42134	00:52:3070	00:01:24119	00:30:51		01:49:47	
132	23	A	ALAYNA BUCKNER	WASHINGTON DC	61	00:16:3543	00:02:16128	00:51:1394	00:01:41151	00:38:21		01:50:04	
133	56		JANE CUNDIFF	FLOYD VA	154	00:26:33133	00:04:12136	00:52:5735	00:01:0883	00:28:19		01:53:08	
134	28		KATIE SYDENSTRICKER	NORFOLK VA	157	00:27:53113	00:03:35127	00:50:44116	00:01:5597	00:29:34		01:53:39	
135	42		KELLY WHITE	RICHMOND VA	156	00:27:39124	00:03:54126	00:50:3595	00:01:42123	00:30:58		01:54:47	
136	42		LYNN BAZZOLI	RICHMOND VA	138	00:20:52134	00:04:21144	00:57:0096	00:01:43122	00:30:54		01:54:47	
137	26		BECKY POPILLO	RALEIGH NC	158	00:28:47112	00:03:31130	00:51:28114	00:01:5393	00:29:18		01:54:54	
138	48		KELLY BURDADAMS	VINTON VA	123	00:19:34152	00:05:47147	00:58:19145	00:02:37107	00:29:59		01:56:14	
139	18		AMY PHILLIPS	FOREST VA	94	00:17:42116	00:03:42104	00:48:3989	00:01:39156	00:45:18		01:56:57	
140	46		MARY BETH HUTSON	DANVILLE VA	151	00:25:31142	00:04:46141	00:54:0791	00:01:39139	00:34:01		02:00:03	
141	38		DEANNA LYERLY	GLEN ALLEN VA	146	00:22:56148	00:05:21142	00:54:08137	00:02:18143	00:35:34		02:00:15	
142	36		NINA DERESKA	ROANOKE VA	150	00:25:29155	00:06:24115	00:49:24144	00:02:37147	00:36:38		02:00:29	
143	41		CHRISTINE ARTHUR	ELLCOTT CITY MD	147	00:22:57146	00:05:14150	01:01:31142	00:02:30134	00:31:45		02:03:56	
144	29		AMY PEERY	GOODVIEW VA	132	00:20:37153	00:05:48155	01:07:4092	00:01:4092	00:29:11		02:04:53	
145	41		KERI JACKSON	ROANOKE VA	96	00:17:43137	00:04:37149	01:01:18111	00:01:51155	00:41:03		02:06:30	
146	33		AUDREY WOOD	WASHINGTON DC	161	00:33:29104	00:03:19135	00:52:40153	00:03:06140	00:34:02		02:06:34	
147	47		ANNE MCGEORGE	CHARLOTTE NC	84	00:17:16162	00:18:12145	00:57:32150	00:02:49144	00:36:04		02:11:51	
148	42		AMY JOHNSTON	YORK PA	159	00:30:51139	00:04:39146	00:57:35147	00:02:45145	00:36:04		02:11:52	
149	54		CAROLERA SPENCE	MIDLOTHIAN VA	155	00:27:23143	00:05:06148	00:59:01149	00:02:46149	00:38:03		02:12:17	
150	41		KATRINA WAUGH	ROANOKE VA	145	00:22:54144	00:05:07153	01:05:2927	00:01:04150	00:38:07		02:12:39	
151	55		SALLY JOHNSTON	SALEM VA	149	00:24:03150	00:05:40151	01:01:59123	00:02:01154	00:39:30		02:13:11	
152	37		JUDITH NORMAN	NEWPORT NEWS VA	135	00:20:39151	00:05:43154	01:07:39101	00:01:44152	00:39:28		02:15:12	
153	34		PATRICIA PETERS	NEWPORT NEWS VA	133	00:20:38154	00:05:48156	01:08:0942	00:01:14153	00:39:29		02:15:15	
154	24		JESSIE HEIDIG	MIDLOTHIAN VA	121	00:19:09149	00:05:37157	01:15:0841	00:01:13141	00:35:04		02:16:08	
Place	Age	Cat.	NAME	CITY/STATE	Rank	SWIM Rank	T1 Rank	BIKE Rank	T2 Rank	RUN	PENALTY	TIME	DQ
155	21		SHANA OLTMANS	LEXINGTON VA	160	00:31:28161	00:11:24152	01:04:50155	00:04:19138	00:32:53		02:24:52	
156	20		AMBER WILLIARD	GREENVILLE NC	49	00:15:4138	00:02:11159	01:32:5860	00:01:22148	00:37:15		02:29:25	
157	11		LINDSAY BROMAN	FOREST VA	148	00:23:48157	00:07:24158	01:21:55148	00:02:45157	00:47:45		02:43:35	
158	37		MARYJO WYMER-MYERS	RICHMOND VA	142	00:21:32119	00:03:4789	00:46:54156	00:14:52				
159	49		KAREN RIBEIRO	FAIRFAX VA	44	00:15:1371	00:02:4528	00:40:43					
160	21		NOELLE FLAUUAUS	CHESAPEAKE VA	64	00:16:4079	00:02:53113	00:49:17					
161	33		SHERYL FRIEDMAN	TAMPA FL	163	00:36:05158	00:07:34160	01:36:12					
162	38		TARA LEE	LEESBURG VA	162	00:36:01159	00:07:40161	01:36:13					
163	38		DERDRE STEVENS	SALEM VA	71	00:16:50123	00:03:52						