

Results for Cycling 10K 2016

Female Age Group Records:

CYCLING - 10K Time Trial - WOMEN (Held at Vint Hill Village Green in 2016)					
50-54	Susan Lengel	Fairfax	22:40	2016*	
55-59	Bridget Sedlak	Haymarket	20:35	2016*	
70-74	Lynn Saunders	Gainesville	27:24	2016*	
75-79	Susan Jones	Springfield	24:04	2016*	

List of Registered Participants 2016

Sex	Age Group	Place	Age	First Name	Last Name	City	Score/Time
F	50-54	Gold	51	Susan	Lengel	Fairfax	22:40
F	50-54		51	Kelly	Austin	Gainesville	DNP
F	55-59	Gold	55	Bridgetta	Sedlak	Haymarket	20:35
F	55-59		58	Susan	Bleistein	Springfield	DNP
F	55-59		59	Karen	Sullivan	Arlington	DNP
F	65-69		65	Marguerite	Bree	Leesburg	DNP
F	70-74	Gold	70	Lynn	Saunders	Gainsville	27:24
F	70-74		70	Beth	Baynes	Arlington	DNP
F	70-74		72	Melinda	Erdberg	Fairfax	DNP
F	75-79	Gold	75	Susan	Jones	Springfield	24:04 *
F	75-79	Silver	78	Joyce	Tobias	Haymarket	29:17
F	75-79	Bronze	77	Regina	Missett	Haymarket	32:01

Male Age Group Records

CYCLING - 10K Time Trial - MEN (Held at Vint Hill Village Green in 2016)					
50-54	Ariundbold Densengombo	Falls Church	16:41	2016*	
55-59	Michael Emerson	Leesburg	14:52	2016*	
60-64	Jim Gleason	Reston	16:31	2016*	
65-69	James Degoey	Reston	15:42	2016*	
70-74	David Jerome	Haymarket	17:09	2016*	
75-79	Kenneth Weinsapfel	Gainesville	19:03	2016*	
80-84	Bill Vest	Reston	18:07	2016*	
85-89	Otto Gerken	Gainesville	33:53	2016*	

List of Registered Participants 2016

Sex	Age Group	Place	Age	First Name	Last Name	City	Score/Time
M	50-54	Gold	52	Ariunbold	Denzengombo	Falls Church	16:41 *
M	50-54	Silver	53	Garry	Young	Arlington	18:27

M	55-59	Gold	58	Michael	Emerson	Leesburg	14:52*
M	55-59	Silver	59	Jim	Crowley	Alexandria	15:29
M	55-59	Silver	58	Tuck	Masker	Oak Hill	15:29
M	55-59	4	55	Eric	Lengel	Fairfax	16:48
M	55-59	5	56	Stuart	Austin	Gainesville	17:07
M	55-59	6	55	Vincent	Langan	Warrenton	17:51
M	55-59	7	56	Ron	Plichta	Fairfax	18:24
M	55-59	8	57	Gregory	Herring	Montclair	19:02
M	60-64	Gold	61	Jim	Gleason	Reston	16:31*
M	60-64	Silver	60	Mark	Christensen	Fairfax	18:02
M	60-64	Bronze	64	Joel	Barton	Ashburn	19:13
M	60-64	4	60	John	Jeffers	Springfield	23:54
M	60-64		63	Ken	Freund	Alexandria	DNP
M	65-69	Gold	67	James	Degoey	Reston	15:42*
M	65-69		66	Robert	Shannon	Gainesville	DNP
M	65-69		65	Wendell	Williams	Warrenton	DNP
M	70-74	Gold	70	David	Jerome	Haymarket	17:09*
M	70-74	Silver	71	Michael	Causseaux	Marshall	18:33
M	70-74	Bronze	70	William	Doan	Arlington	19:50
M	70-74		70	Denis	McMullan	Vienna	DNP
M	70-74		70	Vince	Romano	Annandale	DNP
M	75-79	Gold	75	Kenneth	Weinzapfel	Gainesville	19:03*
M	75-79	Silver	75	Dennis	Jones	Springfield	20:02
M	75-79	Bronze	76	Stephen	Forman	McLean	21:28
M	75-79	4	79	Howard	Schultheiss	Manassas	22:17
M	75-79	5	76	Robert	Lightsey	Alexandria	22:24
M	75-79	6	79	Philip	Hager	Falls Church	24:55
M	80-84	Gold	80	Bill	Vest	Reston	18:07*
M	80-84	Silver	83	Thomas	Tobias	Haymarket	20:33
M	80-84	Bronze	81	Ron	Farra	Bristow	32:26
M	80-84	4	82	Chuck	Wilmore	Springfield	40:38
M	80-84		83	Nicholas	Fidandis	Alexandria	DNP
M	80-84		80	Ed	Murphy	Fairfax	DNP
M	85-89	Gold	87	Otto	Gercken	Gainesville	33:53 *