

**Results for Cycling 20K 2016**

**Female Age Group Records:**

<b>CYCLING - 20K Time Trial - WOMEN (New in 2012)</b>					
50-54	Susan Lengel	Fairfax	46:15	2016*	
55-59	Susan Bleistein	Springfield	39:50	2016*	
60-64	Anne Calhoun	Ashburn	45:45	2016*	
70-74	Lynn Saunders	Gainesville	43:19	2016*	
75-79	Susan Jones	Springfield	48:47	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	46:15
F	50-54		51	Kelly	Austin	Gainesville	DNP
F	50-54		51	Elaine	Clancy	McLean	DNP
F	55-59	Gold	58	Susan	Bleistein	Springfield	39:50
F	55-59	Silver	55	Bridgetta	Sedlak	Haymarket	43:08
F	55-59	Bronze	58	Jill	Smith	Vienna	48:15
F	55-59	4	55	Karen	Keith	Gainesville	54::05
F	55-59		59	Karen	Sullivan	Arlington	DNP
F	60-64	Gold	61	Anne	Calhoun	Ashburn	45:45 *
F	60-64	Silver	63	Terry	Gross	Fairfax	1:02:26
F	60-64		61	Maureen	Zaino	Oak Hill	DNP
F	70-74	Gold	70	Lynn	Saunders	Gainsville	43:19
F	70-74		70	Beth	Baynes	Arlington	DNP
F	75-79	Gold	75	Susan	Jones	Springfield	48::47*
F	75-79	Silver	78	Joyce	Tobias	Haymarket	1:01:21
F	75-79	Bronze	77	Regina	Missett	Haymarket	1:11:40

**Male Age Group Records**

<b>CYCLING - 20K Time Trial - MEN (New in 2012)</b>					
50-54	Ariunbold Denzengombo	Falls Church	33:00	2016*	
55-59	Eric Lengel	Fairfax	28:25	2016*	
60-64	Jim Gleason	Reston	32:31	2016*	
65-69	James Degoey	Reston	31:31	2016*	
70-74	David Jerome	Haymarket	34:45	2016*	
75-79	Kenneth Weinszapfel	Gainesville	38:07	2016*	
80-84	Bill Vest	Reston	35:42	2016*	
85-89	Otto Gercken	Gainesville	1:10:47	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	33:00 *

M	50-54	Silver	53	Garry	Young	Arlington	37:05	
M	50-54	Bronze	53	Douglas	Porterfield	Bristow	37:35	
M	50-54	4	53	Mario	Manapsal	Bristow	38:11	
M	55-59	Gold	55	Eric	Lengel	Fairfax	28:25 *	
M	55-59	Silver	58	Michael	Emerson	Leesburg	29:44	
M	55-59	Bronze	59	Jim	Crowley	Alexandria	30:50	
M	55-59	4	58	Donald	Burlingham	Stafford	32:37	
M	55-59	5	58	Tuck	Masker	Oak Hill	32:56	
M	55-59	6	56	Ron	Plichta	Fairfax	35:29	
M	55-59	7	56	Stuart	Austin	Gainesville	35:38	
M	55-59	8	55	Vincent	Langan	Warrenton	36:51	
M	55-59	9	58	Mark	Nesfeder	Warrenton	38:22	
M	55-59	10	57	Gregory	Herring	Montclair	40:15	
M	55-59	11	55	Brian	Hearsey	Warrenton	41:33	
M	60-64	Gold	61	Jim	Gleason	Reston	32:31 *	
M	60-64	Silver	60	Mark	Christensen	Fairfax	36:44	
M	60-64	Bronze	64	Joel	Barton	Ashburn	40:14	
M	60-64		60	John	Jeffers	Springfield	DNP	
M	65-69	Gold	67	James	Degoey	Reston	31:31 *	
M	65-69	Silver	66	Joseph	Florence	Warrenton	37:46	
M	70-74	Gold	70	David	Jerome	Haymarket	34:45 *	
M	70-74	Silver	70	Robert	Anderson	Lovettsville	39:32	
M	70-74	Bronze	70	William	Doan	Arlington	40:30	
M	70-74	4	70	M.	Woods	Alexandria	44:15	
M	70-74		70	Denis	McMullan	Vienna	DNP	
M	70-74		70	Vince	Romano	Annandale	DNP	
M	70-74		71	Richard	Schiller	Annandale	DNP	
M	75-79	Gold	75	Kenneth	Weinzapfel	Gainesville	38:07 *	
M	75-79	Silver	75	Dennis	Jones	Springfield	39:15	
M	75-79	Bronze	75	Jim	Chapman	Lovettsville	39:19	
M	75-79	4	76	Stephen	Forman	McLean	44:01	
M	75-79	5	79	Howard	Schultheiss	Manassas	44:43	
M	75-79	6	75	Tom	D'Amico	Warrenton	45:56	
M	75-79	7	79	Philip	Hager	Falls Church	50:26	
M	75-79		76	Robert	Lightsey	Alexandria	DNP	
M	80-84	Gold	80	Bill	Vest	Reston	35:42 *	
M	80-84	Silver	83	Thomas	Tobias	Haymarket	42:53	
M	80-84	Bronze	81	Ron	Farra	Bristow	1:03:36	
M	80-84		83	Nicholas	Fidandis	Alexandria	DNP	
M	80-84		82	Chuck	Wilmore	Springfield	DNP	

M	85-89	Gold	87	Otto	Gercken	Gainesville	1:10:47 *	
---	-------	------	----	------	---------	-------------	-----------	--