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|---|---------------------------|-----------------|-------------------|------------------|-----------------|-------------|----------------|
| | | EVENT: | 3-Mile Power Walk | | | | |
| | | | | | | | |
| | Women Record Holders | | | | | | |
| "3 MILE" POWER WALK (4800 M) - Outdoor Track - WOMEN | | | | | | | |
| | 50 - 54 | Mary Ann Schwab | | Fairfax | 34:07.00 | 2006 | |
| | 55 - 59 | Dot Michaels | | Arlington | 32:30.00 | 1983 | |
| | 60 - 64 | Jean Wood | | Springfield | 34:25.00 | 1986 | |
| | 65 - 69 | Hannah Phillips | | Alexandria | 35:49.5 | 2021 | |
| | 70 - 74 | Mary Boska | | Alexandria | 35:45.70 | 1999 | |
| | 75 - 79 | Eloise Over | | Alexandria | 37:37.80 | 1997 | |
| | 80 - 84 | Mary Lathram | | Falls Church | 40:25.98 | 1995 | |
| | 85 + | Mary Lathram | | Falls Church | 43:17.89 | 2000 | |
| | | | | | | | |
| | List of Participants 2023 | | | | | | |
| Sex | Age Group | Age | Place | Firstname | LastName | City | Results |
| F | 50-54 | 52 | | Renee | LaRue | Richmond | DNP |
| F | | 51 | | Dawn | Crenshaw | Burke | DNP |
| F | 55-59 | 55 | Gold | Libbi | Finelsen | Arlington | 39:17 |
| F | | 58 | Silver | Heather | McDaniel | Arlington | 49:59 |
| F | | 55 | | Laura | Wissing | Ashburn | DNP |
| F | 60-64 | 63 | Gold | Barb | Carroll | Arlington | 39:32 |
| F | | 63 | Silver | Kathy | McGarril | Arlington | 41:44 |
| F | | 60 | | Karyn | Moreland | Aldie | DNP |
| F | | 60 | | Mary | Harris | Clifton | DNP |
| F | 65-69 | 68 | Gold | Zahra | Mahi | Annandale | 47:06 |
| F | | 66 | | Julia | Fauntleroy | Arlington | DNP |
| F | | 67 | | Jacqueline | Fogg | Arlington | DNP |
| F | | 67 | | myra | wisnaes | Fairfax | DNP |
| F | 70-74 | 74 | Gold | Indira | Thapa | Burke | 1:01:29 |
| F | | 71 | | Hannah | Phillips | Alexandria | DNP |
| F | | 72 | | Christy | Gavitt | Fairfax | DNP |
| F | | 70 | | Mary | Walls | Arlington | DNP |
| F | | 70 | | Carrie | Berlin | Warrenton | DNP |
| F | | 71 | | meena | bhagat | Ashburn | DNP |
| F | 75-79 | 77 | Gold | Beth | Baynes | Alexandria | 39:16 |
| F | | 76 | | Valerie | Campbell | Bristow | DNP |
| F | | 77 | | Barbara | Sweet | Fairfax | DNP |

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|---|-------|----|--------|----------|------------|-----------------|---------|
| M | 75-79 | 76 | Gold | Bob | Pearson | Fairfax Station | 39:37 |
| M | | 79 | Silver | Clifford | Gay | Falls Church | 44:29 |
| M | | 79 | Bronze | Glenwood | Sickels | Haymarket | 49:43 |
| M | | 77 | | 4 Matt | Kline | Alexandria | 1:03:05 |
| M | | 77 | | 5 John | Rogers | Arlington | 1:16:14 |
| M | | 79 | | Naresh | Bhagat | Ashburn | DNP |
| | | | | | | | |
| M | 80-84 | 80 | Gold | Stephen | Fitzgerald | Alexandria | 56:38 |
| M | | 84 | Silver | Herb | Levitan | Arlington | 57:16 |
| M | | 83 | | Chandra | Sekhar | Ashburn | DNP |
| M | | 80 | | David | Endres | McLean | DNP |
| M | | 82 | | Alton | Lamb | Dumfries | DNP |
| | | | | | | | |
| M | 85-89 | 85 | | Phil | Walsh | Potomac Falls | DNP |
| | | | | | | | |
| M | 90-94 | 90 | Gold | Thomas | Tobias | Haymarket | 39:47* |
| M | | 90 | | Bill | Brennan | Annandale | DNP |