

Holton-Arms Wellness Run - 11/14/2010

1 Mile Fun Run and 5K

Holton Arms School, Bethesda Maryland

Last Completed Event

Event 2 Mixed 5k Run RR

Name	Age	School	Finals	Points
Results - Women				
140 Unknown	X		46:46.30	
141 Unknown	X		48:15.06	
1 Freres, Anita	W45	Nha	19:33.65	1
2 Bergamesca, Katie	W15	US	20:30.79	2
3 Custer, Danielle	W25	Nha	21:01.41	3
4 Persina, Win	W50	Nha	21:13.36	4
5 Van Ells, Jillian	W33	HAFS	22:00.94	5
6 Litschewski, Jenna	W12	Holton Arms Parent	22:29.54	6
7 Sprecht, Clare	W14	US	23:37.97	7
8 Wilkinson, Holly	W19	Nha	24:52.00	8
9 Diefenderfer, Christy	W33	HAFS	24:57.95	9
10 DeLeon, Kerry	W13	MS	25:11.95	
11 Pence, Elizabeth	W51	HAFS	25:12.95	10
12 Van Cleff, Carol	W54	Holton Arms Parent	25:29.73	11
13 Peace, Bria	W12	Nha	25:47.47	12
14 Dunden, Maura	W35	Nha	26:25.73	
15 Bergamesca, Anne	W50	Holton Arms Parent	26:32.06	13
16 Peace, Pamela	W43	Nha	27:09.85	
17 Joel, Hilary	W47	Nha	27:14.91	
18 Powell, Elizabeth	W52	Holton Arms Parent	27:23.54	14
19 Gawlert, Jane	W60	Nha	27:25.60	
20 Smith, Baily	W11	LS	27:27.09	15
21 Neeson, Kathleen	W34	Nha	27:31.31	
22 Hewlett, Rinnie	W12	LS	27:51.32	16
23 DiMeo, Marianna	W26	HAFS	27:59.56	17
24 Jorgensens, Cindy	W54	HAFS	28:00.45	18
25 Covington, Lindsey	W13	US	28:06.20	19
26 Cohen, Mary	W50	Holton Arms Parent	28:16.89	20
27 Hendricks, Elizabeth	W27	Holton Arms Aluma	28:34.39	
28 DeMarco, Lisa	W45	Holton Arms Parent	28:59.47	
29 Mitchell, Taylor	W9	LS	29:09.71	21
30 Gill, Tammy	W47	Holton Arms Parent	29:17.83	
31 Mitchell, Suzanne	W33	HAFS	29:25.20	
32 Smith, Sarah	W15	US	29:29.56	22
33 Ludwig, Monica	W46	Nha	29:42.72	
34 Lawley, Leslie	W48	Holton Arms Parent	29:51.05	
35 Corrigan, Beth	W55	Holton Arms Parent	30:22.65	
36 Brown, Barbara	W57	Holton Arms Parent	30:31.31	
37 Sprague, Georgiann	W60	HAFS	30:57.78	
38 Ravenscraft, Kayla	W31	Nha	31:03.12	
39 Davis, Tara	W30	Nha	31:11.83	
40 Barnello, Sophie	W9	Sib	31:15.89	
41 Saunders, Danielle	W45	Holton Arms Parent	31:32.10	
42 Bane, Susannah	W14	US	31:34.82	23
43 Jarens, Cristina	W9	LS	31:55.14	24
44 Smith, Eliza	W13	MS	32:12.42	
45 Smith, Julie	W50	Holton Arms Parent	32:21.49	
46 Akhavan, Bonnie	W10	LS	32:27.85	25
47 Penezur, Nancy	W52	Nha	32:30.11	
48 Reisenfeld, April	W11	LS	32:51.68	
49 Hausprurg, Allison	W25	Holton Arms Aluma	32:51.99	
50 DeMarco, Ava	W48	Nha	33:36.58	
51 Blum, Jill	W48	Nha	34:02.12	
52 Owens, Amanda	W30	Nha	34:06.35	
53 Roth, Colby	W7	Nha	34:42.40	
54 Roth, Cami	W40	HAFS	34:47.36	
55 Williamson, Catherine	W40	Holton Arms Aluma	35:59.66	

56	Gobourne, Melanie	W46	Holton Arms Parent	36:13.18
57	Gaines, Mayah	W9	LS	37:25.99
58	Lucas, Emily	W15	US	37:26.38
59	Soraci, Sofia	W10	LS	37:31.54
60	Soraci, Deirdre	W47	Holton Arms Parent	37:38.29
61	Tribble, Sheyda	W10	LS	37:55.80
62	Dawson, Kami	W12	Nha	37:59.66
63	Brown, Tess	W8	LS	38:05.30
64	Clarke, Seymone	W9	LS	38:08.85
65	Raynor, Emma	W14	US	38:10.09
66	Fynes, Kate	W10	LS	38:29.25
67	Bernstien, Rose	W59	Holton Arms Parent	38:29.77
68	Kimiavi, Tara	W9	LS	39:32.62
69	Lucas, Heather	W40	Holton Arms Parent	40:01.24
70	Shiroma, Annalise	W9	LS	40:07.23
71	Jaffa, Zainab	W9	LS	40:25.39
72	Jaffa, Manif	W41	Holton Arms Parent	40:57.89
73	Powell, Victoria	W11	LS	41:22.73
74	Johnson, Cristina	W41	Holton Arms Parent	41:34.42
75	Johnson, Caitlyn	W11	LS	42:18.80
76	Strikis, Sikvija	W47	Holton Arms Parent	42:20.86
77	Gainer, Jada	W9	LS	42:26.78
78	Romaine, Asha	W9	LS	43:38.42
79	Campbell, Rwanda	W36	Nha	44:30.32
80	Romaine, Ama	W38	Holton Arms Parent	44:38.74
81	Williard, Emily	W10	LS	44:39.17

Results - Men

1	Zelege, Birhanu	M27	Nha	15:31.01	1
2	Poulos, Ted	M48	Nha	18:57.88	2
3	Lawruk, Jim	M30	Nha	19:17.06	3
4	Richards, Peter	M15	Sab	19:29.66	4
5	Ceraldi, Brian	M24	Nha	20:38.64	5
6	McCormick, Ryan	M36	Holton Arms Parent	20:44.09	6
7	Maybury-Lewis, Anthony	M49	Holton Arms Parent	21:54.13	7
8	Connolly, Aidan	M44	Holton Arms Parent	22:10.46	8
9	Lee, Hyun	M50	Holton Arms Parent	22:13.10	9
10	Jones, Russell	M50	Holton Arms Parent	22:50.75	10
11	Krawczyk, Chris	M13	Sab	22:55.76	11
12	Paretzky, Josh	M12	Sab	23:06.95	12
13	Paretzky, Raymond	M47	Nha	23:20.03	13
14	Stern, Michael	M47	Holton Arms Parent	23:22.99	
15	?, 2	M	Unattached	23:31.29	
16	Lucas, Will	M11	Sab	23:35.25	14
17	Jones, Daniel	M27	Nha	23:46.18	
18	Kuwornu, Peter	M45	Holton Arms Parent	24:22.88	
19	Blaine, Robert	M57	Holton Arms Parent	24:48.80	
20	Kuno-Lewis, Motoy	M14	Sab	25:05.12	15
21	North, Pete	M25	Nha	25:48.20	
22	Blum, Greg	M50	Holton Arms Parent	25:56.37	
23	Cohen, Dan	M52	Holton Arms Parent	26:20.39	
24	Krawczyk, Nick	M48	Holton Arms Parent	26:29.79	
25	Powell, Robert	M48	Holton Arms Parent	27:14.26	
26	Smith, Granville	M38	Holton Arms Parent	27:27.36	
27	Goldman, Leonard	M54	Holton Arms Parent	27:27.66	
28	Nealer, Kevin	M56	Holton Arms Parent	27:39.00	
29	Hewlett, Charles	M47	Holton Arms Parent	27:52.13	
30	Jones, Sam	M14	Sab	27:53.44	
31	Covington, Graham	M46	Holton Arms Parent	28:14.28	
32	Roth, T.S.	M5	Sab	28:27.07	
33	Jagannathan, Vasu	M58	Holton Arms Parent	28:29.40	
34	Joel, Alex	M46	Nha	28:50.57	
35	William, Powell	M11	Sab	29:08.26	
36	Mitchell, Michael	M49	Holton Arms Parent	29:19.96	
37	/, /	M	Unattached	29:51.61	
38	/, /3	M	Unattached	30:17.34	
39	DeLeon, Rudy	M56	Holton Arms Parent	30:28.68	

40 Becker, Max	M9 Sab	31:06.29
41 Barnello, Micheal	M45 Holton Arms Parent	31:12.32
42 Powell, Edward	M11 Sab	31:28.75
43 Bane, Patrick	M41 HAFS	31:32.49
44 Gross, Donnie	M42 Holton Arms Parent	31:49.36
45 Becker, Scott	M47 Holton Arms Parent	32:09.84
46 Hunsberger, Christoper	M52 Holton Arms Parent	32:24.54
47 Lucas, Devin	M9 Sab	32:26.43
48 Pittman, Travis	M27 Nha	33:33.67
49 Lucas, Aidan	M13 Sab	34:06.01
50 Owens, Sean	M32 Nha	34:34.61
51 Sprecht, Jim	M57 Holton Arms Parent	34:41.83
52 Williamson, Cameron	M9 Sab	34:48.75
53 Shiroma, Akira	M48 Holton Arms Parent	40:06.84
54 Kimiavi, Gazelle	M40 Holton Arms Parent	40:24.99
55 Brown, Arthur	M10 Sab	42:08.15
56 Johnson, Deon	M6 Sab	42:23.28
57 Willard, Dan	M49 Holton Arms Parent	45:45.53
58 Lucas, John	M46 Holton Arms Parent	45:59.80

Team Scores

Rank Team	Runner 1	Runner 2	Runner 3	Runner 4	Runner 5
Results - Men					
1 Nha	15:31.01	18:57.88	19:17.06	20:38.64	23:20.03
	Total Time: 1:37:44.62				
	Average: 19:32.93				
2 Holton Arms Parent	20:44.09	21:54.13	22:10.46	22:13.10	22:50.75
	Total Time: 1:49:52.53				
	Average: 21:58.51				
3 Sab	19:29.66	22:55.76	23:06.95	23:35.25	25:05.12
	Total Time: 1:54:12.74				
	Average: 22:50.55				
Results - Women					
4 Nha	19:33.65	21:01.41	21:13.36	24:52.00	25:47.47
	Total Time: 1:52:27.89				
	Average: 22:29.58				
5 Holton-Arms Faculty/Staff	22:00.94	24:57.95	25:12.95	27:59.56	28:00.45
	Total Time: 2:08:11.85				
	Average: 25:38.37				
6 Holton Arms Parent	22:29.54	25:29.73	26:32.06	27:23.54	28:16.89
	Total Time: 2:10:11.76				
	Average: 26:02.36				
7 Upper School Student	20:30.79	23:37.97	28:06.20	29:29.56	31:34.82
	Total Time: 2:13:19.34				
	Average: 26:39.87				
8 Lower School Student	27:27.09	27:51.32	29:09.71	31:55.14	32:27.85
	Total Time: 2:28:51.11				
	Average: 29:46.23				