

# The Legacy Loop 5K

## Overall Results

<u>Place</u>	<u>Name</u>	<u>Bib</u>	<u>AG Place</u>	<u>Lap 1</u>		<u>Lap 2</u>		<u>Lap 3</u>		<u>Lap 4</u>		<u>Total Time</u>
				<u>Rnk</u>	<u>Time</u>	<u>Rnk</u>	<u>Time</u>	<u>Rnk</u>	<u>Time</u>	<u>Rnk</u>	<u>Time</u>	
1	Ryan Witters	16	X/0:M 30-39	1	3:37	2	3:49	5	3:56	2	3:40	15:02
2	Joe Lorusso	17	X/0:M 30-39	9	3:52	3	3:49	3	3:55	1	3:38	15:14
3	Sam Angevine	22	X/0:M 20-29	2	3:39	7	3:55	7	3:59	5	3:46	15:19
4	Xavier Salvador	1	X/0:M 20-29	7	3:51	5	3:51	1	3:53	3	3:44	15:19
5	Ryan Leahy	5	X/0:M 30-39	8	3:51	6	3:52	2	3:54	4	3:44	15:21
6	Daniel Ferrante	18	X/0:M 20-29	3	3:41	4	3:50	6	3:57	8	3:55	15:23
7	Derek Gutierrez	15	X/0:M 20-29	5	3:47	8	3:55	8	4:01	7	3:54	15:37
8	Jonathan Ladson	12	X/0:M 30-39	4	3:42	10	3:58	10	4:03	9	4:02	15:45
9	Tyler French	19	X/0:M 20-29	11	3:55	11	4:00	9	4:02	6	3:53	15:50
10	Zachary Prescott	10	X/0:M 20-29	6	3:50	9	3:57	11	4:03	10	4:05	15:55
11	Ismael Torres Castrodad	4	X/0:M 20-29	10	3:53	1	3:48	4	3:55	24	4:58	16:34
12	Alexi Muhumure	14	X/0:M 30-39	12	4:06	14	4:19	12	4:19	11	4:10	16:53
13	Todd Burns	20	X/0:M 40-49	14	4:08	13	4:19	13	4:25	13	4:20	17:10
14	Jeremy Levine	9	X/0:M 20-29	16	4:17	15	4:23	14	4:28	12	4:14	17:21
15	Juraj Gago	21	X/0:M 20-29	13	4:07	12	4:19	15	4:29	14	4:29	17:23
16	Babadamilola Alao	11	X/0:M 20-29	15	4:12	16	4:33	18	4:45	18	4:40	18:08
17	Patrick Ross	33	2/0:M 30-39	19	4:32	17	4:36	16	4:40	19	4:40	18:27
18	Jack Ferrell	24	3/0:M 30-39	28	4:46	20	4:50	17	4:44	16	4:38	18:55
19	Zack Krall	53	4/0:M 30-39	18	4:20	18	4:37	21	4:58	25	5:04	18:58
20	Davon Singletary	2	X/0:M 30-39	23	4:41	25	5:00	22	5:03	15	4:34	19:16
21	Zoe Mullins	23	X/0:F 20-29	30	4:51	19	4:49	19	4:52	21	4:48	19:18
22	Brandon Dunston	50	5/0:M 30-39	32	4:52	21	4:55	20	4:57	17	4:39	19:22
23	Dave Lai	47	1/0:M 60-69	17	4:20	23	4:58	25	5:10	26	5:08	19:34
24	Clarence Stanfield	52	6/0:M 30-39	35	5:01	28	5:05	23	5:03	22	4:49	19:57
25	Anna Cestari	36	2/0:F 20-29	31	4:52	22	4:58	24	5:05	27	5:09	20:02
26	Patrick McHenry	41	2/0:M 40-49	26	4:42	26	5:02	30	5:22	31	5:20	20:25
27	Avery Kaye	35	3/0:F 20-29	29	4:50	24	4:59	32	5:27	33	5:23	20:38
28	Sebastian De La Cueva	13	X/0:M 40-49	27	4:44	27	5:05	31	5:23	36	5:30	20:41
29	Christian Melendez	46	2/0:M 20-29	21	4:37	32	5:13	35	5:32	37	5:34	20:54
30	Jessica Butler	49	1/0:F 30-39	40	5:09	31	5:12	28	5:21	29	5:14	20:55
31	Sheena Crawley	48	2/0:F 30-39	38	5:06	36	5:16	29	5:22	28	5:14	20:56
32	Jorge Bazan	7	X/0:M 30-39	33	4:55	34	5:14	33	5:28	32	5:21	20:56
33	Angelo Battle	71	3/0:M 40-49	24	4:42	37	5:17	36	5:33	34	5:25	20:56
34	Sheridan Fuller	60	7/0:M 30-39	44	5:32	35	5:14	26	5:16	23	4:57	20:57
35	Karen Brubaker	56	1/0:F 40-49	41	5:13	33	5:14	27	5:20	30	5:16	21:01

# The Legacy Loop 5K

## Overall Results

<u>Place</u>	<u>Name</u>	<u>Bib</u>	<u>AG Place</u>	<u>Lap 1</u>		<u>Lap 2</u>		<u>Lap 3</u>		<u>Lap 4</u>		<u>Total Time</u>
				<u>Rnk</u>	<u>Time</u>	<u>Rnk</u>	<u>Time</u>	<u>Rnk</u>	<u>Time</u>	<u>Rnk</u>	<u>Time</u>	
36	Joseph Wong	58	3/0:M 20-29	36	5:05	29	5:08	34	5:31	38	5:36	21:18
37	Steven Dinkins	29	8/0:M 30-39	20	4:35	38	5:22	40	5:52	40	5:46	21:32
38	Justin Rowe	34	9/0:M 30-39	39	5:06	30	5:10	39	5:40	39	5:41	21:35
39	Arielle Desir	45	4/0:F 20-29	45	5:32	40	5:40	37	5:37	35	5:28	22:15
40	Breanna Brukalo	69	3/0:F 30-39	34	5:01	39	5:26	41	6:00	41	5:59	22:25
41	Darnell Peterson	37	10/0: 30-39	42	5:23	42	5:48	42	6:13	50	6:30	23:53
42	Victoria Yi	51	5/0:F 20-29	37	5:06	44	5:59	50	6:37	44	6:17	23:57
43	Joel Frye	27	4/0:M 40-49	43	5:28	43	5:50	48	6:28	46	6:20	24:05
44	Miriam Duen	54	6/0:F 20-29	48	5:46	46	6:05	43	6:16	42	6:03	24:09
45	Maurice Richardson	39	11/0: 30-39	22	4:41	41	5:47	51	6:46	53	7:02	24:14
46	Dajah Massey	44	4/0:F 30-39	46	5:38	47	6:06	44	6:19	43	6:13	24:15
47	Luke Miller	64	12/0: 30-39	50	5:50	45	6:03	45	6:22	51	6:32	24:44
48	Aidan Wells	62	4/0:M 20-29	52	5:55	49	6:26	46	6:27	47	6:22	25:08
49	Paige Jones	61	7/0:F 20-29	53	5:55	48	6:25	47	6:27	48	6:22	25:08
50	Ted Poulos	43	2/0:M 60-69	58	6:33	50	6:29	49	6:31	49	6:23	25:55
51	Yasmin Boakye	59	5/0:F 30-39	51	5:51	52	6:31	53	7:02	52	7:01	26:23
52	Shani Nicholson	57	6/0:F 30-39	57	6:18	53	6:32	52	6:59	54	7:19	27:05
53	Celso Barros	70	1/0:M 50-59	25	4:42	61	10:51	38	5:39	45	6:19	27:29
54	Fernanda Ruiz	40	2/0:F 40-49	47	5:45	54	6:55	54	7:23	55	7:36	27:37
55	Tim England	67	5/0:M 40-49	49	5:49	51	6:31	56	7:42	59	8:18	28:18
56	Eunice Stefan	38	7/0:F 30-39	54	6:02	55	6:57	55	7:36	57	8:03	28:36
57	Floyd Montero	68	13/0: 30-39	56	6:17	58	7:42	61	10:06	20	4:40	28:43
58	Guillermo Leon	65	6/0:M 40-49	59	6:37	56	7:11	57	7:47	56	8:00	29:33
59	Andrea Harris	25	8/0:F 30-39	55	6:17	57	7:41	58	8:09	58	8:17	30:23
60	Karolin Lages	30	3/0:F 40-49	60	6:43	59	7:51	60	8:53	60	8:29	31:54
61	Nia Anderson	42	8/0:F 20-29	61	6:52	60	8:17	59	8:49	61	8:35	32:31
DNF	Adesola Adigun	66	/0:M 30-39	62	8:46	62	16:46					

**Team Championship Results**

Part. Wt: 0.20    Speed Wt: 0.80    Part Score Range: 2.5850 - 3.7004    Ave Speed Range: 8.6458 - 12.1129

**Team - 7 GRC-Tracksmith**

**Finish Position - 1**

**Team Score: 80.0007** Ave Speed: 12.1129    Part Score: 2.5850    Norm Speed: 100.000

Norm Part: 0.0034    Final Score: 10.2073

<u>Bib No</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Place</u>	<u>Time</u>	<u>Speed</u>	
1	16	Ryan Witters	Falls Church VA	M-37	1	3:37	12.3725
2	17	Joe Lorusso	Herndon VA	M-34	2	3:52	12.2101
3	22	Sam Angevine	Washington DC	M-23	3	3:39	12.1436
4	18	Daniel Ferrante	Newport News VA	M-23	6	3:41	12.0910
5	19	Tyler French	Alexandria VA	M-24	9	3:55	11.7474

**Team - 5 Dojo of Pain**

**Finish Position - 2**

**Team Score: 66.2390** Ave Speed: 11.1940    Part Score: 3.0000    Norm Speed: 73.4966

Norm Part: 37.2085    Final Score: 9.5552

<u>Bib No</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Place</u>	<u>Time</u>	<u>Speed</u>	
1	1	Xavier Salvador	Washington DC	M-29	4	3:51	12.1436
2	5	Ryan Leahy	Washington DC	M-31	5	3:51	12.1173
3	4	Ismael Torres Castrodad	San Juan PR	M-22	11	3:53	11.2274
4	20	Todd Burns	Arlington VA	M-44	13	4:08	10.8434
5	23	Zoe Mullins	Arlington VA	F-24	21	4:51	9.6384
6	13	Sebastian De La Cueva	Falls Church VA	M-46	28	4:44	8.9978
7	69	Breanna Brukalo	Washington DC	F-31	40	5:01	8.3028

**Team - 10 North East Track Club**

**Finish Position - 3**

**Team Score: 52.2985** Ave Speed: 10.7395    Part Score: 2.8074    Norm Speed: 60.3876

Norm Part: 19.9417    Final Score: 9.1531

<u>Bib No</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Place</u>	<u>Time</u>	<u>Speed</u>	
1	15	Derek Gutierrez	Arlington VA	M-29	7	3:47	11.9104
2	10	Zachary Prescott	Arlington VA	M-28	10	3:50	11.6859
3	9	Jeremy Levine	Washington DC	M-27	14	4:17	10.7243
4	33	Patrick Ross	Washington DC	M-34	17	4:32	10.0880
5	36	Anna Cestari	Washington DC	F-24	25	4:52	9.2889
6	35	Avery Kaye	Washington DC	F-23	27	4:50	9.0214

**Team - 15 Run Juneteenth**

**Finish Position - 4**

**Team Score: 28.3241** Ave Speed: 9.8733    Part Score: 2.5850    Norm Speed: 35.4042

Norm Part: 0.0034    Final Score: 8.4156

<u>Bib No</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Place</u>	<u>Time</u>	<u>Speed</u>	
1	12	Jonathan Ladson	Woodbridge VA	M-34	8	3:42	11.8095
2	11	Babadamilola Alao	Alexandria VA	M-28	16	4:12	10.2632
3	47	Dave Lai	Washington DC	M-60	23	4:20	9.5090
4	49	Jessica Butler	Washington DC	F-32	30	5:09	8.8942
5	48	Sheena Crawley	Dundalk MD	F-34	31	5:06	8.8904

**Team Championship Results**

Part. Wt: 0.20      Speed Wt: 0.80      Part Score Range: 2.5850 - 3.7004      Ave Speed Range: 8.6458 - 12.1129

**Team - 1 D.C. Run Crew**

**Finish Position - 5**

**Team Score: 20.5469** Ave Speed: 8.6695      Part Score: 3.7004      Norm Speed: 0.6836

Norm Part: 100.000      Final Score: 7.6757

<u>Bib No</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Place</u>	<u>Time</u>	<u>Speed</u>
1	2 Davon Singletary	Baltimore MD	M-37	20	4:41	9.6551
2	46 Christian Melendez	Washington DC	M-29	29	4:37	8.9024
3	29 Steven Dinkins	Washington DC	M-31	37	4:35	8.6386
4	45 Arielle Desir	Washington DC	F-25	39	5:32	8.3612
5	37 Darnell Peterson	Washington DC	M-37	41	5:23	7.7902
6	54 Miriam Duen	Silver Spring MD	F-28	44	5:46	7.7036
7	39 Maurice Richardson	Temple Hills MD	M-31	45	4:41	7.6774
8	44 Dajah Massey	Alexandria VA	F-33	46	5:38	7.6740
9	38 Eunice Stefan	Mechanicsville VA	F-37	56	6:02	6.5068
10	25 Andrea Harris	Washington DC	F-39	59	6:17	6.1242
11	30 Karolin Lages	Arlington VA	F-41	60	6:43	5.8335
12	42 Nia Anderson	Hyattsville MD	F-24	61	6:52	5.7203

**Team - 16 Team After One**

**Finish Position - 6**

**Team Score: 19.8790** Ave Speed: 9.5073      Part Score: 2.5850      Norm Speed: 24.8479

Norm Part: 0.0034      Final Score: 8.1228

<u>Bib No</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Place</u>	<u>Time</u>	<u>Speed</u>
1	14 Alexi Muhumure	Washington DC	M-31	12	4:06	11.0256
2	53 Zack Krall	Washington DC	M-30	19	4:20	9.8094
3	50 Brandon Dunston	Brentwood MD	M-30	22	4:52	9.6079
4	52 Clarence Stanfield	Alexandria VA	M-37	24	5:01	9.3261
5	51 Victoria Yi	Alexandria VA	F-28	42	5:06	7.7674

**Team - 8 GRIT USA**

**Finish Position - 7**

**Team Score: 7.4417** Ave Speed: 8.6458      Part Score: 3.0000      Norm Speed: 0.0000

Norm Part: 37.2085      Final Score: 7.5166

<u>Bib No</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Place</u>	<u>Time</u>	<u>Speed</u>
1	41 Patrick McHenry	Washington DC	M-42	26	4:42	9.1103
2	7 Jorge Bazan	Bethesda MD	M-37	32	4:55	8.8895
3	71 Angelo Battle	Washington DC	M-49	33	4:42	8.8854
4	34 Justin Rowe	Washington DC	M-37	38	5:06	8.6205
5	27 Joel Frye	Forestville MD	M-40	43	5:28	7.7232
6	59 Yasmin Boakye	Baltimore MD	F-34	51	5:51	7.0533
7	40 Fernanda Ruiz	Washington DC	F-42	54	5:45	6.7367

**Team - 2 DC Capital Striders**

**Finish Position - Inc.**

**Team Score: Inc.** Ave Speed:      Part Score:      Norm Speed:

Norm Part:      Final Score:

<u>Bib No</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Place</u>	<u>Time</u>	<u>Speed</u>
---------------	-------------	-------------	------------	--------------	-------------	--------------

**Team Championship Results**

Part. Wt: 0.20      Speed Wt: 0.80      Part Score Range: 2.5850 - 3.7004      Ave Speed Range: 8.6458 - 12.1129

**Team - 2 DC Capital Striders**

**Finish Position - Inc.**

**Team Score:**      **Inc.** Ave Speed:      Part Score:      Norm Speed:  
Norm Part:      Final Score:

<u>Bib No</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Place</u>	<u>Time</u>	<u>Speed</u>
1	Karen Brubaker	Washington DC	F-41	35	5:13	8.8522
2	Luke Miller	Washington DC	M-31	47	5:50	7.5207
3	Tim England	District Heights MD	M-44	55	5:49	6.5736
4	Guillermo Leon	Burtonsville MD	M-45	58	6:37	6.2973

**Team - 3 DC Triathlon**

**Finish Position - Inc.**

**Team Score:**      **Inc.** Ave Speed:      Part Score:      Norm Speed:  
Norm Part:      Final Score:

<u>Bib No</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Place</u>	<u>Time</u>	<u>Speed</u>
1	Jack Ferrell	Washington DC	M-31	18	4:46	9.8339

**Team - 4 District Running Collective**

**Finish Position - Inc.**

**Team Score:**      **Inc.** Ave Speed:      Part Score:      Norm Speed:  
Norm Part:      Final Score:

<u>Bib No</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Place</u>	<u>Time</u>	<u>Speed</u>
1	Sheridan Fuller	Washington DC	M-34	34	5:32	8.8817

**Team - 6 Every Person Run Club**

**Finish Position - Inc.**

**Team Score:**      **Inc.** Ave Speed:      Part Score:      Norm Speed:  
Norm Part:      Final Score:

<u>Bib No</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Place</u>	<u>Time</u>	<u>Speed</u>
1	Ted Poulos	Mc Lean VA	M-63	50	6:33	7.1797