

Overall Winner: F3 - Gloom Horn Explosion - 26:00:24 - 7:29 min/mile

Ultra Team Winner: My third leg is hard - 30:03:42 - 8:39 min/mile

Full Team Open Category Winner: The Washington Footracing Team - 31:04:31 - 8:57 min/mile

Full Team Mixed Category Winner: Rush Puppies - 32:14:54 - 9:17 min/mile

Full Team Female Category Winner: Sole Sisters - 32:37:43 - 9:21 min/mile

Ultra Team Female Category Winner: Women's Metropolitan Aerobic Transit Authority (WMATA) - 32:40:27 - 9:25 min/mile

Ultra Team Mixed Category Winner: Salmagundi - 38:10:00 - 11:00 min/mile

2022 Colonial Relay /200 Results

Place	Team Name	Bib #	Type	Category	Duration	Pace
1	F3 - Gloom Horn Explosion	19	Full	Open	26:00:24	7:29
2	My third leg is hard	2	Ultra	Open	30:03:42	8:39
3	The Washington Footracing Team	18	Full	Open	31:04:31	8:57
4	No-sleepers By The Dozen	14	Full	Open	31:11:04	8:59
5	Rush Puppies	16	Full	Mixed	32:14:54	9:17
6	Sole Sisters	17	Full	Female	32:27:43	9:21
7	F3 Incogs Elite	15	Full	Open	32:35:41	9:23
8	Women's Metropolitan Aerobic Transit Authority (WMATA)	1	Ultra	Female	32:40:27	9:25
9	Vans on the Run	12	Full	Open	33:43:55	9:43
10	Cville Streakers	13	Full	Mixed	33:59:26	9:47
11	Salmagundi	3	Ultra	Mixed	38:10:00	11:00
12	How I Met This Runner	11	Full	Female	No Official Time	

Colonial Relay /200 Full Team Open Results

Place	Team Name	Bib #	Type	Category	Duration	Pace
1	F3 - Gloom Horn Explosion	19	Full	Open	26:00:24	7:29
2	The Washington Footracing Team	18	Full	Open	31:04:31	8:57
3	No-sleepers By The Dozen	14	Full	Open	31:11:04	8:59
4	F3 Incogs Elite	15	Full	Open	32:35:41	9:23
5	Vans on the Run	12	Full	Open	33:43:55	9:43

Colonial Relay /200 Full Team Mixed Results

Place	Team Name	Bib #	Type	Category	Duration	Pace
1	Rush Puppies	16	Full	Mixed	32:14:54	9:17
2	Cville Streakers	13	Full	Mixed	33:59:26	9:47

Colonial Relay /200 Full Team Female Results

Place	Team Name	Bib #	Type	Category	Duration	Pace
1	Sole Sisters	17	Full	Female	32:27:43	9:21
2	How I Met This Runner	11	Full	Female	No Official Time	

Colonial Relay /200 Ultra Team Open Results

<u>Place</u>	<u>Team Name</u>	<u>Bib #</u>	<u>Type</u>	<u>Category</u>	<u>Duration</u>	<u>Pace</u>
1	My third leg is hard	2	Ultra	Open	30:03:42	8:39

Colonial Relay /200 Ultra Team Female Results

<u>Place</u>	<u>Team Name</u>	<u>Bib #</u>	<u>Type</u>	<u>Category</u>	<u>Duration</u>	<u>Pace</u>
1	Women's Metropolitan Aerobic Transit Authority (WMATA)	1	Ultra	Female	32:40:27	9:25

Colonial Relay /200 Ultra Team Mixed Results

<u>Place</u>	<u>Team Name</u>	<u>Bib #</u>	<u>Type</u>	<u>Category</u>	<u>Duration</u>	<u>Pace</u>
1	Salmagundi	3	Ultra	Mixed	38:10:00	11:00