

10 mile time

160
140
120
100
80
60

washington dc

arlington va
silver spring md
alexandria va
beltsville md
cherry chase md
falls church va
incline va

springfield va
rockville md
vienna va

fairfax va
gaithersburg md
reston va
woodbridge va
herndon va
columbia md
centreville va

ashburn va
annapolis md

baltimore md
leesburg va
philadelphia pa
bryn mawr pa
new york ny

0

10

20

30

40

50

60

distance from DC (km)

