

2015 Lake Lure Sprint

Overall Women

Lake Lure, NC 8/15/2015 08:00AM

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Place	Bib	Co	Name	Age	City/State	Rank	SWIM	Rank	T1	Rank	Bike	Rank	T2	Rank	RUN	PENALTY	Time	DQ
1	91		LISA HECKER	40	MEBANE NC	9	00:11:25	3	00:00:45	2	00:42:25	26	00:00:57	1	00:21:18		01:16:47	
2	205		JENNIFER KENNEY	39	CARY NC	2	00:10:07	8	00:00:57	3	00:44:10	17	00:00:54	8	00:23:04		01:19:10	
3	2	MF	TANYA HOUGHTON	47	WEDDINGTON NC	38	00:13:58	9	00:00:57	1	00:41:24	7	00:00:46	6	00:22:49		01:19:52	
4	4	MF	CARI SOLEO	47	CARY NC	7	00:11:20	19	00:01:08	4	00:44:32	13	00:00:51	7	00:22:59		01:20:49	
5	11	OF	TEALE BECKENBACH	25	ATLANTIC BEACH FL	14	00:12:06	2	00:00:41	7	00:46:07	8	00:00:48	3	00:21:31		01:21:12	
6	10	OF	CARRIE ANDREWS	38	MATTHEWS NC	5	00:10:58	6	00:00:54	6	00:45:44	1	00:00:40	10	00:23:17		01:21:31	
7	121		AMY STOPFORD	30	HILLSBOROUGH NC	13	00:11:58	15	00:01:05	12	00:48:05	43	00:01:09	4	00:21:55		01:24:10	
8	141		ANDREA SIEFERS	30	RALEIGH NC	4	00:10:25	58	00:01:42	8	00:46:08	79	00:01:43	18	00:24:22		01:24:18	
9	148		JENNIFER STANTON	31	CHARLOTTE NC	10	00:11:32	7	00:00:56	10	00:47:57	12	00:00:51	11	00:23:29		01:24:43	
10	3	MF	MAGGS MORRIS	43	BLACK MOUNTAIN NC	6	00:11:03	13	00:01:04	5	00:44:52	10	00:00:50	73	00:30:17		01:28:03	
11	114		LISA CLARK	53	HICKORY NC	15	00:12:06	50	00:01:34	24	00:50:58	63	00:01:22	5	00:22:41		01:28:39	
12	313		KARI WILKINSON	54	MEBANE NC	37	00:13:56	20	00:01:11	9	00:47:39	77	00:01:40	19	00:24:22		01:28:46	
13	283		HEATHER MACMILLAN	41	PINEHURST NC	29	00:13:45	1	00:00:40	13	00:48:27	9	00:00:49	29	00:25:30		01:29:10	
14	226		LEANNE VELLA	46	WILMINGTON NC	8	00:11:23	32	00:01:19	15	00:48:43	40	00:01:08	42	00:26:51		01:29:21	
15	248		DIANE STONER	44	CHARLOTTE NC	63	00:15:36	39	00:01:25	11	00:47:58	11	00:00:51	13	00:23:46		01:29:34	
16	321		CAITLIN GOFORTH	28	WEAVERVILLE NC	45	00:14:44	29	00:01:16	16	00:48:58	18	00:00:55	26	00:24:56		01:30:46	
17	41		KELLY WERTS	28	CHARLOTTE NC	12	00:11:51	64	00:01:45	36	00:52:24	57	00:01:20	17	00:24:14		01:31:32	
18	88		JOLIE CALUS	44	TAMPA FL	28	00:13:44	22	00:01:12	23	00:50:52	69	00:01:27	23	00:24:25		01:31:39	
19	237		LIZ ALLES	31	JASPER IN	18	00:12:23	68	00:01:52	21	00:50:24	80	00:01:45	30	00:25:44		01:32:06	
20	122		KYLE CLARK	25	HICKORY NC	21	00:12:47	16	00:01:05	37	00:52:29	45	00:01:09	25	00:24:44		01:32:12	
21	123		AMY MEINERS	33	MURPHY NC	25	00:13:21	31	00:01:18	27	00:51:13	52	00:01:16	28	00:25:20		01:32:27	
22	40		MOLLY CLEMONS	36	CATAWBA VA	33	00:13:50	25	00:01:12	33	00:52:12	24	00:00:56	24	00:24:28		01:32:37	

23	230	AMBER WEEKS	35	HICKORY NC	71	00:16:33	49	00:01:33	18	00:49:41	30	00:01:02	15	00:24:01	01:32:48
24	206	JULIANNE BIELSKI	46	DURHAM NC	70	00:16:31	30	00:01:18	14	00:48:39	51	00:01:15	27	00:25:10	01:32:51
25	310	ANGELA BALL	36	PINEHURST NC	27	00:13:30	27	00:01:14	44	00:53:23	48	00:01:10	14	00:23:55	01:33:10
26	24	NADJA TAPKAS	42	WAXHAW NC	34	00:13:51	12	00:01:01	28	00:51:15	21	00:00:55	40	00:26:48	01:33:49
27	254	BLAKELY GARRITY	24	CARY NC	80	00:17:04	5	00:00:48	31	00:51:31	34	00:01:04	12	00:23:38	01:34:02
28	217	AMANDA EDWARDS	29	RALEIGH NC	20	00:12:44	59	00:01:42	32	00:51:43	82	00:01:46	41	00:26:51	01:34:44
29	243	JENNIFER OLINGER	42	ASHEVILLE NC	65	00:16:01	34	00:01:21	17	00:49:04	19	00:00:55	49	00:27:37	01:34:55
30	167	NF CARRIANNE MCLAUCHLIN	35	INDIAN TRAIL NC	3	00:10:23	38	00:01:24	60	00:55:54	78	00:01:42	31	00:25:48	01:35:09
31	34	ASHLINN TREXLER	35	GOLD HILL NC	59	00:15:19	96	00:02:49	41	00:52:48	72	00:01:30	9	00:23:15	01:35:38
32	284	BRIANNA SMITH-OVERMAN	27	DURHAM NC	49	00:14:57	61	00:01:44	38	00:52:30	14	00:00:52	32	00:25:52	01:35:53
33	275	JAMIE BELONGEA	49	MATTHEWS NC	60	00:15:25	10	00:00:59	29	00:51:25	16	00:00:53	46	00:27:26	01:36:07
34	249	MARGOT MCMILLAN	49	ST AUGUSTINE FL	47	00:14:50	17	00:01:07	42	00:52:54	65	00:01:24	43	00:26:53	01:37:07
35	146	JENNY YOPP	48	CHARLOTTE NC	48	00:14:56	53	00:01:34	19	00:50:01	47	00:01:10	70	00:29:58	01:37:36
36	168	NF LISA AHLBERG	39	CHARLOTTE NC	42	00:14:29	52	00:01:34	22	00:50:51	37	00:01:06	68	00:29:43	01:37:41
37	98	LAUREN WHITE	32	ELKRIDGE MD	35	00:13:52	83	00:02:13	46	00:53:58	59	00:01:21	36	00:26:33	01:37:55
38	303	COLETTE STERN	39	ASHEVILLE NC	58	00:15:19	97	00:02:50	39	00:52:44	104	00:02:48	22	00:24:24	01:38:03
39	83	LAURA MOYE	39	ASHEVILLE NC	40	00:14:04	109	00:04:00	52	00:54:23	50	00:01:14	20	00:24:22	01:38:03
40	302	EMILY WAREHAM	38	ASHEVILLE NC	43	00:14:43	106	00:03:28	40	00:52:44	103	00:02:47	21	00:24:23	01:38:03
41	307	ELIZABETH MCKEE KIMBRELL	35	SPARTANBURG SC	54	00:15:10	14	00:01:05	26	00:51:10	92	00:02:12	58	00:28:31	01:38:06
42	30	JILL FLANAGAN	45	CARY NC	74	00:16:49	35	00:01:22	25	00:51:01	27	00:00:58	61	00:28:41	01:38:49
43	77	TIFFANY HERBSTER	29	BREVARD NC	72	00:16:36	89	00:02:29	54	00:54:35	42	00:01:09	16	00:24:12	01:38:58
44	227	RACHAEL BUTTON	33	CHARLOTTE NC	100	00:19:37	90	00:02:34	45	00:53:49	88	00:01:57	2	00:21:20	01:39:14
45	270	MARY ANN CAMPBELL	57	HICKORY NC	57	00:15:18	40	00:01:26	20	00:50:06	91	00:02:05	74	00:30:21	01:39:15
46	196	SUZANNE COX	31	COLUMBIA SC	50	00:14:58	79	00:02:04	53	00:54:32	35	00:01:05	37	00:26:40	01:39:18
47	150	ALISON REID	44	FLAT ROCK NC	22	00:13:04	70	00:01:55	59	00:55:40	73	00:01:31	45	00:27:16	01:39:24
48	258	LAURA WALKER	48	TRYON NC	82	00:17:05	26	00:01:13	43	00:53:09	70	00:01:27	38	00:26:43	01:39:36
49	93	KARA PEACH	31	RALEIGH NC	46	00:14:45	18	00:01:07	35	00:52:19	85	00:01:49	67	00:29:40	01:39:38
50	273	QUINN REECE	15	MORGANTON NC	51	00:15:00	4	00:00:47	65	00:56:37	3	00:00:41	39	00:26:44	01:39:48
51	276	JULIE LACJAK	49	WAXHAW NC	55	00:15:11	23	00:01:12	56	00:55:13	49	00:01:14	47	00:27:31	01:40:19
52	260	MARTHA WHITLOCK	43	OTTAWA XX	39	00:13:58	36	00:01:24	58	00:55:33	32	00:01:03	59	00:28:40	01:40:36

53	55	JASMINE ST DENNY	31	RALEIGH NC	69	00:16:28	43	00:01:29	48	00:54:04	31	00:01:02	52	00:27:58	01:41:00
54	319	MELISSA MURRAY	46	ASHEVILLE NC	31	00:13:50	55	00:01:35	66	00:56:40	55	00:01:17	51	00:27:50	01:41:10
55	118	TRACY BURDETTE	49	MATTHEWS NC	30	00:13:45	76	00:02:01	50	00:54:17	83	00:01:47	65	00:29:32	01:41:20
56	317	JULIANA AUSTIN	42	ASHEVILLE NC	41	00:14:29	88	00:02:24	71	00:57:26	61	00:01:21	34	00:25:59	01:41:38
57	20	NATALIE COWAN	32	WAYNESVILLE NC	36	00:13:53	21	00:01:11	57	00:55:22	62	00:01:22	80	00:30:57	01:42:43
58	251	ASHLEY ALLRED	27	CHARLOTTE NC	16	00:12:07	41	00:01:28	80	01:00:07	39	00:01:07	53	00:28:03	01:42:49
59	186	HANNAH WHITE	17	GREENVILLE SC	1	00:09:32	63	00:01:44	95	01:06:01	2	00:00:41	35	00:26:03	01:43:59
60	292	ORNELA VAZQUEZ	37	CHARLOTTE NC	103	00:20:16	54	00:01:35	55	00:54:41	20	00:00:55	54	00:28:08	01:45:34
61	271	NF ASHLEY SHAPIRO	30	ARLINGTON VA	64	00:15:51	86	00:02:20	63	00:56:02	87	00:01:52	69	00:29:56	01:46:00
62	28	NF KATHLEEN NERENZ	29	ABERDEEN NC	86	00:17:17	80	00:02:04	74	00:58:20	41	00:01:08	48	00:27:35	01:46:23
63	73	MAUREEN WHITE	58	GREENVILLE SC	26	00:13:24	82	00:02:09	72	00:57:30	58	00:01:21	86	00:32:03	01:46:26
64	130	DEBBIE BOND	46	SIMPSONVILLE SC	85	00:17:14	28	00:01:14	73	00:58:11	64	00:01:22	57	00:28:29	01:46:28
65	188	LINDSAY HERRINGTON	32	MINT HILL NC	23	00:13:09	67	00:01:48	76	00:59:15	90	00:02:01	82	00:31:01	01:47:12
66	253	LISA GARRITY	56	APEX NC	99	00:19:30	11	00:01:01	64	00:56:37	46	00:01:10	63	00:29:02	01:47:18
67	297	NF JENNIFER LUND	34	CARRBORO NC	73	00:16:36	92	00:02:38	68	00:57:20	98	00:02:26	55	00:28:22	01:47:20
68	126	ANNA ALSOBROOK	29	ASHEVILLE NC	78	00:17:00	102	00:03:03	82	01:00:38	22	00:00:56	33	00:25:53	01:47:27
69	315	ZF SB SHORE	50	ASHEVILLE NC	92	00:18:54	84	00:02:19	49	00:54:17	97	00:02:22	66	00:29:39	01:47:29
70	79	ZF CHRISTINA HORNICK	41	CHARLOTTE NC	93	00:19:05	47	00:01:33	34	00:52:18	28	00:00:59	91	00:33:40	01:47:33
71	216	TAMI BROWN	52	SHERRILLS FORD NC	66	00:16:12	48	00:01:33	61	00:55:55	23	00:00:56	88	00:33:03	01:47:37
72	231	KATHERYN HARLAN	61	HICKORY NC	105	00:20:37	44	00:01:29	30	00:51:30	74	00:01:36	89	00:33:06	01:48:17
73	135	WHITNEY LEAMY	25	CHARLESTON SC	11	00:11:41	57	00:01:40	94	01:05:41	4	00:00:43	64	00:29:08	01:48:51
74	192	NF KAREN SALMON	33	COLUMBIA SC	81	00:17:05	101	00:03:02	67	00:57:11	36	00:01:06	81	00:31:00	01:49:21
75	193	TRACEY GAINES	35	DURHAM NC	61	00:15:29	37	00:01:24	47	00:53:59	75	00:01:38	99	00:36:57	01:49:25
76	242	CHRISTY FLEMING	44	DAPHNE AL	68	00:16:28	24	00:01:12	77	00:59:36	67	00:01:25	77	00:30:48	01:49:28
77	194	KAITLIN MARKOFF	32	DURHAM NC	96	00:19:24	56	00:01:39	78	00:59:58	84	00:01:48	44	00:26:56	01:49:42
78	199	A AMY HUDGINS	43	MARION NC	102	00:20:14	33	00:01:20	51	00:54:18	71	00:01:28	90	00:33:14	01:50:33
79	138	JENNIFER BUCKNER	39	SHELBY NC	52	00:15:08	75	00:02:00	81	01:00:33	95	00:02:18	76	00:30:36	01:50:34
80	56	CHRIS HONEYCUTT	42	ANDERSON SC	89	00:17:39	46	00:01:32	87	01:02:10	66	00:01:25	56	00:28:24	01:51:09
81	19	PAMELA STRONG	31	WAYNESVILLE NC	62	00:15:34	42	00:01:28	62	00:56:00	54	00:01:17	103	00:37:29	01:51:46
82	184	NF JANELLE EVANS	26	GREENVILLE SC	87	00:17:19	99	00:02:58	75	00:58:23	99	00:02:29	79	00:30:56	01:52:03
83	90	ANN HOLZHAUER	49	GREENWOOD SC	32	00:13:50	62	00:01:44	69	00:57:21	107	00:02:51	97	00:36:23	01:52:07

84	107		ERIN DUNNUCK	39	ASHEVILLE NC	24	00:13:19	95	00:02:47	90	01:04:09	56	00:01:20	83	00:31:03	01:52:36
85	290	NF	MONTANA FOULKE	28	CANDLER NC	88	00:17:36	77	00:02:01	85	01:01:16	5	00:00:43	85	00:31:51	01:53:25
86	18		MEGAN BURROWS	26	ARDEN NC	53	00:15:08	71	00:01:56	84	01:01:12	86	00:01:51	92	00:34:18	01:54:23
87	45		DEBBIE PARTSCH	45	BETHEL PARK PA	91	00:18:49	98	00:02:52	83	01:01:06	89	00:02:01	72	00:30:12	01:54:58
88	66		DONNA PUSTY	53	SIMPSONVILLE SC	44	00:14:43	69	00:01:54	91	01:04:11	76	00:01:38	87	00:32:42	01:55:06
89	200		LAURA VERLA	28	SPRUCE PINE NC	79	00:17:04	78	00:02:03	86	01:02:01	25	00:00:56	95	00:36:00	01:58:02
90	211		ELENA NOVIKOVA	34	MYRTLE BEACH SC	90	00:18:49	74	00:01:58	70	00:57:24	108	00:03:01	100	00:37:11	01:58:20
91	174		JANE LUBBERS	33	GERTON NC	84	00:17:10	103	00:03:09	96	01:07:16	94	00:02:17	60	00:28:40	01:58:29
92	170	A	WHITNEY FREBERG	28	RALEIGH NC	17	00:12:21	65	00:01:45	93	01:05:20	29	00:01:02	104	00:38:16	01:58:42
93	282		SHEILA SALYERS	35	RUTHERFORDTON NC	108	00:23:32	91	00:02:36	79	01:00:05	81	00:01:45	78	00:30:53	01:58:49
94	218		AMANDA PRZYBYSZEWSKI	35	LANDIS NC	77	00:16:56	110	00:04:48	97	01:07:58	93	00:02:14	62	00:29:01	02:00:55
95	86	NF	ALICE KEYES	25	ASHEVILLE NC	75	00:16:53	66	00:01:47	88	01:02:34	44	00:01:09	107	00:38:59	02:01:21
96	87		AMY BOEHL	32	STERLING VA	83	00:17:08	45	00:01:30	92	01:04:53	101	00:02:37	96	00:36:02	02:02:07
97	103	NF	REBECCA RILEY	31	DURHAM NC	107	00:21:13	105	00:03:25	99	01:08:59	15	00:00:53	50	00:27:45	02:02:14
98	293	NF	HAVEN KENNEDY	38	ASHEVILLE NC	76	00:16:54	94	00:02:47	102	01:13:04	33	00:01:03	71	00:30:10	02:03:56
99	129		SHELLEY GURLEY	35	RALEIGH NC	98	00:19:29	107	00:03:46	89	01:03:13	102	00:02:38	106	00:38:54	02:07:58
100	178		CAMERON REYNOLDS	27	GREENVILLE SC	94	00:19:18	85	00:02:20	103	01:13:56	6	00:00:45	84	00:31:50	02:08:07
101	22		CHRISTY DODGE	42	CHESAPEAKE VA	95	00:19:19	87	00:02:24	98	01:08:05	96	00:02:22	102	00:37:23	02:09:31
102	74	NF	MAEGAN WHITE	15	GREENVILLE SC	19	00:12:42	93	00:02:44	106	01:18:02	38	00:01:07	93	00:35:04	02:09:38
103	212		NATALIA LACKEY	32	MYRTLE BEACH SC	97	00:19:27	72	00:01:57	101	01:10:38	60	00:01:21	101	00:37:14	02:10:35
104	72		MARIA HADDON	28	ASHEVILLE NC	56	00:15:15	73	00:01:57	104	01:13:56	106	00:02:51	108	00:39:26	02:13:24
105	62	ZF	TAMMIE PAULINO	44	SPOTSYLVANIA VA	110	00:24:24	60	00:01:43	100	01:09:16	105	00:02:48	105	00:38:45	02:16:55
106	85	NF	HEATHER SHOCKLEY	39	BLACK MOUNTAIN NC	109	00:24:02	51	00:01:34	108	01:20:41	100	00:02:32	75	00:30:23	02:19:09
107	279		RACHEL WARREN	27	HOLLY RIDGE NC	101	00:20:07	100	00:03:01	107	01:18:13	109	00:03:14	98	00:36:31	02:21:05
108	157		BRITNI EDWARDS	34	RALEIGH NC	104	00:20:31	108	00:04:00	110	01:23:29	53	00:01:17	94	00:35:43	02:24:58
109	67		DENISE ROSS	55	GREENWOOD SC	67	00:16:15	81	00:02:07	105	01:16:49	110	00:03:14	109	00:49:44	02:28:08
110	262	NF	STEPHANIE BELL	34	NASHVILLE TN	106	00:20:48	104	00:03:11	109	01:22:40	68	00:01:26	110	00:55:27	02:43:30

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