

# 2011 White Lake Fall International

## Overall Men

### White Lake, NC 9/10/2011 08:00AM

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Place	Bib	Sex	Age	Cat.	NAME	CITY/STATE	Rank	SWIM	Rank	T1	Rank	Bike	Rank	T2	Rank	RUN	PENALTY	Time	DQ
1	2	M	26	OM	Matthew Wisthoff	Wilmington NC	1	00:20:19	3	00:01:15	1	01:03:52	9	00:00:53	4	00:38:09		02:04:27	
2	1	M	28	OM	Tom Clifford	Wilmington NC	3	00:22:04	6	00:01:20	3	01:07:12	5	00:00:50	1	00:34:41		02:06:05	
3	10	M	34	OM	Jay Carmine	Leland NC	5	00:22:28	10	00:01:23	4	01:08:47	3	00:00:47	2	00:36:26		02:09:49	
4	386	M	28		Andrew McKeegan	Harrisonburg VA	23	00:25:26	94	00:02:08	6	01:09:24	35	00:01:04	3	00:37:21		02:15:22	
5	267	M	34		Todd Midgett	Wilmington NC	10	00:24:26	16	00:01:28	9	01:10:28	16	00:00:57	5	00:38:16		02:15:32	
6	6	M	37	OM	Ricardo Garcia	Raleigh NC	16	00:25:04	32	00:01:41	10	01:10:45	79	00:01:18	6	00:39:54		02:18:39	
7	160	M	32		Jonathan Story	Charlotte NC	22	00:25:25	29	00:01:37	13	01:11:13	21	00:00:59	7	00:40:11		02:19:22	
8	118	M	40		Neil Peterken	Wilmington NC	15	00:24:55	23	00:01:33	12	01:11:07	41	00:01:06	12	00:41:49		02:20:27	
9	427	M	45		Patrick Rimron	Winston Salem NC	34	00:26:39	18	00:01:30	7	01:09:31	63	00:01:15	17	00:42:56		02:21:48	
10	63	M	45		Anthony Vukovics	Winston Salem NC	41	00:27:04	71	00:01:59	17	01:12:05	104	00:01:23	9	00:41:02		02:23:31	
11	65	M	32		Christopher Caamano	Charlotte NC	56	00:28:12	22	00:01:33	5	01:09:15	27	00:01:02	28	00:44:37		02:24:36	
12	108	M	34		Thomas Woodrum	Wilmington NC	20	00:25:12	12	00:01:25	14	01:11:31	15	00:00:56	42	00:45:51		02:24:53	
13	364	M	42		Doug Cowell	Pittsboro NC	29	00:26:10	82	00:02:03	19	01:12:11	42	00:01:06	24	00:43:58		02:25:26	
14	408	M	50		Robert Cole	Mooreville NC	4	00:22:24	47	00:01:48	26	01:13:01	52	00:01:11	65	00:47:55		02:26:17	
15	402	M	44		Andrew Wooster	Raleigh NC	47	00:27:32	66	00:01:58	18	01:12:07	61	00:01:14	26	00:44:13		02:27:02	
16	215	M	26		Brad Tripp	Raleigh NC	51	00:27:46	43	00:01:46	51	01:15:41	8	00:00:53	11	00:41:38		02:27:41	
17	268	M	50		Chris Kalberg	Cary NC	26	00:25:58	51	00:01:49	33	01:13:57	111	00:01:26	33	00:44:57		02:28:06	
18	47	M	54		Louis Almekinders	Chapel Hill NC	7	00:23:52	34	00:01:41	59	01:16:15	39	00:01:06	36	00:45:21		02:28:12	
19	206	M	45		Dan Sullivan	Charlotte NC	28	00:26:10	21	00:01:32	32	01:13:55	43	00:01:07	41	00:45:44		02:28:26	
20	305	M	33		Cameron Simpson	Wilmington NC	53	00:27:56	7	00:01:21	27	01:13:23	7	00:00:52	43	00:46:01		02:29:31	
21	15	M	48	MM	Bubba Gillis	Hilton Head Island SC	24	00:25:38	39	00:01:44	79	01:17:25	37	00:01:05	25	00:44:11		02:30:01	
22	169	M	40		Brad Stone	Myrtle Beach SC	43	00:27:18	28	00:01:34	20	01:12:28	93	00:01:21	64	00:47:50		02:30:30	

23	208	M	39	Robert Vangraafeiland	Louisburg NC	2	00:20:44	83	00:02:03	16	01:11:53	32	00:01:03	124	00:55:04	02:30:45
24	151	M	59	John Austin	Wake Forest NC	80	00:30:38	85	00:02:04	42	01:15:03	74	00:01:17	13	00:42:01	02:31:00
25	276	M	40	David Gurley	Charlotte NC	71	00:29:55	89	00:02:05	22	01:12:46	64	00:01:15	34	00:45:06	02:31:05
26	272	M	36	Chris Johnson	Charlotte NC	39	00:26:58	54	00:01:51	39	01:14:23	44	00:01:08	54	00:46:54	02:31:12
27	345	M	61	Charles Lysaght	Raleigh NC	31	00:26:23	41	00:01:45	29	01:13:25	98	00:01:22	72	00:48:31	02:31:25
28	109	M	38	Burmah Broadfoot	Wilmington NC	14	00:24:48	33	00:01:41	94	01:19:03	77	00:01:17	29	00:44:40	02:31:27
29	212	M	52	John Litsas	Raleigh NC	33	00:26:29	37	00:01:43	58	01:16:14	11	00:00:54	44	00:46:10	02:31:28
30	422	M	28	Matt Greenan	Raleigh NC	32	00:26:28	97	00:02:10	37	01:14:16	49	00:01:10	62	00:47:41	02:31:42
31	401	M	38	Scott Coracy	Waxhaw NC	42	00:27:14	19	00:01:30	71	01:16:59	59	00:01:14	31	00:44:51	02:31:45
32	54	M	50	Clayton Clark	Pinehurst NC	87	00:30:59	24	00:01:33	24	01:12:58	22	00:00:59	35	00:45:20	02:31:48
33	388	M	29	Eric Torrey	Wilmington NC	25	00:25:39	14	00:01:26	99	01:19:19	10	00:00:54	19	00:43:23	00:02:00 02:32:38
34	182	M	42	Daniel Doret	Holly Springs NC	50	00:27:40	106	00:02:15	41	01:14:43	137	00:01:36	49	00:46:32	02:32:43
35	347	M	34	Cam Penegar	Wilmington NC	52	00:27:50	11	00:01:25	63	01:16:27	66	00:01:15	45	00:46:10	02:33:05
36	274	M	40	Troy Fletcher	Charlotte NC	79	00:30:32	108	00:02:16	35	01:14:12	120	00:01:29	32	00:44:56	02:33:24
37	23	M	32	Nicholas Trueman	Holly Springs NC	17	00:25:05	15	00:01:26	57	01:16:13	36	00:01:04	82	00:49:50	02:33:36
38	278	M	32	David Prater	Garner NC	151	00:34:41	72	00:02:00	30	01:13:33	58	00:01:12	15	00:42:16	02:33:40
39	143	M	36	Brian Graboski	Charlotte NC	83	00:30:43	59	00:01:55	70	01:16:52	91	00:01:21	16	00:42:53	02:33:42
40	370	M	41	Jim Hundley	Wilmington NC	48	00:27:34	105	00:02:15	44	01:15:23	60	00:01:14	37	00:45:21	00:02:00 02:33:46
41	539	M	40	Mark Locklear	Lumberton NC	82	00:30:42	154	00:02:43	43	01:15:12	80	00:01:18	23	00:43:58	02:33:51
42	367	M	35	Dale Lamb	Wilmington NC	92	00:31:18	56	00:01:53	76	01:17:18	73	00:01:16	14	00:42:13	02:33:57
43	323	M	41	James Ruth	Charlotte NC	35	00:26:40	116	00:02:19	36	01:14:14	157	00:01:41	78	00:49:12	02:34:05
44	85	M	40	David Lebleu	Mooreville NC	72	00:29:58	100	00:02:12	21	01:12:36	106	00:01:24	69	00:48:22	02:34:30
45	416	M	28	Steven Lim	Fort Bragg NC	149	00:34:33	52	00:01:49	31	01:13:42	31	00:01:02	10	00:41:37	00:02:00 02:34:42
46	148	M	35	Brandon Kerr	High Point NC	21	00:25:15	25	00:01:33	67	01:16:41	130	00:01:33	84	00:49:51	02:34:52
47	319	M	40	Jose Gonzalez	Wilmington NC	11	00:24:27	50	00:01:49	132	01:21:56	118	00:01:28	39	00:45:30	02:35:10
48	294	M	25	Patrick Taylor	Cary NC	13	00:24:44	93	00:02:07	120	01:20:58	25	00:01:01	47	00:46:22	02:35:10
49	27	M	47	Tim Hahn	Cary NC	112	00:32:35	114	00:02:18	34	01:13:57	132	00:01:34	40	00:45:39	02:36:02
50	16	M	45	Michael Roush	Raeford NC	233	00:40:53	63	00:01:57	15	01:11:52	1	00:00:41	8	00:40:52	02:36:13
51	266	M	29	John Brausch	Cary NC	57	00:28:21	118	00:02:20	47	01:15:30	54	00:01:12	77	00:49:10	02:36:31
52	240	M	25	Jonathan Anderson	Roanoke Rapids NC	62	00:28:54	254	00:09:00	11	01:10:46	23	00:00:59	56	00:47:17	02:36:55
53	404	M	53	Michael Hamilton	Chapel Hill NC	19	00:25:12	102	00:02:12	108	01:19:45	144	00:01:37	70	00:48:24	02:37:08

54	443	M	45		Louis Soleo	Cary NC	109	00:32:27	125	00:02:25	38	01:14:18	183	00:01:57	46	00:46:14	02:37:18
55	37	M	47	MC	Chad Grieves	Cary NC	93	00:31:22	68	00:01:58	8	01:10:21	160	00:01:42	96	00:52:01	02:37:23
56	473	M	35		Christopher Pope	Wilmington NC	73	00:30:02	78	00:02:01	77	01:17:20	102	00:01:23	51	00:46:43	02:37:27
57	252	M	32		Nathan Myers	Greensboro NC	78	00:30:28	42	00:01:46	83	01:17:33	46	00:01:09	50	00:46:35	02:37:29
58	397	M	29		Marco Wenneson	Fayetteville NC	59	00:28:35	57	00:01:55	103	01:19:32	90	00:01:20	52	00:46:51	02:38:12
59	124	M	46		Brett Smith	Chapel Hill NC	95	00:31:28	61	00:01:57	81	01:17:31	19	00:00:57	48	00:46:23	02:38:14
60	400	M	26		Josh Asselin	Wilmington NC	210	00:38:26	2	00:01:06	53	01:15:50	20	00:00:58	18	00:43:02	02:39:20
61	516	M	47		Mike Guerin	Cary NC	88	00:31:04	76	00:02:01	88	01:18:33	28	00:01:02	53	00:46:53	02:39:31
62	318	M	38		Warren Phillips	Wrightsville Beach NC	40	00:27:01	167	00:02:50	101	01:19:21	12	00:00:54	83	00:49:50	02:39:54
63	378	M	39		Chris Underwood	Durham NC	67	00:29:51	38	00:01:43	106	01:19:41	89	00:01:20	57	00:47:20	02:39:54
64	17	M	40	MC	Colin Barrows	Fuquay NC	111	00:32:29	80	00:02:02	56	01:16:06	18	00:00:57	74	00:48:33	02:40:05
65	248	M	40		Brian Mann	Durham NC	134	00:33:43	95	00:02:08	25	01:13:00	165	00:01:44	80	00:49:32	02:40:05
66	93	M	27		Taras Mitran	Apex NC	175	00:35:51	132	00:02:28	23	01:12:48	82	00:01:19	63	00:47:44	02:40:08
67	238	M	44		Donald Wilder	Wilmington NC	119	00:33:01	158	00:02:47	78	01:17:21	145	00:01:37	38	00:45:24	02:40:08
68	376	M	44		Doug Romick	Cary NC	75	00:30:05	35	00:01:42	111	01:19:58	50	00:01:11	59	00:47:30	02:40:24
69	46	M	14		Jarod Nizen	Raleigh NC	9	00:24:05	113	00:02:18	98	01:19:14	2	00:00:46	118	00:54:27	02:40:47
70	542	M	40		Shawn Spencer	Wilmington NC	97	00:31:33	1	00:01:01	74	01:17:11	6	00:00:52	87	00:50:18	02:40:52
71	365	M	31		Matt Ferguson	Durham NC	135	00:33:46	65	00:01:58	65	01:16:30	94	00:01:21	60	00:47:36	02:41:09
72	19	M	41		Mike Decinti	Lumberton NC	46	00:27:31	122	00:02:23	179	01:26:24	67	00:01:15	20	00:43:45	02:41:16
73	43	M	47		Jeff Plemmons	Gastonia NC	66	00:29:32	77	00:02:01	61	01:16:20	88	00:01:20	97	00:52:08	02:41:19
74	235	M	42		David Wagner	Cary NC	91	00:31:16	163	00:02:49	85	01:17:44	199	00:02:07	61	00:47:40	02:41:35
75	230	M	26		Nick Livy	Raleigh NC	86	00:30:50	130	00:02:27	64	01:16:28	14	00:00:55	88	00:51:01	02:41:38
76	241	M	29		Phil Tantalo	Leland NC	68	00:29:53	75	00:02:01	168	01:24:46	70	00:01:16	22	00:43:55	02:41:48
77	131	M	48		Eric Misenheimer	Mebane NC	77	00:30:28	168	00:02:51	48	01:15:34	122	00:01:29	95	00:51:46	02:42:06
78	220	M	32		Greg Frith	Wilmington NC	98	00:31:38	44	00:01:47	150	01:23:09	101	00:01:23	30	00:44:50	02:42:44
79	205	M	48		Michael Chorba	Charlotte NC	192	00:37:00	30	00:01:39	52	01:15:49	117	00:01:28	55	00:46:55	02:42:50
80	123	M	37		Ren Rotondo	Wrightsville Beach NC	100	00:31:44	48	00:01:48	93	01:19:00	178	00:01:54	71	00:48:27	02:42:51
81	392	M	51		Asa Beavers	Holly Springs NC	65	00:29:16	175	00:02:56	75	01:17:12	123	00:01:29	99	00:52:12	02:43:03
82	334	M	30	C	Matt Ham	Wilmington NC	44	00:27:25	134	00:02:30	28	01:13:25	100	00:01:22	151	00:58:33	02:43:13
83	329	M	53		Frank Tucker	Greenville SC	54	00:27:56	112	00:02:18	115	01:20:28	69	00:01:16	93	00:51:38	02:43:33
84	247	M	46		Gregg James	Silver Spring MD	128	00:33:25	79	00:02:01	55	01:15:53	95	00:01:22	91	00:51:18	02:43:58

85	546	M	57	Brian Campbell	Wilmington NC	85	00:30:48	67	00:01:58	54	01:15:53	40	00:01:06	100	00:52:16	00:02:00	02:43:59
86	28	M	47	Alan Yueh	Durham NC	37	00:26:47	194	00:03:12	122	01:21:19	134	00:01:35	90	00:51:11		02:44:02
87	157	M	35	Clayton Roberts	Raleigh NC	102	00:31:56	9	00:01:22	45	01:15:27	109	00:01:25	120	00:54:39		02:44:47
88	451	M	51	Don Rose	Chapel Hill NC	61	00:28:42	55	00:01:53	107	01:19:42	62	00:01:14	110	00:53:25		02:44:54
89	156	M	26	Doug Ornoff	Chapel Hill NC	12	00:24:40	49	00:01:49	189	01:27:07	202	00:02:11	76	00:49:09		02:44:54
90	355	M	32	Matt Henrie	Wilmington NC	76	00:30:08	88	00:02:05	119	01:20:40	26	00:01:01	89	00:51:10		02:45:03
91	419	M	52	Greg Ralston	Winston Salem NC	18	00:25:06	69	00:01:59	40	01:14:42	75	00:01:17	180	01:02:08		02:45:11
92	62	M	47	Jeff Bovais	Pinehurst NC	45	00:27:27	101	00:02:12	142	01:22:31	180	00:01:55	92	00:51:28		02:45:30
93	167	M	52	Wade Davis	Myrtle Beach SC	121	00:33:07	13	00:01:26	131	01:21:55	45	00:01:09	68	00:48:19		02:45:55
94	197	M	38	Bryan Peachey	Raleigh NC	145	00:34:15	142	00:02:35	91	01:18:40	131	00:01:34	81	00:49:38		02:46:40
95	350	M	55	Larry Moray	Chapel Hill NC	36	00:26:47	220	00:03:45	97	01:19:13	133	00:01:35	131	00:55:44		02:47:02
96	344	M	31	Phil Jawny	Cary NC	58	00:28:26	90	00:02:05	92	01:18:59	179	00:01:54	136	00:56:09		02:47:32
97	14	M	54	MM Robert Blevins	Lynchburg VA	89	00:31:06	170	00:02:54	196	01:28:18	149	00:01:39	27	00:44:23		02:48:18
98	282	M	43	Anthony Biller	Raleigh NC	38	00:26:55	188	00:03:05	73	01:17:02	203	00:02:11	162	00:59:31		02:48:42
99	421	M	32	Doug Clarkin	Leland NC	195	00:37:07	58	00:01:55	104	01:19:35	155	00:01:41	79	00:49:31		02:49:47
100	425	M	38	Bill Bass	Apex NC	172	00:35:47	205	00:03:24	133	01:22:06	65	00:01:15	58	00:47:27		02:49:57
101	209	M	34	Chris Jones	Raleigh NC	104	00:32:09	151	00:02:43	159	01:23:49	127	00:01:31	86	00:50:09		02:50:19
102	415	M	48	Randy McGowan	Winterville NC	101	00:31:44	62	00:01:57	139	01:22:22	142	00:01:37	107	00:52:56		02:50:34
103	250	M	37	Scott Criddle	Apex NC	138	00:33:50	121	00:02:23	72	01:17:00	143	00:01:37	133	00:55:53		02:50:41
104	509	M	36	NM Edwin Pugh	Raleigh NC	99	00:31:42	31	00:01:40	113	01:20:17	112	00:01:26	130	00:55:43		02:50:47
105	39	M	43	MC David Bull	Raleigh NC	126	00:33:14	135	00:02:30	87	01:18:15	83	00:01:19	132	00:55:47		02:51:02
106	457	M	40	Jason Rose	Lugoff SC	30	00:26:11	96	00:02:09	60	01:16:20	221	00:02:24	193	01:04:02		02:51:04
107	249	M	23	David Christie	Raleigh NC	103	00:31:58	196	00:03:15	176	01:25:55	110	00:01:26	73	00:48:33		02:51:05
108	199	M	43	MC William Reid	Garner NC	81	00:30:40	99	00:02:11	84	01:17:39	153	00:01:40	158	00:59:09		02:51:17
109	149	M	34	Seth Palmer	Raleigh NC	106	00:32:11	60	00:01:56	80	01:17:28	47	00:01:09	160	00:59:14		02:51:57
110	399	M	38	Maxwell Williams	Durham NC	84	00:30:47	165	00:02:50	109	01:19:57	193	00:02:00	137	00:56:26		02:51:57
111	207	M	36	Steven Graham	Wake Forest NC	140	00:33:53	92	00:02:07	90	01:18:37	138	00:01:36	134	00:56:06		02:52:17
112	495	M	33	NM Robert Goff	Cary NC	209	00:38:24	45	00:01:47	187	01:27:00	154	00:01:40	21	00:43:54		02:52:44
113	285	M	47	John Holbrook	Wilmington NC	207	00:38:16	8	00:01:21	100	01:19:19	128	00:01:31	104	00:52:37		02:53:03
114	541	M	41	MC Lawrence Turner	Fayetteville NC	132	00:33:39	117	00:02:20	116	01:20:33	107	00:01:24	128	00:55:28		02:53:21
115	258	M	50	Joel Isely	Poquoson VA	63	00:28:54	86	00:02:05	50	01:15:39	210	00:02:16	197	01:04:33		02:53:25

116	464	M	46		Derek Simmons	Jacksonville NC	150	00:34:35	73	00:02:00	112	01:20:11	97	00:01:22	126	00:55:23	02:53:29	
117	95	M	36		Blake Guyler	Wake Forest NC	90	00:31:15	187	00:03:05	140	01:22:26	150	00:01:39	125	00:55:09	02:53:33	
118	327	M	33		Wiley Jordan	Columbia SC	206	00:38:03	70	00:01:59	162	01:24:01	129	00:01:33	66	00:48:14	02:53:48	
119	189	M	33		Michal Kovac	Myrtle Beach SC	234	00:40:57	36	00:01:42	49	01:15:36	192	00:02:00	112	00:53:37	02:53:51	
120	445	M	40	MC	Jay Bradley	New Bern NC	171	00:35:46	181	00:02:59	96	01:19:07	168	00:01:46	119	00:54:37	02:54:14	
121	185	M	34		Matthew Gayler	Beaufort SC	190	00:36:51	133	00:02:29	117	01:20:35	139	00:01:36	108	00:53:12	02:54:41	
122	36	M	36		Tom Sri	Raleigh NC	129	00:33:30	139	00:02:32	137	01:22:13	124	00:01:29	123	00:55:00	02:54:43	
123	99	M	41		Tim Hodges	Elkin NC	123	00:33:09	149	00:02:40	102	01:19:26	53	00:01:11	149	00:58:21	02:54:46	
124	328	M	43		Don Lacombe	Raleigh NC	204	00:38:00	160	00:02:48	86	01:18:10	220	00:02:20	113	00:53:57	02:55:13	
125	78	M	38		Adam Nessen	Charlotte NC	94	00:31:24	109	00:02:16	151	01:23:12	87	00:01:20	142	00:57:16	02:55:26	
126	228	M	43		Clinton Fisher	Mooreville NC	186	00:36:39	53	00:01:50	105	01:19:36	114	00:01:27	115	00:54:00	00:02:00	02:55:31
127	245	M	30		Jess Frank	Wilmington NC	136	00:33:48	26	00:01:33	110	01:19:58	113	00:01:26	156	00:59:07	02:55:51	
128	180	M	38		Dennis Lucas	Potomac MD	139	00:33:53	159	00:02:48	82	01:17:31	162	00:01:43	163	01:00:05	02:55:58	
129	84	M	52		Michael Roberts	Burlington NC	227	00:39:47	182	00:03:00	128	01:21:36	146	00:01:38	85	00:50:06	02:56:04	
130	283	M	42		Tod Alexander	Charlotte NC	152	00:34:42	74	00:02:00	153	01:23:27	141	00:01:36	117	00:54:27	02:56:11	
131	154	M	64		Paul Bloom	Durham NC	141	00:33:56	107	00:02:16	177	01:26:01	170	00:01:50	103	00:52:37	02:56:38	
132	25	M	27	C	Jonathan Miller	Raleigh NC	156	00:34:51	40	00:01:44	135	01:22:09	136	00:01:36	140	00:56:38	02:56:55	
133	203	M	41	MC	David Aldridge	Raleigh NC	243	00:42:41	144	00:02:37	69	01:16:47	92	00:01:21	111	00:53:33	02:56:58	
134	420	M	48	MC	Ian Hunter	Chapel Hill NC	49	00:27:38	186	00:03:03	152	01:23:21	174	00:01:53	173	01:01:14	02:57:08	
135	91	M	48		Bill Little	Wendell NC	125	00:33:13	177	00:02:57	149	01:23:02	197	00:02:07	114	00:53:59	00:02:00	02:57:16
136	44	M	45		Matt Marren	Wilmington NC	69	00:29:54	127	00:02:26	46	01:15:30	57	00:01:12	211	01:08:41	02:57:42	
137	145	M	48	MC	Jeremy Huggins	Winston Salem NC	55	00:28:01	87	00:02:05	166	01:24:36	190	00:02:00	171	01:01:06	02:57:46	
138	223	M	45	MC	Gary Rosia	Cary NC	142	00:33:59	226	00:03:53	68	01:16:43	234	00:02:44	167	01:00:42	02:57:59	
139	142	M	26		Abel McLawhorn	Greensboro NC	161	00:35:09	243	00:04:39	66	01:16:40	161	00:01:42	152	00:58:34	00:02:00	02:58:43
140	456	M	46		Martin Tetreault	Clayton NC	107	00:32:12	81	00:02:03	184	01:26:51	135	00:01:35	135	00:56:08	02:58:47	
141	311	M	44		Harold Garner	Hope Mills NC	181	00:36:12	5	00:01:17	173	01:25:13	71	00:01:16	122	00:54:56	02:58:52	
142	497	M	22	NM	Mark Giguere	Durham NC	116	00:32:55	212	00:03:35	207	01:29:08	152	00:01:40	94	00:51:38	02:58:54	
143	504	M	41	ZM	Kevin Miller	Irmo SC	225	00:39:43	146	00:02:38	174	01:25:37	195	00:02:05	75	00:49:05	02:59:06	
144	231	M	42		Timothy Simpson	Mechanicsville VA	217	00:38:59	217	00:03:39	134	01:22:07	212	00:02:16	98	00:52:08	02:59:08	
145	89	M	46		Albert Novak	Cherryville NC	232	00:40:34	84	00:02:03	124	01:21:25	208	00:02:16	109	00:53:23	02:59:39	
146	366	M	38	C	Brad Davis	Raleigh NC	244	00:42:54	153	00:02:43	144	01:22:37	241	00:03:13	67	00:48:14	02:59:39	

147	337	M	42	Marc Rice	Coats NC	178	00:35:59	179	00:02:58	145	01:22:43	156	00:01:41	138	00:56:27	02:59:45
148	219	M	63	Ronald Weiss	Oak Island NC	74	00:30:03	150	00:02:40	156	01:23:43	218	00:02:20	175	01:01:34	03:00:19
149	60	M	52	Greg Osenga	Charlotte NC	160	00:35:09	128	00:02:27	172	01:25:05	115	00:01:27	139	00:56:28	03:00:34
150	333	M	45	Philip Perrotta	Pinehurst NC					224	01:31:40	167	00:01:46	202	01:05:09	03:00:46
151	122	M	41	Eric Hernandez	Hampstead NC	177	00:35:56	98	00:02:11	204	01:28:55	126	00:01:30	101	00:52:18	03:00:49
152	217	M	38	Brent Hazelett	Cary NC	137	00:33:49	203	00:03:23	157	01:23:43	171	00:01:51	148	00:58:11	03:00:55
153	332	M	36	Adrian Marchetti	Chapel Hill NC	124	00:33:11	169	00:02:52	170	01:24:50	105	00:01:24	154	00:58:49	03:01:05
154	234	M	43	James Hurr	Cameron NC	155	00:34:49	64	00:01:58	123	01:21:21	151	00:01:40	174	01:01:23	03:01:09
155	281	M	44	Keith Wise	Gastonia NC	191	00:36:52	138	00:02:31	114	01:20:24	68	00:01:15	166	01:00:30	03:01:31
156	414	M	43	Alan Hill	Cary NC	174	00:35:50	219	00:03:45	155	01:23:33	216	00:02:19	146	00:57:34	03:02:59
157	35	M	40	MC William H Harkins Jr	Cary NC	117	00:32:58	140	00:02:33	146	01:22:46	181	00:01:56	187	01:02:55	03:03:07
158	257	M	46	Timothy Sells	Raleigh NC	60	00:28:37	237	00:04:23	118	01:20:35	239	00:03:03	207	01:06:50	03:03:26
159	292	M	38	Dan Tuffy	Tega Cay SC	113	00:32:35	223	00:03:48	129	01:21:38	201	00:02:10	189	01:03:27	03:03:36
160	483	M	37	NM Donald Hardie	Raleigh NC	115	00:32:50	124	00:02:25	186	01:26:55	125	00:01:30	168	01:00:54	03:04:32
161	237	M	30	C Lucas Petersen	Wilmington NC	158	00:35:03	183	00:03:01	136	01:22:10	182	00:01:56	181	01:02:37	03:04:45
162	499	M	41	ZM Matthew Bray	Fayetteville NC	223	00:39:42	157	00:02:46	181	01:26:36	148	00:01:38	116	00:54:10	03:04:50
163	484	M	36	NM Jeffrey Kerrigan	Greensboro NC	120	00:33:05	229	00:03:57	193	01:27:53	177	00:01:53	147	00:58:06	03:04:52
164	287	M	43	David Kreutzer	Matthews NC	130	00:33:32	176	00:02:56	138	01:22:18	121	00:01:29	198	01:04:39	03:04:52
165	265	M	37	Brooks Kaufman	Cary NC	110	00:32:28	230	00:03:57	171	01:24:59	225	00:02:26	172	01:01:12	03:04:59
166	57	M	58	Kurt Wiesenberger	Mooreville NC	118	00:32:59	91	00:02:05	175	01:25:54	72	00:01:16	186	01:02:49	03:05:01
167	299	M	49	Steve Higgins	Madison Heights VA	229	00:40:20	239	00:04:26	121	01:21:08	172	00:01:52	143	00:57:17	03:05:02
168	436	M	32	Tommy Davis	Raleigh NC	193	00:37:01	110	00:02:17	209	01:29:29	176	00:01:53	121	00:54:48	03:05:27
169	356	M	42	Chris Stocum	Raleigh NC	147	00:34:21	164	00:02:49	198	01:28:29	4	00:00:49	157	00:59:08	03:05:35
170	255	M	37	Jeremy Russin	Raleigh NC	196	00:37:08	119	00:02:21	213	01:29:52	13	00:00:54	127	00:55:28	03:05:41
171	398	M	40	Tim Gill	Wilmington NC	212	00:38:33	200	00:03:21	203	01:28:53	229	00:02:35	102	00:52:27	03:05:47
172	127	M	44	MC Michael Morin	Granite Falls NC	70	00:29:54	185	00:03:01	194	01:28:01	51	00:01:11	194	01:04:06	03:06:12
173	454	M	37	C Gerard Pelletier	Selma NC	154	00:34:47	136	00:02:30	190	01:27:13	96	00:01:22	165	01:00:28	03:06:18
174	310	M	37	Mike Kenady	Raleigh NC	133	00:33:43	246	00:05:19	127	01:21:35	206	00:02:15	192	01:03:50	03:06:41
175	447	M	34	Ben Lowry	New Bern NC	239	00:42:03	115	00:02:18	200	01:28:33	30	00:01:02	106	00:52:48	03:06:43
176	481	M	23	NM David Campbell	McLean VA	108	00:32:26	218	00:03:40	217	01:30:23	76	00:01:17	141	00:57:08	00:02:00
177	461	M	50	Doug Robinson	Raleigh NC	165	00:35:25	162	00:02:49	143	01:22:34	219	00:02:20	200	01:04:49	03:07:54

178	135	M	47		Rick McClure	Chapel Hill NC	173	00:35:49	245	00:04:50	141	01:22:29	196	00:02:06	183	01:02:46	03:07:58	
179	115	M	20		Michael Habersetzer	Clayton NC	105	00:32:10	27	00:01:34	219	01:30:38	24	00:01:01	184	01:02:48	03:08:09	
180	138	M	44	MC	Todd Beste	Wilmington NC	143	00:34:08	191	00:03:08	126	01:21:31	78	00:01:17	210	01:08:21	03:08:24	
181	540	M	42	MC	Steven Finney	Raeford NC	231	00:40:28	4	00:01:16	95	01:19:05	119	00:01:28	206	01:06:20	03:08:36	
182	437	M	42		Les Meadowcroft	Raleigh NC	164	00:35:24	156	00:02:45	161	01:23:52	231	00:02:37	195	01:04:09	03:08:46	
183	221	M	34		Andrew Annunziata	Charlotte NC	242	00:42:26	141	00:02:35	180	01:26:29	217	00:02:19	129	00:55:36	03:09:23	
184	239	M	49		Rob Temucin	New Bern NC	157	00:34:58	197	00:03:17	201	01:28:42	164	00:01:43	170	01:01:05	03:09:44	
185	549	M	44		Gary Trullinger	Durham NC	219	00:39:24	174	00:02:55	183	01:26:47	186	00:01:58	155	00:58:58	03:10:01	
186	300	M	36		Steve Miller	Apex NC	184	00:36:38	184	00:03:01	178	01:26:15	224	00:02:25	179	01:01:58	03:10:14	
187	297	M	30		Michael Mesaros	Holly Ridge NC	247	00:44:34	103	00:02:13	211	01:29:37	99	00:01:22	105	00:52:44	03:10:28	
188	269	M	44		Paul Kuzma	Pinehurst NC	64	00:28:58	137	00:02:30	164	01:24:20	85	00:01:20	230	01:13:39	03:10:46	
189	158	M	52		Steve Boyd	Apex NC	96	00:31:32	172	00:02:55	225	01:31:54	191	00:02:00	182	01:02:41	03:10:59	
190	435	M	58		Bob Busick	Orion Mountain WV	240	00:42:07	148	00:02:40	154	01:23:28	169	00:01:47	176	01:01:37	03:11:38	
191	505	M	28		Andrew McQueen	Greenville SC	224	00:39:42	147	00:02:38	195	01:28:03	235	00:02:56	153	00:58:38	03:11:56	
192	75	M	38		Daniel Sharp	Morrisville NC	168	00:35:37	240	00:04:27	212	01:29:38	213	00:02:17	164	01:00:11	03:12:08	
193	429	M	45		Rich Gabrielli	Burlington NC	167	00:35:36	155	00:02:44	197	01:28:24	86	00:01:20	199	01:04:46	03:12:47	
194	394	M	40		Chris Ladwig	Raleigh NC	187	00:36:42	242	00:04:34	191	01:27:16	227	00:02:28	178	01:01:55	03:12:54	
195	547	M	46	MC	Neil Rowerdink	Raleigh NC	176	00:35:53	193	00:03:09	185	01:26:53	242	00:03:13	196	01:04:11	03:13:18	
196	512	M	37	NM	Doug McMillan	Winston Salem NC	203	00:37:50	213	00:03:35	125	01:21:25	185	00:01:57	215	01:09:23	03:14:09	
197	538	M	29	NM	Justin Boone	Concord NC	214	00:38:42	143	00:02:37	227	01:32:08	116	00:01:28	144	00:57:18	00:02:00	03:14:12
198	362	M	38		Charlie Grant	Raleigh NC	199	00:37:33	199	00:03:21	192	01:27:35	222	00:02:24	188	01:03:25	03:14:17	
199	242	M	32	C	Julian Bridges	Clemmons NC	200	00:37:42	209	00:03:28	202	01:28:52	159	00:01:42	185	01:02:49	03:14:31	
200	453	M	37	C	Tim McGuan	Wilmington NC	236	00:41:02	225	00:03:52	216	01:30:07	108	00:01:25	150	00:58:21	03:14:44	
201	172	M	46		Steve Boehling	Wilmington NC	221	00:39:41	211	00:03:35	165	01:24:33	246	00:03:29	190	01:03:34	03:14:51	
202	128	M	48		Steven Anderson	Fayetteville NC	215	00:38:48	228	00:03:56	169	01:24:47	187	00:01:59	205	01:06:18	03:15:46	
203	462	M	35		Sean Williams	Lenoir NC	146	00:34:17	120	00:02:21	167	01:24:41	166	00:01:44	228	01:13:04	03:16:05	
204	466	M	36		Scott Benninghoff	Holly Springs NC	189	00:36:45	189	00:03:06	231	01:34:22	84	00:01:19	169	01:00:58	03:16:28	
205	371	M	54		Glenn Baxley	Pinehurst NC	202	00:37:48	210	00:03:30	214	01:29:56	189	00:01:59	191	01:03:39	03:16:49	
206	284	M	46		Stuart Higgins	Apex NC	218	00:39:00	195	00:03:12	160	01:23:51	29	00:01:02	219	01:09:57	03:17:01	
207	426	M	45		Andy Kay	Columbia SC	205	00:38:00	233	00:04:15	158	01:23:46	198	00:02:07	213	01:09:06	03:17:13	
208	110	M	54		Gary Cook	Leland NC	185	00:36:39	129	00:02:27	232	01:35:26	48	00:01:09	177	01:01:40	03:17:19	

209	97	M	37		Matthew Schonwalder	Durham NC	6	00:23:02	192	00:03:08	205	01:29:01	81	00:01:18	244	01:21:06	03:17:33	
210	129	M	36		Ryan Harwood	Greensboro NC	163	00:35:19	131	00:02:28	210	01:29:35	38	00:01:05	216	01:09:43	03:18:09	
211	31	M	55		Carlton Cooper	Raleigh NC	170	00:35:43	161	00:02:48	147	01:22:46	240	00:03:05	232	01:13:59	03:18:19	
212	193	M	39		Russ Helms	Chapel Hill NC	179	00:36:04	253	00:06:56	222	01:30:59	207	00:02:15	201	01:05:01	03:21:15	
213	315	M	43		Scott Weatherup	Matthews NC	122	00:33:08	126	00:02:26	188	01:27:05	226	00:02:26	234	01:16:23	03:21:25	
214	83	M	54		Alan Maynard	White Lake NC	194	00:37:07	180	00:02:59	220	01:30:45	103	00:01:23	214	01:09:16	03:21:28	
215	13	M	35	OM	Jesse Walters	Salisbury NC	131	00:33:38	123	00:02:24	130	01:21:38	245	00:03:21	242	01:20:57	03:21:55	
216	354	M	41		Jeff Hatley	Raleigh NC	226	00:39:44	207	00:03:26	226	01:32:03	163	00:01:43	204	01:05:17	03:22:11	
217	210	M	41		Tom Spencer	Raleigh NC	237	00:41:55	171	00:02:54	148	01:22:58	184	00:01:57	227	01:12:48	03:22:30	
218	387	M	40		Mauricio Amat	Huntersville NC	241	00:42:14	198	00:03:18	234	01:35:48	214	00:02:18	159	00:59:10	03:22:47	
219	479	M	45	ZM	Ron Davis	Charlotte NC	127	00:33:20	166	00:02:50	221	01:30:51	204	00:02:11	231	01:13:52	03:23:02	
220	317	M	46		Mike West	Colonial Heights VA	230	00:40:23	111	00:02:17	206	01:29:07	188	00:01:59	217	01:09:52	03:23:35	
221	383	M	63		Craig Probst	Greensboro NC	148	00:34:26	221	00:03:46	228	01:32:33	200	00:02:08	222	01:11:04	03:23:55	
222	507	M	31	NM	Aaron Ralston	Belton TX	249	00:49:01	216	00:03:37	223	01:31:30	238	00:03:00	145	00:57:25	03:24:31	
223	353	M	42		Todd Saunders	Beaufort NC	248	00:46:57	145	00:02:38	199	01:28:33	33	00:01:04	208	01:07:20	03:26:30	
224	500	M	52	ZM	Ray Gadd	Atlanta GA	235	00:40:58	238	00:04:26	215	01:29:58	194	00:02:05	221	01:10:37	03:28:00	
225	181	M	45		Michael Archer	Duluth GA	228	00:39:56	231	00:04:02	163	01:24:17	233	00:02:42	236	01:17:17	03:28:13	
226	308	M	33		Russell Kratzer	Winston-Salem NC	222	00:39:41	227	00:03:55	218	01:30:23	175	00:01:53	226	01:12:28	03:28:19	
227	92	M	34		Brian Miller	Summerfield NC	245	00:43:55	104	00:02:14	182	01:26:44	247	00:03:54	225	01:11:52	03:28:37	
228	485	M	32	NM	Randall Graham	Raleigh NC	220	00:39:36	206	00:03:25	241	01:39:52	56	00:01:12	203	01:05:12	03:29:14	
229	86	M	37		Adam Merrill	Virginina Beach VA	166	00:35:26	190	00:03:06	208	01:29:28	140	00:01:36	240	01:19:41	03:29:15	
230	303	M	40		Rich Morrison	Apex NC	114	00:32:44	241	00:04:30	239	01:39:41	205	00:02:13	218	01:09:55	00:02:00	03:31:01
231	480	M	58	ZM	Preston Campbell	McLean VA	188	00:36:45	251	00:05:48	233	01:35:28	244	00:03:18	220	01:10:27	03:31:44	
232	270	M	24		Derek Gallo	Raleigh NC	183	00:36:21	252	00:06:11	240	01:39:48	232	00:02:40	209	01:08:09	03:33:07	
233	508	M	25	NM	Matthew Cobb	Raleigh NC	238	00:41:59	224	00:03:50	238	01:38:22	209	00:02:16	212	01:08:58	03:35:23	
234	380	M	31	C	Wes Salisbury	Winston Salem NC	197	00:37:24	247	00:05:19	229	01:33:00	237	00:02:59	235	01:16:31	00:02:00	03:37:11
235	312	M	37	C	Blake Long	Clayton NC					230	01:34:08	223	00:02:24	241	01:20:23	03:40:31	Y
236	389	M	16		Charlie Ormond	Aurora NC	201	00:37:46	201	00:03:21	243	01:40:46	55	00:01:12	238	01:18:16	03:41:19	
237	336	M	48		Andy Lingenfelter	Rocky Point NC	169	00:35:39	215	00:03:37	237	01:37:40	211	00:02:16	246	01:24:18	03:43:29	
238	348	M	49		Mark McBrayer	Aberdeen NC	211	00:38:32	235	00:04:18	245	01:43:21	215	00:02:18	233	01:15:23	03:43:50	
239	309	M	58		Robert Butler	Morrisville NC	216	00:38:56	202	00:03:22	246	01:46:43	243	00:03:14	229	01:13:09	03:45:23	



240	372	M	29	C	Bart Coursey	Mooreville NC	251	00:51:57	244	00:04:41	236	01:36:57	173	00:01:52	224	01:11:08	03:46:34
241	498	M	37	NM	Steve Pierson	Raleigh NC	180	00:36:07	208	00:03:28	235	01:35:57	248	00:03:55	249	01:27:57	03:47:22
242	489	M	26	NM	Joseph Kulpa	Raleigh NC	208	00:38:18	232	00:04:06	249	01:50:26	250	00:04:25	223	01:11:05	03:48:18
243	341	M	60		Rick Betton	Greensboro NC	246	00:44:32	214	00:03:36	242	01:39:56	230	00:02:37	248	01:27:23	03:58:02
244	496	M	54	ZM	Steve Lynott	Potomac MD	182	00:36:12	248	00:05:25	247	01:49:48	236	00:02:58	245	01:24:09	03:58:30
245	493	M	24	NM	David Stein	Greenville NC	198	00:37:26	178	00:02:58	251	01:53:42	34	00:01:04	247	01:26:05	04:01:12
246	244	M	44	MC	Tommy Thorn	Reidsville NC	250	00:51:48	234	00:04:16	248	01:50:06	158	00:01:42	237	01:17:44	04:05:34
247	511	M	39	NM	Robert Bennett	Greensboro NC	254	01:01:21	236	00:04:18	252	02:00:49	147	00:01:38	161	00:59:24	04:07:27
248	476	M	47	ZM	Greg Hatcher	Cary NC	253	00:56:52	250	00:05:42	244	01:40:46	249	00:04:07	243	01:21:04	04:08:29
249	286	M	41		Lee Caviness	Raleigh NC	252	00:56:05	249	00:05:26	250	01:52:33	228	00:02:31	239	01:18:43	04:15:17
250	393	M	30		Justin Smith	Mebane NC	8	00:23:54	17	00:01:29	2	01:06:30	17	00:00:57			
251	102	M	42		Cullen Taylor	Winston Salem NC	159	00:35:06	173	00:02:55	62	01:16:26					
252	130	M	39	C	George Crane	Southport NC	153	00:34:44	152	00:02:43	89	01:18:35					
253	34	M	41		James Wragge	Wake Forest NC	27	00:26:05	20	00:01:31							
254	67	M	36	C	Michael Shurko	Fayetteville NC	144	00:34:09	46	00:01:47							
255	446	M	46		Peter O'Reilly	Durham NC	213	00:38:33	204	00:03:23							
256	463	M	43	MC	Dennis Sullivan	Wilmington NC	162	00:35:19	222	00:03:48							

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