

2013 White Lake Fall International

Overall Men

White Lake, NC 9/07/2013 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	28	OM	Matthew Wisthoff	Wrightsville Beach NC	1	00:19:23	2	00:00:57	2	01:05:33	2	00:00:44	2	00:35:34		02:02:09	
2	1	M	29	OM	James Haycraft	Charlotte NC	3	00:21:34	9	00:01:07	1	01:04:05	5	00:00:50	1	00:34:57		02:02:31	
3	8	M	40	MM	Rob Hilton	Oceanside CA	19	00:25:27	15	00:01:11	4	01:07:29	13	00:00:58	3	00:36:03		02:11:06	
4	385	M	37	OM	David Williams	Durham NC	2	00:21:13	7	00:01:06	3	01:06:03	15	00:00:59	36	00:43:47		02:13:06	
5	6	M	31	OM	Josh West	Carrboro NC	9	00:24:19	5	00:01:03	19	01:11:01	22	00:01:02	7	00:37:59		02:15:23	
6	5	M	46	MM	Duncan Rougier-Chapman	Raleigh NC	4	00:21:51	26	00:01:13	14	01:10:23	31	00:01:05	18	00:41:26		02:15:55	
7	168	M	32		Chad Crockford	Charlotte NC	17	00:25:25	11	00:01:09	20	01:12:09	21	00:01:01	4	00:36:24		02:16:06	
8	19	M	36		Todd Midgett	Wilmington NC	13	00:24:28	6	00:01:05	13	01:10:15	6	00:00:51	13	00:39:59		02:16:37	
9	17	M	28	OM	Nathan Smith	Raleigh NC	29	00:26:37	121	00:02:15	9	01:09:29	100	00:01:29	6	00:37:49		02:17:37	
10	344	M	26		Ira Gallagher	Southern Pines NC	39	00:27:57	16	00:01:11	7	01:09:03	8	00:00:53	11	00:39:24		02:18:27	
11	329	M	28		Duran Greene	Apex NC	15	00:25:24	21	00:01:12	31	01:14:18	7	00:00:51	5	00:37:32		02:19:14	
12	207	M	28		Brad Tripp	Raleigh NC	20	00:25:29	20	00:01:12	25	01:13:00	4	00:00:48	12	00:39:37		02:20:04	
13	21	M	39		Brian Couture	Charlotte NC	14	00:25:09	55	00:01:31	6	01:08:54	29	00:01:05	40	00:44:25		02:21:01	
14	223	M	31		John Brausch	Apex NC	24	00:26:01	62	00:01:34	8	01:09:05	14	00:00:59	37	00:43:55		02:21:33	
15	11	M	57	MM	Jonathan Farber	Chapel Hill NC	37	00:27:33	30	00:01:17	18	01:10:48	33	00:01:05	15	00:41:01		02:21:41	
16	13	M	18	OM	Brandon Nix	Wilmington NC	11	00:24:24	3	00:01:00	30	01:14:16	1	00:00:42	22	00:41:59		02:22:18	
17	3	M	40	MM	John Behme	Huntersville NC	26	00:26:27	54	00:01:30	12	01:10:10	63	00:01:19	38	00:44:11		02:23:35	
18	193	M	45		Locke Stuart	Marvin NC	72	00:30:41	22	00:01:13	17	01:10:45	77	00:01:22	14	00:40:29		02:24:28	
19	256	M	36		Andrea Incampo	Chapel Hill NC	36	00:27:28	50	00:01:29	24	01:12:50	48	00:01:13	19	00:41:30		02:24:29	
20	292	M	37		Matt Kerley	Fort Mill SC	30	00:26:38	44	00:01:26	16	01:10:43	17	00:01:00	44	00:44:58		02:24:43	
21	289	M	26		Andrew Dominguez	Havelock NC	8	00:24:18	23	00:01:13	40	01:15:21	61	00:01:19	31	00:43:12		02:25:20	
22	18	M	38	OM	Christopher Whelchel	Charlotte NC	61	00:30:12	28	00:01:14	15	01:10:25	64	00:01:19	25	00:42:38		02:25:45	

23	315	M	37	Michael Stern	Huntersville NC	21	00:25:39	40	00:01:24	10	01:09:35	79	00:01:22	69	00:47:48	02:25:47
24	262	M	48	Dan Thornton	Carrboro NC	10	00:24:23	57	00:01:32	28	01:13:51	85	00:01:24	41	00:44:46	02:25:54
25	149	M	52	Chris Kalberg	Cary NC	22	00:25:42	93	00:01:54	32	01:14:23	37	00:01:07	26	00:42:54	02:25:57
26	121	M	38	Ronnie Hicks	Whispering Pines NC	79	00:31:17	4	00:01:01	33	01:14:29	32	00:01:05	8	00:38:42	02:26:32
27	326	M	47	John Balanda	Charlotte NC	23	00:25:49	13	00:01:10	26	01:13:04	76	00:01:22	45	00:45:18	02:26:41
28	284	M	32	Brett Hayes	Jacksonville NC	85	00:31:39	29	00:01:15	23	01:12:38	9	00:00:54	17	00:41:04	02:27:28
29	231	M	38	George Marut	Wake Forest NC	43	00:28:05	52	00:01:29	46	01:15:52	50	00:01:14	21	00:41:53	02:28:31
30	61	M	33	Lawrence Landrigan	Wilmington NC	27	00:26:28	112	00:02:07	45	01:15:42	102	00:01:30	30	00:43:12	02:28:57
31	142	M	41	John Grooman	Wilmington NC	18	00:25:27	56	00:01:31	42	01:15:31	47	00:01:12	48	00:45:33	02:29:12
32	191	M	43	Scott Moomaw	Apex NC	44	00:28:12	65	00:01:37	36	01:14:52	11	00:00:57	35	00:43:39	02:29:15
33	245	M	57	Daniel Neuffer	Southern Pines NC	45	00:28:23	31	00:01:17	22	01:12:35	16	00:01:00	62	00:46:33	02:29:46
34	304	M	28	Geoffrey Clark	Durham NC	25	00:26:09	27	00:01:13	78	01:19:25	42	00:01:10	23	00:42:14	02:30:09
35	253	M	30	Jesse King	Cornelius NC	51	00:29:10	39	00:01:22	81	01:19:36	52	00:01:14	10	00:38:57	02:30:18
36	249	M	42	Shawn Spencer	Wilmington NC	95	00:32:07	1	00:00:52	39	01:15:18	3	00:00:46	20	00:41:32	02:30:34
37	163	M	56	Louis Almekinders	Chapel Hill NC	12	00:24:24	37	00:01:21	54	01:16:42	43	00:01:12	66	00:47:09	02:30:46
38	269	M	34	Andrew Farina	Whispering Pines NC	135	00:35:49	17	00:01:11	11	01:10:08	86	00:01:24	24	00:42:21	02:30:53
39	176	M	36	Kevin Soeder	Jacksonville NC	60	00:30:05	59	00:01:32	41	01:15:25	89	00:01:25	27	00:42:56	02:31:21
40	156	M	54	John Litsas	Raleigh NC	33	00:26:54	35	00:01:20	49	01:16:16	97	00:01:28	52	00:45:46	02:31:42
41	332	M	45	Travis Guess	Cary NC	66	00:30:28	46	00:01:27	27	01:13:05	101	00:01:30	49	00:45:38	02:32:05
42	297	M	44	George Bene	Greensboro NC	111	00:33:18	18	00:01:11	65	01:18:17	40	00:01:09	9	00:38:50	02:32:43
43	277	M	22	Kerry Martin	Cary NC	47	00:28:33	104	00:01:59	35	01:14:50	35	00:01:06	59	00:46:23	02:32:49
44	192	M	42	Chris Ellis	Wrightsville Beach NC	55	00:29:36	102	00:01:56	29	01:14:15	34	00:01:05	58	00:46:23	02:33:14
45	197	M	41	Gregory Koenig	Wilmington NC	137	00:35:57	36	00:01:20	5	01:08:51	80	00:01:23	56	00:46:10	02:33:39
46	341	M	52	Ronnie Horne	Raleigh NC	106	00:32:59	42	00:01:24	21	01:12:28	46	00:01:12	57	00:46:20	02:34:21
47	272	M	49	Alex Gonzalez	Southern Pines NC	62	00:30:17	25	00:01:13	62	01:18:03	74	00:01:22	34	00:43:35	02:34:28
48	319	M	38	Josh Mitchell	Winterville NC	58	00:29:59	63	00:01:35	66	01:18:18	30	00:01:05	33	00:43:35	02:34:29
49	218	M	38	Jeff Kern	Jackson Springs NC	107	00:33:09	19	00:01:11	52	01:16:30	36	00:01:06	29	00:43:02	02:34:56
50	298	M	35	David Koontz	Mocksville NC	75	00:30:53	45	00:01:27	70	01:18:50	66	00:01:19	28	00:42:57	02:35:24
51	155	M	47	Scott Yelton	Raleigh NC	98	00:32:27	103	00:01:57	44	01:15:40	90	00:01:26	39	00:44:23	02:35:52
52	337	M	33	Phil Jawny	Cary NC	52	00:29:12	82	00:01:48	34	01:14:43	148	00:02:10	74	00:48:13	02:36:05
53	345	M	39	Tim Overbey	Aberdeen NC	41	00:27:58	43	00:01:25	61	01:17:50	56	00:01:16	71	00:47:54	02:36:22

54	281	M	46	Glenn Blatz	Raleigh NC	53	00:29:20	73	00:01:40	53	01:16:35	53	00:01:14	72	00:48:00	02:36:48
55	174	M	32	Joe Dillon	Raleigh NC	6	00:23:44	94	00:01:55	91	01:20:42	118	00:01:40	94	00:50:40	02:38:38
56	170	M	42	Jon Keiser	Spring Lake NC	40	00:27:58	76	00:01:42	37	01:14:58	115	00:01:37	107	00:52:34	02:38:47
57	250	M	41	Mark Engen	Fayetteville NC	125	00:35:12	66	00:01:38	86	01:19:59	95	00:01:27	16	00:41:01	02:39:15
58	52	M	34	Patrick Jeffs	Carrboro NC	42	00:28:04	86	00:01:49	79	01:19:26	44	00:01:12	81	00:48:51	02:39:20
59	310	M	28	Matthew Peach	Raleigh NC	32	00:26:45	77	00:01:42	74	01:19:02	39	00:01:09	96	00:50:52	02:39:28
60	328	M	22	Austin Brokamp	Matthews NC	118	00:34:41	10	00:01:09	60	01:17:39	103	00:01:30	47	00:45:31	02:40:28
61	166	M	44	Jason Galarneau	Holly Springs NC	91	00:32:02	80	00:01:46	64	01:18:14	70	00:01:21	67	00:47:12	02:40:32
62	283	M	26	William Mann	Charlotte NC	57	00:29:57	64	00:01:37	112	01:23:17	24	00:01:02	42	00:44:47	02:40:38
63	263	M	25	Jason Gilbert	Stanley NC	99	00:32:31	24	00:01:13	85	01:19:55	28	00:01:04	53	00:45:57	02:40:38
64	211	M	49	Tim Hahn	Cary NC	128	00:35:23	140	00:02:33	50	01:16:21	59	00:01:18	46	00:45:24	02:40:58
65	307	M	49	Noah Pickus	Durham NC	92	00:32:03	100	00:01:56	76	01:19:18	87	00:01:25	63	00:46:41	02:41:20
66	226	M	40	Tommy Parkin	Hubert NC	119	00:34:42	75	00:01:41	58	01:17:25	96	00:01:27	61	00:46:27	02:41:41
67	295	M	18	William Archie	Kinston NC	5	00:23:33	154	00:02:46	154	01:28:26	41	00:01:09	55	00:46:08	02:42:01
68	201	M	53	Mark Boettcher	Fayetteville NC	56	00:29:42	153	00:02:46	55	01:16:44	99	00:01:29	101	00:51:52	02:42:32
69	196	M	51	Theodore Dumont	Fuquay Varina NC	97	00:32:24	109	00:02:06	68	01:18:44	125	00:01:47	70	00:47:50	02:42:49
70	212	M	37	Michael Szarowicz	Charlotte NC	35	00:27:09	171	00:03:06	107	01:22:32	138	00:01:59	75	00:48:15	02:43:00
71	54	M	41	James Floyd	Baltimore MD	117	00:34:32	91	00:01:53	57	01:17:05	55	00:01:15	78	00:48:34	02:43:18
72	260	M	46	Chris Hawley	Wilson NC	160	00:38:12	83	00:01:48	38	01:15:10	124	00:01:45	60	00:46:26	02:43:20
73	103	M	26	Martin Jacaruso	Graham NC	120	00:34:44	53	00:01:29	63	01:18:08	23	00:01:02	76	00:48:27	02:43:48
74	87	M	52	Joel Isely	Poquoson VA	54	00:29:23	61	00:01:34	48	01:16:09	88	00:01:25	134	00:55:32	02:44:02
75	56	M	29	Matt Reed	Swansboro NC	59	00:30:03	60	00:01:33	88	01:20:13	82	00:01:23	99	00:51:06	02:44:18
76	50	M	34	Benjamin Collins	Raleigh NC	87	00:31:53	144	00:02:35	113	01:23:24	132	00:01:55	43	00:44:48	02:44:33
77	221	M	55	Frank Tucker	Greenville SC	70	00:30:38	89	00:01:52	87	01:20:06	113	00:01:36	90	00:50:28	02:44:38
78	154	M	35	Todd Nifong	High Point NC	69	00:30:37	68	00:01:38	129	01:25:34	49	00:01:13	64	00:46:48	02:45:49
79	287	M	24	Joe Courtright	Waxhaw NC	122	00:34:55	14	00:01:10	97	01:21:15	10	00:00:55	68	00:47:43	02:45:56
80	271	M	31	Daniel Murphy	Cornelius NC	151	00:37:20	74	00:01:41	102	01:21:46	134	00:01:56	32	00:43:23	02:46:04
81	210	M	51	Robert Agans	Hillsborough NC	65	00:30:26	12	00:01:10	127	01:25:21	45	00:01:12	73	00:48:03	02:46:11
82	285	M	49	Steve Mohorn	Greensboro NC	78	00:31:10	115	00:02:09	69	01:18:49	129	00:01:53	105	00:52:17	02:46:16
83	246	M	39	Greg Frey	Charlotte NC	81	00:31:22	71	00:01:39	75	01:19:06	58	00:01:17	110	00:52:55	02:46:18
84	383	M	50	Scott Brown	Apex NC	144	00:36:37	87	00:01:50	47	01:16:07	92	00:01:26	91	00:50:28	02:46:26

85	23	M	66	Tito Craig	Chapel Hill NC	50	00:28:57	98	00:01:55	82	01:19:42	68	00:01:20	128	00:54:59	02:46:52
86	111	M	65	Israel Nir	Wilmington NC	74	00:30:51	96	00:01:55	59	01:17:33	91	00:01:26	130	00:55:08	02:46:52
87	331	M	25	Patrick Frost	New Bern NC	136	00:35:52	33	00:01:17	89	01:20:16	20	00:01:01	77	00:48:30	02:46:54
88	257	M	35	Grady Knight	Raleigh NC	147	00:37:03	85	00:01:49	51	01:16:27	155	00:02:18	85	00:49:28	02:47:03
89	33	M	52	Roger Jeffs	Chapel Hill NC	110	00:33:15	114	00:02:09	56	01:16:54	81	00:01:23	114	00:53:25	02:47:04
90	215	M	58	Steve Thompson	Chapel Hill NC	89	00:31:58	78	00:01:45	120	01:24:30	149	00:02:11	65	00:46:56	02:47:18
91	340	M	24	Jonathan Findle	Cary NC	88	00:31:56	122	00:02:16	95	01:21:10	67	00:01:20	100	00:51:11	02:47:51
92	92	M	33	Nathan Horn	Cornelius NC	116	00:34:15	110	00:02:06	77	01:19:25	60	00:01:18	95	00:50:50	02:47:53
93	338	M	40	John Mitzak	Durham NC	7	00:23:49	84	00:01:49	141	01:26:35	84	00:01:24	123	00:54:29	02:48:03
94	387	M	33	Mike Williams	South Carolina	16	00:25:24	123	00:02:16	144	01:27:17	147	00:02:10	98	00:51:01	02:48:07
95	386	M	33	Adriano De Meo	Morrisville NC	143	00:36:35	119	00:02:14	96	01:21:14	160	00:02:20	51	00:45:46	02:48:08
96	379	M	46	Harold Garner	Hope Mills NC	90	00:31:58	34	00:01:19	100	01:21:33	109	00:01:35	102	00:51:52	02:48:15
97	294	M	54	Paul Nielson	Winston-Salem NC	67	00:30:34	41	00:01:24	84	01:19:48	126	00:01:50	125	00:54:47	02:48:21
98	286	M	46	MC Jim Doyle	Davidson NC	100	00:32:31	48	00:01:28	43	01:15:36	110	00:01:35	141	00:57:17	02:48:25
99	90	M	45	Richard Kuhns	Aberdeen NC	48	00:28:49	163	00:03:00	101	01:21:41	105	00:01:32	122	00:54:26	02:49:27
100	102	M	26	Landon Orr	Clayton NC	127	00:35:15	8	00:01:06	109	01:22:43	12	00:00:58	84	00:49:27	02:49:28
101	301	M	60	Steve Thomas	Raleigh NC	73	00:30:49	157	00:02:51	71	01:18:50	136	00:01:58	129	00:55:08	02:49:34
102	296	M	46	Dick Archie	Kinston NC	94	00:32:04	124	00:02:16	147	01:27:26	151	00:02:13	54	00:46:03	02:50:00
103	353	M	46	ZM Warren Grill	Chapel Hill NC	164	00:38:33	106	00:02:02	108	01:22:38	38	00:01:08	50	00:45:43	02:50:02
104	225	M	51	Damon Crowther	Rock Hill SC	63	00:30:22	146	00:02:36	83	01:19:45	141	00:02:02	132	00:55:19	02:50:02
105	57	M	40	Alan Parker	Aberdeen NC	101	00:32:33	47	00:01:27	93	01:20:44	18	00:01:00	131	00:55:12	02:50:54
106	229	M	37	Bo Sink	Winston Salem NC	165	00:38:45	130	00:02:22	73	01:19:02	75	00:01:22	88	00:50:14	02:51:43
107	254	M	36	Richard Elwell	Raleigh NC	161	00:38:14	72	00:01:40	92	01:20:42	139	00:02:00	83	00:49:21	02:51:56
108	243	M	24	Joe Schmid	Fayetteville NC	38	00:27:34	97	00:01:55	168	01:30:35	106	00:01:33	93	00:50:40	02:52:15
109	314	M	45	MC Thomas West	Greenville NC	86	00:31:50	158	00:02:53	99	01:21:15	135	00:01:56	121	00:54:23	02:52:16
110	160	M	52	Frazier Keck	Cary NC	132	00:35:40	70	00:01:39	114	01:23:30	107	00:01:33	86	00:49:59	02:52:18
111	320	M	37	Mark Dillon	Wilmington NC	82	00:31:28	160	00:02:57	110	01:22:53	120	00:01:43	118	00:53:48	02:52:48
112	325	M	35	Thomas Nance	Whiteville NC	84	00:31:29	101	00:01:56	125	01:25:00	71	00:01:21	117	00:53:46	02:53:31
113	153	M	24	Clinton Piland	Raleigh NC	112	00:33:30	49	00:01:28	121	01:24:38	27	00:01:04	111	00:53:05	02:53:43
114	34	M	66	Paul Bloom	Durham NC	121	00:34:48	113	00:02:08	118	01:24:01	94	00:01:27	103	00:51:54	02:54:16
115	200	M	41	Jody Sherron	Winston-Salem NC	80	00:31:21	126	00:02:18	116	01:23:39	133	00:01:55	133	00:55:22	02:54:33

116	247	M	46		Kevin Henderson	Fayetteville NC	93	00:32:03	69	00:01:39	94	01:21:04	51	00:01:14	148	00:59:21	02:55:18
117	268	M	31		Andy Owens	Wilmington NC	155	00:37:46	32	00:01:17	134	01:26:15	62	00:01:19	80	00:48:44	02:55:19
118	181	M	21		Joseph Matroni	Apex NC	173	00:40:04	38	00:01:22	72	01:18:58	114	00:01:36	113	00:53:25	02:55:23
119	217	M	55		David Hawley	Raleigh NC	133	00:35:43	90	00:01:52	80	01:19:33	111	00:01:35	139	00:57:08	02:55:49
120	72	M	51		Michael Fiocco	Pittsboro NC	153	00:37:26	133	00:02:29	117	01:23:54	137	00:01:58	87	00:50:11	02:55:56
121	321	M	39	C	Gerard Pelletier	Selma NC	126	00:35:14	118	00:02:12	128	01:25:31	72	00:01:21	108	00:52:48	02:57:05
122	199	M	36		Jason Smith	Holly Springs NC	104	00:32:43	148	00:02:41	146	01:27:26	117	00:01:40	109	00:52:52	02:57:18
123	264	M	21		Corey Renaud	Fayetteville NC	83	00:31:29	165	00:03:03	179	01:33:07	93	00:01:27	79	00:48:35	02:57:39
124	324	M	44		Rich Larsen	Charlotte NC	192	00:44:17	120	00:02:14	67	01:18:41	131	00:01:54	92	00:50:40	02:57:44
125	29	M	50		Bill Little	Wendell NC	108	00:33:14	132	00:02:28	135	01:26:15	144	00:02:07	116	00:53:45	02:57:47
126	101	M	30		Matt Greenan	Cary NC	34	00:26:55	58	00:01:32	111	01:23:13	69	00:01:20	168	01:05:06	02:58:04
127	288	M	56		Alan Maynard	White Lake NC	152	00:37:24	155	00:02:48	122	01:24:41	181	00:02:51	89	00:50:26	02:58:08
128	202	M	51		Steve Higgins	Madison Heights VA	179	00:41:17	128	00:02:20	104	01:21:58	78	00:01:22	104	00:52:02	02:58:57
129	43	M	31		David Cleveland	Fayetteville NC	102	00:32:34	51	00:01:29	123	01:24:53	25	00:01:04	146	00:59:16	02:59:13
130	15	M	43	MM	Neil Amato	Apex NC	64	00:30:23	131	00:02:27	167	01:30:29	175	00:02:39	115	00:53:38	02:59:33
131	115	M	40		Jason Godwin	Kenly NC	46	00:28:23	182	00:03:31	153	01:28:18	122	00:01:45	142	00:57:40	02:59:35
132	384	M	45	MC	Alexander Karstens	Clayton NC	115	00:34:06	95	00:01:55	90	01:20:41	130	00:01:53	154	01:01:09	02:59:41
133	148	M	40		Charlie Grant	Raleigh NC	114	00:33:55	162	00:02:58	145	01:27:23	156	00:02:18	112	00:53:16	02:59:48
134	339	M	50		Tom O'Donnell	Apex NC	162	00:38:25	88	00:01:51	139	01:26:27	154	00:02:16	97	00:50:53	02:59:50
135	252	M	56		Harry Barto	Mooresville NC	142	00:36:32	141	00:02:34	103	01:21:47	166	00:02:27	138	00:56:38	02:59:57
136	117	M	35		Dan Almond	Raleigh NC	158	00:38:10	143	00:02:34	126	01:25:04	174	00:02:38	106	00:52:18	03:00:42
137	58	M	46		Stephen Schaar	Stallings NC	76	00:31:01	142	00:02:34	130	01:25:49	146	00:02:08	149	00:59:30	03:00:59
138	109	M	53		David Alden	Pine Level NC	139	00:36:14	129	00:02:22	106	01:22:25	142	00:02:05	147	00:59:20	03:02:24
139	139	M	46		Thomas Guest	Chapel Hill NC	96	00:32:11	81	00:01:46	159	01:29:12	162	00:02:23	143	00:57:50	03:03:20
140	234	M	28		Jake Lappi	Charlotte NC	168	00:39:11	117	00:02:10	136	01:26:15	104	00:01:32	120	00:54:16	03:03:21
141	37	M	33		Aaron Ralston	Pinehurst NC	174	00:40:21	167	00:03:04	157	01:28:29	195	00:03:38	82	00:49:00	03:04:29
142	356	M	28	NM	Joel Bradbury	Charlotte NC	49	00:28:51	200	00:04:53	152	01:28:11	187	00:03:06	151	00:59:52	03:04:51
143	80	M	45		Don Lacombe	Raleigh NC	156	00:37:47	111	00:02:06	119	01:24:15	171	00:02:32	144	00:58:28	03:05:06
144	291	M	42		Brent Langston	Clayton NC	77	00:31:02	107	00:02:04	98	01:21:15	112	00:01:36	178	01:09:58	03:05:53
145	317	M	35		Bill Taylor	Fayetteville NC	105	00:32:46	150	00:02:42	140	01:26:28	73	00:01:22	162	01:02:46	03:06:02
146	110	M	36	NM	Jonathon Keener	Raleigh NC	68	00:30:36	152	00:02:44	182	01:33:49	186	00:03:04	137	00:55:52	03:06:02

147	275	M	53	Brian Moxey	Surf City NC	103	00:32:38	92	00:01:54	132	01:25:55	172	00:02:32	165	01:03:35	03:06:32	
148	32	M	56	Gary Cook	Leland NC	185	00:42:02	105	00:02:00	142	01:26:45	57	00:01:17	124	00:54:41	03:06:42	
149	205	M	38	Donald Myers	Goldsboro NC	123	00:35:00	134	00:02:29	156	01:28:29	98	00:01:28	150	00:59:33	03:06:57	
150	132	M	32	Sutton Schilawski	Leland NC	169	00:39:13	99	00:01:56	174	01:31:51	26	00:01:04	119	00:53:58	03:08:00	
151	267	M	43	John Parker	Fayetteville NC	71	00:30:40	108	00:02:04	170	01:31:26	180	00:02:49	163	01:03:09	03:10:07	
152	204	M	56	Aldo Dagnino	Cary NC	183	00:41:26	169	00:03:05	133	01:26:02	178	00:02:48	140	00:57:16	03:10:35	
153	203	M	48	Stuart Higgins	Apex NC	157	00:37:58	135	00:02:30	143	01:27:11	157	00:02:18	152	01:00:57	03:10:52	
154	265	M	35	Danny Menser	Advance NC	154	00:37:30	116	00:02:10	115	01:23:33	116	00:01:39	171	01:06:05	03:10:55	
155	364	M	27	NM	Gustavo Caruso	Fayetteville NC	146	00:36:51	184	00:03:37	192	01:36:28	168	00:02:27	135	00:55:33	03:14:55
156	327	M	29	Peter Baio	Greenville NC	124	00:35:06	175	00:03:11	105	01:22:24	54	00:01:15	192	01:13:15	03:15:09	
157	358	M	37	NM	Jeremy Burnett	Wilmington NC	134	00:35:46	189	00:03:48	155	01:28:28	189	00:03:13	166	01:04:00	03:15:13
158	73	M	46	Pete Frandano	Southport NC	131	00:35:38	197	00:04:36	181	01:33:32	188	00:03:10	145	00:59:08	03:16:04	
159	311	M	36	James Morris	Hope Mills NC	199	00:46:17	137	00:02:31	171	01:31:32	19	00:01:00	127	00:54:55	03:16:14	
160	349	M	48	ZM	John Condroski	Fayetteville NC	159	00:38:12	180	00:03:25	173	01:31:48	176	00:02:40	156	01:01:23	03:17:25
161	53	M	35	Matthew Portis	Alexandria VA	193	00:44:18	139	00:02:32	137	01:26:15	169	00:02:29	161	01:02:44	03:18:16	
162	94	M	33	C	Wes Salisbury	Winston Salem NC	148	00:37:08	145	00:02:36	183	01:33:58	184	00:02:56	159	01:02:09	03:18:45
163	81	M	17	Ben Lacombe	Raleigh NC	184	00:41:30	67	00:01:38	161	01:29:25	153	00:02:15	167	01:04:37	03:19:23	
164	95	M	44	Doug Thompson	Holly Springs NC	113	00:33:50	191	00:04:07	138	01:26:16	191	00:03:24	184	01:11:50	03:19:26	
165	305	M	53	Joe Kasperski	Morehead City NC	138	00:36:04	127	00:02:19	131	01:25:52	150	00:02:12	193	01:13:42	03:20:08	
166	347	M	43	ZM	Todd Brown	West End NC	150	00:37:19	179	00:03:14	175	01:31:59	145	00:02:07	170	01:05:53	03:20:30
167	309	M	32	Maciej Mazurowski	Durham NC	167	00:39:07	206	00:06:43	162	01:29:29	197	00:03:57	158	01:01:37	03:20:50	
168	318	M	45	John Purcell	Raleigh NC	145	00:36:43	204	00:05:20	148	01:27:26	204	00:04:56	172	01:06:48	03:21:11	
169	49	M	33	Walter Devins	Raleigh NC	109	00:33:15	164	00:03:01	165	01:29:55	83	00:01:23	194	01:13:52	03:21:25	
170	42	M	27	Phil Lowe	Raleigh NC	170	00:39:14	199	00:04:42	185	01:34:23	163	00:02:24	153	01:01:03	03:21:44	
171	233	M	38	Thomas Wilbanks	Four Oaks NC	140	00:36:15	178	00:03:13	190	01:35:57	205	00:05:21	157	01:01:27	03:22:11	
172	71	M	45	MC	Kerry Norton	Charlotte NC	181	00:41:24	168	00:03:05	149	01:27:36	127	00:01:52	176	01:08:49	03:22:44
173	106	M	29	Travis Hedgepeth	Raleigh NC	191	00:43:31	138	00:02:32	151	01:28:02	161	00:02:21	174	01:07:19	03:23:44	
174	354	M	29	NM	Anthony Mattazaro	Fayetteville NC					201	01:43:05	119	00:01:42	126	00:54:54	03:24:49
175	185	M	67	Lou Galli	Wilmington NC	130	00:35:30	136	00:02:31	178	01:32:19	152	00:02:13	191	01:13:02	03:25:34	
176	276	M	56	Donald Elliott	New Bern NC	141	00:36:18	173	00:03:08	172	01:31:40	196	00:03:38	183	01:11:26	03:26:08	
177	134	M	50	Todd Lucas	Lexington SC	171	00:39:24	79	00:01:45	160	01:29:15	158	00:02:19	195	01:14:15	03:26:56	

178	361	M	31	NM	Joshua Pyle	Charlotte NC	187	00:42:41	202	00:04:56	196	01:38:58	206	00:05:49	136	00:55:36	03:27:59
179	105	M	47		Andy Kay	Columbia SC	182	00:41:25	195	00:04:24	124	01:24:55	121	00:01:44	197	01:15:46	03:28:12
180	127	M	36	C	Kenneth Wright II	Charlotte NC	172	00:39:58	161	00:02:58	158	01:29:07	128	00:01:52	196	01:14:38	03:28:31
181	220	M	43		Eric Hernandez	Hampstead NC	178	00:41:16	125	00:02:18	191	01:36:16	143	00:02:06	175	01:08:18	03:30:12
182	238	M	60		Brian Clark	Mebane NC	200	00:46:34	192	00:04:18	187	01:34:50	170	00:02:31	164	01:03:32	03:31:43
183	77	M	54		Rick Turner	Apex NC	194	00:44:31	170	00:03:06	184	01:34:23	185	00:03:03	173	01:07:02	03:32:02
184	173	M	40	MC	Patrick Van Vickle	Apex NC	166	00:38:52	185	00:03:37	186	01:34:44	173	00:02:33	190	01:13:02	03:32:46
185	350	M	61	ZM	Charles Emory	Durham, Nc NC	175	00:40:24	159	00:02:55	193	01:36:31	177	00:02:42	181	01:10:46	03:33:17
186	230	M	36	C	Jeremy Deck	Raeford NC	202	00:49:10	166	00:03:04	150	01:27:45	164	00:02:24	182	01:10:59	03:33:20
187	188	M	57		Peter-John Anderson	Charlotte NC	129	00:35:26	201	00:04:54	195	01:38:56	183	00:02:55	185	01:11:53	03:34:01
188	359	M	33	NM	Joseph Cannon	Fayetteville NC	204	00:53:13	196	00:04:28	180	01:33:10	190	00:03:16	155	01:01:18	03:35:23
189	118	M	43		William Laster	Raleigh NC	188	00:43:12	205	00:05:59	164	01:29:45	200	00:04:23	188	01:12:21	03:35:38
190	195	M	11		Jacob Morton	Wake Forest NC	31	00:26:41	194	00:04:22	206	02:01:14	65	00:01:19	160	01:02:28	03:36:02
191	363	M	28	NM	Michael Cain	Fayetteville NC											03:36:33
192	28	M	65		Sam Baker	Raleigh NC	201	00:48:52	149	00:02:41	177	01:32:18	179	00:02:49	179	01:10:01	03:36:39
193	169	M	49		Ralph Marshall	Hillsborough NC	176	00:40:35	177	00:03:13	194	01:38:16	165	00:02:25	189	01:12:38	03:37:06
194	152	M	38		Dean Willard	Fayetteville GA	197	00:44:45	147	00:02:38	176	01:32:00	159	00:02:19	199	01:16:34	03:38:14
195	99	M	16		Harrison Tucker	Raleigh NC	180	00:41:24	188	00:03:46	188	01:35:46	123	00:01:45	200	01:17:00	03:39:39
196	300	M	37		Mauro Martinez	Richlands NC	163	00:38:29	151	00:02:43	198	01:40:37	108	00:01:34	201	01:17:02	03:40:23
197	360	M	39		Robert Childers	Wake Forest NC	195	00:44:32	183	00:03:34	197	01:39:36	194	00:03:31	177	01:09:14	03:40:25
198	346	M	51	ZM	Michael Mauldwin	Hope Mills NC	177	00:41:02	172	00:03:08	163	01:29:37	199	00:04:20	205	01:22:31	03:40:37
199	113	M	59		Tim Bostick	Columbia SC	196	00:44:39	174	00:03:09	166	01:30:05	182	00:02:52	203	01:21:06	03:41:49
200	333	M	58		Bobby Brandon	Wrightsville Beach NC	198	00:44:53	156	00:02:49	203	01:45:49	198	00:04:02	169	01:05:51	03:43:23
201	235	M	54		John Lappi	Inman SC	189	00:43:15	190	00:04:01	200	01:41:01	193	00:03:29	187	01:12:21	03:44:04
202	279	M	58		Rudy Allen	Clayton NC	186	00:42:30	176	00:03:12	202	01:45:04	167	00:02:27	186	01:12:16	03:45:28
203	123	M	63	ZM	Mark Turnbull	Wallace NC	203	00:49:37	198	00:04:41	169	01:31:15	202	00:04:27	198	01:16:23	03:46:21
204	119	M	56		Gene Toth	Cary NC	190	00:43:27	203	00:05:07	189	01:35:57	203	00:04:37	202	01:17:42	03:46:48
205	150	M	51		Mark McBrayer	Aberdeen NC	149	00:37:12	187	00:03:44	204	01:49:19	192	00:03:25	204	01:21:35	03:55:13
206	280	M	44		Frank Brinkley	Wallace NC											04:12:32
207	348	M	55	ZM	Michael Clark	High Point NC	206	01:19:22	186	00:03:39	199	01:40:40	201	00:04:25	180	01:10:45	04:18:49
208	355	M	29	NM	Joshua Agner	Raleigh NC	205	00:59:37	193	00:04:21	205	02:01:08	140	00:02:00	206	01:32:07	04:39:11

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