

# 2012 White Lake Fall International

## Overall Men

### White Lake, NC 9/08/2012 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	1	M	28	OM	Doug Van Wie	Birmingham AL	1	00:19:40	6	00:01:06	3	01:05:20	2	00:00:46	2	00:35:50		02:02:40	
2	2	M	27	OM	Matthew Wisthoff	Wilmington NC	2	00:20:23	1	00:00:59	1	01:04:40	1	00:00:46	5	00:39:42		02:06:28	
3	19	M	31	OM	Patrick Farwell	Wilmington NC	3	00:23:01	11	00:01:11	5	01:06:15	15	00:00:59	3	00:38:07		02:09:31	
4	13	M	24	OM	Matthew Ison	Oxford NC	13	00:26:32	9	00:01:07	10	01:09:43	3	00:00:50	1	00:35:41		02:13:52	
5	5	M	35	OM	Dan Young	Cary NC	4	00:23:05	21	00:01:18	7	01:09:17	31	00:01:09	9	00:41:52		02:16:38	
6	6	M	30	OM	Josh West	Carrboro NC	10	00:25:26	13	00:01:12	11	01:10:18	10	00:00:57	4	00:39:22		02:17:12	
7	264	M	33		Christopher Caamano	Charlotte NC	24	00:27:34	8	00:01:06	4	01:05:52	21	00:01:04	13	00:42:24		02:17:58	
8	20	M	35		Todd Midgett	Wilmington NC	12	00:26:30	4	00:01:05	8	01:09:34	13	00:00:58	14	00:42:27		02:20:32	
9	7	M	36	OM	David Williams	Durham NC	6	00:23:10	12	00:01:11	6	01:07:48	12	00:00:58	47	00:49:53		02:22:59	
10	18	M	41	MM	Neil Peterken	Wilmington NC	33	00:28:47	15	00:01:12	14	01:10:48	5	00:00:53	12	00:42:11		02:23:50	
11	110	M	21		Ryan Polli	Cary NC	7	00:23:31	7	00:01:06	50	01:17:15	55	00:01:19	6	00:40:45		02:23:54	
12	338	M	46		Matthew Perry	Davidson NC	38	00:29:39	26	00:01:22	17	01:12:35	17	00:00:59	7	00:41:02		02:25:36	
13	17	M	26	OM	Kory Gray	Raleigh NC	44	00:30:10	17	00:01:15	12	01:10:19	8	00:00:56	16	00:43:30		02:26:09	
14	128	M	27		Brad Tripp	Raleigh NC	28	00:28:04	38	00:01:26	26	01:14:25	11	00:00:58	11	00:42:02		02:26:52	
15	132	M	38		Brian Couture	Charlotte NC	14	00:26:33	56	00:01:37	9	01:09:40	62	00:01:26	32	00:47:42		02:26:55	
16	383	M	46		Dan Sullivan	Charlotte NC	25	00:27:50	19	00:01:16	16	01:12:20	33	00:01:09	25	00:46:16		02:28:50	
17	12	M	40	MM	Kyle Shepard	Hampstead NC	54	00:31:41	24	00:01:20	15	01:12:14	4	00:00:51	15	00:43:01		02:29:05	
18	170	M	33		Nick Trueman	Holly Springs NC	22	00:27:16	14	00:01:12	28	01:14:29	19	00:01:01	19	00:45:18		02:29:14	
19	302	M	35		Cam Penegar	Wilmington NC	27	00:28:00	33	00:01:24	18	01:12:40	18	00:01:00	38	00:48:29		02:31:30	
20	376	M	43		Doug Cowell	Pittsboro NC	23	00:27:22	42	00:01:28	22	01:13:27	49	00:01:18	37	00:48:23		02:31:55	
21	8	M	36	OM	Kit Phillips	Apex NC	46	00:30:14	10	00:01:10	13	01:10:42	28	00:01:07	42	00:49:11		02:32:23	
22	144	M	37		Jeff Kern	Jackson Springs NC	63	00:32:42	2	00:00:59	31	01:15:16	16	00:00:59	17	00:43:45		02:33:40	

23	186	M	37		Brian Bohrer	Wilmington NC	15	00:26:34	25	00:01:22	46	01:16:55	14	00:00:59	36	00:48:03	02:33:50
24	324	M	40		John Grooman	Wilmington NC	20	00:27:04	58	00:01:39	32	01:15:22	46	00:01:15	45	00:49:36	02:34:55
25	309	M	27		Creighton Nash	Raleigh NC	30	00:28:23	105	00:02:05	43	01:16:23	135	00:01:59	24	00:46:13	02:35:01
26	221	M	37		Ronnie Hicks	Pinehurst NC	94	00:35:31	16	00:01:14	36	01:15:45	27	00:01:06	8	00:41:37	02:35:11
27	280	M	40		Spencer Cocanour	Southern Pines NC	36	00:29:20	49	00:01:31	27	01:14:26	6	00:00:56	41	00:49:02	02:35:12
28	337	M	44		Locke Stuart	Marvin NC	91	00:35:05	32	00:01:23	21	01:13:17	105	00:01:44	21	00:45:43	02:37:10
29	307	M	30		Tony Radakovich	Raleigh NC	57	00:32:11	40	00:01:27	45	01:16:41	43	00:01:14	23	00:46:06	02:37:37
30	233	M	41		Mark Locklear	Lumberton NC											02:37:37
31	117	M	29		Samuel Silverman	Spring Lake NC	31	00:28:25	34	00:01:25	55	01:17:36	26	00:01:06	46	00:49:49	02:38:18
32	401	M	31	OM	George Canfil	Fort Bragg NC	26	00:27:57	163	00:02:43	68	01:19:04	182	00:02:37	22	00:46:02	02:38:22
33	396	M	29	NM	Mathew Young	Fayetteville NC	11	00:26:22	80	00:01:54	94	01:21:47	48	00:01:16	35	00:47:50	02:39:07
34	62	M	41		Parish Parker	Cary NC	34	00:28:55	43	00:01:28	84	01:20:27	35	00:01:10	31	00:47:20	02:39:18
35	152	M	51		Steve Ahrens	Charlotte NC	112	00:36:24	130	00:02:20	54	01:17:34	63	00:01:26	10	00:41:57	02:39:38
36	299	M	34		Adam Burke	Raleigh NC	88	00:34:51	63	00:01:42	57	01:17:37	34	00:01:09	18	00:45:03	02:40:20
37	279	M	27		Alfredo Vargas	Greenville NC	35	00:29:06	50	00:01:32	63	01:18:15	146	00:02:04	48	00:50:20	02:41:14
38	387	M	40	MC	Daniel Egbert	Sanford NC	47	00:30:21	122	00:02:15	39	01:15:57	79	00:01:33	50	00:51:54	02:41:58
39	199	M	30		Justin Loss	Greenville NC	71	00:33:30	29	00:01:23	71	01:19:19	36	00:01:12	28	00:46:58	02:42:20
40	148	M	48		Alex Gonzalez	Southern Pines NC	86	00:34:46	55	00:01:36	52	01:17:28	91	00:01:38	29	00:47:00	02:42:27
41	287	M	47		Chic Ferrell	Raleigh NC	74	00:33:50	65	00:01:44	70	01:19:18	101	00:01:42	26	00:46:18	02:42:50
42	25	M	31		David Holder	Winston Salem NC	18	00:26:48	28	00:01:23	96	01:22:14	38	00:01:13	51	00:51:58	02:43:34
43	247	M	37		Jip Kongruengkit	Charlotte NC	80	00:34:27	54	00:01:34	34	01:15:43	40	00:01:13	53	00:52:06	02:45:01
44	15	M	43	MM	Frank Fisher	Greenville NC	8	00:24:48	20	00:01:16	25	01:14:08	41	00:01:14	128	01:03:46	02:45:10
45	255	M	36	C	Dan MacLachlan	Wilson NC	40	00:30:04	61	00:01:40	35	01:15:44	24	00:01:05	87	00:57:05	02:45:36
46	210	M	24		Jason Gilbert	Stanley NC	133	00:37:55	48	00:01:30	76	01:19:46	23	00:01:04	20	00:45:41	02:45:55
47	328	M	22		Karsten Bench	Chapel Hill NC	49	00:30:51	168	00:02:51	64	01:18:16	123	00:01:51	55	00:52:10	02:45:57
48	146	M	53		Craig Gilbert	Durham NC	41	00:30:04	46	00:01:30	86	01:20:33	30	00:01:08	60	00:53:04	02:46:17
49	96	M	48		Tim Hahn	Cary NC	167	00:41:10	69	00:01:45	37	01:15:46	51	00:01:18	27	00:46:23	02:46:21
50	343	M	57		Steve Thompson	Chapel Hill NC	79	00:34:18	78	00:01:53	79	01:19:59	112	00:01:46	39	00:48:38	02:46:31
51	175	M	52		Paul Bailey	Bracey VA	115	00:36:50	59	00:01:40	72	01:19:21	83	00:01:36	30	00:47:14	02:46:38
52	293	M	49		Ian Hunter	Chapel Hill NC	17	00:26:43	127	00:02:18	65	01:18:21	86	00:01:36	95	00:58:33	02:47:29
53	372	M	31	C	Matt Ham	Wilmington NC	37	00:29:21	47	00:01:30	40	01:16:03	134	00:01:57	102	00:59:20	02:48:09

54	238	M	53		Paul Nielson	Winston-Salem NC	64	00:32:56	36	00:01:26	53	01:17:31	117	00:01:48	69	00:54:46	02:48:25
55	244	M	45		Doug Romick	Cary NC	52	00:31:02	107	00:02:06	80	01:20:05	68	00:01:29	65	00:53:46	02:48:26
56	9	M	22	OM	Alan Woodbury	Wilmington NC	59	00:32:28	74	00:01:49	115	01:24:18	32	00:01:09	40	00:48:59	02:48:40
57	300	M	51		Ronnie Horne	Raleigh NC	103	00:35:52	30	00:01:23	20	01:13:09	20	00:01:03	91	00:57:44	02:49:08
58	53	M	37		Ryan Thigpen	Huntersville NC	51	00:30:57	97	00:02:02	66	01:18:31	103	00:01:43	79	00:56:03	02:49:14
59	327	M	41		Alfred Sergel IV	Matthews NC	128	00:37:30	104	00:02:04	83	01:20:24	109	00:01:45	34	00:47:48	02:49:29
60	145	M	44		David Culbertson	Pittsboro NC	104	00:35:52	151	00:02:35	77	01:19:51	155	00:02:14	44	00:49:24	02:49:54
61	381	M	38		Art Prejs	Cary NC	117	00:37:03	57	00:01:37	47	01:16:59	52	00:01:18	59	00:53:01	02:49:56
62	209	M	35		Seth Palmer	Raleigh NC	55	00:31:45	52	00:01:32	42	01:16:06	22	00:01:04	106	00:59:44	02:50:10
63	211	M	45		Randy Talton	Cary NC	121	00:37:17	77	00:01:53	75	01:19:34	77	00:01:32	49	00:50:33	02:50:47
64	370	M	53		Eric Waldbauer	Durham NC	32	00:28:38	135	00:02:24	19	01:13:00	115	00:01:47	142	01:05:05	02:50:53
65	64	M	45		John Strong	Chapel Hill NC	43	00:30:10	182	00:03:11	48	01:17:08	164	00:02:22	93	00:58:09	02:50:59
66	179	M	32		J.R. Naylor	Wilmington NC	60	00:32:33	82	00:01:57	97	01:22:22	54	00:01:19	66	00:54:17	02:52:25
67	69	M	36		Brandon Kerr	High Point NC	9	00:25:03	35	00:01:25	67	01:18:45	25	00:01:05	147	01:06:16	02:52:33
68	296	M	55		George W Claude Jr	Fayetteville NC	39	00:29:48	71	00:01:48	143	01:27:08	120	00:01:49	52	00:52:05	02:52:36
69	43	M	42		Greg Hince	Clayton NC	69	00:33:17	31	00:01:23	95	01:22:09	59	00:01:24	70	00:54:47	02:52:59
70	385	M	44		Travis Guess	Cary NC	110	00:36:10	143	00:02:31	51	01:17:25	166	00:02:23	67	00:54:36	02:53:02
71	130	M	40		Mark Engen	Fayetteville NC	175	00:41:38	23	00:01:19	82	01:20:24	143	00:02:04	33	00:47:47	02:53:09
72	435	M	24		David Vreeland	Greensboro NC	19	00:27:00	111	00:02:08	38	01:15:49	39	00:01:13	151	01:07:34	02:53:42
73	283	M	65		Tito Craige	Chapel Hill NC	48	00:30:32	87	00:01:59	78	01:19:53	85	00:01:36	108	00:59:48	02:53:46
74	364	M	34		Barry Graham	Pembroke NC	158	00:40:18	92	00:02:01	23	01:13:35	96	00:01:39	85	00:56:23	02:53:53
75	344	M	53	MC	Greg Combs	Southern Pines NC	139	00:38:40	114	00:02:08	24	01:13:35	88	00:01:37	94	00:58:32	02:54:31
76	168	M	36		Brian Johnson	Gastonia NC	56	00:31:51	45	00:01:30	102	01:23:06	130	00:01:55	86	00:56:24	02:54:43
77	164	M	52		David Alden	Pine Level NC	102	00:35:49	64	00:01:43	69	01:19:17	69	00:01:29	90	00:57:21	02:55:37
78	246	M	26		Lewis Freiberg	Raleigh NC	29	00:28:18	132	00:02:21	114	01:23:59	97	00:01:40	107	00:59:47	02:56:03
79	215	M	38		Brooks Kaufman	Cary NC	61	00:32:39	138	00:02:27	132	01:26:01	167	00:02:23	58	00:52:44	02:56:11
80	27	M	51		Roger Jeffs	Chapel Hill NC	141	00:38:56	89	00:01:59	29	01:14:44	89	00:01:37	97	00:58:57	02:56:12
81	83	M	49		Dale Dingle	Fayetteville NC	150	00:39:42	139	00:02:27	59	01:17:45	84	00:01:36	71	00:55:03	02:56:31
82	44	M	41		Shawn Spencer	Wilmington NC	105	00:35:54	5	00:01:06	100	01:22:24	75	00:01:32	82	00:56:14	02:57:06
83	204	M	40		Jeff Howard	Charlotte NC	120	00:37:16	96	00:02:02	90	01:21:26	50	00:01:18	78	00:55:49	02:57:49
84	99	M	38		Greg Frey	Charlotte NC	58	00:32:26	118	00:02:13	81	01:20:12	65	00:01:26	117	01:01:44	02:57:59

85	432	M	38		Sean Doherty	Charlotte NC	186	00:43:14	84	00:01:57	58	01:17:39	159	00:02:15	61	00:53:06	02:58:10	
86	367	M	45	MM	Harold Garner	Hope Mills NC	113	00:36:30	70	00:01:46	93	01:21:44	56	00:01:21	88	00:57:15	02:58:34	
87	393	M	34	NM	Michael Villacarlos	New Milford NJ	66	00:33:09	128	00:02:19	154	01:28:42	44	00:01:14	62	00:53:12	02:58:35	
88	224	M	56		Wally Warren	Charlotte NC	144	00:39:06	73	00:01:49	62	01:18:12	78	00:01:32	92	00:58:09	02:58:45	
89	60	M	52		Jeffrey Ferraro	Winnabow NC	75	00:34:02	159	00:02:40	106	01:23:27	67	00:01:28	89	00:57:19	02:58:53	
90	241	M	51		Chris Graebe	Raleigh NC	109	00:36:06	116	00:02:10	56	01:17:36	119	00:01:49	115	01:01:15	02:58:54	
91	336	M	45	MC	Jim Doyle	Davidson NC	100	00:35:47	41	00:01:27	30	01:15:00	151	00:02:08	133	01:04:39	02:58:59	
92	319	M	35		John King	Whispering Pines NC	130	00:37:33	60	00:01:40	116	01:24:31	94	00:01:39	64	00:53:39	02:58:59	
93	213	M	49		Scott Brown	Apex NC	165	00:40:59	113	00:02:08	61	01:18:00	118	00:01:48	81	00:56:11	02:59:05	
94	332	M	35		Michael Schmeiser	Hillsborough NC	107	00:35:58	133	00:02:23	104	01:23:10	95	00:01:39	80	00:56:04	02:59:13	
95	30	M	33		Cody Gormley	Jacksonville NC	145	00:39:08	91	00:02:01	99	01:22:24	74	00:01:31	68	00:54:41	02:59:42	
96	120	M	35		Ben Lowry	New Bern NC	136	00:38:19	94	00:02:01	167	01:29:40	7	00:00:56	43	00:49:17	03:00:11	
97	375	M	38	C	Gerard Pelletier	Selma NC	123	00:37:19	76	00:01:52	119	01:24:38	126	00:01:52	74	00:55:20	03:00:58	
98	82	M	47		John Syme	Fayetteville NC	70	00:33:17	149	00:02:34	88	01:20:56	140	00:02:02	113	01:00:54	00:02:00	03:01:42
99	348	M	49		Frederick Doolittle	Rougemont NC	101	00:35:48	121	00:02:14	140	01:26:47	71	00:01:30	75	00:55:35	03:01:52	
100	184	M	41		Neil Burke	South Hill VA	78	00:34:14	39	00:01:26	87	01:20:52	93	00:01:39	134	01:04:41	03:02:51	
101	78	M	48		Kevin Kelley	Raleigh NC	45	00:30:13	152	00:02:35	161	01:29:22	81	00:01:34	99	00:59:09	03:02:52	
102	59	M	44	MC	Brendan Kelleher	Charlotte NC	87	00:34:48	81	00:01:55	117	01:24:31	110	00:01:46	109	00:59:56	03:02:54	
103	68	M	51		Frazier Keck	Chapel Hill NC	125	00:37:27	51	00:01:32	105	01:23:17	99	00:01:41	101	00:59:12	03:03:06	
104	162	M	41		John Wishart	Fayetteville NC	76	00:34:07	103	00:02:04	170	01:30:09	87	00:01:36	76	00:55:41	03:03:36	
105	314	M	49		Bryan Maynor	Pembroke NC	153	00:40:01	177	00:03:06	108	01:23:38	129	00:01:54	73	00:55:15	03:03:51	
106	65	M	48		Lowell Gould	Rocky Point NC	50	00:30:56	3	00:01:05					153	01:07:49	03:04:04	
107	298	M	59		David Brooks	Pembroke NC	161	00:40:34	201	00:03:47	112	01:23:53	170	00:02:26	63	00:53:38	03:04:16	
108	290	M	36	C	Dennis Powers	Ocean Isle Beach NC	85	00:34:44	153	00:02:35	103	01:23:06	106	00:01:45	121	01:02:14	03:04:22	
109	349	M	26		Brian Wood	Fayetteville NC	81	00:34:30	120	00:02:13	74	01:19:33	163	00:02:22	145	01:05:47	03:04:23	
110	197	M	55		Ben Foy	Murrysville PA	147	00:39:22	98	00:02:02	41	01:16:04	148	00:02:05	138	01:04:55	03:04:26	
111	79	M	30	C	Thomas Nelson	Vass NC	157	00:40:17	109	00:02:06	127	01:25:47	100	00:01:42	72	00:55:05	03:04:55	
112	259	M	39		Charlie Grant	Raleigh NC	95	00:35:32	124	00:02:16	121	01:24:58	128	00:01:53	116	01:01:25	03:06:02	
113	234	M	27		Matt Abirached	Huntersville NC	169	00:41:13	101	00:02:03	128	01:25:48	45	00:01:15	83	00:56:15	03:06:31	
114	178	M	38	C	Tim McGuan	Wilmington NC	176	00:41:45	171	00:02:51	91	01:21:26	124	00:01:52	96	00:58:56	03:06:48	
115	269	M	36		Sean Williams	Lenoir NC	62	00:32:41	79	00:01:54	135	01:26:20	73	00:01:31	135	01:04:49	03:07:13	

116	397	M	43	ZM	Rob Igoe	Winston-Salem NC	106	00:35:54	180	00:03:10	111	01:23:50	181	00:02:37	118	01:01:49	03:07:19
117	141	M	32		Tommy Huettl	Wilmington NC	82	00:34:33	131	00:02:21	125	01:25:43	137	00:02:00	125	01:02:45	03:07:20
118	378	M	32		Jason Los	Fayetteville NC	197	00:46:49	142	00:02:30	33	01:15:29	157	00:02:15	114	01:00:58	03:07:59
119	430	M	34		Thomas Nance	Whiteville NC	131	00:37:44	170	00:02:51	141	01:26:48	158	00:02:15	105	00:59:40	03:09:16
120	114	M	39		Brent Hazelett	Cary NC	181	00:42:49	90	00:01:59	44	01:16:29	90	00:01:38	148	01:06:37	03:09:30
121	229	M	38		Scott Lugenbeal	High Point NC	188	00:43:25	108	00:02:06	49	01:17:10	121	00:01:49	141	01:05:03	03:09:31
122	341	M	46		Robert Preli	Winston-Salem NC	135	00:37:58	75	00:01:51	187	01:33:09	58	00:01:23	77	00:55:41	03:10:00
123	115	M	46	MC	Gary Rosia	Cary NC	160	00:40:33	211	00:04:21	85	01:20:31	92	00:01:38	127	01:03:40	03:10:42
124	275	M	33		Patrick Renton	Wilmington NC	90	00:34:56	137	00:02:26	131	01:25:54	61	00:01:25	146	01:06:08	03:10:47
125	180	M	48		Joseph Vawter	Rocky Point NC	172	00:41:19	95	00:02:01	137	01:26:31	72	00:01:30	104	00:59:34	03:10:54
126	103	M	30		Walt Wood	Rockingham NC	122	00:37:18	123	00:02:15	98	01:22:24	104	00:01:43	154	01:08:03	03:11:41
127	58	M	44		Ed Larson	Charlotte NC	163	00:40:47	86	00:01:58	101	01:23:05	107	00:01:45	131	01:04:32	03:12:05
128	100	M	45	MC	Todd Beste	Wilmington NC	118	00:37:11	157	00:02:39	92	01:21:38	122	00:01:49	159	01:08:54	03:12:08
129	356	M	42	MC	Richard Wallen	Southport NC	198	00:46:54	44	00:01:28	126	01:25:45	131	00:01:56	84	00:56:18	03:12:19
130	97	M	38		Penn Holderness	Raleigh NC	168	00:41:13	166	00:02:48	133	01:26:08	174	00:02:29	110	01:00:02	03:12:38
131	206	M	40		Jeff Powrie	Cary NC	42	00:30:06	117	00:02:12	147	01:28:02	153	00:02:12	160	01:10:10	03:12:40
132	438	M	41	MC	Jon Keiser	Spring Lake NC	89	00:34:52	53	00:01:33	107	01:23:30	76	00:01:32	165	01:11:17	03:12:42
133	194	M	43		Bret Batchelder	Raleigh NC	124	00:37:19	160	00:02:42	60	01:17:47	147	00:02:05	174	01:13:21	03:13:12
134	303	M	58		Michael Whetstone	Lexington SC	134	00:37:58	156	00:02:37	145	01:27:37	177	00:02:30	123	01:02:33	03:13:13
135	245	M	70		Doug Fletcher	Youngsville NC	96	00:35:33	22	00:01:18	165	01:29:35	82	00:01:35	144	01:05:46	03:13:46
136	321	M	40		Russ Helms	Chapel Hill NC	119	00:37:14	195	00:03:30	157	01:28:59	154	00:02:14	119	01:01:57	03:13:52
137	405	M	32	NM	Aaron Ralston	Pinehurst NC	204	00:49:01	169	00:02:51	142	01:26:55	197	00:03:09	56	00:52:12	03:14:07
138	268	M	57		Mike Beck	Wilmington NC	199	00:46:56	66	00:01:44	109	01:23:47	125	00:01:52	112	01:00:17	03:14:33
139	384	M	49		Loyd Trimmer	Chapel Hill NC	155	00:40:10	106	00:02:05	129	01:25:50	145	00:02:04	132	01:04:34	03:14:41
140	167	M	36		John Caracoglia	Greenville Nc NC	184	00:42:59	184	00:03:14	110	01:23:49	156	00:02:14	122	01:02:32	03:14:46
141	399	M	27	NM	Jim Hussey	High Point NC	21	00:27:15	102	00:02:04	113	01:23:54	108	00:01:45	192	01:20:09	03:15:05
142	198	M	38	C	David Love	South Hill VA	166	00:41:08	37	00:01:26	139	01:26:42	127	00:01:53	129	01:04:07	03:15:14
143	257	M	52		Roger Lias	Raleigh NC	171	00:41:18	68	00:01:45	162	01:29:25	66	00:01:27	120	01:02:02	03:15:55
144	212	M	45	MM	Frank Crisafulli	Burgaw NC	77	00:34:12	154	00:02:35	177	01:31:19	179	00:02:32	143	01:05:27	03:16:04
145	142	M	25		Robert Womble	Raleigh NC	93	00:35:17	165	00:02:47	180	01:31:30	136	00:01:59	140	01:05:03	03:16:34
146	88	M	50		Joe Omlor	Shelby NC	53	00:31:28	88	00:01:59	156	01:28:49	150	00:02:07	169	01:12:28	03:16:49

147	288	M	26	Alexander Heinzmann	Raleigh NC	202	00:48:10	167	00:02:48	184	01:32:56	70	00:01:29	54	00:52:08	03:17:30	
148	61	M	56	Pete Craymer	Hickory NC	173	00:41:25	62	00:01:41	144	01:27:14	37	00:01:12	150	01:07:06	03:18:37	
149	345	M	45	Blair Robinson	Cary NC	211	00:54:00	126	00:02:17	155	01:28:44	144	00:02:04	57	00:52:14	03:19:17	
150	353	M	37	Ryan Hayden	Apex NC	195	00:46:32	213	00:04:33	130	01:25:53	195	00:03:01	103	00:59:23	03:19:20	
151	84	M	26	Phil Lowe	Raleigh NC	162	00:40:41	209	00:04:09	185	01:33:01	176	00:02:30	111	01:00:05	03:20:25	
152	124	M	36	Kyle Brown	Creedmoor NC	143	00:39:03	216	00:05:13	172	01:30:14	141	00:02:02	130	01:04:20	03:20:50	
153	54	M	41	James Caraway	Little River SC	192	00:43:45	141	00:02:29	73	01:19:27	190	00:02:50	171	01:12:31	03:21:00	
154	294	M	53	Steve Boyd	Apex NC	108	00:36:06	148	00:02:32	166	01:29:39	183	00:02:38	161	01:10:17	03:21:10	
155	440	M	38	NM Gray Connelly	Oak Island NC	98	00:35:45	199	00:03:40	182	01:31:43	200	00:03:13	137	01:04:54	00:02:00	03:21:14
156	205	M	32	C Pete Walton	Concord NC	99	00:35:46	115	00:02:09	171	01:30:14	113	00:01:47	166	01:11:26	03:21:19	
157	188	M	55	Paul Conway	Raleigh NC	129	00:37:31	99	00:02:02	146	01:27:42	171	00:02:28	168	01:12:08	03:21:50	
158	66	M	47	Steve Boehling	Wilmington NC	149	00:39:35	192	00:03:24	168	01:29:42	168	00:02:24	149	01:06:55	03:21:57	
159	202	M	25	Landon Orr	Clayton NC	154	00:40:04	27	00:01:22	152	01:28:40	57	00:01:23	162	01:10:38	03:22:06	
160	306	M	45	Gary Trullinger	Durham NC	193	00:44:56	72	00:01:49	123	01:25:29	116	00:01:47	155	01:08:16	03:22:15	
161	359	M	45	Jim Coleman	Harrisburg NC	16	00:26:40	183	00:03:13	175	01:31:11	98	00:01:41	189	01:19:44	03:22:27	
162	225	M	36	Robert Semanick	Camp Hill PA	146	00:39:09	129	00:02:20	192	01:35:59	133	00:01:57	126	01:03:26	03:22:49	
163	218	M	16	Josiah Day	Woodbridge VA	97	00:35:44	150	00:02:35	199	01:38:53	29	00:01:07	139	01:04:59	03:23:16	
164	297	M	39	Jeff Beebe	Brasstown NC	83	00:34:40	93	00:02:01	150	01:28:20	64	00:01:26	185	01:16:51	03:23:16	
165	434	M	39	Eric Linn	Fayetteville NC	213	00:56:51	155	00:02:36	89	01:21:01	209	00:04:00	100	00:59:11	03:23:37	
166	55	M	36	Peter McKenzie	Pineville NC	92	00:35:12	204	00:03:50	188	01:34:21	189	00:02:47	156	01:08:22	03:24:30	
167	151	M	55	John Carroll	Wilmington NC	183	00:42:59	100	00:02:03	158	01:29:04	160	00:02:18	157	01:08:25	03:24:45	
168	263	M	41	Robert Barker Jr	Raleigh NC	65	00:33:07	136	00:02:25	151	01:28:30	132	00:01:57	188	01:19:00	03:24:57	
169	50	M	60	Eric Teagarden	Chapel Hill NC	206	00:49:53	158	00:02:39	173	01:30:36	205	00:03:31	98	00:59:03	03:25:41	
170	38	M	38	Adam Merrill	Virginia Beach VA	132	00:37:48	110	00:02:07	159	01:29:04	47	00:01:15	178	01:15:34	03:25:47	
171	143	M	37	Ryan Harwood	Greensboro NC	73	00:33:48	147	00:02:32	174	01:30:55	165	00:02:23	182	01:16:24	03:26:00	
172	157	M	47	Greg Wells	Holly Springs NC	148	00:39:25	215	00:04:51	164	01:29:33	208	00:03:46	163	01:10:43	03:28:16	
173	391	M	40	ZM Andrew MacKenzie	Cary NC	178	00:42:06	83	00:01:57	134	01:26:09	138	00:02:01	180	01:16:06	03:28:16	
174	136	M	71	Greyson Quarles	Duck Key FL	152	00:39:54	140	00:02:27	118	01:24:33	212	00:05:00	184	01:16:50	03:28:41	
175	442	M	32	Lucas Overstreet	Sanford NC	180	00:42:40	146	00:02:32	181	01:31:42	53	00:01:19	158	01:08:32	00:02:00	03:28:43
176	310	M	59	Bob Busick	Orion Mountain WV	209	00:50:51	145	00:02:32	138	01:26:33	139	00:02:01	152	01:07:45	03:29:39	
177	201	M	39	Chris Cheshire	Raleigh NC	138	00:38:39	205	00:03:51	160	01:29:15	206	00:03:34	175	01:14:56	03:30:12	

178	161	M	53		John Pare	Raleigh NC	208	00:50:37	161	00:02:43	186	01:33:03	149	00:02:06	124	01:02:37		03:31:03
179	366	M	39	C	Christopher Graham	Wilmington NC	114	00:36:31	172	00:02:53	122	01:25:17	193	00:02:54	195	01:21:31	00:02:00	03:31:04
180	76	M	37		Damon Bost	Wake Forest NC	126	00:37:27	164	00:02:46	191	01:35:09	111	00:01:46	177	01:15:21		03:32:27
181	81	M	42		Tim Day	Woodbridge VA	200	00:47:02	125	00:02:16	196	01:36:48	142	00:02:03	136	01:04:52		03:32:59
182	330	M	47		Mark Sperry	Chapel Hill NC	67	00:33:12	176	00:03:06	148	01:28:12	173	00:02:29	205	01:26:22		03:33:19
183	323	M	76		Herb Brown	Charlotte NC	194	00:46:10	188	00:03:19	163	01:29:27	185	00:02:42	173	01:12:41		03:34:17
184	272	M	43	MC	Doug Thompson	Holly Springs NC	116	00:37:02	196	00:03:32	149	01:28:17	210	00:04:07	198	01:22:30		03:35:26
185	400	M	38	NM	Ryan Barclay	Winnabow NC	72	00:33:31	144	00:02:31	183	01:31:54	191	00:02:52	204	01:25:47		03:36:34
186	63	M	25		Derek Gallo	Raleigh NC	189	00:43:28	217	00:05:45	193	01:36:10	180	00:02:37	167	01:11:36		03:39:34
187	91	M	55		Gary Cook	Leland NC	182	00:42:51	67	00:01:45	169	01:29:49	42	00:01:14	202	01:24:36		03:40:14
188	101	M	33	C	William Baker	Raleigh NC	156	00:40:15	212	00:04:30	195	01:36:44	175	00:02:30	183	01:16:37		03:40:33
189	254	M	42		Eric Hernandez	Hampstead NC	177	00:41:54	85	00:01:57	201	01:39:53	114	00:01:47	179	01:15:37		03:41:07
190	203	M	37		Jon Parks	Raleigh NC	127	00:37:28	174	00:03:00	197	01:38:12	194	00:02:56	191	01:20:02		03:41:36
191	135	M	66		Lou Galli	Wilmington NC	142	00:39:00	119	00:02:13	189	01:34:22	187	00:02:43	200	01:23:24		03:41:39
192	358	M	46		Andy Kay	Columbia SC	212	00:54:48	186	00:03:17	124	01:25:42	102	00:01:42	186	01:17:09		03:42:36
193	21	M	33		Eric Whitaker	Apex NC	137	00:38:22	181	00:03:10	153	01:28:42	178	00:02:31	208	01:30:47		03:43:29
194	113	M	49		Andy Lingenfelter	Rocky Point NC	84	00:34:43	175	00:03:04	203	01:42:01	161	00:02:19	197	01:22:01		03:44:06
195	95	M	59		Bruce Caldwell	Morehead City NC	191	00:43:36	162	00:02:43	120	01:24:41	172	00:02:29	210	01:31:26		03:44:53
196	439	M	44	ZM	Craig Ellis	Clayton NC	187	00:43:23	189	00:03:19	190	01:34:55	202	00:03:25	196	01:21:34		03:46:34
197	390	M	28	NM	Tim Lesondak	Rock Hill SC	203	00:48:24	206	00:04:02	202	01:41:17	152	00:02:11	172	01:12:31		03:48:24
198	73	M	56		Bob Levin	Durham NC	111	00:36:22	197	00:03:35	205	01:42:38	201	00:03:21	199	01:22:58		03:48:52
199	346	M	30		Ashwin Chaugule	Apex NC	185	00:43:00	187	00:03:18	200	01:39:43	204	00:03:30	193	01:20:27		03:49:56
200	29	M	70		Bruce Kuniholm	Durham NC	216	01:01:09	190	00:03:20	178	01:31:20	169	00:02:26	170	01:12:31		03:50:44
201	219	M	56		Peter-John Anderson	Charlotte NC	151	00:39:50	210	00:04:12	209	01:49:44	203	00:03:25	181	01:16:22		03:53:31
202	49	M	53		Rick Turner	Apex NC	205	00:49:22	178	00:03:08	176	01:31:19	192	00:02:54	206	01:27:16		03:53:57
203	183	M	74		Robert Morrison	Greenville NC	215	00:57:24	202	00:03:47	179	01:31:26	213	00:05:04	187	01:17:48		03:55:26
204	37	M	50		Henry Roycroft	Rembert SC	140	00:38:54	200	00:03:42	136	01:26:28	188	00:02:45	212	01:43:49		03:55:36
205	232	M	50		Mark McBrayer	Aberdeen NC	159	00:40:20	208	00:04:09	208	01:47:46	198	00:03:11	194	01:21:20		03:56:45
206	174	M	47		Brett Larrabee	Ashburn VA	190	00:43:36	207	00:04:07	204	01:42:03	196	00:03:05	201	01:24:31		03:57:21
207	222	M	12		Byron Morton	Wake Forest NC	68	00:33:14	185	00:03:15	213	02:05:46	60	00:01:24	176	01:15:12		03:58:50
208	138	M	61		Steve Pate	Fayetteville NC	201	00:47:41	173	00:02:59	194	01:36:41	184	00:02:40	209	01:30:59		04:00:58

209	36	M	64		Sam Baker	Raleigh NC	214	00:56:56	134	00:02:24	198	01:38:51	211	00:04:48	190	01:19:46	04:02:43
210	436	M	39	NM	Patrick Vanvickle	Apex NC	170	00:41:13	203	00:03:47	211	01:53:33	199	00:03:12	203	01:25:39	04:07:22
211	253	M	37		Donald Myers	Goldsboro NC	196	00:46:46	179	00:03:08	206	01:42:58	186	00:02:42	211	01:32:39	04:08:11
212	223	M	10		Jacob Morton	Wake Forest NC	174	00:41:32	193	00:03:25	215	02:11:10	80	00:01:34	164	01:10:52	04:08:32
213	317	M	69		Brian Warner	Stafford VA	210	00:53:42	214	00:04:45	207	01:43:13	162	00:02:21	207	01:27:17	04:11:15
214	176	M	38		Christopher Laco	Winnabow NC	179	00:42:06	194	00:03:28	210	01:52:23	207	00:03:44	213	01:51:28	04:33:06

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