

Event Name: Heart & Sole 5K
Overall Finish Chip Elapsed



Division: 5K

Finishers: 164 of 179

Rank	Bib	Name	Chip Elapsed	Pace	Gen	Age	City- St
Overall Top 1 Male in Age: 1-99							
1	116	GARETT POINTS	00:19:04.81	06:09	M	18	HARRISBURG, NC
Masters Top 1 Male in Age: 40-99							
1	129	CHARLES BRALLEY	00:21:27.27	06:55	M	47	KANNAPOLIS, NC
Grand Masters Top 1 Male in Age: 50-99							
1	61	MARK LOWE	00:21:40.66	06:59	M	55	ALBEMARLE, NC
Overall Top 1 Female in Age: 1-99							
1	115	LISA NUSSBAUMER	00:18:39.56	06:01	F	39	HARRISBURG, NC
Masters Top 1 Female in Age: 40-99							
1	128	SARA JOHNSON	00:25:18.05	08:09	F	40	MOUNT PLEASANT
Grand Masters Top 1 Female in Age: 50-99							
1	161	LISA KASZYCKI	00:25:23.00	08:11	F	62	CONCORD, NC
Age Groups: 1 - 10 Male							
1	111	ISAIAH MARTIN	00:21:28.71	06:55	M	9	HAMLET, NC
2	48	LOGAN THEILMANN	00:25:35.23	08:15	M	9	ROME, NY
3	49	LIAM THEILMANN	00:29:19.44	09:27	M	7	ROME, NY
4	50	OLIVER FORT	00:30:56.66	09:58	M	10	DAVIDSON, NC
5	170	VINCENT TRAPP	00:37:42.26	12:09	M	10	MATTHEWS, NC
6	2	JEAN NEILSON LANGUIDO	00:41:12.17	13:17	M	8	HARRISBURG, NC
7	37	CARSON SULLIVAN	00:48:16.33	15:34	M	9	CONCORD, NC
8	120	JAXON CAMPBELL	01:03:16.13	20:24	M	6	KANNAPOLIS, NC
Age Groups: 1 - 10 Female							
1	140	LILLIAN GRANT	00:21:55.36	07:04	F	10	MIDLAND, NC
2	3	JUDE ANTOINETTE LANGUIDO	00:41:15.13	13:18	F	6	HARRISBURG, NC
3	160	ADDILYN BRANSCUM	00:43:41.22	14:05	F	10	MOUNT PLEASANT
4	92	NOVA SMITH	00:44:43.77	14:25	F	9	CONCORD, NC
Age Groups: 11 - 14 Male							
1	127	NIKOLAI VANATTA	00:20:54.89	06:44	M	12	CHARLOTTE, NC
2	166	RYLAN ENFINGER	00:21:28.00	06:55	M	14	MINT HILL, NC
3	124	LOGAN HARRIS	00:29:34.23	09:32	M	13	HARRISBURG, NC
4	168	KYLE ENFINGER	00:31:41.81	10:13	M	12	MINT HILL, NC
Age Groups: 11 - 14 Female							
1	28	ELIZA ESKEW	00:21:59.64	07:05	F	12	HARRISBURG, NC
Age Groups: 15 - 19 Male							
1	153	BENNETT SPRINKLE	00:19:19.44	06:14	M	15	CONCORD, NC
2	117	TRAVIS POINTS JR	00:22:17.27	07:11	M	15	HARRISBURG, NC
3	44	ALEX SKINNER	00:22:18.77	07:11	M	16	CONCORD, NC
4	54	MICHAEL RAUDALES	00:27:45.50	08:57	M	15	HARRISBURG, NC
Age Groups: 15 - 19 Female							
1	40	ALISON BURTON	00:33:40.56	10:51	F	18	CONCORD, NC
2	175	VALENTINA BOTERO	00:43:41.56	14:05	F	17	CONCORD, NC
Age Groups: 20 - 24 Male							
1	149	ANDRE CONS	00:23:55.25	07:42	M	23	CONCORD, NC
2	65	ADAM MAZUROWSKI	00:27:04.70	08:44	M	24	HUNTERSVILLE
3	173	GABE AQUINO	00:27:36.13	08:54	M	24	KANNAPOLIS, NC
4	179	DAVID YARMAKOVICH	00:30:29.35	09:50	M	22	HUNTERSVILLE
5	114	MATTHEW MULDOWNNEY	00:49:13.68	15:52	M	23	CONCORD, NC
Age Groups: 20 - 24 Female							
1	17	MADDIE FRASCO	00:33:29.07	10:48	F	23	WAXHAW, NC
2	88	ANA VERA	00:38:06.48	12:17	F	24	SALISBURY, NC
3	78	LEANNE BROWN	00:38:36.53	12:27	F	24	MATTHEWS, NC

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4	63	REESE MARTIN	00:39:19.40	12:41	F	20	COLFAX, NC
5	62	SYDNEY MARTIN	00:39:19.67	12:41	F	23	COLFAX, NC
6	18	KEMAYA BRYANT	00:45:08.98	14:33	F	23	CHARLOTTE, NC
7	71	HEAVEN BROWN	00:50:54.68	16:25	F	22	SALISBURY, NC
8	69	JESSICA WILLIAMS	00:50:56.66	16:26	F	22	MONROE, NC
9	68	ARGEL GARCIA	00:50:59.96	16:27	F	23	PEACHLAND, NC
Age Groups: 25 - 29 Male							
1	16	RYAN MORAN	00:23:19.63	07:31	M	28	CHARLOTTE, NC
2	79	CODY GARCIA	00:23:30.04	07:34	M	28	SHARON, SC
3	101	KAIWEN WANG	00:24:55.67	08:02	M	28	DAVIDSON, NC
Age Groups: 25 - 29 Female							
1	64	KELSIE MAZUROWSKI	00:29:02.06	09:21	F	26	HUNTERSVILLE
2	102	TARA GABRIEL	00:33:59.55	10:57	F	25	KANNAPOLIS, NC
3	122	ALLISON SELLERS	00:37:15.74	12:01	F	28	CONCORD, NC
4	57	MIA MCLAIN	00:48:12.99	15:33	F	27	HARRISBURG, NC
5	146	SIERRA TONEY	00:53:04.51	17:07	F	26	LEXINGTON, NC
Age Groups: 30 - 34 Male							
1	162	JUSTUS FREELAND	00:19:51.69	06:24	M	31	KANNAPOLIS, NC
2	31	ADALBERTO GONZALEZ	00:32:21.25	10:26	M	34	RIO GRANDE
3	58	NICHOLAS MCLAIN	00:52:42.86	17:00	M	33	MATTHEWS, NC
Age Groups: 30 - 34 Female							
1	157	TRACY LUGO	00:26:52.89	08:40	F	33	CONCORD, NC
2	156	MAGGIE COLLINS	00:31:22.23	10:07	F	32	TRINITY, NC
3	100	JENNAH BULLINGTON-ANDES	00:36:02.74	11:37	F	34	DENVER, NC
4	59	LEOCELI MCLAIN	00:53:18.19	17:11	F	33	MATTHEWS, NC
5	46	JOANNAH IRVIN	01:18:28.50	25:18	F	34	CONCORD, NC
Age Groups: 35 - 39 Male							
1	138	KEON PACHECO	00:23:13.48	07:29	M	37	LANDIS, NC
2	81	JACOB TRINIDAD	00:23:29.09	07:34	M	37	ALBEMARLE, NC
3	77	VIJAYARAMANAN CHANDRAN	00:25:11.60	08:07	M	35	CONCORD, NC
4	145	JESSE COVAULT	00:25:46.58	08:18	M	36	CHARLOTTE, NC
5	82	TIM ROWE	00:33:27.38	10:47	M	37	CONCORD, NC
6	1	NEIL ANTHONY LANGUIDO	00:41:12.86	13:17	M	38	HARRISBURG, NC
7	34	EMERSON AUGUSTINE	00:42:32.48	13:43	M	35	CHARLOTTE, NC
8	158	JASON BRANSCUM	00:43:40.88	14:05	M	39	MOUNT PLEASANT
9	180	ADITYA TANGEDA	00:54:56.15	17:43	M	36	HARRISBURG, NC
10	181	EESWARACHANDRA CHAMARTHI	00:54:56.21	17:43	M	38	HARRISBURG, NC
Age Groups: 35 - 39 Female							
1	67	GENISE SOLORZANO	00:25:39.84	08:16	F	36	HARRISBURG, NC
2	112	SOMMER MARTIN	00:29:19.00	09:27	F	35	HAMLET, NC
3	150	JERARDY CARELA	00:29:46.03	09:36	F	36	CHARLOTTE, NC
4	42	MAY PATTERSON	00:33:44.82	10:53	F	35	STANFIELD, NC
5	155	JILL POWERS	00:37:54.86	12:13	F	35	GREENSBORO, NC
6	47	TRACY THEILMANN	00:40:11.00	12:57	F	39	ROME, NY
7	80	SOL TRINIDAD	00:42:01.88	13:33	F	37	ALBEMARLE, NC
8	35	DEVONA KEEL	00:42:17.85	13:38	F	36	CHARLOTTE, NC
9	89	JOHNNETTA BATTLE-HARRIS	00:42:47.44	13:48	F	35	CHARLOTTE, NC
10	33	BEATRICE FREMPONG	00:53:05.00	17:07	F	36	CHARLOTTE, NC
11	5	ALAINA POE	00:59:38.94	19:14	F	35	RALEIGH, NC
12	121	CAYLA STARNES	01:03:14.18	20:23	F	36	KANNAPOLIS, NC
13	76	JORDAN PLEMMONS	01:05:43.65	21:12	F	39	CONCORD, NC

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Age Groups: 40 - 44 Male							
1	110	CHRIS MARTIN	00:21:28.94	06:55	M	43	HAMLET, NC
2	30	DJ CUTHBERTSON	00:22:37.71	07:17	M	44	CHARLOTTE, NC
3	66	RANDY STURDIVANT	00:23:30.61	07:35	M	44	CHARLOTTE, NC
4	86	NOE JIMENEZ	00:23:42.40	07:38	M	40	CONCORD, NC
5	27	JAMES ESKEW	00:25:39.87	08:16	M	43	HARRISBURG, NC
6	7	GREG WALK	00:33:15.95	10:43	M	41	CONCORD, NC
7	72	BALAKRISHNAN SHANMUGAM	00:35:30.40	11:27	M	43	CONCORD, NC
Age Groups: 40 - 44 Female							
1	131	KRISTINA PETRAITIS	00:26:46.33	08:38	F	43	CORNELIUS, NC
2	29	TONYA TAYLOR	00:26:49.19	08:39	F	44	CONCORD, NC
3	8	MEGAN WAHL	00:29:55.84	09:39	F	44	CONCORD, NC
4	169	HANNAH TRAPP	00:45:48.99	14:46	F	41	MATTHEWS, NC
5	163	KELLY KIRK	00:46:07.78	14:52	F	44	CHARLOTTECHARLO
6	36	JENNIFER SULLIVAN	00:54:31.43	17:35	F	44	CONCORD, NC
7	108	REBECCA DZIKI	01:18:28.55	25:18	F	41	CONCORD, NC
Age Groups: 45 - 49 Male							
1	167	LANCE ENFINGER	00:21:30.44	06:56	M	46	MINT HILL, NC
2	9	TIMOTHY KIVI	00:24:23.05	07:51	M	45	CONCORD, NC
3	119	MICHAEL HARRIS	00:26:12.64	08:27	M	47	HARRISBURG, NC
4	154	DUSTY HARMAN	00:26:44.18	08:37	M	45	CONCORD, NC
5	87	LUIS DAMAS	00:27:23.06	08:50	M	49	MOUNT HOLLY, NC
6	109	ADAM CLINE	00:30:39.71	09:53	M	48	MIDLAND, NC
7	39	GREG BURTON	00:33:40.77	10:51	M	49	CONCORD, NC
8	51	MATTHEW FORT	00:34:31.35	11:08	M	47	DAVIDSON, NC
Age Groups: 45 - 49 Female							
1	141	ALLISON GRANT	00:32:08.78	10:22	F	45	MIDLAND, NC
2	84	ALISHA SPRINGER	00:32:15.13	10:24	F	45	CONCORD, NC
3	130	CARRIE HILL	00:35:06.31	11:19	F	47	CONCORD, NC
4	177	RENEE DENNIS	00:36:47.98	11:52	F	46	WADESBORO, NC
5	99	BETH GIDDINGS	00:38:44.90	12:29	F	49	KANNAPOLIS, NC
6	178	BRITTANY CLARK	00:41:13.01	13:17	F	45	WADESBORO, NC
7	94	MOLLIE CHEWNING	00:52:02.71	16:47	F	48	MATTHEWS, NC
8	97	JENNIFER ESPOSITO	00:52:03.28	16:47	F	49	SHELBY, NC
9	91	JACLYN BEATY	00:52:04.45	16:47	F	46	SHELBY, NC
10	134	LAKESHA BARTON	00:53:18.46	17:11	F	47	HUNTERSVILLE
11	23	SKYLA CALDWELL	00:59:36.33	19:13	F	48	CHARLOTTE, NC
12	22	JAZMIN CALDWELL	00:59:40.28	19:14	F	45	CHARLOTTE, NC
Age Groups: 50 - 54 Male							
1	12	JEFFREY LATHAM	00:27:20.47	08:49	M	51	HARRISBURG, NC
2	164	BRYCE WOLFE	00:29:27.45	09:30	M	52	CHARLOTTE, NC
3	159	JAMES WHITE	00:37:14.17	12:00	M	51	CHARLOTTE, NC
4	93	ASA METCALFE	00:44:26.46	14:20	M	52	CONCORD, NC
Age Groups: 50 - 54 Female							
1	148	ALEXSANDRA CONS	00:36:07.86	11:39	F	54	CONCORD, NC
2	165	MELISSA BERSTEIN	00:38:48.60	12:31	F	52	CHARLOTTE, NC
3	13	LENNIE LATHAM	00:46:48.82	15:06	F	50	HARRISBURG, NC
4	90	MALIA HARTSELL	00:52:04.42	16:47	F	52	CONCORD, NC
Age Groups: 55 - 59 Male							
1	133	RICHARD ELLIS	00:23:05.07	07:26	M	59	MOCKSVILLE, NC
2	147	RICARDO CONS	00:24:38.36	07:56	M	58	CONCORD, NC

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3	98	PATRICK COUGHLIN	00:24:43.87	07:58	M	57	CONCORD, NC
4	132	TREY RUFF	00:24:44.74	07:58	M	56	CONCORD, NC
5	96	LAMAR JERMAN	00:27:04.24	08:43	M	57	CHINA GROVE, NC
6	41	TODD LIPE	00:31:59.24	10:19	M	57	KANNAPOLIS, NC
7	14	SHIRLENE COOPWOOD	00:44:18.02	14:17	M	58	CHARLOTTE, NC
Age Groups: 55 - 59 Female							
1	137	MICHELLE FRANTZ	00:42:22.60	13:40	F	59	CONNELLY
2	176	AFRA MUNOZ	00:43:42.21	14:05	F	56	CONCORD, NC
3	95	B. LORRIE HACKETT	00:53:35.67	17:17	F	57	CHARLOTTE, NC
Age Groups: 60 - 64 Male							
1	174	BRIAN GADWAH	00:26:57.85	08:41	M	60	CONCORD, NC
2	113	BRIAN MULDOWNEY	00:29:39.75	09:34	M	61	CONCORD, NC
3	53	IVAN SCOTT	00:33:38.90	10:51	M	64	HARRISBURG, NC
4	15	KENNETH COOPWOOD	00:44:33.65	14:22	M	61	CHARLOTTE, NC
5	55	DENNIS MCLAIN	00:51:59.10	16:46	M	63	HARRISBURG, NC
6	20	EDWARD MILLER	00:56:20.35	18:10	M	63	HARRISBURG, NC
Age Groups: 60 - 64 Female							
1	6	SUSAN LIVENGOOD	00:30:08.55	09:43	F	62	CONCORD, NC
2	136	ALLISON FRANTZ	00:32:50.55	10:35	F	60	CHARLOTTE, NC
3	135	TERRI WINOWICH	00:33:15.19	10:43	F	61	CONCORD, NC
4	105	LISA PACUK	00:41:33.14	13:24	F	60	CHARLOTTE, NC
5	52	DONNA MISENHEIMER	00:50:18.21	16:13	F	64	ALBEMARLE, NC
6	19	TOPAZE MILLER	00:56:15.13	18:08	F	63	HARRISBURG, NC
7	56	CRYSTAL MCLAIN	00:59:38.77	19:14	F	62	HARRISBURG, NC
Age Groups: 65 - 69 Male							
1	172	BRENNEMAN THOMPSON	00:25:49.06	08:19	M	67	CHARLOTTE, NC
2	143	RICK SPIVEY	00:26:39.98	08:36	M	66	CHARLOTTE, NC
3	171	JEFF LINSON	00:29:40.29	09:34	M	66	INDIAN TRAIL
4	103	BRIAN KLOCK	00:33:25.17	10:46	M	68	KANNAPOLIS, NC
5	139	KENNETH WRIGHT	00:34:46.49	11:13	M	65	CHARLOTTE, NC
6	123	JIM KNIGHT	00:41:41.47	13:26	M	67	KANNAPOLIS, NC
7	75	MARK PLEMMONS	00:43:31.23	14:02	M	66	CONCORD, NC
8	152	TOM KITRICK	00:46:42.48	15:04	M	69	CONCORD, NC
Age Groups: 65 - 69 Female							
1	144	JUDITH SPIVEY	00:26:16.11	08:28	F	65	GREENVILLE, SC
2	125	RUTH PITMAN	00:34:57.15	11:16	F	68	CONCORD, NC
3	60	PAULA ORTIZ	00:53:19.73	17:12	F	65	MATTHEWS, NC
4	4	ROSALIND POE	00:58:12.85	18:46	F	68	HARRISBURG, NC
5	104	BENITA PENNICK	00:58:17.08	18:48	F	66	MOUNT HOLLY, NC
Age Groups: 70 - 74 Male							
1	38	JOSEPH BUTCO	00:47:17.01	15:15	M	72	KANNAPOLIS, NC
Age Groups: 70 - 74 Female							
1	45	KATHY DORR	00:38:30.43	12:25	F	71	CONCORD, NC
Age Groups: 75 - 99 Male							
1	32	FRANK PANCOTTO	00:34:01.52	10:58	M	77	CONCORD, NC
2	142	RICHARD GEIGER	00:38:46.72	12:30	M	78	MC BEE, SC