

2010 White Lake Spring Sprint

Overall Women

White Lake, NC 5/02/2010 09:00AM

** Results are for the private use of participants and are the Intellectual Property of Set Up Events. Unauthorized use of these results is prohibited.

Place	Bib	Sex	Age	Cat.	NAME	CITY/STATE	Rank	SWIM	T1	Rank	BIKE	T2	Rank	RUN	PENALTY	Time	DQ
1	7	F	30	OF	AMIE KRASNOZON	MORRISVILLE NC	6	00:11:43	00:01:22	1	00:36:13	00:01:25	2	00:20:12		01:10:53	
2	11	F	32	OF	BRIANNE GODWIN	MEBANE NC	1	00:10:58	00:01:22	3	00:37:04	00:00:53	7	00:21:40		01:11:54	
3	10	F	39	OF	STEPHANIE HUCKO	CHARLOTTE NC	14	00:13:04	00:01:36	2	00:36:55	00:00:58	3	00:20:20		01:12:50	
4	377	F	26		ERIN CUTRELL	RALEIGH NC	4	00:11:29	00:01:34	6	00:39:17	00:01:28	9	00:22:01		01:15:47	
5	17	F	32	OF	ALYSIA LOVGREN	DURHAM NC	7	00:11:48	00:01:27	7	00:39:21	00:01:00	11	00:22:31		01:16:06	
6	698	F	41	MF	KATHRYN GOODY	DAVIDSON NC	20	00:13:34	00:01:31	11	00:39:59	00:00:55	4	00:20:29		01:16:25	
7	3	F	43	MF	JOANNA YOUNTS	CHAPEL HILL NC	38	00:15:02	00:01:40	4	00:37:24	00:01:11	17	00:23:10		01:18:24	
8	103	F	46		CHERYL CARDELLO	RALEIGH NC	19	00:13:29	00:01:37	16	00:41:01	00:01:03	8	00:21:51		01:18:59	
9	576	F	27		MEGHAN FILLNOW	HUNTERSVILLE NC	25	00:14:13	00:02:02	22	00:41:32	00:01:35	1	00:20:03		01:19:23	
10	436	F	53		KAREN WILSON	KURE BEACH NC	11	00:12:24	00:02:11	8	00:39:26	00:01:21	36	00:24:30		01:19:50	
11	82	F	40		CHRISTINE LEWIS	RALEIGH NC	12	00:12:39	00:01:45	24	00:41:43	00:01:05	13	00:22:56		01:20:05	
12	264	F	30		KRISTIN SEIBERT	ANNAPOLIS MD	55	00:15:50	00:01:38	10	00:39:59	00:01:09	10	00:22:10		01:20:44	
13	318	F	44		KAREN KEMERAIT	RALEIGH NC	13	00:12:52	00:01:55	19	00:41:21	00:01:13	26	00:23:52		01:21:11	
14	212	F	15		SHANNON SCOVEL	CARY NC	2	00:11:00	00:01:56	45	00:43:22	00:01:04	27	00:23:55		01:21:15	
15	88	F	40		HEATHER ENGEN	CARY NC	46	00:15:19	00:02:20	9	00:39:58	00:01:22	18	00:23:10		01:22:07	
16	241	F	50		DENISE LARSON	DURHAM NC	43	00:15:08	00:01:53	5	00:38:37	00:01:20	48	00:25:39		01:22:35	
17	228	F	33		KATIE WAGNER	WILMINGTON NC	16	00:13:07	00:01:53	13	00:40:29	00:01:00	57	00:26:13		01:22:41	
18	310	F	34		ERIN FRULAND	FAYETTEVILLE NC	33	00:14:44	00:01:46	14	00:40:47	00:01:03	40	00:24:48		01:23:05	
19	215	F	18		MONICA LITSAS	RALEIGH NC	26	00:14:13	00:01:54	34	00:42:49	00:00:59	20	00:23:16		01:23:09	
20	368	F	14		SOPHIA BHALLA	BELMONT NC	9	00:12:03	00:01:52	137	00:48:19	00:01:01	5	00:20:36		01:23:49	
21	429	F	15		MICHELLE SWAROVSKI	CARY NC	50	00:15:26	00:02:25	27	00:42:08	00:01:24	12	00:22:38		01:23:58	
22	525	F	45		REBECCA TAYLOR	WILMINGTON NC	18	00:13:29	00:01:39	33	00:42:47	00:01:09	44	00:25:21		01:24:22	

23	304	F	39	ELLEN PARKER	CHAPEL HILL NC	36	00:14:50	00:02:04	32	00:42:45	00:01:19	6	00:21:37	00:02:00	01:24:33
24	378	F	37	HEATHER WEEKS HONNOLD	APEX NC	15	00:13:07	00:01:53	80	00:45:19	00:00:56	25	00:23:40		01:24:53
25	469	F	15	LILIANA FERNANDEZ	CARY NC	24	00:14:08	00:01:35	36	00:42:53	00:01:00	54	00:26:06		01:25:41
26	391	F	32	JANA FOGLEMAN	WILMINGTON NC	45	00:15:16	00:02:10	17	00:41:09	00:01:15	62	00:26:23		01:26:11
27	506	F	33	ALICIA UHL	WILMINGTON NC	10	00:12:07	00:01:50	69	00:44:57	00:01:17	63	00:26:26		01:26:35
28	184	F	41	TRACY DOHERTY	WAKE FOREST NC	21	00:13:35	00:02:22	41	00:43:17	00:01:29	61	00:26:21		01:27:03
29	350	F	51	VICKY YEINGST	CARY NC	64	00:16:15	00:02:19	29	00:42:30	00:01:14	39	00:24:47		01:27:04
30	559	F	34	MELISSA HOFF	WILMINGTON NC	79	00:16:51	00:02:42	42	00:43:18	00:01:15	14	00:23:01		01:27:05
31	315	F	41	LISA MACLAUHLIN	RALEIGH NC	61	00:16:08	00:02:14	12	00:40:23	00:01:13	99	00:27:44		01:27:41
32	387	F	25	KELLY WOODRUFF	RALEIGH NC	3	00:11:29	00:02:33	94	00:46:14	00:00:58	71	00:26:43		01:27:54
33	504	F	42	DANA PELLIZZARI	WILMINGTON NC	48	00:15:22	00:02:42	53	00:44:12	00:01:37	32	00:24:08		01:27:58
34	569	F	19	MOLLIE BREWER	HIGH POINT NC	74	00:16:38	00:01:58	62	00:44:38	00:01:24	24	00:23:38		01:28:15
35	240	F	38	KATHLEEN URBANIC	WINSTON SALEM NC	27	00:14:16	00:02:47	56	00:44:25	00:01:10	58	00:26:17		01:28:52
36	270	F	39	JULIE WRAGGE	WAKE FOREST NC	111	00:18:07	00:03:16	35	00:42:50	00:01:41	21	00:23:29		01:29:22
37	400	F	38	JENNIFER WRIGHT	RALEIGH NC	160	00:19:34	00:02:07	44	00:43:22	00:01:17	16	00:23:09		01:29:27
38	92	F	30	JESSICA HARTMANN	WILMINGTON NC	41	00:15:06	00:02:53	92	00:45:58	00:01:17	34	00:24:20		01:29:31
39	410	F	41	MICHELLE HORVATH	GREENSBORO NC	84	00:17:10	00:02:45	20	00:41:25	00:01:21	76	00:26:55		01:29:34
40	346	F	49	SANDRA MCKINNON	DURHAM NC	31	00:14:39	00:02:52	37	00:42:54	00:01:54	88	00:27:18		01:29:36
41	235	F	46	MARIE LUX	CARY NC	83	00:17:08	00:01:44	46	00:43:30	00:01:09	56	00:26:09		01:29:38
42	190	F	19	JOANNA LEWIS	FAYETTEVILLE NC	5	00:11:34	00:01:33	74	00:45:06	00:01:25	156	00:30:22		01:29:59
43	408	F	46	BETH PIERPONT	CHARLOTTE NC	108	00:18:00	00:01:46	91	00:45:55	00:01:03	22	00:23:30		01:30:12
44	114	F	40	LISA DEJOSEPH	CASTLE HAYNE NC	71	00:16:32					50	00:25:40		01:30:23
45	517	F	34	MEGAN MIEDEMA	RALEIGH NC	119	00:18:18	00:01:25	49	00:44:03	00:01:19	45	00:25:29		01:30:31
46	138	F	16	CLAIRE CATES	HILLSBOROUGH NC	53	00:15:42	00:01:56	152	00:49:01	00:00:46	19	00:23:12		01:30:35
47	133	F	49	REBECCA MOXEY	SURF CITY NC	80	00:16:51	00:01:58	51	00:44:07	00:01:08	69	00:26:35		01:30:37
48	26	F	40	A HEATHER HAGEMAN	CHARLOTTE NC	17	00:13:15	00:02:23	82	00:45:26	00:01:34	106	00:28:04		01:30:40
49	308	F	32	TAMMY ALEXANDER	WAKE FOREST NC	168	00:20:04	00:02:04	30	00:42:38	00:01:23	38	00:24:35		01:30:41
50	413	F	51	CECILIA REDDINIG	RALEIGH NC	123	00:18:25	00:02:47	23	00:41:40	00:01:27	64	00:26:27		01:30:43
51	15	F	29	BECCA WRIGHT	CARRBORO NC	95	00:17:43	00:02:29	75	00:45:11	00:01:21	28	00:24:03		01:30:45
52	425	F	41	CHRISTINE RAY	CHARLOTTE NC	58	00:16:00	00:03:01	18	00:41:13	00:03:00	96	00:27:37		01:30:49
53	431	F	40	LYNNE MASONIS	CHARLOTTE NC	22	00:13:43	00:03:17	31	00:42:40	00:03:32	97	00:27:38		01:30:49

54	97	F	29	EVA MIHM	BOONE NC	49	00:15:25	00:02:50	102	00:46:51	00:01:14	37	00:24:34	01:30:52	
55	579	F	41	HEIDI BLOOM	RALEIGH NC	40	00:15:05	00:02:11	38	00:43:03	00:01:45	131	00:29:05	01:31:07	
56	321	F	40	KATHERINE BROWN	CHAPEL HILL NC	42	00:15:07	00:01:47	26	00:42:01	00:01:20	166	00:31:02	01:31:14	
57	557	F	24	NOELLE FLAUAUS	WILMINGTON NC	44	00:15:15	00:02:21	15	00:40:58	00:01:47	134	00:29:16	00:02:00	01:31:35
58	91	F	50	SUSAN PARKS	WEST END NC	66	00:16:27	00:02:20	72	00:45:04	00:01:29	70	00:26:41	01:31:59	
59	200	F	44	JENNIFER BERK	PINEHURST NC	47	00:15:20	00:02:39	58	00:44:28	00:01:52	102	00:27:53	01:32:10	
60	388	F	25	BECKY WOODRUFF	DURHAM NC	8	00:11:54	00:02:12	151	00:49:01	00:01:02	109	00:28:15	01:32:23	
61	584	F	27	KIMBERLEY SUTTON	WILMINGTON NC	60	00:16:06	00:03:08	60	00:44:36	00:01:43	74	00:26:52	01:32:23	
62	484	F	38	WENDY JUST	CARY NC	63	00:16:12	00:02:13	89	00:45:45	00:01:55	35	00:24:22	00:02:00	01:32:26
63	501	F	38	MAGGI ATKINS	CHARLOTTE NC	139	00:18:55	00:03:00	67	00:44:45	00:01:55	33	00:24:18	01:32:51	
64	192	F	31	TRACY RODRIGUEZ	RALEIGH NC	51	00:15:28	00:03:10	116	00:47:22	00:01:13	53	00:25:49	01:33:00	
65	196	F	41	MELISSA SARCHETT	RALEIGH NC	190	00:21:07	00:03:04	21	00:41:31	00:01:50	49	00:25:39	01:33:09	
66	421	F	30	JULIE BRYER	RALEIGH NC	112	00:18:10	00:03:09	97	00:46:39	00:01:52	23	00:23:34	01:33:22	
67	692	F	30	NF	KATIE BAILEY	DURHAM NC	88	00:17:27	00:03:12	48	00:43:36	00:01:01	107	00:28:08	01:33:23
68	574	F	36	BROOKE HARVEY	WILMINGTON NC	90	00:17:36	00:02:45	87	00:45:43	00:01:14	59	00:26:18	01:33:34	
69	265	F	41	SONIA GREGO	DURHAM NC	68	00:16:29	00:02:40	61	00:44:37	00:01:26	117	00:28:40	01:33:50	
70	31	F	57	NANCY PIERCE	CHARLOTTE NC	158	00:19:22	00:02:11	39	00:43:07	00:01:20	103	00:27:54	01:33:52	
71	330	F	35	A	RUTH SLEETER	RALEIGH NC	77	00:16:49	00:02:10	28	00:42:11	00:01:41	172	00:31:09	01:33:59
72	497	F	44	LAURA RIHA	ROANOKE VA	72	00:16:34	00:02:29	64	00:44:42	00:01:26	127	00:28:54	01:34:02	
73	106	F	35	KRISTEN OAKLEY	RALEIGH NC	141	00:18:56	00:03:06	103	00:46:53	00:01:08	31	00:24:07	01:34:07	
74	399	F	39	A	PENNY ASHLEY-LAWRENCE	RALEIGH NC	76	00:16:45	00:02:29	109	00:47:03	00:01:43	68	00:26:35	01:34:33
75	460	F	38	A	KIRSTEN MORIN	GRANITE FALLS NC	103	00:17:54	00:02:17	54	00:44:21	00:01:32	114	00:28:31	01:34:33
76	588	F	35	NF	STEPHANIE O'ROURKE	APEX NC	94	00:17:43	00:03:05	77	00:45:13	00:02:00	79	00:26:58	01:34:57
77	494	F	31	LAURA STEVENS	WILMINGTON NC	89	00:17:30	00:02:17	84	00:45:34	00:01:21	111	00:28:27	01:35:07	
78	478	F	44	A	CHERRI KENNEDY	KERNERSVILLE NC	35	00:14:49	00:02:20	79	00:45:18	00:01:29	175	00:31:13	01:35:08
79	193	F	19	JESSICA LEWIS	FAYETTEVILLE NC	69	00:16:29	00:03:25	98	00:46:42	00:01:10	92	00:27:28	01:35:12	
80	202	F	30	LAUREN ZEDEK	SAN FRANCISCO CA	67	00:16:28	00:03:07	142	00:48:43	00:01:21	51	00:25:40	01:35:17	
81	529	F	46	MARTI BROOKIE	CARY NC	134	00:18:47	00:03:09	66	00:44:43	00:01:33	86	00:27:15	01:35:24	
82	144	F	19	CAITLIN FINN	CHAPEL HILL NC	28	00:14:27	00:03:14	168	00:49:42	00:02:04	55	00:26:07	01:35:31	
83	526	F	38	MELANIE ELMORE	APEX NC	56	00:15:54	00:02:55	124	00:47:49	00:01:37	87	00:27:18	01:35:31	
84	636	F	32	NF	MELANIE SARTORE	GREENVILLE NC	184	00:20:56	00:02:48	90	00:45:47	00:01:07	41	00:24:59	01:35:35

85	245	F	39		ASHLEY BORTER	RALEIGH NC	57	00:15:57	00:03:01	121	00:47:38	00:01:00	105	00:28:02	01:35:36	
86	261	F	39		MELISSA RANKIN	NEW BERN NC	97	00:17:47	00:02:46	118	00:47:30	00:01:22	60	00:26:19	01:35:42	
87	136	F	38		JULIE SHAW	WILMINGTON NC	186	00:20:56	00:02:59	101	00:46:47	00:01:06	30	00:24:03	01:35:49	
88	515	F	39	A	MAUREEN CURIS	WILMINGTON NC	73	00:16:34	00:02:17	93	00:46:05	00:01:26	143	00:29:31	01:35:51	
89	99	F	60		STEPHANIE WILLIS	CHAPEL HILL NC	32	00:14:43	00:02:43	107	00:46:56	00:02:35	129	00:28:57	01:35:52	
90	415	F	33		SARA TENNANT	WILMINGTON NC	92	00:17:40	00:02:25	111	00:47:04	00:01:11	98	00:27:44	01:36:02	
91	84	F	36		STEPHANIE BROWN	JACKSONVILLE NC	65	00:16:16	00:02:26	154	00:49:07	00:01:20	85	00:27:11	01:36:19	
92	162	F	34		LIZA KIGER	FUQUAY VARINA NC	170	00:20:17	00:02:30	85	00:45:36	00:01:09	75	00:26:53	01:36:22	
93	33	F	53		LAURIE O'CONNOR	WAKE FOREST NC	200	00:21:30	00:01:47	59	00:44:34	00:01:47	73	00:26:51	01:36:27	
94	553	F	33		LAURA GOODWIN	CARY NC	23	00:13:53	00:02:30	100	00:46:47	00:02:22	171	00:31:07	01:36:36	
95	152	F	38		LYNN ZEDEK	RALEIGH NC	98	00:17:47	00:03:17	108	00:46:57	00:01:41	78	00:26:57	01:36:38	
96	218	F	42		KELLY BOWLAND	HUNTERSVILLE NC	164	00:19:48	00:02:01	63	00:44:40	00:01:25	126	00:28:53	01:36:46	
97	639	F	32		AMANDA FRAZIER WONG	CARRBORO NC	93	00:17:42	00:03:19	148	00:48:53	00:01:24	46	00:25:32	01:36:48	
98	556	F	40		CANDICE BRUTON	GREENSBORO NC	151	00:19:13	00:02:30	50	00:44:05	00:01:57	132	00:29:05	01:36:48	
99	361	F	51		KAREN PLUNKETT	RALEIGH NC	177	00:20:30	00:02:48	68	00:44:54	00:01:44	82	00:27:04	01:36:58	
100	258	F	44		CAROL GRANTZ	CHESAPEAKE VA	152	00:19:14	00:02:28	70	00:45:00	00:01:36	122	00:28:47	01:37:02	
101	572	F	34		NYAKA NIILAMPTI	WILMINGTON NC	149	00:19:11	00:03:28	78	00:45:15	00:02:02	84	00:27:11	01:37:05	
102	459	F	38		LYNETTE LIPP	CHARLOTTESVILLE VA	132	00:18:41	00:02:34	57	00:44:28	00:01:26	154	00:30:09	01:37:16	
103	182	F	36		TRACY TATE	WILMINGTON NC	137	00:18:55	00:02:18	71	00:45:01	00:01:45	140	00:29:24	01:37:20	
104	624	F	49	ZF	BETH MCDONNELL	CARY NC	81	00:17:00	00:04:22	146	00:48:52	00:01:15	29	00:24:03	00:02:00	01:37:30
105	521	F	26		MARINA MORAN	GREENVILLE NC	220	00:22:46	00:02:41	25	00:41:45	00:01:50	128	00:28:55	01:37:54	
106	289	F	36		HEATHER YAKSIC	APEX NC	96	00:17:47	00:02:04	110	00:47:03	00:02:03	139	00:29:24	01:38:18	
107	615	F	27	NF	JESSICA HARPER	CHARLOTTE NC	100	00:17:50	00:02:27	162	00:49:23	00:01:24	89	00:27:20	01:38:22	
108	392	F	36		ADRIENNE MCCRAY	WASHINGTON DC DC	143	00:19:01	00:03:32	105	00:46:54	00:01:56	81	00:27:03	01:38:24	
109	242	F	46		DIANA MAA	CHARLOTTE NC	113	00:18:10	00:02:40	104	00:46:53	00:01:29	142	00:29:29	01:38:40	
110	140	F	25		ELENA COOPER	NOKESVILLE VA	87	00:17:26	00:02:32	150	00:49:00	00:01:19	120	00:28:45	01:39:01	
111	587	F	30	NF	LEIGH SILVERSTEIN	MORRISVILLE NC	156	00:19:20	00:02:58	99	00:46:42	00:02:08	104	00:27:59	01:39:05	
112	534	F	54		JOAN ZABOROWSKI	WILMINGTON NC	91	00:17:36	00:03:43	153	00:49:02	00:01:43	83	00:27:07	01:39:10	
113	199	F	45		KATHRYN SCOVEL	CARY NC	109	00:18:06	00:02:18	130	00:47:59	00:01:34	137	00:29:19	01:39:14	
114	442	F	34		ELIZABETH MARSHALL	RALEIGH NC	205	00:21:42	00:03:24	55	00:44:21	00:02:18	95	00:27:32	01:39:15	
115	367	F	12		MARA BHALLA	BELMONT NC	29	00:14:35	00:02:18	223	00:54:33	00:01:20	67	00:26:32	01:39:16	

116	590	F	44	ZF	JAMIE HORNE	MOREHEAD CITY NC	101	00:17:52	00:02:41	145	00:48:51	00:01:07	123	00:28:47	01:39:17	
117	670	F	16	NF	COURTNEY WIGGINS	PEACHTREE CITY GA	117	00:18:15	00:03:46	167	00:49:39	00:02:06	47	00:25:36	01:39:19	
118	550	F	41		CHRISTIE BENJAMIN	CARY NC	115	00:18:11	00:02:35	140	00:48:36	00:02:37	94	00:27:30	01:39:27	
119	263	F	34		KAREN GREENE	TRENT WOODS NC	165	00:19:58	00:03:10	207	00:52:21	00:01:07	15	00:23:01	01:39:35	
120	252	F	48		NANCY GILMORE	HILLSBOROUGH NC	144	00:19:04	00:02:42	76	00:45:12	00:01:55	163	00:30:46	01:39:37	
121	409	F	49		JEAN MCDONALD	CHAPEL HILL NC	185	00:20:56	00:02:53	113	00:47:09	00:01:47	80	00:27:00	01:39:43	
122	611	F	28	NF	REBECCA REDWINE	RALEIGH NC	124	00:18:25	00:02:35	155	00:49:09	00:01:05	119	00:28:43	01:39:54	
123	695	F	31	NF	ZOE ROBINS	WASHINGTON DC	59	00:16:05	00:03:00	117	00:47:28	00:01:48	147	00:29:45	00:02:00	01:40:04
124	226	F	42		MERETH ALEXANDER	WAKE FOREST NC	175	00:20:29	00:04:03	81	00:45:22	00:01:32	124	00:28:48	01:40:11	
125	542	F	19		HELEN GAGNON	GREENSBORO NC	110	00:18:06	00:02:44	197	00:51:19	00:01:42	65	00:26:27	01:40:17	Y
126	433	F	54		IRENE SLYDEL	CHAPEL HILL NC	180	00:20:45	00:02:57	133	00:48:13	00:01:57	66	00:26:30	01:40:20	
127	120	F	39	A	CHRISTA BLAKELOCK	NEW BERN NC	37	00:14:56	00:02:14	174	00:49:58	00:01:16	188	00:32:27	01:40:50	
128	173	F	54		NANCY RIZOR	ATLANTA GA	121	00:18:24	00:02:22	83	00:45:27	00:01:43	194	00:33:00	01:40:54	
129	43	F	44		LAURA GELLMAN	CHARLOTTE NC	231	00:23:40	00:02:57	47	00:43:31	00:01:19	144	00:29:31	01:40:57	
130	558	F	35		ELLE RODILLO-FOWLER	COLUMBIA SC	223	00:23:01	00:02:36	43	00:43:21	00:01:32	158	00:30:33	01:41:02	
131	674	F	26	NF	BROOKE HAYAMI	APEX NC	127	00:18:32	00:03:26	132	00:48:10	00:01:41	135	00:29:17	01:41:03	
132	589	F	38	NF	KELLY HOLLIS	RALEIGH NC	114	00:18:10	00:02:32	135	00:48:15	00:01:52	162	00:30:42	01:41:29	
133	604	F	36	NF	JANNICA BARTON	APEX NC	135	00:18:48	00:03:28	173	00:49:56	00:01:40	100	00:27:51	01:41:41	
134	278	F	35		JENNI SWEET	RALEIGH NC	161	00:19:41	00:02:16	40	00:43:13	00:01:47	210	00:34:50	01:41:45	
135	167	F	42		WENDY PRICE	GREENVILLE NC	148	00:19:07	00:02:59	169	00:49:42	00:01:03	130	00:29:01	01:41:49	
136	95	F	38		LORI HILEMAN	CHARLOTTE NC	153	00:19:14	00:03:42	106	00:46:55	00:01:26	159	00:30:34	01:41:50	
137	581	F	51		SUE ELLEN COX	CHAPEL HILL NC	125	00:18:27	00:02:29	164	00:49:34	00:01:28	152	00:29:55	01:41:51	
138	122	F	58		MAY TOMS	GREENSBORO NC	146	00:19:06	00:02:45	65	00:44:43	00:02:07	198	00:33:16	01:41:54	
139	110	F	30		ANDREA GIANNI	ODENTON MD	99	00:17:49	00:03:00	131	00:48:08	00:01:55	180	00:31:28	01:42:18	
140	107	F	38		KATHRYN LOGAN	DURHAM NC	78	00:16:51	00:04:16	143	00:48:47	00:01:23	167	00:31:03	01:42:18	
141	338	F	41		KIM SMITH	CARY NC	145	00:19:05	00:02:53	86	00:45:37	00:01:34	196	00:33:14	01:42:22	
142	156	F	39		TERESA BRUSADIN	FUQUAY VARINA NC	194	00:21:13	00:02:39	112	00:47:07	00:01:31	151	00:29:55	01:42:23	
143	543	F	19		JULIANE YOUNG	WILMINGTON NC	116	00:18:12	00:02:40	194	00:51:11	00:01:47	116	00:28:38	01:42:26	
144	116	F	26		MICHELLE KRASNER	RALEIGH NC	105	00:17:57	00:02:35	208	00:52:27	00:02:18	93	00:27:29	01:42:44	
145	166	F	39		JULIE HEPNER	HOLLY SPRINGS NC	155	00:19:17	00:02:33	192	00:51:01	00:01:50	108	00:28:11	01:42:50	
146	502	F	26		LINDSAY CLEVINGER	WILMINGTON NC	39	00:15:03	00:03:48	149	00:48:58	00:01:36	203	00:33:35	01:42:59	

147	448	F	34	TARINA HERB	RALEIGH NC	204	00:21:42	00:04:37	147	00:48:52	00:03:00	42	00:25:04	01:43:13
148	58	F	25	CATHERINE EZZELL	WILSON NC	226	00:23:23	00:02:58	73	00:45:05	00:01:25	157	00:30:27	01:43:16
149	427	F	43	GU DRUN NOVAK	CHE RRYVILLE NC	189	00:21:06	00:03:24	52	00:44:07	00:03:07	182	00:31:40	01:43:22
150	46	F	29	LORI KRASNER	RALEIGH NC	163	00:19:46	00:02:44	213	00:52:36	00:01:33	77	00:26:57	01:43:34
151	464	F	44	KATHRYN WATSON	CHAPEL HILL NC	198	00:21:29	00:03:10	185	00:50:22	00:01:08	91	00:27:28	01:43:36
152	325	F	39	SHEILA RAO-DAYTON	CARRBORO NC	227	00:23:26	00:03:28	138	00:48:22	00:01:39	72	00:26:51	01:43:44
153	98	F	39	TRACY LEE	RAEFORD NC	196	00:21:17	00:03:00	114	00:47:16	00:01:28	164	00:30:46	01:43:46
154	56	F	34	VALERIE CLINARD	FUQUAY VARINA NC	208	00:21:47	00:02:27	157	00:49:11	00:01:07	141	00:29:24	01:43:54
155	27	F	56	SALLY ALMEKINDERS	CHAPEL HILL NC	206	00:21:44	00:02:00	96	00:46:30	00:01:07	189	00:32:37	01:43:57
156	63	F	41	KATHERINE ARNETTE	FORT MILL SC	130	00:18:34	00:02:47	119	00:47:34	00:01:45	201	00:33:27	01:44:05
157	612	F	41	ZF LELIA SKINNER	CHAPEL HILL NC	102	00:17:53	00:02:42	136	00:48:18	00:01:37	204	00:33:42	01:44:10
158	223	F	42	AMANDA NICHOLLS	WINSTON SALEM NC	176	00:20:29	00:03:37	158	00:49:13	00:02:09	121	00:28:46	01:44:12
159	210	F	43	KAY MARIA GREEN	ABERDEEN NC	133	00:18:45	00:04:28	160	00:49:17	00:02:03	148	00:29:51	01:44:21
160	688	F	31	NF BETH MERRIGAN	SCOTTSVILLE VA	162	00:19:44	00:02:57	229	00:54:48	00:01:20	52	00:25:43	01:44:30
161	570	F	54	NANCI ARNOUX	WILMINGTON NC	182	00:20:55	00:03:28	179	00:50:13	00:01:27	113	00:28:31	01:44:32
162	74	F	37	LAURA SPELL	CARY NC	54	00:15:46	00:04:12	115	00:47:20	00:03:20	208	00:34:09	01:44:46
163	40	F	38	TRACY TERTZAGIAN	WILMINGTON NC	86	00:17:21	00:02:25	181	00:50:16	00:01:41	200	00:33:25	01:45:06
164	353	F	42	LAURA COVE	RALEIGH NC	107	00:17:59	00:03:16	212	00:52:35	00:02:15	133	00:29:06	01:45:09
165	537	F	50	SUZANNE MCBEE	CARY NC	82	00:17:05	00:06:29	88	00:45:43	00:04:39	176	00:31:15	01:45:09
166	614	F	40	ZF HOPE CAMPBELL	WHITE LAKE NC	166	00:20:00	00:02:33	161	00:49:18	00:01:38	183	00:31:43	01:45:11
167	383	F	41	KORI BREWER	GREENVILLE NC	174	00:20:27	00:03:35	221	00:54:11	00:02:03	43	00:25:14	01:45:29
168	538	F	56	KAY PRATT	CHAPEL HILL NC	52	00:15:35	00:02:52	187	00:50:25	00:01:19	216	00:35:21	01:45:30
169	221	F	40	MARY KATHRYN HARRIS	NEW BERN NC	241	00:25:26	00:02:10	163	00:49:28	00:01:03	90	00:27:25	01:45:31
170	204	F	38	LAURA RYSDON	CHARLOTTE NC	129	00:18:33	00:03:48	128	00:47:52	00:01:20	207	00:34:03	01:45:35
171	150	F	45	JOANIE OLIVIER	CARY NC	187	00:20:59	00:02:31	175	00:49:59	00:01:40	160	00:30:38	01:45:45
172	288	F	38	KIM RINEER	APEX NC	188	00:21:03	00:03:41	123	00:47:47	00:01:42	181	00:31:38	01:45:50
173	375	F	32	ELKE FEESE	MORRISVILLE NC	171	00:20:21	00:03:46	170	00:49:48	00:02:18	153	00:29:59	01:46:11
174	23	F	57	GRAY LAMBETH	WILMINGTON NC	229	00:23:39	00:02:51	95	00:46:15	00:01:35	185	00:31:57	01:46:15
175	230	F	41	LORI BOYD	RALEIGH NC	218	00:22:37	00:03:20	183	00:50:18	00:01:44	110	00:28:21	01:46:18
176	326	F	44	MARGARET MERTENS	ATLANTA GA	203	00:21:37	00:02:06	134	00:48:15	00:01:25	195	00:33:07	01:46:28
177	480	F	31	SHELLY-ANN SINCLAIR	ALEXANDRIA VA	192	00:21:11	00:03:25	144	00:48:48	00:02:04	169	00:31:05	01:46:30

178	664	F	39	NF	MEREDITH ALCOKE	NEW BERN NC	201	00:21:30	00:02:38	201	00:51:35	00:01:17	150	00:29:52	01:46:50	
179	64	F	27		KAREN CRAWLEY	ROANOKE RAPIDS NC	183	00:20:56	00:03:14	176	00:50:00	00:01:30	174	00:31:13	01:46:51	
180	592	F	28	NF	CASEY MOCKETT	FORT BRAGG NC	202	00:21:36	00:02:05	205	00:51:55	00:02:00	136	00:29:18	01:46:53	
181	468	F	33		LEANNE REAVES	RED SPRINGS NC	191	00:21:08	00:04:39	141	00:48:39	00:01:57	161	00:30:40	01:47:01	
182	168	F	36	A	LEE INTEGLIA	RALEIGH NC	210	00:21:53	00:02:21	139	00:48:25	00:01:28	192	00:32:55	01:47:02	
183	645	F	29	NF	SHANNON GALPHIN	DURHAM NC	122	00:18:24	00:03:00	218	00:53:36	00:01:55	155	00:30:17	01:47:10	
184	50	F	33		CARRIE HOFFMAN	RALEIGH NC	136	00:18:51							01:47:18	
185	621	F	34	NF	ANNE LATHAN	TRENT WOODS NC	70	00:16:31	00:03:08	214	00:52:48	00:01:39	199	00:33:25	01:47:30	
186	359	F	60		CAROL WILLIS	CINCINNATI OH	157	00:19:21	00:03:28	180	00:50:15	00:01:38	197	00:33:16	01:47:57	
187	648	F	31	NF	KRISTIN BROWN	WILMINGTON NC	120	00:18:19	00:03:14	202	00:51:39	00:01:51	193	00:32:56	01:47:57	
188	39	F	36		STEPHANIE SHEPHERD	RALEIGH NC	237	00:24:10	00:02:30	191	00:50:58	00:01:14	138	00:29:21	01:48:11	
189	348	F	49		SANDY WEIKEL	VIRGINIA BEACH VA	238	00:24:30	00:03:14	184	00:50:20	00:01:40	118	00:28:41	01:48:23	
190	272	F	35		REBECCA HALVORSON	CHAPEL HILL NC	236	00:24:02	00:02:39	200	00:51:33	00:01:39	115	00:28:36	01:48:28	
191	432	F	25		NICOLE SUDDETH	CHAPEL HILL NC	216	00:22:19	00:03:34	186	00:50:23	00:02:14	112	00:28:30	00:02:00	01:48:58
192	452	F	56		JOAN WALSH	RALEIGH NC									01:49:37	
193	403	F	40		DEBBIE CAMPBELL	ELIZABETHTOWN NC	178	00:20:41	00:03:18	166	00:49:38	00:01:12	211	00:34:52	01:49:39	
194	53	F	39		ANGIE HEDGEPEETH	WILMINGTON NC	213	00:22:01	00:03:06	196	00:51:13	00:01:15	186	00:32:06	01:49:40	
195	404	F	42		LEIGH KEMPF	CHAPEL HILL NC	214	00:22:05	00:02:16	126	00:47:51	00:01:51	220	00:35:48	01:49:50	
196	608	F	38	NF	MELISSA ISNER	RALEIGH NC	172	00:20:23	00:03:19	120	00:47:36	00:02:31	226	00:36:14	01:50:01	
197	620	F	41	ZF	LORI MCLEOD	RALEIGH NC	232	00:23:43	00:02:48	159	00:49:13	00:01:43	191	00:32:43	01:50:09	
198	495	F	34		SARA HAN	BUNNLEVEL NC	30	00:14:39	00:02:47	245	00:59:25	00:01:32	184	00:31:53	01:50:13	
199	686	F	38	NF	JULIE MONTGOMERY	FAYETTEVILLE NC	85	00:17:19	00:03:19	210	00:52:33	00:01:38	217	00:35:35	01:50:22	
200	126	F	53		ROBIN OWEN	CARY NC	219	00:22:45	00:04:03	127	00:47:52	00:02:20	202	00:33:31	01:50:29	
201	347	F	28		ANNA BERRY	CHAPEL HILL NC	131	00:18:36	00:02:57	242	00:57:33	00:01:45	149	00:29:51	01:50:39	
202	681	F	34	NF	EMILY GREENSTREET	DURHAM NC	199	00:21:29	00:02:57	193	00:51:09	00:01:16	205	00:33:56	01:50:45	
203	396	F	32		SARA RUDY	WILMINGTON NC	62	00:16:10	00:02:45	253	01:02:05	00:01:56	101	00:27:52	01:50:45	
204	179	F	27		MARGARET KURDZIOLEK	CHRISTIANSBURG VA	167	00:20:02	00:03:01	178	00:50:06	00:02:05	219	00:35:46	01:50:58	
205	131	F	37		SHERI BRAGG	HOLLY SPRINGS NC	245	00:26:17	00:02:43	203	00:51:40	00:01:02	146	00:29:44	01:51:24	
206	473	F	31		KELLI LAUDATE	FUQUAY VARINA NC	211	00:21:54	00:02:10	211	00:52:34	00:01:46	178	00:31:24	00:02:00	01:51:45
207	323	F	26		SHANNON MYERS	GREENSBORO NC	34	00:14:48	00:03:08	252	01:01:40	00:01:18	173	00:31:13	01:52:05	
208	657	F	46	ZF	LORAE ROUKEMA	BROADWAY NC	215	00:22:05	00:03:06	165	00:49:35	00:02:15	214	00:35:19	01:52:20	

209	249	F	43	JENNIE ELLISON	CHARLOTTE NC	193	00:21:12	00:04:04	182	00:50:17	00:02:09	213	00:35:14	01:52:56	
210	165	F	29	HELEN MAY-SIMERA	BETHESDA MD	230	00:23:40	00:03:00	122	00:47:43	00:01:33	212	00:35:05	00:02:00	01:52:58
211	366	F	30	ASHLEY DELPH	RALEIGH NC	251	00:27:34	00:04:16	125	00:47:50	00:02:18	177	00:31:16	01:53:12	
212	643	F	28	MEREDITH MITCHELL	ENKA NC	228	00:23:33	00:03:05	190	00:50:47	00:01:48	206	00:34:03	01:53:13	
213	548	F	29	EULALIA BARAJAS	PEMBROKE NC	246	00:26:33	00:03:51	171	00:49:53	00:01:38	179	00:31:26	01:53:19	
214	148	F	50	JUDITH WILLIAMS	FREDERICKSBURG VA	104	00:17:56							01:53:29	
215	684	F	36	NF MARY LINDSLEY	DURHAM NC	118	00:18:16	00:03:20	226	00:54:39	00:01:52	218	00:35:42	01:53:46	
216	227	F	30	DEIRDRE TATOMER	CARRBORO NC	75	00:16:42	00:03:03	251	01:01:12	00:01:47	168	00:31:05	01:53:47	
217	601	F	41	ZF DAWN MAYNARD	WHITE LAKE NC	224	00:23:08	00:02:43	156	00:49:11	00:01:56	232	00:37:04	01:54:00	
218	660	F	50	ZF TERRI HAWLEY	WHITE LAKE NC	126	00:18:31	00:03:54	225	00:54:37	00:01:57	215	00:35:21	01:54:19	
219	157	F	43	DOREEN ANGLIS	WAXHAW NC	138	00:18:55	00:03:28	199	00:51:25	00:02:29	236	00:38:44	01:54:59	
220	147	F	33	JENNIFER DICKEY	NORTH BETHESDA MD	195	00:21:13	00:03:32	217	00:53:12	00:01:12	225	00:36:13	01:55:20	
221	160	F	40	MELISSA MAINVILLE	WARRENTON VA	128	00:18:33	00:03:29	195	00:51:12	00:01:30	242	00:40:52	01:55:35	
222	606	F	53	ZF CINDY POOLE	RALEIGH NC	154	00:19:17	00:04:44	209	00:52:28	00:03:24	221	00:35:53	01:55:44	
223	577	F	27	STACEY MCCORKLE	WILMINGTON NC	169	00:20:08	00:02:52	227	00:54:44	00:02:06	227	00:36:21	01:56:09	
224	563	F	44	A BRENDA DIXON	MATTHEWS NC	142	00:19:00	00:04:15	204	00:51:43	00:03:02	237	00:38:58	01:56:57	
225	498	F	43	BROOKE ODENWELDER	ROANOKE VA	234	00:23:58	00:03:51	189	00:50:39	00:02:35	223	00:36:01	01:57:03	
226	476	F	42	STEPHANIE MOORE	WILMINGTON NC	259	00:32:38	00:04:37	129	00:47:54	00:02:40	165	00:31:00	01:58:47	
227	382	F	36	DAWN PASFIELD-BLEVINS	CHARLOTTE NC	247	00:26:43	00:05:04	224	00:54:34	00:03:05	145	00:29:37	01:59:02	
228	687	F	40	ZF DELILIA MORRIS	FAYETTEVILLE NC	140	00:18:56	00:03:00	232	00:55:36	00:01:35	243	00:41:06	02:00:11	
229	341	F	53	KELLY PASLEY	RALEIGH NC	253	00:27:57	00:03:28	228	00:54:47	00:02:02	187	00:32:12	02:00:24	
230	690	F	38	NF DANA BURGESS	COLUMBIA SC	256	00:29:26	00:03:15	215	00:53:00	00:02:12	190	00:32:43	02:00:34	
231	599	F	40	ZF TONYA MILLS	NEW BERN NC	217	00:22:24	00:03:33	237	00:56:24	00:01:22	231	00:37:03	02:00:45	
232	441	F	45	A GINA MOTSINGER	WINSTON SALEM NC	209	00:21:50	00:03:22	177	00:50:03	00:02:27	248	00:43:18	02:00:58	
233	593	F	31	NF ANGELA FLOWE	MORRISVILLE NC	240	00:25:09	00:02:41	219	00:53:40	00:01:30	234	00:38:17	02:01:15	
234	668	F	14	NF MICHAELA BROWN	PEACHTREE CITY GA	179	00:20:44	00:03:20	236	00:56:11	00:01:48	239	00:39:20	02:01:21	
235	36	F	50	EILEEN FARLEY	SANFORD NC	222	00:22:55	00:03:45	243	00:58:00	00:02:18	209	00:34:32	02:01:27	
236	57	F	27	REBECCA DICKENSON	DURHAM NC	181	00:20:55	00:03:47	240	00:56:52	00:01:30	235	00:38:34	02:01:36	
237	22	F	33	JULINE COOK	CORNELIUS NC	250	00:27:27	00:03:39	239	00:56:41	00:02:46	170	00:31:06	02:01:37	
238	344	F	26	VALERIE ARTRIP	GREENSBORO NC	150	00:19:11	00:04:15	241	00:57:29	00:01:47	238	00:39:07	02:01:48	
239	342	F	49	SARAH SCHROEDER	RALEIGH NC	212	00:21:57	00:04:39	238	00:56:32	00:02:05	230	00:36:59	02:02:10	

240	626	F	33	NF	STACY CONNOLEY	DURHAM NC	249	00:27:10	00:04:35	216	00:53:04	00:01:19	229	00:36:54	02:03:00	
241	619	F	31	NF	LISA CILENTO	RALEIGH NC	221	00:22:52	00:04:50	244	00:58:09	00:01:31	222	00:35:56	02:03:17	
242	369	F	38	A	KATE KELLY	HIGH POINT NC	243	00:25:34	00:02:49	206	00:52:01	00:02:02	245	00:41:44	02:04:07	
243	178	F	26		DEANNA BABCOCK	RALEIGH NC	147	00:19:06	00:04:53	231	00:55:35	00:04:14	246	00:41:53	02:05:40	
244	331	F	45		TERRI LYDE	ATLANTA GA	207	00:21:47	00:05:34	198	00:51:24	00:02:00	253	00:45:01	02:05:44	
245	463	F	45		LEIGH EARMAN	HIGH POINT NC	173	00:20:26	00:03:52	234	00:55:45	00:02:42	250	00:43:54	02:06:38	
246	623	F	49	ZF	KAREN SUGGS	WHITE LAKE NC	258	00:31:19	00:03:50	220	00:53:58	00:01:59	228	00:36:41	02:07:45	
247	444	F	35		RUTH KING	CHARLOTTE NC	244	00:26:17	00:04:26	222	00:54:28	00:02:22	244	00:41:29	02:08:59	
248	653	F	36	NF	LAURIE WILLIAMSON	DURHAM NC	255	00:29:02	00:03:10	246	00:59:34	00:01:17	224	00:36:04	02:09:06	
249	363	F	40	A	TANYA EDMONDS	RALEIGH NC	260	00:33:51	00:04:28	188	00:50:32	00:02:47	233	00:38:12	02:09:49	
250	605	F	36	NF	KERRY LINEHAN	KNIGHTDALE NC	261	00:35:17	00:03:07	249	01:00:30	00:02:14	125	00:28:50	02:09:56	
251	561	F	30		JENNIFER PELLILLO	WASHINGTON DC	239	00:24:52	00:03:51	233	00:55:38	00:03:28	252	00:44:44	02:12:32	
252	293	F	44		IRENE ROCKWELL	CARY NC	225	00:23:10	00:03:52	258	01:04:42	00:01:07	241	00:40:25	02:13:13	
253	284	F	35		ALICIA PANDIMOS MAURER	DURHAM NC	252	00:27:49	00:05:15	230	00:55:02	00:03:30	247	00:42:58	02:14:33	
254	309	F	43		COURTNEY MANN	RALEIGH NC	233	00:23:46	00:03:37	250	01:00:37	00:01:53	255	00:46:32	02:16:23	
255	562	F	55		MICKEY PELLILLO	BLUEFIELD VA	159	00:19:32	00:04:48	247	00:59:49	00:02:17	259	00:51:32	02:17:55	
256	625	F	41	ZF	MARY BETH DUFFY	RALEIGH NC	242	00:25:26	00:05:33	256	01:02:43	00:02:24	240	00:40:21	00:02:00	02:18:24
257	62	F	54		NANCY GIANNI	PITTSBURGH PA	235	00:24:00	00:04:40	257	01:03:01	00:02:21	254	00:45:58	02:19:59	
258	600	F	30	NF	AMANDA GREER	MORRISVILLE NC	254	00:28:23	00:05:52	248	01:00:23	00:03:27	249	00:43:29	02:21:32	
259	159	F	38		SARAH PRESTON	RALEIGH NC	197	00:21:25	00:04:45	255	01:02:29	00:02:21	260	00:51:43	02:22:41	
260	354	F	54		LINDA CLARK	MEBANE NC	257	00:29:27	00:04:54	235	00:56:02	00:01:52	258	00:51:03	02:23:16	
261	96	F	34	A	MARY VIGUE	GREENSBORO NC	263	00:45:14	00:04:26	172	00:49:54	00:02:33	256	00:46:32	02:28:36	
262	675	F	41	ZF	JILL DAVENPORT	WILMINGTON NC	248	00:26:59	00:08:26	259	01:06:48	00:03:11	251	00:44:24	02:29:46	
263	244	F	66		JOANNE HAYES	SOLANA BEACH CA	262	00:37:31	00:04:52	254	01:02:15	00:02:05	257	00:46:54	02:33:34	
264	596	F	20	NF	NICOLE DEGREEF	FAYETTEVILLE NC	106	00:17:59	00:03:21							

** Results are for the private use of participants and are the Intellectual Property of Set Up Events. Unauthorized use of these results is prohibited.