

# 2010 White Lake Fall International

## Overall Women

### White Lake, NC 9/11/2010 09:00AM

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Place	Bib	Sex	Age	Cat.	NAME	CITY/STATE	Rank	SWIM	T1	Rank	BIKE	T2	Rank	RUN	PENALTY	Time	DQ
1	4	F	38	OF	STACEY RICHARDSON	CHAPEL HILL NC	3	00:24:27	00:01:04	2	01:11:52	00:01:03	2	00:41:13		02:19:38	
2	17	F	29	OF	MELISSA BELL	CHARLOTTE NC	6	00:25:24	00:01:22	4	01:15:35	00:00:55	13	00:44:42		02:27:56	
3	6	F	42	MF	TANYA HOUGHTON	WEDDINGTON NC	34	00:33:06	00:01:31	1	01:10:49	00:00:58	4	00:42:15		02:28:37	
4	31	F	34	OF	BRENNAN LIMING	APEX NC	16	00:28:48	00:01:29	12	01:19:11	00:01:05	1	00:38:09		02:28:40	
5	26	F	32	OF	ALYSIA LOVGREN	DURHAM NC	5	00:25:23	00:01:16	11	01:18:26	00:01:50	11	00:44:26		02:31:20	
6	8	F	44	MF	NASRIN AZARI	CARY NC	11	00:27:49	00:01:15	6	01:17:29	00:01:04	15	00:45:43		02:33:18	
7	14	F	41	MF	STACEY GRIFFITH	RUTHERFORDTON NC	10	00:27:29	00:01:21	13	01:19:20	00:01:12	14	00:45:07		02:34:26	
8	30	F	26	OF	MELISSA MILSTEAD	WILMINGTON NC	8	00:26:55	00:01:35	22	01:20:38	00:01:21	10	00:44:12		02:34:39	
9	33	F	25	OF	ERIN MCKEE	DURHAM NC	23	00:30:32	00:02:00	10	01:18:26	00:01:45	3	00:42:14		02:34:56	
10	458	F	36		STEPHANIE HEALEY	RALEIGH NC	53	00:34:34	00:01:37	3	01:13:12	00:01:36	12	00:44:41		02:35:39	
11	28	F	37	OF	SHANNON LOWERY	RALEIGH NC	61	00:35:11	00:01:13	5	01:16:01	00:01:00	6	00:43:15		02:36:38	
12	19	F	32	OF	MARISA PIRIH	GREENSBORO NC	9	00:27:23	00:01:06	8	01:18:02	00:01:05	31	00:49:05		02:36:39	
13	650	F	41		ASHLEY NAELON	DAVIDSON NC	27	00:32:07	00:01:23	9	01:18:26	00:01:00	9	00:44:08		02:37:02	
14	653	F	32		TARA WIND	CARY NC	15	00:28:45	00:01:57	25	01:21:18	00:02:11	17	00:46:15		02:40:25	
15	352	F	32		KAREN STURGIS	GREENVILLE SC	2	00:24:24	00:02:42	50	01:24:37	00:01:18	27	00:48:14		02:41:13	
16	431	F	26		JACQUELYN KING	DOUGLASVILLE GA	21	00:30:14	00:01:29	32	01:22:19	00:01:12	18	00:46:16		02:41:28	
17	570	F	42		JULIA MCGRATH	CHARLOTTE NC	45	00:34:15	00:01:38	30	01:22:10	00:01:03	5	00:42:58		02:42:03	
18	315	F	37		HEATHER WEEKS HONNOLD	APEX NC	22	00:30:29	00:01:47	17	01:20:07	00:01:47	30	00:48:32		02:42:39	
19	362	F	27		SARAH KRAXBERGER	FAYETTEVILLE NC	48	00:34:17	00:01:48	14	01:19:48	00:01:48	16	00:45:47		02:43:26	
20	632	F	49		KARI WILKINSON	MEBANE NC	43	00:34:13	00:01:36	7	01:17:36	00:01:17	33	00:49:15		02:43:54	
21	425	F	30		ERIN GREEN	WILMINGTON NC	17	00:29:07	00:02:15	16	01:19:57	00:01:21	61	00:52:29		02:45:08	
22	22	F	42	MF	CARI SOLEO	CARY NC	24	00:30:54	00:01:52	24	01:20:59	00:01:37	43	00:50:24		02:45:44	

23	450	F	25	JENNIFER KEITH	MATTHEWS NC	7	00:26:31	00:01:55	36	01:23:06	00:01:31	69	00:53:28	02:46:29	
24	332	F	40	HEATHER ENGEN	CARY NC	51	00:34:27	00:01:49	23	01:20:57	00:01:28	29	00:48:26	02:47:05	
25	643	F	28	HILLARY SWEATLAND	FAYETTEVILLE NC	26	00:31:38	00:02:13	45	01:24:12	00:01:34	25	00:47:42	02:47:17	
26	662	F	26	MEREDITH CLAYCOMB	WILMINGTON NC	14	00:28:44	00:03:14	31	01:22:12	00:02:04	54	00:51:55	02:48:07	
27	160	F	36	LEIGH ADAMS	HAMPSTEAD NC	57	00:34:49	00:01:53	42	01:24:03	00:01:36	19	00:46:17	02:48:36	
28	615	F	25	BECKY WOODRUFF	DURHAM NC	4	00:24:31	00:02:32	65	01:26:24	00:01:08	74	00:54:04	02:48:37	
29	609	F	25	CHRISTINE KRUEGER	FAYETTEVILLE NC	72	00:36:19	00:01:10	20	01:20:27	00:01:21	42	00:50:22	02:49:37	
30	232	F	39	CECILIA LINTON	CORNELIUS NC	63	00:35:22	00:01:16	19	01:20:15	00:01:17	53	00:51:52	02:50:01	
31	441	F	21	BECKY JOHNSON	CHAPEL HILL NC	50	00:34:26	00:02:37	81	01:28:06	00:01:56	7	00:43:17	02:50:20	
32	480	F	31	COURTNEY SOMMER	CARRBORO NC	38	00:33:47	00:02:22	39	01:23:35	00:01:52	36	00:49:36	02:51:11	
33	384	F	55	DORIS ALEXANDER	CARRBORO NC	36	00:33:26	00:01:25	61	01:25:44	00:01:19	41	00:50:18	02:52:11	
34	237	F	37	JIN YI KWON	CHAPEL HILL NC	129	00:40:42	00:02:02	55	01:24:54	00:01:32	8	00:43:21	02:52:30	
35	537	F	34	BRADEN WALSH	PITTSBORO NC	19	00:29:47	00:02:01	107	01:31:00	00:01:24	32	00:49:11	02:53:21	
36	590	F	43	SUSAN KITCHEN	CHAPEL HILL NC	65	00:35:44	00:02:27	47	01:24:23	00:01:22	28	00:48:20	00:02:00	02:54:14
37	446	F	33	LEIGH ERISMAN	CHAPEL HILL NC	29	00:32:24	00:01:47	115	01:31:51	00:01:42	23	00:47:00	02:54:42	
38	586	F	34	ERIN FRULAND	FAYETTEVILLE NC	33	00:33:05	00:01:46	54	01:24:50	00:01:10	73	00:53:53	02:54:43	
39	551	F	33	CAREY KEEVER	RALEIGH NC	73	00:36:19	00:01:59	26	01:21:31	00:01:48	67	00:53:16	02:54:50	
40	442	F	47	CAROL SCHEIBLE	CHAPEL HILL NC	68	00:36:08	00:01:43	21	01:20:27	00:01:44	80	00:55:13	02:55:13	
41	407	F	41	PATRICIA MILLER	ROCKY MOUNT NC	105	00:38:32	00:02:25	41	01:24:03	00:02:09	26	00:48:14	02:55:22	
42	337	F	37	LISA WARD	MORRISVILLE NC	12	00:28:28	00:01:48	118	01:32:12	00:01:33	51	00:51:43	02:55:43	
43	409	F	26	ELIZABETH THOMAS	DURHAM NC	91	00:37:21	00:01:37	66	01:26:29	00:01:08	34	00:49:15	02:55:48	
44	603	F	22	MEGHAN ROOT	RALEIGH NC	30	00:32:32	00:03:19	73	01:27:12	00:02:20	46	00:50:38	02:55:59	
45	573	F	34	SHERI SAMPSON	CARY NC	13	00:28:43	00:01:41	137	01:34:07	00:01:36	40	00:49:56	02:56:01	
46	174	F	17	SOFIE RODO	HAMPSTEAD NC	39	00:33:51	00:01:21	95	01:30:09	00:01:33	35	00:49:27	02:56:19	
47	208	F	37	TORI ARENS	RALEIGH NC	28	00:32:18	00:02:07	34	01:22:50	00:01:42	97	00:57:48	02:56:44	
48	417	F	49	SHARON BALAS	CHARLOTTE NC	52	00:34:28	00:02:02	18	01:20:12	00:01:54	104	00:58:19	02:56:54	
49	624	F	46	ANITA GREENLAND	GREENSBORO NC	42	00:34:12	00:01:48	90	01:29:34	00:01:49	39	00:49:53	02:57:13	
50	628	F	46	SUZY NISBET	CARY NC	113	00:39:21	00:01:47	49	01:24:28	00:01:10	45	00:50:32	02:57:15	
51	593	F	40	DEBRA ZACHER	RALEIGH NC	103	00:38:22	00:02:12	28	01:21:57	00:01:30	71	00:53:39	02:57:39	
52	506	F	42	MARIAN GREEN	CARY NC	97	00:37:42	00:02:32	48	01:24:27	00:02:10	49	00:51:02	02:57:51	
53	117	F	44	JANICE HIRSCH	WAKE FOREST NC	67	00:36:03	00:01:53	27	01:21:46	00:01:27	94	00:57:17	02:58:25	

54	627	F	40		JENNIFER COLEMAN	WILMINGTON NC	66	00:35:59	00:02:57	104	01:30:51	00:02:18	21	00:46:36	02:58:39
55	576	F	41		CARRIE ZELNA	CARY NC	74	00:36:21	00:02:10	69	01:26:48	00:01:37	56	00:51:57	02:58:51
56	318	F	45		LORA LEWIS	FAYETTEVILLE NC	76	00:36:26	00:02:18	64	01:26:10	00:01:42	63	00:52:37	02:59:11
57	721	F	32	NF	MELISSA LEWELLYN	CHARLOTTE NC	122	00:40:13	00:02:08	52	01:24:45	00:01:57	44	00:50:28	02:59:28
58	396	F	30		JESSICA HARTMANN	WILMINGTON NC	75	00:36:22	00:02:01	85	01:28:48	00:01:21	59	00:52:06	03:00:36
59	486	F	36		KRISTA FOERSTER	RALEIGH NC	182	00:44:27	00:02:32	33	01:22:36	00:01:44	37	00:49:41	03:00:58
60	120	F	40		KATHERINE BROWN	CHAPEL HILL NC	46	00:34:16	00:01:18	74	01:27:13	00:01:39	90	00:56:35	03:00:59
61	256	F	31		JESSICA ORTH	CAMERON NC	32	00:33:02	00:02:42	127	01:32:40	00:01:43	47	00:50:58	03:01:04
62	475	F	33		LINDSEE MCPHAIL	CARRBORO NC	109	00:38:59	00:02:29	53	01:24:45	00:01:53	68	00:53:26	03:01:30
63	138	F	38	A	KARYN LONG	CARY NC	90	00:37:16	00:01:56	46	01:24:20	00:01:38	92	00:56:59	03:02:07
64	616	F	25		KELLY WOODRUFF	RALEIGH NC	1	00:23:14	00:02:16	131	01:33:30	00:01:14	136	01:02:04	03:02:15
65	526	F	42		JODY CHRISTENSEN	CHARLOTTE NC	123	00:40:15	00:01:59	37	01:23:09	00:01:31	83	00:55:32	03:02:24
66	84	F	32		SARA VEST	HUNTERSVILLE NC	80	00:36:42	00:02:02	35	01:23:04	00:01:40	110	00:59:06	03:02:31
67	224	F	35		JENNIFER DUNSTON	RALEIGH NC	108	00:38:38	00:02:28	71	01:26:55	00:02:01	62	00:52:31	03:02:32
68	230	F	43		AMY WEATHERUP	MATTHEWS NC	156	00:42:39	00:02:55	15	01:19:57	00:01:31	85	00:55:44	03:02:44
69	511	F	46		ELIZABETH AGATHER	RALEIGH NC	64	00:35:28	00:01:56	70	01:26:52	00:01:50	96	00:57:26	03:03:30
70	222	F	44		CATHY POFAHL	CARY NC	213	00:49:14	00:01:30	29	01:21:58	00:01:14	38	00:49:52	03:03:46
71	523	F	27		DOMINIQUE BLACK	CHARLOTTE NC	40	00:34:01	00:02:13	84	01:28:40	00:01:43	95	00:57:18	03:03:53
72	532	F	29		ELLEN MOSS	DURHAM NC	214	00:49:23	00:01:51	57	01:25:01	00:01:39	24	00:47:19	03:05:10
73	561	F	39		HEATHER TETTERTON	CAMDEN SC	144	00:41:56	00:01:55	60	01:25:33	00:02:10	72	00:53:43	03:05:15
74	166	F	41		JENNIFER RUDOLPH	WAKE FOREST NC	126	00:40:35	00:02:51	78	01:27:58	00:01:43	60	00:52:24	03:05:29
75	592	F	16		DANA VARNELL	ELM CITY NC	31	00:32:43	00:02:11	80	01:28:05	00:01:08	134	01:02:01	03:06:05
76	246	F	39		MELISSA BRYAN	HOLLY SPRINGS NC	104	00:38:29	00:03:12	89	01:29:33	00:02:15	65	00:52:58	03:06:24
77	535	F	41		TARA ALLDEN	PITTSBORO NC	140	00:41:36	00:01:52	99	01:30:20	00:01:37	50	00:51:33	03:06:57
78	644	F	38		BETSY WEINBERG	WILMINGTON NC	71	00:36:14	00:01:53	139	01:34:17	00:02:42	55	00:51:55	03:07:00
79	559	F	39		RUTH MENECELLA	CARY NC	149	00:42:26	00:02:18	38	01:23:32	00:01:40	99	00:57:51	03:07:45
80	261	F	27		CLAIRE GASPERETTI	CHARLOTTE NC	102	00:38:19	00:02:57	68	01:26:48	00:01:39	105	00:58:23	03:08:04
81	596	F	48		WENDY HEINZMANN	APEX NC	60	00:35:09	00:02:19	154	01:36:15	00:01:46	66	00:53:06	03:08:33
82	162	F	29		ELISHA SIVILS	NORFOLK VA	131	00:40:44	00:02:09	94	01:30:06	00:01:32	77	00:55:07	03:09:36
83	217	F	42		SHANNON YORK	WAKE FOREST NC	106	00:38:37	00:02:52	62	01:25:49	00:02:15	120	01:00:16	03:09:47
84	598	F	26		ERIN DAVIS	FAYETTEVILLE NC	88	00:37:08	00:01:58	159	01:36:47	00:02:01	58	00:52:05	03:09:58

85	635	F	39	CAROLYN BELLOF	TEGA CAY SC	55	00:34:42	00:02:09	63	01:26:02	00:02:59	143	01:04:18	03:10:07	
86	39	F	49	JILL BAULIEU	HUNTERSVILLE NC	41	00:34:11	00:02:02	101	01:30:30	00:01:43	135	01:02:02	03:10:25	
87	631	F	39	ALISON HARBIN	CHARLOTTE NC	206	00:47:23	00:02:15	40	01:23:50	00:01:21	88	00:55:50	03:10:38	
88	502	F	38	AMY HUGO	CARY NC	125	00:40:30	00:02:38	87	01:29:13	00:02:33	87	00:55:48	03:10:39	
89	525	F	29	KALEEN BROWN	CHARLOTTE NC	59	00:35:02	00:02:29	102	01:30:34	00:01:25	130	01:01:31	03:10:59	
90	357	F	42	DEBORAH ZIMMERMANN	PFAMFTOWN NC	163	00:43:07	00:02:55	82	01:28:09	00:02:10	64	00:52:45	00:02:00	03:11:04
91	251	F	26	KATIE ROBERTS	SHELBY NC	82	00:36:50	00:01:51	117	01:31:57	00:01:17	112	00:59:28	03:11:21	
92	144	F	37	JENNIFER SCHMIDT	HARRISBURG NC	85	00:36:52	00:02:29	112	01:31:38	00:02:14	101	00:58:11	03:11:22	
93	196	F	42	A	LAURIE BRACKETT	GREENSBORO NC	20	00:29:52	00:02:05	44	01:24:07	00:02:11	193	01:13:13	03:11:26
94	310	F	25	CATHERINE CARTER	NASHVILLE NC	135	00:41:20	00:02:39	106	01:30:57	00:01:22	82	00:55:31	03:11:48	
95	434	F	41	MICHELLE HORVATH	GREENSBORO NC	184	00:44:33	00:01:33	51	01:24:42	00:01:50	113	00:59:32	03:12:09	
96	482	F	36	WENDY STANLEY	CHAPEL HILL NC	220	00:50:26	00:02:58	100	01:30:25	00:02:11	22	00:46:56	03:12:54	
97	549	F	40	KRISTINE DAVIS	WINTERVILLE NC	133	00:41:04	00:01:21	86	01:29:11	00:01:18	119	01:00:07	03:12:59	
98	641	F	23	HOLLY PLOTTS	FAYETTEVILLE NC	219	00:50:02	00:02:23	124	01:32:38	00:01:36	20	00:46:24	03:13:01	
99	504	F	41	MELISSA KOHRT	WINSTON-SALEM NC	203	00:46:47	00:02:11	75	01:27:45	00:01:55	76	00:54:42	03:13:18	
100	385	F	44	A	SASSY LOJKO	CHARLOTTE NC	169	00:43:30	00:02:13	56	01:24:57	00:01:32	127	01:01:17	03:13:27
101	654	F	32	AVRIL YOUNG	RALEIGH NC	69	00:36:09	00:04:35	166	01:37:13	00:04:19	52	00:51:46	03:13:59	
102	703	F	38	NF	HALLIE LYON	CHARLOTTE NC	62	00:35:20	00:02:47	152	01:36:08	00:02:45	93	00:57:11	03:14:09
103	601	F	44	BARBARA MARIA DRISCOLL	FAYETTEVILLE NC	191	00:45:22	00:01:54	91	01:29:34	00:02:09	84	00:55:38	03:14:34	
104	387	F	39	WENDY PENFIELD	RALEIGH NC	79	00:36:30	00:02:12	134	01:33:47	00:01:56	122	01:00:21	03:14:44	
105	371	F	30	EMILY SKOLOZYNSKI	LILLINGTON NC	117	00:39:42	00:01:21	72	01:27:09	00:01:20	152	01:05:14	03:14:45	
106	392	F	32	NICOLE FERGUSON	WILMINGTON NC	93	00:37:35	00:01:55	138	01:34:17	00:01:35	111	00:59:25	03:14:46	
107	447	F	40	ANNE CLARK	CARY NC	95	00:37:42	00:03:33	126	01:32:39	00:01:58	109	00:59:01	03:14:51	
108	235	F	44	MELISA MOHN	HUNTERSVILLE, NC NC	158	00:42:44	00:02:56	83	01:28:37	00:02:04	106	00:58:34	03:14:53	
109	386	F	31	AMY LIPSCOMB	CHARLOTTE NC	49	00:34:24	00:02:54	43	01:24:07	00:02:04	187	01:11:28	03:14:55	
110	399	F	30	JAN MEYER	RALEIGH NC	178	00:44:15	00:03:40	140	01:34:19	00:02:00	57	00:51:59	03:16:10	
111	605	F	41	CHRISTINE STROM	CARY NC	195	00:45:43	00:02:41	67	01:26:46	00:01:45	115	00:59:48	03:16:41	
112	322	F	44	TRISH PAGE	APEX NC	161	00:43:02	00:02:24	141	01:34:23	00:01:52	78	00:55:09	03:16:48	
113	591	F	27	LESLIE PETEYA	DURHAM NC	70	00:36:10	00:03:20	114	01:31:51	00:02:54	138	01:02:47	03:16:59	
114	305	F	42	ELIZABETH FLYNT	APEX NC	145	00:42:05	00:02:35	121	01:32:33	00:01:55	100	00:57:58	03:17:04	
115	274	F	28	KARI OBERMEYER	RALEIGH NC	86	00:36:55	00:02:08	93	01:30:01	00:01:38	165	01:06:31	03:17:11	

116	311	F	46		KAREN RODRIGUEZ	WAXHAW NC	115	00:39:34	00:01:47	88	01:29:30	00:01:50	150	01:04:49	03:17:28
117	687	F	32	NF	MELANIE SARTORE	GREENVILLE NC	159	00:42:48	00:03:09	142	01:34:26	00:02:05	79	00:55:09	03:17:36
118	398	F	44		MARY BETH HARVEY	RALEIGH NC	89	00:37:09	00:01:56	96	01:30:13	00:01:28	167	01:07:04	03:17:48
119	152	F	41	A	SUZANNE DUNCAN	GREENSBORO NC	94	00:37:38	00:02:30	58	01:25:17	00:01:54	183	01:10:36	03:17:54
120	515	F	25		CARRIE MITRAN	APEX NC	116	00:39:38	00:03:25	79	01:28:04	00:02:26	146	01:04:35	03:18:06
121	56	F	29		MEREDITH NYE	APEX NC	35	00:33:22	00:03:40	133	01:33:43	00:03:03	144	01:04:23	03:18:10
122	488	F	48		PAT WILKINS	RALEIGH NC	186	00:44:50	00:02:22	119	01:32:21	00:02:03	91	00:56:37	03:18:11
123	291	F	45		CELESTE HARVEY	FUQUAY VARINA NC	215	00:49:26	00:01:53	98	01:30:20	00:01:32	89	00:55:55	03:19:05
124	377	F	35		ELLE RODILLO-FOWLER	COLUMBIA SC	128	00:40:41	00:02:14	77	01:27:51	00:01:38	166	01:06:43	03:19:05
125	445	F	21		ANNE MARIE GORDON	RICHMOND VA	196	00:45:54	00:02:21	149	01:35:23	00:00:58	75	00:54:33	03:19:07
126	153	F	64		LENA CARDOSO	CARY NC	162	00:43:06	00:03:34	97	01:30:15	00:02:53	116	00:59:50	03:19:35 Y
127	533	F	33		LINDSAY BROWN	RALEIGH NC	198	00:45:59	00:01:57	105	01:30:52	00:01:56	107	00:58:53	03:19:35
128	193	F	37		KIM MITCHELL	CANTON NC	137	00:41:30	00:02:39	76	01:27:50	00:02:56	153	01:05:17	03:20:11
129	457	F	29		LINDSEY MURPHY	CHAPEL HILL NC	81	00:36:46	00:03:04	158	01:36:41	00:02:04	133	01:01:52	03:20:26
130	707	F	27		KIERNEY JACKSON	CHARLOTTE NC	130	00:40:43	00:02:11	108	01:31:14	00:01:59	147	01:04:37	03:20:42
131	307	F	24		SHANNON MAHONEY	CHAPEL HILL NC	25	00:31:10	00:03:36	179	01:39:24	00:01:06	156	01:05:35	03:20:49
132	241	F	16		MADELEINE GAFFANEY	CARY NC	37	00:33:29	00:01:41	190	01:41:11	00:01:14	141	01:03:35	03:21:08
133	374	F	35		HEATHER KINDL	RALEIGH NC	171	00:43:51	00:02:28	136	01:33:57	00:02:03	108	00:58:57	03:21:14
134	520	F	35		JACQUIE ROTH	MORRISVILLE NC	176	00:44:09	00:04:11	170	01:37:46	00:01:57	70	00:53:30	03:21:32
135	172	F	30		KATHRYN MALTARICH	CHARLOTTE NC	100	00:37:56	00:02:14	206	01:43:57	00:02:03	86	00:55:48	03:21:56
136	639	F	27		KAITLIN CALLAHAN	CHARLOTTE NC	98	00:37:53	00:02:24	184	01:40:10	00:02:02	114	00:59:33	03:22:01
137	131	F	47		MARCI IMBROGNO	CHARLOTTE NC	56	00:34:45	00:03:08	200	01:43:36	00:03:03	98	00:57:49	03:22:19
138	141	F	29		MICHELLE PERNO	CHARLOTTE NC	120	00:39:52	00:02:44	111	01:31:37	00:02:23	157	01:05:50	03:22:24
139	127	F	26		HEATHER NEMETZ	WILMINGTON NC	84	00:36:52	00:03:26	145	01:34:39	00:01:31	161	01:06:12	03:22:39
140	228	F	43		SUZANNE KUHNS	ABERDEEN NC	141	00:41:39	00:02:59	109	01:31:21	00:02:12	149	01:04:48	03:22:56
141	181	F	39		JULIANNE WALTHER	CARY NC	147	00:42:21	00:03:28	157	01:36:40	00:02:52	103	00:58:18	03:23:37
142	659	F	36		ALI NOLL	CLINTON NC	224	00:51:25	00:02:40	110	01:31:27	00:02:53	81	00:55:26	03:23:49
143	444	F	21		AMANDA ANDERSON	DURHAM NC	96	00:37:42	00:02:46	185	01:40:18	00:02:27	123	01:00:49	03:23:59
144	702	F	20		MORGAN MCHUGH	CHARLOTTE NC	18	00:29:39	00:02:57	201	01:43:37	00:01:54	164	01:06:31	03:24:36
145	640	F	31		ERIN YOW	MATTHEWS NC	127	00:40:40	00:02:26	173	01:38:20	00:02:00	129	01:01:30	03:24:55
146	524	F	38		LORI HILEMAN	CHARLOTTE NC	165	00:43:09	00:02:00	135	01:33:56	00:01:34	145	01:04:34	03:25:11

147	375	F	40	TRISH FAGAN	WINSTON-SALEM NC	187	00:44:50	00:01:40	144	01:34:35	00:02:55	128	01:01:24	03:25:22	
148	278	F	40	AMI GOLDSTEIN	DURHAM NC	138	00:41:33	00:02:48	153	01:36:12	00:02:02	140	01:03:28	03:26:01	
149	156	F	41	KIPPY GILCHRIST	MOORESVILLE NC	153	00:42:31	00:02:04	122	01:32:36	00:01:31	170	01:07:27	03:26:07	
150	44	F	27	AMY RIETH	CHARLOTTE NC	114	00:39:28	00:02:21	169	01:37:45	00:01:47	148	01:04:47	03:26:07	
151	146	F	43	SHARON DOOLITTLE	ROUGEMONT NC				172	01:38:03	00:02:51	196	01:14:01	03:26:23	
152	670	F	41	STEPHANIE TAYLOR	CHARLOTTE NC	188	00:45:00	00:02:14	125	01:32:38	00:01:55	139	01:03:06	00:02:00	03:26:52
153	388	F	39	ELIZABETH ANDREW	WILMINGTON NC	99	00:37:54	00:02:09	163	01:37:04	00:02:20	171	01:07:27	03:26:53	
154	329	F	31	SARAH HART	DURHAM NC	119	00:39:51	00:02:38	186	01:40:22	00:02:22	132	01:01:47	03:26:59	
155	483	F	29	NIKKI RUSSOS	RALEIGH NC	87	00:37:08	00:03:23	207	01:44:06	00:02:35	117	00:59:53	03:27:01	
156	663	F	40	AMY MEADOWCROFT	RALEIGH NC	199	00:46:06	00:02:16	218	01:46:11	00:01:31	48	00:51:01	03:27:03	
157	309	F	35	MARCIE BROWN	WINSTON SALEM NC	173	00:44:01	00:02:27	161	01:36:55	00:02:31	126	01:01:16	03:27:08	
158	319	F	33	ERIN SIMMERS	CHAPEL HILL NC	160	00:42:57	00:02:42	178	01:38:58	00:01:46	125	01:01:14	03:27:36	
159	128	F	44	JULIE KAVANAGH	CHARLOTTE NC	155	00:42:34	00:02:07	192	01:41:43	00:01:52	118	00:59:57	03:28:12	
160	271	F	34	ASHLEY BOENISCH	CHARLOTTE NC	193	00:45:23	00:03:06	176	01:38:29	00:01:31	124	01:01:06	03:29:33	
161	359	F	42	SUSAN JACKSON	WILMINGTON NC	154	00:42:33	00:03:38	193	01:41:49	00:03:24	102	00:58:18	03:29:40	
162	675	F	52	ZF	SHEREE HOUSTON	CONCORD NC	134	00:41:05	00:03:55	116	01:31:53	00:02:54	180	01:10:06	03:29:51
163	239	F	48	PATTY D'ANNA	BLYTHEWOOD SC	83	00:36:50	00:03:06	174	01:38:25	00:02:53	176	01:08:56	03:30:08	
164	544	F	38	A	SOFIA FILZER	ABERDEEN NC	194	00:45:27	00:01:59	147	01:35:09	00:02:11	158	01:05:55	03:30:40
165	552	F	51	JULIE SMITH	HUNTERSVILLE NC	175	00:44:05	00:01:59	120	01:32:26	00:01:57	182	01:10:30	03:30:56	
166	395	F	30	SALLY ANN DRIVER	PINEHURST NC	107	00:38:37	00:03:16	189	01:40:44	00:02:21	160	01:06:05	03:31:02	
167	285	F	33	EMILY GRASSO	APEX NC	111	00:39:13	00:03:14	180	01:39:42	00:01:43	168	01:07:18	03:31:09	
168	365	F	46	KAYE FRANCES ( COOK	CHARLOTTE NC	166	00:43:21	00:04:05	103	01:30:36	00:02:40	184	01:10:47	03:31:27	
169	401	F	40	ROBERTA ROCKEY	VIRGINIA BEACH VA	148	00:42:25	00:02:19	175	01:38:28	00:01:51	163	01:06:30	03:31:31	
170	699	F	40	HOPE CAMPBELL	WHITE LAKE NC	136	00:41:29	00:02:10	160	01:36:47	00:01:24	181	01:10:25	03:32:14	
171	491	F	31	CHRISSEY MOON-PASOUR	BESSEMER CITY NC	200	00:46:14	00:05:53	143	01:34:29	00:03:37	137	01:02:21	03:32:31	
172	688	F	30	NF	LEIGH SILVERSTEIN	MORRISVILLE NC	177	00:44:10	00:03:19	168	01:37:41	00:03:19	142	01:04:11	03:32:38
173	373	F	49	REBECCA HUTCHERSON	WINSTON SALEM NC	185	00:44:36	00:02:05	182	01:39:50	00:01:42	151	01:04:55	03:33:07	
174	69	F	34	A	DANA ULRICH	CHARLOTTE NC	211	00:48:30	00:03:07	128	01:32:45	00:02:29	172	01:07:40	03:34:29
175	461	F	38	KELLY SHERIN	MATTHEWS NC	179	00:44:18	00:02:07	132	01:33:33	00:01:58	190	01:12:37	03:34:32	
176	394	F	46	A	ALYSE KELLY-JONES	CHARLOTTE NC	190	00:45:21	00:02:37	92	01:29:59	00:02:56	194	01:13:47	03:34:38
177	575	F	35	JULIE NARDELLA	CORNELIUS NC	47	00:34:16	00:02:21	181	01:39:46	00:01:50	207	01:16:54	03:35:06	

178	106	F	38	TANYA WOZNAK	CHARLOTTE NC	168	00:43:27	00:02:43	183	01:39:58	00:01:44	169	01:07:20	03:35:09	
179	381	F	29	MELLISA WARDEN	WILLISTON SC	228	00:53:33	00:02:07	113	01:31:42	00:02:15	159	01:06:00	03:35:34	
180	281	F	53	LAURIE O'CONNOR	WAKE FOREST NC	236	00:57:14	00:02:50	123	01:32:36	00:02:53	121	01:00:21	03:35:53	
181	140	F	27	JESSICA SCHADOW	DURHAM NC	54	00:34:35	00:02:34	221	01:46:55	00:01:04	186	01:11:04	03:36:09	
182	113	F	32	ASHLEY PARKS	WAKE FOREST NC	101	00:38:09	00:02:52	177	01:38:45	00:01:19	204	01:15:49	03:36:51	
183	266	F	47	CATHY SCOTT	COLUMBIA SC	151	00:42:27	00:02:18	146	01:34:50	00:02:05	205	01:16:17	03:37:55	
184	455	F	32	ALEXIS RODBY	DAVIDSON NC	221	00:50:47	00:04:40	130	01:33:24	00:01:44	154	01:05:25	00:02:00	03:37:57
185	203	F	35	JENNIFER MAYFIELD	HOLLY SPRINGS NC	44	00:34:14	00:03:14	216	01:45:57	00:02:17	189	01:12:33	03:38:14	
186	302	F	48	ANGELA MASON	MATTHEWS NC	225	00:51:25	00:02:58	148	01:35:10	00:02:24	162	01:06:22	03:38:17	
187	693	F	35	NF KRISTEN WAUGH	CHINA GROVE NC	233	00:55:32	00:03:05	165	01:37:07	00:01:27	131	01:01:32	03:38:42	
188	683	F	41	DAWN MAYNARD	WHITE LAKE NC	121	00:40:11	00:02:23	129	01:33:22	00:02:31	221	01:21:26	03:39:51	
189	669	F	37	MICHELLE RIDLEHOOVER	CHARLOTTE NC	142	00:41:40	00:02:59	202	01:43:42	00:02:13	179	01:09:20	03:39:52	
190	380	F	39	MARY PAT FULKERSON	RALEIGH NC	231	00:55:12	00:02:21	151	01:35:31	00:01:22	155	01:05:28	03:39:53	
191	50	F	42	VICKI NIZEN	RALEIGH NC	146	00:42:06	00:02:52	208	01:44:15	00:01:42	185	01:10:47	03:41:42	
192	242	F	14	ALEXA GAFFANEY	CARY NC	92	00:37:27	00:01:48	235	01:53:07	00:01:33	173	01:07:53	03:41:46	
193	546	F	45	ROBERTA HARDING	VASS NC	112	00:39:18	00:03:18	156	01:36:31	00:02:53	215	01:19:59	03:41:57	
194	503	F	51	MARIA PUJOLS	GREENSBORO NC	143	00:41:56	00:03:18	188	01:40:44	00:03:17	191	01:12:51	03:42:03	
195	459	F	37	A JILL MORRIS	CARY NC	202	00:46:39	00:03:04	150	01:35:30	00:02:36	203	01:15:39	03:43:28	
196	404	F	26	MOLLU MCKENNEY	LAURINBURG NC	152	00:42:28	00:04:51	213	01:45:43	00:02:27	174	01:08:27	03:43:54	
197	717	F	37	NF KELLIE ADAMS	SOUTHERN PINES NC	118	00:39:47	00:03:19	229	01:50:51	00:02:25	177	01:08:57	03:45:18	
198	119	F	37	ALISON DOMINGUEZ	CHARLOTTE NC	58	00:34:54	00:02:26	203	01:43:48	00:01:54	223	01:22:55	03:45:54	
199	379	F	43	DOREEN ANGLIS	WAXHAW NC	124	00:40:27	00:02:52	191	01:41:31	00:02:47	213	01:18:54	03:46:29	
200	353	F	29	DANIELLE LAMPEL	CHARLOTTE NC	132	00:40:45	00:02:28	226	01:49:55	00:02:23	188	01:11:48	03:47:18	
201	300	F	48	A LAURA FOUST	CHARLOTTE NC	192	00:45:23	00:02:17	162	01:37:03	00:03:06	219	01:21:16	03:49:03	
202	211	F	36	ALLISON GRANT	RALEIGH NC	77	00:36:26	00:03:06	219	01:46:26	00:02:00	220	01:21:24	03:49:20	
203	443	F	50	ELIZABETH GRAYSON	DURHAM NC	139	00:41:36	00:02:52	222	01:47:28	00:03:27	197	01:14:13	03:49:33	
204	410	F	34	MICHAELA MURPHY	WILMINGTON NC	78	00:36:28	00:02:24	227	01:50:12	00:02:01	214	01:18:57	03:50:00	
205	170	F	40	PAULA STOP	GREENSBORO NC	167	00:43:23	00:03:15	215	01:45:49	00:02:12	202	01:15:35	03:50:11	
206	182	F	27	SARAH JACKSON	CHARLOTTE NC	216	00:49:36	00:02:42	194	01:41:53	00:01:54	200	01:14:55	03:50:57	
207	706	F	45	PAULA MCIVER	DURHAM NC	217	00:49:39	00:03:39	164	01:37:06	00:03:03	211	01:18:13	03:51:38	
208	538	F	39	KRISTINE WHALON	IRMO SC	164	00:43:08	00:03:09	196	01:42:34	00:01:35	222	01:21:55	03:52:20	

209	303	F	57		RITA PHILLIPS	MATTHEWS NC	212	00:48:41	00:03:08	187	01:40:43	00:02:53	210	01:17:51	03:53:14
210	691	F	38		TISHA GALLOWAY	NEW BERN NC	189	00:45:19	00:02:23	155	01:36:28	00:03:19	229	01:25:54	03:53:20
211	185	F	44		KAY SWENSON	MIDLOTHIAN VA	204	00:46:50	00:03:02	171	01:37:46	00:02:34	225	01:23:53	03:54:03
212	595	F	39		CJ RICE	COATS NC	170	00:43:38	00:02:58	195	01:41:56	00:03:06	224	01:23:08	03:54:44
213	694	F	41	ZF	KAREN HOOVER	CARY NC	210	00:48:08	00:02:34	199	01:43:35	00:03:56	206	01:16:37	03:54:48
214	220	F	46		LAURIE ROSHELLI	APEX NC	229	00:53:42	00:04:26	205	01:43:55	00:04:12	175	01:08:48	03:55:01
215	613	F	33		ANGELA ADDAIR	WILMINGTON NC	235	00:56:53	00:03:44	167	01:37:31	00:03:30	195	01:14:01	03:55:37
216	645	F	42		CATHY SPEIZMAN	CHARLOTTE NC	207	00:47:34	00:02:58	225	01:49:52	00:03:30	198	01:14:14	03:58:06
217	676	F	33	NF	STACY CONNOLEY	DURHAM NC	208	00:47:44	00:03:17	214	01:45:46	00:03:20	212	01:18:16	03:58:21
218	306	F	44		CELESTE SMITH	CHARLOTTE NC	223	00:51:00	00:03:05	209	01:44:42	00:02:48	208	01:17:06	03:58:38
219	145	F	41		WINDY KARIS	CHARLOTTE NC	222	00:50:48	00:03:58	231	01:52:25	00:02:47	178	01:09:19	03:59:16
220	206	F	30		LAUREN LEONG	CHARLOTTE NC	150	00:42:27	00:04:46	236	01:56:42	00:02:24	199	01:14:45	04:01:01
221	195	F	37	A	ELENA BRAITHWAITE	DURHAM NC	234	00:56:43	00:03:34	198	01:43:06	00:02:31	201	01:15:19	04:01:12
222	686	F	40	ZF	CAROLYN MEJIA	WILMINGTON NC	218	00:49:50	00:07:01	223	01:47:36	00:04:06	192	01:12:52	04:01:24
223	183	F	39		LAURIE SPOONER	WHISPERING PINES NC	172	00:43:59	00:03:02	212	01:45:23	00:02:44	233	01:27:46	04:02:52
224	668	F	34		LATISHA LEACH	CHARLOTTE NC	227	00:52:08	00:03:39	197	01:43:06	00:03:33	217	01:20:45	04:03:09
225	124	F	39		SUSAN MORRISON	DURHAM NC	201	00:46:26	00:03:39	211	01:45:06	00:02:47	230	01:26:48	04:04:43
226	539	F	48		CYNDI JOHNS	CONCORD NC	209	00:48:05	00:04:45	224	01:47:37	00:03:59	216	01:20:25	04:04:49
227	85	F	33		JENNIFER DICKEY	NORTH BETHESDA MD	180	00:44:22	00:04:00	232	01:52:26	00:03:20	218	01:20:57	04:05:02
228	184	F	27		MARGARET KURDZIOLEK	CHRISTIANSBURG VA	181	00:44:22	00:03:22	220	01:46:38	00:03:18	231	01:27:24	04:05:02
229	415	F	43		REBECCA COCHRAN	WAXHAW NC	197	00:45:54	00:02:24	230	01:52:04	00:02:52	232	01:27:31	04:10:43
230	139	F	50		JUDITH WILLIAMS	FREDERICKSBURG VA	110	00:39:10	00:03:55	238	02:00:59	00:02:18	227	01:24:34	04:10:54
231	320	F	29		MARY GREY DANIEL	RALEIGH NC	232	00:55:28	00:03:04	217	01:46:04	00:02:00	228	01:25:29	04:12:03
232	680	F	31	NF	LISA CILENTO	RALEIGH NC	157	00:42:40	00:05:35	240	02:04:00	00:02:57	209	01:17:06	04:12:16
233	270	F	25		ALICIA DAVISON	TEGA CAY SC	230	00:53:51	00:02:19	210	01:45:01	00:01:49	234	01:30:24	04:13:23
234	720	F	37	NF	HEATHER FIELDS	GREENSBORO NC	174	00:44:04	00:04:46	239	02:01:21	00:01:58	226	01:23:55	04:16:02
235	258	F	33	A	ERICA SINGLETON	CHARLOTTE NC	226	00:52:04	00:05:23	237	02:00:49	00:03:27	235	01:33:09	04:34:50
236	489	F	67		MARY ELAINE DOWDEN	HILTON HEAD SC	237	00:57:16	00:02:46	233	01:52:33	00:01:58	236	01:42:54	04:37:25
237	136	F	28		KRISTI ROBERTSON	LAS VEGAS NV	238	01:10:49	00:02:48	204	01:43:48	00:02:21			
238	513	F	42		TONYA JONKHEER	WILMINGTON NC	183	00:44:32	00:02:11	59	01:25:28				
239	87	F	37		ANGELA BEAN	ABERDEEN NC				228	01:50:48				Y

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