

2017 Lake Lure Sprint

Overall Women

Lake Lure, NC 8/12/2017 08:00AM

** 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	Name	Age	City/State	Rank	swim	Rank	T1	Rank	Bike	Rank	T2	Rank	Run 2	PENALTY	Time	DQ
1	160	LISA HECKER	42	MEBANE NC	5	00:13:00	3	00:00:44	1	00:44:19	13	00:00:53	7	00:22:37		01:21:31	
2	320	MERYL SWITZER	37	STANLEY NC	9	00:13:51	17	00:01:06	3	00:45:07	12	00:00:52	8	00:22:44		01:23:38	
3	162	MARGARET KELLY	29	CHARLOTTE NC	1	00:11:26	11	00:01:05	11	00:49:20	29	00:01:06	1	00:21:45		01:24:40	
4	345	DAPHNE KIRKWOOD	40	SKYLAND NC	12	00:14:29	22	00:01:15	4	00:45:31	6	00:00:48	11	00:23:03		01:25:04	
5	202	KATIE GUFFEY	33	SPINDALE NC	7	00:13:43	53	00:01:52	5	00:45:54	77	00:01:58	5	00:22:12		01:25:38	
6	319	DELAINE FOWLER	38	SALISBURY NC	3	00:12:47	18	00:01:08	10	00:48:47	10	00:00:51	10	00:23:02		01:26:33	
7	178	LISA CLARK	55	HICKORY NC	6	00:13:40	38	00:01:35	8	00:48:09	66	00:01:36	6	00:22:16		01:27:15	
8	193	HEATHER TARPLEY	46	CORNELIA GA	13	00:14:39	6	00:00:56	6	00:47:06	28	00:01:05	15	00:23:36		01:27:20	
9	163	KELLY WERTS	30	CHARLOTTE NC	4	00:12:59	19	00:01:11	25	00:51:50	31	00:01:09	9	00:23:01		01:30:07	
10	303	NATASHA NEWMAN	31	CHARLOTTE NC	44	00:18:32	30	00:01:26	7	00:47:31	27	00:01:04	4	00:22:11		01:30:42	
11	236	MAKENNA TOPP	12	CHARLOTTE NC	2	00:11:51	4	00:00:48	13	00:49:51	8	00:00:49	40	00:28:05		01:31:21	
12	148	LAURA MOYE	41	ASHEVILLE NC	15	00:15:07	63	00:02:09	15	00:50:13	56	00:01:23	17	00:23:45		01:32:36	
13	298	AMY COCANOUR	47	ASHEVILLE NC	10	00:13:58	15	00:01:06	14	00:50:11	23	00:01:03	27	00:26:44		01:33:00	
14	327	DOREEN MCCORMICK	41	STANLEY NC	50	00:18:55	8	00:01:00	12	00:49:47	16	00:00:58	12	00:23:06		01:33:44	
15	371	MANDY HIGDON	37	ASHEVILLE NC	37	00:17:06	16	00:01:06	23	00:51:25	18	00:00:59	14	00:23:19		01:33:54	
16	340	LAURA HAID	42	CHARLOTTE NC	14	00:14:56	20	00:01:11	18	00:50:37	17	00:00:58	26	00:26:37		01:34:17	
17	297	MEREDITH ABRAMSON	43	SALISBURY NC	60	00:19:25	12	00:01:05	9	00:48:24	19	00:00:59	18	00:24:36		01:34:27	
18	156	DANIKA BAER	29	CARLISLE PA	20	00:15:49	10	00:01:04	21	00:51:02	21	00:01:02	25	00:26:16		01:35:09	
19	265	OLIVIA APPLING	36	RUTHERFORDTON NC	63	00:19:42	58	00:02:03	19	00:50:54	42	00:01:16	2	00:21:54		01:35:46	
20	290	ANGELA MCDONALD	46	RALEIGH NC	11	00:14:00	41	00:01:37	28	00:52:11	30	00:01:07	45	00:28:56		01:37:49	
21	385	GABRIELLE CRAIG	49	DAVIDSON NC	35	00:17:04	31	00:01:26	17	00:50:33	67	00:01:37	35	00:27:24		01:38:03	
22	349	SARAH PARKS	44	RALEIGH NC	77	00:20:56	5	00:00:49	27	00:52:10	1	00:00:33	16	00:23:40		01:38:07	

23	278	REBEKAH WOLFROM	36	BEAUFORT SC	28	00:16:30	35	00:01:30	39	00:55:35	62	00:01:31	13	00:23:10	01:38:14
24	241	WENDY WILLIAMS	52	CONCORD NC	39	00:17:14	67	00:02:24	26	00:51:52	59	00:01:27	20	00:25:41	01:38:36
25	351	JANE BYNON	50	TAYLORSVILLE NC	43	00:18:17	1	00:00:35	2	00:44:59	3	00:00:37	78	00:34:28	01:38:55
26	191	QUINN LADD	32	HENDERSONVILLE NC	57	00:19:13	64	00:02:19	36	00:54:31	35	00:01:12	3	00:22:10	01:39:23
27	328	HANNA SHEFFRIN	23	BOILING SPRINGS SC	8	00:13:46	13	00:01:05	41	00:56:45	25	00:01:03	29	00:27:02	01:39:40
28	165	MISTY MORRIS	42	ATLANTA GA	17	00:15:20	32	00:01:27	29	00:52:14	48	00:01:18	53	00:29:57	01:40:13
29	389	MICHELLE FARGO	45	ASHEVILLE NC	23	00:16:13	48	00:01:43	30	00:52:23	70	00:01:41	43	00:28:48	01:40:45
30	133	LAURIE O'CONNOR	60	ROLESVILLE NC	86	00:22:11	49	00:01:46	16	00:50:25	54	00:01:22	21	00:26:04	01:41:46
31	313	JAMIE BELONGEA	51	CHARLOTTE NC	32	00:16:43	7	00:00:59	34	00:53:56	26	00:01:04	51	00:29:42	01:42:21
32	180	KYLE CLARK	27	CHARLOTTE NC	19	00:15:46	28	00:01:20	43	00:57:26	20	00:01:01	34	00:27:22	01:42:53
33	299	SUSAN MADAGAN	54	HILTON HEAD ISLAND SC	25	00:16:18	36	00:01:34	37	00:55:04	60	00:01:28	47	00:29:16	01:43:37
34	215	LAURA WALKER	50	TRYON NC	65	00:20:02	26	00:01:19	33	00:53:51	45	00:01:17	33	00:27:20	01:43:47
35	253	JILL FLANAGAN	47	CARY NC	52	00:18:59	25	00:01:18	20	00:50:56	40	00:01:16	62	00:31:37	01:44:04
36	346	JANE ARRINGTON	50	SPARTANBURG SC	18	00:15:25	9	00:01:01	64	01:02:07	2	00:00:36	22	00:26:07	01:45:14
37	138	MELISSA MARTIN	30	WINSTON-SALEM NC	62	00:19:40	65	00:02:21	42	00:57:07	4	00:00:41	19	00:25:33	01:45:20
38	130	ZAKIYA DIXON	37	TAR HEEL NC	76	00:20:46	85	00:03:16	32	00:53:51	76	00:01:54	23	00:26:07	01:45:53
39	238	JASMINE ST DENNY	33	RALEIGH NC	56	00:19:12	23	00:01:15	35	00:53:57	11	00:00:51	58	00:30:52	01:46:06
40	203	HANNAH GIANGASPRO	21	SAINT JOHNS FL	26	00:16:19	89	00:03:31	49	00:58:44	34	00:01:11	28	00:26:47	01:46:30
41	246	ESTELLE ARNAL	43	ASHEVILLE NC	21	00:16:03	60	00:02:05	38	00:55:31	72	00:01:44	60	00:31:19	01:46:40
42	147	LAUREN AGRELLA-SEVI	39	BREVARD NC	38	00:17:10	24	00:01:18	47	00:58:15	91	00:02:39	38	00:27:53	01:47:13
43	124	CAROLINE DERIFAJ	47	CARY NC	47	00:18:41	56	00:01:53	45	00:57:30	64	00:01:33	39	00:28:00	01:47:34
44	318	CAROLYN MORRISROE	39	HENDERSONVILLE NC	54	00:19:02	62	00:02:08	50	00:58:45	73	00:01:47	24	00:26:08	01:47:49
45	343	MARTHA BRYANT	59	WINSTON SALEM NC	36	00:17:05	27	00:01:20	51	00:59:39	38	00:01:13	48	00:29:20	01:48:35
46	209	CASSIE SUTTLE	28	CHARLOTTE NC	59	00:19:21	57	00:01:56	55	01:00:22	46	00:01:17	30	00:27:07	01:50:01
47	143	RACHEL REESE	24	BLACK MOUNTAIN NC	29	00:16:34	77	00:02:45	53	00:59:53	93	00:03:03	42	00:28:31	01:50:43
48	260	KATRIN PHILLIPS	36	ROCK HILL SC	49	00:18:53	43	00:01:37	46	00:57:56	74	00:01:49	56	00:30:39	01:50:53
49	321	TRACY CHAMBERS	46	DAVIDSON NC	33	00:16:45	47	00:01:42	22	00:51:23	50	00:01:19	90	00:39:45	01:50:53
50	352	ALYSE KELLY-JONES	53	CHARLOTTE NC	80	00:21:03	2	00:00:39	52	00:59:42	5	00:00:44	46	00:29:11	01:51:17
51	216	STEPHANIE JEFFERS	52	RALEIGH NC	85	00:21:43	44	00:01:38	40	00:56:21	52	00:01:20	55	00:30:36	01:51:37
52	210	ALISON HOUSE	44	CHARLOTTE NC	22	00:16:06	42	00:01:37	56	01:00:33	61	00:01:30	64	00:32:09	01:51:53
53	289	TIFFANY KLANG	32	ATLANTA GA	48	00:18:41	76	00:02:43	62	01:01:54	81	00:02:08	31	00:27:10	01:52:34

54	146	LAURA MATZ	30	GREER SC	45	00:18:33	37	00:01:34	59	01:01:41	49	00:01:19	50	00:29:30	01:52:35
55	325	ALLYSON WERNER	44	CORNELIUS NC	24	00:16:14	39	00:01:36	57	01:00:59	47	00:01:18	75	00:34:08	01:54:13
56	123	CARINA BOTTERBUSCH	26	WAYNESVILLE NC	41	00:18:01	51	00:01:47	48	00:58:29	43	00:01:16	82	00:35:09	01:54:40
57	244	SARAH RAINVILLE	29	VASS NC	96	00:31:17	78	00:02:55	24	00:51:42	68	00:01:37	36	00:27:27	01:54:56
58	141	RACHEL HOUDEK	31	RALEIGH NC	51	00:18:56	54	00:01:52	61	01:01:50	7	00:00:49	61	00:31:35	01:54:59
59	252	CAROL JEAN VOSBURGH	72	TRYON NC	90	00:24:14	66	00:02:22	44	00:57:28	75	00:01:53	52	00:29:53	01:55:49
60	142	HEATHER LAYTON	45	BREVARD NC	40	00:17:33	40	00:01:37	69	01:02:59	41	00:01:16	66	00:32:27	01:55:49
61	360	KATHRYN SHAW	38	WAXHAW NC	31	00:16:38	68	00:02:26	73	01:03:35	58	00:01:25	67	00:32:36	01:56:38
62	225	AMY YOUNG	46	CARY NC	46	00:18:34	29	00:01:24	60	01:01:47	57	00:01:24	72	00:33:49	01:56:56
63	311	AMY DEARMENT	30	NASHVILLE TN	34	00:17:01	71	00:02:31	63	01:02:04	79	00:02:02	74	00:33:59	01:57:36
64	196	KAREN BLACK	45	CARY NC	69	00:20:24	74	00:02:39	78	01:04:58	51	00:01:20	41	00:28:20	01:57:39
65	295	EMMA WAUGH	24	CHARLOTTE NC	71	00:20:28	81	00:03:08	80	01:05:41	33	00:01:10	32	00:27:17	01:57:42
66	354	RENEE HOWARD	37	UNION MILLS NC	70	00:20:27	79	00:02:57	71	01:03:31	82	00:02:08	44	00:28:54	01:57:55
67	390	CHRISTY GEPFERT	48	CORNELIUS NC	78	00:21:00	55	00:01:53	54	01:00:02	53	00:01:22	80	00:34:47	01:59:02
68	364	BETHANY BURGON	41	RALEIGH NC	74	00:20:39	61	00:02:06	58	01:01:23	55	00:01:22	77	00:34:18	01:59:46
69	240	KEILA SNELLINGS	55	CONCORD NC	64	00:19:45	69	00:02:28	72	01:03:34	92	00:02:51	59	00:31:18	01:59:54
70	335	CHRISTY FLEMING	46	HUNTERSVILLE NC	61	00:19:29	33	00:01:28	76	01:04:43	63	00:01:31	70	00:33:38	02:00:47
71	347	JENNIFER WOODSON	40	MACON GA	97	00:33:13	21	00:01:13	31	00:53:35	14	00:00:55	65	00:32:13	02:01:07
72	284	CAROL RODD	43	CHARLOTTE NC	72	00:20:31	14	00:01:06	74	01:03:41	71	00:01:44	76	00:34:10	02:01:09
73	271	ANNA BAKER	38	VAN BUREN IN	93	00:25:32	46	00:01:39	67	01:02:29	37	00:01:13	63	00:31:59	02:02:51
74	268	CRYSTAL KOPPLER	30	PRINCETON WV	68	00:20:22	95	00:04:59	65	01:02:08	94	00:03:04	68	00:32:43	02:03:14
75	172	ELIZABETH OLLAR	17	GREENVILLE SC	42	00:18:06	73	00:02:33	83	01:09:28	9	00:00:51	69	00:32:52	02:03:48
76	292	ELIZABETH DEMARCO	31	ATLANTA GA	30	00:16:36	75	00:02:41	84	01:09:40	24	00:01:03	73	00:33:51	02:03:49
77	282	BERNADETTE KREISEL	51	HILTON HEAD ISLAND SC	58	00:19:21	34	00:01:28	77	01:04:52	85	00:02:22	86	00:35:55	02:03:57
78	212	MELISSA GOLYSKI	34	AIKEN SC	27	00:16:26	50	00:01:46	87	01:09:59	89	00:02:36	71	00:33:41	02:04:27
79	112	DIXIE ABERNATHY	53	BELMONT NC	73	00:20:36	80	00:03:08	79	01:05:07	22	00:01:02	83	00:35:11	02:05:02
80	280	SABINE HONEYCUTT	34	CHESTER SC	88	00:23:07	52	00:01:48	75	01:03:48	78	00:01:58	79	00:34:39	02:05:19
81	224	JACLYN PARYZ	32	CHARLOTTE NC	87	00:22:26	92	00:03:57	81	01:07:45	83	00:02:13	54	00:30:29	02:06:48
82	249	DORIE FANN	44	SIMPSONVILLE SC	81	00:21:08	93	00:03:59	85	01:09:40	97	00:04:36	37	00:27:46	02:07:06
83	151	ANDREA LARSEN	35	HENDERSONVILLE NC	89	00:23:08	86	00:03:18	82	01:09:11	39	00:01:15	57	00:30:51	02:07:41
84	150	SONYA BRIGHT	46	PITTSBORO NC	95	00:27:09	45	00:01:39	70	01:03:13	44	00:01:17	81	00:35:05	02:08:20

85	373	EMILEIGH DOWLING	29	DURHAM NC	84	00:21:19	70	00:02:30	66	01:02:24	90	00:02:38	92	00:40:46	02:09:35
86	230	ABIGAIL KRAMER	15	OLD FORT NC	55	00:19:03	84	00:03:16	89	01:13:57	36	00:01:12	88	00:37:38	02:15:05
87	277	MICHELE CASSONE	54	HENDERSONVILLE NC	79	00:21:01	94	00:03:59	86	01:09:44	88	00:02:35	89	00:38:41	02:15:59
88	386	JOYNEL BURGESS	43	WINSTON SALEM NC	92	00:25:11	83	00:03:15	68	01:02:56	80	00:02:06	95	00:44:11	02:17:37
89	357	RILEY SPATH	22	MONROE NC	75	00:20:39	59	00:02:04	90	01:13:57	65	00:01:36	91	00:40:23	02:18:38
90	307	MAEGAN WHITE	17	GREENVILLE SC	16	00:15:17	87	00:03:28	91	01:17:55	15	00:00:55	96	00:44:19	02:21:52
91	126	ALEXANDRA SCHRANK	29	ASHEVILLE NC	83	00:21:18	91	00:03:40	88	01:12:45	86	00:02:22	94	00:42:03	02:22:07
92	102	VANDY CHISHOLM	38	LOUISVILLE KY	66	00:20:17	88	00:03:31	93	01:19:19	96	00:03:59	84	00:35:51	02:22:54
93	101	TANYA CORNELLY	37	LOUISVILLE KY	67	00:20:19	90	00:03:33	95	01:19:21	95	00:03:55	85	00:35:52	02:22:57
94	350	SARAH PITTS	31	DURHAM NC	94	00:25:59	97	00:05:03	96	01:24:16	69	00:01:40	49	00:29:22	02:26:19
95	363	EMILY MOORE	31	RALEIGH NC	91	00:24:27	72	00:02:33	94	01:19:20	32	00:01:09	93	00:41:03	02:28:29
96	228	SARAH KRAMER	44	OLD FORT NC	53	00:19:02	82	00:03:14	97	01:33:58	87	00:02:30	87	00:37:20	02:36:01
97	270	AMBER KOPPLER	26	PRINCETON WV	82	00:21:10	96	00:04:59	92	01:19:06	84	00:02:20	97	00:49:36	02:37:10

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