

# 2013 White Lake Fall International

## Overall Women

### White Lake, NC 9/07/2013 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	Sex	Age	Cat.	NAME	CITY/STATE	Rank	SWIM	Rank	T1	Rank	BIKE	Rank	T2	Rank	RUN	PENALTY	Time	DQ
1	4	F	34	OF	Jennifer Leiser	Charlotte NC	1	00:20:23	5	00:01:22	1	01:10:53	6	00:01:08	5	00:42:53		02:16:37	
2	10	F	37	OF	Danielle Baker	Durham NC	9	00:27:07	2	00:01:12	4	01:15:22	1	00:00:59	1	00:40:15		02:24:53	
3	16	F	38	OF	Kari Mayhew	Morrisville NC	15	00:27:34	6	00:01:26	3	01:14:58	13	00:01:17	7	00:45:08		02:30:21	
4	270	F	40		Alison Klaitman	Chapel Hill NC	10	00:27:14	12	00:01:33	6	01:19:05	58	00:01:51	2	00:42:16		02:31:57	
5	334	F	25		Laura Gersten	Cary NC	57	00:32:31	25	00:01:43	2	01:14:10	9	00:01:13	3	00:42:23		02:31:59	
6	12	F	39	OF	Sara Larson	Chapel Hill NC	18	00:28:03	1	00:01:04	16	01:22:34	3	00:01:02	4	00:42:32		02:35:13	
7	299	F	45		Cari Soleo	Cary NC	11	00:27:18	7	00:01:27	5	01:17:51	35	00:01:38	11	00:47:29		02:35:41	
8	55	F	30		Meghan Reed	Swansboro NC	2	00:23:38	24	00:01:43	19	01:24:06	19	00:01:21	12	00:47:44		02:38:30	
9	164	F	37		Braden Walsh	Pittsboro NC	5	00:25:12	16	00:01:39	11	01:20:01	2	00:01:00	18	00:51:13		02:39:03	
10	316	F	31		Meagan Dunphy-Daly	Atlantic Beach NC	3	00:23:39	17	00:01:39	13	01:21:22	27	00:01:31	20	00:51:36		02:39:44	
11	9	F	46	MF	Susan Kitchen	Chapel Hill NC	32	00:29:55	8	00:01:29	12	01:21:22	7	00:01:08	10	00:46:38		02:40:30	
12	85	F	33		Doracy Harrison	Raleigh NC	16	00:27:35	15	00:01:35	10	01:19:59	22	00:01:23	16	00:50:38		02:41:08	
13	157	F	34		Naomi Gallagher	Southern Pines NC	63	00:33:26	10	00:01:30	18	01:23:23	4	00:01:07	6	00:44:36		02:44:01	
14	131	F	43		Amy Cocanour	Sneads Ferry NC	12	00:27:25	26	00:01:44	14	01:22:17	25	00:01:27	21	00:51:40		02:44:30	
15	306	F	34		Libby Talley	Cary NC	28	00:29:23	11	00:01:30	15	01:22:22	43	00:01:43	17	00:51:04		02:46:01	
16	46	F	46		Kathy Jooss	Chapel Hill NC	13	00:27:27	22	00:01:42	33	01:26:11	17	00:01:20	14	00:49:28		02:46:07	
17	335	F	52		Kari Wilkinson	Mebane NC	44	00:31:42	52	00:02:18	7	01:19:36	81	00:02:18	33	00:53:14		02:49:06	
18	274	F	26		Susie Klodnicki	Marietta GA	6	00:26:03	43	00:02:08	30	01:25:39	37	00:01:41	41	00:54:47		02:50:15	
19	213	F	48		Colleen Karr	Raleigh NC	37	00:31:08	73	00:02:40	32	01:25:53	67	00:02:00	13	00:48:36		02:50:15	
20	322	F	29		Elizabeth Millar	Beaufort NC	8	00:26:50	27	00:01:44	44	01:29:02	33	00:01:36	26	00:52:20		02:51:30	
21	141	F	39		Joelle Gillooly	Apex NC	29	00:29:30	21	00:01:40	26	01:25:07	28	00:01:31	35	00:53:51		02:51:38	
22	216	F	46		Kimberly Jones	Raleigh NC	35	00:30:57	35	00:02:01	25	01:24:52	59	00:01:51	29	00:52:32		02:52:11	

23	240	F	34	Erin Jackson	Wilmington NC	81	00:37:10	13	00:01:34	9	01:19:56	24	00:01:25	28	00:52:24	02:52:27
24	198	F	35	Kristy Smith	Holly Springs NC	73	00:35:12	31	00:01:52	43	01:28:45	46	00:01:45	8	00:45:49	02:53:21
25	282	F	25	Courtney Holmes	Charlotte NC	19	00:28:13	19	00:01:40	45	01:29:07	18	00:01:21	32	00:53:05	02:53:24
26	232	F	35	Beth Grace	Wilmington NC	61	00:33:20	3	00:01:16	37	01:27:14	10	00:01:13	19	00:51:18	02:54:19
27	239	F	27	Emily Sfeir	Fayetteville NC	14	00:27:29	9	00:01:29	28	01:25:36	11	00:01:14	52	00:59:17	02:55:04
28	158	F	25	Happi Adams	Durham NC	25	00:28:49	36	00:02:04	55	01:31:23	8	00:01:11	23	00:51:45	02:55:10
29	258	F	40	Kim Scanlon	Holly Springs NC	49	00:32:16	56	00:02:21	20	01:24:25	30	00:01:34	42	00:54:56	02:55:31
30	183	F	47	Janice Hirsch	Wake Forest NC	54	00:32:26	23	00:01:43	24	01:24:51	21	00:01:22	45	00:55:47	02:56:06
31	308	F	34	Andrea Nance	Whiteville NC	75	00:35:53	20	00:01:40	21	01:24:37	5	00:01:07	30	00:52:59	02:56:14
32	126	F	41	Paula Rock	Hampstead NC	34	00:30:35	63	00:02:32	48	01:29:25	42	00:01:43	39	00:54:34	02:58:47
33	35	F	63	Paula Vanantwerp	West End NC	58	00:32:34	50	00:02:17	53	01:30:35	53	00:01:48	22	00:51:41	02:58:52
34	178	F	42	Ashley Harris	Raleigh NC	65	00:34:20	46	00:02:11	17	01:22:53	23	00:01:24	51	00:58:13	02:59:00
35	70	F	38	Tracy Wesley	Chapel Hill NC	27	00:29:12	69	00:02:36	54	01:30:58	69	00:02:03	38	00:54:29	02:59:17
36	138	F	29	Carrie Powell	Charleston SC	64	00:34:17	119	00:03:50	59	01:32:56	72	00:02:06	9	00:46:36	02:59:42
37	124	F	43	Jennifer Ward Chase	Cary NC	78	00:36:46	51	00:02:18	35	01:26:23	71	00:02:06	25	00:52:19	02:59:50
38	25	F	47	Laura Gellman	Charlotte NC	97	00:39:52	39	00:02:05	8	01:19:49	15	00:01:19	47	00:57:05	03:00:09
39	175	F	34	Tina Avery	Erwin NC	94	00:38:41	18	00:01:40	23	01:24:48	54	00:01:48	34	00:53:28	03:00:22
40	98	F	15	Angela Rose Delfino	Wake Forest NC	26	00:28:52	42	00:02:07	83	01:37:56	63	00:01:55	15	00:50:35	03:01:23
41	303	F	39	Tracy Teal	Creedmoor NC	88	00:37:51	57	00:02:24	41	01:28:42	12	00:01:16	24	00:52:10	03:02:22
42	143	F	43	Sarah Asby	Charlotte NC	45	00:31:50	75	00:02:41	34	01:26:20	68	00:02:02	59	01:00:05	03:02:57
43	228	F	43	Kathy Hunter	Durham NC	55	00:32:27	28	00:01:45	27	01:25:35	29	00:01:33	65	01:02:18	03:03:36
44	165	F	40	Mandy Midgett	Aberdeen NC	56	00:32:29	30	00:01:49	22	01:24:38	51	00:01:47	73	01:03:00	03:03:42
45	107	F	42	Sabine Farer	Chapel Hill NC	96	00:39:02	77	00:02:44	39	01:27:44	40	00:01:42	31	00:53:00	03:04:09
46	312	F	39	Kristin Hart	Durham NC	72	00:35:10	32	00:01:56	63	01:33:51	31	00:01:34	27	00:52:21	03:04:50
47	171	F	37	Julia Virok	Virginia Beach VA	17	00:27:41	92	00:03:08	52	01:30:09	78	00:02:15	81	01:04:27	03:07:37
48	382	F	38	Christine Kjellberg	Apex NC	47	00:32:11	55	00:02:21	67	01:34:41	92	00:02:26	46	00:56:24	03:08:02
49	224	F	29	Anna Hoffarth	Apex NC	67	00:34:38	53	00:02:18	51	01:30:07	57	00:01:50	58	00:59:43	03:08:35
50	208	F	35	Jessica Henry	Durham NC	80	00:37:07	33	00:01:59	40	01:28:37	34	00:01:36	56	00:59:35	03:08:51
51	177	F	24	Hanna Morse	Chapel Hill NC	84	00:37:27	40	00:02:06	58	01:32:36	65	00:01:58	43	00:54:57	03:09:01
52	88	F	40	Tauynia Wilkins	Apex NC	70	00:35:02	60	00:02:29	65	01:34:12	82	00:02:19	44	00:55:10	03:09:09
53	66	F	43	Dawn Vick	Stallings NC	46	00:32:01	124	00:04:14	78	01:37:16	60	00:01:53	37	00:54:20	03:09:42

54	125	F	48	Katie West	Apex NC	42	00:31:38	96	00:03:11	49	01:29:58	96	00:02:38	72	01:02:43	03:10:06
55	293	F	55	Martha Bryant	Winston Salem NC	66	00:34:21	58	00:02:25	56	01:31:59	62	00:01:55	55	00:59:30	03:10:08
56	20	F	44	Tracy Lempke	Jacksonville NC	104	00:40:57	37	00:02:05	47	01:29:24	64	00:01:57	49	00:57:45	03:12:05
57	180	F	30	Carly Cawrse	Coats NC	52	00:32:23	61	00:02:29	31	01:25:46	89	00:02:22	99	01:09:23	03:12:21
58	41	F	43	Anne Stephens	Chapel Hill NC	48	00:32:13	34	00:02:00	76	01:36:12	20	00:01:22	61	01:00:45	03:12:31
59	59	F	42	Lisa Simmons	Chapel Hill NC	39	00:31:20	70	00:02:36	105	01:42:42	39	00:01:41	40	00:54:45	03:13:03
60	84	F	36	Erin Burns	Charlotte NC	53	00:32:24	44	00:02:09	84	01:37:57	32	00:01:36	53	00:59:19	03:13:22
61	36	F	32	Lili Teleki	Durham NC	31	00:29:35	72	00:02:39	93	01:39:21	85	00:02:21	57	00:59:36	03:13:29
62	112	F	31	Lesly Jurado	Wilmington NC	86	00:37:44	84	00:02:49	80	01:37:49	50	00:01:47	36	00:53:56	03:14:04
63	161	F	52	Donna Decker	Fayetteville NC	20	00:28:17	64	00:02:32	38	01:27:37	61	00:01:55	107	01:15:07	03:15:26
64	89	F	35	A Meg Roberts	Greensboro NC	50	00:32:21	99	00:03:14	61	01:33:40	112	00:03:29	78	01:03:30	03:16:11
65	151	F	44	Michelle Tope	Wade NC	107	00:41:25	80	00:02:47	29	01:25:37	118	00:03:55	69	01:02:36	03:16:17
66	146	F	38	Cara Couture	Charlotte NC	60	00:32:58	117	00:03:46	62	01:33:44	107	00:03:01	74	01:03:03	03:16:30
67	227	F	43	Jennifer Hontz	Cary NC	30	00:29:31	113	00:03:39	85	01:38:09	110	00:03:17	66	01:02:20	03:16:54
68	65	F	33	Maria Brown	Sneads Ferry NC	93	00:38:34	76	00:02:44	46	01:29:12	55	00:01:49	82	01:04:42	03:16:58
69	133	F	57	Joanne Piscitelli	Durham NC	103	00:40:52	54	00:02:19	50	01:30:07	74	00:02:10	62	01:01:38	03:17:03
70	63	F	54	Amber Ashley	Charlotte NC	106	00:41:21	47	00:02:12	36	01:26:43	36	00:01:40	86	01:05:38	03:17:31
71	222	F	44	Catherine Baritell	Raleigh NC	24	00:28:47	78	00:02:45	88	01:38:35	87	00:02:22	84	01:05:07	03:17:34
72	144	F	53	Joy Groves	Charlotte NC	77	00:36:16	59	00:02:26	69	01:35:44	41	00:01:42	67	01:02:22	03:18:28
73	116	F	35	Betsy Marshall	Norfolk VA	4	00:24:14	87	00:03:01	42	01:28:44	83	00:02:20	117	01:21:18	03:19:34
74	75	F	30	Martha Marello	Carolina Beach NC	21	00:28:17	121	00:04:03	98	01:40:14	38	00:01:41	89	01:06:20	03:20:33
75	167	F	32	Sallie Nifong	High Point NC	38	00:31:12	45	00:02:09	75	01:36:10	91	00:02:25	97	01:08:42	03:20:37
76	40	F	29	Megan Houk	Columbia MD	89	00:37:53	91	00:03:07	99	01:40:44	88	00:02:22	48	00:57:41	03:21:46
77	266	F	51	Lorri Gudeman	Durham NC	23	00:28:40	104	00:03:24	64	01:34:09	80	00:02:16	106	01:14:18	03:22:45
78	241	F	30	Amber Howland	Wilmington NC	41	00:31:38	101	00:03:19	90	01:38:52	101	00:02:50	91	01:06:33	03:23:10
79	330	F	32	Audrey Novchich	Goldsboro NC	59	00:32:38	65	00:02:33	71	01:35:46	100	00:02:46	101	01:10:28	03:24:08
80	147	F	39	Allison Grant	Raleigh NC	62	00:33:22	85	00:02:50	97	01:40:10	93	00:02:32	85	01:05:26	03:24:18
81	302	F	46	Dawn Imershein	Chapel Hill NC	22	00:28:40	95	00:03:10	60	01:33:32	66	00:01:59	112	01:17:10	03:24:29
82	255	F	43	Stacey Ingram	Southern Pines NC	109	00:42:47	29	00:01:49	81	01:37:54	52	00:01:47	60	01:00:42	03:24:58
83	145	F	29	Allison Mistler	Sanford NC	87	00:37:49	103	00:03:23	79	01:37:45	113	00:03:31	70	01:02:38	03:25:04
84	76	F	25	Jackie Mason	Charlotte NC	51	00:32:22	122	00:04:11	104	01:42:32	104	00:02:58	77	01:03:29	03:25:30

85	31	F	52	Lagena Lookabill Greene	Indian Trail NC	68	00:34:47	115	00:03:41	68	01:35:05	128	00:06:10	90	01:06:27	03:26:08
86	96	F	43	Cecily Thompson	Holly Springs NC	79	00:36:55	120	00:03:50	82	01:37:55	121	00:04:20	75	01:03:11	03:26:09
87	97	F	28	Kelly Cohen-Mazurowski	Durham NC	82	00:37:19	98	00:03:13	101	01:42:03	14	00:01:18	68	01:02:24	03:26:15
88	242	F	41	Kendra Lynch	Holly Springs NC	74	00:35:19	62	00:02:29	107	01:42:47	109	00:03:17	71	01:02:39	03:26:30
89	189	F	27	Alyssa Beeler	Chapel Hill NC	40	00:31:23	66	00:02:33	92	01:39:02	97	00:02:42	103	01:11:06	03:26:45
90	47	F	42	Staci Sanders	Charlotte NC	114	00:44:06	49	00:02:14	57	01:32:33	79	00:02:15	88	01:05:57	03:27:03
91	179	F	38	Carmen Brennan	Holly Springs NC	105	00:41:19	94	00:03:10	103	01:42:26	98	00:02:45	50	00:58:03	03:27:41
92	68	F	42	Maria Fister	Apex NC	102	00:40:40	74	00:02:40	87	01:38:27	49	00:01:46	80	01:04:26	03:27:57
93	93	F	31	Kathryn Salisbury	Winston-Salem NC	108	00:42:18	71	00:02:37	74	01:36:04	16	00:01:19	87	01:05:42	03:27:58
94	91	F	46	Suzanne Kuhns	Aberdeen NC	99	00:40:04	93	00:03:08	73	01:36:03	77	00:02:12	92	01:07:22	03:28:46
95	313	F	49	Beverly Lapiana	Apex NC	90	00:38:01	79	00:02:46	70	01:35:45	48	00:01:46	102	01:10:35	03:28:52
96	343	F	25	Brittany Conner	Charlotte NC	71	00:35:05	83	00:02:49	106	01:42:44	75	00:02:10	96	01:08:05	03:30:51
97	352	F	43	ZF Jean Skora	Jackson Springs NC	112	00:43:39	89	00:03:05	100	01:41:15	73	00:02:08	63	01:02:05	03:32:09
98	104	F	15	Leah Kay	Columbia SC	7	00:26:40	68	00:02:34	89	01:38:42	44	00:01:44	120	01:23:33	03:33:11
99	236	F	44	Candace Rhodes	Wilmington NC	117	00:48:15	86	00:02:51	66	01:34:32	70	00:02:05	94	01:07:45	03:35:26
100	323	F	44	Angela Leonard	Wilmington NC	128	00:54:37	81	00:02:47	77	01:36:51	56	00:01:50	54	00:59:29	03:35:32
101	172	F	46	Audra Lamountain	Hollywood SC	33	00:30:34	126	00:05:19	86	01:38:20	126	00:05:13	111	01:17:08	03:36:32
102	381	F	44	Beverly Moore	Angier NC	116	00:47:59	82	00:02:49	72	01:35:55	76	00:02:11	95	01:07:54	03:36:46
103	62	F	35	A Amanda Telford	Arlington VA	115	00:47:32	90	00:03:07	91	01:38:57	90	00:02:23	83	01:04:50	03:36:47
104	130	F	42	Angela Jenkins	Clayton NC	91	00:38:10	48	00:02:13	94	01:39:38	105	00:02:59	108	01:15:12	03:38:11
105	82	F	24	Kelly Miller	Myrtle Beach SC	83	00:37:26	108	00:03:31	123	01:52:25	45	00:01:45	76	01:03:18	03:38:22
106	108	F	47	Vivian Coleman	Charlotte NC	36	00:30:58	111	00:03:36	108	01:43:07	108	00:03:04	115	01:20:02	03:40:45
107	380	F	30	NF Maria Lechner	Alexandria VA	101	00:40:35	106	00:03:30	110	01:45:33	116	00:03:52	98	01:09:02	03:42:31
108	237	F	58	Karen Dubose	Charlotte NC	76	00:36:10	127	00:05:31	119	01:49:50	86	00:02:22	100	01:09:54	03:43:45
109	45	F	39	Kelly Czarnecki	Charlotte NC	124	00:51:36	88	00:03:02	102	01:42:25	94	00:02:33	79	01:04:22	03:43:56
110	44	F	44	Andi Covault	Vass NC	110	00:43:11	67	00:02:34	116	01:47:25	122	00:04:22	93	01:07:25	03:44:54
111	342	F	28	Kristen Gill	Charlotte NC	95	00:38:55	14	00:01:35	96	01:40:03	99	00:02:46	119	01:22:01	03:45:17
112	351	F	56	ZF Lee Anne Russell	Whispering Pines NC	92	00:38:23	41	00:02:06	114	01:46:32	103	00:02:57	114	01:19:20	03:49:16
113	365	F	25	NF Casey Dunbar	Fayetteville NC											03:51:13
114	64	F	43	Kristine Davis	Winterville NC	85	00:37:34	4	00:01:19	128	02:08:56	26	00:01:29	64	01:02:11	03:51:28
115	362	F	39	NF Stephanie Tickerhoff	Kernersville NC	100	00:40:11	128	00:05:43	112	01:46:24	129	00:08:23	104	01:12:40	03:53:19

116	135	F	42	Julie Draper	Holly Springs NC	113	00:44:05	118	00:03:50	111	01:46:06	102	00:02:53	110	01:17:03	03:53:56
117	129	F	49	Bonnie Simpson	Stallings NC	98	00:40:00	112	00:03:39	115	01:46:38	115	00:03:46	116	01:20:49	03:54:50
118	30	F	48	Susan Little	Wendell NC	111	00:43:38	110	00:03:35	95	01:39:59	117	00:03:55	121	01:25:13	03:56:18
119	128	F	49	Denise Dixon	Charlotte NC	120	00:48:22	38	00:02:05	109	01:44:47	47	00:01:46	122	01:27:39	04:04:36
120	83	F	43	Jacqueline Sinicrope	Cary NC	69	00:35:01	102	00:03:22	127	02:07:27	106	00:03:00	109	01:16:32	04:05:20
121	122	F	38	Jennifer Hilburn	Charlotte NC	122	00:50:16	109	00:03:31	118	01:49:05	123	00:04:23	118	01:21:46	04:08:59
122	186	F	55	Ann Do	Morrisville NC	129	01:00:35	114	00:03:40	117	01:47:29	124	00:04:30	105	01:13:00	04:09:11
123	278	F	39	Marsha Higgins	Winston-Salem NC	121	00:49:47	97	00:03:11	113	01:46:28	95	00:02:34	123	01:36:11	04:18:09
124	206	F	41	Sara Goodwin	Leland NC	118	00:48:16	125	00:04:46	121	01:50:52	111	00:03:20	124	01:37:24	04:24:36
125	357	F	33	NF Donna Rubin	Charlotte NC	125	00:51:50	116	00:03:42	120	01:50:23	120	00:04:11	125	01:44:11	04:34:16
126	137	F	30	A Reny Tyson	Beaufort NC	43	00:31:41	105	00:03:28	129	02:42:57	84	00:02:20	113	01:17:20	04:37:44
127	159	F	43	Melissa Woods	Monroe NC	126	00:53:14	100	00:03:17	122	01:51:46	119	00:04:03	129	01:46:03	04:38:22
128	290	F	49	Cheryl Adams	Rock Hill SC	119	00:48:20	129	00:05:52	124	01:56:14	125	00:04:42	127	01:44:38	04:39:44
129	114	F	60	Laura Walls	Black Mountain NC	123	00:51:16	107	00:03:31	125	01:58:18	114	00:03:39	126	01:44:26	04:41:09
130	162	F	46	Jacqueline Hayward	Huntersville NC	127	00:53:17	123	00:04:12	126	02:00:22	127	00:05:22	128	01:45:39	04:48:50

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