

# 2013 White Lake Spring Sprint

## Overall Men

### White Lake, NC 4/07/2013 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	Rank	T1	Rank	Bike	Rank	T2	Rank	RUN	PENALTY	Time	DQ
1	1	M	28	OM	Matthew Wisthoff	Wrightsville Beach NC	2	00:08:35	3	00:01:08	1	00:32:58	4	00:00:45	2	00:16:56		01:00:21	
2	12	M	24	OM	Lukas KampköTter	Hannover XX	5	00:09:35	1	00:01:04	6	00:34:28	1	00:00:40	3	00:16:59		01:02:44	
3	368	M	29	OM	Doug Van Wie	Carrboro NC	1	00:08:27	10	00:01:18	16	00:36:48	19	00:00:56	1	00:16:42		01:04:09	
4	14	M	28	OM	Dwayne Dixon	Raleigh NC	8	00:10:18	9	00:01:17	5	00:34:21	88	00:01:20	4	00:17:23		01:04:36	
5	7	M	41	MM	Robert Vangraafeiland	Rolesville NC	6	00:09:58	7	00:01:13	3	00:33:35	18	00:00:56	17	00:19:10		01:04:51	
6	11	M	23	OM	Kyle Wilson	Charlotte NC	9	00:10:29	4	00:01:09	8	00:34:58	2	00:00:42	7	00:17:46		01:05:01	
7	216	M	31		Jimmy Sosinski	Alexandria VA	41	00:12:47	13	00:01:19	4	00:33:46	64	00:01:12	5	00:17:25		01:06:27	
8	379	M	22	OM	Joseph Pead	North Prince George VA	3	00:09:34	24	00:01:39	9	00:35:13	96	00:01:23	15	00:19:04		01:06:51	
9	3	M	32	OM	Justin Smith	Mebane NC	17	00:11:22	16	00:01:26	2	00:33:23	47	00:01:07	26	00:19:55		01:07:11	
10	13	M	20		Harrison Brown	Charlotte NC	7	00:10:03	17	00:01:28	14	00:36:23	9	00:00:51	19	00:19:16		01:07:59	
11	354	M	38		Erik Rasmussen	Wilmington NC	36	00:12:38	8	00:01:15	11	00:35:49	58	00:01:11	6	00:17:31		01:08:21	
12	301	M	47		Matthew Perry	Davidson NC	33	00:12:28	38	00:01:54	10	00:35:23	20	00:00:57	10	00:18:45		01:09:25	
13	182	M	35		Cameron Simpson	Wilmington NC	21	00:11:47	15	00:01:24	17	00:36:53	3	00:00:44	18	00:19:14		01:10:00	
14	335	M	19		Zachary Rivenbark	Charlotte NC	20	00:11:40	2	00:01:07	19	00:37:03	8	00:00:49	31	00:20:11		01:10:48	
15	199	M	23		Evan Reynolds	Tallahassee FL	29	00:12:19	27	00:01:44				9	00:18:40		01:10:56		
16	333	M	45		Jim Houghton	Weddington NC	35	00:12:32	21	00:01:37	18	00:37:02	11	00:00:52	16	00:19:09		01:11:10	
17	170	M	22		Kevin Dolan	Newtown PA	15	00:11:10	64	00:02:21	33	00:38:02	12	00:00:54	22	00:19:20		01:11:45	
18	6	M	18	OM	Brandon Nix	Wilmington NC	12	00:10:45	22	00:01:38	30	00:37:55	35	00:01:03	37	00:20:29		01:11:48	
19	193	M	36		Thomas Woodrum	Wilmington NC	19	00:11:37	20	00:01:36	15	00:36:46	37	00:01:03	52	00:21:09		01:12:09	
20	8	M	41	MM	Kyle Shepard	Hampstead NC	47	00:12:58	14	00:01:20	31	00:37:56	24	00:00:59	20	00:19:18		01:12:30	
21	363	M	28		Geoffrey Clark	Cary NC	23	00:11:52	39	00:01:55	36	00:38:19	124	00:01:33	11	00:18:55		01:12:32	
22	370	M	38		Brian Bohrer	Wilmington NC	22	00:11:51	37	00:01:53	25	00:37:36	62	00:01:12	30	00:20:09		01:12:39	

23	246	M	25	Alex Ryan	Sneads Ferry NC	58	00:13:25	5	00:01:09	22	00:37:18	33	00:01:02	29	00:20:09	01:13:01	
24	218	M	31	Mathew Marsico	Charlotte NC	18	00:11:31	83	00:02:39	29	00:37:54	54	00:01:09	25	00:19:52	01:13:03	
25	383	M	52	Ronnie Horne	Raleigh NC	77	00:14:16	30	00:01:47	12	00:36:21	13	00:00:54	28	00:20:05	01:13:21	
26	275	M	41	Gregory Koenig	Wilmington NC	84	00:14:30	42	00:01:59	7	00:34:48	81	00:01:18	43	00:20:50	01:13:24	
27	198	M	24	Ryan Pahl	Wilmington NC	25	00:11:54	28	00:01:45	26	00:37:40	46	00:01:06	54	00:21:19	01:13:43	
28	158	M	22	Alex Hart	Bryn Mawr PA	4	00:09:34	36	00:01:53	27	00:37:43	83	00:01:19	119	00:23:38	01:14:05	
29	84	M	25	Jason McCormack	Fredericksburg VA	11	00:10:39	66	00:02:24	49	00:39:27	30	00:01:01	44	00:20:52	01:14:21	
30	372	M	44	Edward McDermott	Jacksonville NC	42	00:12:50	25	00:01:40	52	00:39:41	36	00:01:03	27	00:20:03	01:15:15	
31	374	M	21	Nathaniel Fryer	Raleigh NC	26	00:12:02	19	00:01:35	39	00:38:31	29	00:01:01	78	00:22:21	01:15:28	
32	71	M	37	Clayton Roberts	Raleigh NC	87	00:14:45	32	00:01:48	24	00:37:32	25	00:01:00	38	00:20:34	01:15:36	
33	294	M	40	Rob Sucharski	Morrisville NC	111	00:16:00	51	00:02:11	13	00:36:23	134	00:01:37	23	00:19:51	01:15:58	
34	331	M	21	Michael Lindler	Tobaccoville NC	129	00:16:38	11	00:01:19	32	00:38:00	10	00:00:51	21	00:19:20	01:16:06	
35	248	M	21	Alex Leonard	Charlotte NC	81	00:14:23	91	00:02:43	28	00:37:49	63	00:01:12	33	00:20:13	01:16:18	
36	171	M	20	Kyle Berkow	Allison Park PA	16	00:11:13	41	00:01:58	80	00:41:09	38	00:01:04	49	00:21:05	01:16:26	
37	155	M	42	Mark Locklear	Lumberton NC	60	00:13:32	90	00:02:42	41	00:38:41	15	00:00:55	40	00:20:46	01:16:34	
38	67	M	18	Kevin Riley	Salisbury NC	62	00:13:35	53	00:02:12	81	00:41:11	113	00:01:28	8	00:18:19	01:16:43	
39	347	M	37	Jason Crawford	Chapel Hill NC	97	00:15:21	33	00:01:51	20	00:37:13	40	00:01:04	76	00:22:11	01:17:39	
40	318	M	42	Jon Keiser	Spring Lake NC	44	00:12:53	74	00:02:33	37	00:38:27	67	00:01:14	101	00:23:01	01:18:06	
41	208	M	25	Robbie Atherton	Richmond VA	32	00:12:26	95	00:02:45	46	00:38:57	87	00:01:20	87	00:22:40	01:18:06	
42	243	M	25	Trace Sauter	Charlotte NC	13	00:10:48	34	00:01:52	54	00:39:47	69	00:01:14	103	00:23:03	00:02:00	01:18:43
43	92	M	29	Matt Reed	Swansboro NC	38	00:12:41	135	00:03:21	57	00:39:53	125	00:01:33	60	00:21:33	01:19:00	
44	357	M	38	Jeff Reibestein	Fort Bragg NC	104	00:15:31	80	00:02:35	40	00:38:38	89	00:01:20	46	00:20:59	01:19:02	
45	191	M	32	Brian Wong	Spring Lake NC	69	00:13:56	29	00:01:45	72	00:40:49	142	00:01:40	48	00:21:03	01:19:12	
46	21	M	39	Kevin Collins	Raleigh NC	139	00:17:04	70	00:02:28	21	00:37:18	48	00:01:07	55	00:21:24	01:19:18	
47	330	M	56	George W Claude Jr	Fayetteville NC	51	00:13:08	48	00:02:07	77	00:40:57	82	00:01:18	68	00:21:52	01:19:21	
48	232	M	57	Daniel Neuffer	Southern Pines NC	46	00:12:57	47	00:02:07	70	00:40:42	17	00:00:55	94	00:22:49	01:19:28	
49	381	M	40	Marc Primanti	Raleigh NC	75	00:14:12	88	00:02:41	42	00:38:41	175	00:01:59	75	00:22:09	01:19:40	
50	36	M	49	Lowell Gould	Rocky Point NC	40	00:12:46	18	00:01:29	65	00:40:27	6	00:00:46	131	00:24:18	01:19:45	
51	292	M	46	Randy Talton	Cary NC	89	00:14:53	54	00:02:15	47	00:38:59	185	00:02:04	61	00:21:37	01:19:46	
52	97	M	34	Nathan Myers	Greensboro NC	53	00:13:17	50	00:02:09	66	00:40:34	76	00:01:17	85	00:22:32	01:19:48	
53	341	M	23	Aaron Lucas	Charlotte NC	72	00:14:06	12	00:01:19	63	00:40:23	53	00:01:09	95	00:22:53	01:19:48	

54	401	M	31	NM	Andrew McIver	Raleigh NC	68	00:13:55	77	00:02:34	121	00:43:07	68	00:01:14	14	00:19:00	01:19:49	
55	139	M	40		Chris Murray	Cornelius NC	74	00:14:09	68	00:02:25	58	00:39:54	116	00:01:29	72	00:21:59	01:19:54	
56	420	M	36		Jason Skaggs	Flattop WV	140	00:17:06	56	00:02:16	35	00:38:19	95	00:01:23	13	00:18:59	00:02:00	01:20:01
57	184	M	53		Mark Boettcher	Fayetteville NC	45	00:12:54	123	00:03:07	51	00:39:39	119	00:01:32	102	00:23:01	01:20:10	
58	346	M	50		Scott Brown	Apex NC	127	00:16:33	58	00:02:16	23	00:37:27	56	00:01:10	97	00:22:54	01:20:18	
59	236	M	46		David Johnson	Lewes DE	91	00:15:03	98	00:02:48	34	00:38:03	168	00:01:55	86	00:22:36	01:20:22	
60	314	M	44		Jason Galarneau	Holly Springs NC	88	00:14:47	105	00:02:52	48	00:39:24	164	00:01:53	57	00:21:29	01:20:23	
61	103	M	52		Joel Isely	Poquoson VA	34	00:12:32	144	00:03:33	43	00:38:43	118	00:01:32	130	00:24:13	01:20:30	
62	323	M	27		Jonathan Lopez	Raeford NC	116	00:16:13	59	00:02:17	76	00:40:55	16	00:00:55	34	00:20:17	01:20:35	
63	371	M	32		Chris Johnson	Fort Bragg NC	103	00:15:31	60	00:02:17	55	00:39:48	73	00:01:15	66	00:21:49	01:20:38	
64	213	M	44		Kelly Caudle	Albemarle NC	99	00:15:24	40	00:01:57	44	00:38:47	94	00:01:22	115	00:23:27	01:20:56	
65	367	M	22		Christopher Ames	Wilmington NC	67	00:13:54	99	00:02:48	38	00:38:28	138	00:01:39	129	00:24:12	01:21:00	
66	197	M	24		Darren Guffey	Johns Island SC	71	00:14:02	31	00:01:47	127	00:43:23	98	00:01:23	36	00:20:29	01:21:03	
67	345	M	31		Ben Borger	Fayetteville NC	135	00:17:02	35	00:01:52	59	00:40:08	28	00:01:01	50	00:21:06	01:21:07	
68	422	M	29		David Mudek	Fayetteville NC	114	00:16:07	61	00:02:18	61	00:40:15	50	00:01:08	59	00:21:30	01:21:16	
69	141	M	24		Jon Findle	Cary NC	85	00:14:43	146	00:03:36	62	00:40:18	193	00:02:13	45	00:20:54	01:21:42	
70	75	M	28		Matthew Peach	Raleigh NC	61	00:13:35	167	00:03:59	53	00:39:43	187	00:02:06	79	00:22:21	01:21:43	
71	60	M	52		Frazier Keck	Chapel Hill NC	70	00:13:56	52	00:02:12	96	00:41:37	106	00:01:25	89	00:22:43	01:21:50	
72	183	M	50		Elias Gorman	Westlake OH	82	00:14:27	104	00:02:51	90	00:41:30	156	00:01:49	56	00:21:28	01:22:03	
73	212	M	43	MC	Bruce Reeves	Cary NC	64	00:13:43	67	00:02:24	91	00:41:32	127	00:01:34	99	00:22:55	01:22:06	
74	202	M	36		Patrick Crowley	Takoma Park MD	112	00:16:04	43	00:02:01	79	00:41:00	79	00:01:18	67	00:21:52	01:22:13	
75	157	M	40		Tommy Parkin	Hubert NC	150	00:17:19	63	00:02:20	50	00:39:32	49	00:01:07	73	00:22:03	01:22:19	
76	241	M	40		Peter McCloughan	Raleigh NC	80	00:14:20	62	00:02:19	64	00:40:26	189	00:02:07	106	00:23:09	01:22:20	
77	225	M	39		Richard Pontello	Apex NC	31	00:12:25	162	00:03:56	85	00:41:25	161	00:01:51	91	00:22:46	01:22:21	
78	277	M	33		Dominick Martin	Fayetteville NC	93	00:15:06	45	00:02:01	84	00:41:25	173	00:01:57	71	00:21:56	01:22:24	
79	307	M	24		Joshua Manus	Camp Lejeune NC	144	00:17:13	118	00:03:04	86	00:41:26	14	00:00:54	24	00:19:51	01:22:26	
80	102	M	39		Jonathon Weisenfeld	Hillsborough NC	39	00:12:45	163	00:03:56	82	00:41:23	144	00:01:42	92	00:22:49	01:22:32	
81	300	M	65		Israel Nir	Wilmington NC	59	00:13:31	111	00:02:57	56	00:39:49	114	00:01:28	151	00:24:52	01:22:36	
82	32	M	52		Roger Jeffs	Chapel Hill NC	105	00:15:32	81	00:02:36	45	00:38:50	90	00:01:21	132	00:24:20	01:22:37	
83	48	M	66		Tito Craige	Chapel Hill NC	48	00:12:58	127	00:03:11	60	00:40:09	77	00:01:17	157	00:25:09	01:22:42	
84	149	M	53		Jeffrey Ferraro	Winnabow NC	52	00:13:17	132	00:03:15	99	00:41:47	93	00:01:22	112	00:23:21	01:23:00	

85	5	M	45	MM	Brent Nix	Wilmington NC	73	00:14:08	26	00:01:41	69	00:40:41	75	00:01:17	164	00:25:29	01:23:14
86	42	M	44		Marty DeJoseph	Wilmington NC	50	00:13:01	120	00:03:05	134	00:43:36	66	00:01:13	83	00:22:28	01:23:21
87	224	M	22		Christopher Matthews	Charlotte NC	120	00:16:17	23	00:01:38	111	00:42:40	39	00:01:04	63	00:21:45	01:23:22
88	350	M	46		Scott Kauffman	Asheboro NC	110	00:15:50	126	00:03:11	74	00:40:53	84	00:01:19	80	00:22:25	01:23:35
89	80	M	29		Corey Quackenbush	Chapel Hill NC	145	00:17:14	131	00:03:15	78	00:40:58	178	00:02:00	32	00:20:11	01:23:36
90	94	M	57		Steven Ingwersen	Evans GA	94	00:15:10	107	00:02:54	97	00:41:43	65	00:01:13	93	00:22:49	01:23:48
91	273	M	33		Kevin McCabe	Durham NC	113	00:16:04	89	00:02:41	117	00:42:53	99	00:01:23	51	00:21:08	01:24:08
92	159	M	41		Leslie Morrison	Charlotte NC	55	00:13:18	78	00:02:35	109	00:42:21	86	00:01:19	148	00:24:45	01:24:16
93	113	M	38		Jason Gilbert	Leland NC	101	00:15:25	100	00:02:49	101	00:42:01	85	00:01:19	98	00:22:54	01:24:27
94	366	M	48		Gib Palmer	Clinton NC	65	00:13:47	106	00:02:53	98	00:41:45	132	00:01:36	142	00:24:34	01:24:33
95	221	M	40		Rick Brown	Apex NC	37	00:12:39	151	00:03:42	149	00:45:07	105	00:01:25	69	00:21:54	01:24:45
96	38	M	34		Pablo Torres	Alexandria VA	49	00:12:59	153	00:03:44	168	00:46:22	107	00:01:26	35	00:20:18	01:24:47
97	115	M	39		Steve Risley	Wilmington NC	130	00:16:45	152	00:03:44	104	00:42:17	27	00:01:00	53	00:21:09	01:24:54
98	332	M	43	MC	Charles Cooley	Cameron NC	134	00:17:01	44	00:02:01	75	00:40:54	97	00:01:23	120	00:23:40	01:24:56
99	57	M	41		Chris Underwood	Durham NC	118	00:16:16	46	00:02:05	133	00:43:35	60	00:01:11	70	00:21:56	01:25:02
100	64	M	14		Derek Dellarova	Wake Forest NC	24	00:11:53	121	00:03:06	143	00:44:37	31	00:01:01	143	00:24:35	01:25:11
101	295	M	50		Peter Poggetti	Fayetteville NC	132	00:16:54	109	00:02:56	68	00:40:37	104	00:01:24	116	00:23:30	01:25:19
102	358	M	58		Steve Thompson	Chapel Hill NC	86	00:14:45	149	00:03:39	125	00:43:17	169	00:01:55	64	00:21:45	01:25:19
103	256	M	54		Craig Peterson	Gambrills MD	57	00:13:22	92	00:02:43	95	00:41:35	117	00:01:30	178	00:26:32	01:25:41
104	46	M	37		Patrick Farfour	Raleigh NC	124	00:16:22	73	00:02:32	113	00:42:45	147	00:01:43	81	00:22:27	01:25:46
105	96	M	14		Agustin Fiorito Jr.	Chapel Hill NC	27	00:12:08	142	00:03:28	157	00:45:39	111	00:01:27	113	00:23:22	01:26:03
106	95	M	57		Michael Caveness	Wilmington NC	30	00:12:21	97	00:02:48	93	00:41:33	110	00:01:26	199	00:27:57	01:26:03
107	349	M	42		Scot Fischer	Columbia SC	169	00:18:13	71	00:02:30	132	00:43:31	51	00:01:08	47	00:21:00	01:26:21
108	62	M	51		Daniel Dellarova	Wake Forest NC	102	00:15:30	102	00:02:49	102	00:42:05	182	00:02:03	128	00:24:11	01:26:37
109	265	M	52		Brian Dorn	Newport NC	128	00:16:36	55	00:02:16	108	00:42:21	109	00:01:26	127	00:24:02	01:26:39
110	120	M	14		Lawton Ives	Chapel Hill NC	109	00:15:41	150	00:03:42	139	00:43:44	7	00:00:49	105	00:23:07	01:27:00
111	104	M	43		Jeff Draper	Holly Springs NC	92	00:15:05	134	00:03:21	94	00:41:35	91	00:01:22	166	00:25:41	01:27:01
112	101	M	40		Robert Norris	Cary NC	186	00:19:28	96	00:02:46	89	00:41:29	146	00:01:42	62	00:21:39	01:27:02
113	118	M	26		Collin Edington	Pittsburgh PA	54	00:13:18	112	00:02:58	150	00:45:08	103	00:01:24	133	00:24:21	01:27:06
114	384	M	58		Michael Sullivan	Spring Lake NC	119	00:16:17	155	00:03:45	87	00:41:27	101	00:01:24	137	00:24:31	01:27:22
115	266	M	33		Gregory Scott	Camp Lejeune NC	163	00:18:07	103	00:02:50	124	00:43:17	157	00:01:49	58	00:21:30	01:27:30

116	110	M	21	Colin Greatwood	Raleigh NC	108	00:15:40	110	00:02:56	155	00:45:24	130	00:01:35	74	00:22:06	01:27:39
117	342	M	13	Grant Meadows	Swansboro NC	14	00:10:51	184	00:04:32	184	00:48:21	61	00:01:11	104	00:23:05	01:27:58
118	278	M	37	Matt Clayton	Apex NC	76	00:14:14	128	00:03:12	100	00:41:50	150	00:01:45	187	00:27:07	01:28:05
119	267	M	21	Phillip Vance	Sanford NC	203	00:20:50	137	00:03:23	103	00:42:12	22	00:00:58	42	00:20:50	01:28:11
120	280	M	29	Daniel Fitzgerald	Raleigh NC	63	00:13:41	85	00:02:40	176	00:47:31	133	00:01:36	90	00:22:45	01:28:11
121	360	M	50	John Newman	Jacksonville NC	151	00:17:24	94	00:02:44	112	00:42:41	148	00:01:44	124	00:23:47	01:28:18
122	312	M	29	Peter Baio	Greenville NC	96	00:15:17	147	00:03:36	71	00:40:48	43	00:01:05	196	00:27:40	01:28:24
123	385	M	45	Robert Krupica	Holly Springs NC	83	00:14:28	170	00:04:09	73	00:40:51	203	00:02:29	182	00:26:47	01:28:43
124	407	M	26	NM Bryant Yee	Emerald Isle NC	190	00:19:52	101	00:02:49	137	00:43:40	163	00:01:53	41	00:20:47	01:28:59
125	251	M	33	C Wes Salisbury	Winston Salem NC	106	00:15:34	49	00:02:07	136	00:43:40	137	00:01:39	173	00:26:15	01:29:13
126	365	M	34	Joe Abeln	Raeford NC	200	00:20:25	133	00:03:18	67	00:40:35	141	00:01:40	114	00:23:25	01:29:22
127	20	M	43	MC Sean Green	Charlotte NC	78	00:14:18	75	00:02:33	122	00:43:09	122	00:01:32	198	00:27:54	01:29:24
128	82	M	45	Tom Vizioli	Virginia Beach VA	98	00:15:24	196	00:05:02	153	00:45:12	188	00:02:07	77	00:22:12	01:29:55
129	348	M	30	Santos Ramos	Raeford NC	115	00:16:13	113	00:02:58	129	00:43:27	227	00:03:34	125	00:23:47	01:29:58
130	338	M	32	Jon Ewald	Raeford NC	43	00:12:51	129	00:03:13	212	00:51:55	102	00:01:24	39	00:20:39	01:29:59
131	269	M	43	MC Todd Gecewicz	Fuquay Varina NC	159	00:17:55	57	00:02:16	126	00:43:18	160	00:01:51	147	00:24:42	01:30:00
132	93	M	34	C Julian Bridges	Clemmons NC	147	00:17:15	130	00:03:13	130	00:43:29	121	00:01:32	150	00:24:51	01:30:17
133	214	M	45	Austin Burgess	Newport NC	178	00:18:26	124	00:03:08	114	00:42:52	136	00:01:38	135	00:24:27	01:30:29
134	205	M	40	John Balcerzak	Cornelius NC	167	00:18:12	114	00:02:58	118	00:42:53	170	00:01:55	138	00:24:32	01:30:29
135	206	M	28	Jake Lappi	Charlotte NC	170	00:18:15	65	00:02:21	154	00:45:13	115	00:01:28	111	00:23:20	01:30:36
136	399	M	27	NM Blake Zimmerman	Avondale Estates GA	161	00:18:00	82	00:02:38	145	00:44:51	140	00:01:40	118	00:23:37	01:30:43
137	22	M	54	Steve Boyd	Apex NC	155	00:17:41	171	00:04:12	110	00:42:28	167	00:01:55	149	00:24:47	01:31:02
138	200	M	46	Patrick Glover	Indian Trail NC	173	00:18:18	72	00:02:31	115	00:42:53	191	00:02:08	159	00:25:15	01:31:02
139	79	M	31	Jason Herbaugh	Washington DC	156	00:17:43	160	00:03:53	88	00:41:29	166	00:01:54	176	00:26:28	01:31:24
140	245	M	45	MC Brett Scheuer	Jacksonville NC	100	00:15:25	173	00:04:18	128	00:43:27	55	00:01:10	188	00:27:07	01:31:26
141	353	M	35	NM Bill Taylor	Fayetteville NC	123	00:16:20	93	00:02:44	147	00:45:04	23	00:00:59	177	00:26:30	01:31:35
142	340	M	70	Peter Lilley	Charlotte NC	122	00:16:20	84	00:02:40	92	00:41:32	149	00:01:44	207	00:29:29	01:31:43
143	262	M	24	Tom Canzano	Sneads Ferry NC	171	00:18:15	145	00:03:35	163	00:46:05	186	00:02:05	65	00:21:48	01:31:47
144	78	M	22	Brendan McKinley	Malvern PA	131	00:16:51	169	00:04:05	140	00:43:47	172	00:01:56	160	00:25:19	01:31:56
145	403	M	29	NM Paul Winchell	Wilmington NC	126	00:16:28	79	00:02:35	148	00:45:04	162	00:01:51	170	00:26:03	01:31:59
146	310	M	36	Travis Martin	Cary NC	152	00:17:24	76	00:02:33	158	00:45:46	151	00:01:45	145	00:24:36	01:32:03

147	235	M	37	P Lessard	Cary NC	56	00:13:21	69	00:02:27	202	00:50:04	41	00:01:04	158	00:25:13	01:32:07
148	375	M	41	Mark Engen	Fayetteville NC	194	00:20:01	206	00:05:30	106	00:42:18	143	00:01:41	88	00:22:40	01:32:09
149	242	M	62	Chuck Lollar	Kitty Hawk NC	137	00:17:03	158	00:03:48	107	00:42:21	171	00:01:56	194	00:27:27	01:32:33
150	134	M	31	Andy Thore	Morrisville NC	90	00:15:00	198	00:05:12	152	00:45:10	145	00:01:42	169	00:25:54	01:32:56
151	69	M	30	Jeffrey Webb	Raleigh NC	162	00:18:02	136	00:03:22	167	00:46:21	72	00:01:15	139	00:24:33	01:33:31
152	98	M	35	Anthony Deloreto	Greensboro NC	28	00:12:19	192	00:04:52	187	00:48:53	210	00:02:34	155	00:25:02	01:33:38
153	327	M	31	Matthew Kippeny	Winston-Salem NC	66	00:13:52	193	00:04:52	211	00:51:27	21	00:00:57	84	00:22:32	01:33:38
154	281	M	53	MC Joe Kasperski	Morehead City NC	117	00:16:15	138	00:03:23	116	00:42:53	192	00:02:13	203	00:28:59	01:33:41
155	400	M	34	NM Abhaya Menon	Arlington VA	215	00:22:31	200	00:05:20	142	00:44:24	209	00:02:32	12	00:18:56	01:33:41
156	135	M	55	David Hawley	Raleigh NC									197	00:27:54	01:34:06
157	207	M	44	James Beere	Spring Lake NC	192	00:19:59	117	00:03:04	160	00:46:02	108	00:01:26	122	00:23:43	01:34:12
158	233	M	17	Chase Hite	Severna Park MD	154	00:17:34	168	00:04:00	190	00:49:05	26	00:01:00	110	00:23:17	01:34:54
159	290	M	35	Dan Jernigan	Camp Lejeune NC	187	00:19:33	182	00:04:30	171	00:46:55	92	00:01:22	100	00:22:55	01:35:12
160	264	M	44	Robert Pitchford	Jacksonville NC	183	00:18:53	86	00:02:40	162	00:46:03	194	00:02:14	163	00:25:28	01:35:17
161	45	M	57	Jaime Hernandez	Chapel Hill NC	148	00:17:18	226	00:06:44	131	00:43:30	217	00:02:54	153	00:25:01	01:35:24
162	325	M	26	Martin Valenzuela	Midway Park NC	207	00:21:20	141	00:03:28	170	00:46:47	42	00:01:05	96	00:22:53	01:35:30
163	66	M	52	Nick Reiley	Salisbury NC	205	00:20:58	139	00:03:24	120	00:43:04	177	00:02:00	179	00:26:37	01:36:01
164	257	M	31	Ramiro Rodriguez	Garner NC	174	00:18:19	176	00:04:21	179	00:47:54	190	00:02:08	117	00:23:34	01:36:13
165	129	M	60	David Brooks	Pembroke NC	179	00:18:28	228	00:07:00	138	00:43:41	214	00:02:44	134	00:24:23	01:36:14
166	351	M	49	Jeff West	Wilmington NC	79	00:14:19	177	00:04:22	151	00:45:08	213	00:02:43	210	00:29:44	01:36:14
167	163	M	47	Tom Rilling	Wilmington NC	142	00:17:11	181	00:04:26	159	00:45:57	135	00:01:37	192	00:27:20	01:36:30
168	234	M	37	Kyle Brown	Creedmoor NC	149	00:17:18	211	00:05:34	169	00:46:43	179	00:02:01	154	00:25:02	01:36:37
169	146	M	46	Phil Vanderwoude	Chapel Hill NC	95	00:15:16	191	00:04:48	188	00:48:54	155	00:01:49	171	00:26:10	01:36:53
170	128	M	50	Bryan Maynor	Pembroke NC	197	00:20:15	220	00:06:01	141	00:43:48	197	00:02:20	140	00:24:33	01:36:55
171	161	M	22	David Uber	Pittsburgh PA	221	00:25:11	122	00:03:07	119	00:42:54	128	00:01:35	144	00:24:35	01:37:21
172	142	M	56	Gary Cook	Leland NC	165	00:18:09	166	00:03:58	177	00:47:47	59	00:01:11	174	00:26:19	01:37:22
173	133	M	54	Robert O'Connor	Raleigh NC	199	00:20:23	164	00:03:57	165	00:46:09	120	00:01:32	162	00:25:27	01:37:26
174	215	M	18	Jake Burgess	Newport NC	157	00:17:43	156	00:03:47	192	00:49:16	165	00:01:53	152	00:24:59	01:37:36
175	176	M	34	Brody Messmer	Raleigh NC	182	00:18:46	209	00:05:34	146	00:44:52	184	00:02:04	175	00:26:28	01:37:41
176	147	M	21	Joseph Matroni	Apex NC	228	00:26:22	108	00:02:55	83	00:41:23	78	00:01:17	167	00:25:49	01:37:44
177	188	M	36	Matthew Scott	Pembroke NC	177	00:18:26	218	00:05:54	183	00:48:17	199	00:02:24	107	00:23:12	01:38:10

178	397	M	40	ZM	David Curbo	Wilmington NC	138	00:17:04	87	00:02:41	204	00:50:39	70	00:01:15	180	00:26:38	01:38:14	
179	108	M	65		Sam Baker	Raleigh NC	121	00:16:18	116	00:03:00	144	00:44:38	204	00:02:29	218	00:31:52	01:38:15	
180	299	M	47		Philip Maginnes	Wilmington NC	125	00:16:26	175	00:04:21	166	00:46:18	129	00:01:35	211	00:29:46	01:38:24	
181	352	M	26		Patrick Wadsack	Jacksonville NC	189	00:19:48	154	00:03:45	173	00:47:03	100	00:01:23	146	00:24:38	00:02:00	01:38:35
182	156	M	49	MC	Brad Helton	Charlotte NC	143	00:17:11	148	00:03:39	175	00:47:26	208	00:02:31	202	00:28:20	01:39:07	
183	227	M	34		Andrew Rowell	Charlotte NC	219	00:24:06	189	00:04:46	164	00:46:06	34	00:01:02	109	00:23:16	01:39:15	
184	356	M	55		Stanley Brandon	Raleigh NC	195	00:20:09	216	00:05:45	135	00:43:39	216	00:02:53	190	00:27:10	01:39:34	
185	154	M	41		Paul Jackson	Thomasville NC	164	00:18:08	172	00:04:16	181	00:48:12	174	00:01:57	195	00:27:30	01:40:02	
186	412	M	29	NM	Anthony Mattazaro	Fayetteville NC					201	00:49:58	44	00:01:05	121	00:23:40	01:40:26	
187	204	M	48	MC	Bernie Rosario	Charlotte NC	153	00:17:28	183	00:04:30	156	00:45:33	200	00:02:27	214	00:30:53	01:40:49	
188	413	M	36	NM	James Morris	Hope Mills NC	191	00:19:53	161	00:03:55	220	00:52:43	80	00:01:18	108	00:23:15	01:41:03	
189	359	M	40	MC	Patrick Vanvickle	Apex NC	133	00:16:59	178	00:04:22	182	00:48:13	195	00:02:18	208	00:29:39	01:41:29	
190	395	M	19	NM	Brian Huynh	Durham NC	166	00:18:12	174	00:04:19	215	00:52:14	32	00:01:02	168	00:25:51	01:41:36	
191	150	M	25		Brian Foley	Wilmington NC	212	00:21:41	185	00:04:39	194	00:49:26	57	00:01:10	156	00:25:05	01:41:58	
192	112	M	38		Jason Parsons	Jamestown NC	181	00:18:39	219	00:05:56	189	00:49:03	45	00:01:05	193	00:27:23	01:42:05	
193	317	M	53		Robert Tate Rust	Charlotte NC	172	00:18:17	223	00:06:23	105	00:42:17	225	00:03:20	222	00:32:46	01:43:02	
194	321	M	33	C	Jonathan Todd	Chapel Hill NC	141	00:17:10	221	00:06:11	210	00:51:23	211	00:02:37	172	00:26:15	01:43:34	
195	382	M	29		Andrew Cayce	Holly Ridge NC	107	00:15:39	179	00:04:23	180	00:48:04	223	00:03:14	220	00:32:25	01:43:43	
196	196	M	49		Kent Harrell	Hampstead NC	146	00:17:14	214	00:05:41	193	00:49:22	226	00:03:25	200	00:28:04	01:43:44	
197	152	M	27		Stuart Brooks	Raleigh NC	185	00:19:26	195	00:05:00	209	00:51:14	158	00:01:49	183	00:26:51	01:44:18	
198	406	M	26	NM	Eric Osterhus	Charlotte NC	217	00:23:25	125	00:03:10	199	00:49:53	131	00:01:35	186	00:27:02	01:45:03	
199	50	M	66		Iva Anderson	Raleigh NC	201	00:20:25	224	00:06:42	208	00:51:09	202	00:02:28	136	00:24:30	01:45:12	
200	308	M	42		Kurt Vanscoy	Wilmington NC	223	00:25:31	119	00:03:05	161	00:46:03	139	00:01:40	204	00:29:01	01:45:17	
201	411	M	20	NM	Nathan Rhodes	Camp Lejeune NC	198	00:20:23	203	00:05:23	213	00:51:58	180	00:02:02	165	00:25:34	01:45:19	
202	326	M	39		Ben Terwilliger	Cameron NC	224	00:25:35	115	00:02:59	205	00:50:46	5	00:00:46	161	00:25:23	01:45:27	
203	55	M	39		Brent Jones	Pfafftown NC	211	00:21:37	159	00:03:50	186	00:48:40	112	00:01:27	212	00:30:13	01:45:45	
204	26	M	77		Herb Brown	Charlotte NC	176	00:18:26	217	00:05:49	172	00:46:59	215	00:02:46	219	00:31:56	01:45:54	
205	125	M	31		Benjamin Lennon	Raleigh NC	160	00:18:00	197	00:05:07	223	00:52:53	181	00:02:03	201	00:28:06	01:46:06	
206	76	M	48		David Siener	Kinston NC	218	00:24:05	165	00:03:57	214	00:52:06	123	00:01:32	141	00:24:33	01:46:12	
207	23	M	39		Robert Childers	Wake Forest NC	210	00:21:35	199	00:05:18	200	00:49:54	198	00:02:21	189	00:27:08	01:46:13	
208	419	M	31	PC	Howie Sanborn	Fayetteville NC	193	00:20:01	180	00:04:24	206	00:50:53	229	00:03:51	191	00:27:18	01:46:25	

209	398	M	43	ZM	Wes Ray	Durham NC	184	00:19:20	140	00:03:25	225	00:53:12	176	00:02:00	209	00:29:41	01:47:36
210	380	M	68		Brad Kirley	Orange VA	202	00:20:33	186	00:04:40	185	00:48:30	207	00:02:30	217	00:31:35	01:47:46
211	190	M	31		Justin Wehrheim	Fayetteville NC	230	00:27:30	157	00:03:48	217	00:52:26	154	00:01:48	82	00:22:28	01:47:57
212	425	M	56		James Force	Raleigh NC	180	00:18:38	202	00:05:23	195	00:49:26	224	00:03:19	216	00:31:14	01:47:59
213	408	M	33	NM	Devin Chidester	Charlotte NC	233	00:31:35									01:49:32
214	217	M	32	C	Daniel Graham	Raleigh NC	216	00:22:42	201	00:05:23	216	00:52:23	196	00:02:20	185	00:27:01	01:49:47
215	25	M	66		Ralph Edwards	Morganton NC	188	00:19:46	204	00:05:26	207	00:51:07	206	00:02:30	215	00:31:11	01:49:57
216	254	M	50		Greg Cardamone	Knightdale NC	206	00:21:01	190	00:04:47	203	00:50:36	71	00:01:15	223	00:33:08	01:50:44
217	410	M	22	NM	Byron Chargois	Camp Lejeune NC	227	00:25:58	225	00:06:43	219	00:52:42	152	00:01:45	123	00:23:46	01:50:51
218	107	M	54		John Lappi	Inman SC	209	00:21:31	188	00:04:44	196	00:49:39	221	00:03:05	221	00:32:32	01:51:27
219	362	M	41		Erik Greenfield	Charlotte NC	222	00:25:29	227	00:06:52	174	00:47:06	222	00:03:11	206	00:29:27	01:52:04
220	315	M	43		Andrew Flynn	Wilmington NC	232	00:29:48	213	00:05:35	197	00:49:44	219	00:03:03	126	00:24:02	01:52:09
221	127	M	59		Robert Newell	Raleigh NC	231	00:28:33	232	00:08:05	191	00:49:11	159	00:01:50	181	00:26:45	01:54:23
222	90	M	32		Matthew Garland	Baltimore MD	196	00:20:13	143	00:03:33	222	00:52:48	126	00:01:34	228	00:39:03	01:57:08
223	414	M	56	ZM	Jeff Willis	Durham NC	213	00:22:03	205	00:05:26	221	00:52:45	183	00:02:03	225	00:35:28	01:57:44
224	123	M	53		David Jenkins	Durham NC	158	00:17:54	194	00:04:56	218	00:52:40	205	00:02:30	229	00:40:45	01:58:44
225	334	M	51		Robert Malkin	Raleigh NC	220	00:24:09	208	00:05:30	227	00:53:16	218	00:02:57	224	00:33:17	01:59:07
226	279	M	67		Jim Boston	Shalotte NC	175	00:18:25	230	00:07:26	178	00:47:48	212	00:02:40	231	00:43:37	01:59:54
227	86	M	33		Casey Garland	Raleigh NC	208	00:21:22	187	00:04:44	224	00:53:05	201	00:02:27	227	00:38:47	02:00:22
228	261	M	43		Carlos Garcia	Fuquay-Varina NC	234	00:32:25	222	00:06:13	226	00:53:13	74	00:01:16	213	00:30:22	02:03:27
229	209	M	39		Jean-Baptiste Vinluan	Durham NC	229	00:27:21	229	00:07:07	198	00:49:47	220	00:03:03	226	00:36:13	02:03:30
230	392	M	22	NM	Clay Woodring	Monroe NC	226	00:25:46	207	00:05:30	229	01:02:34	153	00:01:46	205	00:29:02	02:04:37
231	394	M	24	NM	Bryce Woodring	Monroe NC	225	00:25:43	212	00:05:35	230	01:08:14	52	00:01:09	184	00:26:55	02:07:34
232	220	M	39	C	Ed Brooks	Pembroke NC	204	00:20:57	215	00:05:42	228	00:56:38	228	00:03:46	230	00:43:09	02:10:10
233	53	M	57		Robert Richardson	Elizabethtown NC	214	00:22:05	231	00:07:39	231	01:18:15					02:34:37

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