

2012 White Lake Fall International

Overall Women

White Lake, NC 9/08/2012 08:00AM

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Place	Bib	Sex	Age	Cat.	NAME	CITY/STATE	Rank	SWIM	Rank	T1	Rank	Bike	Rank	T2	Rank	RUN	PENALTY	Time	DQ
1	258	F	36		Danielle Baker	Durham NC	8	00:28:13	6	00:01:20	1	01:15:49	12	00:01:14	1	00:42:20		02:28:55	
2	267	F	33		Sarah Caamano	Charlotte NC	9	00:28:26	5	00:01:20	2	01:16:39	134	00:03:00	7	00:47:35		02:36:58	
3	14	F	41	MF	Sandy Kritzinger	Cornelius NC	13	00:28:59	20	00:01:38	3	01:18:50	6	00:01:07	5	00:46:57		02:37:30	
4	214	F	31		Kristie Shifflette	Chapel Hill NC	1	00:25:03	24	00:01:44	28	01:24:34	4	00:01:06	8	00:47:36		02:40:02	
5	305	F	38		Sara Larson	Chapel Hill NC	21	00:31:26	2	00:01:18	5	01:20:06	13	00:01:15	4	00:46:47		02:40:50	
6	158	F	36		Braden Walsh	Pittsboro NC	7	00:27:12	12	00:01:30	4	01:19:52	7	00:01:07	15	00:52:43		02:42:21	
7	249	F	45		Susan Kitchen	Chapel Hill NC	31	00:33:02	11	00:01:28	9	01:20:38	8	00:01:08	3	00:46:09		02:42:24	
8	286	F	36		Erin Fruland	Fayetteville NC	3	00:25:10	19	00:01:36	7	01:20:21	23	00:01:21	30	00:54:32		02:42:58	
9	195	F	15		Cierra Dellarova	Wake Forest NC	5	00:26:24	31	00:01:48	31	01:24:56	15	00:01:16	9	00:48:36		02:42:59	
10	371	F	57		Doris Alexander	Carrboro NC	14	00:29:38	7	00:01:21	6	01:20:08	58	00:01:37	13	00:50:25		02:43:07	
11	108	F	30		Kathryn Vanantwerp	Lawrenceville GA	6	00:26:37	17	00:01:34	22	01:23:04	74	00:01:49	14	00:51:18		02:44:19	
12	360	F	39		Patricia Tiernan	Cary NC	36	00:33:49	58	00:02:06	17	01:22:18	44	00:01:33	2	00:46:08		02:45:52	
13	342	F	44		Karen Preli	Winston-Salem NC	49	00:35:09	69	00:02:13	25	01:23:54	45	00:01:33	6	00:47:04		02:49:51	
14	281	F	42		Amy Cocanour	Sneads Ferry NC	18	00:30:30	33	00:01:49	24	01:23:29	33	00:01:27	27	00:54:08		02:51:22	
15	368	F	29		Shayna Brumels	Charlotte NC	35	00:33:28	49	00:01:59	35	01:25:27	41	00:01:31	10	00:48:59		02:51:23	
16	189	F	35		Lindsay Dean	Wilmington NC	73	00:38:02	10	00:01:27	11	01:21:14	2	00:01:04	11	00:50:18		02:52:03	
17	277	F	37		Jennifer Young	Wilmington NC	22	00:31:39	1	00:01:15	23	01:23:19	1	00:01:02	34	00:55:24		02:52:38	
18	153	F	29		Sarah Huettl	Wilmington NC	45	00:34:43	15	00:01:32	18	01:22:30	67	00:01:44	18	00:53:12		02:53:39	
19	185	F	48		Suzy Nisbet	Cary NC	64	00:36:52	27	00:01:47	15	01:21:56	5	00:01:06	16	00:52:51		02:54:30	
20	147	F	39		Kristen Fisher	Greensboro NC	23	00:31:52	34	00:01:50	44	01:26:17	61	00:01:38	21	00:53:30		02:55:06	
21	230	F	44		Linda Hatfield	Apex NC	99	00:40:14	61	00:02:09	8	01:20:34	90	00:02:03	12	00:50:19		02:55:17	
22	118	F	30		Christy Anderson	Chapel Hill NC	16	00:30:14	93	00:02:32	30	01:24:55	120	00:02:34	35	00:55:28		02:55:41	

23	116	F	32	Nicole Morch	Fort Mill SC	32	00:33:07	30	00:01:48	42	01:26:09	35	00:01:28	26	00:54:02	02:56:31	
24	251	F	47	Amy Nakhle	Elon NC	29	00:32:59	37	00:01:51	52	01:27:07	19	00:01:19	22	00:53:37	02:56:52	
25	160	F	47	Colleen Karr	Raleigh NC	25	00:32:36	123	00:02:58	49	01:26:58	46	00:01:34	19	00:53:20	02:57:24	
26	444	F	51	Kari Wilkinson	Mebane NC	28	00:32:53	8	00:01:26	10	01:20:48	18	00:01:18	60	01:01:25	02:57:47	
27	428	F	42	Heather Hageman	Charlotte NC	4	00:26:14	109	00:02:42	41	01:26:07	57	00:01:37	61	01:02:02	02:58:40	
28	74	F	41	Robyn Stout	Durham NC	38	00:33:55	47	00:01:58	50	01:27:02	32	00:01:27	40	00:56:00	03:00:20	
29	24	F	46	Janice Hirsch	Wake Forest NC	48	00:35:05	23	00:01:43	19	01:22:37	22	00:01:21	54	00:59:57	03:00:41	
30	326	F	40	Colleen Pirozzi	Cary NC	47	00:34:57	41	00:01:55	47	01:26:43	59	00:01:37	38	00:55:55	03:01:05	
31	329	F	20	Leah Carroll	Wilmington NC	55	00:35:38	96	00:02:33	57	01:28:32	84	00:01:59	17	00:53:00	03:01:40	
32	262	F	36	Jennifer Barker	Raleigh NC	10	00:28:27	52	00:02:02	91	01:34:12	43	00:01:32	23	00:53:39	00:02:00 03:01:50	
33	107	F	62	Paula Vanantwerp	West End NC	51	00:35:13	68	00:02:13	55	01:28:00	85	00:01:59	36	00:55:40	03:03:04	
34	379	F	50	Alecia Williams	Wilmington NC	70	00:37:38	72	00:02:14	38	01:25:44	48	00:01:34	41	00:56:36	03:03:44	
35	165	F	40	Beth Grimes	Charlotte NC	53	00:35:24	16	00:01:33	45	01:26:24	75	00:01:50	50	00:58:45	03:03:55	
36	239	F	35	Lindsee McPhail	Morrisville NC	92	00:39:42	46	00:01:58	43	01:26:09	71	00:01:47	29	00:54:21	03:03:55	
37	172	F	35	Meghan Lyons	Wrightsville Beach NC	114	00:41:37	28	00:01:48	33	01:25:08	27	00:01:24	31	00:54:48	03:04:42	
38	266	F	29	Andrea Griffith	Conshohocken PA	111	00:41:28	74	00:02:17	29	01:24:51	133	00:02:56	20	00:53:26	03:04:55	
39	22	F	46	Laura Gellman	Charlotte NC	100	00:40:24	90	00:02:30	16	01:22:03	20	00:01:19	51	00:58:49	03:05:03	
40	242	F	41	Paige Pence	Arlington VA	30	00:33:01	120	00:02:56	75	01:31:17	80	00:01:56	39	00:55:56	03:05:04	
41	129	F	40	A	Kirsten Morin	Granite Falls NC	50	00:35:12	63	00:02:10	12	01:21:22	53	00:01:35	81	01:05:04	03:05:20
42	301	F	30	Kari Obermeyer	Durham NC	37	00:33:55	44	00:01:56	32	01:25:05	24	00:01:22	68	01:03:10	03:05:25	
43	192	F	31	Sharon Siebert	Wilmington NC	34	00:33:23	38	00:01:51	80	01:32:56	28	00:01:24	37	00:55:54	03:05:27	
44	169	F	38	A	Brandy York	Wake Forest NC	12	00:28:56	25	00:01:45	46	01:26:32	56	00:01:36	87	01:06:45	03:05:33
45	271	F	51	Sharon Balas	Charlotte NC	44	00:34:41	26	00:01:46	21	01:23:02	97	00:02:09	75	01:04:13	03:05:50	
46	395	F	27	NF	Lauren Merkel	Raeford NC	101	00:40:26	50	00:01:59	54	01:27:59	14	00:01:16	28	00:54:20	03:05:58
47	181	F	30	Carissa Van Alstine	Wilmington NC	79	00:38:24	82	00:02:22	59	01:29:09	26	00:01:23	32	00:54:51	03:06:07	
48	133	F	43	Maryanne Lutz	Morrisville NC	69	00:37:23	9	00:01:27	14	01:21:42	55	00:01:36	82	01:05:04	03:07:09	
49	295	F	38	Melissa Alfano	Fort Bragg NC	59	00:36:18	66	00:02:11	20	01:22:57	37	00:01:28	76	01:04:17	03:07:09	
50	89	F	20	Jennifer Omlor	Shelby NC	2	00:25:09	14	00:01:32	79	01:32:25	21	00:01:20	91	01:07:16	03:07:40	
51	276	F	41	Elizabeth Andrew	Wilmington NC	46	00:34:44	18	00:01:35	37	01:25:39	40	00:01:31	78	01:04:34	03:08:02	
52	340	F	39	Stephanie Turner	Apex NC	89	00:39:28	60	00:02:08	66	01:30:17	29	00:01:25	33	00:55:13	03:08:30	
53	240	F	32	Lee Lamb	Goldsboro NC	82	00:38:42	29	00:01:48	84	01:33:35	9	00:01:09	24	00:53:45	03:08:56	

54	31	F	51	Jill Baulieu	Huntersville NC	27	00:32:45	32	00:01:49	40	01:26:03	38	00:01:29	88	01:07:02	03:09:04		
55	320	F	45	Missy Jacobson	Winterville NC	88	00:39:28	86	00:02:27	13	01:21:22	99	00:02:14	72	01:03:54	03:09:23		
56	42	F	65	Carol Ann Zanoni	Raleigh NC					147	01:47:37	83	00:01:58	48	00:58:36	03:09:34		
57	75	F	40	Meg Miller	Franklinton NC	63	00:36:44	56	00:02:04	99	01:35:30	34	00:01:28	25	00:53:52	03:09:36		
58	250	F	32	Maleia Tumolo	Wilmington NC	20	00:30:38	21	00:01:39	60	01:29:20	68	00:01:45	86	01:06:18	03:09:38		
59	433	F	33	Devon Tenon	Charlotte NC	62	00:36:41	42	00:01:55	27	01:24:31	109	00:02:23	79	01:04:37	03:10:04		
60	331	F	41	Kristen Sheldon	Charlotte NC	17	00:30:15	57	00:02:06	72	01:30:58	98	00:02:10	80	01:04:46	03:10:13		
61	285	F	50	Wendy Heinzmann	Apex NC	54	00:35:26	76	00:02:18	92	01:34:18	73	00:01:49	43	00:56:58	03:10:47		
62	90	F	41	Colleen Wagner	Cary NC	39	00:34:01	65	00:02:11	97	01:35:13	47	00:01:34	45	00:57:57	03:10:54		
63	335	F	36	Anastasia Trueman	Raleigh NC	74	00:38:03	54	00:02:03	62	01:29:21	17	00:01:17	46	00:58:16	00:02:00	03:10:58	
64	228	F	33	Erin Jackson	Wilmington NC	123	00:43:04	51	00:02:01	39	01:25:49	3	00:01:06	52	00:59:31	03:11:28		
65	187	F	42	Kristine Davis	Winterville NC	94	00:39:52	3	00:01:19	61	01:29:20	10	00:01:10	56	01:00:22	03:12:02		
66	382	F	47	Celeste Harvey	Fuquay Varina NC	91	00:39:42	84	00:02:26	56	01:28:13	96	00:02:09	53	00:59:35	03:12:04		
67	403	F	28	NF	Crystal Fink	Wilmington NC	52	00:35:17	99	00:02:36	82	01:33:08	72	00:01:48	47	00:58:27	00:02:00	03:13:13
68	92	F	48	Peggy Taylor	Pittsboro NC	72	00:37:55	92	00:02:30	74	01:31:03	79	00:01:55	57	01:00:27	03:13:48		
69	443	F	25	Ellery Kate Lungmus	Fayetteville NC	15	00:29:49	43	00:01:56	143	01:45:24	50	00:01:34	42	00:56:50	03:15:32		
70	51	F	43	Cami Winarchick	Charlotte NC	26	00:32:43	110	00:02:43	36	01:25:37	82	00:01:58	107	01:11:06	00:02:00	03:16:06	
71	437	F	39	Jennifer Diaz	Charlotte NC	43	00:34:27	40	00:01:53	64	01:29:51	69	00:01:46	96	01:08:12	03:16:07		
72	16	F	42	Jennifer Olaru	Raleigh NC	42	00:34:25	13	00:01:30	86	01:33:43	54	00:01:35	83	01:05:26	03:16:37		
73	282	F	42	Oonagh Clarke	Hickory NC	61	00:36:27	4	00:01:20	68	01:30:20	60	00:01:38	89	01:07:02	03:16:45		
74	363	F	49	Carol Scheible	Chapel Hill NC	71	00:37:54	98	00:02:34	26	01:24:30	152	00:04:13	93	01:07:41	03:16:50		
75	182	F	40	Paula Rock	Hampstead NC	56	00:35:39	106	00:02:40	98	01:35:25	63	00:01:38	64	01:02:17	03:17:37		
76	351	F	45	Terri Collins	Carolina Beach NC	143	00:47:59	55	00:02:03	63	01:29:23	42	00:01:32	44	00:57:16	03:18:11		
77	123	F	37	Amalie Jahn	Charlotte NC	33	00:33:14	116	00:02:52	65	01:30:13	130	00:02:45	100	01:09:40	03:18:42		
78	429	F	33	Andrea Nance	Whiteville NC	108	00:41:12	48	00:01:59	107	01:36:27	64	00:01:39	49	00:58:43	03:19:58		
79	252	F	21	Rebecca Morris	Wilmington NC	83	00:38:46	39	00:01:53	67	01:30:17	36	00:01:28	95	01:08:02	03:20:24		
80	377	F	33	Jennifer Monroe	Greenville NC	57	00:35:41	89	00:02:28	34	01:25:18	121	00:02:35	119	01:14:24	03:20:25		
81	231	F	45	Lisa Grodevant	Matthews NC	65	00:37:01	73	00:02:15	51	01:27:07	51	00:01:34	115	01:13:05	03:21:00		
82	45	F	51	Rebecca Moxey	Wilmington NC	80	00:38:29	35	00:01:51	76	01:31:40	86	00:02:01	90	01:07:16	03:21:14		
83	289	F	36	Jennifer Adams	Pittsboro NC	76	00:38:06	118	00:02:53	100	01:35:45	70	00:01:46	67	01:02:52	03:21:20		
84	159	F	28	Marina Moran	Greenville NC	124	00:43:08	53	00:02:03	71	01:30:55	49	00:01:34	74	01:04:01	03:21:39		

85	441	F	49	Susan Trimmer	Chapel Hill NC	24	00:31:59	75	00:02:18	70	01:30:48	31	00:01:26	121	01:15:25	03:21:53
86	274	F	41	Robin Forgione	Apex NC	136	00:47:06	83	00:02:25	53	01:27:12	92	00:02:04	69	01:03:13	03:21:58
87	380	F	52	Linda Tufts	Aberdeen NC	60	00:36:26	143	00:03:39	88	01:33:54	108	00:02:23	85	01:06:09	03:22:30
88	171	F	37	Samantha Magill	Greensboro NC	84	00:38:55	147	00:03:44	89	01:33:55	142	00:03:20	65	01:02:46	03:22:38
89	270	F	54	Martha Bryant	Winston Salem NC	66	00:37:05	85	00:02:27	94	01:34:28	136	00:03:04	84	01:06:02	03:23:04
90	23	F	35	Jennifer Larson	Durham NC	102	00:40:37	70	00:02:14	105	01:36:26	107	00:02:22	63	01:02:13	03:23:50
91	350	F	33	Kendra Ward	Charlotte NC	75	00:38:05	81	00:02:21	78	01:31:53	106	00:02:21	99	01:09:39	03:24:18
92	398	F	27	Katie Sorgi	Morrisville NC	87	00:39:25	141	00:03:34	118	01:39:08	119	00:02:33	55	01:00:08	03:24:46
93	374	F	43	Christy McCormick	Cornelius NC	121	00:42:44	80	00:02:21	48	01:26:47	128	00:02:39	102	01:10:26	03:24:54
94	318	F	35	A Jeffri King	Whispering Pines NC	98	00:40:09	36	00:01:51	58	01:29:00	94	00:02:07	113	01:12:34	03:25:38
95	122	F	33	Emily Thompson	Albemarle NC	41	00:34:16	100	00:02:36	95	01:35:07	114	00:02:28	112	01:11:54	03:26:19
96	112	F	49	Melba Lingenfelter	Rocky Point NC	85	00:39:04	67	00:02:12	127	01:41:02	113	00:02:28	66	01:02:50	03:27:33
97	56	F	36	Kim Holderness	Raleigh NC	113	00:41:36	102	00:02:37	87	01:33:50	105	00:02:21	92	01:07:38	03:28:00
98	216	F	42	Stacey Ingram	Southern Pines NC	129	00:44:34	22	00:01:40	117	01:39:07	62	00:01:38	59	01:01:18	03:28:16
99	173	F	31	Rebecca Phillips	Winterville NC	11	00:28:38	145	00:03:42	129	01:41:44	11	00:01:14	114	01:13:04	03:28:19
100	155	F	46	Chris Foster	Cary NC	58	00:36:17	101	00:02:37	136	01:43:40	93	00:02:05	73	01:04:00	03:28:38
101	265	F	31	Rebecca Stickel	Charlotte NC	118	00:42:07	91	00:02:30	83	01:33:08	25	00:01:23	103	01:10:48	03:29:54
102	156	F	42	Bonnie Hatley	Hope Mills NC	145	00:48:30	64	00:02:11	90	01:34:07	52	00:01:34	71	01:03:52	03:30:12
103	273	F	42	A Cecily Thompson	Holly Springs NC	105	00:40:53	128	00:03:05	96	01:35:09	135	00:03:04	97	01:09:15	03:31:24
104	109	F	37	Jennifer Mayfield	Holly Springs NC	19	00:30:38	77	00:02:19	130	01:41:49	100	00:02:16	122	01:15:30	03:32:30
105	369	F	26	Fallon Martinez	Goldsboro NC	67	00:37:09	111	00:02:44	113	01:38:22	132	00:02:50	111	01:11:51	03:32:53
106	150	F	42	Kathy Uveges	Wake Forest NC	93	00:39:43	87	00:02:27	77	01:31:40	39	00:01:31	127	01:17:46	03:33:06
107	77	F	56	Julia Nicholls	Morehead City NC	96	00:40:05	137	00:03:23	111	01:37:29	148	00:03:42	98	01:09:38	03:34:14
108	365	F	25	Elizabeth Craig	Charlotte NC	106	00:41:02	71	00:02:14	149	01:49:03	16	00:01:16	58	01:01:00	03:34:34
109	11	F	49	MF Maggie Cooper	Wilmington NC	134	00:46:36	156	00:04:54	106	01:36:27	137	00:03:04	70	01:03:50	03:34:50
110	333	F	42	Jennifer Martin	Raleigh NC	117	00:42:07	125	00:03:03	131	01:42:04	149	00:03:46	77	01:04:26	03:35:25
111	389	F	31	NF Lisa Schloss	Woodbridge VA	131	00:45:21	146	00:03:42	81	01:33:05	102	00:02:17	105	01:11:05	03:35:28
112	334	F	31	Katherine Griesmann	Asheville NC	77	00:38:09	142	00:03:37	132	01:42:22	91	00:02:03	101	01:10:20	03:36:28
113	339	F	35	Karla Porch	Pinehurst NC	133	00:46:01	154	00:04:38	125	01:40:51	144	00:03:22	62	01:02:11	03:37:01
114	361	F	31	Natalee Whitaker	Winterville NC	86	00:39:05	79	00:02:20	121	01:39:54	30	00:01:26	118	01:14:20	03:37:04
115	260	F	38	Allison Grant	Raleigh NC	40	00:34:08	95	00:02:33	122	01:40:01	126	00:02:39	128	01:17:49	03:37:06

116	354	F	41	Tracy Lee	Raeford NC	130	00:45:00	119	00:02:56	103	01:36:14	127	00:02:39	109	01:11:43	03:38:30	
117	70	F	39	Kristin Harper	Wake Forest NC	125	00:43:14	103	00:02:38	123	01:40:21	112	00:02:26	108	01:11:43	03:40:19	
118	256	F	46	Kirsten Crapnell	Chapel Hill NC	139	00:47:38	88	00:02:28	73	01:30:59	88	00:02:01	124	01:15:51	00:02:00	03:40:55
119	347	F	45	Sharon Doolittle	Rougemont NC	158	00:58:14	112	00:02:44	69	01:30:47	65	00:01:41	94	01:07:51	03:41:15	
120	200	F	43	Christine Lacombe	Raleigh NC	138	00:47:34	105	00:02:39	114	01:38:42	131	00:02:45	106	01:11:05	03:42:44	
121	402	F	43	ZF Dana Gelin	Chapel Hill NC	119	00:42:34	126	00:03:04	138	01:44:27	76	00:01:52	104	01:10:50	03:42:45	
122	149	F	50	Julie Karp	Baltimore MD	78	00:38:18	135	00:03:21	112	01:38:21	110	00:02:23	131	01:20:35	03:42:56	
123	325	F	43	Kim Smith	Cary NC	104	00:40:48	113	00:02:45	101	01:35:47	81	00:01:58	136	01:22:21	03:43:37	
124	235	F	42	Carolyn Mejia	Wilmington NC	81	00:38:33	97	00:02:34	108	01:36:33	122	00:02:35	139	01:24:44	03:44:57	
125	357	F	33	Alison Balmat	Hickory NC	151	00:53:00	104	00:02:39	109	01:36:46	87	00:02:01	110	01:11:44	03:46:08	
126	177	F	28	Molly Hayes	Laurinburg NC	107	00:41:12	157	00:05:06	135	01:43:33	145	00:03:27	116	01:13:07	03:46:23	
127	316	F	52	Kim Wesdock	Midlothian VA	97	00:40:06	151	00:04:15	140	01:44:48	155	00:04:31	117	01:13:36	03:47:15	
128	237	F	28	A Ashleigh Nyborg	Apex NC	127	00:43:21	78	00:02:20	93	01:34:27	104	00:02:20	141	01:25:36	03:48:02	
129	154	F	47	Carol Richardson	Raleigh NC	150	00:50:10	94	00:02:32	104	01:36:14	95	00:02:08	126	01:17:22	03:48:25	
130	52	F	41	Cheryl Day	Woodbridge VA	122	00:42:53	133	00:03:17	124	01:40:30	124	00:02:38	134	01:21:26	03:50:42	
131	93	F	43	Kelly Wells	Cary NC	148	00:49:34	132	00:03:17	120	01:39:43	141	00:03:15	123	01:15:32	03:51:19	
132	71	F	45	Juliet Brundige	Cary NC	120	00:42:38	138	00:03:23	144	01:46:12	150	00:03:59	120	01:15:10	03:51:19	
133	226	F	32	Maria Brown	Sneads Ferry NC	103	00:40:45	140	00:03:26	134	01:42:59	111	00:02:25	130	01:20:26	00:02:00	03:51:58
134	40	F	48	Susan Mikhail	Charlotte NC	115	00:41:40	59	00:02:06	141	01:44:55	89	00:02:01	135	01:21:29	03:52:10	
135	220	F	29	Crystal Lasater	Charlotte NC	109	00:41:24	124	00:03:01	126	01:40:54	129	00:02:44	142	01:25:41	03:53:42	
136	394	F	44	ZF Kassie Taylor	Albemarle NC	90	00:39:30	131	00:03:09	119	01:39:27	123	00:02:37	145	01:29:12	03:53:53	
137	80	F	31	Audrey Novchich	Goldsboro NC	68	00:37:18	134	00:03:19	115	01:38:47	118	00:02:31	147	01:32:29	03:54:22	
138	291	F	53	Mary Miller	Dunn NC	126	00:43:16	117	00:02:53	116	01:39:06	115	00:02:29	144	01:27:51	03:55:32	
139	304	F	32	Christi Mayo	Lexington SC	146	00:49:07	121	00:02:57	110	01:37:26	78	00:01:54	140	01:25:09	03:56:31	
140	41	F	29	Mary Beth Carlisle	Lexington SC	110	00:41:27	108	00:02:41	153	01:56:49	66	00:01:44	125	01:16:15	03:58:54	
141	191	F	31	Meg Johnson	Cary NC	128	00:44:22	148	00:03:56	150	01:49:08	125	00:02:38	133	01:21:17	04:01:19	
142	126	F	40	A Dana Burleson	Albemarle NC	155	00:56:52	136	00:03:22	85	01:33:37	153	00:04:14	138	01:24:42	04:02:46	
143	315	F	46	Kay Swenson	Midlothian VA	95	00:40:03	114	00:02:46	128	01:41:14	117	00:02:31	149	01:36:26	04:02:58	
144	311	F	39	Carrie Morgan	Danville VA	116	00:41:41	45	00:01:56	148	01:48:00	140	00:03:10	146	01:29:40	04:04:26	
145	392	F	35	NF Jenn Kletter	Charlotte NC	154	00:55:35	144	00:03:41	133	01:42:49	147	00:03:34	129	01:19:12	04:04:49	
146	104	F	25	A Erica Boles	Raleigh NC	157	00:57:14	127	00:03:05	139	01:44:28	77	00:01:54	132	01:20:57	04:07:36	

147	134	F	49	A	Trisha Stone	Hope Mills NC	156	00:56:54	129	00:03:07	145	01:46:40	103	00:02:20	143	01:26:00	04:14:59
148	26	F	36	A	Summer Henson	Mocksville NC	142	00:47:54	122	00:02:57	137	01:44:14	138	00:03:05	151	01:39:16	04:17:24
149	32	F	37	A	Melissa McGraw	Charlotte NC	149	00:49:41	130	00:03:09	146	01:46:43	143	00:03:21	154	01:42:07	04:24:58
150	404	F	32	NF	Barbara Hussey	Concord NC	135	00:46:41	155	00:04:49	157	02:13:56	101	00:02:16	137	01:24:12	04:31:53
151	217	F	56		Sandy Anderson	Charlotte NC	147	00:49:15	139	00:03:26	155	02:05:26	116	00:02:29	148	01:35:22	04:35:56
152	105	F	43		Jennifer Miller	New Bern NC	152	00:54:52	159	00:07:30	151	01:50:34	156	00:04:38	152	01:39:25	04:36:56
153	111	F	35		Joy Allmond	Charlotte NC	132	00:45:23	150	00:04:15	154	01:59:32	151	00:04:00	155	01:45:00	04:38:09
154	48	F	35		Jennifer Dickey	North Bethesda MD	112	00:41:31	149	00:04:03	156	02:11:21	157	00:05:03	153	01:41:55	04:43:51
155	308	F	42		Melissa Woods	Monroe NC	153	00:55:21	107	00:02:41	152	01:54:09	139	00:03:07	156	01:52:02	04:47:17
156	98	F	36		Kathryn Mai	Mint Hill NC	140	00:47:48	158	00:05:35	158	02:20:02	146	00:03:30	150	01:37:23	04:54:16
157	292	F	41		Julie Chaffin	Indian Trail NC	144	00:48:06	153	00:04:34	159	02:29:52	154	00:04:20	157	01:53:50	05:20:39
158	140	F	58		Linda Anderson	Harrisburg NC	159	01:22:01	152	00:04:20							05:20:42

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