

2011 White Lake Spring Half

Overall Women

White Lake, NC 5/07/2011 07:00AM

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Place	Bib	Sex	Age	Cat.	NAME	CITY/STATE	T1	Rank	BIKE	T2	Mile6.55	Rank	RUN	PENALTY	Time	DQ
1	5	F	25	OF	Chris Tommerdahl	Chapel Hill NC	00:01:06	1	02:27:24	00:01:06	00:48:08	2	01:40:08		04:09:43	
2	18	F	39	OF	Caroline Behme	Huntersville NC	00:01:06	9	02:39:01	00:01:03	00:47:25	1	01:37:09		04:18:18	
3	155	F	24		Hannah Smith	Durham NC	00:01:06	4	02:37:12	00:00:55	00:48:56	3	01:40:54		04:20:05	
4	469	F	31		Robin Sandos	Gardner MA	00:01:17	2	02:29:22	00:01:14	00:50:49	13	01:49:33		04:21:25	
5	27	F	40	MF	Leigh-Ann Mueller	Davidson NC	00:01:09	7	02:38:27	00:01:34	00:48:27	4	01:41:29		04:22:37	
6	171	F	31		Shelby Klugo	Clemson SC	00:01:20	3	02:33:19	00:01:47	00:51:54	22	01:52:05		04:28:29	
7	17	F	41	MF	Rebecca McKeever	Davidson NC	00:01:13	15	02:43:16	00:01:36	00:51:11	7	01:44:47		04:30:50	
8	548	F	25		Amy Krakauer	Davidson NC	00:01:15	33	02:49:56	00:01:27	00:50:17	6	01:42:59		04:35:35	
9	544	F	35		Monette Williams	Durham NC	00:01:10	12	02:42:00	00:01:16	00:55:13	23	01:52:18		04:36:44	
10	59	F	43		Cari Soleo	Cary NC	00:01:31	5	02:37:30	00:02:13	00:57:47	29	01:56:01		04:37:13	
11	119	F	35		Michelle Prendergast	Reston VA	00:01:30	11	02:41:46	00:01:31	00:55:31	27	01:54:20		04:39:06	
12	412	F	24		Rebecca Silleman	Charlotte NC	00:01:36	24	02:47:58	00:03:25	00:51:19	8	01:46:13		04:39:10	
13	21	F	46	MF	Laura Hauptfear	Clinton SC	00:01:24	40	02:54:22	00:01:51	00:50:32	5	01:41:41		04:39:16	
14	69	F	26		Andrea Martin	Clifton VA	00:01:13	19	02:45:41	00:01:12	00:54:29	19	01:51:56		04:40:01	
15	42	F	40		Anne Leo	Charlotte NC	00:01:39	28	02:48:32	00:01:30	00:52:38	12	01:48:42		04:40:22	
16	340	F	51		Julie Caprio	Parkville MD	00:01:27	6	02:37:53	00:01:41	00:58:05	41	02:00:45		04:41:45	
17	542	F	44		Susan Kitchen	Chapel Hill NC	00:01:22	25	02:48:00	00:02:16	00:54:42	16	01:50:23		04:42:00	
18	57	F	34		Rebecca Sage	Winson Salem NC	00:01:18	30	02:49:08	00:01:38	00:54:38	15	01:50:10		04:42:12	
19	220	F	42		Tyrelle Barnes	Raleigh NC	00:01:26	8	02:38:54	00:01:48	00:56:46	31	01:57:30	00:04:00	04:43:37	
20	111	F	34		Carey Kever	Raleigh NC	00:01:31	32	02:49:26	00:01:24	00:55:35	21	01:52:04		04:44:23	
21	365	F	35		Heather Cooper	Carrollton VA	00:01:22	22	02:47:43	00:02:32	00:54:29	28	01:55:41		04:47:17	
22	309	F	36		Kerry Procknal	Wilmington NC	00:01:24	36	02:52:00	00:01:19	00:53:28	11	01:48:36	00:04:00	04:47:17	

23	317	F	32	Gina Ondresky	Huntersville NC	00:01:28	20	02:46:39	00:02:01	00:57:43	33	01:57:54	04:48:02
24	165	F	44	Kelli Sliwinski	Marietta GA	00:01:10	51	02:58:25	00:01:18	00:53:36	9	01:47:15	04:48:06
25	294	F	23	Morven Ross	Chapel Hill NC	00:01:33	38	02:53:56	00:02:03	00:54:13	20	01:52:03	04:49:34
26	352	F	44	Carol Schaeffer	Hope Mills NC	00:01:07	48	02:57:27	00:01:27	00:53:18	14	01:49:38	04:49:37
27	138	F	29	Jennifer Parks	Durham NC	00:01:22	54	02:58:59	00:01:45	00:52:24	17	01:51:03	04:53:08
28	121	F	50	Karen Robinson	Troutman NC	00:01:30	39	02:54:18	00:01:21	00:56:27	30	01:56:17	04:53:25
29	94	F	42	Tracey Okelley	Seneca SC	00:01:26	44	02:55:56	00:02:22	00:55:11	25	01:53:55	04:53:37
30	375	F	47	Lori Callahan	Salem VA	00:01:26	34	02:50:04	00:02:23	00:58:01	40	02:00:34	04:54:25
31	135	F	31	Jennifer Lastfogel	Raleigh NC	00:01:20	23	02:47:53	00:01:38	01:00:33	51	02:05:35	04:56:24
32	239	F	46	Stacy Sargent	Greer SC	00:01:27	55	02:59:07	00:01:52	00:56:08	26	01:54:09	04:56:34
33	472	F	34	Janet Carter	Charleston SC	00:01:18	58	02:59:54	00:01:35	00:56:01	24	01:53:52	04:56:38
34	492	F	22	Stephanie Hale	Wilmington NC	00:01:09	64	03:03:56	00:01:14	00:53:58	18	01:51:05	04:57:23
35	256	F	37	Nicole Harrell	Suffolk VA	00:01:34	45	02:56:34	00:02:00	00:57:54	32	01:57:38	04:57:45
36	510	F	28	Courtney Ellabarger	Cornelius NC	00:01:14	10	02:39:49	00:02:56	00:55:43	73	02:14:53	04:58:50
37	226	F	29	Jean Davidson	Carrboro NC	00:01:19	47	02:57:21	00:01:36	00:54:58	36	01:59:03	04:59:17
38	192	F	40	Karen Brown	Seneca SC	00:01:18	43	02:55:50	00:02:32	00:58:41	37	01:59:49	04:59:28
39	149	F	35	Braden Walsh	Pittsboro NC	00:01:22	35	02:50:59	00:01:56	00:57:26	52	02:05:47	05:00:02
40	130	F	42	Kristin Slattery	Davidson NC	00:01:24	18	02:45:18	00:02:46	01:02:16	63	02:11:15	05:00:43
41	200	F	50	Marsha Clark	Pinehurst NC	00:02:04	16	02:44:23	00:01:59	01:04:58	69	02:13:39	05:02:04
42	533	F	49	Alecia Williams	Wilmington NC	00:01:14	42	02:55:12	00:01:53	00:57:06	46	02:04:09	05:02:28
43	89	F	51	Susan Parks	Seven Lakes NC	00:02:13	29	02:48:49	00:02:24	01:03:47	57	02:09:33	05:02:57
44	92	F	52	Susan Swanson	Norfolk VA	00:01:31	26	02:48:01	00:01:14	01:02:38	65	02:12:18	05:03:02
45	249	F	27	Elizabeth Thomas	Durham NC	00:01:15	63	03:03:28	00:01:02	00:57:28	34	01:58:22	05:04:06
46	528	F	39	A Karyn Long	Cary NC	00:01:34	27	02:48:27	00:02:15	01:02:55	66	02:12:24	05:04:38
47	163	F	26	Dana Pitzulo	Raleigh NC	00:01:44	66	03:04:07	00:02:24	00:57:58	35	01:58:49	05:07:02
48	464	F	25	Sarah Anderson	Greenville NC	00:01:40	49	02:57:40	00:01:41	01:00:35	53	02:06:35	05:07:34
49	419	F	42	Joanna Clines	Louisville KY	00:01:18	21	02:46:48	00:01:31	01:00:34	78	02:18:08	05:07:44
50	133	F	29	Lindsey Coombs	Raleigh NC	00:01:18	14	02:43:14	00:02:01	01:11:16	86	02:22:18	05:08:50
51	550	F	39	Angelia Hunter	Anderson SC	00:01:30	69	03:04:41	00:01:53	00:57:58	42	02:01:00	05:09:02
52	460	F	47	Dana Little	Hampstead NC	00:02:00	31	02:49:19	00:01:34	01:04:40	77	02:18:01	05:10:53
53	416	F	38	Deborah Moore-Lai	Beverly MA	00:02:02	57	02:59:44	00:04:20	01:02:13	47	02:04:49	05:10:53

54	494	F	35		Sara Davis	Dubai XX	00:01:22	37	02:53:37	00:01:56	01:03:19	70	02:14:25		05:11:18
55	152	F	35	A	Carri Walker	Myrtle Beach SC	00:01:27	60	03:02:27	00:03:45	01:00:23	48	02:04:58		05:12:36
56	551	F	43		Tonya Jonkheer	Wilmington NC	00:01:11	52	02:58:35	00:02:23	01:03:19	61	02:10:54		05:13:02
57	265	F	35		Anjana Wills	Cary NC	00:01:27	70	03:04:54	00:02:16	01:00:13	50	02:05:28		05:14:02
58	389	F	33		Dixie King	Chesapeake VA	00:01:12	41	02:54:38	00:01:51	01:02:39	75	02:16:47		05:14:27
59	383	F	57		Rose Wilson	Greenville SC	00:01:50	59	03:01:22	00:02:04	01:02:08	58	02:10:01		05:15:14
60	390	F	47		Jan Garrett	Greenville SC	00:01:32	46	02:56:46	00:02:47	01:03:51	71	02:14:42		05:15:45
61	70	F	21		Heather Ekstrom	Cornelius NC	00:01:35	81	03:10:44	00:02:09	00:59:40	43	02:01:18		05:15:45
62	120	F	43		Julie Paddison	Durham NC	00:12:16	61	03:02:48	00:01:41	00:56:58	38	02:00:07		05:16:51
63	252	F	27		Erin Davis	Fayetteville NC	00:01:39	82	03:10:46	00:01:57	00:59:49	49	02:05:18		05:19:39
64	237	F	31		Jessica Van Orden	Atlanta GA	00:01:40	65	03:04:06	00:01:44	01:06:42	67	02:12:58		05:20:27
65	198	F	32		Sarah Mason	Winston Salem NC	00:01:33	72	03:05:27	00:03:00	01:03:03	62	02:10:59		05:20:57
66	377	F	23		Lauren Kort	Chapel Hill NC	00:01:09	113	03:30:55	00:01:34	00:53:51	10	01:48:34		05:22:11
67	358	F	32		Adrienne Gilman	Huntersville NC	00:02:09	85	03:13:37	00:04:57	01:02:12	44	02:01:35		05:22:17
68	243	F	29		Kara Pettie	Charlotte NC	00:01:41	80	03:09:38	00:02:03	01:01:56	60	02:10:49		05:24:09
69	267	F	43		Betsy McElfresh	Midlothian VA	00:01:42	56	02:59:36	00:04:16	01:01:16	72	02:14:46	00:04:00	05:24:18
70	74	F	55		Joanne Piscitelli	Durham NC	00:01:51	87	03:14:51	00:03:57	01:00:17	45	02:03:44		05:24:21
71	373	F	41		Jennifer Arends	Travelers Rest SC	00:01:23	103	03:23:16	00:01:31	00:56:50	39	02:00:16		05:26:25
72	129	F	33		Shannon James	Mount Airy NC	00:01:29	79	03:09:26	00:02:24	01:03:02	59	02:10:11	00:04:00	05:27:29
73	475	F	41		Cindy Eward	Durham NC	00:01:31	67	03:04:27	00:03:35	01:04:48	80	02:18:43		05:28:15
74	386	F	37		Lori Levasseur	Greenville SC	00:03:05	88	03:15:04	00:03:08	01:05:31	64	02:12:05		05:33:19
75	154	F	39		Laree Johnson	Raleigh NC	00:01:31	90	03:15:44	00:02:23	01:03:48	74	02:15:01		05:34:36
76	388	F	41		Shannon Tipton	Chesapeake VA	00:02:57	95	03:18:01	00:02:20	01:07:03	55	02:08:15	00:04:00	05:35:32
77	439	F	42		Ann Pate	Raleigh NC	00:02:07	74	03:07:28	00:04:27	01:05:55	85	02:22:06		05:36:06
78	273	F	41		Christy Bockmier	Kennesaw GA	00:02:17	78	03:08:46	00:04:07	01:12:08	84	02:22:02		05:37:11
79	210	F	31		Maria Mazzillo	Apex NC	00:02:08	68	03:04:27	00:02:01	01:10:54	90	02:30:06		05:38:40
80	517	F	38		Jennifer Newton	Concord NC	00:01:20	83	03:13:11	00:02:45	01:08:40	87	02:23:06		05:40:21
81	209	F	43		Elizabeth Lowder	Winston Salem NC	00:01:33	105	03:24:41	00:03:24	01:02:21	54	02:07:33	00:04:00	05:41:08
82	406	F	49		Tina Word	Beaverdam VA	00:01:46	89	03:15:27	00:03:34	01:08:51	82	02:20:31		05:41:17
83	486	F	62		Donna Garrison	Cumming GA	00:02:01	73	03:05:41	00:02:13	01:13:16	92	02:31:28		05:41:22
84	182	F	35		Heidi Hart	Bolton NC	00:01:42	102	03:21:48	00:02:12	01:06:58	76	02:17:24		05:43:04

85	223	F	36	Lori Hobbs	Mooreville NC	00:01:35	110	03:28:18	00:04:29	01:04:40	56	02:08:56	05:43:17	
86	371	F	40	Diane Boyd	Greenville SC	00:01:44	62	03:02:56	00:03:36	01:12:05	98	02:36:53	05:45:06	
87	501	F	40	Sandi Wheelis	Durham NC	00:01:49	107	03:25:51	00:05:24	01:03:59	68	02:13:32	05:46:34	
88	546	F	23	Katie Leslie	Cary NC	00:02:02	76	03:08:31	00:06:19	01:13:37	96	02:34:28	05:51:18	
89	147	F	47	Karen Rodriguez	Waxhaw NC	00:02:05	71	03:05:07	00:02:01	01:17:38	100	02:39:01	00:04:00	05:52:12
90	60	F	46	Laura Gagel	Sherrills Ford NC	00:01:37	53	02:58:41	00:01:55	01:22:22	114	02:54:34	05:56:45	
91	90	F	25	Shannon Mahoney	Chapel Hill NC	00:02:01	97	03:18:31	00:02:04	01:14:28	95	02:34:27	05:57:02	
92	369	F	57	Karen Livingston	Raleigh NC	00:01:52	100	03:20:06	00:06:05	01:11:51	88	02:29:01	05:57:03	
93	417	F	22	Haley Pope	Elon NC	00:01:22	96	03:18:14	00:04:45	01:09:16	94	02:33:01	05:57:20	
94	297	F	33	Alexis Brunet	Davidson NC	00:02:23	94	03:17:37	00:03:55	01:12:12	89	02:30:01	00:04:00	05:57:54
95	151	F	40	Stephanie Ashmore	Matthews NC	00:01:49	116	03:33:44	00:03:16	01:03:24	81	02:19:09	05:57:57	
96	385	F	30	Audrey Novchich	Goldsboro NC	00:01:52	91	03:16:36	00:05:30	01:12:40	97	02:34:51	05:58:48	
97	398	F	50	Donna Webster	Wake Forest NC	00:01:43	77	03:08:40	00:05:40	01:20:39	103	02:43:46	05:59:47	
98	83	F	28	Doria Goorevich	N. Bethesda MD	00:02:00	121	03:37:17	00:02:55	01:07:41	79	02:18:31	06:00:41	
99	137	F	39	A	Jill Gilleland	Concord NC	00:01:35	101	03:20:14	00:02:10	01:13:04	102	02:41:16	06:05:14
100	523	F	28	Jen Fournelle	Reston VA	00:01:46	123	03:40:28	00:02:06	01:08:15	83	02:21:44	06:06:03	
101	66	F	33	Holly Weir	Advance NC	00:01:28	84	03:13:21	00:04:48	01:28:08	106	02:47:51	06:07:27	
102	429	F	60	Sally Rogers	Phoenixville PA	00:01:39	108	03:26:57	00:04:34	01:10:15	93	02:32:34	00:04:00	06:09:42
103	86	F	39	Laura Rysdon	Charlotte NC	00:01:49	86	03:14:02	00:03:46	01:21:01	116	02:54:52	06:14:28	
104	156	F	51	Penny Quinn	Baltimore MD	00:01:31	122	03:39:26	00:02:37	01:15:57	91	02:30:58	06:14:31	
105	236	F	47	Diana Maa	Charlotte NC	00:01:22	92	03:17:06	00:04:43	01:19:06	113	02:54:22	06:17:31	
106	222	F	31	Allyson Wood	Winston-Salem NC	00:01:30	106	03:24:58	00:02:44	01:15:37	107	02:48:27	06:17:38	
107	105	F	57	Emily Read	South Boston VA	00:01:16	104	03:23:17	00:02:35	01:25:25	112	02:54:16	06:21:22	
108	33	F	32	Aprill King	Huntersville NC	00:01:23	109	03:27:15	00:02:24	01:21:20	108	02:50:57	06:21:57	
109	67	F	73	Sharon Roggenbuck	Hillsborough NC	00:01:28	114	03:30:57	00:02:51	01:22:47	109	02:51:23	06:26:37	
110	445	F	44	A	Angie Cannon	Shelby NC	00:01:56	93	03:17:31	00:02:08	01:24:38	119	03:05:55	06:27:28
111	435	F	42	Kimberle Crisafulli	Burgaw NC	00:02:57	111	03:30:13	00:07:27	01:22:15	104	02:47:37	06:28:12	
112	88	F	40	Stephanie Caggiano	Smithfield VA	00:02:55	124	03:41:35	00:04:17	01:15:04	101	02:40:32	06:29:17	
113	97	F	53	Debbie Thompson	Wake Forest NC	00:02:15	98	03:18:56	00:04:07	01:24:29	120	03:06:14	06:31:30	
114	436	F	42	Joni Buckner	Burgaw NC	00:02:59	112	03:30:19	00:07:22	01:22:15	105	02:47:37	00:04:00	06:32:16
115	63	F	45	A	Michele Friedlein	Durham NC	00:01:32	120	03:36:40	00:02:17	01:22:31	111	02:53:20	06:33:47

116	364	F	41		Valerie Clark-Widener	Greenville SC	00:02:43	119	03:36:02	00:02:16	01:21:34	110	02:53:17	06:34:16
117	68	F	57		Joan Crewson	Winston-Salem NC	00:03:03	126	03:54:09	00:03:55	01:16:07	99	02:37:11	06:38:17
118	292	F	28		Michelle Andrews	Arlington TX	00:01:53	115	03:33:33	00:03:44	01:22:44	117	03:04:42	06:43:51
119	337	F	34		Stacy Connoley	Durham NC	00:01:54	125	03:48:48	00:03:14	01:18:36	115	02:54:41	06:48:35
120	568	F	41	ZF	Arlene Decotis	Fuquay Varina NC	00:01:43	118	03:36:02	00:08:08	01:25:59	118	03:04:43	06:50:35
121	100	F	52		Christina Adams	Cary NC	00:01:50	99	03:19:43	00:03:43	01:42:49	122	03:30:01	06:55:17
122	499	F	30	A	Ruth Cooper	Virginia Beach VA	00:02:19	117	03:34:40	00:03:29	01:44:26	121	03:21:45	07:02:12
123	284	F	25		Adrienne Greenough	Durham NC	00:01:00	50	02:58:03	00:01:14	00:48:20			
124	493	F	23		Michelle Laughlin	Washington DC	00:01:20	13	02:42:56	00:01:02				
125	11	F	33	OF	Alysia Lovgren	Durham NC	00:01:09	17	02:45:08	00:03:50				
126	108	F	28		Meg Hensley	Raleigh NC	00:01:25	75	03:07:32					
127	532	F	68		Mary Elaine Dowden	Hilton Head SC	00:01:51	127	04:05:53					

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