

2011 White Lake Fall International

Overall Women

White Lake, NC 9/10/2011 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	5	F	40	MF	Stephanie Hucko	Charlotte NC	9	00:26:41	4	00:01:30	1	01:10:50	4	00:01:00	4	00:42:31		02:22:30	
2	4	F	43	MF	Tanya Houghton	Weddington NC	25	00:29:09	14	00:01:48	5	01:14:37	2	00:00:55	2	00:40:43		02:27:11	
3	11	F	26	OF	Erin McKee	Durham NC	15	00:28:13	6	00:01:37	7	01:16:15	15	00:01:12	3	00:42:01		02:29:17	
4	32	F	26		Jen Keith	Matthews NC	4	00:25:33	5	00:01:30	3	01:14:28	13	00:01:11	15	00:48:07		02:30:48	
5	460	F	34		Amy Quinn	Pine Knoll Shores NC	3	00:25:04	2	00:01:27	8	01:16:37	34	00:01:24	14	00:48:04		02:32:34	
6	45	F	39		Sophie Evans	Durham NC	34	00:30:38	1	00:01:17	2	01:13:57	8	00:01:07	13	00:47:42		02:34:40	
7	357	F	24		Kathleen Casto	Greensboro NC	58	00:33:10	66	00:02:20	15	01:19:32	45	00:01:29	1	00:40:31		02:36:59	
8	351	F	38		Jin Yi Kwon	Chapel Hill NC	36	00:30:49	12	00:01:47	13	01:19:20	9	00:01:07	5	00:44:03		02:37:04	
9	459	F	37		Stephanie Healey	Raleigh NC	68	00:34:01	85	00:02:31	4	01:14:33	65	00:01:36	8	00:45:22		02:38:01	
10	277	F	38		Patricia Tiernan	Cary NC	33	00:30:33	51	00:02:13	17	01:19:49	30	00:01:21	6	00:44:16		02:38:09	
11	550	F	50		Kari Wilkinson	Mebane NC	26	00:29:11	75	00:02:26	6	01:15:21	33	00:01:23	22	00:50:35		02:38:54	
12	368	F	35		Braden Walsh	Pittsboro NC	8	00:26:38	21	00:01:58	11	01:19:01	10	00:01:08	21	00:50:35		02:39:18	
13	418	F	23		Sarah Simmler	Emerald Isle NC	20	00:28:41	9	00:01:44	40	01:24:49	6	00:01:00	7	00:45:01		02:41:13	
14	29	F	22		Stephanie Hale	Wilmington NC	2	00:25:00	8	00:01:42	57	01:26:38	1	00:00:54	11	00:47:27		02:41:39	
15	442	F	43		Cari Soleo	Cary NC	12	00:27:37	53	00:02:14	10	01:18:55	87	00:01:46	34	00:51:56		02:42:27	
16	113	F	26		Brooke Campese	Wilmington NC	1	00:24:15	10	00:01:44	33	01:23:27	3	00:01:00	24	00:50:42	00:02:00	02:43:05	
17	72	F	38		Tori Arens	Raleigh NC	11	00:27:31	45	00:02:09	12	01:19:02	47	00:01:30	47	00:53:47		02:43:57	
18	417	F	27		Jennifer Jantzi	Fayetteville NC	28	00:29:17	19	00:01:56	31	01:23:13	88	00:01:47	17	00:48:22		02:44:34	
19	314	F	31		Jamie Vollenweider	Charlotte NC	5	00:25:51	88	00:02:32	65	01:27:48	55	00:01:33	10	00:47:22		02:45:04	
20	409	F	32		Leanne Johnson	Leland NC	80	00:34:54	38	00:02:06	23	01:21:32	31	00:01:22	9	00:47:04		02:46:56	
21	346	F	29		Christy Anderson	Chapel Hill NC	24	00:28:54	22	00:01:59	29	01:23:08	132	00:02:19	27	00:51:01		02:47:18	
22	406	F	43		Amy Fletcher	Charlotte NC	52	00:32:19	69	00:02:20	18	01:20:17	125	00:02:12	32	00:51:39		02:48:45	

23	103	F	39	A	Kirsten Morin	Granite Falls NC	16	00:28:21	41	00:02:07	9	01:17:13	16	00:01:12	97	01:01:07	02:49:58	
24	55	F	50		Marsha Clark	Pinehurst NC	46	00:31:53	84	00:02:30	16	01:19:37	98	00:01:51	51	00:54:24	02:50:12	
25	405	F	41		Heather Hageman	Charlotte NC	6	00:26:11	40	00:02:07	38	01:24:31	51	00:01:32	63	00:56:09	02:50:28	
26	280	F	47		Fran Hughes	Holly Springs NC	27	00:29:12	61	00:02:17	43	01:25:02	36	00:01:25	43	00:52:57	02:50:51	
27	339	F	34		Lindsay Dean	Wilmington NC	56	00:32:52	18	00:01:53	58	01:26:58	7	00:01:05	19	00:48:30	02:51:15	
28	322	F	32		Sarah Caamano	Charlotte NC	38	00:31:24	67	00:02:20	14	01:19:23	41	00:01:27	28	00:51:09	00:06:00	02:51:41
29	262	F	23		Sarah Brody	Durham NC	22	00:28:47	64	00:02:18	46	01:25:30	68	00:01:37	36	00:52:11	00:02:00	02:52:21
30	59	F	42		Tyrelle Barnes	Raleigh NC	91	00:35:39	52	00:02:14	20	01:21:00	44	00:01:29	39	00:52:22	02:52:41	
31	50	F	40		Melissa Rankin	New Bern NC	59	00:33:22	35	00:02:05	32	01:23:15	59	00:01:34	41	00:52:32	02:52:47	
32	359	F	26		Denise Moseman	Charlotte ND	7	00:26:23	93	00:02:34	81	01:30:05	58	00:01:34	25	00:50:44	00:02:00	02:53:18
33	465	F	43		Kimberly Simmons	Jacksonville NC	65	00:33:51	43	00:02:09	25	01:21:57	101	00:01:52	46	00:53:37	02:53:24	
34	295	F	42		Sarah Bodin	Winston-Salem NC	14	00:28:04	7	00:01:39	24	01:21:56	85	00:01:43	90	01:00:09	02:53:30	
35	361	F	35		Erin Fruland	Fayetteville NC	17	00:28:23	30	00:02:02	56	01:26:20	108	00:01:57	57	00:55:51	02:54:32	
36	49	F	51		Susan Parks	Seven Lakes NC	61	00:33:40	49	00:02:12	27	01:22:29	19	00:01:15	54	00:55:35	02:55:09	
37	202	F	50		Sharon Balas	Charlotte NC	47	00:31:53	50	00:02:12	19	01:20:55	67	00:01:37	77	00:58:55	02:55:31	
38	94	F	26		Carrie Mitran	Apex NC	106	00:36:25	56	00:02:15	22	01:21:21	28	00:01:20	52	00:54:34	02:55:53	
39	455	F	44		Sheri Spivey	Cary NC	60	00:33:27	39	00:02:07	42	01:25:00	22	00:01:17	48	00:54:13	02:56:02	
40	225	F	39	A	Karyn Long	Cary NC	57	00:33:08	42	00:02:08	21	01:21:18	50	00:01:31	72	00:58:00	02:56:03	
41	222	F	34		Meghan Lyons	Wrightsville Beach NC	95	00:35:51	47	00:02:11	49	01:25:55	82	00:01:42	23	00:50:37	02:56:13	
42	458	F	45		Elizabeth Nannery	Winston-Salem NC	51	00:32:16	150	00:03:34	44	01:25:28	110	00:01:59	44	00:53:01	02:56:16	
43	431	F	32		Jennifer Manocchio	Wilmington NC	30	00:29:24	165	00:03:54	80	01:30:05	86	00:01:46	30	00:51:18	02:56:26	
44	472	F	26		Marissa Gardner	Raleigh NC	79	00:34:48	44	00:02:09	51	01:26:00	49	00:01:31	37	00:52:12	02:56:38	
45	41	F	50		Jill Baulieu	Huntersville NC	40	00:31:28	48	00:02:11	41	01:24:53	60	00:01:34	67	00:57:22	02:57:26	
46	324	F	47		Elizabeth Agather	Raleigh NC	53	00:32:40	20	00:01:57	35	01:23:41	56	00:01:33	73	00:58:01	02:57:49	
47	488	F	38	NF	Anita Pease	Cary NC	123	00:38:23	54	00:02:14	37	01:23:59	106	00:01:56	31	00:51:26	02:57:57	
48	352	F	23		Casey Caron	Wilmington NC	18	00:28:35	25	00:02:00	111	01:34:07	64	00:01:36	38	00:52:15	02:58:32	
49	101	F	34		Michelle Taylor	Winston Salem NC	130	00:38:36	58	00:02:17	36	01:23:51	118	00:02:07	33	00:51:43	02:58:32	
50	325	F	42		Michelle Horvath	Greensboro NC	75	00:34:27	37	00:02:05	28	01:22:53	91	00:01:47	70	00:57:46	02:58:56	
51	486	F	35	NF	Rachael Defreitas	Raleigh NC	135	00:39:45	90	00:02:33	68	01:28:18	73	00:01:38	12	00:47:39	02:59:52	
52	224	F	30		Sharon Siebert	Wilmington NC	31	00:29:40	76	00:02:26	105	01:33:08	35	00:01:24	45	00:53:35	03:00:12	
53	162	F	37		Jean Enochs	Cary NC	136	00:39:51	33	00:02:04	53	01:26:05	23	00:01:18	29	00:51:10	03:00:27	

54	133	F	36	Kerry Procknal	Wrightsville Beach NC	77	00:34:44	24	00:02:00	55	01:26:19	5	00:01:00	65	00:56:35	03:00:35
55	331	F	37	Dawn Reaves	Greenville NC	67	00:33:59	80	00:02:27	82	01:30:15	81	00:01:42	42	00:52:43	03:01:05
56	263	F	28	Dominique Black	Charlotte NC	64	00:33:47	62	00:02:18	66	01:27:59	42	00:01:27	61	00:56:00	03:01:29
57	201	F	14	Cierra Dellarova	Wake Forest NC	19	00:28:38	17	00:01:53	79	01:30:05	38	00:01:26	84	00:59:31	03:01:31
58	176	F	35	Karen Greene	Trent Woods NC	107	00:36:28	166	00:03:55	87	01:31:13	48	00:01:30	18	00:48:28	03:01:32
59	229	F	37	Joelle Gillooly	Apex NC	35	00:30:41	11	00:01:46	60	01:27:20	71	00:01:38	91	01:00:10	03:01:34
60	40	F	32	Monica Kruckow	Charlotte NC	121	00:38:12	131	00:03:06	72	01:28:54	43	00:01:28	26	00:50:59	03:02:36
61	70	F	43	Deborah Zimmermann	Pfafftown NC	115	00:37:30	74	00:02:24	48	01:25:43	52	00:01:32	55	00:55:38	03:02:45
62	306	F	30	Bridget Ingram	Southern Pines NC	105	00:36:23	128	00:03:04	45	01:25:30	29	00:01:21	64	00:56:30	03:02:45
63	186	F	35	Beverley Kay	Columbia SC	63	00:33:46	113	00:02:54	30	01:23:10	107	00:01:57	82	00:59:15	00:02:00 03:02:59
64	377	F	51	Mildred H Biller	Cary NC	55	00:32:49	126	00:03:04	73	01:29:16	116	00:02:06	58	00:55:52	03:03:05
65	298	F	13	Krystina Millar	Myrtle Beach SC	21	00:28:46	23	00:02:00	98	01:32:34	79	00:01:41	75	00:58:33	03:03:31
66	168	F	37	Maggie Wells	Cary NC	44	00:31:37	100	00:02:37	47	01:25:34	96	00:01:50	105	01:02:07	03:03:44
67	428	F	42	A Heidi Bloom	Raleigh NC	49	00:32:02	79	00:02:27	50	01:25:57	131	00:02:17	100	01:01:22	03:04:04
68	275	F	36	Laura Haid	Charlotte NC	83	00:35:11	26	00:02:00	67	01:28:02	32	00:01:23	71	00:57:47	03:04:22
69	107	F	50	ZF Jacalyn Frantz	Cary NC	97	00:36:04	28	00:02:00	64	01:27:37	25	00:01:19	68	00:57:24	03:04:22
70	134	F	41	Nan McAden	New Bern NC	100	00:36:14	60	00:02:17	109	01:33:38	103	00:01:54	20	00:50:25	03:04:26
71	259	F	40	Linda Riley	Wake Forest NC	50	00:32:03	55	00:02:15	61	01:27:31	92	00:01:49	95	01:00:54	03:04:29
72	188	F	27	Brooke Hayami	Raleigh NC	39	00:31:26	83	00:02:30	83	01:30:16	66	00:01:36	83	00:59:19	03:05:05
73	253	F	29	Carissa Van Alstine	Wilmington NC	104	00:36:22	116	00:02:56	78	01:29:50	14	00:01:11	53	00:54:49	03:05:07
74	384	F	40	Faith Oliver	Florence SC	48	00:32:00	27	00:02:00	74	01:29:21	17	00:01:14	93	01:00:35	03:05:08
75	243	F	40	Colleen Wagner	Cary NC	45	00:31:43	92	00:02:34	115	01:34:25	129	00:02:16	50	00:54:22	03:05:18
76	544	F	41	Michele Rivera	Cary NC	94	00:35:50	101	00:02:38	90	01:31:42	54	00:01:33	49	00:54:16	03:05:56
77	548	F	29	Kari Obermeyer	Raleigh NC	43	00:31:34	110	00:02:46	52	01:26:05	46	00:01:29	106	01:02:11	00:02:00 03:06:03
78	48	F	33	Adrian Jessen	Linwood NC	148	00:42:08	94	00:02:34	34	01:23:40	94	00:01:50	66	00:57:04	03:07:14
79	468	F	39	Pam Riker	Huntersville NC	29	00:29:24	119	00:02:58	86	01:31:10	83	00:01:42	103	01:02:05	03:07:17
80	38	F	45	Laura Gellman	Charlotte NC	119	00:37:54	82	00:02:28	39	01:24:40	40	00:01:27	102	01:01:37	03:08:03
81	288	F	29	Kara Batt	Fayetteville NC	66	00:33:57	57	00:02:16	110	01:34:04	123	00:02:10	60	00:55:59	03:08:25
82	191	F	43	Marian Green	Cary NC	76	00:34:29	152	00:03:36	70	01:28:42	146	00:02:30	81	00:59:12	03:08:27
83	30	F	40	Elizabeth Andrew	Wilmington NC	42	00:31:32	124	00:03:03	101	01:32:48	63	00:01:36	85	00:59:33	03:08:30
84	236	F	33	Avril Young	Raleigh NC	86	00:35:24	168	00:04:02	136	01:37:42	177	00:04:27	16	00:48:13	03:09:46

85	214	F	18		Sofie Rodo	Hampstead NC	69	00:34:01	36	00:02:05	120	01:34:52	53	00:01:32	69	00:57:26	03:09:55	
86	290	F	28		Lori Drake	Wilmington NC	143	00:41:44	106	00:02:44	26	01:22:08	18	00:01:15	107	01:02:46	03:10:35	
87	501	F	27	NF	Kristen Christensen	McLean VA	13	00:27:41	149	00:03:34	102	01:32:53	140	00:02:24	104	01:02:05	00:02:00	03:10:35
88	487	F	34	NF	Liz Tivnan	Apex NC	84	00:35:12	98	00:02:36	94	01:32:08	133	00:02:19	87	00:59:45	03:11:57	
89	71	F	32		Erin Yow	Matthews NC	96	00:35:58	73	00:02:24	107	01:33:29	57	00:01:33	78	00:59:03	03:12:25	
90	173	F	39		Sara Krogh	Wake Forest NC	124	00:38:24	78	00:02:27	106	01:33:17	160	00:02:49	59	00:55:58	03:12:53	
91	98	F	32		Erica Christensen	Wilmington NC	117	00:37:43	34	00:02:05	89	01:31:31	90	00:01:47	92	01:00:26	03:13:31	
92	430	F	39		Becky Gabrielli	Burlington NC	71	00:34:05	104	00:02:42	114	01:34:21	104	00:01:55	96	01:01:01	03:14:02	
93	187	F	44		Lisa Martin	Wake Forest NC	10	00:26:48	13	00:01:48	162	01:43:22	12	00:01:11	99	01:01:22	03:14:29	
94	448	F	55		Dani Phillips	Hampstead NC	126	00:38:29	86	00:02:32	84	01:30:30	145	00:02:30	94	01:00:39	03:14:37	
95	26	F	34		Karen Graboski	Charlotte NC	165	00:44:34	137	00:03:12	54	01:26:15	161	00:02:51	74	00:58:18	03:15:09	
96	144	F	39	A	Sofia Filzer	Aberdeen NC	87	00:35:28	29	00:02:02	100	01:32:41	84	00:01:42	111	01:03:18	03:15:10	
97	469	F	40		Amy Young	Cary NC	102	00:36:15	95	00:02:34	127	01:35:40	100	00:01:52	80	00:59:08	03:15:27	
98	335	F	48		Melba Lingenfelter	Rocky Point NC	120	00:37:57	146	00:03:30	134	01:37:05	124	00:02:11	56	00:55:43	03:16:25	
99	349	F	41		Amy Meadowcroft	Raleigh NC	149	00:42:22	71	00:02:24	144	01:38:19	74	00:01:38	40	00:52:26	03:17:07	
100	385	F	44		Ashley Verwoerd	Winston Salem NC	72	00:34:20	102	00:02:38	113	01:34:16	122	00:02:10	113	01:04:09	03:17:32	
101	194	F	29		Julie Fruit	Raleigh NC	78	00:34:48	141	00:03:18	142	01:38:16	70	00:01:38	88	00:59:55	03:17:52	
102	90	F	44		Gudrun Novak	Cherryville NC	153	00:42:49	123	00:03:03	62	01:27:36	164	00:03:00	101	01:01:29	03:17:54	
103	304	F	59		Tina Williamson	Wilmington NC	111	00:37:10	65	00:02:19	137	01:37:45	111	00:02:00	79	00:59:03	03:18:14	
104	330	F	49		Chris Kubiak	Rockingham NC	166	00:44:36	143	00:03:23	76	01:29:25	72	00:01:38	86	00:59:40	03:18:40	
105	289	F	34		Jada Snodgrass	Concord NC	156	00:43:10	96	00:02:35	75	01:29:24	37	00:01:26	110	01:03:13	03:19:45	
106	360	F	32		Jenny Parker	Chapel Hill NC	85	00:35:17	118	00:02:57	112	01:34:14	105	00:01:55	119	01:05:33	03:19:55	
107	52	F	39		Kelly Sherin	Matthews NC	99	00:36:08	16	00:01:52	104	01:33:03	11	00:01:11	129	01:08:27	03:20:38	
108	81	F	48		Lois Colbert	Charlotte NC	131	00:38:38	121	00:02:59	63	01:27:37	109	00:01:59	136	01:09:33	03:20:44	
109	260	F	38		Catherine Kelly	Apex NC	92	00:35:48	89	00:02:32	133	01:36:59	113	00:02:01	112	01:03:27	03:20:46	
110	53	F	42	A	Carin Vanderklok	Raleigh NC	127	00:38:29	3	00:01:29	119	01:34:48	27	00:01:20	116	01:05:08	03:21:13	
111	381	F	37		Erin Hartman	New Bern NC	90	00:35:38	139	00:03:18	153	01:41:31	120	00:02:10	76	00:58:52	03:21:26	
112	545	F	45	A	Sassy Lojko	Charlotte NC	152	00:42:48	109	00:02:45	59	01:27:16	39	00:01:26	124	01:07:14	03:21:27	
113	56	F	52		Laura Hull	Winston-Salem NC	89	00:35:37	167	00:03:55	92	01:31:54	167	00:03:04	127	01:07:53	03:22:22	
114	190	F	39		Sarah Hughes	Wake Forest NC	150	00:42:34	144	00:03:26	124	01:35:04	89	00:01:47	89	01:00:00	03:22:50	
115	104	F	52		Cheryl Moore	Huntersville NC	70	00:34:04	32	00:02:03	128	01:35:55	126	00:02:12	132	01:08:57	03:23:09	

116	146	F	25		Shannon Mahoney	Chapel Hill NC	32	00:30:28	156	00:03:42	163	01:43:42	62	00:01:35	114	01:04:10	03:23:35
117	510	F	26	NF	Amber Moore	Raleigh NC	113	00:37:16	153	00:03:39	164	01:44:20	169	00:03:12	62	00:56:05	03:24:30
118	226	F	47		Kaye Frances (Cook	Charlotte NC	138	00:40:59	114	00:02:56	71	01:28:47	156	00:02:39	135	01:09:32	03:24:51
119	506	F	53		Sara Sacco	Charlotte NC	134	00:39:32	108	00:02:45	147	01:39:16	127	00:02:15	98	01:01:12	03:24:58
120	76	F	35		Anne Lathan	Trent Woods NC	73	00:34:22	68	00:02:20	69	01:28:33	21	00:01:16	164	01:18:38	03:25:07
121	439	F	33	A	Angie Chiatello	Raleigh NC	41	00:31:31	70	00:02:21	99	01:32:35	119	00:02:08	157	01:16:36	03:25:10
122	170	F	32		Mika Partridge	Cary NC	144	00:41:45	122	00:03:00	123	01:35:03	168	00:03:07	109	01:02:50	03:25:43
123	61	F	40		Mary Pat Fulkerson	Raleigh NC	154	00:42:54	72	00:02:24	103	01:32:54	80	00:01:41	125	01:07:33	03:27:24
124	441	F	53		Ingrid Johnson	Charlotte NC	137	00:39:59	180	00:05:45	125	01:35:08	176	00:04:03	108	01:02:48	03:27:41
125	200	F	30		Michelle Perno	Charlotte NC	93	00:35:48	87	00:02:32	96	01:32:28	112	00:02:01	152	01:15:39	03:28:25
126	503	F	37	NF	Jennifer Hill	Lexington SC	158	00:43:32	105	00:02:44	126	01:35:17	115	00:02:03	118	01:05:30	03:29:04
127	213	F	42		Kim Smith	Cary NC	109	00:36:58	142	00:03:19	95	01:32:24	78	00:01:41	150	01:15:16	03:29:35
128	433	F	37	NF	Jody Frazier	Charlotte NC	179	00:49:52	138	00:03:14	77	01:29:34	75	00:01:39	120	01:05:36	03:29:53
129	246	F	36	NF	Jennah Hardy	Matthews NC	183	00:56:12	59	00:02:17	143	01:38:18	24	00:01:18	35	00:51:57	03:30:00
130	301	F	37		Allison Grant	Raleigh NC	62	00:33:41	97	00:02:35	140	01:38:10	95	00:01:50	147	01:13:52	03:30:05
131	449	F	30		Karson Anderson	Greensboro NC	173	00:47:04	63	00:02:18	93	01:32:05	143	00:02:28	121	01:06:29	03:30:22
132	407	F	38		Beth Markell	Holly Springs NC	110	00:37:07	111	00:02:48	85	01:30:39	99	00:01:51	166	01:19:06	03:31:29
133	227	F	36		Jennifer Mayfield	Holly Springs NC	37	00:31:13	145	00:03:28	165	01:44:27	152	00:02:37	138	01:11:02	03:32:45
134	482	F	41	ZF	Lee Presson	Greensboro NC	101	00:36:14	117	00:02:56	160	01:43:16	128	00:02:16	128	01:08:07	03:32:47
135	358	F	42		Aimee Anderson	Raleigh NC	88	00:35:37	171	00:04:18	168	01:45:35	172	00:03:39	115	01:04:40	03:33:47
136	256	F	34		Emily Grasso	Apex NC	129	00:38:35	133	00:03:08	149	01:40:17	153	00:02:38	133	01:09:18	03:33:54
137	375	F	48	A	Maureen Cunningham	Hillsborough NC	118	00:37:53	159	00:03:46	108	01:33:34	170	00:03:14	153	01:15:55	03:34:19
138	233	F	41		Ami Goldstein	Durham NC	114	00:37:20	173	00:04:20	145	01:38:20	179	00:05:05	134	01:09:29	03:34:32
139	452	F	35		Dawn Coyne	Winston Salem NC	169	00:46:08	164	00:03:54	88	01:31:20	149	00:02:35	140	01:11:16	03:35:10
140	196	F	57		Rowanne Joyner	Charlotte NC	157	00:43:30	112	00:02:53	122	01:35:02	144	00:02:30	141	01:11:24	03:35:17
141	434	F	30	NF	Rebecca Stickel	Charlotte NC	151	00:42:43	127	00:03:04	138	01:37:47	26	00:01:19	137	01:10:27	03:35:19
142	58	F	39		Teressa Merck	Raleigh NC	122	00:38:17	107	00:02:45	169	01:45:37	61	00:01:35	123	01:07:10	03:35:21
143	494	F	33	NF	Amie Graham	Raleigh NC	163	00:44:12	177	00:04:44	135	01:37:05	139	00:02:23	130	01:08:35	03:36:58
144	68	F	49	A	Laura Foust	Charlotte NC	146	00:41:56	140	00:03:18	91	01:31:54	154	00:02:38	159	01:17:26	03:37:10
145	391	F	29	A	Jennie Jackson	Leland NC	112	00:37:15	129	00:03:05	97	01:32:31	175	00:03:55	170	01:20:41	03:37:25
146	293	F	38		Stephanie Sadowski	Charlotte NC	116	00:37:33	99	00:02:36	150	01:40:25	130	00:02:17	148	01:14:47	03:37:37

147	373	F	31	Jennifer Gonda	Mooreville NC	147	00:41:56	178	00:04:45	132	01:36:56	93	00:01:49	139	01:11:09	00:02:00	03:38:34	
148	20	F	40	Jennifer Short	Apex NC	132	00:38:58	103	00:02:39	130	01:36:40	135	00:02:19	162	01:18:04		03:38:39	
149	178	F	40	Julianne Walther	Cary NC	103	00:36:18	136	00:03:12	156	01:41:52	117	00:02:07	151	01:15:18		03:38:45	
150	390	F	29	A	Amber Cushing	Chapel Hill NC	98	00:36:07	151	00:03:35	152	01:40:45	141	00:02:25	155	01:16:32		03:39:22
151	474	F	50	ZF	Kathy Gadd	Atlanta GA	128	00:38:32	162	00:03:51	129	01:36:34	166	00:03:02	160	01:17:30		03:39:27
152	478	F	46	ZF	Lindalee Davis	Charlotte NC	162	00:43:58	77	00:02:27	161	01:43:18	171	00:03:24	122	01:06:35		03:39:40
153	475	F	51	ZF	Tracy Dunham	Cary NC	171	00:46:48	46	00:02:10	141	01:38:15	121	00:02:10	143	01:11:45		03:41:08
154	321	F	33		Rebecca Mabe	Lexington NC	175	00:48:13	134	00:03:09	146	01:38:57	134	00:02:19	131	01:08:48		03:41:25
155	87	F	41		Carolyn Mejia	Wilmington NC	160	00:43:45	161	00:03:51	139	01:37:57	173	00:03:39	144	01:12:19		03:41:29
156	338	F	42		Kristi Bennett	Matthews NC	172	00:46:58	158	00:03:45	159	01:43:13	159	00:02:44	117	01:05:21		03:42:00
157	42	F	43	A	Vicki Nizen	Raleigh NC	133	00:39:07	163	00:03:52	155	01:41:37	69	00:01:37	154	01:16:19		03:42:30
158	218	F	33		Alison Decinti	Lumberton NC	108	00:36:51	132	00:03:07	154	01:41:36	155	00:02:38	163	01:18:20		03:42:30
159	490	F	31	NF	Deirdre Dowd	Raleigh NC	145	00:41:48	176	00:04:41	118	01:34:43	165	00:03:01	165	01:18:56		03:43:07
160	363	F	36		Julie Nardella	Cornelius NC	54	00:32:48	120	00:02:58	148	01:39:54	150	00:02:35	173	01:25:27		03:43:39
161	396	F	22		Mary-Dallas Allison	Matthews NC	82	00:34:56	115	00:02:56	172	01:46:47	136	00:02:20	161	01:17:32		03:44:30
162	165	F	28	A	Brandy Brewster	Charlotte NC	81	00:34:55	91	00:02:34	131	01:36:55	76	00:01:40	178	01:32:17		03:48:20
163	444	F	35		Melissa Doll	Winston-Salem NC	161	00:43:51	31	00:02:03	174	01:47:17	142	00:02:26	146	01:13:27		03:49:02
164	211	F	45		Kirsten Crapnell	Chapel Hill NC	167	00:44:38	130	00:03:06	167	01:44:27	114	00:02:03	149	01:15:08		03:49:20
165	174	F	40		Sandy Greco	Summerfield NC	184	01:00:57	172	00:04:20	117	01:34:43	137	00:02:21	126	01:07:33		03:49:52
166	342	F	47	A	Alyse Kelly-Jones	Charlotte NC	140	00:41:17	81	00:02:28	116	01:34:29	158	00:02:44	176	01:29:05		03:50:00
167	423	F	42		Kimberle Crisafulli	Burgaw NC	139	00:41:15	174	00:04:23	158	01:42:58	181	00:05:28	156	01:16:34		03:50:36
168	424	F	42		Joni Buckner	Burgaw NC	141	00:41:21	170	00:04:18	157	01:42:57	180	00:05:26	158	01:16:39		03:50:39
169	340	F	52		Maria Pujols	Greensboro NC	125	00:38:27	179	00:05:01	171	01:46:31	163	00:02:57	167	01:19:17		03:52:12
170	183	F	32		Annette Lindsay	Raleigh NC	159	00:43:42	125	00:03:04	177	01:51:54	77	00:01:40	145	01:12:27		03:52:46
171	379	F	41	A	Tonya Mills	New Bern NC	170	00:46:19	154	00:03:39	175	01:48:51	147	00:02:31	142	01:11:38		03:52:55
172	204	F	36	NF	Crystal Henry	Charlotte NC	176	00:48:14	155	00:03:39	121	01:34:57	157	00:02:39	172	01:23:56		03:53:23
173	307	F	41		Stephanie Loher	New Bern NC	168	00:45:22	135	00:03:12	166	01:44:27	178	00:04:37	175	01:28:08		04:05:44
174	369	F	20		Beth Dickey	Columbus OH	74	00:34:25	182	00:05:56	182	02:05:14	148	00:02:32	171	01:21:53		04:09:57
175	139	F	34		Jennifer Dickey	North Bethesda MD	155	00:42:55	147	00:03:30	178	01:53:20	138	00:02:23	174	01:27:51		04:09:58
176	112	F	46	A	Debra Hardin	Huntersville NC	142	00:41:33	175	00:04:25	151	01:40:42	151	00:02:37	181	01:41:15		04:10:29
177	184	F	33		Emily Greene	Raleigh NC	178	00:49:11	160	00:03:50	180	02:02:43	20	00:01:16	169	01:20:21		04:17:18

178	96	F	40	Julie Chaffin	Indian Trail NC	164	00:44:26	169	00:04:11	170	01:45:49	162	00:02:53	180	01:40:36	04:17:53
179	106	F	56	Barbara Hayles	Brick NJ	182	00:55:40	148	00:03:32	179	01:55:33	174	00:03:43	168	01:20:12	04:18:39
180	251	F	49	Cyndi Johns	Concord NC	174	00:47:49	157	00:03:45	173	01:46:49	102	00:01:52	179	01:40:24	04:20:37
181	403	F	21	Sarah Coughlin	Dublin OH	177	00:48:17	181	00:05:46	181	02:03:04	97	00:01:51	177	01:30:38	04:29:33
182	232	F	39	Jenna Kirwan	Charlotte NC	180	00:52:20	183	00:06:41	176	01:51:23	182	00:05:31	182	01:43:11	04:39:04
183	254	F	57	Linda Anderson	Harrisburg NC	181	00:55:09	184	00:06:59	183	02:07:10					
184	313	F	31	Jackie Savage	Charlotte NC	23	00:28:51	15	00:01:50							

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