

2012 Triangle Sprint

Overall Women

Harris County Park, southwestern Wake County (Raleigh), NC 7/14/2012 07:30AM

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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	6	F	26	OF	Chris Tommerdahl	Chapel Hill NC	1	00:12:22	3	00:01:30	3	00:48:28	7	00:01:00	9	00:22:47		01:26:06	
2	103	F	40		Sophie Evans	Durham NC	33	00:16:47	2	00:01:29	2	00:47:25	2	00:00:53	6	00:22:40		01:29:12	
3	13	F	32	OF	Kimberly Eagens	Charlotte NC	42	00:17:12	8	00:01:45	1	00:46:55	4	00:00:57	8	00:22:42		01:29:30	
4	9	F	39	OF	Shannon Lowery	Raleigh NC	65	00:18:25	4	00:01:31	5	00:48:46	5	00:00:58	1	00:20:44		01:30:22	
5	10	F	37	OF	Kari Mayhew	Morrisville NC	14	00:15:58	45	00:02:11	8	00:49:26	14	00:01:05	3	00:22:02		01:30:39	
6	27	F	44		Cherie Kuzmiak	Chapel Hill NC	34	00:16:50	5	00:01:32	9	00:49:30	18	00:01:05	5	00:22:21		01:31:16	
7	282	F	48		Fran Hughes	Holly Springs NC	25	00:16:30	15	00:01:55	10	00:49:33	26	00:01:09	12	00:23:11		01:32:16	
8	516	F	57		Doris Alexander	Carrboro NC	17	00:16:10	13	00:01:52	12	00:49:40	9	00:01:02	19	00:24:01		01:32:44	
9	23	F	48	MF	Sarah Mulligan	Raleigh NC	2	00:13:31	10	00:01:45	20	00:50:39	27	00:01:09	43	00:25:47		01:32:50	
10	321	F	55		Karen Wilson	Kure Beach NC	5	00:14:50	21	00:01:58	18	00:50:22	28	00:01:10	25	00:24:34		01:32:53	
11	500	F	21		Mollie Brewer	Chapel Hill NC	24	00:16:28	1	00:01:29	6	00:48:50	1	00:00:50	42	00:25:46		01:33:22	
12	5	F	52	MF	Kristin Villopoto	Chapel Hill NC	83	00:19:15	12	00:01:52	11	00:49:39	6	00:00:59	2	00:22:01		01:33:44	
13	176	F	41		Ellen Parker	Chapel Hill NC	43	00:17:12	16	00:01:55	26	00:52:26	13	00:01:04	4	00:22:19		01:34:55	
14	452	F	23		Emily Bolthouse	Durham NC	59	00:18:08	11	00:01:49	21	00:50:53	3	00:00:56	11	00:23:11		01:34:56	
15	420	F	42		Amy Cocanour	Sneads Ferry NC	15	00:15:59	35	00:02:07	13	00:49:47	57	00:01:20	44	00:25:52		01:35:03	
16	326	F	36		Cameron Edwards	Ormond Beach FL	11	00:15:42	22	00:02:00	28	00:52:49	24	00:01:08	15	00:23:39		01:35:16	
17	639	F	51		Kari Wilkinson	Mebane NC	39	00:17:07	32	00:02:06	4	00:48:31	50	00:01:18	53	00:26:16		01:35:17	
18	461	F	47		Julie Jennings	Chapel Hill NC	44	00:17:14	9	00:01:45	14	00:50:00	43	00:01:16	34	00:25:18		01:35:31	
19	415	F	22		Hannah Morgan	Charlotte NC	19	00:16:14	65	00:02:28	31	00:53:09	88	00:01:35	7	00:22:40		01:36:04	
20	315	F	31		Kari Wong	Raleigh NC	28	00:16:35	86	00:02:40	15	00:50:13	78	00:01:28	37	00:25:30		01:36:25	
21	463	F	35		Heather Spruill	Raleigh NC	30	00:16:43	31	00:02:06	19	00:50:26	30	00:01:12	51	00:26:08		01:36:33	
22	162	F	51		Marian Bergdolt	Raleigh NC	27	00:16:35	6	00:01:35	37	00:53:26	38	00:01:14	17	00:23:48		01:36:36	

23	223	F	36	Braden Walsh	Pittsboro NC	4	00:14:47	59	00:02:24	27	00:52:45	34	00:01:13	38	00:25:31	01:36:39
24	222	F	33	Libby Talley	Cary NC	35	00:16:53	67	00:02:28	17	00:50:22	51	00:01:19	50	00:26:01	01:37:00
25	393	F	36	Erin Fruland	Fayetteville NC	10	00:15:39	34	00:02:07	23	00:51:27	11	00:01:04	68	00:27:05	01:37:20
26	514	F	42	Amanda Sommer	Elon NC	50	00:17:36	40	00:02:09	24	00:51:33	46	00:01:17	30	00:24:51	01:37:24
27	309	F	44	Linda Hatfield	Apex NC	115	00:21:29	79	00:02:34	7	00:48:50	96	00:01:38	13	00:23:28	01:37:57
28	403	F	27	Nicki Zelenski	Durham NC	21	00:16:21	51	00:02:16	44	00:53:59	17	00:01:05	22	00:24:30	01:38:10
29	354	F	37	Margaret Barr	Hillsborough NC	53	00:17:59	26	00:02:02	33	00:53:12	10	00:01:03	20	00:24:02	01:38:16
30	333	F	38	Rachel Houpp	Gaithersburg MD	49	00:17:33	116	00:03:02	16	00:50:21	119	00:01:51	41	00:25:39	01:38:24
31	102	F	32	Taylor Wofford	Durham NC	3	00:14:12	73	00:02:29	48	00:54:49	41	00:01:16	47	00:25:58	01:38:42
32	236	F	35	Lindsay MacDiarmada	Raleigh NC	94	00:20:07	14	00:01:54	25	00:52:16	12	00:01:04	14	00:23:29	01:38:49
33	387	F	40	Monique Rigsby	Morrisville NC	64	00:18:22	42	00:02:10	39	00:53:37	54	00:01:19	16	00:23:42	01:39:07
34	69	F	36	Sheri Sampson	Cary NC	6	00:15:23	39	00:02:08	71	00:56:49	65	00:01:23	18	00:23:56	01:39:38
35	425	F	38	Jill Brashear	Charlotte NC	75	00:18:49	50	00:02:15	32	00:53:11	69	00:01:24	21	00:24:08	01:39:46
36	501	F	35	Charlotte Mitchell	Raleigh NC	9	00:15:39	29	00:02:05	47	00:54:39	23	00:01:08	57	00:26:38	01:40:06
37	487	F	27	Mar Gardner	Raleigh NC	70	00:18:39	28	00:02:05	36	00:53:24	39	00:01:15	29	00:24:50	01:40:11
38	191	F	34	Jaime Szymusiak	Raleigh NC	97	00:20:22	97	00:02:47	22	00:51:04	19	00:01:05	39	00:25:35	01:40:52
39	171	F	40	Jenn George	Morrisville NC	48	00:17:24	41	00:02:09	41	00:53:54	82	00:01:30	48	00:25:58	01:40:54
40	125	F	41	Robyn Stout	Durham NC	52	00:17:55	27	00:02:04	38	00:53:35	32	00:01:12	52	00:26:12	01:40:57
41	157	F	36	Kara Schwartz	Holly Springs NC	69	00:18:35	7	00:01:42	29	00:52:59	52	00:01:19	59	00:26:45	01:41:18
42	211	F	32	Maleia Tumolo	Wilmington NC	13	00:15:56	78	00:02:34	68	00:56:24	61	00:01:22	40	00:25:36	01:41:48
43	485	F	38	Holly Leddy	Durham NC	37	00:16:58	98	00:02:48	60	00:55:40	122	00:01:53	24	00:24:34	01:41:51
44	231	F	43	Jen Bauldree	Raleigh NC	46	00:17:18	18	00:01:57	49	00:54:54	15	00:01:05	66	00:27:04	01:42:16
45	477	F	29	Robin Tierney	Cary NC	41	00:17:10	70	00:02:29	73	00:57:11	33	00:01:13	23	00:24:34	01:42:34
46	396	F	46	Kelly McCluskey	Cary NC	16	00:16:05	25	00:02:02	67	00:56:13	64	00:01:23	62	00:26:53	01:42:34
47	278	F	34	Carrie Hughston	Raleigh NC	26	00:16:35	126	00:03:16	69	00:56:28	147	00:02:13	33	00:25:05	01:43:35
48	421	F	34	Georgia Alexander	Durham NC	72	00:18:42	47	00:02:13	42	00:53:54	99	00:01:39	70	00:27:08	01:43:36
49	486	F	39	Jennifer Howard	Apex NC	67	00:18:26	37	00:02:08	57	00:55:13	49	00:01:18	61	00:26:51	01:43:54
50	281	F	47	Amy Nakhle	Elon NC	55	00:18:00	101	00:02:50	56	00:55:13	124	00:01:54	49	00:26:01	01:43:57
51	624	F	40	Bridget Frey	Holly Springs NC	18	00:16:10	53	00:02:18	46	00:54:12	125	00:01:55	95	00:29:33	01:44:07
52	147	F	30	Kari Obermeyer	Durham NC	47	00:17:19	52	00:02:17	35	00:53:22	45	00:01:17	100	00:29:57	01:44:11
53	377	F	48	Suzy Nisbet	Cary NC	108	00:20:56	54	00:02:19	45	00:54:09	29	00:01:11	46	00:25:57	01:44:30

54	524	F	33		Katie Horton	Apex NC	90	00:19:55	62	00:02:27	43	00:53:59	72	00:01:26	67	00:27:04	01:44:49
55	640	F	33		Naomi Gallagher	Southern Pines NC	104	00:20:46	17	00:01:55	63	00:55:57	47	00:01:18	32	00:25:02	01:44:56
56	72	F	40		Beth Grimes	Charlotte NC	82	00:19:13	19	00:01:57	79	00:58:04	22	00:01:07	26	00:24:39	01:44:59
57	182	F	65		Phyllis Mason	Wilmington NC	45	00:17:14	58	00:02:22	55	00:55:10	87	00:01:35	89	00:28:53	01:45:12
58	457	F	35		Erica Dickinson	Charlotte NC	103	00:20:41	56	00:02:20	53	00:55:07	117	00:01:49	45	00:25:54	01:45:48
59	380	F	38	A	Brandy York	Wake Forest NC	8	00:15:39	77	00:02:33	61	00:55:40	118	00:01:50	105	00:30:17	01:45:57
60	276	F	38		Melissa Carroll	Raleigh NC	85	00:19:19	110	00:02:57	74	00:57:23	130	00:02:01	27	00:24:40	01:46:17
61	449	F	52		Beth Uberseder	Lewisville NC	51	00:17:54	38	00:02:08	51	00:55:02	70	00:01:25	106	00:30:18	01:46:45
62	532	F	34		Shelly Whitehurst	Fayetteville NC	91	00:19:56	118	00:03:04	72	00:57:09	114	00:01:48	31	00:24:54	01:46:49
63	391	F	34		Dawn Eagens	Charlotte NC	93	00:20:04	48	00:02:13	66	00:56:01	36	00:01:14	72	00:27:31	01:47:02
64	612	F	37		Shawna Turrick	Apex NC	22	00:16:24	106	00:02:54	88	00:59:09	110	00:01:45	64	00:26:58	01:47:09
65	345	F	43	A	Heidi Bloom	Raleigh NC	36	00:16:56	87	00:02:40	64	00:56:00	113	00:01:47	98	00:29:49	01:47:11
66	386	F	34		Avril Young	Raleigh NC	81	00:19:11	117	00:03:03	76	00:57:40	135	00:02:04	35	00:25:19	01:47:16
67	81	F	52		Mildred H Biller	Cary NC	78	00:19:00	81	00:02:35	77	00:57:41	63	00:01:22	58	00:26:44	01:47:20
68	505	F	41		Melanie Jones	Raleigh NC	62	00:18:15	74	00:02:30	81	00:58:24	86	00:01:33	63	00:26:55	01:47:36
69	319	F	36		Anjana Wills	Cary NC	63	00:18:17	80	00:02:34	75	00:57:27	90	00:01:36	81	00:28:12	01:48:04
70	166	F	36		Anastasia Trueman	Raleigh NC	101	00:20:38	57	00:02:20	59	00:55:39	58	00:01:21	80	00:28:11	01:48:07
71	530	F	28		Rachel Byelene	Durham NC	40	00:17:08	119	00:03:05	92	00:59:48	107	00:01:44	56	00:26:32	01:48:14
72	422	F	42		Eileen Coolbaugh	Fuquay-Varina NC	119	00:21:56	96	00:02:45	40	00:53:39	94	00:01:36	54	00:26:21	00:02:00 01:48:15
73	218	F	50		Wendy Heinzmann	Apex NC	54	00:17:59	103	00:02:53	85	00:58:59	104	00:01:42	65	00:27:04	01:48:35
74	215	F	38		Maggie Wells	Cary NC	80	00:19:05	83	00:02:36	50	00:54:57	138	00:02:06	101	00:30:05	01:48:47
75	199	F	26		Lauren Brown	Raleigh NC	147	00:24:46	68	00:02:28	30	00:53:00	77	00:01:28	69	00:27:08	01:48:48
76	239	F	42		Kristine Davis	Winterville NC	111	00:21:13	20	00:01:58	62	00:55:57	53	00:01:19	87	00:28:31	01:48:56
77	504	F	38		Melissa Alfano	Fort Bragg NC	88	00:19:31	99	00:02:48	58	00:55:31	48	00:01:18	99	00:29:57	01:49:03
78	467	F	17		Gracie Nicklas-Morris	Winston-Salem NC	20	00:16:17	76	00:02:32	120	01:03:51	42	00:01:16	36	00:25:30	01:49:24
79	99	F	34		Lara McCoy Roslof	Washington DC	32	00:16:47	66	00:02:28	94	00:59:56	111	00:01:45	88	00:28:44	01:49:38
80	610	F	39		Kim Scanlon	Holly Springs NC	68	00:18:33	136	00:03:24	80	00:58:22	139	00:02:07	71	00:27:25	01:49:49
81	189	F	56		Joanne Piscitelli	Durham NC	123	00:22:05	75	00:02:32	52	00:55:05	115	00:01:48	84	00:28:22	01:49:51
82	540	F	41		Ruth Menechella	Cary NC	113	00:21:19	93	00:02:44	54	00:55:08	60	00:01:21	92	00:29:23	01:49:52
83	131	F	37		Susan Blumenthal	Cary NC	109	00:20:57	94	00:02:45	82	00:58:25	21	00:01:07	60	00:26:47	01:49:58
84	77	F	41		Teresa Brusadin	Fuquay Varina NC	112	00:21:18	36	00:02:08	70	00:56:42	95	00:01:36	85	00:28:25	01:50:08

85	301	F	33		Ginny Huff	Cary NC	12	00:15:50	95	00:02:45	104	01:01:32	157	00:02:35	77	00:27:46	01:50:27
86	451	F	30		Natalia Campbell	Raleigh NC	102	00:20:38	102	00:02:52	101	01:01:19	20	00:01:06	28	00:24:44	01:50:36
87	312	F	53		Lisa Garrity	Apex NC	137	00:22:58					44	00:01:16	78	00:28:00	01:50:51
88	132	F	36		Meredith Martin	Princeton NJ	127	00:22:16	111	00:02:58	34	00:53:14	144	00:02:11	110	00:30:40	01:51:18
89	240	F	25		Becky Edman	Raleigh NC	84	00:19:18	112	00:02:58	95	01:00:05	16	00:01:05	82	00:28:15	01:51:39
90	584	F	41	ZF	Renee Weaver	Apex NC	133	00:22:44	142	00:03:35	93	00:59:49	154	00:02:28	10	00:23:09	01:51:43
91	554	F	29	NF	Emily Mazure	Raleigh NC	71	00:18:40	120	00:03:06	102	01:01:21	8	00:01:01	76	00:27:40	01:51:46
92	33	F	35		Lindsee McPhail	Morrisville NC	99	00:20:35	71	00:02:29	90	00:59:20	150	00:02:18	75	00:27:39	01:52:20
93	351	F	35		Jennifer Larson	Durham NC	118	00:21:36	43	00:02:10	89	00:59:13	84	00:01:32	83	00:28:21	01:52:51
94	331	F	42		Jennifer Oлару	Raleigh NC	76	00:18:53	30	00:02:06	86	00:59:00	101	00:01:40	115	00:31:19	01:52:55
95	375	F	25		Katie Turek	Chapel Hill NC	23	00:16:27	92	00:02:43	115	01:03:05	62	00:01:22	102	00:30:07	01:53:41
96	357	F	30		Angela Mullennix	Raeford NC	107	00:20:55	33	00:02:07	65	00:56:01	93	00:01:36	130	00:33:11	01:53:48
97	37	F	31		Kristyn Mills	Greensboro NC	7	00:15:34	72	00:02:29	113	01:02:47	55	00:01:19	123	00:32:18	01:54:26
98	502	F	47		Beth Barlow	Fuquay-Varina NC	139	00:23:43					103	00:01:42	79	00:28:08	01:54:41
99	291	F	51		Holly Holland	Chapel Hill NC	116	00:21:33	60	00:02:25	116	01:03:05	121	00:01:52	55	00:26:23	01:55:16
100	41	F	58		Sally Almekinders	Chapel Hill NC	92	00:20:04	44	00:02:10	83	00:58:39	81	00:01:30	135	00:33:24	01:55:46
101	201	F	30		Sara Warren	Raleigh NC	58	00:18:07	108	00:02:55	84	00:58:50	98	00:01:39	139	00:34:36	01:56:05
102	269	F	33		Jenny Parker	Chapel Hill NC	100	00:20:36	55	00:02:19	99	01:00:42	76	00:01:28	116	00:31:25	01:56:28
103	139	F	49		Paula Brennan	Chapel Hill NC	145	00:24:32	46	00:02:12	96	01:00:21	40	00:01:15	86	00:28:29	01:56:48
104	55	F	53		Tabitha Zane	Raleigh NC	154	00:26:04	49	00:02:14	78	00:58:02	100	00:01:39	96	00:29:38	01:57:36
105	221	F	32	A	Laura Weimer	Durham NC	60	00:18:11	109	00:02:56	114	01:02:54	31	00:01:12	126	00:32:38	01:57:50
106	274	F	42		Stacey Ingram	Southern Pines NC	125	00:22:12	64	00:02:27	112	01:02:45	75	00:01:27	90	00:29:11	01:58:00
107	497	F	41		Christy Fleming	Simpsonville SC	126	00:22:15	69	00:02:28	105	01:01:53	89	00:01:36	103	00:30:08	01:58:18
108	402	F	39		Mandy Midgett	Aberdeen NC	77	00:19:00	82	00:02:35	87	00:59:03	106	00:01:43	147	00:36:08	01:58:27
109	273	F	43	A	Carin Vanderklok	Raleigh NC	117	00:21:35	24	00:02:02	117	01:03:29	68	00:01:24	104	00:30:16	01:58:44
110	346	F	25	A	Ryann Engholm	Swansboro NC	114	00:21:27	141	00:03:33	106	01:01:53	67	00:01:24	109	00:30:38	01:58:52
111	548	F	34	NF	Amy Fischer	Cary NC	66	00:18:26	154	00:04:23	110	01:02:31	153	00:02:28	113	00:31:15	01:59:01
112	86	F	39		Jill Walker	Morrisville NC	57	00:18:06	148	00:03:53	98	01:00:29	164	00:03:18	136	00:33:35	01:59:19
113	436	F	38		Allison Grant	Raleigh NC	61	00:18:12	123	00:03:12	129	01:05:05	126	00:01:56	117	00:31:36	01:59:58
114	298	F	37		Joni Barnes	Apex NC	74	00:18:47	128	00:03:18	128	01:04:52	116	00:01:49	114	00:31:17	02:00:00
115	204	F	40	A	Jenny Lahiff	Raleigh NC	79	00:19:03	127	00:03:18	97	01:00:24	142	00:02:09	145	00:35:23	02:00:15

116	458	F	32		Katherine O'Brien	Durham NC	89	00:19:47	149	00:03:55	118	01:03:33	159	00:02:44	107	00:30:21	02:00:20
117	318	F	32		Brea Witt	New Bern NC	129	00:22:24	159	00:04:42	100	01:01:05	102	00:01:40	119	00:31:58	02:01:47
118	121	F	21		Sallie Elliott	Fuquay Varina NC	73	00:18:45	124	00:03:15	135	01:06:58	71	00:01:25	118	00:31:50	02:02:11
119	495	F	41		Delia Vedia	Cary NC	138	00:23:18	100	00:02:49	103	01:01:23	133	00:02:03	128	00:32:49	02:02:20
120	456	F	46		Chris Foster	Cary NC	95	00:20:08	113	00:02:59	131	01:05:23	85	00:01:32	124	00:32:20	02:02:21
121	246	F	41		Suzette Huguenin	Raleigh NC	29	00:16:41	137	00:03:25	138	01:07:53	151	00:02:20	121	00:32:06	02:02:22
122	212	F	40		Christine Denahan	New York NY	132	00:22:43	140	00:03:30	126	01:04:30	146	00:02:12	97	00:29:42	02:02:35
123	140	F	44	A	Vicki Nizen	Raleigh NC	110	00:21:07	90	00:02:42	125	01:04:28	108	00:01:44	127	00:32:44	02:02:43
124	570	F	28	NF	Kara Peach	Raleigh NC	86	00:19:22	104	00:02:53	122	01:04:16	73	00:01:26	144	00:35:13	02:03:09
125	549	F	38	NF	Mary Albertson	Holly Springs NC	121	00:21:58	150	00:04:11	130	01:05:07	97	00:01:38	108	00:30:24	02:03:16
126	441	F	43		Judith Godwin	Somers NY	146	00:24:41	84	00:02:36	91	00:59:23	105	00:01:43	143	00:35:05	02:03:25
127	241	F	33	A	Lara Leininger	Cary NC	134	00:22:57	139	00:03:27	111	01:02:35	136	00:02:04	134	00:33:19	02:04:20
128	405	F	40		Gina Newhouse	Morrisville NC	157	00:26:41	91	00:02:42	121	01:04:00	132	00:02:03	91	00:29:12	02:04:36
129	558	F	28	NF	Gwen Hussey	Raleigh NC	31	00:16:46	107	00:02:54	154	01:14:04	92	00:01:36	93	00:29:24	02:04:42
130	220	F	28		Camden Elliott	Washington DC	105	00:20:47	153	00:04:22	148	01:10:46	143	00:02:11	73	00:27:33	02:05:37
131	491	F	32	A	Kristen Clarey	Apex NC	141	00:23:45	88	00:02:41	150	01:11:21	25	00:01:09	74	00:27:36	02:06:29
132	243	F	39		Stacy Rinehart	Holly Springs NC	161	00:27:17	89	00:02:41	107	01:02:17	109	00:01:45	132	00:33:13	02:07:11
133	531	F	45		Dawn Imershein	Chapel Hill NC	56	00:18:02	114	00:02:59	134	01:06:26	59	00:01:21	154	00:38:49	02:07:36
134	539	F	23		Kathleen Pol	Apex NC	38	00:17:02					127	00:01:56	146	00:35:25	02:07:38
135	580	F	29	NF	Ashley Pride	Raleigh NC	148	00:24:47	131	00:03:19	139	01:08:19	145	00:02:12	94	00:29:29	02:08:04
136	453	F	55		Peggy Hoffert	Cary NC	144	00:24:17	145	00:03:45	108	01:02:22	163	00:03:14	140	00:34:48	02:08:26
137	277	F	41		Jennifer Short	Apex NC	135	00:22:57	130	00:03:19	119	01:03:47	120	00:01:51	150	00:36:36	02:08:29
138	465	F	16		Rachel Harrison	Winston-Salem NC	98	00:20:31	63	00:02:27	144	01:10:03	112	00:01:47	138	00:34:26	02:09:12
139	594	F	26	NF	Janel Kuhlow	Cary NC	130	00:22:29	152	00:04:18	145	01:10:04	35	00:01:14	112	00:31:11	02:09:14
140	591	F	26	NF	Ashley Gray	Columbia SC	150	00:25:08	138	00:03:26	133	01:05:46	152	00:02:21	125	00:32:37	02:09:17
141	302	F	40		Cristina Butler	Raeford NC	158	00:26:44	122	00:03:11	132	01:05:24	134	00:02:03	120	00:32:03	02:09:23
142	287	F	35		Simmie Hoeft	Holly Springs NC	131	00:22:32	146	00:03:47	142	01:09:29	79	00:01:28	129	00:33:04	02:10:18
143	251	F	43		Kelly Wells	Cary NC	162	00:27:56	135	00:03:24	124	01:04:25	140	00:02:08	137	00:33:50	02:11:41
144	433	F	51		Dawn Parrish	Raleigh NC	160	00:26:57	115	00:03:00	136	01:07:03	141	00:02:08	131	00:33:12	02:12:18
145	196	F	46		Kirsten Crapnell	Chapel Hill NC	142	00:24:08	121	00:03:06	137	01:07:14	128	00:01:58	148	00:36:24	02:12:47
146	519	F	27		Sarah Furman	Fuquay Varina NC	159	00:26:54	129	00:03:19	109	01:02:24	148	00:02:13	152	00:38:03	02:12:52

147	294	F	56		Tracey Goetz	Durham NC	136	00:22:58	134	00:03:23	140	01:09:06	91	00:01:36	149	00:36:24	02:13:25
148	475	F	49		Kelli Hopkins	Raleigh NC	156	00:26:33	85	00:02:39	147	01:10:34	123	00:01:54	122	00:32:10	02:13:49
149	46	F	74		Sharon Roggenbuck	Hillsborough NC	163	00:28:10	61	00:02:26	127	01:04:48	137	00:02:04	153	00:38:49	02:16:16
150	349	F	47		Roberta Harding	Vass NC	122	00:21:59	143	00:03:39	123	01:04:20	155	00:02:28	163	00:45:36	02:17:59
151	279	F	53	A	Marian MacCormick	Raleigh NC	120	00:21:57	162	00:05:18	155	01:15:25	80	00:01:29	141	00:34:56	02:19:04
152	367	F	25		Kelsey Arp	Raleigh NC	151	00:25:25	125	00:03:16	157	01:18:46	37	00:01:14	111	00:30:54	02:19:33
153	542	F	37	NF	Deborah Boles	Cary NC	96	00:20:08	132	00:03:21	160	01:21:36	66	00:01:24	133	00:33:13	02:19:40
154	233	F	54		Linda MacRae	Apex NC	128	00:22:20	163	00:05:31	146	01:10:21	160	00:03:06	151	00:37:36	00:02:00 02:20:51
155	112	F	28		Angelina Lawrence	Apex NC	143	00:24:09	147	00:03:51	149	01:11:07	83	00:01:31	159	00:40:20	02:20:55
156	178	F	36	A	Nataliya Yatsenko	Cary NC	149	00:25:02	151	00:04:14	152	01:12:33	129	00:02:00	155	00:38:57	02:22:44
157	261	F	38		Lisa Dewaard	Central SC	153	00:26:01	160	00:04:47	153	01:13:56	161	00:03:06	142	00:34:58	02:22:46
158	583	F	43	ZF	Andi Covault	Vass NC	165	00:30:35	155	00:04:30	141	01:09:13	158	00:02:44	157	00:38:59	02:26:00
159	340	F	38		Julie Humphrey	Durham NC	87	00:19:26	156	00:04:31	161	01:21:58	74	00:01:27	156	00:38:59	02:26:18
160	559	F	29	NF	Sondra Elles	Raleigh NC	140	00:23:45	144	00:03:44	156	01:16:46	131	00:02:02	160	00:40:25	02:26:40
161	551	F	27	NF	Velaire Elliott	Holly Springs NC	155	00:26:22	105	00:02:53	159	01:20:51	56	00:01:20	158	00:39:20	02:30:44
162	410	F	47	A	Susan Little	Wendell NC	152	00:25:43	158	00:04:40	151	01:12:16	156	00:02:34	164	00:46:53	02:32:04
163	255	F	43		Jackie Avallone	Cary NC	164	00:30:25	161	00:05:09	143	01:09:44	162	00:03:07	162	00:45:19	02:33:42
164	592	F	39	NF	Jennifer Strobel	Durham NC	166	00:33:52	133	00:03:22	162	01:24:47	149	00:02:16	161	00:43:07	02:47:22
165	245	F	20		Molly McKinley	Raleigh NC	106	00:20:49	157	00:04:39	158	01:19:04					
166	574	F	27	NF	Lauren Merkel	Raeford NC	124	00:22:06	23	00:02:00							

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