

Ardmore RAH 5K AgeGroup Results

Position	Bib #	Name	Start	Finish	Total	Pace	Age	Gender	City
TOP MALES OVERALL IN 5K DIVISION.									
1	301	Pfruender, Justin	08:30:01.485	08:47:08.541	00:17:07.056	5:31	33	M	Winston Salem
2	311	Aubuchon, Ryan	08:30:08.078	08:47:54.879	00:17:46.801	5:44	29	M	Winston Salem
TOP FEMALE S OVERALL IN 5K DIVISION.									
1	610	Armentrout, Betsy	08:30:01.485	08:50:10.497	00:20:09.012	6:30	41	F	Winston
2	406	Harris, Hannah	08:30:02.262	08:50:52.242	00:20:49.980	6:43	15	F	Winston Salem
MALE 12 AND UNDER IN DIVISION 5K									
1	593	Vest, William	08:30:01.487	08:52:31.966	00:22:30.479	7:15	11	M	Winston
2	609	Myers, Bennett	08:30:03.416	08:53:24.057	00:23:20.641	7:32	11	M	Clemmons
3	442	Kwasny, Sam	08:30:27.903	08:57:19.365	00:26:51.462	8:40	10	M	Winston Salem
4	437	Kistemaker, Jackson	08:30:25.767	08:57:41.530	00:27:15.763	8:47	9	M	
5	592	Vest, Eli	08:30:01.853	08:57:41.677	00:27:39.824	8:55	9	M	Winston
6	379	Farmer, Blake	08:30:15.303	08:59:24.970	00:29:09.667	9:24	8	M	Winston Salem
7	484	Petty, Aaron	08:30:42.893	08:59:55.725	00:29:12.832	9:25	12	M	Winston Salem
8	388	Garrett, Otis	08:30:16.210	08:59:55.129	00:29:38.919	9:34	11	M	Winston Salem
9	347	Chandler, Ethan	08:30:14.420	09:01:28.093	00:31:13.673	10:04	8	M	Winston Salem

10	482	Patterson, Becket	08:30:55.914	09:02:48.344	00:31:52.430	10:17	9	M	Winston-Salem
11	598	Scurry, Winston	08:30:26.267	09:02:24.519	00:31:58.252	10:19	9	M	Winston
12	366	Delmonico, Theo	08:30:07.908	09:02:43.053	00:32:35.145	10:31	11	M	Winston Salem
13	555	Wood, Aidan	08:30:57.823	09:08:37.432	00:37:39.609	12:09	10	M	winston salem
14	451	Luther, Langdon	08:30:53.128	09:08:49.741	00:37:56.613	12:14	9	M	Winston Salem
15	621	Roche, Killian	08:30:01.839	09:16:49.230	00:46:47.391	15:05	11	M	Winston
MALE 13-19 IN DIVISION 5K									
1	606	Gunter, Bailey	08:30:01.485	08:50:57.307	00:20:55.822	6:45	14	M	Winston
2	510	Scurry, William	08:30:26.008	08:53:22.992	00:22:56.984	7:24	13	M	Winston-Salem
3	386	Gadson, Mikal	08:30:45.989	08:56:22.798	00:25:36.809	8:15	19	M	Mocksville
4	353	Cochrane, Rand	08:30:04.586	08:55:48.785	00:25:44.199	8:18	13	M	Winston Salem
5	581	Creech, Ian	08:30:04.332	08:55:57.022	00:25:52.690	8:21	13	M	Winston
6	329	Bendig, Taylor	08:30:12.889	08:56:46.674	00:26:33.785	8:34	19	M	Clemmons
7	526	Strauss-Cohn, Eitan	08:30:01.485	08:57:31.324	00:27:29.839	8:52	15	M	Winston Salem
8	336	Boger, Jake	08:30:13.075	09:05:06.997	00:34:53.922	11:15	13	M	Rural Hall
9	574	Love, Jacob	08:30:44.473	09:07:40.464	00:36:55.991	11:55	15	M	Advance
MALE 20-24 IN DIVISION 5K									
1	509	Scully, Patrick	08:30:38.213	08:54:14.680	00:23:36.467	7:37	23	M	Winston-Salem
2	357	Creech, Will	08:30:39.461	08:55:13.316	00:24:33.855	7:55	20	M	Winston Salem
3	375	Euliss, David	08:30:17.717	09:06:48.850	00:36:31.133	11:47	22	M	Winston Salem
MALE 25-29 IN DIVISION 5K									

1	623	Wlodarski, Michael	08:30:01.485	08:48:02.049	00:18:00.564	5:48	28	M	Winston
2	414	Hinshaw, Geoffrey	08:30:03.170	08:51:07.865	00:21:04.695	6:48	27	M	Winston Salem
3	533	Tello, Otto	08:30:16.937	08:51:34.661	00:21:17.724	6:52	26	M	Winston-Salem
4	448	Lintner, William	08:30:16.361	08:53:10.131	00:22:53.770	7:23	29	M	WINSTON SALEM
5	470	Moore, Danny	08:30:55.254	08:57:00.432	00:26:05.178	8:25	29	M	Winston Salem
6	480	Parkhurst, Paul	08:30:08.163	08:57:18.578	00:27:10.415	8:46	25	M	Winston Salem
7	429	Joldersma, Logan	08:30:19.951	08:58:59.380	00:28:39.429	9:15	26	M	Winston-Salem
8	384	French, Alex	08:30:54.943	09:02:13.185	00:31:18.242	10:06	29	M	Winston Salem
MALE 30-34 IN DIVISION 5K									
1	611	Davidson, Charles	08:30:01.485	08:49:36.194	00:19:34.709	6:19	34	M	Winston
2	530	Summers, Phillip	08:30:01.485	08:49:46.577	00:19:45.092	6:22	34	M	Winston Salem
3	423	Hyland, Michael	08:30:19.981	08:52:06.834	00:21:46.853	7:01	33	M	Lewisville
4	603	Covas, Daniel	08:30:01.845	08:52:11.283	00:22:09.438	7:09	32	M	Winston
5	554	Windley, Paul	08:30:47.040	08:56:18.204	00:25:31.164	8:14	32	M	Winston-Salem
6	474	Newcomb, Ryan	08:30:34.296	08:57:07.549	00:26:33.253	8:34	31	M	Winston Salem
7	613	Deitz, David	08:30:14.314	08:56:48.442	00:26:34.128	8:34	32	M	Lewisville
8	333	Billman, Ben	08:30:01.485	08:57:51.963	00:27:50.478	8:59	32	M	Winston Salem
9	580	Laster, Scott	08:30:47.706	08:58:52.427	00:28:04.721	9:03	32	M	Winston
10	578	English, David	08:30:33.679	08:58:40.189	00:28:06.510	9:04	32	M	Winston
11	436	King, Aaron	08:30:54.807	08:59:37.811	00:28:43.004	9:16	34	M	Winston-Salem
12	394	Goldwine, Pete	08:30:41.545	08:59:56.750	00:29:15.205	9:26	31	M	Winston-Salem
13	459	Maslan, Jonathan	08:30:09.149	09:00:21.903	00:30:12.754	9:45	31	M	Winston-Salem
14	361	Dawson, Nicholas	08:30:40.061	09:00:54.983	00:30:14.922	9:45	32	M	Winston Salem

15	545	Villalobos, Fabian	08:30:32.630	09:00:52.917	00:30:20.287	9:47	32	M	Winston
16	365	Deleso, Chris	08:30:06.129	09:06:19.456	00:36:13.327	11:41	31	M	Winston salem
17	518	Smith, Bradley	08:30:51.329	09:09:17.057	00:38:25.728	12:24	34	M	Winston-Salem
18	458	Martin, Gary	08:30:51.860	09:25:28.722	00:54:36.862	17:37	34	M	Winston Salem
19	382	Faughnan, William	08:30:50.343	09:35:01.133	01:04:10.790	20:42	34	M	Winston Salem
MALE 35-39 IN DIVISION 5K									
1	612	Sabio, Hernan	08:30:01.485	08:49:09.212	00:19:07.727	6:10	39	M	Winston
2	314	Bare, Jody	08:30:28.658	08:53:24.149	00:22:55.491	7:24	38	M	Woodleaf
3	335	Blaylock, Justin	08:30:16.577	08:53:50.039	00:23:33.462	7:36	39	M	Winston-Salem
4	411	Henderson, Michael	08:30:14.394	08:54:25.833	00:24:11.439	7:48	39	M	Clemmons
5	515	Silkstone, Jeff	08:30:07.008	08:55:04.006	00:24:56.998	8:03	39	M	Winston Salem
6	550	White III, Benjamin	08:30:23.681	08:56:18.967	00:25:55.286	8:22	37	M	Winston-Salem
7	586	Ruddiman, Jake	08:30:49.206	08:57:06.954	00:26:17.748	8:29	35	M	Winston
8	412	Herrera, Layo	08:30:32.932	08:57:06.520	00:26:33.588	8:34	35	M	
9	551	Wilburn, John	08:30:07.993	08:56:45.066	00:26:37.073	8:35	37	M	Pfafftown
10	507	Sanders, Tripp	08:30:58.429	08:58:41.006	00:27:42.577	8:56	38	M	Winston Salem
11	475	Nichols, David	08:30:19.570	08:58:54.854	00:28:35.284	9:13	37	M	Winston-Salem
12	378	Farmer, Brent	08:30:15.513	08:59:24.989	00:29:09.476	9:24	38	M	Winston Salem
13	627	Pearce, Brian	08:30:31.374	08:59:43.097	00:29:11.723	9:25	36	M	Winston
14	389	Garrett, Greg	08:30:16.874	08:59:56.146	00:29:39.272	9:34	39	M	Winston Salem
15	346	Chandler, Jeff	08:30:15.250	09:01:27.836	00:31:12.586	10:04	39	M	Winston Salem
16	340	Brown, Robbie	08:30:36.202	09:06:09.877	00:35:33.675	11:28	39	M	Winston Salem

17	465	Medina, Zef	08:30:29.422	09:10:07.771	00:39:38.349	12:47	37	M	Fayetteville
18	514	Shihabi, Sam	08:30:16.365	09:13:17.088	00:43:00.723	13:52	39	M	Winston Salem
19	468	Miller, Christian	08:31:00.072	09:21:49.974	00:50:49.902	16:24	35	M	Winston Salem
MALE 40-44 IN DIVISION 5K									
1	338	Bradburn, Jeffery	08:30:02.257	08:51:43.457	00:21:41.200	6:59	43	M	Winston Salem
2	531	Swayne, David	08:30:05.046	08:55:47.481	00:25:42.435	8:17	41	M	Winston Salem
3	572	Love, Tim	08:30:43.247	09:00:51.903	00:30:08.656	9:43	44	M	Advance
4	438	Kistemaker, Todd	08:30:25.563	09:01:32.820	00:31:07.257	10:02	40	M	
5	559	Giles, Steven	08:30:19.319	09:02:03.476	00:31:44.157	10:14	43	M	Winston
6	367	Delmonico, Brian	08:30:11.083	09:02:42.778	00:32:31.695	10:29	41	M	Winston Salem
7	303	Abad-Mancheno, Alfonso	08:30:21.694	09:04:16.800	00:33:55.106	10:56	40	M	Greensboro
8	502	Ring, Rodd	08:30:34.273	09:05:16.130	00:34:41.857	11:11	44	M	Rural Hall
9	487	Petty, John	08:30:43.787	09:08:05.536	00:37:21.749	12:03	42	M	Winston Salem
10	506	Roche, Scott	08:30:34.780	09:17:03.374	00:46:28.594	14:59	42	M	Winston Salem
MALE 45-49 IN DIVISION 5K									
1	373	Edwards, Christopher	08:30:01.485	08:54:27.889	00:24:26.404	7:53	47	M	Winston-Salem
2	352	Cochrane, Jay	08:30:04.831	08:55:48.774	00:25:43.943	8:18	46	M	Winston Salem
3	583	Lowder, Jon	08:30:36.863	08:57:46.845	00:27:09.982	8:45	47	M	Lewisville
4	444	Lamphier, Michael	08:30:20.689	08:57:44.764	00:27:24.075	8:50	47	M	Winston Salem
5	327	Bell, Dudley	08:30:20.681	08:57:44.860	00:27:24.179	8:50	47	M	Winston Salem
6	529	Sullivan, Bernie	08:30:04.117	08:58:58.034	00:28:53.917	9:19	47	M	Lewisville

7	541	Trollinger, Jeff	08:30:43.949	09:00:56.346	00:30:12.397	9:45	46	M	Winston Salem
8	359	Daugherty, Stephen	08:30:31.177	09:02:32.515	00:32:01.338	10:20	46	M	Mocksville
9	417	Holmes, Mark	08:30:58.887	09:04:18.244	00:33:19.357	10:45	49	M	Kernersville
10	631	Phipps, John	08:30:24.616	09:05:46.382	00:35:21.766	11:24	46	M	Winston
MALE 50-54 IN DIVISION 5K									
1	616	McLean, Tom	08:30:04.919	08:49:52.690	00:19:47.771	6:23	50	M	Winston
2	590	Ellis, Brent	08:30:01.485	08:53:35.884	00:23:34.399	7:36	51	M	Mocksville
3	328	Bendig, Michael	08:30:11.438	08:54:49.000	00:24:37.562	7:56	50	M	Clemmons
4	348	Ciaccia, John	08:30:07.058	08:56:24.778	00:26:17.720	8:29	52	M	Pfafftown
5	396	Granger, Mike	08:30:21.830	08:58:24.039	00:28:02.209	9:03	52	M	Winston Salem
6	505	Roberts, Brian	08:30:13.564	09:00:48.416	00:30:34.852	9:52	53	M	Winston Salem
MALE 55-59 IN DIVISION 5K									
1	447	Lineberger, Jim	08:30:03.447	08:52:05.667	00:22:02.220	7:06	57	M	Winston-Salem
2	351	Clark, Chris	08:30:01.675	08:53:28.902	00:23:27.227	7:34	57	M	Winston Salem
3	539	Trescott, Bart	08:30:01.485	08:54:57.363	00:24:55.878	8:02	56	M	Kernersville
4	599	Allen, Bill	08:30:14.294	08:55:24.859	00:25:10.565	8:07	56	M	Clemmons
5	337	Boger, Randy	08:30:01.485	08:55:19.955	00:25:18.470	8:10	56	M	Rural Hall
6	594	Olson, Jim	08:30:04.594	08:57:16.831	00:27:12.237	8:46	57	M	Winston
7	562	Triplett, Dana	08:30:31.677	08:58:57.123	00:28:25.446	9:10	59	M	Winston
8	584	Shore, Ken	08:30:23.016	08:59:51.879	00:29:28.863	9:30	55	M	Winston
9	308	Anderson, William	08:30:46.184	09:00:17.089	00:29:30.905	9:31	57	M	Charlotte

10	410	Havrilla, Mike	08:30:32.761	09:08:14.959	00:37:42.198	12:10	59	M	Cedar Park
11	534	Thomas, Tom	08:31:04.900	09:34:18.424	01:03:13.524	20:24	59	M	Winston Salem
MALE 60-64 IN DIVISION 5K									
1	553	Williams, J.	08:30:02.641	08:51:59.891	00:21:57.250	7:05	60	M	Clemmons
2	334	Billman, Ken	08:30:01.485	08:54:16.061	00:24:14.576	7:49	60	M	Winston Salem
3	461	McClung, Philip	08:30:05.569	09:01:22.494	00:31:16.925	10:05	62	M	Winston Salem
4	430	Jones, Ed	08:30:01.485	09:03:28.034	00:33:26.549	10:47	63	M	Lewisville
MALE 65 + IN DIVISION 5K									
1	441	Krueger, Charles	08:30:10.316	08:57:09.715	00:26:59.399	8:42	67	M	Winston Salem
2	588	Ragland, George	08:30:10.866	08:59:44.576	00:29:33.710	9:32	70	M	Winston
3	435	Kimberly, George	08:30:47.419	09:10:14.882	00:39:27.463	12:44	81	M	Mocksville
4	449	Long, Jerry	08:30:32.316	09:11:05.133	00:40:32.817	13:05	69	M	Winston Salem
5	421	Howard Jr., Edwin	08:30:22.126	09:15:03.883	00:44:41.757	14:25	70	M	Winston Salem
6	321	Bealle, Burnitt	08:30:48.358	09:33:29.926	01:02:41.568	20:13	77	M	Winston-Salem
FEMALE 12 AND UNDER IN DIVISION 5K									
1	614	Deitz, Grace	08:30:13.643	08:56:48.029	00:26:34.386	8:34	8	F	Lewisville
2	419	Holton, Nina	08:30:06.940	08:58:11.033	00:28:04.093	9:03	8	F	Winston Salem
3	608	Myers, Meredith	08:30:03.995	08:59:22.952	00:29:18.957	9:27	10	F	Clemmons
4	604	Rhodes, Amelia	08:30:26.746	09:00:25.379	00:29:58.633	9:40	12	F	Winston

5	565	Milner, Rosabelle	08:30:26.592	09:00:25.766	00:29:59.174	9:40	11	F	Winston
6	573	Love, Sydney	08:30:43.049	09:00:51.666	00:30:08.617	9:43	12	F	Advance
7	392	Giles, Lillian	08:30:19.069	09:02:03.381	00:31:44.312	10:14	12	F	Winston Salem
8	399	Gurley, Sidney	08:30:10.831	09:03:16.843	00:33:06.012	10:41	9	F	Winston Salem
9	486	Petty, Hannah	08:30:44.258	09:04:10.086	00:33:25.828	10:47	10	F	Winston Salem
10	400	Gurley, Alivia	08:30:11.832	09:03:44.429	00:33:32.597	10:49	8	F	Winston Salem
11	402	Gurley, Kendall	08:30:12.147	09:06:56.988	00:36:44.841	11:51	6	F	Winston Salem
12	542	Trollinger, Sara Kent	08:30:46.474	09:14:31.272	00:43:44.798	14:06	11	F	Winston Salem
FEMALE 13-19 IN DIVISION 5K									
1	619	Morgan, Molly	08:30:41.758	08:57:13.175	00:26:31.417	8:33	17	F	Clemmons
2	595	Olson, Liz	08:30:04.353	08:57:16.809	00:27:12.456	8:46	19	F	Winston
3	624	O'Brien, Hannah	08:30:41.073	08:59:26.384	00:28:45.311	9:16	13	F	Winston
4	479	Ortiz, Tess	08:30:33.458	09:02:51.043	00:32:17.585	10:25	19	F	Winston-Salem
5	540	Trollinger, Abbie	08:30:35.123	09:03:19.067	00:32:43.944	10:33	13	F	Winston Salem
6	548	Weaver, Margaret	08:30:34.792	09:03:19.126	00:32:44.334	10:34	13	F	Winston Salem
7	330	Bendig, Erin	08:30:12.677	09:06:00.796	00:35:48.119	11:33	15	F	Clemmons
8	426	Jeffers, Ruth	08:30:34.777	09:06:26.155	00:35:51.378	11:34	13	F	Winston Salem
9	306	Alexander, Katie	08:30:34.837	09:06:40.482	00:36:05.645	11:38	13	F	Winston Salem
10	485	Petty, Grace	08:30:01.485	09:08:05.688	00:38:04.203	12:17	14	F	Winston Salem
11	622	Roche, Kalila	08:30:06.452	09:20:55.239	00:50:48.787	16:23	13	F	Winston
FEMALE 20-24 IN DIVISION 5K									

1	1102	Calhoun, Laura	08:30:01.485	08:55:14.002	00:25:12.517	8:08	23	F	Winston
2	579	Battle, Lindley	08:30:45.097	08:56:16.110	00:25:31.013	8:14	22	F	Winston
3	618	Morgan, Madeline	08:30:41.770	08:57:13.460	00:26:31.690	8:33	23	F	Indian Trail
4	547	Ward, Abigail	08:30:33.858	08:57:54.539	00:27:20.681	8:49	21	F	Clemmons
5	397	Granger, Hannah	08:30:22.139	08:58:08.798	00:27:46.659	8:57	22	F	Winston Salem
6	472	Murphy-Renzi, Erika	08:30:01.485	08:59:33.620	00:29:32.135	9:32	23	F	Winston-Salem
7	440	Kopkin, Danielle	08:30:09.112	09:00:22.277	00:30:13.165	9:45	24	F	Winston-Salem
8	315	Barker, Kendra	08:30:17.860	09:01:17.930	00:31:00.070	10:00	24	F	Lexington
9	376	Euliss, Emily	08:30:17.327	09:03:50.503	00:33:33.176	10:49	20	F	Winston Salem
10	620	Long, AnnMarie	08:30:31.956	09:05:29.102	00:34:57.146	11:16	23	F	Winston
11	339	Braverman, Alexandra	08:30:17.236	09:11:28.897	00:41:11.661	13:17	24	F	Winston-Salem
12	522	Stierwald, Aurora	08:31:05.934	09:28:40.645	00:57:34.711	18:34	24	F	Harvey
13	478	O'Neill, Juliana	08:31:04.985	09:28:40.627	00:57:35.642	18:35	24	F	Winston-Salem
FEMALE 25-29 IN DIVISION 5K									
1	415	Holden, Kara	08:30:01.485	08:51:37.892	00:21:36.407	6:58	27	F	Winston-Salem
2	557	Yates, Christie	08:30:09.663	08:55:55.227	00:25:45.564	8:18	26	F	Winston-Salem
3	387	Garcia, Rebekah	08:30:17.634	08:56:42.765	00:26:25.131	8:31	26	F	Winston Salem
4	568	Lineback, Kelly	08:30:45.055	08:58:49.585	00:28:04.530	9:03	26	F	High Point
5	356	Corbin, Jaala	08:30:40.597	08:59:12.786	00:28:32.189	9:12	29	F	High Point
6	369	Dias, Jodi	08:30:19.419	08:58:58.722	00:28:39.303	9:15	26	F	Winston-Salem
7	615	Moore, Elizabeth	08:30:13.602	08:59:04.719	00:28:51.117	9:18	28	F	Greensboro

8	629	Williford, Katherine	08:30:25.620	09:00:18.443	00:29:52.823	9:38	25	F	Winston
9	537	Tippette, Mary-Elizabeth	08:30:35.513	09:00:50.966	00:30:15.453	9:45	29	F	Winston Salem
10	605	Greenleaf, Victoria	08:30:01.485	09:02:06.258	00:32:04.773	10:21	28	F	Lewisville
11	489	Phillips, Sara	08:30:41.959	09:05:34.691	00:34:52.732	11:15	27	F	Winston Salem
12	591	Welch, Annie	08:30:45.649	09:06:08.435	00:35:22.786	11:25	28	F	Winston
13	496	Rafalko, Heather	08:30:40.915	09:06:58.582	00:36:17.667	11:42	29	F	Winston Salem
14	322	Beam, Kortney	08:30:22.458	09:06:48.874	00:36:26.416	11:45	26	F	Advance
15	420	Hout, Lauren	08:30:24.294	09:09:31.626	00:39:07.332	12:37	28	F	Winston Salem
16	460	McBride, Molly	08:30:45.071	09:10:38.150	00:39:53.079	12:52	27	F	Winston Salem
17	577	Gatto, Amy	08:30:25.883	09:10:35.649	00:40:09.766	12:57	26	F	Winston
18	532	Tello, Jennifer	08:30:17.424	09:11:29.067	00:41:11.643	13:17	26	F	Winston-Salem
19	381	Faughnan, Christina	08:30:49.985	09:35:01.109	01:04:11.124	20:42	26	F	Winston Salem
FEMALE 30-34 IN DIVISION 5K									
1	632	Pfeiffer, Erin	08:30:03.628	08:51:27.269	00:21:23.641	6:54	30	F	Winston
2	552	Williams, Leslie	08:30:03.619	08:51:47.836	00:21:44.217	7:01	30	F	Winston-Salem
3	589	Ellis, Lucia	08:30:02.184	08:52:11.973	00:22:09.789	7:09	33	F	Mocksville
4	492	Piersol, Charley-Anne	08:30:02.223	08:53:48.873	00:23:46.650	7:40	33	F	Winston Salem
5	569	Anderson, Karson	08:30:07.221	08:54:45.834	00:24:38.613	7:57	32	F	Winston
6	503	Ritter, Jasmine	08:30:05.349	08:55:05.205	00:24:59.856	8:04	32	F	Winston-Salem
7	445	Layton, Jennifer	08:30:07.681	08:56:34.828	00:26:27.147	8:32	33	F	Winston Salem

8	463	McGeachey, Jaime	08:30:39.953	08:57:23.626	00:26:43.673	8:37	30	F	Winston-Salem
9	567	McIven, Kaelyn	08:30:17.870	08:57:15.701	00:26:57.831	8:42	30	F	Winston
10	408	Harris, Laura	08:30:31.509	08:57:43.119	00:27:11.610	8:46	34	F	Kernersville
11	391	Gerstmyer, Mary	08:30:29.876	08:59:12.968	00:28:43.092	9:16	32	F	Winston-Salem
12	342	Butler, Kelly	08:30:29.836	08:59:29.760	00:28:59.924	9:21	32	F	Winston-Salem
13	582	Smith, Melinda	08:30:17.918	09:00:13.687	00:29:55.769	9:39	32	F	Winston
14	362	Dawson, Rebecca	08:30:39.740	09:00:53.917	00:30:14.177	9:45	33	F	Winston Salem
15	473	Myer, Rebecca	08:30:25.082	09:02:18.544	00:31:53.462	10:17	34	F	Clemmons
16	432	Kennedy, Megan	08:30:59.195	09:04:10.988	00:33:11.793	10:42	30	F	Greensboro
17	354	Coffman, Ginger	08:30:40.124	09:05:21.289	00:34:41.165	11:11	31	F	High Point
18	617	Long, Meredith	08:30:31.959	09:05:28.894	00:34:56.935	11:16	31	F	Winston
19	556	wood, amanda	08:30:57.516	09:08:25.658	00:37:28.142	12:05	34	F	winston salem
20	383	FRALEY, AUDEY	08:30:42.889	09:08:55.659	00:38:12.770	12:19	34	F	Salisbury
21	585	Callahan, Kate	08:30:53.812	09:09:26.919	00:38:33.107	12:26	34	F	Winston
22	469	Miller, Jessie Lee	08:30:59.553	09:21:50.782	00:50:51.229	16:24	30	F	Winston Salem
23	517	Smith, Dorothy	08:31:00.491	09:29:37.119	00:58:36.628	18:54	32	F	High Point
FEMALE 35-39 IN DIVISION 5K									
1	443	Kwasny, Christy	08:30:27.707	08:57:49.853	00:27:22.146	8:50	38	F	Winston Salem
2	380	Farmer, Tracie	08:30:15.956	09:01:05.179	00:30:49.223	9:56	37	F	Winston Salem
3	431	Kelly, Angela	08:30:31.151	09:02:38.708	00:32:07.557	10:22	39	F	Kernersville
4	313	Bare, Miranda	08:30:29.380	09:03:12.697	00:32:43.317	10:33	36	F	Woodleaf
5	355	Cogdill, Lori	08:30:19.877	09:03:35.085	00:33:15.208	10:44	37	F	Pfafftown

6	476	Nichols, Julie	08:30:18.325	09:03:42.332	00:33:24.007	10:46	37	F	Winston-Salem
7	401	Gurley, Beth	08:30:12.233	09:03:46.746	00:33:34.513	10:50	36	F	Winston Salem
8	302	Abad-Mancheno, Cynthia	08:30:24.194	09:04:16.712	00:33:52.518	10:55	35	F	Greensboro
9	395	Gort, Karla	08:30:32.221	09:04:27.963	00:33:55.742	10:56	35	F	Winston-Salem
10	501	Richards on, Melinda	08:30:01.485	09:06:03.209	00:36:01.724	11:37	38	F	Mooresville
11	504	Roberson, shawn	08:31:53.904	09:08:10.158	00:36:16.254	11:42	37	F	Winston-Salem
12	413	Hines-Gaither, Krishauna	08:30:23.295	09:06:47.598	00:36:24.303	11:45	36	F	Winston Salem
13	416	Holmes, Meredith	08:30:59.341	09:08:35.843	00:37:36.502	12:08	35	F	Kernersville
14	398	GREENE, TARA	08:30:42.581	09:08:47.663	00:38:05.082	12:17	38	F	SALISBURY
15	341	Brown, Jennifer	08:30:36.199	09:09:11.482	00:38:35.283	12:27	37	F	Winston Salem
16	374	Ernest, Achlai	08:30:24.031	09:09:31.348	00:39:07.317	12:37	35	F	Winston-Salem
17	549	Weston, Lakesha	08:30:22.701	09:10:34.740	00:40:12.039	12:58	37	F	Winston Salem
18	457	Martin, Laura	08:30:51.660	09:15:04.345	00:44:12.685	14:15	37	F	Winston Salem
19	495	Pubantz, Lisa	08:30:01.485	09:33:24.176	01:03:22.691	20:26	36	F	Winston-Salem
FEMALE 40-44 IN DIVISION 5K									
1	602	Foster, Laura	08:30:02.697	08:53:08.461	00:23:05.764	7:27	43	F	Lewisville
2	407	Harris, Kelly	08:30:02.159	08:53:48.623	00:23:46.464	7:40	44	F	Winston Salem
3	494	Pope, Lanie	08:30:03.126	08:54:06.327	00:24:03.201	7:45	43	F	Winston Salem
4	424	Ingram, Kari	08:30:05.862	08:56:27.193	00:26:21.331	8:30	41	F	Winston Salem
5	600	Ryan, Jenny	08:30:18.618	08:57:54.637	00:27:36.019	8:54	41	F	Winston
6	566	Bodin, Sarah	08:30:07.558	08:58:09.517	00:28:01.959	9:02	44	F	Winston

7	418	Holton, Natalie	08:30:06.937	08:58:12.634	00:28:05.697	9:04	42	F	Winston Salem
8	344	Carlan, Virginia	08:30:43.735	08:59:19.758	00:28:36.023	9:14	44	F	Winston-Salem
9	561	Bost, Erica	08:30:35.418	09:00:41.992	00:30:06.574	9:43	40	F	Advance
10	456	marlowe, jamie	08:30:28.662	09:02:14.012	00:31:45.350	10:15	43	F	winston-salem
11	481	Patterson, Robin	08:30:56.265	09:03:04.650	00:32:08.385	10:22	43	F	Winston-Salem
12	368	Delmonico, Laura	08:30:06.667	09:02:43.257	00:32:36.590	10:31	41	F	Winston Salem
13	477	Nolan, Athia	08:30:30.984	09:03:45.177	00:33:14.193	10:43	43	F	Winston Salem
14	587	Sparrow, Meredith	08:30:20.558	09:03:34.845	00:33:14.287	10:43	43	F	Kernersville
15	466	Meyers, Julie	08:30:36.084	09:04:11.999	00:33:35.915	10:50	41	F	Winston-Salem
16	564	Boylan, Meredith	08:30:35.533	09:04:18.284	00:33:42.751	10:52	42	F	Winston
17	601	Hill, Tamara	08:30:39.465	09:06:26.543	00:35:47.078	11:33	40	F	Winston
18	307	Altman, Sherri	08:30:15.563	09:06:03.426	00:35:47.863	11:33	42	F	Winston Salem
19	326	Beckett, Jenny	08:30:44.476	09:06:35.496	00:35:51.020	11:34	44	F	Greensboro
20	571	Love, Erin	08:30:44.684	09:07:40.658	00:36:55.974	11:55	44	F	Advance
21	363	De Jesus, Dianne	08:31:06.405	09:08:18.427	00:37:12.022	12:00	42	F	Clemmons
22	464	Medina, Teri	08:30:29.377	09:10:07.782	00:39:38.405	12:47	42	F	Fayetteville
23	427	Jessup, Amy	08:30:04.865	09:10:10.826	00:40:05.961	12:56	43	F	Pilot Mtn.
24	528	Streit, Traci	08:30:39.078	09:11:00.711	00:40:21.633	13:01	40	F	Pfafftown
25	513	Shihabi, Amy	08:30:16.180	09:13:17.630	00:43:01.450	13:53	42	F	Winston Salem
26	536	Thompson, Tamara	08:30:41.514	09:16:59.069	00:46:17.555	14:56	40	F	Winston-Salem
FEMALE 45-49 IN DIVISION 5K									
1	471	Moser, Ida	08:30:30.677	08:57:11.589	00:26:40.912	8:36	48	F	Clemmons

2	305	Alexander, Rebecca	08:30:18.610	08:57:54.786	00:27:36.176	8:54	46	F	Winston Salem
3	405	Hanson, Debra	08:30:08.785	08:59:40.003	00:29:31.218	9:31	49	F	Winston Salem
4	546	Ward, Jennifer	08:30:33.918	09:01:08.445	00:30:34.527	9:52	48	F	Clemmons
5	377	Everhart, Jennifer	08:30:18.285	09:01:51.464	00:31:33.179	10:11	46	F	Lexington
6	452	Lyerly, Jane	08:30:01.485	09:03:43.132	00:33:41.647	10:52	49	F	Clemmons
7	358	Daugherty, Karen	08:30:30.454	09:04:31.515	00:34:01.061	10:58	46	F	Mocksville
8	467	Miller, Patsy	08:30:27.950	09:05:10.813	00:34:42.863	11:12	46	F	Winston-Salem
9	516	Smith, Linda	08:30:06.460	09:04:52.065	00:34:45.605	11:13	47	F	Winston-Salem
10	490	Phipps, Melissa	08:30:24.678	09:05:46.150	00:35:21.472	11:24	46	F	Winston-Salem
11	317	Baron, Liza	08:30:49.302	09:06:45.466	00:35:56.164	11:35	48	F	Kernersville
12	393	Glunt, Lisa	08:30:21.660	09:09:05.918	00:38:44.258	12:30	47	F	Winston Salem
13	607	Lindstrom, Carla	08:30:38.262	09:09:49.961	00:39:11.699	12:38	46	F	Winston
14	558	Hinson, Jennifer	08:30:01.485	09:13:25.997	00:43:24.512	14:00	49	F	Winston
15	525	Stone, Paula	08:30:04.439	09:17:11.298	00:47:06.859	15:12	45	F	Westfield
16	511	Sexton, Susan	08:30:03.112	09:18:55.160	00:48:52.048	15:46	46	F	Winston Salem
17	390	Gentry, Tracy	08:30:05.904	09:29:34.878	00:59:28.974	19:11	45	F	Winston Salem
FEMALE 50-54 IN DIVISION 5K									
1	343	Cain, Carol	08:30:07.613	08:55:37.847	00:25:30.234	8:14	51	F	Winston Salem
2	628	deGuzman, Susan	08:30:05.681	08:56:47.439	00:26:41.758	8:36	52	F	Winston
3	385	Frye, Connie	08:30:06.245	08:57:27.522	00:27:21.277	8:49	54	F	Winston Salem
4	332	Bennett, Patti	08:30:37.932	08:58:42.045	00:28:04.113	9:03	52	F	Walnut Cove
5	491	Piekarski, Virginia	08:30:03.674	08:58:58.017	00:28:54.343	9:19	50	F	winston-Salem

6	625	O'Brien, Karen	08:30:40.572	08:59:38.392	00:28:57.820	9:20	50	F	Winston
7	597	Bozeman, Liz	08:30:45.622	09:01:48.461	00:31:02.839	10:01	52	F	Winston
8	520	Spoon, Christine	08:30:24.440	09:02:27.570	00:32:03.130	10:20	50	F	Winston Salem
9	446	Lilly, Linda	08:30:05.638	09:05:34.200	00:35:28.562	11:26	54	F	Pfafftown
10	331	Bendig, Patricia	08:30:12.983	09:06:03.293	00:35:50.310	11:34	50	F	Clemmons
11	304	Adams, Melanie	08:30:26.912	09:09:37.745	00:39:10.833	12:38	54	F	Winston Salem
12	570	Whitaker, Lauren	08:30:09.425	09:14:47.508	00:44:38.083	14:24	54	F	Winston
13	576	Shirler, Ivie	08:30:27.413	09:21:08.735	00:50:41.322	16:21	51	F	Winston
14	455	Marcey, Michelle	08:30:55.412	09:31:42.903	01:00:47.491	19:36	52	F	Winston Salem
15	425	Jeffers, Amy	08:30:55.199	09:31:42.899	01:00:47.700	19:36	50	F	Winston Salem
16	320	Bealle, Elizabeth	08:30:47.845	09:33:26.372	01:02:38.527	20:12	50	F	Winston-Salem
FEMALE 55-59 IN DIVISION 5K									
1	596	Davis, Becky	08:30:10.416	08:56:32.314	00:26:21.898	8:30	58	F	Winston
2	345	Chamel, Piper	08:30:06.488	08:57:46.066	00:27:39.578	8:55	57	F	Winston Salem
3	422	Hunter, Debbie	08:30:09.907	08:57:55.372	00:27:45.465	8:57	57	F	Winston Salem
4	560	Clark, Deborah	08:30:01.485	09:02:14.150	00:32:12.665	10:23	58	F	Winston
5	454	Mangus, Paula	08:30:52.579	09:03:50.704	00:32:58.125	10:38	57	F	Roanoke
6	500	Renegar, Susan	08:30:28.256	09:04:25.556	00:33:57.300	10:57	56	F	winston Salem
7	499	Raymond, Donna	08:30:11.503	09:09:31.249	00:39:19.746	12:41	55	F	Lewisville
8	318	Barron, Brenda	08:30:39.539	09:10:58.841	00:40:19.302	13:00	58	F	Winston-Salem
9	563	Devlin, Maryann	08:30:49.221	09:16:10.149	00:45:20.928	14:37	57	F	Winston
10	433	Key, Cheryl	08:30:55.491	09:31:48.739	01:00:53.248	19:38	56	F	Lewisville

FEMALE 60-64 IN DIVISION 5K									
1	575	Buttner, Holly	08:30:03.219	08:59:54.026	00:29:50.807	9:37	60	F	Winston
2	453	Lynch, Annette	08:30:13.265	09:02:01.181	00:31:47.916	10:15	60	F	Winston-Salem
3	439	Knight, Donna	08:30:17.036	09:03:11.900	00:32:54.864	10:37	62	F	Walnut Cove
4	483	Peterson, Kathi	08:30:30.388	09:03:56.840	00:33:26.452	10:47	61	F	Salisbury
5	428	Jenkins, Rebecca	08:30:05.074	09:04:17.010	00:34:11.936	11:02	63	F	Mocksville
6	316	Barnes, Lorie	08:30:37.231	09:05:56.798	00:35:19.567	11:24	61	F	Winston Salem
7	508	Schwartz, Sheryl	08:30:48.052	09:18:14.124	00:47:26.072	15:18	60	F	Winston Salem
8	462	McClurkin, Janice	08:30:03.174	09:18:57.384	00:48:54.210	15:46	60	F	Winston Salem
FEMALE 65+ IN DIVISION 5K									
1	544	Vest-Arnold, Evelyn	08:30:33.390	09:03:20.201	00:32:46.811	10:34	74	F	Troy
2	523	Stoeber, Pat	08:30:30.707	09:09:53.132	00:39:22.425	12:42	74	F	Winston Salem
3	371	Edmonds, Nancy	08:30:40.548	09:20:14.025	00:49:33.477	15:59	71	F	Lexington
4	409	Hartzog, Patricia	08:30:40.334	09:20:14.035	00:49:33.701	15:59	68	F	Lexington