

Ardmore RAH 10K Overall Results

Position	Bib #	Name	Start	Finish	Total	Pace	Age	Gender	City
DIVISION: 10K									
1	1001	Pfruender, Justin	09:30:02.093	10:05:49.736	00:35:47.643	5:46	33	M	Winston Salem
2	1005	Aubuchon, Ryan	09:30:02.093	10:06:41.523	00:36:39.430	5:55	29	M	Winston Salem
3	1124	Arthur, Michael	09:30:02.093	10:09:11.925	00:39:09.832	6:19	26	M	Winston
4	1073	Rudnick, Paul	09:30:02.093	10:09:54.707	00:39:52.614	6:26	41	M	Winston Salem
5	1123	Williford, Patrick	09:30:02.093	10:11:54.993	00:41:52.900	6:45	18	M	Winston
6	1126	Wofford, Dorothy	09:30:02.093	10:12:02.261	00:42:00.168	6:46	30	F	Winston
7	1120	McLean, Tom	09:30:02.093	10:12:04.426	00:42:02.333	6:47	50	M	Winston
8	1009	Beamgard, Nathan	09:30:02.093	10:13:50.422	00:43:48.329	7:04	41	M	Hamptonville
9	1033	Friesen, Brad	09:30:02.093	10:16:03.743	00:46:01.650	7:25	36	M	Winston-Salem
10	1131	Banner, Claudia	09:30:02.093	10:16:21.433	00:46:19.340	7:28	42	F	Winston
11	1105	Lords, Joe	09:30:02.093	10:17:09.346	00:47:07.253	7:36	32	M	Asheville
12	1040	Gryder, Ben	09:30:02.093	10:17:09.595	00:47:07.502	7:36	17	M	Pfafftown
13	1084	Tennent, Matthew	09:30:02.093	10:17:12.851	00:47:10.758	7:36	29	M	Winston Salem
14	1089	Urban, Jillian	09:30:02.093	10:17:22.882	00:47:20.789	7:38	26	F	Winston Salem
15	1057	LINTNER, LAURA	09:30:02.093	10:17:33.228	00:47:31.135	7:40	29	F	WINSTON SALEM
16	1091	Wilbur, Peter	09:30:02.093	10:17:54.442	00:47:52.349	7:43	46	M	Winston-Salem
17	1067	Pardee, Timothy	09:30:02.093	10:17:55.176	00:47:53.083	7:43	43	M	Winston-Salem
18	1053	Kriesky, Rick	09:30:02.093	10:17:55.636	00:47:53.543	7:43	58	M	Lexington
19	1042	Haines, Nathan	09:30:02.093	10:18:34.117	00:48:32.024	7:50	29	M	Winston Salem
20	1077	Silkstone, Margaret	09:30:02.093	10:18:56.491	00:48:54.398	7:53	38	F	Winston Salem
21	1112	Keeley, Christine	09:30:02.093	10:18:56.773	00:48:54.680	7:53	40	F	Winston

22	1031	Foster, Laura	09:30:02.093	10:19:00.086	00:48:57.993	7:54	43	F	Lewisville
23	1115	Covas, Daniel	09:30:02.093	10:19:15.609	00:49:13.516	7:56	32	M	Winston
24	1114	Hill, Jason	09:30:02.093	10:19:39.544	00:49:37.451	8:00	43	M	Winston
25	1109	Johnson, Arthur	09:30:02.093	10:19:46.613	00:49:44.520	8:01	47	M	Winston
26	1100	Angle, Steven	09:30:02.093	10:19:56.383	00:49:54.290	8:03	53	M	Winston
27	1051	Johnson, Kerry	09:30:02.093	10:19:56.752	00:49:54.659	8:03	45	M	Winston Salem
28	1108	Howerton, Terry	09:30:02.093	10:20:11.290	00:50:09.197	8:05	48	M	Winston
29	1060	McEvoy, Morgan	09:30:02.093	10:20:17.607	00:50:15.514	8:06	30	F	Winston Salem
30	1107	Sayers, Julie	09:30:02.093	10:20:24.847	00:50:22.754	8:07	41	F	Winston
31	1110	Medford, KB	09:30:02.093	10:20:31.781	00:50:29.688	8:09	60	F	Winston
32	1083	Telford, W.	09:30:02.093	10:20:35.658	00:50:33.565	8:09	56	M	Clemmons
33	1103	Bryant, Michael	09:30:02.093	10:20:37.838	00:50:35.745	8:10	38	M	Clemmons
34	1066	Page, Brandi	09:30:02.093	10:20:44.043	00:50:41.950	8:10	35	F	Winston Salem
35	1045	Harris, Kelly	09:30:02.093	10:20:49.197	00:50:47.104	8:11	44	F	Winston Salem
36	1049	Holmes, Michael	09:30:02.093	10:21:42.016	00:51:39.923	8:20	38	M	Winston Salem
37	1069	Perschy, Katherine	09:30:02.093	10:21:42.242	00:51:40.149	8:20	34	F	Winston Salem
38	1074	Rudnicke, Stefanie	09:30:02.093	10:21:47.908	00:51:45.815	8:21	37	F	Winston Salem
39	1054	Landis, Kaela	09:30:02.093	10:21:48.118	00:51:46.025	8:21	22	F	Winston-Salem
40	1096	Yoon, Emily	09:30:02.093	10:21:50.859	00:51:48.766	8:21	30	F	Winston Salem
41	1099	Troyer, Bob	09:30:02.093	10:21:59.946	00:51:57.853	8:23	53	M	Alliance
42	1027	Eckenrode, Madeline	09:30:02.093	10:22:36.869	00:52:34.776	8:29	24	F	Winston-Salem
43	1129	Alexander, Cantey	09:30:02.093	10:22:54.396	00:52:52.303	8:32	49	M	Winston
44	1076	Seibert, David	09:30:02.093	10:23:05.755	00:53:03.662	8:33	50	M	Winston Salem

45	1082	Tanner, Nikki	09:30:02.093	10:23:12.692	00:53:10.599	8:35	41	F	Winston Salem
46	1013	Browsers, Michaelle	09:30:02.093	10:23:18.083	00:53:15.990	8:35	45	F	Winston-Salem
47	1014	Butler, Michael	09:30:02.093	10:23:35.054	00:53:32.961	8:38	33	M	Winston-Salem
48	1068	Paynter, Becky	09:30:02.093	10:23:35.262	00:53:33.169	8:38	34	F	Winston-Salem
49	1087	Tobin, David	09:30:02.093	10:23:52.645	00:53:50.552	8:41	18	M	Lewisville
50	1094	Wray, MacKenzie	09:30:02.093	10:23:53.977	00:53:51.884	8:41	14	F	Winston-Salem
51	1093	Wray, Margaret	09:30:02.093	10:23:54.006	00:53:51.913	8:41	45	F	Winston-Salem
52	1017	Culler, Sheri	09:30:02.093	10:23:59.389	00:53:57.296	8:42	33	F	Winston-Salem
53	1090	Verner, Stacy	09:30:02.093	10:24:15.890	00:54:13.797	8:45	41	F	Winston Salem
54	1062	McKenzie, Mike	09:30:02.093	10:24:40.966	00:54:38.873	8:49	36	M	Winston Salem
55	1063	McKenzie, Laura	09:30:02.093	10:24:41.026	00:54:38.933	8:49	34	F	winston Salem
56	1058	Lowder, Jon	09:30:02.093	10:24:53.335	00:54:51.242	8:51	47	M	Lewisville
57	1061	McEvoy, William	09:30:02.093	10:24:55.573	00:54:53.480	8:51	33	M	Winston-Salem
58	1020	Dawson, Nicholas	09:30:02.093	10:24:57.721	00:54:55.628	8:51	32	M	Winston Salem
59	1021	Dawson, Rebecca	09:30:02.093	10:24:57.752	00:54:55.659	8:51	33	F	Winston Salem
60	1046	Harvey, Quincy	09:30:02.093	10:25:05.982	00:55:03.889	8:53	39	M	Clemmons
61	1113	Ryan, Jenny	09:30:02.093	10:25:51.628	00:55:49.535	9:00	41	F	Winston
62	1002	Alexander, Rebecca	09:30:02.093	10:25:51.918	00:55:49.825	9:00	46	F	Winston Salem
63	1097	Jeffers, Charis	09:30:02.093	10:26:07.499	00:56:05.406	9:03	21	F	Winston
64	1018	Curley, John	09:30:02.093	10:26:14.653	00:56:12.560	9:04	38	M	Winston Salem
65	1065	O'Neill, Morna	09:30:02.093	10:26:14.720	00:56:12.627	9:04	37	F	Winston Salem
66	1111	Scott, Bryan	09:30:02.093	10:26:49.396	00:56:47.303	9:10	34	M	Winston
67	1029	Felkel, Nicole	09:30:02.093	10:26:55.986	00:56:53.893	9:10	29	F	Winston-Salem

68	1019	Davis, Tara	09:30:02.093	10:27:30.182	00:57:28.089	9:16	26	F	Winston Salem
69	1008	Bartlett, Wendy	09:30:02.093	10:27:41.284	00:57:39.191	9:18	38	F	Winston-Salem
70	1127	Pritchard, Scott	09:30:02.093	10:27:50.272	00:57:48.179	9:19	51	M	Winston
71	1026	Easterling, Sarah	09:30:02.093	10:27:59.819	00:57:57.726	9:21	34	F	Winston-Salem
72	1071	Pruett, Kimberly	09:30:02.093	10:28:43.571	00:58:41.478	9:28	26	F	Winston-Salem
73	1006	Aubuchon, Kate	09:30:02.093	10:29:03.890	00:59:01.797	9:31	28	F	Winston Salem
74	1092	Wittenberg, Annie	09:30:02.093	10:29:05.034	00:59:02.941	9:31	19	F	WINSTON-SALEM
75	1028	Fathullahzadeh, Parissa	09:30:02.093	10:29:05.493	00:59:03.400	9:31	20	F	Raleigh
76	1022	Dean, Lauren	09:30:02.093	10:29:11.280	00:59:09.187	9:32	29	F	Winston Salem
77	1118	Anderson, Matt	09:30:02.093	10:29:19.471	00:59:17.378	9:34	40	M	Atlanta
78	1010	Blackman, Julie	09:30:02.093	10:29:22.692	00:59:20.599	9:34	40	F	Winston-Salem
79	1070	Poole, Dawn	09:30:02.093	10:29:22.700	00:59:20.607	9:34	50	F	Lexington
80	1122	Williford, Michael	09:30:02.093	10:29:29.626	00:59:27.533	9:35	25	M	Winston
81	1125	Arthur, Lisa	09:30:02.093	10:29:30.107	00:59:28.014	9:35	26	F	Winston
82	1064	Moser, Lisa	09:30:02.093	10:29:59.266	00:59:57.173	9:40	48	F	Clemmons
83	1081	Strauss-Cohn, Marsha	09:30:02.093	10:30:11.990	01:00:09.897	9:42	46	F	Winston Salem
84	1038	Grenough, Kathi	09:30:02.093	10:30:31.061	01:00:28.968	9:45	44	F	Winston Salem
85	1117	Lyday, Robert	09:30:02.093	10:30:51.267	01:00:49.174	9:49	25	M	Winston
86	1116	Lyday, Jennifer	09:30:02.093	10:30:53.808	01:00:51.715	9:49	30	F	Mocksville
87	1050	Huie, Michael	09:30:02.093	10:31:11.750	01:01:09.657	9:52	51	M	Winston-Salem
88	1011	Bohon, Darlene	09:30:02.093	10:31:31.782	01:01:29.689	9:55	55	F	Lewisville
89	1039	Griffin, Jacqueline	09:30:02.093	10:31:35.152	01:01:33.059	9:56	43	F	Pfafftown

90	1004	arrington, carol	09:30:02. 093	10:31:40. 178	01:01:38. 085	9:56	52	F	pfafftown
91	1059	Maker, Dawn	09:30:02. 093	10:31:48. 151	01:01:46. 058	9:58	30	F	Winston- Salem
92	1078	Smith, Vivian	09:30:02. 093	10:32:08. 023	01:02:05. 930	10:01	56	F	Winston- Salem
93	1072	Raffaldini, Jay	09:30:02. 093	10:32:11. 611	01:02:09. 518	10:01	52	M	Winston- Salem
94	1025	Doss, Amanda	09:30:02. 093	10:32:33. 055	01:02:30. 962	10:05	42	F	Winston- Salem
95	1128	Alexander, r, Leslie	09:30:02. 093	10:33:13. 355	01:03:11. 262	10:11	44	F	Winston
96	1106	Maloney, Jim	09:30:02. 093	10:34:00. 410	01:03:58. 317	10:19	46	M	Winston
97	1075	Russillo, Sheila	09:30:02. 093	10:34:09. 283	01:04:07. 190	10:20	47	F	High Point
98	1095	Yarbrough, h, Brian	09:30:02. 093	10:34:29. 874	01:04:27. 781	10:24	33	M	glade valley
99	1119	O'Neal, Josey	09:30:02. 093	10:34:32. 424	01:04:30. 331	10:24	33	F	Pfafftown
100	1048	Holmes, Heather	09:30:02. 093	10:35:43. 891	01:05:41. 798	10:36	39	F	Winston- Salem
101	1030	Finau, Gail	09:30:02. 093	10:36:21. 563	01:06:19. 470	10:42	55	F	Winston Salem
102	1041	Gryder, Kristine	09:30:02. 093	10:37:13. 075	01:07:10. 982	10:50	47	F	Pfafftown
103	1088	Trollinger, Deanne	09:30:02. 093	10:37:15. 144	01:07:13. 051	10:50	44	F	Winston Salem
104	1024	Dewar, Kristine	09:30:02. 093	10:37:26. 747	01:07:24. 654	10:52	50	F	Winston Salem
105	1003	Apgar, Irene	09:30:02. 093	10:37:58. 311	01:07:56. 218	10:57	40	F	Winston Salem
106	1016	Craft, Shannon	09:30:02. 093	10:38:21. 475	01:08:19. 382	11:01	47	F	Pfafftown
107	1101	Jackson, Trevor	09:30:02. 093	10:38:28. 770	01:08:26. 677	11:02	23	M	Clemmo ns
108	1121	Anderson, n, Jayme	09:30:02. 093	10:38:28. 780	01:08:26. 687	11:02	24	F	Winston
109	1080	Stokes, Jenny	09:30:02. 093	10:38:43. 919	01:08:41. 826	11:05	39	F	Raleigh
110	1015	Butt, Mohammad	09:30:02. 093	10:40:30. 692	01:10:28. 599	11:22	37	M	Winston Salem
111	1052	Jones, Charles	09:30:02. 093	10:40:38. 289	01:10:36. 196	11:23	33	M	Winston- Salem
112	1079	Stitt, Maureen	09:30:02. 093	10:41:03. 732	01:11:01. 639	11:27	49	F	Winston- Salem
113	1085	Thomas, Wanda	09:30:02. 093	10:43:40. 393	01:13:38. 300	11:53	59	F	Winston Salem

114	1056	Lee, Star	09:30:02.093	10:43:59.927	01:13:57.834	11:56	33	F	Winston-Salem
115	1035	Gentry, Diane	09:30:02.093	10:45:47.852	01:15:45.759	12:13	44	F	elkin
116	1037	GREENE, TARA	09:30:02.093	10:46:47.822	01:16:45.729	12:23	38	F	SALISBURY
117	1104	O'Agostino, Serena	09:30:02.093	10:46:50.675	01:16:48.582	12:23	21	F	Winston
118	1055	Law, Elizabeth	09:30:02.093	10:46:50.906	01:16:48.813	12:23	22	F	Winston-Salem
119	1047	Hogan, Elizabeth	09:30:02.093	10:46:51.011	01:16:48.918	12:23	22	F	Winston-Salem
120	1007	Ayer, Lisa	09:30:02.093	10:56:09.911	01:26:07.818	13:53	43	F	Winston-Salem
121	1032	FRALEY, AUDEY	09:30:02.093	10:56:28.410	01:26:26.317	13:56	34	F	Salisbury