

Beat the Heat 5K Results - Age Groups

Position	Bib #	Name	Start	Finish	Total	Pace	Age	Gender	Division	City
MALE 15 AND UNDER IN DIVISION 5K										
1	308	Herndon, Jackson	19:00:0 1.140	19:19:4 6.627	00:19:4 5.487	6:22	13	M	5K	Lexington
2	127	Barron, Connor	19:00:0 1.140	19:22:5 2.744	00:22:5 1.604	7:22	11	M	5K	Tobaccoville
3	499	Rudel, Mason	19:00:0 1.140	19:25:3 7.962	00:25:3 6.822	8:15	11	M	5K	Pfafftown
4	338	Johnson, Evan	19:00:0 1.140	19:26:1 6.030	00:26:1 4.890	8:28	12	M	5K	Winston Salem
5	498	Rudel, Connor	19:00:0 1.140	19:26:4 9.466	00:26:4 8.326	8:39	13	M	5K	Pfafftown
6	521	Sigmon, Aj	19:00:0 1.140	19:29:0 9.942	00:29:0 8.802	9:24	13	M	5K	Advance
7	44	Schneider, Colin	19:00:0 1.140	19:32:3 9.756	00:32:3 8.616	10:32	8	M	5K	Cary
8	325	Huff, William	19:00:0 1.140	19:34:1 0.006	00:34:0 8.866	11:01	11	M	5K	Kernersville
9	722	Banks, Joey	19:00:0 1.140	19:36:4 3.570	00:36:4 2.430	11:50	10	M	5K	Durham
10	517	Shearer, Ethan	19:00:0 1.140	19:36:5 9.458	00:36:5 8.318	11:55	8	M	5K	Kernersville
11	129	Barron, Parker	19:00:0 1.140	19:38:0 6.545	00:38:0 5.405	12:17	7	M	5K	Tobaccoville
12	672	Watkins, Nate	19:00:0 1.140	19:38:3 4.387	00:38:3 3.247	12:26	8	M	5K	Winston Salem
13	416	Mendoza, Rivaldo	19:00:0 1.140	19:40:3 6.828	00:40:3 5.688	13:05	12	M	5K	Winston Salem
14	347	Jones, Zeke	19:00:0 1.140	19:41:5 5.461	00:41:5 4.321	13:31	12	M	5K	Kernersville
15	133	Batten, Carter	19:00:0 1.140	19:43:0 3.641	00:43:0 2.501	13:53	10	M	5K	Kernersville
16	153	Bohlmann, Spencer	19:00:0 1.140	19:48:4 4.594	00:48:4 3.454	15:43	14	M	5K	Winston Salem
MALE 16-19 IN DIVISION 5K										
1	9	Boseman, Alex	19:00:0 1.140	19:16:3 2.194	00:16:3 1.054	5:20	18	M	5K	Raleigh

2	259	Fisher, Trey	19:00:0 1.140	19:16:3 5.655	00:16:3 4.515	5:21	19	M	5K	Forest
3	587	Watts, Daniel	19:00:0 1.140	19:16:5 6.386	00:16:5 5.246	5:27	15	M	5K	German ton
4	19	Freeman, Joel	19:00:0 1.140	19:17:2 5.552	00:17:2 4.412	5:37	17	M	5K	Greensb oro
5	287	Griffith, Michael	19:00:0 1.140	19:17:3 3.690	00:17:3 2.550	5:39	16	M	5K	Winston Salem
6	101	Ader, Spencer	19:00:0 1.140	19:17:5 3.105	00:17:5 1.965	5:45	16	M	5K	Winston Salem
7	513	Schneider, Matthew	19:00:0 1.140	19:18:1 9.762	00:18:1 8.622	5:54	16	M	5K	Iowa City
8	508	Sanger, Zach	19:00:0 1.140	19:18:2 8.536	00:18:2 7.396	5:57	16	M	5K	Greensb oro
9	109	Allen, Sidney	19:00:0 1.140	19:18:4 5.310	00:18:4 4.170	6:03	16	M	5K	Martinsv ille
10	688	Nichols, Jonathan	19:00:0 1.140	19:19:0 7.559	00:19:0 6.419	6:10	19	M	5K	Crumple r
11	354	Kilby, Will	19:00:0 1.140	19:19:4 2.047	00:19:4 0.907	6:21	17	M	5K	Yadkinv ille
12	527	Sisk, Noah	19:00:0 1.140	19:20:0 1.297	00:20:0 0.157	6:27	17	M	5K	Yadkinv ille
13	309	Herndon, Matt	19:00:0 1.140	19:20:4 1.106	00:20:3 9.966	6:40	15	M	5K	Lexingto n
14	356	Klamer, Ryan	19:00:0 1.140	19:21:4 7.164	00:21:4 6.024	7:01	19	M	5K	Winston Salem
15	404	McGuire, Tristan	19:00:0 1.140	19:22:3 5.890	00:22:3 4.750	7:17	16	M	5K	Winston Salem
16	273	Gallimore, Adam	19:00:0 1.140	19:23:5 7.678	00:23:5 6.538	7:43	15	M	5K	Advanc e
17	689	Yarbrough, Sean	19:00:0 1.140	19:23:5 8.196	00:23:5 7.056	7:44	15	M	5K	Winston Salem
18	528	Skillings, Zach	19:00:0 1.140	19:23:5 8.549	00:23:5 7.409	7:44	18	M	5K	Winston Salem
19	186	Caban Cubero, Jeremie	19:00:0 1.140	19:24:0 1.138	00:23:5 9.998	7:44	15	M	5K	Winston Salem
20	381	Lininger, Tyler	19:00:0 1.140	19:24:5 2.479	00:24:5 1.339	8:01	15	M	5K	Ashebor o
21	444	Ogden, Daniel	19:00:0 1.140	19:26:1 4.896	00:26:1 3.756	8:27	15	M	5K	Kerners ville
22	419	Miller, Ben	19:00:0 1.140	19:26:2 3.676	00:26:2 2.536	8:30	17	M	5K	Advanc e
23	473	Poole, Holden	19:00:0 1.140	19:27:0 9.451	00:27:0 8.311	8:45	17	M	5K	Advanc e

24	402	McGuire Jr, James	19:00:0 1.140	19:31:5 8.083	00:31:5 6.943	10:18	19	M	5K	Winston Salem
MALE 20-24 IN DIVISION 5K										
1	20	Graves, Griff	19:00:0 1.140	19:15:0 9.981	00:15:0 8.841	4:53	24	M	5K	Boone
2	107	Ali, Mike	19:00:0 1.140	19:15:5 3.301	00:15:5 2.161	5:07	24	M	5K	Raleigh
3	30	Kerr, Dan	19:00:0 1.140	19:16:0 8.993	00:16:0 7.853	5:12	24	M	5K	Winston Salem
4	340	Johnson, Steven	19:00:0 1.140	19:16:4 3.007	00:16:4 1.867	5:23	24	M	5K	Winston Salem
5	206	Cleland V, George	19:00:0 1.140	19:17:3 6.976	00:17:3 5.836	5:40	21	M	5K	Chapel Hill
6	349	Jordan, Charlie	19:00:0 1.140	19:26:1 9.567	00:26:1 8.427	8:29	23	M	5K	Winston Salem
7	334	Jaquez Jimenez, Jeffrey	19:00:0 1.140	19:27:5 0.245	00:27:4 9.105	8:58	21	M	5K	Mocksville
8	228	Devault, Brandon	19:00:0 1.140	19:33:4 2.957	00:33:4 1.817	10:52	23	M	5K	Winston Salem
9	486	Richardson, Benjamin	19:00:0 1.140	19:34:5 0.386	00:34:4 9.246	11:14	24	M	5K	Clemmons
10	250	Ellison, M	19:00:0 1.140	19:40:1 7.082	00:40:1 5.942	12:59	24	M	5K	Winston Salem
MALE 25-29 IN DIVISION 5K										
1	31	Keyserling, Kaleb	19:00:0 1.140	19:15:3 0.843	00:15:2 9.703	4:59	27	M	5K	Chapel Hill
2	50	Ware, Chad	19:00:0 1.140	19:15:3 3.556	00:15:3 2.416	5:01	29	M	5K	Raeford
3	25	Hoyal, Peyton	19:00:0 1.140	19:15:3 5.187	00:15:3 4.047	5:01	25	M	5K	Boone
4	2	Anderson, Stevven	19:00:0 1.140	19:15:4 4.097	00:15:4 2.957	5:04	29	M	5K	Jamestown
5	29	Keenan, John	19:00:0 1.140	19:16:1 3.060	00:16:1 1.920	5:13	26	M	5K	Sanford
6	46	Springer, Paul	19:00:0 1.140	19:16:2 4.155	00:16:2 3.015	5:17	26	M	5K	Cary

7	686	Lanser, Joe	19:00:0 1.140	19:17:4 1.381	00:17:4 0.241	5:42	25	M	5K	Greensboro
8	677	Meeker, Nicholas	19:00:0 1.140	19:17:4 2.464	00:17:4 1.324	5:42	26	M	5K	Raleigh
9	159	Boyd, Jacob	19:00:0 1.140	19:18:5 3.398	00:18:5 2.258	6:05	28	M	5K	Winston Salem
10	494	Rotich, Willy	19:00:0 1.140	19:19:3 7.751	00:19:3 6.611	6:19	27	M	5K	Winston Salem
11	563	Toldero, Matthew	19:00:0 1.140	19:20:1 5.494	00:20:1 4.354	6:32	27	M	5K	Winston Salem
12	385	Love, Erick	19:00:0 1.140	19:20:2 2.850	00:20:2 1.710	6:34	28	M	5K	Galax
13	297	Hanrahan, Bryan	19:00:0 1.140	19:20:3 4.658	00:20:3 3.518	6:38	26	M	5K	Pittsburgh
14	288	Griffith, Thomas	19:00:0 1.140	19:20:4 0.543	00:20:3 9.403	6:40	27	M	5K	Mooresville
15	279	Gfeller, Nathan	19:00:0 1.140	19:22:1 3.898	00:22:1 2.758	7:10	28	M	5K	Winston Salem
16	158	Bowen, Kenneth	19:00:0 1.140	19:23:3 2.382	00:23:3 1.242	7:35	27	M	5K	Winston Salem
17	192	Cash, Will	19:00:0 1.140	19:23:5 0.365	00:23:4 9.225	7:41	29	M	5K	Winston Salem
18	219	Crews, Matt	19:00:0 1.140	19:25:1 1.934	00:25:1 0.794	8:07	28	M	5K	Winston Salem
19	262	Frazier, Brad	19:00:0 1.140	19:27:1 0.421	00:27:0 9.281	8:45	25	M	5K	Kernersville
20	507	Sanders, John	19:00:0 1.140	19:28:1 9.249	00:28:1 8.109	9:08	29	M	5K	Winston Salem
21	705	Hewes III, John	19:00:0 1.140	19:31:1 1.275	00:31:1 0.135	10:03	26	M	5K	Pfafftown
22	717	Samoraj, Anthony	19:00:0 1.140	19:33:1 9.602	00:33:1 8.462	10:45	26	M	5K	
23	286	Gregg, David	19:00:0 1.140	19:34:3 7.793	00:34:3 6.653	11:10	29	M	5K	Franklinville
24	294	Haltom, Randall	19:00:0 1.140	19:43:1 6.463	00:43:1 5.323	13:57	29	M	5K	Greensboro
25	593	Wheeler, Christopher	19:00:0 1.140	19:46:3 9.237	00:46:3 8.097	15:03	25	M	5K	Winston Salem
MALE 30-34 IN DIVISION 5K										
1	35	Longworth, Matt	19:00:0 1.140	19:16:0 9.595	00:16:0 8.455	5:12	33	M	5K	Charlotte
2	117	Askey, Billy	19:00:0 1.140	19:17:1 0.005	00:17:0 8.865	5:32	31	M	5K	Durham

3	675	Meeker, David	19:00:01.140	19:17:46.231	00:17:45.091	5:44	30	M	5K	Raleigh
4	220	Critcher, Caleb	19:00:01.140	19:17:53.460	00:17:52.320	5:46	30	M	5K	Deep Gap
5	679	Ferguson, Keith	19:00:01.140	19:18:08.625	00:18:07.485	5:51	30	M	5K	Raleigh
6	195	Cauble, Jeremy	19:00:01.140	19:19:30.119	00:19:28.979	6:17	30	M	5K	Winston Salem
7	316	Hillis, Brandon	19:00:01.140	19:20:16.404	00:20:15.264	6:32	34	M	5K	Winston Salem
8	131	Barton, Joshua	19:00:01.140	19:20:52.206	00:20:51.066	6:44	32	M	5K	Walkertown
9	173	Brown, Jordan	19:00:01.140	19:21:19.245	00:21:18.105	6:52	31	M	5K	Winston Salem
10	434	Muttai, Stephen	19:00:01.140	19:22:15.951	00:22:14.811	7:10	31	M	5K	Winston Salem
11	359	Koenig, Matt	19:00:01.140	19:26:25.521	00:26:24.381	8:31	30	M	5K	Winston Salem
12	541	Stanley, Christopher	19:00:01.140	19:26:26.269	00:26:25.129	8:31	30	M	5K	Charlotte
13	116	Aroma, Gerald	19:00:01.140	19:27:21.168	00:27:20.028	8:49	34	M	5K	Winston Salem
14	570	Uy, Emil	19:00:01.140	19:28:47.897	00:28:46.757	9:17	34	M	5K	Winston Salem
15	383	Lizano, John	19:00:01.140	19:29:41.111	00:29:39.971	9:34	34	M	5K	Winston Salem
16	728	Rae, James	19:00:01.140	19:29:44.807	00:29:43.667	9:35	34	M	5K	Pfafftown
17	584	Ward, Jonathan	19:00:01.140	19:31:29.035	00:31:27.895	10:09	31	M	5K	Greensboro
18	377	Lillis, Justin	19:00:01.140	19:32:38.811	00:32:37.671	10:31	30	M	5K	High Point
19	343	Jones, Andrew	19:00:01.140	19:35:19.623	00:35:18.483	11:23	33	M	5K	Winston Salem
20	703	Fleming, Ron	19:00:01.140	19:35:54.665	00:35:53.525	11:35	34	M	5K	Rocky Mount
21	224	Daniel, Solomon	19:00:01.140	19:36:08.830	00:36:07.690	11:39	34	M	5K	Winston Salem
22	301	Harris, Michael	19:00:01.140	19:36:28.077	00:36:26.937	11:45	32	M	5K	Winston Salem
23	360	Korn, Nicholas	19:00:01.140	19:39:54.371	00:39:53.231	12:52	30	M	5K	Pinehurst
24	463	Petteys, Ryan	19:00:01.140	19:41:43.332	00:41:42.192	13:27	31	M	5K	Winston Salem
25	453	Parkar, Vinit	19:00:01.140	19:42:35.165	00:42:34.025	13:44	30	M	5K	Winston Salem

26	106	Alfonso, Jon	19:00:0 1.140	19:44:5 7.635	00:44:5 6.495	14:30	34	M	5K	Winston Salem
27	655	Watson, Derrick	19:00:0 1.140	19:59:4 1.899	00:59:4 0.759	19:15	33	M	5K	Winston Salem
MALE 35-39 IN DIVISION 5K										
1	53	Woods, Ryan	19:00:0 1.140	19:15:4 5.067	00:15:4 3.927	5:04	35	M	5K	Boone
2	7	Boles, Tommy	19:00:0 1.140	19:17:2 1.084	00:17:1 9.944	5:35	36	M	5K	Greensboro
3	400	McCormick, Danny	19:00:0 1.140	19:19:2 3.879	00:19:2 2.739	6:15	38	M	5K	Greensboro
4	552	Summers, Phillip	19:00:0 1.140	19:19:3 9.845	00:19:3 8.705	6:20	35	M	5K	Winston Salem
5	653	Seavey, Sinclair	19:00:0 1.140	19:20:2 1.104	00:20:1 9.964	6:33	37	M	5K	Lewisville
6	683	Keith, Philip	19:00:0 1.140	19:20:3 0.941	00:20:2 9.801	6:36	35	M	5K	Winston Salem
7	680	Kelle, Michael	19:00:0 1.140	19:20:4 6.587	00:20:4 5.447	6:42	38	M	5K	Elkin
8	694	Tuttle, Jody	19:00:0 1.140	19:21:2 2.312	00:21:2 1.172	6:53	38	M	5K	Lexington
9	380	Lindley, Robert	19:00:0 1.140	19:22:1 2.198	00:22:1 1.058	7:09	39	M	5K	Lexington
10	727	Smith, Brian	19:00:0 1.140	19:22:2 9.357	00:22:2 8.217	7:15	36	M	5K	Summerfield
11	667	Spencer, Eric	19:00:0 1.140	19:22:3 8.345	00:22:3 7.205	7:18	36	M	5K	Walkertown
12	143	Beverly, Matthew	19:00:0 1.140	19:22:4 9.043	00:22:4 7.903	7:21	36	M	5K	Advance
13	327	Hull, Christopher	19:00:0 1.140	19:25:1 4.393	00:25:1 3.253	8:08	39	M	5K	Winston Salem
14	428	Moorefield, Jason	19:00:0 1.140	19:25:5 4.683	00:25:5 3.543	8:21	37	M	5K	Winston Salem
15	118	Atzbach, Carl	19:00:0 1.140	19:25:5 8.529	00:25:5 7.389	8:22	35	M	5K	High Point
16	495	Royster, Mark	19:00:0 1.140	19:26:2 8.949	00:26:2 7.809	8:32	37	M	5K	Winston Salem
17	493	Rose, Doug	19:00:0 1.140	19:26:3 4.875	00:26:3 3.735	8:34	38	M	5K	German ton
18	293	Hager, Nicky	19:00:0 1.140	19:28:5 8.794	00:28:5 7.654	9:20	37	M	5K	Mocksville
19	723	Cardwell, Brad	19:00:0 1.140	19:30:0 3.627	00:30:0 2.487	9:41	37	M	5K	German ton

20	631	Puryear, Eric	19:00:0 1.140	19:30:5 9.028	00:30:5 7.888	9:59	35	M	5K	Winston Salem
21	183	Butt, Mohamad	19:00:0 1.140	19:31:5 6.156	00:31:5 5.016	10:18	38	M	5K	Winston Salem
22	489	Roca, Ermin	19:00:0 1.140	19:32:2 3.759	00:32:2 2.619	10:26	36	M	5K	Winston Salem
23	726	Patterson, Chester	19:00:0 1.140	19:34:3 0.103	00:34:2 8.963	11:07	36	M	5K	Pfafftown
24	187	Caban Perez, Samuel	19:00:0 1.140	19:34:3 4.011	00:34:3 2.871	11:08	39	M	5K	Winston Salem
25	171	Britt, Jason	19:00:0 1.140	19:34:5 5.563	00:34:5 4.423	11:15	36	M	5K	Winston Salem
26	543	Stennett, Paul	19:00:0 1.140	19:35:1 1.731	00:35:1 0.591	11:21	39	M	5K	Greensboro
27	518	Shearer, Jeremy	19:00:0 1.140	19:37:0 4.379	00:37:0 3.239	11:57	39	M	5K	Kernersville
28	673	Watkins, Franklin	19:00:0 1.140	19:38:3 5.231	00:38:3 4.091	12:26	38	M	5K	Winston Salem
29	671	Gobble, Kevin	19:00:0 1.140	19:40:3 8.083	00:40:3 6.943	13:06	38	M	5K	Whitsett
30	529	Smith, Bradley	19:00:0 1.140	19:45:1 2.256	00:45:1 1.116	14:35	35	M	5K	Winston Salem
31	289	Guffey, Jay	19:00:0 1.140	19:49:2 9.873	00:49:2 8.733	15:57	39	M	5K	Kernersville
MALE 40-44 IN DIVISION 5K										
1	695	Mignosa, Jack	19:00:0 1.140	19:17:5 8.851	00:17:5 7.711	5:47	43	M	5K	Mebane
2	661	Demarco, James	19:00:0 1.140	19:19:0 1.753	00:19:0 0.613	6:08	41	M	5K	Blacksburg
3	586	Waterman, Matthew	19:00:0 1.140	19:19:5 7.633	00:19:5 6.493	6:26	44	M	5K	Pfafftown
4	687	Parsons, Joey	19:00:0 1.140	19:20:2 4.870	00:20:2 3.730	6:35	42	M	5K	Crumpler
5	696	Lohr, Marty	19:00:0 1.140	19:21:1 2.330	00:21:1 1.190	6:50	44	M	5K	Lexington
6	200	Chrismon, Steve	19:00:0 1.140	19:21:1 4.184	00:21:1 3.044	6:51	41	M	5K	Greensboro
7	432	Murphy, Ryan	19:00:0 1.140	19:21:3 3.115	00:21:3 1.975	6:56	41	M	5K	Pfafftown

8	662	Esquivel, Aurelio	19:00:01.140	19:21:33.452	00:21:32.312	6:57	43	M	5K	Lexington
9	497	Rudel, Brian	19:00:01.140	19:22:09.087	00:22:07.947	7:08	42	M	5K	Pfafftown
10	669	Barlow, Tim	19:00:01.140	19:22:14.600	00:22:13.460	7:10	43	M	5K	Winston Salem
11	236	Dubois, Shane	19:00:01.140	19:22:53.686	00:22:52.546	7:23	42	M	5K	Winston Salem
12	245	Edwards, Adam	19:00:01.140	19:23:19.760	00:23:18.620	7:31	41	M	5K	Advance
13	684	Brown, Patrick	19:00:01.140	19:23:26.770	00:23:25.630	7:33	43	M	5K	Whitsett
14	697	Oberlies, Nicholas	19:00:01.140	19:23:49.849	00:23:48.709	7:41	44	M	5K	Greensboro
15	411	McWilliams, Robin	19:00:01.140	19:24:56.087	00:24:54.947	8:02	43	M	5K	Raleigh
16	582	Ward, Dan	19:00:01.140	19:25:24.002	00:25:22.862	8:11	42	M	5K	Mocksville
17	408	McNeill, Christopher	19:00:01.140	19:25:29.530	00:25:28.390	8:13	44	M	5K	High Point
18	598	Wiener, Andrew	19:00:01.140	19:25:31.831	00:25:30.691	8:14	41	M	5K	Oak Ridge
19	112	Andrews, Tony	19:00:01.140	19:25:37.986	00:25:36.846	8:15	40	M	5K	Greensboro
20	230	Domenech, Josep	19:00:01.140	19:25:42.031	00:25:40.891	8:17	42	M	5K	Winston Salem
21	439	Nilsen, Kevin	19:00:01.140	19:27:27.235	00:27:26.095	8:51	40	M	5K	Greensboro
22	317	Hodakowski, Jeff	19:00:01.140	19:28:35.068	00:28:33.928	9:13	42	M	5K	Hickory
23	596	Whitfield, Travis	19:00:01.140	19:30:16.112	00:30:14.972	9:45	41	M	5K	Clemmons
24	382	Linkous, Greg	19:00:01.140	19:30:18.998	00:30:17.858	9:46	41	M	5K	Clemmons
25	608	Wood, Bradley	19:00:01.140	19:31:04.418	00:31:03.278	10:01	44	M	5K	Winston Salem
26	254	Faggione, Jim	19:00:01.140	19:31:05.914	00:31:04.774	10:01	43	M	5K	Clemmons
27	351	Keller, Mark	19:00:01.140	19:33:45.039	00:33:43.899	10:53	41	M	5K	Winston Salem
28	324	Huff, Keith	19:00:01.140	19:34:09.777	00:34:08.637	11:01	42	M	5K	Kernersville
29	225	Davis, Michael	19:00:01.140	19:34:35.996	00:34:34.856	11:09	43	M	5K	Archdale

30	274	Gamble, Jamey	19:00:0 1.140	19:34:4 7.610	00:34:4 6.470	11:13	41	M	5K	Winston Salem
31	616	Young, Frank	19:00:0 1.140	19:36:0 3.502	00:36:0 2.362	11:37	40	M	5K	Apex
32	307	Henley, Tommy	19:00:0 1.140	19:36:2 8.312	00:36:2 7.172	11:45	43	M	5K	Winston Salem
33	718	Banks, Geoff	19:00:0 1.140	19:36:4 9.228	00:36:4 8.088	11:52	42	M	5K	Durham
34	161	Boylan, Tom	19:00:0 1.140	19:38:2 8.578	00:38:2 7.438	12:24	44	M	5K	Winston Salem
35	534	Snipes, Jason	19:00:0 1.140	19:39:5 4.252	00:39:5 3.112	12:52	41	M	5K	Winston Salem
MALE 45-49 IN DIVISION 5K										
1	285	Gray, Buddy	19:00:0 1.140	19:19:2 7.149	00:19:2 6.009	6:16	49	M	5K	Colfax
2	459	Peterson, Dave	19:00:0 1.140	19:20:1 4.330	00:20:1 3.190	6:31	47	M	5K	Clemmons
3	547	Strain, John	19:00:0 1.140	19:20:5 0.846	00:20:4 9.706	6:43	47	M	5K	Clemmons
4	52	Willis, Joseph	19:00:0 1.140	19:21:5 4.355	00:21:5 3.215	7:04	49	M	5K	Winston Salem
5	690	Solomon, Mark	19:00:0 1.140	19:21:5 5.818	00:21:5 4.678	7:04	45	M	5K	Hillsborough
6	318	Hodges, Robert	19:00:0 1.140	19:22:5 0.590	00:22:4 9.450	7:22	48	M	5K	High Point
7	638	Sugg, Roddy	19:00:0 1.140	19:23:2 5.295	00:23:2 4.155	7:33	47	M	5K	Winston Salem
8	149	Blevins, Rodney	19:00:0 1.140	19:24:0 0.062	00:23:5 8.922	7:44	49	M	5K	King
9	577	W Eddinger, Terry	19:00:0 1.140	19:24:1 4.716	00:24:1 3.576	7:49	49	M	5K	Winston Salem
10	226	De Oliveira, Marcos	19:00:0 1.140	19:25:0 0.291	00:24:5 9.151	8:04	48	M	5K	Charlotte
11	590	Weidman, Richard	19:00:0 1.140	19:25:0 0.392	00:24:5 9.252	8:04	48	M	5K	Advance
12	386	Lowder, Jon	19:00:0 1.140	19:25:4 0.426	00:25:3 9.286	8:16	47	M	5K	Lewisville
13	190	Carroll, Jon	19:00:0 1.140	19:25:5 7.108	00:25:5 5.968	8:22	45	M	5K	King
14	199	Chapman, Robbie	19:00:0 1.140	19:25:5 7.965	00:25:5 6.825	8:22	49	M	5K	Greensboro

15	243	Edgerton, Jerry	19:00:01.140	19:26:07.537	00:26:06.397	8:25	47	M	5K	Winston Salem
16	403	McGuire, James	19:00:01.140	19:26:39.515	00:26:38.375	8:35	47	M	5K	Winston Salem
17	375	Leodolter, Frank	19:00:01.140	19:27:38.469	00:27:37.329	8:55	45	M	5K	High Point
18	424	Miller, Scott	19:00:01.140	19:27:46.679	00:27:45.539	8:57	46	M	5K	Advance
19	483	Readus, Rhoneek	19:00:01.140	19:28:07.364	00:28:06.224	9:04	48	M	5K	Winston Salem
20	602	Williams, Shawn	19:00:01.140	19:29:00.111	00:28:58.971	9:21	46	M	5K	Clemmons
21	581	Ward, Benny	19:00:01.140	19:29:03.669	00:29:02.529	9:22	49	M	5K	Colfax
22	185	Byrd, Barry	19:00:01.140	19:29:27.906	00:29:26.766	9:30	45	M	5K	Lexington
23	423	Miller, Jeff	19:00:01.140	19:29:34.938	00:29:33.798	9:32	45	M	5K	Thomasville
24	712	Barnes, Brian	19:00:01.140	19:29:43.316	00:29:42.176	9:35	49	M	5K	Winston Salem
25	482	Ray, Eric	19:00:01.140	19:33:43.439	00:33:42.299	10:52	47	M	5K	Winston Salem
26	110	Amick, Richard	19:00:01.140	19:34:37.634	00:34:36.494	11:10	47	M	5K	Winston Salem
27	522	Sigmon, Steve	19:00:01.140	19:35:16.235	00:35:15.095	11:22	47	M	5K	Advance
28	210	Cofer, Brian	19:00:01.140	19:41:17.246	00:41:16.106	13:19	49	M	5K	Clemmons
29	725	Matthews, Gregory	19:00:01.140	19:42:08.753	00:42:07.613	13:35	45	M	5K	Mt Airy
30	537	Sparks, Billy	19:00:01.140	19:45:04.592	00:45:03.452	14:32	48	M	5K	Winston Salem
31	104	Alexander, Charles	19:00:01.140	19:45:14.388	00:45:13.248	14:35	49	M	5K	Kernersville
32	151	Bohlmann, Kurt	19:00:01.140	19:45:27.055	00:45:25.915	14:39	48	M	5K	Winston Salem
33	141	Bethea, Reggie	19:00:01.140	19:47:17.560	00:47:16.420	15:15	46	M	5K	Kernersville
34	272	Gaither, Daren	19:00:01.140	19:47:17.746	00:47:16.606	15:15	46	M	5K	Pfafftown
MALE 50-54 IN DIVISION 5K										

1	252	Evans Sr, Rodney	19:00:0 1.140	19:20:4 3.072	00:20:4 1.932	6:40	52	M	5K	Winston Salem
2	389	Macdougall, Malcolm	19:00:0 1.140	19:21:1 1.037	00:21:0 9.897	6:49	52	M	5K	Oak Ridge
3	674	Crayton, Gary	19:00:0 1.140	19:21:3 7.479	00:21:3 6.339	6:58	52	M	5K	Kannapolis
4	128	Barron, David	19:00:0 1.140	19:23:0 1.875	00:23:0 0.735	7:25	50	M	5K	Tobaccoville
5	164	Brannan, Dugan	19:00:0 1.140	19:23:1 0.812	00:23:0 9.672	7:28	51	M	5K	Welcome
6	701	Ellis, Brent	19:00:0 1.140	19:23:1 2.897	00:23:1 1.757	7:29	52	M	5K	Mocksville
7	156	Boseman, Perry	19:00:0 1.140	19:23:2 1.197	00:23:2 0.057	7:32	53	M	5K	Raleigh
8	658	Huck, Stan	19:00:0 1.140	19:23:4 1.120	00:23:3 9.980	7:38	53	M	5K	Winston Salem
9	665	Iruin, Ted	19:00:0 1.140	19:24:0 3.400	00:24:0 2.260	7:45	53	M	5K	Winston Salem
10	649	Macon, Richard	19:00:0 1.140	19:24:4 3.162	00:24:4 2.022	7:58	50	M	5K	Winston Salem
11	607	Wolfe, Jim	19:00:0 1.140	19:25:1 7.179	00:25:1 6.039	8:09	54	M	5K	Winston Salem
12	648	Bridges, William	19:00:0 1.140	19:25:3 2.459	00:25:3 1.319	8:14	50	M	5K	Winston Salem
13	204	Ciaccia, John	19:00:0 1.140	19:25:4 3.980	00:25:4 2.840	8:17	52	M	5K	Pfafftown
14	227	Dell, John	19:00:0 1.140	19:26:4 1.597	00:26:4 0.457	8:36	50	M	5K	Winston Salem
15	545	Stokes, Billy	19:00:0 1.140	19:26:5 8.692	00:26:5 7.552	8:42	54	M	5K	Advance
16	198	Chapman, David	19:00:0 1.140	19:27:1 1.915	00:27:1 0.775	8:46	52	M	5K	Winston Salem
17	139	Benson, James	19:00:0 1.140	19:29:0 5.727	00:29:0 4.587	9:23	52	M	5K	Winston Salem
18	588	Weeks, Allen	19:00:0 1.140	19:29:3 4.269	00:29:3 3.129	9:32	52	M	5K	Clemmons
19	303	Hash, Michael	19:00:0 1.140	19:29:5 5.000	00:29:5 3.860	9:38	51	M	5K	Independence
20	594	Whitaker, George	19:00:0 1.140	19:31:2 8.045	00:31:2 6.905	10:08	50	M	5K	Winston Salem
21	391	Maconchie, Rich	19:00:0 1.140	19:31:4 6.500	00:31:4 5.360	10:15	54	M	5K	Mocksville
22	600	Willetts, Craig	19:00:0 1.140	19:32:4 7.798	00:32:4 6.658	10:34	50	M	5K	Winston Salem

23	282	Goens, Robbie	19:00:0 1.140	19:33:3 1.080	00:33:2 9.940	10:48	52	M	5K	Charlotte
24	644	Barnhardt, David	19:00:0 1.140	19:34:0 8.472	00:34:0 7.332	11:00	52	M	5K	Advance
25	172	Brownli, Jesse	19:00:0 1.140	19:36:3 4.497	00:36:3 3.357	11:47	51	M	5K	Kernersville
26	617	Young, Jim	19:00:0 1.140	19:37:3 1.935	00:37:3 0.795	12:06	51	M	5K	Winston Salem
27	346	Jones, Mark	19:00:0 1.140	19:37:4 3.594	00:37:4 2.454	12:10	51	M	5K	Kernersville
28	394	Martell, Frank	19:00:0 1.140	19:42:5 5.534	00:42:5 4.394	13:50	52	M	5K	Winston Salem
29	704	Irby, Edward	19:00:0 1.140	19:47:1 6.360	00:47:1 5.220	15:15	54	M	5K	Pfafftown
30	103	Aikens, Melvin	19:00:0 1.140	19:50:5 6.401	00:50:5 5.261	16:25	54	M	5K	Winston Salem
MALE 55-59 IN DIVISION 5K										
1	707	Sistare, Zan	19:00:0 1.140	19:20:0 3.669	00:20:0 2.529	6:28	56	M	5K	Spruce Pine
2	502	Russ, Garry	19:00:0 1.140	19:21:2 7.420	00:21:2 6.280	6:55	56	M	5K	Winston Salem
3	491	Romero, Pedro	19:00:0 1.140	19:22:4 8.251	00:22:4 7.111	7:21	58	M	5K	Winston Salem
4	511	Schenck, Lee	19:00:0 1.140	19:23:3 0.396	00:23:2 9.256	7:35	58	M	5K	Lexington
5	442	Oakley, Phillip	19:00:0 1.140	19:23:5 9.759	00:23:5 8.619	7:44	57	M	5K	Lewisville
6	45	Shannon, David	19:00:0 1.140	19:25:3 5.981	00:25:3 4.841	8:15	57	M	5K	Winston Salem
7	711	Nalley, Steve	19:00:0 1.140	19:26:1 0.636	00:26:0 9.496	8:26	57	M	5K	Winston Salem
8	414	Mendelsohn, Gary	19:00:0 1.140	19:26:5 3.870	00:26:5 2.730	8:40	55	M	5K	Winston Salem
9	311	Hewes, John	19:00:0 1.140	19:28:0 2.571	00:28:0 1.431	9:02	59	M	5K	Kernersville
10	565	Triplett, Dana	19:00:0 1.140	19:29:2 9.547	00:29:2 8.407	9:30	59	M	5K	Winston Salem
11	461	Petrillo, Louis	19:00:0 1.140	19:31:3 4.752	00:31:3 3.612	10:11	55	M	5K	Winston Salem
12	392	Malmo III, Gerald	19:00:0 1.140	19:32:4 7.534	00:32:4 6.394	10:34	57	M	5K	Winston Salem

13	202	Christley, Robert	19:00:0 1.140	19:34:1 7.114	00:34:1 5.974	11:03	55	M	5K	Greensboro
14	240	Dunston, Samuel	19:00:0 1.140	19:44:1 7.568	00:44:1 6.428	14:17	55	M	5K	Winston Salem
15	612	Wroblewski, Joseph	19:00:0 1.140	19:46:2 6.443	00:46:2 5.303	14:58	58	M	5K	Winston Salem
MALE 60-64 IN DIVISION 5K										
1	656	Hefner, Richard	19:00:0 1.140	19:21:5 3.652	00:21:5 2.512	7:03	62	M	5K	Gastonia
2	601	Williams, James	19:00:0 1.140	19:22:0 9.461	00:22:0 8.321	7:08	60	M	5K	Clemmons
3	213	Combest, Michael	19:00:0 1.140	19:24:3 7.963	00:24:3 6.823	7:56	62	M	5K	Clemmons
4	569	Turner, Wayne	19:00:0 1.140	19:24:4 3.186	00:24:4 2.046	7:58	62	M	5K	Lewisville
5	407	McLendon, Hugh	19:00:0 1.140	19:26:0 0.990	00:25:5 9.850	8:23	61	M	5K	Winston Salem
6	255	Fansler, Tommy	19:00:0 1.140	19:26:2 2.503	00:26:2 1.363	8:30	62	M	5K	German ton
7	124	Barclay, John W	19:00:0 1.140	19:28:2 0.599	00:28:1 9.459	9:08	64	M	5K	Winston Salem
8	345	Jones, Fred	19:00:0 1.140	19:29:0 7.446	00:29:0 6.306	9:23	63	M	5K	Pfafftown
9	451	Paratore, Robert	19:00:0 1.140	19:29:4 7.451	00:29:4 6.311	9:36	63	M	5K	Charlotte
10	277	Gertz, Dave	19:00:0 1.140	19:31:5 0.239	00:31:4 9.099	10:16	60	M	5K	Winston Salem
11	363	Krueger, David	19:00:0 1.140	19:32:1 7.488	00:32:1 6.348	10:25	61	M	5K	Winston Salem
12	666	Beck, Neal	19:00:0 1.140	19:33:5 2.710	00:33:5 1.570	10:55	62	M	5K	Lexington
13	576	Vonsiatsky, Andre	19:00:0 1.140	19:36:0 2.452	00:36:0 1.312	11:37	64	M	5K	Clemmons
14	642	Berstler, Al	19:00:0 1.140	19:37:3 2.748	00:37:3 1.608	12:06	64	M	5K	Kernersville
15	579	Wall, Allie	19:00:0 1.140	19:45:4 6.118	00:45:4 4.978	14:45	63	M	5K	Winston Salem

MALE 65-69 IN DIVISION 5K										
1	148	Blankenship, David	19:00:01.140	19:19:35.197	00:19:34.057	6:19	65	M	5K	Tallmadge
2	716	Milan, Bob	19:00:01.140	19:24:19.633	00:24:18.493	7:50	65	M	5K	Greensboro
3	178	Brunner, Douglas	19:00:01.140	19:27:16.231	00:27:15.091	8:47	67	M	5K	Claudville
4	448	Owens, Jim	19:00:01.140	19:27:19.945	00:27:18.805	8:48	68	M	5K	Kings Mountain
5	530	Smith, Don	19:00:01.140	19:34:24.397	00:34:23.257	11:05	66	M	5K	Winston Salem
6	632	Ashley, Steve	19:00:01.140	19:34:24.401	00:34:23.261	11:05	67	M	5K	Winston Salem
7	208	Cline, Charles	19:00:01.140	19:34:35.112	00:34:33.972	11:09	69	M	5K	Conover
8	567	Trull, Michael	19:00:01.140	19:34:48.885	00:34:47.745	11:13	65	M	5K	Winston Salem
9	548	Strickland, Ray	19:00:01.140	19:36:43.166	00:36:42.026	11:50	65	M	5K	Burnsville
10	361	Korn, Richard	19:00:01.140	19:39:54.034	00:39:52.894	12:52	69	M	5K	Pinehurst
11	503	Saintsing, Earl	19:00:01.140	19:40:37.691	00:40:36.551	13:06	68	M	5K	Lexington
MALE 70+ IN DIVISION 5K										
1	480	Ragland, George	19:00:01.140	19:29:02.520	00:29:01.380	9:22	71	M	5K	Winston Salem
2	242	Eaton, Steve	19:00:01.140	19:29:16.666	00:29:15.526	9:26	70	M	5K	Winston Salem
3	305	Hedrick, Phil	19:00:01.140	19:33:50.491	00:33:49.351	10:55	73	M	5K	Pfafftown
4	562	Tesh, Bob	19:00:01.140	19:36:59.773	00:36:58.633	11:55	72	M	5K	Advance
5	33	Kimberly, George	19:00:01.140	19:39:48.155	00:39:47.015	12:50	81	M	5K	Mocksville

FEMALE 15 AND UNDER IN DIVISION 5K										
1	446	Oldham, Lucy	19:00:01.140	19:22:30.154	00:22:29.014	7:15	12	F	5K	Clemmons
2	492	Roope, Kaylee	19:00:01.140	19:29:39.910	00:29:38.770	9:34	14	F	5K	Lewisville
3	397	Mauldin, Sarah	19:00:01.140	19:30:07.238	00:30:06.098	9:43	9	F	5K	Mount Airy
4	685	Seach, Anna	19:00:01.140	19:31:53.924	00:31:52.784	10:17	10	F	5K	Winston Salem
5	720	Banks, Ashley	19:00:01.140	19:47:06.782	00:47:05.642	15:11	8	F	5K	Durham
FEMALE 16-19 IN DIVISION 5K										
1	154	Bomkamp, Sarah	19:00:01.140	19:20:56.852	00:20:55.712	6:45	19	F	5K	Colfax
2	372	Lee, Hannah	19:00:01.140	19:21:22.608	00:21:21.468	6:53	17	F	5K	Winston Salem
3	589	Weidman, Alexandria	19:00:01.140	19:22:53.118	00:22:51.978	7:22	16	F	5K	Advance
4	650	Macon, Catherine	19:00:01.140	19:24:10.556	00:24:09.416	7:47	18	F	5K	Winston Salem
5	238	Dudley, Christine	19:00:01.140	19:24:18.677	00:24:17.537	7:50	16	F	5K	Winston Salem
6	479	Quindlen, Rachel	19:00:01.140	19:28:30.800	00:28:29.660	9:11	19	F	5K	Winston Salem
7	557	Swink, Rachel	19:00:01.140	19:33:38.579	00:33:37.439	10:51	17	F	5K	Clemmons
8	179	Bryant, Sarah	19:00:01.140	19:35:00.998	00:34:59.858	11:17	15	F	5K	Lexington
9	436	Myrick, Courtney	19:00:01.140	19:40:26.444	00:40:25.304	13:02	18	F	5K	Reidsville

10	652	Wood, Rajhene	19:00:01.140	19:41:20.141	00:41:19.001	13:20	19	F	5K	Winston Salem
11	295	Hamm, Paige	19:00:01.140	19:43:17.804	00:43:16.664	13:57	15	F	5K	Sparta
12	619	Haymore, Holly	19:00:01.140	19:45:20.868	00:45:19.728	14:37	15	F	5K	Winston Salem
13	152	Bohlmann, Maddy	19:00:01.140	19:45:26.954	00:45:25.814	14:39	16	F	5K	Winston Salem
FEMALE 20-24 IN DIVISION 5K										
1	18	Foskey, Dakota	19:00:01.140	19:20:11.377	00:20:10.237	6:30	20	F	5K	Wilmington
2	57	Springer, Kari	19:00:01.140	19:20:57.420	00:20:56.280	6:45	24	F	5K	Cary
3	546	Stokes, Taylor	19:00:01.140	19:24:21.068	00:24:19.928	7:51	22	F	5K	Advance
4	633	Higgins, Katie Rose	19:00:01.140	19:25:19.029	00:25:17.889	8:09	22	F	5K	Lewisville
5	659	Sands, Colleen	19:00:01.140	19:25:26.076	00:25:24.936	8:12	23	F	5K	Winston Salem
6	121	Azad, Ambalika	19:00:01.140	19:31:24.227	00:31:23.087	10:07	24	F	5K	Winston Salem
7	599	Willetts, Chelsey	19:00:01.140	19:33:05.069	00:33:03.929	10:40	22	F	5K	Winston Salem
8	724	Ridge, Brittany	19:00:01.140	19:33:19.036	00:33:17.896	10:44	24	F	5K	German ton
9	664	Alvarado Leyva, Prisca	19:00:01.140	19:34:47.008	00:34:45.868	11:13	23	F	5K	Winston Salem
10	237	Dudley, Catherine	19:00:01.140	19:36:18.807	00:36:17.667	11:42	21	F	5K	Winston Salem
11	369	Lawrence, Masika	19:00:01.140	19:37:54.215	00:37:53.075	12:13	23	F	5K	Winston Salem
12	441	Nussbamer, Carly	19:00:01.140	19:40:45.290	00:40:44.150	13:08	21	F	5K	Winston Salem
13	111	Anderson, Courtney	19:00:01.140	19:43:56.929	00:43:55.789	14:10	23	F	5K	High Point

14	591	Wells, Charmai ne	19:00:0 1.140	19:45:4 5.293	00:45:4 4.153	14:45	23	F	5K	Winston Salem
15	216	Cook, Heather	19:00:0 1.140	19:52:2 3.808	00:52:2 2.668	16:54	22	F	5K	Marshall
FEMALE 25-29 IN DIVISION 5K										
1	17	Cronley, Ginny	19:00:0 1.140	19:18:4 7.251	00:18:4 6.111	6:03	25	F	5K	Greensb oro
2	56	Wrieden , Jenna	19:00:0 1.140	19:19:1 8.434	00:19:1 7.294	6:13	29	F	5K	High Point
3	6	Berry, Laura	19:00:0 1.140	19:19:3 3.090	00:19:3 1.950	6:18	28	F	5K	Raleigh
4	454	Parsons , Jacquel ine	19:00:0 1.140	19:19:5 8.652	00:19:5 7.512	6:26	29	F	5K	Crumple r
5	22	Harrison , Candac e	19:00:0 1.140	19:20:0 4.289	00:20:0 3.149	6:28	29	F	5K	Durham
6	4	Ariosa, Maude	19:00:0 1.140	19:20:2 3.913	00:20:2 2.773	6:34	26	F	5K	Chapel Hill
7	396	Martin, Melissa	19:00:0 1.140	19:21:4 6.310	00:21:4 5.170	7:01	26	F	5K	Winston Salem
8	564	Toldero, Megan	19:00:0 1.140	19:22:1 3.596	00:22:1 2.456	7:10	28	F	5K	Winston Salem
9	715	Tricarico , Jacquel ine	19:00:0 1.140	19:22:4 2.726	00:22:4 1.586	7:19	26	F	5K	Winston Salem
10	280	Glass, Melissa	19:00:0 1.140	19:28:1 2.425	00:28:1 1.285	9:05	27	F	5K	Clemmo ns
11	457	Perry, Meghan	19:00:0 1.140	19:28:1 4.701	00:28:1 3.561	9:06	25	F	5K	Chillicot he
12	506	Sanders , Jessica	19:00:0 1.140	19:28:2 5.430	00:28:2 4.290	9:10	29	F	5K	Winston Salem
13	554	Surratt, Ivercina	19:00:0 1.140	19:28:5 7.719	00:28:5 6.579	9:20	29	F	5K	Winston Salem
14	169	Brill, Dayna	19:00:0 1.140	19:29:5 5.327	00:29:5 4.187	9:39	26	F	5K	Chapel Hill
15	681	Engstro m, Parks	19:00:0 1.140	19:30:3 4.901	00:30:3 3.761	9:51	28	F	5K	Clemmo ns

16	706	Felts, Katy	19:00:0 1.140	19:30:3 4.905	00:30:3 3.765	9:51	27	F	5K	Winston Salem
17	136	Beal, Krystle	19:00:0 1.140	19:32:0 0.586	00:31:5 9.446	10:19	25	F	5K	Mocksville
18	292	Hager, Erin	19:00:0 1.140	19:32:2 9.655	00:32:2 8.515	10:28	26	F	5K	Mocksville
19	336	Johnson, Carly	19:00:0 1.140	19:32:3 7.477	00:32:3 6.337	10:31	28	F	5K	Clemmons
20	721	Jackson, Cherelle	19:00:0 1.140	19:34:0 5.698	00:34:0 4.558	10:59	26	F	5K	Greensboro
21	312	Hewes, Leslie	19:00:0 1.140	19:34:1 2.498	00:34:1 1.358	11:02	29	F	5K	Kernersville
22	378	Lindler, Sarah	19:00:0 1.140	19:34:5 7.351	00:34:5 6.211	11:16	26	F	5K	Winston Salem
23	366	Lambeth, Kristen	19:00:0 1.140	19:36:1 4.505	00:36:1 3.365	11:41	26	F	5K	Winston Salem
24	475	Potts, Katie	19:00:0 1.140	19:36:2 3.035	00:36:2 1.895	11:44	26	F	5K	Winston Salem
25	597	Wicker, Natasha	19:00:0 1.140	19:36:5 6.709	00:36:5 5.569	11:55	26	F	5K	Asheboro
26	390	Maconochie, Heather	19:00:0 1.140	19:41:4 5.191	00:41:4 4.051	13:28	28	F	5K	Mocksville
27	471	Plunkett, Melissa	19:00:0 1.140	19:42:2 4.457	00:42:2 3.317	13:40	25	F	5K	High Point
28	113	Angle, Sarah	19:00:0 1.140	19:42:5 5.272	00:42:5 4.132	13:50	27	F	5K	Winston Salem
29	412	Meekins, Rashawn	19:00:0 1.140	19:44:0 1.773	00:44:0 0.633	14:12	27	F	5K	Winston Salem
30	329	Ingram, Anqualita	19:00:0 1.140	19:46:1 1.791	00:46:1 0.651	14:54	28	F	5K	Winston Salem
31	524	Silvernale, Bridget	19:00:0 1.140	19:46:1 3.050	00:46:1 1.910	14:54	27	F	5K	Winston Salem
32	323	Huff, Fatima	19:00:0 1.140	19:56:1 5.274	00:56:1 4.134	18:08	27	F	5K	Winston Salem
33	108	Allen, Courtney	19:00:0 1.140	19:56:2 3.449	00:56:2 2.309	18:11	27	F	5K	Winston Salem
34	299	Harkey, Alexandria	19:00:0 1.140	19:58:4 2.764	00:58:4 1.624	18:56	25	F	5K	Clemmons

FEMALE 30-34 IN DIVISION 5K										
1	660	Demarco, Mina	19:00:01.140	19:18:24.961	00:18:23.821	5:56	30	F	5K	Blacksburg
2	676	Meeker, Kimberlie	19:00:01.140	19:18:35.183	00:18:34.043	5:59	33	F	5K	Raleigh
3	41	Peters, Allison	19:00:01.140	19:18:40.162	00:18:39.022	6:01	34	F	5K	Kernersville
4	115	Arndt, Laura	19:00:01.140	19:23:18.811	00:23:17.671	7:31	30	F	5K	Raleigh
5	536	Spainhour, Shanna	19:00:01.140	19:23:38.605	00:23:37.465	7:37	33	F	5K	Tobaccoville
6	271	Gabriele, Amanda	19:00:01.140	19:25:47.175	00:25:46.035	8:19	32	F	5K	Winston Salem
7	628	Webster, Stephanie	19:00:01.140	19:26:14.833	00:26:13.693	8:27	31	F	5K	Winston Salem
8	291	Gurley, Chell	19:00:01.140	19:28:08.344	00:28:07.204	9:04	31	F	5K	Clemmons
9	194	Castro, Sandra	19:00:01.140	19:28:43.971	00:28:42.831	9:15	30	F	5K	Winston Salem
10	450	Papakostas, Stephanie	19:00:01.140	19:29:42.161	00:29:41.021	9:35	32	F	5K	Kernersville
11	698	Layton, Jennifer	19:00:01.140	19:29:43.889	00:29:42.749	9:35	34	F	5K	Winston Salem
12	163	Bradsher, Janski	19:00:01.140	19:30:10.717	00:30:09.577	9:44	32	F	5K	Winston Salem
13	603	Williams, Tiffany	19:00:01.140	19:34:46.186	00:34:45.046	11:13	33	F	5K	Winston Salem
14	145	Bishop, Nathalie	19:00:01.140	19:36:30.885	00:36:29.745	11:46	30	F	5K	Clemmons
15	232	Downey, Corbin	19:00:01.140	19:36:36.548	00:36:35.408	11:48	34	F	5K	Winston Salem
16	426	Moore, Jessica	19:00:01.140	19:36:50.039	00:36:48.899	11:52	34	F	5K	Kernersville
17	615	Young, Faizah	19:00:01.140	19:37:22.104	00:37:20.964	12:03	33	F	5K	Rural Hall
18	610	Wood, Kira	19:00:01.140	19:37:27.182	00:37:26.042	12:05	32	F	5K	Winston Salem

19	326	Hughes, Courtney	19:00:01.140	19:37:44.199	00:37:43.059	12:10	32	F	5K	Winston Salem
20	181	Burlingame, Jessica	19:00:01.140	19:37:51.714	00:37:50.574	12:12	33	F	5K	Winston Salem
21	264	Freeman, Mary	19:00:01.140	19:38:03.094	00:38:01.954	12:16	34	F	5K	Clemmons
22	341	Jones, Alasha	19:00:01.140	19:38:07.453	00:38:06.313	12:17	32	F	5K	Winston Salem
23	246	Edwards, Kendra	19:00:01.140	19:38:16.000	00:38:14.860	12:20	31	F	5K	Kernersville
24	455	Patterson, Anna	19:00:01.140	19:38:34.466	00:38:33.326	12:26	30	F	5K	Winston Salem
25	490	Rodrigues, Michelle	19:00:01.140	19:38:58.801	00:38:57.661	12:34	33	F	5K	Winston Salem
26	421	Miller, Heather	19:00:01.140	19:39:17.947	00:39:16.807	12:40	33	F	5K	Clemmons
27	368	Lasater, Crystal	19:00:01.140	19:39:18.050	00:39:16.910	12:40	31	F	5K	Charlotte
28	682	Noda, Harmony	19:00:01.140	19:40:31.295	00:40:30.155	13:04	33	F	5K	Winston Salem
29	670	Gobble, Kristine	19:00:01.140	19:40:37.854	00:40:36.714	13:06	34	F	5K	Greensboro
30	258	Ferris, Katherine	19:00:01.140	19:41:37.103	00:41:35.963	13:25	31	F	5K	Jamestown
31	275	Garrison, Emily	19:00:01.140	19:41:37.901	00:41:36.761	13:25	31	F	5K	Greensboro
32	462	Petteys, Becky	19:00:01.140	19:41:45.598	00:41:44.458	13:28	32	F	5K	Winston Salem
33	449	Oyelaran, Omosalawa	19:00:01.140	19:43:47.161	00:43:46.021	14:07	34	F	5K	Winston Salem
34	207	Clinard, Whytonia	19:00:01.140	19:43:58.529	00:43:57.389	14:11	30	F	5K	Winston Salem
35	625	Dulin, Rita	19:00:01.140	19:44:04.074	00:44:02.934	14:12	32	F	5K	Winston Salem
36	120	Avital, Buffie	19:00:01.140	19:44:18.098	00:44:16.958	14:17	34	F	5K	Greensboro
37	371	Ledbetter, Jaime	19:00:01.140	19:46:12.734	00:46:11.594	14:54	34	F	5K	Winston Salem

38	205	Clark, Champagne	19:00:0 1.140	19:50:2 1.645	00:50:2 0.505	16:14	33	F	5K	Winston Salem
39	142	Beverly, Ginnie	19:00:0 1.140	19:50:5 5.055	00:50:5 3.915	16:25	30	F	5K	Advanc e
40	376	Lewis, Shonette	19:00:0 1.140	19:50:5 6.627	00:50:5 5.487	16:25	34	F	5K	Winston Salem
41	640	Clinton, Michelle	19:00:0 1.140	19:51:1 7.098	00:51:1 5.958	16:32	32	F	5K	Winston Salem
42	639	Duncan, Charma rya	19:00:0 1.140	19:55:0 5.620	00:55:0 4.480	17:46	32	F	5K	Winston Salem
43	177	Brown, Temeshia	19:00:0 1.140	19:57:2 6.430	00:57:2 5.290	18:31	30	F	5K	Winston Salem
FEMALE 35-39 IN DIVISION 5K										
1	27	Inman, Teresa	19:00:0 1.140	19:19:3 6.127	00:19:3 4.987	6:19	37	F	5K	Winston Salem
2	714	Juno- Galdes, Haley	19:00:0 1.140	19:19:4 8.860	00:19:4 7.720	6:23	36	F	5K	Pinehur st
3	409	McNeill, Kendra	19:00:0 1.140	19:24:2 5.014	00:24:2 3.874	7:52	37	F	5K	High Point
4	496	Royster, Susan	19:00:0 1.140	19:24:4 6.945	00:24:4 5.805	7:59	35	F	5K	Winston Salem
5	452	Parish, Nicole	19:00:0 1.140	19:25:1 9.665	00:25:1 8.525	8:10	37	F	5K	Clemmo ns
6	505	Saliba, Tina	19:00:0 1.140	19:26:3 8.684	00:26:3 7.544	8:35	37	F	5K	Clemmo ns
7	132	Basilio, Maria Jusith	19:00:0 1.140	19:26:4 7.133	00:26:4 5.993	8:38	35	F	5K	Winston Salem
8	313	Higgins, Jessica	19:00:0 1.140	19:27:4 9.937	00:27:4 8.797	8:58	36	F	5K	Winston Salem
9	165	Branstet ter, Annie	19:00:0 1.140	19:28:0 3.434	00:28:0 2.294	9:03	35	F	5K	Winston Salem
10	559	Taluskie , Karen	19:00:0 1.140	19:29:2 0.081	00:29:1 8.941	9:27	36	F	5K	Winston Salem
11	445	Ogden, Eva	19:00:0 1.140	19:30:1 8.904	00:30:1 7.764	9:46	36	F	5K	Kerners ville
12	611	Woodya rd, Sheri	19:00:0 1.140	19:31:2 1.681	00:31:2 0.541	10:06	35	F	5K	Thomas ville

13	223	Danelson, Kerry	19:00:01.140	19:31:27.953	00:31:26.813	10:08	36	F	5K	Winston Salem
14	532	Smitherman, Rebecca	19:00:01.140	19:31:43.878	00:31:42.738	10:14	38	F	5K	Pfafftown
15	373	Lee, Zoe	19:00:01.140	19:31:45.231	00:31:44.091	10:14	37	F	5K	Winston Salem
16	355	Klamer, Brandi	19:00:01.140	19:32:08.231	00:32:07.091	10:22	35	F	5K	Winston Salem
17	568	Tucker, Courtney	19:00:01.140	19:32:24.620	00:32:23.480	10:27	36	F	5K	Winston Salem
18	613	Yarbrough, Laura	19:00:01.140	19:32:38.345	00:32:37.205	10:31	39	F	5K	Lexington
19	342	Jones, Amy	19:00:01.140	19:34:25.049	00:34:23.909	11:05	36	F	5K	Kernersville
20	339	Johnson, Laurie	19:00:01.140	19:34:34.760	00:34:33.620	11:09	39	F	5K	Pfafftown
21	248	Elliott, Kathleen	19:00:01.140	19:34:58.454	00:34:57.314	11:16	36	F	5K	Kernersville
22	140	Benson, Kim	19:00:01.140	19:35:18.576	00:35:17.436	11:23	38	F	5K	Winston Salem
23	456	Patterson, Renee	19:00:01.140	19:35:42.194	00:35:41.054	11:31	36	F	5K	Pfafftown
24	481	Randolph, Tonya	19:00:01.140	19:35:46.436	00:35:45.296	11:32	39	F	5K	Clemmons
25	647	Fleming, Suzanne	19:00:01.140	19:35:54.010	00:35:52.870	11:34	36	F	5K	Winston Salem
26	634	Ward, Kimberly	19:00:01.140	19:35:54.559	00:35:53.419	11:35	39	F	5K	Winston Salem
27	614	Young, Celeste	19:00:01.140	19:36:04.175	00:36:03.035	11:38	39	F	5K	Apex
28	574	Vieira, Juliana	19:00:01.140	19:36:46.849	00:36:45.709	11:51	39	F	5K	Pfafftown
29	123	Bandle, Anne	19:00:01.140	19:37:16.506	00:37:15.366	12:01	36	F	5K	Winston Salem
30	429	Moorefield, Missy	19:00:01.140	19:37:32.503	00:37:31.363	12:06	35	F	5K	Winston Salem
31	501	Rudock, Megan	19:00:01.140	19:38:49.690	00:38:48.550	12:31	35	F	5K	Winston Salem

32	438	Neal, Julie	19:00:01.140	19:39:18.777	00:39:17.637	12:40	35	F	5K	Lewisville
33	166	Breland, Dnetta	19:00:01.140	19:39:43.341	00:39:42.201	12:48	38	F	5K	Winston Salem
34	443	Oddon, Jillian	19:00:01.140	19:39:55.805	00:39:54.665	12:52	35	F	5K	Lexington
35	622	Weston, Lakesher	19:00:01.140	19:41:12.054	00:41:10.914	13:17	38	F	5K	Winston Salem
36	512	Schneider, Carrie	19:00:01.140	19:42:33.286	00:42:32.146	13:43	36	F	5K	Cary
37	138	Beeson, Olivia	19:00:01.140	19:43:31.050	00:43:29.910	14:02	38	F	5K	Winston Salem
38	398	Maxwell, Michelle	19:00:01.140	19:43:37.268	00:43:36.128	14:04	35	F	5K	Danville
39	119	Avila, Sol	19:00:01.140	19:43:46.024	00:43:44.884	14:06	39	F	5K	Winston Salem
40	487	Ring, Jennifer	19:00:01.140	19:45:46.201	00:45:45.061	14:45	35	F	5K	Winston Salem
41	629	Ward, Nakia	19:00:01.140	19:45:57.040	00:45:55.900	14:49	37	F	5K	Winston Salem
42	478	Puryear, Laura	19:00:01.140	19:47:09.044	00:47:07.904	15:12	35	F	5K	Winston Salem
43	580	Wall, Jody	19:00:01.140	19:48:03.597	00:48:02.457	15:30	39	F	5K	Winston Salem
44	401	McCrimmon, Roshanda	19:00:01.140	19:48:59.128	00:48:57.988	15:47	38	F	5K	Rural Hall
45	477	Pubantz, Lisa	19:00:01.140	19:50:51.118	00:50:49.978	16:24	37	F	5K	Winston Salem
46	283	Golden, Lakesha	19:00:01.140	19:50:58.497	00:50:57.357	16:26	35	F	5K	Pfafftown
47	217	Cooper, Jennifer	19:00:01.140	19:51:48.855	00:51:47.715	16:42	37	F	5K	High Point
48	175	Brown, Shareka	19:00:01.140	19:55:27.379	00:55:26.239	17:53	39	F	5K	Winston Salem
49	176	Brown, Tameka	19:00:01.140	19:55:38.116	00:55:36.976	17:56	39	F	5K	Winston Salem
50	609	Wood, Danielle	19:00:01.140	19:55:42.070	00:55:40.930	17:57	37	F	5K	Winston Salem
51	431	Mouzon, Diletta	19:00:01.140	19:58:41.818	00:58:40.678	18:55	35	F	5K	Winston Salem
FEMALE 40-44 IN DIVISION 5K										

1	641	Reid, Kelly	19:00:0 1.140	19:22:1 7.714	00:22:1 6.574	7:11	43	F	5K	Winston Salem
2	561	Tedder, Katie	19:00:0 1.140	19:27:3 0.949	00:27:2 9.809	8:52	44	F	5K	King
3	330	Ingram, Kari	19:00:0 1.140	19:28:4 4.637	00:28:4 3.497	9:16	42	F	5K	Winston Salem
4	247	Edwards, Nancy	19:00:0 1.140	19:30:1 3.596	00:30:1 2.456	9:45	40	F	5K	Advance
5	189	Carico, Karie	19:00:0 1.140	19:31:1 2.611	00:31:1 1.471	10:04	40	F	5K	Winston Salem
6	234	Dubois, Kathleen	19:00:0 1.140	19:32:2 1.728	00:32:2 0.588	10:26	41	F	5K	Winston Salem
7	203	Ciaccia, Amy	19:00:0 1.140	19:32:2 7.441	00:32:2 6.301	10:28	44	F	5K	Pfafftown
8	410	McWilliams, Allison	19:00:0 1.140	19:34:0 6.106	00:34:0 4.966	10:59	40	F	5K	Winston Salem
9	302	Harry-Clark, Sharolyn	19:00:0 1.140	19:34:1 1.380	00:34:1 0.240	11:01	43	F	5K	Winston Salem
10	713	Piccini, Kim	19:00:0 1.140	19:34:2 7.009	00:34:2 5.869	11:06	40	F	5K	Greensboro
11	160	Boylan, Meredith	19:00:0 1.140	19:35:0 9.159	00:35:0 8.019	11:20	43	F	5K	Winston Salem
12	379	Lindley, Angel	19:00:0 1.140	19:35:1 3.919	00:35:1 2.779	11:21	43	F	5K	Lexington
13	266	Frye, Christina	19:00:0 1.140	19:35:1 5.574	00:35:1 4.434	11:22	44	F	5K	Winston Salem
14	523	Sigmon, Tabitha	19:00:0 1.140	19:35:1 6.299	00:35:1 5.159	11:22	40	F	5K	Advance
15	352	Keller, Monti	19:00:0 1.140	19:36:1 7.257	00:36:1 6.117	11:42	41	F	5K	Winston Salem
16	437	Myrick, Susan	19:00:0 1.140	19:36:1 9.485	00:36:1 8.345	11:43	42	F	5K	Reidsville
17	367	Lance, Cindy	19:00:0 1.140	19:36:4 1.018	00:36:3 9.878	11:49	40	F	5K	Oak Ridge
18	231	Donnell, Christina	19:00:0 1.140	19:36:5 7.501	00:36:5 6.361	11:55	43	F	5K	Winston Salem
19	315	Hill, Tamara	19:00:0 1.140	19:37:3 1.816	00:37:3 0.676	12:06	41	F	5K	Winston Salem
20	620	Bristow, Nicole	19:00:0 1.140	19:37:5 8.408	00:37:5 7.268	12:15	43	F	5K	Winston Salem

21	184	Byrd, Allison	19:00:0 1.140	19:38:4 0.781	00:38:3 9.641	12:28	40	F	5K	Lexington
22	105	Alexander, Heather	19:00:0 1.140	19:39:0 9.670	00:39:0 8.530	12:37	44	F	5K	Kernersville
23	399	McCluney, Pamela	19:00:0 1.140	19:39:1 3.976	00:39:1 2.836	12:39	42	F	5K	Jamestown
24	157	Bowden, April	19:00:0 1.140	19:39:1 5.407	00:39:1 4.267	12:39	41	F	5K	Spartanburg
25	276	Gentry, Diane	19:00:0 1.140	19:39:5 5.272	00:39:5 4.132	12:52	44	F	5K	Elkin
26	433	Murray, Courtney	19:00:0 1.140	19:40:3 6.034	00:40:3 4.894	13:05	42	F	5K	Winston Salem
27	122	Baker, Erica	19:00:0 1.140	19:41:1 2.524	00:41:1 1.384	13:17	43	F	5K	Winston Salem
28	188	Campbell, Ellen	19:00:0 1.140	19:41:2 6.640	00:41:2 5.500	13:22	41	F	5K	Winston Salem
29	533	Snipes, Catrina	19:00:0 1.140	19:41:5 9.414	00:41:5 8.274	13:32	44	F	5K	Winston Salem
30	256	Faulkner, Kim	19:00:0 1.140	19:42:2 9.167	00:42:2 8.027	13:42	42	F	5K	Winston Salem
31	635	Okwubunka-Anyim, Ahunna	19:00:0 1.140	19:42:3 8.593	00:42:3 7.453	13:45	40	F	5K	Pfafftown
32	209	Cline, Tamara	19:00:0 1.140	19:42:4 5.043	00:42:4 3.903	13:47	44	F	5K	Conover
33	135	Batten, Leslie	19:00:0 1.140	19:43:0 3.721	00:43:0 2.581	13:53	42	F	5K	Kernersville
34	470	Pleasant, Kimm	19:00:0 1.140	19:43:4 7.037	00:43:4 5.897	14:07	44	F	5K	Winston Salem
35	435	Myers, Tia	19:00:0 1.140	19:45:4 5.967	00:45:4 4.827	14:45	41	F	5K	Pfafftown
36	290	Guido, Carmen	19:00:0 1.140	19:46:1 2.365	00:46:1 1.225	14:54	40	F	5K	Winston Salem
37	719	Banks, Natalie	19:00:0 1.140	19:47:0 7.005	00:47:0 5.865	15:11	40	F	5K	Durham
38	465	Phifer, Angie	19:00:0 1.140	19:51:0 7.408	00:51:0 6.268	16:29	41	F	5K	Winston Salem
39	405	McKinnis, Monica	19:00:0 1.140	19:52:1 1.284	00:52:1 0.144	16:50	43	F	5K	Kernersville
40	630	Jeter, Jennifer	19:00:0 1.140	19:55:3 6.715	00:55:3 5.575	17:56	43	F	5K	Winston Salem

41	516	Shear, Chantelle	19:00:01.140	19:58:19.019	00:58:17.879	18:48	43	F	5K	Winston Salem
FEMALE 45-49 IN DIVISION 5K										
1	702	Curran, Linda	19:00:01.140	19:22:51.070	00:22:49.930	7:22	45	F	5K	Greensboro
2	447	Orr, Mary	19:00:01.140	19:23:58.694	00:23:57.554	7:44	49	F	5K	Winston Salem
3	47	Streseman, Lori	19:00:01.140	19:24:14.546	00:24:13.406	7:49	48	F	5K	Belews Creek
4	344	Jones, Donna	19:00:01.140	19:24:54.576	00:24:53.436	8:02	45	F	5K	Boone
5	668	Barlow, Felicia	19:00:01.140	19:26:03.488	00:26:02.348	8:24	48	F	5K	Winston Salem
6	544	Stewart, Sandra	19:00:01.140	19:28:30.776	00:28:29.636	9:11	48	F	5K	Advance
7	350	Kauffman, Christy	19:00:01.140	19:28:59.097	00:28:57.957	9:20	46	F	5K	Advance
8	333	Jackson, Sandra	19:00:01.140	19:29:41.035	00:29:39.895	9:34	49	F	5K	Pfafftown
9	281	Glunt, Lisa	19:00:01.140	19:30:27.444	00:30:26.304	9:49	48	F	5K	Lewisville
10	422	Miller, Janie	19:00:01.140	19:30:57.999	00:30:56.859	9:59	46	F	5K	Thomasville
11	430	Moser, Lisa	19:00:01.140	19:31:18.719	00:31:17.579	10:05	49	F	5K	Clemmons
12	322	Howell, Victoria	19:00:01.140	19:31:29.438	00:31:28.298	10:09	46	F	5K	Walkertown
13	314	Hill, Molly	19:00:01.140	19:31:41.104	00:31:39.964	10:13	49	F	5K	Winston Salem
14	691	Vanhoy, Ruth	19:00:01.140	19:31:53.998	00:31:52.858	10:17	46	F	5K	Jonesville
15	263	Freeman, Cindy	19:00:01.140	19:33:49.096	00:33:47.956	10:54	47	F	5K	Troutman
16	353	Kershner, Lisa	19:00:01.140	19:33:51.577	00:33:50.437	10:55	49	F	5K	Jamestown
17	663	Deffke, Kelly	19:00:01.140	19:34:00.681	00:33:59.541	10:58	46	F	5K	Hickory
18	395	Martin, Ladonna	19:00:01.140	19:34:50.873	00:34:49.733	11:14	47	F	5K	Winston Salem
19	174	Brown, Karla	19:00:01.140	19:34:56.576	00:34:55.436	11:16	45	F	5K	Winston Salem

20	583	Ward, Jewell	19:00:0 1.140	19:35:1 7.302	00:35:1 6.162	11:23	47	F	5K	Colfax
21	319	Hogan, Linda	19:00:0 1.140	19:35:4 8.677	00:35:4 7.537	11:33	46	F	5K	Winston Salem
22	514	Scott, Sharon	19:00:0 1.140	19:36:4 8.783	00:36:4 7.643	11:52	47	F	5K	Winston Salem
23	214	Comer, Mary	19:00:0 1.140	19:37:0 2.335	00:37:0 1.195	11:56	48	F	5K	Winston Salem
24	418	Messer, Lori	19:00:0 1.140	19:37:0 2.550	00:37:0 1.410	11:56	48	F	5K	Winston Salem
25	162	Boynton, Cecile	19:00:0 1.140	19:37:4 2.201	00:37:4 1.061	12:09	46	F	5K	Winston Salem
26	646	Wells, Sharhonda	19:00:0 1.140	19:37:4 2.290	00:37:4 1.150	12:09	46	F	5K	Winston Salem
27	126	Barron, Carol	19:00:0 1.140	19:38:2 1.754	00:38:2 0.614	12:22	46	F	5K	Tobaccoville
28	215	Compton, Holly	19:00:0 1.140	19:39:3 6.474	00:39:3 5.334	12:46	47	F	5K	Walkertown
29	193	Caskey, Leslie	19:00:0 1.140	19:39:4 0.989	00:39:3 9.849	12:47	49	F	5K	Mocksville
30	575	Von Dohlen, Heidi	19:00:0 1.140	19:40:1 8.144	00:40:1 7.004	12:59	46	F	5K	Candler
31	585	Ward, Nancy	19:00:0 1.140	19:40:1 8.620	00:40:1 7.480	12:59	47	F	5K	Colfax
32	244	Edgerton, Pam	19:00:0 1.140	19:40:4 6.554	00:40:4 5.414	13:09	46	F	5K	Winston Salem
33	320	Hood, Darlene	19:00:0 1.140	19:40:5 0.890	00:40:4 9.750	13:10	49	F	5K	Winston Salem
34	700	Miller, Patsy	19:00:0 1.140	19:41:1 6.351	00:41:1 5.211	13:18	47	F	5K	Winston Salem
35	709	Huntley, Liz	19:00:0 1.140	19:42:1 6.579	00:42:1 5.439	13:38	46	F	5K	Winston Salem
36	540	Squire, Sylvia	19:00:0 1.140	19:42:5 0.125	00:42:4 8.985	13:48	47	F	5K	Winston Salem
37	558	Swink, Sharon	19:00:0 1.140	19:43:2 9.700	00:43:2 8.560	14:01	48	F	5K	Clemmons
38	130	Barron, Rachel	19:00:0 1.140	19:43:3 0.908	00:43:2 9.768	14:02	48	F	5K	Winston Salem
39	500	Rudel, Sheri	19:00:0 1.140	19:44:0 0.374	00:43:5 9.234	14:11	47	F	5K	Pfafftown
40	370	Lawson, Meko	19:00:0 1.140	19:44:0 8.676	00:44:0 7.536	14:14	46	F	5K	Winston Salem
41	484	Reavis, Anne	19:00:0 1.140	19:44:0 9.100	00:44:0 7.960	14:14	47	F	5K	Winston Salem

42	304	Haymore, Stephanie	19:00:0 1.140	19:45:2 1.276	00:45:2 0.136	14:37	48	F	5K	Winston Salem
43	624	Bigelow Crawford, Donzella	19:00:0 1.140	19:47:4 9.207	00:47:4 8.067	15:25	49	F	5K	Winston Salem
44	332	Jackson, Geigh	19:00:0 1.140	19:49:0 2.883	00:49:0 1.743	15:49	45	F	5K	Winston Salem
45	300	Harris, Della	19:00:0 1.140	19:51:1 4.924	00:51:1 3.784	16:31	47	F	5K	Winston Salem
46	651	Strickland, Regina	19:00:0 1.140	19:51:3 9.649	00:51:3 8.509	16:39	49	F	5K	Winston Salem
47	605	Willis, Shayne	19:00:0 1.140	19:52:1 3.343	00:52:1 2.203	16:50	47	F	5K	Winston Salem
48	623	Pack, Sharnette	19:00:0 1.140	19:52:1 7.767	00:52:1 6.627	16:52	46	F	5K	Winston Salem
49	556	Sweatt, Ulysesa (lis	19:00:0 1.140	19:53:5 0.002	00:53:4 8.862	17:21	47	F	5K	Clemmons
50	469	Pleasant, Dana	19:00:0 1.140	19:55:1 2.904	00:55:1 1.764	17:48	45	F	5K	Winston Salem
51	466	Phillips, Dina	19:00:0 1.140	19:55:5 1.058	00:55:4 9.918	18:00	45	F	5K	Winston Salem
52	520	Sherman, Jennifer	19:00:0 1.140	19:57:5 6.381	00:57:5 5.241	18:41	46	F	5K	Winston Salem
53	618	Ziglar, Angela	19:00:0 1.140	19:58:1 9.911	00:58:1 8.771	18:48	46	F	5K	Pfafftown
54	267	Fuiell, Cassandra	19:00:0 1.140	20:09:5 5.494	01:09:5 4.354	22:33	47	F	5K	Winston Salem
FEMALE 50-54 IN DIVISION 5K										
1	654	Hatcher, Terrey	19:00:0 1.140	19:25:0 8.720	00:25:0 7.580	8:06	51	F	5K	Winston Salem
2	468	Piekarski, Virginia	19:00:0 1.140	19:26:2 0.587	00:26:1 9.447	8:29	51	F	5K	Winston Salem
3	155	Boseman, Marcia	19:00:0 1.140	19:27:4 0.458	00:27:3 9.318	8:55	51	F	5K	Raleigh

4	538	Spoon, Christine	19:00:0 1.140	19:28:5 0.903	00:28:4 9.763	9:18	51	F	5K	Winston Salem
5	425	Milleson, Beth	19:00:0 1.140	19:30:2 1.017	00:30:1 9.877	9:47	51	F	5K	Advance
6	519	Shelton, Michelle	19:00:0 1.140	19:30:3 6.064	00:30:3 4.924	9:52	50	F	5K	Greensboro
7	551	Suggs, Gloria	19:00:0 1.140	19:31:2 4.940	00:31:2 3.800	10:07	52	F	5K	Winston Salem
8	509	Sawyers, Marilyn	19:00:0 1.140	19:33:5 5.465	00:33:5 4.325	10:56	53	F	5K	Winston Salem
9	191	Carter, Gaby	19:00:0 1.140	19:35:5 9.117	00:35:5 7.977	11:36	51	F	5K	Sparta
10	388	Lyerly, Jane	19:00:0 1.140	19:36:0 6.186	00:36:0 5.046	11:38	50	F	5K	Clemmons
11	201	Christina, Anne	19:00:0 1.140	19:37:0 5.680	00:37:0 4.540	11:57	53	F	5K	Rural Hall
12	592	Wheeler, Angela	19:00:0 1.140	19:37:4 9.341	00:37:4 8.201	12:12	54	F	5K	Winston Salem
13	268	Funderburk, Sylvia	19:00:0 1.140	19:37:5 8.491	00:37:5 7.351	12:15	53	F	5K	Winston Salem
14	337	Johnson, Cheryl	19:00:0 1.140	19:38:1 6.723	00:38:1 5.583	12:20	50	F	5K	Candler
15	211	Cofer, Pamela	19:00:0 1.140	19:38:4 0.209	00:38:3 9.069	12:28	50	F	5K	Clemmons
16	467	Phipps, Eleanor	19:00:0 1.140	19:39:4 3.213	00:39:4 2.073	12:48	52	F	5K	Greensboro
17	476	Prather, Anne	19:00:0 1.140	19:40:3 1.941	00:40:3 0.801	13:04	51	F	5K	Winston Salem
18	100	Adams, Melanie	19:00:0 1.140	19:41:5 9.199	00:41:5 8.059	13:32	54	F	5K	Winston Salem
19	249	Ellis, Cynthia	19:00:0 1.140	19:42:2 6.836	00:42:2 5.696	13:41	53	F	5K	Winston Salem
20	550	Strohmer, Therese	19:00:0 1.140	19:44:0 0.330	00:43:5 9.190	14:11	51	F	5K	Greensboro
21	239	Dunston, Cynthia	19:00:0 1.140	19:44:1 7.791	00:44:1 6.651	14:17	54	F	5K	Winston Salem
22	458	Peters, Dawn	19:00:0 1.140	19:45:2 5.210	00:45:2 4.070	14:39	52	F	5K	Winston Salem
23	182	Burner, Mae	19:00:0 1.140	19:45:4 3.264	00:45:4 2.124	14:45	53	F	5K	Winston Salem
24	114	Armstrong, Shelia	19:00:0 1.140	19:47:4 9.465	00:47:4 8.325	15:25	51	F	5K	Lewisville

25	150	Bohlmann, Debbie	19:00:0 1.140	19:48:2 3.010	00:48:2 1.870	15:36	51	F	5K	Winston Salem
26	358	Knight-Brown, Phyllis	19:00:0 1.140	19:48:5 4.526	00:48:5 3.386	15:46	54	F	5K	Kernersville
27	406	McLean-Jackson, Michelle	19:00:0 1.140	19:49:2 4.022	00:49:2 2.882	15:55	54	F	5K	Winston Salem
28	102	Aikens, Genell	19:00:0 1.140	19:50:5 5.855	00:50:5 4.715	16:25	50	F	5K	Winston Salem
29	637	Gray, Lajune	19:00:0 1.140	19:53:2 1.408	00:53:2 0.268	17:12	50	F	5K	Winston Salem
30	539	Springer, Terri	19:00:0 1.140	19:54:5 1.190	00:54:5 0.050	17:41	53	F	5K	Winston Salem
FEMALE 55-59 IN DIVISION 5K										
1	196	Caudill, Nina	19:00:0 1.140	19:28:2 3.559	00:28:2 2.419	9:09	57	F	5K	Winston Salem
2	261	Francis, Becky	19:00:0 1.140	19:30:0 1.740	00:30:0 0.600	9:41	55	F	5K	Winston Salem
3	197	Chamel, Piper	19:00:0 1.140	19:30:0 6.587	00:30:0 5.447	9:42	57	F	5K	Winston Salem
4	531	Smith, Rose	19:00:0 1.140	19:31:0 9.119	00:31:0 7.979	10:02	56	F	5K	Winston Salem
5	348	Jordan, Carol	19:00:0 1.140	19:31:4 7.940	00:31:4 6.800	10:15	58	F	5K	Lexington Nc
6	278	Gertz, Mary	19:00:0 1.140	19:32:5 4.857	00:32:5 3.717	10:36	56	F	5K	Winston Salem
7	415	Mendelsohn, Stefanie	19:00:0 1.140	19:33:2 0.195	00:33:1 9.055	10:45	56	F	5K	Winston Salem
8	221	Crouse, Carol	19:00:0 1.140	19:34:0 3.649	00:34:0 2.509	10:59	56	F	5K	Lake Charles
9	693	Renegar, Susan	19:00:0 1.140	19:34:4 0.723	00:34:3 9.583	11:11	57	F	5K	Winston Salem
10	170	Brill, Peggy	19:00:0 1.140	19:35:0 5.105	00:35:0 3.965	11:18	56	F	5K	Chapel Hill
11	525	Sink, Renee	19:00:0 1.140	19:36:5 5.652	00:36:5 4.512	11:54	59	F	5K	Lexington
12	331	Inman, Lou	19:00:0 1.140	19:37:3 3.613	00:37:3 2.473	12:06	59	F	5K	Winston Salem
13	212	Combest, Janice	19:00:0 1.140	19:38:2 7.751	00:38:2 6.611	12:24	59	F	5K	Clemmons

14	387	Lucas, Nina	19:00:0 1.140	19:39:2 7.446	00:39:2 6.306	12:43	55	F	5K	Winston Salem
15	374	Lees, Cynthia	19:00:0 1.140	19:39:3 4.118	00:39:3 2.978	12:45	56	F	5K	Winston Salem
16	571	Verona, Lynn	19:00:0 1.140	19:40:4 1.666	00:40:4 0.526	13:07	59	F	5K	Winston Salem
17	125	Barrett, Debra	19:00:0 1.140	19:41:1 1.964	00:41:1 0.824	13:17	55	F	5K	Winston Salem
18	393	Marsh, Janet	19:00:0 1.140	19:41:1 4.971	00:41:1 3.831	13:18	55	F	5K	Belews Creek
19	310	Hester, Sheila	19:00:0 1.140	19:41:1 9.415	00:41:1 8.275	13:19	56	F	5K	Belews Creek
20	427	Moore, Tamara	19:00:0 1.140	19:42:5 5.335	00:42:5 4.195	13:50	57	F	5K	Winston Salem
21	645	Barnhardt, Susan	19:00:0 1.140	19:44:3 1.993	00:44:3 0.853	14:21	55	F	5K	Advance
22	578	Walker, Teresa	19:00:0 1.140	19:45:0 8.663	00:45:0 7.523	14:33	56	F	5K	Clemmons
23	626	Wroblewski, Genevieve	19:00:0 1.140	19:46:0 4.229	00:46:0 3.089	14:51	58	F	5K	Winston Salem
24	472	Plunkett, Teresa	19:00:0 1.140	19:47:1 6.830	00:47:1 5.690	15:15	55	F	5K	Winston Salem
25	328	Hunter, Christina	19:00:0 1.140	19:50:4 5.779	00:50:4 4.639	16:22	56	F	5K	Winston Salem
26	621	Pinkney, Pamela	19:00:0 1.140	19:58:1 5.021	00:58:1 3.881	18:47	57	F	5K	Walkertown
27	260	Fletcher, Robin	19:00:0 1.140	19:58:4 3.410	00:58:4 2.270	18:56	59	F	5K	Clemmons
FEMALE 60-64 IN DIVISION 5K										
1	504	Saintsing, Mary	19:00:0 1.140	19:29:0 7.470	00:29:0 6.330	9:23	63	F	5K	Lexington
2	23	Holder, Kaye	19:00:0 1.140	19:29:3 5.598	00:29:3 4.458	9:32	64	F	5K	Raleigh
3	555	Suttle, Amy	19:00:0 1.140	19:31:3 3.186	00:31:3 2.046	10:10	60	F	5K	Lexington
4	417	Menuey, Bernadette	19:00:0 1.140	19:35:2 9.821	00:35:2 8.681	11:26	61	F	5K	Greensboro
5	657	Hefner, Linda	19:00:0 1.140	19:36:3 3.079	00:36:3 1.939	11:47	61	F	5K	Gastonia

6	460	Peterson, Kathi	19:00:01.140	19:39:18.294	00:39:17.154	12:40	61	F	5K	Salisbury
7	364	Krueger, Kris	19:00:01.140	19:39:21.724	00:39:20.584	12:41	60	F	5K	Winston Salem
8	298	Hardin, Ayana	19:00:01.140	19:44:27.044	00:44:25.904	14:20	60	F	5K	Winston Salem
9	296	Hamm, Wanda	19:00:01.140	19:44:29.491	00:44:28.351	14:21	60	F	5K	Sparta
10	335	Jenkins, Rebecca	19:00:01.140	19:46:58.718	00:46:57.578	15:09	64	F	5K	Mocksville
11	251	Eustice, Judy	19:00:01.140	19:50:28.337	00:50:27.197	16:16	64	F	5K	Clemmons
12	549	Strickland, Susan	19:00:01.140	19:50:55.919	00:50:54.779	16:25	61	F	5K	Burnsville
FEMALE 65-69 IN DIVISION 5K										
1	32	Kimberly, Elizabeth	19:00:01.140	19:31:02.447	00:31:01.307	10:00	66	F	5K	Mocksville
2	566	Trull, Libby	19:00:01.140	19:37:25.531	00:37:24.391	12:04	65	F	5K	Winston Salem
3	488	Roberts, Wanda	19:00:01.140	19:41:26.298	00:41:25.158	13:22	66	F	5K	Winston Salem
4	222	Currence, Dee	19:00:01.140	19:55:41.205	00:55:40.065	17:57	65	F	5K	Winston Salem