

Beat the Heat 5K Results - Age Groups - Overall

Position	Bib #	Name	Start	Finish	Total	Pace	Age	Gender	Division	City
DIVISION: 5K										
1	42	Pfruender, Justin	19:00:01.140	19:15:27.490	00:15:26.350	4:59	34	M	5K	Winston Salem
2	31	Keyserling, Kaleb	19:00:01.140	19:15:30.843	00:15:29.703	4:59	27	M	5K	Chapel Hill
3	50	Ware, Chad	19:00:01.140	19:15:33.556	00:15:32.416	5:01	29	M	5K	Raeford
4	25	Hoyal, Peyton	19:00:01.140	19:15:35.187	00:15:34.047	5:01	25	M	5K	Boone
5	2	Anderson, Stevven	19:00:01.140	19:15:44.097	00:15:42.957	5:04	29	M	5K	Jamestown
6	53	Woods, Ryan	19:00:01.140	19:15:45.067	00:15:43.927	5:04	35	M	5K	Boone
7	107	Ali, Mike	19:00:01.140	19:15:53.301	00:15:52.161	5:07	24	M	5K	Raleigh
8	30	Kerr, Dan	19:00:01.140	19:16:08.993	00:16:07.853	5:12	24	M	5K	Winston Salem
9	35	Longworth, Matt	19:00:01.140	19:16:09.595	00:16:08.455	5:12	33	M	5K	Charlotte
10	29	Keenan, John	19:00:01.140	19:16:13.060	00:16:11.920	5:13	26	M	5K	Sanford
11	46	Springer, Paul	19:00:01.140	19:16:24.155	00:16:23.015	5:17	26	M	5K	Cary
12	9	Boseman, Alex	19:00:01.140	19:16:32.194	00:16:31.054	5:20	18	M	5K	Raleigh
13	259	Fisher, Trey	19:00:01.140	19:16:35.655	00:16:34.515	5:21	19	M	5K	Forest
14	340	Johnson, Steven	19:00:01.140	19:16:43.007	00:16:41.867	5:23	24	M	5K	Winston Salem
15	587	Watts, Daniel	19:00:01.140	19:16:56.386	00:16:55.246	5:27	15	M	5K	German ton
16	117	Askey, Billy	19:00:01.140	19:17:10.005	00:17:08.865	5:32	31	M	5K	Durham
17	7	Boles, Tommy	19:00:01.140	19:17:21.084	00:17:19.944	5:35	36	M	5K	Greensboro
18	19	Freeman, Joel	19:00:01.140	19:17:25.552	00:17:24.412	5:37	17	M	5K	Greensboro
19	287	Griffith, Michael	19:00:01.140	19:17:33.690	00:17:32.550	5:39	16	M	5K	Winston Salem
20	206	Cleland V, George	19:00:01.140	19:17:36.976	00:17:35.836	5:40	21	M	5K	Chapel Hill

21	686	Lanser, Joe	19:00:01.140	19:17:41.381	00:17:40.241	5:42	25	M	5K	Greensboro
22	677	Meeker, Nicholas	19:00:01.140	19:17:42.464	00:17:41.324	5:42	26	M	5K	Raleigh
23	675	Meeker, David	19:00:01.140	19:17:46.231	00:17:45.091	5:44	30	M	5K	Raleigh
24	101	Ader, Spencer	19:00:01.140	19:17:53.105	00:17:51.965	5:45	16	M	5K	Winston Salem
25	220	Critcher, Caleb	19:00:01.140	19:17:53.460	00:17:52.320	5:46	30	M	5K	Deep Gap
26	695	Mignosa, Jack	19:00:01.140	19:17:58.851	00:17:57.711	5:47	43	M	5K	Mebane
27	679	Ferguson, Keith	19:00:01.140	19:18:08.625	00:18:07.485	5:51	30	M	5K	Raleigh
28	513	Schneider, Matthew	19:00:01.140	19:18:19.762	00:18:18.622	5:54	16	M	5K	Iowa City
29	660	Demarco, Mina	19:00:01.140	19:18:24.961	00:18:23.821	5:56	30	F	5K	Blacksburg
30	508	Sanger, Zach	19:00:01.140	19:18:28.536	00:18:27.396	5:57	16	M	5K	Greensboro
31	676	Meeker, Kimberlie	19:00:01.140	19:18:35.183	00:18:34.043	5:59	33	F	5K	Raleigh
32	41	Peters, Allison	19:00:01.140	19:18:40.162	00:18:39.022	6:01	34	F	5K	Kernersville
33	109	Allen, Sidney	19:00:01.140	19:18:45.310	00:18:44.170	6:03	16	M	5K	Martinsville
34	17	Cronley, Ginny	19:00:01.140	19:18:47.251	00:18:46.111	6:03	25	F	5K	Greensboro
35	159	Boyd, Jacob	19:00:01.140	19:18:53.398	00:18:52.258	6:05	28	M	5K	Winston Salem
36	661	Demarco, James	19:00:01.140	19:19:01.753	00:19:00.613	6:08	41	M	5K	Blacksburg
37	688	Nichols, Jonathan	19:00:01.140	19:19:07.559	00:19:06.419	6:10	19	M	5K	Crumpler
38	56	Wrieden, Jenna	19:00:01.140	19:19:18.434	00:19:17.294	6:13	29	F	5K	High Point
39	400	McCormick, Danny	19:00:01.140	19:19:23.879	00:19:22.739	6:15	38	M	5K	Greensboro
40	285	Gray, Buddy	19:00:01.140	19:19:27.149	00:19:26.009	6:16	49	M	5K	Colfax
41	195	Cauble, Jeremy	19:00:01.140	19:19:30.119	00:19:28.979	6:17	30	M	5K	Winston Salem
42	6	Berry, Laura	19:00:01.140	19:19:33.090	00:19:31.950	6:18	28	F	5K	Raleigh

43	148	Blanken ship, David	19:00:0 1.140	19:19:3 5.197	00:19:3 4.057	6:19	65	M	5K	Tallmad ge
44	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
45	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
46	552	Summer s, Phillip	19:00:0 1.140	19:19:3 9.845	00:19:3 8.705	6:20	35	M	5K	Winston Salem
47	354	Kilby, Will	19:00:0 1.140	19:19:4 2.047	00:19:4 0.907	6:21	17	M	5K	Yadkinvi lle
48	308	Herndon , Jackson	19:00:0 1.140	19:19:4 6.627	00:19:4 5.487	6:22	13	M	5K	Lexingto n
49	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
50	586	Waterm an, Matthew	19:00:0 1.140	19:19:5 7.633	00:19:5 6.493	6:26	44	M	5K	Pfafftow n
51	454	Parsons , Jacqueli ne	19:00:0 1.140	19:19:5 8.652	00:19:5 7.512	6:26	29	F	5K	Crumple r
52	527	Sisk, Noah	19:00:0 1.140	19:20:0 1.297	00:20:0 0.157	6:27	17	M	5K	Yadkinvi lle
53	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
54	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
55	18	Foskey, Dakota	19:00:0 1.140	19:20:1 1.377	00:20:1 0.237	6:30	20	F	5K	Wilming ton
56	459	Peterso n, Dave	19:00:0 1.140	19:20:1 4.330	00:20:1 3.190	6:31	47	M	5K	Clemmo ns
57	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
58	316	Hillis, Brandon	19:00:0 1.140	19:20:1 6.404	00:20:1 5.264	6:32	34	M	5K	Winston Salem
59	653	Seavey, Sinclair	19:00:0 1.140	19:20:2 1.104	00:20:1 9.964	6:33	37	M	5K	Lewisvill e
60	385	Love, Erick	19:00:0 1.140	19:20:2 2.850	00:20:2 1.710	6:34	28	M	5K	Galax
61	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
62	687	Parsons , Joey	19:00:0 1.140	19:20:2 4.870	00:20:2 3.730	6:35	42	M	5K	Crumple r

63	683	Keith, Philip	19:00:01.140	19:20:30.941	00:20:29.801	6:36	35	M	5K	Winston Salem
64	297	Hanrahan, Bryan	19:00:01.140	19:20:34.658	00:20:33.518	6:38	26	M	5K	Pittsburgh
65	288	Griffith, Thomas	19:00:01.140	19:20:40.543	00:20:39.403	6:40	27	M	5K	Mooreville
66	309	Herndon, Matt	19:00:01.140	19:20:41.106	00:20:39.966	6:40	15	M	5K	Lexington
67	252	Evans Sr, Rodney	19:00:01.140	19:20:43.072	00:20:41.932	6:40	52	M	5K	Winston Salem
68	680	Kelle, Michael	19:00:01.140	19:20:46.587	00:20:45.447	6:42	38	M	5K	Elkin
69	547	Strain, John	19:00:01.140	19:20:50.846	00:20:49.706	6:43	47	M	5K	Clemmons
70	131	Barton, Joshua	19:00:01.140	19:20:52.206	00:20:51.066	6:44	32	M	5K	Walkertown
71	154	Bomkamp, Sarah	19:00:01.140	19:20:56.852	00:20:55.712	6:45	19	F	5K	Colfax
72	57	Springer, Kari	19:00:01.140	19:20:57.420	00:20:56.280	6:45	24	F	5K	Cary
73	389	Macdougall, Malcolm	19:00:01.140	19:21:11.037	00:21:09.897	6:49	52	M	5K	Oak Ridge
74	696	Lohr, Marty	19:00:01.140	19:21:12.330	00:21:11.190	6:50	44	M	5K	Lexington
75	200	Chrismon, Steve	19:00:01.140	19:21:14.184	00:21:13.044	6:51	41	M	5K	Greensboro
76	173	Brown, Jordan	19:00:01.140	19:21:19.245	00:21:18.105	6:52	31	M	5K	Winston Salem
77	694	Tuttle, Jody	19:00:01.140	19:21:22.312	00:21:21.172	6:53	38	M	5K	Lexington
78	372	Lee, Hannah	19:00:01.140	19:21:22.608	00:21:21.468	6:53	17	F	5K	Winston Salem
79	502	Russ, Garry	19:00:01.140	19:21:27.420	00:21:26.280	6:55	56	M	5K	Winston Salem
80	432	Murphy, Ryan	19:00:01.140	19:21:33.115	00:21:31.975	6:56	41	M	5K	Pfafftown
81	662	Esquivel, Aurelio	19:00:01.140	19:21:33.452	00:21:32.312	6:57	43	M	5K	Lexington
82	674	Crayton, Gary	19:00:01.140	19:21:37.479	00:21:36.339	6:58	52	M	5K	Kannapolis
83	396	Martin, Melissa	19:00:01.140	19:21:46.310	00:21:45.170	7:01	26	F	5K	Winston Salem
84	356	Klamer, Ryan	19:00:01.140	19:21:47.164	00:21:46.024	7:01	19	M	5K	Winston Salem
85	656	Hefner, Richard	19:00:01.140	19:21:53.652	00:21:52.512	7:03	62	M	5K	Gastonia

86	52	Willis, Joseph	19:00:01.140	19:21:54.355	00:21:53.215	7:04	49	M	5K	Winston Salem
87	690	Solomon, Mark	19:00:01.140	19:21:55.818	00:21:54.678	7:04	45	M	5K	Hillsborough
88	497	Rudel, Brian	19:00:01.140	19:22:09.087	00:22:07.947	7:08	42	M	5K	Pfafftown
89	601	Williams, James	19:00:01.140	19:22:09.461	00:22:08.321	7:08	60	M	5K	Clemmons
90	380	Lindley, Robert	19:00:01.140	19:22:12.198	00:22:11.058	7:09	39	M	5K	Lexington
91	564	Toldero, Megan	19:00:01.140	19:22:13.596	00:22:12.456	7:10	28	F	5K	Winston Salem
92	279	Gfeller, Nathan	19:00:01.140	19:22:13.898	00:22:12.758	7:10	28	M	5K	Winston Salem
93	669	Barlow, Tim	19:00:01.140	19:22:14.600	00:22:13.460	7:10	43	M	5K	Winston Salem
94	434	Muttai, Stephen	19:00:01.140	19:22:15.951	00:22:14.811	7:10	31	M	5K	Winston Salem
95	641	Reid, Kelly	19:00:01.140	19:22:17.714	00:22:16.574	7:11	43	F	5K	Winston Salem
96	727	Smith, Brian	19:00:01.140	19:22:29.357	00:22:28.217	7:15	36	M	5K	Summerfield
97	446	Oldham, Lucy	19:00:01.140	19:22:30.154	00:22:29.014	7:15	12	F	5K	Clemmons
98	404	McGuire, Tristan	19:00:01.140	19:22:35.890	00:22:34.750	7:17	16	M	5K	Winston Salem
99	667	Spencer, Eric	19:00:01.140	19:22:38.345	00:22:37.205	7:18	36	M	5K	Walkertown
100	715	Tricarico, Jacqueline	19:00:01.140	19:22:42.726	00:22:41.586	7:19	26	F	5K	Winston Salem
101	491	Romero, Pedro	19:00:01.140	19:22:48.251	00:22:47.111	7:21	58	M	5K	Winston Salem
102	143	Beverly, Matthew	19:00:01.140	19:22:49.043	00:22:47.903	7:21	36	M	5K	Advance
103	318	Hodges, Robert	19:00:01.140	19:22:50.590	00:22:49.450	7:22	48	M	5K	High Point
104	702	Curran, Linda	19:00:01.140	19:22:51.070	00:22:49.930	7:22	45	F	5K	Greensboro
105	127	Barron, Connor	19:00:01.140	19:22:52.744	00:22:51.604	7:22	11	M	5K	Tobaccoville
106	589	Weidman, Alexandria	19:00:01.140	19:22:53.118	00:22:51.978	7:22	16	F	5K	Advance
107	236	Dubois, Shane	19:00:01.140	19:22:53.686	00:22:52.546	7:23	42	M	5K	Winston Salem

108	128	Barron, David	19:00:0 1.140	19:23:0 1.875	00:23:0 0.735	7:25	50	M	5K	Tobacco ville
109	164	Brannan , Dugan	19:00:0 1.140	19:23:1 0.812	00:23:0 9.672	7:28	51	M	5K	Welcom e
110	701	Ellis, Brent	19:00:0 1.140	19:23:1 2.897	00:23:1 1.757	7:29	52	M	5K	Mocksvil le
111	115	Arndt, Laura	19:00:0 1.140	19:23:1 8.811	00:23:1 7.671	7:31	30	F	5K	Raleigh
112	245	Edward s, Adam	19:00:0 1.140	19:23:1 9.760	00:23:1 8.620	7:31	41	M	5K	Advanc e
113	156	Bosema n, Perry	19:00:0 1.140	19:23:2 1.197	00:23:2 0.057	7:32	53	M	5K	Raleigh
114	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
115	684	Brown, Patrick	19:00:0 1.140	19:23:2 6.770	00:23:2 5.630	7:33	43	M	5K	Whitsett
116	511	Schenck , Lee	19:00:0 1.140	19:23:3 0.396	00:23:2 9.256	7:35	58	M	5K	Lexingto n
117	158	Bowen, Kennith	19:00:0 1.140	19:23:3 2.382	00:23:3 1.242	7:35	27	M	5K	Winston Salem
118	536	Spainho ur, Shanna	19:00:0 1.140	19:23:3 8.605	00:23:3 7.465	7:37	33	F	5K	Tobacco ville
119	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
120	697	Oberlies , Nicholas	19:00:0 1.140	19:23:4 9.849	00:23:4 8.709	7:41	44	M	5K	Greensb oro
121	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
122	273	Gallimor e, Adam	19:00:0 1.140	19:23:5 7.678	00:23:5 6.538	7:43	15	M	5K	Advanc e
123	689	Yarbrou gh, Sean	19:00:0 1.140	19:23:5 8.196	00:23:5 7.056	7:44	15	M	5K	Winston Salem
124	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
125	447	Orr, Mary	19:00:0 1.140	19:23:5 8.694	00:23:5 7.554	7:44	49	F	5K	Winston Salem
126	442	Oakley, Phillip	19:00:0 1.140	19:23:5 9.759	00:23:5 8.619	7:44	57	M	5K	Lewisvill e
127	149	Blevins, Rodney	19:00:0 1.140	19:24:0 0.062	00:23:5 8.922	7:44	49	M	5K	King
128	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
129	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

130	650	Macon, Catherine	19:00:01.140	19:24:10.556	00:24:09.416	7:47	18	F	5K	Winston Salem
131	47	Stresemann, Lori	19:00:01.140	19:24:14.546	00:24:13.406	7:49	48	F	5K	Belews Creek
132	577	W Eddinger, Terry	19:00:01.140	19:24:14.716	00:24:13.576	7:49	49	M	5K	Winston Salem
133	238	Dudley, Christine	19:00:01.140	19:24:18.677	00:24:17.537	7:50	16	F	5K	Winston Salem
134	716	Milan, Bob	19:00:01.140	19:24:19.633	00:24:18.493	7:50	65	M	5K	Greensboro
135	546	Stokes, Taylor	19:00:01.140	19:24:21.068	00:24:19.928	7:51	22	F	5K	Advance
136	409	McNeill, Kendra	19:00:01.140	19:24:25.014	00:24:23.874	7:52	37	F	5K	High Point
137	213	Combest, Michael	19:00:01.140	19:24:27.963	00:24:26.823	7:56	62	M	5K	Clemmons
138	649	Macon, Richard	19:00:01.140	19:24:33.162	00:24:32.022	7:58	50	M	5K	Winston Salem
139	569	Turner, Wayne	19:00:01.140	19:24:33.186	00:24:32.046	7:58	62	M	5K	Lewisville
140	496	Royster, Susan	19:00:01.140	19:24:36.945	00:24:35.805	7:59	35	F	5K	Winston Salem
141	381	Lininger, Tyler	19:00:01.140	19:24:32.479	00:24:31.339	8:01	15	M	5K	Asheboro
142	344	Jones, Donna	19:00:01.140	19:24:34.576	00:24:33.436	8:02	45	F	5K	Boone
143	411	McWilliams, Robin	19:00:01.140	19:24:36.087	00:24:34.947	8:02	43	M	5K	Raleigh
144	226	De Oliveira, Marcos	19:00:01.140	19:25:00.291	00:24:39.151	8:04	48	M	5K	Charlotte
145	590	Weidman, Richard	19:00:01.140	19:25:00.392	00:24:39.252	8:04	48	M	5K	Advance
146	654	Hatcher, Terrey	19:00:01.140	19:25:08.720	00:25:07.580	8:06	51	F	5K	Winston Salem
147	219	Crews, Matt	19:00:01.140	19:25:11.934	00:25:10.794	8:07	28	M	5K	Winston Salem
148	327	Hull, Christopher	19:00:01.140	19:25:14.393	00:25:13.253	8:08	39	M	5K	Winston Salem
149	607	Wolfe, Jim	19:00:01.140	19:25:17.179	00:25:16.039	8:09	54	M	5K	Winston Salem

150	633	Higgins, Katie Rose	19:00:01.140	19:25:19.029	00:25:17.889	8:09	22	F	5K	Lewisville
151	452	Parish, Nicole	19:00:01.140	19:25:19.665	00:25:18.525	8:10	37	F	5K	Clemmons
152	582	Ward, Dan	19:00:01.140	19:25:24.002	00:25:22.862	8:11	42	M	5K	Mocksville
153	659	Sands, Colleen	19:00:01.140	19:25:26.076	00:25:24.936	8:12	23	F	5K	Winston Salem
154	408	McNeill, Christopher	19:00:01.140	19:25:29.530	00:25:28.390	8:13	44	M	5K	High Point
155	598	Wiener, Andrew	19:00:01.140	19:25:31.831	00:25:30.691	8:14	41	M	5K	Oak Ridge
156	648	Bridges, William	19:00:01.140	19:25:32.459	00:25:31.319	8:14	50	M	5K	Winston Salem
157	45	Shannon, David	19:00:01.140	19:25:35.981	00:25:34.841	8:15	57	M	5K	Winston Salem
158	499	Rudel, Mason	19:00:01.140	19:25:37.962	00:25:36.822	8:15	11	M	5K	Pfafftown
159	112	Andrews, Tony	19:00:01.140	19:25:37.986	00:25:36.846	8:15	40	M	5K	Greensboro
160	386	Lowder, Jon	19:00:01.140	19:25:40.426	00:25:39.286	8:16	47	M	5K	Lewisville
161	230	Domenech, Josep	19:00:01.140	19:25:42.031	00:25:40.891	8:17	42	M	5K	Winston Salem
162	204	Ciaccia, John	19:00:01.140	19:25:43.980	00:25:42.840	8:17	52	M	5K	Pfafftown
163	271	Gabriele, Amanda	19:00:01.140	19:25:47.175	00:25:46.035	8:19	32	F	5K	Winston Salem
164	428	Moorefield, Jason	19:00:01.140	19:25:54.683	00:25:53.543	8:21	37	M	5K	Winston Salem
165	190	Carroll, Jon	19:00:01.140	19:25:57.108	00:25:55.968	8:22	45	M	5K	King
166	199	Chapman, Robbie	19:00:01.140	19:25:57.965	00:25:56.825	8:22	49	M	5K	Greensboro
167	118	Atzbach, Carl	19:00:01.140	19:25:58.529	00:25:57.389	8:22	35	M	5K	High Point
168	407	McLendon, Hugh	19:00:01.140	19:26:00.990	00:25:59.850	8:23	61	M	5K	Winston Salem
169	668	Barlow, Felicia	19:00:01.140	19:26:03.488	00:26:02.348	8:24	48	F	5K	Winston Salem
170	243	Edgerton, Jerry	19:00:01.140	19:26:07.537	00:26:06.397	8:25	47	M	5K	Winston Salem

171	711	Nalley, Steve	19:00:01.140	19:26:10.636	00:26:09.496	8:26	57	M	5K	Winston Salem
172	628	Webster, Stephanie	19:00:01.140	19:26:14.833	00:26:13.693	8:27	31	F	5K	Winston Salem
173	444	Ogden, Daniel	19:00:01.140	19:26:14.896	00:26:13.756	8:27	15	M	5K	Kernersville
174	338	Johnson, Evan	19:00:01.140	19:26:16.030	00:26:14.890	8:28	12	M	5K	Winston Salem
175	349	Jordan, Charlie	19:00:01.140	19:26:19.567	00:26:18.427	8:29	23	M	5K	Winston Salem
176	468	Piekarski, Virginia	19:00:01.140	19:26:20.587	00:26:19.447	8:29	51	F	5K	Winston Salem
177	255	Fansler, Tommy	19:00:01.140	19:26:22.503	00:26:21.363	8:30	62	M	5K	German ton
178	419	Miller, Ben	19:00:01.140	19:26:23.676	00:26:22.536	8:30	17	M	5K	Advanc e
179	359	Koenig, Matt	19:00:01.140	19:26:25.521	00:26:24.381	8:31	30	M	5K	Winston Salem
180	541	Stanley, Christopher	19:00:01.140	19:26:26.269	00:26:25.129	8:31	30	M	5K	Charlott e
181	495	Royster, Mark	19:00:01.140	19:26:28.949	00:26:27.809	8:32	37	M	5K	Winston Salem
182	493	Rose, Doug	19:00:01.140	19:26:34.875	00:26:33.735	8:34	38	M	5K	German ton
183	505	Saliba, Tina	19:00:01.140	19:26:38.684	00:26:37.544	8:35	37	F	5K	Clemmo ns
184	403	McGuire, James	19:00:01.140	19:26:39.515	00:26:38.375	8:35	47	M	5K	Winston Salem
185	227	Dell, John	19:00:01.140	19:26:41.597	00:26:40.457	8:36	50	M	5K	Winston Salem
186	132	Basilio, Maria Jusith	19:00:01.140	19:26:47.133	00:26:45.993	8:38	35	F	5K	Winston Salem
187	498	Rudel, Connor	19:00:01.140	19:26:49.466	00:26:48.326	8:39	13	M	5K	Pfafftow n
188	414	Mendels ohn, Gary	19:00:01.140	19:26:53.870	00:26:52.730	8:40	55	M	5K	Winston Salem
189	545	Stokes, Billy	19:00:01.140	19:26:58.692	00:26:57.552	8:42	54	M	5K	Advanc e
190	473	Poole, Holden	19:00:01.140	19:27:09.451	00:27:08.311	8:45	17	M	5K	Advanc e
191	262	Frazier, Brad	19:00:01.140	19:27:10.421	00:27:09.281	8:45	25	M	5K	Kernersville

192	198	Chapman, David	19:00:01.140	19:27:11.915	00:27:10.775	8:46	52	M	5K	Winston Salem
193	178	Brunner, Douglas	19:00:01.140	19:27:16.231	00:27:15.091	8:47	67	M	5K	Claudville
194	448	Owens, Jim	19:00:01.140	19:27:19.945	00:27:18.805	8:48	68	M	5K	Kings Mountain
195	116	Aroma, Gerald	19:00:01.140	19:27:21.168	00:27:20.028	8:49	34	M	5K	Winston Salem
196	439	Nilsen, Kevin	19:00:01.140	19:27:27.235	00:27:26.095	8:51	40	M	5K	Greensboro
197	561	Tedder, Katie	19:00:01.140	19:27:30.949	00:27:29.809	8:52	44	F	5K	King
198	375	Leodolter, Frank	19:00:01.140	19:27:38.469	00:27:37.329	8:55	45	M	5K	High Point
199	155	Boseman, Marcia	19:00:01.140	19:27:40.458	00:27:39.318	8:55	51	F	5K	Raleigh
200	424	Miller, Scott	19:00:01.140	19:27:46.679	00:27:45.539	8:57	46	M	5K	Advance
201	313	Higgins, Jessica	19:00:01.140	19:27:49.937	00:27:48.797	8:58	36	F	5K	Winston Salem
202	334	Jaquez Jimenez, Jeffry	19:00:01.140	19:27:50.245	00:27:49.105	8:58	21	M	5K	Mocksville
203	311	Hewes, John	19:00:01.140	19:28:02.571	00:28:01.431	9:02	59	M	5K	Kernersville
204	165	Branstetter, Annie	19:00:01.140	19:28:03.434	00:28:02.294	9:03	35	F	5K	Winston Salem
205	483	Readus, Rhonee K	19:00:01.140	19:28:07.364	00:28:06.224	9:04	48	M	5K	Winston Salem
206	291	Gurley, Chell	19:00:01.140	19:28:08.344	00:28:07.204	9:04	31	F	5K	Clemmons
207	280	Glass, Melissa	19:00:01.140	19:28:12.425	00:28:11.285	9:05	27	F	5K	Clemmons
208	457	Perry, Meghan	19:00:01.140	19:28:14.701	00:28:13.561	9:06	25	F	5K	Chillicothe
209	507	Sanders, John	19:00:01.140	19:28:19.249	00:28:18.109	9:08	29	M	5K	Winston Salem
210	124	Barclay, John W	19:00:01.140	19:28:20.599	00:28:19.459	9:08	64	M	5K	Winston Salem
211	196	Caudill, Nina	19:00:01.140	19:28:23.559	00:28:22.419	9:09	57	F	5K	Winston Salem
212	506	Sanders, Jessica	19:00:01.140	19:28:25.430	00:28:24.290	9:10	29	F	5K	Winston Salem

213	544	Stewart, Sandra	19:00:01.140	19:28:30.776	00:28:29.636	9:11	48	F	5K	Advance
214	479	Quindle n, Rachel	19:00:01.140	19:28:30.800	00:28:29.660	9:11	19	F	5K	Winston Salem
215	317	Hodako wski, Jeff	19:00:01.140	19:28:35.068	00:28:33.928	9:13	42	M	5K	Hickory
216	194	Castro, Sandra	19:00:01.140	19:28:43.971	00:28:42.831	9:15	30	F	5K	Winston Salem
217	330	Ingram, Kari	19:00:01.140	19:28:44.637	00:28:43.497	9:16	42	F	5K	Winston Salem
218	570	Uy, Emil	19:00:01.140	19:28:47.897	00:28:46.757	9:17	34	M	5K	Winston Salem
219	538	Spoon, Christine	19:00:01.140	19:28:50.903	00:28:49.763	9:18	51	F	5K	Winston Salem
220	554	Surratt, Ivercina	19:00:01.140	19:28:57.719	00:28:56.579	9:20	29	F	5K	Winston Salem
221	293	Hager, Nicky	19:00:01.140	19:28:58.794	00:28:57.654	9:20	37	M	5K	Mocksvil le
222	350	Kauffman, Christy	19:00:01.140	19:28:59.097	00:28:57.957	9:20	46	F	5K	Advance
223	602	Williams, Shawn	19:00:01.140	19:29:00.111	00:28:58.971	9:21	46	M	5K	Clemmo ns
224	480	Ragland, George	19:00:01.140	19:29:02.520	00:29:01.380	9:22	71	M	5K	Winston Salem
225	581	Ward, Benny	19:00:01.140	19:29:03.669	00:29:02.529	9:22	49	M	5K	Colfax
226	139	Benson, James	19:00:01.140	19:29:05.727	00:29:04.587	9:23	52	M	5K	Winston Salem
227	345	Jones, Fred	19:00:01.140	19:29:07.446	00:29:06.306	9:23	63	M	5K	Pfafftow n
228	504	Saintsin g, Mary	19:00:01.140	19:29:07.470	00:29:06.330	9:23	63	F	5K	Lexingto n
229	521	Sigmon, Aj	19:00:01.140	19:29:09.942	00:29:08.802	9:24	13	M	5K	Advance
230	242	Eaton, Steve	19:00:01.140	19:29:16.666	00:29:15.526	9:26	70	M	5K	Winston Salem
231	559	Taluskie, Karen	19:00:01.140	19:29:20.081	00:29:18.941	9:27	36	F	5K	Winston Salem
232	185	Byrd, Barry	19:00:01.140	19:29:27.906	00:29:26.766	9:30	45	M	5K	Lexingto n
233	565	Triplett, Dana	19:00:01.140	19:29:29.547	00:29:28.407	9:30	59	M	5K	Winston Salem
234	588	Weeks, Allen	19:00:01.140	19:29:34.269	00:29:33.129	9:32	52	M	5K	Clemmo ns

235	423	Miller, Jeff	19:00:01.140	19:29:34.938	00:29:33.798	9:32	45	M	5K	Thomasville
236	23	Holder, Kaye	19:00:01.140	19:29:35.598	00:29:34.458	9:32	64	F	5K	Raleigh
237	492	Roope, Kaylee	19:00:01.140	19:29:39.910	00:29:38.770	9:34	14	F	5K	Lewisville
238	333	Jackson, Sandra	19:00:01.140	19:29:41.035	00:29:39.895	9:34	49	F	5K	Pfafftown
239	383	Lizano, John	19:00:01.140	19:29:41.111	00:29:39.971	9:34	34	M	5K	Winston Salem
240	450	Papakostas, Stephanie	19:00:01.140	19:29:42.161	00:29:41.021	9:35	32	F	5K	Kernersville
241	712	Barnes, Brian	19:00:01.140	19:29:43.316	00:29:42.176	9:35	49	M	5K	Winston Salem
242	698	Layton, Jennifer	19:00:01.140	19:29:43.889	00:29:42.749	9:35	34	F	5K	Winston Salem
243	728	Rae, James	19:00:01.140	19:29:44.807	00:29:43.667	9:35	34	M	5K	Pfafftown
244	451	Paratore, Robert	19:00:01.140	19:29:47.451	00:29:46.311	9:36	63	M	5K	Charlotte
245	303	Hash, Michael	19:00:01.140	19:29:55.000	00:29:53.860	9:38	51	M	5K	Independence
246	169	Brill, Dayna	19:00:01.140	19:29:55.327	00:29:54.187	9:39	26	F	5K	Chapel Hill
247	261	Francis, Becky	19:00:01.140	19:30:01.740	00:30:00.600	9:41	55	F	5K	Winston Salem
248	723	Cardwell, Brad	19:00:01.140	19:30:03.627	00:30:02.487	9:41	37	M	5K	German ton
249	197	Chamel, Piper	19:00:01.140	19:30:06.587	00:30:05.447	9:42	57	F	5K	Winston Salem
250	397	Mauldin, Sarah	19:00:01.140	19:30:07.238	00:30:06.098	9:43	9	F	5K	Mount Airy
251	163	Bradsheer, Janski	19:00:01.140	19:30:07.717	00:30:06.577	9:44	32	F	5K	Winston Salem
252	247	Edwards, Nancy	19:00:01.140	19:30:03.596	00:30:02.456	9:45	40	F	5K	Advance
253	596	Whitfield, Travis	19:00:01.140	19:30:06.112	00:30:04.972	9:45	41	M	5K	Clemmons
254	445	Ogden, Eva	19:00:01.140	19:30:08.904	00:30:07.764	9:46	36	F	5K	Kernersville
255	382	Linkous, Greg	19:00:01.140	19:30:08.998	00:30:07.858	9:46	41	M	5K	Clemmons
256	425	Milleson, Beth	19:00:01.140	19:30:01.017	00:30:09.877	9:47	51	F	5K	Advance
257	281	Glunt, Lisa	19:00:01.140	19:30:07.444	00:30:06.304	9:49	48	F	5K	Lewisville

258	681	Engstrom, Parks	19:00:0 1.140	19:30:3 4.901	00:30:3 3.761	9:51	28	F	5K	Clemmons
259	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
260	519	Shelton, Michelle	19:00:0 1.140	19:30:3 6.064	00:30:3 4.924	9:52	50	F	5K	Greensboro
261	422	Miller, Janie	19:00:0 1.140	19:30:5 7.999	00:30:5 6.859	9:59	46	F	5K	Thomas ville
262	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
263	32	Kimberly, Elizabeth	19:00:0 1.140	19:31:0 2.447	00:31:0 1.307	10:00	66	F	5K	Mocksville
264	608	Wood, Bradley	19:00:0 1.140	19:31:0 4.418	00:31:0 3.278	10:01	44	M	5K	Winston Salem
265	254	Faggione, Jim	19:00:0 1.140	19:31:0 5.914	00:31:0 4.774	10:01	43	M	5K	Clemmons
266	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
267	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
268	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
269	430	Moser, Lisa	19:00:0 1.140	19:31:1 8.719	00:31:1 7.579	10:05	49	F	5K	Clemmons
270	611	Woodyard, Sheri	19:00:0 1.140	19:31:2 1.681	00:31:2 0.541	10:06	35	F	5K	Thomas ville
271	121	Azad, Ambalika	19:00:0 1.140	19:31:2 4.227	00:31:2 3.087	10:07	24	F	5K	Winston Salem
272	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
273	223	Danelson, Kerry	19:00:0 1.140	19:31:2 7.953	00:31:2 6.813	10:08	36	F	5K	Winston Salem
274	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
275	584	Ward, Jonathan	19:00:0 1.140	19:31:2 9.035	00:31:2 7.895	10:09	31	M	5K	Greensboro
276	322	Howell, Victoria	19:00:0 1.140	19:31:2 9.438	00:31:2 8.298	10:09	46	F	5K	Walkertown
277	555	Suttle, Amy	19:00:0 1.140	19:31:3 3.186	00:31:3 2.046	10:10	60	F	5K	Lexington
278	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

279	314	Hill, Molly	19:00:01.140	19:31:41.104	00:31:39.964	10:13	49	F	5K	Winston Salem
280	532	Smitherman, Rebecca	19:00:01.140	19:31:43.878	00:31:42.738	10:14	38	F	5K	Pfafftown
281	373	Lee, Zoe	19:00:01.140	19:31:45.231	00:31:44.091	10:14	37	F	5K	Winston Salem
282	391	Maconochie, Rich	19:00:01.140	19:31:46.500	00:31:45.360	10:15	54	M	5K	Mocksville
283	348	Jordan, Carol	19:00:01.140	19:31:47.940	00:31:46.800	10:15	58	F	5K	Lexington Nc
284	277	Gertz, Dave	19:00:01.140	19:31:50.239	00:31:49.099	10:16	60	M	5K	Winston Salem
285	685	Seach, Anna	19:00:01.140	19:31:53.924	00:31:52.784	10:17	10	F	5K	Winston Salem
286	691	Vanhoy, Ruth	19:00:01.140	19:31:53.998	00:31:52.858	10:17	46	F	5K	Jonesville
287	183	Butt, Mohammad	19:00:01.140	19:31:56.156	00:31:55.016	10:18	38	M	5K	Winston Salem
288	402	McGuire Jr, James	19:00:01.140	19:31:58.083	00:31:56.943	10:18	19	M	5K	Winston Salem
289	136	Beal, Krystle	19:00:01.140	19:32:00.586	00:31:59.446	10:19	25	F	5K	Mocksville
290	355	Klamer, Brandi	19:00:01.140	19:32:08.231	00:32:07.091	10:22	35	F	5K	Winston Salem
291	363	Krueger, David	19:00:01.140	19:32:17.488	00:32:16.348	10:25	61	M	5K	Winston Salem
292	234	Dubois, Kathleen	19:00:01.140	19:32:21.728	00:32:20.588	10:26	41	F	5K	Winston Salem
293	489	Roca, Ermin	19:00:01.140	19:32:23.759	00:32:22.619	10:26	36	M	5K	Winston Salem
294	568	Tucker, Courtney	19:00:01.140	19:32:24.620	00:32:23.480	10:27	36	F	5K	Winston Salem
295	203	Ciaccia, Amy	19:00:01.140	19:32:27.441	00:32:26.301	10:28	44	F	5K	Pfafftown
296	292	Hager, Erin	19:00:01.140	19:32:29.655	00:32:28.515	10:28	26	F	5K	Mocksville
297	336	Johnson, Carly	19:00:01.140	19:32:37.477	00:32:36.337	10:31	28	F	5K	Clemmons
298	613	Yarbrough, Laura	19:00:01.140	19:32:38.345	00:32:37.205	10:31	39	F	5K	Lexington

299	377	Lillis, Justin	19:00:01.140	19:32:38.811	00:32:37.671	10:31	30	M	5K	High Point
300	44	Schneider, Colin	19:00:01.140	19:32:39.756	00:32:38.616	10:32	8	M	5K	Cary
301	392	Malmö III, Gerald	19:00:01.140	19:32:47.534	00:32:46.394	10:34	57	M	5K	Winston Salem
302	600	Willetts, Craig	19:00:01.140	19:32:47.798	00:32:46.658	10:34	50	M	5K	Winston Salem
303	278	Gertz, Mary	19:00:01.140	19:32:54.857	00:32:53.717	10:36	56	F	5K	Winston Salem
304	599	Willetts, Chelsey	19:00:01.140	19:33:05.069	00:33:03.929	10:40	22	F	5K	Winston Salem
305	724	Ridge, Brittany	19:00:01.140	19:33:19.036	00:33:17.896	10:44	24	F	5K	German ton
306	717	Samoraj, Anthony	19:00:01.140	19:33:19.602	00:33:18.462	10:45	26	M	5K	
307	415	Mendelsohn, Stefanie	19:00:01.140	19:33:20.195	00:33:19.055	10:45	56	F	5K	Winston Salem
308	282	Goens, Robbie	19:00:01.140	19:33:31.080	00:33:29.940	10:48	52	M	5K	Charlotte
309	557	Swink, Rachel	19:00:01.140	19:33:38.579	00:33:37.439	10:51	17	F	5K	Clemmons
310	228	Devault, Brandon	19:00:01.140	19:33:42.957	00:33:41.817	10:52	23	M	5K	Winston Salem
311	482	Ray, Eric	19:00:01.140	19:33:43.439	00:33:42.299	10:52	47	M	5K	Winston Salem
312	351	Keller, Mark	19:00:01.140	19:33:45.039	00:33:43.899	10:53	41	M	5K	Winston Salem
313	263	Freeman, Cindy	19:00:01.140	19:33:49.096	00:33:47.956	10:54	47	F	5K	Troutman
314	305	Hedrick, Phil	19:00:01.140	19:33:50.491	00:33:49.351	10:55	73	M	5K	Pfafftown
315	353	Kershner, Lisa	19:00:01.140	19:33:51.577	00:33:50.437	10:55	49	F	5K	Jamestown
316	666	Beck, Neal	19:00:01.140	19:33:52.710	00:33:51.570	10:55	62	M	5K	Lexington
317	509	Sawyers, Marilyn	19:00:01.140	19:33:55.465	00:33:54.325	10:56	53	F	5K	Winston Salem
318	663	Deffke, Kelly	19:00:01.140	19:34:00.681	00:33:59.541	10:58	46	F	5K	Hickory
319	221	Crouse, Carol	19:00:01.140	19:34:03.649	00:34:02.509	10:59	56	F	5K	Lake Charles
320	721	Jackson, Cherelle	19:00:01.140	19:34:05.698	00:34:04.558	10:59	26	F	5K	Greensboro

321	410	McWilliams, Allison	19:00:01.140	19:34:06.106	00:34:04.966	10:59	40	F	5K	Winston Salem
322	644	Barnhardt, David	19:00:01.140	19:34:08.472	00:34:07.332	11:00	52	M	5K	Advance
323	324	Huff, Keith	19:00:01.140	19:34:09.777	00:34:08.637	11:01	42	M	5K	Kernersville
324	325	Huff, William	19:00:01.140	19:34:10.006	00:34:08.866	11:01	11	M	5K	Kernersville
325	302	Harry-Clark, Sharolyn	19:00:01.140	19:34:11.380	00:34:10.240	11:01	43	F	5K	Winston Salem
326	312	Hewes, Leslie	19:00:01.140	19:34:12.498	00:34:11.358	11:02	29	F	5K	Kernersville
327	202	Christley, Robert	19:00:01.140	19:34:17.114	00:34:15.974	11:03	55	M	5K	Greensboro
328	530	Smith, Don	19:00:01.140	19:34:24.397	00:34:23.257	11:05	66	M	5K	Winston Salem
329	632	Ashley, Steve	19:00:01.140	19:34:24.401	00:34:23.261	11:05	67	M	5K	Winston Salem
330	342	Jones, Amy	19:00:01.140	19:34:25.049	00:34:23.909	11:05	36	F	5K	Kernersville
331	713	Piccini, Kim	19:00:01.140	19:34:27.009	00:34:25.869	11:06	40	F	5K	Greensboro
332	726	Patterson, Chester	19:00:01.140	19:34:30.103	00:34:28.963	11:07	36	M	5K	Pfafftown
333	187	Caban Perez, Samuel	19:00:01.140	19:34:34.011	00:34:32.871	11:08	39	M	5K	Winston Salem
334	339	Johnson, Laurie	19:00:01.140	19:34:34.760	00:34:33.620	11:09	39	F	5K	Pfafftown
335	208	Cline, Charles	19:00:01.140	19:34:35.112	00:34:33.972	11:09	69	M	5K	Conover
336	225	Davis, Michael	19:00:01.140	19:34:35.996	00:34:34.856	11:09	43	M	5K	Archdale
337	110	Amick, Richard	19:00:01.140	19:34:37.634	00:34:36.494	11:10	47	M	5K	Winston Salem
338	286	Gregg, David	19:00:01.140	19:34:37.793	00:34:36.653	11:10	29	M	5K	Franklinville
339	693	Renegar, Susan	19:00:01.140	19:34:40.723	00:34:39.583	11:11	57	F	5K	Winston Salem
340	603	Williams, Tiffany	19:00:01.140	19:34:46.186	00:34:45.046	11:13	33	F	5K	Winston Salem

341	664	Alvarado Leyva, Prisca	19:00:01.140	19:34:47.008	00:34:45.868	11:13	23	F	5K	Winston Salem
342	274	Gamble, Jamey	19:00:01.140	19:34:47.610	00:34:46.470	11:13	41	M	5K	Winston Salem
343	567	Trull, Michael	19:00:01.140	19:34:48.885	00:34:47.745	11:13	65	M	5K	Winston Salem
344	486	Richardson, Benjamin	19:00:01.140	19:34:50.386	00:34:49.246	11:14	24	M	5K	Clemmons
345	395	Martin, Ladonna	19:00:01.140	19:34:50.873	00:34:49.733	11:14	47	F	5K	Winston Salem
346	171	Britt, Jason	19:00:01.140	19:34:55.563	00:34:54.423	11:15	36	M	5K	Winston Salem
347	174	Brown, Karla	19:00:01.140	19:34:56.576	00:34:55.436	11:16	45	F	5K	Winston Salem
348	378	Lindler, Sarah	19:00:01.140	19:34:57.351	00:34:56.211	11:16	26	F	5K	Winston Salem
349	248	Elliott, Kathleen	19:00:01.140	19:34:58.454	00:34:57.314	11:16	36	F	5K	Kernersville
350	179	Bryant, Sarah	19:00:01.140	19:35:00.998	00:34:59.858	11:17	15	F	5K	Lexington
351	170	Brill, Peggy	19:00:01.140	19:35:05.105	00:35:03.965	11:18	56	F	5K	Chapel Hill
352	160	Boylan, Meredith	19:00:01.140	19:35:09.159	00:35:08.019	11:20	43	F	5K	Winston Salem
353	543	Stennett, Paul	19:00:01.140	19:35:11.731	00:35:10.591	11:21	39	M	5K	Greensboro
354	379	Lindley, Angel	19:00:01.140	19:35:13.919	00:35:12.779	11:21	43	F	5K	Lexington
355	266	Frye, Christina	19:00:01.140	19:35:15.574	00:35:14.434	11:22	44	F	5K	Winston Salem
356	522	Sigmon, Steve	19:00:01.140	19:35:16.235	00:35:15.095	11:22	47	M	5K	Advance
357	523	Sigmon, Tabitha	19:00:01.140	19:35:16.299	00:35:15.159	11:22	40	F	5K	Advance
358	583	Ward, Jewell	19:00:01.140	19:35:17.302	00:35:16.162	11:23	47	F	5K	Colfax
359	140	Benson, Kim	19:00:01.140	19:35:18.576	00:35:17.436	11:23	38	F	5K	Winston Salem
360	343	Jones, Andrew	19:00:01.140	19:35:19.623	00:35:18.483	11:23	33	M	5K	Winston Salem

361	417	Menuey, Bernadette	19:00:01.140	19:35:29.821	00:35:28.681	11:26	61	F	5K	Greensboro
362	456	Patterson, Renee	19:00:01.140	19:35:42.194	00:35:41.054	11:31	36	F	5K	Pfafftown
363	481	Randolph, Tonya	19:00:01.140	19:35:46.436	00:35:45.296	11:32	39	F	5K	Clemmons
364	319	Hogan, Linda	19:00:01.140	19:35:48.677	00:35:47.537	11:33	46	F	5K	Winston Salem
365	647	Fleming, Suzanne	19:00:01.140	19:35:54.010	00:35:52.870	11:34	36	F	5K	Winston Salem
366	634	Ward, Kimberly	19:00:01.140	19:35:54.559	00:35:53.419	11:35	39	F	5K	Winston Salem
367	703	Fleming, Ron	19:00:01.140	19:35:54.665	00:35:53.525	11:35	34	M	5K	Rocky Mount
368	191	Carter, Gaby	19:00:01.140	19:35:59.117	00:35:57.977	11:36	51	F	5K	Sparta
369	576	Vonsiatsky, Andre	19:00:01.140	19:36:02.452	00:36:01.312	11:37	64	M	5K	Clemmons
370	616	Young, Frank	19:00:01.140	19:36:03.502	00:36:02.362	11:37	40	M	5K	Apex
371	614	Young, Celeste	19:00:01.140	19:36:04.175	00:36:03.035	11:38	39	F	5K	Apex
372	388	Lyerly, Jane	19:00:01.140	19:36:06.186	00:36:05.046	11:38	50	F	5K	Clemmons
373	224	Daniel, Solomon	19:00:01.140	19:36:08.830	00:36:07.690	11:39	34	M	5K	Winston Salem
374	366	Lambeth, Kristen	19:00:01.140	19:36:14.505	00:36:13.365	11:41	26	F	5K	Winston Salem
375	352	Keller, Monti	19:00:01.140	19:36:17.257	00:36:16.117	11:42	41	F	5K	Winston Salem
376	237	Dudley, Catherine	19:00:01.140	19:36:18.807	00:36:17.667	11:42	21	F	5K	Winston Salem
377	437	Myrick, Susan	19:00:01.140	19:36:19.485	00:36:18.345	11:43	42	F	5K	Reidsville
378	475	Potts, Katie	19:00:01.140	19:36:23.035	00:36:21.895	11:44	26	F	5K	Winston Salem
379	301	Harris, Michael	19:00:01.140	19:36:28.077	00:36:26.937	11:45	32	M	5K	Winston Salem
380	307	Henley, Tommy	19:00:01.140	19:36:28.312	00:36:27.172	11:45	43	M	5K	Winston Salem

381	145	Bishop, Nathalie	19:00:01.140	19:36:30.885	00:36:29.745	11:46	30	F	5K	Clemmons
382	657	Hefner, Linda	19:00:01.140	19:36:33.079	00:36:31.939	11:47	61	F	5K	Gastonia
383	172	Brown, Jesse	19:00:01.140	19:36:34.497	00:36:33.357	11:47	51	M	5K	Kernersville
384	232	Downey, Corbin	19:00:01.140	19:36:36.548	00:36:35.408	11:48	34	F	5K	Winston Salem
385	367	Lance, Cindy	19:00:01.140	19:36:41.018	00:36:39.878	11:49	40	F	5K	Oak Ridge
386	548	Strickland, Ray	19:00:01.140	19:36:43.166	00:36:42.026	11:50	65	M	5K	Burnsville
387	722	Banks, Joey	19:00:01.140	19:36:43.570	00:36:42.430	11:50	10	M	5K	Durham
388	574	Vieira, Juliana	19:00:01.140	19:36:46.849	00:36:45.709	11:51	39	F	5K	Pfafftown
389	514	Scott, Sharon	19:00:01.140	19:36:48.783	00:36:47.643	11:52	47	F	5K	Winston Salem
390	718	Banks, Geoff	19:00:01.140	19:36:49.228	00:36:48.088	11:52	42	M	5K	Durham
391	426	Moore, Jessica	19:00:01.140	19:36:50.039	00:36:48.899	11:52	34	F	5K	Kernersville
392	525	Sink, Renee	19:00:01.140	19:36:55.652	00:36:54.512	11:54	59	F	5K	Lexington
393	597	Wicker, Natasha	19:00:01.140	19:36:56.709	00:36:55.569	11:55	26	F	5K	Asheboro
394	231	Donnell, Christina	19:00:01.140	19:36:57.501	00:36:56.361	11:55	43	F	5K	Winston Salem
395	517	Shearer, Ethan	19:00:01.140	19:36:59.458	00:36:58.318	11:55	8	M	5K	Kernersville
396	562	Tesh, Bob	19:00:01.140	19:36:59.773	00:36:58.633	11:55	72	M	5K	Advance
397	214	Comer, Mary	19:00:01.140	19:37:02.335	00:37:01.195	11:56	48	F	5K	Winston Salem
398	418	Messer, Lori	19:00:01.140	19:37:02.550	00:37:01.410	11:56	48	F	5K	Winston Salem
399	518	Shearer, Jeremy	19:00:01.140	19:37:04.379	00:37:03.239	11:57	39	M	5K	Kernersville
400	201	Christina, Anne	19:00:01.140	19:37:05.680	00:37:04.540	11:57	53	F	5K	Rural Hall
401	123	Bandle, Anne	19:00:01.140	19:37:16.506	00:37:15.366	12:01	36	F	5K	Winston Salem
402	615	Young, Faizah	19:00:01.140	19:37:22.104	00:37:20.964	12:03	33	F	5K	Rural Hall
403	566	Trull, Libby	19:00:01.140	19:37:25.531	00:37:24.391	12:04	65	F	5K	Winston Salem

404	610	Wood, Kira	19:00:0 1.140	19:37:2 7.182	00:37:2 6.042	12:05	32	F	5K	Winston Salem
405	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
406	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
407	429	Moorefield, Missy	19:00:0 1.140	19:37:3 2.503	00:37:3 1.363	12:06	35	F	5K	Winston Salem
408	642	Berstler, Al	19:00:0 1.140	19:37:3 2.748	00:37:3 1.608	12:06	64	M	5K	Kernersville
409	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
410	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
411	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
412	346	Jones, Mark	19:00:0 1.140	19:37:4 3.594	00:37:4 2.454	12:10	51	M	5K	Kernersville
413	326	Hughes, Courtney	19:00:0 1.140	19:37:4 4.199	00:37:4 3.059	12:10	32	F	5K	Winston Salem
414	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
415	181	Burlingame, Jessica	19:00:0 1.140	19:37:5 1.714	00:37:5 0.574	12:12	33	F	5K	Winston Salem
416	369	Lawrence, Masika	19:00:0 1.140	19:37:5 4.215	00:37:5 3.075	12:13	23	F	5K	Winston Salem
417	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
418	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
419	264	Freeman, Mary	19:00:0 1.140	19:38:0 3.094	00:38:0 1.954	12:16	34	F	5K	Clemmons
420	129	Barron, Parker	19:00:0 1.140	19:38:0 6.545	00:38:0 5.405	12:17	7	M	5K	Tobaccoville
421	341	Jones, Alasha	19:00:0 1.140	19:38:0 7.453	00:38:0 6.313	12:17	32	F	5K	Winston Salem
422	246	Edwards, Kendra	19:00:0 1.140	19:38:1 6.000	00:38:1 4.860	12:20	31	F	5K	Kernersville
423	337	Johnson, Cheryl	19:00:0 1.140	19:38:1 6.723	00:38:1 5.583	12:20	50	F	5K	Candler
424	126	Barron, Carol	19:00:0 1.140	19:38:2 1.754	00:38:2 0.614	12:22	46	F	5K	Tobaccoville

425	212	Combes t, Janice	19:00:0 1.140	19:38:2 7.751	00:38:2 6.611	12:24	59	F	5K	Clemmo ns
426	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
427	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
428	455	Patterso n, Anna	19:00:0 1.140	19:38:3 4.466	00:38:3 3.326	12:26	30	F	5K	Winston Salem
429	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
430	211	Cofer, Pamela	19:00:0 1.140	19:38:4 0.209	00:38:3 9.069	12:28	50	F	5K	Clemmo ns
431	184	Byrd, Allison	19:00:0 1.140	19:38:4 0.781	00:38:3 9.641	12:28	40	F	5K	Lexingto n
432	501	Rudock, Megan	19:00:0 1.140	19:38:4 9.690	00:38:4 8.550	12:31	35	F	5K	Winston Salem
433	490	Rodrigu es, Michelle	19:00:0 1.140	19:38:5 8.801	00:38:5 7.661	12:34	33	F	5K	Winston Salem
434	105	Alexand er, Heather	19:00:0 1.140	19:39:0 9.670	00:39:0 8.530	12:37	44	F	5K	Kerners ville
435	399	McClun ey, Pamela	19:00:0 1.140	19:39:1 3.976	00:39:1 2.836	12:39	42	F	5K	Jamesto wn
436	157	Bowden , April	19:00:0 1.140	19:39:1 5.407	00:39:1 4.267	12:39	41	F	5K	Spartan burg
437	421	Miller, Heather	19:00:0 1.140	19:39:1 7.947	00:39:1 6.807	12:40	33	F	5K	Clemmo ns
438	368	Lasater, Crystal	19:00:0 1.140	19:39:1 8.050	00:39:1 6.910	12:40	31	F	5K	Charlott e
439	460	Peterso n, Kathi	19:00:0 1.140	19:39:1 8.294	00:39:1 7.154	12:40	61	F	5K	Salisbur y
440	438	Neal, Julie	19:00:0 1.140	19:39:1 8.777	00:39:1 7.637	12:40	35	F	5K	Lewisvill e
441	364	Krueger, Kris	19:00:0 1.140	19:39:2 1.724	00:39:2 0.584	12:41	60	F	5K	Winston Salem
442	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
443	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
444	215	Compto n, Holly	19:00:0 1.140	19:39:3 6.474	00:39:3 5.334	12:46	47	F	5K	Walkert own
445	193	Caskey, Leslie	19:00:0 1.140	19:39:4 0.989	00:39:3 9.849	12:47	49	F	5K	Mocksvil le
446	467	Phipps, Eleanor	19:00:0 1.140	19:39:4 3.213	00:39:4 2.073	12:48	52	F	5K	Greensb oro

447	166	Breland, Dnetta	19:00:01.140	19:39:43.341	00:39:42.201	12:48	38	F	5K	Winston Salem
448	33	Kimberly, George	19:00:01.140	19:39:48.155	00:39:47.015	12:50	81	M	5K	Mocksville
449	361	Korn, Richard	19:00:01.140	19:39:54.034	00:39:52.894	12:52	69	M	5K	Pinehurst
450	534	Snipes, Jason	19:00:01.140	19:39:54.252	00:39:53.112	12:52	41	M	5K	Winston Salem
451	360	Korn, Nicholas	19:00:01.140	19:39:54.371	00:39:53.231	12:52	30	M	5K	Pinehurst
452	276	Gentry, Diane	19:00:01.140	19:39:55.272	00:39:54.132	12:52	44	F	5K	Elkin
453	443	Oddon, Jillian	19:00:01.140	19:39:55.805	00:39:54.665	12:52	35	F	5K	Lexington
454	250	Ellison, M	19:00:01.140	19:40:17.082	00:40:15.942	12:59	24	M	5K	Winston Salem
455	575	Von Dohlen, Heidi	19:00:01.140	19:40:18.144	00:40:17.004	12:59	46	F	5K	Candler
456	585	Ward, Nancy	19:00:01.140	19:40:18.620	00:40:17.480	12:59	47	F	5K	Colfax
457	436	Myrick, Courtney	19:00:01.140	19:40:26.444	00:40:25.304	13:02	18	F	5K	Reidsville
458	682	Noda, Harmony	19:00:01.140	19:40:31.295	00:40:30.155	13:04	33	F	5K	Winston Salem
459	476	Prather, Anne	19:00:01.140	19:40:31.941	00:40:30.801	13:04	51	F	5K	Winston Salem
460	433	Murray, Courtney	19:00:01.140	19:40:36.034	00:40:34.894	13:05	42	F	5K	Winston Salem
461	416	Mendoza, Rivaldo	19:00:01.140	19:40:36.828	00:40:35.688	13:05	12	M	5K	Winston Salem
462	503	Saintsing, Earl	19:00:01.140	19:40:37.691	00:40:36.551	13:06	68	M	5K	Lexington
463	670	Gobble, Kristine	19:00:01.140	19:40:37.854	00:40:36.714	13:06	34	F	5K	Greensboro
464	671	Gobble, Kevin	19:00:01.140	19:40:38.083	00:40:36.943	13:06	38	M	5K	Whitsett
465	571	Verona, Lynn	19:00:01.140	19:40:41.666	00:40:40.526	13:07	59	F	5K	Winston Salem
466	441	Nussbamer, Carly	19:00:01.140	19:40:45.290	00:40:44.150	13:08	21	F	5K	Winston Salem
467	244	Edgerton, Pam	19:00:01.140	19:40:46.554	00:40:45.414	13:09	46	F	5K	Winston Salem

468	320	Hood, Darlene	19:00:01.140	19:40:50.890	00:40:49.750	13:10	49	F	5K	Winston Salem
469	125	Barrett, Debra	19:00:01.140	19:41:11.964	00:41:10.824	13:17	55	F	5K	Winston Salem
470	622	Weston, Lakesheer	19:00:01.140	19:41:12.054	00:41:10.914	13:17	38	F	5K	Winston Salem
471	122	Baker, Erica	19:00:01.140	19:41:12.524	00:41:11.384	13:17	43	F	5K	Winston Salem
472	393	Marsh, Janet	19:00:01.140	19:41:14.971	00:41:13.831	13:18	55	F	5K	Belews Creek
473	700	Miller, Patsy	19:00:01.140	19:41:16.351	00:41:15.211	13:18	47	F	5K	Winston Salem
474	210	Cofer, Brian	19:00:01.140	19:41:17.246	00:41:16.106	13:19	49	M	5K	Clemmons
475	310	Hester, Sheila	19:00:01.140	19:41:19.415	00:41:18.275	13:19	56	F	5K	Belews Creek
476	652	Wood, Ra'jhen e	19:00:01.140	19:41:20.141	00:41:19.001	13:20	19	F	5K	Winston Salem
477	488	Roberts, Wanda	19:00:01.140	19:41:26.298	00:41:25.158	13:22	66	F	5K	Winston Salem
478	188	Campbell, Ellen	19:00:01.140	19:41:26.640	00:41:25.500	13:22	41	F	5K	Winston Salem
479	258	Ferris, Katherine	19:00:01.140	19:41:37.103	00:41:35.963	13:25	31	F	5K	Jamestown
480	275	Garrison, Emily	19:00:01.140	19:41:37.901	00:41:36.761	13:25	31	F	5K	Greensboro
481	463	Petteys, Ryan	19:00:01.140	19:41:43.332	00:41:42.192	13:27	31	M	5K	Winston Salem
482	390	Maconochie, Heather	19:00:01.140	19:41:45.191	00:41:44.051	13:28	28	F	5K	Mocksville
483	462	Petteys, Becky	19:00:01.140	19:41:45.598	00:41:44.458	13:28	32	F	5K	Winston Salem
484	347	Jones, Zeke	19:00:01.140	19:41:55.461	00:41:54.321	13:31	12	M	5K	Kernersville
485	100	Adams, Melanie	19:00:01.140	19:41:59.199	00:41:58.059	13:32	54	F	5K	Winston Salem
486	533	Snipes, Catrina	19:00:01.140	19:41:59.414	00:41:58.274	13:32	44	F	5K	Winston Salem
487	725	Matthews, Gregory	19:00:01.140	19:42:08.753	00:42:07.613	13:35	45	M	5K	Mt Airy
488	709	Huntley, Liz	19:00:01.140	19:42:16.579	00:42:15.439	13:38	46	F	5K	Winston Salem

489	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
490	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
491	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
492	512	Schneider, Carrie	19:00:0 1.140	19:42:3 3.286	00:42:3 2.146	13:43	36	F	5K	Cary
493	453	Parkar, Vinit	19:00:0 1.140	19:42:3 5.165	00:42:3 4.025	13:44	30	M	5K	Winston Salem
494	635	Okwubunika- Anyim, Ahunna	19:00:0 1.140	19:42:3 8.593	00:42:3 7.453	13:45	40	F	5K	Pfafftown
495	209	Cline, Tamara	19:00:0 1.140	19:42:4 5.043	00:42:4 3.903	13:47	44	F	5K	Conover
496	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
497	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
498	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
499	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
500	133	Batten, Carter	19:00:0 1.140	19:43:0 3.641	00:43:0 2.501	13:53	10	M	5K	Kerners ville
501	135	Batten, Leslie	19:00:0 1.140	19:43:0 3.721	00:43:0 2.581	13:53	42	F	5K	Kerners ville
502	294	Haltom, Randall	19:00:0 1.140	19:43:1 6.463	00:43:1 5.323	13:57	29	M	5K	Greensboro
503	295	Hamm, Paige	19:00:0 1.140	19:43:1 7.804	00:43:1 6.664	13:57	15	F	5K	Sparta
504	558	Swink, Sharon	19:00:0 1.140	19:43:2 9.700	00:43:2 8.560	14:01	48	F	5K	Clemmons
505	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
506	138	Beeson, Olivia	19:00:0 1.140	19:43:3 1.050	00:43:2 9.910	14:02	38	F	5K	Winston Salem
507	398	Maxwell, Michelle	19:00:0 1.140	19:43:3 7.268	00:43:3 6.128	14:04	35	F	5K	Danville
508	119	Avila, Sol	19:00:0 1.140	19:43:4 6.024	00:43:4 4.884	14:06	39	F	5K	Winston Salem
509	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

510	449	Oyelara n, Omosal ewa	19:00:0 1.140	19:43:4 7.161	00:43:4 6.021	14:07	34	F	5K	Winston Salem
511	111	Anderso n, Courtne y	19:00:0 1.140	19:43:5 6.929	00:43:5 5.789	14:10	23	F	5K	High Point
512	207	Clinard, Whytoni a	19:00:0 1.140	19:43:5 8.529	00:43:5 7.389	14:11	30	F	5K	Winston Salem
513	550	Strohme r, Therese	19:00:0 1.140	19:44:0 0.330	00:43:5 9.190	14:11	51	F	5K	Greensb oro
514	500	Rudel, Sheri	19:00:0 1.140	19:44:0 0.374	00:43:5 9.234	14:11	47	F	5K	Pfafftow n
515	412	Meekins , Rashaw n	19:00:0 1.140	19:44:0 1.773	00:44:0 0.633	14:12	27	F	5K	Winston Salem
516	625	Dulin, Rita	19:00:0 1.140	19:44:0 4.074	00:44:0 2.934	14:12	32	F	5K	Winston Salem
517	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
518	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
519	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
520	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
521	120	Avital, Buffie	19:00:0 1.140	19:44:1 8.098	00:44:1 6.958	14:17	34	F	5K	Greensb oro
522	298	Hardin, Ayana	19:00:0 1.140	19:44:2 7.044	00:44:2 5.904	14:20	60	F	5K	Winston Salem
523	296	Hamm, Wanda	19:00:0 1.140	19:44:2 9.491	00:44:2 8.351	14:21	60	F	5K	Sparta
524	645	Barnhar dt, Susan	19:00:0 1.140	19:44:3 1.993	00:44:3 0.853	14:21	55	F	5K	Advanc e
525	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
526	537	Sparks, Billy	19:00:0 1.140	19:45:0 4.592	00:45:0 3.452	14:32	48	M	5K	Winston Salem
527	578	Walker, Teresa	19:00:0 1.140	19:45:0 8.663	00:45:0 7.523	14:33	56	F	5K	Clemmo ns
528	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

529	104	Alexander, Charles	19:00:01.140	19:45:14.388	00:45:13.248	14:35	49	M	5K	Kernersville
530	619	Haymore, Holly	19:00:01.140	19:45:20.868	00:45:19.728	14:37	15	F	5K	Winston Salem
531	304	Haymore, Stephanie	19:00:01.140	19:45:21.276	00:45:20.136	14:37	48	F	5K	Winston Salem
532	458	Peters, Dawn	19:00:01.140	19:45:25.210	00:45:24.070	14:39	52	F	5K	Winston Salem
533	152	Bohlmann, Maddy	19:00:01.140	19:45:26.954	00:45:25.814	14:39	16	F	5K	Winston Salem
534	151	Bohlmann, Kurt	19:00:01.140	19:45:27.055	00:45:25.915	14:39	48	M	5K	Winston Salem
535	182	Burner, Mae	19:00:01.140	19:45:43.264	00:45:42.124	14:45	53	F	5K	Winston Salem
536	591	Wells, Charmaine	19:00:01.140	19:45:45.293	00:45:44.153	14:45	23	F	5K	Winston Salem
537	435	Myers, Tia	19:00:01.140	19:45:45.967	00:45:44.827	14:45	41	F	5K	Pfafftown
538	579	Wall, Allie	19:00:01.140	19:45:46.118	00:45:44.978	14:45	63	M	5K	Winston Salem
539	487	Ring, Jennifer	19:00:01.140	19:45:46.201	00:45:45.061	14:45	35	F	5K	Winston Salem
540	629	Ward, Nakia	19:00:01.140	19:45:57.040	00:45:55.900	14:49	37	F	5K	Winston Salem
541	626	Wroblewski, Genevieve	19:00:01.140	19:46:04.229	00:46:03.089	14:51	58	F	5K	Winston Salem
542	329	Ingram, Anqualita	19:00:01.140	19:46:11.791	00:46:10.651	14:54	28	F	5K	Winston Salem
543	290	Guido, Carmen	19:00:01.140	19:46:12.365	00:46:11.225	14:54	40	F	5K	Winston Salem
544	371	Ledbetter, Jaime	19:00:01.140	19:46:12.734	00:46:11.594	14:54	34	F	5K	Winston Salem
545	524	Silvernagle, Bridget	19:00:01.140	19:46:13.050	00:46:11.910	14:54	27	F	5K	Winston Salem
546	612	Wroblewski, Joseph	19:00:01.140	19:46:26.443	00:46:25.303	14:58	58	M	5K	Winston Salem

547	593	Wheeler, Christopher	19:00:01.140	19:46:39.237	00:46:38.097	15:03	25	M	5K	Winston Salem
548	335	Jenkins, Rebecca	19:00:01.140	19:46:58.718	00:46:57.578	15:09	64	F	5K	Mocksville
549	720	Banks, Ashley	19:00:01.140	19:47:06.782	00:47:05.642	15:11	8	F	5K	Durham
550	719	Banks, Natalie	19:00:01.140	19:47:07.005	00:47:05.865	15:11	40	F	5K	Durham
551	478	Puryear, Laura	19:00:01.140	19:47:09.044	00:47:07.904	15:12	35	F	5K	Winston Salem
552	704	Irby, Edward	19:00:01.140	19:47:16.360	00:47:15.220	15:15	54	M	5K	Pfafftown
553	472	Plunkett, Teresa	19:00:01.140	19:47:16.830	00:47:15.690	15:15	55	F	5K	Winston Salem
554	141	Bethea, Reggie	19:00:01.140	19:47:17.560	00:47:16.420	15:15	46	M	5K	Kernersville
555	272	Gaither, Daren	19:00:01.140	19:47:17.746	00:47:16.606	15:15	46	M	5K	Pfafftown
556	624	Bigelow Crawford, Donzell a	19:00:01.140	19:47:49.207	00:47:48.067	15:25	49	F	5K	Winston Salem
557	114	Armstrong, Shelia	19:00:01.140	19:47:49.465	00:47:48.325	15:25	51	F	5K	Lewisville
558	580	Wall, Jody	19:00:01.140	19:48:03.597	00:48:02.457	15:30	39	F	5K	Winston Salem
559	150	Bohlmann, Debbie	19:00:01.140	19:48:23.010	00:48:21.870	15:36	51	F	5K	Winston Salem
560	153	Bohlmann, Spencer	19:00:01.140	19:48:44.594	00:48:43.454	15:43	14	M	5K	Winston Salem
561	358	Knight-Brown, Phyllis	19:00:01.140	19:48:54.526	00:48:53.386	15:46	54	F	5K	Kernersville
562	401	McCrimmon, Roshanda	19:00:01.140	19:48:59.128	00:48:57.988	15:47	38	F	5K	Rural Hall
563	332	Jackson, Geigh	19:00:01.140	19:49:02.883	00:49:01.743	15:49	45	F	5K	Winston Salem

564	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
565	289	Guffey, Jay	19:00:0 1.140	19:49:2 9.873	00:49:2 8.733	15:57	39	M	5K	Kerners ville
566	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
567	251	Eustice, Judy	19:00:0 1.140	19:50:2 8.337	00:50:2 7.197	16:16	64	F	5K	Clemmo ns
568	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
569	477	Pubantz, Lisa	19:00:0 1.140	19:50:5 1.118	00:50:4 9.978	16:24	37	F	5K	Winston Salem
570	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
571	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
572	549	Strickland, Susan	19:00:0 1.140	19:50:5 5.919	00:50:5 4.779	16:25	61	F	5K	Burnsvill e
573	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
574	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
575	283	Golden, Lakesha	19:00:0 1.140	19:50:5 8.497	00:50:5 7.357	16:26	35	F	5K	Pfafftow n
576	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
577	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
578	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
579	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
580	217	Cooper, Jennifer	19:00:0 1.140	19:51:4 8.855	00:51:4 7.715	16:42	37	F	5K	High Point
581	405	McKinn ie, Monica	19:00:0 1.140	19:52:1 1.284	00:52:1 0.144	16:50	43	F	5K	Kerners ville
582	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

583	623	Pack, Sharnette	19:00:01.140	19:52:17.767	00:52:16.627	16:52	46	F	5K	Winston Salem
584	216	Cook, Heather	19:00:01.140	19:52:23.808	00:52:22.668	16:54	22	F	5K	Marshall
585	637	Gray, Lajune	19:00:01.140	19:53:21.408	00:53:20.268	17:12	50	F	5K	Winston Salem
586	556	Sweatt, Ulysesa (lis	19:00:01.140	19:53:50.002	00:53:48.862	17:21	47	F	5K	Clemmons
587	539	Springer, Terri	19:00:01.140	19:54:51.190	00:54:50.050	17:41	53	F	5K	Winston Salem
588	639	Duncan, Charmarya	19:00:01.140	19:55:05.620	00:55:04.480	17:46	32	F	5K	Winston Salem
589	469	Pleasant, Dana	19:00:01.140	19:55:12.904	00:55:11.764	17:48	45	F	5K	Winston Salem
590	175	Brown, Shareka	19:00:01.140	19:55:27.379	00:55:26.239	17:53	39	F	5K	Winston Salem
591	630	Jeter, Jennifer	19:00:01.140	19:55:36.715	00:55:35.575	17:56	43	F	5K	Winston Salem
592	176	Brown, Tameka	19:00:01.140	19:55:38.116	00:55:36.976	17:56	39	F	5K	Winston Salem
593	222	Currence, Dee	19:00:01.140	19:55:41.205	00:55:40.065	17:57	65	F	5K	Winston Salem
594	609	Wood, Danielle	19:00:01.140	19:55:42.070	00:55:40.930	17:57	37	F	5K	Winston Salem
595	466	Phillips, Dina	19:00:01.140	19:55:51.058	00:55:49.918	18:00	45	F	5K	Winston Salem
596	323	Huff, Fatima	19:00:01.140	19:56:15.274	00:56:14.134	18:08	27	F	5K	Winston Salem
597	108	Allen, Courtney	19:00:01.140	19:56:23.449	00:56:22.309	18:11	27	F	5K	Winston Salem
598	177	Brown, Temeshia	19:00:01.140	19:57:26.430	00:57:25.290	18:31	30	F	5K	Winston Salem
599	520	Sherman, Jennifer	19:00:01.140	19:57:56.381	00:57:55.241	18:41	46	F	5K	Winston Salem
600	621	Pinkney, Pamela	19:00:01.140	19:58:15.021	00:58:13.881	18:47	57	F	5K	Walkertown
601	516	Shear, Chantelle	19:00:01.140	19:58:19.019	00:58:17.879	18:48	43	F	5K	Winston Salem
602	618	Ziglar, Angela	19:00:01.140	19:58:19.911	00:58:18.771	18:48	46	F	5K	Pfafftown
603	431	Mouzon, Diletta	19:00:01.140	19:58:41.818	00:58:40.678	18:55	35	F	5K	Winston Salem

604	299	Harkey, Alexand ria	19:00:0 1.140	19:58:4 2.764	00:58:4 1.624	18:56	25	F	5K	Clemmo ns
605	260	Fletcher , Robin	19:00:0 1.140	19:58:4 3.410	00:58:4 2.270	18:56	59	F	5K	Clemmo ns
606	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
607	267	Fuiell, Cassan dra	19:00:0 1.140	20:09:5 5.494	01:09:5 4.354	22:33	47	F	5K	Winston Salem