

St. Leo's 5K - March 18, 2017

Age Group Results

Place	Bib	First Name	Last Name	Chip Time	Avg Pace	Age	Gender	City
5K TOP MALES OVERALL based on Chip Elapsed time								
1	371	Justin	Pfruender	0:17:22.8	5:36	36	M	Winston Salem
2	515	Gregory	Vasser	0:17:37.8	5:41	34	M	Pfafftown
3	618	Taylor	Hurst	0:17:52.7	5:46	28	M	Winston-Salem
5K TOP FEMALES OVERALL based on Chip Elapsed time								
1	231	Teresa	Inman	0:18:28.8	5:57	40	F	Winston-Salem
2	69	Eliza	Broce	0:21:17.6	6:52	14	F	Clemmons
3	128	Laura	diaz	0:21:50.5	7:03	41	F	fernandina Beach
5K MALE 9 AND UNDER								
1	352	Drew	Pacholke	0:22:34.3	7:17	8	M	Lewisville
2	317	Bailey	Michalski	0:27:40.6	8:55	9	M	Winston Salem
3	509	Will	Valente	0:28:03.9	9:03	9	M	WS
4	493	Thomas	Thompson	0:28:57.5	9:20	9	M	Kernersville
5	406	Ian	Riazzi	0:29:54.1	9:39	7	M	
6	324	LUKE	MISTOR	0:29:57.8	9:40	9	M	Winston-Salem
7	73	William	Brooks	0:30:16.8	9:46	7	M	Winston Salem
8	334	Grant	Moya	0:30:40.6	9:54	9	M	Winston Salem
9	556	Dylan	Zamudio	0:31:03.2	10:01	7	M	Elkin
10	270	Max	Kremidas	0:32:21.2	10:26	8	M	Winston salem
11	21	Joseph	Atwood-lahey	0:33:46.7	10:54	8	M	Tobaccoville
12	143	Colin	Ehrman	0:35:22.6	11:25	8	M	Winston Salem
13	629	Jack	Galyon	0:38:25.4	12:24	9	M	Winston-Sale
14	403	Curtis	Riazzi	0:42:56.2	13:51	9	M	
15	239	Alessio	Jewell	0:45:47.4	14:46	9	M	Winston Salem
16	571	Sam	Smith	0:49:48.2	16:04	8	M	Winston-Salem
17	240	Danilo	Jewell	0:59:35.0	19:13	7	M	Winston Salem
5K FEMALE 9 AND UNDER								
1	137	Anna	Edwards	0:24:51.7	8:01	9	F	Advance
2	482	Claire	Sullivan	0:25:19.1	8:10	8	F	Winston-Salem
3	483	Shannon	Sullivan	0:25:24.6	8:12	8	F	Winston-Salem
4	90	Audrey	Cavanaugh	0:29:07.3	9:24	9	F	Winston Salem
5	25	Gwen	Austin	0:29:28.7	9:30	15	F	Winston Salem
6	356	Maggie	Pape	0:29:37.1	9:33	9	F	Winston Salem
7	355	Emily	Pape	0:29:47.9	9:36	9	F	Winston Salem
8	378	Elizabeth	Pinder	0:30:05.7	9:42	9	F	Winston-Salem
9	263	Mackenzie	Kirkland	0:30:40.2	9:54	8	F	Winston Salem
10	260	Hannah	Kirkland	0:31:07.9	10:02	9	F	Winston Salem
11	277	Julia	Lang	0:31:46.2	10:15	9	F	Winston Salem
12	549	Rylee	Wilson	0:31:51.6	10:16	9	F	Winston-Salem
13	109	Megan	Craig	0:32:18.4	10:25	9	F	Winston-Salem
14	315	Emory	Meyer	0:33:21.5	10:45	11	F	Winston Salem
15	341	Lucia	Neves	0:33:39.2	10:51	6	F	Advance
16	191	Carmen	Guiler	0:33:59.6	10:58	9	F	Pfafftown

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17	522	Ella	Vu	0:34:52.8	11:15	8	F	Winston Salem
18	384	Alice	Pulliam	0:34:57.5	11:16	8	F	Winston-Salem
19	262	Lucy	Kirkland	0:35:24.6	11:25	6	F	Winston Salem
20	476	Kate	Sturgill	0:36:34.0	11:48	7	F	Winston-Salem
21	492	Sasha	Thompson	0:36:55.6	11:55	6	F	Kernersville
22	288	Ava	Lipscomb	0:37:22.8	12:03	9	F	Winston Salem
23	548	Caycee	Wilson	0:40:52.9	13:11	7	F	Winston-Salem
24	455	Jodie	Stanley	0:42:02.0	13:33	45	F	Winston Salem
25	126	Lily	Diaz	0:43:27.2	14:01	7	F	Winston salem
26	299	Lucy	MacDonald	0:45:43.9	14:45	8	F	Winston Salem

5K MALE 10-14

1	233	Conner	Inman	0:20:08.9	6:30	12	M	Winston Salem
2	603	Jack	Foley	0:21:51.0	7:03	14	M	Winston-Salem
3	351	Carlin	Pacholke	0:22:36.3	7:17	13	M	Lewisville
4	131	Brandt	Doty	0:22:40.1	7:19	12	M	Clemmons
5	8	Matthew	Agarwala	0:22:52.2	7:23	12	M	Winston Salem
6	58	evan	bonner	0:22:59.8	7:25	10	M	winston salem
7	524	Benjamin	Vye	0:23:12.5	7:29	13	M	Winston Salem
8	478	Tyler	Sturgill	0:23:24.1	7:33	10	M	Winston Salem
9	475	Evan	Sturgill	0:23:28.5	7:34	12	M	Winston Salem
10	567	Jack	Matheson	0:23:51.1	7:42	10	M	Winston-Salem
11	400	Ivan	Reyes	0:24:17.5	7:50	14	M	Kernersville
12	97	John	Cochrane	0:24:37.1	7:56	10	M	Winston-Salem
13	115	Riley	Daggett	0:24:38.1	7:57	13	M	Winston Salem
14	110	Scott	Craven	0:24:56.6	8:03	13	M	Winston Salem
15	557	Jeremy	Zamudio	0:25:12.2	8:08	10	M	Elkin
16	75	Peter	Brown	0:25:35.3	8:15	10	M	Winston-Salem
17	544	Theodore	Williams	0:26:07.8	8:25	12	M	Kernersville
18	267	Nathan	Kottak	0:27:48.3	8:58	11	M	Winston Salem
19	452	Conner	Smitherman	0:28:02.3	9:03	11	M	Advance
20	367	Tyler	Pesavento	0:28:51.7	9:18	11	M	Advance
21	608	Benjamin	Strott	0:29:10.8	9:25	12	M	Winston-Salem
22	278	Liam	Lang	0:29:17.6	9:27	14	M	Winston Salem
23	578	Garrett	Wheeler	0:29:18.2	9:27	14	M	Winston-Salem
24	519	Gustavo	Vieira	0:29:58.8	9:40	10	M	Pfafftown
25	497	Luke	Tisdale	0:29:58.8	9:40	10	M	Winston-Salem
26	167	Charles	Galyon	0:30:02.7	9:41	12	M	Winston-Salem
27	57	TJ	Boland	0:30:18.7	9:46	13	M	Winston-Salem
28	7	Michael	Agarwala	0:30:37.9	9:53	11	M	Winston Salem
29	103	Jeremy	Couch	0:31:48.0	10:15	13	M	Kernersville
30	534	Dylan	whalen	0:33:19.4	10:45	10	M	winston salem
31	55	Trevor	Boland	0:33:26.1	10:47	10	M	Winston-Salem
32	127	Robert Cooper	Diaz	0:35:11.5	11:21	11	M	Winston salem
33	533	connor	whalen	0:35:38.0	11:30	11	M	winston salem
34	121	Jeffrey	Dell	0:35:38.5	11:30	12	M	winston salem

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35	652	Alejandro	Muneton	0:38:15.5	12:20	14	M	
36	202	Kristian	Halvorsen	0:38:28.2	12:25	10	M	Winston-Salem
37	584	Johnathan	Riccoboni	0:40:00.3	12:54	10	M	Winston-Salem
38	472	Jon Paul	Stone	0:40:50.5	13:10	11	M	Clemmons
39	537	Benjamin	Whipple	0:40:59.5	13:13	11	M	Clemmons
40	466	Christopher	Stirewalt	0:42:24.1	13:41	14	M	Winston-Salem
41	447	Henry	Smith	0:48:04.1	15:30	14	M	Winston-Salem
42	381	Matthew	Pinder	0:48:05.0	15:31	13	M	Winston-Salem

5K FEMALE 10-14

1	531	Chandler	Welsh	0:24:14.7	7:49	11	F	Winston Salem
2	266	Chloe	Kottak	0:25:36.6	8:15	11	F	Winston Salem
3	568	Veronica	Matheson	0:26:16.8	8:28	13	F	Winston-Salem
4	541	Maggie	Whitworth	0:26:28.7	8:32	11	F	Winston Salem
5	139	Abby	Egnatz	0:26:55.4	8:41	14	F	Winston-Salem
6	130	Josie	Dierking	0:27:18.8	8:48	13	F	High Point
7	580	Amber	Scotland	0:27:26.2	8:51	13	F	Winston-Salem
8	168	Grace	Galyon	0:29:24.7	9:29	10	F	Winston-Salem
9	303	Caroline	Malone	0:29:37.1	9:33	12	F	Winston Salem
10	593	Madeline	Levy	0:30:07.8	9:43	11	F	Lewisville
11	52	Ellie	Boger	0:30:31.5	9:51	13	F	Winston Salem
12	92	Maureen	Cavanaugh	0:30:37.7	9:53	12	F	Winston Salem
13	108	Katherine	Craig	0:30:38.3	9:53	12	F	Winston-Salem
14	542	Katelynn	Williams	0:31:34.5	10:11	12	F	Advance
15	275	Eloise	Lang	0:31:46.5	10:15	11	F	Winston Salem
16	199	Kathleen	Hale	0:31:50.7	10:16	13	F	Winston Salem
17	634	Haley	Harman	0:32:10.1	10:23	12	F	Winston-Sale
18	449	Mackenzie	Smith	0:32:23.3	10:27	10	F	Winston Salem
19	369	Jenny	Peters	0:32:30.0	10:29	11	F	Winston-Salem
20	218	Anna	Hoeing	0:33:12.4	10:43	11	F	Winston-Salem
21	315	Emory	Meyer	0:33:21.5	10:45	11	F	Winston Salem
22	386	Sarah	Pulliam	0:34:37.6	11:10	10	F	Winston-Salem
23	17	Ruth Anne	Asbill	0:35:12.0	11:21	13	F	Lewisville
24	290	Mary Grace	Lipscomb	0:35:15.9	11:22	12	F	Winston Salem
25	54	Maria	Boland	0:35:16.3	11:23	11	F	Winston-Salem
26	65	Elena	Brechko	0:35:18.1	11:23	12	F	Advance
27	142	Avery	Ehrman	0:35:22.1	11:25	10	F	Winston Salem
28	150	Abby	Elwell	0:35:33.3	11:28	12	F	Winston-Salem
29	316	Helen	Meyer	0:35:39.2	11:30	13	F	Winston Salem
30	187	Heather	Green	0:36:07.5	11:39	14	F	
31	507	Emmy	Valente	0:37:30.2	12:06	11	F	WS
32	151	Sophia	Espenilla	0:37:30.7	12:06	12	F	
33	301	Sadie	MacDonald	0:37:31.1	12:06	13	F	Winston Salem
34	361	Emelie	Patti	0:37:35.0	12:07	14	F	Winston-Salem
35	473	Olivia	Stone	0:38:10.7	12:19	10	F	Clemmons
36	170	Xochitl	Garcia	0:40:09.6	12:57	13	F	Yadkinville

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37	496	Caitlin	Tisdale	0:41:17.4	13:19	14	F	Winston-Salem
38	561	Adrianna	Dioli	0:41:31.3	13:24	13	F	Winston-Salem
39	145	Amanda	Eldredge	0:44:53.3	14:29	11	F	Clemmons
40	295	Natalie	Lowe	0:44:54.4	14:29	12	F	Clemmons
41	300	Nora	MacDonald	0:45:47.5	14:46	10	F	Winston Salem
42	604	Ella	Foley	0:46:09.5	14:53	11	F	Winston-Salem
43	189	Haley	Gross	0:57:06.1	18:25	14	F	Winston-Salem
44	536	Baileigh	Whipple	0:57:06.2	18:25	14	F	Clemmons
45	365	Julia	Pepe	0:57:06.3	18:25	14	F	Clemmons

5K MALE 15-19

1	99	Rand	Cochrane	0:19:21.6	6:15	16	M	Winston-Salem
2	636	Robert	Ganzert	0:21:06.3	6:48	16	M	Clemmon
3	599	David	Vandenbery	0:21:56.2	7:05	19	M	Boone
4	329	Mark	Monroe	0:23:10.5	7:28	18	M	Yadkinville
5	358	Justin	Pardee	0:24:16.2	7:50	15	M	Winston Salem
6	579	Jack	Scotland	0:25:56.8	8:22	16	M	Winston-Salem
7	555	Brendan	Young	0:29:06.3	9:23	16	M	Lewisville
8	377	Alex	Pinder	0:30:05.9	9:42	17	M	Winston-Salem
9	347	Samuel	Norwood	0:31:48.1	10:15	15	M	Winston-Salem
10	26	Storm	Austin	0:32:22.8	10:26	16	M	Winston Salem
11	643	David	Garcia	0:37:28.7	12:05	17	M	Yadkinville
12	565	Webb	Lipscomb	0:48:04.4	15:30	15	M	Winston-Salem

5K FEMALE 15-19

1	53	Emily	Boger	0:23:01.7	7:25	18	F	Winston Salem
2	117	Emmaline	Daggett	0:23:02.8	7:26	15	F	Winston Salem
3	74	Mary	Brown	0:23:20.8	7:32	15	F	Winston-Salem
4	602	Emily	Kohak	0:25:46.4	8:19	16	F	Winston-Salem
5	294	valerie	lopez	0:27:55.4	9:00	17	F	winston salem
6	25	Gwen	Austin	0:29:28.7	9:30	15	F	Winston Salem
7	639	Haylie	Pavin	0:32:32.7	10:30	15	F	Winston-Sale
8	386	Sarah	Pulliam	0:34:37.6	11:10	10	F	Winston-Salem
9	362	Cassie	Paulin	0:37:12.8	12:00	17	F	Winston Salem
10	653	Sarah	Muneton	0:38:14.5	12:20	19	F	
11	380	Margaret	Pinder	0:40:47.8	13:09	15	F	Winston-Salem
12	594	Olivia	Dioli	0:40:48.2	13:10	16	F	Winston-Salem
13	587	Heidi	Bleyer	0:40:48.7	13:10	16	F	Winston-Salem
14	621	Hannah	Hall	0:42:01.3	13:33	19	F	Winston-Salem

5K MALE 20-24

1	616	Ian	Combest	0:21:07.9	6:49	23	M	Clemmons
2	106	Lewis	Cox	0:32:52.6	10:36	24	M	Summerfield
3	309	Ryan	McIntyre	0:35:21.1	11:24	22	M	Winston-Salem

5K FEMALE 20-24

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Place	Bib	First Name	Last Name	Chip Time	Avg Pace	Age	Gender	City
1	393	Brenda	Ramirez	0:26:42.2	8:37	21	F	Pfafftown
2	174	Jane	Gerbrandt	0:27:12.5	8:46	24	F	Winston-Salem
3	223	ASHTON	HUGHES	0:29:05.8	9:23	21	F	High Point
4	572	Sandra	Perez	0:29:22.8	9:28	24	F	Winston-Salem
5	293	Sarah	Long	0:32:40.7	10:32	24	F	Summerfield
6	96	Erin	Christensen	0:34:10.4	11:01	23	F	Winston-Salem
7	132	Emma	Drauszewski	0:35:20.3	11:24	22	F	Rural Hall
8	171	Xochitl	Garcia	0:40:51.2	13:11	23	F	Yadkinville
9	133	Catherine	Dudley	0:41:11.1	13:17	24	F	Winston-Salem
10	153	Nikki	Falacara	0:43:39.8	14:05	22	F	High Point

5K MALE 25-29

1	453	Luke	Spencer	0:23:32.6	7:35	29	M	Johnson City
2	291	armando	lira	0:24:46.4	7:59	29	M	Winston-Salem
3	205	Tim	Hatcher	0:25:03.0	8:05	29	M	Front Royal
4	397	James	Reed	0:25:08.4	8:06	29	M	Mooreville
5	376	Logan	Pierce	0:27:47.2	8:58	28	M	Winston-Salem
6	471	Eric	Stone	0:29:25.3	9:29	25	M	Carrboro
7	438	Ryan	Shore	0:32:59.6	10:38	27	M	Winston-Salem
8	422	Jorge	Saavedra	0:40:49.2	13:10	28	M	Winston-Salem

5K FEMALE 25-29

1	638	Rebekah	Peeler	0:22:12.3	7:10	29	F	Raleigh
2	435	Melissa	Sexton	0:27:16.7	8:48	28	F	Winston-Salem
3	517	Christine	Velazquez	0:27:18.6	8:48	28	F	winston salem
4	47	Molly	Binder	0:27:36.8	8:54	29	F	Winston Salem
5	273	Julie	Kuhn	0:29:21.2	9:28	28	F	Winston-Salem NC
6	640	Kristin	Schroeder	0:29:40.2	9:34	29	F	Kernersville
7	283	Ricki	Lefebvre	0:31:34.9	10:11	28	F	Winston-Salem
8	553	Alli	Yingling	0:33:11.2	10:42	27	F	Winston Salem
9	68	Christine	Broadway	0:33:48.7	10:54	28	F	Winston Salem
10	445	Abigail	Smith	0:33:48.8	10:54	25	F	Winston-Salem
11	314	Deepthi	Menon	0:33:59.2	10:58	27	F	winston salem
12	387	Kristie	Race	0:40:46.2	13:09	28	F	Clemmons
13	306	Shelia	Mason	0:43:46.8	14:07	27	F	Winston Salem
14	254	Candice	Kennedy	0:55:15.3	17:49	29	F	Wlnston Salem
15	441	Brady	Silva	0:55:15.6	17:49	29	F	Pfafftown
16	597	Francesca	Crudo	0:56:33.4	18:15	28	F	Winston-Salem

5K MALE 30-34

1	211	Josh	Hedrick	0:18:14.5	5:53	32	M	Thomasville
2	348	Chris	Nugent	0:21:19.6	6:53	33	M	Winston-Salem
3	94	John	Champlin	0:25:04.6	8:05	32	M	Winston-Salem
4	19	Alan	Ashworth	0:27:17.1	8:48	34	M	Winston Salem
5	551	Lee	Winfrey	0:29:42.4	9:35	33	M	Walkertown
6	30	Thaddeus	Bakker	0:32:46.6	10:34	34	M	clemmons

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7	112	Tao	Cui	0:35:18.3	11:23	33	M	Winston Salem
8	120	Walter	Davis	0:39:50.8	12:51	31	M	Raleigh
9	595	John	Huff	0:41:52.1	13:30	34	M	Winston-Salem

5K FEMALE 30-34

1	394	Bethany	Reavis	0:22:23.8	7:13	32	F	Clemmons
2	396	Cassie	Reed	0:22:37.5	7:18	30	F	Mooreville
3	179	Kelley	Gondring	0:22:54.5	7:23	33	F	Winston-Salem
4	514	Dana	VanHorn	0:25:38.2	8:16	34	F	Winston Salem
5	45	Caren	Berrier	0:27:18.1	8:48	32	F	Indian land
6	409	Stephanie	Rivera	0:27:46.8	8:57	32	F	Winston-Salem
7	398	Carly	Regan	0:29:10.7	9:25	32	F	Advance
8	29	Rachel	Bakker	0:31:27.6	10:09	32	F	clemmons
9	620	Bridget	Landis	0:31:38.6	10:12	32	F	Winston-Salem
10	619	Laura	Bray	0:31:38.6	10:12	30	F	Winston-Salem
11	529	Raquel	Ward	0:31:44.0	10:14	34	F	Lewisville
12	491	Megan	Tetter	0:32:04.1	10:21	33	F	Winston Salem
13	87	Heather	Carter	0:32:29.3	10:29	34	F	Winston Salem
14	448	Julie	Smith	0:32:49.2	10:35	34	F	Kernersville
15	342	Deborah	Neves	0:33:38.8	10:51	34	F	Advance
16	343	Mary	Newcomb	0:33:48.0	10:54	33	F	Winston Salem
17	388	Satara	Radford	0:34:20.8	11:05	30	F	Winston Salem
18	88	Chelsea	Carter-Ellis	0:34:57.4	11:16	32	F	Winston Salem
19	344	Anna	Nichols	0:34:57.4	11:16	31	F	Winston Salem
20	111	Jennifer	Cui	0:35:18.0	11:23	34	F	Winston Salem
21	272	Elizabeth	Krug	0:36:10.3	11:40	32	F	Winston-salem
22	649	Jesica	Elliott	0:44:30.5	14:21	31	F	
23	20	ashley	atwood	0:45:41.4	14:44	32	F	tobaccoville
24	253	Kristin	Kelly	0:48:53.1	15:46	34	F	Winston-Salem
25	118	Abigail	Davis	0:52:35.6	16:58	32	F	Raleigh
26	50	Juliana	Blevins	2:04:09.5	40:03:00	31	F	Yadkinville

5K MALE 35-39

1	611	Leonard	Mitchell III	0:18:08.7	5:51	37	M	Winston-Salem
2	222	Eric	Hoyme	0:19:08.5	6:10	38	M	Winston Salem
3	528	Mike	Walsh	0:21:10.4	6:50	37	M	Winston Salem
4	612	Cody	Wilson	0:22:59.9	7:25	37	M	Winston-Salem
5	46	Casey	Berrier	0:24:49.7	8:00	35	M	Gastonia
6	225	Trevor	Hughes	0:26:09.8	8:26	36	M	Winston Salem
7	502	Jonathan	Tucker	0:26:16.6	8:28	39	M	WINSTON SALEM
8	49	John	Blevins	0:26:54.6	8:41	36	M	Yadkinville
9	399	Garth	Regan	0:27:01.0	8:43	36	M	Advance
10	196	Benjamin	Hagan	0:27:03.1	8:44	38	M	Winston Salem
11	426	Michael	Schoen	0:27:04.9	8:44	37	M	Winston Salem
12	610	mark	Jones	0:28:06.1	9:04	37	M	Winston-Salem
13	641	David	English	0:28:14.7	9:06	35	M	Winston-Sale

St. Leo's 5K - March 18, 2017

Age Group Results

Place	Bib	First Name	Last Name	Chip Time	Avg Pace	Age	Gender	City
14	72	Kenneth	Brooks	0:29:32.3	9:32	36	M	Winston Salem
15	173	Scott	Gayzik	0:29:39.2	9:34	37	M	Winston Salem
16	547	Jason	Wilmoth	0:40:27.7	13:03	37	M	Winston Salem
17	744	Mike	Brown	0:41:25.8	13:22	36	M	
18	392	Michael	Raiden	0:47:47.6	15:25	38	M	Clemmons
19	480	Matthew	Stutzman	0:49:37.1	16:00	37	M	Raleigh
20	197	Jon	Hairston	0:58:21.5	18:49	38	M	Winston Salem
21	242	Michael	Jewell	0:59:35.4	19:13	38	M	Winston Salem

5K FEMALE 35-39

1	554	Amy	Yoder	0:23:56.3	7:43	39	F	Winston Salem
2	538	Heather	Whittaker	0:24:33.8	7:55	36	F	Winston Salem
3	261	Kathleen	Kirkland	0:25:52.3	8:21	36	F	winston salem
4	292	Jamie	Loncar	0:26:16.2	8:28	38	F	Advance
5	282	Jennifer	Layton	0:28:04.7	9:03	36	F	Winston-Salem
6	220	ACEY	Holmes	0:28:45.0	9:16	36	F	Winston Salem
7	340	Amy	Netherland	0:32:25.9	10:27	37	F	Advance
8	32	Michelle	Barnett	0:33:22.1	10:46	39	F	Winston-Salem
9	332	ERIN	MORAN	0:33:52.5	10:55	35	F	HIGH POINT
10	284	April	Lewis	0:33:59.0	10:57	35	F	Winston-Salem
11	249	Walker	Jones	0:36:11.9	11:40	36	F	Winston-Salem
12	350	Rachel	Orsborn	0:39:10.2	12:38	38	F	Clemmons
13	546	Colleen	Wilmoth	0:40:26.7	13:03	37	F	Winston Salem
14	318	Christine	Michalski	0:41:59.5	13:33	36	F	Winston Salem
15	405	Erin	Riazzzi	0:42:56.0	13:51	38	F	Winston-Salem
16	166	Tanya	Fritz	0:43:06.1	13:54	37	F	Winston-Salem
17	79	Jessica	Burlingame	0:43:13.7	13:56	35	F	Winston-Salem
18	241	Francesca	Jewell	0:45:47.5	14:46	36	F	Winston Salem
19	382	Michelle	Prendergast	0:46:17.6	14:56	36	F	Kernersville
20	210	Liz	Hearne	0:48:09.4	15:32	35	F	Winston Salem
21	198	lisa	Hairston	0:58:22.0	18:49	38	F	Winston-Salem

5K MALE 40-44

1	287	Robert	Lindley	0:21:09.7	6:49	41	M	Lexington
2	532	Michael	Wesley	0:21:35.6	6:58	42	M	Kernersville
3	520	Lucian	Vlad	0:22:27.2	7:15	40	M	Oak Ridge
4	256	James	Kimball	0:22:28.5	7:15	44	M	advance
5	429	Leighton	Scott	0:22:37.3	7:18	43	M	Winston-Salem
6	209	Rutherford	Hayes	0:23:00.9	7:25	44	M	WS
7	430	Sinclair	Seavey	0:23:34.6	7:36	40	M	Lewisville
8	102	Michael	Cottingham	0:23:39.0	7:38	40	M	Oak Ridge
9	113	Chris	Culley	0:24:09.2	7:47	42	M	Lewisville
10	224	Eli	Hughes	0:24:31.1	7:55	41	M	Pfafftown
11	401	Juan	Reyes-Rendon	0:25:47.0	8:19	41	M	Kernersville
12	190	Michael	Gruver	0:25:53.9	8:21	41	M	Pfafftown
13	368	Ivo	Pestana	0:27:15.8	8:47	42	M	Winston-Salem

St. Leo's 5K - March 18, 2017

Age Group Results

Place	Bib	First Name	Last Name	Chip Time	Avg Pace	Age	Gender	City
14	129	Dan	Dierking	0:27:18.9	8:48	40	M	High Point
15	219	Brian	Hogan	0:27:44.9	8:57	40	M	Winston-Salem
16	36	Luis	Barroso	0:28:24.1	9:10	40	M	Winston-Salem
17	518	Dax	Vieira	0:28:29.1	9:11	44	M	Pfafftown
18	508	Lou	Valente	0:28:49.9	9:18	44	M	WS
19	91	Mark	CAVANAUGH	0:29:09.8	9:24	41	M	Winston Salem
20	454	David	Spross	0:29:31.3	9:31	43	M	Lewisville
21	276	Jason	Lang	0:31:52.7	10:17	43	M	Winston Salem
22	285	Troy	Lewis	0:33:58.9	10:57	43	M	Winston-Salem
23	12	Michael	Allen	0:34:24.0	11:06	43	M	Lewisville
24	479	Will	Sturgill	0:36:34.5	11:48	44	M	Winston Salem
25	125	Kevin	Diaz	0:43:27.3	14:01	42	M	Winston salem
26	298	John	MacDonald	0:45:48.0	14:46	43	M	Winston Salem
27	195	Frank	Hackl	0:46:12.3	14:54	44	M	Kernersville
28	647	Daniel	Thompson	0:54:44.1	17:39	43	M	

5K FEMALE 40-44

1	477	Stephanie	Sturgill	0:23:33.4	7:36	42	F	Winston Salem
2	228	Shana	Hurt	0:26:05.9	8:25	44	F	Kernersville
3	540	Katie	Whitworth	0:26:36.7	8:35	42	F	Winston Salem
4	146	Janell	Eldredge	0:27:25.9	8:51	40	F	Clemmons
5	42	Olivia	Beeson	0:27:35.3	8:54	41	F	Winston Salem
6	525	Heather	Vye	0:27:38.6	8:55	44	F	Winston-Salem
7	505	Amy	Valente	0:27:55.7	9:00	44	F	Winston-Salem
8	613	Bernadette	Paulsen	0:28:34.8	9:13	42	F	Kernersville
9	345	Amy	Niten	0:29:02.2	9:22	40	F	Mount Airy
10	138	Nancy	Edwards	0:29:39.1	9:34	43	F	Advance
11	446	Dana	Smith	0:31:57.3	10:18	44	F	Danbury
12	543	Shannon	Williams	0:32:08.4	10:22	41	F	Pfafftown
13	230	Jennifer	Ingle	0:32:31.6	10:29	44	F	King
14	424	Cheryl	Sarmiento	0:32:47.9	10:35	43	F	Winston-Salem
15	119	Mary Anna	Davis	0:33:14.1	10:43	40	F	Winston-Salem
16	56	Yvette	Boland	0:34:05.9	10:59	41	F	Winston Salem
17	523	Lisa	Vu	0:35:14.9	11:22	41	F	Winston Salem
18	193	Juana	Guiller	0:35:57.0	11:36	44	F	Pfafftown
19	374	LESLYE	PHILLIPS	0:37:04.5	11:57	41	F	WINSTON SALEM
20	235	Julie	Jackson	0:37:15.4	12:01	44	F	Madison
21	289	Leslie	Lipscomb	0:37:36.8	12:08	44	F	Winston Salem
22	474	Rosario	Stone	0:40:52.6	13:11	40	F	Clemmons
23	41	Jennifer	Bauguss	0:43:28.1	14:01	40	F	Lexington
24	194	Christina	Hackl	0:46:12.6	14:54	42	F	Kernersville
25	650	Katherine	Pryor	0:46:17.9	14:56	41	F	
26	201	Deb	Halvorsen	0:48:53.6	15:46	43	F	Winston-Salem
27	10	Jennifer	Allen	0:50:18.1	16:14	44	F	Pfafftown
28	469	Jennifer (Jenny)	Stokes	0:56:01.0	18:04	42	F	Winston-Salem
29	80	MIRIAM V	BURNS	1:01:48.5	19:56	40	F	Lewisville

St. Leo's 5K - March 18, 2017

Age Group Results

Place	Bib	First Name	Last Name	Chip Time	Avg Pace	Age	Gender	City
30	545	LaTrinda	Williams	1:04:37.7	20:51	43	F	McLeansville
5K MALE 45-49								
1	617	Todd	Holbrook	0:18:25.9	5:56	47	M	Winston-Salem
2	623	Tom	Clark	0:19:38.2	6:20	45	M	Winston-Salem
3	98	Jay	Cochrane	0:20:16.4	6:32	49	M	Winston-Salem
4	421	Brian	Rudel	0:20:22.8	6:34	45	M	Pfafftown
5	48	Bruce	Bixler	0:22:16.1	7:11	49	M	Colfax
6	360	Timothy	Pardee	0:22:30.0	7:15	47	M	Winston Salem
7	503	Christopher	Tuohy	0:23:13.4	7:29	46	M	Winston-Salem
8	530	Derrick	Webb	0:25:17.4	8:09	46	M	Lewisville
9	600	Lawson	Milner	0:27:25.4	8:51	45	M	Winston-Salem
10	607	Bradley	Strott	0:28:47.4	9:17	45	M	Winston-Salem
11	444	John	Skinner	0:29:15.2	9:26	49	M	Clemmons
12	169	Randall	Galyon	0:29:30.9	9:31	47	M	Winston-Salem
13	238	Drew	Jenkins	0:29:47.7	9:36	48	M	Winston-Salem
14	159	Gabriel	Forcadela	0:29:52.1	9:38	48	M	Colfax
15	439	Brian	Shore	0:30:10.8	9:44	47	M	Advance
16	234	Andrew	Irwin-Smiler	0:32:02.4	10:20	48	M	Winston-Salem
17	269	Jason	Kremidas	0:32:28.8	10:28	48	M	Winston salem
18	192	Jack	Guiler	0:35:08.2	11:20	46	M	Pfafftown
19	144	Kevin	Ehrman	0:35:26.4	11:26	45	M	Winston Salem
20	62	Tom	Boylan	0:36:23.8	11:44	47	M	Winston Salem
21	373	Calvin	Phillips	0:38:29.6	12:25	49	M	Winston Salem
22	214	Ken	Hernandez	0:40:32.6	13:05	47	M	Winston Salem
23	569	Jeff	Smith	0:49:50.9	16:05	47	M	Winston-Salem
5K FEMALE 45-49								
1	558	Lorraine	Zamudio	0:25:13.7	8:08	45	F	Elkin
2	379	Julie	Pinder	0:26:13.5	8:27	49	F	Winston-Salem
3	310	Hannah	McSawley	0:27:08.4	8:45	45	F	Winston Salem
4	337	catherine	myrick	0:28:12.6	9:06	45	F	Lewisville
5	86	Suzanne	Carrano	0:28:29.1	9:11	48	F	Winston Salem
6	229	Juliette	Hutchins	0:29:12.2	9:25	49	F	Advance
7	184	Debra	Granger	0:29:40.2	9:34	46	F	Lewisville
8	440	Keri	Shore	0:30:10.9	9:44	49	F	Advance
9	498	Tabitha	Tisdale	0:30:15.8	9:45	46	F	Winston-Salem
10	413	Karen	Rogers	0:30:22.6	9:48	48	F	Germanton
11	630	Kate	Galyon	0:30:34.1	9:52	48	F	Winston-Sale
12	485	Cameron	Sweeney	0:33:08.1	10:41	47	F	Cary
13	535	Ursula	Whalen	0:33:23.1	10:46	46	F	Winston-Salem
14	459	Nicole	Stevens	0:33:27.7	10:47	46	F	Winston-Salem
15	357	Jennifer	Pardee	0:33:35.4	10:50	45	F	Winston-Salem
16	213	Donna	Hennessey	0:33:47.1	10:54	49	F	Advance
17	182	Jodi	Gough	0:35:07.8	11:20	46	F	WINSTON-SALEM
18	61	Meredith	Boylan	0:36:07.5	11:39	45	F	winston salem

St. Leo's 5K - March 18, 2017

Age Group Results

Place	Bib	First Name	Last Name	Chip Time	Avg Pace	Age	Gender	City
19	625	Kristen	Baker	0:36:12.0	11:40	46	F	Winston-Salem
20	511	Christy	Vance	0:38:44.9	12:30	47	F	Winston-Salem
21	588	Missy	Coleman	0:39:19.8	12:41	47	F	Lewisville
22	305	deborah	marshall	0:39:47.7	12:50	46	F	clemmons
23	592	Jennifer	Bovender	0:40:08.5	12:57	46	F	Winston-Salem
24	455	Jodie	Stanley	0:42:02.0	13:33	45	F	Winston Salem
25	582	Tara	Scotland	0:43:27.1	14:01	46	F	Winston-Salem
26	614	Trish	Fagan	0:46:04.6	14:52	46	F	Winston-Salem
27	516	Crystal	Vaughn	0:48:52.7	15:46	49	F	Winston-Salem
28	188	Mechelle	Green	0:49:01.3	15:49	48	F	King
29	161	Jacqueline	Fox	0:49:07.0	15:50	46	F	Clemmons
30	598	Robin	Smith	0:49:50.6	16:05	45	F	Winston-Salem
31	31	Kim	Banks	0:53:06.2	17:08	47	F	Kernersville

5K MALE 50-54

1	15	Paul	Anthony	0:21:03.0	6:47	51	M	Winston Salem
2	628	Rick	Bloomer	0:21:32.7	6:57	53	M	Bronx
3	217	Robert	Hodges	0:23:00.5	7:25	51	M	High Point
4	215	Scott	Herzog	0:23:15.7	7:30	50	M	Lewisville
5	280	Mike	Larson	0:23:16.1	7:30	50	M	LEWISVILLE
6	140	Philip	Egnatz	0:23:41.6	7:38	50	M	Winston Salem
7	339	Douglas	Nauman	0:24:10.4	7:48	54	M	High Point
8	227	Adam	Hurt	0:25:19.0	8:10	50	M	Kernersville
9	122	John	Dell	0:25:41.5	8:17	53	M	Winston-Salem
10	175	Charles	Gillon	0:26:26.1	8:32	51	M	Lewisville
11	581	Peter	Scotland	0:27:48.7	8:58	52	M	Winston-Salem
12	651	Ernie	Osborn	0:28:09.5	9:05	51	M	
13	64	Dennis	Brechko	0:28:46.5	9:17	50	M	Advance
14	78	Pat	Bullard	0:28:50.7	9:18	54	M	Lewisville
15	648	Joel	Cook	0:28:51.1	9:18	54	M	
16	328	Ken	Monroe	0:29:10.6	9:25	53	M	Yadkinville
17	338	Andrew	Namen	0:29:25.4	9:29	50	M	Advance
18	366	Patrick	Pesavento	0:29:34.8	9:32	50	M	Advance
19	642	Bob	Browne	0:29:44.4	9:35	51	M	Pfafftown
20	268	Steve	Kottak	0:30:27.4	9:49	51	M	Louisville
21	463	John	Stewart	0:32:17.3	10:25	50	M	Pfafftown
22	486	Shaun	Sweeney	0:33:08.3	10:41	50	M	Cary
23	136	Pat	Eddy	0:33:53.6	10:56	53	M	Winston-Salem
24	135	Kent	Eaton	0:34:42.8	11:12	53	M	Winston Salem
25	635	Mike	Stack	0:37:03.8	11:57	54	M	Winston-Sale
26	583	Tom	Capron	0:38:02.9	12:16	53	M	Clemmons
27	160	Douglas	Ford	0:38:47.3	12:31	53	M	Clemmons
28	484	Terry	Swade	0:39:31.5	12:45	50	M	Advance
29	633	Kelley	Stack	0:51:45.9	16:42	53	M	Winston-Sale

5K FEMALE 50-54

St. Leo's 5K - March 18, 2017

Age Group Results

Place	Bib	First Name	Last Name	Chip Time	Avg Pace	Age	Gender	City
1	302	Ann	Madigan	0:23:42.5	7:39	53	F	Winston-Salem
2	364	Susan	Peatross	0:25:15.0	8:09	50	F	Winston-Salem
3	552	Bettina	Winnicki	0:28:01.5	9:02	53	F	Winston Salem
4	510	Andrea	Vallevand	0:28:40.5	9:15	54	F	Winston Salem
5	622	Julie	Bell	0:28:43.9	9:16	50	F	Winston-Salem
6	467	Maureen	Stitt	0:29:08.2	9:24	53	F	Winston Salem
7	539	julianne	whittington	0:29:40.4	9:34	50	F	Winston-Salem
8	14	Amy	Anderson	0:29:40.5	9:34	53	F	Winston-Salem
9	327	Mary	Monk	0:29:51.8	9:38	50	F	Clemmons
10	176	Melissa	Glunt	0:29:54.6	9:39	50	F	Lewisville
11	615	Carol	Taylor	0:30:14.4	9:45	53	F	Winston-Salem
12	203	Debra	Hanson	0:30:26.2	9:49	52	F	Winston-Salem
13	141	Theresa	Ehren	0:32:21.1	10:26	54	F	Pfafftown
14	107	Shannon	Craft	0:33:12.9	10:43	51	F	Pfafftown
15	606	Jennifer	Foley	0:34:26.3	11:06	50	F	Winston-Salem
16	51	Kelly	Bodenhamer	0:34:35.9	11:09	53	F	Mocksville
17	323	Patsy	Miller	0:35:05.5	11:19	50	F	Winston-Salem
18	576	Angela	Mangus	0:36:09.4	11:40	50	F	Oak Ridge
19	609	Rachel	barron	0:37:47.4	12:11	50	F	Winston-Salem
20	35	Elizabeth	Barr	0:37:51.8	12:13	51	F	Winston Salem
21	296	Jane	Lyerly	0:38:48.7	12:31	53	F	Clemmons
22	33	Kathylyn	Barnhill	0:39:47.0	12:50	52	F	Pfafftown
23	77	Lisa	Bryant	0:41:43.0	13:27	50	F	Winston-Salem
24	346	Margaret	Norris	0:42:24.5	13:41	53	F	Winston-Salem
25	646	Nina	Krull	0:43:29.7	14:02	50	F	
26	645	Debbie	Taylor	0:43:35.6	14:04	50	F	
27	487	Sharon	Swink	0:45:34.8	14:42	51	F	Clemmons
28	123	laura	dell	0:46:04.0	14:52	51	F	Winston Salem
29	9	Sherri	Aiken	0:48:23.9	15:36	53	F	Winston Salem
30	407	Debbie	Richmond	0:52:02.5	16:47	51	F	Pfafftown
31	43	Lorrie	Bennett	0:52:34.8	16:57	53	F	Rural Hall
32	40	Pamela	Baucum	0:54:46.8	17:40	51	F	Winston-Salem
33	428	Angela	Scott	0:56:16.8	18:09	50	F	Clemmons
34	158	Sherry	Flynn	0:56:20.3	18:10	50	F	Lewisville

5K MALE 55-59

1	265	Barry	Klaus	0:25:33.8	8:15	56	M	Winston Salem
2	204	Wayne	Harrison	0:25:43.4	8:18	58	M	Stoneville
3	181	Robert	Googe	0:25:43.5	8:18	56	M	Winston Salem
4	313	Gary	Mendelsohn	0:27:46.0	8:57	58	M	Winston-Salem
5	258	Michael	King	0:27:59.9	9:02	57	M	Winston-Salem
6	390	Jay	Raffaldini	0:28:00.6	9:02	56	M	Winston-Salem
7	236	Kevin	Jardina	0:29:10.8	9:25	58	M	Fort Mill
8	186	Jerry	Gray	0:29:29.6	9:31	57	M	Winston-Salem
9	499	Bart	Trescott	0:31:22.2	10:07	59	M	Kernersville
10	95	Bob	Christensen	0:31:41.6	10:13	55	M	Winston-Salem

St. Leo's 5K - March 18, 2017

Age Group Results

Place	Bib	First Name	Last Name	Chip Time	Avg Pace	Age	Gender	City
11	180	David	Googe	0:35:40.8	11:30	58	M	Lewisville
12	246	David	Jones	0:36:00.1	11:37	58	M	Winston Salem
13	632	Jack	Stack	0:51:45.8	16:42	55	M	Winston-Sale

5K FEMALE 55-59

1	116	Cynthia	Daggett	0:24:52.5	8:01	56	F	WinstonSalem
2	226	Cashin	Hunt	0:26:09.6	8:26	58	F	Winston-Salem
3	89	Nina	Caudill	0:27:39.0	8:55	59	F	Winston-Salem
4	451	Rose	Smith	0:28:21.8	9:09	59	F	Winston Salem
5	165	Rebecca	Francis	0:28:40.4	9:15	58	F	Winston Salem
6	389	Barbara	Raffaldini	0:30:25.1	9:49	55	F	Winston Salem
7	402	Laurie	Rhyne	0:30:35.6	9:52	58	F	Winston-Salem
8	155	Lisa	Featherngill	0:31:13.4	10:04	57	F	Advance
9	304	Sheila	Markland	0:32:06.4	10:21	55	F	Winston-Salem
10	212	Leora	Henkin	0:33:13.9	10:43	57	F	Winston Salem
11	251	Anne	Kelble	0:33:45.2	10:53	59	F	winston salem
12	443	Julie	Simmons	0:35:16.7	11:23	55	F	Winston Salem
13	237	Mary Therese	Jardina	0:35:24.8	11:25	57	F	Fort Mill
14	6	Melanie	Adams	0:36:12.8	11:41	57	F	Winston Salem
15	250	Mary	Kahler	0:37:15.0	12:01	55	F	Lewisville
16	335	Jane	Murawski	0:37:18.6	12:02	57	F	Clemmons
17	244	Lin	Johnson	0:39:18.3	12:41	55	F	Winston-salem
18	286	Linda	Lilly	0:40:16.9	12:59	57	F	Pfafftown
19	257	donna	king	0:42:30.8	13:43	59	F	winston salem
20	501	Angela	Triplett	0:45:52.8	14:48	55	F	Kernersville
21	428	Angela	Scott	0:56:16.8	18:09	50	F	Clemmons
22	589	Ivie	Shirlen	0:56:21.0	18:10	55	F	Winston-Salem
23	134	Holly	Dudley	0:58:02.6	18:43	59	F	
24	281	Catherine	Lassiter	0:58:03.7	18:44	55	F	Winston-Salem

5K MALE 60-64

1	83	Marc	Callahan	0:23:48.3	7:41	62	M	Winston Salem
2	436	David	Shannon	0:26:33.3	8:34	60	M	Winston Salem
3	39	Steve	Batchelor	0:28:27.4	9:11	62	M	Winston-Salem
4	264	Frank	Kirkland Sr	0:31:08.7	10:03	62	M	Winston Salem
5	481	Patrick	Stutzman	0:36:46.4	11:52	60	M	Raleigh
6	312	Jeff	Melda	0:47:47.9	15:25	60	M	Clemmons

5K FEMALE 60-64

1	82	Dail	Callahan	0:29:28.4	9:30	63	F	Winston-Salem
2	311	Susanne	McWilliams	0:35:37.9	11:29	63	F	Winston Salem
3	631	Kathi	Peterson	0:35:51.5	11:34	64	F	salisbury
4	550	Pam	Windley	0:36:24.2	11:45	61	F	Lexington
5	442	Cindy	Silver	0:36:42.7	11:50	62	F	Winston-Salem
6	100	Janice	Combest	0:38:16.1	12:21	61	F	Clemmons
7	66	Debra	Breyer	0:39:12.1	12:39	60	F	Lewisville

St. Leo's 5K - March 18, 2017

Age Group Results

Place	Bib	First Name	Last Name	Chip Time	Avg Pace	Age	Gender	City
8	252	Laura	Kelley	0:39:35.2	12:46	63	F	Winston Salem
9	418	Glynis	Ross	0:39:47.5	12:50	60	F	Winston Salem
10	322	Lynn	Miller	0:52:34.6	16:57	62	F	Winston-Salem
11	85	Anne	Cannon	0:54:33.9	17:36	63	F	Winston-Salem
12	596	MaryAnn	Crudo	1:00:36.8	19:33	61	F	Winston-Salem

5K MALE 65-69

1	627	Marty	Beeson	0:21:12.0	6:50	66	M	Clemmons
2	624	Fred	Jones	0:27:40.5	8:55	65	M	Pfafftown
3	13	Daniel	Anderson	0:28:48.9	9:17	69	M	King
4	521	Andre	Vonsiatsky	0:29:50.0	9:37	66	M	Clemmons
5	154	Tommy	Fansler	0:30:13.7	9:45	65	M	Germanton
6	353	Michael	Page	0:33:00.2	10:39	68	M	Advance

5K FEMALE 65-69

1	391	Ann	Ragan	0:38:00.0	12:15	65	F	Pfafftown
2	375	Jennifer	Pierce	0:38:09.0	12:18	66	F	Winston-Salem
3	575	Wanda	Roberts	0:43:32.0	14:02	68	F	Winston Salem
4	207	Arnetta	Hauser	0:44:47.7	14:27	65	F	Winston-Salem
5	590	MaryAnn	Gardner	0:48:17.6	15:35	68	F	Winston-Salem
6	152	Judy	Eustice	0:56:01.4	18:04	67	F	Clemmons

5K MALE 70-74

1	271	Charles	Krueger	0:25:07.5	8:06	70	M	Winston-Salem
2	76	douglas	brunner	0:29:00.5	9:21	70	M	claudville
3	601	George	Ragland	0:30:32.1	9:51	73	M	Winston-Salem
4	637	hernan	Sabio Sr	0:31:05.4	10:02	70	M	Winston-Sale
5	363	Howard	Pearre	0:31:31.3	10:10	70	M	Winston-Salem
6	18	Steve	Ashley	0:37:49.0	12:12	70	M	Winston-Salem

5K FEMALE 70-74

1	494	Janet	Tierney	0:41:59.6	13:33	71	F	Lewisville
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5K MALE 75-79

1	490	Bob	Tesh	0:37:08.2	11:59	75	M	Advance
2	495	Michael	Tierney	0:41:19.3	13:20	75	M	Lewisville

5K FEMALE 75-79

1	468	Pat	Stoeber	0:41:00.3	13:14	78	F	Winston-Salem
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5K MALE 80+

1	114	Duane	Daggett	0:44:04.4	14:13	84	M	Boone
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5K FEMALE 80+

1	626	Susie	Kluttz	0:33:31.8	10:49	80	F	Winston-Salem
2	559	Margaret	Zohorsky	0:45:15.4	14:36	84	F	Winston-Salem