

Frigid 5K

Age Group Results

Female 14 and under

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>	<u>Time Back</u>
1	Jessica Wynblatt	Mooreville	14	979	127	24:34.5	4:55/K	
2	Caitlin Ormond	Mooreville	14	869	166	25:25.6	5:05/K	0:51.0
3	isabel radebaugh	Lincolnton	13	1049	169	25:32.6	5:06/K	0:58.0
4	Kayla Prince	Indian Trail	14	1077	202	26:20.3	5:16/K	1:45.8
5	Regan Zieverink	York	11	1088	402	31:20.7	6:16/K	6:46.2
6	Delaney Zieverink	York	14	1087	403	31:21.1	6:16/K	6:46.5
7	Zoe Spicer	Charlotte	11	1080	449	32:22.1	6:28/K	7:47.6
8	Novalea Hammond	Charlotte	14	1002	469	33:23.1	6:41/K	8:48.6
9	Kennedy Poppler	Harrisburg	14	1026	471	33:30.1	6:42/K	8:55.6
10	Emily Ormond	Mooreville	12	870	489	34:57.6	6:59/K	10:23.1
11	Isabella Hassay	Huntersville	10	1103	511	36:33.4	7:19/K	11:58.8
12	Aurora England	Charlotte	8	1113	541	41:51.4	8:22/K	17:16.9
13	Abby Martin	Walkertown	14	1355	550	43:22.1	8:40/K	18:47.6
14	KATE MILLER	GREENSBORO	11	1378	552	43:51.3	8:46/K	19:16.8
15	Kaylan Dronsky	concord	12	1228	553	43:53.7	8:47/K	19:19.2
16	CAROLINE MILLER	GREENSBORO	8	1379	555	44:04.1	8:49/K	19:29.6

Male 14 and under

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>	<u>Time Back</u>
1	Landon Maxwell	Alexis	14	806	2	16:12.0	3:14/K	
2	Wyatt Novak	Charlotte	14	865	22	19:52.1	3:58/K	3:40.0
3	Max Elabdellaoui	Charlotte	13	952	45	21:18.4	4:16/K	5:06.4
4	Greyson Kines	Belmont	8	1293	68	22:36.5	4:31/K	6:24.4
5	WILLIAM MILLER	GREENSBORO	13	1377	81	23:07.4	4:37/K	6:55.4
6	Ethan Ebbighausen	Raleigh	12	985	101	23:39.4	4:44/K	7:27.4
7	Christopher Heckel	Gastonia	13	1055	157	25:17.3	5:03/K	9:05.3
8	Alexander Jones	Rock Hill	14	1404	159	25:18.1	5:04/K	9:06.1
9	Jack Fernandez	charlotte	14	954	177	25:48.1	5:10/K	9:36.0
10	Matt Weber	Charlotte	14	1066	178	25:50.1	5:10/K	9:38.0
11	Daniel Abbott	Charlotte	9	1071	208	26:26.6	5:17/K	10:14.5
12	Zachary Spicer	Charlotte	9	1081	209	26:27.7	5:17/K	10:15.6
13	James Chatigny	charlotte	10	1158	255	27:41.7	5:32/K	11:29.7
14	Nicholas Harrison	Charlotte	12	834	261	27:54.4	5:35/K	11:42.4
15	Brayden Davis	Denver	11	945	293	28:53.1	5:47/K	12:41.0
16	Graham Kines	Belmont	7	929	334	29:55.5	5:59/K	13:43.4
17	Benjamin Grey	Iron Station	12	840	405	31:24.0	6:17/K	15:12.0
18	Henry Jonas	Charlotte	12	842	409	31:29.8	6:18/K	15:17.7
19	Austin Lawrence	Concord	13	962	470	33:29.9	6:42/K	17:17.8
20	Jacob Hall	Charlotte	10	836	485	34:45.5	6:57/K	18:33.4
21	Michael Abbott	Charlotte	11	1070	529	38:43.7	7:45/K	22:31.7

Frigid 5K
Age Group Results

Female 15 to 19

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>	<u>Time Back</u>
1	Alice Magnani	Charlotte	15	831	43	21:14.4	4:15/K	
2	Lauren Rattenbury	Kannapolis	16	805	67	22:36.2	4:31/K	1:21.8
3	Megan Rupp	Statesville	17	1383	104	23:46.1	4:45/K	2:31.7
4	audrey trollinger	Charlotte	17	788	121	24:25.1	4:53/K	3:10.7
5	macy shelton	charlotte	16	973	198	26:16.2	5:15/K	5:01.8
6	Laura Hernandez	Charlotte	19	1012	279	28:28.9	5:42/K	7:14.5
7	Amanda Rock	Charlotte	16	1120	297	28:57.8	5:47/K	7:43.4
8	Katie Moore	Concord	19	1303	299	29:05.7	5:49/K	7:51.3
9	Emily McKee	Charlotte	19	809	316	29:26.7	5:53/K	8:12.3
10	Julia Cantalupo	Charlotte	16	1415	338	30:03.8	6:01/K	8:49.4
11	Kristin Kunse	Lake Wylie	16	1064	360	30:46.8	6:09/K	9:32.4
12	Owen Conley	Concord	16	867	386	31:11.5	6:14/K	9:57.1
13	karmen vizcaino	charlotte	15	1058	475	33:47.2	6:45/K	12:32.8
14	Tiffany Lombardo	Sharon	18	1224	509	36:19.6	7:16/K	15:05.2
15	Alanna Dronsky	concord	17	1311	548	42:36.8	8:31/K	21:22.4
16	Holley Maddox	Indian Trail	19	1249	567	48:53.7	9:47/K	27:39.3

Male 15 to 19

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>	<u>Time Back</u>
1	Jake Elabdellaoui	Charlotte	15	1056	9	18:56.8	3:47/K	
2	Zachary Dawson	Huntersville	16	855	19	19:45.7	3:57/K	0:48.9
3	Ian Kirkpatrick	Gastonia	15	1178	24	19:57.5	3:59/K	1:00.7
4	Jackson	Cornelius	16	1407	30	20:24.7	4:05/K	1:27.9
5	Max Burger	charlotte	15	1021	34	20:44.4	4:09/K	1:47.5
6	levi whittal		17	1421	35	20:47.7	4:09/K	1:50.9
7	Liam Huddy	Huntersville	16	846	40	21:10.1	4:14/K	2:13.3
8	Nicholas Pienta	Charlotte	19	1257	44	21:15.5	4:15/K	2:18.7
9	hunter woods		15	1420	75	22:47.8	4:33/K	3:51.0
10	Will Borin	Charlotte	18	1414	120	24:25.0	4:53/K	5:28.2
11	Ian Baker	charlotte	16	819	145	25:05.0	5:01/K	6:08.1
12	Jake Aschenbrenner	Charlotte	16	1348	351	30:29.0	6:06/K	11:32.2
13	Ryan Zalewa	Huntersville	15	1123	408	31:26.7	6:17/K	12:29.9

Female 20 to 24

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>	<u>Time Back</u>
1	Janet Barry	Charlotte	24	789	5	18:05.1	3:37/K	
2	Mindy Stull	Troutman	21	1278	25	20:13.2	4:03/K	2:08.0
3	Alexandra Ramsey	Rock Hill	22	1172	36	20:55.6	4:11/K	2:50.4
4	Austin Alexander	Charlotte	24	1416	60	22:00.1	4:24/K	3:54.9

Female 20 to 24

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>	<u>Time Back</u>
5	Hailey Mathison	Matthews	24	1217	86	23:17.1	4:39/K	5:11.9
6	Lauren Bennett	Charlotte	24	913	108	23:58.0	4:48/K	5:52.9
7	Dulce Giermanski	Belmont	20	951	115	24:18.0	4:52/K	6:12.8
8	Kristen Dukes	monkton	22	1050	117	24:18.6	4:52/K	6:13.5
9	Anna Thompson	Charlotte	24	1393	125	24:31.1	4:54/K	6:25.9
10	Stephanie Kelly	Charlotte	23	1020	136	24:43.1	4:57/K	6:37.9
11	Savannah Sill	Fort Mill	23	902	142	25:00.5	5:00/K	6:55.3
12	Erin McNeely	Charlotte	24	1210	162	25:19.8	5:04/K	7:14.6
13	Laura Jepsen	Charlotte	24	1207	167	25:28.8	5:06/K	7:23.6
14	Madeline Morgan	Charlotte	24	803	171	25:32.8	5:06/K	7:27.6
15	samantha vodopia	Acworth	22	1226	182	25:53.3	5:11/K	7:48.1
16	Laurel Eberle	Cornelius	24	1298	207	26:26.1	5:17/K	8:20.9
17	Cait Baker	charlotte	22	820	223	26:47.1	5:21/K	8:41.9
18	Andi Fitzgibbon	Stow	24	1084	225	26:54.2	5:23/K	8:49.1
19	Kaci Fitzgibbon	Kent	21	1085	226	26:54.4	5:23/K	8:49.2
20	Rachel Wheeler	Mount holly	24	1053	243	27:25.9	5:29/K	9:20.7
21	Christina Adams	Charlotte	23	959	250	27:38.7	5:32/K	9:33.5
22	Melinda Vasconcellos	Waxhaw	22	1105	260	27:53.9	5:35/K	9:48.7
23	Alyson King	Charlotte	21	1275	264	27:56.4	5:35/K	9:51.2
24	Irene Puckett	Davidson	20	794	265	27:57.0	5:35/K	9:51.8
25	Kandace Kiosse	Boiling Springs	21	832	283	28:39.8	5:44/K	10:34.6
26	Jane McLaughlin	Huntersville	23	1083	327	29:45.3	5:57/K	11:40.2
27	Ashley Lopez	Cramerton	21	796	341	30:09.9	6:02/K	12:04.7
28	allison smith	charlotte	20	897	350	30:28.3	6:06/K	12:23.1
29	Samantha fulmer	Rock Hill	24	1019	354	30:32.1	6:06/K	12:26.9
30	Courtney Clark	Saint Helena Island	22	1013	355	30:32.2	6:06/K	12:27.0
31	Katherine Carlson	Huntersville	24	975	378	31:00.7	6:12/K	12:55.5
32	Alexis Mcghee	Charlotte	22	943	385	31:11.3	6:14/K	13:06.2
33	Allison Schaefer	Mooresville	20	925	413	31:34.2	6:19/K	13:29.1
34	Kathryn Brown	Charlotte	20	1051	428	31:52.0	6:22/K	13:46.8
35	Sara Schmidt	Charlotte	23	847	437	32:03.3	6:25/K	13:58.1
36	Sara Kaloudis	Charlotte	24	838	440	32:10.3	6:26/K	14:05.1
37	Casey Woodie	Charlotte	23	1193	466	33:17.5	6:39/K	15:12.3
38	Nicole valcourt	GASTONIA	22	791	467	33:19.8	6:40/K	15:14.6
39	Kristi Watanabe	Charlotte	20	1359	479	33:59.4	6:48/K	15:54.3
40	Jordan Kelley	Charlotte	21	1358	484	34:43.1	6:57/K	16:38.0
41	Traci Muratore	Indian Trail	24	886	525	38:27.3	7:41/K	20:22.1
42	Alanna Brallier	Gastonia	23	1188	539	41:48.0	8:22/K	23:42.8
43	Alyssa Murkin	Asheboro	22	830	564	47:19.7	9:28/K	29:14.5

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<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>	<u>Time Back</u>
1	Yannick Fischbach	Simpsonville	23	1173	3	16:48.8	3:22/K	
2	John Callis	Charlotte	21	1408	17	19:41.7	3:56/K	2:52.8
3	Matthew Prokop	DUNCANSVILLE	21	1209	21	19:51.9	3:58/K	3:03.0
4	John Angelesco	Charlotte	22	790	26	20:15.1	4:03/K	3:26.3
5	Dylan Boyle	Greenville	23	868	32	20:34.3	4:07/K	3:45.5
6	Jason Fishkin	Matthews	24	978	48	21:28.7	4:18/K	4:39.8
7	Chris Allman	charlotte	24	1219	50	21:33.7	4:19/K	4:44.8
8	Zachary Higgins	Asheboro	22	1100	73	22:44.1	4:33/K	5:55.2
9	Paul Borowicz	Charlotte	24	947	91	23:27.9	4:41/K	6:39.0
10	Brett Wilkinson	Matthews	24	968	103	23:45.4	4:45/K	6:56.5
11	Jesse Cunningham	Charlotte	23	1271	105	23:50.0	4:46/K	7:01.1
12	Omar Paulino	Charlotte	20	1011	106	23:50.6	4:46/K	7:01.7
13	Dakota Swaney	Liberty	20	1099	129	24:35.5	4:55/K	7:46.6
14	Jason Bree	Charlotte	24	911	148	25:07.9	5:01/K	8:19.1
15	Alex Iagnocco	Raleigh	24	932	155	25:16.5	5:03/K	8:27.6
16	Ryne Carson	Charlotte	24	854	175	25:45.2	5:09/K	8:56.3
17	George Estopp	Boiling Springs	23	833	284	28:39.8	5:44/K	11:50.9
18	Stephen Grassel	Charlotte	23	1410	302	29:10.1	5:50/K	12:21.2
19	Daniel Grassel	Charlotte	24	1279	303	29:10.4	5:50/K	12:21.5
20	Henry Spruill	Rock Hill	24	1040	374	30:56.5	6:11/K	14:07.6
21	Lawren Whitehead	Charlotte	23	1270	376	30:58.1	6:12/K	14:09.2
22	Josh Price	Charlotte	22	944	384	31:10.9	6:14/K	14:22.0
23	Luther Cruikshanks	Gastonia	24	999	388	31:12.7	6:14/K	14:23.8
24	Matthew Lopez	Archdale	22	1327	429	31:52.1	6:22/K	15:03.2
25	Joshua Lucas	Asheboro	23	1068	473	33:45.3	6:45/K	16:56.4
26	Jim Razzante	Charlotte	24	1187	538	41:47.5	8:21/K	24:58.6

Female 25 to 29

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>	<u>Time Back</u>
1	Molly Dedmon	Charlotte	26	1131	11	19:12.9	3:50/K	
2	Carolyn Maye	Waxhaw	26	1107	12	19:15.5	3:51/K	0:02.5
3	Amanda Iannello	Charlotte	29	1156	37	21:02.0	4:12/K	1:49.1
4	Megan Granger	Charlotte	29	1165	79	23:03.3	4:37/K	3:50.4
5	Nicole Ellis	Charlotte	29	1106	107	23:56.9	4:47/K	4:43.9
6	Stephanie Jacobs	Concord	28	851	112	24:07.4	4:49/K	4:54.4
7	Kelly Mullican	Charlotte	25	905	118	24:19.3	4:52/K	5:06.4
8	Julie Steveson	Charlotte	25	915	122	24:28.5	4:54/K	5:15.5
9	Rachel Harden	Charlotte	26	1184	130	24:36.0	4:55/K	5:23.0
10	Alysha Demeri	Charlotte	25	1149	140	24:54.7	4:59/K	5:41.8
11	Monique Ryan	Charlotte	29	876	143	25:03.7	5:01/K	5:50.7
12	Anna Lampley	Monroe	28	963	150	25:10.9	5:02/K	5:58.0

Female 25 to 29

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>	<u>Time Back</u>
13	Catie Collins	Charlotte	27	849	163	25:20.0	5:04/K	6:07.0
14	Melissa Budd	Charlotte	26	991	174	25:42.2	5:08/K	6:29.3
15	Jennifer Leung	Charlotte	26	1283	181	25:52.9	5:10/K	6:39.9
16	Megan McFarling	hope mills	26	1280	192	26:08.7	5:14/K	6:55.8
17	Sierra frank	rock hill	25	1044	196	26:14.4	5:15/K	7:01.5
18	Courtney Fulton	Charlotte	28	1161	213	26:32.8	5:18/K	7:19.9
19	Jaclyn Paryz	Huntersville	29	798	229	26:59.5	5:24/K	7:46.5
20	Kim White	Charlotte	25	1090	230	27:05.6	5:25/K	7:52.7
21	Sara Eichinger	Huntersville	27	857	240	27:25.2	5:29/K	8:12.3
22	Olivia Smallwood	Concord	29	1291	244	27:26.1	5:29/K	8:13.2
23	Hannah Wheeler	Jonesborough	26	1074	247	27:35.9	5:31/K	8:22.9
24	Joanna Hovis	Lincolnton	25	1255	252	27:40.2	5:32/K	8:27.2
25	Lauren Sapoch	Shelby	26	1268	253	27:41.2	5:32/K	8:28.3
26	Kate Milstead	Charlotte	28	888	268	28:00.5	5:36/K	8:47.6
27	Kristin Moody	Charlotte	25	1230	270	28:02.1	5:36/K	8:49.1
28	Jill Newcomb	Cornelius	29	1174	271	28:09.4	5:38/K	8:56.5
29	Kristen Munns	Charlotte	28	1320	273	28:17.5	5:39/K	9:04.6
30	Mila Pena	Charlotte	27	1067	274	28:18.7	5:40/K	9:05.7
31	Sarah Helms	Huntersville	26	1118	276	28:24.7	5:41/K	9:11.8
32	Liz Smith	Cornelius	25	961	282	28:37.3	5:43/K	9:24.4
33	Jessica Jagacki	Mooresville	26	964	291	28:51.8	5:46/K	9:38.8
34	Whitney Levis	Charlotte	26	797	301	29:06.9	5:49/K	9:53.9
35	Kasi Browning	Newton	25	1262	305	29:16.7	5:51/K	10:03.7
36	Mackenzie Light	Charlotte	28	825	307	29:18.0	5:52/K	10:05.1
37	Daciay Quenah	Charlotte	26	1192	314	29:22.4	5:52/K	10:09.4
38	Hannah Green	Inman	27	1235	317	29:28.0	5:54/K	10:15.0
39	Hannah Smith	Rock Hill	25	1046	318	29:28.7	5:54/K	10:15.8
40	Mary Knight	Gastonia	25	1167	321	29:32.4	5:54/K	10:19.5
41	alexandra cadwalader	GLADWYNE	28	818	342	30:11.6	6:02/K	10:58.7
42	Sarah Quigley	Haverford	29	816	343	30:11.8	6:02/K	10:58.8
43	Whitney Hill	Charlotte	27	899	363	30:47.6	6:09/K	11:34.6
44	Ashley Ivey	Charlotte	26	1030	368	30:51.9	6:10/K	11:38.9
45	Christina LuDack	DENVER	26	1321	375	30:56.6	6:11/K	11:43.6
46	Makaria Stanley	Charlotte	27	1001	389	31:13.0	6:15/K	12:00.1
47	Merritt Lance	Huntersville	25	890	392	31:14.6	6:15/K	12:01.7
48	Amanda Childers	Charlotte	25	1360	396	31:18.1	6:16/K	12:05.2
49	Jessica Parker	Charlotte	26	910	400	31:20.2	6:16/K	12:07.3
50	McKenna Collins	Matthews	26	1324	415	31:40.2	6:20/K	12:27.3
51	Eleanor Wasserman	Charlotte	27	1146	417	31:46.4	6:21/K	12:33.4
52	Hannah Gore	Charlotte	25	1147	418	31:47.6	6:21/K	12:34.6
53	Tiffany Greene	Greensboro	28	1385	427	31:51.8	6:22/K	12:38.9
54	Kristi Bratton	Huntersville	29	1319	432	31:52.9	6:22/K	12:40.0
55	Elise Pentz	Horsham	29	1307	441	32:11.1	6:26/K	12:58.1

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Female 25 to 29

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56	Natalie Hoffert	Charlotte	27	1395	455	32:49.1	6:34/K	13:36.2
57	Erica Rutledge	Charlotte	28	1345	456	32:49.2	6:34/K	13:36.3
58	Marie Davis	Matthews	25	845	458	32:50.1	6:34/K	13:37.1
59	Sarah Peterson	Charlotte	27	1006	459	32:50.4	6:34/K	13:37.5
60	Alissa Shannon	Charlotte	27	822	460	32:50.5	6:34/K	13:37.6
61	Kayla Schoenow	Charlotte	26	804	468	33:20.0	6:40/K	14:07.0
62	Jesska Daugherty	Summerville	28	1122	481	34:22.5	6:52/K	15:09.6
63	Marisa Satterfield	Charlotte	26	896	482	34:29.5	6:54/K	15:16.6
64	Amelia Patsy	Durham	26	1381	490	35:01.6	7:00/K	15:48.7
65	Meghan Hader	Charlotte	29	1023	491	35:01.7	7:00/K	15:48.8
66	Carleigh Irvine	Greenwood	28	1029	497	35:15.8	7:03/K	16:02.8
67	Natalie Dunn	Gastonia	26	1119	506	36:19.3	7:16/K	17:06.3
68	Casey Nason	Rock Hill	25	801	510	36:27.7	7:17/K	17:14.8
69	Jessica Dunlap	Charlotte	29	1361	516	36:57.0	7:23/K	17:44.1
70	Rashmitha Matta	Charlotte	28	827	519	37:32.4	7:30/K	18:19.4
71	Colleen Butler	Indian Trail	27	906	535	41:08.5	8:14/K	21:55.5
72	ashley metts	gastonia	27	965	546	41:57.7	8:23/K	22:44.7
73	jessica womble	Gastonia	26	966	547	41:57.9	8:23/K	22:45.0
74	Celia Olson	Matthews	27	1325	554	43:57.4	8:47/K	24:44.5
75	Cami Wilson	Lincolnton	29	1369	562	47:09.7	9:26/K	27:56.7
76	Sammie Baltus	Asheboro	26	829	563	47:18.9	9:28/K	28:05.9
77	Alexandra Clark	Charlotte	26	1086	565	48:20.9	9:40/K	29:08.0
78	LeAnn reynolds	charlotte	25	1296	568	49:12.7	9:50/K	29:59.7
79	Kendall Biggerstaff	Charlotte	27	1287	569	52:51.7	10:34/K	33:38.8
80	Christine Mager	Lake Wylie	27	1216	571	1:02:47.0	12:33/K	43:34.0

Male 25 to 29

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>	<u>Time Back</u>
1	Cody Hodgins	Cornelius	25	1403	1	15:10.7	3:02/K	
2	Troy Lee	Charlotte	28	1362	8	18:40.9	3:44/K	3:30.1
3	Brian Granger Granger	charlotte	29	1166	13	19:20.5	3:52/K	4:09.7
4	Wayne Moyers	Mount Holly	27	1322	39	21:07.3	4:13/K	5:56.5
5	Jacob Hilton	Charlotte	28	1289	41	21:11.4	4:14/K	6:00.7
6	Kent Lloyd	Charlotte	26	917	42	21:11.5	4:14/K	6:00.8
7	Kevin Spain	Charlotte	28	1204	52	21:40.2	4:20/K	6:29.5
8	Nate Sapoch	Shelby	29	1269	54	21:45.6	4:21/K	6:34.8
9	Corey Estep	Columbus	25	1281	55	21:47.8	4:21/K	6:37.1
10	Dan Barrett	Gastonia	25	997	57	21:50.4	4:22/K	6:39.7
11	Matthew Kurzen	Huntersville	29	793	58	21:50.7	4:22/K	6:39.9
12	Kyle Stickley	Charlotte	27	1284	62	22:04.5	4:25/K	6:53.7
13	Daniel Heilig	charlotte	27	1191	63	22:08.1	4:26/K	6:57.3

Race Date
February 14, 2015

Frigid 5K
Age Group Results

Male 25 to 29

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>	<u>Time Back</u>
14	Mike Flanigan	Charlotte	29	957	64	22:09.7	4:26/K	6:59.0
15	thomas novak	charlotte	25	909	74	22:45.2	4:33/K	7:34.5
16	James Wilkinson	Charlotte	28	883	77	22:53.5	4:35/K	7:42.8
17	Matt Dubyoski	Charlotte	28	848	82	23:08.5	4:38/K	7:57.7
18	Jordan Doolittle	Charlotte	26	935	84	23:09.4	4:38/K	7:58.6
19	Edward Przewdecki	Charlotte	29	821	94	23:29.9	4:42/K	8:19.1
20	Nicholas Ertel	Charlotte	26	811	95	23:30.0	4:42/K	8:19.3
21	Bryan Luther	Fort Mill	28	941	96	23:30.6	4:42/K	8:19.8
22	James Foster	Charlotte	27	1199	97	23:33.0	4:43/K	8:22.2
23	Peter Fulton	Charlotte	29	1162	109	23:58.1	4:48/K	8:47.3
24	Scott Green	Inman	28	1234	113	24:12.6	4:50/K	9:01.8
25	Kyle Davidson	Kannapolis	26	1406	124	24:30.7	4:54/K	9:19.9
26	christian hunt	Charlotte	25	1164	132	24:40.3	4:56/K	9:29.5
27	John Elkins	charlotte	26	914	149	25:08.1	5:02/K	9:57.4
28	Grayson Shephard	Charlotte	26	1182	153	25:14.1	5:03/K	10:03.3
29	Matt Hovis	Lincolnton	26	1254	164	25:21.0	5:04/K	10:10.3
30	Victor Bukowski	Charlotte	26	1208	168	25:28.8	5:06/K	10:18.1
31	Jerrell Swepson	Matthews	29	844	176	25:47.8	5:09/K	10:37.0
32	david page	concord	25	1227	189	25:57.9	5:11/K	10:47.1
33	DANIEL EGGE	lake wylie	28	988	191	26:01.0	5:12/K	10:50.3
34	Lucas Crumpton	Charlotte	25	1031	201	26:18.8	5:16/K	11:08.1
35	Matt Arnold		27	1419	203	26:20.9	5:16/K	11:10.1
36	joseph post	indian trail	28	878	211	26:28.7	5:18/K	11:17.9
37	Alex Kalouris	Charlotte	27	1401	227	26:55.9	5:23/K	11:45.1
38	Matthew Dolan	Charlotte	26	1183	237	27:22.8	5:28/K	12:12.0
39	Nate Eichinger	Huntersville	27	856	238	27:24.4	5:29/K	12:13.7
40	Eric Smallwood	Concord	29	1292	242	27:25.6	5:29/K	12:14.9
41	Nate Ringenberg	Charlotte	27	1108	245	27:28.5	5:30/K	12:17.8
42	Robert Moran	Concord	29	1295	267	27:58.9	5:36/K	12:48.1
43	Chad Allen	Charlotte	26	1133	277	28:26.5	5:41/K	13:15.7
44	TJ Wyatt	Greenwood	27	1028	320	29:30.2	5:54/K	14:19.4
45	Michael Peters	Mooresville	27	872	332	29:52.3	5:58/K	14:41.5
46	Mike Bifulco	Charlotte	28	1422	333	29:54.7	5:59/K	14:44.0
47	tyler williamson	gastonia	25	1005	357	30:38.3	6:08/K	15:27.6
48	Christian Balser	Charlotte	26	1244	387	31:12.4	6:14/K	16:01.6
49	Will Teague	Carrboro	27	889	395	31:17.3	6:15/K	16:06.6
50	Blake Helms	Huntersville	27	1117	416	31:43.6	6:21/K	16:32.9
51	Chris Harden	Charlotte	26	1185	454	32:48.4	6:34/K	17:37.6
52	Spencer Shell	Charlotte	25	987	465	33:16.6	6:39/K	18:05.8
53	Christopher Wilson	Matthews	25	1218	477	33:57.9	6:47/K	18:47.1
54	Travls Hall	Charlotte	25	1091	478	33:58.5	6:48/K	18:47.8
55	Ryan Cormack	Charlotte	26	1010	480	34:16.9	6:51/K	19:06.1
56	Will Harbin	Belmont	25	887	526	38:27.4	7:41/K	23:16.6

Male 25 to 29

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>	<u>Time Back</u>
57	Rj Ball	Gastonia	29	958	558	45:21.9	9:04/K	30:11.1

Female 30 to 34

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>	<u>Time Back</u>
1	Samantha Smith	Albemarle	30	892	146	25:07.6	5:01/K	
2	Elizabeth Angstadt	Charlotte	31	1337	151	25:11.1	5:02/K	0:03.5
3	Amanda Lampley	Monroe	32	1018	156	25:16.9	5:03/K	0:09.3
4	Terez Malka	Charlotte	33	1205	158	25:17.3	5:03/K	0:09.7
5	Jennifer Muckley	Huntersville	31	1137	161	25:19.4	5:04/K	0:11.7
6	lindsay wise	Charlotte	33	1109	165	25:21.0	5:04/K	0:13.4
7	Natalie Otoy	Charlotte	32	1368	184	25:53.9	5:11/K	0:46.2
8	Bridget McClellan	Huntersville	30	1039	219	26:39.5	5:20/K	1:31.8
9	Anne Goodson	Fort Mill	34	1101	249	27:38.2	5:32/K	2:30.5
10	Betsy Shores	Cornelius	34	1342	322	29:32.7	5:54/K	4:25.1
11	Jaimee Marinke	Belmont	31	993	330	29:48.5	5:58/K	4:40.8
12	Amanda Burmeister	Charlotte	30	1239	344	30:18.3	6:04/K	5:10.6
13	Samantha Prinsen	Bluffton	30	981	346	30:22.0	6:04/K	5:14.3
14	Adina Davis	Charlotte	31	1097	353	30:32.1	6:06/K	5:24.4
15	Julie Tambussi	Charlotte	32	814	359	30:42.7	6:08/K	5:35.0
16	Lauren Smith	Fort Mill	32	1043	373	30:56.2	6:11/K	5:48.5
17	Janice Cross	Huntersville	32	1033	377	30:59.5	6:12/K	5:51.8
18	Jennifer McCall	Huntersville	33	1092	380	31:05.9	6:13/K	5:58.3
19	Amanda Britten	Charlotte	30	1000	390	31:13.1	6:15/K	6:05.4
20	Alexa Cameron	Charlotte	32	1125	397	31:19.1	6:16/K	6:11.4
21	Mariann Freund	Charlotte	30	1241	404	31:22.0	6:16/K	6:14.4
22	Helen Ham	Lake Wylie	33	1233	426	31:51.7	6:22/K	6:44.0
23	Eva Langley	Charlotte	34	1095	430	31:52.4	6:22/K	6:44.8
24	Angela Pope	KERNERSVILLE	32	971	439	32:07.3	6:25/K	6:59.6
25	Stephanie Wighton	Waxhaw	30	920	448	32:20.6	6:28/K	7:12.9
26	Kimberly Henderson	Waxhaw	33	921	450	32:22.9	6:28/K	7:15.3
27	Jessica Delaura	Concord	32	1196	463	33:09.1	6:38/K	8:01.5
28	Jennessa Vullo	Charlotte	30	853	464	33:13.8	6:39/K	8:06.1
29	Heather Hammond	Charlotte	34	1003	498	35:24.9	7:05/K	10:17.2
30	Natasha Carter	Mooresville	30	1160	513	36:33.6	7:19/K	11:26.0
31	Rhonda Wilkinson	Huntersville	32	1350	517	37:06.0	7:25/K	11:58.3
32	ANDREA PELLETIER	CHARLOTTE	31	967	530	39:38.4	7:56/K	14:30.8
33	Amy Sullivan	13522 Merry Chase Ln	31	1231	533	40:12.0	8:02/K	15:04.4
34	Veronica Doyle	Concord	30	1154	549	43:02.7	8:36/K	17:55.1
35	Delee Marciano	Charlotte	30	1171	556	44:42.2	8:56/K	19:34.5
36	Rebecka Nyiri	Cary	32	1370	561	47:09.6	9:26/K	22:02.0

Male 30 to 34

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>	<u>Time Back</u>
1	John Peters	Mooreville	31	1411	6	18:09.0	3:38/K	
2	Zachary Hughes	Waxhaw	31	1386	7	18:27.0	3:41/K	0:18.0
3	Paul Halaburda	Charlotte	34	1079	10	19:07.7	3:49/K	0:58.7
4	Anthony Perry	Washington	33	817	15	19:26.6	3:53/K	1:17.5
5	Donald Randy	Charlotte	30	1400	23	19:54.3	3:59/K	1:45.2
6	Kevin List	Charlotte	31	810	28	20:23.1	4:05/K	2:14.0
7	Greg Wilson	Huntersville	32	1282	38	21:05.8	4:13/K	2:56.8
8	Judd Glasco	Fort mill	33	1213	47	21:26.3	4:17/K	3:17.3
9	Adam Zelsdorf	Charlotte	31	837	49	21:32.0	4:18/K	3:23.0
10	Wes Dunaway		34	1417	61	22:03.4	4:25/K	3:54.3
11	Clint Byrd	Charlotte	33	998	65	22:10.6	4:26/K	4:01.6
12	Gustave Pizzuto	Aiken	30	1382	66	22:24.6	4:29/K	4:15.5
13	Gordon Wikle	Matthews	33	1110	69	22:37.7	4:31/K	4:28.6
14	Matt Thompson	Charlotte	34	802	70	22:39.4	4:32/K	4:30.3
15	Josh Glasco	Fort Mill	31	1215	78	22:53.9	4:35/K	4:44.9
16	Ed Coletti	Newton	34	1195	80	23:05.9	4:37/K	4:56.8
17	Trey Knight	Charlotte	34	1163	114	24:12.7	4:50/K	6:03.6
18	Chris Muryn	Charlotte	30	1265	128	24:34.6	4:55/K	6:25.5
19	Chris Chandler	Charlotte	34	1179	133	24:40.3	4:56/K	6:31.3
20	Kyle Yonce	Charlotte	31	1332	135	24:41.2	4:56/K	6:32.1
21	Ken Mikami	Charlotte	31	989	141	24:56.4	4:59/K	6:47.3
22	Ryan Bowerize	Charlotte	31	1063	173	25:41.3	5:08/K	7:32.3
23	Josh Greene	Charlotte	30	1351	179	25:51.1	5:10/K	7:42.1
24	Ryan McGrann	Charlotte	31	1367	185	25:54.4	5:11/K	7:45.3
25	Brad Linkenhoker	Charlotte	33	1330	186	25:54.7	5:11/K	7:45.7
26	James Thullbery	Charlotte	31	1261	187	25:56.9	5:11/K	7:47.9
27	Karl Wagner	Charlotte	32	799	204	26:22.7	5:16/K	8:13.6
28	Delton Mason	Rock Hill	33	942	221	26:44.4	5:21/K	8:35.4
29	Robert Evans	Charlotte	31	1057	222	26:45.1	5:21/K	8:36.1
30	Anthony Darr	Charlotte	34	933	231	27:07.6	5:25/K	8:58.6
31	Jim Garnham	Charlotte	30	1135	233	27:12.8	5:26/K	9:03.7
32	Brian Robinson	Belmont	33	1180	236	27:22.7	5:28/K	9:13.6
33	Clay Hamrick	Mount holly	32	1052	239	27:25.0	5:29/K	9:15.9
34	Matt Hruslinski	Burlington	33	1157	254	27:41.5	5:32/K	9:32.5
35	Clay Durham	Charlotte	31	1155	262	27:55.7	5:35/K	9:46.6
36	Joshua Banning	Charlotte	32	1198	280	28:30.6	5:42/K	10:21.5
37	John Caperna	Mooreville	30	1315	289	28:49.1	5:46/K	10:40.0
38	Joe Caperna	Carthage	32	1263	290	28:49.2	5:46/K	10:40.1
39	Adrien Savariego	Charlotte	33	984	304	29:11.7	5:50/K	11:02.6
40	Mark Burns	Davidson	30	928	306	29:17.4	5:51/K	11:08.3
41	Bradley Gallaher	Charlotte	32	824	310	29:19.0	5:52/K	11:10.0
42	Joel Dinkel	Charlotte	33	1096	312	29:21.7	5:52/K	11:12.6
43	Brandon Villalobos	Asheville	33	881	315	29:24.1	5:53/K	11:15.1

Frigid 5K
Age Group Results

Male 30 to 34

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>	<u>Time Back</u>
44	Charley Trask	Pineville	33	1343	319	29:28.8	5:54/K	11:19.7
45	James Klein	Fort Mill	31	1060	325	29:38.9	5:56/K	11:29.9
46	Dylan Willis	Charlotte	30	938	326	29:39.7	5:56/K	11:30.7
47	Bryan Harbin	charlotte	32	1116	328	29:45.8	5:57/K	11:36.8
48	John Pilkington	Belmont	33	992	329	29:48.4	5:58/K	11:39.4
49	Chad McCall	Huntersville	34	1093	348	30:23.7	6:05/K	12:14.6
50	Tom Smith	Fort Mill	33	1042	372	30:55.9	6:11/K	12:46.8
51	Justin Leonard	Charlotte	33	1124	398	31:19.3	6:16/K	13:10.2
52	justin hoffman	monroe	32	1238	399	31:19.3	6:16/K	13:10.3
53	Bryan Ramsey	Charlotte	33	983	406	31:25.6	6:17/K	13:16.5
54	Tim Van Haren	Charlotte	34	1300	421	31:50.6	6:22/K	13:41.6
55	craig davis	Hickory	30	1111	434	32:00.8	6:24/K	13:51.7
56	Christopher Macmurdo	Charlotte	34	880	438	32:05.9	6:25/K	13:56.8
57	Branden Bailey	Charlotte	31	908	452	32:45.5	6:33/K	14:36.4
58	Josh Kitchen	Charlotte	31	1389	453	32:46.4	6:33/K	14:37.4
59	Jordan Mcelmurry	Charlotte	31	1309	472	33:37.1	6:43/K	15:28.0
60	Cameron Landreth	Charlotte	31	1152	474	33:47.1	6:45/K	15:38.0
61	William Ortiz	Linwood	31	1025	487	34:54.9	6:59/K	16:45.8
62	Joseph Coyazo	Huntersville	30	995	505	35:49.3	7:10/K	17:40.3
63	Adam Knowlan	Charlotte	30	826	520	37:32.4	7:30/K	19:23.4
64	Thomas Phillips	CHARLOTTE	30	918	524	38:21.8	7:40/K	20:12.7
65	Danny Sullivan	Huntersville	32	1232	532	40:10.2	8:02/K	22:01.2
66	Matthew Hall	mount holly	32	1221	559	45:24.1	9:05/K	27:15.1

Female 35 to 39

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>	<u>Time Back</u>
1	Amanda Orr	Waxhaw	39	863	88	23:23.4	4:41/K	
2	Rachel Rosinski	Huntersville	36	1248	98	23:33.8	4:43/K	0:10.3
3	Leslie Lewis	Greenville	35	1397	144	25:04.5	5:01/K	1:41.0
4	Ashley Warren	Dallas	39	977	152	25:13.1	5:03/K	1:49.7
5	Diette Nazario	Charlotte	38	1260	188	25:57.1	5:11/K	2:33.7
6	paula martisauski	charlotte	36	1339	234	27:14.1	5:27/K	3:50.7
7	Teri Haines	Charlotte	37	1177	258	27:51.7	5:34/K	4:28.2
8	Bethany Popov	Rock Hill	36	1312	294	28:54.0	5:47/K	5:30.6
9	Jennifer Deleski	Charlotte	37	1237	335	29:55.6	5:59/K	6:32.1
10	Laura Clark	Charlotte	38	1258	339	30:04.5	6:01/K	6:41.0
11	Amanda Dees	Monroe	36	893	356	30:33.2	6:07/K	7:09.7
12	Alyssa Drye	Charlotte	36	1150	361	30:47.5	6:09/K	7:24.0
13	Rebecca Trent	stanley	36	1168	367	30:50.8	6:10/K	7:27.3
14	Jennifer Peattie	Charlotte	38	1297	370	30:54.3	6:11/K	7:30.8
15	Su Kelley	Charlotte	39	1143	381	31:08.0	6:14/K	7:44.5

Female 35 to 39

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>	<u>Time Back</u>
16	Katie Reed	Gastonia	36	1016	391	31:14.0	6:15/K	7:50.5
17	Dawn Davis	Denver	38	946	393	31:15.4	6:15/K	7:51.9
18	Amy Abbott	Charlotte	39	1072	411	31:33.0	6:19/K	8:09.5
19	Tabetha Nail	Lowell	39	1308	425	31:51.5	6:22/K	8:28.0
20	Whitney Garren	Charlotte	36	1062	436	32:02.6	6:24/K	8:39.1
21	Brandy Clark	Mount Ulla	35	1038	443	32:15.2	6:27/K	8:51.7
22	Heather Riehl	Charlotte	35	1352	445	32:16.3	6:27/K	8:52.8
23	Sarah Douglass	Charlotte	36	934	462	33:03.4	6:37/K	9:39.9
24	Jodi Kines	Belmont	36	1294	494	35:12.3	7:02/K	11:48.9
25	Kathryn Eaker	Belmont	37	1267	495	35:12.4	7:02/K	11:49.0
26	Ruth LaRoche	Charlotte	36	950	501	35:34.7	7:07/K	12:11.2
27	Kelly Dubs	Charlotte	37	1252	518	37:13.1	7:27/K	13:49.6
28	Michele Miranda	Concord	37	1148	528	38:38.4	7:44/K	15:15.0
29	Cheli Walter	Monroe	39	923	536	41:08.7	8:14/K	17:45.3
30	Heather Cooper	Huntersville	38	1333	537	41:28.1	8:18/K	18:04.6
31	Allison Andrews	Black Mountain	36	1247	545	41:56.2	8:23/K	18:32.8

Male 35 to 39

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>	<u>Time Back</u>
1	Gregg Garrison	Cornelius	39	1328	14	19:23.4	3:53/K	
2	Jacob Cannegieter	Charlotte	39	1331	31	20:30.0	4:06/K	1:06.6
3	Darren Jones	Conover	37	1194	46	21:19.3	4:16/K	1:55.8
4	Kevin Dorst	Charlotte	37	1273	51	21:36.3	4:19/K	2:12.9
5	jeff lak	MT HOLLY	37	931	71	22:39.6	4:32/K	3:16.1
6	Jared Hanson	Fort Mill	37	996	76	22:48.6	4:34/K	3:25.2
7	Corey Eaton	Charlotte	35	1007	85	23:10.0	4:38/K	3:46.6
8	John Kines	Belmont	37	930	87	23:22.8	4:40/K	3:59.3
9	Scott Addison	Charlotte	39	1004	92	23:28.8	4:42/K	4:05.4
10	Timothy Bush	Cornelius	38	1256	110	24:02.1	4:48/K	4:38.7
11	Ronald Rhodes	Bessemer City	39	969	123	24:30.1	4:54/K	5:06.7
12	Jarrett Hunt	Charlotte	35	1197	134	24:40.5	4:56/K	5:17.1
13	Kaleb Greenan	Fort Mill	37	901	137	24:44.7	4:57/K	5:21.3
14	Barnaby Keller	Cornelius	39	1391	138	24:49.4	4:58/K	5:26.0
15	kelly robinson	huntersville	36	862	139	24:49.8	4:58/K	5:26.3
16	Dustin Stancil	Waxhaw	35	1136	160	25:19.3	5:04/K	5:55.9
17	Sean Ryan	Charlotte	37	877	172	25:34.1	5:07/K	6:10.7
18	Iker Maruri	Belmont	36	1253	180	25:52.4	5:10/K	6:28.9
19	Jarrid Danburg	Charlotte	35	879	193	26:10.5	5:14/K	6:47.0
20	Keith Burns	Charlotte	35	860	214	26:36.6	5:19/K	7:13.2
21	Rich Angstadt	Charlotte	35	1336	216	26:38.1	5:20/K	7:14.7
22	Chris Goodson	Fort Mill	35	1102	248	27:38.0	5:32/K	8:14.5

Frigid 5K
Age Group Results

Male 35 to 39

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>	<u>Time Back</u>
23	Jeremiah Haines	Charlotte	36	1176	259	27:51.7	5:34/K	8:28.3
24	Tony DiGiacomo	Charlotte	39	852	281	28:36.4	5:43/K	9:13.0
25	Jeff Dunkel	Rock hill	39	1036	285	28:41.3	5:44/K	9:17.9
26	Albert White	Charlotte	39	1394	296	28:56.9	5:47/K	9:33.4
27	Tommy Shores	Cornelius	38	1341	323	29:35.2	5:55/K	10:11.8
28	Jason Robinson	Charlotte	36	1073	324	29:38.5	5:56/K	10:15.1
29	Daniel Popov	Rock Hill	36	1313	336	30:01.1	6:00/K	10:37.6
30	Nathan Clark	Charlotte	38	1259	340	30:04.7	6:01/K	10:41.3
31	Gerard Freund	Charlotte	37	1240	345	30:19.8	6:04/K	10:56.4
32	Travis Smith	Denver	36	1145	358	30:40.0	6:08/K	11:16.6
33	Chris Drye	Charlotte	37	1151	365	30:47.7	6:09/K	11:24.3
34	Shawn Smith	Gastonia	37	1144	369	30:52.7	6:10/K	11:29.3
35	Josh Kelley	Charlotte	39	1142	371	30:54.5	6:11/K	11:31.1
36	William Sechrist	Daniel Island	35	919	412	31:33.7	6:19/K	12:10.2
37	Walker Langley	Charlotte	35	1094	431	31:52.7	6:22/K	12:29.2
38	David Gutierrez	Mt Ulla	35	1037	444	32:15.2	6:27/K	12:51.8
39	Michael Sharpe	charlotte	35	1344	457	32:49.5	6:34/K	13:26.1
40	Eldad Malka	charlotte	35	1206	486	34:46.9	6:57/K	15:23.5
41	Shawn Robinson	Matthews	36	1251	499	35:27.9	7:05/K	16:04.5
42	Ron Hassay	Huntersville	37	1104	512	36:33.4	7:19/K	17:10.0
43	Tim Mackey	Kannapolis	35	1390	523	38:21.5	7:40/K	18:58.1
44	Richard England	Charlotte	36	1114	540	41:50.0	8:22/K	22:26.6
45	Matt Woods	Mount holly	35	1220	560	45:24.9	9:05/K	26:01.5

Female 40 to 44

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>	<u>Time Back</u>
1	michelle shope	newton	43	900	53	21:43.4	4:21/K	
2	Elizabeth Northrup	Concord	40	955	116	24:18.2	4:52/K	2:34.7
3	Holly Horton	Norwood	42	891	147	25:07.6	5:01/K	3:24.2
4	Jenny Eastman	Charlotte	42	1203	190	25:58.4	5:12/K	4:15.0
5	Laura Dunlap	Charlotte	41	808	195	26:12.4	5:14/K	4:28.9
6	Melissa Brown	Charlotte	40	1372	218	26:39.4	5:20/K	4:56.0
7	jennifer radebaugh	lincolnton	43	1047	308	29:18.1	5:52/K	7:34.6
8	Emily McRee	CORNELIUS	40	1015	364	30:47.7	6:09/K	9:04.2
9	Angela Cherkis	Shelby	41	1274	382	31:09.5	6:14/K	9:26.0
10	Myra Pachter	Belmont	44	1363	414	31:36.3	6:19/K	9:52.8
11	Cristina Moore	Concord	41	1305	422	31:50.7	6:22/K	10:07.3
12	Debra Dandro	Charlotte	43	1396	446	32:18.0	6:28/K	10:34.5
13	Suzanne Hunnicutt	Belmont	40	907	493	35:12.2	7:02/K	13:28.8
14	Jennifer Burriss	Monroe	41	1112	496	35:14.7	7:03/K	13:31.3
15	Kelly Miller	GREENSBORO	44	1376	500	35:34.6	7:07/K	13:51.2

Female 40 to 44

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>	<u>Time Back</u>
16	Christy Heafner	Dallas	41	1181	502	35:40.5	7:08/K	13:57.1
17	Morgan Lombardo	Sharon	43	1225	508	36:19.4	7:16/K	14:35.9
18	Claudette Thompson	Charlotte	41	1388	514	36:48.7	7:22/K	15:05.3
19	Mary Drake	indian trail	43	1346	521	38:19.3	7:40/K	16:35.8
20	Tonya Wilson	Charlotte	43	859	543	41:52.7	8:22/K	20:09.2
21	Alison Dominguez	charlotte	41	953	570	57:03.9	11:25/K	35:20.4

Male 40 to 44

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>	<u>Time Back</u>
1	Cory Sundeen	Charlotte	44	1413	4	17:15.0	3:27/K	
2	erick rose	cherryville	41	1017	20	19:49.5	3:58/K	2:34.5
3	Brian Niekraas	Charlotte	40	926	29	20:24.6	4:05/K	3:09.6
4	Scott Lemos	Charlotte	43	1098	72	22:42.5	4:32/K	5:27.5
5	Leigh Northrup	Concord	40	956	89	23:24.7	4:41/K	6:09.6
6	Mark Heckel	Gastonia	44	1054	90	23:27.9	4:41/K	6:12.9
7	Brad Miller	GREENSBORO	41	1380	99	23:36.4	4:43/K	6:21.4
8	Edward Pillow	Bessemer City	42	1405	100	23:39.3	4:44/K	6:24.3
9	Michael Better	Charlotte	41	1318	126	24:31.3	4:54/K	7:16.3
10	John Hall	Charlotte	44	1402	170	25:32.6	5:06/K	8:17.6
11	Paul Bronkhorst	Charlotte	40	1186	183	25:53.7	5:11/K	8:38.7
12	John Deleski	Charlotte	44	1236	199	26:17.1	5:15/K	9:02.1
13	Brendan O'Donnell	Charlotte	40	1211	205	26:23.9	5:17/K	9:08.8
14	Darek Burns	Mint Hill	41	895	212	26:31.5	5:18/K	9:16.5
15	Timothy Hall	Charlotte	42	916	215	26:37.6	5:19/K	9:22.6
16	greg martisauski	charlotte	40	1338	217	26:38.3	5:20/K	9:23.3
17	Robert Barden	Charlotte	40	1134	232	27:12.7	5:26/K	9:57.7
18	Brad Chatigny	Charlotte	40	1159	256	27:41.9	5:32/K	10:26.9
19	James Spicer	Charlotte	41	1082	257	27:50.5	5:34/K	10:35.5
20	Tim Boone	Huntersville	44	990	266	27:57.2	5:35/K	10:42.1
21	Bill Woods	Dallas	43	976	288	28:46.1	5:45/K	11:31.1
22	Brent Tingle	Charlotte	42	1128	292	28:52.3	5:46/K	11:37.3
23	John Ebbighausen	Raleigh	44	986	300	29:06.2	5:49/K	11:51.2
24	Steven Jenkins	Prince Frederick	43	982	347	30:22.0	6:04/K	13:07.0
25	David Berglund	Charlotte	44	795	349	30:27.4	6:05/K	13:12.4
26	Robert Charles	Charlotte	44	1357	394	31:15.8	6:15/K	14:00.8
27	Thomas Grey	Iron Station	43	841	407	31:25.6	6:17/K	14:10.6
28	Alex Pachter	Belmont	44	1364	419	31:48.7	6:22/K	14:33.7
29	Ronald Burrow	Clayton	41	1243	420	31:50.0	6:22/K	14:35.0
30	Gunner Moore	rock hill	44	940	451	32:42.6	6:32/K	15:27.6
31	Craig Zalewa	Huntersville	42	1153	483	34:38.4	6:56/K	17:23.4
32	Christian Ormond	Mooresville	44	871	488	34:57.3	6:59/K	17:42.3

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Frigid 5K
Age Group Results

Male 40 to 44

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>	<u>Time Back</u>
33	Tony Wilkinson	Huntersville	40	839	492	35:09.5	7:02/K	17:54.5
34	Brian Drake	Indian Trail	43	1347	522	38:20.4	7:40/K	21:05.4
35	Chad Rowland	Liberty	42	1266	534	40:35.2	8:07/K	23:20.2

Female 45 to 49

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>	<u>Time Back</u>
1	Jeannette Pantani	Charlotte	47	1314	93	23:28.9	4:42/K	
2	Lisa Brannan	Stanley	48	1329	210	26:28.2	5:18/K	2:59.2
3	Jodi Wynblatt	Mooresville	46	980	241	27:25.4	5:29/K	3:56.4
4	Cindy Anderson	Huntersville	45	1189	246	27:34.8	5:31/K	4:05.9
5	Jennifer Kelso	Charlotte	47	815	263	27:56.0	5:35/K	4:27.1
6	rebecca shelton	charlotte	49	974	269	28:01.5	5:36/K	4:32.6
7	sharon van poole	matthews	45	1299	286	28:42.5	5:44/K	5:13.5
8	Pam Zoldowski	Pineville	47	828	287	28:44.4	5:45/K	5:15.5
9	kathleen moran	charlotte	49	1059	379	31:02.7	6:12/K	7:33.8
10	Bethanie Johnson	Charlotte	45	1075	383	31:10.9	6:14/K	7:41.9
11	Jodi Zieverink	York	45	1089	401	31:20.7	6:16/K	7:51.7
12	Veronica Beltran	Hope Mills	48	1242	424	31:51.2	6:22/K	8:22.2
13	Terese Milczewski	Clover	45	1229	507	36:19.3	7:16/K	12:50.4
14	Sonja Rock	Charlotte	48	1121	527	38:38.2	7:44/K	15:09.2
15	Lori Repass	Mooresville	49	1334	542	41:51.5	8:22/K	18:22.5
16	Kari Bailey	Greenville	45	1288	544	41:54.7	8:23/K	18:25.7
17	Renne Martin	Walkertown	45	1354	551	43:30.1	8:42/K	20:01.1
18	pamela hall	mt. holly	49	1170	557	44:42.2	8:56/K	21:13.2

Male 45 to 49

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>	<u>Time Back</u>
1	Dean Otto	Charlotte	49	1078	16	19:27.3	3:53/K	
2	GARRETT NELSON	charlotte	45	1277	18	19:42.9	3:56/K	0:15.5
3	David Danforth	Charlotte	46	807	83	23:09.1	4:38/K	3:41.7
4	Steven Cow	Aiken	47	1409	119	24:24.9	4:53/K	4:57.5
5	Greg Badway	Huntersville	48	1032	154	25:15.2	5:03/K	5:47.8
6	Conrad Martin	Shelby	48	949	197	26:14.8	5:15/K	6:47.4
7	jeff smith	charlotte	49	898	220	26:40.8	5:20/K	7:13.4
8	Matthew Anderson	Huntersville	45	1190	251	27:39.0	5:32/K	8:11.6
9	Scott Perong	Monroe	49	1200	272	28:16.9	5:39/K	8:49.5
10	Mark McMahan	Rutherfordton	45	884	298	29:05.7	5:49/K	9:38.3
11	galen radebaugh	lincolnton	49	1048	309	29:18.8	5:52/K	9:51.4
12	Donald Jonas	Charlotte	47	843	410	31:30.5	6:18/K	12:03.1

Frigid 5K
Age Group Results

Male 45 to 49

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>	<u>Time Back</u>
13	Robert Moore	Concord	46	1304	423	31:51.2	6:22/K	12:23.8
14	Richard Coffee	HUNTERSVILLE	45	1069	433	31:56.5	6:23/K	12:29.1
15	Barrett Poppler	Harrisburg	45	1027	476	33:49.2	6:46/K	14:21.8
16	Keith Pope	Kernersville	48	1356	503	35:47.4	7:09/K	16:20.0
17	Eric Wilson	Charlotte	46	858	566	48:40.7	9:44/K	29:13.3

Female 50 to 54

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>	<u>Time Back</u>
1	Christine Cockerham	Charlotte	53	1129	228	26:59.1	5:24/K	
2	Linda Griffin	Concord	52	1175	278	28:26.6	5:41/K	1:27.5
3	Kally Kowalski	Matthews	53	960	311	29:21.1	5:52/K	2:22.0
4	Lisa Foil	Charlotte	51	904	442	32:13.1	6:27/K	5:13.9

Male 50 to 54

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>	<u>Time Back</u>
1	Kirk Pinska	Concord	50	1138	27	20:19.7	4:04/K	
2	Richard Ayers	mooreville	52	800	33	20:40.2	4:08/K	0:20.5
3	bob spence	matthews	50	1014	59	21:52.0	4:22/K	1:32.2
4	Jake Stout	Matthews	50	1285	111	24:06.8	4:49/K	3:47.1
5	Gary Nash	York	52	1365	194	26:11.3	5:14/K	5:51.6
6	jeff shelton	charlotte	51	972	200	26:17.2	5:15/K	5:57.4
7	Robert Repass Jr	Mooresville	50	1335	206	26:25.8	5:17/K	6:06.1
8	Mike Baker	charlotte	50	812	224	26:48.4	5:22/K	6:28.7
9	Andrew Sincock	Huntersville	50	823	275	28:21.8	5:40/K	8:02.0
10	Thomas Bush		53	1418	295	28:55.6	5:47/K	8:35.8
11	Neill Hines	Charlotte	52	936	337	30:02.3	6:00/K	9:42.6
12	Michael Winningham	Mount Holly	52	1169	362	30:47.5	6:09/K	10:27.8
13	Steve Kunse	Lake Wylie	54	1065	435	32:02.4	6:24/K	11:42.7
14	Chuck Maddox	Indian Trail	54	1412	461	32:53.0	6:35/K	12:33.3
15	Jim Neault	Huntersville	51	1045	504	35:48.2	7:10/K	15:28.5

Female 55 and over

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>	<u>Time Back</u>
1	Peggy Tate	Monroe	62	894	352	30:29.6	6:06/K	
2	Mary Hamrick	Beaufort	66	948	366	30:47.8	6:09/K	0:18.1
3	Jane Hader	Charlotte	64	1022	515	36:53.1	7:23/K	6:23.4
4	Pat Andrews	Charlotte	67	1246	531	40:03.3	8:01/K	9:33.7

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Frigid 5K
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Male 55 and over

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>	<u>Time Back</u>
1	Bruce Adams	Alexis	55	1024	56	21:48.7	4:22/K	
2	Lee Schenck	Lexington	58	1212	102	23:41.9	4:44/K	1:53.1
3	Randy Cockerham	Charlotte	61	1130	131	24:37.7	4:55/K	2:48.9
4	Gordon Semeniuk	Charlotte	55	922	235	27:21.1	5:28/K	5:32.3
5	william kowalski	matthews	60	882	313	29:21.9	5:52/K	7:33.2
6	Jeffrey Harbin	charlotte	60	1115	331	29:51.5	5:58/K	8:02.7
7	Neal Miller	Charlotte	58	903	447	32:18.4	6:28/K	10:29.6