

Frigid 5K Run & Plunge

Age Group Results

Race Date

February 13, 2016

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>
1	Allie Pitcher	Cherryville NC	13	7038	12	20:28.5	4:06/K
2	Sydney Wood	Huntersville NC	13	7046	31	22:18.7	4:28/K
3	Clara Sadowski	Charlotte NC	9	7274	159	29:25.7	5:53/K
4	Kat Hite	Charlotte NC	11	7217	160	29:43.5	5:57/K
5	Addie Green	Union SC	9	7207	216	31:57.8	6:23/K
6	Raegan Green	Union SC	10	7208	247	33:02.1	6:36/K
7	Mirabelle Pedersen	Tega Cay SC	14	7123	263	33:57.2	6:47/K
8	Corbitt McCullough	Charlotte NC	10	7114	267	34:04.6	6:49/K
9	Haley Sisco	Charlotte NC	8	7355	364	44:33.3	8:55/K
10	sydney burke	huntersville NC	12	7179	371	48:24.6	9:41/K

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>
1	Sydney Powel	Waxhaw NC	15	7039	58	23:42.4	4:44/K
2	Kennedy Poppler	Harrisburg NC	15	7130	89	25:25.5	5:05/K
3	grace clements		18	7404	120	27:24.1	5:29/K
4	Christianna Bambini	Charlotte NC	18	7054	154	29:12.9	5:50/K
5	Alexis Vetack	Charlotte NC	18	7294	155	29:13.7	5:51/K
6	Zoe Dunlap	Charlotte NC	15	7082	181	30:46.7	6:09/K
7	peyton mandel		16	7408	280	34:44.4	6:57/K
8	Brittany Swanger	Charlotte NC	17	7042	349	41:48.7	8:22/K
9	Morgan Jamison	Matthews NC	17	7223	351	42:38.1	8:32/K

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>
1	Anna Bickers	Charlotte NC	22	7172	75	24:33.3	4:55/K
2	Sarah Hardin	Huntersville NC	21	7098	96	25:45.1	5:09/K
3	Dulce Gierrmanski	Belmont NC	21	7093	109	26:40.6	5:20/K
4	Adrienne Clarke	Charlotte NC	23	7184	121	27:28.2	5:30/K
5	Megan Smithers	Charlotte NC	23	7282	127	27:54.1	5:35/K
6	stephanie barrie	Stanwood WA	23	7058	132	28:02.8	5:36/K
7	Anna Renfro	Gastonia NC	24	7267	185	30:51.6	6:10/K
8	Samantha Pontius	Rock Hill SC	21	7129	212	31:53.6	6:23/K
9	JesseRuth Parrish	Charlotte NC	21	7260	213	31:53.6	6:23/K
10	Karen Citalan	Charlotte NC	22	7182	226	32:36.7	6:31/K
11	Ainsley Nugent	East Greenwich RI	23	7256	233	32:48.0	6:34/K
12	Summers Binnicker	Charlotte NC	23	7061	234	32:48.1	6:34/K
13	Emily Mullins	Gastonia NC	24	7249	242	32:56.6	6:35/K
14	Madison Altman	Rock Hill SC	22	7164	250	33:09.9	6:38/K

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15	Andrea Kovacs	Charlotte NC	22	7227	302	35:59.4	7:12/K
16	Katie Parkerson	Cornelius NC	22	7339	352	42:45.4	8:33/K
17	Janel Yerden	Concord NC	22	7368	360	43:09.9	8:38/K

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>
1	Molly Dedmon	Charlotte NC	27	7006	43	22:49.0	4:34/K
2	Megan Stevenson	Herndon VA	26	7143	68	24:17.5	4:51/K
3	Stephanie Jacobs	Concord NC	29	7106	77	24:37.5	4:55/K
4	Lindsay Mizok	kannapolis NC	26	7031	79	24:41.5	4:56/K
5	Sarah O'Keefe	Mooresville NC	25	7447	84	24:56.0	4:59/K
6	Tania Agness	Charlotte NC	25	7049	87	25:13.4	5:03/K
7	Blair Appleby	Charlotte NC	25	7165	88	25:23.5	5:05/K
8	Kyle Clark	Charlotte NC	25	7072	114	27:07.8	5:25/K
9	Mila Lamparska	Charlotte NC	28	7228	136	28:07.2	5:37/K
10	Tiffany Greene	greensboro NC	29	7210	169	30:06.7	6:01/K
11	Stephanie McGill	Greensboro NC	27	7243	170	30:06.9	6:01/K
12	Bethany Hutchins	Concord NC	28	7221	184	30:51.3	6:10/K
13	Julie Steveson	charlotte NC	26	7144	214	31:54.1	6:23/K
14	Taylor Little	Charlotte NC	27	7333	219	32:12.6	6:26/K
15	Sarah Peterson	Charlotte NC	28	7125	224	32:25.2	6:29/K
16	Lauren Schwab	Charlotte NC	27	7349	229	32:42.9	6:32/K
17	Jennifer Estleford	Charlotte NC	27	7198	239	32:50.7	6:34/K
18	kelsey soule	Charlotte NC	26	7283	248	33:03.6	6:37/K
19	Elizabeth Dawkins	Charlotte NC	29	7192	257	33:34.3	6:43/K
20	Jessica Paddock	Fayetteville NC	28	7036	264	33:59.1	6:48/K
21	Samantha Rosky	Charlotte NC	26	7346	269	34:10.2	6:50/K
22	Brittany Carey	Shelby NC	28	7310	271	34:13.2	6:51/K
23	Carolyn Giordano	Charlotte NC	28	7206	272	34:14.3	6:51/K
24	Mary Troutman	CHARLOTTE NC	25	7292	284	34:58.1	7:00/K
25	Kia Benion	Chicago IL	26	7169	285	35:00.1	7:00/K
26	Sara Falardeau	Charlotte NC	26	7318	290	35:13.1	7:03/K
27	Adrian Austin	Charlotte NC	25	7300	304	36:04.5	7:13/K
28	Catherine Barall	Charlotte NC	25	7301	307	36:17.1	7:15/K
29	Heather Presson	Pineville NC	26	7265	328	38:03.3	7:37/K
30	Amanda Childers	Charlotte NC	26	7181	329	38:03.4	7:37/K
31	Ivonne Hernandez	Charlotte NC	26	7330	336	38:39.2	7:44/K
32	Chelsea Weiner	Indian Trail NC	26	7392	337	38:48.8	7:46/K
33	Jesska Daugherty	Florence SC	29	7314	341	39:09.7	7:50/K
34	Jennifer Greeson	Charlotte NC	25	7326	342	40:03.4	8:01/K
35	Andi Dirkschneider	Charlotte NC	26	7193	343	40:25.4	8:05/K

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36	Kay Scallan	Huntersville NC	28	7348	353	42:47.1	8:33/K
37	Kelly Mullen	Rock Hill SC	25	7379	354	43:00.4	8:36/K
38	Sarah Freeman	Charlotte NC	26	7203	356	43:01.8	8:36/K
39	christina Ludack	Sherrills Ford NC	27	7233	358	43:04.5	8:37/K
40	Keyara Donna	Charlotte NC	26	7374	367	45:38.2	9:08/K
41	Catherine Clements	Charlotte NC	27	7372	368	45:38.3	9:08/K

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>
1	Jennifer Costarino	Charlotte NC	34	7188	141	28:26.4	5:41/K
2	Jennifer Kern	Maiden NC	32	7226	146	28:48.0	5:46/K
3	Monique Ryan	Charlotte NC	30	7443	147	28:50.9	5:46/K
4	Jessica Dixon	Charlotte NC	34	7194	167	30:02.4	6:00/K
5	Olivia Smallwood	Concord NC	30	7140	168	30:05.2	6:01/K
6	Emily Williams	Charlotte NC	31	7296	175	30:25.1	6:05/K
7	kati stegall		31	7398	198	31:33.3	6:19/K
8	Jen Mason	Rock hill SC	30	7238	199	31:33.6	6:19/K
9	Stacy ballard	charlotte NC	33	7411	200	31:34.1	6:19/K
10	Bridget McClellan	Huntersville NC	31	7239	203	31:42.9	6:20/K
11	Cherie Wright	Charlotte NC	31	7367	215	31:57.3	6:23/K
12	Marissa Thomas	Charlotte NC	34	7289	218	32:09.5	6:26/K
13	Jessica Cohen	Belmont NC	33	7186	231	32:43.9	6:33/K
14	Stacy Hartley	Charlotte NC	34	7100	235	32:48.4	6:34/K
15	Kim Olson	Charlotte NC	31	7257	237	32:49.2	6:34/K
16	Susan Smallwood	Mt Holly NC	34	7359	260	33:46.8	6:45/K
17	Jill Stevens	Charlotte NC	34	7389	262	33:53.0	6:47/K
18	Mariann Freund	Charlotte NC	31	7323	274	34:24.0	6:53/K
19	Kasey Loftin	Denver NC	34	7335	293	35:15.8	7:03/K
20	Keshama Horton	Charlotte NC	30	7220	305	36:04.5	7:13/K
21	Nicole Baird	Charlotte NC	34	7166	309	36:33.4	7:19/K
22	JANICE CROSS	HUNTERSVILLE NC	33	7189	314	36:48.5	7:22/K
23	Anne volz	charlotte NC	32	7295	316	36:58.1	7:24/K
24	Molly Venskus	Mount Holly NC	32	7365	323	37:54.3	7:35/K
25	Kira Guerke	Charlotte NC	31	7327	326	37:59.3	7:36/K
26	nicole harbin	charlotte NC	34	7329	327	38:01.5	7:36/K
27	Ally Setliff	Cary NC	31	7352	330	38:09.0	7:38/K
28	Alisha Terrones	Charlotte NC	33	7390	334	38:24.9	7:41/K
29	Erin Brooks	Huntersville NC	33	7309	338	38:48.8	7:46/K
30	Ashley Cafero	Charlotte NC	31	7180	339	38:53.5	7:47/K
31	Gwen Foellmer	charlotte NC	33	7321	346	41:18.1	8:16/K
32	Jessica Hreha	Charlotte NC	32	7377	347	41:18.6	8:16/K

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33	melanie hope		31	7400	366	44:57.2	8:59/K

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>
1	Kate MacConnachie	Matthews NC	36	7112	33	22:20.4	4:28/K
2	Miranda Crawford	Charlotte NC	39	7076	72	24:26.7	4:53/K
3	Christie Guild	Ft Mill SC	37	7095	99	26:09.8	5:14/K
4	Mary Hard	Charlotte NC	38	7097	135	28:05.5	5:37/K
5	Carla Garrison-Mattos	Concord NC	36	7204	171	30:10.4	6:02/K
6	jaime striggand		39	7445	177	30:29.2	6:06/K
7	amy tucker		37	7394	191	31:07.9	6:13/K
8	Erika Dennison	Charlotte NC	39	7315	192	31:10.1	6:14/K
9	Amy Underkofler	Charlotte NC	37	7293	193	31:14.9	6:15/K
10	Betsy Shores	Cornelius NC	35	7354	202	31:40.5	6:20/K
11	Shannon Evans	Fort Mill SC	36	7200	204	31:43.8	6:21/K
12	Wendy Green	Union SC	38	7209	246	33:01.4	6:36/K
13	Kristi Sluiter	Huntersville NC	36	7358	287	35:06.1	7:01/K
14	Michelle Sanders	Mount Holly NC	37	7347	298	35:38.3	7:08/K
15	Rachael Scott	Fort Mill SC	36	7350	310	36:33.7	7:19/K
16	Erin Weeks	Alexis NC	39	7155	324	37:58.4	7:36/K
17	Aby Moeykens	Charlotte NC	37	7245	359	43:04.6	8:37/K
18	Anika Powell	Charlotte NC	36	7384	369	46:18.4	9:16/K

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>
1	Amanda Orr	Waxhaw NC	40	7121	73	24:29.8	4:54/K
2	Laurie Passalacqua	Fort Mill SC	40	7122	81	24:44.9	4:57/K
3	Michelle Ford	Charlotte NC	43	7090	86	25:10.7	5:02/K
4	Jill Farar		43	7415	143	28:32.2	5:42/K
5	Helen Hutchison	CHARLOTTE NC	40	7222	145	28:42.9	5:44/K
6	Holly Leadingham	Concord NC	44	7231	148	28:51.4	5:46/K
7	amy foote	Salisbury NC	43	7088	158	29:25.4	5:53/K
8	Stephanie Sadowski	Charlotte NC	42	7275	178	30:30.9	6:06/K
9	Kristen Landreth	Burlington NC	40	7229	196	31:18.8	6:16/K
10	Britt Reynolds	Charlotte NC	40	7269	217	32:03.4	6:25/K
11	Andrea Bonner	Matthews NC	43	7306	220	32:13.4	6:27/K
12	Beverly Brumbach	Charlotte NC	43	7178	243	32:58.1	6:36/K
13	rene riley		40	7414	259	33:35.4	6:43/K
14	Heather McCullough	Charlotte NC	41	7241	281	34:51.1	6:58/K

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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>
15	erin gee		41	7397	295	35:31.1	7:06/K
16	Gabriela Carvalho	Fort Mill SC	41	7311	297	35:37.0	7:07/K
17	Angie Faulk	Charlotte NC	41	7319	299	35:39.7	7:08/K
18	jennifer fagan		42	7446	312	36:44.8	7:21/K
19	lalita womble		40	7419	362	43:13.7	8:39/K

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>
1	Patty Grinton	Cherryville NC	47	7017	21	21:19.8	4:16/K
2	Stacy Wood		49	7160	80	24:43.2	4:57/K
3	Susan Smith	Charlotte NC	46	7142	103	26:15.2	5:15/K
4	Sun Gandara	Charlotte NC	45	7092	119	27:16.6	5:27/K
5	Julie Clarkson	Charlotte NC	45	7185	150	28:58.8	5:48/K
6	Myra Pachter	Belmont NC	45	7382	222	32:21.9	6:28/K
7	April Penn	Charlotte NC	46	7342	225	32:31.2	6:30/K
8	Diane Block	Gastonia NC	46	7305	256	33:27.3	6:41/K
9	Sandra Willmott	Lewisville NC	45	7366	276	34:30.9	6:54/K
10	Simone Pedersen	Tega Cay SC	45	7340	291	35:13.6	7:03/K
11	Kristianna Luce	Denver NC	46	7232	306	36:09.0	7:14/K
12	anna hite		47	7393	332	38:19.6	7:40/K
13	christina collura	huntersville NC	45	7187	370	48:23.5	9:41/K

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>
1	Carolyn Taylor	Cornelius NC	50	7149	124	27:44.1	5:33/K
2	Lisa Clark	Hickory NC	53	7183	186	30:52.0	6:10/K
3	Lori Repass	Mooresville NC	50	7268	195	31:17.4	6:15/K
4	Carolyn Taylor	Concord NC	50	7288	230	32:43.5	6:33/K
5	ulla svane	CHARLOTTE NC	50	7286	245	32:59.9	6:36/K

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>
1	Marnette Zuchel	Charlotte NC	61	7370	301	35:58.9	7:12/K
2	kim clark	charlotte NC	59	7312	303	36:02.8	7:12/K

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1	Brayden Davis	Denver NC	12	7079	66	24:10.5	4:50/K
2	Ranger Glaser	troutman NC	11	7013	140	28:24.9	5:41/K
3	tobias svane-from	CHARLOTTE NC	12	7147	149	28:52.2	5:46/K
4	Mac McCullough	Charlotte NC	7	7240	266	34:01.7	6:48/K
5	Austin Lawrence	Concord NC	14	7110	277	34:34.1	6:55/K
6	Trevor Smith	Charlotte NC	13	7448	321	37:28.2	7:30/K
7	solomon hope		10	7402	344	40:44.5	8:09/K
8	jonah hope		11	7401	357	43:02.1	8:36/K
9	Caden Spears	Sherrills Ford NC	7	7388	361	43:12.1	8:38/K
10	Gray Sisco	Charlotte NC	10	7356	365	44:33.5	8:55/K

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>
1	cole Smith	Charlotte NC	17	7040	3	19:17.7	3:51/K
2	Zachary Dawson	Huntersville NC	17	7080	5	19:45.7	3:57/K
3	Johnny Grant	Iron Station NC	15	7016	15	20:37.6	4:07/K
4	Kate Dunlap	Charlotte NC	17	7195	42	22:42.1	4:32/K
5	Liam Huddy	Huntersville NC	17	7022	52	23:17.8	4:39/K
6	Matt Weber	Charlotte NC	15	7154	57	23:41.2	4:44/K
7	Jackson Pitcher	Cherryville NC	15	7128	60	23:52.6	4:46/K
8	eigil kjaerlff		19	7405	94	25:41.3	5:08/K
9	Alex Jones	Bessemer City NC	15	7224	104	26:17.9	5:15/K
10	Daniel Gooding	Clover SC	15	7440	137	28:08.1	5:38/K
11	Zach Dorcas	Huntersville NC	17	7316	138	28:11.1	5:38/K
12	Sam Neault	Huntersville NC	19	7251	152	29:02.1	5:48/K
13	Jacob Pachter	Belmont NC	15	7338	163	29:49.8	5:58/K
14	Branden Bass	Newton NC	15	7302	173	30:12.5	6:02/K
15	Chet Hathaway	Concord NC	19	7216	221	32:21.7	6:28/K
16	patrick camatcho	huntersville NC	16	7066	279	34:44.2	6:57/K
17	Carson Bush		17	7441	288	35:07.9	7:01/K
18	Austin Hughes	Denver NC	16	7104	348	41:48.2	8:22/K

Male 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>
1	Yannick Fischbach	Simpsonville SC	24	7009	1	17:27.1	3:29/K
2	Zach Melvin	Gastonia NC	22	7029	7	19:49.3	3:58/K
3	Chris Hardin	Charlotte NC	24	7020	13	20:29.4	4:06/K
4	Steven Epprecht	Huntersville NC	23	7085	40	22:41.1	4:32/K
5	Steven Conley	Huntersville NC	21	7073	44	22:53.9	4:35/K

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6	Blake Hodges	Greenville NC	24	7218	46	22:56.1	4:35/K
7	Nick Talbott	Charlotte NC	24	7148	74	24:32.2	4:54/K
8	Ben Phillips	Charlotte NC	24	7127	76	24:34.5	4:55/K
9	Dillon Espinosa	Huntersville NC	23	7086	85	25:01.8	5:00/K
10	Will Clark	Gastonia NC	23	7071	115	27:09.0	5:26/K
11	Nick Nova	Fort Mill SC	23	7118	116	27:13.6	5:27/K
12	joshua leslie		22	7409	117	27:14.7	5:27/K
13	Ryan Getz	Cornelius NC	24	7205	164	29:53.7	5:59/K
14	Tyler Rice	Charlotte NC	24	7133	172	30:10.7	6:02/K
15	Gerald Yerden	Concord NC	22	7162	209	31:49.4	6:22/K
16	Anthony Sancibrian	Charlotte NC	24	7276	283	34:58.1	7:00/K

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>
1	Brian Gowiski	Charlotte NC	26	7015	2	17:34.7	3:31/K
2	Stephen Cook	Charlotte NC	29	7004	8	19:59.3	4:00/K
3	John Stevens	Charlotte NC	26	7041	10	20:24.4	4:05/K
4	Brandon Collins	Charlotte NC	26	7003	18	20:53.8	4:11/K
5	Josh Mort	Fort Mill SC	26	7032	20	21:14.3	4:15/K
6	Troy Lee	Charlotte NC	29	7026	24	21:46.6	4:21/K
7	Mike Arcidiacono	Charlotte NC	29	7001	26	21:54.8	4:23/K
8	Derrick Davis	Taylors SC	25	7005	28	22:05.0	4:25/K
9	Andrew Gay	Charlotte NC	25	7012	29	22:07.5	4:25/K
10	Grady Gaston	monroe NC	26	7011	36	22:29.4	4:30/K
11	Jason Jaskiewicz	Commerce MI	26	7107	37	22:33.7	4:31/K
12	jeff philibin	Charlotte NC	28	7126	55	23:25.5	4:41/K
13	Nicholas Billiris	Charlotte NC	25	7060	56	23:26.5	4:41/K
14	Austin Appleby	Charlotte NC	25	7051	70	24:18.9	4:52/K
15	Brett Harrell	Matthews NC	25	7214	71	24:21.2	4:52/K
16	Brandon Miller	Weddington NC	25	7115	82	24:46.6	4:57/K
17	Robert Agness	Charlotte NC	25	7163	93	25:39.8	5:08/K
18	Brian Honeycutt	Rockwell NC	28	7103	98	26:09.1	5:14/K
19	Beau Corey	Charlotte NC	28	7074	101	26:14.1	5:15/K
20	John Olson	Matthews NC	26	7120	110	26:44.9	5:21/K
21	Tyler Elkins	Charlotte NC	27	7197	122	27:35.9	5:31/K
22	Brandt Kayser	Charlotte NC	26	7378	123	27:37.7	5:31/K
23	Michael Arrowood	Gastonia NC	27	7052	126	27:51.3	5:34/K
24	DAVE SCHMIDT	CHARLOTTE NC	28	7137	128	27:54.9	5:35/K
25	Thomas Barrett	Charlotte NC	29	7057	131	28:01.5	5:36/K
26	Matthew Brown	Charlotte NC	29	7063	142	28:28.2	5:42/K
27	Josh Bell	Dallas NC	29	7168	165	29:55.3	5:59/K

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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>
28	Zach Rounceville	Charlotte NC	25	7272	176	30:29.2	6:06/K
29	Ryan Bostian	Kannapolis NC	25	7176	190	31:03.9	6:13/K
30	Brett Johnson	Charlotte NC	27	7108	223	32:22.5	6:28/K
31	Thomas Sallach	Charlotte NC	27	7135	236	32:48.7	6:34/K
32	Joshua Marshman	Matthews NC	27	7235	254	33:25.6	6:41/K
33	Charles Paddock	Fayetteville NC	28	7258	265	33:59.8	6:48/K
34	Zachary Aumick	Charlotte NC	25	7053	270	34:11.2	6:50/K
35	Thomas Scott	Charlotte NC	26	7138	289	35:13.0	7:03/K

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>
1	Chad Zeman	Charlotte NC	30	7048	4	19:19.9	3:52/K
2	Brian Tyler	Atlanta GA	30	7044	6	19:47.0	3:57/K
3	mike Pietrobon	Charlotte NC	31	7037	9	20:07.9	4:01/K
4	Chris Taylor	Charlotte NC	33	7043	11	20:28.3	4:06/K
5	Kevin List	Charlotte NC	32	7028	32	22:20.1	4:28/K
6	Derek Harrell	Charlotte NC	31	7099	38	22:35.4	4:31/K
7	Adam Zelsdorf	Charlotte NC	32	7047	48	23:02.5	4:36/K
8	Eric Smallwood	Concord NC	30	7141	49	23:07.7	4:37/K
9	Mike Willard	Charlotte NC	34	7158	51	23:16.9	4:39/K
10	Judd Glasco	Fort Mill SC	34	7094	53	23:22.8	4:40/K
11	Brandon Bayes	Huntersville NC	34	7059	78	24:39.4	4:56/K
12	Justin Mazouat	Denver CO	31	7113	100	26:13.0	5:15/K
13	bryan harbin	charlotte NC	33	7213	118	27:15.9	5:27/K
14	Ryan Hong	Charlotte NC	31	7219	151	28:59.5	5:48/K
15	Jim Garnham	Charlotte NC	31	7324	187	30:55.2	6:11/K
16	Chris Zoghby	Charlotte NC	30	7369	228	32:42.4	6:32/K
17	Arun Nellaiappan	Charlotte NC	32	7252	232	32:45.4	6:33/K
18	Cory Marshman	Mt Holly NC	31	7236	253	33:25.4	6:41/K
19	Tyler Berg	Mt Holly NC	31	7303	261	33:47.3	6:45/K
20	Balasigamani Selvaraj	Charlotte NC	32	7280	275	34:29.1	6:54/K
21	Chris Bunneyg	Charlotte NC	33	7371	311	36:35.8	7:19/K
22	Shane Farley	Huntersville NC	33	7201	315	36:54.8	7:23/K
23	Adam Suprock	Cornelius NC	31	7146	320	37:16.3	7:27/K
24	Greg Weeks	Gastonia NC	32	7156	325	37:58.8	7:36/K
25	Glenn Setliff	Cary NC	31	7351	333	38:23.0	7:41/K
26	Adrien Savariego	Charlotte NC	34	7277	335	38:37.8	7:43/K
27	Tommy Venerable	Statesville NC	32	7364	372	48:42.7	9:44/K

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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>
1	Michael Ferreira	Waxhaw NC	35	7008	17	20:50.2	4:10/K
2	Paul Halaburda	Charlotte NC	35	7018	19	21:11.4	4:14/K
3	Jameson Ellis	Mattt NC	39	7399	23	21:39.5	4:20/K
4	Joshua James	Charlotte NC	39	7023	25	21:51.9	4:22/K
5	mike leMBERG		37	7403	27	22:04.8	4:25/K
6	jeffrey lak	mt holly NC	38	7025	41	22:41.5	4:32/K
7	matt hooker		35	7449	50	23:09.1	4:38/K
8	Chirag Dua	Charlotte NC	38	7081	54	23:24.4	4:41/K
9	Brock Glaser	Troutman NC	36	7014	61	23:52.8	4:46/K
10	Corey Eaton	Charlotte NY	36	7084	63	24:03.5	4:49/K
11	Merlin Chilton	Charlotte NC	35	7069	64	24:04.7	4:49/K
12	Chris Carter	Charlotte NC	35	7068	69	24:18.2	4:52/K
13	Jared Hanson	Fort Mill SC	38	7019	97	26:00.2	5:12/K
14	michael raedy		36	7395	105	26:20.6	5:16/K
15	doug seamanh		35	7410	108	26:38.3	5:20/K
16	Jarrid Danburg	Charlotte NC	36	7190	113	27:06.3	5:25/K
17	Alistair Lowe	Charlotte NC	36	7111	134	28:05.5	5:37/K
18	David Flores	Fort Mill SC	39	7320	156	29:23.0	5:53/K
19	Robert Drury	Weddington NC	39	7317	166	30:00.2	6:00/K
20	Sean Ryan	Charlotte NC	38	7444	174	30:23.0	6:05/K
21	William Barton	Mt Holly NC	35	7167	182	30:48.7	6:10/K
22	Anthony Darr	Charlotte NC	35	7191	205	31:44.1	6:21/K
23	Tommy Shores	Cornelius NC	39	7353	207	31:45.6	6:21/K
24	Jason Moretz	Maiden NC	37	7247	251	33:12.4	6:38/K
25	Clay McCullough	Charlotte NC	39	7242	282	34:52.1	6:58/K
26	Mike Tasillo	Monroe NC	35	7287	300	35:44.3	7:09/K
27	Russell Schlick	Charlotte NC	36	7387	318	37:05.7	7:25/K
28	Ulaganathan Selvaraj	Waxhaw NC	39	7139	345	40:46.5	8:09/K

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>
1	Gregg Garrison	Cornelius NC	40	7010	14	20:35.6	4:07/K
2	Jason Hedrick	Charlotte NC	44	7101	30	22:17.7	4:27/K
3	Zach Gettinger		41	7407	39	22:38.9	4:32/K
4	Scott Lemos	Charlotte NC	44	7027	45	22:55.5	4:35/K
5	Aaron Chan	Charlotte NC	40	7002	59	23:46.7	4:45/K
6	Leigh Northrup	Concord NC	41	7117	62	23:59.9	4:48/K
7	Michael Perrott	Charlotte NC	43	7124	67	24:12.0	4:50/K
8	Dan Ryan	Waxhaw NC	41	7134	83	24:50.6	4:58/K
9	Brendan O'Donnell	Charlotte NC	41	7119	92	25:35.3	5:07/K
10	Scott Ryerson	Charlotte NC	41	7273	102	26:14.6	5:15/K

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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>
11	Nathan Mullett	Fort Mill SC	41	7248	111	26:59.4	5:24/K
12	Edward Pillow	Bessemer City NC	43	7264	130	27:56.5	5:35/K
13	Phil Caputo	Waxhaw NC	44	7067	144	28:34.0	5:43/K
14	Michael Better	Charlotte NC	42	7171	153	29:12.6	5:50/K
15	Rod Custodio	Charlotte NC	44	7077	162	29:44.1	5:57/K
16	Robert Newstreet	Indian Trail NC	44	7253	179	30:32.3	6:06/K
17	Robert Barden	Charlotte NC	41	7055	188	30:56.3	6:11/K
18	Chris Trifari	Charlotte NC	43	7291	197	31:21.9	6:16/K
19	Paul Bronkhorst	Charlotte NC	41	7177	206	31:44.7	6:21/K
20	Duane Evans	Fort Mill SC	41	7199	208	31:46.3	6:21/K
21	Joey Attanasio	charlotte NC	44	7299	210	31:50.2	6:22/K
22	Mike Taylor	Charlotte NC	42	7363	227	32:40.9	6:32/K
23	Christopher McKee	Durham NC	41	7244	238	32:50.3	6:34/K
24	Gerard Freund	Charlotte NC	44	7322	252	33:15.9	6:39/K
25	Chris Grenier	Huntersville NC	40	7211	273	34:21.4	6:52/K
26	Justin Peterson	Charlotte NC	43	7262	294	35:25.2	7:05/K
27	Jerry Thomas	Indian Trail NC	42	7151	317	37:01.6	7:24/K
28	Pete Landreth	Burlington NC	42	7332	350	42:37.9	8:31/K
29	Craig Spears	Huntersville NC	41	7360	355	43:00.7	8:36/K
30	Chad sisco	Charlotte NC	41	7357	363	44:16.8	8:51/K

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>
1	GARRETT NELSON	charlotte NC	46	7033	22	21:24.6	4:17/K
2	Derrick Willmott	Lewisville NC	49	7159	34	22:21.1	4:28/K
3	Chris Cowart	Fort Mill SC	48	7075	35	22:28.0	4:30/K
4	Jeffrey Chokran	Matthews NC	46	7070	65	24:09.7	4:50/K
5	Daniel Powel	Waxhaw NC	47	7131	91	25:34.2	5:07/K
6	Kenneth Primm	Gastonia NC	49	7132	95	25:44.6	5:09/K
7	Darin Bird	Denver NC	47	7173	112	27:01.9	5:24/K
8	chris foote	Salisbury NC	49	7089	157	29:25.4	5:53/K
9	Anthony Henderson	Hickory NC	48	7102	161	29:44.1	5:57/K
10	brian hadley	charlotte NC	49	7096	180	30:46.7	6:09/K
11	Brad Sturkey	Fort Mill SC	46	7145	183	30:49.2	6:10/K
12	Bill Patterson	Fort Mill SC	49	7261	201	31:38.7	6:20/K
13	Jeff Hurston	Charlotte NC	48	7105	211	31:50.4	6:22/K
14	Richard Spencer	Charlotte NC	47	7361	240	32:52.2	6:34/K
15	Jim Thompson	Charlotte NC	45	7290	268	34:06.3	6:49/K
16	Barrett Poppler	Harrisburg NC	46	7344	278	34:42.0	6:56/K
17	Scott Ginn	Waxhaw NC	46	7325	313	36:48.1	7:22/K
18	Niels Hansen	Matthews NC	48	7328	319	37:09.3	7:26/K

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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>
19	Alex Pachter	Belmont NC	45	7383	322	37:33.0	7:31/K
20	Marc Luce	Denver NC	47	7336	331	38:15.8	7:39/K

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>
1	Martin Harrison	Davidson NC	53	7021	16	20:40.9	4:08/K
2	Dan Bynum	Mount Holly NC	52	7065	106	26:33.4	5:19/K
3	Paul Block	Gastonia NC	51	7304	125	27:47.2	5:33/K
4	Billy Gooding		54	7406	133	28:03.3	5:37/K
5	stephen moore	charlotte NC	53	7116	139	28:13.8	5:39/K
6	Rusty Bostian	Kannapolis NC	51	7175	189	31:03.8	6:13/K
7	Phillip Davidson	GASTONIA NC	53	7078	194	31:15.6	6:15/K
8	Guy Roberts	Salisbury NC	51	7270	241	32:54.0	6:35/K
9	Andrew Sincock	Huntersville NC	51	7281	244	32:59.9	6:36/K
10	Thomas Bush		54	7442	249	33:08.8	6:38/K
11	james johasen		50	7413	258	33:35.3	6:43/K
12	Jim Neault	Huntersville NC	52	7381	286	35:03.0	7:01/K
13	Ben Dunlap	Charlotte NC	52	7196	292	35:14.2	7:03/K
14	charles klinker		50	7396	296	35:31.4	7:06/K
15	Alan Pedersen	Tega Cay SC	51	7341	308	36:20.7	7:16/K
16	Bob Repass	Mooresville NC	51	7386	373	51:21.3	10:16/K

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>
1	Bruce Adams	Alexis NC	56	7000	47	22:59.7	4:36/K
2	Thomas Emmrich	Charlotte NC	55	7007	90	25:33.2	5:07/K
3	John Theobald	Charlotte NC	57	7150	107	26:36.2	5:19/K
4	Michael Fox	Charlotte NC	55	7091	129	27:56.3	5:35/K
5	Bruce Marshman	Matthews NC	56	7237	255	33:25.7	6:41/K
6	Chuck Maddox	Indian Trail NC	55	7337	340	38:59.2	7:48/K