

## 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	Sydney Wood	Huntersville NC	14	3338	25	26:50.2	5:22/K
2	Ella Barwick	Charlotte NC	12	3353	43	28:13.3	5:39/K
3	Clara Sadowski	Charlotte NC	10	3564	157	33:54.7	6:47/K
4	Hope Barwick	Charlotte NC	10	3451	159	33:55.1	6:47/K
5	Breckyn Kornachuk	WHISPERING PINES	10	3481	217	36:32.4	7:18/K
6	Carlie Bowman	Harrisburg NC	12	3616	312	42:10.7	8:26/K
7	Taigan Kornachuk	WHISPERING PINES	8	3482	327	43:44.8	8:45/K
8	Anna Hiller	Corneilus NC	13	2671	364	48:44.2	9:45/K
9	Piper Stone	Rock Hill SC	10	3669	387	54:33.3	10:55/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	Kate Beddard	Charlotte NC	15	3307	92	30:56.0	6:11/K
2	Madeline Shober	Charlotte NC	15	3610	181	34:54.5	6:59/K
3	Natalie Benson	Charlotte NC	15	3349	220	36:46.4	7:21/K
4	Jamie Bird	Denver NC	16	3562	285	40:40.5	8:08/K
5	Gabriella Cavallero	Matthews NC	18	3633	317	43:13.4	8:39/K
6	Megan Holmes	Waxhaw NC	17	3541	344	46:05.4	9:13/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	Jessica Whitmire	Pendleton SC	24	3347	21	26:14.1	5:15/K
2	Sarah Hardin	Huntersville NC	22	3367	45	28:20.8	5:40/K
3	Laura Schmidt	Charlotte NC	22	3352	59	29:20.1	5:52/K
4	Tamzin Ellerbeck	Charlotte NC	24	3372	90	30:51.5	6:10/K
5	Samantha Page	Concord NC	24	3399	165	34:03.9	6:49/K
6	Kathryn Wagner	Charlotte NC	24	3435	178	34:51.6	6:58/K
7	Marissa Mirbach	Charlotte NC	22	3643	197	35:47.9	7:09/K
8	Ayla Homer	Charlotte NC	24	3595	233	37:34.5	7:31/K
9	Emily Gerkin	Charlotte NC	22	3523	235	37:35.9	7:31/K
10	Nikki Pacitti	charlotte NC	23	3537	238	37:53.4	7:35/K
11	Hannah Hughes	Charlotte NC	21	3368	239	37:53.7	7:35/K
12	Madeleine Dick	Charlotte NC	23	3605	259	38:42.6	7:44/K
13	Rachel Cox	Raleigh NC	22	3604	271	39:14.8	7:51/K
14	Maggie Toner	Charlotte NC	24	3634	289	41:05.3	8:13/K
15	Nicole Rankin	Charlotte NC	23	3470	293	41:17.5	8:15/K
16	Sarah Higgins	Stanley NC	22	3507	310	41:59.1	8:24/K
17	Kayla Aiton	Mt. Pleasant NC	23	3644	319	43:19.3	8:40/K
18	Allison Kindley	Concord NC	24	3685	337	44:27.3	8:53/K

## Frigid 5k

Age Group ResultsRace Date

February 10, 2017

## 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>
19	Steph Spurgeon	charlotte NC	24	3494	345	46:10.6	9:14/K
20	Erik Lombardo	Sharon SC	20	3651	372	49:11.1	9:50/K
21	Chelsed Ecdao	Charlotte NC	22	1729	388	55:55.4	11:11/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	28	3454	17	26:01.4	5:12/K
2	Ashley Williams	Huntersville NC	29	3339	52	28:41.3	5:44/K
3	Amber Sherrill	Charlotte NC	25	3390	63	29:34.9	5:55/K
4	Sarah O'Keefe	Rock Hill SC	26	3311	81	30:34.4	6:07/K
5	Samantha Hubbard	Charlotte NC	26	3387	89	30:50.0	6:10/K
6	Mila Lamparska	Charlotte NC	29	3468	130	32:53.3	6:35/K
7	Kyle Clark	CHARLOTTE NC	26	1728	133	33:01.4	6:36/K
8	Whitney Freize	Gastonia NC	29	3555	138	33:17.3	6:39/K
9	Kim Kreuzman	Indianapolis IN	27	3715	141	33:30.2	6:42/K
10	Maureen Worthington	Charlotte NC	26	3525	153	33:48.7	6:46/K
11	Tina Elshoff	Charlotte NC	29	3471	167	34:04.9	6:49/K
12	Victoria Pike	Huntersville NC	26	3589	173	34:20.8	6:52/K
13	Amy Buckmaster	Huntersville NC	29	3552	182	34:59.9	7:00/K
14	Stephanie McGill	Greensboro NC	28	1732	200	35:50.8	7:10/K
15	Esther Bickell	Charlotte NC	28	3553	206	36:09.9	7:14/K
16	Lindsey O'Brien	Charlotte NC	25	3492	212	36:26.8	7:17/K
17	Ally Bennett	Charlotte NC	28	3426	223	36:54.0	7:23/K
18	Lauren Naylor	Charlotte NC	26	3596	240	37:59.2	7:36/K
19	Madison Meadows	Charlotte NC	29	3620	254	38:37.6	7:43/K
20	Laura Jepsen	Pineville NC	26	3571	262	38:47.2	7:45/K
21	Chelsea Miller	Charlotte NC	28	3503	268	39:05.9	7:49/K
22	Nikki Rankin	CHARLESTON SC	27	3691	275	39:43.8	7:57/K
23	Laura Hopper	Mount Holly NC	27	3625	276	39:53.1	7:59/K
24	Lauren Schwab	Charlotte NC	28	3585	282	40:22.2	8:04/K
25	Rachel Rice	Charlotte NC	25	3613	284	40:34.7	8:07/K
26	Emily Stone	Mooresville NC	26	3487	287	40:54.1	8:11/K
27	Erin McNeely	Charlotte NC	26	3466	295	41:22.0	8:16/K
28	Anna Pavisha	Charlotte NC	27	3652	296	41:22.9	8:16/K
29	Christina Johnson	Charlotte NC	28	3386	298	41:23.9	8:17/K
30	Faith Sedberry	Charlotte NC	26	3612	300	41:28.9	8:18/K
31	Sarah Peterson	Charlotte NC	29	3602	303	41:36.5	8:19/K
32	Miranda Clewell	Huntersville NC	28	3636	313	42:12.2	8:26/K
33	Chelsea Ponzo	MOUNT HOLLY NC	25	3601	332	43:52.9	8:46/K
34	megan redford	concord NC	25	3686	334	44:10.5	8:50/K
35	Emly Breece	INDIAN TRAIL NC	29	3684	338	44:28.1	8:54/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>
36	Kayla Edens	Charlotte NC	25	3673	340	44:46.6	8:57/K
37	LAURA STEEN	OAKLAND PARK FL	27	3587	347	46:15.7	9:15/K
38	Meagan Fitzgerald	Matthews NC	26	3661	353	46:37.3	9:19/K
39	Mary Grob	Charlotte NC	27	3663	361	48:08.2	9:38/K
40	Natalie Dunn	Gastonia NC	28	1681	373	50:27.3	10:05/K
41	Whitney Michall	Union SC	26	1694	382	52:44.5	10:33/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	Amanda Iannello	Charlotte NY	31	3409	28	26:56.2	5:23/K
2	Kristina Fisher	CHARLOTTE PA	33	3383	108	31:51.1	6:22/K
3	Karla Rose	Charlotte NC	32	3557	120	32:24.3	6:29/K
4	Christine Davis	CHARLOTTE NC	32	3440	123	32:41.7	6:32/K
5	Kayla Scherf	Curtice OH	32	3461	145	33:32.3	6:42/K
6	Rachel Miner	Indian Land SC	31	1727	161	33:56.2	6:47/K
7	Tiffany Morgan	CHARLOTTE NC	30	3438	166	34:04.7	6:49/K
8	Olivia Smallwood	Cramerton NC	31	1581	219	36:44.9	7:21/K
9	Meghann Blankenship	Concord NC	34	3567	225	36:58.3	7:24/K
10	Emily Cantrell	Charlotte NC	34	3700	228	37:09.9	7:26/K
11	Heather Taylor	Charlotte NC	30	3655	231	37:22.5	7:28/K
12	Erica Stevens	Huntersville NC	31	3524	241	38:04.9	7:37/K
13	Kimberly Melchior	Charlotte NC	32	1730	246	38:10.5	7:38/K
14	Aleksandra Rehberg	Charlotte NC	31	3351	260	38:42.8	7:44/K
15	Tiffany Greene	Greensboro NC	30	3551	283	40:32.4	8:06/K
16	Alexandra Beckham	Charlotte NC	32	3488	299	41:25.4	8:17/K
17	Lauren Malich	Charlotte NC	32	3578	304	41:37.8	8:19/K
18	Suzanne Ingram	Charlotte NC	34	3664	305	41:43.0	8:21/K
19	Lindsay Bonham	Dallas NC	30	3666	307	41:53.4	8:23/K
20	Lauren Rogers	Winston-Salem NC	34	3592	311	42:00.3	8:24/K
21	Michael Nova	Charlotte NC	32	3594	331	43:51.1	8:46/K
22	Jayne Carter	Charlotte NC	30	3597	341	45:07.7	9:01/K
23	Morgan Reece	CHARLOTTE NC	32	3680	349	46:19.7	9:16/K
24	Christy Rossi	Charlotte NC	33	1720	355	46:46.9	9:21/K
25	sarah holdren	vinton VA	33	3632	357	46:58.0	9:24/K
26	Gwen Foellmer	charlotte NC	34	3635	359	47:47.7	9:33/K
27	Meghan Ross	Charlotte NC	33	3696	362	48:09.2	9:38/K
28	Gail Barton	Mt Holly NC	34	3670	369	49:03.5	9:49/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	Candace Murray	Charlotte NC	36	3453	35	28:00.0	5:36/K
2	Kate MacConnachie	Matthews NC	37	3458	36	28:00.1	5:36/K
3	Karrie Moraitis	Conover NC	38	3360	100	31:31.5	6:18/K
4	Alejandra Miller	Charlotte NC	35	3395	103	31:43.7	6:21/K
5	Natalie Miller	Greenville SC	36	3366	126	32:42.4	6:32/K
6	Jelisa Castrodale	Winston Salem NC	37	3354	134	33:03.7	6:37/K
7	sarah zeemer	Indian Trail NC	36	3554	139	33:17.8	6:39/K
8	Nicole Baird	Charlotte NC	35	3459	160	33:55.3	6:47/K
9	Jessica Dixon	Charlotte NC	35	3400	188	35:17.0	7:03/K
10	Hillary Halstead	Huntersville NC	38	3473	211	36:25.1	7:17/K
11	Karyn Goglio	mint hill NC	35	3475	221	36:51.7	7:22/K
12	Michele Croot	Wilmington NC	37	3590	236	37:37.2	7:31/K
13	Bonnie Covington	HUNTERSVILLE NC	37	3593	237	37:42.8	7:32/K
14	Betsy Shores	Cornelius NC	36	3659	263	38:47.4	7:45/K
15	Casey Brewster	Alexis NC	35	3388	281	40:22.0	8:04/K
16	Pepper Mahin	MOUNT HOLLY NC	38	3656	290	41:06.7	8:13/K
17	Tana Kornachuk	WHISPERING PINES	37	3312	328	43:45.1	8:45/K
18	Christie Guild	Lancaster SC	38	3364	351	46:27.8	9:17/K
19	Alisha Shields	Winston Salem NC	37	3674	356	46:55.9	9:23/K
20	Christina Decker	Rock Hill SC	38	3688	367	49:00.6	9:48/K
21	Julia Haferman	Harrisburg NC	35	3667	377	52:11.8	10:26/K
22	Catherine Fenton	Charlotte NC	36	3707	389	56:50.9	11:22/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	Karen Wandel	Cornelius NC	42	3375	55	28:56.2	5:47/K
2	Laurie Passalacqua	Fort mill SC	41	3711	86	30:47.8	6:09/K
3	Sara Blakeney	Charlotte NC	40	3316	115	32:13.1	6:27/K
4	Celia Thompson	Fort Mill SC	42	3500	186	35:09.8	7:02/K
5	Jeff Long	Maiden NC	40	3357	256	38:41.0	7:44/K
6	Lisa Palmer	Charlotte NC	43	3485	266	38:51.7	7:46/K
7	Carolyn Phipps	Charlotte NC	40	3641	267	38:53.3	7:47/K
8	Stephanie Sadowski	Charlotte NC	43	3648	278	40:07.4	8:01/K
9	Christy Kunkle	Charlotte NC	42	3581	321	43:24.5	8:41/K
10	Andrea Bonner	Matthews NC	44	3645	329	43:48.8	8:46/K
11	Susan Corbett-Hopf	Rock hill SC	40	3676	333	44:09.6	8:50/K
12	Rachel Preston	Charlotte NC	42	3649	336	44:23.0	8:53/K
13	Molly Tucker	Charlotte NC	41	3533	365	48:46.2	9:45/K
14	Jodi Hampton	CHARLOTTE NC	42	3693	366	48:55.2	9:47/K
15	Morgan Lombardo	Sharon SC	44	3572	371	49:10.0	9:50/K
16	Erin Haygood	Hillsborough NC	44	3657	376	51:45.1	10:21/K

# Frigid 5k

## Age Group Results

### 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>
17	Aimee Wauters	Charlotte NC	42	3708	384	53:36.2	10:43/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	Rebecca McKeever	Davidson NC	46	3320	40	28:08.2	5:38/K
2	Sandy Kritzinger	Cornelius NC	45	3384	41	28:08.9	5:38/K
3	Laurie Hadley	Davidson NC	47	3429	47	28:27.3	5:41/K
4	Jackie Miller	Tega Cay SC	48	2275	72	30:00.8	6:00/K
5	Anna Hite	Charlotte NC	48	3532	195	35:40.9	7:08/K
6	Cami Winarchick	Charlotte NC	47	3563	252	38:36.4	7:43/K
7	Heather Hageman	Charlotte NC	46	3480	272	39:15.3	7:51/K
8	Julie Egger	Matthews NC	49	3623	279	40:11.8	8:02/K
9	Paula Cobb	Charlotte NC	45	3599	297	41:23.0	8:17/K
10	Patricia Blackwood	york SC	46	3675	346	46:14.0	9:15/K
11	Nicole Dimond - Diskin	Charlotte NC	49	3697	368	49:01.1	9:48/K
12	Terese Milczewski	Clover SC	47	3682	370	49:10.0	9:50/K
13	Wendy Adams	Rock Hill SC	47	3576	381	52:42.9	10:32/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	Lisa Clark	Hickory NC	54	3443	67	29:45.8	5:57/K
2	Suzanne Ferguson	Charlotte NC	50	3521	242	38:05.7	7:37/K
3	Kimberly Zimmer	Lincolnton NC	50	3472	309	41:57.8	8:23/K
4	Karen Stone	Rock Hill SC	52	3672	385	54:32.5	10:54/K
5	Elizabeth Benson	Charlotte NC	54	3671	390	58:13.3	11:39/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	62	3678	315	42:57.2	8:35/K
2	kim clark	charlotte NC	61	3679	318	43:17.7	8:39/K
3	Margaret LeRoy	Charlotte NC	61	3448	393	1:01:05.9	12:13/K

Frigid 5k  
Age Group Results

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>
1	Nicholas O'Brien-Pifer	Mint Hill NC	14	3324	3	23:27.9	4:41/K
2	Caleb Sizemore	Asheville NC	14	3369	42	28:13.3	5:39/K
3	Jake Wood	Huntersville NC	13	3430	65	29:40.6	5:56/K
4	Hayden Purves	Huntersville NC	11	1674	135	33:06.0	6:37/K
5	Shanko Kornachuk	WHISPERING PINES	10	3380	168	34:10.5	6:50/K
6	Gavin McCormick	Maiden NC	10	3358	198	35:48.7	7:10/K
7	Grant Jones	Concord NC	14	1731	224	36:54.4	7:23/K
8	Elliott Diskin	Charlotte NC	14	3611	230	37:19.0	7:28/K
9	Vittorio Iannielli	Huntersville NC	14	3509	232	37:29.9	7:30/K
10	Wesley Rossi	Charlotte NC	7	1721	354	46:46.7	9:21/K
11	Connor Haygood	Hillsborough NC	14	3658	358	47:18.0	9:28/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	Fulton Shober	Charlotte NC	15	3341	8	24:24.4	4:53/K
2	Nate Jeffries	Downers Grove IL	17	3310	10	24:26.9	4:53/K
3	TJ O'Brien-Pifer	Mint Hill NC	18	3325	27	26:55.4	5:23/K
4	Matt Weber	Charlotte NC	16	3319	32	27:30.2	5:30/K
5	Brendan Haygood	Hillsborough NC	15	3405	57	29:07.1	5:49/K
6	Alex Huminsky	Matthews NC	15	3326	73	30:05.9	6:01/K
7	Ethan Shaw	Fort Mill SC	15	1723	82	30:38.0	6:08/K
8	Jonathan Thompson	Fort Mill SC	17	3502	94	31:05.6	6:13/K
9	Davis Pasour	Lincolnton NC	15	3331	164	34:03.8	6:49/K
10	Colby Pasour	Lincolnton NC	15	3330	175	34:33.9	6:55/K
11	Mason Hadley	Davidson NC	15	3428	274	39:40.6	7:56/K
12	Alex Gluck	Gastonia NC	17	3622	316	42:58.3	8:36/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	Wyatt Fedorka	Mooresville NC	20	3322	23	26:34.8	5:19/K
2	Sean Comer	Rock Hill SC	24	3315	24	26:47.9	5:21/K
3	Stuart Sigley	Charlotte NC	24	3348	29	27:05.3	5:25/K
4	Alec Fairbaugh	Charlotte NC	21	3333	39	28:07.3	5:37/K
5	Tyler Rawson	Gold Hill NC	20	3370	48	28:28.4	5:42/K
6	Christian Gibbens	Charlotte NC	24	3422	62	29:31.0	5:54/K
7	Rodrigo Trejo	Dallas NC	22	3640	74	30:07.3	6:01/K
8	Carlos Loaiza	Gastonia NC	23	3713	83	30:40.5	6:08/K
9	Nicolas Marecos	Charlotte NC	24	3378	91	30:52.9	6:10/K
10	Sean Russum	Davidson NC	23	3417	97	31:18.9	6:16/K

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11	Nicolas Marecos	Charlotte NC	24	3460	129	32:46.1	6:33/K
12	Rogelio Irigoyen	Charlotte NC	24	3534	151	33:46.1	6:45/K
13	David Jacobus	Charlotte NC	23	3539	152	33:46.7	6:45/K
14	Matthew Smith	Charlotte NC	24	3588	183	35:01.4	7:00/K
15	Nick Nova	Fort Mill SC	24	3456	196	35:45.3	7:09/K
16	Daniel Florez	Gastonia NC	21	3639	288	41:04.6	8:13/K
17	Jason Fialkowski	Charlotte NC	24	3618	306	41:46.1	8:21/K
18	David Jordan	Raleigh NC	23	3704	348	46:16.2	9:15/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	Chris Zuerner	Charlotte NC	28	3328	1	21:55.2	4:23/K
2	Jack Merwin	Indian Trail NC	28	3346	6	24:06.0	4:49/K
3	Chris Weissmann	Charlotte NC	25	3433	14	25:28.8	5:06/K
4	Peyton Hayslette	Charlotte NC	25	3323	16	25:58.2	5:12/K
5	Josh Mort	Fort Mill SC	27	3356	18	26:08.2	5:14/K
6	Richard Hodges	Charlotte NC	25	3309	26	26:51.9	5:22/K
7	Michael Tassitino	Charlotte NC	26	3441	30	27:08.1	5:26/K
8	Joey Campagna	CHARLOTTE NC	28	3391	31	27:08.8	5:26/K
9	Matthew Querry	Charlotte NC	26	3411	37	28:06.0	5:37/K
10	Gasper Gulotta	Charlotte NC	25	3308	50	28:29.7	5:42/K
11	Matt Stewart	Charlotte NC	29	3317	51	28:30.7	5:42/K
12	Benji ChitKhin	Charlotte NC	25	3424	56	29:03.0	5:49/K
13	Jorge Ramos	Charlotte NC	28	3416	68	29:46.3	5:57/K
14	Eren Shultz	Charlotte NC	25	3437	79	30:24.5	6:05/K
15	Justin Grigg	Denver NC	26	3434	88	30:49.5	6:10/K
16	Andrew Rankin	CHARLESTON SC	29	3397	105	31:45.3	6:21/K
17	Michael Leal	Charlotte NC	29	3489	112	31:59.3	6:24/K
18	Dillon Bawayan	Charlotte NC	25	3526	113	32:00.3	6:24/K
19	Gary Brackett	Charlotte NC	27	3450	114	32:09.4	6:26/K
20	Wesley Cannon	Charlotte NC	26	3394	121	32:25.2	6:29/K
21	John Adorno	Charlotte NC	27	3406	124	32:42.0	6:32/K
22	Byron Revels	Charlotte NC	28	3425	127	32:44.7	6:33/K
23	Matthew Smith	Charlotte NC	25	3408	128	32:45.8	6:33/K
24	David Page	Concord NC	27	3398	132	33:00.9	6:36/K
25	Ted Sopher	Charlotte NC	26	3536	136	33:10.5	6:38/K
26	Reece Szymanowski	Charlotte NC	26	3535	149	33:44.5	6:45/K
27	Jeff Bowers	Huntersville NC	28	3495	150	33:45.5	6:45/K
28	William Lee	Matthews NC	26	3493	154	33:49.9	6:46/K
29	Bryce Garvey	Charlotte NC	27	2277	156	33:52.4	6:46/K
30	Daniel Buonagurio	Charlotte NC	26	3477	162	34:00.1	6:48/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>
31	Michael Ryan	Charlotte NC	25	3531	179	34:51.7	6:58/K
32	Ryan Spencer	Charlotte NC	28	3496	191	35:30.4	7:06/K
33	Brett Johnson	Charlotte NC	28	3385	226	37:02.4	7:24/K
34	Luther Rogers	Charlotte NC	27	3427	249	38:21.5	7:40/K
35	Tyler Aiken	Charlotte NC	27	3580	250	38:24.0	7:41/K
36	Hunter Reep	Charlotte NC	29	3621	255	38:38.5	7:44/K
37	Victor Bukowski	Pineville NC	27	3474	261	38:46.8	7:45/K
38	Vincent Tarquinio	Moon Township PA	26	3497	273	39:21.5	7:52/K
39	samuel varvel	charlotte NC	27	3598	308	41:56.7	8:23/K
40	Ali Alshaikh	Charlotte NC	27	3545	314	42:36.0	8:31/K
41	Michael Ponzio	MOUNT HOLLY NC	26	3600	350	46:22.0	9:16/K
42	Matthew Gillette	Charlotte NC	27	3695	392	1:00:09.3	12:02/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	John Peters	Waxhaw NC	33	3340	2	23:16.2	4:39/K
2	Zach McLaren	Charlotte NC	32	3318	5	23:50.4	4:46/K
3	Troy Lee	Charlotte NC	30	3332	7	24:19.9	4:52/K
4	Sean Chastain	Raleigh NC	32	3327	9	24:25.1	4:53/K
5	Jonny Sinclair	Matthews NC	34	3343	11	24:37.0	4:55/K
6	Patrick Baird	Pleasant View TN	30	3404	15	25:45.0	5:09/K
7	Kevin List	Charlotte NC	33	3355	33	27:35.4	5:31/K
8	Sean Rogers	Charlotte NC	31	3329	44	28:18.0	5:40/K
9	Robert Erb	Charlotte NC	33	3344	46	28:24.5	5:41/K
10	Chris Davis	Fort Mill SC	33	3431	49	28:29.7	5:42/K
11	Danny Sullivan	Huntersville NC	34	3546	54	28:54.3	5:47/K
12	Ryan Morgan	CHARLOTTE NC	31	3439	71	29:59.0	6:00/K
13	Andy Woodward	Waxhaw NC	31	3410	84	30:40.7	6:08/K
14	Kyle Flack	Charlotte NC	30	3527	87	30:49.2	6:10/K
15	Michael Jonathas	Huntersville NC	34	3393	99	31:29.7	6:18/K
16	richard olinger	indian trail NC	32	3382	101	31:32.4	6:18/K
17	Chris Lepore	Charlotte NC	34	3538	106	31:46.4	6:21/K
18	Derek Harrell	Matthews NC	32	3512	111	31:55.6	6:23/K
19	Steve Williamson	Charlotte NC	30	3716	140	33:29.9	6:42/K
20	Jackson Switzer	Charlotte NC	30	3444	147	33:40.2	6:44/K
21	Joe Miner	Fort Mill SC	32	1726	155	33:50.6	6:46/K
22	James Davis	Charlotte NC	33	3462	158	33:54.8	6:47/K
23	neil blot	charlotte NC	34	3608	163	34:02.3	6:48/K
24	Jeff King	Pineville NC	34	3520	184	35:02.8	7:00/K
25	Ryan Taylor	Gastonia NC	32	3556	189	35:18.4	7:04/K
26	Carl Henderson	Charlotte NC	31	3714	203	35:56.2	7:11/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>
27	Chris Zoghby	Charlotte NC	31	3584	213	36:28.8	7:18/K
28	James Garnham	Charlotte NC	32	3637	248	38:18.8	7:40/K
29	Jeremy Sain	Charlotte NC	30	3529	270	39:12.6	7:50/K
30	Michael Benning	Charlotte NC	30	3449	277	40:06.3	8:01/K
31	Clay Durham	Charlotte NC	33	3345	291	41:16.1	8:15/K
32	Pablo Carvajal	Charlotte NC	30	3514	294	41:21.4	8:16/K
33	Kyle Miller	Charlotte NC	32	3478	301	41:35.2	8:19/K
34	Jonathan Payton	Charlotte NC	31	3371	302	41:35.7	8:19/K
35	Mike Bifulco	Charlotte NC	30	3662	320	43:23.7	8:41/K
36	Rusty Menchaca	Charlotte NC	31	3629	323	43:26.8	8:41/K
37	Brian Elles	Charlotte NC	32	3579	335	44:22.4	8:52/K
38	Phil Rose	Charlotte NC	32	3690	380	52:38.0	10:32/K
39	Matt Macko	Charlotte NC	34	3549	394	1:03:50.5	12:46/K

## 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	Sergei Zhyk	Charlotte NC	37	3350	4	23:37.5	4:43/K
2	Paul Halaburda	Charlotte NC	36	3334	13	24:58.4	5:00/K
3	Michael Ferreira	Lancaster SC	36	3363	19	26:11.9	5:14/K
4	jeffrey lak	mt holly NC	39	3314	53	28:49.2	5:46/K
5	Brandon Bayes	Huntersville NC	35	3313	58	29:17.4	5:51/K
6	Nereo Trejo	Dallas NC	36	3638	60	29:26.9	5:53/K
7	Matt Weekley	Matthews NC	37	3342	64	29:39.2	5:56/K
8	Jason Moraitis	Conover NC	39	3359	76	30:13.5	6:03/K
9	Morgan Rogers	Charlotte NC	35	3401	85	30:46.2	6:09/K
10	Douglas Seamans	Charlotte NC	36	3376	93	31:04.5	6:13/K
11	Eric Smart	Fort Mill SC	39	3501	95	31:07.0	6:13/K
12	Alistair Lowe	Charlotte NC	37	3389	102	31:42.0	6:20/K
13	Chris Valada	Charlotte NC	36	3504	107	31:50.0	6:22/K
14	Matthew Auman	Pineville NC	35	3518	109	31:55.1	6:23/K
15	Brock Carroll	Charlotte NC	39	3402	118	32:14.4	6:27/K
16	Nathan Miller	Charlotte NC	35	3445	125	32:42.2	6:32/K
17	Bryce Yeargan	Winston Salem NC	36	3452	143	33:31.9	6:42/K
18	Justin Thomas	Charlotte NC	36	3614	180	34:53.1	6:59/K
19	Robert Poliquin	Charlotte NC	39	3464	185	35:07.5	7:01/K
20	Jarrid Danburg	Charlotte NC	37	3486	187	35:13.4	7:03/K
21	Ryan Stapleton	Charlotte NC	35	3559	192	35:30.6	7:06/K
22	Shane ONeil	Charlotte NC	35	3515	193	35:35.0	7:07/K
23	William Barton	Mt Holly NC	36	3547	194	35:38.7	7:08/K
24	Quinn Witte	York SC	39	3463	199	35:49.6	7:10/K
25	Robert White	Huntersville NC	35	1722	201	35:53.6	7:11/K

## 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>
26	Jerome Arockiam	Charlotte NC	37	3586	207	36:10.2	7:14/K
27	Justin Folk	Denver NC	39	3582	208	36:12.3	7:14/K
28	John Sheehan	Mooresville NC	37	3570	210	36:24.0	7:17/K
29	Michael Humlan	Davidson NC	35	3377	218	36:35.3	7:19/K
30	Anthony Darr	Charlotte NC	36	3558	222	36:52.0	7:22/K
31	Steven Better	Charlotte NC	36	3476	251	38:27.5	7:41/K
32	Noah Magee	Charlotte NC	38	3591	265	38:50.0	7:46/K
33	Robert Joseph	Charlotte NC	36	3665	292	41:16.2	8:15/K
34	Travelle Wharton	Charlotte NC	35	3627	322	43:24.8	8:41/K
35	Mark Nicholson	Charlotte NC	39	3479	324	43:27.4	8:41/K
36	Jordan Gross	Charlotte NC	36	3626	325	43:28.0	8:42/K
37	Jason Moretz	Maiden NC	37	3681	330	43:48.9	8:46/K
38	Alex Martinez	Charlotte NC	39	3548	339	44:43.2	8:57/K
39	Wes Diego	Charlotte NC	39	3653	352	46:32.4	9:18/K
40	Russell Schlick	Charlotte NC	37	3692	374	50:34.9	10:07/K
41	David Johnson, Jr	Winston Salem NC	39	3702	396	1:08:07.8	13:37/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	Ty Stevens	Asheville NC	41	3306	12	24:38.1	4:56/K
2	Gregg Garrison	Cornelius NC	41	3365	22	26:16.4	5:15/K
3	Monte Mahin	MOUNT HOLLY NC	42	3403	61	29:27.3	5:53/K
4	Leigh Northrup	Concord NC	42	3412	66	29:45.2	5:57/K
5	Douglas Cooper	Greensboro NC	41	3420	70	29:57.3	5:59/K
6	Geo Marques Neto	Charlotte NC	42	3381	77	30:16.0	6:03/K
7	Brian Macfarlane	Matthews NC	42	3513	110	31:55.3	6:23/K
8	Alen Rhinesmith	Charlotte NC	40	3414	117	32:14.4	6:27/K
9	Aaron Mailloux	Charlotte NC	42	3550	122	32:35.8	6:31/K
10	Blair Holt	Charlotte NC	40	3455	131	32:58.9	6:36/K
11	Michael Brousseau	Huntersville NC	43	3337	137	33:13.7	6:39/K
12	Nathan Mullett	Fort Mill SC	42	3712	142	33:30.8	6:42/K
13	Phil Kornachuk	WHISPERING PINES	42	3379	170	34:13.6	6:51/K
14	Matthew Ladenheim	Huntersville NC	43	3528	171	34:15.2	6:51/K
15	Ryan Fay	Davidson NC	41	3516	172	34:15.7	6:51/K
16	Jeff LeBlanc	Charlotte NC	40	3706	209	36:12.7	7:14/K
17	Jeremy Sorenson	Charlotte NC	41	3575	214	36:30.3	7:18/K
18	Ruben Veliz	Charlotte NC	40	3699	227	37:08.6	7:26/K
19	Jon Fenton	Charlotte NC	40	3565	229	37:18.9	7:28/K
20	Billy Partin	Mooreville NC	42	3530	234	37:35.8	7:31/K
21	Frank LeMonte	charlotte NC	41	3499	245	38:09.9	7:38/K
22	Robert Barden	Charlotte NC	42	3465	247	38:18.5	7:40/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>
23	Tommy Shores	Cornelius NC	40	3660	264	38:48.1	7:46/K
24	Timothy Hall	Concord NC	44	3631	286	40:51.2	8:10/K
25	Mario Aleman	Charlotte NC	44	3689	391	59:26.7	11:53/K
26	Marc Handler	Huntersville NC	40	1699	395	1:03:51.6	12:46/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	Jason Carey	Charlotte NC	45	3396	20	26:12.8	5:14/K
2	GARRETT NELSON	charlotte NC	47	3392	34	27:38.6	5:32/K
3	scott lemos	Charlotte NC	45	3419	78	30:21.1	6:04/K
4	Rob Treff	Charlotte NC	46	3542	80	30:32.5	6:06/K
5	Sean Fogtarty	Charlotte NC	45	1748	98	31:25.6	6:17/K
6	Jeff Hurston	Charlotte NC	49	3442	104	31:45.1	6:21/K
7	Chad Van Hying	Charlotte NC	46	3490	116	32:13.2	6:27/K
8	Erin Purves	Huntersville NC	46	1639	144	33:31.9	6:42/K
9	Darin Bird	Denver NC	48	3561	169	34:12.1	6:50/K
10	Tim Blackledge	Mooresville NC	48	3484	174	34:25.3	6:53/K
11	Steven Shoher	Charlotte NC	48	3436	176	34:44.7	6:57/K
12	Rusty Braham	Stanley NC	48	3617	177	34:50.7	6:58/K
13	Craig Varnum	Huntersville NC	46	3519	190	35:22.6	7:04/K
14	Scott Prejean	Mooresville NC	45	3609	202	35:55.6	7:11/K
15	Jeffrey Blankenship	Concord NC	45	3566	204	35:56.4	7:11/K
16	Heriberto Hernandez	Matthews NC	48	3418	215	36:31.2	7:18/K
17	Randy Miller	Mooresville NC	49	3642	244	38:08.3	7:38/K
18	Scott Garmon	Harrisburg NC	45	3469	257	38:42.3	7:44/K
19	Jody Pawson	Charlotte NC	47	1625	258	38:42.6	7:44/K
20	Francis Iannielli	Huntersville NC	45	3508	269	39:08.8	7:50/K
21	Michael Sherwood	Tega Cay SC	47	3654	326	43:30.5	8:42/K
22	Joey Attanasio	Charlotte NC	45	3628	342	45:20.3	9:04/K
23	Harry Goff	Charlotte NC	45	3668	343	45:20.9	9:04/K
24	Mark Hiller	Cornelius NC	49	2651	363	48:44.1	9:45/K
25	Mark Franklin	Charlotte NC	47	3709	375	50:40.3	10:08/K
26	Niels Hansen	Matthews NC	49	3650	383	53:34.8	10:43/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	Chuck Fedorka	Mooresville NC	52	3321	69	29:48.8	5:58/K
2	Nathan Lanning	Charlotte NC	51	3446	75	30:10.2	6:02/K
3	Timothy Allison	Charlotte NC	53	3373	96	31:17.2	6:15/K

Race Date  
February 10, 2017

**Frigid 5k**  
Age Group Results

**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>
4	Paul Donohue	Charlotte NC	52	1695	146	33:32.3	6:42/K
5	Mike Jeffries	Charlotte NC	54	3374	148	33:42.5	6:44/K
6	Michael Creech	Charlotte NC	50	3506	205	36:06.4	7:13/K
7	Michael Ferguson	Charlotte NC	50	3522	243	38:08.1	7:38/K
8	Bill Urbaitis	Charlotte NC	54	3577	253	38:36.7	7:43/K
9	Joe Egler	Matthews NC	52	3624	280	40:12.7	8:02/K
10	Stephen Valis	Rock Hill SC	53	3630	386	54:32.6	10:54/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	Allen Jacobs	Matthews NC	56	3336	38	28:06.4	5:37/K
2	Kevin Clark	Hickory NC	56	3540	119	32:16.4	6:27/K
3	Marty Given	Tega Cay SC	55	3517	216	36:31.7	7:18/K
4	William Plumer	Atlanta GA	63	3710	360	48:05.5	9:37/K
5	Pete Haferman	Harrisburg NC	62	3615	378	52:13.4	10:27/K
6	David Fairbaugh	ATLANTA GA	56	3701	379	52:17.5	10:27/K