

Frigid 5k Run & Plunge

Age Group Results

Race Date

February 10, 2018

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	Kelbi Pierce	Denver NC	12	4404	38	30:24.4	6:05/K	
2	Aiden Galloway	Denver NC	11	4456	71	32:31.8	6:30/K	2:07.4
3	Riley Tuckmantel	BOILING SPRINGS SC	12	4519	140	37:02.0	7:24/K	6:37.6
4	Avery Clewell	Huntersville NC	12	4852	258	44:29.3	8:54/K	14:04.9
5	Lucy Andrews	Charlotte NC	12	4932	295	46:34.0	9:19/K	16:09.5
6	ava shelton	charlotte NC	12	4973	307	47:02.7	9:24/K	16:38.3
7	Gabi Nolan	Waxhaw NC	12	4967	350	53:38.5	10:44/K	23:14.1
8	Katie Walker	Cramerton NC	12	4984	358	54:15.2	10:51/K	23:50.8
9	Katelyn Stephens	Concord NC	9	4923	373	55:23.2	11:05/K	24:58.8

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	Olivia Humphrey		16	5062	20	29:06.8	5:49/K	
2	Sydney Wood	Huntersville NC	15	4422	29	29:55.0	5:59/K	0:48.1
3	Reilly Lambert	Mint Hill NC	17	4392	166	38:35.5	7:43/K	9:28.7
4	Heather Byron	Apex NC	16	4648	173	39:03.5	7:49/K	9:56.6
5	Mackenzie O'Hara	Matthews NC	19	4595	189	39:42.1	7:56/K	10:35.3
6	Hailey Tuckmantel	BOILING SPRINGS SC	17	4517	192	40:00.3	8:00/K	10:53.5
7	Nicole Byron	Apex NC	18	4650	313	47:20.4	9:28/K	18:13.6
8	Jessica Beutler	Cheektowaga NY	18	4647	433	1:13:04.0	14:37/K	43:57.2
9	Amahle Dladla	Fort Mill SC	19	4369	440	1:19:57.3	15:59/K	50:50.5

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	Elena Belova	Matthews NC	21	4528	101	34:09.8	6:50/K	
2	Elise Lankiewicz	Charlotte NC	22	4572	115	35:12.7	7:02/K	1:02.8
3	Rachel Piles	Charlotte NC	23	4597	170	38:58.9	7:48/K	4:49.0
4	Amanda Bill	Charlotte NC	23	4530	182	39:25.5	7:53/K	5:15.7
5	Mallory Maynard	Charlotte NC	24	4584	221	41:38.1	8:20/K	7:28.3
6	Katherine Allen Allen	Huntersville NC	24	4525	241	42:59.4	8:36/K	8:49.6
7	Lisa Izzi	Raleigh NC	22	4562	288	46:17.4	9:15/K	12:07.5
8	Payton Beaver	Cherryville NC	23	4934	299	46:52.5	9:22/K	12:42.6
9	Emily Conway		22	5072	337	49:52.8	9:58/K	15:43.0
10	Lexi Dixon	Huntersville NC	22	4546	340	50:30.7	10:06/K	16:20.9
11	Melanie Foligno	Charlotte NC	23	4549	346	51:21.6	10:16/K	17:11.7
12	Katie Morgan	Monroe NC	23	4962	362	54:25.6	10:53/K	20:15.8
13	Tiffany Lombardo	Sharon SC	21	5016	365	54:29.3	10:54/K	20:19.5
14	Kayla Aiton	Mt Pleasant NC	24	4640	379	55:40.1	11:08/K	21:30.2
15	Aerial White	wingate NC	23	4630	388	55:54.8	11:11/K	21:44.9

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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>
16	Katherine Szizcpkowski		21	5053	390	55:59.3	11:12/K	21:49.4
17	Cara Goforth	Marshall NC	20	4556	412	1:05:21.3	13:04/K	31:11.5

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	Kaci Handlery	Columbia SC	28	4380	36	30:12.5	6:02/K	
2	Kim Kreuzman	GREENWOOD IN	28	4390	81	33:04.7	6:37/K	2:52.1
3	Megan Jenkins	Winston Salem NC	27	4383	88	33:29.8	6:42/K	3:17.2
4	Samantha Hubbard	Charlotte NC	27	4469	92	33:43.3	6:45/K	3:30.7
5	Sarah O'Keefe	Indian Land SC	27	4401	112	34:58.3	7:00/K	4:45.8
6	Jamie Foster		26	5086	125	36:01.0	7:12/K	5:48.4
7	sarah steele	Charlotte NC	28	4507	164	38:10.9	7:38/K	7:58.3
8	Amanda Childers	Gastonia NC	29	4535	185	39:31.2	7:54/K	9:18.6
9	Michelle Ginsburg		26	5069	190	39:44.1	7:57/K	9:31.5
10	Elizabeth Holzheimer	Charlotte NC	27	4559	208	40:43.9	8:09/K	10:31.3
11	kristin moody	Charlotte NC	28	4894	209	40:51.0	8:10/K	10:38.4
12	Rose Fenton	Greenville SC	26	4865	238	42:50.7	8:34/K	12:38.1
13	Maria Pyle		26	5061	268	44:57.5	8:59/K	14:44.9
14	Elizabeth Mandel	Grovetown GA	27	4577	280	45:45.5	9:09/K	15:32.9
15	Ashton Rogers	Charlotte NC	29	4911	282	45:47.3	9:09/K	15:34.7
16	Emily Mullins	Gastonia NC	26	4899	314	47:20.9	9:28/K	17:08.3
17	Rachael Lindsko	Chester SC	26	4954	320	48:16.9	9:39/K	18:04.3
18	Morgan Phillips	Charlotte NC	26	4905	321	48:35.4	9:43/K	18:22.9
19	Lauren Milligan	Matthews NC	28	4960	328	49:01.1	9:48/K	18:48.5
20	Amanda Lang	charlotte NC	28	4571	332	49:10.9	9:50/K	18:58.3
21	ICey Wu	Shelby NC	27	4988	336	49:49.1	9:58/K	19:36.5
22	Alexis Mcghee	Charlotte NC	25	4483	345	51:17.4	10:15/K	21:04.8
23	Ashley Peek		27	5081	347	51:22.2	10:16/K	21:09.6
24	Abbie Kincaid	Maiden NC	29	5010	353	53:59.2	10:48/K	23:46.6
25	Heather Presson	Pineville NC	28	4907	378	55:33.8	11:07/K	25:21.2
26	Tina Grafiing	Lancaster SC	26	4870	383	55:42.2	11:08/K	25:29.6
27	Miranda Clewell	Huntersville NC	29	4853	384	55:46.9	11:09/K	25:34.3
28	Victoria Fore	Charlotte NC	27	4947	395	57:25.6	11:29/K	27:13.0
29	Amanda Childers	Charlotte NC	29	5085	400	58:57.6	11:47/K	28:45.1
30	Whitney Michau	York SC	27	5019	409	1:02:24.5	12:29/K	32:11.9
31	Katie Stortz	Huntersville NC	25	5039	415	1:07:45.3	13:33/K	37:32.7
32	Erin Hawley	Waxhaw NC	26	5007	417	1:07:57.6	13:35/K	37:45.0
33	Sara Lineberger	Monroe NC	29	5014	420	1:08:03.7	13:37/K	37:51.1
34	Carrie Weber	Taylors SC	26	4930	424	1:08:22.0	13:40/K	38:09.4
35	Lauren Lowery	Fort Mill SC	26	5017	437	1:15:38.4	15:08/K	45:25.8
36	Kiara Pino	Fort Mill SC	26	4405	439	1:19:56.0	15:59/K	49:43.4

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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	Monique Ryan	Charlotte NC	32	4497	64	32:02.3	6:24/K	
2	Helen Gardner	Davidson NC	31	4457	68	32:10.3	6:26/K	0:08.0
3	Whitney Freize	Gastonia NC	30	4552	91	33:38.8	6:44/K	1:36.5
4	Amanda Allen	Kings Mountain NC	30	4524	104	34:19.4	6:52/K	2:17.1
5	Mila Lamparska	Charlotte NC	30	4570	128	36:29.5	7:18/K	4:27.2
6	Anna Bovender	Fort Mill SC	34	4992	144	37:07.8	7:25/K	5:05.5
7	Whitney Freize		30	5080	155	37:45.5	7:33/K	5:43.2
8	Amanda Heim	Charlotte NC	30	4464	188	39:33.5	7:55/K	7:31.2
9	Heather Taylor	Charlotte NC	31	4618	191	39:46.1	7:57/K	7:43.8
10	Tara Beck	Huntersville NC	34	4432	201	40:27.6	8:05/K	8:25.3
11	Ellen Steele	Charlotte NC	30	4615	242	42:59.5	8:36/K	10:57.2
12	Taylor Thompson	Matthews NC	30	4623	252	43:35.8	8:43/K	11:33.5
13	Kim Powell	Charlotte NC	32	4600	269	45:07.3	9:01/K	13:05.0
14	Sarah Latiolais	Huntersville NC	33	4886	275	45:35.8	9:07/K	13:33.5
15	Julie Fox	CHARLOTTE NC	32	4948	317	47:38.8	9:32/K	15:36.5
16	Bethany Hutchins	Concord NC	30	4561	322	48:35.5	9:43/K	16:33.2
17	Shannon Burch	Belmont NC	30	4940	323	48:45.3	9:45/K	16:43.0
18	Monique McCullough	Charlotte NC	34	4959	324	48:46.2	9:45/K	16:43.8
19	Elizabeth Griner	Fort Mill SC	32	4950	325	48:59.5	9:48/K	16:57.2
20	Annie Griner	Fort Mill SC	31	4949	326	48:59.6	9:48/K	16:57.3
21	Meagan Aylward	Charlotte NC	32	4642	339	50:27.9	10:05/K	18:25.6
22	Megan Jones	Albemarle NC	31	4877	394	57:25.5	11:29/K	25:23.2
23	Amanda Smith	Clover SC	34	4976	414	1:07:44.1	13:33/K	35:41.7
24	Julia Waldo	Mt. Holly NC	31	5040	416	1:07:45.8	13:33/K	35:43.4
25	Joy Young	Lumberton NC	30	5044	436	1:13:45.6	14:45/K	41:43.2

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	misty Rollins	Mount Holly NC	35	4495	122	35:40.8	7:08/K	
2	Katie Kazukynas	Charlotte NC	37	4566	169	38:48.8	7:46/K	3:07.9
3	Gwen Tepper	Indian Trail NC	36	4619	247	43:15.2	8:39/K	7:34.3
4	Pepper Mahin	Mount Holly NC	39	4956	274	45:29.2	9:06/K	9:48.3
5	Meri Rosco	Huntersville NC	35	4605	285	45:57.8	9:11/K	10:16.9
6	Betsy Shores	Cornelius NC	37	4916	292	46:29.0	9:18/K	10:48.1
7	Kelli Montanez	Huntersville NC	35	4893	319	47:49.0	9:34/K	12:08.1
8	Nicole Joseph	Charlotte NC	38	5008	329	49:08.3	9:50/K	13:27.4
9	Ali McCraw	Charlotte NC	35	4891	338	50:01.2	10:00/K	14:20.4
10	Tiffany Randazza	Newton NC	37	4971	354	54:02.4	10:48/K	18:21.5
11	Erin Gilson	Charlotte NC	36	5006	355	54:06.3	10:49/K	18:25.4
12	Gail Barton	Mt Holly NC	35	4933	366	54:33.7	10:55/K	18:52.9
13	Laura Davis	Vale NC	39	4943	368	54:39.4	10:56/K	18:58.5

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14	Sarah Stephens	Concord NC	39	4924	374	55:23.7	11:05/K	19:42.8
15	Gwen Foellmer	Charlotte NC	35	4946	399	58:31.0	11:42/K	22:50.1
16	Kiersten Malo	CHARLOTTE NC	36	4957	403	59:58.7	12:00/K	24:17.9
17	GRACE WILLIAMS	ROCK HILL SC	37	5042	419	1:08:03.3	13:37/K	32:22.5
18	JONA MURRAY	SHELBY NC	35	5025	422	1:08:08.7	13:38/K	32:27.9
19	Becca Barnes	Mount Holly NC	35	4643	427	1:10:37.0	14:07/K	34:56.1

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	Laurie Passalacqua	Fort Mill SC	42	4492	42	30:34.0	6:07/K	
2	Megan King	Matthews NC	40	4387	136	36:48.2	7:22/K	6:14.2
3	Heather McArthur	Charlotte NC	43	4890	157	37:52.5	7:34/K	7:18.4
4	Jessy Siefken	Charlotte NC	43	4975	199	40:13.0	8:03/K	9:39.0
5	Jamie Porter	Indian Trail NC	42	4599	261	44:31.8	8:54/K	13:57.8
6	Gina St.Clair	Rock Hill SC	42	5038	290	46:21.0	9:16/K	15:47.0
7	Emma Best	Charlotte NC	42	4935	306	47:01.3	9:24/K	16:27.2
8	Jennifer Nelson	Charlotte NC	41	4900	318	47:47.4	9:33/K	17:13.4
9	Heather Jurney	Gastonia NC	40	4952	348	51:43.8	10:21/K	21:09.7
10	Tonya Callaway	Sherrill's ford NC	44	4996	382	55:41.6	11:08/K	25:07.6
11	Pam Ellis	Belmont NC	41	5000	426	1:10:35.6	14:07/K	40:01.5
12	Jessica Smith	Charlotte NC	41	4977	430	1:12:42.1	14:32/K	42:08.0
13	Tanya Taylor	Charlotte NC	40	4982	431	1:12:43.6	14:33/K	42:09.6
14	Aimee Wauters	Denver NC	43	4986	438	1:15:49.5	15:10/K	45:15.4

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	Jennifer kaufman	charlotte NC	46	4880	203	40:28.3	8:06/K	
2	Kristin Frankel		45	5063	206	40:42.6	8:08/K	0:14.3
3	Holly Leadingham	Concord NC	46	4574	215	41:17.5	8:15/K	0:49.1
4	Andrea Bonner	Matthews NC	45	4937	297	46:41.2	9:20/K	6:12.8
5	Margie Byron	Apex NC	48	4649	315	47:21.4	9:28/K	6:53.1
6	amy h	Charlotte NC	49	4951	331	49:10.4	9:50/K	8:42.0
7	michelle konopka	Monroe NC	46	4953	334	49:17.3	9:51/K	8:48.9
8	Morgan Lombardo	Sharon SC	45	5015	363	54:28.1	10:54/K	13:59.7
9	Deb Miller	Waxhaw NC	49	5020	370	54:53.0	10:59/K	14:24.7
10	Hope Mallozzi	Cornelius NC	48	4889	375	55:29.9	11:06/K	15:01.5
11	Wendy Adams	ROCK HILL SC	48	4639	377	55:33.3	11:07/K	15:05.0
12	CATHERINE MARTIN	GAFFNEY SC	47	5018	421	1:08:05.0	13:37/K	27:36.6
13	Tracey Poulos	Charlotte NC	47	5030	423	1:08:11.2	13:38/K	27:42.9

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Female 45 to 49

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14	Joanne Moore Beutler	Cheektowaga NY	47	4961	434	1:13:07.5	14:37/K	32:39.2

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	Pamela Ducharme	York SC	52	4860	216	41:34.0	8:19/K	
2	Kimberly Denicola	Lincolnton NC	50	4544	233	42:31.7	8:30/K	0:57.7
3	Kimberly Denicola		50	5077	385	55:50.9	11:10/K	14:16.8
4	Kelley Smith	Hickory NC	51	4978	386	55:52.7	11:10/K	14:18.7
5	Lisa Hart	Hickory NC	53	4873	401	59:25.0	11:53/K	17:51.0
6	Nicole Dimond Diskin	Charlotte NC	50	4999	406	1:00:41.3	12:08/K	19:07.2

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	Kira Skill	cornelius NC	57	4413	119	35:22.9	7:04/K	
2	Mary Rumble	Winston-Salem NC	60	4607	259	44:29.3	8:54/K	9:06.4
3	lisa Zamarripa	Bloomington MN	59	4423	273	45:22.6	9:04/K	9:59.6
4	Janice Weiss	Winston Salem NC	57	4629	287	46:15.0	9:15/K	10:52.0
5	Lynn Ramsey	Charlotte NC	57	4602	293	46:32.0	9:18/K	11:09.0
6	Marnette Zuchel	Charlotte NC	63	5045	305	46:59.6	9:24/K	11:36.6
7	Johnsie Moore	Lancaster SC	58	5021	371	55:16.3	11:03/K	19:53.3
8	Lee Gibbs	Hickory NC	62	5005	428	1:10:38.1	14:08/K	35:15.2

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Male 14 and Under

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1	sam reardon	mooreville NC	14	4409	31	29:57.5	5:59/K	
2	Jacob Stephens	Concord NC	12	4509	43	30:46.8	6:09/K	0:49.2
3	Jacob Tepper	Indian Trail NC	10	4620	72	32:32.1	6:30/K	2:34.5
4	Ryan Morgan	CHARLOTTE NC	14	5066	77	32:47.6	6:33/K	2:50.1
5	Luke Tobin	Charlotte NC	12	4624	79	32:50.5	6:34/K	2:53.0
6	Tyler frankel	matthews NC	14	4453	137	36:52.9	7:22/K	6:55.4
7	Grayson Rowe	Concord NC	14	4913	162	37:59.2	7:36/K	8:01.6
8	Bennett Worley	Charlotte NC	10	4634	235	42:40.3	8:32/K	12:42.7
9	James Porter	Indian Trail NC	11	4598	260	44:30.0	8:54/K	14:32.4
10	Elijah Gebe	Mooreville NC	13	4555	262	44:31.9	8:54/K	14:34.4
11	MALACHI BEST-DENNIS	charlotte NC	9	4529	303	46:59.1	9:24/K	17:01.6
12	Jack Tenold		12	5079	360	54:18.6	10:52/K	24:21.0
13	River Mullett	Fort Mill SC	6	4963	393	57:22.8	11:28/K	27:25.3

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	Ian Wessner	Davidson NC	17	4420	2	24:58.1	5:00/K	
2	Ryan Hamilton	DAVIDSON NC	17	4379	5	26:11.9	5:14/K	1:13.7
3	Bobby Scott		15	5055	6	26:13.8	5:15/K	1:15.6
4	Sean MacLeod	Huntersville NC	18	4395	8	26:18.8	5:16/K	1:20.6
5	Cooper Godwin	huntersville NC	17	4378	13	28:06.4	5:37/K	3:08.2
6	jack reardon	mooreville NC	16	4407	69	32:17.6	6:27/K	7:19.5
7	Nick Stacy	Rock Hill SC	18	4415	94	33:46.6	6:45/K	8:48.5
8	Elijah Manke	Spartanburg SC	16	4578	135	36:42.3	7:20/K	11:44.2
9	max reardon	mooreville NC	15	4408	178	39:11.6	7:50/K	14:13.5
10	Mason Hadley	Davidson NC	16	4462	224	41:52.6	8:22/K	16:54.5
11	Eliott Diskin	Charlotte NC	15	4857	232	42:27.0	8:29/K	17:28.8
12	Cooper Godwin		17	5075	435	1:13:44.6	14:45/K	48:46.5

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>	<u>Time Back</u>
1	Henrique Lopes	CHARLOTTE NC	24	4394	3	25:38.4	5:08/K	
2	John Callis	Charlotte NC	24	4363	9	26:47.6	5:21/K	1:09.2
3	Thomas Lineberger	Charlotte NC	24	4475	16	28:51.2	5:46/K	3:12.8
4	Stephen Danylyshyn	Charlotte NC	24	4366	27	29:52.0	5:58/K	4:13.6
5	Ian Combest	Clemmons NC	24	4365	30	29:55.1	5:59/K	4:16.7
6	Jesse Jezak	Augusta GA	23	4384	37	30:18.6	6:04/K	4:40.2
7	Mike Johnson	lincolnton NC	23	4386	40	30:28.1	6:06/K	4:49.7
8	Josh Sibbald	Edinboro PA	23	4610	44	30:48.3	6:10/K	5:09.9

Frigid 5k Run & Plunge

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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>	<u>Time Back</u>
9	Leo Rowe	Concord NC	20	4496	51	31:18.0	6:16/K	5:39.6
10	Ian Yount	Charlotte NC	20	4523	57	31:42.5	6:20/K	6:04.1
11	Rodrigo Trejo	Raleigh NC	24	4516	59	31:52.4	6:22/K	6:14.0
12	Alec Fairbaugh	Charlotte NC	22	4448	65	32:02.9	6:24/K	6:24.5
13	Benjamin Lowry	Hickory NC	24	5067	97	33:54.3	6:47/K	8:15.9
14	Conner Day	Charlotte NC	21	4542	103	34:16.8	6:51/K	8:38.4
15	David McGoldrick	Charlotte NC	23	4585	105	34:21.8	6:52/K	8:43.4
16	Jake Moya-Mendez	Denton NC	24	4592	145	37:10.0	7:26/K	11:31.6
17	Ethan Ward	Charlotte NC	23	4520	147	37:11.9	7:26/K	11:33.5
18	Jack Jacobson	Charlotte NC	23	4471	150	37:27.1	7:29/K	11:48.7
19	Justin Miller	Waxhaw NC	22	4587	160	37:56.6	7:35/K	12:18.2
20	Daniel Florez	Gastonia NC	22	4866	165	38:24.5	7:41/K	12:46.1
21	Christian Jones	Charlotte NC	22	4563	180	39:18.8	7:52/K	13:40.4
22	Diego Fuentes	Charlotte NC	20	4553	183	39:27.2	7:53/K	13:48.8
23	Nicholas Cesmat	Denver NC	22	4439	195	40:08.5	8:02/K	14:30.1
24	Eric Lewis	Moon Township PA	23	4575	196	40:08.7	8:02/K	14:30.3
25	Derek Allen		22	5074	237	42:47.2	8:33/K	17:08.8
26	Joe Morgan	Monroe NC	23	4896	244	43:04.9	8:37/K	17:26.5
27	Brian Morrow	Charlotte NC	24	4488	245	43:05.7	8:37/K	17:27.3
28	Connor Barbee	Charlotte NC	22	4526	265	44:50.6	8:58/K	19:12.2
29	Jacob Beauchamp	Mocksville NC	21	4645	272	45:21.8	9:04/K	19:43.4
30	Taylor Wilson	Raleigh NC	23	4632	289	46:17.4	9:15/K	20:39.0
31	Alex Bologna		22	5083	341	50:32.3	10:06/K	24:53.9
32	Tyler Ford	Huntersville NC	23	5002	356	54:09.3	10:50/K	28:30.9
33	Jason Smith	Norwood NC	20	4918	380	55:41.3	11:08/K	30:02.9
34	William Matthews	wingate NC	24	4582	389	55:56.9	11:11/K	30:18.5

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	Chris Zuerner	Charlotte NC	29	4425	1	24:16.3	4:51/K	
2	Chris Weissmann	Charlotte NC	26	4418	4	25:58.8	5:12/K	1:42.4
3	Reed Handlery	Columbia SC	28	4381	7	26:16.1	5:15/K	1:59.7
4	Jason Jaskiewicz	Gastonia NC	28	4382	17	28:59.2	5:48/K	4:42.8
5	Wes Clarkson	Charlotte NC	28	4442	18	29:04.2	5:49/K	4:47.8
6	Ben Street	Concord NC	29	4510	19	29:06.6	5:49/K	4:50.2
7	Christian Gibbens	Charlotte NC	25	4374	32	29:59.1	6:00/K	5:42.7
8	David Edward	Charlotte NC	25	4370	33	30:03.3	6:01/K	5:46.9
9	Matt Pena	CHARLOTTE NC	27	4403	35	30:12.4	6:02/K	5:56.0
10	Emerson Harris	Charlotte NC	26	4463	56	31:41.6	6:20/K	7:25.2
11	Derrick Davis	Greenville SC	27	4368	60	31:53.9	6:23/K	7:37.5
12	Josiah Mellentine	Shelby NC	27	4485	61	31:55.8	6:23/K	7:39.4

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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>	<u>Time Back</u>
13	Justin Mikkelson	Charlotte NC	26	4486	66	32:05.7	6:25/K	7:49.3
14	Brian McIntyre	Simpsonville SC	28	4586	74	32:44.3	6:33/K	8:27.9
15	Ben Prater		26	5052	76	32:47.2	6:33/K	8:30.8
16	Matthew Smoker	Lexington SC	26	4505	80	32:52.0	6:34/K	8:35.6
17	Alex Shivetts	Perrysburg OH	26	4502	87	33:28.2	6:42/K	9:11.8
18	David Goyer	Charlotte NC	25	4461	90	33:35.8	6:43/K	9:19.4
19	Nick Chapman	Charlotte NC	25	4440	93	33:46.0	6:45/K	9:29.6
20	Chris Huston	CHARLOTTE NC	25	4470	109	34:39.9	6:56/K	10:23.5
21	Javan Norris	Charlotte NC	26	4591	110	34:47.0	6:57/K	10:30.7
22	Michael Tassitino	Charlotte NC	27	4512	118	35:17.9	7:03/K	11:01.5
23	Nicholas Billiris	Charlotte NC	25	4433	123	35:48.0	7:10/K	11:31.6
24	Sam Johnson	Charlotte NC	26	4473	131	36:35.0	7:19/K	12:18.6
25	Joseph Rutherford	Charlotte NC	26	4410	139	36:55.9	7:23/K	12:39.5
26	William Sherrill	Charlotte NC	29	4609	143	37:06.2	7:25/K	12:49.8
27	Chad Hardin	Charlotte NC	25	4872	149	37:23.6	7:29/K	13:07.2
28	Charles Lloyd	Charlotte NC	27	4478	151	37:37.4	7:31/K	13:21.0
29	Jacob Edelman	Charlotte NC	27	4945	154	37:43.9	7:33/K	13:27.5
30	Dillon Bawayan	Charlotte NC	26	4644	171	39:00.6	7:48/K	14:44.2
31	Benji ChitKhin	Charlotte NC	26	4441	186	39:31.7	7:54/K	15:15.3
32	Wes Grover	Charlotte NC	26	4557	194	40:08.4	8:02/K	15:52.0
33	Austin Brown	Asheville NC	27	4437	197	40:09.0	8:02/K	15:52.7
34	Michael Ponzo	Mount Holly NC	27	4906	200	40:16.4	8:03/K	16:00.0
35	Tyler Kennedy	Charlotte NC	27	5082	204	40:28.4	8:06/K	16:12.0
36	Sam Sparger	Charlotte NC	29	4612	207	40:43.1	8:09/K	16:26.7
37	Alex Andony	Charlotte NC	25	4427	211	40:51.1	8:10/K	16:34.7
38	Wesley Pfeifer		29	5065	212	40:58.5	8:12/K	16:42.1
39	Alec Freudenberg		25	5056	217	41:34.9	8:19/K	17:18.5
40	Michael Foltz	Charlotte NC	25	4550	219	41:36.6	8:19/K	17:20.2
41	Sam Yelverton	Charlotte NC	29	5070	227	42:06.6	8:25/K	17:50.2
42	Michael Maccarone	Fort Mill SC	26	4888	228	42:10.3	8:26/K	17:53.9
43	Connor Price	Waxhaw NC	25	4601	230	42:15.1	8:27/K	17:58.7
44	WILLIAM HAYES	CHARLOTTE NC	28	4875	243	43:01.3	8:36/K	18:44.9
45	Charles Warnick	Charlotte NC	29	4521	246	43:07.3	8:37/K	18:50.9
46	Jonathan Summey	Dallas NC	26	4511	254	43:56.7	8:47/K	19:40.4
47	Colin Dee		27	5060	255	44:13.6	8:51/K	19:57.2
48	Matt Horn	Winston-Salem NC	28	4468	256	44:14.7	8:51/K	19:58.3
49	Andrew Spiros	Charlotte NC	27	4614	267	44:52.5	8:58/K	20:36.1
50	Charlie Rogers	Charlotte NC	28	4912	281	45:46.2	9:09/K	21:29.8
51	Patrick Beaver	Cherryville NC	26	4646	300	46:53.7	9:23/K	22:37.3
52	Richard Stipanovic	Charlotte NC	29	4616	311	47:18.6	9:28/K	23:02.2
53	Greg Wright	Lancaster SC	25	4636	312	47:20.0	9:28/K	23:03.6
54	Josh Price	Charlotte NC	25	4494	343	51:16.6	10:15/K	27:00.2
55	Valerie Foligno	Charlotte NC	26	4867	344	51:16.9	10:15/K	27:00.5

Frigid 5k Run & Plunge

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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>	<u>Time Back</u>
56	Buddy Forrest	Charlotte NC	25	5003	352	53:47.7	10:45/K	29:31.3
57	Alex Rodney		28	5068	359	54:16.9	10:51/K	30:00.5
58	Dustin Peaire	Davidson NC	25	4969	392	57:05.9	11:25/K	32:49.6
59	Anand Manohar	Charlotte NC	25	4396	408	1:02:16.6	12:27/K	38:00.2
60	Brad Saunders	Waxhaw NC	27	5034	418	1:08:01.9	13:36/K	43:45.5

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	Kevin List	Charlotte NC	34	4477	24	29:43.6	5:57/K	
2	Benjamin Caple	Chapel Hill NC	32	4532	39	30:24.7	6:05/K	0:41.1
3	Scuba Steve Williamson	McAdenville NC	31	4421	52	31:18.5	6:16/K	1:34.9
4	BRIAN TYLER	ATLANTA GA	32	4417	53	31:38.5	6:20/K	1:54.8
5	Corbin Nyeste	Charlotte NC	30	4400	54	31:41.6	6:20/K	1:57.9
6	Leland Timmons	Charlotte NC	31	4514	55	31:41.6	6:20/K	1:58.0
7	Robert Heim	Charlotte NC	32	4465	58	31:44.7	6:21/K	2:01.1
8	Philip Mintac	Charlotte NC	32	4487	70	32:28.0	6:30/K	2:44.4
9	Christopher Thomas	Charlotte NC	33	4621	100	34:05.0	6:49/K	4:21.3
10	Ryan Sgroi	Charlotte NC	30	4501	113	35:03.9	7:01/K	5:20.3
11	Joe DVORAK	MATTHEWS NC	30	4447	127	36:13.4	7:15/K	6:29.8
12	Everett Rubin	Charlotte NC	31	4972	130	36:32.5	7:18/K	6:48.9
13	Kyle DeHont	Charlotte NC	30	4543	152	37:40.0	7:32/K	7:56.4
14	Anthony Rattazzi	Indian Trail NC	32	4908	156	37:47.6	7:33/K	8:03.9
15	Abdollah Mohammadi	Charlotte NC	30	4590	159	37:54.4	7:35/K	8:10.8
16	Mike Miller	Charlotte NC	34	4588	210	40:51.1	8:10/K	11:07.4
17	Raghunatha Nandikanti	Charlotte NC	33	5026	213	41:00.1	8:12/K	11:16.5
18	Brandon Hawver	Simpsonville SC	31	4874	226	42:04.3	8:25/K	12:20.7
19	Dylan Kelly	Raleigh NC	30	4567	239	42:51.8	8:34/K	13:08.2
20	Steve Hilliard	Huntersville NC	31	4467	240	42:57.2	8:35/K	13:13.6
21	Beau Fink	Charlotte NC	30	4548	248	43:18.3	8:40/K	13:34.7
22	Aaron Koski	Matthews NC	31	4883	250	43:30.3	8:42/K	13:46.7
23	Daniel Roberts	Rock Hill SC	31	4604	251	43:35.3	8:43/K	13:51.7
24	Drew Crisan	Charlotte NC	34	4540	253	43:35.8	8:43/K	13:52.2
25	Jonathan Payton	Charlotte NC	32	4596	264	44:44.9	8:57/K	15:01.3
26	Matthew Epolito	Charlotte NC	31	4862	276	45:36.5	9:07/K	15:52.8
27	Corey Morrill	Gastonia NC	30	4897	279	45:44.9	9:09/K	16:01.3
28	Mario Santillan	Huntersville NC	33	4915	283	45:51.2	9:10/K	16:07.6
29	Gerardo Mendez	Charlotte NC	33	4892	294	46:33.6	9:19/K	16:49.9
30	Layth Nasralla	Charlotte NC	31	4489	302	46:57.9	9:23/K	17:14.3
31	Zachary Dussault	Charlotte NC	33	4861	342	51:14.4	10:15/K	21:30.8
32	Mark Caddell	Waxhaw NC	31	4995	391	57:05.5	11:25/K	27:21.9
33	kiran nukala	charlotte NC	31	4594	396	57:31.4	11:30/K	27:47.7

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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>
34	Samuel Boardman	Charlotte NC	31	4936	407	1:00:44.5	12:09/K	31:00.9
35	Chris snyder Snyder	Charlotte NC	32	4414	413	1:07:44.0	13:33/K	38:00.4
36	Joe Dore	Taylors SC	30	4944	425	1:08:23.5	13:41/K	38:39.9
37	Andrew Snipes	Charlotte NC	33	5036	429	1:11:06.1	14:13/K	41:22.5

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	Sergei Zhyk	Charlotte NC	38	4424	10	27:06.6	5:25/K	
2	Anthony Nero		39	5057	11	27:19.2	5:28/K	0:12.6
3	Paul Halaborda		37	5073	12	27:31.0	5:30/K	0:24.4
4	Aaron Fulton	Huntersville NC	38	4455	15	28:50.0	5:46/K	1:43.4
5	NATHAN SMITH	CHARLOTTE NC	37	4504	41	30:32.8	6:06/K	3:26.2
6	Benjamin Mellentine	Shelby NC	39	4397	45	30:51.2	6:10/K	3:44.6
7	Jeff King	Pineville NC	35	4881	46	30:51.9	6:10/K	3:45.3
8	Brock Glaser	MOORESVILLE NC	38	4376	62	31:56.3	6:23/K	4:49.7
9	Matthew Auman	Pineville NC	36	4429	67	32:09.8	6:26/K	5:03.2
10	Sam Collins	Charlotte NC	35	4364	82	33:06.2	6:37/K	5:59.6
11	Ron Gilson	Charlotte NC	37	4458	83	33:11.9	6:38/K	6:05.3
12	Ben Goff	Concord NC	38	4459	89	33:30.5	6:42/K	6:23.9
13	Thomas Mclellan	charlotte NC	35	4484	95	33:50.0	6:46/K	6:43.4
14	Curtis Stephens	Concord NC	37	4508	98	33:58.1	6:48/K	6:51.5
15	Pranav Jha	Charlotte NC	35	4385	102	34:11.8	6:50/K	7:05.2
16	Michael Humlan	Davidson NC	36	4560	111	34:48.0	6:58/K	7:41.4
17	Jamie Spargo	Gastonia NC	37	4613	121	35:40.5	7:08/K	8:33.9
18	Christopher Carter	Charlotte NC	37	4534	158	37:53.8	7:35/K	10:47.2
19	Bryce Yeargan	Winston Salem NC	37	4637	168	38:47.5	7:45/K	11:40.9
20	Anthony Darr	Charlotte NC	37	4541	193	40:02.0	8:00/K	12:55.4
21	Justin Kirilo	Fort Mill SC	35	4882	218	41:35.8	8:19/K	14:29.2
22	Izzat Saymeh	Charlotte NC	39	4499	223	41:48.6	8:22/K	14:42.0
23	Derek Murphy	Charlotte NC	38	4964	234	42:33.8	8:31/K	15:27.2
24	Nolan Perkins	Mooreville NC	37	5029	257	44:14.8	8:51/K	17:08.2
25	Michael Dennis	charlotte NC	38	4545	304	46:59.5	9:24/K	19:52.9
26	Robert Joseph	Charlotte NC	37	4878	333	49:13.6	9:51/K	22:07.0
27	Vijay Datla	Charlotte NC	35	4997	335	49:46.8	9:57/K	22:40.2
28	Wendell Lupton	Greensboro NC	35	4955	357	54:11.0	10:50/K	27:04.4
29	William Barton	Mt Holly NC	37	4527	364	54:28.7	10:54/K	27:22.1
30	John Davis	Vale NC	36	4444	367	54:38.4	10:56/K	27:31.8
31	David Orr	Charlotte NC	35	4902	376	55:31.4	11:06/K	28:24.8
32	Russell Schlick	Charlotte NC	38	5035	411	1:02:41.3	12:32/K	35:34.6

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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>	<u>Time Back</u>
1	Gregg Garrison	Cornelius NC	42	4373	14	28:06.5	5:37/K	
2	Chris Welles	Charlotte NC	42	4419	25	29:44.1	5:57/K	1:37.6
3	Wisdom Jzar	Charlotte NC	42	4565	34	30:09.3	6:02/K	2:02.7
4	Jeffrey Lak	Mt Holly NC	40	4391	49	31:05.5	6:13/K	2:59.0
5	Monte Mahin	Mount Holly NC	43	4480	63	31:57.6	6:23/K	3:51.0
6	John Mottola	Huntersville NC	42	4398	73	32:34.5	6:31/K	4:27.9
7	Nate King	Matthews NC	41	4388	84	33:14.7	6:39/K	5:08.1
8	greg schieve	Charlotte NC	41	4500	85	33:17.2	6:39/K	5:10.7
9	Chad Drake	Kannapolis NC	42	4445	86	33:21.2	6:40/K	5:14.6
10	Aaron Mailloux	Charlotte NC	43	4481	96	33:51.6	6:46/K	5:45.0
11	Marc Angerer	Fort Mill SC	42	4428	99	34:04.7	6:49/K	5:58.1
12	Mark Jenkins	Charlotte NC	41	4472	106	34:25.4	6:53/K	6:18.8
13	Geo Marques Neto	Charlotte NC	43	4579	108	34:29.7	6:54/K	6:23.1
14	Douglas Cooper	Greensboro NC	42	4537	116	35:13.7	7:03/K	7:07.1
15	Andy Moore		41	5084	138	36:54.9	7:23/K	8:48.3
16	Matthew Ladenheim	Huntersville NC	44	4569	146	37:11.7	7:26/K	9:05.1
17	Bryce Wolfe	Charlotte NC	43	4633	163	38:06.4	7:37/K	9:59.8
18	Eric Watson	Midlothian VA	44	4628	174	39:04.6	7:49/K	10:58.0
19	Jon Fenton	Charlotte NC	41	4450	181	39:23.4	7:53/K	11:16.8
20	Ryan Fay	Davidson NC	42	4863	187	39:33.2	7:55/K	11:26.6
21	Matt Smith	Charlotte NC	44	4919	231	42:25.9	8:29/K	14:19.3
22	Ben Broom	Clover SC	42	4993	263	44:43.5	8:57/K	16:36.9
23	Greg Lee	Charlotte NC	42	4887	266	44:50.6	8:58/K	16:44.0
24	Russell Sumrall	Charlotte NC	44	4617	270	45:08.4	9:02/K	17:01.8
25	Sean Ryan	Charlotte NC	40	4498	291	46:21.3	9:16/K	18:14.8
26	Robert Poliquin	Charlotte NC	40	4970	296	46:40.6	9:20/K	18:34.0
27	Chris St. Clair	Rock Hill SC	44	5037	301	46:57.8	9:23/K	18:51.2
28	Bob Drury	Davidson NC	41	4859	310	47:13.8	9:27/K	19:07.2
29	Tommy Shores	Cornelius NC	41	4917	327	49:01.0	9:48/K	20:54.4
30	Ashish Pandey	Charlotte NC	43	4402	349	53:24.9	10:41/K	25:18.3
31	Arvind Vedantham	Charlotte NC	43	4627	381	55:41.5	11:08/K	27:34.9
32	Chris Williams	Clover SC	40	4931	387	55:53.2	11:11/K	27:46.6
33	Robert Moses	Greensboro NC	40	5023	397	57:32.3	11:30/K	29:25.7
34	Danny Davis	Charlotte NC	41	4942	404	1:00:27.2	12:05/K	32:20.7
35	George Lawson	Greenville SC	40	5012	432	1:13:01.7	14:36/K	44:55.1

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	garrett nelson	charlotte NC	47	4399	21	29:07.3	5:49/K	
2	Jason Giersch	Charlotte NC	45	4375	22	29:11.5	5:50/K	0:04.1
3	Carey Jason	Charlotte NC	46	4436	23	29:28.8	5:54/K	0:21.4

Frigid 5k Run & Plunge

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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>	<u>Time Back</u>
4	Scott Lemos	Charlotte NC	46	5058	26	29:51.4	5:58/K	0:44.0
5	Richard Pryll	Charlotte NC	47	4406	28	29:52.7	5:58/K	0:45.3
6	Jim Jones	Charlotte NC	49	5059	47	30:52.5	6:10/K	1:45.1
7	Rich Lambert	Mint Hill NC	48	4393	50	31:10.1	6:14/K	2:02.7
8	Gregory Tucker	Huntersville NC	45	4626	114	35:08.3	7:02/K	6:00.9
9	Jeffrey Chokran	Matthews NC	48	4536	117	35:17.8	7:03/K	6:10.5
10	Darin Bird	Denver NC	49	4434	126	36:07.9	7:13/K	7:00.5
11	Charles Hicklin	Columbia SC	48	4466	129	36:31.8	7:18/K	7:24.4
12	Trea Floyd	Charlotte NC	47	4451	133	36:41.0	7:20/K	7:33.6
13	Todd Manke	Spartanburg SC	49	4482	134	36:41.9	7:20/K	7:34.5
14	Mike Wilson	Kenly NC	46	4522	141	37:04.4	7:25/K	7:57.0
15	Skip Lopes	Charlotte NC	45	4479	148	37:18.2	7:28/K	8:10.8
16	Derek Painter		47	5087	161	37:57.4	7:35/K	8:50.0
17	Bo Scott		45	5054	167	38:42.3	7:44/K	9:34.9
18	Terry Byron	Apex NC	49	4851	172	39:01.7	7:48/K	9:54.3
19	James Whiting	Tega Cay SC	48	4631	175	39:04.8	7:49/K	9:57.4
20	tony peters	CHARLOTTE NC	47	4904	198	40:12.3	8:02/K	11:04.9
21	adam kaufman	charlotte NC	46	4474	202	40:28.1	8:06/K	11:20.8
22	Jim Thompson	Charlotte NC	47	4622	220	41:36.7	8:19/K	12:29.3
23	Craig Varnum	Huntersville NC	47	4929	225	41:58.6	8:24/K	12:51.2
24	Mike Culm	Huntersville NC	47	4854	229	42:14.3	8:27/K	13:06.9
25	Chris Worley	Charlotte NC	46	4635	236	42:43.5	8:33/K	13:36.2
26	jeff hanood	charlotte NC	45	4871	249	43:23.3	8:41/K	14:15.9
27	Scott Sparks	Harrisburg NC	46	4920	277	45:38.1	9:08/K	16:30.7
28	Adam Zeck	Charlotte NC	47	4638	278	45:39.8	9:08/K	16:32.4
29	Stuart Hall	Huntersville NC	45	4558	284	45:57.7	9:11/K	16:50.3
30	Timothy Tobin	Charlotte NC	45	4983	316	47:23.6	9:29/K	18:16.2
31	John Dever	Charlotte NC	46	4856	330	49:09.6	9:50/K	20:02.2
32	charles tenold	clover SC	47	5078	361	54:20.9	10:52/K	25:13.5
33	Jonathan Brown	Charlotte NC	46	4939	369	54:39.8	10:56/K	25:32.5
34	Dean Mallozzi	Cornelius NC	47	4576	372	55:22.6	11:04/K	26:15.2
35	Melissa Morenus	Iron Station NC	49	5022	398	57:36.5	11:31/K	28:29.1
36	Sanjay Singh	Charlotte NC	45	4503	410	1:02:36.7	12:31/K	33:29.4

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	Chip Ducharme	York SC	52	4547	75	32:46.8	6:33/K	
2	Billy Gooding	Clover SC	54	5064	78	32:48.1	6:34/K	0:01.2
3	Kenneth Tuckmantel	Boiling Springs SC	50	4518	107	34:27.2	6:53/K	1:40.3
4	Nathan Lanning	Charlotte NC	52	4573	120	35:38.3	7:08/K	2:51.4
5	Timothy Allison	Charlotte NC	54	4426	124	35:50.8	7:10/K	3:04.0

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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>
6	Randy Miller	Mooresville NC	50	4589	177	39:11.6	7:50/K	6:24.7
7	Guy Roberts	Charlotte NC	54	4910	184	39:28.8	7:54/K	6:41.9
8	Leroy Townsend	Harrisburg NC	54	4625	214	41:13.4	8:15/K	8:26.5
9	Richard Spencer	Charlotte NC	50	4921	271	45:18.2	9:04/K	12:31.3
10	thomas reardon	moorerville NC	54	5031	298	46:48.6	9:22/K	14:01.7
11	jeff sams	mount holly NC	50	5033	351	53:47.6	10:45/K	21:00.7

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	Brenneman Thompson	Charlotte NC	59	4416	48	31:05.4	6:13/K	
2	Ray Thompson	Greenville SC	60	4513	132	36:36.8	7:19/K	5:31.4
3	michael combest	Clemmons OK	65	4443	142	37:05.3	7:25/K	5:59.9
4	Tom Torkildsen	Matthews NC	62	4515	153	37:41.5	7:32/K	6:36.1
5	John Foster	Carlisle PA	64	4551	176	39:08.0	7:50/K	8:02.6
6	Jeff Linson	Charlotte NC	58	4476	179	39:18.7	7:52/K	8:13.3
7	Rory Regan	Charlotte NC	55	4909	205	40:30.1	8:06/K	9:24.7
8	Terry farmer	moorerville NC	69	4449	222	41:47.0	8:21/K	10:41.6
9	Micheal McArthur	Charlotte NC	69	4958	286	45:58.7	9:12/K	14:53.3
10	Michael Kauffman	Charlotte NC	56	4879	308	47:09.9	9:26/K	16:04.5
11	Brian Foote	Charlotte NC	56	4868	309	47:10.9	9:26/K	16:05.5
12	John Nolan	Waxhaw NC	55	4968	402	59:28.7	11:54/K	28:23.3
13	tom kitrick	charlotte NC	61	5011	405	1:00:28.9	12:06/K	29:23.5

Frigid 5k

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February 10, 2017

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 Shoher	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

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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

Male 20 to 24

Place	Name	City	Age	Bib No	Overall	Time	Pace
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

Place	Name	City	Age	Bib No	Overall	Time	Pace
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 Ponzo	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

Frigid 5k

Age Group ResultsRace Date

February 10, 2017

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
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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

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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Age Group Results

Race Date

February 13, 2016

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>
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

Frigid 5K Run & Plunge

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Race Date

February 13, 2016

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	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

Frigid 5K Run & Plunge

Age Group Results

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February 13, 2016

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>
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

Frigid 5K Run & Plunge

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February 13, 2016

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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February 13, 2016

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	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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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>
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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February 13, 2016

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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February 13, 2016

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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February 13, 2016

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

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

Frigid 5K
Age Group Results

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>	<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 Estepp	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

Frigid 5K
Age Group Results

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>
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

Race Date
February 14, 2015

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>
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

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

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

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>	<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 Niekra	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

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

Race Date
February 14, 2015

Frigid 5K
Age Group Results

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

Frigid 5K Run & Plunge

Age Group Results

Race Date

February 15, 2014

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	Danielle Gregory		12	4194	111	26:52.9	5:22/K	
2	Sarah Dressen		14	4147	180	30:12.3	6:02/K	3:19.3
3	Jennifer Ramsey		14	4300	183	30:18.3	6:04/K	3:25.4
4	Callie Dishon		5	4143	298	45:33.3	9:07/K	18:40.4

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	Alexis Knox	Gastonia	17	4226	32	21:19.6	4:16/K	
2	Macy Shelton		15	4418	101	26:15.3	5:15/K	4:55.6
3	Heleena Tapp		19	4363	137	28:16.1	5:39/K	6:56.5
4	Taylor Ferguson	Huntersville	17	4166	241	33:50.7	6:46/K	12:31.1
5	Alanna Dronsky		16	4148	280	39:54.7	7:59/K	18:35.0
6	Megan Reading		17	4304	292	44:21.6	8:52/K	23:01.9

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	Lauren Blackwell		21	4087	10	19:18.9	3:52/K	
2	Austin Alexander		23	4071	62	24:10.0	4:50/K	4:51.1
3	Savannah Holder		23	4208	67	24:26.7	4:53/K	5:07.8
4	Rebekka Glass		21	4184	75	24:52.2	4:58/K	5:33.3
5	Demeri Alysha		24	4429	95	26:02.7	5:12/K	6:43.8
6	Katie Hunter		23	4214	113	26:57.2	5:23/K	7:38.3
7	Indira Reid		23	4308	121	27:20.0	5:28/K	8:01.1
8	Kayla Aiton		20	4069	124	27:30.2	5:30/K	8:11.2
9	Jacqueline Cipriano		21	4120	129	27:49.6	5:34/K	8:30.7
10	Amanda Shonk		22	4339	172	29:56.2	5:59/K	10:37.3
11	Emily Plate		23	4293	174	30:00.5	6:00/K	10:41.6
12	Amanda Lee		23	4236	178	30:08.8	6:02/K	10:49.9
13	Audra Fenner		22	4164	181	30:16.3	6:03/K	10:57.4
14	Caroline Clemmer		22	4123	198	31:40.2	6:20/K	12:21.2
15	Veronica Russell		24	4322	200	31:45.6	6:21/K	12:26.7
16	Samantha Glass		23	4183	201	31:46.0	6:21/K	12:27.1
17	McKenna Brandon		23	4098	215	32:14.3	6:27/K	12:55.4
18	Emily Fantetti		21	4161	223	33:00.5	6:36/K	13:41.6
19	Ruth Cumberland		23	4137	226	33:08.9	6:38/K	13:50.0
20	Emily Crabtree		22	4133	239	33:45.7	6:45/K	14:26.8
21	Alicia Etscorn		24	4159	248	34:18.6	6:52/K	14:59.7
22	Courtney Johnson		23	4218	250	34:33.8	6:55/K	15:14.8
23	Abbigail Kuzmen		24	4230	264	37:06.0	7:25/K	17:47.1

Frigid 5K Run & Plunge

Age Group Results

Race Date

February 15, 2014

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>
24	Danielle suprick	Charlotte	22	4356	265	37:25.7	7:29/K	18:06.8
25	Emily Lukens		24	4241	266	37:25.9	7:29/K	18:07.0
26	Jessica Reading		21	4305	269	37:37.4	7:31/K	18:18.5
27	Carolyn Houser		21	4212	290	43:11.9	8:38/K	23:52.9

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	Amanda Iannello	Charlotte	28	4216	11	19:25.8	3:53/K	
2	Katie Dean	Charlotte	25	4139	22	20:34.9	4:07/K	1:09.0
3	Christine Wolf	Charlotte	26	4386	42	22:34.4	4:31/K	3:08.5
4	Fay Moyers		25	4270	43	22:46.1	4:33/K	3:20.3
5	Melissa Budd	Charlotte	25	4108	51	23:27.0	4:41/K	4:01.1
6	Anna Lampley	Monroe	27	4231	74	24:51.7	4:58/K	5:25.8
7	Jackie Mason	Charlotte	25	4411	94	26:01.1	5:12/K	6:35.2
8	Christine Sanchez		28	4327	107	26:33.8	5:19/K	7:08.0
9	Jana Williams		25	4420	115	27:00.3	5:24/K	7:34.4
10	Laura Boyce		28	4094	138	28:25.5	5:41/K	8:59.6
11	Sarah Peterson		26	4288	141	28:35.4	5:43/K	9:09.5
12	Kameron Moebes		26	4264	143	28:39.5	5:44/K	9:13.6
13	Corissa Allison		26	4073	145	28:42.5	5:44/K	9:16.6
14	Mila Pena	Statesville	26	4285	154	29:03.4	5:49/K	9:37.5
15	Amy Fowler		28	4171	159	29:28.1	5:54/K	10:02.2
16	Rebecca Musser	Charlotte	25	4271	177	30:06.3	6:01/K	10:40.4
17	Meredith McClure		27	4253	184	30:25.8	6:05/K	10:59.9
18	Christina LuDack	Huntersville	25	4240	185	30:33.0	6:07/K	11:07.1
19	Kristi Bratton		28	4099	191	30:51.4	6:10/K	11:25.5
20	Melissa Reynard		28	4309	194	31:04.5	6:13/K	11:38.6
21	Amanda Hovis		27	4213	196	31:31.7	6:18/K	12:05.8
22	Arin Heaton		27	4202	205	31:57.3	6:23/K	12:31.4
23	Jennifer Witzen		27	4385	207	31:59.5	6:24/K	12:33.6
24	Cristina Montero	Charlotte	25	4265	209	32:00.3	6:24/K	12:34.4
25	Sunny Smith		25	4343	214	32:14.2	6:27/K	12:48.3
26	Megan Moore	Mount Holly	29	4266	221	32:45.7	6:33/K	13:19.8
27	Jessie Franzone	Matthews	28	4173	222	32:58.0	6:36/K	13:32.1
28	Ashley Patterson	Charlotte	26	4282	224	33:05.7	6:37/K	13:39.8
29	Alissa Shannon		26	4338	235	33:36.3	6:43/K	14:10.4
30	Sara Staab		27	4350	236	33:40.0	6:44/K	14:14.1
31	Stacey Webster		29	4377	242	33:51.9	6:46/K	14:26.0
32	Janelle Lavoie		28	4234	243	33:52.2	6:46/K	14:26.3
33	Hannah Ames		26	4075	258	36:51.5	7:22/K	17:25.6
34	Sara Eichinger		26	4155	260	36:53.9	7:23/K	17:28.0

Frigid 5K Run & Plunge

Age Group Results

Race Date

February 15, 2014

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>
35	Jennifer Lee		29	4394	263	37:02.6	7:24/K	17:36.8
36	Meredith Ray		28	4302	276	39:28.0	7:54/K	20:02.2
37	Stacey Saleeby		26	4324	279	39:52.8	7:58/K	20:27.0
38	Megan Smith		28	4345	283	41:02.9	8:12/K	21:37.0
39	Paula Solano	Denver	26	4349	287	43:06.5	8:37/K	23:40.6
40	Katie Gramarossa		25	4187	291	43:12.3	8:38/K	23:46.4

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	Allie Brown		34	4102	44	22:52.4	4:34/K	
2	Katy Rust		30	4323	82	25:20.6	5:04/K	2:28.2
3	Katie Phillips	Mint Hill	32	4290	86	25:36.0	5:07/K	2:43.6
4	Amy Booi		31	4091	119	27:09.5	5:26/K	4:17.1
5	Emily DiMichele		31	4142	122	27:26.0	5:29/K	4:33.6
6	B.A. WHEELER		34	4379	125	27:34.5	5:31/K	4:42.0
7	gabrielle buff		30	4109	130	27:51.8	5:34/K	4:59.4
8	Angie Larson		34	4233	147	28:43.8	5:45/K	5:51.4
9	Julie Tambussi	Charlotte	31	4362	150	28:52.0	5:46/K	5:59.5
10	Rachel Brand		32	4097	162	29:31.9	5:54/K	6:39.4
11	Jessica Cook		34	4427	163	29:39.6	5:56/K	6:47.2
12	Krista Reddington		34	4306	165	29:41.5	5:56/K	6:49.1
13	Linh Granados		33	4188	186	30:36.6	6:07/K	7:44.2
14	Lisa Blackwood		30	4088	187	30:37.6	6:07/K	7:45.2
15	Jenna Minges		32	4261	202	31:47.9	6:21/K	8:55.5
16	Kelli Burns		34	4111	203	31:49.6	6:22/K	8:57.2
17	Karie Lewicki	Charlotte	31	4237	206	31:58.0	6:24/K	9:05.6
18	Chanti Huskey		34	4406	208	32:00.1	6:24/K	9:07.7
19	Viaunce Connor		34	4130	232	33:22.8	6:40/K	10:30.4
20	Katie Short	Charlotte	33	4340	247	34:18.1	6:52/K	11:25.6
21	chrissy bryant		32	4104	249	34:24.6	6:53/K	11:32.2
22	LAURA SNEAD		31	4347	252	34:54.1	6:59/K	12:01.7
23	Latasha Douglas	STATESVILLE	32	4144	262	37:01.5	7:24/K	14:09.1
24	ROSA VALDES		34	4372	270	37:41.7	7:32/K	14:49.2
25	Christina dunn	charlotte	30	4151	271	37:42.8	7:32/K	14:50.4
26	Kelli Montanez		31	4430	272	38:00.8	7:36/K	15:08.4
27	Sheila Rivera		33	4312	289	43:07.0	8:37/K	20:14.6

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>
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Frigid 5K Run & Plunge

Age Group Results

Race Date

February 15, 2014

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	Melissa Orr	Charlotte	35	4396	17	20:11.8	4:02/K	
2	Natascha Truong		35	4371	68	24:33.3	4:55/K	4:21.4
3	Jodi Kines		35	4223	76	24:53.7	4:59/K	4:41.8
4	Christina Hornick		39	4211	89	25:53.6	5:11/K	5:41.7
5	Virginia Tate		38	4365	109	26:51.8	5:22/K	6:39.9
6	Olivia Gregory		35	4193	117	27:07.9	5:25/K	6:56.0
7	Meredith Edwards		35	4153	120	27:19.6	5:28/K	7:07.8
8	Tracy Sims		36	4341	131	28:05.5	5:37/K	7:53.7
9	Samantha Swan	Charlotte	38	4359	140	28:34.5	5:43/K	8:22.6
10	Kim Cole		39	4124	149	28:48.5	5:46/K	8:36.6
11	Jessica Garon		37	4180	166	29:50.8	5:58/K	9:38.9
12	Susan Corbett-Hopf		37	4131	190	30:45.7	6:09/K	10:33.8
13	Natalie Epperly		37	4157	210	32:03.2	6:25/K	11:51.4
14	Danielle Crowell		37	4135	218	32:18.3	6:28/K	12:06.4
15	Heather Martin		37	4247	227	33:12.1	6:38/K	13:00.2
16	Katy Johnson		36	4219	229	33:13.1	6:39/K	13:01.2
17	Jennifer Highley		37	4205	246	34:15.3	6:51/K	14:03.4
18	Teryl Greist	Mooreville	35	4196	253	35:26.5	7:05/K	15:14.6
19	Jennifer Burriss	Monroe	39	4112	256	36:35.9	7:19/K	16:24.0
20	Tonya Tapp		38	4364	257	36:40.4	7:20/K	16:28.5
21	Alice Farmer	Charlotte	36	4162	267	37:29.6	7:30/K	17:17.7
22	Maria Torrentes		35	4367	275	39:24.0	7:53/K	19:12.1
23	Jessica Perry		36	4286	278	39:47.5	7:57/K	19:35.6
24	Michele Miranda		36	4262	285	41:34.6	8:19/K	21:22.7

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	Jill Farar		41	4421	78	25:01.6	5:00/K	
2	Jo Proia		43	4294	189	30:39.2	6:08/K	5:37.6
3	Bethanie Johnson	Charlotte	44	4217	193	30:58.9	6:12/K	5:57.2
4	Carrie Buckman	Huntersville	43	4107	195	31:25.1	6:17/K	6:23.5
5	Amy Fox		44	4172	212	32:07.9	6:25/K	7:06.2
6	Amy Smith		40	4346	220	32:22.4	6:28/K	7:20.8
7	Melissia Starnes		43	4352	238	33:43.1	6:45/K	8:41.4
8	Michelle Ferguson	Huntersville	44	4165	244	33:52.8	6:46/K	8:51.2
9	Sonja Williams		43	4393	261	36:54.2	7:23/K	11:52.6
10	Robin Vogeli		41	4374	281	40:55.5	8:11/K	15:53.8
11	Jennifer Readling		42	4303	294	44:24.9	8:53/K	19:23.2

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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	KIMBERLY zimmer		46	4390	128	27:48.4	5:34/K	
2	Pam Zoldowski		46	4391	160	29:29.4	5:54/K	1:41.0
3	Beth Schaewe		47	4422	161	29:31.8	5:54/K	1:43.4
4	Margaret Fenner		46	4163	182	30:17.8	6:03/K	2:29.3
5	Jennifer Tafoya	Charlotte	45	4361	197	31:36.0	6:19/K	3:47.6
6	Sue Frost		48	4177	217	32:15.8	6:27/K	4:27.4
7	Stephanie Graham	Charlotte	46	4186	219	32:21.9	6:28/K	4:33.5
8	Sonda Frattini	Charlotte	48	4175	286	42:22.3	8:28/K	14:33.8
9	Dawn Neto		49	4274	296	44:45.3	8:57/K	16:56.9

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	Roseanne Sanders		52	4328	59	23:54.9	4:47/K	
2	Lynn Ramsey	York	53	4298	114	26:58.9	5:24/K	3:04.0
3	June Hersek		51	4204	282	41:01.3	8:12/K	17:06.4
4	Leigh Sellers	Charlotte	50	4335	295	44:44.8	8:57/K	20:49.9

Frigid 5K Run & Plunge

Age Group Results

Race Date

February 15, 2014

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	Matthew Fowler	Concord	13	4170	5	18:37.2	3:43/K	
2	Wyatt Novak	Charlotte	13	4277	14	20:00.7	4:00/K	1:23.5
3	Richard Gregory		10	4195	55	23:35.3	4:43/K	4:58.1
4	austin bryant		9	4105	66	24:25.2	4:53/K	5:48.0
5	Greyson Kines		7	4225	72	24:46.5	4:57/K	6:09.3
6	AJ Riera		10	4311	134	28:09.0	5:38/K	9:31.8
7	ethan rabon		12	4296	169	29:51.9	5:58/K	11:14.7
8	Spenser Marino		11	4244	175	30:02.1	6:00/K	11:24.8

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	Clay Sellers		15	4336	64	24:23.1	4:53/K	
2	Jacob Briggs		18	4424	127	27:43.7	5:33/K	3:20.5
3	Joshua Saleeby		18	4325	268	37:35.4	7:31/K	13:12.2

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>	<u>Time Back</u>
1	Keven Gregg	Charlotte	23	4192	1	15:49.3	3:10/K	
2	Jackson Marshall		23	4246	3	18:10.5	3:38/K	2:21.1
3	Benjamin Steinberg		23	4354	18	20:14.7	4:03/K	4:25.3
4	Mason Morton		24	4269	25	20:42.2	4:08/K	4:52.8
5	Chris Allman	Charlotte	23	4074	35	21:35.3	4:19/K	5:46.0
6	Jake DeWoody	Charlotte	24	4140	106	26:32.9	5:18/K	10:43.6
7	Frank Congel		21	4129	112	26:54.8	5:23/K	11:05.5
8	Michael Branch	Morganton	24	4096	132	28:05.9	5:37/K	12:16.6
9	grant metheny		21	4260	133	28:06.2	5:37/K	12:16.9
10	Jay hathcock		24	4392	148	28:47.0	5:45/K	12:57.7
11	Eugene Konschnik		23	4228	171	29:55.6	5:59/K	14:06.2
12	Alex Ramsey	York	21	4299	230	33:13.9	6:39/K	17:24.5
13	Nicholas McCarty		20	4252	273	38:10.2	7:38/K	22:20.9

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	Kyle Elmiger		26	4156	8	18:55.3	3:47/K	
2	Stephen Giordano		27	4182	9	19:11.5	3:50/K	0:16.2
3	Brian Mister	Charlotte	25	4395	12	19:55.5	3:59/K	1:00.1
4	Kyle Lane		29	4410	15	20:03.7	4:01/K	1:08.3

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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>	<u>Time Back</u>
5	Harriman Lee		25	4235	16	20:08.3	4:02/K	1:12.9
6	Derek Harrell		29	4407	24	20:40.1	4:08/K	1:44.7
7	Donald Ranft	Cornelius	29	4301	36	21:45.2	4:21/K	2:49.8
8	Dustin Moore	Mount Holly	27	4267	50	23:22.3	4:40/K	4:27.0
9	Greg McMahan		26	4256	63	24:18.4	4:52/K	5:23.0
10	Andrew Kuzmen		27	4229	77	25:01.4	5:00/K	6:06.1
11	Jared Frye		28	4178	84	25:30.8	5:06/K	6:35.5
12	Trent Earls	Cornelius	29	4152	87	25:38.0	5:08/K	6:42.7
13	Nick Ferrucci		28	4167	88	25:38.2	5:08/K	6:42.8
14	Rex Marvel		26	4249	91	25:56.8	5:11/K	7:01.4
15	John Powers		29	4408	93	26:00.3	5:12/K	7:05.0
16	Chris Grant		27	4189	105	26:31.0	5:18/K	7:35.7
17	Brandyn Brazee		26	4101	136	28:14.9	5:39/K	9:19.5
18	Adam Boyce		29	4093	139	28:26.1	5:41/K	9:30.7
19	Adam Alfero		28	4072	142	28:35.6	5:43/K	9:40.2
20	Jonathan Payton		28	4283	146	28:42.6	5:44/K	9:47.3
21	Brandon Ansley		29	4080	151	28:53.7	5:47/K	9:58.3
22	Nate Eichinger		26	4404	155	29:04.8	5:49/K	10:09.5
23	Christian Calvert	Charlotte	28	4114	158	29:27.2	5:53/K	10:31.8
24	tomek Barc	Morganton	26	4082	170	29:53.7	5:59/K	10:58.4
25	Kevin Wilkinson		26	4423	173	29:59.7	6:00/K	11:04.4
26	Jon Croft		29	4134	204	31:57.3	6:23/K	13:01.9
27	Wesley Clark		27	4121	225	33:07.6	6:37/K	14:12.3
28	Miles Andrews		28	4079	228	33:12.4	6:38/K	14:17.1
29	James Pittman	Charlotte	26	4292	233	33:24.5	6:41/K	14:29.2
30	Trey Hoover		26	4210	234	33:32.2	6:42/K	14:36.8
31	Mike Bifulco	Charlotte	27	4086	240	33:46.0	6:45/K	14:50.6
32	James Ziegelbauer	Charlotte	26	4389	251	34:46.6	6:57/K	15:51.2

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	Ryan Mills		31	4425	2	16:51.9	3:22/K	
2	Robert rust	Charlotte	33	4400	7	18:43.5	3:45/K	1:51.5
3	Wesley Bishop	Charlotte	32	4401	13	19:59.9	4:00/K	3:07.9
4	Matt Hooker		33	4209	23	20:40.1	4:08/K	3:48.1
5	Nick Brazee		30	4100	34	21:21.6	4:16/K	4:29.7
6	Jeff Derwort		34	4413	38	22:05.8	4:25/K	5:13.8
7	Marc Robinson		34	4316	39	22:19.8	4:28/K	5:27.8
8	Ryan Fontaine	Charlotte	34	4169	47	23:11.8	4:38/K	6:19.8
9	Paul Russo		31	4397	48	23:14.0	4:39/K	6:22.1
10	Ian Rummer		30	4321	54	23:32.1	4:42/K	6:40.2

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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>
11	Michael Willard		32	4384	60	24:05.9	4:49/K	7:13.9
12	Adam Goodson	Charlotte	30	4185	61	24:08.0	4:50/K	7:16.0
13	Adam Colt		32	4128	65	24:24.6	4:53/K	7:32.6
14	Matt Snyder		30	4348	70	24:36.9	4:55/K	7:45.0
15	CJ Toscano		30	4369	73	24:48.7	4:58/K	7:56.8
16	Carlos Cortez		34	4132	90	25:56.7	5:11/K	9:04.7
17	nick sisley	charlott	33	4342	97	26:05.7	5:13/K	9:13.8
18	Tommy Noblett		33	4276	104	26:22.0	5:16/K	9:30.0
19	Ryan Bowerize	Charlotte	30	4092	116	27:00.4	5:24/K	10:08.4
20	Hollis Parks		34	4281	118	27:09.4	5:26/K	10:17.5
21	Jason Snodgrass		31	4402	126	27:41.5	5:32/K	10:49.5
22	Adrien Savariego	Fort mill	32	4330	152	28:56.5	5:47/K	12:04.5
23	David Giang		34	4181	179	30:11.2	6:02/K	13:19.2
24	Scott McElyea	Lowell	32	4255	188	30:37.9	6:07/K	13:45.9
25	Jason Wells		34	4378	192	30:57.4	6:11/K	14:05.5
26	Johnny Crump		32	4136	199	31:45.5	6:21/K	14:53.5
27	Jason Bryant		32	4103	216	32:15.0	6:27/K	15:23.0
28	Carlos Torres		34	4368	274	39:24.0	7:53/K	22:32.0
29	Ian Wallis		30	4375	297	45:30.8	9:06/K	28:38.8

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	Stan Austin		37	4405	4	18:26.2	3:41/K	
2	Derrick Phillips		35	4289	6	18:41.5	3:44/K	0:15.3
3	Greg Schieve	Charlotte	37	4332	19	20:21.2	4:04/K	1:55.0
4	Walter Duncan	Fort Mill	38	4149	20	20:23.2	4:05/K	1:57.0
5	Brian Niekras	Charlotte	39	4275	26	20:43.7	4:09/K	2:17.5
6	adam meier		35	4398	28	20:55.3	4:11/K	2:29.1
7	JC Clark	Charlotte	35	4122	30	21:09.4	4:14/K	2:43.2
8	Jacob Cannegieter	Charlotte	38	4115	40	22:27.8	4:29/K	4:01.6
9	Doug Franzone		36	4174	49	23:14.8	4:39/K	4:48.6
10	Rick Haitley		37	4416	56	23:37.2	4:43/K	5:11.0
11	Jude Johnson		36	4220	57	23:38.3	4:44/K	5:12.1
12	Dan Husser	Rock Hill	37	4215	58	23:45.1	4:45/K	5:18.9
13	John Kines		36	4224	71	24:45.8	4:57/K	6:19.6
14	Jeffrey Dunkel	Rock hill	38	4150	79	25:05.5	5:01/K	6:39.3
15	Bryam Frick	Waxhaw	39	4176	80	25:11.5	5:02/K	6:45.3
16	CORY MENDAT		38	4257	83	25:22.5	5:04/K	6:56.3
17	jeremy novey	Charlotte	35	4279	100	26:11.0	5:14/K	7:44.8
18	Sam Grogan		38	4198	103	26:17.0	5:15/K	7:50.8
19	tom Egan III		39	4154	108	26:40.9	5:20/K	8:14.7

Frigid 5K Run & Plunge

Age Group Results

Race Date

February 15, 2014

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>
20	Matteo DiMichele		37	4141	123	27:26.0	5:29/K	8:59.8
21	Álvaro Riera		39	4310	135	28:09.7	5:38/K	9:43.5
22	Jason Douglas		36	4145	153	29:01.6	5:48/K	10:35.4
23	Daniel Roos		35	4320	156	29:05.5	5:49/K	10:39.3
24	Uziel Blancas		35	4089	167	29:51.2	5:58/K	11:24.9
25	Chris Epperly		35	4158	211	32:05.5	6:25/K	13:39.3
26	Ashley Starnes		39	4351	213	32:08.5	6:26/K	13:42.3
27	David Burn		35	4110	231	33:17.4	6:39/K	14:51.1
28	Thad Beavers		35	4085	259	36:52.5	7:22/K	18:26.2
29	Matthew Highley		36	4206	277	39:38.7	7:56/K	21:12.5
30	Matthew Whitley		38	4380	293	44:23.0	8:53/K	25:56.8

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	Chris Galloway		40	4399	31	21:19.6	4:16/K	
2	sean green	charlotte	43	4190	33	21:20.7	4:16/K	0:01.0
3	Vincent Sullivan	Charlotte	41	4415	45	23:01.1	4:36/K	1:41.4
4	Tracy Ledford		42	4419	92	25:57.4	5:11/K	4:37.7
5	Matthew Anderson	Huntersville	44	4077	96	26:05.6	5:13/K	4:45.9
6	Troy Tarwater		43	4426	164	29:39.9	5:56/K	8:20.2
7	Kirk Marino		43	4245	176	30:03.2	6:01/K	8:43.5
8	John O'Kain		40	4280	245	33:59.8	6:48/K	12:40.1
9	Scott Readling		44	4412	284	41:09.1	8:14/K	19:49.5
10	David Dilda		44	4409	288	43:06.5	8:37/K	21:46.9

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	Kirk Pinska	Concord	49	4291	21	20:25.0	4:05/K	
2	Robert Collins		48	4125	27	20:49.9	4:10/K	0:24.9
3	Dave Griffin	Charlotte	45	4197	52	23:30.4	4:42/K	3:05.4
4	Gavin Dowell		47	4146	53	23:31.0	4:42/K	3:05.9
5	Nick Mayer		45	4250	81	25:18.3	5:04/K	4:53.2
6	David McCarty		48	4251	99	26:10.1	5:14/K	5:45.1
7	Ray Ryoti		47	4403	110	26:52.2	5:22/K	6:27.2
8	Marc Luce		45	4239	144	28:41.2	5:44/K	8:16.1

Frigid 5K Run & Plunge

Age Group Results

Race Date

February 15, 2014

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	Richard Ayers	Mooresville	51	4081	29	20:57.1	4:11/K	
2	Michael Steinberg		53	4353	37	22:02.8	4:24/K	1:05.6
3	Chris Eason	Gastonia	51	4428	46	23:07.0	4:37/K	2:09.9
4	Bruce Mlakar		53	4263	98	26:07.7	5:13/K	5:10.6
5	Jeff Shelton		50	4417	102	26:15.3	5:15/K	5:18.1
6	Todd Sellers	Charlotte	50	4334	157	29:07.2	5:49/K	8:10.1
7	Keith Koger		54	4227	168	29:51.4	5:58/K	8:54.2
8	Chuck Maddox		53	4242	237	33:40.4	6:44/K	12:43.2
9	Jeffery Eudy		53	4160	255	36:04.5	7:13/K	15:07.3

Male 55 to 59

<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	lee schenck	Lexington	57	4331	41	22:29.0	4:30/K	
2	Johnny Ackerman		56	4068	69	24:34.8	4:55/K	2:05.8
3	Thomas Barfield		57	4083	254	35:46.1	7:09/K	13:17.0

Male 60 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	Jim Owens		68	4414	85	25:32.4	5:06/K	

**Frigid 5K Run & Plunge
Age Group Results**

Female 0-25

Name	Age Group Place	Gender	Age	Gun Time
Shannon Kay	1	F	18	22:00.5
Rachel Terrio	2	F	17	22:56.1
Kailee Erwin	3	F	12	23:12.6
Alexis Knox	4	F	16	23:53.8
Melissa Diamond	5	F	21	24:00.0
Heidi Nygaard	6	F	24	24:37.7
Whitney Benfield	7	F	25	25:09.2
Caroline Law	8	F	17	26:21.4
Kelly McMurtrie	9	F	23	26:55.1
Macy Shelton	10	F	14	26:59.5
Amy DeCillis	11	F	15	27:11.1
Emma Ellis	12	F	11	28:14.8
Zoe Newell	13	F	11	28:25.5
Linda Cho	14	F	25	28:26.3
Christianna Bambini	15	F	15	29:00.0
Mychal Feeny	16	F	25	29:14.4
Kristi Conklin	17	F	22	29:22.5
stephanie champlin	18	F	23	29:22.9
Rand Williams	19	F	22	29:24.5
Jennifer Ramsey	20	F	13	29:40.0
Andraya Vantrease	21	F	24	29:48.8
Mila Pena	22	F	25	30:59.6
Angeline Diamond	23	F	24	31:08.0
Katie McIntosh	24	F	12	31:22.8
Alli McClure	25	F	13	31:25.3
Christina LuDack	26	F	24	31:26.4
Tiffany Wang	27	F	25	31:28.1
Caroline Combs	28	F	24	32:30.7
Randi Burroughs	29	F	25	33:03.3
Hilary Tebeleff	30	F	23	33:31.2
Lauren Cole	31	F	23	33:54.9
Katherine Hackworth	32	F	23	34:49.4
Felicia Ambler	33	F	16	35:06.8
Jessica Robinson	34	F	19	36:48.6
Cassie Dixon	35	F	25	36:57.7
Taylor Ferguson	NA	F	16	Unread
Jetta Hendrix	NA	F	25	Unread
Kristi Conklin	NA	F	22	Unread
Laura Whittaker	NA	F	23	Unread
leah karim	NA	F	21	Unread
Shannon Kay	NA	F	18	Unread
Rachel Terrio	NA	F	17	Unread
Evelyn Zhang	NA	F	25	Unread
Samantha Woolery	NA	F	25	Unread
Paula Solano	NA	F	25	Unread
Josee Farmer	NA	F	20	Unread

Male 0-25

Name	Age Group Place	Gender	Age	Gun Time
Zack Capets	1	M	22	17:17.7

Matthew Bedinghaus	2	M	25	19:28.3
Maxwell Franks	3	M	19	20:40.5
Alex Fisher	4	M	20	20:48.9
Jake Gasparre	5	M	22	21:35.7
Daniel Melo	6	M	24	21:46.8
Austin Gillis	7	M	16	21:58.0
Andrew Carlin	8	M	19	22:00.5
Joseph Luciano	9	M	20	22:40.9
Matt Austin	10	M	20	23:15.7
Erik Norberg	11	M	25	23:52.1
Alec Fairbaugh	12	M	17	24:19.5
Albert Oh	13	M	24	24:30.7
Russell LaBarge	14	M	25	24:32.9
Ryan Pellicone	15	M	24	25:07.3
Evan Landrum	16	M	24	25:09.2
Wilson Fullagar	17	M	16	25:18.8
Justin Ruszkowski	18	M	25	25:30.5
Logan Stephens	19	M	23	25:37.4
Stephen LaFleur	20	M	25	25:43.4
Ryan Hess	21	M	21	26:08.8
Peyton Wallace	22	M	11	26:42.7
Matthew Mahan	23	M	25	26:52.0
Andrew Santos	24	M	13	27:17.4
cameron nielsen	25	M	12	27:54.4
Jack Fullagar	26	M	17	28:19.7
James Pittman	27	M	25	28:29.7
Matt Virgil	28	M	25	29:05.2
Zachary Whiteman	29	M	19	29:07.8
Tim Boyer	30	M	23	31:14.2
Scott Wheeler	31	M	23	31:49.5
Brandon Denney	32	M	25	32:00.5
Parker Wallace	33	M	14	32:39.7
John Duncan	34	M	24	32:55.7
Alex Ramsey	35	M	20	35:59.4
Eric Fellner	36	M	20	36:03.8
Kyle Larson	37	M	19	36:51.4
Ryan Feltman	NA	M	23	Unread
Iman Donahee	NA	M	13	Unread
Andrew Branca	NA	M	14	Unread
Daryan Rahimzadeh	NA	M	22	Unread
Paarth Mehta	NA	M	23	Unread

Female 26-30

Name	Age Group Place	Gender	Age	Gun Time
Chelsea Burfeind	1	F	26	20:02.0
chassity keoprasedth	2	F	27	21:33.4
amanda iannello	3	F	27	23:44.6
Anna Lampley	4	F	26	24:29.9
Stephanie Wilson	5	F	26	24:40.2
Desiree Lackey	6	F	30	25:02.2
Danielle Selby	7	F	27	25:48.3
Lara Mikoleit	8	F	26	28:09.7
Jill Newcomb	9	F	27	28:19.2
Beth Homyak	10	F	30	28:52.9
Jacqueline Willis	11	F	29	29:09.3
Tiffany Greene	12	F	26	29:37.4

Jenny Mann	13	F	30	30:26.7
Stephanie Bush	14	F	29	30:29.7
Rachel Daschler	15	F	29	31:15.6
Tiffany Stebbins	16	F	30	32:07.2
Danelle Smith	17	F	27	32:07.7
Tamekia Foster	18	F	28	32:18.9
Jamie Duncan	19	F	26	32:55.7
Emily Rast	20	F	26	33:02.9
Amber Wittmer	21	F	26	33:05.3
Catherine Woltz	22	F	26	33:10.7
Callie Cook	23	F	27	33:11.1
Roxana Popa	24	F	27	33:13.0
Kimberly Baur	25	F	26	34:08.5
stephanie tarnowicz	26	F	28	34:44.1
Becky Bridges	27	F	29	36:07.8
Liz Ratliff	28	F	30	36:08.9
Jeni McDermott	29	F	26	36:22.8
SONDRA MCKINNEY	30	F	30	37:32.2
Elaine Feeny	31	F	27	37:44.3
Whittney Welborn	32	F	27	41:22.8
Jennifer Cathcart	33	F	30	42:11.3
DIANA RODRIGUEZ	34	F	26	43:43.4
Stephanie Fridley	35	F	28	43:56.9
Sarah Briggs	NA	F	27	45:00.0
Ashley Patterson	NA	F	26	45:00.0
Kaiti Courts	NA	F	26	45:00.0
Lauren Heinauer	NA	F	28	Unread
Lauren Johnson	NA	F	27	Unread
Erika Moser	NA	F	27	Unread
Whitney Quinlan	NA	F	26	Unread
Sara Charavell	NA	F	28	Unread
Olivia Campbell	NA	F	27	Unread
Christina Dunn	NA	F	29	Unread
Jesse Halstead	NA	F	30	Unread

Male 26-30

Name	Age Group Place	Gender	Age	Gun Time
Colin Cronin	1	M	29	19:21.1
Adam Gray	2	M	28	20:25.7
Jim DeMay	3	M	30	20:28.5
Shaun Atkinson	4	M	30	21:08.1
Tim Slaughter	5	M	29	21:30.4
Chris Mertz	6	M	27	21:39.9
Gregory Wilson	7	M	30	22:08.8
Greg Reece	8	M	28	23:08.5
Ryan Link	9	M	27	23:19.2
Joshua Greene	10	M	28	23:32.3
Benjamin Schottenfels	11	M	29	23:40.6
Edwin Terrell	12	M	28	23:56.6
Carl Zimmerman	13	M	28	24:08.7
Matt Herr	14	M	27	24:37.0
William Chan	15	M	27	24:59.1
Steven Eagan	16	M	27	25:48.7
Ryan Bowerize	17	M	29	26:27.2
Derek Pagani	18	M	28	27:44.4
Samuel Walker	19	M	26	28:03.4

Frank Pagel	20	M	27	28:04.6
David ONeal	21	M	30	28:58.1
Charles Saxon	22	M	30	29:23.3
Jordan Ledford	23	M	28	29:24.8
Jason Stallings	24	M	28	29:41.7
Kris Norberg	25	M	28	29:44.9
Brad Lipsey	26	M	27	30:04.6
brian eggert	27	M	26	30:05.1
Philip Bridges	28	M	30	30:12.8
Clark Leonard	29	M	26	35:48.2
Brian Matthews	30	M	30	38:02.2
Jon Hindman	NA	M	30	45:00.0
Jordan Bertke	NA	M	30	Unread
James Grenier	NA	M	28	Unread
Gregory Wilson	NA	M	30	Unread
Chris Wright	NA	M	27	Unread
Christopher Long	NA	M	30	Unread
Michael Bifulco	NA	M	26	Unread
Adam Houston	NA	M	29	Unread
Nathan McDonald	NA	M	26	Unread
Derek Morrell	NA	M	26	Unread

Female 31-35

Name	Age Group Place	Gender	Age	Gun Time
Melissa Orr	1	F	33	21:09.1
Lindsey McCabe	2	F	32	22:57.4
Jesica Bazela	3	F	32	24:44.2
Bethany Popov	4	F	34	26:36.7
Elizabeth Shockey	5	F	31	27:39.8
Katerina Ehrlich Bonnevaux	6	F	33	27:58.4
Jennifer Schexnayder	7	F	34	29:23.5
Sandra Peter	8	F	35	29:58.9
Carolyn Newell	9	F	34	30:54.2
Miranda Yountz	10	F	33	31:34.4
kelly Grathwohl	11	F	34	31:39.7
Angela Parker	12	F	32	34:02.4
elena massimini	13	F	31	35:41.2
Jodie Whittington	14	F	35	36:38.0
lacy camp	15	F	35	36:38.4
Amber Earle	16	F	32	37:24.8
kelli robinson	17	F	35	38:39.7
Alice Farmer	18	F	35	38:50.7
LATASHA DOUGLAS	19	F	31	40:39.3
Bonnie Playko	20	F	31	41:33.8
Anne Goodson	NA	F	32	Unread
Nicole Creech	NA	F	33	Unread
Christin Harrison	NA	F	32	Unread
Maggie Grace	NA	F	32	Unread

Male 31-35

Name	Age Group Place	Gender	Age	Gun Time
Matthew Longworth	1	M	32	17:04.0
JC Clark	2	M	34	21:02.5
Wesley Bishop	3	M	31	21:55.8
Eric Enders	4	M	32	21:58.9

Adam Markiewicz	5	M	31	22:14.9
kevin Bartlett	6	M	32	22:56.7
Brian Solomon	7	M	32	23:49.8
Rick Orlofsky	8	M	32	23:55.8
Edward Peugh	9	M	32	24:12.0
Ian Hennessy	10	M	31	24:12.4
JP Calicdan	11	M	32	24:19.7
john Buter	12	M	32	24:28.0
Daniel Popov	13	M	34	24:56.9
Mayer Marc	14	M	35	26:08.2
James Contratto	15	M	32	26:10.2
Seth Utt	16	M	34	27:35.8
Phillip Gardner	17	M	34	27:47.6
Ian Backes	18	M	31	27:58.1
Scott McElyea	19	M	31	28:00.5
Tommy Crosby	20	M	33	30:14.0
JASON DOUGLAS	21	M	35	30:43.1
Chris Yountz	22	M	33	31:34.5
Jason Boschan	23	M	34	31:36.9
jeremy novey	24	M	34	33:15.1
Joe Chiazza	25	M	31	33:27.1
Nick Playko	26	M	31	41:33.9
Joseph Cathcart	27	M	32	43:00.0
Marc Mayer	28	M	35	43:15.6
Henry Earle	NA	M	35	45:00.0
Jeremy Hall	NA	M	35	Unread
Mark Weidert	NA	M	32	Unread
Sean Whittaker	NA	M	31	Unread
Derek Howell	NA	M	33	Unread
Brian Zapata	NA	M	32	Unread

Female 36-40

Name	Age Group Place	Gender	Age	Gun Time
Shelley Suter	1	F	39	24:12.9
Elizabeth Northrup	2	F	38	27:15.4
Arricka Brouwer	3	F	39	27:20.6
Beth Mincher	4	F	36	27:35.9
Amy Hunter	5	F	40	28:24.0
Holly Horton	6	F	40	28:52.4
Kristin Eagan	7	F	38	33:14.2
Tonje Olsen	8	F	40	34:51.9
Cathy Howell	9	F	40	35:11.9
April Nichols	10	F	39	40:12.4
Kathleen Langerman	11	F	37	41:03.8
Jennifer Collins	NA	F	37	Unread
Tifini Isom	NA	F	37	Unread

Male 36-40

Name	Age Group Place	Gender	Age	Gun Time
Greg Schieve	1	M	36	20:44.2
Aaron Chan	2	M	37	21:14.2
RONALD KMIECIK	3	M	38	22:45.1
Leigh Northrup	4	M	38	23:55.3
Robert Drury	5	M	36	24:04.7
Skip Notte	6	M	37	24:13.3

Kerry Ormond	7	M	40	24:21.8
Jason Kausch	8	M	40	24:34.7
Mark Johnson	9	M	40	25:15.1
Jason Adams	10	M	36	25:26.7
Dale mccormick	11	M	38	25:44.9
Corey Mendat	12	M	37	26:04.8
tom egan	13	M	38	26:39.7
Brian Gross	14	M	38	27:35.7
Christophor Sheridan	15	M	38	29:22.3
jaymes rae	16	M	39	29:23.3
Shannon Hubert	17	M	36	29:58.8
Michael Deep	18	M	36	30:10.8
Jeffrey Dunkel	19	M	37	30:19.8
Jay Allen	20	M	37	30:22.4
Brian Wallace	21	M	38	32:53.4
Michael Luce	22	M	36	39:52.0
Craig Ashley	NA	M	39	Unread
Chris Ehrenfeld	NA	M	36	Unread
Jason Dell	NA	M	37	Unread
Aaron Chan	NA	M	37	Unread
John Gardner	NA	M	36	Unread
Greg Gelting	NA	M	40	Unread
Bobby Collins	NA	M	38	Unread

Female 41-45

Name	Age Group Place	Gender	Age	Gun Time
Heather Ruckterstuhl	1	F	43	23:57.7
Michelle Ferguson	2	F	43	24:20.1
Cami Bredeson	3	F	43	25:23.9
Diane McClure	4	F	42	26:42.3
Windy Fullagar	5	F	42	28:18.0
Carrie Buckman	6	F	42	30:10.0
Jennifer Burgos	7	F	41	30:34.6
Kellie Blankenship	8	F	43	31:21.6
Jennifer Tafoya	9	F	44	33:29.6
Cindy Anderson	10	F	43	33:40.3
Myra Pachter	11	F	42	33:58.7
Stephanie Graham	12	F	45	33:59.3
Charlene Lee	13	F	41	34:40.5
Rebecca Ortiz	14	F	43	37:38.7
Julie Curlee	15	F	42	41:24.3
Toni Rabb	NA	F	45	45:00.0

Male 41-45

Name	Age Group Place	Gender	Age	Gun Time
Craig Busch	1	M	44	22:23.9
Casey Ellis	2	M	43	23:42.4
Steven Shober	3	M	44	24:23.4
Mark Doctor	4	M	43	26:13.3
Diego Santos	5	M	43	27:18.4
sean green	6	M	42	27:49.7
NEERAJ ASHRI	7	M	41	27:59.7
David Griffin	8	M	44	28:15.1
Brian Thee	9	M	42	29:52.2
Carlo Martini	10	M	42	31:02.2

Matthew Anderson	11	M	43	31:04.7
Michael Branca	12	M	44	32:04.4
Alex Pachter	13	M	42	32:19.8
Joe Herring	14	M	44	34:17.1
Name Unknown	15	M	44	34:45.3
John DeLaGarza	16	M	45	35:05.4
James Duke	17	M	41	39:09.1
Joel Olsen	18	M	43	43:30.4
Kevin Schultz	NA	M	45	45:00.0
John Cole	NA	M	45	45:00.0
kurt nielsen	NA	M	43	Unread

Female 46 and better

Name	Age Group Place	Gender	Age	Gun Time
kathy Cross	1	F	47	25:21.6
Sarah Terrio	2	F	53	27:31.1
Jenifer Kay	3	F	47	28:12.4
Lynn Ramsey	4	F	52	29:39.5
Michelle McLellan	5	F	46	31:45.8
lisa karim	6	F	49	33:15.8
Denise Long	7	F	54	33:56.1
Jean Eagan	8	F	62	34:11.1
Sonda Frattini	9	F	47	34:42.3
Daphne Friday	10	F	57	37:52.6
Sue Elchak	11	F	52	38:59.9
Debra Windley	12	F	56	42:04.3
Tina Patterson	NA	F	55	45:00.0
Barbara Courts	NA	F	53	45:00.0
carol ball	NA	F	58	Unread
darlene janning	NA	F	58	Unread

Male 46 and better

Name	Age Group Place	Gender	Age	Gun Time
Richard Ayers	1	M	50	23:47.4
Lee Schenck	2	M	56	24:51.8
Robert Campbell	3	M	52	25:28.6
Bruce Holliday	4	M	56	26:05.2
gary rautenstrauch	5	M	59	26:18.1
Jeff Shelton	6	M	49	26:59.8
Larry Blankenship	7	M	51	28:02.0
Daniel Johnson	8	M	49	30:12.7
Glenn Nickerson	9	M	60	34:27.1
John Slaughter	10	M	58	34:36.6
james janning	11	M	65	34:54.1
Nathan Gibby	12	M	46	36:41.6
Rob Boyer	13	M	56	37:10.5
David Weaver	14	M	46	37:18.4
Dusty Bredeson	15	M	49	38:15.4
Frank Harrison	16	M	59	42:03.1
Rick Miller	NA	M	49	Unread
Hal Keener	NA	M	48	Unread
Dean Perna	NA	M	49	Unread

Overall Place	Bib No
24	389
30	542
34	316
44	397
49	291
67	462
76	228
96	407
103	439
104	587
106	287
129	313
135	451
136	269
141	223
145	320
147	275
148	263
152	561
156	494
159	605
177	479
180	292
184	436
185	429
186	420
187	553
200	274
206	248
216	539
218	603
232	604
236	213
248	502
250	293
NA	324
NA	363
NA	275
NA	560
NA	387
NA	389
NA	542
NA	575
NA	568
NA	530
NA	319

Overall Place	Bib No
2	258

4	227
8	328
10	326
17	338
19	441
21	343
23	259
28	419
35	219
43	598
56	317
63	463
64	399
74	478
75	403
78	334
83	507
84	534
85	401
92	368
101	552
102	421
108	509
119	456
133	333
137	483
142	546
143	558
181	237
193	557
194	290
201	551
204	300
240	495
241	583
249	405
NA	322
NA	593
NA	597
NA	492
NA	440

Overall Place	Bib No
5	246
16	392
40	377
62	402
68	564
73	400
87	520
127	444
132	581
139	371
144	562
154	354

172	422
173	250
182	285
196	533
197	585
198	327
203	299
205	496
207	566
208	567
209	277
210	486
223	599
230	538
242	240
243	497
244	432
254	437
256	321
268	556
274	261
278	505
279	586
Time	242
Time	475
Time	279
NA	362
NA	384
NA	450
NA	489
NA	266
NA	257
NA	302
NA	358

Overall Place	Bib No
3	281
6	349
7	289
12	218
15	528
18	443
25	563
33	499
36	411
37	353
38	514
47	540
51	576
66	366
72	264
88	304
97	235
116	473
125	549

126	474
140	466
150	510
153	408
157	532
158	457
163	413
164	309
168	241
239	409
258	426
Time	369
NA	229
NA	355
NA	563
NA	570
NA	415
NA	230
NA	373
NA	433
NA	449

Overall Place	Bib No
13	469
32	428
69	226
98	488
115	525
121	311
151	512
162	481
176	452
188	572
191	348
222	600
238	425
245	582
246	255
253	307
260	504
261	318
266	294
270	485
NA	345
NA	280
NA	359
NA	346

Overall Place	Bib No
1	602
11	270
20	231
22	315

26	423
31	225
42	531
46	467
52	482
53	364
57	254
61	251
71	487
91	601
93	276
113	545
117	337
120	221
123	434
169	282
175	295
189	571
190	580
212	461
214	268
271	484
275	262
276	427
Time	306
NA	590
NA	555
NA	559
NA	374
NA	574

Overall Place	Bib No
54	535
107	459
110	243
114	447
134	376
138	372
211	305
233	465
237	375
265	453
267	404
NA	272
NA	378

Overall Place	Bib No
9	513
14	265
29	396
45	458
50	296
55	460

59	468
65	388
77	382
81	211
86	431
89	578
99	308
112	357
146	592
149	491
161	579
166	584
170	301
171	212
202	550
264	418
NA	216
NA	310
NA	288
NA	265
NA	336
NA	339
NA	273

Overall Place	Bib No
48	506
58	323
80	238
100	430
131	332
165	244
174	247
183	232
215	537
217	215
220	471
221	347
228	591
255	470
269	284
Time	490

Overall Place	Bib No
27	249
39	314
60	524
94	596
109	508
118	352
122	217
130	356
160	543
178	424

179	214
195	595
199	472
225	367
231	594
235	589
263	298
277	464
Time	515
Time	271
NA	455

Overall Place	Bib No
79	283
111	541
128	390
155	493
192	438
213	386
219	416
224	303
229	330
257	331
262	312
273	565
Time	476
Time	278
NA	222
NA	380

Overall Place	Bib No
41	220
70	511
82	256
90	370
95	498
105	588
124	233
167	383
226	454
227	529
234	379
247	342
251	236
252	554
259	239
272	360
NA	445
NA	391
NA	480