

# Full Overall Results

Place	Bib Name	Gender	Place	City	State	Swim			Transition to Bike			Bike			Transition to Run			Run					
						Time	Pace	(Cumulative)	Time	Pace	(Cumulative)	Time	Pace	(Cumulative)	Time	Pace	(Cumulative)	Time	Pace	(Cumulative)	Time	Pace	(Cumulative)
						Time	Pace	(Cumulative)	Time	Pace	(Cumulative)	Time	Pace	(Cumulative)	Time	Pace	(Cumulative)	Time	Pace	(Cumulative)	Time	Pace	(Cumulative)
1	966 Steve Croucher	M	1	Greenville	SC	17:43.70	28:32	17:43.70	28:32	18:05.99	00:22.29	1:35:47.54	9.3	1:17:41.55	11	1:36:31.36	00:43.82	2:07:15.38	6:43	30:44.01	7:37	2:07:15.38	6:43
2	1231 Charlie Smoak	M	2	Wingate	NC	17:03.52	27:27	17:03.52	27:27	17:48.62	00:45.09	1:43:53.08	8.6	1:26:04.46	10	1:44:37.44	00:44.35	2:14:31.51	7:06	29:54.06	7:24	2:14:31.51	7:06
3	989 Bull Herndon	M	3	Charlotte	NC	25:35.67	41:11	25:35.67	41:11	28:03.73	02:28.05	1:49:13.01	8.2	1:21:09.28	10.6	1:51:14.38	02:01.37	2:25:54.56	7:42	34:40.17	8:35	2:25:54.56	7:42
4	1211 AJ Petrillo	M	4	Blue Ridge	GA	23:08.22	37:14	23:08.22	37:14	24:05.98	00:57.76	1:53:23.98	7.9	1:29:18.00	9.6	1:53:53.54	00:29.55	2:30:21.54	7:56	36:28.00	9:02	2:30:21.54	7:56
5	1221 Conall Monahan	M	5	Charlotte	NC	20:06.39	32:22	20:06.39	32:22	21:42.82	01:36.42	1:59:29.12	7.5	1:37:46.30	8.8	2:01:04.99	01:35.87	2:32:50.46	8:04	31:45.47	7:52	2:32:50.46	8:04
6	977 Chris Foster	M	6	Indian Land	NC	25:08.64	40:28	25:08.64	40:28	26:10.35	01:01.71	1:53:07.30	7.9	1:26:56.94	9.9	1:53:56.41	00:49.10	2:32:52.40	8:04	38:55.99	9:38	2:32:52.40	8:04
7	1238 Jonathan van der Merwe	M	7	Columbia	SC	20:30.56	33:00	20:30.56	33:00	22:27.36	01:56.79	1:53:08.49	7.9	1:30:41.13	9.5	1:53:59.03	00:50.53	2:33:35.03	8:06	39:36.00	9:48	2:33:35.03	8:06
8	1242 Sam Woodrum	M	8	Raleigh	NC	23:40.37	38:06	23:40.37	38:06	24:42.02	01:01.65	1:54:28.29	7.8	1:29:46.26	9.6	1:54:57.21	00:28.92	2:34:58.02	8:11	40:00.81	9:54	2:34:58.02	8:11
9	951 David Allsopp	M	9	Durham	NC	20:38.05	33:12	20:38.05	33:12	21:31.55	00:53.49	1:57:51.58	7.6	1:36:20.03	8.9	1:58:27.13	00:35.54	2:34:58.29	8:11	36:31.16	9:04	2:34:58.29	8:11
10	1000 Katja Krenn	F	1	Wingate	NC	20:47.54	33:28	20:47.54	33:28	21:34.69	00:47.15	1:57:47.56	7.6	1:36:12.86	8.3	1:58:12.09	00:24.53	2:35:28.13	8:12	37:16.03	9:13	2:35:28.13	8:12
11	956 Mikely Benes	M	10	YORK	SC	24:33.38	39:31	24:33.38	39:31	26:17.76	01:44.37	1:57:36.17	7.6	1:31:18.41	9.4	1:58:30.47	00:54.30	2:37:46.47	8:20	39:15.99	9:43	2:37:46.47	8:20
12	1255 Michael Mauher	M	11	Greenville	SC	20:54.15	33:38	20:54.15	33:38	22:12.87	01:18.71	2:05:10.06	7.1	1:42:57.19	8.3	2:06:11.29	01:01.23	2:39:29.77	8:25	33:18.48	8:15	2:39:29.77	8:25
13	1254 Ethan Carrigan	M	12	Taylorsville	NC	23:04.07	37:07	23:04.07	37:07	24:59.39	01:55.31	2:07:48.18	7	1:42:48.79	8.2	2:08:32.39	00:44.21	2:40:01.51	8:27	31:29.11	7:48	2:40:01.51	8:27
14	1249 David Duguid	M	13	Cary	NC	22:01.68	35:27	22:01.68	35:27	24:10.92	02:09.24	1:57:45.23	7.6	1:33:34.30	9.2	1:58:57.49	01:12.26	2:40:16.48	8:27	41:18.99	10:14	2:40:16.48	8:27
15	1202 Louis Lapat	M	14	Charlotte	NC	1:12:01.39	1:55:55	1:12:01.39	1:55:55	1:14:30.21	02:28.82	2:19:31.85	6.4	1:05:01.63	13.2	2:22:03.61	02:31.76	2:45:35.67	8:44	23:32.05	5:50	2:45:35.67	8:44
16	999 Arthur Krenkel	M	15	Bluefield	WV	26:38.30	42:52	26:38.30	42:52	28:07.83	01:29.53	2:12:14.00	6.8	1:44:06.17	8.2	2:13:39.63	01:25.63	2:50:59.37	9:01	37:19.73	9:15	2:50:59.37	9:01
17	978 MICHAEL KRAYER	M	16	CHARLOTTE	NC	20:14.78	32:35	20:14.78	32:35	22:46.45	02:31.66	2:08:15.08	7	1:45:28.63	8.1	2:09:28.67	01:13.58	2:56:06.08	9:18	46:37.41	11:33	2:56:06.08	9:18
18	970 Gunnar DeSantis	M	17	Aiken	SC					32:13.80													
19	1250 Tony Stamper	M	18	Fort Mill	SC	28:30.85	45:53	28:30.85	45:53	33:08.17	04:37.31	2:13:19.85	6.7	1:40:11.68	8.6	2:15:07.19	01:47.34	2:57:52.79	9:23	44:21.49	10:59	2:57:52.79	9:23
20	961 Matthew Brown	M	19	Yadkinville	NC	25:33.76	41:08	25:33.76	41:08	26:30.36	00:56.59	2:19:46.08	6.4	1:53:15.72	7.6	2:20:25.86	00:39.77	3:04:27.97	9:44	44:02.10	10:54	3:04:27.97	9:44
21	987 Charlie Hepner	M	20	Charlotte	NC	24:32.06	39:29	24:32.06	39:29	26:12.26	01:40.20	2:23:15.23	6.2	1:57:02.96	7.3	2:24:36.93	01:21.70	3:06:09.51	9:49	41:32.57	10:17	3:06:09.51	9:49
22	1224 Gustavo Salazar	M	21	Charlotte	NC	32:20.87	52:04	32:20.87	52:04	35:54.87	03:34.00	2:23:27.94	6.2	1:47:33.07	8	2:25:35.51	02:07.56	3:06:28.73	9:50	40:52.62	10:57	3:06:28.73	9:50
23	996 Pouyan Keyvan	M	22	Charlotte	NC	30:15.49	48:42	30:15.49	48:42	33:13.29	02:57.80	2:14:07.91	6.7	1:40:54.61	8.5	2:15:26.21	01:18.30	3:07:32.87	9:54	45:06.65	12:54	3:07:32.87	9:54
24	969 Jackson Dawson	M	23	CHARLOTTE	NC	24:28.95	39:24	24:28.95	39:24	25:00.82	00:31.86	2:28:21.75	6	2:03:20.93	7	2:28:41.10	00:19.34	3:08:40.03	9:57	39:58.93	9:54	3:08:40.03	9:57
25	1243 Chadwick Young	M	24	M Anderson	SC	28:16.14	45:30	28:16.14	45:30	33:20.35	05:04.21	2:24:04.76	6.2	1:50:44.41	7.7	2:26:50.95	02:46.19	3:09:11.05	9:59	42:20.10	10:29	3:09:11.05	9:59
26	1215 Christina Newport	F	2	Cary	NC	26:50.48	43:12	26:50.48	43:12	29:03.24	02:12.76	2:26:43.61	6.1	1:57:40.36	7.3	2:27:38.46	00:54.85	3:09:43.76	10:01	42:05.29	10:25	3:09:43.76	10:01
27	984 Robert Heim	M	25	Huntersville	NC	29:21.53	47:15	29:21.53	47:15	31:51.82	01:54.28	2:27:35.71	6.1	1:56:19.89	7.4	2:28:49.08	01:13.36	3:11:30.95	10:06	42:41.87	10:34	3:11:30.95	10:06
28	996 Alvin Jear	M	26	Charlotte	NC	37:55.44	1:01:02	37:55.44	1:01:02	37:55.44	1:01:02	37:55.44	5.3	2:08:08.07	6.7	2:48:20.56	00:43.96	3:13:08.42	10:11	24:47.86	10:38	3:13:08.42	10:11
29	955 James Baley	M	27	M Asheville	NC	36:04.39	58:03	36:04.39	58:03	41:10.05	05:05.65	2:32:27.27	5.9	1:51:17.22	7.7	2:36:46.92	04:19.65	3:18:13.92	10:28	41:26.99	10:16	3:18:13.92	10:28
30	1251 Logan Pettit	M	28	M Clemson	SC	27:07.53	43:39	27:07.53	43:39	30:46.63	03:39.09	2:32:09.63	5.9	2:01:23.00	7.1	2:33:35.70	01:26.07	3:19:27.33	10:31	45:51.62	11:21	3:19:27.33	10:31
31	1201 Nick LaCross	M	29	M Rock Hill	SC	32:21.48	52:05	32:21.48	52:05	32:45.96	00:24.48	2:30:00.84	6	1:57:14.88	7.3	2:33:00.29	02:59.44	3:20:39.27	10:35	47:38.98	11:48	3:20:39.27	10:35
32	995 Wisdom Jzar	M	30	M Charlotte	NC	39:26.41	1:03:28	39:26.41	1:03:28	40:09.99	00:43.58	2:32:58.11	5.8	1:52:48.12	7.6	2:33:31.53	00:33.41	3:23:21.88	10:44	49:50.34	12:20	3:23:21.88	10:44
33	978 Jamie Foster	F	3	F Charlotte	NC	33:10.42	53:23	33:10.42	53:23	34:42.27	01:31.85	2:30:41.35	5.9	1:55:59.08	7.4	2:31:59.18	01:17.83	3:25:33.88	10:51	53:34.69	13:16	3:25:33.88	10:51
34	1204 Jonathan Lowe	M	31	M Charlotte	NC	30:20.96	48:51	30:20.96	48:51	33:40.54	03:19.57	2:22:57.30	6.3	1:49:16.76	7.8	2:26:29.99	03:32.69	3:25:44.63	10:51	59:14.64	14:40	3:25:44.63	10:51
35	976 NICHOLAS FOLEY	M	32	M CHARLOTTE	NC	33:46.08	54:21	33:46.08	54:21	36:56.85	03:10.77	2:38:26.22	5.6	2:01:29.37	7.1	2:42:25.47	03:59.25	3:28:52.80	11:01	46:27.33	11:30	3:28:52.80	11:01
36	959 Michael Binko	M	33	M Charlotte	NC	38:03.54	1:01:15	38:03.54	1:01:15	42:23.75	06:20.21	2:30:12.01	6	1:45:48.25	8.1	2:32:30.28	02:18.27	3:29:49.52	11:04	57:19.23	14:12	3:29:49.52	11:04
37	972 Scotty Enriquez	M	34	M Charlotte	NC	35:42.43	57:28	35:42.43	57:28	40:34.81	04:52.37	2:44:31.51	5.4	2:03:56.70	6.9	2:45:14.43	00:42.92	3:30:45.44	11:07	45:31.01	11:16	3:30:45.44	11:07
38	1241 Colby Wollerscheid	M	35	M Gathersburg	MD	32:19.76	52:02	32:19.76	52:02	36:18.77	03:59.00	2:27:43.48	6.1	1:51:24.70	7.7	2:35:32.27	07:48.79	3:33:55.32	11:17	58:23.04	14:27	3:33:55.32	11:17
39	1229 David Silvia	M	36	M Hendersonville	NC	37:30.36	1:00:22	37:30.36	1:00:22	40:06.54	02:36.17	2:40:56.99	5.6	2:00:50.45	7.1	2:42:56.04	01:59.05	3:34:03.10	11:18	51:07.06	12:39	3:34:03.10	11:18
40	1245 Chris Walbert	M	37	M		27:56.53	44:58	27:56.53	44:58	31:27.89	03:31.36	2:37:29.47	5.7	2:06:01.58	6.8	2:39:48.22	02:18.74	3:35:21.43	11:22	55:33.20	13:45	3:35:21.43	11:22
41	1209 Bubba Watts	M	38	M Raleigh	NC	24:29.51	39:25	24:29.51	39:25	26:27.27	02:07.76	2:27:41.47	6.3	2:01:04.19	7.1	2:50:09.55	01:28.08	3:37:07.56	11:27	47:58.00	16:50	3:37:07.56	11:27
42	1208 David Michels	M	39	M Charlotte	NC	31:06.61	50:04	31:06.61	50:04	32:12.68	01:06.06	2:48:52.99	5.3	2:16:40.31	6.3	2:59:55.68	02:02.68	3:39:36.90	11:35	48:41.22	12:03	3:39:36.90	11:35
43	1252 Valerie Pettit	F	4	F Clemson	SC	31:07.47	50:05	31:07.47	50:05	35:36.72	04:29.25	2:53:28.25	5.2	2:17:51.53	6.2	2:54:12.43	00:44.18	3:39:56.83	11:36	45:44.39	11:19	3:39:56.83	11:36
44	1226 Jack Scalse	M	40	M Waxhaw	NC	27:25.69	44:08	27:25.69	44:08	31:09.88	03:44.19	2:57:37.49	5	2:26:27.61	5.9	2:58:32.81	00:55.32	3:40:19.56	11:38	41:46.74	10:21	3:40:19.56	11:38
45	1214 Wade Nevitt	M	41	M Tega Cay	SC	26:11.72	42:09	26:11.72	42:09	31:14.50	05:02.78	2:40:44.41	5.6	2:09:29.90	6.6	2:42:54.31	02:09.89	3:40:39.40	11:39	57:45.09	14:18	3:40:39.40	11:39
46	1240 Andrew Wheeler	M	42	M Johnson city	TN	40:29.94	1:05:																

Place	Bib Name	Gender	Swim			Transition to Bike			Bike			Transition to Run			Run					
			State	Time (Cumulative)	Pace (Cumulative)	Time	Pace	Time (Cumulative)	Time	Pace	Time (Cumulative)	Time	Pace	Time (Cumulative)	Time	Pace	Time (Cumulative)			
52	958 Alexandre Bierrenbach	48: M	NC	31:46.03	51:07	33:57.79	02:11.76	2:58:48.87	5 mph	2:24:51.07	5.9 mph	3:01:15.86	02:26.99	3:54:02.51	12:21	52:46.65	13:04:3:54:02.51	12:21		
53	1205 Tyler Marr	49: M	Davidson	43:04.07	1:09:19	47:35.36	04:31.29	2:48:57.18	5.3 mph	2:01:21.82	7.1 mph	2:52:48.97	03:51.79	3:54:48.03	12:23	1:01:59.06	15:21	3:54:48.03	12:23	
54	992 William Irwin	50: M	Asheville	34:00.60	54:44	35:53.47	01:52.87	2:53:49.02	5.1 mph	2:17:55.55	6.2 mph	2:55:41.77	01:52.74	3:54:55.90	12:24	59:14.13	14:40	3:54:55.90	12:24	
55	985 Connor Haydon	51: M	Charlotte	28:21.59	45:38	29:51.29	01:29.69	2:52:38.54	5.2 mph	2:22:47.25	6 mph	2:53:21.10	00:42.55	3:56:02.07	12:27	1:02:40.97	15:31	3:56:02.07	12:27	
56	1206 Liam McEnroe	52: M	spartanburg	37:04.43	59:40	40:23.95	03:19.52	3:04:53.16	4.8 mph	2:24:29.20	5.9 mph	3:07:34.98	02:41.82	4:00:14.97	12:41	52:39.99	13:02	4:00:14.97	12:41	
57	1223 Enrique Rios	53: M	Flat Rock	49:37.94	1:19:53	53:09.93	03:31.99	3:06:04.75	4.8 mph	2:12:54.81	6.5 mph	3:07:36.08	01:31.33	4:07:56.79	13:05	1:00:20.70	14:56	4:07:56.79	13:05	
58	1228 David Scopol	54: M	Concord	35:41.41	57:26	41:07.23	05:25.81	3:19:44.19	4.5 mph	2:38:36.96	5.4 mph	3:22:54.44	03:10.25	4:09:33.17	13:10	46:38.72	11:33	4:09:33.17	13:10	
59	1220 Tyler Parris	55: M	Charlotte	38:06.15	1:01:19	42:25.03	04:18.88	3:17:13.35	4.5 mph	2:34:48.31	5.5 mph	3:18:59.63	01:46.28	4:12:02.53	13:18	53:02.90	13:08	4:12:02.53	13:18	
60	1246 Sebastian Valverde	56: M	Charlotte	27:26.15	44:09	29:34.27	02:08.12	2:59:19.56	5 mph	2:29:45.29	5.7 mph	3:00:45.12	01:25.55	4:14:31.54	13:26	1:13:46.41	18:16	4:14:31.54	13:26	
61	1203 Daniel Lombardo	57: M	Huntersville	35:50.27	57:41	41:04.33	05:14.05	3:19:50.14	4.5 mph	2:38:45.81	5.4 mph	3:22:54.50	03:04.36	4:16:02.37	13:31	53:07.86	13:09	4:16:02.37	13:31	
62	997 scott klein	58: M	Baltimore	38:01.88	1:01:12	42:16.20	04:14.31	3:24:56.29	4.4 mph	2:42:40.09	5.3 mph	3:27:20.30	02:24.01	4:22:30.52	13:51	55:10.22	13:40	4:22:30.52	13:51	
63	1248 Caleb Graham	59: M	Kingsport	31:49.86	51:14	33:04.62	01:14.76	3:21:19.71	4.4 mph	2:48:15.08	5.1 mph	3:23:33.81	02:14.10	4:24:22.98	13:57	1:00:49.16	15:04	4:24:22.98	13:57	
64	1247 David Graham	60: M	Blountville	31:48.77	51:12	33:06.44	01:17.67													
65	975 Chandler Fogarty	5: F	Baltimore	42:46.86	1:08:51	44:14.10	01:27.24	3:24:53.53	4.4 mph	2:40:39.42	5.3 mph	3:27:16.65	02:23.12	4:24:59.38	13:59	57:42.72	14:17	4:24:59.38	13:59	
66	981 Mark Gonzales	61: M	Charlotte	34:10.05	54:59	41:22.07	07:12.02	3:23:11.00	4.4 mph	2:41:48.93	5.3 mph	3:27:08.20	03:57.19	4:25:00.25	13:59	57:52.05	14:20	4:25:00.25	13:59	
67	1225 Juan Salinas	62: M	Garner	35:19.08	56:50	39:50.12	04:31.04	3:31:59.13	4.2 mph	2:52:09.00	5 mph	3:32:53.67	00:54.54	4:39:46.82	14:46	1:06:53.14	16:34	4:39:46.82	14:46	
68	1237 Garrett Urash	63: M	Shelby	19:57.58	32:07	21:45.11	01:47.53	3:35:22.39	4.2 mph	3:13:37.28	4.4 mph	3:36:19.68	00:57.28	4:48:16.48	15:13	1:11:56.80	17:49	4:48:16.48	15:13	
69	960 Lauren Bottorf	6: F	Hendersonville	45:40.56	1:13:31	48:30.80	02:50.23	3:39:31.20	4.1 mph	2:51:00.39	5 mph	3:41:33.74	02:02.54	4:56:49.91	15:40	1:15:16.16	18:38	4:56:49.91	15:40	
70	1217 Danny Olson	64: M	Morganton	41:01.43	1:06:01	46:30.22	05:28.79	3:50:27.62	3.9 mph	3:03:57.39	4.7 mph	3:54:32.59	04:04.97	4:57:33.68	15:42	1:03:01.09	15:36	4:57:33.68	15:42	
71	1218 Jessi Olson	7: F	Morganton	41:01.70	1:06:02	46:34.45	05:32.75	3:50:32.12	3.9 mph	3:03:57.66	4.7 mph	3:54:32.90	04:00.78	4:57:34.26	15:42	1:03:01.36	15:36	4:57:34.26	15:42	
72	1212 James Moran	65: M	Lancaster	40:20.44	1:04:55	41:43.36	01:22.92	4:13:52.74	3.5 mph	3:32:09.37	4 mph	4:16:11.44	02:18.70	5:03:56.74	16:02	47:45.29	11:49	5:03:56.74	16:02	
73	1236 Anna Urash	8: F	Charlotte	46:38.06	1:15:03	49:50.49	03:12.42	3:04:25.46	4.9 mph	2:14:34.97	6.4 mph	3:12:30.68	08:05.22	5:07:59.00	16:15	1:55:28.31	28:35	5:07:59.00	16:15	