

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

Frigid 5k Run & Plunge

Age Group Results

Race Date

February 10, 2018

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

Frigid 5k Run & Plunge

Age Group Results

Race Date

February 10, 2018

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

Frigid 5k Run & Plunge

Age Group Results

Race Date

February 10, 2018

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>
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

Frigid 5k Run & Plunge

Age Group Results

Race Date

February 10, 2018

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>
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

Frigid 5k Run & Plunge

Age Group Results

Race Date
February 10, 2018

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	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

Age Group Results

Race Date

February 10, 2018

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

Frigid 5k Run & Plunge

Age Group Results

Race Date

February 10, 2018

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

Age Group Results

Race Date

February 10, 2018

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

Frigid 5k Run & Plunge

Age Group Results

Race Date

February 10, 2018

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	Mooresville 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

Frigid 5k Run & Plunge

Age Group Results

Race Date

February 10, 2018

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

Age Group Results

Race Date

February 10, 2018

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

Frigid 5k Run & Plunge

Age Group Results

Race Date

February 10, 2018

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

Female 14 and Under

Place	Name	City	Age	Bib No	Overall	Time	Pace
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

Place	Name	City	Age	Bib No	Overall	Time	Pace
1	Kate Beddard	Charlotte NC	15	3307	92	30:56.0	6:11/K
2	Madeline Shober	Charlotte NC	15	3610	181	34:54.5	6:59/K
3	Natalie Benson	Charlotte NC	15	3349	220	36:46.4	7:21/K
4	Jamie Bird	Denver NC	16	3562	285	40:40.5	8:08/K
5	Gabriella Cavallero	Matthews NC	18	3633	317	43:13.4	8:39/K
6	Megan Holmes	Waxhaw NC	17	3541	344	46:05.4	9:13/K

Female 20 to 24

Place	Name	City	Age	Bib No	Overall	Time	Pace
1	Jessica Whitmire	Pendleton SC	24	3347	21	26:14.1	5:15/K
2	Sarah Hardin	Huntersville NC	22	3367	45	28:20.8	5:40/K
3	Laura Schmidt	Charlotte NC	22	3352	59	29:20.1	5:52/K
4	Tamzin Ellerbeck	Charlotte NC	24	3372	90	30:51.5	6:10/K
5	Samantha Page	Concord NC	24	3399	165	34:03.9	6:49/K
6	Kathryn Wagner	Charlotte NC	24	3435	178	34:51.6	6:58/K
7	Marissa Mirbach	Charlotte NC	22	3643	197	35:47.9	7:09/K
8	Ayla Homer	Charlotte NC	24	3595	233	37:34.5	7:31/K
9	Emily Gerkin	Charlotte NC	22	3523	235	37:35.9	7:31/K
10	Nikki Pacitti	charlotte NC	23	3537	238	37:53.4	7:35/K
11	Hannah Hughes	Charlotte NC	21	3368	239	37:53.7	7:35/K
12	Madeleine Dick	Charlotte NC	23	3605	259	38:42.6	7:44/K
13	Rachel Cox	Raleigh NC	22	3604	271	39:14.8	7:51/K
14	Maggie Toner	Charlotte NC	24	3634	289	41:05.3	8:13/K
15	Nicole Rankin	Charlotte NC	23	3470	293	41:17.5	8:15/K
16	Sarah Higgins	Stanley NC	22	3507	310	41:59.1	8:24/K
17	Kayla Aiton	Mt. Pleasant NC	23	3644	319	43:19.3	8:40/K
18	Allison Kindley	Concord NC	24	3685	337	44:27.3	8:53/K

Frigid 5k

Age Group ResultsRace Date

February 10, 2017

Female 20 to 24

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
19	Steph Spurgeon	charlotte NC	24	3494	345	46:10.6	9:14/K
20	Erik Lombardo	Sharon SC	20	3651	372	49:11.1	9:50/K
21	Chelsed Ecdao	Charlotte NC	22	1729	388	55:55.4	11:11/K

Female 25 to 29

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Molly Dedmon	Charlotte NC	28	3454	17	26:01.4	5:12/K
2	Ashley Williams	Huntersville NC	29	3339	52	28:41.3	5:44/K
3	Amber Sherrill	Charlotte NC	25	3390	63	29:34.9	5:55/K
4	Sarah O'Keefe	Rock Hill SC	26	3311	81	30:34.4	6:07/K
5	Samantha Hubbard	Charlotte NC	26	3387	89	30:50.0	6:10/K
6	Mila Lamparska	Charlotte NC	29	3468	130	32:53.3	6:35/K
7	Kyle Clark	CHARLOTTE NC	26	1728	133	33:01.4	6:36/K
8	Whitney Freize	Gastonia NC	29	3555	138	33:17.3	6:39/K
9	Kim Kreuzman	Indianapolis IN	27	3715	141	33:30.2	6:42/K
10	Maureen Worthington	Charlotte NC	26	3525	153	33:48.7	6:46/K
11	Tina Elshoff	Charlotte NC	29	3471	167	34:04.9	6:49/K
12	Victoria Pike	Huntersville NC	26	3589	173	34:20.8	6:52/K
13	Amy Buckmaster	Huntersville NC	29	3552	182	34:59.9	7:00/K
14	Stephanie McGill	Greensboro NC	28	1732	200	35:50.8	7:10/K
15	Esther Bickell	Charlotte NC	28	3553	206	36:09.9	7:14/K
16	Lindsey O'Brien	Charlotte NC	25	3492	212	36:26.8	7:17/K
17	Ally Bennett	Charlotte NC	28	3426	223	36:54.0	7:23/K
18	Lauren Naylor	Charlotte NC	26	3596	240	37:59.2	7:36/K
19	Madison Meadows	Charlotte NC	29	3620	254	38:37.6	7:43/K
20	Laura Jepsen	Pineville NC	26	3571	262	38:47.2	7:45/K
21	Chelsea Miller	Charlotte NC	28	3503	268	39:05.9	7:49/K
22	Nikki Rankin	CHARLESTON SC	27	3691	275	39:43.8	7:57/K
23	Laura Hopper	Mount Holly NC	27	3625	276	39:53.1	7:59/K
24	Lauren Schwab	Charlotte NC	28	3585	282	40:22.2	8:04/K
25	Rachel Rice	Charlotte NC	25	3613	284	40:34.7	8:07/K
26	Emily Stone	Mooresville NC	26	3487	287	40:54.1	8:11/K
27	Erin McNeely	Charlotte NC	26	3466	295	41:22.0	8:16/K
28	Anna Pavisha	Charlotte NC	27	3652	296	41:22.9	8:16/K
29	Christina Johnson	Charlotte NC	28	3386	298	41:23.9	8:17/K
30	Faith Sedberry	Charlotte NC	26	3612	300	41:28.9	8:18/K
31	Sarah Peterson	Charlotte NC	29	3602	303	41:36.5	8:19/K
32	Miranda Clewell	Huntersville NC	28	3636	313	42:12.2	8:26/K
33	Chelsea Ponzo	MOUNT HOLLY NC	25	3601	332	43:52.9	8:46/K
34	megan redford	concord NC	25	3686	334	44:10.5	8:50/K
35	Emly Breece	INDIAN TRAIL NC	29	3684	338	44:28.1	8:54/K

Frigid 5k

Age Group ResultsRace Date

February 10, 2017

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

<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	Nicolas Marecos	Charlotte NC	24	3460	129	32:46.1	6:33/K
12	Rogelio Irigoyen	Charlotte NC	24	3534	151	33:46.1	6:45/K
13	David Jacobus	Charlotte NC	23	3539	152	33:46.7	6:45/K
14	Matthew Smith	Charlotte NC	24	3588	183	35:01.4	7:00/K
15	Nick Nova	Fort Mill SC	24	3456	196	35:45.3	7:09/K
16	Daniel Florez	Gastonia NC	21	3639	288	41:04.6	8:13/K
17	Jason Fialkowski	Charlotte NC	24	3618	306	41:46.1	8:21/K
18	David Jordan	Raleigh NC	23	3704	348	46:16.2	9:15/K

Male 25 to 29

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Chris Zuerner	Charlotte NC	28	3328	1	21:55.2	4:23/K
2	Jack Merwin	Indian Trail NC	28	3346	6	24:06.0	4:49/K
3	Chris Weissmann	Charlotte NC	25	3433	14	25:28.8	5:06/K
4	Peyton Hayslette	Charlotte NC	25	3323	16	25:58.2	5:12/K
5	Josh Mort	Fort Mill SC	27	3356	18	26:08.2	5:14/K
6	Richard Hodges	Charlotte NC	25	3309	26	26:51.9	5:22/K
7	Michael Tassitino	Charlotte NC	26	3441	30	27:08.1	5:26/K
8	Joey Campagna	CHARLOTTE NC	28	3391	31	27:08.8	5:26/K
9	Matthew Querry	Charlotte NC	26	3411	37	28:06.0	5:37/K
10	Gasper Gulotta	Charlotte NC	25	3308	50	28:29.7	5:42/K
11	Matt Stewart	Charlotte NC	29	3317	51	28:30.7	5:42/K
12	Benji ChitKhin	Charlotte NC	25	3424	56	29:03.0	5:49/K
13	Jorge Ramos	Charlotte NC	28	3416	68	29:46.3	5:57/K
14	Eren Shultz	Charlotte NC	25	3437	79	30:24.5	6:05/K
15	Justin Grigg	Denver NC	26	3434	88	30:49.5	6:10/K
16	Andrew Rankin	CHARLESTON SC	29	3397	105	31:45.3	6:21/K
17	Michael Leal	Charlotte NC	29	3489	112	31:59.3	6:24/K
18	Dillon Bawayan	Charlotte NC	25	3526	113	32:00.3	6:24/K
19	Gary Brackett	Charlotte NC	27	3450	114	32:09.4	6:26/K
20	Wesley Cannon	Charlotte NC	26	3394	121	32:25.2	6:29/K
21	John Adorno	Charlotte NC	27	3406	124	32:42.0	6:32/K
22	Byron Revels	Charlotte NC	28	3425	127	32:44.7	6:33/K
23	Matthew Smith	Charlotte NC	25	3408	128	32:45.8	6:33/K
24	David Page	Concord NC	27	3398	132	33:00.9	6:36/K
25	Ted Sopher	Charlotte NC	26	3536	136	33:10.5	6:38/K
26	Reece Szymanowski	Charlotte NC	26	3535	149	33:44.5	6:45/K
27	Jeff Bowers	Huntersville NC	28	3495	150	33:45.5	6:45/K
28	William Lee	Matthews NC	26	3493	154	33:49.9	6:46/K
29	Bryce Garvey	Charlotte NC	27	2277	156	33:52.4	6:46/K
30	Daniel Buonagurio	Charlotte NC	26	3477	162	34:00.1	6:48/K

Male 25 to 29

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
31	Michael Ryan	Charlotte NC	25	3531	179	34:51.7	6:58/K
32	Ryan Spencer	Charlotte NC	28	3496	191	35:30.4	7:06/K
33	Brett Johnson	Charlotte NC	28	3385	226	37:02.4	7:24/K
34	Luther Rogers	Charlotte NC	27	3427	249	38:21.5	7:40/K
35	Tyler Aiken	Charlotte NC	27	3580	250	38:24.0	7:41/K
36	Hunter Reep	Charlotte NC	29	3621	255	38:38.5	7:44/K
37	Victor Bukowski	Pineville NC	27	3474	261	38:46.8	7:45/K
38	Vincent Tarquinio	Moon Township PA	26	3497	273	39:21.5	7:52/K
39	samuel varvel	charlotte NC	27	3598	308	41:56.7	8:23/K
40	Ali Alshaikh	Charlotte NC	27	3545	314	42:36.0	8:31/K
41	Michael 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 Fogarty	Charlotte NC	45	1748	98	31:25.6	6:17/K
6	Jeff Hurston	Charlotte NC	49	3442	104	31:45.1	6:21/K
7	Chad Van Hying	Charlotte NC	46	3490	116	32:13.2	6:27/K
8	Erin Purves	Huntersville NC	46	1639	144	33:31.9	6:42/K
9	Darin Bird	Denver NC	48	3561	169	34:12.1	6:50/K
10	Tim Blackledge	Mooresville NC	48	3484	174	34:25.3	6:53/K
11	Steven Shoher	Charlotte NC	48	3436	176	34:44.7	6:57/K
12	Rusty Braham	Stanley NC	48	3617	177	34:50.7	6:58/K
13	Craig Varnum	Huntersville NC	46	3519	190	35:22.6	7:04/K
14	Scott Prejean	Mooresville NC	45	3609	202	35:55.6	7:11/K
15	Jeffrey Blankenship	Concord NC	45	3566	204	35:56.4	7:11/K
16	Heriberto Hernandez	Matthews NC	48	3418	215	36:31.2	7:18/K
17	Randy Miller	Mooresville NC	49	3642	244	38:08.3	7:38/K
18	Scott Garmon	Harrisburg NC	45	3469	257	38:42.3	7:44/K
19	Jody Pawson	Charlotte NC	47	1625	258	38:42.6	7:44/K
20	Francis Iannielli	Huntersville NC	45	3508	269	39:08.8	7:50/K
21	Michael Sherwood	Tega Cay SC	47	3654	326	43:30.5	8:42/K
22	Joey Attanasio	Charlotte NC	45	3628	342	45:20.3	9:04/K
23	Harry Goff	Charlotte NC	45	3668	343	45:20.9	9:04/K
24	Mark Hiller	Cornelius NC	49	2651	363	48:44.1	9:45/K
25	Mark Franklin	Charlotte NC	47	3709	375	50:40.3	10:08/K
26	Niels Hansen	Matthews NC	49	3650	383	53:34.8	10:43/K

Male 50 to 54

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Chuck Fedorka	Mooresville NC	52	3321	69	29:48.8	5:58/K
2	Nathan Lanning	Charlotte NC	51	3446	75	30:10.2	6:02/K
3	Timothy Allison	Charlotte NC	53	3373	96	31:17.2	6:15/K

Race Date
February 10, 2017

Frigid 5k
Age Group Results

Male 50 to 54

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
4	Paul Donohue	Charlotte NC	52	1695	146	33:32.3	6:42/K
5	Mike Jeffries	Charlotte NC	54	3374	148	33:42.5	6:44/K
6	Michael Creech	Charlotte NC	50	3506	205	36:06.4	7:13/K
7	Michael Ferguson	Charlotte NC	50	3522	243	38:08.1	7:38/K
8	Bill Urbaitis	Charlotte NC	54	3577	253	38:36.7	7:43/K
9	Joe Egler	Matthews NC	52	3624	280	40:12.7	8:02/K
10	Stephen Valis	Rock Hill SC	53	3630	386	54:32.6	10:54/K

Male 55 and Over

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Allen Jacobs	Matthews NC	56	3336	38	28:06.4	5:37/K
2	Kevin Clark	Hickory NC	56	3540	119	32:16.4	6:27/K
3	Marty Given	Tega Cay SC	55	3517	216	36:31.7	7:18/K
4	William Plumer	Atlanta GA	63	3710	360	48:05.5	9:37/K
5	Pete Haferman	Harrisburg NC	62	3615	378	52:13.4	10:27/K
6	David Fairbaugh	ATLANTA GA	56	3701	379	52:17.5	10:27/K

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

Frigid 5K Run & Plunge

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

Age Group Results

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

Race Date

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

Age Group Results

Race Date

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

Frigid 5K Run & Plunge

Age Group Results

Race Date

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

Frigid 5K Run & Plunge

Age Group Results

Race Date

February 13, 2016

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

Frigid 5K Run & Plunge

Age Group Results

Race Date

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

Frigid 5K Run & Plunge

Age Group Results

Race Date

February 13, 2016

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

Frigid 5K Run & Plunge

Age Group Results

Race Date

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

Frigid 5K Run & Plunge

Age Group Results

Race Date

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 Niekras	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>
--------------	-------------	-------------	------------	---------------	----------------	-------------	-------------	------------------

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

Frigid 5K Run & Plunge

Age Group Results

Race Date

February 15, 2014

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

Frigid 5K Run & Plunge

Age Group Results

Race Date

February 15, 2014

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

Frigid 5K Run & Plunge

Age Group Results

Race Date

February 15, 2014

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 eggars	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

Frigid 5k Run & Plunge

Race Date

February 10, 2018

Overall Finish List

<u>Overall</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Gend</u>	<u>AG Place</u>	<u>Time</u>	<u>Pace</u>	<u>Time Back</u>
1	Chris Zuerner	Charlotte NC	4425	29	M	1 25-29	24:16.3	4:51/K	
2	Ian Wessner	Davidson NC	4420	17	M	1 15-19	24:58.1	5:00/K	0:41.7
3	Henrique Lopes	CHARLOTTE NC	4394	24	M	1 20-24	25:38.4	5:08/K	1:22.0
4	Chris Weissmann	Charlotte NC	4418	26	M	2 25-29	25:58.8	5:12/K	1:42.4
5	Ryan Hamilton	DAVIDSON NC	4379	17	M	2 15-19	26:11.9	5:14/K	1:55.5
6	Bobby Scott		5055	15	M	3 15-19	26:13.8	5:15/K	1:57.4
7	Reed Handlery	Columbia SC	4381	28	M	3 25-29	26:16.1	5:15/K	1:59.7
8	Sean MacLeod	Huntersville NC	4395	18	M	4 15-19	26:18.8	5:16/K	2:02.4
9	John Callis	Charlotte NC	4363	24	M	2 20-24	26:47.6	5:21/K	2:31.2
10	Sergei Zhyk	Charlotte NC	4424	38	M	1 35-39	27:06.6	5:25/K	2:50.2
11	Anthony Nero		5057	39	M	2 35-39	27:19.2	5:28/K	3:02.8
12	Paul Halaborda		5073	37	M	3 35-39	27:31.0	5:30/K	3:14.6
13	Cooper Godwin	huntersville NC	4378	17	M	5 15-19	28:06.4	5:37/K	3:50.0
14	Gregg Garrison	Cornelius NC	4373	42	M	1 40-44	28:06.5	5:37/K	3:50.2
15	Aaron Fulton	Huntersville NC	4455	38	M	4 35-39	28:50.0	5:46/K	4:33.6
16	Thomas Lineberger	Charlotte NC	4475	24	M	3 20-24	28:51.2	5:46/K	4:34.8
17	Jason Jaskiewicz	Gastonia NC	4382	28	M	4 25-29	28:59.2	5:48/K	4:42.8
18	Wes Clarkson	Charlotte NC	4442	28	M	5 25-29	29:04.2	5:49/K	4:47.8
19	Ben Street	Concord NC	4510	29	M	6 25-29	29:06.6	5:49/K	4:50.2
20	Olivia Humphrey		5062	16	F	1 15-19	29:06.8	5:49/K	
21	garrett nelson	charlotte NC	4399	47	M	1 45-49	29:07.3	5:49/K	4:51.0
22	Jason Giersch	Charlotte NC	4375	45	M	2 45-49	29:11.5	5:50/K	4:55.1
23	Carey Jason	Charlotte NC	4436	46	M	3 45-49	29:28.8	5:54/K	5:12.4
24	Kevin List	Charlotte NC	4477	34	M	1 30-34	29:43.6	5:57/K	5:27.2
25	Chris Welles	Charlotte NC	4419	42	M	2 40-44	29:44.1	5:57/K	5:27.8
26	Scott Lemos	Charlotte NC	5058	46	M	4 45-49	29:51.4	5:58/K	5:35.0
27	Stephen Danylyshyn	Charlotte NC	4366	24	M	4 20-24	29:52.0	5:58/K	5:35.6
28	Richard Pryll	Charlotte NC	4406	47	M	5 45-49	29:52.7	5:58/K	5:36.3
29	Sydney Wood	Huntersville NC	4422	15	F	2 15-19	29:55.0	5:59/K	0:48.1
30	Ian Combest	Clemmons NC	4365	24	M	5 20-24	29:55.1	5:59/K	5:38.7
31	sam reardon	mooreville NC	4409	14	M	1 1-14	29:57.5	5:59/K	5:41.1
32	Christian Gibbens	Charlotte NC	4374	25	M	7 25-29	29:59.1	6:00/K	5:42.7
33	David Edward	Charlotte NC	4370	25	M	8 25-29	30:03.3	6:01/K	5:46.9
34	Wisdom Jzar	Charlotte NC	4565	42	M	3 40-44	30:09.3	6:02/K	5:52.9
35	Matt Pena	CHARLOTTE NC	4403	27	M	9 25-29	30:12.4	6:02/K	5:56.0
36	Kaci Handlery	Columbia SC	4380	28	F	1 25-29	30:12.5	6:02/K	1:05.7
37	Jesse Jezak	Augusta GA	4384	23	M	6 20-24	30:18.6	6:04/K	6:02.2
38	Kelbi Pierce	Denver NC	4404	12	F	1 1-14	30:24.4	6:05/K	1:17.6
39	Benjamin Caple	Chapel Hill NC	4532	32	M	2 30-34	30:24.7	6:05/K	6:08.3
40	Mike Johnson	lincolnton NC	4386	23	M	7 20-24	30:28.1	6:06/K	6:11.7
41	NATHAN SMITH	CHARLOTTE NC	4504	37	M	5 35-39	30:32.8	6:06/K	6:16.4
42	Laurie Passalacqua	Fort Mill SC	4492	42	F	1 40-44	30:34.0	6:07/K	1:27.2
43	Jacob Stephens	Concord NC	4509	12	M	2 1-14	30:46.8	6:09/K	6:30.4
44	Josh Sibbald	Edinboro PA	4610	23	M	8 20-24	30:48.3	6:10/K	6:31.9
45	Benjamin Mellentine	Shelby NC	4397	39	M	6 35-39	30:51.2	6:10/K	6:34.8
46	Jeff King	Pineville NC	4881	35	M	7 35-39	30:51.9	6:10/K	6:35.5
47	Jim Jones	Charlotte NC	5059	49	M	6 45-49	30:52.5	6:10/K	6:36.1

Frigid 5k Run & Plunge

Race Date

February 10, 2018

Overall Finish List

<u>Overall</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Gend</u>	<u>AG Place</u>	<u>Time</u>	<u>Pace</u>	<u>Time Back</u>
48	Brenneman Thompson	Charlotte NC	4416	59	M	1 55-99	31:05.4	6:13/K	6:49.0
49	Jeffrey Lak	Mt Holly NC	4391	40	M	4 40-44	31:05.5	6:13/K	6:49.2
50	Rich Lambert	Mint Hill NC	4393	48	M	7 45-49	31:10.1	6:14/K	6:53.7
51	Leo Rowe	Concord NC	4496	20	M	9 20-24	31:18.0	6:16/K	7:01.6
52	Scuba Steve Williamson	McAdenville NC	4421	31	M	3 30-34	31:18.5	6:16/K	7:02.1
53	BRIAN TYLER	ATLANTA GA	4417	32	M	4 30-34	31:38.5	6:20/K	7:22.1
54	Corbin Nyeste	Charlotte NC	4400	30	M	5 30-34	31:41.6	6:20/K	7:25.2
55	Leland Timmons	Charlotte NC	4514	31	M	6 30-34	31:41.6	6:20/K	7:25.2
56	Emerson Harris	Charlotte NC	4463	26	M	10 25-29	31:41.6	6:20/K	7:25.2
57	Ian Yount	Charlotte NC	4523	20	M	10 20-24	31:42.5	6:20/K	7:26.1
58	Robert Heim	Charlotte NC	4465	32	M	7 30-34	31:44.7	6:21/K	7:28.3
59	Rodrigo Trejo	Raleigh NC	4516	24	M	11 20-24	31:52.4	6:22/K	7:36.0
60	Derrick Davis	Greenville SC	4368	27	M	11 25-29	31:53.9	6:23/K	7:37.5
61	Josiah Mellentine	Shelby NC	4485	27	M	12 25-29	31:55.8	6:23/K	7:39.4
62	Brock Glaser	MOORESVILLE NC	4376	38	M	8 35-39	31:56.3	6:23/K	7:39.9
63	Monte Mahin	Mount Holly NC	4480	43	M	5 40-44	31:57.6	6:23/K	7:41.2
64	Monique Ryan	Charlotte NC	4497	32	F	1 30-34	32:02.3	6:24/K	2:55.5
65	Alec Fairbaugh	Charlotte NC	4448	22	M	12 20-24	32:02.9	6:24/K	7:46.5
66	Justin Mikkelson	Charlotte NC	4486	26	M	13 25-29	32:05.7	6:25/K	7:49.3
67	Matthew Auman	Pineville NC	4429	36	M	9 35-39	32:09.8	6:26/K	7:53.4
68	Helen Gardner	Davidson NC	4457	31	F	2 30-34	32:10.3	6:26/K	3:03.5
69	jack reardon	mooreville NC	4407	16	M	6 15-19	32:17.6	6:27/K	8:01.2
70	Philip Mintac	Charlotte NC	4487	32	M	8 30-34	32:28.0	6:30/K	8:11.6
71	Aiden Galloway	Denver NC	4456	11	F	2 1-14	32:31.8	6:30/K	3:25.0
72	Jacob Tepper	Indian Trail NC	4620	10	M	3 1-14	32:32.1	6:30/K	8:15.7
73	John Mottola	Huntersville NC	4398	42	M	6 40-44	32:34.5	6:31/K	8:18.1
74	Brian McIntyre	Simpsonville SC	4586	28	M	14 25-29	32:44.3	6:33/K	8:27.9
75	Chip Ducharme	York SC	4547	52	M	1 50-54	32:46.8	6:33/K	8:30.4
76	Ben Prater		5052	26	M	15 25-29	32:47.2	6:33/K	8:30.8
77	Ryan Morgan	CHARLOTTE NC	5066	14	M	4 1-14	32:47.6	6:33/K	8:31.2
78	Billy Gooding	Clover SC	5064	54	M	2 50-54	32:48.1	6:34/K	8:31.7
79	Luke Tobin	Charlotte NC	4624	12	M	5 1-14	32:50.5	6:34/K	8:34.1
80	Matthew Smoker	Lexington SC	4505	26	M	16 25-29	32:52.0	6:34/K	8:35.6
81	Kim Kreuzman	GREENWOOD IN	4390	28	F	2 25-29	33:04.7	6:37/K	3:57.9
82	Sam Collins	Charlotte NC	4364	35	M	10 35-39	33:06.2	6:37/K	8:49.8
83	Ron Gilson	Charlotte NC	4458	37	M	11 35-39	33:11.9	6:38/K	8:55.5
84	Nate King	Matthews NC	4388	41	M	7 40-44	33:14.7	6:39/K	8:58.3
85	greg schieve	Charlotte NC	4500	41	M	8 40-44	33:17.2	6:39/K	9:00.9
86	Chad Drake	Kannapolis NC	4445	42	M	9 40-44	33:21.2	6:40/K	9:04.8
87	Alex Shivetts	Perrysburg OH	4502	26	M	17 25-29	33:28.2	6:42/K	9:11.8
88	Megan Jenkins	Winston Salem NC	4383	27	F	3 25-29	33:29.8	6:42/K	4:23.0
89	Ben Goff	Concord NC	4459	38	M	12 35-39	33:30.5	6:42/K	9:14.1
90	David Goyer	Charlotte NC	4461	25	M	18 25-29	33:35.8	6:43/K	9:19.4
91	Whitney Freize	Gastonia NC	4552	30	F	3 30-34	33:38.8	6:44/K	4:32.0
92	Samantha Hubbard	Charlotte NC	4469	27	F	4 25-29	33:43.3	6:45/K	4:36.5
93	Nick Chapman	Charlotte NC	4440	25	M	19 25-29	33:46.0	6:45/K	9:29.6
94	Nick Stacy	Rock Hill SC	4415	18	M	7 15-19	33:46.6	6:45/K	9:30.3

Frigid 5k Run & Plunge

Race Date

February 10, 2018

Overall Finish List

<u>Overall</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Gend</u>	<u>AG Place</u>	<u>Time</u>	<u>Pace</u>	<u>Time Back</u>
95	Thomas Mclellan	charlotte NC	4484	35	M	13 35-39	33:50.0	6:46/K	9:33.6
96	Aaron Mailloux	Charlotte NC	4481	43	M	10 40-44	33:51.6	6:46/K	9:35.2
97	Benjamin Lowry	Hickory NC	5067	24	M	13 20-24	33:54.3	6:47/K	9:37.9
98	Curtis Stephens	Concord NC	4508	37	M	14 35-39	33:58.1	6:48/K	9:41.7
99	Marc Angerer	Fort Mill SC	4428	42	M	11 40-44	34:04.7	6:49/K	9:48.3
100	Christopher Thomas	Charlotte NC	4621	33	M	9 30-34	34:05.0	6:49/K	9:48.6
101	Elena Belova	Matthews NC	4528	21	F	1 20-24	34:09.8	6:50/K	5:03.0
102	Pranav Jha	Charlotte NC	4385	35	M	15 35-39	34:11.8	6:50/K	9:55.4
103	Conner Day	Charlotte NC	4542	21	M	14 20-24	34:16.8	6:51/K	10:00.4
104	Amanda Allen	Kings Mountain NC	4524	30	F	4 30-34	34:19.4	6:52/K	5:12.6
105	David McGoldrick	Charlotte NC	4585	23	M	15 20-24	34:21.8	6:52/K	10:05.4
106	Mark Jenkins	Charlotte NC	4472	41	M	12 40-44	34:25.4	6:53/K	10:09.0
107	Kenneth Tuckmantel	Boiling Springs SC	4518	50	M	3 50-54	34:27.2	6:53/K	10:10.8
108	Geo Marques Neto	Charlotte NC	4579	43	M	13 40-44	34:29.7	6:54/K	10:13.3
109	Chris Huston	CHARLOTTE NC	4470	25	M	20 25-29	34:39.9	6:56/K	10:23.5
110	Javan Norris	Charlotte NC	4591	26	M	21 25-29	34:47.0	6:57/K	10:30.7
111	Michael Humlan	Davidson NC	4560	36	M	16 35-39	34:48.0	6:58/K	10:31.6
112	Sarah O'Keefe	Indian Land SC	4401	27	F	5 25-29	34:58.3	7:00/K	5:51.5
113	Ryan Sgroi	Charlotte NC	4501	30	M	10 30-34	35:03.9	7:01/K	10:47.5
114	Gregory Tucker	Huntersville NC	4626	45	M	8 45-49	35:08.3	7:02/K	10:51.9
115	Elise Lankiewicz	Charlotte NC	4572	22	F	2 20-24	35:12.7	7:02/K	6:05.9
116	Douglas Cooper	Greensboro NC	4537	42	M	14 40-44	35:13.7	7:03/K	10:57.3
117	Jeffrey Chokran	Matthews NC	4536	48	M	9 45-49	35:17.8	7:03/K	11:01.5
118	Michael Tassitino	Charlotte NC	4512	27	M	22 25-29	35:17.9	7:03/K	11:01.5
119	Kira Skill	cornelius NC	4413	57	F	1 55-99	35:22.9	7:04/K	6:16.1
120	Nathan Lanning	Charlotte NC	4573	52	M	4 50-54	35:38.3	7:08/K	11:21.9
121	Jamie Spargo	Gastonia NC	4613	37	M	17 35-39	35:40.5	7:08/K	11:24.1
122	misty Rollins	Mount Holly NC	4495	35	F	1 35-39	35:40.8	7:08/K	6:34.0
123	Nicholas Billiris	Charlotte NC	4433	25	M	23 25-29	35:48.0	7:10/K	11:31.6
124	Timothy Allison	Charlotte NC	4426	54	M	5 50-54	35:50.8	7:10/K	11:34.4
125	Jamie Foster		5086	26	F	6 25-29	36:01.0	7:12/K	6:54.1
126	Darin Bird	Denver NC	4434	49	M	10 45-49	36:07.9	7:13/K	11:51.5
127	Joe DVORAK	MATTHEWS NC	4447	30	M	11 30-34	36:13.4	7:15/K	11:57.0
128	Mila Lamparska	Charlotte NC	4570	30	F	5 30-34	36:29.5	7:18/K	7:22.7
129	Charles Hicklin	Columbia SC	4466	48	M	11 45-49	36:31.8	7:18/K	12:15.4
130	Everett Rubin	Charlotte NC	4972	31	M	12 30-34	36:32.5	7:18/K	12:16.1
131	Sam Johnson	Charlotte NC	4473	26	M	24 25-29	36:35.0	7:19/K	12:18.6
132	Ray Thompson	Greenville SC	4513	60	M	2 55-99	36:36.8	7:19/K	12:20.4
133	Trea Floyd	Charlotte NC	4451	47	M	12 45-49	36:41.0	7:20/K	12:24.6
134	Todd Manke	Spartanburg SC	4482	49	M	13 45-49	36:41.9	7:20/K	12:25.5
135	Elijah Manke	Spartanburg SC	4578	16	M	8 15-19	36:42.3	7:20/K	12:25.9
136	Megan King	Matthews NC	4387	40	F	2 40-44	36:48.2	7:22/K	7:41.4
137	Tyler frankel	matthews NC	4453	14	M	6 1-14	36:52.9	7:22/K	12:36.5
138	Andy Moore		5084	41	M	15 40-44	36:54.9	7:23/K	12:38.5
139	Joseph Rutherford	Charlotte NC	4410	26	M	25 25-29	36:55.9	7:23/K	12:39.5
140	Riley Tuckmantel	BOILING SPRINGS	4519	12	F	3 1-14	37:02.0	7:24/K	7:55.2
141	Mike Wilson	Kenly NC	4522	46	M	14 45-49	37:04.4	7:25/K	12:48.0

Frigid 5k Run & Plunge

Race Date
February 10, 2018

Overall Finish List

<u>Overall</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Gend</u>	<u>AG Place</u>	<u>Time</u>	<u>Pace</u>	<u>Time Back</u>
142	michael combest	Clemmons OK	4443	65	M	3 55-99	37:05.3	7:25/K	12:48.9
143	William Sherrill	Charlotte NC	4609	29	M	26 25-29	37:06.2	7:25/K	12:49.8
144	Anna Bovender	Fort Mill SC	4992	34	F	6 30-34	37:07.8	7:25/K	8:01.0
145	Jake Moya-Mendez	Denton NC	4592	24	M	16 20-24	37:10.0	7:26/K	12:53.6
146	Matthew Ladenheim	Huntersville NC	4569	44	M	16 40-44	37:11.7	7:26/K	12:55.3
147	Ethan Ward	Charlotte NC	4520	23	M	17 20-24	37:11.9	7:26/K	12:55.5
148	Skip Lopes	Charlotte NC	4479	45	M	15 45-49	37:18.2	7:28/K	13:01.8
149	Chad Hardin	Charlotte NC	4872	25	M	27 25-29	37:23.6	7:29/K	13:07.2
150	Jack Jacobson	Charlotte NC	4471	23	M	18 20-24	37:27.1	7:29/K	13:10.7
151	Charles Lloyd	Charlotte NC	4478	27	M	28 25-29	37:37.4	7:31/K	13:21.0
152	Kyle DeHont	Charlotte NC	4543	30	M	13 30-34	37:40.0	7:32/K	13:23.6
153	Tom Torkildsen	Matthews NC	4515	62	M	4 55-99	37:41.5	7:32/K	13:25.1
154	Jacob Edelman	Charlotte NC	4945	27	M	29 25-29	37:43.9	7:33/K	13:27.5
155	Whitney Freize		5080	30	F	7 30-34	37:45.5	7:33/K	8:38.7
156	Anthony Rattazzi	Indian Trail NC	4908	32	M	14 30-34	37:47.6	7:33/K	13:31.2
157	Heather McArthur	Charlotte NC	4890	43	F	3 40-44	37:52.5	7:34/K	8:45.7
158	Christopher Carter	Charlotte NC	4534	37	M	18 35-39	37:53.8	7:35/K	13:37.4
159	Abdollah Mohammadi	Charlotte NC	4590	30	M	15 30-34	37:54.4	7:35/K	13:38.0
160	Justin Miller	Waxhaw NC	4587	22	M	19 20-24	37:56.6	7:35/K	13:40.2
161	Derek Painter		5087	47	M	16 45-49	37:57.4	7:35/K	13:41.0
162	Grayson Rowe	Concord NC	4913	14	M	7 1-14	37:59.2	7:36/K	13:42.8
163	Bryce Wolfe	Charlotte NC	4633	43	M	17 40-44	38:06.4	7:37/K	13:50.0
164	sarah steele	Charlotte NC	4507	28	F	7 25-29	38:10.9	7:38/K	9:04.0
165	Daniel Florez	Gastonia NC	4866	22	M	20 20-24	38:24.5	7:41/K	14:08.1
166	Reilly Lambert	Mint Hill NC	4392	17	F	3 15-19	38:35.5	7:43/K	9:28.7
167	Bo Scott		5054	45	M	17 45-49	38:42.3	7:44/K	14:25.9
168	Bryce Yeargan	Winston Salem NC	4637	37	M	19 35-39	38:47.5	7:45/K	14:31.1
169	Katie Kazukynas	Charlotte NC	4566	37	F	2 35-39	38:48.8	7:46/K	9:42.0
170	Rachel Piles	Charlotte NC	4597	23	F	3 20-24	38:58.9	7:48/K	9:52.0
171	Dillon Bawayan	Charlotte NC	4644	26	M	30 25-29	39:00.6	7:48/K	14:44.2
172	Terry Byron	Apex NC	4851	49	M	18 45-49	39:01.7	7:48/K	14:45.3
173	Heather Byron	Apex NC	4648	16	F	4 15-19	39:03.5	7:49/K	9:56.6
174	Eric Watson	Midlothian VA	4628	44	M	18 40-44	39:04.6	7:49/K	14:48.2
175	James Whiting	Tega Cay SC	4631	48	M	19 45-49	39:04.8	7:49/K	14:48.4
176	John Foster	Carlisle PA	4551	64	M	5 55-99	39:08.0	7:50/K	14:51.6
177	Randy Miller	Mooreville NC	4589	50	M	6 50-54	39:11.6	7:50/K	14:55.2
178	max reardon	mooreville NC	4408	15	M	9 15-19	39:11.6	7:50/K	14:55.2
179	Jeff Linson	Charlotte NC	4476	58	M	6 55-99	39:18.7	7:52/K	15:02.3
180	Christian Jones	Charlotte NC	4563	22	M	21 20-24	39:18.8	7:52/K	15:02.4
181	Jon Fenton	Charlotte NC	4450	41	M	19 40-44	39:23.4	7:53/K	15:07.0
182	Amanda Bill	Charlotte NC	4530	23	F	4 20-24	39:25.5	7:53/K	10:18.7
183	Diego Fuentes	Charlotte NC	4553	20	M	22 20-24	39:27.2	7:53/K	15:10.8
184	Guy Roberts	Charlotte NC	4910	54	M	7 50-54	39:28.8	7:54/K	15:12.4
185	Amanda Childers	Gastonia NC	4535	29	F	8 25-29	39:31.2	7:54/K	10:24.4
186	Benji ChitKhin	Charlotte NC	4441	26	M	31 25-29	39:31.7	7:54/K	15:15.3
187	Ryan Fay	Davidson NC	4863	42	M	20 40-44	39:33.2	7:55/K	15:16.8
188	Amanda Heim	Charlotte NC	4464	30	F	8 30-34	39:33.5	7:55/K	10:26.7

Frigid 5k Run & Plunge

Race Date

February 10, 2018

Overall Finish List

<u>Overall</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Gend</u>	<u>AG Place</u>	<u>Time</u>	<u>Pace</u>	<u>Time Back</u>
189	Mackenzie O'Hara	Matthews NC	4595	19	F	5 15-19	39:42.1	7:56/K	10:35.3
190	Michelle Ginsburg		5069	26	F	9 25-29	39:44.1	7:57/K	10:37.3
191	Heather Taylor	Charlotte NC	4618	31	F	9 30-34	39:46.1	7:57/K	10:39.3
192	Hailey Tuckmantel	BOILING SPRINGS	4517	17	F	6 15-19	40:00.3	8:00/K	10:53.5
193	Anthony Darr	Charlotte NC	4541	37	M	20 35-39	40:02.0	8:00/K	15:45.7
194	Wes Grover	Charlotte NC	4557	26	M	32 25-29	40:08.4	8:02/K	15:52.0
195	Nicholas Cesmat	Denver NC	4439	22	M	23 20-24	40:08.5	8:02/K	15:52.1
196	Eric Lewis	Moon Township PA	4575	23	M	24 20-24	40:08.7	8:02/K	15:52.3
197	Austin Brown	Asheville NC	4437	27	M	33 25-29	40:09.0	8:02/K	15:52.7
198	tony peters	CHARLOTTE NC	4904	47	M	20 45-49	40:12.3	8:02/K	15:55.9
199	Jessy Siefken	Charlotte NC	4975	43	F	4 40-44	40:13.0	8:03/K	11:06.2
200	Michael Ponzio	Mount Holly NC	4906	27	M	34 25-29	40:16.4	8:03/K	16:00.0
201	Tara Beck	Huntersville NC	4432	34	F	10 30-34	40:27.6	8:05/K	11:20.8
202	adam kaufman	charlotte NC	4474	46	M	21 45-49	40:28.1	8:06/K	16:11.8
203	Jennifer kaufman	charlotte NC	4880	46	F	1 45-49	40:28.3	8:06/K	11:21.5
204	Tyler Kennedy	Charlotte NC	5082	27	M	35 25-29	40:28.4	8:06/K	16:12.0
205	Rory Regan	Charlotte NC	4909	55	M	7 55-99	40:30.1	8:06/K	16:13.7
206	Kristin Frankel		5063	45	F	2 45-49	40:42.6	8:08/K	11:35.8
207	Sam Sparger	Charlotte NC	4612	29	M	36 25-29	40:43.1	8:09/K	16:26.7
208	Elizabeth Holzheimer	Charlotte NC	4559	27	F	10 25-29	40:43.9	8:09/K	11:37.1
209	kristin moody	Charlotte NC	4894	28	F	11 25-29	40:51.0	8:10/K	11:44.1
210	Mike Miller	Charlotte NC	4588	34	M	16 30-34	40:51.1	8:10/K	16:34.7
211	Alex Andony	Charlotte NC	4427	25	M	37 25-29	40:51.1	8:10/K	16:34.7
212	Wesley Pfeifer		5065	29	M	38 25-29	40:58.5	8:12/K	16:42.1
213	Raghunatha Nandikanti	Charlotte NC	5026	33	M	17 30-34	41:00.1	8:12/K	16:43.7
214	Leroy Townsend	Harrisburg NC	4625	54	M	8 50-54	41:13.4	8:15/K	16:57.0
215	Holly Leadingham	Concord NC	4574	46	F	3 45-49	41:17.5	8:15/K	12:10.7
216	Pamela Ducharme	York SC	4860	52	F	1 50-54	41:34.0	8:19/K	12:27.2
217	Alec Freudenberg		5056	25	M	39 25-29	41:34.9	8:19/K	17:18.5
218	Justin Kirilo	Fort Mill SC	4882	35	M	21 35-39	41:35.8	8:19/K	17:19.4
219	Michael Foltz	Charlotte NC	4550	25	M	40 25-29	41:36.6	8:19/K	17:20.2
220	Jim Thompson	Charlotte NC	4622	47	M	22 45-49	41:36.7	8:19/K	17:20.3
221	Mallory Maynard	Charlotte NC	4584	24	F	5 20-24	41:38.1	8:20/K	12:31.3
222	Terry farmer	mooreville NC	4449	69	M	8 55-99	41:47.0	8:21/K	17:30.6
223	Izzat Saymeh	Charlotte NC	4499	39	M	22 35-39	41:48.6	8:22/K	17:32.2
224	Mason Hadley	Davidson NC	4462	16	M	10 15-19	41:52.6	8:22/K	17:36.2
225	Craig Varnum	Huntersville NC	4929	47	M	23 45-49	41:58.6	8:24/K	17:42.2
226	Brandon Hawver	Simpsonville SC	4874	31	M	18 30-34	42:04.3	8:25/K	17:47.9
227	Sam Yelverton	Charlotte NC	5070	29	M	41 25-29	42:06.6	8:25/K	17:50.2
228	Michael Maccarone	Fort Mill SC	4888	26	M	42 25-29	42:10.3	8:26/K	17:53.9
229	Mike Culm	Huntersville NC	4854	47	M	24 45-49	42:14.3	8:27/K	17:57.9
230	Connor Price	Waxhaw NC	4601	25	M	43 25-29	42:15.1	8:27/K	17:58.7
231	Matt Smith	Charlotte NC	4919	44	M	21 40-44	42:25.9	8:29/K	18:09.5
232	Elliott Diskin	Charlotte NC	4857	15	M	11 15-19	42:27.0	8:29/K	18:10.6
233	Kimberly Denicola	Lincolnton NC	4544	50	F	2 50-54	42:31.7	8:30/K	13:24.9
234	Derek Murphy	Charlotte NC	4964	38	M	23 35-39	42:33.8	8:31/K	18:17.4
235	Bennett Worley	Charlotte NC	4634	10	M	8 1-14	42:40.3	8:32/K	18:23.9

Frigid 5k Run & Plunge

Race Date
February 10, 2018

Overall Finish List

<u>Overall</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Gend</u>	<u>AG Place</u>	<u>Time</u>	<u>Pace</u>	<u>Time Back</u>
236	Chris Worley	Charlotte NC	4635	46	M	25 45-49	42:43.5	8:33/K	18:27.2
237	Derek Allen		5074	22	M	25 20-24	42:47.2	8:33/K	18:30.9
238	Rose Fenton	Greenville SC	4865	26	F	12 25-29	42:50.7	8:34/K	13:43.9
239	Dylan Kelly	Raleigh NC	4567	30	M	19 30-34	42:51.8	8:34/K	18:35.4
240	Steve Hilliard	Huntersville NC	4467	31	M	20 30-34	42:57.2	8:35/K	18:40.9
241	Katherine Allen Allen	Huntersville NC	4525	24	F	6 20-24	42:59.4	8:36/K	13:52.6
242	Ellen Steele	Charlotte NC	4615	30	F	11 30-34	42:59.5	8:36/K	13:52.7
243	WILLIAM HAYES	CHARLOTTE NC	4875	28	M	44 25-29	43:01.3	8:36/K	18:44.9
244	Joe Morgan	Monroe NC	4896	23	M	26 20-24	43:04.9	8:37/K	18:48.5
245	Brian Morrow	Charlotte NC	4488	24	M	27 20-24	43:05.7	8:37/K	18:49.3
246	Charles Warnick	Charlotte NC	4521	29	M	45 25-29	43:07.3	8:37/K	18:50.9
247	Gwen Tepper	Indian Trail NC	4619	36	F	3 35-39	43:15.2	8:39/K	14:08.3
248	Beau Fink	Charlotte NC	4548	30	M	21 30-34	43:18.3	8:40/K	19:01.9
249	jeff hanood	charlotte NC	4871	45	M	26 45-49	43:23.3	8:41/K	19:06.9
250	Aaron Koski	Matthews NC	4883	31	M	22 30-34	43:30.3	8:42/K	19:13.9
251	Daniel Roberts	Rock Hill SC	4604	31	M	23 30-34	43:35.3	8:43/K	19:19.0
252	Taylor Thompson	Matthews NC	4623	30	F	12 30-34	43:35.8	8:43/K	14:29.0
253	Drew Crisan	Charlotte NC	4540	34	M	24 30-34	43:35.8	8:43/K	19:19.4
254	Jonathan Summey	Dallas NC	4511	26	M	46 25-29	43:56.7	8:47/K	19:40.4
255	Colin Dee		5060	27	M	47 25-29	44:13.6	8:51/K	19:57.2
256	Matt Horn	Winston-Salem NC	4468	28	M	48 25-29	44:14.7	8:51/K	19:58.3
257	Nolan Perkins	Mooresville NC	5029	37	M	24 35-39	44:14.8	8:51/K	19:58.4
258	Avery Clewell	Huntersville NC	4852	12	F	4 1-14	44:29.3	8:54/K	15:22.5
259	Mary Rumble	Winston-Salem NC	4607	60	F	2 55-99	44:29.3	8:54/K	15:22.5
260	James Porter	Indian Trail NC	4598	11	M	9 1-14	44:30.0	8:54/K	20:13.6
261	Jamie Porter	Indian Trail NC	4599	42	F	5 40-44	44:31.8	8:54/K	15:25.0
262	Elijah Gebe	Mooresville NC	4555	13	M	10 1-14	44:31.9	8:54/K	20:15.5
263	Ben Broom	Clover SC	4993	42	M	22 40-44	44:43.5	8:57/K	20:27.1
264	Jonathan Payton	Charlotte NC	4596	32	M	25 30-34	44:44.9	8:57/K	20:28.5
265	Connor Barbee	Charlotte NC	4526	22	M	28 20-24	44:50.6	8:58/K	20:34.2
266	Greg Lee	Charlotte NC	4887	42	M	23 40-44	44:50.6	8:58/K	20:34.2
267	Andrew Spiros	Charlotte NC	4614	27	M	49 25-29	44:52.5	8:58/K	20:36.1
268	Maria Pyle		5061	26	F	13 25-29	44:57.5	8:59/K	15:50.6
269	Kim Powell	Charlotte NC	4600	32	F	13 30-34	45:07.3	9:01/K	16:00.5
270	Russell Sumrall	Charlotte NC	4617	44	M	24 40-44	45:08.4	9:02/K	20:52.0
271	Richard Spencer	Charlotte NC	4921	50	M	9 50-54	45:18.2	9:04/K	21:01.8
272	Jacob Beauchamp	Mocksville NC	4645	21	M	29 20-24	45:21.8	9:04/K	21:05.4
273	lisa Zamarripa	Bloomington MN	4423	59	F	3 55-99	45:22.6	9:04/K	16:15.7
274	Pepper Mahin	Mount Holly NC	4956	39	F	4 35-39	45:29.2	9:06/K	16:22.4
275	Sarah Latiolais	Huntersville NC	4886	33	F	14 30-34	45:35.8	9:07/K	16:29.0
276	Matthew Epolito	Charlotte NC	4862	31	M	26 30-34	45:36.5	9:07/K	21:20.1
277	Scott Sparks	Harrisburg NC	4920	46	M	27 45-49	45:38.1	9:08/K	21:21.7
278	Adam Zeck	Charlotte NC	4638	47	M	28 45-49	45:39.8	9:08/K	21:23.4
279	Corey Morrill	Gastonia NC	4897	30	M	27 30-34	45:44.9	9:09/K	21:28.5
280	Elizabeth Mandel	Grovetown GA	4577	27	F	14 25-29	45:45.5	9:09/K	16:38.7
281	Charlie Rogers	Charlotte NC	4912	28	M	50 25-29	45:46.2	9:09/K	21:29.8
282	Ashton Rogers	Charlotte NC	4911	29	F	15 25-29	45:47.3	9:09/K	16:40.5

Frigid 5k Run & Plunge

Race Date
February 10, 2018

Overall Finish List

<u>Overall</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Gend</u>	<u>AG Place</u>	<u>Time</u>	<u>Pace</u>	<u>Time Back</u>
283	Mario Santillan	Huntersville NC	4915	33	M	28 30-34	45:51.2	9:10/K	21:34.8
284	Stuart Hall	Huntersville NC	4558	45	M	29 45-49	45:57.7	9:11/K	21:41.3
285	Meri Rosco	Huntersville NC	4605	35	F	5 35-39	45:57.8	9:11/K	16:50.9
286	Micheal McArthur	Charlotte NC	4958	69	M	9 55-99	45:58.7	9:12/K	21:42.4
287	Janice Weiss	Winston Salem NC	4629	57	F	4 55-99	46:15.0	9:15/K	17:08.2
288	Lisa Izzi	Raleigh NC	4562	22	F	7 20-24	46:17.4	9:15/K	17:10.5
289	Taylor Wilson	Raleigh NC	4632	23	M	30 20-24	46:17.4	9:15/K	22:01.0
290	Gina St.Clair	Rock Hill SC	5038	42	F	6 40-44	46:21.0	9:16/K	17:14.2
291	Sean Ryan	Charlotte NC	4498	40	M	25 40-44	46:21.3	9:16/K	22:05.0
292	Betsy Shores	Cornelius NC	4916	37	F	6 35-39	46:29.0	9:18/K	17:22.2
293	Lynn Ramsey	Charlotte NC	4602	57	F	5 55-99	46:32.0	9:18/K	17:25.2
294	Gerardo Mendez	Charlotte NC	4892	33	M	29 30-34	46:33.6	9:19/K	22:17.2
295	Lucy Andrews	Charlotte NC	4932	12	F	5 1-14	46:34.0	9:19/K	17:27.1
296	Robert Poliquin	Charlotte NC	4970	40	M	26 40-44	46:40.6	9:20/K	22:24.2
297	Andrea Bonner	Matthews NC	4937	45	F	4 45-49	46:41.2	9:20/K	17:34.4
298	thomas reardon	mooreville NC	5031	54	M	10 50-54	46:48.6	9:22/K	22:32.2
299	Payton Beaver	Cherryville NC	4934	23	F	8 20-24	46:52.5	9:22/K	17:45.7
300	Patrick Beaver	Cherryville NC	4646	26	M	51 25-29	46:53.7	9:23/K	22:37.3
301	Chris St. Clair	Rock Hill SC	5037	44	M	27 40-44	46:57.8	9:23/K	22:41.4
302	Layth Nasralla	Charlotte NC	4489	31	M	30 30-34	46:57.9	9:23/K	22:41.5
303	MALACHI BEST-DENNIS	charlotte NC	4529	9	M	11 1-14	46:59.1	9:24/K	22:42.7
304	Michael Dennis	charlotte NC	4545	38	M	25 35-39	46:59.5	9:24/K	22:43.1
305	Marnette Zuchel	Charlotte NC	5045	63	F	6 55-99	46:59.6	9:24/K	17:52.8
306	Emma Best	Charlotte NC	4935	42	F	7 40-44	47:01.3	9:24/K	17:54.5
307	ava shelton	charlotte NC	4973	12	F	6 1-14	47:02.7	9:24/K	17:55.9
308	Michael Kauffman	Charlotte NC	4879	56	M	10 55-99	47:09.9	9:26/K	22:53.5
309	Brian Foote	Charlotte NC	4868	56	M	11 55-99	47:10.9	9:26/K	22:54.5
310	Bob Drury	Davidson NC	4859	41	M	28 40-44	47:13.8	9:27/K	22:57.4
311	Richard Stipanovic	Charlotte NC	4616	29	M	52 25-29	47:18.6	9:28/K	23:02.2
312	Greg Wright	Lancaster SC	4636	25	M	53 25-29	47:20.0	9:28/K	23:03.6
313	Nicole Byron	Apex NC	4650	18	F	7 15-19	47:20.4	9:28/K	18:13.6
314	Emily Mullins	Gastonia NC	4899	26	F	16 25-29	47:20.9	9:28/K	18:14.1
315	Margie Byron	Apex NC	4649	48	F	5 45-49	47:21.4	9:28/K	18:14.6
316	Timothy Tobin	Charlotte NC	4983	45	M	30 45-49	47:23.6	9:29/K	23:07.2
317	Julie Fox	CHARLOTTE NC	4948	32	F	15 30-34	47:38.8	9:32/K	18:32.0
318	Jennifer Nelson	Charlotte NC	4900	41	F	8 40-44	47:47.4	9:33/K	18:40.6
319	Kelli Montanez	Huntersville NC	4893	35	F	7 35-39	47:49.0	9:34/K	18:42.2
320	Rachael Lindsco	Chester SC	4954	26	F	17 25-29	48:16.9	9:39/K	19:10.0
321	Morgan Phillips	Charlotte NC	4905	26	F	18 25-29	48:35.4	9:43/K	19:28.6
322	Bethany Hutchins	Concord NC	4561	30	F	16 30-34	48:35.5	9:43/K	19:28.7
323	Shannon Burch	Belmont NC	4940	30	F	17 30-34	48:45.3	9:45/K	19:38.5
324	Monique McCullough	Charlotte NC	4959	34	F	18 30-34	48:46.2	9:45/K	19:39.3
325	Elizabeth Griner	Fort Mill SC	4950	32	F	19 30-34	48:59.5	9:48/K	19:52.7
326	Annie Griner	Fort Mill SC	4949	31	F	20 30-34	48:59.6	9:48/K	19:52.8
327	Tommy Shores	Cornelius NC	4917	41	M	29 40-44	49:01.0	9:48/K	24:44.6
328	Lauren Milligan	Matthews NC	4960	28	F	19 25-29	49:01.1	9:48/K	19:54.3
329	Nicole Joseph	Charlotte NC	5008	38	F	8 35-39	49:08.3	9:50/K	20:01.5

Frigid 5k Run & Plunge

Race Date
February 10, 2018

Overall Finish List

<u>Overall</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Gend</u>	<u>AG Place</u>	<u>Time</u>	<u>Pace</u>	<u>Time Back</u>
330	John Dever	Charlotte NC	4856	46	M	31 45-49	49:09.6	9:50/K	24:53.2
331	amy h	Charlotte NC	4951	49	F	6 45-49	49:10.4	9:50/K	20:03.6
332	Amanda Lang	charlotte NC	4571	28	F	20 25-29	49:10.9	9:50/K	20:04.1
333	Robert Joseph	Charlotte NC	4878	37	M	26 35-39	49:13.6	9:51/K	24:57.2
334	michelle konopka	Monroe NC	4953	46	F	7 45-49	49:17.3	9:51/K	20:10.4
335	Vijay Datla	Charlotte NC	4997	35	M	27 35-39	49:46.8	9:57/K	25:30.5
336	ICey Wu	Shelby NC	4988	27	F	21 25-29	49:49.1	9:58/K	20:42.3
337	Emily Conway		5072	22	F	9 20-24	49:52.8	9:58/K	20:46.0
338	Ali McCraw	Charlotte NC	4891	35	F	9 35-39	50:01.2	10:00/K	20:54.4
339	Meagan Aylward	Charlotte NC	4642	32	F	21 30-34	50:27.9	10:05/K	21:21.1
340	Lexi Dixon	Huntersville NC	4546	22	F	10 20-24	50:30.7	10:06/K	21:23.9
341	Alex Bologna		5083	22	M	31 20-24	50:32.3	10:06/K	26:15.9
342	Zachary Dussault	Charlotte NC	4861	33	M	31 30-34	51:14.4	10:15/K	26:58.0
343	Josh Price	Charlotte NC	4494	25	M	54 25-29	51:16.6	10:15/K	27:00.2
344	Valerie Foligno	Charlotte NC	4867	26	M	55 25-29	51:16.9	10:15/K	27:00.5
345	Alexis MCGhee	Charlotte NC	4483	25	F	22 25-29	51:17.4	10:15/K	22:10.6
346	Melanie Foligno	Charlotte NC	4549	23	F	11 20-24	51:21.6	10:16/K	22:14.7
347	Ashley Peek		5081	27	F	23 25-29	51:22.2	10:16/K	22:15.4
348	Heather Jurney	Gastonia NC	4952	40	F	9 40-44	51:43.8	10:21/K	22:37.0
349	Ashish Pandey	Charlotte NC	4402	43	M	30 40-44	53:24.9	10:41/K	29:08.5
350	Gabi Nolan	Waxhaw NC	4967	12	F	7 1-14	53:38.5	10:44/K	24:31.7
351	jeff sams	mount holly NC	5033	50	M	11 50-54	53:47.6	10:45/K	29:31.2
352	Buddy Forrest	Charlotte NC	5003	25	M	56 25-29	53:47.7	10:45/K	29:31.3
353	Abbie Kincaid	Maiden NC	5010	29	F	24 25-29	53:59.2	10:48/K	24:52.4
354	Tiffany Randazza	Newton NC	4971	37	F	10 35-39	54:02.4	10:48/K	24:55.6
355	Erin Gilson	Charlotte NC	5006	36	F	11 35-39	54:06.3	10:49/K	24:59.5
356	Tyler Ford	Huntersville NC	5002	23	M	32 20-24	54:09.3	10:50/K	29:52.9
357	Wendell Lupton	Greensboro NC	4955	35	M	28 35-39	54:11.0	10:50/K	29:54.7
358	Katie Walker	Cramerton NC	4984	12	F	8 1-14	54:15.2	10:51/K	25:08.4
359	Alex Rodney		5068	28	M	57 25-29	54:16.9	10:51/K	30:00.5
360	Jack Tenold		5079	12	M	12 1-14	54:18.6	10:52/K	30:02.2
361	charles tenold	clover SC	5078	47	M	32 45-49	54:20.9	10:52/K	30:04.5
362	Katie Morgan	Monroe NC	4962	23	F	12 20-24	54:25.6	10:53/K	25:18.8
363	Morgan Lombardo	Sharon SC	5015	45	F	8 45-49	54:28.1	10:54/K	25:21.3
364	William Barton	Mt Holly NC	4527	37	M	29 35-39	54:28.7	10:54/K	30:12.3
365	Tiffany Lombardo	Sharon SC	5016	21	F	13 20-24	54:29.3	10:54/K	25:22.5
366	Gail Barton	Mt Holly NC	4933	35	F	12 35-39	54:33.7	10:55/K	25:26.9
367	John Davis	Vale NC	4444	36	M	30 35-39	54:38.4	10:56/K	30:22.0
368	Laura Davis	Vale NC	4943	39	F	13 35-39	54:39.4	10:56/K	25:32.6
369	Jonathan Brown	Charlotte NC	4939	46	M	33 45-49	54:39.8	10:56/K	30:23.5
370	Deb Miller	Waxhaw NC	5020	49	F	9 45-49	54:53.0	10:59/K	25:46.2
371	Johnsie Moore	Lancaster SC	5021	58	F	7 55-99	55:16.3	11:03/K	26:09.4
372	Dean Mallozzi	Cornelius NC	4576	47	M	34 45-49	55:22.6	11:04/K	31:06.2
373	Katelyn Stephens	Concord NC	4923	9	F	9 1-14	55:23.2	11:05/K	26:16.4
374	Sarah Stephens	Concord NC	4924	39	F	14 35-39	55:23.7	11:05/K	26:16.8
375	Hope Mallozzi	Cornelius NC	4889	48	F	10 45-49	55:29.9	11:06/K	26:23.1
376	David Orr	Charlotte NC	4902	35	M	31 35-39	55:31.4	11:06/K	31:15.0

Frigid 5k Run & Plunge

Race Date
February 10, 2018

Overall Finish List

<u>Overall</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Gend</u>	<u>AG Place</u>	<u>Time</u>	<u>Pace</u>	<u>Time Back</u>
377	Wendy Adams	ROCK HILL SC	4639	48	F	11 45-49	55:33.3	11:07/K	26:26.5
378	Heather Presson	Pineville NC	4907	28	F	25 25-29	55:33.8	11:07/K	26:27.0
379	Kayla Aiton	Mt Pleasant NC	4640	24	F	14 20-24	55:40.1	11:08/K	26:33.3
380	Jason Smith	Norwood NC	4918	20	M	33 20-24	55:41.3	11:08/K	31:24.9
381	Arvind Vedantham	Charlotte NC	4627	43	M	31 40-44	55:41.5	11:08/K	31:25.1
382	Tonya Callaway	Sherrill's ford NC	4996	44	F	10 40-44	55:41.6	11:08/K	26:34.8
383	Tina Grafing	Lancaster SC	4870	26	F	26 25-29	55:42.2	11:08/K	26:35.4
384	Miranda Clewell	Huntersville NC	4853	29	F	27 25-29	55:46.9	11:09/K	26:40.1
385	Kimberly Denicola		5077	50	F	3 50-54	55:50.9	11:10/K	26:44.0
386	Kelley Smith	Hickory NC	4978	51	F	4 50-54	55:52.7	11:10/K	26:45.9
387	Chris Williams	Clover SC	4931	40	M	32 40-44	55:53.2	11:11/K	31:36.8
388	Aerial White	wingate NC	4630	23	F	15 20-24	55:54.8	11:11/K	26:47.9
389	William Matthews	wingate NC	4582	24	M	34 20-24	55:56.9	11:11/K	31:40.6
390	Katherine Szizcpkowski		5053	21	F	16 20-24	55:59.3	11:12/K	26:52.4
391	Mark Caddell	Waxhaw NC	4995	31	M	32 30-34	57:05.5	11:25/K	32:49.2
392	Dustin Peaire	Davidson NC	4969	25	M	58 25-29	57:05.9	11:25/K	32:49.6
393	River Mullett	Fort Mill SC	4963	6	M	13 1-14	57:22.8	11:28/K	33:06.5
394	Megan Jones	Albemarle NC	4877	31	F	22 30-34	57:25.5	11:29/K	28:18.7
395	Victoria Fore	Charlotte NC	4947	27	F	28 25-29	57:25.6	11:29/K	28:18.8
396	kiran nukala	charlotte NC	4594	31	M	33 30-34	57:31.4	11:30/K	33:15.0
397	Robert Moses	Greensboro NC	5023	40	M	33 40-44	57:32.3	11:30/K	33:15.9
398	Melissa Morenus	Iron Station NC	5022	49	M	35 45-49	57:36.5	11:31/K	33:20.1
399	Gwen Foellmer	Charlotte NC	4946	35	F	15 35-39	58:31.0	11:42/K	29:24.2
400	Amanda Childers	Charlotte NC	5085	29	F	29 25-29	58:57.6	11:47/K	29:50.8
401	Lisa Hart	Hickory NC	4873	53	F	5 50-54	59:25.0	11:53/K	30:18.2
402	John Nolan	Waxhaw NC	4968	55	M	12 55-99	59:28.7	11:54/K	35:12.3
403	Kiersten Malo	CHARLOTTE NC	4957	36	F	16 35-39	59:58.7	12:00/K	30:51.9
404	Danny Davis	Charlotte NC	4942	41	M	34 40-44	1:00:27.2	12:05/K	36:10.9
405	tom kitrick	charlotte NC	5011	61	M	13 55-99	1:00:28.9	12:06/K	36:12.5
406	Nicole Dimond Diskin	Charlotte NC	4999	50	F	6 50-54	1:00:41.3	12:08/K	31:34.4
407	Samuel Boardman	Charlotte NC	4936	31	M	34 30-34	1:00:44.5	12:09/K	36:28.1
408	Anand Manohar	Charlotte NC	4396	25	M	59 25-29	1:02:16.6	12:27/K	38:00.2
409	Whitney Michau	York SC	5019	27	F	30 25-29	1:02:24.5	12:29/K	33:17.7
410	Sanjay Singh	Charlotte NC	4503	45	M	36 45-49	1:02:36.7	12:31/K	38:20.4
411	Russell Schlick	Charlotte NC	5035	38	M	32 35-39	1:02:41.3	12:32/K	38:24.9
412	Cara Goforth	Marshall NC	4556	20	F	17 20-24	1:05:21.3	13:04/K	36:14.5
413	Chris snyder Snyder	Charlotte NC	4414	32	M	35 30-34	1:07:44.0	13:33/K	43:27.6
414	Amanda Smith	Clover SC	4976	34	F	23 30-34	1:07:44.1	13:33/K	38:37.2
415	Katie Stortz	Huntersville NC	5039	25	F	31 25-29	1:07:45.3	13:33/K	38:38.4
416	Julia Waldo	Mt. Holly NC	5040	31	F	24 30-34	1:07:45.8	13:33/K	38:38.9
417	Erin Hawley	Waxhaw NC	5007	26	F	32 25-29	1:07:57.6	13:35/K	38:50.8
418	Brad Saunders	Waxhaw NC	5034	27	M	60 25-29	1:08:01.9	13:36/K	43:45.5
419	GRACE WILLIAMS	ROCK HILL SC	5042	37	F	17 35-39	1:08:03.3	13:37/K	38:56.5
420	Sara Lineberger	Monroe NC	5014	29	F	33 25-29	1:08:03.7	13:37/K	38:56.9
421	CATHERINE MARTIN	GAFFNEY SC	5018	47	F	12 45-49	1:08:05.0	13:37/K	38:58.2
422	JONA MURRAY	SHELBY NC	5025	35	F	18 35-39	1:08:08.7	13:38/K	39:01.9
423	Tracey Poulos	Charlotte NC	5030	47	F	13 45-49	1:08:11.2	13:38/K	39:04.4

Frigid 5k Run & Plunge

Race Date
February 10, 2018

Overall Finish List

<u>Overall</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Gend</u>	<u>AG Place</u>	<u>Time</u>	<u>Pace</u>	<u>Time Back</u>
424	Carrie Weber	Taylors SC	4930	26	F	34 25-29	1:08:22.0	13:40/K	39:15.2
425	Joe Dore	Taylors SC	4944	30	M	36 30-34	1:08:23.5	13:41/K	44:07.1
426	Pam Ellis	Belmont NC	5000	41	F	11 40-44	1:10:35.6	14:07/K	41:28.8
427	Becca Barnes	Mount Holly NC	4643	35	F	19 35-39	1:10:37.0	14:07/K	41:30.2
428	Lee Gibbs	Hickory NC	5005	62	F	8 55-99	1:10:38.1	14:08/K	41:31.3
429	Andrew Snipes	Charlotte NC	5036	33	M	37 30-34	1:11:06.1	14:13/K	46:49.7
430	Jessica Smith	Charlotte NC	4977	41	F	12 40-44	1:12:42.1	14:32/K	43:35.3
431	Tanya Taylor	Charlotte NC	4982	40	F	13 40-44	1:12:43.6	14:33/K	43:36.8
432	George Lawson	Greenville SC	5012	40	M	35 40-44	1:13:01.7	14:36/K	48:45.3
433	Jessica Beutler	Cheektowaga NY	4647	18	F	8 15-19	1:13:04.0	14:37/K	43:57.2
434	Joanne Moore Beutler	Cheektowaga NY	4961	47	F	14 45-49	1:13:07.5	14:37/K	44:00.7
435	Cooper Godwin		5075	17	M	12 15-19	1:13:44.6	14:45/K	49:28.3
436	Joy Young	Lumberton NC	5044	30	F	25 30-34	1:13:45.6	14:45/K	44:38.7
437	Lauren Lowery	Fort Mill SC	5017	26	F	35 25-29	1:15:38.4	15:08/K	46:31.6
438	Aimee Wauters	Denver NC	4986	43	F	14 40-44	1:15:49.5	15:10/K	46:42.7
439	Kiara Pino	Fort Mill SC	4405	26	F	36 25-29	1:19:56.0	15:59/K	50:49.2
440	Amahle Dladla	Fort Mill SC	4369	19	F	9 15-19	1:19:57.3	15:59/K	50:50.5

Frigid 5k

Race Date
February 10, 2017

Overall Finish List

<u>Overall</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Gend</u>	<u>AG Place</u>	<u>Time</u>	<u>Pace</u>
1	Chris Zuerner	Charlotte NC	3328	28	M	1 25-29	21:55.2	4:23/K
2	John Peters	Waxhaw NC	3340	33	M	1 30-34	23:16.2	4:39/K
3	Nicholas O'Brien-Pifer	Mint Hill NC	3324	14	M	1 1-14	23:27.9	4:41/K
4	Sergei Zhyk	Charlotte NC	3350	37	M	1 35-39	23:37.5	4:43/K
5	Zach McLaren	Charlotte NC	3318	32	M	2 30-34	23:50.4	4:46/K
6	Jack Merwin	Indian Trail NC	3346	28	M	2 25-29	24:06.0	4:49/K
7	Troy Lee	Charlotte NC	3332	30	M	3 30-34	24:19.9	4:52/K
8	Fulton Shober	Charlotte NC	3341	15	M	1 15-19	24:24.4	4:53/K
9	Sean Chastain	Raleigh NC	3327	32	M	4 30-34	24:25.1	4:53/K
10	Nate Jeffries	Downers Grove IL	3310	17	M	2 15-19	24:26.9	4:53/K
11	Jonny Sinclair	Matthews NC	3343	34	M	5 30-34	24:37.0	4:55/K
12	Ty Stevens	Asheville NC	3306	41	M	1 40-44	24:38.1	4:56/K
13	Paul Halaburda	Charlotte NC	3334	36	M	2 35-39	24:58.4	5:00/K
14	Chris Weissmann	Charlotte NC	3433	25	M	3 25-29	25:28.8	5:06/K
15	Patrick Baird	Pleasant View TN	3404	30	M	6 30-34	25:45.0	5:09/K
16	Peyton Hayslette	Charlotte NC	3323	25	M	4 25-29	25:58.2	5:12/K
17	Molly Dedmon	Charlotte NC	3454	28	F	1 25-29	26:01.4	5:12/K
18	Josh Mort	Fort Mill SC	3356	27	M	5 25-29	26:08.2	5:14/K
19	Michael Ferreira	Lancaster SC	3363	36	M	3 35-39	26:11.9	5:14/K
20	Jason Carey	Charlotte NC	3396	45	M	1 45-49	26:12.8	5:14/K
21	Jessica Whitmire	Pendleton SC	3347	24	F	1 20-24	26:14.1	5:15/K
22	Gregg Garrison	Cornelius NC	3365	41	M	2 40-44	26:16.4	5:15/K
23	Wyatt Fedorka	Mooresville NC	3322	20	M	1 20-24	26:34.8	5:19/K
24	Sean Comer	Rock Hill SC	3315	24	M	2 20-24	26:47.9	5:21/K
25	Sydney Wood	Huntersville NC	3338	14	F	1 1-14	26:50.2	5:22/K
26	Richard Hodges	Charlotte NC	3309	25	M	6 25-29	26:51.9	5:22/K
27	TJ O'Brien-Pifer	Mint Hill NC	3325	18	M	3 15-19	26:55.4	5:23/K
28	Amanda Iannello	Charlotte NY	3409	31	F	1 30-34	26:56.2	5:23/K
29	Stuart Sigley	Charlotte NC	3348	24	M	3 20-24	27:05.3	5:25/K
30	Michael Tassitino	Charlotte NC	3441	26	M	7 25-29	27:08.1	5:26/K
31	Joey Campagna	CHARLOTTE NC	3391	28	M	8 25-29	27:08.8	5:26/K
32	Matt Weber	Charlotte NC	3319	16	M	4 15-19	27:30.2	5:30/K
33	Kevin List	Charlotte NC	3355	33	M	7 30-34	27:35.4	5:31/K
34	GARRETT NELSON	charlotte NC	3392	47	M	2 45-49	27:38.6	5:32/K
35	Candace Murray	Charlotte NC	3453	36	F	1 35-39	28:00.0	5:36/K
36	Kate MacConnachie	Matthews NC	3458	37	F	2 35-39	28:00.1	5:36/K
37	Matthew Query	Charlotte NC	3411	26	M	9 25-29	28:06.0	5:37/K
38	Allen Jacobs	Matthews NC	3336	56	M	1 55-99	28:06.4	5:37/K
39	Alec Fairbaugh	Charlotte NC	3333	21	M	4 20-24	28:07.3	5:37/K
40	Rebecca McKeever	Davidson NC	3320	46	F	1 45-49	28:08.2	5:38/K
41	Sandy Kritzinger	Cornelius NC	3384	45	F	2 45-49	28:08.9	5:38/K
42	Caleb Sizemore	Asheville NC	3369	14	M	2 1-14	28:13.3	5:39/K
43	Ella Barwick	Charlotte NC	3353	12	F	2 1-14	28:13.3	5:39/K
44	Sean Rogers	Charlotte NC	3329	31	M	8 30-34	28:18.0	5:40/K
45	Sarah Hardin	Huntersville NC	3367	22	F	2 20-24	28:20.8	5:40/K
46	Robert Erb	Charlotte NC	3344	33	M	9 30-34	28:24.5	5:41/K
47	Laurie Hadley	Davidson NC	3429	47	F	3 45-49	28:27.3	5:41/K

Frigid 5k

Race Date
February 10, 2017

Overall Finish List

<u>Overall</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Gend</u>	<u>AG Place</u>	<u>Time</u>	<u>Pace</u>
48	Tyler Rawson	Gold Hill NC	3370	20	M	5 20-24	28:28.4	5:42/K
49	Chris Davis	Fort Mill SC	3431	33	M	10 30-34	28:29.7	5:42/K
50	Gasper Gulotta	Charlotte NC	3308	25	M	10 25-29	28:29.7	5:42/K
51	Matt Stewart	Charlotte NC	3317	29	M	11 25-29	28:30.7	5:42/K
52	Ashley Williams	Huntersville NC	3339	29	F	2 25-29	28:41.3	5:44/K
53	jeffrey lak	mt holly NC	3314	39	M	4 35-39	28:49.2	5:46/K
54	Danny Sullivan	Huntersville NC	3546	34	M	11 30-34	28:54.3	5:47/K
55	Karen Wandel	Cornelius NC	3375	42	F	1 40-44	28:56.2	5:47/K
56	Benji ChitKhin	Charlotte NC	3424	25	M	12 25-29	29:03.0	5:49/K
57	Brendan Haygood	Hillsborough NC	3405	15	M	5 15-19	29:07.1	5:49/K
58	Brandon Bayes	Huntersville NC	3313	35	M	5 35-39	29:17.4	5:51/K
59	Laura Schmidt	Charlotte NC	3352	22	F	3 20-24	29:20.1	5:52/K
60	Nereo Trejo	Dallas NC	3638	36	M	6 35-39	29:26.9	5:53/K
61	Monte Mahin	MOUNT HOLLY NC	3403	42	M	3 40-44	29:27.3	5:53/K
62	Christian Gibbens	Charlotte NC	3422	24	M	6 20-24	29:31.0	5:54/K
63	Amber Sherrill	Charlotte NC	3390	25	F	3 25-29	29:34.9	5:55/K
64	Matt Weekley	Matthews NC	3342	37	M	7 35-39	29:39.2	5:56/K
65	Jake Wood	Huntersville NC	3430	13	M	3 1-14	29:40.6	5:56/K
66	Leigh Northrup	Concord NC	3412	42	M	4 40-44	29:45.2	5:57/K
67	Lisa Clark	Hickory NC	3443	54	F	1 50-54	29:45.8	5:57/K
68	Jorge Ramos	Charlotte NC	3416	28	M	13 25-29	29:46.3	5:57/K
69	Chuck Fedorka	Mooresville NC	3321	52	M	1 50-54	29:48.8	5:58/K
70	Douglas Cooper	Greensboro NC	3420	41	M	5 40-44	29:57.3	5:59/K
71	Ryan Morgan	CHARLOTTE NC	3439	31	M	12 30-34	29:59.0	6:00/K
72	Jackie Miller	Tega Cay SC	2275	48	F	4 45-49	30:00.8	6:00/K
73	Alex Huminsky	Matthews NC	3326	15	M	6 15-19	30:05.9	6:01/K
74	Rodrigo Trejo	Dallas NC	3640	22	M	7 20-24	30:07.3	6:01/K
75	Nathan Lanning	Charlotte NC	3446	51	M	2 50-54	30:10.2	6:02/K
76	Jason Moraitis	Conover NC	3359	39	M	8 35-39	30:13.5	6:03/K
77	Geo Marques Neto	Charlotte NC	3381	42	M	6 40-44	30:16.0	6:03/K
78	scott lemos	Charlotte NC	3419	45	M	3 45-49	30:21.1	6:04/K
79	Eren Shultz	Charlotte NC	3437	25	M	14 25-29	30:24.5	6:05/K
80	Rob Treff	Charlotte NC	3542	46	M	4 45-49	30:32.5	6:06/K
81	Sarah O'Keefe	Rock Hill SC	3311	26	F	4 25-29	30:34.4	6:07/K
82	Ethan Shaw	Fort Mill SC	1723	15	M	7 15-19	30:38.0	6:08/K
83	Carlos Loaiza	Gastonia NC	3713	23	M	8 20-24	30:40.5	6:08/K
84	Andy Woodward	Waxhaw NC	3410	31	M	13 30-34	30:40.7	6:08/K
85	Morgan Rogers	Charlotte NC	3401	35	M	9 35-39	30:46.2	6:09/K
86	Laurie Passalacqua	Fort mill SC	3711	41	F	2 40-44	30:47.8	6:09/K
87	Kyle Flack	Charlotte NC	3527	30	M	14 30-34	30:49.2	6:10/K
88	Justin Grigg	Denver NC	3434	26	M	15 25-29	30:49.5	6:10/K
89	Samantha Hubbard	Charlotte NC	3387	26	F	5 25-29	30:50.0	6:10/K
90	Tamzin Ellerbeck	Charlotte NC	3372	24	F	4 20-24	30:51.5	6:10/K
91	Nicolas Marecos	Charlotte NC	3378	24	M	9 20-24	30:52.9	6:10/K
92	Kate Beddard	Charlotte NC	3307	15	F	1 15-19	30:56.0	6:11/K
93	Douglas Seamans	Charlotte NC	3376	36	M	10 35-39	31:04.5	6:13/K
94	Jonathan Thompson	Fort Mill SC	3502	17	M	8 15-19	31:05.6	6:13/K

Frigid 5k

Race Date
February 10, 2017

Overall Finish List

<u>Overall</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Gend</u>	<u>AG Place</u>	<u>Time</u>	<u>Pace</u>
95	Eric Smart	Fort Mill SC	3501	39	M	11 35-39	31:07.0	6:13/K
96	Timothy Allison	Charlotte NC	3373	53	M	3 50-54	31:17.2	6:15/K
97	Sean Russum	Davidson NC	3417	23	M	10 20-24	31:18.9	6:16/K
98	Sean Fogtarty	Charlotte NC	1748	45	M	5 45-49	31:25.6	6:17/K
99	Michael Jonathas	Huntersville NC	3393	34	M	15 30-34	31:29.7	6:18/K
100	Karrie Moraitis	Conover NC	3360	38	F	3 35-39	31:31.5	6:18/K
101	richard olinger	indian trail NC	3382	32	M	16 30-34	31:32.4	6:18/K
102	Alistair Lowe	Charlotte NC	3389	37	M	12 35-39	31:42.0	6:20/K
103	Alejandra Miller	Charlotte NC	3395	35	F	4 35-39	31:43.7	6:21/K
104	Jeff Hurston	Charlotte NC	3442	49	M	6 45-49	31:45.1	6:21/K
105	Andrew Rankin	CHARLESTON SC	3397	29	M	16 25-29	31:45.3	6:21/K
106	Chris Lepore	Charlotte NC	3538	34	M	17 30-34	31:46.4	6:21/K
107	Chris Valada	Charlotte NC	3504	36	M	13 35-39	31:50.0	6:22/K
108	Kristina Fisher	CHARLOTTE PA	3383	33	F	2 30-34	31:51.1	6:22/K
109	Matthew Auman	Pineville NC	3518	35	M	14 35-39	31:55.1	6:23/K
110	Brian Macfarlane	Matthews NC	3513	42	M	7 40-44	31:55.3	6:23/K
111	Derek Harrell	Matthews NC	3512	32	M	18 30-34	31:55.6	6:23/K
112	Michael Leal	Charlotte NC	3489	29	M	17 25-29	31:59.3	6:24/K
113	Dillon Bawayan	Charlotte NC	3526	25	M	18 25-29	32:00.3	6:24/K
114	Gary Brackett	Charlotte NC	3450	27	M	19 25-29	32:09.4	6:26/K
115	Sara Blakeney	Charlotte NC	3316	40	F	3 40-44	32:13.1	6:27/K
116	Chad Van Hyning	Charlotte NC	3490	46	M	7 45-49	32:13.2	6:27/K
117	Alen Rhinesmith	Charlotte NC	3414	40	M	8 40-44	32:14.4	6:27/K
118	Brock Carroll	Charlotte NC	3402	39	M	15 35-39	32:14.4	6:27/K
119	Kevin Clark	Hickory NC	3540	56	M	2 55-99	32:16.4	6:27/K
120	Karla Rose	Charlotte NC	3557	32	F	3 30-34	32:24.3	6:29/K
121	Wesley Cannon	Charlotte NC	3394	26	M	20 25-29	32:25.2	6:29/K
122	Aaron Mailloux	Charlotte NC	3550	42	M	9 40-44	32:35.8	6:31/K
123	Christine Davis	CHARLOTTE NC	3440	32	F	4 30-34	32:41.7	6:32/K
124	John Adorno	Charlotte NC	3406	27	M	21 25-29	32:42.0	6:32/K
125	Nathan Miller	Charlotte NC	3445	35	M	16 35-39	32:42.2	6:32/K
126	Natalie Miller	Greenville SC	3366	36	F	5 35-39	32:42.4	6:32/K
127	Byron Revels	Charlotte NC	3425	28	M	22 25-29	32:44.7	6:33/K
128	Matthew Smith	Charlotte NC	3408	25	M	23 25-29	32:45.8	6:33/K
129	Nicolas Marecos	Charlotte NC	3460	24	M	11 20-24	32:46.1	6:33/K
130	Mila Lamparska	Charlotte NC	3468	29	F	6 25-29	32:53.3	6:35/K
131	Blair Holt	Charlotte NC	3455	40	M	10 40-44	32:58.9	6:36/K
132	David Page	Concord NC	3398	27	M	24 25-29	33:00.9	6:36/K
133	Kyle Clark	CHARLOTTE NC	1728	26	F	7 25-29	33:01.4	6:36/K
134	Jelisa Castrodale	Winston Salem NC	3354	37	F	6 35-39	33:03.7	6:37/K
135	Hayden Purves	Huntersville NC	1674	11	M	4 1-14	33:06.0	6:37/K
136	Ted Sopher	Charlotte NC	3536	26	M	25 25-29	33:10.5	6:38/K
137	Michael Brousseau	Huntersville NC	3337	43	M	11 40-44	33:13.7	6:39/K
138	Whitney Freize	Gastonia NC	3555	29	F	8 25-29	33:17.3	6:39/K
139	sarah zeemer	Indian Trail NC	3554	36	F	7 35-39	33:17.8	6:39/K
140	Steve Williamson	Charlotte NC	3716	30	M	19 30-34	33:29.9	6:42/K
141	Kim Kreuzman	Indianapolis IN	3715	27	F	9 25-29	33:30.2	6:42/K

Frigid 5k

Race Date
February 10, 2017

Overall Finish List

<u>Overall</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Gend</u>	<u>AG Place</u>	<u>Time</u>	<u>Pace</u>
142	Nathan Mullett	Fort Mill SC	3712	42	M	12 40-44	33:30.8	6:42/K
143	Bryce Yeargan	Winston Salem NC	3452	36	M	17 35-39	33:31.9	6:42/K
144	Erin Purves	Huntersville NC	1639	46	M	8 45-49	33:31.9	6:42/K
145	Kayla Scherf	Curtice OH	3461	32	F	5 30-34	33:32.3	6:42/K
146	Paul Donohue	Charlotte NC	1695	52	M	4 50-54	33:32.3	6:42/K
147	Jackson Switzer	Charlotte NC	3444	30	M	20 30-34	33:40.2	6:44/K
148	Mike Jeffries	Charlotte NC	3374	54	M	5 50-54	33:42.5	6:44/K
149	Reece Szymanowski	Charlotte NC	3535	26	M	26 25-29	33:44.5	6:45/K
150	Jeff Bowers	Huntersville NC	3495	28	M	27 25-29	33:45.5	6:45/K
151	Rogelio Irigoyen	Charlotte NC	3534	24	M	12 20-24	33:46.1	6:45/K
152	David Jacobus	Charlotte NC	3539	23	M	13 20-24	33:46.7	6:45/K
153	Maureen Worthington	Charlotte NC	3525	26	F	10 25-29	33:48.7	6:46/K
154	William Lee	Matthews NC	3493	26	M	28 25-29	33:49.9	6:46/K
155	Joe Miner	Fort Mill SC	1726	32	M	21 30-34	33:50.6	6:46/K
156	Bryce Garvey	Charlotte NC	2277	27	M	29 25-29	33:52.4	6:46/K
157	Clara Sadowski	Charlotte NC	3564	10	F	3 1-14	33:54.7	6:47/K
158	James Davis	Charlotte NC	3462	33	M	22 30-34	33:54.8	6:47/K
159	Hope Barwick	Charlotte NC	3451	10	F	4 1-14	33:55.1	6:47/K
160	Nicole Baird	Charlotte NC	3459	35	F	8 35-39	33:55.3	6:47/K
161	Rachel Miner	Indian Land SC	1727	31	F	6 30-34	33:56.2	6:47/K
162	Daniel Buonagurio	Charlotte NC	3477	26	M	30 25-29	34:00.1	6:48/K
163	neil blot	charlotte NC	3608	34	M	23 30-34	34:02.3	6:48/K
164	Davis Pasour	Lincolnton NC	3331	15	M	9 15-19	34:03.8	6:49/K
165	Samantha Page	Concord NC	3399	24	F	5 20-24	34:03.9	6:49/K
166	Tiffany Morgan	CHARLOTTE NC	3438	30	F	7 30-34	34:04.7	6:49/K
167	Tina Elshoff	Charlotte NC	3471	29	F	11 25-29	34:04.9	6:49/K
168	Shanko Kornachuk	WHISPERING PINES	3380	10	M	5 1-14	34:10.5	6:50/K
169	Darin Bird	Denver NC	3561	48	M	9 45-49	34:12.1	6:50/K
170	Phil Kornachuk	WHISPERING PINES	3379	42	M	13 40-44	34:13.6	6:51/K
171	Matthew Ladenheim	Huntersville NC	3528	43	M	14 40-44	34:15.2	6:51/K
172	Ryan Fay	Davidson NC	3516	41	M	15 40-44	34:15.7	6:51/K
173	Victoria Pike	Huntersville NC	3589	26	F	12 25-29	34:20.8	6:52/K
174	Tim Blackledge	Mooresville NC	3484	48	M	10 45-49	34:25.3	6:53/K
175	Colby Pasour	Lincolnton NC	3330	15	M	10 15-19	34:33.9	6:55/K
176	Steven Shober	Charlotte NC	3436	48	M	11 45-49	34:44.7	6:57/K
177	Rusty Braham	Stanley NC	3617	48	M	12 45-49	34:50.7	6:58/K
178	Kathryn Wagner	Charlotte NC	3435	24	F	6 20-24	34:51.6	6:58/K
179	Michael Ryan	Charlotte NC	3531	25	M	31 25-29	34:51.7	6:58/K
180	Justin Thomas	Charlotte NC	3614	36	M	18 35-39	34:53.1	6:59/K
181	Madeline Shober	Charlotte NC	3610	15	F	2 15-19	34:54.5	6:59/K
182	Amy Buckmaster	Huntersville NC	3552	29	F	13 25-29	34:59.9	7:00/K
183	Matthew Smith	Charlotte NC	3588	24	M	14 20-24	35:01.4	7:00/K
184	Jeff King	Pineville NC	3520	34	M	24 30-34	35:02.8	7:00/K
185	Robert Poliquin	Charlotte NC	3464	39	M	19 35-39	35:07.5	7:01/K
186	Celia Thompson	Fort Mill SC	3500	42	F	4 40-44	35:09.8	7:02/K
187	Jarrid Danburg	Charlotte NC	3486	37	M	20 35-39	35:13.4	7:03/K
188	Jessica Dixon	Charlotte NC	3400	35	F	9 35-39	35:17.0	7:03/K

Frigid 5k

Race Date
February 10, 2017

Overall Finish List

<u>Overall</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Gend</u>	<u>AG Place</u>	<u>Time</u>	<u>Pace</u>
189	Ryan Taylor	Gastonia NC	3556	32	M	25 30-34	35:18.4	7:04/K
190	Craig Varnum	Huntersville NC	3519	46	M	13 45-49	35:22.6	7:04/K
191	Ryan Spencer	Charlotte NC	3496	28	M	32 25-29	35:30.4	7:06/K
192	Ryan Stapleton	Charlotte NC	3559	35	M	21 35-39	35:30.6	7:06/K
193	Shane ONeil	Charlotte NC	3515	35	M	22 35-39	35:35.0	7:07/K
194	William Barton	Mt Holly NC	3547	36	M	23 35-39	35:38.7	7:08/K
195	Anna Hite	Charlotte NC	3532	48	F	5 45-49	35:40.9	7:08/K
196	Nick Nova	Fort Mill SC	3456	24	M	15 20-24	35:45.3	7:09/K
197	Marissa Mirbach	Charlotte NC	3643	22	F	7 20-24	35:47.9	7:09/K
198	Gavin McCormick	Maiden NC	3358	10	M	6 1-14	35:48.7	7:10/K
199	Quinn Witte	York SC	3463	39	M	24 35-39	35:49.6	7:10/K
200	Stephanie McGill	Greensboro NC	1732	28	F	14 25-29	35:50.8	7:10/K
201	Robert White	Huntersville NC	1722	35	M	25 35-39	35:53.6	7:11/K
202	Scott Prejean	Mooresville NC	3609	45	M	14 45-49	35:55.6	7:11/K
203	Carl Henderson	Charlotte NC	3714	31	M	26 30-34	35:56.2	7:11/K
204	Jeffrey Blankenship	Concord NC	3566	45	M	15 45-49	35:56.4	7:11/K
205	Michael Creech	Charlotte NC	3506	50	M	6 50-54	36:06.4	7:13/K
206	Esther Bickell	Charlotte NC	3553	28	F	15 25-29	36:09.9	7:14/K
207	Jerome Arockiam	Charlotte NC	3586	37	M	26 35-39	36:10.2	7:14/K
208	Justin Folk	Denver NC	3582	39	M	27 35-39	36:12.3	7:14/K
209	Jeff LeBlanc	Charlotte NC	3706	40	M	16 40-44	36:12.7	7:14/K
210	John Sheehan	Mooresville NC	3570	37	M	28 35-39	36:24.0	7:17/K
211	Hillary Halstead	Huntersville NC	3473	38	F	10 35-39	36:25.1	7:17/K
212	Lindsey O'Brien	Charlotte NC	3492	25	F	16 25-29	36:26.8	7:17/K
213	Chris Zoghby	Charlotte NC	3584	31	M	27 30-34	36:28.8	7:18/K
214	Jeremy Sorenson	Charlotte NC	3575	41	M	17 40-44	36:30.3	7:18/K
215	Heriberto Hernandez	Matthews NC	3418	48	M	16 45-49	36:31.2	7:18/K
216	Marty Given	Tega Cay SC	3517	55	M	3 55-99	36:31.7	7:18/K
217	Breckyn Kornachuk	WHISPERING PINES	3481	10	F	5 1-14	36:32.4	7:18/K
218	Michael Humlan	Davidson NC	3377	35	M	29 35-39	36:35.3	7:19/K
219	Olivia Smallwood	Cramerton NC	1581	31	F	8 30-34	36:44.9	7:21/K
220	Natalie Benson	Charlotte NC	3349	15	F	3 15-19	36:46.4	7:21/K
221	Karyn Goglio	mint hill NC	3475	35	F	11 35-39	36:51.7	7:22/K
222	Anthony Darr	Charlotte NC	3558	36	M	30 35-39	36:52.0	7:22/K
223	Ally Bennett	Charlotte NC	3426	28	F	17 25-29	36:54.0	7:23/K
224	Grant Jones	Concord NC	1731	14	M	7 1-14	36:54.4	7:23/K
225	Meghann Blankenship	Concord NC	3567	34	F	9 30-34	36:58.3	7:24/K
226	Brett Johnson	Charlotte NC	3385	28	M	33 25-29	37:02.4	7:24/K
227	Ruben Veliz	Charlotte NC	3699	40	M	18 40-44	37:08.6	7:26/K
228	Emily Cantrell	Charlotte NC	3700	34	F	10 30-34	37:09.9	7:26/K
229	Jon Fenton	Charlotte NC	3565	40	M	19 40-44	37:18.9	7:28/K
230	Elliott Diskin	Charlotte NC	3611	14	M	8 1-14	37:19.0	7:28/K
231	Heather Taylor	Charlotte NC	3655	30	F	11 30-34	37:22.5	7:28/K
232	Vittorio Iannielli	Huntersville NC	3509	14	M	9 1-14	37:29.9	7:30/K
233	Ayla Homer	Charlotte NC	3595	24	F	8 20-24	37:34.5	7:31/K
234	Billy Partin	Mooreville NC	3530	42	M	20 40-44	37:35.8	7:31/K
235	Emily Gerkin	Charlotte NC	3523	22	F	9 20-24	37:35.9	7:31/K

Frigid 5k

Race Date
February 10, 2017

Overall Finish List

<u>Overall</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Gend</u>	<u>AG Place</u>	<u>Time</u>	<u>Pace</u>
236	Michele Croot	Wilmington NC	3590	37	F	12 35-39	37:37.2	7:31/K
237	Bonnie Covington	HUNTERSVILLE NC	3593	37	F	13 35-39	37:42.8	7:32/K
238	Nikki Pacitti	charlotte NC	3537	23	F	10 20-24	37:53.4	7:35/K
239	Hannah Hughes	Charlotte NC	3368	21	F	11 20-24	37:53.7	7:35/K
240	Lauren Naylor	Charlotte NC	3596	26	F	18 25-29	37:59.2	7:36/K
241	Erica Stevens	Huntersville NC	3524	31	F	12 30-34	38:04.9	7:37/K
242	Suzanne Ferguson	Charlotte NC	3521	50	F	2 50-54	38:05.7	7:37/K
243	Michael Ferguson	Charlotte NC	3522	50	M	7 50-54	38:08.1	7:38/K
244	Randy Miller	Mooresville NC	3642	49	M	17 45-49	38:08.3	7:38/K
245	Frank LeMonte	charlotte NC	3499	41	M	21 40-44	38:09.9	7:38/K
246	Kimberly Melchlor	Charlotte NC	1730	32	F	13 30-34	38:10.5	7:38/K
247	Robert Barden	Charlotte NC	3465	42	M	22 40-44	38:18.5	7:40/K
248	James Garnham	Charlotte NC	3637	32	M	28 30-34	38:18.8	7:40/K
249	Luther Rogers	Charlotte NC	3427	27	M	34 25-29	38:21.5	7:40/K
250	Tyler Aiken	Charlotte NC	3580	27	M	35 25-29	38:24.0	7:41/K
251	Steven Better	Charlotte NC	3476	36	M	31 35-39	38:27.5	7:41/K
252	Cami Winarchick	Charlotte NC	3563	47	F	6 45-49	38:36.4	7:43/K
253	Bill Urbaitis	Charlotte NC	3577	54	M	8 50-54	38:36.7	7:43/K
254	Madison Meadows	Charlotte NC	3620	29	F	19 25-29	38:37.6	7:43/K
255	Hunter Reep	Charlotte NC	3621	29	M	36 25-29	38:38.5	7:44/K
256	Jeff Long	Maiden NC	3357	40	F	5 40-44	38:41.0	7:44/K
257	Scott Garmon	Harrisburg NC	3469	45	M	18 45-49	38:42.3	7:44/K
258	Jody Pawson	Charlotte NC	1625	47	M	19 45-49	38:42.6	7:44/K
259	Madeleine Dick	Charlotte NC	3605	23	F	12 20-24	38:42.6	7:44/K
260	Aleksandra Rehberg	Charlotte NC	3351	31	F	14 30-34	38:42.8	7:44/K
261	Victor Bukowski	Pineville NC	3474	27	M	37 25-29	38:46.8	7:45/K
262	Laura Jepsen	Pineville NC	3571	26	F	20 25-29	38:47.2	7:45/K
263	Betsy Shores	Cornelius NC	3659	36	F	14 35-39	38:47.4	7:45/K
264	Tommy Shores	Cornelius NC	3660	40	M	23 40-44	38:48.1	7:46/K
265	Noah Magee	Charlotte NC	3591	38	M	32 35-39	38:50.0	7:46/K
266	Lisa Palmer	Charlotte NC	3485	43	F	6 40-44	38:51.7	7:46/K
267	Carolyn Phipps	Charlotte NC	3641	40	F	7 40-44	38:53.3	7:47/K
268	Chelsea Miller	Charlotte NC	3503	28	F	21 25-29	39:05.9	7:49/K
269	Francis Iannielli	Huntersville NC	3508	45	M	20 45-49	39:08.8	7:50/K
270	Jeremy Sain	Charlotte NC	3529	30	M	29 30-34	39:12.6	7:50/K
271	Rachel Cox	Raleigh NC	3604	22	F	13 20-24	39:14.8	7:51/K
272	Heather Hageman	Charlotte NC	3480	46	F	7 45-49	39:15.3	7:51/K
273	Vincent Tarquinio	Moon Township PA	3497	26	M	38 25-29	39:21.5	7:52/K
274	Mason Hadley	Davidson NC	3428	15	M	11 15-19	39:40.6	7:56/K
275	Nikki Rankin	CHARLESTON SC	3691	27	F	22 25-29	39:43.8	7:57/K
276	Laura Hopper	Mount Holly NC	3625	27	F	23 25-29	39:53.1	7:59/K
277	Michael Benning	Charlotte NC	3449	30	M	30 30-34	40:06.3	8:01/K
278	Stephanie Sadowski	Charlotte NC	3648	43	F	8 40-44	40:07.4	8:01/K
279	Julie Egglar	Matthews NC	3623	49	F	8 45-49	40:11.8	8:02/K
280	Joe Egglar	Matthews NC	3624	52	M	9 50-54	40:12.7	8:02/K
281	Casey Brewster	Alexis NC	3388	35	F	15 35-39	40:22.0	8:04/K
282	Lauren Schwab	Charlotte NC	3585	28	F	24 25-29	40:22.2	8:04/K

Frigid 5k

Race Date
February 10, 2017

Overall Finish List

<u>Overall</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Gend</u>	<u>AG Place</u>	<u>Time</u>	<u>Pace</u>
283	Tiffany Greene	Greensboro NC	3551	30	F	15 30-34	40:32.4	8:06/K
284	Rachel Rice	Charlotte NC	3613	25	F	25 25-29	40:34.7	8:07/K
285	Jamie Bird	Denver NC	3562	16	F	4 15-19	40:40.5	8:08/K
286	Timothy Hall	Concord NC	3631	44	M	24 40-44	40:51.2	8:10/K
287	Emily Stone	Mooresville NC	3487	26	F	26 25-29	40:54.1	8:11/K
288	Daniel Florez	Gastonia NC	3639	21	M	16 20-24	41:04.6	8:13/K
289	Maggie Toner	Charlotte NC	3634	24	F	14 20-24	41:05.3	8:13/K
290	Pepper Mahin	MOUNT HOLLY NC	3656	38	F	16 35-39	41:06.7	8:13/K
291	Clay Durham	Charlotte NC	3345	33	M	31 30-34	41:16.1	8:15/K
292	Robert Joseph	Charlotte NC	3665	36	M	33 35-39	41:16.2	8:15/K
293	Nicole Rankin	Charlotte NC	3470	23	F	15 20-24	41:17.5	8:15/K
294	Pablo Carvajal	Charlotte NC	3514	30	M	32 30-34	41:21.4	8:16/K
295	Erin McNeely	Charlotte NC	3466	26	F	27 25-29	41:22.0	8:16/K
296	Anna Pavisha	Charlotte NC	3652	27	F	28 25-29	41:22.9	8:16/K
297	Paula Cobb	Charlotte NC	3599	45	F	9 45-49	41:23.0	8:17/K
298	Christina Johnson	Charlotte NC	3386	28	F	29 25-29	41:23.9	8:17/K
299	Alexandra Beckham	Charlotte NC	3488	32	F	16 30-34	41:25.4	8:17/K
300	Faith Sedberry	Charlotte NC	3612	26	F	30 25-29	41:28.9	8:18/K
301	Kyle Miller	Charlotte NC	3478	32	M	33 30-34	41:35.2	8:19/K
302	Jonathan Payton	Charlotte NC	3371	31	M	34 30-34	41:35.7	8:19/K
303	Sarah Peterson	Charlotte NC	3602	29	F	31 25-29	41:36.5	8:19/K
304	Lauren Malich	Charlotte NC	3578	32	F	17 30-34	41:37.8	8:19/K
305	Suzanne Ingram	Charlotte NC	3664	34	F	18 30-34	41:43.0	8:21/K
306	Jason Fialkowski	Charlotte NC	3618	24	M	17 20-24	41:46.1	8:21/K
307	Lindsay Bonham	Dallas NC	3666	30	F	19 30-34	41:53.4	8:23/K
308	samuel varvel	charlotte NC	3598	27	M	39 25-29	41:56.7	8:23/K
309	Kimberly Zimmer	Lincolnton NC	3472	50	F	3 50-54	41:57.8	8:23/K
310	Sarah Higgins	Stanley NC	3507	22	F	16 20-24	41:59.1	8:24/K
311	Lauren Rogers	Winston-Salem NC	3592	34	F	20 30-34	42:00.3	8:24/K
312	Carlie Bowman	Harrisburg NC	3616	12	F	6 1-14	42:10.7	8:26/K
313	Miranda Clewell	Huntersville NC	3636	28	F	32 25-29	42:12.2	8:26/K
314	Ali Alshaikh	Charlotte NC	3545	27	M	40 25-29	42:36.0	8:31/K
315	Marnette Zuchel	Charlotte NC	3678	62	F	1 55-99	42:57.2	8:35/K
316	Alex Gluck	Gastonia NC	3622	17	M	12 15-19	42:58.3	8:36/K
317	Gabriella Cavallero	Matthews NC	3633	18	F	5 15-19	43:13.4	8:39/K
318	kim clark	charlotte NC	3679	61	F	2 55-99	43:17.7	8:39/K
319	Kayla Aiton	Mt. Pleasant NC	3644	23	F	17 20-24	43:19.3	8:40/K
320	Mike Bifulco	Charlotte NC	3662	30	M	35 30-34	43:23.7	8:41/K
321	Christy Kunkle	Charlotte NC	3581	42	F	9 40-44	43:24.5	8:41/K
322	Travelle Wharton	Charlotte NC	3627	35	M	34 35-39	43:24.8	8:41/K
323	Rusty Menchaca	Charlotte NC	3629	31	M	36 30-34	43:26.8	8:41/K
324	Mark Nicholson	Charlotte NC	3479	39	M	35 35-39	43:27.4	8:41/K
325	Jordan Gross	Charlotte NC	3626	36	M	36 35-39	43:28.0	8:42/K
326	Michael Sherwood	Tega Cay SC	3654	47	M	21 45-49	43:30.5	8:42/K
327	Taigan Kornachuk	WHISPERING PINES	3482	8	F	7 1-14	43:44.8	8:45/K
328	Tana Kornachuk	WHISPERING PINES	3312	37	F	17 35-39	43:45.1	8:45/K
329	Andrea Bonner	Matthews NC	3645	44	F	10 40-44	43:48.8	8:46/K

Frigid 5k

Race Date
February 10, 2017

Overall Finish List

<u>Overall</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Gend</u>	<u>AG Place</u>	<u>Time</u>	<u>Pace</u>
330	Jason Moretz	Maiden NC	3681	37	M	37 35-39	43:48.9	8:46/K
331	Michael Nova	Charlotte NC	3594	32	F	21 30-34	43:51.1	8:46/K
332	Chelsea Ponzo	MOUNT HOLLY NC	3601	25	F	33 25-29	43:52.9	8:46/K
333	Susan Corbett-Hopf	Rock hill SC	3676	40	F	11 40-44	44:09.6	8:50/K
334	megan redford	concord NC	3686	25	F	34 25-29	44:10.5	8:50/K
335	Brian Elles	Charlotte NC	3579	32	M	37 30-34	44:22.4	8:52/K
336	Rachel Preston	Charlotte NC	3649	42	F	12 40-44	44:23.0	8:53/K
337	Allison Kindley	Concord NC	3685	24	F	18 20-24	44:27.3	8:53/K
338	Emly Breece	INDIAN TRAIL NC	3684	29	F	35 25-29	44:28.1	8:54/K
339	Alex Martinez	Charlotte NC	3548	39	M	38 35-39	44:43.2	8:57/K
340	Kayla Edens	Charlotte NC	3673	25	F	36 25-29	44:46.6	8:57/K
341	Jayme Carter	Charlotte NC	3597	30	F	22 30-34	45:07.7	9:01/K
342	Joey Attanasio	Charlotte NC	3628	45	M	22 45-49	45:20.3	9:04/K
343	Harry Goff	Charlotte NC	3668	45	M	23 45-49	45:20.9	9:04/K
344	Megan Holmes	Waxhaw NC	3541	17	F	6 15-19	46:05.4	9:13/K
345	Steph Spurgeon	charlotte NC	3494	24	F	19 20-24	46:10.6	9:14/K
346	Patricia Blackwood	york SC	3675	46	F	10 45-49	46:14.0	9:15/K
347	LAURA STEEN	OAKLAND PARK FL	3587	27	F	37 25-29	46:15.7	9:15/K
348	David Jordan	Raleigh NC	3704	23	M	18 20-24	46:16.2	9:15/K
349	Morgan Reece	CHARLOTTE NC	3680	32	F	23 30-34	46:19.7	9:16/K
350	Michael Ponzo	MOUNT HOLLY NC	3600	26	M	41 25-29	46:22.0	9:16/K
351	Christie Guild	Lancaster SC	3364	38	F	18 35-39	46:27.8	9:17/K
352	Wes Diego	Charlotte NC	3653	39	M	39 35-39	46:32.4	9:18/K
353	Meagan Fitzgerald	Matthews NC	3661	26	F	38 25-29	46:37.3	9:19/K
354	Wesley Rossi	Charlotte NC	1721	7	M	10 1-14	46:46.7	9:21/K
355	Christy Rossi	Charlotte NC	1720	33	F	24 30-34	46:46.9	9:21/K
356	Alisha Shields	Winston Salem NC	3674	37	F	19 35-39	46:55.9	9:23/K
357	sarah holdren	vinton VA	3632	33	F	25 30-34	46:58.0	9:24/K
358	Connor Haygood	Hillsborough NC	3658	14	M	11 1-14	47:18.0	9:28/K
359	Gwen Foellmer	charlotte NC	3635	34	F	26 30-34	47:47.7	9:33/K
360	William Plumer	Atlanta GA	3710	63	M	4 55-99	48:05.5	9:37/K
361	Mary Grob	Charlotte NC	3663	27	F	39 25-29	48:08.2	9:38/K
362	Meghan Ross	Charlotte NC	3696	33	F	27 30-34	48:09.2	9:38/K
363	Mark Hiller	Cornelius NC	2651	49	M	24 45-49	48:44.1	9:45/K
364	Anna Hiller	Corneilus NC	2671	13	F	8 1-14	48:44.2	9:45/K
365	Molly Tucker	Charlotte NC	3533	41	F	13 40-44	48:46.2	9:45/K
366	Jodi Hampton	CHARLOTTE NC	3693	42	F	14 40-44	48:55.2	9:47/K
367	Christina Decker	Rock Hill SC	3688	38	F	20 35-39	49:00.6	9:48/K
368	Nicole Dimond - Diskin	Charlotte NC	3697	49	F	11 45-49	49:01.1	9:48/K
369	Gail Barton	Mt Holly NC	3670	34	F	28 30-34	49:03.5	9:49/K
370	Terese Milczewski	Clover SC	3682	47	F	12 45-49	49:10.0	9:50/K
371	Morgan Lombardo	Sharon SC	3572	44	F	15 40-44	49:10.0	9:50/K
372	Erik Lombardo	Sharon SC	3651	20	F	20 20-24	49:11.1	9:50/K
373	Natalie Dunn	Gastonia NC	1681	28	F	40 25-29	50:27.3	10:05/K
374	Russell Schlick	Charlotte NC	3692	37	M	40 35-39	50:34.9	10:07/K
375	Mark Franklin	Charlotte NC	3709	47	M	25 45-49	50:40.3	10:08/K
376	Erin Haygood	Hillsborough NC	3657	44	F	16 40-44	51:45.1	10:21/K

Frigid 5k

Overall Finish List

<u>Overall</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Gend</u>	<u>AG Place</u>	<u>Time</u>	<u>Pace</u>
377	Julia Haferman	Harrisburg NC	3667	35	F	21 35-39	52:11.8	10:26/K
378	Pete Haferman	Harrisburg NC	3615	62	M	5 55-99	52:13.4	10:27/K
379	David Fairbaugh	ATLANTA GA	3701	56	M	6 55-99	52:17.5	10:27/K
380	Phil Rose	Charlotte NC	3690	32	M	38 30-34	52:38.0	10:32/K
381	Wendy Adams	Rock Hill SC	3576	47	F	13 45-49	52:42.9	10:32/K
382	Whitney Michall	Union SC	1694	26	F	41 25-29	52:44.5	10:33/K
383	Niels Hansen	Matthews NC	3650	49	M	26 45-49	53:34.8	10:43/K
384	Aimee Wauters	Charlotte NC	3708	42	F	17 40-44	53:36.2	10:43/K
385	Karen Stone	Rock Hill SC	3672	52	F	4 50-54	54:32.5	10:54/K
386	Stephen Valis	Rock Hill SC	3630	53	M	10 50-54	54:32.6	10:54/K
387	Piper Stone	Rock Hill SC	3669	10	F	9 1-14	54:33.3	10:55/K
388	Chelsed Ecdao	Charlotte NC	1729	22	F	21 20-24	55:55.4	11:11/K
389	Catherine Fenton	Charlotte NC	3707	36	F	22 35-39	56:50.9	11:22/K
390	Elizabeth Benson	Charlotte NC	3671	54	F	5 50-54	58:13.3	11:39/K
391	Mario Aleman	Charlotte NC	3689	44	M	25 40-44	59:26.7	11:53/K
392	Matthew Gillette	Charlotte NC	3695	27	M	42 25-29	1:00:09.3	12:02/K
393	Margaret LeRoy	Charlotte NC	3448	61	F	3 55-99	1:01:05.9	12:13/K
394	Matt Macko	Charlotte NC	3549	34	M	39 30-34	1:03:50.5	12:46/K
395	Marc Handler	Huntersville NC	1699	40	M	26 40-44	1:03:51.6	12:46/K
396	David Johnson, Jr	Winston Salem NC	3702	39	M	41 35-39	1:08:07.8	13:37/K

Frigid 5K Run & Plunge

Race Date
February 13, 2016

Overall Finish List

<u>Overall</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Gend</u>	<u>AG Place</u>	<u>Time</u>	<u>Pace</u>
1	Yannick Fischbach	Simpsonville SC	7009	24	M	1 20-24	17:27.1	3:29/K
2	Brian Gowiski	Charlotte NC	7015	26	M	1 25-29	17:34.7	3:31/K
3	cole Smith	Charlotte NC	7040	17	M	1 15-19	19:17.7	3:51/K
4	Chad Zeman	Charlotte NC	7048	30	M	1 30-34	19:19.9	3:52/K
5	Zachary Dawson	Huntersville NC	7080	17	M	2 15-19	19:45.7	3:57/K
6	Brian Tyler	Atlanta GA	7044	30	M	2 30-34	19:47.0	3:57/K
7	Zach Melvin	Gastonia NC	7029	22	M	2 20-24	19:49.3	3:58/K
8	Stephen Cook	Charlotte NC	7004	29	M	2 25-29	19:59.3	4:00/K
9	mike Pietrobon	Charlotte NC	7037	31	M	3 30-34	20:07.9	4:01/K
10	John Stevens	Charlotte NC	7041	26	M	3 25-29	20:24.4	4:05/K
11	Chris Taylor	Charlotte NC	7043	33	M	4 30-34	20:28.3	4:06/K
12	Allie Pitcher	Cherryville NC	7038	13	F	1 1-14	20:28.5	4:06/K
13	Chris Hardin	Charlotte NC	7020	24	M	3 20-24	20:29.4	4:06/K
14	Gregg Garrison	Cornelius NC	7010	40	M	1 40-44	20:35.6	4:07/K
15	Johnny Grant	Iron Station NC	7016	15	M	3 15-19	20:37.6	4:07/K
16	Martin Harrison	Davidson NC	7021	53	M	1 50-54	20:40.9	4:08/K
17	Michael Ferreira	Waxhaw NC	7008	35	M	1 35-39	20:50.2	4:10/K
18	Brandon Collins	Charlotte NC	7003	26	M	4 25-29	20:53.8	4:11/K
19	Paul Halaburda	Charlotte NC	7018	35	M	2 35-39	21:11.4	4:14/K
20	Josh Mort	Fort Mill SC	7032	26	M	5 25-29	21:14.3	4:15/K
21	Patty Grinton	Cherryville NC	7017	47	F	1 45-49	21:19.8	4:16/K
22	GARRETT NELSON	charlotte NC	7033	46	M	1 45-49	21:24.6	4:17/K
23	Jameson Ellis	Mattt NC	7399	39	M	3 35-39	21:39.5	4:20/K
24	Troy Lee	Charlotte NC	7026	29	M	6 25-29	21:46.6	4:21/K
25	Joshua James	Charlotte NC	7023	39	M	4 35-39	21:51.9	4:22/K
26	Mike Arcidiacono	Charlotte NC	7001	29	M	7 25-29	21:54.8	4:23/K
27	mike leMBERG		7403	37	M	5 35-39	22:04.8	4:25/K
28	Derrick Davis	Taylors SC	7005	25	M	8 25-29	22:05.0	4:25/K
29	Andrew Gay	Charlotte NC	7012	25	M	9 25-29	22:07.5	4:25/K
30	Jason Hedrick	Charlotte NC	7101	44	M	2 40-44	22:17.7	4:27/K
31	Sydney Wood	Huntersville NC	7046	13	F	2 1-14	22:18.7	4:28/K
32	Kevin List	Charlotte NC	7028	32	M	5 30-34	22:20.1	4:28/K
33	Kate MacConnachie	Matthews NC	7112	36	F	1 35-39	22:20.4	4:28/K
34	Derrick Willmott	Lewisville NC	7159	49	M	2 45-49	22:21.1	4:28/K
35	Chris Cowart	Fort Mill SC	7075	48	M	3 45-49	22:28.0	4:30/K
36	Grady Gaston	monroe NC	7011	26	M	10 25-29	22:29.4	4:30/K
37	Jason Jaskiewicz	Commerce MI	7107	26	M	11 25-29	22:33.7	4:31/K
38	Derek Harrell	Charlotte NC	7099	31	M	6 30-34	22:35.4	4:31/K
39	Zach Gettinger		7407	41	M	3 40-44	22:38.9	4:32/K
40	Steven Epprecht	Huntersville NC	7085	23	M	4 20-24	22:41.1	4:32/K
41	jeffrey lak	mt holly NC	7025	38	M	6 35-39	22:41.5	4:32/K
42	Kate Dunlap	Charlotte NC	7195	17	M	4 15-19	22:42.1	4:32/K
43	Molly Dedmon	Charlotte NC	7006	27	F	1 25-29	22:49.0	4:34/K
44	Steven Conley	Huntersville NC	7073	21	M	5 20-24	22:53.9	4:35/K
45	Scott Lemos	Charlotte NC	7027	44	M	4 40-44	22:55.5	4:35/K
46	Blake Hodges	Greenville NC	7218	24	M	6 20-24	22:56.1	4:35/K
47	Bruce Adams	Alexis NC	7000	56	M	1 55-99	22:59.7	4:36/K

Frigid 5K Run & Plunge

Race Date
February 13, 2016

Overall Finish List

<u>Overall</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Gend</u>	<u>AG Place</u>	<u>Time</u>	<u>Pace</u>
48	Adam Zelsdorf	Charlotte NC	7047	32	M	7 30-34	23:02.5	4:36/K
49	Eric Smallwood	Concord NC	7141	30	M	8 30-34	23:07.7	4:37/K
50	matt hooker		7449	35	M	7 35-39	23:09.1	4:38/K
51	Mike Willard	Charlotte NC	7158	34	M	9 30-34	23:16.9	4:39/K
52	Liam Huddy	Huntersville NC	7022	17	M	5 15-19	23:17.8	4:39/K
53	Judd Glasco	Fort Mill SC	7094	34	M	10 30-34	23:22.8	4:40/K
54	Chirag Dua	Charlotte NC	7081	38	M	8 35-39	23:24.4	4:41/K
55	jeff philibin	Charlotte NC	7126	28	M	12 25-29	23:25.5	4:41/K
56	Nicholas Billiris	Charlotte NC	7060	25	M	13 25-29	23:26.5	4:41/K
57	Matt Weber	Charlotte NC	7154	15	M	6 15-19	23:41.2	4:44/K
58	Sydney Powel	Waxhaw NC	7039	15	F	1 15-19	23:42.4	4:44/K
59	Aaron Chan	Charlotte NC	7002	40	M	5 40-44	23:46.7	4:45/K
60	Jackson Pitcher	Cherryville NC	7128	15	M	7 15-19	23:52.6	4:46/K
61	Brock Glaser	Troutman NC	7014	36	M	9 35-39	23:52.8	4:46/K
62	Leigh Northrup	Concord NC	7117	41	M	6 40-44	23:59.9	4:48/K
63	Corey Eaton	Charlotte NY	7084	36	M	10 35-39	24:03.5	4:49/K
64	Merlin Chilton	Charlotte NC	7069	35	M	11 35-39	24:04.7	4:49/K
65	Jeffrey Chokran	Matthews NC	7070	46	M	4 45-49	24:09.7	4:50/K
66	Brayden Davis	Denver NC	7079	12	M	1 1-14	24:10.5	4:50/K
67	Michael Perrott	Charlotte NC	7124	43	M	7 40-44	24:12.0	4:50/K
68	Megan Stevenson	Herndon VA	7143	26	F	2 25-29	24:17.5	4:51/K
69	Chris Carter	Charlotte NC	7068	35	M	12 35-39	24:18.2	4:52/K
70	Austin Appleby	Charlotte NC	7051	25	M	14 25-29	24:18.9	4:52/K
71	Brett Harrell	Matthews NC	7214	25	M	15 25-29	24:21.2	4:52/K
72	Miranda Crawford	Charlotte NC	7076	39	F	2 35-39	24:26.7	4:53/K
73	Amanda Orr	Waxhaw NC	7121	40	F	1 40-44	24:29.8	4:54/K
74	Nick Talbott	Charlotte NC	7148	24	M	7 20-24	24:32.2	4:54/K
75	Anna Bickers	Charlotte NC	7172	22	F	1 20-24	24:33.3	4:55/K
76	Ben Phillips	Charlotte NC	7127	24	M	8 20-24	24:34.5	4:55/K
77	Stephanie Jacobs	Concord NC	7106	29	F	3 25-29	24:37.5	4:55/K
78	Brandon Bayes	Huntersville NC	7059	34	M	11 30-34	24:39.4	4:56/K
79	Lindsay Mizok	kannapolis NC	7031	26	F	4 25-29	24:41.5	4:56/K
80	Stacy Wood		7160	49	F	2 45-49	24:43.2	4:57/K
81	Laurie Passalaqua	Fort Mill SC	7122	40	F	2 40-44	24:44.9	4:57/K
82	Brandon Miller	Weddington NC	7115	25	M	16 25-29	24:46.6	4:57/K
83	Dan Ryan	Waxhaw NC	7134	41	M	8 40-44	24:50.6	4:58/K
84	Sarah O'Keefe	Mooresville NC	7447	25	F	5 25-29	24:56.0	4:59/K
85	Dillon Espinosa	Huntersville NC	7086	23	M	9 20-24	25:01.8	5:00/K
86	Michelle Ford	Charlotte NC	7090	43	F	3 40-44	25:10.7	5:02/K
87	Tania Agness	Charlotte NC	7049	25	F	6 25-29	25:13.4	5:03/K
88	Blair Appleby	Charlotte NC	7165	25	F	7 25-29	25:23.5	5:05/K
89	Kennedy Poppler	Harrisburg NC	7130	15	F	2 15-19	25:25.5	5:05/K
90	Thomas Emmrich	Charlotte NC	7007	55	M	2 55-99	25:33.2	5:07/K
91	Daniel Powel	Waxhaw NC	7131	47	M	5 45-49	25:34.2	5:07/K
92	Brendan O'Donnell	Charlotte NC	7119	41	M	9 40-44	25:35.3	5:07/K
93	Robert Agness	Charlotte NC	7163	25	M	17 25-29	25:39.8	5:08/K
94	eigil kjaerlff		7405	19	M	8 15-19	25:41.3	5:08/K

Frigid 5K Run & Plunge

Race Date
February 13, 2016

Overall Finish List

<u>Overall</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Gend</u>	<u>AG Place</u>	<u>Time</u>	<u>Pace</u>
95	Kenneth Primm	Gastonia NC	7132	49	M	6 45-49	25:44.6	5:09/K
96	Sarah Hardin	Huntersville NC	7098	21	F	2 20-24	25:45.1	5:09/K
97	Jared Hanson	Fort Mill SC	7019	38	M	13 35-39	26:00.2	5:12/K
98	Brian Honeycutt	Rockwell NC	7103	28	M	18 25-29	26:09.1	5:14/K
99	Christie Guild	Ft Mill SC	7095	37	F	3 35-39	26:09.8	5:14/K
100	Justin Mazouat	Denver CO	7113	31	M	12 30-34	26:13.0	5:15/K
101	Beau Corey	Charlotte NC	7074	28	M	19 25-29	26:14.1	5:15/K
102	Scott Ryerson	Charlotte NC	7273	41	M	10 40-44	26:14.6	5:15/K
103	Susan Smith	Charlotte NC	7142	46	F	3 45-49	26:15.2	5:15/K
104	Alex Jones	Bessemer City NC	7224	15	M	9 15-19	26:17.9	5:15/K
105	michael raedy		7395	36	M	14 35-39	26:20.6	5:16/K
106	Dan Bynum	Mount Holly NC	7065	52	M	2 50-54	26:33.4	5:19/K
107	John Theobald	Charlotte NC	7150	57	M	3 55-99	26:36.2	5:19/K
108	doug seamanh		7410	35	M	15 35-39	26:38.3	5:20/K
109	Dulce Gierrmanski	Belmont NC	7093	21	F	3 20-24	26:40.6	5:20/K
110	John Olson	Matthews NC	7120	26	M	20 25-29	26:44.9	5:21/K
111	Nathan Mullett	Fort Mill SC	7248	41	M	11 40-44	26:59.4	5:24/K
112	Darin Bird	Denver NC	7173	47	M	7 45-49	27:01.9	5:24/K
113	Jarrid Danburg	Charlotte NC	7190	36	M	16 35-39	27:06.3	5:25/K
114	Kyle Clark	Charlotte NC	7072	25	F	8 25-29	27:07.8	5:25/K
115	Will Clark	Gastonia NC	7071	23	M	10 20-24	27:09.0	5:26/K
116	Nick Nova	Fort Mill SC	7118	23	M	11 20-24	27:13.6	5:27/K
117	joshua leslie		7409	22	M	12 20-24	27:14.7	5:27/K
118	bryan harbin	charlote NC	7213	33	M	13 30-34	27:15.9	5:27/K
119	Sun Gandara	Charlotte NC	7092	45	F	4 45-49	27:16.6	5:27/K
120	grace clements		7404	18	F	3 15-19	27:24.1	5:29/K
121	Adrienne Clarke	Charlotte NC	7184	23	F	4 20-24	27:28.2	5:30/K
122	Tyler Elkins	Charlotte NC	7197	27	M	21 25-29	27:35.9	5:31/K
123	Brandt Kayser	Charlotte NC	7378	26	M	22 25-29	27:37.7	5:31/K
124	Carolyn Taylor	Cornelius NC	7149	50	F	1 50-54	27:44.1	5:33/K
125	Paul Block	Gastonia NC	7304	51	M	3 50-54	27:47.2	5:33/K
126	Michael Arrowood	Gastonia NC	7052	27	M	23 25-29	27:51.3	5:34/K
127	Megan Smithers	Charlotte NC	7282	23	F	5 20-24	27:54.1	5:35/K
128	DAVE SCHMIDT	CHARLOTTE NC	7137	28	M	24 25-29	27:54.9	5:35/K
129	Michael Fox	Charlotte NC	7091	55	M	4 55-99	27:56.3	5:35/K
130	Edward Pillow	Bessemer City NC	7264	43	M	12 40-44	27:56.5	5:35/K
131	Thomas Barrett	Charlotte NC	7057	29	M	25 25-29	28:01.5	5:36/K
132	stephanie barrie	Stanwood WA	7058	23	F	6 20-24	28:02.8	5:36/K
133	Billy Gooding		7406	54	M	4 50-54	28:03.3	5:37/K
134	Alistair Lowe	Charlotte NC	7111	36	M	17 35-39	28:05.5	5:37/K
135	Mary Hard	Charlotte NC	7097	38	F	4 35-39	28:05.5	5:37/K
136	Mila Lamparska	Charlotte NC	7228	28	F	9 25-29	28:07.2	5:37/K
137	Daniel Gooding	Clover SC	7440	15	M	10 15-19	28:08.1	5:38/K
138	Zach Dorcas	Huntersville NC	7316	17	M	11 15-19	28:11.1	5:38/K
139	stephen moore	charlotte NC	7116	53	M	5 50-54	28:13.8	5:39/K
140	Ranger Glaser	troutman NC	7013	11	M	2 1-14	28:24.9	5:41/K
141	Jennifer Costarino	Charlotte NC	7188	34	F	1 30-34	28:26.4	5:41/K

Frigid 5K Run & Plunge

Race Date
February 13, 2016

Overall Finish List

<u>Overall</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Gend</u>	<u>AG Place</u>	<u>Time</u>	<u>Pace</u>
142	Matthew Brown	Charlotte NC	7063	29	M	26 25-29	28:28.2	5:42/K
143	Jill Farar		7415	43	F	4 40-44	28:32.2	5:42/K
144	Phil Caputo	Waxhaw NC	7067	44	M	13 40-44	28:34.0	5:43/K
145	Helen Hutchison	CHARLOTTE NC	7222	40	F	5 40-44	28:42.9	5:44/K
146	Jennifer Kern	Maiden NC	7226	32	F	2 30-34	28:48.0	5:46/K
147	Monique Ryan	Charlotte NC	7443	30	F	3 30-34	28:50.9	5:46/K
148	Holly Leadingham	Concord NC	7231	44	F	6 40-44	28:51.4	5:46/K
149	tobias svane-from	CHARLOTTE NC	7147	12	M	3 1-14	28:52.2	5:46/K
150	Julie Clarkson	Charlotte NC	7185	45	F	5 45-49	28:58.8	5:48/K
151	Ryan Hong	Charlotte NC	7219	31	M	14 30-34	28:59.5	5:48/K
152	Sam Neault	Huntersville NC	7251	19	M	12 15-19	29:02.1	5:48/K
153	Michael Better	Charlotte NC	7171	42	M	14 40-44	29:12.6	5:50/K
154	Christianna Bambini	Charlotte NC	7054	18	F	4 15-19	29:12.9	5:50/K
155	Alexis Vetack	Charlotte NC	7294	18	F	5 15-19	29:13.7	5:51/K
156	David Flores	Fort Mill SC	7320	39	M	18 35-39	29:23.0	5:53/K
157	chris foote	Salisbury NC	7089	49	M	8 45-49	29:25.4	5:53/K
158	amy foote	Salisbury NC	7088	43	F	7 40-44	29:25.4	5:53/K
159	Clara Sadowski	Charlotte NC	7274	9	F	3 1-14	29:25.7	5:53/K
160	Kat Hite	Charlotte NC	7217	11	F	4 1-14	29:43.5	5:57/K
161	Anthony Henderson	Hickory NC	7102	48	M	9 45-49	29:44.1	5:57/K
162	Rod Custodio	Charlotte NC	7077	44	M	15 40-44	29:44.1	5:57/K
163	Jacob Pachter	Belmont NC	7338	15	M	13 15-19	29:49.8	5:58/K
164	Ryan Getz	Cornelius NC	7205	24	M	13 20-24	29:53.7	5:59/K
165	Josh Bell	Dallas NC	7168	29	M	27 25-29	29:55.3	5:59/K
166	Robert Drury	Weddington NC	7317	39	M	19 35-39	30:00.2	6:00/K
167	Jessica Dixon	Charlotte NC	7194	34	F	4 30-34	30:02.4	6:00/K
168	Olivia Smallwood	Concord NC	7140	30	F	5 30-34	30:05.2	6:01/K
169	Tiffany Greene	greensboro NC	7210	29	F	10 25-29	30:06.7	6:01/K
170	Stephanie McGill	Greensboro NC	7243	27	F	11 25-29	30:06.9	6:01/K
171	Carla Garrison-Mattos	Concord NC	7204	36	F	5 35-39	30:10.4	6:02/K
172	Tyler Rice	Charlotte NC	7133	24	M	14 20-24	30:10.7	6:02/K
173	Branden Bass	Newton NC	7302	15	M	14 15-19	30:12.5	6:02/K
174	Sean Ryan	Charlotte NC	7444	38	M	20 35-39	30:23.0	6:05/K
175	Emily Williams	Charlotte NC	7296	31	F	6 30-34	30:25.1	6:05/K
176	Zach Rounceville	Charlotte NC	7272	25	M	28 25-29	30:29.2	6:06/K
177	jaime striggand		7445	39	F	6 35-39	30:29.2	6:06/K
178	Stephanie Sadowski	Charlotte NC	7275	42	F	8 40-44	30:30.9	6:06/K
179	Robert Newstreet	Indian Trail NC	7253	44	M	16 40-44	30:32.3	6:06/K
180	brian hadley	charlotte NC	7096	49	M	10 45-49	30:46.7	6:09/K
181	Zoe Dunlap	Charlotte NC	7082	15	F	6 15-19	30:46.7	6:09/K
182	William Barton	Mt Holly NC	7167	35	M	21 35-39	30:48.7	6:10/K
183	Brad Sturkey	Fort Mill SC	7145	46	M	11 45-49	30:49.2	6:10/K
184	Bethany Hutchins	Concord NC	7221	28	F	12 25-29	30:51.3	6:10/K
185	Anna Renfro	Gastonia NC	7267	24	F	7 20-24	30:51.6	6:10/K
186	Lisa Clark	Hickory NC	7183	53	F	2 50-54	30:52.0	6:10/K
187	Jim Garnham	Charlotte NC	7324	31	M	15 30-34	30:55.2	6:11/K
188	Robert Barden	Charlotte NC	7055	41	M	17 40-44	30:56.3	6:11/K

Frigid 5K Run & Plunge

Race Date
February 13, 2016

Overall Finish List

<u>Overall</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Gend</u>	<u>AG Place</u>	<u>Time</u>	<u>Pace</u>
189	Rusty Bostian	Kannapolis NC	7175	51	M	6 50-54	31:03.8	6:13/K
190	Ryan Bostian	Kannapolis NC	7176	25	M	29 25-29	31:03.9	6:13/K
191	amy tucker		7394	37	F	7 35-39	31:07.9	6:13/K
192	Erika Dennison	Charlotte NC	7315	39	F	8 35-39	31:10.1	6:14/K
193	Amy Underkofler	Charlotte NC	7293	37	F	9 35-39	31:14.9	6:15/K
194	Phillip Davidson	GASTONIA NC	7078	53	M	7 50-54	31:15.6	6:15/K
195	Lori Repass	Mooresville NC	7268	50	F	3 50-54	31:17.4	6:15/K
196	Kristen Landreth	Burlington NC	7229	40	F	9 40-44	31:18.8	6:16/K
197	Chris Trifari	Charlotte NC	7291	43	M	18 40-44	31:21.9	6:16/K
198	kati stegall		7398	31	F	7 30-34	31:33.3	6:19/K
199	Jen Mason	Rock hill SC	7238	30	F	8 30-34	31:33.6	6:19/K
200	Stacy ballard	charlotte NC	7411	33	F	9 30-34	31:34.1	6:19/K
201	Bill Patterson	Fort Mill SC	7261	49	M	12 45-49	31:38.7	6:20/K
202	Betsy Shores	Cornelius NC	7354	35	F	10 35-39	31:40.5	6:20/K
203	Bridget McClellan	Huntersville NC	7239	31	F	10 30-34	31:42.9	6:20/K
204	Shannon Evans	Fort Mill SC	7200	36	F	11 35-39	31:43.8	6:21/K
205	Anthony Darr	Charlotte NC	7191	35	M	22 35-39	31:44.1	6:21/K
206	Paul Bronkhorst	Charlotte NC	7177	41	M	19 40-44	31:44.7	6:21/K
207	Tommy Shores	Cornelius NC	7353	39	M	23 35-39	31:45.6	6:21/K
208	Duane Evans	Fort Mill SC	7199	41	M	20 40-44	31:46.3	6:21/K
209	Gerald Yerden	Concord NC	7162	22	M	15 20-24	31:49.4	6:22/K
210	Joey Attanasio	charlotte NC	7299	44	M	21 40-44	31:50.2	6:22/K
211	Jeff Hurston	Charlotte NC	7105	48	M	13 45-49	31:50.4	6:22/K
212	Samantha Pontius	Rock Hill SC	7129	21	F	8 20-24	31:53.6	6:23/K
213	JesseRuth Parrish	Charlotte NC	7260	21	F	9 20-24	31:53.6	6:23/K
214	Julie Steveson	charlotte NC	7144	26	F	13 25-29	31:54.1	6:23/K
215	Cherie Wright	Charlotte NC	7367	31	F	11 30-34	31:57.3	6:23/K
216	Addie Green	Union SC	7207	9	F	5 1-14	31:57.8	6:23/K
217	Britt Reynolds	Charlotte NC	7269	40	F	10 40-44	32:03.4	6:25/K
218	Marissa Thomas	Charlotte NC	7289	34	F	12 30-34	32:09.5	6:26/K
219	Taylor Little	Charlotte NC	7333	27	F	14 25-29	32:12.6	6:26/K
220	Andrea Bonner	Matthews NC	7306	43	F	11 40-44	32:13.4	6:27/K
221	Chet Hathaway	Concord NC	7216	19	M	15 15-19	32:21.7	6:28/K
222	Myra Pachter	Belmont NC	7382	45	F	6 45-49	32:21.9	6:28/K
223	Brett Johnson	Charlotte NC	7108	27	M	30 25-29	32:22.5	6:28/K
224	Sarah Peterson	Charlotte NC	7125	28	F	15 25-29	32:25.2	6:29/K
225	April Penn	Charlotte NC	7342	46	F	7 45-49	32:31.2	6:30/K
226	Karen Citalan	Charlotte NC	7182	22	F	10 20-24	32:36.7	6:31/K
227	Mike Taylor	Charlotte NC	7363	42	M	22 40-44	32:40.9	6:32/K
228	Chris Zoghby	Charlotte NC	7369	30	M	16 30-34	32:42.4	6:32/K
229	Lauren Schwab	Charlotte NC	7349	27	F	16 25-29	32:42.9	6:32/K
230	Carolyn Taylor	Concord NC	7288	50	F	4 50-54	32:43.5	6:33/K
231	Jessica Cohen	Belmont NC	7186	33	F	13 30-34	32:43.9	6:33/K
232	Arun Nellaiappan	Charlotte NC	7252	32	M	17 30-34	32:45.4	6:33/K
233	Ainsley Nugent	East Greenwich RI	7256	23	F	11 20-24	32:48.0	6:34/K
234	Summers Binnicker	Charlotte NC	7061	23	F	12 20-24	32:48.1	6:34/K
235	Stacy Hartley	Charlotte NC	7100	34	F	14 30-34	32:48.4	6:34/K

Frigid 5K Run & Plunge

Race Date
February 13, 2016

Overall Finish List

<u>Overall</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Gend</u>	<u>AG Place</u>	<u>Time</u>	<u>Pace</u>
236	Thomas Sallach	Charlotte NC	7135	27	M	31 25-29	32:48.7	6:34/K
237	Kim Olson	Charlotte NC	7257	31	F	15 30-34	32:49.2	6:34/K
238	Christopher McKee	Durham NC	7244	41	M	23 40-44	32:50.3	6:34/K
239	Jennifer Estleford	Charlotte NC	7198	27	F	17 25-29	32:50.7	6:34/K
240	Richard Spencer	Charlotte NC	7361	47	M	14 45-49	32:52.2	6:34/K
241	Guy Roberts	Salisbury NC	7270	51	M	8 50-54	32:54.0	6:35/K
242	Emily Mullins	Gastonia NC	7249	24	F	13 20-24	32:56.6	6:35/K
243	Beverly Brumbach	Charlotte NC	7178	43	F	12 40-44	32:58.1	6:36/K
244	Andrew Sincock	Huntersville NC	7281	51	M	9 50-54	32:59.9	6:36/K
245	ulla svane	CHARLOTTE NC	7286	50	F	5 50-54	32:59.9	6:36/K
246	Wendy Green	Union SC	7209	38	F	12 35-39	33:01.4	6:36/K
247	Raegan Green	Union SC	7208	10	F	6 1-14	33:02.1	6:36/K
248	kelsey soule	Charlotte NC	7283	26	F	18 25-29	33:03.6	6:37/K
249	Thomas Bush		7442	54	M	10 50-54	33:08.8	6:38/K
250	Madison Altman	Rock Hill SC	7164	22	F	14 20-24	33:09.9	6:38/K
251	Jason Moretz	Maiden NC	7247	37	M	24 35-39	33:12.4	6:38/K
252	Gerard Freund	Charlotte NC	7322	44	M	24 40-44	33:15.9	6:39/K
253	Cory Marshman	Mt Holly NC	7236	31	M	18 30-34	33:25.4	6:41/K
254	Joshua Marshman	Matthews NC	7235	27	M	32 25-29	33:25.6	6:41/K
255	Bruce Marshman	Matthews NC	7237	56	M	5 55-99	33:25.7	6:41/K
256	Diane Block	Gastonia NC	7305	46	F	8 45-49	33:27.3	6:41/K
257	Elizabeth Dawkins	Charlotte NC	7192	29	F	19 25-29	33:34.3	6:43/K
258	james johasen		7413	50	M	11 50-54	33:35.3	6:43/K
259	rene riley		7414	40	F	13 40-44	33:35.4	6:43/K
260	Susan Smallwood	Mt Holly NC	7359	34	F	16 30-34	33:46.8	6:45/K
261	Tyler Berg	Mt Holly NC	7303	31	M	19 30-34	33:47.3	6:45/K
262	Jill Stevens	Charlotte NC	7389	34	F	17 30-34	33:53.0	6:47/K
263	Mirabelle Pedersen	Tega Cay SC	7123	14	F	7 1-14	33:57.2	6:47/K
264	Jessica Paddock	Fayetteville NC	7036	28	F	20 25-29	33:59.1	6:48/K
265	Charles Paddock	Fayetteville NC	7258	28	M	33 25-29	33:59.8	6:48/K
266	Mac McCullough	Charlotte NC	7240	7	M	4 1-14	34:01.7	6:48/K
267	Corbitt McCullough	Charlotte NC	7114	10	F	8 1-14	34:04.6	6:49/K
268	Jim Thompson	Charlotte NC	7290	45	M	15 45-49	34:06.3	6:49/K
269	Samantha Rosky	Charlotte NC	7346	26	F	21 25-29	34:10.2	6:50/K
270	Zachary Aumick	Charlotte NC	7053	25	M	34 25-29	34:11.2	6:50/K
271	Brittany Carey	Shelby NC	7310	28	F	22 25-29	34:13.2	6:51/K
272	Carolyn Giordano	Charlotte NC	7206	28	F	23 25-29	34:14.3	6:51/K
273	Chris Grenier	Huntersville NC	7211	40	M	25 40-44	34:21.4	6:52/K
274	Mariann Freund	Charlotte NC	7323	31	F	18 30-34	34:24.0	6:53/K
275	Balasigamani Selvaraj	Charlotte NC	7280	32	M	20 30-34	34:29.1	6:54/K
276	Sandra Willmott	Lewisville NC	7366	45	F	9 45-49	34:30.9	6:54/K
277	Austin Lawrence	Concord NC	7110	14	M	5 1-14	34:34.1	6:55/K
278	Barrett Poppler	Harrisburg NC	7344	46	M	16 45-49	34:42.0	6:56/K
279	patrick camatcho	huntersville NC	7066	16	M	16 15-19	34:44.2	6:57/K
280	peyton mandel		7408	16	F	7 15-19	34:44.4	6:57/K
281	Heather McCullough	Charlotte NC	7241	41	F	14 40-44	34:51.1	6:58/K
282	Clay McCullough	Charlotte NC	7242	39	M	25 35-39	34:52.1	6:58/K

Frigid 5K Run & Plunge

Race Date
February 13, 2016

Overall Finish List

<u>Overall</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Gend</u>	<u>AG Place</u>	<u>Time</u>	<u>Pace</u>
283	Anthony Sancibrian	Charlotte NC	7276	24	M	16 20-24	34:58.1	7:00/K
284	Mary Troutman	CHARLOTTE NC	7292	25	F	24 25-29	34:58.1	7:00/K
285	Kia Benion	Chicago IL	7169	26	F	25 25-29	35:00.1	7:00/K
286	Jim Neault	Huntersville NC	7381	52	M	12 50-54	35:03.0	7:01/K
287	Kristi Sluiter	Huntersville NC	7358	36	F	13 35-39	35:06.1	7:01/K
288	Carson Bush		7441	17	M	17 15-19	35:07.9	7:01/K
289	Thomas Scott	Charlotte NC	7138	26	M	35 25-29	35:13.0	7:03/K
290	Sara Falardeau	Charlotte NC	7318	26	F	26 25-29	35:13.1	7:03/K
291	Simone Pedersen	Tega Cay SC	7340	45	F	10 45-49	35:13.6	7:03/K
292	Ben Dunlap	Charlotte NC	7196	52	M	13 50-54	35:14.2	7:03/K
293	Kasey Loftin	Denver NC	7335	34	F	19 30-34	35:15.8	7:03/K
294	Justin Peterson	Charlotte NC	7262	43	M	26 40-44	35:25.2	7:05/K
295	erin gee		7397	41	F	15 40-44	35:31.1	7:06/K
296	charles klinker		7396	50	M	14 50-54	35:31.4	7:06/K
297	Gabriela Carvalho	Fort Mill SC	7311	41	F	16 40-44	35:37.0	7:07/K
298	Michelle Sanders	Mount Holly NC	7347	37	F	14 35-39	35:38.3	7:08/K
299	Angie Faulk	Charlotte NC	7319	41	F	17 40-44	35:39.7	7:08/K
300	Mike Tasillo	Monroe NC	7287	35	M	26 35-39	35:44.3	7:09/K
301	Marnette Zuchel	Charlotte NC	7370	61	F	1 55-99	35:58.9	7:12/K
302	Andrea Kovacs	Charlotte NC	7227	22	F	15 20-24	35:59.4	7:12/K
303	kim clark	charlotte NC	7312	59	F	2 55-99	36:02.8	7:12/K
304	Adrian Austin	Charlotte NC	7300	25	F	27 25-29	36:04.5	7:13/K
305	Keshama Horton	Charlotte NC	7220	30	F	20 30-34	36:04.5	7:13/K
306	Kristianna Luce	Denver NC	7232	46	F	11 45-49	36:09.0	7:14/K
307	Catherine Barall	Charlotte NC	7301	25	F	28 25-29	36:17.1	7:15/K
308	Alan Pedersen	Tega Cay SC	7341	51	M	15 50-54	36:20.7	7:16/K
309	Nicole Baird	Charlotte NC	7166	34	F	21 30-34	36:33.4	7:19/K
310	Rachael Scott	Fort Mill SC	7350	36	F	15 35-39	36:33.7	7:19/K
311	Chris Bunneyg	Charlotte NC	7371	33	M	21 30-34	36:35.8	7:19/K
312	jennifer fagan		7446	42	F	18 40-44	36:44.8	7:21/K
313	Scott Ginn	Waxhaw NC	7325	46	M	17 45-49	36:48.1	7:22/K
314	JANICE CROSS	HUNTERSVILLE NC	7189	33	F	22 30-34	36:48.5	7:22/K
315	Shane Farley	Huntersville NC	7201	33	M	22 30-34	36:54.8	7:23/K
316	Anne volz	charlotte NC	7295	32	F	23 30-34	36:58.1	7:24/K
317	Jerry Thomas	Indian Trail NC	7151	42	M	27 40-44	37:01.6	7:24/K
318	Russell Schlick	Charlotte NC	7387	36	M	27 35-39	37:05.7	7:25/K
319	Niels Hansen	Matthews NC	7328	48	M	18 45-49	37:09.3	7:26/K
320	Adam Suprock	Cornelius NC	7146	31	M	23 30-34	37:16.3	7:27/K
321	Trevor Smith	Charlotte NC	7448	13	M	6 1-14	37:28.2	7:30/K
322	Alex Pachter	Belmont NC	7383	45	M	19 45-49	37:33.0	7:31/K
323	Molly Venskus	Mount Holly NC	7365	32	F	24 30-34	37:54.3	7:35/K
324	Erin Weeks	Alexis NC	7155	39	F	16 35-39	37:58.4	7:36/K
325	Greg Weeks	Gastonia NC	7156	32	M	24 30-34	37:58.8	7:36/K
326	Kira Guerke	Charlotte NC	7327	31	F	25 30-34	37:59.3	7:36/K
327	nicole harbin	charlotte NC	7329	34	F	26 30-34	38:01.5	7:36/K
328	Heather Presson	Pineville NC	7265	26	F	29 25-29	38:03.3	7:37/K
329	Amanda Childers	Charlotte NC	7181	26	F	30 25-29	38:03.4	7:37/K

Frigid 5K Run & Plunge

Race Date
February 13, 2016

Overall Finish List

<u>Overall</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Gend</u>	<u>AG Place</u>	<u>Time</u>	<u>Pace</u>
330	Ally Setliff	Cary NC	7352	31	F	27 30-34	38:09.0	7:38/K
331	Marc Luce	Denver NC	7336	47	M	20 45-49	38:15.8	7:39/K
332	anna hite		7393	47	F	12 45-49	38:19.6	7:40/K
333	Glenn Setliff	Cary NC	7351	31	M	25 30-34	38:23.0	7:41/K
334	Alisha Terrones	Charlotte NC	7390	33	F	28 30-34	38:24.9	7:41/K
335	Adrien Savariego	Charlotte NC	7277	34	M	26 30-34	38:37.8	7:43/K
336	Ivonne Hernandez	Charlotte NC	7330	26	F	31 25-29	38:39.2	7:44/K
337	Chelsea Weiner	Indian Trail NC	7392	26	F	32 25-29	38:48.8	7:46/K
338	Erin Brooks	Huntersville NC	7309	33	F	29 30-34	38:48.8	7:46/K
339	Ashley Cafero	Charlotte NC	7180	31	F	30 30-34	38:53.5	7:47/K
340	Chuck Maddox	Indian Trail NC	7337	55	M	6 55-99	38:59.2	7:48/K
341	Jesska Daugherty	Florence SC	7314	29	F	33 25-29	39:09.7	7:50/K
342	Jennifer Greeson	Charlotte NC	7326	25	F	34 25-29	40:03.4	8:01/K
343	Andi Dirkschneider	Charlotte NC	7193	26	F	35 25-29	40:25.4	8:05/K
344	solomon hope		7402	10	M	7 1-14	40:44.5	8:09/K
345	Ulaganathan Selvaraj	Waxhaw NC	7139	39	M	28 35-39	40:46.5	8:09/K
346	Gwen Foellmer	charlotte NC	7321	33	F	31 30-34	41:18.1	8:16/K
347	Jessica Hreha	Charlotte NC	7377	32	F	32 30-34	41:18.6	8:16/K
348	Austin Hughes	Denver NC	7104	16	M	18 15-19	41:48.2	8:22/K
349	Brittany Swanger	Charlotte NC	7042	17	F	8 15-19	41:48.7	8:22/K
350	Pete Landreth	Burlington NC	7332	42	M	28 40-44	42:37.9	8:31/K
351	Morgan Jamison	Matthews NC	7223	17	F	9 15-19	42:38.1	8:32/K
352	Katie Parkerson	Cornelius NC	7339	22	F	16 20-24	42:45.4	8:33/K
353	Kay Scallan	Huntersville NC	7348	28	F	36 25-29	42:47.1	8:33/K
354	Kelly Mullen	Rock Hill SC	7379	25	F	37 25-29	43:00.4	8:36/K
355	Craig Spears	Huntersville NC	7360	41	M	29 40-44	43:00.7	8:36/K
356	Sarah Freeman	Charlotte NC	7203	26	F	38 25-29	43:01.8	8:36/K
357	jonah hope		7401	11	M	8 1-14	43:02.1	8:36/K
358	christina Ludack	Sherrills Ford NC	7233	27	F	39 25-29	43:04.5	8:37/K
359	Aby Moeykens	Charlotte NC	7245	37	F	17 35-39	43:04.6	8:37/K
360	Janel Yerden	Concord NC	7368	22	F	17 20-24	43:09.9	8:38/K
361	Caden Spears	Sherrills Ford NC	7388	7	M	9 1-14	43:12.1	8:38/K
362	lalita womble		7419	40	F	19 40-44	43:13.7	8:39/K
363	Chad sisco	Charlotte NC	7357	41	M	30 40-44	44:16.8	8:51/K
364	Haley Sisco	Charlotte NC	7355	8	F	9 1-14	44:33.3	8:55/K
365	Gray Sisco	Charlotte NC	7356	10	M	10 1-14	44:33.5	8:55/K
366	melanie hope		7400	31	F	33 30-34	44:57.2	8:59/K
367	Keyara Donna	Charlotte NC	7374	26	F	40 25-29	45:38.2	9:08/K
368	Catherine Clements	Charlotte NC	7372	27	F	41 25-29	45:38.3	9:08/K
369	Anika Powell	Charlotte NC	7384	36	F	18 35-39	46:18.4	9:16/K
370	christina collura	huntersville NC	7187	45	F	13 45-49	48:23.5	9:41/K
371	sydney burke	huntersville NC	7179	12	F	10 1-14	48:24.6	9:41/K
372	Tommy Venerable	Statesville NC	7364	32	M	27 30-34	48:42.7	9:44/K
373	Bob Repass	Mooresville NC	7386	51	M	16 50-54	51:21.3	10:16/K

Frigid 5K

Race Date

February 14, 2015

Overall Finish List

<u>Overall</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Gend</u>	<u>AG Place</u>	<u>Time</u>	<u>Pace</u>	<u>Time Back</u>
1	Cody Hodgins	Cornelius NC	1403	25	M	1/57 25-29	15:10.7	3:02/K	
2	Landon Maxwell	Alexis NC	806	14	M	1/21 0-14	16:12.0	3:14/K	1:01.3
3	Yannick Fischbach	Simpsonville SC	1173	23	M	1/26 20-24	16:48.8	3:22/K	1:38.1
4	Cory Sundeen	Charlotte NC	1413	44	M	1/35 40-44	17:15.0	3:27/K	2:04.2
5	Janet Barry	Charlotte NC	789	24	F	1/43 20-24	18:05.1	3:37/K	
6	John Peters	Mooresville NC	1411	31	M	1/66 30-34	18:09.0	3:38/K	2:58.3
7	Zachary Hughes	Waxhaw NC	1386	31	M	2/66 30-34	18:27.0	3:41/K	3:16.3
8	Troy Lee	Charlotte NC	1362	28	M	2/57 25-29	18:40.9	3:44/K	3:30.1
9	Jake Elabdellaoui	Charlotte NC	1056	15	M	1/13 15-19	18:56.8	3:47/K	3:46.0
10	Paul Halaburda	Charlotte NC	1079	34	M	3/66 30-34	19:07.7	3:49/K	3:57.0
11	Molly Dedmon	Charlotte NC	1131	26	F	1/80 25-29	19:12.9	3:50/K	1:07.7
12	Carolyn Maye	Waxhaw NC	1107	26	F	2/80 25-29	19:15.5	3:51/K	1:10.3
13	Brian Granger Granger	charlotte NC	1166	29	M	3/57 25-29	19:20.5	3:52/K	4:09.7
14	Gregg Garrison	Cornelius NC	1328	39	M	1/45 35-39	19:23.4	3:53/K	4:12.6
15	Anthony Perry	Washington DC	817	33	M	4/66 30-34	19:26.6	3:53/K	4:15.8
16	Dean Otto	Charlotte NC	1078	49	M	1/17 45-49	19:27.3	3:53/K	4:16.6
17	John Callis	Charlotte NC	1408	21	M	2/26 20-24	19:41.7	3:56/K	4:30.9
18	GARRETT NELSON	charlotte NC	1277	45	M	2/17 45-49	19:42.9	3:56/K	4:32.1
19	Zachary Dawson	Huntersville NC	855	16	M	2/13 15-19	19:45.7	3:57/K	4:34.9
20	erick rose	cherryville NC	1017	41	M	2/35 40-44	19:49.5	3:58/K	4:38.7
21	Matthew Prokop	DUNCANSVILLE PA	1209	21	M	3/26 20-24	19:51.9	3:58/K	4:41.1
22	Wyatt Novak	Charlotte NC	865	14	M	2/21 0-14	19:52.1	3:58/K	4:41.3
23	Donald Randy	Charlotte NC	1400	30	M	5/66 30-34	19:54.3	3:59/K	4:43.5
24	Ian Kirkpatrick	Gastonia NC	1178	15	M	3/13 15-19	19:57.5	3:59/K	4:46.7
25	Mindy Stull	Troutman NC	1278	21	F	2/43 20-24	20:13.2	4:03/K	2:08.0
26	John Angelesco	Charlotte NC	790	22	M	4/26 20-24	20:15.1	4:03/K	5:04.4
27	Kirk Pinska	Concord NC	1138	50	M	1/15 50-54	20:19.7	4:04/K	5:08.9
28	Kevin List	Charlotte NC	810	31	M	6/66 30-34	20:23.1	4:05/K	5:12.3
29	Brian Niekras	Charlotte NC	926	40	M	3/35 40-44	20:24.6	4:05/K	5:13.9
30	Jackson	Cornelius NC	1407	16	M	4/13 15-19	20:24.7	4:05/K	5:13.9
31	Jacob Cannegieter	Charlotte NC	1331	39	M	2/45 35-39	20:30.0	4:06/K	5:19.2
32	Dylan Boyle	Greenville SC	868	23	M	5/26 20-24	20:34.3	4:07/K	5:23.6
33	Richard Ayers	mooreville NC	800	52	M	2/15 50-54	20:40.2	4:08/K	5:29.5
34	Max Burger	charlotte NC	1021	15	M	5/13 15-19	20:44.4	4:09/K	5:33.6
35	levi whittal		1421	17	M	6/13 15-19	20:47.7	4:09/K	5:36.9
36	Alexandra Ramsey	Rock Hill SC	1172	22	F	3/43 20-24	20:55.6	4:11/K	2:50.4
37	Amanda Iannello	Charlotte NC	1156	29	F	3/80 25-29	21:02.0	4:12/K	2:56.8
38	Greg Wilson	Huntersville NC	1282	32	M	7/66 30-34	21:05.8	4:13/K	5:55.1
39	Wayne Moyers	Mount Holly NC	1322	27	M	4/57 25-29	21:07.3	4:13/K	5:56.5
40	Liam Huddy	Huntersville NC	846	16	M	7/13 15-19	21:10.1	4:14/K	5:59.3
41	Jacob Hilton	Charlotte NC	1289	28	M	5/57 25-29	21:11.4	4:14/K	6:00.7
42	Kent Lloyd	Charlotte NC	917	26	M	6/57 25-29	21:11.5	4:14/K	6:00.8
43	Alice Magnani	Charlotte NC	831	15	F	1/16 15-19	21:14.4	4:15/K	3:09.2
44	Nicholas Pienta	Charlotte NC	1257	19	M	8/13 15-19	21:15.5	4:15/K	6:04.8
45	Max Elabdellaoui	Charlotte NC	952	13	M	3/21 0-14	21:18.4	4:16/K	6:07.7
46	Darren Jones	Conover NC	1194	37	M	3/45 35-39	21:19.3	4:16/K	6:08.5
47	Judd Glasco	Fort mill SC	1213	33	M	8/66 30-34	21:26.3	4:17/K	6:15.6

Frigid 5K

Race Date

February 14, 2015

Overall Finish List

<u>Overall</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Gend</u>	<u>AG Place</u>	<u>Time</u>	<u>Pace</u>	<u>Time Back</u>
48	Jason Fishkin	Matthews NC	978	24	M	6/26 20-24	21:28.7	4:18/K	6:17.9
49	Adam Zelsdorf	Charlotte NC	837	31	M	9/66 30-34	21:32.0	4:18/K	6:21.3
50	Chris Allman	charlotte NC	1219	24	M	7/26 20-24	21:33.7	4:19/K	6:22.9
51	Kevin Dorst	Charlotte NC	1273	37	M	4/45 35-39	21:36.3	4:19/K	6:25.5
52	Kevin Spain	Charlotte NC	1204	28	M	7/57 25-29	21:40.2	4:20/K	6:29.5
53	michelle shope	newton NC	900	43	F	1/21 40-44	21:43.4	4:21/K	3:38.2
54	Nate Sapoch	Shelby NC	1269	29	M	8/57 25-29	21:45.6	4:21/K	6:34.8
55	Corey Estep	Columbus GA	1281	25	M	9/57 25-29	21:47.8	4:21/K	6:37.1
56	Bruce Adams	Alexis NC	1024	55	M	1/7 55-99	21:48.7	4:22/K	6:38.0
57	Dan Barrett	Gastonia NC	997	25	M	10/57 25-29	21:50.4	4:22/K	6:39.7
58	Matthew Kurzen	Huntersville NC	793	29	M	11/57 25-29	21:50.7	4:22/K	6:39.9
59	bob spence	matthews NC	1014	50	M	3/15 50-54	21:52.0	4:22/K	6:41.2
60	Austin Alexander	Charlotte NC	1416	24	F	4/43 20-24	22:00.1	4:24/K	3:54.9
61	Wes Dunaway		1417	34	M	10/66 30-34	22:03.4	4:25/K	6:52.6
62	Kyle Stickley	Charlotte NC	1284	27	M	12/57 25-29	22:04.5	4:25/K	6:53.7
63	Daniel Heilig	charlotte NC	1191	27	M	13/57 25-29	22:08.1	4:26/K	6:57.3
64	Mike Flanigan	Charlotte NC	957	29	M	14/57 25-29	22:09.7	4:26/K	6:59.0
65	Clint Byrd	Charlotte NC	998	33	M	11/66 30-34	22:10.6	4:26/K	6:59.9
66	Gustave Pizzuto	Aiken SC	1382	30	M	12/66 30-34	22:24.6	4:29/K	7:13.8
67	Lauren Rattenbury	Kannapolis NC	805	16	F	2/16 15-19	22:36.2	4:31/K	4:31.0
68	Greyson Kines	Belmont NC	1293	8	M	4/21 0-14	22:36.5	4:31/K	7:25.7
69	Gordon Wikle	Matthews NC	1110	33	M	13/66 30-34	22:37.7	4:31/K	7:26.9
70	Matt Thompson	Charlotte NC	802	34	M	14/66 30-34	22:39.4	4:32/K	7:28.6
71	jeff lak	MT HOLLY NC	931	37	M	5/45 35-39	22:39.6	4:32/K	7:28.8
72	Scott Lemos	Charlotte NC	1098	43	M	4/35 40-44	22:42.5	4:32/K	7:31.8
73	Zachary Higgins	Asheboro NC	1100	22	M	8/26 20-24	22:44.1	4:33/K	7:33.3
74	thomas novak	charlotte NC	909	25	M	15/57 25-29	22:45.2	4:33/K	7:34.5
75	hunter woods		1420	15	M	9/13 15-19	22:47.8	4:33/K	7:37.0
76	Jared Hanson	Fort Mill SC	996	37	M	6/45 35-39	22:48.6	4:34/K	7:37.8
77	James Wilkinson	Charlotte NC	883	28	M	16/57 25-29	22:53.5	4:35/K	7:42.8
78	Josh Glasco	Fort Mill SC	1215	31	M	15/66 30-34	22:53.9	4:35/K	7:43.2
79	Megan Granger	Charlotte NC	1165	29	F	4/80 25-29	23:03.3	4:37/K	4:58.2
80	Ed Coletti	Newton NC	1195	34	M	16/66 30-34	23:05.9	4:37/K	7:55.1
81	WILLIAM MILLER	GREENSBORO NC	1377	13	M	5/21 0-14	23:07.4	4:37/K	7:56.7
82	Matt Dubyoski	Charlotte NC	848	28	M	17/57 25-29	23:08.5	4:38/K	7:57.7
83	David Danforth	Charlotte NC	807	46	M	3/17 45-49	23:09.1	4:38/K	7:58.3
84	Jordan Doolittle	Charlotte NC	935	26	M	18/57 25-29	23:09.4	4:38/K	7:58.6
85	Corey Eaton	Charlotte NC	1007	35	M	7/45 35-39	23:10.0	4:38/K	7:59.3
86	Hailey Mathison	Matthews NC	1217	24	F	5/43 20-24	23:17.1	4:39/K	5:11.9
87	John Kines	Belmont NC	930	37	M	8/45 35-39	23:22.8	4:40/K	8:12.0
88	Amanda Orr	Waxhaw NC	863	39	F	1/31 35-39	23:23.4	4:41/K	5:18.2
89	Leigh Northrup	Concord NC	956	40	M	5/35 40-44	23:24.7	4:41/K	8:13.9
90	Mark Heckel	Gastonia NC	1054	44	M	6/35 40-44	23:27.9	4:41/K	8:17.1
91	Paul Borowicz	Charlotte NC	947	24	M	9/26 20-24	23:27.9	4:41/K	8:17.1
92	Scott Addison	Charlotte NC	1004	39	M	9/45 35-39	23:28.8	4:42/K	8:18.1
93	Jeannette Pantani	Charlotte NC	1314	47	F	1/18 45-49	23:28.9	4:42/K	5:23.8
94	Edward Przewdecki	Charlotte NC	821	29	M	19/57 25-29	23:29.9	4:42/K	8:19.1

Frigid 5K

Race Date

February 14, 2015

Overall Finish List

<u>Overall</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Gend</u>	<u>AG Place</u>	<u>Time</u>	<u>Pace</u>	<u>Time Back</u>
95	Nicholas Ertel	Charlotte NC	811	26	M	20/57 25-29	23:30.0	4:42/K	8:19.3
96	Bryan Luther	Fort Mill SC	941	28	M	21/57 25-29	23:30.6	4:42/K	8:19.8
97	James Foster	Charlotte NC	1199	27	M	22/57 25-29	23:33.0	4:43/K	8:22.2
98	Rachel Rosinski	Huntersville NC	1248	36	F	2/31 35-39	23:33.8	4:43/K	5:28.6
99	Brad Miller	GREENSBORO NC	1380	41	M	7/35 40-44	23:36.4	4:43/K	8:25.6
100	Edward Pillow	Bessemer City NC	1405	42	M	8/35 40-44	23:39.3	4:44/K	8:28.5
101	Ethan Ebbighausen	Raleigh NC	985	12	M	6/21 0-14	23:39.4	4:44/K	8:28.7
102	Lee Schenck	Lexington NC	1212	58	M	2/7 55-99	23:41.9	4:44/K	8:31.1
103	Brett Wilkinson	Matthews NC	968	24	M	10/26 20-24	23:45.4	4:45/K	8:34.6
104	Megan Rupp	Statesville NC	1383	17	F	3/16 15-19	23:46.1	4:45/K	5:41.0
105	Jesse Cunningham	Charlotte NC	1271	23	M	11/26 20-24	23:50.0	4:46/K	8:39.2
106	Omar Paulino	Charlotte NC	1011	20	M	12/26 20-24	23:50.6	4:46/K	8:39.8
107	Nicole Ellis	Charlotte NC	1106	29	F	5/80 25-29	23:56.9	4:47/K	5:51.7
108	Lauren Bennett	Charlotte NC	913	24	F	6/43 20-24	23:58.0	4:48/K	5:52.9
109	Peter Fulton	Charlotte NC	1162	29	M	23/57 25-29	23:58.1	4:48/K	8:47.3
110	Timothy Bush	Cornelius NC	1256	38	M	10/45 35-39	24:02.1	4:48/K	8:51.3
111	Jake Stout	Matthews NC	1285	50	M	4/15 50-54	24:06.8	4:49/K	8:56.0
112	Stephanie Jacobs	Concord NC	851	28	F	6/80 25-29	24:07.4	4:49/K	6:02.2
113	Scott Green	Inman SC	1234	28	M	24/57 25-29	24:12.6	4:50/K	9:01.8
114	Trey Knight	Charlotte NC	1163	34	M	17/66 30-34	24:12.7	4:50/K	9:01.9
115	Dulce Giermanski	Belmont NC	951	20	F	7/43 20-24	24:18.0	4:52/K	6:12.8
116	Elizabeth Northrup	Concord NC	955	40	F	2/21 40-44	24:18.2	4:52/K	6:13.0
117	Kristen Dukes	monkton MD	1050	22	F	8/43 20-24	24:18.6	4:52/K	6:13.5
118	Kelly Mullican	Charlotte NC	905	25	F	7/80 25-29	24:19.3	4:52/K	6:14.1
119	Steven Cow	Aiken SC	1409	47	M	4/17 45-49	24:24.9	4:53/K	9:14.2
120	Will Borin	Charlotte NC	1414	18	M	10/13 15-19	24:25.0	4:53/K	9:14.2
121	audrey trollinger	Charlotte NC	788	17	F	4/16 15-19	24:25.1	4:53/K	6:19.9
122	Julie Steveson	Charlotte NC	915	25	F	8/80 25-29	24:28.5	4:54/K	6:23.3
123	Ronald Rhodes	Bessemer City NC	969	39	M	11/45 35-39	24:30.1	4:54/K	9:19.3
124	Kyle Davidson	Kannapolis NC	1406	26	M	25/57 25-29	24:30.7	4:54/K	9:19.9
125	Anna Thompson	Charlotte NC	1393	24	F	9/43 20-24	24:31.1	4:54/K	6:25.9
126	Michael Better	Charlotte NC	1318	41	M	9/35 40-44	24:31.3	4:54/K	9:20.5
127	Jessica Wynblatt	Mooresville NC	979	14	F	1/16 0-14	24:34.5	4:55/K	6:29.3
128	Chris Murnyn	Charlotte NC	1265	30	M	18/66 30-34	24:34.6	4:55/K	9:23.8
129	Dakota Swaney	Liberty NC	1099	20	M	13/26 20-24	24:35.5	4:55/K	9:24.8
130	Rachel Harden	Charlotte NC	1184	26	F	9/80 25-29	24:36.0	4:55/K	6:30.8
131	Randy Cockerham	Charlotte NC	1130	61	M	3/7 55-99	24:37.7	4:55/K	9:27.0
132	christian hunt	Charlotte NC	1164	25	M	26/57 25-29	24:40.3	4:56/K	9:29.5
133	Chris Chandler	Charlotte NC	1179	34	M	19/66 30-34	24:40.3	4:56/K	9:29.6
134	Jarrett Hunt	Charlotte NC	1197	35	M	12/45 35-39	24:40.5	4:56/K	9:29.7
135	Kyle Yonce	Charlotte NC	1332	31	M	20/66 30-34	24:41.2	4:56/K	9:30.4
136	Stephanie Kelly	Charlotte NC	1020	23	F	10/43 20-24	24:43.1	4:57/K	6:37.9
137	Kaleb Greenan	Fort Mill SC	901	37	M	13/45 35-39	24:44.7	4:57/K	9:34.0
138	Barnaby Keller	Cornelius NC	1391	39	M	14/45 35-39	24:49.4	4:58/K	9:38.7
139	kelly robinson	huntersville NC	862	36	M	15/45 35-39	24:49.8	4:58/K	9:39.0
140	Alysha Demeri	Charlotte NC	1149	25	F	10/80 25-29	24:54.7	4:59/K	6:49.6
141	Ken Mikami	Charlotte NC	989	31	M	21/66 30-34	24:56.4	4:59/K	9:45.6

Frigid 5K

Race Date
February 14, 2015

Overall Finish List

<u>Overall</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Gend</u>	<u>AG Place</u>	<u>Time</u>	<u>Pace</u>	<u>Time Back</u>
142	Savannah Sill	Fort Mill SC	902	23	F	11/43 20-24	25:00.5	5:00/K	6:55.3
143	Monique Ryan	Charlotte NC	876	29	F	11/80 25-29	25:03.7	5:01/K	6:58.5
144	Leslie Lewis	Greenville NC	1397	35	F	3/31 35-39	25:04.5	5:01/K	6:59.3
145	Ian Baker	charlotte NC	819	16	M	11/13 15-19	25:05.0	5:01/K	9:54.2
146	Samantha Smith	Albemarle NC	892	30	F	1/36 30-34	25:07.6	5:01/K	7:02.4
147	Holly Horton	Norwood NC	891	42	F	3/21 40-44	25:07.6	5:01/K	7:02.4
148	Jason Bree	Charlotte NC	911	24	M	14/26 20-24	25:07.9	5:01/K	9:57.2
149	John Elkins	charlotte NC	914	26	M	27/57 25-29	25:08.1	5:02/K	9:57.4
150	Anna Lampley	Monroe NC	963	28	F	12/80 25-29	25:10.9	5:02/K	7:05.8
151	Elizabeth Angstadt	Charlotte NC	1337	31	F	2/36 30-34	25:11.1	5:02/K	7:06.0
152	Ashley Warren	Dallas NC	977	39	F	4/31 35-39	25:13.1	5:03/K	7:08.0
153	Grayson Shephard	Charlotte NC	1182	26	M	28/57 25-29	25:14.1	5:03/K	10:03.3
154	Greg Badway	Huntersville NC	1032	48	M	5/17 45-49	25:15.2	5:03/K	10:04.5
155	Alex Iagnocco	Raleigh NC	932	24	M	15/26 20-24	25:16.5	5:03/K	10:05.8
156	Amanda Lampley	Monroe NC	1018	32	F	3/36 30-34	25:16.9	5:03/K	7:11.8
157	Christopher Heckel	Gastonia NC	1055	13	M	7/21 0-14	25:17.3	5:03/K	10:06.6
158	Terez Malka	Charlotte NC	1205	33	F	4/36 30-34	25:17.3	5:03/K	7:12.2
159	Alexander Jones	Rock Hill SC	1404	14	M	8/21 0-14	25:18.1	5:04/K	10:07.4
160	Dustin Stancil	Waxhaw NC	1136	35	M	16/45 35-39	25:19.3	5:04/K	10:08.5
161	Jennifer Muckley	Huntersville NC	1137	31	F	5/36 30-34	25:19.4	5:04/K	7:14.2
162	Erin McNeely	Charlotte NC	1210	24	F	12/43 20-24	25:19.8	5:04/K	7:14.6
163	Catie Collins	Charlotte NC	849	27	F	13/80 25-29	25:20.0	5:04/K	7:14.8
164	Matt Hovis	Lincolnton NC	1254	26	M	29/57 25-29	25:21.0	5:04/K	10:10.3
165	lindsay wise	Charlotte NC	1109	33	F	6/36 30-34	25:21.0	5:04/K	7:15.9
166	Caitlin Ormond	Mooresville NC	869	14	F	2/16 0-14	25:25.6	5:05/K	7:20.4
167	Laura Jepsen	Charlotte NC	1207	24	F	13/43 20-24	25:28.8	5:06/K	7:23.6
168	Victor Bukowski	Charlotte NC	1208	26	M	30/57 25-29	25:28.8	5:06/K	10:18.1
169	isabel radebaugh	Lincolnton NC	1049	13	F	3/16 0-14	25:32.6	5:06/K	7:27.4
170	John Hall	Charlotte NC	1402	44	M	10/35 40-44	25:32.6	5:06/K	10:21.8
171	Madeline Morgan	Charlotte NC	803	24	F	14/43 20-24	25:32.8	5:06/K	7:27.6
172	Sean Ryan	Charlotte NC	877	37	M	17/45 35-39	25:34.1	5:07/K	10:23.3
173	Ryan Bowerize	Charlotte NC	1063	31	M	22/66 30-34	25:41.3	5:08/K	10:30.6
174	Melissa Budd	Charlotte NC	991	26	F	14/80 25-29	25:42.2	5:08/K	7:37.1
175	Ryne Carson	Charlotte NC	854	24	M	16/26 20-24	25:45.2	5:09/K	10:34.4
176	Jerrell Swepson	Matthews NC	844	29	M	31/57 25-29	25:47.8	5:09/K	10:37.0
177	Jack Fernandez	charlotte NC	954	14	M	9/21 0-14	25:48.1	5:10/K	10:37.3
178	Matt Weber	Charlotte NC	1066	14	M	10/21 0-14	25:50.1	5:10/K	10:39.3
179	Josh Greene	Charlotte NC	1351	30	M	23/66 30-34	25:51.1	5:10/K	10:40.4
180	Iker Maruri	Belmont NC	1253	36	M	18/45 35-39	25:52.4	5:10/K	10:41.6
181	Jennifer Leung	Charlotte NC	1283	26	F	15/80 25-29	25:52.9	5:10/K	7:47.7
182	samantha vodopia	Acworth GA	1226	22	F	15/43 20-24	25:53.3	5:11/K	7:48.1
183	Paul Bronkhorst	Charlotte NC	1186	40	M	11/35 40-44	25:53.7	5:11/K	10:43.0
184	Natalie Otoya	Charlotte NC	1368	32	F	7/36 30-34	25:53.9	5:11/K	7:48.7
185	Ryan McGrann	Charlotte NC	1367	31	M	24/66 30-34	25:54.4	5:11/K	10:43.6
186	Brad Linkenhoker	Charlotte NC	1330	33	M	25/66 30-34	25:54.7	5:11/K	10:44.0
187	James Thullbery	Charlotte NC	1261	31	M	26/66 30-34	25:56.9	5:11/K	10:46.2
188	Diette Nazario	Charlotte NC	1260	38	F	5/31 35-39	25:57.1	5:11/K	7:52.0

Frigid 5K

Race Date

February 14, 2015

Overall Finish List

<u>Overall</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Gend</u>	<u>AG Place</u>	<u>Time</u>	<u>Pace</u>	<u>Time Back</u>
189	david page	concord NC	1227	25	M	32/57 25-29	25:57.9	5:11/K	10:47.1
190	Jenny Eastman	Charlotte NC	1203	42	F	4/21 40-44	25:58.4	5:12/K	7:53.3
191	DANIEL EGGE	lake wylie SC	988	28	M	33/57 25-29	26:01.0	5:12/K	10:50.3
192	Megan McFarling	hope mills NC	1280	26	F	16/80 25-29	26:08.7	5:14/K	8:03.5
193	Jarrid Danburg	Charlotte NC	879	35	M	19/45 35-39	26:10.5	5:14/K	10:59.7
194	Gary Nash	York SC	1365	52	M	5/15 50-54	26:11.3	5:14/K	11:00.5
195	Laura Dunlap	Charlotte NC	808	41	F	5/21 40-44	26:12.4	5:14/K	8:07.2
196	Sierra frank	rock hill SC	1044	25	F	17/80 25-29	26:14.4	5:15/K	8:09.3
197	Conrad Martin	Shelby NC	949	48	M	6/17 45-49	26:14.8	5:15/K	11:04.0
198	macy shelton	charlotte NC	973	16	F	5/16 15-19	26:16.2	5:15/K	8:11.1
199	John Deleski	Charlotte NC	1236	44	M	12/35 40-44	26:17.1	5:15/K	11:06.4
200	jeff shelton	charlotte NC	972	51	M	6/15 50-54	26:17.2	5:15/K	11:06.4
201	Lucas Crumpton	Charlotte NC	1031	25	M	34/57 25-29	26:18.8	5:16/K	11:08.1
202	Kayla Prince	Indian Trail NC	1077	14	F	4/16 0-14	26:20.3	5:16/K	8:15.2
203	Matt Arnold		1419	27	M	35/57 25-29	26:20.9	5:16/K	11:10.1
204	Karl Wagner	Charlotte NC	799	32	M	27/66 30-34	26:22.7	5:16/K	11:11.9
205	Brendan O'Donnell	Charlotte NC	1211	40	M	13/35 40-44	26:23.9	5:17/K	11:13.1
206	Robert Repass Jr	Mooresville NC	1335	50	M	7/15 50-54	26:25.8	5:17/K	11:15.1
207	Laurel Eberle	Cornelius NC	1298	24	F	16/43 20-24	26:26.1	5:17/K	8:20.9
208	Daniel Abbott	Charlotte NC	1071	9	M	11/21 0-14	26:26.6	5:17/K	11:15.8
209	Zachary Spicer	Charlotte NC	1081	9	M	12/21 0-14	26:27.7	5:17/K	11:16.9
210	Lisa Brannan	Stanley NC	1329	48	F	2/18 45-49	26:28.2	5:18/K	8:23.0
211	joseph post	indian trail NC	878	28	M	36/57 25-29	26:28.7	5:18/K	11:17.9
212	Darek Burns	Mint Hill NC	895	41	M	14/35 40-44	26:31.5	5:18/K	11:20.8
213	Courtney Fulton	Charlotte NC	1161	28	F	18/80 25-29	26:32.8	5:18/K	8:27.7
214	Keith Burns	Charlotte NC	860	35	M	20/45 35-39	26:36.6	5:19/K	11:25.8
215	Timothy Hall	Charlotte NC	916	42	M	15/35 40-44	26:37.6	5:19/K	11:26.9
216	Rich Angstadt	Charlotte NC	1336	35	M	21/45 35-39	26:38.1	5:20/K	11:27.4
217	greg martisauski	charlotte NC	1338	40	M	16/35 40-44	26:38.3	5:20/K	11:27.6
218	Melissa Brown	Charlotte NC	1372	40	F	6/21 40-44	26:39.4	5:20/K	8:34.2
219	Bridget McClellan	Huntersville NC	1039	30	F	8/36 30-34	26:39.5	5:20/K	8:34.3
220	jeff smith	charlotte NC	898	49	M	7/17 45-49	26:40.8	5:20/K	11:30.0
221	Delton Mason	Rock Hill SC	942	33	M	28/66 30-34	26:44.4	5:21/K	11:33.7
222	Robert Evans	Charlotte NC	1057	31	M	29/66 30-34	26:45.1	5:21/K	11:34.4
223	Cait Baker	charlotte NC	820	22	F	17/43 20-24	26:47.1	5:21/K	8:41.9
224	Mike Baker	charlotte NC	812	50	M	8/15 50-54	26:48.4	5:22/K	11:37.7
225	Andi Fitzgibbon	Stow OH	1084	24	F	18/43 20-24	26:54.2	5:23/K	8:49.1
226	Kaci Fitzgibbon	Kent OH	1085	21	F	19/43 20-24	26:54.4	5:23/K	8:49.2
227	Alex Kalouris	Charlotte NC	1401	27	M	37/57 25-29	26:55.9	5:23/K	11:45.1
228	Christine Cockerham	Charlotte NC	1129	53	F	1/4 50-54	26:59.1	5:24/K	8:53.9
229	Jaclyn Paryz	Huntersville NC	798	29	F	19/80 25-29	26:59.5	5:24/K	8:54.3
230	Kim White	Charlotte NC	1090	25	F	20/80 25-29	27:05.6	5:25/K	9:00.4
231	Anthony Darr	Charlotte NC	933	34	M	30/66 30-34	27:07.6	5:25/K	11:56.9
232	Robert Barden	Charlotte NC	1134	40	M	17/35 40-44	27:12.7	5:26/K	12:02.0
233	Jim Garnham	Charlotte NC	1135	30	M	31/66 30-34	27:12.8	5:26/K	12:02.0
234	paula martisauski	charlotte NC	1339	36	F	6/31 35-39	27:14.1	5:27/K	9:08.9
235	Gordon Semeniuk	Charlotte NC	922	55	M	4/7 55-99	27:21.1	5:28/K	12:10.3

Frigid 5K

Race Date

February 14, 2015

Overall Finish List

<u>Overall</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Gend</u>	<u>AG Place</u>	<u>Time</u>	<u>Pace</u>	<u>Time Back</u>
236	Brian Robinson	Belmont NC	1180	33	M	32/66 30-34	27:22.7	5:28/K	12:11.9
237	Matthew Dolan	Charlotte NC	1183	26	M	38/57 25-29	27:22.8	5:28/K	12:12.0
238	Nate Eichinger	Huntersville NC	856	27	M	39/57 25-29	27:24.4	5:29/K	12:13.7
239	Clay Hamrick	Mount holly NC	1052	32	M	33/66 30-34	27:25.0	5:29/K	12:14.2
240	Sara Eichinger	Huntersville NC	857	27	F	21/80 25-29	27:25.2	5:29/K	9:20.1
241	Jodi Wynblatt	Mooresville NC	980	46	F	3/18 45-49	27:25.4	5:29/K	9:20.2
242	Eric Smallwood	Concord NC	1292	29	M	40/57 25-29	27:25.6	5:29/K	12:14.9
243	Rachel Wheeler	Mount holly NC	1053	24	F	20/43 20-24	27:25.9	5:29/K	9:20.7
244	Olivia Smallwood	Concord NC	1291	29	F	22/80 25-29	27:26.1	5:29/K	9:21.0
245	Nate Ringenberg	Charlotte NC	1108	27	M	41/57 25-29	27:28.5	5:30/K	12:17.8
246	Cindy Anderson	Huntersville NC	1189	45	F	4/18 45-49	27:34.8	5:31/K	9:29.7
247	Hannah Wheeler	Jonesborough TN	1074	26	F	23/80 25-29	27:35.9	5:31/K	9:30.7
248	Chris Goodson	Fort Mill SC	1102	35	M	22/45 35-39	27:38.0	5:32/K	12:27.2
249	Anne Goodson	Fort Mill SC	1101	34	F	9/36 30-34	27:38.2	5:32/K	9:33.0
250	Christina Adams	Charlotte NC	959	23	F	21/43 20-24	27:38.7	5:32/K	9:33.5
251	Matthew Anderson	Huntersville NC	1190	45	M	8/17 45-49	27:39.0	5:32/K	12:28.3
252	Joanna Hovis	Lincolnton NC	1255	25	F	24/80 25-29	27:40.2	5:32/K	9:35.0
253	Lauren Sapoch	Shelby NC	1268	26	F	25/80 25-29	27:41.2	5:32/K	9:36.0
254	Matt Hruslinski	Burlington NC	1157	33	M	34/66 30-34	27:41.5	5:32/K	12:30.8
255	James Chatigny	charlotte NC	1158	10	M	13/21 0-14	27:41.7	5:32/K	12:31.0
256	Brad Chatigny	Charlotte NC	1159	40	M	18/35 40-44	27:41.9	5:32/K	12:31.2
257	James Spicer	Charlotte NC	1082	41	M	19/35 40-44	27:50.5	5:34/K	12:39.8
258	Teri Haines	Charlotte NC	1177	37	F	7/31 35-39	27:51.7	5:34/K	9:46.5
259	Jeremiah Haines	Charlotte NC	1176	36	M	23/45 35-39	27:51.7	5:34/K	12:41.0
260	Melinda Vasconcellos	Waxhaw NC	1105	22	F	22/43 20-24	27:53.9	5:35/K	9:48.7
261	Nicholas Harrison	Charlotte NC	834	12	M	14/21 0-14	27:54.4	5:35/K	12:43.7
262	Clay Durham	Charlotte NC	1155	31	M	35/66 30-34	27:55.7	5:35/K	12:44.9
263	Jennifer Kelso	Charlotte NC	815	47	F	5/18 45-49	27:56.0	5:35/K	9:50.9
264	Alyson King	Charlotte NC	1275	21	F	23/43 20-24	27:56.4	5:35/K	9:51.2
265	Irene Puckett	Davidson NC	794	20	F	24/43 20-24	27:57.0	5:35/K	9:51.8
266	Tim Boone	Huntersville NC	990	44	M	20/35 40-44	27:57.2	5:35/K	12:46.4
267	Robert Moran	Concord NC	1295	29	M	42/57 25-29	27:58.9	5:36/K	12:48.1
268	Kate Milstead	Charlotte NC	888	28	F	26/80 25-29	28:00.5	5:36/K	9:55.3
269	rebecca shelton	charlotte NC	974	49	F	6/18 45-49	28:01.5	5:36/K	9:56.4
270	Kristin Moody	Charlotte NC	1230	25	F	27/80 25-29	28:02.1	5:36/K	9:56.9
271	Jill Newcomb	Cornelius NC	1174	29	F	28/80 25-29	28:09.4	5:38/K	10:04.3
272	Scott Perong	Monroe NC	1200	49	M	9/17 45-49	28:16.9	5:39/K	13:06.1
273	Kristen Munns	Charlotte NC	1320	28	F	29/80 25-29	28:17.5	5:39/K	10:12.3
274	Mila Pena	Charlotte NC	1067	27	F	30/80 25-29	28:18.7	5:40/K	10:13.5
275	Andrew Sincock	Huntersville NC	823	50	M	9/15 50-54	28:21.8	5:40/K	13:11.0
276	Sarah Helms	Huntersville NC	1118	26	F	31/80 25-29	28:24.7	5:41/K	10:19.5
277	Chad Allen	Charlotte NC	1133	26	M	43/57 25-29	28:26.5	5:41/K	13:15.7
278	Linda Griffin	Concord NC	1175	52	F	2/4 50-54	28:26.6	5:41/K	10:21.5
279	Laura Hernandez	Charlotte NC	1012	19	F	6/16 15-19	28:28.9	5:42/K	10:23.7
280	Joshua Banning	Charlotte NC	1198	32	M	36/66 30-34	28:30.6	5:42/K	13:19.8
281	Tony DiGiacomo	Charlotte NC	852	39	M	24/45 35-39	28:36.4	5:43/K	13:25.7
282	Liz Smith	Cornelius NC	961	25	F	32/80 25-29	28:37.3	5:43/K	10:32.1

Frigid 5K

Race Date

February 14, 2015

Overall Finish List

<u>Overall</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Gend</u>	<u>AG Place</u>	<u>Time</u>	<u>Pace</u>	<u>Time Back</u>
283	Kandace Kiosse	Boiling Springs SC	832	21	F	25/43 20-24	28:39.8	5:44/K	10:34.6
284	George Estepp	Boiling Springs SC	833	23	M	17/26 20-24	28:39.8	5:44/K	13:29.1
285	Jeff Dunkel	Rock hill SC	1036	39	M	25/45 35-39	28:41.3	5:44/K	13:30.6
286	sharon van poole	matthews NC	1299	45	F	7/18 45-49	28:42.5	5:44/K	10:37.3
287	Pam Zoldowski	Pineville NC	828	47	F	8/18 45-49	28:44.4	5:45/K	10:39.3
288	Bill Woods	Dallas NC	976	43	M	21/35 40-44	28:46.1	5:45/K	13:35.3
289	John Caperna	Mooresville NC	1315	30	M	37/66 30-34	28:49.1	5:46/K	13:38.3
290	Joe Caperna	Carthage NC	1263	32	M	38/66 30-34	28:49.2	5:46/K	13:38.4
291	Jessica Jagacki	Mooresville NC	964	26	F	33/80 25-29	28:51.8	5:46/K	10:46.6
292	Brent Tingle	Charlotte NC	1128	42	M	22/35 40-44	28:52.3	5:46/K	13:41.5
293	Brayden Davis	Denver NC	945	11	M	15/21 0-14	28:53.1	5:47/K	13:42.3
294	Bethany Popov	Rock Hill SC	1312	36	F	8/31 35-39	28:54.0	5:47/K	10:48.9
295	Thomas Bush		1418	53	M	10/15 50-54	28:55.6	5:47/K	13:44.8
296	Albert White	Charlotte NC	1394	39	M	26/45 35-39	28:56.9	5:47/K	13:46.1
297	Amanda Rock	Charlotte NC	1120	16	F	7/16 15-19	28:57.8	5:47/K	10:52.7
298	Mark McMahan	Rutherfordton NC	884	45	M	10/17 45-49	29:05.7	5:49/K	13:54.9
299	Katie Moore	Concord NC	1303	19	F	8/16 15-19	29:05.7	5:49/K	11:00.6
300	John Ebbighausen	Raleigh NC	986	44	M	23/35 40-44	29:06.2	5:49/K	13:55.5
301	Whitney Levis	Charlotte NC	797	26	F	34/80 25-29	29:06.9	5:49/K	11:01.7
302	Stephen Grassel	Charlotte NC	1410	23	M	18/26 20-24	29:10.1	5:50/K	13:59.4
303	Daniel Grassel	Charlotte NC	1279	24	M	19/26 20-24	29:10.4	5:50/K	13:59.6
304	Adrien Savariego	Charlotte NC	984	33	M	39/66 30-34	29:11.7	5:50/K	14:00.9
305	Kasi Browning	Newton NC	1262	25	F	35/80 25-29	29:16.7	5:51/K	11:11.5
306	Mark Burns	Davidson NC	928	30	M	40/66 30-34	29:17.4	5:51/K	14:06.6
307	Mackenzie Light	Charlotte NC	825	28	F	36/80 25-29	29:18.0	5:52/K	11:12.9
308	jennifer radebaugh	lincolnton NC	1047	43	F	7/21 40-44	29:18.1	5:52/K	11:12.9
309	galen radebaugh	lincolnton NC	1048	49	M	11/17 45-49	29:18.8	5:52/K	14:08.0
310	Bradley Gallaher	Charlotte NC	824	32	M	41/66 30-34	29:19.0	5:52/K	14:08.3
311	Kally Kowalski	Matthews NC	960	53	F	3/4 50-54	29:21.1	5:52/K	11:16.0
312	Joel Dinkel	Charlotte NC	1096	33	M	42/66 30-34	29:21.7	5:52/K	14:10.9
313	william kowalski	matthews NC	882	60	M	5/7 55-99	29:21.9	5:52/K	14:11.2
314	Daciay Quenah	Charlotte NC	1192	26	F	37/80 25-29	29:22.4	5:52/K	11:17.2
315	Brandon Villalobos	Asheville NC	881	33	M	43/66 30-34	29:24.1	5:53/K	14:13.4
316	Emily McKee	Charlotte NC	809	19	F	9/16 15-19	29:26.7	5:53/K	11:21.5
317	Hannah Green	Inman SC	1235	27	F	38/80 25-29	29:28.0	5:54/K	11:22.8
318	Hannah Smith	Rock Hill SC	1046	25	F	39/80 25-29	29:28.7	5:54/K	11:23.5
319	Charley Trask	Pineville NC	1343	33	M	44/66 30-34	29:28.8	5:54/K	14:18.0
320	TJ Wyatt	Greenwood SC	1028	27	M	44/57 25-29	29:30.2	5:54/K	14:19.4
321	Mary Knight	Gastonia NC	1167	25	F	40/80 25-29	29:32.4	5:54/K	11:27.2
322	Betsy Shores	Cornelius NC	1342	34	F	10/36 30-34	29:32.7	5:54/K	11:27.6
323	Tommy Shores	Cornelius NC	1341	38	M	27/45 35-39	29:35.2	5:55/K	14:24.5
324	Jason Robinson	Charlotte NC	1073	36	M	28/45 35-39	29:38.5	5:56/K	14:27.7
325	James Klein	Fort Mill SC	1060	31	M	45/66 30-34	29:38.9	5:56/K	14:28.2
326	Dylan Willis	Charlotte NC	938	30	M	46/66 30-34	29:39.7	5:56/K	14:29.0
327	Jane McLaughlin	Huntersville NC	1083	23	F	26/43 20-24	29:45.3	5:57/K	11:40.2
328	Bryan Harbin	charlotte NC	1116	32	M	47/66 30-34	29:45.8	5:57/K	14:35.1
329	John Pilkington	Belmont NC	992	33	M	48/66 30-34	29:48.4	5:58/K	14:37.7

Frigid 5K

Race Date

February 14, 2015

Overall Finish List

<u>Overall</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Gend</u>	<u>AG Place</u>	<u>Time</u>	<u>Pace</u>	<u>Time Back</u>
330	Jaimee Marinke	Belmont NC	993	31	F	11/36 30-34	29:48.5	5:58/K	11:43.3
331	Jeffrey Harbin	charlotte NC	1115	60	M	6/7 55-99	29:51.5	5:58/K	14:40.7
332	Michael Peters	Mooresville NC	872	27	M	45/57 25-29	29:52.3	5:58/K	14:41.5
333	Mike Bifulco	Charlotte NC	1422	28	M	46/57 25-29	29:54.7	5:59/K	14:44.0
334	Graham Kines	Belmont NC	929	7	M	16/21 0-14	29:55.5	5:59/K	14:44.7
335	Jennifer Deleski	Charlotte NC	1237	37	F	9/31 35-39	29:55.6	5:59/K	11:50.4
336	Daniel Popov	Rock Hill SC	1313	36	M	29/45 35-39	30:01.1	6:00/K	14:50.3
337	Neill Hines	Charlotte NC	936	52	M	11/15 50-54	30:02.3	6:00/K	14:51.5
338	Julia Cantalupo	Charlotte NC	1415	16	F	10/16 15-19	30:03.8	6:01/K	11:58.6
339	Laura Clark	Charlotte NC	1258	38	F	10/31 35-39	30:04.5	6:01/K	11:59.3
340	Nathan Clark	Charlotte NC	1259	38	M	30/45 35-39	30:04.7	6:01/K	14:54.0
341	Ashley Lopez	Cramerton NC	796	21	F	27/43 20-24	30:09.9	6:02/K	12:04.7
342	alexandra cadwalader	GLADWYNE PA	818	28	F	41/80 25-29	30:11.6	6:02/K	12:06.5
343	Sarah Quigley	Haverford PA	816	29	F	42/80 25-29	30:11.8	6:02/K	12:06.6
344	Amanda Burmeister	Charlotte NC	1239	30	F	12/36 30-34	30:18.3	6:04/K	12:13.1
345	Gerard Freund	Charlotte NC	1240	37	M	31/45 35-39	30:19.8	6:04/K	15:09.0
346	Samantha Prinsen	Bluffton SC	981	30	F	13/36 30-34	30:22.0	6:04/K	12:16.8
347	Steven Jenkins	Prince Frederick MD	982	43	M	24/35 40-44	30:22.0	6:04/K	15:11.3
348	Chad McCall	Huntersville NC	1093	34	M	49/66 30-34	30:23.7	6:05/K	15:12.9
349	David Berglund	Charlotte NC	795	44	M	25/35 40-44	30:27.4	6:05/K	15:16.7
350	allison smith	charlotte NC	897	20	F	28/43 20-24	30:28.3	6:06/K	12:23.1
351	Jake Aschenbrenner	Charlotte NC	1348	16	M	12/13 15-19	30:29.0	6:06/K	15:18.3
352	Peggy Tate	Monroe NC	894	62	F	1/4 55-99	30:29.6	6:06/K	12:24.5
353	Adina Davis	Charlotte NC	1097	31	F	14/36 30-34	30:32.1	6:06/K	12:26.9
354	Samantha fulmer	Rock Hill SC	1019	24	F	29/43 20-24	30:32.1	6:06/K	12:26.9
355	Courtney Clark	Saint Helena Island	1013	22	F	30/43 20-24	30:32.2	6:06/K	12:27.0
356	Amanda Dees	Monroe NC	893	36	F	11/31 35-39	30:33.2	6:07/K	12:28.0
357	tyler williamson	gastonia NC	1005	25	M	47/57 25-29	30:38.3	6:08/K	15:27.6
358	Travis Smith	Denver NC	1145	36	M	32/45 35-39	30:40.0	6:08/K	15:29.3
359	Julie Tambussi	Charlotte NC	814	32	F	15/36 30-34	30:42.7	6:08/K	12:37.5
360	Kristin Kunse	Lake Wylie SC	1064	16	F	11/16 15-19	30:46.8	6:09/K	12:41.7
361	Alyssa Drye	Charlotte NC	1150	36	F	12/31 35-39	30:47.5	6:09/K	12:42.3
362	Michael Winningham	Mount Holly NC	1169	52	M	12/15 50-54	30:47.5	6:09/K	15:36.8
363	Whitney Hill	Charlotte NC	899	27	F	43/80 25-29	30:47.6	6:09/K	12:42.4
364	Emily McRee	CORNELIUS NC	1015	40	F	8/21 40-44	30:47.7	6:09/K	12:42.5
365	Chris Drye	Charlotte NC	1151	37	M	33/45 35-39	30:47.7	6:09/K	15:37.0
366	Mary Hamrick	Beaufort NC	948	66	F	2/4 55-99	30:47.8	6:09/K	12:42.6
367	Rebecca Trent	stanley NC	1168	36	F	13/31 35-39	30:50.8	6:10/K	12:45.6
368	Ashley Ivey	Charlotte NC	1030	26	F	44/80 25-29	30:51.9	6:10/K	12:46.7
369	Shawn Smith	Gastonia NC	1144	37	M	34/45 35-39	30:52.7	6:10/K	15:42.0
370	Jennifer Peattie	Charlotte NC	1297	38	F	14/31 35-39	30:54.3	6:11/K	12:49.1
371	Josh Kelley	Charlotte NC	1142	39	M	35/45 35-39	30:54.5	6:11/K	15:43.7
372	Tom Smith	Fort Mill SC	1042	33	M	50/66 30-34	30:55.9	6:11/K	15:45.1
373	Lauren Smith	Fort Mill SC	1043	32	F	16/36 30-34	30:56.2	6:11/K	12:51.0
374	Henry Spruill	Rock Hill SC	1040	24	M	20/26 20-24	30:56.5	6:11/K	15:45.7
375	Christina LuDack	DENVER NC	1321	26	F	45/80 25-29	30:56.6	6:11/K	12:51.4
376	Lawren Whitehead	Charlotte NC	1270	23	M	21/26 20-24	30:58.1	6:12/K	15:47.3

Frigid 5K

Race Date

February 14, 2015

Overall Finish List

<u>Overall</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Gend</u>	<u>AG Place</u>	<u>Time</u>	<u>Pace</u>	<u>Time Back</u>
377	Janice Cross	Huntersville NC	1033	32	F	17/36 30-34	30:59.5	6:12/K	12:54.3
378	Katherine Carlson	Huntersville NC	975	24	F	31/43 20-24	31:00.7	6:12/K	12:55.5
379	kathleen moran	charlotte NC	1059	49	F	9/18 45-49	31:02.7	6:12/K	12:57.6
380	Jennifer McCall	Huntersville NC	1092	33	F	18/36 30-34	31:05.9	6:13/K	13:00.8
381	Su Kelley	Charlotte NC	1143	39	F	15/31 35-39	31:08.0	6:14/K	13:02.8
382	Angela Cherkis	Shelby NC	1274	41	F	9/21 40-44	31:09.5	6:14/K	13:04.3
383	Bethanie Johnson	Charlotte NC	1075	45	F	10/18 45-49	31:10.9	6:14/K	13:05.7
384	Josh Price	Charlotte NC	944	22	M	22/26 20-24	31:10.9	6:14/K	16:00.2
385	Alexis MCGhee	Charlotte NC	943	22	F	32/43 20-24	31:11.3	6:14/K	13:06.2
386	Owen Conley	Concord NC	867	16	F	12/16 15-19	31:11.5	6:14/K	13:06.3
387	Christian Balsler	Charlotte NC	1244	26	M	48/57 25-29	31:12.4	6:14/K	16:01.6
388	Luther Cruikshanks	Gastonia NC	999	24	M	23/26 20-24	31:12.7	6:14/K	16:01.9
389	Makaria Stanley	Charlotte NC	1001	27	F	46/80 25-29	31:13.0	6:15/K	13:07.8
390	Amanda Britten	Charlotte NC	1000	30	F	19/36 30-34	31:13.1	6:15/K	13:07.9
391	Katie Reed	Gastonia NC	1016	36	F	16/31 35-39	31:14.0	6:15/K	13:08.8
392	Merritt Lance	Huntersville NC	890	25	F	47/80 25-29	31:14.6	6:15/K	13:09.4
393	Dawn Davis	Denver NC	946	38	F	17/31 35-39	31:15.4	6:15/K	13:10.2
394	Robert Charles	Charlotte NC	1357	44	M	26/35 40-44	31:15.8	6:15/K	16:05.0
395	Will Teague	Carrboro NC	889	27	M	49/57 25-29	31:17.3	6:15/K	16:06.6
396	Amanda Childers	Charlotte NC	1360	25	F	48/80 25-29	31:18.1	6:16/K	13:13.0
397	Alexa Cameron	Charlotte NC	1125	32	F	20/36 30-34	31:19.1	6:16/K	13:13.9
398	Justin Leonard	Charlotte NC	1124	33	M	51/66 30-34	31:19.3	6:16/K	16:08.5
399	justin hoffman	monroe NC	1238	32	M	52/66 30-34	31:19.3	6:16/K	16:08.6
400	Jessica Parker	Charlotte NC	910	26	F	49/80 25-29	31:20.2	6:16/K	13:15.0
401	Jodi Zieverink	York SC	1089	45	F	11/18 45-49	31:20.7	6:16/K	13:15.5
402	Regan Zieverink	York SC	1088	11	F	5/16 0-14	31:20.7	6:16/K	13:15.5
403	Delaney Zieverink	York SC	1087	14	F	6/16 0-14	31:21.1	6:16/K	13:15.9
404	Mariann Freund	Charlotte NC	1241	30	F	21/36 30-34	31:22.0	6:16/K	13:16.8
405	Benjamin Grey	Iron Station NC	840	12	M	17/21 0-14	31:24.0	6:17/K	16:13.3
406	Bryan Ramsey	Charlotte NC	983	33	M	53/66 30-34	31:25.6	6:17/K	16:14.8
407	Thomas Grey	Iron Station NC	841	43	M	27/35 40-44	31:25.6	6:17/K	16:14.8
408	Ryan Zalewa	Huntersville NC	1123	15	M	13/13 15-19	31:26.7	6:17/K	16:16.0
409	Henry Jonas	Charlotte NC	842	12	M	18/21 0-14	31:29.8	6:18/K	16:19.0
410	Donald Jonas	Charlotte NC	843	47	M	12/17 45-49	31:30.5	6:18/K	16:19.7
411	Amy Abbott	Charlotte NC	1072	39	F	18/31 35-39	31:33.0	6:19/K	13:27.8
412	William Sechrist	Daniel Island SC	919	35	M	36/45 35-39	31:33.7	6:19/K	16:22.9
413	Allison Schaefer	Mooresville NC	925	20	F	33/43 20-24	31:34.2	6:19/K	13:29.1
414	Myra Pachter	Belmont NC	1363	44	F	10/21 40-44	31:36.3	6:19/K	13:31.1
415	McKenna Collins	Matthews NC	1324	26	F	50/80 25-29	31:40.2	6:20/K	13:35.0
416	Blake Helms	Huntersville NC	1117	27	M	50/57 25-29	31:43.6	6:21/K	16:32.9
417	Eleanor Wasserman	Charlotte NC	1146	27	F	51/80 25-29	31:46.4	6:21/K	13:41.2
418	Hannah Gore	Charlotte NC	1147	25	F	52/80 25-29	31:47.6	6:21/K	13:42.4
419	Alex Pachter	Belmont NC	1364	44	M	28/35 40-44	31:48.7	6:22/K	16:38.0
420	Ronald Burrow	Clayton NC	1243	41	M	29/35 40-44	31:50.0	6:22/K	16:39.3
421	Tim Van Haren	Charlotte NC	1300	34	M	54/66 30-34	31:50.6	6:22/K	16:39.9
422	Cristina Moore	Concord NC	1305	41	F	11/21 40-44	31:50.7	6:22/K	13:45.6
423	Robert Moore	Concord NC	1304	46	M	13/17 45-49	31:51.2	6:22/K	16:40.4

Frigid 5K

Race Date
February 14, 2015

Overall Finish List

<u>Overall</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Gend</u>	<u>AG Place</u>	<u>Time</u>	<u>Pace</u>	<u>Time Back</u>
424	Veronica Beltran	Hope Mills NC	1242	48	F	12/18 45-49	31:51.2	6:22/K	13:46.0
425	Tabetha Nail	Lowell NC	1308	39	F	19/31 35-39	31:51.5	6:22/K	13:46.3
426	Helen Ham	Lake Wylie SC	1233	33	F	22/36 30-34	31:51.7	6:22/K	13:46.5
427	Tiffany Greene	Greensboro NC	1385	28	F	53/80 25-29	31:51.8	6:22/K	13:46.7
428	Kathryn Brown	Charlotte NC	1051	20	F	34/43 20-24	31:52.0	6:22/K	13:46.8
429	Matthew Lopez	Archdale NC	1327	22	M	24/26 20-24	31:52.1	6:22/K	16:41.3
430	Eva Langley	Charlotte NC	1095	34	F	23/36 30-34	31:52.4	6:22/K	13:47.3
431	Walker Langley	Charlotte NC	1094	35	M	37/45 35-39	31:52.7	6:22/K	16:41.9
432	Kristi Bratton	Huntersville NC	1319	29	F	54/80 25-29	31:52.9	6:22/K	13:47.8
433	Richard Coffee	HUNTERSVILLE NC	1069	45	M	14/17 45-49	31:56.5	6:23/K	16:45.7
434	craig davis	Hickory NC	1111	30	M	55/66 30-34	32:00.8	6:24/K	16:50.0
435	Steve Kunse	Lake Wylie SC	1065	54	M	13/15 50-54	32:02.4	6:24/K	16:51.7
436	Whitney Garren	Charlotte NC	1062	36	F	20/31 35-39	32:02.6	6:24/K	13:57.4
437	Sara Schmidt	Charlotte NC	847	23	F	35/43 20-24	32:03.3	6:25/K	13:58.1
438	Christopher Macmurdo	Charlotte NC	880	34	M	56/66 30-34	32:05.9	6:25/K	16:55.1
439	Angela Pope	KERNERSVILLE NC	971	32	F	24/36 30-34	32:07.3	6:25/K	14:02.1
440	Sara Kaloudis	Charlotte NC	838	24	F	36/43 20-24	32:10.3	6:26/K	14:05.1
441	Elise Pentz	Horsham PA	1307	29	F	55/80 25-29	32:11.1	6:26/K	14:05.9
442	Lisa Foil	Charlotte NC	904	51	F	4/4 50-54	32:13.1	6:27/K	14:07.9
443	Brandy Clark	Mount Ulla NC	1038	35	F	21/31 35-39	32:15.2	6:27/K	14:10.0
444	David Gutierrez	Mt Ulla NC	1037	35	M	38/45 35-39	32:15.2	6:27/K	17:04.5
445	Heather Riehl	Charlotte NC	1352	35	F	22/31 35-39	32:16.3	6:27/K	14:11.1
446	Debra Dandro	Charlotte NC	1396	43	F	12/21 40-44	32:18.0	6:28/K	14:12.8
447	Neal Miller	Charlotte NC	903	58	M	7/7 55-99	32:18.4	6:28/K	17:07.6
448	Stephanie Wighton	Waxhaw NC	920	30	F	25/36 30-34	32:20.6	6:28/K	14:15.4
449	Zoe Spicer	Charlotte NC	1080	11	F	7/16 0-14	32:22.1	6:28/K	14:16.9
450	Kimberly Henderson	Waxhaw NC	921	33	F	26/36 30-34	32:22.9	6:28/K	14:17.8
451	Gunner Moore	rock hill SC	940	44	M	30/35 40-44	32:42.6	6:32/K	17:31.9
452	Branden Bailey	Charlotte NC	908	31	M	57/66 30-34	32:45.5	6:33/K	17:34.7
453	Josh Kitchen	Charlotte NC	1389	31	M	58/66 30-34	32:46.4	6:33/K	17:35.7
454	Chris Harden	Charlotte NC	1185	26	M	51/57 25-29	32:48.4	6:34/K	17:37.6
455	Natalie Hoffert	Charlotte NC	1395	27	F	56/80 25-29	32:49.1	6:34/K	14:43.9
456	Erica Rutledge	Charlotte NC	1345	28	F	57/80 25-29	32:49.2	6:34/K	14:44.0
457	Michael Sharpe	charlotte NC	1344	35	M	39/45 35-39	32:49.5	6:34/K	17:38.7
458	Marie Davis	Matthews NC	845	25	F	58/80 25-29	32:50.1	6:34/K	14:44.9
459	Sarah Peterson	Charlotte NC	1006	27	F	59/80 25-29	32:50.4	6:34/K	14:45.2
460	Alissa Shannon	Charlotte NC	822	27	F	60/80 25-29	32:50.5	6:34/K	14:45.3
461	Chuck Maddox	Indian Trail NC	1412	54	M	14/15 50-54	32:53.0	6:35/K	17:42.3
462	Sarah Douglass	Charlotte NC	934	36	F	23/31 35-39	33:03.4	6:37/K	14:58.2
463	Jessica Delaura	Concord NC	1196	32	F	27/36 30-34	33:09.1	6:38/K	15:04.0
464	Jennessa Vullo	Charlotte NC	853	30	F	28/36 30-34	33:13.8	6:39/K	15:08.6
465	Spencer Shell	Charlotte NC	987	25	M	52/57 25-29	33:16.6	6:39/K	18:05.8
466	Casey Woodie	Charlotte NC	1193	23	F	37/43 20-24	33:17.5	6:39/K	15:12.3
467	Nicole valcourt	GASTONIA NC	791	22	F	38/43 20-24	33:19.8	6:40/K	15:14.6
468	Kayla Schoenow	Charlotte NC	804	26	F	61/80 25-29	33:20.0	6:40/K	15:14.8
469	Novalea Hammond	Charlotte NC	1002	14	F	8/16 0-14	33:23.1	6:41/K	15:17.9
470	Austin Lawrence	Concord NC	962	13	M	19/21 0-14	33:29.9	6:42/K	18:19.1

Frigid 5K

Race Date

February 14, 2015

Overall Finish List

<u>Overall</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Gend</u>	<u>AG Place</u>	<u>Time</u>	<u>Pace</u>	<u>Time Back</u>
471	Kennedy Poppler	Harrisburg NC	1026	14	F	9/16 0-14	33:30.1	6:42/K	15:24.9
472	Jordan Mcelmurry	Charlotte NC	1309	31	M	59/66 30-34	33:37.1	6:43/K	18:26.3
473	Joshua Lucas	Asheboro NC	1068	23	M	25/26 20-24	33:45.3	6:45/K	18:34.5
474	Cameron Landreth	Charlotte NC	1152	31	M	60/66 30-34	33:47.1	6:45/K	18:36.3
475	karmen vizcaino	charlotte NC	1058	15	F	13/16 15-19	33:47.2	6:45/K	15:42.0
476	Barrett Poppler	Harrisburg NC	1027	45	M	15/17 45-49	33:49.2	6:46/K	18:38.4
477	Christopher Wilson	Matthews NC	1218	25	M	53/57 25-29	33:57.9	6:47/K	18:47.1
478	Travis Hall	Charlotte NC	1091	25	M	54/57 25-29	33:58.5	6:48/K	18:47.8
479	Kristi Watanabe	Charlotte NC	1359	20	F	39/43 20-24	33:59.4	6:48/K	15:54.3
480	Ryan Cormack	Charlotte NC	1010	26	M	55/57 25-29	34:16.9	6:51/K	19:06.1
481	Jesska Daugherty	Summerville SC	1122	28	F	62/80 25-29	34:22.5	6:52/K	16:17.3
482	Marisa Satterfield	Charlotte NC	896	26	F	63/80 25-29	34:29.5	6:54/K	16:24.3
483	Craig Zalewa	Huntersville NC	1153	42	M	31/35 40-44	34:38.4	6:56/K	19:27.7
484	Jordan Kelley	Charlotte NC	1358	21	F	40/43 20-24	34:43.1	6:57/K	16:38.0
485	Jacob Hall	Charlotte NC	836	10	M	20/21 0-14	34:45.5	6:57/K	19:34.8
486	Eldad Malka	charlotte NC	1206	35	M	40/45 35-39	34:46.9	6:57/K	19:36.2
487	William Ortiz	Linwood NC	1025	31	M	61/66 30-34	34:54.9	6:59/K	19:44.1
488	Christian Ormond	Mooresville NC	871	44	M	32/35 40-44	34:57.3	6:59/K	19:46.6
489	Emily Ormond	Mooresville NC	870	12	F	10/16 0-14	34:57.6	6:59/K	16:52.4
490	Amelia Patsy	Durham NC	1381	26	F	64/80 25-29	35:01.6	7:00/K	16:56.5
491	Meghan Hader	Charlotte NC	1023	29	F	65/80 25-29	35:01.7	7:00/K	16:56.5
492	Tony Wilkinson	Huntersville NC	839	40	M	33/35 40-44	35:09.5	7:02/K	19:58.8
493	Suzanne Hunnicutt	Belmont NC	907	40	F	13/21 40-44	35:12.2	7:02/K	17:07.1
494	Jodi Kines	Belmont NC	1294	36	F	24/31 35-39	35:12.3	7:02/K	17:07.2
495	Kathryn Eaker	Belmont NC	1267	37	F	25/31 35-39	35:12.4	7:02/K	17:07.3
496	Jennifer Burriss	Monroe NC	1112	41	F	14/21 40-44	35:14.7	7:03/K	17:09.6
497	Carleigh Irvine	Greenwood SC	1029	28	F	66/80 25-29	35:15.8	7:03/K	17:10.6
498	Heather Hammond	Charlotte NC	1003	34	F	29/36 30-34	35:24.9	7:05/K	17:19.7
499	Shawn Robinson	Matthews NC	1251	36	M	41/45 35-39	35:27.9	7:05/K	20:17.1
500	Kelly Miller	GREENSBORO NC	1376	44	F	15/21 40-44	35:34.6	7:07/K	17:29.5
501	Ruth LaRoche	Charlotte NC	950	36	F	26/31 35-39	35:34.7	7:07/K	17:29.5
502	Christy Heafner	Dallas NC	1181	41	F	16/21 40-44	35:40.5	7:08/K	17:35.4
503	Keith Pope	Kernersville NC	1356	48	M	16/17 45-49	35:47.4	7:09/K	20:36.6
504	Jim Neault	Huntersville NC	1045	51	M	15/15 50-54	35:48.2	7:10/K	20:37.5
505	Joseph Coyazo	Huntersville NC	995	30	M	62/66 30-34	35:49.3	7:10/K	20:38.6
506	Natalie Dunn	Gastonia NC	1119	26	F	67/80 25-29	36:19.3	7:16/K	18:14.1
507	Terese Milczewski	Clover SC	1229	45	F	13/18 45-49	36:19.3	7:16/K	18:14.2
508	Morgan Lombardo	Sharon SC	1225	43	F	17/21 40-44	36:19.4	7:16/K	18:14.2
509	Tiffany Lombardo	Sharon SC	1224	18	F	14/16 15-19	36:19.6	7:16/K	18:14.4
510	Casey Nason	Rock Hill SC	801	25	F	68/80 25-29	36:27.7	7:17/K	18:22.6
511	Isabella Hassay	Huntersville NC	1103	10	F	11/16 0-14	36:33.4	7:19/K	18:28.2
512	Ron Hassay	Huntersville NC	1104	37	M	42/45 35-39	36:33.4	7:19/K	21:22.6
513	Natasha Carter	Mooresville NC	1160	30	F	30/36 30-34	36:33.6	7:19/K	18:28.5
514	Claudette Thompson	Charlotte NC	1388	41	F	18/21 40-44	36:48.7	7:22/K	18:43.5
515	Jane Hader	Charlotte NC	1022	64	F	3/4 55-99	36:53.1	7:23/K	18:47.9
516	Jessica Dunlap	Charlotte NC	1361	29	F	69/80 25-29	36:57.0	7:23/K	18:51.9
517	Rhonda Wilkinson	Huntersville NC	1350	32	F	31/36 30-34	37:06.0	7:25/K	19:00.8

Frigid 5K

Race Date

February 14, 2015

Overall Finish List

<u>Overall</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Gend</u>	<u>AG Place</u>	<u>Time</u>	<u>Pace</u>	<u>Time Back</u>
518	Kelly Dubs	Charlotte NC	1252	37	F	27/31 35-39	37:13.1	7:27/K	19:07.9
519	Rashmitha Matta	Charlotte NC	827	28	F	70/80 25-29	37:32.4	7:30/K	19:27.2
520	Adam Knowlan	Charlotte NC	826	30	M	63/66 30-34	37:32.4	7:30/K	22:21.7
521	Mary Drake	indian trail NC	1346	43	F	19/21 40-44	38:19.3	7:40/K	20:14.1
522	Brian Drake	Indian Trail NC	1347	43	M	34/35 40-44	38:20.4	7:40/K	23:09.6
523	Tim Mackey	Kannapolis NC	1390	35	M	43/45 35-39	38:21.5	7:40/K	23:10.8
524	Thomas Phillips	CHARLOTTE NC	918	30	M	64/66 30-34	38:21.8	7:40/K	23:11.0
525	Traci Muratore	Indian Trail NC	886	24	F	41/43 20-24	38:27.3	7:41/K	20:22.1
526	Will Harbin	Belmont NC	887	25	M	56/57 25-29	38:27.4	7:41/K	23:16.6
527	Sonja Rock	Charlotte NC	1121	48	F	14/18 45-49	38:38.2	7:44/K	20:33.0
528	Michele Miranda	Concord NC	1148	37	F	28/31 35-39	38:38.4	7:44/K	20:33.3
529	Michael Abbott	Charlotte NC	1070	11	M	21/21 0-14	38:43.7	7:45/K	23:33.0
530	ANDREA PELLETIER	CHARLOTTE NC	967	31	F	32/36 30-34	39:38.4	7:56/K	21:33.2
531	Pat Andrews	Charlotte NC	1246	67	F	4/4 55-99	40:03.3	8:01/K	21:58.2
532	Danny Sullivan	Huntersville NC	1232	32	M	65/66 30-34	40:10.2	8:02/K	24:59.5
533	Amy Sullivan	13522 Merry Chase	1231	31	F	33/36 30-34	40:12.0	8:02/K	22:06.9
534	Chad Rowland	Liberty SC	1266	42	M	35/35 40-44	40:35.2	8:07/K	25:24.4
535	Colleen Butler	Indian Trail NC	906	27	F	71/80 25-29	41:08.5	8:14/K	23:03.3
536	Cheli Walter	Monroe NC	923	39	F	29/31 35-39	41:08.7	8:14/K	23:03.5
537	Heather Cooper	Huntersville NC	1333	38	F	30/31 35-39	41:28.1	8:18/K	23:22.9
538	Jim Razzante	Charlotte NC	1187	24	M	26/26 20-24	41:47.5	8:21/K	26:36.7
539	Alanna Brallier	Gastonia NC	1188	23	F	42/43 20-24	41:48.0	8:22/K	23:42.8
540	Richard England	Charlotte NC	1114	36	M	44/45 35-39	41:50.0	8:22/K	26:39.3
541	Aurora England	Charlotte NC	1113	8	F	12/16 0-14	41:51.4	8:22/K	23:46.3
542	Lori Repass	Mooresville NC	1334	49	F	15/18 45-49	41:51.5	8:22/K	23:46.3
543	Tonya Wilson	Charlotte NC	859	43	F	20/21 40-44	41:52.7	8:22/K	23:47.5
544	Kari Bailey	Greenville SC	1288	45	F	16/18 45-49	41:54.7	8:23/K	23:49.5
545	Allison Andrews	Black Mountain NC	1247	36	F	31/31 35-39	41:56.2	8:23/K	23:51.1
546	ashley metts	gastonia NC	965	27	F	72/80 25-29	41:57.7	8:23/K	23:52.5
547	jessica womble	Gastonia NC	966	26	F	73/80 25-29	41:57.9	8:23/K	23:52.7
548	Alanna Dronsky	concord NC	1311	17	F	15/16 15-19	42:36.8	8:31/K	24:31.7
549	Veronica Doyle	Concord NC	1154	30	F	34/36 30-34	43:02.7	8:36/K	24:57.6
550	Abby Martin	Walkertown NC	1355	14	F	13/16 0-14	43:22.1	8:40/K	25:17.0
551	Renne Martin	Walkertown NC	1354	45	F	17/18 45-49	43:30.1	8:42/K	25:24.9
552	KATE MILLER	GREENSBORO NC	1378	11	F	14/16 0-14	43:51.3	8:46/K	25:46.2
553	Kaylan Dronsky	concord NC	1228	12	F	15/16 0-14	43:53.7	8:47/K	25:48.5
554	Celia Olson	Matthews NC	1325	27	F	74/80 25-29	43:57.4	8:47/K	25:52.3
555	CAROLINE MILLER	GREENSBORO NC	1379	8	F	16/16 0-14	44:04.1	8:49/K	25:58.9
556	Delee Marciano	Charlotte NC	1171	30	F	35/36 30-34	44:42.2	8:56/K	26:37.0
557	pamela hall	mt. holly NC	1170	49	F	18/18 45-49	44:42.2	8:56/K	26:37.0
558	Rj Ball	Gastonia NC	958	29	M	57/57 25-29	45:21.9	9:04/K	30:11.1
559	Matthew Hall	mount holly NC	1221	32	M	66/66 30-34	45:24.1	9:05/K	30:13.4
560	Matt Woods	Mount holly NC	1220	35	M	45/45 35-39	45:24.9	9:05/K	30:14.2
561	Rebecka Nyiri	Cary NC	1370	32	F	36/36 30-34	47:09.6	9:26/K	29:04.4
562	Cami Wilson	Lincolnton NC	1369	29	F	75/80 25-29	47:09.7	9:26/K	29:04.5
563	Sammie Baltes	Asheboro NC	829	26	F	76/80 25-29	47:18.9	9:28/K	29:13.7
564	Alyssa Murkin	Asheboro NC	830	22	F	43/43 20-24	47:19.7	9:28/K	29:14.5

Race Date

February 14, 2015

Frigid 5K

Overall Finish List

<u>Overall</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Gend</u>	<u>AG Place</u>	<u>Time</u>	<u>Pace</u>	<u>Time Back</u>
565	Alexandra Clark	Charlotte NC	1086	26	F	77/80 25-29	48:20.9	9:40/K	30:15.7
566	Eric Wilson	Charlotte NC	858	46	M	17/17 45-49	48:40.7	9:44/K	33:29.9
567	Holley Maddox	Indian Trail NC	1249	19	F	16/16 15-19	48:53.7	9:47/K	30:48.5
568	LeAnn reynolds	charlotte NC	1296	25	F	78/80 25-29	49:12.7	9:50/K	31:07.5
569	Kendall Biggerstaff	Charlotte NC	1287	27	F	79/80 25-29	52:51.7	10:34/K	34:46.6
570	Alison Dominguez	charlotte NC	953	41	F	21/21 40-44	57:03.9	11:25/K	38:58.7
571	Christine Mager	Lake Wylie SC	1216	27	F	80/80 25-29	1:02:47.0	12:33/K	44:41.8

Frigid 5K Run & Plunge

Race Date

February 15, 2014

Overall Finish List

<u>Overall</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Gend</u>	<u>AG Place</u>	<u>Time</u>	<u>Pace</u>	<u>Time Back</u>
1	Keven Gregg	Charlotte NC	4192	23	M	1/13 20-24	15:49.3	3:10/K	
2	Ryan Mills		4425	31	M	1/29 30-34	16:51.9	3:22/K	1:02.6
3	Jackson Marshall		4246	23	M	2/13 20-24	18:10.5	3:38/K	2:21.1
4	Stan Austin		4405	37	M	1/30 35-39	18:26.2	3:41/K	2:36.8
5	Matthew Fowler	Concord NC	4170	13	M	1/8 0-14	18:37.2	3:43/K	2:47.8
6	Derrich Phillips		4289	35	M	2/30 35-39	18:41.5	3:44/K	2:52.1
7	Robert rust	Charlotte NC	4400	33	M	2/29 30-34	18:43.5	3:45/K	2:54.1
8	Kyle Elmiger		4156	26	M	1/32 25-29	18:55.3	3:47/K	3:05.9
9	Stephen Giordano		4182	27	M	2/32 25-29	19:11.5	3:50/K	3:22.1
10	Lauren Blackwell		4087	21	F	1/27 20-24	19:18.9	3:52/K	
11	Amanda Iannello	charlotte NC	4216	28	F	1/40 25-29	19:25.8	3:53/K	0:06.9
12	Brian Mister	Charlotte NC	4395	25	M	3/32 25-29	19:55.5	3:59/K	4:06.1
13	Wesley Bishop	Charlotte NC	4401	32	M	3/29 30-34	19:59.9	4:00/K	4:10.5
14	Wyatt Novak	Charlotte NC	4277	13	M	2/8 0-14	20:00.7	4:00/K	4:11.4
15	Kyle Lane		4410	29	M	4/32 25-29	20:03.7	4:01/K	4:14.3
16	Harriman Lee		4235	25	M	5/32 25-29	20:08.3	4:02/K	4:18.9
17	Melissa Orr	Charlotte NC	4396	35	F	1/24 35-39	20:11.8	4:02/K	0:52.9
18	Benjamin Steinberg		4354	23	M	3/13 20-24	20:14.7	4:03/K	4:25.3
19	Greg Schieve	Charlotte NC	4332	37	M	3/30 35-39	20:21.2	4:04/K	4:31.8
20	Walter Duncan	Fort Mill SC	4149	38	M	4/30 35-39	20:23.2	4:05/K	4:33.9
21	Kirk Pinska	Concord NC	4291	49	M	1/8 45-49	20:25.0	4:05/K	4:35.6
22	Katie Dean	Charlotte NC	4139	25	F	2/40 25-29	20:34.9	4:07/K	1:16.0
23	Matt Hooker		4209	33	M	4/29 30-34	20:40.1	4:08/K	4:50.7
24	Derek Harrell		4407	29	M	6/32 25-29	20:40.1	4:08/K	4:50.7
25	Mason Morton		4269	24	M	4/13 20-24	20:42.2	4:08/K	4:52.8
26	Brian Niekraas	Charlotte NC	4275	39	M	5/30 35-39	20:43.7	4:09/K	4:54.3
27	Robert Collins		4125	48	M	2/8 45-49	20:49.9	4:10/K	5:00.6
28	adam meier		4398	35	M	6/30 35-39	20:55.3	4:11/K	5:05.9
29	Richard Ayers	Mooresville NC	4081	51	M	1/9 50-54	20:57.1	4:11/K	5:07.8
30	JC Clark	Charlotte NC	4122	35	M	7/30 35-39	21:09.4	4:14/K	5:20.1
31	Chris Galloway		4399	40	M	1/10 40-44	21:19.6	4:16/K	5:30.3
32	Alexis Knox	Gastonia NC	4226	17	F	1/6 15-19	21:19.6	4:16/K	2:00.7
33	sean green	charlotte NC	4190	43	M	2/10 40-44	21:20.7	4:16/K	5:31.3
34	Nick Brazee		4100	30	M	5/29 30-34	21:21.6	4:16/K	5:32.3
35	Chris Allman	Charlotte NC	4074	23	M	5/13 20-24	21:35.3	4:19/K	5:46.0
36	Donald Ranft	Cornelius NC	4301	29	M	7/32 25-29	21:45.2	4:21/K	5:55.8
37	Michael Steinberg		4353	53	M	2/9 50-54	22:02.8	4:24/K	6:13.4
38	Jeff Derwort		4413	34	M	6/29 30-34	22:05.8	4:25/K	6:16.5
39	Marc Robinson		4316	34	M	7/29 30-34	22:19.8	4:28/K	6:30.4
40	Jacob Cannegieter	Charlotte NC	4115	38	M	8/30 35-39	22:27.8	4:29/K	6:38.5
41	lee schenck	Lexington NC	4331	57	M	1/3 55-59	22:29.0	4:30/K	6:39.6
42	Christine Wolf	Charlotte NC	4386	26	F	3/40 25-29	22:34.4	4:31/K	3:15.5
43	Fay Moyers		4270	25	F	4/40 25-29	22:46.1	4:33/K	3:27.2
44	Allie Brown		4102	34	F	1/27 30-34	22:52.4	4:34/K	3:33.4
45	Vincent Sullivan	Charlotte NC	4415	41	M	3/10 40-44	23:01.1	4:36/K	7:11.7
46	Chris Eason	Gastonia NC	4428	51	M	3/9 50-54	23:07.0	4:37/K	7:17.7
47	Ryan Fontaine	Charlotte NC	4169	34	M	8/29 30-34	23:11.8	4:38/K	7:22.5

Frigid 5K Run & Plunge

Race Date
February 15, 2014

Overall Finish List

<u>Overall</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Gend</u>	<u>AG Place</u>	<u>Time</u>	<u>Pace</u>	<u>Time Back</u>
48	Paul Russo		4397	31	M	9/29 30-34	23:14.0	4:39/K	7:24.7
49	Doug Franzone		4174	36	M	9/30 35-39	23:14.8	4:39/K	7:25.5
50	Dustin Moore	Mount Holly NC	4267	27	M	8/32 25-29	23:22.3	4:40/K	7:32.9
51	Melissa Budd	Charlotte NC	4108	25	F	5/40 25-29	23:27.0	4:41/K	4:08.1
52	Dave Griffin	Charlotte NC	4197	45	M	3/8 45-49	23:30.4	4:42/K	7:41.1
53	Gavin Dowell		4146	47	M	4/8 45-49	23:31.0	4:42/K	7:41.6
54	Ian Rummer		4321	30	M	10/29 30-34	23:32.1	4:42/K	7:42.8
55	Richard Gregory		4195	10	M	3/8 0-14	23:35.3	4:43/K	7:46.0
56	Rick Haitley		4416	37	M	10/30 35-39	23:37.2	4:43/K	7:47.9
57	Jude Johnson		4220	36	M	11/30 35-39	23:38.3	4:44/K	7:48.9
58	Dan Husser	Rock Hill SC	4215	37	M	12/30 35-39	23:45.1	4:45/K	7:55.7
59	Roseanne Sanders		4328	52	F	1/4 50-54	23:54.9	4:47/K	4:36.0
60	Michael Willard		4384	32	M	11/29 30-34	24:05.9	4:49/K	8:16.6
61	Adam Goodson	Charlotte NC	4185	30	M	12/29 30-34	24:08.0	4:50/K	8:18.6
62	Austin Alexander		4071	23	F	2/27 20-24	24:10.0	4:50/K	4:51.1
63	Greg McMahon		4256	26	M	9/32 25-29	24:18.4	4:52/K	8:29.0
64	Clay Sellers		4336	15	M	1/3 15-19	24:23.1	4:53/K	8:33.8
65	Adam Colt		4128	32	M	13/29 30-34	24:24.6	4:53/K	8:35.2
66	austin bryant		4105	9	M	4/8 0-14	24:25.2	4:53/K	8:35.9
67	Savannah Holder		4208	23	F	3/27 20-24	24:26.7	4:53/K	5:07.8
68	Natascha Truong		4371	35	F	2/24 35-39	24:33.3	4:55/K	5:14.3
69	Johnny Ackerman		4068	56	M	2/3 55-59	24:34.8	4:55/K	8:45.4
70	Matt Snyder		4348	30	M	14/29 30-34	24:36.9	4:55/K	8:47.6
71	John Kines		4224	36	M	13/30 35-39	24:45.8	4:57/K	8:56.5
72	Greyson Kines		4225	7	M	5/8 0-14	24:46.5	4:57/K	8:57.2
73	CJ Toscano		4369	30	M	15/29 30-34	24:48.7	4:58/K	8:59.4
74	Anna Lampley	Monroe NC	4231	27	F	6/40 25-29	24:51.7	4:58/K	5:32.7
75	Rebekka Glass		4184	21	F	4/27 20-24	24:52.2	4:58/K	5:33.3
76	Jodi Kines		4223	35	F	3/24 35-39	24:53.7	4:59/K	5:34.7
77	Andrew Kuzmen		4229	27	M	10/32 25-29	25:01.4	5:00/K	9:12.1
78	Jill Farar		4421	41	F	1/11 40-44	25:01.6	5:00/K	5:42.7
79	Jeffrey Dunkel	Rock hill SC	4150	38	M	14/30 35-39	25:05.5	5:01/K	9:16.1
80	Bryam Frick	Waxhaw NC	4176	39	M	15/30 35-39	25:11.5	5:02/K	9:22.1
81	Nick Mayer		4250	45	M	5/8 45-49	25:18.3	5:04/K	9:28.9
82	Katy Rust		4323	30	F	2/27 30-34	25:20.6	5:04/K	6:01.7
83	CORY MENDAT		4257	38	M	16/30 35-39	25:22.5	5:04/K	9:33.1
84	Jared Frye		4178	28	M	11/32 25-29	25:30.8	5:06/K	9:41.4
85	Jim Owens		4414	68	M	1/1 60-99	25:32.4	5:06/K	9:43.0
86	Katie Phillips	Mint Hill NC	4290	32	F	3/27 30-34	25:36.0	5:07/K	6:17.1
87	Trent Earls	Cornelius NC	4152	29	M	12/32 25-29	25:38.0	5:08/K	9:48.6
88	Nick Ferrucci		4167	28	M	13/32 25-29	25:38.2	5:08/K	9:48.8
89	Christina Hornick		4211	39	F	4/24 35-39	25:53.6	5:11/K	6:34.7
90	Carlos Cortez		4132	34	M	16/29 30-34	25:56.7	5:11/K	10:07.4
91	Rex Marvel		4249	26	M	14/32 25-29	25:56.8	5:11/K	10:07.4
92	Tracy Ledford		4419	42	M	4/10 40-44	25:57.4	5:11/K	10:08.0
93	John Powers		4408	29	M	15/32 25-29	26:00.3	5:12/K	10:11.0
94	Jackie Mason	Charlotte NC	4411	25	F	7/40 25-29	26:01.1	5:12/K	6:42.2

Frigid 5K Run & Plunge

Race Date
February 15, 2014

Overall Finish List

<u>Overall</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Gend</u>	<u>AG Place</u>	<u>Time</u>	<u>Pace</u>	<u>Time Back</u>
95	Demeri Alysha		4429	24	F	5/27 20-24	26:02.7	5:12/K	6:43.8
96	Matthew Anderson	Huntersville NC	4077	44	M	5/10 40-44	26:05.6	5:13/K	10:16.2
97	nick sisley	charlott NC	4342	33	M	17/29 30-34	26:05.7	5:13/K	10:16.4
98	Bruce Mlakar		4263	53	M	4/9 50-54	26:07.7	5:13/K	10:18.4
99	David McCarty		4251	48	M	6/8 45-49	26:10.1	5:14/K	10:20.8
100	jeremy novey	Charlotte NC	4279	35	M	17/30 35-39	26:11.0	5:14/K	10:21.7
101	Macy Shelton		4418	15	F	2/6 15-19	26:15.3	5:15/K	6:56.4
102	Jeff Shelton		4417	50	M	5/9 50-54	26:15.3	5:15/K	10:25.9
103	Sam Grogan		4198	38	M	18/30 35-39	26:17.0	5:15/K	10:27.6
104	Tommy Noblett		4276	33	M	18/29 30-34	26:22.0	5:16/K	10:32.6
105	Chris Grant		4189	27	M	16/32 25-29	26:31.0	5:18/K	10:41.7
106	Jake DeWoody	Charlotte NC	4140	24	M	6/13 20-24	26:32.9	5:18/K	10:43.6
107	Christine Sanchez		4327	28	F	8/40 25-29	26:33.8	5:19/K	7:14.9
108	tom Egan III		4154	39	M	19/30 35-39	26:40.9	5:20/K	10:51.5
109	Virginia Tate		4365	38	F	5/24 35-39	26:51.8	5:22/K	7:32.9
110	Ray Ryoti		4403	47	M	7/8 45-49	26:52.2	5:22/K	11:02.9
111	Danielle Gregory		4194	12	F	1/4 0-14	26:52.9	5:22/K	7:33.9
112	Frank Congel		4129	21	M	7/13 20-24	26:54.8	5:23/K	11:05.5
113	Katie Hunter		4214	23	F	6/27 20-24	26:57.2	5:23/K	7:38.3
114	Lynn Ramsey	York SC	4298	53	F	2/4 50-54	26:58.9	5:24/K	7:40.0
115	jana Williams		4420	25	F	9/40 25-29	27:00.3	5:24/K	7:41.4
116	Ryan Bowerize	Charlotte NC	4092	30	M	19/29 30-34	27:00.4	5:24/K	11:11.0
117	Olivia Gregory		4193	35	F	6/24 35-39	27:07.9	5:25/K	7:49.0
118	Hollis Parks		4281	34	M	20/29 30-34	27:09.4	5:26/K	11:20.1
119	Amy Booi		4091	31	F	4/27 30-34	27:09.5	5:26/K	7:50.6
120	Meredith Edwards		4153	35	F	7/24 35-39	27:19.6	5:28/K	8:00.7
121	Indira Reid		4308	23	F	7/27 20-24	27:20.0	5:28/K	8:01.1
122	Emily DiMichele		4142	31	F	5/27 30-34	27:26.0	5:29/K	8:07.1
123	Matteo DiMichele		4141	37	M	20/30 35-39	27:26.0	5:29/K	11:36.7
124	Kayla Aiton		4069	20	F	8/27 20-24	27:30.2	5:30/K	8:11.2
125	B.A. WHEELER		4379	34	F	6/27 30-34	27:34.5	5:31/K	8:15.5
126	Jason Snodgrass		4402	31	M	21/29 30-34	27:41.5	5:32/K	11:52.2
127	Jacob Briggs		4424	18	M	2/3 15-19	27:43.7	5:33/K	11:54.3
128	KIMBERLY zimmer		4390	46	F	1/9 45-49	27:48.4	5:34/K	8:29.5
129	Jacqueline Cipriano		4120	21	F	9/27 20-24	27:49.6	5:34/K	8:30.7
130	gabrielle buff		4109	30	F	7/27 30-34	27:51.8	5:34/K	8:32.9
131	Tracy Sims		4341	36	F	8/24 35-39	28:05.5	5:37/K	8:46.6
132	Michael Branch	Morganton NC	4096	24	M	8/13 20-24	28:05.9	5:37/K	12:16.6
133	grant metheny		4260	21	M	9/13 20-24	28:06.2	5:37/K	12:16.9
134	AJ Riera		4311	10	M	6/8 0-14	28:09.0	5:38/K	12:19.6
135	Álvaro Riera		4310	39	M	21/30 35-39	28:09.7	5:38/K	12:20.3
136	Brandyn Brazee		4101	26	M	17/32 25-29	28:14.9	5:39/K	12:25.5
137	Heleena Tapp		4363	19	F	3/6 15-19	28:16.1	5:39/K	8:57.2
138	Laura Boyce		4094	28	F	10/40 25-29	28:25.5	5:41/K	9:06.6
139	Adam Boyce		4093	29	M	18/32 25-29	28:26.1	5:41/K	12:36.7
140	Samantha Swan	Charlotte NC	4359	38	F	9/24 35-39	28:34.5	5:43/K	9:15.6
141	Sarah Peterson		4288	26	F	11/40 25-29	28:35.4	5:43/K	9:16.4

Frigid 5K Run & Plunge

Race Date
February 15, 2014

Overall Finish List

<u>Overall</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Gend</u>	<u>AG Place</u>	<u>Time</u>	<u>Pace</u>	<u>Time Back</u>
142	Adam Alfero		4072	28	M	19/32 25-29	28:35.6	5:43/K	12:46.2
143	Kameron Moebes		4264	26	F	12/40 25-29	28:39.5	5:44/K	9:20.5
144	Marc Luce		4239	45	M	8/8 45-49	28:41.2	5:44/K	12:51.8
145	Corissa Allison		4073	26	F	13/40 25-29	28:42.5	5:44/K	9:23.6
146	Jonathan Payton		4283	28	M	20/32 25-29	28:42.6	5:44/K	12:53.3
147	Angie Larson		4233	34	F	8/27 30-34	28:43.8	5:45/K	9:24.9
148	Jay hathcock		4392	24	M	10/13 20-24	28:47.0	5:45/K	12:57.7
149	Kim Cole		4124	39	F	10/24 35-39	28:48.5	5:46/K	9:29.6
150	Julie Tambussi	Charlotte NC	4362	31	F	9/27 30-34	28:52.0	5:46/K	9:33.0
151	Brandon Ansley		4080	29	M	21/32 25-29	28:53.7	5:47/K	13:04.3
152	Adrien Savariego	Fort mill SC	4330	32	M	22/29 30-34	28:56.5	5:47/K	13:07.1
153	Jason Douglas		4145	36	M	22/30 35-39	29:01.6	5:48/K	13:12.3
154	Mila Pena	Statesville NC	4285	26	F	14/40 25-29	29:03.4	5:49/K	9:44.5
155	Nate Eichinger		4404	26	M	22/32 25-29	29:04.8	5:49/K	13:15.5
156	Daniel Roos		4320	35	M	23/30 35-39	29:05.5	5:49/K	13:16.2
157	Todd Sellers	Charlotte NC	4334	50	M	6/9 50-54	29:07.2	5:49/K	13:17.9
158	Christian Calvert	Charlotte NC	4114	28	M	23/32 25-29	29:27.2	5:53/K	13:37.8
159	Amy Fowler		4171	28	F	15/40 25-29	29:28.1	5:54/K	10:09.2
160	Pam Zoldowski		4391	46	F	2/9 45-49	29:29.4	5:54/K	10:10.5
161	Beth Schaeewe		4422	47	F	3/9 45-49	29:31.8	5:54/K	10:12.9
162	Rachel Brand		4097	32	F	10/27 30-34	29:31.9	5:54/K	10:12.9
163	Jessica Cook		4427	34	F	11/27 30-34	29:39.6	5:56/K	10:20.6
164	Troy Tarwater		4426	43	M	6/10 40-44	29:39.9	5:56/K	13:50.5
165	Krista Reddington		4306	34	F	12/27 30-34	29:41.5	5:56/K	10:22.6
166	Jessica Garon		4180	37	F	11/24 35-39	29:50.8	5:58/K	10:31.9
167	Uziel Blancas		4089	35	M	24/30 35-39	29:51.2	5:58/K	14:01.8
168	Keith Koger		4227	54	M	7/9 50-54	29:51.4	5:58/K	14:02.0
169	ethan rabon		4296	12	M	7/8 0-14	29:51.9	5:58/K	14:02.6
170	tomek Barc	Morganton NC	4082	26	M	24/32 25-29	29:53.7	5:59/K	14:04.3
171	Eugene Konschnik		4228	23	M	11/13 20-24	29:55.6	5:59/K	14:06.2
172	Amanda Shonk		4339	22	F	10/27 20-24	29:56.2	5:59/K	10:37.3
173	Kevin Wilkinson		4423	26	M	25/32 25-29	29:59.7	6:00/K	14:10.4
174	Emily Plate		4293	23	F	11/27 20-24	30:00.5	6:00/K	10:41.6
175	Spenser Marino		4244	11	M	8/8 0-14	30:02.1	6:00/K	14:12.7
176	Kirk Marino		4245	43	M	7/10 40-44	30:03.2	6:01/K	14:13.8
177	Rebecca Musser	Charlotte NC	4271	25	F	16/40 25-29	30:06.3	6:01/K	10:47.3
178	Amanda Lee		4236	23	F	12/27 20-24	30:08.8	6:02/K	10:49.9
179	David Giang		4181	34	M	23/29 30-34	30:11.2	6:02/K	14:21.8
180	Sarah Dressen		4147	14	F	2/4 0-14	30:12.3	6:02/K	10:53.3
181	Audra Fenner		4164	22	F	13/27 20-24	30:16.3	6:03/K	10:57.4
182	Margaret Fenner		4163	46	F	4/9 45-49	30:17.8	6:03/K	10:58.8
183	Jennifer Ramsey		4300	14	F	3/4 0-14	30:18.3	6:04/K	10:59.4
184	Meredith McClure		4253	27	F	17/40 25-29	30:25.8	6:05/K	11:06.9
185	Christina LuDack	Huntersville NC	4240	25	F	18/40 25-29	30:33.0	6:07/K	11:14.0
186	Linh Granados		4188	33	F	13/27 30-34	30:36.6	6:07/K	11:17.7
187	Lisa Blackwood		4088	30	F	14/27 30-34	30:37.6	6:07/K	11:18.7
188	Scott McElyea	Lowell NC	4255	32	M	24/29 30-34	30:37.9	6:07/K	14:48.5

Frigid 5K Run & Plunge

Race Date
February 15, 2014

Overall Finish List

<u>Overall</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Gend</u>	<u>AG Place</u>	<u>Time</u>	<u>Pace</u>	<u>Time Back</u>
189	Jo Proia		4294	43	F	2/11 40-44	30:39.2	6:08/K	11:20.3
190	Susan Corbett-Hopf		4131	37	F	12/24 35-39	30:45.7	6:09/K	11:26.7
191	Kristi Bratton		4099	28	F	19/40 25-29	30:51.4	6:10/K	11:32.5
192	Jason Wells		4378	34	M	25/29 30-34	30:57.4	6:11/K	15:08.1
193	Bethanie Johnson	Charlotte NC	4217	44	F	3/11 40-44	30:58.9	6:12/K	11:39.9
194	Melissa Reynard		4309	28	F	20/40 25-29	31:04.5	6:13/K	11:45.6
195	Carrie Buckman	Huntersville NC	4107	43	F	4/11 40-44	31:25.1	6:17/K	12:06.2
196	Amanda Hovis		4213	27	F	21/40 25-29	31:31.7	6:18/K	12:12.8
197	Jennifer Tafoya	Charlotte NC	4361	45	F	5/9 45-49	31:36.0	6:19/K	12:17.1
198	Caroline Clemmer		4123	22	F	14/27 20-24	31:40.2	6:20/K	12:21.2
199	Johnny Crump		4136	32	M	26/29 30-34	31:45.5	6:21/K	15:56.2
200	Veronica Russell		4322	24	F	15/27 20-24	31:45.6	6:21/K	12:26.7
201	Samantha Glass		4183	23	F	16/27 20-24	31:46.0	6:21/K	12:27.1
202	Jenna Minges		4261	32	F	15/27 30-34	31:47.9	6:21/K	12:29.0
203	Kelli Burns		4111	34	F	16/27 30-34	31:49.6	6:22/K	12:30.6
204	Jon Croft		4134	29	M	26/32 25-29	31:57.3	6:23/K	16:07.9
205	Arin Heaton		4202	27	F	22/40 25-29	31:57.3	6:23/K	12:38.4
206	Karie Lewicki	Charlotte NC	4237	31	F	17/27 30-34	31:58.0	6:24/K	12:39.1
207	Jennifer Witzen		4385	27	F	23/40 25-29	31:59.5	6:24/K	12:40.6
208	Chanti Huskey		4406	34	F	18/27 30-34	32:00.1	6:24/K	12:41.2
209	Cristina Montero	Charlotte NC	4265	25	F	24/40 25-29	32:00.3	6:24/K	12:41.4
210	Natalie Epperly		4157	37	F	13/24 35-39	32:03.2	6:25/K	12:44.3
211	Chris Epperly		4158	35	M	25/30 35-39	32:05.5	6:25/K	16:16.2
212	Amy Fox		4172	44	F	5/11 40-44	32:07.9	6:25/K	12:49.0
213	Ashley Starnes		4351	39	M	26/30 35-39	32:08.5	6:26/K	16:19.2
214	Sunny Smith		4343	25	F	25/40 25-29	32:14.2	6:27/K	12:55.3
215	McKenna Brandon		4098	23	F	17/27 20-24	32:14.3	6:27/K	12:55.4
216	Jason Bryant		4103	32	M	27/29 30-34	32:15.0	6:27/K	16:25.6
217	Sue Frost		4177	48	F	6/9 45-49	32:15.8	6:27/K	12:56.9
218	Danielle Crowell		4135	37	F	14/24 35-39	32:18.3	6:28/K	12:59.4
219	Stephanie Graham	Charlotte NC	4186	46	F	7/9 45-49	32:21.9	6:28/K	13:03.0
220	Amy Smith		4346	40	F	6/11 40-44	32:22.4	6:28/K	13:03.5
221	Megan Moore	Mount Holly NC	4266	29	F	26/40 25-29	32:45.7	6:33/K	13:26.8
222	Jessie Franzone	Matthews NC	4173	28	F	27/40 25-29	32:58.0	6:36/K	13:39.1
223	Emily Fantetti		4161	21	F	18/27 20-24	33:00.5	6:36/K	13:41.6
224	Ashley Patterson	Charlotte NC	4282	26	F	28/40 25-29	33:05.7	6:37/K	13:46.8
225	Wesley Clark		4121	27	M	27/32 25-29	33:07.6	6:37/K	17:18.3
226	Ruth Cumberland		4137	23	F	19/27 20-24	33:08.9	6:38/K	13:50.0
227	Heather Martin		4247	37	F	15/24 35-39	33:12.1	6:38/K	13:53.2
228	Miles Andrews		4079	28	M	28/32 25-29	33:12.4	6:38/K	17:23.1
229	Katy Johnson		4219	36	F	16/24 35-39	33:13.1	6:39/K	13:54.2
230	Alex Ramsey	York SC	4299	21	M	12/13 20-24	33:13.9	6:39/K	17:24.5
231	David Burn		4110	35	M	27/30 35-39	33:17.4	6:39/K	17:28.0
232	Viaunce Connor		4130	34	F	19/27 30-34	33:22.8	6:40/K	14:03.9
233	James Pittman	Charlotte NC	4292	26	M	29/32 25-29	33:24.5	6:41/K	17:35.2
234	Trey Hoover		4210	26	M	30/32 25-29	33:32.2	6:42/K	17:42.8
235	Alissa Shannon		4338	26	F	29/40 25-29	33:36.3	6:43/K	14:17.4

Frigid 5K Run & Plunge

Race Date
February 15, 2014

Overall Finish List

<u>Overall</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Gend</u>	<u>AG Place</u>	<u>Time</u>	<u>Pace</u>	<u>Time Back</u>
236	Sara Staab		4350	27	F	30/40 25-29	33:40.0	6:44/K	14:21.1
237	Chuck Maddox		4242	53	M	8/9 50-54	33:40.4	6:44/K	17:51.0
238	Melissia Starnes		4352	43	F	7/11 40-44	33:43.1	6:45/K	14:24.2
239	Emily Crabtree		4133	22	F	20/27 20-24	33:45.7	6:45/K	14:26.8
240	Mike Bifulco	Charlotte NC	4086	27	M	31/32 25-29	33:46.0	6:45/K	17:56.6
241	Taylor Ferguson	Huntersville NC	4166	17	F	4/6 15-19	33:50.7	6:46/K	14:31.8
242	Stacey Webster		4377	29	F	31/40 25-29	33:51.9	6:46/K	14:33.0
243	Janelle Lavoie		4234	28	F	32/40 25-29	33:52.2	6:46/K	14:33.3
244	Michelle Ferguson	Huntersville NC	4165	44	F	8/11 40-44	33:52.8	6:46/K	14:33.9
245	John O'Kain		4280	40	M	8/10 40-44	33:59.8	6:48/K	18:10.4
246	Jennifer Highley		4205	37	F	17/24 35-39	34:15.3	6:51/K	14:56.4
247	Katie Short	Charlotte NC	4340	33	F	20/27 30-34	34:18.1	6:52/K	14:59.1
248	Alicia Etscorn		4159	24	F	21/27 20-24	34:18.6	6:52/K	14:59.7
249	chrissy bryant		4104	32	F	21/27 30-34	34:24.6	6:53/K	15:05.7
250	Courtney Johnson		4218	23	F	22/27 20-24	34:33.8	6:55/K	15:14.8
251	James Ziegelbauer	Charlotte NC	4389	26	M	32/32 25-29	34:46.6	6:57/K	18:57.2
252	LAURA SNEAD		4347	31	F	22/27 30-34	34:54.1	6:59/K	15:35.2
253	Teryl Greist	Mooresville NC	4196	35	F	18/24 35-39	35:26.5	7:05/K	16:07.6
254	Thomas Barfield		4083	57	M	3/3 55-59	35:46.1	7:09/K	19:56.7
255	Jeffery Eudy		4160	53	M	9/9 50-54	36:04.5	7:13/K	20:15.1
256	Jennifer Burriss	Monroe NC	4112	39	F	19/24 35-39	36:35.9	7:19/K	17:17.0
257	Tonya Tapp		4364	38	F	20/24 35-39	36:40.4	7:20/K	17:21.5
258	Hannah Ames		4075	26	F	33/40 25-29	36:51.5	7:22/K	17:32.6
259	Thad Beavers		4085	35	M	28/30 35-39	36:52.5	7:22/K	21:03.1
260	Sara Eichinger		4155	26	F	34/40 25-29	36:53.9	7:23/K	17:34.9
261	Sonja Williams		4393	43	F	9/11 40-44	36:54.2	7:23/K	17:35.3
262	Latasha Douglas	STATESVILLE NC	4144	32	F	23/27 30-34	37:01.5	7:24/K	17:42.6
263	Jennifer Lee		4394	29	F	35/40 25-29	37:02.6	7:24/K	17:43.7
264	Abbigail Kuzmen		4230	24	F	23/27 20-24	37:06.0	7:25/K	17:47.1
265	Danielle suprick	Charlotte NC	4356	22	F	24/27 20-24	37:25.7	7:29/K	18:06.8
266	Emily Lukens		4241	24	F	25/27 20-24	37:25.9	7:29/K	18:07.0
267	Alice Farmer	Charlotte NC	4162	36	F	21/24 35-39	37:29.6	7:30/K	18:10.7
268	Joshua Saleeby		4325	18	M	3/3 15-19	37:35.4	7:31/K	21:46.0
269	Jessica Reading		4305	21	F	26/27 20-24	37:37.4	7:31/K	18:18.5
270	ROSA VALDES		4372	34	F	24/27 30-34	37:41.7	7:32/K	18:22.7
271	Christina dunn	charlotte NC	4151	30	F	25/27 30-34	37:42.8	7:32/K	18:23.9
272	Kelli Montanez		4430	31	F	26/27 30-34	38:00.8	7:36/K	18:41.8
273	Nicholas McCarty		4252	20	M	13/13 20-24	38:10.2	7:38/K	22:20.9
274	Carlos Torres		4368	34	M	28/29 30-34	39:24.0	7:53/K	23:34.6
275	Maria Torrentes		4367	35	F	22/24 35-39	39:24.0	7:53/K	20:05.1
276	Meredith Ray		4302	28	F	36/40 25-29	39:28.0	7:54/K	20:09.1
277	Matthew Highley		4206	36	M	29/30 35-39	39:38.7	7:56/K	23:49.3
278	Jessica Perry		4286	36	F	23/24 35-39	39:47.5	7:57/K	20:28.6
279	Stacey Saleeby		4324	26	F	37/40 25-29	39:52.8	7:58/K	20:33.9
280	Alanna Dronsky		4148	16	F	5/6 15-19	39:54.7	7:59/K	20:35.8
281	Robin Vogeli		4374	41	F	10/11 40-44	40:55.5	8:11/K	21:36.6
282	June Hersek		4204	51	F	3/4 50-54	41:01.3	8:12/K	21:42.4

Frigid 5K Run & Plunge

Race Date
February 15, 2014

Overall Finish List

<u>Overall</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Gend</u>	<u>AG Place</u>	<u>Time</u>	<u>Pace</u>	<u>Time Back</u>
283	Megan Smith		4345	28	F	38/40 25-29	41:02.9	8:12/K	21:43.9
284	Scott Readling		4412	44	M	9/10 40-44	41:09.1	8:14/K	25:19.8
285	Michele Miranda		4262	36	F	24/24 35-39	41:34.6	8:19/K	22:15.7
286	Sonda Frattini	Charlotte NC	4175	48	F	8/9 45-49	42:22.3	8:28/K	23:03.3
287	Paula Solano	Denver NC	4349	26	F	39/40 25-29	43:06.5	8:37/K	23:47.6
288	David Dilda		4409	44	M	10/10 40-44	43:06.5	8:37/K	27:17.2
289	Sheila Rivera		4312	33	F	27/27 30-34	43:07.0	8:37/K	23:48.1
290	Carolyn Houser		4212	21	F	27/27 20-24	43:11.9	8:38/K	23:52.9
291	Katie Gramarossa		4187	25	F	40/40 25-29	43:12.3	8:38/K	23:53.3
292	Megan Readling		4304	17	F	6/6 15-19	44:21.6	8:52/K	25:02.7
293	Matthew Whitley		4380	38	M	30/30 35-39	44:23.0	8:53/K	28:33.6
294	Jennifer Readling		4303	42	F	11/11 40-44	44:24.9	8:53/K	25:06.0
295	Leigh Sellers	Charlotte NC	4335	50	F	4/4 50-54	44:44.8	8:57/K	25:25.9
296	Dawn Neto		4274	49	F	9/9 45-49	44:45.3	8:57/K	25:26.4
297	Ian Wallis		4375	30	M	29/29 30-34	45:30.8	9:06/K	29:41.4
298	Callie Dishon		4143	5	F	4/4 0-14	45:33.3	9:07/K	26:14.4

**Frigid 5K Run & Plunge
Overall Results**

Overall Results					
Name	Place	Gender	Age	Age Group	Gun Time
Matthew Longworth	1	M	32	M 31-35	17:04.0
Zack Capets	2	M	22	M 0-25	17:17.7
Colin Cronin	3	M	29	M 26-30	19:21.1
Matthew Bedinghaus	4	M	25	M 0-25	19:28.3
Chelsea Burfeind	5	F	26	F 26-30	20:02.0
Adam Gray	6	M	28	M 26-30	20:25.7
Jim DeMay	7	M	30	M 26-30	20:28.5
Maxwell Franks	8	M	19	M 0-25	20:40.5
Greg Schieve	9	M	36	M 36-40	20:44.2
Alex Fisher	10	M	20	M 0-25	20:48.9
JC Clark	11	M	34	M 31-35	21:02.5
Shaun Atkinson	12	M	30	M 26-30	21:08.1
Melissa Orr	13	F	33	F 31-35	21:09.1
Aaron Chan	14	M	37	M 36-40	21:14.2
Tim Slaughter	15	M	29	M 26-30	21:30.4
chassity keoprasureuth	16	F	27	F 26-30	21:33.4
Jake Gasparre	17	M	22	M 0-25	21:35.7
Chris Mertz	18	M	27	M 26-30	21:39.9
Daniel Melo	19	M	24	M 0-25	21:46.8
Wesley Bishop	20	M	31	M 31-35	21:55.8
Austin Gillis	21	M	16	M 0-25	21:58.0
Eric Enders	22	M	32	M 31-35	21:58.9
Andrew Carlin	23	M	19	M 0-25	22:00.5
Shannon Kay	24	F	18	F 0-25	22:00.5
Gregory Wilson	25	M	30	M 26-30	22:08.8
Adam Markiewicz	26	M	31	M 31-35	22:14.9
Craig Busch	27	M	44	M 41-45	22:23.9
Joseph Luciano	28	M	20	M 0-25	22:40.9
RONALD KMIECIK	29	M	38	M 36-40	22:45.1
Rachel Terrio	30	F	17	F 0-25	22:56.1
kevin Bartlett	31	M	32	M 31-35	22:56.7
Lindsey McCabe	32	F	32	F 31-35	22:57.4
Greg Reece	33	M	28	M 26-30	23:08.5
Kailee Erwin	34	F	12	F 0-25	23:12.6
Matt Austin	35	M	20	M 0-25	23:15.7
Ryan Link	36	M	27	M 26-30	23:19.2
Joshua Greene	37	M	28	M 26-30	23:32.3
Benjamin Schottenfels	38	M	29	M 26-30	23:40.6
Casey Ellis	39	M	43	M 41-45	23:42.4
amanda iannello	40	F	27	F 26-30	23:44.6
Richard Ayers	41	M	50	M 46-99	23:47.4
Brian Solomon	42	M	32	M 31-35	23:49.8
Erik Norberg	43	M	25	M 0-25	23:52.1
Alexis Knox	44	F	16	F 0-25	23:53.8
Leigh Northrup	45	M	38	M 36-40	23:55.3
Rick Orlofsky	46	M	32	M 31-35	23:55.8
Edwin Terrell	47	M	28	M 26-30	23:56.6
Heather Ruckterstuhl	48	F	43	F 41-45	23:57.7
Melissa Diamond	49	F	21	F 0-25	24:00.0
Robert Drury	50	M	36	M 36-40	24:04.7
Carl Zimmerman	51	M	28	M 26-30	24:08.7

Edward Peugh	52	M	32	M 31-35	24:12.0
Ian Hennessy	53	M	31	M 31-35	24:12.4
Shelley Suter	54	F	39	F 36-40	24:12.9
Skip Notte	55	M	37	M 36-40	24:13.3
Alec Fairbaugh	56	M	17	M 0-25	24:19.5
JP Calicdan	57	M	32	M 31-35	24:19.7
Michelle Ferguson	58	F	43	F 41-45	24:20.1
Kerry Ormond	59	M	40	M 36-40	24:21.8
Steven Shober	60	M	44	M 41-45	24:23.4
john Buter	61	M	32	M 31-35	24:28.0
Anna Lampley	62	F	26	F 26-30	24:29.9
Albert Oh	63	M	24	M 0-25	24:30.7
Russell LaBarge	64	M	25	M 0-25	24:32.9
Jason Kausch	65	M	40	M 36-40	24:34.7
Matt Herr	66	M	27	M 26-30	24:37.0
Heidi Nygaard	67	F	24	F 0-25	24:37.7
Stephanie Wilson	68	F	26	F 26-30	24:40.2
Jesica Bazela	69	F	32	F 31-35	24:44.2
Lee Schenck	70	M	56	M 46-99	24:51.8
Daniel Popov	71	M	34	M 31-35	24:56.9
William Chan	72	M	27	M 26-30	24:59.1
Desiree Lackey	73	F	30	F 26-30	25:02.2
Ryan Pellicone	74	M	24	M 0-25	25:07.3
Evan Landrum	75	M	24	M 0-25	25:09.2
Whitney Benfield	76	F	25	F 0-25	25:09.2
Mark Johnson	77	M	40	M 36-40	25:15.1
Wilson Fullagar	78	M	16	M 0-25	25:18.8
kathy Cross	79	F	47	F 46-99	25:21.6
Cami Bredeson	80	F	43	F 41-45	25:23.9
Jason Adams	81	M	36	M 36-40	25:26.7
Robert Campbell	82	M	52	M 46-99	25:28.6
Justin Ruszkowski	83	M	25	M 0-25	25:30.5
Logan Stephens	84	M	23	M 0-25	25:37.4
Stephen LaFleur	85	M	25	M 0-25	25:43.4
Dale mccormick	86	M	38	M 36-40	25:44.9
Danielle Selby	87	F	27	F 26-30	25:48.3
Steven Eagan	88	M	27	M 26-30	25:48.7
Corey Mendat	89	M	37	M 36-40	26:04.8
Bruce Holliday	90	M	56	M 46-99	26:05.2
Mayer Marc	91	M	35	M 31-35	26:08.2
Ryan Hess	92	M	21	M 0-25	26:08.8
James Contratto	93	M	32	M 31-35	26:10.2
Mark Doctor	94	M	43	M 41-45	26:13.3
gary rautenstrauch	95	M	59	M 46-99	26:18.1
Caroline Law	96	F	17	F 0-25	26:21.4
Ryan Bowerize	97	M	29	M 26-30	26:27.2
Bethany Popov	98	F	34	F 31-35	26:36.7
tom egan	99	M	38	M 36-40	26:39.7
Diane McClure	100	F	42	F 41-45	26:42.3
Peyton Wallace	101	M	11	M 0-25	26:42.7
Matthew Mahan	102	M	25	M 0-25	26:52.0
Kelly McMurtrie	103	F	23	F 0-25	26:55.1
Macy Shelton	104	F	14	F 0-25	26:59.5
Jeff Shelton	105	M	49	M 46-99	26:59.8
Amy DeCillis	106	F	15	F 0-25	27:11.1
Elizabeth Northrup	107	F	38	F 36-40	27:15.4

Andrew Santos	108	M	13	M 0-25	27:17.4
Diego Santos	109	M	43	M 41-45	27:18.4
Arricka Brouwer	110	F	39	F 36-40	27:20.6
Sarah Terrio	111	F	53	F 46-99	27:31.1
Brian Gross	112	M	38	M 36-40	27:35.7
Seth Utt	113	M	34	M 31-35	27:35.8
Beth Mincher	114	F	36	F 36-40	27:35.9
Elizabeth Shockey	115	F	31	F 31-35	27:39.8
Derek Pagani	116	M	28	M 26-30	27:44.4
Phillip Gardner	117	M	34	M 31-35	27:47.6
sean green	118	M	42	M 41-45	27:49.7
cameron nielsen	119	M	12	M 0-25	27:54.4
Ian Backes	120	M	31	M 31-35	27:58.1
Katerina Ehrlich Bonnevaux	121	F	33	F 31-35	27:58.4
NEERAJ ASHRI	122	M	41	M 41-45	27:59.7
Scott McElyea	123	M	31	M 31-35	28:00.5
Larry Blankenship	124	M	51	M 46-99	28:02.0
Samuel Walker	125	M	26	M 26-30	28:03.4
Frank Pagel	126	M	27	M 26-30	28:04.6
Lara Mikoleit	127	F	26	F 26-30	28:09.7
Jenifer Kay	128	F	47	F 46-99	28:12.4
Emma Ellis	129	F	11	F 0-25	28:14.8
David Griffin	130	M	44	M 41-45	28:15.1
Windy Fullagar	131	F	42	F 41-45	28:18.0
Jill Newcomb	132	F	27	F 26-30	28:19.2
Jack Fullagar	133	M	17	M 0-25	28:19.7
Amy Hunter	134	F	40	F 36-40	28:24.0
Zoe Newell	135	F	11	F 0-25	28:25.5
Linda Cho	136	F	25	F 0-25	28:26.3
James Pittman	137	M	25	M 0-25	28:29.7
Holly Horton	138	F	40	F 36-40	28:52.4
Beth Homyak	139	F	30	F 26-30	28:52.9
David ONeal	140	M	30	M 26-30	28:58.1
Christianna Bambini	141	F	15	F 0-25	29:00.0
Matt Virgil	142	M	25	M 0-25	29:05.2
Zachary Whiteman	143	M	19	M 0-25	29:07.8
Jacqueline Willis	144	F	29	F 26-30	29:09.3
Mychal Feeny	145	F	25	F 0-25	29:14.4
Christophor Sheridan	146	M	38	M 36-40	29:22.3
Kristi Conklin	147	F	22	F 0-25	29:22.5
stephanie champlin	148	F	23	F 0-25	29:22.9
jaymes rae	149	M	39	M 36-40	29:23.3
Charles Saxon	150	M	30	M 26-30	29:23.3
Jennifer Schexnayder	151	F	34	F 31-35	29:23.5
Rand Williams	152	F	22	F 0-25	29:24.5
Jordan Ledford	153	M	28	M 26-30	29:24.8
Tiffany Greene	154	F	26	F 26-30	29:37.4
Lynn Ramsey	155	F	52	F 46-99	29:39.5
Jennifer Ramsey	156	F	13	F 0-25	29:40.0
Jason Stallings	157	M	28	M 26-30	29:41.7
Kris Norberg	158	M	28	M 26-30	29:44.9
Andraya Vantrease	159	F	24	F 0-25	29:48.8
Brian Thee	160	M	42	M 41-45	29:52.2
Shannon Hubert	161	M	36	M 36-40	29:58.8
Sandra Peter	162	F	35	F 31-35	29:58.9
Brad Lipsey	163	M	27	M 26-30	30:04.6

brian eggers	164	M	26	M 26-30	30:05.1
Carrie Buckman	165	F	42	F 41-45	30:10.0
Michael Deep	166	M	36	M 36-40	30:10.8
Daniel Johnson	167	M	49	M 46-99	30:12.7
Philip Bridges	168	M	30	M 26-30	30:12.8
Tommy Crosby	169	M	33	M 31-35	30:14.0
Jeffrey Dunkel	170	M	37	M 36-40	30:19.8
Jay Allen	171	M	37	M 36-40	30:22.4
Jenny Mann	172	F	30	F 26-30	30:26.7
Stephanie Bush	173	F	29	F 26-30	30:29.7
Jennifer Burgos	174	F	41	F 41-45	30:34.6
JASON DOUGLAS	175	M	35	M 31-35	30:43.1
Carolyn Newell	176	F	34	F 31-35	30:54.2
Mila Pena	177	F	25	F 0-25	30:59.6
Carlo Martini	178	M	42	M 41-45	31:02.2
Matthew Anderson	179	M	43	M 41-45	31:04.7
Angeline Diamond	180	F	24	F 0-25	31:08.0
Tim Boyer	181	M	23	M 0-25	31:14.2
Rachel Daschler	182	F	29	F 26-30	31:15.6
Kellie Blankenship	183	F	43	F 41-45	31:21.6
Katie McIntosh	184	F	12	F 0-25	31:22.8
Alli McClure	185	F	13	F 0-25	31:25.3
Christina LuDack	186	F	24	F 0-25	31:26.4
Tiffany Wang	187	F	25	F 0-25	31:28.1
Miranda Yountz	188	F	33	F 31-35	31:34.4
Chris Yountz	189	M	33	M 31-35	31:34.5
Jason Boschan	190	M	34	M 31-35	31:36.9
kelly Grathwohl	191	F	34	F 31-35	31:39.7
Michelle McLellan	192	F	46	F 46-99	31:45.8
Scott Wheeler	193	M	23	M 0-25	31:49.5
Brandon Denney	194	M	25	M 0-25	32:00.5
Michael Branca	195	M	44	M 41-45	32:04.4
Tiffany Stebbins	196	F	30	F 26-30	32:07.2
Danelle Smith	197	F	27	F 26-30	32:07.7
Tamekia Foster	198	F	28	F 26-30	32:18.9
Alex Pachter	199	M	42	M 41-45	32:19.8
Caroline Combs	200	F	24	F 0-25	32:30.7
Parker Wallace	201	M	14	M 0-25	32:39.7
Brian Wallace	202	M	38	M 36-40	32:53.4
Jamie Duncan	203	F	26	F 26-30	32:55.7
John Duncan	204	M	24	M 0-25	32:55.7
Emily Rast	205	F	26	F 26-30	33:02.9
Randi Burroughs	206	F	25	F 0-25	33:03.3
Amber Wittmer	207	F	26	F 26-30	33:05.3
Catherine Woltz	208	F	26	F 26-30	33:10.7
Callie Cook	209	F	27	F 26-30	33:11.1
Roxana Popa	210	F	27	F 26-30	33:13.0
Kristin Eagan	211	F	38	F 36-40	33:14.2
jeremy novey	212	M	34	M 31-35	33:15.1
lisa karim	213	F	49	F 46-99	33:15.8
Joe Chiazza	214	M	31	M 31-35	33:27.1
Jennifer Tafoya	215	F	44	F 41-45	33:29.6
Hilary Tebeleff	216	F	23	F 0-25	33:31.2
Cindy Anderson	217	F	43	F 41-45	33:40.3
Lauren Cole	218	F	23	F 0-25	33:54.9
Denise Long	219	F	54	F 46-99	33:56.1

Myra Pachter	220	F	42	F 41-45	33:58.7
Stephanie Graham	221	F	45	F 41-45	33:59.3
Angela Parker	222	F	32	F 31-35	34:02.4
Kimberly Baur	223	F	26	F 26-30	34:08.5
Jean Eagan	224	F	62	F 46-99	34:11.1
Joe Herring	225	M	44	M 41-45	34:17.1
Glenn Nickerson	226	M	60	M 46-99	34:27.1
John Slaughter	227	M	58	M 46-99	34:36.6
Charlene Lee	228	F	41	F 41-45	34:40.5
Sonda Frattini	229	F	47	F 46-99	34:42.3
stephanie tamowicz	230	F	28	F 26-30	34:44.1
Name Unknown	231	M	44	M 41-45	34:45.3
Katherine Hackworth	232	F	23	F 0-25	34:49.4
Tonje Olsen	233	F	40	F 36-40	34:51.9
james janning	234	M	65	M 46-99	34:54.1
John DeLaGarza	235	M	45	M 41-45	35:05.4
Felicia Ambler	236	F	16	F 0-25	35:06.8
Cathy Howell	237	F	40	F 36-40	35:11.9
elena massimini	238	F	31	F 31-35	35:41.2
Clark Leonard	239	M	26	M 26-30	35:48.2
Alex Ramsey	240	M	20	M 0-25	35:59.4
Eric Fellner	241	M	20	M 0-25	36:03.8
Becky Bridges	242	F	29	F 26-30	36:07.8
Liz Ratliff	243	F	30	F 26-30	36:08.9
Jeni McDermott	244	F	26	F 26-30	36:22.8
Jodie Whittington	245	F	35	F 31-35	36:38.0
lacy camp	246	F	35	F 31-35	36:38.4
Nathan Gibby	247	M	46	M 46-99	36:41.6
Jessica Robinson	248	F	19	F 0-25	36:48.6
Kyle Larson	249	M	19	M 0-25	36:51.4
Cassie Dixon	250	F	25	F 0-25	36:57.7
Rob Boyer	251	M	56	M 46-99	37:10.5
David Weaver	252	M	46	M 46-99	37:18.4
Amber Earle	253	F	32	F 31-35	37:24.8
SONDRA MCKINNEY	254	F	30	F 26-30	37:32.2
Rebecca Ortiz	255	F	43	F 41-45	37:38.7
Elaine Feeny	256	F	27	F 26-30	37:44.3
Daphne Friday	257	F	57	F 46-99	37:52.6
Brian Matthews	258	M	30	M 26-30	38:02.2
Dusty Bredeson	259	M	49	M 46-99	38:15.4
kelli robinson	260	F	35	F 31-35	38:39.7
Alice Farmer	261	F	35	F 31-35	38:50.7
Sue Elchak	262	F	52	F 46-99	38:59.9
James Duke	263	M	41	M 41-45	39:09.1
Michael Luce	264	M	36	M 36-40	39:52.0
April Nichols	265	F	39	F 36-40	40:12.4
LATASHA DOUGLAS	266	F	31	F 31-35	40:39.3
Kathleen Langerman	267	F	37	F 36-40	41:03.8
Whittney Welborn	268	F	27	F 26-30	41:22.8
Julie Curlee	269	F	42	F 41-45	41:24.3
Bonnie Playko	270	F	31	F 31-35	41:33.8
Nick Playko	271	M	31	M 31-35	41:33.9
Frank Harrison	272	M	59	M 46-99	42:03.1
Debra Windley	273	F	56	F 46-99	42:04.3
Jennifer Cathcart	274	F	30	F 26-30	42:11.3
Joseph Cathcart	275	M	32	M 31-35	43:00.0

Marc Mayer	276	M	35	M 31-35	43:15.6
Joel Olsen	277	M	43	M 41-45	43:30.4
DIANA RODRIGUEZ	278	F	26	F 26-30	43:43.4
Stephanie Fridley	279	F	28	F 26-30	43:56.9
Jon Hindman	Time	M	30	M 26-30	45:00.0
Kevin Schultz	Time	M	45	M 41-45	45:00.0
Sarah Briggs	Time	F	27	F 26-30	45:00.0
Toni Rabb	Time	F	45	F 41-45	45:00.0
Tina Patterson	Time	F	55	F 46-99	45:00.0
John Cole	Time	M	45	M 41-45	45:00.0
Barbara Courts	Time	F	53	F 46-99	45:00.0
Ashley Patterson	Time	F	26	F 26-30	45:00.0
Kaiti Courts	Time	F	26	F 26-30	45:00.0
Henry Earle	Time	M	35	M 31-35	45:00.0
Christin Harrison	NA	F	32	F 31-35	Unread
Andrew Branca	NA	M	14	M 0-25	Unread
Daryan Rahimzadeh	NA	M	22	M 0-25	Unread
Adam Houston	NA	M	29	M 26-30	Unread
Samantha Woolery	NA	F	25	F 0-25	Unread
Paula Solano	NA	F	25	F 0-25	Unread
Christina Dunn	NA	F	29	F 26-30	Unread
Nathan McDonald	NA	M	26	M 26-30	Unread
Dean Perna	NA	M	49	M 46-99	Unread
Paarth Mehta	NA	M	23	M 0-25	Unread
Jesse Halstead	NA	F	30	F 26-30	Unread
Josee Farmer	NA	F	20	F 0-25	Unread
Derek Morrell	NA	M	26	M 26-30	Unread
Maggie Grace	NA	F	32	F 31-35	Unread
Craig Ashley	NA	M	39	M 36-40	Unread
carol ball	NA	F	58	F 46-99	Unread
Jordan Bertke	NA	M	30	M 26-30	Unread
Chris Ehrenfeld	NA	M	36	M 36-40	Unread
Ryan Feltman	NA	M	23	M 0-25	Unread
Taylor Ferguson	NA	F	16	F 0-25	Unread
Jason Dell	NA	M	37	M 36-40	Unread
Iman Donahee	NA	M	13	M 0-25	Unread
Aaron Chan	NA	M	37	M 36-40	Unread
John Gardner	NA	M	36	M 36-40	Unread
Greg Gelting	NA	M	40	M 36-40	Unread
James Grenier	NA	M	28	M 26-30	Unread
Jeremy Hall	NA	M	35	M 31-35	Unread
Lauren Heinauer	NA	F	28	F 26-30	Unread
Jetta Hendrix	NA	F	25	F 0-25	Unread
Jennifer Collins	NA	F	37	F 36-40	Unread
Bobby Collins	NA	M	38	M 36-40	Unread
Anne Goodson	NA	F	32	F 31-35	Unread
Kristi Conklin	NA	F	22	F 0-25	Unread
Nicole Creech	NA	F	33	F 31-35	Unread
Mark Weidert	NA	M	32	M 31-35	Unread
Sean Whittaker	NA	M	31	M 31-35	Unread
Laura Whittaker	NA	F	23	F 0-25	Unread
Gregory Wilson	NA	M	30	M 26-30	Unread
Derek Howell	NA	M	33	M 31-35	Unread
Chris Wright	NA	M	27	M 26-30	Unread
Tifini Isom	NA	F	37	F 36-40	Unread

Rick Miller	NA	M	49	M 46-99	Unread
leah karim	NA	F	21	F 0-25	Unread
Shannon Kay	NA	F	18	F 0-25	Unread
Rachel Terrio	NA	F	17	F 0-25	Unread
Hal Keener	NA	M	48	M 46-99	Unread
Brian Zapata	NA	M	32	M 31-35	Unread
Evelyn Zhang	NA	F	25	F 0-25	Unread
Lauren Johnson	NA	F	27	F 26-30	Unread
Christopher Long	NA	M	30	M 26-30	Unread
darlene janning	NA	F	58	F 46-99	Unread
Erika Moser	NA	F	27	F 26-30	Unread
Whitney Quinlan	NA	F	26	F 26-30	Unread
kurt nielsen	NA	M	43	M 41-45	Unread
Sara Charavell	NA	F	28	F 26-30	Unread
Olivia Campbell	NA	F	27	F 26-30	Unread
Michael Bifulco	NA	M	26	M 26-30	Unread

Bib No
602
258
281
227
246
349
289
328
513
326
270
218
469
265
528
392
338
443
441
231
343
315
259
389
563
423
249
419
396
542
225
428
499
316
219
411
353
514
314
377
220
531
598
397
458
467
540
506
291
296
576

482
364
535
460
317
254
323
468
524
251
402
463
399
388
366
462
564
226
511
487
264
400
478
403
228
382
334
283
238
211
256
507
534
401
431
520
304
578
370
601
368
276
596
498
407
235
488
308
430
552
421
439
587
588
287
459

509
508
243
541
357
545
447
525
473
337
352
456
221
311
217
434
233
549
474
444
390
313
356
332
581
333
376
451
269
483
372
371
466
223
546
558
562
320
592
275
263
491
510
512
561
408
354
493
494
532
457
605
543
579
481
413

309
244
584
383
241
282
301
212
422
250
247
295
452
479
424
214
292
237
285
232
436
429
420
553
572
571
580
348
438
557
290
595
533
585
327
472
274
551
550
299
300
496
248
566
567
277
486
305
461
386
268
537
539
215
603
416

471
347
600
599
303
367
454
529
591
330
538
594
604
465
379
589
213
375
425
409
495
583
240
497
432
582
255
342
502
405
293
236
554
307
437
470
321
331
426
239
504
318
312
298
418
453
294
404
556
284
485
484
360
565
261
262

427
464
505
586
369
515
242
490
476
271
278
475
279
306
359
597
492
373
568
530
302
433
480
440
358
319
449
346
216
222
229
310
322
324
288
593
265
336
339
355
590
362
363
272
273
345
275
280
555
559
560
563
374
570
378

445
387
389
542
391
574
575
384
415
380
450
489
455
266
257
230

