

2014 Spring Good 4 You 5k - for employees and families of NHRMC
 May 18, 2014 - Employee Wellness Center - Barclay Commons
 8:00 am, Sunny - Temp: 64F

Place	Bib #	Name	Time	Pace	Age	Gender	City	State
1	139	NATHAN SUDDUTH	17:56.2	5:47	17	M	Wilmington	NC
2	45	Ian Flannery	19:34.6	6:19	27	M	Wilmington	NC
3	59	Christopher Hidalgo	19:44.5	6:22	34	M	Wilmington	NC
4	117	Rob Reynolds	19:49.5	6:24	37	M	Wilmington	NC
5	84	Wes Mickler	20:15.3	6:32	24	M	Wilmington	NC
6	38	Chris Egger	21:31.3	6:56	44	M	Wilmington	NC
7	91	Chase Needham	21:47.5	7:02	24	M	Wilmington	NC
8	146	Paul Theiss	22:13.0	7:10	30	M	Wilmington	NC
9	93	Trista Nicosia	22:37.5	7:18	40	F	Wilmington	NC
10	68	Lesly Jurado	23:05.9	7:27	31	F	Wilmington	NC
11	138	COHL SUDDUTH	23:11.1	7:29	15	M	Wilmington	NC
12	49	Shaun Gizdic	23:15.6	7:30	13	M	Wilmington	NC
13	110	KATELYN POWELL	23:16.9	7:30	25	F	Wilmington	NC
14	48	John Gizdic	23:17.0	7:31	44	M	Wilmington	NC
15	47	Christa Fullwood	23:59.7	7:44	26	F	Wilmington	NC
16	18	Bart Canny	24:20.9	7:51	51	M	Wilmington	NC
17	17	Lauren Butz	25:11.0	8:07	14	F	Wilmington	NC
18	163	Stephanie Wells	25:42.5	8:17	22	F	Wilmington	NC
19	55	Rogan Heath	26:06.7	8:25	11	M	Wilmington	NC
20	200	Ryan Boyette	26:15.6	8:28	14	M	Wilmington	NC
21	80	Waverly Manley	26:17.9	8:29	49	M	Wilmington	NC
22	116	Ginger Reynolds	26:25.6	8:31	36	F	Wilmington	NC
23	76	Tracy Long	26:26.3	8:32	36	F	Wilmington	NC
24	54	Katie Healey	26:41.4	8:36	39	F	Wilmington	NC
25	140	Addison Tartt	27:18.0	8:48	12	M	Wilmington	NC
26	173	Rebecca Zumpe	27:38.2	8:55	49	F	Wilmington	NC
27	134	Suzanne Shelton	27:41.4	8:56	38	F	Wilmington	NC
28	176	Heather Thornton	27:41.6	8:56	41	F	Wilmington	NC
29	15	Martha Brophy	28:13.8	9:06	51	F	Wilmington	NC
30	43	Carson Fisher	28:29.2	9:11	10	M	Wilmington	NC
31	11	Morgan Bobb	28:32.1	9:12	24	F	Wilmington	NC
32	62	Erin Hooker	28:33.9	9:13	28	F	Wilmington	NC
33	23	Polly Clawson	28:43.9	9:16	51	F	Wilmington	NC
34	156	Katie Trapp	29:11.5	9:25	26	F	Wilmington	NC
35	155	Cheryl Trapp	29:11.8	9:25	54	F	Wilmington	NC
36	28	Polly Decker	29:16.3	9:26	50	F	Wilmington	NC
37	95	DEAN OLLINGER	29:16.9	9:26	34	M	Wilmington	NC
38	136	James Stacey	29:18.4	9:27	34	M	Wilmington	NC
39	167	Keri Willmann	29:33.9	9:32	36	F	Wilmington	NC
40	169	Tim Wilson	29:50.3	9:37	39	M	Wilmington	NC
41	21	David Clawson	30:04.8	9:42	49	M	Wilmington	NC
42	133	Lanny Scott	30:13.7	9:45	46	M	Wilmington	NC

43	90 James Moore III	30:20.0	9:47	46	M	Wilmington	NC
44	12 MELISSA BOYETTE	30:33.5	9:51	41	F	Wilmington	NC
45	145 Melinda Theiss	30:40.4	9:54	28	F	Wilmington	NC
46	142 Wesley Tartt	31:06.5	10:02	15	M	Wilmington	NC
47	171 Jason Windham	31:07.3	10:02	27	M	Wilmington	NC
48	34 Dawn Dunn	31:16.3	10:05	35	F	Wilmington	NC
49	16 Jennifer Butz	31:22.1	10:07	40	F	Wilmington	NC
50	183 Fran Wilcox	31:31.8	10:10	49	F	Wilmington	NC
51	50 Leah Greer	31:41.8	10:13	33	F	Wilmington	NC
52	85 Christopher Miles	31:49.8	10:16	30	M	Wilmington	NC
53	106 Perry Pence	32:28.0	10:28	43	M	Wilmington	NC
54	127 Lori Roy	32:35.6	10:31	32	F	Wilmington	NC
55	152 Joshua Tinch	32:42.6	10:33	15	M	Wilmington	NC
56	170 Christen Windham	33:32.9	10:49	25	F	Wilmington	NC
57	67 James Juma	33:54.8	10:56	53	M	Wilmington	NC
58	94 Kim Olinger	34:07.4	11:00	34	F	Wilmington	NC
59	96 Becca Owens	34:16.9	11:03	26	F	Wilmington	NC
60	161 Ann Wells	34:47.3	11:13	51	F	Wilmington	NC
61	162 Carl Wells	34:47.9	11:13	49	M	Wilmington	NC
62	150 Missy Tinch	35:27.8	11:26	37	F	Wilmington	NC
63	151 Tim Tinch	35:28.0	11:26	46	M	Wilmington	NC
64	56 Regina Henderson	35:52.9	11:34	27	F	Wilmington	NC
65	181 Melissa Albertson	36:00.4	11:37	44	F	Beulaville	NC
66	179 Katherine Wall	36:08.9	11:39	26	F	Wilmington	NC
67	178 Rillia Green	36:22.6	11:44	50	F	Wilmington	NC
68	182 Sharon Meizen	36:52.2	11:54	56	F	Wilmington	NC
69	92 Li Nichols	36:54.3	11:54	45	F	Wilmington	NC
70	137 Tamara Stubbs	37:05.6	11:58	38	F	Wilmington	NC
71	125 Jason Roy	37:20.1	12:03	35	M	Wilmington	NC
72	81 Bob McBride	39:29.7	12:44	61	M	Wilmington	NC
73	46 Beth Fullwood	39:42.5	12:48	48	F	Wilmington	NC
74	166 Bridgette Williams	40:17.9	12:59	43	F	Wilmington	NC
75	64 Glenda Howard	41:57.5	13:32	52	F	Wilmington	NC
76	66 Shaneikwa Jones	42:26.6	13:41	21	F	Wilmington	NC
77	180 Jolissa Burney	42:27.0	13:42	14	F	Shalotte	NC
78	1 Christine Addington	43:22.6	13:59	52	F	Wilmington	NC
79	63 Mary Pat Hooker	44:01.0	14:12	53	F	Wilmington	NC
80	5 BETH BAKER	45:24.8	14:39	54	F	Wilmington	NC
81	74 Amy Lafave	45:29.6	14:40	42	F	Wilmington	NC
82	27 KATRINA DAVIS	46:11.9	14:54	33	F	Wilmington	NC
83	168 Chad Wilson	46:56.9	15:08	30	M	Wilmington	NC
84	44 Justin Fisher	47:13.5	15:14	14	M	Wilmington	NC
85	86 La Tonya Miles	49:55.5	16:06	35	F	Wilmington	NC
86	87 Tyon Miles	50:01.8	16:08	8	M	Wilmington	NC
87	61 TONI HOLLIDAY	50:13.5	16:12	51	F	Wilmington	NC
88	52 Isabella Hamilton	50:13.7	16:12	7	F	Wilmington	NC
89	24 tiese clemmoms	50:13.7	16:12	43	F	Wilmington	NC

90	89 Barbara Mintz	50:14.0	16:12	59	F	Wilmington	NC
91	88 Zyon Miles	51:06.4	16:29	8	M	Wilmington	NC
92	143 Jennifer Tate	55:25.3	17:53	23	F	Wilmington	NC
93	144 Wendy Tate	55:44.1	17:59	50	F	Wilmington	NC
94	141 LaDonna Tartt	56:15.5	18:09	41	F	Wilmington	NC
95	120 Cindy Rice	56:15.8	18:09	55	F	Wilmington	NC