

# NHRMC EMPLOYEE FITNESS CENTER'S GOOD FOR YOU 5K

SUNDAY, OCTOBER 27, 2013 ~ 8AM

WILMINGTON, NC ~ NHRMC EMPLOYEE FITNESS CENTER

## 5K AGE GROUP RESULTS

### OVERALL TOP MALE

Place	Bib #	Name	Total	Pace	Age	Gender	City	State
1	1826	Nathan Sudduth	17:31.3	5:39	16	M	Wilmington	NC

### OVERALL TOP FEMALE

Place	Bib #	Name	Total	Pace	Age	Gender	City	State
1	1803	Ginger Reynolds	26:05.1	8:25	36	F	Wilmington	NC

### MALE 14 & UNDER

Place	Bib #	Name	Total	Pace	Age	Gender	City	State
1	1825	Cohl Sudduth	20:57.5	6:45	14	M	Wilmington	NC
2	1373	Dawson Asbury	21:25.4	6:55	14	M	Wilmington	NC
3	1750	Shaun Gizdic	23:14.7	7:30	13	M	Wilmington	NC
4	1866	Andrew Kays	29:02.3	9:22	7	M	Wilmington	NC
6	1749	John C. Gizdic	29:37.7	9:33	13	M	Wilmington	NC
7	1805	Witt Reynolds	29:42.0	9:35	5	M	Wilmington	NC
8	1706	Ryan Boyette	31:44.7	10:14	14	M	Wilmington	NC
9	1726	Hayes Costello	38:43.4	12:29	6	M	Wilmington	NC
10	1819	Luke Smith	42:02.5	13:34	13	M	Wilmington	NC
11	1855	Kellen Cook	52:29.7	16:56	5	M	Wilmington	NC
12	1854	Jaysen Cook	52:31.4	16:56	9	M	Wilmington	NC

### MALE 15 - 19

Place	Bib #	Name	Total	Pace	Age	Gender	City	State
1	1785	Michael Meeks	22:36.3	7:17	15	M	Wilmington	NC
2	1853	Max Morris	23:45.8	7:40	16	M	Wilmington	NC
3	1815	Kevin Schaffer	25:14.2	8:08	17	M	Wilmington	NC
4	1760	Alex Johnson	25:52.4	8:21	17	M	Wilmington	NC

### MALE 20 - 24

Place	Bib #	Name	Total	Pace	Age	Gender	City	State
1	1741	Brian Foley	21:49.8	7:02	24	M	Wilmington	NC
2	1858	Alex Gerald	22:24.2	7:14	20	M	Wilmington	NC

### MALE 25 - 29

Place	Bib #	Name	Total	Pace	Age	Gender	City	State
1	1740	Ian Flannery	20:48.3	6:43	27	M	Wilmington	NC
2	1851	Jonathan Paschal	21:43.7	7:00	28	M	Wilmington	NC
3	1850	Dwight Sheppard	23:26.5	7:34	27	M	Wilmington	NC

4	1869	Carr Fullagar	24:46.0	7:59	29	M	Wilmington	NC
5	1800	Manav Patel	25:59.5	8:23	27	M	Wilmington	NC
6	1842	Chad Wilson	45:03.1	14:32	29	M	Wilmington	NC

MALE 30 - 34

Place	Bib #	Name	Total	Pace	Age	Gender	City	State
1	1728	Hugh Crews	17:34.5	5:40	31	M	Wilmington	NC
2	1849	Cory Burnett	21:26.4	6:55	32	M	Wilmington	NC
3	1738	Travis Faircloth	25:38.1	8:16	33	M	Wilmington	NC
4	1846	Wesley Craven	26:32.7	8:34	34	M	Wilmington	NC

MALE 35 - 39

Place	Bib #	Name	Total	Pace	Age	Gender	City	State
1	1723	Brian Costello	27:13.8	8:47	35	M	Wilmington	NC
2	1863	Rossie Manning	28:04.2	9:03	39	M	Wilmington	NC
3	1804	Rob Reynolds	29:42.5	9:35	36	M	Wilmington	NC

MALE 40 - 44

Place	Bib #	Name	Total	Pace	Age	Gender	City	State
1	1734	Chris Egger	21:48.0	7:02	44	M	Wilmington	NC
2	1781	Joseph McAlear	23:14.7	7:30	44	M	Wilmington	NC
3	1748	John Gizdic	23:20.4	7:32	43	M	Wilmington	NC
4	1865	Robert Howlett	27:04.7	8:44	43	M	Wilmington	NC
5	1864	Justin Robertson	28:04.5	9:03	41	M	Wilmington	NC
6	1813	Andre Santangelo	37:11.2	11:59	42	M	Wilmington	NC

MALE 45 - 49

Place	Bib #	Name	Total	Pace	Age	Gender	City	State
1	1862	Don Kays	29:08.6	9:24	46	M	Wilmington	NC
2	1718	David Clawson	30:45.2	9:55	48	M	Wilmington	NC

MALE 50 - 54

Place	Bib #	Name	Total	Pace	Age	Gender	City	State
1	1751	Kyle Green	43:14.3	13:57	51	M	Wilmington	NC

MALE 55 - 59

Place	Bib #	Name	Total	Pace	Age	Gender	City	State
1	1848	Ed Brophy	24:04.4	7:46	58	M	Wilmington	NC
2	1786	Willard Meeks	29:48.6	9:37	55	M	Wilmington	NC

MALE 60 - 64

Place	Bib #	Name	Total	Pace	Age	Gender	City	State
1	1768	David Kirk	25:13.3	8:08	61	M	Wilmington	NC
2	1821	Mark Stalfort	33:49.1	10:55	62	M	Wilmington	NC
3	1553	Jeff Hurst	41:15.0	13:18	63	M	Wilmington	NC

MALE 65+

Place	Bib #	Name	Total	Pace	Age	Gender	City	State
1	1762	Calvin Jones	53:40.9	17:19	71	M	Wilmington	NC

#### FEMALE 14 & UNDER

Place	Bib #	Name	Total	Pace	Age	Gender	City	State
1	1852	Caitlin Cook	29:17.3	9:27	14	F	Wilmington	NC
2	1714	Izzy Butler	31:28.5	10:09	10	F	Wilmington	NC
3	1783	Angela McIntyre	41:13.8	13:18	13	F	Wilmington	NC
4	1754	Isabella Hamilton	50:58.7	16:26	7	F	Wilmington	NC

#### FEMALE 15 - 19

Place	Bib #	Name	Total	Pace	Age	Gender	City	State
1	1759	Elizabeth Hughes	36:38.8	11:49	17	F	Wilmington	NC
2	1798	Abigail Pait	42:29.1	13:42	17	F	Wilmington	NC

#### FEMALE 20 - 24

Place	Bib #	Name	Total	Pace	Age	Gender	City	State
1	1873	Alyssa James	30:17.1	9:46	23	F	Wilmington	NC
2	1874	Molly Bost	30:17.1	9:46	22	F	Wilmington	NC
3	1769	Kirsti Leighton	33:16.9	10:44	23	F	Wilmington	NC

#### FEMALE 25 - 29

Place	Bib #	Name	Total	Pace	Age	Gender	City	State
1	1537	Brooke Batson	39:12.8	12:39	26	F	Wilmington	NC
2	1755	Regina Henderson	40:41.3	13:07	26	F	Wilmington	NC

#### FEMALE 30 - 34

Place	Bib #	Name	Total	Pace	Age	Gender	City	State
1	1867	Marla Engrahm	29:08.9	9:24	34	F	Wilmington	NC
2	1807	Randi Rooks	29:18.4	9:27	30	F	Wilmington	NC
3	1756	Karen Hill	32:41.6	10:33	32	F	Wilmington	NC
4	1817	LaKara Schaus	39:12.4	12:39	34	F	Wilmington	NC
5	1818	LaTiah Smith	42:03.9	13:34	33	F	Wilmington	NC
6	1868	Kim Brady	44:21.8	14:18	33	F	Wilmington	NC

#### FEMALE 35 - 39

Place	Bib #	Name	Total	Pace	Age	Gender	City	State
1	1824	Marlene Stewart	27:17.9	8:48	38	F	Wilmington	NC
2	1792	Kirstin Nannini	28:00.4	9:02	38	F	Wilmington	NC
3	1840	KERI WILLMANN	29:49.9	9:37	35	F	Wilmington	NC
4	1722	Vasana Copp	30:09.0	9:43	39	F	Wilmington	NC
5	1713	Barbara Burke	30:20.7	9:47	39	F	Wilmington	NC
6	1870	Dawn Dunn	33:00.7	10:39	35	F	Wilmington	NC
7	1784	Shavonny McIntyre	33:35.7	10:50	37	F	Wilmington	NC

#### FEMALE 40 - 44

Place	Bib #	Name	Total	Pace	Age	Gender	City	State
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1	1861	Erica Lewis	27:00.8	8:43	44	F	Wilmington	NC
2	1715	Jen Butler	31:28.9	10:09	40	F	Wilmington	NC
3	1705	Melissa Boyette	31:44.7	10:14	41	F	Wilmington	NC
4	1860	Joy Stein	32:05.7	10:21	40	F	Wilmington	NC
5	1810	shoshanna rouser	34:11.9	11:02	43	F	Wilmington	NC
6	1747	Cristin Gizdic	37:21.5	12:03	43	F	Wilmington	NC
7	1814	Donna Santangelo	37:34.0	12:07	40	F	Wilmington	NC
8	1772	AMANDA LEWIS	44:20.8	14:18	43	F	Wilmington	NC
9	1856	Vivian Cook	52:33.5	16:57	40	F	Wilmington	NC

FEMALE 45 - 49

Place	Bib #	Name	Total	Pace	Age	Gender	City	State
1	1845	Rebecca Zumpe	27:49.8	8:58	48	F	Wilmington	NC
2	1743	Beth Fullwood Fullwood	33:21.0	10:45	48	F	Wilmington	NC
3	1587	Mary Beth Bobek	33:58.7	10:57	45	F	Wilmington	NC
4	1658	Natalie Boehling	34:19.3	11:04	46	F	Wilmington	NC
5	1812	Denise Sanfilippo	38:42.4	12:29	46	F	Wilmington	NC
6	1771	Laurie Leighton	39:05.1	12:36	49	F	Wilmington	NC
7	1766	Matina Kahler	39:49.3	12:51	48	F	Wilmington	NC

FEMALE 50 - 54

Place	Bib #	Name	Total	Pace	Age	Gender	City	State
1	1847	Martha Brophy	28:57.1	9:20	50	F	Wilmington	NC
2	1720	Polly Clawson	30:35.9	9:52	50	F	Wilmington	NC
3	1782	Dina McGrogan	32:07.5	10:22	52	F	Wilmington	NC
4	1435	Beth Baker	36:03.4	11:38	54	F	Wilmington	NC
5	1859	Aline Lasseter	37:02.3	11:57	52	M	Wilmington	NC
6	1820	Maggie Stalfort	39:49.4	12:51	53	F	Wilmington	NC
7	1752	Rillia Green	40:40.6	13:07	50	F	Wilmington	NC
8	1871	Wendy Holmes	42:27.3	13:42	50	F	Wilmington	NC
9	1761	Carolyn Johnson	42:52.4	13:50	53	F	Wilmington	NC
10	1828	Donna Thigpen	49:16.7	15:54	52	F	Wilmington	NC

FEMALE 55 - 59

Place	Bib #	Name	Total	Pace	Age	Gender	City	State
1	1872	Donna Bost	28:34.9	9:13	59	F	Wilmington	NC
2	1857	Mary Ellen Bonczek	35:20.5	11:24	57	F	Wilmington	NC
3	1551	LaRhonda Batson Batson	39:12.1	12:39	58	F	Wilmington	NC
4	1767	Cristina Kane-Hurst	39:38.2	12:47	58	F	Wilmington	NC
5	1799	Jacqueline Pait	42:28.7	13:42	56	F	Wilmington	NC
6	1788	Barbara Mintz	50:59.2	16:27	59	F	Wilmington	NC

FEMALE 65+

Place	Bib #	Name	Total	Pace	Age	Gender	City	State
1	1763	Nancy Jones	53:40.6	17:19	74	F	Wilmington	NC