

Good 4 You 5K Age Group Results 9/24/2016 9:37:12 AM

Position	Bib #	Name	Finish	Pace	Age	State	Gun Elapsed	Age	City	State
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5K TOP MALES OVERALL based on Gun Elapsed time

1	1575	GEPHART, RAYMOND	19:21.4	6:15	32					
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5K TOP FEMALES OVERALL based on Gun Elapsed time

1	1625	LUCE, ERIN	22:02.0	7:06	33					
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5K MALE 14 AND UNDER - based on Gun Elapsed time

1	1965	DANIELS, COLE	26:47.3	8:38	10	WILMINGTON	NC			
2	1520	BOEHLING, BROCK	26:56.0	8:41	12					
3	1521	BOEHLING, DANIEL	28:19.5	9:08	8					
4	1627	LYONS, FRANK	29:56.0	9:39	13					
5	1607	JENRETTE, JAYLEN	30:30.6	9:50	14					
6	1620	LONG, ALEX	36:58.5	11:55	10					
7	1724	TUCKER, NOAH	39:08.3	12:37	3					
8	1985	AHMAD, ZANE	41:59.2	13:33	8	WILMINGTON	NC			
9	1986	AHMAD, ZACH	42:03.8	13:34	5	WILMINGTON	NC			
10	1463	BANCROFT, JAXSON	42:53.2	13:50	3					
11	1545	COSBY, TYLER	45:08.2	14:34	14					
12	1636	MCCALL, ANDREW	46:45.9	15:05	4					
13	1639	MCCALL, OLIVER	46:46.5	15:05	8					
14	1971	CHAVERS, NOLAN	52:28.2	16:55	6	WILMINGTON	NC			

5K MALE 15-19 - based on Gun Elapsed time

1	1659	MOSLEY, ANDREW	30:23.3	9:48	16					
2	1682	POPE, MILLER	36:22.3	11:44	15					

5K MALE 20-24 - based on Gun Elapsed time

5K MALE 25-29 - based on Gun Elapsed time

1	1696	SEIJO, EDUARDO	26:36.2	8:35	29					
2	1583	HAYES, BRIAN	27:31.3	8:53	27					
3	1685	REUTHER, DANIEL	29:39.6	9:34	27					
4	1718	THAMES, TYRELL	1:07:56.9	21:55	26					

5K MALE 30-34 - based on Gun Elapsed time

1	1719	THEISS, PAUL	20:05.2	6:29	32					
2	1671	NOWAK, MARTIN	23:04.0	7:26	34					
3	1653	MEYER, NICK	26:13.9	8:27	33					
4	1526	BRENDLE, JAMES	28:25.2	9:10	31					
5	1749	THOMAS, JT	31:09.2	10:03	32	WILMINGTON	NC			
6	951	ARMSTRONG, BRET	33:00.2	10:39	33	WILMINGTON	NC			
7	1723	TUCKER, JOSHUA	39:08.7	12:37	31					
8	1975	BIANCHI, MARK	42:54.2	13:50	33	LELAND	NC			
9	1707	SILAS, STANLEY	45:51.4	14:47	34					
10	1675	PATRICK, TRAVIS	48:25.3	15:37	31					

5K MALE 35-39 - based on Gun Elapsed time

1	1584	HIDALGO, CHRISTOPHER	21:07.7	6:49	37					
2	1680	PISANI, JASON	23:29.5	7:35	38					
3	1981	BUCANAN, DAMIEN	24:41.1	7:58	36	WILMINGTON	NC			
4	1988	NGUYEN, JAMIE	26:07.3	8:25	36	WILMINGTON	NC			
5	1637	MCCALL, DARRELL	26:09.4	8:26	35					
6	1566	FAIRCLOTH, TRAVIS	28:45.5	9:16	35					
7	1740	WILKES, SIM	30:15.6	9:45	37					
8	1972	GILMER, ALEXANDER	32:16.8	10:25	35	WILMINGTON	NC			
9	1695	SCOTT, BARRY	34:10.2	11:01	38					
10	1722	TONN, ADAM	36:07.1	11:39	39					
11	1533	BUTLER, MARTIN	38:42.5	12:29	39					
12	1593	HOLMES, GERRYL	41:47.4	13:29	35					
13	1586	HILL, BRANDON	41:57.7	13:32	37					

Good 4 You 5K Age Group Results 9/24/2016 9:37:14 AM

Position	Bib #	Name	Finish	Pace	Age	State	Gun Elapsed	Age	City	State
14	1991	CHAVERS, BRANDON	52:28.7	16:55	37		WILMINGTON			NC
15	1652	MESSICK, WARRELL	1:09:32.2	22:26	38					
5K MALE 40-44 - based on Gun Elapsed time										
1	1672	OEHLER, DAVID	29:53.8	9:38	43					
2	1562	EDGERTON, MICHAEL	31:49.5	10:16	41					
3	1624	Longbottom, Marty	33:16.4	10:44	41					
4	1741	WILSON, TIM	35:37.6	11:29	41					
5	1621	LONG, DAVID	36:59.0	11:56	44					
6	1579	HAMILTON, CHARLES	47:33.1	15:20	42					
7	1661	MOSLEY, LEE	50:05.4	16:09	43					
5K MALE 45-49 - based on Gun Elapsed time										
1	1657	MONTGOMERY, KEITH	25:26.5	8:12	45					
2	1522	BOEHLING, ERIC	25:53.4	8:21	48					
3	1619	LOMBARDO, GREGG	34:18.8	11:04	46					
4	1984	AHMAD, BRIAN	42:00.1	13:33	45		WILMINGTON			NC
5K MALE 50-54 - based on Gun Elapsed time										
1	1708	SLAVIN, JOHN	24:08.7	7:47	50					
2	1993	BOEHLINS, STEVE	25:16.3	8:09	51		WILMINGTON			NC
3	1976	BELLEGONTE, DAVID	34:37.1	11:10	50		WILMINGTON			NC
4	1558	DILLAVOU, MARK	50:07.4	16:10	53					
5K MALE 55-59 - based on Gun Elapsed time										
1	1663	MURPHY, DENNIS	35:52.2	11:34	56					
2	1678	PERRETTA, MICHAEL	40:30.7	13:04	59					
3	1540	CONN, KENNETH	46:30.1	15:00	57					
4	1715	STEWART, GREG	54:09.0	17:28	57					
5	1556	DEGEORGE, VINCE	56:19.6	18:10	55					
5K MALE 60-64 - based on Gun Elapsed time										
1	1527	BROPHY, EDWARD	23:50.0	7:41	61					
2	1613	KIRK, DAVID	25:05.3	8:05	64					
3	1647	MEDEIROS, PATRICK	31:51.0	10:16	64					
4	1600	HUGHES, LAWRENCE	35:12.0	11:21	60					
5	949	MOYA, FERNANDO	42:18.9	13:39	62		WILMINGTON			NC
5K MALE 65+ - based on Gun Elapsed time										
1	1732	VIOLLIS, TONY	32:37.5	10:31	66					
2	953	HOOK, DAVID	48:10.5	15:32	68		GREENSBORO			NC
5K FEMALE 14 AND UNDER - based on Gun Elapsed time										
1	1632	MARQUIS, ZAIDA	28:20.9	9:08	14					
2	1684	RANSOM, MIKELLA	29:32.0	9:32	12					
3	1641	MCGOWAN, RAEGAN	29:37.8	9:33	14					
4	1628	LYONS, KATE	31:02.3	10:01	10					
5	1737	WESTENDORFF, MARY	32:01.6	10:20	12					
6	1532	BUTLER, CATALINA	32:01.8	10:20	8					
7	1534	BUTLER, VALENTINA	38:41.5	12:29	5					
8	1640	MCGOWAN, LAUREN	40:18.6	13:00	12					
9	1594	HOLMES, NILAH	41:45.1	13:28	11					
10	1706	SILAS, SONIA	45:50.7	14:47	8					
11	1704	SILAS, ALEA	46:24.4	14:58	6					
12	950	MOYA, ALLISON	46:37.2	15:02	12		WILMINGTON			NC
13	954	GRADY, SIAN	46:45.8	15:05	6		WILMINGTON			NC
14	1580	HAMILTON, ISABELLA	47:33.9	15:20	10					
15	1643	MCLEOD, GRACE	48:02.4	15:30	7					
16	1999	PELLOM, KENIYAH	48:17.8	15:35	10		BURGAW			NC
17	1933	MILES, JILLIAN	52:06.7	16:48	12		WILMINGTON			NC
18	1662	MURCHISON, NARIAH	1:01:21.6	19:47	10					
5K FEMALE 15-19 - based on Gun Elapsed time										

Good 4 You 5K Age Group Results 9/24/2016 9:37:15 AM

Position	Bib #	Name	Finish	Pace	Age	State	Gun Elapsed	Age	City	State
1	1536	BUTZ, LAUREN	24:22.5	7:52	16					
2	1538	CHILDS, LINDSEY	26:51.4	8:40	15					
3	1524	BOYETTE, ALISSA	39:27.7	12:44	15					
5K FEMALE 20-24 - based on Gun Elapsed time										
1	1602	HUGHES, PEYTON	44:33.1	14:22	20					
2	1726	VAN GILDER, CHARLOTTE	51:24.3	16:35	23					
3	1664	MURPHY, TANISHA	1:07:56.8	21:55	23					
5K FEMALE 25-29 - based on Gun Elapsed time										
1	1518	BOBB, MORGAN	26:17.4	8:29	27					
2	1569	GAINUS, LINDSAY	27:31.5	8:53	29					
3	1978	KYLE, LIZ	30:56.3	9:59	29	WILMINGTON			NC	
4	1598	HORNE, ASHLEY	36:30.8	11:46	28					
5	1665	MURPHY, TIMIKA	38:13.1	12:20	28					
6	1679	PHILLIPS, ALEXIS	40:05.8	12:56	26					
7	1629	MANSOUR, JENNY	41:09.8	13:16	29					
8	1979	WRIGHT, DANIELLE	41:50.5	13:30	27	WILMINGTON			NC	
9	1614	KRAUS, RACHEL	42:50.8	13:49	26					
10	1445	BANCROFT, ASHLEY	42:53.0	13:50	29					
11	1995	WALL, KATHENNE	44:12.3	14:15	29	WILMINGTON			NC	
12	1983	CLARK, CAITLIN	47:14.8	15:14	28	WILMINGTON			NC	
13	1742	WOLFE, JOLENE	47:21.7	15:16	26					
14	1553	DEGEORGE, JILL	56:19.4	18:10	25					
15	1555	DEGEORGE, SHARI	58:11.6	18:46	25					
16	1539	COATNEY, SHERIDA	1:01:20.9	19:47	28					
5K FEMALE 30-34 - based on Gun Elapsed time										
1	1747	GRUNAW, KARI	24:25.8	7:53	30	WILMINGTON			NC	
2	1623	HENRY, CLAIRE	24:41.2	7:58	33	WILMINGTON			NC	
3	1609	JURADO, LESLY	25:32.7	8:14	34					
4	1974	SMITH, JENNIFER	26:10.4	8:26	34	SURF CITY			NC	
5	1731	VINSON, BREONY	27:04.6	8:44	31					
6	1645	MCNEAL, DANELLE	27:33.3	8:53	32					
7	1654	MIDDIONE, NELLIE	28:15.0	9:07	32					
8	1717	TERRELL, NICOLE	29:16.3	9:26	32					
9	1725	TUCKER, STEPAHNIE	29:33.0	9:32	31					
10	1668	NIENOW, ASHLEY	29:46.3	9:36	31					
11	1748	THOMAS, RACHEL	32:09.4	10:22	31	WILMINGTON			NC	
12	1734	WALL, DANA	32:10.6	10:23	34					
13	1733	VOSNOCK, JULIA	33:10.4	10:42	32					
14	1966	JUSTAFORT, JENNIFER	40:13.2	12:58	33	WILMINGTON			NC	
15	1574	GEPHART, MARIE	40:38.9	13:06	32					
16	1547	CUMMINGS, AMANDA	41:09.9	13:16	33					
17	1615	LANIER, HANNAH	41:49.2	13:29	33					
18	1990	MILLER, CAITLIN	41:49.4	13:29	30	WILMINGTON			NC	
19	1987	GREENWOOD, JULIA	42:05.2	13:35	31	WILMINGTON			NC	
20	1610	KAMMERICH, NINA	43:29.6	14:02	32					
21	1982	SHIVELY, EMILY	55:36.9	17:56	33	WILMINGTON			NC	
22	1595	HOLMES, SHANTE	1:01:17.6	19:46	34					
5K FEMALE 35-39 - based on Gun Elapsed time										
1	1686	REYNOLDS, GINGER	27:08.4	8:45	39					
2	1587	HILL, KAREN	28:07.2	9:04	35					
3	1477	BAO, SHELLY	32:00.9	10:19	39					
4	1716	TEAGUE, AMANDA	32:13.6	10:24	36					
5	1705	SILAS, KIMBERLY	45:57.4	14:49	35					
6	1745	YEAGER, JACLYN	46:44.4	15:05	38					
7	1638	MCCALL, JULIE	46:46.2	15:05	39					
8	1739	WILKES, EMILY	47:57.4	15:28	36					
9	1560	DUNCAN, LESSLIE	48:16.7	15:34	36					
5K FEMALE 40-44 - based on Gun Elapsed time										

Good 4 You 5K Age Group Results 9/24/2016 9:37:17 AM

Position	Bib #	Name	Finish	Pace	Age	State	Gun Elapsed	Age	City	State
1	1646	MEADOWS, ELENA	28:55.6	9:20	42					
2	1711	SPALDING, LAURA	31:23.8	10:07	40					
3	1505	BENNETT, ANDREA	32:27.4	10:28	42					
4	1561	EDGERTON, LISA	32:56.4	10:37	40					
5	1588	HINES, KELLI	34:06.6	11:00	42					
6	1535	BUTZ, JENNIFER	34:20.1	11:05	43					
7	1681	POPE, CHRISTIE	36:22.3	11:44	42					
8	1529	BURKE, BARBARA	36:42.3	11:50	42					
9	1997	WELLS, KELLY	38:31.8	12:25	42		WILMINGTON		NC	
10	1648	MEDLIN, TINA MARIE	38:43.5	12:29	43					
11	1710	SMITH, TONI	38:46.1	12:30	43					
12	1525	BOYETTE, MELISSA	39:32.5	12:45	43					
13	1660	MOSLEY, BRANDI	43:36.4	14:04	42					
14	1683	RANSOM, MICHELLE	44:17.6	14:17	44					
15	1542	COPP, VASANA	47:21.3	15:16	42					
16	1578	HALL, JEANETTE	53:09.7	17:09	41					
17	324	ADAMS, LATOSHA	54:40.9	17:38	41					
18	1606	JENRETTE, ANTIONETTE	58:14.2	18:47	44					

5K FEMALE 45-49 - based on Gun Elapsed time

1	1567	FISHER, CAROLYN	25:09.9	8:07	48					
2	1626	LYONS, BARBARA	25:59.3	8:23	48					
3	1546	COWAN, TOSHA	28:52.5	9:19	49					
4	1582	HART, TERESA	30:25.1	9:49	46					
5	1630	MARQUIS, KELLY	30:33.1	9:51	49					
6	1738	WESTENDORFF, REBECCA	32:02.0	10:20	48					
7	1658	MONTGOMERY, MICHELE	34:11.1	11:02	45					
8	1523	BOONE, GRAY	35:37.2	11:29	46					
9	1669	NORRIS, CHARLOTTE	37:26.2	12:05	46					
10	1551	DAVIS, ROBIN	43:46.0	14:07	46					
11	1544	COSBY, SUSAN	45:06.8	14:33	45					
12	1617	LIVINGOOD, ANGELA	47:35.9	15:21	45					
13	1644	MCLEOD, PEGGY	47:52.1	15:26	45					
14	1994	BOEHLING, NATALIE	47:53.9	15:27	48		WILMINGTON		NC	
15	1709	SMITH, ANGELA	48:18.2	15:35	47					
16	1633	MARRA, TERESA	58:41.3	18:56	46					
17	1878	MILES, SHANNON	1:08:31.1	22:06	45		WILMINGTON		NC	

5K FEMALE 50-54 - based on Gun Elapsed time

1	1528	BROPHY, MARTHA	27:19.2	8:49	53					
2	1552	DECKER, POLLY	28:23.6	9:09	52					
3	1998	BELLEGANTE, ANNA	34:36.6	11:10	52		WILMINGTON		NC	
4	1057	ADKINS, REBECCA	37:35.8	12:07	54					
5	1568	FULLWOOD, BETH	38:45.6	12:30	51					
6	1690	ROY, KATIE	42:57.7	13:51	52					
7	1670	NOVOSEL, PAMELA	43:29.8	14:02	51					
8	1516	BILLETER, MARIANNE	47:36.0	15:21	53					
9	1557	DILLAVOU, HELEN	50:06.4	16:10	51					
10	1727	VAN GILDER, VANESSA	51:24.8	16:35	52					
11	1537	CARR, LINDA	53:04.7	17:07	54					

5K FEMALE 55-59 - based on Gun Elapsed time

1	1577	GUPTON, SHELLEY	27:12.0	8:46	57					
2	1565	ESCARSEGA, PAM	38:27.1	12:24	58					
3	1973	SANDS, PAULA	38:32.1	12:26	58		WILMINGTON		NC	
4	1635	MASTRANGELO-SIMMONS, LAURIE	40:41.0	13:07	58					
5	1655	CONN, LINDA	46:30.6	15:00	56					
6	1554	DEGEORGE, PAM	58:11.1	18:46	55					

5K FEMALE 60-64 - based on Gun Elapsed time

1	1677	PERRETTA, CYNTHIA	38:58.2	12:34	60					
2	1592	HOLMES, CHERYL	39:31.7	12:45	60					
3	1656	MINTZ, BARBARA	48:22.6	15:36	62					
4	1750	MATTHEWS, ALICE	49:03.8	15:49	63		WILMINGTON		NC	

Good 4 You 5K Age Group Results 9/24/2016 9:37:19 AM

Position	Bib #	Name	Finish	Pace	Age	State	Gun Elapsed	Age	City	State
5	1977	FLORY, MILLIE	49:43.2	16:02	60	WILMINGTON	NC			
6	1992	GLOCKNER, SHIRLEY	51:15.6	16:32	63	WILMINGTON	NC			
7	1649	MELTON, MARY K	54:09.2	17:28	60					
8	1597	HOOPER, TINA	54:41.3	17:38	60					

5K FEMALE 65+ - based on Gun Elapsed time

1	1634	MASON, JERRI	40:51.8	13:11	65					
2	952	HOOK, DUANELLE	47:57.9	15:28	66	GREENSBORO	NC			
3	1996	RIEMERSMA, JAN	51:16.2	16:32	67	WILMINGTON	NC			
4	1964	JACOBS, SHIRLEY	1:08:31.2	22:06	67	ROCKY POINT	NC			