

# Good 4 You 5K 9/24/2016 9:32:29 AM

Position	Bib #	Name	Finish	Pace	Age	State	Gun Elapsed	Gender	Age	City	State
DIVISION: 5K											
1	1575	GEPHART, RAYMOND	19:21.4	6:15		M	32				
2	1719	THEISS, PAUL	20:05.2	6:29		M	32				
3	1584	HIDALGO, CHRISTOPHER	21:07.7	6:49		M	37				
4	1625	LUCE, ERIN	22:02.0	7:06		F	33				
5	1671	NOWAK, MARTIN	23:04.0	7:26		M	34				
6	1680	PISANI, JASON	23:29.5	7:35		M	38				
7	1527	BROPHY, EDWARD	23:50.0	7:41		M	61				
8	1708	SLAVIN, JOHN	24:08.7	7:47		M	50				
9	1536	BUTZ, LAUREN	24:22.5	7:52		F	16				
10	1747	GRUNAW, KARI	24:25.8	7:53		F	30			WILMINGTON	NC
11	1981	BUCANAN, DAMIEN	24:41.1	7:58		M	36			WILMINGTON	NC
12	1623	HENRY, CLAIRE	24:41.2	7:58		F	33			WILMINGTON	NC
13	1613	KIRK, DAVID	25:05.3	8:05		M	64				
14	1567	FISHER, CAROLYN	25:09.9	8:07		F	48				
15	1993	BOEHLINS, STEVE	25:16.3	8:09		M	51			WILMINGTON	NC
16	1657	MONTGOMERY, KEITH	25:26.5	8:12		M	45				
17	1609	JURADO, LESLY	25:32.7	8:14		F	34				
18	1522	BOEHLING, ERIC	25:53.4	8:21		M	48				
19	1626	LYONS, BARBARA	25:59.3	8:23		F	48				
20	1988	NGUYEN, JAMIE	26:07.3	8:25		M	36			WILMINGTON	NC
21	1637	MCCALL, DARRELL	26:09.4	8:26		M	35				
22	1974	SMITH, JENNIFER	26:10.4	8:26		F	34			SURF CITY	NC
23	1653	MEYER, NICK	26:13.9	8:27		M	33				
24	1518	BOBB, MORGAN	26:17.4	8:29		F	27				
25	1696	SEIJO, EDUARDO	26:36.2	8:35		M	29				
26	1965	DANIELS, COLE	26:47.3	8:38		M	10			WILMINGTON	NC
27	1538	CHILDS, LINDSEY	26:51.4	8:40		F	15				
28	1520	BOEHLING, BROCK	26:56.0	8:41		M	12				
29	1731	VINSON, BREONY	27:04.6	8:44		F	31				
30	1686	REYNOLDS, GINGER	27:08.4	8:45		F	39				
31	1577	GUPTON, SHELLEY	27:12.0	8:46		F	57				
32	1528	BROPHY, MARTHA	27:19.2	8:49		F	53				
33	1583	HAYES, BRIAN	27:31.3	8:53		M	27				
34	1569	GAINUS, LINDSAY	27:31.5	8:53		F	29				
35	1645	MCNEAL, DANELLE	27:33.3	8:53		F	32				
36	1587	HILL, KAREN	28:07.2	9:04		F	35				
37	1654	MIDDIONE, NELLIE	28:15.0	9:07		F	32				
38	1521	BOEHLING, DANIEL	28:19.5	9:08		M	8				
39	1632	MARQUIS, ZAIDA	28:20.9	9:08		F	14				
40	1552	DECKER, POLLY	28:23.6	9:09		F	52				
41	1526	BRENDLE, JAMES	28:25.2	9:10		M	31				
42	1566	FAIRCLOTH, TRAVIS	28:45.5	9:16		M	35				
43	1546	COWAN, TOSHA	28:52.5	9:19		F	49				
44	1646	MEADOWS, ELENA	28:55.6	9:20		F	42				
45	1717	TERRELL, NICOLE	29:16.3	9:26		F	32				
46	1684	RANSOM, MIKELLA	29:32.0	9:32		F	12				
47	1725	TUCKER, STEPAHNIE	29:33.0	9:32		F	31				
48	1641	MCGOWAN, RAEGAN	29:37.8	9:33		F	14				
49	1685	REUTHER, DANIEL	29:39.6	9:34		M	27				
50	1668	NIENOW, ASHLEY	29:46.3	9:36		F	31				
51	1672	OEHLER, DAVID	29:53.8	9:38		M	43				
52	1627	LYONS, FRANK	29:56.0	9:39		M	13				
53	1740	WILKES, SIM	30:15.6	9:45		M	37				
54	1659	MOSLEY, ANDREW	30:23.3	9:48		M	16				
55	1582	HART, TERESA	30:25.1	9:49		F	46				
56	1607	JENRETTE, JAYLEN	30:30.6	9:50		M	14				
57	1630	MARQUIS, KELLY	30:33.1	9:51		F	49				
58	1978	KYLE, LIZ	30:56.3	9:59		F	29			WILMINGTON	NC
59	1628	LYONS, KATE	31:02.3	10:01		F	10				
60	1749	THOMAS, JT	31:09.2	10:03		M	32			WILMINGTON	NC
61	1711	SPALDING, LAURA	31:23.8	10:07		F	40				
62	1562	EDGERTON, MICHAEL	31:49.5	10:16		M	41				
63	1647	MEDEIROS, PATRICK	31:51.0	10:16		M	64				
64	1477	BAO, SHELLY	32:00.9	10:19		F	39				
65	1737	WESTENDORFF, MARY	32:01.6	10:20		F	12				
66	1532	BUTLER, CATALINA	32:01.8	10:20		F	8				

Good 4 You 5K 9/24/2016 9:32:30 AM

Position	Bib #	Name	Finish	Pace	Age	State	Gun Elapsed	Gender	Age	City	State
67	1738	WESTENDORFF, REBECCA	32:02.0	10:20		F	48				
68	1748	THOMAS, RACHEL	32:09.4	10:22		F	31			WILMINGTON	NC
69	1734	WALL, DANA	32:10.6	10:23		F	34				
70	1716	TEAGUE, AMANDA	32:13.6	10:24		F	36				
71	1972	GILMER, ALEXANDER	32:16.8	10:25		M	35			WILMINGTON	NC
72	1505	BENNETT, ANDREA	32:27.4	10:28		F	42				
73	1732	VIOLLIS, TONY	32:37.5	10:31		M	66				
74	1561	EDGERTON, LISA	32:56.4	10:37		F	40				
75	951	ARMSTRONG, BRET	33:00.2	10:39		M	33			WILMINGTON	NC
76	1733	VOSNOCK, JULIA	33:10.4	10:42		F	32				
77	1624	LONGBOTTOM, MARTY	33:16.4	10:44		M	41				
78	1588	HINES, KELLI	34:06.6	11:00		F	42				
79	1695	SCOTT, BARRY	34:10.2	11:01		M	38				
80	1658	MONTGOMERY, MICHELE	34:11.1	11:02		F	45				
81	1619	LOMBARDO, GREGG	34:18.8	11:04		M	46				
82	1535	BUTZ, JENNIFER	34:20.1	11:05		F	43				
83	1998	BELLEGANTE, ANNA	34:36.6	11:10		F	52			WILMINGTON	NC
84	1976	BELLEGANTE, DAVID	34:37.1	11:10		M	50			WILMINGTON	NC
85	1600	HUGHES, LAWRENCE	35:12.0	11:21		M	60				
86	1523	BOONE, GRAY	35:37.2	11:29		F	46				
87	1741	WILSON, TIM	35:37.6	11:29		M	41				
88	1663	MURPHY, DENNIS	35:52.2	11:34		M	56				
89	1722	TONN, ADAM	36:07.1	11:39		M	39				
90	1682	POPE, MILLER	36:22.3	11:44		M	15				
91	1681	POPE, CHRISTIE	36:22.3	11:44		F	42				
92	1598	HORNE, ASHLEY	36:30.8	11:46		F	28				
93	1529	BURKE, BARBARA	36:42.3	11:50		F	42				
94	1620	LONG, ALEX	36:58.5	11:55		M	10				
95	1621	LONG, DAVID	36:59.0	11:56		M	44				
96	1669	NORRIS, CHARLOTTE	37:26.2	12:05		F	46				
97	1057	ADKINS, REBECCA	37:35.8	12:07		F	54				
98	1665	MURPHY, TIMIKA	38:13.1	12:20		F	28				
99	1565	ESCARSEGA, PAM	38:27.1	12:24		F	58				
100	1997	WELLS, KELLY	38:31.8	12:25		F	42			WILMINGTON	NC
101	1973	SANDS, PAULA	38:32.1	12:26		F	58			WILMINGTON	NC
102	1534	BUTLER, VALENTINA	38:41.5	12:29		F	5				
103	1533	BUTLER, MARTIN	38:42.5	12:29		M	39				
104	1648	MEDLIN, TINA MARIE	38:43.5	12:29		F	43				
105	1568	FULLWOOD, BETH	38:45.6	12:30		F	51				
106	1710	SMITH, TONI	38:46.1	12:30		F	43				
107	1677	PERRETTA, CYNTHIA	38:58.2	12:34		F	60				
108	1724	TUCKER, NOAH	39:08.3	12:37		M	3				
109	1723	TUCKER, JOSHUA	39:08.7	12:37		M	31				
110	1524	BOYETTE, ALISSA	39:27.7	12:44		F	15				
111	1592	HOLMES, CHERYL	39:31.7	12:45		F	60				
112	1525	BOYETTE, MELISSA	39:32.5	12:45		F	43				
113	1679	PHILLIPS, ALEXIS	40:05.8	12:56		F	26				
114	1966	JUSTAFORT, JENNIFER	40:13.2	12:58		F	33			WILMINGTON	NC
115	1640	MCGOWAN, LAUREN	40:18.6	13:00		F	12				
116	1678	PERRETTA, MICHAEL	40:30.7	13:04		M	59				
117	1574	GEPHART, MARIE	40:38.9	13:06		F	32				
118	1635	MASTRANGELO-SIMMONS, LAURIE	40:41.0	13:07		F	58				
119	1634	MASON, JERRI	40:51.8	13:11		F	65				
120	1629	MANSOUR, JENNY	41:09.8	13:16		F	29				
121	1547	CUMMINGS, AMANDA	41:09.9	13:16		F	33				
122	1594	HOLMES, NILAH	41:45.1	13:28		F	11				
123	1593	HOLMES, GERRYL	41:47.4	13:29		M	35				
124	1615	LANIER, HANNAH	41:49.2	13:29		F	33				
125	1990	MILLER, CAITLIN	41:49.4	13:29		F	30			WILMINGTON	NC
126	1979	WRIGHT, DANIELLE	41:50.5	13:30		F	27			WILMINGTON	NC
127	1586	HILL, BRANDON	41:57.7	13:32		M	37				
128	1985	AHMAD, ZANE	41:59.2	13:33		M	8			WILMINGTON	NC
129	1984	AHMAD, BRIAN	42:00.1	13:33		M	45			WILMINGTON	NC
130	1986	AHMAD, ZACH	42:03.8	13:34		M	5			WILMINGTON	NC
131	1987	GREENWOOD, JULIA	42:05.2	13:35		F	31			WILMINGTON	NC
132	949	MOYA, FERNANDO	42:18.9	13:39		M	62			WILMINGTON	NC
133	1614	KRAUS, RACHEL	42:50.8	13:49		F	26				
134	1445	BANCROFT, ASHLEY	42:53.0	13:50		F	29				
135	1463	BANCROFT, JAXSON	42:53.2	13:50		M	3				

Good 4 You 5K 9/24/2016 9:32:32 AM

Position	Bib #	Name	Finish	Pace	Age	State	Gun Elapsed	Gender	Age	City	State
136	1975	BIANCHI, MARK	42:54.2	13:50		M	33			LELAND	NC
137	1690	ROY, KATIE	42:57.7	13:51		F	52				
138	1610	KAMMERICH, NINA	43:29.6	14:02		F	32				
139	1670	NOVOSEL, PAMELA	43:29.8	14:02		F	51				
140	1660	MOSLEY, BRANDI	43:36.4	14:04		F	42				
141	1551	DAVIS, ROBIN	43:46.0	14:07		F	46				
142	1995	WALL, KATHENNE	44:12.3	14:15		F	29			WILMINGTON	NC
143	1683	RANSOM, MICHELLE	44:17.6	14:17		F	44				
144	1602	HUGHES, PEYTON	44:33.1	14:22		F	20				
145	1544	COSBY, SUSAN	45:06.8	14:33		F	45				
146	1545	COSBY, TYLER	45:08.2	14:34		M	14				
147	1706	SILAS, SONIA	45:50.7	14:47		F	8				
148	1707	SILAS, STANLEY	45:51.4	14:47		M	34				
149	1705	SILAS, KIMBERLY	45:57.4	14:49		F	35				
150	1704	SILAS, ALEA	46:24.4	14:58		F	6				
151	1540	CONN, KENNETH	46:30.1	15:00		M	57				
152	1655	CONN, LINDA	46:30.6	15:00		F	56				
153	950	MOYA, ALLISON	46:37.2	15:02		F	12			WILMINGTON	NC
154	1745	YEAGER, JACLYN	46:44.4	15:05		F	38				
155	954	GRADY, SIAN	46:45.8	15:05		F	6			WILMINGTON	NC
156	1636	MCCALL, ANDREW	46:45.9	15:05		M	4				
157	1638	MCCALL, JULIE	46:46.2	15:05		F	39				
158	1639	MCCALL, OLIVER	46:46.5	15:05		M	8				
159	1983	CLARK, CAITLIN	47:14.8	15:14		F	28			WILMINGTON	NC
160	1542	COPP, VASANA	47:21.3	15:16		F	42				
161	1742	WOLFE, JOLENE	47:21.7	15:16		F	26				
162	1579	HAMILTON, CHARLES	47:33.1	15:20		M	42				
163	1580	HAMILTON, ISABELLA	47:33.9	15:20		F	10				
164	1617	LIVINGOOD, ANGELA	47:35.9	15:21		F	45				
165	1516	BILLETER, MARIANNE	47:36.0	15:21		F	53				
166	1644	MCLEOD, PEGGY	47:52.1	15:26		F	45				
167	1994	BOEHLING, NATALIE	47:53.9	15:27		F	48			WILMINGTON	NC
168	1739	WILKES, EMILY	47:57.4	15:28		F	36				
169	952	HOOK, DUANELLE	47:57.9	15:28		F	66			GREENSBORO	NC
170	1643	MCLEOD, GRACE	48:02.4	15:30		F	7				
171	953	HOOK, DAVID	48:10.5	15:32		M	68			GREENSBORO	NC
172	1560	DUNCAN, LESSLIE	48:16.7	15:34		F	36				
173	1999	PELLOM, KENIYAH	48:17.8	15:35		F	10			BURGAW	NC
174	1709	SMITH, ANGELA	48:18.2	15:35		F	47				
175	1656	MINTZ, BARBARA	48:22.6	15:36		F	62				
176	1675	PATRICK, TRAVIS	48:25.3	15:37		M	31				
177	1750	MATTHEWS, ALICE	49:03.8	15:49		F	63			WILMINGTON	NC
178	1977	FLORY, MILLIE	49:43.2	16:02		F	60			WILMINGTON	NC
179	1661	MOSLEY, LEE	50:05.4	16:09		M	43				
180	1557	DILLAVOU, HELEN	50:06.4	16:10		F	51				
181	1558	DILLAVOU, MARK	50:07.4	16:10		M	53				
182	1992	GLOCKNER, SHIRLEY	51:15.6	16:32		F	63			WILMINGTON	NC
183	1996	RIEMERSMA, JAN	51:16.2	16:32		F	67			WILMINGTON	NC
184	1726	VAN GILDER, CHARLOTTE	51:24.3	16:35		F	23				
185	1727	VAN GILDER, VANESSA	51:24.8	16:35		F	52				
186	1933	MILES, JILLIAN	52:06.7	16:48		F	12			WILMINGTON	NC
187	1971	CHAVERS, NOLAN	52:28.2	16:55		M	6			WILMINGTON	NC
188	1991	CHAVERS, BRANDON	52:28.7	16:55		M	37			WILMINGTON	NC
189	1537	CARR, LINDA	53:04.7	17:07		F	54				
190	1578	HALL, JEANETTE	53:09.7	17:09		F	41				
191	1715	STEWART, GREG	54:09.0	17:28		M	57				
192	1649	MELTON, MARY K	54:09.2	17:28		F	60				
193	324	ADAMS, LATOSHA	54:40.9	17:38		F	41				
194	1597	HOOPER, TINA	54:41.3	17:38		F	60				
195	1982	SHIVELY, EMILY	55:36.9	17:56		F	33			WILMINGTON	NC
196	1553	DEGEORGE, JILL	56:19.4	18:10		F	25				
197	1556	DEGEORGE, VINCE	56:19.6	18:10		M	55				
198	1554	DEGEORGE, PAM	58:11.1	18:46		F	55				
199	1555	DEGEORGE, SHARI	58:11.6	18:46		F	25				
200	1606	JENRETTE, ANTIONETTE	58:14.2	18:47		F	44				
201	1633	MARRA, TERESA	58:41.3	18:56		F	46				
202	1595	HOLMES, SHANTE	1:01:17.6	19:46		F	34				
203	1539	COATNEY, SHERIDA	1:01:20.9	19:47		F	28				
204	1662	MURCHISON, NARIAH	1:01:21.6	19:47		F	10				

Good 4 You 5K 9/24/2016 9:32:34 AM

Position	Bib #	Name	Finish	Pace	Age	State	Gun Elapsed	Gender	Age	City	State
205	1664	MURPHY, TANISHA	1:07:56.8	21:55		F	23				
206	1718	THAMES, TYRELL	1:07:56.9	21:55		M	26				
207	1878	MILES, SHANNON	1:08:31.1	22:06		F	45			WILMINGTON	NC
208	1964	JACOBS, SHIRLEY	1:08:31.2	22:06		F	67			ROCKY POINT	NC
209	1652	MESSICK, WARRELL	1:09:32.2	22:26		M	38				