

Pos	Race No	Name	Time	Category	Cat Pos	Age	Gender	Gen Pos	City
1	7	van fletcher	55:18.9	Top 3 Overall	1	43	Male	1	raleigh
2	8	Jason Fox	55:58.9	Top 3 Overall	2	42	Male	2	Cary
3	10	Brian Gorman	56:03.4	Top 3 Overall	3	26	Male	3	Raleigh
4	43	Heidi Williams	01:57.2	Top 3 Overall	1	50	Female	1	Durham
5	29	Valentine Mourzenok	11:31.0	Ages 35 - 39	1	39	Male	4	Chapel Hill
6	13	Jill Hawley	14:44.7	Top 3 Overall	2	40	Female	2	Linwood
7	36	Bailey Sanders	15:49.2	Top 3 Overall	3	31	Female	3	West End
8	3	james clark	16:38.0	Top Master	1	50	Male	5	cary
9	35	Daniel Riggs	16:54.2	Ages 35 - 39	2	36	Male	6	Hope Mills
10	25	Daniel Maxton	18:01.6	Ages 50 - 54	1	54	Male	7	Raleigh
11	101	Meghan Kruse	18:24.5	Ages 35 - 39	1	37	Female	4	Durham
12	38	Matthew Smith	19:46.2	Ages 30 - 34	1	30	Male	8	1613 Dunraven
13	37	mitch simril	20:25.6	Ages 55 - 59	1	59	Male	9	greensboro
14	14	Katelyn Heinz	21:00.9	Ages 20 - 24	1	22	Female	5	Chillicothe
15	20	Tom Lehr	21:55.5	Ages 50 - 54	2	54	Male	10	Cary
16	5	Michael David	23:27.5	Ages 50 - 54	3	50	Male	11	Raleigh
17	19	Ingrid Nora Knight	23:48.6	Ages 25 - 29	1	26	Female	6	Durham
18	16	Steven Henson	25:12.8	Ages 65 - 69	1	65	Male	12	Winston Salem
19	33	Robert Redd	25:16.0	Ages 50 - 54	4	51	Male	13	Raleigh
20	40	Adam Swank	27:28.7	Ages 45 - 49	1	47	Male	14	Durham
21	4	Angela Dadlani	27:31.4	Top Master	1	47	Female	7	Raleigh
22	27	ryan mcdonald	29:05.2	Ages 25 - 29	1	25	Male	15	fuquay varina
23	22	Andrew Lipetzky	31:32.6	Ages 30 - 34	2	31	Male	16	Raleigh
24	28	scott mcdonald	34:31.4	Ages 50 - 54	5	53	Male	17	fuquay varina
25	24	Catherine Marvel	41:12.2	Ages 50 - 54	1	53	Female	8	Charlotte
26	26	Sandra McBride	43:47.0	Ages 50 - 54	2	52	Female	9	Raleigh
27	6	Tami Dorry	45:05.7	Ages 45 - 49	1	47	Female	10	apex
28	30	staci murphy	48:49.7	Ages 35 - 39	2	38	Female	11	chapel hill
29	9	Karla Gertis	55:26.7	Ages 55 - 59	1	55	Female	12	Apex

State	Pace	Finish
North Carolina	23:02 min/m	55:18.9
North Carolina	23:19 min/m	55:58.9
North Carolina	23:21 min/m	56:03.4
North Carolina	25:48 min/m	01:57.2
North Carolina	29:47 min/m	11:31.0
North Carolina	31:08 min/m	14:44.7
North Carolina	31:35 min/m	15:49.2
North Carolina	31:55 min/m	16:38.0
North Carolina	32:02 min/m	16:54.2
North Carolina	32:30 min/m	18:01.6
North Carolina	32:40 min/m	18:24.5
North Carolina	33:14 min/m	19:46.2
North Carolina	33:30 min/m	20:25.6
Illinois	33:45 min/m	21:00.9
North Carolina	34:08 min/m	21:55.5
North Carolina	34:46 min/m	23:27.5
North Carolina	34:55 min/m	23:48.6
North Carolina	35:30 min/m	25:12.8
North Carolina	35:31 min/m	25:16.0
North Carolina	36:26 min/m	27:28.7
North Carolina	36:28 min/m	27:31.4
North Carolina	37:07 min/m	29:05.2
North Carolina	38:08 min/m	31:32.6
North Carolina	39:23 min/m	34:31.4
North Carolina	42:10 min/m	41:12.2
North Carolina	43:14 min/m	43:47.0
North Carolina	43:47 min/m	45:05.7
North Carolina	45:20 min/m	48:49.7
North Carolina	48:06 min/m	55:26.7