



## 2022 OVERALL 10K RESULTS

Position	Bib	Name	Split 1	Pace	Split 2	Pace	FINISH	Pace	Gender	Age	City	State	Team Name
1	563	MATTHEW HOWE	15:48.1	5:06	15:56.3	5:08	31:44.4	5:07	M	34	CHAPEL HILL	NC	
2	617	ADAM PEARSON	15:48.1	5:06	15:58.2	5:09	31:46.3	5:07	M	30	DURHAM	NC	
3	625	JAMES RANDOLPH	15:50.9	5:06	16:43.0	5:24	32:34.0	5:15	M	25	CHARLOTTE	NC	
4	633	KATE SANBORN	16:26.2	5:18	17:02.3	5:30	33:28.6	5:24	F	24	RALEIGH	NC	
5	566	CHRISTIAN JONES	16:49.3	5:25	17:05.8	5:31	33:55.1	5:28	M	29	LEWISVILLE	NC	
6	567	PAUL JONES	17:18.5	5:35	18:37.6	6:00	35:56.1	5:48	M	46	DURHAM	NC	Team SAS
7	532	TIMOTHY CRONIN	17:34.6	5:40	18:59.8	6:07	36:34.4	5:54	M	39	CLEMMONS	NC	
8	584	ADILBEK MADAMINOV	18:12.7	5:52	19:12.8	6:12	37:25.5	6:02	M	44	DURHAM	NC	
9	599	MARC MEHROTRA	18:29.8	5:58	19:00.2	6:08	37:30.0	6:03	M	44	CHAPEL HILL	NC	Forehead Flyers
10	539	ADDISON ENGLISH	18:34.8	5:59	19:02.6	6:08	37:37.5	6:04	M	32	DURHAM	NC	
11	677	STEPHANIE TALLMAN	18:25.7	5:56	19:20.6	6:14	37:46.3	6:05	F	36	DURHAM	NC	
12	616	BRIAN PATE	18:29.8	5:58	19:27.3	6:16	37:57.1	6:07	M	35	BURLINGTON	NC	Dangerous Nights Crew Running Club
13	561	ANNA BALL HODGE	19:15.9	6:13	19:35.5	6:19	38:51.5	6:16	F	38	RALEIGH	NC	
14	665	JUSTIN WRIGHT	19:21.2	6:15	19:58.9	6:26	39:20.2	6:21	M	47	DURHAM	NC	
15	578	RACHEL LAMM	19:12.9	6:12	20:15.8	6:32	39:28.8	6:22	F	23	CARY	NC	
16	641	BRIAN STULL	19:20.1	6:14	20:23.7	6:35	39:43.8	6:24	M	50	DURHAM	NC	Forehead Flyers
17	537	TIMOTHY DUNN	19:28.2	6:17	20:23.4	6:35	39:51.6	6:26	M	35	DURHAM	NC	Trinity Park Tribe
18	516	DAN BOCK	19:57.0	6:26	20:25.7	6:35	40:22.7	6:31	M	42	DURHAM	NC	
19	624	PAXTON RAMSDELL	20:26.3	6:35	21:11.5	6:50	41:37.9	6:43	M	38	DURHAM	NC	
20	655	CALVIN WELCH	21:30.7	6:56	20:23.8	6:35	41:54.5	6:45	M	14	DURHAM	NC	Forehead Flyers
21	604	MAGGIE MONAST	20:25.4	6:35	21:35.4	6:58	42:00.8	6:46	F	36	DURHAM	NC	Environmental Defense Fund
22	666	RICHARD ZHAI	20:37.8	6:39	21:42.0	7:00	42:19.8	6:50	M	20	DURHAM	NC	yums
23	628	CARL RIST	20:34.4	6:38	21:56.7	7:05	42:31.2	6:51	M	59	DURHAM	NC	Trinity Park Tribe
24	653	ELLEN WEINZAPFEL	22:09.8	7:09	20:55.6	6:45	43:05.4	6:57	F	34	SOUTHERN PINES	NC	#PineLife
25	522	SCOTT BREWNER	21:42.6	7:00	22:03.8	7:07	43:46.5	7:04	M	60	DURHAM	NC	
26	662	CATHERINE WILSON	21:19.7	6:53	22:33.4	7:16	43:53.1	7:05	F	37	DURHAM	NC	360 Run
27	570	NANCY KAISER	21:35.8	6:58	22:32.0	7:16	44:07.8	7:07	F	51	DURHAM	NC	
28	669	BILL COSTELLO	22:00.1	7:06	22:29.2	7:15	44:29.4	7:10	M	60	DURHAM	NC	How Fast How Far
29	513	RODNEY BIZZELL	21:58.3	7:05	23:18.2	7:31	45:16.6	7:18	M	54	RALEIGH	NC	Complete Runner
30	588	MATT MATHIAS	23:03.3	7:26	22:44.8	7:20	45:48.1	7:23	M	52	DURHAM	NC	Forehead Flyers
31	597	MATTHEW MCKIRAHAN	22:40.1	7:19	23:08.5	7:28	45:48.6	7:23	M	35	SOUTHERN PINES	NC	#PineLife
32	556	LAURA HAVRILESKY	23:05.1	7:27	23:11.7	7:29	46:16.8	7:28	F	53	DURHAM	NC	Forehead Flyers
33	650	HILARY VIRDIN	22:08.3	7:08	24:11.8	7:48	46:20.1	7:28	F	45	DURHAM	NC	
34	668	MIMI BOWEN	23:03.8	7:26	23:20.6	7:32	46:24.5	7:29	F	28	DURHAM	NC	
35	519	HARRISON BOLINGER	23:04.5	7:26	23:34.3	7:36	46:38.9	7:31	M	27	DURHAM	NC	
36	657	JEFF WELTY	23:54.9	7:43	22:46.6	7:21	46:41.6	7:32	M	49	CHAPEL HILL	NC	
37	598	CHRIS MCLAUGHLIN	23:55.1	7:43	22:46.8	7:21	46:41.9	7:32	M	52	DURHAM	NC	
38	564	REBECCA HUGHES	22:48.3	7:21	23:54.1	7:43	46:42.4	7:32	F	41	RALEIGH	NC	

Position	Bib	Name	Split 1	Pace	Split 2	Pace	FINISH	Pace	Gender	Age	City	State	Team Name
39	546	ERIN GASCH	23:01.3	7:25	23:45.6	7:40	46:47.0	7:33	F	48	DURHAM	NC	Forehead Flyers
40	571	ADA KAISER-POTTER	23:21.2	7:32	23:27.0	7:34	46:48.3	7:33	F	15	DURHAM	NC	
41	620	GUY POTTER	23:21.8	7:32	23:27.0	7:34	46:48.9	7:33	M	52	DURHAM	NC	
42	613	LAURIE OLSON	23:21.8	7:32	23:40.5	7:38	47:02.3	7:35	F	57	RALEIGH	NC	
43	548	RUBY GENTITHES	23:02.2	7:26	24:04.5	7:46	47:06.7	7:36	F	14	DURHAM	NC	
44	547	GEORGE GENTITHES	23:01.9	7:25	24:04.7	7:46	47:06.7	7:36	M	45	DURHAM	NC	
45	550	TIM GODSEY	23:37.7	7:37	23:52.6	7:42	47:30.4	7:40	M	60	CHAPEL HILL	NC	
46	534	PATRICIA CUIEL	23:58.1	7:44	23:35.1	7:36	47:33.2	7:40	F	29	WINSTON SALEM	NC	
47	572	ERIC KAPLAN	23:38.0	7:37	24:15.6	7:49	47:53.7	7:43	M	53	CHAPEL HILL	NC	
48	515	RICHARD BOBHOLZ	24:03.5	7:45	24:35.7	7:56	48:39.2	7:51	M	35	DURHAM	NC	Run Sweat and Beers
49	565	LAUREN JARVIS	23:16.3	7:30	25:30.6	8:14	48:46.9	7:52	F	39	CHAPEL HILL	NC	
50	678	LILLIAN TARR	24:09.4	7:47	24:46.3	7:59	48:55.7	7:53	F	12	DURHAM	NC	
51	635	CHRIS SCHLEKAT	24:10.9	7:48	25:18.5	8:10	49:29.5	7:59	M	57	DURHAM	NC	
52	679	TODD LEONARD	23:05.3	7:27	26:29.3	8:33	49:34.7	8:00	M	30	NEW YORK	NY	
53	582	KIERSTEN LITTLE	24:39.4	7:57	25:00.1	8:04	49:39.5	8:00	F	31	CHAPEL HILL	NC	
54	586	MAT MAINWARING	25:12.6	8:08	24:28.2	7:54	49:40.8	8:01	M	42	DURHAM	NC	Run Sweat and Beers
55	606	SARAH MUIR	24:58.5	8:03	25:25.9	8:12	50:24.4	8:08	F	16	DURHAM	NC	
56	560	SUNSHINE HILLYGUS	24:50.5	8:01	25:42.0	8:17	50:32.5	8:09	F	47	DURHAM	NC	
57	508	KATHLEEN BARTLETT	24:53.5	8:02	25:39.2	8:16	50:32.7	8:09	F	47	DURHAM	NC	
58	589	SUE MATHIAS	24:52.3	8:01	25:40.4	8:17	50:32.7	8:09	F	52	DURHAM	NC	Forehead Flyers
59	585	TODD MAGUIRE	24:30.1	7:54	26:06.4	8:25	50:36.5	8:10	M	34	DURHAM	NC	Run Sweat and Beers
60	676	BRIAN REALE	28:19.4	9:08	22:24.7	7:14	50:44.1	8:11	M	51	DURHAM	NC	Trinity Park Tribe
61	507	KIRK BAKER	25:04.5	8:05	25:41.3	8:17	50:45.9	8:11	M	48	DURHAM	NC	
62	638	KATHERINE SMITH	25:44.7	8:18	25:02.9	8:05	50:47.6	8:11	F	41	DURHAM	NC	
63	530	EDGARDO COLON-EMERIC	25:56.8	8:22	24:53.8	8:02	50:50.6	8:12	M	53	BAHAMA	NC	
64	619	MICHAEL PIRACCI	25:38.7	8:16	25:12.7	8:08	50:51.4	8:12	M	64	DURHAM	NC	
65	674	JEFFREY HUGHES	24:55.3	8:02	26:09.0	8:26	51:04.4	8:14	M	57	DURHAM	NC	Forehead Flyers
66	591	MICHAEL MATTI	24:57.4	8:03	26:13.6	8:27	51:11.1	8:15	M	64	DURHAM	NC	
67	627	CHRIS REAM	25:26.7	8:12	25:48.6	8:19	51:15.3	8:16	M	41	DURHAM	NC	
68	540	SALLY EVANS	25:47.3	8:19	26:02.0	8:24	51:49.3	8:21	F	45	DURHAM	NC	Runbuds
69	637	STUART SHEFTER	25:20.5	8:10	26:30.4	8:33	51:51.0	8:22	M	38	DURHAM	NC	Run Sweat and Beers
70	618	ANDREW PETTIGREW	25:55.8	8:22	26:23.8	8:31	52:19.7	8:26	M	75	DURHAM	NC	
71	636	BRIAN SCHNEIDERMAN	28:43.2	9:16	24:00.7	7:45	52:44.0	8:30	M	51	DURHAM	NC	
72	600	MONY MEHROTRA	26:04.7	8:25	27:05.6	8:44	53:10.4	8:35	F	50	CHAPEL HILL	NC	Forehead Flyers
73	649	MEGHAN VANASEK	25:43.6	8:18	27:38.0	8:55	53:21.6	8:36	F	38	DURHAM	NC	
74	596	KIMBERLY MCHALE	26:43.2	8:37	26:46.0	8:38	53:29.2	8:38	F	36	DURHAM	NC	
75	542	SEAN FENTON	26:56.2	8:41	26:47.2	8:38	53:43.5	8:40	M	54	DURHAM	NC	
76	661	CLAIRE WILLIAMSON	25:23.7	8:11	28:23.1	9:09	53:46.9	8:40	F	30	DURHAM	NC	
77	541	JUDY FENTON	26:59.2	8:42	26:48.4	8:39	53:47.7	8:40	F	61	DURHAM	NC	
78	667	MITCH BENNETT	27:21.5	8:49	26:48.7	8:39	54:10.3	8:44	M	46	CHAPEL HILL	NC	
79	523	MEREDITH BROWN	26:10.0	8:26	28:01.6	9:02	54:11.6	8:44	F	37	DURHAM	NC	
80	562	CHENGRUI HOU	27:02.2	8:43	27:10.0	8:46	54:12.2	8:45	M	20	DURHAM	NC	yums
81	543	HOLLIE FLEMING	27:39.5	8:55	27:22.8	8:50	55:02.3	8:53	F	36	FAYETTEVILLE	NC	
82	580	SAMANTHA LAMY	27:40.3	8:55	27:22.0	8:50	55:02.3	8:53	F	25	FAYETTEVILLE	NC	
83	608	EVA NAUMANN	27:06.1	8:45	28:05.9	9:04	55:12.0	8:54	M	43	DURHAM	NC	Trinity Park Tribe
84	647	CHRIS TUTTLE	27:03.2	8:44	28:31.8	9:12	55:35.0	8:58	M	45	DURHAM	NC	

Position	Bib	Name	Split 1	Pace	Split 2	Pace	FINISH	Pace	Gender	Age	City	State	Team Name
85	529	HENRY CLARKE	28:06.6	9:04	27:46.7	8:57	55:53.3	9:01	M	12	CARRBORO	NC	
86	533	DAVE CRUM	28:16.8	9:07	27:45.1	8:57	56:01.9	9:02	M	48	DURHAM	NC	Run Sweat and Beers
87	575	SAM KIRBY	28:28.3	9:11	27:39.4	8:55	56:07.8	9:03	M	47	RALEIGH	NC	
88	587	MARGIE MANSURE	26:54.1	8:41	29:19.2	9:27	56:13.3	9:04	F	60	BOONE	NC	
89	153	AMY CUMMINGS	27:53.5	9:00	28:19.8	9:08	56:13.4	9:04	F	47	DURHAM	NC	
90	601	JAYE MEYER	27:41.5	8:56	28:38.5	9:14	56:20.0	9:05	F	61	CHAPEL HILL	NC	
91	526	ALEXA CHAMBERS	27:43.5	8:56	28:37.8	9:14	56:21.3	9:05	F	18	DURHAM	NC	
92	527	RANDY CHAMBERS	27:41.6	8:56	28:39.8	9:15	56:21.4	9:05	M	51	DURHAM	NC	
93	510	MELINDA BEAVER	28:15.8	9:07	28:14.8	9:06	56:30.6	9:07	F	41	DURHAM	NC	
94	645	SARAH THUESEN	28:08.1	9:05	28:23.1	9:09	56:31.3	9:07	F	48	CARRBORO	NC	
95	574	EDDIE KIRBY	29:36.8	9:33	27:03.9	8:44	56:40.7	9:08	M	52	CHAPEL HILL	NC	
96	531	CHRISTOPHER COLVIN	28:55.0	9:20	27:47.4	8:58	56:42.5	9:09	M	38	CARRBORO	NC	
97	631	RACHAEL ROSS	28:52.0	9:19	27:50.5	8:59	56:42.5	9:09	F	37	CARRBORO	NC	
98	505	CHUCK ARUNDALE	25:30.7	8:14	31:14.8	10:05	56:45.5	9:09	M	30	DURHAM	NC	
99	614	ANGELA PARCESEPE	27:13.4	8:47	29:33.6	9:32	56:47.1	9:10	F	44	DURHAM	NC	
100	544	RILEY FLEWELLING	28:05.7	9:04	28:42.7	9:15	56:48.5	9:10	F	23	COLORADO SPRINGS	CO	
101	569	SARAH JOOSTE	27:45.7	8:57	29:21.2	9:28	57:07.0	9:13	F	18	CHAPEL HILL	NC	
102	568	KAREN JOOSTE	27:48.6	8:58	29:18.5	9:27	57:07.2	9:13	F	52	CHAPEL HILL	NC	
103	581	CHANDLER LASATER	27:33.3	8:53	29:37.5	9:33	57:10.8	9:13	M	23	FOUR OAKS	NC	
104	603	MEGHAN MISHALANIE	29:06.8	9:23	28:34.4	9:13	57:41.2	9:18	F	36	DURHAM	NC	
105	651	MALLORY WALSH	27:24.3	8:50	30:20.0	9:47	57:44.3	9:19	F	35	RICHMOND	VA	El Steve-O
106	626	GREGORY RASKIN	31:22.6	10:07	26:57.9	8:42	58:20.6	9:25	M	49	NEW YORK	NY	
107	592	ESTON MCDOW	27:42.6	8:56	31:20.0	10:06	59:02.6	9:31	M	13	ATLANTA	GA	Florence's Dozens of Cousins
108	632	LISA ROTH	29:09.5	9:24	30:14.0	9:45	59:23.6	9:35	F	34	APEX	NC	Team and Tonic
109	502	MARIA ANDREASEN	29:14.1	9:26	30:11.5	9:44	59:25.6	9:35	F	35	APEX	NC	Team and Tonic
110	552	JOANNA GUILD	29:20.1	9:28	30:24.3	9:48	59:44.4	9:38	F	41	CHAPEL HILL	NC	
111	615	MOLLY PARKS	29:16.1	9:26	30:28.7	9:50	59:44.8	9:38	F	42	DURHAM	NC	
112	506	QUINTIN THOMPSON	26:36.1	8:35	33:40.8	10:52	1:00:17.0	9:43	M	28	CHARLOTTESVILLE	VA	
113	500	DOMINIC ABBENANTE	29:08.0	9:24	31:09.7	10:03	1:00:17.8	9:43	M	38	DURHAM	NC	Run Sweat and Beers
114	535	GARRETT DESORCIE	29:11.0	9:25	31:06.8	10:02	1:00:17.9	9:43	M	30	DURHAM	NC	Run Sweat and Beers
115	576	ERICA KITCHEN	29:45.7	9:36	30:53.1	9:58	1:00:38.9	9:47	F	42	RALEIGH	NC	
116	501	SAMUEL ADAMS	29:05.7	9:23	32:12.5	10:23	1:01:18.3	9:53	M	51	HENRICO	VA	
117	594	RANDOLPH MCDOW	29:30.1	9:31	31:59.5	10:19	1:01:29.7	9:55	M	49	ATLANTA	GA	Florence's Dozens of Cousins
118	517	JENNY BODNAR	36:53.1	11:54	24:49.4	8:00	1:01:42.6	9:57	F	32	DURHAM	NC	Runbuds
119	525	MEGAN CARR	29:53.8	9:38	32:34.6	10:30	1:02:28.4	10:05	F	34	DURHAM	NC	
120	559	APRIL HENRY	33:28.1	10:48	29:02.4	9:22	1:02:30.6	10:05	F	45	DURHAM	NC	Runbuds
121	579	KIM LAMON-LOPERFIDO	33:30.0	10:48	29:01.0	9:22	1:02:31.1	10:05	F	39	DURHAM	NC	
122	605	SHERI MORANO	31:34.3	10:11	31:07.1	10:02	1:02:41.5	10:07	F	46	CHAPEL HILL	NC	
123	652	ASHLEY WALTER	31:16.2	10:05	32:08.2	10:22	1:03:24.4	10:14	F	29	DURHAM	NC	
124	634	ADRIANNE SCHAEFER	32:38.9	10:32	30:58.8	9:59	1:03:37.8	10:16	F	24	CLAYTON	NC	
125	504	CHRISTINA ARUNDALE	30:42.9	9:54	33:16.3	10:44	1:03:59.2	10:19	F	28	DURHAM	NC	
126	553	SARAH GUSMANO	31:26.3	10:08	32:38.4	10:32	1:04:04.8	10:20	F	35	DURHAM	NC	
127	607	JEANNE MURRAY	32:27.9	10:28	32:30.4	10:29	1:04:58.3	10:29	F	59	DURHAM	NC	Trail Mix
128	644	JENNIFER THOMPSON	32:27.8	10:28	32:30.7	10:29	1:04:58.6	10:29	F	55	DURHAM	NC	Trail Mix
129	673	PETER HESSLING	31:30.7	10:10	33:59.8	10:58	1:05:30.5	10:34	M	69	DURHAM	NC	
130	642	SARAH SYDNEY	33:31.0	10:49	32:11.8	10:23	1:05:42.9	10:36	F	43	MORRISVILLE	NC	

Position	Bib	Name	Split 1	Pace	Split 2	Pace	FINISH	Pace	Gender	Age	City	State	Team Name
131	623	SHARON PURUCKER	31:55.8	10:18	34:03.9	10:59	1:05:59.8	10:39	F	56	DURHAM	NC	
132	643	MARA THOMAS	32:18.2	10:25	33:54.3	10:56	1:06:12.6	10:41	F	41	DURHAM	NC	Red Barn Gang
133	664	WHITMAN WINTER	32:16.7	10:25	33:55.9	10:56	1:06:12.6	10:41	M	39	DURHAM	NC	Red Barn Gang
134	663	MELODIE WINTER	32:16.8	10:25	33:55.9	10:56	1:06:12.7	10:41	F	38	DURHAM	NC	Red Barn Gang
135	609	NGHI NGUYEN	32:33.9	10:30	34:31.5	11:08	1:07:05.4	10:49	F	34	DURHAM	NC	
136	573	PRISCILLA KILTS	32:28.9	10:28	34:36.6	11:10	1:07:05.5	10:49	F	54	DURHAM	NC	
137	630	CATHY ROSE	33:13.7	10:43	34:30.2	11:08	1:07:43.9	10:55	F	69	WAKE FOREST	NC	
138	675	FRANK PEVELER	32:49.0	10:35	35:44.2	11:32	1:08:33.3	11:03	M	46	DURHAM	NC	
139	545	GRACE FRYKMAN	36:10.8	11:40	32:32.2	10:30	1:08:43.0	11:05	F	32	DURHAM	NC	
140	514	CHRISTINE BLAISDELL	36:10.2	11:40	32:32.7	10:30	1:08:43.0	11:05	F	41	DURHAM	NC	Runbuds
141	509	JO-ZAHN BAXTER	36:19.2	11:43	32:23.8	10:27	1:08:43.1	11:05	F	36	DURHAM	NC	Runbuds
142	656	SAMIRA WELLEMAYER	33:44.2	10:53	35:03.1	11:18	1:08:47.4	11:06	F	41	DURHAM	NC	Runbuds
143	577	LISA LACKMANN	33:19.2	10:45	36:37.5	11:49	1:09:56.7	11:17	F	57	CHAPEL HILL	NC	
144	640	KATIA STUKES	35:56.7	11:35	36:52.4	11:54	1:12:49.1	11:45	F	29	DURHAM	NC	
145	538	CINDY ENGLE	35:27.8	11:26	38:56.6	12:34	1:14:24.4	12:00	F	71	DURHAM	NC	
146	590	CLARE MATTI	37:49.3	12:12	40:03.0	12:55	1:17:52.4	12:34	F	59	DURHAM	NC	
147	602	DAVE MILLS	37:53.4	12:13	41:28.5	13:23	1:19:21.9	12:48	M	53	DURHAM	NC	
148	629	SHARON ROGGENBUCK	41:09.4	13:16	43:17.8	13:58	1:24:27.2	13:37	F	83	HILLSBOROUGH	NC	
149	583	JESSIE LUNK	42:52.8	13:50	46:42.6	15:04	1:29:35.4	14:27	F	34	DURHAM	NC	
150	558	MARIA HELGESON	43:00.1	13:52	46:50.4	15:06	1:29:50.5	14:29	F	39	DURHAM	NC	Runbuds