

# COMPLETE OVERALL RESULTS

2009 Get Your Rear in Gear 5K Run-Walk

Raleigh, NC 03/07/2009 8:30 am

Directed and Timed By: Set Up Events

Place	Bib	Age	Sex	NAME Last	CITY/STATE
ChipTime	CPace	GunTime	G Pace	DQ	
1.	401	17	M	MATT SMITH	RALEIGH NC
19:27	6:16	0:19:30	6:17		
2.	528	30	M	PATRICK PRICE	
19:29	6:16	0:19:31	6:17		
3.	86	39	M	HEATH DAVIS	HENDERSON NC
19:50	6:23	0:19:54	6:25		
4.	252	34	M	LORRIN MARTIN	FULTON MD
19:51	6:24	0:19:55	6:25		
5.	527	18	M	DOUG CLARK	
19:52	6:24	0:20:03	6:28		
6.	416	32	M	SCOTT SULLIVAN	RALEIGH NC
20:35	6:38	0:20:38	6:39		
7.	402	38	M	VINCENT SMITH	RALEIGH NC
21:19	6:52	0:21:23	6:53		
8.	448	34	M	KERRY WHITT	RALEIGH NC
21:32	6:56	0:21:47	7:01		
9.	491	16	M	BRAD NEWMAN	RALEIGH NC
21:51	7:02	0:21:53	7:03		
10.	474	12	M	TRE BROOKS	RALEIGH NC
22:03	7:06	0:22:06	7:07		
11.	217	18	M	MIKE KOHAGEN	RALEIGH NC
22:02	7:06	0:22:09	7:08		
12.	327	25	M	ARIEL PEREZ	FAYETTEVILLE NC
0:22:17	7:11				
13.	260	12	M	JACK MCADAMS	DURHAM NC
22:11	7:09	0:22:18	7:11		
14.	419	44	M	RICH TARQUINI	CARY NC
22:34	7:16	0:22:44	7:19		
15.	533	11	M	SPENCERHUSERY	
22:44	7:19	0:22:47	7:20		
16.	464	44	M	MARK DELYON	RALEIGH NC
0:23:02	7:25				
17.	595	36	M	CHARLES COBLE	
0:23:11	7:28				
18.	554	39	M	PAUL HOCK	
22:22	7:12	0:23:27	7:33		
19.	461	42	M	COLM OLOUGHLIN	
23:22	7:32	0:23:30	7:34		
20.	80	14	M	BRETT CUTLER	RALEIGH NC
23:27	7:33	0:23:35	7:36		
21.	522	47	M	JULIO COSTELAO	
23:41	7:38	0:23:47	7:40		
22.	422	13	M	THOMAS THEUNISSEN	RALEIGH NC
23:44	7:39	0:23:50	7:40		

23.	451	33	M	ADAM WOODLIEF	RALEIGH NC
23:47	7:40	0:23:54		7:42	
24.	523	28	M	PAUL HARMLIN	
23:55	7:42	0:24:01		7:44	
25.	597	29	M	ANDREW TRIPP	
0:24:08	7:47				
26.	54	29	M	DREW CARELLE	MORRISVILLE NC
24:04	7:45	0:24:09		7:47	
27.	473	11	M	CAMERON ROY	RALEIGH NC
24:11	7:47	0:24:13		7:48	
28.	282	27	M	CHRISTOPHER MILLER	RALEIGH NC
24:00	7:44	0:24:14		7:48	
29.	393	25	M	DUSTIN SIMMONS	ZEBULON NC
23:58	7:43	0:24:19		7:50	
30.	593	47	M	STEFAN YOUNGBLOOD	
24:30	7:54	0:24:34		7:55	
31.	238	27	M	CODY LOUGHRIDGE	APEX NC
24:26	7:52	0:24:40		7:57	
32.	277	39	M	DEWEY MCPHERSON	ROLESVILLE NC
24:37	7:56	0:24:44		7:58	
33.	382	47	M	MICHAEL SANDMAN	RALEIGH NC
24:23	7:51	0:24:47		7:59	
34.	405	42	M	CHRIS SPIVEY	RALEIGH NC
25:02	8:04	0:25:04		8:05	
35.	532	45	M	JEFFREY HUSERY	
25:03	8:04	0:25:10		8:06	
36.	555	40	M	SAMMY KINLAN	
25:06	8:05	0:25:15		8:08	
37.	136	58	M	JOE GRAMER	RALEIGH NC
0:25:21	8:10				
38.	424	38	M	MARK THOMPSON	RALEIGH NC
25:11	8:07	0:25:26		8:11	
39.	358	59	M	DICK REAVES	CARY NC
25:16	8:08	0:25:27		8:12	
40.	390	36	M	WILL SHELLMAN	APEX NC
25:21	8:10	0:25:29		8:12	
41.	69	41	M	KEVIN CLARK	HOLLY SPRINGS NC
25:25	8:11	0:25:43		8:17	
42.	525	19	M	KEENAN SMITH	
25:30	8:13	0:25:46		8:18	
43.	50	22	M	RYAN CALLOWAY	RALEIGH NC
25:14	8:08	0:25:47		8:18	
44.	594	50	M	TONY FAUCETTE	
25:36	8:15	0:25:51		8:19	
45.	274	36	M	ERIC MCKENDALL	RALEIGH NC
25:51	8:20	0:26:02		8:23	
46.	540	63	M	DOUGLAS MACLEAN	
25:46	8:18	0:26:09		8:25	
47.	83	44	M	DENNIS DANIELS	CARY NC
26:00	8:22	0:26:10		8:26	
48.	581	55	M	PETER CRANFORD	
26:03	8:24	0:26:13		8:27	
49.	582	46	M	BULENT ENDER	
26:32	8:33	0:26:38		8:35	
50.	510	47	M	JOHN LENNIS	RALEIGH NC
26:31	8:32	0:26:45		8:37	
51.	534	50	M	ERIC NOBLE	
0:27:14	8:46				

52.	494	29	M	WALTER DEVINS	WAKE FOREST NC
27:09	8:45	0:27:16	8:47		
53.	223	45	M	ISAAC KUNKEL	CARY NC
27:03	8:43	0:27:18	8:47		
54.	520	55	M	GREG GREEN	
27:19	8:48	0:27:26	8:50		
55.	228	56	M	MICHAEL LANGDALE	APEX NC
27:38	8:54	0:27:43	8:56		

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Directed and Timed By: Set Up Events

Place	Bib	Age	Sex	NAME Last	CITY/STATE
ChipTime	CPace	GunTime	GPace	DQ	
=====	===	===	=====	=====	=====
=====	=====	=====	=====	=====	=====
56.	477	18	M	DREW DECKER	APEX NC
27:19	8:48	0:27:46	8:57		
57.	233	43	M	HAROLD LILES	APEX NC
27:39	8:54	0:27:48	8:57		
58.	1	25	M	JEFFREY ABBOOD	RALEIGH NC
28:00	9:01	0:28:06	9:03		
59.	4	17	M	ALISON ALMEIDA	DURHAM NC
28:05	9:03	0:28:12	9:05		
60.	88	31	M	JEREMY DENTON	HOLLY SPRINGS NC
27:58	9:00	0:28:16	9:06		
61.	13	49	M	VAN DUPLICATE ANDERSON	DURHAM NC
27:26	8:50	0:28:18	9:07		
62.	363	8	M	LEWIS REO	RALEIGH NC
28:18	9:07	0:28:24	9:09		
63.	201	36	M	CHRISTOPHER JONES	RALEIGH NC
28:23	9:08	0:28:28	9:10		
64.	185	53	M	GLENN HOSKIN	APEX NC
0:28:35	9:12				
65.	258	8	M	DANNY MCADAMS	DURHAM NC
27:58	9:00	0:28:47	9:16		
66.	495	37	M	MARK FLANAGAN	FARMVILLE NC
27:41	8:55	0:28:48	9:16		
67.	339	32	M	JEFF POLLOCK	DUNWOODY GA
28:14	9:06	0:28:49	9:17		
68.	259	44	M	DAVID MCADAMS	DURHAM NC
28:00	9:01	0:28:50	9:17		
69.	487	36	M	TUWAIN SMITH	RALEIGH NC
28:42	9:15	0:28:51	9:17		
70.	148	28	M	JONATHAN HALL	KNIGHTDALE NC
28:43	9:15	0:28:57	9:19		
71.	24	25	M	DANIEL BAUCOM	RALEIGH NC
28:15	9:06	0:29:06	9:22		
72.	513	49	M	MARK ROTENBERRY	CHAPEL HILL NC
28:55	9:19	0:29:18	9:26		
73.	109	52	M	KENNETH FATH	EFLAND NC
29:00	9:20	0:29:22	9:27		

74.	345	63	M	KENDALL PRATT	APEX NC
29:26	9:29	0:29:37		9:32	
75.	366	30	M	JOSH RICE	MEBANE NC
0:29:38	9:33				
76.	215	46	M	KENNETH KOHAGEN	RALEIGH NC
0:29:55	9:38				
77.	445	37	M	KEVIN WHITE	RALEIGH NC
29:44	9:35	0:30:04		9:41	
78.	97	49	M	ERIC DUBERMAN	CARY NC
29:53	9:38	0:30:09		9:43	
79.	121	31	M	DERRECK FOREMAN	RALEIGH NC
0:30:21	9:47				
80.	62	29	M	MICHAEL CHARBONNEAU	KNIGHTDALE NC
30:01	9:40	0:30:22		9:47	
81.	239	23	M	DEAN LOUGHRIDGE	CARY NC
30:24	9:47	0:30:38		9:52	
82.	526	71	M	LARRY EICHNER	
30:50	9:56	0:30:57		9:58	
83.	364	6	M	TANNER REO	RALEIGH NC
30:10	9:43	0:31:00		9:59	
84.	320	43	M	RIG PATEL	RALEIGH NC
31:08	10:01	0:31:15		10:04	
85.	96	46	M	JESSE DROSDICK	DURHM NC
30:51	9:56	0:31:36		10:11	
86.	505	33	M	BRIAN MATTESON	RALEIGH NC
31:47	10:14	0:32:11		10:22	
87.	459	43	M	MARCUS STEWART	CARY NC
32:20	10:25	0:32:42		10:32	
88.	296	8	M	REID MOSER	RALEIGH NC
32:15	10:23	0:33:03		10:39	
89.	360	39	M	BRIAN REO	RALEIGH NC
32:16	10:23	0:33:08		10:40	
90.	178	18	M	JEFF HOLLAND	DURHAM NC
32:56	10:36	0:33:20		10:44	
91.	564	10	M	NEIL CLARK	
33:16	10:43	0:33:29		10:47	
92.	117	7	M	ALEX FISTER	APEX NC
33:10	10:41	0:33:42		10:51	
93.	129	28	M	ALEX GODWIN	RALEIGH NC
0:33:42	10:51				
94.	338	24	M	LAWRENCE PLACE	RALEIGH NC
0:34:19	11:03				
95.	325	28	M	DANIEL PENDERGRASS	WAKE FOREST NC
33:50	10:54	0:34:25		11:05	
96.	332	34	M	TIM PETERS	RALEIGH NC
33:50	10:54	0:34:32		11:07	
97.	319	11	M	NYAL PATEL	RALEIGH NC
34:31	11:07	0:34:35		11:08	
98.	226	40	M	KEITH LAMBERT	RALEIGH NC
34:46	11:12	0:34:59		11:16	
99.	479	21	M	JOHN CAMUSO	
35:29	11:25	0:35:55		11:34	
100.	476	21	M	MATT DECKER	HOLLY SPRINGS NC
35:58	11:35	0:36:23		11:43	
101.	450	12	M	JEROD WILLIAMS	RALEIGH NC
36:46	11:50	0:36:52		11:52	
102.	42	11	M	NATHAN BROWNING	RALEIGH NC
0:36:59	11:55				

103.	289	41	M	MILTON MOORE	CARY NC
37:04	11:56	0:37:18	12:01		
104.	189	54	M	MARK HOWARD	FUQUAY VARINA NC
37:04	11:56	0:37:22	12:02		
105.	550	36	M	LARRY LAKINS	
0:37:33	12:06				
106.	423	37	M	CARL THOMPSON	RALEIGH NC
37:36	12:06	0:38:01	12:14		
107.	300	36	M	NAVEEN NARAHARI	RALEIGH NC
36:40	11:48	0:38:11	12:18		
108.	391	40	M	ERIC SHEPHERD	APEX NC
0:38:56	12:32				
109.	35	55	M	THOMAS BODENSTINE	RALEIGH NC
0:39:08	12:36				
110.	583	13	M	ALPER ENDEN	
38:53	12:31	0:39:10	12:37		

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Raleigh, NC 03/07/2009 8:30 am

Directed and Timed By: Set Up Events

Place	Bib	Age	Sex	NAME Last	CITY/STATE
ChipTime	CPace	GunTime	GPace	DQ	
====	====	====	====	====	=====
111.	497	34	M	BILLY BARRIER	FUQUAY VARINA NC
38:52	12:31	0:39:10	12:37		
112.	272	23	M	DIXON MCKAY	RALEIGH NC
0:40:12	12:57				
113.	434	29	M	JOE VOYLES	DURHAM NC
39:41	12:47	0:40:23	13:00		
114.	537	48	M	DOUGLAS CLARK	
40:53	13:10	0:41:11	13:16		
115.	470	21	M	JARRAD PETRILYAK	CARY NC
0:43:19	13:57				
116.	604	10	M	JORDAN SHAW	MORRISVILLE NC
0:44:05	14:12				
117.	552	10	M	NICOLAS FISTER	
44:44	14:24	0:45:18	14:35		
118.	553	40	M	TONY FISTER	APEX NC
44:54	14:27	0:45:28	14:38		
119.	207	45	M	SETH KAPLAN	RALEIGH NC
0:47:24	15:16				
120.	173	43	M	MARC HERSCHELMAN	RALEIGH NC
47:05	15:10	0:48:01	15:28		
121.	19	54	M	CHARLES BARISH	RALEIGH NC
49:08	15:49	0:50:06	16:08		
122.	569	57	M	RICHARD MCELROY	
0:52:34	16:56				
123.	276	68	M	ROY MCNAMARA	RALEIGH NC
53:08	17:06	0:54:05	17:25		
124.	10	57	M	ALAN ANDERSON	RALEIGH NC
54:29	17:33	0:55:07	17:45		

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