

Raleigh Twilight 5000 - 5/29/2024**Meredith College****Results****Mixed 5000 Meter Run Heat 4**

Name	Year	School	Finals
Finals			
1 Dunning, Shaun	M	North Carolina	18:53.11
47.039 (47.039)	2:21.938 (1:34.899)	3:51.873 (1:29.935)	5:24.818 (1:32.945)
6:55.421 (1:30.603)	8:27.170 (1:31.749)	9:58.989 (1:31.819)	11:32.860 (1:33.871)
13:03.414 (1:30.554)	14:33.402 (1:29.988)	16:03.031 (1:29.629)	17:32.848 (1:29.817)
18:52.789 (1:19.941)			
2 Smith, Matt	M	North Carolina	18:59.94
44.898 (44.898)	2:18.605 (1:33.707)	3:51.072 (1:32.467)	5:21.049 (1:29.977)
6:55.003 (1:33.954)	8:29.403 (1:34.400)	10:02.388 (1:32.985)	11:35.738 (1:33.350)
13:06.803 (1:31.065)	14:34.318 (1:27.515)	16:05.361 (1:31.043)	17:36.913 (1:31.552)
18:59.484 (1:22.571)			
3 Mansy, Megan	W	North Carolina	19:09.13
43.429 (43.429)	2:13.511 (1:30.082)	3:44.239 (1:30.728)	5:19.289 (1:35.050)
6:54.173 (1:34.884)	8:27.886 (1:33.713)	10:01.609 (1:33.723)	11:35.399 (1:33.790)
13:07.914 (1:32.515)	14:39.338 (1:31.424)	16:12.078 (1:32.740)	17:41.741 (1:29.663)
19:08.325 (1:26.584)			
4 Sennert, Noah	M	North Carolina	19:11.88
43.618 (43.618)	2:11.706 (1:28.088)	3:43.359 (1:31.653)	5:18.619 (1:35.260)
6:52.295 (1:33.676)	8:24.319 (1:32.024)	9:58.989 (1:34.670)	11:32.987 (1:33.998)
13:04.273 (1:31.286)	14:34.317 (1:30.044)	16:05.040 (1:30.723)	17:38.560 (1:33.520)
19:11.335 (1:32.775)			
5 Mall, Matt	M	North Carolina	19:12.90
48.023 (48.023)	2:20.655 (1:32.632)	3:51.873 (1:31.218)	5:25.489 (1:33.616)
6:59.311 (1:33.822)	8:33.005 (1:33.694)	10:07.327 (1:34.322)	11:42.194 (1:34.867)
13:17.324 (1:35.130)	14:48.813 (1:31.489)	16:21.464 (1:32.651)	17:53.078 (1:31.614)
19:12.435 (1:19.357)			
6 Walters, Patch	M	North Carolina	19:14.55
36.834 (36.834)	2:03.578 (1:26.744)	3:37.957 (1:34.379)	5:13.485 (1:35.528)
6:47.879 (1:34.394)	8:23.727 (1:35.848)	9:58.689 (1:34.962)	11:32.628 (1:33.939)
13:04.273 (1:31.645)	14:38.817 (1:34.544)	16:20.245 (1:41.428)	17:58.565 (1:38.320)
19:14.284 (1:15.719)			
7 Ware, Carter	W	North Carolina	19:21.72
43.120 (43.120)	2:13.434 (1:30.314)	3:44.524 (1:31.090)	5:18.813 (1:34.289)
6:53.910 (1:35.097)	8:28.142 (1:34.232)	10:01.665 (1:33.523)	11:35.548 (1:33.883)
13:08.932 (1:33.384)	14:41.113 (1:32.181)	16:17.413 (1:36.300)	17:52.579 (1:35.166)
19:21.537 (1:28.958)			
8 Clewley, Derek	M	North Carolina	19:30.62
48.202 (48.202)	2:22.427 (1:34.225)	3:55.478 (1:33.051)	5:28.122 (1:32.644)
7:01.647 (1:33.525)	8:36.898 (1:35.251)	10:11.408 (1:34.510)	11:45.758 (1:34.350)
13:20.758 (1:35.000)	14:54.027 (1:33.269)	16:27.331 (1:33.304)	18:00.774 (1:33.443)
19:30.429 (1:29.655)			
9 Louis, Michael	M	North Carolina	19:35.81
41.559 (41.559)	2:11.880 (1:30.321)	3:42.754 (1:30.874)	5:17.942 (1:35.188)
6:53.334 (1:35.392)	8:27.338 (1:34.004)	10:00.997 (1:33.659)	11:34.633 (1:33.636)
13:09.149 (1:34.516)	14:42.995 (1:33.846)	16:22.030 (1:39.035)	18:01.517 (1:39.487)
19:35.421 (1:33.904)			
10 Hodges, Bri	W	North Carolina	19:37.91
45.330 (45.330)	2:19.473 (1:34.143)	3:51.720 (1:32.247)	5:24.770 (1:33.050)
6:58.509 (1:33.739)	8:32.223 (1:33.714)	10:07.171 (1:34.948)	11:42.858 (1:35.687)
13:19.010 (1:36.152)	14:56.204 (1:37.194)	16:31.970 (1:35.766)	18:09.778 (1:37.808)
19:37.335 (1:27.557)			

Raleigh Twilight 5000 - 5/29/2024**Meredith College****Results****....Mixed 5000 Meter Run Heat 4**

11	Preston, Jaret	M North Carolina	19:40.40				
	45.672 (45.672)	2:21.938 (1:36.266)	3:58.362 (1:36.424)	5:32.433 (1:34.071)			
	7:08.404 (1:35.971)	8:37.209 (1:28.805)	10:13.101 (1:35.892)	11:46.526 (1:33.425)			
	13:19.701 (1:33.175)	14:53.495 (1:33.794)	16:27.687 (1:34.192)	18:03.397 (1:35.710)			
	19:39.691 (1:36.294)						
12	Short, Adam	M North Carolina	19:49.43				
	46.663 (46.663)	2:22.113 (1:35.450)	3:55.830 (1:33.717)	5:31.911 (1:36.081)			
	7:08.447 (1:36.536)	8:43.350 (1:34.903)	10:19.967 (1:36.617)	11:57.637 (1:37.670)			
	13:35.073 (1:37.436)	15:09.616 (1:34.543)	16:45.086 (1:35.470)	18:20.965 (1:35.879)			
	19:48.318 (1:27.353)						
13	Henry, Anna	W North Carolina	19:50.20				
	44.740 (44.740)	2:19.971 (1:35.231)	3:56.750 (1:36.779)	5:31.963 (1:35.213)			
	7:07.968 (1:36.005)	8:43.011 (1:35.043)	10:20.396 (1:37.385)	11:57.809 (1:37.413)			
	13:34.453 (1:36.644)	15:10.858 (1:36.405)	16:46.504 (1:35.646)	18:20.496 (1:33.992)			
	19:49.462 (1:28.966)						
14	Stafford, Mason	M North Carolina	19:52.46				
	44.204 (44.204)	2:19.695 (1:35.491)	3:54.954 (1:35.259)	5:31.469 (1:36.515)			
	7:08.108 (1:36.639)	8:44.567 (1:36.459)	10:21.299 (1:36.732)	11:58.864 (1:37.565)			
	13:35.463 (1:36.599)	15:11.896 (1:36.433)	16:48.205 (1:36.309)	18:24.012 (1:35.807)			
	19:52.147 (1:28.135)						
15	Brockwell, Sterling	M North Carolina	19:53.26				
	45.942 (45.942)	2:21.090 (1:35.148)	3:57.676 (1:36.586)	5:33.706 (1:36.030)			
	7:09.314 (1:35.608)	8:44.895 (1:35.581)	10:21.756 (1:36.861)	11:59.275 (1:37.519)			
	13:35.852 (1:36.577)	15:11.842 (1:35.990)	16:49.367 (1:37.525)	18:26.916 (1:37.549)			
	19:52.606 (1:25.690)						
16	Hileman, Geof	M North Carolina	19:55.44				
	47.410 (47.410)	2:24.040 (1:36.630)	3:55.966 (1:31.926)	5:28.550 (1:32.584)			
	7:01.785 (1:33.235)	8:35.263 (1:33.478)	10:10.831 (1:35.568)	11:47.052 (1:36.221)			
	13:25.622 (1:38.570)	15:04.486 (1:38.864)	16:42.987 (1:38.501)	18:20.246 (1:37.259)			
	19:54.319 (1:34.073)						
17	Harwick, Lana	W North Carolina	19:55.51				
	44.164 (44.164)	2:18.296 (1:34.132)	3:50.955 (1:32.659)	5:24.449 (1:33.494)			
	6:59.710 (1:35.261)	8:36.444 (1:36.734)	10:12.286 (1:35.842)	11:47.702 (1:35.416)			
	13:24.545 (1:36.843)	15:05.170 (1:40.625)	16:46.621 (1:41.451)	18:27.702 (1:41.081)			
	19:54.537 (1:26.835)						
18	Schmitt, Jason	M North Carolina	19:58.66				
	43.618 (43.618)	2:12.362 (1:28.744)	3:43.601 (1:31.239)	5:19.339 (1:35.738)			
	6:54.173 (1:34.834)	8:28.437 (1:34.264)	10:02.388 (1:33.951)	11:39.974 (1:37.586)			
	13:19.950 (1:39.976)	14:59.205 (1:39.255)	16:42.466 (1:43.261)	18:22.493 (1:40.027)			
	19:58.152 (1:35.659)						
19	Williams, Jamie	M North Carolina	19:59.62				
	47.372 (47.372)	2:23.962 (1:36.590)	3:58.665 (1:34.703)	5:34.115 (1:35.450)			
	7:10.004 (1:35.889)	8:46.773 (1:36.769)	10:23.833 (1:37.060)	11:59.803 (1:35.970)			
	13:36.212 (1:36.409)	15:12.357 (1:36.145)	16:48.315 (1:35.958)	18:27.118 (1:38.803)			
	19:59.125 (1:32.007)						
20	Thompson-Spain, Austin	W North Carolina	20:00.03				
	47.921 (47.921)	2:23.694 (1:35.773)	3:58.362 (1:34.668)	5:33.219 (1:34.857)			
	7:08.404 (1:35.185)	8:43.976 (1:35.572)	10:20.719 (1:36.743)	11:58.318 (1:37.599)			
	13:34.265 (1:35.947)	15:10.720 (1:36.455)	16:48.746 (1:38.026)	18:27.301 (1:38.555)			
	19:59.687 (1:32.386)						
21	Lindemann, Philipp	M North Carolina	20:09.10				
	44.821 (44.821)	2:14.209 (1:29.388)	3:45.374 (1:31.165)	5:20.237 (1:34.863)			
	6:54.222 (1:33.985)	8:29.754 (1:35.532)	10:05.704 (1:35.950)	11:43.362 (1:37.658)			
	13:22.159 (1:38.797)	15:03.369 (1:41.210)	16:46.374 (1:43.005)	18:28.892 (1:42.518)			
	20:08.549 (1:39.657)						

Raleigh Twilight 5000 - 5/29/2024**Meredith College****Results****....Mixed 5000 Meter Run Heat 4**

22 Koch, Hannah	W North Carolina	20:16.03			
48.023 (48.023)	2:23.074 (1:35.051)	3:57.183 (1:34.109)	5:33.115 (1:35.932)		
7:09.314 (1:36.199)	8:48.375 (1:39.061)	10:26.878 (1:38.503)	12:05.164 (1:38.286)		
13:44.763 (1:39.599)	15:24.871 (1:40.108)	17:04.699 (1:39.828)	18:42.858 (1:38.159)		
20:15.195 (1:32.337)					
23 Erickson, Stephen	M North Carolina	20:19.10			
45.058 (45.058)	2:21.288 (1:36.230)	3:58.115 (1:36.827)	5:35.092 (1:36.977)		
7:10.741 (1:35.649)	8:47.307 (1:36.566)	10:25.050 (1:37.743)	12:00.484 (1:35.434)		
13:37.811 (1:37.327)	15:16.903 (1:39.092)	16:57.097 (1:40.194)	18:39.334 (1:42.237)		
20:18.587 (1:39.253)					
24 Lamm, Rachel	W North Carolina	20:19.71			
45.762 (45.762)	2:21.644 (1:35.882)	3:56.011 (1:34.367)	5:30.914 (1:34.903)		
7:06.918 (1:36.004)	8:43.602 (1:36.684)	10:20.991 (1:37.389)	11:58.864 (1:37.873)		
13:38.523 (1:39.659)	15:19.201 (1:40.678)	16:59.934 (1:40.733)	18:41.201 (1:41.267)		
20:19.106 (1:37.905)					
25 Ward, Nikki	W North Carolina	20:36.58			
46.863 (46.863)	2:24.766 (1:37.903)	4:03.481 (1:38.715)	5:41.236 (1:37.755)		
7:20.058 (1:38.822)	8:58.561 (1:38.503)	10:40.642 (1:42.081)	12:20.507 (1:39.865)		
14:01.826 (1:41.319)	15:41.985 (1:40.159)	17:22.520 (1:40.535)	19:03.333 (1:40.813)		
20:36.086 (1:32.753)					
26 Hodak, Kevin	M North Carolina	20:45.85			
48.401 (48.401)	2:25.030 (1:36.629)	4:03.879 (1:38.849)	5:41.059 (1:37.180)		
7:20.502 (1:39.443)	8:59.668 (1:39.166)	10:40.358 (1:40.690)	12:18.273 (1:37.915)		
13:57.480 (1:39.207)	15:39.120 (1:41.640)	17:23.597 (1:44.477)	19:09.505 (1:45.908)		
20:45.643 (1:36.138)					
27 Endara, Carrie	W North Carolina	20:47.43			
46.374 (46.374)	2:24.607 (1:38.233)	4:03.628 (1:39.021)	5:40.866 (1:37.238)		
7:20.004 (1:39.138)	8:58.763 (1:38.759)	10:40.186 (1:41.423)	12:20.009 (1:39.823)		
14:01.777 (1:41.768)	15:43.438 (1:41.661)	17:25.330 (1:41.892)	19:07.241 (1:41.911)		
20:46.587 (1:39.346)					
28 Studvick, Samantha	W North Carolina	21:18.78			
47.410 (47.410)	2:25.205 (1:37.795)	4:00.939 (1:35.734)	5:38.193 (1:37.254)		
7:18.562 (1:40.369)	9:00.085 (1:41.523)	10:46.987 (1:46.902)	12:32.774 (1:45.787)		
14:19.507 (1:46.733)	16:03.929 (1:44.422)	17:51.049 (1:47.120)	19:38.400 (1:47.351)		
21:17.720 (1:39.320)					
-- Klingman, Kyle	M North Carolina	DNF			
47.764 (47.764)	2:22.196 (1:34.432)	3:58.115 (1:35.919)	5:37.009 (1:38.894)		
7:20.750 (1:43.741)					
-- Martin, Sarah	W North Carolina	DNF			
49.067 (49.067)	2:22.249 (1:33.182)	3:57.778 (1:35.529)	5:32.285 (1:34.507)		
7:10.798 (1:38.513)					