



**Twin City Track
Club**

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Do You Run Too?

Latest News: Results are available for the St Leos 5K. Check the [results](#) page. **APR 25** - Salem Lake Breakf

5th Annual Salem Lakeshore Frosty Fifty

Winston-Salem, NC - Saturday, January 10, 2004

Awards

Overall Female

Place	O'All	Name	Age	City	State	Club	Time
1	8	Baity, Kelly Deanne	36	Winston Salem	NC	TCTC	04:04:46
2	11	Bednosky, Annette K	37	Boone	NC		04:33:37
3	15	Sturdivant, Beverly B	42	Winston Salem	NC	TCTC	04:49:38
4	28	Tiska, Dale	40	Raleigh	NC		05:13:54
5	30	Moore, Marcia	33	Avondale Estates	GA		05:15:28

Overall Male

Place	O'All	Name	Age	City	State	Club	Time
1	1	Koch, Rainer	23	Dettelbach			03:35:12
2	2	Backer, Byron R	39	Greenville	SC		03:53:05
3	3	Lilly, Richard A	41	Shelby	NC		03:54:34
4	4	Harne, Jason M	28	Lexington	NC		03:55:54
5	5	Cromer, Paul	30	High Point	NC		03:57:18

Overall Results



Place	Name	Team	City	State	Age	Sex	Time	Pace
1	Koch, Rainer		Dettelbach		23	M	03:35:12	06:56
2	Backer, Byron R		Greenville	SC	39	M	03:53:05	07:31
3	Lilly, Richard A		Shelby	NC	41	M	03:54:34	07:33
4	Harne, Jason M		Lexington	NC	28	M	03:55:54	07:36
5	Cromer, Paul		High Point	NC	30	M	03:57:18	07:39
6	Gabell, Tom		Rockingham	NC	41	M	03:57:24	07:39
7	van Gelder, Maarten F		Blacksburg	VA	43	M	04:00:13	07:44
8	Baity, Kelly Deanne	TCTC	Winston Salem	NC	36	F	04:04:46	07:53
9	Gannon, Konrad L	TCTC	Winston Salem	NC	37	M	04:11:27	08:06
10	Fraser, Stephen D		Chapel Hill	NC	33	M	04:12:37	08:08
11	Bednosky, Annette K		Boone	NC	37	F	04:33:37	08:49
12	Morgan, Jason E		Flat Rock	NC	31	M	04:33:45	08:49
13	Ring, Robert Ray		Harrisonburg	VA	55	M	04:45:52	09:13
14	Sheeran, Mark		Walpole	MA	44	M	04:47:29	09:16
15	Sturdivant, Beverly B	TCTC	Winston Salem	NC	42	F	04:49:38	09:20
16	Rouse, Tony D		West End	NC	39	M	04:51:55	09:24
17	Besse, Dan	TCTC	Winston Salem	NC	49	M	04:57:41	09:35
18	Long, Mark		Hamlet	NC	45	M	04:57:55	09:36
19	Blackford, Henry C		Todd	NC	21	M	05:01:07	09:42
20	Ryan, William		Winston Salem	NC	32	M	05:02:26	09:45
21	Brockmeier, Scott A		Chapel Hill	NC	41	M	05:05:13	09:50
22	Stim, Mark		Louisville	KY	45	M	05:05:43	09:51
23	King, David K		Fleetwood	NC	57	M	05:06:59	09:53
24	Fornoff, Bill		Jarrettsville	MD	60	M	05:08:07	09:56
25	Hindman, Frederick D		Marietta	OH	42	M	05:08:28	09:56
26	Brittain, Rickie R		Oak Ridge	NC	49	M	05:10:19	10:00
27	Lucas, Luke		Chapel Hill	NC	56	M	05:13:14	10:05
28	Tiska, Dale		Raleigh	NC	40	F	05:13:54	10:07
29	Blackford, Douglas C		Todd	NC	56	M	05:15:21	10:09
30	Moore, Marcia		Avondale Estates	GA	33	F	05:15:28	10:10
31	Price, William		Winston Salem	NC	32	M	05:18:42	10:16
32	Sexton, Dru A		Roanoke	VA	51	F	05:22:49	10:24

33	Zollman, Graham		Roanoke	VA	55	M	05:22:52	10:24
34	Murphy, Bret		Greensboro	NC	45	M	05:23:05	10:24
35	Ferrari, Scott A		Pittsburgh	PA	45	M	05:23:42	10:26
36	Finkle, Jay		Roanoke	VA	40	M	05:25:20	10:29
37	Walker, Anita D		Carolina Beach	NC	37	F	05:25:24	10:29
38	Keane, William M		Winston Salem	NC	59	M	05:26:39	10:31
39	Bumgarner, Darrell H		Rutherfordton	NC	56	M	05:28:15	10:34
40	Wang, Amy Elinor		Jamestown	NC	38	F	05:32:49	10:43
41	Hurst, Ken		Marietta	GA	35	M	05:34:59	10:47
42	Wood, Keith L	TCTC	Clemmons	NC	54	M	05:38:12	10:54
43	Acevedo, Jair A		Winston Salem	NC	24	M	05:38:58	10:55
44	Blalock, Carolyn		Charlotte	NC	37	F	05:43:40	11:04
45	Lee, Mary A		Poquoson	VA	44	F	05:43:43	11:04
46	Massucco, Holly A		Moravian Falls	NC	44	F	05:45:57	11:09
47	Simmons, Charlene N		Chapel Hill	NC	28	F	05:48:20	11:13
48	Meyer, Ken E		New Albany	IN	55	M	05:50:50	11:18
49	Anderson, Joey T		Zebulon	NC	48	M	05:50:54	11:18
50	Smythe, Donald L		Sneads Ferry	NC	54	M	06:00:17	11:36
51	Chiado, James W		Saint Clair Shores	MI	41	M	06:05:09	11:46
52	Swaney, Deanna S		Burton	OH	41	F	06:05:12	11:46
53	Calabria, Robert D		Cary	NC	62	M	06:12:51	12:01
54	Poole, Nancy A		Black Mountain	NC	55	F	06:26:36	12:27
55	Shepherd, R Gail		Roanoke	VA	48	F	06:27:18	12:28
56	Johnson, Thomas W		Roanoke	VA	62	M	06:27:28	12:29
57	DeFronzo, Eugene L		Cheshire	CT	68	M	07:08:00	13:47

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Latest News: Results are available for the St Leos 5K. Check the [results](#) page. **APR 25** - Salem Lake Breakf

Person Summary

Name	Koch, Rainer	Rainer
Sex	M	
Age	23	
City	Dettelbach	
Country	Germany	

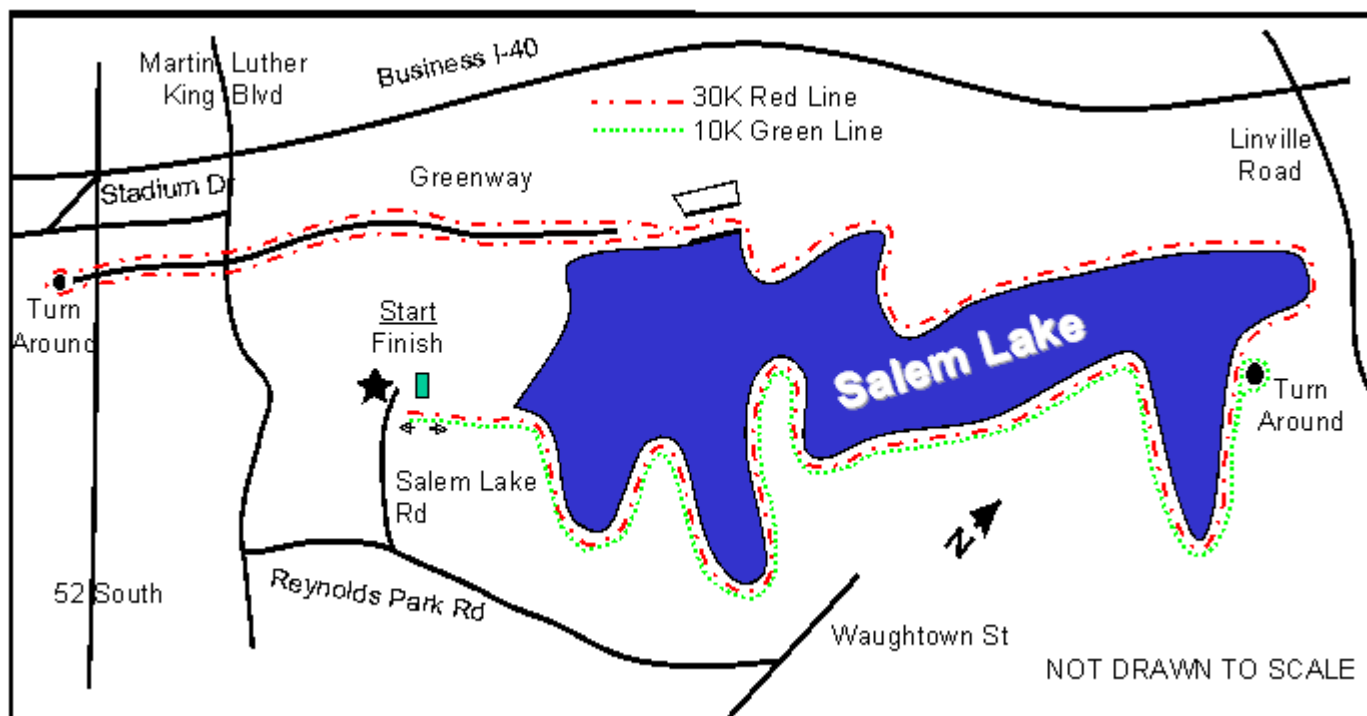
Date	Race	Age	Bib No	Div	Div Place	Div Total	Place	Time	Pace
1/10/04	Salem Lakeshore Frosty Fifty	23	538	M0100	1	35	1	03:35:12	06:56

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