



Couch Potato  
Pisgah National Forest - Ranger District - Pisgah Forest, NC  
Saturday, November 12, 2022



Overall-All Categories

<u>Place</u>	<u>Bib</u>	<u>Name</u>	<u>Category</u>	<u>Time</u>
1	2	Mat Akins	Open Men	02:19:14.58
2	124	Eric Hoyland	Open Men	02:19:26.05
3	212	Chris Schroeder	Men 40-49	02:29:08.72
4	76	Logan Eure	Men 30-39	02:32:09.33
5	188	Josh Ramsey	Open Men	02:33:23.22
6	86	Nicholas Fiedler	Men 40-49	02:36:43.98
7	184	Ryan Pinguely	Men 30-39	02:39:10.20
8	14	Ian Baldwin	Open Men	02:41:51.66
9	373	Nell Rose Steed	Women 30-39	02:46:52.59
10	172	Tanya Nagy	Women 40-49	02:50:26.83
11	114	Chris Hauenstein	Men 30-39	02:51:23.94
12	44	Derrick Cockman	Men 30-39	02:52:27.90
13	164	Thomas Ward	Men 30-39	02:55:49.79
14	107	Dylan Glasgow	Open Men	02:59:27.00
15	128	Taylor Irwin	Open Women	03:02:25.67
16	158	Matt Mayronne	Men 40-49	03:04:38.43
17	43	Todd Cejka	Men 50-59	03:05:38.36
18	25	Clint Bridier	Men 40-49	03:05:49.42
19	250	Chris Singley	Men 40-49	03:07:26.27
20	359	Tim Stacey	Men 40-49	03:09:11.87
21	126	Sara Hunter	Open Women	03:11:01.80
22	52	Jim Core	Men 60+	03:11:41.37

Open Men

<u>Place</u>	<u>Bib</u>	<u>Name</u>	<u>Series Points</u>	<u>Time</u>
1	2	Mat Akins	200	02:19:14.58
2	124	Eric Hoyland	199	02:19:26.05
3	188	Josh Ramsey	198	02:33:23.22
4	14	Ian Baldwin	197	02:41:51.66
5	107	Dylan Glasgow	196	02:59:27.00
6	7	Michael Ansari	195	03:25:31.08
7	42	Bradley Catherman	194	03:35:19.47
8	109	David Greenwell	193	03:41:11.78
9	129	Will Irwin	192	04:09:05.82
10	148	Andrew Lanteri	191	04:40:33.84
11	12	Kyle Aster	190	04:49:09.95
12	145	Mike Knapp	189	05:31:00.10

Men 30-39

<u>Place</u>	<u>Bib</u>	<u>Name</u>	<u>Series Points</u>	<u>Time</u>
1	76	Logan Eure	200	02:32:09.33
2	184	Ryan Pinguely	199	02:39:10.20
3	114	Chris Hauenstein	198	02:51:23.94
4	44	Derrick Cockman	197	02:52:27.90
5	164	Thomas Ward	196	02:55:49.79
6	428	Larry Wendel	195	03:16:46.55
7	74	Blake English	194	03:24:25.43

23	143	IV Kimberly	Men 50-59	03:12:23.24
24	194	Erik Rippon	Men 40-49	03:14:17.96
25	189	Zane Ray	Men 50-59	03:16:18.82
26	428	Larry Wendel	Men 30-39	03:16:46.55
27	153	Alan Lesage	Men 60+	03:17:38.59
28	146	Brian Laggis	Rhino	03:18:59.00
29	147	Jonathan Landry	Men 40-49	03:19:06.11
30	4	Mark Allebach	Men 50-59	03:19:53.97
31	23	Rachel Boehm	Women 30-39	03:21:31.86
32	115	Clyde Hedrick	Men 50-59	03:22:54.50
33	391	Justin Stuart	Men 50-59	03:23:40.19
34	74	Blake English	Men 30-39	03:24:25.43
35	192	Jackie Reich	Women 30-39	03:25:16.20
36	435	Sam Yale	Men 50-59	03:25:17.24
37	7	Michael Ansari	Open Men	03:25:31.08
38	59	Matt Dreps	Men 50-59	03:28:50.78
39	166	Doug Mitchell	Men 30-39	03:30:07.79
40	292	Kevin Smith	Men 40-49	03:30:35.92
41	237	Heinrich Serfontein	Rhino	03:31:45.59
42	9	Mark Archambault	Men 50-59	03:34:17.72
43	61	Chris Dreps	Men 50-59	03:34:28.39
44	133	Kristofor Jacobson	Men 40-49	03:34:32.47
45	99	Jon Frame	Rhino	03:34:32.71
46	149	Jonathan LaRocca	Men 30-39	03:35:19.18
47	42	Bradley Catherman	Open Men	03:35:19.47
48	121	Matthew Holzenkamp	Men 30-39	03:36:04.48
49	77	Michel Evans	Men 30-39	03:37:24.87
50	122	Chad Houser	Men 30-39	03:39:34.68
51	112	Rob Hall	Men 40-49	03:39:36.38
52	109	David Greenwell	Open Men	03:41:11.78
53	170	Thys Muller	Rhino	03:41:39.01
54	10	Paul Asper	Men 40-49	03:41:39.06
55	26	Danna Brown	Women 50+	03:41:58.42
56	3	Phil Albright	Men 50-59	03:43:04.96

8	166	Doug Mitchell	193	03:30:07.79
9	149	Jonathan LaRocca	192	03:35:19.18
10	121	Matthew Holzenkamp	191	03:36:04.48
11	77	Michel Evans	190	03:37:24.87
12	122	Chad Houser	189	03:39:34.68
13	141	David Kelley	188	03:40:28.85
14	388	Westley Strellis	187	03:46:04.83
15	233	Peyton Scone	186	03:51:42.10
16	39	Gary Buffaloe	185	03:58:14.02
17	136	Ryan Johnson	184	04:00:55.02
18	178	Christopher Olsen	183	04:28:29.59
19	394	Tanner Suttles	182	05:00:26.60
20	20	Tyson Bevirt	181	05:56:05.37

#### Men 40-49

<u>Place</u>	<u>Bib</u>	<u>Name</u>	<u>Series Points</u>	<u>Time</u>
1	212	Chris Schroeder	200	02:29:08.72
2	86	Nicholas Fiedler	199	02:36:43.98
3	158	Matt Mayronne	198	03:04:38.43
4	25	Clint Bridier	197	03:05:49.42
5	250	Chris Singley	196	03:07:26.27
6	359	Tim Stacey	195	03:09:11.87
7	194	Erik Rippon	194	03:14:17.96
8	147	Jonathan Landry	193	03:19:06.11
9	292	Kevin Smith	192	03:30:35.92
10	133	Kristofor Jacobson	191	03:34:32.47
11	112	Rob Hall	190	03:39:36.38
12	10	Paul Asper	189	03:41:39.06
13	17	Tim Basl	188	03:51:47.32
14	139	Damon Jorris	187	03:53:30.69
15	15	Thomas Ball	186	04:04:03.22
16	79	Carlisle Evans	185	04:04:24.47
17	19	Santiago Bernal	184	04:05:34.63
18	51	Jon Corbin	183	04:09:31.13

57	281	Dave Welnhofner	Single Speed	03:43:56.01
58	85	Raoul Farer	Men 50-59	03:44:00.87
59	116	Doug Heilig	Men 50-59	03:44:02.08
60	201	clifton Schmitt	Men 50-59	03:45:58.33
61	17	Tim Basl	Men 40-49	03:51:47.32
62	6	Simon Andres	Men 50-59	03:53:25.03
63	139	Damon Jorris	Men 40-49	03:53:30.69
64	36	Bob Bucki	Men 50-59	03:54:45.94
65	169	Zachary Moss	Rhino	03:55:31.10
66	399	Holly Teten	Women 40-49	03:58:41.80
67	242	Chris Shields	Men 50-59	03:59:26.64
68	155	Kenneth Lingerfelt	Men 50-59	03:59:27.47
69	136	Ryan Johnson	Men 30-39	04:00:55.02
70	15	Thomas Ball	Men 40-49	04:04:03.22
71	100	Jeffrey Gaca	Men 50-59	04:04:05.03
72	79	Carlisle Evans	Men 40-49	04:04:24.47
73	19	Santiago Bernal	Men 40-49	04:05:34.63
74	156	Brett Major	Men 50-59	04:06:21.41
75	127	Brad Imotichey	Men 50-59	04:08:19.93
76	129	Will Irwin	Open Men	04:09:05.82
77	51	Jon Corbin	Men 40-49	04:09:31.13
78	195	Bill Ritter	Men 40-49	04:10:06.26
79	110	Glenn Guarin	Men 50-59	04:10:37.13
80	134	Matthew Jenkins	Men 40-49	04:13:12.21
81	8	Tony Anthony	Men 40-49	04:13:52.28
82	160	Jarrett McInnis	Men 40-49	04:14:21.24
83	398	Ralph Teten	Men 50-59	04:20:51.26
84	178	Christopher Olsen	Men 30-39	04:28:29.59
85	179	William Parr	Men 40-49	04:38:13.78
86	353	Susie Spivey-Tilson	Women 40-49	04:39:23.29
87	148	Andrew Lanteri	Open Men	04:40:33.84
88	12	Kyle Aster	Open Men	04:49:09.95
89	377	Eric Stinehart	Men 40-49	04:55:37.59
90	394	Tanner Suttles	Men 30-39	05:00:26.60

19	195	Bill Ritter	182	04:10:06.26
20	134	Matthew Jenkins	181	04:13:12.21
21	8	Tony Anthony	180	04:13:52.28
22	160	Jarrett McInnis	179	04:14:21.24
23	179	William Parr	178	04:38:13.78
24	377	Eric Stinehart	177	04:55:37.59
25	234	Jason Secrest	176	05:10:45.89
26	87	Josh Finkler	175	05:37:03.51

#### Men 50-59

Place	Bib	Name	Series Points	Time
1	43	Todd Cejka	200	03:05:38.36
2	143	IV Kimberly	199	03:12:23.24
3	189	Zane Ray	198	03:16:18.82
4	4	Mark Allebach	197	03:19:53.97
5	115	Clyde Hedrick	196	03:22:54.50
6	391	Justin Stuart	195	03:23:40.19
7	435	Sam Yale	194	03:25:17.24
8	59	Matt Dreps	193	03:28:50.78
9	9	Mark Archambault	192	03:34:17.72
10	61	Chris Dreps	191	03:34:28.39
11	3	Phil Albright	190	03:43:04.96
12	85	Raoul Farer	189	03:44:00.87
13	116	Doug Heilig	188	03:44:02.08
14	201	clifton Schmitt	187	03:45:58.33
15	6	Simon Andres	186	03:53:25.03
16	36	Bob Bucki	185	03:54:45.94
17	242	Chris Shields	184	03:59:26.64
18	155	Kenneth Lingerfelt	183	03:59:27.47
19	100	Jeffrey Gaca	182	04:04:05.03
20	156	Brett Major	181	04:06:21.41
21	127	Brad Imotichey	180	04:08:19.93
22	110	Glenn Guarin	179	04:10:37.13
23	398	Ralph Teten	178	04:20:51.26

91	22	Kent Blossom	Men 60+	05:02:03.74
92	21	Stephanie Binkowski	Open Women	05:02:37.31
93	28	Allan Brunner	Men 50-59	05:07:09.92
94	424	Brandon Woolard	Rhino	05:07:13.10
95	234	Jason Secrest	Men 40-49	05:10:45.89
96	190	Timothy Reading	Rhino	05:12:31.37
97	200	Doug Schmiedel	Rhino	05:19:14.63
98	173	Brent Nelson	Rhino	05:19:56.21
99	151	Jason Lee	Rhino	05:24:26.50
100	431	John West	Men 60+	05:27:02.47
101	56	William Davidson	Men 60+	05:27:02.81
102	145	Mike Knapp	Open Men	05:31:00.10
103	228	Nancy Schwertfeger	Women 50+	05:32:13.37
104	117	Edgar Henriquez	Rhino	05:33:05.07
105	75	Sydney Epter	Open Women	05:35:41.01
106	87	Josh Finkler	Men 40-49	05:37:03.51
107	131	Stephen Jackson	Men 60+	05:50:40.15
108	13	O'Malley Avant	Men 50-59	05:51:33.64
109	24	Sean Brady	Men 50-59	05:51:34.02
110	20	Tyson Bevirt	Men 30-39	05:56:05.37
111	352	Tim Snyder	Men 60+	06:05:17.66

#### Overall-Men

<u>Place</u>	<u>Bib</u>	<u>Name</u>	<u>Category</u>	<u>Time</u>
1	2	Mat Akins	Open Men	02:19:14.58
2	124	Eric Hoyland	Open Men	02:19:26.05
3	212	Chris Schroeder	Men 40-49	02:29:08.72
4	76	Logan Eure	Men 30-39	02:32:09.33
5	188	Josh Ramsey	Open Men	02:33:23.22
6	86	Nicholas Fiedler	Men 40-49	02:36:43.98
7	184	Ryan Pinguely	Men 30-39	02:39:10.20
8	14	Ian Baldwin	Open Men	02:41:51.66
9	114	Chris Hauenstein	Men 30-39	02:51:23.94
10	44	Derrick Cockman	Men 30-39	02:52:27.90

24	28	Allan Brunner	177	05:07:09.92
25	13	O'Malley Avant	176	05:51:33.64
26	24	Sean Brady	175	05:51:34.02

#### Men 60+

<u>Place</u>	<u>Bib</u>	<u>Name</u>	<u>Series Points</u>	<u>Time</u>
1	52	Jim Core	200	03:11:41.37
2	153	Alan Lesage	199	03:17:38.59
3	22	Kent Blossom	198	05:02:03.74
4	431	John West	197	05:27:02.47
5	56	William Davidson	196	05:27:02.81
6	131	Stephen Jackson	195	05:50:40.15
7	352	Tim Snyder	194	06:05:17.66

#### Single Speed

<u>Place</u>	<u>Bib</u>	<u>Name</u>	<u>Series Points</u>	<u>Time</u>
1	281	Dave Welnhofer	200	03:43:56.01

#### Rhino

<u>Place</u>	<u>Bib</u>	<u>Name</u>	<u>Series Points</u>	<u>Time</u>
1	146	Brian Laggis	200	03:18:59.00
2	237	Heinrich Serfontein	199	03:31:45.59
3	99	Jon Frame	198	03:34:32.71
4	170	Thys Muller	197	03:41:39.01
5	169	Zachary Moss	196	03:55:31.10
6	137	Michael Johnson	195	04:00:58.67
7	81	Mike Ewton	194	04:06:43.20
8	180	Jason Perrino	193	04:08:40.61
9	364	Thomas Starnes	192	04:09:17.89
10	419	David Thompson	191	04:20:51.62
11	198	Raymond Russell	190	04:27:52.26
12	120	Tom Hillis	189	04:29:35.54
13	176	Shawn Nolan	188	04:36:30.66
14	185	Andy Pirtle	187	04:38:43.65

11	164	Thomas Ward	Men 30-39	02:55:49.79
12	107	Dylan Glasgow	Open Men	02:59:27.00
13	158	Matt Mayronne	Men 40-49	03:04:38.43
14	43	Todd Cejka	Men 50-59	03:05:38.36
15	25	Clint Bridier	Men 40-49	03:05:49.42
16	250	Chris Singley	Men 40-49	03:07:26.27
17	359	Tim Stacey	Men 40-49	03:09:11.87
18	52	Jim Core	Men 60+	03:11:41.37
19	143	IV Kimberly	Men 50-59	03:12:23.24
20	194	Erik Rippon	Men 40-49	03:14:17.96
21	189	Zane Ray	Men 50-59	03:16:18.82
22	428	Larry Wendel	Men 30-39	03:16:46.55
23	153	Alan Lesage	Men 60+	03:17:38.59
24	146	Brian Laggis	Rhino	03:18:59.00
25	147	Jonathan Landry	Men 40-49	03:19:06.11
26	4	Mark Allebach	Men 50-59	03:19:53.97
27	115	Clyde Hedrick	Men 50-59	03:22:54.50
28	391	Justin Stuart	Men 50-59	03:23:40.19
29	74	Blake English	Men 30-39	03:24:25.43
30	435	Sam Yale	Men 50-59	03:25:17.24
31	7	Michael Ansari	Open Men	03:25:31.08
32	59	Matt Dreps	Men 50-59	03:28:50.78
33	166	Doug Mitchell	Men 30-39	03:30:07.79
34	292	Kevin Smith	Men 40-49	03:30:35.92
35	237	Heinrich Serfontein	Rhino	03:31:45.59
36	9	Mark Archambault	Men 50-59	03:34:17.72
37	61	Chris Dreps	Men 50-59	03:34:28.39
38	133	Kristofor Jacobson	Men 40-49	03:34:32.47
39	99	Jon Frame	Rhino	03:34:32.71
40	149	Jonathan LaRocca	Men 30-39	03:35:19.18
41	42	Bradley Catherman	Open Men	03:35:19.47
42	121	Matthew Holzenkamp	Men 30-39	03:36:04.48
43	77	Michel Evans	Men 30-39	03:37:24.87
44	122	Chad Houser	Men 30-39	03:39:34.68

15	424	Brandon Woolard	186	05:07:13.10
16	190	Timothy Reading	185	05:12:31.37
17	200	Doug Schmiedel	184	05:19:14.63
18	173	Brent Nelson	183	05:19:56.21
19	151	Jason Lee	182	05:24:26.50
20	117	Edgar Henriquez	181	05:33:05.07

#### Open Women

<u>Place</u>	<u>Bib</u>	<u>Name</u>	<u>Series Points</u>	<u>Time</u>
1	128	Taylor Irwin	200	03:02:25.67
2	126	Sara Hunter	199	03:11:01.80
3	21	Stephanie Binkowski	198	05:02:37.31
4	75	Sydney Epter	197	05:35:41.01

#### Women 30-39

<u>Place</u>	<u>Bib</u>	<u>Name</u>	<u>Series Points</u>	<u>Time</u>
1	373	Nell Rose Steed	200	02:46:52.59
2	23	Rachel Boehm	199	03:21:31.86
3	192	Jackie Reich	198	03:25:16.20

#### Women 40-49

<u>Place</u>	<u>Bib</u>	<u>Name</u>	<u>Series Points</u>	<u>Time</u>
1	172	Tanya Nagy	200	02:50:26.83
2	399	Holly Teten	199	03:58:41.80
3	353	Susie Spivey-Tilson	198	04:39:23.29

#### Women 50+

<u>Place</u>	<u>Bib</u>	<u>Name</u>	<u>Series Points</u>	<u>Time</u>
1	26	Danna Brown	200	03:41:58.42
2	228	Nancy Schwertfeger	199	05:32:13.37

45	112	Rob Hall	Men 40-49	03:39:36.38
46	109	David Greenwell	Open Men	03:41:11.78
47	170	Thys Muller	Rhino	03:41:39.01
48	10	Paul Asper	Men 40-49	03:41:39.06
49	3	Phil Albright	Men 50-59	03:43:04.96
50	281	Dave Welnhofer	Single Speed	03:43:56.01
51	85	Raoul Farer	Men 50-59	03:44:00.87
52	116	Doug Heilig	Men 50-59	03:44:02.08
53	201	clifton Schmitt	Men 50-59	03:45:58.33
54	17	Tim Basl	Men 40-49	03:51:47.32
55	6	Simon Andres	Men 50-59	03:53:25.03
56	139	Damon Jorris	Men 40-49	03:53:30.69
57	36	Bob Bucki	Men 50-59	03:54:45.94
58	169	Zachary Moss	Rhino	03:55:31.10
59	242	Chris Shields	Men 50-59	03:59:26.64
60	155	Kenneth Lingerfelt	Men 50-59	03:59:27.47
61	136	Ryan Johnson	Men 30-39	04:00:55.02
62	15	Thomas Ball	Men 40-49	04:04:03.22
63	100	Jeffrey Gaca	Men 50-59	04:04:05.03
64	79	Carlisle Evans	Men 40-49	04:04:24.47
65	19	Santiago Bernal	Men 40-49	04:05:34.63
66	156	Brett Major	Men 50-59	04:06:21.41
67	127	Brad Imotichey	Men 50-59	04:08:19.93
68	129	Will Irwin	Open Men	04:09:05.82
69	51	Jon Corbin	Men 40-49	04:09:31.13
70	195	Bill Ritter	Men 40-49	04:10:06.26
71	110	Glenn Guarin	Men 50-59	04:10:37.13
72	134	Matthew Jenkins	Men 40-49	04:13:12.21
73	8	Tony Anthony	Men 40-49	04:13:52.28
74	160	Jarrett McInnis	Men 40-49	04:14:21.24
75	398	Ralph Teten	Men 50-59	04:20:51.26
76	178	Christopher Olsen	Men 30-39	04:28:29.59
77	179	William Parr	Men 40-49	04:38:13.78
78	148	Andrew Lanteri	Open Men	04:40:33.84

79	12	Kyle Aster	Open Men	04:49:09.95
80	377	Eric Stinehart	Men 40-49	04:55:37.59
81	394	Tanner Suttles	Men 30-39	05:00:26.60
82	22	Kent Blossom	Men 60+	05:02:03.74
83	28	Allan Brunner	Men 50-59	05:07:09.92
84	424	Brandon Woolard	Rhino	05:07:13.10
85	234	Jason Secrest	Men 40-49	05:10:45.89
86	190	Timothy Reading	Rhino	05:12:31.37
87	200	Doug Schmiedel	Rhino	05:19:14.63
88	173	Brent Nelson	Rhino	05:19:56.21
89	151	Jason Lee	Rhino	05:24:26.50
90	431	John West	Men 60+	05:27:02.47
91	56	William Davidson	Men 60+	05:27:02.81
92	145	Mike Knapp	Open Men	05:31:00.10
93	117	Edgar Henriquez	Rhino	05:33:05.07
94	87	Josh Finkler	Men 40-49	05:37:03.51
95	131	Stephen Jackson	Men 60+	05:50:40.15
96	13	O'Malley Avant	Men 50-59	05:51:33.64
97	24	Sean Brady	Men 50-59	05:51:34.02
98	20	Tyson Bevirt	Men 30-39	05:56:05.37
99	352	Tim Snyder	Men 60+	06:05:17.66

#### Overall-Women

<u>Place</u>	<u>Bib</u>	<u>Name</u>	<u>Category</u>	<u>Time</u>
1	373	Nell Rose Steed	Women 30-39	02:46:52.59
2	172	Tanya Nagy	Women 40-49	02:50:26.83
3	128	Taylor Irwin	Open Women	03:02:25.67
4	126	Sara Hunter	Open Women	03:11:01.80
5	23	Rachel Boehm	Women 30-39	03:21:31.86
6	192	Jackie Reich	Women 30-39	03:25:16.20
7	26	Danna Brown	Women 50+	03:41:58.42
8	399	Holly Teten	Women 40-49	03:58:41.80
9	353	Susie Spivey-Tilson	Women 40-49	04:39:23.29
10	21	Stephanie Binkowski	Open Women	05:02:37.31

<b>11</b>	<b>228</b>	<b>Nancy Schwertfeger</b>	<b>Women 50+</b>	<b>05:32:13.37</b>
<b>12</b>	<b>75</b>	<b>Sydney Epter</b>	<b>Open Women</b>	<b>05:35:41.01</b>