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Bellefaire JCB Biathlon August 23, 2009 – Overall Results

HMA Promotions

Place	Name	Bib No	Age	Age Group	----- 3M Run -----			----- 12.2M Bike -----			Time	Total
					Rnk	Time	Pace	Rnk	Time	Rate	Back	Time
1	Chris Latkovich	89	37	**** M 35-39	2	17:44.3	5:55/M	3	32:18.6	22.7mph		50:02.9
2	Brian Luther	99	41	**** M 40-44	5	18:25.7	6:08/M	6	35:09.4	20.8mph	3:32.2	53:35.1
3	Will Hanson	232	35	**** M 35-39	7	18:37.8	6:12/M	8	35:23.8	20.7mph	3:58.6	54:01.6
4	Joshua Zielaskiewicz	400	32	2 M 30-34	23	20:38.8	6:53/M	5	34:10.0	21.4mph	4:45.9	54:48.9
5	Rich Gent	214	35	1 M 35-39	6	18:34.5	6:11/M	20	36:20.0	20.1mph	4:51.7	54:54.6
6	Steve Babyak	217	42	1 M 40-44	14	19:48.7	6:36/M	7	35:14.5	20.8mph	5:00.3	55:03.2
7	Mike Neag	112	59	2 M 55-59	43	21:52.7	7:17/M	4	33:57.7	21.6mph	5:47.5	55:50.4
8	Lou Moore	108	38	3 M 35-39	13	19:40.6	6:33/M	24	36:38.8	20.0mph	6:16.5	56:19.4
9	Katie Dunton	51	28	**** F 25- 29	18	20:27.6	6:49/M	16	36:08.4	20.3mph		56:36.0
10	Emily Terlop	147	23	**** F 20- 24	17	20:27.0	6:49/M	18	36:11.7	20.2mph	0:02.6	56:38.7
11	Joshua Perelman	252	30	1 M 30-34	4	18:16.7	6:05/M	48	38:24.5	19.1mph	6:38.3	56:41.2
12	Joshua Rush	275	38	2 M 35-39	10	19:29.6	6:30/M	29	37:13.8	19.7mph	6:40.5	56:43.4
13	John Nichols	216	45	2 M 45-49	24	20:46.1	6:55/M	22	36:28.8	20.1mph	7:12.0	57:15.0
14	Dominic, Jr. Visconsi	189	50	1 M 50-54	19	20:28.9	6:49/M	27	36:52.0	19.9mph	7:18.0	57:20.9
15	Jim Sprankle	142	56	1 M 55-59	26	21:10.3	7:03/M	21	36:24.4	20.1mph	7:31.8	57:34.8
16	Dan Kabicek	213	41	2 M 40-44	20	20:29.9	6:50/M	31	37:16.0	19.6mph	7:43.0	57:45.9
17	Brad Lohiser	97	46	3 M 45-49	36	21:39.4	7:13/M	17	36:09.1	20.2mph	7:45.6	57:48.6
18	William Bretz	15	54	4 M 50-54	45	21:54.8	7:18/M	13	35:55.7	20.4mph	7:47.6	57:50.5
19	Craig Mog	310	37	8 M 35-39	58	22:24.2	7:28/M	10	35:33.5	20.6mph	7:54.8	57:57.7
20	Matt Hamulak	71	38	5 M 35-39	22	20:33.4	6:51/M	36	37:30.4	19.5mph	8:00.9	58:03.8
21	Robert Wright	160	42	3 M 40-44	34	21:34.5	7:11/M	23	36:31.7	20.0mph	8:03.3	58:06.2
22	Mike Fiorilli	234	51	6 M 50-54	61	22:28.2	7:29/M	11	35:40.7	20.5mph	8:06.0	58:08.9
23	Dave Klapholz	82	47	5 M 45-49	62	22:44.6	7:35/M	9	35:29.3	20.6mph	8:11.0	58:13.9
24	Carl Brass	253	29	2 M 25-29	31	21:19.0	7:06/M	28	37:02.5	19.8mph	8:18.7	58:21.6
25	James Leonard	95	39	4 M 35-39	15	19:52.6	6:37/M	50	38:38.8	18.9mph	8:28.5	58:31.5



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Place	Name	Bib No	Age	Age Group	----- 3M Run -----			----- 12.2M Bike -----			Time	Total
					Rnk	Time	Pace	Rnk	Time	Rate	Back	Time
26	Joseph McKenna	244	21	1 M 20-24	11	19:31.0	6:30/M	63	39:32.9	18.5mph	9:01.0	59:03.9
27	Matt Daly	330	47	1 M 45-49	16	20:05.8	6:42/M	57	39:14.9	18.7mph	9:17.8	59:20.7
28	Ben Kaman	80	31	4 M 30-34	32	21:27.2	7:09/M	42	37:57.7	19.3mph	9:22.1	59:25.0
29	Adam Patrick	336	26	7 M 25-29	81	23:21.2	7:47/M	15	36:08.2	20.3mph	9:26.6	59:29.5
30	John Vertal	132	50	5 M 50-54	55	22:19.3	7:26/M	30	37:14.4	19.7mph	9:30.8	59:33.7
31	Spike McGee	316	43	11 M 40-44	80	23:20.2	7:47/M	19	36:19.0	20.2mph	9:36.3	59:39.2
32	Alaina Sullivan	384	21	***** F 20-24	66	23:00.6	7:40/M	25	36:40.5	20.0mph	3:05.1	59:41.2
33	Larry Koval	171	61	2 M 60-64	52	22:14.7	7:25/M	35	37:28.9	19.5mph	9:40.7	59:43.6
34	Dean Koch	220	44	4 M 40-44	49	22:08.4	7:23/M	38	37:39.1	19.4mph	9:44.6	59:47.5
35	Erinne Dyer	306	33	1 F 30-34	21	20:30.6	6:50/M	59	39:19.1	18.6mph	3:13.7	59:49.7
36	F Saltzman	382	44	2 F 40-44	47	21:58.3	7:19/M	40	37:53.9	19.3mph	3:16.2	59:52.2
37	Andrew Petro	119	55	3 M 55-59	48	22:07.3	7:22/M	45	38:09.7	19.2mph	10:14.1	1:00:17.1
38	Robert Avery	196	30	3 M 30-34	29	21:16.7	7:05/M	55	39:09.5	18.7mph	10:23.3	1:00:26.2
39	David Sugerman	263	49	9 M 45-49	90	23:43.7	7:54/M	26	36:44.2	19.9mph	10:25.0	1:00:27.9
40	Jeff Grabner	329	27	3 M 25-29	40	21:43.0	7:14/M	51	38:51.7	18.8mph	10:31.9	1:00:34.8
41	Shaun Razek	284	17	1 M 15-19	1	17:07.2	5:42/M	139	43:49.7	16.7mph	10:54.1	1:00:57.0
42	Scott Schlachter	133	49	12 M 45-49	130	25:05.0	8:22/M	14	35:56.9	20.4mph	10:59.1	1:01:02.0
43	Mark Constantino	328	44	6 M 40-44	65	22:59.4	7:40/M	44	38:08.7	19.2mph	11:05.3	1:01:08.2
44	Derrick Iannamorelli	78	26	1 M 25-29	9	19:20.8	6:27/M	104	41:58.9	17.4mph	11:16.8	1:01:19.7
45	Andrea Chisnell	32	42	4 F 40-44	99	24:04.8	8:01/M	32	37:16.2	19.6mph	4:45.0	1:01:21.1
46	David Dreschler	229	45	6 M 45-49	82	23:21.8	7:47/M	43	38:02.2	19.2mph	11:21.1	1:01:24.1
47	Joan Duvall	208	52	4 F 50-54	141	25:37.4	8:32/M	12	35:49.5	20.4mph	4:50.9	1:01:27.0
48	Dan Rusek	126	52	2 M 50-54	30	21:18.6	7:06/M	71	40:09.1	18.2mph	11:24.8	1:01:27.7
49	Mike Bates	237	40	10 M 40-44	79	23:19.8	7:46/M	47	38:22.5	19.1mph	11:39.4	1:01:42.4
50	Jennifer Case	27	28	1 F 25-29	33	21:29.2	7:10/M	73	40:15.0	18.2mph	5:08.1	1:01:44.2



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51	Pete Fickert	167	67	1 M 65-99	35	21:38.2	7:13/M	75	40:18.4	18.2mph	11:53.7	1:01:56.6
52	James Isom	79	29	9 M 25-29	119	24:44.7	8:15/M	33	37:21.6	19.6mph	12:03.4	1:02:06.4
53	Eric Adler	200	29	6 M 25-29	73	23:13.7	7:44/M	52	39:01.6	18.8mph	12:12.4	1:02:15.3
54	Tom Wilson	302	53	11 M 50-54	115	24:37.5	8:12/M	39	37:52.0	19.3mph	12:26.6	1:02:29.5
55	Paul White	155	36	12 M 35-39	126	24:57.5	8:19/M	37	37:34.6	19.5mph	12:29.3	1:02:32.2
56	Benjamin Davis	40	32	7 M 30-34	77	23:16.3	7:45/M	58	39:19.0	18.6mph	12:32.4	1:02:35.3
57	Greg Klipan	218	60	3 M 60-64	72	23:11.1	7:44/M	61	39:31.7	18.5mph	12:39.9	1:02:42.9
58	Terry Sullivan	280	53	8 M 50-54	67	23:01.0	7:40/M	66	39:48.3	18.4mph	12:46.4	1:02:49.3
59	Danny Goldstein	65	44	13 M 40-44	91	23:45.6	7:55/M	53	39:04.8	18.7mph	12:47.6	1:02:50.5
60	Andy Skorobatchky	300	33	6 M 30-34	74	23:14.2	7:45/M	65	39:40.5	18.5mph	12:51.8	1:02:54.7
61	David Klein	83	17	4 M 15-19	27	21:13.3	7:04/M	97	41:44.1	17.5mph	12:54.4	1:02:57.4
62	Evelyn Malloy	285	50	1 F 50-54	70	23:08.2	7:43/M	67	39:55.0	18.3mph	6:27.2	1:03:03.2
63	Aaron Sadholz	129	14	1 M 0-14	12	19:38.9	6:33/M	131	43:35.2	16.8mph	13:11.2	1:03:14.2
64	Nathan Coyne	386	14	5 M 0-14	133	25:18.3	8:26/M	46	38:10.5	19.2mph	13:25.9	1:03:28.8
65	Joe Hannum	291	40	9 M 40-44	76	23:15.4	7:45/M	72	40:14.8	18.2mph	13:27.4	1:03:30.3
66	Larry James	169	35	16 M 35-39	152	26:06.0	8:42/M	34	37:27.8	19.5mph	13:30.9	1:03:33.8
67	jeff klein	84	56	4 M 55-59	101	24:16.8	8:05/M	60	39:22.0	18.6mph	13:35.9	1:03:38.8
68	Kane Russell	282	46	13 M 45-49	134	25:19.3	8:26/M	49	38:26.6	19.0mph	13:42.9	1:03:45.9
69	Reed Tepper	146	35	6 M 35-39	25	21:03.3	7:01/M	118	42:46.6	17.1mph	13:47.0	1:03:49.9
70	Judy Garson	59	52	3 F 50-54	83	23:26.9	7:49/M	78	40:28.7	18.1mph	7:19.6	1:03:55.6
71	Brooke Starkoff	144	30	5 F 30-34	118	24:44.5	8:15/M	56	39:13.6	18.7mph	7:22.0	1:03:58.1
72	Lindsay Palmer	190	28	3 F 25-29	103	24:29.0	8:10/M	62	39:32.4	18.5mph	7:25.4	1:04:01.5
73	Kevin Sirey	139	25	8 M 25-29	110	24:35.0	8:12/M	64	39:33.8	18.5mph	14:05.9	1:04:08.8
74	Matthew Graban	184	37	9 M 35-39	63	22:50.5	7:37/M	88	41:21.7	17.7mph	14:09.3	1:04:12.2
75	Philip Sipos	205	60	1 M 60-64	46	21:56.7	7:19/M	108	42:19.1	17.3mph	14:13.0	1:04:15.9



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					Rnk	Time	Pace	Rnk	Time	Rate	Back	Time
76	Monie Chaffee	176	53	2 F 50-54	78	23:18.0	7:46/M	80	40:59.8	17.9mph	7:41.8	1:04:17.9
77	Dan Polster	339	53	3 M 50-54	42	21:43.5	7:14/M	111	42:37.8	17.2mph	14:18.5	1:04:21.4
78	Jeff Frank	57	24	2 M 20-24	98	23:56.6	7:59/M	77	40:28.7	18.1mph	14:22.5	1:04:25.4
79	Julie Gramlich	224	32	2 F 30-34	86	23:35.9	7:52/M	79	40:55.3	17.9mph	7:55.1	1:04:31.2
80	Devon Racz	122	29	2 F 25-29	57	22:22.9	7:27/M	107	42:10.4	17.4mph	7:57.3	1:04:33.4
81	James Grove	383	47	20 M 45-49	164	26:39.6	8:53/M	41	37:55.2	19.3mph	14:32.0	1:04:34.9
82	Alexander Chaitoff	222	18	3 M 15-19	8	19:15.7	6:25/M	156	45:30.0	16.1mph	14:42.8	1:04:45.8
83	Domenic Vitae	150	44	5 M 40-44	50	22:09.1	7:23/M	112	42:39.1	17.2mph	14:45.3	1:04:48.3
84	Mark Racz	123	29	10 M 25-29	121	24:49.5	8:16/M	68	40:00.9	18.3mph	14:47.4	1:04:50.4
85	Howard Synenberg	145	59	5 M 55-59	106	24:32.3	8:11/M	76	40:19.0	18.2mph	14:48.5	1:04:51.4
86	Amy Dreschler	226	43	1 F 40-44	37	21:39.9	7:13/M	128	43:24.1	16.9mph	8:28.0	1:05:04.1
87	Matt Eisen	246	46	7 M 45-49	84	23:28.5	7:49/M	101	41:52.5	17.5mph	15:18.1	1:05:21.0
88	Glenn Gable	14	44	15 M 40-44	95	23:55.2	7:58/M	91	41:29.7	17.6mph	15:22.0	1:05:25.0
89	Tina Silvestri	138	40	3 F 40-44	89	23:41.8	7:54/M	105	41:59.3	17.4mph	9:05.1	1:05:41.1
90	Jonathan Cocco	34	34	8 M 30-34	104	24:30.0	8:10/M	82	41:13.8	17.8mph	15:41.0	1:05:43.9
91	Patrick Fiorilli	390	47	11 M 45-49	96	23:55.7	7:58/M	100	41:50.3	17.5mph	15:43.2	1:05:46.1
92	Jeffrey Tepeo	399	47	21 M 45-49	168	26:51.0	8:57/M	54	39:06.7	18.7mph	15:54.9	1:05:57.8
93	Mike Sablack	258	41	20 M 40-44	149	25:59.0	8:40/M	69	40:03.7	18.3mph	15:59.8	1:06:02.8
94	Chris Pascarella	117	37	7 M 35-39	44	21:53.7	7:18/M	144	44:16.9	16.5mph	16:07.7	1:06:10.6
95	Kristin Oswick	305	32	6 F 30-34	148	25:57.0	8:39/M	74	40:16.0	18.2mph	9:37.0	1:06:13.1
96	Craig MacGregor	100	35	11 M 35-39	122	24:52.2	8:17/M	89	41:22.0	17.7mph	16:11.4	1:06:14.3
97	Jodie Bowers	212	30	9 M 30-34	128	25:02.6	8:21/M	84	41:15.9	17.7mph	16:15.7	1:06:18.6
98	Jamie Cole	166	40	6 F 40-44	124	24:53.7	8:18/M	92	41:31.7	17.6mph	9:49.4	1:06:25.5
99	Alex Veltre	250	14	3 M 0-14	51	22:12.2	7:24/M	146	44:17.5	16.5mph	16:26.8	1:06:29.8
100	Tom Burton	288	44	22 M 40-44	161	26:29.6	8:50/M	70	40:05.0	18.3mph	16:31.8	1:06:34.7



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					Rnk	Time	Pace	Rnk	Time	Rate	Back	Time
101	Dan Dobres	47	41	14 M 40-44	92	23:51.3	7:57/M	117	42:46.5	17.1mph	16:35.0	1:06:37.9
102	Sandy Martin	102	24	1 F 20-24	97	23:56.3	7:59/M	115	42:42.9	17.1mph	10:03.2	1:06:39.3
103	Marj Melchreit	301	45	1 F 45-49	120	24:45.3	8:15/M	102	41:56.0	17.5mph	10:05.2	1:06:41.3
104	Edward Galle	398	14	4 M 0-14	60	22:27.0	7:29/M	145	44:17.3	16.5mph	16:41.5	1:06:44.4
105	Mike Mayer	103	32	5 M 30-34	38	21:40.3	7:13/M	153	45:07.7	16.2mph	16:45.2	1:06:48.1
106	Katherine Powell	309	55	3 F 55-59	75	23:14.4	7:45/M	133	43:42.7	16.8mph	10:21.0	1:06:57.1
107	William Fellenstein	303	43	19 M 40-44	140	25:36.2	8:32/M	90	41:29.2	17.6mph	17:02.5	1:07:05.4
108	Stephanie Fellenstein	312	38	2 F 35-39	139	25:35.5	8:32/M	94	41:33.8	17.6mph	10:33.3	1:07:09.4
109	Mike Ludwig	397	47	10 M 45-49	94	23:54.3	7:58/M	126	43:18.8	16.9mph	17:10.2	1:07:13.1
110	Art Harris	211	51	9 M 50-54	93	23:53.8	7:58/M	127	43:22.9	16.9mph	17:13.8	1:07:16.8
111	David Olson	114	45	15 M 45-49	142	25:38.3	8:33/M	96	41:41.9	17.6mph	17:17.4	1:07:20.3
112	Al Graf	68	50	15 M 50-54	158	26:18.9	8:46/M	87	41:21.3	17.7mph	17:37.3	1:07:40.2
113	April Largent	87	30	3 F 30-34	100	24:06.0	8:02/M	135	43:44.4	16.7mph	11:14.4	1:07:50.4
114	Chris Hunter	76	45	19 M 45-49	162	26:34.9	8:51/M	93	41:33.0	17.6mph	18:05.1	1:08:08.0
115	Victoria Garten	227	54	6 F 50-54	173	26:54.5	8:58/M	86	41:20.5	17.7mph	11:39.0	1:08:15.1
116	John Castrigano	29	24	3 M 20-24	107	24:33.2	8:11/M	137	43:46.2	16.7mph	18:16.6	1:08:19.5
117	Stacy Rhea	124	41	9 F 40-44	179	27:04.3	9:01/M	85	41:20.0	17.7mph	11:48.3	1:08:24.4
118	Dan D'Amico	304	35	15 M 35-39	145	25:44.5	8:35/M	114	42:42.3	17.1mph	18:23.9	1:08:26.9
119	Bill Albers	2	59	8 M 55-59	129	25:03.8	8:21/M	129	43:25.3	16.9mph	18:26.2	1:08:29.1
120	Mike Baird	274	51	14 M 50-54	150	26:02.9	8:41/M	110	42:29.5	17.2mph	18:29.5	1:08:32.5
121	Noah Eisen	256	15	6 M 15-19	113	24:36.7	8:12/M	142	44:07.1	16.6mph	18:41.0	1:08:43.9
122	melissa gottlieb	266	40	10 F 40-44	183	27:10.9	9:03/M	95	41:36.0	17.6mph	12:10.9	1:08:46.9
123	Michael Downey	49	27	5 M 25-29	68	23:02.0	7:41/M	164	45:47.5	16.0mph	18:46.6	1:08:49.5
124	Jennifer Simek	235	33	4 F 30-34	102	24:17.5	8:06/M	148	44:35.0	16.4mph	12:16.5	1:08:52.6
125	Jake Morris	299	10	10 M 0-14	298	41:58.1	13:59/M	1	27:00.8	27.1mph	18:56.0	1:08:59.0



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126	Keith Gesiorski	60	39	17 M 35-39	159	26:21.6	8:47/M	113	42:39.8	17.2mph	18:58.5	1:09:01.5
127	Coleen Derras	396	35	9 F 35-39	299	41:59.5	14:00/M	2	27:05.8	27.0mph	12:29.3	1:09:05.3
128	Daniel Kilbride	295	41	7 M 40-44	69	23:02.7	7:41/M	167	46:05.5	15.9mph	19:05.3	1:09:08.2
129	Chris Murphy	120	24	4 M 20-24	197	27:56.7	9:19/M	83	41:14.3	17.8mph	19:08.1	1:09:11.0
130	Joshua Sunshine	175	45	18 M 45-49	154	26:08.7	8:43/M	123	43:09.8	17.0mph	19:15.7	1:09:18.6
131	Joe Kastelic	198	53	10 M 50-54	112	24:36.2	8:12/M	150	44:50.0	16.3mph	19:23.3	1:09:26.3
132	Tripp Munro	110	27	11 M 25-29	156	26:14.8	8:45/M	124	43:17.0	16.9mph	19:28.9	1:09:31.8
133	Sue Demay	43	52	5 F 50-54	146	25:51.8	8:37/M	134	43:43.8	16.7mph	12:59.5	1:09:35.6
134	Matt Kashuk	39	36	21 M 35-39	193	27:29.8	9:10/M	106	42:07.7	17.4mph	19:34.6	1:09:37.5
135	Darryl Mika	173	57	10 M 55-59	189	27:23.6	9:08/M	109	42:25.8	17.3mph	19:46.5	1:09:49.4
136	Paula Bielfelt	10	42	8 F 40-44	178	26:59.0	9:00/M	120	42:54.7	17.1mph	13:17.7	1:09:53.8
137	Scott Dobson	332	32	11 M 30-34	143	25:42.7	8:34/M	143	44:14.8	16.5mph	19:54.6	1:09:57.5
138	Margaret Witkowski	157	36	1 F 35-39	56	22:22.1	7:27/M	178	47:40.8	15.4mph	13:26.9	1:10:03.0
139	Joseph Horvath	231	45	8 M 45-49	87	23:36.9	7:52/M	169	46:30.2	15.7mph	20:04.3	1:10:07.2
140	Keith Kearnsy	243	41	17 M 40-44	111	24:35.1	8:12/M	160	45:35.9	16.1mph	20:08.1	1:10:11.0
141	Steven Eisenberg	183	34	16 M 30-34	210	28:29.9	9:30/M	103	41:57.3	17.4mph	20:24.3	1:10:27.3
142	Christine Urban	296	43	14 F 40-44	213	28:41.0	9:34/M	99	41:49.2	17.5mph	13:54.1	1:10:30.2
143	Jessica Hounshell	75	22	3 F 20-24	192	27:28.2	9:09/M	122	43:04.4	17.0mph	13:56.6	1:10:32.7
144	Steve Berman	8	42	12 M 40-44	88	23:40.1	7:53/M	174	46:56.9	15.6mph	20:34.1	1:10:37.0
145	Brien Shanahan	194	55	11 M 55-59	227	29:28.4	9:49/M	81	41:09.5	17.8mph	20:35.0	1:10:37.9
146	John Fellenstein	56	46	22 M 45-49	190	27:26.1	9:09/M	125	43:18.2	16.9mph	20:41.5	1:10:44.4
147	Mike Elliott	54	30	13 M 30-34	176	26:56.0	8:59/M	140	43:58.5	16.6mph	20:51.6	1:10:54.5
148	Rob Ruppe	278	42	21 M 40-44	155	26:11.2	8:44/M	149	44:46.4	16.4mph	20:54.6	1:10:57.6



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Place	Name	Bib No	Age	Age Group	----- 3M Run -----			----- 12.2M Bike -----			Time	Total
					Rnk	Time	Pace	Rnk	Time	Rate	Back	Time
149	Ralph Mondora	273	45	4 M 45-49	41	21:43.5	7:14/M	194	49:17.0	14.9mph	20:57.6	1:11:00.5
150	Brian Mezgec	104	35	14 M 35-39	132	25:12.8	8:24/M	166	45:53.4	16.0mph	21:03.3	1:11:06.2
151	Brian Bulson	185	29	4 M 25-29	59	22:25.5	7:28/M	190	49:00.4	14.9mph	21:23.0	1:11:25.9
152	Jeff Laslow	281	57	7 M 55-59	125	24:56.5	8:19/M	170	46:31.2	15.7mph	21:24.9	1:11:27.8
153	Laura Freeman	58	47	2 F 45-49	160	26:29.2	8:50/M	152	45:01.8	16.3mph	14:55.0	1:11:31.1
154	Shakita Kabicek	210	15	1 F 15-19	28	21:15.7	7:05/M	207	50:18.0	14.6mph	14:57.8	1:11:33.8
155	Trish McNamara	314	44	13 F 40-44	208	28:24.6	9:28/M	130	43:27.2	16.8mph	15:15.8	1:11:51.9
156	Susan Gable	5	43	16 F 40-44	218	28:45.8	9:35/M	132	43:40.3	16.8mph	15:50.0	1:12:26.1
157	Tami Burke	21	42	15 F 40-44	217	28:45.6	9:35/M	136	43:45.8	16.7mph	15:55.4	1:12:31.5
158	Ron Raleigh	277	31	18 M 30-34	237	29:42.9	9:54/M	119	42:53.7	17.1mph	22:33.7	1:12:36.6
159	Jason Ashby	251	32	17 M 30-34	236	29:42.9	9:54/M	121	42:57.7	17.0mph	22:37.7	1:12:40.6
160	Beth Minadeo	107	57	5 F 55-59	204	28:22.2	9:27/M	147	44:30.6	16.4mph	16:16.7	1:12:52.8
161	Cheryl Engel	55	56	6 F 55-59	223	29:07.7	9:42/M	138	43:46.8	16.7mph	16:18.4	1:12:54.5
162	Kevin Dixon	264	45	26 M 45-49	250	30:20.2	10:07/M	116	42:43.4	17.1mph	23:00.7	1:13:03.6
163	Ronald Kahn	170	60	4 M 60-64	138	25:34.7	8:31/M	177	47:39.8	15.4mph	23:11.6	1:13:14.5
164	Janet Gaynor	168	52	8 F 50-54	224	29:13.2	9:44/M	141	44:05.7	16.6mph	16:42.9	1:13:19.0
165	Mary Elliott	53	26	6 F 25-29	175	26:55.4	8:58/M	172	46:37.3	15.7mph	16:56.7	1:13:32.7
166	Ian Round	240	15	7 M 15-19	114	24:36.8	8:12/M	191	49:05.2	14.9mph	23:39.0	1:13:42.0
167	Kevin Nietert	113	45	24 M 45-49	203	28:19.0	9:26/M	157	45:33.2	16.1mph	23:49.3	1:13:52.2
168	Chris Behm	7	39	22 M 35-39	200	28:08.6	9:23/M	163	45:45.8	16.0mph	23:51.5	1:13:54.5
169	Karla Bedard	297	47	3 F 45-49	206	28:23.0	9:28/M	158	45:33.3	16.1mph	17:20.3	1:13:56.4
170	Edward Slusarski	140	45	14 M 45-49	135	25:20.5	8:27/M	188	48:41.8	15.0mph	23:59.5	1:14:02.4
171	Ron Adair	1	39	10 M 35-39	105	24:31.0	8:10/M	202	49:42.7	14.7mph	24:10.8	1:14:13.7
172	Rebecca Bidinotto	9	53	7 F 50-54	214	28:41.5	9:34/M	162	45:38.8	16.0mph	17:44.3	1:14:20.4
173	Chris Cummings	36	32	15 M 30-	195	27:49.2	9:16/M	171	46:34.5	15.7mph	24:20.9	1:14:23.8



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Place	Name	Bib No	Age	Age Group	----- 3M Run -----			----- 12.2M Bike -----			Time	Total
					Rnk	Time	Pace	Rnk	Time	Rate	Back	Time
174	Alex Carlino	245	57	6 M 55-59	116	24:40.5	8:13/M	204	50:01.6	14.6mph	24:39.2	1:14:42.1
175	Frank Pantuso	116	68	2 M 65-99	153	26:07.1	8:42/M	186	48:38.6	15.1mph	24:42.8	1:14:45.7
176	Michael Gruss	69	32	10 M 30-34	137	25:31.0	8:30/M	195	49:17.8	14.9mph	24:45.9	1:14:48.8
177	Andrew Hertz	73	44	18 M 40-44	136	25:25.7	8:28/M	198	49:24.4	14.8mph	24:47.2	1:14:50.1
178	Dylan Rusek	127	13	2 M 0-14	39	21:42.9	7:14/M	230	53:09.4	13.8mph	24:49.4	1:14:52.3
179	Samuel Erby	215	45	16 M 45-49	144	25:43.7	8:34/M	196	49:18.0	14.8mph	24:58.9	1:15:01.8
180	Ingrid Tekieli	209	40	19 F 40-44	242	29:53.2	9:58/M	154	45:12.5	16.2mph	18:29.7	1:15:05.8
181	Tamara Dubin	50	38	5 F 35-39	194	27:35.8	9:12/M	176	47:33.9	15.4mph	18:33.6	1:15:09.7
182	Andrea Marks	101	16	2 F 15-19	85	23:34.9	7:51/M	219	51:50.1	14.1mph	18:48.9	1:15:25.0
183	Marguerita Carrabine	26	57	1 F 55-59	53	22:17.0	7:26/M	231	53:26.6	13.7mph	19:07.6	1:15:43.7
184	Pam Bulson	20	57	2 F 55-59	54	22:17.2	7:26/M	232	53:28.1	13.7mph	19:09.3	1:15:45.3
185	Katie DeMay	42	21	2 F 20-24	165	26:42.6	8:54/M	193	49:12.7	14.9mph	19:19.3	1:15:55.3
186	David Pulliam	28	64	5 M 60-64	245	30:07.7	10:02/M	165	45:53.0	16.0mph	25:57.9	1:16:00.8
187	Stacy Beattie	6	36	24 M 35-39	261	30:49.2	10:16/M	155	45:15.9	16.2mph	26:02.2	1:16:05.2
188	Brenna Brown	17	19	4 F 15-19	259	30:39.5	10:13/M	159	45:34.2	16.1mph	19:37.7	1:16:13.8
189	Bert Brown	16	52	20 M 50-54	258	30:39.2	10:13/M	161	45:36.2	16.1mph	26:12.5	1:16:15.5
190	Melissa DeGaetno	186	30	11 F 30-34	205	28:22.6	9:27/M	179	48:00.6	15.3mph	19:47.2	1:16:23.3
191	Kim Walden	151	42	17 F 40-44	225	29:13.4	9:44/M	175	47:10.7	15.5mph	19:48.0	1:16:24.1
192	Janet Lowder	315	56	4 F 55-59	201	28:09.7	9:23/M	183	48:16.2	15.2mph	19:49.9	1:16:26.0
193	Marc Cutler	38	62	6 M 60-64	270	31:39.6	10:33/M	151	44:53.7	16.3mph	26:30.4	1:16:33.4
194	Eric Ludwig	109	37	18 M 35-39	171	26:52.6	8:57/M	203	50:00.9	14.6mph	26:50.6	1:16:53.5
195	Lisa Salamon-Handel	394	32	7 F 30-34	169	26:51.7	8:57/M	206	50:04.5	14.6mph	20:20.1	1:16:56.2
196	Marissa Avery	195	29	4 F 25-29	157	26:15.6	8:45/M	211	50:45.3	14.4mph	20:24.8	1:17:00.9
197	Sunshine Yruaton	228	15	5 M 15-19	108	24:33.8	8:11/M	227	52:39.8	13.9mph	27:10.7	1:17:13.6
198	Carrie Davis	41	47	5 F 45-49	209	28:27.2	9:29/M	189	48:49.3	15.0mph	20:40.5	1:17:16.6
199	Jeff Isaacs	197	46	25 M 45-	229	29:32.0	9:51/M	180	48:03.3	15.2mph	27:32.4	1:17:35.3



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					Rnk	Time	Pace	Rnk	Time	Rate	Back	Time
200	Edward Caplan Jr.	24	29	15 M 25-29	222	29:05.8	9:42/M	185	48:34.1	15.1mph	27:37.0	1:17:39.9
201	Lauren Smith	141	26	5 F 25-29	167	26:50.9	8:57/M	214	51:04.8	14.3mph	21:19.7	1:17:55.7
202	jennfer kramer	85	34	15 F 30-34	239	29:45.4	9:55/M	182	48:12.1	15.2mph	21:21.4	1:17:57.5
203	Leeanne Murray	268	34	12 F 30-34	212	28:39.0	9:33/M	197	49:20.8	14.8mph	21:23.8	1:17:59.8
204	Lori DeWitt	44	47	9 F 45-49	266	31:27.3	10:29/M	173	46:41.4	15.7mph	21:32.7	1:18:08.8
205	Sarah Wright	161	17	3 F 15-19	166	26:45.8	8:55/M	217	51:25.7	14.2mph	21:35.4	1:18:11.5
206	Rose Urban	149	23	4 F 20-24	211	28:36.0	9:32/M	200	49:39.7	14.7mph	21:39.7	1:18:15.7
207	David Cole	286	42	16 M 40-44	109	24:34.1	8:11/M	236	54:06.3	13.5mph	28:37.5	1:18:40.5
208	Ellen Buchner	164	58	7 F 55-59	244	30:05.9	10:02/M	187	48:39.0	15.0mph	22:08.8	1:18:44.9
209	Karl Fanger	187	31	14 M 30-34	186	27:20.9	9:07/M	218	51:41.2	14.2mph	28:59.3	1:19:02.2
210	David Buchner	18	32	19 M 30-34	246	30:10.4	10:03/M	192	49:05.6	14.9mph	29:13.1	1:19:16.0
211	Michael Goldberg	63	39	20 M 35-39	188	27:22.6	9:07/M	220	51:56.1	14.1mph	29:15.9	1:19:18.8
212	Jodie Luidhardt	98	28	7 F 25-29	221	29:05.3	9:42/M	208	50:18.2	14.6mph	22:47.6	1:19:23.6
213	Nicole DeWitt	45	20	8 F 20-24	263	31:22.1	10:27/M	181	48:09.3	15.2mph	22:55.3	1:19:31.4
214	Bonny Gilmore	311	46	4 F 45-49	207	28:24.2	9:28/M	216	51:11.5	14.3mph	22:59.7	1:19:35.7
215	Rob Solganik	178	38	23 M 35-39	243	29:57.0	9:59/M	201	49:42.2	14.7mph	29:36.3	1:19:39.2
216	Carolyn Arnold	163	48	10 F 45-49	283	33:54.6	11:18/M	168	46:06.9	15.9mph	23:25.5	1:20:01.6
217	Ryan Rivchun	125	32	12 M 30-34	151	26:05.2	8:42/M	234	53:58.8	13.6mph	30:01.2	1:20:04.1
218	Corinne Graycar	219	41	12 F 40-44	202	28:11.6	9:24/M	223	52:08.4	14.0mph	23:43.9	1:20:20.0
219	Mary Hyde	318	25	8 F 25-29	233	29:37.4	9:52/M	212	50:48.2	14.4mph	23:49.6	1:20:25.7
220	Sarah Nice	298	61	1 F 60-64	215	28:44.0	9:35/M	222	52:03.6	14.1mph	24:11.5	1:20:47.6
221	Mary Ann Lemke	94	60	2 F 60-64	240	29:47.9	9:56/M	213	51:02.8	14.3mph	24:14.7	1:20:50.8
222	Edward Siegel	137	63	7 M 60-64	276	32:23.7	10:48/M	184	48:31.2	15.1mph	30:52.1	1:20:55.0
223	Valerie Saro	308	28	9 F 25-29	254	30:31.0	10:10/M	209	50:25.6	14.5mph	24:20.6	1:20:56.7



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					Rnk	Time	Pace	Rnk	Time	Rate	Back	Time
224	Alisa Warshay	153	36	7 F 35-39	249	30:18.5	10:06/M	210	50:41.9	14.4mph	24:24.3	1:21:00.4
225	Darren Burke	206	44	23 M 40-44	264	31:23.1	10:28/M	199	49:39.4	14.7mph	30:59.6	1:21:02.5
226	M Caputo	338	13	8 M 0-14	220	28:54.8	9:38/M	224	52:10.8	14.0mph	31:02.7	1:21:05.6
227	Jordan Kahn	238	28	12 M 25-29	184	27:14.5	9:05/M	237	54:08.3	13.5mph	31:19.9	1:21:22.8
228	Stacy Goldberg	64	39	4 F 35-39	187	27:21.6	9:07/M	235	54:05.9	13.5mph	24:51.5	1:21:27.6
229	Jennifer Woods	158	26	10 F 25-29	267	31:29.6	10:30/M	205	50:01.7	14.6mph	24:55.3	1:21:31.3
230	Heidi Leisinger	93	43	20 F 40-44	255	30:32.4	10:11/M	215	51:08.0	14.3mph	25:04.4	1:21:40.4
231	Leah Hohenberger	290	31	14 F 30-34	238	29:44.7	9:55/M	221	52:00.0	14.1mph	25:08.7	1:21:44.7
232	Dale Cowan	260	71	3 M 65-99	228	29:30.1	9:50/M	225	52:19.6	14.0mph	31:46.9	1:21:49.8
233	Pam Cato	30	43	18 F 40-44	232	29:37.3	9:52/M	229	52:47.8	13.9mph	25:49.1	1:22:25.1
234	Dean Rozek	262	25	14 M 25-29	191	27:27.4	9:09/M	238	55:24.2	13.2mph	32:48.7	1:22:51.6
235	Michael Semick	136	36	19 M 35-39	180	27:06.1	9:02/M	243	56:15.6	13.0mph	33:18.8	1:23:21.7
236	Tania Younkin	162	33	18 F 30-34	300	41:59.5	14:00/M	98	41:47.6	17.5mph	27:11.1	1:23:47.1
237	Shawna Rosner	230	40	7 F 40-44	170	26:51.7	8:57/M	253	57:14.5	12.8mph	27:30.3	1:24:06.3
238	Gina Oriti	115	37	8 F 35-39	271	31:47.8	10:36/M	228	52:43.0	13.9mph	27:54.8	1:24:30.9
239	Alaix Rutti	391	53	21 M 50-54	277	32:26.6	10:49/M	226	52:22.0	14.0mph	34:45.8	1:24:48.7
240	Maria Hunter	77	41	5 F 40-44	123	24:53.0	8:18/M	263	1:00:19.0	12.1mph	28:36.0	1:25:12.1
241	Eric Malkin	261	43	24 M 40-44	268	31:34.1	10:31/M	233	53:51.8	13.6mph	35:23.0	1:25:25.9
242	Michelle Proctor	331	33	10 F 30-34	196	27:50.7	9:17/M	255	57:51.0	12.7mph	29:05.7	1:25:41.8
243	Jennifer Kramer	19	45	7 F 45-49	262	30:53.5	10:18/M	241	55:48.8	13.1mph	30:06.3	1:26:42.4
244	Deena Rini	154	23	7 F 20-24	253	30:23.5	10:08/M	244	56:24.6	13.0mph	30:12.1	1:26:48.2
245	Jackie Godec	294	24	6 F 20-24	251	30:20.8	10:07/M	246	56:31.2	13.0mph	30:15.9	1:26:52.0
246	John Logan	201	25	16 M 25-29	252	30:23.2	10:08/M	247	56:31.4	13.0mph	36:51.7	1:26:54.7



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					Rnk	Time	Pace	Rnk	Time	Rate	Back	Time
247	Julie Curtis	37	25	11 F 25-29	269	31:36.2	10:32/M	239	55:27.5	13.2mph	30:27.7	1:27:03.8
248	Ilana Sadholz	130	12	2 F 0-14	234	29:40.0	9:53/M	254	57:36.0	12.7mph	30:39.9	1:27:16.0
249	Susan Butler	23	46	6 F 45-49	260	30:48.3	10:16/M	245	56:31.0	13.0mph	30:43.2	1:27:19.3
250	Sophie Kerman	204	13	1 F 0-14	216	28:44.6	9:35/M	256	58:36.8	12.5mph	30:45.4	1:27:21.5
251	Sheri Lawrence	92	48	8 F 45-49	265	31:23.6	10:28/M	242	56:01.4	13.1mph	30:49.1	1:27:25.1
252	Keith Kerman	207	51	16 M 50-54	172	26:53.5	8:58/M	264	1:00:38.7	12.1mph	37:29.4	1:27:32.3
253	Steve Behringer	236	53	19 M 50-54	257	30:35.7	10:12/M	252	57:03.7	12.8mph	37:36.6	1:27:39.5
254	Nikki Somrak	337	34	8 F 30-34	174	26:54.5	8:58/M	265	1:00:50.8	12.0mph	31:09.3	1:27:45.4
255	Robbie Lawrence	91	11	7 M 0-14	219	28:46.3	9:35/M	257	59:02.1	12.4mph	37:45.5	1:27:48.4
256	Sam Hasselman	233	12	6 M 0-14	163	26:38.9	8:53/M	267	1:01:29.8	11.9mph	38:05.8	1:28:08.7
257	Rich Lawrence	90	48	17 M 45-49	147	25:52.1	8:37/M	270	1:02:23.2	11.7mph	38:12.5	1:28:15.4
258	Lexi Saltzman	389	15	5 F 15-19	272	31:50.7	10:37/M	250	57:00.7	12.8mph	32:15.4	1:28:51.4
259	Blake Himes	254	10	9 M 0-14	230	29:36.3	9:52/M	259	59:33.5	12.3mph	39:06.9	1:29:09.9
260	Brett Himes	259	51	18 M 50-54	231	29:36.9	9:52/M	260	59:35.5	12.3mph	39:09.4	1:29:12.4
261	Michelle Tryon	148	35	6 F 35-39	247	30:11.4	10:04/M	258	59:23.1	12.3mph	32:58.5	1:29:34.6
262	Lorie Gelb	67	52	9 F 50-54	241	29:49.6	9:56/M	262	59:53.0	12.2mph	33:06.6	1:29:42.7
263	Stephanie Hamilton	72	33	17 F 30-34	285	34:11.3	11:24/M	249	56:59.3	12.8mph	34:34.6	1:31:10.6
264	Jason Hamilton	88	34	20 M 30-34	284	34:10.8	11:23/M	251	57:00.8	12.8mph	41:08.7	1:31:11.6
265	Mark Rader	199	46	23 M 45-49	198	27:58.3	9:19/M	276	1:03:21.3	11.6mph	41:16.7	1:31:19.6
266	Christin Severa	174	24	5 F 20-24	248	30:13.8	10:04/M	266	1:01:25.2	11.9mph	35:02.9	1:31:39.0
267	Natalie Scott	313	26	12 F 25-29	275	32:06.9	10:42/M	261	59:43.8	12.3mph	35:14.7	1:31:50.8
268	Shelby Silverman	239	30	13 F 30-34	235	29:40.4	9:53/M	271	1:02:26.1	11.7mph	35:30.5	1:32:06.6
269	Jamie Frayman	192	10	3 F 0-14	273	31:52.5	10:37/M	274	1:03:02.9	11.6mph	38:19.4	1:34:55.5
270	Michael Frayman	193	40	25 M 40-44	295	39:23.3	13:08/M	240	55:36.3	13.2mph	44:56.7	1:34:59.7
271	Eileen Sadowsky	131	47	12 F 45-	293	38:14.1	12:45/M	248	56:48.7	12.9mph	38:26.8	1:35:02.9



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Place	Name	Bib No	Age	Age Group	----- 3M Run -----			----- 12.2M Bike -----			Time	Total
					Rnk	Time	Pace	Rnk	Time	Rate	Back	Time
272	Lacy Margot	265	53	11 F 50-54	281	33:52.3	11:17/M	269	1:02:15.0	11.8mph	39:31.3	1:36:07.4
273	Eian Katz	247	18	2 M 15-19	3	17:52.2	5:57/M	287	1:18:27.2	9.33mph	46:16.6	1:36:19.5
274	Lee Hall	70	47	27 M 45-49	288	34:32.9	11:31/M	268	1:01:57.7	11.8mph	46:27.8	1:36:30.7
275	Colleen Doody	48	32	9 F 30-34	181	27:06.4	9:02/M	284	1:09:27.3	10.5mph	39:57.6	1:36:33.7
276	Kenny Ptak	121	28	13 M 25-29	185	27:16.7	9:05/M	283	1:09:26.4	10.5mph	46:40.2	1:36:43.1
277	Kevin Kramer	293	36	25 M 35-39	286	34:25.7	11:28/M	272	1:02:34.2	11.7mph	46:57.0	1:36:59.9
278	Erin Andrews	4	27	13 F 25-29	287	34:25.7	11:28/M	273	1:02:37.8	11.7mph	40:27.5	1:37:03.6
279	Joann Class	33	32	16 F 30-34	256	30:35.5	10:12/M	279	1:06:34.8	11.0mph	40:34.3	1:37:10.3
280	Karim Rania	317	26	14 F 25-29	289	34:48.2	11:36/M	277	1:03:40.1	11.5mph	41:52.3	1:38:28.3
281	Janet McLaughlin	307	59	8 F 55-59	279	32:52.1	10:57/M	278	1:05:52.0	11.1mph	42:08.1	1:38:44.2
282	Annette Heston	74	37	3 F 35-39	182	27:07.7	9:02/M	285	1:12:45.2	10.1mph	43:16.9	1:39:53.0
283	Jenny Laslow	292	51	12 F 50-54	290	35:04.1	11:41/M	281	1:07:47.4	10.8mph	46:15.5	1:42:51.5
284	Marv Solganik	177	78	4 M 65-99	297	39:51.8	13:17/M	275	1:03:20.3	11.6mph	53:09.2	1:43:12.1
285	Fadi Karim	319	55	12 M 55-59	291	38:08.9	12:43/M	280	1:06:44.7	11.0mph	54:50.7	1:44:53.6
286	Juliane Lynch	388	69	1 F 65-99	296	39:25.5	13:08/M	282	1:08:44.8	10.6mph	51:34.3	1:48:10.3
287	Colleen Derras	324	35	F 35-39				290	1:49:13.0	6.70mph	52:36.9	1:49:13.0
288	Mary Demas	283	53	F 50-54				291	1:49:43.4	6.67mph	53:07.3	1:49:43.4
289	Isabel Wright	159	49	11 F 45-49	292	38:12.3	12:44/M	286	1:13:02.6	10.0mph	54:38.9	1:51:15.0
290	Lyla Blake-Gumbs	12	43	11 F 40-44	199	28:05.2	9:22/M	288	1:24:57.7	8.62mph	56:26.9	1:53:03.0
291	Shannon McKenna	242	39	10 F 35-39	302	42:57.8	14:19/M	289	1:29:16.1	8.20mph	1:15:37.9	2:12:14.0
DNF	Michael Miller	105	50	7 M 50-54	64	22:52.9	7:37/M				99:09:57.0	
DNF	Tim Roth	202	40	8 M 40-44	71	23:09.3	7:43/M				99:09:57.0	
DNF	Richard Stager	387	53	12 M 50-	117	24:41.3	8:14/M				99:09:57.0	



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54												
		----- 3M Run -----						----- 12.2M Bike -----			Time	Total
Place	Name	Bib No	Age	Age Group	Rnk	Time	Pace	Rnk	Time	Rate	Back	Time
DNF	Jesse Davis	392	38	13 M 35-39	127	25:02.5	8:21/M					99:09:57.0
DNF	Brian Baillys	221	50	13 M 50-54	131	25:10.4	8:23/M					99:09:57.0
DNF	Michael Rusek	152	56	9 M 55-59	177	26:58.6	8:59/M					99:09:57.0
DNF	Brian Murphy	395	54	17 M 50-54	226	29:16.5	9:45/M					99:09:57.0
DNF	Sarah Ludwig	289	12	4 F 0-14	274	31:53.1	10:38/M					99:03:23.9
DNF	Jason DiBenedetto	46	22	5 M 20-24	278	32:28.0	10:49/M					99:09:57.0
DNF	Roberta Rusek	135	50	10 F 50-54	280	33:18.1	11:06/M					99:03:23.9
DNF	Lauren Cole	287	11	5 F 0-14	282	33:53.9	11:18/M					99:03:23.9
DNF	Rose Miller	106	17	6 F 15-19	294	38:34.3	12:51/M					99:03:23.9
DNF	Karen Morris	223	40	21 F 40-44	301	42:13.4	14:04/M					99:03:23.9
DNF	Scott Pendergast	118	45	28 M 45-49	303	1:02:38.6	20:53/M					99:09:57.0
DNF	Jennifer Sullivan	225	52	13 F 50-54	304	1:10:42.2	23:34/M					99:03:23.9
DNF	Michael Caputo	25	47	29 M 45-49	305	1:10:52.5	23:37/M					99:09:57.0