

American Zofingen - Short Course
Sunday, October 11, 2009 New Paltz, NY
Timed by YellowJacket Racing
Total Finishers - 67 (Male - 50, Female - 17)

Pos	Bib	Fullname	Gender	Class	Age	City	Run1Tm	T1Tm	BikeTm	T2Tm	Run2Lap1Tm	Run2Lap2Tm	TotalTm
Overall Male	1	113 David Roche	M	Overall Male	21	Millington	30:57	00:42	1:29:58	00:32	00:17	0:36:39	2:39:05
Overall Female	1	93 Mendy Taylor	F	Overall Female	32	High Falls	38:57	01:16	1:48:11	01:52	00:18	0:37:47	3:08:21
F19UNDER	1	139 Sarah Haight	F	F19UNDER	18	West Point	39:25	00:59	1:52:52	00:59	00:19	0:44:27	3:19:00
	2	140 Mackenzie Vaughn	F	F19UNDER	19	West Point	39:18	00:47	2:02:22	00:40	44:37		3:27:44
F20-24	1	39 Claire Heid	F	F20-24	21	West Point	54:40	00:32	2:45:57	00:36	00:18	0:58:51	4:40:54
F25-29	1	130 Deanna Poley	F	F25-29	29	Grahamsville	54:15	02:27	2:58:49	06:16	00:27	1:11:03	5:13:18
F30-34	1	25 Kira Theesfeld	F	F30-34	33	Westfield	44:14	02:37	2:00:49	01:57	00:20	0:51:10	3:41:07
F35-39	1	116 Erica Ruge	F	F35-39	37	Rhinebeck	40:39	00:43	1:45:33	00:42	00:19	0:45:09	3:13:05
	2	134 Katie Ward	F	F35-39	36	Brooklyn	44:56	00:52	1:38:28	00:57	00:21	0:50:43	3:16:18
	3	96 Tina Kaske	F	F35-39	35	Herrenberg	42:56	00:42	1:51:39	00:43	00:18	0:47:20	3:23:39
	4	18 Lynette Ngo	F	F35-39	36	Brookline	02:28	02:00	2:06:57	01:43	00:22	1:16:12	4:29:41
	5	117 Lisa Pumilio	F	F35-39	36	Ilion	54:46	01:19	2:26:19	02:01	00:23	1:20:05	4:44:52
F40-44	1	149 Julie Deery	F	F40-44	44	Bala Cynwyd	40:26	00:50	1:41:40	00:37	00:18	0:46:56	3:10:48
	2	111 Michele Buckley	F	F40-44	42	Arlington	48:58	01:08	2:06:30	01:11	00:21	0:57:49	3:55:56
	3	64 Mia Choi	F	F40-44	40	Accord	49:37	01:45	2:14:15	01:41	00:21	1:01:52	4:09:31
F45-49	1	153 Rebecca Hansen	F	F45-49	48	Saugerties	51:07	01:19	2:29:53	00:40	00:22	1:03:37	4:26:59
F50-54	1	129 Susan Sheeley	F	F50-54	50	Grahamsville	49:04	02:04	2:27:14	02:08	00:21	1:01:41	4:22:33
F60-64	1	36 Ellie Gavin	F	F60-64	61	Kings Park	57:58	02:02	2:25:34	02:03	00:25	1:16:43	4:44:46
M19UNDER	1	157 Brian Trainor	M	M19UNDER	18	West Point	31:58	01:00	1:36:17	01:02	00:17	0:35:42	2:46:16
	2	141 Adam Leemans	M	M19UNDER	19	West Point	35:19	00:50	1:39:39	00:58	00:18	0:39:54	2:56:59
	3	138 Alex Habecker	M	M19UNDER	18	West Point	35:26	00:50	1:36:13	00:35	00:20	0:47:07	3:00:31
	4	128 Nathaniel DeBoever	M	M19UNDER	17	West Hurley	37:18	00:24	1:48:49	00:29	00:17	0:40:05	3:07:22

M20-24	1	24 David Wright	M	M20-24	24 Tillson	37:05	01:07	1:33:11	01:04	00:17	0:41:15	2:53:59
	2	137 Adam Bishop	M	M20-24	21 West Point	35:35	01:19	1:41:58	02:14	00:16	0:42:59	3:04:22
M25-29	1	15 Christopher McCloskey	M	M25-29	28 Albany	34:03	01:00	1:44:29	00:50	00:17	0:40:55	3:01:34
	2	88 Peter Sorge	M	M25-29	29 Gladstone	41:24	01:22	1:53:54	01:00	00:17	0:43:03	3:21:00
	3	5 Peter Laura	M	M25-29	28 Harrison	41:59	01:59	1:45:27	01:20	00:18	0:50:36	3:21:38
	4	59 Chris Hirschmann	M	M25-29	28 Morristown	41:37	02:31	1:46:20	01:35	00:17	0:49:51	3:22:11
	5	85 Dan Bellino	M	M25-29	28 Bronx	41:19	01:24	1:49:37	01:23	00:20	0:54:52	3:28:55
	6	58 Michael Puccio	M	M25-29	29 Nutley	48:49	04:04	1:59:04	02:07	00:21	1:00:29	3:54:53
M30-34	1	106 John Flanagan	M	M30-34	30 Cohasset	33:56	00:59	1:30:19	00:39	00:17	0:39:18	2:45:26
	2	122 Eric Waldron	M	M30-34	32 New Paltz	39:02	01:41	1:41:51	01:11	00:15	0:43:59	3:07:58
	3	31 John Olsen	M	M30-34	30 Rochester	39:24	01:38	1:45:54	00:59	00:19	0:43:07	3:11:21
	4	114 Jarrod Thompson	M	M30-34	30 Palmer	39:45	01:19	1:50:36	01:28	00:16	0:56:50	3:30:15
	5	89 Matt Marino	M	M30-34	30 Quincy	43:22	01:24	2:01:49	03:09	00:21	1:01:06	3:51:12
	6	65 Chris Greco	M	M30-34	33 Accord	51:04	01:59	2:04:29	01:47	00:18	0:53:35	3:53:12
M35-39	1	95 Sebastian Siegismund	M	M35-39	37 Herrenberg	34:37	00:23	1:26:08	00:22	00:35	0:37:43	2:39:49
	2	44 Chris Gleason	M	M35-39	38 Clifton Park	38:16	01:37	1:42:36	00:36	00:18	0:44:54	3:08:16
	3	104 Mike Murphy	M	M35-39	39 Beacon	39:26	02:20	1:46:15	01:39	00:18	0:41:37	3:11:35
	4	131 Andrew Binnie	M	M35-39	35 Rhinebeck	41:33	00:43	1:42:46	00:45	00:19	0:46:19	3:12:26
	5	110 Lawrence Buckley	M	M35-39	39 Arlington	39:03	00:53	1:45:12	00:54	00:26	0:51:53	3:18:21
	6	61 Charles Pegg	M	M35-39	39 Woodstock	38:11	00:47	1:45:07	01:04	00:23	0:57:51	3:23:24
	7	143 Kevin Feeney	M	M35-39	39 Washingtonville	43:12	01:31	1:51:21	01:22	00:19	0:51:22	3:29:08
	8	92 Robert Bowne	M	M35-39	35 New York	41:21	02:04	1:57:36	02:11	00:19	0:53:12	3:36:43
	9	146 Eduard Trampolsky	M	M35-39	37 New York	43:57	01:27	1:56:46	01:03	00:21	0:53:27	3:37:01
	10	159 J Scott Burton	M	M35-39	39 Bronx	52:15	03:53	1:53:17	01:37	00:21	0:56:14	3:47:38
	11	27 Rob Maresca	M	M35-39	39 Bryn Mawr	57:49	02:33	2:12:05	01:42	00:20	0:55:34	4:10:02
M40-44	1	2 Philip Vondra	M	M40-44	41 New Paltz	35:37	00:36	1:33:16	00:28	00:18	0:39:34	2:49:50
	2	108 John Heppollette	M	M40-44	41 New Paltz	36:19	00:53	1:31:42	00:41	00:18	0:46:21	2:56:15
	3	4 Stephen Katz	M	M40-44	42 Woodcliff Lake	41:16	02:23	1:39:55	01:19	00:18	0:52:17	3:17:27
	4	74 Mike Jessop	M	M40-44	42 Gardiner	38:22	01:20	2:00:51	01:09	00:18	0:53:13	3:35:14
	5	160 Bill Shashaty	M	M40-44	40 Stone Ridge	49:42	01:24	1:57:30	01:49	00:24	1:07:44	3:58:32
M45-49	1	151 Todd Cassan	M	M45-49	46 New York	37:10	00:55	1:29:49	00:56	00:18	0:45:10	2:54:17
	2	84 Dennis Yonkin	M	M45-49	46 Millville	39:27	01:11	1:49:42	00:44	00:18	0:49:20	3:20:43
	3	201 Patrick Sheridan	M	M45-49	49 Lowell	51:52	01:22	1:59:59	02:00	00:50	0:57:28	3:53:30
	4	86 Jeff Phillips	M	M45-49	47 Brooklyn	51:51	02:54	2:08:34	02:19	00:23	1:03:35	4:09:36
	5	23 William Thompson	M	M45-49	49 Poughkeepsie	50:56	01:32	2:28:05	02:27	00:21	1:03:21	4:26:42
	6	163 Mark Spine	M	M45-49	49 Liberty	56:26	03:59	2:37:03	03:26	00:24	1:08:07	4:49:24
M50-54	1	102 Kevin Smith	M	M50-54	53 Smithtown	42:59	02:05	1:58:41	02:29	00:20	0:53:24	3:39:58
	2	52 Anthony Schroder	M	M50-54	51 Middletown	48:59	01:57	2:05:00	01:20	00:21	0:56:42	3:54:19
	3	155 David Marcus	M	M50-54	50 Woodcliff Lake	55:56	03:49	2:03:17	03:06	00:22	0:58:39	4:05:08
	4	56 Joe Paz	M	M50-54	50 New Hope	54:27	01:21	1:56:12	01:01	00:23	1:14:32	4:07:56

M55-59

1	112 Michael Roche	M	M55-59	57 Millington	42:49	01:10	1:48:42	01:00	00:19	0:49:32	3:23:33
2	82 Paul Trapani	M	M55-59	58 Wallkill	47:27	01:11	1:52:43	01:06	00:22	0:53:40	3:36:29
3	35 Don Gavin	M	M55-59	59 Kings Park	46:19	01:21	1:59:36	01:55	00:20	1:08:56	3:58:27
4	3 Mark Hughes	M	M55-59	57 Lackawaxen	48:50	01:55	2:17:11	01:29	00:21	1:01:55	4:11:42

M60-64

1	204 Charlie Redmond	M	M60-64	60 Demarest	46:32	01:03	1:56:36	01:22	00:23	0:54:35	3:40:31
---	---------------------	---	--------	-------------	-------	-------	---------	-------	-------	---------	---------