

Freezero Race #4 - Hearnish 10K (6.385 miles)
Saturday January 30, 2010 **Powder Mill Park, Pittsford, NY**
174 Finishers(124 Male, 50 Female)
Timed by YellowJacket Racing

Pos	Bib	Name	Gender	Class	Age	City	Series	Time	Pace
F19UNDER									
1	122	Lexie Klimasewski	F	F19UNDER	14	Fairport	X	1:00:45	09:31
2	60	Cheyenne DeMarco	F	F19UNDER	19	Nunda	X	1:08:24	10:43
F20-24									
1	190	Anne Shigley	F	F20-24	22	Rochester	X	0:56:40	08:52
F25-29									
1	244	Allyson Brown	F	F25-29	25	Honeyoye Falls		0:47:32	07:27
2	17	Stephanie E. Boone	F	F25-29	27	Buffalo		0:51:12	08:01
3	2	Katie Achter	F	F25-29	25	Rochester	X	1:03:19	09:55
F30-34									
1	134	Jen Malik	F	F30-34	30	Rochester	X	0:43:52	06:52
2	179	Victoria Rodriguez	F	F30-34	31	Buffalo	X	0:45:41	07:09
3	54	Heather Danielson	F	F30-34	34	Rochester	X	0:48:17	07:34
4	8	Pam Ayers	F	F30-34	33	Rochester	X	0:54:05	08:28
5	143	Sarah McGrath	F	F30-34	31	Syracuse		0:54:09	08:29
6	58	Rachael DellaPietra	F	F30-34	30	Webster	X	0:55:01	08:37
7	204	Kathee Tyo	F	F30-34	32	Rochester	X	1:03:11	09:54
8	160	Emily OShea	F	F30-34	31	Hilton	X	1:04:01	10:01
9	251	Michelle Curtin	F	F30-34	34	Cohocton		1:07:24	10:33
10	198	Tara Stein	F	F30-34	31	Honeoye Falls	X	1:17:29	12:08
F35-39									
1	67	Rebecca Duberry	F	F35-39	39	Rochester	X	0:43:30	06:49
2	62	Christine Deutsch	F	F35-39	35	Rochester	X	0:50:15	07:52
3	77	Emily Flagg	F	F35-39	35	Rochester	X	0:51:38	08:05
4	175	Amber Rinderknecht	F	F35-39	36	Rochester	X	0:55:12	08:39
5	208	Kera Vanham	F	F35-39	36	Rochester	X	0:58:36	09:11
6	26	Tracy Bryce	F	F35-39	35	Rochester	X	1:01:25	09:37
7	72	Krista Aukeman Englert	F	F35-39	35	Rochester	X	1:04:07	10:02
8	253	Mary Westfall	F	F35-39	37	Walworth		1:04:30	10:06
9	189	Jennifer Sheehan	F	F35-39	39	Rochester	X	1:09:18	10:51
10	13	Leisel Bernfield	F	F35-39	35	Rochester	X	1:17:29	12:08
F40-44									
1	153	Audra Naujokas-Knapp	F	F40-44	40	Rochester	X	0:47:13	07:24
2	82	Dana Giannini	F	F40-44	40	Rochester	X	0:48:08	07:32
3	222	Mary Wojnowski	F	F40-44	42	Rochester	X	0:52:02	08:09
4	105	Karol Hitchcock	F	F40-44	43	Fairport	X	0:58:41	09:11
5	146	Christina McLyman	F	F40-44	42	Rochester	X	0:58:55	09:14
6	182	Christina Ruhland	F	F40-44	41	North Chili	X	1:05:43	10:18
7	188	Coleen Schofield	F	F40-44	41	Rochester	X	1:08:30	10:44
8	5	Maura Arendt	F	F40-44	41	Rochester	X	1:16:44	12:01
9	242	Kara Sobolew	F	F40-44	40	Fairport		1:19:18	12:25

F45-49									
1	21	Joanne Bradt	F	F45-49	45	Scottsville	X	0:50:26	07:54
2	219	Marie White	F	F45-49	45	Henrietta	X	0:52:44	08:16
3	114	Debbie Jerris	F	F45-49	46	Livonia	X	0:58:45	09:12
4	51	Ann Cunningham	F	F45-49	47	Rochester	X	1:00:58	09:33
5	173	Diane Prystajko	F	F45-49	45	Spencerport	X	1:01:26	09:37
6	229	Marlene Paeth	F	F45-49	46	Kendall		1:01:45	09:40
7	228	Theresa DeRycke	F	F45-49	45	Victor		1:19:18	12:25
F50-54									
1	177	Marty Roberts	F	F50-54	52	Penn Yan	X	0:54:51	08:35
F55-59									
1	93	Cheryl Guth	F	F55-59	55	Rochester	X	0:49:57	07:49
2	226	Therese Christo	F	F55-59	56	Hilton		0:51:20	08:02
3	102	Kathy Henrie	F	F55-59	56	Rochester	X	1:01:59	09:42
F60-64									
1	144	Lynda McGuire	F	F60-64	61	Scottsville	X	0:58:54	09:14
2	133	Jane Mahoney	F	F60-64	60	Rochester	X	1:07:40	10:36
F65-69									
1	123	Carolyn Kriesen	F	F65-70	66	Webster	X	1:09:06	10:49
F70-74									
1	31	Joanne Carr	F	F70-74	71	Churchville	X	1:19:38	12:28
M19UNDER									
1	243	Andrew Baker	M	M19UNDER	17	Spencerport	X	0:41:29	06:30
2	247	Kevin Mesoleila	M	M19UNDER	19	Rochester		0:48:53	07:39
3	241	Billy Galetto	M	M19UNDER	15	Spencerport		0:49:06	07:41
4	9	Scott Bagley	M	M19UNDER	13	Rochester	X	0:55:32	08:42
M20-24									
1	156	Philip Nesbitt	M	M20-24	23	Churchville	X	0:39:25	06:10
2	149	Josiah Moore	M	M20-24	21	Canandigua	X	0:44:08	06:55
3	245	Bryce Manmowski	M	M20-24	21	Rochester		0:44:31	06:58
4	246	Brendan Wolfert	M	M20-24	20	Henrietta		0:56:27	08:50
M25-29									
1	227	Michael Moore	M	M25-29	29	Lackawanna		0:43:13	06:46
2	110	Adam Insalaco	M	M25-29	29	Irondequoit	X	0:44:33	06:59
3	161	Jonathan Owen	M	M25-29	27	Rochester	X	0:49:08	07:42
4	112	Shawn Jackett	M	M25-29	29	Fairport		1:00:48	09:31
M30-34									
1	20	Dave Bradshaw	M	M30-34	30	Macedon	X	0:35:31	05:34
2	165	Ryan Pauling	M	M30-34	33	Rochester	X	0:35:35	05:34
3	234	Jason Knarr	M	M30-34	33	Webster		0:40:56	06:25
4	15	Matt Blodgett	M	M30-34	32	Fairport	X	0:41:55	06:34
5	45	Michael Coyle	M	M30-34	34	Irondequoit	X	0:42:17	06:37
6	191	Colby Shores	M	M30-34	34	Rochester	X	0:43:08	06:45
7	212	Dan Ward	M	M30-34	32	Rochester	X	0:44:02	06:54
8	230	Ludonic Raymond	M	M30-34	31	Buffalo		0:48:07	07:32
9	203	Jeffery Tress	M	M30-34	30	Batavia		0:51:00	07:59
10	119	Kevin Kehoe	M	M30-34	34	Rochester	X	0:52:55	08:17

11	33	Michael Cefalo	M	M30-34	33		X	0:53:25	08:22
12	86	Brian Glass	M	M30-34	30	Rochester	X	0:54:05	08:28
13	137	Brian Matzan	M	M30-34	31	Hilton	X	0:56:09	08:48
14	224	Brian Zimmerman	M	M30-34	34	Rochester	X	0:57:36	09:01

M35-39

1	206	Matt Tytler	M	M35-39	37	Irondequoit	X	0:39:13	06:09
2	185	John Salvador	M	M35-39	39	Penfield	X	0:42:29	06:39
3	107	Daniel Homer	M	M35-39	35	Rochester	X	0:47:05	07:22
4	248	Michel Bermudez	M	M35-39	39	Webster		0:47:39	07:28
5	6	Alex Ashe	M	M35-39	39	Spencerport	X	0:50:05	07:51
6	19	Bill Boula	M	M35-39	35	Hilton	X	0:55:03	08:37
7	96	Mike Hall	M	M35-39	39	Rochester	X	0:58:04	09:06
8	117	Rich Kapp	M	M35-39	38	Webster	X	0:59:11	09:16
9	53	Daniel Curtin	M	M35-39	38	Cohocton	X	1:07:24	10:33

M40-44

1	37	Timothy Ciancione	M	M40-44	44	Rochester	X	0:43:24	06:48
2	187	David Sauter	M	M40-44	42	Penfield	X	0:44:07	06:55
3	41	Martin Coffey	M	M40-44	40	Pittsford	X	0:44:22	06:57
4	22	James Brennan	M	M40-44	40	Pittsford	X	0:44:43	07:00
5	252	Thom Westfall	M	M40-44	42	Walworth		0:48:47	07:38
6	47	Jeffrey L. Crews	M	M40-44	43	Rochester	X	0:49:48	07:48
7	106	Larry Hoffman	M	M40-44	41	Ontario	X	0:51:10	08:01
8	111	Lou Iovoli	M	M40-44	44	Victor	X	0:51:41	08:06
9	211	Patrick Vorndran	M	M40-44	41	Rochester	X	0:52:37	08:14
10	36	Andrew Ciaio	M	M40-44	44	Victor	X	0:53:32	08:23
11	66	Dale Dimick	M	M40-44	42	Webster	X	0:53:37	08:24
12	147	Joseph McMahoun	M	M40-44	40	Rochester	X	0:54:22	08:31
13	79	Joaquim Flores	M	M40-44	43	Rochester	X	0:55:15	08:39
14	80	Joao Flores	M	M40-44	42	Greece	X	0:55:23	08:40
15	152	John Natale	M	M40-44	41	Fairport	X	0:56:16	08:49
16	18	William A. Borrelli	M	M40-44	44	Rochester	X	0:58:08	09:06
17	42	Thomas Collins	M	M40-44	44	Pittsford	X	0:59:55	09:23
18	35	Jeff Chester	M	M40-44	44	Rochester	X	1:00:54	09:32
19	61	Tom Demeyers	M	M40-44	42	Palmyra	X	1:01:16	09:36
20	116	Roman T. Kamola	M	M40-44	40	Rochester	X	1:01:30	09:38
21	249	Barry Cherney	M	M40-44	43	Rochester		1:03:07	09:53

M45-49

1	121	Matt Kellman	M	M45-49	45	Penfield	X	0:40:07	06:17
2	83	Daniel Giblin	M	M45-49	47	Rochester	X	0:40:45	06:23
3	202	Ted Thull	M	M45-49	48	Macedon	X	0:41:34	06:31
4	148	Patrick Milligan	M	M45-49	45	Rochester	X	0:43:09	06:45
5	233	Keith Scott	M	M45-49	46	Leroy		0:43:43	06:51
6	126	Peter Lautenslager	M	M45-49	48	Victor	X	0:44:51	07:01
7	213	Matthew Ward	M	M45-49	45	Canandigua	X	0:45:04	07:03
8	108	Scott Hoot	M	M45-49	49	Medina	X	0:45:36	07:08
9	74	George Fawcett	M	M45-49	49	Rochester	X	0:45:40	07:09
10	142	Brian McElroy	M	M45-49	48	Buffalo	X	0:46:21	07:16
11	103	Russ Herman	M	M45-49	48	Hilton	X	0:48:53	07:39
12	239	Steven Derks	M	M45-49	46	W. Henrietta		0:50:08	07:51
13	215	Chris Washburn	M	M45-49	48	Newark	X	0:50:21	07:53
14	87	Philip Gleason	M	M45-49	46	Geneva	X	0:50:32	07:55
15	232	Lento Montgomery	M	M45-49	49	Rochester		0:52:07	08:10
16	140	Peter McCandlish	M	M45-49	45	Rochester	X	0:52:17	08:11

17	250	David Fedrizzi	M	M45-49	49	Pittsford		0:55:33	08:42
18	162	Ron Paeth	M	M45-49	46	Kendall	X	0:56:49	08:54
19	71	Timothy Elinger	M	M45-49	45	Mendon	X	0:57:56	09:04
20	181	Wes Rosengrant	M	M45-49	49	Rochester	X	0:58:36	09:11
21	150	Michael Mullane	M	M45-49	46	Fairport	X	0:58:38	09:11
22	101	Sean Hendrick	M	M45-49	47	Rochester	X	1:01:32	09:38
23	49	Tom Crilly	M	M45-49	47	Rochester	X	1:03:15	09:54
24	128	William Lerkins	M	M45-49	49	Rochester	X	1:09:14	10:51

M50-54

1	69	Tim Dwyer	M	M50-54	50	Rochester	X	0:39:45	06:14
2	132	Tony Machulskis	M	M50-54	50	Rochester	X	0:41:48	06:33
3	89	David Goins	M	M50-54	52	Dansville	X	0:42:05	06:35
4	236	Bob Hamilton	M	M50-54	54	Lyons		0:45:48	07:10
5	94	Keith Hadley	M	M50-54	50	Rochester	X	0:46:42	07:19
6	113	Tom Jerris	M	M50-54	51	Livonia	X	0:48:04	07:32
7	68	Michael Dunn	M	M50-54	53	Rochester	X	0:48:20	07:34
8	223	Mark Woodhams	M	M50-54	52	E. Rochester	X	0:52:34	08:14
9	23	Novis Brewster	M	M50-54	50	Rochester	X	0:56:02	08:47
10	3	Wilt Alston	M	M50-54	51	Rochester	X	0:57:13	08:58
11	98	Dudley Hallstead	M	M50-54	50	Canandigua	X	0:58:37	09:11
12	14	Bill Beyerbach	M	M50-54	54	Rochester	X	1:00:42	09:30
13	235	Paul Hebert	M	M50-54	51	Hilton		1:01:31	09:38
14	76	Brian Ferries	M	M50-54	50	Brockport	X	1:02:13	09:45
15	38	Eddy Clark	M	M50-54	51	Victor	X	1:06:01	10:20

M55-59

1	238	Mark Barry	M	M55-59	57	Rochester		0:44:34	06:59
2	214	David Ward	M	M55-59	58	Akron	X	0:45:44	07:10
3	57	Matt Degma	M	M55-59	55	Rochester	X	0:48:52	07:39
4	55	David Davenport	M	M55-59	58	Rochester	X	0:49:36	07:46
5	11	Christopher Barry	M	M55-59	57	Newark	X	0:55:18	08:40
6	158	Dale ODell	M	M55-59	56	Rochester	X	1:01:24	09:37
7	192	Michael Shortley	M	M55-59	55	Fairport	X	1:01:34	09:39
8	240	Donald Galetto	M	M55-59	57	Spencerport		1:03:12	09:54
9	155	Philip Nelson	M	M55-59	58	Victor	X	1:06:54	10:29
10	118	Dan Katz	M	M55-59	55	Pittsford	X	1:07:17	10:32
11	115	Arthur Jones	M	M55-59	57	Rochester	X	1:07:18	10:32
12	237	Dennis Culhane	M	M55-59	55	Rochester		1:08:15	10:41
13	59	Joe DeMarco	M	M55-59	55	Nunda	X	1:08:23	10:43
14	7	Glen Avery	M	M55-59	59	Houghton		1:08:59	10:48
15	65	David Dilgard	M	M55-59	55	Penfield	X	1:16:38	12:00

M60-64

1	124	Thomas Lamme	M	M60-64	62	Penfield	X	0:45:44	07:10
2	85	Tony Gingello	M	M60-64	62	Rochester	X	0:46:03	07:13
3	109	Roger Howe	M	M60-64	62	Rochester	X	0:51:32	08:04
4	216	Barry Watkins	M	M60-64	64	Rochester	X	0:56:07	08:47
5	99	Stephen Hedges	M	M60-64	60	Rochester	X	0:58:56	09:14
6	90	David Gordon	M	M60-64	62	Pittsford	X	1:03:44	09:59
7	205	Tom Tytler	M	M60-64	61	Webster	X	1:11:05	11:08
8	50	Robert Crumrine	M	M60-64	60	Fairport	X	1:15:55	11:53
9	151	William Murphy	M	M60-64	61	Rochester	X	1:41:22	15:53

M65-69

1	30	Bob Carafice	M	M65-69	66	Rochester	X	1:16:06	11:55
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M70-74

1	40	Earl M. Cliffel	M	M70-74	70	Livonia	X	1:04:49	10:09
2	194	Al Smith	M	M70-74	71	Rochester	X	1:11:50	11:15
3	231	Sandy Toole	M	M70-74	71	-		1:36:33	15:07

M75-79

1	183	Charlie Sabatine	M	M75-79	76	Victor	X	1:02:42	09:49
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