

Green Lakes Triathlon
Saturday, June 19, 2010 Green Lakes State Park, NY
Timed by YellowJacket Racing

Total Finishers - 337 (Men - 185, Women - 142, Team - 10)

Pos	Bib	Fullname	Gender	Class	Age	SwimTm	T1Tm	BikeTm	T2Tm	RunTm	TotalTm	
Overall Male												
	1	3	John Parker	M	Overall Male	43	10:16	01:00	0:29:25	00:32	20:16	1:01:29
	2	1	Michael Corona	M	Overall Male	34	11:15	00:42	0:30:35	00:29	19:52	1:02:52
	3	63	Dave Burger	M	Overall Male	42	12:26	00:54	0:30:11	00:42	19:57	1:04:09
Overall Female												
	1	50	Kay Simonson	F	Overall Female	48	10:50	01:27	0:38:57	01:01	24:04	1:16:19
	2	22	Kelly Denne-Maher	F	Overall Female	44	12:37	01:02	0:39:27	00:43	24:00	1:17:49
	3	149	Margaret Wells	F	Overall Female	45	10:42	01:53	0:39:55	01:14	24:07	1:17:51
F19UNDER												
	1	97	Tammy Gould	F	F19UNDER	17	14:17	02:17	0:45:23	00:54	32:14	1:35:05
F20-24												
	1	133	Annaleigh Porter	F	F20-24	24	14:07	03:24	0:37:46	01:48	22:36	1:19:41
	2	44	Katie Rau	F	F20-24	23	11:45	01:56	0:42:45	00:55	25:49	1:23:10
	3	106	Amanda Keegan	F	F20-24	24	15:20	02:40	0:38:49	01:18	26:13	1:24:21
	4	129	Elizabeth Paoletti	F	F20-24	23	14:56	01:52	0:41:27	00:59	30:49	1:30:03
	5	234	Shannon Halleran	F	F20-24	22	12:05	01:42	0:43:41	01:13	32:11	1:30:53
	6	14	Aimee Clinkhammer	F	F20-24	22	12:53	02:00	0:44:56	01:30	30:12	1:31:31
	7	28	Allison Kilburg	F	F20-24	21	14:04	01:42	0:50:29	00:43	29:18	1:36:16
	8	343	Mary Devito	F	F20-24	24	21:29	02:46	0:44:29	00:42	26:57	1:36:23
	9	200	Devin Powell	F	F20-24	24	18:35	03:52	0:48:51	01:09	27:46	1:40:14
	10	240	Katelyn Jacobs	F	F20-24	20	18:33	03:32	0:51:16	01:43	32:31	1:47:35
	11	162	Erin Donovan	F	F20-24	20	15:44	02:00	0:54:08	01:04	40:30	1:53:25
	12	378	Anastasia Roberts	F	F20-24	23	22:57	04:13	1:05:03	01:59	35:13	2:09:26
F25-29												
	1	271	Amanda Anna	F	F25-29	29	17:19	01:17	0:38:36	00:52	25:27	1:23:30
	2	314	Alicia Segura	F	F25-29	26	15:54	04:18	0:39:02	01:25	25:23	1:26:02
	3	249	Rachel Mohr	F	F25-29	27	14:25	03:31	0:43:28	01:40	24:58	1:28:01
	4	34	Mairee McManus	F	F25-29	27	12:20	03:22	0:42:31	01:42	28:40	1:28:35
	5	258	Sripriya Prince	F	F25-29	29	18:54	01:53	0:39:15	00:59	27:37	1:28:38
	6	174	Amanda Howard	F	F25-29	28	17:56	01:26	0:44:48	01:20	23:37	1:29:07
	7	163	Katie Dougher	F	F25-29	26	17:57	02:03	0:42:16	01:05	27:12	1:30:32
	8	189	Ariel McGarry	F	F25-29	26	15:31	02:42	0:43:48	01:15	28:29	1:31:46
	9	288	Courtney Hard	F	F25-29	28	20:40	01:59	0:44:28	00:51	26:48	1:34:46
	10	48	Quinn Shamlian	F	F25-29	26	15:11	02:52	0:40:55	01:18	36:04	1:36:19
	11	253	Kristin Nelson	F	F25-29	25	21:24	01:12	0:50:30	00:42	33:50	1:47:38
	12	299	Ellen Luber	F	F25-29	25	21:24	04:15	0:53:42	01:11	30:37	1:51:08

13	265	Barb Yuhas	F	F25-29	26	14:57	03:32	0:53:12	01:45	39:21	1:52:47
14	246	Chelsey Marra	F	F25-29	26	20:27	03:20	0:54:49	00:58	35:17	1:54:52
15	371	Laura Perriello	F	F25-29	26	23:13	03:27	0:49:02	01:48	37:51	1:55:21
16	372	Caitlin Pompo	F	F25-29	25	18:06	03:43	1:05:17	00:43	32:17	2:00:07
17	377	Tiffany Rickert	F	F25-29	29	22:29	06:17	0:53:01	03:09	38:05	2:02:59
18	318	Colleen Simmons	F	F25-29	25	21:32	03:18	1:02:59	02:36	47:33	2:17:58
19	337	Allison Burak	F	F25-29	26	19:16	12:07	0:59:45	02:12	45:25	2:18:46
20	383	Danielle Smith	F	F25-29	26	26:42	04:41	0:59:49	02:09	45:25	2:18:46

F30-34

1	60	Lisa Barnes	F	F30-34	31	14:37	01:40	0:37:32	01:06	24:46	1:19:40
2	309	Stacy Potter	F	F30-34	33	16:21	02:11	0:40:15	01:42	25:43	1:26:12
3	193	Kelly Murlick	F	F30-34	33	18:25	01:40	0:41:48	01:14	23:50	1:26:56
4	82	Dana Dietz	F	F30-34	34	16:10	02:24	0:39:42	01:50	27:02	1:27:09
5	278	Laura Cassada	F	F30-34	33	17:19	02:08	0:44:09	00:43	25:17	1:29:36
6	130	Ann Perkins	F	F30-34	34	18:44	02:33	0:44:22	00:41	25:44	1:32:04
7	204	Jennifer Ryfun	F	F30-34	32	16:12	01:52	0:42:53	01:24	30:33	1:32:54
8	93	Tiffany Gary	F	F30-34	32	22:55	01:58	0:42:46	01:24	24:51	1:33:53
9	173	Sarah Hill	F	F30-34	33	17:01	02:22	0:47:27	01:31	28:43	1:37:03
10	115	Audrey Mastroleo	F	F30-34	34	17:09	01:52	0:44:38	01:42	32:13	1:37:33
11	329	Kristin Abendroth	F	F30-34	32	15:58	02:06	0:49:01	01:04	31:25	1:39:33
12	370	Cheryl Pavlov-Shapiro	F	F30-34	34	18:28	02:39	0:51:25	01:13	26:40	1:40:26
13	350	Margaret Gloom	F	F30-34	30	17:35	01:59	0:48:50	00:47	34:48	1:43:58
14	375	Shioban Reilley	F	F30-34	34	15:44	02:03	0:53:40	00:55	37:05	1:49:27
15	316	Honor Sherman	F	F30-34	32	28:29	02:50	0:46:11	02:01	35:12	1:54:43
16	369	Katherine Otis	F	F30-34	31	31:47	06:37	1:24:53	01:24	56:51	3:01:32

F35-39

1	42	Stephanie Perotti	F	F35-39	38	12:23	01:11	0:38:03	00:42	27:18	1:19:36
2	125	Carrie Neveline	F	F35-39	38	15:24	01:35	0:39:22	00:45	22:56	1:20:02
3	6	Carrie Zdobylak	F	F35-39	37	12:24	01:40	0:36:53	01:07	28:54	1:20:58
4	37	Kimberly Molloy	F	F35-39	38	13:08	01:21	0:38:54	00:53	27:11	1:21:27
5	83	Jodi Dowthwaite	F	F35-39	39	13:57	01:44	0:41:34	00:44	25:52	1:23:50
6	7	Christa Andrus	F	F35-39	39	12:51	02:33	0:42:54	00:32	29:13	1:28:02
7	247	Jill Merluzzi	F	F35-39	35	15:24			45:16	28:11	1:28:51
8	230	Deborah Emery	F	F35-39	38	15:02	02:21	0:43:20	01:01	31:24	1:33:08
9	339	Lori Capparelli	F	F35-39	39	17:11	02:30	0:43:15	01:29	31:58	1:36:24
10	285	Jennifer Eckardt	F	F35-39	38	21:03	02:16	0:44:54	00:55	29:00	1:38:08
11	116	Ursula Mccarthy	F	F35-39	38	17:45	02:09	0:44:13	01:24	33:30	1:39:01
12	213	Heather VanDewalker	F	F35-39	38	21:59	03:02	0:42:11	01:57	34:56	1:44:04
13	367	Jan Noble	F	F35-39	39	16:21	04:02	0:50:53	02:25	30:49	1:44:30
14	361	Deborah Magaro-Dolan	F	F35-39	35	25:23	03:00	0:45:24	02:21	33:01	1:49:08
15	363	Mary Mancini	F	F35-39	35	21:23	04:04	0:53:11	01:28	29:16	1:49:22
16	198	Tammie Parker	F	F35-39	35	34:19	04:36	0:44:49	01:56	24:53	1:50:33
17	347	Mattia Gallauresi	F	F35-39	37	22:29	06:17	0:51:30	04:39	32:49	1:57:43

18	277	Jennifer Carlsen	F	F35-39	36	19:53	05:45	0:54:05	02:32	35:48	1:58:03
19	387	Anna Sturtz	F	F35-39	35	32:04	03:10	0:55:33	01:44	33:43	2:06:14
20	16	Jennifer Corona	F	F35-39	38	14:36	01:29	1:30:47	01:20	25:19	2:13:32

F40-44

1	223	Monique Cuyler	F	F40-44	42	14:58	02:16	0:38:53	00:55	23:36	1:20:37
2	228	Kerry Durkin	F	F40-44	40	15:42	01:38	0:39:36	01:25	23:25	1:21:47
3	86	Kathy Elbadawi	F	F40-44	43	15:32	02:14	0:39:43	01:15	24:30	1:23:14
4	95	Andrea Godfread-Brown	F	F40-44	40	16:15	01:31	0:38:20	01:09	26:33	1:23:48
5	169	Mary Jo Galletta	F	F40-44	42	12:57	01:41	0:42:31	00:53	25:49	1:23:50
6	18	Tracy Crompt	F	F40-44	43	13:50	01:49	0:39:11	01:18	29:52	1:26:00
7	153	Beth Foederer	F	F40-44	43	19:25	01:57	0:41:20	00:46	23:50	1:27:18
8	262	Debbie Strott	F	F40-44	44	15:50	01:52	0:41:43	01:21	26:36	1:27:22
9	21	Susan Davoli	F	F40-44	40	12:22	02:12	0:41:25	01:25	31:10	1:28:33
10	128	Noel Norden	F	F40-44	40	18:00	01:35	0:42:05	00:51	26:08	1:28:39
11	306	Laurie Oliver	F	F40-44	42	18:13	02:01	0:40:44	00:58	27:20	1:29:15
12	351	Kelly Griffith	F	F40-44	40	16:42	03:03	0:42:31	01:21	27:08	1:30:45
13	333	Susan Bingham	F	F40-44	42	18:38	03:15	0:42:45	02:05	29:31	1:36:14
14	313	Cherie Sage	F	F40-44	41	20:21	02:29	0:42:31	02:05	29:12	1:36:38
15	180	Lauren Knight	F	F40-44	40	19:55	01:26	0:42:20	01:37	31:43	1:37:01
16	332	Kris Allen	F	F40-44	43	19:44	02:18	0:44:00	01:45	29:42	1:37:30
17	156	Patricia Bennett	F	F40-44	44	20:54	02:46	0:44:33	01:46	32:11	1:42:09
18	283	Kelley Davis	F	F40-44	41	18:13	02:27	0:49:44	01:02	31:06	1:42:33
19	84	Constance Duggan	F	F40-44	42	16:34	08:20	0:48:14	02:50	26:46	1:42:44
20	175	Ann Husak	F	F40-44	41	18:53	01:58	0:52:24	00:36	30:04	1:43:55
21	121	Jennifer Mohr	F	F40-44	43	22:41	01:44	0:47:57	01:11	30:23	1:43:56
22	315	Catherine Shamlian	F	F40-44	40	18:43	03:48	0:50:39	01:26	29:41	1:44:17
23	24	Patricia Dugan	F	F40-44	42	14:28	03:05	0:49:05	01:57	36:37	1:45:11
24	326	Kristen Walker	F	F40-44	41	23:46	02:24	0:45:46	01:27	33:02	1:46:24
25	382	Sandra Sidd	F	F40-44	44	15:12	03:02	0:50:52	01:27	39:05	1:49:38
26	342	Rebecca Croucher	F	F40-44	41	20:58	04:46	0:48:26	01:50	34:41	1:50:41
27	279	Michele Chai	F	F40-44	43	18:27	07:11	0:54:07	02:30	35:48	1:58:03
28	327	Catherine Wentham	F	F40-44	44	20:37	03:57	0:50:40	02:34	41:01	1:58:49
29	331	Mary Beth Alexander	F	F40-44	41	35:30	02:55	1:24:58	01:13	59:58	3:04:34

F45-49

1	235	Denise Hanlon	F	F45-49	45	16:39	02:53	0:37:47	01:27	24:53	1:23:40
2	341	Robin Cottrell	F	F45-49	48	13:58	02:42	0:38:38	00:59	28:14	1:24:31
3	155	Marcia Baldwin	F	F45-49	45	17:53	02:21	0:36:58	01:12	28:23	1:26:46
4	233	Diane Goode	F	F45-49	47	16:56	01:35	0:41:28	01:04	26:49	1:27:52
5	179	Mary Jo Kiggins	F	F45-49	46	15:09	02:38	0:43:36	00:57	25:55	1:28:16
6	308	Betsy Pfohl	F	F45-49	47	19:44	02:23	0:41:59	01:25	24:33	1:30:04
7	114	Andrea Maier	F	F45-49	47	19:41	03:09	0:41:57	01:04	30:48	1:36:40
8	304	Suzanne Mettler	F	F45-49	47	20:05	04:19	0:45:47	00:55	25:45	1:36:51
9	219	Polly Bowers	F	F45-49	48	20:47	02:12	0:45:43	02:06	27:05	1:37:54

10	379	Holly Rosenthal	F	F45-49	49	18:12	02:42	0:44:44	01:39	33:07	1:40:25
11	183	Ellen Leuthauser	F	F45-49	46	16:01	04:33	0:46:58	02:30	34:58	1:44:59
12	237	Cynthia Heck	F	F45-49	48	18:54	05:41	0:46:45	02:29	32:03	1:45:52
13	145	Jean Vicks	F	F45-49	46	14:44	14:00	0:45:18	01:29	31:16	1:46:46
14	242	Patricia Knutsen	F	F45-49	48	18:35	01:59	0:48:18	01:19	36:40	1:46:50
15	245	Charlene Lathrop	F	F45-49	47	24:23	02:01	0:48:11	01:27	33:20	1:49:22
16	290	Brenda Jacobs	F	F45-49	46	22:34	04:50	0:50:28	01:54	35:00	1:54:46
17	274	Maria Bradshaw	F	F45-49	48	26:06	03:08	0:47:35	01:58	36:53	1:55:39
18	357	Kimberly Kominski	F	F45-49	48	19:50	05:03	0:56:39	01:09	37:24	2:00:04
19	297	Jane Kuppermann	F	F45-49	45	21:46	03:17	0:57:52	01:14	36:30	2:00:40
20	241	Loretta Kilpatrick	F	F45-49	49	28:28	04:33	1:02:46	01:08	41:15	2:18:10
21	217	Cora Alsante	F	F45-49	46	28:28	04:35	1:02:46	01:06	41:35	2:18:30

F50-54

1	144	Maureen Towbridge	F	F50-54	50	14:37	01:47	0:38:48	00:56	28:02	1:24:11
2	159	Eileen Clinton	F	F50-54	51	16:05	01:40	0:41:18	01:25	25:50	1:26:17
3	131	Michelle Piscitelli	F	F50-54	53	17:00	01:37	0:41:53	00:56	25:50	1:27:16
4	90	Ann Fondi	F	F50-54	52	14:20	02:02	0:44:48	01:00	25:15	1:27:24
5	124	Lisa Nardone	F	F50-54	50	19:27	02:41	0:43:40	01:23	25:28	1:32:39
6	140	Kelly Scalzo	F	F50-54	50	15:11	02:23	0:44:52	00:47	29:46	1:32:59
7	176	Julia Jones	F	F50-54	54	15:33	02:33	0:51:46	00:42	29:36	1:40:10
8	398	Christina Buschman	F	F50-54		21:23	02:20	0:44:26	02:22	31:16	1:41:47
9	275	Donna Branch	F	F50-54	52	20:51	03:19	0:44:31	02:07	35:38	1:46:26
10	345	Karen English	F	F50-54	51	17:16	04:50	0:53:45	02:03	37:43	1:55:37
11	152	Laurel Baum	F	F50-54	51	20:17	03:50	1:00:12	01:18	40:30	2:06:08
12	52	Kathleen Walzak	F	F50-54	53	19:32	03:43	0:59:16	02:20	43:42	2:08:34
13	334	Deborah Bowen	F	F50-54	51	21:13	04:36	1:02:41	01:36	43:53	2:14:00
14	282	Margaret Creamer	F	F50-54	53		18:03				

F55-59

1	205	Kathy Sennett	F	F55-59	57	16:10	01:58	0:47:36	01:29	30:03	1:37:15
2	296	Elaine Kimpel	F	F55-59	55	19:01	01:32	0:47:48	01:18	31:20	1:40:59
3	276	Ginny Burton	F	F55-59	59	21:46	02:57	0:43:26	01:05	36:43	1:45:56

F60-64

1	20	Mary Pat DAngelo	F	F60-64	60	15:32	01:14	0:40:20	00:57	27:14	1:25:17
2	272	Sylvia Betcher	F	F60-64	61	23:42	06:16	0:46:10	02:01	33:52	1:52:01

F65-69

1	226	Joan Deyle	F	F65-69	65	24:16	02:50	0:46:45	02:03	31:23	1:47:17
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M19UNDER

1	107	Michael Keenan	M	M19UNDER	18	17:14	02:18	0:39:19	01:15	22:54	1:23:00
2	293	Trey James	M	M19UNDER	16	14:07	03:49	0:41:19	00:45	24:03	1:24:02
3	195	Chris Newman	M	M19UNDER	19	20:01	03:54	0:38:08	01:26	20:54	1:24:24

4	280	J. J. Cole	M	M19UNDER	14	16:59	03:18	0:54:36	01:14	23:58	1:40:06
5	25	Shane Dugan	M	M19UNDER	15	14:09	03:24	0:49:13	01:48	36:37	1:45:12
6	356	Niklas Kitzmann	M	M19UNDER	16	17:28	03:33	0:54:21	02:54	32:42	1:50:57
7	291	Nicholas Jacobs	M	M19UNDER	17	18:03	05:11	0:53:54	02:37	35:00	1:54:46

M20-24

1	45	Travis Ryan	M	M20-24	20	11:28	01:25	0:36:01	00:49	25:31	1:15:14
2	94	Timothy Gilbert	M	M20-24	23	13:38	03:11	0:45:05	01:25	23:28	1:26:46
3	301	Matthew McKee	M	M20-24	24	20:50	03:18	0:45:04	00:34	25:46	1:35:32
4	346	Brent Fosco	M	M20-24	23	21:56	03:25	0:45:40	01:18	32:20	1:44:38

M25-29

1	99	Kenneth Hammond	M	M25-29		12:08	00:59	0:33:11	00:42	19:53	1:06:53
2	321	Scott Stewart	M	M25-29	26	12:07	00:43	0:33:41	00:36	20:33	1:07:39
3	122	Nate Molinari	M	M25-29	27	16:06	00:56	0:33:02	00:38	22:17	1:12:59
4	112	Mark Machell	M	M25-29	27	13:56	01:28	0:35:55	01:07	23:08	1:15:33
5	103	Patrick Hooks	M	M25-29	28	15:02	01:35	0:35:29	00:33	23:07	1:15:47
6	49	Patrick Shores	M	M25-29	28	14:01	01:53	0:37:01	00:47	22:09	1:15:51
7	36	Josh Molinari	M	M25-29	29	14:25	01:26	0:40:38	01:17	19:02	1:16:48
8	33	Brian McManus	M	M25-29	27	13:59	01:38	0:34:13	01:20	25:56	1:17:05
9	87	Riley Enders	M	M25-29	27	14:40	03:12	0:35:59	00:51	23:31	1:18:13
10	46	TJ Sennett	M	M25-29	28	14:52	01:35	0:37:32	00:55	23:20	1:18:15
11	19	Andrew DAgati	M	M25-29	28	12:36	00:38	0:35:55	00:30	30:57	1:20:36
12	384	Brandon Spillett	M	M25-29	26	16:09	02:48	0:39:56	01:10	23:45	1:23:49
13	336	Timothy Browngarot	M	M25-29	29	17:17	03:04	0:38:43	01:04	25:30	1:25:38
14	31	John Lawrence	M	M25-29	27	12:56	04:00	0:42:12	00:45	26:45	1:26:36
15	259	Cole Shebat	M	M25-29	27	16:23	03:40	0:38:08	01:36	28:02	1:27:48
16	170	John Greacen	M	M25-29	29	16:51	01:21	0:41:08	00:55	27:34	1:27:49
17	182	Scott Kominski	M	M25-29	27	17:56	02:28	0:39:47	00:47	27:37	1:28:35
18	66	Tony Campagna	M	M25-29	26	15:02	02:00	0:42:36	01:21	31:44	1:32:42
19	215	Wayne Wolfe	M	M25-29	27	18:54	03:34	0:55:25	00:58	25:44	1:44:35
20	294	Kyle Keeney	M	M25-29	25	21:58	02:48	0:51:11	00:58	28:21	1:45:16
21	157	Charles Breuer	M	M25-29	26	20:00	03:44	0:47:06	02:30	32:58	1:46:18
22	270	Gary Andrews	M	M25-29	28	25:33	02:21	0:46:58	01:14	36:15	1:52:21

M30-34

1	134	Loren Potter	M	M30-34	32	11:33	01:09	0:33:38	00:47	23:59	1:11:07
2	13	Jeremy Burton	M	M30-34	33	14:23	02:04	0:32:58	01:11	21:05	1:11:42
3	58	Shawn St. Pierre	M	M30-34	31	11:33	01:41	0:36:22	00:59	23:16	1:13:50
4	146	James Walker	M	M30-34	31	12:48	02:50	0:38:30	00:49	21:58	1:16:54
5	61	Andy Breuer	M	M30-34	32	13:01	03:25	0:39:09	01:20	23:03	1:19:58
6	322	Nate Sweet	M	M30-34	30	16:54	02:35	0:38:42	00:56	23:05	1:22:13
7	85	Dana Eells	M	M30-34	30	13:40	03:44	0:38:44	01:55	24:18	1:22:20
8	164	David Dow	M	M30-34	30	17:55	01:37	0:36:37	00:44	28:21	1:25:15
9	151	Thomas Kogut	M	M30-34	30	15:38	02:08	0:43:14	00:56	24:04	1:26:00

10	72	Paul Carr	M	M30-34	33	15:07	01:43	0:43:00	01:20	25:38	1:26:49
11	154	Richard Adams	M	M30-34	30	18:45	01:35	0:40:28	01:20	25:10	1:27:18
12	317	James Shuler	M	M30-34	34	15:09	03:01	0:43:12	01:49	28:28	1:31:40
13	335	Jay Brenner	M	M30-34	30	17:03	03:20	0:45:59	00:39	33:26	1:40:27
14	252	Anders Nelson	M	M30-34	30	17:50	03:02	0:44:54	00:55	34:52	1:41:32
15	298	Andrew Lodge	M	M30-34	31	14:12	03:05	0:53:00	01:32	35:06	1:46:54
16	26	Aaron Gerega	M	M30-34	32	14:15	03:12				

M35-39

1	9	Joshua Arvidson	M	M35-39	38	11:22	01:02	0:33:59	00:30	21:20	1:08:13
2	67	Jamie Campbell	M	M35-39	35	15:01	01:54	0:31:58	00:55	20:29	1:10:17
3	141	Eric Smith	M	M35-39	38	11:06	01:54	0:36:13	00:38	20:38	1:10:29
4	79	Kelly Covert	M	M35-39	38	14:19	01:35	0:34:39	00:45	20:46	1:12:04
5	210	Jim Tessier	M	M35-39	39	14:48	01:50	0:35:31	01:03	20:06	1:13:18
6	216	Paul Alberici	M	M35-39	37	01:28	16:23	0:33:40		22:13	1:13:45
7	62	Sean (Kenneth) Brown	M	M35-39	35	13:06	01:27	0:36:36	00:57	22:31	1:14:37
8	172	Jeffrey Grover	M	M35-39	35	15:35	02:43	0:32:47	01:04	25:28	1:17:36
9	56	Steven Wladis	M	M35-39	38	13:46	01:22	0:37:33	00:44	24:15	1:17:40
10	143	John Sokolovic	M	M35-39	36	13:13	02:06	0:38:54	01:23	23:02	1:18:38
11	190	Mark Mcintyre	M	M35-39	36	13:27	02:13	0:40:23	01:19	24:02	1:21:24
12	188	Matthew Marko	M	M35-39	38	15:41	02:54	0:37:12	01:27	26:28	1:23:41
13	284	Zachary Dineen	M	M35-39	36	14:56	01:47	0:37:22	01:06	30:44	1:25:55
14	126	T.J. Nevelidine	M	M35-39	38	14:41	02:19	0:38:38	01:41	29:04	1:26:23
15	268	David Aitken	M	M35-39	37	17:26	02:56	0:38:20	01:29	28:21	1:28:32
16	243	Matt Krukin	M	M35-39	36	16:16	01:45	0:41:51	01:15	29:57	1:31:05
17	54	Kris West	M	M35-39	35	14:32	02:49	0:43:24	01:03	30:29	1:32:18
18	224	Paul Darmody-Latham	M	M35-39	39	18:24	03:58	0:42:11	03:00	26:53	1:34:26
19	287	Michael Galuppi	M	M35-39	36	21:00	02:21	0:44:45	00:37	26:28	1:35:11
20	211	Brian Tomko	M	M35-39	38	18:09	02:53	0:47:09	01:32	27:10	1:36:53
21	232	Christopher Gomperts	M	M35-39	39	16:59	03:11	0:48:01	02:49	26:45	1:37:44
22	68	Erik Canavan	M	M35-39	35	18:11	03:39	0:47:10	01:04	28:37	1:38:41
23	355	Marvin Heyboer	M	M35-39	37	18:19	04:56	0:45:10	01:59	29:33	1:39:57
24	340	Joseph Corona	M	M35-39	35	21:55	02:13	0:43:26	01:21	34:05	1:43:00
25	324	Daniel Tucker	M	M35-39	35	13:40	02:06	1:04:19	02:20	24:27	1:46:53
26	359	Alex Kurilovitch	M	M35-39	35	19:29	02:52	0:49:38	01:21	36:56	1:50:17
27	203	Jason Rupert	M	M35-39	38	19:38	02:33	0:53:21	01:08	37:27	1:54:06
28	300	Gino Malgieri	M	M35-39	38	23:57	02:36	0:48:22	01:28	40:00	1:56:24
29	192	James Mirra	M	M35-39	37	34:08	01:56	0:45:42	02:10	33:26	1:57:22

M40-44

1	4	John Roadarmel	M	M40-44	41	10:04	00:55	0:31:48	00:33	21:47	1:05:07
2	38	Shawn Molloy	M	M40-44	40	12:17	00:53	0:31:58	00:30	19:34	1:05:12
3	47	Sean Severance	M	M40-44	42	14:29	01:05	0:31:47	00:40	19:23	1:07:25
4	70	Doug Carbino	M	M40-44	42	12:51	01:26	0:34:30	00:49	21:52	1:11:29
5	75	Michael Centore	M	M40-44	41	15:04	01:10	0:35:02	01:10	19:20	1:11:46

6	64	Jude Burke	M	M40-44	42	14:14	01:23	0:33:43	00:45	23:03	1:13:09
7	111	Ted Kiteveles	M	M40-44	43	16:25	01:12	0:34:35	00:46	22:48	1:15:46
8	65	David Butera	M	M40-44	40	14:28	01:51	0:36:06	00:50	22:36	1:15:51
9	15	David Colegrove	M	M40-44	41	14:09	01:34	0:33:46	01:39	25:04	1:16:13
10	135	Matthew Puro	M	M40-44	44	14:08	01:19	0:34:23	00:46	26:09	1:16:45
11	160	Eric Croucher	M	M40-44	42	15:18	01:39	0:37:18	00:59	23:20	1:18:34
12	260	George Stanley	M	M40-44	42	15:19	00:47	0:39:39	00:58	22:04	1:18:46
13	167	Michael Evolo	M	M40-44	43	14:48	01:38	0:36:31	01:03	24:54	1:18:54
14	71	Robert Carlin	M	M40-44	43	15:22	01:31	0:34:34	00:47	26:52	1:19:07
15	73	Douglas Carroll	M	M40-44	44	15:31	01:50	0:38:36	00:36	23:39	1:20:11
16	181	Kenneth Knutsen	M	M40-44	43	17:58	01:16	0:35:01	01:14	24:51	1:20:20
17	248	Scott Milnamow	M	M40-44	44	13:51	01:31	0:39:28	00:49	26:08	1:21:48
18	98	R Scott Groesbeck	M	M40-44	44	16:16	01:36	0:41:29	00:30	22:57	1:22:48
19	353	James Harris	M	M40-44	44	14:58	02:34	0:38:36	01:12	25:59	1:23:20
20	10	Eric Bansbach	M	M40-44	44	15:24	01:50	0:39:33	00:54	25:41	1:23:22
21	40	Sean Pepling	M	M40-44	44	14:16	02:23	0:39:14	00:27	27:43	1:24:04
22	214	Gregory Wilt	M	M40-44	41	14:41	02:18	0:40:49	01:05	27:03	1:25:57
23	325	James Walker	M	M40-44	42	17:15	01:59	0:40:41	01:01	26:08	1:27:03
24	202	Alan Rolnick	M	M40-44	43	13:26	04:47	0:41:49	01:38	28:34	1:30:13
25	201	Tom Robb	M	M40-44	42	17:07	04:06	0:40:42	02:14	26:30	1:30:38
26	35	Martin Mohr	M	M40-44	43	16:28	04:01	0:43:49	01:18	29:20	1:34:56
27	220	Robert Buhrle	M	M40-44	42	16:10	02:33	0:43:32	01:33	31:40	1:35:29
28	360	Michael Leonardo	M	M40-44	43	21:25	02:58	0:45:36	00:39	25:51	1:36:30
29	191	Daniel McKeown	M	M40-44	43	19:09	03:09	0:42:31	01:24	31:11	1:37:24
30	244	Brian Lang	M	M40-44	43	17:48	02:23	0:42:08	01:14	35:22	1:38:55
31	59	Robert Andrus	M	M40-44	44	22:22	01:56	0:46:42	00:37	28:15	1:39:52
32	231	Sean Gavigan	M	M40-44	43	23:11	03:06	0:47:01	01:28	40:54	1:55:40
33	330	Michael Adelberg	M	M40-44	40	27:37	05:21	0:52:25	01:08	33:55	2:00:26
34	305	Chris Nucерino	M	M40-44	40	16:07	04:14	1:06:07	01:04	38:55	2:06:27
35	273	John Bowen	M	M40-44	42	33:20	03:29	0:55:14	02:06	44:36	2:18:46
36	92	Hans Fuller	M	M40-44	41	12:35	01:26				

M45-49

1	17	Rick Cote	M	M45-49	45	11:16	00:39	0:33:42	00:34	19:51	1:06:01
2	5	Patrick Turley	M	M45-49	46	11:48	01:12	0:35:10	01:00	20:57	1:10:07
3	139	Sam Sampere	M	M45-49	45	13:50	01:24	0:33:46	00:34	21:30	1:11:04
4	138	Rob John	M	M45-49	47	14:31	01:08	0:34:03	00:35	21:15	1:11:32
5	396	Kevin Neville	M	M45-49		13:08	01:17	0:36:18	01:09	21:31	1:13:23
6	399	David Monsour	M	M45-49	48	14:26	01:19	0:34:56	00:41	23:33	1:14:55
7	269	Kurt Allen	M	M45-49	46	13:51	01:26	0:33:53	01:12	24:46	1:15:09
8	110	Timothy Kirch	M	M45-49	45	13:34	02:29	0:32:48	00:49	25:48	1:15:27
9	161	Edwin Croucher Jr.	M	M45-49	46	14:27	02:31	0:34:21	01:02	23:44	1:16:05
10	178	Edward Keplinger	M	M45-49	45	15:14	01:34	0:33:35	00:47	25:55	1:17:04
11	251	Christopher Murphy	M	M45-49	45	15:48	01:42	0:35:14	01:09	23:36	1:17:28
12	186	Daniel Magee	M	M45-49	45	14:11	01:18	0:39:24	00:56	22:45	1:18:34

13	96	Brian Goetke	M	M45-49	49	13:32	01:14	0:36:57	01:11	27:27	1:20:23
14	113	Brian Maher	M	M45-49	48	13:55	01:17	0:37:29	00:52	28:11	1:21:43
15	171	Wayne Grove	M	M45-49	49	17:39	02:40	0:38:05	01:12	22:27	1:22:02
16	27	Rainer Grimme	M	M45-49	45	11:40	01:59	0:40:16	01:21	26:52	1:22:08
17	206	Kevin Smith	M	M45-49	45	15:18	03:03	0:39:05	00:59	23:44	1:22:09
18	39	Henry Pearl	M	M45-49	46	14:05	03:08	0:40:16	01:11	24:03	1:22:41
19	184	Scott Leuthauser	M	M45-49	45	19:26	01:50	0:34:33	01:24	25:33	1:22:45
20	199	Kenneth Pliszka	M	M45-49	45	15:34	02:52	0:40:53	01:38	24:41	1:25:38
21	104	Herbert James	M	M45-49	46	13:10	02:53	0:42:40	00:39	29:03	1:28:24
22	323	David Treichler	M	M45-49	48	17:27	03:04	0:40:28	00:29	27:27	1:28:55
23	118	Gerard Mccrohan	M	M45-49	47	14:19	03:17	0:46:27	00:43	24:40	1:29:26
24	229	Michael Ehrhart	M	M45-49	48	16:06	02:22	0:43:44	01:36	29:14	1:33:02
25	281	Calvin Craig	M	M45-49	45	16:28	02:44	0:42:06	00:53	31:19	1:33:29
26	197	Kevin Newman	M	M45-49	47	19:12	04:04	0:43:19	01:23	26:41	1:34:39
27	69	Steve Capella	M	M45-49	48	16:05	02:41	0:44:28	00:53	32:03	1:36:08
28	109	Sean Kesselring	M	M45-49	46	26:30	03:11	0:39:43	01:49	27:53	1:39:06
29	127	Andrew Norden	M	M45-49	49	20:52	02:28	0:45:26	01:07	29:17	1:39:09
30	292	Shawn Jacobs	M	M45-49	46	18:22	04:26	0:43:03	03:04	32:24	1:41:20
31	166	Stephen Dubin	M	M45-49	49	16:09	06:16	0:43:31	05:54	31:21	1:43:10
32	158	Jacqueline Capella	F	M45-49	49	15:23	02:20	0:55:55	01:26	28:49	1:43:54
33	391	Ludwig Vita	M	M45-49	47	22:17	02:37	0:47:07	00:58	33:38	1:46:37
34	368	Jeff OBrien	M	M45-49	49	18:31	04:05		52:28	36:41	1:51:45

M50-54

1	11	Jim Bright	M	M50-54	51	12:06	00:56	0:34:12	00:39	20:28	1:08:22
2	32	Kevin Maier	M	M50-54	53	12:28	01:18	0:33:38	00:52	22:48	1:11:02
3	264	Daniel Wnorowski	M	M50-54	51	15:40	01:25	0:32:09	00:46	21:08	1:11:08
4	236	Kevin Hanlon	M	M50-54	53	16:11	01:47	0:34:28	00:49	21:52	1:15:07
5	132	Steven Plante	M	M50-54	53	12:48	01:45	0:35:43	00:52	24:37	1:15:45
6	23	Michael Dineen	M	M50-54	51	13:49	01:53	0:35:57	00:53	25:11	1:17:43
7	119	Edward McDonald	M	M50-54	53	16:42	02:00	0:38:49	01:18	21:30	1:20:19
8	53	Robert Webber	M	M50-54	53	11:32	01:13	0:38:56	01:02	28:32	1:21:14
9	30	Robert Langkammerer	M	M50-54	51	15:13	01:11	0:39:08	00:45	25:01	1:21:19
10	366	Len Nitzberg	M	M50-54	50	15:13	02:17	0:40:35	00:56	27:02	1:26:03
11	108	Edwin Kelley	M	M50-54	54	14:04	03:03	0:42:57	01:41	31:04	1:32:49
12	78	John Condon	M	M50-54	54	13:58	02:52	0:50:02	02:24	24:33	1:33:48
13	76	Samuel Clemence	M	M50-54	50	17:53	02:23	0:44:22	01:23	33:49	1:39:51
14	101	Andrew Henty	M	M50-54	50	25:49	03:32	0:45:27	02:20	28:13	1:45:21
15	394	Anthony * Williams	M	M50-54	52	16:41	03:24	0:54:54	01:13	36:21	1:52:33
16	320	Ronald Simmons	M	M50-54	53	34:28	02:18	0:48:03	01:49	31:59	1:58:36

M55-59

1	117	Stephen McCormick	M	M55-59	59	17:34	01:47	0:35:46	00:42	21:58	1:17:47
2	185	Doug Luke	M	M55-59	55	14:58	01:58	0:35:05	01:00	25:58	1:18:59
3	147	William Walter	M	M55-59	56	13:52	02:41	0:41:04	01:28	22:59	1:22:03

4	286	Paul Fenwick	M	M55-59	55	16:31	03:18	0:35:04	01:37	26:00	1:22:30
5	137	Alan Chris Read	M	M55-59	57	16:01	02:16	0:38:23	00:51	26:04	1:23:35
6	222	Mike Connolly	M	M55-59	57	14:56	03:06	0:38:43	01:39	28:51	1:27:14
7	177	Zachary Karmen	M	M55-59	58	16:44	02:12	0:40:23	01:49	29:11	1:30:18
8	91	Patrick Frost	M	M55-59	55	18:32	02:29	0:40:02	01:04	28:14	1:30:20
9	344	John Eckert	M	M55-59	55	19:31	03:27	0:39:34	01:38	28:24	1:32:34
10	77	David Clinkhammer	M	M55-59	56	15:28	03:14	0:43:52	01:43	31:18	1:35:34
11	261	Thomas Stern	M	M55-59	56	16:39	03:35	0:45:44	01:39	28:48	1:36:25
12	312	Allen Ripke	M	M55-59	58	16:35	03:01	0:43:09	01:48	32:07	1:36:39
13	123	William Mugridge	M	M55-59	56	21:02	02:59	0:45:08	02:14	33:22	1:44:44
14	365	John Minnick	M	M55-59	56	27:43	03:25		50:35	31:34	1:53:17

M60-64

1	12	Bob Burton	M	M60-64	60	14:29	01:35	0:34:26	00:58	26:09	1:17:37
2	212	Randy Tuttle	M	M60-64	61	15:47	02:50	0:37:41	01:10	27:30	1:24:58
3	120	James Mirra	M	M60-64	63	20:07	03:31	0:40:53	01:30	27:57	1:33:58
4	303	Tom Mckeown	M	M60-64	61	20:14	02:47	0:52:18	01:38	33:01	1:49:59

M65-69

1	225	Bill Deyle	M	M65-69	68	24:02	08:12	0:47:29	03:32	41:08	2:04:24
2	392	David Whiteaway	M	M65-69	67	31:22	06:28	0:49:24	03:01	36:17	2:06:32

M70OVER

1	105	Ralph Janicki	M	M70OVER	72	15:16	03:56	0:43:52	01:56	29:21	1:34:21
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TEAM

1	431	Gerald Gould	TEAM	TEAM	TEAM	10:14	00:29	0:33:39	00:23	21:31	1:06:17
2	440	Richard O'Neil	Team	TEAM		18:09	00:25	0:38:57	00:22	17:21	1:15:14
3	430	Michelle Baines	TEAM	TEAM	TEAM	14:16	00:35	0:40:59	00:30	19:07	1:15:28
4	437	David Kimpel	TEAM	TEAM	TEAM	15:46	00:27	0:46:46	00:20	17:52	1:21:10
5	438	Nicholas Spagnoletti	TEAM	TEAM	TEAM	16:11	00:50	0:40:20	00:31	25:11	1:23:03
6	436	Tamara Kiesa	TEAM	TEAM	TEAM	16:26	00:40	0:41:34	00:39	26:53	1:26:12
7	435	Suzanne Englot	TEAM	TEAM	TEAM	17:43	00:31	0:41:56	00:24	27:42	1:28:16
8	434	Debra Loewy	TEAM	TEAM	TEAM	18:47	00:41	0:41:06	00:33	30:50	1:31:56
9	433	Margaret Williams	TEAM	TEAM	TEAM	15:51	00:50	0:47:35	00:35	29:24	1:34:16
10	439	Tim Creamer	TEAM	TEAM	TEAM	17:10	00:55	0:54:16	00:26	24:21	1:37:08