

Rochester Autumn Classic Trail Race - Super Sprint Duathlon
Sunday, October 3, 2010 Mendon Ponds Park, NY
Timed & Produced by YellowJacket Racing
Total Finishers - 139 (Male - 69, Female - 70)

Pos	Bib	Fullname	Gender	Class	Age	City	Run1Tm	T1Tm	BikeTm	T2Tm	Run2Tm	TotalTm
Overall Male												
	1	211 Jeremy Dodds	M	Overall Male	41	Skaneateles	12:59	00:29	26:40	00:23	13:30	0:54:01
Overall Female												
	1	152 Sarah Newsome	F	Overall Female	36	Palmyra	15:18	00:46	28:50	00:50	15:44	1:01:28
F19UNDER												
	1	8 Virginia Barrera	F	F19UNDER	16	Pittsford	17:02	01:16	38:06	00:39	18:41	1:15:44
F20-24												
	1	204 Sarah Kostuk	F	F20-24	21	Wilson	14:18	00:41	40:26	00:47	20:06	1:16:19
	2	4 Brittany Annis	F	F20-24	23	Rochester	20:45	01:01	37:21	00:39	17:33	1:17:19
	3	97 Melissa Hrynyk	F	F20-24	22	Auburn	17:07	01:17	40:31	01:23	18:54	1:19:13
	4	282 Diana Zuniga	F	F20-24	23	Rochester	18:34	00:56	40:25	00:46	20:32	1:21:14
	5	143 Elizabeth Morello	F	F20-24	21	Rochester	20:47	01:02	47:41	00:44	23:14	1:33:28
F25-29												
	1	262 Michelle Vellake	F	F25-29	25	Interlaken	19:17	01:24	35:39	01:14	20:03	1:17:36
	2	298 Kelly Schroeder	F	F25-29	29	Rochester	18:16	00:34	41:59	00:34	21:00	1:22:24
	3	196 Sydney Lauren Steele	F	F25-29	27	Rochester	22:03	01:04	41:06	01:12	23:59	1:29:24
	4	61 Sara Finley	F	F25-29	29	Rochester	22:44	00:59	44:27	01:20	24:42	1:34:12
F30-34												
	1	79 Stephanie N Gonzalez	F	F30-34	33	Wilmington	15:18	00:31	34:32	00:32	15:20	1:06:13
	2	17 Stephanie Bolster	F	F30-34	33	Canandaigua	16:28	00:56	34:40	00:54	16:59	1:09:57
	3	118 Nicole Kuhl	F	F30-34	32	Lowville	15:53	01:07	36:14	01:10	15:54	1:10:18
	4	266 Jodi Weaver	F	F30-34	30	Canandaigua	16:29	00:57	39:06	00:40	17:10	1:14:21
	5	113 Erin Kivel	F	F30-34	31	Rochester	20:09	00:51	35:38	00:49	21:46	1:19:13
	6	192 Kathleen Shea	F	F30-34	33	Rochester	18:45	01:20	39:30	01:31	19:58	1:21:06
	7	201 Meghan Bishop	F	F30-34	31	Auburn	19:42	00:50	42:57	00:51	20:37	1:24:57
	8	102 Bonnie Jarecke	F	F30-34	33	Canandaigua	20:38	00:49	41:09	00:48	24:07	1:27:30
F35-39												

1	64	Emily Flagg	F	F35-39	36	Rochester	16:18	01:09	32:50	01:00	16:19	1:07:36
2	109	Katherine Kellogg	F	F35-39	36	Fairport	17:03	01:18	33:45	01:14	16:19	1:09:39
3	2	Joan Adamo	F	F35-39	36	Webster	16:27	00:35	38:26	00:29	16:34	1:12:31
4	138	Kym Meyer	F	F35-39	38	Pittsford	18:31	00:54	33:56	00:54	19:01	1:13:17
5	66	Jennifer Fosegan	F	F35-39	38	Fairport	17:28	00:56	37:12	00:56	17:35	1:14:08
6	93	Marysue Hobika	F	F35-39	38	Pittsford	16:36	01:08	39:27	00:43	17:05	1:15:00
7	264	Jennifer Vigliotti	F	F35-39	36	Rochester	17:43	01:15	39:52	01:14	17:43	1:17:47
8	110	Rebecca Kelly	F	F35-39	39	Canandaigua	19:21	01:14	36:36	01:02	21:46	1:19:58
9	45	Erika DeSalvo	F	F35-39	35	Rochester	19:47	00:57	43:39	00:55	20:45	1:26:03
10	140	Becky Michel	F	F35-39	37	Ontario	22:16	00:59	40:36	00:55	23:04	1:27:50
11	292	Jady Simmons	F	F35-39	39	Rochester	22:20	00:42	44:26	00:31	22:04	1:30:04
12	57	Staci Lynn Everetts	F	F35-39	36	Rochester	22:40	02:49	41:25	01:26	23:42	1:32:03
13	13	Debra Benson	F	F35-39	36	Penfield	20:01	02:16	42:27	02:07	25:57	1:32:48
14	20	Megan M Broomfield	F	F35-39	38	Fairport	22:17	01:10	49:52	00:37	24:27	1:38:22

F40-44

1	167	Lauren Pulli	F	F40-44	44	Rochester	15:33	00:43	29:26	00:43	16:03	1:02:28
2	59	Michelle T Ferreri-Jacobia	F	F40-44	40	Snyder	15:43	00:31	35:29	00:22	16:30	1:08:35
3	180	Frances M Salgado-Givens	F	F40-44	44	Rochester	16:14	00:57	35:11	00:48	17:46	1:10:56
4	148	Marcia Napolitano	F	F40-44	41	Webster	17:31	01:00	36:29	00:38	17:42	1:13:19
5	29	Marla Cilento	F	F40-44	41	Fishers	17:52	01:01	35:20	01:23	18:11	1:13:47
6	198	Deanne Stratton	F	F40-44	40	Clifton Springs	20:38	00:40	38:14	00:35	22:57	1:23:03
7	199	Eden M Sunderman	F	F40-44	42	Cazenovia	20:03	00:39	40:33	00:50	21:20	1:23:26
8	121	Nathalie Larochelle	F	F40-44	40	Williamson	21:02	01:17	38:44	01:18	22:19	1:24:41
9	133	Anita McCarthy	F	F40-44	43	Pittsford	21:25	01:07	39:55	00:56	21:26	1:24:49
10	171	Heather Ralph	F	F40-44	40	Rochester	20:28	01:23	41:08	01:13	21:11	1:25:24
11	191	Julie Seymour	F	F40-44	40	Rochester	22:09	01:27	39:14	01:17	23:18	1:27:25
12	159	Judy Penders	F	F40-44	42	Pittsford	21:53	00:44	42:04	01:21	22:04	1:28:07
13	71	Karen Gamache	F	F40-44	43	Toronto	19:24	01:07	47:41	01:20	19:49	1:29:21
14	38	Julie Cusker	F	F40-44	41	Rochester	21:59	02:00	41:36	01:42	23:11	1:30:27
15	142	Carrie Christine Montague-Barrett	F	F40-44	40	Lowville	20:53	00:46	48:41	00:37	21:10	1:32:07
16	54	Pamela Lynn Erb	F	F40-44	40	Honeoye Falls	22:45	01:19	42:39	01:39	24:40	1:33:02
17	203	Donna Burke	F	F40-44	42	Henrietta	23:46	01:53	43:31	01:45	23:57	1:34:52
18	173	Kelli Sue Ratcliffe	F	F40-44	41	Macedon	24:00	02:12	49:29	02:56	26:39	1:45:16

F45-49

1	19	JoAnne Bradt	F	F45-49	46	Scottsville	15:32	01:03	34:41	00:54	16:48	1:08:57
2	91	Kim Henshaw	F	F45-49	47	Hilton	17:32	01:17	35:31	01:17	18:03	1:13:40
3	7	Stephanie Barbero	F	F45-49	46	Fairport	16:23	00:38	38:29	00:41	18:45	1:14:56
4	261	Trish Vantucci	F	F45-49	45	Hilton	19:27	01:00	36:38	01:08	20:20	1:18:34
5	194	Tanya Smolinsky	F	F45-49	46	Rochester	18:35	01:00	41:13	00:41	17:55	1:19:23

6	178	Sandra Rosengrant	F	F45-49	49	Churchville	21:12	00:58	38:01	01:02	23:01	1:24:12
7	193	Karen Sladden	F	F45-49	45	Rochester	21:36	00:32	39:18	00:25	23:02	1:24:52
8	258	Maureen Unterborn	F	F45-49	49	Webster	23:52	01:45	43:29	01:38	24:54	1:35:39
9	141	Bridget Miller	F	F45-49	45	Baldwinsville	20:59	01:12	45:27	01:35	27:19	1:36:32
10	283	Theresa Zuniga	F	F45-49	48	Penfield	24:01	00:55	49:33	01:14	29:32	1:45:15
11	164	Patti Prato	F	F45-49	48	Rochester	23:58	02:46	48:05	04:27	26:00	1:45:15

F50-54

1	289	Stacie Lamont	F	F50-54	50	Pittsford	14:47	01:29	31:47	01:30	15:27	1:05:00
2	189	Laurie Seier	F	F50-54	53	Williamsville	18:13	01:15	36:37	01:19	18:43	1:16:07
3	53	Karen Patrica English	F	F50-54	52	Lafayette	21:57	00:51	45:27	00:40	22:53	1:31:48

F55-59

1	101	Charlotte Jaanimagi	F	F55-59	58	Pittsford	17:15	00:46	38:47	00:39	19:26	1:16:53
2	52	Tricia A. Engineri	F	F55-59	59	Interlaken	22:02	01:55	45:47	02:00	23:10	1:34:54
3	88	Laura Anne Harridge	F	F55-59	55	Lafayette	24:41	01:04	52:03	00:57	28:39	1:47:25
4	158	Jan Palumbo	F	F55-59	55	Rochester	22:40	01:14	58:22	01:22	26:34	1:50:12

F65-69

1	117	Carolyn M Kriesen	F	F65-69	67	Webster	20:05	00:54	41:32	01:12	21:31	1:25:14
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M19UNDER

1	21	Matt Brophy	M	M19UNDER	16	Macedon	13:09	00:49	30:06	00:41	13:37	0:58:23
2	115	John-Paul Koenig	M	M19UNDER	16	Owasco	11:49	00:25	40:22	00:32	12:23	1:05:31
3	107	Evan Keegan	M	M19UNDER	15	Fairport	15:15	00:36	36:18	00:38	19:15	1:12:01

M20-24

1	49	Bryan T Eisenberg	M	M20-24	23	Pittsford	17:29	01:04	36:23	01:00	20:04	1:16:00
2	65	Danny Flinchum	M	M20-24	24	Rochester	18:30	01:29	34:01	01:27	20:50	1:16:16

M25-29

1	123	Brent Long	M	M25-29	29	Fairport	15:23	00:56	30:50	00:52	16:50	1:04:51
2	144	Christopher A Morens	M	M25-29	25	Avon	16:00	00:41	41:04	00:57	16:38	1:15:21
3	12	Brennan Benedict	M	M25-29	29	Ontario	22:35	01:10	45:17	00:58	24:49	1:34:48

M30-34

1	112	Jay Keyes	M	M30-34	34	Rochester	15:13	01:01	29:42	00:46	15:55	1:02:36
2	55	Brandon Erwin	M	M30-34	32	Rochester	13:16	00:47	35:47	00:27	14:09	1:04:25
3	300	Shawn Jackett	M	M30-34	30	Fairport	16:09	01:22	30:05	01:36	16:23	1:05:36
4	78	Jose F Gonzalez	M	M30-34	33	Wilmington	16:08	01:09	39:29	00:35	16:20	1:13:42
5	76	Greg Glaser	M	M30-34	32	Walworth	19:16	00:44	33:23	01:00	19:42	1:14:05

M35-39

1	26	Pete Cerny	M	M35-39	35	Amherst	12:46	00:23	27:37	00:27	13:12	0:54:25
2	120	Brian Lane	M	M35-39	38	Rochester	13:32	00:42	29:11	00:46	14:33	0:58:45
3	214	Mike Norton	M	M35-39	39	Pittsford	15:59	00:25	28:33	00:24	16:40	1:02:02
4	175	Aaron Richardson	M	M35-39	35	Rochester	14:55	00:48	30:52	00:29	16:32	1:03:36
5	15	Christian Bieg	M	M35-39	35	Webster	16:10	01:03	29:54	01:06	19:20	1:07:32
6	39	Terrence Cusker	M	M35-39	39	Rochester	16:36	01:00	31:44	01:02	17:48	1:08:10
7	40	Christopher James Davis	M	M35-39	38	Pittsford	15:14	01:09	36:34	01:01	18:25	1:12:23
8	124	Alfredo Longo	M	M35-39	35	Williamsville	15:27	01:13	38:44	01:38	16:17	1:13:19
9	72	Timothy Gamache	M	M35-39	37	Liverpool	16:50	01:42	38:44	00:45	17:46	1:15:47
10	44	Anthony DeSalvo	M	M35-39	35	Rochester	18:33	00:50	37:41	00:48	19:47	1:17:39
11	134	mark mcintyre	M	M35-39	35	Hilton	16:18	01:11	42:32	01:11	18:00	1:19:12
12	256	Michael Lynn Tucker	M	M35-39	39	Batavia	22:00	01:02	41:48	00:51	25:34	1:31:15
13	172	Steven Ralph	M	M35-39	39	Rochester	22:25	02:42	49:34	01:08	24:07	1:39:56

M40-44

1	280	Jim Yeager	M	M40-44	44	Rochester	14:36	00:31	30:24	00:41	15:11	1:01:23
2	272	Ken White	M	M40-44	44	Victor	15:22	00:34	32:31	00:25	15:30	1:04:22
3	217	Eric Hughes	M	M40-44	44	Baldwinsville	15:12	00:33	31:47	00:36	16:33	1:04:41
4	80	Philip E Goodrum	M	M40-44	43	Fabius	15:30	01:09	33:31	01:17	17:21	1:08:48
5	269	Dan Whitcomb	M	M40-44	41	Walworth	16:43	00:54	31:20	00:53	19:38	1:09:28
6	111	Michael Kester	M	M40-44	41	Fayetteville	16:37	01:08	34:29	01:23	16:43	1:10:20
7	30	Charlie Joseph Clark	M	M40-44	43	Honeoye Falls	18:39	00:50	33:43	01:45	19:11	1:14:08
8	160	Steve Penders	M	M40-44	43	Pittsford	19:14	01:47	33:49	01:29	19:19	1:15:38
9	208	Todd Gunther	M	M40-44	40	Penfield	18:34	01:20	35:21	01:11	19:43	1:16:08
10	31	Mark B Clausen	M	M40-44	40	East Rochester	18:25	01:42	35:51	01:07	19:54	1:16:59
11	210	Marc Garcia	M	M40-44	41	Fairport	18:31	00:59	43:17	00:59	22:20	1:26:06
12	14	Paul Benson	M	M40-44	40	Penfield	20:17	01:58	42:25	02:12	25:55	1:32:47

M45-49

1	288	Michael Brown	M	M45-49	46	Pittsford	13:24	00:52	29:48	01:14	14:06	0:59:24
2	90	Joseph Jeff Hefner	M	M45-49	46	Pittsford	14:36	00:52	29:20	01:05	15:09	1:01:03
3	285	Pat Doner	M	M45-49	45	Fairport	15:20	01:01	28:27	00:57	16:35	1:02:21
4	182	Edward William Saxby	M	M45-49	45	Bloomfield	14:33	00:35	31:03	00:25	15:48	1:02:25
5	75	Tommy L Givens	M	M45-49	46	Rochester	15:07	00:46	30:52	01:02	15:09	1:02:56
6	81	James Greenwood	M	M45-49	45	Skaneateles	14:35	00:42	31:45	00:26	15:30	1:02:58
7	267	Christopher Keith Wendel	M	M45-49	47	Pittsford	14:44	01:10	33:59	00:26	15:53	1:06:12
8	212	Roger Reakes	M	M45-49	48	Lima	15:39	00:39	33:28	00:33	17:04	1:07:22
9	156	Tim Ozminkowski	M	M45-49	45	Scottsville	15:51	00:52	34:20	01:10	17:34	1:09:47
10	89	John Hawkes	M	M45-49	46	Fairport	15:39	01:40	35:07	01:13	17:13	1:10:53

11	268	Joe Wesley	M	M45-49	48	Rochester	17:28	00:35	35:30	00:43	18:14	1:12:30
12	10	Theodore M Baum	M	M45-49	47	Rochester	17:09	01:56	34:55	01:18	19:02	1:14:21
13	106	Jeff Katz	M	M45-49	45	Pittsford	16:36	01:11	36:43	00:53	19:22	1:14:44
14	98	Brent Hudson	M	M45-49	47	Webster	19:27	01:06	47:44	01:15	20:36	1:30:08
15	279	Richard Yates	M	M45-49	45	Pittsford	23:32	02:00	45:46	02:42	27:03	1:41:04

M50-54

1	56	Peter G Evans	M	M50-54	52	Webster	14:31	01:00	31:00	01:00	14:49	1:02:19
2	100	Howard Iseri	M	M50-54	51	Wellsboro	15:32	01:25	30:52	01:05	16:34	1:05:28
3	16	Michael Bobry	M	M50-54	50	Pittsford	17:01	01:40	33:30	01:17	18:13	1:11:41
4	179	Wes Rosengrant	M	M50-54	50	Churchville	17:06	01:33	34:59	01:29	18:44	1:13:51
5	163	David John Powers	M	M50-54	51	Lafayette	16:18	01:24	39:11	01:04	18:50	1:16:47
6	108	Jim Keegan	M	M50-54	51	Fairport	17:42	00:54	38:12	01:05	19:56	1:17:50
7	9	Duane Basch	M	M50-54	51	Honeoye Falls	21:50	01:10	39:40	01:31	23:38	1:27:49
8	257	Lee Unterborn	M	M50-54	52	Webster	23:53	01:43	43:28	01:41	24:54	1:35:39

M55-59

1	276	Bruce Wolcott	M	M55-59	58	Canandaigua	15:20	00:49	28:20	01:00	15:28	1:00:56
2	293	Jeffery Weber	M	M55-59	55	Rochester	20:14	00:50	35:47	00:39	21:26	1:18:56
3	295	Marty Douglas	M	M55-59	56	Lima	16:38	01:39	40:54	01:14	19:39	1:20:04
4	281	David Zimmer	M	M55-59	59	Fairport	20:01	01:08	39:44	01:03	20:28	1:22:24
5	157	Anthony Palumbo	M	M55-59	58	Rochester	22:36	01:23	55:20	01:03	24:07	1:44:30
6	82	Mike Guenther	M	M55-59	57	Honeoye Falls	24:45	02:06	55:31	01:45	28:53	1:53:00

M65-69

1	146	Dick Morgan	M	M65-69	68	Tioga	23:23	00:30	32:50	00:31	24:27	1:21:40
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