

Rochester Spring Classic Duathlon - SuperSprint
Saturday, May 21, 2011 Mendon Ponds Park, Mendon, NY
Timed & Produced by YellowJacket Racing
Total Finishers - 85 (Men - 45, Women - 40)

| Pos | Bib | Firstname | Lastname | Gender | Class | Age | City | Run1Tm | T1Tm | BikeTm | T2Tm | Run2Tm | TotalTm |
|----------------|-----|-----------|----------|--------|----------------|-----|-------------|--------|-------|---------|-------|--------|---------|
| Overall Male | | | | | | | | | | | | | |
| 1 | 199 | George | Newsome | M | Overall Male | 38 | Palmyra | 12:51 | 00:28 | 0:27:45 | 00:29 | 06:45 | 0:48:18 |
| Overall Female | | | | | | | | | | | | | |
| 1 | 103 | Sarah | Newsome | F | Overall Female | 37 | Palmyra | 15:02 | 00:50 | 0:29:35 | 00:48 | 07:28 | 0:53:43 |
| F19UNDER | | | | | | | | | | | | | |
| 1 | 164 | Alyssa | Likly | F | F19UNDER | 17 | Pittsford | 16:18 | 00:55 | 0:31:57 | 00:54 | 08:40 | 0:58:45 |
| F20-24 | | | | | | | | | | | | | |
| 1 | 169 | Alison | DAngelo | F | F20-24 | 23 | Camillus | 18:06 | 00:35 | 0:42:50 | 00:26 | 08:58 | 1:10:56 |
| 2 | 63 | Kiersten | Joesten | F | F20-24 | 24 | Rochester | 20:18 | 01:08 | 0:41:46 | 00:37 | 10:06 | 1:13:56 |
| F25-29 | | | | | | | | | | | | | |
| 1 | 42 | Meredith | Feary | F | F25-29 | 25 | Rochester | 15:33 | 01:02 | 0:39:23 | 00:50 | 07:59 | 1:04:48 |
| F30-34 | | | | | | | | | | | | | |
| 1 | 108 | Rebecca | Patros | F | F30-34 | 32 | Canandaigua | 16:21 | 01:01 | 0:36:30 | 00:44 | 08:13 | 1:02:49 |
| 2 | 73 | Nicole | Kuhl | F | F30-34 | 33 | Lowville | 17:09 | 01:12 | 0:38:54 | 01:18 | 08:39 | 1:07:12 |
| 3 | 77 | Ellen | Lloyd | F | F30-34 | 33 | Palmyra | 18:07 | 01:01 | 0:39:19 | 00:45 | 09:43 | 1:08:55 |
| 4 | 152 | Kathleen | Shea | F | F30-34 | 36 | Pittsford | 19:28 | 01:33 | 0:41:24 | 01:22 | 10:12 | 1:13:59 |
| 5 | 43 | Sara | Finley | F | F30-34 | 30 | Rochester | 23:07 | 01:05 | 0:45:51 | 01:09 | 13:44 | 1:24:57 |
| F35-39 | | | | | | | | | | | | | |
| 1 | 55 | Tracy | Hardes | F | F35-39 | 37 | Rochester | 16:57 | 00:55 | 0:35:46 | 00:49 | 08:33 | 1:03:00 |
| 2 | 13 | Amy | Burbano | F | F35-39 | 39 | Brockport | 17:41 | 01:14 | 0:35:15 | 00:50 | 09:16 | 1:04:16 |
| 3 | 39 | Staci | Everetts | F | F35-39 | 37 | Rochester | 20:11 | 00:59 | 0:35:56 | 00:49 | 10:02 | 1:07:57 |
| 4 | 2 | Joan | Adamo | F | F35-39 | 37 | Webster | 17:38 | 00:33 | 0:40:52 | 00:29 | 09:16 | 1:08:47 |
| 5 | 191 | Amy | Agostini | F | F35-39 | 35 | Spencerport | 18:51 | 01:00 | 0:40:50 | 01:02 | 11:09 | 1:12:53 |
| 6 | 95 | Jennifer | Moles | F | F35-39 | 37 | Canandaigua | 20:05 | 00:52 | 0:40:02 | 01:10 | 11:16 | 1:13:25 |
| 7 | 6 | Deb | Benson | F | F35-39 | 37 | Penfield | 21:21 | 01:30 | 0:38:43 | 01:17 | 11:34 | 1:14:25 |

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|----|-----|----------|------------|---|--------|----|-----------|-------|-------|---------|-------|-------|---------|
| 8 | 92 | Becky | Michel | F | F35-39 | 38 | Ontario | 22:06 | 00:54 | 0:40:03 | 00:55 | 11:54 | 1:15:51 |
| 9 | 83 | Rachel | Mattern | F | F35-39 | 38 | Rochester | 22:05 | 01:26 | 0:43:58 | 01:09 | 11:10 | 1:19:47 |
| 10 | 12 | Megan | Broomfield | F | F35-39 | 39 | Fairport | 22:07 | 00:54 | 0:45:02 | 00:40 | 11:51 | 1:20:33 |
| 11 | 125 | Kimberly | Shimomura | F | F35-39 | 36 | Rochester | 23:12 | 01:14 | 0:43:30 | 01:12 | 12:24 | 1:21:31 |

F40-44

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|---|-----|-----------|------------|---|--------|----|-------------|-------|-------|---------|-------|-------|---------|
| 1 | 170 | Marla | Cilento | F | F40-44 | 42 | Fishers | 16:53 | 01:18 | 0:35:06 | 00:49 | 08:43 | 1:02:49 |
| 2 | 171 | Christina | Berghash | F | F40-44 | 40 | Scottsville | 19:11 | 01:05 | 0:38:41 | 01:06 | 11:00 | 1:11:03 |
| 3 | 75 | Nathalie | Larochelle | F | F40-44 | 41 | Williamson | 21:20 | 01:03 | 0:37:00 | 01:01 | 11:36 | 1:12:00 |
| 4 | 180 | Christina | McLyman | F | F40-44 | 44 | Rochester | 18:50 | 00:51 | 0:41:13 | 00:52 | 10:14 | 1:12:00 |
| 5 | 123 | Julie | Seymour | F | F40-44 | 41 | Rochester | 23:28 | 00:52 | 0:38:36 | 00:35 | 12:24 | 1:15:56 |
| 6 | 27 | Julie | Cusker | F | F40-44 | 42 | Rochester | 22:14 | 01:53 | 0:40:07 | 01:02 | 11:52 | 1:17:08 |
| 7 | 15 | Donna | Burke | F | F40-44 | 43 | Henrietta | 23:09 | 02:05 | 0:45:18 | 01:39 | 13:04 | 1:25:15 |
| 8 | 119 | Karen | Ryan | F | F40-44 | 40 | Rochester | 26:42 | 01:38 | 0:42:47 | 01:08 | 14:06 | 1:26:22 |

F45-49

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|---|-----|---------|----------|---|--------|----|--------------|-------|-------|---------|-------|-------|---------|
| 1 | 111 | Lauren | Pulli | F | F45-49 | 45 | Rochester | 15:23 | 00:43 | 0:31:26 | 00:36 | 08:00 | 0:56:08 |
| 2 | 154 | Linda | Brisbane | F | F45-49 | 48 | Pittsford | 16:10 | 01:05 | 0:33:42 | 00:53 | 08:27 | 1:00:18 |
| 3 | 9 | JoAnne | Bradt | F | F45-49 | 47 | Scottsville | 15:49 | 01:03 | 0:34:34 | 00:49 | 08:23 | 1:00:38 |
| 4 | 137 | Trish | Vantucci | F | F45-49 | 46 | Hilton | 19:33 | 01:23 | 0:35:40 | 01:13 | 11:11 | 1:09:01 |
| 5 | 58 | Kim | Henshaw | F | F45-49 | 48 | Hilton | 19:05 | 01:43 | 0:37:10 | 01:15 | 10:02 | 1:09:14 |
| 6 | 130 | Lynn | Sullivan | F | F45-49 | 49 | E. Rochester | 23:03 | 01:30 | 0:44:34 | 00:48 | 13:16 | 1:23:12 |
| 7 | 168 | Deborah | Raymond | F | F45-49 | 49 | Rochester | 20:41 | 01:18 | 0:55:39 | 00:42 | 14:47 | 1:33:07 |

F50-54

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|---|-----|-----------|------------|---|--------|----|-------------|-------|-------|---------|-------|-------|---------|
| 1 | 162 | Megan | Lebeau | F | F50-54 | 53 | Spencerport | 17:53 | 00:47 | 0:40:20 | 00:36 | 10:02 | 1:09:38 |
| 2 | 117 | Sandra | Rosengrant | F | F50-54 | 50 | Churchville | 21:33 | 00:53 | 0:36:09 | 01:02 | 11:31 | 1:11:09 |
| 3 | 163 | Kelly | Likly | F | F50-54 | 50 | Pittsford | 25:13 | 01:21 | 0:39:16 | 01:16 | 12:28 | 1:19:33 |
| 4 | 3 | Catherine | Ahern | F | F50-54 | 50 | rochester | 23:01 | 02:11 | 0:45:18 | 01:38 | 13:06 | 1:25:15 |
| 5 | 115 | Christie | Ricker | F | F50-54 | 54 | Spencerport | 24:26 | 02:50 | 0:51:07 | 00:59 | 13:46 | 1:33:08 |

F55-59

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|---|--------------|-----------|---|--------|----|-------------|-------|-------|---------|-------|-------|---------|
| 1 | 62 Charlotte | Jaanimagi | F | F55-59 | 59 | Pittsford | 19:39 | 00:53 | 0:39:53 | 00:40 | 10:49 | 1:11:55 |
| 2 | 177 Jill | Bates | F | F55-59 | 57 | E Rochester | 23:34 | 01:28 | 0:55:04 | 01:43 | 12:40 | 1:34:29 |

F60-64

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|---|----------|----------|---|--------|----|---------|-------|-------|---------|-------|-------|---------|
| 1 | 107 Mary | Patchett | F | F60-64 | 61 | Macedon | 27:11 | 02:34 | 0:58:46 | 01:40 | 14:57 | 1:45:08 |
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F65-69

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|---|------------|---------|---|--------|----|---------|-------|-------|---------|-------|-------|---------|
| 1 | 71 Carolyn | Kriesen | F | F65-69 | 68 | Webster | 20:55 | 00:54 | 0:41:55 | 00:37 | 12:00 | 1:16:20 |
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M20-24

| | | | | | | | | | | | | |
|---|----------|----------|---|--------|----|----------------|-------|-------|---------|-------|-------|---------|
| 1 | 141 Andy | White | M | M20-24 | 24 | East Rochester | 16:35 | 00:45 | 0:35:48 | 00:43 | 08:51 | 1:02:43 |
| 2 | 45 Danny | Flinchum | M | M20-24 | 25 | Rochester | 18:48 | 01:01 | 0:34:22 | 01:06 | 11:10 | 1:06:26 |

M30-34

| | | | | | | | | | | | | |
|---|-------------|---------|---|--------|----|------------|-------|-------|---------|-------|-------|---------|
| 1 | 56 Todd | Hawkins | M | M30-34 | 33 | Bloomfield | 14:10 | 00:44 | 0:30:21 | 00:41 | 07:26 | 0:53:22 |
| 2 | 181 Dan | Deckman | M | M30-34 | 34 | Rochester | 14:24 | 01:00 | 0:32:49 | 00:38 | 07:09 | 0:56:01 |
| 3 | 165 John | Deiure | M | M30-34 | 33 | Rochester | 15:18 | 01:11 | 0:33:14 | 00:33 | 08:21 | 0:58:37 |
| 4 | 110 Charlie | Pulire | M | M30-34 | 34 | Pittsford | 15:22 | 00:57 | 0:34:43 | 01:01 | 08:16 | 1:00:20 |
| 5 | 194 Joe | Howlett | M | M30-34 | 34 | Farmington | 15:25 | 01:17 | 0:37:29 | 01:01 | 08:38 | 1:03:51 |

M35-39

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|---|-------------|------------|---|--------|----|---------------|-------|-------|---------|-------|-------|---------|
| 1 | 70 Jason | Knarr | M | M35-39 | 35 | Webster | 12:18 | 01:17 | 0:30:42 | 01:03 | 06:42 | 0:52:03 |
| 2 | 96 Timothy | Mondello | M | M35-39 | 36 | Williamsville | 14:32 | 00:44 | 0:29:28 | 00:35 | 07:26 | 0:52:45 |
| 3 | 127 Justin | Smith | M | M35-39 | 39 | Pittsford | 16:24 | 00:54 | 0:32:02 | 00:58 | 04:43 | 0:55:01 |
| 4 | 114 Aaron | Richardson | M | M35-39 | 36 | Rochester | 15:39 | 00:58 | 0:32:09 | 00:50 | 08:09 | 0:57:46 |
| 5 | 94 Andrew | Moles | M | M35-39 | 40 | Canandaigua | 16:47 | 01:22 | 0:33:34 | 00:53 | 08:36 | 1:01:12 |
| 6 | 195 Jay | Keyes | M | M35-39 | 35 | Rochester | 16:17 | 00:51 | 0:34:33 | 01:31 | 08:45 | 1:01:57 |
| 7 | 86 Mark | McIntyre | M | M35-39 | 36 | hilton | 17:11 | 01:16 | 0:38:11 | 01:09 | 10:03 | 1:07:50 |
| 8 | 26 Matthew | Cowell | M | M35-39 | 37 | Rochester | 19:06 | 01:32 | 0:37:36 | 01:20 | 10:51 | 1:10:24 |
| 9 | 192 Orlando | Torres | M | M35-39 | 35 | Henrietta | 19:23 | 01:21 | 0:45:00 | 00:54 | 11:07 | 1:17:45 |

M40-44

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|---|-----|-----------------|---|--------|----|---------------|-------|-------|---------|-------|-------|---------|
| 1 | 48 | Graham Frazer | M | M40-44 | 42 | Dansville | 14:28 | 00:31 | 0:27:06 | 00:30 | 07:31 | 0:50:06 |
| 2 | 146 | Daniel Yawman | M | M40-44 | 40 | Rochester | 15:29 | 00:45 | 0:33:02 | 00:38 | 08:17 | 0:58:11 |
| 3 | 28 | Terrence Cusker | M | M40-44 | 40 | Rochester | 15:46 | 00:57 | 0:33:12 | 00:30 | 08:37 | 0:59:02 |
| 4 | 21 | Charlie Clark | M | M40-44 | 44 | Honeoye Falls | 17:18 | 00:44 | 0:32:53 | 01:14 | 10:05 | 1:02:14 |
| 5 | 32 | Donald Dennie | M | M40-44 | 40 | Palmyra | 17:41 | 00:58 | 0:32:40 | 01:12 | 09:46 | 1:02:16 |
| 6 | 68 | Jeff Katz | M | M40-44 | 46 | Pittsford | 17:15 | 00:57 | 0:36:23 | 01:22 | 11:05 | 1:07:02 |
| 7 | 25 | Scott Cottier | M | M40-44 | 40 | Rochester | 19:30 | 02:21 | 0:34:33 | 01:22 | 10:09 | 1:07:54 |
| 8 | 132 | Bob Tassone | M | M40-44 | 43 | Pittsford | 20:20 | 02:24 | 0:39:20 | 01:57 | 11:20 | 1:15:20 |
| 9 | 88 | William McKay | M | M40-44 | 40 | Rochester | 20:31 | 02:26 | 0:40:03 | 01:26 | 12:10 | 1:16:37 |

M45-49

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|---|-----|----------------|---|--------|----|------------|-------|-------|---------|-------|-------|---------|
| 1 | 159 | John Galbraith | M | M45-49 | 45 | Pittsford | 15:27 | 00:38 | 0:28:34 | 00:31 | 08:02 | 0:53:12 |
| 2 | 147 | Jim Yeager | M | M45-49 | 45 | Rochester | 13:53 | 00:47 | 0:30:57 | 00:39 | 07:08 | 0:53:24 |
| 3 | 120 | Edward Saxby | M | M45-49 | 46 | Bloomfield | 14:14 | 00:51 | 0:30:53 | 00:50 | 08:00 | 0:54:49 |
| 4 | 10 | Stephen Bragg | M | M45-49 | 49 | geneva | 19:46 | 00:35 | 0:45:05 | 00:37 | 10:06 | 1:16:09 |
| 5 | 89 | Derek McKeon | M | M45-49 | 48 | Rochester | 19:06 | 00:59 | 0:48:38 | 00:51 | 09:56 | 1:19:30 |

M50-54

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|---|-----|----------------|---|--------|----|-------------|-------|-------|---------|-------|-------|---------|
| 1 | 188 | Keith Moss | M | M50-54 | 52 | Rochester | 14:57 | 01:12 | 0:34:09 | 01:15 | 08:10 | 0:59:42 |
| 2 | 41 | George Fawcett | M | M50-54 | 51 | Rochester | 15:17 | 01:09 | 0:34:18 | 01:18 | 07:57 | 0:59:59 |
| 3 | 4 | Glen Austin | M | M50-54 | 50 | Bloomfield | 16:14 | 01:19 | 0:33:50 | 00:54 | 08:42 | 1:00:59 |
| 4 | 118 | Wes Rosengrant | M | M50-54 | 51 | Churchville | 17:31 | 01:31 | 0:35:39 | 01:17 | 11:04 | 1:07:02 |
| 5 | 49 | Mike Friedler | M | M50-54 | 50 | Ontario | 21:16 | 01:25 | 0:40:23 | 01:19 | 12:11 | 1:16:34 |

M55-59

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|---|-----|---------------|---|--------|----|-----------|-------|-------|---------|-------|-------|---------|
| 1 | 101 | Ron Nelson | M | M55-59 | 55 | Oswego | 15:25 | 00:51 | 0:31:52 | 00:48 | 08:44 | 0:57:40 |
| 2 | 139 | Jeffrey Weber | M | M55-59 | 56 | Rochester | 20:26 | 00:46 | 0:35:58 | 00:41 | 10:55 | 1:08:45 |
| 3 | 78 | Joe Lodice | M | M55-59 | 55 | Penfield | 20:20 | 01:38 | 0:38:24 | 02:02 | 07:46 | 1:10:10 |

M65-69

| | | | | | | | | | | | | |
|---|----|-------------|---|--------|----|-------|-------|-------|---------|-------|-------|---------|
| 1 | 98 | Dick Morgan | M | M65-69 | 69 | Tioga | 25:24 | 00:29 | 0:34:42 | 00:42 | 12:58 | 1:14:16 |
|---|----|-------------|---|--------|----|-------|-------|-------|---------|-------|-------|---------|