

Freezeroo # 4 - Hearnish 10K - Powder Mills Park
Saturday, January 29th, 2011
215 Total Finishers (153 Male, 62 Female)
Timed by YellowJacket Racing

Pos	Bib	Fullname	Gender	Class	Age	City	Series	TotalTm
F19Under								
1	271	Meghan DioGuardi	F	F19Under	14	Hornell		0:51:01
2	151	Rachel Nelson	F	F19Under	17	Pittsford		0:54:00
3	111	Lexie Klimasewski	F	F19Under	15	Fairport	Series	0:54:29
F25-29								
1	89	Jennie Hansen	F	F25-29	26	Rochester	Series	0:40:31
2	1	Katie Achter	F	F25-29	26	Greece	Series	1:01:19
3	120	Naomi Lee	F	F25-29	27	Rochester	Series	1:02:57
F30-34								
1	132	Jen Malik	F	F30-34	31	Rochester	Series	0:44:46
2	70	Laura Feller	F	F30-34	31	Rochester	Series	0:45:57
3	8	Pam Ayers	F	F30-34	34	Rochester	Series	0:47:09
4	114	Aida Kuhlkin	F	F30-34	33	Hamlin	Series	0:47:57
5	141	Emma Milks	F	F30-34	31	hamlin	Series	0:54:15
6	52	Rachael Della Pietra	F	F30-34	31	Rochester	Series	0:59:00
7	115	Christine LaHaye	F	F30-34	31	Rochester	Series	1:02:17
8	282	Karen Linder	F	F30-34	33	Scottsville		1:11:50
F35-39								
1	57	Christine Deutsch	F	F35-39	36	Rochester	Series	0:50:03
2	175	Deanna Reh	F	F35-39	37	Victor		0:52:07
3	283	Tami McGraw	F	F35-39	37	Hamlin		1:03:51
4	274	Michelle Curtin	F	F35-39	38	Cohocton		1:05:57
5	75	Kelly Gannon	F	F35-39	37	Penfield	Series	1:18:29
F40-44								
1	78	Dana Gianniny	F	F40-44	41	Rochester	Series	0:44:26
2	63	Rebecca Duberry	F	F40-44	40	Rochester	Series	0:47:10
3	224	Mary Wojnowski	F	F40-44	43	Rochester	Series	0:51:16
4	268	Patty Van Der Sloom	F	F40-44	44	Pittsford		0:53:41
5	258	Karin Kellman	F	F40-44	43	Penfield		0:53:41
6	257	Carolyn Mathis	F	F40-44	41	Penfield		0:53:41
7	97	Karol Hitchcock	F	F40-44	44	Fairport	Series	0:57:30
8	139	Christina McLyman	F	F40-44	43	Rochester	Series	0:58:10
9	205	Sharmene Syversen	F	F40-44	40	Brockport	Series	0:59:59
10	5	Diane Alsup	F	F40-44	44	Palmyra	Series	1:00:05
11	288	Amy Talarico	F	F40-44	41			1:04:05

12	186	Christina Ruhland	F	F40-44	42	North Chili	Series	1:10:03
13	7	Maura Arendt	F	F40-44	42	Rochester	Series	1:17:07
14	237	Carrie Mullen	F	F40-44	44	Canandaigua		1:23:54

F45-49

1	236	Krista Mitchell	F	F45-49	47	Bloomfield		0:48:16
2	19	JoAnne Bradt	F	F45-49	46	Scottsville	Series	0:52:25
3	170	Diane Prystajko	F	F45-49	46	Spencerport	Series	0:52:28
4	162	Michelle Parker	F	F45-49	46	Rochester	Series	0:52:33
5	101	Debbie Jerris	F	F45-49	47	Livonia	Series	0:55:43
6	35	Wende Cleary	F	F45-49	49	Pittsford		0:56:10
7	158	Marlene Paeth	F	F45-49	47	Kendall	Series	0:56:24
8	250	Pam Johnson	F	F45-49	48	Canandaigua		0:56:34
9	91	Betsy Harvey	F	F45-49	46	Canandaigua	Series	0:57:16
10	209	Lisa Tschiderer	F	F45-49	46	Pittsford		0:58:18
11	47	Ann Cunningham	F	F45-49	48	Rochester	Series	0:58:26
12	281	Rochelle Ruffer	F	F45-49	45	Pittsford		1:02:57
13	174	Deborah Raymond	F	F45-49	48	Rochester		1:06:20
14	25	Lisa Camillaci	F	F45-49	47	Hilton	Series	1:09:20

F50-54

1	220	Marie White	F	F50-54	50	Henrietta	Series	0:51:16
2	135	Ann Martin	F	F50-54	52	Victor	Series	0:52:27
3	113	Karen Kryder	F	F50-54	54	Rochester	Series	0:54:23
4	178	Marty Roberts	F	F50-54	53	Penn Yan	Series	0:54:39
5	148	Heidi Nelson	F	F50-54	53	Pittsford		1:01:53
6	149	Juliann Nelson	F	F50-54	52	Victor	Series	1:06:47

F55-59

1	84	Cheryl Guth	F	F55-59	56	Rochester	Series	0:50:49
2	165	Colleen Piccone	F	F55-59	58	Pittsford		0:56:06
3	62	Susan Drexel	F	F55-59	57	Livonia	Series	1:24:12

F60-64

1	200	Carolyn Smith Hanna	F	F60-64	60	Pittsford	Series	0:54:20
2	138	Lynda McGuire	F	F60-64	62	Scottsville	Series	0:59:11
3	16	Jeannie Blance	F	F60-64	60	Canandaigua	Series	1:04:29
4	123	Mitzie Lewandowski	F	F60-64	63	Rochester	Series	1:07:29

F70-74

1	27	Joanne Carr	F	F70-74	72	Churchville	Series	1:23:16
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M19Under

1	99	Ben Ivie	M	M19Under	16	Scottsville	Series	0:52:20
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M20-24

1	152	Philip Nesbitt	M	M20-24	24	Churchville	Series	0:39:20
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2	272	Sean Rahrle	M	M20-24	23	Rochester		0:46:46
M25-29								
1	179	Matthew Roberts	M	M25-29	26	Scottsville	Series	0:37:11
2	166	Charley Plummer	M	M25-29	27	Rochester	Series	0:43:14
3	60	Rich Dirmyer	M	M25-29	25	Rochester	Series	0:44:51
4	239	Michael Bray	M	M25-29	28	Rochester		0:45:42
5	42	Adam Cornwell	M	M25-29	25	Rochester	Series	0:47:30
6	269	Ian Schickling	M	M25-29	27	Rochester		0:49:37
7	168	Justin Pretko	M	M25-29	25	Bergen	Series	0:55:46
M30-34								
1	235	Brent Bartlett	M	M30-34	30	Rochester		0:39:51
2	259	Jason Knarr	M	M30-34	34	Webster		0:40:26
3	262	Dan Ostrander	M	M30-34	34	Fairport		0:45:54
4	125	Jason Liddle	M	M30-34	33	Webster	Series	0:46:25
5	240	Jake Clements	M	M30-34	31	Avon		0:47:05
6	131	Jeffrey Malik	M	M30-34	31	Rochester	Series	0:50:06
7	136	Brian Matzan	M	M30-34	32	Hilton	Series	0:50:29
8	3	Dominic Agostini	M	M30-34	32	Spencerport	Series	0:53:51
9	40	Jason Conklin	M	M30-34	33	Henrietta	Series	0:59:22
10	13	Cory Berardi	M	M30-34	32	Brockport	Series	1:01:07
M35-39								
1	90	Josh Harter	M	M35-39	35	Avon	Series	0:37:33
2	275	Thomas Regan	M	M35-39	36	Rochester		0:40:23
3	43	Michael Coyle	M	M35-39	35	Irondequoit	Series	0:40:41
4	194	Colby Shores	M	M35-39	35	Rochester	Series	0:41:35
5	251	Josh Williams	M	M35-39	36	Geneseo		0:42:39
6	222	Joe Williams	M	M35-39	37	Rochester	Series	0:42:48
7	280	Rob Mischler	M	M35-39	35	Fairport		0:45:26
8	130	Todd Malanowski	M	M35-39	38	Rochester	Series	0:45:59
9	276	Ricardo Figueroa	M	M35-39	37	Macedon		0:46:31
10	28	David Carson	M	M35-39	35	Hilton	Series	0:46:35
11	278	Douglas Morris	M	M35-39	37	Pittsford		0:47:29
12	18	William Boula	M	M35-39	37	Hilton	Series	0:48:39
13	155	Brad OBrocta	M	M35-39	39	Churchville	Series	0:52:13
14	255	Greg Marchione	M	M35-39	39	Palmyra		0:53:33
15	248	Beth Adams	F	M35-39	39	Geneseo		0:57:48
16	284	David VanDeVoorde	M	M35-39	38	Fairport		1:04:51
17	48	Daniel Curtin	M	M35-39	39	Cohocton	Series	1:05:57
18	129	Steve Lynch	M	M35-39	36	West Henrietta	Series	1:06:44
M40-44								
1	189	John Salvador	M	M40-44	40	Penfield	Series	0:43:32
2	20	James Brennan	M	M40-44	41	Pittsford	Series	0:45:01
3	37	Martin Coffey	M	M40-44	41	Pittsford	Series	0:45:45

4	252	Michael Bermudez	M	M40-44	40	Webster		0:45:49
5	121	Steven Levitsky	M	M40-44	43	Rochester		0:46:10
6	190	David Sauter	M	M40-44	43	Penfield	Series	0:46:19
7	198	Brian Simon	M	M40-44	42	Rochester		0:47:08
8	245	David Natarelli	M	M40-44	43	Victor		0:47:14
9	96	Chad Herendeen	M	M40-44	42	Canandaigua	Series	0:49:54
10	221	James Whorton, Jr	M	M40-44	43	Rochester	Series	0:51:53
11	72	Joaquim Flores	M	M40-44	44	Rochester	Series	0:53:12
12	279	Larry Hoffman	M	M40-44	42	Ontario		0:53:39
13	266	Robert Hitchcock	M	M40-44	44	Fairport		0:53:47
14	128	Mark Lortscher	M	M40-44	41	Fairport	Series	0:54:11
15	116	Nick Lanthier	M	M40-44	42	Pittsford		0:55:08
16	68	John Falletti	M	M40-44	42	Rochester	Series	0:56:02
17	156	Patrick OMara II	M	M40-44	40	Churchville	Series	0:57:09
18	264	Patrick Vorndran	M	M40-44	42	Rochester		0:57:48
19	196	Peter J. Sichak III	M	M40-44	40	Spencerport	Series	0:57:51
20	263	Dale Dimick	M	M40-44	43	Webster		1:01:42
21	261	Joao Flores	M	M40-44	44	Rochester		1:04:18
22	29	Doug Caswell	M	M40-44	41	Penfield	Series	1:04:18

M45-49

1	108	Matt Kellman	M	M45-49	46	Penfield	Series	0:39:06
2	79	Dan Giblin	M	M45-49	48	Rochester	Series	0:40:04
3	208	Ted Thull	M	M45-49	49	Macedon	Series	0:40:53
4	273	Kevin Sheehan	M	M45-49	49	Victor		0:41:58
5	118	Peter Lautenslager	M	M45-49	49	Victor		0:43:26
6	33	Tim Ciancione	M	M45-49	45	Rochester	Series	0:43:45
7	142	Patrick Milligan	M	M45-49	46	Rochester	Series	0:44:13
8	286	Gary Dill	M	M45-49	45	Rochester		0:45:55
9	76	Bob Gates	M	M45-49	49	Hamlin	Series	0:47:08
10	246	Jack Rosati	M	M45-49	46	Rochester		0:47:41
11	180	Alan Roome	M	M45-49	47	Lakeville	Series	0:47:42
12	56	Steven Derks	M	M45-49	47	W. Henrietta	Series	0:48:09
13	238	Chris Washburn	M	M45-49	49	Newark		0:48:20
14	242	Russ Herman	M	M45-49	49	Hilton		0:48:23
15	159	Ron Paeth	M	M45-49	47	Kendall	Series	0:50:35
16	287	Manuel Pachelo	M	M45-49	45	Rochester		0:51:06
17	244	Lou Iovoli	M	M45-49	45	Victor		0:51:48
18	81	Phil Gleason	M	M45-49	47	Geneva	Series	0:52:00
19	234	Tom Gibson	M	M45-49	48	Canandaigua		0:53:46
20	182	John Rotoli	M	M45-49	48	Fairport	Series	0:54:32
21	254	Ed Martin	M	M45-49	47	Victor		0:55:10
22	233	Andrew Ciaio	M	M45-49	45	Victor		0:57:16
23	45	Tom Crilly	M	M45-49	48	Rochester	Series	0:58:45
24	218	Joe Wesley	M	M45-49	48	Rochester		1:00:03
25	66	Timothy Eilinger	M	M45-49	46	Mendon	Series	1:00:38
26	226	Steve Woodley	M	M45-49	49	Ontario		1:00:58

27	39	Tom Collins	M	M45-49	45	Pittsford	Series	1:02:36
28	23	Thomas Butler	M	M45-49	46	Rochester	Series	1:05:06
29	71	Patrick S. Flanigan	M	M45-49	46	Rochester	Series	1:08:42
30	270	Matt Flanigan	M	M45-49	49	Livonia		1:08:55

M50-54

1	6	Chaunce Andrews	M	M50-54	53	Rochester	Series	0:39:31
2	102	Tom Jerris	M	M50-54	52	Livonia	Series	0:45:24
3	12	John Benson	M	M50-54	52	Rochester	Series	0:48:04
4	58	Doug DeWeaver	M	M50-54	53	Rochester	Series	0:48:22
5	85	Keith Hadley	M	M50-54	51	Rochester	Series	0:49:12
6	225	Mark Woodhams	M	M50-54	53	East Rochester	Series	0:49:42
7	69	George Fawcett	M	M50-54	50	Rochester	Series	0:50:01
8	64	Michael Dunn	M	M50-54	54	Rochester	Series	0:50:41
9	213	Michael Viterise	M	M50-54	53	Rochester	Series	0:52:06
10	117	Michael Larche	M	M50-54	52	Victor	Series	0:52:47
11	241	Jim Kaiser	M	M50-54	52	Webster		0:54:29
12	265	Roger Klatt	M	M50-54	50	Barker		0:55:02
13	21	Novis Brewster	M	M50-54	51	Rochester	Series	0:55:27
14	92	Tom Hawkins	M	M50-54	52	Williamson	Series	0:55:57
15	181	Wes Rosengrant	M	M50-54	50	Churchville	Series	0:56:26
16	247	Bill Boyle	M	M50-54	54	Canandaigua		0:57:35
17	119	Mark Lavner	M	M50-54	54	Fairport	Series	0:58:16
18	87	Dudley Hallstead	M	M50-54	51	Canandaigua	Series	0:58:28
19	243	Paul Hebert	M	M50-54	52			0:59:23
20	34	Eddy Clark	M	M50-54	52	Victor	Series	1:01:11
21	127	Scott Lord	M	M50-54	53	Geneva	Series	1:09:55
22	232	Patti Hahn	M	M50-54	54	Rochester		1:10:17
23	154	Michael Obrecht	M	M50-54	52	Rochester	Series	1:15:54

M55-59

1	217	David C. Ward	M	M55-59	59	Akron	Series	0:46:39
2	167	Rod Potter	M	M55-59	55	Rochester	Series	0:46:53
3	77	Bruce Gianniny	M	M55-59	59	Rochester	Series	0:51:08
4	50	David Davenport	M	M55-59	59	Rochester	Series	0:51:12
5	214	John Wagner	M	M55-59	56	Rochester	Series	0:51:19
6	110	Jim Kerr	M	M55-59	56	Canandaigua	Series	0:51:46
7	14	Bill Beyerbach	M	M55-59	55	Rochester	Series	0:52:53
8	100	Richard Ivie	M	M55-59	56	Scottsville	Series	0:53:37
9	277	Bruce Corsette	M	M55-59	57	Rochester		0:54:54
10	137	Mark McArdle	M	M55-59	56	Rochester	Series	0:54:58
11	10	Christopher Barry	M	M55-59	58	Newark	Series	0:54:59
12	51	Matt Degma	M	M55-59	56	Rochester	Series	0:55:21
13	230	John Zonitch	M	M55-59	57	Albion	Series	1:00:22
14	253	Douglas Ralph	M	M55-59	55	Rochester		1:00:48
15	103	Doug Jones	M	M55-59	58	Pittsford	Series	1:04:59
16	150	Philip Nelson	M	M55-59	59	Victor	Series	1:05:30

17	133 Philip Mann	M	M55-59	59 Keuka Park	Series	1:05:36
18	106 Dan Katz	M	M55-59	56 Pittsford	Series	1:06:40
19	285 Dennis Culhane	M	M55-59	56 Rochester		1:06:57
20	267 Charles Oster	M	M55-59	59 Rochester		1:09:21
21	231 Donald Galetto	M	M55-59	58 Spencerport		1:12:04
22	59 David Dilgard	M	M55-59	56 Penfield	Series	1:20:12

M60-64

1	98 Roger Howe	M	M60-64	63 Rochester	Series	0:54:44
2	211 Gary Updyke	M	M60-64	62 Pittsford	Series	0:55:24
3	93 Stephen Hedges	M	M60-64	61 Rochester	Series	0:56:30
4	249 Rick Erb	M	M60-64	62		0:56:35
5	15 Ed Blance	M	M60-64	62 Canandaigua	Series	0:59:02
6	61 David Drexel	M	M60-64	60 Livonia	Series	1:02:24
7	256 Charles Martin	M	M60-64	64 Marion		1:05:07
8	145 Tim Mulvaney	M	M60-64	60 W. Henrietta	Series	1:05:37
9	46 Robert Crumrine	M	M60-64	61 Fairport	Series	1:10:18
10	146 William Murphy	M	M60-64	62 Rochester	Series	1:31:15

M65-69

1	202 Walter Standhart	M	M65-69	66 Rochester	Series	0:57:53
2	17 Sid Bolton	M	M65-69	68 Albion	Series	1:09:45
3	26 Bob Carafice	M	M65-69	67 Rochester	Series	1:15:54

M70-74

1	157 Bob Otto	M	M70-74	71 Rochester	Series	0:54:48
2	36 Earl M. Cliffel	M	M70-74	71 Livonia	Series	1:11:20
3	94 Dave Heeks	M	M70-74	73 Rochester	Series	1:11:57
4	199 Al Smith	M	M70-74	72 Rochester	Series	1:12:04

M75-79

1	187 Charles Sabatine	M	M75-79	77 Victor	Series	1:03:55
2	86 Charles Haendiges	M	M75-79	77 Arcade	Series	1:16:08