

**Rochester Autumn Classic Duathlon - Super Sprint**  
**Sunday, Sept. 28th, 2008 in Mendon Ponds Park, Rochester, NY**  
**Produced & Timed by YellowJacket Racing**  
**Total Finishers 132 (Men - 75, Women - 57)**

Pos	Bib	Fullname	Gender	Class	Age	City	Run1Tm	Transition1Tm	BikeTm	Transition2Tm	Run2Tm	TotalTm
Overall Male												
	1	237 Pete Cerny	M	Overall Male	33	Amherst	12:42	00:25	0:27:04	00:33	13:13	0:53:57
Overall Female												
	1	14 Wellesley Blaxall	F	Overall Female	37	Pittsford	14:19	00:59	0:30:24	00:43	15:26	1:01:51
F20-24												
	1	95 Emily Iannello	F	F20-24	24	Webster	15:34	00:50	0:38:55	00:28	16:21	1:12:09
	2	181 Alison Smith	F	F20-24	21	Great Valley	20:14	00:44	0:35:34	00:49	20:33	1:17:53
	3	63 Heather Friedline	F	F20-24	21	East Amherst	23:46	01:05	0:43:43	01:15	27:32	1:37:21
	4	83 Martha Hampshire	F	F20-24	21	Ava	19:44	00:49	1:05:53	00:59	20:57	1:48:22
F25-29												
	1	174 Jessica Scorse	F	F25-29	25	Rochester	21:45	01:22	0:38:04	00:47	23:31	1:25:28
F30-34												
	1	226 Jill Hubright	F	F30-34	31	Williamson	16:01	00:44	0:33:33	00:46	17:05	1:08:09
	2	216 Linda Zinsmeyer	F	F30-34	30	Pennellville	16:20	00:58	0:32:54	00:45	17:45	1:08:43
	3	165 Shawna Rizzi	F	F30-34	31	Rochester	21:18	01:59	0:43:05	01:17	21:38	1:29:17
	4	117 Joanne Laudisi	F	F30-34	33	Rochester	18:43	01:20	0:48:59	00:56	21:57	1:31:54
	5	10 Debra Benson	F	F30-34	34	Penfield	21:43	02:54	0:39:08	02:39	25:32	1:31:56
	6	166 Renee Roberts	F	F30-34	32	Rochester	22:31	00:58	0:50:53	00:37	25:15	1:40:14
	7	39 Jodie Crowley	F	F30-34	34	Rochester	24:38	01:16	0:45:01	00:52	29:21	1:41:07
F35-39												
	1	67 Stephanie Gardner	F	F35-39	36	Dryden	14:19	00:30	0:31:35	00:30	15:53	1:02:46
	2	35 Shelley Connors	F	F35-39	35	Auburn	14:57	00:41	0:35:57	00:31	15:20	1:07:26
	3	109 Ann Kidd	F	F35-39	39	Pittsford	16:49	00:51	0:37:15	00:31	16:54	1:12:20
	4	106 Heidi Kestenblatt	F	F35-39	37	Pittsford	17:51	01:03	0:34:29	00:28	18:49	1:12:40
	5	233 Amy Burbano	F	F35-39	36	Brockport	18:03	01:34	0:33:47	00:54	18:26	1:12:44
	6	6 Elizabeth Bares	F	F35-39	34	Ellicottville	17:17	00:58	0:35:06	00:34	19:36	1:13:31
	7	111 Renee Kirk	F	F35-39	37	Bloomfield	17:40	00:57	0:36:53	00:49	18:22	1:14:43
	8	32 Tricia Cicero	F	F35-39	37	Fairport	18:36	00:46	0:38:06	00:36	18:22	1:16:26
	9	207 Sarah White	F	F35-39	37	Webster	21:00	00:36	0:39:46	00:28	21:28	1:23:18
	10	184 Jackquelyn Sobieraski	F	F35-39	38	Kent	21:05	00:43	0:41:07	00:43	22:50	1:26:29
	11	116 Nathalie Larochelle	F	F35-39	38	Williamson	22:23	00:57	0:38:01	00:41	24:53	1:26:54
	12	171 Jennifer Rubeck	F	F35-39	38	Geneseo	21:03	01:14	0:44:27	02:16	21:23	1:30:22
	13	206 Valery Wandtke	F	F35-39	39	Hamlin	23:14	02:15	0:49:55	02:08	24:19	1:41:51
F40-44												

1	224	Kate Smith	F	F40-44	40	Rochester	16:00	01:13	0:32:23	01:12	16:52	1:07:41
2	16	JoAnne Bradt	F	F40-44	44	Scottsville	15:16	02:05	0:34:26	01:18	16:15	1:09:21
3	136	Jeanne Mogauro	F	F40-44	41	Pittsford	17:51	01:04	0:34:12	00:44	18:49	1:12:40
4	46	Kristin Duncan	F	F40-44	42	Canandaigua	19:29	01:14	0:31:53	00:56	20:14	1:13:45
5	29	Linda Charles	F	F40-44	43	Auburn	17:59	00:57	0:34:28	00:59	19:29	1:13:53
6	42	Ellen Dockum	F	F40-44	43	Fairport	18:41	01:22	0:37:27	01:07	18:57	1:17:34
7	2	Kathleen Alfano	F	F40-44	40	Webster	19:21	00:53	0:37:03	00:44	20:24	1:18:25
8	205	Angela Wallace	F	F40-44	40	Rochester	21:30	01:17	0:37:30	01:09	22:47	1:24:13
9	180	Karen Sladden	F	F40-44	43	Rochester	20:43	01:24	0:40:07	01:20	23:18	1:26:52
10	84	Kathryn Harrison	F	F40-44	42	Pittsford	21:31	02:56	0:39:31	01:59	22:56	1:28:53
11	143	Cheryl Nelan	F	F40-44	41	Rochester	19:43	01:02	0:46:54	01:19	21:55	1:30:53
12	21	Donna Burke	F	F40-44	40	Henrietta	24:57	01:08	0:43:32	00:56	26:14	1:36:47
13	199	Judy Valachovic	F	F40-44	41	Webster	13:58	00:56	0:32:30	00:50	13:19	2:01:32

F45-49

1	68	Marcia Geary	F	F45-49	48	Brighton	16:15	00:50	0:36:33	00:36	18:04	1:12:18
2	54	Mary-jo Farrell	F	F45-49	48	Pittsford	20:32	00:45	0:37:23	00:38	20:17	1:19:34
3	202	Alison Venuti	F	F45-49	46	Rochester	18:32	00:52	0:41:01	00:34	19:45	1:20:44
4	105	Judy Kerpelman	F	F45-49	47	Rochester	20:41	02:18	0:38:26	01:07	22:34	1:25:05
5	186	Gretchen Stahlman	F	F45-49	49	Fairport	21:21	03:08	0:39:10	02:18	21:37	1:27:35
6	26	JoAnn Campbell	F	F45-49	45	Pittsford	23:02	02:30	0:43:10	02:24	23:08	1:34:13

F50-54

1	65	Carla Froehler	F	F50-54	53	Pittsford	17:41	00:27	0:37:10	00:26	17:54	1:13:38
2	176	Bonnie Seigers	F	F50-54	51	Stilville	19:40	01:07	0:33:09	01:17	20:49	1:16:02
3	195	Beth Tarduno	F	F50-54	52	Rochester	19:44	01:19	0:39:04	01:17	20:51	1:22:16
4	110	Paula Kilts	F	F50-54	50	Newfield	20:35	01:05	0:42:14	01:18	21:38	1:26:50
5	34	Susan Comstock	F	F50-54	52	West Henrietta	23:12	02:26	0:50:05	01:50	21:28	1:39:02

F55-59

1	8	Judy Beers	F	F55-59	55	Honeoye Falls	18:58	00:51	0:38:01	00:30	17:30	1:15:50
2	177	Joan Sewert	F	F55-59	59	Marion	20:12	01:12	0:36:51	01:25	21:56	1:21:35

F65-69

1	114	Carolyn Kriesen	F	F65-69	65	Webster	19:50	00:40	0:38:29	00:39	20:46	1:20:25
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M19UNDER

1	197	Matthew Tarduno	M	M19UNDER	14	Rochester	14:31	00:50	0:33:23	00:24	15:43	1:04:51
2	31	Noah Chhibber	M	M19UNDER	19	Churchville	23:35	01:08	0:45:46	00:57	25:12	1:36:39

M20-24

1	144	Philip Nesbitt	M	M20-24	22	Churchville	12:31	00:46	0:27:36	00:33	12:57	0:54:23
2	93	David Howe	M	M20-24	22	Utica	13:48	00:54	0:30:54	00:38	14:00	1:00:13
3	121	Kevin Lutz	M	M20-24	24	East Rochester	14:47	00:35	0:31:59	00:29	15:55	1:03:45
4	149	Daniel Orndorf	M	M20-24	22	Seneca Falls	17:44	00:46	0:38:21	00:35	19:36	1:17:03
5	41	Ryan Delmar	M	M20-24	21	Getzville	18:17	02:07	0:37:07	02:06	21:07	1:20:45

## M25-29

1	125	Matthew Malek	M	M25-29	24	Rochester	12:30	00:45	0:28:51	00:53	13:10	0:56:09
2	69	Bill Gensheimer	M	M25-29	27	Rochester	13:43	00:44	0:27:19	00:41	14:27	0:56:54
3	151	Jonathan Owen	M	M25-29	25	Rochester	14:56	00:51	0:30:14	01:01	15:50	1:02:52
4	152	David Parnell	M	M25-29	27	Webster	15:58	00:41	0:31:57	00:41	17:12	1:06:28
5	3	Timothy Ashley	M	M25-29	29	Ontario	17:15	00:35	0:42:32	00:39	19:12	1:20:11

## M30-34

1	40	Daniel Deckman	M	M30-34	30	Rochester	14:04	01:06	0:28:59	00:44	14:37	0:59:30
2	221	Tristan Burton	M	M30-34	32	Rochester	14:30	00:44	0:29:49	00:35	15:58	1:01:35
3	137	Tim Mondello	M	M30-34	32	Williamsville	14:16	00:56	0:31:45	00:45	15:02	1:02:45
4	74	Jeremy Giordano	M	M30-34	33	Rochester	14:58	00:36	0:34:58	00:27	15:49	1:06:47
5	108	Jay Keyes	M	M30-34	31	Rochester	16:20	01:37	0:31:55	00:55	17:57	1:08:44
6	148	Sean O'Neill	M	M30-34	34	Rochester	16:05	01:53	0:35:29	01:19	18:27	1:13:13
7	164	Anthony Rizzi	M	M30-34	30	Rochester	20:05	00:56	0:34:27	00:48	19:27	1:15:43
8	28	Michael Cefalo	M	M30-34	32	Rochester	18:06	00:42	0:39:20	00:46	18:27	1:17:21
9	159	Michael Redfern	M	M30-34	33	Grand Island	20:01	01:49	0:35:37	01:45	22:19	1:21:31

## M35-39

1	13	Burns Blaxall	M	M35-39	39	Pittsford	13:52	00:52	0:27:12	00:32	14:48	0:57:15
2	20	Chris Burke	M	M35-39	38	Rochester	14:06	00:42	0:28:05	00:33	14:43	0:58:10
3	53	David Evans	M	M35-39	36	Perry	15:31	00:32	0:31:02	00:25	16:07	1:03:37
4	208	Joe Williams	M	M35-39	35	Penn Yan	14:58	00:30	0:33:13	00:25	15:44	1:04:50
5	17	James Brennan	M	M35-39	38	Pittsford	15:31	00:33	0:32:41	00:27	16:38	1:05:50
6	238	Matt Romeika	M	M35-39	35	Macedon	16:12	00:46	0:31:57	00:26	17:18	1:06:40
7	215	Ty Zinkiewich	M	M35-39	37	Brockport	14:13	00:47	0:36:25	00:48	14:37	1:06:50
8	76	John Gorton	M	M35-39	38	Webster	16:13	01:02	0:34:19	01:12	17:59	1:10:44
9	239	Paul Kessler	M	M35-39	38	Pittsford	16:04	01:12	0:36:14	01:25	17:55	1:12:50
10	90	Rich Hossenlopp	M	M35-39	36	Rochester	17:55	00:46	0:35:17	00:47	19:26	1:14:11
11	219	Chris Garrie	M	M35-39	35	Rochester	17:49	01:02	0:36:46	00:41	18:17	1:14:35
12	150	Richard Ostendorf	M	M35-39	39	Victor	17:56	00:42	0:36:54	00:41	18:46	1:14:59
13	173	Douglas Schneider	M	M35-39	34	Rochester	17:51	00:49	0:39:53	00:31	18:46	1:17:51
14	234	Fernando Burbano	M	M35-39	38	Brockport	18:12	00:46	0:40:12	01:03	20:39	1:20:52
15	25	Jason Campbell	M	M35-39	38	Farmington	20:14	02:25	0:33:58	02:21	23:55	1:22:53
16	11	Paul Benson	M	M35-39	38	Penfield	20:09	04:26	0:38:34	03:15	25:28	1:31:52

## M40-44

1	231	Ronald Crandall	M	M40-44	40	Rochester	13:27	01:03	0:29:19	00:57	14:26	0:59:13
2	12	Marc Bigsby	M	M40-44	40	Rochester	14:33	00:46	0:29:36	00:33	15:14	1:00:41
3	227	John Galbraith	M	M40-44	42	Pittsford	15:44	00:40	0:28:28	00:29	16:26	1:01:48
4	75	Tommy Givens	M	M40-44	44	Rochester	14:52	01:14	0:31:23	01:00	15:07	1:03:36
5	172	Edward Saxby	M	M40-44	43	Bloomfield	14:22	01:18	0:31:49	00:55	15:30	1:03:54
6	190	Michael Suchan	M	M40-44	42	Macedon	15:36	01:30	0:32:42	00:49	16:52	1:07:29
7	153	Steve Penders	M	M40-44	41	Pittsford	18:09	01:19	0:31:27	01:11	19:18	1:11:25
8	138	Paul Montanaro	M	M40-44	44	Brockport	17:02	00:39	0:35:52	00:37	18:14	1:12:24

9	15 John Bonn	M	M40-44	40 Rochester	19:22	01:06	0:33:37	01:11	20:41	1:15:56
10	104 Jeffrey Katz	M	M40-44	43 Pittsford	17:47	01:36	0:36:49	01:48	20:26	1:18:26
11	91 Steve Hossenlopp	M	M40-44	43 Clarence Center	19:15	00:54	0:40:01	00:28	20:25	1:21:04
12	103 Robert Kane	M	M40-44	43 Rochester	17:52	01:00	0:41:27	00:36	20:54	1:21:49
13	170 Chris Rubeck	M	M40-44	40 Geneseo	24:10	01:18	0:42:31	01:52	32:42	1:42:32
14	188 Dave Stein	M	M40-44	41 Honeoye Falls	21:13	00:48	1:04:02	00:47	23:18	1:50:07

M45-49

1	225 Marty Gordon	M	M45-49	48 Clarence	16:07	00:44	0:31:08	00:43	16:44	1:05:26
2	18 Todd Brindle	M	M45-49	46 Brockport	17:03	00:52	0:35:40	00:37	18:13	1:12:24
3	241 David Pratt	M	M45-49	48 Canastota	18:40	00:37	0:33:14	00:33	20:05	1:13:09
4	81 Keith Hadley	M	M45-49	49 Rochester	19:58	02:05	0:36:18	02:29	19:09	1:19:59
5	89 Larry Hossenlopp	M	M45-49	47 Rochester	19:20	00:48	0:36:49	01:09	22:35	1:20:41
6	118 Richard Laudisi	M	M45-49	48 Rochester	17:36	01:21	0:43:00	01:05	18:44	1:21:46
7	5 Tom Banton	M	M45-49	49 Charlottesville	21:21	03:09	0:39:08	02:22	21:36	1:27:35
8	62 Mike Friedler	M	M45-49	47 Ontario	21:01	00:37	0:40:40	00:42	25:44	1:28:44
9	132 Duane Messerschmidt	M	M45-49	46 Geneseo	24:10	01:16	0:42:31	01:53	32:43	1:42:33

M50-54

1	240 Bob Hamilton	M	M50-54	53 Lyons	13:46	00:31	0:30:52	00:26	14:13	0:59:47
2	87 Paula Hickey	M	M50-54	50 Rochester	15:57	01:32	0:30:55	01:28	16:49	1:06:41
3	127 Mark McArdle	M	M50-54	54 Rochester	15:42	00:44	0:32:43	00:44	17:00	1:06:54
4	45 Marty Douglas	M	M50-54	54 Lima	17:12	01:33	0:37:58	01:42	20:33	1:18:59

M55-59

1	211 Bruce Wolcott	M	M55-59	56 Canandaigua	14:57	00:53	0:27:44	00:45	15:20	0:59:40
2	141 Peter Morris	M	M55-59	57 Canandaigua	16:09	01:03	0:32:59	01:10	18:02	1:09:23
3	37 Dan Costanza	M	M55-59	55 Webster	17:09	00:47	0:33:54	00:48	18:51	1:11:30
4	51 John Engels	M	M55-59	55 Rochester	18:39	01:58	0:37:48	00:44	21:26	1:20:35
5	213 David Zimmer	M	M55-59	56 Fairport	20:39	01:27	0:40:47	00:52	22:40	1:26:24
6	80 Mike Guenther	M	M55-59	55 Honeoye Falls	25:14	02:10	0:54:43	01:49	28:43	1:52:39

M65-69

1	64 Robert Friedline	M	M65-69	66 East Amherst	20:07	01:14	0:50:28	00:58	22:40	1:35:28
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