

Lake Effect Snowshoe Festival January 25, 2009

Fastest overall times:

Men

100m Mark Monachino, 19.6  
 200m Mark Monachino 42.6  
 400m Theron Page and Brian Dodge 1:23  
 1500m Brian Dodge 8:29

Women

100m Becky Duberry 24.5  
 200m Becky Duberry 50.1  
 400m Carol Dodge 2:14  
 1500m Becky Duberry 9:02

First Name	Last Name	Cat.	Sex	City	Age	100 M	200 M	400 M	1,500 M	100M 2	200m 2	400m 2	1500m 2
<b>MEN</b>													
Michael	Weinpress	M3	M	Spencerport	53	21.7	52.3	1:58				57	
Lou	Katz	M3	M	Spencerport	57	22.0	50.0	1:59	8:38			53.0	
Sean	Hendrick	M2	M		46	22.9	47.2	2:31	9:16				
Mark	McArdle		M			26.3	52.6	2:28	9:01				
Duane	Basch	M2	M	Honeoye Falls	49	18.8	42.3	2:01	10:40				
Bernie	Gee	M1	M		38	20.4	43.2	2:15	8:49				
Michael	McCullough	M3	M	Spencerport	52	22.5	48.5	1:56				49.4	
Theron	Page Jr.	M2	M		44	20.0	42.8	1:23	9:14				
Chuck	Traub	M2	M		49	26.2	52.0	3:03	11:37				
Mark	Monachino		M			19.6	42.6	2:13	8:50				
Brian	Dodge	M3	M		55	26.6	50.1	1:23	8:29	28.9	53.7	2:11	8:40
Andrew	LemboEhms		M		8	29.2							
<b>WOMEN</b>													
Ellen	Brenner	M1	F	Rochester	38	33.9	1:13	4:49					
Eileen	Weinpress	M3	F	Spencerport	54	26.0	56.9	3:09	11:00				
Jan	McCullough	M2	F	Spencerport	49	31.0	1:06	3:07	11:21				
Carolyn	Kriesen	M4	F	Webster	65	31.0	1:06	3:00	11:30				
Becky	Duberry	M1	F		38	24.5	50.1	2:24	9:02				
Mary	Freischlag	M2	F		46	28.7	59.0	2:45	10:54				
Carol	Dodge	M3	F		52	26.4	52.7	2:14	9:10	26.7	59.0	2:28	9:47
Lynn	Sullivan		F			41.0	1:21	3:55	13:41	42.0	1:27	4:00	13:52
Annette	Schaff	M3	F		58	30.7	1:06	3:30	12:40				

