

Rochester Spring Classic Duathlon - SuperSprint
Saturday, May 16th, 2009 Mendon Ponds Park
Produced & Timed by YellowJacket Racing
Total Finishers 122 (Male - 68, Female - 55)

Pos	Bib	Fullname	Gender	Class	Age	City	Event	Run1Tm	T1Tm	BikeTm	T2Tm	Run2Tm	TotalTm
Overall Male													
	1	200 Todd Haskins	M	Overall Male	31	Bloomfield	SS	13:54	01:00	0:29:58	00:53	07:34	0:53:19
Overall Female													
	1	68 Stephanie Gardner	F	Overall Female	37	Dryden	SS	14:24	00:29	0:31:57	00:27	08:02	0:55:18
F19UNDER													
	1	40 Ariel DeNoto	F	F19UNDER	15	Livonia	SS	17:04	01:15	0:48:41	00:53	08:13	1:16:07
F25-29													
	1	126 Kim Morgan	F	F25-29	29	Baldwinsville	SS	18:12	00:56	0:37:00	00:38	09:42	1:06:28
	2	234 Tanya Folwell	F	F25-29	29	Rochester	SS	19:02	01:58	0:39:21	01:50	09:51	1:12:01
	3	195 Leah Yates	F	F25-29	29	Farmington	SS	17:26	00:49	0:45:30	00:41	09:27	1:13:52
	4	179 Michelle VandenBout	F	F25-29	26	Phelps	SS	22:22	01:21	0:42:39	01:22	11:12	1:18:56
	5	91 Jennie Indivero	F	F25-29	25	Rochester	SS	19:58	01:28	0:46:49	01:33	11:24	1:21:11
	6	100 Kathryn Kaplan	F	F25-29	28	Geneva	SS	20:05	01:22	0:49:25	00:32	10:35	1:21:58
F30-34													
	1	46 Julie Donlon	F	F30-34	30	Farmington	SS	15:37	00:45	0:37:47	00:34	07:39	1:02:23
	2	231 Linda Zinsmeyer	F	F30-34	31	Pennellville	SS	17:42	00:50	0:35:10	00:47	10:39	1:05:08
	3	55 Kelly Emborsky	F	F30-34	33	Avon	SS	18:43	03:40	0:35:10	01:38	08:35	1:07:45
	4	210 Whitney Wheat Wagner	F	F30-34	30	Munnsville	SS	17:51	00:38	0:41:21	00:25	09:49	1:10:03
	5	3 Erika Asquino	F	F30-34	31	Honeoye	SS	20:50	00:49	0:39:17	00:45	11:08	1:12:48
	6	16 Melanie Bradley	F	F30-34	31	Rochester	SS	20:55	00:56	0:42:20	00:31	11:38	1:16:19
	7	157 Shawna Rizzi	F	F30-34	32	Rochester	SS	19:50	01:32	0:43:21	01:00	10:46	1:16:29
	8	7 Debra Benson	F	F30-34	34	Penfield	SS	21:12	02:06	0:41:57	02:14	13:13	1:20:41
F35-39													
	1	30 Tricia Cicero	F	F35-39	38	Fairport	SS	17:29	00:29	0:35:38	00:24	08:39	1:02:39
	2	125 Kym Meyer	F	F35-39	37	Pittsford	SS	18:36	00:50	0:35:15	00:39	10:13	1:05:34
	3	41 Virginia Desens	F	F35-39	35	Williamson	SS	17:00	01:13	0:38:00	00:59	09:32	1:06:44
	4	102 Renee Kirk	F	F35-39	38	Bloomfield	SS	17:42	01:10	0:38:39	00:40	09:28	1:07:41
	5	23 Amelia Burbano	F	F35-39	36	Brockport	SS	17:43	01:36	0:37:29	01:09	09:51	1:07:48
	6	150 Jennifer Postler	F	F35-39	37	Fairport	SS	17:28	00:56	0:39:27	01:13	09:29	1:08:33
	7	42 Amanda DiLella	F	F35-39	38	Holley	SS	18:38	01:36	0:40:09	01:27	10:10	1:11:59
	8	161 Karen Ryan	F	F35-39	38	Rochester	SS	25:16	01:21	0:38:50	01:13	12:15	1:18:56
	9	48 Shannon Dotts	F	F35-39	36	Rochester	SS	20:24	01:13	0:50:38	00:57	10:48	1:23:59
F40-44													
	1	162 Frances Salgado-Givens	F	F40-44	43	Rochester	SS	16:28	00:51	0:37:55	00:35	08:56	1:04:46
	2	47 Liz Dormer	F	F40-44	42	Naples	SS	18:20	01:19	0:38:02	01:14	09:20	1:08:15
	3	138 Michelle OConnor	F	F40-44	40	Rochester	SS	19:10	01:13	0:38:35	00:58	09:54	1:09:49
	4	45 Ellen Dockum	F	F40-44	44	Fairport	SS	18:47	00:46	0:41:23	00:39	10:06	1:11:41
	5	110 Cindy Logan	F	F40-44	42	Farmington	SS	20:45	01:43	0:41:42	01:15	11:01	1:16:25

6	190 Lennet Whitmore	F	F40-44	44	Fulton	SS	20:44	01:35	0:42:42	00:59	11:17	1:17:17
7	81 Kathryn Harrison	F	F40-44	43	Pittsford	SS	22:30	01:39	0:43:51	01:13	12:20	1:21:33
8	25 Tracy Burkovich	F	F40-44	42	Rochester	SS	23:01	01:36	0:45:23	00:47	12:53	1:23:41
9	57 Cheryl Faber	F	F40-44	43	Naples	SS	23:26	02:25	0:44:22	01:18	12:18	1:23:49
10	24 Donna Burke	F	F40-44	41	Henrietta	SS	22:56	01:19	0:47:36	01:58	17:09	1:30:58

F45-49

1	17 JoAnne Bradt	F	F45-49	45	Scottsville	SS	15:06	00:56	0:35:39	00:39	07:59	1:00:19
2	107 Amy Lembo	F	F45-49	45	Webster	SS	15:19	00:58	0:38:20	00:55	07:38	1:03:10
3	4 Julie Barnes	F	F45-49	46	Honeoye Falls	SS	18:29	01:23	0:35:21	01:25	10:02	1:06:39
4	251 Judy Kerpelman	F	F45-49	48	Rochester	SS	19:50	01:03	0:39:53	00:59	10:19	1:12:03
5	183 Karen Walrath	F	F45-49	46	Farmington	SS	21:00	01:20	0:40:16	01:01	11:13	1:14:51
6	186 Johni Wegner	F	F45-49	48	Rochester	SS	20:40	01:05	0:41:18	01:07	11:05	1:15:14
7	96 Laney Johnson	F	F45-49	49	Fairport	SS	22:47	01:10	0:38:32	01:18	12:35	1:16:21
8	2 Patricia Aloï	F	F45-49	45	Rochester	SS	18:55	01:04	0:45:37	00:43	10:37	1:16:56
9	31 Kimberly Cleere	F	F45-49	46	Hamlin	SS	20:57	01:08	0:46:34	00:45	11:24	1:20:48
10	175 Lynn Sullivan	F	F45-49	47	E. Rochester	SS	23:07	01:10	0:44:58	00:44	12:35	1:22:35
11	58 Pamela Faber	F	F45-49	45	Honeoye	SS	23:26	02:31	0:42:28	03:07	12:18	1:23:50
12	148 Kathleen Pleninger	F	F45-49	47	Palmyra	SS	22:53	01:54	0:44:52	01:38	13:10	1:24:27
13	15 Karen Bowlby	F	F45-49	45	Henrietta	SS	23:37	00:57	0:47:40	01:35	17:09	1:30:57

F50-54

1	194 Deb Wordingham	F	F50-54	54	Prattsburgh	SS	18:15	02:03	0:39:01	01:17	09:44	1:10:20
2	158 Kathleen Roberts	F	F50-54	54	Springwater	SS	20:58	00:57	0:43:16	00:50	11:26	1:17:28

F55-59

1	181 Carey Vick	F	F55-59	55	Webster	SS	17:31	01:10	0:38:01	00:46	10:38	1:08:05
2	116 Nancy Maloy	F	F55-59	56	East Rochester	SS	20:59	00:59	0:44:18	01:07	11:22	1:18:44
3	178 Barbara Tomasso	F	F55-59	55	Spencerport	SS	23:30	01:18	0:44:27	01:07	13:39	1:24:01

F65-69

1	104 Carolyn Kriesen	F	F65-69	65	Webster	SS	20:44	00:45	0:43:43	00:40	12:32	1:18:25
---	---------------------	---	--------	----	---------	----	-------	-------	---------	-------	-------	---------

M19UNDER

1	230 Daniel Tucker	M	M19UNDER	16	Pittsford	SS	14:11	00:34	0:35:02	00:25	07:38	0:57:50
2	185 Andrew Wegner	M	M19UNDER	16	Rochester	SS	15:21	00:36	0:36:45	00:35	08:59	1:02:16
3	63 Cody Foster	M	M19UNDER	16	Fulton	SS	16:34	02:08	0:34:11	00:56	08:29	1:02:18
4	147 Jeremiah Piersante	M	M19UNDER	13	Rochester	SS	16:15	00:57	0:41:50	00:43	08:24	1:08:10

M20-24

1	143 Scott Paeth	M	M20-24	20	Kendall	SS	19:39	02:09	0:38:17	01:49	11:12	1:13:07
---	-----------------	---	--------	----	---------	----	-------	-------	---------	-------	-------	---------

M25-29

1	247 Andres Rodriguez	M	M25-29	29	Albany	SS	14:22	01:17	0:30:15	00:43	07:45	0:54:23
2	142 Jonathan Owen	M	M25-29	26	Rochester	SS	14:20	00:43	0:32:15	00:48	08:02	0:56:09
3	51 Matthew Dunn	M	M25-29	27	Binghamton	SS	13:55	00:45	0:34:05	00:31	07:20	0:56:37
4	145 David Parnell	M	M25-29	28	Webster	SS	15:48	00:43	0:32:51	00:37	09:09	0:59:07
5	168 Rob Scoresby	M	M25-29	28	Rochester	SS	15:46	01:08	0:35:14	00:48	08:44	1:01:40
6	127 Peter Morgan	M	M25-29	29	Baldwinsville	SS	16:21	00:43	0:35:48	00:44	09:34	1:03:10

7	92 Shawn Jackett	M	M25-29	28 Fairport	SS	18:23	01:04	0:33:49	01:11	08:50	1:03:17
8	21 Anthony Brooks	M	M25-29	29 Ithaca	SS	17:24	01:34	0:38:07	00:42	09:43	1:07:30
9	222 Scott Baxter	M	M25-29	27 Rochester	SS	19:14	01:29	1:03:20	01:42	09:52	1:35:37

M30-34

1	235 Tristan Burton	M	M30-34	33 Rochester	SS	14:42	00:33	0:30:51	00:34	07:41	0:54:21
2	239 Dan Deckman	M	M30-34	32 Rochester	SS	14:15	00:57	0:32:30	01:14	07:05	0:56:01
3	199 Brian Zimmerman	M	M30-34	34 Rochester	SS	16:25	00:45	0:36:02	00:35	09:08	1:02:55
4	72 Greg Glasser	M	M30-34	31 Fairport	SS	18:39	00:48	0:36:06	00:46	10:53	1:07:11
5	154 Stephen Ricketts	M	M30-34	35 Pittsford	SS	18:53	01:26	0:35:55	01:11	10:36	1:08:02
6	156 Anthony Rizzi	M	M30-34	32 Rochester	SS	19:42	01:09	0:36:34	00:44	10:15	1:08:25
7	54 Andrew Emborsky	M	M30-34	30 Avon	SS	20:17	02:07	0:35:05	01:40	11:00	1:10:10
8	233 Chris Folwell	M	M30-34	30 Rochester	SS	19:02	02:02	0:39:14	01:53	09:51	1:12:02

M35-39

1	220 James Gardner	M	M35-39	36 Pittsford	SS	14:49	00:43	0:30:34	00:36	07:47	0:54:29
2	191 Joe Williams	M	M35-39	36 Penn Yan	SS	13:52	00:22	0:32:27	00:28	07:24	0:54:32
3	90 Aaron Hunt	M	M35-39	35 Rochester	SS	15:47	00:59	0:32:12	01:18	08:19	0:58:34
4	137 Brett Oakes	M	M35-39	39 Ithaca	SS	18:48	00:58	0:35:06	00:59	10:04	1:05:55
5	188 Dan Whitcomb	M	M35-39	39 Walworth	SS	18:36	01:21	0:34:18	00:47	11:10	1:06:12
6	141 Sean O'Neill	M	M35-39	35 Rochester	SS	17:03	01:32	0:37:39	01:07	09:57	1:07:18
7	8 Paul Benson	M	M35-39	39 Penfield	SS	20:25	02:35	0:42:09	02:21	13:10	1:20:40

M40-44

1	216 John Galbraith	M	M40-44	43 Pittsford	SS	15:20	00:41	0:28:53	00:29	08:08	0:53:31
2	11 Burns Blaxall	M	M40-44	40 Pittsford	SS	14:11	00:58	0:30:14	00:39	07:35	0:53:37
3	196 Jim Yeager	M	M40-44	42 Rochester	SS	14:28	01:01	0:30:48	00:48	07:54	0:54:59
4	166 Edward W. Saxby	M	M40-44	44 Bloomfield	SS	14:33	00:31	0:31:36	00:29	07:57	0:55:05
5	211 Steven Wagner	M	M40-44	41 Munnsville	SS	14:52	01:05	0:31:11	00:53	07:58	0:55:59
6	130 Wayne Mulhair	M	M40-44	40 Rochester	SS	16:02	00:54	0:31:49	00:52	09:16	0:58:52
7	189 Ken White	M	M40-44	42 Victor	SS	16:22	00:38	0:34:29	00:23	08:25	1:00:18
8	252 John Bonn	M	M40-44	41 Rochester	SS	17:25	00:50	0:33:03	00:50	09:24	1:01:32
9	44 Dale D. Dimick	M	M40-44	42 Webster	SS	16:31	01:19	0:34:35	00:57	08:09	1:01:33
10	120 Christian Mayoros	M	M40-44	41 Rush	SS	16:42	00:39	0:35:21	00:34	09:23	1:02:39
11	213 David Loucks	M	M40-44	44 Henrietta	SS	19:45	00:36	0:36:08	00:29	10:51	1:07:49
12	99 Robert Kane	M	M40-44	44 Rochester	SS	18:02	00:32	0:40:31	00:37	10:25	1:10:07
13	28 Shannon Case	M	M40-44	40 Penfield	SS	21:59	01:41	0:37:55	01:38	12:45	1:15:59
14	131 Casey Murphy	M	M40-44	42 East Rochester	SS	21:56	00:48	0:41:00	00:52	14:49	1:19:25
15	87 Jamie Howard	M	M40-44	43 Albany	SS	20:48	00:59	0:46:26	01:07	11:10	1:20:30

M45-49

1	118 Ed Martin	M	M45-49	46 Victor	SS	15:39	00:54	0:31:20	00:40	08:21	0:56:55
2	71 Tommy Givens	M	M45-49	45 Rochester	SS	14:49	01:07	0:33:42	00:46	07:59	0:58:24
3	76 Keith Hadley	M	M45-49	49 Rochester	SS	14:57	01:07	0:34:22	00:30	07:46	0:58:43
4	167 Jeff Schumacher	M	M45-49	49 Rochester	SS	17:10	00:29	0:34:21	00:27	08:52	1:01:20
5	119 Dan Matthews	M	M45-49	45 Naples	SS	18:21	00:42	0:36:44	00:35	10:09	1:06:32
6	64 Paul Foster, III	M	M45-49	45 Fulton	SS	17:20	01:47	0:35:11	01:27	11:10	1:06:55
7	33 Mike Colletta	M	M45-49	46 Spencerport	SS	19:54	00:37	0:35:03	00:28	11:03	1:07:05
8	86 Larry Hossenlopp	M	M45-49	48 Rochester	SS	20:36	00:49	0:38:34	00:48	10:34	1:11:21

9	43	Eric DiLella	M	M45-49	49	Holley	SS	18:38	01:37	0:40:07	01:28	09:45	1:11:35
---	----	--------------	---	--------	----	--------	----	-------	-------	---------	-------	-------	---------

M50-54

1	250	Bob Hamilton	M	M50-54	54	Lyons	SS	13:53	00:27	0:32:28	00:21	07:43	0:54:52
2	59	Gary FitzSimons	M	M50-54	53	Lima	SS	15:29	00:45	0:31:00	00:45	08:29	0:56:29
3	221	Keith Moss	M	M50-54	50	Rochester	SS	14:48	00:51	0:36:46	00:36	08:06	1:01:07
4	93	Kerry James	M	M50-54	51	Bloomfield	SS	19:09	01:35	0:33:25	01:01	08:47	1:03:56
5	227	Timothy Williams	M	M50-54	51	Rochester	SS	18:59	00:33	0:44:45	00:35	09:56	1:14:48
6	26	John Canham	M	M50-54	53	Pittsford	SS	27:28	01:52	0:46:08	01:37	16:10	1:33:16

M55-59

1	121	Mark McArdle	M	M55-59	55	Rochester	SS	16:10	00:21	0:33:45	00:22	09:01	0:59:38
2	170	Dana Skinner	M	M55-59	58	Perry	SS	18:38	00:45	0:33:48	00:43	09:30	1:03:24
3	128	Pete Morris	M	M55-59	58	Canandaigua	SS	16:43	00:52	0:35:10	01:03	09:48	1:03:36
4	223	Jay Kunzler	M	M55-59	56	Canandaigua	SS	17:09	01:22	0:39:36	01:01	09:45	1:08:51
5	49	Marty Douglas	M	M55-59	55	Lima	SS	17:32	01:32	0:39:36	01:28	11:15	1:11:23
6	198	David Zimmer	M	M55-59	57	Fairport	SS	20:21	01:02	0:41:06	01:11	10:48	1:14:28
7	193	Al Wordingham	M	M55-59	56	Prattsburgh	SS	19:10	01:47	0:42:46	01:05	09:49	1:14:36
8	74	Mike Guenther	M	M55-59	56	Honeoye Falls	SS	23:34	01:16	0:53:46	00:40	14:19	1:33:35