

## I Am Well Rounded Fitness Challenge

Saturday, Sept. 20th 2008 in Liverpool, NY

Timed by YellowJacket Racing

Athlete Info						5K Info			Fitness Challenges											
Pos	Bib	Fullname	Gender	Age	City	Overall Time with differential	5K Time	5K Overall Place	Push Ups	Push Ups Overall Place	Sit Ups	Sit Ups Overall Place	Box Steps	Box Steps Overall Place	Jump Squat	Jump Squat Overall Place	Short Shuttle	Short Shuttle Overall Place	Time Differential Earned	Fitness Test Rank
1	15	George Young	Male	27	Pennville	15:09	19:29	2	90	1	50	2	40	2	70	1	21	1	4:20	1
2	16	Scott Jones	Male	26	N. Syracuse	16:29	19:29	1	40	6	43	4	50	1	50	3	19	3	3:00	8
3	8	Adam Phelps	Male	26	Liverpool	18:15	22:05	4	80	2	40	6	50	1	60	2	15	7	3:50	3
4	11	Rich Chiarizia	Male	44		18:16	21:56	3	70	3	41	5	40	2	70	1	0	8	3:40	4
5	9	Maria Stumpf	Female	29	Schenectady	19:39	23:39	7	60	4	70	1	50	1	60	2	0	8	4:00	2
6	12	Dustin Wood	Male	24	Liverpool	20:01	23:01	5	40	6	40	6	50	1	50	3	19	3	3:00	8
7	19	Tim Kirch	Male	43	Syracuse	20:56	24:16	11	60	4	40	6	40	2	6	6	20	2	3:20	6
8	14	Joe Mackey	Male	22	Franfort	21:15	23:55	8	40	6	30	8	40	2	50	3	18	4	2:40	10
9	6	Maria Paratore	Female	32	Liverpool	21:18	24:38	13	60	4	40	6	40	2	60	2	16	6	3:20	5
10	3	Summer Rupert	Female	31	N. Syracuse	21:25	24:05	9	30	7	40	6	40	2	50	3	17	5	2:40	10
11	20	Curtis Ganes	Male	40	Liverpool	21:26	23:16	6	50	5	30	8	30	3	0	7	19	3	1:50	13
12	18	Lori Deptula	Female	38	Syracuse	21:26	24:16	12	40	6	46	3	40	2	50	3	0	8	2:50	9
13	1	Beth Penfield	Female			21:32	24:12	10	50	5	40	6	30	3	40	4	0	8	2:40	10
14	10	Steve Bequoin	Male	19		24:50	28:00	15	70	3	40	6	40	2	40	4	0	8	3:10	7
15	7	Matt Benware	Male	26	Cicero	25:08	27:38	14	50	5	30	8	40	2	30	5	16	6	2:30	11
16	13	Brett Richard	Male	27	Utica	25:29	28:39	16	80	2	32	7	30	3	50	3	0	8	3:10	7
17	2	Todd Pulver	Male	39	West Monroe	29:24	30:54	17	30	7	0	9	30	3	30	5	15	7	1:30	14
18	4	Susan Coughlin	Female	51	Fayetteville	30:15	31:25	18	0	8	0	9	30	3	40	4	0	8	1:10	15
19	5	Mary Seidel	Female		Syracuse	32:19	34:29	19	30	7	40	6	30	3	30	5	15	7	2:10	12
20	17	Dorothy Buoni	Female	64	Cicero	36:23	36:23	20	0	8	0	9	0	4	0	7	0	8	0	16

The time differential earned was deducted from the actual 5K time

Note: Athletes had 1 minute to complete each fitness challenge. A time differential was earned based on the number of reps per skill. No one earned time for the Short Shuttle.. You needed to do over 29 reps to earn 30 seconds differential