

**Rochester Autumn Classic Trail Race - Super Sprint Duathlon****Sunday, October 3, 2010 Mendon Ponds Park, NY****Timed & Produced by YellowJacket Racing****Total Finishers - 139 (Male - 69, Female - 70)**

Pos	Bib	Fullname	Gender	M/F	Place	Class	Age	City	Run1Tm	T1Tm	BikeTm	T2Tm	Run2Tm	TotalTm
1	211	Jeremy Dodds	M		1	Overall Male	41	Skaneateles	12:59	00:29	26:40	00:23	13:30	0:54:01
2	26	Pete Cerny	M		2	M35-39	35	Amherst	12:46	00:23	27:37	00:27	13:12	0:54:25
3	21	Matt Brophy	M		3	M19UNDER	16	Macedon	13:09	00:49	30:06	00:41	13:37	0:58:23
4	120	Brian Lane	M		4	M35-39	38	Rochester	13:32	00:42	29:11	00:46	14:33	0:58:45
5	288	Michael Brown	M		5	M45-49	46	Pittsford	13:24	00:52	29:48	01:14	14:06	0:59:24
6	276	Bruce Wolcott	M		6	M55-59	58	Canandaigua	15:20	00:49	28:20	01:00	15:28	1:00:56
7	90	Joseph Jeff Hefner	M		7	M45-49	46	Pittsford	14:36	00:52	29:20	01:05	15:09	1:01:03
8	280	Jim Yeager	M		8	M40-44	44	Rochester	14:36	00:31	30:24	00:41	15:11	1:01:23
9	152	Sarah Newsome	F		1	Overall Female	36	Palmyra	15:18	00:46	28:50	00:50	15:44	1:01:28
10	214	Mike Norton	M		9	M35-39	39	Pittsford	15:59	00:25	28:33	00:24	16:40	1:02:02
11	56	Peter G Evans	M		10	M50-54	52	Webster	14:31	01:00	31:00	01:00	14:49	1:02:19
12	285	Pat Doner	M		11	M45-49	45	Fairport	15:20	01:01	28:27	00:57	16:35	1:02:21
13	182	Edward William Saxby	M		12	M45-49	45	Bloomfield	14:33	00:35	31:03	00:25	15:48	1:02:25
14	167	Lauren Pulli	F		2	F40-44	44	Rochester	15:33	00:43	29:26	00:43	16:03	1:02:28
15	112	Jay Keyes	M		13	M30-34	34	Rochester	15:13	01:01	29:42	00:46	15:55	1:02:36
16	75	Tommy L Givens	M		14	M45-49	46	Rochester	15:07	00:46	30:52	01:02	15:09	1:02:56
17	81	James Greenwood	M		15	M45-49	45	Skaneateles	14:35	00:42	31:45	00:26	15:30	1:02:58
18	175	Aaron Richardson	M		16	M35-39	35	Rochester	14:55	00:48	30:52	00:29	16:32	1:03:36
19	272	Ken White	M		17	M40-44	44	Victor	15:22	00:34	32:31	00:25	15:30	1:04:22
20	55	Brandon Erwin	M		18	M30-34	32	Rochester	13:16	00:47	35:47	00:27	14:09	1:04:25
21	217	Eric Hughes	M		19	M40-44	44	Baldwinsville	15:12	00:33	31:47	00:36	16:33	1:04:41
22	123	Brent Long	M		20	M25-29	29	Fairport	15:23	00:56	30:50	00:52	16:50	1:04:51
23	289	Stacie Lamont	F		3	F50-54	50	Pittsford	14:47	01:29	31:47	01:30	15:27	1:05:00
24	100	Howard Iseri	M		21	M50-54	51	Wellsboro	15:32	01:25	30:52	01:05	16:34	1:05:28
25	115	John-Paul Koenig	M		22	M19UNDER	16	Owasco	11:49	00:25	40:22	00:32	12:23	1:05:31
26	300	Shawn Jackett	M		23	M30-34	30	Fairport	16:09	01:22	30:05	01:36	16:23	1:05:36
27	267	Christopher Keith Wendel	M		24	M45-49	47	Pittsford	14:44	01:10	33:59	00:26	15:53	1:06:12
28	79	Stephanie N Gonzalez	F		4	F30-34	33	Wilmington	15:18	00:31	34:32	00:32	15:20	1:06:13
29	212	Roger Reakes	M		25	M45-49	48	Lima	15:39	00:39	33:28	00:33	17:04	1:07:22
30	15	Christian Bieg	M		26	M35-39	35	Webster	16:10	01:03	29:54	01:06	19:20	1:07:32
31	64	Emily Flagg	F		5	F35-39	36	Rochester	16:18	01:09	32:50	01:00	16:19	1:07:36
32	39	Terrence Cusker	M		27	M35-39	39	Rochester	16:36	01:00	31:44	01:02	17:48	1:08:10
33	59	Michelle T Ferreri-Jacobia	F		6	F40-44	40	Snyder	15:43	00:31	35:29	00:22	16:30	1:08:35
34	80	Philip E Goodrum	M		28	M40-44	43	Fabius	15:30	01:09	33:31	01:17	17:21	1:08:48

35	19 JoAnne Bradt	F	7	F45-49	46	Scottsville	15:32	01:03	34:41	00:54	16:48	1:08:57
36	269 Dan Whitcomb	M	29	M40-44	41	Walworth	16:43	00:54	31:20	00:53	19:38	1:09:28
37	109 Katherine Kellogg	F	8	F35-39	36	Fairport	17:03	01:18	33:45	01:14	16:19	1:09:39
38	156 Tim Ozminkowski	M	30	M45-49	45	Scottsville	15:51	00:52	34:20	01:10	17:34	1:09:47
39	17 Stephanie Bolster	F	9	F30-34	33	Canandaigua	16:28	00:56	34:40	00:54	16:59	1:09:57
40	118 Nicole Kuhl	F	10	F30-34	32	Lowville	15:53	01:07	36:14	01:10	15:54	1:10:18
41	111 Michael Kester	M	31	M40-44	41	Fayetteville	16:37	01:08	34:29	01:23	16:43	1:10:20
42	89 John Hawkes	M	32	M45-49	46	Fairport	15:39	01:40	35:07	01:13	17:13	1:10:53
43	180 Frances M Salgado-Givens	F	11	F40-44	44	Rochester	16:14	00:57	35:11	00:48	17:46	1:10:56
44	16 Michael Bobry	M	33	M50-54	50	Pittsford	17:01	01:40	33:30	01:17	18:13	1:11:41
45	107 Evan Keegan	M	34	M19UNDER	15	Fairport	15:15	00:36	36:18	00:38	19:15	1:12:01
46	40 Christopher James Davis	M	35	M35-39	38	Pittsford	15:14	01:09	36:34	01:01	18:25	1:12:23
47	268 Joe Wesley	M	36	M45-49	48	Rochester	17:28	00:35	35:30	00:43	18:14	1:12:30
48	2 Joan Adamo	F	13	F35-39	36	Webster	16:27	00:35	38:26	00:29	16:34	1:12:31
49	138 Kym Meyer	F	14	F35-39	38	Pittsford	18:31	00:54	33:56	00:54	19:01	1:13:17
50	124 Alfredo Longo	M	37	M35-39	35	Williamsville	15:27	01:13	38:44	01:38	16:17	1:13:19
51	148 Marcia Napolitano	F	15	F40-44	41	Webster	17:31	01:00	36:29	00:38	17:42	1:13:19
52	91 Kim Henshaw	F	16	F45-49	47	Hilton	17:32	01:17	35:31	01:17	18:03	1:13:40
53	78 Jose F Gonzalez	M	38	M30-34	33	Wilmington	16:08	01:09	39:29	00:35	16:20	1:13:42
54	29 Marla Cilento	F	17	F40-44	41	Fishers	17:52	01:01	35:20	01:23	18:11	1:13:47
55	179 Wes Rosengrant	M	39	M50-54	50	Churchville	17:06	01:33	34:59	01:29	18:44	1:13:51
56	76 Greg Glaser	M	40	M30-34	32	Walworth	19:16	00:44	33:23	01:00	19:42	1:14:05
57	66 Jennifer Fosegan	F	12	F35-39	38	Fairport	17:28	00:56	37:12	00:56	17:35	1:14:08
58	30 Charlie Joseph Clark	M	41	M40-44	43	Honeoye Falls	18:39	00:50	33:43	01:45	19:11	1:14:08
59	266 Jodi Weaver	F	18	F30-34	30	Canandaigua	16:29	00:57	39:06	00:40	17:10	1:14:21
60	10 Theodore M Baum	M	42	M45-49	47	Rochester	17:09	01:56	34:55	01:18	19:02	1:14:21
61	106 Jeff Katz	M	43	M45-49	45	Pittsford	16:36	01:11	36:43	00:53	19:22	1:14:44
62	7 Stephanie Barbero	F	19	F45-49	46	Fairport	16:23	00:38	38:29	00:41	18:45	1:14:56
63	93 Marysue Hobika	F	20	F35-39	38	Pittsford	16:36	01:08	39:27	00:43	17:05	1:15:00
64	144 Christopher A Morens	M	44	M25-29	25	Avon	16:00	00:41	41:04	00:57	16:38	1:15:21
65	160 Steve Penders	M	45	M40-44	43	Pittsford	19:14	01:47	33:49	01:29	19:19	1:15:38
66	8 Virginia Barrera	F	21	F19UNDER	16	Pittsford	17:02	01:16	38:06	00:39	18:41	1:15:44
67	72 Timothy Gamache	M	46	M35-39	37	Liverpool	16:50	01:42	38:44	00:45	17:46	1:15:47
68	49 Bryan T Eisenberg	M	47	M20-24	23	Pittsford	17:29	01:04	36:23	01:00	20:04	1:16:00
69	189 Laurie Seier	F	22	F50-54	53	Williamsville	18:13	01:15	36:37	01:19	18:43	1:16:07
70	208 Todd Gunther	M	48	M40-44	40	Penfield	18:34	01:20	35:21	01:11	19:43	1:16:08
71	65 Danny Flinchum	M	49	M20-24	24	Rochester	18:30	01:29	34:01	01:27	20:50	1:16:16
72	204 Sarah Kostuk	F	23	F20-24	21	Wilson	14:18	00:41	40:26	00:47	20:06	1:16:19
73	163 David John Powers	M	50	M50-54	51	Lafayette	16:18	01:24	39:11	01:04	18:50	1:16:47
74	101 Charlotte Jaanimagi	F	24	F55-59	58	Pittsford	17:15	00:46	38:47	00:39	19:26	1:16:53
75	31 Mark B Clausen	M	51	M40-44	40	East Rochester	18:25	01:42	35:51	01:07	19:54	1:16:59

76	4	Brittany Annis	F	25	F20-24	23	Rochester	20:45	01:01	37:21	00:39	17:33	1:17:19
77	262	Michelle Vellake	F	26	F25-29	25	Interlaken	19:17	01:24	35:39	01:14	20:03	1:17:36
78	44	Anthony DeSalvo	M	52	M35-39	35	Rochester	18:33	00:50	37:41	00:48	19:47	1:17:39
79	264	Jennifer Vigliotti	F	27	F35-39	36	Rochester	17:43	01:15	39:52	01:14	17:43	1:17:47
80	108	Jim Keegan	M	53	M50-54	51	Fairport	17:42	00:54	38:12	01:05	19:56	1:17:50
81	261	Trish Vantucci	F	28	F45-49	45	Hilton	19:27	01:00	36:38	01:08	20:20	1:18:34
82	293	Jeffery Weber	M	54	M55-59	55	Rochester	20:14	00:50	35:47	00:39	21:26	1:18:56
83	134	mark mcintyre	M	55	M35-39	35	Hilton	16:18	01:11	42:32	01:11	18:00	1:19:12
84	113	Erin Kivel	F	29	F30-34	31	Rochester	20:09	00:51	35:38	00:49	21:46	1:19:13
85	97	Melissa Hrynyk	F	30	F20-24	22	Auburn	17:07	01:17	40:31	01:23	18:54	1:19:13
86	194	Tanya Smolinsky	F	31	F45-49	46	Rochester	18:35	01:00	41:13	00:41	17:55	1:19:23
87	110	Rebecca Kelly	F	32	F35-39	39	Canandaigua	19:21	01:14	36:36	01:02	21:46	1:19:58
88	295	Marty Douglas	M	56	M55-59	56	Lima	16:38	01:39	40:54	01:14	19:39	1:20:04
89	192	Kathleen Shea	F	33	F30-34	33	Rochester	18:45	01:20	39:30	01:31	19:58	1:21:06
90	282	Diana Zuniga	F	34	F20-24	23	Rochester	18:34	00:56	40:25	00:46	20:32	1:21:14
91	146	Dick Morgan	M	57	M65-69	68	Tioga	23:23	00:30	32:50	00:31	24:27	1:21:40
92	281	David Zimmer	M	58	M55-59	59	Fairport	20:01	01:08	39:44	01:03	20:28	1:22:24
93	298	Kelly Schroeder	F	35	F25-29	29	Rochester	18:16	00:34	41:59	00:34	21:00	1:22:24
94	198	Deanne Stratton	F	36	F40-44	40	Clifton Springs	20:38	00:40	38:14	00:35	22:57	1:23:03
95	199	Eden M Sunderman	F	37	F40-44	42	Cazenovia	20:03	00:39	40:33	00:50	21:20	1:23:26
96	178	Sandra Rosengrant	F	38	F45-49	49	Churchville	21:12	00:58	38:01	01:02	23:01	1:24:12
97	121	Nathalie Larochelle	F	39	F40-44	40	Williamson	21:02	01:17	38:44	01:18	22:19	1:24:41
98	133	Anita McCarthy	F	40	F40-44	43	Pittsford	21:25	01:07	39:55	00:56	21:26	1:24:49
99	193	Karen Sladden	F	41	F45-49	45	Rochester	21:36	00:32	39:18	00:25	23:02	1:24:52
100	201	Meghan Bishop	F	42	F30-34	31	Auburn	19:42	00:50	42:57	00:51	20:37	1:24:57
101	117	Carolyn M Kriesen	F	43	F65-69	67	Webster	20:05	00:54	41:32	01:12	21:31	1:25:14
102	171	Heather Ralph	F	44	F40-44	40	Rochester	20:28	01:23	41:08	01:13	21:11	1:25:24
103	45	Erika DeSalvo	F	45	F35-39	35	Rochester	19:47	00:57	43:39	00:55	20:45	1:26:03
104	210	Marc Garcia	M	59	M40-44	41	Fairport	18:31	00:59	43:17	00:59	22:20	1:26:06
105	191	Julie Seymour	F	46	F40-44	40	Rochester	22:09	01:27	39:14	01:17	23:18	1:27:25
106	102	Bonnie Jarecke	F	47	F30-34	33	Canandaigua	20:38	00:49	41:09	00:48	24:07	1:27:30
107	9	Duane Basch	M	60	M50-54	51	Honeoye Falls	21:50	01:10	39:40	01:31	23:38	1:27:49
108	140	Becky Michel	F	48	F35-39	37	Ontario	22:16	00:59	40:36	00:55	23:04	1:27:50
109	159	Judy Penders	F	49	F40-44	42	Pittsford	21:53	00:44	42:04	01:21	22:04	1:28:07
110	71	Karen Gamache	F	50	F40-44	43	Toronto	19:24	01:07	47:41	01:20	19:49	1:29:21
111	196	Sydney Lauren Steele	F	51	F25-29	27	Rochester	22:03	01:04	41:06	01:12	23:59	1:29:24
112	292	Jady Simmons	F	52	F35-39	39	Rochester	22:20	00:42	44:26	00:31	22:04	1:30:04
113	98	Brent Hudson	M	61	M45-49	47	Webster	19:27	01:06	47:44	01:15	20:36	1:30:08
114	38	Julie Cusker	F	53	F40-44	41	Rochester	21:59	02:00	41:36	01:42	23:11	1:30:27
115	256	Michael Lynn Tucker	M	62	M35-39	39	Batavia	22:00	01:02	41:48	00:51	25:34	1:31:15
116	53	Karen Patrica English	F	54	F50-54	52	Lafayette	21:57	00:51	45:27	00:40	22:53	1:31:48

117	57	Staci Lynn Everetts	F	55	F35-39	36	Rochester	22:40	02:49	41:25	01:26	23:42	1:32:03
118	142	Carrie Christine Montague-Barrett	F	56	F40-44	40	Lowville	20:53	00:46	48:41	00:37	21:10	1:32:07
119	14	Paul Benson	M	63	M40-44	40	Penfield	20:17	01:58	42:25	02:12	25:55	1:32:47
120	13	Debra Benson	F	57	F35-39	36	Penfield	20:01	02:16	42:27	02:07	25:57	1:32:48
121	54	Pamela Lynn Erb	F	58	F40-44	40	Honeoye Falls	22:45	01:19	42:39	01:39	24:40	1:33:02
122	143	Elizabeth Morello	F	59	F20-24	21	Rochester	20:47	01:02	47:41	00:44	23:14	1:33:28
123	61	Sara Finley	F	60	F25-29	29	Rochester	22:44	00:59	44:27	01:20	24:42	1:34:12
124	12	Brennan Benedict	M	64	M25-29	29	Ontario	22:35	01:10	45:17	00:58	24:49	1:34:48
125	203	Donna Burke	F	61	F40-44	42	Henrietta	23:46	01:53	43:31	01:45	23:57	1:34:52
126	52	Tricia A. Engineri	F	62	F55-59	59	Interlaken	22:02	01:55	45:47	02:00	23:10	1:34:54
127	258	Maureen Unterborn	F	63	F45-49	49	Webster	23:52	01:45	43:29	01:38	24:54	1:35:39
128	257	Lee Unterborn	M	65	M50-54	52	Webster	23:53	01:43	43:28	01:41	24:54	1:35:39
129	141	Bridget Miller	F	64	F45-49	45	Baldwinsville	20:59	01:12	45:27	01:35	27:19	1:36:32
130	20	Megan M Broomfield	F	65	F35-39	38	Fairport	22:17	01:10	49:52	00:37	24:27	1:38:22
131	172	Steven Ralph	M	66	M35-39	39	Rochester	22:25	02:42	49:34	01:08	24:07	1:39:56
132	279	Richard Yates	M	67	M45-49	45	Pittsford	23:32	02:00	45:46	02:42	27:03	1:41:04
133	157	Anthony Palumbo	M	68	M55-59	58	Rochester	22:36	01:23	55:20	01:03	24:07	1:44:30
134	283	Theresa Zuniga	F	66	F45-49	48	Penfield	24:01	00:55	49:33	01:14	29:32	1:45:15
135	164	Patti Prato	F	67	F45-49	48	Rochester	23:58	02:46	48:05	04:27	26:00	1:45:15
136	173	Kelli Sue Ratcliffe	F	68	F40-44	41	Macedon	24:00	02:12	49:29	02:56	26:39	1:45:16
137	88	Laura Anne Harridge	F	69	F55-59	55	Lafayette	24:41	01:04	52:03	00:57	28:39	1:47:25
138	158	Jan Palumbo	F	70	F55-59	55	Rochester	22:40	01:14	58:22	01:22	26:34	1:50:12
139	82	Mike Guenther	M	69	M55-59	57	Honeoye Falls	24:45	02:06	55:31	01:45	28:53	1:53:00