

1995 HAWK TRIATHLON

VERMONT SUN TRIATHLON/DUATHLON SERIES

SWIM .5 MI * BIKE 26 MI * RUN 6.5 MI

Name Town Class SWIM BIKE RUN Finish

PRIBIS, MARK	CLIFTON PRK, NY	M 25+	0:08:00	1:04:28	0:45:38	1:58:06
KNIGHT, STACY	SANFORD, ME	M 25+	0:11:44	1:10:19	0:37:48	1:59:51
RUDNICK, BRIAN	BURLINGTON, VT	M 25+	0:07:50	1:11:09	0:48:26	2:07:25
LARROW, PAUL	STARKSBURD, VT	M 25+	0:14:24	1:11:02	0:42:56	2:08:22
GARRETT, JON	OLD GREENWICH, CT	M 25+	0:11:06	1:09:19	0:53:40	2:14:05
LIU, PETER	BURLINGTON, VT	M 25+	0:09:00	1:11:14	0:54:44	2:14:58
FLYNN, BRIAN	ATTLEBORO, MA	M 25+	0:15:16	1:18:10	0:49:04	2:22:30
O'REILLY, TED	WASHINGTON, NH	M 25+	0:15:54	1:41:23	0:47:33	2:44:50

WOOD, CRAIG	PITTSFIELD, VT	M 30+	0:10:21	1:06:21	0:46:32	2:03:14
GAUGHAN, ANDY	SCITUATE, MA	M 30+	0:09:26	1:11:04	0:44:17	2:04:47
TEVOWSKY, LEWIS	HEWLETT, NY	M 30+	0:09:17	1:10:41	0:47:09	2:07:07
FIRESTONE, WAYNE	WESTMOUNT, QUE	M 30+	0:11:37	1:14:30	0:41:57	2:08:04
TULL, KERRY	HIGHAM, MA	M 30+	0:09:47	1:18:14	0:48:05	2:16:06

PERZANOWSKI, DALE	ESSEX, VT	M 35+	0:07:25	1:01:22	0:40:10	1:48:57
LADEROUTE, ROBERT	FEURIMONDE, QUE	M 35+	0:07:33	1:01:06	0:41:05	1:49:44
HOWSON, MARK	LATHAM, NY	M 35+	0:09:03	1:05:23	0:42:20	1:56:46
JACKSON, JEFF	STOWE, VT	M 35+	0:07:16	1:06:15	0:44:11	1:57:42
BROWN, MARK	BOHOSEEN, VT	M 35+	0:10:37	1:05:56	0:42:36	1:59:09
MULLEN, JEFF	RICHMOND, VT	M 35+	0:09:58	1:07:39	0:42:12	1:59:49
PARKS, THOMAS	BONDVILLE, NY	M 35+	0:08:30	1:05:11	0:46:15	1:59:56
ZEIGLE, JOHN	BURLINGTON, VT	M 35+	0:10:43	1:09:30	0:42:44	2:02:57
LOBE, JOSHUA	BURLINGTON, VT	M 35+	0:08:56	1:08:24	0:47:08	2:04:28
GILBERT, TIM	LEBANON, NH	M 35+	0:12:37	1:12:14	0:43:57	2:08:48
HEEDE, MARK	WILLIAMSBURG, VA	M 35+	0:09:40	1:12:20	0:51:08	2:13:08
ADAMS, JIM	SCOTIA, NY	M 35+	0:12:23	1:16:00	0:53:39	2:22:02
BERNIER, SERGE	MONTREAL, QUE	M 35+	0:13:22	1:25:00	0:50:54	2:29:16
RITCHIE, JEFF	ESSEX JCT, VT	M 35+	0:07:08	1:00:00	0:50:00	5:00:00
FOOTE, RICHARD	MIDDLEBURY, VT	M 35+	0:00:00	0:00:00	5:00:00	5:00:00

EAVENSON, SCOTT	MONTREAL, QUE	M 40+	0:10:17	1:07:24	0:41:57	1:59:38
NAUMANN, TERRY	RICHMOND, VT	M 40+	0:09:22	1:06:44	0:44:20	2:00:26
BLAISDELL, GEORGE	CORNISH, NH	M 40+	0:08:46	0:59:40	0:53:31	2:01:57
LANZILLO, FRANK	TROY, NY	M 40+	0:08:24	1:12:44	0:40:52	2:02:00
LAPORTE, ROBERT	SHAFTSBURY, VT	M 40+	0:08:55	1:08:00	0:45:36	2:02:31
MORRIS, MICHAEL	CASELTON, VT	M 40+	0:10:45	1:03:56	0:47:55	2:02:36
WHITE, JEFF	BENNINGTON, VT	M 40+	0:11:09	1:07:44	0:44:54	2:03:47
MASON, STEVE	N. THETFORD, VT	M 40+	0:10:49	1:07:46	0:48:50	2:07:25
KAITZ, RICHARD	NEWTON, MA	M 40+	0:00:00	0:00:00	5:00:00	5:00:00

LANE, DALE	JEFFERSONVILLE, MA	M 45+	0:08:37	1:01:45	0:40:08	1:50:30
THOMAS, WIN	RUTLAND, VT	M 45+	0:10:21	1:04:06	0:44:20	1:58:47
MCKENZINE, RAY	S. BURLINGTON, VT	M 45+	0:09:03	1:09:49	0:48:02	2:06:54
CURTH, HARRY	FERRISBURG, VT	M 45+	0:12:52	1:11:11	0:47:48	2:11:51
HEILEMANN, RICHARD	MANCHESTER, VT	M 45+	0:09:49	1:12:21	0:50:15	2:12:25
MCDOWELL, SAMUEL	SHELBURNE, VT	M 45+	0:11:27	1:11:37	0:50:46	2:13:50
BENOWITZ, SETH	CONCORD, NH	M 45+	0:12:42	1:15:49	0:54:12	2:22:43
ARRAND, WILLIAM	W. LEBANON, NH	M 45+	0:12:02	1:19:21	0:59:00	2:30:23
RUTLEDGE, JIM	STAMFORD, CT	M 45+	0:13:02	1:23:07	1:03:58	2:40:07

ROSS, ADAM	MAGNOLIA, MA	M 50+	0:12:12	1:05:26	0:46:38	2:04:16
FARRINGTON, ALBERTS	BURLINGTON, VT	M 50+	0:10:35	1:09:02	0:49:47	2:09:24
VELIE, FRANK	NEW YORK, NY	M 50+	0:11:04	1:16:27	0:51:27	2:18:58
MCDONALD, BILL	WOODSTOCK, VT	M 50+	0:15:32	1:16:22	0:52:24	2:24:18
SUNDBY, LARS	WILLISTON, VT	M 50+	0:12:46	1:18:58	1:02:44	2:34:28

JENSEN, CHUCK	BENNINGTON, VT	M 55+	0:10:56	1:18:00	0:56:11	2:25:07
TEHR CYCO	LULOW, VT	MIX 40-	0:09:32	0:56:38	0:47:00	1:53:10

SCHACK & BOOSTIN	HEWLETT, NY	MT 40-	0:07:16	1:06:37	0:41:26	1:55:19
DORA/REICH/GARSO	SARANAC LAKE, NY	MT 40-	0:11:06	1:07:25	0:41:08	1:59:39

Name Town Class SWIM BIKE RUN Finish

SIGLOCH, LAURIE	MANCHESTER, VT	TOP 5	0:08:28	1:04:38	0:43:05	1:56:11
CLERMONT-BROWN, CADANVILLE, VT		WOMEN	0:08:24	1:08:50	0:43:40	2:00:54
WALSH, KIM	ENFIELD, NH	F 05	0:07:47	1:08:29	0:45:05	2:01:21
CHEETHAM, DEDORAH	FEEDING HILLS, NH	F 05	0:09:47	1:08:11	0:43:58	2:01:56
MAZZAFERRO, LYNN	WALPOLE, MA	F 05	0:10:02	1:07:38	0:46:34	2:04:14

KING, HARISSA	KNOXVILLE, TN	F 14+	0:00:00	0:00:00	5:00:00	5:00:00
SMITH, MELISSA	BENNINGTON, VT	F 25+	0:10:28	1:11:11	0:44:22	2:06:01
BIGEC, PENNY	STENTIENNE, QUE	F 25+	0:10:12	1:11:44	0:56:31	2:18:27
MAFLIANO, LISA	KEARNY, NJ	F 25+	0:10:49	1:22:35	0:59:24	2:32:48

PECK, NANCY	WOODSTOCK, VT	F 30+	0:09:38	1:08:55	0:46:54	2:05:27
TRAINER, PAM	LULOW, VT	F 30+	0:11:01	1:07:51	0:47:55	2:06:47
BORLAND, SHARON	CORNISH, NH	F 30+	0:10:48	1:05:32	0:51:52	2:08:12
WILMONT, MARTHA	PUTNEY, VT	F 30+	0:09:33	1:16:34	0:51:43	2:17:50
SURMA, KAREN	LULOW, VT	F 30+	0:11:51	1:17:38	0:57:17	2:26:46
ZEIGLE, STACIE	COLCHESTER, VT	F 30+	0:13:56	1:22:20	0:54:00	2:30:16

STOLTZ, KRIS	HENNIKER, NH	F 35+	0:09:56	1:15:13	0:52:19	2:17:28
FEDERICO, LISA	HADISON, CT	F 35+	0:15:17	1:32:50	0:58:43	2:46:50
SCHIPPER, LOIS	CAMBRIDGE, MA	F 35+	0:00:00	0:00:00	5:00:00	5:00:00

LAFLAME, BETSY	WAITSFIELD, VT	F 40+	0:10:50	1:11:04	0:49:17	2:11:11
BLATTSPEILER, CAROSTOWE, VT		F 40+	0:11:04	1:22:56	0:58:46	2:32:46

DUNN, LANE	SHELBURNE, VT	F 45+	0:11:03	1:11:56	0:53:10	2:16:09
NAGY, LAURA	HANOVER, NH	F 45+	0:17:41	1:33:58	1:03:25	2:55:04

STUART, DIANE	W. HARTFORD, CT	F 55+	0:11:19	1:24:32	1:13:12	2:49:03
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POIRIER, DANIEL	STETIENNE, QUE	TOP 5	0:07:00	0:58:20	0:38:08	1:43:28
HINCKLEY, CHRIS	SPENCER, MA	MEN	0:07:11	0:59:14	0:38:06	1:44:31
LANGE, HANK	BRATTLEBORO, VT	M 05	0:06:57	0:59:10	0:39:20	1:45:27
BURNETT, DAVE	WENHAM, MA	M 05	0:12:11	0:57:57	0:36:51	1:46:59
HARE, STEVE	MIDDLEBURY, VT	M 05	0:08:24	0:59:33	0:39:34	1:47:31

HEILEMANN, ADAM	MANCHESTER, VT	M 14+	0:09:06	1:10:33	0:52:16	2:11:55
FOGARTY, JOHN	SHELBURNE, VT	M 14+	0:10:51	1:23:45	0:49:36	2:24:12
MITCHELL, ROBERT	WORCESTER, VT	M 14+	0:00:00	0:00:00	5:00:00	5:00:00

BIELER, CHARLES	WATERBURY, VT	M 20+	0:09:20	1:05:02	0:36:07	1:50:29
MALZAC, CORY	BRISTOL, VT	M 20+	0:08:45	1:00:20	0:42:02	1:51:07
GOSSELIN, JAEN	STENTIENNE, QUE	M 20+	0:09:10	1:05:52	0:42:48	1:57:50
SAMBERG, WARREN	MONTREAL, QUE	M 20+	0:09:55	1:09:24	0:48:33	2:07:52
CARPENTER, PETER	SOMERVILLE, MA	M 20+	0:12:51	1:13:36	0:48:59	2:15:26
BELLEM, ANNEKE	CLIFTON PRK, NY	M 20+	0:09:39	1:22:23	1:12:39	2:44:41
MARGOLIS, NEYAH	INTERVALE, NH	M 20+	0:12:16	1:11:35	3:36:09	5:00:00

LATOURETTE, DAVE	WOODSTOCK, VT	M 25+	0:08:10	1:01:53	0:38:35	1:48:38
WEXLER, PETE	HATICE, MA	M 25+	0:08:41	1:05:20	0:40:40	1:54:41