

# LAKE DUNMORE TRIATHLON

FORMALLY KNOWN AS Vermont State Triathlon - 9/5/04

.9-mile Swim, 27.5-mile Bike, 6.2-mile Run

Bib	Class	First Name	Last Name/Team	City	State	Swim	Bike	Run	Total
<b>Top 5 Female</b>									
14	F 40+	Kimberly	Walsh	Enfield	NH	0:27:09	1:22:04	0:44:31	2:33:44
98	F 40+	Dot	Martin	Montpelier	VT	0:30:23	1:21:44	0:42:48	2:34:55
15	F 40+	Karen	Newman	Old Greenwich	CT	0:27:31	1:23:42	0:48:02	2:39:15
11	F 35+	Mina	Samuels	New York	NY	0:27:54	1:28:05	0:44:37	2:40:36
23	F 45+	Caryn	Etherington	Middlebury	VT	0:29:43	1:26:42	0:46:39	2:43:04

6	F 20+	Sarah	Schleen	Burlington	VT	0:32:32	1:27:22	0:47:55	2:47:49
5	F 20+	Katherine	Jones-Lippy	Athol	MA	0:39:29	1:26:43	0:49:37	2:55:49
8	F 25+	Kate	Farrell-Gray	Essex Junction	VT	0:46:26	1:22:44	0:49:12	2:58:22
7	F 25+	Courtney	Weber	Waterloo	WI	0:43:11	1:33:01	0:59:43	3:15:55
12	F 35+	Magali	Welch	Stowe	VT	0:36:34	1:31:44	0:51:20	2:59:38
236	F 40+	Victoria	Rouze	Plainfield	NH	0:34:52	1:29:05	0:46:41	2:50:38
18	F 40+	Joni	Foster-Robison	Springfield	VT	0:34:37	1:27:25	0:48:57	2:50:59
16	F 40+	Emily	Gallagher	Burlington	VT	0:32:20	1:36:57	0:52:26	3:01:43
17	F 40+	Bethany	Whitaker	Burlington	VT	0:34:12	1:35:04	1:02:02	3:11:18
13	F 40+	Robin	Reed	Randolph	VT	0:41:26	1:40:04	0:59:06	3:20:36
21	F 45+	Rebecca	Lewis	Newport Beach	CA	0:00:00	0:00:00	0:00:00	2:48:45
25	F 45+	Linn	Larson	Middlebury	VT	0:30:10	1:28:55	0:58:04	2:57:09
24	F 45+	Raeann	Rose	Lachine	QUE	0:34:42	1:31:59	0:51:10	2:57:51
22	F 45+	Mary	Goyens	Pierrefonds	QUE	0:36:37	1:32:36	0:50:05	2:59:18
20	F 45+	Ginny	Richburg	Randolph Ctr	VT	0:39:40	1:40:51	0:54:57	3:15:28
19	F 45+	Sally	Goade	Wynantskill	NY	0:43:28	1:40:54	1:02:44	3:27:06
26	F 50+	Sharon	O'Leary	Meriden	NH	0:34:48	1:39:26	0:57:09	3:11:23
27	F 55+	Jeanne	Butterfield	Bangor	ME	0:36:04	1:38:58	0:53:13	3:08:15
28	F 55+	Christine	McKnight	Schuylerville	NY	0:44:18	1:33:49	1:03:05	3:21:12
29	F 55+	Gretel	Schuck	Brownsville	VT	0:40:11	1:43:43	1:00:36	3:24:30
30	F 55+	Diane	Wagner	Latham	NY	0:45:46	1:49:47	1:04:49	3:40:22
32	FT 40-	Team	Ravens 2	Belmont	MA	0:33:45	2:10:38	0:53:29	3:37:52
33	FT 40-	Team	Ravens 1	Groton	MA	0:33:06	1:38:36	0:56:44	3:08:26

## Top 5 Male

1	M 35+	Bob	Reynolds	Johnson	VT	0:24:47	1:13:26	0:34:01	2:12:14
3	M 45+	Steve	Hare	Middlebury	VT	0:23:45	1:12:19	0:38:32	2:14:36
50	M 30+	Paul	Sullivan	Valdese	NC	0:24:36	1:12:20	0:38:57	2:15:53
40	M 25+	Doug	Welling	Cornwall	VT	0:25:34	1:15:08	0:39:07	2:19:49
42	M 25+	Jonathan	Miller	Burlington	VT	0:29:49	1:13:41	0:38:17	2:21:47

34	M 15+	Paul	Salipante	Hanover	NH	0:31:41	1:26:45	0:46:44	2:45:10
36	M 20+	Crisp	McDonald	Wilmington	NC	0:24:32	1:16:49	0:45:54	2:27:15
37	M 20+	Jason	Frank	Burlington	VT	0:30:03	1:16:52	0:40:49	2:27:44
35	M 20+	Charles	Acher	Madison	WI	0:30:07	1:18:46	0:44:52	2:33:45



38	M 25+	Greg	Hawkins	Winston-Salem	NC	0:30:45	1:21:02	0:45:34	2:37:21
39	M 25+	Douglas	Methvin	Asheville	NC	0:28:02	1:23:50	0:46:24	2:38:16
43	M 25+	Jeremy	Davis	Greenville	SC	0:37:11	1:24:14	0:44:06	2:45:31
41	M 25+	Bert	Hatchell	Wilmington	NC	0:35:35	1:28:20	0:43:43	2:47:38
2	M 30+	Ben	Nigro	Dover	NH	0:22:44	1:13:05	0:46:39	2:22:28
44	M 30+	Patrick	Fontaine	Montreal	QUE	0:26:03	1:16:36	0:41:56	2:24:35
45	M 30+	Jason	Matulewicz	Medford	MA	0:30:23	1:16:43	0:38:16	2:25:22
54	M 30+	Roy	Schiff	New Haven	CT	0:27:21	1:18:51	0:40:09	2:26:21
47	M 30+	Steven	Urish	Burlington	VT	0:24:30	1:18:12	0:44:12	2:26:54
49	M 30+	Jeff	Wood	W. Newbury	VT	0:35:02	1:18:29	0:43:00	2:36:31
51	M 30+	Howland	Brown	Moretown	VT	0:27:47	1:27:48	0:48:13	2:43:48
48	M 30+	Brian	McCarthy	Fairfax	VA	0:35:26	1:24:27	0:53:43	2:53:36
238	M 30+	Hardin	Hester	Woodstock	VT	0:32:42	1:30:14	1:00:26	3:03:22
53	M 30+	Sean	Godbout	Chestnut Hill	MA	0:39:26	1:59:37	1:26:06	4:05:09
62	M 35+	David	Loutzenheiser	Cambridge	MA	0:34:15	1:26:16	0:42:45	2:43:16
57	M 35+	Jeff	Dodge	Plattsburgh	NY	0:26:22	1:28:57	0:48:40	2:43:59
60	M 35+	Joel	Palmer	Vergennes	VT	0:30:57	1:24:48	0:48:46	2:44:31
63	M 35+	Andy	Kepes	Addison	VT	0:37:42	1:30:05	0:46:12	2:53:59
61	M 35+	Chris	Davis	Concord	MA	0:36:30	1:32:51	1:02:44	3:12:05
67	M 40+	Paul	Welch	Stowe	VT	0:32:23	1:16:48	0:39:42	2:28:53
65	M 40+	Michael	Di Blasio	Kirkland	QUE	0:32:54	1:19:29	0:43:57	2:36:20
100	M 40+	John	Ajemian	Dover	MA	0:31:19	1:23:19	0:46:53	2:41:31
69	M 40+	David	Melnick	Hinesburg	VT	0:32:09	1:29:38	0:52:41	2:54:28
64	M 40+	Grant	Healey	Bondville	VT	0:35:22	1:30:33	0:54:36	3:00:31
66	M 40+	Steve	O'Dwyer	Burlington	VT	0:32:11	0:00:00	0:00:00	0:00:00
76	M 45+	Jeffrey	Schumann	Newington	CT	0:23:14	1:14:08	0:47:59	2:25:21
75	M 45+	David	Foster	New York	NY	0:28:53	1:23:24	0:44:51	2:37:08
72	M 45+	Jay	Fetherolf	Waitsfield	VT	0:30:19	1:21:50	0:48:44	2:40:53
235	M 45+	Fred	Dieffenbach	Bethel	VT	0:36:25	1:26:00	0:50:02	2:52:27
70	M 45+	Terry	Ryan	Huntington	VT	0:33:10	1:28:44	0:55:32	2:57:26
73	M 45+	David	Kraus	Stowe	VT	0:37:49	1:40:35	0:57:42	3:16:06
4	M 50+	Scott	Eavenson	Montreal	QUE	0:28:13	1:14:46	0:42:05	2:25:04
82	M 50+	Paul	Rabenold	Avon	CT	0:32:01	1:25:12	0:45:25	2:42:38
80	M 50+	Bill	Scott	Wilmington	NC	0:29:03	1:26:16	0:55:10	2:50:29
81	M 50+	Bruce	Westcott	Marshfield	VT	0:37:08	1:48:44	0:58:06	3:23:58
79	M 50+	Peter	Hatfield	Great Falls	VA	0:46:50	1:49:09	0:59:58	3:35:57
237	M 55+	Michael	Mason	Northfield	VT	0:34:47	1:22:32	0:41:31	2:38:50
84	M 55+	Jim	Adams	Altona	NY	0:33:17	1:27:14	0:51:04	2:51:35
85	M 55+	Neal	McBain	Lebanon	NH	0:40:02	1:29:37	0:52:14	3:01:53
87	M 60+	Richard	Lewis	Newport Beach	CA	0:32:30	1:33:10	0:44:59	2:50:39
86	M 60+	Leonard	Kershaw	Latham	NY	0:51:28	1:53:07	1:04:56	3:49:31
90	M 65+	Jack	Carlock	Andover	VT	0:38:33	1:38:42	0:53:28	3:10:43
88	M 65+	Chuck	Hornsby	Brattleboro	VT	0:47:22	1:42:18	1:02:10	3:31:50
89	M 65+	Bruce	Kurtz	Longmeadow	MA	0:38:51	1:36:24	1:33:35	3:48:50



91	M 70+	Richard	Johndrow, Sr.	Ticonderoga	NY	0:57:01	1:38:54	1:07:24	3:43:19
93	MIX 40-	Team	We Tri Hard	Santa Barbara	CA	0:23:55	1:10:40	0:45:31	2:20:06
92	MIX 40-	Team	Pushing 40	Lake Luzerne	NY	0:35:13	1:18:04	0:43:07	2:36:24
94	MIX 40-	Team	Rogers/Sharron/Kerry	Bomoseen	VT	0:33:04	1:23:36	0:49:04	2:45:44
97	MT 40-	Team	Prescott/Heffernan	Westford	MA	0:24:13	1:23:08	0:45:47	2:33:08
96	MT 40+	Team	Enevoldsen/Hamilton	Waitsfield	VT	0:21:28	1:18:08	0:39:56	2:19:32
95	MT 40+	Team	Slugbusters II	Ferrisburg	VT	0:23:14	1:13:41	0:45:14	2:22:09