

MIDDLEBURY FALL DUATHLON
 FINAL RACE OF THE VERMONT SUN TRIATHLON/DUATHLON SERIES
 RUN 1 MILE / BIKE 21 MILES / RUN 5.7 MILES
 9/28/96 9AM

Name	Town	Class	RUN	BIKE	RUN	Finish
SIGLOCH, LAURIE	SUNDERLAND, VT	TOP 5 FEMALE	0:06:21	0:59:15	0:37:35	1:43:11
TRATHER, PAH	LUDLOW, VT		0:06:46	1:04:02	0:42:20	1:53:08
LARSON, LINN	MIDDLEBURY, VT		0:07:10	1:11:35	0:48:00	2:06:45
FOSTER, JOHN	SPRINGFIELD, VT		0:07:36	1:12:29	0:48:42	2:08:47
RECHISKY, ERIN	SUNAPEE, NH		0:07:46	1:16:45	0:51:10	2:15:41

SUNDERLAND, ANNE HANOVER, NH F 14+ 0:00:00 0:00:00 0:00:00

WOLLENSAK, DIANNE HOPDALE, MA F 25+ 0:00:00 0:00:00 0:00:00

CANNER, REBECCA MONTREAL, QUE F 25+ 0:00:00 0:00:00 0:00:00

SUNDERMAN, CAROLYNWHITING, VT F 55+ 0:09:15 1:19:01 0:51:11 2:19:27

TRAINER, RICK	LUDLOW, VT	TOP 5 MALE	0:05:38	0:53:01	0:34:11	1:32:50
REED, LARRY	CHESTER, VT		0:05:41	0:57:50	0:37:37	1:41:08
HARE, STEVE	MIDDLEBURY, VT		0:06:20	0:58:51	0:37:42	1:42:53
HAMILTON, ED	S.BURLINGTON,		0:06:32	1:01:26	0:40:10	1:48:08
RICCI, BOB	ARLINGTON, MA		0:06:20	1:02:45	0:39:35	1:48:40

KOEHLE, MIKE MIDDLEBURY, VT H 20+ 0:07:15 ■■■■■■ 2:31:14 2:31:14

SENECA, NICK HAMDEN, CT H 20+ 0:00:00 0:00:00 0:00:00

DELUINO, WALTER BURLINGTON, VT H 20+ 0:05:45 1:00:55 ■■■■■■

WOLLNCAK, ANDREW HOPDALE, MA H 25+ 0:00:00 0:00:00 0:00:00

KEHP, JOHN WILLIAMSTOWN, NH 25+ 0:00:00 0:00:00 0:00:00

LAVALLE, DAVID CHELMSFORD, MA H 30+ 0:06:42 1:03:48 0:40:56 1:51:26

CARRARA, JOE CHARLOTTE, VT H 30+ 0:07:06 1:08:38 0:44:02 1:59:46

BRADFORD, JOEL NATICK, MA H 35+ 0:07:08 1:16:54 0:43:30 2:07:32

FITZGERALD, TOM BERWICK, ME H 35+ 0:06:51 1:26:55 0:45:04 2:18:50

DIVILEK, JARONIR JAHACIA PLAIN, H 35+ 0:00:00 0:00:00 0:00:00

HASON, STEVE N.THETFORD, VT H 40+ 0:06:26 1:04:29 0:41:18 1:52:13

GILBERT, TIM LEBANON, NH H 40+ 0:06:24 1:11:58 0:41:30 1:59:52

FIUST, TED WAYLAND, MA H 40+ 0:06:53 1:18:12 0:48:32 2:13:37

BENOIT, GLENN S.POMFRET, VT H 40+ 0:00:00 0:00:00 0:00:00

HACDOWELL, LAIRD JEFFERSONVILLE, H 40+ 0:00:00 0:00:00 0:00:00

CURTH, HARRY FERRISBURGH, VT H 45+ 0:06:27 1:05:07 0:43:41 1:55:15

LORENZ, BILL RICHMOND, VT H 45+ 0:07:31 1:12:34 0:52:30 2:12:35

ROSS, ADAM MANCHESTER, MA H 50+ 0:07:12 1:02:13 0:41:07 1:50:32

THOMPSON, FRED NORTH ADAHS, MAH 55+ 0:07:24 1:02:46 0:44:33 1:54:43

KELLY, WILLIAM DORSET, VT H 60+ 0:10:37 1:32:17 0:58:31 2:41:25

TWIN TOWERS TEAM SCOTIA, NY HT 40- 0:06:36 1:14:29 0:45:22 2:06:27



MIDDLEBURY SPRING DUATHLON AT VERMONT SUN SPORTS & FITNESS
 RUN 1 MILE * BIKE 21 MILES * RUN 5.6 MILES 6/1/96

Name	Town	Class	RUN	BIKE	RUN	Finish
SIGLOCH, LAURIE	MANCHESTER, VT	TOP 5 FEMALE	0:06:21	0:58:06	0:38:12	1:42:39
WALSH, KIM	ENFIELD, NH		0:06:41	1:01:07	0:38:31	1:46:19
TRAINER, PAM	LUBLOW, VT		0:06:43	1:03:04	0:40:54	1:50:41
OGILVIE, SUB	RIPTON, VT		0:07:04	1:07:36	0:44:27	1:59:07
FOSTER, JONI	SPRINGFIELD, VT		0:07:22	1:10:27	0:44:52	2:02:41

BERGERON, JENIFER S.	BURLINGTON, VT	F 20+	0:00:00	0:00:00	0:00:00	
GEREMIA, LAURIE	MONTPELIER, VT	F 25+	0:08:23	1:21:00	0:54:27	2:23:50
MULHERN, ALISON	NATICK, MA	F 25+	0:00:00	0:00:00	0:00:00	
SIMONSEN, JACKIE	ST. ALBANS, VT	F 30+	0:08:12	1:13:42	0:44:09	2:06:03
MURPHY, BILLEN	WATERTOWN, MA	F 30+	0:07:40	1:14:51	0:46:12	2:08:43
FERNERO, KATHLEEN	WENHAM, MA	F 30+	0:08:51	1:19:51	3:31:18	5:00:00
LAERSEN, LIN	MIDDLEBURY, VT	F 35+	0:07:41	1:08:22	0:49:04	2:05:07

BURNET, DAVE	WENHAM, MA	TOP 5 MALE	0:05:37	0:50:44	0:31:19	1:27:40
TRAINER, RICK	LUDLOW, VT		0:05:44	0:51:46	0:33:46	1:31:16
SHEARSTONE, JEFF	TAUNTON, MA		0:05:45	0:53:34	0:34:52	1:34:11
HARR, STEVE	MIDDLEBURY, VT		0:05:58	0:54:00	0:34:29	1:34:27
BIEBLER, CHARLES	WATERBURY, VT		0:05:59	0:56:17	0:32:13	1:34:29

ROSS, IAN	MIDDLEBURY, VT	M 14+	0:00:00	0:00:00	0:00:00	
LEAKE, BRYAN	BENNINGTON, VT	M 20+	0:05:55	0:54:00	0:38:26	1:38:21
HICKS, GERALD	FORT ANN, NY	M 20+	0:05:51	1:00:48	0:34:14	1:40:53
SZOLUSHA, KEITH	CAMBRIDGE, MA	M 20+	0:06:28	0:55:58	0:38:54	1:41:20
BARRITT, BLIJAH	SWANZY, NH	M 20+	0:06:00	1:00:14	0:38:18	1:44:32
LOAVE, SPROULE	WATERBURY, VT	M 20+	0:06:29	1:03:03	0:37:27	1:46:59
DATR, OBADIAH	WINSOR, VT	M 20+	0:07:54	1:19:28	0:47:43	2:15:05
TOY, JARED	WINSOR, VT	M 20+	0:08:00	1:33:04	0:51:10	2:32:14

LATOURETTE, DAVE	HANOVER, NH	M 25+	0:05:54	0:54:33	0:34:16	1:34:43
LUITJENS, SEAN	FRAMINGHAM, MA	M 25+	0:06:20	1:02:38	0:38:54	1:47:52
LAHIRI, THOMAS	BURLINGTON, VT	M 25+	0:05:54	1:07:53	0:35:32	1:49:19
TBBUTT, DAVID	BOSTON, MA	M 25+	0:07:18	1:10:05	3:42:37	5:00:00
FONDO, GARTH	BRIGHTON, MA	M 25+	0:00:00	0:00:00	0:00:00	

MACDONALD, DUNCAN	JERICHO, VT	M 30+	0:06:32	0:58:06	0:39:40	1:44:18
MCINTOSH, DAN	RIPTON, VT	M 30+	0:06:40	1:04:48	0:38:01	1:49:29
MARCEAU, TIM	PROCTOR, VT	M 30+	0:06:19	1:06:07	0:41:47	1:54:13
AVERSANO, NICHOLAS	LYNBROOK, NY	M 30+	0:00:00	0:00:00	0:00:00	

HORNBR, GORDON	JEFFERSONVILLE, VT	M 35+	0:05:56	0:58:12	0:35:09	1:39:17
BROWN, MARK	BOMSEEN, VT	M 35+	0:06:01	0:58:54	0:37:44	1:42:39
ZBICLE, JOHN	BURLINGTON, VT	M 35+	0:06:33	1:05:26	0:38:07	1:50:06
DULIN, JIM	BENNINGTON, VT	M 35+	0:06:57	1:06:26	0:42:01	1:55:24
HALL, LARRY	UNDERHILL, VT	M 35+	0:06:54	1:05:39	0:43:13	1:55:46
AUDETTE, MICHAEL	FT. EDWARD, NY	M 35+	0:07:59	1:06:58	0:41:59	1:56:56
GILBERT, TIM	LEBANON, NH	M 35+	0:06:45	1:10:48	0:40:47	1:58:20

ADAMS, JIM	SCOTIA, NY	M 35+	0:07:48	1:11:13	0:47:18	2:06:19
SHPARDSON, PAUL	PITTSFIELD, MA	M 35+	0:06:13	1:01:41	3:52:06	5:00:00
MORRIS, MICHAEL	CASLTON, VT	M 40+	0:06:16	0:56:58	0:41:54	1:45:08
SNYDER, KEN	MORRISTOWN, VT	M 40+	0:07:43	1:07:44	0:54:47	2:10:14
HOLLAND, DENNIS	SHELBURNE, VT	M 40+	0:07:57	1:30:21	0:49:47	2:28:05
CANTY, JOSEPH	SHELBURNE, VT	M 40+	0:08:50	#####	5:00:00	5:00:00

LANE, DALE	JEFFERSONVILLE, VT	M 45+	0:06:18	0:57:00	0:36:18	1:39:36
CURTH, HARRY	FERRISBURGH, VT	M 45+	0:06:35	1:02:21	0:38:44	1:47:40
SURNA, KEVIN	LUDLOW, VT	M 45+	0:06:52	1:04:18	0:41:02	1:52:12
LORENZ, BILL	RICHMOND, VT	M 45+	0:07:21	1:11:33	0:46:54	2:05:48
ANDERSON, LARRY	MENDON, VT	M 45+	0:08:30	1:13:23	0:47:24	2:09:17

ROSS, ADAM	MANCHESTER, VT	M 50+	0:07:12	1:01:59	0:38:56	1:48:07
HACKNEY, JOHN	RANDOLPH, VT	M 50+	0:06:30	1:06:54	0:37:06	1:50:30

THOMPSON, FRED	NORTH ADAMS, MA	M 55+	0:07:20	1:00:40	0:44:23	1:52:23
VITES & HERBS	STARKSBORO, VT	M 40-	0:05:53	1:04:00	0:37:38	1:47:31

