

Middlebury Duathlon - 5/20/00

1-mile Run / 21-mile Bike / 5.7-mile Run

Bib	Class	First	Last Name	City	State	Run	Bike	Run	Total
Top 5 Female									
13	F 35+	Laurie	Sighoch	Sunderland	VT	0:05:42	0:58:10	0:37:38	1:41:30
14	F 30+	Claire	Van Buren	New Haven	VT	0:05:54	1:03:34	0:40:38	1:50:06
15	F 20+	Aliette	Frank	Hanover	NH	0:05:51	1:09:27	0:35:49	1:51:07
16	F 30+	Lisa	Carey	Williamstown	MA	0:06:08	1:06:01	0:41:17	1:53:26
10	F 40+	Stephanie	Carroll	Troy	NY	0:06:18	1:07:13	0:42:15	1:55:46
51	F 20+	Julie	McGraw	Manchester City	VT	0:06:22	1:20:30	0:44:55	2:11:47
19	F 25+	Clarisa	Cyliski			0:06:21	1:09:15	0:47:16	2:02:52
9	F 25+	Jen	Lyons	Watertown	MA	0:07:11	1:16:58	0:51:48	2:15:57
18	F 30+	Kimberly	Lyons	Hampton	NH	0:07:08	1:07:07	0:46:41	2:00:56
22	F 30+	Holly	Morehouse	Burlington	VT	0:07:12	1:26:17	0:51:12	2:24:41
21	F 40+	Cathy	Taylor	Gansevoort	NY	0:09:13	1:17:34	0:57:48	2:24:35
23	F 50+	Christine	McKnight	Schuylerville	NY	0:09:14	1:30:29	0:55:43	2:35:26
20	F 60+	Carolyn	Sundeman	Whiting	VT	0:07:58	1:16:36	0:53:28	2:18:02
24	F 60+	Diane	Stuart	West Hartford	CT	0:09:56	1:29:43	1:11:45	2:51:24
26	FT 40-	Colleen	West	Manchester Ctr.	VT	0:06:21	1:08:58	0:43:21	1:58:40
Top 5 Male									
3	M 35+	Lawrence	Briggs	Newington	CT	0:05:13	0:54:49	0:33:38	1:33:40
1	M 25+	T.J.	Sabotka	Rutland	VT	0:05:16	0:55:14	0:34:16	1:34:46
55	M 20+	Maxfield	English	Morrisville	VT	0:05:08	0:59:03	0:31:51	1:36:02
7	M 40+	John	Noonan	Troy	NY	0:05:05	0:57:58	0:34:19	1:37:22
2	M 20+	John	Spinney	Williston	VT	0:05:06	0:57:43	0:35:29	1:38:18
27	M 15+	Rene	Pronovost	Kirkland	QUE	0:06:20	1:09:01	0:49:36	2:04:57
56	M 20+	Brennan	Gerster	Rye	NY	0:05:12	0:00:00	0:00:00	0:05:12
29	M 20+	Nicholas	Dankers	Hanover	NH	0:05:11	1:05:01	0:39:45	1:49:57
28	M 20+	Ethan	Kohn	Wilder	VT	0:05:54	1:04:17	0:42:30	1:52:41
34	M 25+	Patrick	Fontaine	Montreal	QUE	0:05:16	1:01:44	0:35:21	1:42:21
32	M 25+	Mike	Besette	St. Albans	VT	0:05:35	1:10:59	0:43:01	1:59:35
31	M 25+	Nathan	Bellomo	Rutland	VT	0:06:07	1:09:49	0:46:30	2:02:26
33	M 25+	Rob	Whittaker	Northville	NY	0:05:56	1:14:08	0:48:06	2:08:10
53	M 30+	Ryan	Phillips	Burlington	VT	0:05:25	1:03:24	0:37:46	1:46:35
37	M 30+	Brain	Lannutti	Burlington	VT	0:05:52	1:01:11	0:39:41	1:46:44
36	M 30+	Stephan	Tiefenbacher	Belchertown	MA	0:05:17	1:04:13	0:37:49	1:47:19
38	M 30+	Ward	Fritz	Waltham	MA	0:06:15	1:13:31	0:46:51	2:06:37
4	M 35+	Donald	Dwight	Merrimac	MA	0:05:14	0:58:28	0:35:18	1:39:00
39	M 35+	Daniel	McIntosh	Ripton	VT	0:05:45	1:00:25	0:39:03	1:45:13
40	M 35+	Craig	Wood	Proctor	VT	0:06:19	1:03:50	0:42:59	1:53:08
41	M 35+	Mark	Loughran	Wallkill	NY	0:06:37	1:10:33	0:45:29	2:02:39

6	M 40+	Steve	Hare	Middlebury	VT	0:05:34	0:57:49	0:35:15	1:38:38
42	M 40+	Tad	Smith	Rutland	VT	0:05:50	1:00:41	0:41:11	1:47:42
44	M 40+	Bob	Gillette	Wakefield	RI	0:06:22	1:10:41	0:49:43	2:06:46
50	M 40+	David	McNamara	New Seabury	MA	0:06:05	1:18:47	0:46:49	2:11:41
47	M 45+	Michael	Morris	Castleton	VT	0:06:04	0:58:20	0:43:40	1:48:04
46	M 45+	Peter	Harris	Derby Line	VT	0:05:44	1:07:30	0:38:16	1:51:30
52	M 45+	Tom	Scheefer	Saranac Lake	NY	0:06:13	1:05:45	0:40:51	1:52:49
45	M 45+	John	Martin	Barre	VT	0:06:13	1:12:23	0:48:45	2:07:21
48	M 50+	Bill	Taylor	Gansevoort	NY	0:07:02	1:15:37	0:46:45	2:09:24
49	M 60+	Colin	Gage	Strawbridge E.	QUE	0:06:35	1:18:35	0:49:28	2:14:38
54	M 60+	Rick	Bunting	Bainbridge	NY	0:08:23	1:22:18	1:01:29	2:32:10