

# Vermont Sun Triathlon - 7/24/99

## 600-yd Swim / 14-mile Bike / 3.1-mile Run

<u>Bib</u>	<u>Class</u>	<u>First Name</u>	<u>Last Name</u>	<u>City</u>	<u>State</u>	<u>Swim</u>	<u>Bike</u>	<u>Run</u>	<u>Total Time</u>
<b>Top 5 Female</b>									
34	F 30+	Ann	Cernicek	Los Alamos	NM	0:10:43	0:43:32	0:19:46	1:14:01
9	F 30+	Claire	Van Buren	New Haven	VT	0:12:17	0:40:46	0:21:18	1:14:21
8	F 30+	Mina	Samuels	New York	NY	0:10:19	0:44:23	0:20:15	1:14:57
19	F 25+	Jennifer	Smith	Clifton Park	NY	0:11:35	0:43:23	0:22:32	1:17:30
21	F 25+	Julie	Urquhart	Burlington	VT	0:10:31	0:43:59	0:23:14	1:17:44
13	F 15+	Bethany	Ogilby	Worcester	VT	0:13:47	0:44:34	0:20:40	1:19:01
11	F 15+	Emily	Blake	Norwich	VT	0:00:00	1:08:57	0:27:39	1:36:36
12	F 15+	Adrienne	Glazer	Lebanon	NH	0:17:02	0:52:31	0:28:04	1:37:37
17	F 20+	Heather	Stroud	Middlebury	VT	0:13:25	0:44:41	0:19:56	1:18:02
15	F 20+	Jen	Flanders	Milford	NH	0:13:32	0:47:09	0:22:12	1:22:53
14	F 20+	Chrissy	Nichols	Middlebury	VT	0:12:20	0:45:33	0:26:27	1:24:20
18	F 20+	Erin	McDonald	Essex Junction	VT	0:13:08	0:50:47	0:25:03	1:28:58
16	F 20+	Kelly	Jamieson	Jeffersonville	VT	0:11:01	0:55:01	0:27:02	1:33:04
30	F 25+	Jennifer	Behr	Burlington	VT	0:11:56	0:46:03	0:22:30	1:20:29
26	F 25+	Karen	Donnelly	North Hampton	MA	0:12:37	0:45:20	0:23:14	1:21:11
28	F 25+	Lebov	Golubeva	Middlebury	VT	0:16:22	0:48:17	0:25:44	1:30:23
27	F 25+	Amy	Poole	Morrisville	VT	0:15:50	0:48:23	0:26:57	1:31:10
29	F 25+	Katrin	Hauri	Portsmouth	NH	0:13:30	0:48:53	0:30:23	1:32:46
20	F 25+	Lindsay	Adams	Essex Jct	VT	0:14:34	0:54:03	0:30:14	1:38:51
23	F 25+	Karin	Shaw	Burlington	VT	0:15:52	0:59:53	0:32:45	1:48:30
24	F 25+	Kira	Barclay	Haverford	PA	0:14:48	0:57:29	0:36:46	1:49:03
38	F 30+	Thora	Pomicter	Shelburne	VT	0:13:21	0:42:47	0:25:30	1:21:38
39	F 30+	Janet	Bekkala	Nasaua	NH	0:10:14	0:48:35	0:24:53	1:23:42
32	F 30+	Jane	Works	New York	NY	0:12:49	0:49:55	0:21:35	1:24:19
31	F 30+	Carrie	Dessureau	Waterbury	VT	0:17:20	0:47:16	0:23:13	1:27:49
10	F 30+	Stacey	Passoit	Morrisville	VT	0:15:12	0:47:36	0:26:24	1:29:12
33	F 30+	Sheryl	Pressman	Spring Valley	NY	0:15:41	0:49:02	0:25:50	1:30:33
36	F 30+	Ina	Hillebrand	Montreal	QUE	0:11:58	0:50:40	0:29:05	1:31:43
35	F 30+	Dana	Kellerman	Wilton	NY	0:16:30	0:48:40	0:30:21	1:35:31
37	F 30+	Kim	Adler	Guilderland	NY	0:14:43	1:00:42	0:29:33	1:44:58
40	F 35+	Jodi	Couture	Fitchburg	MA	0:18:24	0:48:07	0:21:50	1:28:21
43	F 35+	Ann	McGowan	Clifton Park	NY	0:15:29	0:47:21	0:27:22	1:30:12
42	F 35+	Kate	Brown	Woodbridge	CT	0:19:47	0:55:56	0:27:38	1:43:21
45	F 40+	Pam	Sills	Cambridge	VT	0:12:09	0:45:46	0:23:32	1:21:27
47	F 40+	Ellen	Curran	Waitsfield	VT	0:15:02	0:46:53	0:24:53	1:26:48
44	F 40+	Deborah	Glazer	Lebanon	NH	0:15:05	0:47:22	0:28:59	1:31:26
46	F 40+	Bonnie	Beck	Burlington	VT	0:16:52	0:48:47	0:29:19	1:34:58
7	F 40+	Linn	Larson	Middlebury	VT	0:11:11	0:43:05	0:00:00	0:00:00
48	F 45+	Hope	Quinn	Ballston Lake	NY	0:12:23	0:52:19	0:27:17	1:31:59
49	F 50+	Christine	McKnight	Schuylerville	NY	0:15:54	0:49:50	0:26:37	1:32:21
50	F 55+	Carolyn	Sunderman	Whiting	VT	0:14:11	0:45:11	0:25:35	1:24:57

Top 5 Male

6	M 40+	Dennis	Moriarty	Webster	NY	0:08:11	0:35:27	0:17:10	1:00:48
186	M 20+	Tyler	Barnes	S. Burlington	VT	0:08:15	0:35:34	0:17:35	1:01:24
5	M 35+	John	Noonan	Troy	NY	0:09:28	0:35:29	0:17:00	1:01:57
3	M 40+	Steve	Hare	Middlebury	VT	0:08:04	0:35:53	0:18:20	1:02:17
1	M 20+	John	Spinney	Williston	VT	0:09:29	0:35:37	0:17:24	1:02:30
52	M 15+	Gareth	Dickens	Exter	NH	0:09:41	0:40:06	0:20:57	1:10:44
55	M 15+	Nathan	Morris	Castleton	VT	0:09:26	0:41:18	0:25:39	1:16:23
54	M 15+	Steven	Sweet II	Clifton Park	NY	0:13:01	0:45:25	0:21:23	1:19:49
56	M 15+	Douglass	Abraham	Clifton Park	NY	0:13:12	0:47:40	0:22:17	1:23:09
53	M 15+	Andrew	Streett	Clifton Park	NY	0:13:14	0:49:00	0:23:36	1:25:50
57	M 20+	Scott	Tommola	Rutland	VT	0:11:32	0:41:17	0:21:30	1:14:19
187	M 25+	Eric	LeClerc	Montreal	QUE	0:08:21	0:38:38	0:16:30	1:03:29
65	M 25+	Brendan	Creagh	Deerfield	MA	0:11:10	0:39:36	0:21:30	1:12:16
59	M 25+	Barney	Hodge	Cornwall	VT	0:13:32	0:40:08	0:19:27	1:13:07
181	M 25+	Jeff	Meadows	Washington	DC	0:11:25	0:40:53	0:21:06	1:13:24
180	M 25+	Pascal	Morissette	Montreal	QUE	0:11:08	0:40:21	0:21:57	1:13:26
61	M 25+	Jon	Floyd	Waterbury	VT	0:11:58	0:45:16	0:20:22	1:17:36
66	M 25+	Kent	Kasper	Portsmouth	NH	0:13:30	0:40:57	0:23:33	1:18:00
62	M 25+	Peter	Kohalmi	Concord	NH	0:17:03	0:44:43	0:21:38	1:23:24
63	M 25+	George	Scribner	Salisbury	VT	0:23:14	0:45:07	0:21:05	1:29:26
60	M 25+	John	Munroe	Mourhead City	NC	0:15:14	0:50:27	0:31:09	1:36:50
70	M 30+	Scott	Johnson	Leverett	MA	0:12:18	0:32:57	0:17:33	1:02:48
80	M 30+	Christian	Pedersen	Wallingford	CT	0:10:01	0:41:04	0:21:44	1:12:49
72	M 30+	Edward	McBain	Saratoga Spgs	NY	0:12:25	0:39:53	0:21:17	1:13:35
68	M 30+	Brian	Moody	Lake Elmore	VT	0:14:04	0:41:47	0:21:11	1:17:02
76	M 30+	Michael	Doubleday	Deerfield	MA	0:11:39	0:44:26	0:22:16	1:18:21
69	M 30+	Joel	Palmer	Vergennes	VT	0:13:28	0:44:56	0:21:33	1:19:57
74	M 30+	Joe	Franz	Charlotte	VT	0:13:38	0:46:41	0:23:02	1:23:21
75	M 30+	Christopher	Hunt	Gansevoort	NY	0:14:28	0:46:55	0:28:56	1:30:19
73	M 30+	Dave	Kellerman	Wilton	NY	0:17:16	0:47:55	0:25:31	1:30:42
77	M 30+	Paul	DiDomenico	Arlington	MA	0:14:32	0:53:55	0:24:02	1:32:29
78	M 30+	Michael	Zukowski	Rutland	VT	0:20:22	0:56:43	0:27:27	1:44:32
79	M 30+	Ken	Reilly	South Glens Fall	NY	0:19:07	0:52:39	0:34:33	1:46:19
4	M 35+	Ed	Bleich	Windham	NH	0:09:19	0:37:27	0:19:14	1:06:00
95	M 35+	Christopher	Filippi	New York	NY	0:10:32	0:39:18	0:16:38	1:06:28
85	M 35+	Chris	Mildon	Aurora	ONT	0:09:36	0:40:09	0:20:05	1:09:50
93	M 35+	Ken	Wells	Lebanon	NH	0:11:24	0:39:37	0:19:04	1:10:05
89	M 35+	Phillip	Borgese	Niskayuna	NY	0:12:54	0:39:33	0:19:28	1:11:55
88	M 35+	Allan	Schelmmer	Sommersworth	NH	0:11:23	0:41:20	0:19:41	1:12:24
91	M 35+	Henry	Renaud	Marlborough	MA	0:11:36	0:41:24	0:22:42	1:15:42
84	M 35+	Bruce	Linton	Morrisville	VT	0:10:01	0:45:16	0:21:47	1:17:04
94	M 35+	Peter	Solomon	Middlebury	VT	0:09:24	0:42:51	0:26:26	1:18:41
184	M 35+	Keith	Ross	Fair Haven	VT	0:13:29	0:44:24	0:25:58	1:23:51
92	M 35+	Jim	Abelseth	Voorsheesville	NY	0:10:05	0:52:42	0:24:48	1:27:35
90	M 35+	Damon	Lease	Randolph	VT	0:13:16	0:55:06	0:24:43	1:33:05
83	M 35+	Tim	Brown	Woodbridge	CT	0:19:51	0:00:00	0:00:00	1:37:26
189	M 40+	Frank	Quattrone	Spencerport	NY	0:10:17	0:37:50	0:19:44	1:07:51
97	M 40+	Jeff	Mullen	Richmond	VT	0:10:03	0:38:31	0:19:19	1:07:53
147	M 40+	Jeff	Cole	Voorheesville	NY	0:10:00	0:38:55	0:19:12	1:08:07
98	M 40+	Jeff	Jackson	Shelburne	VT	0:09:07	0:39:20	0:20:33	1:09:00

141	M 40+	Michael	Morris	Castleton	VT	0:11:33	0:36:20	0:21:35	1:09:28
145	M 40+	David	Foster	Castleton	VT	0:10:26	0:41:25	0:20:05	1:11:56
139	M 40+	John	Howe	Newport	NH	0:11:19	0:40:50	0:21:18	1:13:27
182	M 40+	Bryce	Wing	Hanover	NH	0:11:06	0:40:40	0:22:41	1:14:27
136	M 40+	John	Kenny	Nichols	NY	0:12:07	0:41:57	0:20:32	1:14:36
144	M 40+	Stephen	Rehfuss	Albany	NY	0:11:00	0:42:34	0:21:36	1:15:10
146	M 40+	Jeffrey	Schumann	Newington	CT	0:09:31	0:40:11	0:25:35	1:15:17
96	M 40+	Robert	Marcellus	Bloomfield	NY	0:11:51	0:41:57	0:23:57	1:17:45
142	M 40+	Ralph	Dumke	Exeter	NH	0:12:49	0:42:50	0:23:35	1:19:14
137	M 40+	Tim	Gilbert	Lebanon	NH	0:14:38	0:43:53	0:21:59	1:20:30
148	M 40+	John	Bekkala	Nahaua	NH	0:14:10	0:43:04	0:23:20	1:20:34
138	M 40+	Frank	Talbott	Colchester	VT	0:14:30	0:46:53	0:26:49	1:28:12
140	M 40+	John	Syme	Ottawa	CAN	0:15:01	0:47:52	0:26:23	1:29:16
99	M 40+	John	Gelb	Riverside	CT	0:15:05	0:50:53	0:27:11	1:33:09
143	M 40+	Paul	Marshall	Warwick	RI	0:24:10	0:47:09	0:31:48	1:43:07
2	M 45+	J.P.	Moisan	Hull	QUE	0:08:29	0:36:24	0:19:05	1:03:58
151	M 45+	Scott	Eavenson	Montreal	QUE	0:10:29	0:35:55	0:19:26	1:05:50
158	M 45+	Glenn	Benoit	Woodstock	VT	0:10:44	0:38:19	0:20:26	1:09:29
157	M 45+	Jesse	Mellor	Salem	MA	0:10:43	0:39:01	0:21:27	1:11:11
152	M 45+	Dale	Lane	Jeffersonville	VT	0:09:43	0:44:27	0:18:00	1:12:10
159	M 45+	Thomas	Pena	South Yarmouth	MA	0:10:39	0:41:11	0:22:13	1:14:03
155	M 45+	Robert	Laporte	Shaftsbury	VT	0:10:47	0:41:11	0:23:10	1:15:08
153	M 45+	James	Orphan	Walpole	MA	0:11:05	0:42:27	0:22:21	1:15:53
156	M 45+	Marc	Ginsburg	Albany	NY	0:10:28	0:44:12	0:21:28	1:16:08
154	M 45+	Clifford	Strom	Saratoga Spring	NY	0:14:08	0:42:53	0:21:24	1:18:25
149	M 45+	Arthur	Hudak	Schenectady	NY	0:13:23	0:50:59	0:25:13	1:29:35
160	M 45+	Dan	Clark	Southwick	MA	0:19:38	0:51:24	0:23:29	1:34:31
161	M 50+	Bill	Arrand	Worcester	VT	0:12:45	0:44:07	0:24:26	1:21:18
164	M 50+	Joe	Brennan	Slingerlands	NY	0:13:12	0:45:43	0:23:19	1:22:14
165	M 50+	Michael	Shumaker	Gravenhurst	ONT	0:14:11	0:48:23	0:25:05	1:27:39
162	M 50+	John	Halpin III	Thetford Ctr.	VT	0:13:00	0:48:40	0:27:25	1:29:05
168	M 55+	Paul	Murray	Albany	NY	0:12:35	0:43:17	0:22:48	1:18:40
167	M 55+	Tony	Chisholm	North York	ONT	0:12:26	0:42:29	0:24:04	1:18:59
166	M 55+	Martin	Boermeester	Pittsfield	NH	0:14:20	0:49:25	0:24:26	1:28:11
169	M 60+	Jack	Carlock	Andover	VT	0:15:02	0:43:38	0:22:18	1:20:58
170	M 60+	Bruce	Kurtz	Longmeadow	MA	0:14:50	0:46:05	0:29:05	1:30:00
171	M 65+	Richard	Johndrow, Sr.	Ticonderoga	NY	0:17:47	0:45:51	0:26:26	1:30:04
188	M 65+	Doug	Henderson	Stoddard	NH	0:17:14	0:48:09	0:30:51	1:36:14
178	MIX 40-	Team	B	Henniker	NH	0:23:08	0:52:57	0:00:00	0:00:00
176	MIX 40-	Team	E	Henniker	NH	0:14:43	0:52:46	0:24:29	1:31:58
174	MIX 40-	Team	Grant/Perzanowski	Waterbury Ctr	VT	0:08:19	0:57:25	0:26:31	1:32:15
175	MIX 40-	Team	T	Henniker	NH	0:11:52	0:55:55	0:34:51	1:42:38
173	MIX 40+	Team	Smallin/Spinelli	Troy	NY	0:11:17	0:42:18	0:23:36	1:17:11
172	MIX 40+	Team	Otis/Winner	Middlebury	VT	0:11:44	0:49:54	0:26:51	1:28:29
179	MT 40-	Team	Carrara	Middlebury	VT	0:07:37	0:39:44	0:17:30	1:04:51
177	MT 40-	Team	Ken & Harry	Ferrisburg	VT	0:11:59	0:00:00	0:00:00	1:07:49
183	MT 40-	The	Untouchables	Litchfield	OH	0:13:58	0:55:39	0:21:01	1:30:38