

# VERMONT STATE TRIATHLON

FORMALLY KNOWN AS → **Lake Dunmore Triathlon - 8/24/03**

## .5-mile Swim, 27.5-mile Bike, 5-mile Run

Bib	Class	First Name	Last Name	City	State	Swim	Bike	Run	Total
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### Top 5 Female

4	F 35+	Jennifer	Miller	Burlington	VT	0:15:23	1:20:25	0:35:08	2:10:56
5	F 40+	Dot	Martin	Montpelier	VT	0:15:59	1:24:01	0:33:20	2:13:20
14	F 30+	Kiersa	Johnson-Chappell	Saratoga Springs	NY	0:15:49	1:21:56	0:36:37	2:14:22
191	F 40+	Kimberly	Walsh	Enfield	NH	0:12:49	1:26:47	0:36:04	2:15:40
24	F 35+	Celeste	St. Pierre	Franconia	NH	0:15:06	1:24:32	0:37:47	2:17:25

186	F 25+	Shannon	Moore	Lebanon	NH	0:14:18	1:38:19	0:40:20	2:32:57
9	F 25+	Rachael	Fiske	Allston	MA	0:18:49	1:35:29	0:39:12	2:33:30
173	F 25+	Kara	Hayes	Morrisville	VT	0:16:22	1:35:07	0:42:40	2:34:09
10	F 25+	Mollie	Moriarty	Waitsfield	VT	0:21:37	1:40:23	0:42:28	2:44:28

184	F 30+	Susan	McLane	Beverly	MA	0:21:02	1:28:45	0:36:21	2:26:08
185	F 30+	Stephanie	Madigan	Windham	NH	0:17:24	1:36:11	0:39:53	2:33:28
15	F 30+	Holly	MacSweeney	Montpelier	VT	0:21:46	1:31:12	0:40:43	2:33:41
17	F 30+	Danielle	Sepulveda	Atlanta	GA	0:16:48	1:38:58	0:42:29	2:38:15
16	F 30+	Pam	Paradee	Bristol	VT	0:19:46	1:40:17	0:42:38	2:42:41
11	F 30+	Amanda	Drake	Moretown	VT	0:16:34	1:42:04	0:46:16	2:44:54
12	F 30+	Ellen	Story	Mount Vernon	NY	0:23:04	1:48:09	0:46:55	2:58:08
13	F 30+	Cynthia	Villarimo	Burlington	VT	0:24:30	1:55:01	1:11:32	3:31:03

8	F 35+	Karen	Wu	Morrisville	VT	0:15:02	1:28:20	0:37:44	2:21:06
22	F 35+	Karen	Curtis	Bethel	ME	0:17:05	1:30:21	0:38:02	2:25:28
23	F 35+	Jackie	Herbst	Barrie	QUE	0:19:07	1:34:20	0:37:32	2:30:59
21	F 35+	Bridget	Nester	Guilford	CT	0:22:03	1:36:31	0:48:52	2:47:26
194	F 35+	Anna Lisa	Schnirman	New York	NY	0:21:33	1:48:17	1:01:43	3:11:33

6	F 40+	Karen	Newman	Old Greenwich	CT	0:15:27	1:30:51	0:36:05	2:22:23
25	F 40+	Raeann	Rose	Lachine	QUE	0:17:22	1:35:54	0:39:24	2:32:40
26	F 40+	Cynthia	MacGregor	Montreal	QUE	0:20:44	1:48:34	0:38:46	2:48:04
28	F 40+	Dani	Buneo	Essex Junction	VT	0:34:47	1:43:05	0:42:25	3:00:17

29	F 45+	Sharon	Johnson	Atkinson	NH	0:16:10	1:27:27	0:36:53	2:20:30
35	F 45+	Andrea	Gerardi	Scotia	NY	0:16:11	1:32:27	0:39:08	2:27:46
31	F 45+	Caryn	Etherington	Middlebury	VT	0:17:50	1:34:40	0:39:06	2:31:36
32	F 45+	Lynn	Kapusta	East Brunswick	NJ	0:18:45	1:32:56	0:40:55	2:32:36
30	F 45+	Cathy	Taylor	Gansevoort	NY	0:21:09	1:40:07	0:53:22	2:54:38
34	F 45+	Lynn	Scornavacca	Bellingham	MA	0:20:08	1:47:40	0:51:12	2:59:00
33	F 45+	Cindy	Dreja	Oakville	ONT	0:20:54	1:55:53	0:49:13	3:06:00
180	F 45+	Andra	Racibarskas	Chatam	NJ	0:31:53	2:12:43	1:02:29	3:47:05

37	F 55+	Christine	McKnight	Schuylerville	NY	0:23:10	1:38:48	0:52:38	2:54:36
188	F 55+	Cherifa	Swearingen	Annandale	NJ	0:29:36	1:51:51	0:47:03	3:08:30
178	F 55+	Gretel	Schuck	Brownsville	VT	0:24:57	2:05:25	0:50:45	3:21:07

### Top 5 Male

86	M 45+	Mark	Herbst	Barrie	QUE	0:12:51	1:15:23	0:32:30	2:00:44
3	M 45+	Steve	Hare	Middlebury	VT	0:11:42	1:17:32	0:31:46	2:01:00
2	M 35+	Mark	Wilson	Woodstock	NY	0:14:26	1:16:29	0:31:26	2:02:21
66	M 35+	Dan	Laroche	Greenfield	MA	0:14:23	1:17:08	0:31:29	2:03:00
179	M 15+	Shane	Hubbell	Plattsburgh	NY	0:12:07	1:18:58	0:32:43	2:03:48

38	M 15+	Eric	Herbst	Barrie	QUE	0:14:38	1:34:45	0:43:54	2:33:17
40	M 20+	Tom	Keefe	Cummington	MA	0:16:41	1:18:44	0:31:54	2:07:19
175	M 20+	Damien	Callahan	Brighton	MA	0:18:15	1:15:04	0:35:05	2:08:24
39	M 20+	Chris	Mallory	Colchester	VT	0:15:20	1:24:15	0:32:11	2:11:46
1	M 25+	Chas	Lyons	Cornwall	VT	0:18:44	1:12:27	0:32:47	2:03:58
45	M 25+	Terry	Benson	Glens Falls	NY	0:13:43	1:22:10	0:32:35	2:08:28
44	M 25+	Charlie	Davis	Westport	NY	0:14:36	1:23:07	0:36:41	2:14:24
43	M 25+	Hans	Dyhrman	Enfield	NH	0:23:29	1:19:22	0:34:12	2:17:03
193	M 25+	Joey	Frasier	New York	NY	0:16:58	1:23:37	0:38:53	2:19:28
181	M 25+	Ryan	Canales	Rutland	VT	0:15:58	1:23:48	0:40:50	2:20:36
41	M 25+	David	Mcculley	Winooski	VT	0:16:03	1:30:44	0:35:31	2:22:18
49	M 30+	Scott	Seman	Kettering	OH	0:14:41	1:17:36	0:34:17	2:06:34
48	M 30+	Eric	Morris	Charlotte	VT	0:14:50	1:17:56	0:36:03	2:08:49
195	M 30+	Eric	Phaneuf	Stowe	VT	0:21:04	1:16:37	0:32:19	2:10:00
57	M 30+	Steven	Urish	Burlington	VT	0:12:08	1:26:12	0:35:26	2:13:46
51	M 30+	Jarka	Duba	Enfield	NH	0:15:15	1:29:03	0:35:23	2:19:41
47	M 30+	Jon	Wilkinson	Montpelier	VT	0:14:53	1:29:54	0:38:45	2:23:32
52	M 30+	Tony	Grecco	Thousand Oaks	CA	0:18:01	1:32:16	0:35:17	2:25:34
53	M 30+	John	Laforge	Sarasota	FL	0:18:06	1:33:33	0:39:23	2:31:02
54	M 30+	Chris	Dartley	Fort Washington	PA	0:18:11	1:34:18	0:41:36	2:34:05
50	M 30+	Patrick	McDonald	Westport	CT	0:18:56	1:36:11	0:39:35	2:34:42
46	M 30+	Bartholomew	Brigidi	Hinesburg	VT	0:20:44	1:45:51	0:41:01	2:47:36
60	M 35+	Brendan	O'Reilly	Stowe	VT	0:16:48	1:20:51	0:34:49	2:12:28
69	M 35+	Chris	Jernigan	Moretown	VT	0:17:04	1:23:52	0:31:48	2:12:44
177	M 35+	Jean	Bergeron	Bromont	QUE	0:17:34	1:22:22	0:33:43	2:13:39
58	M 35+	Simon	Sawyer	Riverside	CT	0:13:07	1:28:18	0:34:12	2:15:37
187	M 35+	Rich	Barkan	Long Beach	NY	0:12:40	1:32:18	0:40:01	2:24:59
197	M 35+	Joe	Franz	Charlotte	VT	0:19:23	1:30:28	0:36:58	2:26:49
67	M 35+	Angelo	Marinakis	Colchester	VT	0:17:41	1:35:46	0:37:09	2:30:36
63	M 35+	Peter	Glenshaw	Lyme	NH	0:20:25	1:37:25	0:36:13	2:34:03
61	M 35+	Andrew	Kepes	Addison	VT	0:21:39	1:36:39	0:36:59	2:35:17
59	M 35+	Michael	Martinez	Lebanon	NH	0:22:22	1:33:58	0:43:29	2:39:49
62	M 35+	Joel	Palmer	Vergennes	VT	0:17:25	1:45:27	0:37:23	2:40:15
64	M 35+	Martin	Moore	Watertown	MA	0:18:47	1:51:50	0:34:29	2:45:06
79	M 40+	Brian	Sullivan	Bryn Mawr	PA	0:16:05	1:23:21	0:32:23	2:11:49
80	M 40+	Stephen	Maddock	South Berwick	ME	0:16:13	1:23:07	0:32:59	2:12:19
76	M 40+	Anthony	Sgherza	Brooklyn	NY	0:16:46	1:25:17	0:35:50	2:17:53
73	M 40+	Brian	Norton	Rouses Point	NY	0:19:38	1:31:01	0:35:41	2:26:20
78	M 40+	Stephen	O'Dwyer	Burlington	VT	0:18:49	1:34:20	0:37:24	2:30:33
77	M 40+	Robert	Fretz	Montreal	QUE	0:18:09	1:36:27	0:37:20	2:31:56
72	M 40+	David	Melnick	Hinesburg	VT	0:19:26	1:32:51	0:42:57	2:35:14
192	M 40+	Tim	Chestnutt	Elmsdale	NS	0:21:44	1:33:17	0:45:54	2:40:55
75	M 40+	Steve	Abrahamson	Pewaukee	WI	0:29:12	1:40:24	0:40:56	2:50:32
71	M 40+	Mark	Pritchard	Hoboken	NJ	0:21:34	1:49:33	0:40:57	2:52:04
172	M 40+	Chuck	Devine	Quechee	VT	0:21:11	1:50:16	0:49:01	3:00:28
74	M 40+	Steve	Giles	Vergennes	VT	0:21:50	1:47:36	0:55:10	3:04:36
83	M 45+	Jeffrey	Schumann	Newington	CT	0:13:55	1:16:03	0:37:57	2:07:55
85	M 45+	John	Wilson	New Canaan	CT	0:15:27	1:20:33	0:33:47	2:09:47
84	M 45+	David	Foster	Castleton	VT	0:15:07	1:25:13	0:34:57	2:15:17
81	M 45+	Terry	Ryan	Morristown	VT	0:16:37	1:26:59	0:42:26	2:26:02

87	M 45+	William	Izzo, Jr.	Keene	NY	0:18:54	1:28:54	0:39:18	2:27:06
88	M 45+	Zane	Dreja	Oakville	ONT	0:20:15	1:29:37	0:38:58	2:28:50
89	M 45+	Rick	Rapone	North Conway	NH	0:16:35	1:33:05	0:41:05	2:30:45
82	M 45+	Chris	Heimert	Burlington	VT	0:16:53	1:31:56	0:42:38	2:31:27
90	M 45+	Patrick	McVeigh	Acton	MA	0:20:38	1:50:11	0:35:22	2:46:11
92	M 50+	Peter	Gerardi	Scotia	NY	0:16:46	1:25:13	0:31:02	2:13:01
93	M 50+	Bob	Funk	Reston	VR	0:15:31	1:27:18	0:39:33	2:22:22
94	M 50+	Roger	Salmons	Fairport	NY	0:19:17	1:30:37	0:36:23	2:26:17
97	M 50+	John	Martin	Montpelier	VT	0:18:19	1:28:40	0:40:14	2:27:13
95	M 50+	John	Barry III	Branford	CT	0:18:20	1:30:21	0:39:11	2:27:52
96	M 50+	Vincent	Aguiar	Pawtucket	RI	0:17:15	1:34:40	0:39:37	2:31:32
99	M 50+	Ralph	Sheridan	Weston	MA	0:19:15	1:38:13	0:43:16	2:40:44
91	M 50+	Earl	Hurlburt	Middlebury	VT	0:21:36	1:44:52	0:45:06	2:51:34
190	M 50+	Tom	Kallio	Mansfield	MA	0:16:17	1:49:04	0:51:38	2:56:59
182	M 50+	Warren	Casey	Chatham	NJ	0:25:46	2:12:50	1:02:29	3:41:05
165	M 55+	Bill	Taylor	Gansevoort	NY	0:17:31	1:26:57	0:38:54	2:23:22
160	M 55+	David	Gearin	Arlington	VA	0:19:05	1:26:35	0:39:04	2:24:44
183	M 55+	Jim	Adams	Altona	NY	0:17:59	1:30:23	0:38:55	2:27:17
162	M 55+	Paul	Murray	Albany	NY	0:17:09	1:31:11	0:40:34	2:28:54
163	M 55+	Neal	McBain	Lebanon	NH	0:22:02	1:35:51	0:39:37	2:37:30
161	M 55+	Ron	Donelson	Hanover	NH	0:18:59	1:42:00	0:51:46	2:52:45
167	M 65+	Jack	Carlock	Chester	VT	0:20:19	1:41:14	0:41:02	2:42:35
166	M 65+	Bruce	Kurtz	Longmeadow	MA	0:19:02	1:37:00	1:05:28	3:01:30
168	M 70+	Richard	Johndrow, Sr.	Ticonderoga	NY	0:29:34	1:40:56	0:49:21	2:59:51
169	MIX 40+	Team	Slugbusters	Ferrisburg	VT	0:16:00	1:14:35	0:35:55	2:06:30
189	MIX 40+	Team	TI	Wilkes-Barre	PA	0:14:50	1:23:03	0:36:54	2:14:47
170	MIX 40+	Team	Winner/Otis	Middlebury	VT	0:21:17	1:46:59	0:48:19	2:56:35
196	MIX 40-	Team	Rough Shores	Ferrisburg	VT	0:11:25	1:24:59	0:34:12	2:10:36
174	MIX 40-	Team	Pryde	Vergennes	VT	0:12:59	1:23:29	0:40:28	2:16:56
176	MIX 40-	Team	Rapp/Dwyer	Burlington	VT	0:18:30	1:31:00	0:34:17	2:23:47