

VERMONT STATE TRIATHLON

FORMALLY → **Lake Dunmore Triathlon - 8/15/04**

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

Bib	Class	First Name	Last Name/Team	City	State	Swim	Bike	Run	Total
Top 5 Female									
13	F 25+	Sandra	Forero Forero	Ponte Vedra Beach	FL	0:11:40	1:21:10	0:36:50	2:09:40
32	F 40+	Celeste	St. Pierre	Franconia	NH	0:13:33	1:19:29	0:37:57	2:10:59
21	F 30+	Kiersa	Johnson-Chappell	Saratoga Springs	NY	0:15:28	1:17:23	0:38:25	2:11:16
33	F 40+	Karen	Newman	Old Greenwich	CT	0:13:57	1:23:43	0:37:50	2:15:30
10	F 25+	Kate	Farrell-Gray	Essex Junction	VT	0:22:11	1:18:17	0:38:52	2:19:20
4	F 20+	Katy	Taylor	Hanover	NH	0:15:16	1:30:55	0:40:51	2:27:02
5	F 20+	Katherine	Jones-Lippy	Athol	MA	0:20:19	1:35:53	0:38:20	2:34:32
8	F 20+	Julie	Heaphy	Middlebury	VT	0:16:39	1:46:30	0:33:42	2:36:51
7	F 20+	Jette	Duba	Portland	ME	0:13:38	0:00:00	0:00:00	0:00:00
9	F 25+	Rebecca	Butler	Grantham	NH	0:18:28	1:28:39	0:33:32	2:20:39
11	F 25+	Jill	Smith	Burlington	VT	0:13:14	1:28:37	0:43:43	2:25:34
15	F 25+	Laura	Ogilvie	Wakefield	MA	0:19:07	1:32:00	0:42:29	2:33:36
14	F 25+	Courtney	Banghart	Hanover	NH	0:19:47	1:38:39	0:37:06	2:35:32
233	F 30+	Kara	Kidder	Hyde Park	VT	0:13:51	1:29:03	0:43:14	2:26:08
18	F 30+	Ann Marie	Mahar	Middletown Spgs	VT	0:18:17	1:36:42	0:42:07	2:37:06
17	F 30+	Magge	Stone	Waitsfield	VT	0:22:55	1:44:33	0:55:50	3:03:18
19	F 30+	Susan	Fletcher	Los Angeles	CS	0:36:35	2:29:18	1:20:04	4:25:57
28	F 35+	Magali	Welch	Stowe	VT	0:18:02	1:30:31	0:39:21	2:27:54
23	F 35+	Pam	Paradee	Bristol	VT	0:18:47	1:30:34	0:40:53	2:30:14
25	F 35+	Lauren	Boyd	La Jolla	CA	0:18:31	1:31:24	0:40:42	2:30:37
228	F 35+	Bridget	Nester	Guilford	CT	0:18:18	1:28:31	0:47:41	2:34:30
26	F 35+	Betty	Cox	Manchester	NH	0:19:24	1:33:10	0:43:34	2:36:08
30	F 35+	Robin	Reed	Randolph	VT	0:21:21	1:40:02	0:42:12	2:43:35
27	F 35+	Lisa	Burt	Addison	VT	0:19:37	1:42:12	0:46:20	2:48:09
24	F 35+	Brenda	DePalma	Stockholm	NJ	0:23:54	1:39:39	0:45:37	2:49:10
35	F 40+	Sandy	Dylak	New Paltz	NY	0:19:40	1:37:50	0:46:59	2:44:29
36	F 40+	Tersea	Polley	Norwalk	CT	0:20:48	1:41:31	0:52:33	2:54:52
34	F 40+	Sheila	McQueen	Yonkers	NY	0:36:37	2:29:16	1:20:04	4:25:57
37	F 45+	Raeann	Rose	Lachine	QUE	0:19:41	1:32:02	0:41:57	2:33:40
39	F 45+	Elizabeth	Gromley	Porter Corners	NY	0:21:08	1:29:17	0:44:34	2:34:59
40	F 45+	Rhonda	Wagner	Osceola	IN	0:24:39	1:47:22	0:49:44	3:01:45
42	F 50+	Joan	Tranmer	Kingston	ONT	0:16:10	1:27:19	0:45:00	2:28:29
43	F 50+	Jo-Ann	Spinelli	Latham	NY	0:19:20	1:35:21	0:42:31	2:37:12
44	F 55+	Christine	McKnight	Schuylerville	NY	0:21:42	1:33:32	0:41:03	2:36:17
49	FT 40+	Team	Rich/Richburg	Randolph	VT	0:18:13	1:35:07	0:41:44	2:35:04
47	FT 40-	Team	Gebo	Rutland	VT	0:18:11	1:29:15	0:41:17	2:28:43
48	FT 40-	Team	DHL	Herndon	VA	0:13:44	1:29:50	0:43:02	2:26:36

Top 5 Male

77	M 35+	Bob	Reynolds	Johnson	VT	0:14:16	1:14:06	0:28:07	1:56:29
3	M 45+	Steve	Hare	Middlebury	VT	0:12:32	1:13:00	0:31:28	1:57:00
52	M 20+	Robert	Areson	Ashland	WI	0:14:06	1:16:27	0:29:10	1:59:43
73	M 35+	Mark	Wilson	Woodstock	NY	0:13:59	1:14:01	0:32:43	2:00:43
229	M 20+	Darren	Ogilvie	Shelburne	VT	0:12:58	1:14:34	0:33:29	2:01:01
50	M 20+	Tom	Greenless	Ann Arbor	MI	0:15:45	1:31:54	0:26:21	2:14:00
51	M 20+	Mathew	Lemberger	Hanover	NH	0:23:30	1:21:18	0:34:07	2:18:55
53	M 20+	Johnathan	Loudis	Hanover	NH	0:18:04	0:00:00	0:00:00	0:00:00
54	M 25+	David	Trumpey	Lake Placid	NY	0:15:43	1:22:06	0:38:44	2:16:33
55	M 25+	Matthew	Tobolski	Oconomowoc	WI	0:22:23	1:37:20	0:46:02	2:45:45
57	M 30+	Steven	Urish	Burlington	VT	0:12:25	1:17:24	0:33:36	2:03:25
66	M 30+	Jeff	Wood	W. Newbury	VT	0:19:20	1:19:51	0:34:25	2:13:36
65	M 30+	Jarka	Duba	Enfield	NH	0:15:52	1:24:30	0:37:41	2:18:03
64	M 30+	Matthew	Trail	South Boston	MA	0:18:09	1:21:50	0:39:54	2:19:53
58	M 30+	Johan	Duba	Herndon	NH	0:13:38	1:32:04	0:35:42	2:21:24
62	M 30+	Shadi	Hassan	Dubai	UAE	0:16:27	1:25:45	0:39:39	2:21:51
56	M 30+	Scott	Pokrywa	Brighton	MA	0:20:22	1:30:12	0:39:22	2:29:56
61	M 30+	Howland	Brown	Moretown	VT	0:16:00	1:30:23	0:43:39	2:30:02
67	M 30+	Mark	Michalisin	Niskayuna	NY	0:20:02	1:32:58	0:38:39	2:31:39
59	M 30+	Shervyn	Von Hoerl	New York	NY	0:19:45	1:39:42	0:44:21	2:43:48
70	M 30+	Charlie	Voigt	Waitsfield	VT	0:18:40	1:38:39	0:47:42	2:45:01
60	M 30+	Brian	Lynch	Cambridge	MA	0:24:40	1:50:39	0:45:35	3:00:54
232	M 35+	Ed	Hamilton	Shelburne	VT	0:15:19	1:14:48	0:31:30	2:01:37
76	M 35+	Dan	Laroche	Greenfield	MA	0:14:54	1:15:28	0:31:45	2:02:07
75	M 35+	Frank	Phillips	Oxford	CT	0:14:22	1:15:16	0:36:10	2:05:48
78	M 35+	Lars	Ronning	Tikoeb	DNK	0:15:55	1:16:02	0:34:20	2:06:17
83	M 35+	Joseph	Hensel	Hanover	NH	0:16:30	1:19:31	0:32:50	2:08:51
227	M 35+	Rich	Barkan	Long Beach	NY	0:11:51	1:23:25	0:37:05	2:12:21
81	M 35+	Joel	Palmer	Vergennes	VT	0:16:25	1:26:13	0:37:25	2:20:03
85	M 35+	Jon	Blatchford	Hanover	NH	0:16:40	1:25:09	0:40:52	2:22:41
82	M 35+	Andy	Kepes	Addison	VT	0:19:32	1:28:50	0:35:17	2:23:39
84	M 35+	Michael	Martinez	Lebanon	NH	0:18:36	1:26:54	0:40:06	2:25:36
79	M 35+	Edward	McBain	Saratoga Springs	NY	0:18:49	1:30:36	0:38:19	2:27:44
74	M 35+	David	Gawrylowicz	West Chester	PA	0:21:43	1:35:10	0:53:43	2:50:36
97	M 40+	Paul	Welch	Stowe	VT	0:16:24	1:16:51	0:31:54	2:05:09
91	M 40+	Dan	Sommers	Burlington	VT	0:16:21	1:20:19	0:34:09	2:10:49
88	M 40+	Richard	Starace	Greenfield Center	NY	0:14:00	1:21:27	0:37:42	2:13:09
96	M 40+	Paul	Gebhard	Saratoga Springs	NY	0:16:55	1:24:27	0:35:57	2:17:19
93	M 40+	Daniel	Sullivan	Medfield	MA	0:15:58	1:26:17	0:36:46	2:19:01
87	M 40+	Tom	Cook	Chittenden	VT	0:17:05	1:24:29	0:39:28	2:21:02
92	M 40+	Phillip	Borgese	Niskayuna	NY	0:17:30	1:29:45	0:38:10	2:25:25
90	M 40+	Grant	Healey	Bondville	VT	0:21:03	1:25:11	0:41:25	2:27:39
86	M 40+	Gary	Franklin	Charlotte	VT	0:20:50	1:29:57	0:42:00	2:32:47
95	M 40+	Mark	Pritchard	Hoboken	NJ	0:20:59	1:44:52	0:39:29	2:45:20
226	M 40+	Kenneth	Werner	Brooklyn	NY	0:26:27	1:48:37	0:57:38	3:12:42
94	M 40+	Chuck	Devine	Quechee	VT	0:22:10	2:09:11	0:49:36	3:20:57

2	M 45+	Jeffrey	Schumann	Newington	CT	0:11:43	1:13:53	0:37:41	2:03:17
207	M 45+	James	Virgillo	Pittsfield	MA	0:15:58	1:18:46	0:40:25	2:15:09
201	M 45+	Jay	Fetherolf	Waitsfield	VT	0:15:24	1:20:01	0:41:20	2:16:45
205	M 45+	Fred	Dieffenbach	Bethel	VT	0:18:16	1:27:40	0:38:40	2:24:36
100	M 45+	Chris	Heimert	Burlington	VT	0:16:21	1:26:49	0:42:20	2:25:30
99	M 45+	William	Izzo, Jr.	Keene	NY	0:18:58	1:28:38	0:41:00	2:28:36
98	M 45+	William	Cohen	N. Clarendon	VT	0:24:22	1:25:40	0:41:47	2:31:49
203	M 45+	Bently	Boger	Atlanta	GA	0:19:01	1:34:50	0:46:59	2:40:50
202	M 45+	Lawrence	Ladden	Elkins Park	PA	0:19:07	1:39:29	0:43:02	2:41:38
204	M 45+	Robert	Polley	Norwalk	CT	0:15:10	1:41:10	0:52:33	2:48:53
206	M 45+	Robert	Fretz	Montreal	QUE	0:18:06	1:29:57	0:00:00	0:00:00
1	M 50+	Scott	Eavenson	Montreal	QUE	0:14:43	1:13:07	0:34:40	2:02:30
210	M 50+	John	Valentine	Roxbury	VT	0:20:25	1:26:35	0:35:28	2:22:28
208	M 50+	Peter	Brown	Kingston	ONT	0:18:14	1:24:52	0:41:58	2:25:04
209	M 50+	Allen	Smith	Middlebury	VT	0:17:42	1:34:42	0:44:29	2:36:53
231	M 55+	Win	Thomas	N. Chittenden	VT	0:16:19	1:21:38	0:35:03	2:13:00
211	M 55+	Neal	McBain	Lebanon	NH	0:20:46	1:32:46	0:42:23	2:35:55
234	M 55+	Premananda	Childs	Ojai	CA	0:19:40	1:28:21	0:51:50	2:39:51
212	M 55+	Phil	Leigh	Tampa	FL	0:22:49	1:29:18	0:49:34	2:41:41
213	M 55+	Ron	Donelson	Hanover	NH	0:18:19	1:34:17	0:49:07	2:41:43
225	M 60+	Mike	Howard	Brooklyn	NY	0:24:51	1:35:34	0:58:46	2:59:11
217	M 65+	Chuck	Hornsby	Brattleboro	VT	0:24:09	1:45:33	0:54:01	3:03:43
216	M 65+	Bruce	Kurtz	Longmeadow	MA	0:20:50	1:41:44	1:21:14	3:23:48
220	MIX 40+	Team	The Brattleboro 3	Brattleboro	VT	0:12:56	1:24:46	0:37:47	2:15:29
218	MIX 40-	Team	The Delany Duo	Lake Luzerne	NY	0:16:43	1:23:08	0:33:57	2:13:48
224	MT 40+	Team	Slugbusters II	Ferrisburg	VT	0:11:05	1:12:35	0:35:07	1:58:47
230	MT 40+	Team	Ogilvie	Shelburne	VT	0:22:30	1:33:16	0:32:32	2:28:18
221	MT 40-	Team	ArchLaw	Burlington	VT	0:11:54	1:21:29	0:35:48	2:09:11
222	MT 40-	Team	Injury En Fuego	West Hartford	CT	0:12:52	1:15:34	0:36:15	2:04:41
223	MT 40-	Team	Markison/Curtin/Robitaille	Danville	VT	0:13:49	1:24:02	0:27:02	2:04:53