

# Lake Dunmore Triathlon FORMALLY



# VERMONT STATE TRIATHLON

Salisbury, VT, August 14, 2005

[Overall Winners | Age-Group Winners | Team Results | Team Winners]

## Overall Results

Swim - .5mi / Bike - 28mi / Run - 5mi

Due to a low battery at the Run Out timing location there were several Tran2 times not recorded. To rectify this situation we have incorporated the Tran2 time for only those effected into their run time. To achieve this we've listed the Tran2 time of 0.01.  
timers@verizon.net

Place	NO.	NAME	DIV PLC/TOT	DIV	TOWN/STATE	<-- SWIM -->		<-- BIKE -->		TRAN2	RUN Time	TOTAL Time
						Plc	Time	Plc	Time			
1	133	NICK RICHARDSON	1/6	M2529	JP MA	8	12:16	0:48	4 1:13:01	0:31	28:35	1:55:09
2	115	MASARU FURUKAWA	2/6	M2529	S BURLINGTON VT	10	12:31	1:02	1 1:11:48	0:45	31:23	1:57:27
3	45	JEAN PAUL GOWDY	3/6	M2529	NORTON MA	1	11:08	1:00	8 1:14:17	0:33	32:44	1:59:39
4	117	ANDREAS NOLTE	1/13	M4044	JERICHO VT	16	13:18	1:43	2 1:12:49	0:43	32:19	2:00:49
5	145	RYAN PATERSON	4/6	M2529	WILLISTON VT	7	12:14	0:46	10 1:14:34	0:28	33:27	2:01:27
6	3	STEVE HARE	1/15	M4549	MIDDLEBURY VT	18	13:31	0:50	11 1:14:48	0:32	32:41	2:02:20
7	111	TJ SABOTKA	1/10	M3034	RUTLAND VT	24	13:58	0:56	3 1:13:00	0:24	34:05	2:02:20
8	40	ROBERT ARESO	1/3	M2024	ASHLAND WI	14	13:08	1:28	18 1:16:23	0:51	30:43	2:02:32
9	69	PAUL WELCH	2/13	M4044	STOWE VT	17	13:24	1:01	15 1:15:41	0:38	32:10	2:02:52
10	106	JON ARNE ENEVOLDSEN	3/13	M4044	WAITSFIELD VT	62	16:46	1:13	12 1:15:04	0:25	30:31	2:03:58
11	149	ED HAMILTON	1/15	M3539		50	16:14	0:50	9 1:14:18	0:37	32:53	2:04:49
12	76	JEFFREY SCHUMANN	2/15	M4549	NEWINGTON CT	4	11:30	1:25	5 1:13:30	0:54	37:47	2:05:05
13	152	JOSEPH HENSEL	2/15	M3539		58	16:31	1:35	6 1:13:48	1:20	32:17	2:05:29
14	58	STEVEN URISH	3/15	M3539	BURLINGTON VT	5	11:38	1:04	21 1:17:20	0:31	36:33	2:07:04
15	79	DOUG COCHRANE	3/15	M4549	DIEPPE	13	13:06	1:07	20 1:17:18	0:46	35:20	2:07:35
16	147	BARNEY HODGES	4/15	M3539	CORNWALL	49	16:12	0:41	17 1:16:05	0:41	34:29	2:08:06
17	71	MARK MULDER	4/15	M4549	ALLENDALE NJ	20	13:37	0:48	16 1:15:45	0:36	38:18	2:09:02
18	56	NICHOLAS PETERSSEN	5/15	M3539	PLAINFIELD VT	56	16:25	2:15	7 1:14:07	1:37	35:48	2:10:11
19	82	PETER PRESTON	1/7	M5054	GREENWICH CT	30	14:39	1:01	27 1:19:41	0:44	34:19	2:10:22
20	114	ANDY ZUCCOTTI	6/15	M3539	JENKINTOWN PA	48	16:09	1:25	14 1:15:41	0:44	36:33	2:10:30
21	10	KIERSA JOHNSON-CHAPP	1/3	F3034	SARATOGA SPGS NY	28	14:23	1:10	22 1:17:25	0:51	37:10	2:10:56
22	141	PETER SOLOMON	4/13	M4044	MIDDLEBURY VT	9	12:29	1:01	30 1:20:14	1:02	37:16	2:12:00
23	112	KAREN NEWMAN	1/12	F4044	OLD GREENWICH CT	12	13:04	1:01	47 1:23:50	0:44	34:43	2:13:20
24	66	ERIC DOLE	5/13	M4044	WEST LEBANON NH	19	13:36	1:26	40 1:22:20	0:41	35:29	2:13:31
25	140	JOHN AJEMIAN	6/13	M4044	DOVER MA	26	14:13	1:20	31 1:20:15	1:05	36:48	2:13:39
26	91	STEVE AXELSON	1/6	M5559	NEW PALTZ NY	33	14:48	1:54	28 1:19:51	0:41	36:28	2:13:40
27	136	CELESTE ST PIERRE	2/12	F4044	FRANCONIA NH	11	13:02	0:55	33 1:20:33	0:30	38:47	2:13:45
28	150	BILL REYNOLDS	5/15	M4549	NORTHSFIELD VT	23	13:50	1:50	24 1:19:31	1:18	37:31	2:14:00
29	124	THOMAS RING	7/13	M4044	QUECHEE VT	51	16:14	1:59	37 1:21:50	1:21	32:59	2:14:22
30	127	JAMES VIRGILIO	6/15	M4549	PITTSFIELD MA	34	14:52	1:10	13 1:15:11	1:23	41:50	2:14:24
31	70	CHRISTOPHER BENNETT	7/15	M4549	ARLINGTON VA	64	16:51	1:46	25 1:19:36	1:10	35:46	2:15:07
32	25	DOT MARTIN	3/12	F4044	MONTPELIER VT	29	14:28	0:52	50 1:24:26	0:59	34:37	2:15:21
33	46	WILLIAM AMICK	2/10	M3034	DARENSTOWN MD	6	11:52	2:14	23 1:18:51	1:19	41:15	2:15:28
34	9	JESSIE DES FORGES	2/3	F3034	JAMAICA PLAIN MA	21	13:38	1:28	51 1:24:29	0:43	36:08	2:16:25
35	131	ARMANDO GUIROZ	3/10	M3034		15	13:13	0:56	57 1:25:54	1:20	35:10	2:16:30
36	50	JEREMY TONDREAU	4/10	M3034	PELHAM NH	59	16:35	2:21	26 1:19:38	1:28	37:03	2:17:03
37	12	KELLEY DOLE	1/6	F3539	WEST LEBANON NH	55	16:22	1:57	36 1:21:08	1:07	37:56	2:18:28
38	60	RIC HAUPT	7/15	M3539	AMHERST MA	52	16:17	2:25	29 1:20:12	1:05	38:37	2:18:35
39	86	MARTIN BLACK	2/7	M5054	HENDERSONVILLE NC	47	16:09	2:33	38 1:21:54	1:22	37:19	2:19:16
40	125	MICHAEL LEMYRE	5/10	M3034	NEW YORK NY	108	21:30	1:21	35 1:20:55	1:08	34:35	2:19:27
41	88	JOHN VALENTINE	2/6	M5559	ROXBURY VT	96	19:23	1:09	45 1:23:22	1:09	35:21	2:20:22
42	151	CRAIG WOOD	8/13	M4044	PROCTOR VT	91	18:42	0:53	32 1:20:24	1:04	39:38	2:20:38
43	135	ALHEN DRILLICH	1/1	M1519	REDINTON FL	41	15:29	0:45	46 1:23:40	0:49	40:59	2:21:40
44	144	ILKE VAN GENECAPTEN	1/2	F2024	COLCHESTER VT	69	16:58	1:00	49 1:23:58	0:57	39:18	2:22:09
45	42	MATTHEW BURLEIGH	5/6	M2529	JERICHO VT	65	16:56	2:51	34 1:20:42	1:20	40:57	2:22:43
46	64	RICH BARKAN	9/13	M4044	LONG BEACH NY	2	11:11	1:45	62 1:27:04	1:39	41:36	2:23:14
47	123	RICK MORSE	3/6	M5559	ROUND LAKE NY	43	15:37	2:03	65 1:27:18	1:39	36:46	2:23:21
48	59	TERRENCE FERNS	8/15	M3539	CONCORD NH	82	18:04	2:42	54 1:25:19	1:21	35:57	2:23:22
49	39	MICHAEL RUGER	2/3	M2024	GLENS FALLS NY	74	17:18	1:11	55 1:25:28	1:01	39:21	2:24:17
50	74	JOHN BERINO	8/15	M4549	HINESBURG VT	67	16:57	1:17	53 1:25:16	0:48	40:30	2:24:46
51	84	JOHN MARTIN	3/7	M5054	MONTPELIER VT	72	17:14	1:38	41 1:22:51	1:13	41:56	2:24:50
52	67	ANDREW ZEHNER	10/13	M4044	NEW HAVEN CT	85	18:18	2:30	58 1:25:58	1:51	36:24	2:25:00
53	126	BRENNAN WARBLE	9/15	M3539	BRONXVILLE NY	37	15:02	2:06	61 1:26:51	1:21	40:10	2:25:27
54	87	JACQUES ADAM	4/7	M5054	WESTMOUNT	89	18:30	1:29	66 1:27:25	0:59	37:08	2:25:30
55	62	MICHAEL MARTINEZ	10/15	M3539	LEBANON NH	61	16:41	1:27	39 1:22:19	1:18	43:56	2:25:39
56	134	JEFF JACKSON	9/15	M4549	SHELburne VT	25	14:06	1:33	74 1:29:00	1:22	40:26	2:26:25
57	30	LYNN KAPUSTA	1/8	F4549	EAST BRUNSWICK NJ	60	16:38	2:11	64 1:27:18	1:17	39:29	2:26:52
58	122	THORA POMICTER	4/12	F4044	SHELburne VT	87	18:23	1:34	44 1:23:06	1:26	42:27	2:26:54
59	27	TRACEY DELANEY	5/12	F4044	LAKE LUZERNE NY	70	16:58	1:15	85 1:32:20	0:01	37:02	2:27:35
60	54	LAND WILSON	11/15	M3539	VALPARAISO FL	76	17:26	2:02	52 1:24:55	0:56	42:20	2:27:37
61	139	GRETCHEN HARVEY	6/12	F4044		31	14:41	1:32	56 1:25:48	1:16	44:26	2:27:40
62	130	BRADLEY HOSMER	1/2	M6569		63	16:50	1:20	42 1:22:57	1:09	45:36	2:27:49
63	18	MAGALI WELCH	2/6	F3539	STOWE VT	66	16:57	1:16	70 1:28:23	0:59	40:38	2:28:12
64	118	PAT CONSOLATTI	7/12	F4044	RUTLAND VT	100	19:46	1:25	76 1:29:22	0:01	38:35	2:29:07
65	57	BOE STRANGE	12/15	M3539	MOBILE AL	107	21:07	1:22	48 1:23:56	0:48	42:34	2:29:45
66	47	JOHN ROUND	6/10	M3034	KEENE NH	71	17:05	2:07	43 1:23:04	2:13	45:30	2:29:57
67	143	LEN TREMBLAY	5/7	M5054	ST ALBANS VT	35	14:52	2:06	60 1:26:47	1:25	44:51	2:29:59



68	146	ANDREA MCLAUGLIN	8/12	F4044	BARRE VT	45	15:57	2:20	81	1:31:35	0:01	40:37	2:30:29
69	105	JIM FLAHERTY	4/6	M5559	CLIFTON PARK NY	97	19:24	1:56	63	1:27:17	1:11	40:58	2:30:45
70	22	ALIX CABRAL	9/12	F4044	WILLIAMSTOWN MA	57	16:31	2:14	59	1:26:34	0:54	44:47	2:30:58
71	8	SAMANTHA TONDREAU	3/3	F3034	PELHAM NH	44	15:39	1:51	67	1:27:27	1:17	44:50	2:31:03
72	89	RALPH SHERIDAN	5/6	M5559	WESTON MA	40	15:22	1:46	79	1:30:23	0:59	42:48	2:31:17
73	6	MOLLIE MORIARTY	1/4	F2529	WAITSFIELD VT	80	17:47	2:21	78	1:29:58	0:01	41:15	2:31:20
74	65	DAVID DESANTIS	11/13	M4044	MILTON MA	22	13:41	0:49	97	1:37:07	0:01	41:19	2:32:55
75	73	JAMES PYER	10/15	M4549	WEST LEBANON NH	78	17:42	1:50	77	1:29:31	0:01	43:52	2:32:55
76	116	RAYMOND O'CONNOR	6/7	M5054	SARATOGA SPRINGS NY	73	17:16	1:44	88	1:33:36	0:01	40:24	2:32:59
77	53	DOUG LEPOIDEVIN	7/10	M3034	TORONTO	90	18:41	1:45	75	1:29:15	1:22	44:13	2:35:14
78	75	JEFFREY UNDERHILL	11/15	M4549	LOUISVILLE KY	84	18:13	3:32	90	1:34:14	0:01	39:22	2:35:21
79	129	AMY NOE	3/6	F3539	WILLIAMSVILLE NY	75	17:20	1:36	100	1:37:13	0:01	39:32	2:35:40
80	24	LAUREN CUNNIFFE	10/12	F4044	NORTHFIELD MA	99	19:36	1:50	72	1:28:45	0:01	45:33	2:35:44
81	72	WILLIAM ROPER	12/15	M4549	WEYBRIDGE VT	79	17:46	3:43	80	1:30:57	0:01	44:04	2:36:30
82	77	TIM PRESAR	13/15	M4549	CRIDERSVILLE OH	119	25:51	2:06	73	1:28:50	0:01	40:33	2:37:20
83	28	MARGARET PYER	2/8	F4549	WEST LEBANON NH	102	20:00	2:07	83	1:31:46	0:01	43:33	2:37:25
84	43	CARTER FREIBURG	6/6	M2529	BURLINGTON VT	46	16:06	1:44	69	1:28:20	1:36	49:42	2:37:27
85	61	EDWARD LENTZ	13/15	M3539	BROOKLYN NY	116	24:07	2:45	82	1:31:39	0:01	38:59	2:37:29
86	52	MARK MICHALISIN	8/10	M3034	NISKAYUNA NY	88	18:30	1:15	102	1:37:57	0:01	40:02	2:37:44
87	29	RAEANN ROSE	3/8	F4549	LACHINE	86	18:18	1:23	84	1:31:55	0:01	46:10	2:37:46
88	121	CYNTHIA MACGREGOR	4/8	F4549	MONTREAL	54	16:20	2:25	86	1:33:25	0:01	45:36	2:37:46
89	35	JEANNE BUTTERFIELD	1/2	F5559	BANGOR ME	39	15:13	1:41	103	1:38:55	0:01	42:32	2:38:22
90	1	ROSHANAK MOHAGHEGH	1/2	F1519	WILLISTON VT	114	23:22	1:30	19	1:16:40	0:49	56:39	2:38:58
91	17	REBECCA ROTHSTEIN	4/6	F3539	HIGHLANDS NJ	27	14:17	2:05	99	1:37:13	0:01	45:46	2:39:21
92	41	GABRIELLE ADAM	2/2	F2024	WESTMOUNT	53	16:20	1:15	91	1:34:18	0:01	47:32	2:39:24
93	48	MATTHEW SLOCUM	9/10	M3034	NASHVILLE TN	77	17:40	2:44	93	1:34:32	0:01	44:55	2:39:51
94	81	PATRICK NOBLE	7/7	M5054	QUEENSBURY NY	105	20:52	2:24	68	1:27:58	0:01	49:22	2:40:35
95	90	COLIN GAGE	6/6	M5559	STANBRIDGE EAST	109	21:36	1:27	89	1:33:54	0:01	46:14	2:43:10
96	128	DOV FOGEL	14/15	M3539	CAMBRIDGE MA	111	22:10	2:19	71	1:28:28	0:01	51:05	2:44:01
97	31	GINNY RICHBURG	5/8	F4549	RANDOLPH CTR VT	81	18:00	2:54	101	1:37:53	0:01	46:40	2:45:27
98	19	BRENDA DEPALMA	6/8	F4549	STOCKHOLM NJ	101	19:55	1:39	87	1:33:34	0:01	50:31	2:45:38
99	94	JACK CARLOCK	2/2	M6569	CHESTER VT	83	18:07	2:33	96	1:36:59	0:01	48:11	2:45:50
100	55	MATT MACDONALD	15/15	M3539	KEENE NH	118	25:23	2:15	92	1:34:21	0:01	44:16	2:46:14
101	2	AURELIE SCHOEMANN	2/4	F2529	FEEDING HILLS MA	94	19:22	1:50	108	1:43:24	0:01	42:52	2:47:27
102	20	KATHLEEN DOYLE	11/12	F4044	MILTON MA	95	19:23	1:22	98	1:37:08	0:01	49:55	2:47:48
103	148	CHRISTIANA HODGES	5/6	F3539	CORNWALL	110	21:52	1:40	104	1:39:49	0:01	45:33	2:48:54
104	36	CASON CRANE	1/2	M0114	LAWRENCEVILLE NJ	32	14:43	1:17	111	1:46:37	0:01	48:59	2:51:36
105	80	CHUCK DEVINE	14/15	M4549	QUECHEE VT	104	20:39	4:03	95	1:36:54	0:01	50:51	2:52:27
106	4	ANJA FREIBURG	3/4	F2529	BURLINGTON VT	68	16:58	1:37	106	1:42:46	0:01	55:25	2:56:46
107	5	JESSICA MITCHELL	4/4	F2529	ALBANY NY	106	20:58	2:37	107	1:42:54	0:01	53:43	3:00:12
108	33	CYNTHIA NACCO	7/8	F4549	MANALAPAN NJ	92	19:03	2:20	113	1:49:22	0:01	54:12	3:04:57
109	95	RICHARD JOHNDROW, SR	1/2	M7099	TICONDEROGA NY	121	26:54	4:33	94	1:35:48	0:01	57:57	3:05:11
110	68	GEORGE BISHOP	12/13	M4044	BUDD LAKE NJ	113	22:57	3:00	105	1:41:09	0:01	58:20	3:05:26
111	138	JAMES A O'DONNELL	13/13	M4044	RIVERTON NJ	112	22:31	2:25	114	1:49:54	0:01	52:54	3:07:45
112	137	JIMMY O'CONNELL	2/2	M0114	RIVERTON NJ	42	15:34	9:25	115	1:49:55	0:01	52:51	3:07:45
113	11	KATHLEEN KEILITZ	6/6	F3539	CENTRAL ISLIP NY	115	23:23	2:53	110	1:46:23	0:01	58:18	3:10:56
114	49	MATTHEW LAW	10/10	M3034	AMHERST MA	122	27:54	2:25	112	1:48:34	0:01	52:27	3:11:20
115	132	SID KASTN	2/2	M7099	STOWE VT	38	15:12	3:16	109	1:45:49	0:01	1:10:20	3:14:37
116	32	CYNTHIA DUNCAN	8/8	F4549	TAMPA FL	117	24:33	2:06	116	1:53:12	0:01	1:01:50	3:21:40
117	113	MEGAN NEWHOUSE	2/2	F1519	S BURLINGTON VT	120	26:01	1:27	118	2:06:15	0:01	54:49	3:28:32
118	26	CATHY COSENTINO	12/12	F4044	FRANKLIN LAKES NJ	103	20:06	4:01	117	2:03:49	0:01	1:02:08	3:30:04
*** DNE ***													
119	38	SIMON GOWDY	3/3	M2024	MONTREAL	3	11:24	0:57					
120	78	STEVE DEPALMA	15/15	M4549	STOCKHOLM NJ	36	15:00	1:18					
121	92	LEONARD KERSHAW	1/1	M6064	ELIZABETHTOWN NY	93	19:04						
122	34	DIANE WAGNER	2/2	F5559	ELIZABETHTOWN NY	98	19:30						





Find this page online at [www.coolrunning.com/results/05/vt/Aug14\\_LakeDu\\_set4.shtml](http://www.coolrunning.com/results/05/vt/Aug14_LakeDu_set4.shtml)

# Lake Dunmore Triathlon

## Salisbury, VT, August 14, 2005

[ [Overall Results](#) | [Overall Winners](#) | [Age-Group Winners](#) | [Team Winners](#) ]

### Team Results

Swim - .5mi / Bike - 28mi / Run - 5mi

Due to a low battery at the Run Out timing location there were several Tran2 times not recorded. To rectify this situation we have incorporated the Tran2 time for only those effected into their run time. To achieve this we've listed the Tran2 time of 0.01.  
timers@verizon.net

Place	NAME	NO.	TEAM DIV	<-- SWIM -->		<-- BIKE -->		TRAN2	RUN Time	TOTAL Time
				Plc	Time	Plc	Time			
1	TOWNSEND/DIETRICH BILL TOWNSEND TODD DIETRICH TJ DIETRICH	110	MTEAM	3	13:26	0:31	4 1:20:11	0:19	31:53	2:06:18
2	TEAM SLUGBUSTERS JIM ARNOLD JOANNIE SCHUMANN	99	XTEAM	6	15:21	0:30	1 1:11:50	0:24	39:14	2:07:17
3	TEAM HERRINGTON HOWARD HERRINGTON MATT HERRINGTON EMILY HERRINGTON	96	XTEAM	4	13:37	0:40	6 1:23:26	0:32	31:42	2:09:56
4	AVERY/ROBINSON JIM AVERY COREY ROBINSON DOUG ROBINSON	109	MTEAM	1	11:30	0:37	8 1:24:25	0:23	38:25	2:15:19
5	TEAM ALGER/DELANEY MIKE DELANEY RON ALGER THERESA ALGER	97	XTEAM	8	16:40	0:35	5 1:22:18	0:23	36:25	2:16:18
6	TEAM VIRCORVUS AL PRESCOTT PETER HEFFERNAN SCOTT WILDMAN	101	MTEAM	2	12:23	0:37	3 1:19:34	0:28	47:28	2:20:28
7	THOMPSON/HAKES FRED THOMPSON BETHANY HAKES	142	XTEAM	12	20:24	0:43	2 1:15:17	1:15	43:36	2:21:14
8	FRETZ/LUDLOW ROBERT FRETZ BILL LUDLOW	120	MTEAM	9	16:58	1:49	9 1:27:13	0:32	35:40	2:22:11
9	TEAM BACON/RAY/ZEHN JASON BACON MARK RAY SUE WHITTY ZEHNER	98	XTEAM	13	21:30	0:41	10 1:31:34	0:01	37:55	2:31:39
10	LAIER/BARKER/SIME ABBY LAIER NELLIE BARKER THERESA SIME	119	FTEAM	5	14:04	0:45	11 1:46:18	0:01	35:54	2:37:02

11	TEAM RAVENS3 KATIE WILDMAN NICOLE DIGENIS	103	FTEAM	7	16:22	1:49	7	1:23:52	0:25	55:12	2:37:39
12	TEAM RAVENS1 JUDY PRESCOTT DANA MASTROIANNI	104	FTEAM	10	17:23	0:44	12	1:53:07	0:01	50:11	3:01:25
13	TEAM RAVENS2 JUNKO NAGANO JENNIFER WALKER	102	XTEAM	11	17:23	0:41	13	1:59:30	0:01	45:54	3:03:28
14	TEAM SABALY DOMENICO BARBIERO GIOVANNI GUERRERA ANTHONY BARBIERO	100	MTEAM	14	23:28	0:35	14	2:24:03	0:01	46:21	3:34:26