

Vermont Sun Triathlon - 7/25/04

600-yd Swim, 14-mile Bike, 3.1-mile Bike

Bib	Class	First Name	Last Name/Team Name	City	State	Swim	Bike	Run	Total
Top 5 Female									
25	F 35+	Caroline	Chapados	Boucherville	QC	0:09:35	0:42:24	0:21:26	1:13:25
32	F 40+	Celeste	St. Pierre	Franconia	NH	0:09:29	0:41:25	0:22:50	1:13:44
33	F 40+	Karen	Newman	Old Greenwich	CT	0:09:57	0:42:26	0:23:24	1:15:47
35	F 40+	Leslie	MacGregor	Meriden	NH	0:11:59	0:42:24	0:22:24	1:16:47
39	F 40+	Victoria	du Roure	Plainfield	NH	0:11:54	0:43:43	0:21:40	1:17:17
7	F 20+	Alison	Flint	Charlestown	NH	0:09:51	0:44:50	0:23:21	1:18:02
10	F 20+	Katherine	Fredlund	Troy	NY	0:10:02	0:47:20	0:22:35	1:19:57
9	F 20+	Hadley	Graham	Boulder	CO	0:12:48	0:45:16	0:23:22	1:21:26
11	F 20+	Rania	Khan	Battle Creek	MI	0:10:47	0:49:22	0:24:20	1:24:29
186	F 20+	Amanda	Wang	Warrensburg	NY	0:12:55	0:49:12	0:23:27	1:25:34
4	F 20+	Hayley	Davidow	Baltimore	MD	0:14:02	0:47:10	0:28:08	1:29:20
8	F 20+	Kathryn	Kellogg	Middlebury	VT	0:14:07	0:49:26	0:26:09	1:29:42
5	F 20+	Sophie	Wood	Thetford Ctr	VT	0:16:50	0:59:48	0:26:18	1:42:56
12	F 25+	Maggie	Anderson	Moscow	VT	0:14:18	0:44:57	0:24:48	1:24:03
14	F 25+	Sarah	Anderson	S. Weymouth	MA	0:12:51	0:52:10	0:22:15	1:27:16
13	F 25+	Amy	Buck	Middlebury	VT	0:19:49	0:53:12	0:26:26	1:39:27
22	F 30+	Tracey	Mancini	Middlesex	VT	0:13:35	0:42:50	0:23:46	1:20:11
16	F 30+	Heather	Ross	Portsmouth	NH	0:12:11	0:44:55	0:23:44	1:20:50
19	F 30+	Nancy	Theobald	S. Burlington	VT	0:14:59	0:47:01	0:28:15	1:30:15
20	F 30+	Lara	Ramsey	Washington	D.C.	0:13:13	0:51:18	0:26:09	1:30:40
23	F 30+	Dina	Solimini	Abington	MA	0:15:15	0:48:57	0:32:35	1:36:47
18	F 30+	Michaela	Ryan	Shelburne	VT	0:14:36	0:53:26	0:29:20	1:37:22
15	F 30+	Michelle	Draeger	Brooklyn	NY	0:17:59	0:58:29	0:34:16	1:50:44
28	F 35+	Pam	Paradee	Bristol	VT	0:13:21	0:43:57	0:22:36	1:19:54
188	F 35+	Julia	Aimers	Navan	ONT	0:11:42	0:43:23	0:25:37	1:20:42
26	F 35+	Magali	Welch	Stowe	VT	0:12:17	0:46:29	0:23:17	1:22:03
179	F 35+	Kathleen	Carrara	Charlotte	VT	0:13:23	0:45:31	0:23:20	1:22:14
30	F 35+	Monique	Karthus	Vergennes	VT	0:12:57	0:46:11	0:23:20	1:22:28
27	F 35+	Moira	McGill	Fallston	MD	0:10:21	0:49:07	0:29:17	1:28:45
31	F 35+	Pollyanna	Carbone	Hopkinton	MA	0:14:08	0:50:36	0:26:14	1:30:58
21	F 35+	Kathleen	McElhenny	Clifton Park	NY	0:16:00	0:52:46	0:25:50	1:34:36
36	F 40+	Jodi	Foster-Robison	Springfield	VT	0:12:49	0:44:00	0:23:00	1:19:49
192	F 40+	Robin	Reed	Randolph	VT	0:14:26	0:45:38	0:26:09	1:26:13
183	F 40+	Nadia	Stadnyk	Johnsonville	NY	0:15:26	0:48:52	0:25:59	1:30:17
38	F 40+	Tersea	Polley	Norwalk	CT	0:15:01	0:50:42	0:31:31	1:37:14
196	F 45+	Linn	Larson	Middlebury	VT	0:10:49	0:43:50	0:25:51	1:20:30
45	F 45+	Trish	Okeeffe	Montreal	QUE	0:11:26	0:43:44	0:26:22	1:21:32
43	F 45+	Cynthia	Mumford	Waitsfield	VT	0:14:31	0:45:10	0:23:42	1:23:23
40	F 45+	Lynn	Kapusta	East Brunswick	NJ	0:13:00	0:44:16	0:26:56	1:24:12
46	F 45+	Jennifer	White	Waitsfield	VT	0:13:51	0:48:11	0:25:46	1:27:48
44	F 45+	Elizabeth	Fukushima	Plainfield	VT	0:12:10	0:51:40	0:28:54	1:32:44

42	F 45+	Janice	Gelb	Riverside	CT	0:17:29	0:51:05	0:27:14	1:35:48
48	F 50+	Patricia	Malmgren	New York	NY	0:13:31	0:46:17	0:25:13	1:25:01
181	F 50+	Barbara	Hummel	Woodstock	VT	0:11:29	0:52:46	0:25:18	1:29:33
47	F 50+	Martha	Devaney	Gansevoort	NY	0:14:57	0:50:53	0:29:28	1:35:18
51	F 55+	Christine	McKnight	Schuylerville	NY	0:14:32	0:46:27	0:28:23	1:29:22
50	F 55+	Diane	Wagner	Latham	NY	0:16:29	0:51:35	0:29:09	1:37:13
52	FT 40+	Team	Gebo-Dolce	Chittenden	VT	0:09:56	0:46:28	0:24:40	1:21:04
195	FT 40+	Team	Vietze/Towne	Warren	VT	0:18:47	0:44:24	0:25:10	1:28:21
53	FT 40-	Team	Virgilio	Pittsfield	MA	0:15:39	0:49:23	0:28:13	1:33:15

Top 5 Male

62	M 30+	Tim	Donahue	New York	NY	0:08:53	0:35:50	0:17:53	1:02:36
2	M 25+	Chas	Lyons	Weybridge	VT	0:12:27	0:34:33	0:18:17	1:05:17
3	M 45+	Steve	Hare	Middlebury	VT	0:09:03	0:37:37	0:18:43	1:05:23
1	M 45+	Jeffrey	Schumann	Newington	CT	0:08:23	0:37:49	0:22:11	1:08:23
82	M 40+	Jon Arne	Enevoldsen	Waitsfield	VT	0:11:56	0:38:28	0:18:05	1:08:29
54	M 20+	Adam	St.Pierre	Charlestown	NH	0:14:55	0:40:39	0:20:39	1:16:13
55	M 20+	Matt	Herrington	Cambridge	NY	0:15:39	0:43:01	0:21:54	1:20:34
56	M 20+	Raime	Masket-Roth	Middlebury	VT	0:15:31	0:55:11	0:32:16	1:42:58
57	M 25+	Zach	Jabri	New York	NY	0:17:31	1:00:48	0:24:13	1:42:32
60	M 30+	Jeff	Wood	W. Newbury	VT	0:13:57	0:41:08	0:20:12	1:15:17
59	M 30+	Christopher	Brauneis	Burlington	VT	0:13:08	0:42:54	0:20:24	1:16:26
61	M 30+	Hardin	Hester	Woodstock	VT	0:11:18	0:46:47	0:24:56	1:23:01
58	M 30+	Paul	Montaperto	Middlebury	VT	0:18:02	0:54:12	0:23:43	1:35:57
70	M 35+	Jean	Dion	Prevost	QUE	0:09:49	0:39:02	0:20:17	1:09:08
187	M 35+	Frank	Phillips	Oxford	CT	0:09:55	0:38:21	0:21:29	1:09:45
67	M 35+	Yvan	Turmel	Boucherville	QUE	0:09:29	0:39:02	0:21:31	1:10:02
65	M 35+	Steve	Chop	Sykesville	MD	0:12:24	0:42:08	0:22:22	1:16:54
63	M 35+	Joel	Palmer	Vergennes	VT	0:11:30	0:43:30	0:22:48	1:17:48
72	M 35+	Michael	Martinez	Lebanon	NH	0:12:51	0:43:04	0:23:34	1:19:29
75	M 35+	Scott	McGill	Fallston	MD	0:13:48	0:44:47	0:22:56	1:21:31
184	M 35+	Edward	McBain	Saratoga Springs	NY	0:13:53	0:47:43	0:23:39	1:25:15
64	M 35+	William	Cunningham	Melrose	MA	0:12:38	0:47:57	0:26:11	1:26:46
178	M 35+	John	Reidel	Burlington	VT	0:20:12	0:46:36	0:21:18	1:28:06
66	M 35+	John	Sheehan	Hoboken	NJ	0:16:06	0:52:56	0:25:34	1:34:36
71	M 35+	Adam	Shaw	Delmar	NY	0:20:49	0:56:53	0:25:24	1:43:06
74	M 35+	Stephen	Abbott	Middlebury	VT	0:12:11	0:43:21	0:22:37	DQ
68	M 35+	Stephane	Chapados	Boucherville	QUE	0:10:12	0:00:00	0:00:00	0:00:00
79	M 40+	Paul	Welch	Stowe	VT	0:11:02	0:38:11	0:19:30	1:08:43
83	M 40+	Dan	Sommers	Burlington	VT	0:12:06	0:41:15	0:20:48	1:14:09
84	M 40+	Stephen	O'Dwyer	Burlington	VT	0:11:03	0:42:38	0:20:31	1:14:12
185	M 40+	John	Ajemian	Dover	MA	0:10:45	0:41:42	0:22:11	1:14:38
76	M 40+	Tom	Cook	Chittenden	VT	0:11:59	0:42:03	0:23:02	1:17:04

81	M 40+	Steve	Tavella	Brattleboro	VT	0:10:40	0:44:22	0:24:00	1:19:02
78	M 40+	David	Melnick	Hinesburg	VT	0:11:54	0:43:09	0:24:03	1:19:06
77	M 40+	Craig	Wood	Proctor	VT	0:13:05	0:43:45	0:23:16	1:20:06
92	M 45+	Christopher	Douglass	Gloversville	NY	0:10:04	0:38:32	0:20:17	1:08:53
86	M 45+	Mark	Mulder	Allendale	NJ	0:09:57	0:37:45	0:21:59	1:09:41
85	M 45+	Jay	Fetherolf	Waitsfield	VT	0:10:21	0:39:58	0:21:44	1:12:03
177	M 45+	John	Bierschenk	Milford	NH	0:15:35	0:42:26	0:19:14	1:17:15
90	M 45+	James	Virgilio	Pittsfield	MA	0:11:42	0:40:14	0:25:45	1:17:41
189	M 45+	Paul	Martin	Orwell	VT	0:10:48	0:45:41	0:23:49	1:20:18
191	M 45+	Chris	Heimert	Burlington	VT	0:11:35	0:43:58	0:25:01	1:20:34
91	M 45+	Fred	Dieffenbach	Bethel	VT	0:13:29	0:43:55	0:23:27	1:20:51
88	M 45+	Mark	Schachner	Lake George	NY	0:14:12	0:44:01	0:23:48	1:22:01
197	M 45+	Geoffrey	Wolcott	Stowe	VT	0:16:04	0:45:49	0:28:25	1:30:18
94	M 45+	Robert	Polley	Norwalk	CT	0:11:33	0:48:12	0:31:31	1:31:16
89	M 45+	John	Gelb	Riverside	CT	0:15:16	0:50:03	0:27:03	1:32:22
87	M 45+	Clay	Kanzler	Woodstock	VT	0:16:01	0:52:09	0:29:24	1:37:34
95	M 50+	Chuck	Sellers	Barrington	NJ	0:12:07	0:42:28	0:22:15	1:16:50
99	M 50+	Howard	Herrington	Cambridge	NY	0:12:43	0:44:01	0:20:37	1:17:21
98	M 50+	Tom	Murphy	Waterbury Ctr	VT	0:11:07	0:41:21	0:25:59	1:18:27
182	M 50+	Kermit	Hummel	Woodstock	VT	0:12:22	0:44:31	0:22:33	1:19:26
96	M 50+	Dalton	Winslow	Meriden	NH	0:12:41	0:41:08	0:27:38	1:21:27
97	M 50+	Ralph	Sheridan	Weston	MA	0:12:12	0:44:11	0:25:24	1:21:47
170	M 55+	Milo	Schaefer	Vergennes	VT	0:09:50	0:40:57	0:23:00	1:13:47
190	M 55+	Neal	McBain	Lebanon	NH	0:14:03	0:44:13	0:25:18	1:23:34
100	M 55+	Jeff	Peck	Chagrin Falls	OH	0:13:43	0:45:50	0:30:38	1:30:11
169	M 55+	John	Gowdy	Montreal	QUE	0:14:16	0:51:52	0:26:53	1:33:01
171	M 60+	Leonard	Kershaw	Latham	NY	0:19:54	0:53:34	0:29:16	1:42:44
172	M 65+	Jack	Carlock	Andover	VT	0:14:20	0:47:50	0:24:21	1:26:31
174	M 65+	Chuck	Hornsby	Brattleboro	VT	0:17:38	0:51:40	0:29:32	1:38:50
173	M 65+	Bruce	Kurtz	Longmeadow	MA	0:14:54	0:53:37	0:45:08	1:53:39
180	M 70+	Richard	Johndrow, Sr.	Ticonderoga	NY	0:21:14	0:49:54	0:31:10	1:42:18
193	MIX 40+	Team	Towne	Golden	CO	0:13:00	0:46:22	0:25:20	1:24:42
194	MIX 40+	Team	STT	South Hill	VA	0:09:06	0:40:09	0:25:56	1:15:11
175	MIX 40-	Team	MacEachran/Jarry/Schwartzman	Norwich	VT	0:08:42	0:41:39	0:24:06	1:14:27
176	MT 40+	Team	Slugbusters II	Ferrisburg	VT	0:07:47	0:39:18	0:20:56	1:08:01