

OVERALL RESULTS
2007 Lums Pond Triathlon
Lums Pond State Park 08/19/2007 8:00 am Sunny
Directed by: Neil Semmel

Place	No.	C	NAME	Age	Sex	Rank	SWIM	T1	Rank	BI KE	Rate	T2	Rank	RUN	Pace	PENAL	TIME
1.	181		SCOOGE SNYDER	39	M	20	13:32	0:48	3	46:50	25.0	0:33	1	15:15	4:56		1:16:57
2.	80		JAMES BURNS	19	M	21	13:33	0:50	2	46:48	25.0	0:36	3	15:40	5:04		1:17:25
3.	91		GREG CLOSE	24	M	47	15:02	0:54	1	46:10	25.3	0:34	2	15:28	5:00		1:18:07
4.	110		TODD STACKHOUSE	25	M	10	12:20	0:52	6	47:57	24.4	0:59	22	17:22	5:36		1:19:28
5.	445		BRIAN LOVETT	33	M	1	11:24	0:54	38	50:54	23.0	0:37	7	16:23	5:18		1:20:10
6.	143		PATRI CK BEEBE	37	M	16	12:57	0:45	22	49:45	23.5	0:35	6	16:21	5:17		1:20:22
7.	281		DES NUNAN	53	M	6	12:11	1:06	12	48:33	24.1	0:47	42	18:04	5:50		1:20:40
8.	187		SCOTT WARD	36	M	40	14:42	1:10	5	47:30	24.6	0:39	14	17:04	5:31		1:21:02
9.	225		LEO SUNI AGA	41	M	19	13:24	0:58	19	49:23	23.7	1:12	4	16:08	5:13		1:21:03
10.	416		HANS RUPPENTHAL	43	M	23	13:38	0:49	10	48:26	24.2	0:48	34	17:45	5:44		1:21:23
11.	163		AL IACocca	35	M	3	11:43	1:05	31	50:05	23.4	0:53	49	18:21	5:56		1:22:05
12.	282		JEFF OXMAN	50	M	25	13:41	1:34	11	48:32	24.1	1:01	31	17:40	5:42		1:22:27
13.	197		PAUL DAVIS	44	M	56	15:16	1:05	4	47:14	24.8	1:04	40	17:59	5:48		1:22:36
14.	240		BOB ESCHENBACH	46	M	17	13:12	1:21	16	49:10	23.8	0:58	41	18:03	5:50		1:22:42
15.	164		COREY JENSEN	38	M	30	13:54	1:04	25	49:47	23.5	0:48	24	17:23	5:37		1:22:54
16.	106		DANI EL MCCONNELL	29	M	66	15:42	1:26	8	48:11	24.3	0:59	11	16:49	5:26		1:23:06
17.	173		KEVIN MCVEY	39	M	61	15:27	0:58	14	48:58	23.9	0:39	17	17:12	5:33		1:23:13
18.	264		MARK WIRT	47	M	79	16:02	1:02	9	48:18	24.2	1:09	13	17:00	5:29		1:23:29
19.	432		SHANNON SHOWALTER	33	M	14	12:47	0:53	30	49:58	23.4	0:46	83	19:38	6:20		1:24:00
20.	65		LOUI SE NUNAN	40	F	5	11:53	1:17	63	52:15	22.4	0:45	51	18:25	5:57		1:24:33
21.	93		MARK IWANS	22	M	2	11:33	0:37	45	51:27	22.7	0:47	107	20:26	6:36		1:24:48
22.	207		KEVIN KEATING	40	M	32	14:21	1:13	29	49:54	23.5	0:56	57	18:45	6:03		1:25:07
23.	140		NIKOLAJS VEDEJS	31	M	60	15:25	1:12	17	49:11	23.8	1:04	47	18:19	5:55		1:25:09
24.	123		MARK DOERING	31	M	70	15:52	1:07	37	50:53	23.0	0:47	9	16:41	5:23		1:25:17
25.	442		JASON MULVENY	36	M	90	16:22	1:17	7	47:58	24.4	0:57	60	18:51	6:05		1:25:23
26.	88		LOUIS WINKLER	19	M	85	16:12	0:42	54	51:47	22.6	0:44	5	16:14	5:14		1:25:36
27.	280		JOSEPH MULHERN	53	M	26	13:42	1:31	49	51:34	22.7	1:06	38	17:53	5:46		1:25:44
28.	152		JOHN EISENHARDT	35	M	31	13:57	1:26	47	51:31	22.7	1:07	36	17:47	5:44		1:25:46
29.	178		DINO SCLAVOUNOS	36	M	39	14:41	1:49	20	49:24	23.7	0:48	81	19:31	6:18		1:26:12
30.	1		ROBERT HARTMAN	48	M	41	14:45	0:59	27	49:49	23.5	0:51	96	19:56	6:26		1:26:19
31.	293		BOB HOYT	56	M	8	12:17	1:39	50	51:34	22.7	1:05	89	19:47	6:23		1:26:21
32.	109		MATTHEW SANDERL	28	M	9	12:19	1:16	68	52:58	22.1	0:46	70	19:09	6:11		1:26:26
33.	102		PIOTR FLORCZYK	29	M	4	11:51	1:20	72	53:12	22.0	1:01	67	19:08	6:11		1:26:31
34.	20		KATIE DICKERSON	28	F	22	13:34	1:30	76	53:26	21.9	0:46	23	17:22	5:36		1:26:35
35.	208		WILLIAM LAFFERTY	44	M	52	15:11	1:02	23	49:46	23.5	1:00	84	19:40	6:21		1:26:37
36.	248		MICHAEL KNOOP	47	M	71	15:55	1:32	39	50:56	23.0	1:21	18	17:14	5:34		1:26:55
37.	129		CHRIS LEMOS	30	M	27	13:42	1:23	74	53:21	21.9	1:07	25	17:24	5:37		1:26:56
38.	438		JASON QUENZER	31	M	148	17:53	1:02	28	49:49	23.5	0:42	27	17:33	5:40		1:26:57
39.	422		JACK BASILE	28	M	183	18:47	0:55	13	48:50	24.0	0:36	44	18:10	5:52		1:27:16
40.	108		JOSEPH MURRAY	29	M	107	16:53	1:13	34	50:44	23.1	1:02	35	17:45	5:44		1:27:35
41.	232		BOB CAMPBELL	47	M	80	16:04	1:15	26	49:49	23.5	0:51	93	19:52	6:25		1:27:50
42.	180	C	JOHN SNYDER	38	M	48	15:04	1:07	53	51:44	22.6	0:46	75	19:21	6:15		1:27:59
43.	227		TROY WEAVER	41	M	33	14:24	1:23	24	49:46	23.5	1:16	142	21:18	6:52		1:28:05
44.	144		BRIAN BLOCK	39	M	83	16:12	1:41	41	50:58	23.0	1:36	32	17:41	5:42		1:28:05
45.	244		MATTHEW GODO	46	M	68	15:47	1:20	42	51:07	22.9	0:56	64	18:59	6:08		1:28:07
46.	83		TYLER GEHRS	16	M	13	12:45	1:07	116	56:07	20.8	1:06	19	17:14	5:34		1:28:17
47.	79		ANDREW BURNS	17	M	54	15:14	1:41	83	53:54	21.7	1:22	8	16:29	5:19		1:28:38
48.	239		JIM ELDER	47	M	29	13:51	1:21	57	52:01	22.5	1:12	109	20:29	6:37		1:28:51
49.	296		TERRY PAHL	55	M	76	16:00	1:09	66	52:50	22.1	0:40	48	18:20	5:55		1:28:57
50.	283		PAUL PATTERSON	50	M	78	16:01	1:22	46	51:29	22.7	1:25	66	19:06	6:10		1:29:21
51.	172		RAY MCMULLEN	35	M	141	17:40	1:23	59	52:07	22.5	0:47	30	17:38	5:42		1:29:34
52.	203		LARRY GOLDSTEIN	42	M	128	17:20	1:42	21	49:40	23.6	0:54	99	20:00	6:27		1:29:34
53.	89	C	STEPHEN BOWMAN	24	M	156	18:04	1:31	15	49:02	23.9	0:54	101	20:09	6:30		1:29:38
54.	49		LESLIE RANDALL	38	F	46	14:55	1:28	78	53:32	21.9	0:57	59	18:49	6:04		1:29:39
55.	182		JOE SOSNOWSKI	39	M	63	15:37	1:45	44	51:18	22.8	1:18	90	19:48	6:24		1:29:45
56.	443		JENNI FER WAGNER	26	F	50	15:08	1:05	101	55:21	21.1	1:05	16	17:11	5:33		1:29:48
57.	115		RYAN BRUBAKER	34	M	106	16:52	1:50	36	50:51	23.0	1:00	77	19:25	6:16		1:29:56
58.	300		DAVID ADAMS	61	M	82	16:11	1:49	40	50:57	23.0	1:08	95	19:55	6:26		1:29:57
59.	19		ERIN BURLOVICH	27	F	18	13:15	1:19	135	57:06	20.5	0:47	29	17:38	5:42		1:30:02
60.	117		JOSEPH CUNANE	33	M	43	14:50	1:12	89	54:36	21.4	1:04	52	18:27	5:57		1:30:07
61.	94		ANDREW MALINAK	21	M	15	12:54	0:59	113	56:04	20.9	1:53	54	18:41	6:02		1:30:29
62.	213		ROBERT MCENTIRE	41	M	97	16:38	1:39	33	50:13	23.3	0:51	144	21:20	6:53		1:30:40
63.	127		CHRIS FEATHERS	34	M	86	16:13	1:24	48	51:32	22.7	0:52	119	20:41	6:41		1:30:40
64.	84		ETHAN KATZ	16	M	129	17:21	1:34	87	54:21	21.5	0:46	10	16:45	5:25		1:30:46
65.	98		KURT ANGSTADT	27	M	69	15:48	1:38	71	53:10	22.0	0:54	79	19:27	6:17		1:30:55
66.	158	C	CHRIS GOODWIN	35	M	73	15:58	1:11	60	52:08	22.4	1:06	113	20:34	6:38		1:30:56
67.	2		IRA MEYERS	47	M	160	18:12	2:04	73	53:18	22.0	0:35	12	16:58	5:29		1:31:04
68.	433		SMIDDY HARRISON	35	M	62	15:32	2:06	43	51:11	22.9	2:01	108	20:29	6:37		1:31:17

69.	60	ANDREA LAWRENCE	42	F	24	13:38	1:12	85	54:04	21.6	1:21	151	21:28	6:56	1:31:41
70.	135	C JASON MOOREHEAD	31	M	110	16:58	0:59	109	55:49	21.0	0:49	20	17:15	5:34	1:31:47

Aug-19-2007 12:19:45pm

OVERALL RESULTS

2007 Lums Pond Triathlon
Lums Pond State Park 08/19/2007 8:00 am Sunny

Directed by: Neil Semmel

Place	No.	C	NAME	Ag	S	Rank	SWIM	T1	Rank	BIKE	Rate	T2	Rank	RUN	Pace	PENAL	TIME
71.	185		JEFF STEED	38	M	12	12:42	2:09	130	56:43	20.6	1:01	74	19:19	6:14		1:31:52
72.	34		EMILY SHATTUCK	30	F	113	17:01	1:02	82	53:53	21.7	0:58	76	19:25	6:16		1:32:17
73.	179		JONATHAN SCULL	35	M	180	18:43	1:24	61	52:08	22.4	1:05	69	19:09	6:11		1:32:28
74.	107		JORDAN MITTELMAN	27	M	216	19:41	1:58	18	49:14	23.8	1:34	102	20:10	6:31		1:32:36
75.	171		TODD MATTHI ESEN	37	M	131	17:24	1:39	94	54:58	21.3	0:51	37	17:48	5:45		1:32:38
76.	272		JAMES HUTCHISON	51	M	65	15:41	1:07	88	54:27	21.5	1:03	115	20:35	6:39		1:32:51
77.	234		PETE CHARLTON	49	M	93	16:31	1:26	69	53:02	22.1	1:08	127	20:49	6:43		1:32:53
78.	128		PATRI CK HOGAN	32	M	170	18:23	1:21	35	50:47	23.0	0:54	153	21:35	6:58		1:32:59
79.	141		MATT WEBSTER	34	M	103	16:48	2:17	70	53:08	22.0	1:32	73	19:16	6:13		1:32:59
80.	119		MICHAEL D'ANGELO	30	M	72	15:57	1:09	124	56:30	20.7	0:40	62	18:57	6:07		1:33:11
81.	222		TOM SMYTH	44	M	132	17:24	1:42	56	51:50	22.6	1:15	135	21:06	6:49		1:33:16
82.	435		DUANE LODRIGE	53	M	116	17:07	1:48	32	50:05	23.4	1:18	199	23:04	7:27		1:33:20
83.	275		DAVID LANGE	52	M	38	14:40	1:06	98	55:17	21.2	1:10	137	21:10	6:50		1:33:22
84.	277		DUANE MCHALE	51	M	64	15:40	1:54	80	53:38	21.8	1:07	138	21:11	6:50		1:33:27
85.	439		TOM BARTOLACCI	46	M	181	18:45	2:34	52	51:40	22.7	1:13	78	19:26	6:16		1:33:35
86.	204	C	SCOTT HEWITT	42	M	55	15:15	1:38	84	54:03	21.7	1:05	156	21:39	6:59		1:33:37
87.	81		DAN FEENEY	17	M	7	12:15	1:18	201	1:01:51	18.9	1:09	15	17:10	5:32		1:33:41
88.	267		PETE BYERS	50	M	121	17:11	1:54	65	52:29	22.3	1:28	122	20:43	6:41		1:33:45
89.	196		ERIC DAUGHERTY	41	M	139	17:39	1:46	93	54:51	21.3	1:17	46	18:18	5:54		1:33:49
90.	139		JOHN SANDERS	30	M	154	18:03	2:16	75	53:25	21.9	1:14	61	18:53	6:06		1:33:49
91.	309		JIM MALDEIS	65	M	53	15:12	1:34	90	54:43	21.4	1:06	145	21:20	6:53		1:33:53
92.	87		JONATHAN SCULL	16	M	198	19:10	1:45	96	55:10	21.2	0:34	21	17:21	5:36		1:33:57
93.	236		GUY DANNA	49	M	142	17:42	1:32	51	51:38	22.7	1:18	171	22:06	7:08		1:34:13
94.	70		JEANMARIE ESCHENBACH	48	F	112	16:59	1:29	121	56:22	20.8	1:09	50	18:22	5:56		1:34:20
95.	132		JESS MANNING	30	M	162	18:14	1:50	111	56:01	20.9	0:56	45	18:16	5:54		1:35:15
96.	114		DAVID BERGER	34	M	202	19:16	2:20	58	52:06	22.5	1:24	105	20:14	6:32		1:35:19
97.	228	C	JOHN YANACEK	41	M	238	20:48	1:50	67	52:57	22.1	0:40	72	19:11	6:12		1:35:23
98.	66		DIANA SOSNOWSKI	40	F	75	15:59	2:04	81	53:49	21.7	1:59	161	21:53	7:04		1:35:42
99.	401		STEFAN SPECK	36	M	117	17:07	1:21	123	56:25	20.7	1:13	86	19:42	6:22		1:35:47
100.	168		JOSEPH LINNEHAN	35	M	182	18:46	1:41	106	55:45	21.0	1:02	53	18:37	6:01		1:35:49
101.	284		PETER RITTENHOUSE	50	M	159	18:08	1:34	100	55:20	21.1	1:53	71	19:10	6:11		1:36:04
102.	242		JEFFREY FRIEDMAN	46	M	119	17:10	1:49	62	52:09	22.4	1:11	220	24:01	7:45		1:36:19
103.	85		ZACHARY KING	17	M	77	16:01	1:47	171	1:00:03	19.5	1:02	26	17:29	5:39		1:36:20
104.	99		AARON BALDWIN	27	M	253	22:09	1:11	64	52:17	22.4	1:44	68	19:09	6:11		1:36:27
105.	212	C	BOB MCDONNELL	41	M	105	16:51	2:18	55	51:48	22.6	1:14	226	24:22	7:52		1:36:31
106.	161		BRIAN GUIDERA	37	M	51	15:10	1:25	141	57:30	20.3	1:31	133	21:02	6:47		1:36:36
107.	75		OFELIA PEROTTI	51	F	89	16:16	2:02	170	59:36	19.6	1:00	33	17:44	5:44		1:36:36
108.	73		LESLIE BARTOSHEK	50	F	102	16:48	1:04	137	57:08	20.5	0:55	120	20:43	6:41		1:36:36
109.	306		JAY TOBIN	62	M	81	16:09	1:34	133	56:57	20.5	0:52	139	21:12	6:51		1:36:42
110.	124		DENNIS DORSEY	32	M	209	19:30	1:24	108	55:48	21.0	1:29	55	18:43	6:02		1:36:51
111.	59		BETH KRETZING	43	F	214	19:40	1:58	86	54:17	21.6	1:14	91	19:52	6:25		1:36:59
112.	45		TJEDE MCVEY	36	F	114	17:03	1:33	127	56:33	20.7	1:08	126	20:47	6:43		1:37:01
113.	220		JIM SHIELDS	41	M	92	16:30	1:38	115	56:06	20.9	1:00	164	22:01	7:06		1:37:12
114.	52		ERIN SAVARESE	38	F	153	18:01	1:27	139	57:24	20.4	0:44	92	19:52	6:25		1:37:26
115.	231		ROBERT BUERGER	48	M	111	16:59	2:38	157	58:49	19.9	1:12	39	17:54	5:47		1:37:29
116.	289		JACK SNYDER	54	M	137	17:37	1:58	77	53:29	21.9	1:38	195	22:53	7:23		1:37:33
117.	92		KYLE HATTEN	23	M	49	15:08	2:11	198	1:01:44	19.0	0:59	28	17:34	5:40		1:37:34
118.	165		JOHN KRATT	39	M	155	18:04	1:31	119	56:13	20.8	1:09	125	20:47	6:42		1:37:41
119.	113		RYAN ZARZYCKI	28	M	124	17:13	2:00	164	59:23	19.7	0:34	56	18:44	6:03		1:37:52
120.	229	C	JOE ZIMMERMAN	42	M	98	16:40	1:31	160	58:56	19.9	0:57	97	19:58	6:27		1:38:00
121.	154	C	TODD FARE	38	M	101	16:47	1:17	99	55:18	21.2	0:55	213	23:48	7:41		1:38:03
122.	104		MATT KNIGHT	26	M	95	16:35	1:26	148	58:01	20.2	0:56	136	21:06	6:49		1:38:03
123.	100		JUSTIN COWDER	25	M	191	18:57	2:19	132	56:56	20.6	1:08	58	18:47	6:04		1:38:04
124.	103		CHRIS JOHNSON	25	M	143	17:43	1:18	91	54:44	21.4	0:48	212	23:41	7:39		1:38:13
125.	247		ANTHONY KELLER	49	M	59	15:21	1:59	138	57:10	20.5	1:23	180	22:24	7:14		1:38:15
126.	418		JEFFREY BRILL	32	M	36	14:29	1:45	168	59:32	19.7	0:47	163	21:55	7:05		1:38:26
127.	77		BONNIE STOECKL	51	F	228	20:11	1:34	102	55:25	21.1	1:00	106	20:22	6:35		1:38:30
128.	224	C	JOE STOLL	41	M	192	18:57	2:13	104	55:38	21.0	1:00	128	20:49	6:43		1:38:35
129.	153		RICHARD ENGELFRIED	38	M	173	18:27	1:57	129	56:39	20.7	1:18	110	20:29	6:37		1:38:49
130.	16		KIMBERLY STOCKI	24	F	210	19:31	1:55	103	55:36	21.0	1:23	111	20:30	6:37		1:38:55
131.	226		SHANE WARDLE	44	M	165	18:16	1:32	105	55:40	21.0	1:26	168	22:05	7:08		1:38:58
132.	56		BARBARA FEINSTEIN	40	F	138	17:38	1:38	151	58:24	20.0	0:58	112	20:34	6:38		1:39:11
133.	27		TRACEY SAWYER	27	F	84	16:12	1:58	187	1:00:57	19.2	0:43	80	19:31	6:18		1:39:19
134.	169		ROBERT LYNAM	38	M	35	14:29	2:04	162	59:08	19.8	1:39	165	22:03	7:07		1:39:20

135.	82	RAYMOND FRITZ	17 M	67	15:46	1:11	163	59:17	19.7	1:17	166	22:03	7:07	1:39:31
136.	447	DAVID SHEPHERD	41 M	91	16:28	2:23	155	58:40	19.9	1:26	117	20:37	6:40	1:39:32
137.	287	STEVE SLIGHT	54 M	188	18:52	1:34	149	58:05	20.1	1:03	103	20:12	6:31	1:39:45
138.	136	C BRADFORD PAYNE	34 M	184	18:49	1:40	107	55:46	21.0	0:59	189	22:42	7:20	1:39:54
139.	177	C PAUL ROBINSON	38 M	118	17:10	1:43	136	57:07	20.5	1:07	197	22:58	7:25	1:40:04
140.	159	FRANK GRAY	35 M	87	16:15	2:02	145	57:44	20.3	1:56	178	22:23	7:14	1:40:18

Aug-19-2007 12:19:45pm

OVERALL RESULTS

2007 Lums Pond Triathlon
Lums Pond State Park 08/19/2007 8:00 am Sunny
Directed by: Neil Semmel

Place	No.	C	NAME	Ag	S	Rank	SWIM	T1	Rank	BIKE	Rate	T2	Rank	RUN	Pace	PENAL	TIME
141.	304		JOHN GOODMAN	60 M	146	17:48	2:30	179	1:00:32	19.3	1:21	43	18:10	5:52			1:40:19
142.	188		WILLIAM WELKER	35 M	94	16:33	1:41	143	57:34	20.3	1:07	208	23:31	7:35			1:40:24
143.	301		BILL DARNELL	60 M	196	19:05	1:53	142	57:33	20.3	1:09	130	20:53	6:45			1:40:31
144.	125		KEVIN DOUGHTY	34 M	178	18:33	2:19	150	58:07	20.1	0:58	118	20:40	6:40			1:40:36
145.	260		TOM STRAUSS	49 M	108	16:53	1:30	175	1:00:23	19.4	1:11	123	20:43	6:41			1:40:39
146.	202	C	PETER FICKINGER	41 M	235	20:34	2:19	97	55:10	21.2	1:38	141	21:13	6:51			1:40:52
147.	184		DANIEL STASULLI	36 M	166	18:18	2:33	125	56:32	20.7	1:34	177	22:16	7:11			1:41:11
148.	6		COLLEEN RANDOLPH	16 F	11	12:29	1:18	235	1:05:35	17.8	0:31	160	21:49	7:03			1:41:41
149.	76		SUSAN SARUBIN	52 F	57	15:18	1:43	147	57:55	20.2	1:16	241	25:36	8:16			1:41:47
150.	97		HENRY ABROMSON	29 M	168	18:19	3:42	117	56:08	20.8	1:06	184	22:37	7:18			1:41:50
151.	190		JOSEPH BREEN	43 M	151	17:55	2:35	144	57:34	20.3	1:42	179	22:23	7:14			1:42:08
152.	276		TREVOR LYLE	52 M	122	17:12	1:34	176	1:00:25	19.4	1:10	174	22:15	7:11			1:42:33
153.	22		DENA FLORCZYK	29 F	28	13:48	1:14	208	1:02:38	18.7	0:56	223	24:09	7:48			1:42:43
154.	122		ROY DINA	32 M	200	19:14	1:24	112	56:03	20.9	1:58	225	24:11	7:49			1:42:48
155.	312		CARL WALKER	66 M	229	20:11	2:01	126	56:32	20.7	1:15	194	22:51	7:23			1:42:49
156.	266		GUY BRANDT	50 M	169	18:22	2:32	146	57:48	20.2	1:26	193	22:50	7:22			1:42:56
157.	249		MARK KOTARSKI	46 M	203	19:17	1:43	165	59:23	19.7	1:09	155	21:36	6:58			1:43:06
158.	131		MOJMI R MACHAN	30 M	241	21:04	1:36	120	56:21	20.8	2:02	172	22:09	7:09			1:43:10
159.	96		THOMAS STRETCH	23 M	44	14:53	1:59	238	1:05:50	17.8	0:35	104	20:14	6:32			1:43:29
160.	138		SAM RUSSO	31 M	189	18:55	1:31	161	59:01	19.8	1:20	191	22:45	7:21			1:43:31
161.	273		MARK KERIN	53 M	109	16:54	1:55	140	57:28	20.4	1:17	246	26:12	8:27			1:43:44
162.	201		JOSEPH EMERSON	41 M	193	18:58	1:58	207	1:02:21	18.8	1:29	65	19:05	6:10			1:43:50
163.	205	C	WILLIAM HOLLANDSWORTH	41 M	218	19:43	2:13	131	56:45	20.6	1:12	222	24:07	7:47			1:43:58
164.	183		DAN SPITZEN	35 M	263	22:41	2:56	156	58:41	19.9	0:48	63	18:59	6:08			1:44:02
165.	417		MEGAN WAGAMAN	34 F	179	18:35	1:50	177	1:00:25	19.4	1:22	173	22:12	7:10			1:44:22
166.	151		RAYMOND DELANEY JR	39 M	237	20:43	2:37	114	56:05	20.9	1:52	201	23:09	7:28			1:44:25
167.	421		PATRICIA CUMMINGS	31 F	74	15:59	3:01	219	1:03:47	18.3	2:02	87	19:46	6:23			1:44:33
168.	48		BECCA PEARCE	35 F	147	17:50	1:29	194	1:01:26	19.0	1:17	187	22:40	7:19			1:44:40
169.	254		HENRY OTTO	48 M	199	19:11	2:42	159	58:55	19.9	1:21	188	22:41	7:19			1:44:48
170.	297		CHRIS SCHULTZ	57 M	158	18:05	3:06	210	1:02:46	18.6	1:21	82	19:35	6:19			1:44:51
171.	198		CLAUDE DEAN	44 M	257	22:15	3:05	92	54:48	21.4	2:52	175	22:15	7:11			1:45:14
172.	408		GREGORY STAGS	36 M	140	17:40	2:37	110	55:53	20.9	6:04	198	23:03	7:27			1:45:16
173.	47		ANNA PADLAN	37 F	123	17:13	2:04	183	1:00:45	19.3	1:24	216	23:53	7:43			1:45:18
174.	145	C	NATHAN BORCHERS	36 M	273	23:53	2:14	118	56:12	20.8	1:23	159	21:48	7:02			1:45:29
175.	406	C	MICHAEL MATTHEWS	27 M	227	20:07	2:05	190	1:01:15	19.1	1:37	116	20:37	6:39			1:45:38
176.	36		JACQUELYN ACHUFF	38 F	100	16:41	1:51	199	1:01:47	18.9	0:44	228	24:37	7:57			1:45:39
177.	71		ANN HYNES	49 F	226	20:07	1:28	197	1:01:42	19.0	1:08	143	21:19	6:53			1:45:43
178.	21		NICOLE DOERING	29 F	150	17:55	2:01	178	1:00:28	19.4	1:51	211	23:37	7:38			1:45:51
179.	105		NICHOLAS LUPPINO	27 M	250	21:33	3:35	152	58:25	20.0	1:31	131	20:59	6:47			1:46:02
180.	30		MONIKA DUTT	31 F	135	17:32	1:41	172	1:00:06	19.5	1:07	242	25:38	8:17			1:46:03
181.	29		VICKI WOODARD	26 F	208	19:30	1:43	122	56:23	20.8	1:17	260	27:13	8:47			1:46:03
182.	270		STEVE FISCHER	50 M	195	19:04	2:21	169	59:35	19.6	1:03	221	24:03	7:46			1:46:04
183.	121		TIM DAVIS	34 M	219	19:44	2:07	180	1:00:38	19.3	1:33	170	22:05	7:08			1:46:06
184.	18		KIMBERLY AMICK	27 F	167	18:18	1:41	217	1:03:29	18.4	1:15	148	21:25	6:55			1:46:07
185.	90		MIKE CAPASSO	23 M	177	18:32	2:10	196	1:01:30	19.0	1:34	181	22:25	7:14			1:46:10
186.	279		WILLIAM MCNICHO	52 M	96	16:36	3:35	218	1:03:37	18.4	1:44	129	20:49	6:43			1:46:19
187.	429		MARIA MAMAN	43 F	276	23:56	2:00	128	56:35	20.7	1:28	182	22:26	7:15			1:46:23
188.	160		KEN GRISBACK	36 M	262	22:40	2:06	174	1:00:13	19.4	1:34	98	20:00	6:27			1:46:31
189.	427		ADAM RODRIGUEZ	15 M	37	14:30	1:38	255	1:08:04	17.2	0:47	157	21:39	6:59			1:46:37
190.	175	C	ERIK OVERLEY	38 M	233	20:20	2:53	79	53:36	21.8	1:26	271	28:28	9:11			1:46:41
191.	274		DAVID LAIN	52 M	231	20:15	2:40	134	57:02	20.5	1:41	232	25:06	8:06			1:46:42
192.	250		JAMES LAITE	45 M	277	24:12	4:04	95	55:09	21.2	2:14	140	21:12	6:51			1:46:50
193.	449		MAURICIO LEXCANO	37 M	206	19:25	1:55	191	1:01:20	19.1	1:11	205	23:20	7:32			1:47:10
194.	311		MURRAY SARUBIN	66 M	133	17:28	2:47	153	58:25	20.0	1:50	257	26:50	8:40			1:47:18
195.	305		LAWRENCE STACKHOUSE	63 M	161	18:14	3:41	158	58:49	19.9	1:24	238	25:23	8:12			1:47:29
196.	28		KRISTIN SISSON	25 F	99	16:40	1:33	202	1:02:00	18.9	1:49	240	25:32	8:15			1:47:33
197.	441		JENNIFER MULVENY	33 F	144	17:44	2:32	204	1:02:04	18.9	1:29	214	23:48	7:41			1:47:35
198.	15		ALLISON SPAGHT	24 F	149	17:54	2:06	221	1:03:58	18.3	1:03	200	23:05	7:27			1:48:04
199.	46		HEATHER MODAY	38 F	185	18:50	1:38	225	1:04:20	18.2	1:17	176	22:15	7:11			1:48:18
200.	112		ALEXANDER TRAUT	26 M	255	22:11	1:41	226	1:04:22	18.2	0:41	85	19:40	6:21			1:48:33

201.	9	AUDREY LOPEZ	22	F	42	14: 50	1: 58	234	1: 05: 34	17. 8	0: 54	239	25: 30	8: 14	1: 48: 43
202.	192	JEFF CARLSON	41	M	244	21: 10	2: 12	220	1: 03: 50	18. 3	1: 31	100	20: 08	6: 30	1: 48: 50
203.	193	BRUCE CASE	44	M	211	19: 33	2: 19	189	1: 01: 12	19. 1	0: 45	237	25: 16	8: 09	1: 49: 03
204.	174	C JOHN OAKEY	38	M	176	18: 29	2: 11	182	1: 00: 42	19. 3	1: 35	248	26: 21	8: 30	1: 49: 16
205.	209	BRIAN MARSHALL	43	M	126	17: 15	2: 57	184	1: 00: 51	19. 2	2: 12	244	26: 05	8: 25	1: 49: 19
206.	137	SCOTT POLLARD	31	M	204	19: 18	1: 56	224	1: 04: 17	18. 2	0: 40	203	23: 13	7: 30	1: 49: 23
207.	86	DANA MILLER	16	M	251	21: 34	3: 20	223	1: 04: 16	18. 2	0: 36	121	20: 43	6: 41	1: 49: 28
208.	286	WILLIAM SANGTINETTE	52	M	104	16: 49	2: 21	237	1: 05: 42	17. 8	1: 45	169	22: 05	7: 08	1: 49: 40
209.	111	C ERIC SWANBERG	28	M	234	20: 22	2: 53	214	1: 03: 08	18. 5	0: 52	183	22: 28	7: 15	1: 49: 40
210.	157	C MATT FORSYTH	39	M	230	20: 13	2: 24	193	1: 01: 23	19. 1	1: 06	233	25: 06	8: 06	1: 50: 11

Aug-19-2007 12: 19: 45pm

OVERALL RESULTS
2007 Lums Pond Triathlon
Lums Pond State Park 08/19/2007 8: 00 am Sunny
Directed by: Neil Semmel

Place	No.	C	NAME	Ag	S	Rank	SWIM	T1	Rank	BI KE	Rate	T2	Rank	RUN	Pace	PENAL	TIME
211.	11		MOLLY MULFLUR	24	F	217	19: 41	1: 43	205	1: 02: 07	18. 8	1: 35	235	25: 15	8: 09		1: 50: 20
212.	294		JOSEPH KASIMER	57	M	136	17: 37	2: 44	228	1: 04: 52	18. 0	1: 52	206	23: 28	7: 34		1: 50: 30
213.	166		JAMES LAPOINTE	37	M	197	19: 09	3: 06	230	1: 05: 07	18. 0	1: 31	158	21: 43	7: 01		1: 50: 32
214.	63		MAUREEN MASON	40	F	157	18: 05	2: 31	222	1: 04: 00	18. 3	2: 07	215	23: 52	7: 42		1: 50: 33
215.	252		MICHAEL MARVIN	45	M	232	20: 17	2: 10	192	1: 01: 22	19. 1	1: 48	231	25: 02	8: 05		1: 50: 38
216.	149		PHILLIP CLAYBERG	38	M	187	18: 52	3: 07	166	59: 29	19. 7	2: 50	253	26: 29	8: 33		1: 50: 46
217.	12		MEGHAN MULHERN	23	F	45	14: 53	1: 56	245	1: 06: 16	17. 7	0: 35	259	27: 12	8: 47		1: 50: 51
218.	191		DAN BUAN	43	M	172	18: 24	2: 16	195	1: 01: 27	19. 0	1: 29	262	27: 21	8: 50		1: 50: 55
219.	195		ROBERT CUNLIFFE	40	M	220	19: 46	2: 24	209	1: 02: 44	18. 7	0: 59	236	25: 15	8: 09		1: 51: 07
220.	308		ARK MACIAK	66	M	260	22: 25	2: 50	203	1: 02: 00	18. 9	2: 18	154	21: 36	6: 58		1: 51: 07
221.	216	C	DAN PHILLIPS	42	M	284	24: 43	2: 22	200	1: 01: 49	18. 9	1: 00	147	21: 21	6: 54		1: 51: 12
222.	251		DREW LONDON	48	M	194	19: 03	2: 12	181	1: 00: 41	19. 3	1: 16	269	28: 09	9: 05		1: 51: 19
223.	259		JEFF SMITH	48	M	247	21: 27	2: 26	213	1: 03: 00	18. 6	1: 36	202	23: 13	7: 30		1: 51: 40
224.	215		CHRIS PHILLIPS	43	M	285	24: 45	2: 12	211	1: 02: 47	18. 6	0: 36	149	21: 25	6: 55		1: 51: 44
225.	206	C	JOHN KANE	40	M	240	20: 56	2: 52	240	1: 05: 55	17. 8	0: 53	152	21: 29	6: 56		1: 52: 03
226.	268	C	STAN DABKOWSKI	52	M	223	19: 52	3: 32	154	58: 39	19. 9	2: 28	266	27: 55	9: 01		1: 52: 24
227.	170		DANIEL MARIANI	35	M	259	22: 16	2: 07	206	1: 02: 19	18. 8	1: 49	219	24: 00	7: 45		1: 52: 31
228.	271		ROBERT GILMOUR	54	M	171	18: 23	2: 50	239	1: 05: 52	17. 8	2: 05	207	23: 30	7: 35		1: 52: 38
229.	210		ERIC MARSHALL	41	M	212	19: 36	3: 13	186	1: 00: 54	19. 2	1: 52	258	27: 06	8: 45		1: 52: 40
230.	5		BRITTANY MORRIS	16	F	120	17: 10	2: 05	271	1: 10: 11	16. 7	0: 45	186	22: 39	7: 19		1: 52: 48
231.	78		CARYLE GLAH	56	F	152	17: 57	2: 02	227	1: 04: 43	18. 1	2: 07	245	26: 11	8: 27		1: 52: 58
232.	51		RENEE RUCINSKY	38	F	236	20: 39	1: 56	188	1: 01: 08	19. 1	1: 42	263	27: 35	8: 54		1: 52: 59
233.	186		DAVID VONBERG	35	M	207	19: 28	3: 08	215	1: 03: 16	18. 5	2: 25	229	24: 49	8: 01		1: 53: 04
234.	7		RACHEL BARDIN	23	F	225	20: 07	2: 14	267	1: 09: 10	16. 9	0: 34	146	21: 21	6: 53		1: 53: 23
235.	38		KATIE EBERHART	37	F	239	20: 51	1: 28	243	1: 06: 10	17. 7	1: 07	218	23: 56	7: 44		1: 53: 31
236.	72		KATHLEEN LARKIN	49	F	130	17: 23	1: 59	173	1: 00: 12	19. 4	1: 01	288	33: 02	10: 40		1: 53: 34
237.	43		ALANA LAMBERT	39	F	265	22: 55	3: 08	212	1: 02: 59	18. 6	1: 27	210	23: 33	7: 36		1: 54: 00
238.	221		JEFF SILVER	41	M	254	22: 10	1: 49	249	1: 06: 45	17. 5	0: 42	190	22: 44	7: 20		1: 54: 09
239.	37		BOBBI BREITKREUTZ	35	F	127	17: 16	1: 56	253	1: 07: 32	17. 3	1: 37	250	26: 23	8: 31		1: 54: 43
240.	245		JOHN GOODE	46	M	175	18: 29	2: 26	244	1: 06: 13	17. 7	1: 37	254	26: 32	8: 34		1: 55: 15
241.	162	C	JOHN HAAS	36	M	221	19: 47	2: 38	185	1: 00: 53	19. 2	2: 33	277	29: 35	9: 33		1: 55: 25
242.	235	C	THOMAS CORCORAN	47	M	270	23: 32	2: 04	229	1: 05: 06	18. 0	1: 21	209	23: 32	7: 36		1: 55: 33
243.	419	C	PATRICK SOSNAY	33	M	256	22: 13	2: 54	258	1: 08: 15	17. 1	1: 44	124	20: 45	6: 42		1: 55: 49
244.	440		ASHRAF MABROUK	35	M	222	19: 49	2: 54	272	1: 10: 19	16. 6	1: 37	150	21: 25	6: 55		1: 56: 02
245.	290		SCOTT SOMERVILLE	54	M	246	21: 25	2: 17	246	1: 06: 22	17. 6	1: 37	227	24: 33	7: 55		1: 56: 12
246.	217		CHRIS RAHL	41	M	268	23: 11	1: 34	270	1: 10: 02	16. 7	0: 55	114	20: 35	6: 39		1: 56: 15
247.	146		PHIL BUCAY	38	M	294	32: 06	1: 51	167	59: 31	19. 7	2: 07	134	21: 06	6: 49		1: 56: 38
248.	13		LAURA MURDOCH	24	F	134	17: 31	3: 18	259	1: 08: 16	17. 1	1: 26	247	26: 17	8: 29		1: 56: 46
249.	299		CHESTER SZCZEPANSKI	57	M	174	18: 28	3: 22	241	1: 05: 59	17. 7	2: 27	256	26: 50	8: 40		1: 57: 05
250.	431		ELIZABETH SNYDER	37	F	264	22: 50	1: 42	266	1: 09: 06	16. 9	0: 44	196	22: 54	7: 24		1: 57: 13
251.	218		CHARLES REULAND	42	M	186	18: 52	2: 24	233	1: 05: 24	17. 9	2: 00	273	28: 51	9: 19		1: 57: 29
252.	3		MOLLY BURNS	14	F	242	21: 06	1: 17	276	1: 12: 32	16. 1	0: 50	162	21: 55	7: 04		1: 57: 38
253.	269		TOM DAVIS	51	M	278	24: 28	3: 23	232	1: 05: 17	17. 9	1: 52	192	22: 46	7: 21		1: 57: 44
254.	10		JOANNA MIKHAIL	23	F	125	17: 15	3: 01	261	1: 08: 30	17. 1	1: 00	270	28: 27	9: 11		1: 58: 11
255.	118		MARK DAMMEYER	31	M	201	19: 15	2: 35	250	1: 06: 49	17. 5	2: 23	268	28: 07	9: 05		1: 59: 06
256.	420		CESAR PLAZA	41	M	164	18: 15	2: 15	254	1: 07: 40	17. 3	1: 22	278	29: 47	9: 37		1: 59: 15
257.	14		CRISTINA ROBLES	23	F	249	21: 31	1: 03	248	1: 06: 41	17. 5	1: 21	275	29: 21	9: 28		1: 59: 56
258.	237		KEN DEPAOLA	45	M	266	22: 57	3: 52	269	1: 09: 59	16. 7	1: 19	167	22: 05	7: 08		2: 00: 10
259.	101		JEREMY DULIN	26	M	291	28: 55	2: 08	264	1: 09: 02	16. 9	0: 37	88	19: 47	6: 23		2: 00: 27
260.	241		PATRICK FETT	48	M	248	21: 29	4: 29	257	1: 08: 15	17. 1	1: 53	224	24: 11	7: 48		2: 00: 43
261.	68		JANE YOUNGER	44	F	163	18: 15	4: 29	268	1: 09: 47	16. 8	2: 21	243	25: 57	8: 23		2: 00: 48
262.	33		MERCY ANNE MARTIN	33	F	115	17: 05	1: 33	289	1: 20: 44	14. 5	0: 40	132	20: 59	6: 47		2: 00: 59
263.	200		ROBERT DEMAJUSTRE II	41	M	288	27: 22	3: 53	236	1: 05: 39	17. 8	0: 54	217	23: 55	7: 43		2: 01: 41
264.	310		JOHN MULFLUR	68	M	215	19: 41	3: 25	247	1: 06: 36	17. 6	2: 45	276	29: 26	9: 30		2: 01: 52
265.	26		ELI SABETH ROTTACH	27	F	205	19: 25	1: 26	283	1: 18: 44	14. 9	2: 42	94	19: 53	6: 25		2: 02: 07
266.	253		STEVEN MORTILLO	49	M	289	27: 53	3: 34	216	1: 03: 18	18. 5	2: 31	230	24: 56	8: 03		2: 02: 09

LPDT_TRI_OVERALL_ALLEVENT.TXT

267.	257	C	EVAN SCOTT	49	M	224	20:05	2:09	251	1:06:54	17.5	2:46	282	31:40	10:13	2:03:33
268.	8		KATIE HARDESTY	20	F	145	17:47	2:51	281	1:15:53	15.4	0:55	252	26:27	8:32	2:03:51
269.	50		DAWN RING	35	F	213	19:38	2:15	260	1:08:24	17.1	1:34	285	32:16	10:25	2:04:04
270.	298		FRANK SCHULTZ	56	M	271	23:42	3:07	262	1:08:38	17.1	1:15	265	27:48	8:58	2:04:28
271.	61		DENISE LOKHORST	44	F	286	24:52	2:29	256	1:08:09	17.2	2:18	261	27:19	8:49	2:05:05
272.	233		RUBEN CERRI	45	M	287	26:15	2:56	275	1:12:32	16.1	0:45	204	23:14	7:30	2:05:40
273.	278		ALEX MCINTYRE	52	M	282	24:35	2:54	273	1:10:55	16.5	2:06	234	25:13	8:08	2:05:41
274.	230		SCOTT ADKISSON	49	M	281	24:34	2:25	252	1:07:02	17.5	2:07	280	30:45	9:55	2:06:51
275.	313		LEN LESHM	70	M	280	24:34	2:36	263	1:08:42	17.0	2:25	274	29:08	9:24	2:07:22
276.	17		THERESA SZCZEPANSKI	23	F	88	16:16	2:34	293	1:26:12	13.6	0:52	185	22:38	7:18	2:08:29
277.	214		TONY OUSOULJOGLOU	43	M	272	23:51	1:42	265	1:09:05	16.9	2:20	286	32:26	10:28	2:09:22
278.	32		MEG GERSTENBLITH	30	F	243	21:09	3:00	282	1:18:18	14.9	1:19	251	26:24	8:31	2:10:08
279.	400		KELSEY LIU	15	F	58	15:20	1:15	292	1:25:10	13.7	0:35	272	28:42	9:16	2:11:00
280.	116		RICHARD CASTRO	34	M	190	18:55	2:39	286	1:20:12	14.6	1:51	264	27:36	8:55	2:11:11

Aug-19-2007 12:19:45pm

Page 5

OVERALL RESULTS

2007 Lums Pond Triathlon
 Lums Pond State Park 08/19/2007 8:00 am Sunny
 Directed by: Neil Semmel

Place	No.	C	NAME	Ag	S	Rank	SWIM	T1	Rank	BIKE	Rate	T2	Rank	RUN	Pace	PENAL	TIME
281.	261	C	JON STUDNER	49	M	261	22:31	2:59	274	1:11:21	16.4	1:44	291	34:58	11:17		2:13:31
282.	23		ALLISON MACCIO	29	F	245	21:14	2:19	278	1:15:02	15.6	1:11	290	34:22	11:06		2:14:05
283.	35		LAURA WERTHER	32	F	269	23:16	3:57	279	1:15:17	15.5	1:49	279	30:12	9:45		2:14:28
284.	57		DEANNA HALSEY	41	F	267	22:57	3:32	284	1:18:45	14.9	1:40	267	28:03	9:03		2:14:55
285.	41		WENDY HOOKMAN-VASSA	38	F	274	23:54	3:22	277	1:13:58	15.8	1:11	289	33:35	10:50		2:15:58
286.	292		RICHARD COLE	55	M	295	32:43	6:36	242	1:06:08	17.7	3:50	255	26:47	8:39		2:16:03
287.	288	C	GARY SMITH	54	M	279	24:32	4:17	231	1:05:13	17.9	1:36	293	40:53	13:12		2:16:30
288.	44		LESLIE MARIANI	35	F	275	23:54	3:41	287	1:20:17	14.6	2:01	283	31:43	10:14		2:21:34
289.	54		CAROLYN WYRWAS	39	F	290	28:17	2:50	288	1:20:33	14.5	1:03	281	31:05	10:02		2:23:45
290.	258		KEN SHAFFREY	46	M	252	21:40	2:39	291	1:22:19	14.2	1:55	292	36:46	11:52		2:25:17
291.	407		KRISTIN STONESIFER	39	F	258	22:16	4:02	294	1:26:48	13.5	1:28	287	32:39	10:32		2:27:10
292.	256		HOWARD SACKS	48	M	296	38:06	4:20	280	1:15:17	15.5	3:11	249	26:22	8:31		2:27:14
293.	303		JAMES FAY	62	M	292	29:08	3:20	290	1:21:16	14.4	2:19	294	42:30	13:43		2:38:31
294.	176		JOHN RANONIS	35	M	293	30:47	4:42	295	1:30:16	13.0	1:13	284	31:54	10:18		2:38:50
295.	133		FRANK MCGURK	33	M	34	14:27	0:54	285	1:20:05	14.6						
296.	156		JAMES FLOYD	35	M	283	24:37										

Aug-19-2007 12:19:45pm

296 records processed.