

hf2010.txt
 11TH ANNUAL HIGHLAND FOREST 1-2-3 TRAIL RUN
 May 29, 2010 Highland Forest, Fabius, NY

1 LOOP - 10 MILES

Place	Name	Sex	Age	Time	Pace	City	St
1	Tim Ingall	M	51	1:21:10	8:07	Lansing	NY
2	Christopher Patterson	M	24	1:25:04	8:31	Webster	NY
3	Michael Skvarch	M	53	1:27:16	8:44	LaFayette	NY
4	Amy Krakauer	F	24	1:28:49	8:53	Hamilton	NY
5	Steve Shaum	M	44	1:32:30	9:15	Trumansburg	NY
6	Patrick Martin	M	25	1:32:37	9:16	Liverpool	NY
7	Audrey Balander	F	53	1:33:08	9:19	Cortland	NY
8	David Grucza	M	48	1:33:55	9:24	Fabius	NY
9	Astrid Helfant	F	37	1:39:25	9:57	Hamilton	NY
10	Bob Frost	M	54	1:42:18	10:14	Pennellville	NY
11	Ed Coye	M	52	1:43:40	10:22	Syracuse	NY
12	Karen Grover	F	39	1:44:04	10:25	Lansing	NY
13	Alexis Mazzeo	F	19	1:44:59	10:30	Skaneateles	NY
14	Rick Mazzeo	M	57	1:44:59	10:30	Skaneateles	NY
15	Jim Hoch	M	59	1:47:58	10:48	Cortland	NY
16	William Scott	M	52	1:48:31	10:52	Baldwinsville	NY
17	Mark Sheremeta	M	54	1:49:41	10:59	Manlius	NY
18	David Losee	M	39	1:50:25	11:03	Denver	NY
19	Kevin Kelly	M	58	1:51:56	11:12	Utica	NY
20	Stephen Jungbluth	M	39	1:52:59	11:18	Hamilton	NY
21	Hillary Ryan-Rusch	F	46	1:53:06	11:19	Redwood	NY
22	Scott Voorhees	M	42	1:53:28	11:21	Trumansburg	NY
23	Mike Nevin	M	44	1:56:30	11:39	Jamesville	NY
24	John Ormsby	M	36	1:58:24	11:51	Vernon	NY
25	Ann Herring	F	37	1:58:47	11:53	Queensbury	NY
26	Susan Light	F	44	1:59:58	12:00	Cazenovia	NY
27	Kamal Jabbour	M	52	2:01:51	12:12	Pompey	NY
28	Marc Jabbour	M	25	2:01:52	12:12	Alexandria	VA
29	Greg Keogh	M	24	2:01:52	12:12	Manassas	VA
30	Brian Bodnar	M	46	2:01:59	12:12	Liverpool	NY
31	Scott Love	M	56	2:03:29	12:21	Jamesville	NY
32	Steven Indrick	M	53	2:08:31	12:52	Lafayette	NY
33	Lisa Indrick	F	53	2:08:31	12:52	Lafayette	NY
34	Lynn Cunningham	F	44	2:08:31	12:52	LaFayette	NY
35	Andrew Cunningham	M	44	2:08:31	12:52	Lafayette	NY
36	Maria Costanzo	F	51	2:13:57	13:24	Ithaca	NY
37	Laura Voorhees	F	42	2:27:47	14:47	Trumansburg	NY
38	Eva Piltch	F	30	2:28:41	14:53	Syracuse	NY
39	Gary Grossman	M	57	2:37:40	15:46	Jamesville	NY
40	Jamie Howard	M	44	2:45:48	16:35	Albany	NY
41	Gene Cross	M	64	2:53:10	17:19	Cicero	NY

2 LOOPS - 20 MILES

Place	Name	Sex	Age	City	St	Time	Lap Split	Cumulative Split
1	Chris Moore	M	37	Hamilton	NY	2:58:42	1: 1:26:50 2: 1:31:53	1:26:50 2:58:42

2 Timothy Johnson	M	38 Syracuse	NY 3:00:47	1: 1:28:32 1:28:32 2: 1:32:15 3:00:47
3 Scot Jacobs	M	34 Freeville	NY 3:01:14	1: 1:32:07 1:32:07 2: 1:29:08 3:01:14
4 John Ehntholt	M	43 Queensbury	NY 3:18:08	1: 1:29:35 1:29:35 2: 1:48:34 3:18:08
5 Kevin Tripp	M	39 Masonville	NY 3:31:15	1: 1:34:21 1:34:21 2: 1:56:54 3:31:15
6 Andy Desmann	M	45 Pittsford	NY 3:33:56	1: 1:38:49 1:38:49 2: 1:55:08 3:33:56
7 Joseph Kula	M	31 Syracuse	NY 3:42:26	1: 1:45:05 1:45:05 2: 1:57:22 3:42:26
8 Jon Harrison	M	20 Winston Salem	NC 3:42:26	1: 1:45:05 1:45:05 2: 1:57:22 3:42:26
9 Jim Davis	M	55 Pittsford	NY 3:47:40	1: 1:50:37 1:50:37 2: 1:57:04 3:47:40
10 Ron Waldron, Jr.	M	38 Central Square	NY 3:55:06	1: 1:44:18 1:44:18 2: 2:10:49 3:55:06
11 Mark Hill	M	47 Lafayette	NY 4:02:16	1: 1:50:08 1:50:08 2: 2:12:09 4:02:16
12 Lorrie Tily	F	49 Locke	NY 4:02:17	1: 1:50:08 1:50:08 2: 2:12:09 4:02:17
13 Ed Edington	M	38 Stanley	NY 4:06:51	1: 1:58:06 1:58:06 2: 2:08:46 4:06:51
14 James Baker	M	42 Honeoye Falls	NY 4:08:36	1: 1:50:54 1:50:54 2: 2:17:43 4:08:36
15 Benn Griffin	M	24 Pittsfield	MA 4:09:05	1: 2:02:07 2:02:07 2: 2:06:58 4:09:05
16 Jennifer Haugh	F	38 Livonia	NY 4:15:07	1: 1:55:00 1:55:00 2: 2:20:07 4:15:07
17 Michael Derleth	M	50 Fairport	NY 4:15:18	1: 1:50:39 1:50:39 2: 2:24:39 4:15:18
18 Sarah McGrath	F	32 Syracuse	NY 4:24:39	1: 2:07:48 2:07:48 2: 2:16:52 4:24:39
19 Mark Raymond	M	47 Schenectady	NY 4:25:37	1: 1:56:53 1:56:53 2: 2:28:45 4:25:37
20 Kathryn Butler	F	37 Frederick	MD 4:42:30	1: 2:13:24 2:13:24 2: 2:29:06 4:42:30
21 Kristy Zuber	F	45 Maine	NY 4:49:04	1: 2:13:11 2:13:11 2: 2:35:54 4:49:04

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22 Dan Dougherty	M	48	Johnson City	NY 4:49:05	1: 2:13:12	2:13:12
					2: 2:35:54	4:49:05
23 Patrick McHenry	M	49	Jamesville	NY 5:28:09	1: 2:13:25	2:13:25
					2: 3:14:45	5:28:09
24 Andrew Clark	M	29	Whitesboro	NY 5:46:26	1: 2:18:49	2:18:49
					2: 3:27:37	5:46:26

3 LOOPS - 30 MILES

Place Name	Sex	Age	City	St Time	Lap Split	Cumulative Split
=====	====	====	=====	==	=====	=====
1 Ed Housel	M	51	Rochester	NY 4:32:21	1: 1:27:03	1:27:03
					2: 1:29:50	2:56:52
					3: 1:35:29	4:32:21
2 Joel Cisne	M	28	Ithaca	NY 4:50:19	1: 1:31:27	1:31:27
					2: 1:32:10	3:03:36
					3: 1:46:43	4:50:19
3 Nancy Kleinrock	F	50	Trumansburg	NY 4:52:07	1: 1:36:55	1:36:55
					2: 1:37:50	3:14:45
					3: 1:37:23	4:52:07
4 Shannon Cuting	F	46	Hamilton	NY 5:01:38	1: 1:36:59	1:36:59
					2: 1:37:40	3:14:39
					3: 1:47:00	5:01:38
5 Tom Nesterick	M	45	Watertown	NY 5:07:29	1: 1:31:26	1:31:26
					2: 1:38:45	3:10:11
					3: 1:57:19	5:07:29
6 Gerrit Van Loon	M	49	Ithaca	NY 5:25:08	1: 1:36:52	1:36:52
					2: 1:40:12	3:17:04
					3: 2:08:05	5:25:08
7 Mack Duett	M	54	Manlius	NY 5:38:53	1: 1:35:54	1:35:54
					2: 1:44:08	3:20:02
					3: 2:18:52	5:38:53
8 Donny Andreas	M	43	Seneca Falls	NY 5:48:35	1: 1:54:02	1:54:02
					2: 1:51:55	3:45:56
					3: 2:02:40	5:48:35