

hf10_09.txt
 10TH ANNUAL HIGHLAND FOREST 1-2-3 TRAIL RUN
 May 23, 2009 Highland Forest, Fabius, NY

1 LOOP - 10 MILES

Place	Name	Sex	Age	Time	Pace	City	St
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1	Eric Sambolec	M	31	1:10:50	7:05	Ithaca	NY
2	Alan Powers	M	32	1:17:40	7:46	Rochester	NY
3	Douglas Sheahan	M	37	1:20:32	8:04	Brewerton	NY
4	Lawren Smithline	M	36	1:21:37	8:10	Princeton	NJ
5	David Jones	M	50	1:24:06	8:25	Interlaken	NY
6	Peter Smith	M	43	1:25:24	8:33	Syracuse	NY
7	Marcus Van Bers	M	46	1:27:38	8:46	Syracuse	NY
8	Audrey Balander	F	52	1:30:00	9:00	Cortland	NY
9	John Condon	M	53	1:30:31	9:04	Fulton	NY
10	Steve Shaum	M	43	1:30:46	9:05	Trumansburg	NY
11	Bob Frost	M	53	1:37:02	9:43	Pennellville	NY
12	Ed McDonald	M	52	1:37:24	9:45	Chittenango	NY
13	Melanie Sheahan	F	38	1:38:35	9:52	Brewerton	NY
14	Jeremy Skvarch	M	16	1:39:49	9:59	Lafayette	NY
15	Len Widdekind	M	46	1:41:00	10:06	Jamesville	NY
16	Edward Coye	M	51	1:41:06	10:07	Syracuse	NY
17	Karen Grover	F	38	1:42:10	10:13	Lansing	NY
18	Eric Williams	M	36	1:42:14	10:14	Skaneateles	NY
19	Dave Jenkins	M	47	1:42:24	10:15	Berlin	CT
20	Janel Benson	F	31	1:43:14	10:20	Hamilton	NY
21	Mark Raymond	M	46	1:43:43	10:23	Schenectady	NY
22	Gary McCheyne	M	48	1:46:38	10:40	Interlaken	NY
23	Jeff McIntyre	M	50	1:47:11	10:44	Chittenango	NY
24	Karen Rusch	F	41	1:49:29	10:57	Hamilton	NY
25	Daniel Defrees	M	54	1:49:45	10:59	Chittenango	NY
26	David Hatch	M	54	1:50:15	11:02	Chittenango	NY
27	Linda Glowacki	F	50	1:50:46	11:05	Liverpool	NY
28	Mike Skvarch	M	52	1:50:55	11:06	Lafayette	NY
29	Michael Kester	M	39	1:52:07	11:13	Fayetteville	NY
30	David Stull	M	53	1:55:55	11:36	Waterford	PA
31	Ewen Scott Love	M	55	1:59:28	11:57	Jamesville	NY
32	Lorand Ernyey	M	56	2:00:07	12:01	Skaneateles	NY
33	Steven Indrick	M	52	2:00:33	12:04	Lafayette	NY
34	Jack Smyth	M	57	2:00:42	12:05	Pompey	NY
35	Lisa Indrick	F	52	2:00:47	12:05	Lafayette	NY
36	Maria Costanzo	F	50	2:06:37	12:40	Ithaca	NY
37	Cindy Hart	F	49	2:10:03	13:01	Truxton	NY
38	Michelle Ryan	F	38	2:10:20	13:02	Cortland	NY
39	Shelley Musci	F	35	2:10:23	13:03	Cortland	NY
40	Shey Doane	M	42	2:11:09	13:07	Fayetteville	NY
41	Gina Criscitello	F	35	2:11:14	13:08	Akron	NY
42	Greg Giblin	M	53	2:11:34	13:10	Cazenovia	NY
43	Patricia Palmieri-P	F	41	2:14:42	13:29	North Chili	NY
44	Kevin Karoglanian	M	25	2:20:37	14:04	Syracuse	NY
45	Charlie Sabatine	M	75	2:23:31	14:22	Victor	NY
46	Gene Cross	M	63	2:41:19	16:08	Bridgeport	NY
47	Laurel Baum	F	50	2:43:51	16:24	Fayetteville	NY

2 LOOPS - 20 MILES

Place	Name	Sex	Age	Time	Pace	City	St
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1	Tim Ingall	M	50	2:54:30	8:44	Lansing	NY
2	Timothy Johnson	M	37	3:07:26	9:23	Syracuse	NY
3	Danny Hayes	M	33	3:12:07	9:37	Syracuse	NY
4	Lincoln Fancher	M	50	3:24:21	10:14	Lacona	NY
5	Andy Desmann	M	44	3:24:50	10:15	Pittsford	NY
6	David Boutillier	M	39	3:27:51	10:24	Rochester	NY
7	David Ward	M	42	3:29:17	10:28	Richmond	KY
8	Tamara Loos	F	42	3:31:53	10:36	Freeville	NY
9	Dave Currey	M	52	3:32:07	10:37	Bernhards Bay	NY
10	Mark Monachino	M	49	3:33:48	10:42	Macedon	NY
11	Laura Church	F	39	3:38:28	10:56	Rochester	NY
12	Daniel Gregory	M	27	3:39:57	11:00	Sackets Harbor	NY
13	Corrine Haynes	F	41	3:40:29	11:02	Lafayette	NY
14	Patrick Herron	M	51	3:43:24	11:11	Le Roy	NY
15	Ray Brooks	M	54	3:44:36	11:14	Johnson City	NY
16	Jim Lampman	M	26	3:47:00	11:21	Cato	NY
17	Tina Buzak	F	46	3:48:37	11:26	Syracuse	NY
18	James Miner	M	60	3:50:46	11:33	Dryden	NY
19	Charles Leonard	M	53	3:56:12	11:49	Freeville	NY
20	Mark Sheremeta	M	53	3:58:20	11:55	Manlius	NY
21	Mark Hill	M	46	4:02:14	12:07	Lafayette	NY
22	Sarah McGrath	F	31	4:02:48	12:09	Syracuse	NY
23	Karen Kryder	F	52	4:04:56	12:15	Rochester	NY
24	Steven Mussi	M	38	4:09:50	12:30	Liverpool	NY
25	Jeanne Herrick	F	57	4:09:53	12:30	Rochester	NY
26	Astrid Helfant	F	36	4:12:42	12:39	Hamilton	NY
27	Michael Derleth	M	49	4:19:30	12:59	Fairport	NY
28	Kevin Tripp	M	38	4:20:41	13:03	Masonville	NY
29	David Losee	M	38	4:21:18	13:04	Denver	NY
30	Dave Sek	M	66	4:22:04	13:07	Spencerport	NY
31	Joseph Barry	M	51	4:25:36	13:17	Lafayette	NY
32	Charles Keller	M	39	4:26:39	13:20	Syracuse	NY
33	Tess Youker	F	24	4:28:13	13:25	Syracuse	NY
34	Joseph Reynolds	M	64	4:31:35	13:35	Newfield	NY
35	Dave Oja	M	56	4:33:39	13:41	Syracuse	NY
36	Karen Fennie	F	49	4:43:28	14:11	Binghamton	NY
37	Bruce Lavner	M	55	4:46:14	14:19	Rochester	NY
38	Lisa Jacques	F	44	4:59:27	14:59	East Syracuse	NY
39	Sam Pasceri	M	35	4:59:57	15:00	Lockport	NY
40	Luciana Nevins	F	28	4:59:57	15:00	Lockport	NY
41	Jamie Howard	M	43	5:34:01	16:43	Albany	NY

3 LOOPS - 30 MILES

Place	Name	Sex	Age	Time	Pace	City	St
1	Christopher Moore	M	36	4:25:33	8:52	Hamilton	NY
2	Edward Housel	M	50	4:31:37	9:04	Rochester	NY
3	Andrew Starowicz	M	36	4:47:26	9:35	Syracuse	NY
4	Tom Nesterick	M	44	4:51:47	9:44	Watertown	NY
5	John Hoosock	M	39	4:58:47	9:58	Camillus	NY
6	Mack Duett	M	53	5:22:22	10:45	Manlius	NY
7	Nancy Kleinrock	F	49	5:24:48	10:50	Trumansburg	NY
8	Theresa Palmieri	F	46	5:47:43	11:36	Buffalo	NY
9	Gerrit Van Loon	M	48	6:01:34	12:04	Ithaca	NY
10	Pat Riccardi	M	58	6:03:52	12:08	Syracuse	NY
11	Kevin Woodruff	M	51	6:07:07	12:15	Barker	NY
12	Ed Edington	M	37	6:07:10	12:15	Stanley	NY
13	Ben Clardy	M	38	6:07:10	12:15	Syracuse	NY

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14	Barbara Gorka	F	46	6:11:56	12:24	Hamilton	NY
15	Patrick Reed	M	44	6:12:50	12:26	Erie	PA
16	Kimberly Rapp	F	44	6:16:19	12:33	Macedon	NY
17	Chrstine Reynolds	F	39	7:05:36	14:12	Newfield	NY
18	Lorrie Tily	F	48	7:05:39	14:12	Locke	NY
19	Ronald Waldron	M	37	7:11:10	14:23	Central Square	NY
20	Karen Fennie	F	49	7:30:04	15:01	Binghamton	NY