

12TH ANNUAL HIGHLAND FOREST 1-2-3 TRAIL RUN
 May 28, 2011 Highland Forest, Fabius, NY

1 LOOP - 10 MILES

Place	Name	Sex	Age	Time	Pace	City	St
1	Mark Fuhry	M	19	1:21:58	8:12	Ovid	NY
2	Cole Robson	M	19	1:23:22	8:21	Fairport	NY
3	Tim Ingall	M	52	1:25:53	8:36	Lansing	NY
4	Julie Dmochowski	F	20	1:35:48	9:35	Skaneateles	NY
5	David Jones	M	52	1:38:30	9:51	Interlaken	NY
6	Gary McCheyne	M	50	1:39:08	9:55	Interlaken	NY
7	Audrey Balander	F	54	1:39:43	9:59	Cortland	NY
8	Joseph Kula	M	32	1:39:49	9:59	Syracuse	NY
9	Rick Cowburn	M	56	1:40:41	10:05	Cicero	NY
10	Rick Mazzeo	M	58	1:43:43	10:23	Skaneateles	NY
11	Bob Frost	M	55	1:45:29	10:33	Pennellville	NY
12	Kevin Montgomery	M	50	1:45:47	10:35	Syracuse	NY
13	Ed Coye	M	53	1:47:45	10:47	Syracuse	NY
14	Jeff McIntyre	M	52	1:49:18	10:56	Kirkville	NY
15	Mary Avriette	F	30	1:49:51	11:00	Evans Mills	NY
16	Mike Kenny	M	49	1:50:24	11:03	Syracuse	NY
17	Guy Robson	M	51	1:52:43	11:17	Fairport	NY
18	Mark Sheremeta	M	55	1:52:48	11:17	Manlius	NY
19	Kevin Tripp	M	40	1:54:43	11:29	Masonville	NY
20	David Losee	M	40	1:54:45	11:29	Denver	NY
21	Karen Grover	F	40	1:55:02	11:31	Lansing	NY
22	Alexis Mazzeo	F	20	1:55:08	11:31	Skaneateles	NY
23	James Hoch	M	60	1:56:26	11:39	Cortland	NY
24	John Ders	M	61	1:56:28	11:39	South Otselic	NY
25	Brian Bodnar	M	46	2:00:53	12:06	Liverpool	NY
26	Bart Lehmann	M	45	2:00:53	12:06	Jamesville	NY
27	Bill Cronise	M	55	2:00:53	12:06	Liverpool	NY
28	Steven Indrick	M	54	2:01:33	12:10	Lafayette	NY
29	William Scott	M	53	2:01:52	12:12	Baldwinsville	NY
30	Linda Glowacki	F	52	2:01:54	12:12	Liverpool	NY
31	Dave Jenkins	M	49	2:03:37	12:22	Berlin	CT
32	John Ormsby	M	37	2:05:48	12:35	Vernon	NY
33	Lisa Indrick	F	54	2:06:24	12:39	Lafayette	NY
34	Maria Costanzo	F	52	2:09:28	12:57	Ithaca	NY
35	Joelle Harrison	F	23	2:19:01	13:55	Camillus	NY
36	Dave Oja	M	58	2:19:29	13:57	Syracuse	NY
37	Kamal Jabbour	M	53	2:31:49	15:11	Pompey	NY
38	Angela Schachte	F	35	2:31:49	15:11	Rome	NY
39	John Bosco	M	50	2:38:06	15:49	Black River	NY
40	Lisa Jacques	F	46	2:38:27	15:51	East Syracuse	NY
41	Tracy Barrett	F	48	2:48:53	16:54	Manlius	NY
42	Shey Doane	M	44	3:20:29	20:03	Fayetteville	NY
43	Gina Doane	F	36	3:20:29	20:03	Fayetteville	NY
44	Katie Frontino	F	28	4:02:02	24:13	Syracuse	NY
45	Matt Oja	M	27	4:02:03	24:13	Syracuse	NY

2 LOOPS - 20 MILES

Place Name	Sex	Age	City	Lap St	Cumulative Time
Split	Split				
=====	=====	=====	=====	=====	=====
1 Timothy Johnson	M	39	Syracuse	NY 3:11:19	1:
1:32:19	1:32:19				2:
1:39:01	3:11:19				
2 David Haughey	M	24	Syracuse	NY 3:22:31	1:
1:35:48	1:35:48				2:
1:46:43	3:22:31				
3 Mack Duett	M	55	Fayetteville	NY 3:31:09	1:
1:39:36	1:39:36				2:
1:51:33	3:31:09				
4 Andy Frank	M	27	Rochester	NY 3:35:30	1:
1:41:00	1:41:00				2:
1:54:31	3:35:30				
5 Steve Shaum	M	45	Trumansburg	NY 3:46:11	1:
1:49:09	1:49:09				2:
1:57:03	3:46:11				
6 Charles Leonard	M	55	Freeville	NY 4:04:44	1:
1:56:25	1:56:25				2:
2:08:19	4:04:44				
7 Paul Doody	M	51	Baldwinsville	NY 4:06:47	1:
1:58:43	1:58:43				2:
2:08:05	4:06:47				
8 Mark Hill	M	48	Lafayette	NY 4:09:00	1:
1:56:02	1:56:02				2:
2:12:58	4:09:00				
9 Robert Krug	M	42	Buffalo	NY 4:20:16	1:
1:51:29	1:51:29				2:
2:28:48	4:20:16				

10 Jessica Kerns	F	36 Ithaca	NY 4:31:56	1:
2:04:28 2:04:28				2:
2:27:29 4:31:56				
11 Kenneth Rowe	M	52 Newark	NY 4:32:06	1:
2:04:30 2:04:30				2:
2:27:37 4:32:06				
12 Chandra Wisneski	F	22 Waterloo	NY 4:33:02	1:
2:07:40 2:07:40				2:
2:25:22 4:33:02				
13 Kati Christoffel	F	20 Clifton Park	NY 4:33:02	1:
2:07:40 2:07:40				2:
2:25:23 4:33:02				
14 Joseph Barry	M	53 Lafayette	NY 4:39:42	1:
2:10:10 2:10:10				2:
2:29:32 4:39:42				
15 Jason Noel	M	39 Oswego	NY 4:41:26	1:
2:09:52 2:09:52				2:
2:31:35 4:41:26				
16 Charles Keller	M	41 Syracuse	NY 4:42:00	1:
2:09:56 2:09:56				2:
2:32:05 4:42:00				
17 Tess Youker	F	26 Syracuse	NY 4:42:00	1:
2:09:54 2:09:54				2:
2:32:07 4:42:00				
18 Luana Pesco Koplowitz	F	55 Plainville	NY 5:08:23	1:
2:27:08 2:27:08				2:
2:41:16 5:08:23				
19 Karen Fennie	F	51 Binghamton	NY 5:26:24	1:
2:26:38 2:26:38				2:
2:59:47 5:26:24				

3 LOOPS - 30 MILES

Lap Cumulative

Place Name	Sex	Age	City	St	Time	
Split	Split					
=====	=====	===	===	=====	==	=====
=====	=====					
1 Cory West	M	35	Horseheads	NY	5:10:33	1:
1:39:30	1:39:30					2:
1:44:29	3:23:58					3:
1:46:36	5:10:33					
2 Joel Cisne	M	29	Ithaca	NY	5:17:30	1:
1:42:19	1:42:19					2:
1:46:36	3:28:55					3:
1:48:36	5:17:30					
3 Liz Brundige	F	35	Ithaca	NY	5:23:23	1:
1:39:46	1:39:46					2:
1:44:29	3:24:15					3:
1:59:09	5:23:23					
4 Ed Housel	M	52	Rochester	NY	5:36:30	1:
1:38:50	1:38:50					2:
1:49:03	3:27:52					3:
2:08:38	5:36:30					
5 Tom Nesterick	M	46	Watertown	NY	5:45:01	1:
1:35:35	1:35:35					2:
1:52:21	3:27:55					3:
2:17:06	5:45:01					
6 Heather Danielson	F	36	Rochester	NY	5:45:48	1:
1:46:59	1:46:59					2:
1:54:56	3:41:54					3:
2:03:54	5:45:48					
7 Mark Cinotti	M	34	Akron	NY	5:45:48	1:
1:47:00	1:47:00					2:
1:56:28	3:43:28					3:
2:02:20	5:45:48					

8 Gerrit VanLoon	M	50 Ithaca	NY 5:52:12	1:
1:44:55 1:44:55				2:
1:59:37 3:44:32				3:
2:07:40 5:52:12				
9 Tim Hardy	M	50 Marietta	NY 6:17:01	1:
1:51:56 1:51:56				2:
2:09:54 4:01:49				3:
2:15:12 6:17:01				
10 Kevin Mattessich	M	31 Baldwinsville	NY 6:41:37	1:
1:47:04 1:47:04				2:
2:07:22 3:54:26				3:
2:47:12 6:41:37				