

Bond Lake AC RUT Race
3.5 mile European Cross Country 08/16/04 It's not too tough for me!!!

Place	Time	Bib	Name	City	ST	AgeGroup	PlaceSex	PlaceGroup	Pace
1	0:19:15	52	PROCTOR, IV, THOMAS	NIAGARA FALLS	NY	M25-29	1/74	7/4	0:06:13
2	0:19:27	79	FORMA, ANDY	ELMA	NY	M18-19	2/74	1/3	0:06:16
3	0:20:13	80	GRIMM, RICH	AMHERST	NY	M40-44	3/74	1/8	0:06:31
4	0:20:49	25	HURTA, GARY R	ORCHARD PARK	NY	M35-39	4/74	1/9	0:06:43
5	0:20:54	42	FORRESTEL, STEPHEN	E AMHERST	NY	M50-54	5/74	1/12	0:06:45
6	0:21:12	54	CLAYTON, CHRISTOPHER W	TONAWANDA	NY	M20-24	6/74	1/6	0:06:50
7	0:21:21	26	SHEVLIN, JEFFERY	HAMBURG	NY	M18-19	7/74	2/3	0:06:53
8	0:21:32	56	CARROLL, DAVID	WEST SENECA	NY	M40-44	8/74	2/8	0:06:57
9	0:21:40	45	MCGRATH, JASON	BUFFALO	NY	M30-34	9/74	1/3	0:06:59
10	0:21:55	60	HARTWAY, RICHARD A	MEDINA	NY	M35-39	10/74	2/9	0:07:04
11	0:22:08	20	WALDON, JAMES R	BUFFALO	NY	M40-44	11/74	3/8	0:07:08
12	0:22:29	34	RABY JR, GARY J	LEWISTON	NY	M20-24	12/74	2/6	0:07:15
13	0:22:37	62	NIZIOL, ADAM D	LANCASTER	NY	M20-24	13/74	3/6	0:07:18
14	0:22:46	85	CATON, MATTHEW	HENRIETTA	NY	M40-44	14/74	4/8	0:07:21
15	0:23:11	4	NELSON, MIKE	SANBORN	NY	M15-17	15/74	1/5	0:07:29
16	0:23:17	35	RABY, JASON	LEWISTON	NY	M20-24	16/74	4/6	0:07:31
17	0:23:25	9	STACHNIK, EVAN	BUFFALO	NY	M20-24	17/74	5/6	0:07:33
18	0:23:36	66	GARROW, ANTHONY G	NORTH TONAWANDA	NY	M45-49	18/74	1/12	0:07:37
19	0:23:54	51	COSTELLO, PETER	YOUNGSTOWN	NY	M15-17	19/74	2/5	0:07:43
20	0:24:07	39	LEW, FRED	GRAND ISLAND	NY	M50-54	20/74	2/12	0:07:47
21	0:24:13	70	LONGHOUSE, MICHAEL J	ORCHARD PARK	NY	M25-29	21/74	1/4	0:07:49
22	0:24:22	58	RUSS, DUSTIN A	BUFFALO	NY	M15-17	22/74	3/5	0:07:52
23	0:24:34	7	HERON, JAMES	AMHERST	NY	M45-49	23/74	2/12	0:07:55
24	0:24:43	46	VANLEEUWEN, HERMAN	AMHERST	NY	M45-49	24/74	3/12	0:07:58
25	0:24:59	86	HOADLEY, STEPHEN J	TONAWANDA	NY	M35-39	25/74	3/9	0:08:04
26	0:25:11	13	PROBST, CHRIS	CLARENCE CENTER	NY	M35-39	26/74	4/9	0:08:07
27	0:25:18	61	GOODBAND, DAVID A	LOCKPORT	NY	M30-34	27/74	2/3	0:08:10
28	0:25:27	53	FERGUSON, CLYDE	LOCKPORT	NY	M50-54	28/74	3/12	0:08:13
29	0:25:30	50	BAKER, SARA	YOUNGSTOWN	NY	F15-17	1/19	1/1	0:08:14
30	0:25:39	81	GALLAGHER, FRANCIS M	LOCKPORT	NY	M45-49	29/74	4/12	0:08:16
31	0:26:20	2	SOMERVILLE, T.W.	TONAWANDA	NY	M50-54	30/74	4/12	0:08:30
32	0:26:26	64	CURTIS, ALEC	LEWISTON	NY	M0-14	31/74	1/1	0:08:32
33	0:26:28	33	RABY SR, GARY J	LEWISTON	NY	M50-54	32/74	5/12	0:08:32
34	0:26:30	14	MEYER, CATHERINE	N TONAWANDA	NY	F35-39	2/19	1/3	0:08:33
35	0:26:48	47	VANLEEUWEN, WIM	TIEL	NY	M45-49	33/74	5/12	0:08:39
36	0:26:53	83	BIAMONTE, THOMAS S	LOCKPORT	NY	M35-39	34/74	5/9	0:08:40
37	0:26:55	17	LONDON, PAMELA V	BUFFALO	NY	F35-39	3/19	2/3	0:08:41
38	0:27:01	77	BERGMAN, JERRY	E AMHERST	NY	M60-64	35/74	1/4	0:08:43
39	0:27:13	84	SPENCER, JOE	ALDEN	NY	M45-49	36/74	6/12	0:08:47
40	0:27:21	30	KIELB, JOSEPH E	ALDEN	NY	M45-49	37/74	7/12	0:08:49
41	0:27:31	88	KAVANAGH, JAMES C	LANCASTER	NY	M45-49	38/74	8/12	0:08:53
42	0:27:37	6	ELLIOTT, SCOTT	LOCKPORT	NY	M40-44	39/74	5/8	0:08:55
43	0:27:55	1	MOORE, JOHN	BUFFALO	NY	M60-64	40/74	2/4	0:09:00
44	0:28:23	63	CURTIS, LINDA	LEWISTON	NY	F40-44	4/19	1/5	0:09:09
45	0:28:25	15	FIELDS, MATTHEW P	GRAND ISLAND	NY	M18-19	41/74	3/3	0:09:10
46	0:28:27	40	KEEM, ROBERT	TONAWANDA	NY	M35-39	42/74	6/9	0:09:11
47	0:28:31	31	ZDANOWICZ, JOE	TONAWANDA	NY	M35-39	43/74	7/9	0:09:12
48	0:28:41	75	TAREEN, ALWIN	AMHERST	NY	M25-29	44/74	2/4	0:09:15
49	0:28:56	41	STASZAK, DAVID J	ORCHARD PARK	NY	M55-59	45/74	1/5	0:09:20
50	0:29:15	5	OEHMLER, TIM	LOCKPORT	NY	M45-49	46/74	9/12	0:09:26
51	0:29:20	22	MCMANUS, PATRICIA	CHEEKTOWAGA	NY	F40-44	5/19	2/5	0:09:28
52	0:29:33	65	HUMMEL, JAMES L	LEWISTON	NY	M40-44	47/74	6/8	0:09:32
53	0:29:36	90	FUSILLO, JOE	GRAND ISLAND	NY	M35-39	48/74	8/9	0:09:33
54	0:29:59	59	MILLET, DAVID	NIAGARA O/T LAK	ON	M70-74	49/74	1/2	0:09:40
55	0:30:00	18	BARTKOWIAK, ALLISON M	LOCKPORT	NY	F0-14	6/19	1/2	0:09:41
56	0:30:05	44	CLIFFORD, JOHN W	GASPORT	NY	M55-59	50/74	2/5	0:09:42
57	0:30:16	8	STACHNIK, RICHARD	BUFFALO	NY	M55-59	51/74	3/5	0:09:46
58	0:30:35	48	ARCARA, DAVID	LOCKPORT	NY	M45-49	52/74	10/12	0:09:52
59	0:30:39	37	CZECHOWSKI, STEVEN	AKRON	NY	M35-39	53/74	9/9	0:09:53
60	0:30:40	57	KAVANAUGH, PETE T	PLATTSBURGH	NY	M50-54	54/74	6/12	0:09:54
61	0:30:41	21	NAWOTFA, RIKKI	GRAND ISLAND	NY	F18-19	7/19	1/3	0:09:54
62	0:30:43	24	GANDT, SARAH A	N TONAWANDA	NY	F18-19	8/19	2/3	0:09:55
63	0:30:58	36	FRETTHOLD, KATHLEEN	N TONAWANDA	NY	F40-44	9/19	3/5	0:09:59
64	0:31:07	72	WILBER, SAMANTHA A	LEWISTON	NY	F0-14	10/19	2/2	0:10:02
65	0:31:11	29	HUGHES, ROBERT	NIAGARA FALLS	NY	M45-49	55/74	11/12	0:10:04
66	0:31:17	71	MITCHELL, DON	BUFFALO	NY	M60-64	56/74	3/4	0:10:05
67	0:31:23	23	SANDERSON, DONALD P	N TONAWANDA	NY	M40-44	57/74	7/8	0:10:07
68	0:31:33	38	VAN ALMKERK, RICHARD J	ROCHESTER	NY	M55-59	58/74	4/5	0:10:11
69	0:32:07	28	HUGHES, MARY	NIAGARA FALLS	NY	F40-44	11/19	4/5	0:10:22
70	0:32:14	55	DUNSTAN, BRIAN T	YOUNGSTOWN	NY	M50-54	59/74	7/12	0:10:24
71	0:32:36	73	HEWNER, GRETCHEN	RANSOMVILLE	NY	F18-19	12/19	3/3	0:10:31
72	0:32:36	74	HEWNER, THOMAS	RANSOMVILLE	NY	M50-54	60/74	8/12	0:10:31
73	0:33:20	89	SHEEHAN, NANCY	LEWISTON	NY	F45-49	13/19	1/2	0:10:45
74	0:33:22	76	DIBBLE, ROBERT	BUFFALO	NY	M25-29	61/74	3/4	0:10:46
75	0:35:06	82	GALLAGHER, LINDA	LOCKPORT	NY	F40-44	14/19	5/5	0:11:19
76	0:35:23	10	HALE, WARREN D	LOCKPORT	NY	M30-34	62/74	3/3	0:11:25
77	0:35:28	11	HALE, JENNIFER A	LOCKPORT	NY	F30-34	15/19	1/1	0:11:26
78	0:35:31	43	PENDERGAST, GEORGE	NIAGARA FALLS	NY	M60-64	63/74	4/4	0:11:27
79	0:35:38	68	RICHTER, SUZANNE	LOCKPORT	NY	F45-49	16/19	2/2	0:11:30
80	0:35:49	91	FITZGERALD, RALPH	LEWISTON	NY	M20-24	64/74	6/6	0:11:33
81	0:35:56	78	REICHERT, JAYNE	NIAGARA FALLS	NY	M40-44	65/74	8/8	0:11:35
82	0:36:37	87	MATTHEWS, TIMOTHY J	ROCHESTER	NY	M50-54	66/74	9/12	0:11:49
83	0:37:56	49	SULLIVAN, TED R	WILLIAMSVILLE	NY	M70-74	67/74	2/2	0:12:14
84	0:43:31	19	PREVITE, RUSSELL	N TONAWANDA	NY	M50-54	68/74	10/12	0:14:02
85	0:49:02	16	GALLAGHER, KEVIN	GRAND ISLAND	NY	M50-54	69/74	11/12	0:15:49
86	0:49:23	94	BRACH, JOHN	GRAND ISLAND	NY	M50-54	70/74	12/12	0:15:56
87	1:12:14	93	GORDON, FREDRICK	BUFFALO	NY	M55-59	71/74	5/5	0:23:18