

**TRIATHLON  
RESULTS  
SEPT. 19, 2009**

**HILLS CREEK  
STATE PARK  
WELLSBORO, PA**



**CATEGORY:  
INDIVIDUAL  
MALE**

NAME	RACE NUMBER	RUN SPLIT	PADDLE SPLIT	BIKE SPLIT	RUN + PADDLE	FINISH TIME
1. Ross, Chaz	130	23:32	15:37	32:42	39:09	1:11:51
2. Hendricks, Rick	126	24:48	17:44	36:29	42:32	1:19:01
3. Deiseroth, Bruce	104	23:15	20:09	37:28	43:24	1:20:52
4. Iseri, Howard	110	25:53	21:06	36:12	46:59	1:23:11
5. Schmoyer, John	129	25:09	27:46	35:44	52:55	1:28:39
6. Gardner, Ryan	105	23:36	27:18	41:11	50:54	1:32:05
7. Hoyt, Bill	109	27:27	27:04	37:42	54:31	1:32:13
8. Mitchell, Garth	120	28:23	21:36	42:39	49:59	1:32:38
9. Setts, Jared	136	26:33	26:08	42:23	52:41	1:35:04
10. Snyder, Mark	127	30:15	22:28	42:34	52:43	1:35:17
11. Smith, Greg	106	30:47	22:35	43:21	53:22	1:36:43
12. Wong, Daniel	119	24:15	33:31	38:58	57:46	1:36:44
13. Court, Brandon	103	24:02	23:39	49:21	47:41	1:37:02
14. Salerno, Pat	112	29:25	26:50	42:10	56:15	1:38:25
15. Smith, Bruce	113	29:11	20:59	49:15	50:10	1:39:25
16. VanHouten, George	116	25:45	23:35	50:15	49:20	1:39:35
17. Tokarz, Stephen	115	28:44	22:26	51:07	51:10	1:42:17
18. Gresko, Bob	135	31:43	27:51	45:01	59:34	1:44:35
19. Borsheim, Ed	125	31:06	29:31	47:05	1:00:37	1:47:42
20. Brandt, Harold	101	31:27	28:20	48:31	59:47	1:48:18
21. Hinkel, Evan	108	29:50	29:37	52:38	59:27	1:52:05
22. Cullison, Michael	124	29:50	34:58	48:05	1:04:48	1:52:53
23. Kuhn, Ron	111	33:25	28:53	51:21	1:02:18	1:53:39
24. Gray, Mike	133	34:07	23:28	1:00:28	57:35	1:58:03
25. Brady, Steven	121	43:46	34:27	1:09:20	1:18:13	2:27:33

**HOURS: MINUTES: SECONDS**



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**TRIATHLON  
RESULTS  
SEPT. 19, 2009**



**HILLS CREEK  
STATE PARK  
WELLSBORO, PA**

**CATEGORY:  
INDIVIDUAL  
FEMALE**

NAME	RACE NUMBER	RUN SPLIT	PADDLE SPLIT	BIKE SPLIT	RUN + PADDLE	FINISH TIME
1. Corey, Niki	128	25:09	29:45	37:55	54:54	1:32:49
2. Hendricks, Laurie	138	29:44	25:38	45:10	55:22	1:40:32
3. VanHouten, Mary Ann	117	27:43	27:05	46:13	54:48	1:41:01
4. Snyder, Nikki	137	33:18	23:39	46:09	56:57	1:43:06
5. White, Kay	134	32:02	23:42	52:08	55:44	1:47:52
6. Hamilton-Ficks, Joey Sue	107	34:09	24:05	50:24	59:14	1:49:38
7. Walton, Holly	118	33:38	26:51	53:07	1:00:29	1:53:36
8. Hungerford, Erin	123	32:44	35:51	54:56	1:08:35	2:03:31
9. Tardieu, Carla	132	34:12	33:37	1:00:32	1:07:49	2:08:21
10. Krajewski, Ellen	122	40:02	32:53	59:22	1:12:55	2:12:17

**CATEGORY:  
TEAM  
FEMALE**

**HOURS: MINUTES: SECONDS**

NAME	RACE NUMBER	RUN SPLIT	PADDLE SPLIT	BIKE SPLIT	RUN + PADDLE	FINISH TIME
1. Christine Wosniak	305	29:58	—	—	↓	↓
Sally Jones	305	—	29:36	—	59:34	↓
Katie Berkowitz	305	—	—	39:40	—	1:39:14
2. Jessica Beard	308	40:44	—	—	↓	↓
Rachael Fuller	308	—	28:49	—	1:09:33	↓
Stacey Dickerson	308	—	—	57:42	—	2:07:15



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**TRIATHLON  
RESULTS  
SEPT. 19, 2009**



**HILLS CREEK  
STATE PARK  
WELLSBORO, PA**

**CATEGORY:  
TEAM  
CO-ED**

NAME	RACE NUMBER	RUN SPLIT	PADDLE SPLIT	BIKE SPLIT	RUN + PADDLE	FINISH TIME
1. Tatiana Sokolova	301	33:32	—	—	↓	↓
Jim Hepp	301	—	18:14	—	51:46	↓
TJ Mosher	301	—	—	27:49	—	1:19:35
2. Jackie Schlitzer	303	28:29	—	—	↓	↓
Lilace Guignard	303	—	21:12	—	49:41	↓
Jimmy Guignard	303	—	—	32:36	—	1:22:17
3. Sandy Beideman	304	34:04	—	—	↓	↓
Dan Shipe	304	—	18:24	—	52:28	↓
Mark Newruck	304	—	—	33:08	—	1:25:36
4. Austin Holbrook	307	20:56	—	—	↓	↓
Anna Holbrook	307	—	23:54	—	44:50	↓
Jeff Holbrook	307	—	—	42:40	—	1:27:30
5. Edward Beller	302	31:46	—	—	↓	↓
Rebecca Charles	302	—	23:03	—	54:49	↓
LaRue Reese	302	—	—	47:48	—	1:42:37
6. Barb Hinman	306	29:31	—	—	↓	↓
David Spahalski	306	—	26:56	1:02:03	56:27	1:58:30

**HOURS: MINUTES: SECONDS**



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AND NATURAL RESOURCES



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# STEP OUTDOORS TRIATHLON AT HILLS CREEK STATE PARK, SEPT. 19, 2009

## OVERALL RESULTS

NAME	RACE NUMBER	RUN SPLIT	PADDLE SPLIT	BIKE SPLIT	RUN + PADDLE	FINISH TIME
Ross, Chaz	130	23:32	15:37	32:42	39:09	1:11:51
Hendricks, Rick	126	24:48	17:44	36:29	42:32	1:19:01
Sokolova/Hepp/Mosher	301	33:32	18:14	27:49	51:46	1:19:35
Deiseroth, Bruce	104	23:15	20:09	37:28	43:24	1:20:52
Schlitzer, Guignard, Guignard	303	28:29	21:12	32:36	49:41	1:22:17
Iseri, Howard	110	25:53	21:06	36:12	46:59	1:23:11
Beideman/Shipe/Newruck	304	34:04	18:24	33:08	52:28	1:25:36
Team Holbrook	307	20:56	23:54	42:40	44:50	1:27:30
Schmoyer, John	129	25:09	27:46	35:44	52:55	1:28:39
Gardner, Ryan	105	23:36	27:18	41:11	50:54	1:32:05
Hoyt, Bill	109	27:27	27:04	37:42	54:31	1:32:13
Mitchell, Garth	120	28:23	21:36	42:39	49:59	1:32:38
Corey, Niki	128	25:09	29:45	37:55	54:54	1:32:49
Setts, Jared	136	26:33	26:08	42:23	52:41	1:35:04
Snyder, Mark	127	30:15	22:28	42:34	52:43	1:35:17
Smith, Greg	106	30:47	22:35	43:21	53:22	1:36:43
Wong, Daniel	119	24:15	33:31	38:58	57:46	1:36:44
Court, Brandon	103	24:02	23:39	49:21	47:41	1:37:02
Salerno, Pat	112	29:25	26:50	42:10	56:15	1:38:25
Wosniak/Jones/Berkowitz	305	29:58	29:36	39:40	59:34	1:39:14
Smith, Bruce	113	29:11	20:59	49:15	50:10	1:39:25
VanHouten, George	116	25:45	23:35	50:15	49:20	1:39:35
Hendricks, Laurie	138	29:44	25:38	45:10	55:22	1:40:32
VanHouten, Mary Ann	117	27:43	27:05	46:13	54:48	1:41:01
Tokarz, Stephen	115	28:44	22:26	51:07	51:10	1:42:17
Beller/Charles/Reese	302	31:46	23:03	47:48	54:49	1:42:37
Snyder, Nikki	137	33:18	23:39	46:09	56:57	1:43:06
Gresko, Bob	135	31:43	27:51	45:01	59:34	1:44:35
Borsheim, Ed	125	31:06	29:31	47:05	1:00:37	1:47:42
White, Kay	134	32:02	23:42	52:08	55:44	1:47:52
Brandt, Harold	101	31:27	28:20	48:31	59:47	1:48:18
Hamilton-Ficks, Joey Sue	107	34:09	24:05	50:24	59:14	1:49:38
Hinkel, Evan	108	29:50	29:37	52:38	59:27	1:52:05
Cullison, Michael	124	29:50	34:58	48:05	1:04:48	1:52:53
Walton, Holly	118	33:38	26:51	53:07	1:00:29	1:53:36
Kuhn, Ron	111	33:25	28:53	51:21	1:02:18	1:53:39
Gray, Mike	133	34:07	23:28	1:00:28	57:35	1:58:03
Hinman/Spahalski	306	29:31	56:27	1:02:03	49:41	1:58:30
Hungerford, Erin	123	32:44	35:51	54:56	1:08:35	2:03:31
Beard/Fuller/Dickerson	308	40:44	28:49	57:42	1:09:33	2:07:15
Tardieu, Carla	132	34:12	33:37	1:00:32	1:07:49	2:08:21
Krajewski, Ellen	122	40:02	32:53	59:22	1:12:55	2:12:17
Brady, Steven	121	43:46	34:27	1:09:20	1:18:13	2:27:33

**HOURS: MINUTES: SECONDS**