

10K Run
 May 10, 2009
 East Burke, Vermont

Timed using 'Race Timer'

version 3.14

E-mail: Race_Timer@comcast.net

Web: www.racetimer.net

Age Group Results

Place	Race#	LastName	FirstName	Age	Gender	Overall Time	Pace(min/mi)	Group %-Rar
Overall								
1	201	Farmer	Michael	19	M	0:38:57	0:06:16	0
2	209	Manges	Chris	39	M	0:41:50	0:06:44	5.8
3	206	Sherbrook	Victor	42	M	0:44:29	0:07:10	11.7
4	212	Norsling	Colleen	31	F	0:46:30	0:07:29	17.6
5	203	Aby	Bob	64	M	0:46:39	0:07:30	23.5
6	207	Sherbrook	Evan	18	M	0:49:10	0:07:55	29.4
7	213	Heinrich	Dawn	47	F	0:49:50	0:08:01	35.2
8	215	Heinrich	Haley	16	F	0:53:28	0:08:36	41.1
9	217	Laflamme	Sandra	32	F	0:53:35	0:08:37	47
10	216	Kaplan	Tara	37	F	0:53:47	0:08:39	52.9
11	205	Ferguson	Ellie	49	F	0:53:55	0:08:41	58.8
12	202	Gadapee	Bonnie	42	F	0:55:06	0:08:52	64.7
13	218	Tomczyk	Carrie	35	F	0:55:52	0:08:59	70.5
14	211	Rexford	Leah	33	F	0:55:52	0:08:59	70.5
15	208	Kresser	Sarah	46	F	0:56:36	0:09:07	82.3
16	214	Heinrich	Hanne	14	F	0:57:59	0:09:20	88.2
17	210	Hertz	Des	38	F	0:59:02	0:09:30	94.1
18	204	Cunnington	Tammy	44	F	1:05:30	0:10:32	100

TOP FINISHERS

Overall Men

1	201	Farmer	Michael	19	M	0:38:57	0:06:16	0
2	209	Manges	Chris	39	M	0:41:50	0:06:44	25
3	206	Sherbrook	Victor	42	M	0:44:29	0:07:10	50
4	203	Aby	Bob	64	M	0:46:39	0:07:30	75
5	207	Sherbrook	Evan	18	M	0:49:10	0:07:55	100

Overall Women

1	212	Norsling	Colleen	31	F	0:46:30	0:07:29	0
2	213	Heinrich	Dawn	47	F	0:49:50	0:08:01	8.3
3	215	Heinrich	Haley	16	F	0:53:28	0:08:36	16.6
4	217	Laflamme	Sandra	32	F	0:53:35	0:08:37	25
5	216	Kaplan	Tara	37	F	0:53:47	0:08:39	33.3
6	205	Ferguson	Ellie	49	F	0:53:55	0:08:41	41.6
7	202	Gadapee	Bonnie	42	F	0:55:06	0:08:52	50
8	211	Rexford	Leah	33	F	0:55:52	0:08:59	58.3
9	218	Tomczyk	Carrie	35	F	0:55:52	0:08:59	58.3
10	208	Kresser	Sarah	46	F	0:56:36	0:09:07	75
11	214	Heinrich	Hanne	14	F	0:57:59	0:09:20	83.3
12	210	Hertz	Des	38	F	0:59:02	0:09:30	91.6
13	204	Cunnington	Tammy	44	F	1:05:30	0:10:32	100

Place	Race#	LastName	FirstName	Age	Gender	Overall Time	Pace(min/mi)	Group %-Rank
-------	-------	----------	-----------	-----	--------	--------------	--------------	--------------

MASTERS

Masters Men - 40 and over

1	206	Sherbrook	Victor	42	M	0:44:29	0:07:10	
2	203	Aby	Bob	64	M	0:46:39	0:07:30	

Masters Women - 40 and over

1	213	Heinrich	Dawn	47	F	0:49:50	0:08:01	
2	205	Ferguson	Ellie	49	F	0:53:55	0:08:41	
3	202	Gadapee	Bonnie	42	F	0:55:06	0:08:52	
4	208	Kresser	Sarah	46	F	0:56:36	0:09:07	
5	204	Cunnington	Tammy	44	F	1:05:30	0:10:32	

MENS AGE GROUPS

Age Group Men - 19 and under

1	201	Farmer	Michael	19	M	0:38:57	0:06:16	
2	207	Sherbrook	Evan	18	M	0:49:10	0:07:55	

Age Group Men - 30 to 39

1	209	Manges	Chris	39	M	0:41:50	0:06:44	
---	-----	--------	-------	----	---	---------	---------	--

Age Group Men - 40 to 49

1	206	Sherbrook	Victor	42	M	0:44:29	0:07:10	
---	-----	-----------	--------	----	---	---------	---------	--

Age Group Men - 60 to 69

1	203	Aby	Bob	64	M	0:46:39	0:07:30	
---	-----	-----	-----	----	---	---------	---------	--

WOMENS AGE GROUPS

Age Group Women - 19 and under

1	215	Heinrich	Haley	16	F	0:53:28	0:08:36	
2	214	Heinrich	Hanne	14	F	0:57:59	0:09:20	

Age Group Women - 30 to 39

1	212	Norsling	Colleen	31	F	0:46:30	0:07:29	
2	217	Laflamme	Sandra	32	F	0:53:35	0:08:37	
3	216	Kaplan	Tara	37	F	0:53:47	0:08:39	
4	218	Tomczyk	Carrie	35	F	0:55:52	0:08:59	
5	211	Rexford	Leah	33	F	0:55:52	0:08:59	
6	210	Hertz	Des	38	F	0:59:02	0:09:30	

Age Group Women - 40 to 49

1	213	Heinrich	Dawn	47	F	0:49:50	0:08:01	
2	205	Ferguson	Ellie	49	F	0:53:55	0:08:41	
3	202	Gadapee	Bonnie	42	F	0:55:06	0:08:52	
4	208	Kresser	Sarah	46	F	0:56:36	0:09:07	
5	204	Cunnington	Tammy	44	F	1:05:30	0:10:32	