

2016 Beer Fit
Power Hour - 1 Hour Lap Race

Hartford, PA 08/20/2016 08:00 AM Weather: cloudy, 67 deg

No.	Name	Laps	Nettime	Lap1	Lap2	Lap3	Lap4	Lap5	Lap6	Lap7	Lap8	Lap9	Lap10	Lap11	Lap12
1043	Head James	10	58:27	5:34	11:07	16:50	22:42	28:37	34:31	40:30	46:30	52:36	58:27		
1151	Depaola Chris	10	59:32	5:32	11:08	17:04	23:06	29:09	35:08	41:16	47:24	53:34	59:32		
1160	Downey Scott	9	58:32	6:37	13:08	19:43	26:24	32:55	39:28	45:46	52:04	58:32			
1089	Sideranko Collin	8	54:38	7:00	13:55	20:44	27:37	34:23	41:17	48:07	54:38				
1183	Lopez Christopher	8	54:51	6:18	12:56	19:49	26:45	33:46	40:51	47:55	54:51				
1166	Williams Brian	8	55:53	6:51	14:05	21:24	28:22	35:16	42:20	49:14	55:53				
1009	Savage Robin	8	56:10	6:28	13:10	20:08	27:09	34:20	41:37	48:52	56:10				
1067	Rizzo Anthony	8	57:16	6:47	13:40	20:39	27:45	35:03	42:26	49:55	57:16				
1050	Leblanc Nicole	8	57:39	6:41	13:43	21:03	28:20	35:45	43:03	50:20	57:39				
1081	Capeci Jeff	8	57:39	6:22	13:10	20:26	27:51	35:28	43:02	50:22	57:39				
1011		8	57:39	6:22	13:10	20:26	27:51	35:28	43:02	50:19	57:39				
1163	Gedraitis Mark	8	58:40	6:53	14:09	21:34	28:59	36:30	44:01	51:26	58:40				
1027	Haglund Rick	8	59:25	7:13	14:30	21:55	29:14	36:48	44:41	52:23	59:25				
1044	Kerachsky Bryan	7	51:18	6:53	14:05	21:24	29:01	36:29	44:00	51:18					
1076	Wynn Joseph	7	52:21	7:01	14:19	21:49	29:34	37:14	44:59	52:21					
1045	Biegen Eric	7	53:06	7:53	15:19	22:54	30:21	37:53	45:32	53:06					
1104	Grasso Damion	7	53:46	7:27	15:11	22:52	30:25	38:08	45:51	53:46					
1106	Ditondo Robert	7	53:48	7:22	15:08	23:04	30:42	38:33	46:19	53:48					
1039	Cannon Chris	7	54:24	7:45	15:41	23:38	31:26	39:17	47:15	54:24					
1162	Malysz Mark	7	54:26	7:12	14:57	22:55	30:59	38:58	46:50	54:26					

1097	Russell Mark	7	54:34	7:03	14:33	22:27	30:27	38:30	46:33	54:34
1010		7	54:35	7:08	14:28	22:03	29:55	37:53	46:01	54:35
1171	Foley Kristina	7	54:43	7:50	15:49	23:36	31:20	39:04	46:51	54:43
1019	Immohr Dan	7	54:51	7:41	15:42	23:29	31:22	39:04	47:00	54:51
1031	Finegan Steven	7	55:14	7:50	15:27	23:05	31:01	39:01	47:04	55:14
1075		7	55:39	7:49	15:25	23:07	30:40	38:09	48:00	55:39
1022	Worley Jennifer	7	55:50	7:12	14:59	22:57	31:02	39:15	47:35	55:50
1030	Snukis Jason	7	56:22	7:24	15:22	23:25	31:48	40:16	48:25	56:22
1181	Law Enoch	7	56:43	7:50	16:00	24:14	32:24	40:31	48:40	56:43
1026	Murphy Jerry	7	57:14	7:36	15:34	23:36	31:55	40:24	48:36	57:14
1001		7	57:20	7:11	15:13	23:27	31:48	40:09	48:48	57:20
1085	Buckley Derek	7	57:25	7:23	15:14	23:06	31:16	39:54	48:46	57:25
1186	Merriam Aaron	7	57:42	7:34	15:18	22:56	31:20	39:58	49:00	57:42
1070	Greiser Janice- Coll	7	57:51	7:23	15:21	23:33	32:00	40:33	49:19	57:51
1094	Fitzgerald Erin	7	58:04	7:57	16:13	24:46	33:14	41:41	50:06	58:04
1017	Raby Marc	7	58:51	7:40	16:02	25:13	33:45	42:29	51:02	58:51
1068	Thomsen Brian	7	59:01	7:28	15:43	24:15	32:56	41:39	50:26	59:01
1040	Bosworth Barbara	7	59:06	7:26	15:16	23:34	32:22	41:08	50:21	59:06
1008		7	59:09	7:33	15:33	23:37	32:55	42:35	51:20	59:09
1159	Iannaccone Marc	7	59:10	7:35	15:51	24:35	33:16	42:02	50:45	59:10
1099	Burke Meagan	7	59:35	8:38	17:11	25:50	34:31	43:06	51:39	59:35
1152	Danyluk James	7	29:46	6:51	14:11	21:59	37:40	45:38	54:05	29:46
1023	Worley Francesco	7	41:24	6:55	27:42	48:29	55:49	20:53	34:36	41:24

1167	Moulton David	6	51:52	8:38	17:27	26:15	34:56	43:32	51:52
1065	Heinemann Richard	6	51:55	8:25	17:21	26:04	34:44	43:51	51:55
1110	Gardella Emily	6	52:20	7:55	16:24	25:14	34:17	43:28	52:20
1088	Maybach Gregg	6	53:05	7:49	16:17	25:06	34:22	43:51	53:05
1051	Leblanc Derek	6	53:13	7:39	16:27	25:33	35:00	44:10	53:13
1187	Meunier Skylar	6	53:38	7:34	15:18	24:28	34:50	44:18	53:38
1098	McDevitt Andrew	6	53:45	7:55	15:44	24:16	34:36	45:10	53:45
1087	Maybach Deborah	6	53:48	9:09	17:51	26:39	35:35	44:29	53:48
1117	Calabrese Christina	6	54:04	9:14	18:19	27:18	36:14	45:13	54:04
1111	Cimmino Ashley	6	54:03	9:14	18:19	27:18	36:14	45:13	54:03
1107	Judkins Tiffany	6	54:13	9:03	17:51	26:28	35:53	45:02	54:13
1071	Scungio Lori	6	54:19	9:25	18:43	27:57	36:52	45:28	54:19
1073	Vanvught Tracy	6	54:19	9:25	18:42	27:57	36:51	45:28	54:19
1083	Haber Gabriella	6	54:32	8:53	17:53	26:59	36:15	45:25	54:32
1188	Litke Mackenzie	6	54:42	7:55	16:08	26:08	35:31	45:14	54:42
1100	O'Leary Timothy	6	54:50	8:39	17:11	26:05	35:25	45:10	54:50
1096	Learned Lauren	6	54:52	9:29	19:05	28:26	37:19	46:08	54:52
1041	Socha Katarzyna	6	54:56	9:30	18:30	27:30	36:48	46:05	54:56
1093	Spano Anthony	6	55:37	8:50	18:11	27:40	37:00	46:24	55:37
1165	Ballerini Jane	6	55:54	9:01	18:09	27:28	36:59	46:37	55:54
1064	Landry Debra	6	56:00	8:41	17:53	27:11	36:39	46:12	56:00
1192	Lumbruno-Gomes Kim	6	56:05	11:41	20:01	28:25	37:04	46:50	56:05

1095	Martin Patti	6	56:06	9:29	19:06	28:26	37:28	47:04	56:06
1033	Lumbruno Lisa	6	56:30	9:13	18:06	27:23	36:51	46:52	56:30
1091	Bacon Jessica	6	56:39	9:00	17:56	27:14	36:55	46:58	56:39
1108	Schwarm Amber	6	56:43	8:39	17:47	27:13	36:34	46:45	56:43
1109	Schwarm Kelley	6	56:43	8:40	17:47	27:12	36:34	46:45	56:43
1029	Diciocco Jim	6	57:04	8:38	18:08	28:18	39:00	48:28	57:04
1177	Corbett Emily	6	57:20	9:12	18:24	27:49	37:31	47:31	57:20
1170	Foley Amy	6	57:43	9:23	19:14	29:12	38:56	48:40	57:43
1042	Gartman Jeff	6	57:44	7:57	17:02	27:01	37:13	47:14	57:44
1034	Allen Ralph	6	58:03	9:55	19:51	29:47	39:40	49:14	58:03
1191	Parker Sarah	6	58:04	9:56	19:53	29:47	39:40	49:14	58:04
1092	Boardway Susan	6	58:14	9:00	18:49	28:33	38:25	48:26	58:14
1090	Boardway Jessica	6	58:14	8:51	17:46	27:07	36:47	46:58	58:14
1035	Do Huong	6	58:20	10:42	21:26	31:16	40:40	49:32	58:20
1161	Trawinski Allison	6	58:31	9:36	19:26	29:26	39:22	48:49	58:31
1105	Lapolt Mark	6	58:32	10:32	20:36	30:19	39:57	49:24	58:32
1086	Gagnon Katie	6	58:52	8:33	18:18	28:34	39:05	49:22	58:52
1178	Corbett Raechaell	6	59:11	9:11	18:22	27:39	38:13	48:57	59:11
1172	Deangelis Sherry	6	59:12	9:28	19:33	29:27	39:19	49:16	59:12
1184	Girouard Jr Thomas	6	49:04	8:48	18:40	39:31	58:19	28:54	49:04
1154	Senn Karen	5	46:25	9:20	18:38	27:53	37:07	46:25	
1153	Waterhouse Sarah	5	46:25	9:19	18:38	27:53	37:07	46:25	

1032	Cambra Alexandra	5	50:16	9:02	18:48	29:04	39:31	50:16
1028	Knowland Thomas	5	50:19	8:38	18:08	28:19	39:02	50:19
1005		5	50:19	9:16	19:07	29:10	39:25	50:19
1074	Plis Randy	5	51:16	9:36	19:14	29:19	39:24	51:16
1079	Foley Ellen	5	51:42	8:15	18:15	29:34	40:06	51:42
1182	MacDonough Ryan	5	51:57	8:57	18:44	29:33	40:41	51:57
1116	Falvey Kelly	5	52:14	10:56	21:56	31:39	41:46	52:14
1173	Ouellette Amy	5	52:22	10:03	20:35	30:58	41:45	52:22
1069	Thomsen Christen	5	52:30	8:31	19:23	30:27	41:39	52:30
1049	Cole Stephanie	5	52:35	14:28	23:21	33:01	42:41	52:35
1084		5	52:37	10:28	21:04	31:50	42:32	52:37
1080	Cabral Brittany	5	53:09	8:15	18:15	29:41	41:35	53:09
1156	Mendyka Christopher	5	53:57	9:26	19:41	30:43	42:44	53:57
1174	Ouellette Leeann	5	54:00	10:03	20:53	32:05	43:09	54:00
1072	Kokofsky Deborah	5	54:03	10:20	21:01	32:02	43:04	54:03
1025	Defeo Joseph	5	54:23	9:12	19:15	30:00	42:07	54:23
1179	Zuniga Chelsea	5	54:39	10:22	21:52	33:14	44:00	54:39
1016	Nalband Penny	5	54:49	10:21	21:15	32:17	43:38	54:49
1168	Smith Wisniews Amy	5	54:52	9:21	20:00	31:49	43:06	54:52
1169	Cardona Yesenia	5	55:06	9:28	20:03	32:07	43:21	55:06
1014	Kurtz Valerie	5	55:15	9:12	20:21	31:51	43:34	55:15
1006		5	55:47	8:53	18:37	29:44	44:07	55:47
1007		5	55:48	8:35	18:01	31:09	44:07	55:48

1180	Wyatt Benjamin	5	56:19	10:22	20:46	31:26	44:01	56:19
1078	Scott Emily	5	56:39	9:23	20:58	33:33	45:17	56:39
1046	Casanova Shannon	5	56:41	10:56	21:56	33:05	45:26	56:41
1193	Gomes Mike	5	57:05	12:44	23:01	35:47	46:27	57:05
1101	Mysliwiec Emmeline	5	57:26	9:47	22:01	34:42	46:52	57:26
1038	Farrell Tierney	5	57:36	8:31	17:39	26:56	38:21	57:36
1082	Haber Barbara	5	57:58	11:01	22:23	34:14	46:34	57:58
1190	Benton Cheryl	5	58:09	11:07	23:06	35:09	46:49	58:09
1037	Cormier Kelly	5	58:40	10:42	22:16	35:54	47:26	58:40
1000		5	58:47	8:25	17:57	28:49	42:21	58:47
1002		5	58:47	8:24	17:33	27:19	37:47	58:47
1077	Larsen Kristina	5	59:49	10:06	22:04	35:05	47:51	59:49
1047	McDonald Jacqueline	5	29:54	19:23	40:30	51:29	9:13	29:54
1155	Labas Amy	5	41:02	9:33	19:32	30:04	52:16	41:02
1018	Kelsey Neil	5	42:18	9:41	20:04	53:57	30:57	42:18
1185	Cavanaugh Alycia	4	53:40	11:26	24:59	38:20	53:40	
1004		4	53:43	12:53	26:28	40:56	53:43	
1020	Schultz Lisa	4	54:12	12:52	26:29	40:25	54:12	
1021	Ramalheira-Sch Enchante	4	54:12	12:52	26:29	40:25	54:12	
1189	Bracken Emily	4	54:28	12:01	25:43	39:46	54:28	
1115		4	54:28	12:02	25:43	39:47	54:28	
1003		4	54:40	12:53	26:28	40:55	54:40	

1048	Lima Daniel	4	55:13	9:24	28:20	43:59	55:13
1112	Cote Arthur	4	56:00	12:15	26:16	40:37	56:00
1103	Whinnem Lizzi	4	56:11	11:43	25:59	41:34	56:11
1102	Barber Laureen	4	56:25	11:43	25:59	41:34	56:25
1113	Fitzgerald Ryan	4	57:34	9:27	28:21	43:59	57:34
1114	Stefanik Edward	4	57:34	9:27	28:21	43:59	57:34
1066	Goralski Steve	3	29:19	9:45	19:34	29:19	
1164	Koczocik Michael	3	38:22	9:17	19:30	38:22	
1175	Dwyer Shannon	3	51:29	16:37	34:11	51:29	
1194		3	54:11	34:53	44:22	54:11	
1195		3	54:11	34:53	44:22	54:11	
1176	Megan Kimberly	3	56:12	16:37	35:59	56:12	
1036	McBee Jessica	3	57:37	17:27	36:57	57:37	
1015	Kurtz James	2	15:43	16:09	15:43		
1158	Landry Gregory	1	8:26	8:26			
1012	Deyorio Joe	1	15:43	15:43			