



2010 ABD Indoor Time Trial Series: Race #1 - Sunday, January 24th FINAL RESULTS

More than 200 riders geared up and turned over the cranks for the opening race of the 2010 ABD Indoor Time Trial Series. Today's 10km flat course is one of the three different simulated courses that riders will see in the three indoor stages of this year's series. Today's event saw some impressive finish times, with Will Nowak & Kristen Meshberg posting the best times of the day of the men and women, respectively. Across the board, this year's cyclists posted faster times on average versus last year's opener. If this is any indication, the 2010 race season should be fast and exciting! Thanks to all the volunteers for starting off the series in style, and to the riders for "Going nowhere fast!"

Conditions: Race hosted indoors at the Winfield Middle School in Winfield, IL. Course: Flat 10km
Please contact ABD Cycling at abdcycling@gmail.com if you have any questions regarding results.

AM1/2

Place	Category	Last	First	Club	Time
1	AM1/2	Nowak	Will	TBA	13:57.10
2	AM1/2	Waterstraat	Christian	The Bike Shop	14:11.49
3	AM1/2	Moorhouse	Nathan	WDT	14:38.40
4	AM1/2	Polin	David	WDT-Allvoi International Cycling Team	14:40.90
5	AM1/2	Letzel	Thomas	ms Racing	14:45.97
6	AM1/2	Boba	Tomaz	WDT-Allvoi International Cycling Team	14:52.38
7	AM1/2	Dziewa	Brian	ABD	15:05.92
8	AM1/2	Jones	Michael	PACT - Dish Network	15:15.49
9	AM1/2	Jungels	Rob	ABD	15:19.50
10	AM1/2	Reed	David	Elmhurst Masters	15:41.31
11	AM1/2	Oliff	Reed	Lamb Little Racing	16:33.49
	AM1/2	Bowden	Alex	Team Type 1	DNS
	AM1/2	Host	James	PACT - Dish Network	DNS

AM15

Place	Category	Last	First	Club	Time
1	AM15	Witt	Konrad	ABD	16:45.23
2	AM15	Dickson	Carter	Unattached	17:20.18
3	AM15	Redlich	Mj	ABD	18:08.26
4	AM15	Clark	Graham	ABD	18:32.77
5	AM15	Schilling	Jacob	Team Mack	18:54.60
6	AM15	Hall	Maxx	Smart Cycling	19:28.40
7	AM15	Torosian	Martin	Multisport Madness Triathlon Team	19:46.55
8	AM15	Kanute	Nick	Multisport Madness Triathlon Team	20:15.79
	AM15	Davey	Tom	Multisport Madness Triathlon Team	DNS

AM15-5k

Place	Category	Last	First	Club	Time
1	AM15-5k	Mccarthy	Sean	South Chicago Wheelmen	10:32.00
2	AM15-5k	Schilling	Joshua	Team Mack	11:51.44
3	AM15-5k	Lorenz	Justin	Multisport Madness Triathlon Team	Madn12:12.00

AM16+

Place	Category	Last	First	Club	Time
1	AM16+	Wilkie	Michael	ABD	16:33.71
	AM16+	Nathan	Reeven	Multisport Madness Triathlon Team	DNS

AM18+5k

Place	Category	Last	First	Club	Time
1	AM18+5k	Othick	Justin	Unattached	15:30.00



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AM3

Place	Category	Last	First	Club	Time
1	AM3	Knoepke	Scott	PSIMET	14:29.32
2	AM3	Bice	Curtis	ABD	14:40.88
3	AM3	Dodson	Daniel	Freeport Bicycle Co.	15:14.68
4	AM3	Peterson	Doug	Lamb Little Racing	15:41.17
5	AM3	Allen	Peter	XXX Racing-Athletico	15:42.13
6	AM3	Glinkowski	Voytek	WDT-Allvoi International Cycling Team	15:47.99
7	AM3	Parrish	Steve	ABD	15:55.75
8	AM3	Radcliff	Tim	Elmhurst Masters/EMC2	15:57.96
9	AM3	Mattson	Ron	Freeport Bicycle Co.	15:58.39
10	AM3	Serafin	Mark	CRACOVIA	16:09.70

AM30+

Place	Category	Last	First	Club	Time
1	AM30+	Gerlach	Charles	Unattached	14:13.42
2	AM30+	Swartzendruber	Mark	Scarletfire Racing	14:17.44
3	AM30+	Letzel	Thomas	ms Racing	14:49.67
4	AM30+	Wolfe	Raviv	Team Psimet	15:21.25
5	AM30+	Allen	Peter	XXX Racing-Athletico	15:32.43
6	AM30+	Torres	Jayson	Little Lamb Racing	15:53.29
7	AM30+	Jungels	Rob	ABD	16:03.67
8	AM30+	Roop	Robert	North Branch Cycling Club	16:13.27
9	AM30+	Mstowski	Richard	ABD	17:07.22
	AM30+	Millard	Francois	XXX Racing-Athletico	DNS
	AM30+	Kubinski	Brian	Team Tri Smart	DNS

AM4

Place	Category	Last	First	Club	Time
1	AM4	Dubow	Jeremy	Velo Club Roubaix	14:36.60
2	AM4	Berenyi	Joe	Team Psimet	15:05.51
3	AM4	Zelewsky	Paul	ABD	15:16.88
4	AM4	Giuliano	Ryan	Unattached	15:18.76
5	AM4	Westergaard	John	Unattached	15:20.63
6	AM4	Wolfe	Raviv	Team Psimet	15:26.50
7	AM4	Flechsig	Jim	ABD	15:27.11
8	AM4	Hampton	Arron	PSIMET	15:34.31
9	AM4	Halsall	Keith	ABD	15:36.29
10	AM4	Stevens	Andrew	EMC2	15:40.81
11	AM4	Glinka	Kenneth	ABD	15:45.92
12	AM4	Rummelhart	Brian	Kenosha Drivers Club	15:46.38
13	AM4	Dickson	Nolan	Multisport Madness Triathlon Team	15:50.21
14	AM4	Mccoy	Mike	Bicycle Heaven	15:58.37
15	AM4	Marshall	Bob	ABD	15:58.49
16	AM4	Landenberger	James	Elmhurst Masters/EMC2	16:09.70
17	AM4	Garate	Frank	Unattached	16:24.16
18	AM4	Dickson	Keith	Unattached	16:31.54
19	AM4	Witt	Konrad	ABD	16:42.89
20	AM4	Soucie	James	Tri K Club	16:45.61
21	AM4	Pac	Krystian	Pact-Dish Network-Polska	16:51.39
22	AM4	Cornelison	Michael	Unattached	16:57.83
23	AM4	Mccarthy	Brian	South Chicago Wheelmen	17:06.63
24	AM4	Serrano	Baudelio	Ball Corp.	17:13.94
25	AM4	Piekos	Mitchell	Project 5 Racing	18:05.82
26	AM4	Lowry	Benny	ABD	18:34.43
27	AM4	Sinkus	Kevin	Unattached	19:52.79
28	AM4	Torosian	Craig	Unattached	21:24.35
	AM4	Billingsley	Kent	ABD	DNS



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AM40+

Place	Category	Last	First	Club	Time
1	AM40+	Verner	Dan	PACT-Dishnetwork	14:04.84
2	AM40+	Gerlach	Charles	Unattached	14:20.94
3	AM40+	Swartzendruber	Mark	Scarletfire Racing	14:29.62
4	AM40+	Hockenberry	Scott	The Bike Shop/Training Bible	15:20.95
5	AM40+	Rose	Jim	Village Cycle Sport	15:23.50
6	AM40+	Sonkin	Randy	Unattached	15:54.85
7	AM40+	Blackburn	Bill	Unattached	15:55.32
8	AM40+	Linton	Mark	53x11 Coffee	16:11.71
9	AM40+	Busteed	Todd	ABD	16:14.17
10	AM40+	Burns	Mike	ABD	16:36.87
11	AM40+	Johnson	Doug	Team Apache	16:39.77
12	AM40+	Januszewski	Michael	Tower Racing	17:06.90
13	AM40+	Clark	David	ABD	19:00.70
	AM40+	Kurtz	Michael	Team Army	DNS

AM50+

Place	Category	Last	First	Club	Time
1	AM50+	Altemus	Thomas		14:46.78
2	AM50+	Tubic	Bisi	Unattached	15:00.74
3	AM50+	Jones	Michael	PACT - Dish Network	15:01.67
4	AM50+	Broich	Gordon	ABD	15:22.29
5	AM50+	Mattson	Ron	Freeport Bicycle Co.	15:27.79
6	AM50+	Rulo	Gary	ABD	15:46.96
7	AM50+	Marshall	Bob	ABD	15:54.63
8	AM50+	Deifel	John	Project 5 Racing	15:55.85
9	AM50+	Kryszak	Richard	South Chicago Wheelmen	16:07.00
10	AM50+	Starr	Jay	ABD	16:11.60
11	AM50+	Pahl	Scott	ABD	16:23.80
12	AM50+	Skogley	David	Vision Quest	16:31.55
13	AM50+	Gage	Steven	ABD	16:38.17
14	AM50+	Trotter	Dave	ABD	16:44.65
15	AM50+	Fry	Ken	ABD	16:58.23
16	AM50+	Greene	Steven	ABD	17:03.86
	AM50+	Host	James	PACT - Dish Network	DNS

AM55+

Place	Category	Last	First	Club	Time
1	AM55+	Luhrsen	Dane	Unattached	15:12.39
2	AM55+	Madsen	Dan	ABD	15:41.34
3	AM55+	Green	Rick	TEAM RVO	15:44.14
4	AM55+	Farrell	Mike	ABD	15:44.33
5	AM55+	Adamczyk	Richard	Midwest Masters	16:15.36
6	AM55+	Iverson	Greg	ABD	16:17.48
7	AM55+	Hawco	Robert	ABD	16:33.62
8	AM55+	Wolowiec	Bob	Gazoobie	16:38.80
9	AM55+	Demel	Zbigniew	PACT Dish Network	16:40.12
10	AM55+	Stoops	Walter	ABD	17:03.94
11	AM55+	Pittsley	Mike	Unattached	17:15.58
12	AM55+	Cerwin	Terry	ABD	17:48.72
	AM55+	Case	Herbert	TEAM RVO	DNS



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AM60+

Place	Category	Last	First	Club	Time
1	AM60+	Johnson	Daniel	Unattached	16:07.81
2	AM60+	Egan	Tom	ABD	16:34.70
3	AM60+	Adamczyk	Richard	Midwest Masters	16:38.30
4	AM60+	Hyde	Ken	Unattached	16:40.13
5	AM60+	Kallas	Bill	ABD	16:54.41
6	AM60+	Taylor	John	Joliet Bicycle Club	17:53.11
7	AM60+	Rhyné	Edward	Unattached	18:00.95
8	AM60+	Stern	Alan	Velo Club Roubaix	18:08.79
9	AM60+	Kieronski	Eugene	Unattached	18:18.27
10	AM60+	Janes	Don	ABD	18:51.91
11	AM60+	Tyczka	Werner	Unattached	18:53.39
12	AM60+	Kaiser	Greg	Unattached	19:00.88

AM65+

Place	Category	Last	First	Club	Time
1	AM65+	Yoder	Fred	ABD	16:52.55
2	AM65+	Huey	Lawrence	Unattached	17:21.26
3	AM65+	Holland	Steven	Elite Athletic Racing Team	17:38.67
4	AM65+	Schiff	Don		18:23.39
5	AM65+	Vichotka	Richard	Midwest Masters	18:50.76

AM70+

Place	Category	Last	First	Club	Time
1	AM70+	Alexander	Peter	Midwest Masters	17:48.35
2	AM70+	Patterson	Jack	Midwest Masters	17:57.74
3	AM70+	Krehbiel	John	Midwest Masters	19:55.44
4	AM70+	Herbert	R.W.	Midwest Masters	20:10.38

AM75+

Place	Category	Last	First	Club	Time
1	AM75+	Beam	Gerald	Turin	20:44.19

AW15

Place	Category	Last	First	Club	Time
1	AW15	Staudacher	Rachel	Multisport Madness Triathlon Team	19:25.84
2	AW15	Mann	Rebecca	Multisport Madness Triathlon Team	19:30.50
3	AW15	Johnson	Gina	Smart Cycling	21:02.11
	AW15	Stimac	Heidi	Unattached	DNS

AW15-5k

Place	Category	Last	First	Club	Time
1	AW15-5k	Paradis	Erin	Multisport Madness Triathlon Team	09:48.00
2	AW15-5k	Paradis	Katie	Multisport Madness Triathlon Team	10:13.00
3	AW15-5k	Mann	Julia	Multisport Madness Triathlon Team	12:38.00
4	AW15-5k	Clark	Annika	ABD	14:53.00

AW16

Place	Category	Last	First	Club	Time
1	AW16	Rowe	Jacky	ABD	18:24.71



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AW4

Place	Category	Last	First	Club	Time
1	AW4	Appelwick	Stacy	Bouledogue Tout Noir	16:23.53
2	AW4	Clay	Jessica	Multisport Madness Triathlon Team	16:51.31
3	AW4	Voelkel	Nicole	Multisport Madness Triathlon Team	16:53.37
4	AW4	Dumford	Katie	Endureit	17:25.68
5	AW4	Whitley	Kelly	Multisport Madness Triathlon Team Madne	17:25.69
6	AW4	Clay	Jennifer	Multisport Madness Triathlon Team	17:47.55
7	AW4	Waide	Jerel	Project 5 Racing	17:55.63
8	AW4	Frampton	Cathy	Project 5 Racing	18:07.65
9	AW4	Sanda	Leah	Flatlandia	18:12.69
10	AW4	Lezzoni	Hannah	Northwestern Univ.	18:38.42
11	AW4	Kenny	Gina	ABD	19:05.65
12	AW4	Oehmen	Liz	ABD	21:14.90
	AW4	Rippy	Lauren	Endureit	DNS

AW40+

Place	Category	Last	First	Club	Time
1	AW40+	Inks	Connie	Unattached	16:55.10
2	AW40+	Motyka	Agnieszka	ABD	17:16.50
3	AW40+	Palmquist	Christine	Training Bible Coaching	17:39.22
4	AW40+	Maday	Donna	ABD	18:04.45
5	AW40+	Benmore	Annette	Endureit	18:23.78

AW50+

Place	Category	Last	First	Club	Time
1	AW50+	Mattson	Ann	Freeport Bicycle Co.	18:03.67
2	AW50+	Kaiser	Helen	Unattached	18:41.96
3	AW50+	Mcadams	Victoria Lynne	Unattached	21:05.98

AW60+

Place	Category	Last	First	Club	Time
1	AW60+	Green	Lynne	Unattached	18:09.78
2	AW60+	Beck	Nancy	Midwest Masters	24:05.80

AW70+

Place	Category	Last	First	Club	Time
1	AW70+	Beam	Patricia		20:09.73

AWO

Place	Category	Last	First	Club	Time
1	AWO	Meshberg	Kristen	Flatlandia	16:01.58
2	AWO	Prinner	Jessica	ABD	16:10.19
3	AWO	Inks	Connie	Unattached	16:34.56
4	AWO	Gialdini	Kim	Flatlandia	17:52.46
5	AWO	Sides	Ginger	Project 5 Racing	18:26.56
6	AWO	Semaszczuk	Sue	ABD	18:40.43
7	AWO	Navas	Alexandra	GS Boulder	19:31.58

Citizen - 5K

Place	Category	Last	First	Club	Time
1	Citizen - 5K	Aitchison	Jacob	Team Dawg	11:12.00



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CM19-29

Place	Category	Last	First	Club	Time
1	CM19-29	Lawniczak	Andrew	WDT-Allvoi	16:47.33
2	CM19-29	Mcclymonds	Ryan		17:01.92
3	CM19-29	Ellingson	Justin	Unattached	18:53.10

CM30-39

Place	Category	Last	First	Club	Time
1	CM30-39	Bentsen	Kurt	Unattached	15:46.13
2	CM30-39	Schnell	Stephen		16:40.20
3	CM30-39	Koors	Dan	Unattached	16:41.69
4	CM30-39	Platzke	Michael	Multisport Madness	16:43.84
5	CM30-39	Kieronski	Jason	Unattached	17:42.10
	CM30-39	Millard	Francois	XXX Racing-Athletico	DNS

CM40-49

Place	Category	Last	First	Club	Time
1	CM40-49	Alvestad	Jostein	EMC2	15:36.70
2	CM40-49	Webb	Brad	?	16:04.30
3	CM40-49	Lorenz	John	Unattached	16:12.58
4	CM40-49	Aitchison	Scott	Team Dawg	16:25.27
5	CM40-49	Clasen	Dan	ABD	16:57.89
6	CM40-49	Biery	Joseph	Unattached	17:10.70
7	CM40-49	Meister	Jerry	ABD	17:20.91
8	CM40-49	Mann	Bob	Multisport Madness Triathlon Team	17:28.40
9	CM40-49	Anda	Juan	Unattached	17:40.33
10	CM40-49	Hitson	Phil	Tri K	17:43.42
11	CM40-49	Henrickson	Steve	Magnetrol	18:01.41
12	CM40-49	Mcgough	James	Unattached	18:26.59
13	CM40-49	Pettinger	John	Saybrook Bicycling	19:13.20
	CM40-49	Hemmingner	Alan	Unattached	DNS

CM50+

Place	Category	Last	First	Club	Time
1	CM50+	Lacy	Michael	NA	15:39.85
2	CM50+	Bryenton	Ron	Unattached	16:02.20
3	CM50+	Kula	Gary	Unattached	16:11.80
4	CM50+	Dal Lago	Ray	Elmhurst Bicycle Club	16:22.51
5	CM50+	Mckenzie	Craig	ABD	16:48.94
6	CM50+	Rottmann	Edward	Unattached	17:19.67
7	CM50+	Lopez	Ronie		17:35.39
8	CM50+	Wostratzky	Don	ABD	17:45.13
9	CM50+	Barbieri	Rick	Unattached	18:35.75
	CM50+	Flad	Andy	Unattached	DNS

CM50-59

Place	Category	Last	First	Club	Time
1	CM50-59	Conway	Bernie		16:47.52

CW15

Place	Category	Last	First	Club	Time
1	CW15	Mann	Rachel	Multisport Madness Triathlon Team	19:52.14
2	CW15	Lorenz	Alexandra	Unattached	20:06.56



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CW30-39

Place	Category	Last	First	Club	Time
1	CW30-39	Flanagan	Sheila	Unattached	18:17.50

CW40-49

Place	Category	Last	First	Club	Time
1	CW40-49	Miller	Lori	ABD	17:37.39
2	CW40-49	Vilimek	Diane	Unattached	18:17.60
3	CW40-49	Glinka	Sandy	ABD	18:40.78
4	CW40-49	Chow	Julianna	Unattached	20:04.76
	CW40-49	Mann	Elizabeth	Multisport Madness Triathlon Team	DNS

CW50+

Place	Category	Last	First	Club	Time
1	CW50+	Kula	Angelina	Unattached	20:32.57

Participant-No Official Time

Place	Category	Last	First	Club	Time
0	AWO	Sides	Ginger	Project 5 Racing	18:31.15*

Recumbent/Tandem

Place	Category	Last	First	Club	Time
1	Recumbent/Tandem	Ratajczak	Tom/Robin		15:13.89

Fastest Men

Place	Category	Last	First	Club	Time
1	AM1/2	Nowak	Will	TBA	13:57.10
2	AM40+	Verner	Dan	PACT-Dishnetwork	14:04.84
3	AM1/2	Waterstraat	Christian	The Bike Shop	14:11.49

Fastest Women

Place	Category	Last	First	Club	Time
1	AWO	Meshberg	Kristen	Flatlandia	16:01.58
2	AWO	Prinner	Jessica	ABD	16:10.19
3	AW4	Appelwick	Stacy	Bouledogue Tout Noir	16:23.53



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TREK

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