



## 2009 ABD Indoor Time Trial Series: Race #1 - Sunday, January 11th FINAL RESULTS

Another great turnout on this Super Sunday for the 2009 ABD Indoor Time Trial Series. Two-hundred riders registered for the 2nd race of the series and some great efforts were put in throughout the day. Congratulations to everyone who participated for a great day of cycling. A hearty "thank you" to all of the volunteers, sponsors and to our host, the Winfield Middle School.

Conditions: Race hosted indoors at the Winfield Middle School in Winfield, IL. Course: 10km on Simulated Flat Terrain  
Congratulations to our **Profile Designs** raffle winner: Steven Greene

Please contact ABD Cycling at [abdcycling@gmail.com](mailto:abdcycling@gmail.com) if you have any questions regarding results.

### AM1/2

Place	Cat	Last	First	Club	Time
1	AM1/2	Jungels	Rob	ABD	14:42.00
2	AM1/2	Host	James	PACT-DishNetwork	14:42.52
3	AM1/2	Boba	Tomasz	WDT/Allvoi	14:45.73
	AM1/2	Westerheide	Ted	PACT-DishNetwork	DNS
	AM1/2	Jones	Michael	PACT-DishNetwork	DNS

### AM15

Place	Cat	Last	First	Club	Time
1	AM15	Dickson	Carter	Multisport Madness Triathlon Team	18:41.92
2	AM15	Witt	Konrad	ABD	18:47.87
3	AM15	Redlich	Mj	ABD	20:03.42
4	AM15	Schilling	Jacob	Team Mack	21:47.93
5	AM15	Davey	Tom	Multisport Madness Triathlon Team	22:18.18

### AM15-5k

Place	Cat	Last	First	Club	Time
1	AM15-5k	Schilling	Joshua	Team Mack	12:15.57
2	AM15-5k	Mccarthy	Sean	South Chicago Wheelmen	13:28.70

### AM16+

Place	Cat	Last	First	Club	Time
1	AM16+	Wilkie	Michael	ABD	16:42.24
2	AM16+	Frank	Jacob	ABD	17:05.75

### AM3

Place	Cat	Last	First	Club	Time
1	AM3	Stodden	Michael	North Branch Cycling Club	15:07.39
2	AM3	Peterson	Doug	WDT/Allvoi	15:13.40
3	AM3	Kinonen	Chris	XXX Racing-Athletico	15:13.46
4	AM3	Akers	Brian	WDT/Allvoi	15:15.90
5	AM3	Janowiak	Waylon	WDT/Allvoi	15:27.30
6	AM3	Hasenauer	Thomas	LAPT Cycling	15:33.81
7	AM3	Mattson	Ron	Freeport Bicycle Co.	15:37.27
8	AM3	Bice	Curtis	ABD	15:40.86
9	AM3	Glinkowski	Voytek	WDT/Allvoi	15:41.14
10	AM3	Broich	Gordon	ABD	15:44.71
11	AM3	Parish	Steven		16:12.63
	AM3	Scott	James	Team Apache	DNS



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### AM30+

Place	Cat	Last	First	Club	Time
1	AM30+	Gerlach	Charles	Unattached	15:01.23
2	AM30+	Hasenauer	Thomas	LAPT Cycling	15:24.33
3	AM30+	Akers	Brian	WDT/Allvoi	15:32.97
4	AM30+	Jungels	Rob	ABD	15:36.40
5	AM30+	Mstowski	Richard	ABD	16:42.28
6	AM30+	Kubinski	Brian	Unattached	17:23.20

### AM4

Place	Cat	Last	First	Club	Time
1	AM4	Dubow	Jeremy	Velo Club Roubaix	14:49.50
2	AM4	Mcdowell	Kevin	Multisport Madness Triathlon Team	14:55.76
3	AM4	Kanute	Ben	Multisport Madness Triathlon Team	15:05.80
4	AM4	Flechsig	Jim	ABD	15:07.48
5	AM4	Kanute	Mike	Multisport Madness Triathlon Team	15:25.90
6	AM4	Verzbicas	Lukas	Multisport Madness Triathlon Team	15:38.85
7	AM4	Peyer	Eric	Unattached	15:43.22
8	AM4	Zelewsky	Paul	ABD	15:46.34
9	AM4	Bowden	Scott	ABD	15:46.41
10	AM4	Vail	Mike	ABD	15:52.81
11	AM4	Heggen	Jordan	Multisport Madness Triathlon Team	15:54.78
12	AM4	Halsall	Keith	ABD	16:00.00
13	AM4	Marshall	Bob	ABD	16:00.59
14	AM4	Curtis	Robert	Bicycle Heaven	16:03.10
15	AM4	Nathan	Reeven	Multisport Madness Triathlon Team	16:21.90
16	AM4	Howland	Tyler	Multisport Madness Triathlon Team	16:32.29
17	AM4	Berenyi	Joe	Unattached	16:38.30
18	AM4	Dickson	Keith	Multisport Madness Triathlon Team	16:41.41
19	AM4	Wozniak	Todd	Unattached	16:47.46
20	AM4	Gashpar	Vitaly	Unattached	16:56.59
21	AM4	Crane	Steven	Spin Doctor Cyclewerks CC	16:57.40
22	AM4	Piekos	Mitchell	Project 5 Racing	17:19.48
23	AM4	Billingsley	Kent	ABD	17:43.63
24	AM4	Andrews	Justin	Bicycle Heaven	17:46.74
25	AM4	Dickson	Nolan	Multisport Madness Triathlon Team	17:53.19
26	AM4	Janes	Don	ABD	18:17.53
27	AM4	Cerwin	Terry	ABD	DNF
	AM4	Ozguc	Oz	ABD	DNS

### AM40+

Place	Cat	Last	First	Club	Time
1	AM40+	Verner	Dan	PACT-DishNetwork	13:53.79
2	AM40+	Gerlach	Charles	Unattached	14:47.30
3	AM40+	Saplis	Jim	Team Apache	15:15.50
4	AM40+	Hockenberry	Scott	The Bike Shop	15:36.13
5	AM40+	Glinka	Kenneth	ABD	16:04.18
6	AM40+	Busteed	Todd	ABD	16:08.40
7	AM40+	Linton	Mark	53x11 Coffee	16:39.90
8	AM40+	Mccarthy	Brian	South Chicago Wheelmen	16:46.00
9	AM40+	Sonkin	Randy	Team Apache	17:09.10
10	AM40+	Duffy	Timothy	Vision Quest	17:39.31
11	AM40+	Spiega	David	Team Apache	17:59.75
	AM40+	Gage	Steven	ABD	DNS
	AM40+	Westerheide	Ted	PACT-DishNetwork	DNS
	AM40+	Scott	James	Team Apache	DNS



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### AM50+

Place	Cat	Last	First	Club	Time
1	AM50+	Host	James	PACT-DishNetwork	14:48.65
2	AM50+	Mattson	Ron	Freeport Bicycle Co.	15:11.26
3	AM50+	Tubic	Bisi	Unattached	15:17.45
4	AM50+	Marshall	Bob	ABD	15:36.30
5	AM50+	Rulo	Gary	ABD	15:39.88
6	AM50+	Trotter	Dave	ABD	15:59.96
7	AM50+	Pahl	Scott	ABD	16:08.67
8	AM50+	Montfort	Ludwig	Unattached	16:16.84
9	AM50+	Nanni	Peter	Unattached	16:27.46
10	AM50+	Trogdon	Ed	Unattached	16:29.30
11	AM50+	Fry	Ken	ABD	16:42.24
12	AM50+	Hawco	Robert	ABD	16:42.42
13	AM50+	Greene	Steven	ABD	16:58.54
14	AM50+	Montfort	Ludwig	Unattached	17:09.29
15	AM50+	Kryszak	Richard	South Chicago Wheelmen	17:18.48
	AM50+	Jones	Michael	PACT-DishNetwork	DNS
	AM50+	Altemus	Thomas	Rock Valley Oil	DNS

### AM55+

Place	Cat	Last	First	Club	Time
1	AM55+	Madsen	Dan	ABD	15:09.52
2	AM55+	Thalheimer	B Charlie	Team BBC	15:34.70
3	AM55+	Green	Rick	Team RVO	15:40.80
4	AM55+	Case	Herbert	S7	15:54.71
5	AM55+	Wolowiec	Bob	Unattached	16:39.92
6	AM55+	Stoops	Walter	ABD	17:15.42
7	AM55+	Cerwin	Terry	ABD	17:28.48
8	AM55+	Janes	Don	ABD	18:09.69
	AM55+	Kurtz	Michael	Team Army -USAC	DNS

### AM60+

Place	Cat	Last	First	Club	Time
1	AM60+	Egan	Tom	ABD	16:21.63
2	AM60+	Kallas	Bill	ABD	17:04.49
3	AM60+	Rhyne	Edward	Unattached	17:21.10
4	AM60+	Taylor	John	Unattached	17:46.93
5	AM60+	Johnson	Daniel	Unattached	17:53.14
6	AM60+	Schiff	Don	Quad Cities Bike Club	20:13.36

### AM65+

Place	Cat	Last	First	Club	Time
1	AM65+	Holland	Steven	Elite Athletic Development	17:38.17
2	AM65+	Murphy	Pat	ABD	17:48.83
3	AM65+	Barder	Rick	Unattached	18:08.70
4	AM65+	Schiff	Don	Quad Cities Bike Club	18:47.25
5	AM65+	Vichotka	Rich	Midwest Masters	18:55.58



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## AM70+

Place	Cat	Last	First	Club	Time
1	AM70+	Patterson	Jack	Midwest Masters	17:30.59
2	AM70+	Krehbiel	John	Midwest Masters	18:47.37
3	AM70+	Englehorn	Gary	Unattached	29:54.68

## AM75+

Place	Cat	Last	First	Club	Time
1	AM75+	Murphy	Pat	ABD	18:08.49

## AW15

Place	Cat	Last	First	Club	Time
1	AW15	Delgado	Teagan	Multisport Madness Triathlon Team	19:58.86
2	AW15	Sellars	Savanah	Multisport Madness Triathlon Team	20:17.73
3	AW15	Paradis	Erin	Multisport Madness Triathlon Team	20:30.93

## AW16

Place	Cat	Last	First	Club	Time
1	AW16	El-Sherif	Sonia	Multisport Madness Triathlon Team	18:44.20

## AW4

Place	Cat	Last	First	Club	Time
1	AW4	Convey	Courtney	Multisport Madness Triathlon Team	16:49.47
2	AW4	Peszek	Monika	WDT/Allvoi	17:08.80
3	AW4	Howland	Jennifer	Multisport Madness Triathlon Team	17:13.22
4	AW4	Stork	Lorrie	Tower Racing	17:31.58
5	AW4	Clawson	Kelsey	Multisport Madness Triathlon Team	17:35.86
6	AW4	Green	Lynne	QuavR	17:44.80
7	AW4	Greiner	Melanie	Multisport Madness Triathlon Team	17:56.67
8	AW4	Frampton	Cathy	Unattached	18:05.45
9	AW4	Knepper	Leah	Unattached	18:09.20
10	AW4	Houser	Joy	ABD	18:54.19
11	AW4	Kuna	Mona	ABD	21:04.92
	AW4	Maday	Donna	ABD	DNS

## AW40+

Place	Cat	Last	First	Club	Time
1	AW40+	Motyka	Agnieszka	Experience Triathlon	17:30.20
2	AW40+	Palmquist	Christine	The Bike Shop/Training Bible	17:31.20
3	AW40+	Stork	Lorrie	Tower Racing	17:35.32

## AW50+

Place	Cat	Last	First	Club	Time
1	AW50+	Schmidt	Heidi	Unattached	18:03.96
2	AW50+	Mcadams	Victoria Lynne	Unattached	20:02.29
3	AW50+	Clousson	Kathy	Unattached	22:21.50

## AW70+

Place	Cat	Last	First	Club	Time
1	AW70+	Beam	Patricia	Team RVO	19:53.53



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### AWO

Place	Cat	Last	First	Club	Time
1	AWO	Meshberg	Kristen	Team BH USA	15:57.64
2	AWO	Prinner	Jessica	ABD	16:04.89
3	AWO	Thompson	Leigh	Vision Quest	16:06.65
4	AWO	Semaszczuk	Sue	ABD	17:35.28
5	AWO	Petro	Pascale	Team Apache	18:06.40

### CM15-5k

Place	Cat	Last	First	Club	Time
1	CM15-5k	Aitchison	Jacob	Team Dawg	13:26.00

### CM19-29

Place	Cat	Last	First	Club	Time
1	CM19-29	Markgraf	Adam	Unattached	16:51.64

### CM30-39

Place	Cat	Last	First	Club	Time
1	CM30-39	Koors	Dan	Unattached	16:30.47

### CM40-49

Place	Cat	Last	First	Club	Time
1	CM40-49	Comiskey	Brian	Unattached	15:33.71
2	CM40-49	Lorenz	John	Unattached	16:14.60
3	CM40-49	Hemmingner	Alan	Unattached	16:21.40
4	CM40-49	Aitchison	Scott	Endure It	16:33.60
5	CM40-49	Leach	Todd	Unattached	18:40.27
6	CM40-49	Wells	James	Unattached	18:47.44
	CM40-49	Hosking	Matt	Multisport Madness Triathlon Team	DNS
	CM40-49	Biery	Joseph	Unattached	DNS

### CM50+

Place	Cat	Last	First	Club	Time
1	CM50+	Kula	Gary	Downers Grove cycle	16:38.64
2	CM50+	Flad	Andy	Unattached	16:39.52
3	CM50+	Mckenzie	Craig	Downers Grove Bicycle Club	16:47.24
4	CM50+	Rottmann	Edward	Unattached	16:50.57
5	CM50+	Walsh	Patrick	Lifetime Fitness	17:32.28
6	CM50+	Maclennan	John	Unattached	17:43.10
7	CM50+	Pedrick	Tom	ABD	18:16.17
8	CM50+	Kieronski	Eugene	Unattached	18:18.37
9	CM50+	Blacconiere	Michael	Unattached	18:38.63
10	CM50+	Kaiser	Greg	Unattached	19:19.49

### CW15

Place	Cat	Last	First	Club	Time
1	CW15	Lorenz	Alexandra	Multisport Madness Triathlon Team	22:03.23



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### CW30-39

Place	Cat	Last	First	Club	Time
1	CW30-39	Green	Jennifer	Unattached	19:04.24

### CW40-49

Place	Cat	Last	First	Club	Time
1	CW40-49	Bielski	Sharon	Unattached	18:25.25
2	CW40-49	Gialdini	Kim	Downers Grove Cycling Club	18:45.50
3	CW40-49	Miller	Lori	ABD	18:46.20
4	CW40-49	Kaiser	Helen	Unattached	19:11.18
5	CW40-49	Glinka	Sandy	ABD	19:21.88

### CW50+

Place	Cat	Last	First	Club	Time
1	CW50+	Kula	Angelina	Downers Grove cycle	19:59.43
2	CW50+	Mamo	Kay	Unattached	20:10.35

### Fastest Men

Place	Cat	Last	First	Club	Time
1	AM40+	Verner	Dan	PACT - Dish Network	13:53.79
2	AM1/2	Jungels	Rob	ABD	14:42.00
3	AM1/2	Host	James	PACT - Dish Network	14:42.52

### Fastest Women

Place	Cat	Last	First	Club	Time
1	AWO	Meshberg	Kristen	Team BH USA	15:57.64
2	AWO	Prinner	Jessica	ABD	16:04.89
3	AWO	Thompson	Leigh	Vision Quest	16:06.65



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**TREK**



For more information on this and other Athletes By Design Cycle Club events, visit  
[www.abdcycling.com](http://www.abdcycling.com)