



## 2010 ABD Indoor Time Trial Series: Race #2 - Sunday, February 21st FINAL RESULTS

Race #2 of the 2010 ABR Indoor Time Trial Series is in the book. Today's race featured more than 200 finishers on this 10km rolling course. Congratulations to all the participants and a hearty thank you to all the volunteers and supporters who helped put it all together!

Today's top men's finish time was posted by Will Nowak at 14:16.46. Stacey Appelwick posted a time of 16:35.00 to claim the fastest woman title at today's race.

Conditions: Race hosted indoors at the Winfield Middle School in Winfield, IL. Course: 10km Rolling Terrain

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

### AM1/2

Place	Category	Last	First	Club	Time
1	AM1/2	Nowak	Will	TBA	14:16.46
2	AM1/2	Freund	Ryan	ABD	14:27.76
3	AM1/2	Letzel	Thomas	ms Racing	15:04.93
4	AM1/2	Boba	Tomaz	WDT-Allvoi International Cycling Team	15:05.80
5	AM1/2	Jones	Michael	PACT - Dish Network	15:11.83
6	AM1/2	Polin	David	WDT-Allvoi International Cycling Team	15:32.85
7	AM1/2	Reed	David	Elmhurst Masters	15:45.19
8	AM1/2	Jungels	Rob	ABD	16:10.27
9	AM1/2	Oloff	Reed	Lamb Little Racing	17:20.10
	AM1/2	Bowden	Alex	Team Type 1	DNS

### AM15

Place	Category	Last	First	Club	Time
1	AM15	Witt	Konrad	ABD	17:04.88
2	AM15	Dickson	Carter	Unattached	17:49.43
3	AM15	Clark	Graham	ABD	18:03.55
4	AM15	Redlich	Mj	ABD	18:43.60
5	AM15	Hall	Maxx	Smart Cycling	19:28.40
	AM15	Torosian	Martin	Multisport Madness Triathlon Team	DNS

### AM15-5k

Place	Category	Last	First	Club	Time
1	AM15-5k	Mccarthy	Sean	South Chicago Wheelmen	11:56.00
2	AM15-5k	Lorenz	Justin	Multisport Madness Triathlon Teamsport	13:48.00

### AM16+

Place	Category	Last	First	Club	Time
1	AM16+	Wilkie	Michael	ABD	16:41.90
2	AM16+	Feldman	Ari	Velo Club Roubaix	17:26.92
	AM16+	Nathan	Reeven	Multisport Madness Triathlon Team	DNS

### AM18+5K

Place	Category	Last	First	Club	Time
1	AM18+5K	Othick	Justin	ABD	15:45.00



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### AM3

Place	Category	Last	First	Club	Time
1	AM3	Knoepke	Scott	PSIMET	15:18.47
2	AM3	Bice	Curtis	ABD	15:19.60
3	AM3	Peterson	Doug	Lamb Little Racing	15:27.44
4	AM3	Dodson	Daniel	Freeport Bicycle Co.	15:36.27
5	AM3	Radcliff	Tim	Elmhurst Masters/EMC2	15:48.13
6	AM3	Stodden	Michael	North Branch Cycling Club	16:07.90
7	AM3	Seguin	Michael	XXX Racing-Athletico	16:12.88
8	AM3	Serafin	Mark	CRACOVIA	16:30.20
9	AM3	Parrish	Steve	ABD	16:38.47
10	AM3	Mattson	Ron	Freeport Bicycle Co.	16:54.90
	AM3	Zucco	Adam	Unattached	DNS

### AM30+

Place	Category	Last	First	Club	Time
1	AM30+	Swartzendruber	Mark	Scarletfire Racing	14:26.18
2	AM30+	Gerlach	Charles	Unattached	14:35.80
3	AM30+	Letzel	Thomas	ms Racing	15:12.59
4	AM30+	Allen	Peter	XXX Racing-Athletico	15:35.47
5	AM30+	Stephens	Kevin	Project 5 Racing	15:41.80
6	AM30+	Wolfe	Raviv	Team Psimet	16:02.80
7	AM30+	Torres	Jayson	Little Lamb Racing	16:11.90
8	AM30+	Roop	Robert	North Branch Cycling Club	16:14.42
9	AM30+	Jungels	Rob	ABD	16:20.59
10	AM30+	Schnell	Stephen	Team Apache	16:38.63
	AM30+	Mstowski	Richard	ABD	DNS
	AM30+	Kubinski	Brian	Team Tri Smart	DNS

### AM4

Place	Category	Last	First	Club	Time
1	AM4	Dubow	Jeremy	Velo Club Roubaix	15:02.51
2	AM4	Berenyi	Joe	Team Psimet	15:26.59
3	AM4	Stevens	Andrew	EMC2	15:44.31
4	AM4	Westergaard	John	Unattached	15:45.81
5	AM4	Marshall	Bob	ABD	15:45.90
6	AM4	Halsall	Keith	ABD	15:51.56
7	AM4	Flehsig	Jim	ABD	16:02.51
8	AM4	Zelewsky	Paul	ABD	16:08.68
9	AM4	Glinka	Kenneth	ABD	16:27.20
10	AM4	Landenberger	James	Elmhurst Masters/EMC2	16:30.67
11	AM4	Hampton	Arron	PSIMET	16:33.50
12	AM4	Paradis	Matthew	QuavR	16:38.59
13	AM4	Soucie	James	Tri K Club	16:38.92
14	AM4	Serrano	Baudelio	Ball Corp.	16:44.35
15	AM4	Witt	Konrad	ABD	16:59.92
16	AM4	Dickson	Nolan	Multisport Madness Triathlon Team	17:00.76
17	AM4	Pac	Krystian	Pact-Dish Network-Polska	17:01.67
18	AM4	Burns	Mike	ABD	17:12.60
19	AM4	Dickson	Keith	Unattached	17:16.93
20	AM4	Lund	James	ABD	17:19.85
21	AM4	Delk	Shawn	Project 5 Racing	17:27.14
22	AM4	Mccarthy	Brian	South Chicago Wheelmen	17:33.97
23	AM4	Billingsley	Kent	ABD	17:43.80
24	AM4	Piekos	Mitchell	Project 5 Racing	18:27.16



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### AM40+

Place	Category	Last	First	Club	Time
1	AM40+	Gerlach	Charles	Unattached	14:22.19
2	AM40+	Verner	Dan	PACT-Dishnetwork	14:31.43
3	AM40+	Swartzendruber	Mark	Scarletfire Racing	14:35.28
4	AM40+	Rose	Jim	Village Cycle Sport	15:45.84
5	AM40+	Hockenberry	Scott	The Bike Shop/Training Bible	15:56.72
6	AM40+	Busteed	Todd	ABD	16:08.99
7	AM40+	Saplis	Jim	Team Apache	16:18.84
8	AM40+	Linton	Mark	53x11 Coffee	16:49.81
9	AM40+	Kreutzfeldt	Richard	Pact	16:50.48
10	AM40+	Januszewski	Michael	Tower Racing	17:07.45
11	AM40+	Blackburn	Bill	Unattached	17:13.36
12	AM40+	Clark	David	ABD	19:04.13
	AM40+	Johnson	Doug	Team Apache	DNS
	AM40+	Kurtz	Michael	Team Army	DNS

### AM50+

Place	Category	Last	First	Club	Time
1	AM50+	Jones	Michael	PACT - Dish Network	14:48.88
2	AM50+	Altemus	Thomas		15:42.85
3	AM50+	Marshall	Bob	ABD	15:44.71
4	AM50+	Tubic	Bisi	Unattached	15:45.78
5	AM50+	Deifel	John	Project 5 Racing	16:04.24
6	AM50+	Mattson	Ron	Freeport Bicycle Co.	16:23.23
7	AM50+	Broich	Gordon	ABD	16:30.19
8	AM50+	Pahl	Scott	ABD	16:31.72
9	AM50+	Gage	Steven	ABD	16:54.32
10	AM50+	Tkaczyk	Rick	Unattached	17:00.34
11	AM50+	Skogley	David	Vision Quest	17:07.30
12	AM50+	Rulo	Gary	ABD	17:07.94
13	AM50+	Kryszak	Richard	South Chicago Wheelmen	17:11.68
14	AM50+	Trotter	Dave	ABD	17:18.85
15	AM50+	Golterman	David		17:39.94
16	AM50+	Greene	Steven	ABD	18:04.44
17	AM50+	Starr	Jay	ABD	19:38.23
	AM50+	Factor	Liz	EMC2	DNS

### AM55+

Place	Category	Last	First	Club	Time
1	AM55+	Luhrsen	Dane	Unattached	15:48.93
2	AM55+	Madsen	Dan	ABD	15:51.18
3	AM55+	Farrell	Mike	ABD	16:11.73
4	AM55+	Kreutzfeldt	Richard	Pact	16:18.00
5	AM55+	Byrnes	Michael	Joliet Bicycle Club	16:28.67
6	AM55+	Hawco	Robert	ABD	16:55.69
7	AM55+	Adamczyk	Richard	Midwest Masters	16:57.70
8	AM55+	Iverson	Greg	ABD	17:21.30
9	AM55+	Stoops	Walter	ABD	17:25.81
10	AM55+	Demel	Zbigniew	PACT Dish Network	17:36.48
11	AM55+	Pittsley	Mike	Unattached	18:13.73
	AM55+	Wolowiec	Bob	Gazoobie	DNS
	AM55+	Case	Herbert	TEAM RVO	DNS



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### AM60+

Place	Category	Last	First	Club	Time
1	AM60+	Egan	Tom	ABD	17:04.22
2	AM60+	Hyde	Ken	Unattached	17:05.92
3	AM60+	Adamczyk	Richard	Midwest Masters	17:19.28
4	AM60+	Rhyne	Edward	Unattached	17:37.30
5	AM60+	Johnson	Daniel	Unattached	18:04.99
6	AM60+	Kallas	Bill	ABD	18:28.37
7	AM60+	Kieronski	Eugene	Unattached	19:07.15
8	AM60+	Kaiser	Greg	Unattached	19:49.21
9	AM60+	Janes	Don	ABD	19:58.46
10	AM60+	Stern	Alan	Velo Club Roubaix	20:10.53
11	AM60+	Tyczka	Werner	Unattached	21:22.27

### AM65+

Place	Category	Last	First	Club	Time
1	AM65+	Huey	Lawrence	Unattached	17:48.28
2	AM65+	Holland	Steven	Elite Athletic Racing Team	18:15.97
3	AM65+	Taylor	John	Joliet Bicycle Club	18:27.86
4	AM65+	Yoder	Fred	ABD	18:33.70
5	AM65+	Schiff	Don		19:26.97
6	AM65+	Vichotka	Richard	Midwest Masters	19:37.55

### AM70+

Place	Category	Last	First	Club	Time
1	AM70+	Alexander	Peter	Midwest Masters	18:39.16
2	AM70+	Patterson	Jack	Midwest Masters	19:19.44
3	AM70+	Krehbiel	John	Midwest Masters	20:39.49
4	AM70+	Herbert	R.W.	Midwest Masters	21:21.54
5	AM70+	Englehorn	Gary	Unattached	41:57.56

### AM75+

Place	Category	Last	First	Club	Time
1	AM75+	Wang	Edward	Unattached	19:59.56
2	AM75+	Beam	Gerald	Team Turin	23:20.75

### AW15

Place	Category	Last	First	Club	Time
1	AW15	Staudacher	Rachel	Multisport Madness Triathlon Teamsport	21:05.68
2	AW15	Johnson	Gina	Smart Cycling	22:58.22
	AW15	Mann	Rebecca	Multisport Madness Triathlon Team	DNS

### AW15-5k

Place	Category	Last	First	Club	Time
1	AW15-5k	Paradis	Katie	Multisport Madness Triathlon Teamsport	10:31.00
2	AW15-5k	Clark	Annika	ABD	15:23.00
	AW15-5k	Mann	Julia	Multisport Madness Triathlon Team	DNS

### AW16

Place	Category	Last	First	Club	Time
1	AW16	Rowe	Jacky	ABD	18:56.48



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### AW4

Place	Category	Last	First	Club	Time
1	AW4	Appelwick	Stacy	Bouledogue Tout Noir	16:35.00
2	AW4	Voelkel	Nicole	Multisport Madness Triathlon Team	17:22.96
3	AW4	Whitley	Kelly	Multisport Madness Triathlon Teamsport	17:33.14
4	AW4	Clay	Jessica	Multisport Madness Triathlon Teamsport	17:39.15
5	AW4	Greiner	Melanie	Multisport Madness Triathlon Team	17:46.54
6	AW4	Frampton	Cathy	Project 5 Racing	17:47.72
7	AW4	Dumford	Katie	Endureit	18:04.70
8	AW4	Iezzoni	Hannah	Northwestern Univ.	18:22.81
9	AW4	Waide	Jerel	Project 5 Racing	18:49.29
10	AW4	Rippy	Lauren	Endureit	19:03.46
11	AW4	Kenny	Gina	ABD	20:09.28
12	AW4	Oehmen	Liz	ABD	22:00.67
	AW4	Clay	Jennifer	Multisport Madness Triathlon Team	DNS
	AW4	Sanda	Leah	Flatlandia	DNS
	AW4	Factor	Liz	EMC2	DNS

### AW4 -5k

Place	Category	Last	First	Club	Time
1	AW4 -5k	Scanlan	Maggie	Multisport Madness	17:52.54

### AW40+

Place	Category	Last	First	Club	Time
1	AW40+	Inks	Connie	Unattached	17:18.65
2	AW40+	Palmquist	Christine	Training Bible Coaching	17:49.11
3	AW40+	Maday	Donna	ABD	18:13.78
4	AW40+	Benmore	Annette	Endureit	19:21.16
5	AW40+	Cesario	Julianne	EMC2	20:16.97

### AW50+

Place	Category	Last	First	Club	Time
1	AW50+	Mattson	Ann	Freeport Bicycle Co.	18:07.93
2	AW50+	Kaiser	Helen	Unattached	18:30.64
3	AW50+	Mcadams	Victoria Lynne	Unattached	21:55.54

### AW60+

Place	Category	Last	First	Club	Time
1	AW60+	Green	Lynne	Unattached	19:04.88
2	AW60+	Beck	Nancy	Midwest Masters	26:45.52

### AW70+

Place	Category	Last	First	Club	Time
1	AW70+	Beam	Patricia	ABD	20:33.83



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### AWO

Place	Category	Last	First	Club	Time
1	AWO	Prinner	Jessica	ABD	16:47.14
2	AWO	Inks	Connie	Unattached	16:49.70
3	AWO	Meshberg	Kristen	Flatlandia	16:57.77
4	AWO	Gialdini	Kim	Flatlandia	17:54.30
5	AWO	Semaszczuk	Sue	ABD	18:19.66
6	AWO	Sides	Ginger	Project 5 Racing	18:42.68
7	AWO	Sides	Ginger	Project 5 Racing	18:55.75
8	AWO	Navas	Alexandra	GS Boulder	19:22.25

### CM15-5k

Place	Category	Last	First	Club	Time
1	CM15-5k	Aitchison	Jacob	Team Dawg	12:35.00

### CM19-29

Place	Category	Last	First	Club	Time
1	CM19-29	Soules	Matt	Unattached	16:31.18
2	CM19-29	Ellingson	Justin	Unattached	18:36.10
	CM19-29	Mcclymonds	Ryan		DNS

### CM30-39

Place	Category	Last	First	Club	Time
1	CM30-39	Bentsen	Kurt	Unattached	15:44.47
2	CM30-39	Koors	Dan	Unattached	16:54.97
3	CM30-39	Platzke	Michael	Multisport Madness	17:10.44
4	CM30-39	Kieronski	Jason	Unattached	18:27.92
5	CM30-39	Delamora	Gilberto	Unattached	24:38.76
	CM30-39	Sparks	Kelly	Unattached	DNS

### CM40-49

Place	Category	Last	First	Club	Time
1	CM40-49	Alvestad	Jostein	EMC2	15:20.99
2	CM40-49	Lorenz	John	Unattached	16:27.25
3	CM40-49	Jackson	Wells	Unattached	16:29.54
4	CM40-49	Aitchison	Scott	Team Dawg	16:37.71
5	CM40-49	Anda	Juan	Unattached	17:21.23
6	CM40-49	Mcmahon	John	Unattached	17:22.86
7	CM40-49	Meister	Jerry	ABD	17:45.34
8	CM40-49	Harms	Jd	Unattached	18:10.80
9	CM40-49	Mann	Bob	Multisport Madness Triathlon Team	18:22.50
10	CM40-49	Pettinger	John	Saybrook Bicycling	19:17.76
	CM40-49	Clasen	Dan	ABD	DNS



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### CM50+

Place	Category	Last	First	Club	Time
1	CM50+	Lacy	Michael	NA	15:39.25
2	CM50+	Huntzinger	Mark	ABD	16:56.10
3	CM50+	Bryenton	Ron	Unattached	17:02.62
4	CM50+	Mckenzie	Craig	ABD	17:21.45
5	CM50+	Kula	Gary	ABD	17:22.29
6	CM50+	Dal Lago	Ray	Elmhurst Bicycle Club	17:26.38
7	CM50+	Flad	Andy	Unattached	17:39.77
8	CM50+	Rottmann	Edward	Unattached	17:46.67
9	CM50+	Wostratzky	Don	ABD	18:42.48
10	CM50+	Lopez	Ronie		18:46.40
11	CM50+	Barbieri	Rick	Unattached	20:15.28

### CW15

Place	Category	Last	First	Club	Time
1	CW15	Mann	Rachel	Multisport Madness Triathlon Team	18:55.11
2	CW15	Lorenz	Alexandra	Unattached	21:30.40

### CW19-29

Place	Category	Last	First	Club	Time
1	CW19-29	Webb	Brigid	ABD	17:57.86

### CW30-39

Place	Category	Last	First	Club	Time
1	CW30-39	Flanagan	Sheila	Unattached	19:28.36
2	CW30-39	Heffron	Denise	Unattached	24:11.47
	CW30-39	Reynolds	Cindy	Unattached	DNS

### CW40+

Place	Category	Last	First	Club	Time
1	CW40+	Bruce	Maureen	Unattached	19:04.90

### CW40-49

Place	Category	Last	First	Club	Time
1	CW40-49	Miller	Lori	ABD	18:01.61
2	CW40-49	Vilimek	Diane		19:09.40
3	CW40-49	Kalinowski	Jeanne	Unattached	20:05.24
	CW40-49	Mann	Elizabeth	Multisport Madness Triathlon Team	DNS

### CW50+

Place	Category	Last	First	Club	Time
1	CW50+	Bartell	Julee	Endureit	17:21.77
2	CW50+	Kuhr	Martha	Unattached	20:10.44
3	CW50+	Garnant	Carol	Unattached	20:59.98
4	CW50+	Kula	Angelina	Unattached	21:09.34
	CW50+	Buffalo	Ruth	Unattached	DNS

### Recumbent/Tandem

Place	Category	Last	First	Club	Time
1	Recumbent/Tandem	Ratajczak	Tom/Robin		15:13.90



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## Fastest Men

Place	Category	Last	First	Club	Time
1	AM1/2	Nowak	Will	TBA	14:16.46
2	AM40+	Gerlach	Charles	Unattached	14:22.19
3	AM30+	Swartzendruber	Mark	Scarletfire Racing	14:26.18

## Fastest Women

Place	Category	Last	First	Club	Time
1	AW4	Appelwick	Stacy	Bouledogue Tout Noir	16:35.00
2	AWO	Prinner	Jessica	ABD	16:47.14
3	AWO	Inks	Connie	Unattached	16:49.70



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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)