



2010 ABD Indoor Time Trial Series: Race #3 - Saturday, March 20th PRELIMINARY RESULTS (posted on 3/21/2010 at 5:52 PM)

As snow fell across the midwest on this first day of spring, participants in today's third race of ABD Indoor Time Trial Series kept to the task of heating things up in the early cycling season. Early reports were that the challenging Hill Climb course was testing even the strongest of legs, but by days end there were more than 165 finishers who had conquered the course. Thanks to the many volunteers, supporters and sponsors that make this event possible. The series finale will be April 11th's John Fraser Memorial Time Trial, in Maple Park.

Fastest Overall Times: Women: Jessica Prinner (AWO) @ 15:56.20 Men: Ryan Freund (AM1/2) @ 14:09.29

Conditions: Race hosted indoors at the Winfield Middle School in Winfield, IL. Course: 8.5km Hill Climb

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	Freund	Ryan	ABD	14:09.29
2	AM1/2	Seemann	Luke	XXX Racing-Athletico	14:26.50
3	AM1/2	Sills	Hogan	Verizon u25 p/b ABD	14:55.51
4	AM1/2	Boba	Tomaz	WDT-Allvoi International Cycling Team	14:57.74
5	AM1/2	Jones	Michael	PACT - Dish Network	15:09.54
6	AM1/2	Polin	David	WDT-Allvoi International Cycling Team	15:31.94
7	AM1/2	Jungels	Rob	ABD	15:34.21
8	AM1/2	Letzel	Thomas	ms Racing	16:09.40
9	AM1/2	Oliff	Reed	Lamb Little Racing	17:52.80
	AM1/2	Reed	David	Elmhurst Masters	DNS

AM15

Place	Category	Last	First	Club	Time
1	AM15	Witt	Konrad	ABD	17:26.45
2	AM15	Redlich	Mj	ABD	19:27.19
3	AM15	Koors	Alex	ABD	22:13.72
	AM15	Hall	Maxx	Smart Cycling	DNS
	AM15	Torosian	Martin	Multisport Madness Triathlon Team	DNS
	AM15	Dickson	Carter	Unattached	DNS

AM15-5k

Place	Category	Last	First	Club	Time
1	AM15-5k	Isaacs	Jackson	Bicycle Heaven	12:33.14
	AM15-5k	Mccarthy	Sean	South Chicago Wheelmen	DNS
	AM15-5k	Lorenz	Justin	Multisport Madness Triathlon Teamsport	DNS

AM16+

Place	Category	Last	First	Club	Time
1	AM16+	Wilkie	Michael	ABD	17:15.56
	AM16+	Nathan	Reeven	Multisport Madness Triathlon Team	DNS

AM3

Place	Category	Last	First	Club	Time
1	AM3	Bice	Curtis	ABD	14:58.47
2	AM3	Peterson	Doug	Lamb Little Racing	16:05.56
3	AM3	Deifel	John	Project 5 Racing	16:37.22
4	AM3	Serafin	Mark	Pact-Dish Network-Polska	16:39.15
5	AM3	Parrish	Steve	ABD	16:56.14
6	AM3	Mattson	Ron	Freeport Bicycle Co.	17:32.17
	AM3	Zucco	Adam	Unattached	DNS



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AM30+

Place	Category	Last	First	Club	Time
1	AM30+	Gerlach	Charles	Lamb Little Racing	14:21.84
2	AM30+	Swartzendruber	Mark	Scarletfire Racing	14:26.20
3	AM30+	Allen	Peter	XXX Racing-Athletico	15:36.35
4	AM30+	Torres	Jayson	Little Lamb Racing	15:57.45
5	AM30+	Letzel	Thomas	ms Racing	16:11.27
6	AM30+	Jungels	Rob	ABD	16:44.87
7	AM30+	Peterson	Doug	Little Lamb Racing	16:45.85
8	AM30+	Roop	Robert	North Branch Cycling Club	17:11.46
9	AM30+	Kalinowski	Christian	Unattached	17:18.60
10	AM30+	Mstowski	Richard	ABD	20:26.25
	AM30+	Kubinski	Brian	Team Tri Smart	DNS

AM4

Place	Category	Last	First	Club	Time
1	AM4	Dubow	Jeremy	Velo Club Roubaix	14:38.89
2	AM4	Flechsigg	Jim	ABD	15:21.50
3	AM4	Westergaard	John	Unattached	15:34.69
4	AM4	Marshall	Bob	ABD	15:55.37
5	AM4	Berenyi	Joe	Team Psimet	16:00.68
6	AM4	Lenski	Richard	Spin Doctor Cycle Works	16:01.97
7	AM4	Zelewsky	Paul	ABD	16:21.52
8	AM4	Wolfe	Raviv	Team Psimet	16:37.33
9	AM4	Hanke	Richard	SJBC	16:51.97
10	AM4	Serrano	Baudelio	Ball Corp.	17:08.61
11	AM4	Paradis	Matthew	QuavR	17:10.77
12	AM4	Witt	Konrad	ABD	17:19.35
13	AM4	Mccarthy	Brian	South Chicago Wheelmen	17:31.14
14	AM4	Burns	Mike	ABD	17:37.30
15	AM4	Watson	Phil		17:39.00
16	AM4	Glinka	Kenneth	ABD	17:46.90
17	AM4	Pac	Krystian	Pact-Dish Network-Polska	17:59.13
18	AM4	Low	John	Psimet Racing	18:14.88
19	AM4	Piekos	Mitchell	Project 5 Racing	18:14.89
20	AM4	Cornelison	Michael	Unattached	18:46.74
	AM4	Roop	Robert	North Branch Cycling Club	DNS
	AM4	Dickson	Nolan	Multisport Madness Triathlon Team	DNS
	AM4	Halsall	Keith	ABD	DNS
	AM4	Dickson	Keith	Unattached	DNS
	AM4	Soucie	James	Tri K Club	DNS
	AM4	Landenberger	James	Elmhurst Masters/EMC2	DNS
	AM4	Hampton	Arron	PSIMET	DNS
	AM4	Stevens	Andrew	EMC2	DNS

AM40

Place	Category	Last	First	Club	Time
1	AM40	Cianci	Albert	Unattached	19:37.23



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AM40+

Place	Category	Last	First	Club	Time
1	AM40+	Gerlach	Charles	Lamb Little Racing	14:16.29
2	AM40+	Swartzendruber	Mark	Scarletfire Racing	14:23.26
3	AM40+	Verner	Dan	PACT-Dishnetwork	14:36.21
4	AM40+	Rose	Jim	Village Cycle Sport	15:46.21
5	AM40+	Lewandowski	Jim	Unattached	15:58.99
6	AM40+	Hockenberry	Scott	The Bike Shop/Training Bible	16:26.22
7	AM40+	Schnell	Stephen	Team Apache	16:55.20
8	AM40+	Januszewski	Michael	Tower Racing	17:06.73
9	AM40+	Blackburn	Bill	Unattached	17:13.70
10	AM40+	Kreutzfeldt	Richard	Pact	17:23.68
11	AM40+	Linton	Mark	53x11 Coffee	17:58.40
12	AM40+	Isaacs	Dan	Bicycle Heaven	18:38.12
13	AM40+	Arnolde	Jack	North Branch Cycling	18:51.51
14	AM40+	Cornelison	Michael	Unattached	19:21.83
	AM40+	Kurtz	Michael	Team Army	DNS

AM50+

Place	Category	Last	First	Club	Time
1	AM50+	Jones	Michael	PACT - Dish Network	14:42.64
2	AM50+	Whalen	John	Flatlandia	15:36.80
3	AM50+	Deifel	John	Project 5 Racing	15:51.93
4	AM50+	Marshall	Bob	ABD	15:58.18
5	AM50+	Rulo	Gary	ABD	16:27.78
6	AM50+	Tubic	Bisi	Unattached	16:40.40
7	AM50+	Pahl	Scott	ABD	16:43.35
8	AM50+	Gage	Steven	ABD	16:50.71
9	AM50+	Mattson	Ron	Freeport Bicycle Co.	17:49.70
10	AM50+	Kryszak	Richard	South Chicago Wheelmen	17:54.39
11	AM50+	Fry	Ken	ABD	18:11.46
12	AM50+	Greene	Steven	ABD	18:12.80
13	AM50+	Trotter	Dave	ABD	18:16.61
14	AM50+	Tkaczyk	Rick	Unattached	18:29.16
15	AM50+	Golterman	David	Unattached	18:37.34
16	AM50+	Skogley	David	Vision Quest	19:37.78
	AM50+	Factor	Liz	EMC2	DNS

AM55+

Place	Category	Last	First	Club	Time
1	AM55+	Kreutzfeldt	Richard	Pact	16:15.77
2	AM55+	Green	Rick	TEAM RVO	16:26.79
3	AM55+	Madsen	Dan	ABD	16:28.55
4	AM55+	Luhrsen	Dane	Unattached	16:38.00
5	AM55+	Hawco	Robert	ABD	17:08.42
6	AM55+	Byrnes	Michael	Joliet Bicycle Club	17:46.24
7	AM55+	Stoops	Walter	ABD	17:58.37
8	AM55+	Demel	Zbigniew	PACT Dish Network	18:13.34
9	AM55+	Adamczyk	Richard	Midwest Masters	18:13.76
10	AM55+	Pittsley	Mike	Unattached	18:34.70
11	AM55+	Iverson	Greg	ABD	18:38.33
	AM55+	Case	Herbert	TEAM RVO	DNS
	AM55+	Wolowiec	Bob	Gazoobie	DNS



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AM60+

Place	Category	Last	First	Club	Time
1	AM60+	Adamczyk	Richard	Midwest Masters	17:24.58
2	AM60+	Rhyne	Edward	Unattached	17:50.67
3	AM60+	Egan	Tom	ABD	18:06.40
4	AM60+	Kieronski	Eugene	Unattached	19:52.70
5	AM60+	Kallas	Bill	ABD	20:11.48
6	AM60+	Janes	Don	ABD	22:20.75
7	AM60+	Stern	Alan	Velo Club Roubaix	23:56.97
	AM60+	Tyczka	Werner	Unattached	DNS
	AM60+	Kaiser	Greg	Unattached	DNS

AM65+

Place	Category	Last	First	Club	Time
1	AM65+	Taylor	John	Joliet Bicycle Club	18:53.38
2	AM65+	Huey	Lawrence	Unattached	18:55.34
3	AM65+	Yoder	Fred	ABD	19:02.21
4	AM65+	Holland	Steven	Elite Athletic Racing Team	20:25.91
5	AM65+	Vichotka	Richard	Midwest Masters	20:31.60
6	AM65+	Schiff	Don		20:53.67

AM70+

Place	Category	Last	First	Club	Time
1	AM70+	Alexander	Peter	Midwest Masters	18:58.77
2	AM70+	Patterson	Jack	Midwest Masters	20:23.76
3	AM70+	Krehbiel	John	Midwest Masters	24:06.99
4	AM70+	Englehorn	Gary	Unattached	49:09.92

AM75+

Place	Category	Last	First	Club	Time
1	AM75+	Wang	Edward	Unattached	22:16.75
2	AM75+	Beam	Gerald	Team Turin	24:54.85

AW15

Place	Category	Last	First	Club	Time
1	AW15	Johnson	Gina	Smart Cycling	23:11.47
	AW15	Mann	Rebecca	Multisport Madness Triathlon Team	DNS
	AW15	Staudacher	Rachel	Multisport Madness Triathlon Teamsport	DNS

AW15-5k

Place	Category	Last	First	Club	Time
1	AW15-5k	Paradis	Katie	Multisport Madness Triathlon Teamsport	11:06.77
	AW15-5k	Mann	Julia	Multisport Madness Triathlon Team	DNS
	AW15-5k	Koors	Abby	ABD	DNS

AW16

Place	Category	Last	First	Club	Time
1	AW16	Rowe	Jacky	ABD	18:59.31



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AW4

Place	Category	Last	First	Club	Time
1	AW4	Appelwick	Stacy	Bouledogue Tout Noir	16:26.27
2	AW4	Frampton	Cathy	Project 5 Racing	18:21.43
3	AW4	Rivera	Kim	ABD	18:28.44
4	AW4	Dumford	Katie	Endureit	18:39.65
5	AW4	Kenny	Gina	ABD	21:17.83
6	AW4	Oehmen	Liz	ABD	23:55.80
	AW4	Voelkel	Nicole	Multisport Madness Triathlon Team	DNS
	AW4	Greiner	Melanie	Multisport Madness Triathlon Team	DNS
	AW4	Factor	Liz	EMC2	DNS
	AW4	Sanda	Leah	Flatlandia	DNS
	AW4	Rippy	Lauren	Endureit	DNS
	AW4	Whitley	Kelly	Multisport Madness Triathlon Teamsport	MDNS
	AW4	Clay	Jessica	Multisport Madness Triathlon Teamsport	MDNS
	AW4	Waide	Jerel	Project 5 Racing	DNS
	AW4	Clay	Jennifer	Multisport Madness Triathlon Team	DNS

AW40+

Place	Category	Last	First	Club	Time
1	AW40+	Inks	Connie	Unattached	16:48.74
2	AW40+	Butzke	Mary Ann	Unattached	16:57.23
3	AW40+	Palmquist	Christine	Training Bible Coaching	18:23.13
4	AW40+	Maday	Donna	ABD	18:23.23
	AW40+	Benmore	Annette	Endureit	DNS

AW4-5k

Place	Category	Last	First	Club	Time
	AW4-5k	Scanlan	Maggie	Multisport Madness	DNS

AW50+

Place	Category	Last	First	Club	Time
1	AW50+	Kaiser	Helen	Unattached	17:50.32
2	AW50+	Mattson	Ann	Freeport Bicycle Co.	18:19.67
3	AW50+	Hoff	Christy	Midwest Masters	20:42.73
4	AW50+	Mcadams	Victoria Lynne	Unattached	23:06.40

AW60+

Place	Category	Last	First	Club	Time
1	AW60+	Green	Lynne	Unattached	19:39.70
2	AW60+	Beck	Nancy	Midwest Masters	28:23.60

AW70+

Place	Category	Last	First	Club	Time
1	AW70+	Beam	Patricia	ABD	22:57.16



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AWO

Place	Category	Last	First	Club	Time
1	AWO	Prinner	Jessica	ABD	15:56.20
2	AWO	Meshberg	Kristen	Flatlandia	16:20.51
3	AWO	Inks	Connie	Unattached	16:47.46
4	AWO	Gialdini	Kim	Flatlandia	16:55.44
5	AWO	Semaszczuk	Sue	ABD	19:21.67
	AWO	Sides	Ginger	Project 5 Racing	DNS
	AWO	Sides	Ginger	Project 5 Racing	DNS

CM15 5k

Place	Category	Last	First	Club	Time
1	CM15 5k	Aitchison	Jacob	Team Dawg	12:54.00

CM19-29

Place	Category	Last	First	Club	Time
	CM19-29	Mcclymonds	Ryan		DNS
	CM19-29	Ellingson	Justin	Unattached	DNS

CM30-39

Place	Category	Last	First	Club	Time
1	CM30-39	Koors	Dan	Unattached	17:18.78
2	CM30-39	Bentsen	Kurt	Unattached	17:47.30
3	CM30-39	Kieronski	Jason	Unattached	19:44.67

CM40-49

Place	Category	Last	First	Club	Time
1	CM40-49	Alvestad	Jostein	EMC2	15:12.40
2	CM40-49	Lorenz	John	Unattached	16:54.84
3	CM40-49	Aitchison	Scott	Team Dawg	17:36.84
4	CM40-49	Anda	Juan	Unattached	17:54.58
5	CM40-49	Mcmahon	John	Unattached	18:46.39
6	CM40-49	Webb	Brad	ABD	21:03.11
7	CM40-49	Biery	Joseph	Unattached	21:16.60
8	CM40-49	Henrickson	Steve	Magnetrol	21:16.71
	CM40-49	Pettinger	John	Saybrook Bicycling	DNS
	CM40-49	Clasen	Dan	ABD	DNS
	CM40-49	Mann	Bob	Multisport Madness Triathlon Team	DNS



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CM50+

Place	Category	Last	First	Club	Time
1	CM50+	Lacy	Michael	NA	16:30.49
2	CM50+	Bryenton	Ron	Unattached	16:41.12
3	CM50+	Dal Lago	Ray	Elmhurst Bicycle Club	16:41.45
4	CM50+	Mckenzie	Craig	ABD	17:11.34
5	CM50+	Kula	Gary	ABD	17:18.96
6	CM50+	Huntzinger	Mark	ABD	18:22.99
7	CM50+	Wostratzky	Don	ABD	18:49.61
8	CM50+	Rottmann	Edward	Unattached	19:03.30
9	CM50+	Blacconiere	Michael	Unattached	20:46.33
	CM50+	Barbieri	Rick	Unattached	DNS

CW15

Place	Category	Last	First	Club	Time
1	CW15	Lorenz	Alexandra	Unattached	21:21.46
	CW15	Mann	Rachel	Multisport Madness Triathlon Team	DNS

CW19-29

Place	Category	Last	First	Club	Time
1	CW19-29	Mueller	Mindy	Unattached	23:23.38

CW30-39

Place	Category	Last	First	Club	Time
1	CW30-39	Flanagan	Sheila	Unattached	19:36.18

CW40+

Place	Category	Last	First	Club	Time
1	CW40+	Bruce	Maureen	Unattached	20:16.51

CW40-49

Place	Category	Last	First	Club	Time
1	CW40-49	Miller	Lori	ABD	20:04.58
2	CW40-49	Vilimek	Diane	Unattached	20:05.52
3	CW40-49	Kalinowski	Jeanne	Unattached	21:58.70
	CW40-49	Mann	Elizabeth	Multisport Madness Triathlon Team	DNS

CW50+

Place	Category	Last	First	Club	Time
1	CW50+	Garnant	Carol	Unattached	21:41.20
2	CW50+	Kuhr	Martha	Unattached	21:54.10
	CW50+	Bartell	Julee	Endureit	DNS

Recumbent/Tandem

Place	Category	Last	First	Club	Time
1	Recumbent/Tandem	Ratajczak	Tom/Robin		15:56.48



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Fastest Men

Place	Category	Last	First	Club	Time
1	AM1/2	Freund	Ryan	ABD	14:09.29
2	AM40+	Gerlach	Charles	Lamb Little Racing	14:16.29
3	AM40+	Swartzendruber	Mark	Scarletfire Racing	14:23.26

Fastest Women

Place	Category	Last	First	Club	Time
1	AWO	Prinner	Jessica	ABD	15:56.20
2	AWO	Meshberg	Kristen	Flatlandia	16:20.51
3	AW4	Appelwick	Stacy	Bouledogue Tout Noir	16:26.27



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