

RUMFORD GRAVEL GRIND 2023

SHORT AND LONG GRAVEL GRIND



BLACK MOUNTAIN OF MAINE

RESULTS

Downeast Racing

06/24/2023

PLC	BIB	OA PLC	CLS	NAME	AGE/LOCATION/TEAM	TIME	BEHIND
Long Course Female							
1	151	81	LCF	PROCTOR, EMILY	25 CONCORD NH	5:56:52.5	: 0.0
Long Course Male							
1	17	21	LCM	COLLARD, MARC	44 NORRIDGEWOCK ME	3:43:12.3	: 0.0
2	19	22	LCM	BLACK-INGERSOLL, CAMDEN	30 YARMOUTH ME	3:44:14.7	1:02.4
3	22	24	LCM	PENNOYER, PIER	33 INTERVALE NH	3:44:43.2	1:30.9
4	11	25	LCM	OICKLE, BRIAN	47 CARRABASSETT VALLE	3:53:27.7	10:15.4
4	62	25	LCM	TREADWELL, DERECK	48 BETHEL ME	3:53:27.7	10:15.4
6	50	27	LCM	DARLING, CHRISTOPHER	51 LOVELL ME	4:01:55.2	18:42.9
7	7	28	LCM	PARYS, MAXX	21 BETHEL ME	4:02:53.8	19:41.5
8	56	30	LCM	SOLOMON, AARON	52 FALMOUTH ME	4:05:05.1	21:52.8
9	41	31	LCM	NELSON, RICK	49 EDGECOMB ME	4:05:47.5	22:35.2
10	32	32	LCM	GEROW, WARREN	46 FREEPORT ME	4:06:33.0	23:20.7
11	3	34	LCM	NELLIS, PARKER	16 BETHEL ME	4:10:03.0	26:50.7
12	29	35	LCM	COLAVOLPE, RON	50 NORTH YARMOUTH ME	4:10:45.5	27:33.2
12	54	35	LCM	JOHN, LIAM	29 UNDERHILL VT	4:10:45.5	27:33.2
14	13	37	LCM	GREENAN, COLIN	46 MOUNT VERNON ME	4:11:55.1	28:42.8
15	38	38	LCM	JANCZYK, MATTHEW	36 HANOVER NH	4:13:23.0	30:10.7
16	23	40	LCM	LELCHUK, DAN	34 CANAAN NH	4:17:51.2	34:38.9
17	47	41	LCM	MITCHELL, KYLE	32 PORTLAND ME	4:18:08.3	34:56.0
18	6	43	LCM	HALLEZ, EMILE	42 GILEAD ME	4:21:39.9	38:27.6
19	71	44	LCM	CUNNINGHAM, ALEC	28 SOUTH BERWICK ME	4:22:43.6	39:31.3
20	156	45	LCM	MARTIN, JAYME	49 UNION ME	4:23:18.0	40:05.7
21	4	46	LCM	ZAVESTOSKI, BRYAN	34 SEAL HARBOR ME	4:24:15.7	41:03.4
22	48	47	LCM	VOORHEES, ANDREW	31 BRUNSWICK ME	4:25:37.4	42:25.1
23	55	48	LCM	MORIN, JACK	24 AUBURN ME	4:27:50.6	44:38.3
24	14	49	LCM	LITTLEFIELD, RYAN	43 SACO ME	4:29:48.8	46:36.5
25	89	50	LCM	RANCOURT, KYLE	39 LEWISTON ME	4:30:00.9	46:48.6
26	31	51	LCM	BRUCE, TIM	58 PORTLAND ME	4:30:33.3	47:21.0
27	15	52	LCM	NORCIA, MATTHEW	34 PALERMO ME	4:31:37.9	48:25.6
28	65	53	LCM	RYAN, KENT	47 WESTBROOK ME	4:34:28.4	51:16.1
29	53	54	LCM	TRUE, NATHAN		4:38:00.7	54:48.4
30	63	55	LCM	WOODHOUSE, KEVIN	63 FALMOUTH ME	4:38:55.7	55:43.4
31	90	57	LCM	LYNCH, JOE	33	4:44:16.5	101:04.2
32	18	59	LCM	BENEKE, JURGEN	51 KINGSTON NY	4:47:07.1	103:54.8
33	5	60	LCM	RUMSEY, RYAN	49 PORTLAND ME	4:49:01.2	105:48.9
33	26	60	LCM	STARRETT, ALAN	52 PORTLAND ME	4:49:01.2	105:48.9
35	61	62	LCM	BELL, JESSE	45 LEWISTON ME	4:49:36.6	106:24.3
35	45	62	LCM	ROWE, STEPHEN	54 HARPSWELL ME	4:49:36.6	106:24.3
37	57	64	LCM	KATZ-CHRISTY, MAX	22 CAMBRIDGE MA	4:52:39.6	109:27.3

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38	67	65	LCM	RESNICOW, DANIEL	45 WALTHAM MA	4:52:57.5	109:45.2
39	20	66	LCM	RODIGER, NATE	24 CAMBRIDGE MA	4:52:59.5	109:47.2
40	34	67	LCM	KESPERT, THOMAS	46 HARPSWELL ME	4:53:49.0	110:36.7
41	16	68	LCM	CARLON, DAVE	59 FREEPORT ME	4:57:21.1	114:08.8
42	70	69	LCM	KNOX, JACOB	33 AUBURN ME	5:00:29.1	117:16.8
43	42	70	LCM	MENDENHALL, CORWIN	48 BETHEL ME	5:07:37.2	124:24.9
44	64	71	LCM	BRAHM, TOM	32 SOUTH PORTLAND ME	5:08:02.5	124:50.2
45	59	72	LCM	HIMMELSTEIN, DANIEL	34 HANOVER NH	5:11:01.3	127:49.0
46	51	73	LCM	SEVERS, QUINN	25 BANGOR ME	5:13:11.6	129:59.3
47	2	74	LCM	COX, CADEN	18 HEBRON ME	5:15:21.8	132:09.5
47	8	74	LCM	COX, JOHN	46 HEBRON ME	5:15:21.8	132:09.5
49	52	76	LCM	SPENCE, RICHARD	40 MARSHFIELD MA	5:25:50.2	142:37.9
50	21	77	LCM	DOUGHERTY, EAMONN	29 LEBANON NH	5:26:08.2	142:55.9
51	68	78	LCM	HESSINGER, MAXWELL	22 MARS PA	5:33:39.7	150:27.4
52	30	79	LCM	KOVACS, LAWRENCE	59 BATH ME	5:48:42.6	205:30.3
53	37	80	LCM	BLACK-INGERSOLL, TRISTAN	34 CONCORD NH	5:56:45.4	213:33.1
54	12	82	LCM	HOLAN, SCOTT	63 RANGELEY ME	5:57:04.6	213:52.3
55	36	83	LCM	BIB, 36	35	6:27:27.6	244:15.3
Short Course Female							
1	534	5	SCF	SAPAK, BRIDGET	16 BETHEL ME	2:48:10.4	: 0.0
2	533	7	SCF	BRANNEN, HEATHER	59 POLAND ME	2:49:38.3	1:27.9
3	529	8	SCF	BELL, ANNIKA	32 LEWISTON ME	2:55:27.8	7:17.4
4	531	9	SCF	BISHOP, MARIGAN	40 SACO ME	2:59:26.2	11:15.8
5	528	11	SCF	BENEKE, STACY	58 KINGSTON NY	3:06:15.2	18:04.8
6	532	12	SCF	NORWOOD, SUSANNA	47 NOBLEBORO ME	3:07:43.1	19:32.7
7	152	20	SCF	LYONS, CHRISTINE	30 NORWAY ME	3:41:18.0	53:07.6
8	527	42	SCF	DUGAN, REBECCA	33 FREEPORT ME	4:18:57.3	130:46.9
9	535	58	SCF	JONES, LAURA	40 BRUNSWICK ME	4:44:37.6	156:27.2
Short Course Male							
1	522	1	SCM	MILLS, GLENN	60 POLAND ME	2:28:25.7	: 0.0
2	518	2	SCM	CARLETON, CHRIS	40 PORTLAND ME	2:29:46.5	1:20.8
3	523	3	SCM	ABBOTT, CALEB	26 SOUTH PORTLAND ME	2:30:51.2	2:25.5
4	513	4	SCM	HAMBRICK, THOMAS	44 PORTLAND ME	2:42:56.3	14:30.6
5	505	6	SCM	SAPAK, JAN	49 WESTWOOD MA	2:48:50.9	20:25.2
6	510	10	SCM	KRAUSS, PETER	52 RANGELEY ME	3:06:02.1	37:36.4
7	501	13	SCM	ENGLER, IAN	33 PORTLAND ME	3:12:40.0	44:14.3
7	509	13	SCM	SCHERPBIER, GERBEN	31 PORTLAND ME	3:12:40.0	44:14.3
9	508	15	SCM	ROBESON, JASON	38 BELFAST ME	3:20:57.9	52:32.2

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Short Course Male

10	507	16	SCM	GIRARD, DON	63 BIDDEFORD ME	3:31:47.4	103:21.7
11	524	17	SCM	ROY, SAMUEL	31 LITTLETON NH	3:32:59.0	104:33.3
12	516	18	SCM	THOMAS, FRED	55 CAPE ELIZABETH ME	3:33:46.5	105:20.8
13	506	19	SCM	LEMOLE, JOHN	65 ROCKLAND ME	3:40:49.7	112:24.0
14	66	23	SCM	BURNS, LUC	28 NEWRY ME	3:44:35.9	116:10.2
15	515	29	SCM	DUGUAY, VINCENT	17 RUMFORD ME	4:03:35.2	135:09.5
16	520	33	SCM	BARRON, MARC	46 KENNEBUNK ME	4:09:40.8	141:15.1
17	519	39	SCM	PELLETIER, MATTHEW	46 PORTLAND ME	4:17:11.3	148:45.6
18	521	56	SCM	NADEAU, KEVIN	59 DURHAM ME	4:44:12.3	215:46.6

Did Not Finish DNF 1

0	503	0	SCM	D'ALESSANDRO, RICHARD	53 LEWISTON ME	: : 0.0	
0	1	0	LCM	GOSS, TROY	54 CAPE ELIZABETH ME	: : 0.0	
0	40	0	LCM	LAIDLAW, MORGAN	51 CAMDEN ME	: : 0.0	

86 COMPETITORS