



DENVER INDOOR ROWING CHAMPIONSHIPS 2013

Hosted by: Mile High Rowing Club and Colorado Athletic Club Monaco

Feb 1&2 Elevation 5280

Men's 1k Stand Up Paddleboard				
Robert Long	04:38.3			Mile High Rowing Club
John Geier	04:55.5			Unaffiliated (USA)
Alex Mauer	05:07.0			Rogue Stand up Paddleboards
David Wehnacht	05:34.0			Unaffiliated (USA)
Women's 1k Stand Up Paddleboard				
Beverly Sunie	07:18.9			Unaffiliated (USA)
Amy Rohr	07:21.9			Unaffiliated (USA)
Jonette Albers	07:32.4			Longmont SUP
1k Team Challenge - Winner Received a FREE Concept2 Ergometer!!!				
Front Range Crossfit	03:18.0			
Crossfit Verve 1	03:21.5			
MHRC	03:28.0			
Crossfit Verve 2	03:36.5			
Jr M Novice 20min				
Noah Bultema	4284m	02:20.0		Colorado Athletic Club Monaco Juniors
Jack Lueck	4244m	02:21.4		Colorado Athletic Club Monaco Juniors
Alec Huddleson	3880m	02:34.6		Colorado Athletic Club Monaco Juniors
Jackson Geraci	3542m	02:49.4		Colorado Athletic Club Monaco Juniors
Jr W Nov 20min				
Anna Fritschen	4441m	02:15.1		Colorado Athletic Club Monaco Juniors
Diana Durnford	4388m	02:16.7		Mile High Rowing Club
Etta Carpender	4132m	02:25.2		Colorado Athletic Club Monaco Juniors
Madeline Yeager	3728m	02:40.9		Colorado Athletic Club Monaco Juniors
Ollie Lueck	3573m	02:47.9		Colorado Athletic Club Monaco Juniors
1/2 Marathon				
Ben Wilson	21097m	1:26:23.6		Kinetic Fitness Studio
W Hour (14-49)				
Gabrielle Heinz	12345m			Colorado State University Crew Team
Keeley Powers	12087m			Mile High Rowing Club
M Hour (50+)				
Phil Sullivan	12083m			Unaffiliated (USA)
W Hour (50+)				
Margaret Griffes	12020m			Unaffiliated (USA)
1/2 Hour Men (14-49)				
Joe Hoffman	8127m	01:50.7		Unaffiliated (USA)
Doug Gauger	7773m	01:55.8		Unaffiliated (USA)
James Danahey	7672m	01:57.3		Colorado Athletic Club Monaco Juniors
Steve Loewenkamp	7578m	01:58.8		Unaffiliated (USA)
Christopher Schwappach	7397m	02:01.7		Colorado Athletic Club Monaco Juniors
Daniel Chidel	7362m	02:02.2		Colorado Athletic Club Monaco Juniors

	Raymond Lin	7310m	02:03.1		Colorado Athletic Club Monaco Juniors
	Gene Eric	6996m	02:08.6		Colorado Athletic Club Monaco Juniors
	Greg Ast	6909m	02:10.3		Unaffiliated (USA)
	1/2 Hour Men (50+)				
	William Keleher	8004m	01:52.4		The Open Gym
	Rusty Schweickart	7823m	01:55.0		Unaffiliated (USA)
	William Van Sickle	7577m	01:58.8		Wichita Rowing Association
	James Erwin	7564m	01:59.0		Rocky Mountain Rowing Club
	Daniel McGregor	7315m	02:03.0		RowPro Rowers
	Tony Schoenberger	7216m	02:04.7		Unaffiliated (USA)
	1/2 Hour Women (14-49)				
	Jade Thornton	6990m	02:08.7		Mile High Rowing Club
	Christine Marriott	6828m	02:11.8		Unaffiliated (USA)
	Karen Marriott	6597m	02:16.4		Unaffiliated (USA)
	Brenda Hurley	6367m	02:21.4		Unaffiliated (USA)
	Brooke Stevens	6145m	02:26.5		Colorado Athletic Club Monaco Juniors
	Sarah Meyers	5453m	02:45.0		Colorado Athletic Club Monaco Juniors
	Stephanie Meyers	5298m	02:49.9		Colorado Athletic Club Monaco Juniors
	1/2 Hour Women (50+)				
	Grace Malacrida	7189m	2:02		Mile High Rowing Club
	Joanne Marriott	6446m	02:19.6		Unaffiliated (USA)
	Men Collegiate 18-29				
	Michael Grose	06:36.6	01:39.2		Mile High Rowing Club
	Anthony Malacrida	07:00.8	01:45.2		Mile High Rowing Club
	Travis Campbell	07:51.0	01:57.8		University of Denver Club Rowing
	M Lwt College 18-29				
	Ben Wilson	07:25.5	01:51.4		Kinetic Fitness Studio
	Mohammed Agha	08:31.4	02:07.8		University of Denver Club Rowing
	W College Open 18-29				
	Julie Korak	07:54.3	01:58.6		Boulder Community Rowing
	Lilly Berger	08:24.8	02:06.2		Kinetic Fitness Studio
	Joni Gambrell	08:35.9	02:09.0		Kinetic Fitness Studio
	Raquel Lara	09:04.7	02:16.2		Colorado State University Crew Team
	W College Lw 18-29				
	Lauren Woodman	07:48.6	01:57.2		Unaffiliated (USA)
	M Jr Hwt 13-18				
	Matthew Fritschen	06:40.3	01:40.1		Mile High Rowing Club
	Colton Miller	06:56.1	01:44.0		Mile High Rowing Club
	Daniel Chidel	07:12.4	01:48.1		Colorado Athletic Club Monaco Juniors
	Adam Tavel	07:19.9	01:50.0		Mile High Rowing Club
	Brendan Carr	07:30.1	01:52.5		Colorado Junior Crew
	Cash Johnson	07:38.1	01:54.5		Colorado Junior Crew
	Will Chambers	08:20.0	02:05.0		Colorado Junior Crew
	M Jr Lwt 13-18				
	Robert Long	06:45.3	01:41.3		Mile High Rowing Club
	Keenan Carpender	06:59.0	01:44.8		Mile High Rowing Club

	Austin Gunnarson	07:06.2	01:46.6		Unaffiliated (USA)
	Mac Grant	07:12.2	01:48.0		Mile High Rowing Club
	James Danahey	07:16.8	01:49.2		Colorado Athletic Club Monaco Juniors
	Jon Casarrubias	07:23.1	01:50.8		Colorado Junior Crew
	Ian McKenzie	07:25.5	01:51.4		Mile High Rowing Club
	Sean Moore	07:28.8	01:52.2		Colorado Junior Crew
	Christopher Satter	07:29.2	01:52.3		Colorado Junior Crew
	Jake Markey	07:34.7	01:53.7		Mile High Rowing Club
	Raymond Lin	07:40.0	01:55.0		Colorado Athletic Club Monaco Juniors
	Jack Holtestaul	07:40.7	01:55.2		Mile High Rowing Club
	John Marso	07:40.7	01:55.2		Mile High Rowing Club
	Jack Beebe	07:48.2	01:57.0		Mile High Rowing Club
	Garrett Welch	07:52.3	01:58.1		Mile High Rowing Club
	Gene Eric	07:54.5	01:58.6		Colorado Athletic Club Monaco Juniors
	Connor Doogan	07:56.7	01:59.2		Mile High Rowing Club
	Collin Parsons	08:21.7	02:05.4		Colorado Junior Crew
	W Jr Hwt 13-18				
	Jade Thornton	07:45.2	01:56.3		Mile High Rowing Club
	Alexis McKenzie	07:51.9	01:58.0		Mile High Rowing Club
	Jessica Dobler	07:55.9	01:59.0		Mile High Rowing Club
	Rory Graham	08:00.4	02:00.1		Mile High Rowing Club
	Ariel Wagner-Randall	08:03.9	02:01.0		Colorado Junior Crew
	Carolyn Monette	08:05.4	02:01.3		Colorado Junior Crew
	Rebecca Fenn	08:18.6	02:04.7		Mile High Rowing Club
	Kaylen Brzezinski	08:21.7	02:05.4		Unaffiliated (USA)
	Sam Hoffman	08:29.0	02:07.2		Mile High Rowing Club
	Lucy Winslow	08:38.7	02:09.7		Mile High Rowing Club
	Natalia Robinson	08:42.7	02:10.7		Colorado Junior Crew
	Madeline McKinnon	08:46.7	02:11.7		Mile High Rowing Club
	Anneliese Bruening	08:52.8	02:13.2		Colorado Junior Crew
	Rachael McKee	08:56.2	02:14.1		Mile High Rowing Club
	Annie Aylward	09:29.0	02:22.3		Colorado Junior Crew
	W Jr Lwt 13-18				
	Elizabeth Hart	08:47.4	02:11.9		Mile High Rowing Club
	Brooke Stevens	09:06.5	02:16.6		Colorado Athletic Club Monaco Juniors
	Laura McGlynn	09:13.6	02:18.4		Mile High Rowing Club
	Stephanie Meyers	10:12.1	02:33.0		Colorado Athletic Club Monaco Juniors
	Sarah Meyers	10:39.7	02:39.9		Colorado Athletic Club Monaco Juniors
	M Vet 75+				
	Dean SMith	08:53.6	02:13.4		Rocky Mountain Rowing Club
	M Vet Hwt 70-74				
	Dennis Champine	08:33.2	02:08.3		Kinetic Fitness Studio
	M Vet Lwt 70-74				
	Bill Moyle	08:31.1	02:07.8		Colorado Athletic Club Monaco Juniors
	M Vet Hwt 65-69				
	Glen O'Brien	08:11.4	02:02.9		Unaffiliated (USA)
	M Vet Lwt 65-69				
	Kurt Blumberg	07:23.6	01:50.9		Unaffiliated (USA)

	M Vet Hwt 60-64			
	Stephen M. Thompson	08:18.0	02:04.5	Rocky Mountain Rowing Club
	M Vet Lwt 60-64			
	Peter Francis	07:25.2	01:51.3	Rocky Mountain Rowing Club
	Geoff Webb	07:56.3	01:59.1	Unaffiliated (USA)
	Ted Stolberg	08:12.7	02:03.2	Kinetic Fitness Studio
	M Vet Hwt 55-59			
	Jody Huddleson	07:05.5	01:46.4	Rocky Mountain Rowing Club
	wade smith	07:23.2	01:50.8	Unaffiliated (USA)
	Michael De Seguin	07:31.7	01:52.9	Unaffiliated (USA)
	William Van Sickle	07:33.8	01:53.4	Wichita Rowing Association
	Daniel McGregor	07:36.9	01:54.2	RowPro Rowers
	Tony Schoenberger	07:51.3	01:57.8	Unaffiliated (USA)
	Tom Carr	08:18.5	02:04.6	Boulder Community Rowing
	M Vet Hwt 50-54			
	Paul Hamer	06:36.7	01:39.2	Unaffiliated (USA)
	William Keleher	06:58.3	01:44.6	The Open Gym
	Tr Hernacki	07:45.0	01:56.2	Florida Institute of Technology
	Jay Sage	08:03.5	02:00.9	Unaffiliated (USA)
	W Vet Hwt 70-74			
	Joanne Marriott	08:53.9	02:13.5	Unaffiliated (USA)
	W Vet Hwt 60-64			
	Margaret Griffes	09:15.1	02:18.8	Unaffiliated (USA)
	W Vet Hwt 55-59			
	Jackie Snyder	08:00.7	02:00.2	Mile High Rowing Club
	W Vet Lwt 55-59			
	Anne Strobbridge	08:37.6	02:09.4	Mile High Rowing Club
	Carrie Van Sickle	09:01.3	02:15.3	Wichita Rowing Association
	W Vet Hwt 50-54			
	Betsy Tauer	08:27.8	02:07.0	Front Range Crossfit
	W Vet Lwt 50-54			
	Maryanne Mentz	09:24.8	02:21.2	Front Range Crossfit
	M Sr Hwt 40-49			
	Joe Hoffman	06:54.0	01:43.5	Unaffiliated (USA)
	Kevin Hodgson	06:54.6	01:43.7	Flatirons Crossfit Strength and Conditioning
	Warren Boizot	07:02.5	01:45.6	Kinetic Fitness Studio
	Everett Stout	07:03.0	01:45.8	Back Country CrossFit
	M Mst Hwt 30-39			
	Matt Hammel	06:37.6	01:39.4	Kinetic Fitness Studio
	Anthony Prichard	06:44.1	01:41.0	Kinetic Fitness Studio
	Ronald Covey	06:45.0	01:41.3	Unaffiliated (USA)
	Jeff Hoskins	07:36.0	01:54.0	University of Denver Club Rowing

	M Mst Lwt 30-39			
	Travis Lamb	07:02.0	01:45.5	Gonzaga University Men's Rowing Alumni
	W Sr Hwt 40-49			
	Kate Newman	07:32.5	01:53.1	Mile High Rowing Club
	Molly Roll	07:32.9	01:53.2	Kinetic Fitness Studio
	Christine Marriott	08:06.8	02:01.7	Unaffiliated (USA)
	Karen Marriott	08:22.2	02:05.6	Unaffiliated (USA)
	Brenda Hurley	08:31.7	02:07.9	Unaffiliated (USA)
	W Sr Lwt 40-49			
	Lisa Schwinghammer	09:00.8	02:15.2	Kinetic Fitness Studio
	W Mst Hwt 30-39			
	Lesley Bodley	08:16.0	02:04.0	Unaffiliated (USA)
	Morgan Q. Mance	08:30.4	02:07.6	Kinetic Fitness Studio
	Denise Abdo	08:39.5	02:09.9	Kinetic Fitness Studio
	W Mst Lwt 30-39			
	Marika Page	07:36.1	01:54.0	Colorado Rowing
	Lynn Ornellas	09:38.9	02:24.7	Kinetic Fitness Studio
	M Nov 1k			
	Joe Baumann	03:19.7	01:39.9	CrossFit Vantage
	Matthew Spencer	03:40.4	01:50.2	Colorado State University Crew Team
	Mohammed Agha	04:00.8	02:00.4	University of Denver Club Rowing
	W Nov 1k			
	Lauren Woodman	03:43.0	01:51.5	Unaffiliated (USA)
	Roxanne Doogan	04:19.6	02:09.8	Mile High Rowing Club
	Jr M Nov 1k			
	Adam Resnick	03:23.0	01:41.5	Mile High Rowing Club
	Adam Tavel	03:25.7	01:42.8	Mile High Rowing Club
	Jake Markey	03:34.5	01:47.2	Mile High Rowing Club
	Jack Holtestaul	03:41.1	01:50.6	Mile High Rowing Club
	Jr W Nov 1k			
	Geanet Solomon	03:59.7	01:59.9	Mile High Rowing Club
	Paige Bolton	04:06.9	02:03.4	Mile High Rowing Club
	Lauren Klein	04:09.2	02:04.6	Mile High Rowing Club
	Bao-Tran Tran	05:05.8	02:32.9	Colorado Athletic Club Monaco Juniors
	Nora Rassman	05:33.1	02:46.5	Kinetic Fitness Studio
	Boys 1k			
	Noah Bultema	04:10.4	02:05.2	Colorado Athletic Club Monaco Juniors
	Jack Lueck	04:11.5	02:05.7	Colorado Athletic Club Monaco Juniors
	Owen Stout	04:28.0	02:14.0	Back Country CrossFit
	Alec Huddleson	04:42.1	02:21.0	Colorado Athletic Club Monaco Juniors
	Nathaniel Newman	05:00.5	02:30.2	Mile High Rowing Club
	Jackson Geraci	05:05.0	02:32.5	Colorado Athletic Club Monaco Juniors
	Girls 1k			
	Anna Fritschen	03:59.5	01:59.8	Colorado Athletic Club Monaco Juniors
	Etta Carpender	04:17.0	02:08.5	Colorado Athletic Club Monaco Juniors

	Madeline Yeager	04:36.2	02:18.1		Colorado Athletic Club Monaco Juniors
	Lexi Klein	04:36.4	02:18.2		Mile High Rowing Club
	Ollie Lueck	05:03.8	02:31.9		Colorado Athletic Club Monaco Juniors
	2 min row Boys/Girls				
	Jaryn Prichard	378m	02:38.6		Unaffiliated (USA)
	Annika Newman	343m	02:54.8		Mile High Rowing Club
	Ellie Stout	286m	03:29.6		Unaffiliated (USA)
	500m Jr M Hwt				
	Matthew Fritschen	01:29.2	01:29.2		Mile High Rowing Club
	Colton Miller	01:32.4	01:32.4		Mile High Rowing Club
	Daniel Chidel	01:33.6	01:33.6		Colorado Athletic Club Monaco Juniors
	Mac Grant	01:34.4	01:34.4		Mile High Rowing Club
	Adam Tavel	01:36.1	01:36.1		Mile High Rowing Club
	Adam Resnick	01:39.1	01:39.1		Mile High Rowing Club
	Owen Stout	02:14.8	02:14.8		Back Country CrossFit
	500m Jr M Lwt				
	Robert Long	01:31.4	01:31.4		Mile High Rowing Club
	James Danahey	01:33.0	01:32.9		Colorado Athletic Club Monaco Juniors
	Keenan Carpender	01:36.4	01:36.4		Mile High Rowing Club
	Ian McKenzie	01:39.9	01:39.9		Mile High Rowing Club
	John Marso	01:40.4	01:40.4		Mile High Rowing Club
	Jake Markey	01:40.5	01:40.5		Mile High Rowing Club
	Raymond Lin	01:40.7	01:40.7		Colorado Athletic Club Monaco Juniors
	Garrett Welch	01:41.3	01:41.3		Mile High Rowing Club
	Gene Eric	01:43.3	01:43.3		Colorado Athletic Club Monaco Juniors
	Connor Doogan	01:43.7	01:43.7		Mile High Rowing Club
	Jack Beebe	01:45.9	01:45.9		Mile High Rowing Club
	500m M Hwt 19-29				
	Benjamin Schnake	01:18.9	01:18.9		Leonardo's Crew
	Michael Grose	01:26.5	01:26.5		Mile High Rowing Club
	Anthony Malacrida	01:28.6	01:28.6		Mile High Rowing Club
	Jacob Lozow	01:30.6	01:30.6		CrossFit 719
	Matthew Danielson	01:32.7	01:32.7		Colorado State University Crew Team
	Joe Baumann	01:34.1	01:34.1		CrossFit Vantage
	500m M Lwt 19-29				
	Mohammed Agha	01:50.8	01:50.8		University of Denver Club Rowing
	500m M Hwt 30-39				
	Ronald Covey	01:25.1	01:25.1		Unaffiliated (USA)
	Jason Schatzenpahl	01:26.5	01:26.5		Leonardo's Crew
	Jeff Hoskins	01:38.6	01:38.6		University of Denver Club Rowing
	500m Jr W Hwt				
	Jessica Dobler	01:42.5	01:42.5		Mile High Rowing Club
	Jade Thornton	01:44.7	01:44.7		Mile High Rowing Club
	Rebecca Fenn	01:47.2	01:47.2		Mile High Rowing Club
	Rory Graham	01:47.4	01:47.4		Mile High Rowing Club
	Lucy Winslow	01:51.6	01:51.6		Mile High Rowing Club
	Rachael McKee	01:51.7	01:51.7		Mile High Rowing Club
	Sam Hoffman	01:52.2	01:52.2		Mile High Rowing Club

	Paige Bolton	01:55.8	01:55.8		Mile High Rowing Club
	Madeline McKinnon	01:56.7	01:56.7		Mile High Rowing Club
	500m Jr W Lwt				
	Lauren Klein	01:56.8	01:56.8		Mile High Rowing Club
	Elizabeth Hart	01:57.4	01:57.4		Mile High Rowing Club
	Laura McGlynn	02:00.3	02:00.3		Mile High Rowing Club
	Lexi Klein	02:11.0	02:11.0		Mile High Rowing Club
	500m W Lwt 19-29				
	Lauren Woodman	01:48.1	01:48.1		Unaffiliated (USA)
	Gabrielle Heinz	01:59.1	01:59.1		Colorado State University Crew Team
	500m M Hwt 40-49				
	Joe Hoffman	01:33.9	01:33.9		Unaffiliated (USA)
	Everett Stout	01:36.8	01:36.8		Back Country CrossFit
	500m M Hwt 50-59				
	Joe Tate	01:30.4	01:30.4		Unaffiliated (USA)
	William Van Sickle	01:37.4	01:37.4		Wichita Rowing Association
	Daniel McGregor	01:39.0	01:39.0		RowPro Rowers
	500m M Hwt 60+				
	Phil Sullivan	01:50.0	01:50.0		Unaffiliated (USA)
	500m M Lwt 60+				
	Peter Francis	01:40.3	01:40.3		Rocky Mountain Rowing Club
	Ted Stolberg	01:44.3	01:44.3		Kinetic Fitness Studio
	Dean Smith	01:50.2	01:50.2		Rocky Mountain Rowing Club
	Bill Moyle	01:52.3	01:52.3		Colorado Athletic Club Monaco Juniors
	500m W Hwt 40-49				
	Kati O'Hara	01:43.2	01:43.2		Mile High Rowing Club
	Christine Marriott	01:43.4	01:43.4		Unaffiliated (USA)
	Rebekah Spetnagel	01:45.8	01:45.8		Rocky Mountain Rowing Club
	Karen Marriott	01:48.8	01:48.8		Unaffiliated (USA)
	Brenda Hurley	01:51.7	01:51.7		Unaffiliated (USA)
	500m W Hwt 50-59				
	Grace Malacrida	01:45.1	01:45.1		Mile High Rowing Club
	Jackie Snyder	01:47.1	01:47.1		Mile High Rowing Club
	500m W Lwt 50-59				
	Carrie Van Sickle	02:03.3	02:03.3		Wichita Rowing Association
	500m W Hwt 60+				
	Joanne Marriott	02:01.7	02:01.7		Unaffiliated (USA)