

CassadagaMan Course & Age Group Records

DOUBLE

* Combined times with OnondagaMan

COURSE RECORDS

COMBINED TIME	AGE GROUP	NAME	ONONDAGAMAN	CASSADAGAMAN	CITY/STATE	YEAR
TRIATHLON						
10:15:11	M50-54	Joe Rogalski	5:02:21	5:12:50	Buffalo, NY	2024
12:20:42	F50-54	Kristine Urban	6:04:50	6:15:52	Avon, OH	2024
AQUABIKE						
8:28:12	M60-64	David Shaprio	4:11:54	4:16:18	Buffalo, NY	2024
						2024

Age Group Records

COMBINED TIME	AGE GROUP	NAME	ONONDAGAMAN	CASSADAGAMAN	CITY/STATE	YEAR
13:58:47	F30-34	Erica Parriott	6:34:05	7:24:42	Ringwood, NY	2024
14:20:04	F45-49	Julie Sadar	7:07:14	7:12:50	Cuyahoga Falls, OH	2024
12:20:42	F50-54	Kristine Urban	6:04:50	6:15:52	Avon, OH	2024
12:04:47	M25-29	James Kurzdorfer	6:18:33	5:46:14	Depew, NY	2024
10:15:11	M50-54	Joe Rogalski	5:02:21	5:12:50	Buffalo, NY	2024

COMBINED TIME	AGE GROUP	NAME	ONONDAGAMAN	CASSADAGAMAN	CITY/STATE	YEAR
11:42:33	M55-59	Mark Durno	5:57:14	5:45:19	Fairview Park, OH	2024

LONG COURSE

COURSE RECORD

TIME	NAME	CITY/STATE	YEAR	AGE GROUP
4:34:34	Mark Van Mechelen	Stamford, CT	2020	M35-39
4:50:09	Jennie Hansen	Rochester, NY	2020	F35-39
	Paratriathlete			
7:43:47	Ulf Oesterle	Fayetteville, NY	2020	M40-44

Age Group Records

TIME	AGE GROUP	NAME	CITY/STATE	YEAR
7:41:02	F15-19	Citrus Triplett	Tivoli, NY	2020
6:34:18	F20-24	Christina Nee	Brooklyn, NY	2020
5:58:43	F25-29	Dana Miller	McKean, PA	2022
5:16:26	F30-34	Blair Benson	Rochester, NY	2021
4:50:09	F35-39	Jennie Hansen	Rochester, NY	2020
5:00:58	F40-44	Jen Reschke	Geneseo, NY	2020

5:34:46	F45-49	Mindy Lawson-Crabtree	Frewsburg, NY	2020
5:52:06	F50-54	Deb Battaglia	Centre Hall, PA	2021
5:46:08	F55-59	Karen Cummins	Sparta, NJ	2020
6:13:38	F60-64	Joanne Collins	Avon, OH	2020
TIME	AGE GROUP	NAME	CITY/STATE	YEAR
4:41:00	M20-24	Jacob Oswald	Buffalo, NY	2020
5:21:00	M25-29	Jack Lance	Pittsburgh, PA	2022
4:52:57	M30-34	Ryan Lawrence	Union City, PA	2020
4:34:34	M35-39	Mark Van Mechelen	Stamford, CT	2020
5:12:05	M40-44	James Libecco	Solon, OH	2020
4:58:58	M45-49	Joe Rogalski	Buffalo, NY	2020
5:09:16	M50-54	Mark Durno	Fairview Park, OH	2021
5:45:19	M55-59	Mark Durno	Fairview Park, OH	2024
5:53:47	M60-64	Howard Konicov	South Orange, NJ	2024
6:11:06	M65-69	Bob Bowers	Chautauqua, NY	2024
7:48:07	M70-74	Jim Adams	Altona, NY	2020
AquaBike				
TIME	AGE GROUP	NAME	CITY/STATE	YEAR
3:26:18	M50-54	Jim Hall	Buffalo, NY	2021
3:32:08	F50-54	Mindy Lawson-Crabtree	Frewsburg, NY	2024
Relay Team				
4:58:11		GoOneMore	Lakewood, NY	2024

Intermediate COURSE

TIME	NAME	CITY/STATE	YEAR	AGE GROUP
2:34:44	Ryan Lawrence	Union City, PA	2024	M35-39
3:08:57	Emilie Jacobs	Buffalo, NY	2024	F30-34

Age Group Records

TIME	AGE GROUP	NAME	CITY/STATE	YEAR
3:08:57	F30-34	Emilie Jacobs	Buffalo, NY	2024
3:22:47	F35-39	Anna Carapella	Fredonia, NY	2024
4:07:20	F40-44	Kirsten Bardwell	Lakewood, OH	2024
3:31:37	F45-49	Pamela Neckar	Cleveland, OH	2024
3:37:40	F50-54	Michelle Bankowski	Poughkeepsie, NY	2024
4:58:10	F55-59	Michelle Pattison	Cassadaga, NY	2024
4:58:19	F60-64	Melinda Hilton	Medina, NY	2024
3:49:59	F65-69	Victoria Pedersen	Sherrill, NY	2024
TIME	AGE GROUP	NAME	CITY/STATE	YEAR
2:57:24	M20-24	Jacob Kantrowitz	Buffalo, NY	2024
3:01:22	M30-34	Matt Turek	Fairview, PA	2024

2:34:44	M35-39	Ryan Lawrence	Union City, PA	2024
3:02:00	M40-44	Ben Chopra	Guilford, CT	2024
3:44:52	M45-49	Edward Kosek	Brecksville, OH	2024
3:20:03	M50-54	Greg Steinberg	Westlake, OH	2024
4:25:43	M55-59	Terry Hokaj	Erie, PA	2024
3:15:50	M65-69	Roger Learn	Troy, PA	2024
4:27:37	M70-74	William Krause	Honeoye Falls, NY	2024
AquaBike				
TIME	AGE GROUP	NAME	CITY/STATE	YEAR
2:15:00	F60-64	Karin Daun	Brownsburg, IN	2024
2:15:30	M40-44	Michael Mort	Liverpool, NY	2024
Relay Team				
2:49:39		Geezers	Hamel, MN	2024