

Delta Lake Course & Age Group Records

SPRINT COURSE

*2022 BEGAN NEW RUN COURSE

COURSE RECORD - SPRINT

TIME	NAME	CITY/STATE	YEAR	AGE GROUP
1:00:34	Christopher Halsey	Ithaca, NY	2022	M25-29
1:10:44	Allison Bach	Weedsport, NY	2022	F35-39

Age Group Records

TIME	AGE GROUP	NAME	CITY/STATE	YEAR	DELTA DOUBLE FINISHER
1:11:55	F19-Under	Raquelle Landa	Clifton Park, NY	2022	
1:25:29	F20-24	Shannon Irwin	Milford, PA	2022	
1:17:17	F25-29	Kimberly Pedrotti	Fairpoint, NY	2022	YES
1:31:02	F30-34	Chanelle Pelton	Rome, NY	2022	
1:10:44	F35-39	Allison Bach	Weedsport, NY	2022	
1:18:03	F40-44	Katie Bono	Clinton, NY	2022	
1:19:32	F45-49	Chantel Moran-Ellis	Chittenango NY	2022	
1:21:03	F50-54	Michelle Gillian	Poughkeepsie, NY	2022	YES
1:20:56	F55-59	Kara Rusch	Hamilton, NY	2022	
1:19:27	F60-64	Betsey Nicol	Copenhagen, NY	2022	
1:18:36	F65-69	Susan Kreplin-Michaels	Auburn, NY	2022	
1:28:23	F70-74	Brenda Switzer	Manlius, NY	2022	
TIME	AGE GROUP	NAME	CITY/STATE	YEAR	
1:07:05	M19-Under	Spencer Anderson	Rochester, NY	2022	
1:23:50	M20-24	Colton Perham	Henrietta, NY	2022	

1:00:34	M25-29	Christopher Halsey	Ithaca, NY	2022	YES
1:10:03	M30-34	Jonathan Duddleston	Rome, NY	2022	YES
1:14:37	M35-39	Phil Sconzert	Natick, MA	2022	YES
1:05:36	M40-44	John Vorrasi	Rochester, NY	2022	
1:24:24	M45-49	Jeremy Roberts	Rome, NY	2022	
1:07:44	M50-54	Barry McMaster	Darien, CT	2022	
1:11:29	M55-59	Eric Virkler	Lowville, NY	2022	
1:12:01	M60-64	Gary Earl	Weedsport, NY	2022	
1:21:15	M65-69	Mark Donnelly	Jamesville, NY	2022	
1:16:35	M70-74	Tim Reardon	Watertown, NY	2022	
1:22:08	M75-79	Terry Habecker	Ithaca, NY	2022	
AquaBike					
TIME	AGE GROUP	NAME	CITY/STATE	YEAR	
47:56	M65-69	Kevin Maier	Manlius, NY	2022	YES
58:35	F55-59	Chinyere Uwah-King	Osprey, FL	2022	

OLYMPIC COURSE

*2022 BEGAN NEW RUN COURSE

COURSE RECORD - OLYMPIC

TIME	NAME	CITY/STATE	YEAR	AGE GROUP
2:00:24	Christopher Halsey	Ithaca, NY	2022	M25-29
2:14:19	Samantha Davies	Tupper Lake, NY	2022	F35-39

Age Group Records

TIME	AGE GROUP	NAME	CITY/STATE	YEAR	DELTA DOUBLE FINISHER
2:24:03	F25-29	Lauren Rabideau	Balton Spa, NY	2022	
3:09:12	F30-34	Amy Gartenberg	Nashville, TN	2022	
2:14:19	F35-39	Samantha Davies	Tupper Lake, NY	2022	
2:33:00	F40-44	Lindsey Burdick	Jamesville, NY	2022	
2:32:14	F45-49	Julie Barclay	Groton, NY	2022	
2:39:18	F50-54	Megan Rodriguez	Sherburne, NY	2022	
2:42:48	F55-59	Jennie Kliment	Cicero, NY	2022	
2:27:33	F60-64	Beth Stalker	Ballston Spa, NY	2022	
3:40:27	F65-69	Mary Mauro-Bertolo	Tully, NY	2022	
TIME	AGE GROUP	NAME	CITY/STATE	YEAR	DELTA DOUBLE FINISHER
2:21:28	M19-Under	Thomas Kapinus	Binghamton, NY	2022	
2:17:44	M20-24	Matthew Roeder	Wayne, PA	2022	
2:00:24	M25-29	Christopher Halsey	Ithaca, NY	2022	YES
2:10:33	M30-34	Christopher Lamothe	East Syracuse, NY	2022	
2:32:32	M35-39	Joseph Flint	Chittenango, NY	2022	
2:08:29	M40-44	Robert Goggs	Ithaca, NY	2022	
2:30:20	M45-49	Nathan Andrews	Jamesville, NY	2022	
2:23:11	M50-54	Christoper Fernando	Albany, NY	2022	
2:33:47	M55-59	Ted Kiteveles	Warners, NY	2022	
2:17:34	M60-64	Michael Stalker	Ballston Spa, NY	2022	
3:11:43	M65-69	Glenn Prince	Palmyra, NY	2022	

AquaBike					
TIME	AGE GROUP	NAME	CITY/STATE	YEAR	
1:27:30		Patrick McQueen	Marcy, NY	2022	
1:35:57		Judy Bablock	Cleveland, NY	2022	
Relay Team					
2:50:11		An Ironman and her never will be's		2022	