

OnondagaMan Course & Age Group Records

Updated 9.4.2025

DOUBLE

* Combined times with CassadagaMan

COURSE RECORDS

COMBINED TIME	AGE GROUP	NAME	ONONDAGAMAN	CASSADAGAMAN	CITY/STATE	YEAR
TRIATHLON						
9:49:12	M35-39	Ryan Lawrence	4:55:41	4:53:31	Union City, PA	2025
12:20:42	F50-54	Kristine Urban	6:04:50	6:15:52	Avon, OH	2024
AQUABIKE						
6:44:25	M50-54	Joseph Rogalski	3:21:32	3:22:53	Buffalo, NY	2024

Age Group Records

COMBINED TIME	AGE GROUP	NAME	ONONDAGAMAN	CASSADAGAMAN	CITY/STATE	YEAR
13:41:26	F30-34	Erica Parriott	6:55:21	6:46:05	Ringwood, NY	2025
12:46:44	F35-39	Alison Veldhuizen	6:32:55	6:13:49	Fairview, PA	2025
13:11:13	F45-49	Willow Fodor	6:44:08	6:27:05	Jamestown, NY	2025
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

COMBINED TIME	AGE GROUP	NAME	ONONDAGAMAN	CASSADAGAMAN	CITY/STATE	YEAR
9:49:12	M35-39	Ryan Lawrence	4:55:41	4:53:31	Union City, PA	2025
10:15:11	M50-54	Joe Rogalski	5:02:21	5:12:50	Buffalo, NY	2024
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
4:25:40	Tim Russell	Saratoga Springs, NY	2024	M35-39
5:28:09	Lindsay Leigh	Hamburg, PA	2024	F45-49

Age Group Records

TIME	AGE GROUP	NAME	CITY/STATE	YEAR
6:55:56	F20-24	Savanna Hardt	Ballston Spa, NY	2024
6:24:00	F25-29	Rebecca Alesi	Syracuse, NY	2024
5:42:40	F30-34	Lauren Lounsbery	Ballston Spa, NY	2024
6:07:23	F35-39	Anna Harrod-McGrew	Kingston, NY	2024
6:11:01	F40-44	Dana Clarke	Berwyn, PA	2024
5:28:09	F45-49	Lindsay Leigh	Hamburg, PA	2024

6:04:50	F50-54	Kristine Urban	Avon, OH	2024
6:28:09	F55-59	Chris McCloe	Endicott, NY	2024
7:28:28	F60-64	Marjory McCoy	Haddonfield, NJ	2024
6:17:08	F65-69	Mary Duprey	Plattsburgh, NY	2024
TIME	AGE GROUP	NAME	CITY/STATE	YEAR
6:42:49	M15-19	Trevor Salzman	Baldwinsville, NY	2024
6:06:40	M20-24	August Arroyo	Skaneateles, NY	2024
4:53:02	M25-29	Lucas Mohr	Ohlungen, France	2024
5:18:31	M30-34	Nathan Zigler	Warren, PA	2025
4:25:40	M35-39	Tim Russell	Saratoga Springs, NY	2024
5:00:10	M40-44	Jeff Dugan	Syracuse, NY	2024
5:19:53	M45-49	Mark Hoffmann	Newtown Square, PA	2024
5:02:21	M50-54	Joseph Rogalski	Buffalo, NY	2024
5:38:39	M55-59	Todd Elmore	Newburyport, MA	2025
6:04:19	M60-64	Kevin Murphy	Painesville, OH	2024
6:48:34	M65-69	Daniel C. Wnorowski	Cazenovia, NY	2024
7:22:30	M70-74	Eric Winn	Charlestown, RI	2024
AquaBike				
TIME	AGE GROUP	NAME	CITY/STATE	YEAR
3:21:32	M50-54	Joseph Rogalski	Buffalo, NY	2025
3:43:30	F60-64	Karin Daun	Brownsburg, IN	2024
Relay Team				

5:11:49		APE-X	Binghamton, NY	2024
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Intermediate Distance *beginning 2026

TIME	NAME	CITY/STATE	YEAR	AGE GROUP

Age Group Records

TIME	AGE GROUP	NAME	CITY/STATE	YEAR
	F30-34			
	F35-39			
	F40-44			
	F45-49			
	F50-54			
	F55-59			
	F60-64			
	F65-69			
TIME	AGE GROUP	NAME	CITY/STATE	YEAR
	M20-24			

	M30-34			
	M35-39			
	M40-44			
	M45-49			
	M50-54			
	M55-59			
	M65-69			
	M70-74			
AquaBike				
TIME	AGE GROUP	NAME	CITY/STATE	YEAR
Relay Team				