

WES - Delta Lake Triathlon - 20260718

Overall Results



Place	Finish	Bib	Name	AG	City	State	Swim	Swim Rank	T1	T1 Rank	Bike	Bike Rank	T2	T2 Rank	Run	Run Rank	Nat.
Olympic Triathlon																	
1.	1:56:39	158	Lambers, Tjibbe	Male 50-54	Cooperstown	NY	0:18:52	1	0:01:26	6	0:57:33	3	0:01:10	16	0:37:36	1	
2.	2:00:07	100	Garriott, Cole	Male 30-34	Utica	NY	0:19:24	2	0:00:58	1	0:57:07	1	0:00:56	7	0:41:39	2	
3.	2:05:32	187	Mizener, Chris	Male 45-49	Fort Worth	TX	0:21:42	3	0:01:33	9	0:57:14	2	0:00:58	8	0:44:03	6	
4.	2:07:04	320	Porter, Annaleigh	Female 40-44	Syracuse	NY	0:21:45	5	0:01:14	4	1:00:56	6	0:01:13	19	0:41:54	3	
5.	2:10:54	229	Reardon, Mike	Male 50-54	Sackets Harbor	NY	0:25:45	21	0:01:45	13	0:58:43	4	0:00:51	6	0:43:48	5	
6.	2:11:53	67	DeGirolamo, Ben	Male 20-24	Manlius	NY	0:21:43	4	0:01:37	11	1:01:46	8	0:01:19	22	0:45:27	10	
7.	2:13:04	154	Kresge, Matthew	Male 55-59	Rexford	NY	0:24:23	11	0:01:52	19	1:02:52	10	0:00:40	2	0:43:15	4	
8.	2:16:03	282	Stalker, Michael	Male 60-64	Chestertown	NY	0:26:21	32	0:01:37	10	0:59:32	5	0:01:26	27	0:47:06	16	
9.	2:17:25	164	Ludwig, Alex	Male 15-19	Oneida	NY	0:25:18	18	0:01:59	21	1:01:31	7	0:01:43	42	0:46:54	15	
10.	2:18:32	65	Day, Hayden	Male 20-24	Ballston Lake	NY	0:26:09	29	0:02:04	26	1:02:57	11	0:01:10	17	0:46:10	13	
11.	2:19:41	161	Leary, Lynne	Female 55-59	Fairport	NY	0:23:50	8	0:01:11	2	1:03:27	13	0:00:46	5	0:50:25	26	
12.	2:20:03	281	Stalker, Beth	Female 65-69	Chestertown	NY	0:26:16	30	0:02:00	22	1:03:02	12	0:01:16	21	0:47:28	17	
13.	2:20:58	17	Barth, Jade	Female 45-49	Syracuse	NY	0:25:58	25	0:01:26	7	1:06:59	21	0:00:43	3	0:45:50	12	
14.	2:22:26	293	Thompson, Chris	Male 50-54	Delmar	NY	0:24:36	13	0:01:51	17	1:05:43	18	0:01:05	14	0:49:09	23	
15.	2:24:49	186	Miretto, Giuseppe	Male 40-44	Troy	NY	0:25:48	22	0:02:06	29	1:10:51	37	0:01:12	18	0:44:49	9	
16.	2:24:56	69	Demos, Nick	Male 60-64	Ballston Lake	NY	0:29:05	49	0:02:07	30	1:02:48	9	0:01:07	15	0:49:46	25	
17.	2:25:35	196	Mulligan, Desiree	Female 30-34	Whitesboro	NY	0:25:06	15	0:02:56	48	1:09:11	30	0:02:32	67	0:45:49	11	
18.	2:25:59	177	McCloe, Chris	Female 60-64	Endicott	NY	0:21:56	6	0:02:05	27	1:05:52	19	0:01:34	36	0:54:29	42	
19.	2:26:04	262	Sherman, Amy	Female 60-64	New York	NY	0:24:05	10	0:01:58	20	1:04:09	15	0:02:08	58	0:53:42	38	
20.	2:27:04	126	Holt, Tomas	Male 30-34	Watertown	NY	0:22:51	7	0:03:27	60	1:12:29	46	0:01:36	39	0:46:38	14	
21.	2:27:04	155	Kresge, Jennifer	Female 55-59	Rexford	NY	0:24:50	14	0:02:05	28	1:07:33	23	0:00:59	9	0:51:34	31	
22.	2:27:18	106	Gloo, Richard	Male 45-49	Little Falls	NY	0:27:46	43	0:02:01	24	1:07:15	22	0:01:26	26	0:48:48	22	
23.	2:27:47	285	Stewart, Michael	Male 45-49	Ithaca	NY	0:27:39	41	0:03:52	71	1:10:38	36	0:01:02	11	0:44:34	8	
24.	2:28:02	181	McManus, John	Male 50-54	Albany	NY	0:27:31	39	0:02:00	23	1:07:55	24	0:01:59	51	0:48:35	20	
25.	2:28:07	319	Zartarian, Claire	Female 45-49	Delmar	NY	0:26:03	27	0:01:50	15	1:06:12	20	0:00:59	10	0:53:00	35	



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Overall Results



Place	Finish	Bib	Name	AG	City	State	Swim	Swim Rank	T1	T1 Rank	Bike	Bike Rank	T2	T2 Rank	Run	Run Rank	Nat.
26.	2:28:24	211	Overrocker, Josh	Male 30-34	Albany	NY	0:25:50	23	0:02:56	49	1:09:28	32	0:01:36	39	0:48:31	19	
27.	2:28:43	39	Brookins, Michael	Male 55-59	Baldwinsville	NY	0:27:27	38	0:01:29	8	1:04:59	17	0:01:49	46	0:52:57	34	
28.	2:28:59	213	Parham, Andrew	Male 35-39	Jersey City	NJ	0:26:32	33	0:03:02	52	1:09:14	31	0:01:48	44	0:48:21	18	
29.	2:29:12	133	Isenberg, Otto	Male 35-39	Holland Patent	NY	0:31:32	61	0:02:34	39	1:04:03	14	0:01:31	33	0:49:30	24	
30.	2:30:41	235	Revere, Kristin	Female 40-44	Sauquoit	NY	0:24:34	12	0:04:00	73	1:11:42	40	0:01:48	45	0:48:35	21	
31.	2:31:42	16	Barclay, Julie	Female 50-54	Groton	NY	0:25:17	17	0:01:51	18	1:11:59	43	0:01:05	13	0:51:29	30	
32.	2:32:33	283	Stevener, Sarah	Female 30-34	Marcy	NY	0:25:13	16	0:01:20	5	1:13:31	51	0:01:04	12	0:51:22	29	
33.	2:33:23	195	Mulligan, Michael	Male 30-34	Whitesboro	NY	0:29:14	50	0:04:24	75	1:13:42	53	0:01:45	43	0:44:15	7	
34.	2:34:13	198	Nahumck, Stephen	Male 35-39	Utica	NY	0:30:27	56	0:03:07	53	1:04:36	16	0:01:49	47	0:54:11	40	
35.	2:35:38	111	Macneil, Nicola	Female 50-54	Rotterdam Junction	NY	0:30:15	55	0:01:14	3	1:10:17	35	0:00:36	1	0:53:15	37	
36.	2:35:49	284	Stevener, Russell	Male 40-44	Marcy	NY	0:27:49	44	0:02:45	43	1:11:48	42	0:01:35	37	0:51:49	32	
37.	2:36:16	288	Stouffer, Zack	Male 35-39	Utica	NY	0:26:53	35	0:04:41	78	1:09:40	33	0:01:59	53	0:53:00	36	
38.	2:36:50	75	Dinero, Doug	Male 45-49	Fayetteville	NY	0:27:42	42	0:01:48	14	1:09:08	29	0:01:33	34	0:56:37	46	
39.	2:37:57	45	Carrier, AJ	Male 60-64	Rexford	NY	0:31:45	64	0:01:51	16	1:11:12	39	0:02:08	59	0:51:00	28	
40.	2:38:04	32	Blood, John	Male 40-44	Buffalo	NY	0:25:43	20	0:03:33	65	1:08:52	26	0:03:11	78	0:56:42	48	
41.	2:38:13	77	Doherty, Eric	Male 35-39	Clinton	NY	0:28:51	48	0:02:23	36	1:08:55	28	0:00:43	4	0:57:18	51	
42.	2:38:39	286	Stitt, Ann Flower	Female 40-44	Ballston Lake	NY	0:26:40	34	0:02:15	33	1:12:13	45	0:01:24	24	0:56:06	44	
43.	2:39:14	321	Zdanowicz, Susan	Female 55-59	Oneida	NY	0:26:01	26	0:02:48	46	1:11:08	38	0:01:28	29	0:57:47	55	
44.	2:41:07	2	Abraham, Tim	Male 55-59	Clinton	NY	0:27:21	37	0:03:34	66	1:08:21	25	0:01:52	49	0:59:57	60	
45.	2:41:14	224	Capron, Daniel	Male 55-59	Newport	NY	0:29:15	51	0:03:52	72	1:12:55	49	0:02:53	76	0:52:17	33	
46.	2:42:25	132	Ingersoll, Amy	Female 35-39	Lowville	NY	0:30:31	57	0:03:41	68	1:15:14	55	0:02:09	60	0:50:49	27	
47.	2:42:39	242	Roller, Collen	Male 30-34	La Fayette	NY	0:32:29	65	0:03:17	58	1:09:48	34	0:02:35	71	0:54:28	41	
48.	2:42:58	131	Ingersoll, Aaron	Male 35-39	Lowville	NY	0:27:55	45	0:04:25	76	1:13:22	50	0:02:45	74	0:54:30	43	
49.	2:43:23	62	Dallman, Bradley	Male 30-34	Fort Drum	NY	0:29:45	52	0:02:24	38	1:12:11	44	0:02:01	56	0:57:00	49	
50.	2:44:40	6	Anibarro, Gennaro	Male 30-34	Utica	NY	0:25:19	19	0:02:23	37	1:16:07	59	0:01:59	52	0:58:50	58	
51.	2:44:45	212	Pacheco, Alisa	Female 35-39	Schenectady	NY	0:26:18	31	0:02:17	34	1:20:59	68	0:01:26	28	0:53:42	39	





Overall Results

Place	Finish	Bib	Name	AG	City	State	Swim	Swim Rank	T1	T1 Rank	Bike	Bike Rank	T2	T2 Rank	Run	Run Rank	Nat.
52.	2:44:52	192	Moth, Chris	Male 45-49	Kirkville	NY	0:28:26	46	0:03:49	69	1:13:37	52	0:01:34	35	0:57:24	52	
53.	2:46:05	115	Harvey, Rachel	Female 50-54	Delmar	NY	0:26:08	28	0:03:01	51	1:15:16	56	0:01:30	31	1:00:08	61	
54.	2:46:13	216	Perry, Jeff	Male 55-59	Homer	NY	0:31:33	62	0:03:31	63	1:08:54	27	0:02:04	57	1:00:08	62	
55.	2:49:44	145	Keller, Jamie	Female 40-44	Rome	NY	0:24:01	9	0:02:37	40	1:21:09	69	0:02:01	55	0:59:54	59	
56.	2:50:34	147	Kemelov, Islam	Male 25-29	Chittenango	NY	0:26:57	36	0:03:10	54	1:22:19	70	0:02:00	54	0:56:07	45	
57.	2:50:44	290	Tassone, Aimee	Female 45-49	Scottsville	NY	0:31:35	63	0:02:48	45	1:12:47	48	0:02:10	61	1:01:23	64	
58.	2:50:44	228	Rater, Sherri	Female 50-54	Sherman	NY	0:31:30	60	0:02:49	47	1:17:55	63	0:01:22	23	0:57:06	50	
59.	2:51:37	150	Kmush, Brittany	Female 40-44	East Syracuse	NY	0:25:58	24	0:02:45	44	1:15:44	58	0:01:52	48	1:05:16	71	
60.	2:52:42	310	Whitesell, Rebecca	Female 60-64	Bellefonte	PA	0:37:02	79	0:03:32	64	1:11:48	41	0:02:14	62	0:58:04	56	
61.	2:53:07	173	Mariano, Meg	Female 55-59	Syracuse	NY	0:30:03	53	0:03:27	61	1:15:44	57	0:02:24	65	1:01:27	65	
62.	2:54:30	19	Beltz, Suzanne	Female 45-49	Ithaca	NY	0:28:40	47	0:02:03	25	1:18:30	65	0:01:36	38	1:03:38	69	
63.	2:55:16	200	Needle, Emma	Female 35-39	Troy	NY	0:33:51	73	0:02:10	32	1:17:52	62	0:02:33	69	0:58:47	57	
64.	2:55:20	300	Waldron, Christine	Female 45-49	Chittenango	NY	0:31:10	59	0:03:23	59	1:14:53	54	0:02:20	63	1:03:32	68	
65.	2:56:07	40	Brown, Rikki	Female 35-39	West Haven	CT	0:30:07	54	0:02:09	31	1:25:00	73	0:01:13	20	0:57:36	54	
66.	2:56:43	215	Pedersen, Victoria	Female 70-74	Sherrill	NY	0:33:24	68	0:01:41	12	1:19:15	66	0:01:29	30	1:00:51	63	
67.	2:57:25	167	Mahar Garcia, Deborah	Female 55-59	Canyon Lake	TX	0:36:57	78	0:02:44	42	1:18:22	64	0:02:42	73	0:56:37	47	
68.	3:03:31	118	Hauff, Eleanor	Female 55-59	Lafayette	NY	0:36:12	77	0:04:11	74	1:17:49	61	0:03:18	79	1:01:59	66	
69.	3:05:58	163	Loynd, Cynthia	Female 65-69	Stratford	CT	0:34:51	75	0:05:29	80	1:26:37	74	0:01:25	25	0:57:34	53	
70.	3:09:03	294	Tilley, Quinn	Male 40-44	Liverpool	NY	0:32:49	66	0:03:36	67	1:26:52	75	0:02:50	75	1:02:54	67	
71.	3:09:13	208	Olander, Kurt	Male 65-69	Pine Bush	NY	0:33:26	69	0:02:39	41	1:20:57	67	0:02:23	64	1:09:46	73	
72.	3:09:20	311	Wilcox, Rosann	Female 60-64	Ballston Lake	NY	0:34:28	74	0:05:14	79	1:12:45	47	0:03:18	80	1:13:33	76	
73.	3:09:39	302	Walter, Catarina	Female 50-54	Syracuse	NY	0:33:49	72	0:02:58	50	1:16:54	60	0:01:54	50	1:14:02	77	
74.	3:11:57	258	Seth-Cimini, Jennifer	Female 50-54	East Aurora	NY	0:33:28	70	0:03:16	57	1:30:01	78	0:01:30	32	1:03:40	70	
75.	3:14:11	312	Willis, Lucas	Male 20-24	Ballston Lake	NY	0:27:33	40	0:02:22	35	1:36:52	80	0:01:38	41	1:05:44	72	
76.	3:17:54	206	O'Neil, Richard	Male 75-79	Fayetteville	NY	0:30:57	58	0:03:15	56	1:22:38	71	0:02:34	70	1:18:28	79	
77.	3:18:58	280	St. Pierre, Sean	Male 50-54	Clifton Springs	NY	0:33:14	67	0:03:13	55	1:24:45	72	0:02:29	66	1:15:14	78	





Overall Results

Place	Finish	Bib	Name	AG	City	State	Swim	Swim Rank	T1	T1 Rank	Bike	Bike Rank	T2	T2 Rank	Run	Run Rank	Nat.
78.	3:20:15	84	Eberhardt, Katherine	Female 35-39	Watervliet	NY	0:33:35	71	0:03:31	62	1:28:50	77	0:02:39	72	1:11:38	74	
79.	3:24:48	107	Goedeke, Deb	Female 70-74	Delmar	NY	0:35:44	76	0:04:28	77	1:27:51	76	0:03:10	77	1:13:32	75	
80.	3:49:20	102	Geils, Evan	Male 25-29	Malta	NY	0:38:49	80	0:03:49	70	1:36:34	79	0:02:32	68	1:27:34	80	

Olympic AquaBike

1.	1:19:14	315	Woods, Simon	Male 50-54	Pittsford	NY	0:20:04	1	0:01:16	2	0:57:53	1	-1	-1	
2.	1:28:11	191	Mort, Michael	Male 40-44	Liverpool	NY	0:26:15	8	0:01:22	4	1:00:33	2	-1	-1	
3.	1:29:48	168	Maier, Kevin	Male 70-74	Manlius	NY	0:25:58	6	0:01:36	5	1:02:13	3	-1	-1	
4.	1:30:03	63	Daun, Karin	Female 65-69	Brownsburg	IN	0:24:20	2	0:02:05	10	1:03:37	5	-1	-1	
5.	1:32:07	245	Rowley, Michael	Male 75-79	Scottsville	NY	0:27:25	10	0:01:13	1	1:03:28	4	-1	-1	
6.	1:34:22	309	Abraham, Lora	Female 55-59	Clinton	NY	0:24:32	3	0:01:48	8	1:08:00	8	-1	-1	
7.	1:34:34	199	Nasto, Jennifer	Female 50-54	Rome	NY	0:28:38	11	0:01:44	7	1:04:11	6	-1	-1	
8.	1:37:09	307	Whipps, Melissa	Female 50-54	Fayetteville	NY	0:29:41	12	0:01:38	6	1:05:49	7	-1	-1	
9.	1:40:37	194	Mulinos, Stephanie	Female 60-64	Dryden	NY	0:25:59	7	0:01:16	3	1:13:21	10	-1	-1	
10.	1:41:44	314	Winter, Cassie	Female 55-59	Taberg	NY	0:30:58	14	0:02:25	12	1:08:20	9	-1	-1	
11.	1:43:19	96	Fite, Brian	Male 60-64	Fulton	NY	0:26:48	9	0:02:41	13	1:13:49	11	-1	-1	
12.	1:46:42	80	Dougherty, Kristy	Female 60-64	Endicott	NY	0:24:51	5	0:04:11	18	1:17:39	14	-1	-1	
13.	1:49:36	76	Dinero, Rachel	Female 45-49	Fayetteville	NY	0:29:58	13	0:03:13	15	1:16:24	12	-1	-1	
14.	1:54:44	184	Meany, Kathleen	Female 70-74	Altamont	NY	0:35:28	16	0:02:22	11	1:16:53	13	-1	-1	
15.	1:59:56	178	McFadden, Sara	Female 35-39	Ballston Lake	NY	0:24:38	4	0:01:52	9	1:33:25	18	-1	-1	
16.	2:07:14	103	Gerk, Sarah	Female 45-49	Binghamton	NY	0:31:13	15	0:02:43	14	1:33:17	17	-1	-1	
17.	2:13:32	254	Schneider, Elisa	Female 60-64	Troy	NY	0:37:52	17	0:03:38	17	1:32:01	15	-1	-1	
18.	2:14:40	225	Rankins-Burd, Margot	Female 30-34	West Winfield	NY	0:38:56	18	0:03:16	16	1:32:27	16	-1	-1	

Olympic Relay

1.	2:16:01	3333	The Spartans,		Poestenkill	NY	0:25:14	1	0:00:45	1	1:03:06	1	0:00:30	1	0:46:23	1	
2.	2:23:08	3346	Benson Tri-Umph,		Norwich	CT	0:27:17	3	0:00:54	3	1:05:17	2	0:02:44	5	0:46:54	2	





Overall Results

Place	Finish	Bib	Name	AG	City	State	Swim	Swim Rank	T1	T1 Rank	Bike	Bike Rank	T2	T2 Rank	Run	Run Rank	Nat.
3.	2:40:21	3344	Fire the Cannons,		Wellsville	NY	0:28:24	4	0:00:51	2	1:13:25	3	0:00:50	3	0:56:49	4	
4.	2:45:02	3345	BonkWerx Wolfpack,		Skaneateles	NY	0:25:26	2	0:01:08	5	1:19:19	5	0:01:11	4	0:57:55	5	
5.	2:49:38	3329	Tri-B's,		Clifton Park	NY	0:41:23	5	0:01:02	4	1:13:43	4	0:00:45	2	0:52:44	3	

Number of records: 103



WES - Delta Lake Triathlon - 20260718



Top 3 Awards

Place	Finish Time	Bib	Name	City	State	Nat.	Swim	T1	Bike	T2	Run	AG
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Olympic Triathlon

Female

1.	2:07:04	320	Porter, Annaleigh	Syracuse	NY		0:21:45	0:01:14	1:00:56	0:01:13	0:41:54	Female 40-44
2.	2:19:41	161	Leary, Lynne	Fairport	NY		0:23:50	0:01:11	1:03:27	0:00:46	0:50:25	Female 55-59
3.	2:20:03	281	Stalker, Beth	Chestertown	NY		0:26:16	0:02:00	1:03:02	0:01:16	0:47:28	Female 65-69

Male

1.	1:56:39	158	Lambers, Tjibbe	Cooperstown	NY		0:18:52	0:01:26	0:57:33	0:01:10	0:37:36	Male 50-54
2.	2:00:07	100	Garriott, Cole	Utica	NY		0:19:24	0:00:58	0:57:07	0:00:56	0:41:39	Male 30-34
3.	2:05:32	187	Mizener, Chris	Fort Worth	TX		0:21:42	0:01:33	0:57:14	0:00:58	0:44:03	Male 45-49

Olympic AquaBike

Female

1.	1:30:03	63	Daun, Karin	Brownsburg	IN		0:24:20	0:02:05	1:03:37			Female 65-69
2.	1:34:22	309	Abraham, Lora	Clinton	NY		0:24:32	0:01:48	1:08:00			Female 55-59
3.	1:34:34	199	Nasto, Jennifer	Rome	NY		0:28:38	0:01:44	1:04:11			Female 50-54

Male

1.	1:19:14	315	Woods, Simon	Pittsford	NY		0:20:04	0:01:16	0:57:53			Male 50-54
2.	1:28:11	191	Mort, Michael	Liverpool	NY		0:26:15	0:01:22	1:00:33			Male 40-44
3.	1:29:48	168	Maier, Kevin	Manlius	NY		0:25:58	0:01:36	1:02:13			Male 70-74

Olympic Relay

1.	2:16:01	3333	The Spartans,	Poestenkill	NY		0:25:14	0:00:45	1:03:06	0:00:30	0:46:23	
2.	2:23:08	3346	Benson Tri-Umph,	Norwich	CT		0:27:17	0:00:54	1:05:17	0:02:44	0:46:54	





Top 3 Awards

Place	Finish Time	Bib	Name	City	State	Nat.	Swim	T1	Bike	T2	Run	AG
3.	2:40:21	3344	Fire the Cannons,	Wellsville	NY		0:28:24	0:00:51	1:13:25	0:00:50	0:56:49	



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Place	Finish	Bib	Name	City	State	Swim	T1	Bike	T2	Run	Nat.
Olympic Triathlon											
Female 70-74											
1.	2:56:43	215	Pedersen, Victoria	Sherrill	NY	0:33:24	0:01:41	1:19:15	0:01:29	1:00:51	
2.	3:24:48	107	Goedeke, Deb	Delmar	NY	0:35:44	0:04:28	1:27:51	0:03:10	1:13:32	
Female 65-69											
1.	3:05:58	163	Loynd, Cynthia	Stratford	CT	0:34:51	0:05:29	1:26:37	0:01:25	0:57:34	
Female 60-64											
1.	2:25:59	177	McCloe, Chris	Endicott	NY	0:21:56	0:02:05	1:05:52	0:01:34	0:54:29	
2.	2:26:04	262	Sherman, Amy	New York	NY	0:24:05	0:01:58	1:04:09	0:02:08	0:53:42	
3.	2:52:42	310	Whitesell, Rebecca	Bellefonte	PA	0:37:02	0:03:32	1:11:48	0:02:14	0:58:04	
Female 55-59											
1.	2:27:04	155	Kresge, Jennifer	Rexford	NY	0:24:50	0:02:05	1:07:33	0:00:59	0:51:34	
2.	2:39:14	321	Zdanowicz, Susan	Oneida	NY	0:26:01	0:02:48	1:11:08	0:01:28	0:57:47	
3.	2:53:07	173	Mariano, Meg	Syracuse	NY	0:30:03	0:03:27	1:15:44	0:02:24	1:01:27	
Female 50-54											
1.	2:31:42	16	Barclay, Julie	Groton	NY	0:25:17	0:01:51	1:11:59	0:01:05	0:51:29	
2.	2:35:38	111	Macneil, Nicola	Rotterdam Junction	NY	0:30:15	0:01:14	1:10:17	0:00:36	0:53:15	
3.	2:46:05	115	Harvey, Rachel	Delmar	NY	0:26:08	0:03:01	1:15:16	0:01:30	1:00:08	
Female 45-49											
1.	2:20:58	17	Barth, Jade	Syracuse	NY	0:25:58	0:01:26	1:06:59	0:00:43	0:45:50	
2.	2:28:07	319	Zartarian, Claire	Delmar	NY	0:26:03	0:01:50	1:06:12	0:00:59	0:53:00	
3.	2:50:44	290	Tassone, Aimee	Scottsville	NY	0:31:35	0:02:48	1:12:47	0:02:10	1:01:23	



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Place	Finish	Bib	Name	City	State	Swim	T1	Bike	T2	Run	Nat.
Female 40-44											
1.	2:30:41	235	Revere, Kristin	Sauquoit	NY	0:24:34	0:04:00	1:11:42	0:01:48	0:48:35	
2.	2:38:39	286	Stitt, Ann Flower	Ballston Lake	NY	0:26:40	0:02:15	1:12:13	0:01:24	0:56:06	
3.	2:49:44	145	Keller, Jamie	Rome	NY	0:24:01	0:02:37	1:21:09	0:02:01	0:59:54	
Female 35-39											
1.	2:42:25	132	Ingersoll, Amy	Lowville	NY	0:30:31	0:03:41	1:15:14	0:02:09	0:50:49	
2.	2:44:45	212	Pacheco, Alisa	Schenectady	NY	0:26:18	0:02:17	1:20:59	0:01:26	0:53:42	
3.	2:55:16	200	Needle, Emma	Troy	NY	0:33:51	0:02:10	1:17:52	0:02:33	0:58:47	
Female 30-34											
1.	2:25:35	196	Mulligan, Desiree	Whitesboro	NY	0:25:06	0:02:56	1:09:11	0:02:32	0:45:49	
2.	2:32:33	283	Stevener, Sarah	Marcy	NY	0:25:13	0:01:20	1:13:31	0:01:04	0:51:22	
Male 75-79											
1.	3:17:54	206	O'Neil, Richard	Fayetteville	NY	0:30:57	0:03:15	1:22:38	0:02:34	1:18:28	
Male 65-69											
1.	3:09:13	208	Olander, Kurt	Pine Bush	NY	0:33:26	0:02:39	1:20:57	0:02:23	1:09:46	
Male 60-64											
1.	2:16:03	282	Stalker, Michael	Chestertown	NY	0:26:21	0:01:37	0:59:32	0:01:26	0:47:06	
2.	2:24:56	69	Demos, Nick	Ballston Lake	NY	0:29:05	0:02:07	1:02:48	0:01:07	0:49:46	
3.	2:37:57	45	Carrier, AJ	Rexford	NY	0:31:45	0:01:51	1:11:12	0:02:08	0:51:00	
Male 55-59											
1.	2:13:04	154	Kresge, Matthew	Rexford	NY	0:24:23	0:01:52	1:02:52	0:00:40	0:43:15	
2.	2:28:43	39	Brookins, Michael	Baldwinsville	NY	0:27:27	0:01:29	1:04:59	0:01:49	0:52:57	



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Place	Finish	Bib	Name	City	State	Swim	T1	Bike	T2	Run	Nat.
3.	2:41:07	2	Abraham, Tim	Clinton	NY	0:27:21	0:03:34	1:08:21	0:01:52	0:59:57	

Male 50-54

1.	2:10:54	229	Reardon, Mike	Sackets Harbor	NY	0:25:45	0:01:45	0:58:43	0:00:51	0:43:48	
2.	2:22:26	293	Thompson, Chris	Delmar	NY	0:24:36	0:01:51	1:05:43	0:01:05	0:49:09	
3.	2:28:02	181	McManus, John	Albany	NY	0:27:31	0:02:00	1:07:55	0:01:59	0:48:35	

Male 45-49

1.	2:27:18	106	Gloo, Richard	Little Falls	NY	0:27:46	0:02:01	1:07:15	0:01:26	0:48:48	
2.	2:27:47	285	Stewart, Michael	Ithaca	NY	0:27:39	0:03:52	1:10:38	0:01:02	0:44:34	
3.	2:36:50	75	Dinero, Doug	Fayetteville	NY	0:27:42	0:01:48	1:09:08	0:01:33	0:56:37	

Male 40-44

1.	2:24:49	186	Miretto, Giuseppe	Troy	NY	0:25:48	0:02:06	1:10:51	0:01:12	0:44:49	
2.	2:35:49	284	Stevener, Russell	Marcy	NY	0:27:49	0:02:45	1:11:48	0:01:35	0:51:49	
3.	2:38:04	32	Blood, John	Buffalo	NY	0:25:43	0:03:33	1:08:52	0:03:11	0:56:42	

Male 35-39

1.	2:28:59	213	Parham, Andrew	Jersey City	NJ	0:26:32	0:03:02	1:09:14	0:01:48	0:48:21	
2.	2:29:12	133	Isenberg, Otto	Holland Patent	NY	0:31:32	0:02:34	1:04:03	0:01:31	0:49:30	
3.	2:34:13	198	Nahumck, Stephen	Utica	NY	0:30:27	0:03:07	1:04:36	0:01:49	0:54:11	

Male 30-34

1.	2:27:04	126	Holt, Tomas	Watertown	NY	0:22:51	0:03:27	1:12:29	0:01:36	0:46:38	
2.	2:28:24	211	Overrocker, Josh	Albany	NY	0:25:50	0:02:56	1:09:28	0:01:36	0:48:31	
3.	2:33:23	195	Mulligan, Michael	Whitesboro	NY	0:29:14	0:04:24	1:13:42	0:01:45	0:44:15	

Male 25-29

1.	2:50:34	147	Kemelov, Islam	Chittenango	NY	0:26:57	0:03:10	1:22:19	0:02:00	0:56:07	
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Place	Finish	Bib	Name	City	State	Swim	T1	Bike	T2	Run	Nat.
2.	3:49:20	102	Geils, Evan	Malta	NY	0:38:49	0:03:49	1:36:34	0:02:32	1:27:34	

Male 20-24

1.	2:11:53	67	DeGirolamo, Ben	Manlius	NY	0:21:43	0:01:37	1:01:46	0:01:19	0:45:27	
2.	2:18:32	65	Day, Hayden	Ballston Lake	NY	0:26:09	0:02:04	1:02:57	0:01:10	0:46:10	
3.	3:14:11	312	Willis, Lucas	Ballston Lake	NY	0:27:33	0:02:22	1:36:52	0:01:38	1:05:44	

Male 15-19

1.	2:17:25	164	Ludwig, Alex	Oneida	NY	0:25:18	0:01:59	1:01:31	0:01:43	0:46:54	
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