

**Delta Lakes Triathlon - Intermediate Distance**  
**Sunday, July 31st, 2011 - Delta Lakes State Park, NY**  
**Timed by YellowJacket Racing**  
**188 Total Finishers (68 Female, 101 Male, 19 Teams)**

Pos	Bib	Fullname	Sex	Class	City	Ages	Swim	Run	T1	Bike	T2	Lap1	Lap2	Lap3	Total
Overall Female															
	1	190 Jennie Hansen	F	Overall Female	Rochester	26	0:24:27	0:00:40	0:01:07	0:59:58	0:00:53	0:12:24	0:11:51	0:11:49	2:03:07
	2	54 Kristin Marvin	F	Overall Female	Ottawa	35	0:22:46	0:00:46	0:01:10	1:01:23	0:00:44	0:14:21	0:13:46	0:13:37	2:08:33
	3	191 Roxanne Wegman	F	Overall Female	West Point	24	0:26:11	0:00:41	0:00:42	1:06:04	0:00:44	0:13:35	0:12:38	0:12:33	2:13:10
Overall Male															
	1	110 Mark Villwock	M	Overall Male	Grand Blanc	29	0:21:10	0:00:38	0:01:12	0:56:38	0:00:48	0:11:54	0:11:20	0:11:19	1:54:59
	2	163 Thomas McGee	M	Overall Male	Ottawa	54	0:20:09	0:00:45	0:01:00	0:58:33	0:00:42	0:13:00	0:12:34	0:12:42	1:59:25
	3	132 James Eagen	M	Overall Male	Syracuse	41	0:23:34	0:00:41	0:01:15	0:56:49	0:00:44	0:13:17	0:12:35	0:12:23	2:01:19
Team															
	1	275 Team Hartwell/Jardin/Demers	Team	Team		T	0:18:07	0:00:32	0:00:26	0:59:19	0:00:22	0:12:49	0:12:59	0:12:19	1:56:53
	2	292 Team Evans/Bandel/Stevens	Team	Team		T	0:20:08	0:00:37	0:00:24	1:01:46	0:00:19	0:11:29	0:11:23	0:11:18	1:57:24
	3	284 Team Graves/Pruckno/Pruckno	Team	Team		T	0:26:36	0:00:51	0:00:43	1:06:25	0:00:30	0:13:06	0:13:24	0:13:30	2:15:04
	4	271 Team Aceti/Harding/Langlois	Team	Team		T	0:28:40	0:00:49	0:00:31	1:07:37	0:00:28		0:41:00		2:19:05
	5	278 Team Baker/Baker/Baker	Team	Team		T	0:33:01	0:00:52	0:00:40	1:04:18	0:01:08	0:14:32	0:14:06	0:14:09	2:22:44
	6	293 Team Mastraccio/ Quattrociocci/ Mastraccio	Team	Team		T	0:30:31	0:00:40	0:00:41	1:17:39	0:00:24	0:11:12	0:11:11	0:11:16	2:23:35
	7	283 Team Jekel/Mazza/Wood	Team	Team		T	0:32:40	0:00:54	0:00:48	1:21:42	0:00:48	0:13:18	0:13:10	0:13:20	2:36:42
	8	281 Team Phaneuf/Morgan/Masters	Team	Team		T	0:30:01	0:01:11	0:00:44	1:12:27	0:00:28	0:18:57	0:19:11	0:18:51	2:41:49
	9	279 Team Murray/Murray/Morgan	Team	Team		T	0:32:54	0:00:57	0:00:36	1:12:57	0:00:31	0:18:03	0:17:57	0:18:36	2:42:32
	10	274 Team Racket/Longo/Miller	Team	Team		T	0:34:55	0:00:55	0:00:37	1:14:27	0:00:35	0:16:37	0:18:07	0:18:48	2:45:01
	11	282 Team Phaneuf/Wilcox/George	Team	Team		T	0:33:57	0:00:47	0:00:37	1:09:40	0:00:39	0:19:32	0:19:56	0:20:30	2:45:38
	12	270 Team Hackett/Hackett/Hackett	Team	Team		T	0:34:50	0:00:46	0:00:51	1:14:16	0:00:31	0:18:42	0:18:00	0:18:37	2:46:33
	13	276 Team Crill/Crill/Crill-Moore	Team	Team		T	0:26:43	0:00:50	0:00:50	1:21:38	0:00:43	0:18:36	0:19:06	0:19:51	2:48:16
	14	291 Team Martin/Martin/Martin-Robb	Team	Team		T	0:31:26	0:01:12	0:00:41	1:21:27	0:00:49	0:17:45	0:17:45	0:18:07	2:49:13
	15	285 Team Bump/Bump	Team	Team		T	0:39:46	0:01:02	0:01:03	1:17:14	0:03:23	0:17:54	0:16:23	0:16:09	2:52:55
	16	273 Team Armstrong/Gaffney/King	Team	Team		T	0:31:10	0:01:31	0:00:56	1:18:47	0:00:42	0:21:29	0:22:12	0:20:45	2:57:32
	17	280 Team Abdallah/Kiggins/Scanlon	Team	Team		T	0:36:14	0:01:03	0:00:46	1:34:08	0:00:30	0:15:49	0:16:03	0:16:50	3:01:23
	18	277 Team Kaltenbach/Gadomski/Schiellack	Team	Team		T	0:40:11	0:00:47	0:00:52	1:24:07	0:00:45	0:23:50	0:25:19	0:25:41	3:21:31
	19	272 Team Cary/Finn/DAniello	Team	Team		T	0:32:21	0:01:34	0:01:24	1:47:54	0:00:38	0:20:24	0:20:43	0:20:58	3:25:58
F Unknown															
	1	189 Amy Voorhees	F	F Unknown		??	0:28:29	0:00:45	0:01:26	1:11:10	0:00:46	0:15:39	0:15:10	0:15:17	2:28:43
	2	187 Jennifer Sherbourne	F	F Unknown		??	0:32:59	0:01:09	0:02:06	1:24:40	0:01:38	0:23:17	0:24:02	0:24:50	3:14:39

3	180	Kristine Strumpfler	F	F Unknown	??	0:36:02	0:01:12	0:03:24	1:28:59	0:01:48	0:20:51	0:20:30	0:24:45	3:17:31
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F20-24

1	38	Anne Shigley	F	F20-24	Rochester	24	0:32:51	0:01:33	0:05:08	1:28:25	0:02:04	0:20:43	0:19:34	0:19:28	3:09:46
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F25-29

1	40	Stacey Cowan	F	F25-29	Syracuse	27	0:29:57	0:00:40	0:00:55	1:04:57	0:01:09	0:15:08	0:15:14	0:15:02	2:23:03
2	41	Amanda Caiazza	F	F25-29	Watertown	28	0:27:58	0:00:53	0:02:02	1:13:33	0:01:41	0:16:04	0:16:47	0:17:29	2:36:25
3	42	Cara Goldberg	F	F25-29	Syracuse	28	0:29:48	0:00:47	0:02:05	1:16:21	0:01:21	0:15:47	0:15:59	0:16:05	2:38:13
4	39	Hilary Kellogg	F	F25-29	Saratoga Springs	27	0:26:00	0:00:52	0:02:11	1:25:50	0:01:22	0:18:24	0:19:01	0:19:13	2:52:53

F30-34

1	5	Amanda Hatfield	F	F30-34	Oneida	32	0:27:51	0:00:50	0:01:01	1:08:30	0:00:56	0:14:16	0:13:38	0:13:34	2:20:36
2	177	Abby Delia	F	F30-34	Oswego	30	0:19:11	0:00:46	0:01:05	1:11:18	0:00:55	0:15:18	0:16:12	0:16:00	2:20:45
3	48	Gina Pauline	F	F30-34	Cicero	33	0:20:54	0:00:53	0:01:57	1:12:39	0:01:42	0:16:53	0:16:28	0:16:43	2:28:10
4	6	Janel Benson	F	F30-34	Manlius	33	0:30:05	0:00:55	0:01:35	1:09:28	0:00:57	0:16:13	0:16:11	0:16:24	2:31:48
5	184	Becky Roberts	F	F30-34	Rome	34	0:30:50	0:00:49	0:01:55	1:11:32	0:01:28	0:15:41	0:15:11	0:15:00	2:32:27
6	43	Kristin Mullally	F	F30-34	Liverpool	30	0:28:34	0:00:54	0:01:08	1:07:52	0:00:51	0:17:16	0:18:28	0:18:05	2:33:08
7	49	Ann White	F	F30-34	Sarasota	34	0:25:08	0:00:50	0:01:08	1:12:45	0:01:33	0:19:40	0:18:48	0:18:15	2:38:08
8	47	Joanna Young	F	F30-34	Fulton	33	0:31:44	0:00:55	0:01:38	1:19:21	0:01:41	0:16:41	0:16:17	0:16:34	2:44:51
9	4	Aileen Viel	F	F30-34	New Hartford	30	0:27:36	0:00:53	0:01:58	1:20:08	0:00:55	0:18:37	0:18:30	0:18:24	2:47:01
10	46	Lisa Froelick	F	F30-34	Liverpool	32	0:26:21	0:01:04	0:03:05	1:22:44	0:02:29	0:18:58	0:17:59	0:18:51	2:51:31
11	45	Cheryl Cook	F	F30-34	Liverpool	32	0:31:09	0:00:51	0:01:52	1:19:47	0:01:13	0:19:24	0:20:16	0:21:01	2:55:33
12	185	Laura Bresnahan	F	F30-34	Ayer	33	0:32:36	0:00:51	0:02:01	1:20:42	0:02:00	0:21:01	0:20:12	0:19:22	2:58:46
13	51	Erika Furbeck	F	F30-34	Rome	34	0:28:18	0:00:57	0:02:51	1:17:56	0:01:16	0:22:50	0:23:21	0:22:56	3:00:25
14	52	Stephanie Harrington	F	F30-34	Syracuse	34	0:29:42	0:00:58	0:01:55	1:18:45	0:01:20	0:22:15	0:23:10	0:22:32	3:00:37
15	44	Meghan MacBlane	F	F30-34	Liverpool	30	0:27:18	0:01:04	0:01:32	1:19:48	0:01:43	0:24:25	0:27:16	0:28:10	3:11:16
16	50	Carol Sanzone	F	F30-34	Manlius	34	0:32:04	0:01:01	0:02:41	1:28:32	0:01:22	0:22:26	0:22:22	0:23:53	3:14:21

F35-39

1	1	Mary Eggers	F	F35-39	Henrietta	37	0:22:09	0:00:44	0:00:54	1:02:19	0:00:54	0:16:13	0:15:51	0:16:29	2:15:33
2	8	Hlywa Anna	F	F35-39	Auburn	39	0:30:04	0:00:50	0:01:18	1:10:55	0:01:05	0:17:50	0:17:43	0:17:10	2:36:55
3	58	Shelly Connors	F	F35-39	Auburn	37	0:33:59	0:00:42	0:01:38	1:15:20	0:00:56	0:14:26	0:14:13	0:15:42	2:36:56
4	59	Lynne DiGennaro	F	F35-39	Chittenango	38	0:32:52	0:00:52	0:01:30	1:16:19	0:01:46	0:17:42	0:17:16	0:17:38	2:45:56
5	55	Tina Poppe	F	F35-39	Cicero	36	0:35:23	0:00:46	0:01:51	1:23:27	0:02:10	0:18:24	0:18:58	0:19:48	3:00:47
6	62	Christine Tillman	F	F35-39	Cazenovia	39	0:38:05	0:01:01	0:03:07	1:23:04	0:03:22	0:18:06	0:17:48	0:18:46	3:03:19
7	7	Trisha Stethers	F	F35-39	N Syracuse	37	0:35:58	0:00:50	0:02:02	1:28:12	0:02:42	0:18:44	0:18:58	0:20:10	3:07:35
8	61	Sarah Burrows	F	F35-39	Ridgewood	39	0:32:41	0:00:51	0:02:44	1:40:51	0:01:11	0:18:18	0:19:05	0:19:10	3:14:52
9	53	Lisa Arsenault	F	F35-39	Welland	35	0:31:44	0:01:00	0:03:36	1:27:33	0:01:11	0:23:28	0:25:10	0:26:19	3:20:01
10	60	Jennifer Williams-Maher	F	F35-39	Oriskany	39	0:44:30	0:01:00	0:03:51	1:32:04	0:02:02	0:22:25	0:30:33	0:31:55	3:48:19

## F40-44

1	65	Reem Jishi	F	F40-44	Skaneateles	42	0:25:41	0:00:47	0:02:02	1:05:53	0:01:00	0:15:21	0:14:32	0:14:07	2:19:23
2	70	Stacy Wanamaker	F	F40-44	Fayetteville	43	0:27:12	0:00:47	0:02:04	1:11:28	0:01:17	0:14:40	0:13:56	0:13:58	2:25:23
3	64	Amy Burns	F	F40-44	Fayetteville	41	0:29:53	0:00:59	0:02:03	1:12:31	0:01:21	0:15:20	0:15:09	0:14:55	2:32:12
4	11	Jill Wilde	F	F40-44	Fulton	44	0:30:26	0:00:51	0:01:37	1:11:30	0:00:58	0:16:54	0:16:45	0:17:08	2:36:09
5	69	Cherie Mars	F	F40-44	Arlington	42	0:17:26	0:00:51	0:02:59	1:20:40	0:01:34	0:18:55	0:17:56	0:18:39	2:38:59
6	68	Lisa Speller-Martone	F	F40-44	Syracuse	42	0:32:58	0:00:58	0:01:34	1:14:59	0:01:40	0:21:09	0:21:14	0:20:26	2:54:59
7	72	M J MacKenzie	F	F40-44	Jamesville	44	0:32:53	0:00:59	0:02:37	1:21:58	0:02:01	0:18:50	0:19:47	0:20:13	2:59:18
8	71	Andrea Bradley	F	F40-44	Fayetteville	44	0:31:13	0:01:02	0:02:02	1:20:05	0:03:10	0:20:16	0:21:12	0:21:11	3:00:10
9	63	Wendy Marsh	F	F40-44	Liverpool	40	0:41:18	0:00:56	0:02:16	1:20:48	0:01:15	0:21:26	0:21:16	0:20:51	3:10:05
10	66	Vanlinh Nguyen	F	F40-44	Fayetteville	42	0:48:47	0:00:56	0:02:56	1:25:40	0:02:01	0:18:13	0:17:10	0:16:55	3:12:39
11	10	Cassie Evans Winter	F	F40-44	Taberg	44	0:34:48	0:01:12	0:02:26	1:23:09	0:02:30	0:23:54	0:22:44	0:22:26	3:13:09

## F45-49

1	176	MJ Swizdor	F	F45-49	Jamesville	46	0:28:04	0:00:54	0:01:53	1:05:58	0:01:03	0:15:08	0:15:05	0:15:07	2:23:11
2	76	Karen Esposito	F	F45-49	Manlius	47	0:37:06	0:00:42	0:02:02	1:07:35	0:01:07	0:14:35	0:14:11	0:14:03	2:31:21
3	77	Diane Goode	F	F45-49	East Syracuse	48	0:04:21	0:18:04	0:01:04	1:15:14	0:01:25	0:18:02	0:17:14	0:17:02	2:32:26
4	12	Beth Foederer	F	F45-49	Fulton	45	0:35:50	0:00:51	0:02:14	1:14:40	0:01:25	0:15:17	0:14:37	0:14:27	2:39:21
5	75	Elizabeth Bloxsom	F	F45-49	Manlius	47	0:30:11	0:01:05	0:01:42	1:19:22	0:01:49	0:20:15	0:19:09	0:19:07	2:52:39
6	74	Sharon Pudney	F	F45-49	Syracuse	46	0:38:39	0:01:04	0:02:26	1:25:22	0:02:43	0:23:55	0:23:59	0:23:35	3:21:43

## F50-54

1	86	Elizabeth St Clair	F	F50-54	Williamstown	52	0:27:56	0:00:49	0:02:36	1:18:39	0:01:03	0:15:56	0:15:32	0:15:25	2:37:55
2	87	Eileen Clinton	F	F50-54	Syracuse	53	0:29:45	0:00:56	0:01:47	1:14:25	0:01:27	0:17:43	0:17:33	0:17:57	2:41:34
3	84	Lynne Skinner	F	F50-54	Ottawa	52	0:30:29	0:00:52	0:02:07	1:17:34	0:02:23	0:19:11	0:18:44	0:18:39	2:49:59
4	81	Lori Bourgeois	F	F50-54	Boonville	51	0:27:17	0:00:56	0:02:29	1:30:47	0:02:25	0:21:12	0:21:35	0:11:12	2:57:54
5	14	Molly English-Bowers	F	F50-54	Liverpool	50	0:32:09	0:01:07	0:02:11	1:25:22	0:01:28	0:18:42	0:19:03	0:19:35	2:59:37
6	82	Dedra Croll	F	F50-54	Vernon	52	0:32:38	0:00:55	0:02:45	1:24:21	0:02:19	0:18:33	0:19:53	0:20:19	3:01:43
7	79	Adrienne Mylott	F	F50-54	Fayetteville	50	0:38:58	0:00:59	0:04:51	1:30:43	0:04:06	0:24:18	0:24:29	0:25:28	3:33:53
8	80	Debi Loewy	F	F50-54	Dewitt	51	0:36:46	0:01:01	0:03:07	1:32:43	0:02:11	0:24:06	0:27:49	0:26:38	3:34:20
9	78	Mary Healt	F	F50-54	Forestport	50	0:40:15	0:01:08	0:01:22	1:35:01	0:02:26	0:24:43	0:26:07	0:26:29	3:37:29
10	85	Sheri Dozier	F	F50-54	Syracuse	52	0:37:16	0:01:04	0:02:22	1:48:26	0:01:40	0:20:58	0:23:18	0:22:59	3:38:02

## F55-59

1	89	Margaret Perkins	F	F55-59	Tully	56	0:36:50	0:00:48	0:01:59	1:16:30	0:01:28	0:16:52	0:16:37	0:16:34	2:47:39
2	88	Nancy Krupka	F	F55-59	Syracuse	56	0:36:04	0:00:56	0:03:19	1:21:14	0:02:35	0:17:28	0:16:37	0:16:48	2:55:01
3	15	Elaine Kimpel	F	F55-59	Fabius	57	0:40:08	0:01:08	0:01:52	1:27:26	0:02:02	0:23:12	0:24:57	0:25:37	3:26:22

## F60-64

1	90	Deborah Rhea	F	F60-64	Cortland	61	0:34:52	0:00:59	0:01:46	1:21:43	0:01:36	0:21:58	0:21:49	0:22:59	3:07:42
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## M Unknown

1	451	Ken Hammond	M	M Unknown	??	0:26:24	0:00:39	0:01:15	1:06:09	0:00:43	0:13:50	0:13:55	0:14:16	2:17:11
2	188	Peter Voorhees	M	M Unknown	??	0:25:56	0:00:51	0:02:29	1:07:09	0:01:03	0:14:47	0:14:19	0:14:11	2:20:44

## M19Under

1	92	Phil Yoss	M	M19Under	New Hartford	19	0:28:38	0:00:50		1:28:21		0:20:20	0:22:17	0:25:13	3:05:38
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## M20-24

1	101	Eric Prilipp	M	M20-24	Liverpool	24	0:25:47	0:00:48	0:01:00	1:03:50	0:01:01	0:14:36	0:13:39	0:13:44	2:14:25
2	97	Chris Kimpel	M	M20-24	Fabius	22	0:27:19	0:00:33	0:01:50	1:07:14	0:00:49	0:12:38	0:12:20	0:12:16	2:14:59
3	96	Charles Walck	M	M20-24	North Syracuse	22	0:27:58	0:00:48	0:01:52	1:11:38	0:01:09	0:17:24	0:18:10	0:18:55	2:37:53
4	93	Steve Noble	M	M20-24	Tully	21	0:25:57	0:00:49	0:03:51	1:10:31	0:01:27	0:17:44	0:18:58	0:20:11	2:39:28
5	95	Steven Rhea	M	M20-24	Cortlan	22	0:30:09	0:00:42	0:02:25	1:15:03	0:01:28	0:20:28	0:21:29	0:19:03	2:50:47
6	94	Ryan Stoltzfus	M	M20-24	Palmyra	21	0:26:00	0:00:50	0:01:47	1:27:22	0:01:46	0:18:06	0:19:54	0:19:22	2:55:08
7	98	Ryne Cornacchia	M	M20-24	Utica	23	0:33:22	0:00:49	0:02:39	1:20:52	0:01:34	0:21:00	0:22:46	0:21:22	3:04:24

## M25-29

1	3	Randy Hadzor	M	M25-29	Lafayette	25	0:27:18	0:00:35	0:01:01	0:58:55	0:00:38	0:11:58	0:11:04	0:10:52	2:02:21
2	106	Zev Myerowitz	M	M25-29	Seneca Falls	27	0:21:52	0:00:49	0:00:53	1:00:19	0:01:02	0:14:07	0:13:39	0:13:26	2:06:07
3	181	Jeffrey Lucy	M	M25-29	Watertown	27	0:23:57	0:00:48	0:00:59	1:03:32	0:00:45	0:13:12	0:12:51	0:12:42	2:08:45
4	102	Luke Laczak	M	M25-29	Harpursville	26	0:25:03	0:00:43	0:00:57	1:02:24	0:00:32	0:13:44	0:13:28	0:13:08	2:10:00
5	107	David Hansen	M	M25-29	Irondequoit	28	0:24:03	0:00:48	0:01:35	1:01:15	0:01:12	0:13:53	0:13:30	0:13:46	2:10:02
6	103	Mark Walczyk	M	M25-29	Brewerton	26	0:29:31	0:00:43	0:02:22	1:07:29	0:00:58	0:14:51	0:14:54	0:14:40	2:25:29
7	104	Adam Bergeron	M	M25-29	Johnson City	26	0:22:47	0:00:50	0:01:37	1:15:05	0:01:31	0:16:27	0:17:17	0:18:04	2:33:38
8	108	Frank Scalzo III	M	M25-29	R. Junction	28	0:27:19	0:00:43	0:04:37	1:11:47	0:02:04	0:18:54	0:17:58	0:17:04	2:40:25
9	16	Kurt Spiegel	M	M25-29	North Rose	26	0:32:01	0:01:04	0:04:17	1:17:03	0:02:09	0:17:20	0:18:32	0:18:24	2:50:50
10	109	Patrick Costello	M	M25-29	Syracuse	28	0:26:27	0:01:05	0:01:46	1:21:24	0:01:29	0:24:22	0:26:25	0:27:53	3:10:50

## M30-34

1	179	Justin Weiler	M	M30-34	Whitesboro	32	0:26:51	0:00:37	0:01:07	0:59:39	0:00:39	0:12:25	0:11:56	0:11:37	2:04:51
2	111	Eric Hinman	M	M30-34	Syracuse	30	0:27:00	0:00:41	0:01:25	0:59:56	0:00:56	0:13:03	0:13:13	0:13:19	2:09:33
3	113	Thomas Joslin	M	M30-34	Yorkville	32	0:28:25	0:00:44	0:02:37	1:14:58	0:00:41	0:13:05	0:12:42	0:12:30	2:25:43

## M35-39

1	116	Craig Dean	M	M35-39	Portland	37	0:24:10	0:00:38	0:00:30	1:01:28	0:00:49	0:12:08	0:11:43	0:11:55	2:03:21
2	19	Joe Hatfield	M	M35-39	Oneida	35	0:22:21	0:00:42	0:01:04	1:04:06	0:00:48	0:13:28	0:12:59	0:13:07	2:08:36
3	115	Aaron Falkenmeyer	M	M35-39	Sherrill	35	0:27:20	0:00:44	0:01:47	1:08:53	0:00:58	0:15:03	0:14:40	0:14:20	2:23:46
4	118	Donnie DeMarco	M	M35-39	Vienna	37	0:31:11	0:00:50	0:01:26	1:09:58	0:01:48	0:15:54	0:15:28	0:15:28	2:32:03
5	124	William Martone	M	M35-39	SYRACUSE	39	0:30:02	0:01:09	0:03:06	1:05:30	0:03:28	0:19:11	0:19:54	0:20:00	2:42:18
6	174	John Sokolovic	M	M35-39	Manlius	37	0:28:50	0:00:51	0:02:45	1:16:35	0:02:33	0:16:48	0:17:01	0:17:59	2:43:22
7	119	Jake Nowakowski	M	M35-39	Syracuse	38	0:32:56	0:00:47	0:01:19	1:12:09	0:01:13	0:19:07	0:18:16	0:18:44	2:44:32

8	114	Brian Connery	M	M35-39	Utica	35	0:25:07	0:01:04	0:02:15	1:15:17	0:01:41	0:20:22	0:19:32	0:19:16	2:44:35
9	183	Kurt Wilson	M	M35-39	Utica	37	0:36:50	0:00:54	0:02:39	1:16:43	0:02:03	0:17:02	0:18:02	0:18:43	2:52:55
10	122	Jason Pare	M	M35-39	Oriskany	38	0:44:51	0:00:59	0:03:47	1:17:49	0:02:03	0:14:37	0:15:31	0:15:41	2:55:18
11	125	Steven Festenstein	M	M35-39	Liverpool	39	0:31:10	0:01:04	0:02:46	1:28:46	0:01:29	0:18:54	0:19:46	0:19:41	3:03:36
12	117	Brian Griffith	M	M35-39	Syracuse	37	0:32:48	0:00:57	0:03:20	1:19:48	0:03:40	0:21:56	0:22:14	0:22:52	3:07:34
13	120	Brett Pominville	M	M35-39	Rome	38	0:41:19	0:01:13	0:02:13	1:24:10	0:02:51	0:24:40	0:26:46	0:25:28	3:28:40

#### M40-44

1	134	Jason Schreer	M	M40-44	Potsdam	42	0:25:33	0:00:44	0:00:57	0:59:52	0:01:06	0:13:09	0:12:55	0:12:21	2:06:37
2	21	David Smith	M	M40-44	Coatesville	42	0:23:19	0:00:47	0:00:59	1:03:58	0:00:47	0:13:41	0:13:21	0:13:23	2:10:17
3	137	Hans Fuller	M	M40-44	Manlius	43	0:24:02	0:00:48	0:01:17	1:03:54	0:00:54	0:14:40	0:13:53	0:13:32	2:13:01
4	141	Douglas Carbino	M	M40-44	Elbridge	44	0:26:57	0:00:33	0:01:04	1:02:22	0:01:00	0:14:33	0:14:03	0:14:09	2:14:39
5	129	Kevin Bleau	M	M40-44	Milton	40	0:22:02	0:00:45	0:01:31	1:08:00	0:00:55	0:14:30	0:14:08	0:14:01	2:15:51
6	127	Chad McGlinn	M	M40-44	APO	40	0:27:49	0:00:49	0:01:21	1:00:50	0:01:47	0:15:48	0:14:52	0:14:00	2:17:15
7	143	Jude Burke	M	M40-44	Baldwinsville	44	0:27:36	0:00:51	0:01:18	1:04:58	0:01:26	0:16:09	0:15:29	0:15:17	2:23:05
8	130	Jonathan Kelly	M	M40-44	Scarsdale	41	0:27:21	0:00:49	0:01:47	1:08:52	0:01:21	0:15:47	0:15:44	0:16:14	2:27:55
9	144	Michael Fitzgerald	M	M40-44	Oneida	44	0:27:06	0:00:49	0:02:49	1:08:51	0:02:18	0:15:12	0:15:33	0:16:06	2:28:43
10	142	Brian Kelly	M	M40-44	Pleasantville	44	0:30:46	0:00:58	0:03:29	1:08:07	0:02:11	0:16:11	0:16:12	0:16:35	2:34:29
11	135	Michael Hausladen	M	M40-44	Fayetteville	43	0:27:44	0:00:57	0:02:57	1:07:24	0:01:57	0:18:27	0:18:33	0:18:01	2:36:00
12	128	Andrew Ruby	M	M40-44	Albany	40	0:29:50	0:00:47	0:02:23	1:15:23	0:01:46	0:17:40	0:18:00	0:17:10	2:42:58
13	126	Steve Tillman	M	M40-44	Cazenovia	40	0:31:59	0:00:55	0:01:46	1:07:55	0:02:07	0:18:58	0:19:19	0:20:49	2:43:49
14	140	Brian Demarest	M	M40-44	Schenectady	44	0:35:58	0:01:00	0:02:16	1:13:55	0:01:43	0:17:51	0:17:15	0:16:03	2:46:02
15	136	Brian Phelps	M	M40-44	Fulton	43	0:32:49	0:01:02	0:02:27	1:08:41	0:01:16	0:19:40	0:20:05	0:20:17	2:46:18
16	139	Robert Buhrie	M	M40-44	Manlius	43	0:31:08	0:00:52	0:01:44	1:15:31	0:01:16	0:18:55	0:19:51	0:22:34	2:51:52

#### M45-49

1	23	Brian Emelson	M	M45-49	Rochester	46	0:21:15	0:00:42	0:00:52	1:01:56	0:00:38	0:13:07	0:12:45	0:12:38	2:03:53
2	156	Onno Oerlemans	M	M45-49	Clinton	49	0:21:51	0:00:45	0:01:14	1:02:45	0:00:54	0:14:32	0:13:29	0:13:22	2:08:52
3	26	Patrick Turley	M	M45-49	Syracuse	48	0:23:59	0:00:44	0:01:30	1:03:02	0:01:30	0:14:26	0:14:07	0:14:15	2:13:32
4	145	Joseph Gale	M	M45-49	Clinton	45	0:25:24	0:00:51	0:01:26	1:06:03	0:01:12	0:13:22	0:13:05	0:13:18	2:14:41
5	146	Joe Thiel	M	M45-49	Liverpool	45	0:27:52	0:00:49	0:01:07	1:03:49	0:00:54	0:14:46	0:14:47	0:14:21	2:18:25
6	148	David Allen	M	M45-49	Pulaski	45	0:27:06	0:00:45	0:01:34	1:09:25	0:00:48	0:14:13	0:14:01	0:14:07	2:21:58
7	149	Timothy Kirch	M	M45-49	Glenville	46	0:26:36	0:00:53	0:01:49	1:04:17	0:01:04	0:16:15	0:15:46	0:15:36	2:22:16
8	147	Michael Evolo	M	M45-49	Whitesboro	45	0:26:39	0:00:50	0:01:22	1:08:54	0:01:15	0:16:51	0:16:14	0:16:04	2:28:08
9	150	Dan Magee	M	M45-49	Manlius	46	0:30:44	0:00:56	0:02:01	1:09:41	0:01:12	0:15:22	0:15:02	0:15:56	2:30:55
10	151	Joseph Shayka	M	M45-49	Syracuse	47	0:33:18	0:00:58	0:02:11	1:12:03	0:01:54	0:15:23	0:15:01	0:14:28	2:35:15
11	24	Paul Ratazzi	M	M45-49	Rome	46	0:27:11	0:00:52	0:02:42	1:13:03	0:02:49	0:17:35	0:16:18	0:16:10	2:36:40
12	186	John Bresnahan	M	M45-49	Ayer	46	0:28:36	0:00:49	0:03:30	1:15:01	0:03:11	0:15:28	0:15:13	0:15:10	2:36:59
13	25	Eric Adams	M	M45-49	Kensington	48	0:27:01	0:00:51	0:03:15	1:15:33	0:01:40	0:16:29	0:16:12	0:16:31	2:37:33
14	22	Paul Kisiel	M	M45-49	New Hartford	45	0:28:52	0:00:55	0:02:35	1:11:25	0:01:42	0:17:13	0:18:04	0:18:15	2:39:00
15	182	Christopher Ellis	M	M45-49	Marcy	49	0:31:03	0:01:11	0:03:45	1:09:09	0:02:58	0:18:37	0:16:46	0:16:42	2:40:11

16	152	James Potocki	M	M45-49	Fayetteville	47	0:20:32	0:01:14	0:02:14	1:16:55	0:01:53	0:21:23	0:20:40	0:22:08	2:46:58
17	154	Brian Roemer	M	M45-49	Utica	49	0:37:44	0:00:45	0:02:42	1:18:41	0:02:05	0:15:36	0:15:11	0:15:19	2:48:01
18	153	Mike Collins	M	M45-49	Schenectady	47	0:31:49	0:00:55	0:02:21	1:16:45	0:03:06	0:19:07	0:17:51	0:17:46	2:49:41

M50-54

1	162	Dennis Moriarty	M	M50-54	Webster	54	0:21:30	0:00:42	0:00:53	1:00:52	0:00:44	0:13:41	0:13:03	0:13:04	2:04:29
2	192	Timothy Foxen	M	M50-54	New York City	50	0:22:18	0:00:46	0:01:19	1:07:57	0:01:00	0:13:58	0:14:07	0:13:56	2:15:22
3	159	Brendan Jackson	M	M50-54	Baldwinsville	52	0:28:19	0:00:41	0:01:23	1:06:09	0:01:06	0:14:06	0:13:53	0:14:02	2:19:39
4	157	Howard Iseri	M	M50-54	Wellsboro	51	0:27:36	0:00:59	0:03:18	1:04:53	0:01:14	0:14:32	0:14:22	0:14:33	2:21:28
5	160	Steve St Clair	M	M50-54	Williamstown	53	0:31:35	0:00:50	0:01:59	1:05:11	0:00:57	0:14:55	0:14:17	0:13:58	2:23:43
6	27	Dennis Johnson	M	M50-54	Utica	50	0:29:08	0:01:00	0:02:35	1:06:10	0:01:13	0:15:04	0:14:28	0:14:15	2:23:54
7	29	Voorhees David	M	M50-54	Liverpool	54	0:20:50	0:00:58	0:02:04	1:12:55	0:01:52	0:17:20	0:18:25	0:19:22	2:33:47
8	28	Patrick OConnor	M	M50-54	Syracuse	51	0:28:25	0:00:56	0:01:55	1:14:59	0:01:10	0:15:36	0:15:14	0:15:44	2:33:59
9	30	Scott Rogers	M	M50-54	Syracuse	54	0:32:16	0:01:02	0:02:00	1:16:42	0:01:26	0:15:45	0:15:48	0:15:55	2:40:53
10	165	Jeff Perkins	M	M50-54	Tully	54	0:39:35	0:00:56	0:02:56	1:12:03	0:03:35	0:15:56	0:15:21	0:15:31	2:45:53
11	178	Eric Franz	M	M50-54	Cazenovia	50	0:28:26	0:01:02	0:03:23	1:18:18	0:02:33	0:19:21	0:18:00	0:17:40	2:48:42
12	161	Robert Rhea	M	M50-54	Cortland	54	0:28:30	0:00:53	0:02:05	1:23:47	0:01:57	0:17:09	0:17:03	0:17:51	2:49:16

M55-59

1	164	Kevin Penny	M	M55-59	Ottawa	55	0:20:48	0:00:44	0:01:21	1:05:52	0:00:44	0:14:15	0:13:45	0:13:48	2:11:18
2	166	Michael Baxter	M	M55-59	Webster	56	0:23:45	0:01:05	0:00:58	1:05:36	0:01:47	0:15:41	0:15:01	0:15:31	2:19:24
3	31	John Evans	M	M55-59	Cicero	55	0:25:50	0:00:52	0:01:31	1:07:53	0:01:24	0:15:06	0:14:01	0:14:06	2:20:43
4	33	Alan Warren	M	M55-59	Fulton	58	0:26:15	0:00:50	0:02:42	1:08:07	0:01:35	0:17:28	0:16:43	0:17:27	2:31:08
5	32	Doug Luke	M	M55-59	Cicero	56	0:29:19	0:00:54	0:02:28	1:06:59	0:01:24	0:18:58	0:18:00	0:17:41	2:35:44
6	169	Tom Merkel	M	M55-59	Rochester	59	0:30:43	0:00:53	0:02:38	1:15:37	0:01:51	0:21:12	0:20:55	0:21:38	2:55:27
7	168	Thomas Onisk	M	M55-59	New Hartford	58	0:39:27	0:01:52	0:05:20	1:19:31	0:02:00	0:17:20	0:17:09	0:17:42	3:00:22
8	34	Thomas Stern	M	M55-59	N Syracuse	58	0:31:43	0:01:06	0:04:51	1:23:59	0:02:31	0:20:10	0:19:12	0:19:21	3:02:53
9	167	Jeff Heck	M	M55-59	Rome	56	0:25:57	0:01:16	0:04:39	1:16:04	0:05:23	0:21:47	0:24:52	0:27:13	3:07:09

M60-64

1	194	Terry Habecker	M	M60-64	Ithaca	64	0:24:56	0:00:52	0:01:17	1:06:36	0:01:12	0:16:15	0:15:39	0:15:35	2:22:22
2	175	Bob Hadzor	M	M60-64	Lafayette	61	0:30:36	0:00:50	0:01:51	1:09:19	0:01:29	0:16:52	0:15:45	0:15:43	2:32:25
3	170	Steve McCormick	M	M60-64	Manlius	60	0:31:42	0:01:01	0:01:50	1:10:22	0:01:19	0:15:33	0:15:53	0:15:18	2:32:56
4	36	Richard ONeil	M	M60-64	Fayetteville	64	0:33:24	0:00:54	0:02:41	1:17:41	0:01:55	0:17:52	0:17:12	0:17:16	2:48:57
5	35	John Turner	M	M60-64	Baldwinsville	61	0:40:32	0:00:59	0:02:19	1:18:43	0:01:27	0:18:08	0:17:05	0:17:08	2:56:21
6	171	Mike Stevens	M	M60-64	Rome	61	0:47:21	0:01:14	0:04:52	1:31:54	0:02:12	0:20:49	0:21:38	0:21:43	3:31:42

M65-69

1	173	Peter Winkler	M	M65-69	Manlius	66	0:36:08	0:00:55	0:03:02	1:19:06	0:01:34	0:17:27	0:17:05	0:16:46	2:52:04
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