

**Henderson Harbor Duathlon**  
**Saturday July 10th, 2010 – Henderson Harbor, NY**  
**46 Total Finishers (22 Male, 18 Female, 6 Teams)**  
**Timed by YellowJacket Racing**

Pos	Bib	Fullname	Gender	Age	M/F/T	Place	Class	City	Run1Tm	T1Tm	BikeTm	T2Tm	Run2Tm	TotalTm
1	425	Walter Bird	Male	53		1	Overall Male	Marcellus	13:26	01:09	0:43:16	01:03	13:17	1:12:11
2	416	Robert Swizdor	Male	45		2	Overall Male	Jamesville	14:04	01:14	0:42:40	00:37	14:00	1:12:35
3	405	Martin Joseph Coffey	Male	41		3	Overall Male	Pittsford	14:08	00:32	0:41:43	00:34	15:55	1:12:52
4	447	Team Palmero Sancill Palmiter	Team	Team		1	TeamOf3		15:53		0:44:42	00:27	12:54	1:13:55
5	451	Kristine Mallory	Female	44		1	Overall Female	Witenruta	14:58	00:54	0:44:04	00:40	14:34	1:15:10
6	441	Team Miller Sample Zigon	Team	Team		2	Team	Evans Mills	13:46	00:26	0:48:34	00:28	14:19	1:17:33
7	436	John Mattingly	Male	62		4	M50OVER	Theresa	16:29		0:45:09	00:38	16:03	1:18:18
8	419	Will Luke	Male	54		5	M50OVER	Baldwinsville	15:03	00:43	0:47:20	00:35	15:15	1:18:56
9	445	Matt Talamo	Male	25		6	M39UNDER	Oswego	14:02	02:51	0:46:03	01:24	15:29	1:19:48
10	446	Mark Talamo	Male	23		7	M39UNDER	Oswego	14:25	02:27	0:46:05	01:23	15:29	1:19:48
11	435	Matt Paquette	Male	41		8	M40-49	Central Square	15:40	01:29	0:45:45	01:03	16:01	1:19:59
12	449	Kimberlee Meriwether	Female	35		2	Overall Female	Phoenix	16:00	01:08	0:47:42	01:06	15:56	1:21:52
13	424	Karen Summers	Female	29		3	Overall Female	Syracuse	15:55	01:16	0:47:43	01:07	15:59	1:22:01
14	433	Chris Ritz	Male	38		9	M39UNDER	Watertown	16:21		0:49:26	00:44	15:44	1:22:14
15	411	Rebekah Steinke	Female	18		4	F29UNDER	Lima	14:36	00:45	0:51:42	01:16	14:20	1:22:39
16	408	Sandy Mustico	Female	38		5	F30-39	Sterling	14:27	00:40	0:50:01	00:29	17:40	1:23:16
17	426	Pat Piscitelli	Male	54		10	M50OVER	Baldwinsville	15:09	01:29	0:49:43	01:20	15:44	1:23:25
18	450	Andrew Young	Male	33		11	M39UNDER	Sackets Harbor	15:30	01:13	0:51:26	01:04	16:14	1:25:27
19	432	Justin Dalaba	Male	16		12	M39UNDER	Baldwinsville	15:02	00:58	0:51:40	00:45	17:07	1:25:32
20	412	Cheyenne Steria	Female	25		6	F29UNDER	Lowville	16:45	01:29	0:51:22	01:21	16:14	1:27:11
21	442	Brian Brzuszkiewicz	Male	33		13	M39UNDER	Bridgeport	14:57	00:47	0:54:58	01:11	16:18	1:28:11
22	35	Dewayne Bramlett	Male	37		14	M39UNDER	Watertown	21:17	01:49	0:48:37	01:32	15:03	1:28:18
23	428	Matthew Chase	Male	30		15	M39UNDER	Watertown	16:24	02:09	0:52:45	01:44	15:24	1:28:26
24	431	Hillary Ryan-Rusch	Female	47		7	F40OVER	Redwood	16:23	01:44	0:53:04	01:16	16:19	1:28:46
25	413	Team Savage	Team	Team		3	Team	Cicero	19:41	00:33	0:46:37	00:32	21:44	1:29:07
26	422	Tom Smith	Male	48		16	M40-49	Mexico	16:53	01:15	0:54:23	01:07	17:15	1:30:53
27	452	Tracey Thomas	Female	46		8	F40OVER	Carthage	17:47	01:02	0:53:17	00:44	18:07	1:30:56
28	415	Hollis Harrington	Male	17		17	M39UNDER	Adams Center	16:23	00:39	0:56:43	00:41	16:31	1:30:57
29	423	Daisy M. Keresev	Female	28		9	F29UNDER	Fayetteville	16:44	01:23	0:56:31	00:59	17:35	1:33:12
30	427	Mike Stolicker	Male	44		18	M40-49	Baldwinsville	18:56	01:05	0:54:47	01:30	19:03	1:35:20
31	401	Joyanne Lynn Kraebel	Female	31		10	F30-39	Baldwinsville	17:40	00:55	0:56:50	00:57	19:07	1:35:29
32	418	Cindy Masingill	Female	46		11	F40OVER	Jamesville	19:19	00:51	0:55:14	01:01	19:33	1:35:58
33	414	Michael Ilardi	Male	44		19	M40-49	Oak Ridge	21:00	01:25	0:52:03	01:43	21:42	1:37:52
34	410	Scott Gregory	Male	39		20	M39UNDER	Liverpool	17:02	01:02	0:59:10	01:31	20:27	1:39:13
35	444	Ross Maniaci	Male	47		21	M40-49	North Syracuse	17:29	01:57	0:57:47	01:33	20:27	1:39:13
36	448	Chaz Loomis	Male	26		22	M39UNDER	Woodville	17:01	01:00	1:04:17	00:43	16:35	1:39:36

37	434	Team Dualing Sisters	Team	Team	4	Team	Adams Center	21:13	00:37	0:56:03	00:29	21:58	1:40:21
38	417	Kathy Black	Female	50	12	F40OVER	LaFargeville	20:30	01:30	0:58:21	01:51	20:47	1:43:00
39	407	Tamara Singer	Female	37	13	F30-39	Cicero	18:19	02:16	1:03:29	01:13	18:48	1:44:05
40	402	Tracy L Sherwood	Female	35	14	F30-39	Syracuse	20:56	00:54	1:01:21	01:18	21:37	1:46:06
41	409	Team Thomas Curinga	Team	Team	5	Team	Adams	19:44	00:39	1:06:38	00:50	18:30	1:46:20
42	406	Sara McNitt	Female	36	15	F30-39	Belleville	17:51	00:53	1:10:18	00:28	19:25	1:48:56
43	437	Audrey Sargent	Female	48	16	F40OVER	Watertown	22:31	01:51	1:01:12	02:00	23:52	1:51:25
44	443	Team Hoover Rathbun	Team	Team	6	Team		27:18	00:38	1:02:30	01:24	20:31	1:52:21
45	430	Deborah Jillson	Female	39	17	F30-39	Cicero	20:24	01:18	1:09:30	00:46	20:43	1:52:40
46	429	Kelsey Munroe	Female	17	18	F29UNDER	North Syracuse	18:26	01:21	1:12:42	02:13	23:18	1:58:00