

Henderson Harbor Triathlon
Saturday July 10th, 2010 – Henderson Harbor, NY
195 Total Finishers (115 Male, 71 Female, 91 Teams)
Timed by YellowJacket Racing

Pos	Bib	Fullname	Gender	Age	M/F/T	Place	Class	City	SwimTm	T1Tm	BikeTm	T2Tm	RunTm	TotalTm
1	163	Travis Kuhl	Male	35		1	Overall Male	Lowville	10:16	00:50	0:37:23	00:41	22:51	01:12:01
2	126	Andy Powell	Male	37		2	Overall Male	Marcellus	10:12	00:43	0:37:34	00:28	24:43	01:13:40
3	177	Rick Cote	Male	46		3	Overall Male	Fayetteville	10:01	00:52	0:40:27	00:31	25:39	01:17:30
4	21	Dave Burger	Male	43		4	M40-44	Pennellville	11:16	00:57	0:38:25	00:48	26:28	01:17:55
5	57	Dennis S Moriarty	Male	53		5	M50-54	Webster	09:48	00:49	0:40:25	00:35	26:21	01:17:59
6	66	Eric Virkler	Male	45		6	M45-49	Lowville	08:52	00:54	0:41:21	00:38	26:32	01:18:16
7	121	Shawn Molloy	Male	41		7	M40-44	Central Square	10:48	00:59	0:39:42	00:35	26:31	01:18:35
8	103	Horia Neamtu	Male	46		8	M45-49	Webster	10:04	01:15	0:41:28	01:01	26:43	01:20:30
9	158	Team Woodard Traynor Cowles	Team	Team		1	Team	Adams Center	12:56	00:43	0:40:41	00:14	25:57	01:20:31
10	14	Scott D Sears	Male	43		9	M40-44	Clay	10:14	01:17	0:40:06	00:43	28:31	01:20:49
11	11	Sean Severance	Male	43		10	M40-44	Central Square	12:42	01:04	0:41:10	00:43	25:26	01:21:04
12	5	Rob Chimento	Male	33		11	M30-34	Baldwinsville	10:11	00:51	0:41:50	00:40	28:10	01:21:42
13	164	Eric Will	Male	32		12	M30-34	Syracuse	09:37	01:08	0:43:01	00:46	27:27	01:22:01
14	3	Alex Johnson	Male	44		13	M40-44	Baldwinsville	11:52	01:30	0:40:42	00:51	27:37	01:22:32
15	9	Jamie Campbell	Male	35		14	M35-39	Syracuse	13:29	01:37	0:40:03	00:47	27:23	01:23:19
16	45	Jeremy Burton	Male	34		15	M30-34	Manlius	11:52	01:37	0:40:38	01:11	28:10	01:23:29
17	184	Marc Rusch	Male	46		16	M45-49	Redwood	11:20	01:04	0:41:12	00:39	29:43	01:23:59
18	308	Josh Molinari	Male	29		17	M25-29	Oswego	11:47	01:05	0:44:17	01:22	25:39	01:24:10
19	312	Joshua Arvidson	Male	39		18	M35-39	Fayetteville	10:11	01:09	0:43:44	00:39	28:45	01:24:30
20	192	Steve Winslow	Male	49		19	M45-49	Manlius	11:19	01:22	0:41:57	00:58	29:12	01:24:48
21	187	Team Ray, Clay and Nick	Team	Team		2	Team	Westernville	11:15	00:39	0:49:35	00:28	23:34	01:25:31
22	155	Gavin Hess	Male	14		20	M19UNDER	Pissford	12:08	00:47	0:41:18	00:42	30:47	01:25:42
23	48	Michael J Baxter	Male	55		21	M55-59	Webster	11:15	00:52	0:43:07	00:53	30:12	01:26:19
24	313	Eric Smith	Male	39		22	M35-39	Baldwinsville	09:44	01:29	0:46:34	00:43	28:25	01:26:55
25	42	Joe J Maskalis	Male	29		23	M25-29	Fort Drum	11:35	01:20	0:46:09	01:07	26:46	01:26:57
26	182	Kevin Maier	Male	54		24	M50-54	Manlius	11:08	01:11	0:42:46	01:01	31:11	01:27:16
27	144	Kyle Saisselin	Male	31		25	M30-34	Snyder	11:36	02:10	0:45:55	01:06	27:14	01:28:01
28	150	Tyler Reynolds	Male	19		26	M19UNDER	Watertown	11:43	02:36	0:45:45	00:34	28:19	01:28:58
29	140	Kevin Neville	Male	46		27	M45-49	Syracuse	11:23	01:35	0:46:27	01:07	28:27	01:28:59
30	28	Aaron Arntson	Male	26		28	M25-29	Fort Drum	10:59	01:29	0:45:33	00:46	30:13	01:29:00
31	175	Beth Hughes	Female	43		1	Overall Female	Manlius	11:14	01:32	0:45:24	00:48	30:10	01:29:07
32	67	Timothy Walczyk	Male	53		29	M50-54	Auburn	13:36	02:23	0:40:49	01:19	31:02	01:29:09
33	10	Theodore Kiteveles	Male	44		30	M40-44	Warners	15:04	01:10	0:43:00	00:45	29:34	01:29:33
34	80	Jacob Clark	Male	19		31	M19UNDER	Mexico	15:59	01:03	0:41:59	01:11	29:21	01:29:34
35	74	William Stuart	Male	41		32	M40-44	Marcellus	12:10	02:47	0:45:44	01:00	28:41	01:30:21
36	135	Mark C. Walczyk	Male	25		33	M25-29	Brewerton	12:54	01:45	0:48:07	00:41	27:18	01:30:45
37	303	Scott Randall	Male	25		34	M25-29	Copenhagen	14:33	03:07	0:45:14	00:43	27:10	01:30:47

38	18	Steven Plante	Male	54	35	M50-54	Fayetteville	11:30	01:36	0:44:50	00:51	32:10	01:30:57
39	153	Ed Keplinger	Male	46	36	M45-49	Jamesville	12:46	01:07	0:43:03	00:55	33:29	01:31:19
40	37	Jacob Steria	Male	26	37	M25-29	Lowville	13:39	01:41	0:44:00	01:12	30:54	01:31:26
41	127	Jamie Jordahl	Male	36	38	M35-39	Colorado Springs	12:34	01:23	0:45:33	00:31	31:28	01:31:29
42	119	Lauren Jamieson	Female	19	2	Overall Female	Adams	12:42	01:39	0:48:40	00:35	27:58	01:31:34
43	27	Luke Hannon	Male	53	39	M50-54	Leesburg	09:48	01:31	0:46:13	01:28	33:23	01:32:23
44	301	Tara Nitardy	Female	19	3	Overall Female	Sackets Harbor	10:30	02:08	0:48:51	01:14	29:43	01:32:25
45	13	Lynn Douglas	Female	48	4	F45-49	Camillus	11:58	01:46	0:46:52	01:02	30:54	01:32:33
46	29	Doug Luke	Male	55	40	M55-59	Cicero	12:58	01:46	0:42:01	01:06	34:44	01:32:35
47	101	David Kalb	Male	53	41	M50-54	Freeville	13:32	01:44	0:45:24	00:51	31:05	01:32:36
48	25	Jim Maxon	Male	29	42	M25-29	Minoa	12:20	01:44	0:44:49	01:07	32:36	01:32:36
49	93	Thomas Antonoff	Male	51	43	M50-54	Dolgeville	13:27	01:41	0:43:58	01:01	33:00	01:33:07
50	309	Jordan Hoffman	Male	16	44	M19UNDER	Watertown	13:37	02:21	0:43:12	01:28	32:33	01:33:11
51	139	Raina Colton	Female	39	5	F35-39	Summerville	11:17	01:23	0:45:31	00:48	34:17	01:33:17
52	302	Eric Vetsch	Male	44	45	M40-44	Marcelles	12:55	01:46	0:46:02	01:12	31:25	01:33:20
53	8	George LaFayette Stanley, Jr.	Male	43	46	M40-44	Syracuse	13:19	00:44	0:48:46	00:48	29:52	01:33:29
54	190	Christina Lowery	Female	41	6	F40-44	Central Square	12:56	01:20	0:46:12	00:53	32:12	01:33:34
55	38	Jon Rodibaugh	Male	34	47	M30-34	Rochester	13:09	02:25	0:47:24	00:43	30:04	01:33:44
56	41	Kevin F Morgan	Male	25	48	M25-29	Oswego	12:56	01:10	0:47:02	00:31	32:12	01:33:50
57	26	Tom Chappell	Male	46	49	M45-49	Cortland	13:57	02:30	0:46:20	01:16	30:09	01:34:13
58	305	Team Florence Covey Sitterly	Team	Team	3	Team		10:46	00:31	0:43:36	00:37	39:01	01:34:32
59	136	Robert Shawn Pullease	Male	42	50	M40-44	Watertown	13:07	01:39	0:45:20	01:36	32:54	01:34:36
60	109	Ken Livingston	Male	42	51	M40-44	Syracuse	12:26	01:39	0:45:30	00:56	34:44	01:35:16
61	104	Jeffrey Roger Gilbert	Male	38	52	M35-39	Syracuse	12:18	01:52	0:46:10	01:06	34:04	01:35:30
62	196	Ed McDonlad	Male	53	53	M50-54	Chittenango	14:55	02:10	0:47:47	01:15	29:28	01:35:35
63	162	Mary Eckstein	Female	50	7	F50-54	Clayton	13:24	02:08	0:47:29	01:28	31:13	01:35:41
64	349	Jay A Yennock	Male	49	54	M45-49	Camillus	12:58	01:51	0:45:46	00:57	34:15	01:35:47
65	173	Kevin Bower	Male	32	55	M30-34	Liverpool	14:48	02:13	0:44:44	01:25	32:41	01:35:51
66	172	Phillip Banazek	Male	45	56	M45-49	Watertown	17:35	02:49	0:46:58	01:19	27:13	01:35:54
67	143	Robert Frost	Male	54	57	M50-54	Pennellville	16:17	01:53	0:46:06	00:47	30:52	01:35:56
68	113	Mark John Thomas	Male	39	58	M35-39	Carthage	12:33	01:32	0:47:33	01:14	33:12	01:36:05
69	149	Sean Reilley	Male	26	59	M25-29	Camillus	11:19	01:02	0:46:13	01:08	36:29	01:36:10
70	185	Team Get Out of Pussy Gears	Team	Team	4	Team	Fulton	14:19	00:34	0:46:10	00:43	34:36	01:36:22
71	154	Jill Wilde	Female	43	8	F40-44	Fulton	12:35	01:19	0:47:09	00:44	34:34	01:36:22
72	70	Donald Healey	Male	59	60	M55-59	Fulton	14:01	01:25	0:47:34	01:36	31:55	01:36:30
73	86	Team Pro Bike Service	Team	Team	5	Team	Watertown	11:43	00:42	0:56:43	00:31	26:56	01:36:36
74	120	Kimberly Molloy	Female	38	9	F35-39	Central Square	11:42	01:15	0:47:16	00:51	35:37	01:36:42
75	108	Mark McIntyre	Male	37	61	M35-39	Dewitt	12:06	01:45	0:50:05	01:00	31:52	01:36:47
76	128	James Simko	Male	40	62	M40-44	Camillus	12:52	01:40	0:46:07	01:21	35:00	01:37:00
77	186	Rick Konvicka	Male	58	63	M55-59	Fayetteville	14:24	01:46	0:45:21	01:21	34:48	01:37:39
78	142	Kara Rusch	Female	42	10	F40-44	Hamilton	15:58	01:38	0:47:11	00:55	32:07	01:37:49
79	89	Martha Burke	Female	37	11	F35-39	Hilton	12:17	01:50	0:50:37	00:38	32:32	01:37:55
80	99	Sean Steinke	Male	45	64	M45-49	Lima	16:28	01:43	0:46:25	01:38	31:51	01:38:04
81	159	Timothy McCollister	Male	25	65	M25-29	Watertown	13:58	02:00	0:49:10	01:00	32:06	01:38:13

82	306	Teresa Stone	Female	43	12	F40-44	Potsdam	15:27	01:10	0:48:11	01:00	32:42	01:38:30
83	131	Carl Regelman	Male	30	66	M30-34	New York	13:15	01:36	0:48:01	00:44	35:26	01:39:02
84	123	Kristin Mullally	Female	29	13	F25-29	Liverpool	12:47	00:59	0:45:35	00:42	39:15	01:39:18
85	88	Michael Burke	Male	41	67	M40-44	Hilton	13:20	02:33	0:49:00	00:36	34:02	01:39:32
86	169	Terry Gardner	Male	60	68	M60-64	Watertown	17:06	02:22	0:42:36	01:23	36:08	01:39:35
87	2	Kelly Jo Storms	Female	35	14	F35-39	Oswego	14:25	01:23	0:51:00	00:30	32:20	01:39:37
88	77	Hannah Grace Cole	Female	15	15	F19UNDER	Lima	14:45	01:48	0:52:40	00:38	29:57	01:39:48
89	138	James Walker	Male	43	69	M40-44	Baldwinsville	14:41	02:10	0:47:57	00:58	34:10	01:39:55
90	198	Jeff Wiley	Male	42	70	M40-44	Watertown	14:33	02:26	0:45:52	00:57	36:14	01:40:01
91	111	Aubrey Kelley Ketruck	Female	19	16	F19UNDER	Watertown	09:49	02:10	0:49:32	00:47	37:49	01:40:09
92	105	Patricia Levine	Female	46	17	F45-49	Oswego	15:12	01:11	0:48:27	00:47	34:51	01:40:28
93	1	John Turner	Male	60	71	M60-64	Baldwinsville	17:35	01:36	0:48:46	00:48	31:43	01:40:29
94	167	Marcia Baldwin	Female	45	18	F45-49	Liverpool	13:53	02:32	0:45:11	01:32	37:28	01:40:35
95	40	John F Moore	Male	45	72	M45-49	Oswego	11:52	02:30	0:50:11	00:43	35:32	01:40:49
96	30	Mary Jo Kiggins	Female	47	19	F45-49	Syracuse	13:11	01:53	0:50:45	01:02	34:11	01:41:02
97	176	Frances Lang	Female	29	20	F25-29	Black River	15:19	01:46	0:47:04	01:33	35:33	01:41:15
98	194	Frank Rhode	Male	53	73	M50-54	Watin	16:53	02:23	0:44:49	01:51	35:28	01:41:25
99	311	Christine Thompson	Female	25	21	F25-29	Farmington	11:25	01:42	0:54:26	01:23	32:30	01:41:26
100	166	Chris Read	Male	58	74	M55-59	Baldwinsville	15:00	02:27	0:47:30	01:21	35:08	01:41:28
101	71	Melissa Maser	Female	34	22	F30-34	Syracuse	13:02	02:44	0:49:09	01:48	34:54	01:41:39
102	195	John Casano	Male	31	75	M30-34	Waylove	14:51	01:35	0:51:19	01:10	32:59	01:41:54
103	179	Team Gibbs Worden Kilmer	Team	Team	6	Team	Evans Mills	22:18	00:24	0:52:19	00:19	26:39	01:41:59
104	106	Maribeth Powell Rayfield	Female	42	23	F40-44	Marcellus	15:10	02:16	0:49:42	01:15	33:38	01:42:01
105	44	Jonathan Sonja Hingre	Male	17	76	M19UNDER	Baldwinsville	14:44	02:29	0:49:50	01:23	33:39	01:42:06
106	100	Scott T. Daley	Male	51	77	M50-54	Rochester	14:05	01:18	0:47:33	00:58	38:19	01:42:13
107	79	Nancy VanKerkhove	Female	48	24	F45-49	Webster	13:35	01:49	0:49:18	01:33	36:05	01:42:21
108	59	Richard Gardner	Male	58	78	M55-59	Syracuse	13:47	01:45	0:48:31	00:47	37:43	01:42:33
109	307	Chris Stone	Male	45	79	M45-49	Potsdam	16:06	01:21	0:47:17	01:06	36:47	01:42:36
110	168	Mickey Piscitelli	Female	53	25	F50-54	Baldwinsville	14:57	01:54	0:50:19	01:04	34:31	01:42:44
111	200	Patrick Best	Male	50	80	M50-54	Chaumont	15:08	01:46	0:53:24	01:11	31:21	01:42:50
112	98	Scott Brann	Male	35	81	M35-39	Liverpool	13:58	02:13	0:47:05	01:01	38:52	01:43:08
113	170	Lorraine Turturro	Female	49	26	F45-49	Watertown	16:50	01:27	0:49:34	00:51	34:33	01:43:16
114	118	Sandra Jamieson	Female	49	27	F45-49	Adams	11:04	01:58	0:51:01	00:32	38:53	01:43:28
115	39	Vin Maresco	Male	44	82	M40-44	Homer	16:05	02:01	0:49:08	01:38	34:36	01:43:28
116	152	Nick Sherwood	Male	33	83	M30-34	Evens Mills	15:10	02:18	0:50:26	01:15	34:35	01:43:44
117	145	Melody Darlene Rumschik	Female	29	28	F25-29	Heuvelton	09:50	01:50	0:58:09	00:44	33:15	01:43:49
118	107	Susan Vetsch	Female	41	29	F40-44	Marcellus	14:40	01:29	0:52:46	01:17	33:49	01:44:01
119	15	Christy Saint	Female	37	30	F35-39	Baldwinsville	16:35	01:27	0:44:30	00:54	40:51	01:44:17
120	188	Michael Pominville	Male	44	84	M40-44	Acworth	15:45	03:01	0:51:46	01:06	32:39	01:44:18
121	110	James Patrick Scordo	Male	52	85	M50-54	Watertown	16:03	02:35	0:50:01	00:57	34:56	01:44:33
122	171	Brian Fite	Male	45	86	M45-49	Fulton	11:42	02:52	0:50:28	00:46	38:53	01:44:41
123	180	Team Belinski Clapper Collier	Team	Team	7	Team	Evans Mills	18:48	00:29	0:54:42	00:23	30:46	01:45:07
124	58	Susan M Moriarty	Female	51	31	F50-54	Webster	17:20	01:45	0:48:07	01:41	36:43	01:45:37
125	151	Lara Chase	Female	30	32	F30-34	Watertown	13:00	01:52	0:55:41	01:16	33:54	01:45:43

126	96	Craig Swartz	Male	58	87	M55-59	Webster	11:34	02:24	0:48:00	01:45	42:09	01:45:50
127	64	John Singer	Male	70	88	M65OVER	Suffern	17:59	02:03	0:51:18	01:01	33:35	01:45:55
128	147	Virginia Ruth Desens	Female	37	33	F35-39	Williamson	16:18	01:27	0:51:08	01:17	35:46	01:45:55
129	63	Michael Singer	Male	39	89	M35-39	Cicero	21:01	01:43	0:49:03	01:46	32:23	01:45:55
130	92	Laurie Oliver	Female	42	34	F40-44	Fayetteville	16:20	01:59	0:50:50	01:11	35:50	01:46:11
131	116	Tim ODonnell	Male	37	90	M35-39	Rock Hill	15:18	02:06	0:48:47	00:55	39:18	01:46:23
132	91	Joy Covey	Female	47	35	F45-49	Mannsville	16:49	02:34	0:51:42	01:11	34:31	01:46:47
133	165	Diane Goode	Female	47	36	F45-49	East Syracuse	15:20	01:30	0:52:24	01:15	37:00	01:47:27
134	47	Theodore Anthony Kaminski	Male	17	91	M19UNDER	Baldwinsville	21:23	02:43	0:51:47	00:42	31:04	01:47:39
135	85	Nanci Paroubek	Female	43	37	F40-44	Rodman	14:16	01:57	0:48:38	01:22	41:58	01:48:11
136	75	Jason McCulloch	Male	32	92	M30-34	Clayton	18:42	02:13	0:53:38	01:29	32:53	01:48:55
137	124	Team Flower Power	Team	Team	8	Team	Syracuse	19:07	00:28	0:52:49	00:27	36:40	01:49:30
138	54	Gregory Masingill	Male	42	93	M40-44	Jamesville	17:54	01:53	0:51:21	01:11	37:15	01:49:34
139	117	Chris Beckstead	Male	36	94	M35-39	Monroe	16:18	01:52	0:52:50	01:19	37:32	01:49:49
140	24	Kenneth Michael Govenettio	Male	44	95	M40-44	Henderson	16:46	03:06	0:54:23	01:32	34:11	01:49:57
141	90	Rob Gefell	Male	50	96	M50-54	Watertown	19:25	02:51	0:53:39	01:21	32:49	01:50:05
142	31	Denise Moore	Female	50	38	F50-54	Watertown	17:56	02:10	0:50:24	01:45	38:00	01:50:15
143	76	Matthew Bryne Cole	Male	45	97	M45-49	Lima	17:31	01:35	0:49:50	01:04	40:38	01:50:38
144	146	Mary A. Foster	Female	45	39	F45-49	Sackets Harbor	14:58	02:10	0:51:59	01:58	39:52	01:50:57
145	125	Scott J. Palm	Male	46	98	M45-49	Chaumont	19:51	02:02	0:54:39	00:41	33:47	01:51:00
146	193	Team Morehouse Keating Kent	Team	Team	9	Team		13:57	00:30	0:55:29	00:31	40:41	01:51:08
147	112	Benjamin Johnson	Male	34	99	M30-34	Sackets Harbor	17:03	02:17	0:58:08	02:05	31:45	01:51:18
148	83	Thomas Karjola	Male	36	100	M35-39	Fort Walton Beach	14:43	02:55	0:52:14	00:49	40:37	01:51:18
149	82	Paula Jo Gilroy	Female	44	40	F40-44	Rome	17:43	03:55	0:54:33	00:56	35:00	01:52:08
150	72	Trent A Kubasiak	Male	30	101	M30-34	Fort Drum	19:06	02:01	0:51:57	01:24	37:44	01:52:12
151	46	Brantley Michael Deaton	Male	41	102	M40-44	Pulaski	17:53	02:27	0:49:18	01:10	41:28	01:52:16
152	304	Calvin Craig	Male	45	103	M45-49	Baldwinsville	13:48	01:30	0:51:20	01:15	45:21	01:53:14
153	60	Abby E Oliver	Female	27	41	F25-29	Williamsville	16:04	02:32	0:59:44	00:30	34:59	01:53:49
154	87	Michael Griggs	Male	34	104	M30-34	Webster	14:44	02:20	0:55:23	00:56	41:16	01:54:38
155	62	Megan Converse	Female	27	42	F25-29	Watertown	13:16	01:08	0:56:23	01:10	43:15	01:55:11
156	141	Kris Allen	Female	44	43	F40-44	Blossvale	16:26	02:01	0:54:03	02:03	40:53	01:55:26
157	81	Maria Del Amo-Lombardo	Female	37	44	F35-39	Liverpool	16:11	01:12	0:51:06	01:02	45:56	01:55:28
158	51	Darla D Yennock	Female	41	45	F40-44	Camillus	17:51	02:42	0:54:02	01:41	39:28	01:55:44
159	183	Andrea Maier	Female	47	46	F45-49	Manlius	16:42	02:49	0:52:04	01:14	43:24	01:56:14
160	178	Samuel Clemence	Male	71	105	M65OVER	Syracuse	15:59	02:14	0:54:17	01:46	42:05	01:56:22
161	174	Karen Munroe	Female	43	47	F40-44	North Syracuse	21:19	01:58	0:54:12	02:10	37:15	01:56:54
162	310	Joanne McKinney	Female	49	48	F45-49	Dexter	25:19	03:19	1:03:10	01:49	23:55	01:57:32
163	199	Mathew Best	Male	25	106	M25-29	Virginia Beach	21:53	02:12	0:56:25	00:57	36:43	01:58:09
164	61	Jill Bruce Wiley	Female	37	49	F35-39	Watertown	16:35	02:05	0:57:02	01:07	41:29	01:58:18
165	130	Elaine Kay Henning	Female	54	50	F50-54	Fulton	18:10	03:09	0:53:34	02:27	41:50	01:59:10
166	181	Coutney Brunet	Female	35	51	F35-39	Sackets Harbor	21:11	01:58	0:57:16	01:00	38:46	02:00:11
167	73	William (Billy) Mugridge	Male	56	107	M55-59	Liverpool	16:30	02:38	0:56:38	02:38	42:53	02:01:16
168	17	Ginny L Burton	Female	60	52	F55OVER	Baldwinsville	18:08	02:19	0:53:07	01:31	46:32	02:01:37
169	84	Devon Matthew Hailey	Male	33	108	M30-34	Olney	12:13	02:51	0:57:34	01:34	47:28	02:01:39

170	97	Roxanne Carlile	Female	27	53	F25-29	Watertown	17:34	01:40	0:56:59	00:48	46:01	02:03:04
171	161	Tammy Murphy	Female	36	54	F35-39	Oswego	19:06	02:48	0:54:36	00:56	46:03	02:03:29
172	7	Marcianne Andreozzi	Female	42	55	F40-44	Barrington	20:13	03:57	0:54:57	02:45	43:23	02:05:14
173	68	Lauren McKinney	Female	22	56	F20-24	Watertown	09:54	02:48	0:59:27	01:24	54:00	02:07:33
174	133	Kathleen Elizabeth Doran	Female	42	57	F40-44	Hilton	14:57	03:04	0:58:29	00:58	51:03	02:08:31
175	191	Lindsay Gefell	Female	20	58	F20-24	Watertown	15:57	04:07	1:11:28	01:21	35:43	02:08:35
176	22	Rachel Ann Hains	Female	18	59	F19UNDER	Mexico	10:59	02:43	1:08:53	00:47	45:29	02:08:51
177	56	George Broadwell	Male	65	109	M65OVER	Oswego	19:01	03:44	0:58:21	02:46	46:01	02:09:54
178	43	Donna Branch	Female	53	60	F50-54	Syracuse	19:03	02:44	0:56:12	01:56	51:02	02:10:57
179	114	Ashley Stuart	Female	28	61	F25-29	Watertown	16:56	02:23	1:03:15	00:44	48:44	02:12:02
180	160	Jeanne McManus	Female	40	62	F40-44	Oswego	21:32	01:42	0:55:44	01:42	51:22	02:12:02
181	94	Susanne Pope	Female	27	63	F25-29	Fort Drum	18:12	02:48	1:02:36	01:06	50:15	02:14:56
182	23	Lisa Ann Hains	Female	45	64	F45-49	Mexico	18:24	02:57	1:06:14	01:09	47:00	02:15:44
183	95	Lorin Stuart Pope	Male	25	110	M25-29	Fort Drum	34:52	05:17	1:01:11	00:48	34:06	02:16:13
184	132	Holly Jordahl	Female	34	65	F30-34	Colorado Springs	23:31	02:03	1:11:25	01:07	38:35	02:16:42
185	197	Lance Ronds	Male	41	111	M40-44	Autwern	19:14	02:27	1:00:00	02:17	53:12	02:17:10
186	34	Samuel Brechbill Rameas	Male	39	112	M35-39	Malius	26:59	02:20	1:04:19	01:20	43:15	02:18:14
187	137	Kristen Walker	Female	42	66	F40-44	Baldwinsville	22:38	02:14	1:06:10	01:15	47:30	02:19:46
188	134	Christine K. Andrews	Female	42	67	F40-44	Spencerport	15:27	02:00	1:06:36	00:57	54:59	02:19:58
189	189	Triscilla DiFulvio	Female	55	68	F55OVER	Webster	27:28	02:14	1:00:59	01:17	48:48	02:20:47
190	129	Margaret Thueson	Female	26	69	F25-29	Fort Drum	22:48	04:50	1:08:09	02:40	48:55	02:27:21
191	6	Gregory LaFex	Male	40	113	M40-44	Watertown	22:55	02:51	1:07:07	01:21	53:08	02:27:22
192	32	William Deyle	Male	69	114	M65OVER	Central Square	19:16	06:00	1:01:38	03:28	58:10	02:28:32
193	69	JoAnn Healey	Female	49	70	F45-49	Fulton	30:22	05:28	1:03:22	03:30	47:32	02:30:14
194	157	Daniel Kakolewski	Male	38	115	M35-39	Watertown	23:30	03:24	1:18:42	01:50	43:39	02:31:04
195	4	Vickey M Hayden	Female	45	71	F45-49	Webster	23:38	03:51	1:20:39	01:20	00:13	02:49:41
DNF	156	Michele Erickson	Female	47		F45-49	Watertown	23:06	04:08	0:37:29	01:05	42:45	01:48:33
DNF	78	Steve VanKerkhove	Male	47		M45-49	Webster	20:22	02:22	0:52:54	01:25		
DNF	122	Andrew DAgati	Male	28		M25-29	Liverpool	11:13	02:29	0:46:46			
DNF	20	Debra J Smith	Female	49		F45-49	Mexico	16:23	02:47				