

**Delta Lake Triathlon**  
**Sunday, August 22nd, 2010**  
**Total Finishers (68 Male, 49 Female, 19 Male Teams, 11 Female Teams)**  
**Timed by YellowJacket Racing**

Pos	Bib	Fullname	Gender	M/F/T	Place	Class	Age	City	SwimTm	T1Tm	BikeTm	T2Tm	RunLap1Tm	RunLap2Tm	RunLap3Tm	RunTm	TotalTm
1	145	Michael Sikorski	M		1	Overall Male	29	New York	0:27:22	0:59	1:03:06	0:48	12:31	12:38	12:19	0:37:27	<b>2:09:42</b>
2	68	Curt Eggers	M		2	Overall Male	54	Henrietta	0:26:07	0:39	1:00:38	0:34	14:07	13:56	14:06	0:42:09	<b>2:10:08</b>
3	88	Randy Hadzor	M		3	Overall Male	24	Lafayette	0:33:34	1:04	0:58:53	0:33	12:57	12:20	11:47	0:37:04	<b>2:11:08</b>
4	169	William Garry	M		4	M50-59	50		0:23:31	0:53	1:03:34	0:38	14:23	14:13	14:14	0:42:50	<b>2:11:27</b>
5	175	Team Evans/Early/Stevens	TeamM		1	TeamM			0:23:27	0:23	1:12:53	0:30	11:41	11:54	11:51	0:35:26	<b>2:12:38</b>
6	148	Larry Stroh	M		5	M30-39	34	Jamesville	0:25:12	0:56	1:04:08	0:40	14:19	13:56	14:01	0:42:17	<b>2:13:13</b>
7	8	Team Finkle/Howe/Ray	TeamM		2	TeamM			0:26:01	0:24	1:05:38	0:34	13:31	13:59	13:42	0:41:12	<b>2:13:49</b>
8	136	Matthew Ruddy	M		6	M30-39	38	Jamesville	0:28:21	1:16	1:01:38	0:55	14:33	14:02	13:28	0:42:03	<b>2:14:13</b>
9	55	Rob Chimento	M		7	M30-39	32	Baldwinsville	0:27:38	0:53	1:02:43	0:35	14:09	14:41	14:53	0:43:43	<b>2:15:32</b>
10	30	Team Celecki/Karaz/Karaz	TeamM		3	TeamM			0:29:59	0:29	0:56:48	2:22	15:39	15:21	15:15	0:46:15	<b>2:15:54</b>
11	124	Onno Oerlemans	M		8	M45-49	48	Clinton	0:26:56	1:52	1:02:30	0:40	14:51	14:29	14:50	0:44:09	<b>2:16:07</b>
12	172	Andrew Thomas	M		9	M30-39	29		0:30:04	1:22	1:03:38	0:48	14:01	14:01	13:43	0:41:45	<b>2:17:36</b>
13	29	Team Burnett/Damiano/Bump	TeamM		4	TeamM			0:32:03	0:32	1:01:16	0:25	15:12	15:11	14:50	0:45:13	<b>2:19:29</b>
14	152	Brian Tobin	M		10	M30-39	39	Cortland	0:23:55	1:23	1:08:04	0:58	15:58	15:10	14:47	0:45:55	<b>2:20:15</b>
15	118	Zev Myerowitz	M		11	M18-29	26	Seneca Falls	0:28:34	1:08	1:03:55	1:02	15:04	15:34	15:26	0:46:04	<b>2:20:44</b>
16	69	Mary Eggers	F		1	Overall Female	36	Henrietta	0:25:47	0:36	1:06:10	0:41	15:52	16:03	16:15	0:48:10	<b>2:21:25</b>
17	94	Joe Hatfield	M		12	M30-39	33	Oneida	0:29:14	1:11	1:08:51	0:42	13:26	13:45	14:32	0:41:42	<b>2:21:39</b>
18	80	Joseph P. Gale	M		13	M40-44	44	Clinton	0:32:07	2:01	1:05:08	1:17	13:40	14:06	14:13	0:41:59	<b>2:22:33</b>
19	52	Jamie Campbell	M		14	M30-39	35	Syracuse	0:37:40	1:38	0:59:04	0:56	14:47	14:24	14:21	0:43:32	<b>2:22:49</b>
20	26	Team Wilde/Familo/Foederer	TeamF		1	TeamF			0:32:33	0:27	1:05:56	0:34	14:25	14:47	15:00	0:44:11	<b>2:23:41</b>
21	166	James Burke	M		15	M30-39	39		0:32:49	0:42	1:08:02	0:50	14:10	13:42	13:57	0:41:49	<b>2:24:12</b>
22	164	Colleen Zogby	F		2	Overall Female	44	Manlius	0:29:09	1:19	1:08:51	1:00	14:53	14:43	14:18	0:43:54	<b>2:24:14</b>
23	103	Luke Laczak	M		16	M18-29	25	Harpursville	0:30:24	1:20	1:09:11	0:50	14:08	14:22	14:29	0:42:59	<b>2:24:43</b>
24	2	Team Aceti/Fitzgerald/Langlois	TeamM		5	TeamM			0:32:08	0:33	1:09:11	0:36	14:46	14:11	14:09	0:43:06	<b>2:25:36</b>
25	59	Nick Cognetto	M		17	M18-29	18	New Hartford	0:30:17	1:11	1:07:13	1:27	15:07	15:36	15:29	0:46:12	<b>2:26:19</b>
26	18	Team Recco/Recco/Mattacola	TeamM		6	TeamM			0:28:09	0:22	1:10:47	0:19	15:37	15:21	15:57	0:46:55	<b>2:26:32</b>
27	54	Mark Celeki	M		18	M50-59	50	Barneveld	0:25:19	1:14	1:10:27	0:46	16:09	16:09	16:37	0:48:55	<b>2:26:42</b>
28	25	Team Warren/Pasons/Weaver	TeamM		7	TeamM			0:33:11	0:31	1:09:51	0:21	14:09	14:24	14:17	0:42:50	<b>2:26:44</b>
29	108	Kevin Maier	M		19	M50-59	54	Manlius	0:29:06	1:06	1:07:32	1:02	15:53	16:01	16:07	0:48:00	<b>2:26:47</b>
30	113	Nathaniel Molinari	M		20	M18-29	27	Syracuse	0:37:42	0:55	1:02:51	0:36	15:11	15:44	14:46	0:45:41	<b>2:27:46</b>
31	137	Mark Rushton	M		21	M40-44	39	Rome	0:35:13	1:27	1:05:40	0:45	15:15	14:57	14:41	0:44:53	<b>2:27:58</b>
32	87	Terry Habecker	M		22	M60OVER	62	Ithaca	0:30:22	0:57	1:05:48	0:43	16:57	16:44	16:33	0:50:15	<b>2:28:05</b>
33	42	Kelsey Barra	M		23	M18-29	20	Newport	0:33:54	2:22	1:08:48	1:25	13:45	14:13	13:44	0:41:42	<b>2:28:12</b>
34	174	Scott Schaffer	M		24	M40-44	43		0:35:22	1:40	1:04:08	1:03	16:20	15:19	15:16	0:46:56	<b>2:29:08</b>
35	139	Sam Sampere	M		25	M45-49	45	East Syracuse	0:34:42	1:46	1:04:46	1:26	16:00	15:16	15:53	0:47:09	<b>2:29:50</b>
36	150	Maryjo Swizdor	F		3	Overall Female	45	Jamesville	0:33:41	1:37	1:07:08	1:02	15:34	15:38	15:28	0:46:40	<b>2:30:08</b>
37	3	Team Baker/Baker/Baker	TeamM		8	TeamM			0:38:11	0:27	1:07:08	1:11	14:33	14:31	14:25	0:43:29	<b>2:30:26</b>
38	173	Justin DeAmicis	M		26	M30-39	39		0:40:15	2:18	1:03:38	0:44	14:16	14:48	14:47	0:43:52	<b>2:30:46</b>
39	171	John Hartnett	M		27	M50-59	50		0:34:32	2:00	1:05:24	1:26	17:28	16:08	14:34	0:48:09	<b>2:31:31</b>
40	63	Mark Daley	M		28	M45-49	49	West Winfield	0:43:00	1:41	1:05:57	1:22	13:23	13:19	12:51	0:39:32	<b>2:31:32</b>
41	7	Team Draper/Roberts/Draper	TeamF		2	TeamF			0:32:16	1:14	1:14:19	0:24	14:03	14:41	14:43	0:43:27	<b>2:31:40</b>
42	93	Amanda Hatfield	F		4	F30-34	31	Oneida	0:32:48	1:19	1:13:24	0:51	14:36	14:28	14:36	0:43:39	<b>2:32:00</b>
43	51	George Burke	M		29	M40-44	44		0:32:24	1:31	1:13:37	1:11	14:23	14:29	14:31	0:43:22	<b>2:32:05</b>
44	60	Norman Cognetto	M		30	M40-44	44	New Hartford	0:34:28	1:32	1:04:52	2:21	16:02	16:29	16:32	0:49:03	<b>2:32:15</b>
45	66	Timothy DiGiulio	M		31	M45-49	49	Syracuse	0:35:01	1:19	1:06:40	1:20	16:14	16:27	16:07	0:48:49	<b>2:33:09</b>
46	157	Lorie Ann Voight	F		5	F45-49	45	Syracuse	0:31:30	0:58	1:11:52	0:49	16:22	16:26	15:59	0:48:47	<b>2:33:56</b>
47	86	Corey Graves	M		32	M30-39	30	Sherrill	0:35:43	2:46	1:08:47	1:32	15:01	15:13	15:33	0:45:47	<b>2:34:34</b>
48	129	Aaron Pernat	M		33	M30-39	35	Philadelphia	0:32:54	1:39	1:04:23	0:57	18:45	17:59	18:04	0:54:48	<b>2:34:41</b>
49	72	Paul J. Engineri	M		34	M50-59	59	Interlaken	0:27:18	2:01	1:09:32	1:27	19:34	18:08	17:45	0:55:28	<b>2:35:46</b>
50	50	Brian Burghdurf	M		35	M30-39	33	New Hartford	0:32:18	1:43	1:15:12	1:10	14:56	15:32	15:19	0:45:46	<b>2:36:10</b>
51	43	Laura Benotti	F		6	F45-49	45	Pittsford	0:31:39	1:31	1:10:57	1:05	16:32	16:58	17:41	0:51:11	<b>2:36:23</b>
52	5	Team Colianni/Colianni/Burr	TeamM		9	TeamM			0:32:23	1:42	1:10:46	0:28	17:12	17:23	17:14	0:51:49	<b>2:37:08</b>
53	10	Team Galbraith/Allen/Orilio	TeamM		10	TeamM			0:29:13	0:23	1:21:16	0:24	14:58	15:33	15:24	0:45:54	<b>2:37:12</b>

54	17	Team Mondrick/Avant/Mondrick	TeamM	11	TeamM		0:38:09		1:10:09	0:30	15:34	16:27	16:23	0:48:24	<b>2:37:12</b>
55	81	Jamie Gartenberg	M	36	M40-44	42 Ithaca	0:40:16	2:00	1:05:25	1:18	16:30	16:04	15:43	0:48:17	<b>2:37:17</b>
56	101	Jonathan Kelly	M	37	M40-44	40 Scarsdale	0:34:53	2:02	1:09:01	1:07	16:25	16:45	17:22	0:50:32	<b>2:37:36</b>
57	75	Aaron Falkenmeyer	M	38	M30-39	34 Sherrill	0:35:23	2:29	1:12:47	1:43	15:09	15:16	15:48	0:46:13	<b>2:38:35</b>
58	28	Team Crompt/Ayoub/Willcox	TeamM	12	TeamM		0:31:03	0:35	1:17:50	0:25	16:19	16:29	16:02	0:48:50	<b>2:38:44</b>
59	158	Stacy Chase Wanamaker	F	7	F40-44	42 Fayetteville	0:35:30	2:46	1:16:08	1:39	14:15	13:58	14:31	0:42:44	<b>2:38:48</b>
60	67	Lynn Douglas	F	8	F45-49	48 Camillus	0:32:23	2:11	1:13:06	1:09	16:40	16:55	16:45	0:50:20	<b>2:39:10</b>
61	13	Team Kapes/Williams/Kapes	TeamF	3	TeamF		0:33:41	0:26	1:11:25	0:26	17:24	17:59	18:12	0:53:35	<b>2:39:33</b>
62	119	Carrie Ann Nevelidine	F	9	F35-39	39 Fayetteville	0:34:59	1:16	1:15:25	0:44	15:45	15:55	15:42	0:47:21	<b>2:39:45</b>
63	4	Team Bourgeois/Stabb/Healt	TeamF	4	TeamF		0:33:06	0:45	1:18:35	0:27	15:42	15:49	15:43	0:47:15	<b>2:40:08</b>
64	27	Team Donovan/Donovan/Donovan	TeamM	13	TeamM		0:23:45	0:29	1:16:54	0:29	18:54	20:05	20:05	0:59:03	<b>2:40:40</b>
65	11	Team Gibson/Dieteman/Fellows	TeamM	14	TeamM		0:33:40	0:43	1:17:01	0:20	14:54	17:02	17:03	0:49:00	<b>2:40:44</b>
66	100	Daniel Keefe	M	39	M45-49	49 Cincinnati	0:38:33	2:30	1:10:19	1:53	15:59	16:05	15:51	0:47:54	<b>2:41:10</b>
67	117	Kristin Mullaly	F	10	F30-34	29 Liverpool	0:33:08	0:57	1:10:11	0:39	18:30	19:00	19:18	0:56:47	<b>2:41:41</b>
68	89	Robert James Hadzor	M	40	M60OVER	60 Lafayette	0:36:32	2:18	1:11:52	1:28	16:35	16:41	16:30	0:49:46	<b>2:41:58</b>
69	99	Thomas Joslin	M	41	M30-39	31 Yorkville	0:37:22	3:46	1:17:15	1:00	14:15	14:12	14:25	0:42:51	<b>2:42:14</b>
70	144	Margaret Sheen	F	11	F40-44	41 Syracuse	0:36:09	1:28	1:12:48	1:42	16:33	16:59	17:26	0:50:58	<b>2:43:05</b>
71	34	Kurt Allen	M	42	M40-44	44 Blossvale	0:34:22	1:25	1:07:37	1:36	19:08	19:52	19:15	0:58:15	<b>2:43:14</b>
72	71	Chris Ellis	M	43	M45-49	48 Marcy	0:38:12	3:48	1:09:21	2:50	17:14	16:11	16:00	0:49:25	<b>2:43:35</b>
73	47	Lisa Broadhead	F	12	F30-34	32 Lorton	0:28:52	0:32	1:13:46	2:25	18:44	19:27	19:54	0:58:05	<b>2:43:40</b>
74	23	Team Tibbitts/Elsenbeck/VanDuren	TeamM	15	TeamM		0:42:19	0:32	1:10:35	0:26	16:01	17:09	17:03	0:50:12	<b>2:44:05</b>
75	56	Tricia Cicero	F	13	F35-39	39 Fairport	0:32:13	1:20	1:16:22	1:03	17:51	17:54	17:37	0:53:22	<b>2:44:20</b>
76	142	Vincent Schmidt	M	44	M45-49	46 Syracuse	0:29:45	3:00	1:19:27	0:47	17:04	17:30	17:35	0:52:09	<b>2:45:07</b>
77	159	Bill Wiley	M	45	M50-59	54 Sherrill	0:32:15	3:12	1:14:07	2:34	17:04	17:39	18:21	0:53:04	<b>2:45:13</b>
78	9	Team Finn-Sanzone/Jackson/Daniello	TeamF	5	TeamF		0:35:43	0:34	1:06:37	0:28	19:54	21:11	21:11	1:02:16	<b>2:45:39</b>
79	70	Mike Elleman	M	46	M40-44	41 New Hartford	0:42:46	2:11	1:18:54	2:09	13:47	13:27	13:12	0:40:26	<b>2:46:26</b>
80	97	Anna Hlywa	F	14	F35-39	37 Auburn	0:37:41	1:12	1:11:34	1:00	18:31	18:50	18:37	0:55:59	<b>2:47:25</b>
81	115	Kristen Marie Mucitelli-Heath	F	15	F30-34	34 North Syracuse	0:40:05	1:39	1:13:24	1:32	16:33	17:13	17:07	0:50:53	<b>2:47:33</b>
82	16	Team McAuliffe/McAuliffe/McAuliffe	TeamM	16	TeamM		0:33:25	0:27	1:23:54	0:27	16:56	16:40	16:11	0:49:48	<b>2:48:01</b>
83	12	Team Jekel/Mazza/Stankivitz	TeamM	17	TeamM		0:39:58	0:46	1:23:30	0:36	14:08	15:01	15:30	0:44:39	<b>2:49:29</b>
84	121	Kelly Ann Nugent	F	16	F35-39	35 Clinton	0:36:32	2:53	1:22:49	1:33	15:12	15:20	15:14	0:45:46	<b>2:49:33</b>
85	110	Carolyn Mathis	F	17	F40-44	41 Penfield	0:34:55	1:30	1:19:34	0:38	16:26	18:16	18:25	0:53:07	<b>2:49:45</b>
86	153	Michelle Valesey	F	18	F18-29	27 Philadelphia	0:35:49	2:00	1:18:15	2:24	16:47	17:06	17:35	0:51:28	<b>2:49:56</b>
87	15	Team LaPorte/Calogero/Boucher	TeamF	6	TeamF		0:40:07	0:35	1:26:52	0:20	13:49	14:17	14:25	0:42:31	<b>2:50:25</b>
88	120	Steve Noble	M	47	M18-29	20 Tully	0:32:08	3:11	1:22:09	0:38	17:34	17:38	17:21	0:52:33	<b>2:50:39</b>
89	91	Catherine Harter	F	19	F40-44	40 Holland Patent	0:32:04	2:06	1:20:00	1:49	18:27	18:20	18:06	0:54:53	<b>2:50:53</b>
90	132	Lisa Pumilio	F	20	F35-39	37 Ilion	0:40:28	1:33	1:14:51	1:35	17:11	17:26	18:06	0:52:44	<b>2:51:12</b>
91	6	Team Connors/Raux/Ryan	TeamF	7	TeamF		0:36:53	0:32	1:20:38	0:22	17:59	17:49	17:25	0:53:13	<b>2:51:38</b>
92	74	Sean Douglas Ervin	M	48	M18-29	18 Rome	0:36:47	2:07	1:17:23	2:22	17:05	16:26	20:07	0:53:39	<b>2:52:18</b>
93	130	John W. Potasiewicz	M	49	M18-29	18 Cold Brook	0:42:45	2:55	1:15:34	1:54	17:22	16:05	15:42	0:49:10	<b>2:52:18</b>
94	58	Eileen Clinton	F	21	F50-59	52 Syracuse	0:37:50	1:33	1:18:13	1:01	17:33	17:59	18:29	0:54:01	<b>2:52:38</b>
95	14	Team Kyler/DeBraccio/Brych	TeamM	18	TeamM		0:34:18	0:34	1:16:56	10:28	17:14	17:19	17:25	0:51:58	<b>2:54:13</b>
96	83	Cara Goldberg	F	22	F18-29	27 Syracuse	0:39:50	2:04	1:20:29	0:42	16:46	17:09	17:21	0:51:16	<b>2:54:21</b>
97	84	Andrea Goodfreand-Brown	F	23	F40-44	40 Manlius	0:37:53	1:25	1:15:30	1:19	18:14	19:36	20:49	0:58:39	<b>2:54:46</b>
98	38	Robert Forrester Ash	M	50	M18-29	18 Utica	0:42:45	2:02	1:22:31	0:52	16:04	15:42	14:57	0:46:42	<b>2:54:52</b>
99	170	Kim Kluge-Spencer	F	24	F40-44	41	0:37:58	1:48	1:19:32	1:54	17:59	18:32	18:12	0:54:43	<b>2:55:55</b>
100	143	Joseph J. Shayka	M	51	M45-49	46 Syracuse	0:45:07	2:24	1:20:15	2:02	15:41	15:58	15:46	0:47:25	<b>2:57:13</b>
101	133	Kathleen Rainbow	F	25	F35-39	39 Onieda	0:29:14	2:19	1:18:51	2:01	19:34	21:41	23:38	1:04:52	<b>2:57:17</b>
102	156	Aileen Viel	F	26	F18-29	29 Whitesboro	0:35:31	2:34	1:21:17	1:11	17:54	19:04	19:48	0:56:46	<b>2:57:20</b>
103	141	Angela Marie Schachte	F	27	F35-39	35 Rome	0:37:55	2:08	1:22:04	1:22	18:31	17:52	17:34	0:53:57	<b>2:57:26</b>
104	131	James B Potocki	M	52	M45-49	46 Fayetteville	0:24:22	4:28	1:20:20	2:30	21:05	22:05	22:40	1:05:50	<b>2:57:30</b>
105	21	Team Sharp/Sherwood/Campagna	TeamF	8	TeamF		0:32:50	0:34	1:23:35	0:26	20:16	20:37	21:04	1:01:58	<b>2:59:24</b>
106	44	Julie Biviano	F	28	F40-44	43 Cazenovia	0:42:52	1:32	1:20:15	0:31	18:37	18:09	17:47	0:54:33	<b>2:59:43</b>
107	19	Team Rowe/Pfranger/Jensen	TeamM	19	TeamM		0:52:25	0:25	1:03:48	0:22	19:21	22:06	22:35	1:04:03	<b>3:01:04</b>
108	128	Margaret Perkins	F	29	F50-59	55 Tully	0:42:58	2:09	1:19:16	1:11	18:09	18:32	18:52	0:55:33	<b>3:01:07</b>
109	162	Joanna Young	F	30	F30-34	32 Fulton	0:39:00	1:45	1:19:48	1:46	19:10	19:45	20:03	0:58:58	<b>3:01:16</b>
110	105	Jason Livingston	M	53	M30-39	31 Rome	0:42:26	4:06	1:22:55	0:46	15:46	17:10	18:15	0:51:11	<b>3:01:25</b>
111	82	Michael Gasperek	M	54	M50-59	51 Jordan	0:41:18	3:58	1:14:49	1:47	20:02	21:05	20:02	1:01:09	<b>3:03:01</b>
112	39	Anne Austin	F	31	F50-59	51 Syracuse	0:34:56	2:57	1:20:12	2:50	22:14	20:14	19:41	1:02:09	<b>3:03:04</b>
113	104	Julie Leonard	F	32	F40-44	42 Canandaigua	0:40:08	1:56	1:22:34	1:00	19:09	19:19	19:01	0:57:30	<b>3:03:08</b>

