



Sodus Point Triathlon
Sunday, August 12th 2012 - Sodus Point Park
Timed And Produced By YellowJacket Racing
203 Total Finishers (65 Female, 138 Male)



Pos	Bib	Firstname	Lastname	Gender	Class	Ages	City State	SwimTm	T1Tm	BikeTm	T2Tm	RunTm	TotalTm
1	71	Michael	Hoffman	M	Overall Male	25	Rochester NY	0:08:59.238	0:01:02.009	0:33:25.736	0:00:19.455	0:18:16.499	1:02:02.937
2	115	George	Newsome	M	M35-39	39	Palmyra NY	0:11:02.263	0:00:43.999	0:32:48.801	0:00:30.619	0:18:16.381	1:03:22.063
3	191	Andy	Wooding	M	M40-44	41	North Chili NY	0:10:44.172	0:00:38.983	0:36:24.026	0:00:28.442	0:18:59.873	1:07:15.496
4	34	Garrette	Demko	M	M35-39	38	Webster NY	0:10:31.505	0:00:30.762	0:35:09.438	0:00:43.292	0:20:21.056	1:07:16.053
5	57	Bill	Gensheimer	M	M30-34	31	Rochester NY	0:10:45.132	0:01:34.383	0:34:09.103	0:00:30.124	0:20:41.317	1:07:40.059
6	36	Brad	DePoint	M	M30-34	30	Fulton NY	0:12:30.807	0:01:00.132	0:34:25.533	0:00:42.454	0:19:13.287	1:07:52.213
7	58	Dan	Giblin	M	M50-54	50	Rochester NY	0:13:56.873	0:00:37.358	0:34:26.267	0:00:31.881	0:18:33.210	1:08:05.589
8	189	Harvey	Williams	M	M25-29	25	Pittsford NY	0:12:44.899	0:01:08.962	0:34:10.346	0:00:35.470	0:19:47.956	1:08:27.633
9	81	Matthew	Kellman	M	M45-49	48	Penfield NY	0:12:43.659	0:00:57.133	0:34:34.888	0:00:36.728	0:19:39.195	1:08:31.603
10	19	Ronan	Cahill	M	M25-29	26	Rochester NY	0:11:12.009	0:02:39.788	0:35:48.286	0:00:56.952	0:18:39.965	1:09:17.000
11	116	Sarah	Newsome	F	Overall Female	38	Palmyra NY	0:11:53.728	0:01:16.013	0:35:51.943	0:01:00.862	0:20:08.943	1:10:11.489
12	86	Brian	Lane	M	M40-44	40	Rochester NY	0:11:42.901	0:01:06.839	0:35:55.246	0:00:53.277	0:21:11.376	1:10:49.639
13	171	Al	Tricomi	M	M40-44	40	Canandaigua NY	0:11:28.761	0:00:45.286	0:37:01.977	0:01:00.364	0:20:35.524	1:10:51.912
14	120	Christopher	Oaks	M	M25-29	28	Walworth NY	0:09:43.294	0:01:25.484	0:37:50.829	0:00:44.264	0:22:07.479	1:11:51.350
15	103	Jim	McLaughlin	M	M40-44	43	Fairport NY	0:15:06.989	0:00:52.080	0:34:28.469	0:00:29.968	0:21:16.874	1:12:14.380
16	107	Wayne	Mulhair	M	M40-44	44	Rochester NY	0:11:39.473	0:01:38.041	0:35:47.807	0:00:56.521	0:23:03.100	1:13:04.942
17	65	Darren	Gutberlet	M	M45-49	45	Ontario NY	0:13:42.574	0:01:12.531	0:35:52.072	0:00:46.632	0:21:52.763	1:13:26.572
18	250	David	Lefebure	M	M25-29	27	Canandaigua NY	0:12:30.677	0:01:01.699	0:38:07.602	0:00:26.846	0:21:32.945	1:13:39.769
19	185	Paul	Wheeler	M	M20-24	23	Rochester NY	0:12:41.007	0:01:36.685	0:39:09.495	0:00:39.682	0:19:39.840	1:13:46.709
20	68	Alan	Hatch	M	M35-39	37	Pittsford NY	0:14:25.073	0:01:23.239	0:36:32.290	0:00:33.514	0:20:56.259	1:13:50.375
21	82	Jay	Keyes	M	M35-39	36	Rochester NY	0:13:06.191	0:01:03.891	0:36:54.277	0:00:33.437	0:22:15.517	1:13:53.313
22	141	Edward	Schmidlin	M	M50-54	50	Corning NY	0:12:17.102	0:01:35.294	0:37:08.810	0:01:22.943	0:21:32.867	1:13:57.016
23	44	Michael	Dunn	M	M55-59	56	Rochester NY	0:13:03.364	0:01:07.030	0:36:41.311	0:00:47.510	0:23:04.511	1:14:43.726
24	10	Michael	Baxter	M	M55-59	57	Webster NY	0:13:27.147	0:01:20.806	0:36:38.650	0:00:30.746	0:23:14.309	1:15:11.658
25	49	Douglas	Fien	M	M50-54	54	Fairport NY	0:12:41.875	0:01:37.024	0:37:55.419	0:00:42.302	0:22:19.909	1:15:16.529
26	139	Jordan	Ruff	M	M20-24	24	Batavia NY	0:12:18.643	0:01:05.629	0:37:23.271	0:00:42.243	0:23:50.468	1:15:20.254
27	73	Austin	Iovoli	M	M19Under	19	Victor NY	0:14:04.674	0:01:37.257	0:40:23.212	0:00:49.703	0:18:28.141	1:15:22.987
28	17	Matt	Buffan	M	M30-34	32	Rochester NY	0:12:44.386	0:01:31.772	0:38:24.048	0:01:04.330	0:21:42.176	1:15:26.712
29	135	Brian	Reh	M	M35-39	39	Victor NY	0:13:49.622	0:00:46.026	0:37:10.791	0:00:30.279	0:23:18.780	1:15:35.498
30	37	Christina	deVries	F	F30-34	32	Rochester NY	0:11:23.710	0:01:15.426	0:41:38.394	0:00:28.044	0:20:54.253	1:15:39.827
31	112	David	Natarelli	M	M45-49	45	Victor NY	0:12:44.407	0:01:43.742	0:37:17.640	0:00:54.556	0:23:09.181	1:15:49.526
32	149	Jim	Simko	M	M40-44	42	Camillus NY	0:11:43.249	0:00:50.009	0:38:13.011	0:00:55.265	0:24:27.366	1:16:08.900
33	180	Peter	Voorhees	M	M40-44	42	Dryden NY	0:13:39.825	0:02:12.492	0:37:01.400	0:01:01.879	0:22:16.387	1:16:11.983
34	118	James	Nonkes	M	M30-34	34	Rochester NY	0:14:04.005	0:01:33.965	0:36:08.817	0:00:58.055	0:23:42.844	1:16:27.686
35	119	Bryan	Norcott	M	M25-29	29	Ontario NY	0:13:57.565	0:01:21.704	0:37:22.050	0:00:54.041	0:23:00.703	1:16:36.063
36	179	Amy	Voorhees	F	F40-44	43	Dryden NY	0:14:15.592	0:01:13.226	0:38:38.819	0:00:32.013	0:22:06.937	1:16:46.587



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37	134	Robert	Rees	M	M60-64	64	Almond NY	0:15:05.179	0:01:14.197	0:37:02.218	0:00:56.409	0:22:41.302	1:16:59.305
38	199	Jeff	Chester	M	M45-49	47	Rochester NY	0:12:20.341	0:02:38.323	0:38:38.688	0:01:13.843	0:22:30.108	1:17:21.303
39	3	Bryan	Adams	M	M25-29	28	Rochester NY	0:16:46.839	0:01:11.829	0:38:12.596	0:00:29.249	0:20:49.226	1:17:29.739
40	63	Louis	Guilfoil III	M	M35-39	37	Fairport NY	0:13:08.499	0:00:53.679	0:38:02.940	0:00:39.257	0:24:47.703	1:17:32.078
41	137	Aaron	Richardson	M	M35-39	37	Rochester NY	0:12:42.451	0:01:24.054	0:37:10.823	0:01:07.267	0:25:22.691	1:17:47.286
42	16	Paul	Buckner	M	M25-29	29	Rochester NY	0:11:48.183	0:01:55.227	0:39:56.881	0:01:03.805	0:23:12.094	1:17:56.190
43	102	Malcolm	McGuire	M	M20-24	23	Spencerport NY	0:16:51.432	0:01:45.262	0:36:58.690	0:01:01.097	0:21:25.618	1:18:02.099
44	218	Chris	Skelton	M	M25-29	28	Oakfield NY	0:12:25.866	0:01:10.643	0:39:49.297	0:00:46.445	0:23:52.731	1:18:04.982
45	214	John	Muoio	M	M35-39	35	Rochester NY	0:14:20.105	0:02:27.212	0:38:57.152	0:01:08.596	0:21:32.248	1:18:25.313
46	6	Pamela	Ayers	F	F35-39	36	Rochester NY	0:14:25.370	0:01:44.483	0:41:01.871	0:00:47.414	0:21:05.555	1:19:04.693
47	46	Paul	Erickson	M	M45-49	46	Honeoye NY	0:13:41.968	0:01:12.054	0:38:53.248	0:01:00.244	0:24:30.642	1:19:18.156
48	12	Peter	Bettis	M	M55-59	55	Skaneateles NY	0:14:55.682	0:00:54.343	0:39:02.071	0:00:44.606	0:23:50.193	1:19:26.895
49	42	Jim	Dolan	M	M60-64	60	Webster NY	0:13:52.894	0:01:08.424	0:40:39.311	0:00:41.003	0:23:19.367	1:19:40.999
50	104	Tim	McNulty	M	M30-34	31	Rochester NY	0:13:30.372	0:02:55.303	0:39:46.721	0:01:41.581	0:22:12.524	1:20:06.501
51	55	Kimberly	Galek	F	F40-44	42	Williamson NY	0:13:10.722	0:01:01.866	0:40:26.013	0:00:47.482	0:24:41.565	1:20:07.648
52	96	Daniel	Mahoney	M	M40-44	42	Savannah NY	0:13:44.840	0:01:20.943	0:38:18.621	0:00:45.296	0:26:07.537	1:20:17.237
53	51	John	Fowler	M	M35-39	36	North Rose NY	0:15:29.077	0:01:43.172	0:39:46.161	0:00:56.297	0:22:22.869	1:20:17.576
54	161	Ryan	Stoltzfus	M	M20-24	23	Palmyra NY	0:11:44.453	0:01:49.433	0:41:49.606	0:00:53.143	0:24:04.237	1:20:20.872
55	208	Jason	Grube	M	M25-29	25	Evans Mills NJ	0:14:47.198	0:01:09.397	0:40:25.604	0:00:40.830	0:23:18.984	1:20:22.013
56	246	Kevin	Wynne	M	M45-49	46	Webster NY	0:14:12.891	0:00:51.736	0:38:22.933	0:00:48.606	0:26:07.429	1:20:23.595
57	195	Gabe	Zajia	M	M45-49	45	Spencerport NY	0:14:27.142	0:01:46.449	0:39:20.296	0:01:10.286	0:23:55.230	1:20:39.403
58	249	Karin	Kellman	F	F45-49	45	Penfield NY	0:13:47.369	0:01:10.235	0:41:15.093	0:00:47.780	0:23:48.863	1:20:49.340
59	156	Shane	Stadtmueller	M	M20-24	21		0:14:01.416	0:01:46.145	0:42:18.488	0:00:25.644	0:22:19.529	1:20:51.222
60	136	Steven	Reiss	M	M25-29	26	Spencerport NY	0:14:24.842	0:01:45.685	0:42:13.810	0:00:49.114	0:21:50.334	1:21:03.785
61	144	David	Seconi	M	M55-59	59	Rochester NY	0:13:49.214	0:01:21.313	0:36:57.730	0:01:21.746	0:27:49.246	1:21:19.249
62	5	Glen	Austin	M	M50-54	51	Bloomfield NY	0:14:18.540	0:01:01.828	0:41:13.477	0:00:54.692	0:23:56.671	1:21:25.208
63	93	Ted	Lorenz	M	M45-49	47	Penn Valley PA	0:15:32.515	0:01:46.238	0:41:07.495	0:01:35.370	0:21:26.891	1:21:28.509
64	130	Steve	Poliszuk	M	M25-29	28	Webster NY	0:14:03.407	0:01:27.466	0:41:45.226	0:00:46.978	0:23:48.452	1:21:51.529
65	8	Joe	Bartlett	M	M40-44	41	Solvay NY	0:15:00.864	0:02:27.425	0:38:48.504	0:00:48.718	0:25:24.592	1:22:30.103
66	41	Zachary	Dix	M	M19Under	19	Palmyra NY	0:11:40.382	0:01:39.451	0:45:26.888	0:00:36.203	0:23:16.079	1:22:39.003
67	193	Daniel	Yawman	M	M40-44	41	Rochester NY	0:13:56.978	0:01:28.742	0:41:32.400	0:00:48.815	0:25:06.636	1:22:53.571
68	190	Amy	Wooding	F	F40-44	43	North Chili NY	0:10:59.832	0:01:13.301	0:42:39.459	0:00:52.701	0:27:29.142	1:23:14.435
69	66	Dudley	Hallstead	M	M50-54	53	Canandaigua NY	0:12:00.531	0:00:54.162	0:41:22.274	0:01:18.885	0:27:41.108	1:23:16.960
70	84	Stacie	Lamont	F	F50-54	51	Pittsford NY	0:14:33.438	0:02:38.128	0:41:25.124	0:01:23.225	0:23:34.544	1:23:34.459
71	169	Jared	Teal	M	M25-29	27	Buffalo NY	0:16:17.209	0:01:09.670	0:41:29.379	0:00:46.042	0:24:03.566	1:23:45.866
72	202	Jonathan	Dangelo	M	M30-34	32	Rochester NY	0:16:09.260	0:02:11.305	0:39:41.885	0:00:51.878	0:24:53.857	1:23:48.185
73	74	Louis	Iovoli	M	M45-49	47	Victor NY	0:15:20.061	0:02:24.495	0:42:31.509	0:00:30.786	0:23:19.386	1:24:06.237



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74	48	Thomas Ernst	M	M19Under	16	Pittsford NY	0:12:52.887	0:03:51.373	0:43:34.780	0:03:54.492	0:19:58.552	1:24:12.084
75	59	Greg Glaser	M	M30-34	34	Walworth NY	0:12:48.525	0:01:16.839	0:40:43.117	0:00:59.184	0:28:30.224	1:24:17.889
76	186	Dan White	M	M19Under	17	Chenango Forks NY	0:13:13.032	0:04:01.874	0:44:32.628	0:01:30.845	0:21:07.959	1:24:26.338
77	15	Ryan Brockway	M	M25-29	26	Bath NY	0:14:21.939	0:01:42.366	0:42:18.381	0:01:08.548	0:24:56.607	1:24:27.841
78	30	Daniel Curtin	M	M40-44	41	Cohocton NY	0:13:57.241	0:01:00.626	0:42:06.658	0:00:55.844	0:26:31.454	1:24:31.823
79	85	Beth Lancer	F	F40-44	41	Syracuse NY	0:13:49.676	0:01:06.604	0:42:40.343	0:00:45.968	0:26:28.772	1:24:51.363
80	54	Julie Furness	F	F45-49	46	Auburn NY	0:14:04.072	0:00:50.934	0:42:31.465	0:00:53.855	0:26:50.790	1:25:11.116
81	203	Patrick Decker	M	M20-24	23		0:19:09.736	0:01:40.851	0:41:55.823	0:00:34.808	0:21:54.085	1:25:15.303
82	75	Kerry James	M	M55-59	55	Bloomfield NY	0:13:25.949	0:02:07.018	0:44:46.330	0:00:47.765	0:24:13.707	1:25:20.769
83	163	Nichole Sturm	F	F19Under	19	Palmyra NY	0:12:57.652	0:01:55.312	0:43:41.774	0:01:12.045	0:25:34.583	1:25:21.366
84	108	Mike Mullane	M	M45-49	49	Fairport NY	0:15:42.042	0:01:39.987	0:42:08.125	0:01:08.780	0:24:54.274	1:25:33.208
85	111	Kirsten Nagel	F	F25-29	29	Rochester NY	0:15:37.448	0:02:24.236	0:44:24.340	0:00:38.765	0:22:49.445	1:25:54.234
86	221	Lara Spiegel	F	F20-24	22	Spencerport NY	0:11:36.055	0:02:37.357	0:46:51.168	0:00:34.053	0:24:16.301	1:25:54.934
87	79	Bill Joram	M	M45-49	49	Williamson NY	0:17:10.607	0:02:11.723	0:40:15.581	0:01:27.681	0:25:10.962	1:26:16.554
88	217	Kyle Podlaski	M	M19Under	15	Rochester NY	0:11:05.132	0:02:20.965	0:47:13.505	0:00:34.065	0:25:15.883	1:26:29.550
89	204	Craig Dennstedt	M	M30-34	32	North Chili NY	0:14:22.682	0:01:45.273	0:43:26.376	0:00:28.774	0:26:27.797	1:26:30.902
90	97	Emily Malkin	F	F25-29	29	Brighton MA	0:15:36.075	0:02:12.599	0:43:07.711	0:00:41.515	0:24:56.405	1:26:34.305
91	121	Gretchen ODea	F	F30-34	34	Ontario NY	0:13:37.043	0:04:19.614	0:41:54.627	0:02:32.090	0:24:16.859	1:26:40.233
92	61	Meghan Glassmacher	F	F25-29	27	Rochester NY	0:11:29.561	0:02:27.253	0:45:46.888	0:00:40.464	0:26:28.275	1:26:52.441
93	60	Rae Glaser	F	F30-34	30	Walworth NY	0:15:17.525	0:01:11.584	0:43:17.514	0:00:51.394	0:26:36.183	1:27:14.200
94	187	Brendan Wiley	M	M35-39	37	Rochester NY	0:14:20.934	0:02:24.944	0:45:29.773	0:00:58.732	0:24:07.280	1:27:21.663
95	33	Harry DeLahunta	M	M50-54	53	Newark NY	0:13:31.294	0:01:31.167	0:44:57.395	0:01:19.665	0:26:02.869	1:27:22.390
96	209	Michael Leonardi	M	M45-49	45	Hilton NY	0:15:54.536	0:01:16.867	0:43:11.045	0:00:23.627	0:26:47.099	1:27:33.174
97	181	Karen Walker	F	F45-49	47	Sodus NY	0:15:18.934	0:01:06.995	0:43:47.320	0:00:27.436	0:27:01.752	1:27:42.437
98	95	Andy Luke	M	M19Under	16	Williamson NY	0:14:36.686	0:02:56.863	0:47:24.820	0:00:29.754	0:22:27.062	1:27:55.185
99	201	Thomas Crilly	M	M50-54	50	Rochester NY	0:15:50.812	0:02:02.673	0:42:41.523	0:01:13.590	0:26:13.362	1:28:01.960
100	143	Jon Schoenmaker	M	M60-64	62	Honeoye Falls NY	0:18:33.022	0:01:50.325	0:41:00.804	0:00:51.891	0:25:47.015	1:28:03.057
101	220	James Spiegel	M	M50-54	53	Spencerport NY	0:15:55.597	0:02:27.614	0:41:03.922	0:00:41.003	0:28:23.008	1:28:31.144
102	7	Stephanie P. Barbero	F	F45-49	48	Fairport NY	0:19:00.865	0:00:49.943	0:42:30.743	0:00:35.541	0:25:55.398	1:28:52.490
103	43	David Drushler	M	M40-44	43	Williamson NY	0:14:16.325	0:02:21.907	0:42:11.605	0:00:57.888	0:29:11.804	1:28:59.529
104	13	Joanne Bradt	F	F45-49	48	Victor NY	0:16:41.896	0:01:32.856	0:45:31.675	0:00:54.150	0:24:23.018	1:29:03.595
105	89	Steven Levitsky	M	M45-49	45	Rochester NY	0:19:24.427	0:02:22.724	0:43:14.660	0:01:26.819	0:22:40.625	1:29:09.255
106	64	Todd Gunther	M	M40-44	42	Penfield NY	0:13:55.355	0:01:54.580	0:44:46.952	0:01:03.852	0:27:33.865	1:29:14.604
107	160	Randy Stewart	M	M45-49	49	North Rose NY	0:17:58.404	0:01:42.551	0:43:51.711	0:01:27.782	0:24:40.201	1:29:40.649
108	114	Daniel Newman	M	M20-24	24	Rochester NY	0:16:16.675	0:02:44.906	0:41:42.905	0:01:09.486	0:27:54.510	1:29:48.482
109	222	Joe Wesley	M	M50-54	50	Rochester NY	0:16:21.988	0:02:13.285	0:44:55.030	0:01:11.152	0:25:15.893	1:29:57.348
110	88	Kimberly Levitsky	F	F45-49	46	Rochester NY	0:17:16.615	0:01:37.000	0:41:42.452	0:01:23.964	0:28:02.514	1:30:02.545



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111	23	Alex	Ciopyk	M	M19Under	19	Clyde NY	0:10:46.725	0:03:02.909	0:46:40.779	0:00:41.286	0:29:07.892	1:30:19.591
112	52	Marcia	Fowler	F	F35-39	35	North Rose NY	0:17:03.001	0:02:06.675	0:43:41.497	0:01:04.927	0:26:24.606	1:30:20.706
113	35	Sarah	DePeters	F	F30-34	32	Rochester NY	0:14:36.615	0:02:10.721	0:44:37.047	0:01:19.886	0:27:41.055	1:30:25.324
114	83	Tiina	Kriisa-Leo	F	F55-59	55	Rochester NY	0:15:21.307	0:01:23.683	0:44:38.681	0:00:22.405	0:28:46.287	1:30:32.363
115	87	Chris	Levey	M	M45-49	47	East Rochester NY	0:17:51.197	0:03:01.591	0:45:19.828	0:01:21.761	0:23:12.959	1:30:47.336
116	178	Alan	Verbridge	M	M50-54	54	Williamson NY	0:15:27.048	0:02:08.963	0:44:02.728	0:00:46.311	0:28:52.876	1:31:17.926
117	27	Timothy	Cromwell	M	M25-29	26	Rochester NY	0:16:49.582	0:03:02.348	0:53:12.631	0:01:55.749	0:16:30.415	1:31:30.725
118	223	Gordy	Whitaker	M	M50-54	51	Hamlin NY	0:14:50.332	0:02:41.268	0:42:38.414	0:00:42.997	0:30:57.193	1:31:50.204
119	147	Bridget	Shumway	F	F55-59	57	Rochester NY	0:17:08.778	0:02:08.579	0:44:25.804	0:01:23.072	0:26:45.944	1:31:52.177
120	45	Dennis	Enser	M	M40-44	43	Webster NY	0:14:01.910	0:02:04.229	0:44:11.179	0:01:17.912	0:30:26.418	1:32:01.648
121	207	Annette	Grape	F	F50-54	51	Rochester NY	0:13:13.039	0:02:38.692	0:47:04.922	0:00:36.133	0:28:51.094	1:32:23.880
122	98	Ralph	Manchester	M	M55-59	59	Rochester NY	0:16:37.766	0:04:35.962	0:42:11.909	0:01:41.221	0:27:19.064	1:32:25.922
123	212	Christina	Mclyman	F	F45-49	45	Rochester NY	0:14:37.109	0:02:05.751	0:48:26.381	0:01:26.445	0:25:53.795	1:32:29.481
124	226	Thomas	Butler	M	M45-49	48	Rochester NY	0:14:39.754	0:02:33.129	0:43:52.817	0:01:13.660	0:30:20.851	1:32:40.211
125	216	Jim	O Shea	M	M40-44	43	Rochester NY	0:17:21.956	0:02:26.149	0:45:52.136	0:00:50.750	0:26:13.273	1:32:44.264
126	126	Timothy	Peterson	M	M50-54	52	Avoca NY	0:17:02.191	0:01:46.258	0:46:15.978	0:01:06.921	0:26:47.535	1:32:58.883
127	127	Jason	Pignagrande	M	M30-34	34	Pittsford NY	0:18:47.475	0:02:54.229	0:46:11.079	0:01:23.780	0:23:48.929	1:33:05.492
128	150	Caitlin	Smith	F	F19Under	15	Milton MA	0:16:14.287	0:02:00.379	0:49:46.361	0:00:32.958	0:24:31.644	1:33:05.629
129	167	Nick	Tagliarino	M	M35-39	37	Pittsford NY	0:12:36.637	0:03:06.577	0:46:09.957	0:01:21.072	0:29:52.382	1:33:06.625
130	80	Jake	Kehoe	M	M19Under	18	Lyons NY	0:15:59.137	0:03:12.763	0:52:10.645	0:00:37.822	0:22:09.983	1:34:10.350
131	47	Andy	Ernst	M	M50-54	50	Pittsford NY	0:14:34.142	0:03:03.789	0:47:59.540	0:00:49.363	0:27:48.430	1:34:15.264
132	69	Shaun	Hayes	M	M30-34	33	Rochester NY	0:16:45.459	0:01:46.822	0:46:51.616	0:01:17.987	0:27:45.536	1:34:27.420
133	155	Shania	Sonneville	F	F35-39	36	Walworth NY	0:17:17.912	0:02:11.672	0:46:47.871	0:00:49.954	0:27:30.666	1:34:38.075
134	32	Alison	D Angelo	F	F20-24	24		0:15:54.091	0:02:29.120	0:48:32.970	0:00:47.766	0:27:05.480	1:34:49.427
135	129	Jeremy	Poliszuk	M	M20-24	21	Wbster NY	0:16:21.092	0:02:01.031	0:47:26.123	0:00:38.197	0:28:55.862	1:35:22.305
136	99	Zsuzsanna	Marchl	F	F40-44	40	Rochester NY	0:15:19.863	0:01:48.177	0:47:02.814	0:00:33.981	0:30:38.651	1:35:23.486
137	50	Nicki	Fink	F	F40-44	40	Warsaw NY	0:15:16.151	0:02:01.607	0:46:27.141	0:00:50.756	0:31:09.357	1:35:45.012
138	200	Brian	Coffey	M	M35-39	38	Long Beach NY	0:15:42.396	0:03:57.149	0:45:34.284	0:01:24.162	0:29:10.014	1:35:48.005
139	164	Lori	Swift	F	F25-29	27	Spencerport NY	0:16:25.459	0:01:46.013	0:49:49.541	0:00:30.896	0:27:32.335	1:36:04.244
140	56	Luis	Garcia	M	M50-54	50		0:19:03.877	0:02:39.850	0:45:10.992	0:00:45.369	0:28:36.430	1:36:16.518
141	92	Sandra	Lonneville	F	F40-44	41	Marion NY	0:13:59.630	0:01:47.163	0:48:23.173	0:00:28.999	0:31:39.069	1:36:18.034
142	94	Teagan	Lukacs	F	F20-24	23	Sdomerville MA	0:15:34.037	0:02:45.115	0:53:03.456	0:00:46.572	0:24:29.427	1:36:38.607
143	159	Kendra	Stewart	F	F19Under	18	North Rose NY	0:13:07.280	0:02:29.153	0:51:36.407	0:00:50.702	0:29:33.839	1:37:37.381
144	172	John	Turner	M	M60-64	62	Baldwinsville NY	0:21:10.690	0:02:59.423	0:45:20.775	0:01:51.027	0:26:26.899	1:37:48.814
145	152	Ed	Smith	M	M40-44	42	Milton MA	0:19:03.495	0:03:10.625	0:51:59.168	0:00:53.693	0:22:43.651	1:37:50.632
146	215	Joan	Nelson	F	F20-24	23	Brockport NY	0:14:33.984	0:01:47.293	0:53:25.741	0:00:45.698	0:27:23.397	1:37:56.113
147	140	Eivind	Rynning	M	M65-69	69	Portland ME	0:15:52.220	0:01:47.916	0:44:46.788	0:01:41.804	0:34:01.138	1:38:09.866



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148	210	Adam	Louise	M	M19Under	11	Jamesville NY	0:18:06.166	0:02:21.217	0:51:09.051	0:00:32.666	0:26:08.625	1:38:17.725
149	248	Sam	Consitt	M	M19Under	16	Webster NY	0:14:37.053	0:03:04.484	0:46:58.022	0:00:46.969	0:33:19.385	1:38:45.913
150	205	Brian	Ferries	M	M50-54	53	Brockport NY	0:14:31.007	0:03:17.703	0:48:35.989	0:01:32.396	0:31:09.398	1:39:06.493
151	31	Robert	Dalton	M	M50-54	51	Rochester NY	0:19:19.394	0:03:08.320	0:50:12.785	0:00:40.238	0:26:29.569	1:39:50.306
152	40	Scott	Dix	M	M45-49	48	Palmyra NY	0:18:01.997	0:02:59.415	0:47:05.010	0:00:36.465	0:31:14.732	1:39:57.619
153	39	Amanda	Dingman	F	F40-44	41	West Henrietta NY	0:19:53.604	0:02:32.318	0:47:53.622	0:00:46.278	0:29:45.115	1:40:50.937
154	25	Martin	Cox	M	M50-54	52	Sodus NY	0:18:49.486	0:02:50.608	0:51:16.325	0:00:41.502	0:27:13.469	1:40:51.390
155	20	Kaila	Cardwell	F	F19Under	18	Webster NY	0:15:21.251	0:03:00.010	0:45:50.328	0:00:36.656	0:36:09.992	1:40:58.237
156	70	Kevin	Hickey	M	M30-34	30	Penfield NY	0:17:49.678	0:03:55.788	0:47:17.847	0:00:52.122	0:31:46.236	1:41:41.671
157	165	Peter	Swift	M	M40-44	44	Chittenango NY	0:19:18.712	0:03:34.060	0:51:03.450	0:01:02.631	0:27:09.606	1:42:08.459
158	174	Norman	Van Voorhis	M	M45-49	47	Pittsford NY	0:18:40.276	0:02:49.792	0:52:13.468	0:02:04.688	0:26:23.997	1:42:12.221
159	151	Cathy	Smith	F	F40-44	43	Milton MA	0:23:25.572	0:03:33.885	0:48:25.637	0:00:39.662	0:26:13.445	1:42:18.201
160	4	Julie	Auberger	F	F45-49	48	Churchville NY	0:20:16.194	0:02:27.618	0:50:10.175	0:01:00.552	0:28:42.608	1:42:37.147
161	173	Karen	Uber	F	F25-29	25	Rochester NY	0:19:23.410	0:02:27.778	0:44:57.266	0:01:41.494	0:34:35.939	1:43:05.887
162	22	Chris	Cimini	M	M30-34	30	Rochester NY	0:17:08.482	0:02:36.862	0:49:32.354	0:01:10.735	0:33:27.683	1:43:56.116
163	175	Jeff	VanHoover	M	M40-44	42	Williamson NY	0:15:47.884	0:03:39.355	0:51:51.301	0:02:33.022	0:30:19.501	1:44:11.063
164	2	Tammy	Abbe	F	F40-44	44	Rochester NY	0:25:54.048	0:02:34.313	0:48:11.140	0:00:45.500	0:26:53.174	1:44:18.175
165	131	Michael	Powell	M	M19Under	18	Macedon NY	0:14:22.056	0:02:57.842	0:57:24.018	0:00:59.981	0:28:52.214	1:44:36.111
166	109	Katie	Muratore	F	F25-29	29	Rochester NY	0:14:49.814	0:02:37.330	0:54:14.371	0:00:46.000	0:32:08.923	1:44:36.438
167	11	Jocelyn	Bender	F	F19Under	19	Webster NY	0:17:44.572	0:02:46.856	0:54:26.331	0:00:51.350	0:30:35.564	1:46:24.673
168	28	Scott	Crum	M	M19Under	16	Webster NY	0:20:08.026	0:02:03.314	0:52:06.204	0:00:52.645	0:31:42.602	1:46:52.791
169	170	Joe	Testa	M	M65-69	65	Canandaigua NY	0:19:58.658	0:03:05.456	0:52:59.590	0:01:41.846	0:30:02.565	1:47:48.115
170	53	Lynn	Fuller	M	M65-69	65	Canandaigua NY	0:16:26.926	0:02:01.145	0:48:25.991	0:01:01.477	0:40:25.083	1:48:20.622
171	67	Yvonne	Hallstead	F	F45-49	45	Canandaigua NY	0:18:05.510	0:02:31.286	0:50:49.208	0:01:47.334	0:35:10.544	1:48:23.882
172	26	Kara	Crandall	F	F25-29	29	Canandaigua NY	0:15:28.330	0:05:10.141	0:50:50.289	0:01:44.898	0:35:10.226	1:48:23.884
173	158	Sydney	Steele	F	F25-29	29	Rochester NY	0:18:09.472	0:03:05.599	0:51:02.566	0:01:29.458	0:35:21.557	1:49:08.652
174	182	Truman	Walker	M	M19Under	16	Sodus NY	0:19:36.277	0:03:26.068	0:49:46.586	0:00:40.355	0:37:01.864	1:50:31.150
175	219	Samantha	Southall	F	F35-39	35	Batavia NY	0:17:19.571	0:01:41.273	0:57:11.056	0:00:39.003	0:33:44.717	1:50:35.620
176	227	Kristi	Sergeant	F	F45-49	45	Marion NY	0:23:17.014	0:03:06.364	0:51:13.619	0:00:40.065	0:32:28.721	1:50:45.783
177	76	Michael	Jankowski	M	M45-49	45	Walworth NY	0:21:33.647	0:03:19.796	0:48:44.046	0:01:05.628	0:37:05.955	1:51:49.072
178	62	Lenore	Goetz	F	F40-44	41	Pittsford NY	0:18:51.840	0:03:03.820	0:51:09.361	0:00:48.134	0:38:08.036	1:52:01.191
179	247	Peter	Consitt	M	M50-54	53	Webster NY	0:19:35.705	0:05:49.104	0:53:30.918	0:00:47.633	0:32:36.977	1:52:20.337
180	110	Casey	Murphy	M	M45-49	46	East Rochester NY	0:23:24.669	0:02:55.613	0:50:06.257	0:01:26.237	0:34:32.071	1:52:24.847
181	72	Amber	Imburgia	F	F20-24	23	Rochester NY	0:13:32.316	0:02:39.537	1:01:09.585	0:00:59.018	0:35:10.520	1:53:30.976
182	101	Chris	McCarthy	M	M45-49	45	Rochester NY	0:25:57.752	0:02:16.755	0:49:56.969	0:00:29.106	0:35:05.728	1:53:46.310
183	9	Duane	Basch	M	M50-54	53	Honeoye Falls NY	0:24:31.626	0:02:45.112	0:48:55.665	0:00:51.574	0:36:42.977	1:53:46.954
184	197	Ellen	Boettrich	F	F60-64	62	Hilton NY	0:20:13.900	0:01:56.982	0:54:51.340	0:01:14.150	0:35:46.029	1:54:02.401



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185	142	Brian	Schmitt	M	M35-39	39	Sodus Point NY	0:19:13.861	0:02:29.254	0:51:51.435	0:01:31.377	0:39:44.000	1:54:49.927
186	184	Erin	Wanek	F	F35-39	36	North Rose NY	0:17:02.709	0:02:11.701	0:58:21.031	0:00:42.141	0:36:45.826	1:55:03.408
187	148	Cheri	Sidoti	F	F40-44	40	Walworth NY	0:17:41.705	0:02:58.663	0:54:53.685	0:01:27.894	0:38:53.057	1:55:55.004
188	154	Pam	Smith	F	F25-29	26	Rochester NY	0:16:42.769		1:06:03.425		0:33:30.823	1:56:17.017
189	122	Kelly	OMalley	F	F25-29	28	Ontario NY	0:13:50.841	0:03:09.925	1:01:31.768	0:01:21.753	0:36:41.627	1:56:35.914
190	138	Gabriella	Rood	F	F45-49	48	Scottsville NY	0:24:15.502	0:02:58.691	0:53:13.725	0:02:11.222	0:34:34.117	1:57:13.257
191	176	Katrina	VanHoover	F	F40-44	41	Williamson NY	0:21:53.081	0:02:52.846	0:59:12.863	0:00:46.811	0:34:29.742	1:59:15.343
192	90	John	Liberty	M	M50-54	53	Webster NY	0:15:29.372	0:04:20.065	0:56:04.435	0:03:02.141	0:40:30.666	1:59:26.679
193	206	Amy	Gillett	F	F40-44	41	Brockport NY	0:24:42.427	0:02:09.192	0:58:09.210	0:00:54.001	0:33:49.282	1:59:44.112
194	157	Peter	Steele	M	M20-24	22	Rochester NY	0:15:31.064	0:01:53.301	1:05:57.317	0:04:27.994	0:33:40.438	2:01:30.114
195	125	Douglas	Parker	M	M50-54	54	Conesus NY	0:24:37.163	0:03:16.289	0:54:35.602	0:02:12.483	0:38:12.613	2:02:54.150
196	132	Janine	Quinlan	F	F55-59	56	Sodus Point NY	0:21:05.744	0:03:23.996	1:01:04.739	0:02:12.454	0:35:39.975	2:03:26.908
197	100	Gordon	Martin	M	M70-74	71	North Rose NY	0:20:44.269	0:04:46.720	0:57:50.576	0:02:23.163	0:42:49.260	2:08:33.988
198	183	Sandy	Wallace	F	F55-59	58	Beaver Dams NY	0:23:38.944	0:02:12.504	1:03:39.651	0:02:44.046	0:40:14.205	2:12:29.350
199	162	Deborah	Storrings	F	F55-59	55	Syracuse NY	0:27:12.254	0:02:59.234	1:10:23.038	0:01:10.646	0:49:43.749	2:31:28.921
200	224	Joseph	Wzorek	M	M25-29	28	Bayonne NJ	0:19:33.833	0:07:00.388	1:26:55.311	0:02:40.621	0:48:45.755	2:44:55.908
201	198	Laura	Brenon	F	F25-29	27	Brownville NY	0:24:34.745	0:06:59.480	1:26:56.184	0:02:38.433	0:48:47.284	2:49:56.126
202	117	Benjamin	Nieman	M	M35-39	38	Barneveld NY	0:34:17.306	0:03:55.435	1:24:40.078	0:01:26.891	1:07:31.700	3:11:51.410
203	14	Sarah	Brenon	F	F30-34	30	Boonville NY	0:24:37.052	0:06:49.428	1:36:24.312	0:01:27.632	1:07:32.837	3:16:51.261
DNF	18	Matthew	Burnett	M	M30-34	30	Syracuse NY	0:18:27.288	0:02:56.557	1:05:25.682	0:02:57.771		
DQ	213	Stephen	McNally	M	M30-34	32	Rochester NY	0:16:18.125	0:02:59.563	0:48:13.368	0:00:47.340	0:25:53.671	1:34:12.067
DQ	153	Jerry	Smith	M	M50-54	52	Rochester NY	0:16:22.281	0:03:53.273	1:02:36.725	0:02:59.012	0:42:07.156	2:07:58.447