

**Henderson Harbor Duathlon**  
**Saturday July 12, 2008**                      **Henderson Harbor, NY**  
**37 Finishers (12 Female, 21 Male, 4 Team)**  
**Timed by YellowJacket Racing**

Pos	Bib	Name	Gender	Class	Age	Run #1	T1	Bike	T2	Run #2	Total
Overall Female											
	1 441	Joan Scibetta	F	Overall Female	44	13:45	01:08	0:47:19	00:45	15:03	1:18:00
	2 455	Donna O'Byrne	F	Overall Female	43	15:18	00:36	0:52:03	00:35	16:21	1:24:53
	3 450	Mary Stack	F	Overall Female	42	14:58	01:25	0:51:42	01:10	16:12	1:25:27
Overall Male											
	1 443	Brad Argentine	M	Overall Male	22	10:58	00:37	0:42:20	00:36	11:48	1:06:20
	2 425	Paul Ashbarry	M	Overall Male	47	12:08	00:43	0:40:01	00:35	13:28	1:06:56
	3 426	Martin Coffey	M	Overall Male	39	12:43	00:29	0:41:08	00:37	15:41	1:10:38
Overall Team											
	1 453	Team Foster		Overall Team	30	15:19	00:42	0:47:34	00:28	17:03	1:21:05
F25-29											
	1 449	Lara Greczyn	F	F25-29	27	15:38	01:48	0:53:13	01:21	17:32	1:29:32
	2 438	Marissa Paquin	F	F25-29	29	15:34	01:19	0:58:41	00:36	16:41	1:32:51
	3 445	Lindsay Wilson	F	F25-29	28	19:17	02:55	1:05:42	03:07	22:12	1:53:13
F30-34											
	1 460	Courtney Brunet	F	F30-34	33	17:46	1:05:00	0:00:53	00:00:53	20:14	1:43:53
F40-44											
	1 458	Hillary Ryan-Rusch	F	F40-44	44	15:23	01:08	0:55:24	00:58	16:14	1:29:07
	2 436	Ellen Card	F	F40-44	44	18:40	00:59	0:53:03	00:49	33:29	1:46:59
	3 447	Kristen Walker	F	F40-44	40	22:09	02:05	1:18:51	01:33	27:35	2:12:13
F45UP											
	1 437	Joy Covey	F	F45UP	45	16:52	01:16	0:52:01	01:18	19:32	1:30:59
M19UNDER											
	1 454	Steve Fritton	M	M19UNDER	17	12:09	01:09	0:46:34	01:06	13:16	1:14:14
M20-24											
	1 451	Dustin Gillenwater	M	M20-24	23	13:29	01:08	0:48:12	00:51	16:23	1:20:03
	2 444	Matthew Sadlik	M	M20-24	23	17:36	01:52	52:36		21:03	1:33:08

M25-29											
	1	431 Anthony Netto	M	M25-29	27	13:34	00:43	0:47:09	00:45	15:32	1:17:43
	2	448 Matthew Chase	M	M25-29	28	15:38	01:47	0:53:15	01:32	17:20	1:29:32
M30-34											
	1	429 Jeffrey Gleason	M	M30-34	32	14:51	00:41	0:55:39	00:39	17:37	1:29:27
M35-39											
	1	435 Nicholas Bakula	M	M35-39	38	13:15	00:54	0:44:14	00:47	16:43	1:15:52
	2	432 Todd Rogers	M	M35-39	37	13:13	00:42	0:48:17	00:55	14:01	1:17:08
	3	430 Brian Lantier	M	M35-39	36	16:09	01:13	0:48:02	01:08	18:31	1:25:03
M40-44											
	1	434 Robert Swizdor	M	M40-44	42	13:26	00:55	0:41:44	00:33	14:14	1:10:53
	2	446 James Walker	M	M40-44	40	22:09	02:06	1:18:49	01:34	27:36	2:12:13
M45-49											
	1	427 Mike Covey	M	M45-49	46	13:40	01:20	0:46:54	01:36	16:08	1:19:38
	2	459 Tom Hartz	M	M45-49	46	17:17	01:59	0:51:58	01:55	18:25	1:31:33
	3	461 Jon Flood	M	M45-49	46	17:22	01:53	0:56:36	01:26	18:39	1:35:56
	4	442 Jon Roberts	M	M45-49	48	14:37	00:45	0:51:39	00:41	34:53	1:42:35
M50-54											
	1	452 Ron Nelson	M	M50-54	52	13:31	00:41	0:45:42	00:49	15:18	1:16:01
M55UP											
	1	456 Peter Dawson	M	M55UP	63	17:40	00:53	1:01:02	00:32	17:54	1:38:00
	2	462 Dan Rodwell	M	M55UP	56	17:58	01:04	1:03:21	00:41	20:21	1:43:26
	3	457 Douglass Sebver	M	M55UP	55	18:02	02:37	1:01:09	02:59	19:36	1:44:23
TEAM 0-35											
	1	463 Team Holden-Betts		TEAM 0-35	34	14:36	00:36	0:51:01	00:37	28:19	1:35:08
	2	440 Team Crause		TEAM 0-35	33	18:06	00:42	1:01:00	00:31	19:57	1:40:15
	3	439 Team C & C		TEAM 0-35	33	17:25	00:51	1:11:28	00:37	18:22	1:48:44