

Henderson Harbor Duathlon
Saturday, July 11th Henderson Harbor, NY
Timed by YellowJacket Racing
Total Finishers - 29 (Male - 17, Female - 7, Team - 5)

Pos	Bib	Fullname	Gender	Class	Age	City	Run1Tm	T1Tm	BikeTm	T2Tm	RunTm	TotalTm
Overall Male												
1	431	Robert Swizdor	M	Overall Male	43	Jamesville	13:36	00:51	0:43:22	00:40	13:53	1:12:22
Overall Female												
1	426	Joan Scibetta	F	Overall Female	45	Brewerton	14:30	01:00	0:50:14	00:53	15:09	1:21:46
F20-29												
1	436	Daisy Nolder	F	F20-29	26	Fayetteville	15:59	01:13	0:57:33	01:17	16:30	1:32:32
F30-39												
1	447	Kimberlee Meriwether	F	F30-39	34	Pheonix	15:22	01:11	0:52:49	01:03	15:56	1:26:22
2	440	Jennifer Rutledge	F	F30-39	30	Watertown	18:25	00:48	0:59:52	00:38	20:42	1:40:24
F40-49												
1	427	Kristen Walker	F	F40-49	41	Baldwinsville	18:55	01:52	0:58:51	02:31	19:22	1:41:32
2	435	Kristine Allen	F	F40-49	43	Blossvale	18:36	01:55	1:03:38	01:38	20:14	1:46:01
3	445	Audrey Sargent	F	F40-49	47	Watertown	22:08	01:54	1:02:13	02:14	24:02	1:52:31
M20-29												
1	470	Anthony Netto	M	M20-29	28	Watertown	14:27	00:42	0:48:54	00:41	14:03	1:18:47
2	448	William Pitt	M	M20-29	29	Watertown	14:12	01:25	0:49:23	01:01	15:05	1:21:06
3	469	Matt Sadlik	M	M20-29	23	Kernersville	15:11	01:21	0:47:28	01:19	20:18	1:25:37
M30-39												
1	429	Jim Knight	M	M30-39	39	Liverpool	14:17	01:58	0:50:16	01:30	14:40	1:22:42
2	430	Scott Gregory	M	M30-39	37	Liverpool	15:49	01:17	0:49:35	01:00	16:12	1:23:52
3	428	Scott Wright	M	M30-39	32	Ogdensburg	16:24	00:59	0:49:29	01:07	17:25	1:25:23
4	434	Brian Lantier	M	M30-39	37	Clayton	15:46	01:04	0:52:44	00:51	16:46	1:27:11
5	439	Brian Jones	M	M30-39	38	Clayton	17:35	00:51	0:54:24	00:37	20:33	1:33:59
M40-49												
1	446	Mike VanWormer	M	M40-49	40	Watertown	14:13	01:07	0:49:44	01:01	14:43	1:20:49
2	449	Ross Maniaci	M	M40-49	46	N Syracuse	16:57	00:57	0:59:26	00:53	18:36	1:36:49
3	432	James Walker	M	M40-49	41	Baldwinsville	18:55	01:53	0:58:49	02:32	19:23	1:41:32
4	444	John McNeely	M	M40-49	41	Carthage	22:07	01:53	1:00:57	03:34	23:59	1:52:31
M50+												

1	438 Ron Nelson	M	M50+	53	Oswego	13:50	01:08	0:47:21	01:11	15:39	1:19:08
2	441 Will Luke	M	M50+	53	Baldwinsville	14:34	00:44	0:49:50	00:36	15:02	1:20:46
3	433 Scott Reinhart	M	M50+	52	Jamesville	14:52	01:04	0:48:12	01:19	15:46	1:21:13
4	443 Dan Rockwell	M	M50+	57	Sackets Harbor	20:37	01:00	1:02:36	01:01	21:39	1:46:53

Team

1	482 Paul/Cody Foster Foster, III	Team	Team	31	Fulton	14:33	00:33	0:47:07	00:28	15:03	1:17:44
2	484 Curtis/John Welcher/Stepien	Team	Team			14:18	00:33	0:52:13	00:24	14:52	1:22:20
3	481 Mike/Debbie Peterson Covey	Team	Team	46	Mannsville	20:59	00:33	0:45:36	00:31	21:58	1:29:37
4	486 Corey/Nick Moynihan/Conrad	Team	Team			14:13	00:33	1:01:25	00:51	13:33	1:30:34
5	480 Deb/ Sara Curinga Thomas	Team	Team	49	Adams	19:14	00:40	1:11:42	00:36	18:07	1:50:20