

Henderson Harbor Triathlon
Saturday, July 11th Henderson Harbor, NY
Timed by YellowJacket Racing
Total Finishers - 99 (Male - 59, Female - 29, Team - 11)

Pos	Bib	Fullname	Gender	Class	Age	City	SwimTm	T1Tm	BikeTm	T2Tm	RunTm	TotalTm
Overall Male												
	1	207 Travis Kuhl	M	Overall Male	34	Lowville	09:44		0:38:32	00:35	23:10	1:12:01
Overall Female												
	1	221 Julie Rosa	F	Overall Female	34	LaFayette	10:30		0:43:40	00:35	28:42	1:23:26
F20-24												
	1	154 Rachel McKinney	F	F20-24	20	Westernville	11:54	03:22	1:16:17	00:41	46:47	2:19:01
F25-29												
	1	238 Amanda Coblenz	F	F25-29	26	Sackets Harbor	13:25	02:20	0:51:26	01:26	36:15	1:44:52
	2	240 Lara Chase	F	F25-29	28	Watertown	13:36	02:34	0:57:59	01:23	37:22	1:52:54
	3	235 Monica Smith	F	F25-29	29	La Fargeville	20:26	03:12	0:54:55	01:16	44:48	2:04:37
F30-34												
	1	155 Emily Maor	F	F30-34	34	Baldwinsville	14:18	01:25	0:49:58	00:47	33:08	1:39:36
	2	156 Carla York-Zimmerman	F	F30-34	34	Fort Drum	14:50	01:32	0:50:54	00:53	35:00	1:43:08
	3	213 Jennifer Sweet	F	F30-34	34	Rochester	16:38	02:23	0:51:17	00:56	32:24	1:43:39
	4	185 Courtney Brunet	F	F30-34	34	Sackets Harbor	17:23	01:49	0:57:45	00:44	37:29	1:55:10
	5	201 Debbie Muller	F	F30-34	30	Baldwinsville	19:47	03:59	1:00:57	00:34	56:16	2:21:34
F35-39												
	1	186 Martha Burla	F	F35-39	36	Hilton	12:41	02:43	0:55:35	00:44	32:50	1:44:33
	2	450 Kim Kelley	F	F35-39	37	Katorah	16:16	03:27	0:52:37	01:30	31:31	1:45:21
	3	233 Anne Marie Logan	F	F35-39	39	Skaneateles	16:26	02:01	0:51:39	01:34	37:42	1:49:22
	4	248 Virginia Desens	F	F35-39	35	Williamson	17:13	01:46	0:54:27	01:20	35:57	1:50:42
	5	180 MaryMargaret Burns	F	F35-39	39	Syracuse	18:39	02:32	0:57:27	01:03	34:17	1:53:59
	6	228 Danielle Lundy	F	F35-39	35	Carthage	13:38	03:53	0:57:10	01:19	39:40	1:55:39
	7	250 Sheryl Foan	F	F35-39	39	Copenhagen	29:11	03:28	1:04:10	01:22	40:45	2:18:56
F40-44												
	1	187 Maryjo Swizdor	F	F40-44	44	Jamesville	13:59	01:50	0:46:35	01:08	29:59	1:33:31
	2	157 Ann Marie Lozito	F	F40-44	42	Syracuse	09:16		0:50:10	00:55	34:11	1:34:30
	3	214 Leah Palmiter	F	F40-44	40	Laconia	16:49	02:56	0:57:39	02:09	38:49	1:58:22
	4	212 Kathy McKinney	F	F40-44	43	Westernville	12:50	03:08	1:06:21	01:03	42:18	2:05:40
	5	198 Christine Andrews	F	F40-44	40	Spencerport	14:52	02:23	1:08:29	00:52	57:14	2:23:50
F45-49												
	1	158 Mary Jo Kiggins	F	F45-49	45	Syracuse	14:02	02:44	0:54:15	02:03	36:58	1:50:02
	2	159 Kristin Zado	F	F45-49	47	Homer	14:58	03:20	0:56:20	01:49	34:35	1:51:02
	3	225 Debbie Vanderpool	F	F45-49	49		13:23	01:54	0:51:01	01:13	44:10	1:51:41
	4	188 Joy Covey	F	F45-49	46	Mannsville	18:21	02:18	0:55:55	01:39	35:26	1:53:39
	5	381 Julie McKenna	F	F45-49	45	Evergreen	14:09	02:45	1:04:24	01:10	39:26	2:01:54
	6	234 Denise Moore	F	F45-49	49	Watertown	20:04	03:47	0:52:50	01:23	46:54	2:04:58
F50-54												
	1	160 Betsy Nicol	F	F50-54	50	Copenhagen	12:25	01:24	0:51:07	00:31	30:59	1:36:25
M0-19												
	1	190 Kelsey Brady	M	M0-19	15	Carthage	09:32		0:43:57	00:39	26:44	1:20:53
	2	247 Jordan Hoffman	M	M0-19	15	Watertown	14:09	01:42	0:45:38	01:30	29:03	1:32:02

	1	164	Dennis Moriarty	M	M50-54	52	Webster	10:13	0:41:57	00:35	25:14	1:17:59	
	2	177	Michael Baxter	M	M50-54	54	Webster	10:59	0:46:13	01:06	30:27	1:28:45	
	3	219	Paul Smarsh	M	M50-54	50	North Chili	12:46	02:28	0:47:06	01:21	29:40	1:33:20
	4	175	Steven Plante	M	M50-54	53	Fayetteville	12:14	02:09	0:45:43	01:03	32:41	1:33:50
	5	223	Doug Luke	M	M50-54	54	Cicero	12:21	02:08	0:44:08	01:38	34:11	1:34:25
	6	239	David Kalt	M	M50-54	52	Freeville	13:15	01:49	0:49:10	00:58	31:10	1:36:21
	7	229	Ed McDonald	M	M50-54	52	Chittenango	14:22	02:35	0:49:49	01:37	29:16	1:37:39
	8	242	Jim Finnerty	M	M50-54	51	Watertown	12:54	02:18	0:47:06	01:21	34:34	1:38:13
	9	176	James Scordo	M	M50-54	51	Watertown	15:33	02:25	0:51:53	00:34	33:06	1:43:31
M55+													
	1	231	Tim Reardon	M	M55+	60	Watertown	10:28	0:45:18	00:57	28:05	1:24:47	
	2	206	Rick Konvicka	M	M55+	57	Fayetteville	14:42	02:14	0:48:30	01:26	33:45	1:40:36
	3	195	John Turner	M	M55+	59	Baldwinsville	19:50	03:15	0:53:04	01:23	34:30	1:52:01
	4	182	Pawlicki Dennis	M	M55+	56	Adams Center	15:19	04:27	1:00:27	00:51	34:10	1:55:14
T0-29													
	1	370	Lauren/Steven/Nathan Jamieson/Fritton/Traynor	Team	T0-29			12:25	00:29	0:44:17	00:23	22:32	1:20:07
	2	369	Ronald/Timothy/Mike Ranalli/Youngs/Desormeau	Team	T0-29			16:59	00:42	1:06:27	00:34	30:05	1:54:47
	3	368	Cory/Nick/Ryan Cooley/Perry/Loy	Team	T0-29		Evans Mills	19:19	00:34	1:03:30	00:22	34:43	1:58:27
	4	365	Emily/Luke Bush/Baily Ditch Morehouse	Team	T0-29	16	Henderson Harbor	14:36	00:26	1:01:53	00:30	41:32	1:58:58
T30-49													
	1	483	Mark/Danielle Gebo/George Emrich Rutledge	Team	T30-49	34	Watertown	11:34	00:28	0:45:55	00:25	28:13	1:26:35
	2	362	Marcia/Tim/Mike Stolicker Baldwin	Team	T30-49	44	Liverpool	14:00	00:41	0:52:31	00:31	32:16	1:39:59
	3	366	Mike/Dan Kent/Justin Dalaba Keating	Team	T30-49	33	Henderson Harbor	12:17	00:37	0:59:47	00:22	31:19	1:44:22
	4	364	Michael, Rachel Warriner Palmiter	Team	T30-49	39	Laconia	14:08	00:39	0:54:59	01:01	35:36	1:46:22
	5	367	Rickhi/Gabrielle Santangelo/Jesse Roshia Seemungal	Team	T30-49	34	Black River	13:51	00:44	0:55:11	00:29	38:05	1:48:21
	6	361	Pam/Dan/Chris Read Bailey	Team	T30-49	44	Olean	18:00	00:39	1:01:49	00:28	34:15	1:55:10
T50+													
	1	363	Ray/Lori Peters/Peter Hardwick Kimball	Team	T50+	58	Chaumont	11:23	00:35	0:58:34	00:28	26:38	1:37:38