

Delta Lakes Triathlon - Intermediate Distance
Sunday, July 31st, 2011 - Delta Lakes State Park, NY
Timed by YellowJacket Racing
188 Total Finishers (68 Female, 101 Male, 19 Teams)

Pos	Bib	Fullname	Sex	Age	Class	M/F Place	City	Swim	Run	T1	Bike	T2	Lap1	Lap2	Lap3	Total
1	110	Mark Villwock	M	29	Overall Male	1	Grand Blanc	0:21:10	0:00:38	0:01:12	0:56:38	0:00:48	0:11:54	0:11:20	0:11:19	1:54:59
2	275	Team Hartwell/Jardin/Demers	Team	T	Team	1		0:18:07	0:00:32	0:00:26	0:59:19	0:00:22	0:12:49	0:12:59	0:12:19	1:56:53
3	292	Team Evans/Bandel/Stevens	Team	T	Team	2		0:20:08	0:00:37	0:00:24	1:01:46	0:00:19	0:11:29	0:11:23	0:11:18	1:57:24
4	163	Thomas McGee	M	54	Overall Male	2	Ottawa	0:20:09	0:00:45	0:01:00	0:58:33	0:00:42	0:13:00	0:12:34	0:12:42	1:59:25
5	132	James Eagen	M	41	Overall Male	3	Syracuse	0:23:34	0:00:41	0:01:15	0:56:49	0:00:44	0:13:17	0:12:35	0:12:23	2:01:19
6	3	Randy Hadzor	M	25	Overall Male	4	Lafayette	0:27:18	0:00:35	0:01:01	0:58:55	0:00:38	0:11:58	0:11:04	0:10:52	2:02:21
7	190	Jennie Hansen	F	??	Overall Female	1		0:24:27	0:00:40	0:01:07	0:59:58	0:00:53	0:12:24	0:11:51	0:11:49	2:03:07
8	116	Craig Dean	M	37	M35-39	5	Portland	0:24:10	0:00:38	0:00:30	1:01:28	0:00:49	0:12:08	0:11:43	0:11:55	2:03:21
9	23	Brian Emelson	M	46	M45-49	6	Rochester	0:21:15	0:00:42	0:00:52	1:01:56	0:00:38	0:13:07	0:12:45	0:12:38	2:03:53
10	162	Dennis Moriarty	M	54	M50-54	7	Webster	0:21:30	0:00:42	0:00:53	1:00:52	0:00:44	0:13:41	0:13:03	0:13:04	2:04:29
11	179	Justin Weiler	M	32	M30-34	8	Whitesboro	0:26:51	0:00:37	0:01:07	0:59:39	0:00:39	0:12:25	0:11:56	0:11:37	2:04:51
12	106	Zev Myerowitz	M	27	M25-29	9	Seneca Falls	0:21:52	0:00:49	0:00:53	1:00:19	0:01:02	0:14:07	0:13:39	0:13:26	2:06:07
13	134	Jason Schreer	M	42	M40-44	10	Potsdam	0:25:33	0:00:44	0:00:57	0:59:52	0:01:06	0:13:09	0:12:55	0:12:21	2:06:37
14	54	Kristin Marvin	F	35	Overall Female	2	Ottawa	0:22:46	0:00:46	0:01:10	1:01:23	0:00:44	0:14:21	0:13:46	0:13:37	2:08:33
15	19	Joe Hatfield	M	35	M35-39	11	Oneida	0:22:21	0:00:42	0:01:04	1:04:06	0:00:48	0:13:28	0:12:59	0:13:07	2:08:36
16	181	Jeffrey Lucy	M	27	M25-29	12	Watertown	0:23:57	0:00:48	0:00:59	1:03:32	0:00:45	0:13:12	0:12:51	0:12:42	2:08:45
17	156	Onno Oerlemans	M	49	M45-49	13	Clinton	0:21:51	0:00:45	0:01:14	1:02:45	0:00:54	0:14:32	0:13:29	0:13:22	2:08:52
18	111	Eric Hinman	M	30	M30-34	14	Syracuse	0:27:00	0:00:41	0:01:25	0:59:56	0:00:56	0:13:03	0:13:13	0:13:19	2:09:33
19	102	Luke Laczak	M	26	M25-29	15	Harpursville	0:25:03	0:00:43	0:00:57	1:02:24	0:00:32	0:13:44	0:13:28	0:13:08	2:10:00
20	107	David Hansen	M	28	M25-29	16	Irondequoit	0:24:03	0:00:48	0:01:35	1:01:15	0:01:12	0:13:53	0:13:30	0:13:46	2:10:02
21	21	David Smith	M	42	M40-44	17	Coatesville	0:23:19	0:00:47	0:00:59	1:03:58	0:00:47	0:13:41	0:13:21	0:13:23	2:10:17
22	164	Kevin Penny	M	55	M55-59	18	Ottawa	0:20:48	0:00:44	0:01:21	1:05:52	0:00:44	0:14:15	0:13:45	0:13:48	2:11:18
23	137	Hans Fuller	M	43	M40-44	19	Manlius	0:24:02	0:00:48	0:01:17	1:03:54	0:00:54	0:14:40	0:13:53	0:13:32	2:13:01
24	191	Roxanne Wegman	F	24	Overall Female	3	West Point	0:26:11	0:00:41	0:00:42	1:06:04	0:00:44	0:13:35	0:12:38	0:12:33	2:13:10
25	26	Patrick Turley	M	48	M45-49	20	Syracuse	0:23:59	0:00:44	0:01:30	1:03:02	0:01:30	0:14:26	0:14:07	0:14:15	2:13:32
26	101	Eric Prilipp	M	24	M20-24	21	Liverpool	0:25:47	0:00:48	0:01:00	1:03:50	0:01:01	0:14:36	0:13:39	0:13:44	2:14:25
27	141	Douglas Carbino	M	44	M40-44	22	Elbridge	0:26:57	0:00:33	0:01:04	1:02:22	0:01:00	0:14:33	0:14:03	0:14:09	2:14:39
28	145	Joseph Gale	M	45	M45-49	23	Clinton	0:25:24	0:00:51	0:01:26	1:06:03	0:01:12	0:13:22	0:13:05	0:13:18	2:14:41
29	97	Chris Kimpel	M	22	M20-24	24	Fabius	0:27:19	0:00:33	0:01:50	1:07:14	0:00:49	0:12:38	0:12:20	0:12:16	2:14:59
30	284	Team Graves/Pruckno/Pruckno	Team	T	Team	3		0:26:36	0:00:51	0:00:43	1:06:25	0:00:30	0:13:06	0:13:24	0:13:30	2:15:04
31	192	Timothy Foxen	M	50	M50-54	25	New York City	0:22:18	0:00:46	0:01:19	1:07:57	0:01:00	0:13:58	0:14:07	0:13:56	2:15:22
32	1	Mary Eggers	F	37	F35-39	4	Henrietta	0:22:09	0:00:44	0:00:54	1:02:19	0:00:54	0:16:13	0:15:51	0:16:29	2:15:33
33	129	Kevin Bleau	M	40	M40-44	26	Milton	0:22:02	0:00:45	0:01:31	1:08:00	0:00:55	0:14:30	0:14:08	0:14:01	2:15:51
34	451	Ken Hammond	M	??	M Unknown	27		0:26:24	0:00:39	0:01:15	1:06:09	0:00:43	0:13:50	0:13:55	0:14:16	2:17:11
35	127	Chad McGlinn	M	40	M40-44	28	APO	0:27:49	0:00:49	0:01:21	1:00:50	0:01:47	0:15:48	0:14:52	0:14:00	2:17:15

36	146	Joe Thiel	M	45	M45-49	29	Liverpool	0:27:52	0:00:49	0:01:07	1:03:49	0:00:54	0:14:46	0:14:47	0:14:21	2:18:25
37	271	Team Aceti/Harding/Langlois	Team	T	Team	4		0:28:40	0:00:49	0:00:31	1:07:37	0:00:28		0:41:00		2:19:05
38	65	Reem Jishi	F	42	F40-44	5	Skaneateles	0:25:41	0:00:47	0:02:02	1:05:53	0:01:00	0:15:21	0:14:32	0:14:07	2:19:23
39	166	Michael Baxter	M	56	M55-59	30	Webster	0:23:45	0:01:05	0:00:58	1:05:36	0:01:47	0:15:41	0:15:01	0:15:31	2:19:24
40	159	Brendan Jackson	M	52	M50-54	31	Baldwinsville	0:28:19	0:00:41	0:01:23	1:06:09	0:01:06	0:14:06	0:13:53	0:14:02	2:19:39
41	5	Amanda Hatfield	F	32	F30-34	6	Oneida	0:27:51	0:00:50	0:01:01	1:08:30	0:00:56	0:14:16	0:13:38	0:13:34	2:20:36
42	31	John Evans	M	55	M55-59	32	Cicero	0:25:50	0:00:52	0:01:31	1:07:53	0:01:24	0:15:06	0:14:01	0:14:06	2:20:43
43	188	Peter Voorhees	M	??	M Unknown	33		0:25:56	0:00:51	0:02:29	1:07:09	0:01:03	0:14:47	0:14:19	0:14:11	2:20:44
44	177	Abby Delia	F	30	F30-34	7	Oswego	0:19:11	0:00:46	0:01:05	1:11:18	0:00:55	0:15:18	0:16:12	0:16:00	2:20:45
45	157	Howard Iseri	M	51	M50-54	34	Wellsboro	0:27:36	0:00:59	0:03:18	1:04:53	0:01:14	0:14:32	0:14:22	0:14:33	2:21:28
46	148	David Allen	M	45	M45-49	35	Pulaski	0:27:06	0:00:45	0:01:34	1:09:25	0:00:48	0:14:13	0:14:01	0:14:07	2:21:58
47	149	Timothy Kirch	M	46	M45-49	36	Glenville	0:26:36	0:00:53	0:01:49	1:04:17	0:01:04	0:16:15	0:15:46	0:15:36	2:22:16
48	194	Terry Habecker	M	64	M60-64	37	Ithaca	0:24:56	0:00:52	0:01:17	1:06:36	0:01:12	0:16:15	0:15:39	0:15:35	2:22:22
49	278	Team Baker/Baker/Baker	Team	T	Team	5		0:33:01	0:00:52	0:00:40	1:04:18	0:01:08	0:14:32	0:14:06	0:14:09	2:22:44
50	40	Stacey Cowan	F	27	F25-29	8	Syracuse	0:29:57	0:00:40	0:00:55	1:04:57	0:01:09	0:15:08	0:15:14	0:15:02	2:23:03
51	143	Jude Burke	M	44	M40-44	38	Baldwinsville	0:27:36	0:00:51	0:01:18	1:04:58	0:01:26	0:16:09	0:15:29	0:15:17	2:23:05
52	176	MJ Swizdor	F	46	F45-49	9	Jamesville	0:28:04	0:00:54	0:01:53	1:05:58	0:01:03	0:15:08	0:15:05	0:15:07	2:23:11
53	293	Team Mastraccio/Quattrociocci/Mastraccio	Team	T	Team	6		0:30:31	0:00:40	0:00:41	1:17:39	0:00:24	0:11:12	0:11:11	0:11:16	2:23:35
54	160	Steve St Clair	M	53	M50-54	39	Williamstown	0:31:35	0:00:50	0:01:59	1:05:11	0:00:57	0:14:55	0:14:17	0:13:58	2:23:43
55	115	Aaron Falkenmeyer	M	35	M35-39	40	Sherrill	0:27:20	0:00:44	0:01:47	1:08:53	0:00:58	0:15:03	0:14:40	0:14:20	2:23:46
56	27	Dennis Johnson	M	50	M50-54	41	Utica	0:29:08	0:01:00	0:02:35	1:06:10	0:01:13	0:15:04	0:14:28	0:14:15	2:23:54
57	70	Stacy Wanamaker	F	43	F40-44	10	Fayetteville	0:27:12	0:00:47	0:02:04	1:11:28	0:01:17	0:14:40	0:13:56	0:13:58	2:25:23
58	103	Mark Walczyk	M	26	M25-29	42	Brewerton	0:29:31	0:00:43	0:02:22	1:07:29	0:00:58	0:14:51	0:14:54	0:14:40	2:25:29
59	113	Thomas Joslin	M	32	M30-34	43	Yorkville	0:28:25	0:00:44	0:02:37	1:14:58	0:00:41	0:13:05	0:12:42	0:12:30	2:25:43
60	130	Jonathan Kelly	M	41	M40-44	44	Scarsdale	0:27:21	0:00:49	0:01:47	1:08:52	0:01:21	0:15:47	0:15:44	0:16:14	2:27:55
61	147	Michael Evolo	M	45	M45-49	45	Whitesboro	0:26:39	0:00:50	0:01:22	1:08:54	0:01:15	0:16:51	0:16:14	0:16:04	2:28:08
62	48	Gina Pauline	F	33	F30-34	11	Cicero	0:20:54	0:00:53	0:01:57	1:12:39	0:01:42	0:16:53	0:16:28	0:16:43	2:28:10
63	144	Michael Fitzgerald	M	44	M40-44	46	Oneida	0:27:06	0:00:49	0:02:49	1:08:51	0:02:18	0:15:12	0:15:33	0:16:06	2:28:43
64	189	Amy Voorhees	F	??	F Unknown	12		0:28:29	0:00:45	0:01:26	1:11:10	0:00:46	0:15:39	0:15:10	0:15:17	2:28:43
65	150	Dan Magee	M	46	M45-49	47	Manlius	0:30:44	0:00:56	0:02:01	1:09:41	0:01:12	0:15:22	0:15:02	0:15:56	2:30:55
66	33	Alan Warren	M	58	M55-59	48	Fulton	0:26:15	0:00:50	0:02:42	1:08:07	0:01:35	0:17:28	0:16:43	0:17:27	2:31:08
67	76	Karen Esposito	F	47	F45-49	13	Manlius	0:37:06	0:00:42	0:02:02	1:07:35	0:01:07	0:14:35	0:14:11	0:14:03	2:31:21
68	6	Janel Benson	F	33	F30-34	14	Manlius	0:30:05	0:00:55	0:01:35	1:09:28	0:00:57	0:16:13	0:16:11	0:16:24	2:31:48
69	118	Donnie DeMarco	M	37	M35-39	49	Vienna	0:31:11	0:00:50	0:01:26	1:09:58	0:01:48	0:15:54	0:15:28	0:15:28	2:32:03
70	64	Amy Burns	F	41	F40-44	15	Fayetteville	0:29:53	0:00:59	0:02:03	1:12:31	0:01:21	0:15:20	0:15:09	0:14:55	2:32:12
71	175	Bob Hadzor	M	61	M60-64	50	Lafayette	0:30:36	0:00:50	0:01:51	1:09:19	0:01:29	0:16:52	0:15:45	0:15:43	2:32:25
72	77	Diane Goode	F	48	F45-49	16	East Syracuse	0:04:21	0:18:04	0:01:04	1:15:14	0:01:25	0:18:02	0:17:14	0:17:02	2:32:26
73	184	Becky Roberts	F	34	F30-34	17	Rome	0:30:50	0:00:49	0:01:55	1:11:32	0:01:28	0:15:41	0:15:11	0:15:00	2:32:27
74	170	Steve McCormick	M	60	M60-64	51	Manlius	0:31:42	0:01:01	0:01:50	1:10:22	0:01:19	0:15:33	0:15:53	0:15:18	2:32:56
75	43	Kristin Mullally	F	30	F30-34	18	Liverpool	0:28:34	0:00:54	0:01:08	1:07:52	0:00:51	0:17:16	0:18:28	0:18:05	2:33:08
76	104	Adam Bergeron	M	26	M25-29	52	Johnson City	0:22:47	0:00:50	0:01:37	1:15:05	0:01:31	0:16:27	0:17:17	0:18:04	2:33:38

77	29	Voorhees David	M	54	M50-54	53	Liverpool	0:20:50	0:00:58	0:02:04	1:12:55	0:01:52	0:17:20	0:18:25	0:19:22	2:33:47
78	28	Patrick OConnor	M	51	M50-54	54	Syracuse	0:28:25	0:00:56	0:01:55	1:14:59	0:01:10	0:15:36	0:15:14	0:15:44	2:33:59
79	142	Brian Kelly	M	44	M40-44	55	Pleasantville	0:30:46	0:00:58	0:03:29	1:08:07	0:02:11	0:16:11	0:16:12	0:16:35	2:34:29
80	151	Joseph Shayka	M	47	M45-49	56	Syracuse	0:33:18	0:00:58	0:02:11	1:12:03	0:01:54	0:15:23	0:15:01	0:14:28	2:35:15
81	286	Team Amy/Allen/Orilio	Team	T	Team	7		0:30:18	0:00:48	0:00:49	1:21:03	0:00:26	0:14:08	0:14:06	0:13:57	2:35:35
82	32	Doug Luke	M	56	M55-59	57	Cicero	0:29:19	0:00:54	0:02:28	1:06:59	0:01:24	0:18:58	0:18:00	0:17:41	2:35:44
83	135	Michael Hausladen	M	43	M40-44	58	Fayetteville	0:27:44	0:00:57	0:02:57	1:07:24	0:01:57	0:18:27	0:18:33	0:18:01	2:36:00
84	11	Jill Wilde	F	44	F40-44	19	Fulton	0:30:26	0:00:51	0:01:37	1:11:30	0:00:58	0:16:54	0:16:45	0:17:08	2:36:09
85	41	Amanda Caiazza	F	28	F25-29	20	Watertown	0:27:58	0:00:53	0:02:02	1:13:33	0:01:41	0:16:04	0:16:47	0:17:29	2:36:25
86	24	Paul Ratazzi	M	46	M45-49	59	Rome	0:27:11	0:00:52	0:02:42	1:13:03	0:02:49	0:17:35	0:16:18	0:16:10	2:36:40
87	283	Team Jekel/Mazza/Wood	Team	T	Team	7		0:32:40	0:00:54	0:00:48	1:21:42	0:00:48	0:13:18	0:13:10	0:13:20	2:36:42
88	8	Hlywa Anna	F	39	F35-39	21	Auburn	0:30:04	0:00:50	0:01:18	1:10:55	0:01:05	0:17:50	0:17:43	0:17:10	2:36:55
89	58	Shelly Connors	F	37	F35-39	22	Auburn	0:33:59	0:00:42	0:01:38	1:15:20	0:00:56	0:14:26	0:14:13	0:15:42	2:36:56
90	186	John Bresnahan	M	46	M45-49	60	Ayer	0:28:36	0:00:49	0:03:30	1:15:01	0:03:11	0:15:28	0:15:13	0:15:10	2:36:59
91	25	Eric Adams	M	48	M45-49	61	Kensington	0:27:01	0:00:51	0:03:15	1:15:33	0:01:40	0:16:29	0:16:12	0:16:31	2:37:33
92	96	Charles Walck	M	22	M20-24	62	North Syracuse	0:27:58	0:00:48	0:01:52	1:11:38	0:01:09	0:17:24	0:18:10	0:18:55	2:37:53
93	86	Elizabeth St Clair	F	52	F50-54	23	Williamstown	0:27:56	0:00:49	0:02:36	1:18:39	0:01:03	0:15:56	0:15:32	0:15:25	2:37:55
94	49	Ann White	F	34	F30-34	24	Sarasota	0:25:08	0:00:50	0:01:08	1:12:45	0:01:33	0:19:40	0:18:48	0:18:15	2:38:08
95	42	Cara Goldberg	F	28	F25-29	25	Syracuse	0:29:48	0:00:47	0:02:05	1:16:21	0:01:21	0:15:47	0:15:59	0:16:05	2:38:13
96	69	Cherie Mars	F	42	F40-44	26	Arlington	0:17:26	0:00:51	0:02:59	1:20:40	0:01:34	0:18:55	0:17:56	0:18:39	2:38:59
97	22	Paul Kisiel	M	45	M45-49	63	New Hartford	0:28:52	0:00:55	0:02:35	1:11:25	0:01:42	0:17:13	0:18:04	0:18:15	2:39:00
98	12	Beth Foederer	F	45	F45-49	27	Fulton	0:35:50	0:00:51	0:02:14	1:14:40	0:01:25	0:15:17	0:14:37	0:14:27	2:39:21
99	93	Steve Noble	M	21	M20-24	64	Tully	0:25:57	0:00:49	0:03:51	1:10:31	0:01:27	0:17:44	0:18:58	0:20:11	2:39:28
100	182	Christopher Ellis	M	49	M45-49	65	Marcy	0:31:03	0:01:11	0:03:45	1:09:09	0:02:58	0:18:37	0:16:46	0:16:42	2:40:11
101	108	Frank Scalzo III	M	28	M25-29	66	R. Junction	0:27:19	0:00:43	0:04:37	1:11:47	0:02:04	0:18:54	0:17:58	0:17:04	2:40:25
102	30	Scott Rogers	M	54	M50-54	67	Syracuse	0:32:16	0:01:02	0:02:00	1:16:42	0:01:26	0:15:45	0:15:48	0:15:55	2:40:53
103	87	Eileen Clinton	F	53	F50-54	28	Syracuse	0:29:45	0:00:56	0:01:47	1:14:25	0:01:27	0:17:43	0:17:33	0:17:57	2:41:34
104	281	Team Phaneuf/Morgan/Masters	Team	T	Team	8		0:30:01	0:01:11	0:00:44	1:12:27	0:00:28	0:18:57	0:19:11	0:18:51	2:41:49
105	124	William Martone	M	39	M35-39	68	Syracuse	0:30:02	0:01:09	0:03:06	1:05:30	0:03:28	0:19:11	0:19:54	0:20:00	2:42:18
106	279	Team Murray/Murray/Morgan	Team	T	Team	9		0:32:54	0:00:57	0:00:36	1:12:57	0:00:31	0:18:03	0:17:57	0:18:36	2:42:32
107	128	Andrew Ruby	M	40	M40-44	69	Albany	0:29:50	0:00:47	0:02:23	1:15:23	0:01:46	0:17:40	0:18:00	0:17:10	2:42:58
108	174	John Sokolovic	M	37	M35-39	70	Manlius	0:28:50	0:00:51	0:02:45	1:16:35	0:02:33	0:16:48	0:17:01	0:17:59	2:43:22
109	126	Steve Tillman	M	40	M40-44	71	Cazenovia	0:31:59	0:00:55	0:01:46	1:07:55	0:02:07	0:18:58	0:19:19	0:20:49	2:43:49
110	119	Jake Nowakowski	M	38	M35-39	72	Syracuse	0:32:56	0:00:47	0:01:19	1:12:09	0:01:13	0:19:07	0:18:16	0:18:44	2:44:32
111	114	Brian Connery	M	35	M35-39	73	Utica	0:25:07	0:01:04	0:02:15	1:15:17	0:01:41	0:20:22	0:19:32	0:19:16	2:44:35
112	47	Joanna Young	F	33	F30-34	29	Fulton	0:31:44	0:00:55	0:01:38	1:19:21	0:01:41	0:16:41	0:16:17	0:16:34	2:44:51
113	274	Team Racket/Longo/Miller	Team	T	Team	10		0:34:55	0:00:55	0:00:37	1:14:27	0:00:35	0:16:37	0:18:07	0:18:48	2:45:01
114	282	Team Phaneuf/Wilcox/George	Team	T	Team	11		0:33:57	0:00:47	0:00:37	1:09:40	0:00:39	0:19:32	0:19:56	0:20:30	2:45:38
115	165	Jeff Perkins	M	54	M50-54	74	Tully	0:39:35	0:00:56	0:02:56	1:12:03	0:03:35	0:15:56	0:15:21	0:15:31	2:45:53
116	59	Lynne DiGennaro	F	38	F35-39	30	Chittenango	0:32:52	0:00:52	0:01:30	1:16:19	0:01:46	0:17:42	0:17:16	0:17:38	2:45:56
117	140	Brian Demarest	M	44	M40-44	75	Schenectady	0:35:58	0:01:00	0:02:16	1:13:55	0:01:43	0:17:51	0:17:15	0:16:03	2:46:02

118	136	Brian Phelps	M	43	M40-44	76	Fulton	0:32:49	0:01:02	0:02:27	1:08:41	0:01:16	0:19:40	0:20:05	0:20:17	2:46:18
119	270	Team Hackett/Hackett/Hackett	Team	T	Team	12		0:34:50	0:00:46	0:00:51	1:14:16	0:00:31	0:18:42	0:18:00	0:18:37	2:46:33
120	152	James Potocki	M	47	M45-49	77	Fayetteville	0:20:32	0:01:14	0:02:14	1:16:55	0:01:53	0:21:23	0:20:40	0:22:08	2:46:58
121	4	Aileen Viel	F	30	F30-34	31	New Hartford	0:27:36	0:00:53	0:01:58	1:20:08	0:00:55	0:18:37	0:18:30	0:18:24	2:47:01
122	89	Margaret Perkins	F	56	F55-59	32	Tully	0:36:50	0:00:48	0:01:59	1:16:30	0:01:28	0:16:52	0:16:37	0:16:34	2:47:39
123	154	Brian Roemer	M	49	M45-49	78	Utica	0:37:44	0:00:45	0:02:42	1:18:41	0:02:05	0:15:36	0:15:11	0:15:19	2:48:01
124	276	Team Crill/Crill/Crill-Moore	Team	T	Team	13		0:26:43	0:00:50	0:00:50	1:21:38	0:00:43	0:18:36	0:19:06	0:19:51	2:48:16
125	178	Eric Franz	M	50	M50-54	79	Cazenovia	0:28:26	0:01:02	0:03:23	1:18:18	0:02:33	0:19:21	0:18:00	0:17:40	2:48:42
126	36	Richard ONeil	M	64	M60-64	80	Fayetteville	0:33:24	0:00:54	0:02:41	1:17:41	0:01:55	0:17:52	0:17:12	0:17:16	2:48:57
127	291	Team Martin/Martin/Martin-Robb	Team	T	Team	14		0:31:26	0:01:12	0:00:41	1:21:27	0:00:49	0:17:45	0:17:45	0:18:07	2:49:13
128	161	Robert Rhea	M	54	M50-54	81	Cortland	0:28:30	0:00:53	0:02:05	1:23:47	0:01:57	0:17:09	0:17:03	0:17:51	2:49:16
129	153	Mike Collins	M	47	M45-49	82	Schenectady	0:31:49	0:00:55	0:02:21	1:16:45	0:03:06	0:19:07	0:17:51	0:17:46	2:49:41
130	84	Lynne Skinner	F	52	F50-54	33	Ottawa	0:30:29	0:00:52	0:02:07	1:17:34	0:02:23	0:19:11	0:18:44	0:18:39	2:49:59
131	95	Steven Rhea	M	22	M20-24	83	Cortlan	0:30:09	0:00:42	0:02:25	1:15:03	0:01:28	0:20:28	0:21:29	0:19:03	2:50:47
132	16	Kurt Spiegel	M	26	M25-29	84	North Rose	0:32:01	0:01:04	0:04:17	1:17:03	0:02:09	0:17:20	0:18:32	0:18:24	2:50:50
133	46	Lisa Froelick	F	32	F30-34	34	Liverpool	0:26:21	0:01:04	0:03:05	1:22:44	0:02:29	0:18:58	0:17:59	0:18:51	2:51:31
134	139	Robert Buhrlle	M	43	M40-44	85	Manlius	0:31:08	0:00:52	0:01:44	1:15:31	0:01:16	0:18:55	0:19:51	0:22:34	2:51:52
135	173	Peter Winkler	M	66	M65-69	86	Manlius	0:36:08	0:00:55	0:03:02	1:19:06	0:01:34	0:17:27	0:17:05	0:16:46	2:52:04
136	75	Elizabeth Bloxsom	F	47	F45-49	35	Manlius	0:30:11	0:01:05	0:01:42	1:19:22	0:01:49	0:20:15	0:19:09	0:19:07	2:52:39
137	39	Hilary Kellogg	F	27	F25-29	36	Saratoga Springs	0:26:00	0:00:52	0:02:11	1:25:50	0:01:22	0:18:24	0:19:01	0:19:13	2:52:53
138	183	Kurt Wilson	M	37	M35-39	87	Utica	0:36:50	0:00:54	0:02:39	1:16:43	0:02:03	0:17:02	0:18:02	0:18:43	2:52:55
139	285	Team Bump/Bump	Team	T	Team	15		0:39:46	0:01:02	0:01:03	1:17:14	0:03:23	0:17:54	0:16:23	0:16:09	2:52:55
140	68	Lisa Speller-Martone	F	42	F40-44	37	Syracuse	0:32:58	0:00:58	0:01:34	1:14:59	0:01:40	0:21:09	0:21:14	0:20:26	2:54:59
141	88	Nancy Krupka	F	56	F55-59	38	Syracuse	0:36:04	0:00:56	0:03:19	1:21:14	0:02:35	0:17:28	0:16:37	0:16:48	2:55:01
142	94	Ryan Stoltzfus	M	21	M20-24	88	Palmyra	0:26:00	0:00:50	0:01:47	1:27:22	0:01:46	0:18:06	0:19:54	0:19:22	2:55:08
143	122	Jason Pare	M	38	M35-39	89	Oriskany	0:44:51	0:00:59	0:03:47	1:17:49	0:02:03	0:14:37	0:15:31	0:15:41	2:55:18
144	169	Tom Merkel	M	59	M55-59	90	Rochester	0:30:43	0:00:53	0:02:38	1:15:37	0:01:51	0:21:12	0:20:55	0:21:38	2:55:27
145	45	Cheryl Cook	F	32	F30-34	39	Liverpool	0:31:09	0:00:51	0:01:52	1:19:47	0:01:13	0:19:24	0:20:16	0:21:01	2:55:33
146	35	John Turner	M	61	M60-64	91	Baldwinsville	0:40:32	0:00:59	0:02:19	1:18:43	0:01:27	0:18:08	0:17:05	0:17:08	2:56:21
147	273	Team Armstrong/Gaffney/King	Team	T	Team	16		0:31:10	0:01:31	0:00:56	1:18:47	0:00:42	0:21:29	0:22:12	0:20:45	2:57:32
148	81	Lori Bourgeois	F	51	F50-54	40	Boonville	0:27:17	0:00:56	0:02:29	1:30:47	0:02:25	0:21:12	0:21:35	0:11:12	2:57:54
149	185	Laura Bresnahan	F	33	F30-34	41	Ayer	0:32:36	0:00:51	0:02:01	1:20:42	0:02:00	0:21:01	0:20:12	0:19:22	2:58:46
150	72	M J MacKenzie	F	44	F40-44	42	Jamesville	0:32:53	0:00:59	0:02:37	1:21:58	0:02:01	0:18:50	0:19:47	0:20:13	2:59:18
151	14	Molly English-Bowers	F	50	F50-54	43	Liverpool	0:32:09	0:01:07	0:02:11	1:25:22	0:01:28	0:18:42	0:19:03	0:19:35	2:59:37
152	71	Andrea Bradley	F	44	F40-44	44	Fayetteville	0:31:13	0:01:02	0:02:02	1:20:05	0:03:10	0:20:16	0:21:12	0:21:11	3:00:10
153	168	Thomas Onisk	M	58	M55-59	92	New Hartford	0:39:27	0:01:52	0:05:20	1:19:31	0:02:00	0:17:20	0:17:09	0:17:42	3:00:22
154	51	Erika Furbeck	F	34	F30-34	45	Rome	0:28:18	0:00:57	0:02:51	1:17:56	0:01:16	0:22:50	0:23:21	0:22:56	3:00:25
155	52	Stephanie Harrington	F	34	F30-34	46	Syracuse	0:29:42	0:00:58	0:01:55	1:18:45	0:01:20	0:22:15	0:23:10	0:22:32	3:00:37
156	55	Tina Poppe	F	36	F35-39	47	Cicero	0:35:23	0:00:46	0:01:51	1:23:27	0:02:10	0:18:24	0:18:58	0:19:48	3:00:47
157	280	Team Abdallah/Kiggins/Scanlon	Team	T	Team	17		0:36:14	0:01:03	0:00:46	1:34:08	0:00:30	0:15:49	0:16:03	0:16:50	3:01:23
158	82	Dedra Croll	F	52	F50-54	48	Vernon	0:32:38	0:00:55	0:02:45	1:24:21	0:02:19	0:18:33	0:19:53	0:20:19	3:01:43

159	34	Thomas Stern	M	58	M55-59	93	N Syracuse	0:31:43	0:01:06	0:04:51	1:23:59	0:02:31	0:20:10	0:19:12	0:19:21	3:02:53
160	62	Christine Tillman	F	39	F35-39	49	Cazenovia	0:38:05	0:01:01	0:03:07	1:23:04	0:03:22	0:18:06	0:17:48	0:18:46	3:03:19
161	125	Steven Festenstein	M	39	M35-39	94	Liverpool	0:31:10	0:01:04	0:02:46	1:28:46	0:01:29	0:18:54	0:19:46	0:19:41	3:03:36
162	98	Ryne Cornacchia	M	23	M20-24	95	Utica	0:33:22	0:00:49	0:02:39	1:20:52	0:01:34	0:21:00	0:22:46	0:21:22	3:04:24
163	92	Phil Yoss	M	19	M19Under	96	New Hartford	0:28:38	0:00:50		1:28:21		0:20:20	0:22:17	0:25:13	3:05:38
164	167	Jeff Heck	M	56	M55-59	97	Rome	0:25:57	0:01:16	0:04:39	1:16:04	0:05:23	0:21:47	0:24:52	0:27:13	3:07:09
165	117	Brian Griffith	M	37	M35-39	98	Syracuse	0:32:48	0:00:57	0:03:20	1:19:48	0:03:40	0:21:56	0:22:14	0:22:52	3:07:34
166	7	Trisha Stethers	F	37	F35-39	50	N Syracuse	0:35:58	0:00:50	0:02:02	1:28:12	0:02:42	0:18:44	0:18:58	0:20:10	3:07:35
167	90	Deborah Rhea	F	61	F60-64	51	Cortland	0:34:52	0:00:59	0:01:46	1:21:43	0:01:36	0:21:58	0:21:49	0:22:59	3:07:42
168	38	Anne Shigley	F	24	F20-24	52	Rochester	0:32:51	0:01:33	0:05:08	1:28:25	0:02:04	0:20:43	0:19:34	0:19:28	3:09:46
169	63	Wendy Marsh	F	40	F40-44	53	Liverpool	0:41:18	0:00:56	0:02:16	1:20:48	0:01:15	0:21:26	0:21:16	0:20:51	3:10:05
170	109	Patrick Costello	M	28	M25-29	99	Syracuse	0:26:27	0:01:05	0:01:46	1:21:24	0:01:29	0:24:22	0:26:25	0:27:53	3:10:50
171	44	Meghan MacBlane	F	30	F30-34	54	Liverpool	0:27:18	0:01:04	0:01:32	1:19:48	0:01:43	0:24:25	0:27:16	0:28:10	3:11:16
172	66	Vanlinh Nguyen	F	42	F40-44	55	Fayetteville	0:48:47	0:00:56	0:02:56	1:25:40	0:02:01	0:18:13	0:17:10	0:16:55	3:12:39
173	10	Cassie Evans Winter	F	44	F40-44	56	Taberg	0:34:48	0:01:12	0:02:26	1:23:09	0:02:30	0:23:54	0:22:44	0:22:26	3:13:09
174	50	Carol Sanzone	F	34	F30-34	57	Manlius	0:32:04	0:01:01	0:02:41	1:28:32	0:01:22	0:22:26	0:22:22	0:23:53	3:14:21
175	187	Jennifer Sherbourne	F	??	F Unknown	58		0:32:59	0:01:09	0:02:06	1:24:40	0:01:38	0:23:17	0:24:02	0:24:50	3:14:39
176	61	Sarah Burrows	F	39	F35-39	59	Ridgewood	0:32:41	0:00:51	0:02:44	1:40:51	0:01:11	0:18:18	0:19:05	0:19:10	3:14:52
177	180	Kristine Strumpfler	F	??	F Unknown	60		0:36:02	0:01:12	0:03:24	1:28:59	0:01:48	0:20:51	0:20:30	0:24:45	3:17:31
178	53	Lisa Arsenault	F	35	F35-39	61	Welland	0:31:44	0:01:00	0:03:36	1:27:33	0:01:11	0:23:28	0:25:10	0:26:19	3:20:01
179	277	Team Kaltenbach/Gadomski/Schiellack	Team	T	Team	18		0:40:11	0:00:47	0:00:52	1:24:07	0:00:45	0:23:50	0:25:19	0:25:41	3:21:31
180	74	Sharon Pudney	F	46	F45-49	62	Syracuse	0:38:39	0:01:04	0:02:26	1:25:22	0:02:43	0:23:55	0:23:59	0:23:35	3:21:43
181	272	Team Cary/Finn/DAniello	Team	T	Team	19		0:32:21	0:01:34	0:01:24	1:47:54	0:00:38	0:20:24	0:20:43	0:20:58	3:25:58
182	15	Elaine Kimpel	F	57	F55-59	63	Fabius	0:40:08	0:01:08	0:01:52	1:27:26	0:02:02	0:23:12	0:24:57	0:25:37	3:26:22
183	120	Brett Pominville	M	38	M35-39	100	Rome	0:41:19	0:01:13	0:02:13	1:24:10	0:02:51	0:24:40	0:26:46	0:25:28	3:28:40
184	171	Mike Stevens	M	61	M60-64	101	Rome	0:47:21	0:01:14	0:04:52	1:31:54	0:02:12	0:20:49	0:21:38	0:21:43	3:31:42
185	79	Adrienne Mylott	F	50	F50-54	64	Fayetteville	0:38:58	0:00:59	0:04:51	1:30:43	0:04:06	0:24:18	0:24:29	0:25:28	3:33:53
186	80	Debi Loewy	F	51	F50-54	65	Dewitt	0:36:46	0:01:01	0:03:07	1:32:43	0:02:11	0:24:06	0:27:49	0:26:38	3:34:20
187	78	Mary Healt	F	50	F50-54	66	Forestport	0:40:15	0:01:08	0:01:22	1:35:01	0:02:26	0:24:43	0:26:07	0:26:29	3:37:29
188	85	Sheri Dozier	F	52	F50-54	67	Syracuse	0:37:16	0:01:04	0:02:22	1:48:26	0:01:40	0:20:58	0:23:18	0:22:59	3:38:02
189	60	Jennifer Williams-Maher	F	39	F35-39	68	Oriskany	0:44:30	0:01:00	0:03:51	1:32:04	0:02:02	0:22:25	0:30:33	0:31:55	3:48:19
190	193	Jamie Campbell	F	36	F35-39		Oneida	0:27:52	0:00:40	0:01:41	1:00:32	0:01:14	0:15:36	0:25:09		