





Penn Yann Keuka Lake Tri  
Olympic 06/13/04

| Olympic Relay Place | Time    | Name                 | Bib | City           | State | Sex | Age | Overall | Swim: Time | All | Sex | Grp | Pace    | T1 Time | All | Sex | Grp | Time    | mph | T2 Time | All     | Sex | Grp | Pace | Run Time | All | Sex | Grp | Pace    |
|---------------------|---------|----------------------|-----|----------------|-------|-----|-----|---------|------------|-----|-----|-----|---------|---------|-----|-----|-----|---------|-----|---------|---------|-----|-----|------|----------|-----|-----|-----|---------|
| 67                  | 2:57:08 | JOHNSON, DENNIS      | 261 | UTICA          | NY    | M43 | 58  | 10      | 0:33:51    | 102 | 78  | 16  | 0:36:01 | 0:02:45 | 91  | 69  | 14  | 1:32:21 | 13  | 16.3    | 0:01:03 | 55  | 43  | 8    | 0:47:08  | 40  | 35  | 5   | 0:07:36 |
| 68                  | 2:58:41 | DENSE, BRIAN         | 261 | PAINTED POST   | NY    | M42 | 59  | 11      | 0:29:00    | 71  | 59  | 13  | 0:30:51 | 0:00:53 | 10  | 9   | 3   | 1:29:54 | 8   | 16.9    | 0:01:36 | 89  | 70  | 15   | 0:57:18  | 87  | 71  | 15  | 0:09:15 |
| 69                  | 3:00:20 | BRENNAN, DOUGLAS     | 247 | SYRACUSE       | NY    | M25 | 60  | 5       | 0:26:56    | 53  | 46  | 4   | 0:28:39 | 0:02:14 | 27  | 52  | 2   | 1:34:11 | 6   | 16.0    | 0:01:18 | 78  | 63  | 6    | 0:53:41  | 82  | 68  | 5   | 0:08:59 |
| 70                  | 3:00:38 | CRONIN, KRISTEN      | 247 | ROCHESTER      | NY    | F31 | 10  | 2       | 0:29:15    | 74  | 12  | 4   | 0:31:07 | 0:01:19 | 27  | 5   | 2   | 1:35:24 | 5   | 15.8    | 0:01:23 | 81  | 67  | 6    | 0:55:17  | 71  | 11  | 4   | 0:08:36 |
| 71                  | 3:01:38 | SCHMIDT, MICHELLE    | 246 | BALDWINSVILLE  | NY    | F48 | 11  | 1       | 0:35:53    | 107 | 26  | 3   | 0:38:10 | 0:02:24 | 31  | 9   | 1   | 1:30:53 | 9   | 16.7    | 0:00:58 | 39  | 41  | 1    | 0:52:50  | 67  | 9   | 1   | 0:09:01 |
| 72                  | 3:01:57 | BONITZ, BARRY        | 246 | ENDWELL        | NY    | M45 | 61  | 12      | 0:30:40    | 88  | 70  | 14  | 0:32:37 | 0:02:31 | 81  | 62  | 10  | 1:31:36 | 75  | 16.5    | 0:00:54 | 39  | 32  | 1    | 0:56:16  | 83  | 69  | 14  | 0:08:05 |
| 73                  | 3:02:37 | SALMONS, ROGER       | 246 | FAIRPORT       | NY    | M55 | 63  | 4       | 0:37:01    | 111 | 83  | 6   | 0:39:23 | 0:02:22 | 75  | 59  | 5   | 1:28:27 | 61  | 17.0    | 0:01:40 | 93  | 72  | 4    | 0:53:07  | 68  | 59  | 5   | 0:08:34 |
| 74                  | 3:02:45 | Rees, Robert         | 246 | Almond         | NY    | M56 | 62  | 5       | 0:27:45    | 62  | 54  | 4   | 0:29:31 | 0:01:57 | 55  | 43  | 5   | 1:42:32 | 96  | 14.7    | 0:02:02 | 106 | 81  | 6    | 0:48:29  | 46  | 41  | 2   | 0:07:49 |
| 75                  | 3:02:51 | SCHIECK, DICK        | 246 | ROCHESTER      | NY    | M52 | 64  | 3       | 0:34:37    | 106 | 81  | 7   | 0:36:50 | 0:02:50 | 93  | 71  | 5   | 1:30:28 | 69  | 16.2    | 0:01:36 | 88  | 69  | 5    | 0:53:20  | 72  | 61  | 3   | 0:08:36 |
| 76                  | 3:04:00 | UNRAETH, KARL        | 246 | WEBSTER        | NY    | M42 | 65  | 12      | 0:23:02    | 17  | 14  | 4   | 0:24:30 | 0:03:48 | 112 | 84  | 17  | 1:48:21 | 110 | 14.2    | 0:00:58 | 44  | 36  | 5    | 0:49:51  | 54  | 48  | 8   | 0:08:02 |
| 77                  | 3:04:42 | BECKWITH, DAVID      | 246 | CANANDAUGA     | NY    | M40 | 66  | 13      | 0:25:21    | 37  | 31  | 7   | 0:26:58 | 0:03:00 | 97  | 74  | 16  | 1:48:21 | 110 | 14.2    | 0:00:58 | 44  | 36  | 5    | 0:49:51  | 54  | 48  | 8   | 0:08:02 |
| 78                  | 3:07:51 | BAKER, LISA          | 246 | CANANDAUGA     | NY    | F29 | 12  | 4       | 0:29:30    | 78  | 14  | 4   | 0:31:23 | 0:02:59 | 96  | 23  | 6   | 1:38:16 | 91  | 16.5    | 0:02:00 | 104 | 25  | 6    | 0:55:06  | 79  | 14  | 3   | 0:08:53 |
| 79                  | 3:08:15 | VICKS, JEAN          | 246 | CLINTON        | NY    | F40 | 13  | 3       | 0:26:07    | 47  | 7   | 1   | 0:27:47 | 0:02:34 | 86  | 21  | 4   | 1:44:03 | 101 | 14.4    | 0:00:48 | 32  | 6   | 1    | 0:54:43  | 77  | 12  | 5   | 0:08:50 |
| 80                  | 3:08:45 | LAWAS, ADAM          | 246 | CANANDAUGA     | NY    | M42 | 67  | 14      | 0:34:06    | 103 | 79  | 17  | 0:36:17 | 0:02:03 | 58  | 45  | 9   | 1:36:16 | 85  | 14.5    | 0:01:04 | 57  | 44  | 10   | 0:55:16  | 81  | 67  | 14  | 0:08:55 |
| 81                  | 3:09:58 | BURNS, BILL          | 246 | CANTON         | NY    | M46 | 68  | 13      | 0:33:22    | 100 | 76  | 16  | 0:35:30 | 0:03:32 | 109 | 81  | 17  | 1:37:26 | 88  | 14.4    | 0:01:18 | 77  | 62  | 12   | 0:54:20  | 75  | 64  | 13  | 0:08:46 |
| 82                  | 3:10:23 | FITZGERALD, STEPHEN  | 246 | ADAMS          | NY    | M55 | 69  | 6       | 0:32:38    | 98  | 74  | 5   | 0:34:43 | 0:03:48 | 111 | 83  | 6   | 1:34:42 | 82  | 14.0    | 0:01:57 | 102 | 78  | 5    | 0:57:18  | 86  | 70  | 6   | 0:09:15 |
| 83                  | 3:10:55 | STOUT, KATIE         | 246 | ADAMS          | NY    | F28 | 14  | 5       | 0:30:08    | 83  | 16  | 6   | 0:32:03 | 0:01:11 | 21  | 3   | 2   | 1:41:26 | 94  | 14.9    | 0:01:41 | 94  | 22  | 4    | 0:56:29  | 84  | 15  | 6   | 0:09:07 |
| 84                  | 3:11:21 | FITZSIMONS, GARY     | 246 | ROCHESTER      | NY    | M47 | 70  | 14      | 0:38:37    | 114 | 86  | 18  | 0:41:05 | 0:03:03 | 99  | 76  | 13  | 1:37:53 | 90  | 15.5    | 0:01:34 | 87  | 68  | 14   | 0:50:14  | 57  | 51  | 10  | 0:08:06 |
| 85                  | 3:12:03 | TENNY, SUSANNA       | 246 | BROOKLYN       | NY    | F28 | 15  | 6       | 0:39:12    | 116 | 30  | 7   | 0:41:42 | 0:01:30 | 34  | 8   | 3   | 1:37:34 | 89  | 15.4    | 0:00:32 | 12  | 3   | 1    | 0:53:15  | 70  | 10  | 4   | 0:08:35 |
| 86                  | 3:12:39 | PEMBROKE, JOHN       | 246 | FARMINGTON     | NY    | M37 | 71  | 8       | 0:37:10    | 113 | 85  | 10  | 0:39:32 | 0:03:28 | 108 | 80  | 10  | 1:36:43 | 86  | 15.6    | 0:01:25 | 83  | 65  | 9    | 0:53:53  | 74  | 63  | 9   | 0:08:41 |
| 87                  | 3:16:12 | BILHORN, TRACY       | 246 | FAIRPORT       | NY    | F39 | 16  | 2       | 0:39:04    | 115 | 29  | 5   | 0:41:34 | 0:01:56 | 53  | 12  | 2   | 1:37:14 | 87  | 14.3    | 0:00:55 | 40  | 8   | 2    | 0:57:03  | 85  | 16  | 2   | 0:09:12 |
| 88                  | 3:16:14 | STANTON, JENNIFER    | 246 | WATERLOO       | NY    | F31 | 17  | 3       | 0:31:08    | 91  | 19  | 6   | 0:33:07 | 0:02:23 | 76  | 17  | 4   | 1:41:21 | 93  | 14.9    | 0:01:21 | 80  | 16  | 5    | 1:00:01  | 88  | 17  | 6   | 0:09:41 |
| 89                  | 3:17:51 | WIGGERS, MEGAN       | 246 | HORNELL        | NY    | F20 | 18  | 1       | 0:25:03    | 30  | 6   | 1   | 0:26:39 | 0:02:18 | 73  | 16  | 2   | 1:41:01 | 92  | 14.9    | 0:01:44 | 95  | 23  | 2    | 1:07:45  | 101 | 24  | 1   | 0:10:56 |
| 90                  | 3:18:29 | ROHN, RICHARD H.     | 246 | BINGHAMTON     | NY    | M63 | 72  | 1       | 0:34:12    | 104 | 80  | 2   | 0:36:23 | 0:02:17 | 71  | 56  | 1   | 1:34:57 | 83  | 14.3    | 0:03:29 | 113 | 85  | 19   | 0:49:54  | 55  | 49  | 9   | 0:08:03 |
| 91                  | 3:19:20 | ODELL, DAVID         | 246 | WEEDSPORT      | NY    | M43 | 73  | 15      | 0:36:38    | 109 | 82  | 18  | 0:38:58 | 0:04:07 | 115 | 85  | 18  | 1:45:12 | 105 | 14.3    | 0:03:29 | 113 | 85  | 19   | 0:49:54  | 55  | 49  | 9   | 0:08:03 |
| 92                  | 3:21:01 | BENTLEY, PAUL        | 246 | ROCHESTER      | NY    | M46 | 74  | 15      | 0:28:55    | 69  | 58  | 10  | 0:30:46 | 0:03:16 | 107 | 79  | 16  | 1:46:11 | 108 | 14.2    | 0:01:11 | 68  | 54  | 11   | 1:01:28  | 89  | 72  | 15  | 0:09:55 |
| 93                  | 3:24:32 | LUND, WILLIAM        | 246 | BALLSTON SPA   | NY    | M44 | 75  | 16      | 0:30:45    | 89  | 71  | 14  | 0:32:43 | 0:05:08 | 116 | 86  | 19  | 1:43:29 | 100 | 14.6    | 0:01:38 | 90  | 71  | 16   | 1:03:32  | 93  | 74  | 17  | 0:10:15 |
| 94                  | 3:24:35 | ROSENFELD, KEN       | 246 | PITTSFORD      | NY    | M40 | 76  | 17      | 0:35:01    | 99  | 75  | 15  | 0:35:07 | 0:01:34 | 39  | 30  | 7   | 1:42:24 | 95  | 14.7    | 0:02:03 | 107 | 82  | 17   | 1:05:33  | 98  | 76  | 18  | 0:10:34 |
| 95                  | 3:25:53 | PRICE, REBECCA       | 246 | SENECA FALLS   | NY    | F29 | 19  | 7       | 0:28:30    | 67  | 11  | 3   | 0:30:19 | 0:04:00 | 114 | 30  | 7   | 1:46:10 | 107 | 14.2    | 0:02:20 | 109 | 26  | 7    | 1:04:53  | 95  | 21  | 7   | 0:10:28 |
| 96                  | 3:26:21 | LITWILER, AMY        | 246 | BIG FLATS      | NY    | F34 | 20  | 4       | 0:31:50    | 95  | 23  | 3   | 0:33:52 | 0:03:05 | 101 | 25  | 7   | 1:46:12 | 109 | 14.2    | 0:01:29 | 86  | 19  | 8    | 1:03:45  | 94  | 20  | 7   | 0:10:17 |
| 97                  | 3:27:51 | LAPOFF, CINDY        | 246 | HONEOYE FALLS  | NY    | F37 | 21  | 3       | 0:36:57    | 110 | 28  | 4   | 0:39:19 | 0:03:15 | 106 | 28  | 5   | 1:43:07 | 98  | 14.6    | 0:02:22 | 110 | 27  | 5    | 1:02:10  | 91  | 19  | 3   | 0:10:02 |
| 98                  | 3:28:09 | MURPHYS, MICHAEL     | 246 | NICHOLS        | NY    | M53 | 77  | 4       | 0:18:33    | 2   | 2   | 1   | 0:19:44 | 0:08:45 | 117 | 87  | 8   | 1:45:12 | 106 | 14.3    | 0:02:36 | 112 | 84  | 7    | 1:13:03  | 104 | 80  | 4   | 0:11:47 |
| 99                  | 3:29:03 | RUBINSTEIN, HEATHER  | 246 | SYRACUSE       | NY    | F31 | 22  | 5       | 0:34:14    | 105 | 25  | 2   | 0:36:25 | 0:03:09 | 104 | 27  | 8   | 1:42:37 | 97  | 14.7    | 0:01:24 | 82  | 18  | 7    | 1:07:39  | 100 | 23  | 8   | 0:10:55 |
| 100                 | 3:29:06 | STEWART, KATHERINE   | 246 | ROCHESTER      | NY    | F42 | 23  | 4       | 0:29:17    | 76  | 13  | 2   | 0:31:09 | 0:02:13 | 66  | 15  | 3   | 1:54:32 | 113 | 13.2    | 0:00:59 | 48  | 11  | 2    | 1:02:05  | 90  | 18  | 4   | 0:10:01 |
| 101                 | 3:29:43 | BEKNAP, BILL         | 246 | ROCHESTER      | NJ    | M64 | 78  | 2       | 0:33:31    | 101 | 77  | 1   | 0:35:39 | 0:03:03 | 100 | 75  | 2   | 1:44:11 | 102 | 14.4    | 0:01:44 | 96  | 73  | 4    | 1:07:14  | 99  | 77  | 2   | 0:10:51 |
| 102                 | 3:30:29 | MEERS, CARLEEN B.    | 246 | ROCHESTER      | NJ    | F36 | 24  | 4       | 0:31:52    | 96  | 24  | 2   | 0:33:54 | 0:02:43 | 89  | 22  | 4   | 1:49:11 | 102 | 14.4    | 0:01:38 | 91  | 20  | 4    | 1:04:58  | 96  | 22  | 4   | 0:10:29 |
| 103                 | 3:33:24 | GINSBURG, BRUCE      | 246 | SLINGERLANDS   | NY    | M45 | 79  | 16      | 0:32:35    | 97  | 73  | 15  | 0:34:40 | 0:02:33 | 84  | 63  | 11  | 1:45:00 | 104 | 14.3    | 0:01:58 | 103 | 79  | 16   | 1:11:18  | 103 | 79  | 17  | 0:11:30 |
| 104                 | 3:36:53 | SWANSON, RICHARD D.  | 246 | WEST HENRIETTA | NY    | M45 | 80  | 17      | 0:29:29    | 77  | 64  | 12  | 0:31:22 | 0:03:33 | 110 | 82  | 18  | 1:52:23 | 112 | 13.4    | 0:02:00 | 105 | 80  | 17   | 1:09:28  | 102 | 78  | 16  | 0:11:12 |
| 105                 | 3:41:39 | MESSERSCHMIDT, DUANE | 246 | GENESE         | NY    | M41 | 81  | 18      | 0:40:07    | 117 | 87  | 19  | 0:42:41 | 0:01:23 | 30  | 24  | 6   | 1:44:26 | 103 | 14.4    | 0:01:15 | 72  | 58  | 13   | 1:14:28  | 105 | 81  | 19  | 0:12:01 |