



Cayuga Lake Triathlon
Olympic/Sprint 08/01/04

Cayuga Olympic Individual

Place	Time	Name	Bib	City	ST	Sex	Age	Overall		Swim:				per mile				T1				Bike				mph				T2				Run				per mile	Penalty Reason
								Sex	Grp	Time	All	Sex	Grp	Pace	Time	All	Sex	Grp	Pace	Time	All	Sex	Grp	Pace	Time	All	Sex	Grp	Pace	Time	All	Sex	Grp	Pace	Time	All	Sex		
1	2:05:19	DEROCHE, ERIK T	454	CHAROLETTE	NC	M	28	1		0:20:40	1	1	1	0:22:58	0:00:42	3	3	1	1:02:00	1	1	1	24.2	0:00:29	7	8	1	0:41:28	4	4	1	0:06:41							
2	2:08:23	NEAMTU, HORIA	73	WEBSTER	NY	M	40	2		0:23:03	8	6	1	0:25:37	0:00:45	4	4	1	1:05:17	3	3	1	23.1	0:00:28	6	6	1	0:38:50	1	1	1	0:06:16							
3	2:10:08	MORIARTY, DENNIS	71	WEBSTER	NY	M	47	3		0:22:58	5	3	1	0:25:31	0:00:37	2	2	1	1:06:41	4	4	1	22.7	0:00:30	9	9	2	0:39:22	2	2	1	0:06:21							
4	2:11:16	OLMSTEAD, BRIAN	126	ITHACA	NY	M	23	4	1	0:23:01	7	5	1	0:25:34	0:00:36	1	1	1	1:03:55	2	2	1	23.8	0:00:25	3	3	2	0:43:19	11	10	3	0:06:59							
5	2:17:37	TANNASCOLI, DAVID	96	WEBSTER	NY	M	21	5	2	0:26:21	24	17	3	0:29:17	0:01:56	60	42	6	1:09:27	10	10	2	21.7	0:00:19	1	1	1	0:39:34	3	3	1	0:06:23							
6	2:20:50	GOMEZ, MIGUEL	34	ITHACA	NY	M	36	6	1	0:22:59	6	4	1	0:25:32	0:01:14	19	12	1	1:11:14	21	20	3	21.1	0:00:26	4	4	1	0:44:57	19	15	1	0:07:15							
7	2:22:18	HABECKER, TERRY	39	ITHACA	NY	M	56	7	1	0:24:37	11	8	1	0:27:21	0:01:11	16	11	2	1:09:12	8	8	1	21.7	0:00:42	25	19	2	0:46:36	25	20	2	0:07:31							
8	2:22:21	SCHILD, BUZZ	127	ROCHESTER	NY	M	57	8	2	0:25:35	16	10	2	0:28:26	0:01:04	12	8	1	1:09:20	9	9	2	21.7	0:00:29	8	7	1	0:45:53	21	17	1	0:07:24							
9	2:22:29	FERRIS, ROBERT	29	ITHACA	NY	M	21	9	3	0:25:49	20	14	2	0:28:41	0:01:25	36	25	4	1:12:38	28	26	4	20.8	0:00:34	11	10	3	0:42:03	7	7	2	0:06:47							
10	2:22:48	YORK RAPPL, JOANNE	461	BUFFALO	NY	F	42	1		0:25:19	15	6	1	0:28:08	0:00:55	6	1	1	1:13:22	31	3	1	20.5	0:00:50	39	11	3	0:42:22	9	1	1	0:06:50							
11	2:22:52	SMITHLINE, LAWREN	91	ITHACA	NY	M	31	10	1	0:29:55	53	31	2	0:33:14	0:01:22	29	21	4	1:09:00	6	6	2	21.7	0:00:39	18	16	4	0:41:56	5	5	1	0:06:46							
12	2:23:10	POWELL, ANDY	80	MARCELLUS	NY	M	31	11	2	0:30:08	56	33	3	0:33:29	0:01:00	9	6	1	1:07:02	5	5	1	22.4	0:00:39	17	15	3	0:44:21	16	13	3	0:07:09							
13	2:23:35	Weiler, SCOTT	456	Rochester	NY	M	41	12	1	0:26:45	27	18	7	0:29:43	0:01:15	22	15	5	1:11:21	22	21	3	21.1	0:00:56	48	38	6	0:43:18	10	9	3	0:06:59							
14	2:24:59	LOMBARDI, TRACY	60	LOUDON	NH	F	46	2		0:24:43	12	4	1	0:27:28	0:01:37	41	14	1	1:10:49	18	1	1	21.4	0:01:01	56	16	3	0:46:49	28	6	1	0:07:33							
15	2:25:10	RUGGERI, PAUL	460	MANLIUS	NY	M	41	13	2	0:23:04	9	7	2	0:25:38	0:01:05	13	9	3	1:12:05	24	23	4	20.8	0:00:53	43	32	5	0:48:03	35	28	7	0:07:45							
16	2:25:24	MAIER, KEVIN	62	MANLIUS	NY	M	48	14	1	0:25:35	17	11	2	0:28:26	0:01:08	14	10	2	1:11:00	19	18	3	21.1	0:00:52	41	30	5	0:46:49	29	23	4	0:07:33							
17	2:25:56	HOOD, MATT	43	MARIETTA	NY	M	30	15	3	0:30:32	60	35	4	0:33:56	0:01:24	35	24	5	1:11:08	20	19	6	21.1	0:00:56	47	35	9	0:41:56	6	6	2	0:06:46							
18	2:26:15	GRAMLING, BEN	38	RED HOOK	NY	M	48	16	2	0:29:47	48	28	5	0:33:06	0:02:00	67	48	5	1:09:08	7	7	2	21.7	0:00:49	35	27	3	0:44:31	18	14	2	0:07:11							
19	2:30:29	CAMPBELL, JEN	12	FARMINGDALE	NY	F	20	3		0:28:45	42	19	4	0:31:57	0:01:30	38	12	3	1:16:00	47	6	1	19.7	0:00:50	38	10	2	0:43:24	12	2	1	0:07:00							
20	2:30:58	PALUMBO, JERRY	75	CORNING	NY	M	39	17	2	0:27:08	29	19	2	0:30:09	0:01:20	26	18	2	1:09:38	11	11	1	21.7	0:01:11	77	54	6	0:51:41	58	43	4	0:08:20							
21	2:31:05	ETKA, ERIC	453	ATHENS	PA	M	31	18	4	0:30:37	61	36	5	0:34:01	0:01:48	47	32	6	1:10:42	17	17	5	21.4	0:00:53	44	33	7	0:47:05	31	24	6	0:07:36							
22	2:31:22	DOWLING, SEAN D	145	HONOLULU	HI	M	43	19	3	0:25:17	14	9	3	0:28:06	0:00:55	5	5	2	1:12:20	26	25	5	20.8	0:00:48	34	25	4	0:52:02	62	45	9	0:08:24							
23	2:31:25	HARMAN, REBECCA	40	WILLSEYVILLE	NY	F	34	4	1	0:32:22	78	27	3	0:35:58	0:01:36	40	13	2	1:12:21	27	2	1	20.8	0:00:37	15	2	1	0:44:29	17	4	1	0:07:10							
24	2:31:40	FOXEN, TIM	143	SARATOGA SPRING	NY	M	43	20	4	0:25:50	21	15	5	0:28:42	0:01:38	42	28	7	1:20:27	80	61	15	18.8	0:01:39	109	70	15	0:42:06	8	8	2	0:06:47							
25	2:32:08	DATTOLA, BOB	18	ITHACA	NY	M	60	21	1	0:25:36	18	12	1	0:28:27	0:01:20	25	19	2	1:14:58	41	38	1	20.3	0:00:43	26	20	1	0:49:31	45	36	1	0:07:59							
26	2:32:18	LEE, BRIAN	55	ITHACA	NY	M	31	22	5	0:34:11	86	58	10	0:37:59	0:01:52	53	37	9	1:10:07	15	15	4	21.4	0:01:03	60	42	10	0:45:05	20	16	4	0:07:16							
27	2:32:48	Rubsam, Sandra	455	Rochester	NY	F	44	5	1	0:28:00	34	14	3	0:31:07	0:01:24	33	11	2	1:16:17	49	7	2	19.7	0:01:08	72	22	4	0:45:59	22	5	2	0:07:25							
28	2:33:12	FYE, LYNN	30	FAYETTEVILLE	NY	F	38	6	1	0:22:44	4	2	1	0:25:16	0:01:00	8	3	1	1:19:53	75	19	3	19.0	0:00:59	50	12	2	0:48:36	36	8	1	0:07:50							
29	2:33:29	WESTBROOK, LEE	128	HAMMONDSPORT	NY	M	52	23	1	0:31:25	68	42	3	0:34:54	0:02:00	65	46	1	1:14:29	37	34	2	20.3	0:01:25	89	59	4	0:44:10	15	12	1	0:07:07							
30	2:34:06	CURTIS, VALERIE E	134	ITHACA	NY	F	23	7	1	0:30:06	55	23	5	0:33:27	0:02:04	73	23	4	1:17:42	58	10	2	19.5	0:00:40	20	5	1	0:43:34	13	3	2	0:07:02							
31	2:34:06	FELIX, GAELYN	27	ARLINGTON	VA	F	27	8	1	0:24:58	13	5	2	0:27:44	0:01:09	15	5	2	1:15:31	43	5	1	20.0	0:01:00	54	14	3	0:51:28	56	14	2	0:08:18							
32	2:34:21	LANGKAMMERER, BOB	54	FAYETTEVILLE	NY	M	46	24	3	0:29:05	44	24	4	0:32:19	0:01:30	37	26	3	1:16:55	53	45	5	19.7	0:00:49	36	26	4	0:46:02	23	18	3	0:07:25							
33	2:35:10	HENDERSON, MELISSA	125	GENEVA	NY	F	27	9	2	0:21:22	2	1	1	0:23:44	0:01:13	18	7	3	1:20:55	82	21	4	18.8	0:00:44	29	7	2	0:50:56	54	12	1	0:08:13							
34	2:35:44	SPRINGER, MARIO O	93	NEW YORK	NY	M	31	25	6	0:34:11	85	59	9	0:37:59	0:01:03	11	7	2	1:10:00	14	14	3	21.4	0:00:39	16	14	2	0:49:51	49	39	10	0:08:02							
35	2:35:45	LUNDEN, CHRISTOPHER	61	LIVERPOOL	NY	M	35	26	3	0:30:29	59	34	5	0:33:52	0:01:23	31	22	3	1:09:40	12	12	2	21.7	0:00:49	37	28	4	0:53:24	69	50	5	0:08:37							
36	2:36:50	FERNANDES, RICO	28	OSWEGO	NY	M	44	27	5	0:25:47	19	13	4	0:28:39	0:01:54	58	39	10	1:14:38	39	36	10	20.3	0:01:00	53	40	8	0:53:31	71	52	11	0:08:38							
37	2:37:03	WILLIAMSON, JAY	108	ITHACA	NY	M	40	28	6	0:30:59	63	37	8	0:34:26	0:01:14	20	13	4	1:10:20	16	16	2	21.4	0:00:59	51	39	7	0:53:31	72	53	12	0:08:38							
38	2:37:13	GEHARDT, PAUL	32	SARATOGA SPRING	NY	M	41	29	7	0:31:42	72	46	11	0:35:13	0:01:57	61	43	11	1:13:53	33	30	7	20.5	0:01:39	108	68	14	0:48:02	34	27	6	0:07:45							
39	2:37:38	HIZI, SONIA	42	ITHACA	NY	F	32	10	2	0:23:52	10	3	1	0:26:31	0:01:12	17	6	1	1:19:29	71	18	2	19.0	0:01:07	71	20	3	0:51:58	60	17	2	0:08:23							
40	2:37:40	JOSEPH, GARRICK	47	NISKAYUNA	NY	M	31	30	7	0:34:16	87	60	11	0:38:04	0:01:51	50	34	7	1:11:39	23	22	7	21.1	0:01:07	69	50	11	0:48:47	39	31	8	0:07:52							
41	2:38:20	SORRELLS, MARK	92	ITHACA	NY	M	54	31	2	0:33:04	82	55	5	0:36:44	0:02:25	81	56	2	1:12:10	25	24	1	20.8	0:00:56	49	37	2	0:49:45	48	38	3	0:08:01							
42	2:38:41	IVERY, BRIAN	44	GROTON	NY	M	30	32	8	0:29:49	49	29	1	0:33:08	0:01:52	51	35	8	1:16:55	54	44	8	19.7	0:01:26	91	60	14	0:48:39	37	29	7	0:07:51							
43	2:38:48	JACKSON, TOM T	141	BATH	NY	M	37	33	4	0:28:03	35	21	3	0:31:10	0:01:58	62	44	6	1:20:09	78	59	7	18.8	0:01:04	64	45	5	0:47:34	33	26	2	0:07:40							
44	2:38:59	DEEMER, DANIEL	19	CORTLAND	NY	M	26	34	1	0:29:36	46	26	2	0:32:53																									



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70	2:47:23	RAWLINSON, JEREMY J	138	BROOKTONDALE	NY	M34	54	11	0:34:41	90	62	12	0:38:32	0:04:07	112	73	14	1:21:09	85	63	11	18.5	0:00:42	24	17	5	0:46:44	27	22	5	0:07:32	
71	2:47:28	LEE, ERIC	56	ITHACA	NY	M23	55	6	0:35:55	100	65	6	0:39:54	0:03:10	102	68	7	1:18:25	63	51	7	19.2	0:00:44	27	22	6	0:49:14	42	33	4	0:07:56	
72	2:47:42	GANTERT, ALAN	124	FREEVILLE	NY	M60	56	3	0:28:21	37	22	2	0:31:30	0:01:18	24	17	1	1:17:19	56	47	2	19.5	0:01:07	67	48	2	0:59:37	99	71	3	0:09:37	
73	2:48:06	CRONIN, DOUGLAS J	132	SYRACUSE	NY	M25	57	3	0:29:39	47	27	3	0:32:57	0:02:06	74	51	5	1:17:40	57	48	5	19.5	0:01:27	95	62	6	0:57:14	91	66	7	0:09:14	
74	2:48:29	WEBSTER, BRANDON	103	CAZENOVIA	NY	M32	58	12	0:31:46	73	47	7	0:35:18	0:02:00	66	47	11	1:20:00	76	57	9	18.8	0:01:20	84	56	13	0:53:23	68	49	12	0:08:37	
75	2:48:43	LIEBLEIN, ANDREA	58	NEW YORK	NY	F38	17	4	0:30:20	57	24	4	0:33:42	0:01:54	57	18	4	1:25:31	102	28	4	17.6	0:01:17	81	27	5	0:49:41	47	10	2	0:08:01	
76	2:49:39	TILY, LORRIE	99	LOCKE	NY	F43	18	3	0:35:27	97	34	9	0:39:23	0:02:48	94	31	8	1:21:53	88	23	6	18.5	0:00:41	22	6	2	0:46:50	30	7	3	0:07:33	Blocking
77	2:49:53	CLARK, AARON	16	ROCHESTER	NY	M29	59	4	0:43:02	117	76	6	0:47:49	0:04:37	116	76	7	1:17:13	55	46	4	19.5	0:01:23	86	57	5	0:43:38	14	11	2	0:07:02	
78	2:50:03	MALIK, ATIF	63	STAMFORD	CT	M25	60	5	0:31:30	70	44	4	0:35:00	0:02:02	70	49	4	1:21:56	89	66	7	18.5	0:01:01	57	41	3	0:53:34	74	55	5	0:08:38	
79	2:50:17	GORDON, LISA	36	BROCKPORT	NV	F41	19	4	0:28:30	39	17	4	0:31:40	0:02:57	98	33	9	1:20:59	84	22	5	18.8	0:01:25	88	30	6	0:56:26	87	24	6	0:09:06	
80	2:50:30	TUBBS, LORI	100	ARLINGTON	VA	F40	20	5	0:37:01	105	36	10	0:41:08	0:02:26	83	26	6	1:16:54	52	9	3	19.7	0:01:26	92	32	8	0:52:43	65	19	5	0:08:30	
81	2:51:19	EISCH, KARLA	25	VESTAL	NY	F48	21	1	0:38:00	108	38	4	0:42:13	0:01:45	44	15	2	1:15:07	42	4	2	20.0	0:01:10	75	23	4	0:55:17	82	21	3	0:08:55	
82	2:51:36	PANDARINATH, CHETHAN	76	ITHACA	NY	M22	61	7	0:33:21	83	56	5	0:37:03	0:05:30	117	77	9	1:19:31	72	54	8	19.0	0:02:40	119	79	9	0:50:34	51	41	6	0:08:09	
83	2:52:15	PRICE, REBECCA	81	SENECA FALLS	NY	F29	22	4	0:30:27	58	25	4	0:33:50	0:03:24	108	38	4	1:19:21	69	16	2	19.0	0:01:57	115	40	5	0:57:06	89	25	3	0:09:13	
84	2:53:10	SCHLEGEL, JEREMY	87	ITHACA	NY	M20	62	8	0:37:00	104	69	8	0:41:07	0:01:56	59	41	5	1:16:05	48	42	6	19.7	0:00:37	14	13	5	0:57:32	92	67	7	0:09:17	
85	2:54:05	WIGGERS, MEGAN	107	HORNELL	NY	F20	23	3	0:26:19	23	7	1	0:29:14	0:02:33	88	28	5	1:20:41	81	20	5	18.8	0:01:00	55	15	4	1:03:32	111	34	5	0:10:15	
86	2:54:06	KESSELRING, SEAN	49	OSWEGO	NY	M41	63	14	0:42:14	116	75	18	0:46:56	0:03:12	103	69	17	1:14:04	35	32	8	20.3	0:01:26	93	61	11	0:53:10	66	47	10	0:08:35	
87	2:54:21	KULAKOWSKI, DAVID	52	AUBURN	NY	M51	64	4	0:36:35	103	68	7	0:40:39	0:03:05	100	67	7	1:24:21	96	70	5	17.9	0:01:36	104	66	6	0:48:44	38	30	2	0:07:52	
88	2:54:43	SMITH, JOY	90	MENDHAM	NJ	F43	24	6	0:29:50	50	21	5	0:33:09	0:01:50	49	16	3	1:22:47	90	24	7	18.3	0:01:19	82	28	5	0:58:57	96	27	7	0:09:30	
89	2:54:58	EDWARDS, IAN	23	SKANEATELES	NY	M51	65	5	0:31:04	64	38	2	0:34:31	0:02:38	91	62	5	1:20:59	83	62	4	18.8	0:00:51	40	29	1	0:59:26	98	70	6	0:09:35	
90	2:55:26	WIENSEN, KENNETH	106	NEW YORK	NY	M37	66	7	0:33:25	84	57	7	0:37:08	0:03:40	111	72	7	1:18:04	62	50	4	19.2	0:01:24	87	58	7	0:58:53	95	69	8	0:09:30	
91	2:56:02	TATA, ANTHONY	97	ARLINGTONV	VA	M44	67	15	0:34:26	88	61	16	0:38:16	0:01:47	46	31	9	1:24:04	95	69	17	17.9	0:01:04	63	46	9	0:54:41	77	58	15	0:08:49	
92	2:56:11	LAKE-BAKAAR, GERRI	53	ITHACA	NY	F23	25	4	0:34:33	89	28	6	0:38:23	0:02:38	90	29	6	1:19:14	67	15	4	19.0	0:01:35	102	37	5	0:58:11	94	26	4	0:09:23	
93	2:57:48	MINER, DAWN	70	ROCHESTER	NY	F30	26	3	0:26:47	28	10	2	0:29:46	0:02:18	79	24	4	1:23:22	93	25	3	18.1	0:01:15	79	25	5	1:04:06	113	36	8	0:10:20	
94	2:58:05	KRENEDEJIEV, MARK S	142	ITHACA	NY	M20	68	9	0:43:16	118	77	9	0:48:04	0:03:25	109	71	8	1:21:18	86	64	9	18.5	0:01:37	13	12	4	0:49:29	44	35	5	0:07:59	
95	2:59:04	CIARAVINO, WILLIAM	120	VESTAL	NY	M40	69	16	0:32:24	79	52	14	0:36:00	0:02:12	77	54	14	1:28:47	108	76	18	17.0	0:02:08	117	77	18	0:53:33	73	54	13	0:08:38	
96	3:01:19	GOGOLSKY, KARIN	33	ROCHESTER	NY	F48	27	2	0:35:08	94	31	3	0:39:02	0:02:28	84	27	3	1:27:28	107	32	3	17.2	0:00:46	32	8	2	0:55:29	84	22	4	0:08:57	
97	3:02:19	CARPENTER, RICH	13	WYNNEWOOD	PA	M41	70	17	0:32:36	80	53	15	0:36:13	0:04:35	115	75	18	1:23:20	92	68	16	18.1	0:01:39	105	67	13	1:00:09	104	75	18	0:09:42	
98	3:02:21	STAFFORD, CARLOS	94	NY	NY	M59	71	5	0:35:29	98	64	5	0:39:26	0:02:51	95	64	5	1:22:52	91	67	4	18.3	0:01:07	68	49	5	1:00:02	102	73	5	0:09:41	
99	3:03:54	BILHORN, TRACY M	7	FAIRPORT	NY	F39	28	5	0:40:17	112	41	5	0:44:46	0:01:59	64	19	5	1:25:38	103	29	5	17.6	0:01:03	59	18	4	0:54:57	78	20	5	0:08:52	
100	3:04:24	ZINO, TODD	68	ITHACA	NY	M27	72	6	0:50:26	119	78	7	0:56:02	0:02:44	93	63	6	1:14:12	36	33	3	20.3	0:01:53	114	75	7	0:55:09	80	60	6	0:08:54	
101	3:04:41	PUDDU, KATHERINE A	146	NY	NY	F0	29	1	0:39:15	111	40	1	0:43:37	0:03:12	104	35	1	1:29:56	111	35	1	16.9	0:01:27	94	34	1	0:50:51	53	11	1	0:08:12	
102	3:04:57	DENGEL, ALEXIS L	131	ITHACA	NY	F41	30	7	0:29:53	52	22	6	0:33:12	0:03:05	101	34	10	1:25:19	101	27	8	17.6	0:00:32	10	1	1	1:06:08	114	37	8	0:10:40	
103	3:05:55	RUBINSTEIN, HEATHER	85	SYRACUSE	NY	F31	31	4	0:35:13	95	32	6	0:39:08	0:02:02	68	20	3	1:23:47	94	26	4	18.1	0:01:07	70	21	2	1:03:46	112	35	7	0:10:17	
104	3:06:58	COLE, RAY	17	ITHACA	NY	M34	73	13	0:38:07	109	71	13	0:42:21	0:03:15	106	70	13	1:24:47	99	73	13	17.9	0:00:54	45	34	8	0:59:55	101	72	13	0:09:40	
105	3:07:20	STASH, CAROL	95	RUSHVILLE	NY	F41	32	8	0:26:35	26	9	2	0:29:32	0:01:53	55	17	4	1:30:01	112	36	10	16.7	0:01:28	97	35	10	1:07:23	115	38	9	0:10:52	
106	3:07:24	PHILLIPS, MARGARET	77	EAST SCHODACK	NY	F51	33	2	0:28:59	43	20	2	0:32:12	0:02:02	69	21	1	1:27:03	106	31	2	17.2	0:01:04	61	19	1	1:08:16	116	39	2	0:11:01	
107	3:08:35	DEVORE, CARL	21	PITTSFORD	NY	M50	74	6	0:36:13	102	67	6	0:40:14	0:03:02	99	66	6	1:24:39	98	72	6	17.9	0:01:40	110	71	7	0:57:01	88	64	5	0:09:12	Drafting
108	3:08:51	VOLPE, ELLEN	101	ROCHESTER	NY	F32	34	5	0:34:50	91	29	4	0:38:42	0:03:13	105	36	6	1:29:32	110	34	6	16.9	0:01:35	103	38	7	0:59:41	100	29	3	0:09:38	
109	3:09:24	EILLENBERGER, JUNE	24	NEWFIELD	NY	F31	35	6	0:35:21	96	33	6	0:39:17	0:04:29	114	40	8	1:26:08	104	30	5	17.4	0:01:14	78	24	4	1:02:12	107	31	5	0:10:02	
110	3:09:32	BENNETT, KC	5	ITHACA	NY	F45	36	3	0:28:26	38	16	2	0:31:36	0:03:20	107	37	4	1:45:30	120	40	4	14.3	0:00:40	21	4	1	0:51:36	57	15	2	0:08:19	
111	3:11:32	MCGINNIS, DAVID V	67	NEWARK VALLEY	NY	M50	75	7	0:31:51	74	48	4	0:35:23	0:02:31	85	58	3	1:26:49	105	75	7	17.4	0:01:30	99	63	5	1:08:51	118	79	9	0:11:06	
112	3:15:32	BORDEN, GABRIEL D	133	ITHACA	NY	M35	76	8	0:40:45	113	72	8	0:45:17	0:05:51	118	78	8	1:32:10	113	77	8	16.3	0:01:32	100	64	8	0:55:14	81	61	7	0:08:55	
113	3:17:25	VOLPE, MARTHA	102	ROCHESTER	NY	F31	37	7	0:35:35	99	35	7	0:39:32	0:03:38	110	39	7	1:33:22	114	37	7	16.1	0:01:22	85	29	6	1:03:28	110	33	6	0:10:14	
114	3:19:03	KLOTZ, AUDIE	50	LIVERPOOL	NY</																											



THE COMPLETE RACE MANAGEMENT AND TIMING SOLUTION

Cayuga Lake Triathlon
Olympic/Sprint 08/01/04

Table with columns for race number, time, name, gender, age, and performance metrics. Includes names like EMELSON, BRIAN; ROCHESTER, NY; M38; 1; 0:11:17, etc.



THE COMPLETE RACE MANAGEMENT AND TIMING SOLUTION

Cayuga Lake Triathlon Olympic/Sprint 08/01/04

Table with columns for race number, name, state, gender, age, and timing data. Includes names like RAY, LISA; BLANN, MELANIE; SMITH, HEATHER; HAIGHT, CATHY; KELLER, RANDAL; BEITING, DANIEL; CLINTON, EILEEN; JYOTI, DIANA; BROOMFIELD, ALIX; LITZEL, PAULA; MOEHLER, DEVRA; ERSHKINE, KRISTOPHER; VANCE, LIZ; MCGLYNN, ELLEN M; SIEVERDING, ANNE; PUSTAY, MEGAN; MARINO, SHELLY; COLBURN, JOE; ISHAM, AARON P; RANDALL-MYERS, BRENDON L; MILLER, DAVID; MULLROONEY, JOSEPH P; SAGGESE, CAROLANN; COX, ELIZABETH; MEZZO, JOSH; CARR, RICHARD G; NELLENBACK, BARBARA; LENNETSKY, SELINA; STEINBERG, IAN; BETZLER, ROBERT; SIEBRECHT, MELISSA; MILLER, LAURA; CLARKBERG, LARRY; FANELLI LUND, MARY; CALKINS, CAROLINE; LIVINGSTON, KAREN; HESS, ALAN; WILLIAMS, ERNEST; BLASIOLI, TRACY; DISPENZA, MARILYN E; COLE, BELINDA; SINDONI, KATHY; BRENNAN, GERALDINE; HAMMOND, KENNETH W; DENNISTON, SEAN; OAKS-LEE, NATE; BARAN, GENE; HAGEN, REBECCA; GLASRUUD, EVA M; TAAM, MILTON; MELECA, MARYELLEN; DIXSON, MARK; DENNISTON, KARRIE; VANKUREN, BILL; FULLER, LYNN; LIVINGSTON, JOE; KOTLIKOFF, PHOEBE M; MAXIM, LYNN; BARDOSI, JOAN; BLANFIELD, MIKE; BALISTERE, MICHAEL; SUNSHINE, DANIEL; SHEPHERD, MICHAEL; GELBER, STEVEN; SCHWEIZER, BILL; WIESELQUIST, LINNIE; BOYD, MATTHEW; KESSELRING, JOAN; MCMAHAN, MARGARET; LIVINGSTON, ROBIN.



Cayuga Lake Triathlon
Olympic/Sprint 08/01/04

143	1:52:50	MULLANE, MICHAEL	353	FAIRPORT	NY	M40	92	15	0:23:21	147	87	15	0:51:53	0:04:25	163	101	16	0:56:46	139	91	15	15.2	0:00:51	70	52	11	0:27:27	99	67	13	0:08:51
144	1:52:55	KOVAC, NICOLE	329	MANLIUS	NY	F19	52	4	0:27:22	167	66	5	1:00:49	0:03:17	141	49	6	0:53:33	118	39	3	16.1	0:00:32	17	4	1	0:28:11	111	38	4	0:09:05
145	1:52:57	MUZQUIZ, MINERVA	354	MANLIUS	NY	F19	53	5	0:20:01	114	45	4	0:44:29	0:02:59	128	42	5	0:59:30	150	56	6	14.4	0:00:44	51	12	3	0:29:43	132	46	6	0:09:35
146	1:52:59	HIRSCHLAND, HANNAH	312	ITHACA	NY	F20	54	5	0:17:50	80	27	4	0:39:38	0:02:52	122	40	4	1:05:06	162	64	8	13.1	0:00:53	77	21	1	0:26:18	79	22	1	0:08:29
147	1:54:05	MONTALBANO, JOANNE Q	351	SYRACUSE	NY	F24	55	6	0:20:12	118	47	7	0:44:53	0:03:46	151	55	7	0:59:50	151	57	5	14.4	0:00:59	93	25	3	0:29:18	128	43	6	0:09:27
148	1:54:28	HARKINS, MARIE	307	ITHACA	NY	F42	56	12	0:22:16	143	58	12	0:49:29	0:03:38	149	53	11	0:58:01	142	50	11	14.7	0:01:32	152	55	11	0:29:01	122	42	7	0:09:22
149	1:55:40	SCHERF, GREG	371	ERIE	PA	M39	93	10	0:24:47	154	92	12	0:55:04	0:03:51	153	98	12	0:56:30	137	90	12	15.2	0:02:16	170	103	12	0:28:16	112	74	11	0:09:07
150	1:55:42	NELLENBACK, ANNA	357	ITHACA	NY	F22	57	7	0:18:29	89	33	6	0:41:04	0:04:36	165	64	8	1:04:13	159	62	7	13.3	0:01:11	112	36	4	0:27:13	92	29	2	0:08:47
151	1:57:15	VANLOAN, CHARLIE	435	ITHACA	NY	M56	94	5	0:20:03	115	70	5	0:44:33	0:03:17	140	92	5	1:02:02	154	96	5	13.7	0:00:48	63	46	2	0:31:05	142	90	4	0:10:02
152	1:59:06	QUINN, TRACY	366	IRVINE	CA	F26	58	8	0:20:48	128	49	6	0:46:13	0:03:53	155	57	9	1:03:11	156	60	9	13.5	0:01:06	104	32	8	0:30:08	135	49	8	0:09:43
153	1:59:36	DAVIS, KEITH	279	ALLISON PARK	PA	M42	95	16	0:21:42	136	83	13	0:48:13	0:02:54	124	84	12	0:57:07	140	92	16	14.9	0:00:47	57	44	8	0:37:06	166	101	16	0:11:58
154	2:00:06	PAEOW, FRANCES S	450	FLEETWOOD	PA	F66	59	1	0:22:01	141	57	1	0:48:56	0:03:51	154	56	1	0:57:37	141	49	1	14.9	0:02:20	171	68	1	0:34:17	157	60	1	0:11:04
155	2:01:44	KOVAC, CAITLIN	328	MANLIUS	NY	F16	60	6	0:31:36	171	67	6	1:10:13	0:01:00	13	1	1	0:58:36	144	51	4	14.7	0:00:58	88	23	5	0:29:34	130	44	5	0:09:32
156	2:01:51	HAGADORN, MICHAEL L	459	WEST WINFIELD	NY	M18	96	7	0:25:24	157	93	5	0:56:27	0:05:00	171	105	8	1:05:46	163	97	7	13.1	0:01:03	102	72	7	0:24:38	50	41	4	0:07:57
157	2:01:52	NEURAUTER, LLOYD	360	CORNING	NY	M31	97	14	0:26:32	160	96	15	0:58:58	0:02:45	112	77	14	1:04:05	158	97	14	13.3	0:00:42	43	34	4	0:27:48	105	70	11	0:08:58
158	2:04:36	BARNETT, JAMES M	451	DEWITT	NY	M53	98	8	0:29:03	169	103	9	1:04:33	0:03:24	145	96	9	0:58:56	146	94	8	14.7	0:00:50	69	50	1	0:32:23	150	94	7	0:10:27
159	2:05:42	FLYNN, JOSEPH	292	MILLTOWN	NJ	M23	99	12	0:26:46	163	98	12	0:59:29	0:02:06	176	52	6	0:58:19	143	93	11	14.7	0:02:21	173	104	13	0:36:10	164	100	13	0:11:40
160	2:05:53	NEALAR, MAGGIE	355	CAMILLUS	NY	F14	61	3	0:14:37	35	10	3	0:32:29	0:03:29	147	51	3	1:11:54	170	67	3	12.0	0:01:36	156	59	3	0:34:17	158	61	2	0:11:04
161	2:08:33	POWERS, JACQUELINE	365	ITHACA	NY	F57	62	1	0:25:10	156	64	1	0:55:56	0:04:48	168	65	1	1:02:22	155	59	1	13.7	0:02:20	172	69	1	0:33:53	155	58	1	0:10:56
162	2:10:24	THOMPSON, NATASHA R	430	ITHACA	NY	F29	63	9	0:21:28	133	52	8	0:47:42	0:04:20	161	62	10	1:07:40	164	65	11	12.7	0:01:52	166	65	11	0:35:04	162	64	10	0:11:19
163	2:10:25	SHAFFER, LISA	374	ITHACA	NY	F41	64	13	0:25:00	155	63	15	0:55:33	0:04:33	164	63	14	1:04:18	160	63	13	13.3	0:01:41	160	60	12	0:34:53	161	63	14	0:11:15
164	2:10:27	ANNECHINO, ANDREA	250	ROCHESTER	NY	F28	65	10	0:22:25	144	59	10	0:49:49	0:02:48	116	38	5	1:03:49	157	61	10	13.5	0:01:15	120	41	10	0:40:10	170	67	11	0:12:57
165	2:10:54	NEALAR, STEVE	356	CAMILLUS	NY	M46	100	12	0:18:29	90	57	5	0:41:04	0:04:38	166	102	12	1:11:54	169	103	12	12.0	0:01:36	157	98	11	0:34:17	159	98	12	0:11:04
166	2:11:33	HELFRICH, SCOTT D	449	ITHACA	NY	M33	101	15	0:19:45	109	68	11	0:43:53	0:04:48	169	104	17	1:04:46	161	98	15	13.3	0:01:12	113	77	13	0:41:02	171	104	17	0:13:14
167	2:12:02	GORODETZER, REBECCA	301	HOLLAND	PA	F22	66	8	0:18:08	84	29	5	0:40:18	0:01:59	65	21	1	1:01:11	153	58	6	14.0	0:01:35	155	58	8	0:49:09	172	68	8	0:15:51
168	2:12:57	GALAIDA, TODD	296	LARKSVILLE	PA	M20	102	13	0:26:43	162	97	11	0:59:22	0:05:10	172	106	13	1:08:20	166	101	13	12.5	0:00:38	28	21	4	0:32:06	148	93	11	0:10:21
169	2:17:46	MODLIN, ANNE	350	ITHACA	NY	F42	67	14	0:20:07	116	46	11	0:44:42	0:06:01	174	68	16	1:10:26	167	66	14	12.2	0:01:53	167	66	15	0:39:19	169	66	15	0:12:41
170	2:23:34	BARRON, SUZANNE	255	WASHINGTON	DC	F44	68	15	0:36:18	172	68	16	1:20:40	0:05:26	173	67	15	1:14:20	171	68	15	11.5	0:01:13	117	39	6	0:26:17	78	21	2	0:08:29
171	2:27:26	VELIZ, STEVE	393	WHITESTONE	NY	M31	103	16	0:27:17	165	100	16	1:00:38	0:04:22	162	100	16	1:23:48	173	105	17	10.3	0:01:18	129	85	16	0:30:41	138	88	14	0:09:54
172	2:29:48	COTTELEER, DAVID	274	BATH	NY	M32	104	17	0:37:36	173	105	17	1:23:33	0:01:48	51	35	4	1:10:47	168	102	16	12.2	0:00:51	71	51	6	0:38:46	168	103	16	0:12:30
173	2:52:38	BANNISTER, DEBORAH S	253	MONTOUR FALLS	NY	F44	69	16	0:24:32	151	61	14	0:54:31	0:04:16	159	60	13	1:29:45	174	69	16	9.6	0:01:31	148	54	10	0:52:34	173	69	16	0:16:57

Cayuga Sprint Relay Team

Place	Time	Name	Bib	City	ST	Sex	Age	Overall		Swim:				per mile				T1				Bike				mph				T2				Run				Penalty Reason
								Sex	Grp	Time	All	Sex	Grp	Pace	Time	All	Sex	Grp	Time	All	Sex	Grp	Time	All	Sex	Grp	Time	All	Sex	Grp	Time	All	Sex	Grp	Time	All	Sex	
1	1:17:07	UNCLE2NEFS, Relay Team	406		N99					0:14:11	6	6	0:31:31	0:00:32	7	7	0:45:44	11	11	18.9	0:00:15	1	1	0:16:25	1	1	0:05:18											
2	1:18:10	SSC RACING, Relay Team	404		N99					0:13:48	5	5	0:30:40	0:00:46	15	15	0:43:10	5	5	19.8	0:00:22	8	8	0:20:04	2	2	0:06:28											
3	1:21:56	TEAM ACADIA HR, Relay Team	405		N99					0:13:37	4	4	0:30:16	0:00:36	10	10	0:41:48	3	3	20.8	0:00:22	9	9	0:25:33	11	11	0:08:15											
4	1:23:04	THE SMEGHEADS, Relay Team	415		N99					0:12:09	2	2	0:27:00	0:00:32	6	6	0:48:02	15	15	17.7	0:00:20	4	4	0:22:01	4	4	0:07:06											
5	1:23:28	TOLEDO SUNSHINE, Relay Team	417		N99					0:16:04	10	10	0:35:42	0:00:41	14	14	0:43:50	6	6	19.8	0:00:28	15	15	0:22:25	5	5	0:07:14											
6	1:24:20	BRR., Relay Team	420		N99					0:15:34	8	8	0:34:36	0:01:03	18	18	0:40:53	2	2	21.3	0:00:31	18	18	0:26:19	14	14	0:08:29											
7	1:24:58	BEGINNERS LUCK, Relay Team	414		N99					0:15:06	7	7	0:33:33	0:00:38	13	13	0:44:58	8	8	19.4	0:01:01	23	23	0:23:15	7	7	0:07:30											
8	1:25:07	DAFOE, Relay Team	428		N99					0:10:45	1	1	0:23:53	0:00:35	9	9	0:47:34	14	14	18.1	0:00:24	11	11	0:25:49	12	12	0:08:20											
9	1:25:09	CROSSMAN-GILCHREST, Relay Team	433		N99					0:16:58	11	11	0:37:42	0:00:30	4	4	0:39:05	1	1	21.8	0:00:30	17	17	0:28:06	17	17	0:09:04											
10	1:26:21	SAME GEARS, Relay Team	418		N99					0:16:00	9	9	0:35:33	0:00:37	11	11	0:46:49	13	13	18.5	0:00:21	7	7	0:22:34	6	6	0:07:17											
11	1:30:48	CAYUGA SKI AND CYCLERY, Relay T	429		N99					0:26:49	23	23	0:59:36	0:00:24	1	1	0:41:53	4	4	20.8	0:00:20	6	6	0:21:22	3	3	0:06:54											
12	1:30:58	WILSON/GELBERG, Relay Team	419		N99					0:20:47	15	15	0:46:11	0:00:33	8	8	0:45:21	10	10	18.9	0:00:19	3	3	0:23:58	8	8	0:07:44											
13	1:34:37	MAZA, Relay Team	410		N99					0:18:31	12	12	0:41:09	0:01:08	19	19	0:45:19	9	9	18.9	0:00:50	21	21	0:28:49	20	20	0:09:18											
14	1:36:27	BROWNIAN MOTION, Relay Team	412		N99					0:19:58	13	13	0:44:22	0:03:42																								



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Mins

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Cayuga Lake Triathlon
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Mins

Mins



Cayuga Lake Triathlon
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Cayuga Lake Triathlon
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Mins