

**2023 High Peaks Cyclery Mini-Tri #4****7/17/2023**

	<b>Hometown</b>	<b>Swim</b>	<b>Bike</b>	<b>Run</b>	<b>Total</b>
<b>Female 12-17</b>					
Madelyn Miller	Greenfield, NY	0:08:01	0:39:14	0:21:19	1:08:34
<b>Female 18-29</b>					
Kelly Fitzpatrick	Albany, NY	0:07:39	0:39:44	0:24:29	1:11:52
Emma Ticknor	Brooklyn, NY	0:09:35	0:37:19	0:25:17	1:12:11
<b>Male 18-29</b>					
Sam Boese	Saranac Lake, NY	0:06:31	0:36:45	0:22:39	1:05:55
Adam Jansen	Scotia, NY	0:08:55	0:39:12	0:22:22	1:10:29
Matt Karpowicz	Wellesley, MA	0:10:14	0:51:25	0:29:34	1:31:13
<b>Female 20-29</b>					
Grace Pastino	Delmar, NY	0:10:13	0:47:19	0:28:28	1:26:00
Molly Woodbury	New York, NY	0:15:03	1:05:39	0:34:06	1:54:48
<b>Female 30-39</b>					
Sarah Lister	Potsdam, NY	0:09:23	0:49:50	0:24:22	1:23:35
Allison Seger	Baltimore, MD	0:09:32	0:55:08	0:30:13	1:34:53
<b>Male 30-39</b>					
Aaron Newell	Queensbury, NY	0:07:09	0:31:46	0:19:36	0:58:31
Brian Woods	Lake Placid, NY	0:08:55	0:35:25	0:19:38	1:03:58
Colin Delaney	Wilmington, NY	0:07:27	0:38:53	0:22:25	1:08:45
Will Trithert	Potsdam, NY	0:08:39	0:38:49	0:25:30	1:12:58
Ashish Thakrar	Philadelphia, PA	0:16:11	0:48:28	0:29:19	1:33:58
Danny Fitzpatrick	Loudonville, NY	0:12:57	1:14:56	-	DNF
<b>Female 40-49</b>					
Amanda Grant	Wilmington, NY	0:08:00	0:35:30	0:25:48	1:09:18
Justine Trybendis	Glens Falls, NY	0:10:06	0:38:09	0:22:26	1:10:41
Jen Ketchell	Ausable Forks, NY	0:11:17	0:37:15	0:26:26	1:14:58
Karen Stauffer	Nicholville, NY	0:09:28	0:42:45	0:27:54	1:20:07
Krystle Andrews		0:09:19	0:43:14	0:29:34	1:22:07
Kelly Sullivan	Schenectady, NY	0:11:05	0:44:22	0:28:22	1:23:49
Erica LaFountain	Potsdam, NY	0:09:05	0:45:52	0:29:25	1:24:22
Julie Lamb	New York, NY	0:08:59	0:46:25	0:28:58	1:24:22
<b>Male 40-49</b>					
Kevin Bouchard-Hall	Elizabethtown, NY	0:07:25	0:28:33	0:20:05	0:56:03
Curtis Howard	Lake Placid, NY	0:07:19	0:34:57	0:20:46	1:03:02
Jay Niederbuhl	Saranac Lake, NY	0:07:29	0:34:57	0:22:57	1:05:23
Ben Stauffer	Nicholville, NY	0:07:54	0:34:16	0:24:49	1:06:59
Joseph Sullivan	Schenectady, NY	0:08:28	0:40:37	0:18:50	1:07:55
Matt Cook	Lake Placid, NY	0:09:11	0:37:04	0:25:29	1:11:44

Chad Greer	Potsdam, NY	0:09:39	0:38:51	0:28:43	1:17:13
Ramie Miller		0:11:37	0:43:28	0:28:19	1:23:24

**Female 50-59**

Vicki Dingman	Clifton Park, NY	0:16:43	0:55:19	0:29:30	1:41:32
---------------	------------------	---------	---------	---------	---------

**Male 50-59**

Dylan Cohen	Lake Placid, NY	0:06:57	0:32:59	0:20:43	1:00:39
John Hartpence	Hamilton, NY	0:07:06	0:31:57	0:25:00	1:04:03
Loring Porter	Lake Placid, NY	0:08:32	0:36:29	0:25:27	1:10:28
Andrew Snell	Wilmington	0:09:46	0:38:30	0:22:51	1:11:07
Jay Fogarty	Thornton, NH	0:09:20	0:36:27	0:26:30	1:12:17

**Female 60+**

Laura Hudson	Sparkill, NY	0:11:06	0:42:10	0:26:04	1:19:20
Kami Netr	Lake Placid, NY	0:10:23	0:43:26	0:32:28	1:26:17

**Male 60+**

Yon Chu	Lake Placid, NY	0:12:20	0:44:20	0:26:42	1:23:22
Mike Zerrahn	Plattsburgh, NY	0:11:14	0:45:27	0:35:31	1:32:12
Greg Dennin	Lake Placid, NY	0:15:02	0:52:04	0:27:48	1:34:54
Bill Izzo	Lake Placid, NY	0:12:14	0:46:00	0:37:12	1:35:26
John Caffry	Glens Falls, NY	0:08:56	0:52:27	0:36:52	1:38:15

**Teams**

Mark Wilcox	Essex, NY	0:06:34			1:04:08
EJ Acworth	Lake Placid, NY		0:35:08		
Emily Delaney	Lake Placid, NY			0:22:26	

Mark Wilcox	Essex, NY	0:06:34			1:08:21
Roger Gocking	Saranac Lake, NY		0:39:21		
Emily Delaney	Lake Placid, NY			0:22:26	

John Stock	Lake Placid, NY	0:10:02	0:40:37		1:11:11
Liam Fahey Stock	Lake Placid, NY			0:20:32	

Anne Hebson	Portland, ME	0:11:25			1:13:03
Tucker Richards	Asheville, NC		0:40:22	0:21:16	

Nadia Rodrigues		0:09:21	0:43:10		1:22:08
Adam Heiser				0:29:37	

Ashish Thakrar	Philadelphia, PA	0:16:11	0:48:28		1:39:28
Prakash Thakrar	Bethlehem, PA			0:34:49	

Swim/Bike