

## 2018 Mini-Tri #7

8/6/2018

NAME	HOMETOWN	SWIM	BIKE	RUN	TOTAL
<b>Male 13-14</b>					
Salvatore Icvara	Washington, NY	0:08:39	0:44:43	0:27:33	1:20:55
<b>Male 15-17</b>					
Ryan Greguski	New Milford, CT	0:07:25	0:38:46	0:26:05	1:12:16
<b>Female 18-29</b>					
Brooke Kelly	Plattsburgh, NY	0:05:31	0:37:25	0:22:44	1:05:40
Natalie Lo	Columbus, OH	0:10:28	0:47:55	0:31:31	1:29:54
Jennifer Manning	Potsdam, NY	0:08:49	0:45:39	0:35:52	1:30:20
Lenore Marcuson	Saranac Lake, NY	0:08:42	0:49:37	0:36:37	1:34:56
<b>Male 18-29</b>					
Everett Sapp	Morrisonville, NY	0:06:32	0:33:12	0:19:00	0:58:44
Colin Delaney	Lake Placid, NY	0:07:02	0:32:51	0:19:29	0:59:22
Jacob Phaneuf	Plattsburgh, NY	0:07:16	0:38:43	0:21:17	1:07:16
Adam Nasta	Hershey, PA	0:06:35	0:41:20	0:22:22	1:10:17
Todd Watson	Manchester, NH	0:12:44	0:45:37	0:27:08	1:25:29
Connor McCluskey	Potsdam, NY	0:11:56	0:47:59	0:25:36	1:25:31
Stephen Lo	Columbus, OH	0:16:40	0:43:26	0:33:20	1:33:26
<b>Female 30-39</b>					
Karen Stauffer	Nicholville, NY	0:09:50	-	-	1:23:09
<b>Male 30-39</b>					
Jay Niederbuhl	Saranac Lake, NY	0:06:59	0:32:37	0:21:16	1:00:52
Curtis Howard		0:06:39	0:35:31	0:21:29	1:03:39
Matthew Medeiros	Saranac Lake, NY	0:08:34	0:40:31	0:17:31	1:06:36
Brian Wilson	Dannemora, NY	0:08:38	0:39:07	0:20:06	1:07:51
Pawel Rokoszak	Staten Island, NY	0:06:52	0:35:34	0:25:40	1:08:06
Ben Stauffer	Nicholville, NY	0:09:52	0:35:40	0:24:22	1:09:54
Kevin Buzzelli	Lancaster, NY	0:08:30	0:39:08	0:22:37	1:10:15
Paul Taylor		0:09:16	0:42:53	0:24:02	1:16:11
Scott Watson	Manchester, NH	0:09:33	0:45:48	0:23:36	1:18:57
<b>Male 40-49</b>					
Jeff Rushby	Keeseville, NY	0:06:57	0:35:27	0:22:25	1:04:49
Jason Amoriell	Peru, NY	0:07:44	0:34:41	0:22:26	1:04:51
Jay Fogarty	Holderness, NH	0:08:03	0:36:58	0:23:45	1:08:46
Jimbo Galusha		0:08:59	0:42:29	0:22:33	1:14:01
Patrick Cooper	Wilton, CT	0:09:56	0:41:14	0:27:07	1:18:17
Steve Eldred		0:15:46	0:41:16	0:30:02	1:27:04
Chad Greer		0:11:20	0:46:33	0:30:55	1:28:48

**Female 50-59**

Linda Shepard		0:08:16	0:39:44	0:27:03	1:15:03
Kirt Elling	Lake Placid, NY	0:08:56	0:40:48	0:28:05	1:17:49

**Male 50-59**

Rich Burke	Saranac Lake, NY	0:07:48	0:32:48	0:18:28	0:59:04
Brian White	Plattsburgh, NY	0:08:49	0:36:45	0:23:54	1:09:28
Mike Zerrahn	Plattsburgh, NY	0:09:54	0:38:11	0:29:39	1:17:44
Ed Steins		0:08:58	0:42:00	0:27:43	1:18:41
John Bishop	Saratoga Springs, NY	0:08:56	0:42:53	0:30:00	1:21:49
Rob Major	Natick, MA	0:11:57	0:56:19	0:29:27	1:37:43
Vernon Mcneil	Jamestown, RI	0:13:45	0:50:52	0:41:29	1:46:06
Jim Grant	Lake Placid, NY	0:07:13	-	-	-

**Female 60+**

Nancy Bryant	Wilmington, NY	0:11:49	0:46:58	0:36:05	1:34:52
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**Male 60+**

Kirk Fasking		0:09:26	0:39:25	0:25:41	1:14:32
Michael Bryant	Wilmington, NY	0:09:25	0:38:59	0:28:31	1:16:55
Bill Izzo	Lake Placid, NY	0:10:13	0:41:29	0:28:59	1:20:41
Tony Waickmann	Ray Brook, NY	0:09:19	0:46:04	0:33:00	1:28:23
David Cook	Lyme, CT	0:12:18	0:57:15	0:34:48	1:44:21

**Teams**

Chris Morgan		0:10:20			1:05:10
Jeff Gelfand			0:36:33		
Jake Gelfand				0:18:17	
Mark Wilcox	Essex, NY	0:06:11			1:11:25
Heidi Holderied	Saranac Lake, NY		0:39:41	0:25:33	
John Stack		0:10:12	0:41:19		1:18:10
Liam Stack				0:26:39	
Anna Brewer	Lake Placid, NY	0:10:10			1:47:27
Pauls Brewer	Lake Placid, NY		0:53:08		
Richard Brewer	Lake Placid, NY			0:44:09	