

**Broome County Triathlon**  
**Saturday July 5, 2008      Dorchester Park, Whitney Point, NY**  
**142 Finishers (88 Male, 43 Female, 11 Teams)**  
**Timed By YellowJacket Racing**

Pos	Bib	Name	Gender	Class	Age	City	Swim	T1	Bike	T2	Run	Total
Overall Female												
1	128	Christa Winslow	F	Overall Female	45	Binghamton	16:22	01:06	36:47	00:59	22:52	1:18:06
Overall Female Masters												
1	126	Tamara Lewis	F	Overall Female Masters	44	Afton	16:20	01:14	35:59	00:59	25:37	1:20:10
Overall Male												
1	34	Keith Murray	M	Overall Male	34	Wynantskill	11:12		33:11	00:35	19:29	1:04:27
Overall Male Masters												
1	57	John McGovern	M	Overall Male Masters	44	Kingston	13:26	00:49	31:18	00:38	19:35	1:05:46
F14-16												
1	94	Katie Bowen	F	F14-16	15	Vestal	14:44	03:00	59:20	00:44	32:12	1:50:00
2	95	Erin Daly	F	F14-16	16	Weedsport	17:00	02:21	57:46	00:45	35:29	1:53:21
F17-19												
1	96	Kalani Personius	F	F17-19	18	Binghamton	13:56	02:04	50:26	00:43	27:38	1:34:46
F20-24												
1	101	Rebecca Duttry	F	F20-24	23	Muncy	20:10	01:41	40:33	00:57	24:46	1:28:06
2	97	Elly Powers	F	F20-24	21	South New Berlin	18:37	01:43	43:55	01:08	27:30	1:32:52
3	100	Capri May	F	F20-24	22	Owego	20:07	02:10	48:50	00:39	29:54	1:41:41
4	99	Megan Nonnemacher	F	F20-24	22	Scranton	25:29	01:23	57:50	00:39	23:25	1:48:46
F25-29												
1	104	Jennifer Livingstone	F	F25-29	26	Endicott	14:44		37:31	01:17	26:07	1:19:39
2	102	Sara Gdovin	F	F25-29	25	Binghamton	14:24	01:04	42:54	00:43	25:43	1:24:48
3	107	Erin Bohman	F	F25-29	28	Brooktondale	19:03	02:09	39:47	01:10	24:33	1:26:41
4	105	Karen Martin	F	F25-29	27	Johnson City	19:24	01:57	42:59	02:08	27:17	1:33:45
5	108	Heather Ludwig	F	F25-29	29	Endicott	18:23	02:42	41:16	01:33	30:27	1:34:21
6	103	Katie Gorgos	F	F25-29	26	Binghamton	21:24	02:20	47:45	01:24	27:20	1:40:13
7	106	Bianca Spatafora	F	F25-29	28	Arlington	15:37	02:39	46:50	01:28	35:42	1:42:16
F30-34												
1	111	Alice Tym	F	F30-34	34	Hamilton	14:38	01:16	41:14	00:39	24:20	1:22:07
2	110	Selina Lenetsky	F	F30-34	31	Ithaca	17:56	02:34	41:54	01:01	23:57	1:27:23
3	112	Sarahjane Harrigan	F	F30-34	34	Alpien	16:34	01:54	40:27	01:08	28:52	1:28:55
4	109	Elizabeth McGrath	F	F30-34	30	Kirkwood	18:26	02:29	48:11	01:44	36:37	1:47:27

## F35-39

1	119	Kelley Hamlin	F	F35-39	37	Endicott	15:21	01:39	40:55	00:39	25:19	1:23:53
2	121	Shannon Gawronski	F	F35-39	39	Norwich	16:15	01:26	37:58	01:22	28:09	1:25:10
3	117	Kori Wood	F	F35-39	37	Montrose	18:46	01:31	40:04	01:04	24:34	1:25:58
4	118	Rindy Karpel	F	F35-39	37	Endicott	21:33	02:16	44:48	00:46	27:37	1:37:01
5	122	Susana Mendez	F	F35-39	39	Brooktondale	19:55	01:57	45:24	01:32	29:01	1:37:49
6	116	Stephanie Gardner	F	F35-39	36	Dryden	26:38	01:50	45:57	01:13	25:01	1:40:39
7	114	Amy Moritz	F	F35-39	35	Buffalo	25:00	01:46	42:02	01:07	30:56	1:40:51
8	113	Nancy Toffolo	F	F35-39	35	Ithaca	18:56	02:45	49:17	01:42	31:24	1:44:05
9	120	Ellen Brenner	F	F35-39	38	Rochester	22:47	01:09	45:21	01:24	34:51	1:45:32
10	123	Grace Andres	F	F35-39	39	Endicott	24:57	02:22	46:05	00:59	33:21	1:47:45
11	115	Jo Cator	F	F35-39	36	Whitney Point	25:08	04:12	1:00:49	01:30	44:54	2:16:33

## F40-44

1	125	Irene Cobb	F	F40-44	44	Nicholson	16:17	01:33	41:00	00:48	23:11	1:22:49
2	124	Caren Cooper	F	F40-44	41	Ithaca	20:08	02:37	45:35	00:51	31:13	1:40:24

## F45-49

1	130	Nancy Almann	F	F45-49	48	Ithaca	18:45	02:09	41:12	01:19	30:29	1:33:54
2	132	Pauline Gregory	F	F45-49	49	Vestal	19:05	02:06	43:05	00:53	31:34	1:36:43
3	129	Dawn Washo	F	F45-49	45	Montrose	22:21	01:47	53:40	01:04	32:21	1:51:14
4	131	Susan Hiser	F	F45-49	49	Grove City	26:43	04:42	49:37	02:11	38:03	2:01:16

## F50-54

1	133	Caroline Rasmussen	F	F50-54	50	Lansing	18:27	01:17	38:18	00:49	27:19	1:26:11
2	135	Anne Sieverding	F	F50-54	52	Ithaca	18:12	01:49	40:16	01:16	29:01	1:30:34

## F55-59

1	137	Michelle Marino	F	F55-59	56	Ithaca	17:58	01:50	38:10	00:52	24:15	1:23:04
2	138	Mary Pat DAngelo	F	F55-59	59	Lafayette	17:53	02:41	43:21	01:17	27:32	1:32:44
3	136	Cathie Bunk	F	F55-59	56	Gorham	19:03	01:51	49:53	01:23	37:35	1:49:45

## F65-69

1	139	Patricia Coveny	F	F65-69	67	Endicott	38:17	08:00	1:02:44	02:34	45:30	2:37:04
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## M14-16

1	2	Daniel Jardin	M	M14-16	15	Mexico	14:18	01:37	45:05	00:31	23:36	1:25:06
2	1	David Stuart	M	M14-16	13	Endicott	18:02	03:49	50:43	02:06	30:05	1:44:44

## M17-19

1	7	Paul Young	M	M17-19	19	Milan	14:52		36:52	00:29	19:47	1:12:01
2	6	Benjamin Nichols	M	M17-19	18	Endicott	17:57	01:32	38:34	00:30	19:35	1:18:08
3	3	Erik Wagner	M	M17-19	17	Binghamton	13:44	02:03	39:50	01:14	28:39	1:25:30
4	4	Patrick Kelsey	M	M17-19	17	Port Crane	15:47		46:34	00:42	24:55	1:27:58
5	5	David Nichols	M	M17-19	17	Endicott	23:22	01:45	46:11	00:47	22:52	1:34:57

## M20-24

1	18	Richard Nichols	M	M20-24	24	Apalachin	13:28	00:49	34:31	00:32	21:44	1:11:03
2	16	Evan Blumberg	M	M20-24	23	Johnson City	14:51	01:39	35:23	01:00	21:29	1:14:22

3	12	Michael Ariel	M	M20-24	22	Norwood	13:23	38:10	01:03	22:53	1:15:29	
4	9	Adam Bielecki	M	M20-24	20	Vestal	13:08	41:34	00:33	24:44	1:19:59	
5	10	Ryan Wright	M	M20-24	21	Ithaca	14:46	38:22	01:21	26:44	1:21:12	
6	11	Eugene Donovan	M	M20-24	22	Binghamton	14:37	02:12	41:24	00:30	24:19	1:23:02
7	8	Adam Rubert	M	M20-24	20	Towanda	14:49	45:35	00:31	23:26	1:24:22	
8	13	Jared Ruggieri	M	M20-24	22	Binghamton	16:58	02:59	39:55	00:42	24:25	1:24:59
9	17	John Siddons	M	M20-24	23	Scranton	16:38	01:34	42:48	00:35	23:51	1:25:26
10	15	Eric Hansen	M	M20-24	23	Ithaca	14:43	43:36	00:51	27:09	1:26:19	
11	14	John Feighery	M	M20-24	23	Pelham	15:29	03:48	47:37	00:36	31:14	1:38:44

M25-29

1	24	Mike Grygus	M	M25-29	28	Endwell	14:04	01:09	30:42	00:50	19:41	1:06:26
2	26	Tom Perkins Jr.	M	M25-29	29	Pheonix	16:40	01:21	38:41	01:13	24:47	1:22:42
3	22	Brian Moscicki	M	M25-29	27	Port Crane	15:41	01:42	40:43	00:33	26:07	1:24:47
4	19	Devin Donovan	M	M25-29	25	Scarsdale	18:59	03:06	40:33	00:37	24:11	1:27:25
5	20	Eric Palomaki	M	M25-29	26	Genoa	17:18	01:19	39:52	01:30	29:20	1:29:19
6	23	Mike Perkins	M	M25-29	27	Baldwinsville	15:30	01:21	45:33	00:44	30:02	1:33:10
7	25	Nick Ruiz	M	M25-29	28	Owego	20:53	03:09	43:57	01:30	28:52	1:38:21
8	21	Jon Gdovin	M	M25-29	27	Binghamton	24:32	01:57	43:08	01:42	31:59	1:43:17

M30-34

1	32	Michael Murphy	M	M30-34	34	Warren Center	14:09	01:27	36:20	00:53	18:32	1:11:22
2	31	Charles Eldermire	M	M30-34	33	Brooktondale	14:01	01:36	35:05	00:58	22:26	1:14:07
3	30	Paul Lentini	M	M30-34	33	Lakewood	15:38	00:57	34:08	00:50	26:11	1:17:45
4	28	Shane Cummings	M	M30-34	30	Endicott	16:24	01:46	39:14	01:17	23:57	1:22:39
5	33	Frederick Tillman	M	M30-34	34	Kenka Park	17:19	01:23	37:33	00:48	26:23	1:23:26
6	29	Jackson Taylor	M	M30-34	32	Vestal	22:37	02:20	39:05	00:58	27:14	1:32:15
7	27	Frank Bianco	M	M30-34	30	Binghamton	21:03	02:42	47:31	00:38	24:30	1:36:24

M35-39

1	44	Peter Ronco	M	M35-39	39	Horseheads	14:09	00:38	31:44	00:44	17:42	1:04:57
2	40	David Christian	M	M35-39	39	Binghamton	14:22	01:34	36:23	01:11	19:45	1:13:15
3	36	J.C. Colling	M	M35-39	36	Binghamton	14:05	01:28	35:38	00:46	21:26	1:13:23
4	39	Peter Johanns	M	M35-39	38	Van Etten	15:11	00:34	35:03	00:44	24:01	1:15:34
5	43	David Colegrove	M	M35-39	39	Syracuse	16:22	01:42	35:12	01:46	24:06	1:19:08
6	41	Mike Guenther	M	M35-39	39	Binghamton	18:22	02:18	36:10	01:03	25:38	1:23:32
7	35	David Martin	M	M35-39	35	Johnson City	27:58	04:34	27:38	01:02	23:41	1:24:52
8	42	Juan Alvarez-Calderon	M	M35-39	39	Brooktondale	18:06	01:46	40:16	00:57	25:19	1:26:24
9	38	Lars Mead	M	M35-39	37	Binghamton	20:47	02:34	39:21	01:36	25:35	1:29:52
10	37	Dan Ciaravino	M	M35-39	37	Binghamton	18:46	03:06	47:07	03:53	26:54	1:39:45

M40-44

1	52	Bob Stocks	M	M40-44	42	Binghamton	13:33	31:44	00:34	20:24	1:06:14	
2	46	Scott Custley	M	M40-44	40	Rosendale	13:46	01:12	33:47	00:43	22:01	1:11:30
3	47	Paul Dittman Jr.	M	M40-44	40	Hilton	13:10	35:12	00:49	23:02	1:12:13	
4	53	James Wendel	M	M40-44	43	Kingston	17:21	01:49	38:28	01:16	28:17	1:27:10
5	50	Keith Morton	M	M40-44	41	New York	13:36	03:16	42:08	01:35	26:53	1:27:27
6	56	Frank Stuart	M	M40-44	44	Endicott	19:37	02:44	41:08	01:25	29:50	1:34:44
7	48	Brian Kamsoke	M	M40-44	40	Norwich	29:44	02:26	39:50	00:41	24:41	1:37:32

8	45	Paul Darsky	M	M40-44	40	Marathon	22:59	01:52	43:31	01:05	29:18	1:38:45
9	54	Mark Ciaravino	M	M40-44	44	Endicott	18:54	02:04	47:59	03:54	26:55	1:39:45
10	58	Ed DeSantis	M	M40-44	44	Binghamton	21:22	02:19	44:46	01:13	30:38	1:40:18
11	55	Joe Whalen	M	M40-44	44	Owego	19:18	03:27	54:10	01:57	32:33	1:51:24
M45-49												
1	65	David Winslow	M	M45-49	48	Binghamton	13:55		34:50	01:04	20:15	1:10:05
2	67	Bob Connelly	M	M45-49	48	Stamford	15:10	01:06	35:01	00:57	23:46	1:15:59
3	61	Andrew Casler	M	M45-49	46	Fabios	15:22	01:26	34:43	01:03	24:39	1:17:13
4	63	Douglas Mann	M	M45-49	47	Painted Post	16:21	02:00	36:18	01:17	24:01	1:19:57
5	70	Mark Brugger	M	M45-49	49	Endicott	18:55	02:05	38:26	00:59	20:51	1:21:15
6	68	Steven Andre	M	M45-49	49	Montrose	17:39	01:17	38:59	00:57	24:15	1:23:06
7	69	Barry Bonitz	M	M45-49	49	Endwell	16:37	02:26	39:58	01:38	24:51	1:25:31
8	64	Don Slogar	M	M45-49	47	Vestal	21:00	02:15	38:07	00:43	23:59	1:26:04
9	60	Bob Beavan	M	M45-49	45	Johnson City	15:18	01:59	42:14	00:57	27:45	1:28:14
10	66	Michael Welch	M	M45-49	48	Endicott	18:48	02:01	41:40	01:02	27:43	1:31:14
11	71	Roy Husung	M	M45-49	49	Rush	17:06	02:11	43:35	00:55	27:46	1:31:34
12	59	Timothy Farrell	M	M45-49	45	Clarks Green	18:53	03:00	48:48	02:05	32:14	1:45:00
13	62	Elliott Wagner	M	M45-49	47	Binghamton	21:41	02:31	41:36	01:32	39:48	1:47:07
M50-54												
1	75	Dirk Elliott	M	M50-54	52	Marathon	15:16	01:10	34:29	00:43	21:22	1:12:59
2	74	Daniel Wood	M	M50-54	51	Montrose	18:01	01:41	35:34	00:46	24:19	1:20:20
3	73	Mark Dixon	M	M50-54	50	Candor	26:09	02:46	45:05	01:28	23:43	1:39:11
4	77	Howard Segal	M	M50-54	54	Oneonta	17:05	04:09	51:02	00:56	26:06	1:39:19
5	78	Billy Mugridge	M	M50-54	54	Liverpool	21:16	02:43	55:33	02:40	34:51	1:57:02
6	72	Rick Haddock	M	M50-54	50	Endwell	27:43	03:29	49:44	01:55	37:49	2:00:40
M55-59												
1	81	Ray Gillen	M	M55-59	57	Montrose	16:55	01:57	38:37	01:08	27:22	1:25:59
2	83	Mike Egan	M	M55-59	58	Clarks Summit	21:27	02:03	42:11	01:16	24:19	1:31:16
3	84	Steven Burke	M	M55-59	59	Ithaca	22:34	02:02	42:59	00:54	26:10	1:34:40
4	79	Dan Bartschi	M	M55-59	56	Vestal	21:32	02:14	42:59	01:49	31:34	1:40:08
5	80	Thomas Minora	M	M55-59	57	Clarks Summit	21:02	02:47	46:34	02:22	32:01	1:44:46
M60-64												
1	89	Len Sowinski	M	M60-64	64	Olyphant	18:41	02:38	39:48	00:27	22:02	1:23:36
2	90	Bob Dattola	M	M60-64	64	Ithaca	14:21	01:42	39:36	01:06	27:15	1:24:00
3	85	Chris Newell	M	M60-64	60	Cortland	15:26	02:09	40:57	01:18	26:27	1:26:16
4	86	Bob Macnaught	M	M60-64	60	Walton	21:27	01:57	46:04	01:48	32:51	1:44:07
5	88	Bob Harding	M	M60-64	62	Binghamton	20:58	02:49	43:34	01:34	38:33	1:47:28
M65-69												
1	92	Dick Litzel	M	M65-69	68	Newark Valley	16:48	02:20	39:04	01:32	28:03	1:27:47
2	91	Merlin Lessler	M	M65-69	66	Owego	20:59	03:27	53:10	01:00	32:13	1:50:48
M75-79												
1	93	Alfred Rogers	M	M75-79	75	Duryea	25:30	03:16	55:39	01:12	39:51	2:05:28

Masters Co-Ed Teams										
1	150	Oneida-Houston Connection	Team	Masters Co-Ed	21:14	00:48	40:54	00:39	29:00	1:32:35
2	151	Powered by Co-Ed	Team	Masters Co-Ed	23:14	00:59	44:07	00:29	24:59	1:33:49
Open Co-Ed Teams										
1	146	Hui Ao Ao	Team	Open Co-Ed	14:01	00:31	34:23		18:31	1:07:26
2	147	Three Warriors	Team	Open Co-Ed	13:44	00:34	34:59	00:25	22:19	1:12:01
3	145	The Joneses	Team	Open Co-Ed	15:37	00:51	41:45	00:31	22:33	1:21:17
4	149	Team Phenom	Team	Open Co-Ed	13:24	00:35	41:57	00:31	26:51	1:23:17
5	148	Vital Signs	Team	Open Co-Ed	20:22	00:40	41:26	00:28	24:25	1:27:21
6	144	Déjà Vu	Team	Open Co-Ed	20:49	00:44	42:31	00:31	32:07	1:36:44
Open Female Teams										
1	141	Lexie May	Team	Open Female	27:50	00:58	45:17	00:33	33:57	1:48:35
Open Male Teams										
1	143	The Runners	Team	Open Male	15:10	00:34	33:13	00:24	17:26	1:06:47
2	142	Its A Bear	Team	Open Male		12:16	39:12	00:25	19:02	1:10:55