

Tri One On 2013

June 16, 2013

Overall Results - Female

Tri Individual

Place	No.	Name	Gender	Age	City	St.	----- SWIM -----			----- BIKE -----			----- RUN -----			Penalty	Total Time		
							Time	Plc	100y	T1	Time	Plc	Mph	T2	Time			Plc	Pace
1	429	Karen Pompay	Female	43	Garden City	NY	00:09:18	24	1:03	00:00:51	00:31:33	41	21.9	00:00:59	00:18:42	28	6:13		01:01:20.74
2	270	Jessica Lester	Female	24	Long Beach	NY	00:07:48	1	0:52	00:01:07	00:34:32	150	20.0	00:00:28	00:18:48	31	6:15		01:02:38.84
3	906	Erin Lusenskas	Female	25	Breckenridge	CO	00:11:40	122	1:19	00:00:52	00:32:51	87	21.0	00:00:22	00:19:50	64	6:36		01:05:32.88
4	418	Jeanette Hampel	Female	39	West Islip	NY	00:11:35	117	1:18	00:01:22	00:32:07	57	21.5	00:00:20	00:20:38	97	6:52		01:06:00.29
5	253	Sydney Michalak	Female	17	Peterborough	NH	00:10:19	54	1:10	00:00:52	00:33:48	124	20.4	00:00:26	00:20:49	105	6:56		01:06:10.12
6	263	Kelly Lester	Female	22	Long Beach	NY	00:08:38	10	0:58	00:01:30	00:34:36	155	19.9	00:00:37	00:21:57	175	7:18		01:07:16.76
7	395	Teresa Lenzi	Female	35	New York	NY	00:10:39	74	1:12	00:01:15	00:34:27	148	20.0	00:00:51	00:20:54	111	6:57		01:08:02.79
8	883	Carole Hook	Female	32	New York	NY	00:10:37	72	1:12	00:02:04	00:34:14	138	20.2	00:01:22	00:19:58	68	6:39		01:08:12.20
9	876	Caitlin Alexander	Female	25	New York	NY	00:10:38	73	1:12	00:01:23	00:34:26	147	20.0	00:00:41	00:21:11	123	7:03		01:08:16.81
10	341	Alicia Sepulveda	Female	30	Bay Shore	NY	00:12:44	204	1:26	00:02:21	00:32:23	65	21.3	00:01:08	00:20:16	81	6:45		01:08:49.74
11	282	Ashley Schatz	Female	25	Port Jefferson Stator	NY	00:14:30	352	1:38	00:01:21	00:34:00	129	20.3	00:00:22	00:18:45	29	6:14		01:08:55.88
12	410	Laura Marino	Female	37	Baldwin	NY	00:11:25	107	1:17	00:01:30	00:33:24	111	20.7	00:00:45	00:21:58	177	7:19		01:08:59.83
13	273	Courtney Moran	Female	24	New York	NY	00:08:51	15	1:00	00:01:13	00:35:47	208	19.3	00:01:14	00:22:11	186	7:23		01:09:14.20
14	895	Andrea Archer	Female	25	New York	NY	00:12:14	155	1:23	00:02:27	00:32:40	76	21.1	00:01:17	00:20:43	102	6:54		01:09:19.09
15	357	Kristyn Pluchino	Female	32	Jersey City	NJ	00:11:37	119	1:18	00:02:19	00:33:10	98	20.8	00:01:10	00:21:21	135	7:06		01:09:34.51
16	907	Emily Schein	Female	19	New York	NY	00:12:03	143	1:21	00:01:16	00:35:37	200	19.4	00:00:50	00:20:16	82	6:45		01:09:58.33
17	442	Charlotte Johnson	Female	46	Port Jefferson Stator	NY	00:13:15	256	1:30	00:01:28	00:33:33	118	20.6	00:00:36	00:21:25	138	7:08		01:10:14.59
18	355	Colleen Eren	Female	31	Brooklyn	NY	00:12:45	206	1:26	00:01:35	00:34:11	136	20.2	00:01:45	00:20:59	114	6:59		01:11:12.11
19	396	Jen Wekelo	Female	35	New York	NY	00:12:16	161	1:23	00:01:51	00:35:38	203	19.4	00:01:02	00:20:30	91	6:49		01:11:14.58
20	441	Lila Baboornian	Female	46	Budd Lake	NJ	00:11:16	101	1:16	00:01:27	00:35:27	193	19.5	00:00:53	00:22:21	193	7:26		01:11:21.58
21	477	Lorraine Huether	Female	57	Massapequa	NY	00:11:58	136	1:21	00:01:50	00:34:07	133	20.2	00:00:58	00:22:47	227	7:35		01:11:37.03
22	292	Gabrielle Santa-Donato	Female	26	Brooklyn	NY	00:10:21	56	1:10	00:02:50	00:37:44	297	18.3	00:01:25	00:19:31	55	6:30		01:11:47.31
23	297	Cindy Cario	Female	27	Flushing	NY	00:12:09	149	1:22	00:02:40	00:33:45	122	20.4	00:01:10	00:22:23	199	7:27		01:12:04.87
24	329	Leigh Cuttino	Female	30	New York	NY	00:10:13	48	1:09	00:02:06	00:35:18	185	19.5	00:01:17	00:23:18	268	7:45		01:12:09.71
25	422	Heidi Roussis	Female	41	Westbury	NY	00:12:28	175	1:24	00:01:31	00:36:58	261	18.7	00:00:35	00:21:17	129	7:05		01:12:46.19
26	356	Allyson Price	Female	31	Kensington	MD	00:12:08	147	1:22	00:03:02	00:34:58	166	19.7	00:01:42	00:21:39	150	7:12		01:13:25.82
27	885	Renate Schmidt	Female	46	New York City	NY	00:13:06	241	1:28	00:01:31	00:33:17	105	20.7	00:00:49	00:24:54	359	8:17		01:13:33.40
28	889	Kristin Jackson	Female	28	New York	NY	00:09:38	35	1:05	00:01:00	00:40:28	424	17.1	00:00:36	00:21:58	176	7:19		01:13:37.24
29	939	Katie Bair	Female	32	Washington	DC	00:11:31	111	1:18	00:02:11	00:35:28	194	19.5	00:00:41	00:24:00	304	7:59		01:13:48.15
30	908	Heather Dunton	Female	38	New York	NY	00:13:59	319	1:34	00:02:25	00:33:04	94	20.9	00:01:33	00:23:10	261	7:43		01:14:08.28
31	323	Melanie Pessin	Female	29	New York	NY	00:14:21	339	1:37	00:01:47	00:36:54	258	18.7	00:00:43	00:20:29	90	6:49		01:14:11.68
32	922	Melissa Ginsberg	Female	30	New York	NY	00:09:14	21	1:02	00:02:55	00:37:50	300	18.2	00:00:59	00:23:28	275	7:49		01:14:23.44
33	275	Monica Zucker	Female	25	New York	NY	00:12:58	230	1:28	00:02:44	00:36:16	226	19.0	00:00:58	00:21:40	152	7:13		01:14:32.91
34	257	Olivia Myszkowski	Female	20	Maspeth	NY	00:10:08	45	1:08	00:01:21	00:37:10	270	18.6	00:00:45	00:25:29	386	8:29		01:14:49.50
35	311	Amanda Shapin	Female	28	New York	NY	00:13:54	313	1:34	00:02:16	00:36:25	234	18.9	00:01:13	00:21:22	136	7:07		01:15:07.69
36	499	Julie Cook	Female	57	New York	NY	00:13:33	282	1:32	00:01:11	00:35:15	182	19.6	00:00:48	00:24:25	327	8:08		01:15:09.12

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							Time	Plc	100y	T1	Time	Plc	Mph	T2	Time	Plc			Pace
37	488	Natalie Stevens	Female	30	Brooklyn	NY	00:11:24	103	1:17	00:02:50	00:34:47	160	19.8	00:00:57	00:25:17	377	8:25		01:15:12.52
38	300	Christine Middleton	Female	28	New York	NY	00:12:54	226	1:27	00:02:16	00:35:48	209	19.3	00:01:21	00:23:18	269	7:45		01:15:34.83
39	335	Ashley Bauer	Female	23	Temple	PA	00:09:23	26	1:03	00:02:19	00:42:40	468	16.2	00:01:11	00:20:06	75	6:41		01:15:36.77
40	455	Merryl Feldman Brown	Female	49	New York	NY	00:12:53	222	1:27	00:03:15	00:34:50	162	19.8	00:01:45	00:22:57	242	7:38		01:15:37.17
41	397	Amie Weber	Female	35	Rockville Centre	NY	00:14:11	329	1:36	00:02:04	00:36:32	240	18.9	00:01:39	00:21:18	131	7:05		01:15:42.53
42	333	Titia Chang	Female	30	Flushing	NY	00:14:30	355	1:38	00:02:19	00:35:29	195	19.5	00:00:53	00:22:55	235	7:38		01:16:03.22
43	398	Keri Bergman	Female	35	Roslyn	NY	00:15:15	391	1:43	00:02:00	00:35:34	199	19.4	00:00:57	00:22:31	209	7:30		01:16:13.83
44	461	Lisa Hiller	Female	51	Roslyn Heights	NY	00:11:46	127	1:19	00:01:39	00:37:04	265	18.6	00:01:30	00:24:25	326	8:08		01:16:21.45
45	350	Tricia Del Monaco	Female	31	Bethpage	NY	00:13:48	301	1:33	00:02:05	00:37:11	271	18.6	00:01:46	00:21:54	173	7:17		01:16:41.46
46	896	Alina Lacey-Varona	Female	32	New York	NY	00:11:49	132	1:20	00:02:29	00:37:06	266	18.6	00:01:05	00:24:28	332	8:09		01:16:54.28
47	476	Nancy Breitbarth	Female	57	Jericho	NY	00:11:10	96	1:15	00:02:15	00:37:37	293	18.3	00:01:05	00:25:07	366	8:22		01:17:11.75
48	402	Sheryl Tockerman	Female	36	New York	NY	00:15:19	396	1:44	00:02:38	00:38:42	339	17.8	00:00:34	00:20:24	87	6:47		01:17:33.98
49	258	Gillian Meyer	Female	20	Setauket	NY	00:12:35	183	1:25	00:02:32	00:39:14	364	17.6	00:01:10	00:22:07	183	7:22		01:17:34.86
50	295	Lydia Corin	Female	27	New York	NY	00:13:15	257	1:30	00:02:27	00:37:21	278	18.5	00:00:38	00:24:02	308	8:00		01:17:40.98
51	469	Lisa Blaustein	Female	55	East Hills	NY	00:12:51	217	1:27	00:01:26	00:36:42	244	18.8	00:01:00	00:25:50	401	8:36		01:17:46.25
52	887	Jill Riemer	Female	39	New York	NY	00:13:01	233	1:28	00:01:53	00:38:55	350	17.7	00:01:25	00:22:44	223	7:34		01:17:55.44
53	317	Kimberly O'neill	Female	23	Flushing	NY	00:13:21	265	1:30	00:02:54	00:36:49	256	18.7	00:00:38	00:24:17	319	8:05		01:17:57.11
54	394	Alison Gazan	Female	35	New York	NY	00:12:48	210	1:27	00:02:18	00:38:21	321	18.0	00:01:11	00:23:23	273	7:47		01:17:58.86
55	314	Sara Onufer	Female	28	New York	NY	00:11:50	133	1:20	00:02:50	00:38:30	328	17.9	00:01:22	00:23:31	277	7:50		01:18:00.09
56	291	Elizabeth Justice	Female	26	New York	NY	00:13:14	255	1:29	00:02:30	00:38:31	330	17.9	00:01:26	00:22:25	202	7:28		01:18:03.60
57	449	Sabine Von Sengbusch	Female	48	New York	NY	00:15:39	415	1:46	00:02:47	00:33:52	127	20.4	00:01:15	00:24:48	352	8:15		01:18:18.13
58	454	Caroline Barry	Female	49	Port Washington	NY	00:12:43	202	1:26	00:01:30	00:37:04	264	18.6	00:00:56	00:26:28	425	8:49		01:18:38.43
59	888	Jennifer Feeney	Female	41	New York	NY	00:15:01	376	1:42	00:02:40	00:36:04	220	19.1	00:01:15	00:23:58	303	7:59		01:18:55.65
60	495	Bernadette Winnubst	Female	48	Locust Valley	NY	00:15:22	398	1:44	00:03:07	00:36:29	237	18.9	00:00:59	00:23:02	247	7:40		01:18:56.13
61	359	Elisa Doctor	Female	32	New York	NY	00:14:16	335	1:36	00:03:01	00:39:25	374	17.5	00:00:50	00:21:33	144	7:10		01:19:01.70
62	935	Jill Bentley	Female	30	Brooklyn	NY	00:09:50	38	1:06	00:03:00	00:41:15	440	16.7	00:01:22	00:23:41	286	7:53		01:19:05.57
63	289	Sarah Woodard	Female	26	New York	NY	00:14:25	345	1:37	00:01:59	00:39:59	403	17.3	00:00:39	00:22:10	185	7:23		01:19:10.10
64	462	Rosemary Jones	Female	51	Babylon	NY	00:13:19	264	1:30	00:02:51	00:36:44	247	18.8	00:02:02	00:24:34	340	8:11		01:19:27.93
65	929	Linda Drabik	Female	37	New York	NY	00:12:15	159	1:23	00:03:28	00:39:30	378	17.5	00:01:26	00:22:56	240	7:38		01:19:32.09
66	407	Aimee Goodenough	Female	36	Astoria	NY	00:14:40	360	1:39	00:02:59	00:39:58	402	17.3	00:00:52	00:21:21	134	7:06		01:19:48.10
67	457	Donna Cummings	Female	50	West Islip	NY	00:16:27	444	1:51	00:01:25	00:36:41	243	18.8	00:01:24	00:24:09	317	8:02		01:20:03.22
68	880	Aviva Schick	Female	28	New York	NY	00:14:25	344	1:37	00:02:26	00:38:43	340	17.8	00:01:38	00:22:55	234	7:38		01:20:03.50
69	912	Jodi Siskind	Female	33	New York	NY	00:17:20	475	1:57	00:02:34	00:36:44	249	18.8	00:01:09	00:22:21	194	7:26		01:20:05.01
70	281	Jennifer Knuckles	Female	25	New York	NY	00:10:23	58	1:10	00:02:10	00:38:57	351	17.7	00:01:51	00:27:13	463	9:04		01:20:32.41
71	432	Christine Peddy	Female	43	New York	NY	00:18:40	523	2:06	00:01:53	00:36:23	230	19.0	00:01:46	00:22:02	181	7:20		01:20:41.59
72	482	Diane Schubert	Female	60	New Hyde Park	NY	00:14:53	367	1:41	00:02:53	00:35:40	205	19.3	00:01:20	00:26:00	409	8:39		01:20:43.55

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							Time	Plc	100y	T1	Time	Plc	Mph	T2	Time	Plc			Pace
73	436	Stacy Bergman	Female	45	Armonk	NY	00:14:22	340	1:37	00:02:56	00:38:36	335	17.9	00:00:48	00:24:09	318	8:02		01:20:48.82
74	352	Meaghan Wilson	Female	31	New York	NY	00:12:37	187	1:25	00:03:45	00:40:41	429	17.0	00:00:54	00:23:10	260	7:43		01:21:04.38
75	913	Melina Koridis	Female	27	Astoria	NY	00:09:30	32	1:04	00:02:14	00:39:28	376	17.5	00:02:15	00:27:58	491	9:19		01:21:21.04
76	409	Sheryl Idzik	Female	37	Port Washington	NY	00:11:11	97	1:15	00:03:09	00:41:28	446	16.6	00:01:30	00:24:26	329	8:08		01:21:41.53
77	303	Rosie Snow	Female	28	New York	NY	00:14:27	348	1:38	00:02:51	00:38:48	345	17.8	00:02:03	00:23:36	283	7:51		01:21:43.11
78	399	Wendi Kruger	Female	35	New York	NY	00:13:25	274	1:31	00:02:45	00:37:54	302	18.2	00:02:09	00:25:38	394	8:32		01:21:47.57
79	431	Constance Korol	Female	43	Syosset	NY	00:16:33	450	1:52	00:02:17	00:37:43	296	18.3	00:01:37	00:23:47	292	7:55		01:21:54.27
80	374	Jessica Morganoff	Female	33	New York	NY	00:12:53	221	1:27	00:02:12	00:38:10	316	18.1	00:01:32	00:27:11	462	9:03		01:21:56.94
81	435	Lara Feoktistoff	Female	44	New York	NY	00:13:36	287	1:32	00:02:44	00:39:49	395	17.3	00:01:53	00:24:01	306	8:00		01:22:00.18
82	890	Catherine Fitzpatrick-Kell	Female	44	New York	NY	00:13:58	318	1:34	00:02:24	00:40:15	415	17.1	00:01:18	00:24:08	315	8:02		01:22:01.25
83	486	Meghan Mcdonald	Female	29	Brooklyn	NY	00:11:54	134	1:20	00:02:27	00:37:25	283	18.4	00:01:14	00:29:42	537	9:53		01:22:39.40
84	361	Jasvinder Braich	Female	32	Roslyn Heights	NY	00:15:01	377	1:42	00:03:25	00:40:50	432	16.9	00:01:01	00:22:26	206	7:28		01:22:40.16
85	921	Tammy Brooks-Marino	Female	47	Staten Island	NY	00:15:37	413	1:46	00:02:51	00:37:35	290	18.4	00:01:42	00:25:11	373	8:23		01:22:53.87
86	468	Megaera Regan	Female	54	New York	NY	00:14:12	330	1:36	00:02:21	00:36:46	250	18.8	00:00:58	00:28:49	513	9:36		01:23:03.95
87	443	Gina Webster	Female	46	New York	NY	00:15:02	379	1:42	00:02:56	00:38:34	331	17.9	00:01:12	00:25:27	384	8:28		01:23:09.11
88	478	Judy Baum	Female	57	Old Brookville	NY	00:15:29	403	1:45	00:02:04	00:38:10	315	18.1	00:01:06	00:26:28	426	8:49		01:23:14.47
89	276	Sarah Knapp	Female	25	Brooklyn	NY	00:13:00	232	1:28	00:02:50	00:39:39	386	17.4	00:00:58	00:27:14	464	9:04		01:23:38.24
90	334	Stephanie Domingo	Female	30	Brooklyn	NY	00:14:20	337	1:37	00:02:20	00:39:47	391	17.3	00:01:20	00:26:03	413	8:40		01:23:46.85
91	390	Linda Jennings	Female	35	Port Washington	NY	00:15:02	378	1:42	00:01:53	00:39:16	367	17.6	00:01:18	00:26:38	440	8:52		01:24:05.03
92	467	Jane Ades	Female	54	Port Washington	NY	00:16:18	435	1:50	00:03:04	00:36:18	229	19.0	00:01:29	00:27:21	468	9:06		01:24:27.66
93	919	Rachel Pennycuick	Female	40	New York	NY	00:15:54	423	1:48	00:04:27	00:38:17	320	18.0	00:02:37	00:23:42	289	7:53		01:24:55.15
94	917	Helga Junold	Female	48	Sea Cliff	NY	00:15:04	381	1:42	00:03:28	00:37:24	282	18.5	00:01:56	00:27:09	460	9:02		01:24:58.03
95	302	Stephanie Garrison	Female	28	New York	NY	00:16:19	437	1:50	00:02:59	00:37:14	274	18.5	00:01:21	00:27:15	465	9:04		01:25:06.30
96	299	Brittany Forgione	Female	28	New York	NY	00:15:28	402	1:45	00:04:44	00:40:06	405	17.2	00:02:01	00:22:56	239	7:38		01:25:11.43
97	262	Krista Chen	Female	21	Briarwood	NY	00:14:30	354	1:38	00:02:32	00:39:34	382	17.4	00:01:32	00:27:10	461	9:03		01:25:15.05
98	324	Annette Bristol	Female	29	New York	NY	00:18:46	526	2:07	00:04:22	00:38:00	307	18.2	00:01:15	00:22:55	236	7:38		01:25:15.23
99	358	Jennifer Spry	Female	32	New York	NY	00:19:04	531	2:09	00:03:16	00:38:49	346	17.8	00:01:45	00:22:23	198	7:27		01:25:15.44
100	878	Mia Gewertz	Female	31	Brooklyn	NY	00:13:13	253	1:29	00:03:30	00:41:34	447	16.6	00:01:53	00:25:36	392	8:31		01:25:44.40
101	938	Liz Henning	Female	36	New York	NY	00:14:02	324	1:35	00:04:48	00:38:39	338	17.9	00:02:17	00:26:09	416	8:42		01:25:52.16
102	470	Susan Robinson	Female	55	Huntington Station	NY	00:13:41	294	1:32	00:03:36	00:40:45	430	16.9	00:01:40	00:26:20	422	8:46		01:26:00.07
103	308	Nicole Solazzo	Female	28	New York	NY	00:13:16	260	1:30	00:06:22	00:41:25	443	16.7	00:01:56	00:23:04	250	7:41		01:26:00.87
104	280	Tara Marsigliano	Female	25	New Hyde Park	NY	00:18:29	519	2:05	00:02:57	00:40:19	417	17.1	00:01:36	00:23:06	253	7:41		01:26:24.91
105	298	Sarah Fishstrom	Female	27	Brooklyn	NY	00:15:34	410	1:45	00:03:25	00:43:26	486	15.9	00:00:46	00:23:20	271	7:46		01:26:29.49
106	321	Erica Wohlwend	Female	29	New York	NY	00:15:05	382	1:42	00:02:25	00:43:23	483	15.9	00:01:03	00:24:42	343	8:13		01:26:35.39
107	353	Allison Miceli	Female	31	Rockville Centre	NY	00:15:10	389	1:43	00:04:59	00:41:11	439	16.8	00:01:02	00:24:24	325	8:07		01:26:43.39
108	364	Jessica Kruse	Female	32	Brooklyn	NY	00:15:34	409	1:45	00:03:28	00:43:24	484	15.9	00:00:47	00:23:35	282	7:51		01:26:45.12

Tri One On 2013

June 16, 2013

Overall Results - Female

Tri Individual

Place	No.	Name	Gender	Age	City	St.	----- SWIM -----				----- BIKE -----			----- RUN -----			Penalty	Total Time	
							Time	Plc	100y	T1	Time	Plc	Mph	T2	Time	Plc			Pace
109	332	Swathi Kothapalli	Female	30	New York	NY	00:16:20	438	1:51	00:03:08	00:41:18	442	16.7	00:00:56	00:25:10	371	8:23		01:26:49.78
110	351	Dara Levine	Female	31	New York	NY	00:11:07	94	1:15	00:03:16	00:48:22	552	14.3	00:01:09	00:23:33	281	7:50		01:27:24.67
111	347	Lauren Gaito	Female	31	New York	NY	00:13:50	304	1:33	00:03:20	00:43:06	475	16.0	00:02:01	00:25:13	374	8:24		01:27:26.87
112	891	Ashling Gaines	Female	34	New York	NY	00:16:21	440	1:51	00:02:54	00:39:57	401	17.3	00:01:55	00:26:28	427	8:49		01:27:32.50
113	285	Allison Kruger	Female	26	Port Washington	NY	00:18:19	512	2:04	00:02:45	00:42:32	464	16.2	00:01:22	00:23:04	251	7:41		01:27:58.45
114	320	Julia Moran	Female	29	Jackson Heights	NY	00:14:56	374	1:41	00:03:22	00:42:31	463	16.2	00:00:19	00:27:07	457	9:02		01:28:12.81
115	369	Lauren Lieberman	Female	32	Great Neck	NY	00:13:49	303	1:33	00:03:36	00:48:00	548	14.4	00:00:37	00:22:26	207	7:28		01:28:25.72
116	277	Alexandra Crowley Gottlik	Female	25	New York	NY	00:17:24	478	1:58	00:02:37	00:41:17	441	16.7	00:01:19	00:25:51	405	8:36		01:28:26.39
117	381	Valerie Fristachi	Female	34	Bayside	NY	00:12:43	200	1:26	00:02:59	00:43:55	492	15.7	00:01:45	00:27:31	475	9:10		01:28:50.06
118	437	Cara Rosenberg	Female	45	East Norwich	NY	00:16:51	462	1:54	00:03:40	00:39:54	399	17.3	00:01:06	00:27:36	479	9:11		01:29:04.20
119	340	Nima Sherpa	Female	30	Astoria	NY	00:19:01	530	2:09	00:03:05	00:39:09	361	17.6	00:01:22	00:26:36	439	8:51		01:29:10.58
120	416	Tanya Valk	Female	39	Yonkers	NY	00:14:52	366	1:40	00:03:34	00:43:04	474	16.0	00:01:12	00:26:41	442	8:53		01:29:20.49
121	877	Colleen Lynch	Female	27	Brooklyn	NY	00:16:37	455	1:52	00:03:35	00:42:33	465	16.2	00:02:22	00:24:18	321	8:05		01:29:21.87
122	252	Kayla Brooks	Female	17	Somers	NY	00:12:27	174	1:24	00:01:33	00:43:25	485	15.9	00:01:04	00:31:01	559	10:20		01:29:27.55
123	475	Nancy Lester	Female	56	Long Beach	NY	00:15:30	405	1:45	00:02:43	00:41:40	448	16.6	00:01:52	00:27:59	493	9:19		01:29:40.90
124	444	Wendy Goodstein	Female	46	Massapequa Park	NY	00:14:23	342	1:37	00:03:49	00:42:19	458	16.3	00:03:20	00:25:56	406	8:38		01:29:44.57
125	472	Marcia Goldberg	Female	55	Massapequa	NY	00:15:29	404	1:45	00:03:08	00:43:28	487	15.9	00:01:20	00:26:22	423	8:47		01:29:45.60
126	386	Elke Knechtl	Female	35	New York	NY	00:17:16	472	1:57	00:02:56	00:39:47	393	17.3	00:01:42	00:28:16	502	9:25		01:29:54.89
127	453	Silvia Vaher	Female	49	Middle Village	NY	00:13:08	243	1:29	00:02:23	00:43:15	479	16.0	00:01:14	00:30:01	542	10:00		01:29:58.36
128	411	Seung-Hee Jun	Female	37	Ny	NY	00:17:17	474	1:57	00:04:24	00:40:11	409	17.2	00:01:51	00:26:34	434	8:51		01:30:14.29
129	274	Jessica Wheeler	Female	24	Cambridge	MA	00:17:46	490	2:00	00:02:35	00:39:45	390	17.4	00:00:43	00:29:28	533	9:49		01:30:14.62
130	433	Annamarie Lauritsen	Female	44	Bethpage	NY	00:13:38	291	1:32	00:05:10	00:43:20	481	15.9	00:02:05	00:26:34	436	8:51		01:30:44.44
131	910	Chi Ma	Female	29	Flushing	NY	00:18:30	520	2:05	00:02:56	00:43:08	478	16.0	00:01:12	00:25:04	364	8:21		01:30:47.23
132	330	Meghan Lafronz-Emberg	Female	30	Little Neck	NY	00:12:44	203	1:26	00:03:40	00:44:39	508	15.5	00:02:57	00:26:51	449	8:56		01:30:47.77
133	336	Kimberly Stein	Female	23	New Hyde Park	NY	00:12:56	228	1:27	00:02:08	00:41:57	456	16.4	00:01:14	00:32:38	572	10:52		01:30:50.49
134	464	Desiree Merrell	Female	52	East Williston	NY	00:16:13	431	1:50	00:02:03	00:40:37	428	17.0	00:02:34	00:29:27	532	9:48		01:30:51.20
135	327	Maggie Morris	Female	29	New York	NY	00:16:18	436	1:50	00:03:42	00:43:06	476	16.0	00:01:17	00:26:34	435	8:51		01:30:53.75
136	385	Helen Li	Female	36	Forest Hills	NY	00:15:06	385	1:42	00:03:34	00:45:10	517	15.3	00:01:38	00:25:44	399	8:34		01:31:09.42
137	440	Karen Flanzenbaum	Female	45	Greenlawn	NY	00:15:07	386	1:42	00:04:43	00:42:35	467	16.2	00:01:01	00:27:56	488	9:18		01:31:19.59
138	392	Danielle Dunne	Female	35	New York	NY	00:16:26	443	1:51	00:03:49	00:40:25	420	17.1	00:01:38	00:29:12	524	9:43		01:31:27.65
139	894	Maria Tazi	Female	28	Ny	NY	00:23:53	574	2:42	00:01:52	00:36:33	242	18.9	00:01:28	00:28:12	498	9:23		01:31:55.44
140	493	Marla Russo	Female	43	Seattle	WA	00:13:52	307	1:34	00:05:54	00:40:54	434	16.9	00:01:44	00:30:03	543	10:00		01:32:24.35
141	363	Laura Baez	Female	32	Astoria	NY	00:15:03	380	1:42	00:03:06	00:51:04	571	13.5	00:00:56	00:23:00	244	7:39		01:33:06.27
142	343	Caitlin Ellingson	Female	30	Cranbury	NJ	00:14:48	365	1:40	00:05:05	00:47:56	547	14.4	00:00:51	00:24:50	356	8:16		01:33:27.78
143	881	Valeria Cisnero	Female	35	New York	NY	00:15:18	395	1:43	00:03:49	00:44:10	495	15.6	00:01:11	00:29:04	519	9:41		01:33:29.14
144	415	Regina Cantwell	Female	38	New York	NY	00:16:21	439	1:51	00:03:49	00:41:49	451	16.5	00:02:09	00:29:31	534	9:50		01:33:36.57

Tri One On 2013

June 16, 2013

Overall Results - Female

Tri Individual

Place	No.	Name	Gender	Age	City	St.	----- SWIM -----				----- BIKE -----			----- RUN -----			Penalty	Total Time	
							Time	Plc	100y	T1	Time	Plc	Mph	T2	Time	Plc			Pace
145	930	Emma Feld	Female	9	New York	NY	00:14:01	321	1:35	00:02:47	00:49:01	560	14.1	00:01:22	00:26:33	433	8:50		01:33:40.97
146	931	Collette Vogel	Female	44	New York	NY	00:14:15	332	1:36	00:02:34	00:48:57	558	14.1	00:01:24	00:26:35	437	8:51		01:33:41.61
147	266	Nina Kouxova	Female	27	Brooklyn	NY	00:18:09	502	2:03	00:02:53	00:44:26	503	15.5	00:01:06	00:27:25	469	9:08		01:33:56.91
148	265	Tamara Belkina	Female	26	Brooklyn	NY	00:16:23	441	1:51	00:04:36	00:44:29	504	15.5	00:01:07	00:27:25	470	9:08		01:33:57.01
149	439	Fran Obeid	Female	45	New York	NY	00:15:49	421	1:47	00:05:31	00:44:17	500	15.6	00:02:32	00:26:00	410	8:39		01:34:06.37
150	428	Kelli Duggan	Female	42	Baldwin	NY	00:16:26	442	1:51	00:07:10	00:39:06	358	17.7	00:02:16	00:29:14	525	9:44		01:34:08.15
151	372	Christina Kane	Female	33	Brooklyn	NY	00:13:53	311	1:34	00:04:12	00:45:35	520	15.1	00:01:23	00:29:25	528	9:48		01:34:26.09
152	916	Emily Ershowsky	Female	27	New York	NY	00:20:01	549	2:16	00:03:36	00:43:00	472	16.0	00:01:14	00:26:43	443	8:54		01:34:31.66
153	473	Rebecca Amitai	Female	56	Old Westbury	NY	00:19:38	543	2:13	00:02:56	00:41:57	455	16.5	00:00:41	00:29:26	529	9:48		01:34:34.72
154	925	Jessica Park	Female	31	New York	NY	00:15:57	425	1:48	00:03:25	00:47:31	545	14.5	00:01:17	00:26:29	428	8:49		01:34:37.33
155	438	Margaret Kearns-Stanley	Female	45	Richmond Hill	NY	00:15:05	383	1:42	00:03:57	00:46:52	540	14.7	00:01:10	00:27:44	481	9:14		01:34:45.91
156	496	Nancy Reagan	Female	48	Bay Shore	NY	00:19:16	535	2:10	00:02:54	00:41:55	453	16.5	00:01:31	00:29:27	531	9:48		01:34:59.40
157	452	Alexandra Trinkoff	Female	49	Port Washington	NY	00:15:51	422	1:47	00:03:02	00:46:52	539	14.7	00:02:15	00:27:08	459	9:02		01:35:04.56
158	380	Jessica Buckley	Female	32	Massapequa	NY	00:11:32	112	1:18	00:03:30	00:48:32	554	14.2	00:01:02	00:30:38	553	10:12		01:35:10.57
159	283	Nicole Dietsche	Female	25	Bay Shore	NY	00:17:03	468	1:55	00:04:34	00:45:45	522	15.1	00:01:03	00:26:49	447	8:56		01:35:12.60
160	349	Laura Brown	Female	31	Jackson Heights	NY	00:21:13	555	2:24	00:04:21	00:40:06	407	17.2	00:01:40	00:28:00	494	9:19		01:35:19.22
161	371	Nicole Pieszchata	Female	33	Chestnut Ridge	NY	00:19:43	545	2:14	00:03:55	00:44:16	498	15.6	00:01:50	00:26:00	411	8:39		01:35:43.28
162	290	Robin Zelman	Female	26	Piscataway	NJ	00:16:27	445	1:51	00:02:56	00:47:05	541	14.7	00:01:27	00:27:59	492	9:19		01:35:51.15
163	465	Bonny Beetham	Female	53	Port Washington	NY	00:21:42	562	2:27	00:02:41	00:42:24	460	16.3	00:01:19	00:28:24	505	9:27		01:36:27.96
164	474	Debbie Migliore	Female	56	Valley Stream	NY	00:18:18	511	2:04	00:05:47	00:43:32	488	15.9	00:01:17	00:27:46	484	9:15		01:36:37.18
165	284	Brittany Gansar	Female	26	Brooklyn	NY	00:17:37	486	1:59	00:08:47	00:41:51	452	16.5	00:01:35	00:26:56	451	8:58		01:36:43.21
166	376	Emily Wong	Female	33	Bayside	NY	00:15:08	387	1:42	00:05:55	00:44:18	501	15.6	00:02:47	00:28:46	512	9:35		01:36:51.43
167	489	Allison Karmel	Female	34	Long Beach	NY	00:17:52	491	2:01	00:04:21	00:41:07	437	16.8	00:01:32	00:32:06	569	10:41		01:36:54.74
168	251	Pauline Bordonaro	Female	16	Port Washington	NY	00:13:23	271	1:30	00:06:35	00:44:56	511	15.4	00:02:29	00:29:49	538	9:56		01:37:09.47
169	267	Cara Kwiatkowski	Female	27	South Hempstead	NY	00:14:38	359	1:39	00:03:21	00:46:22	531	14.9	00:01:50	00:31:07	563	10:22		01:37:16.50
170	328	Rebecca Zylber	Female	30	Brooklyn	NY	00:18:13	506	2:03	00:04:19	00:46:15	530	14.9	00:02:17	00:26:30	429	8:49		01:37:31.10
171	337	Dayna Mccarthy	Female	30	Manhasset	NY	00:18:12	504	2:03	00:04:19	00:46:14	527	14.9	00:02:19	00:26:30	430	8:49		01:37:31.11
172	871	Jacqueline Fagan	Female	46	Long Beach	NY	00:13:35	284	1:32	00:02:54	00:47:16	542	14.6	00:02:15	00:31:51	566	10:36		01:37:47.93
173	421	Angelique Loffredo	Female	41	Bayside	NY	00:19:52	548	2:14	00:05:33	00:41:56	454	16.5	00:02:54	00:27:36	478	9:11		01:37:48.65
174	479	Janice Brown	Female	58	Valley Stream	NY	00:16:16	432	1:50	00:06:34	00:47:31	546	14.5	00:01:24	00:26:44	444	8:54		01:38:25.98
175	264	Marissa Finn	Female	23	Brookville	NY	00:13:09	244	1:29	00:02:43	00:52:09	580	13.2	00:02:24	00:28:12	500	9:23		01:38:34.25
176	874	Arden Finn	Female	25	New York	NY	00:13:10	249	1:29	00:02:43	00:52:07	579	13.2	00:02:24	00:28:12	499	9:23		01:38:34.30
177	463	Andrea Ratay	Female	52	Port Washington	NY	00:21:20	557	2:24	00:04:35	00:43:21	482	15.9	00:01:47	00:27:45	482	9:14		01:38:44.21
178	261	Nicole Ramirez	Female	21	Fort Lee	NJ	00:14:53	368	1:41	00:03:28	00:53:16	584	13.0	00:01:47	00:25:25	381	8:28		01:38:46.64
179	305	Jennifer Aloisi	Female	28	New York	NY	00:19:47	546	2:14	00:03:40	00:45:27	519	15.2	00:01:30	00:28:43	510	9:34		01:39:05.56
180	401	Amanda Piepgras	Female	36	Bronx	NY	00:17:30	482	1:58	00:04:47	00:46:28	532	14.9	00:01:29	00:29:09	523	9:42		01:39:21.00

Tri One On 2013

June 16, 2013

Overall Results - Female

Tri Individual

Place	No.	Name	Gender	Age	City	St.	----- SWIM -----				----- BIKE -----			----- RUN -----			Penalty	Total Time	
							Time	Plc	100y	T1	Time	Plc	Mph	T2	Time	Plc			Pace
181	260	Zhen Mei Ma	Female	21	Corona	NY	00:26:14	585	2:58	00:02:53	00:40:26	423	17.1	00:01:09	00:28:51	514	9:36		01:39:30.73
182	365	Alexandra Dolce	Female	32	West Islip	NY	00:15:05	384	1:42	00:06:00	00:48:22	551	14.3	00:01:38	00:28:36	506	9:31		01:39:38.43
183	911	Alanna Loeffler	Female	33	New York	NY	00:18:52	527	2:08	00:04:33	00:48:59	559	14.1	00:02:50	00:24:44	346	8:14		01:39:55.55
184	316	Madeleine Root	Female	29	Great Neck	NY	00:14:43	362	1:39	00:03:43	00:47:25	544	14.6	00:02:17	00:33:37	576	11:12		01:41:42.38
185	426	Guang Yu	Female	41	New York	NY	00:27:33	589	3:07	00:04:07	00:43:32	489	15.9	00:02:44	00:24:30	334	8:09		01:42:24.39
186	420	Krisztina Lorentz	Female	39	Baldwin	NY	00:17:31	483	1:59	00:03:54	00:48:12	549	14.3	00:03:47	00:29:18	527	9:45		01:42:39.84
187	451	Lenore Massa	Female	48	Tuckahoe	NY	00:16:52	464	1:54	00:02:43	00:44:41	509	15.4	00:01:14	00:37:27	595	12:28		01:42:55.01
188	483	Barbara E Burns	Female	64	Plainview	NY	00:18:22	515	2:04	00:02:45	00:46:14	529	14.9	00:02:56	00:32:48	573	10:55		01:43:03.08
189	307	Yana Lesnevsky	Female	28	Brooklyn	AK	00:17:40	487	2:00	00:05:24	00:55:34	593	12.4	00:01:38	00:25:33	389	8:30		01:45:47.19
190	406	Yolmi Rivera	Female	36	Teaneck	NJ	00:21:32	561	2:26	00:04:53	00:45:59	524	15.0	00:04:05	00:29:27	530	9:48		01:45:52.42
191	405	Julie Hon	Female	36	Astoria	NY	00:23:42	573	2:41	00:05:20	00:51:53	577	13.3	00:01:34	00:25:43	398	8:34		01:48:10.13
192	315	Jaclyn Anderegg	Female	28	New York	NY	00:23:41	572	2:40	00:08:18	00:45:03	514	15.3	00:01:11	00:30:04	544	10:01		01:48:13.95
193	500	Erika Sandberg-Crabb	Female	43	Sea Cliff	NY	00:19:27	538	2:12	00:04:21	00:45:44	521	15.1	00:02:00	00:37:45	597	12:34		01:49:14.92
194	485	Michelle Ascowitz	Female	29	New York	NY	00:25:44	583	2:54	00:03:28	00:44:16	499	15.6	00:01:07	00:34:48	583	11:35		01:49:20.82
195	430	Maria Santos	Female	43	Queens Village	NY				00:48:23	553	14.3	00:01:55	00:30:50	554	10:16		01:49:25.25	
196	882	Tsitsi Merritt	Female	39	Brooklyn	NY	00:21:59	563	2:29	00:03:50	00:49:16	561	14.0	00:02:56	00:31:52	567	10:37		01:49:51.49
197	325	Jacqueline Ripepi	Female	29	Larchmont	NY	00:16:57	465	1:55	00:07:09	00:53:42	585	12.9	00:02:27	00:30:24	550	10:07		01:50:35.66
198	331	Alaina Digioia	Female	30	Valhalla	NY	00:16:58	467	1:55	00:07:06	00:53:44	586	12.8	00:02:27	00:30:24	551	10:07		01:50:36.01
199	497	Joan Aristei	Female	54	Locust Valley	NY	00:18:09	503	2:03	00:04:53	00:48:15	550	14.3	00:01:40	00:38:08	600	12:42		01:51:03.46
200	354	Elizabeth Shanks	Female	31	Astoria	NY	00:25:00	578	2:49	00:04:57	00:49:40	566	13.9	00:00:53	00:31:07	562	10:22		01:51:34.34
201	366	Nicholle Hart	Female	32	Hoboken	NJ	00:23:38	571	2:40	00:04:50	00:45:22	518	15.2	00:02:57	00:34:49	584	11:36		01:51:34.36
202	884	'cil Shaw-Brewer	Female	53	Astoria	NY	00:36:26	607	4:07	00:02:34	00:46:46	536	14.8	00:01:15	00:26:31	431	8:50		01:53:29.00
203	268	Julia O'brien	Female	24	Huntington	NY	00:19:37	542	2:13	00:07:09	00:55:35	594	12.4	00:02:23	00:30:05	545	10:01		01:54:46.23
204	471	Cynthia Schaffhauser	Female	55	Valley Stream	NY	00:18:21	514	2:04	00:06:02	00:55:24	592	12.5						01:55:46.94
205	458	Barbara Bennett	Female	50	Lawrence	NY	00:25:15	580	2:51	00:05:43	00:48:41	557	14.2	00:01:01	00:35:09	585	11:42		01:55:47.59
206	413	Alice Liu	Female	38	Bayside	NY	00:25:43	582	2:54	00:06:07	00:49:53	567	13.8	00:02:05	00:34:25	581	11:28		01:58:09.86
207	872	Sheila Clark	Female	56	Wantagh	NY	00:18:15	510	2:04	00:04:39	00:55:49	596	12.4	00:02:02	00:37:46	598	12:35		01:58:27.86
208	466	Gloria Sosa	Female	54	Sea Cliff	NY	00:23:57	576	2:42	00:05:34	00:51:26	575	13.4	00:02:10	00:35:29	587	11:49		01:58:33.38
209	914	Jamie Covello	Female	58	New York	NY	00:39:58	610	4:31	00:05:04	00:51:08	572	13.5	00:03:11	00:19:57	67	6:38		01:59:16.27
210	388	Allison Puckhaber	Female	35	Belle Harbor	NY	00:23:12	570	2:37	00:05:05	00:58:30	601	11.8	00:01:36	00:31:36	565	10:31		01:59:56.66
211	271	Katelyn Bennett	Female	24	Lawrence	NY	00:30:15	593	3:25	00:05:41	00:48:33	555	14.2	00:01:08	00:35:11	586	11:43		02:00:46.85
212	288	Jane Yu	Female	26	Jericho	NY	00:27:55	590	3:09	00:03:10	00:55:48	595	12.4	00:01:20	00:33:44	577	11:14		02:01:55.14
213	384	Rhonda Forest	Female	36	Teaneck	NJ	00:21:00	554	2:22	00:03:52	00:49:35	565	13.9	00:02:10	00:45:36	611	15:11		02:02:11.80
214	304	Erica Balanzategui	Female	32	Huntington	NY	00:20:21	551	2:18	00:08:08	00:54:28	588	12.7	00:01:42	00:37:50	599	12:36		02:02:27.29
215	293	Krista-Jean Kelly	Female	27	Glen Cove	NY	00:19:51	547	2:14	00:06:55	00:56:09	597	12.3	00:01:49	00:38:20	602	12:46		02:03:01.80
216	326	Viola Gurvits	Female	29	Astoria	NY	00:16:33	449	1:52	00:06:33	01:05:35	609	10.5	00:02:16	00:32:09	570	10:42		02:03:03.63

Tri One On 2013

June 16, 2013

Overall Results - Female

Tri Individual

Place	No.	Name	Gender	Age	City	St.	----- SWIM -----			----- BIKE -----			----- RUN -----			Penalty	Total Time	
							Time	Plc	100y	T1	Time	Plc	Mph	T2	Time			Plc
217	382	Daniella Fine	Female	34	Flushing	NY	00:25:36	581	2:54	00:04:18	00:49:31	564	13.9	00:02:12	00:45:38	612	15:12	02:07:12.66
218	447	Lauren Egna	Female	47	Port Washington	NY	00:30:22	594	3:26	00:08:51	01:03:07	607	10.9	00:03:36	00:33:21	575	11:06	02:19:15.00
219	450	Minnie Paasonen	Female	48	Selden	NY	00:38:49	609	4:23	00:04:47	00:58:29	600	11.8	00:01:41	00:36:04	589	12:01	02:19:49.13
220	460	Marcia Hochster	Female	51	Flushing	NY	00:30:38	595	3:28	00:06:57	01:03:04	606	10.9	00:02:08	00:38:17	601	12:45	02:21:01.89
221	492	Lisa Chan	Female	38	Brooklyn	NY	00:30:57	596	3:30	00:05:36	00:57:57	599	11.9	00:02:23	00:44:43	609	14:54	02:21:32.82
222	254	Nikki Egna	Female	18	Port Washington	NY	00:35:18	605	3:59	00:05:27	00:59:14	602	11.7	00:03:55	00:39:30	603	13:09	02:23:20.51
223	342	Marilyna Lau	Female	30	Flushing	NY	00:23:56	575	2:42	00:04:27	01:11:13	614	9.7	00:02:09	00:44:50	610	14:56	02:26:33.04
224	870	Yvonne Smith	Female	45	Baldwin	NY	00:34:28	603	3:54	00:04:35	01:09:36	611	9.9	00:02:29	00:43:41	608	14:33	02:34:47.35
225	389	Suzanne Cappelli	Female	35	Garden City	NY	00:32:46	600	3:42	00:07:54	01:09:45	612	9.9	00:02:17	00:42:13	605	14:04	02:34:51.70
226	494	Renee Seifert	Female	43	Port Washington	NY	00:32:43	599	3:42	00:07:55	01:09:49	613	9.9	00:02:16	00:42:13	604	14:04	02:34:52.08

Tri One On 2013

June 16, 2013

Overall Results - Male

Tri Individual

Place	No.	Name	Gender	Age	City	St.	----- SWIM -----			----- BIKE -----			----- RUN -----			Penalty	Total Time		
							Time	Plc	100y	T1	Time	Plc	Mph	T2	Time			Plc	Pace
1	886	Andreas Schmidt	Male	46	New York City	NY	00:08:19	5	0:56	00:00:47	00:28:06	1	24.6	00:01:05	00:17:46	13	5:55		00:56:01.13
2	505	Scott Burman	Male	35	Garden City	NY	00:08:23	7	0:56	00:01:01	00:29:16	9	23.6	00:00:36	00:17:57	15	5:58		00:57:11.79
3	536	Joey Dussich	Male	36	New York	NY	00:08:49	14	0:59	00:01:33	00:29:32	11	23.4	00:00:50	00:17:08	4	5:42		00:57:49.15
4	650	Bouker Pool	Male	41	New York	NY	00:08:48	13	0:59	00:01:26	00:28:10	3	24.5	00:01:01	00:18:27	23	6:08		00:57:49.82
5	692	Joseph Gravier	Male	44	Bronxville	NY	00:09:06	19	1:01	00:00:53	00:29:30	10	23.4	00:00:29	00:18:18	20	6:05		00:58:13.06
6	101	Alexander Lloyd	Male	26	New York	NY	00:08:51	16	1:00	00:01:14	00:30:31	21	22.6	00:00:13	00:17:36	10	5:51		00:58:22.00
7	552	Sean Tedesco	Male	37	East Meadow	NY	00:08:17	4	0:56	00:00:53	00:30:50	31	22.4	00:00:28	00:18:29	25	6:09		00:58:54.54
8	903	Ned Daily	Male	56	Garden City Park	NY	00:10:36	71	1:12	00:01:10	00:28:37	4	24.1	00:00:33	00:18:15	19	6:04		00:59:09.24
9	661	Thomas Sullivan	Male	42	Jackson Heights	NY	00:10:21	57	1:10	00:01:29	00:29:09	7	23.7	00:00:58	00:17:18	5	5:45		00:59:13.03
10	205	Jose Lopez	Male	51	Mineola	NY	00:08:34	9	0:58	00:01:05	00:29:50	13	23.1	00:00:39	00:19:17	46	6:25		00:59:22.08
11	39	Kyle Gomes	Male	23	Jamaica	NY	00:08:43	11	0:59	00:01:01	00:30:32	23	22.6	00:00:47	00:18:25	21	6:08		00:59:25.00
12	797	Carlos Garcia	Male	49	Weehawken	NJ	00:11:03	90	1:15	00:01:13	00:28:09	2	24.5	00:01:15	00:17:59	16	5:59		00:59:36.63
13	34	Sean Hardick	Male	21	East Northport	NY	00:08:20	6	0:56	00:01:06	00:30:59	34	22.3	00:00:35	00:18:55	36	6:18		00:59:53.00
14	23	Aaron Lewis	Male	19	Jericho	NY	00:10:35	69	1:11	00:01:03	00:30:47	29	22.4	00:00:31	00:17:21	6	5:46		01:00:14.00
15	501	Mathew Ward	Male	36	Brooklyn	NY	00:09:18	23	1:03	00:00:58	00:30:28	19	22.7	00:00:46	00:18:52	33	6:17		01:00:18.83
16	534	Paul Lesueur	Male	36	Garden City	NY	00:09:39	36	1:05	00:01:11	00:29:51	15	23.1	00:00:49	00:19:00	38	6:19		01:00:27.36
17	819	Andre Bessette	Male	46	Woodstock	CT	00:12:01	141	1:21	00:00:54	00:28:42	5	24.0	00:00:56	00:18:04	17	6:01		01:00:33.42
18	50	Ely Franko	Male	25	New York	NY	00:09:29	30	1:04	00:00:58	00:29:16	8	23.6	00:00:49	00:20:11	79	6:43		01:00:40.52
19	823	Sanford Ewing	Male	46	Darien	CT	00:09:25	27	1:03	00:00:52	00:30:21	16	22.7	00:00:38	00:19:33	56	6:30		01:00:46.33
20	152	David Cohen	Male	31	New York	NY	00:08:44	12	0:59	00:00:50	00:30:36	24	22.6	00:00:56	00:19:54	65	6:37		01:00:57.68
21	144	Matthew Raske	Male	31	New Rochelle	NY	00:08:54	17	1:00	00:01:16	00:32:42	77	21.1	00:00:44	00:17:42	12	5:53		01:01:15.02
22	549	Chris Fitzgerald	Male	37	New York	NY	00:09:54	40	1:07	00:01:18	00:31:35	42	21.9	00:00:49	00:18:07	18	6:02		01:01:40.09
23	235	Chris Daily	Male	54	Farmingdale	NY	00:13:16	258	1:30	00:01:02	00:29:50	14	23.1	00:00:29	00:17:27	9	5:48		01:02:00.30
24	674	Leon Zemel	Male	43	New Rochelle	NY	00:10:32	66	1:11	00:01:14	00:30:21	17	22.7	00:00:49	00:19:10	43	6:23		01:02:03.14
25	215	Pablo Valedon	Male	52	Brewster	NY	00:08:30	8	0:57	00:01:02	00:32:49	82	21.0	00:00:43	00:19:03	41	6:20		01:02:04.51
26	544	Eamonn Flood	Male	37	Great Neck	NY	00:09:08	20	1:02	00:01:11	00:30:26	18	22.7	00:00:45	00:21:02	118	7:00		01:02:28.75
27	221	Anthony Matteo	Male	53	Manhasset	NY	00:11:07	93	1:15	00:01:02	00:31:18	40	22.1	00:00:24	00:19:05	42	6:21		01:02:54.26
28	181	David Pietrangelo	Male	33	Hoboken	NJ	00:10:25	61	1:10	00:01:15	00:32:21	63	21.3	00:00:27	00:18:32	26	6:10		01:02:58.45
29	503	Doug Barrett	Male	38	New York	NY	00:12:05	146	1:22	00:01:59	00:30:38	26	22.5	00:01:14	00:17:24	8	5:47		01:03:18.20
30	786	Paul Wright	Male	48	Great Neck	NY	00:09:28	29	1:04	00:01:10	00:30:51	32	22.4	00:00:26	00:21:29	142	7:09		01:03:20.54
31	807	Michael Wright	Male	49	Plainview	NY	00:08:08	2	0:55	00:02:02	00:31:53	52	21.6	00:01:07	00:20:17	83	6:45		01:03:24.77
32	827	Glen Malings	Male	55	Syosset	NY	00:09:17	22	1:03	00:01:07	00:30:28	20	22.7	00:00:47	00:22:01	178	7:20		01:03:37.73
33	238	Matthew Korsky	Male	33	Levittown	NY	00:10:06	44	1:08	00:01:27	00:32:16	59	21.4	00:00:29	00:19:27	52	6:28		01:03:42.06
34	813	Michael Esposito	Male	45	Seaford	NY	00:10:46	80	1:13	00:01:09	00:31:02	36	22.2	00:00:31	00:20:19	84	6:46		01:03:43.38
35	689	David Sweeney	Male	44	New York	NY	00:11:04	91	1:15	00:01:36	00:31:50	51	21.7	00:00:45	00:18:57	37	6:18		01:04:09.34
36	33	Marco Bertolotti	Male	21	Port Washington	NY	00:10:48	82	1:13	00:02:52	00:35:00	170	19.7	00:01:16	00:14:47	1	4:55		01:04:40.61

Tri One On 2013

June 16, 2013

Overall Results - Male

Tri Individual

Place	No.	Name	Gender	Age	City	St.	----- SWIM -----			----- BIKE -----			----- RUN -----			Penalty	Total Time		
							Time	Plc	100y	T1	Time	Plc	Mph	T2	Time			Plc	Pace
37	845	David Broad	Male	57	New York	NY	00:12:36	185	1:25	00:01:20	00:31:04	37	22.2	00:01:03	00:18:46	30	6:15		01:04:47.09
38	553	Andres Orrego	Male	38	Jackson Heights	NY	00:09:29	31	1:04	00:00:49	00:32:40	74	21.1	00:00:24	00:21:29	143	7:09		01:04:48.95
39	846	Robert Kirshoff	Male	58	Melville	NY	00:10:54	87	1:14	00:01:28	00:32:20	62	21.3	00:00:37	00:19:34	57	6:31		01:04:50.79
40	87	Holden Clauson	Male	29	Stillwater	MN	00:11:21	102	1:17	00:01:15	00:32:40	75	21.1	00:01:05	00:18:55	35	6:18		01:05:13.54
41	861	Amos Benhorin	Male	64	Northport	NY	00:10:16	50	1:09	00:01:35	00:30:37	25	22.5	00:01:09	00:21:39	151	7:12		01:05:14.59
42	167	Carlos Lopez	Male	33	Bronx	NY	00:11:46	128	1:19	00:01:33	00:33:50	125	20.4	00:00:36	00:17:39	11	5:52		01:05:21.47
43	203	Alan Thiem	Male	51	Kinnelon	NJ	00:10:59	89	1:14	00:01:25	00:32:39	73	21.1	00:01:00	00:19:28	53	6:29		01:05:29.60
44	519	Douglas Palma	Male	36	Bronxville	NY	00:12:28	176	1:24	00:01:27	00:31:04	39	22.2	00:00:39	00:19:58	69	6:39		01:05:33.86
45	159	Scott Mazur	Male	32	Hoboken	NJ	00:10:34	67	1:11	00:02:08	00:33:23	110	20.7	00:00:37	00:19:01	39	6:20		01:05:40.18
46	550	Jonathan Watling	Male	37	New York	NY	00:09:32	34	1:04	00:01:39	00:32:59	91	20.9	00:00:59	00:20:46	103	6:55		01:05:51.53
47	184	Josh Eaton	Male	34	West Point	NY	00:10:49	83	1:13	00:01:44	00:33:13	100	20.8	00:00:49	00:19:39	58	6:32		01:06:10.69
48	565	Justin Kaplan	Male	38	Brooklyn	NY	00:09:50	37	1:06	00:01:10	00:32:33	69	21.2	00:01:18	00:21:28	140	7:09		01:06:16.36
49	814	Richard Salditt	Male	45	Sea Cliff	NY	00:09:19	25	1:03	00:01:53	00:31:47	49	21.7	00:00:56	00:22:24	200	7:27		01:06:16.62
50	915	Alan Napack	Male	55	New York	NY	00:12:21	167	1:23	00:01:39	00:31:04	38	22.2	00:01:23	00:20:04	72	6:41		01:06:29.16
51	168	Tosin Akinmusuru	Male	33	Brooklyn	NY	00:11:35	118	1:18	00:01:16	00:32:32	68	21.2	00:01:06	00:20:14	80	6:44		01:06:39.37
52	242	Jacob Gidich	Male	31	Bayside	NY	00:11:55	135	1:21	00:01:53	00:31:58	53	21.6	00:00:39	00:20:22	86	6:47		01:06:44.54
53	126	Ryan Kitzen	Male	33	Plainviewmlsi	NY	00:10:43	77	1:12	00:01:27	00:33:51	126	20.4	00:01:18	00:19:41	60	6:33		01:06:56.31
54	74	Stephen Ward	Male	27	New York	NY	00:10:55	88	1:14	00:00:54	00:36:00	216	19.2	00:00:46	00:18:25	22	6:08		01:06:58.13
55	573	Raymond Lem	Male	39	Forest Hills	NY	00:10:42	76	1:12	00:01:36	00:31:45	48	21.7	00:01:19	00:21:40	153	7:13		01:06:59.24
56	227	Andre Bertolotti	Male	53	Port Washington	NY	00:12:30	178	1:24	00:01:27	00:31:44	46	21.8	00:01:16	00:20:06	74	6:41		01:06:59.87
57	197	John Antretter	Male	50	Port Washington	NY	00:12:20	166	1:23	00:02:38	00:30:40	27	22.5	00:01:21	00:20:05	73	6:41		01:07:01.22
58	170	Jaime Gomez	Male	33	New York	NY	00:10:18	53	1:09	00:02:08	00:34:15	140	20.1	00:01:02	00:19:48	62	6:35		01:07:29.54
59	245	David Foster	Male	34	New York	NY	00:12:40	196	1:26	00:01:55	00:32:19	61	21.4	00:02:09	00:18:29	24	6:09		01:07:29.86
60	169	Victor Flores	Male	33	Manhasset	NY	00:10:20	55	1:10	00:01:46	00:33:23	109	20.7	00:01:13	00:20:52	108	6:57		01:07:31.49
61	863	Daniel O'connell	Male	66	Oyster Bay	NY	00:10:45	78	1:12	00:01:38	00:32:50	84	21.0	00:01:07	00:21:14	126	7:04		01:07:32.11
62	73	Will Decamps	Male	27	Richmond	VA	00:10:11	46	1:09	00:01:45	00:37:34	289	18.4	00:01:23	00:16:48	3	5:35		01:07:38.17
63	141	Kevin Boova	Male	30	Ny	NY	00:12:38	190	1:25	00:01:15	00:31:59	54	21.6	00:01:15	00:20:39	98	6:52		01:07:42.42
64	655	Michael Gleason	Male	42	Lynbrook	NY	00:11:46	130	1:19	00:01:56	00:33:33	117	20.6	00:01:13	00:19:23	51	6:27		01:07:48.79
65	511	Derek Mchugh	Male	35	Bronx	NY	00:12:47	208	1:26	00:01:32	00:32:04	56	21.5	00:00:49	00:20:47	104	6:55		01:07:56.74
66	647	Olly Dennison	Male	41	New York	NY	00:12:17	163	1:23	00:01:39	00:31:00	35	22.3	00:01:14	00:21:49	166	7:16		01:07:57.10
67	686	Christopher Wrobleski	Male	43	Commack	NY	00:10:27	62	1:10	00:01:46	00:34:12	137	20.2	00:00:50	00:20:53	109	6:57		01:08:06.02
68	809	Charles Maass	Male	45	Manhasset	NY	00:09:54	39	1:07	00:00:58	00:34:45	159	19.9	00:01:09	00:21:27	139	7:08		01:08:08.59
69	900	Paul Wilner	Male	48	Port Washington	NY	00:12:55	227	1:27	00:01:08	00:32:31	67	21.2	00:00:52	00:20:56	113	6:58		01:08:18.77
70	177	Brendon Tavelli	Male	33	Washington	DC	00:10:01	42	1:08	00:01:05	00:34:22	142	20.1	00:00:40	00:22:16	191	7:25		01:08:20.96
71	744	Robert Pennino	Male	44	New York	NY	00:10:12	47	1:09	00:00:52	00:29:50	12	23.1	00:00:24	00:27:07	456	9:02		01:08:21.43
72	146	Chris Nugent	Male	34	New York	NY	00:11:29	108	1:18	00:02:29	00:33:19	107	20.7	00:01:04	00:20:11	78	6:43		01:08:30.26

Tri One On 2013

June 16, 2013

Overall Results - Male

Tri Individual

Place	No.	Name	Gender	Age	City	St.	----- SWIM -----			----- BIKE -----			----- RUN -----			Penalty	Total Time		
							Time	Plc	100y	T1	Time	Plc	Mph	T2	Time			Plc	Pace
73	856	Bob Otto	Male	61	Holtsville	NY	00:11:08	95	1:15	00:01:50	00:32:10	58	21.5	00:01:29	00:22:06	182	7:21		01:08:40.56
74	578	Eric Fried	Male	39	Philadelphia	PA	00:13:37	289	1:32	00:01:03	00:30:44	28	22.5	00:00:32	00:22:55	237	7:38		01:08:48.56
75	843	Michael Gewirtz	Male	57	Dix Hills	NY	00:10:16	51	1:09	00:01:51	00:33:00	92	20.9	00:01:03	00:22:47	226	7:35		01:08:54.27
76	148	Daniel Mckiernan	Male	31	Middle Island	NY	00:12:13	153	1:23	00:01:28	00:31:44	47	21.7	00:01:03	00:22:46	224	7:35		01:09:11.01
77	129	Cameron Smith	Male	30	New York	NY	00:13:10	246	1:29	00:02:48	00:30:50	30	22.4	00:01:09	00:21:17	128	7:05		01:09:11.47
78	583	Damien Stile	Male	39	Garden City	NY	00:13:23	270	1:30	00:01:45	00:32:38	72	21.2	00:01:27	00:20:02	70	6:40		01:09:11.49
79	812	Joseph Koplik	Male	45	Wantagh	NY	00:11:59	138	1:21	00:02:03	00:32:42	78	21.1	00:01:09	00:21:34	145	7:11		01:09:25.42
80	132	William Yu	Male	30	Brooklyn	NY	00:13:07	242	1:29	00:01:34	00:32:17	60	21.4	00:00:52	00:21:43	159	7:14		01:09:30.05
81	244	Scott Bartucca	Male	32	Jackson Heights	NY	00:14:32	356	1:38	00:01:48	00:35:40	204	19.4	00:01:19	00:16:14	2	5:24		01:09:31.15
82	535	Jack Liu	Male	36	Forest Hills	NY	00:13:03	238	1:28	00:02:27	00:31:37	43	21.8	00:00:52	00:21:41	155	7:13		01:09:37.50
83	838	Eric Gibbs	Male	56	New York	NY	00:12:23	170	1:24	00:02:27	00:32:00	55	21.6	00:01:17	00:21:41	156	7:13		01:09:45.89
84	561	Dannick Boutin	Male	38	Mineola	NY	00:09:57	41	1:07	00:01:58	00:34:26	146	20.0	00:00:55	00:22:38	216	7:32		01:09:51.75
85	780	Steven Gee	Male	47	New York	NY	00:14:11	328	1:36	00:02:30	00:31:50	50	21.7	00:01:01	00:20:35	95	6:51		01:10:05.41
86	216	Brian Stone	Male	52	Wantagh	NY	00:10:16	52	1:09	00:01:17	00:34:59	168	19.7	00:00:44	00:22:53	231	7:37		01:10:07.10
87	199	Adam Kolodny	Male	50	Great Neck	NY	00:10:36	70	1:11	00:01:18	00:35:22	188	19.5	00:01:01	00:21:53	172	7:17		01:10:07.44
88	538	Robert Weston	Male	36	Manhasset	NY	00:13:42	295	1:33	00:02:28	00:33:10	97	20.8	00:01:12	00:19:41	59	6:33		01:10:11.30
89	899	Howard Levine	Male	52	Short Hills	NJ	00:08:55	18	1:00	00:01:17	00:34:00	131	20.3	00:00:34	00:25:36	391	8:31		01:10:18.75
90	22	Paolo Bertolotti	Male	19	Port Washington	NY	00:12:14	156	1:23	00:02:16	00:36:01	217	19.2	00:00:49	00:19:02	40	6:20		01:10:19.94
91	577	Keith Kisto	Male	39	Lake Hopatcong	NJ	00:11:32	113	1:18	00:02:13	00:32:43	79	21.1	00:01:09	00:22:50	229	7:36		01:10:24.46
92	206	Jonathan Blinken	Male	51	Englewood	NJ	00:12:41	197	1:26	00:02:15	00:33:12	99	20.8	00:01:03	00:21:18	130	7:05		01:10:26.59
93	682	Adam Bleifeld	Male	43	Port Washington	NY	00:12:24	172	1:24	00:01:36	00:36:07	221	19.1	00:01:01	00:19:23	50	6:27		01:10:28.26
94	540	Jeffrey Brandon	Male	37	Great Neck	NY	00:15:38	414	1:46	00:03:06	00:30:31	22	22.6	00:00:46	00:20:34	94	6:51		01:10:31.90
95	164	Wayne Pacileo	Male	32	Brooklyn	NY	00:12:40	194	1:26	00:02:25	00:32:56	90	21.0	00:01:14	00:21:20	132	7:06		01:10:31.95
96	636	Michael Freedberg	Male	40	Roslyn	NY	00:12:01	139	1:21	00:02:00	00:35:06	175	19.7	00:00:47	00:20:42	100	6:53		01:10:33.16
97	166	Scott Solomon	Male	33	New York	NY	00:14:23	341	1:37	00:02:08	00:32:46	80	21.1	00:01:00	00:20:27	88	6:48		01:10:40.07
98	664	Christopher Valli	Male	42	New York	NY	00:13:18	262	1:30	00:02:01	00:32:51	86	21.0	00:01:31	00:21:15	127	7:04		01:10:53.83
99	658	Ben Pfeifer	Male	42	Brooklyn	NY	00:15:22	399	1:44	00:02:02	00:30:54	33	22.3	00:00:46	00:21:53	171	7:17		01:10:53.98
100	776	Wai Law	Male	47	Bethpage	NY	00:12:24	171	1:24	00:01:52	00:34:44	157	19.9	00:01:02	00:21:00	116	6:59		01:10:59.52
101	182	Thomas Weber	Male	34	Rockville Centre	NY	00:13:38	290	1:32	00:02:16	00:34:48	161	19.8	00:01:08	00:19:13	45	6:24		01:10:59.87
102	701	Edward Park	Male	44	New York	NY	00:14:41	361	1:39	00:02:33	00:33:17	104	20.7	00:01:23	00:19:22	49	6:27		01:11:12.43
103	150	Kevin Jiang	Male	31	Douglaston	NY	00:12:22	169	1:24	00:01:50	00:33:22	108	20.7	00:01:01	00:22:53	232	7:37		01:11:25.26
104	580	Robert Zimmerman	Male	39	East Hills	NY	00:13:01	235	1:28	00:01:42	00:33:03	93	20.9	00:01:02	00:22:44	222	7:34		01:11:29.34
105	198	Kerry Healy	Male	50	East Meadow	NY	00:10:24	59	1:10	00:02:07	00:37:13	272	18.5	00:00:56	00:20:54	110	6:57		01:11:30.73
106	513	Marc Parrott	Male	35	Nesconset	NY	00:11:49	131	1:20	00:03:11	00:35:59	214	19.2	00:01:18	00:19:19	47	6:26		01:11:33.78
107	850	Marc Sperber	Male	59	Dix Hills	NY	00:12:49	211	1:27	00:01:54	00:33:34	119	20.6	00:01:05	00:22:26	208	7:28		01:11:45.41
108	634	Matthew Semon	Male	40	Melville	NY	00:11:33	114	1:18	00:02:35	00:34:35	154	20.0	00:01:52	00:21:28	141	7:09		01:12:00.03

Tri One On 2013

June 16, 2013

Overall Results - Male

Tri Individual

Place	No.	Name	Gender	Age	City	St.	----- SWIM -----			----- BIKE -----			----- RUN -----			Penalty	Total Time		
							Time	Plc	100y	T1	Time	Plc	Mph	T2	Time			Plc	Pace
109	518	Mike Mattera	Male	35	Lynbrook	NY	00:12:05	145	1:22	00:01:50	00:35:18	184	19.6	00:00:52	00:22:02	180	7:20		01:12:04.56
110	234	Richard Gold	Male	54	Setauket	NY	00:13:00	231	1:28	00:01:44	00:32:53	88	21.0	00:00:49	00:23:42	290	7:53		01:12:05.63
111	27	Robert Johnson	Male	20	Garden City	NY	00:08:12	3	0:55	00:02:03	00:34:34	153	20.0	00:00:30	00:26:50	448	8:56		01:12:06.10
112	795	Ken Larsen	Male	48	Northport	NY	00:12:16	160	1:23	00:01:20	00:32:54	89	21.0	00:01:06	00:24:33	339	8:10		01:12:06.75
113	109	Chris Fischer	Male	29	Brooklyn	NY	00:13:47	300	1:33	00:02:08	00:34:25	144	20.0	00:01:29	00:20:32	92	6:50		01:12:19.34
114	774	Dean Wagner	Male	47	Glen Head	NY	00:12:03	144	1:21	00:02:11	00:33:14	101	20.8	00:01:09	00:23:50	295	7:56		01:12:25.56
115	81	Dustin Emrani	Male	28	Ronkonkoma	NY	00:13:46	299	1:33	00:02:11	00:37:21	279	18.5	00:01:25	00:17:49	14	5:56		01:12:29.27
116	541	Keith Mignone	Male	37	Wantagh	NY	00:10:15	49	1:09	00:03:15	00:35:37	202	19.4	00:00:55	00:22:31	210	7:30		01:12:31.25
117	228	James Williams	Male	54	Glen Head	NY	00:11:16	100	1:16	00:01:51	00:35:23	189	19.5	00:01:00	00:23:07	256	7:42		01:12:35.61
118	58	Zachary Lountzis	Male	26	New York	NY	00:12:01	142	1:21	00:03:15	00:35:26	191	19.5	00:01:38	00:20:21	85	6:46		01:12:38.78
119	775	Joseph Vaccaro	Male	47	Huntington	NY	00:12:10	151	1:22	00:02:00	00:33:28	114	20.6	00:01:12	00:23:52	296	7:57		01:12:39.67
120	188	Doug Jones	Male	34	Forest Hills	NY	00:15:09	388	1:42	00:02:49	00:33:16	103	20.8	00:01:20	00:20:09	76	6:42		01:12:40.46
121	767	Len Oppenheimer	Male	45	Hewlett Harbor	NY	00:12:14	154	1:23	00:01:44	00:34:14	139	20.2	00:00:32	00:24:00	305	7:59		01:12:40.83
122	816	Ivan Goodstein	Male	45	Great Neck	NY	00:12:10	150	1:22	00:01:32	00:33:18	106	20.7	00:01:07	00:24:37	342	8:12		01:12:41.41
123	879	Andrew Leder	Male	48	New York	NY	00:13:02	236	1:28	00:02:03	00:33:07	95	20.8	00:01:03	00:23:31	278	7:50		01:12:42.21
124	579	Christopher Korolczuk	Male	39	Long Beach	NY	00:12:34	182	1:25	00:02:36	00:32:47	81	21.0	00:01:38	00:23:15	266	7:44		01:12:48.08
125	702	John Puchalla	Male	44	Pelham	NY	00:13:24	272	1:30	00:03:41	00:33:29	116	20.6	00:01:48	00:20:37	96	6:52		01:12:55.61
126	704	Cyrus Schwartz	Male	44	New York	NY	00:13:16	259	1:30	00:02:12	00:35:52	212	19.2	00:00:56	00:20:42	101	6:53		01:12:55.74
127	670	Mark Fried	Male	43	Brooklyn	NY	00:13:22	267	1:30	00:02:28	00:33:53	128	20.4	00:01:30	00:21:50	168	7:16		01:13:00.66
128	186	Wayne Law	Male	34	Bayside	NY	00:13:37	288	1:32	00:01:46	00:35:13	180	19.6	00:00:51	00:21:45	162	7:14		01:13:09.52
129	804	James Baranello	Male	49	Manhasset	NY	00:12:52	218	1:27	00:01:59	00:34:44	158	19.9	00:00:58	00:22:39	218	7:32		01:13:10.23
130	828	Bob Sweeney	Male	55	Douglaston	NY	00:13:51	306	1:34	00:01:55	00:35:00	169	19.7	00:01:20	00:21:08	120	7:02		01:13:11.86
131	803	Douglas Neu	Male	49	Crown Village	NY	00:12:15	157	1:23	00:01:31	00:35:33	198	19.4	00:01:35	00:22:26	205	7:28		01:13:16.94
132	818	Anthony Scandiffio	Male	45	Valley Stream	NY	00:12:53	220	1:27	00:01:10	00:33:47	123	20.4	00:00:43	00:24:49	355	8:16		01:13:18.41
133	108	Bhargav Srikanthan	Male	28	New York	NY	00:14:53	370	1:41	00:01:46	00:34:06	132	20.2	00:01:00	00:21:42	158	7:13		01:13:22.96
134	194	Dan Katz	Male	50	Syosset	NY	00:12:45	205	1:26	00:02:04	00:32:34	70	21.2	00:01:36	00:24:33	338	8:10		01:13:28.88
135	575	Michael Resvanis	Male	39	Stony Brook	NY	00:12:19	165	1:23	00:03:18	00:35:41	206	19.3	00:01:23	00:21:01	117	7:00		01:13:39.82
136	69	Christopher Dean	Male	27	New York	NY	00:14:26	347	1:38	00:01:26	00:34:50	163	19.8	00:01:12	00:21:48	164	7:15		01:13:40.21
137	208	Gerhardus Bosua	Male	51	Dix Hills	NY	00:10:53	86	1:13	00:01:16	00:38:28	326	17.9	00:01:24	00:21:47	163	7:15		01:13:45.76
138	35	Max Goldberg	Male	23	Massapequa	NY	00:10:31	65	1:11	00:00:57	00:39:39	385	17.4	00:01:11	00:21:37	149	7:12		01:13:51.98
139	841	Paul Aloe	Male	56	Port Washington	NY	00:12:40	193	1:26	00:03:16	00:34:00	130	20.3	00:01:25	00:22:36	213	7:31		01:13:54.01
140	201	Ron Luft	Male	51	Jericho	NY	00:13:10	250	1:29	00:02:19	00:32:37	71	21.2	00:01:20	00:24:32	337	8:10		01:13:55.36
141	811	Paul Kearns-Stanley	Male	45	Richmond Hill	NY	00:11:25	105	1:17	00:02:00	00:35:01	172	19.7	00:01:25	00:24:07	314	8:02		01:13:56.48
142	694	Scott Horowitz	Male	44	Bellmore	NY	00:12:42	198	1:26	00:02:51	00:33:36	120	20.5	00:01:58	00:22:56	241	7:38		01:14:00.60
143	642	Dan Kamensky	Male	41	Roslyn	NY	00:13:40	292	1:32	00:01:18	00:34:28	149	20.0	00:01:00	00:23:40	285	7:53		01:14:03.65
144	554	Vincent Shum	Male	38	Forest Hills	NY	00:11:43	126	1:19	00:03:01	00:31:43	45	21.8	00:03:16	00:24:28	333	8:09		01:14:08.31

Tri One On 2013

June 16, 2013

Overall Results - Male

Tri Individual

Place	No.	Name	Gender	Age	City	St.	----- SWIM -----				----- BIKE -----			----- RUN -----			Penalty	Total Time	
							Time	Plc	100y	T1	Time	Plc	Mph	T2	Time	Plc			Pace
145	801	Bob Sweeney	Male	49	Baldwin	NY	00:13:17	261	1:30	00:03:36	00:33:45	121	20.4	00:02:01	00:21:45	160	7:14		01:14:22.31
146	794	Scott Diamond	Male	48	Port Washington	NY	00:12:49	212	1:27	00:02:13	00:33:09	96	20.8	00:01:23	00:24:50	357	8:16		01:14:22.43
147	84	Samuel Ng	Male	29	East Elmhurst	NY	00:12:16	162	1:23	00:01:48	00:36:49	255	18.7	00:01:53	00:21:42	157	7:13		01:14:24.97
148	17	Alexander Pekoff	Male	16	Bellmore	NY	00:12:39	192	1:25	00:03:06	00:39:01	355	17.7	00:02:29	00:17:21	7	5:46		01:14:32.89
149	560	Juan Maio	Male	38	New York	NY	00:10:40	75	1:12	00:03:00	00:35:30	196	19.4	00:01:58	00:23:31	279	7:50		01:14:36.77
150	66	Peter Bradley	Male	26	New Rochelle	NY	00:14:30	353	1:38	00:01:58	00:37:10	269	18.6	00:00:32	00:20:29	89	6:49		01:14:36.81
151	844	Nick Zito	Male	57	Hicksville	NY	00:13:22	268	1:30	00:01:41	00:35:16	183	19.6	00:01:15	00:23:06	254	7:41		01:14:37.70
152	638	Jay Waldhauser	Male	40	Woodbury	NY	00:09:27	28	1:04	00:02:59	00:34:26	145	20.0	00:01:51	00:25:58	407	8:39		01:14:37.85
153	684	Artie Benoit	Male	43	South Nyack	NY	00:14:29	350	1:38	00:02:37	00:33:24	112	20.7	00:02:22	00:21:52	170	7:17		01:14:41.96
154	788	Victor Pajonas	Male	48	Seafood	NY	00:13:52	308	1:34	00:02:09	00:35:20	187	19.5	00:01:44	00:21:41	154	7:13		01:14:43.88
155	984	Robert (bob) Bartlotti	Male	57	Oyster Bay	NY	00:13:53	312	1:34	00:01:59	00:37:18	276	18.5	00:00:32	00:21:10	122	7:03		01:14:49.83
156	839	Marc Tarras	Male	56	Great Neck	NY	00:13:10	247	1:29	00:03:21	00:32:50	83	21.0	00:01:20	00:24:21	324	8:06		01:15:00.45
157	531	Jason Hare	Male	36	Astoria	NY	00:12:01	140	1:21	00:02:58	00:36:57	260	18.7	00:01:19	00:21:52	169	7:17		01:15:03.87
158	160	Brian Sestak	Male	32	New York	NY	00:11:40	124	1:19	00:03:45	00:36:24	232	19.0	00:01:48	00:21:36	148	7:11		01:15:11.07
159	162	Jeff Schmidt	Male	32	Port Washington	NY	00:11:41	125	1:19	00:03:41	00:36:28	236	18.9	00:01:48	00:21:36	147	7:11		01:15:11.12
160	62	Joseph Deluca	Male	26	New York	NY	00:12:36	184	1:25	00:02:03	00:37:16	275	18.5	00:01:07	00:22:11	187	7:23		01:15:11.26
161	681	Olatokumbo Shobowale	Male	43	Brooklyn	NY	00:14:06	326	1:35	00:02:30	00:37:57	305	18.2	00:01:49	00:18:52	34	6:17		01:15:11.92
162	136	John Bellando	Male	30	New York	NY	00:15:12	390	1:43	00:03:08	00:35:19	186	19.5	00:01:57	00:19:47	61	6:35		01:15:20.49
163	771	Brian Malone	Male	47	Roslyn Heights	NY	00:12:40	195	1:26	00:02:05	00:36:16	227	19.0	00:02:06	00:22:23	197	7:27		01:15:28.14
164	56	Chris Tranchino	Male	25	Cambridge	MA	00:13:48	302	1:33	00:02:12	00:36:16	225	19.0	00:00:50	00:22:32	211	7:30		01:15:35.52
165	582	Joseph Lennon	Male	39	Rockville Centre	NY	00:10:25	60	1:10	00:01:44	00:37:33	287	18.4	00:01:19	00:24:45	347	8:14		01:15:44.11
166	232	Joseph Kerner	Male	54	Northport	NY	00:11:39	121	1:19	00:03:56	00:31:38	44	21.8	00:03:04	00:25:30	387	8:29		01:15:44.79
167	204	David Reiss	Male	51	Great Neck	NY	00:12:43	201	1:26	00:02:16	00:34:58	167	19.7	00:01:25	00:24:27	330	8:08		01:15:46.97
168	223	Bradley Scher	Male	53	New Rochelle	NY	00:13:25	273	1:31	00:02:16	00:35:51	211	19.2	00:01:11	00:23:10	259	7:43		01:15:49.76
169	210	Jim Balsan	Male	51	Flushing	NY	00:12:50	216	1:27	00:03:54	00:34:08	134	20.2	00:01:45	00:23:15	267	7:44		01:15:50.57
170	639	Jason Sepulveda	Male	40	Bay Shore	NY	00:17:36	485	1:59	00:02:17	00:33:25	113	20.7	00:01:34	00:21:05	119	7:01		01:15:54.83
171	648	John Sweeney	Male	41	Manhasset	NY	00:12:38	189	1:25	00:03:05	00:36:52	257	18.7	00:01:37	00:21:49	165	7:16		01:15:57.66
172	54	Josh Strauss	Male	25	Bedford	NY	00:10:04	43	1:08	00:02:49	00:38:45	342	17.8	00:01:05	00:23:50	293	7:56		01:16:29.79
173	530	Nimmers Stern	Male	36	New York	NY	00:12:11	152	1:22	00:02:13	00:36:32	239	18.9	00:02:57	00:22:49	228	7:36		01:16:39.41
174	699	Joseph Caracciolo	Male	44	Syosset	NY	00:13:22	269	1:30	00:03:25	00:32:50	85	21.0	00:01:26	00:25:39	395	8:32		01:16:40.84
175	656	Kevin Flaherty	Male	42	Rockaway Beach	NY	00:11:12	98	1:16	00:02:36	00:35:47	207	19.3	00:01:10	00:25:58	408	8:39		01:16:40.93
176	53	Samuel Merkel	Male	25	New York	NY	00:10:46	81	1:13	00:01:35	00:40:11	411	17.2	00:00:34	00:23:39	284	7:52		01:16:43.18
177	211	Frank Cardone	Male	52	Huntington	NY	00:13:21	266	1:30	00:03:28	00:35:08	178	19.6	00:01:41	00:23:12	262	7:43		01:16:47.09
178	817	Mitch Hill	Male	45	Port Washington	NY	00:12:53	223	1:27	00:05:34	00:36:43	245	18.8	00:00:52	00:20:50	107	6:56		01:16:50.19
179	202	Dr. Neil Levin	Male	51	East Northport	NY	00:11:40	123	1:19	00:03:18	00:37:07	267	18.6	00:01:47	00:23:03	248	7:40		01:16:51.60
180	240	Jaime Cacheiro	Male	33	Edgewater	NJ	00:12:39	191	1:25	00:02:10	00:32:22	64	21.3	00:01:03	00:28:41	509	9:33		01:16:52.60

Tri One On 2013

June 16, 2013

Overall Results - Male

Tri Individual

Place	No.	Name	Gender	Age	City	St.	----- SWIM -----				----- BIKE -----			----- RUN -----			Penalty	Total Time	
							Time	Plc	100y	T1	Time	Plc	Mph	T2	Time	Plc			Pace
181	815	Eduard Lebedev	Male	45	Brooklyn	NY	00:14:44	363	1:40	00:02:27	00:40:09	408	17.2	00:01:02	00:18:35	27	6:11		01:16:54.40
182	229	Raymond Drollinger Jr	Male	54	Glen Cove	NY	00:11:31	109	1:18	00:02:54	00:38:59	352	17.7	00:01:00	00:22:36	214	7:31		01:16:58.42
183	47	Steve Gancino	Male	25	Woodhaven	NY	00:12:15	158	1:23	00:01:55	00:39:22	373	17.5	00:01:16	00:22:16	189	7:25		01:17:00.38
184	568	Navid Pourmoradi	Male	39	Great Neck	NY	00:12:50	213	1:27	00:02:44	00:37:25	284	18.4	00:01:27	00:22:38	215	7:32		01:17:01.49
185	558	Babak Ghatan	Male	38	New York	NY	00:17:07	469	1:56	00:04:54	00:33:28	115	20.6	00:02:15	00:19:20	48	6:26		01:17:01.74
186	659	Andrew Meaney	Male	42	Dix Hills	NY	00:14:01	322	1:35	00:03:24	00:34:32	151	20.0	00:01:23	00:23:54	298	7:57		01:17:10.58
187	685	Christopher Settino	Male	43	Huntington	NY	00:10:51	84	1:13	00:03:19	00:37:42	295	18.3	00:01:19	00:24:04	310	8:01		01:17:10.88
188	151	Ian Hawes	Male	31	Manhasset	NY	00:12:08	148	1:22	00:02:51	00:39:07	359	17.6	00:01:52	00:21:25	137	7:08		01:17:20.45
189	220	Peter Savino	Male	52	Ridge	NY	00:13:33	281	1:32	00:02:28	00:37:52	301	18.2	00:00:39	00:22:54	233	7:37		01:17:22.05
190	185	Ken Meszkat	Male	34	New York	NY	00:12:18	164	1:23	00:04:10	00:36:33	241	18.9	00:02:00	00:22:25	204	7:28		01:17:24.24
191	772	Eric Halvorson	Male	46	Brooklyn	NY	00:11:34	116	1:18	00:02:48	00:39:31	379	17.5	00:00:42	00:22:57	243	7:38		01:17:30.31
192	507	David Aronson	Male	35	Baldwin	NY	00:13:57	316	1:34	00:02:11	00:35:54	213	19.2	00:01:24	00:24:08	316	8:02		01:17:32.05
193	247	William Spencer	Male	31	Lynbrook	NY	00:19:32	540	2:12	00:03:12	00:34:53	165	19.8	00:01:08	00:18:51	32	6:16		01:17:34.48
194	154	Albert Luk	Male	31	New York	NY	00:12:54	224	1:27	00:03:28	00:36:47	252	18.8	00:01:37	00:23:00	245	7:39		01:17:43.12
195	851	Steven Lager	Male	59	White Plains	NY	00:12:54	225	1:27	00:03:27	00:34:32	152	20.0	00:01:16	00:25:51	403	8:36		01:17:57.69
196	663	Mike Riina	Male	42	Flushing	NY	00:13:10	248	1:29	00:02:19	00:37:31	286	18.4	00:01:06	00:23:55	302	7:58		01:17:59.67
197	539	Samuel Lo	Male	37	New York	NY	00:18:12	505	2:03	00:03:33	00:35:07	176	19.7	00:01:33	00:19:55	66	6:38		01:18:17.42
198	778	Andre Zaratin	Male	47	Glen Cove	NY	00:13:14	254	1:29	00:02:59	00:37:44	298	18.3	00:01:27	00:23:09	258	7:42		01:18:30.25
199	192	John Piepgras	Male	50	Bronx	NY	00:14:36	357	1:39	00:03:55	00:35:50	210	19.3	00:01:40	00:22:39	217	7:32		01:18:36.83
200	584	Matthew Utter	Male	39	Sunnyside	NY	00:12:21	168	1:23	00:04:12	00:38:06	312	18.1	00:00:59	00:23:02	246	7:40		01:18:37.97
201	556	Alexander Kondur	Male	38	Kew Gardens	NY	00:13:27	275	1:31	00:04:43	00:38:16	319	18.0	00:01:02	00:21:12	125	7:03		01:18:38.80
202	44	Jared Rubin	Male	24	New York	NY	00:13:11	251	1:29	00:03:13	00:39:26	375	17.5	00:01:41	00:21:11	124	7:03		01:18:39.84
203	673	Glen Rowell	Male	43	Glen Head	NY	00:13:44	297	1:33	00:02:47	00:35:24	190	19.5	00:02:13	00:24:35	341	8:11		01:18:40.94
204	102	Darren Mansell	Male	29	Port Washington	NY	00:13:13	252	1:29	00:02:28	00:40:05	404	17.2	00:01:19	00:21:45	161	7:14		01:18:47.43
205	31	Andrew Tack	Male	20	East Hills	NY	00:15:44	419	1:46	00:03:09	00:38:05	311	18.1	00:01:20	00:20:33	93	6:50		01:18:48.79
206	134	Christopher Grosso	Male	30	Roslyn	NY	00:13:34	283	1:32	00:03:36	00:41:43	449	16.5	00:00:48	00:19:13	44	6:24		01:18:51.20
207	585	Michael Gannon	Male	39	Port Washington	NY	00:13:05	239	1:28	00:03:16	00:38:09	313	18.1	00:02:00	00:22:24	201	7:27		01:18:51.28
208	138	Brian Morgan	Male	30	Brooklyn	NY	00:12:32	180	1:25	00:04:32	00:38:10	314	18.1	00:02:22	00:21:20	133	7:06		01:18:53.04
209	45	Daniel Loscalzo	Male	24	Wantagh	NY	00:15:31	407	1:45	00:03:04	00:39:33	381	17.4	00:00:41	00:20:10	77	6:43		01:18:57.96
210	153	Steven Heller	Male	50	Commack	NY	00:17:29	480	1:58	00:03:08	00:34:24	143	20.1	00:01:38	00:22:22	195	7:27		01:18:58.47
211	12	Vasilis Myriantopoulos	Male	13	Port Washington	NY	00:10:30	64	1:11	00:03:37	00:43:02	473	16.0	00:00:57	00:20:59	115	6:59		01:19:02.12
212	643	Roger Smith	Male	41	Armonk	NY	00:12:47	209	1:26	00:03:38	00:35:26	192	19.5	00:02:22	00:24:59	361	8:19		01:19:10.40
213	705	Bart Sokol	Male	44	Armonk	NY	00:12:28	177	1:24	00:04:21	00:35:07	177	19.7	00:02:17	00:25:00	362	8:19		01:19:10.49
214	752	Daniel Pego	Male	30	Brooklyn	NY	00:10:45	79	1:13	00:02:28	00:40:11	410	17.2	00:01:20	00:24:42	344	8:13		01:19:24.53
215	698	Richard Schriefer	Male	44	East Williston	NY	00:14:55	372	1:41	00:02:09	00:36:04	219	19.1	00:00:55	00:25:26	382	8:28		01:19:26.95
216	38	Oliver Bang	Male	23	Englewood	NJ	00:13:57	317	1:34	00:02:56	00:39:47	392	17.3	00:00:56	00:21:56	174	7:18		01:19:29.68

Tri One On 2013

June 16, 2013

Overall Results - Male

Tri Individual

Place	No.	Name	Gender	Age	City	St.	----- SWIM -----			----- BIKE -----			----- RUN -----			Penalty	Total Time	
							Time	Plc	100y	T1	Time	Plc	Mph	T2	Time			Plc
217	787	Gil Bernhard	Male	48	Garden City	NY	00:12:50	214	1:27	00:03:19	00:36:13	224	19.1	00:01:24	00:25:49	400	8:36	01:19:32.94
218	57	Eli Root	Male	26	Great Neck	NY	00:15:19	397	1:44	00:02:35	00:37:18	277	18.5	00:01:02	00:23:31	280	7:50	01:19:42.68
219	104	Boniface Law	Male	29	New York	NY	00:12:38	188	1:25	00:02:55	00:39:36	384	17.4	00:01:30	00:23:08	257	7:42	01:19:43.33
220	506	Neil Fried	Male	35	Hoboken	NJ	00:15:17	393	1:43	00:03:42	00:37:56	304	18.2	00:01:48	00:21:08	121	7:02	01:19:48.60
221	754	Richard Henning	Male	31	Cold Spring Harbor	NY	00:12:58	229	1:28	00:03:51	00:39:18	369	17.6					01:19:52.18
222	822	Augustino D'alonzo Jr.	Male	46	Northport	NY	00:14:02	323	1:35	00:04:14	00:36:31	238	18.9	00:01:54	00:23:19	270	7:46	01:19:57.67
223	683	James Noumair	Male	43	Garden City	NY	00:14:26	346	1:38	00:02:48	00:35:04	174	19.7	00:03:00	00:24:46	350	8:15	01:20:01.67
224	145	Jonathan Pan	Male	31	Rego Park	NY	00:15:44	418	1:46	00:02:51	00:36:44	246	18.8	00:01:19	00:23:30	276	7:49	01:20:04.07
225	213	Kim Bang	Male	52	Englewood	NJ	00:13:43	296	1:33	00:03:33	00:35:15	181	19.6	00:01:59	00:25:41	396	8:33	01:20:06.63
226	662	Gary Silber	Male	42	Woodbury	NY	00:12:31	179	1:25	00:02:38	00:37:23	281	18.5	00:01:06	00:26:45	445	8:54	01:20:20.89
227	657	Jason Jeffries	Male	42	Pelham	NY	00:16:10	430	1:49	00:03:27	00:34:10	135	20.2	00:01:20	00:25:17	378	8:25	01:20:22.11
228	644	Adam Barbach	Male	41	Herricks	NY	00:15:58	426	1:48	00:02:28	00:36:00	215	19.2	00:00:34	00:25:28	385	8:29	01:20:25.05
229	78	Alexander Tuller	Male	28	New York	NY	00:14:03	325	1:35	00:02:49	00:39:49	394	17.3	00:01:03	00:22:47	225	7:35	01:20:28.68
230	190	Yongsoo Lee	Male	34	College Point	NY	00:13:35	285	1:32	00:02:17	00:38:35	334	17.9	00:01:48	00:24:17	320	8:05	01:20:29.60
231	766	Todd Ehrlich	Male	45	Westport	CT	00:12:33	181	1:25	00:02:45	00:35:37	201	19.4	00:02:20	00:27:28	471	9:09	01:20:40.44
232	757	Michael Ferris	Male	37	New York	NY	00:14:56	373	1:41	00:02:04	00:38:03	310	18.1	00:00:56	00:24:48	353	8:15	01:20:43.63
233	830	Les Rothenberg	Male	55	New Rochelle	NY	00:13:19	263	1:30	00:02:49	00:37:08	268	18.6	00:01:16	00:26:19	420	8:46	01:20:49.07
234	546	Kevin Wille	Male	37	Centerport	NY	00:16:36	453	1:52	00:01:50	00:39:12	362	17.6	00:00:23	00:22:56	238	7:38	01:20:53.25
235	156	Elliot Chan	Male	32	Fort Lee	NJ	00:13:31	279	1:31	00:02:36	00:36:59	263	18.7	00:02:05	00:25:50	402	8:36	01:20:58.29
236	209	Joshua Kashanian	Male	32	Great Neck	NY	00:16:46	458	1:53	00:01:22	00:37:29	285	18.4	00:01:22	00:24:07	313	8:02	01:21:03.76
237	849	Bob Gass	Male	59	New York	NY	00:14:14	331	1:36	00:05:35	00:37:35	291	18.4	00:01:02	00:22:41	220	7:33	01:21:06.13
238	796	Keith Drayer	Male	48	N. Woodmere	NY	00:11:31	110	1:18	00:04:12	00:37:40	294	18.3	00:01:49	00:26:02	412	8:40	01:21:12.48
239	571	Roger Yu	Male	39	Forest Hills	NY	00:18:07	500	2:03	00:02:24	00:36:25	233	18.9	00:01:35	00:22:51	230	7:36	01:21:19.05
240	529	Dan Voicescu	Male	36	New York	NY	00:11:39	120	1:19	00:04:41	00:38:37	337	17.9	00:02:45	00:23:41	288	7:53	01:21:20.63
241	652	Jim Nacion	Male	42	Bridgewater	NJ	00:12:52	219	1:27	00:02:58	00:38:11	317	18.1	00:01:22	00:26:05	414	8:41	01:21:25.72
242	865	Steven Greenberg	Male	67	Hewlett	NY	00:11:25	104	1:17	00:02:31	00:37:22	280	18.5	00:02:08	00:28:11	497	9:23	01:21:34.34
243	147	Stephen Tang	Male	31	Forest Hills	NY	00:13:40	293	1:32	00:03:20	00:34:38	156	19.9	00:01:51	00:28:10	496	9:23	01:21:36.86
244	173	Roy Gibney	Male	33	College Point	NY	00:18:01	497	2:02	00:04:12	00:33:15	102	20.8	00:02:08	00:24:05	312	8:01	01:21:37.77
245	508	Brian Mcgurn	Male	35	Hoboken	NJ	00:13:31	280	1:31	00:03:20	00:39:03	356	17.7	00:02:25	00:23:23	272	7:47	01:21:40.31
246	855	Jonathan Jordan	Male	60	New Orleans	LA	00:11:05	92	1:15	00:05:37	00:38:21	322	18.0	00:01:54	00:24:53	358	8:17	01:21:46.85
247	777	Jeffrey Reynolds	Male	47	Hauppauge	NY	00:16:08	429	1:49	00:03:46	00:39:15	365	17.6	00:00:34	00:22:16	190	7:25	01:21:56.28
248	95	Max Tanner	Male	16	Great Neck	NY	00:10:27	63	1:11	00:03:01	00:43:55	491	15.7	00:00:43	00:23:54	300	7:57	01:21:58.60
249	75	Brett Davenport	Male	27	New York	NY	00:18:55	528	2:08	00:02:21	00:36:46	251	18.8	00:01:38	00:22:25	203	7:28	01:22:02.58
250	248	Harvey Luk	Male	33	New York	NY	00:17:16	471	1:57	00:03:28	00:35:03	173	19.7	00:01:47	00:24:32	336	8:10	01:22:03.39
251	231	Patrick Smith	Male	54	Northport	NY	00:11:25	106	1:17	00:01:31	00:32:29	66	21.2	00:03:51	00:33:03	574	11:00	01:22:16.21
252	800	Evan Myrianthopoulos	Male	49	Port Washington	NY	00:11:13	99	1:16	00:02:58	00:38:23	323	18.0	00:02:05	00:27:49	486	9:16	01:22:25.28

Tri One On 2013

June 16, 2013

Overall Results - Male

Tri Individual

Place	No.	Name	Gender	Age	City	St.	----- SWIM -----				----- BIKE -----				----- RUN -----			Penalty	Total Time
							Time	Plc	100y	T1	Time	Plc	Mph	T2	Time	Plc	Pace		
253	557	Joe Becker	Male	38	Brooklyn	NY	00:14:36	358	1:39	00:02:04	00:37:55	303	18.2	00:01:01	00:26:54	450	8:57		01:22:27.54
254	873	David Fagan	Male	48	Long Beach	NY	00:14:20	338	1:37	00:01:51	00:40:25	422	17.1	00:02:08	00:23:54	301	7:57		01:22:36.79
255	762	Juan Dominguez	Male	42	Mineola	NY	00:16:31	447	1:52	00:02:25	00:35:33	197	19.4	00:01:43	00:26:32	432	8:50		01:22:42.73
256	226	Scott Neibel	Male	53	Brooklyn	NY	00:18:02	498	2:02	00:03:44	00:34:51	164	19.8	00:01:29	00:24:45	348	8:14		01:22:48.88
257	239	Jaryndice Pascual	Male	31	Astoria	NY	00:17:21	476	1:57	00:01:53	00:35:00	171	19.7	00:02:18	00:26:23	424	8:47		01:22:53.06
258	107	Keelan Chu For	Male	26	Snyder	NY	00:09:32	33	1:04	00:01:44	00:40:25	421	17.1	00:01:07	00:30:13	546	10:04		01:22:57.26
259	97	James Bong	Male	25	New Hyde Park	NY	00:16:35	451	1:52	00:03:31	00:39:55	400	17.3	00:01:03	00:22:19	192	7:26		01:23:19.73
260	195	Kevin Tack	Male	50	East Hills	NY	00:15:35	411	1:45	00:03:56	00:38:45	341	17.8	00:01:04	00:24:03	309	8:00		01:23:20.24
261	510	David Hirschler	Male	35	Jackson Heights	NY	00:18:28	517	2:05	00:02:48	00:36:49	254	18.7	00:00:53	00:24:26	328	8:08		01:23:21.32
262	526	Amit Singh	Male	36	Brooklyn	NY	00:16:03	427	1:49	00:04:58	00:37:58	306	18.2	00:02:33	00:22:02	179	7:20		01:23:31.34
263	80	Mark Leventhal	Male	28	Plainview	NY	00:14:15	334	1:36	00:01:23	00:39:32	380	17.5	00:00:57	00:27:29	473	9:09		01:23:32.66
264	625	Kamran Kalaty	Male	38	Great Neck	NY	00:15:57	424	1:48	00:03:01	00:39:13	363	17.6	00:02:20	00:23:06	255	7:41		01:23:34.58
265	765	Clayton Bushong	Male	45	Pelham	NY	00:12:37	186	1:25	00:03:33	00:41:00	435	16.8	00:01:26	00:25:04	365	8:21		01:23:37.32
266	604	Craig Muller	Male	37	Port Washington	NY	00:14:30	351	1:38	00:03:13	00:40:15	414	17.1	00:01:17	00:24:27	331	8:08		01:23:39.03
267	523	Shelby Wong	Male	36	Forest Hills	NY	00:16:16	433	1:50	00:02:46	00:36:18	228	19.0	00:00:58	00:27:29	472	9:09		01:23:43.78
268	51	Scott Silverberg	Male	25	East Williston	NY	00:12:42	199	1:26	00:04:36	00:43:34	490	15.8	00:01:20	00:21:35	146	7:11		01:23:44.66
269	805	Ken Schwab	Male	49	Sea Cliff	NY	00:17:07	470	1:56	00:03:44	00:38:55	349	17.7	00:01:08	00:23:13	265	7:44		01:24:04.31
270	676	Jason Flicker	Male	43	Woodbury	NY	00:16:44	457	1:53	00:04:15	00:36:59	262	18.7	00:01:54	00:24:21	323	8:06		01:24:11.05
271	834	Clifford Goldschmid	Male	55	Roslyn	NY	00:15:24	401	1:44	00:03:18	00:38:12	318	18.1	00:02:23	00:24:59	360	8:19		01:24:13.95
272	157	Kevin Lam	Male	32	Syosset	NY	00:20:27	552	2:18	00:03:31	00:36:13	223	19.1	00:01:53	00:22:13	188	7:24		01:24:14.27
273	250	Benjamin Huang	Male	34	Flushing	NY	00:13:57	315	1:34	00:02:30	00:38:27	325	17.9	00:01:49	00:27:41	480	9:13		01:24:21.75
274	825	William Notturmo	Male	55	Lynbrook	NY	00:13:54	314	1:34	00:04:01	00:38:51	347	17.8	00:01:19	00:26:20	421	8:46		01:24:22.08
275	207	Alan Hochster	Male	51	Flushing	NY	00:13:02	237	1:28	00:05:43	00:40:34	427	17.0	00:01:39	00:23:27	274	7:48		01:24:22.25
276	835	Scott Lewis	Male	55	Jericho	NY	00:11:46	129	1:19	00:02:35	00:39:45	389	17.4	00:01:06	00:29:17	526	9:45		01:24:26.36
277	635	Rafael De La Barreda	Male	40	New York	NY	00:13:53	310	1:34	00:05:41	00:38:28	327	17.9	00:02:25	00:24:02	307	8:00		01:24:26.53
278	43	Robert Pokora	Male	24	Brooklyn	NY	00:13:45	298	1:33	00:02:51	00:42:29	462	16.2	00:02:19	00:23:12	263	7:43		01:24:32.58
279	576	Chris Nowell	Male	39	New York	NY	00:15:22	400	1:44	00:05:17	00:38:25	324	18.0	00:01:55	00:23:50	294	7:56		01:24:45.37
280	808	John Lee	Male	45	Jericho	NY	00:16:50	461	1:54	00:04:04	00:35:10	179	19.6	00:01:48	00:27:01	453	9:00		01:24:50.39
281	180	Tomasz Trzaska	Male	34	Brooklyn	NY	00:16:03	428	1:49	00:03:28	00:39:16	366	17.6	00:02:27	00:23:44	291	7:54		01:24:55.24
282	30	Francesco Marino	Male	20	Massapequa	NY	00:16:50	460	1:54	00:03:16	00:39:52	398	17.3	00:01:15	00:23:53	297	7:57		01:25:02.57
283	833	Robert Schill	Male	55	Oakland Gardens	NY	00:13:52	309	1:34	00:05:17	00:39:18	370	17.6	00:01:57	00:24:46	349	8:15		01:25:08.38
284	866	Douglas Hyer	Male	70	Roslyn	NY	00:17:28	479	1:58	00:03:00	00:38:31	329	17.9	00:00:42	00:25:37	393	8:32		01:25:15.44
285	649	Stephen Pocock	Male	41	Garden City	NY	00:13:05	240	1:28	00:03:38	00:44:59	513	15.3	00:00:44	00:23:06	252	7:41		01:25:28.32
286	28	Ryan Neu	Male	20	Crown Village	NY	00:13:29	277	1:31	00:08:05	00:40:13	412	17.2	00:00:49	00:23:03	249	7:40		01:25:36.78
287	569	Justin Hokin	Male	39	Darien	CT	00:14:01	320	1:35	00:04:33	00:37:14	273	18.5	00:04:44	00:25:08	367	8:22		01:25:37.18
288	130	Nkrumah Pierre	Male	30	New York	NY	00:19:24	537	2:11	00:05:18	00:38:02	309	18.1	00:02:32	00:20:41	99	6:53		01:25:54.48

Tri One On 2013

June 16, 2013

Overall Results - Male

Tri Individual

Place	No.	Name	Gender	Age	City	St.	----- SWIM -----			----- BIKE -----			----- RUN -----			Penalty	Total Time	
							Time	Plc	100y	T1	Time	Plc	Mph	T2	Time			Plc
289	41	Shaun Farrell	Male	24	New York	NY	00:18:33	522	2:06	00:02:37	00:38:02	308	18.1	00:01:43	00:25:10	370	8:23	01:26:02.03
290	654	Adam Flisser	Male	42	Sands Point	NY	00:15:40	416	1:46	00:05:38	00:42:34	466	16.2	00:01:27	00:20:50	106	6:56	01:26:06.70
291	42	Ariel Hochster	Male	24	Flushing	NY	00:17:34	484	1:59	00:05:11	00:40:50	433	16.9	00:00:48	00:21:49	167	7:16	01:26:10.16
292	646	Robert Quintana	Male	41	Port Jefferson Station	NY	00:16:16	434	1:50	00:02:36	00:40:06	406	17.2	00:01:41	00:25:33	388	8:30	01:26:10.40
293	802	George Young	Male	49	Hackettstown	NJ	00:14:16	336	1:36	00:02:44	00:42:19	459	16.3	00:02:31	00:24:31	335	8:10	01:26:18.43
294	525	Jay Lau	Male	36	Garden City	NY	00:16:57	466	1:55	00:03:59	00:38:36	336	17.9	00:01:44	00:25:24	379	8:27	01:26:36.76
295	852	Michael Pitzer	Male	59	East Meadow	NY	00:12:50	215	1:27	00:02:50	00:36:26	235	18.9	00:00:35	00:34:11	579	11:23	01:26:49.72
296	142	Joshua Lanzara	Male	31	New York	NY	00:18:14	509	2:03	00:07:07	00:37:36	292	18.4	00:01:34	00:22:22	196	7:27	01:26:50.89
297	653	Allon Yaron	Male	42	Brooklyn	NY	00:13:01	234	1:28	00:05:05	00:36:09	222	19.1	00:02:23	00:30:21	548	10:06	01:26:55.94
298	837	Hammad Qamar	Male	55	Queens Village	NY	00:15:45	420	1:46	00:02:43	00:39:40	387	17.4	00:01:08	00:27:47	485	9:15	01:27:00.17
299	32	Eitan Hochster	Male	21	Flushing	NY	00:19:06	532	2:09	00:03:15	00:44:11	497	15.6	00:01:03	00:19:30	54	6:29	01:27:01.60
300	46	Michael Engelhard	Male	24	Oceanside	NY	00:14:23	343	1:37	00:03:32	00:45:48	523	15.1	00:00:47	00:22:42	221	7:33	01:27:08.70
301	836	Bob Easley	Male	55	New York	NY	00:17:53	492	2:01	00:03:08	00:38:51	348	17.8	00:02:09	00:25:13	375	8:24	01:27:12.60
302	785	James Lee	Male	48	Bayside	NY	00:13:36	286	1:32	00:02:41	00:37:34	288	18.4	00:01:34	00:31:52	568	10:37	01:27:14.14
303	230	Terence Mcgowan	Male	54	Rockville Centre	NY	00:13:29	278	1:31	00:03:02	00:40:22	419	17.1	00:02:17	00:28:17	503	9:25	01:27:23.87
304	191	Gerard Harkins	Male	50	Floral Park	NY	00:14:15	333	1:36	00:03:36	00:39:52	397	17.3	00:01:24	00:28:41	508	9:33	01:27:44.93
305	105	Mark Harron	Male	25	New York	NY	00:20:10	550	2:17	00:02:33	00:38:46	343	17.8	00:01:00	00:25:34	390	8:31	01:27:59.26
306	217	Steven Brown	Male	52	New York	NY	00:18:14	508	2:03	00:04:26	00:36:03	218	19.1	00:01:33	00:27:52	487	9:17	01:28:05.47
307	65	Robert Weniger	Male	26	New York	NY	00:19:19	536	2:11	00:04:11	00:40:17	416	17.1	00:01:47	00:22:36	212	7:31	01:28:06.27
308	233	Dennis Murphy	Male	54	Brooklyn	NY	00:12:46	207	1:26	00:04:40	00:43:00	471	16.1	00:01:38	00:26:06	415	8:41	01:28:06.54
309	761	Ken Wille	Male	41	Saint James	NY	00:19:36	541	2:13	00:02:22	00:40:46	431	16.9	00:00:45	00:24:48	354	8:15	01:28:14.05
310	85	Gregory Tuballes	Male	29	Rego Park	NY	00:15:42	417	1:46	00:02:10	00:44:10	496	15.6	00:01:27	00:24:47	351	8:15	01:28:14.21
311	860	James Pizzigati	Male	63	In Wood	NY	00:15:17	394	1:43	00:02:11	00:39:19	371	17.6	00:02:02	00:29:56	541	9:58	01:28:41.61
312	149	Lee Hochbaum	Male	31	New York	NY	00:22:33	567	2:33	00:04:12	00:39:20	372	17.5	00:01:54	00:20:55	112	6:58	01:28:51.51
313	680	Gregg Templeton	Male	43	New York	NY	00:18:19	513	2:04	00:07:23	00:39:00	353	17.7	00:04:18	00:20:02	71	6:40	01:28:59.33
314	792	Tony Doyle	Male	48	Floral Park	NY	00:17:21	477	1:57	00:03:11	00:38:46	344	17.8	00:01:47	00:28:02	495	9:20	01:29:03.46
315	13	Kevin Mccarroll	Male	14	Port Washington	NY	00:21:14	556	2:24	00:02:39	00:39:35	383	17.4	00:01:25	00:24:18	322	8:05	01:29:08.04
316	703	Jay Berland	Male	44	Syosset	NY	00:19:30	539	2:12	00:04:11	00:38:34	332	17.9	00:01:54	00:25:08	368	8:22	01:29:15.71
317	214	Andrew Sirotkin	Male	52	Sands Point	NY	00:13:27	276	1:31	00:03:20	00:41:27	445	16.6	00:00:48	00:30:16	547	10:05	01:29:16.40
318	516	Michael Sangirardi	Male	35	Bethpage	NY	00:16:52	463	1:54	00:03:34	00:41:04	436	16.8	00:00:59	00:27:03	454	9:00	01:29:30.04
319	88	Eric Gomez	Male	29	Queens Village	NY	00:18:46	525	2:07	00:03:42	00:39:29	377	17.5	00:01:10	00:26:36	438	8:51	01:29:40.02
320	193	Brian Burke	Male	50	Douglaston	NY	00:19:00	529	2:09	00:03:34	00:38:34	333	17.9	00:01:57	00:26:46	446	8:55	01:29:49.33
321	179	Matthew Early	Male	34	Malverne	NY	00:14:08	327	1:36	00:04:45	00:44:38	507	15.5	00:00:59	00:25:25	380	8:28	01:29:51.84
322	520	Kiran Rao	Male	36	Beechurst	NY	00:17:59	494	2:02	00:03:36	00:39:05	357	17.7	00:02:41	00:27:01	452	9:00	01:30:18.65
323	857	Robert Fornuff	Male	61	West Babylon	NY	00:18:00	495	2:02	00:04:15	00:40:29	426	17.0	00:01:31	00:26:14	418	8:44	01:30:26.15
324	862	Malachy Oconnor	Male	64	Melville	NY	00:15:36	412	1:45	00:02:03	00:34:19	141	20.1	00:01:37	00:37:16	592	12:25	01:30:47.82

Tri One On 2013

June 16, 2013

Overall Results - Male

Tri Individual

Place	No.	Name	Gender	Age	City	St.	----- SWIM -----				----- BIKE -----			----- RUN -----			Penalty	Total Time	
							Time	Plc	100y	T1	Time	Plc	Mph	T2	Time	Plc			Pace
325	695	Mitchell Schamroth	Male	44	Ny	NY	00:18:28	518	2:05	00:03:11	00:41:26	444	16.7	00:01:04	00:27:06	455	9:01		01:31:12.47
326	237	Steve Kostoff	Male	50	Selden	NY	00:18:08	501	2:03	00:05:20	00:42:00	457	16.4	00:01:48	00:24:04	311	8:01		01:31:18.18
327	99	William Motschwiller	Male	27	New York	NY	00:18:13	507	2:03	00:03:44	00:41:48	450	16.5	00:01:29	00:26:15	419	8:44		01:31:25.33
328	25	Christopher Waddell	Male	19	Commack	NY	00:29:10	591	3:18	00:05:48	00:28:43	6	24.0	00:01:26	00:27:32	477	9:10		01:32:35.46
329	626	Nicholas Sarchese	Male	40	Port Washington	NY	00:22:09	564	2:30	00:02:55	00:36:23	231	19.0	00:02:18	00:29:01	518	9:40		01:32:43.09
330	869	Neil Cook	Male	69	New York	NY	00:12:25	173	1:24	00:02:46	00:39:08	360	17.6	00:02:13	00:36:49	590	12:16		01:33:18.11
331	158	Benjamin Roth	Male	32	Brooklyn	NY	00:11:34	115	1:18	00:04:49	00:49:21	562	14.0	00:01:36	00:26:09	417	8:42		01:33:27.42
332	821	Wayne Trumbull	Male	46	Fort Salonga	NY	00:22:57	569	2:35	00:02:59	00:39:17	368	17.6	00:01:13	00:27:20	467	9:06		01:33:44.21
333	174	Jason Tarantino	Male	33	Huntington	NY	00:18:44	524	2:07	00:06:20	00:39:51	396	17.3	00:01:55	00:27:19	466	9:06		01:34:07.52
334	847	Douglas Herman	Male	58	Great Neck	NY	00:14:47	364	1:40	00:04:46	00:44:22	502	15.6	00:01:46	00:28:45	511	9:34		01:34:23.77
335	59	Michael Luddy	Male	26	New York	NY	00:13:09	245	1:29	00:02:18	00:54:22	587	12.7	00:00:46	00:23:54	299	7:57		01:34:27.22
336	143	Benjamin Wong	Male	31	Forest Hills	NY	00:21:20	558	2:25	00:03:05	00:42:25	461	16.3	00:03:01	00:24:43	345	8:14		01:34:32.25
337	537	David Chang	Male	36	New York	NY	00:18:24	516	2:05	00:03:45	00:42:59	470	16.1	00:02:48	00:26:41	441	8:53		01:34:34.79
338	514	Edwin Ibay	Male	35	New York	NY	00:21:24	560	2:25	00:08:30	00:36:44	248	18.8	00:02:10	00:25:51	404	8:36		01:34:37.01
339	840	Christopher Gardner	Male	56	Whitestone	NY	00:18:06	499	2:03	00:09:45	00:40:13	413	17.2	00:03:25	00:23:41	287	7:53		01:35:08.97
340	16	Josh Vance	Male	16	Roslyn	NY	00:10:34	68	1:11	00:02:14	00:50:59	570	13.5	00:00:39	00:30:50	555	10:16		01:35:13.77
341	29	Ian Lundy	Male	20	Roslyn	NY	00:16:36	454	1:52	00:02:40	00:46:35	533	14.8	00:00:49	00:28:37	507	9:32		01:35:14.22
342	24	Michael Waddell	Male	19	Commack	NY	00:21:24	559	2:25	00:04:28	00:46:52	538	14.7	00:00:40	00:22:09	184	7:22		01:35:30.02
343	40	Michael Schaffhauser	Male	24	Valley Stream	NY	00:14:55	371	1:41	00:04:38	00:46:38	534	14.8	00:01:13	00:28:15	501	9:24		01:35:35.70
344	165	Damon Lem	Male	32	New York	NY	00:17:41	488	2:00	00:04:06	00:45:07	516	15.3	00:00:59	00:27:57	490	9:18		01:35:47.02
345	90	Zachary Roth	Male	29	Stamford	CT	00:11:59	137	1:21	00:04:20	00:52:43	582	13.1	00:01:27	00:25:27	383	8:28		01:35:54.37
346	567	Minto Bose	Male	38	Jersey City	NJ	00:32:30	598	3:40	00:02:45	00:36:48	253	18.8	00:01:29	00:22:40	219	7:33		01:36:09.00
347	675	Eddy Kwan	Male	43	Flushing	NY	00:22:39	568	2:33	00:04:27	00:36:56	259	18.7	00:02:30	00:29:50	539	9:56		01:36:19.24
348	515	Jonathan Goldberg	Male	35	New York	NY	00:17:17	473	1:57	00:06:41	00:44:06	494	15.6	00:01:09	00:27:31	476	9:10		01:36:41.06
349	679	Jerry Ponce	Male	43	Mineola	NY	00:20:28	553	2:19	00:03:09	00:44:54	510	15.4	00:03:10	00:25:03	363	8:20		01:36:41.90
350	200	Scott Samuels	Male	51	Merrick	NY	00:16:35	452	1:52	00:04:04	00:44:57	512	15.4	00:01:18	00:30:23	549	10:07		01:37:16.07
351	171	Carlos Llaguno	Male	33	Forest Hills	NY	00:24:06	577	2:43	00:02:56	00:41:08	438	16.8	00:01:43	00:27:29	474	9:09		01:37:19.70
352	509	James Mcdonald	Male	35	Brooklyn	NY	00:18:32	521	2:05	00:04:00	00:44:30	505	15.5	00:01:45	00:29:05	520	9:41		01:37:48.92
353	829	Felix Cuebas	Male	55	Brentwood	NY	00:16:32	448	1:52	00:02:46	00:44:33	506	15.5	00:02:05	00:32:27	571	10:48		01:38:20.83
354	677	Alfred Amadio	Male	43	Douglaston	NY	00:17:57	493	2:01	00:04:01	00:45:04	515	15.3	00:02:12	00:29:56	540	9:58		01:39:06.88
355	163	Gabriel Castellanos	Male	32	Franklin Square	NY	00:25:56	584	2:56	00:02:48	00:46:42	535	14.8	00:00:58	00:23:12	264	7:43		01:39:34.25
356	212	Russell Middleton	Male	52	Manhasset	NY	00:15:31	408	1:45	00:04:10	00:51:25	574	13.4	00:01:45	00:27:07	458	9:02		01:39:55.78
357	853	Arnold Mandelstam	Male	60	Jamaica	NY	00:15:01	375	1:42	00:05:25	00:49:25	563	14.0	00:02:00	00:28:18	504	9:25		01:40:05.56
358	764	Edward Martin	Male	44	Plainview	NY	00:15:30	406	1:45	00:04:38	00:43:18	480	15.9	00:02:02	00:34:43	582	11:34		01:40:08.44
359	820	Oswaldo Lopez	Male	46	East Meadow	NY	00:16:47	459	1:54	00:04:16	00:50:53	569	13.6	00:01:17	00:28:54	516	9:37		01:42:05.16
360	246	Steven Tencer	Male	52	Dobbs Ferry	NY	00:25:12	579	2:51	00:02:48	00:42:47	469	16.1	00:01:12	00:31:02	561	10:20		01:42:58.08

Tri One On 2013

June 16, 2013

Overall Results - Male

Tri Individual

Place	No.	Name	Gender	Age	City	St.	----- SWIM -----			----- BIKE -----			----- RUN -----			Penalty	Total Time		
							Time	Plc	100y	T1	Time	Plc	Mph	T2	Time			Plc	Pace
361	178	James Meaney	Male	34	Dix Hills	NY	00:19:42	544	2:13	00:05:07	00:46:50	537	14.7	00:01:42	00:29:41	536	9:53		01:42:58.57
362	779	Vincent Cincotta	Male	47	East Norwich	NY	00:17:45	489	2:00	00:03:28	00:46:14	528	14.9	00:02:03	00:34:15	580	11:24		01:43:43.46
363	67	John Johnsen	Male	26	Rockville Centre	NY	00:10:52	85	1:13	00:06:37	01:04:49	608	10.6	00:01:40	00:19:50	63	6:36		01:43:45.86
364	106	Matthew Shanahan	Male	27	Mineola	NY	00:16:31	446	1:52	00:06:05	00:51:23	573	13.4	00:01:22	00:28:58	517	9:39		01:44:16.62
365	20	Matthew Herman	Male	18	Great Neck	NY	00:14:29	349	1:38	00:03:28	00:54:58	590	12.6	00:02:35	00:28:53	515	9:37		01:44:19.49
366	528	Karloff Commissiong	Male	36	Bronx	NY	00:18:00	496	2:02	00:04:00	00:44:04	493	15.7	00:01:21	00:37:01	591	12:20		01:44:22.19
367	542	Thomas Mannix	Male	37	Wantagh	NY	00:16:41	456	1:53	00:04:59	00:51:26	576	13.4	00:02:19	00:29:35	535	9:51		01:44:57.32
368	784	Robert Valli Jr	Male	48	Garden City	NY	00:26:37	586	3:00	00:02:22	00:37:47	299	18.3	00:02:22	00:37:28	596	12:29		01:46:33.34
369	61	Daniel Chen	Male	26	Brooklyn	NY	00:17:29	481	1:58	00:05:54	00:55:11	591	12.5	00:03:12	00:25:10	372	8:23		01:46:54.07
370	82	Mario Perez	Male	29	West Hempstead	NY	00:36:26	606	4:07	00:04:01	00:40:21	418	17.1	00:01:27	00:25:09	369	8:22		01:47:20.21
371	645	Matthew Chang	Male	41	Leonia	NJ	00:19:14	533	2:10	00:04:18	00:48:36	556	14.2	00:01:24	00:33:57	578	11:18		01:47:27.33
372	125	Andy Collins	Male	31	Woodside	NY	00:34:30	604	3:54	00:05:18	00:39:00	354	17.7	00:04:15	00:25:15	376	8:24		01:48:16.06
373	37	Sam Onishenko	Male	23	Oceanside	NY	00:31:30	597	3:34	00:04:12	00:39:40	388	17.4	00:02:13	00:31:01	560	10:20		01:48:33.55
374	760	David Abelson	Male	40	New York	NY	00:13:50	305	1:34	00:07:08	00:46:08	526	15.0	00:02:08	00:43:30	606	14:29		01:52:41.38
375	763	Michael Abelson	Male	43	Richmond	VA	00:14:53	369	1:41	00:06:07	00:46:02	525	15.0	00:02:11	00:43:32	607	14:30		01:52:42.33
376	898	Douglas Foerth	Male	63	Saint James	NY	00:36:42	608	4:09	00:03:05	00:40:28	425	17.1	00:02:16	00:30:32	552	10:10		01:53:01.36
377	697	Jason Levine	Male	44	New York	NY	00:26:41	587	3:01	00:03:28	00:43:07	477	16.0	00:03:05	00:37:26	594	12:28		01:53:43.53
378	859	James Grosso	Male	62	Roslyn	NY	00:26:41	588	3:01	00:04:02	00:53:14	583	13.0	00:00:54	00:29:07	522	9:42		01:53:55.85
379	36	Christopher Wheeler	Male	23	East Setauket	NY	00:19:15	534	2:10	00:06:09	00:49:55	568	13.8	00:01:50	00:37:17	593	12:25		01:54:23.23
380	791	Brad Egna	Male	48	Port Washington	NY	00:15:16	392	1:43	00:09:54	00:54:39	589	12.6	00:03:52	00:30:52	556	10:17		01:54:30.74
381	602	Sridher Vankayala	Male	35	Hoboken	NJ	00:22:19	566	2:31	00:03:47	00:59:40	605	11.6	00:01:36	00:27:57	489	9:18		01:55:16.66
382	782	Tommie Shanahan	Male	47	Mineola	NY	00:22:12	565	2:30	00:04:31	00:52:20	581	13.2	00:02:49	00:35:58	588	11:59		01:57:48.48
383	249	Orlando Torres	Male	34	Bayside Hills	NY	00:33:42	601	3:49	00:05:18	00:51:55	578	13.3	00:01:34	00:25:43	397	8:34		01:58:09.92
384	131	Paul Rothenberg	Male	30	Arlington	VA	00:34:05	602	3:51	00:04:32	00:56:39	598	12.2	00:01:47	00:27:46	483	9:15		02:04:46.98
385	741	Douglas Maughan	Male	42	Oceanside	NY	00:42:20	611	4:47	00:05:16	00:47:18	543	14.6	00:01:26	00:31:11	564	10:23		02:07:28.71
386	60	Kenneth Yuan	Male	26	Forest Hills	NY	00:29:57	592	3:23	00:06:02	01:07:32	610	10.2	00:00:50	00:29:06	521	9:41		02:13:24.86
387	14	Austin Egna	Male	15	Port Washington	NY	00:45:19	613	5:08	00:05:17	00:59:31	603	11.6	00:03:34	00:30:55	557	10:18		02:24:32.95
388	15	Max Egna	Male	15	Port Washington	NY	00:45:17	612	5:07	00:05:16	00:59:35	604	11.6	00:03:31	00:30:59	558	10:19		02:24:35.43