

5th Annual Glens Falls Lions Club Duathlon

Race Date

October 09, 2016

Overall Results

Individuals

Place	Name	Bib No	AG Place	Run1		T1		Bike		T2		Run2		Total Time
				Rnk	Time	Time	Rnk	Time	Time	Rnk	Time			
1	Michael Cooley	268	1 M Top Fin	2	17:01.2	0:38.1	4	50:52.5	0:26.3	1	16:53.8	1:25:52.1		
2	Cheyne Hoag	396	2 M Top Fin	1	16:03.2	0:49.9	3	50:51.0	0:47.2	2	17:34.2	1:26:05.7		
3	Brenden Rillahan	399	3 M Top Fin	4	17:41.0	0:30.9	1	50:18.4	0:27.4	4	18:33.1	1:27:31.0		
4	John Noonan	298	1 M 55-59	3	17:25.9	0:35.2	2	50:35.8	0:49.8	3	18:24.8	1:27:51.6		
5	Beth Ruiz	326	1 F Top Fin	7	18:57.5	1:01.5	5	51:00.9	0:39.0	9	21:10.5	1:32:49.7		
6	Gary Dennis	398	2 M 35-39	5	18:57.0	1:02.9	6	54:00.0	2:00.3	5	20:30.6	1:36:31.0		
7	Ron Green	281	2 M 55-59	8	18:57.9	0:55.9	8	56:19.7	0:56.2	11	21:44.5	1:38:54.5		
8	Michael Tower	389	2 M 40-44	10	19:56.8	0:55.5	7	56:18.2	0:40.2	14	22:13.5	1:40:04.3		
9	Ann Marie Moskal	297	2 F Top Fin	6	18:57.0	0:50.5	11	59:15.9	0:47.1	6	20:31.7	1:40:22.5		
10	Ian Morrison	295	3 M 35-39	13	20:28.8	0:50.4	9	56:51.4	0:51.4	15	22:33.7	1:41:35.9		
11	Scott Ferguson	274	3 M 55-59	11	19:57.8	0:00.1	17	1:00:44.8	1:06.1	7	20:45.8	1:42:34.8		
12	Kerri Thomas	369	3 F Top Fin	12	20:18.8	0:37.9	15	59:59.9	0:43.2	8	21:10.2	1:42:50.2		
13	John Coleman	267	3 M 40-44	14	20:34.9	1:21.5	13	59:21.4	0:56.3	12	22:13.2	1:44:27.4		
14	Kim Morrison	296	2 F 35-39	9	19:02.8	0:49.2	23	1:02:30.4	0:53.4	10	21:32.8	1:44:48.8		
15	Kenneth Lane	288	1 M 50-54	18	21:38.1	1:02.3	12	59:17.8	0:48.2	17	22:46.5	1:45:33.0		
16	Lance Decker	270	1 M 45-49	19	21:43.3	0:55.1	10	57:58.9	0:54.5	21	24:18.0	1:45:49.9		
17	Timothy Thomas	388	2 M 45-49	16	20:51.5	1:18.3	16	1:00:06.7	1:54.1	19	23:40.9	1:47:51.6		
18	Elizabeth Benjamin	260	3 F 40-44	23	22:15.1	1:06.9	20	1:01:25.0	1:20.5	16	22:42.9	1:48:50.6		
19	Sean Odonnell	299	4 M 35-39	15	20:50.2	1:14.0	18	1:00:48.2	1:36.2	31	25:53.7	1:50:22.4		
20	Stephen Layden	486	3 M 45-49	21	22:10.4	1:37.3	25	1:02:47.9	1:47.5	13	22:13.4	1:50:36.6		
21	Dr. Tom Denham	271	2 M 50-54	20	22:07.7	1:03.2	28	1:03:32.0	0:35.0	26	24:58.6	1:52:16.6		
22	Joanne Burns	400	1 F 75-99	22	22:11.0	1:08.4	31	1:03:53.4	1:18.1	20	23:51.7	1:52:22.8		
23	Vincent Kirby	287	4 M 55-59	24	22:46.6	1:10.0	33	1:04:24.7	0:55.2	18	23:25.6	1:52:42.4		
24	Steve Smith	368	1 M 30-34	26	23:46.7	1:36.8	21	1:01:31.2	1:32.4	23	24:35.0	1:53:02.2		
25	Jason Gregory	282	4 M 40-44	17	21:31.5	1:40.0	36	1:06:07.0	1:42.3	22	24:33.5	1:55:34.3		
26	Mark Schachner	328	1 M 60-64	30	24:41.3	1:56.3	24	1:02:45.5	1:36.4	25	24:56.4	1:55:56.1		
27	Aaron Evans	273	4 M 45-49	28	23:56.4	1:34.7	19	1:01:19.1	2:40.8	40	27:05.0	1:56:36.0		
28	Crystal Moran	294	4 F 40-44	42	25:24.1	2:37.0	14	59:58.8	1:24.9	42	27:41.2	1:57:06.2		
29	Ed Silverman	346	2 M 60-64	33	24:47.1	1:29.6	34	1:04:36.2	1:07.6	28	25:19.9	1:57:20.5		
30	Stephen Fifield	276	3 M 50-54	27	23:47.1	1:05.4	38	1:06:39.3	1:25.8	24	24:43.9	1:57:41.6		
31	Steven McCutcheon	292	5 M 35-39	34	24:47.2	1:16.1	30	1:03:53.2	1:33.1	38	26:58.6	1:58:28.4		
32	Christopher Fernando	275	5 M 45-49	31	24:45.2	1:13.9	37	1:06:09.3	0:55.3	29	25:28.1	1:58:31.9		
33	Jennifer McKenna	480	5 F 40-44	44	25:37.0	1:22.7	29	1:03:35.1	1:08.5	37	26:51.0	1:58:34.5		

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				Rnk	Time	Time	Rnk	Time	Time	Rnk	Time			
34	Unknown Partic.	479	1 M 0-0	43	25:36.8	1:48.2	27	1:03:08.6	1:29.4	34	26:31.5	1:58:34.6		
35	Sam Bursese	265	3 M 60-64	40	25:11.3	1:34.9	22	1:02:10.5	1:58.7	43	28:24.4	1:59:20.0		
36	Heather Siegel-Sawma	339	3 F 35-39	41	25:15.4	1:07.4	32	1:04:17.9	1:13.8	41	27:26.0	1:59:20.6		
37	Jeri Bursese	264	1 F 55-59	46	25:41.1	2:12.9	35	1:05:09.2	1:56.2	33	25:59.2	2:00:58.8		
38	Jim Cunningham	269	1 M 70-74	49	26:35.4	1:09.5	26	1:03:03.5	1:10.7	50	30:33.4	2:02:32.7		
39	Karen Gregory	283	6 F 40-44	39	25:02.4	1:22.8	40	1:09:10.3	1:16.8	36	26:50.5	2:03:43.0		
40	Jeremy Geroux	279	5 M 40-44	25	23:33.4	2:03.1	41	1:09:11.4	4:09.6	27	25:06.7	2:04:04.4		
41	Michael Fisher	277	4 M 50-54	29	24:40.4	1:16.1	42	1:09:39.2	1:17.4	44	28:38.6	2:05:31.8		
42	Jaime Hoag	397	1 F 25-29	35	24:47.4	0:56.7	46	1:12:56.0	1:26.6	35	26:35.7	2:06:42.6		
43	Eric Leskovec	290	4 M 60-64	38	24:52.9	1:54.4	47	1:14:14.9	1:38.5	32	25:53.8	2:08:34.8		
44	Matthew McMorris	394	6 M 40-44	36	24:52.2	1:14.8	44	1:11:40.5	1:32.8	48	29:56.9	2:09:17.4		
45	Harold Moore	293	6 M 35-39	32	24:45.6	1:16.7	43	1:09:43.7	2:15.0	53	32:36.7	2:10:37.9		
46	Norman Freund	278	5 M 50-54	53	30:01.2	1:11.0	39	1:08:10.8	1:28.5	49	30:31.1	2:11:22.8		
47	Andrew Wickersham	391	2 M 30-34	45	25:37.8	1:20.8	48	1:14:45.3	0:55.9	47	29:19.0	2:11:59.1		
48	Matthieu Masquelet	291	7 M 35-39	51	28:15.4	1:03.7	45	1:11:40.8	1:52.6	51	30:37.2	2:13:29.9		
49	Judy Beers	259	1 F 60-64	48	26:25.2	1:28.0	51	1:22:40.4	1:20.0	39	27:01.6	2:18:55.4		
50	Daniel Wallace	390	7 M 40-44	37	24:52.9	0:39.4	57	1:31:30.3	0:40.3	30	25:37.4	2:23:20.4		
51	Michele Eicher	395	7 F 40-44	50	26:36.8	1:23.3	54	1:24:51.3	1:40.6	45	28:53.2	2:23:25.3		
52	Susan Hoffman	284	2 F 60-64	55	31:51.9	1:46.2	50	1:18:52.0	1:14.9	55	33:11.1	2:26:56.3		
53	Lorraine Doyno Evans	272	2 F 55-59	52	29:22.1	6:57.3	49	1:16:45.0	2:55.2	54	32:54.5	2:28:54.4		
54	Tara Penge	300	1 F 45-49	47	26:14.7	2:51.3	56	1:30:43.1	1:27.3	46	29:09.5	2:30:26.2		
55	Christine Bordonaro	263	2 F 45-49	54	30:09.7	2:15.2	53	1:24:46.8	1:58.6	52	31:52.9	2:31:03.4		
56	Christina Calabrese	266	4 F 35-39	58	36:16.1	1:43.8	52	1:23:46.4	2:41.4	59	46:22.0	2:50:49.8		
57	Terri Silverman	357	3 F 55-59	59	37:38.9	1:40.1	55	1:28:33.7	1:17.4	58	43:46.4	2:52:56.8		
58	Wendy Yeaton	393	1 F 50-54	57	35:50.0	3:56.4	58	1:42:28.8	1:37.7	56	42:32.4	3:06:25.5		
59	Don Yeaton	392	1 M 65-69	56	35:42.6	4:02.6	59	1:42:32.0	1:34.9	57	42:33.7	3:06:25.9		