

6th Annual Glens Falls Lions Club Duathlon

Age Group Results

**Individuals**

Female Open Winners

Place		Name	Bib No	Age	Run1		T1	Bike		T2	Run2		Total
Overall	Rnk				Time	Rnk	Time	Time	Rnk	Time	Time	Rnk	Time
1	5	Kerri Thomas	332	41	2	21:50.5	1:39.0	1	59:45.1	0:47.9	2	22:04.7	1:46:07.2
2	17	Lauren Rabideau	95	22	1	20:39.4	1:28.9	2	1:10:23.8	1:20.4	1	21:45.0	1:55:37.7
3	20	Sara Bonthuis	54	57	3	25:15.0	0:54.4	3	1:10:56.1	0:29.2	3	25:22.4	2:02:57.2

# 6th Annual Glens Falls Lions Club Duathlon

Race Date

October 08, 2017

## Age Group Results

### Individuals

#### Female 35 to 39

Place		Name	Bib No	Age	Run1		T1	Bike		T2	Run2		Total
Overall	Rnk				Time	Rnk	Time	Time	Rnk	Time	Time	Rnk	Time
1 *	24	Heather Siegel-Sawma	98	37	1	28:24.2	1:06.4	1	1:06:09.8	1:23.5	1	31:22.9	2:08:27.0

#### Female 40 to 44

Place		Name	Bib No	Age	Run1		T1	Bike		T2	Run2		Total
Overall	Rnk				Time	Rnk	Time	Time	Rnk	Time	Time	Rnk	Time
1 *	26	Jennifer Masula	85	40	1	26:09.8	1:25.7	1	1:10:55.4	1:23.6	1	30:29.9	2:10:24.7
2 *	29	Melissa Tubbs	327	44	2	32:58.0	1:46.1	2	1:37:12.9	1:50.7	2	40:59.2	2:54:47.0

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Race Date  
October 08, 2017

Age Group Results

**Individuals**

Male Open Winners

Place		Name	Bib No	Age	Run1		T1	Bike		T2	Run2		Total
Overall	Rnk				Time	Rnk	Time	Time	Rnk	Time	Time	Rnk	Time
1	1	Matthew Purdy	93	39	1	17:50.9	1:01.4	1	47:38.9	0:37.1	1	18:54.8	1:26:03.3
2	2	Doug Girling	329	50	3	19:50.5	1:04.5	2	55:10.8	0:55.6	2	21:37.6	1:38:39.2
3	3	Sean Odonnell	92	39	2	19:49.0	0:51.5	3	59:55.3	0:46.1	3	23:41.4	1:45:03.4

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## Age Group Results

### Individuals

Race Date  
October 08, 2017

#### Male 40 to 44

Place			----- Run1 -----		T1	----- Bike -----		T2	----- Run2 -----		Total			
<u>Place</u>	<u>Overall</u>	<u>Name</u>	<u>Bib No</u>	<u>Age</u>	<u>Rnk</u>	<u>Time</u>	<u>Rnk</u>	<u>Time</u>	<u>Time</u>	<u>Rnk</u>	<u>Time</u>	<u>Time</u>		
1 *	9	Gregory Szulis	205	40	3	21:46.7		1:00.8	2	59:53.5	1:08.6	3	24:02.9	1:47:52.7
2 *	10	Jason Felton	79	43	4	21:55.5		1:37.4	1	59:33.0	1:10.2	2	23:57.3	1:48:13.6
3 *	13	Dillon Kircher	83	42	1	19:33.6		1:59.5	4	1:05:41.6	2:06.5	1	20:18.0	1:49:39.4

#### Male 45 to 49

Place			----- Run1 -----		T1	----- Bike -----		T2	----- Run2 -----		Total			
<u>Place</u>	<u>Overall</u>	<u>Name</u>	<u>Bib No</u>	<u>Age</u>	<u>Rnk</u>	<u>Time</u>	<u>Rnk</u>	<u>Time</u>	<u>Time</u>	<u>Rnk</u>	<u>Time</u>	<u>Time</u>		
1 *	6	Lance Decker	76	47	1	23:03.1		1:17.1	1	56:12.8	1:23.7	1	24:47.5	1:46:44.3
2 *	23	Chipper Webb	328	46	2	25:04.9		1:26.9	2	1:08:47.6	1:37.1	3	29:41.1	2:06:37.8
3 *	27	David Miller	87	45	3	25:57.7		1:00.1	3	1:19:58.1	1:01.6	2	28:05.3	2:16:03.0

#### Male 50 to 54

Place			----- Run1 -----		T1	----- Bike -----		T2	----- Run2 -----		Total			
<u>Place</u>	<u>Overall</u>	<u>Name</u>	<u>Bib No</u>	<u>Age</u>	<u>Rnk</u>	<u>Time</u>	<u>Rnk</u>	<u>Time</u>	<u>Time</u>	<u>Rnk</u>	<u>Time</u>	<u>Time</u>		
1 *	11	Timothy Thomas	331	50	1	20:56.2		1:15.4	1	1:01:02.6	1:26.0	1	24:00.0	1:48:40.4
2 *	15	Dr. Tom Denham	77	51	3	22:40.3		0:24.3	2	1:01:56.6	0:39.3	3	25:16.0	1:50:56.6
3 *	16	Stephen Layden	84	50	2	21:36.0		1:43.2	3	1:03:58.1	1:48.0	2	25:10.5	1:54:16.0

#### Male 55 to 59

Place			----- Run1 -----		T1	----- Bike -----		T2	----- Run2 -----		Total	
<u>Place</u>	<u>Overall</u>	<u>Name</u>	<u>Bib No</u>	<u>Age</u>	<u>Rnk</u>	<u>Time</u>	<u>Rnk</u>	<u>Time</u>	<u>Time</u>	<u>Rnk</u>	<u>Time</u>	<u>Time</u>

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Race Date

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#### Male 55 to 59

Place			----- Run1 -----		T1	----- Bike -----		T2	----- Run2 -----		Total				
<u>Place</u>	<u>Overall</u>	<u>Name</u>	<u>Bib No</u>	<u>Age</u>	<u>Rnk</u>	<u>Time</u>	<u>Rnk</u>	<u>Time</u>	<u>Time</u>	<u>Rnk</u>	<u>Time</u>	<u>Time</u>			
1 *	12	Nick Lamando	330	59	1	19:58.7			1:30.0	1	1:01:59.3	1:02.7	1	24:16.2	1:48:47.1

#### Male 60 to 64

Place			----- Run1 -----		T1	----- Bike -----		T2	----- Run2 -----		Total				
<u>Place</u>	<u>Overall</u>	<u>Name</u>	<u>Bib No</u>	<u>Age</u>	<u>Rnk</u>	<u>Time</u>	<u>Rnk</u>	<u>Time</u>	<u>Time</u>	<u>Rnk</u>	<u>Time</u>	<u>Time</u>			
1 *	4	Dominick Audi	39	63	2	20:53.7			1:26.9	1	56:00.0	2:17.0	2	25:28.2	1:46:06.0
2 *	7	Duane Rabideau	94	61	1	20:28.4			0:53.1	2	1:04:29.1	0:21.7	1	21:04.6	1:47:17.0
3 *	18	Vincent Kirby	82	60	3	23:41.1			1:20.7	3	1:05:36.4	1:04.5	3	26:56.4	1:58:39.3

#### Male 65 to 69

Place			----- Run1 -----		T1	----- Bike -----		T2	----- Run2 -----		Total				
<u>Place</u>	<u>Overall</u>	<u>Name</u>	<u>Bib No</u>	<u>Age</u>	<u>Rnk</u>	<u>Time</u>	<u>Rnk</u>	<u>Time</u>	<u>Time</u>	<u>Rnk</u>	<u>Time</u>	<u>Time</u>			
1 *	28	Gary Mineconzo	88	68	1	32:59.6			1:32.3	1	1:22:17.6	1:04.8	1	35:25.0	2:33:19.5

#### Male 70 to 74

Place			----- Run1 -----		T1	----- Bike -----		T2	----- Run2 -----		Total				
<u>Place</u>	<u>Overall</u>	<u>Name</u>	<u>Bib No</u>	<u>Age</u>	<u>Rnk</u>	<u>Time</u>	<u>Rnk</u>	<u>Time</u>	<u>Time</u>	<u>Rnk</u>	<u>Time</u>	<u>Time</u>			
1 *	8	Nick Mercurio	333	71	1	22:55.4			0:47.8	1	58:29.3	0:52.2	1	24:16.0	1:47:20.9
2 *	25	Jim Cunningham	74	73	2	27:39.2			1:26.1	2	1:10:09.1	1:11.7	2	28:38.6	2:09:04.9