## Tri One On 2013

June 16, 2013
Overall Division Results
Tri Individual

## Female Overall Winner

| $\begin{gathered} \text { Div } \\ \text { Place } \end{gathered}$ | Overall Plc/Total | Gender Plc/Total | No. | Name | Age | Gender | City | St. | Swim | Bike | Run | Penalty | Time |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| 1 | 22/614 | 1/226 | 429 | Karen Pompay | 43 | Female | Garden City | NY | 00:09:17.57 | 00:31:32.82 | 00:18:41.73 |  | 01:01:20.74 |
| 2 | 28/614 | 2/226 | 270 | Jessica Lester | 24 | Female | Long Beach | NY | 00:07:47.00 | 00:34:31.03 | 00:18:47.29 |  | 01:02:38.84 |
| 3 | 46/614 | 3/226 | 906 | Erin Lusenskas | 25 | Female | Breckenridge | CO | 00:11:39.07 | 00:32:50.95 | 00:19:49.71 |  | 01:05:32.88 |
| 4 | 50/614 | 4/226 | 418 | Jeanette Hampel | 39 | Female | West Islip | NY | 00:11:34.33 | 00:32:06.84 | 00:20:37.79 |  | 01:06:00.29 |
| 5 | 51/614 | 5/226 | 253 | Sydney Michalak | 17 | Female | Peterborough | NH | 00:10:18.02 | 00:33:47.11 | 00:20:48.60 |  | 01:06:10.12 |

## Male Overall Winner

| $\begin{aligned} & \text { Div } \\ & \text { Place } \end{aligned}$ | Overall Plc/Total | Gender Plc/Total | No. | Name | Age | Gender | City | St. | Swim | Bike | Run | Penalty | Time |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| 1 | 1/614 | 1/388 | 886 | Andreas Schmidt | 46 | Male | New York City | NY | 00:08:18.73 | 00:28:05.09 | 00:17:45.98 |  | 00:56:01.13 |
| 2 | 2/614 | 2/388 | 505 | Scott Burman | 35 | Male | Garden City | NY | 00:08:22.81 | 00:29:15.71 | 00:17:56.82 |  | 00:57:11.79 |
| 3 | 3/614 | 3/388 | 536 | Joey Dussich | 36 | Male | New York | NY | 00:08:48.05 | 00:29:31.57 | 00:17:07.44 |  | 00:57:49.15 |
| 4 | 4/614 | 4/388 | 650 | Bouker Pool | 41 | Male | New York | NY | 00:08:47.51 | 00:28:09.53 | 00:18:26.55 |  | 00:57:49.82 |
| 5 | 5/614 | 5/388 | 692 | Joseph Gravier | 44 | Male | Bronxville | NY | 00:09:05.84 | 00:29:29.77 | 00:18:17.24 |  | 00:58:13.06 |

## Female Clydesdale

| Div Place | Overall Plc/Total | Gender Plc/Total | No. | Name | Age | Gender | City | St. | Swim | Bike | Run | Penalty | Time |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| 1 | 198/614 | 37/226 | 488 | Natalie Stevens | 30 | Female | Brooklyn | NY | 00:11:23.43 | 00:34:46.34 | 00:25:16.58 |  | 01:15:12.52 |
| 2 | 337/614 | 83/226 | 486 | Meghan Mcdonald | 29 | Female | Brooklyn | NY | 00:11:53.73 | 00:37:24.14 | 00:29:41.67 |  | 01:22:39.40 |
| 3 | 516/614 | 167/226 | 489 | Allison Karmel | 34 | Female | Long Beach | NY | 00:17:51.45 | 00:41:06.02 | 00:32:05.21 |  | 01:36:54.74 |
| 4 | 567/614 | 194/226 | 485 | Michelle Ascowitz | 29 | Female | New York | NY | 00:25:43.30 | 00:44:15.79 | 00:34:47.17 |  | 01:49:20.82 |
| 5 | 607/614 | 221/226 | 492 | Lisa Chan | 38 | Female | Brooklyn | NY | 00:30:56.71 | 00:57:56.23 | 00:44:42.24 |  | 02:21:32.82 |

## Male Clydesdale

| $\begin{aligned} & \text { Div } \\ & \text { Place } \end{aligned}$ | Overall Plc/Total | Gender Plc/Total | No. | Name | Age | Gender | City | St. | Swim | Bike | Run | Penalty | Time |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| 1 | 277/614 | 214/388 | 752 | Daniel Pego | 30 | Male | Brooklyn | NY | 00:10:44.90 | 00:40:10.31 | 00:24:41.89 |  | 01:19:24.53 |
| 2 | 287/614 | 221/388 | 754 | Richard Henning | 31 | Male | Cold Spring Harbor | NY | 00:12:57.08 | 00:39:17.12 |  |  | 01:19:52.18 |
| 3 | 304/614 | 232/388 | 757 | Michael Ferris | 37 | Male | New York | NY | 00:14:55.23 | 00:38:02.18 | 00:24:47.33 |  | 01:20:43.63 |

## Tri One On 2013

June 16, 2013
Overall Division Results

## Female Clydesdale Master

| Div <br> Place | Overall Plc/Total | Gender Plc/Total | No. | Name | Age | Gender | City | St. | Swim | Bike | Run | Penalty | Time |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| 1 | 268/614 | 60/226 | 495 | Bernadette Winnubst | 48 | Female | Locust Valley | NY | 00:15:21.08 | 00:36:28.13 | 00:23:01.49 |  | 01:18:56.13 |
| 2 | 467/614 | 140/226 | 493 | Marla Russo | 43 | Female | Seattle | WA | 00:13:51.52 | 00:40:53.34 | 00:30:02.51 |  | 01:32:24.35 |
| 3 | 494/614 | 156/226 | 496 | Nancy Reagan | 48 | Female | Bay Shore | NY | 00:19:15.41 | 00:41:54.02 | 00:29:26.34 |  | 01:34:59.40 |
| 4 | 572/614 | 199/226 | 497 | Joan Aristei | 54 | Female | Locust Valley | NY | 00:18:08.74 | 00:48:14.23 | 00:38:07.77 |  | 01:51:03.46 |
| 5 | 614/614 | 226/226 | 494 | Renee Seifert | 43 | Female | Port Washington | NY | 00:32:42.22 | 01:09:48.03 | 00:42:12.31 |  | 02:34:52.08 |

## Male Clydesdale Master

| Div <br> Place | Overall Plc/Total | Gender Plc/Total | No. | Name | Age | Gender | City | St. | Swim | Bike | Run | Penalty | Time |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| 1 | 106/614 | 89/388 | 899 | Howard Levine | 52 | Male | Short Hills | NJ | 00:08:54.13 | 00:33:59.98 | 00:25:35.09 |  | 01:10:18.75 |
| 2 | 145/614 | 121/388 | 767 | Len Oppenheimer | 45 | Male | Hewlett Harbor | NY | 00:12:13.23 | 00:34:13.27 | 00:23:59.35 |  | 01:12:40.83 |
| 3 | 200/614 | 163/388 | 771 | Brian Malone | 47 | Male | Roslyn Heights | NY | 00:12:39.86 | 00:36:15.43 | 00:22:22.44 |  | 01:15:28.14 |
| 4 | 301/614 | 231/388 | 766 | Todd Ehrlich | 45 | Male | Westport | CT | 00:12:32.98 | 00:35:36.60 | 00:27:27.26 |  | 01:20:40.44 |
| 5 | 339/614 | 255/388 | 762 | Juan Dominguez | 42 | Male | Mineola | NY | 00:16:30.81 | 00:35:32.63 | 00:26:31.42 |  | 01:22:42.73 |
| 6 | 353/614 | 265/388 | 765 | Clayton Bushong | 45 | Male | Pelham | NY | 00:12:36.16 | 00:40:59.83 | 00:25:03.56 |  | 01:23:37.32 |
| 7 | 423/614 | 309/388 | 761 | Ken Wille | 41 | Male | Saint James | NY | 00:19:35.36 | 00:40:45.82 | 00:24:47.33 |  | 01:28:14.05 |
| 8 | 541/614 | 358/388 | 764 | Edward Martin | 44 | Male | Plainview | NY | 00:15:29.17 | 00:43:17.29 | 00:34:42.86 |  | 01:40:08.44 |
| 9 | 575/614 | 374/388 | 760 | David Abelson | 40 | Male | New York | NY | 00:13:49.60 | 00:46:07.01 | 00:43:29.59 |  | 01:52:41.38 |
| 10 | 576/614 | 375/388 | 763 | Michael Abelson | 43 | Male | Richmond | VA | 00:14:52.31 | 00:46:01.29 | 00:43:31.75 |  | 01:52:42.33 |

Female Ages 01-15

| Div <br> Place | Overall Plc/Total | Gender Plc/Total | No. | Name | Age | Gender | City | St. | Swim | Bike | Run | Penalty | Time |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| 1 | 476/614 | 145/226 | 930 | Emma Feld | 9 | Female | New York | NY | 00:14:00.40 | 00:49:00.63 | 00:26:32.49 |  | 01:33:40.97 |

## Tri One On 2013

June 16, 2013
Overall Division Results

## Male Ages 01-15

| Div <br> Place | Overall <br> Plc/Total | Gender <br> Plc/Total | No. | Name | Age | Gender | City | St. | Swim | Bike | Run |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| 1 | $272 / 614$ | $211 / 388$ | 12 | Vasilis Myrianthopoulos | 13 | Male | Port Washington | NY | $00: 10: 29.00$ | $00: 43: 01.94$ | $00: 20: 58.64$ |
| 2 | $433 / 614$ | $315 / 388$ | 13 | Kevin Mccarroll | 14 | Male | Port Washington | NY | $00: 21: 13.19$ | $00: 39: 34.52$ | $00: 24: 17.59$ |
| 3 | $609 / 614$ | $387 / 388$ | 14 | Austin Egna | 15 | Male | Port Washington | NY | $00: 45: 18.48$ | $00: 59: 30.43$ | $00: 30: 54.83$ |
| 4 | $610 / 614$ | $388 / 388$ | 15 | Max Egna | 15 | Male | Port Washington | NY | 00:45:16.30 | $00: 59: 34.56$ | $00: 30: 58.27$ |

Female Ages 16-19

| Div Place | Overall Plc/Total | Gender Plc/Total | No. | Name | Age | Gender | City | St. | Swim | Bike | Run | Penalty | Time |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| 1 | 100/614 | 16/226 | 907 | Emily Schein | 19 | Female | New York | NY | 00:12:02.57 | 00:35:36.37 | 00:20:15.15 |  | 01:09:58.33 |
| 2 | 439/614 | 122/226 | 252 | Kayla Brooks | 17 | Female | Somers | NY | 00:12:26.53 | 00:43:24.94 | 00:31:00.26 |  | 01:29:27.55 |
| 3 | 517/614 | 168/226 | 251 | Pauline Bordonaro | 16 | Female | Port Washington | NY | 00:13:22.50 | 00:44:56.00 | 00:29:48.35 |  | 01:37:09.47 |
| 4 | 608/614 | 222/226 | 254 | Nikki Egna | 18 | Female | Port Washington | NY | 00:35:17.50 | 00:59:13.42 | 00:39:29.02 |  | 02:23:20.51 |



## Tri One On 2013

June 16, 2013
Overall Division Results
Female Ages 20-24

| Div <br> Place | Overall Plc/Total | Gender Plc/Total | No. | Name | Age | Gender | City | St. | Swim | Bike | Run | Penalty | Time |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| 1 | 63/614 | 6/226 | 263 | Kelly Lester | 22 | Female | Long Beach | NY | 00:08:37.92 | 00:34:35.92 | 00:21:56.69 |  | 01:07:16.76 |
| 2 | 91/614 | 13/226 | 273 | Courtney Moran | 24 | Female | New York | NY | 00:08:50.82 | 00:35:46.77 | 00:22:10.25 |  | 01:09:14.20 |
| 3 | 188/614 | 34/226 | 257 | Olivia Myszkowski | 20 | Female | Maspeth | NY | 00:10:07.23 | 00:37:09.24 | 00:25:28.58 |  | 01:14:49.50 |
| 4 | 203/614 | 39/226 | 335 | Ashley Bauer | 23 | Female | Temple | PA | 00:09:22.53 | 00:42:39.04 | 00:20:05.80 |  | 01:15:36.77 |
| 5 | 242/614 | 49/226 | 258 | Gillian Meyer | 20 | Female | Setauket | NY | 00:12:34.85 | 00:39:13.01 | 00:22:06.42 |  | 01:17:34.86 |
| 6 | 247/614 | 53/226 | 317 | Kimberly O'neill | 23 | Female | Flushing | NY | 00:13:20.14 | 00:36:48.90 | 00:24:16.53 |  | 01:17:57.11 |
| 7 | 380/614 | 97/226 | 262 | Krista Chen | 21 | Female | Briarwood | NY | 00:14:29.78 | 00:39:33.51 | 00:27:09.17 |  | 01:25:15.05 |
| 8 | 450/614 | 129/226 | 274 | Jessica Wheeler | 24 | Female | Cambridge | MA | 00:17:45.04 | 00:39:44.89 | 00:29:27.34 |  | 01:30:14.62 |
| 9 | 457/614 | 133/226 | 336 | Kimberly Stein | 23 | Female | New Hyde Park | NY | 00:12:55.66 | 00:41:56.79 | 00:32:37.48 |  | 01:30:50.49 |
| 10 | 528/614 | 175/226 | 264 | Marissa Finn | 23 | Female | Brookville | NY | 00:13:08.13 | 00:52:08.18 | 00:28:11.97 |  | 01:38:34.25 |
| 11 | 531/614 | 178/226 | 261 | Nicole Ramirez | 21 | Female | Fort Lee | NJ | 00:14:52.24 | 00:53:15.62 | 00:25:24.34 |  | 01:38:46.64 |
| 12 | 535/614 | 181/226 | 260 | Zhen Mei Ma | 21 | Female | Corona | NY | 00:26:13.39 | 00:40:25.38 | 00:28:50.81 |  | 01:39:30.73 |
| 13 | 583/614 | 203/226 | 268 | Julia O'brien | 24 | Female | Huntington | NY | 00:19:36.99 | 00:55:34.24 | 00:30:04.15 |  | 01:54:46.23 |
| 14 | 594/614 | 211/226 | 271 | Katelyn Bennett | 24 | Female | Lawrence | NY | 00:30:14.89 | 00:48:32.94 | 00:35:10.39 |  | 02:00:46.85 |

## Tri One On 2013

June 16, 2013
Overall Division Results

| Male | Ages | 20-24 |  |  |  |  |  |  |  |  |  |  |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| Div Place | Overall Plc/Total | Gender Plc/Total | No. | Name | Age | Gender | City | St. | Swim | Bike | Run | Penalty | Time |
| 1 | 11/614 | 11/388 | 39 | Kyle Gomes | 23 | Male | Jamaica | NY | 00:08:42.58 | 00:30:31.31 | 00:18:24.18 |  | 00:59:25.00 |
| 2 | 13/614 | 13/388 | 34 | Sean Hardick | 21 | Male | East Northport | NY | 00:08:19.91 | 00:30:58.95 | 00:18:54.57 |  | 00:59:53.00 |
| 3 | 38/614 | 36/388 | 33 | Marco Bertolotti | 21 | Male | Port Washington | NY | 00:10:47.38 | 00:34:59.89 | 00:14:46.30 |  | 01:04:40.61 |
| 4 | 134/614 | 111/388 | 27 | Robert Johnson | 20 | Male | Garden City | NY | 00:08:11.14 | 00:34:33.25 | 00:26:49.56 |  | 01:12:06.10 |
| 5 | 167/614 | 138/388 | 35 | Max Goldberg | 23 | Male | Massapequa | NY | 00:10:30.41 | 00:39:38.35 | 00:21:36.43 |  | 01:13:51.98 |
| 6 | 260/614 | 202/388 | 44 | Jared Rubin | 24 | Male | New York | NY | 00:13:10.85 | 00:39:25.63 | 00:21:10.54 |  | 01:18:39.84 |
| 7 | 263/614 | 205/388 | 31 | Andrew Tack | 20 | Male | East Hills | NY | 00:15:43.77 | 00:38:04.87 | 00:20:32.88 |  | 01:18:48.79 |
| 8 | 269/614 | 209/388 | 45 | Daniel Loscalzo | 24 | Male | Wantagh | NY | 00:15:30.85 | 00:39:32.71 | 00:20:09.98 |  | 01:18:57.96 |
| 9 | 280/614 | 216/388 | 38 | Oliver Bang | 23 | Male | Englewood | NJ | 00:13:56.42 | 00:39:46.75 | 00:21:55.92 |  | 01:19:29.68 |
| 10 | 370/614 | 278/388 | 43 | Robert Pokora | 24 | Male | Brooklyn | NY | 00:13:44.25 | 00:42:28.35 | 00:23:11.08 |  | 01:24:32.58 |
| 11 | 376/614 | 282/388 | 30 | Francesco Marino | 20 | Male | Massapequa | NY | 00:16:49.20 | 00:39:51.42 | 00:23:52.01 |  | 01:25:02.57 |
| 12 | 385/614 | 286/388 | 28 | Ryan Neu | 20 | Male | Crown Village | NY | 00:13:28.40 | 00:40:12.59 | 00:23:02.32 |  | 01:25:36.78 |
| 13 | 392/614 | 289/388 | 41 | Shaun Farrell | 24 | Male | New York | NY | 00:18:32.11 | 00:38:01.30 | 00:25:09.09 |  | 01:26:02.03 |
| 14 | 394/614 | 291/388 | 42 | Ariel Hochster | 24 | Male | Flushing | NY | 00:17:33.61 | 00:40:49.80 | 00:21:48.72 |  | 01:26:10.16 |
| 15 | 408/614 | 299/388 | 32 | Eitan Hochster | 21 | Male | Flushing | NY | 00:19:05.19 | 00:44:10.61 | 00:19:29.08 |  | 01:27:01.60 |
| 16 | 409/614 | 300/388 | 46 | Michael Engelhard | 24 | Male | Oceanside | NY | 00:14:22.98 | 00:45:47.12 | 00:22:41.12 |  | 01:27:08.70 |
| 17 | 500/614 | 341/388 | 29 | Ian Lundy | 20 | Male | Roslyn | NY | 00:16:35.59 | 00:46:34.06 | 00:28:36.12 |  | 01:35:14.22 |
| 18 | 503/614 | 343/388 | 40 | Michael Schaffhauser | 24 | Male | Valley Stream | NY | 00:14:54.13 | 00:46:37.12 | 00:28:14.00 |  | 01:35:35.70 |
| 19 | 565/614 | 373/388 | 37 | Sam Onishenko | 23 | Male | Oceanside | NY | 00:31:29.73 | 00:39:39.72 | 00:31:00.50 |  | 01:48:33.55 |
| 20 | 581/614 | 379/388 | 36 | Christopher Wheeler | 23 | Male | East Setauket | NY | 00:19:14.03 | 00:49:54.97 | 00:37:16.92 |  | 01:54:23.23 |

## Tri One On 2013

June 16, 2013
Overall Division Results
Female Ages 25-29

| $\begin{aligned} & \text { Div } \\ & \text { Place } \end{aligned}$ | Overall Plc/Total | Gender Plc/Total | No. | Name | Age | Gender | City | St. | Swim | Bike | Run | Penalty | Time |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| 1 | 77/614 | 9/226 | 876 | Caitlin Alexander | 25 | Female | New York | NY | 00:10:37.96 | 00:34:25.91 | 00:21:10.15 |  | 01:08:16.81 |
| 2 | 86/614 | 11/226 | 282 | Ashley Schatz | 25 | Female | Port Jefferson Station | NY | 00:14:29.32 | 00:33:59.53 | 00:18:44.80 |  | 01:08:55.88 |
| 3 | 92/614 | 14/226 | 895 | Andrea Archer | 25 | Female | New York | NY | 00:12:13.52 | 00:32:39.82 | 00:20:42.97 |  | 01:09:19.09 |
| 4 | 129/614 | 22/226 | 292 | Gabrielle Santa-Donatc | 26 | Female | Brooklyn | NY | 00:10:20.07 | 00:37:43.28 | 00:19:30.38 |  | 01:11:47.31 |
| 5 | 132/614 | 23/226 | 297 | Cindy Cario | 27 | Female | Flushing | NY | 00:12:08.53 | 00:33:44.91 | 00:22:22.97 |  | 01:12:04.87 |
| 6 | 162/614 | 28/226 | 889 | Kristin Jackson | 28 | Female | New York | NY | 00:09:37.84 | 00:40:27.40 | 00:21:57.33 |  | 01:13:37.24 |
| 7 | 175/614 | 31/226 | 323 | Melanie Pessin | 29 | Female | New York | NY | 00:14:20.48 | 00:36:53.12 | 00:20:28.68 |  | 01:14:11.68 |
| 8 | 181/614 | 33/226 | 275 | Monica Zucker | 25 | Female | New York | NY | 00:12:57.53 | 00:36:15.21 | 00:21:39.22 |  | 01:14:32.91 |
| 9 | 192/614 | 35/226 | 311 | Amanda Shapin | 28 | Female | New York | NY | 00:13:53.26 | 00:36:24.89 | 00:21:21.90 |  | 01:15:07.69 |
| 10 | 201/614 | 38/226 | 300 | Christine Middleton | 28 | Female | New York | NY | 00:12:53.92 | 00:35:47.25 | 00:23:17.90 |  | 01:15:34.83 |
| 11 | 243/614 | 50/226 | 295 | Lydia Corin | 27 | Female | New York | NY | 00:13:14.92 | 00:37:20.42 | 00:24:01.28 |  | 01:17:40.98 |
| 12 | 251/614 | 55/226 | 314 | Sara Onufer | 28 | Female | New York | NY | 00:11:49.26 | 00:38:29.89 | 00:23:30.07 |  | 01:18:00.09 |
| 13 | 252/614 | 56/226 | 291 | Elizabeth Justice | 26 | Female | New York | NY | 00:13:13.84 | 00:38:30.68 | 00:22:24.46 |  | 01:18:03.60 |
| 14 | 274/614 | 63/226 | 289 | Sarah Woodard | 26 | Female | New York | NY | 00:14:24.81 | 00:39:58.05 | 00:22:09.89 |  | 01:19:10.10 |
| 15 | 291/614 | 68/226 | 880 | Aviva Schick | 28 | Female | New York | NY | 00:14:24.47 | 00:38:42.04 | 00:22:54.20 |  | 01:20:03.50 |
| 16 | 300/614 | 70/226 | 281 | Jennifer Knuckles | 25 | Female | New York | NY | 00:10:22.65 | 00:38:56.87 | 00:27:12.16 |  | 01:20:32.41 |
| 17 | 315/614 | 75/226 | 913 | Melina Koridis | 27 | Female | Astoria | NY | 00:09:29.08 | 00:39:27.07 | 00:27:57.10 |  | 01:21:21.04 |
| 18 | 322/614 | 77/226 | 303 | Rosie Snow | 28 | Female | New York | NY | 00:14:26.72 | 00:38:47.22 | 00:23:35.52 |  | 01:21:43.11 |
| 19 | 354/614 | 89/226 | 276 | Sarah Knapp | 25 | Female | Brooklyn | NY | 00:12:59.77 | 00:39:38.98 | 00:27:13.13 |  | 01:23:38.24 |
| 20 | 377/614 | 95/226 | 302 | Stephanie Garrison | 28 | Female | New York | NY | 00:16:18.79 | 00:37:13.86 | 00:27:14.30 |  | 01:25:06.30 |
| 21 | 379/614 | 96/226 | 299 | Brittany Forgione | 28 | Female | New York | NY | 00:15:27.25 | 00:40:05.56 | 00:22:55.15 |  | 01:25:11.43 |
| 22 | 381/614 | 98/226 | 324 | Annette Bristol | 29 | Female | New York | NY | 00:18:45.76 | 00:37:59.04 | 00:22:54.84 |  | 01:25:15.23 |
| 23 | 391/614 | 103/226 | 308 | Nicole Solazzo | 28 | Female | New York | NY | 00:13:15.68 | 00:41:24.96 | 00:23:03.09 |  | 01:26:00.87 |
| 24 | 397/614 | 104/226 | 280 | Tara Marsigliano | 25 | Female | New Hyde Park | NY | 00:18:28.71 | 00:40:18.61 | 00:23:05.43 |  | 01:26:24.91 |
| 25 | 398/614 | 105/226 | 298 | Sarah Fishstrom | 27 | Female | Brooklyn | NY | 00:15:33.95 | 00:43:25.83 | 00:23:19.21 |  | 01:26:29.49 |
| 26 | 399/614 | 106/226 | 321 | Erica Wohlwend | 29 | Female | New York | NY | 00:15:04.29 | 00:43:22.75 | 00:24:41.16 |  | 01:26:35.39 |
| 27 | 417/614 | 113/226 | 285 | Allison Kruger | 26 | Female | Port Washington | NY | 00:18:18.12 | 00:42:31.06 | 00:23:03.33 |  | 01:27:58.45 |
| 28 | 422/614 | 114/226 | 320 | Julia Moran | 29 | Female | Jackson Heights | NY | 00:14:55.86 | 00:42:30.84 | 00:27:06.14 |  | 01:28:12.81 |
| 29 | 426/614 | 116/226 | 277 | Alexandra Crowley Got | 25 | Female | New York | NY | 00:17:23.36 | 00:41:16.68 | 00:25:50.87 |  | 01:28:26.39 |
| 30 | 438/614 | 121/226 | 877 | Colleen Lynch | 27 | Female | Brooklyn | NY | 00:16:36.13 | 00:42:32.43 | 00:24:17.45 |  | 01:29:21.87 |
| 31 | 454/614 | 131/226 | 910 | Chi Ma | 29 | Female | Flushing | NY | 00:18:29.40 | 00:43:07.87 | 00:25:03.11 |  | 01:30:47.23 |
| 32 | 459/614 | 135/226 | 327 | Maggie Morris | 29 | Female | New York | NY | 00:16:17.23 | 00:43:05.87 | 00:26:33.15 |  | 01:30:53.75 |
| 33 | 466/614 | 139/226 | 894 | Maria Tazi | 28 | Female | Ny | NY | 00:23:52.54 | 00:36:32.50 | 00:28:11.24 |  | 01:31:55.44 |
| 34 | 479/614 | 147/226 | 266 | Nina Kouxova | 27 | Female | Brooklyn | NY | 00:18:08.17 | 00:44:25.87 | 00:27:24.37 |  | 01:33:56.91 |

## Tri One On 2013

June 16, 2013
Overall Division Results

## Female Ages 25-29

| Div Place | Overall Plc/Total | Gender Plc/Total | No. | Name | Age | Gender | City | St. | Swim | Bike | Run | Penalty | Time |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| 35 | 480/614 | 148/226 | 265 | Tamara Belkina | 26 | Female | Brooklyn | NY | 00:16:22.02 | 00:44:28.95 | 00:27:24.44 |  | 01:33:57.01 |
| 36 | 487/614 | 152/226 | 916 | Emily Ershowsky | 27 | Female | New York | NY | 00:20:00.87 | 00:42:59.46 | 00:26:42.14 |  | 01:34:31.66 |
| 37 | 498/614 | 159/226 | 283 | Nicole Dietsche | 25 | Female | Bay Shore | NY | 00:17:02.74 | 00:45:44.89 | 00:26:48.27 |  | 01:35:12.60 |
| 38 | 506/614 | 162/226 | 290 | Robin Zelman | 26 | Female | Piscataway | NJ | 00:16:26.54 | 00:47:04.35 | 00:27:58.21 |  | 01:35:51.15 |
| 39 | 514/614 | 165/226 | 284 | Brittany Gansar | 26 | Female | Brooklyn | NY | 00:17:36.62 | 00:41:50.81 | 00:26:55.05 |  | 01:36:43.21 |
| 40 | 519/614 | 169/226 | 267 | Cara Kwiatkowski | 27 | Female | South Hempstead | NY | 00:14:37.65 | 00:46:21.89 | 00:31:06.68 |  | 01:37:16.50 |
| 41 | 529/614 | 176/226 | 874 | Arden Finn | 25 | Female | New York | NY | 00:13:09.71 | 00:52:06.63 | 00:28:11.68 |  | 01:38:34.30 |
| 42 | 532/614 | 179/226 | 305 | Jennifer Aloisi | 28 | Female | New York | NY | 00:19:46.78 | 00:45:26.65 | 00:28:42.95 |  | 01:39:05.56 |
| 43 | 542/614 | 184/226 | 316 | Madeleine Root | 29 | Female | Great Neck | NY | 00:14:42.43 | 00:47:24.79 | 00:33:36.12 |  | 01:41:42.38 |
| 44 | 556/614 | 189/226 | 307 | Yana Lesnevsky | 28 | Female | Brooklyn | AK | 00:17:39.32 | 00:55:33.55 | 00:25:32.63 |  | 01:45:47.19 |
| 45 | 563/614 | 192/226 | 315 | Jaclyn Anderegg | 28 | Female | New York | NY | 00:23:40.80 | 00:45:02.00 | 00:30:03.13 |  | 01:48:13.95 |
| 46 | 570/614 | 197/226 | 325 | Jacqueline Ripepi | 29 | Female | Larchmont | NY | 00:16:56.16 | 00:53:41.69 | 00:30:23.06 |  | 01:50:35.66 |
| 47 | 595/614 | 212/226 | 288 | Jane Yu | 26 | Female | Jericho | NY | 00:27:54.57 | 00:55:47.45 | 00:33:43.16 |  | 02:01:55.14 |
| 48 | 598/614 | 215/226 | 293 | Krista-Jean Kelly | 27 | Female | Glen Cove | NY | 00:19:50.23 | 00:56:08.44 | 00:38:19.80 |  | 02:03:01.80 |
| 49 | 599/614 | 216/226 | 326 | Viola Gurvits | 29 | Female | Astoria | NY | 00:16:32.09 | 01:05:34.64 | 00:32:08.52 |  | 02:03:03.63 |

## Tri One On 2013

June 16, 2013
Overall Division Results

| Male | Ages | 25-29 |  |  |  |  |  |  |  |  |  |  |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| Div Place | Overall Plc/Total | Gender Plc/Total | No. | Name | Age | Gender | City | St. | Swim | Bike | Run | Penalty | Time |
| 1 | 6/614 | 6/388 | 101 | Alexander Lloyd | 26 | Male | New York | NY | 00:08:50.89 | 00:30:30.03 | 00:17:35.07 |  | 00:58:22.00 |
| 2 | 18/614 | 18/388 | 50 | Ely Franko | 25 | Male | New York | NY | 00:09:28.35 | 00:29:15.45 | 00:20:10.66 |  | 01:00:40.52 |
| 3 | 42/614 | 40/388 | 87 | Holden Clauson | 29 | Male | Stillwater | MN | 00:11:20.55 | 00:32:39.54 | 00:18:54.35 |  | 01:05:13.54 |
| 4 | 59/614 | 54/388 | 74 | Stephen Ward | 27 | Male | New York | NY | 00:10:54.91 | 00:35:59.93 | 00:18:24.57 |  | 01:06:58.13 |
| 5 | 68/614 | 62/388 | 73 | Will Decamps | 27 | Male | Richmond | VA | 00:10:10.07 | 00:37:33.85 | 00:16:47.27 |  | 01:07:38.17 |
| 6 | 137/614 | 113/388 | 109 | Chris Fischer | 29 | Male | Brooklyn | NY | 00:13:46.73 | 00:34:24.94 | 00:20:31.62 |  | 01:12:19.34 |
| 7 | 139/614 | 115/388 | 81 | Dustin Emrani | 28 | Male | Ronkonkoma | NY | 00:13:45.55 | 00:37:20.71 | 00:17:48.16 |  | 01:12:29.27 |
| 8 | 142/614 | 118/388 | 58 | Zachary Lountzis | 26 | Male | New York | NY | 00:12:00.42 | 00:35:25.01 | 00:20:20.76 |  | 01:12:38.78 |
| 9 | 158/614 | 133/388 | 108 | Bhargav Srikanthan | 28 | Male | New York | NY | 00:14:52.38 | 00:34:05.32 | 00:21:41.03 |  | 01:13:22.96 |
| 10 | 164/614 | 136/388 | 69 | Christopher Dean | 27 | Male | New York | NY | 00:14:25.87 | 00:34:49.78 | 00:21:47.26 |  | 01:13:40.21 |
| 11 | 179/614 | 147/388 | 84 | Samuel Ng | 29 | Male | East Elmhurst | NY | 00:12:15.30 | 00:36:48.79 | 00:21:41.00 |  | 01:14:24.97 |
| 12 | 183/614 | 150/388 | 66 | Peter Bradley | 26 | Male | New Rochelle | NY | 00:14:29.35 | 00:37:09.17 | 00:20:28.63 |  | 01:14:36.81 |
| 13 | 196/614 | 160/388 | 62 | Joseph Deluca | 26 | Male | New York | NY | 00:12:35.71 | 00:37:15.72 | 00:22:10.95 |  | 01:15:11.26 |
| 14 | 202/614 | 164/388 | 56 | Chris Tranchino | 25 | Male | Cambridge | MA | 00:13:47.60 | 00:36:15.09 | 00:22:31.44 |  | 01:15:35.52 |
| 15 | 216/614 | 172/388 | 54 | Josh Strauss | 25 | Male | Bedford | NY | 00:10:03.01 | 00:38:44.49 | 00:23:49.14 |  | 01:16:29.79 |
| 16 | 221/614 | 176/388 | 53 | Samuel Merkel | 25 | Male | New York | NY | 00:10:45.97 | 00:40:10.76 | 00:23:38.81 |  | 01:16:43.18 |
| 17 | 229/614 | 183/388 | 47 | Steve Gancino | 25 | Male | Woodhaven | NY | 00:12:14.30 | 00:39:21.39 | 00:22:15.03 |  | 01:17:00.38 |
| 18 | 262/614 | 204/388 | 102 | Darren Mansell | 29 | Male | Port Washington | NY | 00:13:12.03 | 00:40:04.69 | 00:21:44.55 |  | 01:18:47.43 |
| 19 | 283/614 | 218/388 | 57 | Eli Root | 26 | Male | Great Neck | NY | 00:15:18.57 | 00:37:17.76 | 00:23:30.45 |  | 01:19:42.68 |
| 20 | 284/614 | 219/388 | 104 | Boniface Law | 29 | Male | New York | NY | 00:12:37.01 | 00:39:35.30 | 00:23:07.74 |  | 01:19:43.33 |
| 21 | 298/614 | 229/388 | 78 | Alexander Tuller | 28 | Male | New York | NY | 00:14:02.74 | 00:39:48.68 | 00:22:46.40 |  | 01:20:28.68 |
| 22 | 331/614 | 249/388 | 75 | Brett Davenport | 27 | Male | New York | NY | 00:18:54.30 | 00:36:45.34 | 00:22:24.77 |  | 01:22:02.58 |
| 23 | 343/614 | 258/388 | 107 | Keelan Chu For | 26 | Male | Snyder | NY | 00:09:31.26 | 00:40:24.12 | 00:30:12.33 |  | 01:22:57.26 |
| 24 | 347/614 | 259/388 | 97 | James Bong | 25 | Male | New Hyde Park | NY | 00:16:34.00 | 00:39:54.12 | 00:22:18.78 |  | 01:23:19.73 |
| 25 | 351/614 | 263/388 | 80 | Mark Leventhal | 28 | Male | Plainview | NY | 00:14:14.29 | 00:39:31.05 | 00:27:28.67 |  | 01:23:32.66 |
| 26 | 357/614 | 268/388 | 51 | Scott Silverberg | 25 | Male | East Williston | NY | 00:12:41.85 | 00:43:33.46 | 00:21:34.43 |  | 01:23:44.66 |
| 27 | 418/614 | 305/388 | 105 | Mark Harron | 25 | Male | New York | NY | 00:20:09.82 | 00:38:45.03 | 00:25:33.28 |  | 01:27:59.26 |
| 28 | 420/614 | 307/388 | 65 | Robert Weniger | 26 | Male | New York | NY | 00:19:18.15 | 00:40:16.16 | 00:22:35.61 |  | 01:28:06.27 |
| 29 | 424/614 | 310/388 | 85 | Gregory Tuballes | 29 | Male | Rego Park | NY | 00:15:41.38 | 00:44:09.80 | 00:24:46.63 |  | 01:28:14.21 |
| 30 | 441/614 | 319/388 | 88 | Eric Gomez | 29 | Male | Queens Village | NY | 00:18:45.23 | 00:39:28.14 | 00:26:35.47 |  | 01:29:40.02 |
| 31 | 464/614 | 327/388 | 99 | William Motschwiller | 27 | Male | New York | NY | 00:18:12.84 | 00:41:47.25 | 00:26:14.05 |  | 01:31:25.33 |
| 32 | 486/614 | 335/388 | 59 | Michael Luddy | 26 | Male | New York | NY | 00:13:08.76 | 00:54:21.15 | 00:23:53.69 |  | 01:34:27.22 |
| 33 | 507/614 | 345/388 | 90 | Zachary Roth | 29 | Male | Stamford | CT | 00:11:58.47 | 00:52:42.71 | 00:25:26.47 |  | 01:35:54.37 |
| 34 | 551/614 | 363/388 | 67 | John Johnsen | 26 | Male | Rockville Centre | NY | 00:10:51.24 | 01:04:48.63 | 00:19:49.71 |  | 01:43:45.86 |

## Tri One On 2013

June 16, 2013
Overall Division Results
Tri Individual

| Male | Ages | 5-29 |  |  |  |  |  |  |  |  |  |  |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| Div Place | Overall Plc/Total | Gender Plc/Total | No. | Name | Age | Gender | City | St. | Swim | Bike | Run | Penalty | Time |
| 35 | 552/614 | 364/388 | 106 | Matthew Shanahan | 27 | Male | Mineola | NY | 00:16:30.66 | 00:51:22.50 | 00:28:57.02 |  | 01:44:16.62 |
| 36 | 559/614 | 369/388 | 61 | Daniel Chen | 26 | Male | Brooklyn | NY | 00:17:28.95 | 00:55:10.23 | 00:25:09.70 |  | 01:46:54.07 |
| 37 | 560/614 | 370/388 | 82 | Mario Perez | 29 | Male | West Hempstead | NY | 00:36:25.15 | 00:40:20.02 | 00:25:08.62 |  | 01:47:20.21 |
| 38 | 603/614 | 386/388 | 60 | Kenneth Yuan | 26 | Male | Forest Hills | NY | 00:29:56.45 | 01:07:31.92 | 00:29:05.45 |  | 02:13:24.86 |

## Tri One On 2013

June 16, 2013
Overall Division Results
Female Ages 30-34

| $\begin{gathered} \text { Div } \\ \text { Place } \end{gathered}$ | Overall Plc/Total | Gender Plc/Total | No. | Name | Age | Gender | City | St. | Swim | Bike | Run | Penalty | Time |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| 1 | 76/614 | 8/226 | 883 | Carole Hook | 32 | Female | New York | NY | 00:10:36.53 | 00:34:13.16 | 00:19:57.74 |  | 01:08:12.20 |
| 2 | 84/614 | 10/226 | 341 | Alicia Sepulveda | 30 | Female | Bay Shore | NY | 00:12:43.83 | 00:32:22.38 | 00:20:15.09 |  | 01:08:49.74 |
| 3 | 96/614 | 15/226 | 357 | Kristyn Pluchino | 32 | Female | Jersey City | NJ | 00:11:36.12 | 00:33:09.81 | 00:21:20.81 |  | 01:09:34.51 |
| 4 | 119/614 | 18/226 | 355 | Colleen Eren | 31 | Female | Brooklyn | NY | 00:12:44.34 | 00:34:10.76 | 00:20:58.09 |  | 01:11:12.11 |
| 5 | 136/614 | 24/226 | 329 | Leigh Cuttino | 30 | Female | New York | NY | 00:10:12.75 | 00:35:17.87 | 00:23:17.13 |  | 01:12:09.71 |
| 6 | 159/614 | 26/226 | 356 | Allyson Price | 31 | Female | Kensington | MD | 00:12:07.27 | 00:34:57.16 | 00:21:38.82 |  | 01:13:25.82 |
| 7 | 166/614 | 29/226 | 939 | Katie Bair | 32 | Female | Washington | DC | 00:11:30.66 | 00:35:27.20 | 00:23:59.33 |  | 01:13:48.15 |
| 8 | 178/614 | 32/226 | 922 | Melissa Ginsberg | 30 | Female | New York | NY | 00:09:13.54 | 00:37:49.35 | 00:23:27.06 |  | 01:14:23.44 |
| 9 | 213/614 | 42/226 | 333 | Titia Chang | 30 | Female | Flushing | NY | 00:14:29.88 | 00:35:28.45 | 00:22:54.52 |  | 01:16:03.22 |
| 10 | 220/614 | 45/226 | 350 | Tricia Del Monaco | 31 | Female | Bethpage | NY | 00:13:47.37 | 00:37:10.32 | 00:21:53.15 |  | 01:16:41.46 |
| 11 | 226/614 | 46/226 | 896 | Alina Lacey-Varona | 32 | Female | New York | NY | 00:11:49.00 | 00:37:05.23 | 00:24:27.12 |  | 01:16:54.28 |
| 12 | 271/614 | 61/226 | 359 | Elisa Doctor | 32 | Female | New York | NY | 00:14:15.32 | 00:39:24.75 | 00:21:32.15 |  | 01:19:01.70 |
| 13 | 273/614 | 62/226 | 935 | Jill Bentley | 30 | Female | Brooklyn | NY | 00:09:49.79 | 00:41:14.57 | 00:23:40.66 |  | 01:19:05.57 |
| 14 | 293/614 | 69/226 | 912 | Jodi Siskind | 33 | Female | New York | NY | 00:17:19.64 | 00:36:43.23 | 00:22:20.67 |  | 01:20:05.01 |
| 15 | 310/614 | 74/226 | 352 | Meaghan Wilson | 31 | Female | New York | NY | 00:12:36.70 | 00:40:40.75 | 00:23:09.31 |  | 01:21:04.38 |
| 16 | 327/614 | 80/226 | 374 | Jessica Morganoff | 33 | Female | New York | NY | 00:12:52.87 | 00:38:09.83 | 00:27:10.66 |  | 01:21:56.94 |
| 17 | 338/614 | 84/226 | 361 | Jasvinder Braich | 32 | Female | Roslyn Heights | NY | 00:15:00.89 | 00:40:49.17 | 00:22:25.08 |  | 01:22:40.16 |
| 18 | 358/614 | 90/226 | 334 | Stephanie Domingo | 30 | Female | Brooklyn | NY | 00:14:19.11 | 00:39:46.37 | 00:26:02.03 |  | 01:23:46.85 |
| 19 | 382/614 | 99/226 | 358 | Jennifer Spry | 32 | Female | New York | NY | 00:19:03.19 | 00:38:48.41 | 00:22:22.92 |  | 01:25:15.44 |
| 20 | 387/614 | 100/226 | 878 | Mia Gewertz | 31 | Female | Brooklyn | NY | 00:13:12.28 | 00:41:33.93 | 00:25:35.69 |  | 01:25:44.40 |
| 21 | 401/614 | 107/226 | 353 | Allison Miceli | 31 | Female | Rockville Centre | NY | 00:15:09.91 | 00:41:10.76 | 00:24:23.54 |  | 01:26:43.39 |
| 22 | 402/614 | 108/226 | 364 | Jessica Kruse | 32 | Female | Brooklyn | NY | 00:15:33.02 | 00:43:23.60 | 00:23:34.58 |  | 01:26:45.12 |
| 23 | 404/614 | 109/226 | 332 | Swathi Kothapalli | 30 | Female | New York | NY | 00:16:19.96 | 00:41:17.87 | 00:25:09.14 |  | 01:26:49.78 |
| 24 | 413/614 | 110/226 | 351 | Dara Levine | 31 | Female | New York | NY | 00:11:06.99 | 00:48:21.79 | 00:23:32.20 |  | 01:27:24.67 |
| 25 | 414/614 | 111/226 | 347 | Lauren Gaito | 31 | Female | New York | NY | 00:13:49.40 | 00:43:05.42 | 00:25:12.52 |  | 01:27:26.87 |
| 26 | 415/614 | 112/226 | 891 | Ashling Gaines | 34 | Female | New York | NY | 00:16:20.64 | 00:39:56.41 | 00:26:27.92 |  | 01:27:32.50 |
| 27 | 425/614 | 115/226 | 369 | Lauren Lieberman | 32 | Female | Great Neck | NY | 00:13:48.64 | 00:47:59.98 | 00:22:25.13 |  | 01:28:25.72 |
| 28 | 428/614 | 117/226 | 381 | Valerie Fristachi | 34 | Female | Bayside | NY | 00:12:42.04 | 00:43:54.73 | 00:27:30.37 |  | 01:28:50.06 |
| 29 | 434/614 | 119/226 | 340 | Nima Sherpa | 30 | Female | Astoria | NY | 00:19:00.05 | 00:39:08.29 | 00:26:35.96 |  | 01:29:10.58 |
| 30 | 455/614 | 132/226 | 330 | Meghan Lafronz-Embe | 30 | Female | Little Neck | NY | 00:12:43.17 | 00:44:38.80 | 00:26:50.56 |  | 01:30:47.77 |
| 31 | 470/614 | 141/226 | 363 | Laura Baez | 32 | Female | Astoria | NY | 00:15:02.30 | 00:51:03.24 | 00:22:59.06 |  | 01:33:06.27 |
| 32 | 473/614 | 142/226 | 343 | Caitlin Ellingson | 30 | Female | Cranbury | NJ | 00:14:47.94 | 00:47:55.11 | 00:24:49.77 |  | 01:33:27.78 |
| 33 | 485/614 | 151/226 | 372 | Christina Kane | 33 | Female | Brooklyn | NY | 00:13:52.40 | 00:45:34.86 | 00:29:24.64 |  | 01:34:26.09 |
| 34 | 492/614 | 154/226 | 925 | Jessica Park | 31 | Female | New York | NY | 00:15:57.00 | 00:47:30.13 | 00:26:28.93 |  | 01:34:37.33 |

## Tri One On 2013

June 16, 2013
Overall Division Results

## Female Ages 30-34

| $\begin{aligned} & \text { Div } \\ & \text { Place } \end{aligned}$ | Overall Plc/Total | Gender Plc/Total | No. | Name | Age | Gender | City | St. | Swim | Bike | Run | Penalty | Time |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| 35 | 497/614 | 158/226 | 380 | Jessica Buckley | 32 | Female | Massapequa | NY | 00:11:31.05 | 00:48:31.12 | 00:30:37.31 |  | 01:35:10.57 |
| 36 | 501/614 | 160/226 | 349 | Laura Brown | 31 | Female | Jackson Heights | NY | 00:21:12.77 | 00:40:05.81 | 00:27:59.88 |  | 01:35:19.22 |
| 37 | 504/614 | 161/226 | 371 | Nicole Pieszchata | 33 | Female | Chestnut Ridge | NY | 00:19:42.84 | 00:44:15.63 | 00:25:59.98 |  | 01:35:43.28 |
| 38 | 515/614 | 166/226 | 376 | Emily Wong | 33 | Female | Bayside | NY | 00:15:07.74 | 00:44:17.16 | 00:28:45.69 |  | 01:36:51.43 |
| 39 | 521/614 | 170/226 | 328 | Rebecca Zylber | 30 | Female | Brooklyn | NY | 00:18:12.34 | 00:46:14.64 | 00:26:29.40 |  | 01:37:31.10 |
| 40 | 522/614 | 171/226 | 337 | Dayna Mccarthy | 30 | Female | Manhasset | NY | 00:18:11.12 | 00:46:13.01 | 00:26:29.51 |  | 01:37:31.11 |
| 41 | 537/614 | 182/226 | 365 | Alexandra Dolce | 32 | Female | West Islip | NY | 00:15:04.97 | 00:48:21.56 | 00:28:35.11 |  | 01:39:38.43 |
| 42 | 538/614 | 183/226 | 911 | Alanna Loeffler | 33 | Female | New York | NY | 00:18:51.34 | 00:48:58.44 | 00:24:43.93 |  | 01:39:55.55 |
| 43 | 571/614 | 198/226 | 331 | Alaina Digioia | 30 | Female | Valhalla | NY | 00:16:57.26 | 00:53:43.07 | 00:30:23.55 |  | 01:50:36.01 |
| 44 | 573/614 | 200/226 | 354 | Elizabeth Shanks | 31 | Female | Astoria | NY | 00:24:59.35 | 00:49:39.37 | 00:31:06.58 |  | 01:51:34.34 |
| 45 | 574/614 | 201/226 | 366 | Nicholle Hart | 32 | Female | Hoboken | NJ | 00:23:37.53 | 00:45:21.96 | 00:34:48.96 |  | 01:51:34.36 |
| 46 | 597/614 | 214/226 | 304 | Ericka Balanzategui | 32 | Female | Huntington | NY | 00:20:20.85 | 00:54:27.61 | 00:37:49.64 |  | 02:02:27.29 |
| 47 | 601/614 | 217/226 | 382 | Daniella Fine | 34 | Female | Flushing | NY | 00:25:35.76 | 00:49:30.26 | 00:45:37.70 |  | 02:07:12.66 |
| 48 | 611/614 | 223/226 | 342 | Marilyna Lau | 30 | Female | Flushing | NY | 00:23:55.72 | 01:11:12.64 | 00:44:49.38 |  | 02:26:33.04 |

## Tri One On 2013

June 16, 2013
Overall Division Results

| Male | Ages | 30-34 |  |  |  |  |  |  |  |  |  |  |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| Div Place | Overall Plc/Total | Gender Plc/Total | No. | Name | Age | Gender | City | St. | Swim | Bike | Run | Penalty | Time |
| 1 | 20/614 | 20/388 | 152 | David Cohen | 31 | Male | New York | NY | 00:08:43.63 | 00:30:35.62 | 00:19:53.23 |  | 01:00:57.68 |
| 2 | 21/614 | 21/388 | 144 | Matthew Raske | 31 | Male | New Rochelle | NY | 00:08:53.27 | 00:32:41.39 | 00:17:41.01 |  | 01:01:15.02 |
| 3 | 30/614 | 28/388 | 181 | David Pietrangelo | 33 | Male | Hoboken | NJ | 00:10:24.40 | 00:32:20.91 | 00:18:31.66 |  | 01:02:58.45 |
| 4 | 35/614 | 33/388 | 238 | Matthew Korsky | 33 | Male | Levittown | NY | 00:10:05.50 | 00:32:15.65 | 00:19:26.42 |  | 01:03:42.06 |
| 5 | 44/614 | 42/388 | 167 | Carlos Lopez | 33 | Male | Bronx | NY | 00:11:45.58 | 00:33:49.53 | 00:17:38.52 |  | 01:05:21.47 |
| 6 | 48/614 | 45/388 | 159 | Scott Mazur | 32 | Male | Hoboken | NJ | 00:10:33.12 | 00:33:22.33 | 00:19:00.95 |  | 01:05:40.18 |
| 7 | 52/614 | 47/388 | 184 | Josh Eaton | 34 | Male | West Point | NY | 00:10:48.27 | 00:33:12.25 | 00:19:38.28 |  | 01:06:10.69 |
| 8 | 56/614 | 51/388 | 168 | Tosin Akinmusuru | 33 | Male | Brooklyn | NY | 00:11:34.61 | 00:32:31.14 | 00:20:13.37 |  | 01:06:39.37 |
| 9 | 57/614 | 52/388 | 242 | Jacob Gidich | 31 | Male | Bayside | NY | 00:11:55.00 | 00:31:57.20 | 00:20:21.61 |  | 01:06:44.54 |
| 10 | 58/614 | 53/388 | 126 | Ryan Kitzen | 33 | Male | Plainviewmlsli | NY | 00:10:42.65 | 00:33:50.04 | 00:19:40.53 |  | 01:06:56.31 |
| 11 | 64/614 | 58/388 | 170 | Jaime Gomez | 33 | Male | New York | NY | 00:10:17.53 | 00:34:14.70 | 00:19:47.99 |  | 01:07:29.54 |
| 12 | 65/614 | 59/388 | 245 | David Foster | 34 | Male | New York | NY | 00:12:39.89 | 00:32:18.76 | 00:18:28.23 |  | 01:07:29.86 |
| 13 | 66/614 | 60/388 | 169 | Victor Flores | 33 | Male | Manhasset | NY | 00:10:19.68 | 00:33:22.08 | 00:20:51.23 |  | 01:07:31.49 |
| 14 | 69/614 | 63/388 | 141 | Kevin Boova | 30 | Male | Ny | NY | 00:12:37.32 | 00:31:58.19 | 00:20:38.41 |  | 01:07:42.42 |
| 15 | 79/614 | 70/388 | 177 | Brendon Tavelli | 33 | Male | Washington | DC | 00:10:00.23 | 00:34:21.50 | 00:22:15.61 |  | 01:08:20.96 |
| 16 | 81/614 | 72/388 | 146 | Chris Nugent | 34 | Male | New York | NY | 00:11:28.37 | 00:33:18.89 | 00:20:10.24 |  | 01:08:30.26 |
| 17 | 88/614 | 76/388 | 148 | Daniel Mckiernan | 31 | Male | Middle Island | NY | 00:12:12.95 | 00:31:43.83 | 00:22:45.02 |  | 01:09:11.01 |
| 18 | 89/614 | 77/388 | 129 | Cameron Smith | 30 | Male | New York | NY | 00:13:09.33 | 00:30:49.05 | 00:21:16.61 |  | 01:09:11.47 |
| 19 | 94/614 | 80/388 | 132 | William Yu | 30 | Male | Brooklyn | NY | 00:13:06.07 | 00:32:16.60 | 00:21:42.61 |  | 01:09:30.05 |
| 20 | 95/614 | 81/388 | 244 | Scott Bartucca | 32 | Male | Jackson Heights | NY | 00:14:31.83 | 00:35:39.50 | 00:16:13.87 |  | 01:09:31.15 |
| 21 | 112/614 | 95/388 | 164 | Wayne Pacileo | 32 | Male | Brooklyn | NY | 00:12:39.37 | 00:32:55.43 | 00:21:19.14 |  | 01:10:31.95 |
| 22 | 114/614 | 97/388 | 166 | Scott Solomon | 33 | Male | New York | NY | 00:14:22.02 | 00:32:45.16 | 00:20:26.19 |  | 01:10:40.07 |
| 23 | 118/614 | 101/388 | 182 | Thomas Weber | 34 | Male | Rockville Centre | NY | 00:13:37.09 | 00:34:47.08 | 00:19:12.70 |  | 01:10:59.87 |
| 24 | 123/614 | 103/388 | 150 | Kevin Jiang | 31 | Male | Douglaston | NY | 00:12:21.44 | 00:33:21.01 | 00:22:52.89 |  | 01:11:25.26 |
| 25 | 144/614 | 120/388 | 188 | Doug Jones | 34 | Male | Forest Hills | NY | 00:15:08.21 | 00:33:15.07 | 00:20:08.91 |  | 01:12:40.46 |
| 26 | 153/614 | 128/388 | 186 | Wayne Law | 34 | Male | Bayside | NY | 00:13:36.18 | 00:35:12.28 | 00:21:44.56 |  | 01:13:09.52 |
| 27 | 194/614 | 158/388 | 160 | Brian Sestak | 32 | Male | New York | NY | 00:11:39.72 | 00:36:23.23 | 00:21:35.60 |  | 01:15:11.07 |
| 28 | 195/614 | 159/388 | 162 | Jeff Schmidt | 32 | Male | Port Washington | NY | 00:11:40.59 | 00:36:27.23 | 00:21:35.55 |  | 01:15:11.12 |
| 29 | 199/614 | 162/388 | 136 | John Bellando | 30 | Male | New York | NY | 00:15:11.37 | 00:35:18.64 | 00:19:46.56 |  | 01:15:20.49 |
| 30 | 225/614 | 180/388 | 240 | Jaime Cacheiro | 33 | Male | Edgewater | NJ | 00:12:38.39 | 00:32:21.36 | 00:28:40.89 |  | 01:16:52.60 |
| 31 | 235/614 | 188/388 | 151 | Ian Hawes | 31 | Male | Manhasset | NY | 00:12:07.29 | 00:39:06.46 | 00:21:24.00 |  | 01:17:20.45 |
| 32 | 237/614 | 190/388 | 185 | Ken Meszkat | 34 | Male | New York | NY | 00:12:17.85 | 00:36:32.35 | 00:22:24.82 |  | 01:17:24.24 |
| 33 | 241/614 | 193/388 | 247 | William Spencer | 31 | Male | Lynbrook | NY | 00:19:31.81 | 00:34:52.31 | 00:18:50.62 |  | 01:17:34.48 |
| 34 | 244/614 | 194/388 | 154 | Albert Luk | 31 | Male | New York | NY | 00:12:53.40 | 00:36:46.89 | 00:22:59.18 |  | 01:17:43.12 |

## Tri One On 2013

June 16, 2013
Overall Division Results

| Male | Ages | 30-34 |  |  |  |  |  |  |  |  |  |  |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| Div Place | Overall Plc/Total | Gender Plc/Total | No. | Name | Age | Gender | City | St. | Swim | Bike | Run | Penalty | Time |
| 35 | 264/614 | 206/388 | 134 | Christopher Grosso | 30 | Male | Roslyn | NY | 00:13:33.56 | 00:41:42.59 | 00:19:12.20 |  | 01:18:51.20 |
| 36 | 266/614 | 208/388 | 138 | Brian Morgan | 30 | Male | Brooklyn | NY | 00:12:31.31 | 00:38:09.39 | 00:21:19.54 |  | 01:18:53.04 |
| 37 | 292/614 | 224/388 | 145 | Jonathan Pan | 31 | Male | Rego Park | NY | 00:15:43.33 | 00:36:43.04 | 00:23:29.01 |  | 01:20:04.07 |
| 38 | 299/614 | 230/388 | 190 | Yongsoo Lee | 34 | Male | College Point | NY | 00:13:34.39 | 00:38:34.02 | 00:24:16.77 |  | 01:20:29.60 |
| 39 | 308/614 | 235/388 | 156 | Elliot Chan | 32 | Male | Fort Lee | NJ | 00:13:30.01 | 00:36:58.81 | 00:25:49.69 |  | 01:20:58.29 |
| 40 | 309/614 | 236/388 | 209 | Joshua Kashanian | 32 | Male | Great Neck | NY | 00:16:45.61 | 00:37:28.72 | 00:24:06.51 |  | 01:21:03.76 |
| 41 | 318/614 | 243/388 | 147 | Stephen Tang | 31 | Male | Forest Hills | NY | 00:13:39.94 | 00:34:37.23 | 00:28:09.63 |  | 01:21:36.86 |
| 42 | 319/614 | 244/388 | 173 | Roy Gibney | 33 | Male | College Point | NY | 00:18:00.30 | 00:33:14.31 | 00:24:04.27 |  | 01:21:37.77 |
| 43 | 332/614 | 250/388 | 248 | Harvey Luk | 33 | Male | New York | NY | 00:17:15.49 | 00:35:02.44 | 00:24:31.03 |  | 01:22:03.39 |
| 44 | 341/614 | 257/388 | 239 | Jaryndice Pascual | 31 | Male | Astoria | NY | 00:17:20.50 | 00:34:59.96 | 00:26:22.21 |  | 01:22:53.06 |
| 45 | 363/614 | 272/388 | 157 | Kevin Lam | 32 | Male | Syosset | NY | 00:20:26.29 | 00:36:12.05 | 00:22:12.86 |  | 01:24:14.27 |
| 46 | 364/614 | 273/388 | 250 | Benjamin Huang | 34 | Male | Flushing | NY | 00:13:56.13 | 00:38:26.50 | 00:27:40.47 |  | 01:24:21.75 |
| 47 | 374/614 | 281/388 | 180 | Tomasz Trzaska | 34 | Male | Brooklyn | NY | 00:16:02.93 | 00:39:15.44 | 00:23:43.52 |  | 01:24:55.24 |
| 48 | 389/614 | 288/388 | 130 | Nkrumah Pierre | 30 | Male | New York | NY | 00:19:23.63 | 00:38:01.32 | 00:20:40.69 |  | 01:25:54.48 |
| 49 | 405/614 | 296/388 | 142 | Joshua Lanzara | 31 | Male | New York | NY | 00:18:13.85 | 00:37:35.17 | 00:22:21.35 |  | 01:26:50.89 |
| 50 | 429/614 | 312/388 | 149 | Lee Hochbaum | 31 | Male | New York | NY | 00:22:32.26 | 00:39:19.76 | 00:20:54.06 |  | 01:28:51.51 |
| 51 | 446/614 | 321/388 | 179 | Matthew Early | 34 | Male | Malverne | NY | 00:14:07.32 | 00:44:37.82 | 00:25:24.15 |  | 01:29:51.84 |
| 52 | 472/614 | 331/388 | 158 | Benjamin Roth | 32 | Male | Brooklyn | NY | 00:11:33.30 | 00:49:20.85 | 00:26:08.86 |  | 01:33:27.42 |
| 53 | 482/614 | 333/388 | 174 | Jason Tarantino | 33 | Male | Huntington | NY | 00:18:43.87 | 00:39:50.72 | 00:27:18.64 |  | 01:34:07.52 |
| 54 | 488/614 | 336/388 | 143 | Benjamin Wong | 31 | Male | Forest Hills | NY | 00:21:19.88 | 00:42:24.55 | 00:24:42.45 |  | 01:34:32.25 |
| 55 | 505/614 | 344/388 | 165 | Damon Lem | 32 | Male | New York | NY | 00:17:40.56 | 00:45:06.32 | 00:27:56.46 |  | 01:35:47.02 |
| 56 | 520/614 | 351/388 | 171 | Carlos Llaguno | 33 | Male | Forest Hills | NY | 00:24:05.20 | 00:41:07.39 | 00:27:28.99 |  | 01:37:19.70 |
| 57 | 536/614 | 355/388 | 163 | Gabriel Castellanos | 32 | Male | Franklin Square | NY | 00:25:55.85 | 00:46:41.45 | 00:23:11.79 |  | 01:39:34.25 |
| 58 | 548/614 | 361/388 | 178 | James Meaney | 34 | Male | Dix Hills | NY | 00:19:41.32 | 00:46:49.00 | 00:29:40.60 |  | 01:42:58.57 |
| 59 | 564/614 | 372/388 | 125 | Andy Collins | 31 | Male | Woodside | NY | 00:34:29.59 | 00:38:59.48 | 00:25:14.45 |  | 01:48:16.06 |
| 60 | 589/614 | 383/388 | 249 | Orlando Torres | 34 | Male | Bayside Hills | NY | 00:33:41.30 | 00:51:54.50 | 00:25:42.37 |  | 01:58:09.92 |
| 61 | 600/614 | 384/388 | 131 | Paul Rothenberg | 30 | Male | Arlington | VA | 00:34:04.48 | 00:56:39.00 | 00:27:45.52 |  | 02:04:46.98 |

## Tri One On 2013

June 16, 2013
Overall Division Results
Female Ages 35-39

| $\begin{aligned} & \text { Div } \\ & \text { Place } \end{aligned}$ | Overall Plc/Total | Gender Plc/Total | No. | Name | Age | Gender | City | St. | Swim | Bike | Run | Penalty | Time |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| 1 | 73/614 | 7/226 | 395 | Teresa Lenzi | 35 | Female | New York | NY | 00:10:38.17 | 00:34:26.33 | 00:20:53.86 |  | 01:08:02.79 |
| 2 | 87/614 | 12/226 | 410 | Laura Marino | 37 | Female | Baldwin | NY | 00:11:24.97 | 00:33:23.21 | 00:21:57.76 |  | 01:08:59.83 |
| 3 | 121/614 | 19/226 | 396 | Jen Wekelo | 35 | Female | New York | NY | 00:12:15.29 | 00:35:37.77 | 00:20:29.50 |  | 01:11:14.58 |
| 4 | 173/614 | 30/226 | 908 | Heather Dunton | 38 | Female | New York | NY | 00:13:58.03 | 00:33:03.49 | 00:23:09.97 |  | 01:14:08.28 |
| 5 | 205/614 | 41/226 | 397 | Amie Weber | 35 | Female | Rockville Centre | NY | 00:14:10.73 | 00:36:31.55 | 00:21:17.63 |  | 01:15:42.53 |
| 6 | 214/614 | 43/226 | 398 | Keri Bergman | 35 | Female | Roslyn | NY | 00:15:14.28 | 00:35:33.15 | 00:22:30.21 |  | 01:16:13.83 |
| 7 | 240/614 | 48/226 | 402 | Sheryl Tockerman | 36 | Female | New York | NY | 00:15:18.52 | 00:38:41.20 | 00:20:23.46 |  | 01:17:33.98 |
| 8 | 246/614 | 52/226 | 887 | Jill Riemer | 39 | Female | New York | NY | 00:13:00.36 | 00:38:54.75 | 00:22:43.56 |  | 01:17:55.44 |
| 9 | 249/614 | 54/226 | 394 | Alison Gazan | 35 | Female | New York | NY | 00:12:47.78 | 00:38:20.04 | 00:23:22.75 |  | 01:17:58.86 |
| 10 | 281/614 | 65/226 | 929 | Linda Drabik | 37 | Female | New York | NY | 00:12:14.59 | 00:39:29.16 | 00:22:55.28 |  | 01:19:32.09 |
| 11 | 285/614 | 66/226 | 407 | Aimee Goodenough | 36 | Female | Astoria | NY | 00:14:39.34 | 00:39:57.63 | 00:21:20.57 |  | 01:19:48.10 |
| 12 | 321/614 | 76/226 | 409 | Sheryl Idzik | 37 | Female | Port Washington | NY | 00:11:10.57 | 00:41:27.34 | 00:24:25.88 |  | 01:21:41.53 |
| 13 | 324/614 | 78/226 | 399 | Wendi Kruger | 35 | Female | New York | NY | 00:13:24.32 | 00:37:53.14 | 00:25:37.33 |  | 01:21:47.57 |
| 14 | 360/614 | 91/226 | 390 | Linda Jennings | 35 | Female | Port Washington | NY | 00:15:01.47 | 00:39:15.98 | 00:26:37.61 |  | 01:24:05.03 |
| 15 | 388/614 | 101/226 | 938 | Liz Henning | 36 | Female | New York | NY | 00:14:01.33 | 00:38:38.00 | 00:26:08.25 |  | 01:25:52.16 |
| 16 | 437/614 | 120/226 | 416 | Tanya Valk | 39 | Female | Yonkers | NY | 00:14:51.04 | 00:43:03.36 | 00:26:40.99 |  | 01:29:20.49 |
| 17 | 447/614 | 126/226 | 386 | Elke Knechtl | 35 | Female | New York | NY | 00:17:15.49 | 00:39:46.86 | 00:28:15.63 |  | 01:29:54.89 |
| 18 | 449/614 | 128/226 | 411 | Seung-Hee Jun | 37 | Female | Ny | NY | 00:17:16.90 | 00:40:10.19 | 00:26:33.08 |  | 01:30:14.29 |
| 19 | 460/614 | 136/226 | 385 | Helen Li | 36 | Female | Forest Hills | NY | 00:15:05.87 | 00:45:09.44 | 00:25:43.10 |  | 01:31:09.42 |
| 20 | 465/614 | 138/226 | 392 | Danielle Dunne | 35 | Female | New York | NY | 00:16:25.82 | 00:40:24.10 | 00:29:11.60 |  | 01:31:27.65 |
| 21 | 474/614 | 143/226 | 881 | Valeria Cisnero | 35 | Female | New York | NY | 00:15:17.57 | 00:44:09.76 | 00:29:03.45 |  | 01:33:29.14 |
| 22 | 475/614 | 144/226 | 415 | Regina Cantwell | 38 | Female | New York | NY | 00:16:20.44 | 00:41:48.60 | 00:29:30.61 |  | 01:33:36.57 |
| 23 | 534/614 | 180/226 | 401 | Amanda Piepgras | 36 | Female | Bronx | NY | 00:17:29.43 | 00:46:27.10 | 00:29:08.82 |  | 01:39:21.00 |
| 24 | 545/614 | 186/226 | 420 | Krisztina Lorentz | 39 | Female | Baldwin | NY | 00:17:30.28 | 00:48:11.57 | 00:29:17.79 |  | 01:42:39.84 |
| 25 | 557/614 | 190/226 | 406 | Yolmi Rivera | 36 | Female | Teaneck | NJ | 00:21:31.42 | 00:45:58.31 | 00:29:26.03 |  | 01:45:52.42 |
| 26 | 562/614 | 191/226 | 405 | Julie Hon | 36 | Female | Astoria | NY | 00:23:41.13 | 00:51:52.90 | 00:25:42.61 |  | 01:48:10.13 |
| 27 | 569/614 | 196/226 | 882 | Tsitsi Merritt | 39 | Female | Brooklyn | NY | 00:21:58.83 | 00:49:15.50 | 00:31:51.31 |  | 01:49:51.49 |
| 28 | 588/614 | 206/226 | 413 | Alice Liu | 38 | Female | Bayside | NY | 00:25:42.61 | 00:49:52.06 | 00:34:24.31 |  | 01:58:09.86 |
| 29 | 593/614 | 210/226 | 388 | Allison Puckhaber | 35 | Female | Belle Harbor | NY | 00:23:11.99 | 00:58:29.96 | 00:31:35.42 |  | 01:59:56.66 |
| 30 | 596/614 | 213/226 | 384 | Rhonda Forest | 36 | Female | Teaneck | NJ | 00:20:59.96 | 00:49:34.55 | 00:45:35.84 |  | 02:02:11.80 |
| 31 | 613/614 | 225/226 | 389 | Suzanne Cappelli | 35 | Female | Garden City | NY | 00:32:45.04 | 01:09:44.13 | 00:42:12.39 |  | 02:34:51.70 |

## Tri One On 2013

June 16, 2013
Overall Division Results

| Male | Ages | 35-39 |  |  |  |  |  |  |  |  |  |  |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| Div Place | Overall Plc/Total | Gender Plc/Total | No. | Name | Age | Gender | City | St. | Swim | Bike | Run | Penalty | Time |
| 1 | 7/614 | 7/388 | 552 | Sean Tedesco | 37 | Male | East Meadow | NY | 00:08:16.20 | 00:30:49.65 | 00:18:28.56 |  | 00:58:54.54 |
| 2 | 15/614 | 15/388 | 501 | Mathew Ward | 36 | Male | Brooklyn | NY | 00:09:17.23 | 00:30:27.34 | 00:18:51.36 |  | 01:00:18.83 |
| 3 | 16/614 | 16/388 | 534 | Paul Lesueur | 36 | Male | Garden City | NY | 00:09:38.22 | 00:29:50.58 | 00:18:59.25 |  | 01:00:27.36 |
| 4 | 23/614 | 22/388 | 549 | Chris Fitzgerald | 37 | Male | New York | NY | 00:09:53.26 | 00:31:34.45 | 00:18:06.31 |  | 01:01:40.09 |
| 5 | 27/614 | 26/388 | 544 | Eamonn Flood | 37 | Male | Great Neck | NY | 00:09:07.25 | 00:30:25.95 | 00:21:01.18 |  | 01:02:28.75 |
| 6 | 31/614 | 29/388 | 503 | Doug Barrett | 38 | Male | New York | NY | 00:12:04.85 | 00:30:37.89 | 00:17:23.42 |  | 01:03:18.20 |
| 7 | 40/614 | 38/388 | 553 | Andres Orrego | 38 | Male | Jackson Heights | NY | 00:09:28.92 | 00:32:39.29 | 00:21:28.44 |  | 01:04:48.95 |
| 8 | 47/614 | 44/388 | 519 | Douglas Palma | 36 | Male | Bronxville | NY | 00:12:27.76 | 00:31:03.82 | 00:19:57.82 |  | 01:05:33.86 |
| 9 | 49/614 | 46/388 | 550 | Jonathan Watling | 37 | Male | New York | NY | 00:09:31.32 | 00:32:58.28 | 00:20:45.08 |  | 01:05:51.53 |
| 10 | 53/614 | 48/388 | 565 | Justin Kaplan | 38 | Male | Brooklyn | NY | 00:09:49.25 | 00:32:32.57 | 00:21:27.55 |  | 01:06:16.36 |
| 11 | 60/614 | 55/388 | 573 | Raymond Lem | 39 | Male | Forest Hills | NY | 00:10:41.39 | 00:31:44.12 | 00:21:39.39 |  | 01:06:59.24 |
| 12 | 71/614 | 65/388 | 511 | Derek Mchugh | 35 | Male | Bronx | NY | 00:12:46.79 | 00:32:03.91 | 00:20:46.62 |  | 01:07:56.74 |
| 13 | 83/614 | 74/388 | 578 | Eric Fried | 39 | Male | Philadelphia | PA | 00:13:36.41 | 00:30:43.41 | 00:22:54.99 |  | 01:08:48.56 |
| 14 | 90/614 | 78/388 | 583 | Damien Stile | 39 | Male | Garden City | NY | 00:13:22.31 | 00:32:37.26 | 00:20:01.53 |  | 01:09:11.49 |
| 15 | 97/614 | 82/388 | 535 | Jack Liu | 36 | Male | Forest Hills | NY | 00:13:02.50 | 00:31:36.14 | 00:21:40.49 |  | 01:09:37.50 |
| 16 | 99/614 | 84/388 | 561 | Dannick Boutin | 38 | Male | Mineola | NY | 00:09:56.31 | 00:34:25.76 | 00:22:38.00 |  | 01:09:51.75 |
| 17 | 104/614 | 88/388 | 538 | Robert Weston | 36 | Male | Manhasset | NY | 00:13:41.87 | 00:33:09.61 | 00:19:40.36 |  | 01:10:11.30 |
| 18 | 108/614 | 91/388 | 577 | Keith Kisto | 39 | Male | Lake Hopatcong | NJ | 00:11:31.32 | 00:32:42.60 | 00:22:49.58 |  | 01:10:24.46 |
| 19 | 111/614 | 94/388 | 540 | Jeffrey Brandon | 37 | Male | Great Neck | NY | 00:15:37.49 | 00:30:30.16 | 00:20:33.38 |  | 01:10:31.90 |
| 20 | 124/614 | 104/388 | 580 | Robert Zimmerman | 39 | Male | East Hills | NY | 00:13:00.77 | 00:33:02.39 | 00:22:43.43 |  | 01:11:29.34 |
| 21 | 126/614 | 106/388 | 513 | Marc Parrott | 35 | Male | Nesconset | NY | 00:11:48.35 | 00:35:58.58 | 00:19:18.77 |  | 01:11:33.78 |
| 22 | 131/614 | 109/388 | 518 | Mike Mattera | 35 | Male | Lynbrook | NY | 00:12:04.11 | 00:35:17.38 | 00:22:01.36 |  | 01:12:04.56 |
| 23 | 140/614 | 116/388 | 541 | Keith Mignone | 37 | Male | Wantagh | NY | 00:10:14.06 | 00:35:36.72 | 00:22:30.85 |  | 01:12:31.25 |
| 24 | 149/614 | 124/388 | 579 | Christopher Korolczuk | 39 | Male | Long Beach | NY | 00:12:33.98 | 00:32:46.80 | 00:23:14.15 |  | 01:12:48.08 |
| 25 | 163/614 | 135/388 | 575 | Michael Resvanis | 39 | Male | Stony Brook | NY | 00:12:18.68 | 00:35:40.54 | 00:21:00.67 |  | 01:13:39.82 |
| 26 | 174/614 | 144/388 | 554 | Vincent Shum | 38 | Male | Forest Hills | NY | 00:11:42.21 | 00:31:42.31 | 00:24:27.59 |  | 01:14:08.31 |
| 27 | 182/614 | 149/388 | 560 | Juan Maio | 38 | Male | New York | NY | 00:10:39.74 | 00:35:29.99 | 00:23:30.26 |  | 01:14:36.77 |
| 28 | 191/614 | 157/388 | 531 | Jason Hare | 36 | Male | Astoria | NY | 00:12:00.17 | 00:36:56.35 | 00:21:51.72 |  | 01:15:03.87 |
| 29 | 206/614 | 165/388 | 582 | Joseph Lennon | 39 | Male | Rockville Centre | NY | 00:10:24.37 | 00:37:32.91 | 00:24:44.71 |  | 01:15:44.11 |
| 30 | 217/614 | 173/388 | 530 | Nimmers Stern | 36 | Male | New York | NY | 00:12:10.67 | 00:36:31.07 | 00:22:48.35 |  | 01:16:39.41 |
| 31 | 230/614 | 184/388 | 568 | Navid Pourmoradi | 39 | Male | Great Neck | NY | 00:12:49.26 | 00:37:24.57 | 00:22:37.72 |  | 01:17:01.49 |
| 32 | 231/614 | 185/388 | 558 | Babak Ghatan | 38 | Male | New York | NY | 00:17:06.72 | 00:33:27.94 | 00:19:19.68 |  | 01:17:01.74 |
| 33 | 239/614 | 192/388 | 507 | David Aronson | 35 | Male | Baldwin | NY | 00:13:56.18 | 00:35:53.07 | 00:24:07.96 |  | 01:17:32.05 |
| 34 | 253/614 | 197/388 | 539 | Samuel Lo | 37 | Male | New York | NY | 00:18:11.51 | 00:35:06.10 | 00:19:54.59 |  | 01:18:17.42 |

## Tri One On 2013

June 16, 2013
Overall Division Results

| Male | Ages | 35-39 |  |  |  |  |  |  |  |  |  |  |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| Div <br> Place | Overall Plc/Total | Gender Plc/Total | No. | Name | Age | Gender | City | St. | Swim | Bike | Run | Penalty | Time |
| 35 | 257/614 | 200/388 | 584 | Matthew Utter | 39 | Male | Sunnyside | NY | 00:12:20.71 | 00:38:05.85 | 00:23:01.24 |  | 01:18:37.97 |
| 36 | 259/614 | 201/388 | 556 | Alexander Kondur | 38 | Male | Kew Gardens | NY | 00:13:26.59 | 00:38:15.98 | 00:21:11.59 |  | 01:18:38.80 |
| 37 | 265/614 | 207/388 | 585 | Michael Gannon | 39 | Male | Port Washington | NY | 00:13:04.30 | 00:38:08.55 | 00:22:23.74 |  | 01:18:51.28 |
| 38 | 286/614 | 220/388 | 506 | Neil Fried | 35 | Male | Hoboken | NJ | 00:15:16.24 | 00:37:55.94 | 00:21:07.66 |  | 01:19:48.60 |
| 39 | 307/614 | 234/388 | 546 | Kevin Wille | 37 | Male | Centerport | NY | 00:16:35.55 | 00:39:11.09 | 00:22:55.14 |  | 01:20:53.25 |
| 40 | 313/614 | 239/388 | 571 | Roger Yu | 39 | Male | Forest Hills | NY | 00:18:06.47 | 00:36:24.72 | 00:22:50.18 |  | 01:21:19.05 |
| 41 | 314/614 | 240/388 | 529 | Dan Voicescu | 36 | Male | New York | NY | 00:11:38.12 | 00:38:36.83 | 00:23:40.79 |  | 01:21:20.63 |
| 42 | 320/614 | 245/388 | 508 | Brian Mcgurn | 35 | Male | Hoboken | NJ | 00:13:30.68 | 00:39:02.48 | 00:23:22.44 |  | 01:21:40.31 |
| 43 | 335/614 | 253/388 | 557 | Joe Becker | 38 | Male | Brooklyn | NY | 00:14:35.47 | 00:37:54.18 | 00:26:53.47 |  | 01:22:27.54 |
| 44 | 349/614 | 261/388 | 510 | David Hirschler | 35 | Male | Jackson Heights | NY | 00:18:27.54 | 00:36:48.56 | 00:24:25.22 |  | 01:23:21.32 |
| 45 | 350/614 | 262/388 | 526 | Amit Singh | 36 | Male | Brooklyn | NY | 00:16:02.39 | 00:37:57.57 | 00:22:01.23 |  | 01:23:31.34 |
| 46 | 352/614 | 264/388 | 625 | Kamran Kalaty | 38 | Male | Great Neck | NY | 00:15:56.52 | 00:39:12.72 | 00:23:05.79 |  | 01:23:34.58 |
| 47 | 355/614 | 266/388 | 604 | Craig Muller | 37 | Male | Port Washington | NY | 00:14:29.09 | 00:40:14.11 | 00:24:26.91 |  | 01:23:39.03 |
| 48 | 356/614 | 267/388 | 523 | Shelby Wong | 36 | Male | Forest Hills | NY | 00:16:15.24 | 00:36:17.21 | 00:27:28.49 |  | 01:23:43.78 |
| 49 | 371/614 | 279/388 | 576 | Chris Nowell | 39 | Male | New York | NY | 00:15:21.77 | 00:38:24.00 | 00:23:49.31 |  | 01:24:45.37 |
| 50 | 386/614 | 287/388 | 569 | Justin Hokin | 39 | Male | Darien | CT | 00:14:00.26 | 00:37:13.14 | 00:25:07.90 |  | 01:25:37.18 |
| 51 | 400/614 | 294/388 | 525 | Jay Lau | 36 | Male | Garden City | NY | 00:16:56.22 | 00:38:35.33 | 00:25:23.08 |  | 01:26:36.76 |
| 52 | 440/614 | 318/388 | 516 | Michael Sangirardi | 35 | Male | Bethpage | NY | 00:16:51.28 | 00:41:03.67 | 00:27:02.19 |  | 01:29:30.04 |
| 53 | 451/614 | 322/388 | 520 | Kiran Rao | 36 | Male | Beechhurst | NY | 00:17:58.03 | 00:39:04.52 | 00:27:00.15 |  | 01:30:18.65 |
| 54 | 490/614 | 337/388 | 537 | David Chang | 36 | Male | New York | NY | 00:18:23.68 | 00:42:58.22 | 00:26:40.65 |  | 01:34:34.79 |
| 55 | 491/614 | 338/388 | 514 | Edwin Ibay | 35 | Male | New York | NY | 00:21:23.85 | 00:36:43.17 | 00:25:50.86 |  | 01:34:37.01 |
| 56 | 508/614 | 346/388 | 567 | Minto Bose | 38 | Male | Jersey City | NJ | 00:32:29.98 | 00:36:47.43 | 00:22:39.04 |  | 01:36:09.00 |
| 57 | 512/614 | 348/388 | 515 | Jonathan Goldberg | 35 | Male | New York | NY | 00:17:16.83 | 00:44:05.48 | 00:27:30.49 |  | 01:36:41.06 |
| 58 | 525/614 | 352/388 | 509 | James Mcdonald | 35 | Male | Brooklyn | NY | 00:18:31.78 | 00:44:29.01 | 00:29:04.08 |  | 01:37:48.92 |
| 59 | 554/614 | 366/388 | 528 | Karloff Commissiong | 36 | Male | Bronx | NY | 00:17:59.37 | 00:44:03.15 | 00:37:00.03 |  | 01:44:22.19 |
| 60 | 555/614 | 367/388 | 542 | Thomas Mannix | 37 | Male | Wantagh | NY | 00:16:40.63 | 00:51:25.49 | 00:29:34.12 |  | 01:44:57.32 |
| 61 | 584/614 | 381/388 | 602 | Sridher Vankayala | 35 | Male | Hoboken | NJ | 00:22:18.94 | 00:59:39.73 | 00:27:56.31 |  | 01:55:16.66 |

## Tri One On 2013

June 16, 2013
Overall Division Results

| Div <br> Place | Overall <br> Plc/Total | Gender <br> Plc/Total | No. | Name | Age | Gender | City | St. | Swim | Bike |
| :---: | :---: | :---: | :---: | :---: | :--- | :--- | :--- | :--- | :--- | :--- |
| 1 | $148 / 614$ | $25 / 226$ | 422 | Heidi Roussis | 41 | Female | Westbury | NY | $00: 12: 27.48$ | $00: 36: 57.66$ |
| Time |  |  |  |  |  |  |  |  |  |  |

## Tri One On 2013

June 16, 2013
Overall Division Results

| Male | Ages | 40-44 |  |  |  |  |  |  |  |  |  |  |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| Div Place | Overall Plc/Total | Gender Plc/Total | No. | Name | Age | Gender | City | St. | Swim | Bike | Run | Penalty | Time |
| 1 | 9/614 | 9/388 | 661 | Thomas Sullivan | 42 | Male | Jackson Heights | NY | 00:10:20.27 | 00:29:08.77 | 00:17:17.53 |  | 00:59:13.03 |
| 2 | 25/614 | 24/388 | 674 | Leon Zemel | 43 | Male | New Rochelle | NY | 00:10:31.78 | 00:30:20.75 | 00:19:09.00 |  | 01:02:03.14 |
| 3 | 37/614 | 35/388 | 689 | David Sweeney | 44 | Male | New York | NY | 00:11:03.30 | 00:31:49.42 | 00:18:56.47 |  | 01:04:09.34 |
| 4 | 70/614 | 64/388 | 655 | Michael Gleason | 42 | Male | Lynbrook | NY | 00:11:45.69 | 00:33:32.46 | 00:19:22.32 |  | 01:07:48.79 |
| 5 | 72/614 | 66/388 | 647 | Olly Dennison | 41 | Male | New York | NY | 00:12:16.42 | 00:30:59.97 | 00:21:48.58 |  | 01:07:57.10 |
| 6 | 74/614 | 67/388 | 686 | Christopher Wrobleski | 43 | Male | Commack | NY | 00:10:26.12 | 00:34:11.31 | 00:20:52.96 |  | 01:08:06.02 |
| 7 | 80/614 | 71/388 | 744 | Robert Pennino | 44 | Male | New York | NY | 00:10:11.55 | 00:29:49.09 | 00:27:06.13 |  | 01:08:21.43 |
| 8 | 110/614 | 93/388 | 682 | Adam Bleifeld | 43 | Male | Port Washington | NY | 00:12:23.96 | 00:36:06.05 | 00:19:22.05 |  | 01:10:28.26 |
| 9 | 113/614 | 96/388 | 636 | Michael Freedberg | 40 | Male | Roslyn | NY | 00:12:00.16 | 00:35:05.17 | 00:20:41.72 |  | 01:10:33.16 |
| 10 | 115/614 | 98/388 | 664 | Christopher Valli | 42 | Male | New York | NY | 00:13:17.88 | 00:32:50.62 | 00:21:14.80 |  | 01:10:53.83 |
| 11 | 116/614 | 99/388 | 658 | Ben Pfeifer | 42 | Male | Brooklyn | NY | 00:15:21.23 | 00:30:53.53 | 00:21:52.20 |  | 01:10:53.98 |
| 12 | 120/614 | 102/388 | 701 | Edward Park | 44 | Male | New York | NY | 00:14:40.54 | 00:33:16.27 | 00:19:21.46 |  | 01:11:12.43 |
| 13 | 130/614 | 108/388 | 634 | Matthew Semon | 40 | Male | Melville | NY | 00:11:32.09 | 00:34:34.12 | 00:21:27.87 |  | 01:12:00.03 |
| 14 | 150/614 | 125/388 | 702 | John Puchalla | 44 | Male | Pelham | NY | 00:13:23.07 | 00:33:28.86 | 00:20:36.04 |  | 01:12:55.61 |
| 15 | 151/614 | 126/388 | 704 | Cyrus Schwartz | 44 | Male | New York | NY | 00:13:15.20 | 00:35:51.81 | 00:20:41.84 |  | 01:12:55.74 |
| 16 | 152/614 | 127/388 | 670 | Mark Fried | 43 | Male | Brooklyn | NY | 00:13:21.40 | 00:33:53.00 | 00:21:49.48 |  | 01:13:00.66 |
| 17 | 171/614 | 142/388 | 694 | Scott Horowitz | 44 | Male | Bellmore | NY | 00:12:41.23 | 00:33:35.75 | 00:22:55.81 |  | 01:14:00.60 |
| 18 | 172/614 | 143/388 | 642 | Dan Kamensky | 41 | Male | Roslyn | NY | 00:13:39.20 | 00:34:27.87 | 00:23:39.50 |  | 01:14:03.65 |
| 19 | 185/614 | 152/388 | 638 | Jay Waldhauser | 40 | Male | Woodbury | NY | 00:09:26.64 | 00:34:25.11 | 00:25:57.17 |  | 01:14:37.85 |
| 20 | 186/614 | 153/388 | 684 | Artie Benoit | 43 | Male | South Nyack | NY | 00:14:28.83 | 00:33:23.22 | 00:21:51.92 |  | 01:14:41.96 |
| 21 | 197/614 | 161/388 | 681 | Olatokumbo Shobowalı | 43 | Male | Brooklyn | NY | 00:14:05.62 | 00:37:56.75 | 00:18:51.42 |  | 01:15:11.92 |
| 22 | 211/614 | 170/388 | 639 | Jason Sepulveda | 40 | Male | Bay Shore | NY | 00:17:35.35 | 00:33:24.67 | 00:21:04.33 |  | 01:15:54.83 |
| 23 | 212/614 | 171/388 | 648 | John Sweeney | 41 | Male | Manhasset | NY | 00:12:37.06 | 00:36:51.30 | 00:21:48.40 |  | 01:15:57.66 |
| 24 | 218/614 | 174/388 | 699 | Joseph Caracciolo | 44 | Male | Syosset | NY | 00:13:21.90 | 00:32:49.93 | 00:25:38.73 |  | 01:16:40.84 |
| 25 | 219/614 | 175/388 | 656 | Kevin Flaherty | 42 | Male | Rockaway Beach | NY | 00:11:11.59 | 00:35:46.65 | 00:25:57.62 |  | 01:16:40.93 |
| 26 | 232/614 | 186/388 | 659 | Andrew Meaney | 42 | Male | Dix Hills | NY | 00:14:00.72 | 00:34:31.13 | 00:23:53.29 |  | 01:17:10.58 |
| 27 | 233/614 | 187/388 | 685 | Christopher Settino | 43 | Male | Huntington | NY | 00:10:50.06 | 00:37:41.03 | 00:24:03.48 |  | 01:17:10.88 |
| 28 | 250/614 | 196/388 | 663 | Mike Riina | 42 | Male | Flushing | NY | 00:13:09.61 | 00:37:30.80 | 00:23:54.98 |  | 01:17:59.67 |
| 29 | 261/614 | 203/388 | 673 | Glen Rowell | 43 | Male | Glen Head | NY | 00:13:43.61 | 00:35:23.98 | 00:24:34.26 |  | 01:18:40.94 |
| 30 | 275/614 | 212/388 | 643 | Roger Smith | 41 | Male | Armonk | NY | 00:12:46.86 | 00:35:25.48 | 00:24:58.96 |  | 01:19:10.40 |
| 31 | 276/614 | 213/388 | 705 | Bart Sokol | 44 | Male | Armonk | NY | 00:12:27.81 | 00:35:06.56 | 00:24:59.15 |  | 01:19:10.49 |
| 32 | 278/614 | 215/388 | 698 | Richard Schriefer | 44 | Male | East Williston | NY | 00:14:54.43 | 00:36:03.30 | 00:25:25.95 |  | 01:19:26.95 |
| 33 | 289/614 | 223/388 | 683 | James Noumair | 43 | Male | Garden City | NY | 00:14:25.78 | 00:35:03.59 | 00:24:45.97 |  | 01:20:01.67 |
| 34 | 295/614 | 226/388 | 662 | Gary Silber | 42 | Male | Woodbury | NY | 00:12:30.99 | 00:37:22.64 | 00:26:44.49 |  | 01:20:20.89 |

## Tri One On 2013

June 16, 2013
Overall Division Results

| Male | Ages | 40-44 |  |  |  |  |  |  |  |  |  |  |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| Div <br> Place | Overall Plc/Total | Gender <br> Plc/Total | No. | Name | Age | Gender | City | St. | Swim | Bike | Run | Penalty | Time |
| 35 | 296/614 | 227/388 | 657 | Jason Jeffries | 42 | Male | Pelham | NY | 00:16:09.97 | 00:34:09.23 | 00:25:16.62 |  | 01:20:22.11 |
| 36 | 297/614 | 228/388 | 644 | Adam Barbach | 41 | Male | Herricks | NY | 00:15:57.99 | 00:35:59.21 | 00:25:27.16 |  | 01:20:25.05 |
| 37 | 316/614 | 241/388 | 652 | Jim Nacion | 42 | Male | Bridgewater | NJ | 00:12:51.44 | 00:38:10.17 | 00:26:04.41 |  | 01:21:25.72 |
| 38 | 361/614 | 270/388 | 676 | Jason Flicker | 43 | Male | Woodbury | NY | 00:16:43.26 | 00:36:58.53 | 00:24:20.70 |  | 01:24:11.05 |
| 39 | 368/614 | 277/388 | 635 | Rafael De La Barreda | 40 | Male | New York | NY | 00:13:52.18 | 00:38:27.84 | 00:24:01.07 |  | 01:24:26.53 |
| 40 | 384/614 | 285/388 | 649 | Stephen Pocock | 41 | Male | Garden City | NY | 00:13:04.54 | 00:44:58.40 | 00:23:05.08 |  | 01:25:28.32 |
| 41 | 393/614 | 290/388 | 654 | Adam Flisser | 42 | Male | Sands Point | NY | 00:15:39.78 | 00:42:33.63 | 00:20:49.37 |  | 01:26:06.70 |
| 42 | 395/614 | 292/388 | 646 | Robert Quintana | 41 | Male | Port Jefferson Station | NY | 00:16:15.70 | 00:40:05.78 | 00:25:32.07 |  | 01:26:10.40 |
| 43 | 406/614 | 297/388 | 653 | Allon Yaron | 42 | Male | Brooklyn | NY | 00:13:00.45 | 00:36:08.05 | 00:30:20.52 |  | 01:26:55.94 |
| 44 | 430/614 | 313/388 | 680 | Gregg Templeton | 43 | Male | New York | NY | 00:18:18.27 | 00:38:59.02 | 00:20:01.54 |  | 01:28:59.33 |
| 45 | 435/614 | 316/388 | 703 | Jay Berland | 44 | Male | Syosset | NY | 00:19:29.18 | 00:38:33.76 | 00:25:07.94 |  | 01:29:15.71 |
| 46 | 461/614 | 325/388 | 695 | Mitchell Schamroth | 44 | Male | Ny | NY | 00:18:27.72 | 00:41:25.57 | 00:27:05.12 |  | 01:31:12.47 |
| 47 | 469/614 | 329/388 | 626 | Nicholas Sarchese | 40 | Male | Port Washington | NY | 00:22:08.01 | 00:36:22.22 | 00:29:00.95 |  | 01:32:43.09 |
| 48 | 509/614 | 347/388 | 675 | Eddy Kwan | 43 | Male | Flushing | NY | 00:22:38.34 | 00:36:55.85 | 00:29:49.48 |  | 01:36:19.24 |
| 49 | 513/614 | 349/388 | 679 | Jerry Ponce | 43 | Male | Mineola | NY | 00:20:27.84 | 00:44:53.73 | 00:25:02.03 |  | 01:36:41.90 |
| 50 | 533/614 | 354/388 | 677 | Alfred Amadio | 43 | Male | Douglaston | NY | 00:17:56.39 | 00:45:03.01 | 00:29:55.00 |  | 01:39:06.88 |
| 51 | 561/614 | 371/388 | 645 | Matthew Chang | 41 | Male | Leonia | NJ | 00:19:13.40 | 00:48:35.66 | 00:33:56.89 |  | 01:47:27.33 |
| 52 | 579/614 | 377/388 | 697 | Jason Levine | 44 | Male | New York | NY | 00:26:40.14 | 00:43:06.85 | 00:37:25.07 |  | 01:53:43.53 |
| 53 | 602/614 | 385/388 | 741 | Douglas Maughan | 42 | Male | Oceanside | NY | 00:42:19.25 | 00:47:17.86 | 00:31:10.42 |  | 02:07:28.71 |

## Tri One On 2013

June 16, 2013
Overall Division Results

| $\begin{aligned} & \text { Div } \\ & \text { Place } \end{aligned}$ | Overall Plc/Total | Gender Plc/Total | No. | Name | Age | Gender | City | St. | Swim | Bike | Run | Penalty | Time |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| 1 | 105/614 | 17/226 | 442 | Charlotte Johnson | 46 | Female | Port Jefferson Station | NY | 00:13:14.89 | 00:33:32.76 | 00:21:24.45 |  | 01:10:14.59 |
| 2 | 122/614 | 20/226 | 441 | Lila Baboomian | 46 | Female | Budd Lake | NJ | 00:11:15.73 | 00:35:26.79 | 00:22:20.03 |  | 01:11:21.58 |
| 3 | 161/614 | 27/226 | 885 | Renate Schmidt | 46 | Female | New York City | NY | 00:13:05.12 | 00:33:16.61 | 00:24:53.50 |  | 01:13:33.40 |
| 4 | 204/614 | 40/226 | 455 | Merryl Feldman Brown | 49 | Female | New York | NY | 00:12:52.88 | 00:34:49.10 | 00:22:56.32 |  | 01:15:37.17 |
| 5 | 254/614 | 57/226 | 449 | Sabine Von Sengbusct | 48 | Female | New York | NY | 00:15:38.60 | 00:33:51.15 | 00:24:47.14 |  | 01:18:18.13 |
| 6 | 258/614 | 58/226 | 454 | Caroline Barry | 49 | Female | Port Washington | NY | 00:12:42.84 | 00:37:03.40 | 00:26:27.04 |  | 01:18:38.43 |
| 7 | 305/614 | 73/226 | 436 | Stacy Bergman | 45 | Female | Armonk | NY | 00:14:21.42 | 00:38:35.24 | 00:24:08.60 |  | 01:20:48.82 |
| 8 | 342/614 | 85/226 | 921 | Tammy Brooks-Marino | 47 | Female | Staten Island | NY | 00:15:36.32 | 00:37:34.58 | 00:25:10.43 |  | 01:22:53.87 |
| 9 | 345/614 | 87/226 | 443 | Gina Webster | 46 | Female | New York | NY | 00:15:01.54 | 00:38:33.24 | 00:25:26.73 |  | 01:23:09.11 |
| 10 | 375/614 | 94/226 | 917 | Helga Junold | 48 | Female | Sea Cliff | NY | 00:15:03.14 | 00:37:23.78 | 00:27:08.05 |  | 01:24:58.03 |
| 11 | 432/614 | 118/226 | 437 | Cara Rosenberg | 45 | Female | East Norwich | NY | 00:16:50.91 | 00:39:53.18 | 00:27:35.34 |  | 01:29:04.20 |
| 12 | 443/614 | 124/226 | 444 | Wendy Goodstein | 46 | Female | Massapequa Park | NY | 00:14:22.81 | 00:42:18.02 | 00:25:55.76 |  | 01:29:44.57 |
| 13 | 448/614 | 127/226 | 453 | Silvia Vaher | 49 | Female | Middle Village | NY | 00:13:07.37 | 00:43:14.27 | 00:30:00.65 |  | 01:29:58.36 |
| 14 | 463/614 | 137/226 | 440 | Karen Flanzenbaum | 45 | Female | Greenlawn | NY | 00:15:06.84 | 00:42:34.18 | 00:27:55.58 |  | 01:31:19.59 |
| 15 | 481/614 | 149/226 | 439 | Fran Obeid | 45 | Female | New York | NY | 00:15:48.01 | 00:44:16.60 | 00:25:59.70 |  | 01:34:06.37 |
| 16 | 493/614 | 155/226 | 438 | Margaret Kearns-Stanlı | 45 | Female | Richmond Hill | NY | 00:15:04.84 | 00:46:51.44 | 00:27:43.44 |  | 01:34:45.91 |
| 17 | 495/614 | 157/226 | 452 | Alexandra Trinkoff | 49 | Female | Port Washington | NY | 00:15:50.33 | 00:46:51.29 | 00:27:07.09 |  | 01:35:04.56 |
| 18 | 523/614 | 172/226 | 871 | Jacqueline Fagan | 46 | Female | Long Beach | NY | 00:13:34.23 | 00:47:15.93 | 00:31:50.06 |  | 01:37:47.93 |
| 19 | 546/614 | 187/226 | 451 | Lenore Massa | 48 | Female | Tuckahoe | NY | 00:16:51.89 | 00:44:40.81 | 00:37:26.29 |  | 01:42:55.01 |
| 20 | 604/614 | 218/226 | 447 | Lauren Egna | 47 | Female | Port Washington | NY | 00:30:21.84 | 01:03:06.27 | 00:33:20.88 |  | 02:19:15.00 |
| 21 | 605/614 | 219/226 | 450 | Minnie Paasonen | 48 | Female | Selden | NY | 00:38:48.95 | 00:58:28.83 | 00:36:04.00 |  | 02:19:49.13 |
| 22 | 612/614 | 224/226 | 870 | Yvonne Smith | 45 | Female | Baldwin | NY | 00:34:27.26 | 01:09:35.63 | 00:43:40.61 |  | 02:34:47.35 |

## Tri One On 2013

June 16, 2013
Overall Division Results

| Male | Ages | 5-49 |  |  |  |  |  |  |  |  |  |  |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| Div Place | Overall Plc/Total | Gender Plc/Total | No. | Name | Age | Gender | City | St. | Swim | Bike | Run | Penalty | Time |
| 1 | 12/614 | 12/388 | 797 | Carlos Garcia | 49 | Male | Weehawken | NJ | 00:11:02.16 | 00:28:08.44 | 00:17:58.76 |  | 00:59:36.63 |
| 2 | 17/614 | 17/388 | 819 | Andre Bessette | 46 | Male | Woodstock | CT | 00:12:00.35 | 00:28:41.65 | 00:18:03.22 |  | 01:00:33.42 |
| 3 | 19/614 | 19/388 | 823 | Sanford Ewing | 46 | Male | Darien | CT | 00:09:24.49 | 00:30:20.11 | 00:19:32.73 |  | 01:00:46.33 |
| 4 | 32/614 | 30/388 | 786 | Paul Wright | 48 | Male | Great Neck | NY | 00:09:27.25 | 00:30:50.01 | 00:21:28.24 |  | 01:03:20.54 |
| 5 | 33/614 | 31/388 | 807 | Michael Wright | 49 | Male | Plainview | NY | 00:08:07.60 | 00:31:52.35 | 00:20:16.74 |  | 01:03:24.77 |
| 6 | 36/614 | 34/388 | 813 | Michael Esposito | 45 | Male | Seaford | NY | 00:10:45.11 | 00:31:01.89 | 00:20:18.10 |  | 01:03:43.38 |
| 7 | 54/614 | 49/388 | 814 | Richard Salditt | 45 | Male | Sea Cliff | NY | 00:09:18.85 | 00:31:46.14 | 00:22:23.27 |  | 01:06:16.62 |
| 8 | 75/614 | 68/388 | 809 | Charles Maass | 45 | Male | Manhasset | NY | 00:09:53.08 | 00:34:44.24 | 00:21:26.03 |  | 01:08:08.59 |
| 9 | 78/614 | 69/388 | 900 | Paul Wilner | 48 | Male | Port Washington | NY | 00:12:54.42 | 00:32:30.55 | 00:20:55.31 |  | 01:08:18.77 |
| 10 | 93/614 | 79/388 | 812 | Joseph Koplik | 45 | Male | Wantagh | NY | 00:11:58.87 | 00:32:41.73 | 00:21:33.51 |  | 01:09:25.42 |
| 11 | 101/614 | 85/388 | 780 | Steven Gee | 47 | Male | New York | NY | 00:14:10.49 | 00:31:49.32 | 00:20:34.98 |  | 01:10:05.41 |
| 12 | 117/614 | 100/388 | 776 | Wai Law | 47 | Male | Bethpage | NY | 00:12:23.54 | 00:34:43.15 | 00:20:59.31 |  | 01:10:59.52 |
| 13 | 135/614 | 112/388 | 795 | Ken Larsen | 48 | Male | Northport | NY | 00:12:15.19 | 00:32:53.62 | 00:24:32.75 |  | 01:12:06.75 |
| 14 | 138/614 | 114/388 | 774 | Dean Wagner | 47 | Male | Glen Head | NY | 00:12:02.74 | 00:33:13.32 | 00:23:49.88 |  | 01:12:25.56 |
| 15 | 143/614 | 119/388 | 775 | Joseph Vaccaro | 47 | Male | Huntington | NY | 00:12:09.61 | 00:33:27.55 | 00:23:51.43 |  | 01:12:39.67 |
| 16 | 146/614 | 122/388 | 816 | Ivan Goodstein | 45 | Male | Great Neck | NY | 00:12:09.46 | 00:33:17.46 | 00:24:36.61 |  | 01:12:41.41 |
| 17 | 147/614 | 123/388 | 879 | Andrew Leder | 48 | Male | New York | NY | 00:13:01.21 | 00:33:06.36 | 00:23:30.20 |  | 01:12:42.21 |
| 18 | 154/614 | 129/388 | 804 | James Baranello | 49 | Male | Manhasset | NY | 00:12:51.27 | 00:34:43.76 | 00:22:38.52 |  | 01:13:10.23 |
| 19 | 156/614 | 131/388 | 803 | Douglas Neu | 49 | Male | Crown Village | NY | 00:12:14.19 | 00:35:32.97 | 00:22:25.02 |  | 01:13:16.94 |
| 20 | 157/614 | 132/388 | 818 | Anthony Scandiffio | 45 | Male | Valley Stream | NY | 00:12:52.04 | 00:33:46.08 | 00:24:48.52 |  | 01:13:18.41 |
| 21 | 170/614 | 141/388 | 811 | Paul Kearns-Stanley | 45 | Male | Richmond Hill | NY | 00:11:24.72 | 00:35:00.98 | 00:24:06.55 |  | 01:13:56.48 |
| 22 | 176/614 | 145/388 | 801 | Bob Sweeney | 49 | Male | Baldwin | NY | 00:13:16.55 | 00:33:44.80 | 00:21:44.41 |  | 01:14:22.31 |
| 23 | 177/614 | 146/388 | 794 | Scott Diamond | 48 | Male | Port Washington | NY | 00:12:48.83 | 00:33:08.79 | 00:24:49.92 |  | 01:14:22.43 |
| 24 | 187/614 | 154/388 | 788 | Victor Pajonas | 48 | Male | Seaford | NY | 00:13:51.75 | 00:35:19.78 | 00:21:40.13 |  | 01:14:43.88 |
| 25 | 223/614 | 178/388 | 817 | Mitch Hill | 45 | Male | Port Washington | NY | 00:12:52.96 | 00:36:42.84 | 00:20:49.58 |  | 01:16:50.19 |
| 26 | 227/614 | 181/388 | 815 | Eduard Lebedev | 45 | Male | Brooklyn | NY | 00:14:43.40 | 00:40:08.25 | 00:18:34.73 |  | 01:16:54.40 |
| 27 | 238/614 | 191/388 | 772 | Eric Halvorson | 46 | Male | Brooklyn | NY | 00:11:33.65 | 00:39:30.64 | 00:22:56.91 |  | 01:17:30.31 |
| 28 | 255/614 | 198/388 | 778 | Andre Zaratin | 47 | Male | Glen Cove | NY | 00:13:13.09 | 00:37:43.98 | 00:23:08.68 |  | 01:18:30.25 |
| 29 | 282/614 | 217/388 | 787 | Gil Bernhard | 48 | Male | Garden City | NY | 00:12:49.53 | 00:36:12.96 | 00:25:48.54 |  | 01:19:32.94 |
| 30 | 288/614 | 222/388 | 822 | Augustino D'alonzo Jr. | 46 | Male | Northport | NY | 00:14:01.18 | 00:36:30.32 | 00:23:18.50 |  | 01:19:57.67 |
| 31 | 312/614 | 238/388 | 796 | Keith Drayer | 48 | Male | N. Woodmere | NY | 00:11:30.63 | 00:37:39.91 | 00:26:01.89 |  | 01:21:12.48 |
| 32 | 326/614 | 247/388 | 777 | Jeffrey Reynolds | 47 | Male | Hauppauge | NY | 00:16:07.55 | 00:39:14.86 | 00:22:15.16 |  | 01:21:56.28 |
| 33 | 334/614 | 252/388 | 800 | Evan Myrianthopoulos | 49 | Male | Port Washington | NY | 00:11:12.59 | 00:38:22.65 | 00:27:48.10 |  | 01:22:25.28 |
| 34 | 336/614 | 254/388 | 873 | David Fagan | 48 | Male | Long Beach | NY | 00:14:19.97 | 00:40:24.86 | 00:23:53.89 |  | 01:22:36.79 |

## Tri One On 2013

June 16, 2013
Overall Division Results

| Male | Ages | 45-49 |  |  |  |  |  |  |  |  |  |  |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| Div Place | Overall Plc/Total | Gender Ple/Total | No. | Name | Age | Gender | City | St. | Swim | Bike | Run | Penalty | Time |
| 35 | 359/614 | 269/388 | 805 | Ken Schwab | 49 | Male | Sea Cliff | NY | 00:17:06.73 | 00:38:54.39 | 00:23:12.77 |  | 01:24:04.31 |
| 36 | 372/614 | 280/388 | 808 | John Lee | 45 | Male | Jericho | NY | 00:16:49.73 | 00:35:09.75 | 00:27:00.46 |  | 01:24:50.39 |
| 37 | 396/614 | 293/388 | 802 | George Young | 49 | Male | Hackettstown | NJ | 00:14:15.65 | 00:42:18.81 | 00:24:30.03 |  | 01:26:18.43 |
| 38 | 411/614 | 302/388 | 785 | James Lee | 48 | Male | Bayside | NY | 00:13:35.15 | 00:37:33.23 | 00:31:51.88 |  | 01:27:14.14 |
| 39 | 431/614 | 314/388 | 792 | Tony Doyle | 48 | Male | Floral Park | NY | 00:17:20.55 | 00:38:45.14 | 00:28:01.29 |  | 01:29:03.46 |
| 40 | 478/614 | 332/388 | 821 | Wayne Trumbull | 46 | Male | Fort Salonga | NY | 00:22:56.21 | 00:39:16.80 | 00:27:19.94 |  | 01:33:44.21 |
| 41 | 543/614 | 359/388 | 820 | Oswaldo Lopez | 46 | Male | East Meadow | NY | 00:16:46.78 | 00:50:52.67 | 00:28:53.74 |  | 01:42:05.16 |
| 42 | 550/614 | 362/388 | 779 | Vincent Cincotta | 47 | Male | East Norwich | NY | 00:17:44.28 | 00:46:13.51 | 00:34:14.96 |  | 01:43:43.46 |
| 43 | 558/614 | 368/388 | 784 | Robert Valli Jr | 48 | Male | Garden City | NY | 00:26:36.04 | 00:37:46.59 | 00:37:27.64 |  | 01:46:33.34 |
| 44 | 582/614 | 380/388 | 791 | Brad Egna | 48 | Male | Port Washington | NY | 00:15:15.02 | 00:54:38.04 | 00:30:51.95 |  | 01:54:30.74 |
| 45 | 587/614 | 382/388 | 782 | Tommie Shanahan | 47 | Male | Mineola | NY | 00:22:11.99 | 00:52:19.59 | 00:35:57.20 |  | 01:57:48.48 |

Female Ages 50-54

| $\begin{aligned} & \text { Div } \\ & \text { Place } \end{aligned}$ | Overall Plc/Total | Gender Plc/Total | No. | Name | Age | Gender | City | St. | Swim | Bike | Run | Penalty | Time |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| 1 | 215/614 | 44/226 | 461 | Lisa Hiller | 51 | Female | Roslyn Heights | NY | 00:11:45.06 | 00:37:03.59 | 00:24:24.37 |  | 01:16:21.45 |
| 2 | 279/614 | 64/226 | 462 | Rosemary Jones | 51 | Female | Babylon | NY | 00:13:18.85 | 00:36:43.16 | 00:24:33.83 |  | 01:19:27.93 |
| 3 | 290/614 | 67/226 | 457 | Donna Cummings | 50 | Female | West Islip | NY | 00:16:26.25 | 00:36:40.02 | 00:24:08.40 |  | 01:20:03.22 |
| 4 | 344/614 | 86/226 | 468 | Megaera Regan | 54 | Female | New York | NY | 00:14:11.69 | 00:36:45.25 | 00:28:48.93 |  | 01:23:03.95 |
| 5 | 369/614 | 92/226 | 467 | Jane Ades | 54 | Female | Port Washington | NY | 00:16:17.08 | 00:36:17.87 | 00:27:20.81 |  | 01:24:27.66 |
| 6 | 458/614 | 134/226 | 464 | Desiree Merrell | 52 | Female | East Williston | NY | 00:16:12.10 | 00:40:36.04 | 00:29:26.86 |  | 01:30:51.20 |
| 7 | 510/614 | 163/226 | 465 | Bonny Beetham | 53 | Female | Port Washington | NY | 00:21:41.36 | 00:42:23.58 | 00:28:23.48 |  | 01:36:27.96 |
| 8 | 530/614 | 177/226 | 463 | Andrea Ratay | 52 | Female | Port Washington | NY | 00:21:19.32 | 00:43:20.54 | 00:27:44.12 |  | 01:38:44.21 |
| 9 | 578/614 | 202/226 | 884 | 'cil Shaw-Brewer | 53 | Female | Astoria | NY | 00:36:25.17 | 00:46:45.79 | 00:26:30.34 |  | 01:53:29.00 |
| 10 | 586/614 | 205/226 | 458 | Barbara Bennett | 50 | Female | Lawrence | NY | 00:25:14.50 | 00:48:40.43 | 00:35:08.93 |  | 01:55:47.59 |
| 11 | 591/614 | 208/226 | 466 | Gloria Sosa | 54 | Female | Sea Cliff | NY | 00:23:56.95 | 00:51:25.23 | 00:35:28.17 |  | 01:58:33.38 |
| 12 | 606/614 | 220/226 | 460 | Marcia Hochster | 51 | Female | Flushing | NY | 00:30:37.28 | 01:03:03.52 | 00:38:16.68 |  | 02:21:01.89 |

## Tri One On 2013

June 16, 2013
Overall Division Results

| Male | Ages | 50-54 |  |  |  |  |  |  |  |  |  |  |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| Div Place | Overall Plc/Total | Gender Plc/Total | No. | Name | Age | Gender | City | St. | Swim | Bike | Run | Penalty | Time |
| 1 | 10/614 | 10/388 | 205 | Jose Lopez | 51 | Male | Mineola | NY | 00:08:33.57 | 00:29:49.23 | 00:19:16.63 |  | 00:59:22.08 |
| 2 | 24/614 | 23/388 | 235 | Chris Daily | 54 | Male | Farmingdale | NY | 00:13:15.13 | 00:29:49.50 | 00:17:26.02 |  | 01:02:00.30 |
| 3 | 26/614 | 25/388 | 215 | Pablo Valedon | 52 | Male | Brewster | NY | 00:08:29.06 | 00:32:48.63 | 00:19:02.48 |  | 01:02:04.51 |
| 4 | 29/614 | 27/388 | 221 | Anthony Matteo | 53 | Male | Manhasset | NY | 00:11:06.28 | 00:31:17.33 | 00:19:04.97 |  | 01:02:54.26 |
| 5 | 45/614 | 43/388 | 203 | Alan Thiem | 51 | Male | Kinnelon | NJ | 00:10:58.58 | 00:32:38.77 | 00:19:27.41 |  | 01:05:29.60 |
| 6 | 61/614 | 56/388 | 227 | Andre Bertolotti | 53 | Male | Port Washington | NY | 00:12:29.30 | 00:31:43.03 | 00:20:05.41 |  | 01:06:59.87 |
| 7 | 62/614 | 57/388 | 197 | John Antretter | 50 | Male | Port Washington | NY | 00:12:19.30 | 00:30:39.17 | 00:20:04.29 |  | 01:07:01.22 |
| 8 | 102/614 | 86/388 | 216 | Brian Stone | 52 | Male | Wantagh | NY | 00:10:15.95 | 00:34:58.80 | 00:22:52.04 |  | 01:10:07.10 |
| 9 | 103/614 | 87/388 | 199 | Adam Kolodny | 50 | Male | Great Neck | NY | 00:10:35.31 | 00:35:21.59 | 00:21:52.68 |  | 01:10:07.44 |
| 10 | 109/614 | 92/388 | 206 | Jonathan Blinken | 51 | Male | Englewood | NJ | 00:12:40.81 | 00:33:11.24 | 00:21:17.03 |  | 01:10:26.59 |
| 11 | 125/614 | 105/388 | 198 | Kerry Healy | 50 | Male | East Meadow | NY | 00:10:23.75 | 00:37:12.53 | 00:20:53.06 |  | 01:11:30.73 |
| 12 | 133/614 | 110/388 | 234 | Richard Gold | 54 | Male | Setauket | NY | 00:12:59.05 | 00:32:52.77 | 00:23:41.58 |  | 01:12:05.63 |
| 13 | 141/614 | 117/388 | 228 | James Williams | 54 | Male | Glen Head | NY | 00:11:15.73 | 00:35:22.92 | 00:23:06.84 |  | 01:12:35.61 |
| 14 | 160/614 | 134/388 | 194 | Dan Katz | 50 | Male | Syosset | NY | 00:12:44.14 | 00:32:33.20 | 00:24:32.73 |  | 01:13:28.88 |
| 15 | 165/614 | 137/388 | 208 | Gerhardus Bosua | 51 | Male | Dix Hills | NY | 00:10:52.91 | 00:38:27.24 | 00:21:46.85 |  | 01:13:45.76 |
| 16 | 169/614 | 140/388 | 201 | Ron Luft | 51 | Male | Jericho | NY | 00:13:09.76 | 00:32:36.20 | 00:24:31.49 |  | 01:13:55.36 |
| 17 | 207/614 | 166/388 | 232 | Joseph Kerner | 54 | Male | Northport | NY | 00:11:38.14 | 00:31:37.81 | 00:25:29.98 |  | 01:15:44.79 |
| 18 | 208/614 | 167/388 | 204 | David Reiss | 51 | Male | Great Neck | NY | 00:12:42.47 | 00:34:57.99 | 00:24:26.58 |  | 01:15:46.97 |
| 19 | 209/614 | 168/388 | 223 | Bradley Scher | 53 | Male | New Rochelle | NY | 00:13:24.03 | 00:35:50.67 | 00:23:09.10 |  | 01:15:49.76 |
| 20 | 210/614 | 169/388 | 210 | Jim Balsan | 51 | Male | Flushing | NY | 00:12:49.91 | 00:34:07.36 | 00:23:14.77 |  | 01:15:50.57 |
| 21 | 222/614 | 177/388 | 211 | Frank Cardone | 52 | Male | Huntingtion | NY | 00:13:20.41 | 00:35:07.74 | 00:23:11.02 |  | 01:16:47.09 |
| 22 | 224/614 | 179/388 | 202 | Dr. Neil Levin | 51 | Male | East Northport | NY | 00:11:39.37 | 00:37:06.16 | 00:23:02.13 |  | 01:16:51.60 |
| 23 | 228/614 | 182/388 | 229 | Raymond Drollinger Jr | 54 | Male | Glen Cove | NY | 00:11:30.22 | 00:38:58.51 | 00:22:35.97 |  | 01:16:58.42 |
| 24 | 236/614 | 189/388 | 220 | Peter Savino | 52 | Male | Ridge | NY | 00:13:32.01 | 00:37:51.07 | 00:22:53.09 |  | 01:17:22.05 |
| 25 | 256/614 | 199/388 | 192 | John Piepgras | 50 | Male | Bronx | NY | 00:14:35.41 | 00:35:49.12 | 00:22:38.28 |  | 01:18:36.83 |
| 26 | 270/614 | 210/388 | 153 | Steven Heller | 50 | Male | Commack | NY | 00:17:28.45 | 00:34:23.72 | 00:22:21.20 |  | 01:18:58.47 |
| 27 | 294/614 | 225/388 | 213 | Kim Bang | 52 | Male | Englewood | NJ | 00:13:42.08 | 00:35:14.10 | 00:25:40.14 |  | 01:20:06.63 |
| 28 | 333/614 | 251/388 | 231 | Patrick Smith | 54 | Male | Northport | NY | 00:11:24.77 | 00:32:28.49 | 00:33:02.05 |  | 01:22:16.21 |
| 29 | 340/614 | 256/388 | 226 | Scott Neibel | 53 | Male | Brooklyn | NY | 00:18:01.29 | 00:34:50.54 | 00:24:44.80 |  | 01:22:48.88 |
| 30 | 348/614 | 260/388 | 195 | Kevin Tack | 50 | Male | East Hills | NY | 00:15:34.79 | 00:38:44.27 | 00:24:02.26 |  | 01:23:20.24 |
| 31 | 366/614 | 275/388 | 207 | Alan Hochster | 51 | Male | Flushing | NY | 00:13:01.28 | 00:40:33.28 | 00:23:26.14 |  | 01:24:22.25 |
| 32 | 412/614 | 303/388 | 230 | Terence Mcgowan | 54 | Male | Rockville Centre | NY | 00:13:28.41 | 00:40:21.82 | 00:28:16.39 |  | 01:27:23.87 |
| 33 | 416/614 | 304/388 | 191 | Gerard Harkins | 50 | Male | Floral Park | NY | 00:14:14.27 | 00:39:51.04 | 00:28:40.80 |  | 01:27:44.93 |
| 34 | 419/614 | 306/388 | 217 | Steven Brown | 52 | Male | New York | NY | 00:18:13.36 | 00:36:02.10 | 00:27:51.52 |  | 01:28:05.47 |

## Tri One On 2013

June 16, 2013
Overall Division Results

| Male | Ages | 5-54 |  |  |  |  |  |  |  |  |  |  |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| $\begin{aligned} & \text { Div } \\ & \text { Place } \end{aligned}$ | Overall Ple/Total | Gender Plc/Total | No. | Name | Age | Gender | City | St. | Swim | Bike | Run | Penalty | Time |
| 35 | 421/614 | 308/388 | 233 | Dennis Murphy | 54 | Male | Brooklyn | NY | 00:12:45.83 | 00:42:59.20 | 00:26:05.45 |  | 01:28:06.54 |
| 36 | 436/614 | 317/388 | 214 | Andrew Sirotkin | 52 | Male | Sands Point | NY | 00:13:26.60 | 00:41:26.81 | 00:30:15.98 |  | 01:29:16.40 |
| 37 | 445/614 | 320/388 | 193 | Brian Burke | 50 | Male | Douglaston | NY | 00:18:59.67 | 00:38:33.81 | 00:26:45.67 |  | 01:29:49.33 |
| 38 | 462/614 | 326/388 | 237 | Steve Kostoff | 50 | Male | Selden | NY | 00:18:07.32 | 00:41:59.93 | 00:24:03.56 |  | 01:31:18.18 |
| 39 | 518/614 | 350/388 | 200 | Scott Samuels | 51 | Male | Merrick | NY | 00:16:34.96 | 00:44:56.88 | 00:30:22.96 |  | 01:37:16.07 |
| 40 | 539/614 | 356/388 | 212 | Russell Middleton | 52 | Male | Manhasset | NY | 00:15:31.00 | 00:51:24.51 | 00:27:06.32 |  | 01:39:55.78 |
| 41 | 547/614 | 360/388 | 246 | Steven Tencer | 52 | Male | Dobbs Ferry | NY | 00:25:11.00 | 00:42:46.51 | 00:31:01.86 |  | 01:42:58.08 |

Female Ages 55-59

| $\begin{aligned} & \text { Div } \\ & \text { Place } \end{aligned}$ | Overall Plc/Total | Gender Plc/Total | No. | Name | Age | Gender | City | St. | Swim | Bike | Run | Penalty | Time |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| 1 | 127/614 | 21/226 | 477 | Lorraine Huether | 57 | Female | Massapequa | NY | 00:11:57.11 | 00:34:06.52 | 00:22:46.70 |  | 01:11:37.03 |
| 2 | 193/614 | 36/226 | 499 | Julie Cook | 57 | Female | New York | NY | 00:13:32.85 | 00:35:14.29 | 00:24:24.81 |  | 01:15:09.12 |
| 3 | 234/614 | 47/226 | 476 | Nancy Breitbarth | 57 | Female | Jericho | NY | 00:11:09.86 | 00:37:36.80 | 00:25:06.50 |  | 01:17:11.75 |
| 4 | 245/614 | 51/226 | 469 | Lisa Blaustein | 55 | Female | East Hills | NY | 00:12:50.79 | 00:36:41.03 | 00:25:49.63 |  | 01:17:46.25 |
| 5 | 346/614 | 88/226 | 478 | Judy Baum | 57 | Female | Old Brookville | NY | 00:15:28.54 | 00:38:09.78 | 00:26:27.83 |  | 01:23:14.47 |
| 6 | 390/614 | 102/226 | 470 | Susan Robinson | 55 | Female | Huntington Station | NY | 00:13:40.58 | 00:40:44.86 | 00:26:19.43 |  | 01:26:00.07 |
| 7 | 442/614 | 123/226 | 475 | Nancy Lester | 56 | Female | Long Beach | NY | 00:15:29.13 | 00:41:39.63 | 00:27:58.42 |  | 01:29:40.90 |
| 8 | 444/614 | 125/226 | 472 | Marcia Goldberg | 55 | Female | Massapequa | NY | 00:15:28.68 | 00:43:27.28 | 00:26:21.92 |  | 01:29:45.60 |
| 9 | 489/614 | 153/226 | 473 | Rebecca Amitai | 56 | Female | Old Westbury | NY | 00:19:37.10 | 00:41:56.34 | 00:29:25.70 |  | 01:34:34.72 |
| 10 | 511/614 | 164/226 | 474 | Debbie Migliore | 56 | Female | Valley Stream | NY | 00:18:17.98 | 00:43:31.13 | 00:27:45.73 |  | 01:36:37.18 |
| 11 | 527/614 | 174/226 | 479 | Janice Brown | 58 | Female | Valley Stream | NY | 00:16:15.05 | 00:47:30.35 | 00:26:43.70 |  | 01:38:25.98 |
| 12 | 585/614 | 204/226 | 471 | Cynthia Schaffhauser | 55 | Female | Valley Stream | NY | 00:18:20.11 | 00:55:23.25 |  |  | 01:55:46.94 |
| 13 | 590/614 | 207/226 | 872 | Sheila Clark | 56 | Female | Wantagh | NY | 00:18:14.53 | 00:55:48.30 | 00:37:45.29 |  | 01:58:27.86 |
| 14 | 592/614 | 209/226 | 914 | Jamie Covello | 58 | Female | New York | NY | 00:39:57.16 | 00:51:07.67 | 00:19:56.89 |  | 01:59:16.27 |

## Tri One On 2013

June 16, 2013
Overall Division Results

| Male | Ages | 55-59 |  |  |  |  |  |  |  |  |  |  |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| Div Place | Overall Plc/Total | Gender <br> Plc/Total | No. | Name | Age | Gender | City | St. | Swim | Bike | Run | Penalty | Time |
| 1 | 8/614 | 8/388 | 903 | Ned Daily | 56 | Male | Garden City Park | NY | 00:10:35.62 | 00:28:36.00 | 00:18:14.91 |  | 00:59:09.24 |
| 2 | 34/614 | 32/388 | 827 | Glen Malings | 55 | Male | Syosset | NY | 00:09:16.40 | 00:30:27.64 | 00:22:00.51 |  | 01:03:37.73 |
| 3 | 39/614 | 37/388 | 845 | David Broad | 57 | Male | New York | NY | 00:12:35.82 | 00:31:03.65 | 00:18:45.92 |  | 01:04:47.09 |
| 4 | 41/614 | 39/388 | 846 | Robert Kirshoff | 58 | Male | Melville | NY | 00:10:53.97 | 00:32:19.49 | 00:19:33.38 |  | 01:04:50.79 |
| 5 | 55/614 | 50/388 | 915 | Alan Napack | 55 | Male | New York | NY | 00:12:20.32 | 00:31:03.67 | 00:20:03.62 |  | 01:06:29.16 |
| 6 | 85/614 | 75/388 | 843 | Michael Gewirtz | 57 | Male | Dix Hills | NY | 00:10:15.68 | 00:32:59.05 | 00:22:46.61 |  | 01:08:54.27 |
| 7 | 98/614 | 83/388 | 838 | Eric Gibbs | 56 | Male | New York | NY | 00:12:22.90 | 00:31:59.66 | 00:21:40.56 |  | 01:09:45.89 |
| 8 | 128/614 | 107/388 | 850 | Marc Sperber | 59 | Male | Dix Hills | NY | 00:12:48.51 | 00:33:33.20 | 00:22:25.96 |  | 01:11:45.41 |
| 9 | 155/614 | 130/388 | 828 | Bob Sweeney | 55 | Male | Douglaston | NY | 00:13:50.78 | 00:34:59.70 | 00:21:07.22 |  | 01:13:11.86 |
| 10 | 168/614 | 139/388 | 841 | Paul Aloe | 56 | Male | Port Washington | NY | 00:12:39.15 | 00:33:59.58 | 00:22:35.86 |  | 01:13:54.01 |
| 11 | 184/614 | 151/388 | 844 | Nick Zito | 57 | Male | Hicksville | NY | 00:13:21.73 | 00:35:15.07 | 00:23:05.50 |  | 01:14:37.70 |
| 12 | 189/614 | 155/388 | 984 | Robert (bob) Bartlotti | 57 | Male | Oyster Bay | NY | 00:13:52.52 | 00:37:17.39 | 00:21:09.00 |  | 01:14:49.83 |
| 13 | 190/614 | 156/388 | 839 | Marc Tarras | 56 | Male | Great Neck | NY | 00:13:09.61 | 00:32:49.51 | 00:24:20.87 |  | 01:15:00.45 |
| 14 | 248/614 | 195/388 | 851 | Steven Lager | 59 | Male | White Plains | NY | 00:12:53.74 | 00:34:31.62 | 00:25:50.33 |  | 01:17:57.69 |
| 15 | 306/614 | 233/388 | 830 | Les Rothenberg | 55 | Male | New Rochelle | NY | 00:13:18.74 | 00:37:07.54 | 00:26:18.37 |  | 01:20:49.07 |
| 16 | 311/614 | 237/388 | 849 | Bob Gass | 59 | Male | New York | NY | 00:14:13.74 | 00:37:34.76 | 00:22:40.91 |  | 01:21:06.13 |
| 17 | 362/614 | 271/388 | 834 | Clifford Goldschmid | 55 | Male | Roslyn | NY | 00:15:23.11 | 00:38:11.62 | 00:24:58.24 |  | 01:24:13.95 |
| 18 | 365/614 | 274/388 | 825 | William Notturno | 55 | Male | Lynbrook | NY | 00:13:53.45 | 00:38:50.26 | 00:26:19.31 |  | 01:24:22.08 |
| 19 | 367/614 | 276/388 | 835 | Scott Lewis | 55 | Male | Jericho | NY | 00:11:45.61 | 00:39:44.60 | 00:29:16.92 |  | 01:24:26.36 |
| 20 | 378/614 | 283/388 | 833 | Robert Schill | 55 | Male | Oakland Gardens | NY | 00:13:51.86 | 00:39:17.79 | 00:24:45.63 |  | 01:25:08.38 |
| 21 | 403/614 | 295/388 | 852 | Michael Pitzer | 59 | Male | East Meadow | NY | 00:12:49.66 | 00:36:25.30 | 00:34:10.82 |  | 01:26:49.72 |
| 22 | 407/614 | 298/388 | 837 | Hammad Qamar | 55 | Male | Queens Village | NY | 00:15:44.01 | 00:39:39.02 | 00:27:46.54 |  | 01:27:00.17 |
| 23 | 410/614 | 301/388 | 836 | Bob Easley | 55 | Male | New York | NY | 00:17:52.35 | 00:38:50.76 | 00:25:12.85 |  | 01:27:12.60 |
| 24 | 484/614 | 334/388 | 847 | Douglas Herman | 58 | Male | Great Neck | NY | 00:14:46.15 | 00:44:21.44 | 00:28:44.68 |  | 01:34:23.77 |
| 25 | 496/614 | 339/388 | 840 | Christopher Gardner | 56 | Male | Whitestone | NY | 00:18:05.99 | 00:40:12.60 | 00:23:40.68 |  | 01:35:08.97 |
| 26 | 526/614 | 353/388 | 829 | Felix Cuebas | 55 | Male | Brentwood | NY | 00:16:31.35 | 00:44:32.31 | 00:32:26.87 |  | 01:38:20.83 |

## Female Ages 60-64

| Div <br> Place | Overall <br> Plc/Total | Gender <br> Plc/Total | No. | Name | Age | Gender | City | St. | Swim | Bike | Run |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| 1 | $303 / 614$ | $72 / 226$ | 482 | Diane Schubert | 60 | Female | New Hyde Park | NY | $00: 14: 52.22$ | $00: 35: 39.97$ | $00: 25: 59.26$ |
| 2 | $549 / 614$ | $188 / 226$ | 483 | Barbara E Burns | 64 | Female | Plainview | NY | $00: 18: 21.20$ | $00: 46: 13.94$ | $00: 32: 47.96$ |

## Tri One On 2013

June 16, 2013
Overall Division Results

| Male | Ages | 60-64 |  |  |  |  |  |  |  |  |  |  |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| Div Place | Overall Plc/Total | Gender Ple/Total | No. | Name | Age | Gender | City | St. | Swim | Bike | Run | Penalty | Time |
| 1 | 43/614 | 41/388 | 861 | Amos Benhorin | 64 | Male | Northport | NY | 00:10:15.33 | 00:30:36.49 | 00:21:38.96 |  | 01:05:14.59 |
| 2 | 82/614 | 73/388 | 856 | Bob Otto | 61 | Male | Holtsville | NY | 00:11:07.70 | 00:32:09.63 | 00:22:05.04 |  | 01:08:40.56 |
| 3 | 323/614 | 246/388 | 855 | Jonathan Jordan | 60 | Male | New Orleans | LA | 00:11:04.08 | 00:38:20.66 | 00:24:52.51 |  | 01:21:46.85 |
| 4 | 427/614 | 311/388 | 860 | James Pizzigati | 63 | Male | In Wood | NY | 00:15:16.41 | 00:39:18.05 | 00:29:55.40 |  | 01:28:41.61 |
| 5 | 452/614 | 323/388 | 857 | Robert Fornuff | 61 | Male | West Babylon | NY | 00:17:59.28 | 00:40:28.88 | 00:26:13.41 |  | 01:30:26.15 |
| 6 | 456/614 | 324/388 | 862 | Malachy Oconnor | 64 | Male | Melville | NY | 00:15:35.43 | 00:34:18.53 | 00:37:15.61 |  | 01:30:47.82 |
| 7 | 540/614 | 357/388 | 853 | Arnold Mandelstam | 60 | Male | Jamaica | NY | 00:15:00.29 | 00:49:24.27 | 00:28:17.45 |  | 01:40:05.56 |
| 8 | 577/614 | 376/388 | 898 | Douglas Foerth | 63 | Male | Saint James | NY | 00:36:41.83 | 00:40:27.63 | 00:30:31.60 |  | 01:53:01.36 |
| 9 | 580/614 | 378/388 | 859 | James Grosso | 62 | Male | Roslyn | NY | 00:26:40.78 | 00:53:13.71 | 00:29:06.65 |  | 01:53:55.85 |
| Male | Ages | 65-69 |  |  |  |  |  |  |  |  |  |  |  |
| Div Place | Overall Plc/Total | Gender <br> Plc/Total | No. | Name | Age | Gender | City | St. | Swim | Bike | Run | Penalty | Time |
| 1 | 67/614 | 61/388 | 863 | Daniel O'connell | 66 | Male | Oyster Bay | NY | 00:10:44.06 | 00:32:49.65 | 00:21:14.00 |  | 01:07:32.11 |
| 2 | 317/614 | 242/388 | 865 | Steven Greenberg | 67 | Male | Hewlett | NY | 00:11:24.71 | 00:37:21.35 | 00:28:10.88 |  | 01:21:34.34 |
| 3 | 471/614 | 330/388 | 869 | Neil Cook | 69 | Male | New York | NY | 00:12:24.32 | 00:39:07.13 | 00:36:48.40 |  | 01:33:18.11 |
| Male | Ages | 70-74 |  |  |  |  |  |  |  |  |  |  |  |
| $\begin{aligned} & \text { Div } \\ & \text { Place } \end{aligned}$ | Overall Plc/Total | Gender <br> Plc/Total | No. | Name | Age | Gender | City | St. | Swim | Bike | Run | Penalty | Time |
| 1 | 383/614 | 284/388 | 866 | Douglas Hyer | 70 | Male | Roslyn | NY | 00:17:27.10 | 00:38:30.64 | 00:25:36.01 |  | 01:25:15.44 |

