

# LYME SPRINT TRIATHLON 2003

CHAUMONT, NY August 3, 2003

## Ironman SBR

Place	Time	#	Name	Age	Home	SPLITS		
						Swim	Bike	Run
1	1:21:52	103	PAT TURLEY	40	SYRACUSE	0:11:36	0:45:04	0:25:12
2	1:22:02	137	GARY EAGAN	44	ROCHESTER	0:12:24	0:44:18	0:25:20
3	1:22:28	128	TIM REARDON	54	WATERTOWN	0:11:03	0:45:12	0:26:13
4	1:23:44	132	MIKE HARRIS	42	CHAUMONT	0:12:31	0:45:17	0:25:56
5	1:23:59	117	ANDREW STAROWICZ	30	SYRACUSE	0:12:47	0:46:29	0:24:43
6	1:24:44	113	MARC RUSCH	39	REDWOOD	0:12:46	0:43:58	0:28:00
7	1:25:34	125	JIM BRADY	36	CARTHAGE	0:14:05	0:45:53	0:25:36
8	1:26:18	134	JUSTUS DERX	38	SYRACUSE	0:12:54	0:44:53	0:28:31
9	1:29:47	135	WILLIAM DOWNEY	56	PULASKI	0:12:39	0:47:52	0:29:16
10	1:29:54	101	RICK MANDERS	48	OSHAWA ONT.	0:14:54	0:48:07	0:26:53
11	1:30:19	140	WAYNE VANDERPOOL	39	WATERTOWN	0:11:21	0:47:10	0:31:48
12	1:32:10	109	DOUG LAYMAN	40	ONEONTA	0:13:13	0:46:56	0:32:01
13	1:32:13	202	BRANDI BOYANSKI	25	RICHMOND VA.	0:12:11	0:48:53	0:31:09
14	1:33:36	102	KEVIN ALEXANDER	41	OSHAWA ONT.	0:15:17	0:48:50	0:29:29
15	1:34:51	105	TOM KING	41	PULASKI	0:14:02	0:51:33	0:29:16
16	1:36:33	111	STEVE PLANTE	47	FAYETTEVILLE	0:15:01	0:47:49	0:33:43
17	1:38:57	214	NANCY PLANTE	42	WATERTOWN	0:13:38	0:49:38	0:35:41
18	1:39:00	211	MICHELLE HARRIS	31	BALTIMORE	0:16:30	0:52:10	0:30:20
19	1:40:03	141	PAUL BROWN	50	NEDROW	0:17:00	0:49:52	0:33:11
20	1:40:20	108	ALEX PUSZTAI	32	LIVERPOOL	0:13:40	0:49:17	0:37:23
21	1:40:33	121	GREGORY SCOTT	32	LIVERPOOL	0:15:28	0:52:26	0:32:39
22	1:42:24	119	WALTER RUDY	48	MARCELLUS	0:16:53	0:51:35	0:33:56
23	1:42:25	201	LINDA GRULICH	40	OSWEGO	0:17:03	0:51:22	0:34:00
24	1:42:32	207	ABBEY WATSON	23	FAYETTEVILLE	0:15:57	0:56:17	0:30:18
25	1:43:38	123	STEPHEN FITZGERALD	55	ADAMS	0:16:33	0:52:54	0:34:11
26	1:44:08	138	TERRY GARDNER	53	WATERTOWN	0:20:53	0:51:20	0:31:55
27	1:45:40	133	CHARLES MIX	51	HOLLAND PATENT	0:20:03	0:53:25	0:32:12
28	1:45:44	115	STEVE GAMBINO	38	NEWARK	0:15:13	0:50:19	0:40:12
29	1:45:58	124	JIM CLARK	45	EAST AURORA	0:21:19	0:54:46	0:29:53
30	1:46:08	116	JIM SCORDO	45	WATERTOWN	0:18:22	0:54:37	0:33:09
31	1:48:06	142	STEPHEN MIZGALA	33	SACKETS HARBOR	0:15:11	0:55:18	0:37:37
32	1:48:27	209	KARA RUSCH	35	REDWOOD	0:18:03	0:53:58	0:36:26
33	1:49:05	129	MICHAEL FARREL	24	MARYLAND	0:18:59	0:57:13	0:32:53
34	1:49:27	136	GREG LUDWIGSEN	47	OSWEGO	0:17:36	0:54:03	0:37:48
35	1:50:00	122	JOHN WINSLOW	35	LANSING	0:15:50	0:55:21	0:38:49
36	1:50:27	139	STEPHEN FOY	52	WATERTOWN	0:21:10	0:49:15	0:40:02
37	1:51:56	126	CRAIG VANBUREN	36	LOWVILLE	0:15:37	0:57:36	0:38:43
38	1:51:58	127	THOM COLLINS	51	CHAUMONT	0:15:54	0:58:52	0:37:12
39	1:57:01	106	BILL COUCH	39	WATERTOWN	0:13:20	0:58:10	0:45:31
40	1:57:12	131	MATT PAQUETTE	34	CENTRAL SQUARE	0:24:18	1:01:59	0:30:55
41	1:57:35	107	BRUCE KILHEFNER	53	BALDWINSVILLE	0:22:22	1:00:10	0:35:03
42	1:57:53	212	CHRISTINA LOWERY	34	CENTRAL SQUARE	0:23:58	1:00:17	0:33:38
43	1:59:06	120	DOUG MACQUEEN	25	SYRACUSE	0:17:47	1:06:52	0:34:27
44	1:59:17	112	RYAN RUSCH	13	REDWOOD	0:20:59	0:57:29	0:40:49
45	1:59:43	213	CAROL HEINICK	47	NORWOOD	0:25:17	0:54:09	0:40:17
46	2:00:28	130	JOHN HARRIS	32	BALTIMORE	0:30:00	0:53:58	0:36:30
47	2:02:37	208	CJ JACKSON	40	WATERTOWN	0:19:41	1:02:42	0:40:14

48	<b>2:02:51</b>	204	<b>SUE CZERWINSKI</b>	45	SYRACUSE		0:19:30	1:05:41	0:37:40
49	<b>2:05:12</b>	203	<b>HEATHER RUBINSTEIN</b>	30	SYRACUSE		0:19:40	0:59:11	0:46:21
50	<b>2:09:15</b>	143	<b>MARTIN KELLY</b>	49	ITHACA		0:21:07	1:00:00	0:48:08
51	<b>2:09:33</b>	210	<b>ELIZABETH BORTZ</b>	34	JACKSONVILLE FL		?	1:16:37	0:52:56
52	<b>2:10:40</b>	205	<b>DIANE VEZENDY</b>	14	RICHLAND		0:22:49	1:05:27	0:42:24
53	<b>2:17:38</b>	114	<b>ROBERT VEZENDY</b>	45	RICHLAND		0:26:25	1:05:04	0:46:09
54	<b>2:23:39</b>	206	<b>LORI VEZENDY</b>	42	RICHLAND		0:24:23	1:06:02	0:53:14
55	<b>2:30:52</b>	104	<b>ROBERT MCCAFFEREY</b>	31	OSWEGO		0:29:55	1:12:05	0:48:52