

# T3 Duathlon Series - Race 3 Results

May 16th, 2010

|    |                         |                          | <b>Bib #</b> | <b>Run 1</b> | <b>Bike</b> | <b>Bike Split</b> | <b>Run 2</b> | <b>Run Split</b> | <b>Final Time</b> |
|----|-------------------------|--------------------------|--------------|--------------|-------------|-------------------|--------------|------------------|-------------------|
| 1  | <b>Kevin Crossman</b>   | <b>South Glens Falls</b> | 41           | 8:21         | 26:35:00    | 18:14:00          | 35:33:00     | <b>8:58:00</b>   | <b>35:33:00</b>   |
| 2  | Nick Pasco              | Queensbury               | 44           | 8:38         | 28:17:00    | 19:39:00          | 37:43:00     | <b>9:26:00</b>   | 37:43:00          |
| 3  | Steven Vargo            | Shafsbury                | 46           | 8:39         | 28:39:00    | 20:00:00          | 38:52:00     | <b>10:13:00</b>  | 38:52:00          |
| 4  | Steve Becker            | Niskayuna                | 43           | 8:45         | 29:50:00    | 21:05:00          | 39:28:00     | <b>9:38:00</b>   | 39:28:00          |
| 5  | Gregory Billus          | Queensbury               | 45           | 9:41         | 30:09:00    | 20:28:00          | 40:50:00     | <b>10:41:00</b>  | 40:50:00          |
| 6  | David Meier-Arendt      | Glens Falls              | 49           | 9:08         | 31:15:00    | 22:07:00          | 41:28:00     | <b>10:13:00</b>  | 41:28:00          |
| 7  | Ryan Rath               | Ballston Spa             | 47           | 9:57         | 30:47:00    | 20:50:00          | 41:56:00     | <b>11:09:00</b>  | 41:56:00          |
| 8  | Neil Kelsey             | Queensbury               | 172          | 9:26         | 32:16:00    | 22:50:00          | 42:57:00     | <b>10:41:00</b>  | 42:57:00          |
| 9  | Jason Gardner           | Glens Falls              | 171          | 10:12        | 31:25:00    | 21:13:00          | 43:18:00     | <b>11:53:00</b>  | 43:18:00          |
| 10 | Matt Distler            | Glens Falls              | 180          | 9:09         | 33:47:00    | 24:38:00          | 43:20:00     | <b>9:33:00</b>   | 43:20:00          |
| 11 | Matthew Twinam          | Saratoga Springs         | 175          | 10:26        | 32:47:00    | 22:21:00          | 44:23:00     | <b>11:36:00</b>  | 44:23:00          |
| 12 | <b>Isabelle Dickens</b> | <b>South Glens Falls</b> | 428          | 10:04        | 33:36:00    | 23:32:00          | 44:23:00     | <b>10:47:00</b>  | <b>44:23:00</b>   |
| 13 | Mara Fronhofer          | Argyle                   | 170          | 10:31        | 32:50:00    | 22:19:00          | 44:30:00     | <b>11:40:00</b>  | 44:30:00          |
| 14 | John Cardinale          | Queensbury               | 178          | 10:24        | 33:54:00    | 23:30:00          | 45:07:00     | <b>11:13:00</b>  | 45:07:00          |
| 15 | Scott Wright            | Lake George              | 177          | 10:05        | 34:14:00    | 24:09:00          | 45:09:00     | <b>10:55:00</b>  | 45:09:00          |
| 16 | Andy Gordon             | Granville                | 174          | 10:07        | 34:33:00    | 24:26:00          | 45:55:00     | <b>11:22:00</b>  | 45:55:00          |
| 17 | Tracey Delaney          | Lake Luzerne             | 189          | 10:39        | 35:13:00    | 24:34:00          | 46:33:00     | <b>11:20:00</b>  | 46:33:00          |
| 18 | Carla Burhoe            | Diamond Point            | 181          | 11:12        | 34:38:00    | 23:26:00          | 46:58:00     | <b>12:20:00</b>  | 46:58:00          |
| 19 | Maureen Sara            | Queensbury               | 182          | 10:33        | 35:15:00    | 24:42:00          | 47:13:00     | <b>11:58:00</b>  | 47:13:00          |
| 20 | Van Fronhofer           | Salem                    | 179          | 11:31        | 34:11:00    | 22:40:00          | 48:07:00     | <b>13:56:00</b>  | 48:07:00          |
| 21 | Matthew McMorris        | Saratoga Springs         | 173          | 11:29        | 34:52:00    | 23:23:00          | 48:16:00     | <b>13:24:00</b>  | 48:16:00          |
| 22 | David Cann              | Queensbury               | 432          | 11:16        | 35:30:00    | 24:14:00          | 48:19:00     | <b>12:49:00</b>  | 48:19:00          |
| 23 | Jim Fox                 | Glens Falls              | 186          | 11:24        | 35:38:00    | 24:14:00          | 48:26:00     | <b>12:48:00</b>  | 48:26:00          |
| 24 | Carrie Mauro            | Queensbury               | 187          | 11:47        | 35:44:00    | 23:57:00          | 48:35:00     | <b>12:51:00</b>  | 48:35:00          |
| 25 | James Bogue             | Buskirk                  | 190          | 11:33        | 34:57:00    | 23:24:00          | 48:45:00     | <b>13:48:00</b>  | 48:45:00          |
| 26 | Gary Crossman           | Warrensburg              | 185          | 12:22        | 36:34:00    | 24:12:00          | 50:19:00     | <b>13:45:00</b>  | 50:19:00          |
| 27 | Ariel Dickson           | Victory Mills            | 184          | 11:03        | 38:56:00    | 27:53:00          | 50:39:00     | <b>11:43:00</b>  | 50:39:00          |
| 28 | Vincent Kirby           | Mechanicville            | 176          | 10:16        | 43:05:00    | 32:49:00          | 54:33:00     | <b>11:28:00</b>  | 54:33:00          |
| 29 | Deana Endieveri         | South Glens Falls        | 188          | 13:00        | 42:31:00    | 29:31:00          | 57:30:00     | <b>14:59:00</b>  | 57:30:00          |
| 30 | Lisa Rozell             | Queensbury               | 430          | 12:59        | 42:30:00    | 29:31:00          | 57:30:00     | <b>15:00:00</b>  | 57:30:00          |
| 31 | Kaitlyn Hansen          | South Glens Falls        | 191          | 14:50        | 46:57:00    | 32:07:00          | 62:47:00     | <b>15:50:00</b>  | 62:47:00          |
| 32 | Tom Hansen              | South Glens Falls        | 183          | 14:50        | 47:00:00    | 32:10:00          | 62:48:00     | <b>15:48:00</b>  | 62:48:00          |
| 33 | Kathy Pfeiffer          | Queensbury               | 193          | 14:13        | 48:51:00    | 34:38:00          | 64:57:00     | <b>16:06:00</b>  | 64:57:00          |
| 34 | Debbie LaPier           | Queensbury               | 192          | 15:53        | 51:40:00    | 35:47:00          | 70:03:00     | <b>18:23:00</b>  | 70:03:00          |
| 35 | Jan Sorrentino          | Glens Falls              | 431          | 16:31        | 52:34:00    | 36:03:00          | 72:26:00     | <b>19:52:00</b>  | 72:26:00          |
| 36 | Paul Crossman           | Warrensburg              | 429          | 19:57        | 54:23:00    | 34:26:00          | 76:28:00     | <b>22:05:00</b>  | 76:28:00          |
| 37 | Patrick O'Keeffe        | Queensbury               | 42           |              |             | 0:00:00           |              | <b>0:00:00</b>   | DNS               |

## Course Records

### RUN 1

|                                 |         |
|---------------------------------|---------|
| Kevin Crossman (May 16th, 2010) | 8:21:00 |
| Heidi Underwood (May 2nd, 2010) | 9:51:00 |

### BIKE

|                                 |          |
|---------------------------------|----------|
| Kevin Crossman (May 16th, 2010) | 18:14:00 |
| Mara Fronhofer (May 2nd, 2010)  | 21:32:00 |

### RUN 2

|                                 |          |
|---------------------------------|----------|
| Kevin Crossman (May 16th, 2010) | 8:58:00  |
| Heidi Underwood (May 2nd, 2010) | 10:30:00 |

### Overall Course Records

|                                 |          |
|---------------------------------|----------|
| Kevin Crossman (May 16th, 2010) | 35:33:00 |
| Heidi Underwood (May 2nd, 2010) | 42:34:00 |

T3 Duathlon Series - Race 3 Results  
May 16th, 2010