

DeRuyter Lake General Store Triathlon

September 2009

Name	Town	Total Time	Place
Team: Three Dumb Contractors	Johnson City	1:09:57	First Place Team
Ryan Siebert	Long Island	1:11:17	First Place Male
Jim Cunningham and Brad Helmetsie	Ithica	1:16:26	
Peter and Ethan Johanns	Van Etten	1:17:58	
Alex Johnson	Baldwinsville	1:18:16	
Team: We should still be sleeping			
Grover, Novakofski, Ingall	Lansing	1:18:24	
Jesse Schallek	Syracuse	1:22:06	
Dave Kalt	Freeville	1:22:44	
Mary Fletcher	Fayetteville	1:27:57	First Place Female
Steve McCormick	Manlius	1:29:53	
Team: Robison	Manlius	1:32:10	
Brian Farrell	Ithaca	1:32:45	
Bob Alter	DeRuyter	1:33:24	
Stan Selwach	Liverpool	1:35:31	
Robert Rhea	Cortland	1:45:50	
Denise Siebert	E. Patchogue	1:46:30	
Deborah Rhea	Cortland	1:56:45	
Tim Glisson	DeRuyter Lake	1:57:33	
David Pilcher	DeRuyter	2:13:10	

Swim: 1/2 Mile

Bike: 15.9 Miles

Run: 3 Miles