

2021 Splash & Dash Postal Sprint Pentathlon (2/1/2021 – 2/28/2021)

Hosted by Albany Armada Aquatic Masters

First Name	Last Name	Age (As of 2/28/2021)	USMS Club	50 Fly Time	50 Back Time	50 Breaststroke Time	50 Freestyle Time	100 IM Time	Age Group Winner	Total Time
Men 18-24 Age Group										
Sam	Gleason	24	ALB	31.99	34.99	-	25.99	1:07.99	No Winner	-
Christopher	Chuck	24	ALB	-	-	-	32.98	-	No Winner	-
Stephen	Liu	23	ALB	43.25	45.72	-	29.57	-	No Winner	-
Women 18-24 Age Group										
Miriam	Eide	22	ALB	30.99	34.99	38.99	29.99	1:11.99	Winner	3:26.95
Sonia	Martin	23	CSTS	31.2	33.4	41.26	28.33	1:15.45		3:29.64
Gianna	Iacobacci	22	CSTS	31.99	-	-	29.99	1:21.99		-
Carrina	Iacobacci	20	CSTS	-	-	-	30.99	-		-
Men 25-29 Age Group										
Michael	Thomas	28	MVM	29.22	34.58	38.92	28.9	1:11.89	Winner	3:23.51
Women 25-29 Age Group										
Caitlin	Heffley	28	ALB	35.99	38.99	45.99	30.99	1:20.99	Winner	3:52.95
Men 30-34 Age Group										
Alexander	Roszbach	30	ALB	28.54	32.06	38.81	26.43	1:07.91	Winner	3:13.75
Craig	Ng	33	ALB	-	1:32.34	-	1:11.05	-		-
Women 30-34 Age Group										
Jing	Li	32	SMM	28.99	32.99	35.99	27.99	1:06.99	Winner	3:12.95
Jennifer	Lo	33	AAM	34.97	36.47	36.77	30.19	1:13.37		3:31.77
Morgan	Anderson	30	ALB	37.44	36.82	47.34	-	-		-
Julia	Fogelson	31	ALB	43.06	52.9	56.25	-	-		-
Namita	Trikannad	31	ALB	-	58.7	1:07.05	48.9	1:58.65		-
Men 35-39 Age Group										
Sergey	Mozharov	36	CSTS	25.99	29.99	32.99	24.99	1:03.99	Winner	2:57.95
Women 35-39 Age Group										
Jessica	Ross	39	ALB	37.8	39.43	42.52	32.06	1:22.16	Winner	3:53.97
Donita	Flecker	38	SMAC	41.06	39.42	45.41	34.68	1:28.37		4:08.94
Sarah	King	37	CONN	1:17.99	1:16.99	1:20.99	55.99	2:34.99		7:08.96
Men 40-44 Age Group										
Kevin	Waterson	41	DAM	31.76	32.17	38.08	27.78	1:09.90	Winner	3:19.69
Naoki	Matsumura	44	SCSC	29.99	36.99	39.99	28.99	1:13.99		3:29.95
Women 40-44 Age Group										
Niki	Woodard	44	PT	31.69	36.16	38.85	28.6	1:13.05	Winner	3:28.35
Bonnie	Tsui	44	ALB	36.36	38.36	39.07	32.7	1:18.33		3:44.82
Hailey	Hibler	42	ALB	39.8	35.8	42.19	29.22	1:19.96		3:46.97
Caron	Lee	44	ALB	33.27	36.9	45.75	31.5	1:21.31		3:48.73
Sabine	Klensch	40	ECAM	39.58	40.05	42.53	32.12	1:22.41		3:56.69

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Rachel	Limon	40	CSTS	38.75	40.12	40.71	33.89	1:23.34		3:56.81
Laura	Feeney	42	ALB	37.8	37.96	46.05	32.98	1:24.94		3:59.73
Melanie	Belluomini	43	DAM	35.99	38.99	47.99	33.99	1:24.99		4:01.95
Kelly	Toth	41	CSTS	41.46	41.02	44.82	32.82	1:28:13		4:08.25
Adrienne	Forkois	42	SPM	-	-	-	-	-		-
Men 45-49 Age Group										
Joseph	Berglund	46	SMAC	30.99	34.99	36.99	29.99	1:10.99	Winner	3:23.95
Brandon	Robinson	47	CSTS	30.63	36.58	38.25	27.97	1:13.08		3:26.51
Greg	Sabatini	45	RPM	35.51	34.92	39.36	28.76	1:17.24		3:35.79
John	Polos	47	ALB	45	43.86	48.62	34.76	1:34.28		4:26.52
Jacob	Brownlow	46	ALB	38.45	43.98	40.09	34.25	-		-
Women 45-49 Age Group										
Tonia	Lowe	49	ALB	38.95	41.8	43.89	31.75	1:23.12	Winner	3:59.51
Helen	Garcia	45	ALB	38.83	39	41.22	34.02	1:28.26		4:01.33
Rebecca	Long	48	ALB	48.53	48.33	1:00:53	45	1:48:27		5:10.66
Jane	Nicholson	48	CSTS	-	-	-	45.99	-		-
Ann Michelle	Ongerth	46	WCM	42.58	47.96	-	36.14	1:36.59		-
Rebecca	Prince	47	ALB	57.25	53.31	-	44.76	-		-
Men 50-54 Age Group										
Jeffrey	Foster	54	MEMO	-	44.19	38.7	31.45	1:22.47	No Winner	-
Women 50-54 Age Group										
Cornelia	Bleul-Gohlke	54	ALB	35.99	35.8	39.84	29.8	1:15.8	Winner	3:37.23
Christina	Cavalli	52	MEMO	40.99	40.56	46.1	33.95	1:26.94		4:08.54
Karen	Harris	54	RPM	40.35	42.96	48.09	36.51	1:40.75		4:28.66
Anna	Giske	51	ALB	48.57	44.99	52.47	38	1:38.87		4:42.90
Myra	Chachkin	52	MAM	52.5	51.45	59.89	42.28	1:58.99		5:25.11
Sarah	Pritchard	54	ALB	-	-	-	-	1:55:20		-
Meghan	Ward	50	ALB	-	50.78	-	46.71	-		-
Men 55-59 Age Group										
Tom	Harvill	59	WAMS	25.35	29.2	32.27	23.21	59.98	Winner	2:50.01
Al	Jaegers	58	WAMS	27.5	28.88	32.59	25.34	1:04.10		2:58.41
Samuel	McAdam	55	DAM	28.86	31.64	33.08	27.16	1:04.61		3:05.35
Greg	Laudenslager	59	RHMS	32.61	35.35	34.14	28.15	1:11.74		3:21.99
Ken	Thomas	59	CSTS	31.99	37.99	36.99	28.99	1:13.99		3:29.95
Mike	Grace	59	AAM	32.91	37.08	39.98	28.49	1:15.73		3:34.19
Sid	Levy	57	MAM	32.99	37.5	42.99	30.99	1:17.99		3:42.46
James	Beale	55	PT	33.4	38.86	42.5	30	1:18.70		3:43.46
Steve	McAdams	56	LOM	36.58	39.37	45.08	31.64	1:22.49		3:55.16
Steve	Trutane	55	ALB	40.32	46.02	47.53	32.84	1:32.52		4:19.23
Chris	Campbell	59	MVM	40.99	43.99	48.99	34.99	1:31.99		4:20.95

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Women 55-59 Age Group										
Catherine	Wachtler	57	CSTS	41.51	43.39	45.65	32.84	1:29.25	Winner	4:12.64
Emily	Shepard	59	ALB	44.51	42	47.08	38.17	1:36:05		4:27.81
Jennifer	Phalen	56	DAM	46.99	46.99	45.99	34.99	1:36.99		4:31.95
Laurie	Amaro	56	ALB	46.96	47.1	46.14	36.54	1:37:39		4:34.13
Natalie	Amundsen	55	CSTS	44.99	49.99	47.99	40.99	1:37.99		4:41.95
Janette	Dolan	55	CSTS	48.57	50.95	48.97	40.19	1:46.66		4:55.34
Leah	Carroll	59	ALB	49.88	52.92	53.4	49.63	1:53.98		5:19.81
Lisa	Asta	55	WCM	1:04.61	58.67	1:07.30	56	2:10.37		6:16.95
Margaret	Fink	56	RHMS	1:09.99	1:11.99	1:09.99	51.99	2:22.99		6:46.95
Men 60-64 Age Group										
Todd	Stein	60	PT	32.4	38.17	41.6	30.75	1:21.44	Winner	3:44.36
Robert	Lipton	62	ALB	-	43.08	50.49	38.54	-		-
Raymond	Nip	60	ALB	-	1:38.41	1:16.11	1:04.81	-		-
Seth	Schapiro	60	ALB	-	52.54	50.34	40.88	-		-
Women 60-64 Age Group										
Merrie	Walts	60	SRM	34.45	33.67	38.7	29.65	1:14.31	Winner	3:30.78
Suzanne	Heim-Bowen	62	WCM	34.31	35.32	44.06	30.4	1:20.51		3:44.60
Susan	Haufler	63	MEMO	45.8	42.2	49.2	31.9	1:32.7		4:21.80
Kelly	Woodard	60	ALB	48.13	43.99	51.53	35.85	1:35:09		4:34.59
Elizabeth	McCarthy	64	UC38	45.88	50.61	56.48	37.87	1:45.17		4:56.01
Pamela	Ogden	64	MINN	58.99	55.99	1:00.99	40.99	1:51.99		5:28.95
Kate	Mehler	63	ALB	55.99	1:02.99	1:06.99	49.99	2:01.99		5:57.95
Lisa	Ryner	63	CSTS	-	-	-	32.99	-		-
Men 65-69 Age Group										
Craig	Ottersen	68	SACMA	30.05	34.22	33.06	27.06	1:08.25	Winner	3:12.64
Stephen	Small	68	MEMO	36.25	41.02	41.28	31.63	1:22.39		3:52.57
Jeffrey	Citron	65	MEMO	40.48	37.73	43.26	31.55	1:25.07		3:58.09
Bob	Anderson	65	PCCM	40.9	44.54	39.99	34.54	1:24.54		4:04.51
David	Madison	67	LOM	41.99	42.99	44.99	32.99	1:28.99		4:11.95
Eric	Hektner	63	SMAC	-	-	0:39.06	0:33.71	-		-
Scott	Hoag	66	CSTS	-	-	-	31.99	1:31.99		-
David	Woodruff	64	DAM	-	-	-	-	1:22.22		-
Women 65-69 Age Group										
Linda	Hepworth	67	RHMS	45.08	43.22	52.65	33.72	1:34.21	Winner	4:28.88
Teddy	Palmer	66	WCM	39.45	49.15	59.12	38.4	1:44.10		4:50.22
Phyllis	Quinn	65	TOC	49.8	45.44	56.13	41.22	1:40.22		4:52.81
Barbara	Beery	69	ALB	-	1:02.26	1:10.67	45.62	2:11.63		-
Men 70-74 Age Group										
Andrew	McPherson	73	DAM	33.67	35.38	37.18	31.42	1:11.11	Winner	3:28.76
Alan	Bernard	71	TAM	31.48	35.79	40.29	28.71	1:15.91		3:32.18

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Jon	Rosenberg	72	LNRS	51.99	1:06.99	45.99	35.99	1:41.99		5:02.95
Andrew	Wallach	72	ECAM	-	-	55.99	46.99	2:00.99		-
Women 70-74 Age Group										
Ruth	Shaps	73	MAM	48.99	44.99	56.99	37.3	1:36.99	Winner	4:45.26
Annette	Coholan	72	RHMS	57.25	59.16	54.15	43.46	1:52:13		5:26.15
Jane	Dulay	70	ALB	-	1:21.69	-	1:08.73	-		-
Jenny	Holland	70	ALB	54.18	56.08	56.89	48.18	-		-
Men 75-79 Age Group										
Richard	Burns	77	TAM	31	33.33	42.6	31.47	1:15.92	Winner	3:34.32
Women 75-79 Age Group										
Leslie	Westergaard	78	DAM	-	53.99	-	48.99	-	No Winner	-
Women 80-84 Age Group										
Anice	Flesh	84	MAQ	1:10:39	1:28:39	1:19:39	:56:99	2:10:39	Winner	7:05.55
Men 85-89 Age Group										
John	Sulzbach	86	MELO	1:24.99	1:01.99	1:10.99	0:51.99	2:27.99	Winner	6:57.95