

**2025 Distance Non-Free Challenge; final results as of 8/20/25**  
**(Shading is to indicate age groups and gender)**

Records, historical results, top 10, etc. can be found on the  
[Distance Non-Free Virtual Challenge page on the Albany Armada Aquatics site,](#)

<https://www.gomotionapp.com/team/pcaa/page/masters-/distance-fly-challenge>  
**(Albany Armada Aquatics-->Armada Masters-->Distance Fly Virtual Challenge)**

**BUTTERFLY RESULTS**

Gender + Age group	Last Name	First Name	State	USMS Club	Age as of 12/31/25	500 Fly Time	Age group place	Record?	1000 Fly Time	Age group place	Record?	1650 Fly Time	Age group place	Record?
30-34F	Ferroggiaro	Alex	CA	USF	34	08:10.00	1	Y						
40-44F	Flecker	Donita	CA	SMAC	43	10:57.90	1	N						
40-44F	King	Sarah	OH	CONN	42	20:14.66	2							
40-44F	Ritter	Jennifer	FL	BSS	42							26:57.67	1	Y
45-49F	Belluomini	Melanie	CA	DAM	48	10:04.99	1	Y						
60-64F	Carroll	Leah	CA	ALB	64	10:13.09	2		21:33.98	4		35:40.91	2	
60-64F	Focha	Teresa	CA	ALB	64	10:18.99	4		20:08.44	2		33:49.72	1	Y
60-64F	Phalen	Jennifer	CA	DAM	61	10:13.76	3		21:01.99	3		37:32.78	3	
60-64F	Russell	Jane	CA	DAM	62	08:42.03	1	Y	17:54.19	1	Y			
65-69F	Bergmann	Susan	CA	TEME	66							41:39.19	1	N
65-69F	Kratz	Peggy	MN	MINN	65	08:19.24	1	Y	17:07.55	1	Y			
70-74F	Gill	Kathy	CA	DAM	71	13:20.99	1	Y						
70-74F	Lantz	Katy	CA	DAM	72	14:39.99	2							
Total Female participants						11			5			5		

Gender + Age group	Last Name	First Name	State	USMS Club	Age as of 12/31/25	500 Fly Time	Age group place	Record?	1000 Fly Time	Age group place	Record?	1650 Fly Time	Age group place	Record?
18-24M	Xu	D Michael	CA	STAN	24	07:23.99	1	Y	19:07.99	1	Y	33:40.99	1	N
25-29M	Filipovic	Eddie	NJ	RMT	28							26:49.24	1	N
30-34M	Thomas	Michael	CA	MVM	33	05:25.86	1	Y	11:20.65	1	Y	22:30.57	1	N
40-44M	Jurczak	Thomas	GA	ART	40	08:06.99	1	Y	17:33.99	1	Y	29:34.99	1	
45-49M	Kilburn	David	OR	OREG	48	09:47.99	1	Y						
50-54M	Solares	Santiago	MD	TERR	52	08:09.98	1	N						
55-59M	Rubacky	Mark	NC	NCMS	56	08:36.65	1	Y	17:05.79	1	Y	29:07.79	1	N
60-64M	Kough	David	KS	MOVY	62	08:15.80	1	Y	16:56.14	1	Y	29:28.12	1	N
65-69M	Blake	Anthony	CA	PVMA	67	10:31.25	3		22:08.04	2		38:23.18	2	N
65-69M	Grassell	Duane	OH	O*H*	68	12:56.65	6							
65-69M	Rostek	Rick	OK	TULS	66	08:21.85	1	Y						
65-69M	Schoenborn	Richard	FL	GOLD	68	10:36.74	4							
65-69M	Woodruff	David	CA	DAM	69	11:18.99	5							
65-69M	Wright	Gary	AR	DOC	69	10:04.99	2		21:12.17	1	Y	34:59.14	1	N

75-79M	Durell	Bill	FL	MINN	75	13:14.34	1	Y	26:54.84	1	Y	47:41.99	1	Y
80-84M	Becker	Jim	NY	ADMS	80	11:25.99	1	Y						
Total male participants						15			8			9		
Total participants, all genders						26			13			14		

## BACKSTROKE RESULTS

Gender + Age group	Last Name	First Name	State	USMS Club	Age as of 12/31/24	500 Back Time	Age group place	Record?	1000 Back time	Age group place	Record?	1650 Back Time	Age group place	Record?
25-29F	Ricci	Alice	MD	GERM	26				14:36.69	1	Y			
30-34F	Cichocki	Brett	WA	UC36	33	10:20.99	2							
30-34F	Ferroggiaro	Alex	CA	USF	34	08:21.62	1	Y						
35-39F	Stephensen	Kate	CA	DAM	36							24:45.00	1	Y
40-44F	Boyd	Crystal	MN	MINN	40				16:29.67	1	Y			
40-44F	King	Sarah	OH	CONN	42	16:45.61	3							
40-44F	Mahoney	Elise	OR	OREG	41	06:41.10	1	Y						
40-44F	Ritter	Jennifer	FL	BSS	42							27:50.17	1	N
40-44F	Tosh	Megan	OR	OREG	40	08:17.01	2							
45-49F	Groskopf	Sarah	CA	HTUB	45	09:04.68	1	Y						
50-54F	Calub	Tina	IL	IM	52	08:21.15	2							
50-54F	Graves	Michele	MN	MINN	54	07:55.65	1	Y						
55-59F	Moreira	Pauline	CA	DAM	59	09:19.22	1	N						
60-64F	Carroll	Leah	CA	ALB	64	09:24.84	7		19:20.67	6		32:44.26	6	
60-64F	Daubersmith	Britta	OR	OREG	60	07:42.23	2		15:55.97	2		26:16.49	2	
60-64F	Focha	Teresa	CA	ALB	64	09:21.78	6		18:48.50	5		31:09.53	5	
60-64F	Houlihan	Myla	CA	PSWIM	62	07:35.99	1	Y	15:27.99	1	Y	25:20.40	1	Y
60-64F	Phalen	Jennifer	CA	DAM	61	09:03.99	5		18:25.60	4		30:54.32	4	
60-64F	Russell	Jane	CA	DAM	62	08:03.29	3		16:07.59	3		27:12.79	3	
60-64F	Yancher	Lynda	CA	DAM	62	08:19.13	4							
65-69F	Kreitzman	Martha	WI	WISC	66	09:22.99	1	Y	19:36.99	1	Y	32:56.99	1	Y
70-74F	Bolz	Sarah	WI	WISC	70	09:21.99	1	Y	19:01.99	1	Y	32:42.99	1	Y
70-74F	Gill	Kathy	CA	DAM	71	10:54.99	2		22:55.99	2				
70-74F	Lantz	Katy	CA	DAM	72	10:56.99	3							
75-79F	Atkinson	Fiona	MA	NEM	75	09:56.35	1	Y						
80-84F	Westergaard	Leslie	CA	DAM	82	12:00.99	1	N	24:54.99	1	N			
Total female participants						22			12			10		
Gender + Age group	Last Name	First Name	State	USMS Club	Age as of 12/31/24	500 Back Time	Age group place	Record?	1000 Back time	Age group place	Record?	1650 Back Time	Age group place	Record?
18-24M	Xu	D Michael	CA	STAN	24	07:46.99	1	Y	17:22.99	1	Y	29:50.99	1	Y
30-34M	Thomas	Michael	CA	MVM	33	05:29.77	1	Y	11:30.44	1	Y	19:58.46	1	Y

35-39M	Christensen	Jon	CA	USF	35	05:45.97	1	Y						
35-39M	Gonzales	Adam	CA	FLOW	36							24:28.01	1	Y
35-39M	Swartz	Drew	CA	AAM	37	06:46.90	2							
40-44M	Jurczak	Thomas	GA	ART	40	06:48.99	1	Y	14:20.99	1	Y	25:10.99	2	
40-44M	Vu	Khoa	CA	FLOW	43							25:18.86	3	
40-44M	Weiner	Kevin	CA	MAM	43							21:09.34	1	Y
45-49M	Gold	Steven	FL	BSS	48							23:40.39	2	
45-49M	Kilburn	David	OR	OREG	48	06:12.87	1	Y	12:40.00	1	Y	21:42.53	1	Y
55-59M	Rubacky	Mark	NC	NCMS	56	08:15.36	1	Y	16:31.40	1	Y	27:03.76	1	N
60-64M	Kough	David	KS	MOVY	62	07:44.55	1	N	15:33.86	1	N	26:58.50	1	N
65-69M	Blake	Anthony	CA	PVMA	67	08:52.08	1	Y	17:41.09	1	Y			
65-69M	Grassell	Duane	OH	O*H*	68	10:18.87	3		21:14.50	3		35:41.30	2	
65-69M	Moss	Rick	CA	DAM	68	11:03.50	4							
65-69M	Wright	Gary	AR	DOC	69	10:03.99	2		19:28.59	2		33:40.48	1	Y
70-74M	Baker	Stephen	CA	PSWIM	71	09:06.99	1	N						
75-79M	Durell	Bill	FL	MINN	75	08:55.72	1	Y	18:59.75	1	Y	31:15.99	1	N
75-79M	McDonald	Robert	OH	O*H*	76	09:35.99	2		19:44.99	2		33:19.99	2	
75-79M	Rutenberg	Howard	AR	LRM	78	11:10.85	3		22:49.14	3				
75-79M	Sears	Tom	CA	MEMO	78	14:45.99	4							
80-84M	Becker	Jim	NY	ADMS	80									
Total male participants							17			12			14	
<b>Total participants, all genders</b>							<b>39</b>			<b>24</b>			<b>24</b>	

## BREASTSTROKE RESULTS

Gender + Age group	Last Name	First Name	State	USMS Club	Age as of 12/31/24	500 Breast Time	Age group place	Record?	1000 Breast Time	Age group place	Record?	1650 Breast Time	Age group place	Record?
30-34F	Darby	Kate	CA	DAM	34	08:46.99	1	Y						
30-34F	Kosakowski	Joanna	OH	BGSU	32	10:24.78	2							
30-34F	Tran	Jennifer	WA	PSM	30	14:02.82	3		24:26.42	1	Y	40:57.25	1	Y
40-44F	Au Brinkmeyer	Lauren	CA	MAM	41	07:42.51	1	Y						
40-44F	Ritter	Jennifer	FL	BSS	42							29:00.19	1	Y
60-64F	Carroll	Leah	CA	ALB	64	10:41.59	3		21:23.25	3		36:16.31	3	
60-64F	Ducey	Maria	CA	AAM	62	17:15.09	5							
60-64F	Focha	Teresa	CA	ALB	64	11:05.94	4		22:17.47	4		38:12.16	4	
60-64F	Phalen	Jennifer	CA	DAM	61	09:22.11	2		18:43.99	1	Y	32:15.62	2	
60-64F	Russell	Jane	CA	DAM	62	09:15.56	1	N	18:50.81	2		31:40.64	1	N
65-69F	Kreitzman	Martha	WI	WISC	66	09:34.99	1	Y	19:39.99	1	Y	33:25.99	1	Y
70-74F	Bolz	Sarah	WI	WISC	70	10:34.99	1	Y	21:48.99	1	Y	36:03.99	1	Y
70-74F	Lantz	Katy	CA	DAM	72	11:26.99	2							
75-79F	Ewing	Nancy	CA	ALB	78							41:27.40	1	Y

Total female participants						12			7			9		
Gender + Age group	Last Name	First Name	State	USMS Club	Age as of 12/31/24	500 Breast Time	Age group place	Record?	1000 Breast Time	Age group place	Record?	1650 Breast Time	Age group place	Record?
18-24M	Xu	D Michael	CA	STAN	24	08:39.99	1	Y	18:37.99	1	Y	32:42.99	1	Y
30-34M	Thomas	Michael	CA	MVM	33	05:50.43	1	Y	11:56.74	1	Y	23:58.77	1	Y
35-39M	Schmidt	Ethan	CA	ALB	36	07:59.83	1	Y	16:33.54	1	Y	29:14.24	1	Y
40-44M	Deurmeyer	Aaron	MN	MINN	41	07:45.34	2		16:30.28	1	Y	26:31.04	1	Y
40-44M	Jurczak	Thomas	GA	ART	40	07:36.99	1	Y	16:42.99	2		28:26.99	2	
45-49M	Kilburn	David	OR	OREG	48	08:47.99	1	N	18:28.99	1	Y	30:51.99	1	N
55-59M	Rubacky	Mark	NC	NCMS	56	08:03.74	1	Y	17:16.88	1	Y	28:50.00	1	N
60-64M	Kough	David	KS	MOVY	62	08:41.11	1	Y	17:26.42	1	Y	29:37.57	1	Y
65-69M	Blake	Anthony	CA	PVMA	67	13:08.90	3		26:47.69	2		44:26.09	2	
65-69M	Grassell	Duane	OH	O*H*	68	12:19.90	2							
65-69M	Wright	Gary	AR	DOC	69	09:55.99	1	N	20:31.90	1	Y	33:09.66	1	Y
70-74M	Baker	Stephen	CA	PSWIM	71	09:47.99	1	N						
75-79M	Durell	Bill	FL	MINN	75	10:27.60	2		21:13.56	1	Y	35:03.38	1	Y
75-79M	Firmin	Rob	CA	ALB	77	09:49.78	1	Y						
75-79M	Sears	Tom	CA	MEMO	78	20:30.99	3							
80-84M	Becker	Jim	NY	ADMS	80	10:34.99	1	Y	21:47.99	1	Y	35:48.99	1	Y
Total male participants						16			12			12		
Total participants, all genders						28			19			21		