

2008 Ballston Spa Holiday Classic - 12/13/08**Results - Session 1****Women 18-24 1650 Yard Freestyle**

Name	Age	Team	Finals Time
1 Coonrod, Meghan E	23	Adirondack Masters-AD	30:04.99
39.69 45.46 48.94	50.53	51.38 52.16 53.17	53.47
54.63 54.11 54.56	55.29	55.98 55.30 56.24	56.44
55.71 55.42 56.76	57.22	56.74 56.70 57.87	56.39
56.63 56.65 57.14	58.20	57.81 58.10 57.65	57.81 54.84

Women 18-24 50 Yard Backstroke

1 Gawrys, Kate	23	Adirondack Masters-AD	48.10
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Women 18-24 25 Yard Breaststroke

1 Coonrod, Meghan E	23	Adirondack Masters-AD	18.33
2 Gawrys, Kate	23	Adirondack Masters-AD	21.31

Women 18-24 50 Yard Breaststroke

1 Gawrys, Kate	23	Adirondack Masters-AD	45.28
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Women 18-24 100 Yard Breaststroke

1 Gawrys, Kate	23	Adirondack Masters-AD	1:39.31
46.08 53.23			

Women 18-24 25 Yard Butterfly

1 Coonrod, Meghan E	23	Adirondack Masters-AD	16.09
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Women 18-24 50 Yard Butterfly

1 Coonrod, Meghan E	23	Adirondack Masters-AD	37.02
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Women 18-24 100 Yard IM

1 Coonrod, Meghan E	23	Adirondack Masters-AD	1:23.25
36.14 47.11			

Women 25-29 50 Yard Backstroke

1 Chrispell, Miranda	25	Adirondack Masters-AD	34.12
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Women 25-29 100 Yard Backstroke

1 Chrispell, Miranda	25	Adirondack Masters-AD	1:12.29
35.09 37.20			

Women 30-34 50 Yard Freestyle

1 Betit, Gabrielle L	32	New England Masters-NE	32.88
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Women 30-34 100 Yard Freestyle

1 Flanagan, Jennifer	30	Adirondack Masters-AD	57.97
27.54 30.43			

Women 30-34 100 Yard Breaststroke

1 Flanagan, Jennifer	30	Adirondack Masters-AD	1:11.87
33.64 38.23			

Women 30-34 50 Yard Butterfly

1 Flanagan, Jennifer	30	Adirondack Masters-AD	30.96
2 Betit, Gabrielle L	32	New England Masters-NE	36.37

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Women 40-44 25 Yard Freestyle

1 Campbell, Margaret B	41 New England Masters-NE	14.85
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Women 40-44 50 Yard Freestyle

1 Congdon, Jill T	40 New England Masters-NE	33.36
2 Campbell, Margaret B	41 New England Masters-NE	33.71

Women 40-44 100 Yard Freestyle

1 Campbell, Margaret B	41 New England Masters-NE	1:19.23
36.14 43.09		

Women 40-44 50 Yard Breaststroke

1 Congdon, Jill T	40 New England Masters-NE	41.56
2 Campbell, Margaret B	41 New England Masters-NE	44.52

Women 40-44 50 Yard Butterfly

1 Campbell, Margaret B	41 New England Masters-NE	41.73
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Women 40-44 100 Yard IM

1 Congdon, Jill T	40 New England Masters-NE	1:23.79
46.00 37.79		

Women 45-49 100 Yard Freestyle

1 Byer, Karen S	48 Adirondack Masters-AD	1:06.28
31.94 34.34		
2 Gigliotti, Therese M	45 Adirondack Masters-AD	1:15.68
36.99 38.69		

Women 45-49 200 Yard Freestyle

1 Washburn, Lynette A	45 Adirondack Masters-AD	2:20.93
31.62 35.23 36.86	37.22	
2 Byer, Karen S	48 Adirondack Masters-AD	2:23.97
32.61 36.06 37.99	37.31	
3 Gigliotti, Therese M	45 Adirondack Masters-AD	2:46.61
38.04 42.11 43.58	42.88	

Women 45-49 500 Yard Freestyle

1 Byer, Karen S	48 Adirondack Masters-AD	6:22.76
33.72 36.26 38.06	38.51 39.04 39.45 39.91 39.60	
40.06 38.15		

Women 45-49 50 Yard Breaststroke

1 Gigliotti, Therese M	45 Adirondack Masters-AD	46.10
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Women 45-49 100 Yard Breaststroke

1 Washburn, Lynette A	45 Adirondack Masters-AD	1:19.26
37.43 41.83		

Women 45-49 100 Yard IM

1 Washburn, Lynette A	45 Adirondack Masters-AD	1:12.12
34.98 37.14		
2 Byer, Karen S	48 Adirondack Masters-AD	1:18.06
38.27 39.79		

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Women 50-54 50 Yard Freestyle

1 Coonrod, Joan M 53 Adirondack Masters-AD 44.87

Women 50-54 200 Yard Freestyle

1 Wells, Valerie 51 Adirondack Masters-AD 2:45.53

Women 50-54 500 Yard Freestyle

1 Wells, Valerie 51 Adirondack Masters-AD 7:16.13
 38.34 43.20 43.89 44.98 45.41 44.99 45.01 44.78
 44.51 41.02

Women 50-54 1000 Yard Freestyle

1 Coonrod, Joan M 53 Adirondack Masters-AD 21:19.46
 51.94 1:01.86 1:02.71 1:03.88 1:03.59 1:05.85 1:04.84 1:04.51
 1:04.88 1:06.09 1:06.34 1:06.38 1:04.73 1:04.88 1:06.80 1:05.48
 1:05.54 1:05.34 1:04.57 59.25

Women 50-54 200 Yard Backstroke

1 Wells, Valerie 51 Adirondack Masters-AD 3:16.25
 53.00 49.00 52.00 42.25

Women 50-54 25 Yard Butterfly

1 Coonrod, Joan M 53 Adirondack Masters-AD 21.31

Women 50-54 100 Yard IM

1 Coonrod, Joan M 53 Adirondack Masters-AD 2:02.67
 56.71 1:05.96

Women 55-59 100 Yard Freestyle

1 Clement, Peg L 55 Adirondack Masters-AD 1:14.21
 34.73 39.48

Women 55-59 500 Yard Freestyle

1 Clement, Peg L 55 Adirondack Masters-AD 7:04.83
 38.14 42.00 42.97 43.34 43.34 43.54 43.52 43.15
 43.58 41.25

Women 55-59 25 Yard Breaststroke

1 Hecker, Jean M 56 Adirondack Masters-AD 18.33

Women 55-59 100 Yard IM

1 Clement, Peg L 55 Adirondack Masters-AD 1:23.51
 39.59 43.92

Women 60-64 50 Yard Freestyle

1 Cheriton, Lorna M 60 New England Masters-NE 37.54

Women 60-64 50 Yard Backstroke

1 Cheriton, Lorna M 60 New England Masters-NE 43.62

Women 60-64 50 Yard Breaststroke

1 Cheriton, Lorna M 60 New England Masters-NE 47.31

Women 60-64 100 Yard IM

1 Cheriton, Lorna M 60 New England Masters-NE 1:36.64

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45.22 51.42

Men 18-24 50 Yard Freestyle

1 Mottola, Michael C 22 Adirondack Masters-AD 23.70

Men 18-24 100 Yard Freestyle1 Mottola, Michael C 22 Adirondack Masters-AD 53.88
25.68 28.20**Men 18-24 50 Yard Butterfly**

1 Mottola, Michael C 22 Adirondack Masters-AD 26.20

Men 18-24 100 Yard Butterfly1 Mottola, Michael C 22 Adirondack Masters-AD 58.64
27.95 30.69
2 Asay, Cameron M 23 Adirondack Masters-AD 1:01.50
28.52 32.98**Men 18-24 200 Yard IM**1 Asay, Cameron M 23 Adirondack Masters-AD 2:27.69
30.20 39.55 44.03 33.91**Men 30-34 50 Yard Freestyle**1 Glogowski, Matthew T 32 Adirondack Masters-AD 24.81
2 Al-Mashat, Hashim A 33 Adirondack Masters-AD 26.88
3 Nafus, Matthew E 31 Adirondack Masters-AD 27.35**Men 30-34 200 Yard Freestyle**1 Al-Mashat, Hashim A 33 Adirondack Masters-AD 2:07.20
29.18 31.99 33.18 32.85**Men 30-34 1000 Yard Freestyle**1 Al-Mashat, Hashim A 33 Adirondack Masters-AD 12:20.12
33.43 36.33 37.10 38.11 38.01 37.96 38.01 37.20
37.26 37.91 37.27 37.32 36.73 37.13 37.22 36.97
37.21 36.88 36.48 35.59**Men 30-34 50 Yard Backstroke**

1 Nafus, Matthew E 31 Adirondack Masters-AD 39.65

Men 30-34 100 Yard Backstroke1 Glogowski, Matthew T 32 Adirondack Masters-AD 1:05.28
32.43 32.85**Men 30-34 50 Yard Breaststroke**

1 Nafus, Matthew E 31 Adirondack Masters-AD 35.11

Men 30-34 100 Yard Breaststroke1 Rixman, Michael B 32 Adirondack Masters-AD 1:10.47
32.87 37.60**Men 30-34 50 Yard Butterfly**1 Rixman, Michael B 32 Adirondack Masters-AD 29.09
2 Nafus, Matthew E 31 Adirondack Masters-AD 33.23

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Men 30-34 100 Yard Butterfly

1 Glogowski, Matthew T	32 Adirondack Masters-AD	1:04.59
29.51 35.08		

Men 30-34 400 Yard IM

1 Al-Mashat, Hashim A	33 Adirondack Masters-AD	5:23.44
32.90 37.53 44.10	43.61 45.46 47.47 37.10 35.27	

Men 35-39 1650 Yard Freestyle

1 Dammerman, David	39 Adirondack Masters-AD	20:57.47
32.81 36.17 37.50	37.66 37.27 38.27 38.23 37.78	
39.37 38.57 37.52	39.03 38.76 38.09 38.37 38.63	
39.10 38.15 38.65	39.16 36.93 38.98 38.81 39.24	
37.58 39.18 39.04	38.96 38.76 37.40 38.19 38.14 37.17	

Men 35-39 100 Yard IM

1 Dammerman, David	39 Adirondack Masters-AD	1:06.55
30.20 36.35		

Men 35-39 200 Yard IM

1 Dammerman, David	39 Adirondack Masters-AD	2:35.30
30.24 39.45 45.41	40.20	

Men 40-44 50 Yard Freestyle

1 Grimmke, Willy F	43 Adirondack Masters-AD	26.32
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Men 40-44 100 Yard Freestyle

1 Canty, Daniel	40 Adirondack Masters-AD	55.72
27.34 28.38		

Men 40-44 100 Yard Butterfly

1 Canty, Daniel	40 Adirondack Masters-AD	58.64
27.67 30.97		
2 Grimmke, Willy F	43 Adirondack Masters-AD	1:12.10
33.91 38.19		

Men 40-44 200 Yard IM

1 Canty, Daniel	40 Adirondack Masters-AD	2:24.42
29.56 37.74 44.32	32.80	
2 Grimmke, Willy F	43 Adirondack Masters-AD	2:35.41
32.43 41.41 44.53	37.04	

Men 45-49 50 Yard Freestyle

1 Ahern, Kevin J	49 Adirondack Masters-AD	24.21
2 Ford, Chris J	48 Adirondack Masters-AD	28.19

Men 45-49 100 Yard Freestyle

1 Bibow, Joerg	45 Adirondack Masters-AD	54.28
26.50 27.78		
2 Riordan, Joseph P	49 Adirondack Masters-AD	59.23
28.73 30.50		
3 Starace, Richard L	45 Adirondack Masters-AD	1:03.28
30.36 32.92		

Men 45-49 200 Yard Freestyle

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1	Riordan, Joseph P	49	Adirondack Masters-AD	2:10.68
	30.33 32.47 33.88		34.00	
2	Ford, Chris J	48	Adirondack Masters-AD	2:19.36
	31.02 34.54 36.49		37.31	
3	Starace, Richard L	45	Adirondack Masters-AD	2:19.89
	32.39 35.31 36.62		35.57	

Men 45-49 500 Yard Freestyle

1	Riordan, Joseph P	49	Adirondack Masters-AD	6:02.30
	31.04 34.15 35.47		36.45 37.30 37.20 37.67 38.59	
	38.09 36.34			
2	Starace, Richard L	45	Adirondack Masters-AD	6:07.17
	33.43 36.21 36.69		37.32 37.84 37.50 37.52 37.64	
	37.09 35.93			

Men 45-49 50 Yard Breaststroke

1	Ahern, Kevin J	49	Adirondack Masters-AD	32.90
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Men 45-49 100 Yard Breaststroke

1	Bibow, Joerg	45	Adirondack Masters-AD	1:10.51
	33.07 37.44			

Men 45-49 100 Yard Butterfly

1	Bibow, Joerg	45	Adirondack Masters-AD	1:05.00
	30.40 34.60			

Men 45-49 100 Yard IM

1	Ford, Chris J	48	Adirondack Masters-AD	1:11.10
	34.34 36.76			
2	Starace, Richard L	45	Adirondack Masters-AD	1:16.88
	36.43 40.45			

Men 45-49 200 Yard IM

1	Bibow, Joerg	45	Adirondack Masters-AD	2:26.48
	29.75 40.83 42.05		33.85	

Men 45-49 400 Yard IM

1	Ford, Chris J	48	Adirondack Masters-AD	6:02.43
	39.27 50.09 53.64		40.57 49.28 49.77 40.14 39.67	

Men 50-54 25 Yard Freestyle

1	Taber, Mike	51	Adirondack Masters-AD	14.30
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Men 50-54 50 Yard Freestyle

1	Carvotta, Thomas L	53	Adirondack Masters-AD	27.32
2	O'Shea, James M	50	Adirondack Masters-AD	31.57
3	McGinty, Anthony	50	Adirondack Masters-AD	37.08

Men 50-54 100 Yard Freestyle

1	O'Shea, James M	50	Adirondack Masters-AD	1:09.53
	32.79 36.74			
2	Merchant, Mathew T	50	Adirondack Masters-AD	1:15.08
	34.16 40.92			
3	McGinty, Anthony	50	Adirondack Masters-AD	1:22.04
	39.46 42.58			

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Men 50-54 200 Yard Freestyle

1 O'Shea, James M	50 Adirondack Masters-AD	2:30.88
32.75 37.41 40.13	40.59	

Men 50-54 500 Yard Freestyle

1 Merchant, Mathew T	50 Adirondack Masters-AD	7:48.94
37.43 44.30 46.79	47.13 47.37 48.12 49.59 49.98	
49.33 48.90		

Men 50-54 25 Yard Backstroke

1 Taber, Mike	51 Adirondack Masters-AD	19.21
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Men 50-54 100 Yard Backstroke

1 McGinty, Anthony	50 Adirondack Masters-AD	1:46.53
59.00 47.53		

Men 50-54 50 Yard Breaststroke

1 Carvotta, Thomas L	53 Adirondack Masters-AD	34.43
2 Merchant, Mathew T	50 Adirondack Masters-AD	44.60

Men 50-54 100 Yard Butterfly

1 O'Shea, James M	50 Adirondack Masters-AD	1:19.72
35.52 44.20		

Men 50-54 200 Yard IM

1 Taber, Mike	51 Adirondack Masters-AD	3:00.36
38.52 49.81 50.77	41.26	

Men 60-64 50 Yard Freestyle

1 Gould, Albert F	62 Unattached-AD	34.01
2 Gelfand, Daniel B	60 Adirondack Masters-AD	34.50
3 Gould, Craig R	63 Adirondack Masters-AD	40.59

Men 60-64 100 Yard Freestyle

1 Gelfand, Daniel B	60 Adirondack Masters-AD	1:17.75
38.08 39.67		
2 Gould, Albert F	62 Unattached-AD	1:19.44
36.60 42.84		

Men 60-64 200 Yard Freestyle

1 Pape, Bill P	61 Adirondack Masters-AD	3:14.03
43.44 49.29 51.86	49.44	

Men 60-64 500 Yard Freestyle

1 Gould, Craig R	63 Adirondack Masters-AD	10:03.19
47.53 56.03 1:00.96	1:01.27 1:02.18 1:02.48 1:05.18 1:02.73	
1:04.14 1:00.69		

Men 60-64 1000 Yard Freestyle

1 Pape, Bill P	61 Adirondack Masters-AD	18:08.40
49.18 53.84 54.95	56.37 55.44 55.89 56.07 55.70	

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56.43	55.78	55.15	54.68	55.67	55.80	54.82	53.58
53.24	52.39	53.16	50.26				

Men 60-64 1650 Yard Freestyle

1 Gelfand, Daniel B	60 Adirondack Masters-AD	25:28.95
44.18 45.26 48.47	47.94 48.78 47.55 47.80 47.52	
48.30 48.84 46.43	48.29 46.68 46.90 46.81 44.59	
46.19 45.44 46.12	45.54 45.20 45.77 46.66 46.18	
46.38 47.13 46.95	46.00 45.24 45.50 44.70 43.75 41.86	

Men 60-64 25 Yard Breaststroke

1 Gould, Albert F	62 Unattached-AD	18.92
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Men 60-64 50 Yard Breaststroke

1 Gelfand, Daniel B	60 Adirondack Masters-AD	38.18
2 Becker, Jim	63 Adirondack Masters-AD	39.05
3 Gould, Albert F	62 Unattached-AD	42.74

Men 60-64 100 Yard Breaststroke

1 Gelfand, Daniel B	60 Adirondack Masters-AD	1:26.01
41.03 44.98		
2 Becker, Jim	63 Adirondack Masters-AD	1:27.21
42.08 45.13		

Men 60-64 100 Yard Butterfly

1 Becker, Jim	63 Adirondack Masters-AD	1:18.08
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Men 60-64 100 Yard IM

1 Pape, Bill P	61 Adirondack Masters-AD	1:45.78
53.24 52.54		

Men 60-64 200 Yard IM

1 Becker, Jim	63 Adirondack Masters-AD	3:01.50
37.86 52.64 47.99	43.01	

Men 65-69 500 Yard Freestyle

1 Koop, Douglas A	67 Adirondack Masters-AD	7:51.40
41.32 47.67 46.83	49.50 47.28 48.54 48.74 47.94	
48.02 45.56		

Men 65-69 1650 Yard Freestyle

1 Koop, Douglas A	67 Adirondack Masters-AD	27:32.01
43.20 49.16 50.14	52.00 49.38 51.08 50.72 52.62	
49.55 50.96 51.00	51.27 52.21 49.41 52.61 49.61	
50.18 50.33 50.47	50.42 50.45 51.51 49.32 50.07	
50.34 50.09 50.04	49.71 49.79 50.10 49.84 47.96 46.47	

Men 65-69 100 Yard Butterfly

1 Koop, Douglas A	67 Adirondack Masters-AD	1:31.31
39.29 52.02		

Men 65-69 200 Yard Butterfly

1 Koop, Douglas A	67 Adirondack Masters-AD	3:25.42
44.42 53.83 53.79	53.38	

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Men 65-69 400 Yard IM

1 Koop, Douglas A	67 Adirondack Masters-AD	7:28.02
49.32 56.61 1:03.07	56.06 1:00.77 59.69 52.59 49.91	

Men 70-74 25 Yard Breaststroke

1 Hudson, Charles J	71 Adirondack Masters-AD	23.55
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Men 70-74 50 Yard Breaststroke

1 Hudson, Charles J	71 Adirondack Masters-AD	59.83
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Men 70-74 100 Yard Breaststroke

1 Hudson, Charles J	71 Adirondack Masters-AD	2:16.34
1:02.08 1:14.26		

Men 80-84 50 Yard Freestyle

1 Wittkowski, Wolfgang	83 New England Masters-NE	54.67
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Men 80-84 500 Yard Freestyle

1 Wittkowski, Wolfgang	83 New England Masters-NE	12:58.44
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Men 80-84 50 Yard Backstroke

1 Wittkowski, Wolfgang	83 New England Masters-NE	59.47
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Men 80-84 100 Yard Backstroke

1 Wittkowski, Wolfgang	83 New England Masters-NE	2:18.77
1:06.60 1:12.17		

18+ 200 Yard Freestyle Relay

1 Adirondack Masters-AD	A	1:45.56
1) Asay, Cameron M 23	2) Flanagan, Jennifer 30	3) Nafus, Matthew E 31
26.30 26.92 28.14	24.20	4) Glogowski, Matthew T 32
2 Adirondack Masters-AD	Z	1:46.26
1) Chrispell, Miranda 25	2) Rixman, Michael B 32	3) Canty, Daniel 40
29.73 27.65 25.49	23.39	4) Mottola, Michael C 22
3 Adirondack Masters-AD	C	1:53.80
1) Dammerman, David 39	2) Grimmke, Willy F 43	3) Starace, Richard L 45
28.01 29.93 28.98	26.88	4) Riordan, Joseph P 49
4 Adirondack Masters-AD	D	2:12.39
1) Clement, Peg L 55	2) Gigliotti, Therese M 45	3) O'Shea, James M 50
33.98 35.80 31.99	30.62	4) Washburn, Lynette A 45
5 Adirondack Masters-AD	B	2:22.21
1) Pape, Bill P 61	2) McGinty, Anthony 50	3) Merchant, Mathew T 50
40.74 37.08 31.99	32.40	4) Wells, Valerie 51

18+ 200 Yard Medley Relay

1 Adirondack Masters-AD	Z	1:53.99
1) Chrispell, Miranda 25	2) Rixman, Michael B 32	3) Canty, Daniel 40
32.19 31.79 26.48	23.53	4) Mottola, Michael C 22
2 Adirondack Masters-AD	A	1:56.23
1) Glogowski, Matthew T 32	2) Flanagan, Jennifer 30	3) Asay, Cameron M 23
		4) Nafus, Matthew E 31

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29.54	32.86	27.52	26.31		
3 Adirondack Masters-AD			B		2:22.87
1) Taber, Mike 51			2) Carvotta, Thomas L 53	3) Washburn, Lynette A 45	4) Clement, Peg L 55
44.00	36.00	30.00	32.87		
4 Adirondack Masters-AD			C		2:28.16
1) Becker, Jim 63			2) Wells, Valerie 51	3) Gelfand, Daniel B 60	4) Merchant, Mathew T 50
41.85	39.62	34.45	32.24		
--- Adirondack Masters-AD			D		DQ
1) Dammerman, David 39			2) Grimmke, Willy F 43	3) Starace, Richard L 45	4) Riordan, Joseph P 49
32.08	34.55	31.03	26.24		