

Swim 400yds Bike 10 Miles Run 2.6 Miles		Binghamton University Decker School of Nursing		Triathlon Training In Class Triathlon Results												May 6th, 2022 West Gym	
Overall		Results															
Bib #	Athlete	Bib#	Swim	Pace/100yd	Place / Swim	T1	Place / T1	Bike	mph	Place Bike	T2	Place / T2	Run	Pace/mi	Place Run	Overall	Place Overall
151	White, Rawm N.	151	0:07:01	0:01:24	4	0:02:59	13	0:31:23	19.12	3	0:00:32	5	0:21:57	0:08:08	3	1:03:20	1
171	Petersen, Michael J.	171	0:07:15	0:01:27	9	0:03:23	17	0:31:14	19.21	2	0:00:40	9	0:22:55	0:08:29	5	1:04:47	2
164	Tuckman, Jeremy I.	164	0:08:29	0:01:42	19	0:03:15	16	0:35:39	16.83	12	0:00:35	7	0:19:26	0:07:12	2	1:06:49	3
154	Hernandez, Carlos E.	154	0:09:47	0:01:57	20	0:02:43	11	0:34:59	17.15	8	0:00:48	13	0:19:21	0:07:10	1	1:06:50	4
161	Tomeo, John N.	161	0:07:05	0:01:25	7	0:02:04	4	0:33:00	18.18	4	0:00:30	1	0:25:01	0:09:16	11	1:07:10	5
155	Morales, Nicholas F.	155	0:05:27	0:01:05	1	0:02:43	9	0:36:15	16.55	13	0:00:55	18	0:25:15	0:09:21	12	1:09:40	6
172	Nistico, Austin R.	172	0:07:32	0:01:30	11	0:02:43	10	0:37:36	15.96	16	0:00:41	10	0:22:39	0:08:23	4	1:10:30	7
162	Driscoll, Denis P.	162	0:07:44	0:01:33	13	0:03:15	15	0:35:29	16.91	10	0:01:17	25	0:24:37	0:09:07	10	1:11:05	8
170	Lam, Aaron W.	170	0:06:15	0:01:15	3	0:02:56	12	0:38:19	15.66	18	0:00:30	1	0:24:10	0:08:57	8	1:11:40	9
159	Ursell, Michael J.	159	0:08:00	0:01:36	15	0:02:00	2	0:36:28	16.45	14	0:01:07	22	0:25:17	0:09:22	13	1:11:45	10
160	Mellia, Richard T.	160	0:07:39	0:01:32	12	0:03:29	18	0:34:55	17.18	7	0:00:42	11	0:25:57	0:09:37	16	1:12:00	11
177	Madden, Seamus S.	177	0:08:14	0:01:39	16	0:10:30	27	0:29:59	20.01	1	0:05:09	27	0:23:47	0:08:49	6	1:12:30	12
174	Huang, Kevin	174	0:05:29	0:01:06	2	0:03:11	14	0:33:35	17.87	6	0:00:53	16	0:30:15	0:11:12	21	1:12:30	13
158	Warren, Erik W.	158	0:07:02	0:01:24	6	0:02:38	8	0:38:31	15.58	19	0:00:59	19	0:25:29	0:09:26	14	1:13:40	14
153	Longariello, Andrew M.	153	0:08:17	0:01:39	17	0:02:31	7	0:39:05	15.35	20	0:00:52	15	0:23:57	0:08:52	7	1:13:50	15
163	Alarcon, Theresa B.	163	0:07:08	0:01:26	8	0:02:18	6	0:40:13	14.92	23	0:01:06	21	0:24:31	0:09:05	9	1:14:10	16
157	Kamen, Tyler J.	157	0:08:19	0:01:40	18	0:04:29	23	0:35:34	16.87	11	0:00:51	14	0:26:08	0:09:41	17	1:14:30	17
156	Higgins, Molly M.	156	0:07:28	0:01:30	10	0:02:02	3	0:33:03	18.15	5	0:00:30	1	0:32:57	0:12:12	24	1:15:30	18
152	Silvestri, Paul V.	152	0:07:57	0:01:35	14	0:03:43	21	0:37:15	16.11	15	0:01:00	20	0:28:31	0:10:34	18	1:17:26	19
173	Newman, Amanda M.	173	0:07:01	0:01:24	5	0:02:07	5	0:43:07	13.92	25	0:00:44	12	0:25:50	0:09:34	15	1:18:05	20
176	Bhimanprommachak, Philip	176	0:12:39	0:02:32	25	0:04:27	22	0:38:11	15.71	17	0:01:15	24	0:33:08	0:12:16	25	1:28:25	21
175	Schear, Zackary D.	175	0:11:55	0:02:23	22	0:03:33	19	0:45:12	13.27	27	0:00:53	16	0:29:05	0:10:46	19	1:29:45	22
167	Kelly, Aidan P.	167	0:10:29	0:02:06	21	0:03:37	20	0:39:54	15.04	21	0:01:20	26	0:36:45	0:13:37	26	1:30:45	23
169	Ni, Youyang	169	0:12:38	0:02:32	24	0:05:18	24	0:43:22	13.84	26	0:00:36	8	0:29:37	0:10:58	20	1:30:55	24
168	Saunders, Stacey J.	168	0:13:28	0:02:42	26	0:08:06	26	0:39:56	15.03	22	0:00:32	5	0:31:00	0:11:29	22	1:32:30	25
166	Tsering, Tenzin	166	0:12:37	0:02:31	23	0:06:20	25	0:41:07	14.59	24	0:01:14	23	0:32:41	0:12:06	23	1:32:45	26
165	Nganou Yimi, Arthur Pasquale	165	0:21:22	0:04:16	27	0:02:00	1	0:35:27	16.93	9	0:00:30	1	1:16:11	0:28:13	27	2:15:00	27
*Nganou Yimi, Arthur Pasquale got lost and ran 8.2 miles instead of the 2.6.																	
400yd Swim 10 Mile Bike 8.2 Mile Run																	
165	Nganou Yimi, Arthur Pasquale	165	0:21:22	0:04:16	27	0:02:00	1	0:35:27	16.93	9	0:00:30	1	1:16:11	0:09:17	27	2:15:00	27