

Official Results



| Ra | Bib | Athlet | Name | Gym | Division | Time | Gap |
|--|-----|--------|-------------------|----------------------------|--------------------|----------|-----------|
| 2.5 Mile Fitness Challenge Individual | | | | | | | |
| 15:13 FITNESS AND STRENGTH | | | | | | | |
| 191 | 253 | 85 | Raelyn PERZEL | 15:13 FITNESS AND STRENGTH | Scaled (Women) | 00:46:17 | +17:19.94 |
| 9ONE4CROSSFIT | | | | | | | |
| 199 | 219 | 233 | Thomas ZEOLI | 9ONE4CROSSFIT | Scaled (Men) | 00:47:53 | +18:55.54 |
| AFFOREST CROSSFIT | | | | | | | |
| 124 | 26 | 183 | Justin KOHLER | AFFOREST CROSSFIT | Intermediate (Men) | 00:40:19 | +11:22.14 |
| 180 | 13 | 189 | Kenny DAVIDSON | AFFOREST CROSSFIT | Intermediate (Men) | 00:44:48 | +15:51.30 |
| ASCENSION ATHLETICS | | | | | | | |
| 142 | 68 | 53 | Emily MICCIO | ASCENSION ATHLETICS | Intermediate | 00:41:14 | +12:16.84 |
| BALDWINSVILLE CROSSFIT | | | | | | | |
| 89 | 108 | 318 | Amanda DUGER | BALDWINSVILLE CROSSFIT | Masters 40+ | 00:38:07 | +9:09.91 |
| 104 | 244 | 69 | Victoria | BALDWINSVILLE CROSSFIT | Scaled (Women) | 00:39:00 | +10:02.90 |
| 113 | 210 | 240 | James SCHAEFER | BALDWINSVILLE CROSSFIT | Scaled (Men) | 00:39:44 | +10:46.50 |
| 143 | 96 | 330 | Benjamin | BALDWINSVILLE CROSSFIT | Masters 40+ (Men) | 00:41:25 | +12:27.70 |
| 154 | 238 | 96 | Amy GANGEMI | BALDWINSVILLE CROSSFIT | Scaled (Women) | 00:42:30 | +13:33.05 |
| 162 | 234 | 93 | Becky DRUMM | BALDWINSVILLE CROSSFIT | Scaled (Women) | 00:43:34 | +14:36.90 |
| 178 | 257 | 84 | Lauren SCHAEFER | BALDWINSVILLE CROSSFIT | Scaled (Women) | 00:44:40 | +15:43.30 |
| 189 | 98 | 344 | Michael SMITH | BALDWINSVILLE CROSSFIT | Masters 40+ (Men) | 00:45:54 | +16:57.30 |
| 197 | 158 | 35 | Natalie CLERE | BALDWINSVILLE CROSSFIT | Rx (Women) | 00:46:57 | +17:59.51 |
| 213 | 223 | 79 | Maryterese BENDON | BALDWINSVILLE CROSSFIT | Scaled (Women) | 00:50:41 | +21:43.68 |
| 219 | 250 | 107 | Sarah OWENS | BALDWINSVILLE CROSSFIT | Scaled (Women) | 00:54:01 | +25:04.14 |
| BARNFIT | | | | | | | |
| 125 | 106 | 309 | Rochelle CAVANAGH | BARNFIT | Masters 40+ | 00:40:31 | +11:34.10 |
| 212 | 73 | 38 | Victoria SWANN | BARNFIT | Intermediate | 00:50:31 | +21:34.21 |
| BAYSTATE CROSSFIT | | | | | | | |
| 144 | 5 | 217 | Nivaldo CARBONELL | BAYSTATE CROSSFIT | Intermediate (Men) | 00:41:25 | +12:28.11 |
| BLACK OAK ATHLETICS | | | | | | | |
| 135 | 147 | 22 | Cat ALLEN | BLACK OAK ATHLETICS | Rx (Women) | 00:41:06 | +12:08.84 |
| 188 | 194 | 261 | Jeff HAMMAKER | BLACK OAK ATHLETICS | Scaled (Men) | 00:45:54 | +16:56.86 |
| BOLD ROOTS CROSSFIT | | | | | | | |
| 50 | 112 | 315 | Erin HOLLY | BOLD ROOTS CROSSFIT | Masters 40+ | 00:35:14 | +6:16.84 |
| BULL RIDGE FITNESS | | | | | | | |
| 148 | 199 | 244 | Mike LEFEVER | BULL RIDGE FITNESS | Scaled (Men) | 00:41:47 | +12:49.90 |



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| CANANADAIGUA CROSSFIT | | | | | | | |
| 205 | 47 | 64 | Ashley BRAUN | CANANADAIGUA CROSSFIT | Intermediate | 00:48:54 | +19:56.41 |
| CANANDAIGUA CROSSFIT | | | | | | | |
| 167 | 255 | 109 | Nicole ROGERS | CANANDAIGUA CROSSFIT | Scaled (Women) | 00:43:46 | +14:48.76 |
| 208 | 254 | 89 | Juliana | CANANDAIGUA CROSSFIT | Scaled (Women) | 00:49:00 | +20:02.60 |
| CAPITAL ATHLETICS | | | | | | | |
| 24 | 38 | 212 | Mike REGINA | CAPITAL ATHLETICS | Intermediate (Men) | 00:33:36 | +4:39.04 |
| CATALYST | | | | | | | |
| 93 | 188 | 245 | Leonardo DE | CATALYST | Scaled (Men) | 00:38:31 | +9:33.76 |
| CHAMPLAIN VALLEY CROSSFIT | | | | | | | |
| 2 | 20 | 180 | Nate FRAZEE | CHAMPLAIN VALLEY CROSSFIT | Intermediate (Men) | 00:29:14 | +16.40 |
| 26 | 122 | 176 | Robin GREGOIRE | CHAMPLAIN VALLEY CROSSFIT | Rx (Men) | 00:33:45 | +4:47.71 |
| 34 | 99 | 324 | Adam ST. GERMAIN | CHAMPLAIN VALLEY CROSSFIT | Masters 40+ (Men) | 00:34:16 | +5:18.50 |
| CO-MOVEMENT | | | | | | | |
| 47 | 220 | 231 | Stan ZOMBEK | CO-MOVEMENT | Scaled (Men) | 00:35:10 | +6:13.30 |
| COMPELLED FITNESS WICHITA | | | | | | | |
| 101 | 195 | 232 | Stephen HOGG | COMPELLED FITNESS WICHITA | Scaled (Men) | 00:38:52 | +9:55.26 |
| COMPOUND FITNESS | | | | | | | |
| 7 | 136 | 161 | Paris SALAS | COMPOUND FITNESS | Rx (Men) | 00:30:47 | +1:49.54 |
| 17 | 139 | 177 | Colin SLABODEN | COMPOUND FITNESS | Rx (Men) | 00:32:59 | +4:02.24 |
| 66 | 127 | 159 | Rhys LEACH | COMPOUND FITNESS | Rx (Men) | 00:36:29 | +7:31.64 |
| CROOKED RIVER CROSSFIT | | | | | | | |
| 53 | 82 | 332 | James GUTIN | CROOKED RIVER CROSSFIT | Masters 40+ (Men) | 00:35:34 | +6:36.96 |
| CROSS INSIDE | | | | | | | |
| 12 | 209 | 250 | José SAADE KANÁN | CROSS INSIDE | Scaled (Men) | 00:32:12 | +3:15.06 |
| CROSSFIT 1 FORCE | | | | | | | |
| 161 | 77 | 343 | Shaun BAILEY | CROSSFIT 1 FORCE | Masters 40+ (Men) | 00:43:22 | +14:25.24 |
| CROSSFIT 301 ELITE | | | | | | | |
| 28 | 27 | 198 | Brooks KURSEY | CROSSFIT 301 ELITE | Intermediate (Men) | 00:33:57 | +4:59.76 |
| 76 | 15 | 191 | Thomas DOOLITTLE | CROSSFIT 301 ELITE | Intermediate (Men) | 00:37:06 | +8:08.84 |
| 182 | 172 | 28 | Bethany KURSEY | CROSSFIT 301 ELITE | Rx (Women) | 00:44:59 | +16:01.84 |
| CROSSFIT 321 | | | | | | | |
| 114 | 61 | 61 | Michelle HANSEN | CROSSFIT 321 | Intermediate | 00:39:45 | +10:47.56 |
| 181 | 62 | 45 | Megan HOOPER | CROSSFIT 321 | Intermediate | 00:44:59 | +16:01.44 |



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|----------------------------|-----|--------|-------------------|---------------------|--------------------|----------|-----------|
| CROSSFIT 401 | | | | | | | |
| 134 | 100 | 327 | Giuliano URIBE | CROSSFIT 401 | Masters 40+ (Men) | 00:40:57 | +12:00.20 |
| CROSSFIT 617 | | | | | | | |
| 13 | 1 | 211 | Tim BEACH | CROSSFIT 617 | Intermediate (Men) | 00:32:30 | +3:32.94 |
| 90 | 30 | 181 | Sean MCDONOUGH | CROSSFIT 617 | Intermediate (Men) | 00:38:15 | +9:17.76 |
| CROSSFIT 696 | | | | | | | |
| 92 | 36 | 192 | Alexander PLOTNER | CROSSFIT 696 | Intermediate (Men) | 00:38:31 | +9:33.56 |
| 128 | 14 | 187 | Mathew DEVROY | CROSSFIT 696 | Intermediate (Men) | 00:40:34 | +11:36.57 |
| CROSSFIT 6S | | | | | | | |
| 51 | 225 | 77 | Joelle BRADSHAW | CROSSFIT 6S | Scaled (Women) | 00:35:19 | +6:21.40 |
| CROSSFIT ACADIA | | | | | | | |
| 82 | 71 | 42 | Kate SANTOS | CROSSFIT ACADIA | Intermediate | 00:37:48 | +8:51.00 |
| 137 | 57 | 52 | Abigail GILBERT | CROSSFIT ACADIA | Intermediate | 00:41:11 | +12:13.55 |
| 140 | 84 | 335 | Justin HARMON | CROSSFIT ACADIA | Masters 40+ (Men) | 00:41:12 | +12:14.81 |
| 147 | 103 | 311 | Jamie BIRDSALL | CROSSFIT ACADIA | Masters 40+ | 00:41:40 | +12:42.74 |
| 153 | 58 | 68 | Becky GILLESPIE | CROSSFIT ACADIA | Intermediate | 00:42:29 | +13:31.98 |
| CROSSFIT ARISE | | | | | | | |
| 42 | 159 | 3 | Francesca | CROSSFIT ARISE | Rx (Women) | 00:34:52 | +5:54.56 |
| 108 | 10 | 221 | Keith COLLAZO | CROSSFIT ARISE | Intermediate (Men) | 00:39:22 | +10:24.87 |
| CROSSFIT ATTAIN | | | | | | | |
| 84 | 157 | 10 | Joanna CHAN | CROSSFIT ATTAIN | Rx (Women) | 00:37:55 | +8:57.32 |
| CROSSFIT BANGOR | | | | | | | |
| 149 | 51 | 46 | Stephanie CLISHAM | CROSSFIT BANGOR | Intermediate | 00:41:54 | +12:56.90 |
| CROSSFIT BEYOND | | | | | | | |
| 107 | 50 | 67 | Emily CHARTON | CROSSFIT BEYOND | Intermediate | 00:39:21 | +10:23.94 |
| 138 | 43 | 195 | Garion URBANEK | CROSSFIT BEYOND | Intermediate (Men) | 00:41:11 | +12:14.04 |
| CROSSFIT BURLINGTON | | | | | | | |
| 133 | 175 | 30 | Sophie LARSON | CROSSFIT BURLINGTON | Rx (Women) | 00:40:57 | +12:00.00 |
| CROSSFIT CORTLAND | | | | | | | |
| 158 | 235 | 97 | Brooke FERRIS | CROSSFIT CORTLAND | Scaled (Women) | 00:42:57 | +13:59.61 |
| 179 | 67 | 66 | Janice MEYER | CROSSFIT CORTLAND | Intermediate | 00:44:45 | +15:47.80 |
| CROSSFIT ENG | | | | | | | |
| 81 | 63 | 55 | Grace KELLY | CROSSFIT ENG | Intermediate | 00:37:44 | +8:46.56 |



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|---|-----|--------|--------------------|------------------------|--------------------|----------|-----------|
| CROSSFIT ENLIGHTEN | | | | | | | |
| 185 | 48 | 48 | Emily CANNON | CROSSFIT ENLIGHTEN | Intermediate | 00:45:15 | +16:17.84 |
| CROSSFIT EXCEED | | | | | | | |
| 57 | 131 | 163 | Giorgi | CROSSFIT EXCEED | Rx (Men) | 00:36:00 | +7:03.02 |
| CROSSFIT GARDEN CITY | | | | | | | |
| 38 | 138 | 147 | Juan MANUEL | CROSSFIT GARDEN CITY | Rx (Men) | 00:34:43 | +5:46.26 |
| 61 | 4 | 193 | Tianzhou CAO | CROSSFIT GARDEN CITY | Intermediate (Men) | 00:36:08 | +7:11.26 |
| CROSSFIT L'USINE POINTE-AUX-TREMBLES | | | | | | | |
| 44 | 22 | 196 | Dominic GAUDRY | CROSSFIT L'USINE | Intermediate (Men) | 00:35:03 | +6:06.10 |
| CROSSFIT LIMESTONE | | | | | | | |
| 11 | 146 | 158 | Noah WESTWATER | CROSSFIT LIMESTONE | Rx (Men) | 00:31:51 | +2:53.70 |
| 15 | 133 | 146 | Ryan MILNE | CROSSFIT LIMESTONE | Rx (Men) | 00:32:45 | +3:48.20 |
| CROSSFIT MALONE | | | | | | | |
| 37 | 196 | 230 | Trevor JOHNSON | CROSSFIT MALONE | Scaled (Men) | 00:34:42 | +5:45.10 |
| 71 | 262 | 87 | Tracy WIMMER | CROSSFIT MALONE | Scaled (Women) | 00:36:46 | +7:49.00 |
| 194 | 192 | 259 | Aaron FRANCIS | CROSSFIT MALONE | Scaled (Men) | 00:46:37 | +17:39.76 |
| 203 | 203 | 241 | Alexander NICHOLS | CROSSFIT MALONE | Scaled (Men) | 00:48:28 | +19:31.10 |
| CROSSFIT MOHAWK VALLEY | | | | | | | |
| 152 | 164 | 31 | Jocelyn GACEK | CROSSFIT MOHAWK VALLEY | Rx (Women) | 00:42:19 | +13:21.85 |
| CROSSFIT NEWTON | | | | | | | |
| 99 | 49 | 63 | Alayna CASEY | CROSSFIT NEWTON | Intermediate | 00:38:45 | +9:47.32 |
| CROSSFIT OBA | | | | | | | |
| 29 | 189 | 249 | Dan DIGNAZIO | CROSSFIT OBA | Scaled (Men) | 00:34:06 | +5:08.50 |
| CROSSFIT OFF THE GREEN | | | | | | | |
| 163 | 44 | 224 | Christopher WILDER | CROSSFIT OFF THE GREEN | Intermediate (Men) | 00:43:36 | +14:38.80 |
| 166 | 65 | 43 | Ashley MATHEWS | CROSSFIT OFF THE GREEN | Intermediate | 00:43:43 | +14:45.84 |
| CROSSFIT OVERRIDE | | | | | | | |
| 31 | 211 | 228 | Devin SMULSKI | CROSSFIT OVERRIDE | Scaled (Men) | 00:34:07 | +5:09.74 |
| 206 | 241 | 86 | Michelle HOFFMAN | CROSSFIT OVERRIDE | Scaled (Women) | 00:48:56 | +19:59.30 |
| CROSSFIT PALLAS | | | | | | | |
| 78 | 24 | 213 | Aidan HUGHES | CROSSFIT PALLAS | Intermediate (Men) | 00:37:08 | +8:10.80 |
| 87 | 52 | 62 | Stephanie COCO | CROSSFIT PALLAS | Intermediate | 00:37:59 | +9:01.66 |
| 96 | 137 | 150 | Tim SCHEFTIC | CROSSFIT PALLAS | Rx (Men) | 00:38:36 | +9:38.80 |
| 116 | 163 | 32 | Bekah FAY | CROSSFIT PALLAS | Rx (Women) | 00:39:53 | +10:55.94 |



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|------------------------------------|-----|--------|---------------------|-----------------------------|--------------------|----------|-----------|
| 119 | 60 | 65 | Alix GRESOV | CROSSFIT PALLAS | Intermediate | 00:40:09 | +11:12.10 |
| 136 | 128 | 165 | Andy LONSKY | CROSSFIT PALLAS | Rx (Men) | 00:41:10 | +12:13.30 |
| 159 | 46 | 50 | Sarah ACKER | CROSSFIT PALLAS | Intermediate | 00:43:00 | +14:03.14 |
| 164 | 74 | 44 | Janelle SZARY | CROSSFIT PALLAS | Intermediate | 00:43:37 | +14:40.10 |
| 192 | 31 | 222 | Zach MCGOVERN | CROSSFIT PALLAS | Intermediate (Men) | 00:46:35 | +17:37.56 |
| CROSSFIT PAWLING | | | | | | | |
| 83 | 89 | 333 | Adam MUROSKI | CROSSFIT PAWLING | Masters 40+ (Men) | 00:37:54 | +8:57.30 |
| CROSSFIT PEAK 180 ATHLETICS | | | | | | | |
| 70 | 39 | 179 | Jesse RUBIO | CROSSFIT PEAK 180 ATHLETICS | Intermediate (Men) | 00:36:42 | +7:44.80 |
| CROSSFIT PEAK 47 | | | | | | | |
| 5 | 28 | 209 | Cody LIGUORI | CROSSFIT PEAK 47 | Intermediate (Men) | 00:30:24 | +1:27.16 |
| 67 | 11 | 216 | Vail COTE | CROSSFIT PEAK 47 | Intermediate (Men) | 00:36:30 | +7:33.00 |
| 123 | 54 | 40 | Rochelle DURFEE | CROSSFIT PEAK 47 | Intermediate | 00:40:13 | +11:16.30 |
| CROSSFIT PEAK180 ATHLETICS | | | | | | | |
| 174 | 91 | 339 | Brian PETRORO | CROSSFIT PEAK180 ATHLETICS | Masters 40+ (Men) | 00:44:09 | +15:12.26 |
| CROSSFIT PLATTSBURGH | | | | | | | |
| 48 | 18 | 206 | Josh DUMESNIL | CROSSFIT PLATTSBURGH | Intermediate (Men) | 00:35:12 | +6:14.50 |
| CROSSFIT PROSPERITY | | | | | | | |
| 41 | 149 | 21 | Verena AVERY | CROSSFIT PROSPERITY | Rx (Women) | 00:34:51 | +5:53.50 |
| 122 | 102 | 321 | Robin AMYLON | CROSSFIT PROSPERITY | Masters 40+ | 00:40:13 | +11:16.30 |
| 130 | 239 | 95 | Krista GIRELLI | CROSSFIT PROSPERITY | Scaled (Women) | 00:40:43 | +11:45.86 |
| 155 | 168 | 33 | Jennifer KEEGAN | CROSSFIT PROSPERITY | Rx (Women) | 00:42:33 | +13:35.70 |
| 176 | 70 | 56 | Jennifer RABINOVITZ | CROSSFIT PROSPERITY | Intermediate | 00:44:28 | +15:30.81 |
| 220 | 259 | 108 | Hannah TAYLOR | CROSSFIT PROSPERITY | Scaled (Women) | 00:54:50 | +25:53.24 |
| CROSSFIT PSC | | | | | | | |
| 36 | 119 | 174 | Calum DOYLE | CROSSFIT PSC | Rx (Men) | 00:34:41 | +5:43.91 |
| CROSSFIT REDEEMED | | | | | | | |
| 110 | 145 | 178 | Kyle WARREN | CROSSFIT REDEEMED | Rx (Men) | 00:39:29 | +10:32.04 |
| CROSSFIT RHK | | | | | | | |
| 193 | 212 | 260 | Austin SWAMP | CROSSFIT RHK | Scaled (Men) | 00:46:37 | +17:39.54 |
| 216 | 213 | 248 | Tyler THOMAS | CROSSFIT RHK | Scaled (Men) | 00:52:05 | +23:07.50 |
| 221 | 260 | 105 | Taylor THOMAS | CROSSFIT RHK | Scaled (Women) | 00:55:41 | +26:43.80 |
| CROSSFIT SCHENECTADY | | | | | | | |
| 20 | 101 | 328 | Louis VIDAL | CROSSFIT SCHENECTADY | Masters 40+ (Men) | 00:33:08 | +4:10.81 |



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| 106 | 150 | 24 | Lexi BOORSE | CROSSFIT SCHENECTADY | Rx (Women) | 00:39:16 | +10:18.55 |
| CROSSFIT SHATTER | | | | | | | |
| 3 | 90 | 323 | Jared PAUL | CROSSFIT SHATTER | Masters 40+ (Men) | 00:29:27 | +30.00 |
| 129 | 144 | 171 | Guy WALTMAN | CROSSFIT SHATTER | Rx (Men) | 00:40:41 | +11:43.56 |
| CROSSFIT SOLAR FLARE | | | | | | | |
| 21 | 184 | 239 | Jt BUTLER | CROSSFIT SOLAR FLARE | Scaled (Men) | 00:33:28 | +4:30.55 |
| 39 | 16 | 200 | Grant DOYLE | CROSSFIT SOLAR FLARE | Intermediate (Men) | 00:34:48 | +5:51.30 |
| 65 | 142 | 155 | Keyen TAULBEE | CROSSFIT SOLAR FLARE | Rx (Men) | 00:36:26 | +7:28.61 |
| 156 | 206 | 226 | Alex RAGAINS | CROSSFIT SOLAR FLARE | Scaled (Men) | 00:42:47 | +13:49.46 |
| 207 | 200 | 252 | Edwin MEJIA | CROSSFIT SOLAR FLARE | Scaled (Men) | 00:48:57 | +19:59.66 |
| 215 | 221 | 81 | Izzy ALBA | CROSSFIT SOLAR FLARE | Scaled (Women) | 00:51:29 | +22:31.48 |
| CROSSFIT SYRACUSE | | | | | | | |
| 64 | 23 | 188 | James HANMER JR. | CROSSFIT SYRACUSE | Intermediate (Men) | 00:36:23 | +7:25.61 |
| CROSSFIT THREEFOLD | | | | | | | |
| 18 | 198 | 246 | Mike LABATE | CROSSFIT THREEFOLD | Scaled (Men) | 00:33:00 | +4:03.20 |
| 40 | 187 | 242 | Vasileios CHRISTOU | CROSSFIT THREEFOLD | Scaled (Men) | 00:34:51 | +5:53.40 |
| 56 | 177 | 17 | Allie MIKELSON | CROSSFIT THREEFOLD | Rx (Women) | 00:35:59 | +7:01.90 |
| 141 | 107 | 310 | Devin COMPO | CROSSFIT THREEFOLD | Masters 40+ | 00:41:13 | +12:15.80 |
| CROSSFIT TOTAL CONTROL BEACH | | | | | | | |
| 186 | 111 | 320 | Kristy GRABAREK | CROSSFIT TOTAL CONTROL | Masters 40+ | 00:45:33 | +16:36.26 |
| CROSSFIT ULSTER | | | | | | | |
| 1 | 176 | 19 | Trista | CROSSFIT ULSTER | Rx (Women) | 00:28:57 | - |
| CROSSFIT UNDIVIDED | | | | | | | |
| 19 | 208 | 236 | Andrew RUBIN | CROSSFIT UNDIVIDED | Scaled (Men) | 00:33:06 | +4:08.56 |
| 211 | 183 | 253 | Stavros BOTONAKIS | CROSSFIT UNDIVIDED | Scaled (Men) | 00:49:45 | +20:47.41 |
| CROSSFIT UTICA | | | | | | | |
| 8 | 88 | 329 | Anthony MUCURIO | CROSSFIT UTICA | Masters 40+ (Men) | 00:31:14 | +2:17.16 |
| 112 | 246 | 73 | Ellen LYGA | CROSSFIT UTICA | Scaled (Women) | 00:39:38 | +10:40.50 |
| CROSSFIT VERTICAL | | | | | | | |
| 218 | 214 | 262 | Adolfo TORRES | CROSSFIT VERTICAL | Scaled (Men) | 00:53:35 | +24:37.80 |
| CROSSFIT VICERANT | | | | | | | |
| 204 | 174 | 36 | Maggie LANHAM | CROSSFIT VICERANT | Rx (Women) | 00:48:31 | +19:33.32 |
| CROSSFIT WHEELHOUSE | | | | | | | |
| 177 | 41 | 186 | Jacob THOMPSON | CROSSFIT WHEELHOUSE | Intermediate (Men) | 00:44:32 | +15:34.80 |



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|---|-----|--------|------------------|----------------------------|--------------------|----------|-----------|
| DIAMOND HILL CROSSFIT | | | | | | | |
| 115 | 113 | 313 | Hildee LEWIS | DIAMOND HILL CROSSFIT | Masters 40+ | 00:39:53 | +10:55.80 |
| EMPIRE FITNESS - CROSSFIT ELMWOOD PARK | | | | | | | |
| 43 | 129 | 162 | Zackary MARCK | EMPIRE FITNESS - CROSSFIT | Rx (Men) | 00:34:57 | +6:00.14 |
| FARMINGTON VALLEY CROSSFIT | | | | | | | |
| 103 | 6 | 202 | Cody CARLSON | FARMINGTON VALLEY CROSSFIT | Intermediate (Men) | 00:38:55 | +9:58.00 |
| 150 | 155 | 18 | Brittany CAMARA | FARMINGTON VALLEY CROSSFIT | Rx (Women) | 00:41:56 | +12:59.00 |
| FDNY CROSSFIT | | | | | | | |
| 121 | 8 | 204 | Matt CARROLL | FDNY CROSSFIT | Intermediate (Men) | 00:40:10 | +11:12.86 |
| FITERNITY | | | | | | | |
| 22 | 116 | 154 | Matt CHATHAM | FITERNITY | Rx (Men) | 00:33:29 | +4:31.74 |
| 105 | 114 | 316 | Elizabeth | FITERNITY | Masters 40+ | 00:39:03 | +10:06.30 |
| GOLDEN LINE TRAINING | | | | | | | |
| 69 | 125 | 149 | Jeremy JARVIS | GOLDEN LINE TRAINING | Rx (Men) | 00:36:35 | +7:37.74 |
| GREAT WOLF CROSSFIT | | | | | | | |
| 4 | 34 | 201 | Sean OSTERMAN | GREAT WOLF CROSSFIT | Intermediate (Men) | 00:30:21 | +1:24.00 |
| 14 | 193 | 229 | Joe GALLEMORE | GREAT WOLF CROSSFIT | Scaled (Men) | 00:32:39 | +3:41.95 |
| 35 | 191 | 238 | Dan FENTON | GREAT WOLF CROSSFIT | Scaled (Men) | 00:34:36 | +5:39.05 |
| 55 | 181 | 15 | Hannah WYLAND | GREAT WOLF CROSSFIT | Rx (Women) | 00:35:44 | +6:46.61 |
| 68 | 182 | 235 | Bill BLAKE | GREAT WOLF CROSSFIT | Scaled (Men) | 00:36:35 | +7:37.70 |
| 73 | 166 | 14 | Kathleen HALL | GREAT WOLF CROSSFIT | Rx (Women) | 00:36:52 | +7:54.90 |
| 88 | 123 | 168 | Sam HANGARTNER | GREAT WOLF CROSSFIT | Rx (Men) | 00:38:00 | +9:02.40 |
| 98 | 19 | 199 | Cody FARR | GREAT WOLF CROSSFIT | Intermediate (Men) | 00:38:36 | +9:39.11 |
| 117 | 9 | 219 | Bryan CLIFFORD | GREAT WOLF CROSSFIT | Intermediate (Men) | 00:39:54 | +10:57.14 |
| 139 | 247 | 80 | Marinda MCINTYRE | GREAT WOLF CROSSFIT | Scaled (Women) | 00:41:12 | +12:14.44 |
| 146 | 245 | 75 | Jodi LETHAM | GREAT WOLF CROSSFIT | Scaled (Women) | 00:41:36 | +12:38.70 |
| 183 | 45 | 185 | Todd WISE | GREAT WOLF CROSSFIT | Intermediate (Men) | 00:45:06 | +16:09.24 |
| 190 | 109 | 317 | Sarah DWYER | GREAT WOLF CROSSFIT | Masters 40+ | 00:46:12 | +17:14.74 |
| 195 | 110 | 322 | Melissa ELLIS | GREAT WOLF CROSSFIT | Masters 40+ | 00:46:41 | +17:43.70 |
| 198 | 72 | 60 | Renata STEO | GREAT WOLF CROSSFIT | Intermediate | 00:47:48 | +18:50.90 |
| GSRFIT | | | | | | | |
| 16 | 169 | 8 | Jerine KLINGBERG | GSRFIT | Rx (Women) | 00:32:46 | +3:48.64 |
| HWPO GYM VT | | | | | | | |
| 32 | 117 | 160 | Alex DENNY | HWPO GYM VT | Rx (Men) | 00:34:13 | +5:16.04 |
| 58 | 148 | 1 | Ashleigh ANGLE | HWPO GYM VT | Rx (Women) | 00:36:05 | +7:08.30 |



Official Results



| Ra | Bib | Athlet | Name | Gym | Division | Time | Gap |
|---|-----|--------|-------------------|-----------------------------|--------------------|----------|-----------|
| 102 | 140 | 153 | Reese STEVENSON | HWPO GYM VT | Rx (Men) | 00:38:53 | +9:55.76 |
| 109 | 141 | 169 | Daniel SUTTON | HWPO GYM VT | Rx (Men) | 00:39:24 | +10:27.04 |
| INDEPENDENT | | | | | | | |
| 27 | 95 | 331 | Wade SESSIONS | INDEPENDENT | Masters 40+ (Men) | 00:33:51 | +4:53.84 |
| 49 | 216 | 243 | Christopher VELLA | INDEPENDENT | Scaled (Men) | 00:35:14 | +6:16.75 |
| 52 | 232 | 70 | Kiersten DONOVAN | INDEPENDENT | Scaled (Women) | 00:35:23 | +6:26.14 |
| 72 | 75 | 59 | Christy TRAGLIA | INDEPENDENT | Intermediate | 00:36:50 | +7:52.58 |
| 91 | 2 | 210 | Joshua BELILE | INDEPENDENT | Intermediate (Men) | 00:38:31 | +9:33.36 |
| 97 | 25 | 208 | Sebastián JIMÉNEZ | INDEPENDENT | Intermediate (Men) | 00:38:36 | +9:39.01 |
| 165 | 35 | 197 | Yastrenclyn | INDEPENDENT | Intermediate (Men) | 00:43:42 | +14:45.10 |
| 168 | 180 | 27 | Jeannette TESSIER | INDEPENDENT | Rx (Women) | 00:43:53 | +14:55.90 |
| 169 | 179 | 7 | Charley STRICKER | INDEPENDENT | Rx (Women) | 00:43:54 | +14:56.65 |
| 170 | 226 | 71 | Corey BRUECKNER | INDEPENDENT | Scaled (Women) | 00:43:54 | +14:57.26 |
| 173 | 227 | 106 | Maggie CARON | INDEPENDENT | Scaled (Women) | 00:43:55 | +14:58.30 |
| KILOS STRENGTH & PERFORMANCE | | | | | | | |
| 46 | 17 | 184 | Sean DUFFY | KILOS STRENGTH & | Intermediate (Men) | 00:35:10 | +6:12.94 |
| L'USINE CROSSFIT POINTE AUX TREMBLES | | | | | | | |
| 187 | 53 | 54 | Laura COUSIN | L'USINE CROSSFIT POINTE AUX | Intermediate | 00:45:38 | +16:41.00 |
| LIFE TIME FITNESS | | | | | | | |
| 131 | 217 | 255 | Alex WALKER | LIFE TIME FITNESS | Scaled (Men) | 00:40:54 | +11:57.24 |
| LIVFIT ATHLETICS | | | | | | | |
| 10 | 21 | 205 | Christopher GAHM | LIVFIT ATHLETICS | Intermediate (Men) | 00:31:42 | +2:44.94 |
| 118 | 160 | 37 | Alena COMELLA | LIVFIT ATHLETICS | Rx (Women) | 00:40:01 | +11:03.41 |
| LUMBER CITY ATHLETICS | | | | | | | |
| 126 | 64 | 47 | Emily LAJUDICE | LUMBER CITY ATHLETICS | Intermediate | 00:40:33 | +11:35.43 |
| 145 | 256 | 94 | Christi ROORDA | LUMBER CITY ATHLETICS | Scaled (Women) | 00:41:35 | +12:38.00 |
| MOHAWK VALLEY WELLNESS | | | | | | | |
| 100 | 162 | 13 | Kelsey DOWDALL | MOHAWK VALLEY WELLNESS | Rx (Women) | 00:38:52 | +9:54.80 |
| MOUNTAIN TRAIL CROSSFIT | | | | | | | |
| 30 | 171 | 2 | Angela | MOUNTAIN TRAIL CROSSFIT | Rx (Women) | 00:34:06 | +5:08.56 |
| NOEQL | | | | | | | |
| 85 | 42 | 215 | Kyle TRINA | NOEQL | Intermediate (Men) | 00:37:55 | +8:57.50 |
| 151 | 161 | 9 | Olivia COPPINGER | NOEQL | Rx (Women) | 00:42:03 | +13:05.60 |



Official Results



| Ra | Bib | Athlet | Name | Gym | Division | Time | Gap |
|---------------------------------------|-----|--------|-------------------|--------------------------|--------------------|----------|-----------|
| NORTH COUNTRY CROSSFIT | | | | | | | |
| 6 | 204 | 227 | Glenn PALMER | NORTH COUNTRY CROSSFIT | Scaled (Men) | 00:30:40 | +1:43.30 |
| 157 | 229 | 82 | Abigail | NORTH COUNTRY CROSSFIT | Scaled (Women) | 00:42:51 | +13:53.97 |
| 171 | 224 | 78 | Korynn BOYEA | NORTH COUNTRY CROSSFIT | Scaled (Women) | 00:43:55 | +14:58.00 |
| 172 | 252 | 72 | Mackenzie PASSINO | NORTH COUNTRY CROSSFIT | Scaled (Women) | 00:43:55 | +14:58.15 |
| 209 | 233 | 88 | Lindsey DRUMM | NORTH COUNTRY CROSSFIT | Scaled (Women) | 00:49:22 | +20:24.90 |
| 217 | 236 | 99 | Amanda | NORTH COUNTRY CROSSFIT | Scaled (Women) | 00:52:22 | +23:24.34 |
| ODIN CROSSFIT | | | | | | | |
| 160 | 207 | 257 | Jarrett RICKERDS | ODIN CROSSFIT | Scaled (Men) | 00:43:08 | +14:10.44 |
| ORCHARD VALLEY CROSSFIT | | | | | | | |
| 54 | 135 | 164 | Tj NOTO | ORCHARD VALLEY CROSSFIT | Rx (Men) | 00:35:38 | +6:41.10 |
| 74 | 83 | 336 | Joseph GUZMAN | ORCHARD VALLEY CROSSFIT | Masters 40+ (Men) | 00:37:00 | +8:02.36 |
| 184 | 104 | 314 | Allison BRAGER | ORCHARD VALLEY CROSSFIT | Masters 40+ | 00:45:09 | +16:11.46 |
| OUTCAST ATHLETICS | | | | | | | |
| 25 | 143 | 157 | Adam WALKER | OUTCAST ATHLETICS | Rx (Men) | 00:33:42 | +4:44.44 |
| 202 | 81 | 342 | Dan GAULIN | OUTCAST ATHLETICS | Masters 40+ (Men) | 00:48:20 | +19:22.70 |
| 210 | 240 | 101 | Andrea HERNANDEZ | OUTCAST ATHLETICS | Scaled (Women) | 00:49:29 | +20:31.94 |
| 222 | 231 | 112 | Amanda | OUTCAST ATHLETICS | Scaled (Women) | 01:08:08 | +39:11.31 |
| PALLAS FITNESS ITHACA NY | | | | | | | |
| 33 | 124 | 152 | Richard | PALLAS FITNESS ITHACA NY | Rx (Men) | 00:34:14 | +5:17.11 |
| PEAK 180 | | | | | | | |
| 120 | 249 | 74 | Colleen NORTWICH | PEAK 180 | Scaled (Women) | 00:40:09 | +11:12.31 |
| PINE BUSH SWEAT LAB | | | | | | | |
| 86 | 167 | 11 | Elise JORDAN | PINE BUSH SWEAT LAB | Rx (Women) | 00:37:58 | +9:00.64 |
| 94 | 32 | 182 | Brendan MURPHY | PINE BUSH SWEAT LAB | Intermediate (Men) | 00:38:32 | +9:35.30 |
| PRF CROSSFIT | | | | | | | |
| 111 | 237 | 83 | Abigail FRANK | PRF CROSSFIT | Scaled (Women) | 00:39:32 | +10:35.10 |
| PRIME MOVEMENT AND PERFORMANCE | | | | | | | |
| 23 | 154 | 4 | Rylee CALIDONNA | PRIME MOVEMENT AND | Rx (Women) | 00:33:31 | +4:33.57 |
| 62 | 185 | 237 | Dominic | PRIME MOVEMENT AND | Scaled (Men) | 00:36:09 | +7:11.48 |
| RACK HOUSE FITNESS | | | | | | | |
| 9 | 132 | 151 | Ryan MICKELSON | RACK HOUSE FITNESS | Rx (Men) | 00:31:34 | +2:37.05 |
| RACKHOUSE FITNESS | | | | | | | |
| 75 | 118 | 148 | Mwanje DERRICK | RACKHOUSE FITNESS | Rx (Men) | 00:37:00 | +8:03.26 |



Official Results



| Ra | Bib | Athlet | Name | Gym | Division | Time | Gap |
|--|-----|--------|--------------------|------------------------|----------------------|----------|-----------|
| RAISE THE BAR NNY | | | | | | | |
| 196 | 248 | 91 | Lori METKE | RAISE THE BAR NNY | Scaled (Women) | 00:46:52 | +17:55.14 |
| 214 | 243 | 104 | Katie KLASSEN | RAISE THE BAR NNY | Scaled (Women) | 00:50:59 | +22:02.25 |
| RENEGADE FITNESS | | | | | | | |
| 77 | 37 | 214 | Nolan PRATT | RENEGADE FITNESS | Intermediate (Men) | 00:37:07 | +8:10.20 |
| RESOLVE FITNESS | | | | | | | |
| 80 | 205 | 254 | Freddy PARRAS | RESOLVE FITNESS | Scaled (Men) | 00:37:18 | +8:21.10 |
| ROUND VALLEY CROSSFIT | | | | | | | |
| 59 | 170 | 12 | Taylor KROLIK | ROUND VALLEY CROSSFIT | Rx (Women) | 00:36:06 | +7:09.14 |
| 201 | 40 | 218 | Marcin SERAFIN | ROUND VALLEY CROSSFIT | Intermediate (Men) | 00:48:14 | +19:16.90 |
| SHELTON ATHLETICS | | | | | | | |
| 127 | 173 | 5 | Gillian LAMB | SHELTON ATHLETICS | Rx (Women) | 00:40:33 | +11:36.11 |
| STAR SPANGLED CROSSFIT | | | | | | | |
| 175 | 33 | 223 | Thomas O'HARA | STAR SPANGLED CROSSFIT | Intermediate (Men) | 00:44:23 | +15:26.10 |
| SWIFT RIVER CROSSFIT | | | | | | | |
| 79 | 134 | 175 | Charlie MURDOCH | SWIFT RIVER CROSSFIT | Rx (Men) | 00:37:15 | +8:18.30 |
| TEAM BSS FITNESS AND TRAINING | | | | | | | |
| 200 | 94 | 349 | Rob SAINATO | TEAM BSS FITNESS AND | Masters 40+ (Men) | 00:48:00 | +19:02.32 |
| VCF FITNESS | | | | | | | |
| 60 | 115 | 172 | Matthew BRAUN | VCF FITNESS | Rx (Men) | 00:36:08 | +7:10.70 |
| VIKING ATHLETICS | | | | | | | |
| 63 | 29 | 220 | Tyler LOSURE | VIKING ATHLETICS | Intermediate (Men) | 00:36:17 | +7:19.55 |
| 132 | 56 | 41 | Katherine | VIKING ATHLETICS | Intermediate | 00:40:56 | +11:59.21 |
| WARLOCK CROSSFIT | | | | | | | |
| 95 | 190 | 247 | Nicholas DUCI | WARLOCK CROSSFIT | Scaled (Men) | 00:38:34 | +9:37.10 |
| WAYFARER CROSSFIT | | | | | | | |
| 45 | 12 | 203 | Brent CREEHAN | WAYFARER CROSSFIT | Intermediate (Men) | 00:35:08 | +6:11.16 |
| 2.5 Mile Fitness Challenge Partners | | | | | | | |
| 44 | 296 | | Jessica PADULA | | | 00:42:55 | +11:09.75 |
| BARNFIT | | | | | | | |
| 17 | 281 | 2971 | Christopher DUNHAM | BARNFIT | Intermediate Partner | 00:35:29 | +3:44.22 |
| 63 | 282 | 2972 | Roy SWANN | BARNFIT | Intermediate Partner | 00:50:23 | +18:38.24 |



Official Results



| Ra | Bib | Athlet | Name | Gym | Division | Time | Gap |
|-----------------------------|-----|--------|-------------------|----------------------|----------------------|----------|-----------|
| BLACK OAK ATHLETICS | | | | | | | |
| 38 | 325 | 2991 | Zach ALLEN | BLACK OAK ATHLETICS | Rx Partner (Men) | 00:40:46 | +9:01.39 |
| CROSSFIT ACADIA | | | | | | | |
| 15 | 335 | 3042 | Newton FREIRE | CROSSFIT ACADIA | Rx Partner (Men) | 00:35:16 | +3:31.03 |
| 33 | 336 | 3041 | Nicholas BIRDSALL | CROSSFIT ACADIA | Rx Partner (Men) | 00:39:02 | +7:17.29 |
| CROSSFIT BIG GUAVA | | | | | | | |
| 4 | 266 | 2931 | David NUNEZ | CROSSFIT BIG GUAVA | Intermediate Partner | 00:32:31 | +45.90 |
| 30 | 265 | 2932 | Joseph MASTRINO | CROSSFIT BIG GUAVA | Intermediate Partner | 00:38:14 | +6:29.39 |
| CROSSFIT OVERRIDE | | | | | | | |
| 3 | 344 | 2682 | Andrea CHIOVITTI | CROSSFIT OVERRIDE | Rx Partner (Women) | 00:32:28 | +43.55 |
| 32 | 343 | 2681 | Mary SZARKOWICZ | CROSSFIT OVERRIDE | Rx Partner (Women) | 00:38:28 | +6:43.53 |
| 55 | 275 | 2871 | Roberto MOLINA | CROSSFIT OVERRIDE | Intermediate Partner | 00:46:45 | +14:59.80 |
| 65 | 276 | 2872 | Elder DE LA CRUZ | CROSSFIT OVERRIDE | Intermediate Partner | 00:51:18 | +19:32.99 |
| CROSSFIT QDA | | | | | | | |
| 26 | 291 | 2701 | Kristin RUMINSKI | CROSSFIT QDA | Intermediate Partner | 00:37:22 | +5:37.05 |
| 48 | 292 | 2702 | Hillary KANUTSU | CROSSFIT QDA | Intermediate Partner | 00:43:45 | +12:00.00 |
| 57 | 278 | 2882 | John GROSS | CROSSFIT QDA | Intermediate Partner | 00:47:31 | +15:46.53 |
| 72 | 277 | 2881 | Jimmy KANUTSU | CROSSFIT QDA | Intermediate Partner | 00:56:42 | +24:57.09 |
| CROSSFIT SHATTER | | | | | | | |
| 20 | 279 | 2892 | Alex TERWILLIGER | CROSSFIT SHATTER | Intermediate Partner | 00:36:24 | +4:39.36 |
| 21 | 280 | 2891 | Chris TERWILLIGER | CROSSFIT SHATTER | Intermediate Partner | 00:36:24 | +4:39.60 |
| CROSSFIT SOLAR FLARE | | | | | | | |
| 10 | 300 | 2771 | Jill ENGE | CROSSFIT SOLAR FLARE | Intermediate Partner | 00:34:30 | +2:45.59 |
| 51 | 299 | 2772 | Shelli PEDEN | CROSSFIT SOLAR FLARE | Intermediate Partner | 00:44:42 | +12:57.53 |
| CROSSFIT SPUR | | | | | | | |
| 24 | 268 | 2902 | John WILLIS | CROSSFIT SPUR | Intermediate Partner | 00:37:04 | +5:19.25 |
| 70 | 267 | 2901 | Matt HICKLING | CROSSFIT SPUR | Intermediate Partner | 00:55:48 | +24:03.29 |
| CROSSFIT TAKEBACK | | | | | | | |
| 12 | 322 | 3061 | Esteban ARIAS | CROSSFIT TAKEBACK | Rx Partner (Men) | 00:34:32 | +2:46.70 |
| 14 | 321 | 3062 | Jordan CICHY | CROSSFIT TAKEBACK | Rx Partner (Men) | 00:34:54 | +3:09.59 |
| CROSSFIT ULSTER | | | | | | | |
| 43 | 310 | 2722 | Brooke VENEZIALI | CROSSFIT ULSTER | Intermediate Partner | 00:42:37 | +10:52.53 |
| 69 | 309 | 2721 | Olivia GRIMSLAND | CROSSFIT ULSTER | Intermediate Partner | 00:53:10 | +21:24.99 |



Official Results



| Ra | Bib | Athlet | Name | Gym | Division | Time | Gap |
|--------------------------------------|-----|--------|------------------|-----------------------|----------------------|----------|-----------|
| CROSSFIT UNION SQUARE | | | | | | | |
| 2 | 333 | 3011 | Fares SAKLI | CROSSFIT UNION SQUARE | Rx Partner (Men) | 00:31:57 | +12.13 |
| 6 | 330 | 3002 | Federico FORONI | CROSSFIT UNION SQUARE | Rx Partner (Men) | 00:33:57 | +2:12.53 |
| 13 | 334 | 3012 | Harry HUNG QUACH | CROSSFIT UNION SQUARE | Rx Partner (Men) | 00:34:48 | +3:03.23 |
| 23 | 329 | 3001 | Mirco BENEDETTI | CROSSFIT UNION SQUARE | Rx Partner (Men) | 00:36:37 | +4:52.39 |
| CROSSFIT VERTICAL | | | | | | | |
| 19 | 274 | 2922 | Reilly COCH | CROSSFIT VERTICAL | Intermediate Partner | 00:36:10 | +4:24.83 |
| 34 | 273 | 2921 | Nathaniel | CROSSFIT VERTICAL | Intermediate Partner | 00:39:10 | +7:24.70 |
| FITERNITY | | | | | | | |
| 53 | 316 | 2801 | Amity GRIBBLE | FITERNITY | Intermediate Partner | 00:46:18 | +14:32.61 |
| 54 | 315 | 2802 | Beth DINGWALL | FITERNITY | Intermediate Partner | 00:46:30 | +14:45.19 |
| GREAT WOLF CROSSFIT | | | | | | | |
| 25 | 331 | 3051 | Nathaniel HALL | GREAT WOLF CROSSFIT | Rx Partner (Men) | 00:37:07 | +5:22.25 |
| 36 | 332 | 3052 | Bryan GAZDA | GREAT WOLF CROSSFIT | Rx Partner (Men) | 00:40:25 | +8:40.20 |
| 52 | 270 | 2962 | Jason RAMOS | GREAT WOLF CROSSFIT | Intermediate Partner | 00:44:56 | +13:11.44 |
| 71 | 269 | 2961 | Don STUBBLEBINE | GREAT WOLF CROSSFIT | Intermediate Partner | 00:56:09 | +24:24.19 |
| HWPO GYM VT | | | | | | | |
| 5 | 327 | 3032 | Trevor CONTOIS | HWPO GYM VT | Rx Partner (Men) | 00:32:43 | +57.69 |
| 8 | 328 | 3031 | Justin SWEENEY | HWPO GYM VT | Rx Partner (Men) | 00:34:09 | +2:24.09 |
| INDEPENDENT | | | | | | | |
| 7 | 348 | 3502 | Alec REIMON | INDEPENDENT | Intermediate Partner | 00:34:04 | +2:19.13 |
| 18 | 338 | 3082 | Joshua DAWSON | INDEPENDENT | Rx Partner (Men) | 00:35:43 | +3:57.65 |
| 39 | 347 | | Luke LASCALA | INDEPENDENT | Intermediate Partner | 00:40:47 | +9:01.69 |
| 42 | 337 | 3081 | Martin JOHNSON | INDEPENDENT | Rx Partner (Men) | 00:42:07 | +10:22.09 |
| 45 | 295 | 2832 | Christina | INDEPENDENT | Intermediate Partner | 00:42:55 | +11:10.33 |
| KINGSTON ATHLETICS | | | | | | | |
| 9 | 324 | 2981 | Cameron | KINGSTON ATHLETICS | Rx Partner (Men) | 00:34:18 | +2:33.10 |
| 11 | 323 | 2982 | Matthew CARL | KINGSTON ATHLETICS | Rx Partner (Men) | 00:34:31 | +2:45.99 |
| 66 | 264 | 2941 | Paul BOICE | KINGSTON ATHLETICS | Intermediate Partner | 00:51:20 | +19:35.35 |
| 67 | 263 | 2942 | Uriel JUAREZ | KINGSTON ATHLETICS | Intermediate Partner | 00:51:21 | +19:36.09 |
| LAKE GEORGE COMMUNITY FITNESS | | | | | | | |
| 16 | 286 | 2852 | Andrew DUBRULE | LAKE GEORGE COMMUNITY | Intermediate Partner | 00:35:25 | +3:40.09 |
| 27 | 304 | 2812 | Monica HEIL | LAKE GEORGE COMMUNITY | Intermediate Partner | 00:37:28 | +5:43.40 |
| 28 | 283 | 2912 | Zach WALKER | LAKE GEORGE COMMUNITY | Intermediate Partner | 00:37:29 | +5:43.75 |
| 37 | 303 | 2811 | Jane PFAU | LAKE GEORGE COMMUNITY | Intermediate Partner | 00:40:36 | +8:51.53 |



Official Results



| Ra | Bib | Athlet | Name | Gym | Division | Time | Gap |
|--------------------------------|-----|--------|-------------------|-------------------------|----------------------|----------|-----------|
| 47 | 293 | 2761 | Katy MARGISON | LAKE GEORGE COMMUNITY | Intermediate Partner | 00:43:17 | +11:32.30 |
| 56 | 294 | 2762 | Jenny GLOBERSON | LAKE GEORGE COMMUNITY | Intermediate Partner | 00:46:52 | +15:07.59 |
| 58 | 285 | 2851 | Chad LANIER | LAKE GEORGE COMMUNITY | Intermediate Partner | 00:47:57 | +16:12.04 |
| 60 | 290 | 2692 | Amy O'NEIL | LAKE GEORGE COMMUNITY | Intermediate Partner | 00:49:11 | +17:25.99 |
| 61 | 289 | 2691 | Christy DELAIRE | LAKE GEORGE COMMUNITY | Intermediate Partner | 00:49:25 | +17:40.03 |
| 62 | 284 | 2911 | Stasu BIZZARRO | LAKE GEORGE COMMUNITY | Intermediate Partner | 00:49:56 | +18:10.80 |
| LUMBER CITY ATHLETICS | | | | | | | |
| 22 | 313 | 2791 | Megan KENNEDY | LUMBER CITY ATHLETICS | Intermediate Partner | 00:36:30 | +4:45.33 |
| 31 | 314 | 2792 | Ashley GIANNI | LUMBER CITY ATHLETICS | Intermediate Partner | 00:38:15 | +6:30.54 |
| NORTH COUNTRY CROSSFIT | | | | | | | |
| 46 | 305 | 2732 | Macey LAMORA | NORTH COUNTRY CROSSFIT | Intermediate Partner | 00:43:15 | +11:30.40 |
| 50 | 306 | 2731 | Shyloh CARROLL | NORTH COUNTRY CROSSFIT | Intermediate Partner | 00:44:36 | +12:51.54 |
| 64 | 298 | 2711 | Sabrina THAYER | NORTH COUNTRY CROSSFIT | Intermediate Partner | 00:50:33 | +18:48.39 |
| 73 | 297 | 2712 | Jessica LANGFIELD | NORTH COUNTRY CROSSFIT | Intermediate Partner | 00:57:41 | +25:56.33 |
| OPENBOX ATHLETICS | | | | | | | |
| 40 | 301 | 2842 | Hailey PORTER | OPENBOX ATHLETICS | Intermediate Partner | 00:41:39 | +9:54.54 |
| 41 | 302 | 2841 | Melanie HAIG | OPENBOX ATHLETICS | Intermediate Partner | 00:41:40 | +9:54.75 |
| ORCHARD VALLEY CROSSFIT | | | | | | | |
| 35 | 307 | 2781 | Penny GUCCIONE | ORCHARD VALLEY CROSSFIT | Intermediate Partner | 00:39:14 | +7:28.89 |
| 59 | 308 | 2782 | Rebecca CARROLL | ORCHARD VALLEY CROSSFIT | Intermediate Partner | 00:48:13 | +16:27.83 |
| QUARTER DECK ATHLETICS | | | | | | | |
| 68 | 271 | 2952 | Matthew BAGLIO | QUARTER DECK ATHLETICS | Intermediate Partner | 00:52:19 | +20:34.10 |
| 74 | 272 | 2951 | Kash BROADUS | QUARTER DECK ATHLETICS | Intermediate Partner | 00:57:53 | +26:07.73 |
| RESILIENCE CROSSFIT | | | | | | | |
| 1 | 342 | 2651 | Rebekah LASHLEY | RESILIENCE CROSSFIT | Rx Partner (Women) | 00:31:45 | - |
| 29 | 341 | 2652 | Sarah WENGAL | RESILIENCE CROSSFIT | Rx Partner (Women) | 00:37:47 | +6:02.39 |
| SYRACUSE SWEAT CLUB | | | | | | | |
| 49 | 345 | 266 | Nicole TAYLOR | SYRACUSE SWEAT CLUB | Rx Partner (Women) | 00:44:27 | +12:41.77 |

