

July 17th Race Preliminary Results

Start Time: Saturday, July 17, 2010 10:00:00 AM

Wednesday, July 21, 2010 2:35:44 PM

Division: My First F 15 to 18

PL	No	Name	Representing	Swim	min/100m	PI	T1	Bike	KPH	PI	T2	Run	min/km	PI	Penalty	Total Time	Back
1	135	VERCAMMEN, Kelsey	VANCOUVER	10:53.184	596523:357	1	1:40.710	41:00.610	29.3	1	29:53.816			1	0:00.000	1:23:28.3	+0:00.0
2	86	HOLMES, Emily	SURREY BC	13:01.125	596523:357	2	1:48.057	41:03.748	29.2	2	28:00.364			1	0:00.000	1:23:53.2	+0:24.9

Division: My First M 19 to 24

PL	No	Name	Representing	Swim	min/100m	PI	T1	Bike	KPH	PI	T2	Run	min/km	PI	Penalty	Total Time	Back
1	107	NICOL, Stephen	VANCOUVER	15:54.086	3:58.5	1	3:34.436	40:00.121	30.0	1	0:41.328	34:12.716	6:50.5	1	0:00.000	1:34:22.6	+0:00.0

Division: My First F 19 to 24

PL	No	Name	Representing	Swim	min/100m	PI	T1	Bike	KPH	PI	T2	Run	min/km	PI	Penalty	Total Time	Back
1	61	BUCKNER, Michelle	VANCOUVER	11:31.510	2:52.9	1	2:50.204	46:07.074	26.0	1	1:00.857	42:47.026	8:33.4	2	0:00.000	1:44:16.6	+0:00.0
2	108	OTOOLE, Keegan	VANCOUVER	18:05.547	4:31.4	2	3:28.590	57:51.366	20.7	2	0:37.947	38:26.219	7:41.2	1	0:00.000	1:58:29.6	+14:13.0
3	127	SHAY, A.	WHITE ROCK	22:05.147	5:31.3	3	6:07.235	57:52.671	20.7	3	0:48.429	53:43.335	10:44.7	3	0:00.000	2:20:36.8	+36:20.2

Division: My First M 25 - 29

PL	No	Name	Representing	Swim	min/100m	PI	T1	Bike	KPH	PI	T2	Run	min/km	PI	Penalty	Total Time	Back
1	120	REA-PALMER, Simon	NORTH VANCOUVER	11:47.237	2:56.8	1	2:04.146	1:04:19.593	18.6	4				1	0:00.000	1:18:10.9	+0:00.0
2	124	SALOMON, Nathan	VANCOUVER	15:44.779	3:56.2	3	2:59.396	39:33.041	30.3	1	24:47.985			1	0:00.000	1:23:05.2	+4:54.3
3	98	MAJKOWSKI, Piotr	VANCOUVER	13:44.545	3:26.1	2	3:19.750	43:49.675	27.4	2	0:52.891	34:04.625	6:48.9	1	0:00.000	1:35:51.4	+17:40.5
4	97	MACKENZIE, Scott	VANCOUVER	23:12.703	5:48.2	4	4:01.734	48:25.289	24.8	3	0:54.589	49:06.861	9:49.4	2	0:00.000	2:05:41.1	+47:30.2

Division: My First F 25 - 29

PL	No	Name	Representing	Swim	min/100m	PI	T1	Bike	KPH	PI	T2	Run	min/km	PI	Penalty	Total Time	Back
1	131	THIESSEN, Kristine	SURREY	13:33.096	3:23.3	3	1:56.106	39:22.931	30.5	1	0:58.551	29:20.072	5:52.0	2	0:00.000	1:25:10.7	+0:00.0
2	99	MCCLELLAN, Carly	RICHMOND	13:30.086	3:22.5	2	1:55.389	44:30.103	27.0	4	28:37.791			1	0:00.000	1:28:33.3	+3:22.6
3	139	WILSON, Rosanna	VANCOUVER	17:09.036	4:17.3	5	3:27.628	41:44.207	28.8	2	1:19.813	28:23.186	5:40.6	1	0:00.000	1:32:03.8	+6:53.1
4	87	HUGHES, Jillian	VANCOUVER	13:43.107	3:25.8	4	2:39.979	42:28.256	28.2	3	0:45.722	33:41.548	6:44.3	4	0:00.000	1:33:18.6	+8:07.9
5	70	FOULSTON, Julia	KELOWNA	17:33.089	4:23.3	6	5:24.568	45:53.980	26.1	5	0:38.745	32:45.743	6:33.1	3	0:00.000	1:42:16.1	+17:05.4
6	102	MIRON, Chelsea	BURNABY	11:45.731	2:56.4	1	2:55.145	53:46.471	22.3	6	0:32.226	45:33.743	9:06.7	6	0:00.000	1:54:33.3	+29:22.6
7	109	OTOOLE, Colleen	VANCOUVER	18:10.415	4:32.6	7	3:30.622	56:33.235	21.2	7	1:48.486	38:26.862	7:41.4	5	0:00.000	1:58:29.6	+33:18.9

Division: My First M 30 - 34

PL	No	Name	Representing	Swim	min/100m	PI	T1	Bike	KPH	PI	T2	Run	min/km	PI	Penalty	Total Time	Back
1	137	WILLING, Benjamin	VANCOUVER	13:00.834	3:15.2	2	2:12.061	59:32.892	20.1	3				1	0:00.000	1:14:45.7	+0:00.0
2	55	BIRD, Chris	VANCOUVER	12:53.561	3:13.4	1	2:07.982	1:00:38.328	19.8	4				1	0:00.000	1:15:39.8	+0:54.1
3	128	SIBSON, Marc	BURLINGTON	14:53.787	3:43.4	4	3:15.105	38:38.332	31.1	1	1:01.094	33:30.096	6:42.0	1	0:00.000	1:31:18.4	+16:32.7
4	119	RAUE, Kurt	COQUITLAM	14:30.801	3:37.7	3	3:42.080	42:56.263	27.9	2	0:34.732	40:33.468	8:06.7	2	0:00.000	1:42:17.3	+27:31.6

* indicates adjustments applied, see last page for details

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July 17th Race

Division: My First F 30 - 34

PL	No	Name	Representing	Swim	min/100m	PI	T1	Bike	KPH	PI	T2	Run	min/km	PI	Penalty	Total Time	Back
1	117	PRACHNAU, Jenny	CHILLIWACK	14:40.738	3:40.2	2	2:32.103	39:22.389	30.5	1	0:33.992	30:13.322	6:02.7	1	0:00.000	1:27:22.5	+0:00.0
2	126	SCHWAERZLE, Kim	ARMSTRONG	18:06.199	4:31.5	4	2:30.829	46:29.063	25.8	3	0:44.788	35:09.263	7:01.9	2	0:00.000	1:43:00.1	+15:37.6
3	67	DRIVER, Courtney	SQUAMISH	14:07.165	3:31.8	1	4:18.405	42:01.961	28.6	2	0:54.611	43:02.982	8:36.6	6	0:00.000	1:44:25.1	+17:02.6
4	78	GILMARTIN, Kirstin	SURREY	16:38.462	4:09.6	3	3:34.557	48:27.449	24.8	5	0:32.538	39:04.410	7:48.9	4	0:00.000	1:48:17.4	+20:54.9
5	129	SINGER, Erin	SURREY	18:55.431	4:43.9	5	3:11.143	50:44.378	23.6	7	1:10.603	40:56.899	8:11.4	5	0:00.000	1:54:58.4	+27:35.9
6	77	GILL, Navkiran	VANCOUVER	26:01.600	6:30.4	9	2:42.601	47:41.598	25.2	4	40:09.493			1	0:00.000	1:56:35.2	+29:12.7
7	104	MITCHELL, Keren	BURNABY	23:14.569	5:48.6	7	9:04.826	50:36.297	23.7	6	1:20.903	38:06.675	7:37.3	3	0:00.000	2:02:23.2	+35:00.7
8	68	DUNN, Katie	CHILLIWACK	19:21.038	4:50.3	6	7:31.169	1:01:09.349	19.6	8	2:15.787	57:37.342	11:31.5	7	0:00.000	2:27:54.6	+1:00:32.1
9	110	PADIDAR, Parisa	VANCOUVER	25:46.366	6:26.6	8	5:20.553	1:08:31.400	17.5	9	54:28.253			1	0:00.000	2:34:06.5	+1:06:44.0

Division: My First M 35 - 39

PL	No	Name	Representing	Swim	min/100m	PI	T1	Bike	KPH	PI	T2	Run	min/km	PI	Penalty	Total Time	Back
1	54	BENSON, Paul	SURREY	17:14.923	4:18.7	1	2:23.878	1:00:48.972	19.7	2				1	0:00.000	1:20:27.7	+0:00.0
2	57	BOTELHO, Lino	PITT MEADOWS	19:39.326	4:54.8	2	3:58.591	51:47.940	23.2	1	1:06.568	49:08.864	9:49.8	1	0:00.000	2:05:41.2	+45:13.5

Division: My First F 35 - 39

PL	No	Name	Representing	Swim	min/100m	PI	T1	Bike	KPH	PI	T2	Run	min/km	PI	Penalty	Total Time	Back
1	103	MITCHELL, Kit	VANCOUVER	14:02.245	3:30.6	2	2:05.403	40:23.484	29.7	1	36:41.644			1	0:00.000	1:33:12.7	+0:00.0
2	74	GALLA, Julie	VANCOUVER	16:41.969	4:10.5	3	2:18.473	40:27.169	29.7	2	0:41.359	33:05.233	6:37.0	1	0:00.000	1:33:14.2	+0:01.5
3	125	SCHRANK, Erika	KELOWNA	11:33.957	2:53.5	1	6:09.219	43:45.636	27.4	3	1:08.990	33:59.934	6:48.0	2	0:00.000	1:36:37.7	+3:25.0
4	101	MCCLLENAGHAN, Lori	KELOWNA	17:33.482	4:23.4	4	5:43.137	46:00.974	26.1	4	1:02.250	40:26.372	8:05.3	5	0:00.000	1:50:46.2	+17:33.5
5	62	CAP, Stacey	ABBOTSFORD	21:59.169	5:29.8	7	3:12.439	50:29.110	23.8	7	0:50.182	37:35.576	7:31.1	3	0:00.000	1:54:06.4	+20:53.7
6	58	BREWER, Larissa	VANCOUVER	18:19.815	4:35.0	5	4:11.710	49:38.329	24.2	6	2:18.873	40:08.151	8:01.6	4	0:00.000	1:54:36.8	+21:24.1
7	75	GATCHALIAN, Caroline	VANCOUVER	20:58.271	5:14.6	6	2:48.793	48:06.230	24.9	5	2:37.704	43:30.948	8:42.2	6	0:00.000	1:58:01.9	+24:49.2
8	92	LAPPIN, Clare	VANCOUVER	24:44.867	6:11.2	8	9:05.569	53:41.521	22.4	8	3:34.597	47:50.692	9:34.1	7	0:00.000	2:18:57.2	+45:44.5

Division: My First F 40 - 44

PL	No	Name	Representing	Swim	min/100m	PI	T1	Bike	KPH	PI	T2	Run	min/km	PI	Penalty	Total Time	Back
1	106	NAVIN, Nona	VANCOUVER	14:41.199	3:40.3	2	3:16.734	45:15.880	26.5	7	0:42.603	32:24.381	6:28.9	2	0:00.000	1:36:20.7	+0:00.0
2	93	LASTORIA, Fiona	BURNABY	14:30.145	3:37.5	1	2:40.097	43:56.278	27.3	5	0:38.173	34:59.478	6:59.9	5	0:00.000	1:36:44.1	+0:23.4
3	96	LHEUREUX, Suzanne	PORT COQUITLAM	16:01.391	4:00.3	3	4:08.068	42:34.632	28.2	2	0:41.464	34:31.397	6:54.3	4	0:00.000	1:37:56.9	+1:36.2
4	95	LEUNG, May	VANCOUVER	22:40.874	5:40.2	8	3:25.711	39:59.554	30.0	1	1:22.174	31:17.110	6:15.4	1	0:00.000	1:38:45.4	+2:24.7
5	146	SAYER, Sandra		17:13.625	4:18.4	5	3:16.473	42:58.235	27.9	3	0:51.346	35:00.153	7:00.0	6	0:00.000	1:39:19.8	+2:59.1
6	136	WICKETT, Stacy	DELTA	18:46.449	4:41.6	7	5:24.683	44:34.340	26.9	6	0:54.582	33:41.425	6:44.3	3	0:00.000	1:43:21.4	+7:00.7
7	84	HOLLIS, Stephanie	VANCOUVER	17:08.607	4:17.2	4	6:17.987	43:38.882	27.5	4	0:58.976	38:02.857	7:36.6	7	0:00.000	1:46:07.3	+9:46.6
8	83	HERZBERG, Sylvia	RICHMOND	17:38.425	4:24.6	6	3:13.662	53:40.790	22.4	8	0:55.674	53:40.715	10:44.1	8	0:00.000	2:09:09.2	+32:48.5

Division: My First F 45 - 49

PL	No	Name	Representing	Swim	min/100m	PI	T1	Bike	KPH	PI	T2	Run	min/km	PI	Penalty	Total Time	Back
1	71	FRANSEN, Deborah	PORT COQUITLAM	17:43.349	4:25.8	1	4:51.076	40:26.284	29.7	1	0:43.853	35:13.010	7:02.6	1	0:00.000	1:38:57.5	+0:00.0
2	134	VAN SICKLE, Sylvia	SURREY	18:42.459	4:40.6	2	4:01.134	48:49.280	24.6	2	0:40.967	35:15.027	7:03.0	2	0:00.000	1:47:28.8	+8:31.3
3	80	HAWKINS, Monica	SURREY	29:53.945	7:28.5	3	3:10.891	1:03:15.539	19.0	3	0:49.354	46:35.387	9:19.1	3	0:00.000	2:23:45.1	+44:47.6

* indicates adjustments applied, see last page for details

July 17th Race

Division: My First M 50 – 54

PL	No	Name	Representing	Swim	min/100m	PI	T1	Bike	KPH	PI	T2	Run	min/km	PI	Penalty	Total Time	Back
1	94	LAWLOR, Nick	DELTA	15:11.442	3:47.9	1	5:04.016	46:41.493	25.7	1	1:13.246	39:50.414	7:58.1	1	0:00.000	1:48:00.6	+0:00.0

Division: My First F 50 – 54

PL	No	Name	Representing	Swim	min/100m	PI	T1	Bike	KPH	PI	T2	Run	min/km	PI	Penalty	Total Time	Back
1	85	HOLMES, Anne Marie	SURREY BC	14:31.717	3:37.9	1	8:19.845	39:59.075	30.0	2	1:06.536	33:08.383	6:37.7	1	0:00.000	1:37:05.5	+0:00.0
2	133	VAN DYK, Yvonne	SURREY	20:17.551	5:04.4	3	2:38.545	39:57.551	30.0	1	1:03.373	33:09.122	6:37.8	2	0:00.000	1:37:06.1	+0:00.6
3	140	WORDEN, Brenda	SURREY	17:40.405	4:25.1	2	4:43.579	49:07.046	24.4	3	2:43.146	50:35.965	10:07.2	4	0:00.000	2:04:50.1	+27:44.6
4	116	POWELL, Sue	LANGLEY	25:14.322	6:18.6	4	5:03.191	1:00:50.902	19.7	4	0:38.679	45:51.475	9:10.3	3	0:00.000	2:17:38.5	+40:33.0

Division: My First M 55 – 59

PL	No	Name	Representing	Swim	min/100m	PI	T1	Bike	KPH	PI	T2	Run	min/km	PI	Penalty	Total Time	Back
1	88	JACKSON, Ed	VANCOUVER	15:31.695	3:52.9	1	7:47.371	39:07.123	30.7	1	1:05.014	39:16.380	7:51.3	1	0:00.000	1:42:47.5	+0:00.0

Division: My First F 60 – 65

PL	No	Name	Representing	Swim	min/100m	PI	T1	Bike	KPH	PI	T2	Run	min/km	PI	Penalty	Total Time	Back
1	138	WILLING, Louise	VANCOUVER	19:18.301	4:49.6	1	3:26.913	45:31.426	26.4	1	1:15.688	38:37.092	7:43.4	1	0:00.000	1:48:09.4	+0:00.0

Division: My Next F 19 to 24

PL	No	Name	Representing	Swim	min/100m	PI	T1	Bike	KPH	PI	T2	Run	min/km	PI	Penalty	Total Time	Back
1	118	PUTTONEN, Deanna	VANCOUVER	15:09.916	3:47.5	1	1:57.074	38:33.093	31.1	1	28:52.790			1	0:00.000	1:24:32.8	+0:00.0

Division: My Next F 30 – 34

PL	No	Name	Representing	Swim	min/100m	PI	T1	Bike	KPH	PI	T2	Run	min/km	PI	Penalty	Total Time	Back
1	72	FRANZ, Tara	SQUAMISH	13:09.426	3:17.4	1	2:00.492	41:25.825	29.0	2	1:02.897	33:53.042	6:46.6	1	0:00.000	1:31:31.6	+0:00.0
2	91	LAKE, Victoria	VANCOUVER	17:35.798	4:23.9	2	2:24.650	41:20.806	29.0	1	0:54.382	37:04.159	7:24.8	2	0:00.000	1:39:19.7	+7:48.1

Division: My Next F 35 – 39

PL	No	Name	Representing	Swim	min/100m	PI	T1	Bike	KPH	PI	T2	Run	min/km	PI	Penalty	Total Time	Back
1	114	PETROVIC, Tasha	MAPLE RIDGE	17:04.778	4:16.2	1	2:55.726	41:01.356	29.2	1	0:56.499	35:49.644	7:09.9	1	0:00.000	1:37:48.0	+0:00.0