

# My First/My Next/Bigfoot Triathlons

## Preliminary Results

Start Time: Saturday, August 7, 2010 10:00:00 AM

Tuesday, August 10, 2010 4:14:58 PM

### Overall by Distance: My First Triathlon

PI	No	Name	Representing	Division	Swim	min/100m	PI	T1	Bike	KPH	PI	T3	Run	min/km	PI	Penalty	Total Time	Back
1	168	Duncan, Beth	VANCOUVER BC	My First F 30 - 34	13:03.812	3:16.0	1	2:37.992	36:51.650	32.5	7	0:57.561	27:43.762	5:32.8	3	0:00.000	1:21:00.5	+0:00.0
2	183	LUDLAM, Sean	VICTORIA BC	My First M 35 - 39	15:49.105	3:57.3	5	2:53.834	37:08.981	32.3	9		28:39.774	5:44.0	7	0:00.000	1:24:31.6	+3:31.1
3	191	NOWOTNY, Mark	LANGLEY BC	My First M 40 - 44	16:40.445	4:10.1	9	2:38.671	38:28.112	31.2	10		27:49.423	5:33.9	4	0:00.000	1:25:36.6	+4:36.1
4	206	SCHOLZ, Malia		My First F 11 to 14	26:46.705	6:41.7	38	5:22.343	49:58.350	24.0	33	5:30.385	1:25:46.912	17:09.4	40	0:00.000	1:25:46.9	+4:46.4
5	205	SCHOLZ, Rhonda		My First F 40 - 44	26:48.238	6:42.1	39	5:21.854	50:05.673	23.9	34	5:30.912	1:26:04.230	17:12.8	41	0:00.000	1:26:04.2	+5:03.7
6	166	CONVERSE, Bill	LANGLEY BC	My First M 45 - 49	16:19.817	4:05.0	6	3:42.575	36:57.724	32.5	8	1:52.412	27:23.147	5:28.6	2	0:00.000	1:26:15.6	+5:15.1
7	188	MUDGE, Cory	VANCOUVER BC	My First M 25 - 29	17:44.580	4:26.1	13	1:03.739	35:50.852	33.5	6	1:27.852	30:14.176	6:02.8	17	0:00.000	1:26:21.1	+5:20.6
8	228	TEASDALE, Lorie		My First F 45 - 49	26:46.138	6:41.5	37	3:55.340	51:41.375	23.2	39	5:24.392	1:27:32.820	17:30.6	42	0:00.000	1:27:32.8	+6:32.3
9	207	TEASDALE, Rachel		My First F 11 to 14	27:04.570	6:46.1	40	3:47.266	51:25.614	23.3	37	5:30.017	1:27:34.772	17:31.0	43	0:00.000	1:27:34.7	+6:34.2
10	200	WARNYCA, Allison	VANCOUVER BC	My First F 15 and under	15:26.667	3:51.7	4	2:01.570	39:54.940	30.1	13		30:41.753	6:08.4	18	0:00.000	1:28:04.9	+7:04.4
11	177	JOLLYMORE, Bronwen	VICTORIA BC	My First F 19 to 24	17:51.649	4:27.9	15	2:13.441	41:19.837	29.0	16		29:59.913	6:00.0	12	0:00.000	1:31:24.8	+10:24.3
12	181	LANTHIER, Brandon	BURNABY BC	My First M 30 - 34	16:38.743	4:09.7	8	3:05.315	39:42.095	30.2	12		32:30.828	6:30.2	24	0:00.000	1:31:56.9	+10:56.4
13	178	KURTZ, Brendan	CHILLIWACK BC	My First M 35 - 39	17:25.410	4:21.4	10	6:29.089	38:43.758	31.0	11	1:11.473	30:10.410	6:02.1	15	0:00.000	1:32:20.4	+11:19.9
14	163	ARNEILL, Amanda	BURNABY BC	My First F 25 - 29	13:23.083	3:20.8	2	4:48.567	42:33.307	28.2	17	1:53.702	30:05.680	6:01.1	14	0:00.000	1:32:44.3	+11:43.8
15	218	NEUFELD, Carla		My First F 30 - 34	15:10.168	3:47.5	3	2:58.621	42:34.727	28.2	18	1:55.412	30:05.496	6:01.1	13	0:00.000	1:32:44.4	+11:43.9
16	203	MILLER, Ken		My First M 35 - 39	16:23.931	4:06.0	7	2:13.379	43:40.067	27.5	21	1:21.820	32:47.509	6:33.5	25	0:00.000	1:36:26.7	+15:26.2
17	162	ALLSOPP, Peta	VANCOUVER BC	My First F 30 - 34	20:49.037	5:12.3	24	3:15.410	40:45.582	29.4	14		32:01.777	6:24.4	23	0:00.000	1:36:51.8	+15:51.3
18	171	FURNESS, Leah	PORT COQUITLAM BC	My First F 19 to 24	18:29.764	4:37.4	19	3:02.086	47:19.497	25.4	28	0:47.151	27:57.723	5:35.5	5	0:00.000	1:37:36.2	+16:35.7
19	189	NGAI, Tiffany	PORT COQUITLAM BC	My First F 19 to 24	22:08.266	5:32.1	28	4:12.813	41:12.468	29.1	15	0:57.057	29:08.184	5:49.6	9	0:00.000	1:37:38.7	+16:38.2
20	229	CHOI, Tamara		My First F 35 - 39	21:46.114	5:26.5	26	3:11.000	43:16.822	27.7	19	1:06.865	30:14.100	6:02.8	16	0:00.000	1:39:34.9	+18:34.4
21	212	MAKI, Fumiko		My First F 45 - 49	24:45.917	6:11.5	36	45:06.455			1		29:55.704	5:59.1	11	0:00.000	1:39:48.0	+18:47.5
22	214	HILL, Mathew		My First M 40 - 44	21:31.513	5:22.9	25	8:10.982	43:49.127	27.4	22	1:05.620	26:22.936	5:16.6	1	0:00.000	1:41:00.1	+19:59.6
23	216	MILANEY, Marla		My First F 35 - 39	17:41.872	4:25.5	11	2:13.416	46:39.487	25.7	25	0:53.464	33:33.883	6:42.8	26	0:00.000	1:41:02.1	+20:01.6
24	193	PETERSON, Leslie	SURREY BC	My First F 30 - 34	17:43.154	4:25.8	12	54:12.682	0:53.484	1,346.2	3		29:44.058	5:56.8	10	0:00.000	1:42:33.3	+21:32.8
25	198	TREMBLAY, Jessica Tre...	BURNABY BC	My First F 30 - 34	18:28.355	4:37.1	18	53:29.415	0:51.346	1,402.2	2		31:47.001	6:21.4	21	0:00.000	1:44:36.1	+23:35.6
26	185	MCCANN, Bronwen	KELOWNA BC	My First F 25 - 29	22:09.399	5:32.3	29	2:34.694	47:36.653	25.2	30	0:38.898	31:45.297	6:21.1	20	0:00.000	1:44:44.9	+23:44.4
27	164	BERRY, Edward	KELOWNA BC	My First M 25 - 29	30:27.688	7:36.9	41	44:35.675	0:57.426	1,253.8	4		28:58.375	5:47.7	8	0:00.000	1:44:59.1	+23:58.6
28	202	DOUGAN, Kerridan	MISSION BC	My First F 35 - 39	22:40.561	5:40.1	32	7:12.569	46:54.591	25.6	27	0:55.560	28:35.646	5:43.1	6	0:00.000	1:46:18.9	+25:18.4
29	219	GALUSKA, Denise		My First F 25 - 29	20:01.441	5:00.4	20	3:13.248	51:30.305	23.3	38	0:36.987	31:52.971	6:22.6	22	0:00.000	1:47:14.9	+26:14.4
30	204	PAN, Frank		My First M 55 - 59	22:41.501	5:40.4	33	2:17.399	44:06.412	27.2	23		38:25.662	7:41.1	31	0:00.000	1:47:30.9	+26:30.4
31	190	NORTON, Andri	VICTORIA BC	My First F 25 - 29	18:03.223	4:30.8	16	2:37.330	51:25.389	23.3	36	0:42.218	35:24.913	7:05.0	27	0:00.000	1:48:13.0	+27:12.5
32	211	MCNEIL, Kyla		My First F 25 - 29	18:04.770	4:31.2	17	2:36.294	51:19.865	23.4	35	0:48.132	35:40.148	7:08.0	28	0:00.000	1:48:29.2	+27:28.7
33	195	SHAW, John	LANGLEY BC	My First M 40 - 44	22:06.962	5:31.7	27	2:58.355	44:22.051	27.1	24	0:52.460	38:30.318	7:42.1	32	0:00.000	1:48:50.1	+27:49.6
34	180	LANG, Vanessa	BURNABY BC	My First F 35 - 39	17:49.587	4:27.4	14	5:38.976	46:52.544	25.6	26		38:55.105	7:47.0	35	0:00.000	1:49:16.2	+28:15.7
35	215	CHARLES, Nicole		My First F 35 - 39	20:35.292	5:08.8	23	8:31.523	43:19.525	27.7	20	0:52.846	36:20.070	7:16.0	29	0:00.000	1:49:39.2	+28:38.7
36	201	WONG, Ray	BURNABY BC	My First M 35 - 39	24:25.895	6:06.5	35	4:54.632	49:32.107	24.2	32	0:55.250	31:44.922	6:21.0	19	0:00.000	1:51:32.8	+30:32.3
37	182	LAPRE, Fletcher	LANGLEY BC	My First M 45 - 49	22:33.688	5:38.4	31	3:28.560	48:22.178	24.8	31	0:55.022	38:35.614	7:43.1	33	0:00.000	1:53:55.0	+32:54.5
38	167	DOUGAN, Amanda	PITT MEADOWS BC	My First F 30 - 34	23:32.281	5:53.1	34	4:16.132	47:20.341	25.4	29	0:51.409	38:09.464	7:37.9	30	0:00.000	1:54:09.6	+33:09.1
39	176	HORSEMAN, Ian	KELOWNA BC	My First M 25 - 29	33:13.729	8:18.4	42	40:21.732	1:45.658	681.4	5		40:06.951	8:01.4	37	0:00.000	1:55:28.0	+34:27.5
40	213	MISFELDT, Ella		My First F 30 - 34	20:26.877	5:06.7	22	2:22.486	52:37.498	22.8	40	1:11.540	39:04.696	7:48.9	36	0:00.000	1:55:43.0	+34:42.5

\* indicates adjustments applied, see last page for details

# My First/My Next/Bigfoot Triathlons

## Overall by Distance: My First Triathlon Continued

PI	No	Name	Representing	Division	Swim	min/100m	PI	T1	Bike	KPH	PI	T3	Run	min/km	PI	Penalty	Total Time	Back
41	196	SHAW, Adele	LANGLEY BC	My First F 40 - 44	22:13.906	5:33.5	30	57:51.099	0:39.936	1,802.9	1		38:43.963	7:44.8	34	0:00.000	1:59:28.9	+38:28.4
42	179	LANG, Rebecca	PORT MOODY BC	My First F 35 - 39	20:26.506	5:06.6	21	5:33.637	1:02:05.372	19.3	41	2:13.705	57:02.520	11:24.5	38	0:00.000	2:27:21.7	+1:06:21.2

## Overall by Distance: My Next Triathlon

PI	No	Name	Representing	Division	Swim	min/100m	PI	T1	Bike	KPH	PI	T3	Run	min/km	PI	Penalty	Total Time	Back
1	174	HEILBRON, Karl	VANCOUVER BC	My Next M 19 to 24	14:49.272	3:42.3	3	2:14.194	33:20.603	36.0	1	1:54.429	25:10.709	5:02.1	1	0:00.000	1:17:29.2	+0:00.0
2	175	HEILBRON, Brett	VANCOUVER BC	My Next M 45 - 49	14:34.216	3:38.6	2	2:01.782	33:44.810	35.6	2	1:20.708	27:26.601	5:29.3	2	0:00.000	1:19:08.1	+1:38.9
3	192	PATTISON, Kevin	PORT MOODY BC	My Next M 30 - 34	13:48.272	3:27.1	1	2:56.200	37:11.239	32.3	4		28:25.039	5:41.0	3	0:00.000	1:22:20.7	+4:51.5
4	217	KRUSCHEL, Marijane		My Next F 30 - 34	17:58.832	4:29.7	6	2:14.431	36:38.962	32.7	3	1:56.462	30:20.444	6:04.1	4	0:00.000	1:29:09.1	+11:39.9
5	161	ALLSOPP, Jason	VANCOUVER BC	My Next M 30 - 34	17:36.137	4:24.0	5	3:32.504	47:16.891	25.4	6		33:21.167	6:40.2	5	0:00.000	1:41:46.6	+24:17.4
6	210	QUIROS, Krusheska		My Next F 35 - 39	16:40.117	4:10.0	4	3:07.111	46:00.328	26.1	5	0:35.961	41:10.660	8:14.1	7	0:00.000	1:47:34.1	+30:04.9
7	173	HAYWARD, Bianca	PORT COQUITLAM BC	My Next F 30 - 34	21:05.678	5:16.4	7	5:49.207	48:48.035	24.6	7	0:46.264	35:39.210	7:07.8	6	0:00.000	1:52:08.3	+34:39.1

\* indicates adjustments applied, see last page for details