

My First/My Next Triathlon Preliminary Results

Saturday, August 1, 2009 8:03:20 PM

Division: My 1st F 11-14

| PL | No | Name | Representing | Swim | min/100m | PI | T1 | Bike | KPH | PI | T2 | Run | min/mi | PI | Penalty | Total Time | Back |
|----|-----|----------------|--------------|-----------|----------|----|----------|-----------|------|----|----------|-----------|---------|----|----------|------------|-------|
| 1 | 189 | GOSSELIN, Emma | SURREY BC | 12:27.003 | 3:06.8 | 1 | 2:17.024 | 56:33.082 | 21.2 | 1 | 1:01.912 | 40:55.951 | 13:12.2 | 1 | 0:00.000 | 1:53:14 | +0:00 |

Division: My 1st M 11-14

| PL | No | Name | Representing | Swim | min/100m | PI | T1 | Bike | KPH | PI | T2 | Run | min/mi | PI | Penalty | Total Time | Back |
|----|-----|----------------|--------------|-----------|----------|----|----------|-----------|------|----|----------|-----------|---------|----|----------|------------|-------|
| 1 | 218 | MACRI, Anthony | | 20:06.483 | 5:01.6 | 1 | 2:41.563 | 49:59.534 | 24.0 | 1 | 0:47.376 | 31:19.793 | 10:06.4 | 1 | 0:00.000 | 1:44:54 | +0:00 |

Division: My 1st F 20-24

| PL | No | Name | Representing | Swim | min/100m | PI | T1 | Bike | KPH | PI | T2 | Run | min/mi | PI | Penalty | Total Time | Back |
|----|-----|------------------|-------------------|-----------|----------|----|----------|-----------|------|----|----------|-----------|---------|----|----------|------------|--------|
| 1 | 221 | ANDERSON, Megan | | 13:37.293 | 3:24.3 | 1 | 1:58.303 | 55:43.856 | 21.5 | 4 | 0:37.928 | 25:01.789 | 8:04.4 | 1 | 0:00.000 | 1:36:59 | +0:00 |
| 2 | 211 | STARYK, Kimberly | PORT COQUITLAM BC | 16:08.419 | 4:02.1 | 2 | 2:06.741 | 42:58.163 | 27.9 | 1 | 0:46.381 | 39:04.103 | 12:36.2 | 4 | 0:00.000 | 1:41:03 | +4:04 |
| 3 | 183 | CROCHET, Tatiana | BEVERLY HILLS CA | 17:08.615 | 4:17.2 | 3 | 1:49.038 | 44:50.759 | 26.8 | 2 | | 38:34.972 | 12:26.8 | 3 | 0:00.000 | 1:42:23 | +5:24 |
| 4 | 213 | TSUI, Jennifer | RICHMOND BC | 21:47.988 | 5:27.0 | 4 | 2:17.038 | 50:22.726 | 23.8 | 3 | 1:00.228 | 34:32.200 | 11:08.5 | 2 | 0:00.000 | 1:50:00 | +13:01 |

Division: My 1st F 25-29

| PL | No | Name | Representing | Swim | min/100m | PI | T1 | Bike | KPH | PI | T2 | Run | min/mi | PI | Penalty | Total Time | Back |
|----|-----|-------------------|-------------------|-----------|----------|----|----------|-----------|------|----|----------|-----------|---------|----|----------|------------|--------|
| 1 | 156 | BOLT, Samantha | WEST VANCOUVER BC | 22:35.695 | 5:38.9 | 3 | 0:52.490 | 37:43.159 | 31.8 | 1 | | 27:01.242 | 8:43.0 | 1 | 0:00.000 | 1:28:12 | +0:00 |
| 2 | 214 | WILSON, Marika | VANCOUVER BC | 20:06.644 | 5:01.7 | 2 | 3:26.359 | 50:57.698 | 23.6 | 3 | | 30:34.416 | 9:51.7 | 2 | 0:00.000 | 1:45:05 | +16:53 |
| 3 | 184 | CROCHET, Caroline | VANCOUVER BC | 16:53.282 | 4:13.3 | 1 | 1:50.797 | 46:17.075 | 25.9 | 2 | 0:32.019 | 43:06.377 | 13:54.3 | 3 | 0:00.000 | 1:48:39 | +20:27 |

Division: My 1st M 25-29

| PL | No | Name | Representing | Swim | min/100m | PI | T1 | Bike | KPH | PI | T2 | Run | min/mi | PI | Penalty | Total Time | Back |
|----|-----|-----------------|--------------|-----------|----------|----|----------|-----------|------|----|----------|-----------|---------|----|----------|------------|--------|
| 1 | 198 | LYNCH, Jefferey | VANCOUVER BC | 16:04.295 | 4:01.1 | 1 | 2:33.908 | 36:28.226 | 32.9 | 1 | 1:11.790 | 28:22.653 | 9:09.2 | 1 | 0:00.000 | 1:24:40 | +0:00 |
| 2 | 208 | SELBY, Timothy | NORTHIDGE CA | 17:59.720 | 4:29.9 | 2 | 1:43.920 | 40:17.109 | 29.8 | 2 | | 34:35.821 | 11:09.6 | 2 | 0:00.000 | 1:34:36 | +9:56 |
| 3 | 203 | NOULLETT, Adam | SURREY BC | 22:21.201 | 5:35.3 | 3 | 5:35.395 | 52:26.326 | 22.9 | 4 | 1:08.120 | 40:32.419 | 13:04.7 | 3 | 0:00.000 | 2:02:03 | +37:23 |
| 4 | 186 | FLEMING, Craig | VANCOUVER BC | 26:33.935 | 6:38.5 | 4 | 6:04.730 | 48:58.908 | 24.5 | 3 | 2:47.053 | 47:22.842 | 15:17.0 | 4 | 0:00.000 | 2:11:47 | +47:07 |

Division: My 1st F 30-34

| PL | No | Name | Representing | Swim | min/100m | PI | T1 | Bike | KPH | PI | T2 | Run | min/mi | PI | Penalty | Total Time | Back |
|----|-----|---------------------|-------------------|-----------|----------|----|----------|-------------|------|----|----------|-----------|---------|----|----------|------------|--------|
| 1 | 219 | WRIGHT, Reagen | VANCOUVER | 14:01.036 | 3:30.3 | 1 | 1:37.673 | 45:06.057 | 26.6 | 1 | 0:37.291 | 39:17.257 | 12:40.4 | 3 | 0:00.000 | 1:40:39 | +0:00 |
| 2 | 201 | MORGANWILSON, Clara | BURNABY BC | 16:23.170 | 4:05.8 | 3 | 2:53.237 | 45:45.649 | 26.2 | 2 | 0:32.203 | 37:25.083 | 12:04.2 | 2 | 0:00.000 | 1:42:59 | +2:20 |
| 3 | 192 | GRIFFIN, Sheri | DELTA BC | 15:49.844 | 3:57.5 | 2 | 3:54.349 | 49:31.137 | 24.2 | 4 | 0:37.867 | 36:48.500 | 11:52.4 | 1 | 0:00.000 | 1:46:41 | +6:02 |
| 4 | 193 | HAYWARD, Bianca | PORT COQUITLAM BC | 22:50.862 | 5:42.7 | 5 | 3:31.856 | 49:28.042 | 24.3 | 3 | 2:14.519 | 42:07.447 | 13:35.3 | 4 | 0:00.000 | 2:00:12 | +19:33 |
| 5 | 170 | BURKE, Nicole | COQUITLAM BC | 22:29.428 | 5:37.4 | 4 | 3:46.848 | 1:02:37.962 | 19.2 | 5 | 1:21.070 | 59:15.957 | 19:07.1 | 5 | 0:00.000 | 2:29:31 | +48:52 |

Division: My 1st M 30-34

| PL | No | Name | Representing | Swim | min/100m | PI | T1 | Bike | KPH | PI | T2 | Run | min/mi | PI | Penalty | Total Time | Back |
|----|-----|---------------------|--------------|-----------|----------|----|----------|-----------|------|----|----------|-----------|--------|----|----------|------------|-------|
| 1 | 207 | SCHULD, Christopher | VANCOUVER BC | 17:21.416 | 4:20.4 | 2 | 1:37.286 | 34:39.778 | 34.6 | 1 | 0:30.233 | 25:55.409 | 8:21.7 | 1 | 0:00.000 | 1:20:04 | +0:00 |
| 2 | 202 | NOULLETT, Jeremy | DELTA BC | 17:00.624 | 4:15.2 | 1 | 2:39.357 | 39:53.609 | 30.1 | 2 | 0:48.535 | 27:37.126 | 8:54.6 | 2 | 0:00.000 | 1:27:59 | +7:55 |

* indicates adjustments applied, see last page for details

My First/My Next Triathlon

Division: My 1st F 35-39

| PL | No | Name | Representing | Swim | min/100m | PI | T1 | Bike | KPH | PI | T2 | Run | min/mi | PI | Penalty | Total Time | Back |
|----|-----|---------------------|--------------------|-----------|----------|----|----------|-----------|------|----|----------|-----------|---------|----|----------|------------|--------|
| 1 | 216 | QUIROS, Krusheska | SANTURCE PR | 15:03.331 | 3:45.8 | 1 | 2:51.791 | 42:59.983 | 27.9 | 1 | 0:41.767 | 38:21.469 | 12:22.4 | 3 | 0:00.000 | 1:39:58 | +0:00 |
| 2 | 191 | GRAHAM, Joyce | NORTH VANCOUVER BC | 16:58.711 | 4:14.7 | 2 | 2:33.466 | 47:57.868 | 25.0 | 2 | 0:31.346 | 37:27.309 | 12:04.9 | 2 | 0:00.000 | 1:45:28 | +5:30 |
| 3 | 205 | RAVELL, Janine | PORT COQUITLAM BC | 21:59.304 | 5:29.8 | 4 | 3:12.728 | 55:09.066 | 21.8 | 4 | 2:32.144 | 32:57.637 | 10:37.9 | 1 | 0:00.000 | 1:55:50 | +15:52 |
| 4 | 200 | MCGILLVREY, Heather | MISSION BC | 17:41.472 | 4:25.4 | 3 | 3:34.847 | 51:52.874 | 23.1 | 3 | 1:12.973 | 42:51.904 | 13:49.6 | 5 | 0:00.000 | 1:57:14 | +17:16 |
| 5 | 177 | COWELL, Brandi | MISSION BC | 22:25.492 | 5:36.4 | 5 | 3:00.713 | 55:10.016 | 21.8 | 5 | 1:37.717 | 38:52.709 | 12:32.5 | 4 | 0:00.000 | 2:01:06 | +21:08 |

Division: My 1st F 40-44

| PL | No | Name | Representing | Swim | min/100m | PI | T1 | Bike | KPH | PI | T2 | Run | min/mi | PI | Penalty | Total Time | Back |
|----|-----|----------------------|--------------------|-----------|----------|----|----------|-------------|------|----|----------|-----------|---------|----|----------|------------|--------|
| 1 | 175 | CELMAINIS, Elizabeth | NORTH VANCOUVER BC | 16:45.474 | 4:11.4 | 1 | 3:23.545 | 55:03.069 | 21.8 | 2 | 2:13.834 | 36:39.675 | 11:49.6 | 2 | 0:00.000 | 1:54:05 | +0:00 |
| 2 | 212 | STEPTO, Kim | LANGLEY BC | 22:49.702 | 5:42.4 | 3 | 3:17.052 | 52:02.135 | 23.1 | 1 | 2:10.578 | 0:41.822 | 0:13.5 | 1 | 0:00.000 | 2:01:14 | +7:09 |
| 3 | 204 | PETERSON, Lisa | DELTA BC | 19:10.060 | 4:47.5 | 2 | 3:07.751 | 1:05:32.931 | 18.3 | 3 | 0:40.616 | 42:48.001 | 13:48.4 | 4 | 0:00.000 | 2:11:19 | +17:14 |

Division: My 1st M 40-44

| PL | No | Name | Representing | Swim | min/100m | PI | T1 | Bike | KPH | PI | T2 | Run | min/mi | PI | Penalty | Total Time | Back |
|----|-----|----------------|--------------|-----------|----------|----|----------|-----------|------|----|----------|-----------|--------|----|----------|------------|--------|
| 1 | 215 | ALVA, Enrique | | 16:43.971 | 4:11.0 | 1 | 3:22.087 | 35:01.754 | 34.3 | 1 | | 28:01.015 | 9:02.3 | 2 | 0:00.000 | 1:23:08 | +0:00 |
| 2 | 220 | CARAZO, Ramses | COQUITLAM | 26:52.686 | 6:43.2 | 2 | 2:40.595 | 47:40.100 | 25.2 | 2 | 0:45.913 | 26:13.572 | 8:27.6 | 1 | 0:00.000 | 1:44:12 | +21:04 |

Division: My 1st F 45-49

| PL | No | Name | Representing | Swim | min/100m | PI | T1 | Bike | KPH | PI | T2 | Run | min/mi | PI | Penalty | Total Time | Back |
|----|-----|-------------------|-------------------|-----------|----------|----|-------------|-----------|-------|----|----------|-----------|---------|----|----------|------------|--------|
| 1 | 194 | HOFFMAN, Nicky | PORT COQUITLAM BC | 14:38.052 | 3:39.5 | 1 | 1:51.406 | 41:17.089 | 29.1 | 2 | | 31:04.640 | 10:01.5 | 1 | 0:00.000 | 1:28:51 | +0:00 |
| 2 | 197 | LAPIERRE, Maureen | LANGLEY BC | 20:10.906 | 5:02.7 | 2 | 2:40.913 | 44:21.049 | 27.1 | 3 | 1:49.071 | 36:31.825 | 11:47.0 | 2 | 0:00.000 | 1:45:33 | +16:42 |
| 3 | 206 | ROBSON, Bridie | LANGLEY BC | 22:52.030 | 5:43.0 | 3 | 3:13.809 | 54:53.226 | 21.9 | 4 | 0:52.801 | 39:15.107 | 12:39.7 | 3 | 0:00.000 | 2:01:06 | +32:15 |
| 4 | 188 | FRIEBEL, Diane | SURREY BC | 25:52.568 | 6:28.1 | 4 | 1:05:05.807 | 1:14.294 | 969.1 | 1 | | 42:10.847 | 13:36.4 | 4 | 0:00.000 | 2:14:23 | +45:32 |

Division: My 1st M 45-49

| PL | No | Name | Representing | Swim | min/100m | PI | T1 | Bike | KPH | PI | T2 | Run | min/mi | PI | Penalty | Total Time | Back |
|----|-----|--------------|--------------|-----------|----------|----|----------|-----------|------|----|----|-----------|---------|----|----------|------------|-------|
| 1 | 195 | JONES, Glenn | VANCOUVER BC | 22:27.701 | 5:36.9 | 1 | 4:06.681 | 50:41.051 | 23.7 | 1 | | 40:38.755 | 13:06.7 | 1 | 0:00.000 | 1:57:54 | +0:00 |

Division: My 1st M 50-54

| PL | No | Name | Representing | Swim | min/100m | PI | T1 | Bike | KPH | PI | T2 | Run | min/mi | PI | Penalty | Total Time | Back |
|----|-----|------------------|--------------------|-----------|----------|----|----------|-----------|------|----|----------|-----------|--------|----|----------|------------|-------|
| 1 | 190 | GRAHAM, Mitchell | NORTH VANCOUVER BC | 20:30.056 | 5:07.5 | 1 | 3:38.949 | 42:20.874 | 28.3 | 1 | 0:47.545 | 30:36.673 | 9:52.5 | 1 | 0:00.000 | 1:37:54 | +0:00 |

Division: My 1st M 55-59

| PL | No | Name | Representing | Swim | min/100m | PI | T1 | Bike | KPH | PI | T2 | Run | min/mi | PI | Penalty | Total Time | Back |
|----|-----|--------------|--------------|-----------|----------|----|----------|-----------|------|----|----------|-----------|---------|----|----------|------------|-------|
| 1 | 187 | FLEMING, Ron | VANCOUVER BC | 26:55.564 | 6:43.9 | 1 | 5:14.610 | 49:56.169 | 24.0 | 1 | 2:15.697 | 47:25.130 | 15:17.8 | 1 | 0:00.000 | 2:11:47 | +0:00 |

Division: My Next M 35-39

| PL | No | Name | Representing | Swim | min/100m | PI | T1 | Bike | KPH | PI | T2 | Run | min/mi | PI | Penalty | Total Time | Back |
|----|-----|----------------|--------------|-----------|----------|----|----------|-----------|------|----|----------|-----------|---------|----|----------|------------|-------|
| 1 | 217 | MORIARITY, Jim | | 12:49.005 | 3:12.3 | 1 | 1:18.312 | 33:54.756 | 35.4 | 1 | 0:31.525 | 33:13.425 | 10:43.0 | 1 | 0:00.000 | 1:21:47 | +0:00 |

My First/My Next Triathlon

Division: My Next F 45-49

| PL | No | Name | Representing | Swim | min/100m | PI | T1 | Bike | KPH | PI | T2 | Run | min/mi | PI | Penalty | Total Time | Back |
|----|-----|-----------------|-------------------|-----------|----------|----|----------|-------------|------|----|----------|-----------|---------|----|----------|------------|-------|
| 1 | 185 | CUMMINGS, Carol | PORT COQUITLAM BC | 25:20.360 | 6:20.1 | 1 | 2:55.833 | 1:01:38.538 | 19.5 | 1 | 0:40.282 | 34:36.765 | 11:09.9 | 1 | 0:00.000 | 2:05:11 | +0:00 |

* indicates adjustments applied, see last page for details