

July 24th Race Preliminary Results

Start Time: Saturday, July 24, 2010 10:00:00 AM

Wednesday, July 28, 2010 11:53:53 AM

Division: My First F 11 to 14

PL	No	Name	Representing	Swim	min/100m	PI	T1	Bike	KPH	PI	T2	Run	min/km	PI	Penalty	Total Time	Back
1	142	KORDAS, Gretchen	BLAINE	12:48.286	3:12.1	1	6:53.246	48:02.401	25.0	3	1:02.502	35:50.535	7:10.1	1	0:00.000	1:44:36.9	+0:00.0
2	90	DUFOUR, Stephanie	SURREY	13:53.590	3:28.4	2	5:51.521	47:29.966	25.3	2	1:28.516	35:54.120	7:10.8	2	0:00.000	1:44:37.7	+0:00.8
3	3	FRANK, Mae		30:04.362	7:31.1	5	1:03:42.677	0:41.738	1,725.0	1		1:01:43.798	12:20.8	5	0:00.000	2:36:12.5	+51:35.6
4	81	DOLMAT, Amanda	SURREY	20:23.250	5:05.8	3	0:08.045	1:24:35.750	14.2	5	1:53.429	49:49.993	9:58.0	3	0:00.000	2:36:50.4	+52:13.5
5	122	KNELLER, Megan	KELOWNA	20:23.454	5:05.9	4	0:05.047	1:23:20.074	14.4	4		53:48.437	10:45.7	4	0:00.000	2:37:37.0	+53:00.1

Division: My First M 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	100	DUFOUR, Daniel	SURREY	12:19.921	3:05.0	1	2:35.870	47:55.751	25.0	1	1:01.484	34:27.192	6:53.4	1	0:00.000	1:38:20.2	+0:00.0

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	123	KNELLER, Emma	KELOWNA	22:03.003	5:30.8	2	1:12:43.811	2:34.089	467.3	2	0:23.930	45:40.681	9:08.1	1	0:00.000	2:23:25.5	+0:00.0
2	121	KNELLER, Amy	KELOWNA	20:57.121	5:14.3	1	1:24:30.962	1:31.781	784.5	1		49:50.803	9:58.2	2	0:00.000	2:36:50.6	+13:25.1

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	4	PHILLIPS, Landon		16:52.435	4:13.1	1				1		1:18:38.250	15:43.7	1	0:00.000	1:35:30.6	+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	48	BOUMA, Jenna	COQUITLAM	16:46.583	4:11.6	1	3:26.382	42:35.104	28.2	1	0:56.628	0:05.348	0:01.1	1	0:00.000	1:46:35.0	+0:00.0

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	45	ALLPAS, Bjorn	VERNON	19:29.842	4:52.5	3	3:10.943	47:01.324	25.5	2	1:23.384	32:16.427	6:27.3	1	0:00.000	1:43:21.9	+0:00.0
2	50	CATALINA, Mihai	SURREY	18:12.809	4:33.2	1	2:19.079	40:59.662	29.3	1	0:29.302	45:19.170	9:03.8	3	0:00.000	1:47:20.0	+3:58.1
3	56	CHIU, Jason	VANCOUVER	18:47.598	4:41.9	2	4:11.526	50:01.850	24.0	3	1:50.638	38:32.652	7:42.5	2	0:00.000	1:53:24.2	+10:02.3

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	111	HOOGE, Jen	CHILLIWACK	15:32.512	3:53.1	1	3:01.015	48:04.173	25.0	2	0:30.322	40:28.586	8:05.7	2	0:00.000	1:47:36.6	+0:00.0
2	53	CHIU, Diana	VANCOUVER	18:43.324	4:40.8	3	3:51.940	0:13.617	5,287.5	1	0:08.075	50:03.194	10:00.6	3	0:00.000	1:53:24.3	+5:47.7
3	2	HARMS, Deborah		15:49.942	3:57.5	2	4:18.125	58:30.130	20.5	3	0:41.814	50:17.215	10:03.4	4	0:00.000	2:09:37.2	+22:00.6

* indicates adjustments applied, see last page for details

July 24th Race

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	51	CAVALIERE, Shayne	MERRITT	15:24.492	3:51.1	1	3:05.909	38:21.547	31.3	1	1:05.992	27:02.490	5:24.5	1	0:00.000	1:25:00.4	+0:00.0
2	156	RICHARDS, Nicholas	MERRITT	18:07.672	4:31.9	2	3:45.696	45:22.770	26.4	2	0:43.365	34:47.463	6:57.5	2	0:00.000	1:42:46.9	+17:46.5

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	112	ISAAC, Kristin	ROSEDALE	14:48.334	3:42.1	1	3:09.388	46:42.555	25.7	2	0:44.158	0:05.051	0:01.0	1	0:00.000	1:38:41.0	+0:00.0
2	155	RICHARDS, Tara	MERRITT	18:02.075	4:30.5	2	3:49.650	45:06.303	26.6	1	1:01.598	34:47.325	6:57.5	3	0:00.000	1:42:46.9	+4:05.9

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	46	APEL-SARID, Liat	VANCOUVER	13:56.501	3:29.1	2	2:21.032	37:41.287	31.8	4	1:34.008	30:38.064	6:07.6	1	0:00.000	1:26:10.8	+0:00.0
2	59	CHYZYK, Angie	PORT MOODY	14:22.193	3:35.5	3	2:22.584	40:03.427	30.0	5	0:38.144	35:14.095	7:02.8	3	0:00.000	1:32:40.4	+6:29.6
3	1	GERTY, Lynda		15:00.158	3:45.0	4	1:50.538	0:08.089	8,901.0	1	1:28.871	41:46.916	8:21.4	7	0:00.000	1:37:40.8	+11:30.0
4	148	KORDAS, Shannon	BLAINE	13:37.089	3:24.3	1	3:35.193	47:22.187	25.3	9	0:58.122	32:25.013	6:29.0	2	0:00.000	1:37:57.6	+11:46.8
5	79	DEWAR, Adrea	SURREY	15:16.291	3:49.1	5	3:13.454	44:26.230	27.0	8	1:02.323	40:28.120	8:05.6	6	0:00.000	1:44:26.4	+18:15.6
6	105	GROOT, Anne-mieke	COQUITLAM	17:55.239	4:28.8	7	2:16.271	42:37.975	28.1	6	1:01.116	42:44.717	8:32.9	8	0:00.000	1:46:35.3	+20:24.5
7	160	KELLAHER, Louise		16:21.166	4:05.3	6	3:25.413	43:46.735	27.4	7	1:06.453	43:42.689	8:44.5	9	0:00.000	1:48:22.4	+22:11.6
8	47	BIBERDORF, Wendi	KAMLOOPS	30:17.802	7:34.5	9	1:03:24.419	0:52.095	1,382.1	2		38:34.521	7:42.9	5	0:00.000	2:13:08.8	+46:58.0
9	69	CUNNINGHAM, Corie	SURREY	24:23.779	6:05.9	8	1:10:25.083	2:57.481	405.7	3		59:55.153	11:59.0	10	0:00.000	2:37:41.4	+1:11:30.6

Division: My First M 40 – 44

PL	No	Name	Representing	Swim	min/100m	PI	T1	Bike	KPH	PI	T2	Run	min/km	PI	Penalty	Total Time	Back
1	157	TULAI, Voicu	PORT MOODY	15:39.582	3:54.9	2	2:30.580	37:08.388	32.3	1	0:22.746	25:00.281	5:00.1	1	0:00.000	1:20:41.5	+0:00.0
2	158	WRAIGHT, Michael	COQUITLAM	14:42.822	3:40.7	1	1:41.587	40:28.385	29.6	2	0:48.996	33:08.459	6:37.7	2	0:00.000	1:30:50.2	+10:08.7

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	159	MUIR, Cynthia		17:25.190	4:21.3	2	3:02.766	43:19.812	27.7	2	1:02.975	32:43.293	6:32.7	1	0:00.000	1:37:34.0	+0:00.0
2	49	CARMICHAEL, Brenda	COQUITLAM	20:29.283	5:07.3	3	3:49.381	42:59.744	27.9	1	1:36.520	34:52.188	6:58.4	2	0:00.000	1:43:00.0	+5:26.0
3	73	DESAGNE, Cecile	SEHELT	15:23.500	3:50.9	1	3:55.836	49:04.140	24.5	3	2:06.645	39:04.219	7:48.8	3	0:00.000	1:49:34.3	+12:00.3

Division: My First M 45 – 49

PL	No	Name	Representing	Swim	min/100m	PI	T1	Bike	KPH	PI	T2	Run	min/km	PI	Penalty	Total Time	Back
1	151	MCMILLAN, Glen	PORT MOODY	17:53.702	4:28.4	1	1:08.294	36:08.147	33.2	1	1:05.753	31:36.632	6:19.3	1	0:00.000	1:27:52.5	+0:00.0

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	130	KNIGHT, Alice	PORT COQUITLAM	23:25.700	5:51.4	1	4:58.830	1:12:31.973	16.5	1	0:47.401	0:08.136	0:01.6	1	0:00.000	2:29:20.2	+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	113	JARRETT, Ingrid	KELOWNA	24:23.982	6:06.0	2	1:10:29.360	2:51.654	419.4	2		59:55.997	11:59.2	2	0:00.000	2:37:40.9	+0:00.0
2	82	DOLMAT, Helen	SURREY	24:06.196	6:01.5	1	1:21:19.710	1:54.165	630.7	1		50:21.550	10:04.3	1	0:00.000	2:37:41.6	+0:00.7

* indicates adjustments applied, see last page for details

July 24th Race

Division: My Next 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	52	CAVALIERE, Lisa	MERRITT	20:51.835	5:13.0	1	1:54.740	41:21.731	29.0	1	1:09.700	40:13.946	8:02.8	1	0:00.000	1:45:31.9	+0:00.0

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