

# My First/My Next Triathlon Preliminary Results

Saturday, August 1, 2009 8:02:42 PM

## Overall by Distance: My First Triathlon

PI	No	Name	Representing	Division	Swim	min/100m	PI	T1	Bike	KPH	PI	T2	Run	min/mi	PI	Penalty	Total Time	Back
1	207	SCHULD, Christopher	VANCOUVER BC	My 1st M 30-34	17:21.416	4:20.4	16	1:37.286	34:39.778	34.6	2	0:30.233	25:55.409	8:21.7	3	0:00.000	1:20:04	+0:00
2	215	ALVA, Enrique		My 1st M 40-44	16:43.971	4:11.0	10	3:22.087	35:01.754	34.3	3		28:01.015	9:02.3	7	0:00.000	1:23:08	+3:04
3	198	LYNCH, Jefferey	VANCOUVER BC	My 1st M 25-29	16:04.295	4:01.1	7	2:33.908	36:28.226	32.9	4	1:11.790	28:22.653	9:09.2	8	0:00.000	1:24:40	+4:36
4	202	NOULLETT, Jeremy	DELTA BC	My 1st M 30-34	17:00.624	4:15.2	14	2:39.357	39:53.609	30.1	6	0:48.535	27:37.126	8:54.6	6	0:00.000	1:27:59	+7:55
5	156	BOLT, Samantha	WEST VANCOUVER BC	My 1st F 25-29	22:35.695	5:38.9	30	0:52.490	37:43.159	31.8	5		27:01.242	8:43.0	5	0:00.000	1:28:12	+8:08
6	194	HOFFMAN, Nicky	PORT COQUITLAM BC	My 1st F 45-49	14:38.052	3:39.5	4	1:51.406	41:17.089	29.1	8		31:04.640	10:01.5	11	0:00.000	1:28:51	+8:47
7	208	SELBY, Timothy	NORTHIDGE CA	My 1st M 25-29	17:59.720	4:29.9	18	1:43.920	40:17.109	29.8	7		34:35.821	11:09.6	15	0:00.000	1:34:36	+14:32
8	221	ANDERSON, Megan		My 1st F 20-24	13:37.293	3:24.3	2	1:58.303	55:43.856	21.5	34	0:37.928	25:01.789	8:04.4	2	0:00.000	1:36:59	+16:55
9	190	GRAHAM, Mitchell	NORTH VANCOUVER BC	My 1st M 50-54	20:30.056	5:07.5	23	3:38.949	42:20.874	28.3	9	0:47.545	30:36.673	9:52.5	10	0:00.000	1:37:54	+17:50
10	216	QUIROS, Krusheska	SANTURCE PR	My 1st F 35-39	15:03.331	3:45.8	5	2:51.791	42:59.983	27.9	11	0:41.767	38:21.469	12:22.4	21	0:00.000	1:39:58	+19:54
11	219	WRIGHT, Reagen	VANCOUVER	My 1st F 30-34	14:01.036	3:30.3	3	1:37.673	45:06.057	26.6	14	0:37.291	39:17.257	12:40.4	26	0:00.000	1:40:39	+20:35
12	211	STARYK, Kimberly	PORT COQUITLAM BC	My 1st F 20-24	16:08.419	4:02.1	8	2:06.741	42:58.163	27.9	10	0:46.381	39:04.103	12:36.2	24	0:00.000	1:41:03	+20:59
13	183	CROCHET, Tatiana	BEVERLY HILLS CA	My 1st F 20-24	17:08.615	4:17.2	15	1:49.038	44:50.759	26.8	13		38:34.972	12:26.8	22	0:00.000	1:42:23	+22:19
14	201	MORGANWILSON, Clara	BURNABY BC	My 1st F 30-34	16:23.170	4:05.8	9	2:53.237	45:45.649	26.2	15	0:32.203	37:25.083	12:04.2	19	0:00.000	1:42:59	+22:55
15	220	CARAZO, Ramses	COQUITLAM	My 1st M 40-44	26:52.686	6:43.2	36	2:40.595	47:40.100	25.2	17	0:45.913	26:13.572	8:27.6	4	0:00.000	1:44:12	+24:08
16	218	MACRI, Anthony		My 1st M 11-14	20:06.483	5:01.6	20	2:41.563	49:59.534	24.0	23	0:47.376	31:19.793	10:06.4	12	0:00.000	1:44:54	+24:50
17	214	WILSON, Marika	VANCOUVER BC	My 1st F 25-29	20:06.644	5:01.7	21	3:26.359	50:57.698	23.6	26		30:34.416	9:51.7	9	0:00.000	1:45:05	+25:01
18	191	GRAHAM, Joyce	NORTH VANCOUVER BC	My 1st F 35-39	16:58.711	4:14.7	13	2:33.466	47:57.868	25.0	18	0:31.346	37:27.309	12:04.9	20	0:00.000	1:45:28	+25:24
19	197	LAPIERRE, Maureen	LANGLEY BC	My 1st F 45-49	20:10.906	5:02.7	22	2:40.913	44:21.049	27.1	12	1:49.071	36:31.825	11:47.0	16	0:00.000	1:45:33	+25:29
20	192	GRIFFIN, Sheri	DELTA BC	My 1st F 30-34	15:49.844	3:57.5	6	3:54.349	49:31.137	24.2	21	0:37.867	36:48.500	11:52.4	18	0:00.000	1:46:41	+26:37
21	184	CROCHET, Caroline	VANCOUVER BC	My 1st F 25-29	16:53.282	4:13.3	12	1:50.797	46:17.075	25.9	16	0:32.019	43:06.377	13:54.3	35	0:00.000	1:48:39	+28:35
22	213	TSUI, Jennifer	RICHMOND BC	My 1st F 20-24	21:47.988	5:27.0	24	2:17.038	50:22.726	23.8	24	1:00.228	34:32.200	11:08.5	14	0:00.000	1:50:00	+29:56
23	189	GOSSELIN, Emma	SURREY BC	My 1st F 11-14	12:27.003	3:06.8	1	2:17.024	56:33.082	21.2	35	1:01.912	40:55.951	13:12.2	30	0:00.000	1:53:14	+33:10
24	175	CELMAINIS, Elizabeth	NORTH VANCOUVER BC	My 1st F 40-44	16:45.474	4:11.4	11	3:23.545	55:03.069	21.8	31	2:13.834	36:39.675	11:49.6	17	0:00.000	1:54:05	+34:01
25	205	RAVELL, Janine	PORT COQUITLAM BC	My 1st F 35-39	21:59.304	5:29.8	25	3:12.728	55:09.066	21.8	32	2:32.144	32:57.637	10:37.9	13	0:00.000	1:55:50	+35:46
26	200	MCGILLVREY, Heather	MISSION BC	My 1st F 35-39	17:41.472	4:25.4	17	3:34.847	51:52.874	23.1	27	1:12.973	42:51.904	13:49.6	34	0:00.000	1:57:14	+37:10
27	195	JONES, Glenn	VANCOUVER BC	My 1st M 45-49	22:27.701	5:36.9	28	4:06.681	50:41.051	23.7	25		40:38.755	13:06.7	29	0:00.000	1:57:54	+37:50
28	193	HAYWARD, Bianca	PORT COQUITLAM BC	My 1st F 30-34	22:50.862	5:42.7	32	3:31.856	49:28.042	24.3	20	2:14.519	42:07.447	13:35.3	31	0:00.000	2:00:12	+40:08
29	177	COWELL, Brandi	MISSION BC	My 1st F 35-39	22:25.492	5:36.4	27	3:00.713	55:10.016	21.8	33	1:37.717	38:52.709	12:32.5	23	0:00.000	2:01:06	+41:02
29	206	ROBSON, Bridie	LANGLEY BC	My 1st F 45-49	22:52.030	5:43.0	33	3:13.809	54:53.226	21.9	30	0:52.801	39:15.107	12:39.7	25	0:00.000	2:01:06	+41:02
31	212	STEPTO, Kim	LANGLEY BC	My 1st F 40-44	22:49.702	5:42.4	31	3:17.052	52:02.135	23.1	28	2:10.578	0:41.822	0:13.5	1	0:00.000	2:01:14	+41:10
32	203	NOULLETT, Adam	SURREY BC	My 1st M 25-29	22:21.201	5:35.3	26	5:35.395	52:26.326	22.9	29	1:08.120	40:32.419	13:04.7	28	0:00.000	2:02:03	+41:59
33	204	PETERSON, Lisa	DELTA BC	My 1st F 40-44	19:10.060	4:47.5	19	3:07.751	1:05:32.931	18.3	37	0:40.616	42:48.001	13:48.4	33	0:00.000	2:11:19	+51:15
34	186	FLEMING, Craig	VANCOUVER BC	My 1st M 25-29	26:33.935	6:38.5	35	6:04.730	48:58.908	24.5	19	2:47.053	47:22.842	15:17.0	36	0:00.000	2:11:47	+51:43
34	187	FLEMING, Ron	VANCOUVER BC	My 1st M 55-59	26:55.564	6:43.9	37	5:14.610	49:56.169	24.0	22	2:15.697	47:25.130	15:17.8	37	0:00.000	2:11:47	+51:43
36	188	FRIEBEL, Diane	SURREY BC	My 1st F 45-49	25:52.568	6:28.1	34	1:05:05.807	1:14.294	969.1	1		42:10.847	13:36.4	32	0:00.000	2:14:23	+54:19
37	170	BURKE, Nicole	COQUITLAM BC	My 1st F 30-34	22:29.428	5:37.4	29	3:46.848	1:02:37.962	19.2	36	1:21.070	59:15.957	19:07.1	38	0:00.000	2:29:31	+1:09:27

## Overall by Distance: My Next Triathlon

PI	No	Name	Representing	Division	Swim	min/100m	PI	T1	Bike	KPH	PI	T2	Run	min/mi	PI	Penalty	Total Time	Back
1	217	MORIARITY, Jim		My Next M 35-39	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
2	185	CUMMINGS, Carol	PORT COQUITLAM BC	My Next F 45-49	25:20.360	6:20.1	2	2:55.833	1:01:38.538	19.5	2	0:40.282	34:36.765	11:09.9	2	0:00.000	2:05:11	+43:24

\* indicates adjustments applied, see last page for details