

My First/My Next Triathlon 8-15 Preliminary Results

Saturday, August 15, 2009 2:37:24 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	448	STRUVE, Stephan	NORTH VANCOUVER BC	My 1st M 20-24	13:57.328	3:29.3	18	2:40.335	32:13.815	37.2	3	0:30.595	23:34.792	7:36.4	1	0:00.000	1:12:56	+0:00
2	275	BROWN, Tyler	VANCOUVER BC	My 1st M 20-24	12:43.041	3:10.8	10	1:58.741	31:40.024	37.9	2	1:11.572	25:45.552	8:18.6	4	0:00.000	1:13:18	+0:22
3	302	DAWES, Reese	VANCOUVER BC	My 1st M 25-29	12:36.179	3:09.0	9	2:19.744	33:48.166	35.5	6	1:09.898	26:24.582	8:31.2	5	0:00.000	1:16:18	+3:22
4	331	FALLS, Dominique	NORTH VANCOUVER BC	My 1st F 20-24	14:53.657	3:43.4	30	2:31.401	33:40.495	35.6	5	0:57.652	24:26.413	7:53.0	3	0:00.000	1:16:29	+3:33
5	461	WEIGELDT, Thomas	VANCOUVER BC	My 1st M 45-49	12:52.104	3:13.0	11	3:09.173	33:14.568	36.1	4	2:19.735	27:54.373	9:00.1	12	0:00.000	1:19:29	+6:33
6	311	DRAKE, Jennifer	WEST VANCOUVER BC	My 1st F 30-34	11:00.777	2:45.2	1	3:16.081	34:26.876	34.8	7		30:53.202	9:57.8	29	0:00.000	1:19:36	+6:40
7	469	HOFSTEE, Kevin		My 1st M 25-29	13:59.829	3:30.0	21	2:26.724	36:28.922	32.9	13		26:42.525	8:36.9	7	0:00.000	1:19:38	+6:42
8	427	LOCKYER, Heather	VICTORIA BC	My 1st F 30-34	11:43.258	2:55.8	2	1:37.177	38:31.096	31.1	19		28:28.833	9:11.2	22	0:00.000	1:20:20	+7:24
9	439	NIELSON, Spencer	MAPLE RIDGE BC	My 1st M 35-39	16:35.890	4:09.0	52	2:35.907	36:10.435	33.2	11	1:41.083	24:00.572	7:44.7	2	0:00.000	1:21:03	+8:07
10	263	BAXTER, Joanna	WEST VANCOUVER BC	My 1st F 35-39	14:08.422	3:32.1	23	3:12.734	35:10.005	34.1	8	1:35.910	27:29.739	8:52.2	9	0:00.000	1:21:36	+8:40
11	248	AIKENHEAD, Graham	ABBOTSFORD BC	My 1st M 20-24	13:56.522	3:29.1	17	2:15.666	38:33.342	31.1	20		26:59.417	8:42.4	8	0:00.000	1:21:44	+8:48
12	433	MCKINLEY, Dan	SURREY BC	My 1st M 55-59	15:12.109	3:48.0	36	2:06.640	37:19.760	32.1	17		27:30.094	8:52.3	10	0:00.000	1:22:08	+9:12
13	465	CZAJKOWSKI, Brook		My 1st M 35-39	15:14.190	3:48.5	37	2:11.698	35:54.665	33.4	10	1:16.013	28:00.650	9:02.1	15	0:00.000	1:22:37	+9:41
14	440	OLVER, Nicholas	VANCOUVER BC	My 1st M 20-24	11:59.747	2:59.9	4	2:33.350	39:30.199	30.4	25	0:37.323	27:58.007	9:01.3	14	0:00.000	1:22:38	+9:42
15	473	CUFF, Brent		My 1st M 25-29	15:11.809	3:48.0	35	1:36.014	37:17.580	32.2	16	0:36.496	28:11.691	9:05.7	19	0:00.000	1:22:53	+9:57
16	260	BARRETTE, Kristin	RICHMOND BC	My 1st F 35-39	12:14.825	3:03.7	6	3:16.830	36:39.932	32.7	14	0:34.941	30:21.614	9:47.6	28	0:00.000	1:23:08	+10:12
17	455	TRESNJO, Damir	NORTH VANCOUVER BC	My 1st M 35-39	12:09.426	3:02.4	5	2:51.610	40:07.303	29.9	28	0:30.130	28:27.117	9:10.7	21	0:00.000	1:24:05	+11:09
18	397	GRDINA, Gordon	BURNABY BC	My 1st M 30-34	14:55.589	3:43.9	31	2:24.448	38:45.037	31.0	23		28:04.501	9:03.4	16	0:00.000	1:24:09	+11:13
19	367	GRATH, Amy	DELTA BC	My 1st F 20-24	13:35.888	3:24.0	15	2:46.855	39:06.934	30.7	24	0:40.651	28:06.483	9:04.0	18	0:00.000	1:24:16	+11:20
20	454	TOPPING, Trevor	VANCOUVER BC	My 1st M 25-29	12:21.190	3:05.3	7	1:52.793	39:46.507	30.2	27	0:40.503	29:38.854	9:33.8	25	0:00.000	1:24:19	+11:23
21	269	BLAIS, Evelyne	VANCOUVER BC	My 1st F 25-29	17:18.082	4:19.5	58	1:59.057	38:34.737	31.1	21		27:31.096	8:52.6	11	0:00.000	1:25:22	+12:26
22	376	GRDINA, Vince	BURNABY BC	My 1st M 35-39	12:54.768	3:13.7	12	2:46.414	40:25.446	29.7	31	0:54.171	28:23.864	9:09.6	20	0:00.000	1:25:24	+12:28
23	283	BRYAN, Paul	DELTA BC	My 1st M 30-34	15:19.360	3:49.8	40	2:36.723	40:50.552	29.4	33		26:39.951	8:36.1	6	0:00.000	1:25:26	+12:30
24	472	DAVIDSON, Jill		My 1st F 25-29	12:32.570	3:08.1	8	2:34.840	37:36.907	31.9	18		34:10.309	11:01.4	40	0:00.000	1:26:54	+13:58
25	379	GRDINA, Paul	BURNABY BC	My 1st M 20-24	15:02.015	3:45.5	32	2:47.552	39:45.720	30.2	26		29:45.862	9:36.1	26	0:00.000	1:27:21	+14:25
26	452	THRIFT, Erin	VANCOUVER BC	My 1st F 30-34	13:58.900	3:29.7	20	4:46.925	40:24.523	29.7	30	0:38.361	27:56.472	9:00.8	13	0:00.000	1:27:45	+14:49
27	419	LARSON, Catherine	VICTORIA BC	My 1st F 50-54	14:41.697	3:40.4	26	3:47.163	36:44.795	32.7	15	1:50.922	34:24.809	11:06.1	41	0:00.000	1:31:29	+18:33
28	430	MACRAE, Susan	VANCOUVER BC	My 1st F 40-44	14:03.565	3:30.9	22	2:03.513	41:35.037	28.9	36	0:59.756	32:54.622	10:37.0	35	0:00.000	1:31:36	+18:40
29	418	KWOK, Nancy	VANCOUVER BC	My 1st F 25-29	16:03.850	4:01.0	49	3:55.770	35:44.451	33.6	9	1:17.018	34:55.404	11:15.9	44	0:00.000	1:31:56	+19:00
30	458	WACHHOLZ, Romina	VANCOUVER BC	My 1st F 25-29	14:51.370	3:42.8	28	2:34.648	40:46.919	29.4	32	0:48.820	32:56.986	10:37.7	37	0:00.000	1:31:58	+19:02
30	464	WILSON, Rebecca	VANCOUVER BC	My 1st F 25-29	14:52.141	3:43.0	29	2:32.004	41:04.461	29.2	34	0:33.188	32:56.840	10:37.7	36	0:00.000	1:31:58	+19:02
32	434	MCNUTT, Lee	NORTH VANCOUVER BC	My 1st F 35-39	13:34.676	3:23.7	14	4:33.631	38:37.699	31.1	22	1:46.718	34:58.345	11:16.9	45	0:00.000	1:33:31	+20:35
33	398	HAAF, Jamie	PORT MOODY BC	My 1st F 25-29	11:55.990	2:59.0	3	2:12.200	43:59.309	27.3	40		35:46.076	11:32.3	50	0:00.000	1:33:53	+20:57
34	416	JACKSON, Andrew	PITT MEADOWS BC	My 1st M 40-44	16:13.770	4:03.4	51	4:37.568	36:11.406	33.2	12	1:40.843	35:25.483	11:25.6	48	0:00.000	1:34:09	+21:13
35	399	HAMILTON, Colleen	VANCOUVER BC	My 1st F 25-29	15:15.593	3:48.9	39	3:25.677	44:53.005	26.7	43	1:03.094	29:33.825	9:32.2	24	0:00.000	1:34:11	+21:15
36	431	MALOFF, Sheldon	VANCOUVER BC	My 1st M 30-34	15:23.437	3:50.9	41	4:16.340	45:06.487	26.6	44	0:48.604	31:04.704	10:01.5	30	0:00.000	1:36:39	+23:43
37	417	KERR, Colleen	WHITE ROCK BC	My 1st F 45-49	15:56.113	3:59.0	48	1:58.051	44:52.019	26.8	42		34:07.188	11:00.4	39	0:00.000	1:36:53	+23:57
38	333	FLANAGAN, Aidan	VANCOUVER BC	My 1st M 35-39	15:14.430	3:48.6	38	6:17.807	40:07.855	29.9	29	2:39.157	32:49.956	10:35.5	34	0:00.000	1:37:09	+24:13
39	305	DILLON, Erin	MERRITT BC	My 1st F 25-29	16:55.900	4:14.0	53	4:01.939	46:58.901	25.5	53	0:55.390	28:42.338	9:15.6	23	0:00.000	1:37:34	+24:38
40	414	HUISMA, Felicity	VANCOUVER BC	My 1st F 20-24	15:37.427	3:54.4	44	6:08.809	41:07.337	29.2	35	2:56.793	31:53.041	10:17.1	31	0:00.000	1:37:43	+24:47
41	403	ANDERSON, Jennifer		My 1st F 30-34	13:57.585	3:29.4	19	3:10.575	44:41.337	26.9	41	0:45.401	35:20.332	11:24.0	47	0:00.000	1:37:55	+24:59
42	290	CARAMPATANA, Joshua	SURREY BC	My 1st M 35-39	17:41.040	4:25.3	64	4:59.478	42:13.267	28.4	38	0:58.901	32:18.606	10:25.4	33	0:00.000	1:38:11	+25:15

* indicates adjustments applied, see last page for details

My First/My Next Triathlon 8-15

Overall by Distance: My First Triathlon Continued

PI	No	Name	Representing	Division	Swim	min/100m	PI	T1	Bike	KPH	PI	T2	Run	min/mi	PI	Penalty	Total Time	Back
42	424	LI, Jeff	BURNABY BC	My 1st M 35-39	18:52.097	4:43.0	70	4:20.201	41:49.409	28.7	37	1:09.185	32:00.767	10:19.6	32	0:00.000	1:38:11	+25:15
44	451	SYNAK, Kelcey	PORT COQUITLAM BC	My 1st M 30-34	14:39.169	3:39.8	25	3:03.551	45:51.513	26.2	49	1:00.184	34:54.400	11:15.6	43	0:00.000	1:39:28	+26:32
45	467	NIELSEN, Craig		My 1st M 35-39	14:18.048	3:34.5	24	3:04.722	46:58.976	25.5	54	1:16.612	34:50.222	11:14.3	42	0:00.000	1:40:28	+27:32
46	453	THU, Michael	BURNABY BC	My 1st M 25-29	16:12.104	4:03.0	50	3:38.439	50:09.685	23.9	59	2:28.372	28:05.832	9:03.8	17	0:00.000	1:40:34	+27:38
47	471	UJLAKY, Rebecca		My 1st F 30-34	13:49.788	3:27.4	16	2:52.273	45:20.690	26.5	46	1:14.335	37:23.173	12:03.6	57	0:00.000	1:40:40	+27:44
48	442	PRUSS, Suzy	BURNABY BC	My 1st F 25-29	17:16.130	4:19.0	57	3:39.276	49:36.915	24.2	56		30:09.699	9:43.8	27	0:00.000	1:40:42	+27:46
49	294	COLLING-HOLLAND,J...	ECKVILLE AB	My 1st F 30-34	12:59.971	3:15.0	13	3:52.521	45:06.786	26.6	45	0:35.929	38:32.543	12:26.0	58	0:00.000	1:41:07	+28:11
50	459	WARBURTON, Kevin	MAPLE RIDGE BC	My 1st M 35-39	15:35.578	3:53.9	43	3:19.899	46:15.081	25.9	50	1:12.005	35:38.539	11:29.9	49	0:00.000	1:42:01	+29:05
51	425	LISTER, David	SURREY BC	My 1st M 55-59	15:50.340	3:57.6	47	5:30.605	46:29.905	25.8	52	0:58.092	33:13.439	10:43.0	38	0:00.000	1:42:02	+29:06
52	470	PAGNANINI, Sergio		My 1st M 30-34	16:59.590	4:14.9	54	4:30.901	45:44.807	26.2	48	2:32.708	35:04.017	11:18.7	46	0:00.000	1:44:52	+31:56
53	304	DILLON, Lurene	MERRITT BC	My 1st F 25-29	15:39.786	3:54.9	45	2:51.492	46:17.434	25.9	51	1:06.356	39:08.092	12:37.4	61	0:00.000	1:45:03	+32:07
54	307	DOWLING, Carrie	VANCOUVER BC	My 1st F 30-34	17:19.711	4:19.9	59	3:02.163	45:43.468	26.2	47	1:01.604	38:57.961	12:34.2	60	0:00.000	1:46:04	+33:08
55	466	NIELSEN, Lindsay		My 1st F 25-29	15:08.521	3:47.1	34	2:57.366	49:41.464	24.1	57	1:07.025	39:30.137	12:44.6	62	0:00.000	1:48:24	+35:28
56	415	JACKSON, Karin	PITT MEADOWS BC	My 1st F 35-39	17:41.225	4:25.3	65	4:29.835	43:10.433	27.8	39	0:52.595	44:53.924	14:29.0	69	0:00.000	1:51:08	+38:12
57	460	WATSON, Darla	NORTH VANCOUVER BC	My 1st F 40-44	17:33.743	4:23.4	62	5:36.468	51:49.920	23.1	61	1:05.628	35:54.485	11:35.0	51	0:00.000	1:52:00	+39:04
58	422	LEE, Stan	PORT COQUITLAM BC	My 1st M 50-54	19:39.012	4:54.8	72	4:09.338	49:07.847	24.4	55	1:12.294	39:40.192	12:47.8	64	0:00.000	1:53:48	+40:52
59	295	CRAVEN, Catherine	VANCOUVER BC	My 1st F 25-29	14:44.732	3:41.2	27	1:30.304	58:46.209	20.4	68	0:56.873	38:36.146	12:27.1	59	0:00.000	1:54:34	+41:38
60	363	GRACE, Karen	PITT MEADOWS BC	My 1st F 35-39	19:25.933	4:51.5	71	4:32.159	51:22.664	23.4	60	2:12.210	37:11.776	11:59.9	55	0:00.000	1:54:44	+41:48
61	297	DAWES, Tanya	MAPLE RIDGE BC	My 1st F 25-29	17:04.466	4:16.1	56	2:46.605	49:45.785	24.1	58	1:42.012	44:27.248	14:20.4	67	0:00.000	1:55:46	+42:50
62	413	HILLIARD, Arlene	MERRITT BC	My 1st F 25-29	15:07.898	3:47.0	33	5:53.334	56:41.189	21.2	65	1:25.833	37:06.020	11:58.1	54	0:00.000	1:56:14	+43:18
63	441	PICARD, Michelle	PITT MEADOWS BC	My 1st F 30-34	15:31.369	3:52.8	42	3:30.550	1:01:19.180	19.6	69	0:52.117	36:37.986	11:49.0	53	0:00.000	1:57:51	+44:55
64	273	BOWMAN, Leah	BURNABY BC	My 1st F 25-29	17:44.198	4:26.0	66	2:07.921	58:42.031	20.4	67		40:06.896	12:56.4	65	0:00.000	1:58:41	+45:45
65	457	VORICH, Lisa	NORTH VANCOUVER BC	My 1st F 40-44	17:33.289	4:23.3	61	5:46.931	55:32.284	21.6	64		41:39.766	13:26.4	66	0:00.000	2:00:32	+47:36
66	456	UITTENHOUT, Krystal	MAPLE RIDGE BC	My 1st F 25-29	17:00.237	4:15.1	55	2:56.736	56:59.798	21.1	66	1:07.540	44:38.457	14:24.0	68	0:00.000	2:02:42	+49:46
67	429	LOH, Darrell	VANCOUVER BC	My 1st M 15-19	17:21.026	4:20.3	60	6:04.105	1:02:08.489	19.3	71	0:40.485	37:14.350	12:00.8	56	0:00.000	2:03:28	+50:32
68	428	LOH, Bernard	VANCOUVER BC	My 1st M 55-59	18:14.009	4:33.5	67	5:26.598	1:01:58.812	19.4	70	0:34.163	39:35.282	12:46.2	63	0:00.000	2:05:48	+52:52
69	436	MULYK, Shirley	SALT SPRING ISLAND BC	My 1st F 45-49	15:49.271	3:57.3	46	5:19.837	55:08.211	21.8	63	1:17.900	52:09.985	16:49.7	71	0:00.000	2:09:45	+56:49
70	253	ARAGON, Andrea	PORTLAND OR	My 1st F 35-39	17:39.744	4:24.9	63	5:39.799	1:14:12.003	16.2	73		36:24.602	11:44.7	52	0:00.000	2:13:56	+1:01:00
71	368	GRDINA, Norm	VANCOUVER BC	My 1st M 60-64	19:43.158	4:55.8	73	4:55.964	54:44.583	21.9	62	0:54.391	54:53.904	17:42.5	73	0:00.000	2:15:12	+1:02:16
72	443	REYNOLDS, Heather	VANCOUVER BC	My 1st F 25-29	18:48.303	4:42.1	68	5:36.871	1:07:26.914	17.8	72	2:01.591	51:43.866	16:41.2	70	0:00.000	2:25:37	+1:12:41
73	444	REYNOLDS, Jason	VANCOUVER BC	My 1st M 25-29	18:49.372	4:42.3	69	0:44.106	1:19:07.8	910.5	1	3:29.234	1:07:25.889	21:45.1	74	0:00.000	2:25:38	+1:12:42

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	258	AYROSO, Vince	VANCOUVER BC	My Next M 25-29	14:05.626	3:31.4	3	2:24.239	35:14.570	34.0	1	0:37.634	27:40.973	8:55.8	1	0:00.000	1:20:03	+0:00
2	421	LAZAR, Stephen	MISSION	My Next M 40-44	13:40.873	3:25.2	2	2:49.961	36:23.405	33.0	2	1:53.351	27:43.038	8:56.5	2	0:00.000	1:22:30	+2:27
3	447	SJOGREN, Petra	VANCOUVER BC	My Next F 30-34	13:39.048	3:24.8	1	2:02.793	41:51.305	28.7	3	0:41.696	29:13.882	9:25.8	3	0:00.000	1:27:28	+7:25
4	450	SYNAK, Rastislav	PORT COQUITLAM BC	My Next M 30-34	14:19.002	3:34.8	5	1:42.144	42:22.472	28.3	4		38:06.333	12:17.5	5	0:00.000	1:36:29	+16:26
5	445	SALES, Nerene	VANCOUVER BC	My Next F 25-29	14:13.913	3:33.5	4	3:43.318	48:04.344	25.0	5	1:00.333	34:35.106	11:09.4	4	0:00.000	1:41:37	+21:34
6	474	SENGER, Valerie		My Next F 45-49	17:31.287	4:22.8	7	5:30.912	52:07.749	23.0	7	0:56.173	42:36.096	13:44.5	6	0:00.000	1:58:42	+38:39
7	289	CAMPBELL, Tina	VANCOUVER BC	My Next F 45-49	16:11.401	4:02.9	6	3:59.839	49:51.812	24.1	6	0:46.178	50:45.029	16:22.3	7	0:00.000	2:01:34	+41:31

* indicates adjustments applied, see last page for details