

# My First/My Next Triathlon Preliminary Results

Monday, July 27, 2009 7:34:44 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	65	LE BERRE, Florent	VANCOUVER BC	My 1st M 30-34	11:41.603	2:55.4	6	1:19.037	31:46.402	37.8	7	0:55.878			1	0:00.000	1:08:20	+0:00
2	58	KOWALENKO, Chad	VANCOUVER BC	My 1st M 35-39	12:13.815	3:03.5	9	3:11.905	30:22.272	39.5	4	0:58.256	23:05.280	7:26.9	3	0:00.000	1:09:51	+1:31
3	84	NORTON, Tyler	NORTH VANCOUVER BC	My 1st M 25-29	10:49.029	2:42.3	2	3:03.356	31:41.833	37.9	6	0:50.467	24:41.204	7:57.8	7	0:00.000	1:11:05	+2:45
4	104	SIMKINS, Adrian	VANCOUVER BC	My 1st M 35-39	12:37.407	3:09.4	12	1:33.054	33:17.104	36.0	9		25:15.989	8:09.0	8	0:00.000	1:12:43	+4:23
5	67	LITTLE, Wayne	ASHCROFT BC	My 1st M 40-44	14:48.748	3:42.2	43	2:23.376	30:36.085	39.2	5	1:05.820	24:27.730	7:53.5	6	0:00.000	1:13:21	+5:01
6	6	BOUTIN, Cameron	PORT MOODY BC	My 1st M 30-34	12:42.665	3:10.7	15	2:39.989	34:46.273	34.5	12	0:32.169	23:35.126	7:36.5	4	0:00.000	1:14:16	+5:56
7	41	GABRIEL, Ben	VANCOUVER BC	My 1st M 25-29	13:43.571	3:25.9	27	2:27.396	34:46.513	34.5	13	1:05.345	22:39.393	7:18.5	2	0:00.000	1:14:42	+6:22
8	44	GRAY, Susanne	VANCOUVER BC	My 1st F 40-44			1				1				1	0:00.000	1:15:28	+7:08
9	85	OFLAHERTY, Sean	MERRITT BC	My 1st M 40-44	13:40.569	3:25.1	24	0:51.346	34:23.053	34.9	11	1:06.742	25:43.195	8:17.8	9	0:00.000	1:15:44	+7:24
10	23	COOKE, Jon Boy	MERRITT BC	My 1st M 25-29	13:11.079	3:17.8	19	2:53.648	35:38.150	33.7	15		24:02.743	7:45.4	5	0:00.000	1:15:45	+7:25
11	4	GRAY, Arnie	MERRITT BC	My 1st M 40-44	13:32.069	3:23.0	23	1:52.375	33:37.152	35.7	10	1:43.749	26:37.415	8:35.3	12	0:00.000	1:17:22	+9:02
12	19	COATES, Darren	MERRITT BC	My 1st M 35-39	14:26.245	3:36.6	36	3:56.881	37:07.548	32.3	19	0:43.446	22:02.846	7:06.7	1	0:00.000	1:18:16	+9:56
13	7	BRERETON, Darren	VANCOUVER BC	My 1st M 45-49	14:27.394	3:36.8	37	3:02.307	33:04.624	36.3	8	1:36.088	26:43.718	8:37.3	13	0:00.000	1:18:54	+10:34
14	60	KRETZ, Patricia	VANCOUVER BC	My 1st F 25-29	12:33.898	3:08.5	11	2:31.018	36:54.411	32.5	18		27:28.159	8:51.7	16	0:00.000	1:19:27	+11:07
15	18	COATES, Barb	MERRITT BC	My 1st F 30-34	12:38.273	3:09.6	14	2:26.222	38:09.613	31.4	23	1:02.360	26:21.648	8:30.2	11	0:00.000	1:20:38	+12:18
16	16	CHARBONNEAU, Angela	VANCOUVER BC	My 1st F 30-34	14:34.558	3:38.6	40	1:35.551	37:14.503	32.2	20	0:43.213	28:08.047	9:04.5	20	0:00.000	1:22:15	+13:55
17	10	BROWN, Darrin	VANCOUVER BC	My 1st M 35-39	13:42.300	3:25.6	26	1:39.489	36:14.156	33.1	16	0:47.797	30:46.042	9:55.5	36	0:00.000	1:23:09	+14:49
18	132	FLYNN, Shauna		My 1st F 25-29	12:22.111	3:05.5	10	2:20.432	37:39.827	31.9	22	1:15.938	29:34.183	9:32.3	30	0:00.000	1:23:12	+14:52
19	100	ROWE, Andrea	VANCOUVER BC	My 1st F 25-29	14:04.146	3:31.0	29	2:20.965	38:37.331	31.1	27	1:09.532	28:10.563	9:05.3	21	0:00.000	1:24:22	+16:02
20	40	FRYER, Sara	VANCOUVER BC	My 1st F 25-29	14:08.871	3:32.2	30	1:58.323	35:26.320	33.9	14		32:53.942	10:36.8	47	0:00.000	1:24:27	+16:07
21	129	TAYLOR, Synneva	MERRITT BC	My 1st F 35-39	16:18.900	4:04.7	54	2:13.784	38:33.937	31.1	26	1:29.809	25:56.035	8:21.9	10	0:00.000	1:24:32	+16:12
22	3	ANDERSON, Tanya	VANCOUVER BC	My 1st F 25-29	14:28.911	3:37.2	38	1:19.048	39:13.796	30.6	31	1:14.572	29:13.339	9:25.6	29	0:00.000	1:25:29	+17:09
23	22	COOKE, Janette	VANCOUVER BC	My 1st F 35-39	13:27.041	3:21.8	22	2:16.911	40:34.561	29.6	33	0:30.601	28:50.574	9:18.2	24	0:00.000	1:25:39	+17:19
24	36	FILLION, Bianca	COQUITLAM BC	My 1st F 30-34	13:41.613	3:25.4	25	1:37.070	38:10.129	31.4	24	0:39.874	31:46.015	10:14.8	38	0:00.000	1:25:54	+17:34
25	75	MOORE, Jennifer	VANCOUVER BC	My 1st F 25-29	14:24.286	3:36.1	34	1:44.812	38:19.813	31.3	25	1:01.430	30:42.806	9:54.5	35	0:00.000	1:26:13	+17:53
26	86	OMELINN, Erin	VANCOUVER BC	My 1st F 25-29	11:09.346	2:47.3	5	2:17.083	41:09.379	29.2	36	1:19.643	30:35.530	9:52.1	33	0:00.000	1:26:30	+18:10
27	25	COOLIDGE, Amanda	VANCOUVER BC	My 1st F 30-34	12:38.062	3:09.5	13	1:59.518	43:34.388	27.5	44		28:51.030	9:18.4	25	0:00.000	1:27:02	+18:42
28	59	KRETZ, Nicola	PORT MOODY BC	My 1st F 25-29	13:19.947	3:20.0	21	2:18.991	38:52.651	30.9	28	1:22.633	32:18.257	10:25.2	43	0:00.000	1:28:12	+19:52
28	126	WISKAR, Ryan	PORT MOODY BC	My 1st M 30-34	10:24.183	2:36.0	1	1:50.624	36:44.042	32.7	17	6:55.620	32:17.942	10:25.1	42	0:00.000	1:28:12	+19:52
30	66	LISSON, Jeff	ABBOTSFORD BC	My 1st M 45-49	18:00.156	4:30.0	61	38:57.024	2:24.766	497.4	3		28:53.224	9:19.1	26	0:00.000	1:28:15	+19:55
31	68	LONG, Lynn	CHILLIWACK BC	My 1st F 35-39	15:01.484	3:45.4	47	2:20.548	42:40.369	28.1	43	1:35.079	26:48.193	8:38.8	14	0:00.000	1:28:25	+20:05
32	81	MOULAND, Mike	MERRITT BC	My 1st M 30-34	14:22.391	3:35.6	33	2:59.742	38:58.996	30.8	29	0:38.631	31:53.291	10:17.2	39	0:00.000	1:28:53	+20:33
33	24	COOKE, Keri	MERRITT BC	My 1st F 25-29	13:18.508	3:19.6	20	3:04.305	40:33.055	29.6	32	0:35.519	31:59.581	10:19.2	40	0:00.000	1:29:30	+21:10
34	120	VAUGHAN, Big Al	MERRITT BC	My 1st M 30-34	14:38.270	3:39.6	42	2:17.307	44:15.139	27.1	46	0:38.956	28:21.143	9:08.8	22	0:00.000	1:30:10	+21:50
35	80	MOULAND, Adriane	MERRITT BC	My 1st F 30-34	14:52.444	3:43.1	45	3:24.404	40:36.406	29.6	34	0:48.377	30:36.787	9:52.5	34	0:00.000	1:30:18	+21:58
36	62	LANGFORD, Sarah	ABBOTSFORD BC	My 1st F 20-24	15:32.604	3:53.2	50	2:37.238	40:58.003	29.3	35		31:36.942	10:11.9	37	0:00.000	1:30:44	+22:24
37	39	FRANZ, Tara	SQUAMISH BC	My 1st F 30-34	14:12.294	3:33.1	32	1:51.956	41:21.428	29.0	38	1:11.530	32:07.796	10:21.9	41	0:00.000	1:30:45	+22:25
38	92	PIERCE, Ben	WILLIAMS LAKE BC	My 1st M 25-29	14:25.188	3:36.3	35	2:13.687	46:08.511	26.0	54		28:00.152	9:02.0	19	0:00.000	1:30:47	+22:27
39	55	JENISH, Shauna	NORTH VANCOUVER BC	My 1st F 35-39	11:43.829	2:56.0	7	2:49.216	45:06.061	26.6	51	1:02.733	30:16.028	9:45.8	32	0:00.000	1:30:57	+22:37
40	93	POLANCO, Luis	CHILLIWACK BC	My 1st M 40-44	22:36.272	5:39.1	74	2:25.442	37:39.790	31.9	21	1:14.294	27:40.901	8:55.8	17	0:00.000	1:31:36	+23:16
41	111	SUM, Garry	NORTH VANCOUVER BC	My 1st M 20-24	15:16.017	3:49.0	49	3:02.166	43:59.158	27.3	45	0:42.915	28:40.209	9:14.9	23	0:00.000	1:31:40	+23:20
42	91	PIERCE, Liselle	WILLIAMS LAKE BC	My 1st F 25-29	12:04.087	3:01.0	8	2:03.092	44:17.744	27.1	47	0:31.493	33:24.300	10:46.5	49	0:00.000	1:32:20	+24:00

\* indicates adjustments applied, see last page for details

Page: 1

© 2005-2008 Milliseconds Computer Services, LLC  
801.582.3121/www.milliseconds.com

# My First/My Next Triathlon

## 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
43	113	TAO OGRADY, Leanne	PORT COQUITLAM BC	My 1st F 25-29	10:49.078	2:42.3	3	3:03.390	50:32.711	23.7	61	0:45.837	27:53.367	8:59.8	18	0:00.000	1:33:04	+24:44
44	79	MOU, Desiree	VANCOUVER BC	My 1st F 35-39	17:53.477	4:28.4	60	5:10.786	39:04.063	30.7	30	3:31.734	29:02.770	9:22.2	28	0:00.000	1:34:42	+26:22
45	53	RHEAUME, Roselyne	BURNABY BC	My 1st F 25-29	12:50.990	3:12.7	16	0:57.232	45:13.013	26.5	52	0:57.241	35:19.897	11:23.8	53	0:00.000	1:35:18	+26:58
46	121	VAUGHAN, Chelsea	MERRITT BC	My 1st F 30-34	14:09.880	3:32.5	31	2:32.379	41:52.676	28.6	40	1:04.057	36:16.349	11:42.0	55	0:00.000	1:35:55	+27:35
47	133	RUIZ, Sara		My 1st F 20-24	12:55.123	3:13.8	18	2:29.042	41:30.745	28.9	39	0:42.485	39:01.157	12:35.2	59	0:00.000	1:36:38	+28:18
48	57	KNIGHT, Lisa	VANCOUVER BC	My 1st F 30-34	14:49.490	3:42.4	44	5:06.566	42:02.081	28.6	41	1:24.950	34:22.825	11:05.4	51	0:00.000	1:37:45	+29:25
49	83	NONIS, Danya	VANCOUVER BC	My 1st F 30-34	16:11.863	4:03.0	53	3:46.000	42:06.350	28.5	42	1:18.811	35:14.685	11:22.2	52	0:00.000	1:38:37	+30:17
50	56	KARAYIANIS, Alexia	VANCOUVER BC	My 1st F 35-39	15:57.424	3:59.4	51	2:46.590	49:50.084	24.1	60	1:15.342	29:02.641	9:22.1	27	0:00.000	1:38:52	+30:32
51	38	FRANKLIN, Byron	MAPLE RIDGE BC	My 1st M 25-29	12:52.616	3:13.2	17	3:10.441	41:18.702	29.1	37	1:18.889	41:31.747	13:23.8	67	0:00.000	1:40:12	+31:52
52	78	MORISSETTE, Stina	VANCOUVER BC	My 1st F 25-29	14:33.106	3:38.3	39	3:16.630	44:21.432	27.1	48	1:30.354	36:51.923	11:53.5	56	0:00.000	1:40:33	+32:13
52	95	REGAN, Sarah	VANCOUVER BC	My 1st F 25-29	14:34.765	3:38.7	41	3:14.037	44:23.548	27.0	49	1:28.517	36:52.587	11:53.7	57	0:00.000	1:40:33	+32:13
54	110	STRIEMER, Kelly	NEW WESTMINSTER BC	My 1st F 25-29	15:06.628	3:46.7	48	4:44.963	45:44.086	26.2	53	2:57.155	32:44.343	10:33.7	46	0:00.000	1:41:17	+32:57
55	45	GRAY, Preston	CHILLIWACK BC	My 1st M 15-19	18:22.157	4:35.5	63	2:10.315	48:45.424	24.6	58	0:43.773	32:30.751	10:29.3	44	0:00.000	1:42:32	+34:12
56	117	TIEH, Agnes	VANCOUVER BC	My 1st F 25-29	20:57.783	5:14.4	70	3:32.252	44:44.178	26.8	50	0:40.259	33:41.738	10:52.2	50	0:00.000	1:43:36	+35:16
57	99	ROSS, Mathew	VANCOUVER BC	My 1st M 30-34	20:19.425	5:04.9	69	2:38.715	50:50.380	23.6	62		30:10.082	9:43.9	31	0:00.000	1:43:58	+35:38
58	119	URQUHART, Kathryn	VANCOUVER BC	My 1st F 35-39	15:58.737	3:59.7	52	2:08.942	46:47.406	25.6	55	1:02.430	39:01.911	12:35.5	60	0:00.000	1:44:59	+36:39
59	106	SPATARO, Connie	VANCOUVER BC	My 1st F 35-39	21:34.997	5:23.7	71	2:54.854	47:47.117	25.1	56	0:53.976	33:14.903	10:43.5	48	0:00.000	1:46:25	+38:05
60	134	LIEW-LAFAILLE, Wei Min		My 1st F 30-34	20:13.838	5:03.5	68	3:47.452	49:37.053	24.2	59	0:40.093	32:35.953	10:31.0	45	0:00.000	1:46:54	+38:34
61	37	FOX, Bridget	PORT MOODY BC	My 1st F 55-59	17:34.983	4:23.7	58	2:31.411	52:15.916	23.0	64		35:28.676	11:26.7	54	0:00.000	1:47:50	+39:30
61	87	OMELINN, Ann	NEW WESTMINSTER BC	My 1st F 50-54	21:55.783	5:28.9	72	59:00.715			1		26:54.424	8:40.8	15	0:00.000	1:47:50	+39:30
63	96	RENAUD, Danielle	NEW WESTMINSTER BC	My 1st F 20-24	13:48.440	3:27.1	28	1:17.477	57:52.529	20.7	70		37:02.779	11:57.0	58	0:00.000	1:50:01	+41:41
64	97	RENAUD, Rhonda	MISSION BC	My 1st F 50-54	16:57.420	4:14.4	57	2:32.692	51:02.952	23.5	63		39:43.881	12:49.0	61	0:00.000	1:50:16	+41:56
65	15	CAVALIERE, Lisa	MERRITT BC	My 1st F 25-29	16:26.154	4:06.5	55	2:03.595	48:20.725	24.8	57	0:33.064	43:17.552	13:57.9	68	0:00.000	1:50:41	+42:21
66	1	ALLEN, Rhonda	ABBOTSFORD BC	My 1st F 45-49	18:03.521	4:30.9	62	46:08.234	2:07.173	566.2	2		49:33.246	15:59.1	71	0:00.000	1:55:52	+47:32
67	43	GIARCIA, Leah	MERRITT BC	My 1st F 30-34	16:49.895	4:12.5	56	54:13.652	1:48.725	662.2	1		43:25.981	14:00.6	69	0:00.000	1:56:18	+47:58
68	35	FERNIE, Breanna	RICHMOND BC	My 1st F 30-34			1				1				1	0:00.000	2:00:00	+51:40
68	94	POSTERSKI, Rosalind	DELTA BC	My 1st F 30-34			1				1				1	0:00.000	2:00:00	+51:40
70	122	WALLACE, Robyn	VANCOUVER BC	My 1st F 45-49	17:42.795	4:25.7	59	2:26.344	52:40.149	22.8	65	1:18.775	46:58.216	15:09.1	70	0:00.000	2:01:06	+52:46
71	102	SCHEIDL, Trysten	VANCOUVER BC	My 1st M 10 and under	19:14.657	4:48.7	67	6:04.317	56:10.027	21.4	67	2:57.128	40:21.531	13:01.1	62	0:00.000	2:04:47	+56:27
72	112	SUMMERFIELD, Carolyn	VANCOUVER BC	My 1st F 35-39	19:14.318	4:48.6	66	6:09.255	56:01.274	21.4	66	2:59.973	40:23.991	13:01.9	63	0:00.000	2:04:48	+56:28
73	9	BURKHOLDER, Sue	VANCOUVER BC	My 1st F 40-44	19:14.132	4:48.5	65	6:08.762	56:43.622	21.1	68	2:18.214	40:47.103	13:09.4	65	0:00.000	2:05:11	+56:51
73	101	SCHEIDL, Madelaine	VANCOUVER BC	My 1st F 11-14	19:13.507	4:48.4	64	6:06.292	56:45.878	21.1	69	2:19.372	40:46.781	13:09.3	64	0:00.000	2:05:11	+56:51
75	116	TEO, Sandy	VANCOUVER BC	My 1st F 30-34	21:56.636	5:29.2	73	1:11:27.274			1		40:57.822	13:12.8	66	0:00.000	2:14:21	+1:06:01

## 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	5	BARRON, Graham	VANCOUVER BC	My Next M 40-44	12:07.489	3:01.9	4	0:35.359	31:04.618	38.6	1	0:58.648	23:08.038	7:27.8	4	0:00.000	1:07:54	+0:00
2	77	MOORE, Ted	MERRITT BC	My Next M 35-39	12:04.824	3:01.2	3	1:31.661	31:09.370	38.5	2	1:04.139	22:19.849	7:12.2	2	0:00.000	1:08:13	+0:19
3	33	DUMAINE, Chadwick	ALDERGROVE BC	My Next M 30-34	13:03.933	3:16.0	7	1:49.029	35:32.403	33.8	5		22:28.322	7:14.9	3	0:00.000	1:12:53	+4:59
4	42	GIAGE, Kari	MERRITT BC	My Next F 35-39	11:48.529	2:57.1	1	1:44.442	33:50.732	35.5	4	0:38.260	26:51.350	8:39.8	5	0:00.000	1:14:53	+6:59
5	71	MCKEOWN, Sky	MERRITT BC	My Next M 35-39	11:49.312	2:57.3	2	0:54.982	33:28.221	35.9	3		31:06.069	10:02.0	11	0:00.000	1:17:18	+9:24
6	30	DOLGOPOL, Trent	MERRITT BC	My Next M 35-39	12:58.415	3:14.6	6	2:58.205	38:04.070	31.5	6	1:18.938	27:11.645	8:46.3	6	0:00.000	1:22:31	+14:37
7	54	JEFFERS, Monica	VANCOUVER BC	My Next F 30-34	13:46.186	3:26.5	9	2:49.118	38:29.726	31.2	7	1:35.911	29:38.543	9:33.7	8	0:00.000	1:26:07	+18:13
8	89	OVELLET, Theresa	MERRITT BC	My Next F 30-34	12:38.680	3:09.7	5	2:09.914	40:44.218	29.5	11		33:12.393	10:42.7	15	0:00.000	1:28:45	+20:51
9	103	SCHMID, Peter	MERRITT BC	My Next M 40-44	16:26.586	4:06.6	18	1:41.314	39:58.350	30.0	10		30:40.992	9:53.9	9	0:00.000	1:28:47	+20:53
10	34	DUNN, Shannon	MERRITT BC	My Next F 40-44	14:23.504	3:35.9	12	2:01.866	41:25.659	29.0	13	0:44.331	30:48.326	9:56.2	10	0:00.000	1:29:23	+21:29
11	12	CAMERON, Cheryl Ca...	RICHMOND BC	My Next F 35-39	15:30.329	3:52.6	14	2:59.721	39:56.088	30.1	9	2:33.036	29:36.630	9:33.1	7	0:00.000	1:30:35	+22:41

\* indicates adjustments applied, see last page for details

# My First/My Next Triathlon

## Overall by Distance: My Next Triathlon Continued

PI	No	Name	Representing	Division	Swim	min/100m	PI	T1	Bike	KPH	PI	T2	Run	min/mi	PI	Penalty	Total Time	Back
12	107	STEVENSON, Kari	SOUTH SURREY BC	My Next F 40-44	15:41.853	3:55.5	15	2:30.832	41:24.873	29.0	12	1:21.704	32:34.981	10:30.6	14	0:00.000	1:33:34	+25:40
13	88	OVELLET, Marcel	MERITT BC	My Next M 30-34	14:56.606	3:44.2	13	1:43.355	39:36.339	30.3	8		37:34.705	12:07.3	16	0:00.000	1:33:51	+25:57
14	136	PARKS, Ian		My Next M 30-34	13:53.379	3:28.3	10	2:24.713	45:28.926	26.4	15	0:45.018	32:08.629	10:22.1	12	0:00.000	1:34:40	+26:46
15	105	SKIBENECKY, Michelle	VANCOUVER BC	My Next F 35-39	13:14.964	3:18.7	8	2:25.260	43:26.966	27.6	14	1:25.985	42:52.992	13:50.0	18	0:00.000	1:43:26	+35:32
16	52	HORWITZ, Erika	BURNABY BC	My Next F 45-49	15:44.926	3:56.2	16	5:35.945	49:50.021	24.1	18	0:38.925	32:32.686	10:29.9	13	0:00.000	1:44:22	+36:28
17	61	KURSAR, Wendy	SOUTH SURREY BC	My Next F 40-44	14:09.559	3:32.4	11	2:43.478	48:27.432	24.8	17	0:48.643	38:54.503	12:33.1	17	0:00.000	1:45:03	+37:09
18	82	NASON, Heather	VANCOUVER BC	My Next F 25-29	17:14.954	4:18.7	19	5:02.820	47:21.096	25.3	16	1:14.003	45:12.874	14:35.1	20	0:00.000	1:56:05	+48:11
19	29	DOLGOPOL, Cari	MERITT BC	My Next F 30-34	19:10.159	4:47.5	20	2:56.149	50:19.434	23.9	19	0:30.857	45:02.237	14:31.7	19	0:00.000	1:57:58	+50:04
19	76	MOORE, Janet	MERITT BC	My Next F 35-39	16:22.236	4:05.6	17	3:05.149	51:53.242	23.1	20		46:38.283	15:02.7	21	0:00.000	1:57:58	+50:04

\* indicates adjustments applied, see last page for details