

# My First/My Next Triathlon Preliminary Results

Friday, July 31, 2009 8:04:01 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	172	VEITCH, Erin	VANCOUVER BC	My 1st M 30-34	15:21.912	3:50.5	24	1:59.248	33:32.322	35.8	4	1:07.450	21:36.517	6:58.2	2	0:00.000	1:13:37	+0:00
2	128	JONES, Paul	VANCOUVER BC	My 1st M 25-29	11:55.028	2:58.8	6	1:41.701	34:12.301	35.1	6		26:27.125	8:32.0	9	0:00.000	1:14:16	+0:39
3	135	LAVIOLETTE, Paul	CHILLIWACK BC	My 1st M 30-34	12:49.509	3:12.4	11	0:56.202	35:48.962	33.5	8	0:39.818	24:32.469	7:55.0	5	0:00.000	1:14:46	+1:09
4	72	DUNAJKO, Andrzej	SURREY BC	My 1st M 40-44	14:59.745	3:44.9	18	2:18.716	34:11.083	35.1	5	0:37.910	22:58.937	7:24.8	3	0:00.000	1:15:06	+1:29
5	174	WEBB, Duncan	VANCOUVER BC	My 1st M 35-39	11:53.439	2:58.4	5	1:54.614	36:46.852	32.6	10	0:48.678	24:02.078	7:45.2	4	0:00.000	1:15:25	+1:48
6	168	TRAN, Natalie	VANCOUVER BC	My 1st F 25-29	11:09.481	2:47.4	2	2:21.574	36:55.041	32.5	12	0:33.026	25:42.767	8:17.7	8	0:00.000	1:16:41	+3:04
7	180	STEWART, Collin		My 1st M 20-24	15:49.560	3:57.4	28	2:48.519	32:10.473	37.3	1	0:59.949	25:21.336	8:10.8	7	0:00.000	1:17:09	+3:32
8	167	TESCHUK, Darcy	VANCOUVER BC	My 1st M 35-39	14:43.723	3:40.9	17	2:42.606	36:55.531	32.5	13	0:33.107	24:50.267	8:00.7	6	0:00.000	1:19:45	+6:08
9	173	WAJSEN, Janelle	ABBOTSFORD BC	My 1st F 20-24	12:21.896	3:05.5	7	1:33.274	36:12.071	33.1	9	0:31.335	29:44.420	9:35.6	18	0:00.000	1:20:22	+6:45
10	21	BOERNER, Zachariah	MISSION BC	My 1st M 25-29	17:08.063	4:17.0	38	2:42.913	32:41.842	36.7	2	0:59.572	28:08.477	9:04.7	10	0:00.000	1:21:09	+7:32
11	171	VAN DRIEL, Tara	ABBOTSFORD BC	My 1st F 25-29	14:19.438	3:34.9	14	1:34.436	38:01.762	31.6	16		28:09.231	9:04.9	11	0:00.000	1:22:04	+8:27
12	154	ROLLER, Janine	RICHMOND BC	My 1st F 20-24	11:16.836	2:49.2	3	1:54.332	40:42.021	29.5	24		28:27.478	9:10.8	13	0:00.000	1:22:20	+8:43
13	181	CARLSON, Grant		My 1st M 20-24	12:34.753	3:08.7	10	1:10.505	33:25.613	35.9	3	1:22.193	36:19.926	11:43.2	39	0:00.000	1:24:52	+11:15
14	28	BRENNAN, Jennifer	DELTA BC	My 1st F 35-39	16:48.083	4:12.0	34	2:01.307	39:39.811	30.2	20		28:49.532	9:17.9	16	0:00.000	1:27:18	+13:41
15	130	JONES, Jennifer	VANCOUVER BC	My 1st F 25-29	16:55.688	4:13.9	35	2:30.940	38:53.864	30.9	17		30:16.492	9:46.0	21	0:00.000	1:28:36	+14:59
16	158	SCOTT, Arianne	ABBOTSFORD BC	My 1st F 20-24	12:26.252	3:06.6	8	3:23.850	40:53.767	29.3	25		32:05.041	10:21.0	26	0:00.000	1:28:48	+15:11
17	74	ELIUK, Peter	VANCOUVER BC	My 1st M 25-29	19:41.628	4:55.4	45	2:44.095	36:54.120	32.5	11	0:49.903	28:44.333	9:16.2	14	0:00.000	1:28:54	+15:17
18	141	MCLARNON, Matt	VANCOUVER BC	My 1st M 20-24	15:48.774	3:57.2	27	3:47.544	38:57.807	30.8	18	0:32.912	30:04.543	9:42.1	19	0:00.000	1:29:11	+15:34
19	8	ALLYN, Lisa	VANCOUVER BC	My 1st F 20-24	14:11.029	3:32.8	12	1:17.198	37:25.344	32.1	14	1:11.823	35:39.370	11:30.1	34	0:00.000	1:29:44	+16:07
20	160	SHAW, Alexandra	VANCOUVER BC	My 1st F 20-24	9:43.501	2:25.9	1	1:31.356	43:34.981	27.5	30	0:34.028	34:22.885	11:05.4	30	0:00.000	1:29:46	+16:09
21	63	DAVIES, Chantal	VANCOUVER BC	My 1st F 25-29	15:31.567	3:52.9	25	2:11.312	40:12.391	29.9	21	1:11.105	31:05.959	10:01.9	24	0:00.000	1:30:12	+16:35
22	165	SPENCE, Karen	COQUITLAM BC	My 1st F 35-39	15:10.877	3:47.7	20	1:39.652	40:37.471	29.5	23	1:01.897	31:48.279	10:15.6	25	0:00.000	1:30:18	+16:41
23	155	RUBERG, Josh	VANCOUVER BC	My 1st M 20-24	19:32.953	4:53.2	44	3:48.107	35:37.369	33.7	7	3:02.983	28:54.044	9:19.4	17	0:00.000	1:30:55	+17:18
24	2	ALLYN, Heather	VANCOUVER BC BC	My 1st F 20-24	17:27.106	4:21.8	40	3:23.990	39:39.301	30.3	19	1:55.595	28:46.520	9:16.9	15	0:00.000	1:31:12	+17:35
25	161	SHEARD, Renee	NEW WESTMINSTER BC	My 1st F 45-49	14:17.522	3:34.4	13	2:20.037	43:47.426	27.4	31	0:48.767	30:05.029	9:42.3	20	0:00.000	1:31:18	+17:41
26	152	RICHARDS, Deborah	DELTA BC	My 1st F 35-39	15:15.705	3:48.9	22	3:54.408	41:34.977	28.9	26	0:42.469	30:18.179	9:46.5	22	0:00.000	1:31:45	+18:08
27	90	ELIUK, Megan	VANCOUVER BC	My 1st F 30-34	16:41.655	4:10.4	33	3:56.826	42:48.198	28.0	29	0:37.178	28:16.862	9:07.4	12	0:00.000	1:32:12	+18:35
28	50	COUPAL, Nicole	KELOWNA BC	My 1st F 25-29	19:15.549	4:48.9	43	1:45.670	37:37.636	31.9	15	1:25.916	32:15.801	10:24.5	27	0:00.000	1:32:20	+18:43
28	73	DYRDAL, Shayne	VANCOUVER BC	My 1st F 25-29			1				1				1	0:00.000	1:32:20	+18:43
30	162	SHERIDAN, Deanna	MAPLE RIDGE BC	My 1st F 35-39	14:42.420	3:40.6	15	2:33.373	42:30.548	28.2	27	0:45.508	33:52.704	10:55.7	28	0:00.000	1:34:24	+20:47
30	166	SYMME, Laura	MAPLE RIDGE BC	My 1st F 30-34	14:42.758	3:40.7	16	2:42.930	42:47.698	28.0	28		34:11.370	11:01.7	29	0:00.000	1:34:24	+20:47
32	138	LIU, Alfred Gordon	RICHMOND BC	My 1st M 25-29	11:44.837	2:56.2	4	2:16.222	45:40.206	26.3	32		37:36.501	12:07.9	41	0:00.000	1:37:17	+23:40
33	70	DOYLE, Mike	ALDERGROVE BC	My 1st M 40-44			1				1				1	0:00.000	1:39:03	+25:26
34	11	ANDERTON, Michelle	MANCHESTER	My 1st F 25-29	15:16.237	3:49.1	23	1:42.103	47:17.192	25.4	35	0:56.252	34:57.557	11:16.6	32	0:00.000	1:40:09	+26:32
34	51	CROSSLEY, Emma	VANCOUVER BC	My 1st F 25-29	15:12.622	3:48.2	21	1:42.897	47:30.177	25.3	37	0:48.236	34:55.353	11:15.9	31	0:00.000	1:40:09	+26:32
36	47	CLOUTIER, Huguette	NORTH VANCOUVER BC	My 1st F 55-59	15:43.434	3:55.9	26	4:33.732	49:08.683	24.4	42	0:36.999	30:45.057	9:55.2	23	0:00.000	1:40:47	+27:10
36	64	DODD, Beth	VANCOUVER BC	My 1st F 25-29	15:50.034	3:57.5	29	2:35.571	47:18.931	25.4	36	1:15.376	0:12.890	0:04.2	1	0:00.000	1:40:47	+27:10
38	139	MACDONALD, Lisa	RICHMOND BC	My 1st F 35-39	22:57.124	5:44.3	50	3:14.390	40:37.184	29.5	22	0:39.479	35:00.491	11:17.6	33	0:00.000	1:42:28	+28:51
39	182	CICHON, Claire		My 1st F 25-29	19:12.746	4:48.2	42	2:12.032	46:09.125	26.0	33	1:11.928	37:06.794	11:58.3	40	0:00.000	1:45:52	+32:15
40	125	JONES, Alison	LANGLEY BC	My 1st F 30-34	16:07.724	4:01.9	31	3:49.653	48:21.772	24.8	40	1:02.745	38:18.938	12:21.6	44	0:00.000	1:47:40	+34:03
41	131	KITAMURA, Cindy	COQUITLAM BC	My 1st F 35-39	15:08.134	3:47.0	19	4:42.076	48:30.811	24.7	41	1:01.092	38:18.963	12:21.6	45	0:00.000	1:47:41	+34:04
42	115	GOERTZEN, Alycia	ABBOTSFORD BC	My 1st F 20-24	12:30.556	3:07.6	9	3:21.391	57:36.550	20.8	53		36:10.816	11:40.3	37	0:00.000	1:49:39	+36:02

\* indicates adjustments applied, see last page for details

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# 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	123	GOERTZEN, Greg	ABBOTSFORD BC	My 1st M 20-24	15:57.587	3:59.4	30	2:16.934	55:13.562	21.7	50		36:12.371	11:40.8	38	0:00.000	1:49:40	+36:03
44	20	BILLAU, Tamara	CHILLIWACK BC	My 1st F 35-39	16:58.235	4:14.6	36	5:01.106	47:43.995	25.1	38	1:00.581	40:15.173	12:59.1	47	0:00.000	1:50:59	+37:22
45	17	BERGERSEN, Jeanette	SHERWOOD PARK AB	My 1st F 40-44	23:12.340	5:48.1	51	5:09.956	47:11.257	25.4	34	0:49.866	41:34.108	13:24.6	50	0:00.000	1:52:35	+38:58
46	26	BOUDREAU, Josee	PORT COQUITLAM BC	My 1st F 30-34	17:10.072	4:17.5	39	2:45.536	53:37.231	22.4	47	1:18.755	38:05.999	12:17.4	42	0:00.000	1:52:57	+39:20
46	148	ORTHODOXOU, Mark	PORT COQUITLAM BC	My 1st M 30-34	17:06.424	4:16.6	37	4:05.889	52:00.198	23.1	45	1:37.290	38:07.308	12:17.8	43	0:00.000	1:52:57	+39:20
48	164	SMITH, Alexis-leigh	MAPLE RIDGE BC	My 1st F 20-24	18:39.668	4:39.9	41	2:30.275	50:16.968	23.9	43	0:52.681	42:32.151	13:43.3	51	0:00.000	1:54:51	+41:14
49	27	BRADLEY, Karen	VANCOUVER BC	My 1st F 25-29	16:10.603	4:02.7	32	3:05.789	58:40.791	20.4	54	1:01.736	38:59.135	12:34.6	46	0:00.000	1:57:58	+44:21
50	14	BENCZE, Michael	ALDERGROVE BC	My 1st M 11-14	19:50.682	4:57.7	46	2:42.571	51:56.440	23.1	44	0:36.968	43:14.123	13:56.8	53	0:00.000	1:58:20	+44:43
51	151	RAE, Trina	CHILLIWACK BC	My 1st F 30-34	21:50.800	5:27.7	49	6:06.998	48:02.502	25.0	39	0:52.202	41:33.686	13:24.4	49	0:00.000	1:58:26	+44:49
52	13	BENCZE, Rhonda	ALDERGROVE BC	My 1st F 35-39	19:52.488	4:58.1	47	3:49.256	53:06.865	22.6	46	1:05.311	40:39.435	13:06.9	48	0:00.000	1:58:33	+44:56
53	143	MERRILL, Shelagh	SALMON ARM BC	My 1st F 30-34	25:30.047	6:22.5	54	4:04.788	53:40.712	22.4	49	1:55.124	36:02.075	11:37.4	36	0:00.000	2:01:12	+47:35
54	142	MERRILL, Hanan	SALMON ARM BC	My 1st M 30-34	25:29.428	6:22.4	53	4:05.965	53:38.799	22.4	48	1:57.129	36:02.016	11:37.4	35	0:00.000	2:01:13	+47:36
55	150	PIZOR, Beth	ABBOTSFORD BC	My 1st F 40-44	20:53.505	5:13.4	48	3:00.567	55:17.409	21.7	51	0:52.386	43:09.509	13:55.3	52	0:00.000	2:03:13	+49:36
56	144	NAGY, Debbie	ALDERGROVE BC	My 1st F 55-59	23:45.432	5:56.4	52	2:25.299	56:50.906	21.1	52	1:19.660	47:15.307	15:14.6	54	0:00.000	2:11:36	+57:59

## 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	140	MCINERNEY, David	KELOWNA	My Next M 20-24	13:48.618	3:27.2	5	1:05.551	30:23.705	39.5	1	0:34.196	20:28.538	6:36.3	1	0:00.000	1:06:20	+0:00
2	32	BROMAN, Tony	MERRITT BC	My Next M 40-44	10:38.600	2:39.7	1	1:21.407	32:27.389	37.0	2		26:25.181	8:31.3	5	0:00.000	1:10:52	+4:32
3	124	HALL, Brian	KELOWNA BC	My Next M 25-29	11:14.646	2:48.7	2	1:32.947	32:30.379	36.9	3	0:47.632	26:58.858	8:42.2	7	0:00.000	1:13:04	+6:44
4	153	RICHARDSON, Dylan	MERRITT BC	My Next M 30-34	12:08.852	3:02.2	3	2:39.004	33:02.520	36.3	4	1:10.030	24:40.668	7:57.6	3	0:00.000	1:13:41	+7:21
5	147	NIELSON, Peter	PORT MOODY BC	My Next M 60-64	13:15.298	3:18.8	4	2:10.019	36:43.977	32.7	6	2:00.514	22:39.848	7:18.7	2	0:00.000	1:16:49	+10:29
6	176	WOODCOCK, John	COQUITLAM BC	My Next M 65 and over	15:39.074	3:54.8	10	2:46.394	34:32.563	34.7	5	1:25.440	26:07.673	8:25.7	4	0:00.000	1:20:31	+14:11
7	159	SCOTT, Shelly-lynn	PORT MOODY BC	My Next F 40-44	16:16.761	4:04.2	11	1:49.878	37:26.315	32.0	8	1:03.456	26:46.133	8:38.1	6	0:00.000	1:22:51	+16:31
8	178	ZAINALI, Irene	DELTA BC	My Next F 25-29	13:59.768	3:29.9	6	2:14.054	38:32.212	31.1	10		28:56.896	9:20.3	9	0:00.000	1:23:42	+17:22
9	31	BROMAN, Heather	MERRITT BC	My Next F 35-39	15:22.481	3:50.6	9	1:51.440	37:25.990	32.1	7	0:48.133	29:15.590	9:26.3	10	0:00.000	1:24:43	+18:23
10	146	NICOL, Debra	COQUITLAM BC	My Next F 50-54	14:24.300	3:36.1	7	3:06.627	42:11.863	28.4	13	0:32.147	27:01.433	8:43.0	8	0:00.000	1:27:16	+20:56
11	137	Li, Jiwei	RMD BC	My Next M 30-34	14:53.226	3:43.3	8	46:25.268			1		32:20.677	10:26.0	11	0:00.000	1:33:39	+27:19
12	163	SLIZIAK, Carol	LANGLEY BC	My Next F 45-49	19:08.040	4:47.0	13	2:16.720	37:52.076	31.7	9	0:58.516	37:24.330	12:04.0	15	0:00.000	1:37:39	+31:19
13	179	GAULL, Jim		My Next M 60-64	19:34.054	4:53.5	14	2:09.656	39:57.665	30.0	11	2:02.789	36:39.756	11:49.6	14	0:00.000	1:40:23	+34:03
14	149	PAUGH, Eleanor	COQUITLAM BC	My Next F 60-64	20:48.467	5:12.1	15	3:19.119	41:30.871	28.9	12	2:34.764	35:31.637	11:27.6	13	0:00.000	1:43:28	+37:08
15	157	SAREMBA, Christina	PORT COQUITLAM BC	My Next F 45-49	16:48.319	4:12.1	12	4:47.520	52:53.241	22.7	14	1:29.565	33:26.635	10:47.3	12	0:00.000	1:49:25	+43:05

\* indicates adjustments applied, see last page for details