

XTERRA Canmore

Sprint Triathlon

Overall Results

Pos	Bib #	Name	Time	Categ	C.Pos	Swim	Pos	C.Pos	Cycle	Pos	C.Pos	Run	Pos	C.Pos
1	10	Menno Arendz	01:28:46	M20-29	1	00:08:49	18	3	00:55:21	2	2	00:24:35	1	1
2	100	Tate Haugan	01:30:52	MU19	1	00:07:29	1	1	00:56:16	3	1	00:27:06	5	1
3	244	Bill Spackman	01:32:26	M30-39	1	00:08:56	24	8	00:57:40	5	1	00:25:49	3	2
4	170	Dave Miller	01:33:10	M40-49	1	00:08:47	16	3	00:56:47	4	1	00:27:34	8	2
5	263	Dave Trofimenkoff	01:36:43	M30-39	2	00:09:37	35	12	01:01:42	7	3	00:25:22	2	1
6	172	Kyle Morrison	01:37:32	M30-39	3	00:08:46	15	5	01:01:54	8	4	00:26:51	4	3
7	193	Morten Pedersen	01:38:14	M30-39	4	00:08:53	22	6	01:01:19	6	2	00:28:00	10	4
8	42	John Burroughs	01:41:04	M40-49	2	00:08:12	6	1	01:05:30	14	3	00:27:22	7	1
9	119	Bradley Johnson	01:41:13	M20-29	2	00:09:44	38	5	01:04:13	11	3	00:27:15	6	2
10	37	Patrice Brunet	01:41:43	M20-29	3	00:08:06	4	1	01:04:36	12	4	00:28:59	13	4
11	91	Connor Goodfellow	01:44:13	M20-29	4	00:08:51	21	4	00:46:43	1	1	00:48:38	80	9
12	212	Sarah Robbins	01:44:51	F40-49	1	00:09:38	36	2	01:03:47	10	1	00:31:25	26	1
13	266	Nadia Van der Merwe	01:45:26	F30-39	1	00:08:51	20	3	01:06:45	18	1	00:29:49	15	3
14	17	Reece Bailey	01:45:41	MU19	2	00:08:02	2	2	01:06:26	16	2	00:31:12	22	3
15	21	Michael Ball	01:45:42	M20-29	5	00:12:17	71	9	01:05:14	13	5	00:28:10	11	3
16	137	Mike Kulawik	01:47:23	M40-49	3	00:09:24	31	6	01:06:47	19	4	00:31:12	21	3
17	271	David Verveda	01:47:23	M40-49	4	00:09:20	30	5	01:02:00	9	2	00:36:02	45	6
18	221	Darren Scheirman	01:47:48	M30-39	5	00:09:30	33	10	01:07:32	20	6	00:30:46	18	6
19	183	John Olsen	01:47:49	M30-39	6	00:08:30	11	4	01:05:55	15	5	00:33:24	34	11
20	289	Don Workman	01:48:26	M50-59	1	00:11:27	61	1	01:06:31	17	1	00:30:28	17	1
21	111	Edward Hunt	01:50:10	M30-39	7	00:08:05	3	1	01:11:42	28	11	00:30:23	16	5
22	192	Colin Park	01:50:31	M30-39	8	00:10:54	53	14	01:07:34	21	7	00:32:01	29	10
23	296	Jorge Caro	01:50:39	M30-39	9	00:08:25	9	3	01:11:03	26	10	00:31:10	20	7
24	126	Brad Kane	01:50:57	M40-49	5	00:09:02	25	4	01:10:34	25	5	00:31:20	25	4
25	264	Patricia Tsang	01:51:53	F30-39	2	00:11:14	55	12	01:12:46	31	3	00:27:52	9	1
26	14	Andrew Askin	01:52:42	M30-39	10	00:11:54	69	15	01:09:16	23	8	00:31:32	27	8
27	294	Helen Zwanepoel	01:52:50	F30-39	3	00:09:16	28	5	01:11:11	27	2	00:32:22	30	5
28	267	Erica Van Vlack	01:54:08	F20-29	1	00:10:52	52	4	01:12:25	30	1	00:30:49	19	1
29	80	Sarah Fabbri	01:54:18	F40-49	2	00:09:28	32	1	01:08:29	22	2	00:36:20	48	4
30	153	Andrew Mackenzie	01:54:34	M20-29	6	00:10:12	43	6	01:13:07	32	7	00:31:14	23	5
31	210	Iain Ramsey	01:54:50	M30-39	11	00:08:10	5	2	01:10:29	24	9	00:36:10	47	14
32	112	Catherine Huot	01:55:58	F30-39	4	00:08:49	19	2	01:17:20	39	5	00:29:49	14	2
33	272	Emma Verveda	01:56:58	F20-29	2	00:08:49	17	2	01:14:58	34	2	00:33:11	31	2
34	63	Ryan DeCillia	01:57:21	M40-49	6	00:08:18	7	2	01:15:13	36	6	00:33:49	37	5
35	261	Mireille Tittel-Elmer	01:58:20	F30-39	5	00:11:23	59	13	01:15:39	37	4	00:31:17	24	4
36	279	Caleb Weber	01:58:34	MU19	3	00:09:09	27	3	01:20:25	46	3	00:28:59	12	2
37	194	Dave Pederson	01:59:27	M30-39	12	00:09:31	34	11	01:15:42	38	13	00:34:13	39	12
38	138	Daniel Lalonde	01:59:46	M20-29	7	00:11:21	57	7	01:15:03	35	8	00:33:21	33	6
39	185	Tim Owens	02:00:53	M20-29	8	00:11:25	60	8	01:12:17	29	6	00:37:10	53	8
40	220	Brad Sandy	02:00:59	M30-39	13	00:08:54	23	7	01:20:04	44	15	00:32:00	28	9
41	24	Andrea Bell	02:01:01	F50-59	1	00:08:28	10	1	01:19:12	42	1	00:33:20	32	1
42	186	James Palamarchuk	02:01:22	M20-29	9	00:08:43	13	2	01:18:59	41	9	00:33:39	36	7
43	69	Mark Ducey	02:02:43	M30-39	14	00:12:20	72	17	01:13:21	33	12	00:37:01	52	15
44	180	Melissa O'Brien	02:05:06	F30-39	6	00:09:07	26	4	01:19:24	43	6	00:36:34	51	9
45	253	Shirley Sullivan	02:07:54	F30-39	7	00:10:47	49	10	01:21:16	48	8	00:35:50	44	8
46	230	PJ Shea	02:08:50	M30-39	15	00:12:16	70	16	01:17:32	40	14	00:39:00	61	18
47	155	Michael MacMillan	02:09:36	M50-59	2	00:14:04	79	3	01:20:56	47	2	00:34:36	40	2
48	232	Jennifer Shears	02:09:51	F40-49	3	00:11:13	54	5	01:21:18	49	3	00:37:19	54	5
49	259	Jenny Thorpe	02:11:08	F50-59	2	00:10:26	44	3	01:24:14	51	2	00:36:28	49	2
50	53	Marie Cecile Coppelmans	02:12:51	F30-39	8	00:10:46	48	9	01:27:59	58	12	00:34:05	38	6
51	114	MJ ILCHUK	02:13:10	M40-49	7	00:11:51	68	10	01:24:50	52	7	00:36:28	50	7
52	11	Dawn Arseneault	02:13:50	F40-49	4	00:11:34	65	8	01:28:44	61	5	00:33:31	35	2
53	62	Dale DeBock	02:14:52	M30-39	16	00:10:09	41	13	01:28:36	60	17	00:36:05	46	13
54	20	Christy Baker	02:15:41	F30-39	9	00:14:11	80	19	01:26:22	54	10	00:35:07	42	7
55	2	Jason Adams	02:16:02	M30-39	17	00:12:24	73	18	01:25:58	53	16	00:37:39	57	17
56	59	Matt Dallaire	02:16:23	M30-39	18	00:09:18	29	9	01:29:28	62	18	00:37:36	56	16
57	216	Tanya Ruman	02:16:28	F40-49	5	00:11:23	58	7	01:30:02	63	6	00:35:02	41	3

XTERRA Canmore

Sprint Triathlon

Overall Results

Pos	Bib #	Name	Time	Categ	C.Pos	Swim	Pos	C.Pos	Cycle	Pos	C.Pos	Run	Pos	C.Pos
58	79	Jane Ewashko	02:16:30	F40-49	6	00:09:56	39	3	01:28:26	59	4	00:38:08	58	6
59	3	Monica Aguss	02:16:33	F30-39	10	00:10:51	51	11	01:27:32	57	11	00:38:09	59	11
60	173	Chris Mussell	02:17:25	M40-49	8	00:11:38	66	9	01:26:34	55	8	00:39:12	62	8
61	235	Tracey Sherman	02:18:05	F30-39	11	00:12:31	74	15	01:20:15	45	7	00:45:19	75	19
62	286	Lindsey Williams	02:18:56	F30-39	12	00:08:19	8	1	01:32:18	67	14	00:38:17	60	12
63	109	Robin Howard	02:19:35	F20-29	3	00:10:36	47	3	01:26:39	56	3	00:42:19	68	4
64	90	Angelika Goncalves DaSilva	02:22:42	F30-39	13	00:13:48	78	18	01:24:02	50	9	00:44:51	74	18
65	154	Linda MacMillan	02:22:59	F50-59	3	00:10:12	42	2	01:31:49	66	3	00:40:57	66	3
66	213	David Robinson	02:24:13	M50-59	3	00:11:29	64	2	01:33:19	68	3	00:39:24	64	3
67	146	Cindy Lund	02:24:48	F30-39	14	00:10:27	45	8	01:31:34	65	13	00:42:47	70	16
68	4	Lori Allan	02:25:13	F30-39	15	00:11:49	67	14	01:34:10	72	15	00:39:13	63	13
69	196	Mark Perry	02:25:23	M40-49	9	00:11:27	62	8	01:30:57	64	9	00:42:58	72	10
70	31	Jason Bissonnette	02:26:52	M40-49	10	00:10:36	46	7	01:34:56	73	11	00:41:18	67	9
71	113	Kari Idland	02:27:55	F20-29	4	00:11:28	63	5	01:33:38	69	4	00:42:48	71	5
72	29	Jennifer Bird	02:28:27	F30-39	16	00:10:08	40	7	01:35:51	74	16	00:42:28	69	15
73	47	Amanda Chubb-Way	02:28:33	F20-29	5	00:08:33	12	1	01:44:12	77	5	00:35:47	43	3
74	121	Helen Johnston	02:30:28	F40-49	7	00:10:50	50	4	01:34:07	71	7	00:45:30	78	8
75	124	Marc Joustra	02:32:22	M40-49	11	00:13:21	77	11	01:33:41	70	10	00:45:19	77	11
76	116	Debbie James	02:36:54	F40-49	8	00:11:20	56	6	01:40:15	76	8	00:45:19	76	7
77	203	Elena Prasad	02:38:21	F30-39	17	00:12:41	75	16	01:48:14	79	19	00:37:26	55	10
78	45	Melissa Chatigny	02:40:32	F30-39	18	00:12:49	76	17	01:46:46	78	18	00:40:56	65	14
79	257	Holly Taylor	02:46:37	F30-39	19	00:14:51	81	20	01:37:42	75	17	00:54:02	82	21
80	76	Esther Escott	02:47:12	F30-39	20	00:09:40	37	6	01:50:19	80	20	00:47:11	79	20
81	275	Michelle Ward	03:00:21	F30-39	21	00:19:46	82	21	01:57:31	81	21	00:43:03	73	17
82	189	Maria Machiawala	03:07:07	FU19	1	00:08:44	14	1	02:06:06	82	1	00:52:16	81	1