

Name	Number	Category	Swim	Bike	Run	Total	start time	swim split	bike split	run split	
Sample			0:26:15	1:16:15	0:40:44	2:23:14	0:00:00	0:26:15	1:42:30	2:23:14	
											time data in the black columns. It will be calculated in the
Greg Yeomans	1	LMM	0:28:45	1:18:55	1:00:12	2:47:52	0:00:00	0:28:45	1:47:40	2:47:52	
Charles Paquette	2	LMM	0:33:01	1:20:40	1:10:33	3:04:14	0:00:00	0:33:01	1:53:41	3:04:14	
Holger Rode	3	LMM	0:31:06	1:31:47	1:10:37	3:13:30	0:00:00	0:31:06	2:02:53	3:13:30	
J Boddy	4	LMM	0:30:27	1:37:09	1:07:51	3:15:27	0:00:00	0:30:27	2:07:36	3:15:27	
Rob Millar	10	LOM	0:26:34	1:05:44	0:41:55	2:14:13	0:00:00	0:26:34	1:32:18	2:14:13	
Kyle Peruniak	11	LOM	0:37:46	1:30:22	0:59:46	3:07:54	0:00:00	0:37:46	2:08:08	3:07:54	
Shane Vandewater	15	LOM	0:31:45	1:13:53	0:44:57	2:30:35	0:00:00	0:31:45	1:45:38	2:30:35	
Laurie Kallio	20	LMW	0:28:11	1:27:02	0:53:27	2:48:40	0:00:00	0:28:11	1:55:13	2:48:40	
Tina Cochrane	21	LOW	0:31:15	1:26:35	0:55:57	2:53:47	0:00:00	0:31:15	1:57:50	2:53:47	
Erin Hall	25	LOW	0:34:30	1:29:35	0:48:35	2:52:40	0:00:00	0:34:30	2:04:05	2:52:40	
Mighty Mountain Mommas (Collingv	30	LTM	0:34:21	1:32:08	0:55:55	3:02:24	0:00:00	0:34:21	2:06:29	3:02:24	
Lanthier/Parker/Hughes	31	LTM	0:35:48	2:10:37	0:46:16	3:32:41	0:00:00	0:35:48	2:46:25	3:32:41	
McLellan Family	33	LTM	0:35:45	1:20:28	0:42:54	2:39:07	0:00:00	0:35:45	1:56:13	2:39:07	
Pretorius/Pretorius/Swanepoel	34	LTM	0:30:38	1:20:59	0:54:46	2:46:23	0:00:00	0:30:38	1:51:37	2:46:23	
Souter/Dykens/Adomeit	35	LTM	0:40:28	1:29:22	1:01:55	3:11:45	0:00:00	0:40:28	2:09:50	3:11:45	
Espersen/Lowe/Burri	37	LTM	0:23:26	1:09:16	0:40:40	2:13:22	0:00:00	0:23:26	1:32:42	2:13:22	
Cullen/Bachrach/Brown	38	LTM	0:27:16	1:18:59	0:43:42	2:29:57	0:00:00	0:27:16	1:46:15	2:29:57	
McAlonan/McAlonan/McAlonan	39	LTM	0:29:38	1:33:03	0:58:53	3:01:34	0:00:00	0:29:38	2:02:41	3:01:34	
Fowler/Howard/Howard	40	LTM	0:32:11	1:12:28	0:51:28	2:36:07	0:00:00	0:32:11	1:44:39	2:36:07	
Woudstra/Kotze/Woudstra	105	LTM	0:28:10	1:48:45	0:55:18	3:12:13	0:00:00	0:28:10	2:16:55	3:12:13	
Erin Mutrie	T1	TAT	0:06:22	0:26:56	0:17:14	0:50:32	1:00:00	1:06:22	1:33:18	1:50:32	
Conor Murphy	T2	TAT	0:07:44	0:28:18	0:21:33	0:57:35	1:00:00	1:07:44	1:36:02	1:57:35	
Trish Hunter	T10	TAT	0:08:08	0:41:54	0:26:31	1:16:33	1:00:00	1:08:08	1:50:02	2:16:33	

SHORT

Name	Number	Category	Swim	Bike	Run	Total	start time	swim split	bike split	run split
			0:10:00	0:10:00	0:35:00	0:55:00	1:00:00	1:10:00	1:20:00	1:55:00
										0:00:00
										0:00:00
Mark Huscroft	50	SOM	0:19:22	0:54:17	0:34:21	1:48:00	1:00:00	1:19:22	2:13:39	2:48:00
Mark Rossman	56	SOM	0:19:22	0:45:59	0:25:54	1:31:15	1:00:00	1:19:22	2:05:21	2:31:15
										0:00:00
Laura Bakermans	60	SMW	0:19:40	0:45:48	0:27:48	1:33:16	1:00:00	1:19:40	2:05:28	2:33:16
Sandra Smith	61	SMW	0:28:12	1:02:03	0:45:52	2:16:07	1:00:00	1:28:12	2:30:15	3:16:07
Deborah Helsdon	62	SMW	0:24:37	0:54:53	0:44:39	2:04:09	1:00:00	1:24:37	2:19:30	3:04:09
										0:00:00
Nellie Dow	70	SOW	0:16:18	0:46:43	0:24:29	1:27:30	1:00:00	1:16:18	2:03:01	2:27:30
Kristine Ewald	71	SOW	0:15:49	0:50:41	0:31:20	1:37:50	1:00:00	1:15:49	2:06:30	2:37:50
Tamara Gillis	72	SOW	0:16:36	0:50:01	0:30:35	1:37:12	1:00:00	1:16:36	2:06:37	2:37:12
Jenna MacLeod	73	SOW	0:24:37	0:52:15	0:31:55	1:48:47	1:00:00	1:24:37	2:16:52	2:48:47
Trish Nicolai	74	SOW	0:16:35	0:49:40	0:28:46	1:35:01	1:00:00	1:16:35	2:06:15	2:35:01
Jesse Olynyk	75	SOW	0:19:20	1:01:58	0:39:07	2:00:25	1:00:00	1:19:20	2:21:18	3:00:25
Alexie Stephens	76	SOW	0:18:39	0:51:30	0:34:53	1:45:02	1:00:00	1:18:39	2:10:09	2:45:02
Erin Brienesse	77	SOW	0:17:41	1:02:09	0:30:14	1:50:04	1:00:00	1:17:41	2:19:50	2:50:04
Amelia Mattson	78	SOW	0:15:57	0:46:58	0:26:10	1:29:05	1:00:00	1:15:57	2:02:55	2:29:05
Sarah Hamhuis	82	SOW	0:19:59	1:02:15	0:29:40	1:51:54	1:00:00	1:19:59	2:22:14	2:51:54
										0:00:00
Travis Pete	85	SJM	0:14:46	0:44:44	0:25:48	1:25:18	1:00:00	1:14:46	1:59:30	2:25:18
Cullen/Larstone/Bradford	100	STM	0:29:50	0:52:50	0:28:42	1:51:22	1:00:00	1:29:50	2:22:40	2:51:22
Fowler Family	101	STM	0:15:13	0:54:18	0:26:42	1:36:13	1:00:00	1:15:13	2:09:31	2:36:13
Hikisch Family	102	STM	0:15:14	0:47:06	0:34:25	1:36:45	1:00:00	1:15:14	2:02:20	2:36:45
Training is Overrated (Hartnett/Doerksen/	103	STM	0:13:52	1:02:24	0:23:56	1:40:12	1:00:00	1:13:52	2:16:16	2:40:12
Hobson/Murphy/Parker (kids)	104	STM	0:13:20	1:01:54	0:23:23	1:38:37	1:00:00	1:13:20	2:15:14	2:38:37
Smyth/Grice/Smyth	106	STM	0:17:44	0:46:36	0:22:32	1:26:52	1:00:00	1:17:44	2:04:20	2:26:52
Howard/Clarke/Lanther	109	STM	0:12:02	0:43:46	0:36:42	1:32:30	1:00:00	1:12:02	1:55:48	2:32:30
Hunter/Hunter/Hunter	36	STM	0:16:36	0:56:38	0:25:16	1:38:30	1:00:00	1:16:36	2:13:14	2:38:30

DUATHLON

Name	Number	Category	RUN 1	Bike	RUN 2	Total	start time	RUN 1 SPLIT	bike split	Run 2 split
Sample	D11	DMM	0:26:15	1:16:15	0:40:44	2:23:14	0:00:00	0:26:15	1:42:30	2:23:14
Pete Krause	D1	DMM	0:21:25	0:49:13	0:27:04	1:37:42	0:00:00	0:21:25	1:10:38	1:37:42
Tyler Cochrane	D3	DMM	0:32:44	1:11:08	0:47:02	2:30:54	0:00:00	0:32:44	1:43:52	2:30:54
Steven Wickham	D31	DMM	0:22:45	0:57:47	0:24:35	1:45:07	0:00:00	0:22:45	1:20:32	1:45:07
Adam Pankalla	D30	DOM	0:25:03	1:01:21	0:26:54	1:53:18	0:00:00	0:25:03	1:26:24	1:53:18
Sheila Radu	D20	DOW	0:30:43	1:06:42	0:37:10	2:14:35	0:00:00	0:30:43	1:37:25	2:14:35
Joanne Williams	D21	DOW	0:27:17	1:10:19	0:27:59	2:05:35	0:00:00	0:27:17	1:37:36	2:05:35
		DOW								
Jaydin Haskins	D5	DOJ	0:27:20	1:04:07	0:30:08	2:01:35	0:00:00	0:27:20	1:31:27	2:01:35
		DOJ								