

GP Sprint Triathlon
May 23, 2004
 17.5 km bike

500m Swim

4 km run

Race No.	Name	Cat.	Place cat/ov	Swim Time	min/100m	Place cat/ov	Bike Time	km/hr	Place cat/ov	Swim+ Bike	Place cat/ov	Run Time	min/mi	Place cat/ov	Overall Time
341	Michelle Caron	F <20	1/10	0:07:58	1:36	1/20	0:35:41	29.43	1/20	0:43:39	1/22	0:17:59	7:14	1/20	1:01:38
252	Jill Clough	F <20	2/16	0:08:17	1:39	2/55	0:41:07	25.54	2/42	0:49:24	2/23	0:18:00	7:15	2/37	1:07:24
251	Madeleine Clough	F <20	3/21	0:08:23	1:41	3/75	0:46:43	22.48	3/71	0:55:06	3/39	0:19:46	7:57	3/64	1:14:52
334	Tyla Cooper	F 20-29	1/17	0:08:18	1:40	1/30	0:37:29	28.01	1/25	0:45:47	2/45	0:20:18	8:10	1/29	1:06:05
211	Rosemary Gartly	F 20-29	5/50	0:10:02	2:00	2/38	0:38:34	27.23	2/36	0:48:36	1/44	0:20:10	8:07	2/40	1:08:46
271	Sandra Bertrand	F 20-29	4/46	0:09:45	1:57	3/52	0:40:54	25.67	3/52	0:50:39	4/64	0:23:07	9:18	3/60	1:13:46
314	Mary Herman	F 20-29	2/27	0:08:43	1:45	4/68	0:44:18	23.70	4/62	0:53:01	5/65	0:23:09	9:19	4/66	1:16:10
254	Carla Maxwell	F 20-29	3/33	0:09:06	1:49	5/71	0:44:56	23.37	5/67	0:54:02	3/59	0:22:15	8:57	5/67	1:16:17
253	Dawn Hopkins	F 20-29	6/59	0:10:40	2:08	7/80	0:49:09	21.36	6/78	0:59:49	7/83	0:29:11	11:44	6/80	1:29:00
162	Charmaine Schappy	F 20-29	8/84	0:14:57	2:59	6/79	0:48:59	21.44	7/81	1:03:56	6/80	0:26:00	10:28	7/81	1:29:56
264	Stephanie Ritcey	F 20-29	7/66	0:11:05	2:13	8/86	0:54:46	19.17	8/83	1:05:51	8/87	0:40:11	16:10	8/87	1:46:02
351	Penny Thompson	F 30-39	1/13	0:08:13	1:39	1/11	0:32:47	32.03	1/11	0:41:00	1/16	0:17:19	6:58	1/12	0:58:19
352	Nicole Joelson	F 30-39	3/22	0:08:24	1:41	2/22	0:36:06	29.09	2/21	0:44:30	6/46	0:20:41	8:19	2/25	1:05:11
371	Lee-Ann Nessman	F 30-39	6/35	0:09:08	1:50	3/32	0:38:06	27.56	3/30	0:47:14	3/28	0:18:22	7:23	3/28	1:05:36
244	Tammy Zubyck	F 30-39	12/61	0:10:51	2:10	6/45	0:39:30	26.58	7/49	0:50:21	2/17	0:17:31	7:03	4/38	1:07:52
272	Mary Chisholm	F 30-39	11/58	0:10:35	2:07	7/47	0:39:46	26.40	6/48	0:50:21	5/38	0:19:40	7:55	5/43	1:10:01
364	Lisa Verbisky	F 30-39	8/39	0:09:21	1:52	5/43	0:39:12	26.79	4/35	0:48:33	9/54	0:21:55	8:49	6/44	1:10:28
222	Christine Souka	F 30-39	10/57	0:10:33	2:07	4/37	0:38:21	27.38	5/38	0:48:54	12/62	0:22:38	9:06	7/47	1:11:32
273	Antonieta Ethier	F 30-39	14/68	0:11:12	2:14	10/60	0:42:10	24.90	12/63	0:53:22	4/33	0:18:42	7:31	8/49	1:12:04
221	Sonja Gowda	F 30-39	7/36	0:09:12	1:50	11/62	0:42:32	24.69	11/57	0:51:44	7/49	0:21:08	8:30	9/52	1:12:52
233	Tina Hansen-Baker	F 30-39	5/34	0:09:06	1:49	8/57	0:42:04	24.96	9/53	0:51:10	10/58	0:22:05	8:53	10/55	1:13:15
363	Lori Stang	F 30-39	4/26	0:08:39	1:44	12/63	0:42:37	24.64	10/54	0:51:16	11/61	0:22:34	9:05	11/61	1:13:50
361	Sara Kolkea	F 30-39	2/18	0:08:19	1:40	9/58	0:42:04	24.96	8/50	0:50:23	13/70	0:24:12	9:44	12/62	1:14:35
132	Leah Geertsen	F 30-39	15/72	0:11:31	2:18	13/69	0:44:22	23.67	13/73	0:55:53	15/75	0:24:54	10:01	13/72	1:20:47
131	Kelly Neufeld	F 30-39	13/62	0:11:00	2:12	15/81	0:49:57	21.02	15/79	1:00:57	8/53	0:21:54	8:49	14/73	1:22:51
212	Naomi Donat	F 30-39	9/49	0:09:56	1:59	14/77	0:48:01	21.87	14/75	0:57:57	16/77	0:25:43	10:21	15/74	1:23:40
114	Kim Emms	F 30-39	16/75	0:11:42	2:20	18/87	0:58:08	18.06	17/86	1:09:50	14/72	0:24:41	9:56	16/83	1:34:31
123	Rhonda Osmond-Gejdos	F 30-39	17/80	0:12:36	2:31	16/83	0:52:12	20.11	16/82	1:04:48	18/85	0:32:24	13:02	17/84	1:37:12
173	Tammy Langill	F 30-39	18/87	0:21:19	4:16	17/85	0:54:35	19.24	18/87	1:15:54	17/78	0:25:45	10:22	18/85	1:41:39
274	Nicole Pambrun	F 30-39													DNS
372	Barbara Polehoykie	F 40-49	2/42	0:09:29	1:54	1/31	0:37:52	27.73	1/31	0:47:21	1/48	0:21:01	8:27	1/39	1:08:22
141	Laurie Remple	F 40-49	4/56	0:10:29	2:06	3/65	0:42:57	24.45	3/64	0:53:26	2/51	0:21:17	8:34	2/63	1:14:43
311	Gail Caron	F 40-49	1/30	0:08:48	1:46	2/64	0:42:43	24.58	2/55	0:51:31	4/79	0:25:46	10:22	3/69	1:17:17
213	Carol Bailey	F 40-49	3/52	0:10:06	2:01	4/67	0:43:37	24.07	4/66	0:53:43	5/84	0:30:02	12:05	4/75	1:23:45
124	Wilma Jane Koersen	F 40-49	5/83	0:14:04	2:49	5/74	0:45:29	23.09	5/76	0:59:33	3/76	0:24:59	10:03	5/78	1:24:32

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373	Mary-Helen Hopkins	F 50+	1/47	0:09:47	1:57	2/73	0:45:22	23.14	1/72	0:55:09	1/63	0:22:56	9:14	1/71	1:18:05
122	Brenda Cooper	F 50+	2/79	0:12:32	2:30	1/70	0:44:38	23.53	2/74	0:57:10	2/81	0:26:36	10:42	2/76	1:23:46
171	Mary Dahr	F 50+	3/86	0:17:52	3:34	3/82	0:51:28	20.40	3/85	1:09:20	3/86	0:35:27	14:16	3/86	1:44:47
342	Kris Loshack	M <20	2/3	0:06:59	1:24	1/8	0:31:36	33.23	1/3	0:38:35	1/2	0:14:15	5:44	1/2	0:52:50
323	Peter Watson	M <20	4/8	0:07:53	1:35	2/9	0:31:57	32.86	2/6	0:39:50	3/11	0:16:40	6:42	2/8	0:56:30
331	Curtis Demery	M <20	3/6	0:07:37	1:31	3/14	0:33:28	31.37	3/12	0:41:05	7/27	0:18:16	7:21	3/13	0:59:21
231	Chrisjan de Waal	M <20	5/14	0:08:14	1:39	4/18	0:34:47	30.19	4/18	0:43:01	5/20	0:17:45	7:08	4/16	1:00:46
344	Eric Pentland	M <20	1/1	0:06:17	1:15	8/41	0:39:06	26.85	6/24	0:45:23	4/14	0:17:11	6:55	5/21	1:02:34
153	Trevor Clifford	M <20	9/77	0:12:21	2:28	6/28	0:36:49	28.52	8/40	0:49:10	2/9	0:16:23	6:35	6/27	1:05:33
223	Alex Bell-Moratto	M <20	8/60	0:10:46	2:09	7/33	0:38:09	27.52	7/39	0:48:55	6/26	0:18:13	7:20	7/34	1:07:08
312	Jamie Mangrove	M <20	6/29	0:08:48	1:46	5/25	0:36:30	28.77	5/23	0:45:18	8/57	0:22:05	8:53	8/36	1:07:23
214	Michael Miller	M <20	7/37	0:09:16	1:51	9/72	0:45:20	23.16	9/69	0:54:36	9/66	0:23:19	9:23	9/70	1:17:55
332	Blaine Richter	M 20-29	1/7	0:07:52	1:34	1/5	0:31:31	33.32	1/5	0:39:23	1/5	0:15:14	6:08	1/4	0:54:37
321	David Flohr	M 20-29	2/25	0:08:35	1:43	2/6	0:31:33	33.28	2/8	0:40:08	2/9	0:16:23	6:35	2/9	0:56:31
243	Tyler Baruta	M 20-29	3/40	0:09:22	1:52	3/7	0:31:33	33.28	3/10	0:40:55	3/15	0:17:12	6:55	3/11	0:58:07
163	Justin Forcier	M 20-29	6/78	0:12:25	2:29	4/50	0:40:32	25.90	6/61	0:52:57	4/29	0:18:28	7:26	4/46	1:11:25
224	Chad Schappy	M 20-29	5/55	0:10:21	2:04	5/56	0:41:38	25.22	5/59	0:51:59	5/52	0:21:42	8:44	5/58	1:13:41
154	Sean Moynihan	M 20-29	4/41	0:09:26	1:53	6/61	0:42:24	24.76	4/58	0:51:50	6/54	0:21:55	8:49	6/59	1:13:45
335	Dale Tuck	M 30-39	1/2	0:06:47	1:21	1/1	0:29:46	35.27	1/1	0:36:33	1/1	0:14:03	5:39	1/1	0:50:36
333	Shaun Kuzio	M 30-39	4/23	0:08:27	1:41	2/4	0:31:28	33.37	2/7	0:39:55	2/3	0:14:46	5:56	2/5	0:54:41
362	Trevor Kolkea	M 30-39	3/19	0:08:19	1:40	3/10	0:32:00	32.81	3/9	0:40:19	2/3	0:14:46	5:56	3/6	0:55:05
242	Eric Hietland	M 30-39	2/9	0:07:55	1:35	5/17	0:34:09	30.75	4/16	0:42:04	5/18	0:17:32	7:03	4/14	0:59:36
111	Richard Fletcher	M 30-39	6/32	0:08:54	1:47	4/15	0:33:57	30.93	5/17	0:42:51	6/32	0:18:38	7:30	5/19	1:01:29
142	Brian Ethier	M 30-39	8/48	0:09:50	1:58	12/48	0:39:52	26.34	9/44	0:49:42	4/13	0:17:03	6:52	6/32	1:06:45
232	Lyle Dechief	M 30-39	7/43	0:09:32	1:54	6/28	0:36:49	28.52	6/27	0:46:21	10/46	0:20:41	8:19	7/33	1:07:02
135	Duane Oltmanns	M 30-39	11/73	0:11:35	2:19	7/34	0:38:12	27.49	10/46	0:49:47	8/37	0:19:24	7:48	8/41	1:09:11
174	Alan Fisher	M 30-39	9/65	0:11:04	2:13	8/35	0:38:18	27.42	8/41	0:49:22	9/40	0:19:52	8:00	9/42	1:09:14
143	Darren Guliov	M 30-39	10/70	0:11:12	2:14	11/44	0:39:19	26.71	11/51	0:50:31	11/50	0:21:09	8:31	10/48	1:11:40
313	Jason Joelson	M 30-39	5/28	0:08:47	1:45	10/42	0:39:11	26.80	7/34	0:47:58	13/74	0:24:54	10:01	11/52	1:12:52
172	Kelvin Mui	M 30-39	13/82	0:13:35	2:43	13/54	0:41:06	25.55	13/70	0:54:41	7/34	0:18:52	7:35	12/56	1:13:33
164	Ian LeBlanc	M 30-39	12/81	0:12:59	2:36	9/40	0:38:39	27.17	12/56	0:51:38	12/69	0:23:55	9:37	13/65	1:15:33

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354	Brad King	M 40-49	1/10	0:07:58	1:36	1/3	0:31:06	33.76	1/4	0:39:04	2/12	0:16:44	6:44	1/7	0:55:48
324	Duncan Banks	M 40-49	3/15	0:08:15	1:39	2/12	0:32:58	31.85	2/13	0:41:13	1/6	0:15:20	6:10	2/10	0:56:33
322	Lorie Loshack	M 40-49	4/20	0:08:22	1:40	3/13	0:33:10	31.66	3/15	0:41:32	8/34	0:18:52	7:35	3/15	1:00:24
353	Robert Souka	M 40-49	2/12	0:08:12	1:38	4/19	0:35:06	29.91	4/19	0:43:18	5/25	0:18:11	7:19	4/18	1:01:29
241	Vaughn Cooper	M 40-49	6/31	0:08:52	1:46	6/24	0:36:16	28.95	5/22	0:45:08	6/30	0:18:37	7:29	5/23	1:03:45
234	Robert Mason	M 40-49	9/54	0:10:11	2:02	5/23	0:36:08	29.06	6/26	0:46:19	9/41	0:19:56	8:01	6/30	1:06:15
261	Victor Boisvert	M 40-49	7/51	0:10:05	2:01	7/38	0:38:34	27.23	7/37	0:48:39	4/24	0:18:02	7:15	7/31	1:06:41
374	Eric Wolf	M 40-49	5/24	0:08:35	1:43	10/53	0:41:01	25.60	8/43	0:49:36	3/19	0:17:44	7:08	8/35	1:07:20
151	Drake Houssian	M 40-49	12/74	0:11:41	2:20	9/49	0:40:21	26.02	10/60	0:52:02	6/30	0:18:37	7:29	9/45	1:10:39
133	Jamie Maxwell	M 40-49	8/53	0:10:10	2:02	8/46	0:39:34	26.54	9/45	0:49:44	12/67	0:23:27	9:26	10/54	1:13:11
161	Jim Mackenzie	M 40-49	11/71	0:11:24	2:17	11/59	0:42:09	24.91	11/65	0:53:33	10/43	0:20:05	8:05	11/57	1:13:38
134	Russ Miller	M 40-49	10/68	0:11:12	2:14	12/66	0:43:12	24.31	12/68	0:54:24	11/56	0:21:58	8:50	12/68	1:16:22
144	Gordon Harris	M 50+	3/62	0:11:00	2:12	1/21	0:35:50	29.30	1/29	0:46:50	1/21	0:17:47	7:09	1/24	1:04:37
145	Luke Roffel	M 50+	2/44	0:09:33	1:55	2/35	0:38:18	27.42	2/33	0:47:51	3/71	0:24:35	9:53	2/50	1:12:26
262	Doug Moynihan	M 50+	1/38	0:09:20	1:52	3/51	0:40:52	25.69	3/47	0:50:12	2/60	0:22:18	8:58	3/51	1:12:30
152	Bruce Galenza	M 50+	4/67	0:11:06	2:13	4/78	0:48:34	21.62	4/77	0:59:40	4/73	0:24:47	9:58	4/77	1:24:27
112	Innovators	T Fem	2/85	0:16:45	3:21	1/76	0:47:06	22.29	1/80	1:03:51	1/68	0:23:41	9:32	1/79	1:27:32
113	Team KD	T Fem	1/76	0:11:55	2:23	2/84	0:54:27	19.28	2/84	1:06:22	2/82	0:27:27	11:03	2/82	1:33:49
343	Bailey Boys	T Male	1/4	0:07:07	1:25	1/2	0:30:37	34.30	1/2	0:37:44	1/7	0:15:48	6:21	1/3	0:53:32
121	Tim 'n' Greg	T Male	2/64	0:11:03	2:13	2/26	0:36:43	28.60	2/32	0:47:46	2/8	0:15:53	6:23	2/22	1:03:39
345	TMNT	T Mixed	1/5	0:07:19	1:28	1/16	0:34:08	30.76	1/14	0:41:27	2/42	0:19:59	8:02	1/17	1:01:26
263	Huff 'n' Puff	T Mixed	2/45	0:09:43	1:57	2/27	0:36:46	28.56	2/28	0:46:29	1/36	0:18:55	7:37	2/26	1:05:24