

2016 Elkford Triathlon

Run Times/w Pace

Individual Sprint 5K

O/A	Name	Bib#	Swim Time	Category	Cat/Pl	Pace/KM
1.	ROBDRUP, DANNY	53	00:19:47.45	SPRT30-39M	1/3	03:57
33.	RATUDRADRA, ZION	29	00:20:01.55	SPRT19&UM	2/2	04:00
2.	MEINIG, MICHAEL	66	00:20:50.25	SPRT50-59M	1/6	04:10
5.	FORD, CHAD	50	00:23:02.70	SPRT30-39M	2/3	04:36
16.	ARTHUR, NICOLE	37	00:23:19.55	SPRT30-39F	3/13	04:39
4.	HARASEM-MITCHELL, SETH	27	00:24:23.00	SPRT19&UM	1/2	04:52
29.	JONES, NORTH	35	00:24:25.95	SPRT20-29M	2/2	04:53
3.	DECILLIA, RYAN	59	00:25:16.45	SPRT40-49M	1/2	05:03
15.	SIMPKIN, DEVIN	36	00:26:08.75	SPRT20-29M	1/2	05:13
8.	PLESCAN, ALINA	33	00:26:19.40	SPRT20-29F	1/5	05:15
10.	MASSEY, DAN	65	00:26:23.75	SPRT50-59M	3/6	05:16
23.	OGONOSKI, SHAWNA	56	00:26:56.55	SPRT40-49F	2/5	05:23
20.	MURPHY, STEVE	67	00:27:04.45	SPRT50-59M	5/6	05:24
25.	PASCAL, ELISABETH	32	00:27:15.60	SPRT20-29F	3/5	05:27
17.	FAIRBAIRN, STEVE	63	00:28:01.80	SPRT50-59M	4/6	05:36
36.	BAIRD, BRENDA	61	00:28:02.15	SPRT50-59F	1/2	05:36
13.	PODEMSKI, ELLISA	57	00:28:09.80	SPRT40-49F	1/5	05:37
39.	COMEAU, CHELSEA	30	00:28:33.40	SPRT20-29F	5/5	05:42
24.	MACGREGOR, EDEN	54	00:28:34.85	SPRT40-49F	3/5	05:42
11.	KERR, HEATHER	42	00:29:09.85	SPRT30-39F	1/13	05:49
27.	HATCH, TARA	39	00:29:37.40	SPRT30-39F	7/13	05:55
18.	SAUVE, EMILY	46	00:29:48.75	SPRT30-39F	4/13	05:57
6.	KIRBYSON, HOWARD	64	00:30:08.50	SPRT50-59M	2/6	06:01
9.	Peterson, ABBEY	34	00:30:17.80	SPRT20-29F	2/5	06:03
31.	ATTORP, JENNIFER	38	00:30:27.40	SPRT30-39F	10/13	06:05
22.	NORTON, KAROLINA	45	00:30:34.35	SPRT30-39F	6/13	06:06
34.	HOULE, KRISTINA	40	00:30:45.95	SPRT30-39F	12/13	06:09
14.	TOBIN, TROY	60	00:30:53.90	SPRT40-49M	2/2	06:10
12.	SISKA, LINDSAY	47	00:31:14.00	SPRT30-39F	2/13	06:14
30.	JONES, AMANDA	41	00:32:00.80	SPRT30-39F	9/13	06:24
7.	NEAL, ZANE	52	00:32:28.75	SPRT30-39M	3/3	06:29
21.	RAYMOND, MARK	68	00:33:00.75	SPRT50-59M	6/6	06:36
35.	FOREST, CAROLINE	26	00:33:11.65	SPRT19&UF	1/1	06:38
38.	NIXON, MEGAN	31	00:33:26.90	SPRT20-29F	4/5	06:41
37.	RAYMOND, HOLLY	62	00:33:33.30	SPRT50-59F	2/2	06:42
26.	THIBODEAU, JENNIFER	58	00:33:40.10	SPRT40-49F	4/5	06:44
32.	MUNROE, CAMILLE	44	00:33:50.15	SPRT30-39F	11/13	06:46
28.	TEMPLE, KATHI	48	00:36:36.00	SPRT30-39F	8/13	07:19
41.	MORROW, HEIDI	55	00:38:28.75	SPRT40-49F	5/5	07:41
42.	ZIMMER, NICKI	49	00:40:33.60	SPRT30-39F	13/13	08:06
43.	DESMOULINS, GAIL	70	00:40:57.10	SPRT60+F	2/3	08:11
40.	GORDON, BARBARA	71	00:42:59.40	SPRT60+F	1/3	08:35
19.	MACKAY, LINDSAY	43	00:44:13.05	SPRT30-39F	5/13	08:50
44.	JORDAN, WILLIAM	72	00:47:49.35	SPRT60+M	1/1	09:33
45.	BENTLEY, LAURA	69	00:50:37.90	SPRT60+F	3/3	10:07