

## 20-29

Placing	Last Name	First Name	Age Group	Swim Split	min/100m	Bike split	KPH	run split	min./km	Overall Time
1	Yeoman	Fiona	20-29	0:11:02	0:01:28	0:42:08	28.48	0:23:30	0:04:42	1:16:40
2	Frauts	Katie	20-29	0:13:02	0:01:44	0:44:10	27.17	0:20:33	0:04:07	1:17:55
3	Elias	Sonya	20-29	0:13:25	0:01:47	0:42:36	28.17	0:24:18	0:04:52	1:20:19
4	Katay	Fiona	20-29	0:18:16	0:02:26	0:45:38	26.30	0:24:31	0:04:54	1:28:25
5	McIntyre	Anne	20-29	0:11:42	0:01:34	0:50:15	23.88	0:26:58	0:05:24	1:29:05
6	Goldade	Stacey	20-29	0:14:58	0:02:00	0:48:40	24.66	0:25:26	0:05:05	1:29:14
7	Derworiz	Deidre	20-29	0:15:55	0:02:07	0:51:08	23.47	0:24:03	0:04:49	1:31:06
8	Anderson	Julie	20-29	0:18:11	0:02:25	0:47:53	25.06	0:27:42	0:05:32	1:33:51
9	Sargent	Karen	20-29	0:15:43	0:02:06	0:51:22	23.36	0:28:01	0:05:36	1:35:16
10	Bishop	Gillian	20-29	0:15:54	0:02:07	0:54:46	21.91	0:24:22	0:04:52	1:35:22
11	Becker	Kari	20-29	0:17:52	0:02:23	0:53:46	22.32	0:24:21	0:04:52	1:36:09
12	Holmes	Tamara	20-29	0:16:40	0:02:13	0:52:23	22.91	0:27:36	0:05:31	1:36:49
13	Cody	Sheryl	20-29	0:19:17	0:02:34	0:49:48	24.10	0:28:16	0:05:39	1:37:26
14	Jackson	Carolyn	20-29	0:17:29	0:02:20	0:52:43	22.76	0:27:20	0:05:28	1:37:42
15	McCormick	Rachel	20-29	0:15:53	0:02:07	0:54:08	22.17	0:27:38	0:05:32	1:37:49
16	Knight	Antoinette	20-29	0:15:19	0:02:03	0:52:59	22.65	0:29:41	0:05:56	1:38:04
17	Espeut	Denese	20-29	0:22:31	0:03:00	0:49:23	24.30	0:27:14	0:05:27	1:39:18
18	Brown	Meghan	20-29	0:14:53	0:01:59	0:55:20	21.69	0:29:31	0:05:54	1:39:54
19	McRobbie	Laura	20-29	0:17:44	0:02:22	0:54:06	22.18	0:28:43	0:05:45	1:40:43
20	Bergen	Melanie	20-29	0:14:58	0:02:00	0:57:40	20.81	0:28:45	0:05:45	1:41:43
21	Sarna	Magdalena	20-29	0:16:02	0:02:08	1:00:51	19.72	0:25:02	0:05:00	1:41:55
22	Velthus-Kroez	Karin	20-29	0:17:54	0:02:23	0:51:54	23.12	0:32:10	0:06:26	1:42:08
23	Kwok	Stephanie	20-29	0:17:46	0:02:22	0:53:01	22.63	0:33:58	0:06:48	1:44:45
24	Deerhawke	Phoenix	20-29	0:20:13	0:02:42	0:54:31	22.01	0:30:03	0:06:01	1:44:52
25	James	Wendy	20-29	0:18:15	0:02:26	1:00:40	19.78	0:27:14	0:05:27	1:46:19
26	Grattan	Tricia	20-29	0:18:42	0:02:30	0:59:01	20.33	0:30:15	0:06:03	1:48:13
27	Wilcox	Linda	20-29	0:17:09	0:02:17	#####	-10.45	3:26:07	0:41:13	1:48:37
28	Ryan	Sheila	20-29	0:18:41	0:02:29	0:58:18	20.58	0:31:49	0:06:22	1:48:48
29	Jakubowski	Timothea	20-29	0:18:00	0:02:24	0:57:48	20.76	0:33:19	0:06:40	1:49:07
30	Van dyke	Jessica	20-29	0:12:53	0:01:43	1:03:57	18.76	0:32:02	0:06:24	1:49:12
31	Nenshi	Salma	20-29	0:15:41	0:02:05	1:02:45	19.12	0:30:35	0:06:07	1:49:31
32	Ramdin	Shannon	20-29	0:15:47	0:02:06	1:04:08	18.71	0:30:15	0:06:03	1:50:15
33	Christie	Rebecca	20-29	0:17:44	0:02:22	1:01:05	19.65	0:31:26	0:06:17	1:50:15
34	Tellier	Nathalie	20-29	0:21:44	0:02:54	1:00:52	19.72	0:30:32	0:06:06	1:53:18
35	Cook	Caroline	20-29	0:18:19	0:02:27	0:59:15	20.25	0:38:00	0:07:36	1:56:04

36	Komaromi	Lea	20-29	0:16:16	0:02:10	1:05:49	18.23	0:34:55	0:06:59	1:57:20
37	Schneider	Krystal	20-29	0:16:23	0:02:11	1:07:48	17.70	0:34:39	0:06:56	1:58:55
38	Gough	Amy	20-29	0:17:29	0:02:20	1:10:55	16.92	0:33:26	0:06:41	2:01:50
39	Phillips	Rachel	20-29	0:15:51	0:02:07	1:05:42	18.26	0:41:12	0:08:14	2:03:05
DQ	Sanderson	Natalie	20-29	0:16:38	0:02:13	0:28:21	42.33	0:26:32	0:05:18	DQ
DNS	Cox	Lynn	20-29	#####	#####	0:00:00	#DIV/0!	0:00:00	0:00:00	DNS
DNS	Hilman	Julia	20-29	#####	#####	0:00:00	#DIV/0!	0:00:00	0:00:00	DNS
DNS	Johnston	Amanda	20-29	#####	#####	0:00:00	#DIV/0!	0:00:00	0:00:00	DNS
DNS	Dowie	Vanessa	20-29	#####	#####	0:00:00	#DIV/0!	0:00:00	0:00:00	DNS
DNS	Gibbs	Tracy	20-29	#####	#####	0:00:00	#DIV/0!	0:00:00	0:00:00	DNS
DNS	Grajczyk	Karie	20-29	#####	#####	0:00:00	#DIV/0!	0:00:00	0:00:00	DNS
DNS	Jung	Adrienne	20-29	#####	#####	0:00:00	#DIV/0!	0:00:00	0:00:00	DNS
DNS	Maguire	Laura	20-29	#####	#####	0:00:00	#DIV/0!	0:00:00	0:00:00	DNS
DNS	Sanderson	Jaime	20-29	0:00:00	0:00:00	0:00:00	#DIV/0!	0:00:00	0:00:00	DNS
DNS	Shaw	Stephanie	20-29	0:00:00	0:00:00	0:00:00	#DIV/0!	0:00:00	0:00:00	DNS