

30-39

Placing	Last Name	First Name	Age Group	Swim Split	min/100m	Bike split	KPH	run split	min./km	Overall Time
1	Yzerman Baker	Martine	30-39	0:10:36	0:01:25	0:43:23	27.66	0:22:31	0:04:30	1:16:30
2	Hauck	Pam	30-39	0:15:40	0:02:05	0:45:03	26.64	0:24:28	0:04:54	1:25:21
3	Anderson	Nancy	30-39	0:12:59	0:01:44	0:47:32	25.25	0:25:30	0:05:06	1:26:11
4	Olson	Leslie	30-39	0:15:16	0:02:02	0:49:01	24.48	0:22:18	0:04:28	1:26:55
5	Hicks	Fiona	30-39	0:14:37	0:01:57	0:47:24	25.32	0:24:36	0:04:55	1:26:57
6	Kalyta	Janice	30-39	0:11:19	0:01:31	0:48:53	24.55	0:26:30	0:05:18	1:27:02
7	Lavender	Tracy	30-39	0:17:28	0:02:20	0:46:36	25.75	0:23:52	0:04:46	1:27:56
8	Sebjanic	Aundrea	30-39	0:15:20	0:02:03	0:48:08	24.93	0:25:08	0:05:02	1:28:36
9	Jackson	Danielle	30-39	0:16:31	0:02:12	0:45:52	26.16	0:27:17	0:05:27	1:30:10
10	Webster	Janice	30-39	0:14:09	0:01:53	0:51:59	23.08	0:24:26	0:04:53	1:30:34
11	Strom	Jody	30-39	0:13:44	0:01:50	0:50:54	23.58	0:26:52	0:05:22	1:31:40
12	Happ	Colleen	30-39	0:16:36	0:02:13	0:49:14	24.37	0:25:51	0:05:10	1:32:01
13	Morneau	Jennifer	30-39	0:13:54	0:01:51	0:52:15	22.97	0:26:54	0:05:23	1:33:03
14	Chasse	Anne-Marie	30-39	0:16:42	0:02:14	0:47:11	25.43	0:29:03	0:05:49	1:33:06
15	Kemp	Julie	30-39	0:15:19	0:02:03	0:57:36	20.83	0:21:23	0:04:17	1:34:18
16	Dale	Cheryl	30-39	0:17:58	0:02:24	0:50:26	23.79	0:26:05	0:05:13	1:34:29
17	Fuechter-Field	Ivonne	30-39	0:16:11	0:02:09	0:51:54	23.12	0:27:25	0:05:29	1:35:30
18	Penny	Sarah	30-39	0:15:58	0:02:08	0:50:55	23.57	0:29:27	0:05:53	1:36:20
19	Mac neil	Katie	30-39	0:18:01	0:02:24	0:51:58	23.09	0:26:35	0:05:19	1:36:39
20	Telang	Lisa	30-39	0:15:13	0:02:02	0:55:34	21.60	0:25:55	0:05:11	1:36:42
21	Hayner	Veronica	30-39	0:16:12	0:02:10	0:50:58	23.54	0:29:50	0:05:58	1:37:20
22	Wilcox	Elizabeth	30-39	0:14:29	0:01:56	0:56:55	21.08	0:27:16	0:05:27	1:38:40
23	Barwacz Riou	Agnieszka	30-39	0:15:57	0:02:08	0:53:47	22.31	0:28:31	0:05:42	1:38:45
24	Enno	Debbie	30-39	#####	#####	3:45:52	5.31	0:29:50	0:05:58	1:39:42
25	Kirkpatrick	Colleen	30-39	0:15:27	0:02:04	0:57:20	20.93	0:28:01	0:05:36	1:40:58
26	Shewan	Robin	30-39	0:17:54	0:02:23	0:55:57	21.45	0:27:40	0:05:32	1:41:36
27	Robinson	Lana	30-39	0:18:41	0:02:29	0:47:51	25.08	0:35:08	0:07:02	1:41:40
28	Daly	Tanice	30-39	0:16:58	0:02:16	0:58:44	20.43	0:26:21	0:05:16	1:42:03
29	Galandy	Karen	30-39	0:18:14	0:02:26	0:55:12	21.74	0:29:41	0:05:56	1:43:12
30	MacMillan	Shannon	30-39	0:14:37	0:01:57	0:59:13	20.26	0:29:30	0:05:54	1:43:30
31	Houde	Katherine	30-39	0:13:21	0:01:47	0:58:04	20.67	0:32:23	0:06:29	1:43:58
32	Wagner	Elisbeth	30-39	0:14:34	0:01:57	0:59:50	20.06	0:29:47	0:05:57	1:44:21
33	Lyons	Heather	30-39	0:18:09	0:02:25	0:57:30	20.87	0:28:34	0:05:43	1:44:28
34	Hilton	Rosalyn	30-39	0:18:09	0:02:25	0:59:20	20.22	0:28:21	0:05:40	1:45:50
35	Woodard	Michelle	30-39	0:18:16	0:02:26	0:57:28	20.88	0:31:03	0:06:13	1:46:52

36	Ferros	Elizabeth	30-39	0:17:57	0:02:24	1:00:39	19.79	0:28:45	0:05:45	1:47:26
37	Latimer	Brenda	30-39	0:18:49	0:02:31	0:59:52	20.04	0:28:38	0:05:44	1:47:29
38	Good	Heather	30-39	0:18:03	0:02:24	1:02:28	19.21	0:27:06	0:05:25	1:47:42
39	Medwid	Terra	30-39	0:22:48	0:03:02	0:55:21	21.68	0:29:34	0:05:55	1:47:43
40	Pozzo	Jennifer	30-39	0:19:29	0:02:36	1:01:36	19.48	0:28:45	0:05:45	1:50:00
41	Comeau	Trudy	30-39	0:19:05	0:02:33	1:06:32	18.04	0:24:48	0:04:58	1:50:35
42	Jackson	Shona	30-39	0:16:55	0:02:15	1:02:50	19.10	0:32:37	0:06:31	1:52:22
43	Brunner	Shelley	30-39	0:16:39	0:02:13	1:01:06	19.64	0:34:52	0:06:58	1:52:37
44	Thorne	Karin	30-39	0:18:27	0:02:28	0:59:32	20.16	0:34:49	0:06:58	1:52:48
45	Roth	Sylvie	30-39	0:19:13	0:02:34	1:03:30	18.90	0:30:30	0:06:06	1:53:18
46	Chadwick	Dasa	30-39	0:17:35	0:02:21	1:06:15	18.11	0:30:52	0:06:10	1:54:57
47	Bergeron	Guylaine	30-39	0:23:08	0:03:05	1:00:05	19.97	0:32:41	0:06:32	1:55:59
48	Barber	Amanda	30-39	0:19:09	0:02:33	1:00:02	19.99	0:37:22	0:07:28	1:56:33
49	Hogan	Jodi	30-39	0:17:29	0:02:20	1:11:04	16.89	0:29:00	0:05:48	1:57:43
50	Fraser-Kuipers	Susanna	30-39	0:21:06	0:02:49	1:04:04	18.73	0:32:31	0:06:30	1:57:51
51	Poszwa	Melissa	30-39	0:21:16	0:02:50	1:03:00	19.05	0:33:57	0:06:47	1:58:18
52	Senneker	Lynn	30-39	0:20:48	0:02:46	1:04:57	18.48	0:34:56	0:06:59	2:00:51
53	Rose	Janet	30-39	0:21:18	0:02:50	0:58:07	20.65	0:42:19	0:08:28	2:01:49
54	Sutherland	Sandra	30-39	0:20:08	0:02:41	1:08:05	17.63	0:34:06	0:06:49	2:02:34
55	Barron	Natasha	30-39	0:16:14	0:02:10	1:10:32	17.01	0:36:54	0:07:23	2:03:50
56	Lindsay	Melodie	30-39	0:21:47	0:02:54	1:04:19	18.66	0:39:58	0:08:00	2:06:04
57	Morrow	LuAnne	30-39	0:21:19	0:02:51	1:14:01	16.21	0:38:05	0:07:37	2:13:25
58	Stade	Paula	30-39	0:26:50	0:03:35	1:13:58	16.22	0:36:28	0:07:18	2:17:26
59	Sommerfeldt	Chris	30-39	0:22:59	0:03:04	1:34:39	12.68	0:41:14	0:08:15	2:38:52
DNF	Duncan	Jill	30-39	#####	#####	0:00:00	#DIV/0!	0:00:00	0:00:00	DNF
DNF	Thorne	Linda	30-39	#####	#####	3:26:26	5.81	#####	#####	DNF
DNS	Brush	Kimberly	30-39	0:00:00	0:00:00	0:00:00	#DIV/0!	0:00:00	0:00:00	DNS
DNS	Frank	Vivian	30-39	0:00:00	0:00:00	0:00:00	#DIV/0!	3:56:25	0:47:17	DNS
DNS	Serpico	Rose	30-39	#####	#####	0:00:00	#DIV/0!	0:00:00	0:00:00	DNS
DNS	Andrews	Nancy	30-39	#####	#####	0:00:00	#DIV/0!	0:00:00	0:00:00	DNS
DNS	Dowse	Susan	30-39	0:00:00	0:00:00	0:00:00	#DIV/0!	0:00:00	0:00:00	DNS
DNS	Kavanagh	Helena	30-39	#####	#####	0:00:00	#DIV/0!	0:00:00	0:00:00	DNS
DNS	Thompson	Krista	30-39	0:00:00	0:00:00	0:00:00	#DIV/0!	0:00:00	0:00:00	DNS
DNS	Wathen	Jan	30-39	#####	#####	0:00:00	#DIV/0!	0:00:00	0:00:00	DNS
DNS	Driscoll	Melissa	30-39	#####	#####	0:00:00	#DIV/0!	0:00:00	0:00:00	DNS
DNS	Gildenhuis	Anne	30-39	#####	#####	0:00:00	#DIV/0!	0:00:00	0:00:00	DNS
DNS	Grant	Sue	30-39	#####	#####	0:00:00	#DIV/0!	0:00:00	0:00:00	DNS

DNS	Murphy	Tina	30-39	0:00:00	0:00:00	0:00:00	#DIV/0!	0:00:00	0:00:00	DNS
DNS	Kellogg	Jodi	30-39	0:00:00	0:00:00	0:00:00	#DIV/0!	0:00:00	0:00:00	DNS
DNS	Welsh-Moser	Shannon	30-39	#####	#####	0:00:00	#DIV/0!	0:00:00	0:00:00	DNS