

# SPOKE N HOT SPRINT WAVE 3

Line Through = Disqualified

Place	Name	Hometown	Type	Bib #	Time	Pace	Speed	Sex	Age	ID Number
1	KRALOVCOVA MAJA		SPRINT	123	01:10:41.22	02:44	21.9kph	F	34	
					Splits: Swim: 00:12:53.198 (00:12:53.198) Speed: 3.5kph Pace: 17:10 Transition: 00:01:31.131 (00:14:24.329) Speed: 0.2kph Pace: 03:46 Bike: 00:33:22.731 (00:47:47.060) Speed: 36.0kph Pace: 01:40 T2: 00:01:11.568 (00:48:58.628) Speed: 0.3kph Pace: 58:33 Run: 00:21:42.595 (01:10:41.223) Speed: 13.8kph Pace: 04:20					
2	KIEFER ERIN		SPRINT	121	01:15:18.42	02:55	20.5kph	F	33	
					Splits: Swim: 00:12:45.283 (00:12:45.283) Speed: 3.5kph Pace: 17:00 Transition: 00:01:20.999 (00:14:06.282) Speed: 0.2kph Pace: 29:59 Bike: 00:35:12.615 (00:49:18.897) Speed: 34.1kph Pace: 01:45 T2: 00:01:14.902 (00:50:33.799) Speed: 0.2kph Pace: 09:40 Run: 00:24:44.627 (01:15:18.426) Speed: 12.1kph Pace: 04:56					
3	WILSON KHRISTINE		SPRINT	150	01:15:25.64	02:55	20.5kph	F	28	
					Splits: Swim: 00:13:02.104 (00:13:02.104) Speed: 3.5kph Pace: 17:22 Transition: 00:01:42.402 (00:14:44.506) Speed: 0.2kph Pace: 41:20 Bike: 00:36:14.045 (00:50:58.551) Speed: 33.1kph Pace: 01:48 T2: 00:01:14.737 (00:52:13.288) Speed: 0.2kph Pace: 09:07 Run: 00:23:12.352 (01:15:25.640) Speed: 12.9kph Pace: 04:38					
4	CLARKE ALEXANDRA		SPRINT	105	01:17:19.68	03:00	20.0kph	F	25	
					Splits: Swim: 00:13:58.917 (00:13:58.917) Speed: 3.2kph Pace: 18:38 Transition: 00:01:52.506 (00:15:51.423) Speed: 0.2kph Pace: 15:01 Bike: 00:36:14.358 (00:52:05.781) Speed: 33.1kph Pace: 01:48 T2: 00:01:35.504 (00:53:41.285) Speed: 0.2kph Pace: 18:20 Run: 00:23:38.402 (01:17:19.687) Speed: 12.7kph Pace: 04:43					
5	HODGES BRIANNA		SPRINT	116	01:17:32.86	03:00	19.9kph	F	37	
					Splits: Swim: 00:16:44.426 (00:16:44.426) Speed: 2.7kph Pace: 22:19 Transition: 00:01:34.514 (00:18:18.940) Speed: 0.2kph Pace: 15:02 Bike: 00:33:59.407 (00:52:18.347) Speed: 35.3kph Pace: 01:41 T2: 00:01:17.161 (00:53:35.508) Speed: 0.2kph Pace: 17:12 Run: 00:23:57.352 (01:17:32.860) Speed: 12.5kph Pace: 04:47					
6	PRIEBE CARLY		SPRINT	136	01:17:46.33	03:01	19.9kph	F	33	
					Splits: Swim: 00:13:10.757 (00:13:10.757) Speed: 3.4kph Pace: 17:34 Transition: 00:00:29.683 (00:13:40.440) Speed: 0.6kph Pace: 38:56 Bike: 00:01:23.524 (00:15:03.964) Speed: 862.0kph Pace: 00:04 T2: 00:38:41.178 (00:53:45.142) Speed: 0.0kph Pace: 57:15 Run: 00:24:01.195 (01:17:46.337) Speed: 12.5kph Pace: 04:48					
7	HYSUICK KERRI		SPRINT	120	01:18:22.54	03:02	19.7kph	F	43	
					Splits: Swim: 00:15:14.469 (00:15:14.469) Speed: 3.0kph Pace: 20:19 Transition: 00:01:31.021 (00:16:45.490) Speed: 0.2kph Pace: 03:24 Bike: 00:35:41.687 (00:52:27.177) Speed: 33.6kph Pace: 01:47 T2: 00:00:58.479 (00:53:25.656) Speed: 0.3kph Pace: 14:55 Run: 00:24:56.892 (01:18:22.548) Speed: 12.0kph Pace: 04:59					
8	RUZICKA KRYSTLE		SPRINT	140	01:19:03.04	03:04	19.5kph	F	30	
					Splits: Swim: 00:13:56.895 (00:13:56.895) Speed: 3.2kph Pace: 18:35 Transition: 00:00:00.000 (00:13:56.895) Speed: 0.0kph Pace: 00:00 Bike: 00:01:43.805 (00:15:40.700) Speed: 693.6kph Pace: 00:05 T2: 00:38:34.276 (00:54:14.976) Speed: 0.0kph Pace: 34:15 Run: 00:24:48.068 (01:19:03.044) Speed: 12.1kph Pace: 04:57					
9	BROWN JANIS		SPRINT	102	01:19:16.39	03:04	19.5kph	F	57	
					Splits: Swim: 00:11:49.940 (00:11:49.940) Speed: 3.8kph Pace: 15:46 Transition: 00:01:49.677 (00:13:39.617) Speed: 0.2kph Pace: 05:35 Bike: 00:36:09.710 (00:49:49.327) Speed: 33.2kph Pace: 01:48 T2: 00:01:10.725 (00:51:00.052) Speed: 0.3kph Pace: 55:44 Run: 00:28:16.341 (01:19:16.393) Speed: 10.6kph Pace: 05:39					
10	HUMENIUK KALYN		SPRINT	118	01:20:47.71	03:08	19.1kph	F	40	
					Splits: Swim: 00:14:57.256 (00:14:57.256) Speed: 3.0kph Pace: 19:56 Transition: 00:01:20.984 (00:16:18.240) Speed: 0.2kph Pace: 29:56 Bike: 00:36:36.587 (00:52:54.827) Speed: 32.8kph Pace: 01:49 T2: 00:01:50.679 (00:54:45.506) Speed: 0.2kph Pace: 08:55 Run: 00:26:02.212 (01:20:47.718) Speed: 11.5kph Pace: 05:12					
11	GAWLEY JESSICA		SPRINT	112	01:20:51.59	03:08	19.1kph	F	44	
					Splits: Swim: 00:14:39.130 (00:14:39.130) Speed: 3.1kph Pace: 19:32 Transition: 00:02:44.838 (00:17:23.968) Speed: 0.1kph Pace: 09:27 Bike: 00:36:37.539 (00:54:01.507) Speed: 32.8kph Pace: 01:49 T2: 00:02:13.779 (00:56:15.286) Speed: 0.1kph Pace: 25:55 Run: 00:24:36.307 (01:20:51.593) Speed: 12.2kph Pace: 04:55					
12	NORMAN BRIDGETT		SPRINT	133	01:21:17.44	03:09	19.0kph	F	39	
					Splits: Swim: 00:12:18.905 (00:12:18.905) Speed: 3.7kph Pace: 16:25 Transition: 00:01:40.821 (00:13:59.726) Speed: 0.2kph Pace: 36:04 Bike: 00:38:27.651 (00:52:27.377) Speed: 31.2kph Pace: 01:55 T2: 00:01:20.180 (00:53:47.557) Speed: 0.2kph Pace: 27:15 Run: 00:27:29.889 (01:21:17.446) Speed: 10.9kph Pace: 05:29					

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Line Through = Disqualified

Place	Name	Hometown	Type	Bib #	Time	Pace	Speed	Sex	Age	ID Number
13	SEAMAN JENNIFER		SPRINT	142	01:21:44.98	03:10	18.9kph	F	43	
					<i>Splits: Swim: 00:17:05.798 (00:17:05.798) Speed: 2.6kph Pace: 22:47            Transition: 00:38:55.769 (00:56:01.567) Speed: 0.0kph Pace: 45:53            Bike: 00:00:00.000 (00:56:01.567) Speed: 0.0kph Pace: 00:00            T2: 00:01:22.200 (00:57:23.767) Speed: 0.2kph Pace: 33:59            Run: 00:24:21.221 (01:21:44.988) Speed: 12.3kph Pace: 04:52</i>					
14	HOUDEK BRITTON		SPRINT	117	01:21:50.58	03:10	18.9kph	F	33	
					<i>Splits: Swim: 00:16:45.588 (00:16:45.588) Speed: 2.7kph Pace: 22:20            Transition: 00:01:45.158 (00:18:30.746) Speed: 0.2kph Pace: 50:31            Bike: 00:36:35.551 (00:55:06.297) Speed: 32.8kph Pace: 01:49            T2: 00:01:23.375 (00:56:29.672) Speed: 0.2kph Pace: 37:55            Run: 00:25:20.910 (01:21:50.582) Speed: 11.8kph Pace: 05:04</i>					
15	DREHER KATHY		SPRINT	106	01:22:28.62	03:12	18.7kph	F	56	
					<i>Splits: Swim: 00:15:06.105 (00:15:06.105) Speed: 3.0kph Pace: 20:08            Transition: 00:02:09.773 (00:17:15.878) Speed: 0.1kph Pace: 12:34            Bike: 00:37:06.129 (00:54:22.007) Speed: 32.3kph Pace: 01:51            T2: 00:01:46.868 (00:56:08.875) Speed: 0.2kph Pace: 56:13            Run: 00:26:19.746 (01:22:28.621) Speed: 11.4kph Pace: 05:15</i>					
16	ANDERSON LAUREN		SPRINT	100	01:23:02.97	03:13	18.6kph	F	26	
					<i>Splits: Swim: 00:14:20.669 (00:14:20.669) Speed: 3.1kph Pace: 19:07            Transition: 00:01:40.161 (00:16:00.830) Speed: 0.2kph Pace: 33:52            Bike: 00:38:54.617 (00:54:55.447) Speed: 30.8kph Pace: 01:56            T2: 00:01:22.376 (00:56:17.823) Speed: 0.2kph Pace: 34:35            Run: 00:26:45.148 (01:23:02.971) Speed: 11.2kph Pace: 05:21</i>					
17	MILNER NATALYA		SPRINT	130	01:23:11.07	03:13	18.6kph	F	26	
					<i>Splits: Swim: 00:12:07.272 (00:12:07.272) Speed: 3.7kph Pace: 16:09            Transition: 00:02:02.580 (00:14:09.852) Speed: 0.1kph Pace: 48:35            Bike: 00:39:23.785 (00:53:33.637) Speed: 30.5kph Pace: 01:58            T2: 00:02:09.397 (00:55:43.034) Speed: 0.1kph Pace: 11:19            Run: 00:27:28.040 (01:23:11.074) Speed: 10.9kph Pace: 05:29</i>					
18	BALZER ASHLEY		SPRINT	101	01:23:15.71	03:14	18.6kph	F	20	
					<i>Splits: Swim: 00:15:06.948 (00:15:06.948) Speed: 3.0kph Pace: 20:09            Transition: 00:01:58.928 (00:17:05.876) Speed: 0.2kph Pace: 36:25            Bike: 00:40:09.921 (00:57:15.797) Speed: 29.9kph Pace: 02:00            T2: 00:01:03.406 (00:58:19.203) Speed: 0.3kph Pace: 31:21            Run: 00:24:56.515 (01:23:15.718) Speed: 12.0kph Pace: 04:59</i>					
19	MASUR JENNIFER		SPRINT	128	01:23:27.26	03:14	18.5kph	F	46	
					<i>Splits: Swim: 00:17:16.888 (00:17:16.888) Speed: 2.6kph Pace: 23:02            Transition: 00:01:56.710 (00:19:13.598) Speed: 0.2kph Pace: 29:02            Bike: 00:37:41.769 (00:56:55.367) Speed: 31.8kph Pace: 01:53            T2: 00:01:25.032 (00:58:20.399) Speed: 0.2kph Pace: 43:26            Run: 00:25:06.869 (01:23:27.268) Speed: 11.9kph Pace: 05:01</i>					
20	MIMBS JAIMIE		SPRINT	131	01:23:31.43	03:14	18.5kph	F	42	
					<i>Splits: Swim: 00:16:10.710 (00:16:10.710) Speed: 2.8kph Pace: 21:34            Transition: 00:02:31.245 (00:18:41.955) Speed: 0.1kph Pace: 24:09            Bike: 00:38:13.382 (00:56:55.337) Speed: 31.4kph Pace: 01:54            T2: 00:01:24.894 (00:58:20.231) Speed: 0.2kph Pace: 42:58            Run: 00:25:11.199 (01:23:31.430) Speed: 11.9kph Pace: 05:02</i>					
21	WOLDU JULIE		SPRINT	152	01:23:49.56	03:15	18.4kph	F	33	
					<i>Splits: Swim: 00:16:29.375 (00:16:29.375) Speed: 2.7kph Pace: 21:59            Transition: 00:02:29.687 (00:18:59.062) Speed: 0.1kph Pace: 18:57            Bike: 00:37:56.935 (00:56:55.997) Speed: 31.6kph Pace: 01:53            T2: 00:01:26.644 (00:58:22.641) Speed: 0.2kph Pace: 48:48            Run: 00:25:26.920 (01:23:49.561) Speed: 11.8kph Pace: 05:05</i>					
22	HARRISON YVONNE		SPRINT	113	01:24:06.37	03:15	18.4kph	F	54	
					<i>Splits: Swim: 00:16:14.223 (00:16:14.223) Speed: 2.8kph Pace: 21:38            Transition: 00:00:07.144 (00:16:21.367) Speed: 2.5kph Pace: 23:48            Bike: 00:02:36.226 (00:18:57.593) Speed: 460.9kph Pace: 00:07            T2: 00:39:01.966 (00:57:59.559) Speed: 0.0kph Pace: 06:33            Run: 00:26:06.817 (01:24:06.376) Speed: 11.5kph Pace: 05:13</i>					
23	MEDLOSKI KELLY		SPRINT	129	01:24:07.58	03:16	18.4kph	F	37	
					<i>Splits: Swim: 00:13:42.276 (00:13:42.276) Speed: 3.3kph Pace: 18:16            Transition: 00:02:05.120 (00:15:47.396) Speed: 0.1kph Pace: 57:03            Bike: 00:38:53.711 (00:54:41.107) Speed: 30.9kph Pace: 01:56            T2: 00:02:03.043 (00:56:44.150) Speed: 0.1kph Pace: 50:08            Run: 00:27:23.437 (01:24:07.587) Speed: 11.0kph Pace: 05:28</i>					
24	KRUGER EMILY		SPRINT	125	01:25:09.80	03:18	18.1kph	F	24	
					<i>Splits: Swim: 00:14:43.568 (00:14:43.568) Speed: 3.1kph Pace: 19:38            Transition: 00:01:41.924 (00:16:25.492) Speed: 0.2kph Pace: 39:44            Bike: 00:40:29.805 (00:56:55.297) Speed: 29.6kph Pace: 02:01            T2: 00:01:51.224 (00:58:46.521) Speed: 0.2kph Pace: 10:44            Run: 00:26:23.280 (01:25:09.801) Speed: 11.4kph Pace: 05:16</i>					

# SPOKE N HOT SPRINT WAVE 3

Line Through = Disqualified

Place	Name	Hometown	Type	Bib #	Time	Pace	Speed	Sex	Age	ID Number
25	TCHERNI MARLY		SPRINT	146	01:25:19.39	03:18	18.1kph	F	44	
					<i>Splits: Swim: 00:15:06.698 (00:15:06.698) Speed: 3.0kph Pace: 20:08            Transition: 00:02:39.866 (00:17:46.564) Speed: 0.1kph Pace: 52:53            Bike: 00:39:08.423 (00:56:54.987) Speed: 30.7kph Pace: 01:57            T2: 00:00:49.546 (00:57:44.533) Speed: 0.4kph Pace: 45:09            Run: 00:27:34.858 (01:25:19.391) Speed: 10.9kph Pace: 05:30</i>					
26	HUTCHISON JANUARY		SPRINT	119	01:25:26.25	03:19	18.1kph	F	42	
					<i>Splits: Swim: 00:17:05.417 (00:17:05.417) Speed: 2.6kph Pace: 22:47            Transition: 00:01:41.271 (00:18:46.688) Speed: 0.2kph Pace: 37:34            Bike: 00:37:53.429 (00:56:40.117) Speed: 31.7kph Pace: 01:53            T2: 00:01:03.633 (00:57:43.750) Speed: 0.3kph Pace: 32:06            Run: 00:27:42.508 (01:25:26.258) Speed: 10.8kph Pace: 05:32</i>					
27	LOUTTIT SUZANNE		SPRINT	126	01:25:44.10	03:19	18.0kph	F	52	
					<i>Splits: Swim: 00:14:36.448 (00:14:36.448) Speed: 3.1kph Pace: 19:28            Transition: 00:02:39.558 (00:17:16.006) Speed: 0.1kph Pace: 51:51            Bike: 00:37:23.581 (00:54:39.587) Speed: 32.1kph Pace: 01:52            T2: 00:01:33.269 (00:56:12.856) Speed: 0.2kph Pace: 10:53            Run: 00:29:31.251 (01:25:44.107) Speed: 10.2kph Pace: 05:54</i>					
28	HAUSERMANN NATASHA		SPRINT	114	01:26:49.40	03:22	17.8kph	F	22	
					<i>Splits: Swim: 00:15:34.931 (00:15:34.931) Speed: 2.9kph Pace: 20:46            Transition: 00:01:42.674 (00:17:17.605) Speed: 0.2kph Pace: 42:14            Bike: 00:40:40.847 (00:57:58.452) Speed: 29.5kph Pace: 02:02            T2: 00:01:15.177 (00:59:13.629) Speed: 0.2kph Pace: 10:35            Run: 00:27:35.776 (01:26:49.405) Speed: 10.9kph Pace: 05:31</i>					
29	WINTERHALT DAWN		SPRINT	151	01:27:48.43	03:24	17.6kph	F	48	
					<i>Splits: Swim: 00:16:09.824 (00:16:09.824) Speed: 2.8kph Pace: 21:33            Transition: 00:01:54.032 (00:18:03.856) Speed: 0.2kph Pace: 20:06            Bike: 00:37:08.731 (00:55:12.587) Speed: 32.3kph Pace: 01:51            T2: 00:02:04.074 (00:57:16.661) Speed: 0.1kph Pace: 53:34            Run: 00:30:31.776 (01:27:48.437) Speed: 9.8kph Pace: 06:06</i>					
30	POWELL MAUREEN		SPRINT	135	01:29:05.07	03:27	17.3kph	F	55	
					<i>Splits: Swim: 00:17:01.451 (00:17:01.451) Speed: 2.6kph Pace: 22:41            Transition: 00:03:21.834 (00:20:23.285) Speed: 0.1kph Pace: 12:46            Bike: 00:40:21.727 (01:00:45.012) Speed: 29.7kph Pace: 02:01            T2: 00:01:31.666 (01:02:16.678) Speed: 0.2kph Pace: 05:33            Run: 00:26:48.392 (01:29:05.070) Speed: 11.2kph Pace: 05:21</i>					
31	HILLIS KARLA		SPRINT	115	01:30:10.69	03:30	17.1kph	F	27	
					<i>Splits: Swim: 00:13:23.808 (00:13:23.808) Speed: 3.4kph Pace: 17:51            Transition: 00:02:12.557 (00:15:36.365) Speed: 0.1kph Pace: 21:51            Bike: 00:43:39.231 (00:59:15.596) Speed: 27.5kph Pace: 02:10            T2: 00:01:15.753 (01:00:31.349) Speed: 0.2kph Pace: 12:30            Run: 00:29:39.341 (01:30:10.690) Speed: 10.1kph Pace: 05:55</i>					
32	SCHMIDT CHARITY		SPRINT	141	01:30:49.92	03:31	17.0kph	F	39	
					<i>Splits: Swim: 00:17:12.135 (00:17:12.135) Speed: 2.6kph Pace: 22:56            Transition: 00:02:10.247 (00:19:22.382) Speed: 0.1kph Pace: 14:09            Bike: 00:39:40.440 (00:59:02.822) Speed: 30.2kph Pace: 01:59            T2: 00:01:29.572 (01:00:32.394) Speed: 0.2kph Pace: 58:34            Run: 00:30:17.529 (01:30:49.923) Speed: 9.9kph Pace: 06:03</i>					
33	PELLETIER FRANKIE		SPRINT	134	01:31:05.93	03:32	17.0kph	F	59	
					<i>Splits: Swim: 00:16:17.798 (00:16:17.798) Speed: 2.8kph Pace: 21:43            Transition: 00:02:17.100 (00:18:34.898) Speed: 0.1kph Pace: 37:00            Bike: 00:41:05.210 (00:59:40.108) Speed: 29.2kph Pace: 02:03            T2: 00:01:29.998 (01:01:10.106) Speed: 0.2kph Pace: 59:59            Run: 00:29:55.824 (01:31:05.930) Speed: 10.0kph Pace: 05:59</i>					
34	MOMBOURQUETTE SHARI		SPRINT	132	01:31:20.74	03:32	16.9kph	F	59	
					<i>Splits: Swim: 00:17:25.265 (00:17:25.265) Speed: 2.6kph Pace: 23:13            Transition: 00:02:24.284 (00:19:49.549) Speed: 0.1kph Pace: 00:56            Bike: 00:38:12.074 (00:58:01.623) Speed: 31.4kph Pace: 01:54            T2: 00:01:22.628 (00:59:24.251) Speed: 0.2kph Pace: 35:25            Run: 00:31:56.491 (01:31:20.742) Speed: 9.4kph Pace: 06:23</i>					
35	DUVAL CAROLINE		SPRINT	108	01:32:12.65	03:34	16.8kph	F	38	
					<i>Splits: Swim: 00:13:49.473 (00:13:49.473) Speed: 3.3kph Pace: 18:25            Transition: 00:02:49.482 (00:16:38.955) Speed: 0.1kph Pace: 24:56            Bike: 00:42:24.360 (00:59:03.315) Speed: 28.3kph Pace: 02:07            T2: 00:01:52.214 (01:00:55.529) Speed: 0.2kph Pace: 14:02            Run: 00:31:17.126 (01:32:12.655) Speed: 9.6kph Pace: 06:15</i>					

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36	DUBREUIL TARRA		SPRINT	107	01:34:10.86	03:39	16.4kph	F	37	
					<i>Splits: Swim: 00:14:39.259 (00:14:39.259) Speed: 3.1kph Pace: 19:32            Transition: 00:02:19.846 (00:16:59.105) Speed: 0.1kph Pace: 46:09            Bike: 00:40:46.697 (00:57:45.802) Speed: 29.4kph Pace: 02:02            T2: 00:01:52.805 (00:59:38.607) Speed: 0.2kph Pace: 16:00            Run: 00:34:32.254 (01:34:10.861) Speed: 8.7kph Pace: 06:54</i>					
37	BURDON DORIS		SPRINT	103	01:34:34.58	03:40	16.3kph	F	57	
					<i>Splits: Swim: 00:14:17.270 (00:14:17.270) Speed: 3.1kph Pace: 19:03            Transition: 00:02:55.848 (00:17:13.118) Speed: 0.1kph Pace: 46:09            Bike: 00:37:27.159 (00:54:40.277) Speed: 32.0kph Pace: 02:07            T2: 00:04:04.717 (00:58:44.994) Speed: 0.1kph Pace: 35:43            Run: 00:35:49.595 (01:34:34.589) Speed: 8.4kph Pace: 07:09</i>					
38	RUSCHIENSKY AMANDA		SPRINT	139	01:35:19.36	03:42	16.2kph	F	32	
					<i>Splits: Swim: 00:15:24.778 (00:15:24.778) Speed: 2.9kph Pace: 20:33            Transition: 00:05:43.475 (00:21:08.253) Speed: 0.1kph Pace: 04:54            Bike: 00:42:31.447 (01:03:39.700) Speed: 28.2kph Pace: 02:07            T2: 00:02:29.778 (01:06:09.478) Speed: 0.1kph Pace: 19:15            Run: 00:29:09.891 (01:35:19.369) Speed: 10.3kph Pace: 05:49</i>					
39	KLEIN SHEILA		SPRINT	122	01:36:09.43	03:44	16.1kph	F	45	
					<i>Splits: Swim: 00:18:26.009 (00:18:26.009) Speed: 2.4kph Pace: 24:34            Transition: 00:02:23.491 (00:20:49.500) Speed: 0.1kph Pace: 58:18            Bike: 00:39:04.547 (00:59:54.047) Speed: 30.7kph Pace: 01:57            T2: 00:01:31.791 (01:01:25.838) Speed: 0.2kph Pace: 05:58            Run: 00:34:43.596 (01:36:09.434) Speed: 8.6kph Pace: 06:56</i>					
40	FORRESTER JESSICA		SPRINT	110	01:37:47.25	03:47	15.8kph	F	40	
					<i>Splits: Swim: 00:18:29.765 (00:18:29.765) Speed: 2.4kph Pace: 24:39            Transition: 00:01:59.222 (00:20:28.987) Speed: 0.2kph Pace: 37:24            Bike: 00:42:22.819 (01:02:51.806) Speed: 28.3kph Pace: 02:07            T2: 00:01:44.865 (01:04:36.671) Speed: 0.2kph Pace: 49:32            Run: 00:33:10.588 (01:37:47.259) Speed: 9.0kph Pace: 06:38</i>					
41	SELINGER DEANNE		SPRINT	143	01:37:59.36	03:48	15.8kph	F	36	
					<i>Splits: Swim: 00:17:50.391 (00:17:50.391) Speed: 2.5kph Pace: 23:47            Transition: 00:02:23.111 (00:20:13.502) Speed: 0.1kph Pace: 57:02            Bike: 00:41:12.651 (01:01:26.153) Speed: 29.1kph Pace: 02:03            T2: 00:01:53.934 (01:03:20.087) Speed: 0.2kph Pace: 19:46            Run: 00:34:39.275 (01:37:59.362) Speed: 8.7kph Pace: 06:55</i>					
42	CHRISTOPHER GLEN-MARY		SPRINT	104	01:39:36.87	03:52	15.5kph	F	43	
					<i>Splits: Swim: 00:22:06.698 (00:22:06.698) Speed: 2.0kph Pace: 29:28            Transition: 00:02:49.947 (00:24:56.645) Speed: 0.1kph Pace: 26:29            Bike: 00:43:22.399 (01:08:19.044) Speed: 27.7kph Pace: 02:10            T2: 00:01:34.844 (01:09:53.888) Speed: 0.2kph Pace: 16:08            Run: 00:29:42.983 (01:39:36.871) Speed: 10.1kph Pace: 05:56</i>					
43	RUPCICH MARIA		SPRINT	138	01:40:19.60	03:53	15.4kph	F	47	
					<i>Splits: Swim: 00:15:36.524 (00:15:36.524) Speed: 2.9kph Pace: 20:48            Transition: 00:02:07.445 (00:17:43.969) Speed: 0.1kph Pace: 04:49            Bike: 00:43:12.938 (01:00:56.907) Speed: 27.8kph Pace: 02:09            T2: 00:02:13.297 (01:03:10.204) Speed: 0.1kph Pace: 24:19            Run: 00:37:09.400 (01:40:19.604) Speed: 8.1kph Pace: 07:25</i>					
44	KRANTZ FIONA		SPRINT	124	01:41:24.35	03:56	15.2kph	F	23	
					<i>Splits: Swim: 00:16:16.289 (00:16:16.289) Speed: 2.8kph Pace: 21:41            Transition: 00:02:34.243 (00:18:50.532) Speed: 0.1kph Pace: 34:08            Bike: 00:45:29.779 (01:04:20.311) Speed: 26.4kph Pace: 02:16            T2: 00:02:05.851 (01:06:26.162) Speed: 0.1kph Pace: 59:30            Run: 00:34:58.188 (01:41:24.350) Speed: 8.6kph Pace: 06:59</i>					
45	FAHLMAN KAREN		SPRINT	109	01:42:45.84	03:59	15.0kph	F	58	
					<i>Splits: Swim: 00:17:23.228 (00:17:23.228) Speed: 2.6kph Pace: 23:10            Transition: 00:03:02.228 (00:20:25.456) Speed: 0.1kph Pace: 07:25            Bike: 00:45:53.991 (01:06:19.447) Speed: 26.1kph Pace: 02:17            T2: 00:02:34.809 (01:08:54.256) Speed: 0.1kph Pace: 36:01            Run: 00:33:51.588 (01:42:45.844) Speed: 8.9kph Pace: 06:46</i>					
46	TOPP ASHLEY		SPRINT	147	01:45:07.90	04:04	14.7kph	F	24	
					<i>Splits: Swim: 00:16:23.187 (00:16:23.187) Speed: 2.7kph Pace: 21:50            Transition: 00:02:49.146 (00:19:12.333) Speed: 0.1kph Pace: 23:49            Bike: 00:47:57.236 (01:07:09.569) Speed: 25.0kph Pace: 02:23            T2: 00:01:39.346 (01:08:48.915) Speed: 0.2kph Pace: 31:09            Run: 00:36:18.991 (01:45:07.906) Speed: 8.3kph Pace: 07:15</i>					

# SPOKE N HOT SPRINT WAVE 3

Line Through = Disqualified

Place	Name	Hometown	Type	Bib #	Time	Pace	Speed	Sex	Age	ID Number
47	WILLIAMS AMANDA		SPRINT	149	01:48:53.75	04:13	14.2kph	F	34	
<i>Splits: Swim: 00:20:54.324 (00:20:54.324) Speed: 2.2kph Pace: 27:52            Transition: 00:03:01.074 (00:23:55.398) Speed: 0.1kph Pace: 03:34            Bike: 00:48:09.667 (01:12:05.065) Speed: 24.9kph Pace: 02:24            T2: 00:01:55.933 (01:14:00.998) Speed: 0.2kph Pace: 26:26            Run: 00:34:52.753 (01:48:53.751) Speed: 8.6kph Pace: 06:58</i>										
48	RUTHVEN CHRISTINA		SPRINT	42	01:50:18.61	04:17	14.0kph	F	42	
<i>Splits: Swim: 00:21:35.474 (00:21:35.474) Speed: 2.1kph Pace: 28:47            Transition: 00:02:28.071 (00:24:03.545) Speed: 0.1kph Pace: 13:34            Bike: 00:51:32.660 (01:15:36.205) Speed: 23.3kph Pace: 02:34            T2: 00:01:15.050 (01:16:51.255) Speed: 0.2kph Pace: 10:10            Run: 00:33:27.361 (01:50:18.616) Speed: 9.0kph Pace: 06:41</i>										