



DECEMBER 9, 2017

RMC DISTANCE SWIM

RESULTS

| First Name | Last Name | Distance | Total Time |
|------------|----------------|----------|------------|
| Jonathan | Achtzehner | 1900 | 0:50:09 |
| Stacy | Allan | 1900 | 0:45:03 |
| Patrick | Ash | 5000 | 1:33:47 |
| John | Ash | 5000 | 1:34:40 |
| Henry | Bristol | 1900 | 0:34:45 |
| Doris | Burdon | 5000 | 1:34:11 |
| Nichole | Burdon | 750 | 0:41:55 |
| Ekalak | Chainakul | 5000 | 1:48:55 |
| Mike | Diewold | 3800 | 1:20:14 |
| Nichole | Diewold | 1900 | 0:42:57 |
| Kathy | Dreher | 3800 | 1:18:58 |
| Tarra | Dubreuil | 5000 | 1:44:45 |
| James | Dubreuil | 750 | 0:32:28 |
| Jennifer | Gardiner | 1900 | 0:27:47 |
| Chris | Gdanski | 3800 | 1:10:15 |
| Theresa | Gibson | 5000 | 1:58:34 |
| Dhon | Gumban | 750 | 0:32:40 |
| Katelle | Halpape | 5000 | 1:34:08 |
| Erin | Harlos | 5000 | 1:34:10 |
| Jody | Harris | 1900 | 0:48:39 |
| Jackie | Hatherly | 3800 | 0:58:35 |
| Brianna | Hodges | 3800 | 1:22:07 |
| Britton | Houdek | 1900 | 0:43:06 |
| Chris | Humphries | 5000 | 1:28:40 |
| Kerri | Hysuick | 5000 | 1:38:34 |
| Erin | Kiefer | 5000 | 1:43:28 |
| Sheila | Klein | 3800 | 1:45:52 |
| Kaelen | Kolb | 3800 | 0:54:47 |
| Mackenzie | Kolb | 1900 | 0:36:25 |
| Alex | Kolesov | 1900 | 0:32:23 |
| Nataliia | Kolesova | 3800 | 0:56:12 |
| Maja | Kralovcova | 3800 | 1:08:18 |
| Sara | Londono-Sulkin | 3800 | 1:41:40 |
| Noel | MacAvena | 750 | 0:19:42 |
| Darren | Mackie | 1900 | 0:50:18 |
| Amanda | Matheson | 750 | 0:19:05 |
| Kelly | Medloski | 5000 | 1:32:27 |
| Natalya | Milner | 1900 | 0:31:21 |
| Nancy | Milton | 1900 | 0:57:20 |
| Jaimie | Mimbs | 5000 | 1:48:52 |
| Shari | Mombourquette | 5000 | 1:59:20 |

| | | | |
|-----------|----------|------|---------|
| Pat | Mulvay | 750 | 0:25:27 |
| Pat | Mulvay | 1000 | 0:44:15 |
| Isaiah | Munro | 1900 | 0:32:52 |
| Lisette | Parkin | 750 | 0:26:09 |
| Orenda | Pelzer | 5000 | 1:18:52 |
| Danelle | Reiss | 750 | 0:25:03 |
| Anna | Robinson | 3800 | 2:00:16 |
| Amy | Rowland | 750 | 0:20:48 |
| Amy | Rowland | 1500 | 0:46:02 |
| Krystle | Ruzicka | 5000 | 1:43:07 |
| Lou | Schwindt | 750 | 0:31:46 |
| Deanne | Selinger | 3800 | 1:36:30 |
| Elisabeth | Semple | 750 | 0:21:33 |
| JF | Sirois | 5000 | 2:01:19 |
| Kirsten | Stout | 750 | 0:23:06 |
| Allison | Szeles | 5000 | 1:34:33 |
| Chad | Vickers | 1900 | 0:45:25 |
| Rick | Warawa | 3800 | 1:30:36 |
| John | Warawa | 1900 | 0:33:55 |
| Leah | White | 5000 | 1:34:23 |

6 15 0 **Adjusted Time 350** **Adjusted Time 750** **Adjusted Time 1000** **Adjusted Time 1500**

| | First Name | Last Name | distance | Start time | | | @350m | @750m | @1000m | @1500m |
|----|-------------------|------------------|-----------------|-------------------|----|----|--------------|----------------|----------------|----------------|
| 1 | Amanda | Matheson | 750 | 6 | 15 | 10 | 0:08:46 | 0:19:05 | | 0:46:02 |
| 2 | Noel | MacAvena | 750 | 6 | 15 | 5 | 0:08:46 | 0:19:42 | | |
| 3 | Amy | Rowland | 750 | 6 | 15 | 15 | 0:10:31 | 0:20:48 | | |
| 4 | Elisabeth | Semple | 750 | 6 | 15 | 30 | 0:08:55 | 0:21:33 | | |
| 5 | Kirsten | Stout | 750 | 6 | 15 | 20 | 0:07:31 | 0:23:06 | | |
| 6 | Danelle | Reiss | 750 | 6 | 15 | 35 | 0:11:09 | 0:25:03 | | |
| 7 | Pat | Mulvay | 750 | 6 | 15 | 40 | 0:11:26 | 0:25:27 | 0:44:15 | |
| 8 | Lisette | Parkin | 750 | 6 | 15 | 25 | 0:11:56 | 0:26:09 | | |
| 9 | Lou | Schwindt | 750 | 6 | 15 | 10 | 0:13:29 | 0:31:46 | | |
| 10 | James | Dubreuil | 750 | 6 | 15 | 15 | 0:12:55 | 0:32:28 | | |
| 11 | Dhon | Gumban | 750 | 6 | 15 | 5 | 0:13:25 | 0:32:40 | | |
| 12 | Nichole | Burdon | 750 | 6 | 15 | 20 | 0:18:56 | 0:41:55 | | |

6 15 0 **Adjusted Time 1** **Avg. Pace @1km** **Adjusted Time 1.9** **Avg. Pace @1.9km** **Avg. Pace of Last 0.9km**

| | First Name Last Name | | distance | Start time | | | Adjusted Time 1 | | Adjusted Time 1.9 | | Avg. Pace of Last 0.9km |
|----|----------------------|------------|----------|------------|----|----|-----------------|------|-------------------|-------------|-------------------------|
| | | | | | | | @1km | @1km | @1.9km | @1.9km | |
| 1 | Jennifer | Gardiner | 1900 | 6 | 15 | 10 | 0:14:11 | 1:25 | 0:27:47 | 1:28 | 1:31 |
| 2 | Natalya | Milner | 1900 | 6 | 15 | 20 | 0:15:20 | 1:32 | 0:31:21 | 1:39 | 1:47 |
| 3 | Alex | Kolesov | 1900 | 6 | 15 | 25 | 0:15:38 | 1:34 | 0:32:23 | 1:42 | 1:52 |
| 4 | Isaiah | Munro | 1900 | 6 | 15 | 20 | 0:17:14 | 1:43 | 0:32:52 | 1:44 | 1:44 |
| 5 | John | Warawa | 1900 | 6 | 15 | 30 | 0:18:42 | 1:52 | 0:33:55 | 1:47 | 1:41 |
| 6 | Henry | Bristol | 1900 | 6 | 15 | 35 | 0:17:49 | 1:47 | 0:34:45 | 1:50 | 1:53 |
| 7 | Mackenzie | Kolb | 1900 | 6 | 15 | 40 | 0:19:20 | 1:56 | 0:36:25 | 1:55 | 1:54 |
| 8 | Nichole | Diewold | 1900 | 6 | 15 | 5 | 0:22:48 | 2:17 | 0:42:57 | 2:16 | 2:14 |
| 9 | Britton | Houdek | 1900 | 6 | 15 | 10 | 0:22:49 | 2:17 | 0:43:06 | 2:16 | 2:15 |
| 10 | Stacy | Allan | 1900 | 6 | 15 | 30 | 0:23:12 | 2:19 | 0:45:03 | 2:22 | 2:26 |
| 11 | Chad | Vickers | 1900 | 6 | 15 | 20 | 0:23:02 | 2:18 | 0:45:25 | 2:23 | 2:29 |
| 12 | Jody | Harris | 1900 | 6 | 15 | 20 | 0:26:43 | 2:40 | 0:48:39 | 2:34 | 2:26 |
| 13 | Jonathan | Achtzehner | 1900 | 6 | 15 | 10 | 0:25:54 | 2:35 | 0:50:09 | 2:38 | 2:42 |
| 14 | Darren | Mackie | 1900 | 6 | 15 | 0 | 0:25:57 | 2:36 | 0:50:18 | 2:39 | 2:42 |
| 15 | Nancy | Milton | 1900 | 6 | 15 | 35 | 0:29:39 | 2:58 | 0:57:20 | 3:01 | 3:05 |

| | | | 6 15 0 | | | Adjusted Time | Avg. Pace | Adjusted Time | Avg. Pace | Avg. Pace | Adjusted Time | Avg. Pace | Avg. Pace | Adjusted Time | Avg. Pace | Avg. Pace | |
|-------------------|------------------|-----------------|-------------------|---|----|----------------------|------------------|----------------------|------------------|------------------|----------------------|------------------|------------------|----------------------|------------------|------------------|------|
| | | | | | | 1 | | 1.9 | | | 2.9 | | | 3.8 | | | |
| First Name | Last Name | distance | Start time | | | @1km | @1km | @1.9km | @1.9km | 0.9km | @2.9km | @2.9km | 1km | @3.8km | @3.8km | 0.9km | |
| 1 | Kaelen | Kolb | 3800 | 6 | 15 | 00 | 0:14:22 | 1:26 | 0:28:00 | 1:28 | 1:31 | 0:42:04 | 1:27 | 1:24 | 0:54:47 | 1:27 | 1:25 |
| 2 | Nataliia | Kolesova | 3800 | 6 | 15 | 05 | 0:14:26 | 1:27 | 0:28:55 | 1:31 | 1:37 | 0:43:24 | 1:30 | 1:27 | 0:56:12 | 1:29 | 1:25 |
| 3 | Jackie | Hatherly | 3800 | 6 | 15 | 15 | 0:14:23 | 1:26 | 0:29:15 | 1:32 | 1:39 | 0:44:44 | 1:33 | 1:33 | 0:58:35 | 1:33 | 1:32 |
| 4 | Maja | Kralovcova | 3800 | 6 | 15 | 15 | 0:17:28 | 1:45 | 0:33:50 | 1:47 | 1:49 | 0:51:42 | 1:47 | 1:47 | 1:08:18 | 1:48 | 1:51 |
| 5 | Chris | Gdanski | 3800 | 6 | 15 | 20 | 0:18:21 | 1:50 | 0:35:01 | 1:51 | 1:51 | 0:53:28 | 1:51 | 1:51 | 1:10:15 | 1:51 | 1:52 |
| 6 | Kathy | Dreher | 3800 | 6 | 15 | 20 | 0:20:25 | 2:03 | 0:39:08 | 2:04 | 2:05 | 0:59:54 | 2:04 | 2:05 | 1:18:58 | 2:05 | 2:07 |
| 7 | Mike | Diewold | 3800 | 6 | 15 | 35 | 0:20:13 | 2:01 | 0:37:07 | 1:57 | 1:53 | 0:59:18 | 2:03 | 2:13 | 1:20:14 | 2:07 | 2:20 |
| 8 | Brianna | Hodges | 3800 | 6 | 15 | 25 | 0:20:17 | 2:02 | 0:38:56 | 2:03 | 2:04 | 1:00:20 | 2:05 | 2:08 | 1:22:07 | 2:010 | 2:25 |
| 9 | Rick | Warawa | 3800 | 6 | 15 | 00 | 0:22:54 | 2:17 | 0:43:11 | 2:16 | 2:15 | 1:09:16 | 2:23 | 2:37 | 1:30:36 | 2:23 | 2:22 |
| 10 | Deanne | Selinger | 3800 | 6 | 15 | 35 | 0:23:53 | 2:23 | 0:45:25 | 2:23 | 2:24 | 1:12:18 | 2:30 | 2:41 | 1:36:30 | 2:32 | 2:41 |
| 11 | Sara | Londono-Sulkin | 3800 | 6 | 15 | 05 | 0:25:00 | 2:30 | 0:49:19 | 2:36 | 2:42 | 1:17:15 | 2:40 | 2:48 | 1:41:40 | 2:41 | 2:43 |
| 13 | Sheila | Klein | 3800 | 6 | 15 | 15 | 0:25:08 | 2:31 | 0:52:42 | 2:46 | 3:04 | 1:20:25 | 2:46 | 2:46 | 1:45:52 | 2:47 | 2:50 |
| 14 | Anna | Robinson | 3800 | 6 | 15 | 25 | 0:27:00 | 2:42 | 0:56:42 | 2:59 | 3:18 | 1:31:29 | 3:09 | 3:29 | 2:00:16 | 3:010 | 3:12 |

| 6 15 0 | | | | Adjusted Time 1 | Avg. Pace @1km | Adjusted Time 1.9 | Avg. Pace @1.9km | Avg. Pace of Last 0.9km | Adjusted Time 2.9 | Avg. Pace @2.9km | Avg. Pace of Last 1km | Adjusted Time 3.8 | Avg. Pace @3.8km | Avg. Pace of Last 0.9km | Adjusted Time 4.4 | Avg. Pace @4.4km | Avg. Pace of Last 0.6km | Adjusted Time 5 | Avg. Pace @5km | Avg. Pace of Last 0.6km |
|-------------------|-------------------|----|----|------------------------|-----------------------|--------------------------|-------------------------|--------------------------------|--------------------------|-------------------------|------------------------------|--------------------------|-------------------------|--------------------------------|--------------------------|-------------------------|--------------------------------|------------------------|-----------------------|--------------------------------|
| First Name | Start time | | | @1km | @1km | @1.9km | @1.9km | 0.9km | @2.9km | @2.9km | 1km | @3.8km | @3.8km | 0.9km | @4.4km | @4.4km | 0.6km | @5km | @5km | 0.6km |
| 1 Orenda | 6 | 15 | 35 | 0:15:08 | 1:31 | 0:30:28 | 1:36 | 1:42 | 0:45:59 | 1:35 | 1:33 | 0:59:51 | 1:35 | 1:32 | 1:09:20 | 1:35 | 1:35 | 1:18:52 | 1:35 | 1:35 |
| 2 Chris | 6 | 15 | 40 | 0:18:33 | 1:51 | 0:34:27 | 1:49 | 1:46 | 0:50:51 | 1:45 | 1:38 | 1:07:09 | 1:46 | 1:49 | 1:18:00 | 1:46 | 1:49 | 1:28:40 | 1:46 | 1:47 |
| 3 Kelly | 6 | 15 | 10 | 0:17:20 | 1:44 | 0:35:00 | 1:51 | 1:58 | 0:52:10 | 1:48 | 1:43 | 1:09:26 | 1:50 | 1:55 | 1:21:07 | 1:51 | 1:57 | 1:32:27 | 1:51 | 1:53 |
| 4 Patrick | 6 | 15 | 30 | 0:17:50 | 1:47 | 0:34:35 | 1:49 | 1:52 | 0:54:45 | 1:53 | 2:01 | 1:11:34 | 1:53 | 1:52 | 1:20:45 | 1:50 | 1:32 | 1:33:47 | 1:53 | 2:10 |
| 5 Katelle | 6 | 15 | 05 | 0:18:49 | 1:53 | 0:34:55 | 1:50 | 1:47 | 0:53:22 | 1:50 | 1:51 | 1:11:22 | 1:53 | 2:00 | 1:23:03 | 1:53 | 1:57 | 1:34:08 | 1:53 | 1:51 |
| 6 Erin | 6 | 15 | 00 | 0:18:53 | 1:53 | 0:35:00 | 1:51 | 1:47 | 0:53:23 | 1:50 | 1:50 | 1:11:24 | 1:53 | 2:00 | 1:23:06 | 1:53 | 1:57 | 1:34:10 | 1:53 | 1:51 |
| 7 Doris | 6 | 15 | 25 | 0:18:19 | 1:50 | 0:35:07 | 1:51 | 1:52 | 0:53:48 | 1:51 | 1:52 | 1:10:52 | 1:52 | 1:54 | 1:22:30 | 1:53 | 1:56 | 1:34:11 | 1:53 | 1:57 |
| 8 Leah | 6 | 15 | 00 | 0:18:34 | 1:51 | 0:35:38 | 1:53 | 1:54 | 0:53:54 | 1:52 | 1:50 | 1:10:43 | 1:52 | 1:52 | 1:22:30 | 1:53 | 1:58 | 1:34:23 | 1:53 | 1:59 |
| 9 Allison | 6 | 15 | 10 | 0:18:29 | 1:51 | 0:35:09 | 1:51 | 1:51 | 0:54:10 | 1:52 | 1:54 | 1:11:11 | 1:52 | 1:53 | 1:22:49 | 1:53 | 1:56 | 1:34:33 | 1:53 | 1:57 |
| 10 John | 6 | 15 | 25 | 0:19:00 | 1:54 | 0:34:37 | 1:49 | 1:44 | 0:53:12 | 1:50 | 1:52 | 1:11:10 | 1:52 | 1:60 | 1:23:13 | 1:53 | 2:00 | 1:34:40 | 1:54 | 1:55 |
| 11 Kerri | 6 | 15 | 05 | 0:18:31 | 1:51 | 0:35:36 | 1:52 | 1:54 | 0:55:16 | 1:54 | 1:58 | 1:13:28 | 1:56 | 2:01 | 1:26:11 | 1:58 | 2:07 | 1:38:34 | 1:58 | 2:04 |
| 12 Krystle | 6 | 15 | 05 | 0:20:19 | 2:02 | 0:39:05 | 2:03 | 2:05 | 0:59:59 | 2:04 | 2:05 | 1:18:31 | 2:04 | 2:04 | 1:31:02 | 2:04 | 2:05 | 1:43:07 | 2:04 | 2:01 |
| 13 Erin | 6 | 15 | 00 | 0:20:30 | 2:03 | 0:39:05 | 2:03 | 2:04 | 1:00:08 | 2:04 | 2:06 | 1:18:30 | 2:04 | 2:02 | 1:31:10 | 2:04 | 2:07 | 1:43:28 | 2:04 | 2:03 |
| 14 Tarra | 6 | 15 | 30 | 0:19:55 | 1:60 | 0:37:06 | 1:57 | 1:55 | 0:58:20 | 2:01 | 2:07 | 1:17:47 | 2:03 | 2:010 | 1:31:17 | 2:04 | 2:15 | 1:44:45 | 2:06 | 2:15 |
| 15 Jaimie | 6 | 15 | 15 | 0:20:30 | 2:03 | 0:39:09 | 2:04 | 2:04 | 1:00:27 | 2:05 | 2:08 | 1:21:15 | 2:08 | 2:19 | 1:35:11 | 2:010 | 2:19 | 1:48:52 | 2:11 | 2:17 |
| 16 Ekalak | 6 | 15 | 10 | 0:20:28 | 2:03 | 0:39:07 | 2:04 | 2:04 | 1:00:42 | 2:06 | 2:09 | 1:21:15 | 2:08 | 2:17 | 1:35:20 | 2:010 | 2:21 | 1:48:55 | 2:11 | 2:16 |
| 17 Theresa | 6 | 15 | 25 | 0:22:46 | 2:17 | 0:43:40 | 2:18 | 2:19 | 1:08:03 | 2:21 | 2:26 | 1:30:25 | 2:23 | 2:29 | 1:44:52 | 2:23 | 2:25 | 1:58:34 | 2:22 | 2:17 |
| 18 Shari | 6 | 15 | 15 | 0:22:43 | 2:16 | 0:43:11 | 2:16 | 2:16 | 1:09:05 | 2:23 | 2:35 | 1:30:29 | 2:23 | 2:23 | 1:45:05 | 2:23 | 2:26 | 1:59:20 | 2:23 | 2:23 |
| 19 JF | 6 | 15 | 30 | 0:21:49 | 2:11 | 0:44:00 | 2:19 | 2:28 | 1:09:04 | 2:23 | 2:30 | 1:31:34 | 2:25 | 2:30 | 1:46:40 | 2:25 | 2:31 | 2:01:19 | 2:26 | 2:27 |