

SPOKE N HOT SPRINT WAVE 1

Line Through = Disqualified

Place	Name	Hometown	Type	Bib #	Time	Pace	Speed	Sex	Age	ID Number
1	BUETTNER TYE		SPRINT	7	01:25:41.80	03:19	18.0kph	F	24	
					Splits: Swim: 00:15:17.790 (00:15:17.790) Speed: 2.9kph Pace: 20:23 T1: 00:02:38.883 (00:17:56.673) Speed: 0.1kph Pace: 49:36 Bike: 00:37:48.924 (00:55:45.597) Speed: 31.7kph Pace: 01:53 T2: 00:01:35.716 (00:57:21.313) Speed: 0.2kph Pace: 19:03 Run: 00:28:20.487 (01:25:41.800) Speed: 10.6kph Pace: 05:40					
2	TAYLOR JAN		SPRINT	46	01:26:57.79	03:22	17.8kph	F	48	
					Splits: Swim: 00:16:04.589 (00:16:04.589) Speed: 2.8kph Pace: 21:26 T1: 00:02:33.957 (00:18:38.546) Speed: 0.1kph Pace: 33:11 Bike: 00:37:43.896 (00:56:22.442) Speed: 31.8kph Pace: 01:53 T2: 00:02:15.264 (00:58:37.706) Speed: 0.1kph Pace: 30:52 Run: 00:28:20.093 (01:26:57.799) Speed: 10.6kph Pace: 05:40					
3	HARRIS JODY		SPRINT	18	01:27:28.50	03:23	17.7kph	F	50	
					Splits: Swim: 00:19:14.575 (00:19:14.575) Speed: 2.3kph Pace: 25:39 T1: 00:01:49.002 (00:21:03.577) Speed: 0.2kph Pace: 03:20 Bike: 00:38:46.416 (00:59:49.993) Speed: 30.9kph Pace: 01:56 T2: 00:01:18.770 (01:01:08.763) Speed: 0.2kph Pace: 22:34 Run: 00:26:19.744 (01:27:28.507) Speed: 11.4kph Pace: 05:15					
4	WAND HILLARY		SPRINT	48	01:28:12.67	03:25	17.5kph	F	26	
					Splits: Swim: 00:17:45.807 (00:17:45.807) Speed: 2.5kph Pace: 23:41 T1: 00:02:22.262 (00:20:08.069) Speed: 0.1kph Pace: 54:12 Bike: 00:39:15.490 (00:59:23.559) Speed: 30.6kph Pace: 01:57 T2: 00:01:28.874 (01:00:52.433) Speed: 0.2kph Pace: 56:14 Run: 00:27:20.237 (01:28:12.670) Speed: 11.0kph Pace: 05:28					
5	MURRAY CARLIE		SPRINT	34	01:28:24.51	03:26	17.5kph	F	28	
					Splits: Swim: 00:17:17.945 (00:17:17.945) Speed: 2.6kph Pace: 23:03 T1: 00:02:08.019 (00:19:25.964) Speed: 0.1kph Pace: 06:43 Bike: 00:40:39.102 (01:00:05.066) Speed: 29.5kph Pace: 02:01 T2: 00:01:18.130 (01:01:23.196) Speed: 0.2kph Pace: 20:26 Run: 00:27:01.317 (01:28:24.513) Speed: 11.1kph Pace: 05:24					
6	PURNIS JAN		SPRINT	38	01:28:38.61	03:26	17.4kph	F	48	
					Splits: Swim: 00:16:58.737 (00:16:58.737) Speed: 2.7kph Pace: 22:38 T1: 00:03:22.509 (00:20:21.246) Speed: 0.1kph Pace: 15:01 Bike: 00:39:54.332 (01:00:15.578) Speed: 30.1kph Pace: 01:59 T2: 00:01:37.792 (01:01:53.370) Speed: 0.2kph Pace: 25:58 Run: 00:26:45.248 (01:28:38.618) Speed: 11.2kph Pace: 05:21					
7	JOHNSTON ISOBEL		SPRINT	52	01:29:05.10	03:27	17.3kph	F	39	
					Splits: Swim: 00:15:46.279 (00:15:46.279) Speed: 2.9kph Pace: 21:01 T1: 00:02:15.357 (00:18:01.636) Speed: 0.1kph Pace: 31:11 Bike: 00:41:14.793 (00:59:16.429) Speed: 29.1kph Pace: 02:03 T2: 00:01:39.454 (01:00:55.883) Speed: 0.2kph Pace: 31:30 Run: 00:28:09.223 (01:29:05.106) Speed: 10.7kph Pace: 05:37					
8	GORE-HICKMAN AMANDA		SPRINT	16	01:29:22.56	03:28	17.3kph	F	29	
					Splits: Swim: 00:17:10.394 (00:17:10.394) Speed: 2.6kph Pace: 22:53 T1: 00:02:17.697 (00:19:28.091) Speed: 0.1kph Pace: 38:59 Bike: 00:40:27.441 (00:59:55.532) Speed: 29.7kph Pace: 02:01 T2: 00:01:16.703 (01:01:12.235) Speed: 0.2kph Pace: 15:40 Run: 00:28:10.331 (01:29:22.566) Speed: 10.6kph Pace: 05:38					
9	HARASEN KAREN		SPRINT	17	01:35:14.30	03:41	16.2kph	F	62	
					Splits: Swim: 00:21:17.547 (00:21:17.547) Speed: 2.1kph Pace: 28:23 T1: 00:01:44.900 (00:23:02.447) Speed: 0.2kph Pace: 49:40 Bike: 00:39:36.648 (01:02:39.095) Speed: 30.3kph Pace: 01:58 T2: 00:01:30.008 (01:04:09.103) Speed: 0.2kph Pace: 00:01 Run: 00:31:05.198 (01:35:14.301) Speed: 9.7kph Pace: 06:13					
10	BLATZ MEGAN		SPRINT	6	01:37:26.26	03:47	15.9kph	F	26	
					Splits: Swim: 00:17:57.670 (00:17:57.670) Speed: 2.5kph Pace: 23:56 T1: 00:02:26.137 (00:20:23.807) Speed: 0.1kph Pace: 07:07 Bike: 00:46:22.541 (01:06:46.348) Speed: 25.9kph Pace: 02:19 T2: 00:01:43.242 (01:08:29.590) Speed: 0.2kph Pace: 44:08 Run: 00:28:56.679 (01:37:26.269) Speed: 10.4kph Pace: 05:47					
11	OLSON NICOLA		SPRINT	36	01:38:07.29	03:48	15.7kph	F	34	
					Splits: Swim: 00:17:32.647 (00:17:32.647) Speed: 2.6kph Pace: 23:23 T1: 00:03:25.814 (00:20:58.461) Speed: 0.1kph Pace: 26:02 Bike: 00:45:17.814 (01:06:16.275) Speed: 26.5kph Pace: 02:15 T2: 00:02:16.230 (01:08:32.505) Speed: 0.1kph Pace: 34:05 Run: 00:29:34.789 (01:38:07.294) Speed: 10.1kph Pace: 05:54					
12	BUTZ HOLLY		SPRINT	9	01:38:20.11	03:49	15.7kph	F	42	
					Splits: Swim: 00:19:27.636 (00:19:27.636) Speed: 2.3kph Pace: 25:56 T1: 00:02:21.426 (00:21:49.062) Speed: 0.1kph Pace: 51:25 Bike: 00:44:16.551 (01:06:05.613) Speed: 27.1kph Pace: 02:12 T2: 00:01:06.060 (01:07:11.673) Speed: 0.3kph Pace: 40:11 Run: 00:31:08.437 (01:38:20.110) Speed: 9.6kph Pace: 06:13					

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Line Through = Disqualified

Place	Name	Hometown	Type	Bib #	Time	Pace	Speed	Sex	Age	ID Number
13	SHELLY GUNN		SPRINT	53	01:38:55.86	03:50	15.6kph	F	44	
					Splits: Swim: 00:14:56.817 (00:14:56.817) Speed: 3.0kph Pace: 19:55 T1: 00:02:45.877 (00:17:42.694) Speed: 0.1kph Pace: 12:55 Bike: 00:45:31.289 (01:03:13.983) Speed: 26.4kph Pace: 02:16 T2: 00:01:46.098 (01:05:00.081) Speed: 0.2kph Pace: 53:39 Run: 00:33:55.784 (01:38:55.865) Speed: 8.8kph Pace: 06:47					
14	KOZAK GLENDA		SPRINT	21	01:38:56.95	03:50	15.6kph	F	60	
					Splits: Swim: 00:19:42.648 (00:19:42.648) Speed: 2.3kph Pace: 26:16 T1: 00:03:20.881 (00:23:03.529) Speed: 0.1kph Pace: 09:36 Bike: 00:45:44.996 (01:08:48.525) Speed: 26.2kph Pace: 02:17 T2: 00:01:53.568 (01:10:42.093) Speed: 0.2kph Pace: 18:33 Run: 00:28:14.862 (01:38:56.955) Speed: 10.6kph Pace: 05:38					
15	ROBINSON ANNA		SPRINT	41	01:39:09.64	03:51	15.6kph	F	30	
					Splits: Swim: 00:20:56.107 (00:20:56.107) Speed: 2.1kph Pace: 27:54 T1: 00:03:33.746 (00:24:29.853) Speed: 0.1kph Pace: 52:29 Bike: 00:39:40.421 (01:04:10.274) Speed: 30.2kph Pace: 01:59 T2: 00:01:59.936 (01:06:10.210) Speed: 0.2kph Pace: 39:47 Run: 00:32:59.438 (01:39:09.648) Speed: 9.1kph Pace: 06:35					
16	HILTS-MOST BARB		SPRINT	20	01:39:20.46	03:51	15.6kph	F	50	
					Splits: Swim: 00:19:49.619 (00:19:49.619) Speed: 2.3kph Pace: 26:26 T1: 00:02:45.506 (00:22:35.125) Speed: 0.1kph Pace: 11:41 Bike: 00:41:14.886 (01:03:50.011) Speed: 29.1kph Pace: 02:03 T2: 00:01:40.676 (01:05:30.687) Speed: 0.2kph Pace: 35:35 Run: 00:33:49.773 (01:39:20.460) Speed: 8.9kph Pace: 06:45					
17	WRIGHT CINDY		SPRINT	153	01:39:56.91	03:52	15.5kph	F	54	
					Splits: Swim: 00:19:00.716 (00:19:00.716) Speed: 2.4kph Pace: 25:20 T1: 00:03:21.939 (00:22:22.655) Speed: 0.1kph Pace: 13:07 Bike: 00:41:30.907 (01:03:53.562) Speed: 28.9kph Pace: 02:04 T2: 00:02:10.043 (01:06:03.605) Speed: 0.1kph Pace: 13:28 Run: 00:33:53.313 (01:39:56.918) Speed: 8.9kph Pace: 06:46					
18	CHAMPAGNE CHELSEA		SPRINT	10	01:40:49.90	03:54	15.3kph	F	28	
					Splits: Swim: 00:18:33.671 (00:18:33.671) Speed: 2.4kph Pace: 24:44 T1: 00:02:20.362 (00:20:54.033) Speed: 0.1kph Pace: 47:52 Bike: 00:41:46.716 (01:02:40.749) Speed: 28.7kph Pace: 02:05 T2: 00:01:44.058 (01:04:24.807) Speed: 0.2kph Pace: 46:51 Run: 00:36:25.094 (01:40:49.901) Speed: 8.2kph Pace: 07:17					
19	HELGASON TARA		SPRINT	19	01:41:25.83	03:56	15.2kph	F	38	
					Splits: Swim: 00:20:41.386 (00:20:41.386) Speed: 2.2kph Pace: 27:35 T1: 00:03:02.325 (00:23:43.711) Speed: 0.1kph Pace: 07:44 Bike: 00:42:15.533 (01:05:59.244) Speed: 28.4kph Pace: 02:06 T2: 00:02:17.436 (01:08:16.680) Speed: 0.1kph Pace: 38:07 Run: 00:33:09.153 (01:41:25.833) Speed: 9.0kph Pace: 06:37					
20	MARKUSSON KIMBERLEE		SPRINT	30	01:41:26.31	03:56	15.2kph	F	38	
					Splits: Swim: 00:19:30.006 (00:19:30.006) Speed: 2.3kph Pace: 26:00 T1: 00:02:40.662 (00:22:10.668) Speed: 0.1kph Pace: 55:32 Bike: 00:42:39.384 (01:04:50.052) Speed: 28.1kph Pace: 02:07 T2: 00:02:23.711 (01:07:13.763) Speed: 0.1kph Pace: 59:02 Run: 00:34:12.552 (01:41:26.315) Speed: 8.8kph Pace: 06:50					
21	MACDONALD SANDY		SPRINT	29	01:41:37.25	03:56	15.2kph	F	70	
					Splits: Swim: 00:17:32.329 (00:17:32.329) Speed: 2.6kph Pace: 23:23 T1: 00:03:24.368 (00:20:56.697) Speed: 0.1kph Pace: 21:13 Bike: 00:45:47.244 (01:06:43.941) Speed: 26.2kph Pace: 02:17 T2: 00:02:13.045 (01:08:56.986) Speed: 0.1kph Pace: 23:28 Run: 00:32:40.272 (01:41:37.258) Speed: 9.2kph Pace: 06:32					
22	STOUT KIRSTEN		SPRINT	45	01:41:54.49	03:57	15.2kph	F	26	
					Splits: Swim: 00:19:09.039 (00:19:09.039) Speed: 2.3kph Pace: 25:32 T1: 00:03:41.801 (00:22:50.840) Speed: 0.1kph Pace: 19:20 Bike: 00:45:34.710 (01:08:25.550) Speed: 26.3kph Pace: 02:16 T2: 00:02:31.218 (01:10:56.768) Speed: 0.1kph Pace: 24:03 Run: 00:30:57.727 (01:41:54.495) Speed: 9.7kph Pace: 06:11					
23	MOORE LEAH		SPRINT	32	01:42:36.03	03:59	15.1kph	F	47	
					Splits: Swim: 00:18:47.282 (00:18:47.282) Speed: 2.4kph Pace: 25:03 T1: 00:02:55.212 (00:21:42.494) Speed: 0.1kph Pace: 44:02 Bike: 00:44:10.417 (01:05:52.911) Speed: 27.2kph Pace: 02:12 T2: 00:01:46.734 (01:07:39.645) Speed: 0.2kph Pace: 55:46 Run: 00:34:56.388 (01:42:36.033) Speed: 8.6kph Pace: 06:59					
24	YOURK JACQUIE		SPRINT	51	01:43:37.32	04:01	14.9kph	F	54	
					Splits: Swim: 00:20:59.068 (00:20:59.068) Speed: 2.1kph Pace: 27:58 T1: 00:03:34.335 (00:24:33.403) Speed: 0.1kph Pace: 54:27 Bike: 00:44:41.248 (01:09:14.651) Speed: 26.9kph Pace: 02:14 T2: 00:01:37.744 (01:10:52.395) Speed: 0.2kph Pace: 25:48 Run: 00:32:44.930 (01:43:37.325) Speed: 9.2kph Pace: 06:32					

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Line Through = Disqualified

Place	Name	Hometown	Type	Bib #	Time	Pace	Speed	Sex	Age	ID Number
25	BLATZ LAUREL		SPRINT	5	01:44:02.16	04:02	14.9kph	F	54	
					Splits: Swim: 00:17:15.552 (00:17:15.552) Speed: 2.6kph Pace: 23:00 T1: 00:02:36.420 (00:19:51.972) Speed: 0.1kph Pace: 41:23 Bike: 00:45:27.335 (01:05:19.307) Speed: 26.4kph Pace: 02:16 T2: 00:01:42.284 (01:07:01.591) Speed: 0.2kph Pace: 40:56 Run: 00:37:00.578 (01:44:02.169) Speed: 8.1kph Pace: 07:24					
26	LONDONO-SULKIN SARA		SPRINT	26	01:45:07.58	04:04	14.7kph	F	47	
					Splits: Swim: 00:19:07.090 (00:19:07.090) Speed: 2.4kph Pace: 25:29 T1: 00:02:54.691 (00:22:01.781) Speed: 0.1kph Pace: 42:18 Bike: 00:44:59.990 (01:07:01.771) Speed: 26.7kph Pace: 02:14 T2: 00:02:15.606 (01:09:17.377) Speed: 0.1kph Pace: 32:01 Run: 00:35:50.209 (01:45:07.586) Speed: 8.4kph Pace: 07:10					
27	STABNER KELLSEY		SPRINT	44	01:46:12.26	04:07	14.5kph	F	31	
					Splits: Swim: 00:21:16.822 (00:21:16.822) Speed: 2.1kph Pace: 28:22 T1: 00:02:39.961 (00:23:56.783) Speed: 0.1kph Pace: 53:12 Bike: 00:44:50.111 (01:08:46.894) Speed: 26.8kph Pace: 02:14 T2: 00:01:48.285 (01:10:35.179) Speed: 0.2kph Pace: 00:56 Run: 00:35:37.082 (01:46:12.261) Speed: 8.4kph Pace: 07:07					
28	ALLAN STACY		SPRINT	2	01:46:36.04	04:08	14.5kph	F	38	
					Splits: Swim: 00:20:38.460 (00:20:38.460) Speed: 2.2kph Pace: 27:31 T1: 00:03:02.191 (00:23:40.651) Speed: 0.1kph Pace: 07:18 Bike: 00:46:19.469 (01:10:00.120) Speed: 25.9kph Pace: 02:18 T2: 00:01:37.977 (01:11:38.097) Speed: 0.2kph Pace: 26:35 Run: 00:34:57.950 (01:46:36.047) Speed: 8.6kph Pace: 06:59					
29	COREY CRYSTAL		SPRINT	14	01:47:45.33	04:11	14.3kph	F	42	
					Splits: Swim: 00:20:33.720 (00:20:33.720) Speed: 2.2kph Pace: 27:24 T1: 00:04:51.350 (00:25:25.070) Speed: 0.1kph Pace: 11:10 Bike: 00:46:11.755 (01:11:36.825) Speed: 26.0kph Pace: 02:18 T2: 00:01:39.491 (01:13:16.316) Speed: 0.2kph Pace: 31:38 Run: 00:34:29.014 (01:47:45.330) Speed: 8.7kph Pace: 06:53					
30	LAMY CINDY		SPRINT	24	01:48:15.33	04:12	14.3kph	F	38	
					Splits: Swim: 00:21:27.059 (00:21:27.059) Speed: 2.1kph Pace: 28:36 T1: 00:02:27.281 (00:23:54.340) Speed: 0.1kph Pace: 10:56 Bike: 00:44:07.879 (01:08:02.219) Speed: 27.2kph Pace: 02:12 T2: 00:01:53.326 (01:09:55.545) Speed: 0.2kph Pace: 17:45 Run: 00:38:19.794 (01:48:15.339) Speed: 7.8kph Pace: 07:39					
31	PILUK SARAH		SPRINT	37	01:48:53.23	04:13	14.2kph	F	27	
					Splits: Swim: 00:21:27.569 (00:21:27.569) Speed: 2.1kph Pace: 28:36 T1: 00:02:30.814 (00:23:58.383) Speed: 0.1kph Pace: 22:42 Bike: 00:48:28.257 (01:12:26.640) Speed: 24.8kph Pace: 02:25 T2: 00:01:04.879 (01:13:31.519) Speed: 0.3kph Pace: 36:15 Run: 00:35:21.713 (01:48:53.232) Speed: 8.5kph Pace: 07:04					
32	BURNS KONSCHUH BRITTNEY		SPRINT	8	01:49:00.66	04:14	14.2kph	F	32	
					Splits: Swim: 00:21:42.756 (00:21:42.756) Speed: 2.1kph Pace: 28:57 T1: 00:03:26.388 (00:25:09.144) Speed: 0.1kph Pace: 27:57 Bike: 00:44:52.978 (01:10:02.122) Speed: 26.7kph Pace: 02:14 T2: 00:01:53.039 (01:11:55.161) Speed: 0.2kph Pace: 16:47 Run: 00:37:05.503 (01:49:00.664) Speed: 8.1kph Pace: 07:25					
33	MULVAY PATRICIA		SPRINT	33	01:53:07.43	04:23	13.7kph	F	70	
					Splits: Swim: 00:24:56.478 (00:24:56.478) Speed: 1.8kph Pace: 33:15 T1: 00:02:24.415 (00:27:20.893) Speed: 0.1kph Pace: 01:22 Bike: 00:46:14.504 (01:13:35.397) Speed: 26.0kph Pace: 02:18 T2: 00:01:38.840 (01:15:14.237) Speed: 0.2kph Pace: 29:28 Run: 00:37:53.198 (01:53:07.435) Speed: 7.9kph Pace: 07:34					
34	LYZENGA WENDY		SPRINT	27	01:53:09.67	04:23	13.7kph	F	34	
					Splits: Swim: 00:20:19.921 (00:20:19.921) Speed: 2.2kph Pace: 27:06 T1: 00:04:15.249 (00:24:35.170) Speed: 0.1kph Pace: 10:49 Bike: 00:48:55.864 (01:13:31.034) Speed: 24.5kph Pace: 02:26 T2: 00:01:10.867 (01:14:41.901) Speed: 0.3kph Pace: 56:13 Run: 00:38:27.771 (01:53:09.672) Speed: 7.8kph Pace: 07:41					
35	WALZ MICHELLE		SPRINT	47	01:54:15.81	04:26	13.5kph	F	39	
					Splits: Swim: 00:21:57.612 (00:21:57.612) Speed: 2.0kph Pace: 29:16 T1: 00:04:03.933 (00:26:01.545) Speed: 0.1kph Pace: 33:06 Bike: 00:47:59.592 (01:14:01.137) Speed: 25.0kph Pace: 02:23 T2: 00:02:58.980 (01:17:00.117) Speed: 0.1kph Pace: 56:35 Run: 00:37:15.701 (01:54:15.818) Speed: 8.1kph Pace: 07:27					

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36	CONGER MELODY		SPRINT	13	01:55:32.76	04:29	13.4kph	F	55	
					Splits: Swim: 00:21:09.663 (00:21:09.663) Speed: 2.1kph Pace: 28:12 T1: 00:02:18.512 (00:23:28.175) Speed: 0.1kph Pace: 41:42 Bike: 00:50:01.638 (01:13:29.813) Speed: 24.0kph Pace: 02:30 T2: 00:01:37.341 (01:15:07.154) Speed: 0.2kph Pace: 24:28 Run: 00:40:25.606 (01:55:32.760) Speed: 7.4kph Pace: 08:05					
37	WONDRASEK KIM		SPRINT	50	01:55:40.60	04:29	13.4kph	F	40	
					Splits: Swim: 00:20:38.902 (00:20:38.902) Speed: 2.2kph Pace: 27:31 T1: 00:02:38.037 (00:23:16.939) Speed: 0.1kph Pace: 46:47 Bike: 00:50:47.078 (01:14:04.017) Speed: 23.6kph Pace: 02:32 T2: 00:01:30.333 (01:15:34.350) Speed: 0.2kph Pace: 01:06 Run: 00:40:06.250 (01:55:40.600) Speed: 7.5kph Pace: 08:01					
38	MAAS JILLIAN		SPRINT	28	01:55:48.97	04:29	13.3kph	F	37	
					Splits: Swim: 00:18:23.236 (00:18:23.236) Speed: 2.4kph Pace: 24:30 T1: 00:03:12.718 (00:21:35.954) Speed: 0.1kph Pace: 42:23 Bike: 00:47:31.667 (01:09:07.621) Speed: 25.2kph Pace: 02:22 T2: 00:01:38.750 (01:10:46.371) Speed: 0.2kph Pace: 29:09 Run: 00:45:02.601 (01:55:48.972) Speed: 6.7kph Pace: 09:00					
39	LEADER CRYSTAL		SPRINT	25	01:59:04.09	04:37	13.0kph	F	36	
					Splits: Swim: 00:24:42.864 (00:24:42.864) Speed: 1.8kph Pace: 32:57 T1: 00:04:52.097 (00:29:34.961) Speed: 0.1kph Pace: 13:39 Bike: 00:53:20.369 (01:22:55.330) Speed: 22.5kph Pace: 02:40 T2: 00:01:33.435 (01:24:28.765) Speed: 0.2kph Pace: 11:27 Run: 00:34:35.330 (01:59:04.095) Speed: 8.7kph Pace: 06:55					
40	ADAM PATRYCJA		SPRINT	1	02:00:02.53	04:39	12.9kph	F	32	
					Splits: Swim: 00:23:26.705 (00:23:26.705) Speed: 1.9kph Pace: 31:15 T1: 00:04:33.295 (00:28:00.000) Speed: 0.1kph Pace: 10:58 Bike: 00:50:56.898 (01:18:56.898) Speed: 23.6kph Pace: 02:32 T2: 00:02:42.531 (01:21:39.429) Speed: 0.1kph Pace: 01:46 Run: 00:38:23.104 (02:00:02.533) Speed: 7.8kph Pace: 07:40					
41	MILTON NANCY		SPRINT	31	02:06:01.75	04:53	12.3kph	F	57	
					Splits: Swim: 00:22:56.538 (00:22:56.538) Speed: 2.0kph Pace: 30:35 T1: 00:04:42.937 (00:27:39.475) Speed: 0.1kph Pace: 43:07 Bike: 00:53:36.012 (01:21:15.487) Speed: 22.4kph Pace: 02:40 T2: 00:03:32.422 (01:24:47.909) Speed: 0.1kph Pace: 48:04 Run: 00:41:13.846 (02:06:01.755) Speed: 7.3kph Pace: 08:14					
42	BAYFIELD-ASH NICOLA		SPRINT	3	02:07:54.02	04:58	12.1kph	F	55	
					Splits: Swim: 00:26:46.751 (00:26:46.751) Speed: 1.7kph Pace: 35:42 T1: 00:03:28.713 (00:30:15.464) Speed: 0.1kph Pace: 35:42 Bike: 00:50:47.721 (01:21:03.185) Speed: 23.6kph Pace: 02:32 T2: 00:01:49.864 (01:22:53.049) Speed: 0.2kph Pace: 06:12 Run: 00:45:00.974 (02:07:54.023) Speed: 6.7kph Pace: 09:00					
43	REISS DANELLE		SPRINT	40	02:17:32.79	05:20	11.2kph	F	43	
					Splits: Swim: 00:22:25.976 (00:22:25.976) Speed: 2.0kph Pace: 29:54 T1: 00:04:45.975 (00:27:11.951) Speed: 0.1kph Pace: 53:15 Bike: 00:57:21.630 (01:24:33.581) Speed: 20.9kph Pace: 02:52 T2: 00:02:59.442 (01:27:33.023) Speed: 0.1kph Pace: 58:08 Run: 00:49:59.768 (02:17:32.791) Speed: 6.0kph Pace: 09:59					
44	CHYZYK JAN		SPRINT	11	02:21:34.15	05:29	10.9kph	F	56	
					Splits: Swim: 00:22:27.212 (00:22:27.212) Speed: 2.0kph Pace: 29:56 T1: 00:05:48.689 (00:28:15.901) Speed: 0.1kph Pace: 22:17 Bike: 00:59:41.109 (01:27:57.010) Speed: 20.1kph Pace: 02:59 T2: 00:02:16.117 (01:30:13.127) Speed: 0.1kph Pace: 33:43 Run: 00:51:21.031 (02:21:34.158) Speed: 5.8kph Pace: 10:16					
45	SIM CAREY		SPRINT	43	02:26:46.74	05:42	10.5kph	F	44	
					Splits: Swim: 00:29:46.625 (00:29:46.625) Speed: 1.5kph Pace: 39:42 T1: 00:05:18.194 (00:35:04.819) Speed: 0.1kph Pace: 40:38 Bike: 00:51:55.470 (01:27:00.289) Speed: 23.1kph Pace: 02:35 T2: 00:03:35.997 (01:30:36.286) Speed: 0.1kph Pace: 59:59 Run: 00:56:10.462 (02:26:46.748) Speed: 5.3kph Pace: 11:14					
46	NORMAN JULIE		SPRINT	35	01:52:20.62	04:21	13.8kph	F	37	
					Splits: Swim: 00:00:00.000 (00:00:00.000) Speed: 0.0kph Pace: 00:00 T1: 01:52:20.627 (01:52:20.627) Speed: 0.0kph Pace: 28:45 Bike: 00:00:00.000 (01:52:20.627) Speed: 0.0kph Pace: 00:00 T2: 00:00:00.000 (01:52:20.627) Speed: 0.0kph Pace: 00:00 Run: 00:00:00.000 (01:52:20.627) Speed: 0.0kph Pace: 00:00					