

# Echo Lake Sprint Distance Triathlon

Line Through = Disqualified

Place	Name	Hometown	Type	Bib #	Time	Pace	Speed	Sex	Age	ID Number
1	JACKIE HATHERLY		SPRINT DISTANCE TRIATHLON	127	01:08:21.16	02:39	22.6kph	F	53	Orange
<i>Splits: Swim: 00:12:43.161 (00:12:43.161) Speed: 3.5kph Pace: 16:57            T1: 00:01:09.731 (00:13:52.892) Speed: 5.2kph Pace: 11:37            Bike: 00:32:09.574 (00:46:02.466) Speed: 37.3kph Pace: 01:36            T2: 00:00:57.159 (00:46:59.625) Speed: 6.3kph Pace: 09:31            Run: 00:21:21.543 (01:08:21.168) Speed: 14.0kph Pace: 04:16</i>										
2	JENNIFER SOUTER	SASKATOON, Sas	SPRINT DISTANCE TRIATHLON	149	01:10:54.41	02:45	21.8kph	F	34	Orange
<i>Splits: Swim: 00:15:13.020 (00:15:13.020) Speed: 3.0kph Pace: 20:17            T1: 00:02:09.693 (00:17:22.713) Speed: 2.8kph Pace: 21:36            Bike: 00:34:03.920 (00:51:26.633) Speed: 35.2kph Pace: 01:42            T2: 00:00:55.262 (00:52:21.895) Speed: 6.5kph Pace: 09:12            Run: 00:18:32.517 (01:10:54.412) Speed: 16.2kph Pace: 03:42</i>										
3	KERRI HYSUICK	REGINA, Sas	SPRINT DISTANCE TRIATHLON	132	01:18:44.61	03:03	19.6kph	F	43	Orange
<i>Splits: Swim: 00:17:11.013 (00:17:11.013) Speed: 2.6kph Pace: 22:54            T1: 00:01:08.945 (00:18:19.958) Speed: 5.2kph Pace: 11:29            Bike: 00:36:42.393 (00:55:02.351) Speed: 32.7kph Pace: 01:50            T2: 00:00:51.053 (00:55:53.404) Speed: 7.1kph Pace: 08:30            Run: 00:22:51.214 (01:18:44.618) Speed: 13.1kph Pace: 04:34</i>										
4	TYE BUETTNER	SASKATOON, Sas	SPRINT DISTANCE TRIATHLON	116	01:19:09.94	03:04	19.5kph	F	24	Orange
<i>Splits: Swim: 00:17:19.649 (00:17:19.649) Speed: 2.6kph Pace: 23:06            T1: 00:02:00.856 (00:19:20.505) Speed: 3.0kph Pace: 20:08            Bike: 00:40:55.612 (01:00:16.117) Speed: 29.3kph Pace: 02:02            T2: 00:01:01.559 (01:01:17.676) Speed: 5.8kph Pace: 10:15            Run: 00:17:52.272 (01:19:09.948) Speed: 16.8kph Pace: 03:34</i>										
5	LIBBY EPOCH	MOOSE JAW, Sas	SPRINT DISTANCE TRIATHLON	123	01:19:53.77	03:06	19.3kph	F	20	Orange
<i>Splits: Swim: 00:16:14.538 (00:16:14.538) Speed: 2.8kph Pace: 21:39            T1: 00:01:24.037 (00:17:38.575) Speed: 4.3kph Pace: 14:00            Bike: 00:38:15.309 (00:55:53.884) Speed: 31.4kph Pace: 01:54            T2: 00:01:28.902 (00:57:22.786) Speed: 4.0kph Pace: 14:49            Run: 00:22:30.991 (01:19:53.777) Speed: 13.3kph Pace: 04:30</i>										
6	JESSICA GAWLEY	REGINA, CAN	SPRINT DISTANCE TRIATHLON	170	01:20:58.08	03:08	19.1kph	F	44	Orange
<i>Splits: Swim: 00:16:58.083 (00:16:58.083) Speed: 2.7kph Pace: 22:37            T1: 00:01:50.833 (00:18:48.916) Speed: 3.2kph Pace: 18:28            Bike: 00:38:39.061 (00:57:27.977) Speed: 31.0kph Pace: 01:55            T2: 00:01:13.505 (00:58:41.482) Speed: 4.9kph Pace: 12:15            Run: 00:22:16.606 (01:20:58.088) Speed: 13.5kph Pace: 04:27</i>										
7	SARAH ROBBINS	SASKATOON,	SPRINT DISTANCE TRIATHLON	96	01:21:43.73	03:10	18.9kph	F	53	
<i>Splits: Swim: 00:19:16.393 (00:19:16.393) Speed: 2.3kph Pace: 25:41            T1: 00:02:09.723 (00:21:26.116) Speed: 2.8kph Pace: 21:37            Bike: 00:36:03.477 (00:57:29.593) Speed: 33.3kph Pace: 01:48            T2: 00:00:54.225 (00:58:23.818) Speed: 6.6kph Pace: 09:02            Run: 00:23:19.921 (01:21:43.739) Speed: 12.9kph Pace: 04:39</i>										
8	KALYN HUMENIUK	REGINA, Sas	SPRINT DISTANCE TRIATHLON	131	01:23:21.05	03:14	18.5kph	F	40	Orange
<i>Splits: Swim: 00:17:04.859 (00:17:04.859) Speed: 2.6kph Pace: 22:46            T1: 00:00:53.564 (00:17:58.423) Speed: 6.7kph Pace: 08:55            Bike: 00:39:18.451 (00:57:16.874) Speed: 30.5kph Pace: 01:57            T2: 00:00:48.147 (00:58:05.021) Speed: 7.5kph Pace: 08:01            Run: 00:25:16.034 (01:23:21.055) Speed: 11.9kph Pace: 05:03</i>										
9	YVONNE HARRISON	REGINA, Sas	SPRINT DISTANCE TRIATHLON	126	01:25:37.85	03:19	18.0kph	F	54	Orange
<i>Splits: Swim: 00:19:15.666 (00:19:15.666) Speed: 2.3kph Pace: 25:40            T1: 00:01:55.434 (00:21:11.100) Speed: 3.1kph Pace: 19:14            Bike: 00:38:24.937 (00:59:36.037) Speed: 31.2kph Pace: 01:55            T2: 00:00:56.603 (01:00:32.640) Speed: 6.4kph Pace: 09:26            Run: 00:25:05.219 (01:25:37.859) Speed: 12.0kph Pace: 05:01</i>										

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Place	Name	Hometown	Type	Bib #	Time	Pace	Speed	Sex	Age	ID Number
10	JASMIN CHURKO	MELVILLE, Sas	SPRINT DISTANCE TRIATHLON	120	01:25:47.78	03:19	18.0kph	F	31	Orange
<i>Splits: Swim: 00:18:33.666 (00:18:33.666) Speed: 2.4kph Pace: 24:44            T1: 00:02:21.398 (00:20:55.064) Speed: 2.5kph Pace: 23:33            Bike: 00:39:41.896 (01:00:36.960) Speed: 30.2kph Pace: 01:59            T2: 00:01:22.658 (01:01:59.618) Speed: 4.4kph Pace: 13:46            Run: 00:23:48.165 (01:25:47.783) Speed: 12.6kph Pace: 04:45</i>										
11	MAUREEN POWELL	REGINA, Sas	SPRINT DISTANCE TRIATHLON	144	01:27:50.34	03:24	17.6kph	F	55	Orange
<i>Splits: Swim: 00:17:40.594 (00:17:40.594) Speed: 2.5kph Pace: 23:34            T1: 00:03:03.162 (00:20:43.756) Speed: 2.0kph Pace: 30:31            Bike: 00:40:38.774 (01:01:22.530) Speed: 29.5kph Pace: 02:01            T2: 00:01:20.184 (01:02:42.714) Speed: 4.5kph Pace: 13:21            Run: 00:25:07.632 (01:27:50.346) Speed: 11.9kph Pace: 05:01</i>										
12	KARLA HILLIS	SASKATOON, Sas	SPRINT DISTANCE TRIATHLON	129	01:30:23.13	03:30	17.1kph	F	27	Orange
<i>Splits: Swim: 00:15:48.300 (00:15:48.300) Speed: 2.8kph Pace: 21:04            T1: 00:01:44.138 (00:17:32.438) Speed: 3.5kph Pace: 17:21            Bike: 00:44:27.759 (01:02:00.197) Speed: 27.0kph Pace: 02:13            T2: 00:00:43.497 (01:02:43.694) Speed: 8.3kph Pace: 07:14            Run: 00:27:39.442 (01:30:23.136) Speed: 10.8kph Pace: 05:31</i>										
13	STEPHANIE MEHLSSEN	REGINA, Sas	SPRINT DISTANCE TRIATHLON	139	01:30:35.40	03:31	17.1kph	F	34	Orange
<i>Splits: Swim: 00:16:37.157 (00:16:37.157) Speed: 2.7kph Pace: 22:09            T1: 00:02:02.119 (00:18:39.276) Speed: 2.9kph Pace: 20:21            Bike: 00:44:31.243 (01:03:10.519) Speed: 27.0kph Pace: 02:13            T2: 00:01:48.715 (01:04:59.234) Speed: 3.3kph Pace: 18:07            Run: 00:25:36.174 (01:30:35.408) Speed: 11.7kph Pace: 05:07</i>										
14	LISA MERK	REGINA, Sas	SPRINT DISTANCE TRIATHLON	140	01:32:42.11	03:36	16.7kph	F	45	Orange
<i>Splits: Swim: 00:20:04.311 (00:20:04.311) Speed: 2.2kph Pace: 26:45            T1: 00:01:20.656 (00:21:24.967) Speed: 4.5kph Pace: 13:26            Bike: 00:41:53.388 (01:03:18.355) Speed: 28.6kph Pace: 02:05            T2: 00:01:30.454 (01:04:48.809) Speed: 4.0kph Pace: 15:04            Run: 00:27:53.302 (01:32:42.111) Speed: 10.8kph Pace: 05:34</i>										
15	HEATHER IRVINE	REGINA, Sas	SPRINT DISTANCE TRIATHLON	134	01:34:19.08	03:39	16.4kph	F	35	Orange
<i>Splits: Swim: 00:20:05.939 (00:20:05.939) Speed: 2.2kph Pace: 26:47            T1: 00:02:12.276 (00:22:18.215) Speed: 2.7kph Pace: 22:02            Bike: 00:43:40.886 (01:05:59.101) Speed: 27.5kph Pace: 02:11            T2: 00:01:37.832 (01:07:36.933) Speed: 3.7kph Pace: 16:18            Run: 00:26:42.150 (01:34:19.083) Speed: 11.2kph Pace: 05:20</i>										
16	TANYA SCHULER	SASKATOON, Sas	SPRINT DISTANCE TRIATHLON	148	01:36:10.59	03:44	16.1kph	F	40	Orange
<i>Splits: Swim: 00:18:04.385 (00:18:04.385) Speed: 2.5kph Pace: 24:05            T1: 00:01:58.801 (00:20:03.186) Speed: 3.0kph Pace: 19:48            Bike: 00:42:24.854 (01:02:28.040) Speed: 28.3kph Pace: 02:07            T2: 00:01:55.972 (01:04:24.012) Speed: 3.1kph Pace: 19:19            Run: 00:31:46.584 (01:36:10.596) Speed: 9.4kph Pace: 06:21</i>										
17	GLEN-MARY CHRISTOPHER	YORKTON, Sas	SPRINT DISTANCE TRIATHLON	119	01:36:21.70	03:44	16.0kph	F	43	Orange
<i>Splits: Swim: 00:22:05.259 (00:22:05.259) Speed: 2.0kph Pace: 29:27            T1: 00:01:28.123 (00:23:33.382) Speed: 4.1kph Pace: 14:41            Bike: 00:43:18.811 (01:06:52.193) Speed: 27.7kph Pace: 02:09            T2: 00:01:03.146 (01:07:55.339) Speed: 5.7kph Pace: 10:31            Run: 00:28:26.369 (01:36:21.708) Speed: 10.5kph Pace: 05:41</i>										
18	CRISTINA ISAZA VILLEGAS	REGINA,	SPRINT DISTANCE TRIATHLON	94	01:38:08.69	03:48	15.7kph	F	28	
<i>Splits: Swim: 00:18:58.457 (00:18:58.457) Speed: 2.4kph Pace: 25:17            T1: 00:01:23.963 (00:20:22.420) Speed: 4.3kph Pace: 13:59            Bike: 00:44:51.188 (01:05:13.608) Speed: 26.8kph Pace: 02:14            T2: 00:01:12.195 (01:06:25.803) Speed: 5.0kph Pace: 12:01            Run: 00:31:42.892 (01:38:08.695) Speed: 9.5kph Pace: 06:20</i>										

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Place	Name	Hometown	Type	Bib #	Time	Pace	Speed	Sex	Age	ID Number
19	CARMEN APPELBY	REGINA, Sas	SPRINT DISTANCE TRIATHLON	114	01:41:35.60	03:56	15.2kph	F	32	Orange
<i>Splits: Swim: 00:21:04.100 (00:21:04.100) Speed: 2.1kph Pace: 28:05            T1: 00:01:22.104 (00:22:26.204) Speed: 4.4kph Pace: 13:41            Bike: 00:45:39.170 (01:08:05.374) Speed: 26.3kph Pace: 02:16            T2: 00:01:40.841 (01:09:46.215) Speed: 3.6kph Pace: 16:48            Run: 00:31:49.388 (01:41:35.603) Speed: 9.4kph Pace: 06:21</i>										
20	SARA LONDONO-SULKIN	REGINA, Sas	SPRINT DISTANCE TRIATHLON	136	01:42:49.41	03:59	15.0kph	F	47	Orange
<i>Splits: Swim: 00:19:39.782 (00:19:39.782) Speed: 2.3kph Pace: 26:13            T1: 00:03:17.262 (00:22:57.044) Speed: 1.8kph Pace: 32:52            Bike: 00:45:44.963 (01:08:42.007) Speed: 26.2kph Pace: 02:17            T2: 00:01:09.380 (01:09:51.387) Speed: 5.2kph Pace: 11:33            Run: 00:32:58.031 (01:42:49.418) Speed: 9.1kph Pace: 06:35</i>										
21	CHELSEA CHAMPAGNE	REGINA, Sas	SPRINT DISTANCE TRIATHLON	118	01:43:57.05	04:02	14.9kph	F	28	Orange
<i>Splits: Swim: 00:22:17.133 (00:22:17.133) Speed: 2.0kph Pace: 29:42            T1: 00:01:32.559 (00:23:49.692) Speed: 3.9kph Pace: 15:25            Bike: 00:43:39.703 (01:07:29.395) Speed: 27.5kph Pace: 02:10            T2: 00:01:21.918 (01:08:51.313) Speed: 4.4kph Pace: 13:39            Run: 00:35:05.745 (01:43:57.058) Speed: 8.5kph Pace: 07:01</i>										
22	CHRISTINA CHAISSON	LLOYDMINSTER, Alb	SPRINT DISTANCE TRIATHLON	117	01:45:32.41	04:05	14.6kph	F	21	Orange
<i>Splits: Swim: 00:18:26.936 (00:18:26.936) Speed: 2.4kph Pace: 24:35            T1: 00:02:22.433 (00:20:49.369) Speed: 2.5kph Pace: 23:44            Bike: 00:51:17.314 (01:12:06.683) Speed: 23.4kph Pace: 02:33            T2: 00:01:14.928 (01:13:21.611) Speed: 4.8kph Pace: 12:29            Run: 00:32:10.801 (01:45:32.412) Speed: 9.3kph Pace: 06:26</i>										
23	SARAH PILUK	REGINA, Sas	SPRINT DISTANCE TRIATHLON	143	01:49:26.29	04:15	14.1kph	F	27	Orange
<i>Splits: Swim: 00:23:51.221 (00:23:51.221) Speed: 1.9kph Pace: 31:48            T1: 00:01:26.056 (00:25:17.277) Speed: 4.2kph Pace: 14:20            Bike: 00:49:42.984 (01:15:00.261) Speed: 24.1kph Pace: 02:29            T2: 00:00:41.291 (01:15:41.552) Speed: 8.7kph Pace: 06:52            Run: 00:33:44.740 (01:49:26.292) Speed: 8.9kph Pace: 06:44</i>										
24	VIRGINIA WILKINSON	REGINA, Sas	SPRINT DISTANCE TRIATHLON	155	01:52:02.45	04:21	13.8kph	F	55	Orange
<i>Splits: Swim: 00:29:22.506 (00:29:22.506) Speed: 1.5kph Pace: 39:10            T1: 00:01:55.954 (00:31:18.460) Speed: 3.1kph Pace: 19:19            Bike: 00:46:28.952 (01:17:47.412) Speed: 25.8kph Pace: 02:19            T2: 00:02:55.376 (01:20:42.788) Speed: 2.1kph Pace: 29:13            Run: 00:31:19.663 (01:52:02.451) Speed: 9.6kph Pace: 06:15</i>										
25	SANDRA TOWN	CARBERRY, Man	SPRINT DISTANCE TRIATHLON	154	01:53:46.28	04:25	13.6kph	F	46	Orange
<i>Splits: Swim: 00:25:55.428 (00:25:55.428) Speed: 1.7kph Pace: 34:33            T1: 00:02:19.469 (00:28:14.897) Speed: 2.6kph Pace: 23:14            Bike: 00:47:28.360 (01:15:43.257) Speed: 25.3kph Pace: 02:22            T2: 00:01:03.692 (01:16:46.949) Speed: 5.7kph Pace: 10:36            Run: 00:36:59.336 (01:53:46.285) Speed: 8.1kph Pace: 07:23</i>										
26	KIM WONDRASEK	LANGENBURG, Sas	SPRINT DISTANCE TRIATHLON	156	01:53:55.36	04:25	13.6kph	F	40	Orange
<i>Splits: Swim: 00:21:43.964 (00:21:43.964) Speed: 2.1kph Pace: 28:58            T1: 00:02:23.819 (00:24:07.783) Speed: 2.5kph Pace: 23:58            Bike: 00:50:49.642 (01:14:57.425) Speed: 23.6kph Pace: 02:32            T2: 00:01:01.790 (01:15:59.215) Speed: 5.8kph Pace: 10:17            Run: 00:37:56.146 (01:53:55.361) Speed: 7.9kph Pace: 07:35</i>										
27	AMY ROWLAND	REGINA, Sas	SPRINT DISTANCE TRIATHLON	147	01:54:41.50	04:27	13.5kph	F	35	Orange
<i>Splits: Swim: 00:25:31.635 (00:25:31.635) Speed: 1.8kph Pace: 34:02            T1: 00:01:24.712 (00:26:56.347) Speed: 4.2kph Pace: 14:07            Bike: 00:49:33.218 (01:16:29.565) Speed: 24.2kph Pace: 02:28            T2: 00:00:43.974 (01:17:13.539) Speed: 8.2kph Pace: 07:19            Run: 00:37:27.964 (01:54:41.503) Speed: 8.0kph Pace: 07:29</i>										

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Line Through = Disqualified

Place	Name	Hometown	Type	Bib #	Time	Pace	Speed	Sex	Age	ID Number
28	PATRICIA MULVAY	REGINA, Sas	SPRINT DISTANCE TRIATHLON	141	01:54:46.66	04:27	13.5kph	F	70	Orange
					<i>Splits: Swim: 00:27:54.360 (00:27:54.360) Speed: 1.6kph Pace: 37:12            T1: 00:02:03.471 (00:29:57.831) Speed: 2.9kph Pace: 20:34            Bike: 00:47:47.543 (01:17:45.374) Speed: 25.1kph Pace: 02:23            T2: 00:01:15.024 (01:19:00.398) Speed: 4.8kph Pace: 12:30            Run: 00:35:46.264 (01:54:46.662) Speed: 8.4kph Pace: 07:09</i>					
29	CHRISTINE ROBERTS	NAICAM, Sas	SPRINT DISTANCE TRIATHLON	145	02:07:58.60	04:58	12.1kph	F	38	Orange
					<i>Splits: Swim: 00:24:39.523 (00:24:39.523) Speed: 1.8kph Pace: 32:52            T1: 00:02:42.475 (00:27:21.998) Speed: 2.2kph Pace: 27:04            Bike: 00:55:02.856 (01:22:24.854) Speed: 21.8kph Pace: 02:45            T2: 00:01:12.502 (01:23:37.356) Speed: 5.0kph Pace: 12:05            Run: 00:44:21.248 (02:07:58.604) Speed: 6.8kph Pace: 08:52</i>					