

ECHO LAKE SPRINT DISTANCE DUATHLON

Line Through = Disqualified

Place	Name	Hometown	Type	Bib #	Time	Pace	Speed	Sex	Age	ID Number
1	BENJAMIN SESHADRI	SASKATOON, Sas	SPRINT DISTANCE DUATHLON	111	00:58:23.14	01:08	52.4kph	M	16	
<i>Splits: Run 1: 00:05:39.284 (00:05:39.284) Speed: 0.0kph Pace: T1: 00:00:28.524 (00:06:07.808) Speed: 12.6kph Pace: 04:45 Bike: 00:34:57.073 (00:41:04.881) Speed: 34.3kph Pace: 01:44 T2: 00:00:29.841 (00:41:34.722) Speed: 12.1kph Pace: 04:58 Run 2: 00:16:48.426 (00:58:23.148) Speed: 17.8kph Pace: 03:21</i>										
2	CHRISTIAN MACINTOSH	SASKATOON, Sas	SPRINT DISTANCE DUATHLON	105	01:01:33.25	01:12	49.7kph	M	33	
<i>Splits: Run 1: 00:05:49.784 (00:05:49.784) Speed: 0.0kph Pace: T1: 00:00:49.482 (00:06:39.266) Speed: 7.3kph Pace: 08:14 Bike: 00:35:06.942 (00:41:46.208) Speed: 34.2kph Pace: 01:45 T2: 00:00:49.572 (00:42:35.780) Speed: 7.3kph Pace: 08:15 Run 2: 00:18:57.478 (01:01:33.258) Speed: 15.8kph Pace: 03:47</i>										
3	MURRAY GURSKI	REGINA, Sas	SPRINT DISTANCE DUATHLON	101	01:05:23.22	01:16	46.8kph	M	54	
<i>Splits: Run 1: 00:06:48.294 (00:06:48.294) Speed: 0.0kph Pace: T1: 00:00:46.462 (00:07:34.756) Speed: 7.7kph Pace: 07:44 Bike: 00:34:30.875 (00:42:05.631) Speed: 34.8kph Pace: 01:43 T2: 00:01:56.971 (00:44:02.602) Speed: 3.1kph Pace: 19:29 Run 2: 00:21:20.626 (01:05:23.228) Speed: 14.1kph Pace: 04:16</i>										
4	JENNIFER SEAMAN	REGINA, Sas	SPRINT DISTANCE DUATHLON	110	01:10:43.54	01:23	43.3kph	F	43	
<i>Splits: Run 1: 00:06:50.615 (00:06:50.615) Speed: 0.0kph Pace: T1: 00:00:54.360 (00:07:44.975) Speed: 6.6kph Pace: 09:03 Bike: 00:39:32.545 (00:47:17.520) Speed: 30.3kph Pace: 01:58 T2: 00:00:52.571 (00:48:10.091) Speed: 6.8kph Pace: 08:45 Run 2: 00:22:33.451 (01:10:43.542) Speed: 13.3kph Pace: 04:30</i>										
5	ZACHARY LANG	REGINA, Sas	SPRINT DISTANCE DUATHLON	104	01:11:31.91	01:24	42.8kph	M	26	
<i>Splits: Run 1: 00:05:59.916 (00:05:59.916) Speed: 0.0kph Pace: T1: 00:00:42.200 (00:06:42.116) Speed: 8.5kph Pace: 07:01 Bike: 00:38:22.705 (00:45:04.821) Speed: 31.3kph Pace: 01:55 T2: 00:00:34.110 (00:45:38.931) Speed: 10.6kph Pace: 05:41 Run 2: 00:25:52.987 (01:11:31.918) Speed: 11.6kph Pace: 05:10</i>										
6	DUANE MOMBOURQUETTE	REGINA, Sas	SPRINT DISTANCE DUATHLON	108	01:12:03.39	01:24	42.5kph	M	57	
<i>Splits: Run 1: 00:07:24.524 (00:07:24.524) Speed: 0.0kph Pace: T1: 00:00:47.004 (00:08:11.528) Speed: 7.7kph Pace: 07:50 Bike: 00:37:14.171 (00:45:25.699) Speed: 32.2kph Pace: 01:51 T2: 00:01:00.274 (00:46:25.973) Speed: 6.0kph Pace: 10:02 Run 2: 00:25:37.426 (01:12:03.399) Speed: 11.7kph Pace: 05:07</i>										
7	JORDAN HEMLICK	REGINA,	SPRINT DUATHLON	157	01:13:20.95	01:26	41.7kph	M	25	Orange
<i>Splits: Run 1: 00:06:27.720 (00:06:27.720) Speed: 0.0kph Pace: T1: 00:00:38.980 (00:07:06.700) Speed: 9.2kph Pace: 06:29 Bike: 00:41:06.630 (00:48:13.330) Speed: 29.2kph Pace: 02:03 T2: 00:00:36.340 (00:48:49.670) Speed: 9.9kph Pace: 06:03 Run 2: 00:24:31.280 (01:13:20.950) Speed: 12.2kph Pace: 04:54</i>										
8	KARINA PORTER	SASKATOON, Sas	SPRINT DISTANCE DUATHLON	109	01:13:54.26	01:26	41.4kph	F	39	
<i>Splits: Run 1: 00:07:16.376 (00:07:16.376) Speed: 0.0kph Pace: T1: 00:00:56.372 (00:08:12.748) Speed: 6.4kph Pace: 09:23 Bike: 00:40:19.027 (00:48:31.775) Speed: 29.8kph Pace: 02:00 T2: 00:00:48.896 (00:49:20.671) Speed: 7.4kph Pace: 08:08 Run 2: 00:24:33.590 (01:13:54.261) Speed: 12.2kph Pace: 04:54</i>										
9	BARB HILTS-MOST	REGINA, Sas	SPRINT DISTANCE DUATHLON	103	01:17:50.34	01:31	39.3kph	F	50	
<i>Splits: Run 1: 00:07:35.721 (00:07:35.721) Speed: 0.0kph Pace: T1: 00:00:56.091 (00:08:31.812) Speed: 6.4kph Pace: 09:20 Bike: 00:41:27.038 (00:49:58.850) Speed: 29.0kph Pace: 02:04 T2: 00:00:52.174 (00:50:51.024) Speed: 6.9kph Pace: 08:41 Run 2: 00:26:59.317 (01:17:50.341) Speed: 11.1kph Pace: 05:23</i>										

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10	KAREN HARASEN	REGINA, Sas	SPRINT DISTANCE DUATHLON	102	01:19:06.63	01:33	38.7kph	F	62	
										<i>Splits: Run 1: 00:08:04.825 (00:08:04.825) Speed: 0.0kph Pace: T1: 00:01:10.510 (00:09:15.335) Speed: 5.1kph Pace: 11:45 Bike: 00:40:08.254 (00:49:23.589) Speed: 29.9kph Pace: 02:00 T2: 00:00:46.610 (00:50:10.199) Speed: 7.7kph Pace: 07:46 Run 2: 00:28:56.439 (01:19:06.638) Speed: 10.4kph Pace: 05:47</i>
11	LAURIE MELOCHE	REGINA, Sas	SPRINT DISTANCE DUATHLON	106	01:21:22.15	01:35	37.6kph	F	57	
										<i>Splits: Run 1: 00:07:17.953 (00:07:17.953) Speed: 0.0kph Pace: T1: 00:00:50.066 (00:08:08.019) Speed: 7.2kph Pace: 08:20 Bike: 00:45:10.304 (00:53:18.323) Speed: 26.6kph Pace: 02:15 T2: 00:00:48.254 (00:54:06.577) Speed: 7.5kph Pace: 08:02 Run 2: 00:27:15.580 (01:21:22.157) Speed: 11.0kph Pace: 05:27</i>
12	MICHAEL MOMBOURQUETTE	KINGSTON, Ont	SPRINT DISTANCE DUATHLON	107	01:33:59.33	01:50	32.6kph	M	60	
										<i>Splits: Run 1: 00:07:41.261 (00:07:41.261) Speed: 0.0kph Pace: T1: 00:01:15.132 (00:08:56.393) Speed: 4.8kph Pace: 12:31 Bike: 00:54:16.093 (01:03:12.486) Speed: 22.1kph Pace: 02:42 T2: 00:01:54.352 (01:05:06.838) Speed: 3.1kph Pace: 19:03 Run 2: 00:28:52.493 (01:33:59.331) Speed: 10.4kph Pace: 05:46</i>
13	ROMA GREEN	PRUD'HOMME, Sas	SPRINT DISTANCE DUATHLON	100	01:36:48.11	01:53	31.6kph	F	48	
										<i>Splits: Run 1: 00:08:34.693 (00:08:34.693) Speed: 0.0kph Pace: T1: 00:01:03.289 (00:09:37.982) Speed: 5.7kph Pace: 10:32 Bike: 00:47:15.889 (00:56:53.871) Speed: 25.4kph Pace: 02:21 T2: 00:01:01.087 (00:57:54.958) Speed: 5.9kph Pace: 10:10 Run 2: 00:38:53.153 (01:36:48.111) Speed: 7.7kph Pace: 07:46</i>