

2014_Regina_Multisport_Spoke_n'_Hot_Women's_Triathlon_AgeGroup
 Regina MultiSport's
 Spoke n' Hot Women's Triathlon
 Echo valley, SK
 June 20, 2014

Timing by "Results Canada" info@resultscanada.com

Sprint Distance Age Group Results

Junior Women Sprint Triathlon Results

Place	Total	Numb	Category	Competitor	City	Swim	Bike	Run
1	1:18:10	64	Junior women	Tianna DODDS	Lumsden	12:16	41:25	24:31

women 20 - 29 Sprint Triathlon Results

Place	Total	Numb	Category	Competitor	City	Swim	Bike	Run
1	1:18:37	66	women 20-29	Tara FUCHS	Regina	13:33	39:09	25:56
2	1:18:41	75	women 20-29	Jordin HOFFORT	Regina	14:42	39:21	24:39
3	1:24:10	69	women 20-29	Katelle HALPAPE	Pense	14:26	41:16	28:29
4	1:24:50	91	women 20-29	Nicole SHEWCHUK	Yorkton	15:07	42:08	27:36
5	1:25:34	41	women 20-29	Andrea ORTT	Regina	14:35	42:27	28:33
6	1:27:02	76	women 20-29	Britton HOUDEK	Melville	15:58	40:49	30:15
7	1:29:46	63	women 20-29	Nichole DIEWOLD	Regina	14:57	43:53	30:58
8	1:30:29	79	women 20-29	Holly KRAL	Saskatoon	13:32	42:09	34:50
9	1:31:17	96	women 20-29	Courtney WHEATLEY	Regina	13:10	45:00	33:08
10	1:31:17	84	women 20-29	Gillian O'BYRNE	Regina	17:19	40:48	33:11
11	1:31:25	87	women 20-29	Krystle RUZICKA	Regina	16:10	45:04	30:12
12	1:32:29	89	women 20-29	Leah SAUCHYN	Saskatoon	17:16	45:14	30:00
13	1:35:34	24	women 20-29	Melissa BENDIG	Regina	17:13	47:51	30:32
14	1:41:26	36	women 20-29	Mallory MAZER	Regina	15:14	52:15	33:58
15	1:46:12	21	women 20-29	Jessica DOVICHAK	Weyburn	16:20	50:52	39:00
16	1:51:17	17	women 20-29	Megan BLATZ	Saskatoon	19:12	50:34	41:32
17		95	women 20-29	Skyelar VERBEURGT	Regina	14:35	55:41	

women 30 - 39 Sprint Triathlon Results

Place	Total	Numb	Category	Competitor	City	Swim	Bike	Run
1	1:17:47	77	women 30-39	Danielle ISTACE	Regina	11:14	40:13	26:22
2	1:18:21	83	women 30-39	Terri NEULS	Regina	13:23	39:55	25:04
3	1:20:24	90	women 30-39	Jennifer SEAMAN	Regina	14:17	41:56	24:13
4	1:22:45	33	women 30-39	Carla LOISELLE	Regina	14:07	42:36	26:03
5	1:23:05	81	women 30-39	Kelly MEDLOSKI	Regina	11:43	40:16	31:07
6	1:27:03	65	women 30-39	Laura FAUCHON	Regina	15:49	43:40	27:35
7	1:27:08	61	women 30-39	Claire CARTER	Regina	14:27	42:25	30:17
8	1:28:05	16	women 30-39	Janine BEAULIEU	Weyburn	17:06	41:51	29:09
9	1:29:24	94	women 30-39	Sarah TURNBULL	Regina	16:00	41:49	31:36
10	1:29:29	80	women 30-39	Becky MANG	Saskatoon	13:39	41:25	34:26
11	1:29:38	67	women 30-39	Rae GRAHAM	Regina	17:30	47:43	24:26
12	1:29:44	68	women 30-39	Kathryn GRODECKI	Regina	16:08	44:04	29:34
13	1:29:55	71	women 30-39	Corrie HEIMBECKER	Regina	13:05	42:59	33:53

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14	1:29:57	37	Women 30-39	Jana MCLAREN DAY	Carnduff	16:04	41:42	32:12
15	1:30:53	48	Women 30-39	Leanne SUMNERS	Regina	19:17	40:16	31:21
16	1:31:01	32	Women 30-39	Sarah LISKOWICH	Regina	15:44	48:58	26:20
17	1:31:16	74	Women 30-39	Audra HILL	White City	13:50	43:52	33:35
18	1:32:51	27	Women 30-39	Kalyn HUMENIUK	Regina	16:13	44:36	32:02
19	1:33:07	38	Women 30-39	Kelly-Ann MCLEOD	Regina	17:11	48:00	27:57
20	1:36:19	45	Women 30-39	Charity SCHMIDT	Saskatoon	14:35	47:37	34:08
21	1:38:23	28	Women 30-39	Lindsay JACKSON	Regina	17:34	44:59	35:51
22	1:38:26	62	Women 30-39	Crystal CLARKE	Abernethy	15:39	46:30	36:18
23	1:42:08	29	Women 30-39	Lisa KLEE	Humboldt	19:51	46:56	35:22
24	1:42:35	92	Women 30-39	Nicole SMITH	Regina	20:21	45:25	36:49
25	1:46:20	19	Women 30-39	Deanne CANNON	Regina	17:15	47:55	41:11
26	2:01:15	43	Women 30-39	Ronelle RATHGEBER	Melville	23:28	54:17	43:31

Women 40 - 49 Sprint Triathlon Results

Place	Total	Numb	Category	Competitor	City	Swim	Bike	Run
1	1:20:50	60	Women 40-49	Barb AUSTIN	Regina	11:19	39:59	29:33
2	1:26:40	50	Women 40-49	Bianca VIGNEUX	Regina	17:16	40:02	29:23
3	1:28:44	82	Women 40-49	Adriana MORYSKI	Regina	17:19	42:42	28:44
4	1:32:39	51	Women 40-49	Rhonda ZWACK	Regina	16:53	43:37	32:09
5	1:35:16	15	Women 40-49	Pamela ANDERSON	Regina	18:00	41:44	35:33
6	1:36:11	20	Women 40-49	Corinna DAHL-RITCO	Regina	17:27	48:48	29:58
7	1:36:39	93	Women 40-49	Andrea STERZUK	Regina	14:58	46:15	35:26
8	1:37:22	86	Women 40-49	Maria RUPCICH	White City	15:00	45:27	36:56
9	1:40:33	85	Women 40-49	Monique POLLON	Wilcox	19:20	48:54	32:20
10	1:44:25	49	Women 40-49	Alison SUNDEEN	Regina	19:57	46:53	37:36
11	1:52:44	39	Women 40-49	Shari MOSTHAF	Regina	20:30	45:28	46:46
12	2:06:27	46	Women 40-49	Tracy SHIER	Regina	23:19	53:07	50:02
13	2:09:55	47	Women 40-49	Carey SIM	Regina	26:23	51:37	51:56
14		44	Women 40-49	Juliana SAXBERG	Regina	26:38	1:00:44	
15		97	Women 40-49	Marylane MARCHUK	Regina	20:22	49:19	

Women 50 - 59 Sprint Triathlon Results

Place	Total	Numb	Category	Competitor	City	Swim	Bike	Run
1	1:27:38	72	Women 50-59	Kathy HENDREN	Regina	14:07	39:31	34:00
2	1:30:52	88	Women 50-59	Patti SANDISON-CATTEL	Regina	14:34	44:36	31:43
3	1:32:45	25	Women 50-59	Karen HARASEN	Regina	17:54	42:33	32:19
4	1:35:00	23	Women 50-59	Nicole FILTEAU	Regina	18:13	46:34	30:14
5	1:40:08	26	Women 50-59	Helene HAUGHEY	Saskatoon	17:00	50:18	32:51
6	1:46:08	22	Women 50-59	Cheryl EGGER	Regina	19:47	48:12	38:10
7	1:50:11	30	Women 50-59	Kathy KRAMMER	Regina	18:11	50:04	41:56
8	1:51:17	18	Women 50-59	Laurel BLATZ	Saskatoon	18:05	52:03	41:11

Women 60+ Sprint Triathlon Results

Place	Total	Numb	Category	Competitor	City	Swim	Bike	Run
1	1:42:19	34	Women 60+	Sandy MACDONALD	Regina	15:51	53:10	33:19
2	1:51:10	40	Women 60+	Patricia MULVAY	Regina	22:14	50:54	38:04

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