

2014_Regina_Multisport_Spoke_n'_Hot_Women's_Triathlon_Overall

Regina MultiSport's
Spoke n' Hot Women's Triathlon
Echo Valley, SK
June 20, 2014

Timing by "Results Canada" info@resultscanada.com

Sprint Distance

-----FINAL-----							750 metre				20 km				5 km			
Pos	Time	Name	City	Category		#	-SWIM-				-BIKE-				-RUN-			
				Plc/Total	Category		Cat	ovr	Time	/100m	Cat	ovr	Time	km/hr	Cat	ovr	Time	/km
1	1:17:47	Danielle ISTACE	Regina	1/26	women 30-39	77	1	11:14	1:30	7	40:13	29.8	9	26:22	5:17			
2	1:18:10	Tianna DODDS	Lumsden	1/1	Junior women	64	4	12:16	1:39	14	41:25	29.0	3	24:31	4:55			
3	1:18:21	Terri NEULS	Regina	2/26	women 30-39	83	7	13:23	1:47	4	39:55	30.1	5	25:04	5:01			
4	1:18:37	Tara FUCHS	Regina	1/17	women 20-29	66	9	13:33	1:49	1	39:09	30.7	6	25:56	5:12			
5	1:18:41	Jordin HOFFORT	Regina	2/17	women 20-29	75	21	14:42	1:58	2	39:21	30.5	4	24:39	4:56			
6	1:20:24	Jennifer SEAMAN	Regina	3/26	women 30-39	90	14	14:17	1:55	19	41:56	28.6	1	24:13	4:51			
7	1:20:50	Barb AUSTIN	Regina	1/15	women 40-49	60	2	11:19	1:31	5	39:59	30.0	18	29:33	5:55			
8	1:22:45	Carla LOISELLE	Regina	4/26	women 30-39	33	12	14:07	1:53	25	42:36	28.2	7	26:03	5:13			
9	1:23:05	Kelly MEDLOSKI	Regina	5/26	women 30-39	81	3	11:43	1:34	9	40:16	29.8	28	31:07	6:14			
10	1:24:10	Katelle HALPAPE	Pense	3/17	women 20-29	69	15	14:26	1:56	12	41:16	29.1	13	28:29	5:42			
11	1:24:50	Nicole SHEWCHUK	Yorkton	4/17	women 20-29	91	25	15:07	2:01	20	42:08	28.5	11	27:36	5:32			
12	1:25:34	Andrea ORTT	Regina	5/17	women 20-29	41	20	14:35	1:57	23	42:27	28.3	14	28:33	5:43			
13	1:26:40	Bianca VIGNEUX	Regina	2/15	women 40-49	50	44	17:16	2:19	6	40:02	30.0	17	29:23	5:53			
14	1:27:02	Britton HOUDEK	Melville	6/17	women 20-29	76	31	15:58	2:08	11	40:49	29.4	24	30:15	6:03			
15	1:27:03	Laura FAUCHON	Regina	6/26	women 30-39	65	29	15:49	2:07	29	43:40	27.5	10	27:35	5:31			
16	1:27:08	Claire CARTER	Regina	7/26	women 30-39	61	16	14:27	1:56	22	42:25	28.3	25	30:17	6:04			
17	1:27:38	Kathy HENDREN	Regina	1/8	women 50-59	72	13	14:07	1:53	3	39:31	30.4	44	34:00	6:48			
18	1:28:05	Janine BEAULIEU	Weyburn	8/26	women 30-39	16	40	17:06	2:17	18	41:51	28.7	16	29:09	5:50			
19	1:28:44	Adriana MORYSKI	Regina	3/15	women 40-49	82	46	17:19	2:19	26	42:42	28.1	15	28:44	5:45			
20	1:29:24	Sarah TURNBULL	Regina	9/26	women 30-39	94	32	16:00	2:08	17	41:49	28.7	30	31:36	6:20			
21	1:29:29	Becky MANG	Saskatoon	10/26	women 30-39	80	10	13:39	1:50	13	41:25	29.0	46	34:26	6:54			
22	1:29:38	Rae GRAHAM	Regina	11/26	women 30-39	67	49	17:30	2:20	48	47:43	25.1	2	24:26	4:54			
23	1:29:44	Kathryn GRODECKI	Regina	12/26	women 30-39	68	34	16:08	2:09	32	44:04	27.2	19	29:34	5:55			
24	1:29:46	Nichole DIEWOLD	Regina	7/17	women 20-29	63	22	14:57	2:00	31	43:53	27.3	27	30:58	6:12			
25	1:29:55	Corrie HEIMBECKER	Regina	13/26	women 30-39	71	5	13:05	1:45	27	42:59	27.9	42	33:53	6:47			
26	1:29:57	Jana MCLAREN DAY	Carnduff	14/26	women 30-39	37	33	16:04	2:09	15	41:42	28.8	34	32:12	6:27			
27	1:30:29	Holly KRAL	Saskatoon	8/17	women 20-29	79	8	13:32	1:49	21	42:09	28.5	47	34:50	6:58			
28	1:30:52	Patti SANDISON-CATTEL	Regina	2/8	women 50-59	88	17	14:34	1:57	33	44:36	26.9	31	31:43	6:21			
29	1:30:53	Leanne SUMNERS	Regina	15/26	women 30-39	48	57	19:17	2:35	8	40:16	29.8	29	31:21	6:17			
30	1:31:01	Sarah LISKOWICH	Regina	16/26	women 30-39	32	28	15:44	2:06	55	48:58	24.5	8	26:20	5:16			
31	1:31:16	Audra HILL	White City	17/26	women 30-39	74	11	13:50	1:51	30	43:52	27.4	41	33:35	6:43			
32	1:31:17	Courtney WHEATLEY	Regina	9/17	women 20-29	96	6	13:10	1:46	36	45:00	26.7	38	33:08	6:38			
33	1:31:17	Gillian O'BYRNE	Regina	10/17	women 20-29	84	47	17:19	2:19	10	40:48	29.4	39	33:11	6:39			
34	1:31:25	Krystle RUZICKA	Regina	11/17	women 20-29	87	35	16:10	2:10	37	45:04	26.6	22	30:12	6:03			
35	1:32:29	Leah SAUCHYN	Saskatoon	12/17	women 20-29	89	45	17:16	2:19	38	45:14	26.5	21	30:00	6:00			
36	1:32:39	Rhonda ZWACK	Regina	4/15	women 40-49	51	38	16:53	2:16	28	43:37	27.5	33	32:09	6:26			

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37	1:32:45	Karen HARASEN	Regina	3/8	women 50-59	25	51	17:54	2:24	24	42:33	28.2	35	32:19	6:28
38	1:32:51	Kalyn HUMENIUK	Regina	18/26	women 30-39	27	36	16:13	2:10	34	44:36	26.9	32	32:02	6:25
39	1:33:07	Kelly-Ann MCLEOD	Regina	19/26	women 30-39	38	41	17:11	2:18	51	48:00	25.0	12	27:57	5:36
40	1:35:00	Nicole FILTEAU	Regina	4/8	women 50-59	23	55	18:13	2:26	44	46:34	25.8	23	30:14	6:03
41	1:35:16	Pamela ANDERSON	Regina	5/15	women 40-49	15	52	18:00	2:24	16	41:44	28.8	50	35:33	7:07
42	1:35:34	Melissa BENDIG	Regina	13/17	women 20-29	24	42	17:13	2:18	49	47:51	25.1	26	30:32	6:07
43	1:36:11	Corinna DAHL-RITCO	Regina	6/15	women 40-49	20	48	17:27	2:20	53	48:48	24.6	20	29:58	6:00
44	1:36:19	Charity SCHMIDT	Saskatoon	20/26	women 30-39	45	18	14:35	1:57	47	47:37	25.2	45	34:08	6:50
45	1:36:39	Andrea STERZUK	Regina	7/15	women 40-49	93	23	14:58	2:00	42	46:15	25.9	49	35:26	7:06
46	1:37:22	Maria RUPCICH	White City	8/15	women 40-49	86	24	15:00	2:00	40	45:27	26.4	55	36:56	7:24
47	1:38:23	Lindsay JACKSON	Regina	21/26	women 30-39	28	50	17:34	2:21	35	44:59	26.7	51	35:51	7:11
48	1:38:26	Crystal CLARKE	Abernethy	22/26	women 30-39	62	27	15:39	2:06	43	46:30	25.8	53	36:18	7:16
49	1:40:08	Helene HAUGHEY	Saskatoon	5/8	women 50-59	26	39	17:00	2:16	58	50:18	23.9	37	32:51	6:35
50	1:40:33	Monique POLLON	Wilcox	9/15	women 40-49	85	58	19:20	2:35	54	48:54	24.5	36	32:20	6:28
51	1:41:26	Mallory MAZER	Regina	14/17	women 20-29	36	26	15:14	2:02	64	52:15	23.0	43	33:58	6:48
52	1:42:08	Lisa KLEE	Humboldt	23/26	women 30-39	29	60	19:51	2:39	46	46:56	25.6	48	35:22	7:05
53	1:42:19	Sandy MACDONALD	Regina	1/2	women 60+	34	30	15:51	2:07	66	53:10	22.6	40	33:19	6:40
54	1:42:35	Nicole SMITH	Regina	24/26	women 30-39	92	62	20:21	2:43	39	45:25	26.4	54	36:49	7:22
55	1:44:25	Alison SUNDEEN	Regina	10/15	women 40-49	49	61	19:57	2:40	45	46:53	25.6	56	37:36	7:32
56	1:46:08	Cheryl EGGER	Regina	6/8	women 50-59	22	59	19:47	2:39	52	48:12	24.9	58	38:10	7:38
57	1:46:12	Jessica DOVICHAK	Weyburn	15/17	women 20-29	21	37	16:20	2:11	60	50:52	23.6	59	39:00	7:48
58	1:46:18	Skyelar VERBEURGT	Regina	16/17	women 20-29	95	19	14:35	1:57	68	55:41	21.6	52	36:02	7:13
59	1:46:20	Deanne CANNON	Regina	25/26	women 30-39	19	43	17:15	2:18	50	47:55	25.0	61	41:11	8:14
60	1:49:03	Marylane MARCHUK	Regina	11/15	women 40-49	97	63	20:22	2:43	56	49:19	24.3	60	39:23	7:53
61	1:50:11	Kathy KRAMMER	Regina	7/8	women 50-59	30	54	18:11	2:26	57	50:04	24.0	64	41:56	8:24
62	1:51:10	Patricia MULVAY	Regina	2/2	women 60+	40	65	22:14	2:58	61	50:54	23.6	57	38:04	7:37
63	1:51:17	Megan BLATZ	Saskatoon	17/17	women 20-29	17	56	19:12	2:34	59	50:34	23.7	63	41:32	8:19
64	1:51:17	Laurel BLATZ	Saskatoon	8/8	women 50-59	18	53	18:05	2:25	63	52:03	23.1	62	41:11	8:15
65	1:52:44	Shari MOSTHAF	Regina	12/15	women 40-49	39	64	20:30	2:44	41	45:28	26.4	66	46:46	9:22
66	2:01:15	Ronelle RATHGEBER	Melville	26/26	women 30-39	43	67	23:28	3:08	67	54:17	22.1	65	43:31	8:43
67	2:06:27	Tracy SHIER	Regina	13/15	women 40-49	46	66	23:19	3:07	65	53:07	22.6	67	50:02	10:01
68	2:09:55	Carey SIM	Regina	14/15	women 40-49	47	68	26:23	3:31	62	51:37	23.2	69	51:56	10:24
69	2:17:27	Juliana SAXBERG	Regina	15/15	women 40-49	44	69	26:38	3:33	69	1:00:44	19.8	68	50:06	10:02