

U 19 SPOKE N HOT SUPER SPRINT

Line Through = Disqualified

Place	Name	Hometown	Type	Bib #	Time	Pace	Speed	Sex	Age	ID Number
1	KOLESOVA NATALIJA		SUPER SPRINT	71	00:38:06.01	02:25	24.8kph	F	17	
					<i>Splits: Swim: 00:05:34.316 (00:05:34.316) Speed: 4.0kph Pace: 14:51</i> <i>T1: 00:01:02.913 (00:06:37.229) Speed: 0.3kph Pace: 29:42</i> <i>Bike: 00:18:12.129 (00:24:49.358) Speed: 33.0kph Pace: 01:49</i> <i>T2: 00:01:03.231 (00:25:52.589) Speed: 0.3kph Pace: 30:46</i> <i>Run: 00:12:13.424 (00:38:06.013) Speed: 14.7kph Pace: 04:04</i>					
2	LAKUSTIAK MOLLY		SUPER SPRINT	95	00:39:20.35	02:29	24.0kph	F	14	
					<i>Splits: Swim: 00:05:53.705 (00:05:53.705) Speed: 3.8kph Pace: 15:43</i> <i>T1: 00:01:06.696 (00:07:00.401) Speed: 0.3kph Pace: 42:19</i> <i>Bike: 00:19:04.001 (00:26:04.402) Speed: 31.5kph Pace: 01:54</i> <i>T2: 00:01:05.684 (00:27:10.086) Speed: 0.3kph Pace: 38:56</i> <i>Run: 00:12:10.271 (00:39:20.357) Speed: 14.8kph Pace: 04:03</i>					
3	HEROUX JOCELYN		SUPER SPRINT	68	00:48:39.59	03:05	19.4kph	F	14	
					<i>Splits: Swim: 00:07:09.183 (00:07:09.183) Speed: 3.1kph Pace: 19:04</i> <i>T1: 00:01:51.826 (00:09:01.009) Speed: 0.2kph Pace: 12:45</i> <i>Bike: 00:22:26.919 (00:31:27.928) Speed: 26.7kph Pace: 02:14</i> <i>T2: 00:01:03.305 (00:32:31.233) Speed: 0.3kph Pace: 31:00</i> <i>Run: 00:16:08.357 (00:48:39.590) Speed: 11.2kph Pace: 05:22</i>					
4	KOLB MACKENZIE		SUPER SPRINT	70	00:50:56.71	03:14	18.5kph	F	13	
					<i>Splits: Swim: 00:06:37.181 (00:06:37.181) Speed: 3.4kph Pace: 17:39</i> <i>T1: 00:01:28.486 (00:08:05.667) Speed: 0.2kph Pace: 54:57</i> <i>Bike: 00:24:09.216 (00:32:14.883) Speed: 24.8kph Pace: 02:24</i> <i>T2: 00:01:20.996 (00:33:35.879) Speed: 0.2kph Pace: 29:59</i> <i>Run: 00:17:20.833 (00:50:56.712) Speed: 10.4kph Pace: 05:46</i>					
5	SENGA MAIA		SUPER SPRINT	98	00:54:20.36	03:27	17.4kph	F	15	
					<i>Splits: Swim: 00:07:12.829 (00:07:12.829) Speed: 3.1kph Pace: 19:14</i> <i>T1: 00:01:36.279 (00:08:49.108) Speed: 0.2kph Pace: 20:55</i> <i>Bike: 00:25:11.832 (00:34:00.940) Speed: 23.8kph Pace: 02:31</i> <i>T2: 00:01:05.357 (00:35:06.297) Speed: 0.3kph Pace: 37:51</i> <i>Run: 00:19:14.069 (00:54:20.366) Speed: 9.4kph Pace: 06:24</i>					