

Echo Lake Standard Distance Triathlon

Line Through = Disqualified

Place	Name	Hometown	Type	Bib #	Time	Pace	Speed	Sex	Age	ID Number
1	SCOTT KIEFER	REGINA, Sas	STANDARD DISTANCE TRIATHLON	18	02:15:31.09	02:37	22.8kph	M	33	
										<i>Splits: swim: 00:30:05.577 (00:30:05.577) Speed: 3.0kph Pace: 20:03 T1: 00:00:47.074 (00:30:52.651) Speed: 7.6kph Pace: 07:50 bike: 01:04:03.541 (01:34:56.192) Speed: 37.5kph Pace: 01:36 T2: 00:01:01.729 (01:35:57.921) Speed: 5.8kph Pace: 10:17 Run: 00:39:33.175 (02:15:31.096) Speed: 15.2kph Pace: 03:57</i>
2	STEFANO ZANOTTO	SASKATOON, Sas	STANDARD DISTANCE TRIATHLON	55	02:17:29.45	02:40	22.5kph	M	26	
										<i>Splits: swim: 00:33:24.495 (00:33:24.495) Speed: 2.7kph Pace: 22:16 T1: 00:01:16.709 (00:34:41.204) Speed: 4.7kph Pace: 12:47 bike: 01:05:11.617 (01:39:52.821) Speed: 36.8kph Pace: 01:37 T2: 00:01:20.310 (01:41:13.131) Speed: 4.5kph Pace: 13:23 Run: 00:36:16.324 (02:17:29.455) Speed: 16.5kph Pace: 03:37</i>
3	LUKE THIEL	SASKATOON, Sas	STANDARD DISTANCE TRIATHLON	47	02:18:16.45	02:41	22.3kph	M	27	
										<i>Splits: swim: 00:30:04.769 (00:30:04.769) Speed: 3.0kph Pace: 20:03 T1: 00:02:08.171 (00:32:12.940) Speed: 2.8kph Pace: 21:21 bike: 01:04:01.792 (01:36:14.732) Speed: 37.5kph Pace: 01:36 T2: 00:00:53.142 (01:37:07.874) Speed: 6.8kph Pace: 08:51 Run: 00:41:08.576 (02:18:16.450) Speed: 14.6kph Pace: 04:06</i>
4	CONWAY NELSON	REGINA, Sas	STANDARD DISTANCE TRIATHLON	56	02:21:15.20	02:44	21.9kph	M	43	
										<i>Splits: swim: 00:32:11.918 (00:32:11.918) Speed: 2.8kph Pace: 21:27 T1: 00:01:20.654 (00:33:32.572) Speed: 4.5kph Pace: 13:26 bike: 01:04:14.806 (01:37:47.378) Speed: 37.4kph Pace: 01:36 T2: 00:00:39.118 (01:38:26.496) Speed: 9.2kph Pace: 06:31 Run: 00:42:48.708 (02:21:15.204) Speed: 14.0kph Pace: 04:16</i>
5	JULIA TOTOSY DE ZEPETNEK	REGINA, Sas	STANDARD DISTANCE TRIATHLON	49	02:22:39.59	02:46	21.7kph	F	34	
										<i>Splits: swim: 00:30:16.034 (00:30:16.034) Speed: 3.0kph Pace: 20:10 T1: 00:02:28.644 (00:32:44.678) Speed: 2.4kph Pace: 24:46 bike: 01:06:08.912 (01:38:53.590) Speed: 36.3kph Pace: 01:39 T2: 00:01:28.188 (01:40:21.778) Speed: 4.1kph Pace: 14:41 Run: 00:42:17.817 (02:22:39.595) Speed: 14.2kph Pace: 04:13</i>
6	RUSSELL KOHRS	CALGARY, Alb	STANDARD DISTANCE TRIATHLON	19	02:23:00.78	02:46	21.6kph	M	24	
										<i>Splits: swim: 00:30:26.301 (00:30:26.301) Speed: 3.0kph Pace: 20:17 T1: 00:00:48.646 (00:31:14.947) Speed: 7.4kph Pace: 08:06 bike: 01:07:32.540 (01:38:47.487) Speed: 35.5kph Pace: 01:41 T2: 00:01:02.954 (01:39:50.441) Speed: 5.7kph Pace: 10:29 Run: 00:43:10.341 (02:23:00.782) Speed: 13.9kph Pace: 04:19</i>
7	KEVIN SUTTON	SASKATOON, Sas	STANDARD DISTANCE TRIATHLON	46	02:24:05.32	02:47	21.4kph	M	60	
										<i>Splits: swim: 00:28:19.092 (00:28:19.092) Speed: 3.2kph Pace: 18:52 T1: 00:01:02.997 (00:29:22.089) Speed: 5.7kph Pace: 10:29 bike: 01:07:46.836 (01:37:08.925) Speed: 35.4kph Pace: 01:41 T2: 00:00:49.829 (01:37:58.754) Speed: 7.2kph Pace: 08:18 Run: 00:46:06.568 (02:24:05.322) Speed: 13.0kph Pace: 04:36</i>
8	BRETT MILLER	REGINA, Sas	STANDARD DISTANCE TRIATHLON	26	02:25:24.58	02:49	21.3kph	M	31	
										<i>Splits: swim: 00:30:25.024 (00:30:25.024) Speed: 3.0kph Pace: 20:16 T1: 00:01:25.295 (00:31:50.319) Speed: 4.2kph Pace: 14:12 bike: 01:07:45.978 (01:39:36.297) Speed: 35.4kph Pace: 01:41 T2: 00:00:40.606 (01:40:16.903) Speed: 8.9kph Pace: 06:46 Run: 00:45:07.684 (02:25:24.587) Speed: 13.3kph Pace: 04:30</i>
9	ABBY MILLER	OTTAWA, Ont	STANDARD DISTANCE TRIATHLON	27	02:27:52.88	02:52	20.9kph	F	26	
										<i>Splits: swim: 00:25:52.463 (00:25:52.463) Speed: 3.5kph Pace: 17:14 T1: 00:00:44.764 (00:26:37.227) Speed: 8.0kph Pace: 07:27 bike: 01:13:02.256 (01:39:39.483) Speed: 32.9kph Pace: 01:49 T2: 00:00:47.403 (01:40:26.886) Speed: 7.6kph Pace: 07:54 Run: 00:47:25.996 (02:27:52.882) Speed: 12.6kph Pace: 04:44</i>

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Place	Name	Hometown	Type	Bib #	Time	Pace	Speed	Sex	Age	ID Number
10	ERIN KIEFER	REGINA, Sas	STANDARD DISTANCE TRIATHLON	17	02:29:00.78	02:53	20.7kph	F	33	
										<i>Splits: swim: 00:29:59.134 (00:29:59.134) Speed: 3.0kph Pace: 19:59 T1: 00:01:18.781 (00:31:17.915) Speed: 4.6kph Pace: 13:07 bike: 01:10:24.228 (01:41:42.143) Speed: 34.1kph Pace: 01:41 T2: 00:00:51.842 (01:42:33.985) Speed: 6.9kph Pace: 08:38 Run: 00:46:26.801 (02:29:00.786) Speed: 12.9kph Pace: 04:38</i>
11	STEVEN BASS	REGINA, Sas	STANDARD DISTANCE TRIATHLON	3	02:29:29.39	02:54	20.7kph	M	32	
										<i>Splits: swim: 00:28:58.973 (00:28:58.973) Speed: 3.1kph Pace: 19:19 T1: 00:03:09.357 (00:32:08.330) Speed: 1.9kph Pace: 31:33 bike: 01:07:23.512 (01:39:31.842) Speed: 35.6kph Pace: 01:41 T2: 00:01:03.941 (01:40:35.783) Speed: 5.6kph Pace: 10:39 Run: 00:48:53.608 (02:29:29.391) Speed: 12.3kph Pace: 04:53</i>
12	MICHAEL DIEWOLD	REGINA, Sas	STANDARD DISTANCE TRIATHLON	58	02:30:02.18	02:54	20.6kph	M	34	
										<i>Splits: swim: 00:31:57.232 (00:31:57.232) Speed: 2.8kph Pace: 21:18 T1: 00:01:41.646 (00:33:38.878) Speed: 3.5kph Pace: 16:56 bike: 01:06:24.199 (01:40:03.077) Speed: 36.1kph Pace: 01:39 T2: 00:01:12.854 (01:41:15.931) Speed: 4.9kph Pace: 10:08 Run: 00:48:46.255 (02:30:02.186) Speed: 12.3kph Pace: 04:52</i>
13	MIKE PARKINSON	REGINA, Sas	STANDARD DISTANCE TRIATHLON	36	02:33:07.97	02:58	20.2kph	M	40	
										<i>Splits: swim: 00:30:46.115 (00:30:46.115) Speed: 2.9kph Pace: 20:30 T1: 00:01:23.424 (00:32:09.539) Speed: 4.3kph Pace: 13:54 bike: 01:09:08.221 (01:41:17.760) Speed: 34.7kph Pace: 01:43 T2: 00:01:10.764 (01:42:28.524) Speed: 5.1kph Pace: 11:47 Run: 00:50:39.454 (02:33:07.978) Speed: 11.8kph Pace: 05:03</i>
14	MURRAY SMITH	MOOSE JAW, Sas	STANDARD DISTANCE TRIATHLON	43	02:34:13.81	02:59	20.0kph	M	40	
										<i>Splits: swim: 00:35:29.932 (00:35:29.932) Speed: 2.5kph Pace: 23:39 T1: 00:02:04.213 (00:37:34.145) Speed: 2.9kph Pace: 20:42 bike: 01:07:29.385 (01:45:03.530) Speed: 35.6kph Pace: 01:41 T2: 00:01:07.570 (01:46:11.100) Speed: 5.3kph Pace: 11:15 Run: 00:48:02.718 (02:34:13.818) Speed: 12.5kph Pace: 04:48</i>
15	HOWARD EPOCH	MOOSE JAW, Sas	STANDARD DISTANCE TRIATHLON	11	02:35:05.10	03:00	19.9kph	M	53	
										<i>Splits: swim: 00:37:02.896 (00:37:02.896) Speed: 2.4kph Pace: 24:41 T1: 00:01:11.722 (00:38:14.618) Speed: 5.0kph Pace: 11:57 bike: 01:10:16.109 (01:48:30.727) Speed: 34.2kph Pace: 01:45 T2: 00:01:05.840 (01:49:36.567) Speed: 5.5kph Pace: 10:58 Run: 00:45:28.534 (02:35:05.101) Speed: 13.2kph Pace: 04:32</i>
16	JAMES FEURING	REGINA, Sas	STANDARD DISTANCE TRIATHLON	12	02:36:41.56	03:02	19.7kph	M	35	
										<i>Splits: swim: 00:39:34.279 (00:39:34.279) Speed: 2.3kph Pace: 26:22 T1: 00:02:12.577 (00:41:46.856) Speed: 2.7kph Pace: 22:05 bike: 01:08:32.786 (01:50:19.642) Speed: 35.0kph Pace: 01:42 T2: 00:01:10.762 (01:51:30.404) Speed: 5.1kph Pace: 11:47 Run: 00:45:11.163 (02:36:41.567) Speed: 13.3kph Pace: 04:31</i>
17	MARTIN ALBERTS	MOOSE JAW, Sas	STANDARD DISTANCE TRIATHLON	1	02:36:53.68	03:02	19.7kph	M	38	
										<i>Splits: swim: 00:32:49.000 (00:32:49.000) Speed: 2.7kph Pace: 21:52 T1: 00:01:54.108 (00:34:43.108) Speed: 3.2kph Pace: 19:01 bike: 01:13:25.192 (01:48:08.300) Speed: 32.7kph Pace: 01:50 T2: 00:01:19.597 (01:49:27.897) Speed: 4.5kph Pace: 13:15 Run: 00:47:25.786 (02:36:53.683) Speed: 12.7kph Pace: 04:44</i>
18	ALEXANDRA CLARKE	WEYBURN, Sas	STANDARD DISTANCE TRIATHLON	8	02:37:40.48	03:03	19.6kph	F	25	
										<i>Splits: swim: 00:31:00.450 (00:31:00.450) Speed: 2.9kph Pace: 20:40 T1: 00:01:18.180 (00:32:18.630) Speed: 4.6kph Pace: 13:01 bike: 01:13:37.361 (01:45:55.991) Speed: 32.6kph Pace: 01:50 T2: 00:00:58.141 (01:46:54.132) Speed: 6.2kph Pace: 09:41 Run: 00:50:46.353 (02:37:40.485) Speed: 11.8kph Pace: 05:04</i>

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19	KEVIN BRAWN	ABBHEY, Sas	STANDARD DISTANCE TRIATHLON	5	02:38:04.80	03:04	19.5kph	M	50	
										<i>Splits: swim: 00:31:56.826 (00:31:56.826) Speed: 2.8kph Pace: 21:17 T1: 00:02:24.791 (00:34:21.617) Speed: 2.5kph Pace: 24:07 bike: 01:10:59.821 (01:45:21.438) Speed: 33.8kph Pace: 01:46 T2: 00:00:46.125 (01:46:07.563) Speed: 7.8kph Pace: 07:41 Run: 00:51:57.239 (02:38:04.802) Speed: 11.5kph Pace: 05:11</i>
20	DAVID WEISGERBER	REGINA, Sas	STANDARD DISTANCE TRIATHLON	51	02:38:26.32	03:04	19.5kph	M	32	
										<i>Splits: swim: 00:42:15.245 (00:42:15.245) Speed: 2.1kph Pace: 28:10 T1: 00:01:56.354 (00:44:11.599) Speed: 3.1kph Pace: 19:23 bike: 01:10:23.161 (01:54:34.760) Speed: 34.1kph Pace: 01:45 T2: 00:01:27.549 (01:56:02.309) Speed: 4.1kph Pace: 14:35 Run: 00:42:24.019 (02:38:26.328) Speed: 14.2kph Pace: 04:14</i>
21	GREG WERNHAM	WINNIPEG, Man	STANDARD DISTANCE TRIATHLON	54	02:38:49.65	03:05	19.5kph	M	30	
										<i>Splits: swim: 00:32:46.030 (00:32:46.030) Speed: 2.7kph Pace: 21:50 T1: 00:01:26.027 (00:34:12.057) Speed: 4.2kph Pace: 14:20 bike: 01:18:44.534 (01:52:56.591) Speed: 30.5kph Pace: 01:58 T2: 00:01:16.556 (01:54:13.147) Speed: 4.7kph Pace: 12:45 Run: 00:44:36.512 (02:38:49.659) Speed: 13.5kph Pace: 04:27</i>
22	BERNHARD PRAHAUSER	REGINA, Sas	STANDARD DISTANCE TRIATHLON	37	02:39:04.83	03:05	19.4kph	M	45	
										<i>Splits: swim: 00:37:40.936 (00:37:40.936) Speed: 2.4kph Pace: 25:07 T1: 00:01:40.159 (00:39:21.095) Speed: 3.6kph Pace: 16:41 bike: 01:09:19.839 (01:48:40.934) Speed: 34.6kph Pace: 01:43 T2: 00:01:12.420 (01:49:53.354) Speed: 5.0kph Pace: 12:04 Run: 00:49:11.484 (02:39:04.838) Speed: 12.2kph Pace: 04:55</i>
23	BRANDON BLONDEAU	SASKATOON, Sas	STANDARD DISTANCE TRIATHLON	4	02:40:24.93	03:06	19.3kph	M	28	
										<i>Splits: swim: 00:30:16.840 (00:30:16.840) Speed: 3.0kph Pace: 20:11 T1: 00:01:43.568 (00:32:00.408) Speed: 3.5kph Pace: 17:15 bike: 01:14:04.835 (01:46:05.243) Speed: 32.4kph Pace: 01:51 T2: 00:01:02.457 (01:47:07.700) Speed: 5.8kph Pace: 10:24 Run: 00:53:17.231 (02:40:24.931) Speed: 11.3kph Pace: 05:19</i>
24	LEIGH ROSENGREN	MIDALE, Sas	STANDARD DISTANCE TRIATHLON	39	02:40:32.24	03:07	19.2kph	F	41	
										<i>Splits: swim: 00:35:19.230 (00:35:19.230) Speed: 2.5kph Pace: 23:32 T1: 00:01:25.672 (00:36:44.902) Speed: 4.2kph Pace: 14:16 bike: 01:17:21.045 (01:54:05.947) Speed: 31.0kph Pace: 01:56 T2: 00:01:01.944 (01:55:07.891) Speed: 5.8kph Pace: 10:19 Run: 00:45:24.356 (02:40:32.247) Speed: 13.2kph Pace: 04:32</i>
25	DANE STENNES	REGINA, Sas	STANDARD DISTANCE TRIATHLON	45	02:41:17.71	03:07	19.2kph	M	33	
										<i>Splits: swim: 00:30:57.766 (00:30:57.766) Speed: 2.9kph Pace: 20:38 T1: 00:02:53.391 (00:33:51.157) Speed: 2.1kph Pace: 28:53 bike: 01:07:52.157 (01:41:43.314) Speed: 35.4kph Pace: 01:41 T2: 00:01:46.048 (01:43:29.362) Speed: 3.4kph Pace: 17:40 Run: 00:57:48.350 (02:41:17.712) Speed: 10.4kph Pace: 05:46</i>
26	ERIN HARLOS	REGINA, Sas	STANDARD DISTANCE TRIATHLON	13	02:42:25.16	03:09	19.0kph	F	38	
										<i>Splits: swim: 00:30:42.150 (00:30:42.150) Speed: 2.9kph Pace: 20:28 T1: 00:01:04.804 (00:31:46.954) Speed: 5.6kph Pace: 10:48 bike: 01:16:52.495 (01:48:39.449) Speed: 31.2kph Pace: 01:55 T2: 00:01:04.886 (01:49:44.335) Speed: 5.5kph Pace: 10:48 Run: 00:52:40.833 (02:42:25.168) Speed: 11.4kph Pace: 05:16</i>
27	NATALYA MILNER	REGINA, Sas	STANDARD DISTANCE TRIATHLON	28	02:44:10.35	03:11	18.8kph	F	26	
										<i>Splits: swim: 00:27:19.341 (00:27:19.341) Speed: 3.3kph Pace: 18:12 T1: 00:01:18.208 (00:28:37.549) Speed: 4.6kph Pace: 13:02 bike: 01:20:35.030 (01:49:12.579) Speed: 29.8kph Pace: 02:00 T2: 00:01:00.957 (01:50:13.536) Speed: 5.9kph Pace: 10:09 Run: 00:53:56.814 (02:44:10.350) Speed: 11.1kph Pace: 05:23</i>

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28	BRIDGETT NORMAN	REGINA, Sas	STANDARD DISTANCE TRIATHLON	33	02:45:33.35	03:12	18.7kph	F	39	
										<i>Splits: swim: 00:27:58.999 (00:27:58.999) Speed: 3.2kph Pace: 18:39 T1: 00:01:32.529 (00:29:31.528) Speed: 3.9kph Pace: 15:25 bike: 01:18:05.576 (01:47:37.104) Speed: 30.7kph Pace: 01:57 T2: 00:01:07.149 (01:48:44.253) Speed: 5.4kph Pace: 11:11 Run: 00:56:49.100 (02:45:33.353) Speed: 10.6kph Pace: 05:40</i>
29	MAYSON SONNTAG	REGINA, Sas	STANDARD DISTANCE TRIATHLON	44	02:50:23.65	03:18	18.1kph	M	19	
										<i>Splits: swim: 00:41:15.244 (00:41:15.244) Speed: 2.2kph Pace: 27:30 T1: 00:01:52.645 (00:43:07.889) Speed: 3.2kph Pace: 18:46 bike: 01:13:51.288 (01:56:59.177) Speed: 32.5kph Pace: 01:50 T2: 00:01:13.582 (01:58:12.759) Speed: 4.9kph Pace: 12:15 Run: 00:52:10.897 (02:50:23.656) Speed: 11.5kph Pace: 05:13</i>
30	GORDON HIPPERSON	REGINA, Sas	STANDARD DISTANCE TRIATHLON	15	02:52:58.87	03:21	17.9kph	M	58	
										<i>Splits: swim: 00:37:03.713 (00:37:03.713) Speed: 2.4kph Pace: 24:42 T1: 00:02:31.312 (00:39:35.025) Speed: 2.4kph Pace: 25:13 bike: 01:18:55.651 (01:58:30.676) Speed: 30.4kph Pace: 01:58 T2: 00:01:59.042 (02:00:29.718) Speed: 3.0kph Pace: 19:50 Run: 00:52:29.156 (02:52:58.874) Speed: 11.4kph Pace: 05:14</i>
31	GREG TODD	SASKATOON, Sas	STANDARD DISTANCE TRIATHLON	48	02:55:05.23	03:23	17.6kph	M	54	
										<i>Splits: swim: 00:44:02.119 (00:44:02.119) Speed: 2.0kph Pace: 29:21 T1: 00:02:27.110 (00:46:29.229) Speed: 2.4kph Pace: 24:31 bike: 01:13:00.707 (01:59:29.936) Speed: 32.9kph Pace: 01:49 T2: 00:01:41.060 (02:01:10.996) Speed: 3.6kph Pace: 16:50 Run: 00:53:54.242 (02:55:05.238) Speed: 11.1kph Pace: 05:23</i>
32	TERRY CHAISSON	LLOYDMINSTER, Alb	STANDARD DISTANCE TRIATHLON	7	02:55:32.34	03:24	17.6kph	M	53	
										<i>Splits: swim: 00:35:47.789 (00:35:47.789) Speed: 2.5kph Pace: 23:51 T1: 00:03:06.631 (00:38:54.420) Speed: 1.9kph Pace: 31:06 bike: 01:15:21.095 (01:54:15.515) Speed: 31.9kph Pace: 01:53 T2: 00:01:13.228 (01:55:28.743) Speed: 4.9kph Pace: 12:12 Run: 01:00:03.600 (02:55:32.343) Speed: 10.0kph Pace: 06:00</i>
33	CHAD EGGERMAN	SASKATOON, Sas	STANDARD DISTANCE TRIATHLON	10	02:57:04.33	03:26	17.5kph	M	43	
										<i>Splits: swim: 00:49:34.934 (00:49:34.934) Speed: 1.8kph Pace: 33:03 T1: 00:02:21.123 (00:51:56.057) Speed: 2.6kph Pace: 23:31 bike: 01:13:55.701 (02:05:51.758) Speed: 32.5kph Pace: 01:50 T2: 00:00:54.246 (02:06:46.004) Speed: 6.6kph Pace: 09:02 Run: 00:50:18.335 (02:57:04.339) Speed: 11.9kph Pace: 05:01</i>
34	KIM REAVIE	FORT QU'APPELLE, Sas	STANDARD DISTANCE TRIATHLON	38	02:58:59.09	03:28	17.3kph	M	45	
										<i>Splits: swim: 00:41:23.796 (00:41:23.796) Speed: 2.2kph Pace: 27:35 T1: 00:02:22.183 (00:43:45.979) Speed: 2.5kph Pace: 23:41 bike: 01:14:31.263 (01:58:17.242) Speed: 32.2kph Pace: 01:51 T2: 00:01:03.615 (01:59:20.857) Speed: 5.7kph Pace: 10:36 Run: 00:59:38.238 (02:58:59.095) Speed: 10.1kph Pace: 05:57</i>
35	EKALAK CHAINAKUL	REGINA, Sas	STANDARD DISTANCE TRIATHLON	6	02:59:21.47	03:28	17.2kph	M	34	
										<i>Splits: swim: 00:40:31.317 (00:40:31.317) Speed: 2.2kph Pace: 27:00 T1: 00:01:57.685 (00:44:29.002) Speed: 3.1kph Pace: 19:36 bike: 01:19:37.056 (02:02:06.058) Speed: 30.1kph Pace: 01:59 T2: 00:01:15.885 (02:03:21.943) Speed: 4.7kph Pace: 12:38 Run: 00:55:59.529 (02:59:21.472) Speed: 10.7kph Pace: 05:35</i>
36	JIM WERNHAM	WINNIPEG, Man	STANDARD DISTANCE TRIATHLON	53	03:00:18.15	03:30	17.1kph	M	57	
										<i>Splits: swim: 00:43:10.620 (00:43:10.620) Speed: 2.1kph Pace: 28:47 T1: 00:01:11.645 (00:44:22.265) Speed: 5.0kph Pace: 11:56 bike: 01:19:11.150 (02:03:33.415) Speed: 30.3kph Pace: 01:58 T2: 00:00:47.143 (02:04:20.558) Speed: 7.6kph Pace: 07:51 Run: 00:55:57.596 (03:00:18.154) Speed: 10.7kph Pace: 05:35</i>

Echo Lake Standard Distance Triathlon

Line Through = Disqualified

Place	Name	Hometown	Type	Bib #	Time	Pace	Speed	Sex	Age	ID Number
37	COLIN NEISER	REGINA, Sas	STANDARD DISTANCE TRIATHLON	31	03:01:36.31	03:31	17.0kph	M	44	
										<i>Splits: swim: 00:28:25.507 (00:28:25.507) Speed: 3.2kph Pace: 18:57 T1: 00:02:05.570 (00:30:31.077) Speed: 2.9kph Pace: 20:55 bike: 01:20:00.430 (01:50:31.507) Speed: 30.0kph Pace: 02:00 T2: 00:01:29.175 (01:52:00.682) Speed: 4.0kph Pace: 14:51 Run: 01:09:35.629 (03:01:36.311) Speed: 8.6kph Pace: 06:57</i>
38	CARLIE MURRAY	GRAVELBOURG, Sas	STANDARD DISTANCE TRIATHLON	30	03:01:44.76	03:31	17.0kph	F	28	
										<i>Splits: swim: 00:42:11.780 (00:42:11.780) Speed: 2.1kph Pace: 28:07 T1: 00:01:35.799 (00:43:47.579) Speed: 3.8kph Pace: 15:57 bike: 01:23:18.556 (02:07:06.135) Speed: 28.8kph Pace: 02:04 T2: 00:01:05.184 (02:08:11.319) Speed: 5.5kph Pace: 10:51 Run: 00:53:33.441 (03:01:44.760) Speed: 11.2kph Pace: 05:21</i>
39	MIRIAM SCUKA	SASKATOON, Sas	STANDARD DISTANCE TRIATHLON	41	03:06:48.46	03:37	16.5kph	F	53	
										<i>Splits: swim: 00:38:59.103 (00:38:59.103) Speed: 2.3kph Pace: 25:59 T1: 00:02:01.102 (00:41:00.205) Speed: 3.0kph Pace: 20:11 bike: 01:23:42.728 (02:04:42.933) Speed: 28.7kph Pace: 02:05 T2: 00:01:32.770 (02:06:15.703) Speed: 3.9kph Pace: 15:27 Run: 01:00:32.757 (03:06:48.460) Speed: 9.9kph Pace: 06:03</i>
40	DARREN MACKIE	BALGONIE, Sas	STANDARD DISTANCE TRIATHLON	22	03:06:59.43	03:37	16.5kph	M	53	
										<i>Splits: swim: 00:42:30.242 (00:42:30.242) Speed: 2.1kph Pace: 28:20 T1: 00:02:18.966 (00:44:49.208) Speed: 2.6kph Pace: 23:09 bike: 01:13:52.899 (01:58:42.107) Speed: 32.5kph Pace: 01:50 T2: 00:01:07.720 (01:59:49.827) Speed: 5.3kph Pace: 11:17 Run: 01:07:09.609 (03:06:59.436) Speed: 8.9kph Pace: 06:42</i>
41	RODNEY HUDYM	SASKATOON, Sas	STANDARD DISTANCE TRIATHLON	16	03:07:25.75	03:38	16.5kph	M	56	
										<i>Splits: swim: 00:41:55.150 (00:41:55.150) Speed: 2.1kph Pace: 27:56 T1: 00:02:41.759 (00:44:36.909) Speed: 2.2kph Pace: 26:57 bike: 01:19:50.167 (02:04:27.076) Speed: 30.1kph Pace: 01:59 T2: 00:01:18.279 (02:05:45.355) Speed: 4.6kph Pace: 13:02 Run: 01:01:40.402 (03:07:25.757) Speed: 9.7kph Pace: 06:10</i>
42	CHAD VICKERS	REGINA, Sas	STANDARD DISTANCE TRIATHLON	50	03:09:06.49	03:40	16.3kph	M	41	
										<i>Splits: swim: 00:45:50.855 (00:45:50.855) Speed: 2.0kph Pace: 30:33 T1: 00:01:45.240 (00:47:36.095) Speed: 3.4kph Pace: 17:32 bike: 01:21:40.944 (02:09:17.039) Speed: 29.4kph Pace: 02:02 T2: 00:01:29.127 (02:10:46.166) Speed: 4.0kph Pace: 14:51 Run: 00:58:20.324 (03:09:06.490) Speed: 10.3kph Pace: 05:50</i>
43	LEAH LAXDAL	SASKATOON, Sas	STANDARD DISTANCE TRIATHLON	21	03:09:17.35	03:40	16.3kph	F	38	
										<i>Splits: swim: 00:45:54.402 (00:45:54.402) Speed: 2.0kph Pace: 30:36 T1: 00:01:22.710 (00:47:17.112) Speed: 4.4kph Pace: 13:47 bike: 01:20:26.935 (02:07:44.047) Speed: 29.8kph Pace: 02:00 T2: 00:01:09.030 (02:08:53.077) Speed: 5.2kph Pace: 11:30 Run: 01:00:24.281 (03:09:17.358) Speed: 9.9kph Pace: 06:02</i>
44	RENE DESAULNIERS	WINNIPEG, Man	STANDARD DISTANCE TRIATHLON	9	03:09:20.52	03:40	16.3kph	M	57	
										<i>Splits: swim: 00:43:32.072 (00:43:32.072) Speed: 2.1kph Pace: 29:01 T1: 00:03:00.736 (00:46:32.808) Speed: 2.0kph Pace: 30:07 bike: 01:16:54.602 (02:03:27.410) Speed: 31.2kph Pace: 01:55 T2: 00:01:20.060 (02:04:47.470) Speed: 4.5kph Pace: 13:20 Run: 01:04:33.051 (03:09:20.521) Speed: 9.3kph Pace: 06:27</i>
45	TONY LAU	REGINA, Sas	STANDARD DISTANCE TRIATHLON	20	03:11:02.38	03:42	16.2kph	M	49	
										<i>Splits: swim: 00:39:54.048 (00:39:54.048) Speed: 2.3kph Pace: 26:36 T1: 00:03:18.512 (00:43:12.560) Speed: 1.8kph Pace: 33:05 bike: 01:24:20.893 (02:07:33.453) Speed: 28.5kph Pace: 02:06 T2: 00:00:51.788 (02:08:25.241) Speed: 7.0kph Pace: 08:37 Run: 01:02:37.139 (03:11:02.380) Speed: 9.6kph Pace: 06:15</i>

Echo Lake Standard Distance Triathlon

Line Through = Disqualified

Place	Name	Hometown	Type	Bib #	Time	Pace	Speed	Sex	Age	ID Number
46	CLINT MATHIES	HERBERT, Sas	STANDARD DISTANCE TRIATHLON	24	03:13:16.47	03:45	16.0kph	M	33	
<i>Splits: swim: 00:44:26.478 (00:44:26.478) Speed: 2.0kph Pace: 29:37 T1: 00:02:39.941 (00:47:06.419) Speed: 2.3kph Pace: 26:39 bike: 01:16:38.767 (02:03:45.186) Speed: 31.3kph Pace: 01:54 T2: 00:01:27.207 (02:05:12.393) Speed: 4.1kph Pace: 14:32 Run: 01:08:04.077 (03:13:16.470) Speed: 8.8kph Pace: 06:48</i>										
47	SHARI MOMBOURQUETTE	REGINA, Sas	STANDARD DISTANCE TRIATHLON	29	03:14:58.28	03:47	15.8kph	F	59	
<i>Splits: swim: 00:45:38.762 (00:45:38.762) Speed: 2.0kph Pace: 30:25 T1: 00:01:36.724 (00:47:15.486) Speed: 3.7kph Pace: 16:07 bike: 01:20:22.872 (02:07:38.358) Speed: 29.9kph Pace: 02:00 T2: 00:01:31.364 (02:09:09.722) Speed: 3.9kph Pace: 15:13 Run: 01:05:48.567 (03:14:58.289) Speed: 9.1kph Pace: 06:34</i>										
48	SCOTT ANDERSON	REGINA, Sas	STANDARD DISTANCE TRIATHLON	2	03:15:59.79	03:48	15.8kph	M	40	
<i>Splits: swim: 00:46:33.123 (00:46:33.123) Speed: 1.9kph Pace: 31:02 T1: 00:02:31.541 (00:49:04.664) Speed: 2.4kph Pace: 25:15 bike: 01:23:04.327 (02:12:08.991) Speed: 28.9kph Pace: 02:04 T2: 00:02:38.547 (02:14:47.538) Speed: 2.3kph Pace: 26:25 Run: 01:01:12.255 (03:15:59.793) Speed: 9.8kph Pace: 06:07</i>										
49	CAREY SCHINDEL	MARTENSVILLE, Sas	STANDARD DISTANCE TRIATHLON	40	03:19:05.72	03:51	15.5kph	F	41	
<i>Splits: swim: 00:48:20.022 (00:48:20.022) Speed: 1.9kph Pace: 32:13 T1: 00:02:02.933 (00:50:22.955) Speed: 2.9kph Pace: 20:29 bike: 01:25:05.936 (02:15:28.891) Speed: 28.2kph Pace: 02:07 T2: 00:01:34.796 (02:17:03.687) Speed: 3.8kph Pace: 15:47 Run: 01:02:02.038 (03:19:05.725) Speed: 9.7kph Pace: 06:12</i>										
50	BLAIR PARKINSON	FORT QU'APPELLE, Sas	STANDARD DISTANCE TRIATHLON	35	03:22:34.71	03:56	15.3kph	M	74	
<i>Splits: swim: 00:46:15.255 (00:46:15.255) Speed: 1.9kph Pace: 30:50 T1: 00:04:00.588 (00:50:15.843) Speed: 1.5kph Pace: 40:05 bike: 01:14:26.386 (02:04:42.229) Speed: 32.2kph Pace: 01:51 T2: 00:03:19.199 (02:08:01.428) Speed: 1.8kph Pace: 33:11 Run: 01:14:33.284 (03:22:34.712) Speed: 8.0kph Pace: 07:27</i>										
51	KIMBERLEE MARKUSSON FOAM LAKE, Sas		STANDARD DISTANCE TRIATHLON	23	03:26:57.02	04:01	14.9kph	F	38	
<i>Splits: swim: 00:47:57.947 (00:47:57.947) Speed: 1.9kph Pace: 31:58 T1: 00:02:30.950 (00:50:28.897) Speed: 2.4kph Pace: 25:09 bike: 01:27:53.584 (02:18:22.481) Speed: 27.3kph Pace: 02:11 T2: 00:03:02.665 (02:21:25.146) Speed: 2.0kph Pace: 30:26 Run: 01:05:31.882 (03:26:57.028) Speed: 9.2kph Pace: 06:33</i>										
52	GARETH DILLISTONE	REGINA, Sas	STANDARD DISTANCE TRIATHLON	57	03:33:17.99	04:08	14.5kph	M	55	
<i>Splits: swim: 00:46:30.872 (00:46:30.872) Speed: 1.9kph Pace: 31:00 T1: 00:05:31.466 (00:52:02.338) Speed: 1.1kph Pace: 55:14 bike: 01:33:12.390 (02:25:14.728) Speed: 25.7kph Pace: 02:19 T2: 00:02:48.293 (02:28:03.021) Speed: 2.1kph Pace: 28:02 Run: 01:05:14.974 (03:33:17.995) Speed: 9.2kph Pace: 06:31</i>										
53	DEANNE SELINGER	REGINA, Sas	STANDARD DISTANCE TRIATHLON	42	03:37:07.07	04:12	14.2kph	F	36	
<i>Splits: swim: 00:49:52.073 (00:49:52.073) Speed: 1.8kph Pace: 33:14 T1: 00:02:01.794 (00:51:53.867) Speed: 3.0kph Pace: 20:17 bike: 01:27:12.305 (02:19:06.172) Speed: 27.5kph Pace: 02:10 T2: 00:02:02.667 (02:21:08.839) Speed: 2.9kph Pace: 20:26 Run: 01:15:58.237 (03:37:07.076) Speed: 7.9kph Pace: 07:35</i>										
54	TARA HELGASON	FOAM LAKE, Sas	STANDARD DISTANCE TRIATHLON	14	03:37:07.57	04:12	14.2kph	F	38	
<i>Splits: swim: 00:41:25.016 (00:41:25.016) Speed: 2.2kph Pace: 27:36 T1: 00:07:22.737 (00:48:47.753) Speed: 0.8kph Pace: 13:47 bike: 00:02:33.733 (00:51:21.486) Speed: 936.7kph Pace: 00:03 T2: 01:30:03.567 (02:21:25.053) Speed: 0.1kph Pace: 00:35 Run: 01:15:42.521 (03:37:07.574) Speed: 7.9kph Pace: 07:34</i>										

Echo Lake Standard Distance Triathlon

Line Through = Disqualified

Place	Name	Hometown	Type	Bib #	Time	Pace	Speed	Sex	Age	ID Number
55	SARAH NICOL	BENGOUGH, Sas	STANDARD DISTANCE TRIATHLON	32	04:15:13.25	04:57	12.1kph	F	45	

*Splits: swim: 00:53:23.428 (00:53:23.428) Speed: 1.7kph Pace: 35:35
T1: 00:01:41.164 (00:55:04.592) Speed: 3.6kph Pace: 16:51
bike: 01:36:32.053 (02:31:36.645) Speed: 24.9kph Pace: 02:24
T2: 00:02:28.814 (02:34:05.459) Speed: 2.4kph Pace: 24:48
Run: 01:41:07.796 (04:15:13.255) Speed: 5.9kph Pace: 10:06*