

Echo Lake Standard Distance Duathlon

Line Through = Disqualified

Place	Name	Hometown	Type	Bib #	Time	Pace	Speed	Sex	Age	ID Number
1	BRIANNA HODGES	REGINA, Sas	STANDARD DISTANCE DUATHLON	88	02:07:21.79	02:29	24.0kph	F	37	10523002
<i>Splits: Run 1: 00:07:03.822 (00:07:03.822) Speed: 8.5kph Pace: 07:03 T1: 00:00:37.513 (00:07:41.335) Speed: 9.6kph Pace: 06:15 Bike: 01:10:02.277 (01:17:43.612) Speed: 34.3kph Pace: 01:45 T2: 00:00:42.915 (01:18:26.527) Speed: 8.4kph Pace: 07:09 Run 2: 00:48:55.270 (02:07:21.797) Speed: 0.0kph Pace:</i>										
2	LOUIS SCHWINDT	REGINA, Sas	STANDARD DISTANCE DUATHLON	90	02:17:53.76	02:42	22.2kph	M	56	10503457
<i>Splits: Run 1: 00:07:19.514 (00:07:19.514) Speed: 8.2kph Pace: 07:19 T1: 00:00:48.557 (00:08:08.071) Speed: 7.4kph Pace: 08:05 Bike: 01:06:53.441 (01:15:01.512) Speed: 35.9kph Pace: 01:40 T2: 00:01:07.081 (01:16:08.593) Speed: 5.4kph Pace: 11:10 Run 2: 01:01:45.171 (02:17:53.764) Speed: 0.0kph Pace:</i>										
3	DEAN STEINHOFF	MOOSE JAW, Sas	STANDARD DISTANCE DUATHLON	91	02:22:13.38	02:47	21.5kph	M	63	10519706
<i>Splits: Run 1: 00:07:27.163 (00:07:27.163) Speed: 8.1kph Pace: 07:27 T1: 00:01:20.866 (00:08:48.029) Speed: 4.5kph Pace: 13:28 Bike: 01:14:48.510 (01:23:36.539) Speed: 32.1kph Pace: 01:52 T2: 00:01:14.045 (01:24:50.584) Speed: 4.9kph Pace: 12:20 Run 2: 00:57:22.798 (02:22:13.382) Speed: 0.0kph Pace:</i>										
4	KRISTIAN HELMERSON	REGINA, Sas	STANDARD DISTANCE DUATHLON	87	02:30:07.09	02:56	20.4kph	M	45	10510217
<i>Splits: Run 1: 00:07:39.823 (00:07:39.823) Speed: 7.8kph Pace: 07:39 T1: 01:20:40.627 (01:28:20.450) Speed: 0.1kph Pace: 26:46 Bike: 00:01:24.108 (01:29:44.558) Speed: 1712.1kph Pace: 00:02 T2: 00:00:10.710 (01:29:55.268) Speed: 33.6kph Pace: 01:47 Run 2: 01:00:11.828 (02:30:07.096) Speed: 0.0kph Pace:</i>										
5	VAUGHAN BOWEN	CALGARY, Alb	STANDARD DISTANCE DUATHLON	85	02:34:59.29	03:02	19.7kph	M	69	10526175
<i>Splits: Run 1: 00:07:29.408 (00:07:29.408) Speed: 8.0kph Pace: 07:29 T1: 00:01:01.022 (00:08:30.430) Speed: 5.9kph Pace: 10:10 Bike: 01:21:46.039 (01:30:16.469) Speed: 29.4kph Pace: 02:02 T2: 00:00:49.737 (01:31:06.206) Speed: 7.2kph Pace: 08:17 Run 2: 01:03:53.089 (02:34:59.295) Speed: 0.0kph Pace:</i>										
6	CALVIN LAI	REGINA, Sas	STANDARD DISTANCE DUATHLON	89	02:37:27.95	03:05	19.4kph	M	36	10505425
<i>Splits: Run 1: 00:07:22.383 (00:07:22.383) Speed: 8.1kph Pace: 07:22 T1: 00:00:58.783 (00:08:21.166) Speed: 6.1kph Pace: 09:47 Bike: 01:22:49.250 (01:31:10.416) Speed: 29.0kph Pace: 02:04 T2: 00:00:59.920 (01:32:10.336) Speed: 6.0kph Pace: 09:59 Run 2: 01:05:17.617 (02:37:27.953) Speed: 0.0kph Pace:</i>										