

Echo Lake Sprint Distance Triathlon

Line Through = Disqualified

Place	Name	Hometown	Type	Bib #	Time	Pace	Speed	Sex	Age	ID Number
1	JEFF HRYNCHYSHYN	SASKATOON, Sas	SPRINT DISTANCE TRIATHLON	130	01:05:08.48	02:31	23.7kph	M	33	Orange
<i>Splits: Swim: 00:14:03.020 (00:14:03.020) Speed: 3.2kph Pace: 18:44 T1: 00:00:53.565 (00:14:56.585) Speed: 6.7kph Pace: 08:55 Bike: 00:31:03.587 (00:46:00.172) Speed: 38.6kph Pace: 01:33 T2: 00:00:41.951 (00:46:42.123) Speed: 8.6kph Pace: 06:59 Run: 00:18:26.357 (01:05:08.480) Speed: 16.3kph Pace: 03:41</i>										
2	JAMES LORENZEN	WADENA,	SPRINT DISTANCE DUATHLON	95	01:05:53.70	02:33	23.4kph	M	22	
<i>Splits: Swim: 00:14:03.649 (00:14:03.649) Speed: 3.2kph Pace: 18:44 T1: 00:00:34.382 (00:14:38.031) Speed: 10.5kph Pace: 05:43 Bike: 00:33:09.674 (00:47:47.705) Speed: 36.2kph Pace: 01:39 T2: 00:00:36.133 (00:48:23.838) Speed: 10.0kph Pace: 06:01 Run: 00:17:29.870 (01:05:53.708) Speed: 17.1kph Pace: 03:29</i>										
3	BRAD SPOKES	SASKATOON, Sas	SPRINT DISTANCE TRIATHLON	150	01:08:01.57	02:38	22.7kph	M	45	Orange
<i>Splits: Swim: 00:13:55.788 (00:13:55.788) Speed: 3.2kph Pace: 18:34 T1: 00:00:51.528 (00:14:47.316) Speed: 7.0kph Pace: 08:35 Bike: 00:31:10.152 (00:45:57.468) Speed: 38.5kph Pace: 01:33 T2: 00:00:35.934 (00:46:33.402) Speed: 10.0kph Pace: 05:59 Run: 00:21:28.176 (01:08:01.578) Speed: 14.0kph Pace: 04:17</i>										
4	GARY THIEL	REGINA, Sas	SPRINT DISTANCE TRIATHLON	151	01:10:55.80	02:45	21.8kph	M	53	Orange
<i>Splits: Swim: 00:17:31.839 (00:17:31.839) Speed: 2.6kph Pace: 23:22 T1: 00:01:08.026 (00:18:39.865) Speed: 5.3kph Pace: 11:20 Bike: 00:32:32.203 (00:51:12.068) Speed: 36.9kph Pace: 01:37 T2: 00:00:58.691 (00:52:10.759) Speed: 6.1kph Pace: 09:46 Run: 00:18:45.047 (01:10:55.806) Speed: 16.0kph Pace: 03:45</i>										
5	SCOTT HYSUICK	REGINA, Sas	SPRINT DISTANCE TRIATHLON	133	01:11:25.56	02:46	21.6kph	M	42	Orange
<i>Splits: Swim: 00:16:08.300 (00:16:08.300) Speed: 2.8kph Pace: 21:31 T1: 00:01:03.932 (00:17:12.232) Speed: 5.6kph Pace: 10:39 Bike: 00:33:33.682 (00:50:45.914) Speed: 35.8kph Pace: 01:40 T2: 00:00:48.063 (00:51:33.977) Speed: 7.5kph Pace: 08:00 Run: 00:19:51.585 (01:11:25.562) Speed: 15.1kph Pace: 03:58</i>										
6	RICK WARAWA	REGINA, Sas	SPRINT DISTANCE TRIATHLON	159	01:16:15.47	02:57	20.3kph	M	45	Orange
<i>Splits: Swim: 00:18:28.231 (00:18:28.231) Speed: 2.4kph Pace: 24:37 T1: 00:01:09.708 (00:19:37.939) Speed: 5.2kph Pace: 11:37 Bike: 00:36:01.533 (00:55:39.472) Speed: 33.3kph Pace: 01:48 T2: 00:00:50.062 (00:56:29.534) Speed: 7.2kph Pace: 08:20 Run: 00:19:45.939 (01:16:15.473) Speed: 15.2kph Pace: 03:57</i>										
7	CHRIS GUNNINGHAM	REGINA, Sas	SPRINT DISTANCE TRIATHLON	125	01:19:17.19	03:04	19.5kph	M	46	Orange
<i>Splits: Swim: 00:20:09.528 (00:20:09.528) Speed: 2.2kph Pace: 26:52 T1: 00:01:45.766 (00:21:55.294) Speed: 3.4kph Pace: 17:37 Bike: 00:36:21.012 (00:58:16.306) Speed: 33.0kph Pace: 01:49 T2: 00:01:13.102 (00:59:29.408) Speed: 4.9kph Pace: 12:11 Run: 00:19:47.788 (01:19:17.196) Speed: 15.2kph Pace: 03:57</i>										
8	JASON TIEFENBACH	REGIN, Sas	SPRINT DISTANCE TRIATHLON	152	01:19:21.55	03:04	19.5kph	M	28	Orange
<i>Splits: Swim: 00:16:39.118 (00:16:39.118) Speed: 2.7kph Pace: 22:12 T1: 00:01:32.213 (00:18:11.331) Speed: 3.9kph Pace: 15:22 Bike: 00:38:39.250 (00:56:50.581) Speed: 31.0kph Pace: 01:55 T2: 00:01:04.471 (00:57:55.052) Speed: 5.6kph Pace: 10:44 Run: 00:21:26.499 (01:19:21.551) Speed: 14.0kph Pace: 04:17</i>										
9	MARK ELLSWORTH	REGINA, Sas	SPRINT DISTANCE TRIATHLON	122	01:22:31.57	03:12	18.7kph	M	54	Orange
<i>Splits: Swim: 00:19:07.718 (00:19:07.718) Speed: 2.4kph Pace: 25:30 T1: 00:01:43.811 (00:20:51.529) Speed: 3.5kph Pace: 17:18 Bike: 00:36:35.073 (00:57:26.602) Speed: 32.8kph Pace: 01:49 T2: 00:01:43.472 (00:59:10.074) Speed: 3.5kph Pace: 17:14 Run: 00:23:21.503 (01:22:31.577) Speed: 12.8kph Pace: 04:40</i>										

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10	AARON PATTERSON	REGINA, Sas	SPRINT DISTANCE TRIATHLON	142	01:22:39.01	03:12	18.7kph	M	45	Orange
<i>Splits: Swim: 00:20:33.104 (00:20:33.104) Speed: 2.2kph Pace: 27:24 T1: 00:01:35.153 (00:22:08.257) Speed: 3.8kph Pace: 15:51 Bike: 00:35:31.273 (00:57:39.530) Speed: 33.8kph Pace: 01:46 T2: 00:01:06.857 (00:58:46.387) Speed: 5.4kph Pace: 11:08 Run: 00:23:52.627 (01:22:39.014) Speed: 12.6kph Pace: 04:46</i>										
11	MITCHELL TODD	REGINA, Sas	SPRINT DISTANCE TRIATHLON	153	01:23:08.31	03:13	18.6kph	M	30	Orange
<i>Splits: Swim: 00:18:17.140 (00:18:17.140) Speed: 2.5kph Pace: 24:22 T1: 00:00:51.980 (00:19:09.120) Speed: 6.9kph Pace: 08:39 Bike: 00:39:10.360 (00:58:19.480) Speed: 30.6kph Pace: 01:57 T2: 00:00:51.830 (00:59:11.310) Speed: 6.9kph Pace: 08:38 Run: 00:23:57.000 (01:23:08.310) Speed: 12.5kph Pace: 04:47</i>										
12	FAUSTO RODRIGUEZ	REGINA, Sas	SPRINT DISTANCE TRIATHLON	146	01:23:13.79	03:13	18.6kph	M	43	Orange
<i>Splits: Swim: 00:18:40.900 (00:18:40.900) Speed: 2.4kph Pace: 24:54 T1: 00:01:18.505 (00:19:59.405) Speed: 4.6kph Pace: 13:05 Bike: 00:36:09.840 (00:56:09.245) Speed: 33.2kph Pace: 01:48 T2: 00:01:16.702 (00:57:25.947) Speed: 4.7kph Pace: 12:47 Run: 00:25:47.852 (01:23:13.799) Speed: 11.6kph Pace: 05:09</i>										
13	JED JOSEPH AZCUETA	REGINA, Sas	SPRINT DISTANCE TRIATHLON	115	01:29:56.87	03:29	17.2kph	M	36	Orange
<i>Splits: Swim: 00:21:44.292 (00:21:44.292) Speed: 2.1kph Pace: 28:59 T1: 00:02:14.927 (00:23:59.219) Speed: 2.7kph Pace: 22:29 Bike: 00:43:36.976 (01:07:36.195) Speed: 27.5kph Pace: 02:10 T2: 00:00:31.843 (01:08:08.038) Speed: 11.3kph Pace: 05:18 Run: 00:21:48.838 (01:29:56.876) Speed: 13.8kph Pace: 04:21</i>										
14	KEN BRISTOL	REGINA, Sas	SPRINT DISTANCE TRIATHLON	158	01:30:06.04	03:29	17.1kph	M	47	Orange
<i>Splits: Swim: 00:15:37.825 (00:15:37.825) Speed: 2.9kph Pace: 20:50 T1: 00:02:16.645 (00:17:54.470) Speed: 2.6kph Pace: 22:46 Bike: 00:37:35.113 (00:55:29.583) Speed: 31.9kph Pace: 01:52 T2: 00:01:16.033 (00:56:45.616) Speed: 4.7kph Pace: 12:40 Run: 00:33:20.426 (01:30:06.042) Speed: 9.0kph Pace: 06:40</i>										
15	WARREN MCCALL	REGINA, Sas	SPRINT DISTANCE TRIATHLON	138	01:33:44.77	03:38	16.5kph	M	46	Orange
<i>Splits: Swim: 00:17:49.349 (00:17:49.349) Speed: 2.5kph Pace: 23:45 T1: 00:03:03.522 (00:20:52.871) Speed: 2.0kph Pace: 30:35 Bike: 00:40:10.250 (01:01:03.121) Speed: 29.9kph Pace: 02:00 T2: 00:01:22.580 (01:02:25.701) Speed: 4.4kph Pace: 13:45 Run: 00:31:19.069 (01:33:44.770) Speed: 9.6kph Pace: 06:15</i>										
16	DHON GUMBAN	REGINA, Sas	SPRINT DISTANCE TRIATHLON	124	01:36:53.93	03:45	15.9kph	M	37	Orange
<i>Splits: Swim: 00:20:02.339 (00:20:02.339) Speed: 2.2kph Pace: 26:43 T1: 00:03:23.516 (00:23:25.855) Speed: 1.8kph Pace: 33:55 Bike: 00:41:10.506 (01:04:36.361) Speed: 29.1kph Pace: 02:03 T2: 00:01:21.908 (01:05:58.269) Speed: 4.4kph Pace: 13:39 Run: 00:30:55.670 (01:36:53.939) Speed: 9.7kph Pace: 06:11</i>										
17	NOEL MCAVENA	REGINA, Sas	SPRINT DISTANCE TRIATHLON	137	01:56:33.37	04:31	13.3kph	M	40	Orange
<i>Splits: Swim: 00:22:27.413 (00:22:27.413) Speed: 2.0kph Pace: 29:56 T1: 00:02:07.765 (00:24:35.178) Speed: 2.8kph Pace: 21:17 Bike: 00:49:00.842 (01:13:36.020) Speed: 24.5kph Pace: 02:27 T2: 00:00:39.740 (01:14:15.760) Speed: 9.1kph Pace: 06:37 Run: 00:42:17.615 (01:56:33.375) Speed: 7.1kph Pace: 08:27</i>										