

# SPOKE N HOT SUPER SPRINT

Line Through = Disqualified

Place	Name	Hometown	Type	Bib #	Time	Pace	Speed	Sex	Age	ID Number
1	CRIBB FIONA		SUPER SPRINT	60	01:05:10.42	02:31	23.7kph	F	59	
					Splits: Swim: 00:06:31.314 (00:06:31.314) Speed: 3.4kph Pace: 17:23 T1: 00:02:14.781 (00:08:46.095) Speed: 0.1kph Pace: 29:16 Bike: 00:39:00.864 (00:47:46.959) Speed: 30.8kph Pace: 01:57 T2: 00:01:36.293 (00:49:23.252) Speed: 0.2kph Pace: 20:58 Run: 00:15:47.177 (01:05:10.429) Speed: 11.4kph Pace: 05:15					
2	MATHESON AMANDA		SUPER SPRINT	77	01:10:51.72	02:45	21.8kph	F	32	
					Splits: Swim: 00:09:19.323 (00:09:19.323) Speed: 2.4kph Pace: 24:51 T1: 00:02:44.310 (00:12:03.633) Speed: 0.1kph Pace: 07:41 Bike: 00:41:00.409 (00:53:04.042) Speed: 29.3kph Pace: 02:03 T2: 00:01:29.722 (00:54:33.764) Speed: 0.2kph Pace: 59:04 Run: 00:16:17.962 (01:10:51.726) Speed: 11.0kph Pace: 05:25					
3	JONSSON MERANNE		SUPER SPRINT	69	01:11:09.55	02:45	21.7kph	F	50	
					Splits: Swim: 00:08:47.259 (00:08:47.259) Speed: 2.6kph Pace: 23:26 T1: 00:02:11.014 (00:10:58.273) Speed: 0.1kph Pace: 16:42 Bike: 00:42:27.162 (00:53:25.435) Speed: 28.3kph Pace: 02:07 T2: 00:01:21.463 (00:54:46.898) Speed: 0.2kph Pace: 31:32 Run: 00:16:22.653 (01:11:09.551) Speed: 11.0kph Pace: 05:27					
4	MACRAE MANDY		SUPER SPRINT	76	01:12:16.19	02:48	21.4kph	F	33	
					Splits: Swim: 00:08:10.566 (00:08:10.566) Speed: 2.8kph Pace: 21:48 T1: 00:03:26.913 (00:11:37.479) Speed: 0.1kph Pace: 29:42 Bike: 00:42:04.996 (00:53:42.475) Speed: 28.5kph Pace: 02:06 T2: 00:01:27.038 (00:55:09.513) Speed: 0.2kph Pace: 50:07 Run: 00:17:06.685 (01:12:16.198) Speed: 10.5kph Pace: 05:42					
5	PUNSHON KAYLA		SUPER SPRINT	81	01:13:09.93	02:50	21.1kph	F	49	
					Splits: Swim: 00:11:47.028 (00:11:47.028) Speed: 1.9kph Pace: 31:25 T1: 00:03:23.626 (00:15:10.654) Speed: 0.1kph Pace: 18:45 Bike: 00:41:00.122 (00:56:10.776) Speed: 29.3kph Pace: 02:03 T2: 00:01:52.223 (00:58:02.999) Speed: 0.2kph Pace: 14:04 Run: 00:15:06.936 (01:13:09.935) Speed: 11.9kph Pace: 05:02					
6	MUNRO JACQUI		SUPER SPRINT	79	01:13:33.03	02:51	21.0kph	F	37	
					Splits: Swim: 00:07:25.458 (00:07:25.458) Speed: 3.0kph Pace: 19:47 T1: 00:02:15.384 (00:09:40.842) Speed: 0.1kph Pace: 31:16 Bike: 00:44:57.732 (00:54:38.574) Speed: 26.7kph Pace: 02:14 T2: 00:01:11.747 (00:55:50.321) Speed: 0.3kph Pace: 59:09 Run: 00:17:42.713 (01:13:33.034) Speed: 10.2kph Pace: 05:54					
7	RICHARDS JILLIAN		SUPER SPRINT	82	01:14:08.20	02:52	20.8kph	F	30	
					Splits: Swim: 00:10:28.333 (00:10:28.333) Speed: 2.1kph Pace: 27:55 T1: 00:03:02.521 (00:13:30.854) Speed: 0.1kph Pace: 08:24 Bike: 00:40:58.216 (00:54:29.070) Speed: 29.3kph Pace: 02:02 T2: 00:01:19.067 (00:55:48.137) Speed: 0.2kph Pace: 23:33 Run: 00:18:20.063 (01:14:08.200) Speed: 9.8kph Pace: 06:06					
8	FITZGERALD ALLY		SUPER SPRINT	62	01:14:17.66	02:53	20.8kph	F	22	
					Splits: Swim: 00:10:36.990 (00:10:36.990) Speed: 2.1kph Pace: 28:18 T1: 00:02:48.733 (00:13:25.723) Speed: 0.1kph Pace: 22:26 Bike: 00:45:58.740 (00:59:24.463) Speed: 26.1kph Pace: 02:17 T2: 00:01:18.755 (01:00:43.218) Speed: 0.2kph Pace: 22:30 Run: 00:13:34.442 (01:14:17.660) Speed: 13.3kph Pace: 04:31					
9	SUNDBO CANDACE		SUPER SPRINT	92	01:15:08.26	02:55	20.6kph	F	48	
					Splits: Swim: 00:09:14.877 (00:09:14.877) Speed: 2.4kph Pace: 24:39 T1: 00:02:45.141 (00:12:00.018) Speed: 0.1kph Pace: 10:28 Bike: 00:43:14.921 (00:55:14.939) Speed: 27.7kph Pace: 02:09 T2: 00:01:52.466 (00:57:07.405) Speed: 0.2kph Pace: 14:53 Run: 00:18:00.858 (01:15:08.263) Speed: 10.0kph Pace: 06:00					
10	WALL JOAN		SUPER SPRINT	93	01:16:29.28	02:58	20.2kph	F	53	
					Splits: Swim: 00:13:08.130 (00:13:08.130) Speed: 1.7kph Pace: 35:01 T1: 00:03:46.157 (00:16:54.287) Speed: 0.1kph Pace: 33:51 Bike: 00:43:07.276 (01:00:01.563) Speed: 27.8kph Pace: 02:09 T2: 00:01:21.106 (01:01:22.669) Speed: 0.2kph Pace: 30:21 Run: 00:15:06.612 (01:16:29.281) Speed: 11.9kph Pace: 05:02					
11	DODDS GAYLE		SUPER SPRINT	61	01:17:28.50	03:00	19.9kph	F	49	
					Splits: Swim: 00:11:15.446 (00:11:15.446) Speed: 2.0kph Pace: 30:01 T1: 00:02:51.803 (00:14:07.249) Speed: 0.1kph Pace: 32:40 Bike: 00:45:04.209 (00:59:11.458) Speed: 26.6kph Pace: 02:15 T2: 00:01:47.194 (01:00:58.652) Speed: 0.2kph Pace: 57:18 Run: 00:16:29.850 (01:17:28.502) Speed: 10.9kph Pace: 05:29					
12	LEKACH TAYLOR		SUPER SPRINT	74	01:17:33.92	03:00	19.9kph	F	21	
					Splits: Swim: 00:11:31.060 (00:11:31.060) Speed: 2.0kph Pace: 30:42 T1: 00:03:35.903 (00:15:06.963) Speed: 0.1kph Pace: 59:40 Bike: 00:52:12.549 (01:07:19.512) Speed: 23.0kph Pace: 02:36 T2: 00:02:28.147 (01:09:47.659) Speed: 0.1kph Pace: 13:49 Run: 00:07:46.266 (01:17:33.925) Speed: 23.2kph Pace: 02:35					

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13	KRIEL KRISTEL		SUPER SPRINT	97	01:17:50.19	03:01	19.8kph	F	33	
					Splits: Swim: 00:12:06.562 (00:12:06.562) Speed: 1.9kph Pace: 32:17 T1: 00:03:03.506 (00:15:10.068) Speed: 0.1kph Pace: 11:41 Bike: 00:44:49.873 (00:59:59.941) Speed: 26.8kph Pace: 02:14 T2: 00:01:51.209 (01:01:51.150) Speed: 0.2kph Pace: 10:41 Run: 00:15:59.043 (01:17:50.193) Speed: 11.3kph Pace: 05:19					
14	FOX TAYLOR		SUPER SPRINT	64	01:19:52.50	03:06	19.3kph	F	26	
					Splits: Swim: 00:11:57.592 (00:11:57.592) Speed: 1.9kph Pace: 31:53 T1: 00:03:26.373 (00:15:23.965) Speed: 0.1kph Pace: 27:54 Bike: 00:42:38.845 (00:58:02.810) Speed: 28.1kph Pace: 02:07 T2: 00:02:09.022 (01:00:11.832) Speed: 0.1kph Pace: 10:04 Run: 00:19:40.673 (01:19:52.505) Speed: 9.1kph Pace: 06:33					
15	LANG KELLY		SUPER SPRINT	72	01:20:09.19	03:06	19.3kph	F	50	
					Splits: Swim: 00:09:08.576 (00:09:08.576) Speed: 2.5kph Pace: 24:22 T1: 00:02:33.561 (00:11:42.137) Speed: 0.1kph Pace: 31:52 Bike: 00:46:05.092 (00:57:47.229) Speed: 26.0kph Pace: 02:18 T2: 00:01:40.076 (00:59:27.305) Speed: 0.2kph Pace: 33:35 Run: 00:20:41.893 (01:20:09.198) Speed: 8.7kph Pace: 06:53					
16	BLACK DENISE		SUPER SPRINT	4	01:20:13.70	03:06	19.3kph	F	56	
					Splits: Swim: 00:11:21.961 (00:11:21.961) Speed: 2.0kph Pace: 30:18 T1: 00:04:31.804 (00:15:53.765) Speed: 0.1kph Pace: 06:00 Bike: 00:46:43.469 (01:02:37.234) Speed: 25.7kph Pace: 02:20 T2: 00:01:16.579 (01:03:53.813) Speed: 0.2kph Pace: 15:15 Run: 00:16:19.893 (01:20:13.706) Speed: 11.0kph Pace: 05:26					
17	WILKINSON VIRGINIA		SUPER SPRINT	94	01:23:16.03	03:14	18.6kph	F	55	
					Splits: Swim: 00:13:07.120 (00:13:07.120) Speed: 1.7kph Pace: 34:58 T1: 00:03:01.446 (00:16:08.566) Speed: 0.1kph Pace: 04:49 Bike: 00:45:46.208 (01:01:54.774) Speed: 26.2kph Pace: 02:17 T2: 00:02:17.221 (01:04:11.995) Speed: 0.1kph Pace: 37:24 Run: 00:19:04.036 (01:23:16.031) Speed: 9.4kph Pace: 06:21					
18	STEWART SARAH		SUPER SPRINT	90	01:23:52.35	03:15	18.4kph	F	28	
					Splits: Swim: 00:12:25.691 (00:12:25.691) Speed: 1.8kph Pace: 33:08 T1: 00:03:55.150 (00:16:20.841) Speed: 0.1kph Pace: 03:50 Bike: 00:49:00.107 (01:05:20.948) Speed: 24.5kph Pace: 02:27 T2: 00:01:16.135 (01:06:37.083) Speed: 0.2kph Pace: 13:47 Run: 00:17:15.271 (01:23:52.354) Speed: 10.4kph Pace: 05:45					
19	FOX STEPHANIE		SUPER SPRINT	63	01:24:06.02	03:15	18.4kph	F	30	
					Splits: Swim: 00:13:03.546 (00:13:03.546) Speed: 1.7kph Pace: 34:49 T1: 00:03:58.152 (00:17:01.698) Speed: 0.1kph Pace: 13:50 Bike: 00:45:34.357 (01:02:36.055) Speed: 26.3kph Pace: 02:16 T2: 00:01:22.253 (01:03:58.308) Speed: 0.2kph Pace: 34:10 Run: 00:20:07.717 (01:24:06.025) Speed: 8.9kph Pace: 06:42					
20	STEWART PATRICIA		SUPER SPRINT	91	01:25:02.76	03:18	18.2kph	F	56	
					Splits: Swim: 00:12:22.511 (00:12:22.511) Speed: 1.8kph Pace: 33:00 T1: 00:02:52.566 (00:15:15.077) Speed: 0.1kph Pace: 35:13 Bike: 00:47:16.967 (01:02:32.044) Speed: 25.4kph Pace: 02:21 T2: 00:02:11.193 (01:04:43.237) Speed: 0.1kph Pace: 17:18 Run: 00:20:19.532 (01:25:02.769) Speed: 8.9kph Pace: 06:46					
21	STAVRAKOV JENNA		SUPER SPRINT	89	01:27:11.50	03:23	17.7kph	F	30	
					Splits: Swim: 00:12:27.438 (00:12:27.438) Speed: 1.8kph Pace: 33:13 T1: 00:03:24.689 (00:15:52.127) Speed: 0.1kph Pace: 22:17 Bike: 00:48:39.831 (01:04:31.958) Speed: 24.7kph Pace: 02:25 T2: 00:01:16.163 (01:05:48.121) Speed: 0.2kph Pace: 13:52 Run: 00:21:23.387 (01:27:11.508) Speed: 8.4kph Pace: 07:07					
22	SCHNEIDER JENNIFER		SUPER SPRINT	85	01:27:47.80	03:24	17.6kph	F	39	
					Splits: Swim: 00:11:42.423 (00:11:42.423) Speed: 1.9kph Pace: 31:13 T1: 00:03:48.720 (00:15:31.143) Speed: 0.1kph Pace: 42:24 Bike: 00:50:24.594 (01:05:55.737) Speed: 23.8kph Pace: 02:31 T2: 00:01:29.154 (01:07:24.891) Speed: 0.2kph Pace: 57:10 Run: 00:20:22.917 (01:27:47.808) Speed: 8.8kph Pace: 06:47					
23	HEIMBECKER ERIN		SUPER SPRINT	67	01:30:46.51	03:31	17.0kph	F	41	
					Splits: Swim: 00:12:53.550 (00:12:53.550) Speed: 1.7kph Pace: 34:22 T1: 00:02:50.079 (00:15:43.629) Speed: 0.1kph Pace: 26:55 Bike: 00:50:45.583 (01:06:29.212) Speed: 23.6kph Pace: 02:32 T2: 00:01:56.011 (01:08:25.223) Speed: 0.2kph Pace: 26:42 Run: 00:22:21.288 (01:30:46.511) Speed: 8.1kph Pace: 07:27					
24	HEIMBECKER CORRIE		SUPER SPRINT	66	01:30:46.88	03:31	17.0kph	F	37	
					Splits: Swim: 00:12:48.548 (00:12:48.548) Speed: 1.8kph Pace: 34:09 T1: 00:02:58.494 (00:15:47.042) Speed: 0.1kph Pace: 54:58 Bike: 00:51:27.710 (01:07:14.752) Speed: 23.3kph Pace: 02:34 T2: 00:01:37.182 (01:08:51.934) Speed: 0.2kph Pace: 23:56 Run: 00:21:54.949 (01:30:46.883) Speed: 8.2kph Pace: 07:18					

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25	SCOTT-WAWRO AMY		SUPER SPRINT	86	01:34:00.04	03:39	16.4kph	F	34	
					<i>Splits: Swim: 00:11:44.937 (00:11:44.937) Speed: 1.9kph Pace: 31:19</i> <i>T1: 00:02:50.281 (00:14:35.218) Speed: 0.1kph Pace: 27:36</i> <i>Bike: 00:51:15.779 (01:05:50.997) Speed: 23.4kph Pace: 02:33</i> <i>T2: 00:01:48.814 (01:07:39.811) Speed: 0.2kph Pace: 02:42</i> <i>Run: 00:26:20.234 (01:34:00.045) Speed: 6.8kph Pace: 08:46</i>					
26	LEKACH DARA		SUPER SPRINT	75	01:35:32.32	03:42	16.2kph	F	50	
					<i>Splits: Swim: 00:12:53.722 (00:12:53.722) Speed: 1.7kph Pace: 34:23</i> <i>T1: 00:04:58.194 (00:17:51.916) Speed: 0.1kph Pace: 33:58</i> <i>Bike: 00:55:24.301 (01:13:16.217) Speed: 21.7kph Pace: 02:46</i> <i>T2: 00:01:53.182 (01:15:09.399) Speed: 0.2kph Pace: 17:16</i> <i>Run: 00:20:22.925 (01:35:32.324) Speed: 8.8kph Pace: 06:47</i>					
27	PARKIN LISETTE		SUPER SPRINT	80	01:42:22.32	03:58	15.1kph	F	40	
					<i>Splits: Swim: 00:12:20.892 (00:12:20.892) Speed: 1.8kph Pace: 32:55</i> <i>T1: 00:03:58.099 (00:16:18.991) Speed: 0.1kph Pace: 13:39</i> <i>Bike: 00:52:52.291 (01:09:11.282) Speed: 22.7kph Pace: 02:38</i> <i>T2: 00:01:41.375 (01:10:52.657) Speed: 0.2kph Pace: 37:55</i> <i>Run: 00:31:29.670 (01:42:22.327) Speed: 5.7kph Pace: 10:29</i>					
28	SCRIMBIT HOLLY		SUPER SPRINT	87	01:42:30.29	03:58	15.1kph	F	37	
					<i>Splits: Swim: 00:11:26.276 (00:11:26.276) Speed: 2.0kph Pace: 30:30</i> <i>T1: 00:06:28.371 (00:17:54.647) Speed: 0.0kph Pace: 34:34</i> <i>Bike: 00:59:05.042 (01:16:59.689) Speed: 20.3kph Pace: 02:57</i> <i>T2: 00:01:24.521 (01:18:24.210) Speed: 0.2kph Pace: 41:44</i> <i>Run: 00:24:06.088 (01:42:30.298) Speed: 7.5kph Pace: 08:02</i>					
29	HAUSERMANN KERRI		SUPER SPRINT	65	01:42:45.77	03:59	15.0kph	F	46	
					<i>Splits: Swim: 00:12:23.273 (00:12:23.273) Speed: 1.8kph Pace: 33:02</i> <i>T1: 00:04:09.465 (00:16:32.738) Speed: 0.1kph Pace: 51:33</i> <i>Bike: 00:59:58.003 (01:16:30.741) Speed: 20.0kph Pace: 02:59</i> <i>T2: 00:01:36.785 (01:18:07.526) Speed: 0.2kph Pace: 22:36</i> <i>Run: 00:24:38.248 (01:42:45.774) Speed: 7.3kph Pace: 08:12</i>					
30	LEACH SHEILA		SUPER SPRINT	73	01:49:28.60	04:15	14.1kph	F	53	
					<i>Splits: Swim: 00:12:21.869 (00:12:21.869) Speed: 1.8kph Pace: 32:58</i> <i>T1: 00:03:46.102 (00:16:07.971) Speed: 0.1kph Pace: 33:40</i> <i>Bike: 01:01:15.001 (01:17:22.972) Speed: 19.6kph Pace: 03:03</i> <i>T2: 00:01:25.278 (01:18:48.250) Speed: 0.2kph Pace: 44:15</i> <i>Run: 00:30:40.359 (01:49:28.609) Speed: 5.9kph Pace: 10:13</i>					
31	MEIER TARA		SUPER SPRINT	78	02:04:54.78	04:51	12.4kph	F	32	
					<i>Splits: Swim: 00:13:14.349 (00:13:14.349) Speed: 1.7kph Pace: 35:18</i> <i>T1: 00:04:41.069 (00:17:55.418) Speed: 0.1kph Pace: 36:53</i> <i>Bike: 01:19:59.143 (01:37:54.561) Speed: 15.0kph Pace: 03:59</i> <i>T2: 00:01:30.863 (01:39:25.424) Speed: 0.2kph Pace: 02:52</i> <i>Run: 00:25:29.358 (02:04:54.782) Speed: 7.1kph Pace: 08:29</i>					