

## Cultus Lake Triathlon

Sunday, May 13, 2007

ChampionChip® Timing and Results by Race Headquarters - www.raceheadquarters.com

## Overall Results - Sprint Distance (750 m swim, 20 km bike, 5 km run)

## Results in Alphabetical Order

Alpha Place	Place In Sex	Place In Division	Bib No.	Participant Name	City	Prov	Final Rank/Time	750 m Swim Rank/Time	Pace 100m	T1 Rank/Time	After T1 Rank/Time	20 km Bike Rank/Time	Speed km/h	After Bike Rank/Time	T2 Rank/Time	After T2 Rank/Time	5 km Run Rank/Time	KM Pace	Final Rank/Time
1	1 F	1 F3539	20	Nancy Austin	Vancouver	BC	4 1:16:02	2 0:10:05	1:21	4 2:12	3 0:12:17	5 0:41:31	28.9	4 53:47	13 1:14	4 55:00	5 0:21:02	4:13	4 1:16:02
2	6 M	4 M2529	2	Michael Benedetto	Richmond	BC	10 1:30:31	16 0:16:52	2:15	11 3:46	15 0:20:38	7 0:43:25	27.6	9 1:04:02	14 1:35	10 1:05:36	14 0:24:55	4:59	10 1:30:31
3	4 F	1 F2529	19	Erin Browes	Vancouver	BC	9 1:28:12	9 0:13:04	1:45	8 3:03	8 0:16:06	12 0:46:31	25.8	8 1:02:37	4 0:44	8 1:03:20	13 0:24:52	4:59	9 1:28:12
4	7 M	1 M4549	9	Gary Cantwell	Richmond	BC	11 1:30:50	14 0:15:02	2:01	16 5:04	14 0:20:06	11 0:46:23	25.9	11 1:06:28	11 1:02	11 1:07:29	11 0:23:21	4:41	11 1:30:50
5	3 F	2 F3539	26	Alexia Droz	Vancouver	BC	7 1:19:36	11 0:13:32	1:49	7 3:00	10 0:16:31	4 0:39:44	30.2	7 56:15	10 1:01	7 57:15	7 0:22:21	4:29	7 1:19:36
6	2 M	1 M2529	4	James Fry	Coquitlam	BC	2 1:08:09	7 0:12:38	1:41	3 2:01	7 0:14:38	1 0:34:05	35.2	2 48:43	5 0:45	2 49:27	2 0:18:42	3:45	2 1:08:09
7	9 M	2 M3539	7	Tim Henry	Chilliwack	BC	14 1:36:16	13 0:14:44	1:58	13 4:16	12 0:19:00	15 0:49:40	24.2	12 1:08:40	15 1:35	14 1:10:15	15 0:26:02	5:13	14 1:36:16
8	11 M	1 M5054	11	Don G. Kennedy	Pt. Coquitlam	BC	17 1:41:59	17 0:17:15	2:18	12 4:14	17 0:21:28	14 0:49:36	24.2	17 1:11:04	19 2:24	16 1:13:28	17 0:28:32	5:43	17 1:41:59
9	6 F	1 F5054	23	Joyce Langridge	West Vancouver	BC	15 1:37:22				19 0:24:32	10 0:46:20	25.9	16 1:10:51	21 3:25	17 1:14:16	10 0:23:06	4:38	15 1:37:22
10	10 F	2 F2024	15	Shannon Main-laughlin	Chilliwack	BC	21 2:34:49	20 0:24:22	3:15	15 4:54	21 0:29:15	21 1:22:55	14.5	21 1:52:10	20 2:38	21 1:54:47	20 0:40:02	8:01	21 2:34:49
11	4 M	1 M3539	197	James Markus	Vancouver	BC	5 1:16:12	5 0:10:52	1:27	5 2:37	4 0:13:28	6 0:42:12	28.4	6 55:39	8 0:52	6 56:30	4 0:19:42	3:57	5 1:16:12
12	1 M	1 M2024	1	Liam McCormick	Vancouver	BC	1 1:07:36	4 0:10:34	1:25	2 1:34	2 0:12:08	2 0:35:24	33.9	1 47:31	1 0:43	1 48:14	3 0:19:22	3:53	1 1:07:36
13	8 F	1 F2024	17	Kali Ridout	Maple Ridge	BC	19 2:02:36	18 0:19:07	2:33	14 4:33	18 0:23:40	19 1:07:43	17.7	19 1:31:22	6 0:48	19 1:32:09	18 0:30:27	6:06	19 2:02:36
14	9 F	2 F2529	18	Kirstin Ridout	Coquitlam	BC	20 2:26:41	19 0:20:26	2:44	20 8:49	20 0:29:14	20 1:13:25	16.3	20 1:42:39	17 2:07	20 1:44:45	21 0:41:56	8:24	20 2:26:41
15	2 F	1 F1619	13	Allegra Rogers	Westbank	BC	6 1:17:48	1 0:08:46	1:11	1 1:28	1 0:10:14	8 0:44:22	27.0	5 54:35	3 0:44	5 55:18	8 0:22:30	4:30	6 1:17:48
16	8 M	1 M4044	8	Stephen Roosdahl	Delta	BC	12 1:32:27	3 0:10:12	1:22	10 3:45	5 0:13:56	17 0:55:10	21.8	15 1:09:06	2 0:43	13 1:09:49	9 0:22:38	4:32	12 1:32:27
17	10 M	2 M4549	10	Gary Scatchard	Penticton	BC	16 1:38:53	15 0:15:36	2:05	19 5:46	16 0:21:22	13 0:47:43	25.1	14 1:09:04	16 2:00	15 1:11:03	16 0:27:50	5:34	16 1:38:53
18	5 F	2 F1619	14	Stephanie Shea	Vancouver	BC	13 1:33:25	8 0:12:43	1:42	9 3:41	9 0:16:23	16 0:52:22	22.9	13 1:08:45	7 0:51	12 1:09:35	12 0:23:50	4:46	13 1:33:25
19	5 M	3 M2529	5	Andrew Stanton	Abbotsford	BC	8 1:26:25	10 0:13:29	1:48	17 5:17	11 0:18:46	9 0:45:37	26.3	10 1:04:22	9 0:55	9 1:05:17	6 0:21:09	4:14	8 1:26:25
20	7 F	1 F4549	21	Karen Thrussell	Vancouver	BC	18 1:50:06	12 0:13:52	1:51	18 5:40	13 0:19:32	18 0:57:12	21.0	18 1:16:44	18 2:11	18 1:18:55	19 0:31:12	6:15	18 1:50:06
21	3 M	2 M2529	3	Andrew Wilkinson	Victoria	BC	3 1:12:50	6 0:11:08	1:30	6 2:58	6 0:14:06	3 0:39:38	30.3	3 53:43	12 1:02	3 54:44	1 0:18:06	3:38	3 1:12:50