

2008 Riding Mountain Triathlon
August, 16th 2008 - Wasagaming, MB
Sprint Triathlon Overall Results

Pos	Time	Name	City	Category			750M SWIM			20K BIKE			5K RUN		
				Plc/Total	Category	#	Cat Orv	Time	/100m	Cat Orv	Time	km/hr	Cat Orv	Time	/km
1	1:05:37	Jacques MARCOUX	Winnipeg	1/13	Men 20-29	253	11	12:29	1:40	1	34:37	34.7	2	18:32	3:43
2	1:08:09	Kevin SUTTON	Saskatoon	1/10	Men 50-59	78	6	12:06	1:37	2	35:06	34.2	6	20:58	4:12
3	1:11:21	Dave LIPCHEN	East St Paul	1/19	Men 30-39	248	19	13:38	1:49	3	35:12	34.1	14	22:32	4:31
4	1:12:40	Graeme MATHER	Winnipeg	1/7	Male 15-19	255	17	13:13	1:46	5	37:21	32.1	11	22:07	4:26
5	1:12:42	Kieran BAIRD	Rosburn	2/7	Male 15-19	205	35	14:40	1:58	8	38:43	31.0	3	19:20	3:52
6	1:13:38	Rod SVEISTRUP	Southport	2/19	Men 30-39	289	18	13:20	1:47	7	38:25	31.2	8	21:53	4:23
7	1:14:01	Tyson MCMURREN	Winnipeg	3/19	Men 30-39	258	26	14:09	1:54	4	37:03	32.4	16	22:49	4:34
8	1:14:03	Gord ZACHARIAS	Portage	1/13	Men 40-49	304	28	14:11	1:54	6	37:54	31.7	10	21:59	4:24
9	1:14:36	Alex BELL	Winnipeg	1/3	Women 15-19	209	7	12:19	1:39	19	41:15	29.1	7	21:02	4:13
10	1:15:27	Darcy READY	Winnipeg	2/13	Men 40-49	270	53	16:32	2:13	16	40:58	29.3	1	17:59	3:36
11	1:15:56	Sebastien MARCOUX	Onanole	4/19	Men 30-39	309	56	16:34	2:13	10	39:13	30.6	5	20:10	4:02
12	1:17:10	Andrew PALMER	Winnipeg	5/19	Men 30-39	265	59	16:38	2:14	17	41:04	29.2	4	19:28	3:54
13	1:18:02	Dave FOLEY	PortagelaPra	3/13	Men 40-49	23	5	12:00	1:36	12	40:07	29.9	47	25:56	5:12
14	1:18:04	Rachel TESSIER	Winnipeg	2/3	Women 15-19	292	14	12:53	1:44	32	43:04	27.9	12	22:08	4:26
15	1:18:23	Sarah ROBBINS	Saskatoon	1/5	Women 40-49	400	32	14:30	1:56	13	40:22	29.7	20	23:32	4:43
16	1:18:50	Hank UNRAU	Morden	2/10	Men 50-59	298	55	16:34	2:13	11	39:57	30.0	13	22:20	4:28
17	1:19:04	Bob ANDREWS	Winnipeg	3/10	Men 50-59	203	15	12:59	1:44	23	42:01	28.6	25	24:05	4:49
18	1:19:26	Gillian ROBINSON	Winnipeg	1/15	Women 20-29	275	12	12:31	1:41	24	42:20	28.3	29	24:36	4:56
19	DQ 1:19:34	Al STEWART	Winnipeg	4/10	Men 50-59	287	33	14:38	1:57	15	40:43	29.5	28	24:13	4:51
20	1:19:35	Jenna HOUSSIN	Winnipeg	2/15	Women 20-29	307	4	11:51	1:35	51	44:57	26.7	15	22:48	4:34
21	1:20:00	Darren REIMER	Steinbach	4/13	Men 40-49	271	72	17:45	2:22	9	38:45	31.0	19	23:30	4:42
22	1:20:02	Chelsea WARDROPE	Winnipeg	3/15	Women 20-29	86	9	12:28	1:40	42	43:45	27.4	22	23:50	4:46
23	1:20:49	Alexis WILLIAMS	Winnipeg	4/15	Women 20-29	299	25	14:05	1:53	28	42:47	28.0	24	23:58	4:48
24	1:21:20	Greg CEDERWALL	Kenora	2/13	Men 20-29	216	34	14:39	1:58	26	42:33	28.2	27	24:10	4:50
25	1:21:36	Max POPP	Winnipeg	5/13	Men 40-49	267	41	15:25	2:04	14	40:42	29.5	43	25:29	5:06
26	1:21:54	Jason ALSTON	Brandon	6/19	Men 30-39	201	38	15:15	2:02	21	41:27	29.0	35	25:13	5:03
27	1:21:58	David CHAMBERLIN	Bushell Park	3/13	Men 20-29	217	29	14:15	1:54	18	41:14	29.1	53	26:30	5:18
28	1:22:09	Thomas CHRISTENSEN	Arborg	4/13	Men 20-29	218	68	17:07	2:17	22	41:55	28.6	17	23:08	4:38
29	1:23:13	Travis JENSEN	Winnipeg	7/19	Men 30-39	240	48	16:10	2:10	40	43:42	27.5	18	23:21	4:41
30	1:23:27	Davis SOHOR	Winnipeg	5/13	Men 20-29	284	40	15:23	2:03	45	44:12	27.1	23	23:53	4:47
31	1:23:55	Charlie LALONDE	Winnipeg	6/13	Men 40-49	247	21	13:50	1:51	25	42:29	28.2	66	27:37	5:32
32	1:24:42	Rhonda KITCHEN	Portage la p	1/24	Women 30-39	245	37	15:09	2:02	37	43:34	27.5	48	25:59	5:12
33	1:24:44	Lindsay ASPEN	Saskatoon	3/3	Women 15-19	204	13	12:31	1:41	81	48:07	24.9	26	24:07	4:50
34	1:24:56	Morgan STRACHAN	Bushell Park	6/13	Men 20-29	288	64	16:53	2:16	31	43:03	27.9	33	25:00	5:00
35	1:25:22	Laura FRASER	Winnipeg	5/15	Women 20-29	302	2	11:42	1:34	70	47:05	25.5	54	26:35	5:19
36	1:25:25	Eric MEEN	Winnipeg	7/13	Men 20-29	259	31	14:28	1:56	39	43:41	27.5	59	27:17	5:28
37	1:25:29	Susanne BOYD	Winnipeg	2/24	Women 30-39	211	73	18:03	2:25	38	43:40	27.5	21	23:47	4:46
38	1:25:45	Sarah JOHNSON	Winnipeg	6/15	Women 20-29	242	42	15:37	2:05	41	43:44	27.4	51	26:25	5:17
39	1:26:03	Christopher SCHRADER	Winnipeg	8/19	Men 30-39	281	85	18:48	2:31	52	45:22	26.5	9	21:54	4:23
40	1:26:12	Justin NILLSON	Yorkton	3/7	Male 15-19	264	54	16:33	2:13	44	44:02	27.3	45	25:38	5:08

Pos	Time	Name	City	Category			750M SWIM			20K BIKE			5K RUN		
				Plc/Total	Category	#	Cat Orv	Time	/100m	Cat Orv	Time	km/hr	Cat Orv	Time	/km
41	1:26:13	Tim KEMPTON	Langenburg	9/19	Men 30-39	244	24	14:03	1:53	73	47:23	25.3	31	24:48	4:58
42	1:26:44	Jennifer PINARSKI	Winnipeg	3/24	Women 30-39	303	23	13:58	1:52	76	47:31	25.3	37	25:16	5:04
43	1:26:50	Dane MURNER	Sanford	4/7	Male 15-19	260	43	15:43	2:06	59	45:47	26.2	39	25:21	5:05
44	1:27:03	Curtis NICHOL	Winnipeg	10/19	Men 30-39	263	77	18:16	2:27	35	43:26	27.6	41	25:22	5:05
45	1:27:12	John FERG	Portage	7/13	Men 40-49	225	51	16:30	2:12	33	43:12	27.8	65	27:31	5:31
46	1:27:34	Matthew JONES	East St Paul	8/13	Men 20-29	243	44	15:45	2:06	34	43:19	27.7	71	28:31	5:43
47	1:27:48	Michelle WATTS	Winnipeg	4/24	Women 30-39	315	49	16:22	2:11	64	46:10	26.0	38	25:17	5:04
48	1:27:49	John FRANKCOM	Kenora	11/19	Men 30-39	228	52	16:31	2:13	60	45:51	26.2	42	25:28	5:06
49	1:27:59	Karrie GEROW	Souris	7/15	Women 20-29	231	57	16:34	2:13	63	46:05	26.0	40	25:21	5:05
50	1:28:02	Kim MCCORMICK	Winnipeg	5/24	Women 30-39	257	69	17:11	2:18	36	43:34	27.5	60	27:18	5:28
51	1:28:20	Kathryn SMANDYCH	Winnipeg	1/7	Women 50-59	282	46	16:06	2:09	47	44:30	27.0	69	27:45	5:33
52	1:28:30	Robert SPRIGGS	Winnipeg	8/13	Men 40-49	286	45	15:58	2:08	53	45:24	26.4	57	27:09	5:26
53	1:28:49	Brendan BROOKS	Winnipeg	5/7	Male 15-19	214	10	12:28	1:40	58	45:38	26.3	94	30:44	6:09
54	1:28:56	Steve LANGSTON	Onanole	9/13	Men 20-29	308	81	18:35	2:29	27	42:41	28.1	68	27:42	5:33
55	1:29:07	Jeff HOEPPNER	Winnipeg	12/19	Men 30-39	236	22	13:56	1:52	77	47:33	25.2	67	27:39	5:32
56	1:29:12	Sherry HNATIUK	Brandon	6/24	Women 30-39	235	50	16:23	2:11	78	47:34	25.2	36	25:16	5:04
57	1:29:21	Corrado D'ANTONIO	Winnipeg	13/19	Men 30-39	221	63	16:49	2:15	66	46:30	25.8	50	26:03	5:13
58	1:29:23	Terri MAY	Winnipeg	7/24	Women 30-39	53	27	14:09	1:54	29	42:50	28.0	100	32:25	6:29
59	1:29:29	Elaine ROSS	Wpg	2/5	Women 40-49	276	86	18:53	2:31	55	45:29	26.4	34	25:08	5:02
60	1:30:17	Elliot JOHNSON	Winnipeg	10/13	Men 20-29	241	61	16:41	2:14	79	47:37	25.2	49	26:00	5:12
61	1:30:45	Brad LOEWEN	Winnipeg	5/10	Men 50-59	249	110	21:55	2:56	20	41:26	29.0	63	27:24	5:29
62	1:30:53	Naomi BARR	Oakville	8/15	Women 20-29	350	20	13:38	1:50	74	47:24	25.3	86	29:51	5:59
63	1:30:53	Alexis WISNIEWSKI	Winnipeg	9/15	Women 20-29	300	8	12:24	1:40	82	48:14	24.9	90	30:16	6:04
64	1:30:59	Rick RANSOM	StAdolphe	9/13	Men 40-49	367	74	18:05	2:25	61	45:58	26.1	56	26:57	5:24
65	1:31:18	Jeff BROOKS	Winnipeg	10/13	Men 40-49	213	47	16:08	2:09	43	43:58	27.3	97	31:13	6:15
66	1:31:24	Erin FORSYTH	Winnipeg	8/24	Women 30-39	226	71	17:41	2:22	49	44:32	26.9	78	29:12	5:51
67	1:31:52	Amber MILLER	Winnipeg	10/15	Women 20-29	310	62	16:43	2:14	62	46:05	26.0	75	29:05	5:49
68	1:31:56	Adam RACER	Winnipeg	6/7	Male 15-19	268	91	19:12	2:34	50	44:33	26.9	70	28:12	5:39
69	1:32:17	Sarah TAYLOR	Winnipeg	11/15	Women 20-29	346	16	13:12	1:46	98	53:19	22.5	46	25:47	5:10
70	1:32:32	Jennifer SALTER	Winnipeg	9/24	Women 30-39	277	30	14:26	1:56	56	45:30	26.4	103	32:36	6:32
71	1:32:33	Grant BASIUK	Calgary	11/13	Men 40-49	208	80	18:31	2:29	72	47:23	25.3	55	26:40	5:20
72	1:33:04	Cathy CORTVRIENDT	Winnipeg	10/24	Women 30-39	220	58	16:36	2:13	67	46:33	25.8	87	29:56	6:00
73	1:33:17	Kevin HUTCHINSON	Oakbank	14/19	Men 30-39	238	84	18:38	2:29	71	47:19	25.4	62	27:21	5:29
74	1:33:34	Kathleen FRANKOWSKI	Beausejour	3/5	Women 40-49	229	76	18:11	2:26	57	45:34	26.3	84	29:49	5:58
75	1:33:49	Carey HYDAMACKA	Saskatoon	11/24	Women 30-39	239	95	19:29	2:36	69	47:04	25.5	58	27:17	5:28
76	1:34:06	Matt SMOOK	Winnipeg	11/13	Men 20-29	283	39	15:19	2:03	65	46:15	25.9	102	32:33	6:31
77	1:34:27	Chad FRIESEN	St. Andrews	15/19	Men 30-39	230	88	18:56	2:32	54	45:25	26.4	88	30:07	6:02
78	1:34:28	Anne MACNEIL	Brandon	12/15	Women 20-29	251	99	19:49	2:39	88	49:48	24.1	32	24:52	4:59
79	1:34:28	Joe OLAFSON	Winnipeg	16/19	Men 30-39	311	97	19:43	2:38	75	47:26	25.3	61	27:20	5:28
80	1:34:33	Josh SWAIN	Brandon	12/13	Men 20-29	290	75	18:06	2:25	96	51:41	23.2	30	24:48	4:58
81	1:34:35	Sandy VAUGHAN-HASTIE	Yorkton	2/7	Women 50-59	314	101	20:00	2:40	80	48:07	24.9	52	26:29	5:18
82	1:35:28	Shane BARNABE	Winnipeg	17/19	Men 30-39	206	111	22:07	2:57	46	44:16	27.1	76	29:06	5:50
83	1:35:52	Kristyn HADDER	Winnipeg	13/15	Women 20-29	233	67	16:57	2:16	87	49:38	24.2	79	29:17	5:52
84	1:36:15	DAVIZOWSKI	Winnipeg	1/3	Mixed Team	347	92	19:17	2:35	48	44:30	27.0	101	32:29	6:30
85	1:36:15	Nicole BILINSKI	Saskatoon	12/24	Women 30-39	210	60	16:39	2:14	89	50:08	23.9	81	29:29	5:54

Pos	Time	Name	City	Category		#	750M SWIM			20K BIKE			5K RUN		
				Plc/Total	Category		Cat Orv	Time	/100m	Cat Orv	Time	km/hr	Cat Orv	Time	/km
86	1:36:33	2 MUCH JUNK IN O	Brandon	2/3	Mixed Team	102	115	22:59	3:04	30	42:59	27.9	93	30:36	6:08
87	1:36:34	Michelle SAQUET	Calgary	13/24	Women 30-39	278	66	16:55	2:16	86	49:15	24.4	91	30:24	6:05
88	1:37:34	Leanne NAUSE	Morden	14/24	Women 30-39	261	65	16:55	2:16	83	48:18	24.8	98	32:22	6:29
89	1:38:51	Catherine SCHINKEL	Winnipeg	15/24	Women 30-39	280	79	18:24	2:28	104	54:51	21.9	44	25:37	5:08
90	1:39:24	Lisa HAVEMAN	Nesbitt	16/24	Women 30-39	306	36	14:46	1:59	110	57:11	21.0	64	27:28	5:30
91	1:39:32	Jim ANDERSON	Winnipeg	1/1	Men 60+	202	106	21:30	2:52	85	49:14	24.4	74	28:48	5:46
92	1:39:39	Eileen PEDERSON	Minnedosa	3/7	Women 50-59	313	89	18:58	2:32	90	50:28	23.8	89	30:14	6:03
93	1:40:03	Marc TEILLET	Winnipeg	12/13	Men 40-49	291	107	21:32	2:53	84	48:50	24.6	83	29:42	5:57
94	1:42:06	Cindie DUNN	Brandon	17/24	Women 30-39	224	78	18:21	2:27	101	54:26	22.0	80	29:20	5:52
95	1:43:17	Lorna SPITZKE	Calgary	18/24	Women 30-39	285	70	17:18	2:19	108	56:28	21.3	82	29:32	5:55
96	1:44:19	Dennis THIESSEN	Rocanville	6/10	Men 50-59	293	120	24:32	3:17	94	51:11	23.4	72	28:37	5:44
97	1:44:45	Lisa ZARETZKY	Morden	4/5	Women 40-49	301	113	22:36	3:01	92	50:59	23.5	96	31:11	6:15
98	1:45:04	Rachelle MACDONALD	Thompson	19/24	Women 30-39	150	98	19:45	2:38	95	51:32	23.3	107	33:48	6:46
99	1:45:55	April POPPEL	Brandon	20/24	Women 30-39	349	96	19:37	2:37	109	56:30	21.2	85	29:49	5:58
100	1:45:58	Suzanne BASIUK	Calgary	5/5	Women 40-49	207	100	19:56	2:40	106	55:28	21.6	92	30:35	6:07
101	1:46:25	Grant UNGER	Wpg	13/13	Men 40-49	297	93	19:18	2:35	68	46:38	25.7	118	40:30	8:06
102	1:46:56	Tara OLAFSON	Winnipeg	21/24	Women 30-39	312	117	24:24	3:16	99	53:22	22.5	77	29:11	5:51
103	1:47:59	Ken KOWALSKI	Winnipeg	7/10	Men 50-59	246	116	23:56	3:12	91	50:45	23.6	105	33:18	6:40
104	1:48:10	Margaret DAY	Winnipeg	4/7	Women 50-59	223	109	21:53	2:55	105	55:12	21.7	95	31:06	6:14
105	1:48:30	Bruce GREGORY	Winnipeg	8/10	Men 50-59	232	114	22:40	3:02	97	53:08	22.6	104	32:43	6:33
106	1:48:53	Brian MATHER	Winnipeg	9/10	Men 50-59	254	103	20:10	2:42	93	51:02	23.5	115	37:41	7:33
107	1:49:04	Janelle RITCHOT	Winnipeg	22/24	Women 30-39	272	104	20:14	2:42	103	54:40	22.0	108	34:11	6:51
108	1:50:43	Brent MANN	Regina	18/19	Men 30-39	252	112	22:17	2:59	115	59:45	20.1	73	28:43	5:45
109	1:51:17	Doreen BECHTLE	Winnipeg	5/7	Women 50-59	305	102	20:00	2:40	107	56:15	21.3	111	35:03	7:01
110	1:51:40	Candace TRUSSLER	Winnipeg	6/7	Women 50-59	294	87	18:53	2:32	100	54:24	22.1	117	38:24	7:41
111	1:52:37	Teri BRACKEN	Yorkton	23/24	Women 30-39	212	105	20:40	2:46	111	58:22	20.6	106	33:35	6:43
112	1:53:21	Anna TUKAJ	Winnipeg	14/15	Women 20-29	296	90	19:04	2:33	112	58:28	20.5	113	35:49	7:10
113	1:54:32	Leo SAVOIE	Winnipeg	10/10	Men 50-59	279	108	21:51	2:55	102	54:26	22.0	116	38:16	7:40
114	1:58:04	Heather HAUS	Winnipeg	15/15	Women 20-29	234	118	24:26	3:16	114	59:06	20.3	110	34:33	6:55
115	1:58:04	Devin NEWTON	Winnipeg	13/13	Men 20-29	262	119	24:28	3:16	113	59:04	20.3	109	34:33	6:55
116	2:00:04	2 SISTERS & A DAUGHTER	Winnipeg	3/3	Mixed Team	348	82	18:36	2:29	116	1:04:21	18.6	114	37:09	7:26
117	2:00:09	Yvonne BUECKERT	Yorkton	24/24	Women 30-39	215	94	19:25	2:36	118	1:08:21	17.6	99	32:24	6:29
118	2:00:23	Anne-Marie DAVIS	Winnipeg	7/7	Women 50-59	222	83	18:37	2:29	117	1:06:00	18.2	112	35:47	7:10
119		Warren HOFFMAN	Winnipeg	19/19	Men 30-39	237	1	5:37	0:45						
120		Nathan ROBERTS	Winnipeg	7/7	Male 15-19	274	3	11:50	1:35						