

**2008 Riding Mountain Triathlon  
August, 16th 2008 - Wasagaming, MB**

**Long Duathlon Overall Results**

Pos	Time	Name	City	#	5K Run			40K BIKE			10K RUN		
					Cat Orv	Time	/100m	Cat Orv	Time	km/hr	Cat Orv	Time	/km
1	2:17:29	Hans EPP	Steinbach	152	3	21:06	4:14	1	1:10:28	34.1	3	45:55	4:36
2	2:19:56	Rick VAUGHAN	Yorkton	100	1	19:38	3:56	3	1:17:28	31.0	1	42:51	4:18
3	2:20:40	John KELLEHER	Brandon	199	2	19:41	3:57	4	1:17:42	30.9	2	43:17	4:20
4	2:27:31	Tibor BODI	Winnipeg	151	5	22:34	4:31	2	1:17:18	31.0	5	47:40	4:46
5	2:31:10	JUST DU IT	Winnipeg	154	6	22:35	4:31	5	1:20:23	29.9	6	48:12	4:50
6	2:35:30	Michael VAN DE VELDE	Steinbach	160	4	22:02	4:25	6	1:25:50	28.0	4	47:39	4:46
7	2:47:34	John WEISFLOCK	Winnipeg	161	8	23:56	4:48	7	1:27:34	27.4	9	56:06	5:37
8	2:54:04	Maureen POWELL	Regina	157	10	24:31	4:55	9	1:36:26	24.9	7	53:07	5:19
9	2:54:29	Carrie NEWMAN	Balgonie	155	7	23:18	4:40	10	1:36:42	24.8	8	54:29	5:27
10	3:02:23	Doris HENRY	Regina	153	9	24:31	4:55	11	1:41:17	23.7	10	56:37	5:40
11	3:03:50	Christa RUSK	Winnipeg	159	12	26:11	5:15	8	1:34:19	25.4	12	1:03:21	6:21
12	3:04:47	Twyla RONYK	Regina	158	11	25:36	5:08	12	1:41:48	23.6	11	57:23	5:45
13	3:23:30	Mariam OMAR	Winnipeg	156	13	27:19	5:28	13	1:46:59	22.4	13	1:09:12	6:56

**Sprint Duathlon Overall Results**

Pos	Time	Name	City	#	2.5			20K BIKE			5K RUN		
					Cat Orv	Time	/100m	Cat Orv	Time	km/hr	Cat Orv	Time	/km
1	1:12:46	Kevin MILLER	Winnipeg	345	4	10:05	2:01	1	40:06	29.9	1	22:36	4:32
2	1:14:57	Colin BOTKIN	Winnipeg	354	5	10:19	2:04	2	41:13	29.1	3	23:26	4:42
3	1:15:25	Jason POWERS	Brandon	366	1	9:25	1:53	3	43:01	27.9	2	23:00	4:36
4	1:17:56	Steven CORNELSEN	Onanole	273	3	10:00	2:00	4	43:56	27.3	4	24:01	4:49
5	1:18:28	Troy THOMSON	Brandon	371	2	9:29	1:54	8	44:55	26.7	5	24:04	4:49
6	1:18:34	Phil DOMPIERRE	Winnipeg	355	6	10:23	2:05	5	44:02	27.3	6	24:10	4:50
7	1:22:31	Mike ZAPTINO	Winnipeg	162	16	11:14	2:15	6	44:16	27.1	16	27:03	5:25
8	1:22:59	Chris NICHOLS	Winnipeg	375	7	10:24	2:05	11	46:34	25.8	11	26:02	5:13
9	1:23:11	Sandy SETHI	Winnipeg	351	25	13:04	2:37	10	45:42	26.3	7	24:26	4:54
10	1:24:06	Kim HOUSSIN	Winnipeg	360	10	10:40	2:08	14	48:00	25.0	8	25:27	5:06
11	1:24:21	Nancy KROUPA	Winnipeg	364	11	10:43	2:09	12	46:53	25.6	13	26:47	5:22
12	1:24:58	Gary CHRISTOPHER	Yorkton	219	18	11:33	2:19	7	44:52	26.7	18	28:34	5:43
13	1:25:27	Paige ZAPORZAN	Winnipeg	372	9	10:36	2:08	18	49:06	24.4	9	25:46	5:10
14	1:25:40	Glenn RUTHERFORD		382	8	10:25	2:05	9	45:19	26.5	22	29:56	6:00

15	1:26:00	James FERGUSON	Atwater	357	12	11:01	2:13	17	49:00	24.5	10	25:59	5:12
16	1:26:02	Anita MILLER	Winnipeg	374	17	11:25	2:17	13	47:55	25.0	12	26:43	5:21
17	1:28:25	Tara KENNY	Winnipeg	363	13	11:02	2:13	19	50:29	23.8	14	26:55	5:23
18	1:29:02	Karen DUFAULT	Winnipeg	356	15	11:10	2:14	16	48:31	24.7	20	29:22	5:53
19	1:30:41	Jane SCOWCROFT	Winnipeg	368	19	12:12	2:27	15	48:25	24.8	23	30:05	6:01
20	1:33:23	Steve SMITH	Winnipeg	370	14	11:06	2:14	21	55:18	21.7	15	27:00	5:24
21	1:33:52	Colleen SINCLAIR	Calgary	369	24	13:02	2:37	20	52:02	23.1	19	28:49	5:46
22	1:38:07	Dana RANSOM	St Adolphe	269	22	12:52	2:35	23	56:53	21.1	17	28:24	5:41
23	1:38:16	Jana MCCAUSLAND	Brandon	365	20	12:27	2:30	22	56:08	21.4	21	29:42	5:57
24	1:42:08	Deborah ASHAM	Brandon	352	23	12:57	2:36	25	58:25	20.5	24	30:47	6:10
25	1:47:49	Karen INSLEY	Winnipeg	362	27	13:46	2:46	24	57:06	21.0	27	36:58	7:24
26	1:49:15	I HAVE A NEW BIKE	Winnipeg	378	26	13:04	2:37	27	1:03:03	19.0	25	33:08	6:38
27	1:50:53	Lyndsay HOUSTON	Winnipeg	361	21	12:49	2:34	26	1:02:08	19.3	26	35:57	7:12
28	2:05:01	Sherry PURRIS	Reston	376	28	15:05	3:01	28	1:10:42	17.0	28	39:15	7:51
29	2:22:50	Diane FORREST	Killarney	359	29	17:07	3:26	29	1:16:20	15.7	29	49:24	9:53

### Long Duathlon Team Results

Pos	Time	Name	City	#	<u>5K Run</u>			<u>40K BIKE</u>			<u>10K RUN</u>		
					Cat Orv	Time	/100m	Cat Orv	Time	km/hr	Cat Orv	Time	/km
1	2:31:10	JUST DU IT	Winnipeg	154	1	22:35	4:31	1	1:20:23	29.9	1	48:12	4:50

### Sprint Duathlon Team Results

Pos	Time	Name	City	#	<u>2.5K Run</u>			<u>20K BIKE</u>			<u>5K RUN</u>		
					Cat Orv	Time	/100m	Cat Orv	Time	km/hr	Cat Orv	Time	/km
1	1:49:15	I HAVE A NEW BIKE	Winnipeg	378	1	13:04	5:14	1	1:03:03	19.0	1	33:08	6:38