

Bare Bones Duathlon
 May 10, 2008
 5Km Run - 32Km Bike - 5Km Run

Over All Place	Place In Total Age Group	Age Group	Bib Num	Name	City	<-----1stRun----->			<-----Bike----->			<-----2ndRun----->			Total Event
						Plce	Time	Rate	Plce	Time	Speed	Plce	Time	Pace	
						Over	:	:	Over	:	:	Over	:	:	
						All	:	Mins/ :100M	All	:	Km/ :Hour	All	:	Mins/ :Km.	
						:	:	:	:	:	:	:	:	:	
1	1/15	M3539	70	Scott Tremblay	Kaleden	4	17:10	3:26	4	50:46	37.8	1	17:39	3:32	1:25:35
2	2/15	M3539	75	Andriy Yastrebov(DQ)	Penticton	5	17:14	3:27	7	51:43	37.1	2	17:41	3:33	1:26:38
3	1/12	M3034	59	Dallas Cain	Rossland	12	18:19	3:40	3	49:59	38.4	6	18:39	3:44	1:26:57
4	2/12	M3034	61	Ryan Murray	Calgary	6	17:15	3:27	9	52:01	36.9	7	18:49	3:46	1:28:05
5	1/4	M2529	57	Nathan Champness	Vernon	7	17:23	3:29	10	52:09	36.8	9	18:52	3:47	1:28:24
6	3/15	M3539	141	Daniel MacDonald	Penticton	22	19:09	3:50	1	48:27	39.6	34	21:17	4:16	1:28:53
7	1/1	M2024	56	Jeff Symonds	Penticton	1	16:18	3:16	16	54:10	35.4	10	19:00	3:48	1:29:28
8	4/15	M3539	72	David Matheson	Penticton	9	17:52	3:35	11	53:03	36.2	8	18:50	3:46	1:29:45
9	3/12	M3034	157	Ryan Cain	Cranbrook	3	17:04	3:25	19	54:34	35.2	3	18:15	3:39	1:29:53
10	5/15	M3539	69	Simon Ree	Penticton	11	18:01	3:37	8	51:57	37.0	21	20:45	4:09	1:30:43
11	4/12	M3034	66	Joe Wessel	Kelowna	13	18:21	3:41	12	53:17	36.0	11	19:09	3:50	1:30:47
12	6/15	M3539	159	Seth Bitting	Rossland	30	19:30	3:54	6	51:23	37.4	16	20:08	4:02	1:31:01
13	7/15	M3539	71	Scott McMillan	Penticton	20	19:02	3:49	5	51:06	37.6	58	22:45	4:33	1:32:53
14	8/15	M3539	76	Marty Heck	Penticton	14	18:23	3:41	30	56:04	34.2	4	18:31	3:43	1:32:58
15	1/16	M5054	114	Perry Grunenberg	Kamloops	18	18:51	3:47	18	54:31	35.2	14	19:55	3:59	1:33:17
16	1/19	M4044	85	Ian Tanner	Kelowna	32	19:34	3:55	15	54:05	35.5	13	19:41	3:57	1:33:20
17	2/19	M4044	84	Duncan Wood	Burnaby	15	18:26	3:42	31	56:08	34.2	12	19:14	3:51	1:33:48
18	2/16	M5054	170	Lee Heffren	Penticton	40	20:12	4:03	13	53:17	36.0	28	21:03	4:13	1:34:32
19	1/1	M1619	55	Taylor Lick	Kelowna	8	17:37	3:32	42	58:50	32.6	5	18:31	3:43	1:34:58
20	3/19	M4044	92	Alex Seal	Salmon Arm	27	19:27	3:54	20	54:53	35.0	25	20:59	4:12	1:35:19
21	4/19	M4044	93	Rob Breathet	Victoria	19	19:00	3:48	24	55:12	34.8	35	21:21	4:17	1:35:33
22	1/8	F2529	11	Anne-Marie Madden	Vancouver	26	19:22	3:53	28	55:47	34.4	19	20:32	4:07	1:35:41
23	5/12	M3034	67	Dave Cleveland	Penticton	23	19:15	3:51	32	56:25	34.0	17	20:09	4:02	1:35:49
24	3/16	M5054	117	Brian Schroeder (DQ)	Penticton	56	21:18	4:16	14	53:56	35.6	31	21:11	4:15	1:36:25
25	1/18	M4549	98	Rod Campbell	Vancouver	31	19:32	3:55	27	55:33	34.6	36	21:23	4:17	1:36:28
26	5/19	M4044	82	Aart VanKooy	Peachland	28	19:28	3:54	25	55:26	34.6	40	21:39	4:20	1:36:33
27	6/12	M3034	68	Jeremy Sibley	Yarrow	25	19:20	3:52	34	57:10	33.6	20	20:37	4:08	1:37:07
28	9/15	M3539	137	Clint Maxwell	Vancouver	17	18:45	3:45	40	58:22	32.9	15	20:02	4:01	1:37:09
29	2/18	M4549	165	Craig Premack	Burnaby	55	21:14	4:15	26	55:27	34.6	38	21:30	4:18	1:38:11
30	6/19	M4044	83	Marcus Hadley	Victoria	53	21:04	4:13	23	55:11	34.8	43	22:07	4:26	1:38:22
31	3/18	M4549	169	Ken Pommier	Kelowna	48	20:55	4:11	21	55:04	34.9	51	22:26	4:30	1:38:25
32	7/19	M4044	86	Gord McInnes	Kelowna	42	20:34	4:07	33	57:00	33.7	39	21:37	4:20	1:39:11
33	1/12	F4044	160	Yvonne Timewell	Kamloops	39	20:10	4:02	38	58:16	33.0	22	20:48	4:10	1:39:14

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						Over :	:	:	Over:	:	Over:	:			
						All :	:	:Mins/	All :	:Km/	All :	:Mins/			
						:	:	:100M	:	:Hour	:	:Km.			
						:	:	:	:	:	:	:			
34	1/11	F3034	148	Sara Gross	Penticton	29	19:29	3:54	43	59:05	32.5	26	20:59	4:12	1:39:33
35	7/12	M3034	65	Jordan Myers	Vancouver	37	20:05	4:01	41	58:42	32.7	32	21:14	4:15	1:40:01
36	4/18	M4549	96	Chris Kent	Fruitvale	46	20:53	4:11	37	58:13	33.0	37	21:29	4:18	1:40:35
37	4/16	M5054	116	Mark Shorter	North Vanc	43	20:39	4:08	44	59:11	32.4	24	20:52	4:11	1:40:42
38	2/11	F3034	14	Heather Johnson	Warfield	33	19:52	3:59	47	1:00:00	32.0	30	21:06	4:14	1:40:58
39	10/15	M3539	77	Drew Campbell	N.Saanich	16	18:43	3:45	49	1:00:06	31.9	45	22:17	4:28	1:41:06
40	8/12	M3034	63	Pascal Sutherland	Kelowna	34	19:54	3:59	52	1:00:44	31.6	29	21:04	4:13	1:41:42
41	2/4	M2529	162	Craig Weisman	Penticton	45	20:52	4:11	39	58:17	32.9	55	22:38	4:32	1:41:47
42	8/19	M4044	87	John Koga	Kelowna	41	20:23	4:05	53	1:00:53	31.5	27	21:00	4:12	1:42:16
43	2/12	F4044	134	Kathleen Wood	Kelowna	44	20:40	4:08	51	1:00:34	31.7	33	21:14	4:15	1:42:28
44	5/18	M4549	107	Sanford Schmid	Windermere	24	19:17	3:52	71	1:03:25	30.3	23	20:50	4:10	1:43:32
45	1/10	F3539	23	Janis Lampimaki	Fruitvale	79	22:42	4:33	29	55:47	34.4	96	25:05	5:01	1:43:34
46	1/4	M6064	128	Jack Wessel	Oliver	54	21:11	4:15	58	1:01:26	31.3	41	21:45	4:21	1:44:22
47	5/16	M5054	146	Jai Beaupre	Coquitlam	49	20:57	4:12	56	1:01:13	31.4	49	22:22	4:29	1:44:32
48	9/19	M4044	139	Byron Gayfer	Kamloops	35	19:55	3:59	62	1:01:55	31.0	60	22:50	4:34	1:44:40
49	6/18	M4549	154	Pat Gable	Kelowna	52	21:03	4:13	48	1:00:03	32.0	70	23:38	4:44	1:44:44
50	9/12	M3034	64	Mark Kildaw	Penticton	38	20:07	4:02	46	59:59	32.0	92	24:41	4:57	1:44:47
51	7/18	M4549	108	Ken Phillips	West Vanco	93	23:26	4:42	36	57:45	33.2	71	23:42	4:45	1:44:53
52	6/16	M5054	118	Don Debienne	Kelowna	102	23:42	4:45	35	57:22	33.5	73	23:50	4:46	1:44:54
53	2/8	F2529	152	Charlene Parrott	PtCoq	57	21:25	4:17	64	1:02:09	30.9	46	22:17	4:28	1:45:51
54	7/16	M5054	120	Michael Nesterski	Blue River	70	22:17	4:28	50	1:00:08	31.9	69	23:37	4:44	1:46:02
55	3/12	F4044	34	Tracy Moore	100 Mile H	61	21:57	4:24	61	1:01:49	31.1	53	22:32	4:31	1:46:18
56	2/10	F3539	163	Karen Birkenhead	NVan	64	22:00	4:24	65	1:02:11	30.9	48	22:20	4:28	1:46:31
57	8/18	M4549	97	Patrick Buchanan	Penticton	99	23:40	4:44	22	55:05	34.9	124	27:57	5:36	1:46:42
58	3/10	F3539	26	Sarah McMillan	Penticton	78	22:41	4:33	54	1:00:58	31.5	64	23:13	4:39	1:46:52
59	10/12	M3034	60	Jared Clarke	Kelowna	72	22:21	4:29	63	1:01:57	31.0	56	22:38	4:32	1:46:56
60	1/11	F4549	43	Gloria Woolner	Penticton	80	22:44	4:33	57	1:01:14	31.4	65	23:17	4:40	1:47:15
61	9/18	M4549	102	Alex Harvie	Kelowna	73	22:25	4:29	66	1:02:20	30.8	57	22:42	4:33	1:47:27
62	8/16	M5054	119	Milton Guignon	Kaleden	110	24:05	4:49	45	59:21	32.4	84	24:14	4:51	1:47:40
63	3/8	F2529	12	Lisa Graham	St. Albert	76	22:31	4:31	68	1:02:43	30.6	52	22:31	4:31	1:47:45
64	9/16	M5054	168	Mark Fromberg	Kelowna	68	22:14	4:27	60	1:01:42	31.1	79	24:05	4:49	1:48:01
65	10/19	M4044	79	Sergio Da Silva	Westbank	81	22:46	4:34	59	1:01:41	31.1	77	23:59	4:48	1:48:26
66	4/8	F2529	9	Ashlee Robinson	Kelowna	74	22:25	4:29	70	1:03:10	30.4	62	22:57	4:36	1:48:32

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						Over :	:	:	Over:	:	Over:	:			
						All :	:	:Mins/	All :	:Km/	All :	:Mins/			
						:	:	:100M	:	:Hour	:	:Km.			
						:	:	:	:	:	:	:			
67	11/15	M3539	151	John Halliday	Langley	50	20:58	4:12	83	1:05:47	29.2	59	22:48	4:34	1:49:33
68	2/11	F4549	41	Jenny Ayers	Penticton	77	22:40	4:32	77	1:04:11	29.9	61	22:52	4:35	1:49:43
69	10/18	M4549	172	Fred Vandergaaag	Kelowna	36	20:00	4:00	86	1:06:19	29.0	75	23:53	4:47	1:50:12
70	3/11	F3034	19	Joanne Fox	Richmond	92	23:23	4:41	74	1:03:35	30.2	66	23:19	4:40	1:50:17
71	1/6	F5054	48	Laurelee Welder	Kelowna	51	21:02	4:13	90	1:07:12	28.6	47	22:17	4:28	1:50:31
72	12/15	M3539	144	Brian Preston	Penticton	100	23:40	4:44	69	1:02:53	30.5	80	24:09	4:50	1:50:42
73	1/5	M5559	124	Paul Filippi	Vernon	66	22:09	4:26	79	1:04:36	29.7	81	24:10	4:50	1:50:55
74	4/12	F4044	31	Christine Suter	Whistler	82	22:49	4:34	78	1:04:33	29.7	72	23:43	4:45	1:51:05
75	11/18	M4549	101	Mike Baldigara	Kelowna	75	22:29	4:30	85	1:05:53	29.1	63	22:57	4:36	1:51:19
76	5/8	F2529	13	Caitlin Wittreich(Pty)	Vancouver	60	21:48	4:22	98	1:09:10	27.8	18	20:31	4:07	1:51:29
77	11/19	M4044	174	Ron Holmes	Penticton	105	23:46	4:46	72	1:03:27	30.3	90	24:34	4:55	1:51:47
78	4/10	F3539	25	Natalee Peeters	Kamloops	89	23:13	4:39	81	1:05:08	29.5	85	24:17	4:52	1:52:38
79	12/19	M4044	81	Hugh Mitchell	Summerland	87	23:05	4:37	80	1:04:38	29.7	97	25:10	5:02	1:52:53
80	3/11	F4549	42	Sandra Yaworski	Calgary	58	21:37	4:20	92	1:07:21	28.5	82	24:10	4:50	1:53:08
81	13/19	M4044	90	Richard Szabo	Penticton	59	21:41	4:21	87	1:06:48	28.7	102	25:37	5:08	1:54:06
82	5/12	F4044	29	Vicky Boivin	Kelowna	62	21:57	4:24	103	1:10:11	27.4	44	22:16	4:28	1:54:24
83	1/3	F2024	6	Alicia Slade	Penticton	85	22:56	4:36	91	1:07:15	28.6	88	24:23	4:53	1:54:34
84	6/12	F4044	153	Corrine Gable	Kelowna	86	23:00	4:36	93	1:07:33	28.4	89	24:25	4:53	1:54:58
85	10/16	M5054	112	Tom Wyatt	Penticton	122	25:00	5:00	75	1:03:38	30.2	115	26:33	5:19	1:55:11
86	11/16	M5054	147	Todd Leamont (Pty)	Coquitllam	71	22:17	4:28	113	1:11:15	26.9	42	21:51	4:23	1:55:23
87	11/12	M3034	62	Steven Coulthard	Kelowna	109	24:04	4:49	76	1:03:56	30.0	122	27:36	5:32	1:55:36
88	5/10	F3539	138	Jenny Gayfer	Kamloops	90	23:14	4:39	88	1:06:50	28.7	101	25:34	5:07	1:55:38
89	2/5	M5559	166	Chrys Bell	Vernon	135	26:19	5:16	67	1:02:33	30.7	119	26:56	5:24	1:55:48
90	12/18	M4549	109	Neal Pearson	Penticton	63	21:58	4:24	101	1:09:57	27.4	78	24:03	4:49	1:55:58
91	7/12	F4044	37	Caroline Raine	Kelowna	67	22:13	4:27	109	1:10:42	27.2	74	23:50	4:46	1:56:45
92	13/18	M4549	100	Greg Yeomans	Vavenby	117	24:33	4:55	84	1:05:51	29.2	114	26:27	5:18	1:56:51
93	4/11	F3034	18	Jennifer Koga	Kelowna	104	23:44	4:45	100	1:09:50	27.5	67	23:27	4:42	1:57:01
94	12/12	M3034	156	Paul Baker	PtCoq	98	23:36	4:44	96	1:08:43	27.9	95	24:59	5:00	1:57:18
95	14/18	M4549	103	Al Aeckersberg	Kelowna	130	25:53	5:11	73	1:03:34	30.2	125	28:00	5:36	1:57:27
96	2/4	M6064	127	Paul Mitchell	Vancouver	115	24:22	4:53	82	1:05:20	29.4	129	28:12	5:39	1:57:54
97	4/11	F4549	38	Tracy-Kim Campbell	Vancouver	101	23:41	4:45	102	1:10:04	27.4	83	24:12	4:51	1:57:57
98	1/3	F1619	1	Victoria Frost	Kelowna	69	22:15	4:27	116	1:11:52	26.7	76	23:55	4:47	1:58:02
99	3/5	M5559	123	Rob Savage	Salmon Arm	97	23:34	4:43	99	1:09:17	27.7	98	25:15	5:03	1:58:06

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All	In	Group	Num			Plce	Time	Rate	Plce	Time	Speed	Plce	Time	Pace	Event
Place	Total					Over	:	:	Over	:	:	Over	:	:	
	Age					All	:	Mins/	All	:	Km/	All	:	Mins/	
	Group					:	:	100M	:	:	Hour	:	:	Km.	
						:	:		:	:		:	:		
133	15/16	M5054	115	Terry Ingles	Penticton	133	26:08	5:14	125	1:12:42	26.4	142	30:53	6:11	2:09:43
134	17/19	M4044	89	Mark Macdonald	Kelowna	138	26:34	5:19	141	1:17:58	24.6	105	25:51	5:11	2:10:23
135	3/4	M6064	129	John Pickering	Vancouver	140	26:38	5:20	139	1:17:05	24.9	126	28:06	5:38	2:11:49
136	18/18	M4549	106	Steve Frost	Kelowna	121	24:46	4:58	140	1:17:35	24.7	138	29:37	5:56	2:11:58
137	7/11	F4549	44	Cindy Murphy	Langley	144	27:19	5:28	134	1:15:13	25.5	137	29:29	5:54	2:12:01
138	1/1	M70+	164	Mick Maguire	NVan	154	29:17	5:52	123	1:12:40	26.4	141	30:29	6:06	2:12:26
139	10/12	F4044	36	Joyce Stevens	Kelowna	149	28:03	5:37	130	1:14:30	25.8	140	30:13	6:03	2:12:46
140	8/11	F4549	171	Joanne Cardinal	Penticton	152	28:25	5:41	135	1:15:17	25.5	139	30:04	6:01	2:13:46
141	8/10	F3539	155	Therese Baker	PtCoq	147	27:44	5:33	145	1:19:15	24.2	123	27:40	5:32	2:14:39
142	3/3	F1619	3	Angela Dery	Summerland	145	27:36	5:32	137	1:16:06	25.2	148	32:03	6:25	2:15:45
143	9/11	F4549	133	Chris Franks	Penticton	146	27:36	5:32	138	1:16:09	25.2	147	32:00	6:24	2:15:45
144	9/10	F3539	173	Heather Campbell	Kelowna	150	28:13	5:39	150	1:20:50	23.8	136	29:20	5:52	2:18:23
145	16/16	M5054	111	Gary Keay	Surrey	124	25:08	5:02	155	1:27:51	21.9	118	26:47	5:22	2:19:46
146	4/4	M6064	145	Edwin Dukes	Oliver	143	27:11	5:27	151	1:22:24	23.3	143	31:02	6:13	2:20:37
147	11/12	F4044	35	Patricia Tribe	Penticton	156	30:02	6:01	149	1:20:31	23.8	144	31:04	6:13	2:21:37
148	4/6	F5054	142	Barb Tupper	GardenBay	157	30:05	6:01	144	1:18:55	24.3	152	33:29	6:42	2:22:29
149	2/2	F5559	52	Jacquie Bird	Penticton	148	27:49	5:34	157	1:28:21	21.7	121	27:34	5:31	2:23:44
150	10/11	F4549	143	Laura Jamieson	Abbotsford	158	30:05	6:01	152	1:22:34	23.3	145	31:41	6:21	2:24:20
151	5/6	F5054	46	Laura Travelbea	Vernon	159	30:06	6:02	153	1:23:01	23.1	146	31:51	6:23	2:24:58
152	4/5	M5559	149	Roger Clawson	Chilliwack	160	31:19	6:16	148	1:20:23	23.9	154	33:46	6:46	2:25:28
153	1/1	F6064	53	Sue Abbott	Vernon	163	33:02	6:37	146	1:19:35	24.1	155	34:14	6:51	2:26:51
154	12/12	F4044	136	Shanna Graham	Kaleden	155	30:01	6:01	160	1:34:16	20.4	149	32:14	6:27	2:36:31
155	5/5	M5559	125	Mike Harrison	Penticton	164	33:26	6:42	154	1:23:35	23.0	158	40:08	8:02	2:37:09
156	10/10	F3539	24	Amanda Wells	Rossland	161	32:07	6:26	159	1:33:01	20.6	151	33:24	6:41	2:38:32
157	11/11	F4549	167	Kim Froom	Kelowna	166	35:40	7:08	156	1:27:52	21.9	156	37:57	7:36	2:41:29
158	6/6	F5054	49	Charlotte Kuschner	Kelowna	165	34:59	7:00	158	1:28:33	21.7	157	37:57	7:36	2:41:29
159	18/19	M4044	80	Tom Evans	Penticton	2	16:44	3:21	2	49:08	39.1				
160			54	Samantha Warriner	Penticton	10	17:56	3:36	17	54:13	35.4				
161	19/19	M4044	94	Bert Sandie	Burnaby	21	19:08	3:50							
162	4/4	M2529	58	Rod Siudut	Surrey	47	20:54	4:11							
163	11/11	F3034	15	Carla Kufeldt	Penticton	94	23:26	4:42							
164	2/2	M6569	130	Woody Paylor	Red Deer	108	23:56	4:48							
165	3/3	F2024	5	Lisa Sissons	Kelowna	153	28:28	5:42							

