

Iron Warrior Triathlon

Date: June 30, 2011

Host Club:

Official Results

Location: Sherwood Park, Edmonton, AB

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Under 6 - 1 km. Mass Start - Varius distanced depending on age

PL	Bib	Name	Overall	Swim	Rnk	Bike	Rnk	Run	Rnk	Time	Diff
1	99	Ryder Haakenson	3/20	0:00:53.2	(5)	0:01:49.4	(1)	0:01:02.0	(2)	0:03:44.7	+0.0
2	98	Isabelle Rogers	4/20	0:00:32.4	(1)	0:02:14.0	(2)	0:01:07.0	(3)	0:03:53.5	+8.8
3	2	Sadie Brisbin	5/20	0:00:34.6	(3)	0:02:23.6	(3)	0:00:58.4	(1)	0:03:56.7	+12.0
4	3	Lukus Tchir	6/20	0:00:37.3	(4)	0:02:23.8	(4)	0:01:22.2	(4)	0:04:23.4	+38.7
5	1	Breaux Wilson	7/20	0:00:33.1	(2)	0:02:25.1	(5)	0:01:34.5	(5)	0:04:32.8	+48.1
6	101	Ayha Meyhen	*	0:04:18.9	(20)	***	()	***	()	***	***

6 - 7 - 1 km. Mass Start - Varius distanced depending on age

PL	Bib	Name	Overall	Swim	Rnk	Bike	Rnk	Run	Rnk	Time	Diff
1	6	Kyler Kaluzniak	1/20	0:00:07.3	(1)	0:01:18.2	(1)	0:00:52.4	(1)	0:02:18.1	+0.0
2	5	Isabelle Tchir	2/20	0:00:37.4	(2)	0:02:07.5	(2)	0:00:53.3	(2)	0:03:38.4	+1:20.3

8 - 9 - 1 km. Mass Start - Varius distanced depending on age

PL	Bib	Name	Overall	Swim	Rnk	Bike	Rnk	Run	Rnk	Time	Diff
1	100	Nosh Meynen	8/20	0:01:03.6	(2)	0:01:36.6	(2)	0:02:30.0	(4)	0:05:10.4	+0.0
2	11	Evelyn Kath	9/20	0:00:55.3	(1)	0:02:03.6	(5)	0:02:14.8	(1)	0:05:13.8	+3.4
3	10	Ethan Tchir	10/20	0:01:56.0	(3)	0:01:37.6	(3)	0:02:29.2	(3)	0:06:02.9	+52.5
4	12	Ella Doherty	11/20	0:02:35.5	(5)	0:01:29.9	(1)	0:02:18.2	(2)	0:06:23.7	+1:13.3
5	9	Kainen Hutlet	12/20	0:02:20.4	(4)	0:01:50.0	(4)	0:02:48.1	(5)	0:06:58.6	+1:48.2

10 - 11 - 1 km. Mass Start - Varius distanced depending on age

PL	Bib	Name	Overall	Swim	Rnk	Bike	Rnk	Run	Rnk	Time	Diff
1	17	Madison Carr	13/20	0:01:08.2	(1)	0:01:10.8	(1)	0:10:29.9	(1)	0:12:49.1	+0.0
2	15	Mckenzie Kaluzniak	14/20	0:02:00.1	(3)	0:01:52.5	(4)	0:10:50.2	(2)	0:14:42.9	+1:53.8
3	16	Erica Kath	15/20	0:01:44.8	(2)	0:01:56.9	(5)	0:11:44.5	(3)	0:15:26.3	+2:37.2
4	14	Jacob Tchir	16/20	0:03:01.0	(4)	0:01:44.2	(3)	0:11:54.6	(4)	0:16:40.0	+3:50.9
5	18	Michael Flint	17/20	0:03:09.4	(5)	0:01:39.2	(2)	0:13:13.7	(5)	0:18:02.5	+5:13.4
6	13	Donna Dziwenka	19/20	0:03:38.3	(6)	0:03:59.0	(6)	0:14:21.4	(6)	0:21:58.9	+9:09.8

12 - 13 - 1 km. Mass Start - Varius distanced depending on age

PL	Bib	Name	Overall	Swim	Rnk	Bike	Rnk	Run	Rnk	Time	Diff
1	19	Danielle Kath	18/20	0:03:48.6	(1)	0:01:42.4	(1)	0:13:54.8	(1)	0:19:26.0	+0.0
2	20	Chantelle D'entremont	20/20	0:05:55.6	(2)	0:01:59.3	(2)	0:14:21.4	(2)	0:22:16.4	+2:50.4

Try a Tri Women20-29 - 1 km. Mass Start - Triathlon

PL	Bib	Name	Overall	Swim	Rnk	Bike	Rnk	Run	Rnk	Time	Diff
1	22	Megan Wood-Smith	1/13	0:05:23.1	(1)	0:18:16.8	(1)	0:14:10.0	(2)	0:37:50.0	+0.0
2	21	Peyvand Paknahad	6/13	0:06:39.9	(2)	0:26:59.8	(3)	0:13:21.9	(1)	0:47:01.8	+9:11.8
3	23	Ashleigh Auvigne	8/13	0:08:30.3	(3)	0:24:51.6	(2)	0:15:55.1	(3)	0:49:17.1	+11:27.1

Try a Tri Men 30-39 - 1 km. Mass Start - Triathlon

PL	Bib	Name	Overall	Swim	Rnk	Bike	Rnk	Run	Rnk	Time	Diff
1	34	Kevin Dell	2/13	0:07:48.9	(1)	0:23:05.5	(1)	0:10:33.2	(1)	0:41:27.7	+0.0

Try a Tri Women30-39 - 1 km. Mass Start - Triathlon

PL	Bib	Name	Overall	Swim	Rnk	Bike	Rnk	Run	Rnk	Time	Diff
1	27	Jillian Little	3/13	0:05:36.8	(1)	0:24:40.9	(1)	0:12:55.2	(2)	0:43:13.0	+0.0
2	24	Mireille Poulin	4/13	0:05:48.1	(2)	0:27:01.3	(3)	0:11:54.7	(1)	0:44:44.2	+1:31.2
3	28	Maxine Clarke	5/13	0:06:34.3	(3)	0:25:40.6	(2)	0:13:47.0	(3)	0:46:02.0	+2:49.0
4	26	Helen Frank-Labuschagne	9/13	0:08:14.7	(4)	0:28:27.2	(4)	0:16:49.3	(4)	0:53:31.3	+10:18.3
5	25	Jaime Cockle	12/13	0:10:53.2	(5)	0:32:54.4	(5)	0:20:30.4	(5)	1:04:18.2	+21:05.2

Try a Tri Women40-49 - 1 km. Mass Start - Triathlon

PL	Bib	Name	Overall	Swim	Rnk	Bike	Rnk	Run	Rnk	Time	Diff
1	32	Mary Rosichuk	7/13	0:08:56.2	(2)	0:23:09.9	(1)	0:16:08.6	(2)	0:48:14.9	+0.0
2	30	Nancy Lokhorst	10/13	0:07:49.4	(1)	0:31:05.2	(3)	0:18:27.0	(4)	0:57:21.8	+9:06.9
3	31	Catherine Biggs	11/13	0:19:48.1	(4)	0:25:33.7	(2)	0:15:47.6	(1)	1:01:09.6	+12:54.7
4	29	Jennielee Foreman	13/13	0:14:18.6	(3)	0:33:19.4	(4)	0:18:13.4	(3)	1:05:51.5	+17:36.6

Women U-19 - 25 km. - Sprint Distance

PL	Bib	Name	Overall	Swim	Rnk	Bike	Rnk	Run	Rnk	Time	Diff
1	52	Samantha Dimma	2/33	0:07:17.2	(1)	0:38:15.6	(1)	0:17:39.0	(1)	1:03:12.0	+0.0
2	53	Sydney Harnack	3/33	0:08:41.2	(2)	0:40:14.2	(2)	0:18:26.0	(2)	1:07:21.5	+4:09.5

Women 20-29 - 25 km. - Sprint Distance

PL	Bib	Name	Overall	Swim	Rnk	Bike	Rnk	Run	Rnk	Time	Diff
1	54	Teann Dhariwal	1/33	0:08:28.1	(2)	0:37:58.1	(1)	0:15:45.5	(1)	1:02:11.8	+0.0
2	56	Katie Dutove	5/33	0:09:53.1	(3)	0:39:01.9	(2)	0:20:12.6	(3)	1:09:07.7	+6:55.9
3	63	Jodie VanMeetelen	13/33	0:14:04.1	(9)	0:44:07.0	(3)	0:18:02.5	(2)	1:16:13.7	+14:01.9
4	61	Brianna Schultz	18/33	0:10:45.7	(4)	0:46:55.0	(4)	0:27:43.8	(5)	1:25:24.6	+23:12.8
5	62	Cassie Smith	26/33	0:07:45.6	(1)	0:49:06.6	(6)	0:35:13.7	(10)	1:32:06.1	+29:54.3
6	58	Janice Lokhorst	27/33	0:13:18.6	(6)	0:50:27.0	(8)	0:30:17.4	(7)	1:34:03.2	+31:51.4
7	57	Tiffanie Levesque	28/33	0:13:31.8	(7)	0:49:42.8	(7)	0:31:10.5	(8)	1:34:25.2	+32:13.4
8	59	Jessica Moe	29/33	0:12:40.6	(5)	0:59:38.6	(11)	0:23:46.5	(4)	1:36:05.8	+33:54.0
9	64	Bonnie Vantol	30/33	0:13:44.4	(8)	0:51:33.9	(9)	0:31:56.6	(9)	1:37:15.0	+35:03.2
10	60	Samantha Rozak	32/33	0:14:50.8	(10)	0:48:12.9	(5)	0:36:45.5	(11)	1:39:49.4	+37:37.6
11	55	Cortney Dietze	33/33	0:19:15.9	(11)	0:53:27.1	(10)	0:28:41.0	(6)	1:41:24.1	+39:12.3

Women 30-39 - 25 km. - Sprint Distance

PL	Bib	Name	Overall	Swim	Rnk	Bike	Rnk	Run	Rnk	Time	Diff
1	75	Krista Tchir	9/33	0:10:12.1	(2)	0:37:18.3	(1)	0:26:30.6	(4)	1:14:01.2	+0.0
2	74	Barbara Strydom	10/33	0:10:42.1	(3)	0:40:26.1	(4)	0:23:44.9	(1)	1:14:53.2	+52.0
3	73	Kyla Price	11/33	0:10:49.5	(4)	0:38:54.2	(2)	0:25:54.9	(2)	1:15:38.8	+1:37.6
4	72	Dawn Parker	14/33	0:11:39.2	(6)	0:39:30.3	(3)	0:26:42.6	(5)	1:17:52.3	+3:51.1
5	70	Lori Lehman	17/33	0:10:09.4	(1)	0:42:14.0	(6)	0:30:38.1	(9)	1:23:01.6	+9:00.4
6	71	Angela Merriott	19/33	0:12:56.1	(8)	0:41:06.9	(5)	0:32:37.4	(12)	1:26:40.6	+12:39.4
7	76	Tania Way	21/33	0:11:08.6	(5)	0:49:26.3	(10)	0:26:48.6	(6)	1:27:23.6	+13:22.4
8	66	Angel Cousineau	22/33	0:14:06.8	(9)	0:44:36.1	(8)	0:32:28.3	(11)	1:31:11.3	+17:10.1
9	67	Heather Dunnigan	23/33	0:17:09.8	(12)	0:44:28.7	(7)	0:29:34.5	(8)	1:31:13.1	+17:11.9
10	65	Paula Cluett	24/33	0:14:19.3	(10)	0:50:36.4	(11)	0:26:26.2	(3)	1:31:22.0	+17:20.8
11	69	Jennifer Gorgichuk	25/33	0:12:30.8	(7)	0:47:33.9	(9)	0:31:39.5	(10)	1:31:44.4	+17:43.2
12	68	Tanya Gaydos	31/33	0:16:16.7	(11)	0:52:13.7	(12)	0:28:44.8	(7)	1:37:15.4	+23:14.2

Women 40-49 - 25 km. - Sprint Distance

PL	Bib	Name	Overall	Swim	Rnk	Bike	Rnk	Run	Rnk	Time	Diff
1	83	Christine Keylor	6/33	0:09:36.3	(1)	0:39:27.5	(4)	0:22:45.2	(1)	1:11:49.1	+0.0
2	78	Sloan D'entremont	7/33	0:09:59.7	(3)	0:36:04.7	(1)	0:26:12.8	(4)	1:12:17.3	+28.2
3	84	Liz Richard	8/33	0:10:35.0	(4)	0:36:43.1	(2)	0:26:23.8	(5)	1:13:42.0	+1:52.9
4	77	Lisa Clearwater	12/33	0:11:45.2	(7)	0:38:34.5	(3)	0:25:33.5	(2)	1:15:53.3	+4:04.2
5	80	Jennifer Haakenson	15/33	0:10:40.9	(5)	0:44:46.1	(6)	0:26:05.0	(3)	1:21:32.1	+9:43.0
6	79	Carmen Dunham	16/33	0:09:38.9	(2)	0:43:31.0	(5)	0:29:02.6	(7)	1:22:12.7	+10:23.6
7	82	Lyndi Karbonik	20/33	0:10:52.6	(6)	0:49:05.1	(7)	0:27:00.3	(6)	1:26:58.2	+15:09.1
8	81	Helen Jones	*	***	()	***	()	***	()	***	***

Women 50-59 - 25 km. - Sprint Distance

PL	Bib	Name	Overall	Swim	Rnk	Bike	Rnk	Run	Rnk	Time	Diff
1	85	Deborah DiGiuseppe	4/33	0:09:56.4	(1)	0:35:52.1	(1)	0:23:08.1	(1)	1:08:56.7	+0.0

Men 20-29 - 25 km. Mass Start - Sprint Distance

PL	Bib	Name	Overall	Swim	Rnk	Bike	Rnk	Run	Rnk	Time	Diff
1	35	Francois Coetzer	2/17	0:07:42.6	(1)	0:36:07.7	(2)	0:23:47.8	(3)	1:07:38.2	+0.0
2	36	Garrett Dymchuk	4/17	0:11:54.3	(2)	0:37:10.9	(3)	0:20:43.6	(1)	1:09:48.9	+2:10.7
3	86	Carl Scheuerman	7/17	0:12:55.9	(4)	0:36:06.9	(1)	0:23:02.0	(2)	1:12:04.9	+4:26.7
4	37	James Dercher	9/17	0:12:36.1	(3)	0:38:31.3	(4)	0:24:11.0	(4)	1:15:18.5	+7:40.3
5	38	Homan Lee	*	***	()	***	()	***	()	***	***

Men 30-39 - 25 km. Mass Start - Sprint Distance

PL	Bib	Name	Overall	Swim	Rnk	Bike	Rnk	Run	Rnk	Time	Diff
1	44	Stanger Robert	5/17	0:07:07.6	(1)	0:40:40.7	(2)	0:22:29.0	(1)	1:10:17.4	+0.0
2	43	Michael Hunt	6/17	0:08:34.7	(2)	0:40:21.5	(1)	0:22:30.4	(2)	1:11:26.7	+1:09.3
3	41	Doug Gingell	11/17	0:12:01.6	(4)	0:41:45.6	(3)	0:26:49.1	(4)	1:20:36.4	+10:19.0
4	42	Michael Hume	12/17	0:11:20.8	(3)	0:49:22.1	(6)	0:23:10.5	(3)	1:23:53.6	+13:36.2
5	40	Patrick Cann	13/17	0:13:08.6	(5)	0:44:03.9	(5)	0:28:47.4	(5)	1:25:59.9	+15:42.5
6	39	Brad Campbell	16/17	0:14:52.0	(6)	0:41:54.1	(4)	0:30:57.9	(6)	1:27:44.1	+17:26.7

Men 40-49 - 25 km. Mass Start - Sprint Distance

PL	Bib	Name	Overall	Swim	Rnk	Bike	Rnk	Run	Rnk	Time	Diff
1	47	Alan Luck	3/17	0:11:50.4	(1)	0:35:55.6	(1)	0:21:00.5	(1)	1:08:46.7	+0.0
2	48	Grant Smith	10/17	0:12:07.4	(2)	0:39:10.9	(2)	0:24:42.9	(2)	1:16:01.3	+7:14.6
3	46	Joel Lavoie	14/17	0:12:35.4	(3)	0:44:49.8	(4)	0:28:37.0	(4)	1:26:02.3	+17:15.6
4	45	Trent Fehr	15/17	0:16:03.5	(4)	0:44:30.8	(3)	0:26:10.4	(3)	1:26:44.8	+17:58.1

Men 50-59 - 25 km. Mass Start - Sprint Distance

PL	Bib	Name	Overall	Swim	Rnk	Bike	Rnk	Run	Rnk	Time	Diff
1	49	Mike Dutove	1/17	0:07:51.1	(1)	0:33:33.2	(1)	0:24:56.1	(3)	1:06:20.6	+0.0
2	50	Brian Krushel	8/17	0:12:10.3	(2)	0:41:48.9	(2)	0:20:16.1	(1)	1:14:15.4	+7:54.8
3	51	Peter McConnell	17/17	0:19:01.3	(3)	0:53:13.5	(3)	0:24:04.5	(2)	1:36:19.4	+29:58.8