

PARRY SOUND XTERRA 2016

Parry Sound, Ontario
Saturday July 23rd, 2016

CHAMPIONCHIP TIMING by:
Trysport, Parry Sound, ON 877-844-9887
LSComputers, Bracebridge, ON 705-645-6007

FINAL INDIVIDUAL FEMALE FULL TRIATHLON RESULTS

-----FINAL-----															
-----SWIM 1500m-----BIKE 24 km-----RUN 9 km-----															
Pos	Time	Name	City	Catplc/ Total Cat		Bib#	Ovr	Time	/100m	Ovr	Time	km/hr	Ovr	Time	/km
1	2:53:13	PADY Heather	Mono	1/6	F40-49	71	4	28:47	1:56	1	1:35:16	15.1	1	49:10	5:28
2	3:14:00	LOUGHEED Rosamond	Toronto	1/4	F30-39	64	6	31:21	2:06	2	1:41:12	14.2	2	1:01:28	6:50
3	3:25:23	ARMSTRONG Faye	Brampton	2/4	F30-39	65	8	31:38	2:07	5	1:52:12	12.8	3	1:01:33	6:51
4	3:27:50	RAGOTTE Kate	Oakville	1/1	F20-29	63	3	28:44	1:55	6	1:52:34	12.8	4	1:06:33	7:24
5	3:38:02	STANLEY Heather	Orillia	2/6	F40-49	73	10	34:54	2:20	3	1:48:12	13.3	7	1:14:57	8:20
6	3:43:20	MCDONALD Anna	Burlington	3/4	F30-39	67	9	32:26	2:10	7	1:56:44	12.3	6	1:14:11	8:15
7	3:45:04	JOHNSON Nicole	Milton	3/6	F40-49	68	7	31:22	2:06	8	2:04:50	11.5	5	1:08:54	7:40
8	4:14:40	RATHWELL Julie A.	Sudbury	4/4	F30-39	66	2	27:14	1:49	14	2:22:32	10.1	8	1:24:55	9:27
9	4:25:06	WARKENTIN Vicky	Thunder Bay	4/6	F40-49	70	5	31:15	2:05	12	2:20:33	10.2	10	1:33:18	10:22
10	4:32:14	USHER Linda	Upton	1/1	F60-69	77	14	47:11	3:09	10	2:15:41	10.6	9	1:29:23	9:56
11	4:38:59	MACINTYRE Meg	Caledon	1/3	F50-59	74	13	39:11	2:37	11	2:19:56	10.3	11	1:39:53	11:06
12	4:53:03	FLEMMING Tanya	Toronto	2/3	F50-59	76	15	48:01	3:13	13	2:21:32	10.2	12	1:43:30	11:30
13		WHITMORE Lori	London	3/3	F50-59	75	1	26:52	1:48	4	1:48:55	13.2			
14		BOBIWASH Helen	Sudbury	5/6	F40-49	72	11	35:15	2:21	9	2:05:08	11.5			
15		WRIGHT Jennifer	Toronto	6/6	F40-49	69	12	38:27	2:34						