

## 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 SPRINT TRIATHLON RESULTS

-----FINAL-----															
-----SWIM 500m-----BIKE 13 km-----RUN 4.5 km-----															
Pos	Time	Name	City	Catplc/ Total Cat		Bib#	Ovr	Time	/100m	Ovr	Time	km/hr	Ovr	Time	/km
1	1:26:53	EGGENBERGER Kathy	Peterborough	1/4	F30-39	236	1	9:35	1:55	2	52:17	14.9	1	25:03	5:34
2	1:30:47	SMITH Heather	McDougall	2/4	F30-39	233	4	10:43	2:09	1	51:33	15.1	2	28:32	6:21
3	1:39:39	WILLIAMS Lisa J.	Pickering	3/4	F30-39	235	2	9:35	1:55	3	59:30	13.1	3	30:34	6:48
4	1:53:47	SMYTH Gina	McDougall	1/3	F40-49	238	3	10:33	2:07	5	1:06:58	11.6	7	36:16	8:04
5	1:55:30	ROSANO Kimberley	Mississauga	1/2	F50-59	240	5	11:33	2:19	4	1:05:52	11.8	8	38:05	8:28
6	1:57:32	HAWKINS Jen	Toronto	2/3	F40-49	237	10	13:20	2:40	6	1:11:50	10.9	4	32:23	7:12
7	2:10:33	SHEW Sharon	Milton	3/3	F40-49	243	9	12:54	2:35	9	1:22:08	9.5	5	35:32	7:54
8	2:10:40	GARAVITO Alejandra	Etobicoke	1/1	F20-29	230	7	12:39	2:32	8	1:17:33	10.1	9	40:28	9:00
9	2:17:34	SPAK Hayley	Waubauskene	4/4	F30-39	234	8	12:43	2:33	7	1:14:00	10.5	10	50:52	11:19
10	2:19:15	BOOTH Amanda	Kitchener	2/2	F50-59	239	6	11:59	2:24	10	1:31:10	8.6	6	36:07	8:02