

## 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 SPRINT TRIATHLON RESULTS

-----FINAL-----															
-----SWIM 500m-----BIKE 13 km-----RUN 4.5 km-----															
Pos	Time	Name	City	Cat/plc/ Total Cat		Bib#	Ovr	Time	/100m	Ovr	Time	km/hr	Ovr	Time	/km
1	1:16:13	FONG Matthew	Ajax	1/4	MU20	211	1	7:37	1:32	1	45:52	17.0	1	22:44	5:03
2	1:22:27	PHELAN Richard	Mississauga	1/5	M40-49	222	4	8:39	1:44	4	50:10	15.5	2	23:38	5:15
3	1:22:57	CIOTLOS Jack	Toronto	2/4	MU20	241	5	8:42	1:45	3	50:03	15.6	3	24:13	5:23
4	1:24:22	PITTS Gregory	Baysville	2/5	M40-49	224	3	8:34	1:43	5	51:28	15.2	4	24:22	5:25
5	1:26:48	SMITH Jon	Nobel	1/5	M30-39	242	19	11:14	2:15	2	48:21	16.1	7	27:13	6:03
6	1:26:53	EGGENBERGER Kathy	Peterborough	1/4	F30-39	236	7	9:35	1:55	8	52:17	14.9	5	25:03	5:34
7	1:28:11	HOBOURN Jeremy	Parry Sound	3/4	MU20	212	15	10:11	2:03	7	51:54	15.0	6	26:07	5:49
8	1:30:19	GITTINS Dai	Stratford upon	1/3	M50-59	228	2	8:10	1:38	10	53:22	14.6	12	28:47	6:24
9	1:30:47	SMITH Heather	McDougall	2/4	F30-39	233	18	10:43	2:09	6	51:33	15.1	10	28:32	6:21
10	1:35:00	PAQUETTE Andre	McDougall	1/3	M20-29	215	10	9:48	1:58	9	53:08	14.7	16	32:05	7:08
11	1:35:45	BALSDEN Greg	St. Thomas	2/5	M30-39	218	16	10:29	2:06	11	56:42	13.8	11	28:34	6:21
12	1:36:26	SOMMERFREUND David	London	3/5	M40-49	223	9	9:46	1:58	12	58:36	13.3	9	28:05	6:15
13	1:38:03	LANE Gordon	McDougall	4/5	M40-49	227	11	9:50	1:58	15	1:00:48	12.8	8	27:25	6:06
14	1:39:39	WILLIAMS Lisa J.	Pickering	3/4	F30-39	235	8	9:35	1:55	13	59:30	13.1	14	30:34	6:48
15	1:41:56	SABOURIN Michel	Brampton	2/3	M50-59	244	14	10:09	2:02	14	59:54	13.0	15	31:54	7:06
16	1:43:02	FELL Paul	Parry Sound	2/3	M20-29	216	6	9:14	1:51	16	1:03:32	12.3	13	30:17	6:44
17	1:53:47	SMYTH Gina	McDougall	1/3	F40-49	238	17	10:33	2:07	19	1:06:58	11.6	23	36:16	8:04
18	1:54:38	YAUK Alec	Toronto	3/3	M50-59	229	29	15:22	3:05	17	1:03:34	12.3	20	35:42	7:56
19	1:55:30	ROSANO Kimberley	Mississauga	1/2	F50-59	240	21	11:33	2:19	18	1:05:52	11.8	25	38:05	8:28
20	1:55:37	MCDUGALL Dave	Codrington	3/5	M30-39	220	28	15:05	3:01	20	1:08:14	11.4	17	32:18	7:11
21	1:57:32	HAWKINS Jen	Toronto	2/3	F40-49	237	26	13:20	2:40	21	1:11:50	10.9	18	32:23	7:12
22	1:57:54	MARCOTTE Kyle	Sudbury	4/5	M30-39	217	13	10:05	2:01	22	1:12:06	10.8	21	35:44	7:57
23	2:10:33	SHEW Sharon	Milton	3/3	F40-49	243	25	12:54	2:35	25	1:22:08	9.5	19	35:32	7:54
24	2:10:40	GARAVITO Alejandra	Etobicoke	1/1	F20-29	230	23	12:39	2:32	24	1:17:33	10.1	27	40:28	9:00
25	2:16:10	YAUK Sean	Toronto	4/4	MU20	213	20	11:29	2:18	28	1:25:54	9.1	26	38:48	8:38
26	2:17:34	SPAK Hayley	Waubauskene	4/4	F30-39	234	24	12:43	2:33	23	1:14:00	10.5	29	50:52	11:19
27	2:18:40	KEARNS Zachary	North Bay	3/3	M20-29	214	30	15:54	3:11	27	1:25:06	9.2	24	37:41	8:23
28	2:19:12	ROZEMA Aaron	Carrying Place	5/5	M30-39	219	27	13:26	2:42	26	1:23:36	9.3	28	42:11	9:23
29	2:19:15	BOOTH Amanda	Kitchener	2/2	F50-59	239	22	11:59	2:24	29	1:31:10	8.6	22	36:07	8:02
30		BOOTH Nick	Kitchener	5/5	M40-49	226	12	9:52	1:59						