

XTERRA Sleeping Giant

Element Racing

Race Scored by Thunder Bay Timing

August 24th, 2019

< < < < Short Triathlon > > > >

500m swim + 12K bike + 6K run

***** FINAL RESULTS *****

Place	Div/Tot	Race Div	Bib	Name	Rank	Finish	Rank	Swim	Rank	Tbikeru	Rank	Run
1	1/11	ST_M2029	280	Scott Vaillant	1	1:05:53	26	13:50	2	30:58	1	21:05
2	1/5	ST_M4049	220	Keith Ailey	2	1:07:14	15	12:56	1	28:52	11	25:26
3	1/3	ST_F<20	268	Tierza Wilson	3	1:07:56	18	13:24	3	31:29	3	23:04
4	2/11	ST_M2029	306	Jesse Stewart	4	1:09:03					6	24:25
5	2/3	ST_F<20	219	Brooklyn Ailey	5	1:09:58	12	12:46	4	32:37	8	24:36
6	1/6	ST_M3039	287	Mike Heerema	6	1:11:56	33	14:32	7	35:38	2	21:48
7	1/9	ST_F2029	285	Katie Darcis	7	1:12:00	16	13:00	8	35:46	4	23:15
8	1/19	ST_F3039	228	Lindsay Wowchuk	8	1:15:01	44	15:40	6	34:55	7	24:28
9	2/19	ST_F3039	230	Karen Dicastmirro	9	1:15:19	38	15:13	5	34:45	10	25:22
10	2/6	ST_M3039	281	Graham Sage	10	1:16:08	19	13:27	14	36:54	12	25:48
11	3/11	ST_M2029	278	Mitchell Caruso	11	1:16:23	8	12:11	11	36:27	21	27:46
12	1/9	ST_F4049	291	Kristen Langhorn	12	1:16:26	3	11:59	21	38:39	13	25:49
13	3/6	ST_M3039	227	Kyle Gardner	13	1:16:38	30	14:05	10	36:12	15	26:22
14	1/3	ST_F6069	229	Sherry Lynn Hill	14	1:17:51	9	12:15	12	36:44	27	28:53
15	2/9	ST_F2029	272	Brittany Pennock	15	1:18:23	36	14:56	9	35:54	18	27:34
16	4/11	ST_M2029	297	Damon Quinn	16	1:18:24	2	11:52	20	38:25	23	28:09
17	4/6	ST_M3039	295	Dieter Kreps	17	1:18:50	7	12:09	17	37:54	26	28:48
18	1/6	ST_F5059	261	Deanne Lee	18	1:19:45					24	28:21
19	5/6	ST_M3039	300	Mitchel Van Ramshorst	19	1:19:47	65	18:46	13	36:47	5	24:15
20	2/5	ST_M4049	277	Ian Caruso	20	1:20:23	22	13:41	15	36:55	34	29:48
21	2/9	ST_F4049	246	Julie Vinet	21	1:20:31	23	13:42	23	39:05	20	27:44
22	3/9	ST_F4049	234	Crystal Cook	22	1:20:35	5	12:01	28	40:54	19	27:41
23	3/5	ST_M4049	302	Justin Kreczmer	23	1:20:39	20	13:29	16	37:41	31	29:31
24	1/3	ST_M6069	226	Patrick O`connor	24	1:20:53	11	12:40	19	38:13	35	30:00
25	3/19	ST_F3039	224	Becky Agar	25	1:20:58	17	13:08	18	38:08	33	29:43
26	1/5	ST_M5059	296	Russell Clark	26	1:21:20	25	13:48	37	42:51	9	24:43
27	5/11	ST_M2029	289	Jordan Niemi	27	1:23:27	40	15:14	27	40:44	17	27:30
28	4/9	ST_F4049	250	Sarah Handley	28	1:23:41	4	12:00	25	39:55	47	31:47
29	4/19	ST_F3039	236	Amy Hosegood	29	1:24:28	13	12:47	26	40:39	39	31:02
30	3/9	ST_F2029	283	Meranda Termaat	30	1:24:30	27	13:52	24	39:27	41	31:12

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Place	Div/Tot	Race Div	Bib	Name	Rank	Finish	Rank	Swim	Rank	Tbikeru	Rank	Run
31	4/9	ST_F2029	273	Carlie Pennock	31	1:25:38	55	17:30	22	38:56	29	29:13
32	2/6	ST_F5059	925	Lis Salmon	32	1:25:42	35	14:48	30	41:19	32	29:36
33	5/19	ST_F3039	290	Kathleen Comuzzi	33	1:26:26	42	15:35	31	41:22	30	29:29
34	2/5	ST_M5059	252	Wayne Graves	34	1:26:37	47	16:08	40	43:50	16	26:40
35	6/11	ST_M2029	253	Andre Lafreniere	35	1:27:18	41	15:15	42	44:15	22	27:49
36	6/19	ST_F3039	249	Sarah Sherlock	36	1:27:26	10	12:23	33	42:20	51	32:44
37	7/19	ST_F3039	240	Tanya Smith	37	1:29:14	28	13:54	49	46:14	28	29:07
38	8/19	ST_F3039	298	Lesley Dell	38	1:30:07	31	14:29	34	42:27	53	33:11
39	1/1	ST_M<20	294	Zachary Scollie	39	1:31:58	1	11:50	36	42:44	64	37:24
40	9/19	ST_F3039	304	Rebecca Urbanski	40	1:32:45	56	17:34	41	44:01	40	31:11
41	10/19	ST_F3039	233	Lindsey Rae	41	1:34:03	50	17:10	45	45:23	43	31:31
42	5/9	ST_F4049	248	Nathalie Racco	42	1:34:18	49	17:06	44	44:59	49	32:15
43	11/19	ST_F3039	279	Kaitlin Prezio	43	1:34:32	43	15:36	39	42:58	61	35:59
44	6/6	ST_M3039	282	Jeffrey Sage	44	1:35:02	48	17:01	46	45:30	50	32:32
45	2/3	ST_F6069	251	Sheri Schrock	45	1:35:14	29	14:03	29	41:02	69	40:09
46	3/5	ST_M5059	284	Ken Lieske	46	1:35:25	60	18:10	32	42:03	60	35:13
47	7/11	ST_M2029	259	Nicolas Lafreniere	47	1:35:29	67	19:03	43	44:15	48	32:13
48	12/19	ST_F3039	266	Mandie Sims	48	1:35:43	63	18:22	47	45:40	46	31:42
49	5/9	ST_F2029	275	Skylar Christian	49	1:35:53	46	15:56	38	42:55	63	37:02
50	4/5	ST_M5059	274	Iain Galloway	50	1:37:04	21	13:35	60	50:45	52	32:46
51	3/6	ST_F5059	235	Susan Hay	51	1:37:25	32	14:31	35	42:34	71	40:21
52	13/19	ST_F3039	223	Meghan McDonell	52	1:38:32	34	14:44	56	49:40	54	34:09
53	6/9	ST_F2029	276	Karly Perrier	53	1:39:31	52	17:24	59	50:31	44	31:36
54	8/11	ST_M2029	247	Joseph Beg	54	1:39:45	72	20:28	50	47:54	42	31:24
55	4/6	ST_F5059	221	Maureen J Page	55	1:40:25	54	17:27	52	48:23	57	34:35
56	9/11	ST_M2029	241	Brennan Fisher	56	1:40:38	75	22:06	58	49:58	25	28:34
57	7/9	ST_F2029	269	Elina Ranta-Diegel	57	1:40:52	24	13:45	67	52:58	55	34:10
58	8/9	ST_F2029	256	Karolyne Nagy	58	1:40:52	14	12:49	62	52:02	62	36:03
59	6/9	ST_F4049	286	Juanita Hiebert	59	1:41:34	37	15:01	48	46:05	72	40:30
60	2/3	ST_M6069	258	Bruno Lafreniere	60	1:41:59	58	18:01	53	49:03	59	34:57

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61	14/19	ST_F3039	222	Audrey Pientok	61	1:43:25	66	19:00	55	49:31	58	34:55
62	3/3	ST_F<20	265	Taylor Gombola	62	1:44:21	61	18:13	61	51:50	56	34:19
63	10/11	ST_M2029	288	Connor Galloway	63	1:44:35	53	17:25	73	57:02	36	30:09
64	15/19	ST_F3039	257	Alicia Turner	64	1:44:52	62	18:15	71	55:01	45	31:37
65	4/5	ST_M4049	293	James Weaver	65	1:44:59	6	12:03	76	1:06:44	14	26:13
66	5/5	ST_M5059	264	Mark Seeber	66	1:46:32	69	19:26	54	49:18	65	37:49
67	5/5	ST_M4049	254	Jeremy Pearson	67	1:46:33	76	23:39	66	52:08	37	30:46
68	7/9	ST_F4049	255	Jocelyn Pearson	68	1:46:34	77	23:41	65	52:07	38	30:46
69	16/19	ST_F3039	305	Melissa Dunn	69	1:50:28	57	17:41	57	49:53	75	42:54
70	5/6	ST_F5059	217	Nancy Kotanen	70	1:51:12	51	17:13	72	55:53	66	38:06
71	8/9	ST_F4049	218	Andrena Toth	71	1:51:31	70	19:26	63	52:02	68	40:03
72	3/3	ST_M6069	292	Paul Hessey	72	1:51:42	39	15:14	51	48:10	78	48:19
73	17/19	ST_F3039	237	Amanda Lino	73	1:54:37	74	22:04	69	54:03	67	38:31
74	9/9	ST_F4049	263	Donna Currie	74	1:56:09	68	19:12	64	52:05	76	44:53
75	9/9	ST_F2029	301	Daniella Harrington	75	1:58:56	73	21:42	70	54:35	74	42:40
76	11/11	ST_M2029	303	Liam Hopkins	76	2:00:53	78	27:21	68	53:20	70	40:14
77	6/6	ST_F5059	231	Cheryl Ready	77	2:05:25	45	15:41	77	1:07:48	73	41:57
78	3/3	ST_F6069	307	Kas Nummenlin	78	2:08:40	64	18:24	74	58:22	80	51:55
79	18/19	ST_F3039	271	Jennifer Keller	79	2:12:00	71	19:47	75	1:01:58	79	50:16
80	19/19	ST_F3039	299	Laura Loan	80	2:13:28	59	18:01	78	1:08:16	77	47:12

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