

# Hecla Sprint Triathlon

## Overall Male Runner

Place	Bib#	Name	Time	Grade	Athlete Type	Hometown	Pace	Speed	Overall Place	Age	Athlete ID
1.	1101	Raphael Armour-Lazzari	01:01:49.85		Triathlete	Winnipeg, MB	2:24/K	25.0kph	1	17	
2.	1138	Bryce Jenkins	01:05:34.25		Triathlete	Winnipeg, MB	2:33/K	23.6kph	2	18	
3.	1180	Noah Wiens	01:07:37.35		Triathlete	Winnipeg, MB	2:38/K	22.8kph	3	17	

## Overall Female Runner

Place	Bib#	Name	Time	Grade	Athlete Type	Hometown	Pace	Speed	Overall Place	Age	Athlete ID
1.	1158	Hailee Morisseau	01:16:15.85		Triathlete	Portage La Prairie, MB	2:58/K	20.3kph	4	18	
2.	1162	Morgan Ott	01:18:44.66		Triathlete	Winnipeg, MB	3:03/K	19.6kph	5	16	
3.	1179	Kaitlyn Wiens	01:21:37.21		Triathlete	Winnipeg, MB	3:10/K	18.9kph	8	23	

## Male 16 - 19

Place	Bib#	Name	Time	Grade	Athlete Type	Hometown	Pace	Speed	Overall Place	Age	Athlete ID
1.	1101	Raphael Armour-Lazzari	01:01:49.85		Triathlete	Winnipeg, MB	2:24/K	25.0kph	1	17	
2.	1138	Bryce Jenkins	01:05:34.25		Triathlete	Winnipeg, MB	2:33/K	23.6kph	2	18	
3.	1180	Noah Wiens	01:07:37.35		Triathlete	Winnipeg, MB	2:38/K	22.8kph	3	17	

## Female 16 - 19

Place	Bib#	Name	Time	Grade	Athlete Type	Hometown	Pace	Speed	Overall Place	Age	Athlete ID
1.	1158	Hailee Morisseau	01:16:15.85		Triathlete	Portage La Prairie, MB	2:58/K	20.3kph	4	18	
2.	1162	Morgan Ott	01:18:44.66		Triathlete	Winnipeg, MB	3:03/K	19.6kph	5	16	

## Female 20 - 24

Place	Bib#	Name	Time	Grade	Athlete Type	Hometown	Pace	Speed	Overall Place	Age	Athlete ID
1.	1179	Kaitlyn Wiens	01:21:37.21		Triathlete	Winnipeg, MB	3:10/K	18.9kph	8	23	

## Male 25 - 29

Place	Bib#	Name	Time	Grade	Athlete Type	Hometown	Pace	Speed	Overall Place	Age	Athlete ID
1.	1163	Ben Reiter	01:29:51.33		Triathlete	Winnipeg, MB	3:29/K	17.2kph	33	26	
2.	1176	Eric Vielfaure	01:30:56.33		Triathlete	Winnipeg, MB	3:32/K	17.0kph	36	25	
3.	1146	Jeremy Legall	01:34:17.86		Triathlete	Winnipeg, MB	3:40/K	16.4kph	43	29	

## Female 25 - 29

Place	Bib#	Name	Time	Grade	Athlete Type	Hometown	Pace	Speed	Overall Place	Age	Athlete ID
1.	1167	Allison Simpson	01:34:56.66		Triathlete	Neepeawa, MB	3:41/K	16.3kph	45	28	
2.	1129	Dana Graham	01:44:31.78		Triathlete	Winnipeg, MB	4:04/K	14.8kph	54	26	
3.	1137	Haley Hrymak	01:46:08.80		Triathlete	Winnipeg, MB	4:07/K	14.6kph	57	27	
4.	1114	Elizabeth Cowden	02:17:40.57		Triathlete	Severn, ON	5:21/K	11.2kph	64	27	

## Male 30 - 34

Place	Bib#	Name	Time	Grade	Athlete Type	Hometown	Pace	Speed	Overall Place	Age	Athlete ID
1.	1144	Brett Lamoureux	01:23:08.45		Triathlete	Winnipeg, MB	3:14/K	18.6kph	12	34	
2.	1148	Scott Malcolmson	01:24:24.81		Triathlete	Winnipeg, MB	3:17/K	18.3kph	17	31	
3.	1145	Tim Laurin	01:40:10.61		Triathlete	Winnipeg, MB	3:53/K	15.4kph	50	31	

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## Female 30 - 34

Place	Bib#	Name	Time	Grade	Athlete Type	Hometown	Pace	Speed	Overall Place	Age	Athlete ID
1.	1177	Desirae Warkentin	01:23:11.76		Triathlete	Winnipeg, MB	3:14/K	18.6kph	13	30	
2.	1166	Alanna Simpson	01:24:27.86		Triathlete	Shoal Lake, MB	3:17/K	18.3kph	18	30	
3.	1120	Larissa Dueck	01:25:51.58		Triathlete	Winnipeg, MB	3:20/K	18.0kph	23	33	
4.	1171	Krystal Thorington	01:28:43.24		Triathlete	Winnipeg, MB	3:27/K	17.4kph	28	34	
5.	1121	Stephanie Dyck	01:28:43.35		Triathlete	Winnipeg, MB	3:27/K	17.4kph	29	32	
6.	1142	Stephanie Johnston	01:30:01.60		Triathlete	Winnipeg, MB	3:30/K	17.2kph	34	34	
7.	1117	Kimberly Dodds	01:32:22.86		Triathlete	Winnipeg, MB	3:35/K	16.7kph	39	33	
8.	1113	Lia Cerasani	01:56:29.08		Triathlete	Winnipeg, MB	4:31/K	13.3kph	62	30	
9.	1200	Lauralee a	02:03:24.36		Triathlete		4:48/K	12.5kph	63	31	

## Female 35 - 39

Place	Bib#	Name	Time	Grade	Athlete Type	Hometown	Pace	Speed	Overall Place	Age	Athlete ID
1.	1170	Sasha Thiem	01:23:51.64		Triathlete	Winnipeg, MB	3:15/K	18.4kph	16	36	
2.	1125	Heather Francis	01:25:34.44		Triathlete	Morden, MB	3:19/K	18.1kph	21	39	
3.	1161	Jen Onyskie	01:27:37.76		Triathlete	Winnipeg, MB	3:24/K	17.6kph	27	37	
4.	1150	Megan Mccarthy	01:29:49.55		Triathlete	Winnipeg, MB	3:29/K	17.2kph	32	39	
5.	1147	Kelly Malcolmson	01:32:27.59		Triathlete	Winnipeg, MB	3:35/K	16.7kph	40	35	
6.	1168	Julie Simpson	01:33:13.06		Triathlete	Winnipeg, MB	3:37/K	16.6kph	42	37	
7.	1106	Sandra Bracken	01:44:54.83		Triathlete	Winnipeg, MB	4:04/K	14.7kph	55	35	

## Male 40 - 44

Place	Bib#	Name	Time	Grade	Athlete Type	Hometown	Pace	Speed	Overall Place	Age	Athlete ID
1.	1139	Claudio Jerez	01:21:06.05		Triathlete	Winnipeg, MB	3:09/K	19.1kph	7	42	
2.	1165	Michael J Sigurdson	01:23:16.48		Triathlete	Brandon, MB	3:14/K	18.6kph	14	42	
3.	1133	Mark Somogyi	01:26:54.10		Triathlete	Winnipeg, MB	3:22/K	17.8kph	24	43	
4.	1126	RADNY GEONANGA	01:31:07.28		Triathlete	Winnipeg, MB	3:32/K	17.0kph	37	42	

## Female 40 - 44

Place	Bib#	Name	Time	Grade	Athlete Type	Hometown	Pace	Speed	Overall Place	Age	Athlete ID
1.	1102	Kari Lee Armour-Lazzari	01:22:44.66		Triathlete	Winnipeg, MB	3:13/K	18.7kph	10	44	
2.	1182	Kris Wood	01:23:23.50		Triathlete	Winnipeg, MB	3:14/K	18.5kph	15	44	
3.	1123	Michelle Eurich	01:27:06.20		Triathlete	Edmonton, AB	3:23/K	17.7kph	25	42	
4.	1151	Marie-Claude Mcdonald	01:28:44.77		Triathlete	Winnipeg, MB	3:27/K	17.4kph	30	44	
5.	1128	Sara Goulet	01:43:47.11		Triathlete	Winnipeg, MB	4:02/K	14.9kph	53	42	

## Male 45 - 49

Place	Bib#	Name	Time	Grade	Athlete Type	Hometown	Pace	Speed	Overall Place	Age	Athlete ID
1.	1107	Scott Braun	01:22:25.23		Triathlete	Winnipeg, MB	3:12/K	18.7kph	9	46	
2.	1160	David Ogren	01:24:29.69		Triathlete	Lac Du Bonnet, MB	3:17/K	18.3kph	19	49	
3.	1152	Marco Mcdonald	01:25:02.49		Triathlete	Winnipeg, MB	3:18/K	18.2kph	20	46	
4.	1178	Craig White	01:30:46.68		Triathlete	Winnipeg, MB	3:31/K	17.0kph	35	45	
5.	1164	Harold Rempel	01:38:40.47		Triathlete	Steinbach, MB	3:50/K	15.7kph	49	46	

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## Female 45 - 49

Place	Bib#	Name	Time	Grade	Athlete Type	Hometown	Pace	Speed	Overall Place	Age	Athlete ID
1.	1131	Iris Griffin	01:34:47.16		Triathlete	Winnipeg, MB	3:41/K	16.3kph	44	47	
2.	1112	Tara Caillier	01:46:19.64		Triathlete	Winnipeg, MB	4:08/K	14.5kph	58	48	
3.	1181	Angie Wittmann	01:54:30.82		Triathlete	Winnipeg, MB	4:27/K	13.5kph	60	49	
4.	1173	Barb Toews	01:54:40.95		Triathlete	Tacoma, WA	4:27/K	13.5kph	61	47	

## Male 50 - 54

Place	Bib#	Name	Time	Grade	Athlete Type	Hometown	Pace	Speed	Overall Place	Age	Athlete ID
1.	1157	Dean Morisseau	01:20:26.86		Triathlete	Portage La Prairie, MB	3:07/K	19.2kph	6	52	
2.	1169	George Sudsbear	01:32:30.43		Triathlete	Yorkton, SK	3:36/K	16.7kph	41	51	

## Female 50 - 54

Place	Bib#	Name	Time	Grade	Athlete Type	Hometown	Pace	Speed	Overall Place	Age	Athlete ID
1.	1132	Kim Gusdal	01:23:05.72		Triathlete	Winnipeg, MB	3:14/K	18.6kph	11	53	
2.	1103	Debbie Barnes	01:35:50.98		Triathlete	Winnipeg, MB	3:43/K	16.1kph	46	54	
3.	1136	Cheryl Hill	01:43:28.58		Triathlete	Winnipeg, MB	4:01/K	14.9kph	52	54	
4.	1116	Karen Desrochers	01:48:27.21		Triathlete	Winnipeg, MB	4:13/K	14.2kph	59	51	

## Male 55 - 59

Place	Bib#	Name	Time	Grade	Athlete Type	Hometown	Pace	Speed	Overall Place	Age	Athlete ID
1.	1159	Kevin Newton	01:25:34.53		Triathlete	Glenboro, MB	3:19/K	18.1kph	22	56	
2.	1118	Mike Dragomir	01:37:43.58		Triathlete	Winnipeg, MB	3:48/K	15.8kph	47	57	

## Female 55 - 59

Place	Bib#	Name	Time	Grade	Athlete Type	Hometown	Pace	Speed	Overall Place	Age	Athlete ID
1.	1105	Gerry Borus	01:28:44.82		Triathlete	Winnipeg, MB	3:27/K	17.4kph	31	56	
2.	1143	Edwina Keats	01:40:42.05		Triathlete	Winnipeg, MB	3:55/K	15.3kph	51	59	
3.	1119	Rodica Dragomir	01:45:08.28		Triathlete	Winnipeg, MB	4:05/K	14.7kph	56	56	

## Male 60 - 64

Place	Bib#	Name	Time	Grade	Athlete Type	Hometown	Pace	Speed	Overall Place	Age	Athlete ID
1.	1134	Tim Hawkins	01:31:21.26		Triathlete	Winnipeg, MB	3:33/K	16.9kph	38	63	

## Female 60 - 64

Place	Bib#	Name	Time	Grade	Athlete Type	Hometown	Pace	Speed	Overall Place	Age	Athlete ID
1.	1153	Nicole Mercier	01:38:39.05		Triathlete	Winnipeg, MB	3:50/K	15.7kph	48	62	