

Hecla Olympic Triathlon

Overall Male Triathlete

Place	Bib#	Name	Time	Grade	Athlete Type	Hometown	Pace	Speed	Overall Place	Age	Athlete ID
1.	19	Joshua Malenchak	02:08:01.68		Triathlete	Winnipeg, MB	2:29/K	24.1kph	1	21	
		Swim >	0:24:45.760								
		Bike >	1:03:41.000								
		Run >	0:39:34.920								
2.	15	Charles Kostyk	02:14:54.96		Triathlete	Winnipeg, MB	2:37/K	22.9kph	2	39	
		Swim >	0:27:33.220								
		Bike >	1:04:38.030								
		Run >	0:42:43.710								
3.	29	Lucas Roy	02:17:32.79		Triathlete	Winnipeg, MB	2:40/K	22.5kph	3	19	
		Swim >	0:28:55.400								
		Bike >	1:05:47.800								
		Run >	0:42:49.590								

Overall Female Triathlete

Place	Bib#	Name	Time	Grade	Athlete Type	Hometown	Pace	Speed	Overall Place	Age	Athlete ID
1.	20	Heather Mcdonell	02:36:02.24		Triathlete	Winnipeg, MB	3:02/K	19.8kph	11	36	
		Swim >	0:33:41.310								
		Bike >	1:16:18.590								
		Run >	0:46:02.340								
2.	16	Bernadine Kostyk	02:38:00.94		Triathlete	Winnipeg, MB	3:04/K	19.6kph	13	32	
		Swim >	0:32:07.570								
		Bike >	1:15:53.500								
		Run >	0:49:59.870								
3.	1	Maria Arlt	02:46:40.34		Triathlete	The Pas, MB	3:14/K	18.5kph	17	33	
		Swim >	0:34:40.670								
		Bike >	1:17:17.060								
		Run >	0:54:42.610								

Male 16 - 19

Place	Bib#	Name	Time	Grade	Athlete Type	Hometown	Pace	Speed	Overall Place	Age	Athlete ID
1.	29	Lucas Roy	02:17:32.79		Triathlete	Winnipeg, MB	2:40/K	22.5kph	3	19	
		Swim >	0:28:55.400								
		Bike >	1:05:47.800								
		Run >	0:42:49.590								

Male 20 - 24

Place	Bib#	Name	Time	Grade	Athlete Type	Hometown	Pace	Speed	Overall Place	Age	Athlete ID
1.	19	Joshua Malenchak	02:08:01.68		Triathlete	Winnipeg, MB	2:29/K	24.1kph	1	21	
		Swim >	0:24:45.760								
		Bike >	1:03:41.000								
		Run >	0:39:34.920								
2.	30	Matt Sharpe	03:20:51.87		Triathlete	Winnipeg, MB	3:54/K	15.4kph	30	23	
		Swim >	0:37:43.130								
		Bike >	1:30:28.030								
		Run >	1:12:40.710								

Female 20 - 24

Place	Bib#	Name	Time	Grade	Athlete Type	Hometown	Pace	Speed	Overall Place	Age	Athlete ID
1.	23	Taryn Morningstar	02:47:08.44		Triathlete	Brandon, MB	3:15/K	18.5kph	18	23	
		Swim >	0:29:00.780								
		Bike >	1:23:11.230								
		Run >	0:54:56.430								
2.	41	Hannah Zhang	03:16:18.23		Triathlete	Winnipeg, MB	3:49/K	15.7kph	29	20	
		Swim >	0:35:34.570								
		Bike >	1:38:32.240								
		Run >	1:02:11.420								

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Male 25 - 29

Place	Bib#	Name	Time	Grade	Athlete Type	Hometown	Pace	Speed	Overall Place	Age	Athlete ID
1.	14	Andrew Kinal	02:58:33.59		Triathlete	Winnipeg, MB	3:28/K	17.3kph	24	25	
		Swim >	0:34:58.050								
		Bike >	1:23:58.590								
		Run >	0:59:36.950								

Female 25 - 29

Place	Bib#	Name	Time	Grade	Athlete Type	Hometown	Pace	Speed	Overall Place	Age	Athlete ID
1.	2	Jenna Hobson	03:36:50.51		Triathlete	Winnipeg, MB	4:13/K	14.3kph	35	27	
		Swim >	0:41:32.170								
		Bike >	1:42:23.960								
		Run >	1:12:54.380								

Male 30 - 34

Place	Bib#	Name	Time	Grade	Athlete Type	Hometown	Pace	Speed	Overall Place	Age	Athlete ID
1.	8	Anthony Densmore	02:30:25.17		Triathlete	Winnipeg, MB	2:55/K	20.5kph	7	34	
		Swim >	0:28:11.280								
		Bike >	1:14:51.260								
		Run >	0:47:22.630								
2.	27	Kevin Petkau	02:41:42.31		Triathlete	Winnipeg, MB	3:08/K	19.1kph	14	31	
		Swim >	0:39:40.730								
		Bike >	1:12:17.520								
		Run >	0:49:44.060								
3.	5	Brad Cownden	03:16:14.80		Triathlete	Winnipeg, MB	3:49/K	15.7kph	28	30	
		Swim >	0:38:31.370								
		Bike >	1:26:12.970								
		Run >	1:11:30.460								

Female 30 - 34

Place	Bib#	Name	Time	Grade	Athlete Type	Hometown	Pace	Speed	Overall Place	Age	Athlete ID
1.	16	Bernadine Kostyk	02:38:00.94		Triathlete	Winnipeg, MB	3:04/K	19.6kph	13	32	
		Swim >	0:32:07.570								
		Bike >	1:15:53.500								
		Run >	0:49:59.870								
2.	1	Maria Arlt	02:46:40.34		Triathlete	The Pas, MB	3:14/K	18.5kph	17	33	
		Swim >	0:34:40.670								
		Bike >	1:17:17.060								
		Run >	0:54:42.610								
3.	12	Jenny Hall	02:47:32.50		Triathlete	Winnipeg, MB	3:15/K	18.4kph	19	32	
		Swim >	0:32:01.220								
		Bike >	1:25:15.870								
		Run >	0:50:15.410								

Male 35 - 39

Place	Bib#	Name	Time	Grade	Athlete Type	Hometown	Pace	Speed	Overall Place	Age	Athlete ID
1.	15	Charles Kostyk	02:14:54.96		Triathlete	Winnipeg, MB	2:37/K	22.9kph	2	39	
		Swim >	0:27:33.220								
		Bike >	1:04:38.030								
		Run >	0:42:43.710								
2.	34	Josh Thiem	02:35:02.46		Triathlete	Winnipeg, MB	3:01/K	19.9kph	10	35	
		Swim >	0:33:56.550								
		Bike >	1:15:41.450								
		Run >	0:45:24.460								
3.	37	Patrick Visser	02:44:54.53		Triathlete	Winnipeg, MB	3:12/K	18.7kph	16	37	
		Swim >	0:34:26.340								
		Bike >	1:18:50.420								
		Run >	0:51:37.770								
4.	9	Derek Dupont	03:33:00.22		Triathlete	Winnipeg, MB	4:08/K	14.5kph	34	39	
		Swim >	0:48:05.640								
		Bike >	1:28:55.670								
		Run >	1:15:58.910								

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Female 35 - 39

Place	Bib#	Name	Time	Grade	Athlete Type	Hometown	Pace	Speed	Overall Place	Age	Athlete ID
1.	20	Heather Mcdonell	02:36:02.24		Triathlete	Winnipeg, MB	3:02/K	19.8kph	11	36	
		Swim >	0:33:41.310								
		Bike >	1:16:18.590								
		Run >	0:46:02.340								
2.	35	Anne Turner	02:57:12.96		Triathlete	Winnipeg, MB	3:26/K	17.4kph	23	39	
		Swim >	0:37:15.320								
		Bike >	1:44:19.250								
		Run >	0:35:38.390								

Male 40 - 44

Place	Bib#	Name	Time	Grade	Athlete Type	Hometown	Pace	Speed	Overall Place	Age	Athlete ID
1.	22	Jason Mcnicholl	02:28:38.92		Triathlete	Winnipeg, MB	2:53/K	20.8kph	6	43	
		Swim >	0:34:01.190								
		Bike >	1:11:19.920								
		Run >	0:43:17.810								
2.	24	Kelly Morris	02:33:44.23		Triathlete	Winnipeg, MB	2:59/K	20.1kph	8	44	
		Swim >	0:31:56.080								
		Bike >	1:13:59.950								
		Run >	0:47:48.200								

Male 45 - 49

Place	Bib#	Name	Time	Grade	Athlete Type	Hometown	Pace	Speed	Overall Place	Age	Athlete ID
1.	7	Ferdinand Del Rosario	02:37:35.26		Triathlete	Winnipeg, MB	3:04/K	19.6kph	12	47	
		Swim >	0:36:46.100								
		Bike >	1:13:46.970								
		Run >	0:47:02.190								

Female 45 - 49

Place	Bib#	Name	Time	Grade	Athlete Type	Hometown	Pace	Speed	Overall Place	Age	Athlete ID
1.	40	Ayn Wilcox	02:57:04.14		Triathlete	Winnipeg, MB	3:26/K	17.5kph	22	47	
		Swim >	0:36:50.850								
		Bike >	1:23:57.770								
		Run >	0:56:15.520								
2.	28	Kathy Pragnell	03:07:34.51		Triathlete	Selkirk, MB	3:39/K	16.5kph	25	49	
		Swim >	0:36:44.270								
		Bike >	1:27:56.020								
		Run >	1:02:54.220								
3.	42	Shelly Zubert	03:25:07.73		Triathlete	St Andrews, MB	3:59/K	15.1kph	32	46	
		Swim >	0:44:04.690								
		Bike >	1:36:37.330								
		Run >	1:04:25.710								

Male 50 - 54

Place	Bib#	Name	Time	Grade	Athlete Type	Hometown	Pace	Speed	Overall Place	Age	Athlete ID
1.	18	Andrew Loughead	02:19:26.00		Triathlete	Winnipeg, MB	2:42/K	22.2kph	4	53	
		Swim >	0:30:21.520								
		Bike >	1:06:40.010								
		Run >	0:42:24.470								
2.	4	Philippe Chabot	02:34:07.37		Triathlete	Winnipeg, MB	3:00/K	20.0kph	9	52	
		Swim >	0:28:22.330								
		Bike >	1:05:13.250								
		Run >	1:00:31.790								

Female 50 - 54

Place	Bib#	Name	Time	Grade	Athlete Type	Hometown	Pace	Speed	Overall Place	Age	Athlete ID
1.	13	Dawn Huck	02:54:56.09		Triathlete	Winnipeg, MB	3:24/K	17.7kph	21	50	
		Swim >	0:34:21.690								
		Bike >	1:19:04.470								
		Run >	1:01:29.930								

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2.	33	Elizabeth Sweet	03:25:01.06	Triathlete	Winnipeg, MB	3:59/K	15.1kph	31	52
		Swim >	0:41:34.040 (0:41:34.040)						
		Bike >	1:30:42.780 (2:12:16.820)						
		Run >	1:12:44.240 (3:25:01.060)						

Male 55 - 59

Place	Bib#	Name	Time	Grade	Athlete Type	Hometown	Pace	Speed	Overall Place	Age	Athlete ID
1.	10	Neil Ferguson	02:25:16.73		Triathlete	Winnipeg, MB	2:49/K	21.3kph	5	59	
		Swim >	0:28:55.880 (0:28:55.880)								
		Bike >	1:05:25.130 (1:34:21.010)								
		Run >	0:50:55.720 (2:25:16.730)								
2.	3	DALE BIGELOW	02:42:35.37		Triathlete	The Pas, MB	3:09/K	19.0kph	15	57	
		Swim >	0:34:05.500 (0:34:05.500)								
		Bike >	1:12:17.640 (1:46:23.140)								
		Run >	0:56:12.230 (2:42:35.370)								
3.	31	DJ Sigmundson	03:13:13.96		Triathlete	Gimli, MB	3:45/K	16.0kph	27	55	
		Swim >	0:43:22.300 (0:43:22.300)								
		Bike >	1:27:52.870 (2:11:15.170)								
		Run >	1:01:58.790 (3:13:13.960)								
4.	32	Peter Smith	03:29:41.86		Triathlete	Dryden, ON	4:04/K	14.7kph	33	57	
		Swim >	0:48:55.000 (0:48:55.000)								
		Bike >	1:29:30.070 (2:18:25.070)								
		Run >	1:11:16.790 (3:29:41.860)								

Male 60 - 64

Place	Bib#	Name	Time	Grade	Athlete Type	Hometown	Pace	Speed	Overall Place	Age	Athlete ID
1.	6	Brian Culligan	02:48:44.57		Triathlete	Winnipeg, MB	3:17/K	18.3kph	20	61	
		Swim >	0:37:58.440 (0:37:58.440)								
		Bike >	1:18:24.830 (1:56:23.270)								
		Run >	0:52:21.300 (2:48:44.570)								
2.	26	Dinu Paraschiv	03:12:21.38		Triathlete	Winnipeg, MB	3:44/K	16.1kph	26	60	
		Swim >	0:43:14.090 (0:43:14.090)								
		Bike >	1:28:41.730 (2:11:55.820)								
		Run >	1:00:25.560 (3:12:21.380)								