



Grand Prix Series Event Kenora Borealis Triathlon/Duathlon Individual & Team Sunday July 7, 2013

Host Club: Kenora Borealis
Location: Kenora ON

Number of Racers: 213

Air Temp: 17
Water Temp: 21
Wind Vel: 15
Weather: Overcast
Wind Dir: East
Water Cond: Slight Ripple

F Olympic Tri 18-24			51.5 km. Mass Start			1500M Swim/40K Bike/10K Run						
PL	Bib	Name	Overall	Lap1	Rnk	Lap2	Rnk	Lap3	Rnk	Time	Diff	
1	225	Nicole Mulder	Feb-21	26:47.1	-1	15:33.5	-1	41:58.8	-1	24:19.5	0	

F Olympic Tri 25-29			51.5 km. Mass Start			1500M Swim/40K Bike/10K Run						
PL	Bib	Name	Overall	Lap1	Rnk	Lap2	Rnk	Lap3	Rnk	Time	Diff	
1	226	Bernadine Cheguis	Jun-21	30:25.0	-2	21:47.1	-1	53:23.5	-1	45:35.7	0	
2	238	chelsea wardrope	Nov-21	27:51.4	-1	29:46.5	-2	58:32.1	-2	56:10.1	+10:34.4	

F Olympic Tri 30-34			51.5 km. Mass Start			1500M Swim/40K Bike/10K Run						
PL	Bib	Name	Overall	Lap1	Rnk	Lap2	Rnk	Lap3	Rnk	Time	Diff	
1	222	Tyra Dickson	Jul-21	34:07.1	-1	23:47.9	-1	47:44.8	-1	45:39.8	0	
2	236	Georgia Lefas	18/21	41:12.4	-2	39:12.1	-2	56:41.1	-2	17:05.6	+31:25.8	
DNF	231	Joanne Schiewe	*	37:05.8	(*)	32:55.5	(*)	***	(*)	***	***	

F Olympic Tri 35-39			51.5 km. Mass Start			1500M Swim/40K Bike/10K Run						
PL	Bib	Name	Overall	Lap1	Rnk	Lap2	Rnk	Lap3	Rnk	Time	Diff	
1	216	Keele Kozak	Mar-21	27:06.3	-1	18:05.2	-1	48:04.4	-1	33:16.0	0	
2	218	stacey finch	Sep-21	32:32.4	-2	29:17.4	-2	49:37.8	-2	51:27.7	+18:11.7	
3	219	Kathryn Gompf	Oct-21	32:43.3	-3	29:35.6	-3	49:43.2	-3	52:02.2	+18:46.2	
4	241	Amy Smart	21/21	39:06.1	-4	40:20.2	-4	19:47.5	-4	39:13.9	+1:05:57.9	
DNS	233	Liz Kovach	*	***	(*)	***	(*)	***	(*)	***	***	

F Olympic Tri 40-44			1500M Swim/40K Bike/10K Run								
PL	Bib	Name	Overall	Lap1	Rnk	Lap2	Rnk	Lap3	Rnk	Time	Diff
1	240	christa rusk	May-21	35:13.0	-4	17:13.1	-1	51:41.2	-3	44:07.5	0
2	242	Lynne Clark	Aug-21	30:58.8	-1	29:22.4	-2	50:55.5	-2	51:16.7	+7:09.2
3	227	Kari Lee Armour-Lazzari	Dec-21	34:23.4	-3	33:47.9	-3	53:10.2	-4	01:21.7	+17:14.2
4	229	Kris Wood	13/21	31:59.3	-2	35:12.8	-4	56:03.0	-5	03:15.1	+19:07.6
5	221	Melody Balane	16/21	40:15.2	-5	36:15.5	-5	50:03.6	-1	06:34.4	+22:26.9

F Olympic Tri 45-49			1500M Swim/40K Bike/10K Run								
PL	Bib	Name	Overall	Lap1	Rnk	Lap2	Rnk	Lap3	Rnk	Time	Diff
1	237	Christine van der Hoek	14/21	35:09.4	-1	28:07.4	-1	01:37.7	-2	04:54.6	0
2	220	Linda Whitfield	15/21	36:35.6	-2	37:15.3	-2	51:45.8	-1	05:36.9	42.3
DNS	232	Elaine Ross	*	***	(*)	***	(*)	***	(*)	***	***

F Olympic Tri 50-54			1500M Swim/40K Bike/10K Run								
PL	Bib	Name	Overall	Lap1	Rnk	Lap2	Rnk	Lap3	Rnk	Time	Diff
1	235	Tania Gottschalk	19/21	37:46.6	-1	35:31.1	-1	09:21.1	-2	22:38.9	0
2	239	Barb Griffith	20/21	41:28.9	-2	40:11.9	-2	06:30.5	-1	28:11.4	+5:32.5
DNS	217	germaine leger	*	***	(*)	***	(*)	***	(*)	***	***

F Olympic Tri 55-59			1500M Swim/40K Bike/10K Run								
PL	Bib	Name	Overall	Lap1	Rnk	Lap2	Rnk	Lap3	Rnk	Time	Diff
1	234	Edie Fisher	Jan-21	25:14.0	-1	11:26.2	-1	47:31.8	-2	24:12.0	0
2	223	Kate Okany	Apr-21	27:59.9	-2	25:24.3	-2	47:22.6	-1	40:47.0	+16:35.0
3	224	Nicole Mercier	17/21	33:33.6	-3	36:18.9	-3	02:33.5	-3	12:26.0	+48:14.0

M Olympic Tri 18-24			1500M Swim/40K Bike/10K Run								
PL	Bib	Name	Overall	Lap1	Rnk	Lap2	Rnk	Lap3	Rnk	Time	Diff
1	252	Alex Mielke	Aug-27	22:40.6	-1	19:10.0	-2	42:25.2	-1	24:15.8	0
2	246	Brendan Cade	Dec-27	32:05.8	-2	15:51.0	-1	48:06.2	-2	36:03.0	+11:47.2

M Olympic Tri 25-29			1500M Swim/40K Bike/10K Run								
PL	Bib	Name	Overall	Lap1	Rnk	Lap2	Rnk	Lap3	Rnk	Time	Diff
1	257	Charlie Gibson	26/27	47:39.8	-1	35:55.2	-1	01:20.9	-1	24:55.9	0

M Olympic Tri 30-34			1500M Swim/40K Bike/10K Run								
PL	Bib	Name	Overall	Lap1	Rnk	Lap2	Rnk	Lap3	Rnk	Time	Diff
1	266	Chris Graham	Feb-27	21:23.3	-1	06:59.5	-1	38:56.8	-1	07:19.7	0
2	263	Derek Eidse	May-27	25:31.0	-2	10:42.5	-2	42:50.7	-2	19:04.3	+11:44.6
3	255	Jordon Christie	27/27	36:10.3	-3	38:45.5	-3	11:59.5	-3	26:55.4	+1:19:35.7

M Olympic Tri 35-39			1500M Swim/40K Bike/10K Run								
PL	Bib	Name	Overall	Lap1	Rnk	Lap2	Rnk	Lap3	Rnk	Time	Diff
1	261	Dan Morwood	Jan-27	26:58.6	-2	59:48.4	-1	38:07.2	-1	04:54.3	0
2	243	Charles Kostyk	Mar-27	26:31.7	-1	08:07.8	-2	40:42.0	-2	15:21.6	+10:27.3
3	269	Matt Yeo	14/27	28:06.3	-3	23:42.7	-3	45:11.4	-3	37:00.4	+32:06.1

M Olympic Tri 40-44			1500M Swim/40K Bike/10K Run								
PL	Bib	Name	Overall	Lap1	Rnk	Lap2	Rnk	Lap3	Rnk	Time	Diff
1	244	Juan Pablo Appendino	Apr-27	25:13.4	-1	09:27.3	-2	41:22.3	-1	16:03.0	0
2	267	Justin Rempel	Jun-27	25:45.5	-2	14:13.1	-3	43:34.3	-2	23:32.9	+7:29.9
3	265	Mark Holmstrom	Jul-27	30:29.0	-4	06:33.4	-1	46:53.8	-4	23:56.3	+7:53.3
4	250	Glen Duizer	Oct-27	29:01.5	-3	16:39.6	-4	43:41.8	-3	29:23.0	+13:20.0
5	253	corrado D'Antonio	18/27	34:16.5	-5	25:50.5	-5	50:50.7	-5	50:57.7	+34:54.7
6	274	Michael Lees	23/27	35:25.3	-6	30:57.7	-6	07:06.3	-6	13:29.4	+57:26.4

M Olympic Tri 45-49			1500M Swim/40K Bike/10K Run								
PL	Bib	Name	Overall	Lap1	Rnk	Lap2	Rnk	Lap3	Rnk	Time	Diff
1	262	Doug Hahn	15/27	34:05.9	-2	15:07.8	-1	49:39.9	-1	38:53.7	0
2	249	Robert Duncan	17/27	33:54.5	-1	18:49.0	-2	52:33.2	-2	45:16.8	+6:23.1

M Olympic Tri 50-54			1500M Swim/40K Bike/10K Run								
PL	Bib	Name	Overall	Lap1	Rnk	Lap2	Rnk	Lap3	Rnk	Time	Diff
1	256	donald mcdonald	Nov-27	25:51.5	-1	18:20.5	-2	46:52.2	-1	31:04.3	0
2	264	Brent Sawchyn	13/27	31:27.4	-3	16:39.6	-1	48:47.7	-4	36:54.8	+5:50.5
3	248	Murray Vanderpont	16/27	30:34.6	-2	21:05.4	-3	47:49.6	-3	39:29.6	+8:25.3
4	268	Raul Perez	20/27	39:33.5	-5	30:59.9	-4	47:14.3	-2	57:47.9	+26:43.6
5	259	dan chafe	24/27	36:40.7	-4	34:32.4	-6	02:16.4	-6	13:29.7	+42:25.4
6	258	kelly beckman	25/27	42:05.9	-6	33:59.6	-5	00:37.1	-5	16:42.7	+45:38.4
DNS	251	Kevin Wiebe	*	***	(*)	***	(*)	***	(*)	***	***

M Olympic Tri 55-59			1500M Swim/40K Bike/10K Run								
PL	Bib	Name	Overall	Lap1	Rnk	Lap2	Rnk	Lap3	Rnk	Time	Diff
1	254	Tom Okany	Sep-27	28:19.9	-1	17:50.5	-1	42:18.0	-1	28:28.5	0
2	260	Scott Thomson	21/27	33:45.5	-2	24:52.7	-2	02:54.0	-2	01:32.4	+33:03.9

M Olympic Tri 60-64			1500M Swim/40K Bike/10K Run								
PL	Bib	Name	Overall	Lap1	Rnk	Lap2	Rnk	Lap3	Rnk	Time	Diff
1	245	Robert Crowley	19/27	33:30.8	-1	23:41.0	-1	58:15.7	-2	55:27.6	0
2	247	Don Webb	22/27	36:56.0	-2	30:54.1	-2	57:33.0	-1	05:23.2	+9:55.6

F Olympic Tri Team			1500M Swim/40K Bike/10K Run								
PL	Bib	Name	Lap1	Rnk	Lap2	Rnk	Lap3	Rnk	Time	Diff	
1	270	Two To Tango	36:32.3	-1	56:52.1	-1	05:36.8	-1	39:01.3	0	
DNS	500	Team Kitten	***	(*)	***	(*)	***	(*)	***	***	

Mxd Olympic Tri Team			1500M Swim/40K Bike/10K Run								
PL	Bib	Name	Lap1	Rnk	Lap2	Rnk	Lap3	Rnk	Time	Diff	
1	272	Easy Pizzi's	38:31.3	-1	16:32.7	-1	57:24.1	-1	52:28.2	0	
DSQ	271	Chammartin Up	***	(*)	***	(*)	***	(*)	***	***	

F Sprint Tri 16-19			750M Swim/20K Bike/5K Run								
PL	Bib	Name	Overall	Lap1	Rnk	Lap2	Rnk	Lap3	Rnk	Time	Diff
1	98	Kaitlyn Wiens	Jun-51	14:10.6	-1	43:04.0	-1	27:01.8	-1	24:16.5	0

F Sprint Tri 20-24			25.75 km. Mass Start			750M Swim/20K Bike/5K Run						
PL	Bib	Name	Overall	Lap1	Rnk	Lap2	Rnk	Lap3	Rnk	Time	Diff	
1	88	Martine McGregor	Jul-51	16:25.0	-2	46:04.1	-1	23:16.7	-1	25:45.8	0	
2	92	Delaney Brooks	Oct-51	15:42.2	-1	46:13.2	-2	28:04.8	-3	30:00.3	+4:14.5	
3	94	Amie Seier	17/51	23:20.4	-4	46:30.0	-3	25:24.4	-2	35:14.9	+9:29.1	
4	103	Rachel Prowse	26/51	25:12.3	-6	47:02.1	-4	28:48.0	-4	41:02.5	+15:16.7	
5	95	Suzanne Peters	33/51	20:55.7	-3	52:53.0	-5	31:28.6	-6	45:17.4	+19:31.6	
6	71	Dana Austman	40/51	25:06.5	-5	57:13.7	-6	31:28.1	-5	53:48.5	+28:02.7	
7	85	Maureen Sutherland	49/51	33:26.6	-7	16:53.7	-7	35:33.2	-7	25:53.6	+1:00:07.8	

F Sprint Tri 25-29			25.75 km. Mass Start			750M Swim/20K Bike/5K Run						
PL	Bib	Name	Overall	Lap1	Rnk	Lap2	Rnk	Lap3	Rnk	Time	Diff	
1	79	Jenny Hall	Nov-51	15:31.9	-1	47:12.3	-1	27:45.0	-3	30:29.2	0	
2	74	Megan Shewfelt	14/51	18:56.3	-2	48:25.7	-2	26:30.7	-2	33:52.7	+3:23.5	
3	83	Kassy Bouchard	21/51	20:23.6	-4	50:25.3	-4	26:29.1	-1	37:18.1	+6:48.9	
4	109	Ashley Williams	28/51	19:14.4	-3	48:58.2	-3	33:32.9	-7	41:45.5	+11:16.3	
5	180	Jocelyn Unrau	50/51	23:53.0	-5	00:36.2	-7	32:11.0	-6	56:40.3	+26:11.1	
6	177	Janice Harms	42/51	28:45.4	-6	56:59.4	-5	31:32.9	-5	57:17.8	+26:48.6	
7	84	Chantal Chaput	45/51	30:31.3	-8	58:48.7	-6	30:04.4	-4	59:24.4	+28:55.2	
8	72	Jessica Barsky	48/51	29:34.9	-7	05:39.6	-8	40:52.8	-8	16:07.4	+45:38.2	

F Sprint Tri 30-34			25.75 km. Mass Start			750M Swim/20K Bike/5K Run						
PL	Bib	Name	Overall	Lap1	Rnk	Lap2	Rnk	Lap3	Rnk	Time	Diff	
1	102	Valerie Morwood	Jan-51	17:37.1	-2	39:41.2	-1	21:00.2	-1	18:18.6	0	
2	68	Heather McDonell	Mar-51	16:25.7	-1	42:57.0	-2	22:46.0	-2	22:08.8	+3:50.2	
3	90	Jessica Hartwick	24/51	19:34.0	-3	48:52.5	-3	30:22.5	-5	38:49.1	+20:30.5	
4	99	erika lougheed	29/51	20:31.9	-4	54:18.9	-5	27:19.0	-3	42:09.9	+23:51.3	
5	62	Lindsey Hoogsteen	34/51	23:41.9	-5	54:16.5	-4	27:27.4	-4	45:25.9	+27:07.3	
6	65	Evelyn Yeung	41/51	24:32.4	-6	54:23.8	-6	37:15.9	-6	56:12.1	+37:53.5	
DNS	78	Lesley Gaudry	*	***	(*)	***	(*)	***	(*)	***	***	

F Sprint Tri 35-39			25.75 km. Mass Start			750M Swim/20K Bike/5K Run						
PL	Bib	Name	Overall	Lap1	Rnk	Lap2	Rnk	Lap3	Rnk	Time	Diff	
1	73	Lorelle Perry	18/51	19:41.9	-2	51:46.7	-2	24:47.8	-1	36:16.5	0	
2	97	Kendra Rerie	30/51	20:42.1	-3	54:07.3	-3	28:37.1	-2	43:26.7	+7:10.2	
3	100	Lisa May	31/51	18:21.7	-1	51:25.4	-1	33:41.8	-4	43:29.0	+7:12.5	
4	104	Shannan Gradt	39/51	21:22.9	-4	57:53.4	-4	33:22.7	-3	52:39.1	+16:22.6	
DNS	63	Julie Brodeur	*	***	(*)	***	(*)	***	(*)	***	***	

F Sprint Tri 40-44			25.75 km. Mass Start			750M Swim/20K Bike/5K Run						
PL	Bib	Name	Overall	Lap1	Rnk	Lap2	Rnk	Lap3	Rnk	Time	Diff	
1	89	Jane Klassen	Sep-51	16:37.4	-1	45:00.7	-1	27:03.6	-3	28:41.8	0	
2	81	Sherrri Lynn Wingfield	16/51	19:34.9	-4	48:28.6	-2	26:56.9	-2	35:00.5	+6:18.7	
3	69	Wendy Tilbury	22/51	19:26.5	-3	50:56.3	-3	27:10.5	-4	37:33.4	+8:51.6	
4	179	Heather Marks	47/51	23:56.2	-5	51:37.0	-5	26:08.2	-1	41:41.6	+12:59.8	
5	86	Ayn Wilcox	32/51	19:03.7	-2	54:52.9	-6	30:46.0	-5	44:42.7	+16:00.9	
6	101	Charlotte Rhodes	36/51	25:00.5	-7	51:24.8	-4	32:35.8	-6	49:01.3	+20:19.5	

7	76	Lisa Kroft	43/51	24:01.4	-6	00:20.6	-7	34:47.6	-7	59:09.6	+30:27.8
---	----	------------	-------	---------	----	---------	----	---------	----	---------	----------

F Sprint Tri 45-49			25.75 km. Mass Start			750M Swim/20K Bike/5K Run					
PL	Bib	Name	Overall	Lap1	Rnk	Lap2	Rnk	Lap3	Rnk	Time	Diff
1	75	Ruth Horne	Feb-51	11:39.8	-1	44:12.5	-3	23:34.9	-1	19:27.3	0
2	91	Dawn Huck	Apr-51	15:35.7	-5	41:57.0	-1	25:17.4	-3	22:50.1	+3:22.8
3	80	Diana Nakka	May-51	15:02.2	-4	44:22.7	-4	24:35.7	-2	24:00.7	+4:33.4
4	106	Lesley Ball	Aug-51	14:11.5	-2	45:46.1	-5	26:52.9	-4	26:50.6	+7:23.3
5	96	Cecile Chambers	15/51	18:38.4	-7	47:04.4	-6	28:38.0	-5	34:20.8	+14:53.5
6	108	Patti Makinson	19/51	17:17.8	-6	49:45.7	-7	30:00.8	-6	37:04.5	+17:37.2
7	82	Cherrie Fournier	23/51	14:42.7	-3	42:30.7	-2	40:43.6	-8	37:57.1	+18:29.8
8	70	Sandi Goertzen	37/51	19:12.3	-8	56:04.4	-8	34:35.2	-7	49:52.0	+30:24.7

F Sprint Tri 50-54			25.75 km. Mass Start			750M Swim/20K Bike/5K Run					
PL	Bib	Name	Overall	Lap1	Rnk	Lap2	Rnk	Lap3	Rnk	Time	Diff
1	87	Kathy Stajkowski	Dec-51	20:43.0	-6	46:00.9	-1	25:24.1	-1	32:08.1	0
2	110	Lee Stewart	13/51	20:27.4	-5	46:31.0	-2	26:41.7	-2	33:40.1	+1:32.0
3	77	Karen Duha	20/51	20:24.8	-4	47:52.6	-3	28:49.3	-4	37:06.7	+4:58.6
4	66	Sandy Mulder	25/51	20:21.7	-3	51:32.5	-5	27:07.3	-3	39:01.6	+6:53.5
5	67	Gerry Borus	27/51	20:14.1	-2	50:05.1	-4	30:59.0	-5	41:18.3	+9:10.2
6	64	Julie Vogelsang	35/51	19:09.9	-1	53:32.2	-6	34:56.9	-7	47:39.1	+15:31.0
7	61	Irene Bohémier	44/51	24:58.8	-7	59:20.5	-7	34:58.6	-8	59:17.9	+27:09.8
8	105	Donna Collins	46/51	30:48.1	-8	05:38.4	-8	33:18.5	-6	09:45.1	+37:37.0

F Sprint Tri 55-59			25.75 km. Mass Start			750M Swim/20K Bike/5K Run					
PL	Bib	Name	Overall	Lap1	Rnk	Lap2	Rnk	Lap3	Rnk	Time	Diff
1	93	Patty McLeod	38/51	26:32.6	-1	53:22.3	-1	30:22.3	-1	50:17.2	0

F Sprint Tri 60-64			25.75 km. Mass Start			750M Swim/20K Bike/5K Run					
PL	Bib	Name	Overall	Lap1	Rnk	Lap2	Rnk	Lap3	Rnk	Time	Diff
1	107	wanda mathers	51/51	30:59.8	-1	05:48.2	-1	51:33.4	-1	28:21.6	0

M Sprint Tri 16-19			25.75 km. Mass Start			750M Swim/20K Bike/5K Run					
PL	Bib	Name	Overall	Lap1	Rnk	Lap2	Rnk	Lap3	Rnk	Time	Diff
1	171	Patrick Muma	Mar-55	11:15.8	-1	34:43.3	-1	18:19.6	-1	04:18.8	0
2	118	Alexandre Rougeau	Sep-55	16:35.9	-4	38:24.2	-2	19:06.2	-2	14:06.4	+9:47.6
3	119	Kevin Macduff	Nov-55	12:04.6	-2	41:47.2	-3	20:47.5	-3	14:39.4	+10:20.6
4	152	Mackenzie Brooks	15/55	13:09.0	-3	41:52.4	-4	22:40.5	-4	17:41.9	+13:23.1

M Sprint Tri 20-24			25.75 km. Mass Start			750M Swim/20K Bike/5K Run					
PL	Bib	Name	Overall	Lap1	Rnk	Lap2	Rnk	Lap3	Rnk	Time	Diff
1	156	Patrick Naylor	Jan-55	11:42.6	-2	34:23.1	-2	16:24.0	-1	02:29.8	0
2	149	Riley Unger	Feb-55	10:40.6	-1	33:45.1	-1	19:12.4	-2	03:38.2	+1:08.4
3	146	Tyler Wirch	Dec-55	15:55.4	-3	36:49.0	-3	22:33.9	-4	15:18.4	+12:48.6
4	145	Chris Clark	20/55	19:31.1	-6	40:03.4	-4	22:30.6	-3	22:05.2	+19:35.4
5	130	Emeric (Jr.) Duha	31/55	19:15.6	-5	45:44.2	-5	23:47.3	-5	28:47.2	+26:17.4
6	114	Myles Phinney	39/55	17:46.4	-4	46:09.6	-6	30:20.1	-6	34:16.1	+31:46.3

M Sprint Tri 25-29		25.75 km. Mass Start		750M Swim/20K Bike/5K Run								
PL	Bib	Name	Overall	Lap1	Rnk	Lap2	Rnk	Lap3	Rnk	Time	Diff	
1	150	Ben Gustafson	Jun-55	15:38.9	-3	37:34.8	-2	19:38.4	-1	12:52.2	0	
2	169	Grant Warkentin	Aug-55	14:56.0	-2	36:56.1	-1	21:35.4	-2	13:27.6	35.4	
3	147	Jules Van de Velde	17/55	14:03.9	-1	42:44.7	-3	24:26.1	-4	21:14.8	+8:22.6	
4	140	Steven Coutts	29/55	20:17.5	-4	43:19.3	-4	23:39.7	-3	27:16.7	+14:24.5	
5	158	Shea Stratton	42/55	24:39.9	-6	46:31.0	-5	24:49.0	-5	36:00.0	+23:07.8	
6	138	Kevin O'Coin	51/55	24:24.9	-5	55:09.3	-6	31:10.1	-6	50:44.4	+37:52.2	
DNS	117	Matt Smook	*	***	(*)	***	(*)	***	(*)	***	***	

M Sprint Tri 30-34		25.75 km. Mass Start		750M Swim/20K Bike/5K Run							
PL	Bib	Name	Overall	Lap1	Rnk	Lap2	Rnk	Lap3	Rnk	Time	Diff
1	159	Richard Cormier	13/55	15:48.1	-2	38:09.5	-1	22:13.7	-1	16:11.4	0
2	153	Raymond Avanthay	16/55	15:45.9	-1	39:04.8	-2	23:13.4	-3	18:04.2	+1:52.8
3	144	Ian Givens	25/55	19:51.1	-3	42:08.0	-3	23:06.5	-2	25:05.7	+8:54.3
4	142	Justin Wiebe	49/55	23:28.5	-4	49:42.0	-4	29:58.9	-4	43:09.5	+26:58.1

M Sprint Tri 35-39		25.75 km. Mass Start		750M Swim/20K Bike/5K Run							
PL	Bib	Name	Overall	Lap1	Rnk	Lap2	Rnk	Lap3	Rnk	Time	Diff
1	139	Jake Bennett	18/55	16:57.9	-2	43:14.3	-2	21:10.5	-1	21:22.8	0
2	129	Daryl Perry	21/55	16:18.4	-1	42:11.4	-1	23:50.7	-4	22:20.5	57.7
3	166	Stuart Holden	27/55	18:32.1	-3	43:34.2	-4	23:32.1	-3	25:38.5	+4:15.7
4	116	Curtis Nichol	28/55	20:12.3	-5	43:22.7	-3	22:07.4	-2	25:42.5	+4:19.7
5	127	Mark Gradt	45/55	19:33.1	-4	47:27.2	-5	31:57.4	-5	38:57.7	+17:34.9

M Sprint Tri 40-44		25.75 km. Mass Start		750M Swim/20K Bike/5K Run							
PL	Bib	Name	Overall	Lap1	Rnk	Lap2	Rnk	Lap3	Rnk	Time	Diff
1	167	Grant McMillan	26/55	20:22.7	-2	42:09.0	-1	22:53.1	-1	25:24.8	0
2	170	Richard Burr	32/55	21:18.6	-5	45:00.3	-2	24:11.2	-2	30:30.3	+5:05.5
3	128	Michael Boroditsky	35/55	18:27.8	-1	47:11.9	-4	26:24.0	-5	32:03.9	+6:39.1
4	115	Ryan Ratushniak	37/55	21:13.0	-3	45:48.8	-3	25:52.3	-4	32:54.3	+7:29.5
5	135	Erik Smith	43/55	21:17.0	-4	47:20.6	-5	27:51.9	-7	36:29.5	+11:04.7
6	165	Jamie Hardy	44/55	24:16.0	-6	47:41.7	-6	24:47.4	-3	36:45.3	+11:20.5
7	157	Brian Derksen	54/55	37:51.8	-7	04:26.5	-7	27:46.6	-6	10:05.0	+44:40.2
DNS	120	Curtis Orrock	*	***	(*)	***	(*)	***	(*)	***	***

M Sprint Tri 45-49			25.75 km. Mass Start			750M Swim/20K Bike/5K Run						
PL	Bib	Name	Overall	Lap1	Rnk	Lap2	Rnk	Lap3	Rnk	Time	Diff	
1	137	Marc Fournier	Apr-55	12:44.3	-1	33:57.4	-1	19:08.7	-1	05:50.5	0	
2	172	Darren Barber	Oct-55	14:52.1	-3	36:33.9	-2	22:52.5	-2	14:18.6	+8:28.1	
3	162	Jeff Brooks	14/55	14:36.1	-2	37:40.3	-3	24:00.7	-4	16:17.2	+10:26.7	
4	125	Jeff Tilbury	19/55	15:19.9	-4	38:30.8	-4	27:52.1	-9	21:42.9	+15:52.4	
5	148	David Ogren	22/55	15:45.0	-5	43:43.4	-6	23:18.7	-3	22:47.3	+16:56.8	
6	168	Martin kun	23/55	19:08.2	-8	40:08.1	-5	25:05.3	-6	24:21.6	+18:31.1	
7	136	Trevor Nakka	30/55	18:54.4	-7	44:03.9	-7	24:34.0	-5	27:32.5	+21:42.0	
8	123	Kevin Read	38/55	19:37.0	-9	47:56.6	-10	26:21.1	-7	33:54.8	+28:04.3	
9	111	John Andrews	40/55	20:29.6	-10	46:50.7	-8	27:04.8	-8	34:25.2	+28:34.7	
10	131	Tim Rawlings	52/55	18:49.5	-6	47:41.1	-9	47:53.9	-11	54:24.5	+48:34.0	
11	141	warren sigfusson	55/55	27:56.9	-11	13:40.0	-11	41:43.6	-10	23:20.5	+1:17:30.0	
DNS	143	Douglas McDonald	*	***	(*)	***	(*)	***	(*)	***	***	

M Sprint Tri 50-54			25.75 km. Mass Start			750M Swim/20K Bike/5K Run						
PL	Bib	Name	Overall	Lap1	Rnk	Lap2	Rnk	Lap3	Rnk	Time	Diff	
1	163	Tom Naylor	Jul-55	14:33.5	-1	37:47.5	-1	20:59.4	-1	13:20.5	0	
2	132	Emeric Duha	34/55	20:04.9	-3	44:57.8	-3	26:40.1	-2	31:42.8	+18:22.3	
3	122	Chris Riddell	41/55	23:18.7	-4	43:59.4	-2	27:43.5	-3	35:01.7	+21:41.2	
4	133	Allen Cuthbert	46/55	19:39.2	-2	49:43.8	-4	31:06.2	-4	40:29.3	+27:08.8	

M Sprint Tri 55-59			25.75 km. Mass Start			750M Swim/20K Bike/5K Run						
PL	Bib	Name	Overall	Lap1	Rnk	Lap2	Rnk	Lap3	Rnk	Time	Diff	
1	160	Neil Ferguson	May-55	13:43.5	-1	36:56.0	-1	22:03.3	-1	12:42.9	0	
2	121	Fern Berard	33/55	19:17.2	-2	46:02.6	-2	25:19.3	-2	30:39.2	+17:56.3	
3	155	Doug Collins	36/55	19:54.1	-4	46:59.4	-3	25:51.0	-3	32:44.5	+20:01.6	
4	134	Lyle Rance	48/55	19:43.6	-3	51:13.5	-4	31:16.4	-4	42:13.7	+29:30.8	
5	126	Jim Ferguson	53/55	20:19.4	-5	59:33.9	-5	36:46.7	-5	56:40.1	+43:57.2	
DNS	112	Peter MacDonald	*	***	(*)	***	(*)	***	(*)	***	***	
DNS	124	leo savoie	*	***	(*)	***	(*)	***	(*)	***	***	

M Sprint Tri 60-64			25.75 km. Mass Start			750M Swim/20K Bike/5K Run						
PL	Bib	Name	Overall	Lap1	Rnk	Lap2	Rnk	Lap3	Rnk	Time	Diff	
1	164	John Gray	50/55	27:42.5	-1	50:46.6	-1	27:31.5	-1	46:00.6	0	

M Sprint Tri 65-69			25.75 km. Mass Start			750M Swim/20K Bike/5K Run						
PL	Bib	Name	Overall	Lap1	Rnk	Lap2	Rnk	Lap3	Rnk	Time	Diff	
1	161	John Sawchuk	24/55	15:15.8	-1	44:34.0	-1	24:47.7	-1	24:37.7	0	

M Sprint Tri 70+			25.75 km. Mass Start			750M Swim/20K Bike/5K Run						
PL	Bib	Name	Overall	Lap1	Rnk	Lap2	Rnk	Lap3	Rnk	Time	Diff	
1	113	Jim Anderson	47/55	24:37.9	-1	48:24.5	-1	28:47.9	-1	41:50.4	0	

F Sprint Tri Team		25.75 km. Mass Start		750M Swim/20K Bike/5K Run							
PL	Bib	Name	Lap1	Rnk	Lap2	Rnk	Lap3	Rnk	Time	Diff	
1	273	I'll Tri Anything On	18:35.2	-1	54:33.4	-2	24:54.4	-1	38:03.1	0	
2	176	Kick Butts	19:46.9	-2	47:53.2	-1	35:20.0	-2	43:00.1	+4:57.0	

M Sprint Tri Team		25.75 km. Mass Start		750M Swim/20K Bike/5K Run						
PL	Bib	Name	Lap1	Rnk	Lap2	Rnk	Lap3	Rnk	Time	Diff
1	174	Coad Team	21:56.2	-1	50:25.6	-1	35:12.2	-1	47:34.2	0

Mxd Sprint Tri Team		25.75 km. Mass Start		750M Swim/20K Bike/5K Run						
PL	Bib	Name	Lap1	Rnk	Lap2	Rnk	Lap3	Rnk	Time	Diff
1	175	The Nifty Fifties	17:07.9	-1	41:24.3	-1	24:56.1	-1	23:28.4	0

Female Try-A-Tri		13.3 km. Mass Start		300M Run/10K Bike/3K Run						
PL	Bib	Name	Lap1	Rnk	Lap2	Rnk	Lap3	Rnk	Time	Diff
1	16	Payton Ryz	07:37.5	-4	20:34.5	-1	14:01.7	-1	42:13.8	0
2	18	Hailee Morisseau	07:15.6	-2	23:31.4	-3	14:41.0	-2	45:28.1	+3:14.3
3	17	Kaylee Wilson	07:16.5	-3	23:15.3	-2	15:18.1	-3	45:49.9	+3:36.1
4	12	Lisle Compton	06:19.8	-1	24:10.9	-4	16:04.9	-4	46:35.6	+4:21.8
5	15	Kelsey Giesbrecht	08:38.6	-6	25:09.7	-6	17:38.7	-7	51:27.0	+9:13.2
6	10	Mhari Anthony	07:39.0	-5	24:57.5	-5	19:36.3	-9	52:12.9	+9:59.1
7	13	Rachel Dickey	09:57.2	-10	28:21.3	-7	18:22.4	-8	56:41.0	+14:27.2
8	4	Kim Major	09:28.9	-9	30:30.4	-9	17:00.5	-6	56:59.9	+14:46.1
9	1	Laura Stephansson	10:26.1	-11	29:17.1	-8	21:13.0	-12	00:56.3	+18:42.5
10	3	Linda Klassen	15:49.0	-15	31:24.7	-11	16:31.9	-5	03:45.6	+21:31.8
11	19	Patrice Miniely	13:05.1	-13	31:15.5	-10	20:25.7	-11	04:46.4	+22:32.6
12	5	katie stark	11:02.0	-12	33:50.6	-12	21:55.8	-13	06:48.5	+24:34.7
13	2	Denise Kearney	09:16.6	-8	39:52.7	-14	20:16.0	-10	09:25.3	+27:11.5
14	6	Teresa Turner	13:21.2	-14	37:50.0	-13	26:04.0	-14	17:15.4	+35:01.6
15	11	Laura Turner	08:52.7	-7	42:17.5	-15	26:05.2	-15	17:15.6	+35:01.8
DNS	7	Kathy Keating	***	(*)	***	(*)	***	(*)	***	***
DNS	8	Zoé Therrien	***	(*)	***	(*)	***	(*)	***	***
DNS	9	Lori Ottoson	***	(*)	***	(*)	***	(*)	***	***
DNS	14	Cathy Smith	***	(*)	***	(*)	***	(*)	***	***

Male Try-A-Tri		13.3 km. Mass Start		300M Run/10K Bike/3K Run						
PL	Bib	Name	Lap1	Rnk	Lap2	Rnk	Lap3	Rnk	Time	Diff
1	28	Raphaël Armour-Lazzari	06:02.4	-1	20:06.1	-1	13:10.7	-2	39:19.3	0
2	25	Noah Wiens	07:19.9	-2	20:27.8	-2	12:15.2	-1	40:02.9	43.6
3	27	Mark Naylor	07:28.0	-3	24:21.1	-4	14:11.8	-4	46:01.0	+6:41.7
4	26	Luke McMillan	08:13.1	-4	24:06.1	-3	16:08.6	-6	48:28.0	+9:08.7
5	20	Dean Morisseau	10:14.2	-7	25:11.5	-5	13:52.9	-3	49:18.7	+9:59.4
6	21	Craig Debbo	08:41.9	-5	25:31.7	-7	16:05.7	-5	50:19.5	+11:00.2
7	22	Clay Hammett	10:31.1	-8	26:38.4	-8	16:39.6	-7	53:49.2	+14:29.9
8	24	Ian Dickey	11:33.9	-9	25:15.6	-6	25:35.2	-9	02:24.8	+23:05.5
9	23	Brock Gunter-Smith	10:09.1	-6	32:35.3	-9	24:06.7	-8	06:51.2	+27:31.9
DNS	29	Brian Riddell	***	(*)	***	(*)	***	(*)	***	***
DNS	30	Justin Isabelle	***	(*)	***	(*)	***	(*)	***	***

Female Olympic Du		55 km. Mass Start		5K Run/40K Bike/10K Run							
PL	Bib	Name	Lap1	Rnk	Lap2	Rnk	Lap3	Rnk	Time	Diff	
1	200	Laura Toews	25:17.5	-2	35:32.3	-1	51:39.2	-1	52:29.1	0	
2	201	Edwina Keats	24:31.1	-1	45:18.7	-2	52:40.9	-2	02:30.8	+10:01.7	

Male Olympic Du		55 km. Mass Start		5K Run/40K Bike/10K Run						
PL	Bib	Name	Lap1	Rnk	Lap2	Rnk	Lap3	Rnk	Time	Diff
1	204	Wayne King	24:00.6	-2	24:33.2	-1	53:50.8	-1	42:24.7	0
2	203	RJ Moran	24:00.9	-3	28:15.2	-2	54:58.5	-2	47:14.7	+4:50.0
3	202	Raul Paragas	24:00.1	-1	32:33.6	-3	59:07.8	-3	55:41.7	+13:17.0

Female Sprint Du		27.5 km. Mass Start		2.5K Run/20K Bike/5K Run						
PL	Bib	Name	Lap1	Rnk	Lap2	Rnk	Lap3	Rnk	Time	Diff
1	42	Aneta Wychowaniec	17:12.1	-1	48:25.8	-1	22:51.7	-1	28:29.7	0
2	44	sarah Giesbrecht	19:52.7	-2	52:58.0	-2	28:05.0	-2	40:55.7	+12:26.0
3	43	Puspa Todd	22:23.2	-3	00:52.9	-3	39:01.4	-3	02:17.6	+33:47.9

Male Sprint Du		27.5 km. Mass Start		2.5K Run/20K Bike/5K Run						
PL	Bib	Name	Lap1	Rnk	Lap2	Rnk	Lap3	Rnk	Time	Diff
1	52	George Kroupa	09:36.8	-1	35:25.3	-1	21:07.6	-1	06:09.8	0
2	50	Adam Johnston	09:49.8	-2	51:18.5	-6	21:41.5	-2	22:49.9	+16:40.1
3	51	Peter Anadranistakis	11:34.4	-4	46:42.3	-3	25:35.5	-4	23:52.3	+17:42.5
4	45	Joel St-Vincent	10:41.3	-3	49:07.4	-5	24:27.0	-3	24:15.8	+18:06.0
5	46	STEPHEN STRACHAN	12:47.8	-6	43:47.3	-2	28:38.5	-5	25:13.6	+19:03.8
6	53	David Peterkin	12:30.8	-5	49:01.9	-4	29:06.7	-6	30:39.5	+24:29.7
7	54	Samuel Kidd	14:11.9	-7	51:35.8	-7	34:07.2	-7	39:55.0	+33:45.2
8	49	MARC NICOLAS	08:41.3	-4	38:43.4	-3	***	()	***	***
DNF	48	Doug Warkentin	17:23.4	(*)	***	(*)	***	(*)	***	***
DNS	47	Philip Grandmont	***	(*)	***	(*)	***	(*)	***	***

If you see any mistakes in these results, or for lost and found, please contact: kenoraborealis@gmail.com

Thanks to:

Kenora Borealis Team
 All of our volunteers
 The MNR fire crew
 OPP & OPP Auxiliary

Mt Evergreen Ski Patrol
 Kenora Ham Radio Assoc.
 Officials: Stevie Moore (Head Official), Deb Hnatiw, Nicole Grobowsky, Suzanne Macduff, Dawn Brook
 Kenora Nordic Trails Assoc.

Thanks to our sponsors:

89.5 The Lake

A & W
 Agnews
 Almonds Pizza
 Bareheart Boutique
 Best Way Rentals
 Big Graphic
 Bikes and Beyond

Canadian Tire
 Century 21
 Copperfin Credit Union
 Crossfit Core K-Town
 Dufresne Furniture
 Enterprise
 McDonalds

Murray Chevrolet
 Overdrive Design
 Pepsico
 Pure Lifestyle
 Road ID
 Roofing Solutions
 Super 8

Swimming Matters
 Teds No Frills
 The Hardware Co.
 Weyerhaeuser
 World of Water