

## THE TRIMUSKOKAN 2015

Huntsville, Ontario  
Sunday June 21st, 2015

CHAMPIONCHIP TIMING by:  
Trysport, Parry Sound, ON 877-844-9887  
LSComputers, Bracebridge, ON 705-645-6007

## FINAL INDIVIDUAL SPRINT TRIATHLON RESULTS

-----FINAL-----					-----SWIM 750m-----					-----BIKE 30 km-----			-----RUN 7 km-----	
Pos	Time	Name	City	Catplc/ Total Cat	Bib#	Ovr	Time	/100m	Ovr	Time	km/hr	Ovr	Time	/km
1	1:31:07	HABERMEHL Brandon	Milton	1/7 M30-39	43	1	12:21	1:39	2	50:53	35.4	2	27:54	4:00
2	1:32:33	VANDERMOLEN Steve	Bracebridge	1/9 M40-49	53	6	14:51	1:59	1	47:03	38.3	5	30:40	4:23
3	1:32:43	SINNIGE Mark	Huntsville	2/9 M40-49	51	2	13:06	1:45	4	51:59	34.6	1	27:40	3:58
4	1:37:07	VILCHEZ Carlos	Barrie	2/7 M30-39	45	4	14:10	1:54	3	51:27	35.0	7	31:31	4:31
5	1:39:04	BIALKOWSKI Marek	Parry Sound	1/4 MU30	35	10	15:48	2:07	5	53:57	33.4	3	29:20	4:12
6	1:43:25	PIPER Jennifer	Powassan	1/9 FU30	68	3	13:39	1:50	6	55:56	32.2	11	33:51	4:51
7	1:44:38	DEMPSTER Helen	Port Sydney	1/13 F40-49	91	19	17:57	2:24	8	57:18	31.4	4	29:23	4:12
8	1:47:36	SEATON Jordie	Thornhill	2/13 F40-49	89	12	16:01	2:09	17	1:00:53	29.6	6	30:43	4:24
9	1:48:01	DESLAURIERS Mark	Barrie	3/9 M40-49	52	27	19:08	2:34	7	56:10	32.0	9	32:44	4:41
10	1:49:22	BIALKOWSKI Morgan	Parry Sound	2/9 FU30	65	7	14:55	2:00	11	58:42	30.7	21	35:46	5:07
11	1:49:59	BLACK-BEATTT Jeremy	sudbury	3/7 M30-39	41	16	17:17	2:19	10	58:18	30.9	13	34:25	4:55
12	1:51:43	NICHOLSON Jennifer	Huntsville	3/13 F40-49	88	13	16:49	2:15	24	1:02:16	28.9	8	32:38	4:40
13	1:52:54	CROXALL Carolyn	Huntsville	1/8 F30-39	81	17	17:25	2:20	21	1:01:56	29.1	10	33:34	4:48
14	1:53:03	WATSON Steve	Redbridge	4/9 M40-49	48	34	20:09	2:42	9	57:52	31.1	16	35:03	5:01
15	1:53:33	WILTMANN Konrad	Dillon	2/4 MU30	36	31	19:55	2:40	13	58:53	30.6	15	34:47	4:59
16	1:54:06	MACMILLAN Jennifer	Huntsville	4/13 F40-49	93	18	17:55	2:24	16	1:00:53	29.6	18	35:19	5:03
17	1:54:56	NORMAN Steve	Huntsville	1/6 M50+	57	14	16:54	2:16	27	1:02:47	28.7	17	35:16	5:03
18	1:55:34	TRENHOLM Rich	Huntsville	5/9 M40-49	47	11	15:56	2:08	15	1:00:06	30.0	34	39:34	5:40
19	1:56:17	VEERMAN Kaley	Utopia	3/9 FU30	73	20	18:00	2:24	26	1:02:39	28.7	20	35:39	5:06
20	1:58:09	SHEASGREEN Kevin	Brainardsville	6/9 M40-49	46	46	21:47	2:55	25	1:02:24	28.8	12	33:58	4:52
21	1:58:15	LAVIGNE Deanna	Huntsville	5/13 F40-49	95	30	19:27	2:36	19	1:01:21	29.3	25	37:28	5:22
22	1:58:43	MUSTERS Nick	Huntsville	3/4 MU30	37	15	17:00	2:16	23	1:02:09	29.0	35	39:35	5:40
23	1:58:56	GRAY Brian	Huntsville	2/6 M50+	58	44	21:30	2:52	22	1:02:06	29.0	19	35:21	5:03
24	1:59:37	BIALKOWSKI Lynsey	Parry Sound	4/9 FU30	67	22	18:21	2:27	30	1:03:25	28.4	27	37:52	5:25
25	1:59:57	SCHOUTEN Bruce	Stouffville	3/6 M50+	59	37	20:17	2:43	32	1:03:31	28.3	22	36:10	5:10
26	2:00:50	BARBER Chad	Bracebridge	4/7 M30-39	38	58	24:39	3:18	14	59:06	30.5	24	37:06	5:18
27	2:01:16	GARCES Luis	Oro Medonte	7/9 M40-49	54	48	22:06	2:57	18	1:01:02	29.5	32	38:09	5:27
28	2:01:23	BUCKERFIELD Russ	Huntsville	4/6 M50+	62	53	23:36	3:09	29	1:03:14	28.5	14	34:35	4:57
29	2:02:57	LUSTED Adam	Orillia	5/7 M30-39	40	36	20:13	2:42	39	1:06:00	27.3	23	36:45	5:15
30	2:03:13	MILLSON Kelly	Huntsville	5/9 FU30	72	39	20:30	2:44	34	1:05:00	27.7	26	37:43	5:24
31	2:04:06	NORTHMORE Scott	Bracebridge	5/6 M50+	61	50	22:37	3:01	31	1:03:29	28.4	31	38:00	5:26
32	2:04:14	BISHOP Matthew	Port Sydney	6/7 M30-39	42	9	15:21	2:03	38	1:05:59	27.3	46	42:55	6:08
33	2:05:08	HALET Suzanne	Sudbury	2/8 F30-39	76	41	21:05	2:49	12	58:49	30.6	51	45:15	6:28
34	2:05:34	BURKE Viola A	North Bay	1/6 F50+	106	35	20:12	2:42	28	1:02:49	28.7	44	42:34	6:05
35	2:05:59	BEAUDRY Dean	Barrie	6/6 M50+	63	38	20:24	2:44	42	1:07:44	26.6	28	37:52	5:25
36	2:06:11	DOIRON Bob	Orillia	8/9 M40-49	55	32	19:56	2:40	37	1:05:52	27.3	38	40:24	5:47
37	2:06:42	HENSHAW Ruth	Barrie	6/13 F40-49	87	56	24:21	3:15	20	1:01:54	29.1	39	40:28	5:47
38	2:07:15	CRAIG-NEIL Amy	Toronto	6/9 FU30	70	8	15:07	2:01	51	1:13:37	24.5	33	38:32	5:31
39	2:08:25	SULLIVAN Chris	Toronto	7/7 M30-39	39	49	22:16	2:59	33	1:03:33	28.3	45	42:37	6:06
40	2:08:44	MARSHALL Tracy	Huntsville	7/13 F40-49	96	40	20:56	2:48	41	1:07:16	26.8	40	40:32	5:48
41	2:08:46	ROMANOW Megan	Sudbury	7/9 FU30	74	26	19:07	2:33	43	1:09:34	25.9	37	40:06	5:44

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-----FINAL-----				-----SWIM 750m-----				-----BIKE 30 km-----			-----RUN 7 km-----				
Pos	Time	Name	City	Catplc/ Total	Cat	Bib#	Ovr	Time	/100m	Ovr	Time	km/hr	Ovr	Time	/km
42	2:09:01	TEMPEST Leslie	Port Sydney	8/13	F40-49	98	23	18:25	2:28	46	1:10:48	25.4	36	39:49	5:42
43	2:09:15	ZACAL Catherine	Huntsville	9/13	F40-49	90	47	21:47	2:55	35	1:05:09	27.6	43	42:19	6:03
44	2:10:49	SHEASGREEN Lorry	Brainardsville	10/13	F40-49	97	62	26:32	3:33	40	1:06:19	27.1	30	38:00	5:26
45	2:12:42	COULAS Courtney	Huntsville	8/9	FU30	75	25	18:53	2:31	47	1:11:41	25.1	42	42:08	6:02
46	2:12:49	DUNK Jo-Anne	Utterson	2/6	F50+	101	21	18:19	2:27	36	1:05:37	27.4	58	48:53	6:59
47	2:14:00	DIEPHUIS Celia	Midhurst	11/13	F40-49	94	28	19:23	2:35	45	1:09:40	25.8	50	44:59	6:26
48	2:15:23	HALL Genevieve	Barrie	3/8	F30-39	77	51	22:45	3:02	44	1:09:37	25.9	47	43:03	6:09
49	2:17:00	LAWRENCE Matthew	Bracebridge	4/4	MU30	34	29	19:25	2:36	59	1:19:43	22.6	29	37:53	5:25
50	2:17:29	PETERSEN Luba	Baysville	4/8	F30-39	83	33	20:04	2:41	48	1:11:48	25.1	52	45:37	6:31
51	2:18:30	DOIRON Sara	Orillia	12/13	F40-49	99	24	18:25	2:28	50	1:12:55	24.7	55	47:11	6:45
52	2:19:54	HENDERSON Mary	Huntsville	3/6	F50+	102	52	23:10	3:06	49	1:12:48	24.7	49	43:56	6:17
53	2:20:01	PAYERL Charlene	Parry Sound	4/6	F50+	105	43	21:10	2:50	53	1:15:19	23.9	48	43:33	6:14
54	2:22:06	HUNT Laurie	Barrie	5/6	F50+	103	55	23:55	3:12	57	1:16:39	23.5	41	41:33	5:57
55	2:28:41	O'BRIEN Laura	Toronto	9/9	FU30	69	42	21:08	2:49	58	1:19:08	22.7	57	48:26	6:56
56	2:29:11	WOYTOWICZ Shannon	Barrie	13/13	F40-49	92	61	25:24	3:24	54	1:15:30	23.8	56	48:18	6:54
57	2:30:42	ROEBUCK Erin	Port Sydney	5/8	F30-39	80	60	24:49	3:19	55	1:16:12	23.6	59	49:42	7:06
58	2:30:42	HALL Leslie	Port Sydney	6/8	F30-39	79	59	24:48	3:19	56	1:16:12	23.6	60	49:43	7:07
59	2:30:57	LALONDE Brenda	North Bay	6/6	F50+	104	57	24:24	3:16	52	1:13:57	24.3	61	52:37	7:31
60	2:36:14	MCKEON Melissa	Barrie	7/8	F30-39	84	45	21:41	2:54	60	1:28:45	20.3	54	45:49	6:33
61	2:40:45	DUPRAS Nicole	Ottawa	8/8	F30-39	78	54	23:41	3:10	61	1:31:16	19.7	53	45:48	6:33
62		SHEARING Anthony	Port Sydney	9/9	M40-49	50	5	14:37	1:57						