

MAN of STEEL

INDIVIDUAL

				CYCLE	SWIM	RUN	TOTAL	Place
				H:MM:SS	H:MM:SS	H:MM:SS		
971 Taryn	Weatherhead	Summerland	F0-10	0:34:31	0:09:44	0:37:12	1:21:27	1
974 Payton	Mitchell	Summerland	F0-10	0:33:18	0:10:29	0:40:10	1:23:57	2
942 Brylee	Devlin	Peachland	F11-13	0:31:03	0:11:42	0:51:41	1:34:26	4
957 Lauryn	Peters	Penticton	F11-13	0:22:37	0:06:47	0:36:14	1:05:38	3
963 Martina	Antifay	Kamloops	F11-13	0:22:46	0:09:52	0:29:27	1:02:05	2
983 Andrea	Kraetzer	Kelowna	F11-13	0:20:53	0:06:14	0:31:36	0:58:43	1
964 Holly	Antifay	Kamloops	F14-18	0:21:45	0:07:19	0:31:34	1:00:38	1
940 Ashley	Rodenbush	Peachland	F19-34	1:06:56	0:17:30	1:03:46	2:28:12	2
990 Katharine	Carter	North Vancouver	F19-34	0:49:18	0:12:36	0:44:04	1:45:58	1
939 Tristin	Wilson	Summerland	F35-54	1:01:07	0:16:44	1:03:11	2:21:02	4
943 Janine	Jell	Summerland	F35-54	1:00:02	0:17:40	0:50:40	2:08:22	2
970 Linnaea	McDermid	Summerland	F35-54	1:04:04	0:21:18	1:03:22	2:28:44	5
972 Lisa	Spalding	Penticton	F35-54	0:59:54	0:20:33	0:57:57	2:18:24	3
982 Kari	Bailey	Kelowna	F35-54	0:52:15	0:12:50	0:54:48	1:59:53	1
945 Casey	McDermid	Summerland	M0-10	0:24:20	0:09:35	0:40:43	1:14:38	3
955 Jonah	Benoit	Summerland	M0-10	0:24:46	0:10:05	0:31:47	1:06:38	2
958 Peter	Kunka	Summerland	M0-10	0:29:05	0:08:34	0:25:36	1:03:15	1
938 Cody	Thompson	Kaleden	M11-13	DNF	DNF	DNF	DNF	
954 Pascal	Benoit	Summerland	M11-13	0:22:23	0:08:02	0:30:28	1:00:53	1

976 Ethan	Sands	Summerland	M14-18	0:19:13	0:06:19	0:24:53	0:50:25	1
991 Dawson	Burdick	Summerland	M14-18	0:20:57	0:11:14	0:32:59	1:05:10	2
941 Darren	Rodenbush	Peachland	M19-39	0:56:54	0:18:00	0:59:11	2:14:05	1
975 Mike	Cooke	Summerland	M40-59	0:49:50	0:12:18	0:49:44	1:51:52	1
953 Ed	Benoit	Summerland	OPEN	0:19:03	0:08:26	0:32:10	0:59:39	3
969 Nick	Braam	Summerland	OPEN	0:18:45	0:08:11	0:26:39	0:53:35	1
977 Kirby	Sands	Summerland	OPEN	0:19:12	0:07:56	0:30:06	0:57:14	2

TEAMS

					HH:MM:SS	HH:MM:SS	PLACE
951 Mrs. McIntosh's Apples	Sloane	Dueck	F0-10	Cycle	<u>0:31:02</u>		
951 Mrs. McIntosh's Apples	Fiona	Girard	F0-10	Swim	<u>0:08:12</u>		
951 Mrs. McIntosh's Apples	Paige	Gibbings	F0-10	Run	<u>0:31:15</u>		
						1:10:29	1
950 Blue Lightning	Keirsten	Sorensen	F11-13	Cycle	<u>0:24:22</u>		
950 Blue Lightning	Emma	Scholefield	F11-13	Swim	<u>0:09:44</u>		
950 Blue Lightning	Catherine	Robinson	F11-13	Run	<u>0:28:33</u>		
						1:02:39	1
962 Cirque de Sore Legs	Amelia	DeGagne	F11-13	Cycle	<u>0:22:29</u>		
962 Cirque de Sore Legs	Leigha	Herman	F11-13	Swim	<u>0:10:12</u>		
962 Cirque de Sore Legs	Keelyn	Mitchell	F11-13	Run	<u>0:31:25</u>		
						1:04:06	2
968 Flash, Splash, Dash	Carmen	Harrold	F11-13	Cycle	<u>0:22:31</u>		
968 Flash, Splash, Dash	Phoebe	Chalmers	F11-13	Swim	<u>0:06:46</u>		
968 Flash, Splash, Dash	McKenna	Carlson	F11-13	Run	<u>0:35:06</u>		
						1:04:23	33
981 The Wombats	Ursula	Chalmers	F11-13	Cycle	<u>0:26:55</u>		
981 The Wombats	Lindsay	Spear	F11-13	Swim	<u>0:05:50</u>		
981 The Wombats	Susie	Robinson	F11-13	Run	<u>0:31:40</u>		
						1:04:25	4

985 Brofizy	Brooke	Bubar	F11-13	Cycle	<u>0:33:17</u>		
985 Brofizy	Isobel	Schneider	F11-13	Swim	<u>0:08:55</u>		
985 Brofizy	Sofia	Cecconi	F11-13	Run	<u>0:35:39</u>		
						1:17:51	5
944 Victorious Secret	Laura	Hall	F14-18	Cycle	<u>0:20:03</u>		
944 Victorious Secret	Sandra	Hall	F14-18	Swim	<u>0:06:49</u>		
944 Victorious Secret	Jayda	Blair	F14-18	Run	<u>0:34:53</u>		
						1:01:45	2
986 Three Mighty Mice	Ella	Weir	F14-18	Cycle	<u>0:21:45</u>		
986 Three Mighty Mice	Kaitlin	Goodman	F14-18	Swim	<u>0:07:01</u>		
986 Three Mighty Mice	Maya	Venkataraman	F14-18	Run	<u>0:24:33</u>		
						0:53:19	1
960 Keepcalm - Tri - On	Jessica	Jonas	F19-49	Cycle	<u>1:10:41</u>		
960 Keepcalm - Tri - On	Sydney	Wilson	F19-49	Swim	<u>0:14:30</u>		
960 Keepcalm - Tri - On	Becky	Kay	F19-49	Run	<u>1:04:17</u>		
						2:29:28	2
961 The Foxygenerians	Collette	Shanner	F19-49	Cycle	<u>0:52:56</u>		
961 The Foxygenerians	Heather	Cooke	F19-49	Swim	<u>0:13:29</u>		
961 The Foxygenerians	Susan	Kast	F19-49	Run	<u>1:03:42</u>		
						2:10:07	1
946 Team Widdi	David	Widdis	FAMILY	Cycle	<u>0:26:28</u>		
946 Team Widdi	Gordon	Widdis	FAMILY	Swim	<u>0:09:08</u>		
946 Team Widdi	Alexandra	Widdis	FAMILY	Run	<u>0:35:32</u>		
						1:11:08	6
947 Team Mandau	Nigel	Mandau	FAMILY	Cycle	<u>0:18:19</u>		
947 Team Mandau	Miranda	Mandau	FAMILY	Swim	<u>0:09:07</u>		
947 Team Mandau	Brayden	Mandau	FAMILY	Run	<u>0:29:38</u>		
						0:57:04	2
948 TriPower 3 BEARS	Michael	Berrisford	FAMILY	Cycle	<u>0:16:20</u>		
948 TriPower 3 BEARS	Holden	Berrisford	FAMILY	Swim	<u>0:05:36</u>		
948 TriPower 3 BEARS	Connor	Berrisford	FAMILY	Run	<u>0:26:31</u>		
						0:48:27	1
949 Home Made Pants	Holden	Girard	FAMILY	Cycle	<u>0:19:19</u>		

949 Home Made Pants	Paul	Girard	FAMILY	Swim	<u>0:10:23</u>	1:04:30	4
949 Home Made Pants	Carmen	Eberle	FAMILY	Run	<u>0:34:48</u>		
956 Mitchell Crushers	Hugh	Mitchell	FAMILY	Cycle	<u>0:19:10</u>	1:15:18	7
956 Mitchell Crushers	Sharon	Mitchell	FAMILY	Swim	<u>0:09:28</u>		
956 Mitchell Crushers	Haraya	Mitchell	FAMILY	Run	<u>0:46:40</u>		
967 Team Ogopogo	Gabe	McDermid	FAMILY	Cycle	<u>0:26:26</u>	1:22:58	8
967 Team Ogopogo	John	Kirbyson	FAMILY	Swim	<u>0:10:25</u>		
967 Team Ogopogo	Ryelan	McDermid	FAMILY	Run	<u>0:46:07</u>		
978 Porter Power	Monique	Porter	FAMILY	Cycle	<u>0:18:59</u>	0:57:48	3
978 Porter Power	Isabelle	Porter	FAMILY	Swim	<u>0:07:19</u>		
978 Porter Power	Mike	Porter	FAMILY	Run	<u>0:31:30</u>		
979 Rolling Stones	Kathleen	Jagger	FAMILY	Cycle	<u>0:21:30</u>	1:09:48	5
979 Rolling Stones	Daniel	Jagger-Isaac	FAMILY	Swim	<u>0:08:50</u>		
979 Rolling Stones	Evan	Jagger-Isaac	FAMILY	Run	<u>0:39:28</u>		
959 2 Fast 1 Furious	Alistair	Martin	M0-10	Cycle	<u>0:24:55</u>	0:57:43	1
959 2 Fast 1 Furious	Dezi	Ducheck	M0-10	Swim	<u>0:07:10</u>		
959 2 Fast 1 Furious	Max	Patenaude	M0-10	Run	<u>0:25:38</u>		
965 Team Titan	Caleb	Dykstra	M0-10	Cycle	<u>0:28:43</u>	1:08:46	2
965 Team Titan	Gavin	Rogalsky	M0-10	Swim	<u>0:09:10</u>		
965 Team Titan	Charles	Shaw	M0-10	Run	<u>0:30:53</u>		
980 Team Dykstra	Daniel	Dykstra	M11-13	Cycle	<u>0:30:10</u>	1:13:21	2
980 Team Dykstra	Emily	Dykstra	M11-13	Swim	<u>0:10:57</u>		
980 Team Dykstra	Nathan	Dykstra	M11-13	Run	<u>0:32:14</u>		
987 3 Talking Turkeys	Sydney	St.Hilaire	M11-13	Cycle	<u>0:21:55</u>		
987 3 Talking Turkeys	Arlo	Cast	M11-13	Swim	<u>0:06:25</u>		

987 3 Talking Turkeys	Tyler	Algar	M11-13	Run	<u>0:27:39</u>	0:55:59	1
966 Alpaca Sandwich	Rachel	Shanner	M14-18	Cycle	<u>0:18:47</u>		
966 Alpaca Sandwich	Daniel	Nixon	M14-18	Swim	<u>0:05:40</u>		
966 Alpaca Sandwich	Jaedyn	Foley	M14-18	Run	<u>0:32:18</u>		
973 Tri For Pizza	Chloe	Harrold	M14-18	Cycle	<u>0:19:18</u>	0:56:45	3
973 Tri For Pizza	Emma	Russill	M14-18	Swim	<u>0:06:30</u>		
973 Tri For Pizza	Noah	Russill	M14-18	Run	<u>0:25:11</u>		
989 Vicious & Delicious	Joshua	Webb	M14-18	Cycle	<u>0:17:38</u>	0:50:59	2
989 Vicious & Delicious	Lief	Forge	M14-18	Swim	<u>0:05:29</u>		
989 Vicious & Delicious	Keegan	Foley	M14-18	Run	<u>0:24:29</u>		
952 The Brawns, the Beauty & the Beast	Zack	Ruff	M19-49	Cycle	<u>0:52:12</u>	0:47:36	1
952 The Brawns, the Beauty & the Beast	Kelsey	Jenner	M19-49	Swim	<u>0:12:17</u>		
952 The Brawns, the Beauty & the Beast	Austin	Carriere	M19-49	Run	<u>0:58:16</u>		
984 Lost in Pace	Joe	Peters	M19-49	Cycle	<u>0:45:32</u>	2:02:45	3
984 Lost in Pace	Joanne	Malar	M19-49	Swim	<u>0:10:02</u>		
984 Lost in Pace	Darryl	Borland	M19-49	Run	<u>0:50:25</u>		
992 Rob and the Mitchells	Joe	Mitchell	M19-49	Cycle	<u>0:50:13</u>	1:45:59	1
992 Rob and the Mitchells	Rob	Mitchell	M19-49	Swim	<u>0:14:19</u>		
992 Rob and the Mitchells	Dave	Mitchell	M19-49	Run	<u>0:44:35</u>		
937 Three Sistas	Andrea	Dowd	50+	Cycle	<u>1:02:18</u>	1:49:07	2
937 Three Sistas	Lynda	Dowd	50+	Swim	<u>0:20:57</u>		
937 Three Sistas	Diana	Hall	50+	Run	<u>1:09:22</u>		
988 Still Climbing...	Murali	Venkataraman	50+	Cycle	<u>0:56:57</u>	2:32:37	2
988 Still Climbing...	Brent	Harrold	50+	Swim	<u>0:12:44</u>		
988 Still Climbing...	Richard	Haverkamp	50+	Run	<u>0:53:06</u>		

