

# Blitz Duathlon - Saturday

## Solo

### Overall Results

Pos	Bib#	Name	Time	Categ	C.Pos	Run1	Pos	C.Pos	Cycle	Pos	C.Pos	Run2	Pos	C.Pos
1	128	Waldo Volschenk	01:04:54	20 - 29	1	00:14:29	1	1	00:34:55	1	1	00:15:28	1	1
2	73	Adam Layton	01:07:24	30 - 39	1	00:15:46	3	1	00:35:01	2	1	00:16:37	2	1
3	35	Chuck Downie	01:08:10	50 - 59	1	00:15:44	2	1	00:35:27	3	1	00:16:58	3	1
4	84	Dave Miller	01:10:12	40 - 49	1	00:16:36	7	1	00:36:16	7	1	00:17:18	4	1
5	57	Kim B. Heinze	01:10:44	50 - 59	2	00:16:33	6	3	00:36:10	5	3	00:18:00	5	2
6	85	Tony Moores	01:11:12	50 - 59	3	00:16:05	4	2	00:36:46	6	4	00:18:19	6	3
7	99	John Parfitt	01:11:45	50 - 59	4	00:18:22	21	6	00:33:59	4	2	00:19:24	7	4
8	58	Brad Henderson	01:12:16	30 - 39	2	00:17:08	8	2	00:37:12	9	2	00:17:55	8	2
9	24	Tim Bushell	01:12:49	50 - 59	5	00:17:46	10	4	00:36:11	8	5	00:18:51	9	5
10	43	Jenna Gallant	01:15:34	30 - 39	1	00:17:44	9	1	00:41:13	16	1	00:16:36	10	1
11	77	Elaine Lowry	01:15:56	40 - 49	1	00:18:45	25	2	00:37:33	10	1	00:19:37	11	1
12	11	Stefanie Bichsel	01:16:53	40 - 49	2	00:19:33	29	3	00:38:48	14	2	00:18:32	12	2
13	94	Charlie Paliwoda	01:16:59	40 - 49	2	00:18:15	19	2	00:38:35	11	2	00:20:08	13	2
14	48	Eric Goulden	01:17:53	30 - 39	3	00:18:19	20	6	00:39:48	13	4	00:19:45	15	4
15	108	Paolo Ravina	01:17:53	30 - 39	4	00:17:49	13	4	00:39:53	12	3	00:20:09	14	3
16	47	Manuel Gonzalez	01:19:12	50 - 59	6	00:18:30	23	7	00:39:55	15	6	00:20:46	16	6
17	92	Isabel Ostrom	01:19:19	50 - 59	1	00:18:33	24	1	00:40:37	17	1	00:20:07	17	1
18	60	Jeremy Holterman	01:19:20	30 - 39	5	00:18:22	22	7	00:43:07	22	5	00:17:50	18	5
19	131	Rose Warnock	01:19:46	40 - 49	3	00:17:59	15	1	00:42:28	19	3	00:19:18	19	3
20	93	John Ostrom	01:20:16	50 - 59	7	00:18:07	16	5	00:41:08	18	7	00:21:00	20	7
21	53	Jill Harms	01:20:23	30 - 39	2	00:18:11	18	3	00:42:42	20	2	00:19:29	21	2
22	112	Tanya Sego	01:20:55	30 - 39	3	00:17:48	11	2	00:44:35	24	3	00:18:31	22	3
23	129	Dalene Volschenk	01:22:01	20 - 29	1	00:17:50	14	1	00:45:30	30	2	00:18:40	23	1
24	75	Ian Long	01:22:19	30 - 39	6	00:19:37	31	10	00:42:29	23	6	00:20:11	24	6
25	96	Corina Paliwoda	01:22:25	40 - 49	4	00:19:59	36	6	00:41:16	21	4	00:21:09	25	4
26	137	Logan Youngberg	01:23:00	9 & unde	1	00:16:09	5	1	00:50:06	51	1	00:16:44	26	1
27	135	Bailey Woolfer	01:23:26	20 - 29	2	00:19:18	27	2	00:43:33	26	1	00:20:34	27	2
28	91	Paul O'grady	01:23:29	30 - 39	7	00:18:09	17	5	00:45:48	35	9	00:19:32	28	7
29	110	Sasha Reffo	01:23:39	40 - 49	5	00:19:58	35	5	00:43:23	31	5	00:20:17	29	5
30	67	Adam Kenny	01:23:45	30 - 39	8	00:18:56	26	8	00:45:18	37	10	00:19:30	31	9
31	100	Keith Peach	01:23:45	30 - 39	9	00:20:00	37	11	00:44:40	40	11	00:19:04	30	8
32	122	Kevin Ulseth	01:24:15	30 - 39	10	00:17:49	12	3	00:47:30	42	12	00:18:55	32	10
33	65	Shawn Kelm	01:24:30	30 - 39	11	00:20:32	42	12	00:41:58	25	7	00:21:58	33	11
34	118	Robin Thompson	01:24:38	40 - 49	6	00:20:17	39	8	00:43:25	33	6	00:20:55	34	6
35	98	Dave Parasynchuk	01:24:40	40 - 49	3	00:19:53	34	4	00:43:22	29	4	00:21:24	35	3
36	90	Will Nosen	01:25:00	40 - 49	4	00:20:19	40	5	00:45:11	44	6	00:19:29	36	4
37	41	Jamie Fisher	01:26:14	50 - 59	8	00:20:46	44	8	00:42:27	28	8	00:23:00	37	8
38	64	Greg Kanashiro	01:26:38	40 - 49	5	00:19:33	30	3	00:43:39	27	3	00:23:25	38	5
39	117	Preston Thirlwall	01:26:38	30 - 39	12	00:19:19	28	9	00:44:25	34	8	00:22:53	39	12
40	63	Kathi Johnson	01:27:07	30 - 39	4	00:20:28	41	4	00:43:15	32	4	00:23:24	40	4
41	119	Rebecca Thomson	01:27:09	20 - 29	3	00:20:58	46	3	00:43:24	38	3	00:22:47	41	3
42	30	Jennifer De Cocq	01:27:10	50 - 59	2	00:21:30	54	3	00:44:05	46	2	00:21:34	44	2
43	44	Ming Gao	01:27:10	40 - 49	7	00:20:39	43	9	00:43:33	36	7	00:22:57	42	7
44	45	Dean Gjertsen	01:27:10	50 - 59	9	00:21:30	53	10	00:44:05	45	10	00:21:34	43	9
45	115	Melody Switzer	01:27:12	40 - 49	8	00:20:02	38	7	00:46:48	53	12	00:20:21	45	8
46	3	Claire Allison	01:27:32	50 - 59	3	00:19:51	32	2	00:46:07	50	3	00:21:32	46	3
47	66	Heather Kelm	01:27:36	40 - 49	9	00:21:06	49	11	00:43:27	39	8	00:23:02	47	9
48	136	Gordon Yorke	01:27:38	50 - 59	10	00:22:25	56	11	00:43:31	49	11	00:21:42	48	10
49	21	Mike Bruneder	01:27:56	40 - 49	6	00:22:29	57	8	00:42:17	41	5	00:23:09	49	6
50	88	Andrea Nelson	01:28:39	40 - 49	10	00:19:52	33	4	00:45:45	47	9	00:23:00	50	10
51	76	Jodi Long	01:28:42	40 - 49	11	00:21:07	51	13	00:44:49	48	10	00:22:45	51	11
52	86	Pam Moores	01:28:49	40 - 49	12	00:21:06	50	12	00:45:20	52	11	00:22:23	52	12
53	50	David Graham	01:29:19	40 - 49	7	00:21:02	48	6	00:46:25	54	7	00:21:51	53	7
54	68	Don King	01:30:50	50 - 59	11	00:20:59	47	9	00:44:26	43	9	00:25:23	54	11
55	123	Keith Uyeno	01:31:09	30 - 39	13	00:23:15	68	13	00:44:53	55	13	00:23:01	55	13
56	56	Jill Hayner	01:31:49	40 - 49	13	00:22:40	63	15	00:46:33	57	13	00:22:35	56	13
57	49	Teresa Graham	01:31:50	40 - 49	14	00:20:57	45	10	00:48:36	59	14	00:22:15	57	14

# Blitz Duathlon - Saturday

Solo

## Overall Results

Pos	Bib#	Name	Time	Categ	C.Pos	Run1	Pos	C.Pos	Cycle	Pos	C.Pos	Run2	Pos	C.Pos
58	42	Carie Frizzell	01:32:23	30 - 39	5	00:22:43	64	8	00:46:35	58	5	00:23:04	58	5
59	78	Daniel Luzardo	01:32:38	50 - 59	12	00:23:17	70	12	00:44:53	56	12	00:24:27	59	12
60	34	Rick Etchison	01:34:06	40 - 49	8	00:22:06	55	7	00:48:31	62	8	00:23:28	60	8
61	70	Elise Konoff	01:35:02	30 - 39	6	00:22:36	59	6	00:47:39	60	6	00:24:46	61	6
62	106	Terese Pratt	01:35:12	40 - 49	15	00:23:06	66	16	00:47:31	63	15	00:24:34	62	15
63	36	Douglas Dresler	01:36:18	60+	1	00:22:39	61	1	00:49:42	66	2	00:23:57	63	1
64	97	Kelly Parasynchuk	01:36:51	40 - 49	16	00:24:42	75	19	00:46:26	64	16	00:25:42	64	16
65	5	Tara Barnett	01:37:12	30 - 39	7	00:22:35	58	5	00:50:58	68	7	00:23:38	65	7
66	13	Deb Blackwell	01:38:01	40 - 49	17	00:22:37	60	14	00:51:46	70	19	00:23:37	66	17
67	52	Kimberly Haddow	01:38:01	40 - 49	18	00:25:13	78	21	00:48:21	69	18	00:24:26	67	18
68	1	Daniel Acheson	01:38:14	60+	2	00:25:53	84	3	00:46:08	65	1	00:26:13	68	2
69	107	Christine Pye	01:38:42	30 - 39	8	00:22:39	62	7	00:52:30	72	8	00:23:32	69	8
70	61	Theresa Huarte	01:39:28	50 - 59	4	00:22:56	65	4	00:51:37	71	4	00:24:54	70	4
71	116	Howard Tanner	01:40:56	50 - 59	13	00:25:18	79	13	00:45:08	61	13	00:30:29	71	13
72	12	Cheryl Bickford	01:41:17	40 - 49	19	00:25:04	76	20	00:47:30	67	17	00:28:42	72	19
73	87	Joe Moores	01:43:04	9 & unde	2	00:21:10	52	2	00:54:46	73	2	00:27:07	73	2
74	46	Erica Glassford	01:44:05	40 - 49	20	00:25:46	83	23	00:51:24	75	21	00:26:55	74	20
75	80	Susan Marshall	01:44:05	40 - 49	21	00:25:45	82	22	00:51:24	74	20	00:26:55	75	21
76	120	Cathy Trautman	01:44:37	50 - 59	5	00:23:39	71	5	00:56:58	83	7	00:23:59	76	5
77	16	Gary Bodeux	01:45:28	60+	3	00:24:31	72	2	00:56:00	82	3	00:24:56	77	3
78	103	Jennifer Porter	01:46:08	40 - 49	22	00:24:36	73	18	00:52:39	76	22	00:28:52	78	22
79	51	Maya Grover	01:46:20	30 - 39	9	00:26:19	89	11	00:52:35	79	9	00:27:26	79	9
80	130	David Walker	01:46:20	40 - 49	9	00:26:16	87	10	00:52:37	78	9	00:27:26	80	9
81	4	Christine Archibald	01:47:07	50 - 59	6	00:25:40	81	6	00:53:51	80	5	00:27:36	81	6
82	2	Laurie Allen	01:47:29	50 - 59	7	00:26:06	85	7	00:53:38	81	6	00:27:44	82	7
83	126	Elly Vandenenden	01:47:52	60+	1	00:25:21	80	1	00:52:17	77	1	00:30:13	83	1
84	15	Michelle Blouin	01:48:30	20 - 29	4	00:26:26	91	4	00:54:22	84	4	00:27:40	84	4
85	89	Kyla Newman	01:48:32	30 - 39	10	00:26:22	90	12	00:55:31	85	10	00:26:38	85	10
86	101	Melanie Popp	01:48:51	30 - 39	11	00:24:42	74	9	00:58:03	87	12	00:26:06	86	11
87	9	Brad Bett	01:49:00	40 - 49	10	00:23:15	69	9	01:00:55	90	10	00:24:50	87	10
88	10	Karee Bett	01:49:16	40 - 49	23	00:23:14	67	17	01:00:55	89	23	00:25:06	88	23
89	37	Holly Dunbar	01:50:07	30 - 39	12	00:26:08	86	10	00:56:30	86	11	00:27:28	89	12
90	74	Colin Lewis	01:50:32	30 - 39	14	00:25:06	77	14	00:58:02	88	14	00:27:24	90	14
91	14	Stephanie Blake	01:56:03	30 - 39	13	00:26:37	92	13	01:00:31	91	13	00:28:54	91	13
92	82	Kathy Mcmillan	01:56:21	40 - 49	24	00:26:18	88	24	01:02:39	94	24	00:27:24	92	24
93	19	Alethea Frisken	01:57:35	30 - 39	14	00:28:02	94	15	00:59:06	92	14	00:30:25	93	14
94	95	Megan Paliwoda	01:58:15	30 - 39	15	00:28:01	93	14	00:59:27	93	15	00:30:47	94	15