

Carbonear Sprint Triathlon July 19, 2009 SORTED SHEETS

40-49 RESULTS

BIB #	NAME	M/F	AGE GRP	SWIM FINISH TIME	BIKE FINISH TIME	FINAL TIME	BIKE INTERVAL TIME	RUN INTERVAL TIME
532	STEEL, Abigail	F	40-49	0:08:31		1:06:45	#####	1:06:45
526	GREWAL, Sherry	F	40-49	0:10:03	0:49:08	1:13:51	0:39:05	0:24:43
531	SEYMOUR, Flora	F	40-49	0:09:01	0:49:43	1:15:06	0:40:42	0:25:23
608	SHORTALL, Debbie	F	40-49	0:10:17	0:50:35	1:15:24	0:40:18	0:24:49
596	MACK, Anne	F	40-49	0:12:28	0:53:32	1:18:18	0:41:04	0:24:46
533	THISTLE, Elsie	F	40-49	0:10:50	0:49:25	1:18:30	0:38:35	0:29:05
525	GENGE, Stephanie	F	40-49		0:54:28	1:19:52	0:54:28	0:25:24
524	FORD, Maureen	F	40-49	0:12:56	0:54:15	1:21:50	0:41:19	0:27:35
530	SEVIOUR, Catherine	F	40-49	0:09:52	0:53:34	1:22:46	0:43:42	0:29:12
622	POMEROY, Laura	F	40-49	0:12:33	0:55:05	1:25:05	0:42:32	0:30:00
529	MCKINNON, Rhonda	F	40-49	0:15:30	1:06:15	1:32:13	0:50:45	0:25:58
593	GOFF, Sandra	F	40-49	0:15:03	1:04:31	1:33:04	0:49:28	0:28:33
635	SPARROW, Sue	F	40-49	0:11:38	0:59:48	1:33:11	0:48:10	0:33:23
527	HOLMES, Karen	F	40-49	0:11:24	0:53:09		0:41:45	#####
572	DYKE, Stephen	M	40-49	0:06:42	0:35:13	0:53:01	0:28:31	0:17:48
577	RYAN, Otto	M	40-49	0:08:01	0:37:30	0:56:18	0:29:29	0:18:48
575	HOLMES, Jeff	M	40-49	0:08:45	0:39:51	0:59:43	0:31:06	0:19:52
574	HOLDEN, Keith	M	40-49	0:09:22	0:43:31	1:06:50	0:34:09	0:23:19
570	CALLAHAN, Peter	M	40-49		0:44:14	1:08:32	0:44:14	0:24:18
569	BAIRD, Ray	M	40-49	0:09:09	0:43:57	1:08:52	0:34:48	0:24:55
598	DAVIDSON, Fraser	M	40-49	0:09:21	0:45:16	1:08:57	0:35:55	0:23:41
631	GOSSE, Jim	M	40-49	0:06:17	0:45:31	1:09:44	0:39:14	0:24:13
578	SMITH, Glen	M	40-49	0:10:16	0:47:18	1:11:20	0:37:02	0:24:02
571	DALTON, Gerry	M	40-49	0:09:54	0:48:42	1:11:28	0:38:48	0:22:46
610	WALL, Gordon	M	40-49	0:12:47	0:48:08	1:13:34	0:35:21	0:25:26
600	WALL, Mark	M	40-49	0:11:33	0:51:59	1:16:26	0:40:26	0:24:27

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576	KNIGHT, Randy	M	40-49	0:10:12	0:52:37	1:17:50	0:42:25	0:25:13
591	BLACKWOOD, George	M	40-49	0:13:08	0:55:59	1:19:11	0:42:51	0:23:12
630	SIMPSON, Mark	M	40-49	0:09:25	0:49:08	1:22:45	0:39:43	0:33:37