

# Kal Rats Triathlon 2008 Results

<u>BIB</u>	<u>Place</u>	<u>Grp Pl</u>	<u>Time</u>	<u>Last Name</u>	<u>First Name</u>	<u>City</u>	<u>Group</u>	<u>Swim</u>	<u>Pace/100m</u>	<u>Bike</u>	<u>km/h</u>	<u>Run</u>	<u>min/km</u>
225	1	1 of 12	1:02:15	Lane	Kevin	Vernon	M3539	0:12:30	01:40	0:30:47	38.98	0:18:58	03:48
201	2	1 of 1	1:03:32	Johnson	Joel	Vernon	M0015	0:12:02	01:36	0:31:55	37.60	0:19:35	03:55
250	3	1 of 8	1:05:44	Bieber	Allan	Armstrong	M5054	0:14:11	01:53	0:31:16	38.38	0:20:17	04:03
234	4	1 of 7	1:06:40	Seal	Alex	Salmon Arm	M4044	0:14:28	01:56	0:32:08	37.34	0:20:04	04:01
241	5	1 of 14	1:06:59	Goplen	Craig	Vernon	M4549	0:13:35	01:49	0:31:56	37.58	0:21:28	04:18
173	6	1 of 17	1:07:10	Bailey	Kari	Kelowna	F4044	0:12:35	01:41	0:33:14	36.11	0:21:21	04:16
266	7	1 of 4	1:07:19	<b>Davies Wildfire</b>		Coldstream	Tm-Mix	0:15:55	02:07	0:30:04	39.91	0:21:20	04:16
203	8	1 of 4	1:08:05	Baumeister	Matt	Vernon	M1619	0:12:35	01:41	0:34:32	34.75	0:20:58	04:12
137	9	1 of 9	1:08:19	Wiersma	Rose	Kelowna	F2529	0:12:20	01:39	0:34:16	35.02	0:21:43	04:21
223	10	2 of 12	1:08:30	Johaneson	Darin	Vernon	M3539	0:12:32	01:40	0:35:02	34.25	0:20:56	04:11
177	11	2 of 17	1:08:47	Clark	Sarah	Vernon	F4044	0:13:36	01:49	0:34:52	34.42	0:20:19	04:04
228	12	2 of 7	1:09:56	Boeckx	Grant	Vernon	M4044	0:12:30	01:40	0:34:39	34.63	0:22:47	04:33
246	13	2 of 14	1:10:42	Pommier	Ken	Kelowna	M4549	0:18:06	02:25	0:31:04	38.63	0:21:32	04:18
162	14	1 of 13	1:11:16	Guidi-Swan	Carmelle	Kelowna	F3539	0:12:18	01:38	0:34:48	34.48	0:24:10	04:50
211	15	1 of 5	1:11:33	Garner	Greg	Vernon	M2529	0:15:44	02:06	0:35:19	33.98	0:20:30	04:06
233	16	3 of 7	1:12:01	MacKeigan	Blair	Vernon	M4044	0:16:51	02:15	0:34:18	34.99	0:20:52	04:10
210	17	2 of 5	1:12:07	Ference	Andrew	Vernon	M2529	0:19:33	02:36	0:30:31	39.32	0:22:03	04:25
215	18	1 of 5	1:12:11	Davina	Hans	Nelson	M3034	0:14:25	01:55	0:36:29	32.89	0:21:17	04:15
229	19	4 of 7	1:13:18	Gayfer	Byron	Kamloops	M4044	0:16:53	02:15	0:35:34	33.74	0:20:51	04:10
257	20	1 of 5	1:13:26	Horsting	Gary	Coldstream	M5559	0:16:32	02:12	0:34:29	34.80	0:22:25	04:29
231	21	5 of 7	1:13:34	Johnson	Craig	Vernon	M4044	0:17:08	02:17	0:34:16	35.02	0:22:10	04:26
123	22	1 of 3	1:13:45	Ransom	Julia	Kelowna	F0015	0:16:30	02:12	0:35:06	34.19	0:22:09	04:26
238	23	3 of 14	1:13:52	Chappell	Peter	Port Moody	M4549	0:15:53	02:07	0:34:54	34.38	0:23:05	04:37
150	24	1 of 13	1:13:59	Jones	Jane	Kelowna	F3034	0:12:32	01:40	0:38:18	31.33	0:23:09	04:38
126	25	1 of 5	1:14:54	Frost	Victoria	Kelowna	F1619	0:15:16	02:02	0:37:02	32.40	0:22:36	04:31
258	26	2 of 5	1:14:56	Hurry	Gary	Vernon	M5559	0:12:47	01:42	0:38:17	31.35	0:23:52	04:46
247	27	4 of 14	1:15:06	Van der gaag	Fred	Kelowna	M4549	0:18:17	02:26	0:34:48	34.48	0:22:01	04:24
127	28	2 of 5	1:15:07	Mehain	Heather	Vernon	F1619	0:16:30	02:12	0:35:39	33.66	0:22:58	04:36
187	29	1 of 8	1:15:09	Jollymore	Kim	Kelowna	F4549	0:15:38	02:05	0:36:07	33.23	0:23:24	04:41
116	30	3 of 12	1:15:28	Stoll	Michael	Vernon	M3539	0:16:30	02:12	0:38:09	31.45	0:20:49	04:10
129	31	3 of 5	1:16:23	Rogers	Allegra	Westbank	F1619	0:12:35	01:41	0:38:06	31.50	0:25:42	05:08
265	32	1 of 1	1:16:31	<b>444</b>		Kelowna	Tm-Rec	0:16:19	02:11	0:37:25	32.07	0:22:47	04:33
219	33	4 of 12	1:16:42	Barr	Richard	Kelowna	M3539	0:16:29	02:12	0:36:15	33.10	0:23:58	04:48
204	34	2 of 4	1:17:21	Brooks	Keegan	Kelowna	M1619	0:17:18	02:18	0:35:14	34.06	0:24:49	04:58
220	35	5 of 12	1:17:26	Bertrand	Antoine	Kelowna	M3539	0:19:21	02:35	0:34:29	34.80	0:23:36	04:43
212	36	3 of 5	1:17:30	Giroux	Jackson	Nelson	M2529	0:18:15	02:26	0:36:25	32.95	0:22:50	04:34
161	37	2 of 13	1:17:38	Gayfer	Jenny	Kamloops	F3539	0:16:23	02:11	0:37:00	32.43	0:24:15	04:51
170	38	3 of 13	1:17:41	Wood	Shelley	Kelowna	F3539	0:16:45	02:14	0:36:46	32.64	0:24:10	04:50
248	39	5 of 14	1:17:43	Yeomans	Greg	Vavenby	M4549	0:17:25	02:19	0:36:30	32.88	0:23:48	04:46
142	40	2 of 9	1:18:34	Horochuk	Lindsay	Kelowna	F2529	0:17:09	02:17	0:36:48	32.61	0:24:37	04:55
237	41	6 of 14	1:18:39	Caldwell	Ian	Calgary	M4549	0:16:32	02:12	0:35:24	33.90	0:26:43	05:21
163	42	4 of 13	1:18:46	Lowenberg	Melissa	Kamloops	F3539	0:17:32	02:20	0:39:16	30.56	0:21:58	04:24
255	43	2 of 8	1:19:07	Wallace	Alex	Vernon	M5054	0:16:26	02:11	0:36:37	32.77	0:26:04	05:13
235	44	6 of 7	1:19:12	Stene	Carl	Vernon	M4044	0:15:54	02:07	0:37:21	32.13	0:25:57	05:11

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<u>BIB</u>	<u>Place</u>	<u>Grp Pl</u>	<u>Time</u>	<u>Last Name</u>	<u>First Name</u>	<u>City</u>	<u>Group</u>	<u>Swim</u>	<u>Pace/100m</u>	<u>Bike</u>	<u>km/h</u>	<u>Run</u>	<u>min/km</u>
209	45	4 of 5	1:20:05	Blair	Chauncy	Nelson	M2529	0:15:51	02:07	0:40:08	29.90	0:24:06	04:49
230	46	7 of 7	1:20:22	Hamilton	Victor	Salmon Arm	M4044	0:16:35	02:13	0:37:45	31.79	0:26:02	05:12
205	47	3 of 4	1:20:56	Koepke	Dustin	Kelowna	M1619	0:15:36	02:05	0:36:36	32.79	0:28:44	05:45
260	48	1 of 2	1:21:00	Everett	Mike	Vernon	M6064	0:16:24	02:11	0:39:15	30.57	0:25:21	05:04
254	49	3 of 8	1:21:02	Pukacz	Jaroslav	Maple Ridge	M5054	0:19:51	02:39	0:35:30	33.80	0:25:41	05:08
268	50	2 of 4	1:21:30	<b>LARRY &amp; BS</b>		Kelowna	Tm-Mix	0:20:08	02:41	0:37:46	31.77	0:23:36	04:43
213	51	2 of 5	1:21:55	Agar	Kerwood	Edmonton	M3034	0:18:44	02:30	0:39:06	30.69	0:24:05	04:49
227	52	6 of 12	1:22:12	Smith	Matthew	Kelowna	M3539	0:17:37	02:21	0:35:38	33.68	0:28:57	05:47
214	53	3 of 5	1:22:24	Besse	Jason	Kelowna	M3034	0:16:18	02:10	0:39:24	30.46	0:26:42	05:20
270	54	3 of 4	1:22:36	<b>PA BECK &amp; THE PA BEARERS</b>		Vernon	Tm-Mix	0:20:05	02:41	0:37:58	31.61	0:24:33	04:55
217	55	4 of 5	1:22:41	Schmidt	Marty	Williams Lake	M3034	0:20:51	02:47	0:37:32	31.97	0:24:18	04:52
240	56	7 of 14	1:22:53	Gignac	Christian	Vernon	M4549	0:20:25	02:43	0:38:40	31.03	0:23:48	04:46
253	57	4 of 8	1:23:15	Deeg	Calvin	Penticton	M5054	0:18:39	02:29	0:39:41	30.24	0:24:55	04:59
192	58	1 of 8	1:23:23	Leach-Trask	Jennifer	Kelowna	F5054	0:14:15	01:54	0:41:22	29.01	0:27:46	05:33
207	59	1 of 1	1:23:32	Moore	Sacha	Kelowna	M2024	0:19:44	02:38	0:38:55	30.84	0:24:53	04:59
140	60	3 of 9	1:23:40	Hendricks	Heather	Kelowna	F2529	0:19:27	02:36	0:38:32	31.14	0:25:41	05:08
125	61	4 of 5	1:23:45	Carruthers	Tegan	Vernon	F1619	0:13:30	01:48	0:40:50	29.39	0:29:25	05:53
244	62	8 of 14	1:23:52	Madill	Bob	Kamloops	M4549	0:16:38	02:13	0:41:35	28.86	0:25:39	05:08
144	63	4 of 9	1:23:55	Lazzarotto	Andrea	Salmon Arm	F2529	0:14:30	01:56	0:41:09	29.16	0:28:16	05:39
128	64	5 of 5	1:23:59	Parsons	Kirstyn	Oyama	F1619	0:17:55	02:23	0:43:38	27.50	0:22:26	04:29
147	65	2 of 13	1:24:01	Ference	Jennifer	Sherwood Park	F3034	0:19:09	02:33	0:38:31	31.16	0:26:21	05:16
180	66	3 of 17	1:24:19	Hoft	Jeanette	Kelowna	F4044	0:14:44	01:58	0:44:34	26.93	0:25:01	05:00
245	67	9 of 14	1:24:24	Nordstrom-Young	Todd	Vernon	M4549	0:21:58	02:56	0:38:20	31.30	0:24:06	04:49
156	68	3 of 13	1:24:40	Ushy	Tamara	Kelowna	F3034	0:19:01	02:32	0:39:29	30.39	0:26:10	05:14
166	69	5 of 13	1:24:54	Pelat	Dana	Vernon	F3539	0:16:03	02:08	0:38:13	31.40	0:30:38	06:08
186	70	2 of 8	1:24:55	Howes	Wendy	Kelowna	F4549	0:19:22	02:35	0:40:34	29.58	0:24:59	05:00
154	71	4 of 13	1:25:09	Melanson	Julie	Vernon	F3034	0:19:08	02:33	0:39:34	30.33	0:26:27	05:17
178	72	4 of 17	1:25:21	Den biesen	Bonnie	Salmon Arm	F4044	0:16:27	02:12	0:41:44	28.75	0:27:10	05:26
188	73	3 of 8	1:25:34	Phillips	Debbie	Salmon Arm	F4549	0:19:47	02:38	0:38:43	30.99	0:27:04	05:25
143	74	5 of 9	1:25:56	Labrie	Christine	Lumby	F2529	0:19:19	02:35	0:41:45	28.74	0:24:52	04:58
275	75	10 of 14	1:26:11	Brown	Chris	Coldstream	M4549	0:19:31	02:36	0:38:19	31.32	0:28:21	05:40
252	76	5 of 8	1:26:22	Clarke	Alan	Penticton	M5054	0:21:16	02:50	0:40:40	29.51	0:24:26	04:53
216	77	5 of 5	1:26:29	Harris	Jeremy	Kelowna	M3034	0:17:36	02:21	0:40:21	29.74	0:28:32	05:42
132	78	1 of 10	1:26:32	Sissons	Lisa	Kelowna	F2024	0:14:36	01:57	0:43:39	27.49	0:28:17	05:39
146	79	5 of 13	1:26:38	Ference	Krista	Vernon	F3034	0:19:45	02:38	0:38:23	31.26	0:28:30	05:42
131	80	2 of 10	1:26:49	Neilson	Christine	Kelowna	F2024	0:17:28	02:20	0:45:05	26.62	0:24:16	04:51
136	81	3 of 10	1:26:52	Yeomans	Jaime	Vavenby	F2024	0:21:20	02:51	0:39:00	30.77	0:26:32	05:18
183	82	5 of 17	1:26:55	Raine	Caroline	Kelowna	F4044	0:23:01	03:04	0:41:34	28.87	0:22:20	04:28
271	83	4 of 4	1:26:58	<b>Rowyn's Team</b>			Tm-Mix	0:17:23	02:19	0:40:29	29.64	0:29:06	05:49
249	84	6 of 8	1:27:30	Abney	Chuck	Kelowna	M5054	0:19:08	02:33	0:43:36	27.52	0:24:46	04:57
206	85	4 of 4	1:27:55	Nillson	Justin	Yorkton	M1619	0:19:11	02:33	0:40:03	29.96	0:28:41	05:44
172	86	6 of 17	1:28:02	Andrews	Michele	Vernon	F4044	0:22:56	03:03	0:41:00	29.27	0:24:06	04:49
151	87	6 of 13	1:28:21	Lombaert	Tiffany	Salmon Arm	F3034	0:16:35	02:13	0:42:42	28.10	0:29:04	05:49
175	88	7 of 17	1:28:21	Brown	Daphne	Salmon Arm	F4044	0:17:01	02:16	0:44:39	26.88	0:26:41	05:20

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<u>BIB</u>	<u>Place</u>	<u>Grp Pl</u>	<u>Time</u>	<u>Last Name</u>	<u>First Name</u>	<u>City</u>	<u>Group</u>	<u>Swim</u>	<u>Pace/100m</u>	<u>Bike</u>	<u>km/h</u>	<u>Run</u>	<u>min/km</u>
149	89	7 of 13	1:28:29	James	Nyla	Vernon	F3034	0:21:09	02:49	0:40:54	29.34	0:26:26	05:17
262	90	1 of 1	1:28:54	Courtenay	Jeremy	Lake Country	M6569	0:21:30	02:52	0:38:57	30.81	0:28:27	05:41
208	91	5 of 5	1:29:03	Ballard	Rhett	Vernon	M2529	0:19:44	02:38	0:41:24	28.99	0:27:55	05:35
181	92	8 of 17	1:29:04	Meeks	Jaki	Vernon	F4044	0:18:47	02:30	0:40:46	29.44	0:29:31	05:54
122	93	2 of 3	1:29:08	Frost	Dominique	Kelowna	F0015	0:16:02	02:08	0:45:24	26.43	0:27:42	05:32
239	94	11 of 14	1:29:09	Frost	Steve	Kelowna	M4549	0:20:08	02:41	0:42:22	28.32	0:26:39	05:20
273	95	1 of 1	1:29:20	<b>The Olivers</b>		Penticton	Tm-Fam	0:16:45	02:14	0:44:47	26.80	0:27:48	05:34
179	96	9 of 17	1:29:38	Fullerton	Judy	Vernon	F4044	0:19:35	02:37	0:43:33	27.55	0:26:30	05:18
133	97	4 of 10	1:30:17	Tuppen	Tenille	Kelowna	F2024	0:19:36	02:37	0:44:46	26.81	0:25:55	05:11
198	98	1 of 3	1:31:18	Abbott	Sue	Vernon	F6064	0:16:49	02:15	0:41:39	28.81	0:32:50	06:34
224	99	7 of 12	1:31:47	Kehl	Jan	Salmon Arm	M3539	0:18:32	02:28	0:41:21	29.02	0:31:54	06:23
157	100	8 of 13	1:32:16	West	Erin	Kamloops	F3034	0:20:19	02:43	0:43:43	27.45	0:28:14	05:39
267	101	6 of 13	1:32:24	Chakowski	Paula	Vernon	F3539	0:19:25	02:35	0:43:27	27.62	0:29:32	05:54
242	102	12 of 14	1:32:26	Howes	James	Kelowna	M4549	0:25:48	03:26	0:41:12	29.13	0:25:26	05:05
221	103	8 of 12	1:33:08	Doyle	Jason	Vernon	M3539	0:19:06	02:33	0:45:23	26.44	0:28:39	05:44
153	104	9 of 13	1:33:11	McGowan	Shauna	Vernon	F3034	0:19:15	02:34	0:46:45	25.67	0:27:11	05:26
168	105	7 of 13	1:33:35	Schofield	Rachel	Kelowna	F3539	0:19:23	02:35	0:44:57	26.70	0:29:15	05:51
135	106	5 of 10	1:33:45	Vike	Courtney	Kamloops	F2024	0:19:28	02:36	0:45:12	26.55	0:29:05	05:49
195	107	2 of 8	1:33:47	Proce	Lynda	Vernon	F5054	0:23:04	03:05	0:45:22	26.45	0:25:21	05:04
108	108	10 of 17	1:33:51	Hewson	Stephanie	Vernon	F4044	0:15:38	02:05	0:48:46	24.61	0:29:27	05:53
165	109	8 of 13	1:33:52	Marton	Leana	Westbank	F3539	0:23:06	03:05	0:44:34	26.93	0:26:12	05:14
160	110	9 of 13	1:33:57	Evans	Suzanne	Vernon	F3539	0:22:08	02:57	0:43:17	27.72	0:28:32	05:42
261	111	2 of 2	1:34:02	Hunt	Melvyn	Kelowna	M6064	0:19:00	02:32	0:46:29	25.82	0:28:33	05:43
251	112	7 of 8	1:34:34	Birch	Michael	Kamloops	M5054	0:20:21	02:43	0:47:08	25.46	0:27:05	05:25
169	113	10 of 13	1:34:36	Storry	Lea	Vernon	F3539	0:16:43	02:14	0:45:09	26.58	0:32:44	06:33
145	114	10 of 13	1:34:48	Alexander	Becky	Vernon	F3034	0:22:57	03:04	0:41:08	29.17	0:30:43	06:09
105	115	11 of 13	1:35:01	Roemer	Diane	Vernon	F3539	0:22:12	02:58	0:44:26	27.01	0:28:23	05:41
196	116	3 of 8	1:35:18	Weldon	Laurie	Calgary	F5054	0:19:26	02:35	0:48:06	24.95	0:27:46	05:33
148	117	11 of 13	1:35:22	Gillen	Renee	Vancouver	F3034	0:16:26	02:11	0:43:48	27.40	0:35:08	07:02
243	118	13 of 14	1:35:35	Lawson	Rod	Kelowna	M4549	0:17:30	02:20	0:45:52	26.16	0:32:13	06:27
226	119	9 of 12	1:35:55	Sellars	Wade	Kamloops	M3539	0:22:36	03:01	0:47:03	25.50	0:26:16	05:15
176	120	11 of 17	1:36:01	Casidy	Cara	Surrey	F4044	0:21:32	02:52	0:45:58	26.11	0:28:31	05:42
117	121	14 of 14	1:37:37	Danbrook	Loren	Vernon	M4549	0:23:10	03:05	0:44:58	26.69	0:29:29	05:54
103	122	6 of 10	1:37:53	Smith	Kassie	Vernon	F2024	0:19:48	02:38	0:47:27	25.29	0:30:38	06:08
194	123	4 of 8	1:38:00	McMahon	Denise	Vernon	F5054	0:19:31	02:36	0:47:54	25.05	0:30:35	06:07
130	124	7 of 10	1:38:14	McManus	Siobhan	Kelowna	F2024	0:24:17	03:14	0:46:31	25.80	0:27:26	05:29
152	125	12 of 13	1:38:42	Lund	Nicole	Spokane	F3034	0:22:57	03:04	0:44:26	27.01	0:31:19	06:16
115	126	10 of 12	1:38:59	Curtis	Dan	Vernon	M3539	0:20:15	02:42	0:48:21	24.82	0:30:23	06:05
134	127	8 of 10	1:39:05	Vetter	Mary	Enderby	F2024	0:26:28	03:32	0:46:20	25.90	0:26:17	05:15
107	128	12 of 17	1:39:21	Glinsbockel	Angie	Vernon	F4044	0:21:05	02:49	0:48:25	24.78	0:29:51	05:58
222	129	11 of 12	1:39:22	Hurtubise	Charles	Kelowna	M3539	0:24:28	03:16	0:43:53	27.35	0:31:01	06:12
193	130	5 of 8	1:40:02	McAuley	Devora	Calgary	F5054	0:20:41	02:45	0:48:09	24.92	0:31:12	06:14
190	131	6 of 8	1:40:18	Agar	Carol	Exshaw	F5054	0:20:31	02:44	0:46:53	25.60	0:32:54	06:35
182	132	13 of 17	1:42:01	Parsons	Lisa	Oyama	F4044	0:27:48	03:42	0:45:54	26.14	0:28:19	05:40

# Kal Rats Triathlon 2008 Results

<u>BIB</u>	<u>Place</u>	<u>Grp Pl</u>	<u>Time</u>	<u>Last Name</u>	<u>First Name</u>	<u>City</u>	<u>Group</u>	<u>Swim</u>	<u>Pace/100m</u>	<u>Bike</u>	<u>km/h</u>	<u>Run</u>	<u>min/km</u>
111	133	14 of 17	1:42:19	Thayer	Susan	Vernon	F4044	0:19:57	02:40	0:47:23	25.33	0:34:59	07:00
139	134	6 of 9	1:42:59	Gustafson	Danielle	Kamloops	F2529	0:19:31	02:36	0:49:55	24.04	0:33:33	06:43
119	135	3 of 5	1:43:33	Schultz	Rex	Armstrong	M5559	0:25:59	03:28	0:47:55	25.04	0:29:39	05:56
113	136	4 of 8	1:45:08	Krasuin	Wendy	Armstrong	F4549	0:21:12	02:50	0:49:34	24.21	0:34:22	06:52
138	137	7 of 9	1:45:24	Gulley	Jen	Vernon	F2529	0:23:42	03:10	0:44:15	27.12	0:37:27	07:29
155	138	13 of 13	1:46:19	Tsutsumi	Michelle	Edmonton	F3034	0:22:11	02:57	0:51:22	23.36	0:32:46	06:33
199	139	2 of 3	1:46:19	Lloyd	Judy	Kelowna	F6064	0:19:41	02:37	0:52:36	22.81	0:34:02	06:48
141	140	8 of 9	1:46:41	Hoft	Samantha	Kelowna	F2529	0:16:44	02:14	0:55:49	21.50	0:34:08	06:50
159	141	12 of 13	1:48:18	Campbell	Heather	Kelowna	F3539	0:27:29	03:40	0:49:49	24.09	0:31:00	06:12
269	142	1 of 1	1:48:29	<b>Over 50 Babes</b>		Vernon	Tm-Wmn	0:29:46	03:58	0:42:46	28.06	0:35:57	07:11
106	143	15 of 17	1:49:00	Franson	Michelle	Vernon	F4044	0:21:04	02:49	0:52:01	23.07	0:35:55	07:11
264	144	1 of 2	1:49:08	Jotterand	Andre	Enderby	M7074	0:27:18	03:38	0:50:07	23.94	0:31:43	06:21
102	145	9 of 10	1:49:15	Gariepy	Joanie	Sherbrooke	F2024	0:25:24	03:23	0:51:10	23.45	0:32:41	06:32
263	146	2 of 2	1:50:49	Guckuk	Hank	Peachland	M7074	0:25:48	03:26	0:44:07	27.20	0:40:54	08:11
114	147	5 of 8	1:51:05	Nurmsoo	Heather	Vernon	F4549	0:21:26	02:51	0:54:41	21.94	0:34:58	07:00
167	148	13 of 13	1:53:37	Robinson	Angela	Kelowna	F3539	0:27:15	03:38	0:49:35	24.20	0:36:47	07:21
197	149	1 of 1	1:53:42	Hughes	Jacqui	Vernon	F5559	0:22:55	03:03	0:53:49	22.30	0:36:58	07:24
112	150	6 of 8	1:54:01	Beattie	Lorelei	Vernon	F4549	0:26:47	03:34	0:52:58	22.66	0:34:16	06:51
200	151	3 of 3	1:54:04	Ten Hoope	Mary Ann	White Rock	F6064	0:20:59	02:48	0:52:40	22.78	0:40:25	08:05
118	152	4 of 5	1:55:34	Ostafew	Shon	Vernon	M5559	0:27:23	03:39	0:52:56	22.67	0:35:15	07:03
185	153	7 of 8	1:55:47	Gallant	Betty	Coldstream	F4549	0:25:26	03:23	0:56:54	21.09	0:33:27	06:41
109	154	16 of 17	1:56:38	Leier	Cori	Vernon	F4044	0:22:20	02:59	0:58:22	20.56	0:35:56	07:11
101	155	10 of 10	1:57:31	Campbell	Miriam	Vernon	F2024	0:17:03	02:16	0:54:47	21.90	0:45:41	09:08
259	156	5 of 5	1:58:47	LaBoucane	Timothy	Revelstoke	M5559	0:35:14	04:42	0:51:20	23.38	0:32:13	06:27
218	157	12 of 12	1:59:55	Archdekin	Steve	South Slokan	M3539	0:26:00	03:28	0:51:54	23.12	0:42:01	08:24
124	158	3 of 3	2:07:22	Sulentich	Caitlyn	Kelowna	F0015	0:29:06	03:53	1:02:01	19.35	0:36:15	07:15
189	159	8 of 8	2:07:22	Sulentich	Karen	Kelowna	F4549	0:27:30	03:40	1:03:39	18.85	0:36:13	07:15
110	160	17 of 17	2:08:43	Mackenzie	Leslie	Vernon	F4044	0:32:12	04:18	0:59:45	20.08	0:36:46	07:21
120	161	7 of 8	2:08:44	Mori	Cathy	Coldstream	F5054	0:32:10	04:17	1:00:03	19.98	0:36:31	07:18
191	162	8 of 8	2:10:53	LaPierre	Irene	Salmon Arm	F5054	0:35:14	04:42	0:58:26	20.54	0:37:13	07:27
104	163	9 of 9	2:17:03	Kelm	Diane	Vernon	F2529	0:41:34	05:33	0:51:31	23.29	0:43:58	08:48
121	164	8 of 8	2:17:04	Young	Kim	Coldstream	M5054	0:41:25	05:31	0:41:53	28.65	0:53:46	10:45
DNF				Boudreau	Jackie	Kelowna	F3539						
DNS				Lucas	Sherry	Salmon arm	F3539						
DNS				Albers	Glenda	Kelowna	F4044						
DNS				<i>Boivin</i>	<i>Vicky</i>	<i>Kelowna</i>	<i>F4044</i>						
DNS				Welder	Chris	Salmon Arm	F4044						
DNS				Pukas	Hayden	Salmon arm	M0015						
DNF				Macdonald	Mark	Kelowna	M4044						
DNS				<i>Switzer</i>	<i>Phil</i>	<i>Edson</i>	<i>M4044</i>						
DNS				Weldon	Andrew	Calgary	M5054						
DNS				<b>Swim, Bike, Run - DAQUIRI</b>		Peachland	Tm-Wmn						
DNS				Stewart	Cheri		F4549						
DNS				Cheyne	Grayson		Team						

# Kal Rats Triathlon 2008 Results

<u>BIB</u>	<u>Place</u>	<u>Grp Pl</u>	<u>Time</u>	<u>Last Name</u>	<u>First Name</u>	<u>City</u>	<u>Group</u>	<u>Swim</u>	<u>Pace/100m</u>	<u>Bike</u>	<u>km/h</u>	<u>Run</u>	<u>min/km</u>
DNS				Cheyne	Courtenay		Team						
DNS				Fowley	Erin		Team						
DNS				Lavigne	Barry	Vernon	Team						
DNS				Lavigne	Sean	Vernon	Team						
DNS				King	Jody	Lavington	Team						
DNS				Stewart	Leigh-Ann	Vernon	Team						
DNS				Lachman	Angie	Kelowna	Team						
DNS				Kennedy	Karen	Kelowna	Team						
DNS				Cherban	Christina	Peachland	Team						

## Individual team results

265				Jamieson	Eric	Kelowna	Team	0:16:19	02:11				
265				Franz	Ryan	Kelowna	Team			0:37:25	22.33		
265				Munro	Brock	Kelowna	Team					0:22:47	15:18
266				Sutherland	Paige		Team	0:15:55	02:07				
266				Ingham	Ryan		Team			0:30:04	26.10		
266				Davies	John	Coldstream	Team					0:21:20	13:28
268				Stephens	Larry	Kelowna	Team	0:20:08	02:41				
268				Stephens	Shelly	Kelowna	Team			0:37:46	20.73		
268				Raine	Bill	Kelowna	Team					0:23:36	16:18
269				Haslett	Shelley	Vernon	Team	0:29:46	03:58				
269				Everett	Marlene	Vernon	Team			0:42:46	16.54		
269				Judy	Sedge		Team					0:35:57	21:42
270				Jamie	Mac aurthur	Vernon	Team	0:20:05	02:41				
270				Beck	Byron	Vernon	Team			0:37:58	20.67		
270				Mac aurther	Cathrine	Vernon	Team					0:24:33	16:31
271				Lewis	Adrienne	Vernon	Team	0:17:23	02:19				
271				Franks	Deanna		Team			0:40:29	20.74		
271				Lewis-Hatherley	Rowyn	Vernon	Team					0:29:06	17:24
273				Oliver	Jason	Penticton	Team	0:16:45	02:14				
273				Oliver	Ray	Sterling	Team			0:44:47	19.50		
273				Oliver	Meggan	Penticton	Team					0:27:48	17:52