

2010 Kal Rats Sprint Triathlon

Sunday, June 27, 2010
 Kin Beach, Vernon, BC
 Sprint @ 8:30 am;

ChampionChip® Timing and Results by Race Headquarters - 604-540-7223
 Information: Lorraine Davidson

Kat Rats Sprint Triathlon
 Sunday, June 27, 2010

Overall Results - Sprint Distance (750 m swim, 18.5 km bike, 5 km run)
 Start Time: 8:30 a.m.

| OA Place | Place In Sex | Place In Division | Bib No. | Participant Name | City | Prov | Final Rank/Time | 750 m Swim Rank/Time | Pace 100m | T1 Rank/Time | After T1 Rank/Time | 18.5km Bike Rank/Time | Speed km/h | After Bike Rank/Time | T2 Rank/Time | After T2 Rank/Time | 5 km Run Rank/Time | KM Pace | Final Rank/Time |
|----------|--------------|-------------------|---------|-----------------------|----------------|------|-----------------|----------------------|-----------|--------------|--------------------|-----------------------|------------|----------------------|--------------|--------------------|--------------------|---------|-----------------|
| 1 | 1/84 M | 1/4 M2529 | 238 | Nathan Champness | Vernon | BC | 187 1:00:55 | 184 0:12:25 | 1:40 | 9 1:05 | 186 0:13:30 | 1 0:28:23 | 42.3 | 187 41:52 | 20 1:00 | 187 42:51 | 1 0:18:04 | 3:37 | 187 1:00:55 |
| 2 | 2/84 M | 1/14 M3539 | 265 | Kevin Lane | Coldstream | BC | 186 1:03:02 | 183 0:12:42 | 1:42 | 2 0:50 | 185 0:13:32 | 3 0:29:35 | 40.6 | 186 43:06 | 5 0:50 | 186 43:55 | 4 0:19:07 | 3:50 | 186 1:03:02 |
| 3 | 3/84 M | 1/5 M1619 | 228 | Fraser Cashion | Port Coquitlam | BC | 185 1:03:27 | 185 0:12:23 | 1:40 | 8 1:04 | 187 0:13:27 | 4 0:30:45 | 39.0 | 185 44:11 | 3 0:48 | 185 44:59 | 3 0:18:28 | 3:42 | 185 1:03:27 |
| 4 | 4/84 M | 1/11 M4549 | 272 | John Smit | Kelowna | BC | 184 1:06:16 | 182 0:12:47 | 1:43 | 11 1:08 | 182 0:13:55 | 9 0:31:10 | 38.5 | 184 45:04 | 4 0:48 | 184 45:52 | 6 0:20:24 | 4:05 | 184 1:06:16 |
| 5 | 5/84 M | 2/11 M4549 | 271 | Alex Seal | Salmon Arm | BC | 183 1:07:50 | 171 0:14:18 | 1:55 | 13 1:12 | 173 0:15:30 | 5 0:30:55 | 38.8 | 183 46:24 | 9 0:54 | 183 47:18 | 7 0:20:33 | 4:07 | 183 1:07:50 |
| 6 | 6/84 M | 1/5 M2024 | 233 | Braedon Cashion | Port Coquitlam | BC | 182 1:08:39 | 176 0:13:31 | 1:49 | 14 1:12 | 178 0:14:42 | 31 0:34:38 | 34.6 | 170 49:20 | 15 0:58 | 170 50:17 | 2 0:18:22 | 3:41 | 182 1:08:39 |
| 7 | 7/84 M | 1/6 M5559 | 294 | Double D Dawson | Vernon | BC | 181 1:09:14 | 169 0:14:26 | 1:56 | 48 1:49 | 166 0:16:15 | 8 0:31:04 | 38.6 | 182 47:18 | 24 1:02 | 180 48:20 | 8 0:20:55 | 4:11 | 181 1:09:14 |
| 8 | 8/84 M | 2/6 M5559 | 297 | Bruce Mitchell | Kamloops | BC | 180 1:10:15 | 167 0:14:37 | 1:57 | 32 1:34 | 167 0:16:11 | 11 0:31:37 | 38.0 | 177 47:47 | 55 1:16 | 177 49:03 | 9 0:21:12 | 4:15 | 180 1:10:15 |
| 9 | 9/84 M | 1/13 M4044 | 261 | Byron Gayfer | Kamloops | BC | 179 1:10:21 | 160 0:15:25 | 2:04 | 7 1:04 | 164 0:16:29 | 18 0:32:55 | 36.5 | 169 49:23 | 26 1:02 | 169 50:25 | 5 0:19:57 | 4:00 | 179 1:10:21 |
| 10 | 1/103 F | 1/19 F3034 | 170 | Jen Bond | Vernon | BC | 178 1:10:37 | 166 0:14:38 | 1:57 | 12 1:11 | 172 0:15:48 | 10 0:31:33 | 38.0 | 180 47:21 | 6 0:51 | 182 48:12 | 16 0:22:26 | 4:30 | 178 1:10:37 |
| 11 | 10/84 M | 2/5 M2024 | 234 | Keegan Brooks | Edmonton | AB | 177 1:10:47 | 163 0:14:58 | 2:00 | 25 1:23 | 165 0:16:21 | 6 0:30:59 | 38.7 | 181 47:19 | 22 1:01 | 179 48:20 | 17 0:22:27 | 4:30 | 177 1:10:47 |
| 12 | 2/103 F | 1/3 F1619 | 149 | Vanessa Tilson | Vernon | BC | 176 1:10:56 | 186 0:12:18 | 1:39 | 24 1:22 | 183 0:13:40 | 20 0:33:45 | 35.6 | 179 47:24 | 10 0:55 | 181 48:18 | 20 0:22:38 | 4:32 | 176 1:10:56 |
| 13 | 11/84 M | 2/14 M3539 | 252 | Peter Emmerzael | Kelowna | BC | 175 1:10:58 | 157 0:15:29 | 2:04 | 16 1:15 | 162 0:16:43 | 7 0:30:59 | 38.7 | 178 47:41 | 98 1:34 | 176 49:15 | 10 0:21:44 | 4:21 | 175 1:10:58 |
| 14 | 12/84 M | 3/11 M4549 | 276 | Greg Yeomans | Vavenby | BC | 174 1:11:07 | 168 0:14:27 | 1:56 | 28 1:27 | 170 0:15:53 | 13 0:32:07 | 37.4 | 175 48:00 | 60 1:17 | 175 49:17 | 11 0:21:50 | 4:22 | 174 1:11:07 |
| 15 | 13/84 M | 2/13 M4044 | 260 | Simon Craig | Vernon | BC | 173 1:11:43 | 119 0:18:19 | 2:27 | 35 1:35 | 130 0:19:54 | 2 0:28:32 | 42.1 | 174 48:25 | 54 1:16 | 173 49:41 | 14 0:22:03 | 4:25 | 173 1:11:43 |
| 16 | 14/84 M | 2/5 M1619 | 232 | Matt Baumeister | Vernon | BC | 172 1:12:49 | 181 0:12:53 | 1:44 | 17 1:15 | 181 0:14:08 | 21 0:33:49 | 35.5 | 176 47:57 | 28 1:03 | 178 49:00 | 27 0:23:49 | 4:46 | 172 1:12:49 |
| 17 | 3/103 F | 2/3 F1619 | 144 | Victoria Frost | Kelowna | BC | 171 1:13:47 | 173 0:14:13 | 1:54 | 3 0:54 | 175 0:15:07 | 55 0:36:01 | 33.3 | 163 51:08 | 2 0:46 | 166 51:53 | 12 0:21:54 | 4:23 | 171 1:13:47 |
| 18 | 15/84 M | 1/15 M5054 | 288 | Jaroslav Pukacz | Maple Ridge | BC | 170 1:14:01 | 164 0:14:50 | 1:59 | 50 1:50 | 163 0:16:40 | 12 0:31:58 | 37.5 | 173 48:37 | 46 1:13 | 172 49:49 | 33 0:24:12 | 4:51 | 170 1:14:01 |
| 19 | 16/84 M | 4/11 M4549 | 275 | Warren Taylor | Kelowna | BC | 169 1:14:54 | 170 0:14:20 | 1:55 | 36 1:36 | 169 0:15:55 | 23 0:34:17 | 35.0 | 168 50:12 | 16 0:59 | 168 51:10 | 25 0:23:45 | 4:45 | 169 1:14:54 |
| 20 | 17/84 M | 3/14 M3539 | 257 | Marty Schmidt | Lake Country | BC | 168 1:15:06 | 125 0:18:01 | 2:25 | 21 1:17 | 136 0:19:18 | 15 0:32:49 | 36.6 | 156 52:06 | 29 1:03 | 159 53:09 | 13 0:21:58 | 4:24 | 168 1:15:06 |
| 21 | 18/84 M | 3/5 M2024 | 236 | Alex Kaumeyer | Penticton | BC | 167 1:15:37 | 147 0:16:11 | 2:10 | 117 2:53 | 138 0:19:03 | 17 0:32:55 | 36.5 | 157 51:58 | 85 1:28 | 156 53:25 | 15 0:22:13 | 4:27 | 167 1:15:37 |
| 22 | 19/84 M | 4/14 M3539 | 253 | Kyle Hawes | West Kelowna | BC | 166 1:15:52 | 124 0:18:01 | 2:25 | 15 1:14 | 137 0:19:15 | 14 0:32:34 | 36.8 | 160 51:48 | 19 0:59 | 162 52:47 | 22 0:23:05 | 4:37 | 166 1:15:52 |
| 23 | 4/103 F | 1/18 F4044 | 195 | Janine Benson | Kelowna | BC | 165 1:15:56 | 161 0:15:08 | 2:01 | 42 1:40 | 161 0:16:48 | 41 0:35:04 | 34.2 | 158 51:51 | 36 1:07 | 161 52:57 | 21 0:22:59 | 4:36 | 165 1:15:56 |
| 24 | 20/84 M | 3/13 M4044 | 263 | Gareth Jones | Vernon | BC | 164 1:17:16 | 159 0:15:27 | 2:04 | 49 1:49 | 157 0:17:16 | 30 0:34:35 | 34.7 | 159 51:50 | 79 1:26 | 157 53:15 | 30 0:24:01 | 4:49 | 164 1:17:16 |
| 25 | 5/103 F | 2/19 F3034 | 176 | Valentina Miller | Kelowna | BC | 163 1:17:27 | 175 0:13:53 | 1:51 | 19 1:16 | 174 0:15:08 | 45 0:35:25 | 33.9 | 167 50:33 | 62 1:18 | 167 51:51 | 47 0:25:36 | 5:08 | 163 1:17:27 |
| 26 | 21/84 M | 5/14 M3539 | 258 | Rick Waterhouse | Kelowna | BC | 162 1:17:48 | 140 0:16:43 | 2:14 | 86 2:15 | 139 0:18:57 | 19 0:33:41 | 35.6 | 155 52:38 | 58 1:17 | 155 53:54 | 28 0:23:54 | 4:47 | 162 1:17:48 |
| 27 | 22/84 M | 5/11 M4549 | 273 | John Tilson | Victoria | BC | 161 1:18:13 | 155 0:15:32 | 2:05 | 61 1:58 | 155 0:17:30 | 24 0:34:19 | 35.0 | 161 51:48 | 78 1:26 | 158 53:13 | 40 0:25:01 | 5:01 | 161 1:18:13 |
| 28 | 23/84 M | 3/5 M1619 | 230 | Brian MacPhail | Penticton | BC | 160 1:18:20 | 187 0:11:36 | 1:33 | 62 1:59 | 184 0:13:35 | 42 0:35:06 | 34.2 | 172 48:40 | 8 0:54 | 174 49:33 | 101 0:28:48 | 5:46 | 160 1:18:20 |
| 29 | 6/103 F | 1/3 F6064 | 227 | Hella Versfeld | Vernon | BC | 159 1:18:35 | 180 0:13:06 | 1:45 | 27 1:27 | 179 0:14:32 | 58 0:36:10 | 33.2 | 166 50:42 | 82 1:27 | 165 52:08 | 64 0:26:27 | 5:18 | 159 1:18:35 |
| 30 | 7/103 F | 1/10 F4549 | 210 | Gayanne Pacholzuk | Kelowna | BC | 158 1:18:49 | 177 0:13:30 | 1:48 | 18 1:16 | 177 0:14:45 | 65 0:37:00 | 32.4 | 162 51:45 | 66 1:19 | 160 53:04 | 51 0:25:45 | 5:09 | 158 1:18:49 |
| 31 | 24/84 M | 1/7 M3034 | 242 | Warren Yablonski | Vernon | BC | 157 1:18:58 | 116 0:18:24 | 2:28 | 20 1:16 | 131 0:19:40 | 32 0:34:42 | 34.6 | 145 54:22 | 1 0:40 | 148 55:01 | 29 0:23:57 | 4:48 | 157 1:18:58 |
| 32 | 25/84 M | 2/15 M5054 | 285 | Robert Klassen | Kamloops | BC | 156 1:19:08 | 156 0:15:30 | 2:04 | 68 2:02 | 154 0:17:31 | 46 0:35:25 | 33.9 | 153 52:56 | 64 1:19 | 153 54:14 | 39 0:24:55 | 4:59 | 156 1:19:08 |
| 33 | 26/84 M | 3/6 M5559 | 296 | Steve McVicar | Rossland | BC | 155 1:19:22 | 114 0:18:37 | 2:29 | 81 2:11 | 121 0:20:48 | 16 0:32:52 | 36.5 | 149 53:39 | 57 1:17 | 149 54:55 | 36 0:24:27 | 4:54 | 155 1:19:22 |
| 34 | 27/84 M | 6/14 M3539 | 134 | Lance Sweeney | Vernon | BC | 154 1:19:26 | 98 0:19:29 | 2:36 | 76 2:05 | 106 0:21:33 | 28 0:34:30 | 34.8 | 132 56:03 | 12 0:56 | 139 56:58 | 18 0:22:28 | 4:30 | 154 1:19:26 |
| 35 | 8/103 F | 1/11 F2529 | 165 | Jaime Yeomans | Vavenby | BC | 153 1:19:39 | 142 0:16:34 | 2:13 | 39 1:39 | 144 0:18:12 | 33 0:34:49 | 34.5 | 152 53:01 | 81 1:27 | 151 54:27 | 43 0:25:12 | 5:03 | 153 1:19:39 |
| 36 | 28/84 M | 7/14 M3539 | 250 | Greg Coyle | Kelowna | BC | 152 1:19:45 | 172 0:14:17 | 1:55 | 45 1:46 | 168 0:16:02 | 38 0:34:57 | 34.3 | 164 50:58 | 59 1:17 | 164 52:15 | 82 0:27:30 | 5:30 | 152 1:19:45 |
| 37 | 29/84 M | 1/2 M6064 | 298 | Charlie Bruce | Kamloops | BC | 151 1:20:00 | 126 0:17:55 | 2:24 | 67 2:01 | 128 0:19:56 | 47 0:35:27 | 33.9 | 139 55:22 | 14 0:58 | 141 56:19 | 23 0:23:41 | 4:45 | 151 1:20:00 |
| 38 | 30/84 M | 4/6 M5559 | 293 | Steve Pope | Kelowna | BC | 150 1:20:07 | 174 0:13:58 | 1:52 | 52 1:54 | 171 0:15:52 | 36 0:34:56 | 34.4 | 165 50:48 | 103 1:37 | 163 52:24 | 84 0:27:44 | 5:33 | 150 1:20:07 |
| 39 | 9/103 F | 1/7 F2024 | 146 | Myriam Bossahard | Summerland | BC | 149 1:20:35 | 138 0:17:11 | 2:18 | 38 1:38 | 140 0:18:48 | 52 0:35:53 | 33.4 | 143 54:41 | 94 1:32 | 143 56:12 | 35 0:24:23 | 4:53 | 149 1:20:35 |
| 40 | 10/103 F | 3/19 F3034 | 171 | Megan Brooke | Salmon Arm | BC | 148 1:20:43 | 152 0:15:49 | 2:07 | 71 2:03 | 149 0:17:52 | 43 0:35:15 | 34.0 | 151 53:06 | 96 1:33 | 150 54:39 | 57 0:26:04 | 5:13 | 148 1:20:43 |
| 41 | 11/103 F | 1/17 F3539 | 183 | Julie Parenteau | Salmon Arm | BC | 147 1:20:43 | 154 0:15:33 | 2:05 | 65 2:01 | 153 0:17:33 | 48 0:35:37 | 33.7 | 150 53:10 | 56 1:17 | 152 54:26 | 60 0:26:17 | 5:16 | 147 1:20:43 |
| 42 | 12/103 F | 2/18 F4044 | 203 | Erica Moser-Reschreit | Vernon | BC | 146 1:21:17 | 141 0:16:39 | 2:14 | 23 1:20 | 147 0:17:59 | 35 0:34:52 | 34.4 | 154 52:51 | 34 1:06 | 154 53:57 | 78 0:27:21 | 5:29 | 146 1:21:17 |
| 43 | 13/103 F | 2/7 F2024 | 151 | Laura Filipow | Edmonton | AB | 145 1:21:31 | 129 0:17:41 | 2:22 | 1 0:01 | 151 0:17:42 | 56 0:36:02 | 33.3 | 147 53:44 | 162 2:09 | 145 55:53 | 49 0:25:38 | 5:08 | 145 1:21:31 |
| 44 | 31/84 M | 3/15 M5054 | 277 | Garry Appelt | Edmonton | BC | 144 1:21:34 | 94 0:19:48 | 2:39 | 66 2:01 | 100 0:21:49 | 29 0:34:30 | 34.8 | 130 56:18 | 97 1:34 | 130 57:52 | 24 0:23:43 | 4:45 | 144 1:21:34 |
| 45 | 32/84 M | 4/15 M5054 | 388 | Ross McEwan | Edmonton | AB | 143 1:21:34 | 92 0:19:56 | 2:40 | 22 1:18 | 115 0:21:14 | 37 0:34:56 | 34.4 | 131 56:09 | 17 0:59 | 137 57:08 | 37 0:24:27 | 4:54 | 143 1:21:34 |
| 46 | 14/103 F | 3/7 F2024 | 154 | Amanda Tiessen | Vernon | BC | 142 1:22:07 | 151 0:15:49 | 2:07 | 97 2:30 | 143 0:18:19 | 67 0:37:01 | 32.4 | 140 55:19 | 124 1:44 | 138 57:03 | 41 0:25:05 | 5:01 | 142 1:22:07 |
| 47 | 15/103 F | 2/17 F3539 | 191 | Kelley Waterhouse | Kelowna | BC | 141 1:22:14 | 137 0:17:19 | 2:19 | 77 2:05 | 134 0:19:24 | 49 0:35:40 | 33.6 | 141 55:03 | 48 1:13 | 142 56:16 | 56 0:25:59 | 5:12 | 141 1:22:14 |
| 48 | 16/103 F | 2/11 F2529 | 161 | Carly Desnoyers | Coldstream | BC | 140 1:22:19 | 135 0:17:27 | 2:20 | 80 2:08 | 132 0:19:35 | 40 0:34:59 | 34.3 | 144 54:34 | 88 1:29 | 144 56:03 | 59 0:26:17 | 5:16 | 140 1:22:19 |
| 49 | 33/84 M | 5/15 M5054 | 280 | Desmond Regier | OK Center | BC | 139 1:22:20 | 146 0:16:14 | 2:10 | 33 1:34 | 150 0:17:47 | 57 0:36:06 | 33.2 | 146 53:53 | 130 1:47 | 146 55:40 | 68 0:26:41 | 5:21 | 139 1:22:20 |
| 50 | 34/84 M | 2/4 M2529 | 240 | Tyson McNeil-Hay | Kamloops | BC | 138 1:22:29 | 130 0:17:41 | 2:22 | 161 3:3 | | | | | | | | | |

| | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
|-----|--------|---|-------|-------|-----|----------------------|---------------|----|-----|---------|-----|---------|------|-----|------|-----|---------|-----|---------|------|-----|---------|-----|------|-----|---------|-----|---------|------|-----|---------|
| 59 | 39/84 | M | 4/5 | M1619 | 229 | Keegan Hoffman | Kelowna | BC | 129 | 1:23:55 | 127 | 0:17:51 | 2:23 | 156 | 3:26 | 114 | 0:21:16 | 69 | 0:37:06 | 32.3 | 117 | 58:22 | 131 | 1:47 | 116 | 1:00:09 | 26 | 0:23:47 | 4:46 | 129 | 1:23:55 |
| 60 | 21/103 | F | 4/18 | F4044 | 202 | Marianne McLeod | Kamloops | BC | 128 | 1:23:56 | 106 | 0:19:11 | 2:34 | 94 | 2:21 | 108 | 0:21:32 | 54 | 0:36:00 | 33.3 | 120 | 57:31 | 140 | 1:55 | 119 | 59:25 | 38 | 0:24:32 | 4:55 | 128 | 1:23:56 |
| 61 | 22/103 | F | 5/18 | F4044 | 198 | Jody Crumb | Kelowna | BC | 127 | 1:24:48 | 132 | 0:17:38 | 2:21 | 55 | 1:55 | 133 | 0:19:33 | 85 | 0:38:06 | 31.5 | 119 | 57:39 | 71 | 1:24 | 122 | 59:02 | 52 | 0:25:47 | 5:10 | 127 | 1:24:48 |
| 62 | 23/103 | F | 3/11 | F2529 | 158 | Ashley Bedwell | Kelowna | BC | 126 | 1:24:49 | 145 | 0:16:16 | 2:11 | 47 | 1:49 | 145 | 0:18:04 | 101 | 0:39:11 | 30.6 | 123 | 57:14 | 50 | 1:14 | 125 | 58:28 | 62 | 0:26:21 | 5:17 | 126 | 1:24:49 |
| 63 | 40/84 | M | 6/13 | M4044 | 135 | Rory Bass | Vernon | BC | 125 | 1:24:53 | 110 | 0:18:46 | 2:31 | 142 | 3:15 | 99 | 0:22:01 | 26 | 0:34:22 | 34.9 | 129 | 56:22 | 116 | 1:42 | 129 | 58:04 | 71 | 0:26:49 | 5:22 | 125 | 1:24:53 |
| 64 | 24/103 | F | 2/3 | F6064 | 225 | Jeanne Byron | Vernon | BC | 124 | 1:25:03 | 111 | 0:18:41 | 2:30 | 82 | 2:12 | 119 | 0:20:52 | 61 | 0:36:18 | 33.1 | 124 | 57:10 | 141 | 1:55 | 121 | 59:04 | 55 | 0:25:59 | 5:12 | 124 | 1:25:03 |
| 65 | 25/103 | F | 4/19 | F3034 | 172 | Leann Cederholm | Penticton | BC | 123 | 1:25:57 | 88 | 0:20:02 | 2:41 | 31 | 1:32 | 105 | 0:21:34 | 51 | 0:35:49 | 33.5 | 122 | 57:23 | 125 | 1:45 | 120 | 59:07 | 74 | 0:26:51 | 5:23 | 123 | 1:25:57 |
| 66 | 26/103 | F | 6/18 | F4044 | 197 | France Burke | Summerland | BC | 122 | 1:26:11 | 153 | 0:15:45 | 2:06 | 53 | 1:55 | 152 | 0:17:39 | 90 | 0:38:21 | 31.3 | 134 | 56:00 | 75 | 1:25 | 133 | 57:25 | 100 | 0:28:47 | 5:46 | 122 | 1:26:11 |
| 67 | 27/103 | F | 7/18 | F4044 | 196 | Cameron Brown | Salmon Arm | BC | 121 | 1:26:18 | 150 | 0:15:50 | 2:07 | 26 | 1:24 | 158 | 0:17:13 | 121 | 0:41:24 | 29.0 | 116 | 58:37 | 45 | 1:12 | 118 | 59:49 | 66 | 0:26:30 | 5:18 | 121 | 1:26:18 |
| 68 | 41/84 | M | 2/7 | M3034 | 246 | Michael Wright | Kelowna | BC | 120 | 1:26:59 | 117 | 0:18:22 | 2:27 | 137 | 3:10 | 109 | 0:21:31 | 95 | 0:38:48 | 30.9 | 103 | 1:00:19 | 37 | 1:07 | 111 | 1:01:25 | 46 | 0:25:34 | 5:07 | 120 | 1:26:59 |
| 69 | 42/84 | M | 3/4 | M2529 | 241 | Matt Vanderhorst | Vernon | BC | 119 | 1:27:31 | 79 | 0:20:31 | 2:45 | 59 | 1:56 | 91 | 0:22:27 | 39 | 0:34:59 | 34.3 | 121 | 57:26 | 91 | 1:31 | 124 | 58:56 | 98 | 0:28:35 | 5:43 | 119 | 1:27:31 |
| 70 | 43/84 | M | 5/6 | M5559 | 291 | Allan Clarke | Penticton | BC | 118 | 1:27:32 | 87 | 0:20:06 | 2:41 | 147 | 3:20 | 80 | 0:23:26 | 60 | 0:36:14 | 33.1 | 112 | 59:40 | 74 | 1:25 | 112 | 1:01:04 | 65 | 0:26:28 | 5:18 | 118 | 1:27:32 |
| 71 | 28/103 | F | 2/10 | F4549 | 211 | Maria Saunders | Kelowna | BC | 117 | 1:27:32 | 81 | 0:20:29 | 2:44 | 41 | 1:40 | 96 | 0:22:09 | 72 | 0:37:12 | 32.3 | 113 | 59:21 | 83 | 1:27 | 114 | 1:00:48 | 70 | 0:26:45 | 5:21 | 117 | 1:27:32 |
| 72 | 29/103 | F | 5/19 | F3034 | 168 | Terryn Thachuk | Vernon | BC | 116 | 1:27:42 | 115 | 0:18:28 | 2:28 | 56 | 1:55 | 125 | 0:20:23 | 98 | 0:38:57 | 30.8 | 114 | 59:20 | 90 | 1:31 | 113 | 1:00:50 | 76 | 0:26:52 | 5:23 | 116 | 1:27:42 |
| 73 | 44/84 | M | 7/15 | M5054 | 283 | Tim Heenan | Vernon | BC | 115 | 1:28:00 | 96 | 0:19:37 | 2:37 | 108 | 2:41 | 94 | 0:22:17 | 27 | 0:34:23 | 34.9 | 127 | 56:40 | 173 | 2:18 | 123 | 58:57 | 107 | 0:29:03 | 5:49 | 115 | 1:28:00 |
| 74 | 45/84 | M | 6/11 | M4549 | 274 | James Howes | Kelowna | BC | 114 | 1:28:00 | 54 | 0:22:08 | 2:57 | 91 | 2:18 | 65 | 0:24:25 | 73 | 0:37:17 | 32.2 | 97 | 1:01:42 | 43 | 1:11 | 98 | 1:02:53 | 42 | 0:25:08 | 5:02 | 114 | 1:28:00 |
| 75 | 30/103 | F | 3/10 | F4549 | 209 | Colleen Klassen | Kamloops | BC | 113 | 1:28:11 | 107 | 0:19:11 | 2:34 | 134 | 3:06 | 95 | 0:22:16 | 77 | 0:37:53 | 31.7 | 107 | 1:00:09 | 126 | 1:45 | 106 | 1:01:53 | 61 | 0:26:18 | 5:16 | 113 | 1:28:11 |
| 76 | 46/84 | M | 9/14 | M3539 | 254 | B. Jade Kersey | Vernon | BC | 112 | 1:28:52 | 103 | 0:19:22 | 2:35 | 150 | 3:22 | 86 | 0:22:43 | 83 | 0:38:03 | 31.5 | 102 | 1:00:45 | 35 | 1:07 | 107 | 1:01:51 | 77 | 0:27:01 | 5:25 | 112 | 1:28:52 |
| 77 | 31/103 | F | 6/19 | F3034 | 180 | Erin West | Kamloops | BC | 111 | 1:29:45 | 95 | 0:19:45 | 2:38 | 116 | 2:52 | 88 | 0:22:37 | 74 | 0:37:22 | 32.1 | 109 | 59:59 | 134 | 1:50 | 108 | 1:01:48 | 89 | 0:27:57 | 5:36 | 111 | 1:29:45 |
| 78 | 47/84 | M | 3/7 | M3034 | 259 | Chris Wendell | Lake Country | BC | 110 | 1:29:58 | 165 | 0:14:45 | 1:58 | 105 | 2:40 | 156 | 0:17:25 | 148 | 0:43:28 | 27.6 | 101 | 1:00:52 | 65 | 1:19 | 101 | 1:02:11 | 87 | 0:27:48 | 5:34 | 110 | 1:29:58 |
| 79 | 32/103 | F | 7/19 | F3034 | 179 | Jordan Schiller | Kelowna | BC | 109 | 1:30:14 | 162 | 0:15:06 | 2:01 | 57 | 1:56 | 159 | 0:17:01 | 93 | 0:38:38 | 31.1 | 137 | 55:39 | 148 | 1:59 | 131 | 57:37 | 141 | 0:32:37 | 6:32 | 109 | 1:30:14 |
| 80 | 33/103 | F | 4/11 | F2529 | 157 | Maria Ritchie | Vernon | BC | 108 | 1:30:23 | 99 | 0:19:29 | 2:36 | 34 | 1:34 | 117 | 0:21:02 | 106 | 0:39:55 | 30.1 | 100 | 1:00:57 | 38 | 1:07 | 103 | 1:02:04 | 96 | 0:28:19 | 5:40 | 108 | 1:30:23 |
| 81 | 34/103 | F | 4/7 | F2024 | 150 | Madison Connor | Delta | BC | 107 | 1:30:24 | 60 | 0:21:44 | 2:54 | 60 | 1:58 | 76 | 0:23:42 | 87 | 0:38:12 | 31.4 | 94 | 1:01:54 | 42 | 1:09 | 97 | 1:03:02 | 79 | 0:27:22 | 5:29 | 107 | 1:30:24 |
| 82 | 35/103 | F | 6/17 | F3539 | 182 | Becky Alexander | Vernon | BC | 106 | 1:30:55 | 77 | 0:20:37 | 2:45 | 63 | 2:00 | 89 | 0:22:36 | 22 | 0:33:54 | 35.4 | 128 | 56:29 | 99 | 1:36 | 128 | 58:05 | 142 | 0:32:51 | 6:35 | 106 | 1:30:55 |
| 83 | 48/84 | M | 4/4 | M2529 | 239 | Rhett Ballard | Vernon | BC | 105 | 1:30:55 | 71 | 0:21:08 | 2:49 | 46 | 1:48 | 85 | 0:22:55 | 70 | 0:37:06 | 32.3 | 108 | 1:00:01 | 147 | 1:59 | 104 | 1:01:59 | 106 | 0:28:57 | 5:48 | 105 | 1:30:55 |
| 84 | 36/103 | F | 8/18 | F4044 | 193 | Wendy Hoffman | Kelowna | BC | 104 | 1:31:33 | 30 | 0:24:24 | 3:16 | 110 | 2:45 | 35 | 0:27:09 | 62 | 0:36:41 | 32.7 | 83 | 1:03:50 | 144 | 1:56 | 75 | 1:05:45 | 53 | 0:25:49 | 5:10 | 104 | 1:31:33 |
| 85 | 49/84 | M | 7/13 | M4044 | 262 | Anthony Yskes | Vernon | BC | 103 | 1:31:45 | 86 | 0:20:08 | 2:41 | 29 | 1:28 | 104 | 0:21:35 | 92 | 0:38:37 | 31.1 | 105 | 1:00:12 | 129 | 1:46 | 105 | 1:01:57 | 119 | 0:29:48 | 5:58 | 103 | 1:31:45 |
| 86 | 37/103 | F | 9/18 | F4044 | 212 | Shannon Willford | Kelowna | BC | 102 | 1:31:47 | 109 | 0:19:01 | 2:33 | 40 | 1:39 | 124 | 0:20:40 | 71 | 0:37:11 | 32.3 | 118 | 57:50 | 159 | 2:04 | 117 | 59:54 | 134 | 0:31:54 | 6:23 | 102 | 1:31:47 |
| 87 | 50/84 | M | 4/5 | M2024 | 237 | Taylor Van den brink | Calgary | AB | 101 | 1:31:50 | 73 | 0:21:03 | 2:49 | 119 | 2:54 | 73 | 0:23:57 | 75 | 0:37:33 | 32.0 | 98 | 1:01:29 | 145 | 1:57 | 95 | 1:03:25 | 97 | 0:28:25 | 5:41 | 101 | 1:31:50 |
| 88 | 51/84 | M | 8/15 | M5054 | 282 | Kent Hartshorn | Saskatoon | SK | 100 | 1:31:57 | 45 | 0:22:47 | 3:03 | 58 | 1:56 | 61 | 0:24:42 | 131 | 0:42:19 | 28.4 | 52 | 1:07:01 | 11 | 0:55 | 55 | 1:07:56 | 31 | 0:24:02 | 4:49 | 100 | 1:31:57 |
| 89 | 52/84 | M | 8/13 | M4044 | 138 | John Wood | Vernon | BC | 99 | 1:32:04 | 18 | 0:26:32 | 3:33 | 73 | 2:05 | 23 | 0:28:36 | 44 | 0:35:22 | 33.9 | 81 | 1:03:58 | 142 | 1:55 | 73 | 1:05:53 | 58 | 0:26:12 | 5:15 | 99 | 1:32:04 |
| 90 | 53/84 | M | 7/11 | M4549 | 269 | Andrew MacPhail | Penticton | BC | 98 | 1:32:11 | 112 | 0:18:40 | 2:30 | 122 | 2:57 | 103 | 0:21:37 | 104 | 0:39:29 | 30.4 | 99 | 1:01:05 | 101 | 1:37 | 99 | 1:02:41 | 111 | 0:29:30 | 5:54 | 98 | 1:32:11 |
| 91 | 54/84 | M | 9/13 | M4044 | 268 | Bryan Wilkinson | North delta | BC | 97 | 1:32:30 | 44 | 0:22:54 | 3:04 | 83 | 2:12 | 57 | 0:25:06 | 89 | 0:38:20 | 31.3 | 86 | 1:03:26 | 25 | 1:02 | 91 | 1:04:27 | 92 | 0:28:03 | 5:37 | 97 | 1:32:30 |
| 92 | 55/84 | M | 5/5 | M1619 | 231 | Connor Yskes | Vernon | BC | 96 | 1:32:43 | 70 | 0:21:09 | 2:50 | 128 | 3:01 | 71 | 0:24:10 | 82 | 0:38:02 | 31.6 | 92 | 1:02:11 | 27 | 1:03 | 96 | 1:03:13 | 112 | 0:29:30 | 5:54 | 96 | 1:32:43 |
| 93 | 56/84 | M | 9/15 | M5054 | 290 | Gene Weninger | Kelowna | BC | 95 | 1:33:09 | 74 | 0:20:57 | 2:48 | 136 | 3:06 | 72 | 0:24:03 | 79 | 0:37:57 | 31.6 | 93 | 1:01:59 | 171 | 2:18 | 92 | 1:04:16 | 104 | 0:28:53 | 5:47 | 95 | 1:33:09 |
| 94 | 38/103 | F | 8/19 | F3034 | 105 | Jenifer Lindstein | Vernon | BC | 94 | 1:33:23 | 62 | 0:21:42 | 2:54 | 78 | 2:06 | 75 | 0:23:48 | 116 | 0:40:29 | 29.6 | 76 | 1:04:16 | 68 | 1:22 | 78 | 1:05:38 | 86 | 0:27:45 | 5:33 | 94 | 1:33:23 |
| 95 | 57/84 | M | 4/7 | M3034 | 287 | Andy Posthumus | Edmonton | AB | 93 | 1:33:27 | 64 | 0:21:36 | 2:53 | 92 | 2:19 | 74 | 0:23:54 | 78 | 0:37:55 | 31.6 | 96 | 1:01:49 | 155 | 2:02 | 93 | 1:03:50 | 115 | 0:29:37 | 5:56 | 93 | 1:33:27 |
| 96 | 39/103 | F | 9/19 | F3034 | 178 | Teena Robinson | Vernon | BC | 92 | 1:33:33 | 100 | 0:19:25 | 2:36 | 89 | 2:18 | 101 | 0:21:42 | 135 | 0:42:48 | 28.0 | 69 | 1:04:29 | 21 | 1:00 | 83 | 1:05:29 | 93 | 0:28:05 | 5:37 | 92 | 1:33:33 |
| 97 | 58/84 | M | 2/2 | M6064 | 299 | Kees Versfeld | Vernon | BC | 91 | 1:33:42 | 97 | 0:19:31 | 2:37 | 125 | 2:57 | 90 | 0:22:28 | 76 | 0:37:42 | 31.8 | 106 | 1:00:10 | 146 | 1:58 | 102 | 1:02:07 | 131 | 0:31:35 | 6:19 | 91 | 1:33:42 |
| 98 | 59/84 | M | 10/14 | M3539 | 247 | Andrew Thompson | Williams Lake | BC | 90 | 1:33:42 | 67 | 0:21:30 | 2:52 | 127 | 3:00 | 64 | 0:24:30 | 97 | 0:38:49 | 30.9 | 87 | 1:03:19 | 114 | 1:41 | 87 | 1:04:59 | 99 | 0:28:43 | 5:45 | 90 | 1:33:42 |
| 99 | 60/84 | M | 5/7 | M3034 | 245 | Jason McIntyre | Vernon | BC | 89 | 1:33:42 | 47 | 0:22:42 | 3:02 | 154 | 3:25 | 43 | 0:26:07 | 80 | 0:37:58 | 31.6 | 80 | 1:04:04 | 105 | 1:38 | 76 | 1:05:41 | 90 | 0:28:02 | 5:37 | 89 | 1:33:42 |
| 100 | 61/84 | M | 6/7 | M3034 | 244 | Martin Laverdure | Kelowna | BC | 88 | 1:33:43 | 23 | 0:25:37 | 3:25 | 111 | 2:46 | 24 | 0:28:22 | 53 | 0:35:58 | 33.4 | 73 | 1:04:20 | 44 | 1:12 | 82 | 1:05:32 | 95 | 0:28:11 | 5:39 | 88 | 1:33:43 |
| 101 | 62/84 | M | 11/14 | M3539 | 256 | Barry Piercey | Calgary | AB | 87 | 1:33:48 | 82 | 0:20:28 | 2:44 | 5 | 1:01 | 111 | 0:21:29 | 96 | 0:38:49 | 30.9 | 104 | 1:00:18 | | | | | | | | | |

| | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
|-----|--------|---|-------|-------|-----|------------------|---------------|----|----|---------|-----|---------|------|-------|------|-----|---------|-----|---------|------|-----|---------|-----|------|-----|---------|-----|---------|------|----|---------|
| 135 | 63/103 | F | 12/18 | F4044 | 117 | Anna Correria | Vernon | BC | 53 | 1:38:35 | 34 | 0:24:03 | 3:13 | 69 | 2:02 | 44 | 0:26:04 | 132 | 0:42:31 | 28.2 | 46 | 1:08:34 | 31 | 1:05 | 48 | 1:09:39 | 105 | 0:28:56 | 5:48 | 53 | 1:38:35 |
| 136 | 73/84 | M | 6/6 | M5559 | 295 | Cederholm Don | Penticton | BC | 52 | 1:38:39 | 128 | 0:17:43 | 2:22 | 131 | 3:04 | 123 | 0:20:46 | 130 | 0:42:12 | 28.4 | 89 | 1:02:57 | 181 | 2:26 | 85 | 1:05:23 | 147 | 0:33:16 | 6:40 | 52 | 1:38:39 |
| 137 | 74/84 | M | 14/14 | M3539 | 248 | Tony Benn | Vernon | BC | 51 | 1:38:39 | 84 | 0:20:17 | 2:43 | 112 | 2:47 | 82 | 0:23:03 | 149 | 0:43:30 | 27.6 | 57 | 1:06:33 | 53 | 1:16 | 56 | 1:07:48 | 125 | 0:30:51 | 6:11 | 51 | 1:38:39 |
| 138 | 64/103 | F | 12/19 | F3034 | 173 | Laura Cochrane | Kelowna | BC | 50 | 1:39:43 | 57 | 0:21:52 | 2:55 | 144 | 3:17 | 56 | 0:25:08 | 124 | 0:41:37 | 28.8 | 55 | 1:06:44 | 161 | 2:08 | 52 | 1:08:52 | 126 | 0:30:51 | 6:11 | 50 | 1:39:43 |
| 139 | 65/103 | F | 6/11 | F5054 | 222 | Kerry Weninger | Kelowna | BC | 49 | 1:40:12 | 105 | 0:19:18 | 2:35 | 87 | 2:15 | 107 | 0:21:33 | 137 | 0:42:50 | 28.0 | 72 | 1:04:22 | 183 | 2:32 | 67 | 1:06:53 | 149 | 0:33:19 | 6:40 | 49 | 1:40:12 |
| 140 | 75/84 | M | 1/2 | M70+ | 300 | Byron Beck | Vernon | BC | 48 | 1:40:26 | 38 | 0:23:35 | 3:09 | 99 | 2:33 | 42 | 0:26:07 | 84 | 0:38:04 | 31.5 | 79 | 1:04:10 | 152 | 2:00 | 72 | 1:06:09 | 157 | 0:34:17 | 6:52 | 48 | 1:40:26 |
| 141 | 76/84 | M | 9/11 | M4549 | 141 | Greg Thompson | Vernon | BC | 47 | 1:42:18 | 68 | 0:21:13 | 2:50 | 182 | 4:20 | 51 | 0:25:32 | 147 | 0:43:27 | 27.6 | 45 | 1:08:58 | 132 | 1:48 | 44 | 1:10:46 | 129 | 0:31:32 | 6:19 | 47 | 1:42:18 |
| 142 | 66/103 | F | 13/18 | F4044 | 120 | Lisa Thompson | Vernon | BC | 46 | 1:42:19 | 43 | 0:22:56 | 3:04 | 140 | 3:14 | 41 | 0:26:09 | 140 | 0:42:56 | 28.0 | 44 | 1:09:05 | 117 | 1:42 | 43 | 1:10:47 | 130 | 0:31:33 | 6:19 | 46 | 1:42:19 |
| 143 | 67/103 | F | 5/10 | F4549 | 125 | Lisa Sousa | Coldstream | BC | 45 | 1:42:20 | 27 | 0:24:43 | 3:18 | 130 | 3:03 | 33 | 0:27:45 | 165 | 0:46:50 | 25.6 | 24 | 1:14:35 | 13 | 0:56 | 26 | 1:15:31 | 72 | 0:26:49 | 5:22 | 45 | 1:42:20 |
| 144 | 77/84 | M | 10/11 | M4549 | 140 | Andy Stefansson | Vernon | BC | 44 | 1:42:48 | 113 | 0:18:40 | 2:30 | 158 | 3:28 | 97 | 0:22:07 | 150 | 0:43:31 | 27.6 | 64 | 1:05:37 | 120 | 1:44 | 61 | 1:07:20 | 161 | 0:35:28 | 7:06 | 44 | 1:42:48 |
| 145 | 68/103 | F | 8/11 | F2529 | 163 | Deanna Stone | Winfield | BC | 43 | 1:43:16 | 66 | 0:21:34 | 2:53 | 133 | 3:04 | 62 | 0:24:37 | 144 | 0:43:14 | 27.8 | 48 | 1:07:51 | 41 | 1:09 | 50 | 1:08:59 | 156 | 0:34:17 | 6:52 | 43 | 1:43:16 |
| 146 | 69/103 | F | 14/18 | F4044 | 204 | Dawn Sleiman | Kelowna | BC | 42 | 1:43:18 | 21 | 0:26:12 | 3:30 | 149 | 3:21 | 19 | 0:29:33 | 120 | 0:41:13 | 29.1 | 38 | 1:10:45 | 154 | 2:01 | 37 | 1:12:46 | 123 | 0:30:33 | 6:07 | 42 | 1:43:18 |
| 147 | 70/103 | F | 15/18 | F4044 | 119 | Linda Panneman | Vernon | BC | 41 | 1:44:23 | 75 | 0:20:50 | 2:47 | 162 | 3:35 | 66 | 0:24:25 | 164 | 0:46:11 | 26.0 | 39 | 1:10:36 | 165 | 2:11 | 36 | 1:12:46 | 132 | 0:31:37 | 6:20 | 41 | 1:44:23 |
| 148 | 71/103 | F | 13/19 | F3034 | 167 | Diane Kelm | Vernon | BC | 40 | 1:45:06 | 6 | 0:30:47 | 4:07 | 100 | 2:35 | 6 | 0:33:21 | 88 | 0:38:14 | 31.4 | 31 | 1:11:35 | 133 | 1:49 | 34 | 1:13:24 | 133 | 0:31:43 | 6:21 | 40 | 1:45:06 |
| 149 | 72/103 | F | 14/19 | F3034 | 177 | Bethany Norris | Vernon | BC | 39 | 1:45:34 | 42 | 0:23:11 | 3:06 | 79 | 2:08 | 52 | 0:25:18 | 122 | 0:41:28 | 28.9 | 54 | 1:06:46 | 149 | 1:59 | 54 | 1:08:44 | 168 | 0:36:51 | 7:23 | 39 | 1:45:34 |
| 150 | 78/84 | M | 12/13 | M4044 | 139 | Brad Broten | Coldstream | BC | 38 | 1:45:37 | 69 | 0:21:09 | 2:50 | 184 | 4:31 | 50 | 0:25:40 | 125 | 0:41:49 | 28.7 | 51 | 1:07:29 | 123 | 1:44 | 49 | 1:09:13 | 166 | 0:36:25 | 7:17 | 38 | 1:45:37 |
| 151 | 73/103 | F | 11/17 | F3539 | 186 | Catherine Hanson | Oyama | BC | 37 | 1:46:08 | 31 | 0:24:22 | 3:15 | 115 | 2:49 | 34 | 0:27:11 | 142 | 0:43:02 | 27.9 | 41 | 1:10:13 | 174 | 2:18 | 39 | 1:12:30 | 153 | 0:33:38 | 6:44 | 37 | 1:46:08 |
| 152 | 74/103 | F | 12/17 | F3539 | 194 | Kim Vardon | Vernon | BC | 36 | 1:47:00 | 14 | 0:28:27 | 3:48 | 143 | 3:16 | 13 | 0:31:43 | 141 | 0:43:00 | 27.9 | 23 | 1:14:42 | 150 | 1:59 | 22 | 1:16:41 | 121 | 0:30:19 | 6:04 | 36 | 1:47:00 |
| 153 | 75/103 | F | 7/11 | F5054 | 213 | Loren Danbrook | Vernon | BC | 35 | 1:47:12 | 25 | 0:24:57 | 3:20 | 138 | 3:12 | 28 | 0:28:08 | 157 | 0:44:38 | 26.9 | 29 | 1:12:46 | 77 | 1:26 | 29 | 1:14:11 | 143 | 0:33:02 | 6:37 | 35 | 1:47:12 |
| 154 | 76/103 | F | 15/19 | F3034 | 175 | Stacey Ketcheson | Vernon | BC | 34 | 1:47:56 | 85 | 0:20:12 | 2:42 | 151 | 3:22 | 77 | 0:23:34 | 179 | 0:49:05 | 24.4 | 30 | 1:12:38 | 49 | 1:14 | 30 | 1:13:51 | 155 | 0:34:05 | 6:49 | 34 | 1:47:56 |
| 155 | 77/103 | F | 13/17 | F3539 | 111 | Deb Treherne | Vernon | BC | 33 | 1:48:30 | 39 | 0:23:23 | 3:07 | 121 | 2:54 | 39 | 0:26:17 | 177 | 0:48:44 | 24.6 | 22 | 1:15:00 | 47 | 1:13 | 24 | 1:16:13 | 138 | 0:32:18 | 6:28 | 33 | 1:48:30 |
| 156 | 78/103 | F | 16/19 | F3034 | 106 | Catherine May | Vernon | BC | 32 | 1:49:12 | 36 | 0:23:49 | 3:11 | 180 | 4:17 | 29 | 0:28:06 | 145 | 0:43:15 | 27.7 | 33 | 1:11:21 | 157 | 2:03 | 35 | 1:13:23 | 164 | 0:35:49 | 7:10 | 32 | 1:49:12 |
| 157 | 79/103 | F | 2/4 | F5559 | 224 | Deb Cannan | Kelowna | BC | 31 | 1:49:34 | 59 | 0:21:49 | 2:55 | 135 | 3:06 | 59 | 0:24:55 | 178 | 0:49:03 | 24.5 | 26 | 1:13:58 | 185 | 2:33 | 23 | 1:16:30 | 144 | 0:33:05 | 6:37 | 31 | 1:49:34 |
| 158 | 79/84 | M | 11/11 | M4549 | 270 | Shayn Moritz | Peachland | BC | 30 | 1:49:49 | 149 | 0:15:55 | 2:08 | 6 | 1:01 | 160 | 0:16:56 | 143 | 0:43:03 | 27.9 | 110 | 59:59 | 109 | 1:39 | 110 | 1:01:38 | 185 | 0:48:12 | 9:39 | 30 | 1:49:49 |
| 159 | 80/103 | F | 9/11 | F2529 | 162 | Krystine McInnes | Vernon | BC | 29 | 1:49:57 | 29 | 0:24:25 | 3:16 | 155 | 3:26 | 32 | 0:27:50 | 163 | 0:46:11 | 26.0 | 25 | 1:14:01 | 95 | 1:33 | 25 | 1:15:33 | 158 | 0:34:24 | 6:53 | 29 | 1:49:57 |
| 160 | 81/103 | F | 10/11 | F2529 | 102 | Jessica Hamilton | Vernon | BC | 28 | 1:51:00 | 63 | 0:21:37 | 2:53 | 51 | 1:51 | 79 | 0:23:27 | 171 | 0:47:20 | 25.4 | 37 | 1:10:46 | 61 | 1:18 | 40 | 1:12:04 | 174 | 0:38:56 | 7:48 | 28 | 1:51:00 |
| 161 | 80/84 | M | 13/15 | M5054 | 279 | Bill Hubbard | Vernon | BC | 27 | 1:51:05 | 76 | 0:20:45 | 2:46 | 114 | 2:48 | 78 | 0:23:32 | 146 | 0:43:26 | 27.6 | 53 | 1:06:58 | 186 | 2:46 | 47 | 1:09:43 | 181 | 0:41:22 | 8:17 | 27 | 1:51:05 |
| 162 | 82/103 | F | 17/19 | F3034 | 169 | Lindsay Thompson | Williams Lake | BC | 26 | 1:51:09 | 35 | 0:23:54 | 3:12 | 132 | 3:04 | 36 | 0:26:57 | 154 | 0:44:16 | 27.1 | 35 | 1:11:13 | 182 | 2:30 | 32 | 1:13:42 | 170 | 0:37:27 | 7:30 | 26 | 1:51:09 |
| 163 | 83/103 | F | 8/11 | F5054 | 220 | Katie Walker | Edmonton | AB | 25 | 1:51:21 | 61 | 0:21:44 | 2:54 | 179 | 4:16 | 47 | 0:25:59 | 161 | 0:45:35 | 26.3 | 32 | 1:11:33 | 143 | 1:55 | 33 | 1:13:28 | 171 | 0:37:53 | 7:35 | 25 | 1:51:21 |
| 164 | 84/103 | F | 3/4 | F5559 | 129 | Liz Frank | Vernon | BC | 24 | 1:51:21 | 32 | 0:24:09 | 3:14 | 177 | 4:13 | 25 | 0:28:22 | 176 | 0:47:57 | 25.0 | 17 | 1:16:18 | 100 | 1:36 | 18 | 1:17:54 | 150 | 0:33:28 | 6:42 | 24 | 1:51:21 |
| 165 | 85/103 | F | 18/19 | F3034 | 181 | Angela Wright | Kelowna | BC | 23 | 1:52:07 | 56 | 0:22:00 | 2:56 | 171 | 3:50 | 49 | 0:25:49 | 183 | 0:50:59 | 23.5 | 16 | 1:16:47 | 136 | 1:53 | 16 | 1:18:39 | 151 | 0:33:28 | 6:42 | 23 | 1:52:07 |
| 166 | 81/84 | M | 13/13 | M4044 | 137 | Dale Danallanko | Vernon | BC | 22 | 1:52:59 | 26 | 0:24:56 | 3:20 | 172 | 3:53 | 22 | 0:28:48 | 153 | 0:44:06 | 27.2 | 28 | 1:12:54 | 104 | 1:37 | 28 | 1:14:31 | 173 | 0:38:29 | 7:42 | 22 | 1:52:59 |
| 167 | 86/103 | F | 16/18 | F4044 | 199 | Carol Davidson | Vernon | BC | 21 | 1:53:06 | 37 | 0:23:39 | 3:10 | 186 | 5:18 | 21 | 0:28:57 | 180 | 0:49:33 | 24.2 | 12 | 1:18:30 | 89 | 1:29 | 15 | 1:19:58 | 145 | 0:33:08 | 6:38 | 21 | 1:53:06 |
| 168 | 82/84 | M | 2/2 | M70+ | 375 | Bruce Butcher | Kamloops | BC | 20 | 1:53:11 | 20 | 0:26:14 | 3:30 | 64 | 2:01 | 26 | 0:28:15 | 169 | 0:47:09 | 25.5 | 19 | 1:15:23 | 121 | 1:44 | 20 | 1:17:06 | 165 | 0:36:05 | 7:13 | 20 | 1:53:11 |
| 169 | 87/103 | F | 6/10 | F4549 | 122 | Susan Falkenholt | Vernon | BC | 19 | 1:54:11 | 11 | 0:28:51 | 3:51 | 183 | 4:20 | 8 | 0:33:11 | 127 | 0:41:53 | 28.7 | 21 | 1:15:03 | 180 | 2:25 | 19 | 1:17:28 | 167 | 0:36:44 | 7:21 | 19 | 1:54:11 |
| 170 | 88/103 | F | 7/10 | F4549 | 207 | Deb Lalonde | Coldstream | BC | 18 | 1:54:19 | 46 | 0:22:46 | 3:03 | 139 | 3:14 | 48 | 0:25:59 | 159 | 0:45:20 | 26.5 | 34 | 1:11:19 | 178 | 2:24 | 31 | 1:13:43 | 178 | 0:40:37 | 8:08 | 18 | 1:54:19 |
| 171 | 89/103 | F | 14/17 | F3539 | 188 | Jodie Piercey | Calgary | AB | 17 | 1:54:55 | 17 | 0:26:34 | 3:33 | 181 | 4:17 | 16 | 0:30:51 | 172 | 0:47:21 | 25.3 | 15 | 1:18:12 | 137 | 1:53 | 14 | 1:20:05 | 159 | 0:34:50 | 6:58 | 17 | 1:54:55 |
| 172 | 90/103 | F | 9/11 | F5054 | 127 | Cheryl Bibby | Vernon | BC | 16 | 1:55:30 | 7 | 0:30:36 | 4:05 | 106 | 2:40 | 7 | 0:33:16 | 173 | 0:47:26 | 25.3 | 7 | 1:20:42 | 67 | 1:20 | 8 | 1:22:01 | 152 | 0:33:29 | 6:42 | 16 | 1:55:30 |
| 173 | 91/103 | F | 11/11 | F2529 | 164 | Jody Vandenhoorn | Winfield | BC | 15 | 1:55:55 | 58 | 0:21:50 | 2:55 | 178 | 4:13 | 45 | 0:26:02 | 187 | 0:53:18 | 22.5 | 10 | 1:19:20 | 102 | 1:37 | 11 | 1:20:56 | 160 | 0:35:00 | 7:00 | 15 | 1:55:55 |
| 174 | 92/103 | F | 8/10 | F4549 | 124 | Heidi Lockhart | Coldstream | BC | 14 | 1:56:15 | 28 | 0:24:31 | 3:17 | 167 | 3:44 | 27 | 0:28:15 | 170 | 0:47:09 | 25.5 | 20 | 1:15:23 | 122 | 1:44 | 21 | 1:17:06 | 175 | 0:39:10 | 7:50 | 14 | 1:56:15 |
| 175 | 93/103 | F | 17/18 | F4044 | 118 | Kim Heizmann | Coldstream | BC | 13 | 1:56:16 | 33 | 0:24:09 | 3:14 | 166 | 3:42 | 31 | 0:27:51 | 162 | 0:45:56 | 26.1 | 27 | 1:13:47 | 108 | 1:39 | 27 | 1:15:25 | 179 | 0:40:51 | 8:11 | 13 | 1:56:16 |
| 176 | 94/103 | F | 19/19 | F3034 | 187 | Krista Lindsay | Williams Lake | BC | 12 | 1:57:05 | 13 | 0:28:28 | 3:48 | 152 | 3:23 | 12 | 0:31:50 | 181 | 0:49:41 | 24.2 | 5 | 1:21:30 | 128 | 1:46 | 6 | 1:23:16 | 154 | 0:33:49 | 6:46 | 12 | 1:57:05 |
| 177 | 95/103 | F | 10/11 | F5054 | 128 | Cindy Wieringa | Armstrong | BC | 11 | 1:59:46 | 16 | 0:27:46 | 3:43 | 164</ | | | | | | | | | | | | | | | | | |

Kat Rats Sprint Triathlon

Sunday, June 27, 2010

Overall Results - Team Relay (750m swim, 18.5 km bike, 5 km run)

Start Time: 8:30 a.m.

| OA Place | Place In Sex | Place In Division | Bib No. | Participant Name | City | Prov | Final Rank/Time | 750 m Swim Rank/Time | Pace 100m | T1 Rank/Time | After T1 Rank/Time | 18.5km Bike Rank/Time | Speed km/h | After Bike Rank/Time | T2 Rank/Time | After T2 Rank/Time | 5 km Run Rank/Time | KM Pace | Final Rank/Time |
|----------|--------------|-------------------|---------|-----------------------|------------|------|-----------------|----------------------|-----------|--------------|--------------------|-----------------------|------------|----------------------|--------------|--------------------|--------------------|---------|-----------------|
| 1 | 1/13 R | | 387 | Ben, Graeme, Chris | Edmonton | AB | 12 1:08:50 | 12 0:14:51 | 1:59 | 1 0:53 | 13 0:15:44 | 6 0:35:36 | 33.7 | 11 51:20 | 2 0:52 | 10 52:11 | 1 0:16:39 | 3:20 | 12 1:08:50 |
| 2 | 2/13 R | | 390 | Yung Gunz | Edmonton | AB | 11 1:13:21 | 7 0:17:32 | 2:21 | 6 1:18 | 8 0:18:50 | 1 0:32:20 | 37.1 | 12 51:09 | 3 0:57 | 12 52:06 | 3 0:21:16 | 4:16 | 11 1:13:21 |
| 3 | 3/13 R | | 379 | Swim and Du a Tri | Coldstream | BC | 10 1:15:39 | 6 0:17:33 | 2:21 | 7 1:28 | 7 0:19:00 | 2 0:32:34 | 36.8 | 10 51:34 | 11 1:46 | 9 53:20 | 4 0:22:20 | 4:28 | 10 1:15:39 |
| 4 | 4/13 R | | 383 | Gayfer | Kamloops | BC | 9 1:16:28 | 10 0:16:24 | 2:12 | 10 1:32 | 11 0:17:56 | 3 0:33:11 | 36.2 | 13 51:06 | 5 1:02 | 11 52:07 | 8 0:24:21 | 4:53 | 9 1:16:28 |
| 5 | 5/13 R | | 386 | Torpedo Girl & The La | Vernon | BC | 8 1:17:11 | 9 0:16:36 | 2:13 | 8 1:28 | 10 0:18:04 | 4 0:34:28 | 34.8 | 9 52:32 | 4 0:59 | 8 53:31 | 6 0:23:41 | 4:45 | 8 1:17:11 |
| 6 | 6/13 R | | 384 | The Runaways | | BC | 7 1:21:32 | 4 0:18:23 | 2:28 | 4 1:08 | 6 0:19:31 | 5 0:35:06 | 34.2 | 8 54:36 | 6 1:02 | 7 55:37 | 9 0:25:55 | 5:11 | 7 1:21:32 |
| 7 | 7/13 R | | 389 | Water Baby and the Ro | Vernon | BC | 6 1:23:03 | 2 0:22:35 | 3:01 | 9 1:29 | 3 0:24:04 | 7 0:38:10 | 31.4 | 6 1:02:13 | 7 1:06 | 6 1:03:19 | 2 0:19:45 | 3:57 | 6 1:23:03 |
| 8 | 8/13 R | | 378 | Lavigne International | Vernon | BC | 5 1:28:21 | 11 0:15:22 | 2:03 | 5 1:16 | 12 0:16:37 | 12 0:46:35 | 25.8 | 5 1:03:12 | 1 0:50 | 4 1:04:01 | 7 0:24:20 | 4:52 | 5 1:28:21 |
| 9 | 9/13 R | | 381 | Team Horsting | Vernon | BC | 4 1:29:40 | 8 0:17:14 | 2:18 | 3 1:06 | 9 0:18:20 | 11 0:46:25 | 25.9 | 4 1:04:45 | 9 1:16 | 3 1:06:00 | 5 0:23:40 | 4:44 | 4 1:29:40 |
| 10 | 10/13 R | | 382 | Team Irwin | Vernon | BC | 3 1:32:59 | 3 0:19:52 | 2:39 | 11 1:48 | 4 0:21:39 | 8 0:39:59 | 30.0 | 7 1:01:38 | 12 1:55 | 5 1:03:33 | 10 0:29:27 | 5:54 | 3 1:32:59 |
| 11 | 11/13 R | | 377 | Holly's Geri's | Vernon | BC | 2 1:41:12 | 1 0:26:36 | 3:33 | 2 0:56 | 2 0:27:31 | 9 0:40:54 | 29.3 | 3 1:08:24 | 8 1:14 | 2 1:09:37 | 11 0:31:36 | 6:20 | 2 1:41:12 |
| 12 | 12/13 R | | 376 | 3G | | BC | 1 1:49:05 | 5 0:17:38 | 2:22 | 12 2:14 | 5 0:19:51 | 13 0:52:56 | 22.7 | 2 1:12:47 | 10 1:27 | 1 1:14:13 | 12 0:34:52 | 6:59 | 1 1:49:05 |
| 13 | 13/13 R | | 385 | The Yellow Hammers | Edmonton | BC | | | | | 1 0:36:37 | 10 0:42:39 | 28.1 | 1 1:19:16 | | | | | |