

PARRY SOUND XTERRA 2016

Parry Sound, Ontario
Saturday July 23rd, 2016

CHAMPIONCHIP TIMING by:
Trysport, Parry Sound, ON 877-844-9887
LSComputers, Bracebridge, ON 705-645-6007

FINAL INDIVIDUAL MALE SPRINT TRIATHLON RESULTS

Pos	Time	Name	City	Cat/plc/		Bib#	Ovr	SWIM 500m		BIKE 13 km		RUN 4.5 km			
				Total	Cat			Time	/100m	Ovr	Time	km/hr	Ovr	Time	/km
1	1:16:13	FONG Matthew	Ajax	1/4	MU20	211	1	7:37	1:32	1	45:52	17.0	1	22:44	5:03
2	1:22:27	PHELAN Richard	Mississauga	1/5	M40-49	222	4	8:39	1:44	4	50:10	15.5	2	23:38	5:15
3	1:22:57	CIOTLOS Jack	Toronto	2/4	MU20	241	5	8:42	1:45	3	50:03	15.6	3	24:13	5:23
4	1:24:22	PITTS Gregory	Baysville	2/5	M40-49	224	3	8:34	1:43	5	51:28	15.2	4	24:22	5:25
5	1:26:48	SMITH Jon	Nobel	1/5	M30-39	242	15	11:14	2:15	2	48:21	16.1	6	27:13	6:03
6	1:28:11	HOBURN Jeremy	Parry Sound	3/4	MU20	212	13	10:11	2:03	6	51:54	15.0	5	26:07	5:49
7	1:30:19	GITTINS Dai	Stratford upon	1/3	M50-59	228	2	8:10	1:38	8	53:22	14.6	10	28:47	6:24
8	1:35:00	PAQUETTE Andre	McDougall	1/3	M20-29	215	8	9:48	1:58	7	53:08	14.7	13	32:05	7:08
9	1:35:45	BALSDEN Greg	St. Thomas	2/5	M30-39	218	14	10:29	2:06	9	56:42	13.8	9	28:34	6:21
10	1:36:26	SOMMERFREUND David	London	3/5	M40-49	223	7	9:46	1:58	10	58:36	13.3	8	28:05	6:15
11	1:38:03	LANE Gordon	McDougall	4/5	M40-49	227	9	9:50	1:58	12	1:00:48	12.8	7	27:25	6:06
12	1:41:56	SABOURIN Michel	Brampton	2/3	M50-59	244	12	10:09	2:02	11	59:54	13.0	12	31:54	7:06
13	1:43:02	FELL Paul	Parry Sound	2/3	M20-29	216	6	9:14	1:51	13	1:03:32	12.3	11	30:17	6:44
14	1:54:38	YAUK Alec	Toronto	3/3	M50-59	229	19	15:22	3:05	14	1:03:34	12.3	15	35:42	7:56
15	1:55:37	MCDUGALL Dave	Codrington	3/5	M30-39	220	18	15:05	3:01	15	1:08:14	11.4	14	32:18	7:11
16	1:57:54	MARCOTTE Kyle	Sudbury	4/5	M30-39	217	11	10:05	2:01	16	1:12:06	10.8	16	35:44	7:57
17	2:16:10	YAUK Sean	Toronto	4/4	MU20	213	16	11:29	2:18	19	1:25:54	9.1	18	38:48	8:38
18	2:18:40	KEARNS Zachary	North Bay	3/3	M20-29	214	20	15:54	3:11	18	1:25:06	9.2	17	37:41	8:23
19	2:19:12	ROZEMA Aaron	Carrying Place	5/5	M30-39	219	17	13:26	2:42	17	1:23:36	9.3	19	42:11	9:23
20		BOOTH Nick	Kitchener	5/5	M40-49	226	10	9:52	1:59						