2004 SUBARU IRONMAN CANADA TRIATHLON

Sunday August 29th, 2004

Penticton, BC 7:00am

FINAL										2.4 mi					112 mi					26.2 mi			
								Category		SWIM					BIKE					RUN			
Pos	Time	Name	City	St	Cty	Rep	Plc/Total	Cat	#	Cat	Ovr	Time	/100m	Tr1	Cat	Ovr	Time	Mile/hr	Tr2	Cat	Ovr	Time	/Mile
521	11:38:43	Rogoschewsky, Annie	Red Deer	AB	CAN		13/134	W35-39	2025	30	813	1:09:44	1:51	4:50	26	910	6:07:51	18.3	3:54	16	393	4:12:26	9:39
742	12:04:06	Dyck, Greg	Regina	SK	CAN		163/334	M35-39	902	258	1428	1:18:56	2:05	6:29	164	697	5:55:50	18.9	7:22	146	721	4:35:31	10:31
855	12:19:48	Trainor, Shaun	Regina	SK	CAN		141/303	M40-44	1181	227	1504	1:20:02	2:07	9:40	113	666	5:54:18	19.0	9:55	130	901	4:45:55	10:55
869	12:22:03	Leibel, Ryan	Regina	SK	CAN		11/28	M18-24	149	8	290	1:02:19	1:39	4:02	12	618	5:52:02	19.1	3:15	19	1370	5:20:28	12:14
929	12:29:45	Glen, Tom	Regina	SK	CAN		154/303	M40-44	1101	239	1583	1:21:46	2:10	9:42	217	1339	6:33:09	17.1	20:09	37	291	4:05:00	9:22
1008	12:38:52	MacKenzie, Doug	Regina	SK	CAN		93/226	M45-49	1401	29	494	1:05:10	1:43	4:25	19	333	5:37:29	19.9	6:18	158	1614	5:45:31	13:12
1009	12:38:52	Hoffort, Michael	Regina	SK	CAN		207/334	M35-39	836	113	575	1:06:37	1:46	3:35	147	608	5:51:40	19.1	3:52	272	1501	5:33:11	12:43
1021	12:40:20	Dynna, Lonnie	Regina	SK	CAN		95/226	M45-49	1400	113	1124	1:13:59	1:57	7:02	94	994	6:12:24	18.0	7:57	99	1100	4:59:00	11:25
1050	12:43:42	Gibson, Brent	Regina	SK	CAN		211/334	M35-39	901	194	986	1:12:04	1:54	6:13	262	1255	6:28:14	17.3	6:53	181	977	4:50:20	11:05
1283	13:16:16	MacKenzie, Shelley	Regina	SK	CAN		50/104	W40-44	2153	27	945	1:11:09	1:53	3:31	34	1131	6:20:16	17.7	3:30	73	1546	5:37:52	12:54
1501	13:51:09	MacKinnon, Art	Regina	SK	CAN		70/123	M50-54	1580	92	1789	1:26:44	2:17	5:15	74	1422	6:38:24	16.9	7:10	68	1507	5:33:39	12:45
1750 CLY	14:54:09	Fayad, Dalton	Regina	SK	CAN		86/95	M25-29	226	93	1923	1:31:18	2:25	15:46	93	1893	7:28:53	15.0	10:27	77	1446	5:27:46	12:31
1925	15:50:57	Robinson, Tara	Regina	SK	CAN		110/134	W35-39	2026	92	1631	1:22:47	2:11	11:19	122	2063	8:12:14	13.7	13:41	100	1668	5:50:58	13:24
2097 DNF		Bell, Max	Regina	SK	CAN		293/303	M40-44	1102	285	1956	1:32:45	2:27	8:29	293	2090	8:22:39	13.4	11:11				
2140 DNF		Hoffort, Loralie	Regina	SK	CAN		132/134	W35-39	2051	124	2066	1:40:16	2:39	5:53									
2156 DNF		Fayad, Jahmil	Regina	SK	CAN		301/302	M30-34	549	300	2151	1:59:08	3:09	8:28									