

2009_ChinookHalfIronman_Overall-2

5th Annual
 Chinook Half Ironman Triathlon
 Calgary, AB
 June 20, 2009

780-416-5124

Timing by "Results Canada"

Overall Individual Half Iron Triathlon
 Results

-----FINAL-----				96 km		21km				
2.0km								Category		
-----SWIM-----				-----BIKE-----				-----RUN-----		
Pos	Time	Name		City, Country	Plc/Total	Category	#			
Cat	Ovr	Time	/100m	km/hr	Cat	Ovr	Time	km		
1	4:46:11	Joshua Krabbe		Edmonton	1/6	Men 18-29	400			
26	35:45	1:48		1 2:31:29	38.0	4 1:38:59	4:43			
2	4:53:43	Kyle McLaughlin		Calgary	1/14	Men 30-39	348			
25	35:44	1:48		2 2:41:38	35.6	1 1:36:22	4:36			
3	5:04:25	Mike Pascoe		Calgary	2/14	Men 30-39	428			
23	35:42	1:48		6 2:50:49	33.7	2 1:37:55	4:40			
4	5:05:09	Rob Mott		Calgary	3/14	Men 30-39	337			
35	36:53	1:51		4 2:49:32	34.0	3 1:38:45	4:43			
5	5:05:30	Richard MacDonald		Calgary	4/14	Men 30-39	377			
10	32:34	1:38		9 2:53:44	33.2	5 1:39:13	4:44			
6	5:09:05	Kent Tilley		Calgary	1/27	Men 40-49	363			
9	32:05	1:37		5 2:49:35	34.0	12 1:47:25	5:07			
7	5:14:22	Trevor Hanna		Calgary	5/14	Men 30-39	355			
40	37:16	1:52		11 2:55:16	32.9	6 1:41:52	4:52			
8	5:16:47	Jenny Rowe		Calgary	1/18	Women 30-39	413			
1	28:24	1:26		19 3:04:16	31.3	7 1:44:08	4:58			
9	5:16:57	Kyle Mitton		Calgary	2/6	Men 18-29	391			
18	35:18	1:46		3 2:43:13	35.3	31 1:58:26	5:39			
10	5:17:10	Karl Werner		Edmonton	6/14	Men 30-39	383			
22	35:38	1:47		7 2:53:14	33.2	13 1:48:19	5:10			

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11	5:19:29	Hiroshi Iwabuchi	Calgary	2/27	Men 40-49	397
31	36:33 1:50		13 2:57:36 32.4	8 1:45:22	5:01	
12	5:19:34	Bernard Maillet	Chestermere	3/27	Men 40-49	415
2	29:04 1:28		15 2:57:41 32.4	21 1:52:50	5:23	
13	5:21:31	Jason Nadeau	Calgary	4/27	Men 40-49	379
63	40:37 2:02		8 2:53:40 33.2	11 1:47:16	5:07	
14	5:23:39	Edie Fisher	Kenora	1/3	Women 50-59	421
5	29:14 1:28		14 2:57:39 32.4	27 1:56:47	5:34	
15	5:24:41	Michael Bergeron	Calgary	5/27	Men 40-49	442
13	34:11 1:43		16 2:57:56 32.4	20 1:52:36	5:22	
16	5:28:40	Amy Woodward	Calgary	1/7	Women 18-29	392
17	34:55 1:45		18 3:03:08 31.5	17 1:50:38	5:17	
17	5:29:54	Dan Stillwell	Calgary	6/27	Men 40-49	370
16	34:54 1:45		21 3:05:03 31.1	15 1:49:59	5:15	
18	5:31:17	Dave Kiwi	Calgary	7/14	Men 30-39	347
29	36:28 1:50		20 3:04:59 31.1	14 1:49:51	5:14	
19	5:34:15	Tim Dutton	Calgary	7/27	Men 40-49	345
48	38:43 1:57		23 3:05:31 31.0	16 1:50:02	5:15	
20	5:34:27	Jennifer Mansell	Calgary	2/18	Women 30-39	376
53	39:18 1:58		12 2:57:17 32.5	30 1:57:52	5:37	
21	5:37:29	Brad Pachal	Calgary	8/27	Men 40-49	322
28	36:22 1:50		17 3:00:02 32.0	38 2:01:05	5:46	
22	5:41:58	Kate Macpherson	Calgary	3/18	Women 30-39	375
7	31:53 1:36		42 3:23:58 28.2	9 1:46:09	5:04	
23	5:42:28	Steven Sommerfeldt	Lethbridge	8/14	Men 30-39	350
14	34:44 1:45		29 3:10:12 30.3	29 1:57:33	5:36	
24	5:43:26	Mark Dantzer	Calgary	1/12	Men 50-59	310
21	35:37 1:47		27 3:07:23 30.7	36 2:00:28	5:45	
25	5:45:28	Rena Almon	Calgary	4/18	Women 30-39	382
91	47:06 2:22		26 3:07:16 30.8	18 1:51:07	5:18	
26	5:48:02	Peter Stanton	Calgary	1/1	Men 60 +	358
78	42:39 2:08		10 2:54:02 33.1	58 2:11:22	6:16	
27	5:48:31	Megan Macdonald	Calgary	5/18	Women 30-39	378
46	38:41 1:57		36 3:17:52 29.1	19 1:51:58	5:20	
28	5:49:54	Ian Davies	Calgary	9/27	Men 40-49	395
36	36:57 1:51		22 3:05:18 31.1	45 2:07:41	6:05	
29	5:50:16	Murray Stewart	Calgary	2/12	Men 50-59	354
77	42:37 2:08		30 3:11:57 30.0	24 1:55:43	5:31	
30	5:50:55	Gordon Kirk	Calgary	3/12	Men 50-59	475
20	35:27 1:47		25 3:06:41 30.9	48 2:08:48	6:08	
31	5:51:59	Robert Lennox	Calgary	3/6	Men 18-29	393
42	38:19 1:55		33 3:13:59 29.7	32 1:59:42	5:42	

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32	5:53:33	Darryl Bandas	Calgary	10/27	Men 40-49	439
15	34:50 1:45		39 3:22:41 28.4	25 1:56:04	5:32	
33	5:54:47	Mark Herasymiuk	Calgary	9/14	Men 30-39	406
60	40:33 2:02		34 3:17:05 29.2	28 1:57:10	5:35	
34	5:56:47	Mike Kotuk	St Albert	10/14	Men 30-39	445
4	29:08 1:28		35 3:17:17 29.2	56 2:10:22	6:13	
35	5:58:56	James Jensen	Lethbridge	11/14	Men 30-39	346
41	37:19 1:52		43 3:25:19 28.1	26 1:56:19	5:33	
36	6:03:16	Isabel Ostrom	Calgary	1/16	Women 40-49	396
70	42:05 2:07		48 3:27:15 27.8	22 1:53:57	5:26	
37	6:05:23	Sue Padua	Calgary	2/16	Women 40-49	361
49	38:50 1:57		32 3:13:26 29.8	65 2:13:07	6:21	
38	6:06:14	Greg Doerges	Calgary	11/27	Men 40-49	384
58	40:31 2:02		31 3:13:10 29.8	62 2:12:35	6:19	
39	6:06:38	Greg Nigh	Calgary	4/12	Men 50-59	419
19	35:23 1:47		50 3:27:22 27.8	41 2:03:53	5:54	
40	6:07:52	Todd Samuelson	Medicine Hat	12/27	Men 40-49	372
59	40:31 2:02		47 3:26:55 27.8	35 2:00:26	5:45	
41	6:08:12	Jamie Horwood	Edmonton	4/6	Men 18-29	404
6	30:29 1:32		57 3:30:58 27.3	44 2:06:46	6:03	
42	6:08:21	Tara Patrick	Calgary	6/18	Women 30-39	402
73	42:23 2:08		45 3:26:09 27.9	34 1:59:50	5:43	
43	6:08:57	Kevin Copeland	Calgary	13/27	Men 40-49	436
79	42:43 2:09		24 3:06:37 30.9	75 2:19:37	6:39	
44	6:09:01	Kris Cannon	Calgary	3/16	Women 40-49	423
33	36:39 1:50		38 3:20:51 28.7	59 2:11:32	6:16	
45	6:09:44	Paul Barker	Calgary	14/27	Men 40-49	353
27	36:01 1:49		82 3:46:41 25.4	10 1:47:03	5:06	
46	6:10:22	Carl Olssen	Calgary	5/12	Men 50-59	444
99	52:35 2:38		28 3:09:08 30.5	47 2:08:41	6:08	
47	6:10:29	Joanne Morin	Calgary	4/16	Women 40-49	437
39	37:15 1:52		54 3:30:20 27.4	40 2:02:56	5:52	
48	6:11:26	Tanya Winkel	Regina	7/18	Women 30-39	385
45	38:30 1:56		41 3:23:16 28.3	53 2:09:41	6:11	
49	6:11:50	Melanie Rush	Calgary	5/16	Women 40-49	431
24	35:43 1:48		66 3:35:13 26.8	37 2:00:55	5:46	
50	6:12:41	Tim Toohey	Edmonton	15/27	Men 40-49	410
32	36:38 1:50		64 3:34:20 26.9	39 2:01:45	5:48	
51	6:12:53	Kelly Murphy	Calgary	6/16	Women 40-49	386
88	45:33 2:17		61 3:33:02 27.0	23 1:54:19	5:27	
52	6:15:35	John Milford	Dewinton	6/12	Men 50-59	412
30	36:32 1:50		53 3:28:48 27.6	55 2:10:16	6:13	

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53	6:16:10	Dave Meyers	Calgary	16/27	Men 40-49	390
64	40:41 2:03	49 3:27:19	27.8	46 2:08:11	6:07	
54	6:17:27	Enio Ricci	Regina	17/27	Men 40-49	359
97	49:37 2:29	37 3:17:59	29.1	54 2:09:52	6:11	
55	6:17:51	Mike Canadine	Medicine Hat	18/27	Men 40-49	371
44	38:25 1:56	55 3:30:30	27.4	49 2:08:56	6:09	
56	6:18:10	Michael Edmonds	Calgary	7/12	Men 50-59	387
87	44:17 2:13	52 3:28:37	27.6	42 2:05:17	5:58	
57	6:18:14	Jodi Medveszek	calgary	8/18	Women 30-39	364
80	42:44 2:09	40 3:22:46	28.4	63 2:12:45	6:20	
58	6:19:53	Alison Rudge	Edmonton	2/7	Women 18-29	405
11	32:40 1:38	44 3:25:35	28.0	77 2:21:39	6:45	
59	6:19:57	Jacqueline Flewitt	Calgary	9/18	Women 30-39	414
3	29:07 1:28	46 3:26:10	27.9	81 2:24:41	6:54	
60	6:23:02	Joanna Welsh	Calgary	3/7	Women 18-29	411
95	49:03 2:28	62 3:34:15	26.9	33 1:59:45	5:43	
61	6:24:00	Erica Sheppard	Calgary	10/18	Women 30-39	327
34	36:52 1:51	56 3:30:40	27.3	72 2:16:29	6:30	
62	6:28:03	Jason Hayes	Calgary	12/14	Men 30-39	326
56	40:23 2:02	59 3:32:29	27.1	69 2:15:12	6:27	
63	6:28:50	Carolyn Botterill	Calgary	7/16	Women 40-49	438
62	40:36 2:02	70 3:38:55	26.3	52 2:09:20	6:10	
64	6:28:52	Alan Eberle	Calgary	19/27	Men 40-49	424
67	41:10 2:04	63 3:34:16	26.9	66 2:13:27	6:22	
65	6:29:17	Robert Jensen	Calgary	8/12	Men 50-59	340
8	31:56 1:36	77 3:42:20	25.9	68 2:15:01	6:26	
66	6:29:42	Trina Cobbledick	Regina	4/7	Women 18-29	351
84	43:21 2:10	65 3:34:36	26.8	61 2:11:47	6:17	
67	6:31:38	Jolene Gordon	Calgary	8/16	Women 40-49	435
37	37:01 1:52	71 3:39:05	26.3	70 2:15:33	6:28	
68	6:32:05	Laird Leckie	Calgary	20/27	Men 40-49	403
81	42:45 2:09	58 3:31:28	27.2	73 2:17:54	6:34	
69	6:33:57	Shyla Robertson	Regina	5/7	Women 18-29	399
74	42:24 2:08	78 3:42:27	25.9	50 2:09:07	6:09	
70	6:34:55	Andrea Adams	Calgary	11/18	Women 30-39	422
55	39:59 2:00	67 3:36:30	26.6	74 2:18:27	6:36	
71	6:36:57	Adam Layton	Calgary	5/6	Men 18-29	336
66	40:58 2:03	51 3:28:17	27.7	85 2:27:43	7:03	
72	6:37:40	Colin wiebe	Calgary	21/27	Men 40-49	344
54	39:29 1:59	83 3:46:56	25.4	57 2:11:16	6:16	
73	6:38:07	Patti Doody	Calgary	2/3	Women 50-59	374
12	33:56 1:42	76 3:42:08	25.9	78 2:22:04	6:46	

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74	6:39:51	Jurgen Kaminsky	Calgary	9/12	Men 50-59	401
92	47:19 2:22	80 3:46:01	25.5	43 2:06:32	6:02	
75	6:42:22	Pat Fiacco	regina	22/27	Men 40-49	380
98	52:07 2:37	68 3:36:33	26.6	67 2:13:42	6:22	
76	6:44:32	Deb Quick	Calgary	9/16	Women 40-49	325
89	46:02 2:19	60 3:33:01	27.0	83 2:25:30	6:56	
77	6:45:39	Lyle Keillor	Calgary	10/12	Men 50-59	426
85	43:31 2:11	86 3:52:51	24.7	51 2:09:18	6:10	
78	6:45:58	Elan Lamontagne	Calgary	12/18	Women 30-39	427
61	40:33 2:02	73 3:40:24	26.1	82 2:25:02	6:55	
79	6:46:43	Keri Isbister	Saskatoon	13/18	Women 30-39	394
38	37:03 1:52	91 3:56:35	24.3	64 2:13:06	6:21	
80	6:48:03	Barry Robbins	Calgary	23/27	Men 40-49	430
102	57:10 2:52	72 3:39:10	26.3	60 2:11:43	6:17	
81	6:50:14	Lee-Ann Ricci	Regina	10/16	Women 40-49	425
94	48:12 2:25	81 3:46:13	25.5	71 2:15:50	6:29	
82	6:50:40	Susi De Leeuw	Cochrane	14/18	Women 30-39	398
65	40:44 2:03	75 3:42:06	25.9	86 2:27:52	7:03	
83	6:51:21	Rossana Zubiante	Calgary	11/16	Women 40-49	433
72	42:20 2:07	85 3:48:20	25.2	76 2:20:42	6:42	
84	6:51:45	Lorraine Churchill	Calgary	15/18	Women 30-39	356
43	38:24 1:56	74 3:41:29	26.0	88 2:31:52	7:14	
85	7:01:21	Wendy Nelson	Calgary	3/3	Women 50-59	368
83	42:56 2:09	84 3:47:51	25.3	87 2:30:35	7:11	
86	7:02:22	Allison Delsnider	Regina	12/16	Women 40-49	432
71	42:10 2:07	93 3:57:58	24.2	79 2:22:15	6:47	
87	7:05:26	Charles Day	Calgary	24/27	Men 40-49	407
69	41:37 2:05	94 3:59:47	24.0	80 2:24:04	6:52	
88	7:09:53	Peter Roginski	Canmore	11/12	Men 50-59	416
96	49:28 2:29	88 3:53:27	24.7	84 2:26:59	7:00	
89	7:11:25	Jeff Cubos	Spruce Grove	13/14	Men 30-39	429
57	40:30 2:02	90 3:56:31	24.4	89 2:34:25	7:22	
90	7:11:54	Liz McManus	Calgary	13/16	Women 40-49	341
47	38:42 1:57	92 3:57:10	24.3	91 2:36:03	7:26	
91	7:17:30	Erin Attrill	Calgary	16/18	Women 30-39	417
86	44:14 2:13	87 3:53:02	24.7	94 2:40:14	7:38	
92	7:22:02	Rich Leighton	Calgary	25/27	Men 40-49	332
68	41:28 2:05	69 3:37:10	26.5	101 3:03:25	8:45	
93	7:23:37	Maria Rucpich	White City	17/18	Women 30-39	335
52	39:06 1:58	100 4:05:07	23.5	93 2:39:24	7:36	
94	7:25:46	Keith Cartmell	Calgary	12/12	Men 50-59	342
50	38:55 1:57	79 3:42:44	25.9	102 3:04:09	8:47	

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95	7:29:52	Leanne Sherman	Calgary	18/18	Women 30-39	365
101	53:11 2:40		98 4:02:03 23.8	90 2:34:39	7:22	
96	7:29:52	Douglas Dupont	Edmonton	6/6	Men 18-29	381
76	42:28 2:08		97 4:00:52 23.9	95 2:46:33	7:56	
97	7:34:20	Diana Nakka	Calgary	14/16	Women 40-49	331
51	39:02 1:58		101 4:07:19 23.3	97 2:48:01	8:01	
98	7:34:21	Trevor Nakka	Calgary	26/27	Men 40-49	330
90	46:25 2:20		95 4:00:09 24.0	96 2:47:48	8:00	
99	7:34:53	Francoise Pelletier	Regina	15/16	Women 40-49	388
75	42:25 2:08		99 4:03:03 23.7	98 2:49:26	8:05	
100	7:37:42	Meredith Buckingham	Fort McMurray	6/7	Women 18-29	434
82	42:47 2:09		96 4:00:37 23.9	99 2:54:20	8:19	
101	7:54:19	Barb Halladay	Lethbridge	16/16	Women 40-49	324
100	52:47 2:39		89 3:54:32 24.6	103 3:07:00	8:55	
102	7:55:54	Russell Garries	Calgary	27/27	Men 40-49	329
104	1:02:22 3:08		103 4:16:34 22.5	92 2:36:58	7:29	
103	8:10:11	Sarah Getson	Calgary	7/7	Women 18-29	334
103	1:00:06 3:01		102 4:15:26 22.5	100 2:54:40	8:20	
104	8:31:25	Mark Rathwell	Regina	14/14	Men 30-39	389
93	47:29 2:23		104 4:25:10 21.7	104 3:18:48	9:28	

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