

Olympic Overall

34th Annual Nelson Cyswog 'N'

Fun

Nelson, BC
July 31, 2016

Results

Olympic Distance Individual

-----FINAL-----										
1.5 km			39 km			10 km			Category	
Pos	SWIM	Time	Name	BIKE		City	RUN	Plc/Total	Category	#
Rank	Time	/100m	Rank	Time	km/hr	Rank	Time	/km		
1	2:04:00		Dallas CAIN			Nelson		1/2	Men 35-39	228
4	25:14	1:41	1	59:25	39.4	2	39:22	3:57		
2	2:07:23		Gary WADE			Kelowna		1/11	Men 40-49	189
5	25:16	1:42	2	1:01:27	38.1	3	40:40	4:04		
3	2:13:16		Joel DELEENHEER			Lake Country		2/11	Men 40-49	210
3	25:10	1:41	7	1:09:26	33.7	1	38:41	3:53		
4	2:14:23		Seth BITTING			Rossland		3/11	Men 40-49	223
2	24:59	1:40	3	1:03:39	36.8	6	45:46	4:35		
5	2:18:01		Cam MCTAVISH			Vancouver		4/11	Men 40-49	209
6	25:20	1:42	4	1:03:47	36.7	10	48:56	4:54		
6	2:20:59		Greg WELWOOD			Burnaby		5/11	Men 40-49	215
18	31:54	2:08	6	1:07:49	34.5	5	41:16	4:08		
7	2:25:48		Nelson ROCHA			Nelson		6/11	Men 40-49	241
31	38:28	2:34	5	1:06:40	35.1	4	40:41	4:05		
8	2:33:30		Mike KONKIN			Trail		7/11	Men 40-49	220
1	24:58	1:40	9	1:13:17	31.9	20	55:16	5:32		
9	2:36:30		Kim HEINZE			Calgary		1/5	Men 50-59	192
26	35:50	2:24	10	1:13:19	31.9	8	47:22	4:45		
10	2:39:22		Janine BENSON			Kelowna		1/3	Women 45-49	181
10	29:30	1:58	14	1:18:37	29.8	12	51:17	5:08		
11	2:39:54		Denise UHRYNUK			Nelson		1/4	Women 50-54	214
14	30:52	2:04	20	1:21:19	28.8	9	47:44	4:47		
12	2:42:51		Scott SUTHERLAND			Edmonton		8/11	Men 40-49	224
13	30:28	2:02	12	1:16:48	30.5	22	55:37	5:34		
13	2:44:14		Paul SAWATSKY			Cranbrook		9/11	Men 40-49	225
37	40:00	2:40	8	1:12:36	32.2	14	51:38	5:10		
14	2:44:46		Mark FROMBERG			Kelowna		1/3	Men 60-64	222
19	32:28	2:10	11	1:16:39	30.5	23	55:40	5:34		
15	2:44:46		Linsi COMFORT			Calgary		1/2	Women 25-29	201
30	37:09	2:29	17	1:20:17	29.1	7	47:22	4:45		
16	2:45:49		Clover ARDERN			Castlegar		1/1	Women 30-34	219
11	29:37	1:59	16	1:19:07	29.6	26	57:06	5:43		
17	2:47:06		David KONKIN			North Vancou		10/11	Men 40-49	194
7	27:01	1:49	26	1:25:01	27.5	19	55:06	5:31		
18	2:48:52		Basil MCLAREN			Nelson Bc		1/2	Men 30-34	200
12	29:55	2:00	23	1:23:28	28.0	21	55:30	5:33		
19	2:49:51		Evan NEILSEN			Calgary		1/2	Men 25-29	203
16	31:28	2:06	21	1:21:32	28.7	25	56:52	5:42		
20	2:50:21		Neil PRETTY			Nelson		2/2	Men 30-34	226
25	35:49	2:24	18	1:20:41	29.0	15	53:52	5:24		
21	2:51:18		Andrew JONES			Nelson		2/5	Men 50-59	177
42	43:27	2:54	13	1:18:16	29.9	11	49:36	4:58		
22	2:52:24		Peter WARD			Nelson		3/5	Men 50-59	199
24	35:31	2:23	28	1:25:34	27.3	13	51:20	5:08		
23	2:52:35		Robert TUTTLE			Calgary		11/11	Men 40-49	211
29	36:57	2:28	19	1:21:09	28.8	17	54:30	5:27		

Olympic Overall										
24	2:53:55	Kevin MCGUIRE	Nelson	4/5	Men 50-59	193				
38	40:13 2:41	15 1:18:58 29.6	18 54:45 5:29							
25	2:54:37	Chris LALONDE	Nelson	1/3	Women 55-59	227				
22	35:16 2:22	27 1:25:18 27.4	16 54:04 5:25							
26	2:57:08	Amanda HARDING	Warfield	2/2	Women 25-29	182				
9	28:17 1:54	24 1:24:01 27.9	31 1:04:51 6:30							
27	2:57:24	Stephen FORT	Kelowna	5/5	Men 50-59	186				
15	31:24 2:06	29 1:26:43 27.0	30 59:18 5:56							
28	2:59:47	Corina WAAGE	Kamloops	1/3	Women 40-44	191				
17	31:32 2:07	32 1:29:23 26.2	29 58:53 5:54							
29	3:03:33	Karrie PARENT	Bury	2/3	Women 40-44	117				
21	33:59 2:16	34 1:32:52 25.2	24 56:43 5:41							
30	3:04:50	Lynda DECHIEF	Nelson	3/3	Women 40-44	240				
41	42:33 2:51	25 1:24:28 27.7	27 57:49 5:47							
31	3:11:09	Amy FOURNIER	Patricia	1/2	Women 35-39	185				
23	35:19 2:22	35 1:37:25 24.0	28 58:26 5:51							
32	3:11:50	Con DIAMOND	Nelson	1/2	Men 65-69	242				
32	39:04 2:37	22 1:23:09 28.1	33 1:09:38 6:58							
33	3:13:28	Otis LIPPITT	Three Hills	2/2	Men 25-29	198				
39	40:19 2:42									
34	3:17:27	Donna DOYLE	Victoria	2/3	Women 55-59	187				
35	39:30 2:38	33 1:30:35 25.8	32 1:07:23 6:45							
35	3:22:46	Mary MCKAY	Calgary	3/3	Women 55-59	218				
33	39:13 2:37									
36	3:23:38	Graham JARMIN	Nelson	2/3	Men 60-64	212				
43	43:32 2:55	30 1:26:43 27.0	34 1:13:23 7:21							
37	3:24:29	Daiva VILLA	Nelson	2/3	Women 45-49	216				
28	36:56 2:28	31 1:29:18 26.2	35 1:18:16 7:50							
38	3:25:03	Yvonne WERKMANN	Didsbury	2/4	Women 50-54	196				
34	39:28 2:38									
39	3:31:14	Tara PRIMEAU	Crescent Val	2/2	Women 35-39	206				
40	40:39 2:43									
40	3:35:22	Val YOWEK	Nelson	3/4	Women 50-54	204				
44	44:10 2:57									

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1.5 km			39 km			10 km			Category	
SWIM			BIKE			RUN				
Pos	Time	Name	City	Plc/Total	Category	#				
Rank	Time	Rank	Rank	Plc/Total	Category	#				
Time	/100m	Time	Time	/km	Category	#				
		km/hr								
41	3:37:58	Melvyn HUNT	Kelowna	2/2	Men 65-69	195				
27	36:46 2:28									
42	3:47:28	Brenda BAIRD	Lethbridge	4/4	Women 50-54	213				
45	53:27 3:34									
43	DNF	Chauncy BLAIR	Castlegar	2/2	Men 35-39	208				
8	27:12 1:49									
44		Ronald MCKAY	Calgary	3/3	Men 60-64	217				
20	32:54 2:12									

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36 39:54 2:40 Linda JOHANNSON Olympic Overall Nelson 3/3 Women 45-49 205