

6th Annual
Chinook Half Ironman Triathlon
Calgary, AB
June 19, 2010

Timing by "Results Canada" 780-416-5124

Overall Individual Half Iron Triathlon Results

-----FINAL-----															
Pos	Time	Name	Category City, Country	-----SWIM-----		2.0km		96 km		21km					
				Plc/Total	Category #	Plc	Time /100m	Plc	Time km/hr	Plc	Time km				
1	4:34:54	Stefan Schreiber	Calgary	1/35	Men 30-39	1573	4	32:56	1:39	1	2:31:37	38.0	3	1:30:22	4:19
2	4:43:16	Jeremy Peressimi	Calgary	2/35	Men 30-39	1599	5	32:59	1:39	4	2:41:34	35.7	1	1:28:44	4:14
3	DSQ 4:44:06	Joshua Krabbe	Calgary	1/7	Men 18-29	1515	19	35:48	1:48	2	2:38:10	36.4	2	1:30:09	4:18
4	4:55:03	Garrett Timmerman	Calgary	3/35	Men 30-39	1557	7	33:03	1:40	5	2:47:52	34.3	4	1:34:09	4:29
5	4:56:48	Marc Freemantle	Calgary	4/35	Men 30-39	1608	8	33:04	1:40	3	2:39:25	36.1	12	1:44:20	4:59
6	5:07:18	Adam Teasdale	Calgary	5/35	Men 30-39	1553	1	29:23	1:29	6	2:52:57	33.3	13	1:44:59	5:00
7	5:12:57	Richard MacDonald	Calgary	6/35	Men 30-39	1543	20	35:54	1:48	7	2:55:49	32.8	9	1:41:15	4:50
8	5:18:12	Nigel Campbell	Calgary	7/35	Men 30-39	1530	6	33:00	1:39	8	2:58:38	32.2	16	1:46:36	5:05
9	5:19:43	Mike Kotuk	Calgary	8/35	Men 30-39	1580	3	31:18	1:34	9	3:01:16	31.8	17	1:47:10	5:07
10	5:26:05	Drew Ross	Calgary	1/23	Men 40-49	1508	10	33:52	1:42	21	3:08:06	30.6	11	1:44:08	4:58
11	5:26:46	Hiroshi Iwabuchi	Calgary	2/23	Men 40-49	1514	31	38:33	1:56	12	3:02:05	31.6	15	1:46:09	5:04
12	5:29:49	Kevin Bliss	Calgary	2/7	Men 18-29	1606	21	36:21	1:50	18	3:05:20	31.1	21	1:48:09	5:09
13	5:32:19	Owen Lepps	Calgary	9/35	Men 30-39	1615	2	30:44	1:33	23	3:10:15	30.3	24	1:51:20	5:19
14	5:33:03	Mike Bergeron	Calgary	1/14	Men 50-59	1622	16	35:30	1:47	15	3:04:00	31.3	29	1:53:33	5:25
15	5:36:11	Todd Houston	Calgary	10/35	Men 30-39	1538	18	35:38	1:47	13	3:02:57	31.5	38	1:57:38	5:37
16	5:37:13	Derek Hoffart	Calgary	11/35	Men 30-39	1550	38	40:16	2:01	34	3:16:25	29.3	8	1:40:33	4:48
17	5:37:46	Justin Williams	Calgary	12/35	Men 30-39	1561	68	45:03	2:16	27	3:14:12	29.7	7	1:38:33	4:42
18	5:39:39	Jamie Olscamp	Calgary	3/7	Men 18-29	1612	72	45:16	2:16	17	3:04:38	31.2	22	1:49:46	5:14
19	5:41:05	Mark Peverett	Calgary	13/35	Men 30-39	1583	35	39:26	1:59	25	3:13:54	29.7	19	1:47:47	5:08
20	5:41:06	Stan Wiens	Calgary	3/23	Men 40-49	1520	11	34:34	1:44	22	3:08:07	30.6	41	1:58:25	5:39
21	5:44:08	Juston Laprairie	Calgary	14/35	Men 30-39	1600	9	33:14	1:40	16	3:04:38	31.2	50	2:06:18	6:01
22	5:44:37	Richard Ireland	Calgary	2/14	Men 50-59	1569	62	44:05	2:13	46	3:25:12	28.1	5	1:35:21	4:33
23	5:44:51	Jason Cox	Calgary	15/35	Men 30-39	1558	59	43:41	2:11	37	3:18:12	29.1	10	1:43:00	4:55
24	5:45:27	Brad Pachal	Calgary	3/14	Men 50-59	1542	63	44:05	2:13	14	3:03:27	31.4	39	1:57:55	5:37
25	5:46:34	Lisa Solomchuk	Calgary	1/12	Women 30-39	1562	29	38:02	1:55	43	3:22:23	28.5	14	1:46:09	5:04
26	5:48:08	Edwin Marselle	Calgary	4/23	Men 40-49	1596	24	37:06	1:52	45	3:22:59	28.4	20	1:48:03	5:09
27	5:48:18	Pamela Leier	Calgary	2/12	Women 30-39	1526	65	44:40	2:14	33	3:16:13	29.4	18	1:47:26	5:07
28	5:49:09	David Madole	Calgary	16/35	Men 30-39	1506	17	35:31	1:47	36	3:17:02	29.2	36	1:56:37	5:34
29	5:51:13	Toni Pilling	Calgary	3/12	Women 30-39	1546	37	39:32	1:59	31	3:15:39	29.4	35	1:56:02	5:32
30	5:51:18	Dan Stillwell	Calgary	5/23	Men 40-49	1516	34	39:06	1:58	29	3:15:10	29.5	37	1:57:03	5:35
31	5:51:34	Cindy Bonin	Calgary	1/10	Women 40-49	1567	70	45:08	2:16	24	3:11:24	30.1	32	1:55:03	5:29
32	5:55:13	Nick Doulias	Calgary	17/35	Men 30-39	1584	46	41:38	2:05	20	3:07:33	30.7	49	2:06:04	6:01
33	5:56:39	Niall Gleeson	Calgary	18/35	Men 30-39	1536	73	45:24	2:17	30	3:15:27	29.5	34	1:55:49	5:31
34	5:57:48	Rob Lennox	Calgary	19/35	Men 30-39	1601	39	40:20	2:01	38	3:18:22	29.0	44	1:59:08	5:41
35	5:57:51	Brad Sawa	Calgary	20/35	Men 30-39	1545	87	49:05	2:28	28	3:14:17	29.6	30	1:54:30	5:28
36	5:59:25	Adam Layton	Calgary	21/35	Men 30-39	1519	45	41:38	2:05	40	3:18:50	29.0	43	1:58:59	5:40
37	5:59:26	Rena Almon	Calgary	4/12	Women 30-39	1621	97	50:57	2:33	32	3:16:04	29.4	27	1:52:27	5:22
38	6:03:05	Michael Otto	Calgary	22/35	Men 30-39	1560	82	47:00	2:21	67	3:39:55	26.2	6	1:36:11	4:35
39	6:03:37	Amanda Adcock	Calgary	5/12	Women 30-39	1525	41	40:48	2:03	51	3:29:24	27.5	28	1:53:26	5:25
40	6:04:59	Selina Humnycki	Calgary	2/10	Women 40-49	1575	85	47:42	2:24	48	3:25:54	28.0	25	1:51:24	5:19
41	6:05:41	Jeremy Wood	Calgary	6/23	Men 40-49	1595	79	46:01	2:19	52	3:29:31	27.5	23	1:50:10	5:15
42	6:06:22	Crazy Kiwi	Calgary	23/35	Men 30-39	1537	52	42:34	2:08	19	3:07:19	30.8	68	2:16:30	6:30
43	6:08:33	Joshua Koehli	Calgary	4/7	Men 18-29	1541	26	37:15	1:52	41	3:20:13	28.8	58	2:11:06	6:15

44	6:08:45	Glenn Wegner	Calgary	7/23	Men 40-49	1539	32	38:40	1:56	39	3:18:32	29.0	60	2:11:33	6:16
45	6:09:08	Kevin Wall	Calgary	24/35	Men 30-39	1605	71	45:11	2:16	26	3:14:09	29.7	56	2:09:49	6:11
46	6:09:31	Carl Olsson	Calgary	4/14	Men 50-59	1614	22	36:59	1:51	10	3:01:41	31.7	91	2:30:52	7:12
47	6:09:39	Ross Salmon	Calgary	5/14	Men 50-59	1589	58	43:14	2:10	57	3:31:03	27.3	33	1:55:23	5:30
48	6:11:55	Michael Sali	Calgary	5/7	Men 18-29	1582	49	42:01	2:07	63	3:38:00	26.4	26	1:51:55	5:20
49	6:14:23	Peter Stanton	Calgary	1/3	Men 60 +	1513	90	50:17	2:31	11	3:01:51	31.7	76	2:22:17	6:47
50	6:15:19	Paul Barker	Calgary	8/23	Men 40-49	1501	28	37:56	1:54	64	3:39:17	26.3	40	1:58:07	5:38
51	6:16:11	Colin Wiebe	Calgary	9/23	Men 40-49	1528	42	40:49	2:03	49	3:26:15	27.9	55	2:09:08	6:09
52	6:17:32	Dan Phelps	Calgary	25/35	Men 30-39	1624	36	39:28	1:59	65	3:39:35	26.2	42	1:58:30	5:39
53	6:17:50	Lane Warsylewicz	Calgary	6/14	Men 50-59	1577	66	44:53	2:15	44	3:22:30	28.4	57	2:10:27	6:13
54	6:22:16	Susan Padua	Calgary	3/10	Women 40-49	1626	67	44:57	2:15	42	3:21:15	28.6	67	2:16:05	6:29
55	6:23:02	Ian Davies	Calgary	10/23	Men 40-49	1620	57	43:00	2:09	35	3:16:26	29.3	79	2:23:37	6:51
56	6:23:30	Hugo Batteke	Calgary	11/23	Men 40-49	1521	33	38:53	1:57	71	3:42:34	25.9	45	2:02:04	5:49
57	6:25:00	Jodi Medveszek	Calgary	6/12	Women 30-39	1617	76	45:38	2:17	54	3:30:35	27.4	54	2:08:48	6:08
58	6:25:47	Mark Bannan	Calgary	12/23	Men 40-49	1593	44	40:57	2:03	47	3:25:17	28.1	73	2:19:34	6:39
59	6:27:24	Evan Johnston	Calgary	26/35	Men 30-39	1555	56	42:56	2:09	55	3:30:43	27.3	63	2:13:45	6:23
60	6:27:31	Carolyn Botterill	Calgary	4/10	Women 40-49	1618	50	42:17	2:07	56	3:30:56	27.3	65	2:14:19	6:24
61	6:28:15	Stacey Rishaug	Calgary	7/12	Women 30-39	1549	64	44:40	2:14	81	3:48:55	25.2	31	1:54:42	5:28
62	6:28:25	William Robertson	Calgary	27/35	Men 30-39	1535	47	42:00	2:06	70	3:42:24	25.9	48	2:04:03	5:55
63	6:29:29	Robert Page	Calgary	7/14	Men 50-59	1565	30	38:30	1:56	59	3:31:54	27.2	71	2:19:05	6:38
64	6:36:26	Michael Wesolowski	Calgary	13/23	Men 40-49	1517	27	37:37	1:53	68	3:41:00	26.1	70	2:17:50	6:34
65	6:39:42	Chantelle McGivern	Calgary	8/12	Women 30-39	1523	15	35:28	1:47	84	3:51:19	24.9	62	2:12:56	6:20
66	6:40:34	Dean Mitchell	Calgary	14/23	Men 40-49	1592	25	37:07	1:52	66	3:39:36	26.2	81	2:23:53	6:52
67	6:41:53	Valerie Kim	Calgary	1/5	Women 50-59	1597	55	42:40	2:08	85	3:51:20	24.9	52	2:07:54	6:06
68	6:42:11	James Palamarchuk	Calgary	6/7	Men 18-29	1540	75	45:29	2:17	60	3:32:36	27.1	83	2:24:06	6:52
69	6:42:21	Hilary Haliburton	Calgary	5/10	Women 40-49	1554	23	37:03	1:52	61	3:35:03	26.8	89	2:30:16	7:10
70	6:44:08	Dave Botterill	Calgary	15/23	Men 40-49	1619	100	51:28	2:35	69	3:41:34	26.0	59	2:11:08	6:15
71	6:44:38	Sally Scholefield	Calgary	9/12	Women 30-39	1590	48	42:00	2:06	80	3:48:28	25.2	64	2:14:11	6:24
72	6:46:37	Megan Fibke	Calgary	6/10	Women 40-49	1625	94	50:33	2:32	86	3:52:22	24.8	47	2:03:43	5:54
73	6:49:18	Sandra Kraushaar	Calgary	10/12	Women 30-39	1533	77	45:48	2:18	75	3:45:56	25.5	69	2:17:36	6:34
74	6:49:36	Monica Gottschling	Calgary	11/12	Women 30-39	1510	51	42:26	2:08	77	3:46:22	25.4	74	2:20:49	6:43
75	6:50:20	Paul Stewart	Calgary	8/14	Men 50-59	1602	12	35:17	1:46	74	3:45:35	25.5	87	2:29:30	7:08
76	6:52:21	Gary Pelletier	Calgary	2/3	Men 60 +	1581	93	50:30	2:32	58	3:31:31	27.2	90	2:30:21	7:10
77	6:52:43	Chris Donahue	Calgary	28/35	Men 30-39	1566	54	42:36	2:08	53	3:30:13	27.4	97	2:39:55	7:37
78	6:54:06	Alan Wilson	Calgary	9/14	Men 50-59	1568	40	40:34	2:02	79	3:46:44	25.4	84	2:26:50	7:00
79	6:55:19	Michelle Smallman	Calgary	7/10	Women 40-49	1609	107	57:18	2:52	73	3:45:22	25.6	61	2:12:39	6:19
80	6:55:28	Conall Donaghy	Calgary	29/35	Men 30-39	1613	13	35:19	1:46	78	3:46:30	25.4	94	2:33:40	7:20
81	6:58:43	Garry Doody	Calgary	10/14	Men 50-59	1529	43	40:55	2:03	76	3:45:59	25.5	92	2:31:50	7:14
82	6:59:25	Michelle Hunter	Calgary	1/2	Women 18-29	1522	60	43:54	2:12	100	4:13:25	22.7	46	2:02:06	5:49
83	7:02:14	Craig Werbicki	Calgary	30/35	Men 30-39	1604	81	46:20	2:19	50	3:26:56	27.8	100	2:48:59	8:03
84	7:03:47	Carole Morsky	Calgary	2/5	Women 50-59	1574	61	44:04	2:13	92	3:57:19	24.3	78	2:22:25	6:47
85	7:03:50	Brent Fox	Calgary	31/35	Men 30-39	1547	99	51:01	2:34	93	3:57:45	24.2	66	2:15:05	6:26
86	7:09:52	Mark Gillett	Calgary	11/14	Men 50-59	1505	78	45:53	2:18	88	3:54:34	24.6	86	2:29:27	7:07
87	7:10:05	Stu Niebergall	Calgary	16/23	Men 40-49	1594	91	50:17	2:31	89	3:56:11	24.4	80	2:23:38	6:51
88	7:10:05	Lee-Ann Ricci	Calgary	8/10	Women 40-49	1586	86	48:57	2:27	90	3:57:08	24.3	82	2:24:02	6:52
89	7:10:05	Enio Ricci	Calgary	17/23	Men 40-49	1587	80	46:15	2:19	98	4:01:49	23.8	75	2:22:02	6:46
90	7:14:38	Shelley Winwood	Calgary	2/2	Women 18-29	1531	96	50:48	2:33	103	4:16:14	22.5	51	2:07:37	6:05
91	7:15:29	Wendy Nelson	Calgary	3/5	Women 50-59	1607	74	45:27	2:17	97	4:01:28	23.9	85	2:28:35	7:05
92	7:16:30	Eric Sultanian	Calgary	32/35	Men 30-39	1527	95	50:34	2:32	104	4:17:18	22.4	53	2:08:39	6:08
93	7:17:11	Dave Scharf	Calgary	18/23	Men 40-49	1532	109	1:00:40	3:02	91	3:57:19	24.3	72	2:19:13	6:38
94	7:17:18	Dave Leblanc	Calgary	33/35	Men 30-39	1578	101	52:18	2:37	82	3:48:56	25.2	96	2:36:05	7:26
95	7:18:08	Nick Stabler	Calgary	7/7	Men 18-29	1556	14	35:27	1:47	87	3:52:30	24.8	101	2:50:13	8:07
96	7:22:43	Mitch Conaghan	Calgary	19/23	Men 40-49	1616	89	50:12	2:31	62	3:37:35	26.5	104	2:54:57	8:20
97	7:26:38	Gerry Rafferty	Calgary	3/3	Men 60 +	1518	102	52:24	2:38	96	4:01:08	23.9	93	2:33:08	7:18
98	7:34:02	Pat Fiacco	Calgary	20/23	Men 40-49	1591	108	1:00:38	3:02	94	3:58:55	24.1	95	2:34:30	7:22
99	7:36:41	Russell Garries	Calgary	21/23	Men 40-49	1512	110	1:06:18	3:19	95	4:00:47	23.9	88	2:29:37	7:08
100	7:41:41	Brent Phillips	Calgary	34/35	Men 30-39	1585	83	47:29	2:23	107	4:31:50	21.2	77	2:22:23	6:47

101	7:42:21	Michele Granger	Calgary	4/5	Women 50-59	1623	88	49:20	2:28	99	4:04:49	23.5	99	2:48:12	8:01
102	7:45:37	Barb Halladay	Calgary	5/5	Women 50-59	1509	105	54:42	2:45	83	3:49:52	25.1	106	3:01:04	8:38
103	7:54:30	Christa Warwa	Calgary	12/12	Women 30-39	1551	69	45:04	2:16	105	4:18:20	22.3	103	2:51:07	8:09
104	7:56:34	Kel Reid	Calgary	22/23	Men 40-49	1564	98	51:00	2:33	106	4:20:48	22.1	98	2:44:47	7:51
105	8:00:07	Brian Del Castilho	Calgary	12/14	Men 50-59	1598	104	53:53	2:42	102	4:15:42	22.5	102	2:50:33	8:08
106	8:00:40	Cheryl Bell	Calgary	9/10	Women 40-49	1576	92	50:28	2:32	101	4:14:13	22.7	105	2:55:59	8:23
107	DNF	Deb Quick	Calgary	10/10	Women 40-49	1507	84	47:31	2:23	72	3:44:39	25.6			
108	DNF	Hugh Colohan	Calgary	13/14	Men 50-59	1548	106	57:00	2:51	108	4:36:39	20.8			
109	DNF	Greg Nigh	Calgary	14/14	Men 50-59	1572	111	1:37:14	4:52						
110	DNF	Paul Scheirick	Calgary	23/23	Men 40-49	1544	53	42:34	2:08						
111	DNF	Jeremy Matthews	Calgary	35/35	Men 30-39	1588	103	53:08	2:40						

