

Hecla Triathlon
 Hecla Lakeview Resort
 July 20, 2019

Long Course Triathlon

1900m Swim-90K Bike-21.1K Run

Male 18 to 24 Long Course

Place	Note	Number	Name	Time	Swim	Bike	Sw+bike	Run
1		48	Nicholas Pasieczka	5:49:27	45:56	3:11:16	3:57:12	
1:52:16								
2		43	Jakob Weirathmueller	5:52:54	49:04	3:08:46	3:57:49	
1:55:05								
3	DNF	45	Alex Czehryn		51:46			

Male 25 to 29 Long Course

Place	Note	Number	Name	Time	Swim	Bike	Sw+bike	Run
1		16	Nick Czehryn	5:59:00	51:46	3:12:17	4:04:03	
1:54:58								
2		40	Chris Vanderploeg	7:18:51	1:12:34	3:35:20	4:47:54	
2:30:57								

Male 35 to 39 Long Course

Place	Note	Number	Name	Time	Swim	Bike	Sw+bike	Run
1		20	Anthony Densmore	5:27:09	38:50	2:48:27	3:27:16	
1:59:53								
2		32	Duane Latimer	6:10:54	47:47	2:52:23	3:40:10	
2:30:44								
3		22	Richard Dyrkacz	6:20:42	58:58	3:16:13	4:15:11	
2:05:32								
4		70	Joseph Gopez	6:30:31	59:14	3:03:01	4:02:14	
2:28:18								

Male 40 to 44 Long Course

Place	Note	Number	Name	Time	Swim	Bike	Sw+bike	Run
1		11	Grant Boissonneault	6:49:41	48:47	3:17:14	4:06:00	
2:43:41								
2		25	Norman Garcia	7:35:39	1:01:00	3:34:54	4:35:54	
2:59:45								
3	DNF	36	Jason Oltrop		1:04:39	3:20:45	4:25:24	

Male 45 to 49 Long Course

Place	Note	Number	Name	Time	Swim	Bike	Sw+bike	Run
1		23	Fabio Fiorito	5:36:33	42:46	2:59:20	3:42:05	
2		19	Ferdinand Del Rosario	5:44:27	50:58	2:50:00	3:40:58	
3		12	Scott Braun	6:06:05	50:21	2:57:55	3:48:16	
4		35	Carl Olson	7:43:52	59:12	3:48:55	4:48:06	

Male 50 to 54 Long Course

Place	Note	Number	Name	Time	Swim	Bike	Sw+bike	Run
1		46	Marc Fournier	5:08:27	35:06	2:32:10	3:07:16	
2		7	Jimmy Anis	5:38:36	50:36	2:53:18	3:43:54	
3		18	Paul De Graff	6:00:35	43:49	3:04:41	3:48:30	

Male 55 to 59 Long Course

Place	Note	Number	Name	Time	Swim	Bike	Sw+bike	Run
1		37	Joe Paraskevas	5:43:51	41:16	3:05:35	3:46:50	
2		15	Brad Collignon	6:00:05	44:38			
3		17	James Da Terra	6:03:47	48:36	3:04:04	3:52:40	
4		9	Ray Baird	6:46:50	51:26			
5		208	David Fielder	6:48:39	59:34	3:25:48	4:25:22	

Male 60 to 64 Long Course

Place	Note	Number	Name	Time	Swim	Bike	Sw+bike	Run
1		33	Tom Okany	5:28:43	45:57	2:52:03	3:38:00	
2		93	Tim Weber	5:41:56	45:29			
3		49	Fern Berard	7:02:32	55:44	3:37:05	4:32:49	

Male 65 to 69 Long Course

Place	Note	Number	Name	Time	Swim	Bike	Sw+bike	Run
1		41	Don Webb	6:41:19	55:25			

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Female 18 to 24 Long Course

Place	Note	Number	Name	Time	Swim	Bike	Sw+bike	Run
1		50	Stephanie Demers	6:31:53	44:01	3:21:45	4:05:46	

2:26:07

Female 25 to 29 Long Course

Place	Note	Number	Name	Time	Swim	Bike	Sw+bike	Run
1		13	Heidi Brodland	6:20:19	46:03	3:20:45	4:06:47	

2:13:32

Female 35 to 39 Long Course

Place	Note	Number	Name	Time	Swim	Bike	Sw+bike	Run
1		8	Maria Arlt	5:56:09	46:55	2:54:11	3:41:05	
2		42	Tannis Weber	6:03:11	49:50			
3	DNF	71	Connie Gopez		56:50	4:13:29	5:10:18	

1:29:29

Female 45 to 49 Long Course

Place	Note	Number	Name	Time	Swim	Bike	Sw+bike	Run
1		28	Christine Kaegi	5:49:41	46:29	3:04:43	3:51:12	
2		5	Esther Adamson	6:12:44	52:58	3:04:14	3:57:11	
3		14	Lynne Clark	6:17:54	45:09	3:20:12	4:05:21	
4		44	Ayn Wilcox	6:21:35	49:38	3:07:39	3:57:17	
5		29	Marni Kagan	6:25:56	50:59	3:16:51	4:07:49	

2:18:07

Female 50 to 54 Long Course

Place	Note	Number	Name	Time	Swim	Bike	Sw+bike	Run
1		26	Nancy Goodall	5:44:49	46:04			
2		10	Melody Balane	5:54:36	51:04			
3		47	Elaine Ross	6:41:40	58:45	3:02:05	4:00:49	

2:40:51								
4		6	Amy Anis	7:05:39	57:35	3:25:59	4:23:33	
2:42:06								
5		38	Kathy Pragnell	7:06:06	50:57	3:25:05	4:16:01	
2:50:05								
6		24	Shelley Ganske	7:28:15	52:13	3:33:42	4:25:54	
3:02:21								

Female 60 to 64 Long Course

Place	Note	Number	Name	Time	Swim	Bike	Sw+bike	Run
1		34	Kate Okany	6:09:39	45:45	3:15:43	4:01:28	
2		27	Jan Hawkins	6:44:25	52:08	3:24:29	4:16:37	

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Long Course Aquabike
1900m Swim-90K Bike

Female Long Course Aquabike

Place	Note	Number	Name	Time	Swim	Bike
1		3	Ruth-Anne Penner	3:51:37	50:11	3:01:27
2		1	Stephanie Collins	4:44:29	55:37	3:48:53

Hecla Triathlon
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Olympic Course Triathlon
1500m Swim-40K Bike-10K Run

Male 18 to 24 Olympic

Place	Note	Number	Name	Time	Swim	Bike	Sw+bike	Run
1		99	Joshua Mnchak	2:09:29	25:57	1:05:24	1:31:21	
2		83	Paul Pries	2:46:36	36:01	1:15:54	1:51:55	
3		84	Cameron Russell	3:01:17	29:50	1:35:04	2:04:54	

Male 25 to 29 Olympic

Place	Note	Number	Name	Time	Swim	Bike	Sw+bike	Run
53:18	1	60	Curtis Blight	2:55:05	36:38	1:25:10	2:01:48	
	2	75	Jesse Johnston	3:41:12				

Male 30 to 34 Olympic

Place	Note	Number	Name	Time	Swim	Bike	Sw+bike	Run
45:11	1	82	Kevin Petkau	2:37:49	41:04	1:11:35	1:52:39	
47:51	2	77	Patrick Labossiere	2:38:12	35:19	1:15:03	1:50:22	
1:12:55	3	92	Dominik Vann	3:24:46	39:14	1:32:38	2:11:51	

Male 35 to 39 Olympic

Place	Note	Number	Name	Time	Swim	Bike	Sw+bike	Run
52:34	1	98	Lindsey Collins	2:58:24	38:55	1:26:56	2:05:51	
1:04:13	2	78	Cristopher Malapit	3:12:07	38:59	1:28:56	2:07:55	
1:03:46	3	95	Bryce Witherspoon	3:24:45	38:08	1:42:52	2:20:59	
1:13:52	4	63	Justin Critch	3:33:19	53:01	1:26:26	2:19:27	

Male 40 to 44 Olympic

Place	Note	Number	Name	Time	Swim	Bike	Sw+bike	Run
43:08	1	30	Charles Kostyk	2:24:15	29:52	1:11:16	1:41:08	
51:23	2	69	Joel Gingerich	2:48:20	36:15	1:20:43	1:56:58	
1:02:10	3	100	Erid Mendoza	3:11:20	42:02	1:27:09	2:09:10	

Male 50 to 54 Olympic

Place	Note	Number	Name	Time	Swim	Bike	Sw+bike	Run
43:55	1	66	Glen Duizer	2:24:56	31:58	1:09:04	1:41:01	
46:42	2	59	Daniel Bezte	2:33:19	31:07	1:15:31	1:46:37	
52:13	3	96	Kevin Wolk	3:00:02	44:14	1:23:35	2:07:49	

Female 40 to 44 Olympic

Place	Note	Number	Name	Time	Swim	Bike	Sw+bike	Run
1		102	Cari Miller	2:46:48	38:49	1:19:18	1:58:06	
2		64	Shawna Culleton	2:53:44	37:42	1:22:02	1:59:44	
3		79	Amanda Naismith	2:59:45	37:44	1:31:23	2:09:07	
4		86	Julie Simpson	3:18:41	45:30	1:30:34	2:16:04	

Female 45 to 49 Olympic

Place	Note	Number	Name	Time	Swim	Bike	Sw+bike	Run
1		176	Christa Rusk	2:44:12	37:41	1:15:15	1:52:56	
2		72	Kerri Guralnick	3:02:32	37:50			

Female 50 to 54 Olympic

Place	Note	Number	Name	Time	Swim	Bike	Sw+bike	Run
1		67	Michaela France	3:05:36	35:53	1:34:43	2:10:36	

Female 55 to 59 Olympic

Place	Note	Number	Name	Time	Swim	Bike	Sw+bike	Run
1		57	Heather Ayres	2:54:26	34:10	1:28:47	2:02:56	
2		90	Lee Stewart	3:06:47	42:20	1:24:35	2:06:55	
3		225	Debbie Barnes	3:16:10	37:00	1:29:38	2:06:38	

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Olympic Aquabike

1500m Swim-40K Bike

Female Olympic Aquabike

Place	Note	Number	Name	Time	Swim	Bike
1		53	Julie Vogelsang	2:13:35	38:14	1:35:21

Male Olympic Aquabike

Place	Note	Number	Name	Time	Swim	Bike
1		51	Victor Bargaen	2:23:50	46:37	1:37:14
2		101	Matt Sharpe	2:25:21	45:15	1:40:07
3		52	Derek Caners	2:53:49	46:59	2:06:50

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July 20, 2019

Olympic Duathlon

5K Run-40K Bike-10K Run

Male Olympic Duathlon

Place	Note	Number	Name	Time	Run1	Bike	Run+bik
1		56	Darren Macdonald	2:33:06	24:03	1:17:57	1:42:00

Female Olympic Duathlon

Place	Note	Number	Name	Time	Run1	Bike	Run+bik
1		55	Stephanie Gerbrand	2:38:22	18:48	1:33:03	1:51:51

Hecla Triathlon
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Sprint Distance Triathlon

750m Swim-20K Bike-5K Run

Male 16 to 19 Sprint

Place	Note	Number	Name	Time	Swim	Bike	Sw+bike	Run
1		187	Elliot Wilson	1:44:30	39:43	42:51	1:22:34	21:56

Male 20 to 24 Sprint

Place	Note	Number	Name	Time	Swim	Bike	Sw+bike	Run
1		200	Noah Wiens	1:10:02	15:03	36:37	51:40	
2		121	Drew Cochran	1:12:19	14:32	35:57	50:29	
3		165	Jordie Moryl	1:18:53	19:05	38:40	57:45	
4		166	Mackenzie Neale	1:30:25	24:05	44:23	1:08:28	

Male 25 to 29 Sprint

Place	Note	Number	Name	Time	Swim	Bike	Sw+bike	Run
1		132	Jesse Fallis	1:16:26	17:41	38:46	56:26	
2		151	Cameron Krisko	1:21:20	19:30	39:50	59:20	
3		144	Keith Johnson	1:39:48	22:24	50:47	1:13:11	
4		184	Michael Veltri	1:43:47	20:03	57:56	1:17:58	

Male 30 to 34 Sprint

Place	Note	Number	Name	Time	Swim	Bike	Sw+bike	Run
1		161	Thomas Mitchell	1:14:10	19:18	34:38	53:55	
2		195	Dan Michalchuk	1:25:44	19:04	43:03	1:02:06	
3		147	Chris Karasewich	1:31:59	22:59	43:00	1:05:58	

Male 35 to 39 Sprint

Place	Note	Number	Name	Time	Swim	Bike	Sw+bike	Run
1		145	Kevin Johnson	1:24:54	21:13	41:18	1:02:31	
2		201	Brian Wood	1:28:56	20:53	41:22	1:02:15	
3		199	Brett Purdy	1:51:44	27:39	49:44	1:17:22	
4		153	Anthony Martinenko	1:57:44	24:36	58:09	1:22:45	
5		162	Jaykris Montemayor	1:58:54	35:32	49:41	1:25:13	

Male 40 to 44 Sprint

Place	Note	Number	Name	Time	Swim	Bike	Sw+bike	Run
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Male 65 to 69 Sprint

Place	Note	Number	Name	Time	Swim	Bike	Sw+bike	Run
1		182	Al Stewart	1:23:54	20:20	39:01	59:21	
2		173	Lyle Rance	1:43:17	23:49	46:37	1:10:26	
3		135	Ray Friesen	1:52:18	26:59	52:07	1:19:06	

Male 70 and Over Sprint

Place	Note	Number	Name	Time	Swim	Bike	Sw+bike	Run
1		192	David Densmore	1:29:30	23:17	40:21	1:03:38	
2		137	Bruce Gregory	2:00:01	25:48	58:49	1:24:37	

Female 16 to 19 Sprint

Place	Note	Number	Name	Time	Swim	Bike	Sw+bike	Run
1		167	Annika Niblock	1:18:04	16:12	40:34	56:45	
2		119	Naomi Brown	1:29:26	19:22	44:21	1:03:43	

Female 20 to 24 Sprint

Place	Note	Number	Name	Time	Swim	Bike	Sw+bike	Run
1		170	Sophie Poirier Cole	1:26:03	17:02	43:23	1:00:24	
2		186	Kaylee Wilson	1:29:54	20:22	44:47	1:05:09	
3		183	Olivia Tefft	1:35:42	24:13	44:25	1:08:38	

Female 25 to 29 Sprint

Place	Note	Number	Name	Time	Swim	Bike	Sw+bike	Run
1		139	Shannon Hargreaves	1:29:19	20:51	42:46	1:03:37	
2		189	Heather Wittick	1:29:46	19:53	45:22	1:05:14	
3		157	Kelsey McIntyre	1:45:55	22:58	51:38	1:14:36	
4		169	Jorie Phillips	1:48:20	25:29	53:32	1:19:01	

Female 30 to 34 Sprint

Place	Note	Number	Name	Time	Swim	Bike	Sw+bike	Run
1		126	Brigette Depape	1:39:48	25:30	46:06	1:11:36	
2		113	Jacky Anand	1:45:13	20:35	52:39	1:13:13	
3	DNF	164	Ariane Morissette		20:11			

Female 35 to 39 Sprint

Place	Note	Number	Name	Time	Swim	Bike	Sw+bike	Run
1		117	Alexis Botkin	1:27:36	20:51	42:50	1:03:41	
2		116	Miriam Betzner Christensen	1:34:09	24:15	43:01	1:07:15	
3		118	Sandra Bracken	1:37:06	23:05	44:53	1:07:58	
4		196	Leila Mostaco-Guidolin	1:37:39	23:03	45:30	1:08:33	
5		146	Stephanie Johnston	1:40:21	25:02	43:57	1:08:58	
6		158	Jaclyn McLean	1:46:16	28:41	47:38	1:16:18	
7		159	Finn McMahon	1:48:47	24:49	56:25	1:21:14	
8		171	Pam Prosser	1:49:21	27:57	50:12	1:18:08	
9		112	Josee Adrian	1:59:34	27:01	55:04	1:22:05	
10		115	Christine Becker	2:04:26	31:56			
11		155	Justine McDonald	2:05:52	34:10	57:46	1:31:55	

Female 40 to 44 Sprint

Place	Note	Number	Name	Time	Swim	Bike	Sw+bike	Run
1		180	Brandi Smith	1:19:47	18:05	38:30	56:35	
2		190	Terri Wolfe	1:21:41	18:46	38:57	57:43	
3		154	Megan McCarthy	1:30:33	20:40	42:54	1:03:33	
4		163	Mary Montgomery	1:36:03	20:31			
5		188	Lisa Witt	1:40:44	27:22	44:59	1:12:21	
6		193	Daria Hyworon	2:01:08	34:48	52:50	1:27:38	

Female 45 to 49 Sprint

Place	Note	Number	Name	Time	Swim	Bike	Sw+bike	Run
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27:49	1	172	Maria Quintas	1:33:33	22:32	43:14	1:05:45
29:17	2	148	Debbie Kelly	1:40:56	28:08	43:32	1:11:39
28:40	3	152	Heather Marks	1:43:02	25:01	49:22	1:14:23
32:23	4	114	Sandra Bains	1:46:19	24:07	49:50	1:13:56
24:32	5	122	Kelly Croy	2:19:39	27:34	1:27:34	1:55:08

Female 50 to 54 Sprint

Place	Note	Number	Name	Time	Swim	Bike	Sw+bike	Run
27:04	1	138	Iris Griffin	1:36:45	20:04	49:39	1:09:42	
29:27	2	130	Nicole Dunn	1:42:34	24:34	48:34	1:13:07	
30:38	3	136	Sherri Grandmont	1:45:23	26:55	47:51	1:14:45	
34:15	4	4	Alice Russell	1:54:45	30:01	50:29	1:20:30	
42:33	5	142	Randi Hunter	1:59:34	27:35	49:27	1:17:01	
	6	204	Angie Wittmann	2:04:46	25:30			

Female 55 to 59 Sprint

Place	Note	Number	Name	Time	Swim	Bike	Sw+bike	Run
27:28	1	129	Patricia Drews	1:38:34	22:22	48:44	1:11:06	
31:22	2	156	Tracie McDonald	1:41:38	22:11	48:06	1:10:17	
30:14	3	149	Karen Kowalchuk	1:45:33	26:12	49:08	1:15:19	
	4	181	Gwen Smoluk	2:01:40	28:46			
31:16	5	128	Rodica Dragomir	2:01:43	30:27	1:00:01	1:30:27	
	6	177	Karen Sawatzky	2:24:18	32:47			
47:38	7	198	Josephine Sallis	2:36:26	31:12	1:17:37	1:48:48	

Female 60 to 64 Sprint

Place	Note	Number	Name	Time	Swim	Bike	Sw+bike	Run
28:12	1	150	Glenda Kozak	1:46:16	26:58	51:08	1:18:05	

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Sprint Aquabike

750m Swim-20K Bike

Male Sprint Aquabike

Place	Note	Number	Name	Time	Swim	Bike
1		111	Eric Ayres	1:08:18	24:01	44:18
2		202	Brad Favel	1:14:47	23:12	51:36

Hecla Triathlon
 Hecla Lakeview Resort
 July 20, 2019

Sprint Duathlon

3K Run-20K Bike-5K Run

Male Sprint Duathlon

Place	Note	Number	Name	Time	Run1	Bike	Run+bik
1		203	Colin Botkin	1:22:07	14:44	42:03	56:47
2		54	Omoniyi Fabarebo	1:34:29	14:48	51:24	1:06:12

Female Sprint Duathlon

Place	Note	Number	Name	Time	Run1	Bike	Run+bik
1		206	Marie Roberts	1:30:56	16:49	48:46	1:05:34