

24th Annual  
 Lake Chaparral Triathlon  
 Lake Chaparral, Calgary, Alberta  
 August 11th, 2024

Timing by "Results Canada Race Management"

Sprint Competition

-----FINAL-----							750 Meter			22.8 Km			5.5 Km		
Pos	Time	Name	City	Category			-----SWIM-----			-----BIKE-----			-----RUN-----		
				Plc/Total	Category	#	Rank	Time	/100m	Rank	Time	Km/Hr	Rank	Time	/km
1	1:14:50	Emma OLSON-KEATING	Leichhardt	1/15	Women 20-29	319	2	10:17	13:42	3	42:40	32.1	2	21:55	3:59
2	1:17:07	Stephen KING	Calgary	1/21	Men 40-49	362	20	14:06	18:48	2	42:00	32.6	1	21:02	3:50
3	1:17:23	Lorin INGLIS	Calgary	2/21	Men 40-49	375	6	11:59	15:59	4	43:08	31.7	3	22:16	4:03
4	1:20:28	Charl VOLSTEEDT	Okotoks	3/21	Men 40-49	337	13	13:11	17:34	6	43:53	31.2	4	23:25	4:16
5	1:21:32	Jeff VAN DOLAH	Chestermere	1/23	Men 30-39	261	9	12:10	16:14	7	44:18	30.9	8	25:05	4:34
6	1:22:23	Alec GILL	Okotoks	1/11	Men 50-59	217	3	10:43	14:17	8	45:25	30.1	16	26:16	4:47
7	1:22:52	Jared TAYLOR	Calgary	4/21	Men 40-49	353	7	12:03	16:03	11	46:00	29.7	6	24:50	4:31
8	1:23:16	Don LEFFERS	Calgary	2/11	Men 50-59	354	17	13:54	18:32	5	43:11	31.7	15	26:12	4:46
9	1:24:12	Carter ILLING	Calgary	1/10	Men 20-29	370	21	14:15	19:00	12	46:06	29.7	5	23:52	4:21
10	1:25:34	Kamilla BAGAUDINOVA	Calgary	1/5	Women 19 & U	318	4	10:45	14:19	17	48:08	28.4	18	26:42	4:52
11	1:26:01	George COLBERT	Calgary	5/21	Men 40-49	379	1	10:12	13:36	15	47:19	28.9	31	28:31	5:11
12	1:26:13	Matt BRADY	Calgary	2/23	Men 30-39	367	28	15:00	20:00	10	45:32	30.0	12	25:41	4:41
13	1:28:31	Morten PEDERSEN	Calgary	6/21	Men 40-49	345	10	12:39	16:52	14	47:14	29.0	34	28:39	5:13
14	1:28:56	Caley HILDERMAN	Saskatoon	2/5	Women 19 & U	343	8	12:07	16:09	23	49:24	27.7	21	27:27	5:00
15	1:29:10	Xaviere SCHNEIDER	Calgary	2/15	Women 20-29	315	16	13:34	18:06	27	50:29	27.1	10	25:07	4:34
16	1:29:11	Daniel FRANKO	Calgary	2/10	Men 20-29	272	48	16:41	22:14	13	46:27	29.5	14	26:05	4:45
17	1:29:20	Steven DAY	Edmonton	3/23	Men 30-39	331	31	15:06	20:08	19	49:10	27.8	9	25:06	4:34
18	1:29:34	Amanda WRONA	Edmonton	1/29	Women 30-39	243	49	16:47	22:23	1	40:39	33.7	59	32:09	5:51
19	1:30:23	Danielle MITCHELL	Calgary	3/15	Women 20-29	332	25	14:51	19:48	28	50:29	27.1	7	25:03	4:34
20	1:31:37	Cody NADEAU	Calgary	4/23	Men 30-39	371	51	16:48	22:24	20	49:12	27.8	11	25:38	4:40
21	1:32:21	Jackson STOTT	Calgary	3/10	Men 20-29	314	78	18:35	24:46	9	45:27	30.1	27	28:21	5:10
22	1:34:17	Trevor BROOKS	Calgary	3/11	Men 50-59	339	77	18:32	24:43	21	49:17	27.8	17	26:29	4:49
23	1:34:51	Gregory SWITZER	Calgary	5/23	Men 30-39	232	33	15:28	20:38	16	48:05	28.5	51	31:19	5:42
24	1:35:01	Mariusz KALUSKI	Calgary	7/21	Men 40-49	270	60	17:30	23:19	22	49:18	27.7	26	28:14	5:08
25	1:35:30	Blair OELKE	Calgary	4/10	Men 20-29	348	18	13:58	18:37	45	53:33	25.5	24	27:59	5:06
26	1:35:50	Lindsay RUITER	Calgary	2/29	Women 30-39	271	45	16:35	22:07	44	53:15	25.7	13	26:01	4:44
27	1:36:00	Curtis MACMILLAN	Cochrane	6/23	Men 30-39	299	72	18:12	24:16	29	50:38	27.0	20	27:10	4:57
28	1:36:49	Adriana KMET	Calgary	3/5	Women 19 & U	372	12	13:08	17:30	36	52:24	26.1	50	31:18	5:42
29	1:37:07	Abby PARK	Hinton	3/29	Women 30-39	301	58	17:25	23:14	30	50:47	26.9	37	28:56	5:16
30	1:37:08	Alicia OLSON-KEATING	Leichhardt	1/4	Women 50-59	320	35	15:36	20:48	24	50:08	27.3	52	31:24	5:43
31	1:37:22	Ken WALSH	Red Deer	1/8	Men 60+	269	22	14:22	19:09	32	52:01	26.3	46	31:00	5:39
32	1:37:56	Theo KLAPECKI	Calgary	7/23	Men 30-39	252	84	18:54	25:12	18	48:41	28.1	43	30:23	5:32
33	1:38:46	Hanna MROCHUK	Calgary	4/15	Women 20-29	296	53	16:56	22:35	47	54:13	25.2	22	27:38	5:02
34	1:38:46	Blake VAN AALST	Calgary	5/10	Men 20-29	376	26	14:52	19:49	52	55:16	24.8	33	28:39	5:13
35	1:38:46	Jennie VAN DOLAH	Chestermere	4/29	Women 30-39	262	56	17:18	23:04	33	52:02	26.3	39	29:26	5:22
36	1:38:52	Byron TSE	Calgary	8/23	Men 30-39	263	23	14:26	19:14	34	52:17	26.2	61	32:10	5:51
37	1:39:29	Patricia ARISS	Calgary	5/29	Women 30-39	338	59	17:28	23:18	39	52:58	25.8	38	29:04	5:17
38	1:39:43	Jenna PARKER	Calgary	5/15	Women 20-29	368	61	17:32	23:22	25	50:19	27.2	58	31:53	5:48
39	1:39:52	Katherine GIBSON	Calgary	6/15	Women 20-29	304	34	15:31	20:41	61	55:56	24.5	29	28:27	5:11
40	1:40:30	Ryan JOHNSON	Chestermere	9/23	Men 30-39	335	76	18:24	24:32	54	55:23	24.7	19	26:43	4:52

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Pos	Time	Name	City	Category		#	-----SWIM-----			-----BIKE-----			-----RUN-----		
				Plc/Total	Category		Rank	Time	/100m	Rank	Time	Km/Hr	Rank	Time	/km
41	1:40:43	Gary STEEN	Calgary	2/8	Men 60+	360	41	16:14	21:38	31	51:16	26.7	71	33:14	6:03
42	1:40:55	Arvin BITUIN	Calgary	8/21	Men 40-49	336	38	16:04	21:26	35	52:17	26.2	65	32:34	5:56
43	1:41:02	Stephanie TOFT	Calgary	6/29	Women 30-39	233	50	16:48	22:23	53	55:20	24.7	35	28:55	5:16
44	1:41:45	Brodie CHERNICHEN	Calgary	9/21	Men 40-49	358	103	20:25	27:13						
45	1:42:00	Annika PREUS	Airdrie	7/15	Women 20-29	355	69	18:00	23:59	49	54:34	25.1	40	29:27	5:22
46	1:42:01	Jennifer WALDEN	Calgary	1/5	Women 60+	308	14	13:24	17:52	73	58:08	23.5	44	30:30	5:33
47	1:42:38	Travis PENGRA	Calgary	10/23	Men 30-39	285	82	18:51	25:08	46	54:05	25.3	42	29:43	5:25
48	1:42:55	Jonah KRAFT	Calgary	6/10	Men 20-29	365	52	16:50	22:26	41	53:01	25.8	68	33:04	6:01
49	1:42:58	Peter DIMMELL	Calgary	4/11	Men 50-59	305	40	16:11	21:35	38	52:58	25.8	76	33:50	6:10
50	1:43:08	Mark HUMPHREYS	Vancouver	7/10	Men 20-29	363	120	22:16	29:41	42	53:10	25.7	23	27:43	5:03
51	1:43:11	Isaac CORDEIRO-ZEBKOW	Calgary	8/10	Men 20-29	356	30	15:04	20:05	63	56:18	24.3	57	31:50	5:48
52	1:43:39	Jenna ELMQUIST	Calgary	8/15	Women 20-29	276	43	16:23	21:51	50	54:55	24.9	63	32:22	5:53
53	1:44:00	Connor O'SHEA	Calgary	10/21	Men 40-49	373	42	16:19	21:45	56	55:33	24.6	60	32:10	5:51
54	1:44:19	Martin GILBERT	Calgary	5/11	Men 50-59	248	101	20:19	27:05	60	55:49	24.5	25	28:12	5:08
55	1:44:26	Andrea GEORGE	Canmore	7/29	Women 30-39	334	94	19:46	26:21	64	56:21	24.3	28	28:21	5:10
56	1:44:51	Kevin MCKEOWN	Coaldale	11/21	Men 40-49	313	100	20:16	27:01	57	55:41	24.6	36	28:55	5:16
57	1:45:32	Tristan RANSOM	Saskatoon	12/21	Men 40-49	225	89	19:20	25:46	40	52:59	25.8	70	33:14	6:03
58	1:45:37	Tyler PEARSON	EDMONTON	11/23	Men 30-39	316	19	14:02	18:42	58	55:47	24.5	93	35:49	6:31
59	1:45:54	Maggie SHORTT	Calgary	8/29	Women 30-39	300	92	19:31	26:01	55	55:26	24.7	45	30:58	5:38
60	1:46:02	Frederic LOUVET	Calgary	13/21	Men 40-49	265	126	23:16	31:01	48	54:17	25.2	30	28:30	5:11
61	1:46:30	Gerardo GERARDO GARCI	Calgary	3/8	Men 60+	328	24	14:38	19:30	75	58:21	23.4	74	33:32	6:06
62	1:46:31	Erica ZAREMBA	Calgary	9/29	Women 30-39	277	44	16:31	22:01	89	1:01:25	22.3	32	28:36	5:12
63	1:47:20	Michelle BROWN	Cochrane	10/29	Women 30-39	324	93	19:37	26:10	62	56:15	24.3	53	31:29	5:44
64	1:47:47	Jonathan RATTRAY	Raymond	6/11	Men 50-59	346	39	16:11	21:34	37	52:27	26.1	109	39:11	7:08
65	1:47:53	Paige NIXON	Calgary	9/15	Women 20-29	282	62	17:35	23:27	79	58:36	23.3	55	31:43	5:46
66	1:48:01	Felipe GONZALEZ	Calgary	12/23	Men 30-39	374	98	19:58	26:38	66	56:57	24.0	47	31:07	5:40
67	1:48:10	Darrell CHAMBERLAIN	Calgary	14/21	Men 40-49	103	127	23:19	31:05	43	53:13	25.7	54	31:40	5:46
68	1:48:23	Jerri ELGERT	Calgary	11/29	Women 30-39	349	29	15:02	20:02	87	1:00:51	22.5	64	32:31	5:55
69	1:48:29	Jodi STEININGER	Calgary	2/4	Women 50-59	329	27	14:58	19:57	78	58:30	23.4	86	35:01	6:22
70	1:48:31	Nyla SMITH	Calgary, Alberta	4/5	Women 19 & U	241	5	11:32	15:22	94	1:01:57	22.1	87	35:03	6:23
71	1:49:13	Jennie HERD	Calgary	1/9	Women 40-49	223	65	17:42	23:36	85	59:46	22.9	56	31:46	5:47
72	1:49:31	Kevin BOYER	Didsbury	4/8	Men 60+	275	102	20:21	27:07	67	57:00	24.0	62	32:11	5:52
73	1:49:56	Mike TIEDJE	Foothills	7/11	Men 50-59	341	130	23:30	31:20	26	50:28	27.1	95	35:59	6:33
74	1:49:58	Jane RUSSELL	Banff	2/9	Women 40-49	310	47	16:38	22:10	82	59:27	23.0	77	33:55	6:10
75	1:50:20	Rebecca VAN HOEVE	Calgary	12/29	Women 30-39	274	75	18:23	24:31	65	56:50	24.1	88	35:08	6:24
76	1:50:23	Steven KOOP	Saskatoon	13/23	Men 30-39	321	95	19:51	26:28	51	55:10	24.8	89	35:23	6:26
77	1:50:28	Michael MACMILLAN	Cochrane	5/8	Men 60+	326	86	19:06	25:28	68	57:04	24.0	79	34:19	6:15
78	1:50:32	Steven TROUT	Calgary	14/23	Men 30-39	231	46	16:35	22:07	70	57:27	23.8	100	36:31	6:39

79	1:51:17	Ryan SLIMMON	Calgary	15/21	Men 40-49	377	134	24:00	32:00	71	57:41	23.7	41	29:37	5:24
80	1:51:56	Darcy PAYNE	Calgary	8/11	Men 50-59	325	55	17:08	22:50	74	58:18	23.5	101	36:32	6:39

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Pos	Time	Name	City	Category			750 Meter			22.8 Km			5.5 Km		
				Plc/Total	Category	#	Rank	Time	/100m	Rank	Time	Km/Hr	Rank	Time	/km
81	1:52:02	Ming GU	Calgary	15/23	Men 30-39	240	73	18:21	24:28	88	1:01:06	22.4	66	32:36	5:56
82	1:52:13	Mark HERD	Calgary	16/21	Men 40-49	224	99	20:11	26:54	69	57:27	23.8	81	34:36	6:18
83	1:53:04	Tim MOORE	Calgary	16/23	Men 30-39	234	37	15:49	21:06	59	55:49	24.5	119	41:27	7:32
84	1:55:28	Connie OLSEN	Calgary	2/5	Women 60+	364	91	19:31	26:01	76	58:24	23.4	104	37:34	6:50
85	1:55:30	Amy GREEN	Canmore	13/29	Women 30-39	327	32	15:18	20:24	83	59:28	23.0	116	40:46	7:25
86	1:55:44	Gavin WORT	Calgary	9/11	Men 50-59	333	123	22:50	30:26	77	58:30	23.4	80	34:26	6:16
87	1:55:55	Rachel REIN	CALGARY	14/29	Women 30-39	344	67	17:49	23:45	91	1:01:43	22.2	99	36:24	6:38
88	1:56:00	Julia KOOP	SASKATOON	15/29	Women 30-39	322	96	19:52	26:29	80	58:36	23.3	103	37:33	6:50
89	1:56:02	Alex BLASIUS	Calgary	16/29	Women 30-39	284							84	35:00	6:22
90	1:56:04	Tali GLAZER	Calgary	10/15	Women 20-29	369	54	17:02	22:43	104	1:04:55	21.1	78	34:08	6:13
91	1:56:04	Erica LYN	Calgary	3/9	Women 40-49	228	57	17:24	23:11	100	1:03:46	21.5	82	34:56	6:21
92	1:56:07	Linda MACMILLAN	Cochrane	3/5	Women 60+	287	66	17:46	23:41	84	59:28	23.0	108	38:55	7:05
93	1:56:34	Daniel CORMIER	Calgary	17/21	Men 40-49	359	129	23:26	31:15	86	59:56	22.8	69	33:13	6:03
94	1:56:46	Carly MACMILLAN	Cochrane	17/29	Women 30-39	351	90	19:21	25:48	93	1:01:55	22.1	90	35:31	6:28
95	1:57:20	Richard PADUA	Airdrie	17/23	Men 30-39	357	110	21:13	28:18	81	59:10	23.1	102	36:58	6:44
96	1:58:12	Katie LEVIN-FERG	Calgary	4/9	Women 40-49	267	131	23:31	31:21	92	1:01:44	22.2	67	32:58	6:00
97	1:58:59	Caitlyn TIEDJE	Foothills	11/15	Women 20-29	342	11	13:05	17:26	90	1:01:32	22.2	127	44:23	8:05
98	1:59:23	Julianne DAZE	Calgary	18/29	Women 30-39	309	108	21:09	28:12	102	1:04:43	21.1	75	33:32	6:06
99	1:59:33	Scott MACMILLAN	Cochrane	9/10	Men 20-29	286	133	23:46	31:41	97	1:02:27	21.9	72	33:21	6:04
100	2:00:13	Brendan RUSSELL	Calgary	18/21	Men 40-49	258	85	19:00	25:19	95	1:01:59	22.1	110	39:15	7:09
101	2:00:21	Sheila EASTON	Calgary	19/29	Women 30-39	219	87	19:10	25:33	106	1:04:59	21.1	97	36:12	6:35
102	2:00:26	Ashley GREIG	Calgary	20/29	Women 30-39	378	111	21:18	28:24	72	57:55	23.6	118	41:14	7:30
103	2:01:06	Stephen MCGUINNESS	Calgary	19/21	Men 40-49	259	128	23:20	31:06	98	1:02:50	21.8	83	34:57	6:22
104	2:01:26	Stephanie CAINES	Calgary	21/29	Women 30-39	317	113	21:35	28:47	103	1:04:51	21.1	85	35:00	6:22
105	2:01:28	Kevin CAPPELLO	Cochrane	20/21	Men 40-49	290	114	21:40	28:53	117	1:08:33	20.0	49	31:16	5:42
106	2:02:39	Holly CROWE	Calgary	3/4	Women 50-59	230	83	18:52	25:09	108	1:05:36	20.9	106	38:12	6:57
107	2:03:53	Sebastian ZANGHELLINI	Calgary	18/23	Men 30-39	256	80	18:47	25:02	126	1:11:42	19.1	73	33:25	6:05
108	2:03:58	Celia SANCHEZ	Calgary	22/29	Women 30-39	244	74	18:21	24:28	99	1:03:19	21.6	122	42:20	7:42
109	2:03:59	Jeremy BARRETTO	Calgary	21/21	Men 40-49	303	124	22:57	30:36	121	1:09:54	19.6	48	31:09	5:40
110	2:05:02	Cade HOLDITCH	De Winton	5/5	Women 19 & U	288	68	17:56	23:54	112	1:06:21	20.6	117	40:47	7:25
111	2:05:40	Frank TSE	Calgary	6/8	Men 60+	266	63	17:41	23:34	113	1:06:31	20.6	120	41:29	7:33
112	2:06:45	Rae-Marie HILTON	Edmonton	23/29	Women 30-39	306	36	15:40	20:53	115	1:07:19	20.3	125	43:48	7:58
113	2:06:53	Michelle BYRNE	Calgary	24/29	Women 30-39	302	118	21:49	29:05	101	1:04:39	21.2	115	40:25	7:21
114	2:07:41	Chris JACKNISKY	Sherwood Park	4/5	Women 60+	340	105	20:55	27:53	114	1:06:35	20.5	113	40:13	7:19
115	2:07:43	Deborah NEUFELD	RED DEER COUNTY	5/5	Women 60+	330	121	22:34	30:06	105	1:04:56	21.1	114	40:14	7:19
116	2:07:53	Samantha KELLER	Calgary	12/15	Women 20-29	237	88	19:15	25:40	123	1:10:53	19.3	105	37:46	6:52

117	2:07:53	Amanda HAMILTON	Calgary	5/9	Women 40-49	366	136	25:29	33:58	111	1:06:13	20.7	98	36:12	6:35
118	2:09:06	Matthew GROENEVELD	Calgary	19/23	Men 30-39	253	125	23:00	30:40	122	1:10:09	19.5	94	35:58	6:33
119	2:09:34	Kristen LESIUK	Calgary	25/29	Women 30-39	251	109	21:10	28:13	118	1:08:33	20.0	111	39:52	7:15
120	2:10:19	Adam NIGH	Cochrane	20/23	Men 30-39	280	104	20:48	27:44	96	1:02:26	21.9	132	47:06	8:34

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121	2:11:11	Dennis LETOURNEAU	Cochrane	10/11	Men 50-59	283	135	25:14	33:38	109	1:06:00	20.7	112	39:57	7:16
122	2:11:43	Steph GILLIES	Cochrane	26/29	Women 30-39	295	64	17:42	23:35	119	1:08:37	19.9	128	45:25	8:16
123	2:12:16	Enoch TSENG-RHOADES	Calgary	21/23	Men 30-39	289	122	22:38	30:11	125	1:11:03	19.3	107	38:35	7:01
124	2:14:09	Cristhian RODRIGUEZ	Calgary	22/23	Men 30-39	239	137	27:34	36:45	124	1:10:59	19.3	92	35:37	6:29
125	2:14:12	Carry DEMOLINE	Calgary	6/9	Women 40-49	352	71	18:12	24:15	120	1:09:39	19.6	130	46:22	8:26
126	2:14:27	Stephanie PAN	Calgary	27/29	Women 30-39	250	119	22:07	29:30	130	1:16:45	17.8	91	35:36	6:29
127	2:14:39	Aleksandar BLESIC	Calgary	23/23	Men 30-39	268	81	18:49	25:05	136	1:19:40	17.2	96	36:11	6:35
128	2:15:48	John MARSHALL	Calgary	11/11	Men 50-59	323	112	21:25	28:33	128	1:11:58	19.0	123	42:27	7:43
129	2:16:25	Vanisha BREAUULT	Calgary	4/4	Women 50-59	307	115	21:41	28:54	127	1:11:53	19.0	124	42:52	7:48
130	2:19:45	Tanis WIANCKO	Calgary	13/15	Women 20-29	249	97	19:57	26:36	107	1:05:26	20.9	137	54:23	9:54
131	2:21:02	Ken ZUK	Surrey	7/8	Men 60+	361	138	28:53	38:30	116	1:07:56	20.1	126	44:14	8:03
132	2:21:59	Jennifer THOMAS	Lethbridge	28/29	Women 30-39	260	15	13:30	18:00	137	1:19:48	17.1	135	48:42	8:52
133	2:22:24	Sara HAHN-SCINOCCO	Calgary	7/9	Women 40-49	293	116	21:41	28:55	131	1:18:29	17.4	121	42:14	7:41
134	2:23:06	Sarah Alia Skye CHRIS	Red Deer	14/15	Women 20-29	347	79	18:44	24:58	133	1:18:34	17.4	129	45:49	8:20
135	2:26:01	Derek YOUNGE	Cochrane	8/8	Men 60+	226	132	23:37	31:30	129	1:14:22	18.4	133	48:03	8:45
136	2:27:39	Crystal GILHOOLY	Vancouver	8/9	Women 40-49	247	117	21:42	28:56	135	1:19:31	17.2	131	46:27	8:27
137	2:27:46	Danielle MORRIS	Calgary	29/29	Women 30-39	242	106	21:01	28:01	132	1:18:31	17.4	134	48:15	8:47
138	2:34:44	Hilary JEGOU	Calgary	15/15	Women 20-29	254	70	18:07	24:09	134	1:19:12	17.3	139	57:26	10:27
139	2:34:44	Mason PHILLIPS	Calgary	10/10	Men 20-29	255	139	32:43	43:37	110	1:06:07	20.7	138	55:56	10:11
140	2:41:24	Casey FIELD	Calgary	9/9	Women 40-49	311	107	21:08	28:11	138	1:28:55	15.4	136	51:21	9:21

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