

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

Timing by "Results Canada Race Management"

Try It Triathlon Results

-----FINAL-----						300 Meter			7.8 Km			2.0 km			
Pos	Time	Name	City	Category		-----SWIM-----			-----BIKE-----			-----RUN-----			
				Plc/Total	Category	#	Rank	Time	/100m	Rank	Time	Km/Hr	Rank	Time	/km
1	35:48	Vera LEFFERS	Calgary	1/3	Women 19 & U	392	1	5:04	16:52	2	19:11	24.4	3	11:33	5:47
2	37:32	Trillian KLINKHAMER	Canmore	2/3	Women 19 & U	420	2	5:59	19:57	1	17:16	27.1	19	14:18	7:09
3	42:13	Peter SHONWISE	Olds	1/3	Men 19 & Und	450	10	7:38	25:25	11	22:53	20.5	4	11:43	5:52
4	44:00	Braden NORMAN	Cochrane	1/6	Men 30-39	447	13	8:02	26:44	9	22:27	20.8	14	13:33	6:47
5	44:04	Daniel RAFFAN	High River	2/6	Men 30-39	423	6	6:58	23:11	19	23:53	19.6	9	13:14	6:37
6	44:11	Shaun FREY	Airdrie	1/7	Men 40-49	448	9	7:36	25:19	12	23:09	20.2	12	13:28	6:44
7	44:13	Danny PROCTER	Calgary	2/7	Men 40-49	444	7	7:03	23:30	14	23:24	20.0	15	13:47	6:53
8	44:29	Britt OBUCK	Calgary	1/7	Women 30-39	416	3	6:12	20:38	27	25:57	18.0	6	12:21	6:11
9	44:37	Katharine REID	Calgary	1/10	Women 40-49	429	5	6:41	22:16	17	23:42	19.7	18	14:15	7:08
10	45:01	Deidre YOUNG	Calgary	1/4	Women 50-59	391	15	8:09	27:08	10	22:35	20.7	20	14:18	7:09
11	45:09	Laura NEILSON	Calgary	2/10	Women 40-49	417	14	8:06	26:58	18	23:47	19.7	10	13:17	6:39
12	45:33	Aiden FRISKE	Edmonton	1/6	Men 20-29	436	53	13:23	44:35	42	28:15	16.6	1	3:56	1:58
13	46:52	Brandon KUBINEC	Edmonton	3/7	Men 40-49	1014	43	11:30	38:17	13	23:19	20.1	5	12:05	6:03
14	47:51	Jesssica KLAPECKI	Calgary	3/10	Women 40-49	431	28	9:55	33:03	21	24:43	18.9	8	13:14	6:37
15	48:06	Jessica BROWN	Cochrane	1/7	Women 20-29	427	23	9:02	30:07	20	24:04	19.4	27	15:00	7:30
16	48:13	Theresa DEWIS	Calgary	2/4	Women 50-59	445	24	9:08	30:27	31	26:39	17.6	7	12:26	6:13
17	48:45	Monika HERWIG	Canmore	3/4	Women 50-59	419	40	11:05	36:56	16	23:27	20.0	17	14:14	7:07
18	48:53	Isaac Alejandro RAYAS	Calgary	4/7	Men 40-49	399	46	11:56	39:45	5	21:10	22.1	30	15:49	7:55
19	48:55	Sonia FERADO-JIMENEZ	Calgary	4/10	Women 40-49	398	26	9:30	31:38	23	25:20	18.5	16	14:06	7:03
20	49:30	Hannah SMITH	Calgary	2/7	Women 20-29	434	4	6:15	20:49	26	25:51	18.1	37	17:25	8:43
21	50:01	Virginia KLAPECKI	Calgary	2/7	Women 30-39	400	48	12:04	40:14	30	26:36	17.6	2	11:22	5:41
22	50:03	Emily RENDELL	Calgary	3/7	Women 20-29	440	21	8:42	28:58	40	27:51	16.8	13	13:31	6:46
23	50:05	Rick DEWING	Calgary	3/6	Men 30-39	426	20	8:35	28:36	28	26:07	17.9	29	15:23	7:42
24	50:06	Solana ASHE	Calgary	3/7	Women 30-39	432	47	11:59	39:54	15	23:25	20.0	25	14:43	7:22
25	50:19	Philippe LAPIERRE	Calgary	5/7	Men 40-49	227	29	10:00	33:18	8	22:24	20.9	41	17:57	8:59
26	51:04	Henry MIRANDA BASTIDA	Saskatoon	2/6	Men 20-29	396	8	7:16	24:13	46	29:23	15.9	22	14:25	7:13
27	51:17	Owen MORRIS	Calgary	4/6	Men 30-39	430	31	10:07	33:44	29	26:33	17.6	24	14:37	7:19
28	51:23	Grace JOHNSON	Calgary	4/7	Women 20-29	441	35	10:44	35:45	33	27:19	17.1	11	13:21	6:41
29	51:32	Henry LO	Calgary	6/7	Men 40-49	409	36	10:51	36:08	22	24:44	18.9	31	15:59	8:00
30	52:22	Alicia SIMMONDS	Calgary	4/7	Women 30-39	414	22	8:55	29:43	24	25:30	18.4	42	17:58	8:59
31	52:49	Leah ANDREWS	Calgary	5/7	Women 30-39	438	37	10:53	36:17	37	27:33	17.0	21	14:24	7:12
32	52:49	Elena HIRSCHFELD-GILL	Calgary	5/10	Women 40-49	433	38	10:57	36:29	35	27:27	17.0	23	14:26	7:13
33	53:27	Rick BRACKO	Calgary	1/2	Men 60+	454	42	11:16	37:32	34	27:27	17.0	26	14:45	7:23
34	53:57	Laura TANOD	Calgary	6/10	Women 40-49	424	18	8:25	28:04	41	27:54	16.8	38	17:38	8:49
35	54:05	Daniel HUBERCHECK	Sherwood Park	3/6	Men 20-29	453	32	10:23	34:34	38	27:38	16.9	33	16:06	8:03
36	54:12	Grace PADBERG	SHERWOOD PARK	5/7	Women 20-29	452	33	10:23	34:37	39	27:38	16.9	34	16:11	8:06
37	54:26	Lisa ALPHONSUS	Calgary	6/7	Women 30-39	415	16	8:20	27:45	36	27:31	17.0	45	18:37	9:19
38	54:51	Rhylen WIDEMAN	Nanton	2/3	Men 19 & Und	412	17	8:21	27:50	4	19:51	23.6	53	26:40	13:20
39	55:27	Steve BELWAY	Calgary	1/1	Men 50-59	422	44	11:38	38:46	25	25:42	18.2	44	18:08	9:04
40	56:33	Ksenia KAVOUN	Stony Plain	7/10	Women 40-49	451	52	13:21	44:27	32	27:09	17.2	32	16:04	8:02

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

Timing by "Results Canada Race Management"

Try It Triathlon Results

-----FINAL-----							300 Meter			7.8 Km			2.0 km			
Pos	Time	Name	City	Category		#	-----SWIM-----			-----BIKE-----			-----RUN-----			
				Plc/Total	Category		Rank	Time	/100m	Rank	Time	Km/Hr	Rank	Time	/km	
41	57:20	Jeremy RUIZ	Vancouver	4/6	Men 20-29	418	11	7:44	25:46							
42	58:22	Benson CHAN	Calgary	5/6	Men 20-29	408	41	11:09	37:10	51	30:41	15.3	35	16:32	8:16	
43	58:28	Isabel TIPPINS	Calgary	6/7	Women 20-29	407	39	10:59	36:37	52	30:52	15.2	36	16:38	8:19	
44	59:08	Aiden MACPHEE	Calgary	3/3	Men 19 & Und	411	12	7:45	25:48	3	19:37	23.9	55	31:48	15:54	
45	59:57	Florence Denise CHRIS	Red Deer	4/4	Women 50-59	446	19	8:30	28:19	50	30:28	15.4	46	20:59	10:30	
46	1:00:00	Hilary PLANDEN	Calgary	1/2	Women 60+	449	45	11:49	39:22	49	30:26	15.4	39	17:46	8:53	
47	1:00:11	Bonnie DERKSEN	Langdon	8/10	Women 40-49	437	51	13:03	43:28	7	22:20	21.0	52	24:50	12:25	
48	1:00:15	Charlene EDWARDS	Calgary	9/10	Women 40-49	393	49	12:11	40:34	47	29:59	15.6	43	18:07	9:04	
49	1:00:37	Samantha FISHER	Calgary	7/7	Women 20-29	442	27	9:43	32:22	45	29:18	16.0	47	21:36	10:48	
50	1:00:46	George VARGHESE	Calgary	7/7	Men 40-49	439	56	14:26	48:06	53	31:20	14.9	28	15:00	7:30	
51	1:02:32	Manu NAGRA	Calgary	5/6	Men 30-39	443	34	10:25	34:41	6	21:44	21.5	54	30:24	15:12	
52	1:03:17	Kathy PAUL	Calgary	2/2	Women 60+	394	57	15:16	50:53	48	30:16	15.5	40	17:46	8:53	
53	1:08:13	Meagan BRADFORD	Calgary	10/10	Women 40-49	404	55	13:43	45:43	54	32:26	14.4	49	22:04	11:02	
54	1:08:13	Carys BRADFORD	Calgary	3/3	Women 19 & U	403	54	13:40	45:32	55	32:31	14.4	48	22:03	11:02	
55	1:09:56	Jessica BALDINI	Edmonton	7/7	Women 30-39	406	30	10:00	33:18	57	36:09	12.9	50	23:48	11:54	
56	1:10:09	Andrew SYMES	Calgary	6/6	Men 20-29	455	25	9:21	31:08	44	28:18	16.5	57	32:31	16:16	
57	1:12:41	Doug LAPIERRE	Calgary	2/2	Men 60+	421	50	12:49	42:42	56	35:06	13.3	51	24:47	12:24	
58	1:16:19	Jean Paul ALMEROL	Carstairs	6/6	Men 30-39	428	58	16:02	53:24	43	28:18	16.5	56	32:01	16:01	

