

Duathlon - Overall										
Place	Bib	Name	Hometown	Time	Lap 1	Lap 2	Lap 3	Difference	% Back	% Winning
1	483	Pike, Jim	Corner Brook, NL	2:49:49.4	50:11.7	1:23:08.7	36:29.0	-	-	100%
2	488	Waugh, Peter	Steady Brook, NL	3:05:49.5	55:04.5	1:30:04.1	40:40.9	+16:00.1	+9.4%	91.4%

Duathlon - Male										
Place	Bib	Name	Hometown	Time	Lap 1	Lap 2	Lap 3	Difference	% Back	% Winning
1	483	Pike, Jim	Corner Brook, NL	2:49:49.4	50:11.7	1:23:08.7	36:29.0	-	-	100%
2	488	Waugh, Peter	Steady Brook, NL	3:05:49.5	55:04.5	1:30:04.1	40:40.9	+16:00.1	+9.4%	91.4%

Short Course Duathlon - Overall										
Place	Bib	Name	Hometown	Time	Lap 1	Lap 2	Lap 3	Difference	% Back	% Winning
1	468	Dunne, Rebecca	Calgary, AB	1:27:42.3	26:13.3	40:34.8	20:54.2	-	-	100%
2	476	Kaulback, Darren	Corner Brook	1:28:36.0	26:38.0	42:11.1	19:46.9	+0:53.7	+1.0%	99.0%

Short Course Duathlon - Female										
Place	Bib	Name	Hometown	Time	Lap 1	Lap 2	Lap 3	Difference	% Back	% Winning
1	468	Dunne, Rebecca	Calgary, AB	1:27:42.3	26:13.3	40:34.8	20:54.2	-	-	100%

Short Course Duathlon - Male										
Place	Bib	Name	Hometown	Time	Lap 1	Lap 2	Lap 3	Difference	% Back	% Winning
1	476	Kaulback, Darren	Corner Brook	1:28:36.0	26:38.0	42:11.1	19:46.9	-	-	100%

Short Course Triathlon - Overall										
Place	Bib	Name	Hometown	Time	Lap 1	Lap 2	Lap 3	Difference	% Back	% Winning
1	491	Flynn, Deon	Corner Brook	1:02:45.4	8:10.6	32:36.0	21:58.8	-	-	100%
2	494	Burden, Trent	Corner Brook	1:13:40.6	9:10.5	39:14.8	25:15.4	+10:55.2	+17.4%	85.2%
3	477	Knight, Tom	Steady Brook, NL	1:20:48.4	10:24.3	41:30.4	28:53.8	+18:03.0	+28.8%	77.7%
4	487	Street, Dwan	Bonavista, NL	1:21:41.2	10:46.7	48:39.3	22:15.2	+18:55.8	+30.2%	76.8%
5	471	Green, Andrea	Corner Brook	1:28:02.3	11:36.7	41:24.3	35:01.3	+25:16.9	+40.3%	71.3%
6	470	Fisher, Mike	Atyrau, Kazakhstan	1:28:49.8	10:46.1	42:21.7	35:42.0	+26:04.4	+41.5%	70.6%
7	482	Noseworthy, Tara	Corner Brook, NL	1:32:34.0	10:26.7	42:50.7	39:16.6	+29:48.6	+47.5%	67.8%
8	465	Dean, Mervyn	Corner Brook	1:34:59.1	13:55.3	45:23.4	35:40.4	+32:13.7	+51.4%	66.1%
9	459	Ballard, Donna	St. John's, NL	1:40:54.2	12:51.4	47:50.9	40:11.9	+38:08.8	+60.8%	62.2%

Short Course Triathlon - Female										
Place	Bib	Name	Hometown	Time	Lap 1	Lap 2	Lap 3	Difference	% Back	% Winning
1	487	Street, Dwan	Bonavista, NL	1:21:41.2	10:46.7	48:39.3	22:15.2	-	-	100%
2	471	Green, Andrea	Corner Brook	1:28:02.3	11:36.7	41:24.3	35:01.3	+6:21.1	+7.8%	92.8%
3	482	Noseworthy, Tara	Corner Brook, NL	1:32:34.0	10:26.7	42:50.7	39:16.6	+10:52.8	+13.3%	88.2%
4	459	Ballard, Donna	St. John's, NL	1:40:54.2	12:51.4	47:50.9	40:11.9	+19:13.0	+23.5%	81.0%

Short Course Triathlon - Male										
Place	Bib	Name	Hometown	Time	Lap 1	Lap 2	Lap 3	Difference	% Back	% Winning
1	491	Flynn, Deon	Corner Brook	1:02:45.4	8:10.6	32:36.0	21:58.8	-	-	100%
2	494	Burden, Trent	Corner Brook	1:13:40.6	9:10.5	39:14.8	25:15.4	+10:55.2	+17.4%	85.2%
3	477	Knight, Tom	Steady Brook, NL	1:20:48.4	10:24.3	41:30.4	28:53.8	+18:03.0	+28.8%	77.7%
4	470	Fisher, Mike	Atyrau, Kazakhstan	1:28:49.8	10:46.1	42:21.7	35:42.0	+26:04.4	+41.5%	70.6%
5	465	Dean, Mervyn	Corner Brook	1:34:59.1	13:55.3	45:23.4	35:40.4	+32:13.7	+51.4%	66.1%

Team Short Course Duathlon - Overall										
Place	Bib	Name	Hometown	Time	Lap 1	Lap 2	Lap 3	Difference	% Back	% Winning
1	489	Whatareweat Jennifer Lamswood Jennifer Lombard Denise Francis	Corner Brook, NL	1:40:45.3	31:36.3	42:49.3	26:19.7	-	-	100%

Team Short Course Tri - Overall										
Place	Bib	Name	Hometown	Time	Lap 1	Lap 2	Lap 3	Difference	% Back	% Winning
1	484	Rapids Tri James Barrett Gord Andrews Aideen Nelson	Corner Brook, NL	1:15:14.7	7:52.3	39:31.4	27:51.1	-	-	100%

2	469	Fab @ 40 Janice Gallitt Suzanne Lacour Laura Edwards	Corner Brook	1:23:29.5	11:11.3	41:24.7	30:53.5	+8:14.8	+11.0%	90.1%
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Team Triathlon - Overall										
Place	Bib	Name	Hometown	Time	Lap 1	Lap 2	Lap 3	Difference	% Back	% Winning
1	486	Splash Dash Flash Riley Hoqan Peter Ollerhead Stephan Adams	Corner Brook	1:56:53.7	18:06.1	1:00:27.1	38:20.6	-	-	100%
2	493	PTO Quinn Purchase Dylan Thomas Michelle O'Reilly	Corner Brook, NL	2:12:14.5	18:08.8	1:04:16.6	49:49.1	+15:20.8	+13.1%	88.4%
3	474	Hoqan/Pauls/Bazeley Tracy Hoqan Kailey Pauls Kate Bazeley	Corner Brook, NL	2:23:49.3	21:01.5	1:21:02.1	41:45.7	+26:55.6	+23.0%	81.3%
4	475	In-It-For-Fun Bruce Hamlyn Bruce Hamlyn	Corner Brook, NL	2:28:09.7	20:45.2	1:19:13.3	48:11.2	+31:16.0	+26.7%	78.9%
5	492	Hamlyn/Dyck/Newton Tracey Mackey-Nelson Allison Hamlyn David Dyck Becky Newton	Corner Brook	2:33:28.9	23:32.8	1:11:55.8	58:00.4	+36:35.2	+31.3%	76.2%

Triathlon - Overall										
Place	Bib	Name	Hometown	Time	Lap 1	Lap 2	Lap 3	Difference	% Back	% Winning
1	464	Collins, Pat	St. John's, NL	2:01:01.6	17:26.3	1:01:25.4	42:09.9	-	-	100%
2	480	May, Steve	Corner Brook, NL	2:02:36.6	20:20.0	1:01:19.9	40:56.7	+1:35.0	+1.3%	98.7%
3	460	Barrett, Carl	Corner Brook, NL	2:08:35.1	21:22.9	1:02:55.8	44:16.4	+7:33.5	+6.2%	94.1%
4	473	Hayley, Ben	Grand Falls-Windsor, NL	2:09:14.2	20:37.2	1:04:09.4	44:27.6	+8:12.6	+6.8%	93.6%
5	467	Duggan, William	Mount Pearl, NL	2:09:14.7	19:45.1	1:05:31.6	43:58.1	+8:13.1	+6.8%	93.6%
6	462	Besner, Kevin	Bedford, NS	2:11:25.8	21:12.6	1:06:47.3	43:26.0	+10:24.2	+8.6%	92.1%
7	461	Bazeley, Peter	Corner Brook, NL	2:14:33.5	21:16.6	1:12:05.5	41:11.4	+13:31.9	+11.2%	89.9%
8	490	White, Gavin	Corner Brook, NL	2:35:38.4	26:47.9	1:18:58.2	49:52.3	+34:36.8	+28.6%	77.8%
9	466	Doman, Gord	Corner Brook, CA	2:35:45.2	22:45.6	1:16:41.5	56:18.1	+34:43.6	+28.7%	77.7%
10	485	Rodgers, Sue	Grand Falls-Windsor, NL	2:37:53.9	24:47.1	1:15:12.5	57:54.4	+36:52.3	+30.5%	76.6%
11	463	Callahan, Peter	Humber Village, NL	2:38:12.4	25:21.9	1:12:32.5	1:00:18.0	+37:10.8	+30.7%	76.5%
12	479	Maloney, Megan	Mount Pearl, NL	2:43:44.1	21:10.0	1:22:15.2	1:00:18.9	+42:42.5	+35.3%	73.9%
13	472	Grewal, Sherry	Paradise, NL	2:51:53.6	28:59.6	1:27:38.4	55:15.7	+50:52.0	+42.0%	70.4%
14	478	Mackinnon, Krista	Grand Falls-Windsor, NL	2:52:39.3	30:22.7	1:22:01.5	1:00:15.1	+51:37.7	+42.7%	70.1%
15	481	McLean, Karen	Chelsea, QC	2:52:57.8	30:01.7	1:23:18.2	59:38.0	+51:56.2	+42.9%	70.0%

Triathlon - Female										
Place	Bib	Name	Hometown	Time	Lap 1	Lap 2	Lap 3	Difference	% Back	% Winning
1	485	Rodgers, Sue	Grand Falls-Windsor, NL	2:37:53.9	24:47.1	1:15:12.5	57:54.4	-	-	100%
2	479	Maloney, Megan	Mount Pearl, NL	2:43:44.1	21:10.0	1:22:15.2	1:00:18.9	+5:50.2	+3.7%	96.4%
3	472	Grewal, Sherry	Paradise, NL	2:51:53.6	28:59.6	1:27:38.4	55:15.7	+13:59.7	+8.9%	91.9%
4	478	Mackinnon, Krista	Grand Falls-Windsor, NL	2:52:39.3	30:22.7	1:22:01.5	1:00:15.1	+14:45.4	+9.3%	91.5%
5	481	McLean, Karen	Chelsea, QC	2:52:57.8	30:01.7	1:23:18.2	59:38.0	+15:03.9	+9.5%	91.3%

Triathlon - Male										
Place	Bib	Name	Hometown	Time	Lap 1	Lap 2	Lap 3	Difference	% Back	% Winning
1	464	Collins, Pat	St. John's, NL	2:01:01.6	17:26.3	1:01:25.4	42:09.9	-	-	100%
2	480	May, Steve	Corner Brook, NL	2:02:36.6	20:20.0	1:01:19.9	40:56.7	+1:35.0	+1.3%	98.7%
3	460	Barrett, Carl	Corner Brook, NL	2:08:35.1	21:22.9	1:02:55.8	44:16.4	+7:33.5	+6.2%	94.1%
4	473	Hayley, Ben	Grand Falls-Windsor, NL	2:09:14.2	20:37.2	1:04:09.4	44:27.6	+8:12.6	+6.8%	93.6%
5	467	Duggan, William	Mount Pearl, NL	2:09:14.7	19:45.1	1:05:31.6	43:58.1	+8:13.1	+6.8%	93.6%
6	462	Besner, Kevin	Bedford, NS	2:11:25.8	21:12.6	1:06:47.3	43:26.0	+10:24.2	+8.6%	92.1%
7	461	Bazeley, Peter	Corner Brook, NL	2:14:33.5	21:16.6	1:12:05.5	41:11.4	+13:31.9	+11.2%	89.9%
8	490	White, Gavin	Corner Brook, NL	2:35:38.4	26:47.9	1:18:58.2	49:52.3	+34:36.8	+28.6%	77.8%
9	466	Doman, Gord	Corner Brook, CA	2:35:45.2	22:45.6	1:16:41.5	56:18.1	+34:43.6	+28.7%	77.7%
10	463	Callahan, Peter	Humber Village, NL	2:38:12.4	25:21.9	1:12:32.5	1:00:18.0	+37:10.8	+30.7%	76.5%