

TECUMSEH TRIATHLON WEEKEND  
 TRIATHLON \* DUATHLON \* DO-A-DU \* TRY-A-TRI  
 TECUMSEH, ONTARIO  
 JULY 30, 2017 \* 8:30AM

\*\*\* SPRINT AQUABIKE \*\*\*  
 \*\* 800M SWIM / 32K BIKE \*\*

Place	Dq	Sex/Tot	No.	Name	Age	Sex	Rank	Swim	Pace
T1		Rank Bike	Rate T2	Time					
1		1/2	471	Mike Ventrella	51	M			
1	58:23	20.4	1:13	1:14:25					
		2	473	Fernand Laflamme	61	M	1	14:46	1:51
1:21		2	1:05:49	18.1	0:20	1:22:13			

\*\*\* FEMALE DUATHLON RELAY SPLITS \*\*\*  
 \*\* 3K RUN / 32K BIKE / 6K RUN \*\*

Place	No.	Name	Rank	Run1	Pace	T1	Rank	Bike	Rate
T2	Rank Run	Pace	Finish						
1	458	Jennifer McGregor	1	19:15	6:25	0:32	1	1:08:03	17.5
0:24	1	34:19	5:44	2:02:30					

\*\*\* MIXED DUATHLON RELAY SPLITS \*\*\*  
 \*\* 3K RUN / 32K BIKE / 6K RUN \*\*

Place	No.	Relay Name	Rank	Run1	Pace	T1	Rank	Bike	Rate
T2	Rank Run	Pace	Finish						
1	464	Balu	1	13:23	4:28	0:32	1	1:05:10	18.2
0:25	2	37:18	6:13	1:56:46					
2	465	pardo	2	14:58	5:00	0:24	2	1:15:43	15.7
0:28	1	32:05	5:21	2:03:37					
3	463	dupuis	3	26:38	8:53	0:25			

\*\*\* MALE TRIATHLON RELAY SPLITS \*\*\*  
 \*\* 800M SWIM / 32K BIKE / 6K RUN \*\*

Place	No.	Relay Name	Rank	Swim	Pace	T1	Rank	Bike	Rate
T2	Rank Run	Pace	Finish						
1	459	TriHards	2	14:12	1:47	0:33	1	44:37	26.6
0:25	1	16:52	2:49	1:16:38					
2	455	centerline	1	10:24	1:18	1:50	2	50:46	23.4
0:21	2	25:34	4:16	1:28:53					

\*\*\* MIXED TRIATHLON RELAY SPLITS \*\*\*

\*\* 800M SWIM / 32K BIKE / 6K RUN \*\*

Place	No.	Relay Name	Rank	Swim	Pace	T1	Rank
Bike	Rate	T2	Rank	Run	Pace	Finish	
1	460	TEAM SANDERS	1	8:47	1:06	0:22	
57:05	1	38:18	6:23	1:44:31			
2	456	cementheads	3	13:53	1:45	0:33	1
1:04:28	18.4	0:42	2	40:00	6:40	1:59:34	
3	454	alexander	2	11:43	1:28	0:26	2
2:02:00				1:09:22	17.1	0:25	3
				40:07	6:42		