

# Comfortec Red Deer Duathlon

## Do-a-Du Category Results

### Female Ages 14-15

Pos	No	Name	Time	Cat	O.Pos	Run1	T1	Cycle	T2	Run2
1	188	Dawsin McDonald	00:40:23	14-15	1	00:12:17	00:00:55	00:19:59	00:01:00	00:06:14

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## Do-a-Du Category Results

### Female Ages 20-29

Pos	No	Name	Time	Cat	O.Pos	Run1	T1	Cycle	T2	Run2
1	160	Laura Olafson	00:59:51	20-29	10	00:15:14	00:01:05	00:35:31	00:01:04	00:07:01

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## Do-a-Du Category Results

### Male Ages 30-39

Pos	No	Name	Time	Cat	O.Pos	Run1	T1	Cycle	T2	Run2
1	162	Andre Laganse	00:59:51	30-39	9	00:15:14	00:01:05	00:31:25	00:05:09	00:07:01

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## Do-a-Du Category Results

### Male Ages 40-49

Pos	No	Name	Time	Cat	O.Pos	Run1	T1	Cycle	T2	Run2
1	165	Sigurd Debruijn	00:40:31	40-49	2	00:12:30	00:01:16	00:20:02	00:01:04	00:05:42
2	166	Jason Braaksma	00:58:02	40-49	7	00:17:57	00:01:04	00:28:05	00:00:54	00:10:05

### Female Ages 40-49

Pos	No	Name	Time	Cat	O.Pos	Run1	T1	Cycle	T2	Run2
1	164	Heather Debruijn	00:49:11	40-49	4	00:16:07	00:01:51	00:21:21	00:01:33	00:08:22
2	163	Elisabeth DeVries	00:59:17	40-49	8	00:18:42	00:01:06	00:29:55	00:00:41	00:08:56

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## Do-a-Du Category Results

### Female Ages 50-59

Pos	No	Name	Time	Cat	O.Pos	Run1	T1	Cycle	T2	Run2
1	189	Helene McDonald	00:45:34	50-59	3	00:13:41	00:00:58	00:23:03	00:00:45	00:07:09
2	167	Tannis Arychuk	00:57:54	50-59	6	00:18:43	00:00:59	00:28:13	00:01:12	00:08:51

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## Do-a-Du Category Results

### Male Ages 60-69

Pos	No	Name	Time	Cat	O.Pos	Run1	T1	Cycle	T2	Run2
1	168	Grant Nieman	00:55:26	60-69	5	00:19:26	00:00:45	00:24:52	00:00:35	00:09:52