

Comfortec Red Deer Duathlon

Do-a-Du Overall Results

Pos	No	Name	Time	Cat	C.Pos	Run1	T1	Cycle	T2	Run2
1	188	Dawsin McDonald	00:40:23	F14-15	1	00:12:17	00:00:55	00:19:59	00:01:00	00:06:14
2	165	Sigurd Debruijn	00:40:31	M40-49	1	00:12:30	00:01:16	00:20:02	00:01:04	00:05:42
3	189	Helene McDonald	00:45:34	F50-59	1	00:13:41	00:00:58	00:23:03	00:00:45	00:07:09
4	164	Heather Debruijn	00:49:11	F40-49	1	00:16:07	00:01:51	00:21:21	00:01:33	00:08:22
5	168	Grant Nieman	00:55:26	M60-69	1	00:19:26	00:00:45	00:24:52	00:00:35	00:09:52
6	167	Tannis Arychuk	00:57:54	F50-59	2	00:18:43	00:00:59	00:28:13	00:01:12	00:08:51
7	166	Jason Braaksma	00:58:02	M40-49	2	00:17:57	00:01:04	00:28:05	00:00:54	00:10:05
8	163	Elisabeth DeVries	00:59:17	F40-49	2	00:18:42	00:01:06	00:29:55	00:00:41	00:08:56
9	162	Andre Laganse	00:59:51	M30-39	1	00:15:14	00:01:05	00:31:25	00:05:09	00:07:01
10	160	Laura Olafson	00:59:51	F20-29	1	00:15:14	00:01:05	00:35:31	00:01:04	00:07:01