

# 2011 XTERRA Vernon

Vernon, BC | Saturday, June 25th, 2011

## Overall Full Distance

Overall	Gender:plc	Age	Age Plc	Race #	Name	City	Swim (1500m)	Run Plc	Bike (21.15km)	Bike Plc	Run(11.5km)	Run Plc	Overall	Comments
1-14	M:1/12	40-49	1-4	67	Cal Zaryski	Calgary, AB	0:21:22	2-14	1:10:58	1-14	0:50:53	3-14	2:23:13	
2-14	M:2/12	30-39	1-5	56	Ian Crosthwaite	Westbank, BC	0:21:24	3-14	1:16:13	3-14	0:53:22	4-14	2:30:59	
3-14	F:1/2	30-39	1-1	49	Danelle Kabush	Calgary, AB	0:21:58	4-14	1:21:24	5-14	0:50:49	2-14	2:34:11	
4-14	M:3/12	30-39	2-5	52	Warren Ellis	Salmon Arm, BC	0:26:21	6-14	1:13:26	2-14	0:56:08	8-14	2:35:55	
5-14	M:4/12	40-49	2-4	65	Sean Clark	Maple Ridge, BC	0:22:08	5-14	1:20:59	4-14	0:54:11	5-14	2:37:18	
6-14	M:5/12	30-39	3-5	61	Mike Cabigon	Edmonton, AB	0:26:40	8-14	1:28:34	9-14	0:49:35	1-14	2:44:49	*Rode 2nd Bike Lap on Flat*
7-14	M:6/12	30-39	4-5	60	Jonathon Osland	North Vancouver, BC	0:26:28	7-14	1:23:14	6-14	0:57:21	9-14	2:47:03	
8-14	M:7/12	40-49	3-4	38	Roger Smith	Parsons, BC	0:28:30	10-14	1:24:34	7-14	0:54:13	6-14	2:47:17	
9-14	M:8/12	20-29	1-2	37	Andrew Dingwall	Penticton, BC	0:27:34	9-14	1:24:34	8-14	1:03:07	10-14	2:55:15	
10-14	M:9/12	40-49	4-4	42	Gord McInnes	Kelowna, BC	0:28:45	12-14	1:38:32	10-14	0:54:50	7-14	3:02:07	
11-14	F:2/2	20-29	1-1	41	Rebecca Staynor	North Vancouver, BC	0:20:53	1-14	1:43:29	11-14	1:10:44	11-14	3:15:06	
12-14	M:10/12	20-29	2-2	50	Carl Schrader	Kelowna, BC	0:53:01	14/14	2:05:49	12-14	1:28:00	12-14	4:26:50	*Completed only 1 bike lap due to Time Constraints*
13/14	M:11/12	50+	1-1	40	Gerald Kugelmass	Calgary, AB	0:28:54	13/14	2:27:05	13/14	1:37:56	14/14	4:33:55	
14/14	M:12/12	30-39	5-5	43	Chris Seguin	Kamloops, BC	0:28:39	11-14	2:59:14	14/14	1:31:58	13/14	4:59:51	*Broken Crank*

## Overall Sport Distance

Overall	Gender:plc	Age	Age Plc	Race #	Name	City	Swim(750m)	Swim Plc	Bike (12.25km)	Bike Plc	Run(6.25km)	Run Plc	Overall	Comments
1-11	F:1/3	50+	1-1	66	Cindy Garvin	Vernon, BC	0:16:51	10-11	1:00:02	4-11	0:40:05	4-11	1:56:58	
2-11	F:2/3	20-49	1-2	68	Sarah McMillan	Penticton, BC	0:12:38	2-11	0:56:33	3-11	0:49:13	8-11	1:58:24	Ran 8.85km by mistake
3-11	M:1/8	20-49	1-8	59	Brett Poulin	Vernon, BC	0:13:45	3-11	1:07:10	7-11	0:38:21	3-11	1:59:16	
4-11	F:3/3	20-49	2-2	58	Carla Peters	Vernon, BC	0:14:21	4-11	1:08:44	10-11	0:36:41	2-11	1:59:46	
5-11	M:2/8	20-49	2-8	44	Eli Budwill	Kamloops, BC	0:15:19	5-11	1:00:05	5-11	0:44:27	7-11	1:59:51	Ran 8.85km by mistake
6-11	M:3/8	20-49	3-8	55	Simon Ferguson	Kelowna, BC	0:16:36	9-11	0:53:06	1-11	0:54:46	10-11	2:04:28	Ran 8.85km by mistake
7-11	M:4/8	20-49	4-8	46	Jason Doyle	Coldstream, BC	0:15:20	6-11	1:08:16	9-11	0:41:54	5-11	2:05:30	
8-11	M:5/8	20-49	5-8	57	Rick Salsa	Kelowna, BC	0:15:37	7-11	1:20:49	11-11	0:34:31	1-11	2:10:57	*Flatted on bike, walked in**
9-11	M:6/8	20-49	6-8	45	Wade Muir	Kamloops, BC	0:16:11	8-11	1:05:03	6-11	0:51:27	9-11	2:12:41	Ran 8.85km by mistake
10-11	M:7/8	20-49	7-8	47	Kent Burnham	Vernon, BC	0:28:15	11-11	1:08:14	8-11	0:43:07	6-11	2:19:36	
11-11	M:8/8	20-49	8-8	51	Chris Kent	Fruitvale, BC	0:11:47	1-11	0:54:15	2-11	0:34:31	11-11	1:40:33	*Wrong Run loop-only 1 lower and 1 upper*

## Overall Sport Distance - Duathlon

Overall Plc	Gender:plc	Age	Age Plc	Race #	Name	City	Run(3.15km)	Run Plc	Bike (12.25km)	Bike Plc	Run(6.25km)	Run Plc	Overall	Comments
1-3	M:1/3	15-19	1-1	48	Eric Byram	Vernon, BC	0:15:47	1-3	1:00:35	2-3	0:31:59	1-3	1:48:21	
2-3	M:2/3	50+	1-1	54	Erik Danielsen	Kelowna, BC	0:16:23	2-3	0:55:21	1-3	0:38:59	2-3	1:50:43	
3-3	M:3/3	20-49	1-1	39	Troy Berkley	Calgary, AB	0:17:58	3-3	1:20:12	3-3	0:44:33	3-3	2:22:43	