

Sylvan Lake
 Half Iron
 Sylvan Lake, AB
 July 26, 2009

Timing by "Results Canada" 780-416-5124

Half Iron Relay Female Team Results

-----FINAL-----							1.9 KM			90 KM			21.1 KM		
Pos	Time	Name	City	Category		#	-----SWIM-----			-----BIKE-----			-----RUN-----		
				Plc/Total	Category		Cat	Ovr	Time /100m	Cat	Ovr	Time	Km/Hr	Cat	Ovr
1	5:22:27	Border Babes		1/6	Female Team	195	1	31:21	1:39	2	3:00:15	30.0	3	1:50:52	5:16
2	5:25:16	Here Goes		2/6	Female Team	196	4	38:11	2:01	1	2:59:01	30.2	2	1:48:05	5:08
3	5:45:12	TEAM J.P.B.		3/6	Female Team	204	2	31:23	1:40	3	3:08:55	28.6	5	2:04:54	5:56
4	6:11:29	Team J Force - Canmore Mama'		4/6	Female Team	199	3	36:03	1:54	5	3:51:26	23.3	1	1:44:01	4:56
5	6:38:21	The New J-Force		5/6	Female Team	230	5	45:21	2:24	4	3:49:19	23.5	4	2:03:42	5:52
6	7:21:48	Margarita girls		6/6	Female Team	197	6	45:54	2:25	6	4:00:41	22.4	6	2:35:14	7:22

Half Iron Relay Male Team Results

-----FINAL-----							1.9 KM			90 KM			21.1 KM		
Pos	Time	Name	City	Category		#	-----SWIM-----			-----BIKE-----			-----RUN-----		
				Plc/Total	Category		Cat	Ovr	Time /100m	Cat	Ovr	Time	Km/Hr	Cat	Ovr
1	5:16:23	IBI Roadrunners		1/3	Male Team	173	1	29:41	1:30	1	2:53:54	31.1	2	1:52:49	5:21
2	5:19:43	Big Jim and the Speedsters		2/3	Male Team	171	3	46:09	2:19	2	2:55:05	30.8	1	1:38:31	4:41
3	5:44:08	Fellowman		3/3	Male Team	172	2	45:23	2:17	3	2:58:59	30.2	3	1:59:47	5:41

Half Iron Relay Mixed Team Results

-----FINAL-----							1.9 KM			90 KM			21.1 KM		
Pos	Time	Name	City	Category		#	-----SWIM-----			-----BIKE-----			-----RUN-----		
				Plc/Total	Category		Cat	Ovr	Time /100m	Cat	Ovr	Time	Km/Hr	Cat	Ovr
1	4:36:57	Two Loonies make a Toonie		1/22	Mixed Team	194	9	32:48	1:39	1	2:31:39	35.6	2	1:32:31	4:24
2	4:37:12	Fins Wheels & Feet		2/22	Mixed Team	179	1	28:20	1:25	3	2:44:26	32.8	1	1:24:27	4:01
3	4:54:56	Team Larsen		3/22	Mixed Team	201	4	31:02	1:34	5	2:50:35	31.7	3	1:33:20	4:26
4	5:06:14	Original JForcers		4/22	Mixed Team	185	2	29:28	1:29	2	2:41:19	33.5	12	1:55:27	5:29
5	5:07:26	JForce Winners		5/22	Mixed Team	183	15	37:45	1:54	6	2:53:33	31.1	4	1:36:10	4:34
6	5:12:43	The Triath Elites		6/22	Mixed Team	190	5	31:04	1:34	7	2:54:59	30.9	7	1:46:41	5:04
7	5:15:02	Team Jay InForceables		7/22	Mixed Team	198	10	35:27	1:47	10	2:56:37	30.6	6	1:42:58	4:53
8	5:27:31	Talisman		8/22	Mixed Team	188	6	31:07	1:34	4	2:48:58	32.0	16	2:07:27	6:03
9	5:31:51	Semi Luck		9/22	Mixed Team	187	8	31:43	1:36	13	3:12:02	28.1	8	1:48:07	5:08
10	5:35:45	Fins and Paddles		10/22	Mixed Team	178	11	35:30	1:47	9	2:56:28	30.6	14	2:03:48	5:52
11	5:38:12	Barnyardigans		11/22	Mixed Team	203	20	43:14	2:10	14	3:14:20	27.8	5	1:40:39	4:47
12	5:42:25	Two dots and a dash		12/22	Mixed Team	200	22	45:26	2:17	8	2:55:55	30.7	13	2:01:06	5:45
13	5:46:53	The Woods Connection		13/22	Mixed Team	191	7	31:18	1:34	12	3:08:26	28.7	15	2:07:10	6:02
14	5:49:26	Get It Done		14/22	Mixed Team	229	14	37:41	1:54	17	3:21:39	26.8	10	1:50:08	5:14
15	5:59:03	Irie Irene & the JForce Funk		15/22	Mixed Team	181	16	37:48	1:54	18	3:32:21	25.4	9	1:48:55	5:10
16	6:03:44	Two Girls and a Guy		16/22	Mixed Team	193	13	36:28	1:50	11	3:00:45	29.9	20	2:26:32	6:57
17	6:06:41	The Mermaid Clydesdale and L		17/22	Mixed Team	189	18	41:01	2:04	19	3:34:55	25.1	11	1:50:46	5:15
18	6:08:25	Triple Threat		18/22	Mixed Team	192	21	45:09	2:16	15	3:14:31	27.8	17	2:08:46	6:07
19	6:25:51	Mayor's Task Force		19/22	Mixed Team	184	3	29:50	1:30	16	3:19:40	27.0	21	2:36:22	7:25
20	6:35:34	Fossil Fuel		20/22	Mixed Team	180	17	39:16	1:58	20	3:41:10	24.4	18	2:15:09	6:25
21	6:54:07	Jayforce		21/22	Mixed Team	182	12	35:48	1:48	22	3:58:30	22.6	19	2:19:49	6:38
22	7:14:02	BOB		22/22	Mixed Team	177	19	42:49	2:09	21	3:51:38	23.3	22	2:39:36	7:34