

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

Timing by "Results Canada" 780-416-5124

Half Iron Relay Team Results

-----FINAL-----											
1.9 KM				90 KM				21.1 KM			
SWIM				BIKE				RUN			
Pos	Time	Name		City	Plc/Total	Category				#	
Cat	Ovr	Time	/100m	Cat	Ovr	Time	Km/Hr	Cat	Ovr	Time	/km
1	4:36:57	Two Loonies		make a Toonie				1/22		Mixed	
Team	194	12	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	5	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	17	1:55:27	5:29	
5	5:07:26	JForce Winners						5/22		Mixed	
Team	183	19	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	6	31:04	1:34	8	2:54:59	30.9	9	1:46:41	5:04	
7	5:15:02	Team Jay InForceables						7/22		Mixed	
Team	198	13	35:27	1:47	12	2:56:37	30.6	7	1:42:58	4:53	
8	5:16:23	IBI Roadrunners						1/3		Male Team	
173	3	29:41	1:30		7	2:53:54	31.1	16	1:52:49	5:21	
9	5:19:43	Big Jim and the Speedsters						2/3		Male Team	
171	31	46:09	2:19		9	2:55:05	30.8	5	1:38:31	4:41	
10	5:22:27	Border Babes						1/6		Female	
Team	195	9	31:21	1:35	15	3:00:15	30.0	15	1:50:52	5:16	
11	5:25:16	Here Goes						2/6		Female	
Team	196	21	38:11	1:55	14	2:59:01	30.2	10	1:48:05	5:08	
12	5:27:31	Talisman						8/22		Mixed	
Team	188	7	31:07	1:34	4	2:48:58	32.0	24	2:07:27	6:03	
13	5:31:51	Semi Luck						9/22		Mixed	
Team	187	11	31:43	1:36	19	3:12:02	28.1	11	1:48:07	5:08	
14	5:35:45	Fins and Paddles						10/22		Mixed	
Team	178	14	35:30	1:47	11	2:56:28	30.6	21	2:03:48	5:52	
15	5:38:12	Barnyardigans						11/22		Mixed	
Team	203	25	43:14	2:10	20	3:14:20	27.8	6	1:40:39	4:47	
16	5:42:25	Two dots and a dash						12/22		Mixed	
Team	200	29	45:26	2:17	10	2:55:55	30.7	19	2:01:06	5:45	
17	5:44:08	Fellowman						3/3		Male Team	
172	28	45:23	2:17		13	2:58:59	30.2	18	1:59:47	5:41	
18	5:45:12	TEAM J.P.B.						3/6		Female	
Team	204	10	31:23	1:35	18	3:08:55	28.6	22	2:04:54	5:56	
19	5:46:53	The Woods Connection						13/22		Mixed	
Team	191	8	31:18	1:34	17	3:08:26	28.7	23	2:07:10	6:02	

20	5:49:26	Get It Done						14/22	Mixed
Team	229	18	37:41	1:54	23	3:21:39	26.8	13	1:50:08 5:14
21	5:59:03	Irie Irene & the	JForce	Funk				15/22	Mixed
Team	181	20	37:48	1:54	24	3:32:21	25.4	12	1:48:55 5:10
22	6:03:44	Two Girls and a	Guy					16/22	Mixed
Team	193	17	36:28	1:50	16	3:00:45	29.9	28	2:26:32 6:57
23	6:06:41	The Mermaid	Clydesdale	and L				17/22	Mixed
Team	189	23	41:01	2:04	25	3:34:55	25.1	14	1:50:46 5:15
24	6:08:25	Triple Threat						18/22	Mixed
Team	192	26	45:09	2:16	21	3:14:31	27.8	25	2:08:46 6:07
25	6:11:29	Team J Force -	Canmore	Mama'				4/6	Female
Team	199	16	36:03	1:49	28	3:51:26	23.3	8	1:44:01 4:56
26	6:25:51	Mayor's Task	Force					19/22	Mixed
Team	184	4	29:50	1:30	22	3:19:40	27.0	30	2:36:22 7:25
27	6:35:34	Fossil Fuel						20/22	Mixed
Team	180	22	39:16	1:58	26	3:41:10	24.4	26	2:15:09 6:25
28	6:38:21	The New J-Force						5/6	Female
Team	230	27	45:21	2:17	27	3:49:19	23.5	20	2:03:42 5:52
29	6:54:07	Jayforce						21/22	Mixed
Team	182	15	35:48	1:48	30	3:58:30	22.6	27	2:19:49 6:38
30	7:14:02	BOB						22/22	Mixed
Team	177	24	42:49	2:09	29	3:51:38	23.3	31	2:39:36 7:34
31	7:21:48	Margarita girls						6/6	Female
Team	197	30	45:54	2:18	31	4:00:41	22.4	29	2:35:14 7:22