

2019 Peddle Paddle Pound Results

Location: Ingraham Trail
Weather: Sunny, 17C

Race Director: D. MacMillan
Date: Saturday, August 18, 2019

Category: Solo Men

Place	First Name	Last Name	Bike ~18km	km/hr	Paddle	km/hr	Run (~7.3km)	Pace (min/km)	Overall
1	Gonzalo	Espinosa	30:00	36.0	01:45:00	6.3	0:32:50	04:30	2:47:50
2	Mark	Cliffe-Phillips	34:00	31.8	02:06:00	5.2	0:41:00	05:37	3:21:00
3	Mike	Palmer	30:00	36.0	02:25:00	4.6	0:37:52	05:11	3:32:52

Category: Solo Women

Place	First Name	Last Name	Bike ~18km	km/hr	Paddle	km/hr	Run (~7.3km)	Pace (min/km)	Overall
1	Arlene	Cliffe-Phillips	34:00	31.8	2:06:00	5.2	0:38:36	05:17	3:18:36
2	Jocelyn	Apps	40:00	27.0	2:02:00	5.4	0:44:37	06:07	3:26:37

Category: Tandem

Place*	First Name	Last Name	Bike ~18km	km/hr	Paddle	km/hr	Run (~7.3km)	Pace (min/km)	Overall
1	Shawne	Kokelj	40:00	27.0	2:00:00	5.5	0:43:57	06:01	3:23:57
	Makoa	Kokelj	40:00	27.0					
2	Alice	Domalik	42:00	25.7	2:06:00	5.2	0:50:45	06:57	3:38:45
	Moses	Hernandez			2:06:00				
3	Edith	Martel	35:00	30.9	2:07:00	5.2	1:02:00	08:30	3:44:00
	Antoine	Martel	35:00	30.9					
4	Heidi	Boudreau	38:00	28.4	2:06:00	5.2	0:40:48	05:35	3:24:48
	Harold	Hunt			2:06:00				
5	Ashley	Janes	41:00	26.3	2:13:00	5.0	0:47:00	06:26	3:41:00
	Chris	Hewitt	37:00	29.2					

*Place determined as first teammate to cross the finish

Category: Team

Place	First Name	Last Name	Bike ~18km	km/hr	Paddle	km/hr	Run (~7.3km)	Pace (min/km)	Overall
1	Peddle to the Medal								3:12:36
	Matthew	Mossman	37:00	29.2		5.3			
	Nathan	Ensing			2:04:00				
	Jeff	Round							
	Brad	Patzer						0:31:36	04:20