

2022 Peddle Paddle Pound Results

Location: Ingraham Trail
Weather: Sunny, 26C

Race Director: D. MacMillan
Date: Saturday, August 14, 2022

Category: Solo Men

Place	First Name	Last Name	Bib No.	Bike 18km	km/hr	Paddle	km/hr	Run (7km)	Pace (min/km)	Overall
1	Gonzalo	Espinosa	623	30:00	36.0	01:44:00	6.3	0:35:43	05:06	2:49:43
2	Matt	Murray	627	32:00	33.8	01:49:00	6.1	0:33:40	04:49	2:54:40
3	Paul	Mercredi	641	39:00	27.7	01:58:00	5.6	0:44:37	06:22	3:21:37
4	Antione	Martel	644	32:00	33.8	02:42:00	4.1	0:35:25	05:04	3:49:25
5	Michael	Apps	646	44:00	24.5	02:25:00	4.6	0:44:12	06:19	3:53:12

Category: Solo Women

Place	First Name	Last Name	Bib No.	Bike 18km	km/hr	Paddle	km/hr	Run (7km)	Pace (min/km)	Overall
1	Kate	Covello	628	36:00	30.0	01:45:00	6.3	0:40:25	05:46	3:01:25
2	Jocelyn	Apps	645	43:00	25.1	02:28:00	4.5	0:47:20	06:46	3:58:20

Category: Tandem

Place	First Name	Last Name	Bib No.	Bike 18km	km/hr	Paddle	km/hr	Run (7km)	Pace (min/km)	Overall
1	David	Mahon	638	37:00	29.2	2:06:00	5.2	0:44:57	06:25	3:27:57
	Clarinda	Spijkerman	340	37:00	29.2	2:06:00	5.2	0:44:57	06:25	3:27:57
2	Meg	McCluskie	642	51:00	21.2	2:27:00	4.5	0:54:08	07:44	4:12:08
	Hanna	Lewing	643	51:00	21.2	2:27:00	4.5	0:54:08	07:44	4:12:08

Category: Team

Place	First Name	Last Name	Bib No.	Position	Bike 18km	km/hr	Paddle	km/hr	Run (7km)	Pace (min/km)	Overall
1	Team Cadieux				39:00	27.7	1:52:00	5.9	0:38:48	05:33	3:09:48
	Eric	Cadieux	625	Bike/Paddle/Run							
	Frederike	Bergeron	626	Paddle							
2	Team Wrigglesworth				43:00	25.1	2:20:00	4.7	0:38:50	05:33	3:41:50
	Levi	Karpa	624	Bike							
	Patrick	Wrigglesworth	636	Paddle							
	Travis	Weagant	637	Run							
3	Team Javarunners				42:00	25.7	2:19:00	4.7	0:54:40	07:49	3:55:40
	Len	McDonald	639	Bike							
	Andrea	Giesbrecht	634	Paddle							
	Chris	Green	635	Paddle							
	Austin	Marshall	633	Run							
4	Team Sibley				43:00	25.1	2:33:00	4.3	0:51:34	07:22	4:07:34
	Megan	Miskiman	629	Bike							
	Sarah	Sibley	632	Paddle							
	Julia	Gyapay	630	Paddle							
	Nicole	Garbutt	631	Run							