



2<sup>ND</sup> ANNUAL  
**CAPITAL Y TRI**  
Official Results

Rank	Bib.	Name	Class	(Rank)	Swim Rank	Bike Rank	Run Rank	Time	Gap
<b>Men</b>									
1	39	Malinowski Andrew	Men 30-39	(1)	6:56.7 (2)	33:46.2 (2)	20:45.7 (2)	<b>1h01:28.8</b>	
2	43	Lewis Chad	Men 40-49	(1)	7:20.0 (6)	32:10.8 (1)	22:08.7 (3)	<b>1h01:39.6</b>	10.8
3	53	Conkin Ty	Men 30-39	(2)	7:51.8 (7)	34:45.6 (6)	20:25.9 (1)	<b>1h03:08.5</b>	1:39.7
4	24	Oickle Robert	Men 60+	(1)	7:17.8 (5)	33:50.5 (3)	22:40.4 (5)	<b>1h03:48.8</b>	2:20.0
5	23	O'Connor Gregory	Men 20-29	(1)	5:37.5 (1)	35:09.0 (7)	23:40.5 (7)	<b>1h04:27.2</b>	2:58.4
6	48	Harwood Greg	Men 50-59	(1)	6:58.6 (3)	34:19.3 (4)	26:23.9 (11)	<b>1h07:41.9</b>	6:13.1
7	16	Boyd Gregory	Men 50-59	(2)	9:15.4 (9)	36:31.3 (8)	25:18.6 (8)	<b>1h11:05.4</b>	9:36.6
8	25	Plaisted Scott	Men 40-49	(2)	6:59.7 (4)	38:09.5 (9)	26:29.2 (12)	<b>1h11:38.6</b>	10:09.8
9	51	Berube Michael	Men 50-59	(3)	9:23.9 (11)	34:38.1 (5)	28:20.3 (15)	<b>1h12:22.4</b>	10:53.6
10	18	Delisle Jeffrey	Men 40-49	(3)	10:53.6 (14)	40:21.0 (10)	22:40.8 (6)	<b>1h13:55.5</b>	12:26.7
11	33	Harmon Ryan	Men 40-49	(4)	8:29.2 (8)	43:46.7 (13)	25:55.0 (9)	<b>1h18:11.1</b>	16:42.3
12	4	Glidden John	Men 20-29	(2)	9:15.5 (10)	47:08.5 (15)	22:15.9 (4)	<b>1h18:40.1</b>	17:11.3
13	27	Wheeler TJ	Men 40-49	(5)	10:25.4 (13)	44:16.4 (14)	28:04.2 (14)	<b>1h22:46.1</b>	21:17.3
14	20	Hughes Francis	Men 50-59	(4)	12:31.4 (16)	41:55.3 (12)	28:38.9 (16)	<b>1h23:05.7</b>	21:36.9
15	8	Green Wilmont	Men 50-59	(5)	14:26.8 (17)	40:57.0 (11)	27:56.9 (13)	<b>1h23:20.9</b>	21:52.1
16	22	Murphy Jim	Men 40-49	(6)	9:35.5 (12)	49:57.3 (16)	26:02.5 (10)	<b>1h25:35.4</b>	24:06.6
17	12	Mitchell Clyde	Men 40-49	(7)	11:25.6 (15)	50:56.0 (17)	29:11.7 (17)	<b>1h31:33.4</b>	30:04.6

### Women

1	52	Lizotte Melissa	Men 30-39	(1)	8:37.3 (12)	33:50.0 (1)	24:45.4 (2)	<b>1h07:12.8</b>	
2	21	L'Heuleurx Catherine	Women 40-49	(1)	7:00.7 (3)	37:28.4 (2)	27:56.9 (11)	<b>1h12:26.1</b>	5:13.3
3	49	Guadalupi Anne	Women 19 and Under	(1)	6:17.5 (2)	43:05.4 (10)	25:45.8 (5)	<b>1h15:08.8</b>	7:56.0
4	41	Walden Melissa	Women 20-29	(1)	7:54.7 (6)	40:03.2 (3)	27:23.0 (10)	<b>1h15:21.1</b>	8:08.3
5	47	Guadalupi Cecilia	Women 19 and Under	(2)	6:05.2 (1)	46:55.7 (15)	23:48.4 (1)	<b>1h16:49.4</b>	9:36.6
6	17	Conklin Erika	Women 30-39	(1)	8:48.3 (15)	42:58.2 (9)	25:42.8 (3)	<b>1h17:29.4</b>	10:16.6
7	42	Therault Autumn	Women 30-39	(2)	7:57.6 (7)	41:22.2 (4)	28:21.4 (14)	<b>1h17:41.4</b>	10:28.6
8	35	Pouliot Denise	Women 50-59	(1)	8:26.1 (9)	42:23.9 (6)	27:06.1 (9)	<b>1h17:56.2</b>	10:43.4
9	38	Harwood Linda	Women 40-49	(2)	8:46.5 (14)	42:41.8 (7)	26:57.0 (8)	<b>1h18:25.3</b>	11:12.5
10	11	Ferran Shannon	Women 30-39	(3)	9:30.8 (19)	41:34.8 (5)	27:56.9 (11)	<b>1h19:02.6</b>	11:49.8
11	37	Fromm Laurie	Women 50-59	(2)	8:06.2 (8)	46:50.1 (13)	25:43.5 (4)	<b>1h20:39.9</b>	13:27.1
12	28	Wilson Heather	Women 30-39	(4)	8:27.9 (10)	42:53.9 (8)	29:58.5 (17)	<b>1h21:20.4</b>	14:07.6
13	19	Delisle Michelle	Women 30-39	(5)	9:47.7 (20)	45:50.3 (12)	26:11.5 (7)	<b>1h21:49.6</b>	14:36.8
14	34	Lemieux Michelle	Women 20-29	(2)	7:12.6 (4)	46:50.1 (13)	29:49.9 (16)	<b>1h23:52.7</b>	16:39.9
15	1	Burke Christine	Women 50-59	(3)	12:18.0 (23)	47:04.6 (16)	25:55.5 (6)	<b>1h25:18.2</b>	18:05.4
16	32	Godfrey Barbara	Women 60+	(1)	7:50.1 (5)	45:48.7 (11)	33:21.9 (20)	<b>1h27:00.8</b>	19:48.0
17	15	Bilodeau Sara	Women 40-49	(3)	9:17.6 (16)	50:22.1 (21)	28:07.5 (13)	<b>1h27:47.3</b>	20:34.5
18	6	Nohr Jamie	Women 30-39	(6)	8:43.2 (13)	49:13.3 (18)	31:45.4 (18)	<b>1h29:46.0</b>	22:33.2
19	2	Chasse Elizabeth	Women 40-49	(4)	9:29.3 (18)	51:15.5 (22)	32:02.3 (19)	<b>1h32:47.2</b>	25:34.4
20	50	Krusinski Laura	Women 50-59	(4)	9:23.1 (17)	56:47.4 (24)	28:34.7 (15)	<b>1h34:45.3</b>	27:32.5
21	44	Mitchell Michelle	Women 40-49	(5)	8:31.1 (11)	50:10.0 (20)	40:41.3 (24)	<b>1h39:22.4</b>	32:09.6
22	10	Osborne Elizabeth	Women 40-49	(6)	11:00.5 (22)	49:29.5 (19)	39:16.7 (22)	<b>1h39:46.8</b>	32:34.0
23	36	Sage Nancy	Women 60+	(2)	10:15.4 (21)	49:06.0 (17)	40:29.8 (23)	<b>1h39:51.3</b>	32:38.5
24	7	Wynne Constance	Women 50-59	(5)	13:42.7 (24)	55:27.6 (23)	38:39.2 (21)	<b>1h47:49.6</b>	40:36.8