



2ND ANNUAL
CAPITAL Y TRI
Official Results

Rank	Bib.	Name	Swim Rank	Bike Rank	Run Rank	Time	Gap
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Women 19 and Under

1	49	Guadalupi Anne	6:17.5 (2)	43:05.4 (1)	25:45.8 (2)	1h15:08.8	
2	47	Guadalupi Cecilia	6:05.2 (1)	46:55.7 (2)	23:48.4 (1)	1h16:49.4	1:40.6

Women 20-29

1	41	Walden Melissa	7:54.7 (2)	40:03.2 (1)	27:23.0 (1)	1h15:21.1	
2	34	Lemieux Michelle	7:12.6 (1)	46:50.1 (2)	29:49.9 (2)	1h23:52.7	8:31.6

Men 20-29

1	23	O'Connor Gregory	5:37.5 (1)	35:09.0 (1)	23:40.5 (2)	1h04:27.2	
2	4	Glidden John	9:15.5 (2)	47:08.5 (2)	22:15.9 (1)	1h18:40.1	14:12.9

Women 30-39

1	17	Conklin Erika	8:48.3 (4)	42:58.2 (4)	25:42.8 (1)	1h17:29.4	
2	42	Theriault Autumn	7:57.6 (1)	41:22.2 (1)	28:21.4 (4)	1h17:41.4	12.0
3	11	Ferran Shannon	9:30.8 (5)	41:34.8 (2)	27:56.9 (3)	1h19:02.6	1:33.2
4	28	Wilson Heather	8:27.9 (2)	42:53.9 (3)	29:58.5 (5)	1h21:20.4	3:51.0
5	19	Delisle Michelle	9:47.7 (6)	45:50.3 (5)	26:11.5 (2)	1h21:49.6	4:20.2
6	6	Nohr Jamie	8:43.2 (3)	49:13.3 (6)	31:45.4 (6)	1h29:46.0	12:16.6

Men 30-39

1	39	Malinowski Andrew	6:56.7 (1)	33:46.2 (1)	20:45.7 (2)	1h01:28.8	
2	53	Conkin Ty	7:51.8 (2)	34:45.6 (3)	20:25.9 (1)	1h03:08.5	1:39.7
3	52	Lizotte Melissa	8:37.3 (3)	33:50.0 (2)	24:45.4 (3)	1h07:12.8	5:44.0

Women 40-49

1	21	L'Heuleux Catherine	7:00.7 (1)	37:28.4 (1)	27:56.9 (2)	1h12:26.1	
2	38	Harwood Linda	8:46.5 (3)	42:41.8 (2)	26:57.0 (1)	1h18:25.3	5:59.2
3	15	Bilodeau Sara	9:17.6 (4)	50:22.1 (5)	28:07.5 (3)	1h27:47.3	15:21.2
4	2	Chasse Elizabeth	9:29.3 (5)	51:15.5 (6)	32:02.3 (4)	1h32:47.2	20:21.1
5	44	Mitchell Michelle	8:31.1 (2)	50:10.0 (4)	40:41.3 (6)	1h39:22.4	26:56.3
6	10	Osborne Elizabeth	11:00.5 (6)	49:29.5 (3)	39:16.7 (5)	1h39:46.8	27:20.7

Men 40-49

1	43	Lewis Chad	7:20.0 (2)	32:10.8 (1)	22:08.7 (1)	1h01:39.6	
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Rank	Bib.	Name	Swim Rank	Bike Rank	Run Rank	Time	Gap
2	25	Plaisted Scott	6:59.7 (1)	38:09.5 (2)	26:29.2 (5)	1h11:38.6	9:59.0
3	18	Delisle Jeffrey	10:53.6 (6)	40:21.0 (3)	22:40.8 (2)	1h13:55.5	12:15.9
4	33	Harmon Ryan	8:29.2 (3)	43:46.7 (4)	25:55.0 (3)	1h18:11.1	16:31.5
5	27	Wheeler TJ	10:25.4 (5)	44:16.4 (5)	28:04.2 (6)	1h22:46.1	21:06.5
6	22	Murphy Jim	9:35.5 (4)	49:57.3 (6)	26:02.5 (4)	1h25:35.4	23:55.8
7	12	Mitchell Clyde	11:25.6 (7)	50:56.0 (7)	29:11.7 (7)	1h31:33.4	29:53.8

Women 50-59

1	35	Pouliot Denise	8:26.1 (2)	42:23.9 (1)	27:06.1 (3)	1h17:56.2	
2	37	Fromm Laurie	8:06.2 (1)	46:50.1 (2)	25:43.5 (1)	1h20:39.9	2:43.7
3	1	Burke Christine	12:18.0 (4)	47:04.6 (3)	25:55.5 (2)	1h25:18.2	7:22.0
4	50	Krusinski Laura	9:23.1 (3)	56:47.4 (5)	28:34.7 (4)	1h34:45.3	16:49.1
5	7	Wynne Constance	13:42.7 (5)	55:27.6 (4)	38:39.2 (5)	1h47:49.6	29:53.4

Men 50-59

1	48	Harwood Greg	6:58.6 (1)	34:19.3 (1)	26:23.9 (2)	1h07:41.9	
2	16	Boyd Gregory	9:15.4 (2)	36:31.3 (3)	25:18.6 (1)	1h11:05.4	3:23.5
3	51	Berube Michael	9:23.9 (3)	34:38.1 (2)	28:20.3 (4)	1h12:22.4	4:40.5
4	20	Hughes Francis	12:31.4 (4)	41:55.3 (5)	28:38.9 (5)	1h23:05.7	15:23.8
5	8	Green Wilmont	14:26.8 (5)	40:57.0 (4)	27:56.9 (3)	1h23:20.9	15:39.0

Women 60+

1	32	Godfrey Barbara	7:50.1 (1)	45:48.7 (1)	33:21.9 (1)	1h27:00.8	
2	36	Sage Nancy	10:15.4 (2)	49:06.0 (2)	40:29.8 (2)	1h39:51.3	12:50.5

Men 60+

1	24	Oickle Robert	7:17.8 (1)	33:50.5 (1)	22:40.4 (1)	1h03:48.8	
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