

**Long Lake Triathlon**  
**August 8, 2010**  
**Results by Category**  
**Hosted by the Boreal Adventure Running Association**  
**Timing: Marg White**

	Category	Bib No.	Start Time	Swim In	Bike In	Bike Time	Run Lap 1 In	Lap 1 Time	Run Lap 2 In	Lap 2 Time	Total Run Time	Over All Time	
<b>Individual</b>													
	<b>Male</b>												
	<b>Junior</b>												
1	Marten Sealy	JM	123	0:00:00	0:20:15	1:40:31	1:20:16	2:10:24	0:29:53	2:29:29	0:19:05	0:48:58	2:29:29
	<b>Open</b>												
1	Ian Parker	OM	133	0:00:00	0:15:24	1:02:46	0:47:22	1:19:05	<b>0:16:19</b>	1:33:11	<b>0:14:06</b>	<b>0:30:25</b>	<b>1:33:11</b>
2	Joel Macht	OM	136	0:00:00	<b>0:12:20</b>	1:02:48	0:50:28	1:18:52	0:16:04	1:33:19	0:14:27	0:30:31	1:33:19
3	Shawn Taylor	OM	146	0:00:00	0:17:30	1:09:32	0:52:02	1:27:27	0:17:55	1:44:33	0:17:06	0:35:01	1:44:33
4	Nick Mauro	OM	129	0:00:00	0:21:04	1:20:29	0:59:25	1:38:09	0:17:40	1:55:45	0:17:36	0:35:16	1:55:45
5	Ryan Warshawski	OM	105	0:00:00	0:18:54	1:18:57	1:00:03	1:38:33	0:19:36	1:56:47	0:18:14	0:37:50	1:56:47
6	Kai Tai Li	OM	121	0:00:00	0:15:54	1:38:17	1:22:23	1:57:26	0:19:09	2:18:06	0:20:40	0:39:49	2:18:06
	<b>Masters</b>												
1	Tim Sellars	MM	132	0:00:00	<b>0:12:20</b>	1:07:46	0:55:26	1:26:17	0:18:31	1:43:41	0:17:24	0:35:55	1:43:41
2	John Berryman	MM	144	0:00:00	0:16:52	1:19:38	1:02:46	1:38:52	0:19:14	1:56:24	0:17:32	0:36:46	1:56:24
3	Joshua Robinson	MM	143	0:00:00	0:21:05	1:33:37	1:12:32	1:56:48	0:23:11	2:16:47	0:19:59	0:43:10	2:16:47
4	Rodger Armstrong	MM	100	0:00:00	0:18:39	1:39:13	1:20:34	2:05:50	0:26:37	2:32:54	0:27:04	0:53:41	2:32:54
	<b>Masters+</b>												
1	Bill Parry	MM+	125	0:00:00	0:15:49	1:08:05	0:52:16	1:24:42	0:16:37	1:39:46	0:15:04	0:31:41	1:39:46
2	Bernard Walsh	MM+	98	0:00:00	0:20:31	DNF							
	<b>Female</b>												
	<b>Open</b>												
1	Helen Eddy	OW	142	0:00:00	0:21:52	1:40:19	1:18:27	2:00:09	0:19:50	2:18:57	0:18:48	0:38:38	2:18:57
	<b>Masters</b>												
1	Jillian Chown	MW	149	0:00:00	0:19:06	1:20:27	1:01:21	1:42:37	0:22:10	DNF			
	<b>Masters+</b>												
1	Christine Paradis	MW+	130	0:00:00	0:17:20	1:45:44	1:28:24	2:10:53	0:25:09	2:35:40	0:24:47	0:49:56	2:35:40
	<b>Teams</b>												
	<b>Male</b>												
1	Cow Tippers	TOM		0:00:00	0:16:42	1:11:36	0:54:54	1:31:02	0:19:26	1:50:47	0:19:45	0:39:11	1:50:47
	<b>Mixed</b>												
1	Rick made us do it	TMIX		0:00:00	0:22:21	1:05:45	<b>0:43:24</b>	1:23:15	0:17:30	1:41:42	0:18:27	0:35:57	1:41:42
2	Cow Dodgers	TMIX		0:00:00	0:15:22	1:04:34	0:49:12	1:22:49	0:18:15	1:41:49	0:19:00	0:37:15	1:41:49
3	The Regulars	TMIX		0:00:00	0:18:07	1:12:17	0:54:10	1:32:14	0:19:57	1:51:45	0:19:31	0:39:28	1:51:45
4	Jen & Roy	TMIX		0:00:00	0:19:32	1:13:01	0:53:29	1:34:19	0:21:18	1:56:23	0:22:04	0:43:22	1:56:23
	<b>Female</b>												
1	KLM	TOW		0:00:00	0:13:38	1:22:00	1:08:22	1:41:55	0:19:55	2:02:34	0:20:39	0:40:34	2:02:34
2	Drown, Crash, Trip	TOW		0:00:00	17:00.0	1:24:54	1:07:54	1:44:35	0:19:41	2:05:04	0:20:29	0:40:10	2:05:04
3	The Long Overdues	TOW		0:00:00	0:18:31	1:26:53	1:08:22	1:48:43	0:21:50	2:12:30	0:23:47	0:45:37	2:12:30
4	The Out-of-Towners	TOW		0:00:00	0:18:18	1:51:56	1:33:38	2:14:20	0:22:24	2:36:49	0:23:49	0:44:53	2:36:49