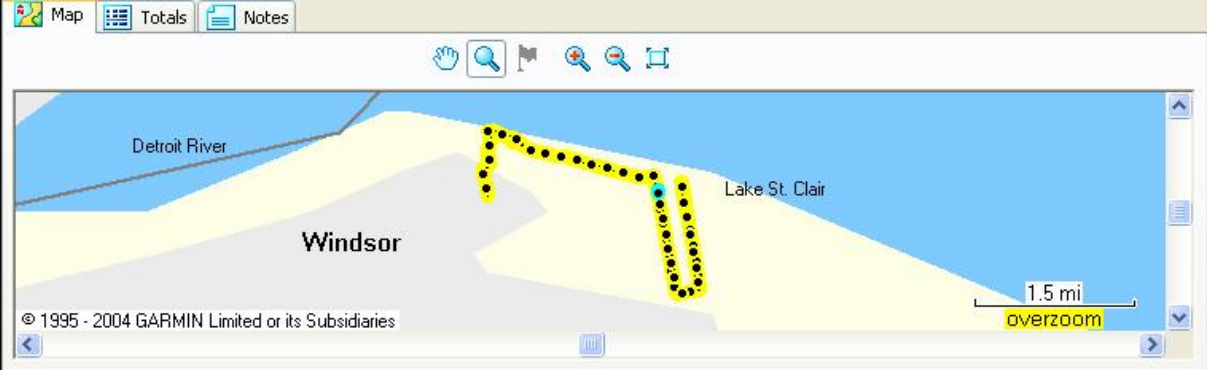


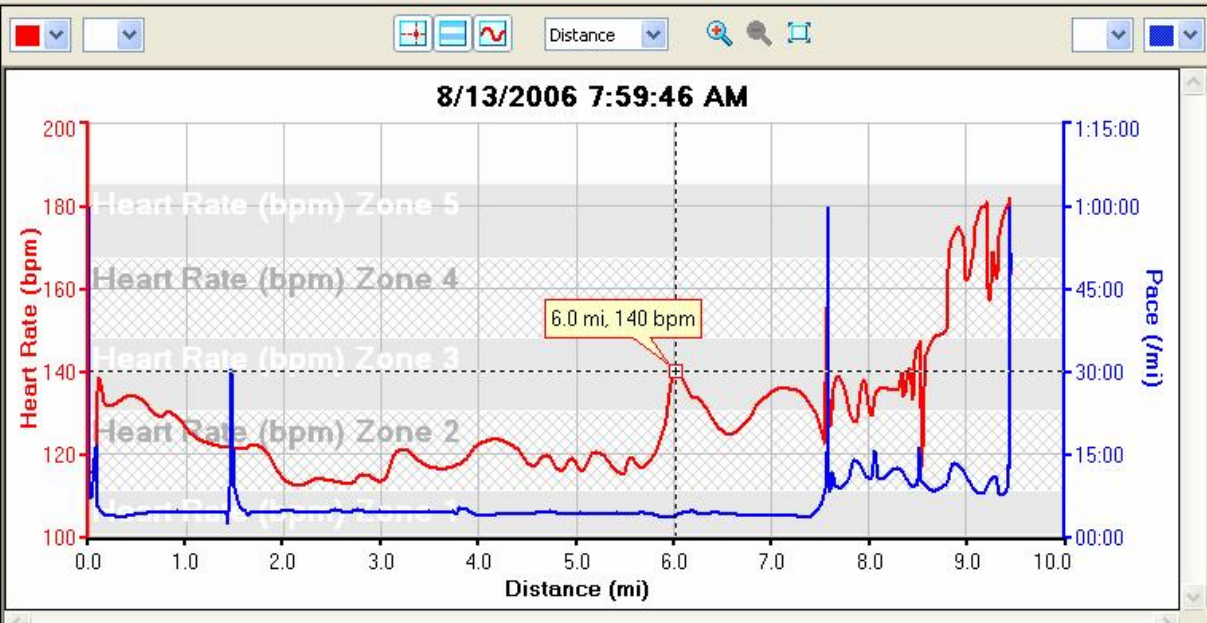
August, 2006

Sun	Mon	Tue	Wed	Thu	Fri	Sat
30	31	1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31	1	2
3	4	5	6	7	8	9

Today: 8/22/2006



- Running
- 8/13/2006 - 8/19/2006
- 8/13/2006 7:59:46 AM
- Biking
- Other
- MultiSport



August, 2006

Sun	Mon	Tue	Wed	Thu	Fri	Sat
30	31	1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31	1	2
3	4	5	6	7	8	9

Today: 8/22/2006

- Running
 - 8/13/2006 - 8/19/2006
 - 8/13/2006 7:59:46 AM
- Biking
- Other
- MultiSport

Name	Total Distance	Total Time	Avg Pace	Avg Speed	Max Speed	Total Calories	Avg Heart Rate	Max Heart Rate	Avg Cadence
8/13/...	9.47 mi	55:22	05:50 /mi	10.3 mph	17.0 mph	1104 cal	133 bpm	182 bpm	0 rpm
Lap 1 ...	7.61 mi	34:43	04:33 /mi	13.1 mph	17.0 mph	810 cal	123 bpm	156 bpm	0 rpm
Lap 2 ...	1.86 mi	20:37	11:04 /mi	5.4 mph	7.8 mph	294 cal	150 bpm	182 bpm	0 rpm
Lap 3 ...	0.59 ft	00:01	59:59 /mi	0.2 mph	0.9 mph	0 cal	162 bpm	162 bpm	255 rpm

Item	Zone 1	Zone 2	Zone 3	Zone 4	Zone 5	Zone 6	Zone 7	Zone 8	Zone 9	Zone 10
Heart Rate (Time)	00:00	29:02	16:55	03:50	06:19					
Heart Rate (Distance)	0 ft	6.1 mi	2.6 mi	0.3 mi	0.6 mi					
Speed (Time)	00:06	00:23	00:59	07:37	16:22	06:05	02:17	01:00	24:18	06:16
Speed (Distance)	28 ft	130 ft	381 ft	0.7 mi	1.6 mi	0.6 mi	0.3 mi	0.2 mi	5.6 mi	1.6 mi

Tim Horton's 11th Annual Windsor Triathlon and Duathlon
Sunday August 13, 2006
GoodLife TRY-A-TRI TRIATHLON

Entrants Finishers		
Total	65	63
Male	26	25
Female	39	38
Unknown	0	0

Place	Bib	Name	Total Time	Class	Place	Swim (300m)		T P	
						Place	Time /100m		
1	449	Paolo Ussegilio	42:35	GM30-34	1/4	5	5:53	1:58	
2	445	Colin Casetin	43:15	GM25-29	1/5	16	6:03	2:01	
3	435	Wilson Ly	43:20	GM15-19	1/2	8	5:56	1:59	
4	474	Jonathan Marcus	43:53	GM25-29	2/5	7	5:56	1:59	
5	459	Evan Harris	44:54	GM40-49	1/5	20	6:05	2:02	
6	457	Paul Gammage	45:01	GM40-49	2/5	34	6:13	2:05	
7	453	Patrick Cobbs	45:36	GM35-39	1/5	10	5:59	2:00	
8	462	Unknown See Timer	46:04	GMNOAGE	1/1	22	6:06	2:02	
9	455	Robert Aguirre	46:13	GM40-49	3/5	13	6:01	2:01	
10	476	Benny Dipasquale	46:51	GM35-39	2/5	24	6:07	2:03	
11	464	Josh Shuttleworth	47:41	GM25-29	3/5	1	5:44	1:55	
12	465	Meaghan O'Hara	48:29	GF25-29	1/5	28	6:08	2:03	
13	488	Mitch Sradly	49:07	GM40-49	4/5	12	6:01	2:01	
14	479	Jared Stone	49:26	GM15-19	2/2	48	6:23	2:08	
15	450	Don Fetter	49:27	GM35-39	3/5	19	6:04	2:02	
16	448	Melanie Walker	49:30	GF30-34	1/4	30	6:10	2:04	
17	486	Jodi Trombley	49:46	GF20-24	1/11	35	6:13	2:05	
18	458	Terry Kennedy	49:47	GF40-49	1/8	33	6:12	2:04	
19	444	Sean Lloyd	50:30	GM25-29	4/5	4	5:52	1:58	
20	452	Sean Dickson	50:38	GM35-39	4/5	15	6:03	2:01	
21	441	Sean Laird	50:42	GM20-24	1/3	25	6:07	2:03	
22	493	Nicole Mahler	50:53	GF35-39	1/3	23	6:07	2:03	
23	470	Claire Tessier	51:18	GF40-49	2/8	45	6:21	2:07	
24	463	Andrea Dochert	51:20	GF15-19	1/6	37	6:14	2:05	
25	472	Renee Worothy	51:30	GF20-24	2/11	26	6:07	2:03	
26	478	Lance Cosgrove	52:13	GM35-39	5/5	3	5:48	1:56	
27	436	Sarah Aubin	52:27	GF20-24	3/11	47	6:23	2:08	
28	481	Stephanie Setler	52:33	GF25-29	2/5	38	6:15	2:05	
29	477	Nobuko Jyawook	52:37	GF30-34	2/4	51	6:30	2:10	
30	482	Jane Loyer	52:43	GF15-19	2/6	2	5:47	1:56	
31	466	Steve Lovell	52:48	GM30-34	2/4	39	6:15	2:05	
32	471	Holly Prince	52:52	GF20-24	4/11	27	6:08	2:03	
33	467	Chris Thomson	53:34	GM30-34	3/4	17	6:04	2:02	
34	480	April Peterson	54:06	GF40-49	3/8	52	6:32	2:11	
35	485	Alejandra Ward	54:40	GF20-24	5/11	50	6:29	2:10	
36	433	Justine Kilby	54:42	GF15-19	3/6	11	6:00	2:00	
37	443	Sarah Feldt	54:54	GF25-29	3/5	40	6:16	2:06	
38	469	Michelle Packer	55:20	GF25-29	4/5	18	6:04	2:02	
39	446	Emily Leung	55:34	GF30-34	3/4	44	6:20	2:07	
40	492	Steve McCart	55:39	GM20-24	2/3	14	6:02	2:01	
41	434	Alyssia Vorshak	56:10	GF15-19	4/6	21	6:06	2:02	
42	454	Tina Dienesch	56:12	GF40-49	4/8	41	6:16	2:06	
43	439	Lacey Hughes	56:39	GF20-24	6/11	42	6:17	2:06	
44	487	Mary Kodzik	56:40	GF20-24	7/11	43	6:17	2:06	

45	451 Sean Sexsmith	59:50	GF35-39	2/3	56	6:51	2:17
46	468 Heidi Woods	1:00:06	GF35-39	3/3	36	6:13	2:05
47	491 Patti Carroll	1:00:07	GF40-49	5/8	54	6:41	2:14
48	438 Monique Kuipers	1:00:47	GF20-24	8/11	6	5:54	1:58
49	484 Annie Tymec	1:01:06	GF40-49	6/8	53	6:33	2:11
50	475 Courtney Kennedy	1:01:38	GF20-24	9/11	9	5:59	2:00
51	440 Jessica Elwood	1:02:35	GF20-24	10/11	55	6:43	2:15
52	483 Maurice Grant	1:02:45	GM20-24	3/3	32	6:12	2:04
53	461 Margaret Wotowicz	1:04:09	GF50+	1/1	59	9:09	3:03
54	437 Jessica Leung	1:05:31	GF20-24	11/11	29	6:08	2:03
55	432 Natalie Deschamps	1:05:41	GF15-19	5/6	46	6:21	2:07
56	473 Mark Little	1:06:23	GM40-49	5/5	60	9:38	3:13
57	117 Sean Goodall	1:06:45	GM30-34	4/4	31	6:11	2:04
58	447 Tirra Cosgrove	1:06:45	GF30-34	4/4	58	8:47	2:56
59	431 Melissa Martin	1:07:29	GF15-19	6/6	49	6:24	2:08
60	490 Kathleen Montello	1:21:09	GF40-49	7/8			
61	489 Susan Easterbrook	1:21:10	GF40-49	8/8			
62	442 Jenni Cammaert	1:23:33	GF25-29	5/5	57	7:05	2:22
63	150 Daniel Bagenais	2:35:49	GM25-29	5/5	61	38:07	12:43