

2020 LPC Virtual Swim/Bike/Run #4 Results

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Name	Swim (m)	Swim time	Bike (km)	Bike time	Run (km)	Run time
Amelia Krelove	750	14:06	20	39:04	5	27:07
Andrew LeBeau	750	0:12:11	20	0:34:25	5	00:24:11
Brad Reiter			20	0:29:47	5	16:51
Brent Clark	751	9:50	20	29:25	5	19:59
Brian Laundry	771	16:12	20.1	31:26	5	23:30
Claude Poirier	1500	29:09	40	1:02:29	10	51:32
Emilie Whitson	734	0:14:34	20.01	0:33:06	5.01	0:22:11
Jana Paniccia			20	34:56	5	29:20
Jarod Medd	750	0:10:28	20	0:30:14	5	0:19:48
Jean Compton	1500	0:30:05	40	1:11:36	10	0:49:52
Jeff Moisan			20	0:33:43	5	0:21:00
Jo-anne Caldwell	750	17:40	20	53.4	5	46.37
Josette deBrouwer	2.5k RUN	14:37	20	49.06	5	30:19
Joshua Ruff			40	0:59:20	10	0:48:23
Kate Pollock			20	0:36:00	5	0:24:36
Kate St.Denis			40.2	1:06:00	10	0:59:05
Katie Peach	750	13:26	20	0:32:24	5	19:29
Lori MacCallum	750	15:29	20	32:10	5	26:58
Mark Kramer	2000	0:38:17				
Paul Kankainen			40	1:19:32	5	37:10
Paul Mathers	750	12:51	20	0:32:09	5	0:22:05
Paula Rawlings	1500	0:32:23	40	1:12:41	10	1:01:06
Paula Rawlings	454	0:10:46	25	1:03:51	5	29:51