

2020 LPC Virtual Swim/Bike/Run #5 Results

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Name	Swim dist	Swim time	Bike dist	Bike time	In/Out	Run dist	Run time	Note
Kate Pollock	2.5k run	0:11:29	20	0:39:31	Indoor	5	0:25:04	
Ileana Paul			40	1:14:00	Indoor	5	0:28:45	
Daniel Stuart			40.01	1:05:47	Indoor	10	53:50	
Paula Rawlings			90.6	3:09:49	Indoor	10	1:00:19	Helped pace Paul Kankainen in the bike
Kate St.Denis			40	1:08:26	Indoor	10	55:52	
Avery Ling	1900	0:33:53	90	2:35:50	Outdoor	21.1	1:33:43	Half iron swim and run PB
Claude Poirier	2000	39:44	90	2:34:45	Indoor	21.1	1:58:37	Half iron PB
Susan Sami	2000	52:55	90	5:10:27	Indoor	10.02	1:11:58	Did the Zwift Mont Ventoux Climb within the 90k
Kristi McCracken	2000	35:26	90	2:29:09	Indoor	10	55:19	Bike power PB
Paul Kankainen			40	1:22:29	Indoor	10	1:17:56	First ever Oly bike/run
Deirdre Laundry			20	1:01:35	Indoor	5	35:30	
Brian Laundry			40	2:21:15	Indoor	5	23:25	
Josh Ruff			90	2:35:35	Indoor	21.1	1:46:31	Run off the bike PB