



## RESULTS

### INDOOR TRIATHLON, Toronto Pan-Am Sports Centre

May 5, 2024

#### Winners

##### Race Winners

Name	Gender	AG	Swim Laps	Bike Distance	Run Laps	Swim Points	Bike Points	Run Points	Total Points	Overall	Gender	AG
Charlotte Kiedrowski	Female	19<	33	8.7	16.5	330	435	413	1178	4	1	1
Daniel Macgregor	Male	20-29	41	9.9	17	410	495	425	1330	1	1	1

##### Age Group Winners - Women

Name	Gender	AG	Swim Laps	Bike Distance	Run Laps	Swim Points	Bike Points	Run Points	Total Points	Overall	Gender	AG
Charlotte Kiedrowski	Female	19<	33	8.7	16.5	330	435	413	1178	4	1	1
Sarah Chong. Yen	Female	20-29	20	7.4	14	200	370	350	920	34	15	1
Briana Mccracken	Female	30-39	31	7.1	13.5	310	355	338	1003	21	5	1
Elizabeth K. Stewart	Female	40-49	29.5	8.5	15.5	295	425	388	1108	12	3	1
Amy Herskowitz	Female	50+	34	8.2	11.5	340	410	288	1038	18	4	1

##### Age Group Winners - Men

Name	Gender	AG	Swim Laps	Bike Distance	Run Laps	Swim Points	Bike Points	Run Points	Total Points	Overall	Gender	AG
Eryk Halicki	Male	19<	40.5	7.9	13	405	395	325	1125	11	9	1
Daniel Macgregor	Male	20-29	41	9.9	17	410	495	425	1330	1	1	1
Eric Greig	Male	30-39	39	9.8	17	390	490	425	1305	3	3	1
Hildeberto Mendonca	Male	40-49	33	9.1	15.5	330	455	388	1173	5	4	1
Fred Bianchi	Male	50+	29	9.6	16	290	480	400	1170	6	5	1

##### Relay Winners

Name	Gender	AG	Swim Laps	Bike Distance	Run Laps	Swim Points	Bike Points	Run Points	Total Points	Overall	Gender	AG
Team TKK-Tri-bois	Relay	Relay	43.5	6.7	13.5	435	335	338	1108	13	1	1

## AG Results - Women

### F19<

Name	Gender	AG	Swim Laps	Bike Distance	Run Laps	Swim Points	Bike Points	Run Points	Total Points	Overall	Gender	AG
Charlotte Kiedrowski	Female	19<	33	8.7	16.5	330	435	413	1178	4	1	1
Maelle Bouchard	Female	19<	41	7.3	15	410	365	375	1150	10	2	2
Brianna Tadeja	Female	19<	29	7.5	13	290	375	325	990	23	7	3
Myah Tupling	Female	19<	20	6.6	12.5	200	330	313	843	52	25	4
Gabriela Mendonca	Female	19<	25	5.2	11	250	260	275	785	61	31	5

### F20-29

Name	Gender	AG	Swim Laps	Bike Distance	Run Laps	Swim Points	Bike Points	Run Points	Total Points	Overall	Gender	AG
Sarah Chong. Yen	Female	20-29	20	7.4	14	200	370	350	920	34	15	1
Megann Davidson	Female	20-29	18	7	11.5	180	350	288	818	58	28	2
Lynn Davidson	Female	20-29	27	4.1	13.5	270	205	338	813	59	29	3
Jasmine Lau	Female	20-29	22	4.5	13	220	225	325	770	62	32	4
Rebecca Saldanha	Female	20-29	17	3.9	8	170	195	200	565	69	37	5

### F30-39

Name	Gender	AG	Swim Laps	Bike Distance	Run Laps	Swim Points	Bike Points	Run Points	Total Points	Overall	Gender	AG
Briana Mccracken	Female	30-39	31	7.1	13.5	310	355	338	1003	21	5	1
Victoria Gadon	Female	30-39	25	7.7	12	250	385	300	935	29	12	2
Chelsea Kent	Female	30-39	36	4.3	13.5	360	215	338	913	38	17	3
Elizabeth Nicolaou	Female	30-39	21	6.8	12.5	210	340	313	863	48	23	4
Grace Liu	Female	30-39	21	4.5	12	210	225	300	735	64	33	5

### F40-49

Name	Gender	AG	Swim Laps	Bike Distance	Run Laps	Swim Points	Bike Points	Run Points	Total Points	Overall	Gender	AG
Elizabeth K. Stewart	Female	40-49	29.5	8.5	15.5	295	425	388	1108	12	3	1
Andrea Snider	Female	40-49	30	8.9	10	300	445	250	995	22	6	2
Amanda Mattiuz	Female	40-49	27	7.8	12.5	270	390	313	973	24	8	3
Shalaleh Tarbiat	Female	40-49	19	6.3	18	190	315	450	955	26	9	4
Marina Fountikova	Female	40-49	27.5	5.4	16	275	270	400	945	27	10	5
Linh Nguyen	Female	40-49	23	7.3	14	230	365	350	945	28	11	6
Holly Macedo	Female	40-49	28	6.9	12	280	345	300	925	32	14	7
Lori Liggesmeyer	Female	40-49	26	6.9	12	260	345	300	905	39	18	8
Yun Ying (Terri) Huang	Female	40-49	22	8	11	220	400	275	895	40	19	9
Shiva Barbosa	Female	40-49	26	8.2	9	260	410	225	895	42	20	10
Shannon Tupling	Female	40-49	19	7.6	12.5	190	380	313	883	45	21	11
Karen Swyszcz	Female	40-49	21	7.4	12	210	370	300	880	46	22	12
Jessy Deroneth	Female	40-49	16	7.7	12	160	385	300	845	49	24	13
Tia Brown	Female	40-49	26	7.6	8	260	380	200	840	54	26	14
Cindy Law	Female	40-49	16	7.5	12	160	375	300	835	56	27	15
Erin Bailey	Female	40-49	23	6.3	10.5	230	315	263	808	60	30	16
Kenia Sousa	Female	40-49	20	4.1	13	200	205	325	730	65	34	17

### F50+

Name	Gender	AG	Swim Laps	Bike Distance	Run Laps	Swim Points	Bike Points	Run Points	Total Points	Overall	Gender	AG
Amy Herskowitz	Female	50+	34	8.2	11.5	340	410	288	1038	18	4	1
Sheryl Potter	Female	50+	26.5	7.9	11	265	395	275	935	30	13	2
Lori Maccallum	Female	50+	33	4.8	14	330	240	350	920	35	16	3
Ann Hebert	Female	50+	19	6.9	7	190	345	175	710	67	35	4
Patricia Moreno	Female	50+	14	7.1	8	140	355	200	695	68	36	5

## AG Results - Men

### M19<

Name	Gender	AG	Swim Laps	Bike Distance	Run Laps	Swim Points	Bike Points	Run Points	Total Points	Overall	Gender	AG
Eryk Halicki	Male	19<	40.5	7.9	13	405	395	325	1125	11	9	1
Leonardo Mendonca	Male	19<	31	6.8	14.5	310	340	363	1013	19	13	2
Gabriel Villalta	Male	19<	24	8	11	240	400	275	915	37	17	3
Holden Hall	Male	19<	17.5	6.7	13	175	335	325	835	55	24	4

### M20-29

Name	Gender	AG	Swim Laps	Bike Distance	Run Laps	Swim Points	Bike Points	Run Points	Total Points	Overall	Gender	AG
Daniel Macgregor	Male	20-29	41	9.9	17	410	495	425	1330	1	1	1
Jacob Chinyaradzo	Male	20-29	37.5	9	19.5	375	450	488	1313	2	2	2
Jesse Han	Male	20-29	32	8.2	17	320	410	425	1155	9	8	3
Santiago Montenegro	Male	20-29	19	7	14	190	350	350	890	43	19	4
William Smith	Male	20-29	17	7	14	170	350	350	870	47	21	5

### M30-39

Name	Gender	AG	Swim Laps	Bike Distance	Run Laps	Swim Points	Bike Points	Run Points	Total Points	Overall	Gender	AG
Eric Greig	Male	30-39	39	9.8	17	390	490	425	1305	3	3	1
Kevyn Murray	Male	30-39	30.5	8.5	17.5	305	425	438	1168	7	6	2
David Gonzalez	Male	30-39	34	7.6	14	340	380	350	1070	14	10	3

### M40-49

Name	Gender	AG	Swim Laps	Bike Distance	Run Laps	Swim Points	Bike Points	Run Points	Total Points	Overall	Gender	AG
Hildeberto Mendonca	Male	40-49	33	9.1	15.5	330	455	388	1173	5	4	1
Antonio Dias	Male	40-49	26	8.6	14.5	260	430	363	1053	16	11	2
Dylan Juckes	Male	40-49	27	8.4	14	270	420	350	1040	17	12	3
Marcio Cassol	Male	40-49	27	8.6	10.5	270	430	263	963	25	14	4
Kelvin Luk	Male	40-49	21	7.6	13.5	210	380	338	928	31	15	5
Albert Wong	Male	40-49	17.5	4.2	13.5	175	210	338	723	66	27	6

### M50+

Name	Gender	AG	Swim Laps	Bike Distance	Run Laps	Swim Points	Bike Points	Run Points	Total Points	Overall	Gender	AG
Fred Bianchi	Male	50+	29	9.6	16	290	480	400	1170	6	5	1
Tim Hartley	Male	50+	35	8.5	15.5	350	425	388	1163	8	7	2
Ab Doyle	Male	50+	31	6.1	12	310	305	300	915	36	16	3
Eric Krukoski	Male	50+	26	7.2	11	260	360	275	895	41	18	4
Stephen Cairns	Male	50+	28	5.2	14	280	260	350	890	44	20	5
Julian Kenney	Male	50+	26.5	7.6	8	265	380	200	845	50	22	6
Paul Currie	Male	50+	21	5.6	14	210	280	350	840	53	23	7
Tony Davidson	Male	50+	19	7.4	11	190	370	275	835	57	25	8
Steve Kent	Male	50+	28	3.2	12.5	280	160	313	753	63	26	9

## Results - Relays

### Relay

Name	Cat.	AG	Swim Laps	Bike Distance	Run Laps	Swim Points	Bike Points	Run Points	Total Points	Overall	Cat.	AG
Team TKK-Tri-bois	Relay	Relay	43.5	6.7	13.5	435	335	338	1108	13	1	1
Team WaEl	Relay	Relay	27	7.9	16	270	395	400	1065	15	2	2
Team AlJa	Relay	Relay	24	8.4	14	240	420	350	1010	20	3	3
Team LMN-Tri-Hard	Relay	Relay	21	6.7	15	210	335	375	920	33	4	4
Team May	Relay	Relay	28	7.3	8	280	365	200	845	51	5	5

### Notes

Scoring: Swim 10pt/25m lap, Bike 50pt/km, Run 25pt/lap. Scored to completed 0.5 lap increments swim & run, completed 0.01km bike.

Ties: Total points ties settled by run score, remaining ties settled by bike score, absolute ties scored as ties.

Changes: Protests to lap counting are not allowed. Missing score cards are scored DNS.