

| NAME               | DIV  | DIV PL | SWIM  | TRAN1 | BIKE    | TRAN2 | RUN1  | RUN     | TIME    |
|--------------------|------|--------|-------|-------|---------|-------|-------|---------|---------|
| Michael Lovato     | MPRO | 1/19   | 24:02 | 1:14  | 2:10:29 | 0:47  | 37:57 | 1:18:06 | 3:54:39 |
| Richie Cunningham  | MPRO | 2/19   | 22:25 | 1:04  | 2:12:51 | 0:43  | 37:55 | 1:17:46 | 3:54:50 |
| Cameron Brown      | MPRO | 3/19   | 22:37 | 1:07  | 2:12:33 | 1:00  | 38:25 | 1:17:35 | 3:54:53 |
| Wolfgang Guembel   | MPRO | 4/19   | 22:37 | 1:23  | 2:15:50 | 0:58  | 37:29 | 1:17:13 | 3:58:01 |
| Nick Frank         | MPRO | 5/19   | 25:41 | 1:08  | 2:15:03 | 1:13  | 39:11 | 1:20:06 | 4:03:12 |
| Patrick Evoe       | MPRO | 6/19   | 27:57 | 1:12  | 2:12:50 | 1:04  | 39:38 | 1:20:28 | 4:03:31 |
| Andrew Hodges      | MPRO | 7/19   | 23:46 | 1:07  | 2:18:33 | 1:02  | 38:17 | 1:19:58 | 4:04:27 |
| Christopher Martin | MPRO | 8/19   | 25:47 | 1:30  | 2:18:06 | 1:07  | 39:38 | 1:19:36 | 4:06:06 |
| Ryan Grant         | MPRO | 9/19   | 27:30 | 1:27  | 2:12:52 | 1:11  | 40:26 | 1:23:15 | 4:06:16 |
| James Cotter       | MPRO | 10/19  | 22:01 | 1:09  | 2:25:16 | 1:13  | 37:42 | 1:18:38 | 4:08:17 |
| Mario De Elias     | MPRO | 11/19  | 25:52 | 1:10  | 2:20:22 | 0:46  | 39:32 | 1:20:17 | 4:08:27 |
| Dereck Treadwell   | MPRO | 12/19  | 31:45 | 2:00  | 2:19:57 | 1:06  | 36:09 | 1:14:50 | 4:09:39 |
| Liam Scopes        | MPRO | 13/19  | 23:48 | 1:18  | 2:25:59 | 0:49  | 39:47 | 1:20:27 | 4:12:22 |
| Kevin Lisska       | MPRO | 14/19  | 23:20 | 1:06  | 2:26:21 | 1:13  | 42:39 | 1:25:37 | 4:17:37 |
| John Hirsch        | MPRO | 15/19  | 25:56 | 1:18  | 2:26:04 | 0:53  | 41:42 | 1:25:14 | 4:19:25 |
| Guto Antunes       | MPRO | 16/19  | 24:11 | 1:25  | 2:29:27 | 0:49  | 40:29 | 1:23:38 | 4:19:31 |
| David Gagnon       | MPRO | 17/19  | 25:40 | 1:12  | 2:26:39 | 1:01  | 41:01 | 1:25:34 | 4:20:07 |
| Jerome Bresson     | MPRO | 18/19  | 29:25 | 1:49  | 2:22:08 | 1:10  | 43:38 | 1:28:43 | 4:23:16 |
| Michellie Jones    | WPRO | 1/9    | 25:06 | 1:11  | 2:28:58 | 1:10  | 42:26 | 1:27:30 | 4:23:56 |
| Alexandre Ricard   | MPRO | 19/19  | 25:43 | 1:32  | 2:30:29 | 1:38  | 39:32 | 1:26:15 | 4:25:38 |
| Desiree Ficker     | WPRO | 2/9    | 27:40 | 2:02  | 2:30:33 | 1:08  | 40:46 | 1:25:57 | 4:27:21 |
| Heather Jackson    | WPRO | 3/9    | 31:07 | 1:45  | 2:23:55 | 1:15  | 45:54 | 1:35:36 | 4:33:39 |
| Kim Loeffler       | WPRO | 4/9    | 30:29 | 1:27  | 2:36:42 | 1:07  | 42:55 | 1:27:07 | 4:36:53 |
| Suzanne Zelazo     | WPRO | 5/9    | 27:18 | 1:28  | 2:37:55 | 1:12  | 44:06 | 1:33:03 | 4:40:57 |
| Sylvie Dansereau   | WPRO | 6/9    | 32:29 | 1:48  | 2:33:39 | 1:25  | 45:50 | 1:33:59 | 4:43:21 |
| Anne Basso         | WPRO | 7/9    | 27:46 | 1:43  | 2:39:15 | 1:12  | 49:00 | 1:43:11 | 4:53:08 |
| Mireille Rodrigue  | WPRO | 8/9    | 29:12 | 2:35  | 2:49:11 | 1:49  | 47:45 | 1:35:12 | 4:57:59 |
| Clemence Trudel    | WPRO | 9/9    | 27:18 | 1:26  | 2:40:40 | 1:50  | 54:19 | 1:47:16 | 4:58:31 |