

## THE K-TOWN TRIATHLON

Kingston, Ontario, July 24th, 1994

### Overall Clydesdale Results Sprint Triathlon

FINISH							750m		30km		7.2km	
Pos	Time	Name	City	Category		SWIM		BIKE		RUN		
				Plc/Total	#	Cat	Ovr Time /100	Cat	Ovr Time km/hr	Cat	Ovr Time Mile	
1	1:33:03	Michael MURPHY	Montreal	1/6	1 366 10	1	14:03 1:52	3	1 51:00 35.3	4	1 28:00 6:13	
2	1:46:23	Rob DICKIE	Pembroke	2/6	1 377 9	2	15:16 2:02	4	2 57:30 31.3	7	2 33:37 7:28	
3	1:52:58	Gerrard SCHMID		3/6	1 352 15	3	15:58 2:08	12	3 1:02:31 28.8	12	4 34:29 7:40	
4	1:55:13	Kelly ALLISON		4/6	1 321 20	7	18:14 2:26	15	4 1:03:15 28.5	12	3 33:44 7:30	
5	1:58:14	Scott SINCLAIR		5/6	1 369 17	4	16:13 2:10	14	5 1:03:29 28.4	19	6 38:32 8:34	
6	2:01:10	Bruce SCOTT	Asherstview	1/2	4 396 4	6	17:34 2:21	6	7 1:07:32 26.7	6	5 36:04 8:01	
7	2:01:33	Cindy COWIN	Kingston	1/1	2 447 2	5	16:51 2:15	2	6 1:05:48 27.4	3	7 38:54 8:39	
8	2:16:33	Bruce MCFADDEN	Genoaque	2/2	4 393 5	8	20:59 2:48	7	8 1:11:34 25.2	9	8 44:00 9:47	
9	2:28:37	Ron PARRY	Kingston	6/6	1 383 16	9	22:00 2:56	19	9 1:22:07 21.9	15	9 44:30 9:53	