



Sudbury Fitness Challenge - Results

July 22, 2018 - 10:02 am

Naughton Trail Centre

Ionic Mountain Bike Tour 20 km - 4 Laps



Place	Plate	Name		Category	Lap 1	Lap 2	Lap 3	Lap 4	Time	Diff
		First	Last							
1	307	Nancy	Pharand-Cote	F40-49 20km	0:17:18	0:17:49	0:18:44	0:17:43	1:11:34	-
2	301	Helen	Bobiwash	F40-49 20km	0:20:10	0:23:11	0:23:45	0:24:40	1:31:46	0:20:12
1	306	Joe	Lonsdale	M30-39 20km	0:15:30	0:14:31	0:15:46	0:15:14	1:01:01	-
2	312	Kelly	Thompson	M13-19 20km	0:14:21	0:15:49	0:16:08	0:15:24	1:01:42	0:00:41
3	308	Neil	Phipps	M40-49 20km	0:14:47	0:14:23	0:19:18	0:16:49	1:05:17	0:04:16
4	313	Todd	Withers	M50-59 20km	0:15:14	0:16:59	0:17:17	0:17:07	1:06:37	0:05:36
5	311	Konrad	Wiltmann	M20-29 20km	0:15:49	0:17:25	0:17:48	0:17:48	1:08:50	0:07:49
6	310	Colin	Ward	M40-49 20km	0:15:48	0:17:45	0:18:42	0:19:51	1:12:06	0:11:05
7	303	Scott	Hopkins	M40-49 20km	0:17:19	0:19:12	0:18:41	0:21:16	1:16:28	0:15:27
8	304	Denis	Houle	M30-39 20km	0:20:06	0:25:46	0:22:28	0:24:58	1:33:18	0:32:17
9	305	John	Larmer	M60-69 20km	0:21:23	0:24:32	0:28:32	0:25:56	1:40:23	0:39:22

