

Kenora Borealis MultiSport
 Rabbit Lake, Garrow Park, Kenora, ON
 July 24, 2016

Olympic Distance Duathlon

5K Run-40K Bike-10K Run

 Male Sprint Duathlon

Place	Number	Name	Club	Time
Run1	Bike	Run+bik	Run2	
1	62	Al Stewart	Windburn	
1:18:51	11:38	42:14	53:51	25:01
2	61	Joel St-Vincent		
1:20:20	10:54	44:53	55:46	24:34
3	63	Nicholas Hall		
1:26:47	12:15	47:32	59:47	27:01
4	55	George Barnes	T3	
1:28:54	13:20	46:50	1:00:10	28:45
5	58	Donald Lundgren		
1:43:53	15:14	57:05	1:12:18	31:35

 Female Sprint Duathlon

Place	Number	Name	Club	Time
Run1	Bike	Run+bik	Run2	
1	59	Anne Barkman		
1:26:48	13:21	46:51	1:00:11	26:37
2	60	Patricia Konantz		
1:27:29	13:47	44:46	58:33	28:57
3	53	Melissa Scouten		
1:29:27	12:07	50:46	1:02:52	26:35
4	57	Sandra Sawka		
1:34:09	13:49	52:18	1:06:07	28:03
5	64	Laurie Carambetsos		
1:35:17	13:03	54:00	1:07:03	28:14
6	56	Cindy Unger		
1:38:40	15:36	49:52	1:05:28	33:12