



Elk Lake 2009

Cascade Lakes Swim Series — July 31st - Aug 2nd



Marsha
Ron
Shannon

500m

11:26

9:42

8:57

1000m

24:29

21:56

18:44

1500m

38:25

29:56

28:35

3000m

1:03:25

58:20

5000m

1:51:46

1:37:25



Lake Padden 2.5/5k swim

Saturday, August 1st, 2009

Paul (2.5k)

50:41

Rob (5k)

1:34:35