

Overall Solo Gender Results

Sprint 750M - 20K - 5K

Female

Name	Bib#	Category	Swim	Cat	Bike	Cat	Run	Cat	Finish	City
1 ANDERSON, JULIE	97	SPRT30-39F	00:13:36.00	1	00:36:27.90	1	00:22:53.25	2	01:12:57.15	CROWSNE
2 SUTHERLAND, NIKI	87	SPRT20-29F	00:14:30.23	2	00:42:08.52	1	00:23:12.90	2	01:19:51.65	ELKFORD
3 MAC CON, AMY	100	SPRT30-39F	00:15:36.85	5	00:42:12.80	2	00:25:12.20	3	01:23:01.85	FERNIE
4 WARSHAWSKY, AMANDA	88	SPRT20-29F	00:14:23.24	1	00:46:25.06	4	00:25:08.95	3	01:25:57.25	LETHBRID
5 NYKWIST, SHEILA	102	SPRT30-39F	00:15:59.69	6	00:52:07.91	5	00:18:21.90	1	01:26:29.50	LETHBRID
6 OSADCZUK, RYLEE	85	SPRT20-29F	00:20:44.89	6	00:47:57.31	5	00:22:03.05	1	01:30:45.25	JENNER
7 SAUVE, EMILY	103	SPRT30-39F	00:14:39.50	4	00:46:55.60	4	00:31:51.95	6	01:33:27.05	FERNIE
8 LEISHMAN, MIRIAM	83	SPRT20-29F	00:19:13.38	5	00:46:21.22	3	00:28:39.10	5	01:34:13.70	FERNIE
9 HADFORD, CHRISTY	98	SPRT30-39F	00:21:57.49	8	00:46:40.66	3	00:26:33.20	4	01:35:11.35	LETHBRID
10 MASICH, VICTORIA	84	SPRT20-29F	00:14:42.33	3	00:50:56.67	7	00:29:56.95	6	01:35:35.95	CRANBRO
11 MILNE, SHANNON	101	SPRT30-39F	00:14:33.23	3	00:53:19.67	6	00:30:15.05	5	01:38:07.95	FERNIE
12 BLACK, SANDI	81	SPRT20-29F	00:22:08.81	7	00:49:59.69	6	00:30:23.40	7	01:42:31.90	FERNIE
13 KOLTAI, KRISZTINA	114	SPRT40-49F	00:14:40.93	1	00:59:49.87	3	00:32:31.40	2	01:47:02.20	SPARWOC
14 VORONINA, LYUDMYLA	104	SPRT30-39F	00:19:58.57	7	00:57:15.18	8	00:32:18.25	7	01:49:32.00	Sparwood
15 LYLE, CYNDI	115	SPRT40-49F	00:24:23.41	3	00:55:01.29	1	00:30:43.95	1	01:50:08.65	SPARWOC
16 LEE, JENNY	99	SPRT30-39F	00:14:19.18	2	00:56:54.77	7	00:39:16.80	8	01:50:30.75	ELKFORD
17 OSADCZUK, LORNA	119	SPRT50-59F	00:26:48.39	1	00:56:13.81	1	00:29:22.75	1	01:52:24.95	JENNER
18 JONES, SHELLY	113	SPRT40-49F	00:23:25.36	2	00:56:34.39	2	00:33:53.55	3	01:53:53.30	ELKFORD

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Male

Name	Bib#	Category	Swim	Cat	Bike	Cat	Run	Cat	Finish	City
1 PINDER, SHAWN	111	SPRT30-39M	00:09:10.83	1	00:35:20.32	1	00:19:01.00	1	01:03:32.15	LETH
2 TAYLOR, MIKE	122	SPRT50-59M	00:11:23.84	1	00:36:41.16	1	00:20:57.95	1	01:09:02.95	CRANBRO
3 LEEDEN, TRAVIS	109	SPRT30-39M	00:09:54.89	2	00:41:11.51	4	00:19:13.05	2	01:10:19.45	FERNIE
4 JANKOWSKI, THEO	94	SPRT20-29M	00:13:43.85	3	00:41:27.30	2	00:18:23.90	1	01:13:35.05	Vancouver
5 PUMPHREY, JOHN	112	SPRT30-39M	00:12:40.30	3	00:39:18.15	3	00:23:59.35	5	01:15:57.80	BLAIRMOR
6 HARRINGTON, MIKE	107	SPRT30-39M	00:15:31.40	5	00:39:06.45	2	00:23:04.00	4	01:17:41.85	SPARWOC
7 BUOTE, JAMES	90	SPRT20-29M	00:11:41.96	1	00:45:54.79	7	00:20:48.25	2	01:18:25.00	ELKFORD
8 ALGRA, MICHAEL	89	SPRT20-29M	00:12:37.33	2	00:38:14.62	1	00:27:42.75	7	01:18:34.70	SPARWOC
9 ADSERBALLE, JACOB	116	SPRT40-49M	00:14:08.75	1	00:39:23.00	1	00:26:03.40	3	01:19:35.15	LETHBRID
10 EVANS, CAM	93	SPRT20-29M	00:14:28.36	4	00:43:23.19	5	00:22:22.30	4	01:20:13.85	ELKFORD
11 JANKUNIS, FRANK	121	SPRT50-59M	00:14:40.71	2	00:42:59.59	2	00:23:49.70	2	01:21:30.00	LETHBRID
12 GRAHAM, EMMET	106	SPRT30-39M	00:17:31.20	8	00:42:30.30	5	00:21:33.30	3	01:21:34.80	Fernie
13 DAVIDUK, TODD	92	SPRT20-29M	00:17:56.07	6	00:43:05.18	3	00:21:43.05	3	01:22:44.30	FERNIE
14 CLOW, ALEX	91	SPRT20-29M	00:14:53.07	5	00:43:15.93	4	00:26:27.95	6	01:24:36.95	ELKFORD
15 VANYO, ALEX	96	SPRT20-29M	00:18:15.03	7	00:43:50.77	6	00:22:39.25	5	01:24:45.05	FERNIE
16 GIGNAC, ANDREA	82	SPRT20-29F	00:14:50.99	4	00:44:17.66	2	00:25:37.35	4	01:24:46.00	FERNIE
17 FRIESEN, BERT	117	SPRT40-49M	00:17:53.69	2	00:45:40.21	2	00:22:07.00	1	01:25:40.90	TABER
18 BAINES, STEVE	105	SPRT30-39M	00:17:24.03	7	00:43:26.97	6	00:24:55.30	6	01:25:46.30	LETHBRID
19 MACINTYRE, ANDY	110	SPRT30-39M	00:16:31.85	6	00:46:43.55	8	00:26:59.40	8	01:30:14.80	SPARWOC
20 TOBIN, TROY	143	SPRT30-39M	00:14:47.86	4	00:45:24.29	7	00:31:12.40	9	01:31:24.55	ELKFORD
21 SHEETS, DARCY	118	SPRT40-49M	00:21:48.89	3	00:49:10.26	3	00:24:55.55	2	01:35:54.70	SPARWOC
22 LEE, ROBERT	108	SPRT30-39M	00:20:28.90	9	00:52:53.25	9	00:25:05.15	7	01:38:27.30	ELKFORD
23 ATHERTON, KEVIN	120	SPRT50-59M	00:23:54.77	3	00:57:31.83	3	00:29:50.50	3	01:51:17.10	ELKFORD
24 MANDEVILLE, KEITH	95	SPRT20-29M	00:31:48.14	8	00:54:45.51	8	00:28:29.30	8	01:55:02.95	LETHBRID