

**2013 Elkford Triathlon
Overall Gender Results**

Xtreme Sprint 750M - 20K - 5K

Female

Name	Bib#	Category	Swim	Cat	Bike	Cat	Run	Cat	Finish	City
1 HUME, SHELLY	154	XSPRT50-59F	00:14:45.70	1	00:55:04.50	1	00:28:56.70	1	01:38:46.90	SPARWOC
2 VORONINA, LYUDMYLA (LUCY)	153	XSPRT30-39F	00:17:07.35	1	01:14:23.95	1	00:33:47.80	1	02:05:19.10	SPARWOC

Male

Name	Bib#	Category	Swim	Cat	Bike	Cat	Run	Cat	Finish	City
1 MILLER, RICK	152	XSPRT20-29M	00:14:46.15	1	00:52:54.30	1	00:22:12.25	1	01:29:52.70	ELKFORD
2 MILLER, CARL	155	XSPRT50-59M	00:22:55.50	1	01:10:48.80	1	00:33:52.70	1	02:07:37.00	ELKFORD