

Overall Results

Sprint 750M - 20K - 5K

Name	Bib#	Category	Swim	O/A	SwPace/100M	Bike	O/A	Bike Pace K/H	Run	O/A	Run Pace/Km	Finish	City
1 ROBDRUP, DANNY	129	SPRT30-39M	00:15:00.30	10	02:00	00:34:47.35	2	34.49	00:19:19.30	1	03:51	01:09:06.95	ZEPHBRIDGI
2 ANDERSON, JULIE	115	SPRT30-39F	00:13:09.05	5	01:45	00:34:40.95	1	34.60	00:22:31.20	3	04:30	01:10:21.20	CROWSNES
3 DECILLIA, RYAN	124	SPRT30-39M	00:13:03.00	4	01:44	00:36:32.00	3	32.85	00:22:37.75	4	04:31	01:12:12.75	LETHBRIDGI
4 RAMIREZ, RAMON	128	SPRT30-39M	00:15:32.75	14	02:04	00:37:37.10	4	31.90	00:24:34.75	6	04:54	01:17:44.60	LETHBRIDGI
5 MAC CON, RONAN	127	SPRT30-39M	00:16:32.40	20	02:12	00:39:31.90	6	30.36	00:22:25.15	2	04:29	01:18:29.45	FERNIE
6 HARRINGTON, MIKE	125	SPRT30-39M	00:16:21.85	18	02:10	00:38:16.55	5	31.35	00:25:24.00	11	05:04	01:20:02.40	SPAARWOO
7 MARINEAU, LYNN	136	SPRT50-59F	00:12:14.95	1	01:37	00:42:01.95	8	28.55	00:26:46.55	14	05:21	01:21:03.45	CALGARY
8 SIMPKIN, DEVIN	114	SPRT20-29M	00:15:18.65	11	02:02	00:42:04.15	9	28.52	00:25:42.15	12	05:08	01:23:04.95	ELKFORD
9 SORENSEN, JAY JAY	110	SPRT20-29F	00:12:46.65	3	01:42	00:43:24.00	11	27.65	00:26:54.60	16	05:22	01:23:05.25	LETHBRIDGI
10 JANKUNIS, FRANK	139	SPRT50-59M	00:15:26.20	12	02:03	00:43:16.50	10	27.73	00:25:03.70	9	05:00	01:23:46.40	LETHBRIDGI
11 MAC CON, AMY	130	SPRT30-39F	00:16:33.65	21	02:12	00:41:26.80	7	28.95	00:26:49.85	15	05:21	01:24:50.30	FERNIE
12 MORRISON, ANNESSA	108	SPRT20-29F	00:13:46.45	8	01:50	00:48:30.85	18	24.74	00:24:27.85	5	04:53	01:26:45.15	YELLOWKNII
13 TOMLINSON, KRISTINE	112	SPRT20-29F	00:16:49.15	22	02:14	00:45:31.20	13	26.36	00:24:54.40	8	04:58	01:27:14.75	ELKFORD
14 NIXON, MEGAN	102	SPRT19<F	00:12:32.65	2	01:40	00:50:19.65	22	23.84	00:24:45.80	7	04:57	01:27:38.10	ELKFORD
15 WARSHAWSKY, AMANDA	113	SPRT20-29F	00:17:15.90	23	02:18	00:47:06.35	15	25.47	00:26:34.50	13	05:18	01:30:56.75	FERNIE
16 HARVEY, WILLIAM	138	SPRT50-59M	00:13:57.45	9	01:51	00:43:28.15	12	27.61	00:33:37.25	32	06:43	01:31:02.85	LETHBRIDGI
17 ZELLER, SHILO	103	SPRT19<F	00:16:24.75	19	02:11	00:47:44.65	16	25.13	00:27:33.45	17	05:30	01:31:42.85	LETHBRIDGI
18 OGOOSKI, SHAWNA	132	SPRT40-49F	00:18:32.20	28	02:28	00:49:00.95	20	24.48	00:25:14.70	10	05:02	01:32:47.85	LETHBRIDGI
19 SISKA, LINDSAY	120	SPRT30-39F	00:17:35.65	24	02:20	00:48:56.85	19	24.52	00:27:58.85	20	05:35	01:34:31.35	SPARWOOD
20 BENCE, MICHELLE	131	SPRT40-49F	00:17:36.80	25	02:20	00:48:16.00	17	24.86	00:28:54.05	23	05:46	01:34:46.85	CALGARY
21 HARVEY, JACK	105	SPRT19<M	00:15:30.10	13	02:04	00:45:31.25	14	26.36	00:35:23.15	36	07:04	01:36:24.50	LETHBRIDGI
22 NIXON, MARY	109	SPRT20-29F	00:13:11.20	6	01:45	00:55:38.45	32	21.57	00:27:57.35	19	05:35	01:36:47.00	LETHBRIDGI
23 FINCH, SARAH	106	SPRT20-29F	00:15:41.60	16	02:05	00:51:39.50	27	23.23	00:29:36.45	24	05:55	01:36:57.55	FERNIE
24 WINTER, JULIE	123	SPRT30-39F	00:17:43.20	26	02:21	00:51:36.35	26	23.25	00:29:41.15	25	05:56	01:39:00.70	SPARWOOD
25 GILMAR, KATIE	107	SPRT20-29F	00:18:20.00	27	02:26	00:50:46.20	24	23.64	00:30:18.80	27	06:03	01:39:25.00	LETHBRIDGI
26 HARVEY, ROSIE	101	SPRT19<F	00:16:07.20	17	02:08	00:49:07.60	21	24.43	00:34:14.85	33	06:50	01:39:29.65	LETHBRIDGI
27 ANDERSON, RODNEY	133	SPRT40-49M	00:18:45.10	29	02:30	00:52:38.25	29	22.80	00:28:34.00	21	05:42	01:39:57.35	FERNIE
28 ETUE, RAEGAN	117	SPRT30-39F	00:21:16.55	34	02:50	00:51:15.75	25	23.41	00:30:20.25	28	06:04	01:42:52.55	SPARWOOD
29 LEE, JEN	118	SPRT30-39F	00:15:39.00	15	02:05	00:50:21.30	23	23.83	00:39:49.00	39	07:57	01:45:49.30	ELKFORD
30 LYLE, CYNDI	135	SPRT50-59F	00:20:44.15	33	02:45	00:54:17.40	30	22.10	00:31:28.60	30	06:17	01:46:30.15	SPARWOOD
31 CORKLE, DRYDEN	104	SPRT19<M	00:22:37.35	37	03:00	00:56:13.15	33	21.35	00:27:46.80	18	05:33	01:46:37.30	RIMBEY
32 SWAIL, ANDREA	111	SPRT20-29F	00:13:30.80	7	01:48	00:59:40.95	35	20.11	00:33:36.90	31	06:43	01:46:48.65	CALGARY
33 CORKLE, DANIELLE	116	SPRT30-39F	00:20:21.45	32	02:42	00:52:00.35	28	23.07	00:35:13.50	34	07:02	01:47:35.30	RIMBEY
34 PINCHAK, ALAYNA	119	SPRT30-39F	00:18:47.25	30	02:30	01:00:44.45	37	19.76	00:31:06.50	29	06:13	01:50:38.20	SPARWOOD
35 CORKLE, WENDY	134	SPRT50-59F	00:19:27.95	31	02:35	00:54:39.85	31	21.95	00:36:53.00	38	07:22	01:51:00.80	ELKO

Overall Results

Sprint 750M - 20K - 5K

Name	Bib#	Category	Swim	O/A	SwPace/100M	Bike	O/A	Bike Pace K/H	Run	O/A	Run Pace/Km	Finish	City
36 ATHERTON, KEVIN	137	SPRT50-59M	00:21:17.45	35	02:50	01:05:08.30	39	18.42	00:28:37.10	22	05:43	01:55:02.85	ELKFORD
37 TAGAMI, KELLY	121	SPRT30-39F	00:27:44.05	39	03:41	00:59:15.80	34	20.25	00:29:51.80	26	05:58	01:56:51.65	SPARWOOD
38 JORDAN, BILL	140	SPRT60+M	00:22:03.55	36	02:56	01:00:49.75	38	19.73	00:35:54.30	37	07:10	01:58:47.60	SPARWOOD
39 TRAUTMAN, ALLISON	122	SPRT30-39F	00:23:04.45	38	03:04	01:00:24.45	36	19.87	00:35:21.55	35	07:04	01:58:50.45	PENHOLD