

**2014 Elkford Triathlon  
Overall Solo Gender Results**

**Xtreme Sprint 750M - 20K - 5K****5 Finishers****Male****5 Finishers**

Name	Bib#	Category	Finish	Swim	Cat	Bike	Cat	Run	Cat	City
1. CROMEY, BRAD	182	XSPRT30-39M	01:24:07.35	00:17:15.15	1	00:46:29.30	1	00:20:22.90	1	ELKFORD
2. MANCELL, BRYCE	181	XSPRT20-29M	01:26:08.95	00:14:58.80	1	00:49:58.05	1	00:21:12.10	1	ELKFORD
3. WARNING, RUSSEL	183	XSPRT30-39M	01:42:29.25	00:17:39.50	2	00:58:31.90	2	00:26:17.85	2	FERNIE
4. FRIESEN, BERT	184	XSPRT40-49M	01:44:36.90	00:20:40.40	1	00:58:30.60	1	00:25:25.90	1	TABER
5. GILMAR, SHAYNE	180	XSPRT20-29M	02:26:01.15	00:30:29.65	2	01:11:43.05	2	00:43:48.45	2	LETHBRIDGE