

Overall Results

Super Sprint 300M - 10K - 3K

Name	Bib#	Category	Swim	O/A	SwPace/100M	Bike	O/A	Bike Pace K/H	Run	O/A	Run Pace/Km	Finish	City
1 BALDREY, DEREK	777	SS30-39M	00:07:13.95	5	02:24	00:23:26.75	2	25.59	00:15:19.00	2	05:06	00:45:59.70	
2 NELSON, SHAWN	768	SS20-29F	00:06:54.40	4	02:18	00:23:45.00	3	25.26	00:16:35.45	5	05:31	00:47:14.85	STIRLING
3 NELSON, KEVIN	789	SS20-29M	00:07:56.85	11	02:38	00:24:55.40	6	24.07	00:15:10.95	1	05:03	00:48:03.20	STIRLING
4 NELSON, BRETT	767	SS20-29F	00:07:17.75	6	02:25	00:24:14.50	4	24.75	00:18:22.75	13	06:07	00:49:55.00	STIRLING
5 MICHELSON, DENTON	778	SS30-39M	00:10:31.15	30	03:30	00:23:01.00	1	26.07	00:17:38.05	9	05:52	00:51:10.20	STIRLING
6 SMITH, JOSH	780	SS30-39M	00:07:51.10	9	02:37	00:26:25.80	8	22.70	00:17:07.80	6	05:42	00:51:24.70	STIRLIN
7 NELSON, ANGIE	775	SS30-39F	00:06:49.05	3	02:16	00:26:07.25	7	22.97	00:18:54.80	14	06:18	00:51:51.10	STIRLING
8 NELSON, CHASE	756	SS12-15M	00:06:20.50	1	02:06	00:27:55.00	9	21.49	00:17:58.05	10	05:59	00:52:13.55	STIRLING
9 STEF, RYAN	781	SS30-39M	00:11:53.75	34	03:57	00:24:28.00	5	24.52	00:16:06.40	3	05:22	00:52:28.15	STIRLING
10 KNUTSON, JOSIE	759	SS16-19F	00:07:50.00	8	02:36	00:29:00.40	11	20.68	00:16:17.15	4	05:25	00:53:07.55	RAYMOND
11 NELSON, JIMMY	779	SS30-39M	00:06:39.40	2	02:13	00:29:18.15	12	20.48	00:19:20.90	15	06:26	00:55:18.45	STIRLING
12 MAZUTINEC, SCOTT	755	SS12-15M	00:08:54.70	19	02:58	00:29:38.20	14	20.25	00:19:44.10	16	06:34	00:58:17.00	STIRLING
13 MCKEE, CAROLYN	751	SS12-15F	00:07:55.65	10	02:38	00:30:11.10	17	19.88	00:20:18.75	18	06:46	00:58:25.50	STIRLING
14 NEILSON, DYLAN	772	SS20-29M	00:08:48.45	18	02:56	00:32:17.55	22	18.58	00:17:32.35	8	05:50	00:58:38.35	
15 HEATHER, SUSAN	790	SS30-39F	00:08:36.35	15	02:52	00:30:05.05	16	19.94	00:19:59.15	17	06:39	00:58:40.55	VULCAN
16 STEF, JETT	757	SS12-15M	00:09:48.40	24	03:16	00:32:22.20	23	18.54	00:18:00.00	11	06:00	01:00:10.60	STIRLING
17 BALDREY, LINDSAY	760	SS20-29F	00:09:59.50	27	03:19	00:33:07.70	24	18.11	00:17:19.65	7	05:46	01:00:26.85	
18 MAZUTINEC, DARREN	786	SS40-49M	00:10:35.60	31	03:31	00:29:57.10	15	20.03	00:20:22.90	19	06:47	01:00:55.60	STIRLING
19 HEGGIE, CODY	771	SS20-29M	00:09:36.70	23	03:12	00:33:31.55	27	17.90	00:18:07.35	12	06:02	01:01:15.60	RAYMOND
20 HEGGIE, CANDACE	765	SS20-29F	00:08:20.85	14	02:46	00:31:04.70	19	19.31	00:22:07.60	21	07:22	01:01:33.15	RAYMOND
21 HALL CHAY, JOANNE	774	SS30-39F	00:10:18.35	29	03:26	00:29:31.70	13	20.32	00:22:43.80	22	07:34	01:02:33.85	CALGARY
22 CLARK, BRITTANY	761	SS20-29F	00:09:55.15	26	03:18	00:32:07.45	21	18.68	00:22:53.20	23	07:37	01:04:55.80	RAYMOND
23 TATLOW, JESSICA	776	SS30-39F	00:08:59.85	21	02:59	00:33:30.75	25	17.90	00:22:56.70	24	07:38	01:05:27.30	
24 MAYNES, TAYLOR	750	SS12-15F	00:07:47.90	7	02:35	00:34:17.00	29	17.50	00:24:15.80	26	08:05	01:06:20.70	STIRLING
25 BEAZER, EMMA	788	SS12-15F	00:08:39.15	17	02:53	00:33:31.45	26	17.90	00:25:04.10	28	08:21	01:07:14.70	CARDSTON
26 MONTAGUE, SUZANNE	783	SS40-49F	00:09:54.70	25	03:18	00:33:35.15	28	17.86	00:23:46.00	25	07:55	01:07:15.85	STIRLING
27 SAGER, ZOE	753	SS12-15F	00:08:36.80	16	02:52	00:37:35.85	32	15.96	00:21:11.45	20	07:03	01:07:24.10	STIRLING
28 HALL, ALICIA	773	SS30-39F	00:10:01.45	28	03:20	00:31:55.85	20	18.79	00:26:32.10	32	08:50	01:08:29.40	STIRLING
29 TATLOW, MATTHEW	782	SS30-39M	00:08:04.45	13	02:41	00:34:18.65	30	17.49	00:26:43.80	33	08:54	01:09:06.90	
30 STEF, STEELE	758	SS12-15M	00:11:58.20	35	03:59	00:31:02.10	18	19.33	00:26:15.95	30	08:45	01:09:16.25	STIRLING
31 BEAZER, DUANE	787	SS30-39M	00:11:50.70	33	03:56	00:28:38.90	10	20.94	00:30:14.25	34	10:04	01:10:43.85	CARDSTON
32 ROACH, TEKARRA	769	SS20-29F	00:09:15.75	22	03:05	00:36:58.55	31	16.23	00:26:20.35	31	08:46	01:12:34.65	RAYMOND
33 GUZZI, NICOLE	763	SS20-29F	00:07:59.15	12	02:39	00:38:36.00	33	15.54	00:30:36.00	35	10:12	01:17:11.15	LETH
34 CLARK, CARLENE	762	SS20-29F	00:08:56.65	20	02:58	00:44:10.75	34	13.58	00:24:26.60	27	08:08	01:17:34.00	LETH
35 SAGER, NATASHA	752	SS12-15F	00:10:37.45	32	03:32	00:44:21.80	35	13.52	00:26:08.55	29	08:42	01:21:07.80	STIRLING