

Overall Results w/Pace

Adult Full SMore 500m, 20k, 5k **88 Finishers**

Name	Bib#	Category	Finish	Swim	O/A	Pace/100M	Bike	O/A	Pace K/H	Run	O/A	Pace/Km	City
1. BAUER, ROD	424	AFSMORE50-59M	01:13:24.15	00:09:01.20	3	01:48	00:39:21.50	2	30.49	00:25:01.45	7	05:00	CALGARY
2. LOW, JONATHAN	350	AFSMORE20-29M	01:14:37.50	00:08:32.85	1	01:42	00:44:52.85	10	26.74	00:21:11.80	1	04:14	LETHBRIDGE
3. SPINDLER, IAN	392	AFSMORE30-39M	01:16:45.75	00:09:57.30	10	01:59	00:41:31.15	4	28.90	00:25:17.30	8	05:03	CALGARY
4. HURDMAN, ROBERT	387	AFSMORE30-39M	01:18:16.90	00:09:06.80	5	01:49	00:42:54.20	5	27.97	00:26:15.90	11	05:15	CALGARY
5. YORSTON, KELLY	383	AFSMORE30-39F	01:19:07.20	00:12:27.45	36	02:29	00:40:39.20	3	29.52	00:26:00.55	10	05:12	STRATHMORE
6. CAPNERHURST, ERIN	355	AFSMORE30-39F	01:19:28.70	00:11:13.65	18	02:14	00:43:47.30	7	27.40	00:24:27.75	5	04:53	CALGARY
7. MORINE, LAUREN	345	AFSMORE20-29F	01:21:53.55	00:12:27.05	35	02:29	00:43:45.65	6	27.42	00:25:40.85	9	05:08	STRATHMORE
8. JONES, ANNAE	366	AFSMORE30-39F	01:22:10.00	00:19:18.45	84	03:51	00:00:00.00	1	0.00	01:22:10.00	88	16:26	CALGARY
9. JONES, GARETH	388	AFSMORE30-39M	01:22:11.70	00:14:13.95	57	02:50	00:44:21.30	9	27.05	00:23:36.45	3	04:43	CALGARY
10. SPRIGGS, SHANE	393	AFSMORE30-39M	01:22:34.65	00:09:20.70	6	01:52	00:43:52.95	8	27.35	00:29:21.00	28	05:52	CALGARY
11. KEARL, BRENDAN	215	AFSMORE20-29M	01:24:05.70	00:11:17.85	19	02:15	00:49:58.45	18	24.01	00:22:49.40	2	04:33	STRATHMORE
12. OWEL, THEO	427	AFSMORE50-59M	01:24:39.30	00:12:25.90	34	02:29	00:47:22.40	12	25.33	00:24:51.00	6	04:58	STRATHMORE
13. DENIER, MATHILDE	357	AFSMORE30-39F	01:26:58.90	00:11:29.30	22	02:17	00:48:59.05	16	24.50	00:26:30.55	13	05:18	CALGARY
14. SPICE, FIONA	347	AFSMORE20-29F	01:27:44.00	00:09:03.45	4	01:48	00:51:39.10	23	23.23	00:27:01.45	17	05:24	CALGARY
15. WEILER, JACEY	382	AFSMORE30-39F	01:28:06.15	00:09:32.20	7	01:54	00:51:12.35	21	23.43	00:27:21.60	18	05:28	CALGARY
16. BOISVERT, RICHARD	409	AFSMORE40-49M	01:28:06.20	00:09:39.60	8	01:55	00:47:54.70	13	25.05	00:30:31.90	36	06:06	STRATHMORE
17. GREIDANUS, MARGRIET	363	AFSMORE30-39F	01:28:45.30	00:11:49.75	29	02:21	00:47:08.80	11	25.45	00:29:46.75	32	05:57	CALGARY
18. GIBSON, ANDREA	339	AFSMORE20-29F	01:30:03.05	00:12:31.30	37	02:30	00:51:11.85	20	23.44	00:26:19.90	12	05:15	EDMONTON
19. LOW, RICHARD	432	AFSMORE60-69M	01:30:47.00	00:12:42.30	40	02:32	00:48:20.45	14	24.82	00:29:44.25	31	05:56	LETHBRIDGE
20. VELJOVIC, SLAVEN	415	AFSMORE40-49M	01:30:53.60	00:10:37.65	13	02:07	00:48:51.65	15	24.56	00:31:24.30	43	06:16	CALGARY
21. COUCH, KATE	356	AFSMORE30-39F	01:31:27.75	00:11:56.60	30	02:23	00:52:31.65	26	22.85	00:26:59.50	16	05:23	CALGARY
22. BOYER, AMY	398	AFSMORE40-49F	01:31:47.70	00:11:37.55	24	02:19	00:53:26.80	31	22.45	00:26:43.35	15	05:20	CALGARY
23. HARRIMAN, CALEY	341	AFSMORE20-29F	01:32:05.85	00:11:35.75	23	02:19	00:52:13.70	25	22.98	00:28:16.40	23	05:39	CALGARY
24. BOULET, EUGENE	410	AFSMORE40-49M	01:32:46.00	00:11:23.50	21	02:16	00:49:11.00	17	24.40	00:32:11.50	51	06:26	CALGARY
25. BURCHELL, CHRIS	411	AFSMORE40-49M	01:33:05.20	00:10:35.20	12	02:07	00:51:24.60	22	23.34	00:31:05.40	39	06:13	CALGARY
26. TROMBLEY, MACKENZIE	351	AFSMORE20-29M	01:33:36.55	00:13:07.10	47	02:37	00:56:07.30	45	21.38	00:24:22.15	4	04:52	CALGARY
27. HARRIMAN, SHELLEY	420	AFSMORE50-59F	01:33:57.90	00:12:00.15	31	02:24	00:53:40.10	34	22.36	00:28:17.65	24	05:39	STRATHMORE
28. VANNUS, DUSTIN	394	AFSMORE30-39M	01:34:19.35	00:11:21.50	20	02:16	00:53:06.80	29	22.59	00:29:51.05	33	05:58	CHESTERMERE
29. DEAGLE, BRUCE	425	AFSMORE50-59M	01:34:55.55	00:13:00.60	44	02:36	00:50:35.45	19	23.72	00:31:19.50	42	06:15	CALGARY
30. PETERSON, BEKAH	374	AFSMORE30-39F	01:35:39.90	00:13:02.20	45	02:36	00:53:34.05	32	22.40	00:29:03.65	27	05:48	STRATHMORE
31. BUFFAM, JENNY	354	AFSMORE30-39F	01:35:44.35	00:12:44.30	41	02:32	00:55:04.65	41	21.79	00:27:55.40	19	05:35	STRATHMORE
32. HINCKS, TRICIA	342	AFSMORE20-29F	01:35:50.65	00:10:26.25	11	02:05	00:56:24.95	48	21.27	00:28:59.45	25	05:47	STRATHMORE
33. PETTAPIECE, AARON	414	AFSMORE40-49M	01:36:26.30	00:16:09.40	74	03:13	00:53:37.65	33	22.38	00:26:39.25	14	05:19	CALGARY
34. BARCZEWSKA, NIKKI	352	AFSMORE30-39F	01:37:12.60	00:10:53.45	16	02:10	00:56:24.00	47	21.28	00:29:55.15	34	05:59	CALGARY
35. BUTLER, CORINNE	440	AFSMORE40-49F	01:37:41.10	00:11:44.25	27	02:20	00:54:19.00	37	22.09	00:31:37.85	45	06:19	STRATHMORE
36. MCCULLOUGH, ERIN	369	AFSMORE30-39F	01:38:01.80	00:10:40.35	14	02:08	00:53:56.25	36	22.25	00:33:25.20	58	06:41	CALGARY
37. MIKUS, DIANNE	370	AFSMORE30-39F	01:38:05.80	00:14:18.90	60	02:51	00:52:51.85	28	22.70	00:30:55.05	38	06:11	CALGARY

Overall Results w/Pace

Adult Full SMore 500m, 20k, 5k **88 Finishers**

Name	Bib#	Category	Finish	Swim	O/A	Pace/100M	Bike	O/A	Pace K/H	Run	O/A	Pace/Km	City
38. HUME, MICHELLE	365	AFSMORE30-39F	01:38:33.55	00:12:11.55	32	02:26	00:51:54.30	24	23.12	00:34:27.70	63	06:53	CALGARY
39. TOBLER, KATHY	423	AFSMORE50-59F	01:38:40.60	00:15:09.20	66	03:01	00:52:48.60	27	22.72	00:30:42.80	37	06:08	CALGARY
40. VAN KLEECK, PAM	430	AFSMORE60-69F	01:38:56.30	00:11:02.30	17	02:12	00:54:36.05	39	21.98	00:33:17.95	57	06:39	CALGARY
41. FLEMING, SHYLA	361	AFSMORE30-39F	01:38:57.20	00:11:46.05	28	02:21	00:53:55.30	35	22.25	00:33:15.85	56	06:39	EDMONTON
42. KULJANIN, MLADEN	426	AFSMORE50-59M	01:38:59.45	00:14:18.15	59	02:51	00:55:18.00	43	21.70	00:29:23.30	29	05:52	STRATHMORE
43. RANDALL, BECKY	376	AFSMORE30-39F	01:39:11.65	00:12:11.55	33	02:26	00:55:09.45	42	21.76	00:31:50.65	48	06:22	CALGARY
44. QUINN, KAREN	375	AFSMORE30-39F	01:39:17.70	00:12:59.85	43	02:35	00:58:02.90	51	20.67	00:28:14.95	22	05:38	CALGARY
45. BARA, CAROLE	396	AFSMORE40-49F	01:39:19.90	00:12:35.25	38	02:31	00:56:39.50	49	21.18	00:30:05.15	35	06:01	CALGARY
46. MILLS, TERA	371	AFSMORE30-39F	01:39:33.10	00:14:11.95	56	02:50	00:53:22.55	30	22.48	00:31:58.60	49	06:23	CALGARY
47. SCHWEITZER, VIVIAN	404	AFSMORE40-49F	01:40:38.95	00:13:16.55	49	02:39	00:55:40.00	44	21.56	00:31:42.40	47	06:20	CALGARY
48. TERLETSKI, TRISH	406	AFSMORE40-49F	01:41:34.55	00:11:38.10	25	02:19	01:01:49.85	60	19.41	00:28:06.60	20	05:37	OKOTOKS
49. KILLAM, TERESA	402	AFSMORE40-49F	01:42:36.95	00:09:39.70	9	01:55	00:56:18.80	46	21.31	00:36:38.45	70	07:19	CALGARY
50. KING, JENNIFER	367	AFSMORE30-39F	01:43:21.00	00:16:08.15	73	03:13	00:54:56.85	40	21.84	00:32:16.00	52	06:27	STRATHMORE
51. CAMERON, NATHAN	348	AFSMORE20-29M	01:43:29.10	00:15:09.60	67	03:01	00:57:02.45	50	21.04	00:31:17.05	41	06:15	CALGARY
52. RANDALL, SCOTT	391	AFSMORE30-39M	01:43:57.30	00:13:32.60	51	02:42	00:54:21.85	38	22.07	00:36:02.85	68	07:12	CALGARY
53. DUKESHIRE, JAMES	360	AFSMORE30-39F	01:45:25.80	00:14:57.15	64	02:59	01:02:14.95	63	19.28	00:28:13.70	21	05:38	CALGARY
54. COOPER-KEY, EMMA	337	AFSMORE20-29F	01:46:17.70	00:14:22.15	61	02:52	01:02:52.95	64	19.08	00:29:02.60	26	05:48	CALGARY
55. KELLY, LORI	401	AFSMORE40-49F	01:47:07.10	00:12:40.70	39	02:32	00:59:57.10	55	20.02	00:34:29.30	64	06:53	CALGARY
56. KROCHMAL, CHELSEY	343	AFSMORE20-29F	01:47:22.05	00:18:03.30	83	03:36	00:58:11.10	52	20.62	00:31:07.65	40	06:13	CALGARY
57. ADHARSINGH, NATASHA	395	AFSMORE40-49F	01:48:43.20	00:14:38.80	63	02:55	01:00:52.10	58	19.71	00:33:12.30	55	06:38	CALGARY
58. LAGACE, JANIQUE	403	AFSMORE40-49F	01:49:24.80	00:13:04.60	46	02:36	01:02:13.40	62	19.29	00:34:06.80	60	06:49	STRATHMORE
59. PARKER, DANIELLE	373	AFSMORE30-39F	01:49:27.95	00:14:17.70	58	02:51	01:03:34.85	65	18.87	00:31:35.40	44	06:19	CALGARY
60. STAPLES, RACHEL	379	AFSMORE30-39F	01:49:35.20	00:10:51.75	15	02:10	01:04:54.95	67	18.49	00:33:48.50	59	06:45	CALGARY
61. LIAKHAR, IRINA	344	AFSMORE20-29F	01:51:19.55	00:13:40.20	53	02:44	01:05:57.85	73	18.19	00:31:41.50	46	06:20	CALGARY
62. KUENZL, KEN	412	AFSMORE40-49M	01:51:24.65	00:13:09.95	48	02:37	01:00:16.00	56	19.91	00:37:58.70	71	07:35	STRATHMORE
63. VAN KRUYSEN, SARA	381	AFSMORE30-39F	01:52:30.95	00:11:38.70	26	02:19	01:05:39.25	71	18.28	00:35:13.00	66	07:02	STRATHMORE
64. PARKER-DEAGLE, ALISON	421	AFSMORE50-59F	01:52:36.30	00:17:54.35	82	03:34	01:00:27.60	57	19.85	00:34:14.35	61	06:50	CALGARY
65. MATTHEWS, AMY	368	AFSMORE30-39F	01:52:59.75	00:14:28.85	62	02:53	00:59:12.95	53	20.26	00:39:17.95	75	07:51	CALGARY
66. DUKESHIRE, EMILY	338	AFSMORE20-29F	01:53:15.55	00:17:27.20	80	03:29	01:06:09.90	74	18.14	00:29:38.45	30	05:55	CALGARY
67. GIBSON, DAWN	400	AFSMORE40-49F	01:54:31.85	00:12:48.75	42	02:33	01:05:44.25	72	18.25	00:35:58.85	67	07:11	STRATHMORE
68. WIGG, GLADYS	431	AFSMORE60-69F	01:55:30.85	00:14:59.75	65	02:59	01:02:10.20	61	19.30	00:38:20.90	72	07:40	CALGARY
69. SEAMAN, DEBRA	378	AFSMORE30-39F	01:56:20.40	00:14:04.30	55	02:48	01:03:39.25	66	18.85	00:38:36.85	74	07:43	CALGARY
70. GORBAHN, LYNNE	418	AFSMORE50-59F	01:58:22.85	00:16:52.45	77	03:22	00:59:34.05	54	20.15	00:41:56.35	82	08:23	WESTEROSE
71. NGO, PHONG	389	AFSMORE30-39M	01:58:23.60	00:15:20.20	70	03:04	01:10:59.60	76	16.90	00:32:03.80	50	06:24	CALGARY
72. CORNER, ANGELA	416	AFSMORE50-59F	01:58:38.40	00:16:59.50	78	03:23	01:01:04.45	59	19.65	00:40:34.45	79	08:06	WESTLOCK
73. BLOXHAM, HEATHER	397	AFSMORE40-49F	01:58:46.85	00:15:22.85	71	03:04	01:10:12.95	75	17.09	00:33:11.05	54	06:38	CALGARY
74. VAN KLEECK, JANAYA	380	AFSMORE30-39F	01:59:17.35	00:13:32.15	50	02:42	01:04:55.40	68	18.48	00:40:49.80	81	08:09	CALGARY

Overall Results w/Pace

Adult Full SMore 500m, 20k, 5k **88 Finishers**

Name	Bib#	Category	Finish	Swim	O/A	Pace/100M	Bike	O/A	Pace K/H	Run	O/A	Pace/Km	City
75. FERGUSON, KEENAN	349	AFSMORE20-29M	02:01:14.20	00:13:35.35	52	02:43	01:12:56.20	78	16.45	00:34:42.65	65	06:56	CALGARY
76. PORELLE, KIMBERLEE	346	AFSMORE20-29F	02:01:15.95	00:08:55.35	2	01:47	01:05:12.00	69	18.40	00:47:08.60	83	09:25	CALGARY
77. TROMBLEY, SPENCER	335	AFSMORE18-19M	02:03:50.50	00:15:34.45	72	03:06	01:15:22.70	79	15.92	00:32:53.35	53	06:34	CALGARY
78. SKIFTUN, NICOLE	405	AFSMORE40-49F	02:04:16.25	00:17:36.30	81	03:31	01:12:16.00	77	16.61	00:34:23.95	62	06:52	STRATHMORE
79. WEHNES, TWYLA	408	AFSMORE40-49F	02:08:35.75	00:15:11.90	68	03:02	01:05:13.15	70	18.40	00:48:10.70	86	09:38	CALGARY
80. DEVANI, KAJAL	359	AFSMORE30-39F	02:11:53.45	00:19:25.05	85	03:53	01:15:55.00	80	15.81	00:36:33.40	69	07:18	AIRDRIE
81. FARDOE, DAVID	385	AFSMORE30-39M	02:14:14.60	00:19:46.90	86	03:57	01:15:56.45	81	15.80	00:38:31.25	73	07:42	WINNIPEG
82. GUERTIN, JODY	419	AFSMORE50-59F	02:17:27.20	00:17:07.00	79	03:25	01:20:50.85	84	14.84	00:39:29.35	77	07:53	COCHRANE
83. DEPNER, AMANDA	358	AFSMORE30-39F	02:19:21.90	00:16:18.15	75	03:15	01:22:58.80	86	14.46	00:40:04.95	78	08:00	CALGARY
84. GLYDON, CHRIS	417	AFSMORE50-59F	02:22:15.65	00:21:53.85	87	04:22	01:20:55.50	85	14.83	00:39:26.30	76	07:53	STRATHMORE
85. TROMBLEY, LYNDON	429	AFSMORE50-59M	02:22:16.15	00:22:59.50	88	04:35	01:18:34.75	82	15.27	00:40:41.90	80	08:08	CALGARY
86. ROY, HEATHER	377	AFSMORE30-39F	02:27:32.85	00:16:22.20	76	03:16	01:20:50.75	83	14.84	00:50:19.90	87	10:03	CALGARY
87. TROMBLEY, ANNE	407	AFSMORE40-49F	02:28:33.75	00:15:13.25	69	03:02	01:25:44.45	87	14.00	00:47:36.05	85	09:31	CALGARY
88. SINCLAIR, LINDA	422	AFSMORE50-59F	02:30:13.90	00:13:52.80	54	02:46	01:28:58.00	88	13.49	00:47:23.10	84	09:28	CALGARY