

## Overall Results w/Pace

## Adult Full SMore 500m, 20k, 5k \*\*80 Finishers\*\*

Name	Bib#	Category	Finish	Swim	O/A	Pace/100M	Bike	O/A	Pace K/H	Run	O/A	Pace/Km	City
1. BIRCH, DANA	333	AFSMORE30-39M	<b>01:01:49.47</b>	00:09:07.47	10	01:49	00:32:47.23	2	36.60	00:19:54.77	1	03:58	CALGARY
2. MURPHY, KYLE	340	AFSMORE30-39M	<b>01:05:09.83</b>	00:06:57.31	2	01:23	00:37:50.06	3	31.72	00:20:22.46	3	04:04	CALGARY
3. BOWYER, ALEX	302	AFSMORE18-19M	<b>01:06:19.63</b>	00:00:17.15	1	00:03	00:44:19.10	25	27.08	00:21:43.38	5	04:20	MEDICINE HAT
4. LOW, JONATHAN	311	AFSMORE20-29M	<b>01:08:35.92</b>	00:08:28.64	5	01:41	00:39:59.45	6	30.01	00:20:07.83	2	04:01	ST. JOHN'S
5. LOW, MARK	339	AFSMORE30-39M	<b>01:11:32.91</b>	00:09:50.30	14	01:58	00:40:12.46	7	29.85	00:21:30.15	4	04:18	LETHBRIDGE
6. WINGERTER, LES	386	AFSMORE60-69M	<b>01:11:55.53</b>	00:08:58.68	9	01:47	00:38:21.94	4	31.28	00:24:34.91	14	04:54	LETHBRIDGE
7. KEARL, BRENDAN	310	AFSMORE20-29M	<b>01:13:20.65</b>	00:09:54.12	15	01:58	00:41:23.45	15	28.99	00:22:03.08	6	04:24	LETHBRIDGE
8. FREDE, HEATHER	318	AFSMORE30-39F	<b>01:13:31.48</b>	00:07:53.84	3	01:34	00:41:09.97	11	29.15	00:24:27.67	12	04:53	CALGARY
9. YORSTON, KELLY	331	AFSMORE30-39F	<b>01:14:52.80</b>	00:12:03.10	44	02:24	00:39:11.18	5	30.62	00:23:38.52	9	04:43	STRATHMORE
10. LAYCOCK, PETER	363	AFSMORE40-49M	<b>01:15:58.98</b>	00:12:18.80	49	02:27	00:41:14.96	13	29.09	00:22:25.22	7	04:29	STRATHMORE
11. HURDMAN, ROBERT	361	AFSMORE40-49M	<b>01:15:59.54</b>	00:09:09.88	11	01:49	00:40:16.96	8	29.79	00:26:32.70	23	05:18	CALGARY
12. BOWYER, LESLIE-ANNE	303	AFSMORE20-29F	<b>01:16:20.74</b>	00:08:38.36	7	01:43	00:41:54.70	17	28.63	00:25:47.68	21	05:09	MEDICINE HAT
13. BOISVERT, RICH	354	AFSMORE40-49M	<b>01:16:24.78</b>	00:09:45.85	13	01:57	00:41:05.66	9	29.20	00:25:33.27	20	05:06	STRATHMORE
14. WARRINGTON, TRACY	352	AFSMORE40-49F	<b>01:16:25.48</b>	00:11:34.69	36	02:18	00:31:25.93	1	38.18	00:33:24.86	53	06:40	CALGARY
15. BONNE, OLIVIER	334	AFSMORE30-39M	<b>01:16:43.22</b>	00:10:51.79	27	02:10	00:41:13.86	12	29.10	00:24:37.57	15	04:55	CALGARY
16. SINNOTT, VICKY	309	AFSMORE20-29F	<b>01:16:57.53</b>	00:10:12.64	20	02:02	00:42:16.14	18	28.39	00:24:28.75	13	04:53	CALGARY
17. KELLY, ANDREW	338	AFSMORE30-39M	<b>01:17:43.86</b>	00:10:24.99	23	02:04	00:43:30.91	21	27.58	00:23:47.96	10	04:45	STRATHMORE
18. SALMON, BRETT	312	AFSMORE20-29M	<b>01:19:01.78</b>	00:10:11.64	19	02:02	00:43:58.21	22	27.29	00:24:51.93	16	04:58	EDMONTON
19. BRYDEN, HEIDI	370	AFSMORE50-59F	<b>01:19:25.57</b>	00:10:54.87	28	02:10	00:41:05.72	10	29.20	00:27:24.98	27	05:28	CALGARY
20. ZIEGLGANSBERGER, JENNIFER	353	AFSMORE40-49F	<b>01:20:34.77</b>	00:09:59.60	16	01:59	00:43:25.67	20	27.63	00:27:09.50	26	05:25	CALGARY
21. SLEMKO, BARBARA	328	AFSMORE30-39F	<b>01:20:35.37</b>	00:11:12.89	30	02:14	00:45:03.18	28	26.64	00:24:19.30	11	04:51	HUSSAR
22. OWEL, THEO	385	AFSMORE60-69M	<b>01:21:19.35</b>	00:12:11.74	45	02:26	00:44:07.33	24	27.20	00:25:00.28	17	05:00	STRATHMORE
23. ROGERS, DAN	342	AFSMORE30-39M	<b>01:21:45.69</b>	00:11:49.38	41	02:21	00:44:30.75	26	26.96	00:25:25.56	18	05:05	CALGARY
24. LOW, RICHARD	384	AFSMORE60-69M	<b>01:21:55.29</b>	00:11:44.38	40	02:20	00:41:29.24	16	28.92	00:28:41.67	34	05:44	LETHBRIDGE
25. TABELEV, ELENA	351	AFSMORE40-49F	<b>01:22:15.96</b>	00:13:16.39	58	02:39	00:42:22.04	19	28.32	00:26:37.53	24	05:19	CALGARY
26. MALLER, DAVE	364	AFSMORE40-49M	<b>01:23:31.39</b>	00:10:03.57	18	02:00	00:47:56.74	38	25.03	00:25:31.08	19	05:06	CALGARY
27. MCLAUGHLIN, ORNA	322	AFSMORE30-39F	<b>01:24:15.81</b>	00:12:22.64	50	02:28	00:45:42.87	31	26.25	00:26:10.30	22	05:14	STRATHMORE
28. MRAZ, GLENN	380	AFSMORE50-59M	<b>01:25:28.66</b>	00:11:37.67	37	02:19	00:45:42.75	30	26.25	00:28:08.24	31	05:37	CALGARY
29. HUTCHINSON, ELAINE	381	AFSMORE60-69F	<b>01:25:35.80</b>	00:11:24.84	33	02:16	00:46:00.73	33	26.08	00:28:10.23	32	05:38	CALGARY
30. SKIFTUN, NICOLE	110	AFSMORE40-49F	<b>01:26:18.09</b>	00:12:14.76	47	02:26	00:44:37.11	27	26.89	00:29:26.22	40	05:53	STRATHMORE
31. GRIFFIN, LAURA	320	AFSMORE30-39F	<b>01:27:02.98</b>	00:10:00.58	17	02:00	00:49:05.91	42	24.44	00:27:56.49	30	05:35	CALGARY
32. DEAGLE, BRUCE	378	AFSMORE50-59M	<b>01:27:44.24</b>	00:12:39.67	53	02:31	00:45:09.16	29	26.58	00:29:55.41	42	05:59	AIRDRIE
33. GRIFFIN, JAMES	336	AFSMORE30-39M	<b>01:27:44.63</b>	00:08:36.70	6	01:43	00:48:44.88	41	24.62	00:30:23.05	45	06:04	CALGARY
34. KEARL, KIM	373	AFSMORE50-59F	<b>01:28:09.50</b>	00:12:36.17	52	02:31	00:47:44.12	36	25.14	00:27:49.21	29	05:33	CALGARY
35. ZANDEE, LAUREN	301	AFSMORE18-19F	<b>01:28:19.41</b>	00:07:57.93	4	01:35	00:50:22.83	48	23.82	00:29:58.65	43	05:59	CHESTERMERE
36. VELJOVIC, SLAVEN	368	AFSMORE40-49M	<b>01:28:39.18</b>	00:11:52.51	42	02:22	00:47:46.75	37	25.12	00:28:59.92	36	05:47	CALGARY
37. KRAMER, KRISTI	306	AFSMORE20-29F	<b>01:29:06.69</b>	00:08:48.19	8	01:45	00:51:07.17	52	23.47	00:29:11.33	38	05:50	CALGARY

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## Adult Full SMore 500m, 20k, 5k \*\*80 Finishers\*\*

Name	Bib#	Category	Finish	Swim	O/A	Pace/100M	Bike	O/A	Pace K/H	Run	O/A	Pace/Km	City
38. RUSTAD, VIKTORIYA	350	AFSMORE40-49F	<b>01:29:37.68</b>	00:13:59.02	66	02:47	00:41:20.70	14	29.02	00:34:17.96	58	06:51	CALGARY
39. CHOW, DANIEL	356	AFSMORE40-49M	<b>01:29:44.11</b>	00:11:39.59	39	02:19	00:49:15.38	44	24.36	00:28:49.14	35	05:45	CALGARY
40. GREEN, KYLE	335	AFSMORE30-39M	<b>01:29:53.55</b>	00:13:13.76	56	02:38	00:44:05.21	23	27.22	00:32:34.58	52	06:30	STRATHMORE
41. ELLIS, PAIGE	317	AFSMORE30-39F	<b>01:30:32.31</b>	00:11:57.29	43	02:23	00:51:45.50	55	23.18	00:26:49.52	25	05:21	CALGARY
42. CUEVAS, JODI	315	AFSMORE30-39F	<b>01:30:49.53</b>	00:13:14.38	57	02:38	00:54:43.27	65	21.93	00:22:51.88	8	04:34	BEAUMONT
43. PETERSON, BEKAH	327	AFSMORE30-39F	<b>01:31:03.21</b>	00:13:42.28	63	02:44	00:47:36.61	35	25.20	00:29:44.32	41	05:56	STRATHMORE
44. STRAUSS, CHRIS	367	AFSMORE40-49M	<b>01:32:04.73</b>	00:11:05.14	29	02:13	00:45:48.64	32	26.19	00:35:10.95	62	07:02	ROCKYFORD
45. LOW, JORDAN	307	AFSMORE20-29F	<b>01:32:41.52</b>	00:14:33.15	71	02:54	00:50:22.59	47	23.82	00:27:45.78	28	05:33	ST. JOHN'S
46. BURCHELL, CHRIS	355	AFSMORE40-49M	<b>01:32:49.40</b>	00:10:43.06	24	02:08	00:48:36.09	40	24.69	00:33:30.25	54	06:42	CALGARY
47. KULJANIN, MLADEN	379	AFSMORE50-59M	<b>01:33:57.56</b>	00:14:07.59	67	02:49	00:50:45.62	49	23.64	00:29:04.35	37	05:48	STRATHMORE
48. ADHARSINGH, NATASHA	343	AFSMORE40-49F	<b>01:35:01.16</b>	00:13:45.09	64	02:45	00:47:29.40	34	25.27	00:33:46.67	55	06:45	CALGARY
49. FORTIN, SUZANNE	345	AFSMORE40-49F	<b>01:35:23.65</b>	00:13:38.30	62	02:43	00:51:05.74	51	23.49	00:30:39.61	46	06:07	CALGARY
50. SCHLENDER, RUSS	366	AFSMORE40-49M	<b>01:36:01.45</b>	00:14:32.23	70	02:54	00:49:41.59	45	24.15	00:31:47.63	49	06:21	CALGARY
51. MALLER, BARB	348	AFSMORE40-49F	<b>01:36:49.41</b>	00:11:34.39	35	02:18	00:53:40.26	60	22.36	00:31:34.76	48	06:18	CALGARY
52. HUGHES, SARAH	346	AFSMORE40-49F	<b>01:37:37.22</b>	00:13:07.16	55	02:37	00:48:27.32	39	24.77	00:36:02.74	66	07:12	CALGARY
53. EWLES, MIKE	358	AFSMORE40-49M	<b>01:38:04.29</b>	00:10:51.04	26	02:10	00:49:09.76	43	24.41	00:38:03.49	72	07:36	CHESTERMERE
54. LAGACE, JANIQUE	347	AFSMORE40-49F	<b>01:38:26.65</b>	00:12:13.20	46	02:26	00:52:02.82	56	23.06	00:34:10.63	57	06:50	STRATHMORE
55. HWANG, BRIAN	337	AFSMORE30-39M	<b>01:39:15.53</b>	00:19:37.92	79	03:55	00:51:19.33	53	23.38	00:28:18.28	33	05:39	CALGARY
56. BUDGELL, DANIELLE	314	AFSMORE30-39F	<b>01:40:18.68</b>	00:11:29.56	34	02:17	00:53:46.04	61	22.32	00:35:03.08	60	07:00	CALGARY
57. HINCKS, TRICIA	304	AFSMORE20-29F	<b>01:40:22.30</b>	00:10:15.20	21	02:03	00:54:26.18	63	22.04	00:35:40.92	65	07:08	STRATHMORE
58. VELJOVIC, ANA	300	AFSMORE18-19F	<b>01:40:38.06</b>	00:09:25.02	12	01:53	01:00:29.93	77	19.84	00:30:43.11	47	06:08	CALGARY
59. MURRAY, ASHLEIGH	323	AFSMORE30-39F	<b>01:40:42.72</b>	00:13:29.63	60	02:41	00:55:01.56	66	21.81	00:32:11.53	50	06:26	SEVEN PERSONS
60. BODEUX, GARY	383	AFSMORE60-69M	<b>01:41:15.59</b>	00:13:23.80	59	02:40	00:55:37.29	67	21.57	00:32:14.50	51	06:26	CALGARY
61. NGO, PHONG	341	AFSMORE30-39M	<b>01:42:09.05</b>	00:14:26.18	69	02:53	00:57:32.08	73	20.86	00:30:10.79	44	06:02	CALGARY
62. BEDI, KATE	313	AFSMORE30-39F	<b>01:43:13.23</b>	00:11:23.17	32	02:16	00:56:43.43	70	21.16	00:35:06.63	61	07:01	CALGARY
63. OLSON, NATALIE	349	AFSMORE40-49F	<b>01:43:20.30</b>	00:12:15.63	48	02:27	00:53:18.11	57	22.51	00:37:46.56	70	07:33	CALGARY
64. GOULD, CHELSEA	319	AFSMORE30-39F	<b>01:43:28.28</b>	00:10:23.19	22	02:04	00:57:42.21	74	20.80	00:35:22.88	63	07:04	AIRDRIE
65. BAILIE, JIM	377	AFSMORE50-59M	<b>01:43:43.08</b>	00:14:36.84	72	02:55	00:53:25.57	58	22.46	00:35:40.67	64	07:08	CALGARY
66. PARKER, DANIELLE	326	AFSMORE30-39F	<b>01:45:17.58</b>	00:13:35.90	61	02:43	00:57:16.93	72	20.95	00:34:24.75	59	06:52	AIRDRIE
67. COUCH, MARC	357	AFSMORE40-49M	<b>01:45:37.65</b>	00:26:22.35	80	05:16	00:49:53.16	46	24.05	00:29:22.14	39	05:52	CALGARY
68. PARKER-DEAGLE, ALISON	374	AFSMORE50-59F	<b>01:45:54.34</b>	00:12:28.11	51	02:29	00:59:30.84	75	20.16	00:33:55.39	56	06:47	AIRDRIE
69. TAYLOR, DARLENE	376	AFSMORE50-59F	<b>01:46:09.36</b>	00:13:50.02	65	02:46	00:54:29.68	64	22.02	00:37:49.66	71	07:33	LAKE COUNTRY
70. VAN KRUYSEN, SARA	330	AFSMORE30-39F	<b>01:46:21.14</b>	00:11:20.01	31	02:16	00:55:39.13	68	21.56	00:39:22.00	75	07:52	STRATHMORE
71. WIGG, GLADYS	382	AFSMORE60-69F	<b>01:46:27.10</b>	00:14:40.77	73	02:56	00:53:29.23	59	22.44	00:38:17.10	73	07:39	CALGARY
72. GIBB, J.D.	360	AFSMORE40-49M	<b>01:46:31.53</b>	00:12:55.13	54	02:35	00:51:36.26	54	23.25	00:42:00.14	77	08:24	LETHBRIDGE
73. ODEGARD, KRISTEN	325	AFSMORE30-39F	<b>01:47:20.67</b>	00:10:49.21	25	02:09	00:56:39.91	69	21.18	00:39:51.55	76	07:58	CALGARY
74. KOISTRA, COR	362	AFSMORE40-49M	<b>01:47:33.31</b>	00:14:12.22	68	02:50	00:56:56.76	71	21.07	00:36:24.33	68	07:16	STRATHMORE

## Overall Results w/Pace

**Adult Full SMore 500m, 20k, 5k \*\*80 Finishers\*\***

Name	Bib#	Category	Finish	Swim	O/A	Pace/100M	Bike	O/A	Pace K/H	Run	O/A	Pace/Km	City
75. NGO, HUNG	365	AFSMORE40-49M	<b>01:49:49.78</b>	00:18:22.79	78	03:40	00:54:20.97	62	22.08	00:37:06.02	69	07:25	CALGARY
76. GORBAHN, LYNNE	371	AFSMORE50-59F	<b>01:49:52.49</b>	00:16:19.29	75	03:15	00:51:00.70	50	23.52	00:42:32.50	78	08:30	WESTEROSE
77. ODEGARD, INGRID	324	AFSMORE30-39F	<b>01:53:22.85</b>	00:11:39.23	38	02:19	01:02:22.72	78	19.24	00:39:20.90	74	07:52	CALGARY
78. DILLENBECK, MICHELLE	344	AFSMORE40-49F	<b>02:00:08.65</b>	00:15:29.95	74	03:05	00:59:47.97	76	20.07	00:44:50.73	80	08:58	CALGARY
79. HARBOUR, JILL	321	AFSMORE30-39F	<b>02:06:16.82</b>	00:17:15.48	77	03:27	01:04:55.15	79	18.48	00:44:06.19	79	08:49	STRATHMORE
80. OLIPHANT, MAIRI	308	AFSMORE20-29F	<b>02:09:11.32</b>	00:16:23.92	76	03:16	01:16:41.27	80	15.65	00:36:06.13	67	07:13	STRATHMORE