

Overall Results w/Pace

Adult TEAM - Full SMore 500m, 20k, 5k **13 Finishers**

Name	Bib#	Category	Finish	Swim	O/A	Pace/100M	Bike	O/A	Pace K/H	Run	O/A	Pace/Km	City
1. JOHNSON, AVERY <i>JOHNSON, AVERY -Swimmer- SEVCIK, MARGO - Biker - DOWN, JACLYN - Runner -</i>	305	AFSMORET	01:17:09.84	00:08:40.55	3	01:44	00:43:46.60	5	27.41	00:24:42.69	4	04:56	STRATHMORE
2. SHS2 <i>MERTZ, MEGAN -Swimmer- SONSTEBY, PAUL - Biker - AITKEN, STEPHANIE - Runner -</i>	392	AFSMORET	01:17:42.86	00:07:24.02	1	01:28	00:44:21.57	6	27.05	00:25:57.27	5	05:11	STRATHMORE
3. HAWT chickzz <i>SAUVE, ELLE -Swimmer- GRANT, MAKAYLA - Biker - BEEKMAN, SOPHIE - Runner -</i>	395	AFSMORET	01:18:09.64	00:08:05.22	2	01:37	00:46:25.56	8	25.85	00:23:38.86	1	04:43	STRATHMORE
4. MOMentum <i>KILLAM, TERESA -Swimmer- OLDRIDGE, LISA - Biker - GIFFEN, REBECCA - Runner -</i>	391	AFSMORET	01:18:28.60	00:11:22.03	7	02:16	00:40:53.40	2	29.35	00:26:13.17	6	05:14	CALGARY
5. The Resuscitators <i>SMITH, CHELSEA -Swimmer- EISBRENNER, ERIN - Biker - HYDE, CONNOR - Runner -</i>	396	AFSMORET	01:23:59.85	00:15:43.32	13	03:08	00:43:41.59	4	27.46	00:24:34.94	2	04:54	STRATHMORE
6. CLC Little Bits <i>BUTLER, CORINNE -Swimmer- GRANT, CHRISTINA - Biker - KEEER, LINDSAY - Runner -</i>	387	AFSMORET	01:24:44.95	00:11:09.51	6	02:13	00:43:21.39	3	27.68	00:30:14.05	9	06:02	STRATHMORE
7. SHS3 <i>FLAWS, CARLEY -Swimmer- MCDONALD, JILL - Biker - AITKEN, PAUL - Runner -</i>	389	AFSMORET	01:24:48.49	00:13:25.42	11	02:41	00:46:43.93	10	25.68	00:24:39.14	3	04:55	STRATHMORE
8. No need for speed <i>ROBISON, GAGE -Swimmer- RANDLES, MICHELLE - Biker - ROBISON, JENNIFER - Runner -</i>	394	AFSMORET	01:26:22.06	00:11:05.97	5	02:13	00:46:34.16	9	25.77	00:28:41.93	8	05:44	STRATHMORE
9. SHS1 <i>WHEELER, ALLYSON -Swimmer- FLAWS, JERRY - Biker - SONSTEBY, JOELLE - Runner -</i>	397	AFSMORET	01:30:05.02	00:10:31.34	4	02:06	00:39:03.79	1	30.72	00:40:29.89	13	08:05	STRATHMORE
10. Family Fun	390	AFSMORET	01:30:59.88	00:11:43.14	8	02:20	00:52:28.40	12	22.87	00:26:48.34	7	05:21	CALGARY

