## 2019 Tri-Smore Triathlon Strathmore Overall Solo Gender Results

## Adult Half Smore Individual 250m Swim - 10K Bike - 2.5K Run \*\*11 Finishers\*\*

Bib#	Category	Swim	Cat	Bike	Cat	Run	Cat	Finish	City
401	AHSMORE20-29F	00:06:41.88	1	00:28:18.41	1	00:19:37.04	2	00:54:37.33	STRATHMORE
409	AHSMORE50-59F	00:06:46.41	1	00:33:53.09	1	00:14:34.56	1	00:55:14.06	CALGARY
403	AHSMORE30-39F	00:07:38.20	2	00:38:10.39	1	00:12:59.84	1	00:58:48.43	CALGARY
400	AHSMORE20-29F	00:07:21.52	2	00:34:47.51	2	00:19:17.04	1	01:01:26.07	ROCKY VIEW
402	AHSMORE30-39F	00:06:26.68	1	00:41:12.58	2	00:21:29.17	2	01:09:08.43	CALGARY
406	AHSMORE40-49F	00:08:14.30	1	00:39:44.68	1	00:23:19.56	2	01:11:18.54	CALGARY
405	AHSMORE40-49F	00:08:38.53	2	00:47:04.70	2	00:20:19.28	1	01:16:02.51	CALGARY
Bib#	Category	Swim	Cat	Bike	Cat	Run	Cat	Finish	City
407	AHSMORE40-49M	00:07:10.78	1	00:26:08.83	1	00:12:40.52	1	00:46:00.13	CALGARY
404	AHSMORE30-39M	00:04:51.61	1	00:30:12.94	1	00:13:54.51	1	00:48:59.06	CHESTERMERE
408	AHSMORE40-49M	00:08:25.01	2	00:33:11.84	2	00:14:59.48	2	00:56:36.33	OKOTOKS
410	AHSMORE50-59M	00:07:57.55	1	00:41:36.52	1	00:22:01.76	1	01:11:35.83	CALGARY
	401 409 403 400 402 406 405 <b>Bib#</b> 407 404	401 AHSMORE20-29F 409 AHSMORE50-59F 403 AHSMORE30-39F 400 AHSMORE20-29F 402 AHSMORE30-39F 406 AHSMORE40-49F 405 AHSMORE40-49F  Bib# Category 407 AHSMORE40-49M 404 AHSMORE30-39M 408 AHSMORE40-49M	401         AHSMORE20-29F         00:06:41.88           409         AHSMORE50-59F         00:06:46.41           403         AHSMORE30-39F         00:07:38.20           400         AHSMORE20-29F         00:07:21.52           402         AHSMORE30-39F         00:06:26.68           406         AHSMORE40-49F         00:08:14.30           405         AHSMORE40-49F         00:08:38.53           Bib# Category Swim           407         AHSMORE40-49M         00:07:10.78           404         AHSMORE30-39M         00:04:51.61           408         AHSMORE40-49M         00:08:25.01	401         AHSMORE20-29F         00:06:41.88         1           409         AHSMORE50-59F         00:06:46.41         1           403         AHSMORE30-39F         00:07:38.20         2           400         AHSMORE20-29F         00:07:21.52         2           402         AHSMORE30-39F         00:06:26.68         1           406         AHSMORE40-49F         00:08:14.30         1           405         AHSMORE40-49F         00:08:38.53         2           Bib# Category Swim Cat           407         AHSMORE40-49M         00:07:10.78         1           404         AHSMORE30-39M         00:04:51.61         1           408         AHSMORE40-49M         00:08:25.01         2	401         AHSMORE20-29F         00:06:41.88         1         00:28:18.41           409         AHSMORE50-59F         00:06:46.41         1         00:33:53.09           403         AHSMORE30-39F         00:07:38.20         2         00:38:10.39           400         AHSMORE20-29F         00:07:21.52         2         00:34:47.51           402         AHSMORE30-39F         00:06:26.68         1         00:41:12.58           406         AHSMORE40-49F         00:08:14.30         1         00:39:44.68           405         AHSMORE40-49F         00:08:38.53         2         00:47:04.70           Bib# Category Swim Cat Bike           407         AHSMORE40-49M         00:07:10.78         1         00:26:08.83           404         AHSMORE30-39M         00:04:51.61         1         00:30:12.94           408         AHSMORE40-49M         00:08:25.01         2         00:33:11.84	401         AHSMORE20-29F         00:06:41.88         1         00:28:18.41         1           409         AHSMORE50-59F         00:06:46.41         1         00:33:53.09         1           403         AHSMORE30-39F         00:07:38.20         2         00:38:10.39         1           400         AHSMORE20-29F         00:07:21.52         2         00:34:47.51         2           402         AHSMORE30-39F         00:06:26.68         1         00:41:12.58         2           406         AHSMORE40-49F         00:08:14.30         1         00:39:44.68         1           405         AHSMORE40-49F         00:08:38.53         2         00:47:04.70         2           Bib#         Category         Swim         Cat         Bike         Cat           407         AHSMORE40-49M         00:07:10.78         1         00:26:08.83         1           404         AHSMORE30-39M         00:04:51.61         1         00:30:12.94         1           408         AHSMORE40-49M         00:08:25.01         2         00:33:11.84         2	401         AHSMORE20-29F         00:06:41.88         1         00:28:18.41         1         00:19:37.04           409         AHSMORE50-59F         00:06:46.41         1         00:33:53.09         1         00:14:34.56           403         AHSMORE30-39F         00:07:38.20         2         00:38:10.39         1         00:12:59.84           400         AHSMORE20-29F         00:07:21.52         2         00:34:47.51         2         00:19:17.04           402         AHSMORE30-39F         00:06:26.68         1         00:41:12.58         2         00:21:29.17           406         AHSMORE40-49F         00:08:14.30         1         00:39:44.68         1         00:23:19.56           405         AHSMORE40-49F         00:08:38.53         2         00:47:04.70         2         00:20:19.28           Bib# Category         Swim         Cat         Bike         Cat         Run           407         AHSMORE40-49M         00:07:10.78         1         00:26:08.83         1         00:12:40.52           404         AHSMORE30-39M         00:04:51.61         1         00:30:12.94         1         00:13:54.51           408         AHSMORE40-49M         00:08:25.01         2	401         AHSMORE20-29F         00:06:41.88         1         00:28:18.41         1         00:19:37.04         2           409         AHSMORE50-59F         00:06:46.41         1         00:33:53.09         1         00:14:34.56         1           403         AHSMORE30-39F         00:07:38.20         2         00:38:10.39         1         00:12:59.84         1           400         AHSMORE20-29F         00:07:21.52         2         00:34:47.51         2         00:19:17.04         1           402         AHSMORE30-39F         00:06:26.68         1         00:41:12.58         2         00:21:29.17         2           406         AHSMORE40-49F         00:08:14.30         1         00:39:44.68         1         00:23:19.56         2           405         AHSMORE40-49F         00:08:38.53         2         00:47:04.70         2         00:20:19.28         1           Bib# Category         Swim         Cat         Bike         Cat         Run         Cat           407         AHSMORE40-49M         00:07:10.78         1         00:26:08.83         1         00:12:40.52         1           404         AHSMORE30-39M         00:04:51.61         1         00:33:11.84 </td <td>401         AHSMORE20-29F         00:06:41.88         1         00:28:18.41         1         00:19:37.04         2         00:54:37.33           409         AHSMORE50-59F         00:06:46.41         1         00:33:53.09         1         00:14:34.56         1         00:55:14.06           403         AHSMORE30-39F         00:07:38.20         2         00:38:10.39         1         00:12:59.84         1         00:58:48.43           400         AHSMORE20-29F         00:07:21.52         2         00:34:47.51         2         00:19:17.04         1         01:01:26.07           402         AHSMORE30-39F         00:06:26.68         1         00:41:2.58         2         00:21:29.17         2         01:09:08.43           406         AHSMORE40-49F         00:08:14.30         1         00:39:44.68         1         00:23:19.56         2         01:11:18.54           405         AHSMORE40-49F         00:08:38.53         2         00:47:04.70         2         00:20:19.28         1         01:16:02.51           Bib# Category         Swim         Cat         Bike         Cat         Run         Cat         Finish           407         AHSMORE40-49M         00:07:10.78         1         00</td>	401         AHSMORE20-29F         00:06:41.88         1         00:28:18.41         1         00:19:37.04         2         00:54:37.33           409         AHSMORE50-59F         00:06:46.41         1         00:33:53.09         1         00:14:34.56         1         00:55:14.06           403         AHSMORE30-39F         00:07:38.20         2         00:38:10.39         1         00:12:59.84         1         00:58:48.43           400         AHSMORE20-29F         00:07:21.52         2         00:34:47.51         2         00:19:17.04         1         01:01:26.07           402         AHSMORE30-39F         00:06:26.68         1         00:41:2.58         2         00:21:29.17         2         01:09:08.43           406         AHSMORE40-49F         00:08:14.30         1         00:39:44.68         1         00:23:19.56         2         01:11:18.54           405         AHSMORE40-49F         00:08:38.53         2         00:47:04.70         2         00:20:19.28         1         01:16:02.51           Bib# Category         Swim         Cat         Bike         Cat         Run         Cat         Finish           407         AHSMORE40-49M         00:07:10.78         1         00