

## Overall Results

## Xtreme Sprint 750M - 20K - 5K

Name	Bib#	Category	Swim	O/A	SwPace/100M	Bike	O/A	Bike Pace K/H	Run	O/A	Run Pace/Km	Finish	City
1 MACREADY, LAURA	135	XSPRT20-29F	00:12:12.07	1	01:37	00:48:26.83	1	24.77	00:21:28.55	2	04:17	01:22:07.45	Fernie
2 HOLMES, KERRI	138	XSPRT40-49F	00:13:14.55	2	01:45	00:49:39.15	2	24.17	00:21:38.85	3	04:19	01:24:32.55	FERNIE
3 MILLER, RICK	136	XSPRT20-29M	00:15:26.15	4	02:03	00:52:31.50	4	22.85	00:19:52.80	1	03:58	01:27:50.45	ELKFORD
4 HUMES, SHELLY	142	XSPRT40-49F	00:14:13.58	3	01:53	00:49:43.37	3	24.13	00:25:30.70	5	05:06	01:29:27.65	SPARWOOD
5 MILLER, CARL	139	XSPRT50-59M	00:22:59.95	5	03:03	00:58:06.25	5	20.65	00:24:21.65	4	04:52	01:45:27.85	ELKFORD