

**2012 Elkford Triathlon
Bike Times****Xtreme Sprint 750M - 20K - 5K**

Name	Bib#	Time	Category	Cat/PI	Pace Km/H	Heat
1 MACREADY, LAURA	48	00:44:29.15	XSPRT30-39F	1/1	26.97	H1
2 MILLER, RICK	47	00:51:18.00	XSPRT20-29M	1/1	23.39	H1
3 HUME, SHELLY	49	00:52:50.15	XSPRT40-49F	1/1	22.71	H1
4 FRIESEN, BERT	50	00:56:49.10	XSPRT40-49M	1/1	21.12	H1
5 MILLER, CARL	51	00:58:03.25	XSPRT50-59M	1/1	20.67	H1