

**2012 Elkford Triathlon  
Overall Gender Results**

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

**Female**

Name	Bib#	Category	Swim	Cat	Bike	Cat	Run	Cat	Finish	City
1 MACREADY, LAURA	48	XSPRT30-39F	00:12:57.35	1	00:44:29.15	1	00:21:34.45	1	01:19:00.95	FERNIE
2 HUME, SHELLY	49	XSPRT40-49F	00:14:22.10	1	00:52:50.15	1	00:26:56.30	1	01:34:08.55	SPARWOC

**Male**

Name	Bib#	Category	Swim	Cat	Bike	Cat	Run	Cat	Finish	City
1 MILLER, RICK	47	XSPRT20-29M	00:16:10.80	1	00:51:18.00	1	00:20:42.35	1	01:28:11.15	ELKFORD
2 FRIESEN, BERT	50	XSPRT40-49M	00:18:41.70	1	00:56:49.10	1	00:23:13.40	1	01:38:44.20	TABER
3 MILLER, CARL	51	XSPRT50-59M	00:21:26.05	1	00:58:03.25	1	00:24:47.50	1	01:44:16.80	ELKFORD