

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	48	XSPRT30-39F	00:12:57.35	1	01:43	00:44:29.15	1	26.97	00:21:34.45	2	04:18	01:19:00.95	FERNIE
2 MILLER, RICK	47	XSPRT20-29M	00:16:10.80	3	02:09	00:51:18.00	2	23.39	00:20:42.35	1	04:08	01:28:11.15	ELKFORD
3 HUME, SHELLY	49	XSPRT40-49F	00:14:22.10	2	01:54	00:52:50.15	3	22.71	00:26:56.30	5	05:23	01:34:08.55	SPARWOOD
4 FRIESEN, BERT	50	XSPRT40-49M	00:18:41.70	4	02:29	00:56:49.10	4	21.12	00:23:13.40	3	04:38	01:38:44.20	TABER
5 MILLER, CARL	51	XSPRT50-59M	00:21:26.05	5	02:51	00:58:03.25	5	20.67	00:24:47.50	4	04:57	01:44:16.80	ELKFORD