

Overall Results

X-Sprint Individual 750M - 20K - 5K**5 Finishers**

Name	Bib#	Category	Finish	Swim	O/A	Pace/100M	Bike	O/A	Pace K/H	Run	O/A	Pace/Km	City
1. CROMEY, BRAD	182	XSPRT30-39M	01:24:07.35	00:17:15.15	2	02:18	00:46:29.30	1	25.81	00:20:22.90	1	04:04	ELKFORD
2. MANCELL, BRYCE	181	XSPRT20-29M	01:26:08.95	00:14:58.80	1	01:59	00:49:58.05	2	24.02	00:21:12.10	2	04:14	ELKFORD
3. WARNING, RUSSEL	183	XSPRT30-39M	01:42:29.25	00:17:39.50	3	02:21	00:58:31.90	4	20.50	00:26:17.85	4	05:15	FERNIE
4. FRIESEN, BERT	184	XSPRT40-49M	01:44:36.90	00:20:40.40	4	02:45	00:58:30.60	3	20.51	00:25:25.90	3	05:05	TABER
5. GILMAR, SHAYNE	180	XSPRT20-29M	02:26:01.15	00:30:29.65	5	04:03	01:11:43.05	5	16.73	00:43:48.45	5	08:45	LETHBRIDGE