

6/1/2014

2014 Elkford Triathlon Run Times/w Pace

Individual X-Sprint 5K

O/A	Name	Bib#	Swim Time	Category	Cat/Pl	Pace/KM
1.	CROMEY, BRAD	182	00:20:22.90	XSPRT30-39M	1/2	04:04
2.	MANCELL, BRYCE	181	00:21:12.10	XSPRT20-29M	1/2	04:14
3.	FRIESEN, BERT	184	00:25:25.90	XSPRT40-49M	1/1	05:05
4.	WARNING, RUSSEL	183	00:26:17.85	XSPRT30-39M	2/2	05:15
5.	GILMAR, SHAYNE	180	00:43:48.45	XSPRT20-29M	2/2	08:45