

Overall Results

Sprint Individual 750M - 20K - 5K

33 Finishers

Name	Bib#	Category	Finish	Swim	O/A	Pace/100M	Bike	O/A	Pace K/H	Run	O/A	Pace/Km	City
1. ROBDRUP, DANNY	123	SPRT30-39M	01:05:11.21	00:12:39.85	4	01:41	00:33:38.62	1	35.67	00:18:52.74	1	03:46	ZEPHBRIDGE
2. SMITH, BECKY	106	SPRT20-29F	01:15:50.32	00:11:56.24	1	01:35	00:41:07.28	4	29.18	00:22:46.80	2	04:33	Lethbridge
3. ANDERSON, JULIE	124	SPRT40-49F	01:17:30.89	00:15:38.48	11	02:05	00:37:57.91	2	31.61	00:23:54.50	5	04:46	BLAIRMORE
4. DRESSLER, MAC	100	SPRT19&UM	01:20:18.39	00:12:08.01	3	01:37	00:44:03.59	8	27.24	00:24:06.79	6	04:49	FERNIE
5. DRESSLER, SCOTT	130	SPRT40-49M	01:21:58.24	00:15:02.63	9	02:00	00:41:26.32	5	28.96	00:25:29.29	7	05:05	FERNIE
6. HARRINGTON, MIKE	131	SPRT40-49M	01:22:00.07	00:16:46.74	13	02:14	00:39:22.18	3	30.48	00:25:51.15	9	05:10	SPARWOOD
7. ARTHUR, NICOLE	108	SPRT30-39F	01:28:35.89	00:21:05.79	33	02:48	00:44:32.23	9	26.94	00:22:57.87	4	04:35	ELKFORD
8. SAUVE, EMILY	117	SPRT30-39F	01:28:40.01	00:14:49.52	8	01:58	00:45:23.16	11	26.44	00:28:27.33	16	05:41	FERNIE
9. PASKIEWICH, GAGE	101	SPRT19&UM	01:29:19.49	00:15:48.59	12	02:06	00:50:43.58	24	23.66	00:22:47.32	3	04:33	SPARWOOD
10. MACGREGOR, EDEN	127	SPRT40-49F	01:30:05.00	00:17:55.58	24	02:23	00:43:54.31	7	27.33	00:28:15.11	14	05:39	FERNIE
11. RANKINE, LAURA	116	SPRT30-39F	01:30:40.54	00:17:40.77	20	02:21	00:45:49.72	12	26.18	00:27:10.05	12	05:26	FERNIE
12. PARK, JANELLE	115	SPRT30-39F	01:30:47.84	00:19:42.61	29	02:37	00:45:21.23	10	26.46	00:25:44.00	8	05:08	FERNIE
13. CALLAGHAN, AUSTIN	119	SPRT30-39M	01:30:58.10	00:17:18.40	17	02:18	00:43:37.75	6	27.50	00:30:01.95	23	06:00	CALGARY
14. NORTON, KATOLINA	114	SPRT30-39F	01:31:19.31	00:15:28.85	10	02:03	00:46:45.19	13	25.67	00:29:05.27	19	05:49	AIRDRIE
15. DEWAR, ALANA	109	SPRT30-39F	01:33:15.79	00:12:01.19	2	01:36	00:54:31.77	30	22.01	00:26:42.83	11	05:20	LETHBRIDGE
16. MURPHY, STEVE	138	SPRT50-59M	01:34:05.56	00:17:32.29	19	02:20	00:49:15.62	17	24.36	00:27:17.65	13	05:27	CROSSFIELD
17. ALEXANDER, KAREN	133	SPRT50-59F	01:34:13.21	00:16:56.80	14	02:15	00:48:17.93	15	24.85	00:28:58.48	18	05:47	ELKFORD
18. GALWAY, MICHELLE	110	SPRT30-39F	01:34:53.63	00:19:40.93	28	02:37	00:48:39.07	16	24.67	00:26:33.63	10	05:18	FERNIE
19. PODEMSKI, ELLISA	129	SPRT40-49F	01:36:04.59	00:19:58.19	31	02:39	00:47:29.17	14	25.27	00:28:37.23	17	05:43	AIRDRIE
20. NIXON, MEGAN	104	SPRT20-29F	01:36:08.82	00:13:07.55	5	01:45	00:52:39.14	27	22.79	00:30:22.13	24	06:04	LETHBRIDGE
21. GAGNON, COLLEEN	135	SPRT50-59F	01:37:53.42	00:17:54.39	22	02:23	00:50:36.06	22	23.71	00:29:22.97	20	05:52	CROSSFIELD
22. MASSEY, DAN	137	SPRT50-59M	01:38:38.99	00:17:19.89	18	02:18	00:49:17.86	18	24.34	00:32:01.24	29	06:24	AIRDRIE
23. DORATY, STEPHANIE	102	SPRT20-29F	01:40:06.32	00:13:18.82	6	01:46	00:58:25.15	32	20.54	00:28:22.35	15	05:40	SPARWOOD
24. HUME, CAILEY	103	SPRT20-29F	01:40:23.53	00:13:51.87	7	01:50	00:50:33.71	21	23.73	00:35:57.95	32	07:11	SPARWOOD
25. BAIRD, BRENDA	134	SPRT50-59F	01:41:21.90	00:19:05.69	27	02:32	00:52:27.18	26	22.88	00:29:49.03	21	05:57	LETHBRIDGE
26. MARIER, LEWIS	121	SPRT30-39M	01:41:32.50	00:17:54.87	23	02:23	00:51:45.51	25	23.18	00:31:52.12	27	06:22	CALGARY
27. SULLIVAN, FARREN	107	SPRT20-29F	01:41:55.74	00:17:10.35	16	02:17	00:54:45.59	31	21.91	00:29:59.80	22	05:59	FERNIE
28. TOBIN, TROY	132	SPRT40-49M	01:42:21.99	00:17:08.39	15	02:17	00:50:00.54	19	24.00	00:35:13.06	31	07:02	ELKFORD
29. JONES, AMANDA	126	SPRT40-49F	01:42:27.47	00:17:46.78	21	02:22	00:53:12.37	29	22.55	00:31:28.32	26	06:17	FERNIE
30. HOULE, KRISTINA	111	SPRT30-39F	01:42:51.04	00:20:17.28	32	02:42	00:50:40.40	23	23.68	00:31:53.36	28	06:22	CALGARY
31. GAGNON, RICK	136	SPRT50-59M	01:43:34.87	00:18:35.67	25	02:28	00:50:21.44	20	23.83	00:34:37.76	30	06:55	CROSSFIELD
32. HERMAN, NICHOLE	125	SPRT40-49F	01:49:38.86	00:18:46.22	26	02:30	00:53:09.99	28	22.57	00:37:42.65	33	07:32	BLAIRMORE
33. FEDEC, TONY	120	SPRT30-39M	01:51:31.16	00:19:52.09	30	02:38	01:01:05.37	33	19.64	00:30:33.70	25	06:06	ELKFORD