

## Overall Results

**X-Sprint Individual 750M - 20K - 5K****3 Finishers**

Name	Bib#	Category	Finish	Swim	O/A	Pace/100M	Bike	O/A	Pace K/H	Run	O/A	Pace/Km	City
1. PODEMSKI, ELLISA	225	XSPRT40-49F	<b>01:43:55.30</b>	00:18:15.45	3	02:26	00:57:38.33	1	20.82	00:28:01.52	1	05:36	AIRDRIE
2. SISKA, LINDSAY	224	XSPRT30-39F	<b>01:50:02.74</b>	00:17:24.53	1	02:19	01:03:28.51	2	18.91	00:29:09.70	2	05:49	SPARWOOD
3. VORONINA, LYUDMYLA	226	XSPRT40-49F	<b>02:21:12.61</b>	00:17:59.55	2	02:23	01:26:20.93	3	13.90	00:36:52.13	3	07:22	SPARWOOD