

**2019 Elkford Triathlon
Overall Solo Gender Results**

Quarter Smore Individual 100m Swim - 5K Bike - 5K Run

Female 5 Finishers

Name	Bib#	Category	Finish	Swim	Cat	Bike	Cat	Run	Cat	City
1. BURGESS, SOPHIE	330	K100- 8-10F	00:18:44.08	00:03:57.88	1	00:10:52.50	1	00:03:53.70	1	CALGARY
2. SISKI, DYLAN	327	K100- 7&UF	00:22:42.99	00:03:55.71	1	00:14:08.21	1	00:04:39.07	2	SPARWOOD
3. GOGGIN, ANNE	326	K100- 7&UF	00:25:04.92	00:04:04.48	2	00:15:47.80	2	00:05:12.64	3	ELKFORD
4. BURGESS, KATE	325	K100- 7&UF	00:29:09.24	00:04:51.21	3	00:20:33.72	3	00:03:44.31	1	CALGARY
5. SISKI, ASPEN	331	K100- 8-10F	00:32:10.35	00:05:30.53	2	00:20:52.35	2	00:05:47.47	2	SPARWOOD

Male 3 Finishers

Name	Bib#	Category	Finish	Swim	Cat	Bike	Cat	Run	Cat	City
2. TOGO, BENTLEY	333	K100- 8-10M	00:17:01.60	00:01:59.90	1	00:11:06.73	1	00:03:54.97	1	LETHBRIDGE
1. RUSSELL, ISAAC	329	K100- 7&UM	00:17:01.60	00:03:51.66	1	00:09:47.41	1	00:03:22.53	1	ELKFORD
3. RUSSELL, ELLIOT	328	K100- 7&UM	00:28:02.49	00:05:38.76	2	00:18:10.02	2	00:04:13.71	2	ELKFORD