

**2019 Elkford Triathlon
Overall Solo Gender Results**

Sprint 750M - 26K - 5K**38 Finishers****Female 24 Finishers**

Name	Bib#	Category	Finish	Swim	Cat	Bike	Cat	Run	Cat	City
1. FREHLICH, HEIDI	231	SPRT19&UF	01:14:28.39	00:12:09.96	1	00:40:57.64	1	00:21:20.79	1	LETHBRIDGE
2. RANKINE, LAURA	249	SPRT30-39F	01:20:22.28	00:14:33.12	5	00:41:17.35	1	00:24:31.81	1	FERNIE
3. SCHEBESCH, TIFFANY	239	SPRT20-29F	01:27:19.12	00:17:20.64	5	00:43:53.83	1	00:26:04.65	1	CALGARY
4. ARTHUR, NICOLE	261	SPRT40-49F	01:27:19.82	00:20:02.95	3	00:44:48.94	1	00:22:27.93	1	ELKFORD
5. LEMIEUX, STEPHANIE	263	SPRT40-49F	01:30:01.17	00:15:14.09	1	00:47:33.19	2	00:27:13.89	2	FERNIE
6. FLEMMING, SUE	269	SPRT60+F	01:30:46.77	00:16:30.94	1	00:44:00.23	1	00:30:15.60	2	FERNIE
7. JOHANCNIK, ANDREA	237	SPRT20-29F	01:30:59.25	00:15:51.89	2	00:45:19.18	2	00:29:48.18	6	CALGARY
8. GAGNON, COLLEEN	270	SPRT60+F	01:31:04.81	00:18:31.93	2	00:48:01.63	2	00:24:31.25	1	CROSSFIELD
9. HUGHES, MADDY	236	SPRT20-29F	01:32:26.69	00:16:39.19	3	00:48:06.60	3	00:27:40.90	4	FERNIE
10. DECKER MASON, COLLEEN	245	SPRT30-39F	01:32:26.93	00:15:34.74	6	00:46:45.35	2	00:30:06.84	3	SPARWOOD
11. BADGERY, EMMA	233	SPRT20-29F	01:34:14.31	00:17:43.33	6	00:49:47.50	4	00:26:43.48	3	BANFF
12. DORATTY, STEPHANIE	246	SPRT30-39F	01:35:44.28	00:13:22.06	2	00:51:40.73	4	00:30:41.49	4	SPARWOOD
13. FORNWALD, RACHELLE	234	SPRT20-29F	01:36:41.03	00:20:09.59	7	00:49:50.60	5	00:26:40.84	2	CALGARY
14. TOGO, KRISTY	251	SPRT30-39F	01:37:28.83	00:13:36.10	3	00:51:26.56	3	00:32:26.17	6	LETHBRIDGE
15. SULLIVAN, FARREN	241	SPRT20-29F	01:37:44.43	00:16:54.62	4	00:50:47.55	6	00:30:02.26	7	ELKO
16. CREELMAN, MELISSA	262	SPRT40-49F	01:40:47.07	00:17:11.98	2	00:50:53.54	3	00:32:41.55	3	SPARWOOD
17. USHER, SAM	252	SPRT30-39F	01:41:36.23	00:12:17.03	1	00:54:44.83	6	00:34:34.37	7	FERNIE
18. INMAN, JAMIE	247	SPRT30-39F	01:41:38.31	00:17:01.11	7	00:54:38.57	5	00:29:58.63	2	FERNIE
19. ROGERS, LINDA	272	SPRT60+F	01:43:55.68	00:23:18.14	5	00:48:18.46	3	00:32:19.08	3	FERNIE
20. HOOGSTRATEN, LAURA	235	SPRT20-29F	01:46:51.31	00:14:44.68	1	01:02:40.77	7	00:29:25.86	5	CALGARY
21. JERIA, NICOLE	248	SPRT30-39F	01:55:53.52	00:14:29.20	4	01:09:47.98	8	00:31:36.34	5	ELKFORD
22. MURPHY, COLLEEN	271	SPRT60+F	01:59:31.47	00:21:33.81	4	00:59:22.79	5	00:38:34.87	4	ELKFORD
23. ZIMMER, NICKI	253	SPRT30-39F	02:05:54.36	00:21:43.11	8	01:00:28.65	7	00:43:42.60	8	ELKFORD
24. BERGMAN, KAREN	268	SPRT60+F	02:06:48.91	00:20:18.67	3	00:58:40.11	4	00:47:50.13	5	BAYNES LAKE

Male 14 Finishers

Name	Bib#	Category	Finish	Swim	Cat	Bike	Cat	Run	Cat	City
1. ROBDRUP, DANNY	258	SPRT30-39M	01:04:19.79	00:12:32.30	1	00:32:58.40	1	00:18:49.09	1	ZEPHBRIDGE
2. MAUDIE, BOB	265	SPRT40-49M	01:05:55.17	00:12:53.23	1	00:32:58.25	1	00:20:03.69	1	FERNIE
3. WHITING, DANIEL	260	SPRT30-39M	01:15:45.11	00:15:36.33	4	00:40:09.87	3	00:19:58.91	2	CALGARY
4. MCDONALD, DANIEL	256	SPRT30-39M	01:16:27.84	00:14:51.52	3	00:38:22.42	2	00:23:13.90	4	FERNIE
5. HARRINGTON, MIKE	264	SPRT40-49M	01:21:32.19	00:16:30.79	2	00:38:24.44	2	00:26:36.96	2	SPARWOOD
6. SUTHERLAND, JEFF	259	SPRT30-39M	01:23:35.60	00:19:05.69	6	00:41:18.72	4	00:23:11.19	3	ELKFORD
7. PAGE-SHINER, IAN	257	SPRT30-39M	01:24:22.23	00:14:28.63	2	00:42:55.53	5	00:26:58.07	6	FERNIE
8. SIMPKIN, DEVIN	244	SPRT20-29M	01:26:11.13	00:15:05.15	1	00:44:41.91	1	00:26:24.07	2	LETHBRIDGE
9. FRANCOEUR-LEBLOND, NICOLAS	255	SPRT30-39M	01:27:52.20	00:15:53.25	5	00:45:19.55	6	00:26:39.40	5	FERNIE
10. TAPHORN, ANTHONY	232	SPRT19&UM	01:31:47.01	00:16:05.09	1	00:48:27.46	1	00:27:14.46	1	ELKFORD
11. JUELL, DAVIS	242	SPRT20-29M	01:33:41.45	00:19:57.49	3	00:47:41.90	2	00:26:02.06	1	LETHBRIDGE
12. ATHERTON, KEVIN	266	SPRT50-59M	01:37:58.99	00:20:45.35	1	00:47:19.56	1	00:29:54.08	1	ELKFORD
13. KOELMA, MATT	243	SPRT20-29M	01:39:42.35	00:15:06.24	2	00:57:44.33	3	00:26:51.78	3	CALGARY
14. JORDAN, WILLIAM C.	273	SPRT60+M	03:03:56.73	00:25:37.87	1	01:34:05.01	1	01:04:13.85	1	SPARWOOD