

**2019 Elkford Triathlon
Overall Solo Gender Results**

Xtreme Sprint 750M - 20K - 5K**7 Finishers****Female****3 Finishers**

Name	Bib#	Category	Finish	Swim	Cat	Bike	Cat	Run	Cat	City
1. PODEMSKI, ELLISA	284	XSPRT40-49F	01:38:40.28	00:17:17.69	1	00:53:53.98	1	00:27:28.61	1	AIRDRIE
2. SISKA, LINDSAY	282	XSPRT30-39F	01:47:56.46	00:18:00.62	1	01:00:53.67	1	00:29:02.17	1	SPARWOOD
3. VORONINA, LYUDMYLA	285	XSPRT40-49F	02:16:31.80	00:18:30.34	2	01:18:24.40	2	00:39:37.06	2	SPARWOOD

Male**4 Finishers**

Name	Bib#	Category	Finish	Swim	Cat	Bike	Cat	Run	Cat	City
1. DOEY, BRUCE	283	XSPRT30-39M	01:30:22.53	00:15:54.83	1	00:51:07.05	1	00:23:20.65	1	SPARWOOD
2. LUCK, TARREN	281	XSPRT20-29M	01:35:01.72	00:14:03.27	1	00:56:26.33	1	00:24:32.12	1	ST ALBERT
3. MASSEY, DAN	287	XSPRT50-59M	01:38:01.36	00:17:00.06	1	00:54:34.22	1	00:26:27.08	1	AIRDRIE
4. LARSON, ROB	286	XSPRT40-49M	01:50:06.02	00:19:27.80	1	01:00:15.00	1	00:30:23.22	1	SPARWOOD