

## Overall Results

**X-Sprint Individual 750M - 20K - 5K****7 Finishers**

Name	Bib#	Category	Finish	Swim	O/A	Pace/100M	Bike	O/A	Pace K/H	Run	O/A	Pace/Km	City
1. DOEY, BRUCE	283	XSPRT30-39M	<b>01:30:22.53</b>	00:15:54.83	2	02:07	00:51:07.05	1	23.48	00:23:20.65	1	04:40	SPARWOOD
2. LUCK, TARREN	281	XSPRT20-29M	<b>01:35:01.72</b>	00:14:03.27	1	01:52	00:56:26.33	4	21.26	00:24:32.12	2	04:54	ST ALBERT
3. MASSEY, DAN	287	XSPRT50-59M	<b>01:38:01.36</b>	00:17:00.06	3	02:16	00:54:34.22	3	21.99	00:26:27.08	3	05:17	AIRDRIE
4. PODEMSKI, ELLISA	284	XSPRT40-49F	<b>01:38:40.28</b>	00:17:17.69	4	02:18	00:53:53.98	2	22.26	00:27:28.61	4	05:29	AIRDRIE
5. SISKA, LINDSAY	282	XSPRT30-39F	<b>01:47:56.46</b>	00:18:00.62	5	02:24	01:00:53.67	6	19.71	00:29:02.17	5	05:48	SPARWOOD
6. LARSON, ROB	286	XSPRT40-49M	<b>01:50:06.02</b>	00:19:27.80	7	02:35	01:00:15.00	5	19.92	00:30:23.22	6	06:04	SPARWOOD
7. VORONINA, LYUDMYLA	285	XSPRT40-49F	<b>02:16:31.80</b>	00:18:30.34	6	02:28	01:18:24.40	7	15.30	00:39:37.06	7	07:55	SPARWOOD