

6/2/2019

## 2019 Elkford Triathlon Run Times/w Pace

### Individual X-Sprint 5K

O/A	Name	Bib#	Swim Time	Category	Cat/Pl	Pace/KM
1.	DOEY, BRUCE	283	00:23:20.65	XSPRT30-39M	1/1	04:40
4.	LUCK, TARREN	281	00:24:32.12	XSPRT20-29M	1/1	04:54
3.	MASSEY, DAN	287	00:26:27.08	XSPRT50-59M	1/1	05:17
2.	PODEMSKI, ELLISA	284	00:27:28.61	XSPRT40-49F	1/2	05:29
6.	SISKA, LINDSAY	282	00:29:02.17	XSPRT30-39F	1/1	05:48
5.	LARSON, ROB	286	00:30:23.22	XSPRT40-49M	1/1	06:04
7.	VORONINA, LYUDMYLA	285	00:39:37.06	XSPRT40-49F	2/2	07:55