

Overall Results

Sprint Individual 750M - 20K - 5K

18 Finishers

Name	Bib#	Category	Finish	Swim	O/A	Pace/100M	Bike	O/A	Pace K/H	Run	O/A	Pace/Km	City
1. ROBDRUP, DANNY	117	SPRT40-49M	01:11:20.32	00:13:26.05	3	01:47	00:36:33.85	1	32.82	00:21:20.42	1	04:16	LETHBRIDGE
2. PAGE-SHINER, IAN	111	SPRT30-39M	01:21:16.98	00:15:19.48	5	02:02	00:42:57.96	3	27.93	00:22:59.54	2	04:35	FERNIE
3. RENT, TANNER	103	SPRT20-29M	01:23:55.04	00:14:15.70	4	01:54	00:44:40.29	4	26.86	00:24:59.05	4	04:59	CALGARY
4. HARRINGTON, MIKE	114	SPRT40-49M	01:26:24.97	00:16:27.02	6	02:11	00:42:31.62	2	28.22	00:27:26.33	7	05:29	SPARWOOD
5. SUTHERLAND, JEFF	118	SPRT40-49M	01:29:14.68	00:16:56.93	8	02:15	00:47:49.55	6	25.09	00:24:28.20	3	04:53	ELKFORD
6. LESSARD, CHRISTIAN	123	SPRT60+M	01:32:35.92	00:20:11.31	11	02:41	00:47:20.06	5	25.35	00:25:04.55	5	05:00	OKOTOKS
7. NIXON, MEGAN	102	SPRT20-29F	01:34:23.20	00:12:29.28	1	01:39	00:52:58.12	10	22.65	00:28:55.80	13	05:47	LETHBRIDGE
8. STICKNEY, JEN	109	SPRT30-39F	01:35:47.56	00:16:42.83	7	02:13	00:52:39.99	9	22.78	00:26:24.74	6	05:16	SPARWOOD
9. ATHERTON, KEVIN	121	SPRT60+M	01:38:43.86	00:20:30.35	12	02:44	00:50:06.62	7	23.95	00:28:06.89	10	05:37	ELKFORD
10. TIEFENBACH, DONNA	120	SPRT50-59F	01:40:33.76	00:18:29.41	9	02:27	00:54:22.33	12	22.07	00:27:42.02	9	05:32	LETHBRIDGE
11. DORATTY, STEPHANIE	105	SPRT30-39F	01:40:55.90	00:13:15.33	2	01:46	00:56:30.63	13	21.23	00:31:09.94	15	06:13	SPARWOOD
12. CHRISTENSEN, SCOTT	122	SPRT60+M	01:45:19.32	00:25:32.05	17	03:24	00:52:11.61	8	22.99	00:27:35.66	8	05:31	CALGARY
13. HILL, ALEXANDRA	101	SPRT20-29F	01:49:45.47	00:20:08.55	10	02:41	01:01:04.07	16	19.65	00:28:32.85	12	05:42	MEDICINE HAT
14. BURGESS, DEREK	113	SPRT40-49M	01:50:07.50	00:28:07.07	18	03:44	00:53:45.44	11	22.32	00:28:14.99	11	05:38	CALGARY
15. BAIRD, BRENDA	119	SPRT50-59F	01:51:25.67	00:22:24.34	15	02:59	00:58:26.60	15	20.53	00:30:34.73	14	06:06	LETHBRIDGE
16. RAY, JENNA	108	SPRT30-39F	01:54:50.10	00:23:17.38	16	03:06	00:58:21.00	14	20.57	00:33:11.72	16	06:38	SPARWOOD
17. MCALLISTER, RYAN	116	SPRT40-49M	02:00:23.32	00:21:28.99	14	02:51	01:01:37.99	17	19.47	00:37:16.34	18	07:27	ELKFORD
18. LEDUC, MELODY	107	SPRT30-39F	02:01:06.07	00:20:39.00	13	02:45	01:03:11.94	18	18.99	00:37:15.13	17	07:27	ELKFORD