

## Overall Results

**X-Sprint Individual 750M - 20K - 5K****2 Finishers**

Name	Bib#	Category	Finish	Swim	O/A	Pace/100M	Bike	O/A	Pace K/H	Run	O/A	Pace/Km	City
1. RUSSELL, KATHERINE	228	XSPRT40-49F	<b>01:45:10.88</b>	00:14:07.03	1	01:52	01:01:54.23	1	19.38	00:29:09.62	1	05:49	ELKFORD
2. BAIRD, BRENDA	230	XSPRT60+F	<b>02:27:49.02</b>	00:22:54.30	2	03:03	01:28:06.90	2	13.62	00:36:47.82	2	07:21	LETHBRIDGE