

2024 Elkford Triathlon

Run Times/w Pace

Individual Sprint 5K

O/A	Name	Bib#	Swim Time	Category	Cat/Pl	Pace/KM
6.	NICOL, JEFFREY	198	00:20:45.43	SPRT30-39M	2/6	04:09
1.	DUQUESNAY, ANDREW	194	00:20:57.15	SPRT30-39M	1/6	04:11
2.	LONGSHAW, DAVID	204	00:21:30.75	SPRT40-49M	1/3	04:18
3.	CULTRERA, JORDAN	186	00:22:26.55	SPRT19&UF	1/1	04:29
9.	KURIO, BRETT	196	00:22:55.09	SPRT30-39M	4/6	04:35
8.	PAGE-SHINER, IAN	199	00:23:17.97	SPRT30-39M	3/6	04:39
5.	BENNETT, JAMES	188	00:23:21.72	SPRT20-29M	1/2	04:40
12.	MASON, COLLEEN	193	00:24:28.94	SPRT30-39F	1/4	04:53
4.	SCHMIDT, MARTY	207	00:24:30.65	SPRT50-59M	1/1	04:54
16.	D'HAMERS, CHARISSE	190	00:24:54.84	SPRT30-39F	3/4	04:58
18.	JACYSZYN, PHILIP	195	00:25:52.01	SPRT30-39M	6/6	05:10
17.	MURPHY, STEVE	214	00:25:52.15	SPRT60+M	4/5	05:10
11.	LESSARD, CHRISTIAN	213	00:26:19.41	SPRT60+M	1/5	05:15
7.	HARRINGTON, MIKE	203	00:26:31.12	SPRT40-49M	2/3	05:18
10.	SIMPKIN, DEVIN	200	00:27:06.61	SPRT30-39M	5/6	05:25
24.	MAYNE, CJ	189	00:27:57.83	SPRT20-29M	2/2	05:35
13.	FERGUSON, IAN	212	00:28:44.19	SPRT60+M	2/5	05:44
19.	LEMIEUX, STEPHANIE	201	00:30:11.77	SPRT40-49F	1/3	06:02
21.	NORTON, KAROLINA	202	00:31:21.56	SPRT40-49F	2/3	06:16
15.	CHRISTENSEN, SCOTT	211	00:31:25.70	SPRT60+M	3/5	06:17
20.	ATHERTON, KEVIN	210	00:32:56.71	SPRT60+M	5/5	06:35
25.	INMAN, JAMIE	227	00:32:57.14	SPRT40-49F	3/3	06:35
23.	KALLIE, SSTEVE	205	00:34:11.91	SPRT40-49M	3/3	06:50
22.	KIELPINSKI, CYNTHIA	187	00:34:18.52	SPRT20-29F	1/1	06:51
26.	FERGUSON, ALLISON	192	00:36:47.99	SPRT30-39F	4/4	07:21
14.	DARIMONT, EMMA	191	00:42:24.49	SPRT30-39F	2/4	08:28
28.	UYTTERHAGEN, SHELLEY	209	00:47:08.56	SPRT60+F	2/2	09:25
27.	LAPOINTE, SYLVIE	208	00:52:04.53	SPRT60+F	1/2	10:24