

Overall Results

Super Sprint 250M - 10K - 2.5K

| Name | Bib# | Category | Swim | O/A | SwPace/100M | Bike | O/A | Bike Pace K/H | Run | O/A | Run Pace/Km | Finish | City |
|---------------------------|------|----------|-------------|-----|-------------|-------------|-----|---------------|-------------|-----|-------------|-------------|-------------|
| 1 REINDL, KYLE | 522 | SS20-29M | 00:04:44.95 | 3 | 01:53 | 00:22:28.10 | 1 | 26.70 | 00:12:10.25 | 2 | 04:52 | 00:39:23.30 | LETHBRIDGE |
| 2 FRIESEN, BERT | 532 | SS40-49M | 00:06:37.20 | 11 | 02:38 | 00:24:00.45 | 3 | 24.99 | 00:11:56.05 | 1 | 04:46 | 00:42:33.70 | TABER |
| 3 NICOL, DARRICK | 512 | SS15&UM | 00:05:33.45 | 6 | 02:13 | 00:23:55.95 | 2 | 25.07 | 00:13:13.20 | 5 | 05:17 | 00:42:42.60 | COALHURST |
| 4 FURTADO, ALASTAIR | 534 | SS50-59M | 00:06:51.35 | 15 | 02:44 | 00:24:57.25 | 4 | 24.04 | 00:12:26.80 | 3 | 04:58 | 00:44:15.40 | LETHBRIDGE |
| 5 SNOW, MEGAN | 507 | SS15&UF | 00:05:08.75 | 4 | 02:03 | 00:27:36.80 | 13 | 21.73 | 00:14:18.60 | 7 | 05:43 | 00:47:04.15 | RAYMOND |
| 6 SIMPSON, FAITH | 536 | SS15&UF | 00:04:28.35 | 1 | 01:47 | 00:27:33.80 | 12 | 21.77 | 00:15:22.40 | 13 | 06:08 | 00:47:24.55 | RAYMOND |
| 7 BYRGESEN, JILL | 518 | SS20-29F | 00:06:05.10 | 8 | 02:26 | 00:26:32.05 | 9 | 22.61 | 00:15:47.65 | 17 | 06:19 | 00:48:24.80 | CALGARY |
| 8 VOLD, CARLA | 520 | SS20-29F | 00:06:47.75 | 14 | 02:43 | 00:26:28.70 | 8 | 22.66 | 00:15:19.50 | 12 | 06:07 | 00:48:35.95 | MEDICINE H. |
| 9 DAVIS, WHITNEY | 526 | SS30-39F | 00:06:55.05 | 16 | 02:46 | 00:25:05.35 | 5 | 23.91 | 00:16:36.35 | 19 | 06:38 | 00:48:36.75 | RAYMOND |
| 10 JENSEN, BROOKE | 529 | SS30-39F | 00:06:56.70 | 17 | 02:46 | 00:26:43.00 | 10 | 22.46 | 00:14:58.30 | 10 | 05:59 | 00:48:38.00 | LETHBRIDGE |
| 11 SNOW, DALLIN | 514 | SS15&UM | 00:05:48.05 | 7 | 02:19 | 00:27:50.45 | 16 | 21.55 | 00:15:23.55 | 14 | 06:09 | 00:49:02.05 | RAYMOND |
| 12 POWELSON, WYATT | 508 | SS16-19M | 00:06:43.65 | 13 | 02:41 | 00:28:03.55 | 17 | 21.38 | 00:14:21.15 | 9 | 05:44 | 00:49:08.35 | RAYMOND |
| 13 CHOQUETTE SCOTT, JULIE | 519 | SS20-29F | 00:09:43.55 | 32 | 03:53 | 00:25:51.75 | 6 | 23.20 | 00:14:19.65 | 8 | 05:43 | 00:49:54.95 | LETHBRIDGE |
| 14 CORNISH, JACQUELYN | 535 | SS20-29F | 00:07:39.00 | 19 | 03:03 | 00:26:52.25 | 11 | 22.33 | 00:15:40.35 | 16 | 06:16 | 00:50:11.60 | STIRLING |
| 15 ZELLER, SHILO | 517 | SS16-19F | 00:08:23.30 | 24 | 03:21 | 00:26:26.40 | 7 | 22.69 | 00:15:28.75 | 15 | 06:11 | 00:50:18.45 | LETHBRIDGE |
| 16 ARMENER, REES | 501 | SS15&UF | 00:05:28.60 | 5 | 02:11 | 00:31:37.15 | 22 | 18.98 | 00:13:30.15 | 6 | 05:24 | 00:50:35.90 | RAYMOND |
| 17 START, CHRISTINA | 530 | SS30-39F | 00:09:14.55 | 29 | 03:41 | 00:30:16.75 | 20 | 19.82 | 00:13:00.60 | 4 | 05:12 | 00:52:31.90 | RAYMOND |
| 18 GEDNY, TRINA | 528 | SS30-39F | 00:07:26.15 | 18 | 02:58 | 00:30:43.65 | 21 | 19.53 | 00:16:31.25 | 18 | 06:36 | 00:54:41.05 | TABER |
| 19 DICK, MELISSA | 527 | SS30-39F | 00:10:00.45 | 33 | 04:00 | 00:27:44.30 | 15 | 21.63 | 00:17:04.60 | 20 | 06:49 | 00:54:49.35 | WETASKIWII |
| 20 PITCHER, BENSON | 513 | SS15&UM | 00:06:28.80 | 10 | 02:35 | 00:30:04.55 | 19 | 19.95 | 00:18:26.10 | 21 | 07:22 | 00:54:59.45 | WETASKIWII |
| 21 ROBINSON, CAROL | 533 | SS50-59F | 00:08:45.45 | 28 | 03:30 | 00:27:41.10 | 14 | 21.67 | 00:19:11.75 | 25 | 07:40 | 00:55:38.30 | RAYMOND |
| 22 WOOD, ISAAC | 515 | SS15&UM | 00:07:40.00 | 20 | 03:04 | 00:32:23.75 | 25 | 18.52 | 00:18:56.15 | 24 | 07:34 | 00:58:59.90 | RAYMOND |
| 23 GORBAHN, MARY | 503 | SS15&UF | 00:09:29.55 | 30 | 03:47 | 00:29:32.40 | 18 | 20.31 | 00:20:03.05 | 27 | 08:01 | 00:59:05.00 | WESTEROSI |
| 24 DICK, JAMIESON | 509 | SS15&UM | 00:08:36.45 | 27 | 03:26 | 00:35:19.80 | 29 | 16.98 | 00:15:11.35 | 11 | 06:04 | 00:59:07.60 | WETASKIWII |
| 25 HARVEY, ROSIE | 504 | SS15&UF | 00:06:21.00 | 9 | 02:32 | 00:33:55.45 | 27 | 17.69 | 00:18:53.55 | 23 | 07:33 | 00:59:10.00 | LETHBRIDGE |
| 26 GALBRAITH, MADISON | 502 | SS15&UF | 00:04:34.55 | 2 | 01:49 | 00:32:04.40 | 23 | 18.71 | 00:23:11.80 | 30 | 09:16 | 00:59:50.75 | RAYMOND |
| 27 GIBB, BLAKE | 510 | SS15&UM | 00:06:38.30 | 12 | 02:39 | 00:32:13.15 | 24 | 18.62 | 00:21:02.40 | 28 | 08:24 | 00:59:53.85 | RAYMOND |
| 28 COLLINS, MANDY | 525 | SS30-39F | 00:08:25.00 | 25 | 03:22 | 00:35:16.60 | 28 | 17.01 | 00:19:24.70 | 26 | 07:45 | 01:03:06.30 | RAYMOND |
| 29 GORBAHN, ERIN | 516 | SS16-19F | 00:08:17.95 | 23 | 03:19 | 00:32:32.85 | 26 | 18.43 | 00:22:27.15 | 29 | 08:58 | 01:03:17.95 | WESTEROSI |
| 30 BROOKS, KARI | 531 | SS40-49F | 00:09:41.60 | 31 | 03:52 | 00:37:48.90 | 32 | 15.87 | 00:18:27.60 | 22 | 07:23 | 01:05:58.10 | RAYMOND |
| 31 LEISHMAN, LIZZIE | 506 | SS15&UF | 00:08:17.60 | 22 | 03:19 | 00:35:21.55 | 30 | 16.97 | 00:24:29.00 | 31 | 09:47 | 01:08:08.15 | CALGARY |
| 32 LEISHMAN, LEXIE | 505 | SS15&UF | 00:08:12.00 | 21 | 03:16 | 00:35:58.95 | 31 | 16.67 | 00:24:31.75 | 32 | 09:48 | 01:08:42.70 | CALGARY |
| 33 BENNETT, VICKY | 523 | SS30-39F | 00:08:35.05 | 26 | 03:26 | 00:50:12.00 | 33 | 11.95 | 00:25:52.55 | 33 | 10:21 | 01:24:39.60 | LETHBRIDGE |