

Overall Results

Sprint 750M - 20K - 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 OTTO, ANDREW	33	SP30-39M	00:14:34.00	4	01:56	00:36:21.05	4	33.01	00:19:44.50	2	03:56	01:10:39.55	LETHBRIDGE
2 ROBDRUP, DANNY	34	SP30-39M	00:16:04.70	12	02:08	00:35:45.65	2	33.56	00:19:15.80	1	03:51	01:11:06.15	ZEPHBRIDGE
3 COUTURE, JESSE	15	SP20-29M	00:14:40.70	6	01:57	00:36:10.95	3	33.17	00:22:38.35	3	04:31	01:13:30.00	LETHBRIDGE
4 SNOW, KIMBER	12	SP20-29F	00:14:38.90	5	01:57	00:40:57.25	9	29.30	00:24:26.95	7	04:53	01:20:03.10	RAYMOND
5 HEWEYER, JOHN	55	SP30-39M	00:15:55.15	11	02:07	00:40:16.55	8	29.79	00:25:23.05	9	05:04	01:21:34.75	FT. MACLEO
6 LEVESQUE, FRANCE	38	SP40-49F	00:13:39.10	3	01:49	00:42:18.95	11	28.36	00:26:39.70	14	05:19	01:22:37.75	RAYMOND
7 JANKUNIS, FRANK	51	SP50-59M	00:16:04.85	13	02:08	00:41:55.10	10	28.63	00:24:52.65	8	04:58	01:22:52.60	LETHBRIDGE
8 SORENSEN, JAY JAY	13	SP20-29F	00:13:35.60	2	01:48	00:43:15.25	12	27.74	00:27:45.00	20	05:33	01:24:35.85	LETHBRIDGE
9 LETOURNEAU, ADAM	30	SP30-39M	00:17:06.50	18	02:16	00:39:25.05	6	30.44	00:28:43.95	24	05:44	01:25:15.50	LETHBRIDGE
10 GRAUMANN, GABRIELE	50	SP40-49F	00:18:47.45	31	02:30	00:38:51.80	5	30.88	00:27:38.40	18	05:31	01:25:17.65	LETHBRIDGE
11 MANY FINGERS, TROY	52	SP40-49M	00:16:07.10	14	02:08	00:44:58.15	15	26.68	00:24:17.80	6	04:51	01:25:23.05	CARDSTON
12 MACWILLIAM, LESLIE	10	SP20-29F	00:14:44.10	7	01:57	00:48:16.65	27	24.86	00:22:50.80	4	04:34	01:25:51.55	LETHBRIDGE
13 MOHR, JONI	54	SP30-39F	00:17:29.75	20	02:19	00:45:07.05	16	26.60	00:23:53.65	5	04:46	01:26:30.45	WELLING
14 COUTURE, KATIE	56	SP20-29F	00:16:12.60	15	02:09	00:40:08.85	7	29.89	00:31:53.20	33	06:22	01:28:14.65	LETHBRIDGE
15 HEGGIE, WYATT	5	SP19&UM	00:17:52.90	22	02:23	00:46:04.75	23	26.04	00:25:39.00	10	05:07	01:29:36.65	RAYMOND
16 SLAWSON, CORREEN	24	SP30-39F	00:18:39.85	29	02:29	00:45:43.65	21	26.24	00:25:49.50	11	05:09	01:30:13.00	FORT MACLI
17 THORNTON, JEFF	46	SP50-59M	00:13:05.15	1	01:44	00:44:44.45	14	26.82	00:33:39.40	37	06:43	01:31:29.00	LETHBRIDGE
18 PITCHER, HOLLY	21	SP30-39F	00:18:24.95	27	02:27	00:45:14.90	17	26.52	00:27:55.20	21	05:35	01:31:35.05	WETASKIWI
19 GIBB, J.D.	28	SP30-39M	00:17:59.45	23	02:23	00:43:50.95	13	27.37	00:29:53.20	29	05:58	01:31:43.60	RAYMOND
20 SLAWSON, ROB	35	SP30-39M	00:17:04.35	17	02:16	00:45:33.00	19	26.34	00:29:46.10	28	05:57	01:32:23.45	FORT MACLI
21 SNOW, TYLER	6	SP19&UM	00:15:16.75	9	02:02	00:48:18.15	28	24.84	00:28:49.20	25	05:45	01:32:24.10	RAYMOND
22 GALBRAITH, MICHAEL	27	SP30-39M	00:18:07.75	24	02:25	00:46:34.65	24	25.76	00:28:11.35	22	05:38	01:32:53.75	RAYMOND
23 ARMENER, CARRIE	18	SP30-39F	00:18:33.10	28	02:28	00:49:16.60	29	24.35	00:26:26.45	12	05:17	01:34:16.15	RAYMOND
24 THOMPSON, DION	16	SP20-29M	00:18:07.90	25	02:25	00:45:21.35	18	26.46	00:32:19.95	35	06:27	01:35:49.20	LETHBRIDGE
25 NICKLE, CHAD	31	SP30-39M	00:20:23.65	34	02:43	00:45:45.30	22	26.23	00:30:45.15	32	06:09	01:36:54.10	RAYMOND
26 SALMON, STEPHANIE	22	SP30-39F	00:17:17.45	19	02:18	00:51:47.65	35	23.17	00:28:23.05	23	05:40	01:37:28.15	RAYMOND
27 MENDENHALL, MACEY	2	SP19&UF	00:22:08.15	39	02:57	00:48:02.20	25	24.98	00:27:30.05	17	05:30	01:37:40.40	RAYMOND
28 POYTRESS, JORDAN	53	SP20-29M	00:22:21.00	41	02:58	00:45:40.70	20	26.27	00:30:40.65	31	06:08	01:38:42.35	FT. MACLEO
29 GORBAHN, SPENCER	3	SP19&UM	00:22:11.95	40	02:57	00:48:08.55	26	24.93	00:30:23.60	30	06:04	01:40:44.10	WESTEROSI
30 OLSEN, GABRIEL	32	SP30-39M	00:19:37.85	33	02:37	00:55:01.80	41	21.81	00:28:49.80	26	05:45	01:43:29.45	LETHBRIDGE
31 DICK, NANCY	19	SP30-39F	00:26:38.00	50	03:33	00:50:33.35	32	23.74	00:26:41.90	15	05:20	01:43:53.25	GWYNNE
32 KRISTENSEN, PAUL	42	SP40-49M	00:26:16.55	49	03:30	00:51:01.80	33	23.52	00:26:48.00	16	05:21	01:44:06.35	FORT SASKA
33 GIESBRECHT, COLLEEN	8	SP20-29F	00:20:26.85	36	02:43	00:56:33.80	42	21.22	00:27:41.55	19	05:32	01:44:42.20	LETHBRIDGE
34 ZOETEMAN, SHERRI	40	SP40-49F	00:18:45.80	30	02:30	00:54:19.20	39	22.09	00:31:55.30	34	06:23	01:45:00.30	FORT MACLI
35 SHADE, LESLEY	23	SP30-39F	00:22:39.85	42	03:01	00:53:33.70	37	22.40	00:29:22.60	27	05:52	01:45:36.15	LETHBRIDGE

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36 DAUTEL, JOANNA	57	SP20-29F	00:15:30.85	10	02:04	00:58:05.50	45	20.66	00:32:34.75	36	06:30	01:46:11.10	SPRUCE GR
37 CAHOON, JARETT	26	SP30-39M	00:21:28.25	38	02:51	00:49:39.80	31	24.16	00:35:25.75	40	07:05	01:46:33.80	CALGARY
38 HARVEY, JACK	4	SP19&UM	00:16:27.65	16	02:11	00:52:20.70	36	22.92	00:38:09.35	43	07:37	01:46:57.70	LETHBRIDGE
39 NELSON, MARK	45	SP50-59M	00:24:41.90	45	03:17	00:49:23.30	30	24.30	00:34:11.65	38	06:50	01:48:16.85	RAYMOND
40 KING, STEPHANIE	9	SP20-29F	00:18:17.05	26	02:26	00:54:00.10	38	22.22	00:38:42.15	45	07:44	01:50:59.30	CALGARY
41 GILLETT, SHARON	44	SP50-59F	00:19:35.10	32	02:36	00:51:26.20	34	23.33	00:40:26.60	46	08:05	01:51:27.90	LETHBRIDGE
42 GORBAHN, LYNNE	36	SP40-49F	00:25:20.60	47	03:22	00:54:44.40	40	21.92	00:34:19.90	39	06:51	01:54:24.90	WESTEROSI
43 DICK, AMANDA	7	SP20-29F	00:20:23.70	35	02:43	00:58:03.15	44	20.67	00:38:19.85	44	07:39	01:56:46.70	WETASKIWII
44 YAWNEY, DAVID	47	SP60+M	00:24:50.40	46	03:18	00:56:47.05	43	21.13	00:37:22.70	41	07:28	01:59:00.15	RAYMOND
45 WILDE, JAZMIN	14	SP20-29F	00:23:57.05	44	03:11	01:00:26.40	48	19.85	00:37:27.55	42	07:29	02:01:51.00	RAYMOND
46 KRISTENSEN, CARRIE	37	SP40-49F	00:17:32.35	21	02:20	01:01:32.00	49	19.50	00:46:33.35	49	09:18	02:05:37.70	FORT SASKA
47 PALLOWAY, MEGAN	11	SP20-29F	00:22:46.45	43	03:02	00:59:34.75	47	20.14	00:44:15.35	48	08:51	02:06:36.55	LETHBRIDGE
48 HAAS, DAVID	29	SP30-39M	00:20:38.00	37	02:45	01:03:22.95	50	18.93	00:43:26.05	47	08:41	02:07:27.00	KELOWNA
49 GORBAHN, NADIA	1	SP19&UF	00:25:25.90	48	03:23	00:58:47.55	46	20.41	00:48:58.05	50	09:47	02:13:11.50	WESTEROSI
50 BISHOP, MIKE	25	SP30-39M	00:15:08.85	8	02:01	00:27:35.35	1	43.50	00:26:30.35	13	05:18	DNF	GLENWOOD