

## Overall Results w/Pace

## Sprint 750M - 20K - 5K \*\*42 Competitors\*\*

## 42 Total

Name	Category	Bib#	Finish:	O/A	Cat	Swim:	O/A	Cat	Pace	Bike:	O/A	Cat	PaceK/H	Run:	O/A	Cat	Pace	City
HARASEM-MITCHELL, SETH	SP19&UM	105	01:13:23.70	1	1	00:11:43.35	1	1	01:33	00:38:12.90	7	1	31.40	00:21:40.60	1	1	04:20	Coalhurst
SNOW, KIMBER	SP20-29F	110	01:14:54.80	2	1	00:13:06.65	3	1	01:44	00:37:22.55	6	1	32.11	00:21:42.35	2	1	04:20	RAYMOND
WALKEY, GREG	SP30-39M	120	01:15:18.35	3	1	00:11:51.90	2	1	01:34	00:36:16.95	4	2	33.07	00:24:16.75	10	2	04:51	LETHBRIDGE
ADAMS, DAVE	SP50-59M	131	01:16:59.50	4	1	00:16:02.40	10	2	02:08	00:35:17.60	3	1	34.00	00:22:19.30	3	1	04:27	LETHBRIDGE
RUNIONS, PAUL	SP40-49M	129	01:17:11.55	5	1	00:16:01.15	9	2	02:08	00:35:09.60	1	1	34.13	00:22:27.30	4	1	04:29	FORT MACLEOD
IWAASA, KEVIN	SP30-39M	119	01:17:41.40	6	2	00:15:04.25	7	2	02:00	00:35:10.80	2	1	34.11	00:22:42.05	5	1	04:32	Lethbridge
PAWLENCHUK, TODD	SP40-49M	138	01:18:50.20	7	2	00:16:09.50	11	3	02:09	00:37:02.65	5	2	32.39	00:23:03.70	7	2	04:36	CARDSTON
JANKUNIS, FRANK	SP50-59M	140	01:21:31.45	8	2	00:15:59.30	8	1	02:07	00:38:57.50	8	2	30.80	00:23:01.25	6	2	04:36	LETHBRIDGE
DIXON, TEAGAN	SP19&UF	102	01:23:30.35	9	1	00:13:23.55	4	1	01:47	00:39:51.45	9	1	30.11	00:27:08.40	17	1	05:25	LETHBRIDGE
FILEK, HEATHER	SP20-29F	108	01:24:10.25	10	2	00:14:58.75	6	2	01:59	00:40:06.65	10	2	29.92	00:25:27.90	14	2	05:05	LETHBRIDGE
DAVIS, KIMBERLEE	SP30-39F	112	01:28:50.65	11	1	00:20:20.85	28	5	02:42	00:40:23.40	12	1	29.71	00:25:07.60	12	1	05:01	LETHBRIDGE
NICKLE, CHAD	SP40-49M	128	01:29:09.00	12	3	00:16:11.25	12	4	02:09	00:40:21.25	11	3	29.74	00:29:14.65	26	3	05:50	RAYMOND
BIONDO, VINCENZO	SP30-39M	116	01:30:14.35	13	3	00:20:03.85	27	4	02:40	00:41:21.55	13	3	29.01	00:25:12.00	13	3	05:02	CALGARY
SIMPSON, LAURA	SP40-49F	147	01:32:46.40	14	1	00:16:46.45	16	1	02:14	00:44:46.25	19	2	26.80	00:28:29.10	24	3	05:41	RAYMOND
FURTADO, ALASTAIR	SP50-59M	133	01:33:15.20	15	3	00:17:44.05	19	4	02:21	00:46:42.20	25	4	25.69	00:25:02.00	11	3	05:00	LETHBRIDGE
HIMSL-RAYNER, CHRISTINE	SP50-59F	130	01:33:36.65	16	1	00:17:29.55	17	1	02:19	00:43:19.25	14	1	27.70	00:28:34.85	25	2	05:42	LETHBRIDGE
SALMON, STEPHANIE	SP30-39F	114	01:33:48.15	17	2	00:16:38.65	14	1	02:13	00:45:54.45	23	3	26.14	00:28:10.50	22	4	05:38	RAYMOND
STONE, SACHIE	SP30-39F	115	01:34:28.15	18	3	00:19:46.50	25	4	02:38	00:44:06.50	17	2	27.21	00:27:18.55	19	2	05:27	STIRLING
HEINO, SHERRY	SP40-49F	123	01:34:28.90	19	2	00:22:06.60	34	6	02:56	00:43:29.10	15	1	27.60	00:24:09.65	9	2	04:49	LETHBRIDGE
ALSTON, KAREN	SP50-59F	141	01:35:25.95	20	2	00:19:18.50	24	2	02:34	00:44:05.05	16	2	27.22	00:28:17.40	23	1	05:39	MAGRATH
CHUBB, RICHARD	SP60+M	134	01:36:41.00	21	1	00:16:38.40	13	1	02:13	00:48:23.45	29	1	24.80	00:27:47.45	21	1	05:33	LETHBRIDGE
GORBAHN, GREGERY	SP20-29M	148	01:37:09.30	22	1	00:21:44.30	32	1	02:53	00:45:00.80	20	2	26.66	00:26:42.60	16	1	05:20	WESTROSE
ESCOBAR, CARLOS (PAUL)	SP40-49M	127	01:37:37.90	23	4	00:14:41.05	5	1	01:57	00:45:21.30	22	4	26.46	00:31:03.75	30	4	06:12	LETHBRIDGE
HEGGIE, WYATT	SP19&UM	107	01:38:46.35	24	2	00:21:14.45	31	2	02:49	00:47:01.05	26	3	25.52	00:26:31.35	15	2	05:18	RAYMOND
POYTRESS, LACEY	SP30-39F	113	01:38:55.45	25	4	00:18:10.45	21	2	02:25	00:47:50.80	28	4	25.08	00:27:26.90	20	3	05:29	FORT MACLEOD
CHARTIER, BONNIE	SP40-49F	121	01:42:04.45	26	3	00:20:44.35	30	4	02:45	00:54:47.70	39	5	21.90	00:23:45.65	8	1	04:45	COALDALE
MULDER, BROOKE	SP20-29F	143	01:42:41.25	27	3	00:20:28.00	29	4	02:43	00:47:38.65	27	3	25.19	00:30:11.00	29	3	06:02	LETHBRIDGE
HUGHES, LIAM	SP20-29M	139	01:44:50.50	28	2	00:24:40.75	38	2	03:17	00:44:09.20	18	1	27.18	00:31:37.15	31	2	06:19	LETHBRIDGE
CAHOON, JARETT	SP30-39M	118	01:45:21.85	29	4	00:17:48.70	20	3	02:22	00:49:20.00	30	4	24.32	00:32:09.05	32	4	06:25	CALGARY
FISHER, JOHN	SP50-59M	132	01:49:25.70	30	4	00:16:40.40	15	3	02:13	00:45:20.95	21	3	26.46	00:41:25.40	42	4	08:17	RAYMOND
BEVANS, NATISHA	SP30-39F	111	01:49:38.50	31	5	00:18:34.75	22	3	02:28	00:49:42.25	31	5	24.14	00:37:35.85	37	5	07:31	CARDSTON
BROOKS, BOYD	SP19&UM	142	01:50:18.15	32	3	00:27:46.90	42	5	03:42	00:50:34.05	34	4	23.73	00:27:12.65	18	3	05:26	RAYMOND
PENNER, PAM	SP40-49F	125	01:52:03.00	33	4	00:17:29.65	18	2	02:19	00:51:28.40	35	3	23.31	00:37:52.75	39	7	07:34	CLARESHOLM
SHADE, LESLEY	SP40-49F	126	01:53:27.70	34	5	00:21:53.25	33	5	02:55	00:57:49.15	42	7	20.75	00:30:06.90	28	5	06:01	LETHBRIDGE
GORBAHN, SPENCER	SP19&UM	149	01:53:47.75	35	4	00:25:38.85	39	4	03:25	00:46:05.95	24	2	26.03	00:36:42.90	35	5	07:20	WESTROSE
SCHOW, BREANNE	SP20-29F	109	01:54:42.15	36	4	00:19:05.55	23	3	02:32	00:51:59.60	36	4	23.08	00:37:35.30	36	4	07:31	CARDSTON
GEDNY, TRINA	SP40-49F	122	01:55:15.45	37	6	00:19:49.70	26	3	02:38	00:54:39.10	38	4	21.96	00:34:04.70	33	6	06:48	TABER
BURTON, MATTHEW	SP30-39M	117	01:58:04.65	38	5	00:22:37.15	35	5	03:00	00:50:19.15	33	5	23.85	00:40:14.55	40	5	08:02	COALDALE
HEGGIE, CHASE	SP19&UM	106	01:58:31.95	39	5	00:22:49.65	36	3	03:02	00:55:59.55	40	5	21.43	00:34:31.55	34	4	06:54	RAYMOND
NASH, KARI	SP40-49F	124	01:59:35.55	40	7	00:26:08.10	40	7	03:29	00:56:15.90	41	6	21.33	00:29:29.85	27	4	05:53	Lethbridge
GORBAHN, MARY	SP19&UF	145	02:00:03.90	41	2	00:24:08.00	37	2	03:13	00:50:11.30	32	2	23.91	00:40:59.00	41	2	08:11	WESTROSE
GORBAHN, LYNNE	SP50-59F	146	02:01:29.20	42	3	00:26:54.10	41	3	03:35	00:52:13.35	37	3	22.98	00:37:46.55	38	3	07:33	WESTROSE