

Overall Results w/Pace

Sprint 750M - 20K - 5K **39 Competitors**

39 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
MOHR, RYAN	SP30-39M	212	01:20:28.55	1	1	00:15:44.70	9	3	02:05	00:38:41.45	3	3	31.02	00:23:28.55	2	1	04:41	WELLING
BAKER, JARED	SP30-39M	211	01:22:02.50	2	2	00:16:04.55	11	4	02:08	00:37:04.85	1	1	32.36	00:25:45.70	8	2	05:09	CALGARY
WINGERTER, LES	SP50-59M	226	01:22:08.75	3	1	00:14:06.60	6	1	01:52	00:39:29.15	4	1	30.39	00:25:10.80	7	1	05:02	LETHBRIDGE
BOWYER, ALEX	SP17-19M	196	01:22:59.85	4	1	00:10:29.20	1	1	01:23	00:44:55.75	14	1	26.71	00:25:04.05	5	1	05:00	MEDICINE HAT
BOWYER, LESLIE-ANNE	SP20-29F	198	01:23:41.50	5	1	00:13:05.55	4	2	01:44	00:42:47.40	10	1	28.04	00:24:21.40	4	1	04:52	MEDICINE HAT
OLIVEROS, VALENTE	SP30-39M	236	01:23:43.70	6	3	00:15:10.10	7	2	02:01	00:39:44.10	5	4	30.20	00:26:24.35	12	3	05:16	COALDALE
ODORSKI, JOEL	SP30-39M	213	01:24:00.00	7	4	00:12:22.35	3	1	01:38	00:40:28.45	6	5	29.65	00:27:44.35	16	5	05:32	LETHBRIDGE
VANDEN DOOL, GLENN	SP40-49M	221	01:24:55.50	8	1	00:16:56.85	14	1	02:15	00:41:19.90	8	2	29.03	00:21:57.50	1	1	04:23	LETHBRIDGE
WRIGHT, ROBERT	SP30-39M	214	01:25:42.50	9	5	00:17:44.05	22	5	02:21	00:37:15.35	2	2	32.21	00:27:19.10	14	4	05:27	ELKFORD
MOHR, JONI	SP30-39F	208	01:28:01.75	10	1	00:16:26.50	13	3	02:11	00:44:00.75	12	1	27.26	00:25:05.50	6	1	05:01	WELLING
BIONDO, VINCENZO	SP40-49M	219	01:28:16.30	11	2	00:18:24.10	27	3	02:27	00:40:39.75	7	1	29.51	00:25:58.50	9	2	05:11	CALGARY
HENDRY, JODIE	SP20-29F	201	01:29:54.65	12	2	00:11:00.90	2	1	01:28	00:48:10.20	22	3	24.91	00:26:45.45	13	2	05:21	LETHBRIDGE
HYGGEN, BRAYLON	SP40-49M	220	01:32:05.75	13	3	00:18:07.25	25	2	02:24	00:41:28.55	9	3	28.93	00:28:20.25	19	3	05:40	LETHBRIDGE
BIONDO, PATRICIA	SP40-49F	216	01:33:32.40	14	1	00:17:08.70	16	2	02:17	00:44:05.85	13	1	27.21	00:28:16.40	18	1	05:39	CALGARY
ELLIS, SARAH	SP30-39F	233	01:33:58.35	15	2	00:15:39.30	8	1	02:05	00:48:09.95	21	5	24.91	00:27:25.80	15	2	05:29	LETHBRIDGE
FLEXHAUG, JACKIE	SP30-39F	204	01:35:39.60	16	3	00:17:40.45	21	6	02:21	00:46:18.65	18	3	25.91	00:27:53.80	17	3	05:34	SPRUCE GROVE
GRAVES, PARKER	SP16&UM	193	01:36:04.80	17	1	00:13:41.35	5	1	01:49	00:56:42.50	37	3	21.16	00:23:59.15	3	1	04:47	RAYMOND
FURTADO, ALASTAIR	SP50-59M	224	01:36:48.40	18	2	00:17:15.60	17	2	02:18	00:49:51.45	28	2	24.07	00:26:06.00	10	2	05:13	LETHBRIDGE
WALKER, RENA	SP30-39F	210	01:39:28.50	19	4	00:20:42.25	34	9	02:45	00:45:40.80	17	2	26.27	00:30:07.10	21	4	06:01	LETHBRIDGE
VANDER HEYDEN, MANON	SP40-49F	218	01:41:14.10	21	2	00:16:23.20	12	1	02:11	00:45:13.65	16	2	26.53	00:32:06.00	26	2	06:25	LETHBRIDGE
HIMSL, CHRISTINE	SP50-59F	223	01:41:14.10	20	1	00:18:47.95	28	1	02:30	00:47:46.70	20	2	25.12	00:30:59.60	23	1	06:11	LETHBRIDGE
DE PEUTER, SOPHIE	SP20-29F	199	01:41:40.40	22	3	00:18:07.85	26	4	02:25	00:45:11.35	15	2	26.56	00:32:06.15	27	4	06:25	CALGARY
CHUBB, RICH	SP60+M	227	01:41:45.35	23	1	00:17:46.35	23	1	02:22	00:49:25.50	24	1	24.28	00:28:41.65	20	1	05:44	LETHBRIDGE
FLEMING, SHYLA	SP30-39F	203	01:42:33.50	24	5	00:17:48.75	24	7	02:22	00:47:44.05	19	4	25.14	00:33:47.50	30	7	06:45	EDMONTON
OHLMANN, NIKKI	SP30-39F	209	01:42:56.45	25	6	00:15:46.10	10	2	02:06	00:49:51.40	27	8	24.07	00:32:06.45	28	6	06:25	COALDALE
BROOKS, BOYD	SP16&UM	192	01:43:11.35	26	2	00:23:34.80	38	3	03:08	00:49:37.65	26	1	24.18	00:26:19.45	11	2	05:15	RAYMOND
HEGGIE, CHASE	SP16&UM	194	01:44:02.75	27	3	00:19:36.20	31	2	02:36	00:51:04.60	29	2	23.49	00:30:31.35	22	3	06:06	RAYMOND
DAY, JENNIFER	SP30-39F	235	01:44:26.20	28	7	00:18:55.65	29	8	02:31	00:49:27.70	25	7	24.26	00:31:45.50	24	5	06:21	LETHBRIDGE
MICHEL, DEE DEE	SP50-59F	232	01:44:29.30	29	2	00:19:56.10	32	2	02:39	00:42:53.85	11	1	27.97	00:34:34.05	31	2	06:54	WELLING
ATWOOD, KAITI	SP20-29F	197	01:48:47.20	30	4	00:19:35.05	30	5	02:36	00:51:45.40	31	4	23.19	00:31:54.80	25	3	06:22	HIGHLAND
WENDORFF, NAOMI	SP30-39F	231	01:53:20.50	31	8	00:17:33.85	20	5	02:20	00:48:15.65	23	6	24.86	00:43:33.70	38	10	08:42	RAYMOND
KLASSEN, COLLEEN	SP40-49F	217	01:54:46.15	32	3	00:20:27.25	33	4	02:43	00:51:43.55	30	3	23.20	00:38:22.80	33	3	07:40	LETHBRIDGE
STORER, MANDI	SP20-29F	202	01:57:47.70	33	5	00:17:19.10	18	3	02:18	01:02:33.15	39	6	19.18	00:32:44.75	29	5	06:32	IDAHO FALLS
LEES, SARAH	SP30-39F	207	01:58:47.05	34	9	00:17:02.20	15	4	02:16	00:56:24.50	36	10	21.27	00:37:06.00	32	8	07:25	RAYMOND
GORBAHN, ERIN	SP20-29F	200	01:59:57.05	35	6	00:21:36.95	35	6	02:52	00:53:27.00	34	5	22.45	00:39:01.95	34	6	07:48	WESTEROSE
FRIESEN, JENNA	SP30-39F	205	02:01:17.70	36	10	00:21:50.35	36	10	02:54	00:55:12.00	35	9	21.74	00:39:04.45	35	9	07:48	LETHBRIDGE
GORBAHN, LYNNE	SP50-59F	222	02:02:16.05	37	3	00:26:08.25	39	3	03:29	00:52:08.40	32	3	23.01	00:40:18.15	36	3	08:03	WESTEROSE
GORBAHN, JON	SP50-59M	225	02:02:55.65	38	3	00:22:00.30	37	3	02:56	00:52:47.95	33	3	22.73	00:42:48.55	37	3	08:33	WESTEROSE
ATWOOD, LORNA	SP40-49F	215	02:06:04.40	39	4	00:17:25.45	19	3	02:19	00:56:48.40	38	4	21.12	00:45:02.75	39	4	09:00	HIGHLAND