

Overall Results w/Pace

Sprint 750M - 20K - 5K **29 Competitors**

29 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 |
|----------------------|----------|------|-------------|-----|-----|-------------|-----|-----|-------|-------------|-----|-----|---------|-------------|-----|-----|-------|--------------|
| ROBDRUP, DANNY | SP40-49M | 653 | 01:09:32.31 | 1 | 1 | 00:13:54.85 | 5 | 2 | 01:51 | 00:33:58.15 | 1 | 1 | 35.33 | 00:19:43.50 | 1 | 1 | 03:56 | LETHBRIDGE |
| NICOL, JEFFREY | SP30-39M | 643 | 01:13:27.55 | 2 | 1 | 00:10:49.93 | 1 | 1 | 01:26 | 00:38:34.29 | 2 | 1 | 31.11 | 00:20:29.91 | 2 | 1 | 04:05 | LETHBRIDGE |
| LOWE, DAVID | SP40-49M | 670 | 01:28:15.17 | 3 | 2 | 00:12:30.32 | 2 | 1 | 01:40 | 00:42:21.55 | 4 | 2 | 28.33 | 00:27:47.82 | 8 | 2 | 05:33 | LETHBRIDGE |
| JENSEN, ANDREW | SP30-39M | 642 | 01:29:12.87 | 4 | 2 | 00:14:52.29 | 7 | 2 | 01:58 | 00:43:13.22 | 5 | 2 | 27.76 | 00:26:33.15 | 6 | 2 | 05:18 | MEDICINE HAT |
| KRAUSE, LISA | SP50-59F | 654 | 01:30:16.23 | 5 | 1 | 00:14:45.29 | 6 | 1 | 01:58 | 00:43:59.99 | 7 | 1 | 27.27 | 00:26:43.44 | 7 | 1 | 05:20 | CALGARY |
| CAIN, RITA | SP40-49F | 647 | 01:30:59.59 | 6 | 1 | 00:15:27.84 | 9 | 2 | 02:03 | 00:43:31.91 | 6 | 1 | 27.57 | 00:28:28.22 | 9 | 2 | 05:41 | FERNIE |
| KIM, VALERIE | SP60+F | 659 | 01:31:10.87 | 7 | 1 | 00:15:59.91 | 10 | 1 | 02:07 | 00:40:45.18 | 3 | 1 | 29.45 | 00:29:06.36 | 11 | 1 | 05:49 | CALGARY |
| SALMON, STEPHANIE | SP40-49F | 651 | 01:32:26.51 | 8 | 2 | 00:16:58.77 | 13 | 3 | 02:15 | 00:46:34.83 | 8 | 2 | 25.76 | 00:25:19.76 | 3 | 1 | 05:03 | RAYMOND |
| NIXON, MEGAN | SP20-29F | 636 | 01:34:16.34 | 9 | 1 | 00:12:39.73 | 3 | 1 | 01:41 | 00:51:27.78 | 17 | 1 | 23.32 | 00:26:18.38 | 5 | 1 | 05:15 | LETHBRIDGE |
| KIRKPATRICK, NATALIE | SP30-39F | 641 | 01:35:36.00 | 10 | 1 | 00:16:31.86 | 11 | 1 | 02:12 | 00:48:12.58 | 10 | 1 | 24.89 | 00:25:49.58 | 4 | 1 | 05:09 | AIRDRIE |
| FURTADO, ALASTAIR | SP60+M | 663 | 01:43:05.91 | 11 | 1 | 00:19:01.06 | 21 | 2 | 02:32 | 00:51:23.64 | 16 | 2 | 23.35 | 00:28:44.78 | 10 | 1 | 05:44 | LETHBRIDGE |
| HOLTHE, BRETT | SP40-49M | 652 | 01:43:06.52 | 12 | 3 | 00:17:14.18 | 14 | 3 | 02:17 | 00:53:06.40 | 20 | 3 | 22.60 | 00:29:24.41 | 12 | 3 | 05:52 | RAYMOND |
| DRAPER, MANDI | SP40-49F | 648 | 01:44:12.72 | 13 | 3 | 00:15:23.01 | 8 | 1 | 02:03 | 00:53:11.83 | 22 | 4 | 22.56 | 00:31:08.47 | 18 | 4 | 06:13 | AIRDRIE |
| OTTO, SHAUNA | SP40-49F | 650 | 01:45:45.13 | 14 | 4 | 00:17:21.25 | 15 | 4 | 02:18 | 00:51:51.03 | 19 | 3 | 23.14 | 00:31:08.45 | 17 | 3 | 06:13 | LETHBRIDGR |
| JANKUNIS, FRANK | SP60+M | 664 | 01:45:56.81 | 15 | 2 | 00:17:25.52 | 17 | 1 | 02:19 | 00:51:20.82 | 15 | 1 | 23.37 | 00:30:34.81 | 16 | 2 | 06:06 | MONARCH |
| WOLFS, EDWARD | SP30-39M | 646 | 01:46:13.48 | 16 | 3 | 00:21:41.67 | 26 | 4 | 02:53 | 00:46:47.39 | 9 | 3 | 25.65 | 00:29:42.31 | 15 | 3 | 05:56 | CRANBROOK |
| KROSSE, MEREL | SP20-29F | 635 | 01:46:42.77 | 17 | 2 | 00:13:35.29 | 4 | 2 | 01:48 | 00:56:04.09 | 26 | 2 | 21.40 | 00:32:29.08 | 22 | 2 | 06:29 | LETHBRIDGE |
| SMIGEL, NATHAN | SP30-39M | 644 | 01:47:26.31 | 18 | 4 | 00:19:33.25 | 22 | 3 | 02:36 | 00:51:18.41 | 14 | 4 | 23.39 | 00:31:27.15 | 19 | 4 | 06:17 | LETHBRIDGE |
| KEITH, ALLY | SP30-39F | 640 | 01:48:39.05 | 19 | 2 | 00:18:16.18 | 19 | 2 | 02:26 | 00:56:44.42 | 27 | 2 | 21.15 | 00:29:35.02 | 13 | 2 | 05:55 | LETHBRIDGE |
| DOUGHERTY, LOUISE | SP60+F | 658 | 01:49:05.77 | 20 | 2 | 00:18:51.79 | 20 | 2 | 02:30 | 00:51:50.27 | 18 | 3 | 23.15 | 00:32:19.34 | 21 | 2 | 06:27 | CALGARY |
| MAATJE, JOHAN | SP50-59M | 656 | 01:51:27.80 | 21 | 1 | 00:19:43.19 | 24 | 1 | 02:37 | 00:51:01.31 | 13 | 1 | 23.52 | 00:35:01.72 | 25 | 1 | 07:00 | LETHBRIDGE |
| MICHEL, DEE DEE | SP60+F | 660 | 01:53:51.97 | 22 | 3 | 00:21:57.74 | 27 | 4 | 02:55 | 00:49:02.22 | 11 | 2 | 24.47 | 00:35:50.71 | 26 | 4 | 07:10 | WELLING |
| CAIN, RYDER | SP12&UM | 633 | 01:54:46.94 | 23 | 1 | 00:16:53.15 | 12 | 1 | 02:15 | 01:04:59.56 | 29 | 1 | 18.46 | 00:29:42.17 | 14 | 1 | 05:56 | FERNIE |
| NELSON, WENDY | SP60+F | 661 | 01:54:54.23 | 24 | 4 | 00:19:34.67 | 23 | 3 | 02:36 | 00:55:54.65 | 25 | 4 | 21.46 | 00:33:17.19 | 23 | 3 | 06:39 | CALGARY |
| DEGROOT, SUZANNE | SP40-49F | 669 | 01:55:14.47 | 25 | 5 | 00:17:24.95 | 16 | 5 | 02:19 | 00:59:22.76 | 28 | 5 | 20.21 | 00:33:21.52 | 24 | 5 | 06:40 | LETHBRIDGE |
| SEDDON, JESSE | SP20-29M | 639 | 01:55:26.14 | 26 | 1 | 00:23:33.49 | 28 | 1 | 03:08 | 00:55:06.04 | 24 | 1 | 21.78 | 00:31:47.94 | 20 | 1 | 06:21 | LANGDON |
| ZOETEMAN S, SHERRI | SP50-59F | 655 | 01:55:45.82 | 27 | 2 | 00:20:27.14 | 25 | 2 | 02:43 | 00:50:36.50 | 12 | 2 | 23.71 | 00:38:39.55 | 27 | 2 | 07:43 | FORT MACLEOD |
| HEGGIE, KOLT | SP13-16M | 634 | 02:03:11.48 | 28 | 1 | 00:24:28.55 | 29 | 1 | 03:15 | 00:53:08.26 | 21 | 1 | 22.58 | 00:40:38.78 | 28 | 1 | 08:07 | RAYMOND |
| NICKLE, CHADWICK | SP40-49M | 671 | 02:04:37.37 | 29 | 4 | 00:18:03.31 | 18 | 4 | 02:24 | 00:53:57.88 | 23 | 4 | 22.24 | 00:47:33.98 | 29 | 4 | 09:30 | RAYMOND |