

**2019 Stettler Triathlon  
Overall Results w/Pace**

**Sprint 750m Swim - 20K Bike - 5K Run \*\*106 Finishers\*\***

Name	Bib#	Category	Finish	Swim	O/A	Pace/100M	Bike	O/A	Pace K/H	Run	O/A	Pace/Km	City
1. SCHNARE, MICHAEL	66	SPR25-29M	<b>01:01:18.29</b>	00:12:24.36	8	01:39	00:31:04.29	1	38.62	00:17:49.64	1	03:33	RED DEER
2. BRISEBOIS, KEVIN	64	SPR25-29M	<b>01:02:10.93</b>	00:12:24.93	9	01:39	00:31:39.82	2	37.90	00:18:06.18	2	03:37	WAINWRIGHT
3. ELM, IAN	85	SPR40-44M	<b>01:03:51.70</b>	00:11:25.53	6	01:31	00:31:52.74	3	37.64	00:20:33.43	5	04:06	EDMONTON
4. ARNETT, ROY	76	SPR35-39M	<b>01:04:10.49</b>	00:10:57.86	1	01:27	00:34:01.74	4	35.26	00:19:10.89	3	03:50	RED DEER
5. GILL, ALEC	96	SPR50-54M	<b>01:06:38.53</b>	00:11:02.64	2	01:28	00:34:29.73	5	34.79	00:21:06.16	8	04:13	OKOTOKS
6. GERENCSE, MIKE	100	SPR50-54M	<b>01:09:59.72</b>	00:13:00.22	15	01:44	00:34:39.74	6	34.62	00:22:19.76	12	04:27	ST. ALBERT
7. KOTUK, MIKE	81	SPR40-44M	<b>01:11:19.13</b>	00:11:09.26	4	01:29	00:35:38.21	8	33.67	00:24:31.66	22	04:54	AMHERSTVIEW
8. BRYAN, DAVE	84	SPR40-44M	<b>01:11:28.22</b>	00:12:57.00	14	01:43	00:36:58.37	11	32.46	00:21:32.85	9	04:18	CALGARY
9. MCCALLUM, MATHEW	71	SPR30-34M	<b>01:12:23.82</b>	00:14:31.20	30	01:56	00:35:22.44	7	33.92	00:22:30.18	13	04:30	EDMONTON
10. BANACK, RYAN	62	SPR20-24M	<b>01:12:49.70</b>	00:11:06.78	3	01:28	00:37:47.95	16	31.75	00:23:54.97	18	04:46	EDMONTON
11. EBERHARDT-STURM, MICHAEL	99	SPR50-54M	<b>01:12:56.50</b>	00:12:31.34	11	01:40	00:36:09.37	9	33.19	00:24:15.79	21	04:51	WAINWRIGHT
12. DROLET, LUC	82	SPR40-44M	<b>01:15:52.65</b>	00:16:02.41	46	02:08	00:40:13.02	25	29.84	00:19:37.22	4	03:55	CANMORE
13. POETTCKER, DUANE	88	SPR45-49M	<b>01:16:18.08</b>	00:14:38.88	31	01:57	00:37:26.51	14	32.05	00:24:12.69	19	04:50	NIVERVILLE
14. SAHULKA, JENNA	12	SPR25-29F	<b>01:16:23.85</b>	00:14:29.91	28	01:55	00:39:06.93	20	30.68	00:22:47.01	16	04:33	RED DEER
15. SMITH, STEPHANIE	58	SPR35-39F	<b>01:16:40.66</b>	00:12:29.30	10	01:39	00:40:25.28	26	29.69	00:23:46.08	17	04:45	CALGARY
16. MALCOLM, DREW	70	SPR30-34M	<b>01:17:01.40</b>	00:18:29.11	70	02:27	00:37:34.65	15	31.93	00:20:57.64	7	04:11	EDMONTON
17. THURLOW, DEVON	57	SPR25-29F	<b>01:17:33.51</b>	00:15:13.72	35	02:01	00:37:19.74	12	32.15	00:25:00.05	26	05:00	CALGARY
18. HOOPER, AMY	24	SPR30-34F	<b>01:18:11.78</b>	00:13:33.05	19	01:48	00:39:31.42	22	30.36	00:25:07.31	27	05:01	EDMONTON
19. JENSEN, KRISTOFER	89	SPR45-49M	<b>01:18:29.54</b>	00:17:03.39	53	02:16	00:39:11.03	21	30.62	00:22:15.12	11	04:27	EDMONTON
20. MASTEL-MARR, CASSANDRA	7	SPR20-24F	<b>01:19:08.70</b>	00:11:22.37	5	01:30	00:41:19.06	31	29.04	00:26:27.27	34	05:17	EDMONTON
21. JENKINS, ROBYN	6	SPR20-24F	<b>01:19:34.72</b>	00:12:35.50	12	01:40	00:41:33.58	33	28.87	00:25:25.64	28	05:05	EDMONTON
22. WHITBREAD, RORY	87	SPR45-49M	<b>01:19:41.79</b>	00:13:54.74	22	01:51	00:44:52.48	52	26.74	00:20:54.57	6	04:10	LACOMBE
23. KRAUSE, LISA	47	SPR55-59F	<b>01:21:02.62</b>	00:13:18.55	17	01:46	00:42:10.57	37	28.45	00:25:33.50	29	05:06	CALGARY
24. WHITE, JADENE	18	SPR25-29F	<b>01:21:30.60</b>	00:15:02.23	33	02:00	00:41:43.60	34	28.76	00:24:44.77	23	04:56	EDMONTON
25. TURNER, HANNAH	15	SPR25-29F	<b>01:21:46.80</b>	00:14:28.29	27	01:55	00:40:09.14	23	29.89	00:27:09.37	41	05:25	STURGEON COUNTY
26. BATALHA SOARES, MARCEL	73	SPR30-34M	<b>01:21:58.13</b>	00:12:52.05	13	01:42	00:46:30.57	63	25.80	00:22:35.51	15	04:31	CALGARY
27. PENNER, DARRELL	107	SPR60-64M	<b>01:22:11.39</b>	00:16:32.36	49	02:12	00:38:34.25	19	31.11	00:27:04.78	39	05:24	DEVON
28. BANACK, DARIN	101	SPR50-54M	<b>01:22:12.42</b>	00:17:05.24	55	02:16	00:38:23.37	18	31.26	00:26:43.81	38	05:20	EDMONTON
29. STINSON, VICTORIA	9	SPR20-24F	<b>01:22:17.08</b>	00:14:19.93	25	01:54	00:40:43.45	27	29.47	00:27:13.70	43	05:26	EDMONTON
30. AUGHEY, TODD	97	SPR50-54M	<b>01:22:27.74</b>	00:15:38.12	42	02:05	00:41:49.84	35	28.69	00:24:59.78	25	04:59	WAINWRIGHT
31. PELLETIER, GARY	112	SPR70-74M	<b>01:22:32.50</b>	00:18:55.19	73	02:31	00:36:10.17	10	33.18	00:27:27.14	46	05:29	CALGARY
32. SHEPPARD, CHANDRA	30	SPR35-39F	<b>01:23:16.84</b>	00:14:16.18	24	01:54	00:40:11.75	24	29.85	00:28:48.91	55	05:45	ATHABASCA
33. PETERS, STEFANI	25	SPR30-34F	<b>01:23:29.82</b>	00:13:56.65	23	01:51	00:45:18.32	56	26.49	00:24:14.85	20	04:50	STETTLER
34. LEIS, ROB	80	SPR35-39M	<b>01:23:52.26</b>	00:14:30.02	29	01:56	00:43:06.68	44	27.83	00:26:15.56	32	05:15	RED DEER
35. BRYDEN, ROB	118	SPR60-64M	<b>01:25:00.35</b>	00:17:23.63	62	02:19	00:37:51.00	17	31.70	00:29:45.72	61	05:57	CALGARY
36. GALLARDO, JOSE	116	SPR40-44M	<b>01:25:17.42</b>	00:19:03.53	76	02:32	00:41:17.20	29	29.07	00:24:56.69	24	04:59	RED DEER
37. COWARD, ALESSANDRO	63	SPR20-24M	<b>01:25:18.76</b>	00:13:50.08	21	01:50	00:44:18.88	49	27.08	00:27:09.80	42	05:25	CALGARY

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**Sprint 750m Swim - 20K Bike - 5K Run \*\*106 Finishers\*\***

Name	Bib#	Category	Finish	Swim	O/A	Pace/100M	Bike	O/A	Pace K/H	Run	O/A	Pace/Km	City
38. STINSON, MALCOLM	106	SPR55-59M	<b>01:25:21.31</b>	00:15:59.12	45	02:07	00:37:20.18	13	32.14	00:32:02.01	75	06:24	EDMONTON
39. WILLIAMS, JESSICA	17	SPR25-29F	<b>01:25:27.98</b>	00:13:49.86	20	01:50	00:43:10.66	45	27.79	00:28:27.46	53	05:41	STRATHMORE
40. MCCOMISH, DAVID	72	SPR30-34M	<b>01:26:40.65</b>	00:15:24.93	38	02:03	00:49:38.90	79	24.17	00:21:36.82	10	04:19	STETTLER
41. STAFFORD, JUNE	53	SPR60-64F	<b>01:27:00.18</b>	00:16:32.77	50	02:12	00:42:34.15	39	28.19	00:27:53.26	48	05:34	WAINWRIGHT
42. MAKILA, KYLE	117	SPR35-39M	<b>01:27:01.54</b>	00:14:24.68	26	01:55	00:41:58.13	36	28.59	00:30:38.73	67	06:07	RED DEER
43. PAULSON, BRENT	79	SPR35-39M	<b>01:27:04.46</b>	00:15:25.05	39	02:03	00:41:17.54	30	29.06	00:30:21.87	66	06:04	STONY PLAIN
44. DELEFF, RICK	110	SPR60-64M	<b>01:27:17.55</b>	00:15:23.73	37	02:03	00:45:10.82	55	26.56	00:26:43.00	36	05:20	CONSORT
45. NEWMAN, MACKENZI	14	SPR25-29F	<b>01:27:28.48</b>	00:16:25.59	47	02:11	00:42:50.70	42	28.01	00:28:12.19	49	05:38	CALGARY
46. SODERBURG, NAOMI	29	SPR35-39F	<b>01:28:03.67</b>	00:16:47.97	52	02:14	00:41:23.06	32	29.00	00:29:52.64	62	05:58	FORT SASKATCHEWAN
47. ARNETT, BOB	105	SPR55-59M	<b>01:28:10.10</b>	00:15:25.39	40	02:03	00:41:09.69	28	29.15	00:31:35.02	72	06:19	EDMONTON
48. ROLLHEISER, PAMELA	42	SPR50-54F	<b>01:28:23.33</b>	00:18:12.12	66	02:25	00:42:50.56	41	28.01	00:27:20.65	45	05:28	LLOYDMINSTER
49. STEWART, RYAN	65	SPR25-29M	<b>01:28:34.30</b>	00:17:06.21	57	02:16	00:45:29.11	58	26.38	00:25:58.98	31	05:11	LAKE COUNTRY
50. MACDONALD, REESE	26	SPR30-34F	<b>01:29:08.70</b>	00:17:56.06	63	02:23	00:43:29.04	47	27.60	00:27:43.60	47	05:32	CALGARY
51. DORN, AMY	20	SPR25-29F	<b>01:29:22.35</b>	00:13:03.99	16	01:44	00:47:52.41	69	25.07	00:28:25.95	52	05:41	STETTLER
52. REID, EVAN	74	SPR30-34M	<b>01:29:26.98</b>	00:17:16.81	60	02:18	00:42:49.53	40	28.02	00:29:20.64	58	05:52	WAINWRIGHT
53. FAST, NICOLE	23	SPR30-34F	<b>01:29:30.32</b>	00:15:49.51	43	02:06	00:44:51.23	51	26.75	00:28:49.58	56	05:45	EDMONTON
54. HOOPER, TODD	95	SPR45-49M	<b>01:30:09.65</b>	00:18:00.66	65	02:24	00:45:33.61	59	26.34	00:26:35.38	35	05:19	LETHBRIDGE
55. VAN HEE, HEIDI	38	SPR45-49F	<b>01:30:43.31</b>	00:17:23.46	61	02:19	00:45:03.44	53	26.63	00:28:16.41	51	05:39	CALGARY
56. ROLLHEISER, NATHAN	93	SPR45-49M	<b>01:30:44.30</b>	00:20:47.22	91	02:46	00:44:23.18	50	27.04	00:25:33.90	30	05:06	LLOYDMINSTER
57. FRAYN, SHANNON	39	SPR45-49F	<b>01:30:58.71</b>	00:18:18.36	67	02:26	00:43:14.56	46	27.75	00:29:25.79	59	05:53	LAC LA BICHE
58. POTTER, JOHN	98	SPR50-54M	<b>01:31:17.14</b>	00:15:08.43	34	02:01	00:42:30.18	38	28.23	00:33:38.53	86	06:43	EDMONTON
59. WEISBECK, DEREK	90	SPR45-49M	<b>01:33:30.94</b>	00:15:27.64	41	02:03	00:43:29.31	48	27.59	00:34:33.99	89	06:54	EDMONTON
60. BISSETT, KELSEY	13	SPR25-29F	<b>01:34:15.69</b>	00:17:07.37	58	02:16	00:50:24.69	83	23.80	00:26:43.63	37	05:20	STETTLER
61. BENEDICTSON, CINDY	48	SPR55-59F	<b>01:35:04.79</b>	00:20:54.73	92	02:47	00:46:53.74	66	25.59	00:27:16.32	44	05:27	EDMONTON
62. STURM, FREYA	11	SPR20-24F	<b>01:35:35.75</b>	00:16:33.19	51	02:12	00:46:48.64	64	25.64	00:32:13.92	77	06:26	WAINWRIGHT
63. HARRISON, JILL	31	SPR35-39F	<b>01:35:39.44</b>	00:19:43.55	80	02:37	00:45:40.86	60	26.27	00:30:15.03	64	06:03	RED DEER COUNTY
64. TESSIER, KEVIN	67	SPR25-29M	<b>01:35:46.25</b>	00:21:07.13	94	02:48	00:46:26.39	62	25.84	00:28:12.73	50	05:38	CALGARY
65. MANLEY, JIM	102	SPR55-59M	<b>01:35:52.52</b>	00:20:23.68	88	02:43	00:45:48.01	61	26.20	00:29:40.83	60	05:56	AIRDRIE
66. DALTON, DANIELLE	52	SPR55-59F	<b>01:36:10.48</b>	00:16:27.95	48	02:11	00:49:21.55	76	24.31	00:30:20.98	65	06:04	EDMONTON
67. MUNSIE, TIM	77	SPR35-39M	<b>01:36:21.21</b>	00:20:04.69	84	02:40	00:49:10.24	73	24.40	00:27:06.28	40	05:25	MEDICINE HAT
68. DOUGHERTY, LOUISE	51	SPR55-59F	<b>01:36:34.81</b>	00:19:03.30	75	02:32	00:45:05.11	54	26.62	00:32:26.40	78	06:29	CALGARY
69. MCLEOD, AMANDA	8	SPR20-24F	<b>01:36:59.47</b>	00:19:01.11	74	02:32	00:51:32.15	86	23.28	00:26:26.21	33	05:17	OKOTOKS
70. BURFORD, MEAGHAN	27	SPR35-39F	<b>01:37:19.25</b>	00:17:04.07	54	02:16	00:57:44.29	97	20.78	00:22:30.89	14	04:30	MEDICINE HAT
71. KNUDTSON, TED	91	SPR45-49M	<b>01:38:45.11</b>	00:17:59.95	64	02:23	00:48:13.73	72	24.88	00:32:31.43	79	06:30	CALGARY
72. SMITH, ERNEST	111	SPR65-69M	<b>01:38:51.02</b>	00:17:13.68	59	02:17	00:47:02.87	67	25.51	00:34:34.47	90	06:54	CALGARY
73. YOUNGE, DEREK	113	SPR75-79M	<b>01:38:51.75</b>	00:19:23.44	78	02:35	00:46:50.42	65	25.62	00:32:37.89	81	06:31	COCHRANE
74. SWINTON, NIKKI	43	SPR50-54F	<b>01:38:51.91</b>	00:18:20.48	68	02:26	00:45:27.88	57	26.39	00:35:03.55	92	07:00	EDMONTON

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75. TESSIER, ANDREA	16	SPR25-29F	<b>01:38:55.55</b>	00:20:20.63	86	02:42	00:49:14.59	75	24.37	00:29:20.33	57	05:52	CALGARY
76. ROTH, SARAH	10	SPR20-24F	<b>01:39:36.57</b>	00:18:33.13	71	02:28	00:48:06.74	71	24.94	00:32:56.70	82	06:35	RED DEER
77. KRAHN, ERWIN	109	SPR60-64M	<b>01:40:56.51</b>	00:21:44.30	95	02:53	00:49:10.40	74	24.40	00:30:01.81	63	06:00	EDMONTON
78. MUIZNIEKS, MAX	78	SPR35-39M	<b>01:41:10.87</b>	00:19:45.01	81	02:38	00:49:39.27	80	24.17	00:31:46.59	74	06:21	CALGARY
79. SHILLINGTON, JULIE	34	SPR40-44F	<b>01:41:46.82</b>	00:17:05.98	56	02:16	00:50:50.18	85	23.61	00:33:50.66	87	06:46	CALGARY
80. FRIESEN, CORINNE	19	SPR25-29F	<b>01:42:31.11</b>	00:14:42.49	32	01:57	00:56:29.64	96	21.24	00:31:18.98	70	06:15	OLDS
81. MANNING, ROSS	108	SPR60-64M	<b>01:42:49.88</b>	00:12:10.56	7	01:37	01:01:58.01	100	19.37	00:28:41.31	54	05:44	CALGARY
82. FALKENBERG, GARY	114	SPR75-79M	<b>01:43:05.88</b>	00:20:30.33	89	02:44	00:49:36.62	78	24.19	00:32:58.93	83	06:35	MILLET
83. MURPHY, ANITA	44	SPR50-54F	<b>01:43:55.25</b>	00:22:26.04	96	02:59	00:50:03.88	82	23.97	00:31:25.33	71	06:17	SHERWOOD PARK
84. SIEVER, ROSEMARIE	40	SPR45-49F	<b>01:44:46.62</b>	00:19:57.75	83	02:39	00:50:30.54	84	23.76	00:34:18.33	88	06:51	EDMONTON
85. WESTLING, MELISSA	21	SPR25-29F	<b>01:45:09.00</b>	00:18:42.66	72	02:29	00:54:13.29	93	22.13	00:32:13.05	76	06:26	CLIVE
86. GARDINER, MARTINA	33	SPR40-44F	<b>01:45:18.48</b>	00:20:20.63	87	02:42	00:48:05.89	70	24.95	00:36:51.96	94	07:22	EDMONTON
87. BRITTON, KIM	41	SPR50-54M	<b>01:45:22.36</b>	00:24:29.26	104	03:15	00:49:57.98	81	24.02	00:30:55.12	68	06:11	FORT MCMURRAY
88. BISSETT, WINNIE	49	SPR55-59F	<b>01:46:30.36</b>	00:22:58.23	98	03:03	00:51:47.73	88	23.17	00:31:44.40	73	06:20	STETTLER
89. HANWELL, ROBERT	103	SPR55-59M	<b>01:46:32.21</b>	00:19:30.12	79	02:36	00:53:52.13	92	22.28	00:33:09.96	84	06:37	CALGARY
90. ROMANIUK, RICHELLE	28	SPR35-39F	<b>01:47:46.01</b>	00:18:21.05	69	02:26	00:55:54.62	94	21.46	00:33:30.34	85	06:42	CONSORT
91. BRUS, ROBBIE	68	SPR25-29M	<b>01:47:50.77</b>	00:20:43.53	90	02:45	00:49:27.38	77	24.26	00:37:39.86	96	07:31	CALGARY
92. BLAHUT, DARYL	104	SPR55-59M	<b>01:49:17.68</b>	00:20:58.42	93	02:47	00:53:36.27	91	22.39	00:34:42.99	91	06:56	CALGARY
93. LACHOWSKY, CHRIS	94	SPR45-49M	<b>01:49:18.66</b>	00:20:19.50	85	02:42	00:53:33.11	90	22.41	00:35:26.05	93	07:05	STETTLER
94. KENNEDY, MICHAEL	83	SPR40-44M	<b>01:49:18.80</b>	00:22:46.74	97	03:02	00:47:49.22	68	25.09	00:38:42.84	98	07:44	VERMILION
95. SMITH, BRANDI	32	SPR35-39F	<b>01:50:49.00</b>	00:15:51.21	44	02:06	00:52:52.38	89	22.70	00:42:05.41	99	08:25	SHERWOOD PARK
96. SCOTT, RYAN	69	SPR30-34M	<b>01:53:44.43</b>	00:31:00.29	106	04:08	00:51:33.22	87	23.28	00:31:10.92	69	06:14	BLACKFALDS
97. AUMILLER, NICKIE	45	SPR55-59F	<b>01:58:12.63</b>	00:23:54.04	101	03:11	00:56:12.69	95	21.35	00:38:05.90	97	07:37	SASKATOON
98. STORM, NADINE	22	SPR25-29F	<b>01:59:59.97</b>	00:13:32.48	18	01:48	01:02:26.14	101	19.22	00:44:01.35	101	08:48	CALGARY
99. FRANK, SUE	50	SPR55-59F	<b>02:01:12.19</b>	00:23:31.79	99	03:08	01:00:40.39	99	19.78	00:37:00.01	95	07:24	MILK RIVER
00. BLAHUT, ORYSIA	54	SPR60-64F	<b>02:09:05.44</b>	00:24:16.49	103	03:14	00:59:46.60	98	20.07	00:45:02.35	103	09:00	CALGARY
01. WOZNY, CHERYL	35	SPR40-44F	<b>02:14:45.19</b>	00:30:55.50	105	04:07	01:11:11.99	104	16.85	00:32:37.70	80	06:31	RED DEER COUNTY
02. VASQUEZ DUARTE, AGUSTIN	75	SPR35-39M	<b>02:15:08.87</b>	00:15:13.99	36	02:01	01:15:24.34	105	15.91	00:44:30.54	102	08:54	CALGARY
03. POLAND, DIANE	46	SPR55-59F	<b>02:15:48.28</b>	00:24:07.95	102	03:13	01:08:44.95	103	17.45	00:42:55.38	100	08:35	OLDS
04. WADE, JAMES	92	SPR45-49M	<b>02:25:17.43</b>	00:19:48.64	82	02:38	01:05:40.03	102	18.27	00:59:48.76	105	11:57	ROCKY MOUNTAIN
05. CARMICHAEL, NICI	36	SPR40-44F	<b>02:39:49.07</b>	00:23:32.43	100	03:08	01:19:26.66	106	15.10	00:56:49.98	104	11:21	OLDS