

**2023 Stettler Triathlon  
Overall Gender Results**

**Tri-It 300m Swim - 10K Bike - 2.5K Run \*\*19 Finishers\*\***

**Female \*\*16 Competitors\*\***

Name	Bib#	Category	Finish	Swim	Cat	Bike	Cat	Run	Cat	City
1. CLARK, CYNTHIA	148	TRIIT40-49F	00:43:48.20	00:05:56.20	1	00:20:23.92	1	00:15:26.16	1	CALGARY
2. CUSACK, SIDNEY	138	TRIIT20-29F	00:48:47.60	00:06:18.59	1	00:26:46.19	1	00:13:55.31	2	CAMROSE
3. HEPP, AMBERLY	142	TRIIT20-29F	00:51:36.38	00:06:55.89	3	00:28:28.91	2	00:13:49.22	1	CASTOR
4. HOFLIN, RACHEL	137	TRIIT19&UF	00:53:37.79	00:07:00.62	1	00:26:00.56	1	00:17:38.90	1	CAMROSE
5. LESCHERT, HAYLEY	145	TRIIT30-39F	00:55:33.09	00:08:52.76	2	00:28:13.27	2	00:16:16.44	1	STETTLER
6. LEE, MICHELLE	151	TRIIT40-49F	00:55:52.46	00:08:47.47	4	00:25:43.77	3	00:17:03.16	2	EDMONTON
7. BEYNON, MEGAN	144	TRIIT30-39F	00:56:20.22	00:06:24.75	1	00:25:55.48	1	00:20:12.86	3	CORONATION
8. LITTLECHILD, HEATHER	149	TRIIT40-49F	00:57:38.66	00:07:21.63	3	00:23:41.45	2	00:21:50.28	4	MASKWACIS
9. SMITH, CONNIE	150	TRIIT40-49F	00:58:10.02	00:07:12.85	2	00:29:16.92	4	00:18:16.11	3	RED DEER COUN
10. MENAGE, NIKKI	143	TRIIT30-39F	00:59:56.33	00:09:13.13	3	00:30:16.67	3	00:16:23.05	2	RED DEER
11. NADEAU, ASHLEY	139	TRIIT20-29F	01:00:36.48	00:06:28.59	2	00:30:57.25	4	00:21:10.02	3	CAMROSE
12. GARSON, DONNA	153	TRIIT50-59F	01:01:57.92	00:07:48.69	1	00:27:35.69	1	00:23:28.15	2	BASHAW
13. KRAUSE, EMILY	140	TRIIT20-29F	01:03:52.53	00:07:32.61	4	00:30:00.99	3	00:22:37.29	4	CALGARY
14. BOXMA, DENA	147	TRIIT30-39F	01:10:17.68	00:10:40.79	4	00:31:55.35	4	00:22:44.76	4	CASTOR
15. PAULGAARD, PENELOPE	155	TRIIT70+F	01:12:33.27	00:16:54.30	1	00:27:03.80	1	00:22:19.20	1	PROVOST
16. STRATULATE, SUSAN	154	TRIIT50-59F	01:13:27.92	00:08:42.92	2	00:39:39.89	2	00:22:13.31	1	STETTLER

**Male \*\*3 Competitors\*\***

Name	Bib#	Category	Finish	Swim	Cat	Bike	Cat	Run	Cat	City
1. SYMINGTON, JOHN	159	TRIIT30-39M	00:42:19.93	00:06:45.50	1	00:20:10.15	1	00:12:45.17	1	EDMONTON
2. KIROUAC, CHRISTOPHER	160	TRIIT40-49M	00:45:43.75	00:08:25.08	1	00:20:37.45	1	00:11:49.07	1	CANMORE
3. LEE, GREYSON	157	TRIIT19&UM	00:52:56.33	00:08:35.54	1	00:25:57.15	1	00:15:08.12	1	EDMONTON