

Overall Results

Sprint 750M - 20K - 5K

Name	Bib#	Category	Swim	O/A	SwPace/100M	Bike	O/A	Bike Pace K/H	Run	O/A	Run Pace/Km	Finish	City
1 PINDER, SHAWN	111	SPRT30-39M	00:09:10.83	1	01:13	00:35:20.32	1	33.96	00:19:01.00	3	03:48	01:03:32.15	LETH
2 TAYLOR, MIKE	122	SPRT50-59M	00:11:23.84	3	01:31	00:36:41.16	3	32.71	00:20:57.95	6	04:11	01:09:02.95	CRANBROO
3 LEEDEN, TRAVIS	109	SPRT30-39M	00:09:54.89	2	01:19	00:41:11.51	8	29.13	00:19:13.05	4	03:50	01:10:19.45	FERNIE
4 ANDERSON, JULIE	97	SPRT30-39F	00:13:36.00	7	01:48	00:36:27.90	2	32.91	00:22:53.25	13	04:34	01:12:57.15	CROWSNES
5 JANKOWSKI, THEO	94	SPRT20-29M	00:13:43.85	8	01:49	00:41:27.30	9	28.95	00:18:23.90	2	03:40	01:13:35.05	Vancouver
6 PUMPHREY, JOHN	112	SPRT30-39M	00:12:40.30	6	01:41	00:39:18.15	6	30.53	00:23:59.35	17	04:47	01:15:57.80	BLAIRMORE
7 HARRINGTON, MIKE	107	SPRT30-39M	00:15:31.40	22	02:04	00:39:06.45	5	30.68	00:23:04.00	14	04:36	01:17:41.85	SPARWOOD
8 BUOTE, JAMES	90	SPRT20-29M	00:11:41.96	4	01:33	00:45:54.79	22	26.14	00:20:48.25	5	04:09	01:18:25.00	ELKFORD
9 ALGRA, MICHAEL	89	SPRT20-29M	00:12:37.33	5	01:40	00:38:14.62	4	31.38	00:27:42.75	28	05:32	01:18:34.70	SPARWOOD
10 ADSEBALLE, JACOB	116	SPRT40-49M	00:14:08.75	9	01:53	00:39:23.00	7	30.47	00:26:03.40	24	05:12	01:19:35.15	LETHBRIDGE
11 SUTHERLAND, NIKI	87	SPRT20-29F	00:14:30.23	13	01:56	00:42:08.52	10	28.48	00:23:12.90	15	04:38	01:19:51.65	ELKFORD
12 EVANS, CAM	93	SPRT20-29M	00:14:28.36	12	01:55	00:43:23.19	16	27.66	00:22:22.30	11	04:28	01:20:13.85	ELKFORD
13 JANKUNIS, FRANK	121	SPRT50-59M	00:14:40.71	16	01:57	00:42:59.59	13	27.91	00:23:49.70	16	04:45	01:21:30.00	LETHBRIDGE
14 GRAHAM, EMMET	106	SPRT30-39M	00:17:31.20	27	02:20	00:42:30.30	12	28.23	00:21:33.30	7	04:18	01:21:34.80	Fernie
15 DAVIDUK, TODD	92	SPRT20-29M	00:17:56.07	29	02:23	00:43:05.18	14	27.85	00:21:43.05	8	04:20	01:22:44.30	FERNIE
16 MAC CON, AMY	100	SPRT30-39F	00:15:36.85	23	02:04	00:42:12.80	11	28.43	00:25:12.20	22	05:02	01:23:01.85	FERNIE
17 CLOW, ALEX	91	SPRT20-29M	00:14:53.07	21	01:59	00:43:15.93	15	27.74	00:26:27.95	25	05:17	01:24:36.95	ELKFORD
18 VANYO, ALEX	96	SPRT20-29M	00:18:15.03	30	02:26	00:43:50.77	18	27.37	00:22:39.25	12	04:31	01:24:45.05	FERNIE
19 GIGNAC, ANDREA	82	SPRT20-29F	00:14:50.99	20	01:58	00:44:17.66	19	27.09	00:25:37.35	23	05:07	01:24:46.00	FERNIE
20 FRIESEN, BERT	117	SPRT40-49M	00:17:53.69	28	02:23	00:45:40.21	21	26.28	00:22:07.00	10	04:25	01:25:40.90	TABER
21 BAINES, STEVE	105	SPRT30-39M	00:17:24.03	26	02:19	00:43:26.97	17	27.62	00:24:55.30	18	04:59	01:25:46.30	LETHBRIDGE
22 WARSHAWSKY, AMANDA	88	SPRT20-29F	00:14:23.24	11	01:55	00:46:25.06	24	25.85	00:25:08.95	21	05:01	01:25:57.25	LETHBRIDGE
23 NYKWIST, SHEILA	102	SPRT30-39F	00:15:59.69	24	02:07	00:52:07.91	32	23.02	00:18:21.90	1	03:40	01:26:29.50	LETHBRIDGE
24 MACINTYRE, ANDY	110	SPRT30-39M	00:16:31.85	25	02:12	00:46:43.55	26	25.68	00:26:59.40	27	05:23	01:30:14.80	SPARWOOD
25 OSADCZUK, RYLEE	85	SPRT20-29F	00:20:44.89	34	02:45	00:47:57.31	28	25.02	00:22:03.05	9	04:24	01:30:45.25	JENNER
26 TOBIN, TROY	143	SPRT30-39M	00:14:47.86	19	01:58	00:45:24.29	20	26.43	00:31:12.40	37	06:14	01:31:24.55	ELKFORD
27 SAUVE, EMILY	103	SPRT30-39F	00:14:39.50	15	01:57	00:46:55.60	27	25.57	00:31:51.95	38	06:22	01:33:27.05	FERNIE
28 LEISHMAN, MIRIAM	83	SPRT20-29F	00:19:13.38	31	02:33	00:46:21.22	23	25.89	00:28:39.10	30	05:43	01:34:13.70	FERNIE
29 HADFORD, CHRISTY	98	SPRT30-39F	00:21:57.49	36	02:55	00:46:40.66	25	25.71	00:26:33.20	26	05:18	01:35:11.35	LETHBRIDGE
30 MASICH, VICTORIA	84	SPRT20-29F	00:14:42.33	18	01:57	00:50:56.67	31	23.56	00:29:56.95	33	05:59	01:35:35.95	CRANBROO
31 SHEETS, DARCY	118	SPRT40-49M	00:21:48.89	35	02:54	00:49:10.26	29	24.40	00:24:55.55	19	04:59	01:35:54.70	SPARWOOD
32 MILNE, SHANNON	101	SPRT30-39F	00:14:33.23	14	01:56	00:53:19.67	34	22.50	00:30:15.05	34	06:03	01:38:07.95	FERNIE
33 LEE, ROBERT	108	SPRT30-39M	00:20:28.90	33	02:43	00:52:53.25	33	22.69	00:25:05.15	20	05:01	01:38:27.30	ELKFORD
34 BLACK, SANDI	81	SPRT20-29F	00:22:08.81	37	02:57	00:49:59.69	30	24.00	00:30:23.40	35	06:04	01:42:31.90	FERNIE
35 KOLTAI, KRISZTINA	114	SPRT40-49F	00:14:40.93	17	01:57	00:59:49.87	42	20.06	00:32:31.40	40	06:30	01:47:02.20	SPARWOOD

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36 VORONINA, LYUDMYLA	104	SPRT30-39F	00:19:58.57	32	02:39	00:57:15.18	40	20.96	00:32:18.25	39	06:27	01:49:32.00	Sparwood
37 LYLE, CYNDI	115	SPRT40-49F	00:24:23.41	40	03:15	00:55:01.29	36	21.81	00:30:43.95	36	06:08	01:50:08.65	SPARWOOD
38 LEE, JENNY	99	SPRT30-39F	00:14:19.18	10	01:54	00:56:54.77	39	21.08	00:39:16.80	42	07:51	01:50:30.75	ELKFORD
39 ATHERTON, KEVIN	120	SPRT50-59M	00:23:54.77	39	03:11	00:57:31.83	41	20.86	00:29:50.50	32	05:58	01:51:17.10	ELKFORD
40 OSADCZUK, LORNA	119	SPRT50-59F	00:26:48.39	41	03:34	00:56:13.81	37	21.34	00:29:22.75	31	05:52	01:52:24.95	JENNER
41 JONES, SHELLY	113	SPRT40-49F	00:23:25.36	38	03:07	00:56:34.39	38	21.21	00:33:53.55	41	06:46	01:53:53.30	ELKFORD
42 MANDEVILLE, KEITH	95	SPRT20-29M	00:31:48.14	42	04:14	00:54:45.51	35	21.91	00:28:29.30	29	05:41	01:55:02.95	LETHBRIDGE