

Overall Results

Sprint Individual 750M - 20K - 5K

44 Finishers

Name	Bib#	Category	Finish	Swim	O/A	Pace/100M	Bike	O/A	Pace K/H	Run	O/A	Pace/Km	City
1. FAHSELT, TRAVIS	88	SPRT30-39M	01:12:44.90	00:14:20.45	11	01:54	00:35:57.70	1	33.37	00:22:26.75	4	04:29	JAFFRAY
2. DECILLIA, RYAN	96	SPRT40-49M	01:13:19.20	00:13:42.90	7	01:49	00:35:59.45	2	33.34	00:23:36.85	7	04:43	LETHBRIDGE
3. SUGDEN, STUART	100	SPRT40-49M	01:13:21.55	00:12:20.20	3	01:38	00:39:21.40	5	30.49	00:21:39.95	1	04:19	SPARWOOD
4. EVELEIGH, DARREN	97	SPRT40-49M	01:14:17.95	00:13:46.55	8	01:50	00:36:25.60	3	32.94	00:24:05.80	8	04:49	LETHBRIDGE
5. TAYLOR, MIKE	164	SPRT50-59M	01:15:31.00	00:13:25.00	6	01:47	00:37:46.75	4	31.76	00:24:19.25	11	04:51	CRANBROOK
6. MCCALLA, JEREMY	78	SPRT20-29M	01:20:50.55	00:15:15.30	15	02:02	00:41:14.35	6	29.10	00:24:20.90	12	04:52	EDMONTON
7. LINDSAY, AIDAN	69	SPRT20-29F	01:21:27.45	00:12:03.75	2	01:36	00:42:24.60	10	28.30	00:26:59.10	21	05:23	FERNIE
8. KAUFMANN, BARB	82	SPRT30-39F	01:21:37.20	00:16:55.05	28	02:15	00:42:49.15	11	28.02	00:21:53.00	2	04:22	WASA
9. HARVEY, WILLIAM	162	SPRT50-59M	01:22:35.30	00:14:03.05	10	01:52	00:43:18.45	14	27.71	00:25:13.80	13	05:02	LETHBRIDGE
10. EDWORTHY, MAGGIE	66	SPRT20-29F	01:23:15.50	00:12:32.55	4	01:40	00:43:08.35	13	27.82	00:27:34.60	24	05:30	FERNIE
11. NAULT, STEPHANIE	71	SPRT20-29F	01:24:18.50	00:16:48.15	27	02:14	00:42:05.40	8	28.51	00:25:24.95	15	05:04	FERNIE
12. SIMPKIN, DEVIN	79	SPRT20-29M	01:24:22.05	00:15:04.30	14	02:00	00:42:16.10	9	28.39	00:27:01.65	22	05:24	ELKFORD
13. LANGFORD, SARAH	68	SPRT20-29F	01:24:30.95	00:17:25.65	31	02:19	00:43:55.30	18	27.32	00:23:10.00	5	04:38	FERNIE
14. NIXON, MEGAN	73	SPRT20-29F	01:24:52.55	00:11:57.95	1	01:35	00:47:38.65	23	25.19	00:25:15.95	14	05:03	LETHBRIDGE
15. MANY FINGERS, TROY	98	SPRT40-49M	01:25:42.00	00:16:40.30	24	02:13	00:44:47.70	19	26.79	00:24:14.00	9	04:50	LETHBRIDGE
16. THIEL, SHELDON	90	SPRT30-39M	01:26:09.05	00:16:14.00	21	02:09	00:43:28.25	17	27.60	00:26:26.80	18	05:17	ELKFORD
17. HARRINGTON, MIKE	89	SPRT30-39M	01:26:31.35	00:16:42.40	25	02:13	00:41:22.25	7	29.01	00:28:26.70	26	05:41	SPARWOOD
18. STEWART, JESSICA	86	SPRT30-39F	01:26:47.20	00:15:15.65	16	02:02	00:45:04.40	21	26.62	00:26:27.15	19	05:17	ELKFORD
19. FAHSELT, MELISSA	91	SPRT40-49F	01:27:46.80	00:16:21.40	23	02:10	00:44:53.10	20	26.73	00:26:32.30	20	05:18	JAFFRAY
20. GYORGY, STEPHEN	161	SPRT50-59M	01:27:52.70	00:20:34.05	38	02:44	00:42:59.80	12	27.91	00:24:18.85	10	04:51	CALGARY
21. NIXON, MARY	72	SPRT20-29F	01:29:09.70	00:12:44.25	5	01:41	00:51:00.10	30	23.53	00:25:25.35	16	05:05	LETHBRIDGE
22. MAY, DOREEN	93	SPRT40-49F	01:29:12.90	00:17:15.80	29	02:18	00:43:21.65	16	27.67	00:28:35.45	28	05:43	CALGARY
23. CUNNINGHAM, DARRYL	95	SPRT40-49M	01:33:51.05	00:19:21.40	34	02:34	00:48:41.05	26	24.65	00:25:48.60	17	05:09	PENHOLD
24. BISSONETTE, CHRIS	160	SPRT50-59M	01:34:10.70	00:13:58.70	9	01:51	00:48:24.45	24	24.79	00:31:47.55	35	06:21	ELKFORD
25. HARVEY, ROSIE	59	SPRT19&UF	01:34:17.80	00:16:13.85	20	02:09	00:43:19.15	15	27.70	00:34:44.80	39	06:56	LETHBRIDGE
26. HALL, LEILANI	81	SPRT30-39F	01:34:24.05	00:19:34.90	36	02:36	00:46:40.20	22	25.71	00:28:08.95	25	05:37	FERNIE
27. FINCH, SARAH	67	SPRT20-29F	01:34:42.35	00:14:51.25	13	01:58	00:50:47.55	29	23.63	00:29:03.55	29	05:48	FERNIE
28. BESWITHERICK, SAMANTHA	58	SPRT19&UF	01:35:13.45	00:16:14.45	22	02:09	00:48:30.70	25	24.74	00:30:28.30	32	06:05	LETHBRIDGE
29. MURPHY, SINEAD	70	SPRT20-29F	01:36:18.75	00:16:10.30	19	02:09	00:49:12.10	27	24.39	00:30:56.35	33	06:11	FERNIE
30. PINCHAK, ALAYNA	85	SPRT30-39F	01:36:25.50	00:16:44.65	26	02:13	00:49:43.15	28	24.14	00:29:57.70	31	05:59	SPARWOOD
31. THUMMERER, DERRICK	64	SPRT19&UM	01:37:26.90	00:15:26.35	17	02:03	00:59:54.05	37	20.03	00:22:06.50	3	04:25	SPARWOOD
32. ATTORP, JENNIFER	80	SPRT30-39F	01:38:55.45	00:14:37.15	12	01:56	00:54:29.55	35	22.02	00:29:48.75	30	05:57	ELKFORD
33. MURPHY, STEVE	163	SPRT50-59M	01:39:04.75	00:17:24.05	30	02:19	00:54:20.05	34	22.09	00:27:20.65	23	05:28	CROSSFIELD
34. LOWE, PENNY	92	SPRT40-49F	01:40:49.85	00:15:35.10	18	02:04	00:54:17.90	33	22.10	00:30:56.85	34	06:11	SPARWOOD
35. PASKIEWICH, GAGE	63	SPRT19&UM	01:41:49.35	00:17:43.15	32	02:21	01:00:32.70	39	19.82	00:23:33.50	6	04:42	SPARWOOD
36. VORONINA, LYUDMYLA	87	SPRT30-39F	01:46:04.80	00:17:49.80	33	02:22	00:52:39.90	31	22.79	00:35:35.10	40	07:07	SPARWOOD
37. PATTISON, BETH	74	SPRT20-29F	01:48:25.05	00:22:27.05	44	02:59	00:53:28.65	32	22.44	00:32:29.35	37	06:29	FERNIE

Overall Results

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Name	Bib#	Category	Finish	Swim	O/A	Pace/100M	Bike	O/A	Pace K/H	Run	O/A	Pace/Km	City
38. THUMMERER, KONRAD	65	SPRT19&UM	01:48:51.95	00:20:02.50	37	02:40	01:00:14.20	38	19.92	00:28:35.25	27	05:43	SPARWOOD
39. PASKIEWICH, CINDY	84	SPRT30-39F	01:51:43.15	00:19:30.80	35	02:36	00:59:44.80	36	20.08	00:32:27.55	36	06:29	SPARWOOD
40. MCGHEE, ALLISON	83	SPRT30-39F	01:59:48.40	00:21:42.00	41	02:53	01:01:04.00	40	19.65	00:37:02.40	41	07:24	PENHOLD
41. MURPHY, COLLEEN	159	SPRT50-59F	02:06:13.55	00:21:10.95	39	02:49	01:11:08.60	41	16.87	00:33:54.00	38	06:46	CROSSFIELD
42. LINGARD, CHARMAINE	158	SPRT50-59F	02:16:01.00	00:22:00.95	42	02:56	01:13:32.95	43	16.32	00:40:27.10	42	08:05	SPARWOOD
43. JORDAN, WILLIAM	165	SPRT60+M	02:16:02.05	00:22:03.60	43	02:56	01:13:30.10	42	16.33	00:40:28.35	43	08:05	SPARWOOD
44. PASKIEWICH, NIKITA	61	SPRT19&UF	02:16:08.80	00:21:16.05	40	02:50	01:14:14.90	44	16.16	00:40:37.85	44	08:07	SPARWOOD