

Overall Results

X-Sprint Individual 750M - 20K - 5K**6 Finishers**

Name	Bib#	Category	Finish	Swim	O/A	Pace/100M	Bike	O/A	Pace K/H	Run	O/A	Pace/Km	City
1. RUSSELL, JIM	84	XSPRT30-39M	01:25:35.40	00:15:05.40	1	02:00	00:48:22.50	2	24.81	00:22:07.50	2	04:25	ELKFORD
2. FERRABY, JAMES	82	XSPRT20-29M	01:25:45.15	00:18:58.75	5	02:31	00:45:19.95	1	26.47	00:21:26.45	1	04:17	FERNIE
3. MANCELL, BRYCE	83	XSPRT20-29M	01:29:41.05	00:15:28.55	3	02:03	00:51:28.45	3	23.31	00:22:44.05	3	04:32	ELKFORD
4. THIBODEAU, KRIS	85	XSPRT30-39M	01:38:42.80	00:16:03.90	4	02:08	00:54:42.50	5	21.93	00:27:56.40	4	05:35	FERNIE
5. HUME, SHELLY	88	XSPRT50-59F	01:38:46.55	00:15:22.30	2	02:02	00:52:04.20	4	23.05	00:31:20.05	6	06:16	SPARWOOD
6. FRIESEN, BERT	87	XSPRT40-49M	01:47:25.60	00:19:07.25	6	02:32	00:58:55.55	6	20.36	00:29:22.80	5	05:52	TABER