

Overall Results

Sprint Individual 750M - 20K - 5K

45 Finishers

Name	Bib#	Category	Finish	Swim	O/A	Pace/100M	Bike	O/A	Pace K/H	Run	O/A	Pace/Km	City
1. ROBDRUP, DANNY	53	SPRT30-39M	01:06:31.25	00:13:17.45	4	01:46	00:33:26.35	1	35.89	00:19:47.45	1	03:57	ZEPHBRIDGE
2. MEINIG, MICHAEL	66	SPRT50-59M	01:12:57.75	00:15:32.70	17	02:04	00:36:34.80	2	32.80	00:20:50.25	3	04:10	KIMBERLEY
3. HARASEM-MITCHELL, SETH	27	SPRT19&UM	01:13:44.95	00:11:49.30	2	01:34	00:37:32.65	4	31.96	00:24:23.00	6	04:52	COALHURST
4. DECILLIA, RYAN	59	SPRT40-49M	01:15:38.20	00:13:35.65	6	01:48	00:36:46.10	3	32.64	00:25:16.45	8	05:03	LETHBRIDGE
5. PLESCAN, ALINA	33	SPRT20-29F	01:18:55.35	00:11:07.55	1	01:29	00:41:28.40	8	28.93	00:26:19.40	10	05:15	FERNIE
6. FORD, CHAD	50	SPRT30-39M	01:20:05.15	00:16:28.75	20	02:11	00:40:33.70	5	29.58	00:23:02.70	4	04:36	CALGARY
7. SIMPKIN, DEVIN	36	SPRT20-29M	01:24:17.50	00:14:09.65	9	01:53	00:43:59.10	15	27.28	00:26:08.75	9	05:13	ELKFORD
8. RATUDRADRA, ZION	29	SPRT19&UM	01:25:50.10	00:15:09.05	15	02:01	00:50:39.50	33	23.69	00:20:01.55	2	04:00	ELKFORD
9. KERR, HEATHER	42	SPRT30-39F	01:25:53.40	00:13:18.30	5	01:46	00:43:25.25	11	27.64	00:29:09.85	20	05:49	FERNIE
10. MASSEY, DAN	65	SPRT50-59M	01:26:14.20	00:16:28.70	19	02:11	00:43:21.75	10	27.67	00:26:23.75	11	05:16	AIRDRIE
11. Peterson, ABBEY	34	SPRT20-29F	01:26:33.60	00:13:54.60	7	01:51	00:42:21.20	9	28.33	00:30:17.80	24	06:03	SPARWOOD
12. FAIRBAIRN, STEVE	63	SPRT50-59M	01:27:04.45	00:14:41.70	12	01:57	00:44:20.95	17	27.06	00:28:01.80	15	05:36	ELKFORD
13. NEAL, ZANE	52	SPRT30-39M	01:27:56.20	00:14:06.40	8	01:52	00:41:21.05	7	29.02	00:32:28.75	31	06:29	FERNIE
14. KIRBYSON, HOWARD	64	SPRT50-59M	01:27:57.15	00:16:48.90	22	02:14	00:40:59.75	6	29.27	00:30:08.50	23	06:01	DIDSBURY
15. SAUVE, EMILY	46	SPRT30-39F	01:28:44.60	00:14:23.85	10	01:55	00:44:32.00	18	26.95	00:29:48.75	22	05:57	FERNIE
16. PODEMSKI, ELLISA	57	SPRT40-49F	01:29:45.20	00:17:50.85	31	02:22	00:43:44.55	13	27.43	00:28:09.80	17	05:37	AIRDRIE
17. ARTHUR, NICOLE	37	SPRT30-39F	01:29:56.70	00:22:17.75	41	02:58	00:44:19.40	16	27.07	00:23:19.55	5	04:39	ELKFORD
18. TOBIN, TROY	60	SPRT40-49M	01:30:14.35	00:15:26.70	16	02:03	00:43:53.75	14	27.34	00:30:53.90	28	06:10	ELKFORD
19. MURPHY, STEVE	67	SPRT50-59M	01:30:33.30	00:17:26.55	28	02:19	00:46:02.30	20	26.07	00:27:04.45	13	05:24	CROSSFIELD
20. JONES, NORTH	35	SPRT20-29M	01:30:40.70	00:17:02.55	24	02:16	00:49:12.20	29	24.39	00:24:25.95	7	04:53	FERNIE
21. NORTON, KAROLINA	45	SPRT30-39F	01:31:36.00	00:14:44.10	13	01:57	00:46:17.55	22	25.92	00:30:34.35	26	06:06	AIRDRIE
22. SISKA, LINDSAY	47	SPRT30-39F	01:32:08.70	00:17:17.45	25	02:18	00:43:37.25	12	27.51	00:31:14.00	29	06:14	SPARWOOD
23. OGNOSKI, SHAWNA	56	SPRT40-49F	01:32:33.00	00:19:12.10	34	02:33	00:46:24.35	23	25.86	00:26:56.55	12	05:23	LETHBRIDGE
24. PASCAL, ELISABETH	32	SPRT20-29F	01:32:42.25	00:18:17.05	33	02:26	00:47:09.60	25	25.45	00:27:15.60	14	05:27	LETHBRIDGE
25. MACGREGOR, EDEN	54	SPRT40-49F	01:32:52.85	00:17:25.50	27	02:19	00:46:52.50	24	25.60	00:28:34.85	19	05:42	FERNIE
26. RAYMOND, MARK	68	SPRT50-59M	01:33:32.10	00:14:25.35	11	01:55	00:46:06.00	21	26.03	00:33:00.75	32	06:36	AIRDRIE
27. ATTORP, JENNIFER	38	SPRT30-39F	01:34:43.40	00:14:46.55	14	01:58	00:49:29.45	31	24.25	00:30:27.40	25	06:05	ELKFORD
28. HATCH, TARA	39	SPRT30-39F	01:35:38.40	00:17:49.80	30	02:22	00:48:11.20	27	24.90	00:29:37.40	21	05:55	FERNIE
29. JONES, AMANDA	41	SPRT30-39F	01:38:09.45	00:16:54.40	23	02:15	00:49:14.25	30	24.37	00:32:00.80	30	06:24	FERNIE
30. NIXON, MEGAN	31	SPRT20-29F	01:41:05.90	00:12:27.70	3	01:39	00:55:11.30	38	21.74	00:33:26.90	34	06:41	LETHBRIDGE
31. THIBODEAU, JENNIFER	58	SPRT40-49F	01:41:50.90	00:20:12.50	37	02:41	00:47:58.30	26	25.01	00:33:40.10	36	06:44	FERNIE
32. HOULE, KRISTINA	40	SPRT30-39F	01:41:56.35	00:19:46.65	36	02:38	00:51:23.75	34	23.35	00:30:45.95	27	06:09	CALGARY
33. MUNROE, CAMILLE	44	SPRT30-39F	01:42:15.70	00:17:47.90	29	02:22	00:50:37.65	32	23.70	00:33:50.15	37	06:46	FERNIE
34. BAIRD, BRENDA	61	SPRT50-59F	01:43:11.60	00:21:37.80	39	02:53	00:53:31.65	36	22.42	00:28:02.15	16	05:36	LETHBRIDGE
35. FOREST, CAROLINE	26	SPRT19&UF	01:43:29.95	00:18:01.60	32	02:24	00:52:16.70	35	22.95	00:33:11.65	33	06:38	FERNIE
36. RAYMOND, HOLLY	62	SPRT50-59F	01:45:48.40	00:17:25.45	26	02:19	00:54:49.65	37	21.89	00:33:33.30	35	06:42	AIRDRIE
37. MACKAY, LINDSAY	43	SPRT30-39F	01:46:23.65	00:16:40.15	21	02:13	00:45:30.45	19	26.37	00:44:13.05	43	08:50	FERNIE

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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. TEMPLE, KATHI	48	SPRT30-39F	01:47:31.25	00:21:58.90	40	02:55	00:48:56.35	28	24.52	00:36:36.00	38	07:19	FERNIE
39. COMEAU, CHELSEA	30	SPRT20-29F	01:49:02.60	00:24:05.05	45	03:12	00:56:24.15	39	21.28	00:28:33.40	18	05:42	ELKFORD
40. MORROW, HEIDI	55	SPRT40-49F	01:52:31.65	00:16:09.90	18	02:09	00:57:53.00	41	20.73	00:38:28.75	39	07:41	SPARWOOD
41. ZIMMER, NICKI	49	SPRT30-39F	02:01:46.10	00:19:16.10	35	02:34	01:01:56.40	42	19.37	00:40:33.60	40	08:06	ELKFORD
42. GORDON, BARBARA	71	SPRT60+F	02:02:09.65	00:22:18.75	42	02:58	00:56:51.50	40	21.11	00:42:59.40	42	08:35	SPARWOOD
43. DESMOULINS, GAIL	70	SPRT60+F	02:08:18.20	00:22:23.35	43	02:59	01:04:57.75	43	18.47	00:40:57.10	41	08:11	COLEMAN
44. JORDAN, WILLIAM	72	SPRT60+M	02:16:29.40	00:21:11.30	38	02:49	01:07:28.75	44	17.78	00:47:49.35	44	09:33	SPARWOOD
45. BENTLEY, LAURA	69	SPRT60+F	02:22:36.35	00:22:49.70	44	03:02	01:09:08.75	45	17.35	00:50:37.90	45	10:07	FERNIE