

Run Times

Sprint 5K

Name	Bib#	Time	Category	Heat
21. ROBDRUP, DANNY	53	00:19:47.45	SPRT30-39M	
22. RATUDRADRA, ZION	29	00:20:01.55	SPRT19&UM	
23. MEINIG, MICHAEL	66	00:20:50.25	SPRT50-59M	
24. FORD, CHAD	50	00:23:02.70	SPRT30-39M	
25. ARTHUR, NICOLE	37	00:23:19.55	SPRT30-39F	
26. HARASEM-MITCHELL, SETH	27	00:24:23.00	SPRT19&UM	
27. JONES, NORTH	35	00:24:25.95	SPRT20-29M	
28. SUTHERLAND, JEFF	81	00:24:28.75	SPRTTEAM2-30-39MX	
29. DECILLIA, RYAN	59	00:25:16.45	SPRT40-49M	
30. SIMPKIN, DEVIN	36	00:26:08.75	SPRT20-29M	
31. PLESCAN, ALINA	33	00:26:19.40	SPRT20-29F	
32. MASSEY, DAN	65	00:26:23.75	SPRT50-59M	
33. OGNOSKI, SHAWNA	56	00:26:56.55	SPRT40-49F	
34. MURPHY, STEVE	67	00:27:04.45	SPRT50-59M	
35. PASCAL, ELISABETH	32	00:27:15.60	SPRT20-29F	
36. FAIRBAIRN, STEVE	63	00:28:01.80	SPRT50-59M	
37. BAIRD, BRENDA	61	00:28:02.15	SPRT50-59F	
38. PODEMSKI, ELLISA	57	00:28:09.80	SPRT40-49F	
39. TWA, CONNIE	87	00:28:17.80	SPRTTEAM3-50-59MX	
40. COMEAU, CHELSEA	30	00:28:33.40	SPRT20-29F	
41. MACGREGOR, EDEN	54	00:28:34.85	SPRT40-49F	
42. NEUFELD, JORDANA	83	00:28:48.00	SPRTTEAM3-19&UF	
43. KERR, HEATHER	42	00:29:09.85	SPRT30-39F	
44. HATCH, TARA	39	00:29:37.40	SPRT30-39F	
45. SAUVE, EMILY	46	00:29:48.75	SPRT30-39F	
46. KIRBYSON, HOWARD	64	00:30:08.50	SPRT50-59M	
47. Peterson, ABBEY	34	00:30:17.80	SPRT20-29F	
48. ATTORP, JENNIFER	38	00:30:27.40	SPRT30-39F	
49. NORTON, KAROLINA	45	00:30:34.35	SPRT30-39F	
50. FAY, BEN	88	00:30:40.45	SPRTTEAM3-50-59MX	
51. HOULE, KRISTINA	40	00:30:45.95	SPRT30-39F	
52. TOBIN, TROY	60	00:30:53.90	SPRT40-49M	
53. SISK, LINDSAY	47	00:31:14.00	SPRT30-39F	
54. JONES, AMANDA	41	00:32:00.80	SPRT30-39F	
55. NEAL, ZANE	52	00:32:28.75	SPRT30-39M	
56. WRAY, ERICA	84	00:32:50.30	SPRTTEAM3-30-39F	
57. RAYMOND, MARK	68	00:33:00.75	SPRT50-59M	
58. FOREST, CAROLINE	26	00:33:11.65	SPRT19&UF	
59. NIXON, MEGAN	31	00:33:26.90	SPRT20-29F	
60. FAUCHER, BRYAN	85	00:33:30.35	SPRTTEAM3-30-39M	
61. RAYMOND, HOLLY	62	00:33:33.30	SPRT50-59F	
62. MURPHY, COLLEEN	82	00:33:38.25	SPRTTEAM2-50-59F	
63. THIBODEAU, JENNIFER	58	00:33:40.10	SPRT40-49F	
64. MUNROE, CAMILLE	44	00:33:50.15	SPRT30-39F	
65. ETUE, CAMERON	80	00:35:17.40	SPRTTEAM2-30-39MX	
66. TEMPLE, KATHI	48	00:36:36.00	SPRT30-39F	
67. MORROW, HEIDI	55	00:38:28.75	SPRT40-49F	

**2016 Elkford Triathlon
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Name	Bib#	Time	Category	Heat
68. ZIMMER, NICKI	49	00:40:33.60	SPRT30-39F	
69. DESMOULINS, GAIL	70	00:40:57.10	SPRT60+F	
70. GORDON, BARBARA	71	00:42:59.40	SPRT60+F	
71. MACKAY, LINDSAY	43	00:44:13.05	SPRT30-39F	
72. JORDAN, WILLIAM	72	00:47:49.35	SPRT60+M	
73. BENTLEY, LAURA	69	00:50:37.90	SPRT60+F	