

Overall Results

X-Sprint Individual 750M - 20K - 5K**7 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	153	XSPRT40-49M	01:23:47.32	00:14:27.29	3	01:55	00:48:44.89	1	24.62	00:20:35.14	1	04:07	ELKFORD
2. DOEY, BRUCE	150	XSPRT30-39M	01:30:23.79	00:15:41.52	4	02:05	00:51:26.53	2	23.33	00:23:15.74	2	04:39	SPARWOOD
3. KERR, HEATHER	151	XSPRT40-49F	01:34:18.53	00:13:33.78	1	01:48	00:54:36.31	3	21.98	00:26:08.44	3	05:13	FERNIE
4. RUSSELL, KATHERINE	149	XSPRT30-39F	01:35:51.43	00:13:43.18	2	01:49	00:54:59.68	4	21.82	00:27:08.57	4	05:25	ELKFORD
5. AYLEY, CARLEE	148	XSPRT30-39F	01:45:25.77	00:15:52.73	5	02:06	01:00:36.55	5	19.80	00:28:56.49	5	05:47	ZEPHBRIDGE
6. VORONINA, LYUDMYLA	152	XSPRT40-49F	02:00:54.67	00:18:09.13	6	02:25	01:09:41.71	6	17.22	00:33:03.83	6	06:36	SPARWOOD
7. JORDAN, WILLIAM C	154	XSPRT60+M	03:06:51.16	00:22:41.87	7	03:01	01:51:11.60	7	10.79	00:52:57.69	7	10:35	SPARWOOD