

Overall Results

Sprint Individual 750M - 20K - 5K

33 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	206	SPRT30-39M	01:06:39.11	00:12:41.26	3	01:41	00:34:14.37	1	35.05	00:19:43.48	1	03:56	ZEPHBRIDGE
2. EIJSERMANS, FRENS	193	SPRT20-29M	01:08:06.48	00:11:20.77	1	01:30	00:35:55.54	2	33.40	00:20:50.17	2	04:10	FERNIE
3. MOORE, ABI	198	SPRT30-39F	01:18:52.60	00:16:07.99	11	02:09	00:40:58.47	5	29.29	00:21:46.14	3	04:21	FERNIE
4. HARRINGTON, MIKE	212	SPRT40-49M	01:22:40.64	00:16:55.81	17	02:15	00:38:50.15	3	30.90	00:26:54.68	8	05:22	SPARWOOD
5. MAC CON, AMY	210	SPRT40-49F	01:25:17.30	00:16:46.82	15	02:14	00:42:03.15	6	28.54	00:26:27.33	7	05:17	FERNIE
6. HARVEY, WILLIAM	216	SPRT50-59M	01:28:37.72	00:15:02.36	6	02:00	00:43:44.22	8	27.44	00:29:51.14	20	05:58	LETHBRIDGE
7. PAGE-SHINER, IAN	205	SPRT30-39M	01:29:01.59	00:15:12.12	7	02:01	00:45:30.26	10	26.37	00:28:19.21	15	05:39	FERNIE
8. ARTHUR, NICOLE	194	SPRT30-39F	01:30:19.94	00:20:38.28	30	02:45	00:46:24.42	11	25.86	00:23:17.24	4	04:39	ELKFORD
9. MURPHY, STEVE	219	SPRT60+M	01:30:26.63	00:16:47.06	16	02:14	00:46:38.93	12	25.72	00:27:00.64	9	05:24	ELKFORD
10. IATROU, DINA	190	SPRT20-29F	01:30:40.64	00:12:59.20	4	01:43	00:49:02.59	18	24.47	00:28:38.85	17	05:43	LETHBRIDGE
11. DAY, LINDSAY	195	SPRT30-39F	01:31:20.49	00:15:36.35	9	02:04	00:49:34.65	19	24.20	00:26:09.49	6	05:13	CALGARY
12. MASSEY, DANIEL	217	SPRT50-59M	01:31:37.70	00:17:08.09	18	02:17	00:47:18.78	15	25.36	00:27:10.83	10	05:26	AIDRIE
13. NEAL, ZANE	204	SPRT30-39M	01:31:47.64	00:15:12.83	8	02:01	00:38:57.08	4	30.81	00:37:37.73	31	07:31	FERNIE
14. STICKNEY, LEIGH	213	SPRT40-49M	01:31:57.86	00:16:44.64	14	02:13	00:47:02.03	13	25.51	00:28:11.19	14	05:38	SPARWOOD
15. SCHEBESCH, TIFFANY	230	SPRT20-29F	01:32:05.39	00:17:35.07	21	02:20	00:47:13.78	14	25.41	00:27:16.54	11	05:27	SPARWOOD
16. GOGGIN, GUILLAUME	203	SPRT30-39M	01:32:11.37	00:20:27.86	29	02:43	00:43:39.09	7	27.49	00:28:04.42	13	05:36	ELKFORD
17. VAN DEN BOGERT, VERONICA	201	SPRT30-39F	01:32:15.19	00:17:13.76	19	02:17	00:49:45.11	21	24.12	00:25:16.32	5	05:03	FERNIE
18. FALK, STACY	211	SPRT40-49M	01:34:22.28	00:17:27.43	20	02:19	00:44:48.97	9	26.78	00:32:05.88	23	06:25	FERNIE
19. FOREST, CAROLINE	188	SPRT19&UF	01:35:40.40	00:16:37.95	13	02:13	00:48:03.89	16	24.97	00:30:58.56	21	06:11	FERNIE
20. FALK, JOY	209	SPRT40-49F	01:36:42.69	00:19:30.18	28	02:36	00:49:44.36	20	24.13	00:27:28.15	12	05:29	FERNIE
21. STICKNEY, JEN	200	SPRT30-39F	01:37:20.96	00:16:10.77	12	02:09	00:52:38.29	23	22.80	00:28:31.90	16	05:42	SPARWOOD
22. KING, MEGAN	197	SPRT30-39F	01:38:21.20	00:17:59.18	23	02:23	00:51:14.32	22	23.42	00:29:07.70	18	05:49	FERNIE
23. NIXON, MEGAN	191	SPRT20-29F	01:39:21.11	00:12:36.75	2	01:40	00:54:28.71	26	22.03	00:32:15.65	24	06:27	LETHBRIDGE
24. SULLIVAN, FARREN	192	SPRT20-29F	01:42:07.67	00:16:03.29	10	02:08	00:48:34.25	17	24.71	00:37:30.13	30	07:30	FERNIE
25. ALEXANDER, KAREN	214	SPRT50-59F	01:43:12.59	00:17:35.34	22	02:20	00:55:59.40	28	21.43	00:29:37.85	19	05:55	ELKFORD
26. DORATTY, STEPHANIE	196	SPRT30-39F	01:44:32.16	00:14:10.52	5	01:53	00:59:05.19	30	20.31	00:31:16.45	22	06:15	SPARWOOD
27. ROBERTSON, JAMIE	199	SPRT30-39F	01:48:33.78	00:18:57.24	25	02:31	00:56:41.20	29	21.17	00:32:55.34	25	06:35	ELKFORD
28. HOAR, KAILA	189	SPRT20-29F	01:49:10.69	00:19:03.19	26	02:32	00:53:37.86	24	22.38	00:36:29.64	28	07:17	CALGARY
29. FALK, BRIANNA	187	SPRT19&UF	01:51:41.28	00:18:22.99	24	02:27	00:53:43.50	25	22.34	00:39:34.79	33	07:54	FERNIE
30. DES MOULINS, ALISTAIR	229	SPRT60+M	01:54:35.61	00:22:41.42	31	03:01	00:55:25.57	27	21.65	00:36:28.62	27	07:17	COLEMAN
31. CREELMAN, MELISSA	208	SPRT40-49F	01:55:51.79	00:19:22.96	27	02:35	01:03:04.03	31	19.03	00:33:24.80	26	06:40	SPARWOOD
32. SOAMES, SHARON	215	SPRT50-59F	02:08:04.00	00:26:05.03	33	03:28	01:05:02.83	32	18.45	00:36:56.14	29	07:23	SPARWOOD
33. DESMOULINS, GAIL	218	SPRT60+F	02:11:29.78	00:22:48.31	32	03:02	01:09:51.95	33	17.18	00:38:49.52	32	07:45	COLEMAN