

Overall Results

Sprint Individual 750M - 20K - 5K

28 Finishers

Name	Bib#	Category	Finish	Swim	O/A	Pace/100M	Bike	O/A	Pace K/H	Run	O/A	Pace/Km	City
1. DUQUESNAY, ANDREW	194	SPRT30-39M	01:09:07.35	00:13:27.24	4	01:47	00:34:42.96	1	34.57	00:20:57.15	2	04:11	FERNIE
2. NICOL, JEFFREY	198	SPRT30-39M	01:12:38.78	00:10:18.34	1	01:22	00:41:35.01	6	28.86	00:20:45.43	1	04:09	LETHBRIDGE
3. LONGSHAW, DAVID	204	SPRT40-49M	01:12:45.05	00:11:19.86	2	01:30	00:39:54.44	2	30.07	00:21:30.75	3	04:18	FERNIE
4. CULTRERA, JORDAN	186	SPRT19&UF	01:14:40.65	00:11:44.37	3	01:33	00:40:29.73	3	29.63	00:22:26.55	4	04:29	CALGARY
5. BENNETT, JAMES	188	SPRT20-29M	01:18:19.69	00:13:42.78	5	01:49	00:41:15.19	5	29.09	00:23:21.72	7	04:40	FERNIE
6. PAGE-SHINER, IAN	199	SPRT30-39M	01:21:06.84	00:15:17.84	10	02:02	00:42:31.03	8	28.22	00:23:17.97	6	04:39	FERNIE
7. KURIO, BRETT	196	SPRT30-39M	01:23:04.19	00:15:57.33	12	02:07	00:44:11.77	9	27.15	00:22:55.09	5	04:35	LETHBRIDGE
8. SCHMIDT, MARTY	207	SPRT50-59M	01:23:27.69	00:17:46.31	18	02:22	00:41:10.73	4	29.14	00:24:30.65	9	04:54	BLAIRMORE
9. HARRINGTON, MIKE	203	SPRT40-49M	01:24:46.82	00:16:08.39	13	02:09	00:42:07.31	7	28.49	00:26:31.12	14	05:18	SPARWOOD
10. MASON, COLLEEN	193	SPRT30-39F	01:26:24.02	00:15:13.68	9	02:01	00:46:41.40	12	25.70	00:24:28.94	8	04:53	FERNIE
11. SIMPKIN, DEVIN	200	SPRT30-39M	01:27:20.15	00:15:48.83	11	02:06	00:44:24.71	10	27.02	00:27:06.61	15	05:25	LETHBRIDGE
12. LESSARD, CHRISTIAN	213	SPRT60+M	01:31:23.76	00:19:55.07	20	02:39	00:45:09.28	11	26.58	00:26:19.41	13	05:15	OKOTOKS
13. FERGUSON, IAN	212	SPRT60+M	01:31:29.36	00:14:43.29	7	01:57	00:48:01.88	13	24.98	00:28:44.19	17	05:44	ST ALBERT
14. D'HAMERS, CHARISSE	190	SPRT30-39F	01:32:24.15	00:16:57.30	16	02:15	00:50:32.01	16	23.75	00:24:54.84	10	04:58	ELKFORD
15. MURPHY, STEVE	214	SPRT60+M	01:33:51.41	00:17:13.72	17	02:17	00:50:45.54	17	23.64	00:25:52.15	12	05:10	CALGARY
16. JACYSZYN, PHILIP	195	SPRT30-39M	01:36:14.37	00:19:26.43	19	02:35	00:50:55.93	18	23.56	00:25:52.01	11	05:10	ELKFORD
17. LEMIEUX, STEPHANIE	201	SPRT40-49F	01:37:05.23	00:14:51.57	8	01:58	00:52:01.89	19	23.06	00:30:11.77	18	06:02	FERNIE
18. CHRISTENSEN, SCOTT	211	SPRT60+M	01:41:40.03	00:20:15.42	21	02:42	00:49:58.91	15	24.01	00:31:25.70	20	06:17	CALGARY
19. NORTON, KAROLINA	202	SPRT40-49F	01:42:09.93	00:16:47.50	15	02:14	00:54:00.87	21	22.22	00:31:21.56	19	06:16	AIRDRIE
20. KIELPINSKI, CYNTHIA	187	SPRT20-29F	01:43:49.77	00:14:18.19	6	01:54	00:55:13.06	22	21.73	00:34:18.52	24	06:51	ELKFORD
21. ATHERTON, KEVIN	210	SPRT60+M	01:48:34.59	00:22:54.35	25	03:03	00:52:43.53	20	22.76	00:32:56.71	21	06:35	ELKFORD
22. INMAN, JAMIE	227	SPRT40-49F	01:49:51.14	00:16:37.42	14	02:12	01:00:16.58	25	19.91	00:32:57.14	22	06:35	BAYNES LAKE
23. KALLIE, SSTEVE	205	SPRT40-49M	01:51:31.81	00:21:00.06	24	02:48	00:56:19.84	23	21.30	00:34:11.91	23	06:50	SPARWOOD
24. DARIMONT, EMMA	191	SPRT30-39F	01:53:00.30	00:20:47.02	23	02:46	00:49:48.79	14	24.09	00:42:24.49	26	08:28	ELKFORD
25. MAYNE, CJ	189	SPRT20-29M	01:56:38.34	00:30:58.80	28	04:07	00:57:41.71	24	20.80	00:27:57.83	16	05:35	ELKFORD
26. FERGUSON, ALLISON	192	SPRT30-39F	01:58:34.26	00:20:16.20	22	02:42	01:01:30.07	26	19.51	00:36:47.99	25	07:21	AIRDRIE
27. LAPOINTE, SYLVIE	208	SPRT60+F	02:34:33.09	00:28:03.13	27	03:44	01:14:25.43	27	16.12	00:52:04.53	28	10:24	QUEBEC
28. UYTTERHAGEN, SHELLEY	209	SPRT60+F	02:37:09.63	00:23:42.08	26	03:09	01:26:18.99	28	13.90	00:47:08.56	27	09:25	CALGARY