

Overall Results

Sprint 750M - 20K - 5K

Name	Bib#	Category	Swim	O/A	Bike	O/A	Run	O/A	Finish	City
1 MOLNAR, WARREN	321	SPR30-39M	00:10:36.40	2	00:41:16.75	3	00:19:46.85	1	01:11:40.00	COALDALE
2 DANIELSON, ERIC	379	SPR16-19M	00:10:14.80	1	00:41:52.60	4	00:21:09.10	4	01:13:16.50	LETH
3 NICOL, CREGG	344	SPR40-49M	00:12:24.65	9	00:40:22.60	2	00:21:47.45	9	01:14:34.70	COALHURST
4 ONTKEAN, NICK	248	SPR16-19M	00:12:05.10	8	00:42:50.90	5	00:21:25.80	5	01:16:21.80	LETH
5 WRIGHT, RYAN	373	SPR30-39M	00:10:55.25	3	00:43:59.35	7	00:22:44.10	11	01:17:38.70	EDMONTON
6 CLACK, PETER	246	SPR16-19M	00:11:00.55	4	00:46:11.00	9	00:21:06.25	3	01:18:17.80	LETH
7 CHRISTIANSON, TODD	381	SPR40-49M	00:11:14.20	6	00:43:11.30	6	00:25:43.70	31	01:20:09.20	MED. HAT
8 CLACK, WILLIAM	247	SPR16-19M	00:11:00.55	5	00:00:00.00	1	01:47:21.00	129	01:21:33.00	LETH
9 STEWART, RUSS	284	SPR20-29M	00:13:15.30	14	00:47:45.60	19	00:20:59.50	2	01:22:00.40	LETH
10 STEWART, BRUCE	327	SPR30-39M	00:14:49.90	37	00:46:08.50	8	00:21:29.15	7	01:22:27.55	LETH
11 MURAKAMI, ZAK	280	SPR20-29M	00:12:40.10	12	00:47:19.60	15	00:24:13.00	19	01:24:12.70	EDMONTON
12 KELLN, TRAVIS	316	SPR30-39M	00:12:28.15	10	00:48:25.60	23	00:23:34.70	15	01:24:28.45	SWIFT CURF
13 SHRINER, JASON	371	SPR30-39M	00:15:00.40	39	00:48:49.35	27	00:21:29.05	6	01:25:18.80	LETH
14 MACLEAN, IAN	278	SPR20-29M	00:12:39.10	11	00:46:22.50	11	00:26:22.15	45	01:25:23.75	LETH
15 BLUMEL, JIM	340	SPR40-49M	00:14:49.20	36	00:46:29.75	12	00:24:06.85	18	01:25:25.80	MAGRATH
16 LYBBERT, ROBIN	366	SPR20-29M	00:15:37.35	48	00:47:46.75	20	00:22:08.65	10	01:25:32.75	EDMONTON
17 HARRISON, BRIAN	369	SPR20-29M	00:16:46.10	68	00:47:16.05	14	00:21:30.85	8	01:25:33.00	LETH
18 JOWSEY, JANIS	331	SPR40-49F	00:14:14.35	25	00:47:22.65	16	00:25:32.85	28	01:27:09.85	LETH
19 ORR, DUSTIN	281	SPR20-29M	00:14:17.30	27	00:50:21.75	43	00:22:49.10	12	01:27:28.15	FT. MACLEO
20 ANDERSON, DANNY	309	SPR30-39M	00:13:03.55	13	00:47:41.55	18	00:27:15.30	53	01:28:00.40	MAGRATH
21 MILNE, DARREN	320	SPR30-39M	00:13:31.90	17	00:48:30.70	24	00:26:08.60	43	01:28:11.20	LETH
22 MCKEE, RONNA	383	SPR30-39F	00:13:52.30	22	00:50:05.40	39	00:24:24.60	22	01:28:22.30	
23 SHEEN, KENZIE	386	SPR20-29F	00:13:44.60	20	00:50:27.50	45	00:24:18.25	20	01:28:30.35	CARDSTON
24 HERWEYER, DANIEL	314	SPR30-39M	00:13:44.30	19	00:48:59.95	30	00:26:00.85	37	01:28:45.10	FT. MACLEO
25 HARRINGTON, MIKE	313	SPR30-39M	00:15:44.30	50	00:47:31.35	17	00:25:47.05	33	01:29:02.70	SPARWOOD
26 HUTTON, JANICE	257	SPR20-29F	00:11:30.45	7	00:49:21.65	31	00:28:31.45	64	01:29:23.55	LETH
27 ANDERSON, DEVON	245	SPR16-19M	00:15:14.25	44	00:46:14.85	10	00:28:07.00	57	01:29:36.10	MAGRATH
28 VANDELLEN, TARA	307	SPR30-39F	00:14:51.30	38	00:48:52.30	28	00:25:54.00	35	01:29:37.60	CLARESHOL
29 ZAUGG, AARON	240	SPR20-29M	00:16:39.65	64	00:48:23.50	22	00:24:34.65	23	01:29:37.80	
30 ANDERSON, TARA	286	SPR30-39F	00:15:11.25	42	00:49:29.05	33	00:25:42.85	30	01:30:23.15	MAGRATH
31 BURROWS, KRISTI	384	SPR30-39F	00:15:26.50	46	00:50:01.50	37	00:25:10.30	24	01:30:38.30	RAYMOND
32 VAN DIEMEN, JOSE	271	SPR20-29F	00:13:29.00	16	00:51:04.70	51	00:26:06.90	41	01:30:40.60	IRON SPRIN
33 DARGIE, CRYSTAL	253	SPR20-29F	00:13:49.85	21	00:48:43.15	25	00:28:37.45	65	01:31:10.45	COURTENAY
34 SMITH, BRADLEY	249	SPR16-19M	00:15:03.30	40	00:50:04.70	38	00:26:07.20	42	01:31:15.20	MAGRATH
35 LEFFERS, KEN	317	SPR30-39M	00:17:14.20	78	00:46:56.60	13	00:27:21.60	54	01:31:32.40	COALDALE
36 JANKUNIS, FRANK	342	SPR40-49M	00:16:08.65	57	00:49:28.80	32	00:26:02.55	39	01:31:40.00	LETH
37 CLARKE, JEFF	310	SPR30-39M	00:16:18.90	58	00:51:52.15	57	00:23:36.75	16	01:31:47.80	LETH
38 STEVENS, SCOTT	326	SPR30-39M	00:17:41.55	84	00:48:47.10	26	00:25:31.25	27	01:31:59.90	TABER
39 HUISMAN, ALEX	315	SPR30-39M	00:14:22.20	28	00:51:13.55	53	00:26:40.50	50	01:32:16.25	DIAMOND CI
40 ADSERBALLE, JACOB	339	SPR40-49M	00:15:21.00	45	00:50:24.60	44	00:26:39.65	48	01:32:25.25	LETH
41 PARR, LYLE	345	SPR40-49M	00:16:35.90	62	00:48:54.90	29	00:26:54.95	52	01:32:25.75	LETH
42 PYKERMAN, KAREN	268	SPR20-29F	00:14:16.50	26	00:47:58.85	21	00:30:16.20	75	01:32:31.55	LETH
43 SMITH, BARB	304	SPR30-39F	00:16:40.50	65	00:50:00.90	36	00:25:53.85	34	01:32:35.25	MAGRATH
44 MOSAICO, TIFFANY	265	SPR20-29F	00:16:50.00	70	00:52:42.20	69	00:23:03.90	14	01:32:36.10	EDMONTON
45 KUNTZ, APRIL	296	SPR30-39F	00:14:32.35	30	00:49:48.80	35	00:28:19.75	59	01:32:40.90	CLARESHOL
46 MACWILLIAM, LESLIE	260	SPR20-29F	00:15:11.85	43	00:54:32.40	80	00:22:58.35	13	01:32:42.60	LETH
47 LEW, MAUREEN	333	SPR40-49F	00:14:46.50	34	00:52:11.85	61	00:25:45.75	32	01:32:44.10	CALGARY
48 HARTHOORN, MELANIE	256	SPR20-29F	00:16:58.05	72	00:50:10.70	41	00:25:41.70	29	01:32:50.45	COALDALE
49 BOYD, PATRICK	274	SPR20-29M	00:16:00.45	55	00:51:17.85	54	00:26:32.35	47	01:33:50.65	MED. HAT
50 SNOW, KIMBER	244	SPR16-19F	00:15:27.95	47	00:53:18.75	77	00:25:22.35	26	01:34:09.05	RAYMOND
51 SALMON, NATHAN	283	SPR20-29M	00:16:48.20	69	00:50:19.35	42	00:27:22.45	55	01:34:30.00	LETH

Overall Results

Sprint 750M - 20K - 5K

Name	Bib#	Category	Swim	O/A	Bike	O/A	Run	O/A	Finish	City
52 HILL, CAMELIA	365	SPR20-29F	00:15:46.90	51	00:52:56.45	73	00:25:54.15	36	01:34:37.50	MAGRATH
53 BISHOP, ASHLEY	250	SPR20-29F	00:13:38.00	18	00:50:36.90	47	00:30:32.05	76	01:34:46.95	LETH
54 SMITH, NATHAN	368	SPR30-39M	00:17:10.70	77	00:51:22.55	56	00:26:24.35	46	01:34:57.60	CARDSTON
55 MOHR, JONI	362	SPR20-29F	00:17:01.55	74	00:52:09.15	60	00:26:05.55	40	01:35:16.25	STIRLING
56 VAYRO, ANGIE	375	SPR30-39F	00:16:44.10	66	00:50:28.85	46	00:28:25.85	61	01:35:38.80	
57 FLAIG, DON	349	SPR50-59M	00:14:44.80	33	00:52:30.95	65	00:28:29.20	62	01:35:44.95	LETH
58 MCKEE, KEN	343	SPR40-49M	00:19:08.05	93	00:50:42.10	48	00:26:02.45	38	01:35:52.60	CLARESHOL
59 MCGUIGAN, SEAN	279	SPR20-29M	00:16:45.55	67	00:52:46.00	70	00:26:47.40	51	01:36:18.95	TABER
60 FRIESEN, BERT	341	SPR40-49M	00:19:37.00	98	00:53:11.20	75	00:23:48.55	17	01:36:36.75	TABER
61 STRAGA, MARIKA	270	SPR20-29F	00:19:29.60	97	00:52:51.60	72	00:24:21.70	21	01:36:42.90	EDMONTON
62 DEWACHT, AIMEE	292	SPR30-39F	00:13:18.20	15	00:52:17.75	62	00:31:22.65	85	01:36:58.60	LETH
63 HARMS, ALLAN	374	SPR30-39M	00:16:38.85	63	00:52:21.50	64	00:28:19.10	58	01:37:19.45	EDMONTON
64 GUSA, TARA	242	SPR16-19F	00:15:37.85	49	00:52:08.40	59	00:29:51.95	73	01:37:38.20	CROSSFIELD
65 MCCULLOUGH, JENNA	261	SPR20-29F	00:13:52.80	23	00:53:12.75	76	00:30:37.15	78	01:37:42.70	CALGARY
66 MAYCOCK, CLARE	334	SPR40-49F	00:17:23.35	79	00:51:22.05	55	00:29:02.35	66	01:37:47.75	CALGARY
67 LEHBAUER, KRIS	297	SPR30-39F	00:16:03.70	56	00:53:57.85	79	00:27:57.25	56	01:37:58.80	LETH
68 BARNARD, NICOLA	329	SPR40-49F	00:19:12.25	95	00:50:08.55	40	00:29:49.70	72	01:39:10.50	CALGARY
69 DAHL, REGAN	311	SPR30-39M	00:17:03.90	75	00:55:43.65	86	00:26:40.20	49	01:39:27.75	LETH
70 SCHLESE, STEVE	325	SPR40-49M	00:16:57.10	71	00:50:48.60	50	00:31:42.25	88	01:39:27.95	ST. ALBERT
71 OOSTERHOF, COLIN	323	SPR30-39M	00:16:34.30	61	00:52:18.60	63	00:31:14.35	83	01:40:07.25	COALDALE
72 SMITH, JACQUIE	305	SPR30-39F	00:20:42.75	110	00:49:39.60	34	00:30:35.00	77	01:40:57.35	CARDSTON
73 PRENDERGAST, LYNDI	300	SPR30-39F	00:17:51.15	86	00:54:59.50	82	00:28:20.80	60	01:41:11.45	CALGARY
74 POLLOCK, GRANT	351	SPR50-59M	00:20:08.15	102	00:51:56.35	58	00:29:52.40	74	01:41:56.90	CALGARY
75 DAVIS, BRAD	312	SPR30-39M	00:18:03.90	89	00:51:05.80	52	00:32:51.40	95	01:42:01.10	LETH
76 HULST, ANGELA	330	SPR40-49F	00:17:43.00	85	00:53:52.05	78	00:30:47.05	79	01:42:22.10	COALDALE
77 NORRIS, JOAN	354	SPR60+F	00:17:23.55	80	00:55:17.65	85	00:29:48.85	71	01:42:30.05	LETH
78 MEHEW, CANDACE	295	SPR30-39F	00:20:37.85	109	00:52:32.60	66	00:29:21.35	68	01:42:31.80	MAGRATH
79 BOWDEN, ALI	288	SPR30-39F	00:20:17.50	105	00:50:46.85	49	00:31:42.75	89	01:42:47.10	LETH
80 WOLFS, EDWARD	285	SPR20-29M	00:24:02.55	125	00:53:05.85	74	00:26:10.15	44	01:43:18.55	EDMONTON
81 WENDORF, NAOMI	272	SPR20-29F	00:14:28.50	29	00:52:49.10	71	00:36:07.35	105	01:43:24.95	DUNBURN
82 DOUCETTE, ANGELICA	382	SPR20-29F	00:16:25.55	59	00:52:38.20	68	00:34:27.30	99	01:43:31.05	
83 STEVENS, HENRY	352	SPR50-59M	00:20:51.30	111	00:54:47.25	81	00:29:08.05	67	01:44:46.60	CALGARY
84 VERMA, BARB	308	SPR30-39F	00:16:59.05	73	00:59:26.30	102	00:28:30.60	63	01:44:55.95	LACOMBE
85 MCCULLOUGH, LINDSEY	262	SPR20-29F	00:13:54.05	24	00:59:33.45	104	00:32:21.90	92	01:45:49.40	CALGARY
86 SCHEMENAUER, RAINA	269	SPR20-29F	00:15:59.10	54	00:58:15.40	91	00:32:26.80	93	01:46:41.30	LETH
87 HILL, JOEL	276	SPR20-29M	00:21:16.70	118	01:00:21.40	105	00:25:14.10	25	01:46:52.20	MAGRATH
88 BOURNE, CHRISTINA	377	SPR40-49F	00:17:23.70	81	00:58:53.30	100	00:30:54.40	81	01:47:11.40	LETH
89 RICHARDS, RENEE	301	SPR30-39F	00:23:15.80	123	00:52:38.15	67	00:31:20.50	84	01:47:14.45	LETH
90 HANSEN, CASSY	254	SPR20-29F	00:15:54.65	52	00:59:26.10	101	00:31:59.65	90	01:47:20.40	STRATHMOF
91 APPELT, SHARON	346	SPR50-59F	00:15:09.75	41	01:00:47.25	106	00:31:32.65	87	01:47:29.65	LETH
92 DENNIS, BRENT	275	SPR20-29M	00:18:00.45	88	00:58:00.75	90	00:32:10.70	91	01:48:11.90	CALGARY
93 SIMPSON, LAURA	303	SPR30-39F	00:15:56.55	53	00:55:10.70	84	00:37:28.15	116	01:48:35.40	RAYMOND
94 ZAUGG, DERRAL	353	SPR50-59M	00:19:59.45	100	00:59:32.05	103	00:31:02.15	82	01:50:33.65	
95 HANLEY, SHAUN	294	SPR30-39F	00:14:47.70	35	00:56:03.85	88	00:39:53.00	118	01:50:44.55	LETH
96 COULTON, ROBYN	252	SPR20-29F	00:19:07.90	92	01:00:47.40	107	00:30:52.10	80	01:50:47.40	LETH
97 MCKEE, ALLISON	299	SPR30-39F	00:25:22.10	126	00:56:00.65	87	00:29:36.00	69	01:50:58.75	CLARESHOL
98 GANGUR, DANA	370	SPR20-29F	00:20:54.65	112	00:55:07.90	83	00:35:30.70	103	01:51:33.25	LETH
99 NICOL, JIM	322	SPR30-39M	00:20:21.10	106	00:58:51.05	99	00:32:52.70	96	01:52:04.85	RAYMOND
100 MASON, IAN	319	SPR30-39M	00:20:32.40	108	00:58:30.70	95	00:34:04.30	97	01:53:07.40	MAGRATH
101 JENSEN, BRITTNEY	258	SPR20-29F	00:20:58.40	114	00:58:32.75	96	00:34:34.35	100	01:54:05.50	LETH
102 LOW, MARK	277	SPR20-29M	00:21:00.55	115	00:58:25.45	94	00:34:39.80	101	01:54:05.80	LETH

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Name	Bib#	Category	Swim	O/A	Bike	O/A	Run	O/A	Finish	City
103 POLLARD, LESLIE	267	SPR20-29F	00:14:40.00	31	01:02:54.15	112	00:36:56.40	113	01:54:30.55	LETH
104 GERGELY, SUZANNE	293	SPR30-39F	00:17:10.25	76	00:56:06.30	89	00:41:40.05	120	01:54:56.60	COALDALE
105 JENSEN, ROGER	350	SPR50-59M	00:20:12.35	104	00:58:22.95	93	00:36:49.95	111	01:55:25.25	MED. HAT
106 SCOTT, KAREN	302	SPR30-39F	00:17:54.15	87	01:00:56.85	109	00:36:34.50	108	01:55:25.50	MOOSE JAW
107 CROOKS, ALISON	241	SPR16-19F	00:23:10.90	122	00:58:16.10	92	00:35:18.45	102	01:56:45.45	LETH
108 LEAVITT, JADE	259	SPR20-29F	00:20:07.05	101	01:07:08.90	117	00:29:48.35	70	01:57:04.30	EDMONTON
109 BERTEOTTI, JASMIN	287	SPR30-39F	00:20:30.45	107	01:00:54.50	108	00:36:00.20	104	01:57:25.15	RAYMOND
110 SHEEN, DANI	367	SPR16-19F	00:18:26.70	90	01:01:47.30	110	00:37:12.25	114	01:57:26.25	CARDSTON
111 STEVENS, EMMA	378	SPR16-19F	00:22:57.55	120	00:58:44.90	98	00:36:10.65	106	01:57:53.10	CALGARY
112 LECOCQ, CINDY	332	SPR40-49F	00:16:28.55	60	01:08:26.65	118	00:34:15.10	98	01:59:10.30	CALGARY
113 HARRIS, JENNIE	255	SPR20-29F	00:14:41.05	32	01:13:22.35	124	00:32:51.25	94	02:00:54.65	MAGRATH
114 GILBERT, TERRY	376	SPR40-49F	00:23:01.15	121	01:02:42.45	111	00:36:52.20	112	02:02:35.80	CALGARY
115 POLLARD, MICHAEL	282	SPR20-29M	00:17:33.40	83	01:08:34.55	119	00:37:22.50	115	02:03:30.45	LETH
116 TOONE, CZAR	385	SPR20-29M	00:20:10.85	103	01:12:47.75	122	00:31:26.60	86	02:04:25.20	MAGRATH
117 LOW, MEGAN	243	SPR16-19F	00:19:10.50	94	01:05:46.25	116	00:42:22.90	121	02:07:19.65	LETH
118 SNOW, LONI	306	SPR30-39F	00:19:22.70	96	01:05:05.05	115	00:42:52.35	123	02:07:20.10	RAYMOND
119 NORTON, LORI	364	SPR20-29F	00:21:15.65	117	01:04:27.55	114	00:42:44.25	122	02:08:27.45	LETH
120 PACK, JON	324	SPR30-39M	00:20:56.05	113	00:58:37.80	97	00:49:14.35	126	02:08:48.20	TABER
121 ZAUGG, KASSI	273	SPR20-29F	00:17:27.75	82	01:09:50.35	120	00:44:55.50	124	02:12:13.60	
122 BANCROFT, CHRISTINE	264	SPR30-39F	00:19:58.05	99	01:12:24.35	121	00:40:44.65	119	02:13:07.05	CALGARY
123 CHRISTENSEN, CATHERINE	251	SPR20-29F	00:23:44.55	124	01:18:16.55	126	00:36:17.00	107	02:18:18.10	TABER
124 SCHOW, CINDY	336	SPR40-49F	00:21:11.30	116	01:20:03.90	127	00:37:39.90	117	02:18:55.10	CARDSTON
125 NAKASHIMA, MIKA	266	SPR20-29F	00:29:38.50	127	01:04:00.90	113	00:45:38.30	125	02:19:17.70	LETH
126 HARKER, PATTI	347	SPR50-59F	00:22:03.40	119	01:14:39.80	125	00:49:37.85	127	02:26:21.05	LACOMBE
128 SOMERS, SANDI	338	SPR40-49F	00:18:39.20	91	01:31:15.60	129	00:36:48.55	110	02:26:43.35	CALGARY
127 CASTONGUAY, MONIQUE	289	SPR30-39F	00:37:06.85	129	01:12:48.10	123	00:36:48.40	109	02:26:43.35	CALGARY
129 SKRIVER, LORI	337	SPR40-49F	00:32:22.70	128	01:20:12.05	128	00:50:15.95	128	02:42:50.70	STIRLING