

Overall Solo Gender Results

Sprint 750M - 20K - 5K

Female										
Name	Bib#	Category	Swim	Cat	Bike	Cat	Run	Cat	Finish	City
1 SNOW, KIMBER	204	SPR16-19F	00:14:06.25	2	00:50:21.60	1	00:23:11.25	1	01:27:39.10	RAYMOND
2 FRENCH, BROOKE	333	SPR16-19F	00:11:12.85	1	00:51:23.55	2	00:25:08.25	2	01:27:44.65	LETHBRID
3 RYBA-JOWSEY, JANIS	300	SPR40-49F	00:14:50.85	3	00:48:20.65	1	00:25:06.95	1	01:28:18.45	LETHBRID
4 MACWILLIAM, LESLIE	218	SPR20-29F	00:15:08.35	6	00:52:04.80	3	00:22:19.85	1	01:29:33.00	LETH
5 PYKERMAN, KAREN	223	SPR20-29F	00:12:42.95	1	00:48:31.05	2	00:29:18.90	7	01:30:32.90	LETHBRID
6 PATTERSON, ERIN	221	SPR20-29F	00:13:04.75	2	00:48:19.50	1	00:30:10.95	8	01:31:35.20	LETHBRID
7 WALBURGER, JAMIE	265	SPR30-39F	00:13:24.65	1	00:55:08.35	7	00:23:57.00	1	01:32:30.00	LETHBRID
8 MAC CON, AMY	252	SPR30-39F	00:15:48.40	6	00:50:44.15	1	00:26:43.60	5	01:33:16.15	FERNIE
9 DAHL, SHARON	295	SPR40-49F	00:14:12.60	2	00:52:45.35	3	00:26:34.50	2	01:33:32.45	MAGRATH
10 MATTHEWS, JULIE	319	SPR50-59F	00:15:25.15	1	00:50:12.90	1	00:27:57.50	1	01:33:35.55	LETHBRID
11 THOMAS, SARAH	263	SPR30-39F	00:16:41.35	11	00:53:43.50	3	00:25:36.60	2	01:36:01.45	EDMONTO
12 CHILES, CARRIE	294	SPR40-49F	00:15:44.55	4	00:51:20.85	2	00:29:04.80	4	01:36:10.20	TAIPEI
13 NIEBOER, JEN	219	SPR20-29F	00:16:36.50	8	00:54:51.05	4	00:25:54.15	3	01:37:21.70	PICTURE E
14 SCHEMENAUER, RAINA	225	SPR20-29F	00:14:20.75	5	00:55:52.75	5	00:27:41.50	5	01:37:55.00	LETHBRID
15 KUNTZ, APRIL	250	SPR30-39F	00:16:02.25	9	00:53:37.35	2	00:28:24.50	8	01:38:04.10	CLARESHO
16 SJOVOLD, SUZANNE	261	SPR30-39F	00:15:00.75	2	00:56:16.25	9	00:26:55.15	6	01:38:12.15	EDMONTO
17 GOODFELLOW, PIPPA	296	SPR40-49F	00:13:33.40	1	00:56:08.95	5	00:28:45.70	3	01:38:28.05	DIAMOND
18 WATT, MICHELLE	303	SPR40-49F	00:16:39.70	6	00:52:59.50	4	00:29:05.20	5	01:38:44.40	CLARESHO
19 ROBERTSON, TREENA	258	SPR30-39F	00:15:53.55	8	00:54:16.80	4	00:28:42.55	10	01:38:52.90	CALGARY
20 SCOTT, DEBBIE	259	SPR30-39F	00:17:40.50	13	00:55:11.80	8	00:26:22.55	4	01:39:14.85	CALGARY
21 MILNER, LARA	203	SPR16-19F	00:14:54.30	3	00:56:00.90	4	00:28:27.25	4	01:39:22.45	COCHRAN
22 ANECA, JOHANNA	209	SPR20-29F	00:13:44.25	4	00:57:49.55	8	00:29:04.15	6	01:40:37.95	CALGARY
23 OGOROSKI, SHAWNA	255	SPR30-39F	00:18:46.00	15	00:56:45.15	10	00:25:46.85	3	01:41:18.00	LETH
24 DOIG, BECKY	246	SPR30-39F	00:16:10.65	10	00:58:09.25	11	00:26:58.70	7	01:41:18.60	MAGRATH
25 LOWE, MACKENZIE	251	SPR30-39F	00:19:53.65	16	00:54:20.20	5	00:28:47.00	11	01:43:00.85	LETHBRID
26 ROBERTS, JASMINE	224	SPR20-29F	00:16:46.30	9	01:00:02.15	11	00:26:36.90	4	01:43:25.35	LETHBRID
27 HARTSHORN, REBECCA	217	SPR20-29F	00:16:08.70	7	01:05:47.50	14	00:22:58.40	2	01:44:54.60	LETHBRID
28 HAMILTON, JESSICA	201	SPR16-19F	00:22:24.00	5	00:54:56.50	3	00:27:56.60	3	01:45:17.10	TABER
29 WATERS-HUSS, LORELEI	302	SPR40-49F	00:18:40.75	7	00:56:14.00	6	00:30:29.15	6	01:45:23.90	LETHBRID
30 UNGER, JESSICA	228	SPR20-29F	00:13:39.65	3	00:59:55.60	10	00:33:02.90	13	01:46:38.15	CALGARY
31 WIGHT, TRINA	6	SPR20-29F	00:20:21.20	12	00:55:55.35	6	00:31:21.20	11	01:47:37.75	EDMONTO
32 STEVENS, EMMA	226	SPR20-29F	00:20:51.45	13	00:56:42.25	7	00:30:52.40	10	01:48:26.10	CALGARY
33 HANSEN, CASSY	216	SPR20-29F	00:17:01.20	10	00:59:41.85	9	00:32:02.25	12	01:48:45.30	STRATHMO
34 JOHNSON, ALLISON	249	SPR30-39F	00:18:10.55	14	01:03:01.70	15	00:28:37.55	9	01:49:49.80	Lethbridge
35 GOUCHIE, BECKY	213	SPR20-29F	00:17:14.25	11	01:02:49.40	12	00:30:35.15	9	01:50:38.80	FORT MAC
36 BUNNAGE, TASHSA	332	SPR30-39F	00:15:32.45	5	01:02:37.15	14	00:32:33.25	12	01:50:42.85	
37 WENDORF, NAOMI	266	SPR30-39F	00:15:10.10	3	00:54:41.75	6	00:42:19.35	19	01:52:11.20	DUNBURN
38 SCOTT, KAREN	301	SPR40-49F	00:19:32.90	8	01:00:18.30	8	00:33:24.35	7	01:53:15.55	MOOSE JA
39 SCOTT, JANIS	260	SPR30-39F	00:15:49.35	7	01:02:00.00	13	00:35:27.95	13	01:53:17.30	CALGARY
40 SNOW, LONI	262	SPR30-39F	00:17:36.60	12	00:59:48.10	12	00:36:10.85	14	01:53:35.55	RAYMOND
41 MICHEL, DEE DEE	320	SPR50-59F	00:21:54.80	2	00:59:01.60	2	00:35:46.20	2	01:56:42.60	WELLING
42 HANLEY, SHAUN	298	SPR40-49F	00:15:58.65	5	00:59:59.50	7	00:40:54.00	9	01:56:52.15	LETH
43 WIGHT, MERRILL	304	SPR40-49F	00:21:50.25	9	01:01:53.95	9	00:33:48.10	8	01:57:32.30	LETH
44 POLLARD, LESLIE	256	SPR30-39F	00:15:12.75	4	01:03:33.20	16	00:38:58.90	18	01:57:44.85	LETH
45 KUNDRIK, MARY	318	SPR50-59F	00:22:44.30	3	01:02:55.50	3	00:35:53.55	3	02:01:33.35	LETHBRID
46 JOHNSON, BRITANNY	335	SPR20-29F	00:23:53.40	15	01:04:30.20	13	00:34:39.80	15	02:03:03.40	BARNWEL
47 FRENCH, ANNALISE	212	SPR20-29F	00:22:58.60	14	01:07:41.00	15	00:34:44.25	16	02:05:23.85	LETHBRID
48 CHRISTENSEN, CATHARINE	211	SPR20-29F	00:24:02.40	16	01:10:00.45	16	00:33:50.50	14	02:07:53.35	TABER
49 DOLL, MEGAN	247	SPR30-39F	00:22:42.15	19	01:09:09.55	18	00:37:57.40	16	02:09:49.10	CALGARY
50 MASTEL, MICHELE	253	SPR30-39F	00:22:37.25	18	01:11:30.90	20	00:37:16.40	15	02:11:24.55	MEDICINE
51 JACKSON, ANDREA	248	SPR30-39F	00:22:17.95	17	01:11:18.95	19	00:38:17.75	17	02:11:54.65	EDMONTO
52 LOW, MEGAN	202	SPR16-19F	00:21:21.20	4	01:12:00.35	5	00:41:05.85	5	02:14:27.40	LETH
53 OLSON, NATALIE	334	SPR30-39F	00:25:39.35	20	01:07:41.00	17	00:42:53.20	20	02:16:13.55	LETH

Overall Solo Gender Results

Sprint 750M - 20K - 5K

Male

Name	Bib#	Category	Swim	Cat	Bike	Cat	Run	Cat	Finish	City
1 MOLNAR, WARREN	285	SPR30-39M	00:10:47.55	2	00:38:47.10	1	00:18:50.80	1	01:08:25.45	LETHBRID
2 NICOL, CREGG	308	SPR40-49M	00:11:40.30	1	00:40:29.30	1	00:20:02.75	1	01:12:12.35	COALHUR
3 WRIGHT, RYAN	293	SPR30-39M	00:10:40.20	1	00:42:59.10	2	00:21:27.20	3	01:15:06.50	EDMONTON
4 CLACK, WILLIAM	205	SPR16-19M	00:11:54.75	1	00:45:25.30	1	00:19:14.80	1	01:16:34.85	LETH
5 BRYANT, JEFF	321	SPR50-59M	00:12:32.55	1	00:44:24.90	1	00:21:44.00	1	01:18:41.45	LETHBRID
6 WARD, MATT	243	SPR20-29M	00:12:39.70	1	00:45:06.50	1	00:20:57.05	1	01:18:43.25	MEDICINE
7 DAVIES, DYLAN	273	SPR30-39M	00:10:48.30	3	00:45:39.10	3	00:24:56.80	7	01:21:24.20	LETHBRID
8 RUNIONS, PAUL	309	SPR40-49M	00:13:40.70	3	00:46:20.15	2	00:22:50.70	2	01:22:51.55	FORT MAC
9 HENDERSON, BRAD	230	SPR20-29M	00:14:16.10	2	00:46:51.45	3	00:22:50.85	2	01:23:58.40	CALGARY
10 STEVENS, SCOTT	291	SPR30-39M	00:15:53.45	11	00:46:29.10	5	00:22:50.15	5	01:25:12.70	TABER
11 KELLN, TRAVIS	283	SPR30-39M	00:13:45.35	6	00:48:47.00	8	00:22:47.60	4	01:25:19.95	SWIFT CUI
12 JENSEN, KYLE	232	SPR20-29M	00:16:17.35	6	00:46:49.50	2	00:23:24.15	4	01:26:31.00	LETH
13 HARRINGTON, MIKE	280	SPR30-39M	00:15:07.45	9	00:47:40.65	6	00:24:41.80	6	01:27:29.90	SPARWOC
14 ORR, DUSTIN	238	SPR20-29M	00:15:05.85	4	00:50:52.50	6	00:23:08.30	3	01:29:06.65	Fort Macleod
15 HARMS, ALLAN	279	SPR30-39M	00:14:10.50	7	00:50:44.40	10	00:25:37.45	9	01:30:32.35	EDMONTON
16 UNGER, DAVID	242	SPR20-29M	00:14:31.35	3	00:50:11.45	5	00:26:13.75	8	01:30:56.55	CALGARY
17 MCGUIGAN, SEAN	235	SPR20-29M	00:17:45.70	7	00:48:06.55	4	00:25:04.75	5	01:30:57.00	TABER
18 BLUMEL, JIM	338	SPR40-49M	00:17:20.80	7	00:49:02.75	4	00:24:47.35	4	01:31:10.90	MAGRATH
19 FRIESEN, BERT	305	SPR40-49M	00:16:15.30	5	00:52:25.45	7	00:23:08.95	3	01:31:49.70	TABER
20 GRUENHAGE, PETER	278	SPR30-39M	00:16:45.15	14	00:48:02.35	7	00:27:04.70	13	01:31:52.20	LETHBRID
21 JANKUNIS, FRANK	324	SPR50-59M	00:14:38.40	2	00:51:44.00	2	00:26:00.10	4	01:32:22.50	LETH
22 SELLERS, CORY	290	SPR30-39M	00:18:43.75	20	00:54:31.45	16	00:19:09.10	2	01:32:24.30	LETHBRID
23 CONRAD, JARED	272	SPR30-39M	00:16:47.10	15	00:45:55.55	4	00:29:59.60	17	01:32:42.25	LETHBRID
24 ADSEBALLE, JACOB	336	SPR40-49M	00:13:58.70	4	00:53:37.30	10	00:25:22.45	5	01:32:58.45	LETH
25 KASKO, RYAN	282	SPR30-39M	00:14:59.40	8	00:52:11.75	12	00:25:57.00	11	01:33:08.15	COALDALE
26 ROEMMELE, MATTHEW	289	SPR30-39M	00:16:19.00	12	00:50:00.80	9	00:27:10.95	14	01:33:30.75	LETHBRID
27 BISHOP, MIKE	269	SPR30-39M	00:13:15.30	5	00:53:49.10	15	00:27:53.35	15	01:34:57.75	GLENWOC
28 ELLIS-TODDINGTON, TYLER	275	SPR30-39M	00:16:35.50	13	00:53:06.75	14	00:26:11.45	12	01:35:53.70	CALGARY
29 WILLIAMSON, ROB	292	SPR30-39M	00:17:59.05	18	00:51:09.85	11	00:27:53.80	16	01:37:02.70	LETHBRID
30 WILLIAMSON, TRENT	315	SPR40-49M	00:13:12.95	2	00:53:05.55	8	00:30:48.80	8	01:37:07.30	LETHBRID
31 ROBERTSON, KINDAL	288	SPR30-39M	00:15:39.25	10	00:56:55.85	18	00:25:06.95	8	01:37:42.05	CALGARY
32 SUMNALL, ALLAN	313	SPR40-49M	00:17:22.05	8	00:48:33.75	3	00:32:27.05	10	01:38:22.85	OREM
33 WOLFS, EDWARD	244	SPR20-29M	00:21:44.70	13	00:50:58.45	7	00:25:52.65	7	01:38:35.80	EDMONTON
34 VANDERZEE, JIM	314	SPR40-49M	00:20:32.05	9	00:50:05.55	5	00:28:43.20	6	01:39:20.80	LETHBRID
35 NIEBOER, JARED	237	SPR20-29M	00:17:56.95	8	00:51:01.95	8	00:30:30.65	14	01:39:29.55	PICTURE E
36 SCHREMPF, HANS	327	SPR50-59M	00:16:09.85	3	00:59:05.75	6	00:25:18.90	3	01:40:34.50	LETHBRID
37 WOLANIUK, DAYLEN	208	SPR16-19M	00:17:21.90	2	00:55:25.15	2	00:27:53.20	2	01:40:40.25	LLOYDMIN
38 IRWIN, SAMUEL	231	SPR20-29M	00:20:14.10	10	00:52:58.10	9	00:27:43.85	12	01:40:56.05	LETH
39 HARTSHORN, KENT	323	SPR50-59M	00:20:46.55	7	00:58:10.70	5	00:22:53.20	2	01:41:50.45	SASKATON
40 WARD, JACK	329	SPR50-59M	00:17:06.30	4	00:57:24.30	4	00:28:11.30	5	01:42:41.90	ELKWATER
41 LOWE, DAVID	284	SPR30-39M	00:11:08.35	4	00:56:19.15	17	00:35:28.15	20	01:42:55.65	LETHBRID
42 HELFRICH, GREG	307	SPR40-49M	00:23:02.90	11	00:50:25.35	6	00:29:39.45	7	01:43:07.70	STRATHM
43 SCHLESE, STEPHEN	312	SPR40-49M	00:17:20.65	6	00:54:34.00	11	00:31:30.40	9	01:43:25.05	STURGEO
44 ROBERTS, MATTHEW	241	SPR20-29M	00:18:07.60	9	00:58:41.50	11	00:26:36.00	9	01:43:25.10	LETHBRID
45 GIBB, J.D.	277	SPR30-39M	00:17:37.35	16	00:52:59.80	13	00:33:21.90	19	01:43:59.05	RAYMOND
46 LOW, RICHARD	325	SPR50-59M	00:18:28.45	6	00:57:09.90	3	00:29:08.55	6	01:44:46.90	LETH
47 REINDL, KYLE	240	SPR20-29M	00:21:46.35	14	00:57:01.85	10	00:27:18.10	11	01:46:06.30	Lethbridge
48 MURRAY, TRAVIS	236	SPR20-29M	00:15:27.45	5	01:00:55.00	13	00:30:31.75	15	01:46:54.20	AIRDRIE
49 DAHL, REGAN	337	SPR30-39M	00:24:16.05	22	00:58:11.85	20	00:25:45.00	10	01:48:12.90	LETH
50 DAVIES, RICK	322	SPR50-59M	00:17:16.35	5	00:59:52.50	7	00:31:14.40	7	01:48:23.25	LETHBRID
51 ROBERTS, RAY	330	SPR60+M	00:22:35.30	1	00:56:28.00	1	00:29:33.25	1	01:48:36.55	LETH
52 GOODWIN, JEREMY	229	SPR20-29M	00:21:43.50	12	00:59:31.20	12	00:28:29.40	13	01:49:44.10	LETHBRID
53 HILL, JOEL	339	SPR20-29M	00:22:33.55	16	01:02:49.70	14	00:25:18.50	6	01:50:41.75	MAGRATH
54 LOW, JONATHAN	233	SPR20-29M	00:20:19.40	11	01:03:44.95	15	00:27:02.75	10	01:51:07.10	LETH
55 PACK, JON	286	SPR30-39M	00:18:22.20	19	00:57:21.70	19	00:41:26.15	22	01:57:10.05	TABER
56 HAMILTON, JEFF	306	SPR40-49M	00:22:32.70	10	00:53:33.60	9	00:42:13.60	11	01:58:19.90	TABER

Overall Solo Gender Results

Sprint 750M - 20K - 5K

Male

Name	Bib#	Category	Swim	Cat	Bike	Cat	Run	Cat	Finish	City
57 RYALL, GORDIE	310	SPR40-49M	00:26:07.85	12	00:58:29.35	12	00:42:42.90	12	02:07:20.10	LETH
58 PRESTON, JAKE	239	SPR20-29M	00:22:01.15	15	01:12:00.95	16	00:33:49.00	16	02:07:51.10	WOODS CI
59 FREY, CHAD	276	SPR30-39M	00:22:40.30	21	01:11:27.25	22	00:37:17.30	21	02:11:24.85	MEDICINE
60 JACKSON, CHRIS	281	SPR30-39M	00:27:17.45	23	01:11:00.15	21	00:33:15.30	18	02:11:32.90	EDMONTON
61 POLLARD, MIKE	287	SPR30-39M	00:17:43.20	17	01:19:11.55	23	00:42:19.00	23	02:19:13.75	LETH