

## 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	00:14:11.35	1	00:47:07.95	1	00:23:02.65	1	01:24:21.95	RAYMOND
2 VANMAARION, JOANNE	317	SPR30-39F	00:13:53.90	1	00:47:36.80	1	00:26:45.30	3	01:28:16.00	RED DEER
3 HILL, CAMELA	312	SPR20-29F	00:17:04.95	4	00:51:49.10	2	00:22:38.30	1	01:31:32.35	LETH
4 DOIG, BECKY	235	SPR30-39F	00:16:06.65	3	00:51:06.85	2	00:26:22.35	2	01:33:35.85	MAGRATH
5 SJODEN, AMANDA	215	SPR20-29F	00:15:06.35	1	00:52:41.05	4	00:26:47.40	2	01:34:34.80	LETHBRID
6 REMPEL, MARIANNE	288	SPR50-59F	00:16:53.75	2	00:50:51.85	1	00:27:12.30	2	01:34:57.90	MARTENS'
7 GUSA, TARA	212	SPR20-29F	00:15:55.70	3	00:52:09.15	3	00:29:40.30	5	01:37:45.15	BEAUMON
8 GOUTTIN, MONIQUE	239	SPR30-39F	00:16:07.75	4	00:54:23.30	5	00:28:30.75	5	01:39:01.80	LETHBRID
9 ALSTON, KAREN	314	SPR50-59F	00:16:20.60	1	00:54:41.00	3	00:28:09.05	3	01:39:10.65	MAGRATH
10 KUNTZ, APRIL	244	SPR30-39F	00:15:43.30	2	00:54:18.30	4	00:29:50.50	7	01:39:52.10	CLARESHO
11 ZOBELL, PAM	219	SPR20-29F	00:15:26.60	2	00:57:29.70	7	00:27:38.35	4	01:40:34.65	MAGRATH
12 LEAVITT, JADE	213	SPR20-29F	00:19:32.45	8	00:51:31.30	1	00:29:54.35	6	01:40:58.10	LETHBRID
13 SMITH, MARJ	270	SPR40-49F	00:17:49.65	2	00:52:50.40	2	00:30:40.75	1	01:41:20.80	CALGARY
14 WIGELSWORTH, BRANDY	247	SPR30-39F	00:17:47.35	6	00:53:28.80	3	00:31:44.85	11	01:43:01.00	SPRUCE C
15 WIGHT, TRINA	217	SPR20-29F	00:17:12.35	5	00:59:00.30	8	00:26:55.05	3	01:43:07.70	EDMONTON
16 HAINES, LINSEY	240	SPR30-39F	00:17:53.50	7	00:58:48.40	9	00:27:09.65	4	01:43:51.55	LETHBRID
17 WIGHT, MERRILL	290	SPR50-59F	00:22:03.35	5	00:52:34.40	2	00:29:40.05	5	01:44:17.80	LETHBRID
18 MALMBERG, BRITTNEY	315	SPR16-19F	00:20:17.75	4	00:56:17.75	2	00:28:59.25	2	01:45:34.75	LETH
19 STEWART, KARRI	246	SPR30-39F	00:20:17.45	11	00:57:02.00	7	00:28:44.35	6	01:46:03.80	LETHBRID
20 GLEN, LAURIE	287	SPR50-59F	00:18:40.80	3	01:02:49.15	5	00:25:26.70	1	01:46:56.65	RAINIER
21 ZAUGG, KASSI	218	SPR20-29F	00:17:24.40	6	01:01:28.65	9	00:30:39.80	7	01:49:32.85	MAGRATH
22 HERWEYER, MELISSA	242	SPR30-39F	00:23:21.70	13	00:55:10.05	6	00:31:15.75	10	01:49:47.50	FT. MACLE
23 STEINBACK, MELISSA	216	SPR20-29F	00:17:31.95	7	00:57:13.20	6	00:35:12.60	8	01:49:57.75	LETHBRID
24 WATSON, WANDA	289	SPR50-59F	00:21:47.10	4	00:59:37.10	4	00:29:15.15	4	01:50:39.35	CALGARY
25 BRYKS, AARON	232	SPR30-39F	00:19:13.35	8	01:00:41.20	10	00:30:50.50	9	01:50:45.05	LETHBRID
26 ORR, KEEYAH	203	SPR16-19F	00:17:20.80	2	01:03:21.30	5	00:31:15.65	3	01:51:57.75	Ft. Macleoc
27 WESTON, JARAH	318	SPR20-29F	00:20:18.75	9	00:56:40.20	5	00:37:21.80	9	01:54:20.75	
28 GERGELY, SUZANNE	238	SPR30-39F	00:17:46.15	5	00:58:23.10	8	00:38:12.00	14	01:54:21.25	COALDALE
29 GLEN, STEPHANIE	201	SPR16-19F	00:18:25.80	3	01:03:10.10	4	00:35:52.00	5	01:57:27.90	RAINIER
30 LOW, MEGAN	202	SPR16-19F	00:22:19.00	5	01:01:25.55	3	00:34:08.85	4	01:57:53.40	LETH
31 SMITH, JANAE	245	SPR30-39F	00:19:49.60	9	01:05:32.20	12	00:32:34.60	13	01:57:56.40	MAGRATH
32 AVISON, AMANDA	231	SPR30-39F	00:31:34.80	16	01:04:34.25	11	00:24:12.55	1	02:00:21.60	LETHBRID
33 RAY, TRUDY	269	SPR40-49F	00:21:49.20	4	01:06:36.55	4	00:33:19.65	3	02:01:45.40	SPARWOC
34 HILBORNE, NONY	296	SPR60+F	00:18:07.80	1	01:05:20.55	1	00:38:37.40	1	02:02:05.75	CALGARY
35 MOTOKADO, JEANINE	268	SPR40-49F	00:21:19.45	3	01:08:17.20	5	00:33:04.90	2	02:02:41.55	RAINIER
36 JACKSON, ANDREA	243	SPR30-39F	00:19:53.50	10	01:11:33.40	14	00:32:24.25	12	02:03:51.15	EDMONTON
37 HANLEY, SHAUN	267	SPR40-49F	00:17:36.65	1	01:00:40.85	3	00:46:24.00	4	02:04:41.50	LETHBRID
38 FREY, MICHELE	237	SPR30-39F	00:21:07.20	12	01:27:47.35	16	00:30:43.60	8	02:19:38.15	MEDICINE
39 SWING, SHERRI	310	SPR40-49F	00:27:00.00	5	00:50:55.35	1	01:02:02.90	5	02:19:58.25	PARK CITY
40 HAMILTON, HEATHER	241	SPR30-39F	00:31:10.60	15	01:07:45.75	13	00:42:09.45	15	02:21:05.80	CALGARY
41 DICK, MICHELLE	234	SPR30-39F	00:27:35.50	14	01:16:41.45	15	00:43:13.50	16	02:27:30.45	MAGRATH
42 BISH, TANNIS	211	SPR20-29F	00:23:20.10	10	01:38:45.20	10	00:44:46.20	10	02:46:51.50	LETHBRID

## Overall Solo Gender Results

## Sprint 750M - 20K - 5K

## Male

Name	Bib#	Category	Swim	Cat	Bike	Cat	Run	Cat	Finish	City
1 CLACK, WILLIAM	206	SPR16-19M	00:12:18.70	1	00:42:20.20	1	00:17:52.25	1	01:12:31.15	LETHBRID
2 NICOL, CREGG	281	SPR40-49M	00:12:34.20	1	00:39:37.50	1	00:20:32.05	1	01:12:43.75	COALHUR
3 HARVEY, WILLIAM	292	SPR50-59M	00:12:27.35	1	00:44:24.55	1	00:24:41.05	1	01:21:32.95	LETHBRID
4 KELLN, TRAVIS	258	SPR30-39M	00:12:49.75	1	00:46:00.70	2	00:22:50.15	4	01:21:40.60	SWIFT CUI
5 ADSEBALLE, JACOB	323	SPR40-49M	00:14:30.90	3	00:46:01.00	2	00:24:52.65	3	01:25:24.55	LETHBRID
6 HARRINGTON, MICHAEL	255	SPR30-39M	00:16:07.45	7	00:44:56.20	1	00:24:27.95	6	01:25:31.60	SPARWOC
7 CLACK, JACK	297	SPR60+M	00:17:19.00	1	00:46:19.85	1	00:22:28.55	1	01:26:07.40	LETHBRID
8 JENSEN, JAMES	257	SPR30-39M	00:15:43.60	6	00:48:48.70	5	00:22:31.85	3	01:27:04.15	LETHBRID
9 JENSEN, JONATHAN	276	SPR40-49M	00:14:52.60	5	00:47:11.85	3	00:25:33.85	4	01:27:38.30	MAGRATH
10 AVISON, CAMERON	248	SPR30-39M	00:18:20.10	12	00:48:38.70	4	00:21:41.40	2	01:28:40.20	LETHBRID
11 ROEMMELE, MATTHEW	261	SPR30-39M	00:16:35.40	8	00:48:59.70	6	00:23:29.90	5	01:29:05.00	LETHBRID
12 DUPONT, DOUG	222	SPR20-29M	00:14:09.95	1	00:49:30.30	2	00:26:04.25	5	01:29:44.50	EDMONTO
13 SHRINER, JASON	263	SPR30-39M	00:17:25.85	10	00:51:51.80	9	00:21:09.40	1	01:30:27.05	LETH
14 MCBRIDE, THOMAS	226	SPR20-29M	00:15:22.55	2	00:50:34.40	3	00:25:03.40	3	01:31:00.35	EKVILLE
15 MCLEOD, SEAN	280	SPR40-49M	00:17:42.15	8	00:49:54.75	5	00:24:51.20	2	01:32:28.10	LETHBRID
16 KASKO, RYAN	277	SPR40-49M	00:15:06.50	6	00:51:35.70	6	00:26:17.35	5	01:32:59.55	COALDALE
17 HAMILTON, WILLIE	223	SPR20-29M	00:21:06.55	7	00:47:10.90	1	00:24:48.30	1	01:33:05.75	SPRUCE C
18 UNGER, DAVID	264	SPR30-39M	00:15:11.70	4	00:50:30.35	7	00:28:09.35	9	01:33:51.40	CALGARY
19 LOW, RICHARD	293	SPR50-59M	00:16:09.15	2	00:52:11.05	2	00:26:59.50	2	01:35:19.70	LETH
20 ZAUGG, AARON	230	SPR20-29M	00:17:54.35	6	00:52:42.60	5	00:24:52.75	2	01:35:29.70	MAGRATH
21 WILLIAMSON, TRENT	286	SPR40-49M	00:13:50.95	2	00:52:29.40	7	00:29:12.55	8	01:35:32.90	LETHBRID
22 CONRAD, JARED	311	SPR30-39M	00:20:23.10	14	00:48:18.85	3	00:27:21.10	8	01:36:03.05	LETHBRID
23 VANDERZEE, JIM	284	SPR40-49M	00:18:56.60	10	00:49:19.30	4	00:28:06.10	6	01:36:22.00	LETHBRID
24 SCOTT, DJ	262	SPR30-39M	00:14:29.65	3	00:52:52.50	10	00:29:51.70	11	01:37:13.85	GLENWOC
25 BOYD, PATRICK	221	SPR20-29M	00:16:00.50	3	00:54:30.30	6	00:27:02.90	6	01:37:33.70	MEDICINE
26 WILLIAMSON, ROB	265	SPR30-39M	00:18:15.10	11	00:51:13.35	8	00:29:25.85	10	01:38:54.30	COALDALE
27 COOPER, JEREMY	251	SPR30-39M	00:15:11.70	5	00:54:38.10	11	00:30:46.80	13	01:40:36.60	BARNWEL
28 BAKER, BRAD	220	SPR20-29M	00:16:47.75	4	00:54:58.40	7	00:28:52.30	8	01:40:38.45	LETHBRID
29 ASHMAN, SAM	208	SPR16-19M	00:19:45.45	2	00:55:38.35	3	00:27:36.75	2	01:43:00.55	WESTERO
30 NIEBOER, JARED	227	SPR20-29M	00:17:36.15	5	00:51:54.85	4	00:33:42.20	11	01:43:13.20	PICTURE E
31 HELFRICH, GREG	275	SPR40-49M	00:20:41.10	12	00:52:58.15	8	00:29:43.95	9	01:43:23.20	STRATHM
32 DEJONG, JEFFREY	274	SPR40-49M	00:17:19.05	7	00:56:03.00	9	00:31:36.50	11	01:44:58.55	LETHBRID
33 STEWART, DAVID	282	SPR40-49M	00:20:16.30	11	00:57:03.80	10	00:28:43.45	7	01:46:03.55	LETHBRID
34 IRWIN, SAMUEL	224	SPR20-29M	00:21:30.80	8	00:57:27.45	8	00:27:16.95	7	01:46:15.20	LETHBRID
35 ZAUGG, DERRAL	295	SPR50-59M	00:21:25.05	3	00:58:01.85	3	00:28:14.50	3	01:47:41.40	CARDSTOI
36 BISHOP, MIKE	249	SPR30-39M	00:13:43.40	2	01:01:18.20	15	00:33:20.65	17	01:48:22.25	GLENWOC
37 GORBAHN, JONATHAN	207	SPR16-19M	00:21:14.40	3	00:54:09.30	2	00:34:00.55	3	01:49:24.25	WESTERO
38 CROWN, ROHAN	252	SPR30-39M	00:18:38.85	13	00:58:04.15	12	00:33:07.65	16	01:49:50.65	LETHBRID
39 REINDL, KYLE	229	SPR20-29M	00:22:01.55	10	00:59:36.35	9	00:29:50.25	10	01:51:28.15	LETHBRID
40 MANY FINGERS, TROY	259	SPR30-39M	00:27:37.45	16	01:00:22.95	13	00:24:36.85	7	01:52:37.25	CARDSTOI
41 ROBERTS, RAY	298	SPR60+M	00:23:20.50	2	00:57:08.50	2	00:32:13.30	2	01:52:42.30	LETHBRID
42 KING, EVAN	278	SPR40-49M	00:14:34.70	4	01:09:12.50	13	00:29:54.90	10	01:53:42.10	MEDICINE
43 OLSEN, GABRIEL	228	SPR20-29M	00:21:50.85	9	01:03:36.35	11	00:29:04.00	9	01:54:31.20	Lethbridge
44 GIBB, J.D.	254	SPR30-39M	00:16:48.25	9	01:00:33.15	14	00:38:44.40	19	01:56:05.80	RAYMOND
45 ZOBELL, SHANE	233	SPR30-39M	00:20:24.40	15	01:05:48.90	17	00:31:48.80	15	01:58:02.10	MAGRATH
46 HILL, JOEL	313	SPR20-29M	00:30:50.50	11	01:03:28.70	10	00:25:48.30	4	02:00:07.50	LETH
47 SHASKIN, CHRIS	294	SPR50-59M	00:23:47.25	4	01:01:21.30	4	00:38:40.00	4	02:03:48.55	LETHBRID
48 BIEBER, BRENT	316	SPR30-39M	00:30:29.20	19	01:02:31.70	16	00:31:01.75	14	02:04:02.65	CALGARY
49 WEST, MIKE	285	SPR40-49M	00:18:21.75	9	01:08:19.40	12	00:37:35.60	12	02:04:16.75	VICTOR
50 JACKSON, CHRIS	256	SPR30-39M	00:29:30.70	18	01:10:14.95	18	00:33:31.95	18	02:13:17.60	EDMONTO
51 BENNETT, JOHN	273	SPR40-49M	00:30:33.70	13	01:07:28.45	11	00:39:17.00	13	02:17:19.15	SPRUCE C
52 FREY, CHAD	253	SPR30-39M	00:29:17.00	17	01:19:37.65	19	00:30:44.55	12	02:19:39.20	MEDICINE