

## Overall Results

## Olympic 1.5K - 40K - 10K

Name	Bib#	Category	Swim	O/A	SwPace/100M	Bike	O/A	Bike Pace K/H	Run	O/A	Run Pace/Km	Finish	City
1 TEASDALE, ADAM	445	OLY30-39M	00:18:57.05	1	01:15	00:59:39.15	3	40.23	00:40:15.65	2	04:01	01:58:51.85	CALGARY
2 MOLNAR, WARREN	440	OLY30-39M	00:23:20.80	2	01:33	00:58:51.15	2	40.78	00:40:36.30	4	04:03	02:02:48.25	LETHBRIDGE
3 HAYNER, DARREN	461	OLY40-49M	00:23:41.25	3	01:34	01:01:30.80	5	39.02	00:38:24.10	1	03:50	02:03:36.15	CALGARY
4 ONTKEAN, NICK	409	OLY20-29M	00:25:03.20	7	01:40	01:01:27.40	4	39.05	00:40:19.20	3	04:01	02:06:49.80	LETHBRIDGE
5 WIGHT, DARIN	412	OLY20-29M	00:24:25.35	5	01:37	01:05:17.10	8	36.76	00:41:40.95	7	04:10	02:11:23.40	EDMONTON
6 OTTO, ANDREW	410	OLY20-29M	00:24:46.45	6	01:39	01:06:18.50	10	36.19	00:40:40.55	5	04:04	02:11:45.50	LETHBRIDGE
7 WIGHT, TAYLOR	413	OLY20-29M	00:23:55.05	4	01:35	01:07:22.15	14	35.62	00:43:37.15	8	04:21	02:14:54.35	EDMONTON
8 LAYTON, ADAM	439	OLY30-39M	00:27:38.80	13	01:50	01:02:45.55	6	38.24	00:46:27.75	14	04:38	02:16:52.10	CALGARY
9 REMPEL, REG	479	OLY50-59M	00:28:57.25	18	01:55	01:03:55.45	7	37.54	00:45:15.90	10	04:31	02:18:08.60	MARTENSVII
10 KOCH, JORDAN	437	OLY30-39M	00:26:45.70	12	01:47	01:10:04.75	20	34.25	00:44:53.75	9	04:29	02:21:44.20	MEDICINE H.
11 GALLUP, TERENCE	460	OLY40-49M	00:29:27.25	23	01:57	01:06:57.75	12	35.84	00:46:00.00	13	04:36	02:22:25.00	OKOTOKS
12 ENGLISH, JASON	433	OLY30-39M	00:28:21.50	14	01:53	01:07:02.55	13	35.80	00:50:01.50	19	05:00	02:25:25.55	CALGARY
13 ROEMMELE, TRACEY	426	OLY30-39F	00:29:21.85	22	01:57	01:07:49.90	15	35.38	00:48:59.75	16	04:53	02:26:11.50	LETHBRIDGE
14 MURRAY, CHRIS	463	OLY40-49M	00:31:36.95	33	02:06	01:05:49.20	9	36.46	00:49:16.50	17	04:55	02:26:42.65	LETHBRIDGE
15 STENSRUD, WAYNE	464	OLY40-49M	00:30:26.90	26	02:01	01:06:36.60	11	36.03	00:50:41.15	21	05:04	02:27:44.65	LETHBRIDGE
16 HARRIS, ERIN	420	OLY30-39F	00:30:12.25	24	02:00	01:13:14.75	27	32.77	00:46:31.95	15	04:39	02:29:58.95	MONARCH
17 SMITH, BRENT	480	OLY50-59M	00:25:27.70	9	01:41	01:08:53.30	19	34.84	00:56:02.60	42	05:36	02:30:23.60	CALGARY
18 ROBDRUP, DANNY	411	OLY20-29M	00:30:15.15	25	02:01	01:08:03.20	16	35.27	00:52:18.55	27	05:13	02:30:36.90	LETHBRIDGE
19 GROSS, MICHAEL	434	OLY30-39M	00:25:20.35	8	01:41	01:12:20.60	24	33.18	00:53:19.40	33	05:19	02:31:00.35	MEDICINE H.
20 JENSEN, KYLE	407	OLY20-29M	00:29:17.10	21	01:57	01:08:50.10	18	34.87	00:52:57.15	30	05:17	02:31:04.35	LETHBRIDGE
21 GALLUP, LISA	418	OLY30-39F	00:29:14.15	20	01:56	01:16:00.40	36	31.58	00:45:56.70	12	04:35	02:31:11.25	OKOTOKS
22 PRATT, RYAN	441	OLY30-39M	00:32:42.50	42	02:10	01:14:49.70	31	32.07	00:45:51.90	11	04:35	02:33:24.10	LETHBRIDGE
23 JOHNSON, KYLE	436	OLY30-39M	00:26:39.25	11	01:46	01:14:55.70	33	32.03	00:52:24.10	28	05:14	02:33:59.05	LETH
24 CRAIG, STEVE	432	OLY30-39M	00:28:41.95	15	01:54	01:13:12.20	26	32.79	00:52:40.20	29	05:16	02:34:34.35	LETHBRIDGE
25 LAYTON, KIM	402	OLY20-29F	00:33:02.50	44	02:12	01:12:01.15	22	33.32	00:50:18.40	20	05:01	02:35:22.05	CALGARY
26 BAINES, STEVE	430	OLY30-39M	00:30:34.20	27	02:02	01:13:01.95	25	32.86	00:52:02.80	24	05:12	02:35:38.95	LETHBRIDGE
27 GRUENHAGE, PETER	435	OLY30-39M	00:32:37.80	40	02:10	01:10:29.95	21	34.04	00:53:17.00	32	05:19	02:36:24.75	LETHBRIDGE
28 BIRD, JANICE	447	OLY40-49F	00:28:55.75	17	01:55	01:13:27.35	29	32.67	00:54:04.10	35	05:24	02:36:27.20	STRATHMOF
29 NYKWIST, SHEILA	423	OLY30-39F	00:34:47.95	56	02:19	01:21:54.85	46	29.30	00:41:33.60	6	04:09	02:38:16.40	LETHBRIDGE
30 APPELT, TONIA	415	OLY30-39F	00:29:03.05	19	01:56	01:14:55.25	32	32.03	00:54:38.40	36	05:27	02:38:36.70	CALGARY
31 WIGELSWORTH, ALLEN	481	OLY50-59M	00:35:02.80	62	02:20	01:08:23.40	17	35.09	00:57:30.75	51	05:45	02:40:56.95	SPRUCE GR
32 DIERICKSE, TED	457	OLY40-49M	00:32:51.60	43	02:11	01:13:21.75	28	32.71	00:54:43.75	37	05:28	02:40:57.10	HIGH RIVER
33 SMITH, BRADLEY	401	OLY16-19M	00:31:34.30	32	02:06	01:17:58.50	37	30.78	00:52:00.05	23	05:12	02:41:32.85	MAGRATH
34 EVELEIGH, DARREN	458	OLY40-49M	00:32:14.65	39	02:08	01:15:09.90	34	31.93	00:54:45.65	38	05:28	02:42:10.20	LETHBRIDGE
35 WIGELSWORTH, KYLE	446	OLY30-39M	00:31:55.10	36	02:07	01:12:07.20	23	33.28	00:59:36.60	56	05:57	02:43:38.90	SPRUCE GR

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Name	Bib#	Category	Swim	O/A	SwPace/100M	Bike	O/A	Bike Pace K/H	Run	O/A	Run Pace/Km	Finish	City
36 KEITH, PATRICIA	470	OLY50-59F	00:33:05.85	45	02:12	01:21:07.85	44	29.58	00:49:28.90	18	04:56	02:43:42.60	LETHBRIDGE
37 OVIATT, VIRGINIA	425	OLY30-39F	00:25:45.65	10	01:43	01:20:56.00	43	29.65	00:59:08.65	54	05:54	02:45:50.30	EDMONTON
38 WORKMAN, JODY	494	OLY40-49M	00:30:59.35	29	02:03	01:15:49.20	35	31.65	00:59:55.50	57	05:59	02:46:44.05	LETH
39 FRIESEN, BERT	459	OLY40-49M	00:34:54.10	60	02:19	01:21:13.15	45	29.55	00:52:13.95	26	05:13	02:48:21.20	TABER
40 JANKUNIS, FRANK	475	OLY50-59M	00:31:56.75	37	02:07	01:20:41.80	41	29.74	00:56:36.40	46	05:39	02:49:14.95	LETHBRIDGE
41 SPACKMAN, CAMILLE	474	OLY50-59F	00:31:19.35	31	02:05	01:23:08.70	50	28.87	00:56:49.50	48	05:40	02:51:17.55	CALGARY
42 PUZEY, DAVID	442	OLY30-39M	00:34:49.55	58	02:19	01:18:12.25	38	30.69	00:58:33.80	52	05:51	02:51:35.60	COALHURST
43 FIBKE, MEGAN	450	OLY40-49F	00:36:45.40	65	02:27	01:22:57.95	49	28.93	00:52:04.35	25	05:12	02:51:47.70	CALGARY
44 SHUMYK, JENNIFER	405	OLY20-29F	00:34:50.20	59	02:19	01:23:15.30	51	28.83	00:54:00.80	34	05:24	02:52:06.30	LETHBRIDGE
45 NELSON, WENDY	472	OLY50-59F	00:32:06.30	38	02:08	01:24:55.20	54	28.26	00:56:09.00	44	05:36	02:53:10.50	CALGARY
46 FROGLEY, MATTHEW	406	OLY20-29M	00:34:40.85	54	02:18	01:22:29.20	48	29.10	00:56:05.00	43	05:36	02:53:15.05	DRAPER
47 STEBNER, KEN	444	OLY30-39M	00:34:18.85	51	02:17	01:27:25.95	62	27.45	00:51:40.85	22	05:10	02:53:25.65	EDMONTON
48 MAC CON, AMY	493	OLY30-39F	00:34:47.75	55	02:19	01:20:21.20	40	29.87	00:59:01.70	53	05:54	02:54:10.65	FERNIE
49 POYTRESS, ALAN	478	OLY50-59M	00:31:44.85	34	02:06	01:14:05.60	30	32.39	01:09:24.50	68	06:56	02:55:14.95	FORT MACLI
50 KEITH, KEVIN	476	OLY50-59M	00:32:41.00	41	02:10	01:24:02.40	52	28.56	00:59:22.30	55	05:56	02:56:05.70	LETHBRIDGE
51 COZAC, JOCLYN	469	OLY50-59F	00:34:16.50	50	02:17	01:25:18.95	55	28.13	00:57:11.80	49	05:43	02:56:47.25	CALGARY
52 SCOTT, DEBBIE	427	OLY30-39F	00:34:55.85	61	02:19	01:26:07.30	60	27.87	00:57:19.70	50	05:43	02:58:22.85	CALGARY
53 LAQUA, GORDON	462	OLY40-49M	00:44:34.00	73	02:58	01:18:27.45	39	30.59	00:55:24.40	41	05:32	02:58:25.85	CALGARY
54 VAN DIEMEN, JOSÉ	429	OLY30-39F	00:28:46.30	16	01:55	01:27:21.85	61	27.47	01:02:53.00	59	06:17	02:59:01.15	IRON SPRING
55 ORR, LAURRY	477	OLY50-59M	00:33:26.25	46	02:13	01:24:16.60	53	28.48	01:01:34.70	58	06:09	02:59:17.55	FORT MACLI
56 WILLIAMS, TERRY	465	OLY40-49M	00:34:18.90	52	02:17	01:20:49.45	42	29.69	01:04:24.05	63	06:26	02:59:32.40	FT. SASKATCHEWAN
57 ANDERSON, LINDSAY	414	OLY30-39F	00:34:48.80	57	02:19	01:31:20.20	70	26.28	00:55:06.60	40	05:30	03:01:15.60	CLAGARY
58 APPELT, SHARON	467	OLY50-59F	00:31:51.25	35	02:07	01:28:22.75	65	27.16	01:04:01.10	62	06:24	03:04:15.10	LETH
59 MENTANKO-TIEFENBACH, DC	453	OLY40-49F	00:43:18.25	72	02:53	01:27:42.90	63	27.36	00:53:14.85	31	05:19	03:04:16.00	LETHBRIDGE
60 FRANKOW, JOCELYN	451	OLY40-49F	00:36:11.60	64	02:24	01:21:56.40	47	29.29	01:06:15.30	65	06:37	03:04:23.30	CALGARY
61 OGOOSKI, SHAWNA	424	OLY30-39F	00:41:15.70	70	02:45	01:29:13.55	67	26.90	00:54:56.60	39	05:29	03:05:25.85	LETHBRIDGE
62 COBB, JUDITH	468	OLY50-59F	00:41:20.45	71	02:45	01:28:25.75	66	27.14	00:56:28.05	45	05:38	03:06:14.25	CALGARY
63 MURRAY, TRAVIS	408	OLY20-29M	00:33:31.10	47	02:14	01:25:53.50	57	27.94	01:07:24.65	67	06:44	03:06:49.25	AIRDRIE
64 SHAW, JEFF	443	OLY30-39M	00:34:03.80	49	02:16	01:29:54.90	69	26.69	01:03:15.05	60	06:19	03:07:13.75	VEGREVILLE
65 WATT, MICHELLE	454	OLY40-49F	00:35:22.10	63	02:21	01:26:05.10	59	27.88	01:07:11.45	66	06:43	03:08:38.65	CLARESHOL
66 OHLMANN, NIKKI	403	OLY20-29F	00:34:22.25	53	02:17	01:29:51.80	68	26.71	01:05:01.15	64	06:30	03:09:15.20	COALDALE
67 GIBB, RONN	483	OLY60+M	00:31:06.50	30	02:04	01:26:04.40	58	27.88	01:15:16.70	74	07:31	03:12:27.60	EDMONTON
68 NORRIS, JOAN	482	OLY60+F	00:40:46.00	68	02:43	01:28:13.65	64	27.20	01:03:59.35	61	06:23	03:12:59.00	LETH
69 KEARL, NIKI	421	OLY30-39F	00:46:42.50	74	03:06	01:31:55.40	71	26.11	00:56:44.20	47	05:40	03:15:22.10	CLARESHOL
70 DOWNES, WENDY	449	OLY40-49F	00:40:56.30	69	02:43	01:25:23.50	56	28.11	01:10:55.90	71	07:05	03:17:15.70	CALGARY

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71 NG, MAUREEN	473	OLY50-59F	00:30:44.50	28	02:02	01:35:44.10	72	25.07	01:12:10.70	72	07:13	03:18:39.30	CALGARY
72 SIMPSON, LAURA	428	OLY30-39F	00:33:43.70	48	02:14	01:36:50.80	73	24.78	01:13:30.45	73	07:21	03:24:04.95	RAYMOND
73 LEVESQUE, FRANCE	452	OLY40-49F	00:38:28.35	67	02:33	01:38:17.45	74	24.42	01:10:02.85	70	07:00	03:26:48.65	RAYMOND
74 ZOETEMAN, SHERRI	455	OLY40-49F	00:38:27.60	66	02:33	01:38:19.20	75	24.41	01:10:02.25	69	07:00	03:26:49.05	FORT MACLI
75 BREZOVSKI, JACQUIE	448	OLY40-49F	00:51:50.50	75	03:27	00:00:00.00	1	0.00	04:16:13.40	75	25:37	04:16:13.40	CALGARY