

Overall Results

Sprint 750M - 20K - 5K

Name	Bib#	Category	Swim	O/A	SwPace/100M	Bike	O/A	Bike Pace K/H	Run	O/A	Run Pace/Km	Finish	City
1 CLACK, WILLIAM	206	SPR16-19M	00:12:18.70	1	01:38	00:42:20.20	2	36.85	00:17:52.25	1	03:34	01:12:31.15	LETHBRIDGE
2 NICOL, CREGG	281	SPR40-49M	00:12:34.20	3	01:40	00:39:37.50	1	39.37	00:20:32.05	2	04:06	01:12:43.75	COALHURST
3 HARVEY, WILLIAM	292	SPR50-59M	00:12:27.35	2	01:39	00:44:24.55	3	35.13	00:24:41.05	14	04:56	01:21:32.95	LETHBRIDGE
4 KELLN, TRAVIS	258	SPR30-39M	00:12:49.75	4	01:42	00:46:00.70	5	33.90	00:22:50.15	8	04:34	01:21:40.60	SWIFT CURF
5 SNOW, KIMBER	204	SPR16-19F	00:14:11.35	9	01:53	00:47:07.95	8	33.10	00:23:02.65	9	04:36	01:24:21.95	RAYMOND
6 ADSEBALLE, JACOB	323	SPR40-49M	00:14:30.90	11	01:56	00:46:01.00	6	33.90	00:24:52.65	17	04:58	01:25:24.55	LETHBRIDGE
7 HARRINGTON, MICHAEL	255	SPR30-39M	00:16:07.45	25	02:08	00:44:56.20	4	34.72	00:24:27.95	12	04:53	01:25:31.60	SPARWOOD
8 CLACK, JACK	297	SPR60+M	00:17:19.00	35	02:18	00:46:19.85	7	33.67	00:22:28.55	5	04:29	01:26:07.40	LETHBRIDGE
9 JENSEN, JAMES	257	SPR30-39M	00:15:43.60	21	02:05	00:48:48.70	14	31.96	00:22:31.85	6	04:30	01:27:04.15	LETHBRIDGE
10 JENSEN, JONATHAN	276	SPR40-49M	00:14:52.60	13	01:59	00:47:11.85	10	33.05	00:25:33.85	21	05:06	01:27:38.30	MAGRATH
11 VANMAARION, JOANNE	317	SPR30-39F	00:13:53.90	7	01:51	00:47:36.80	11	32.76	00:26:45.30	26	05:21	01:28:16.00	RED DEER
12 AVISON, CAMERON	248	SPR30-39M	00:18:20.10	51	02:26	00:48:38.70	13	32.07	00:21:41.40	4	04:20	01:28:40.20	LETHBRIDGE
13 ROEMMELE, MATTHEW	261	SPR30-39M	00:16:35.40	29	02:12	00:48:59.70	15	31.84	00:23:29.90	10	04:41	01:29:05.00	LETHBRIDGE
14 DUPONT, DOUG	222	SPR20-29M	00:14:09.95	8	01:53	00:49:30.30	17	31.51	00:26:04.25	23	05:12	01:29:44.50	EDMONTON
15 SHRINER, JASON	263	SPR30-39M	00:17:25.85	39	02:19	00:51:51.80	28	30.08	00:21:09.40	3	04:13	01:30:27.05	LETH
16 MCBRIDE, THOMAS	226	SPR20-29M	00:15:22.55	18	02:03	00:50:34.40	20	30.85	00:25:03.40	19	05:00	01:31:00.35	EKVILLE
17 HILL, CAMELA	312	SPR20-29F	00:17:04.95	33	02:16	00:51:49.10	27	30.11	00:22:38.30	7	04:31	01:31:32.35	LETH
18 MCLEOD, SEAN	280	SPR40-49M	00:17:42.15	43	02:21	00:49:54.75	18	31.25	00:24:51.20	16	04:58	01:32:28.10	LETHBRIDGE
19 KASKO, RYAN	277	SPR40-49M	00:15:06.50	15	02:00	00:51:35.70	26	30.24	00:26:17.35	24	05:15	01:32:59.55	COALDALE
20 HAMILTON, WILLIE	223	SPR20-29M	00:21:06.55	69	02:48	00:47:10.90	9	33.06	00:24:48.30	15	04:57	01:33:05.75	SPRUCE GR
21 DOIG, BECKY	235	SPR30-39F	00:16:06.65	24	02:08	00:51:06.85	23	30.52	00:26:22.35	25	05:16	01:33:35.85	MAGRATH
22 UNGER, DAVID	264	SPR30-39M	00:15:11.70	17	02:01	00:50:30.35	19	30.89	00:28:09.35	39	05:37	01:33:51.40	CALGARY
23 SJODEN, AMANDA	215	SPR20-29F	00:15:06.35	14	02:00	00:52:41.05	34	29.61	00:26:47.40	27	05:21	01:34:34.80	LETHBRIDGE
24 REMPEL, MARIANNE	288	SPR50-59F	00:16:53.75	32	02:15	00:50:51.85	21	30.67	00:27:12.30	32	05:26	01:34:57.90	MARTENSVII
25 LOW, RICHARD	293	SPR50-59M	00:16:09.15	27	02:09	00:52:11.05	31	29.89	00:26:59.50	29	05:23	01:35:19.70	LETH
26 ZAUGG, AARON	230	SPR20-29M	00:17:54.35	48	02:23	00:52:42.60	35	29.60	00:24:52.75	18	04:58	01:35:29.70	MAGRATH
27 WILLIAMSON, TRENT	286	SPR40-49M	00:13:50.95	6	01:50	00:52:29.40	32	29.72	00:29:12.55	47	05:50	01:35:32.90	LETHBRIDGE
28 CONRAD, JARED	311	SPR30-39M	00:20:23.10	66	02:43	00:48:18.85	12	32.29	00:27:21.10	34	05:28	01:36:03.05	LETHBRIDGE
29 VANDERZEE, JIM	284	SPR40-49M	00:18:56.60	56	02:31	00:49:19.30	16	31.63	00:28:06.10	37	05:37	01:36:22.00	LETHBRIDGE
30 SCOTT, DJ	262	SPR30-39M	00:14:29.65	10	01:55	00:52:52.50	37	29.50	00:29:51.70	55	05:58	01:37:13.85	GLENWOOD
31 BOYD, PATRICK	221	SPR20-29M	00:16:00.50	23	02:08	00:54:30.30	43	28.62	00:27:02.90	30	05:24	01:37:33.70	MEDICINE H.
32 GUSA, TARA	212	SPR20-29F	00:15:55.70	22	02:07	00:52:09.15	30	29.91	00:29:40.30	51	05:56	01:37:45.15	BEAUMONT
33 WILLIAMSON, ROB	265	SPR30-39M	00:18:15.10	50	02:26	00:51:13.35	24	30.46	00:29:25.85	49	05:53	01:38:54.30	COALDALE
34 GOUTTIN, MONIQUE	239	SPR30-39F	00:16:07.75	26	02:09	00:54:23.30	42	28.68	00:28:30.75	41	05:42	01:39:01.80	LETHBRIDGE
35 ALSTON, KAREN	314	SPR50-59F	00:16:20.60	28	02:10	00:54:41.00	45	28.53	00:28:09.05	38	05:37	01:39:10.65	MAGRATH

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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 KUNTZ, APRIL	244	SPR30-39F	00:15:43.30	20	02:05	00:54:18.30	41	28.73	00:29:50.50	54	05:58	01:39:52.10	CLARESHOL
37 ZOBELL, PAM	219	SPR20-29F	00:15:26.60	19	02:03	00:57:29.70	57	27.13	00:27:38.35	36	05:31	01:40:34.65	MAGRATH
38 COOPER, JEREMY	251	SPR30-39M	00:15:11.70	16	02:01	00:54:38.10	44	28.55	00:30:46.80	62	06:09	01:40:36.60	BARNWELL
39 BAKER, BRAD	220	SPR20-29M	00:16:47.75	30	02:14	00:54:58.40	46	28.38	00:28:52.30	44	05:46	01:40:38.45	LETHBRIDGE
40 LEAVITT, JADE	213	SPR20-29F	00:19:32.45	58	02:36	00:51:31.30	25	30.28	00:29:54.35	56	05:58	01:40:58.10	LETHBRIDGE
41 SMITH, MARJ	270	SPR40-49F	00:17:49.65	46	02:22	00:52:50.40	36	29.52	00:30:40.75	59	06:08	01:41:20.80	CALGARY
42 ASHMAN, SAM	208	SPR16-19M	00:19:45.45	59	02:38	00:55:38.35	48	28.04	00:27:36.75	35	05:31	01:43:00.55	WESTEROSE
43 WIGELSWORTH, BRANDY	247	SPR30-39F	00:17:47.35	45	02:22	00:53:28.80	39	29.17	00:31:44.85	68	06:20	01:43:01.00	SPRUCE GR
44 WIGHT, TRINA	217	SPR20-29F	00:17:12.35	34	02:17	00:59:00.30	62	26.44	00:26:55.05	28	05:23	01:43:07.70	EDMONTON
45 NIEBOER, JARED	227	SPR20-29M	00:17:36.15	41	02:20	00:51:54.85	29	30.05	00:33:42.20	78	06:44	01:43:13.20	PICTURE BU
46 HELFRICH, GREG	275	SPR40-49M	00:20:41.10	68	02:45	00:52:58.15	38	29.45	00:29:43.95	52	05:56	01:43:23.20	STRATHMOF
47 HAINES, LINSEY	240	SPR30-39F	00:17:53.50	47	02:23	00:58:48.40	61	26.53	00:27:09.65	31	05:25	01:43:51.55	LETHBRIDGE
48 WIGHT, MERRILL	290	SPR50-59F	00:22:03.35	79	02:56	00:52:34.40	33	29.67	00:29:40.05	50	05:56	01:44:17.80	LETHBRIDGE
49 DEJONG, JEFFREY	274	SPR40-49M	00:17:19.05	36	02:18	00:56:03.00	49	27.83	00:31:36.50	67	06:19	01:44:58.55	LETHBRIDGE
50 MALMBERG, BRITTNEY	315	SPR16-19F	00:20:17.75	64	02:42	00:56:17.75	50	27.71	00:28:59.25	45	05:47	01:45:34.75	LETH
51 STEWART, DAVID	282	SPR40-49M	00:20:16.30	62	02:42	00:57:03.80	53	27.34	00:28:43.45	42	05:44	01:46:03.55	LETHBRIDGE
52 STEWART, KARRI	246	SPR30-39F	00:20:17.45	63	02:42	00:57:02.00	52	27.35	00:28:44.35	43	05:44	01:46:03.80	LETHBRIDGE
53 IRWIN, SAMUEL	224	SPR20-29M	00:21:30.80	74	02:52	00:57:27.45	56	27.15	00:27:16.95	33	05:27	01:46:15.20	LETHBRIDGE
54 GLEN, LAURIE	287	SPR50-59F	00:18:40.80	55	02:29	01:02:49.15	74	24.83	00:25:26.70	20	05:05	01:46:56.65	RAINIER
55 ZAUGG, DERRAL	295	SPR50-59M	00:21:25.05	73	02:51	00:58:01.85	58	26.88	00:28:14.50	40	05:38	01:47:41.40	CARDSTON
56 BISHOP, MIKE	249	SPR30-39M	00:13:43.40	5	01:49	01:01:18.20	69	25.45	00:33:20.65	76	06:40	01:48:22.25	GLENWOOD
57 GORBAHN, JONATHAN	207	SPR16-19M	00:21:14.40	71	02:49	00:54:09.30	40	28.81	00:34:00.55	79	06:48	01:49:24.25	WESTEROSE
58 ZAUGG, KASSI	218	SPR20-29F	00:17:24.40	38	02:19	01:01:28.65	72	25.38	00:30:39.80	58	06:07	01:49:32.85	MAGRATH
59 HERWEYER, MELISSA	242	SPR30-39F	00:23:21.70	83	03:06	00:55:10.05	47	28.28	00:31:15.75	66	06:15	01:49:47.50	FT. MACLEO
60 CROWN, ROHAN	252	SPR30-39M	00:18:38.85	54	02:29	00:58:04.15	59	26.86	00:33:07.65	74	06:37	01:49:50.65	LETHBRIDGE
61 STEINBACK, MELISSA	216	SPR20-29F	00:17:31.95	40	02:20	00:57:13.20	55	27.26	00:35:12.60	81	07:02	01:49:57.75	LETHBRIDGE
62 WATSON, WANDA	289	SPR50-59F	00:21:47.10	75	02:54	00:59:37.10	64	26.17	00:29:15.15	48	05:51	01:50:39.35	CALGARY
63 BRYKS, AARON	232	SPR30-39F	00:19:13.35	57	02:33	01:00:41.20	68	25.71	00:30:50.50	63	06:10	01:50:45.05	LETHBRIDGE
64 REINDL, KYLE	229	SPR20-29M	00:22:01.55	78	02:56	00:59:36.35	63	26.17	00:29:50.25	53	05:58	01:51:28.15	LETHBRIDGE
65 ORR, KEEYAH	203	SPR16-19F	00:17:20.80	37	02:18	01:03:21.30	76	24.62	00:31:15.65	65	06:15	01:51:57.75	Ft. Macleod
66 MANY FINGERS, TROY	259	SPR30-39M	00:27:37.45	87	03:40	01:00:22.95	65	25.84	00:24:36.85	13	04:55	01:52:37.25	CARDSTON
67 ROBERTS, RAY	298	SPR60+M	00:23:20.50	82	03:06	00:57:08.50	54	27.30	00:32:13.30	70	06:26	01:52:42.30	LETHBRIDGE
68 KING, EVAN	278	SPR40-49M	00:14:34.70	12	01:56	01:09:12.50	88	22.54	00:29:54.90	57	05:58	01:53:42.10	MEDICINE H.
69 WESTON, JARAH	318	SPR20-29F	00:20:18.75	65	02:42	00:56:40.20	51	27.53	00:37:21.80	83	07:28	01:54:20.75	
70 GERGELY, SUZANNE	238	SPR30-39F	00:17:46.15	44	02:22	00:58:23.10	60	26.72	00:38:12.00	85	07:38	01:54:21.25	COALDALE

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71 OLSEN, GABRIEL	228	SPR20-29M	00:21:50.85	77	02:54	01:03:36.35	78	24.53	00:29:04.00	46	05:48	01:54:31.20	Lethbridge
72 GIBB, J.D.	254	SPR30-39M	00:16:48.25	31	02:14	01:00:33.15	66	25.76	00:38:44.40	88	07:44	01:56:05.80	RAYMOND
73 GLEN, STEPHANIE	201	SPR16-19F	00:18:25.80	53	02:27	01:03:10.10	75	24.70	00:35:52.00	82	07:10	01:57:27.90	RAINIER
74 LOW, MEGAN	202	SPR16-19F	00:22:19.00	80	02:58	01:01:25.55	71	25.40	00:34:08.85	80	06:49	01:57:53.40	LETH
75 SMITH, JANA E	245	SPR30-39F	00:19:49.60	60	02:38	01:05:32.20	81	23.80	00:32:34.60	72	06:30	01:57:56.40	MAGRATH
76 ZOBELL, SHANE	233	SPR30-39M	00:20:24.40	67	02:43	01:05:48.90	82	23.70	00:31:48.80	69	06:21	01:58:02.10	MAGRATH
77 HILL, JOEL	313	SPR20-29M	00:30:50.50	92	04:06	01:03:28.70	77	24.58	00:25:48.30	22	05:09	02:00:07.50	LETH
78 AVISON, AMANDA	231	SPR30-39F	00:31:34.80	94	04:12	01:04:34.25	79	24.16	00:24:12.55	11	04:50	02:00:21.60	LETHBRIDGE
79 RAY, TRUDY	269	SPR40-49F	00:21:49.20	76	02:54	01:06:36.55	83	23.42	00:33:19.65	75	06:39	02:01:45.40	SPARWOOD
80 HILBORNE, NONY	296	SPR60+F	00:18:07.80	49	02:25	01:05:20.55	80	23.87	00:38:37.40	86	07:43	02:02:05.75	CALGARY
81 MOTOKADO, JEANINE	268	SPR40-49F	00:21:19.45	72	02:50	01:08:17.20	86	22.84	00:33:04.90	73	06:36	02:02:41.55	RAINIER
82 SHASKIN, CHRIS	294	SPR50-59M	00:23:47.25	84	03:10	01:01:21.30	70	25.43	00:38:40.00	87	07:44	02:03:48.55	LETHBRIDGE
83 JACKSON, ANDREA	243	SPR30-39F	00:19:53.50	61	02:39	01:11:33.40	90	21.80	00:32:24.25	71	06:28	02:03:51.15	EDMONTON
84 BIEBER, BRENT	316	SPR30-39M	00:30:29.20	90	04:03	01:02:31.70	73	24.95	00:31:01.75	64	06:12	02:04:02.65	CALGARY
85 WEST, MIKE	285	SPR40-49M	00:18:21.75	52	02:26	01:08:19.40	87	22.83	00:37:35.60	84	07:31	02:04:16.75	VICTOR
86 HANLEY, SHAUN	267	SPR40-49F	00:17:36.65	42	02:20	01:00:40.85	67	25.71	00:46:24.00	93	09:16	02:04:41.50	LETHBRIDGE
87 JACKSON, CHRIS	256	SPR30-39M	00:29:30.70	89	03:56	01:10:14.95	89	22.21	00:33:31.95	77	06:42	02:13:17.60	EDMONTON
88 BENNETT, JOHN	273	SPR40-49M	00:30:33.70	91	04:04	01:07:28.45	84	23.12	00:39:17.00	89	07:51	02:17:19.15	SPRUCE GR
89 FREY, MICHELE	237	SPR30-39F	00:21:07.20	70	02:48	01:27:47.35	93	17.77	00:30:43.60	60	06:08	02:19:38.15	MEDICINE H.
90 FREY, CHAD	253	SPR30-39M	00:29:17.00	88	03:54	01:19:37.65	92	19.59	00:30:44.55	61	06:08	02:19:39.20	MEDICINE H.
91 SWING, SHERRI	310	SPR40-49F	00:27:00.00	85	03:36	00:50:55.35	22	30.63	01:02:02.90	94	12:24	02:19:58.25	PARK CITY
92 HAMILTON, HEATHER	241	SPR30-39F	00:31:10.60	93	04:09	01:07:45.75	85	23.02	00:42:09.45	90	08:25	02:21:05.80	CALGARY
93 DICK, MICHELLE	234	SPR30-39F	00:27:35.50	86	03:40	01:16:41.45	91	20.34	00:43:13.50	91	08:38	02:27:30.45	MAGRATH
94 BISH, TANNIS	211	SPR20-29F	00:23:20.10	81	03:06	01:38:45.20	94	15.80	00:44:46.20	92	08:57	02:46:51.50	LETHBRIDGE