

Overall Results

Sprint 750M - 26K - 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 MOLNAR, WARREN	285	SPR30-39M	00:10:47.55	2	01:26	00:38:47.10	1	40.22	00:18:50.80	1	03:46	01:08:25.45	LETHBRIDGE
2 NICOL, CREGG	308	SPR40-49M	00:11:40.30	6	01:33	00:40:29.30	2	38.53	00:20:02.75	4	04:00	01:12:12.35	COALHURST
3 WRIGHT, RYAN	293	SPR30-39M	00:10:40.20	1	01:25	00:42:59.10	3	36.29	00:21:27.20	6	04:17	01:15:06.50	EDMONTON
4 CLACK, WILLIAM	205	SPR16-19M	00:11:54.75	7	01:35	00:45:25.30	6	34.34	00:19:14.80	3	03:50	01:16:34.85	LETH
5 BRYANT, JEFF	321	SPR50-59M	00:12:32.55	8	01:40	00:44:24.90	4	35.12	00:21:44.00	7	04:20	01:18:41.45	LETHBRIDGE
6 WARD, MATT	243	SPR20-29M	00:12:39.70	9	01:41	00:45:06.50	5	34.58	00:20:57.05	5	04:11	01:18:43.25	MEDICINE H.
7 DAVIES, DYLAN	273	SPR30-39M	00:10:48.30	3	01:26	00:45:39.10	7	34.17	00:24:56.80	22	04:59	01:21:24.20	LETHBRIDGE
8 RUNIONS, PAUL	309	SPR40-49M	00:13:40.70	17	01:49	00:46:20.15	9	33.67	00:22:50.70	11	04:34	01:22:51.55	FORT MACLI
9 HENDERSON, BRAD	230	SPR20-29M	00:14:16.10	24	01:54	00:46:51.45	12	33.29	00:22:50.85	12	04:34	01:23:58.40	CALGARY
10 STEVENS, SCOTT	291	SPR30-39M	00:15:53.45	44	02:07	00:46:29.10	10	33.56	00:22:50.15	10	04:34	01:25:12.70	TABER
11 KELLN, TRAVIS	283	SPR30-39M	00:13:45.35	19	01:50	00:48:47.00	20	31.98	00:22:47.60	9	04:33	01:25:19.95	SWIFT CURF
12 JENSEN, KYLE	232	SPR20-29M	00:16:17.35	52	02:10	00:46:49.50	11	33.32	00:23:24.15	18	04:40	01:26:31.00	LETH
13 HARRINGTON, MIKE	280	SPR30-39M	00:15:07.45	33	02:00	00:47:40.65	13	32.72	00:24:41.80	20	04:56	01:27:29.90	SPARWOOD
14 SNOW, KIMBER	204	SPR16-19F	00:14:06.25	21	01:52	00:50:21.60	26	30.98	00:23:11.25	17	04:38	01:27:39.10	RAYMOND
15 FRENCH, BROOKE	333	SPR16-19F	00:11:12.85	5	01:29	00:51:23.55	35	30.35	00:25:08.25	26	05:01	01:27:44.65	LETHBRIDGE
16 RYBA-JOWSEY, JANIS	300	SPR40-49F	00:14:50.85	28	01:58	00:48:20.65	17	32.27	00:25:06.95	24	05:01	01:28:18.45	LETHBRIDGE
17 ORR, DUSTIN	238	SPR20-29M	00:15:05.85	32	02:00	00:50:52.50	30	30.66	00:23:08.30	15	04:37	01:29:06.65	Fort Macleod
18 MACWILLIAM, LESLIE	218	SPR20-29F	00:15:08.35	34	02:01	00:52:04.80	37	29.95	00:22:19.85	8	04:27	01:29:33.00	LETH
19 HARMS, ALLAN	279	SPR30-39M	00:14:10.50	22	01:53	00:50:44.40	29	30.74	00:25:37.45	31	05:07	01:30:32.35	EDMONTON
20 PYKERMAN, KAREN	223	SPR20-29F	00:12:42.95	10	01:41	00:48:31.05	18	32.15	00:29:18.90	71	05:51	01:30:32.90	LETHBRIDGE
21 UNGER, DAVID	242	SPR20-29M	00:14:31.35	26	01:56	00:50:11.45	24	31.08	00:26:13.75	39	05:14	01:30:56.55	CALGARY
22 MCGUIGAN, SEAN	235	SPR20-29M	00:17:45.70	73	02:22	00:48:06.55	15	32.43	00:25:04.75	23	05:00	01:30:57.00	TABER
23 BLUMEL, JIM	338	SPR40-49M	00:17:20.80	66	02:18	00:49:02.75	21	31.81	00:24:47.35	21	04:57	01:31:10.90	MAGRATH
24 PATTERSON, ERIN	221	SPR20-29F	00:13:04.75	11	01:44	00:48:19.50	16	32.28	00:30:10.95	75	06:02	01:31:35.20	LETHBRIDGE
25 FRIESEN, BERT	305	SPR40-49M	00:16:15.30	51	02:10	00:52:25.45	39	29.76	00:23:08.95	16	04:37	01:31:49.70	TABER
26 GRUENHAGE, PETER	278	SPR30-39M	00:16:45.15	58	02:14	00:48:02.35	14	32.47	00:27:04.70	48	05:24	01:31:52.20	LETHBRIDGE
27 JANKUNIS, FRANK	324	SPR50-59M	00:14:38.40	27	01:57	00:51:44.00	36	30.15	00:26:00.10	37	05:12	01:32:22.50	LETH
28 SELLERS, CORY	290	SPR30-39M	00:18:43.75	81	02:29	00:54:31.45	53	28.61	00:19:09.10	2	03:49	01:32:24.30	LETHBRIDGE
29 WALBURGER, JAMIE	265	SPR30-39F	00:13:24.65	14	01:47	00:55:08.35	58	28.29	00:23:57.00	19	04:47	01:32:30.00	LETHBRIDGE
30 CONRAD, JARED	272	SPR30-39M	00:16:47.10	60	02:14	00:45:55.55	8	33.97	00:29:59.60	74	05:59	01:32:42.25	LETHBRIDGE
31 ADSERBALLE, JACOB	336	SPR40-49M	00:13:58.70	20	01:51	00:53:37.30	47	29.09	00:25:22.45	29	05:04	01:32:58.45	LETH
32 KASKO, RYAN	282	SPR30-39M	00:14:59.40	30	01:59	00:52:11.75	38	29.89	00:25:57.00	36	05:11	01:33:08.15	COALDALE
33 MAC CON, AMY	252	SPR30-39F	00:15:48.40	42	02:06	00:50:44.15	28	30.75	00:26:43.60	44	05:20	01:33:16.15	FERNIE
34 ROEMMELE, MATTHEW	289	SPR30-39M	00:16:19.00	53	02:10	00:50:00.80	22	31.19	00:27:10.95	49	05:26	01:33:30.75	LETHBRIDGE
35 DAHL, SHARON	295	SPR40-49F	00:14:12.60	23	01:53	00:52:45.35	40	29.57	00:26:34.50	41	05:18	01:33:32.45	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 MATTHEWS, JULIE	319	SPR50-59F	00:15:25.15	37	02:03	00:50:12.90	25	31.07	00:27:57.50	57	05:35	01:33:35.55	LETHBRIDGE
37 BISHOP, MIKE	269	SPR30-39M	00:13:15.30	13	01:46	00:53:49.10	50	28.99	00:27:53.35	54	05:34	01:34:57.75	GLENWOOD
38 ELLIS-TODDINGTON, TYLER	275	SPR30-39M	00:16:35.50	54	02:12	00:53:06.75	45	29.37	00:26:11.45	38	05:14	01:35:53.70	CALGARY
39 THOMAS, SARAH	263	SPR30-39F	00:16:41.35	57	02:13	00:53:43.50	49	29.04	00:25:36.60	30	05:07	01:36:01.45	EDMONTON
40 CHILES, CARRIE	294	SPR40-49F	00:15:44.55	41	02:05	00:51:20.85	34	30.38	00:29:04.80	68	05:48	01:36:10.20	TAIPEI
41 WILLIAMSON, ROB	292	SPR30-39M	00:17:59.05	75	02:23	00:51:09.85	33	30.49	00:27:53.80	55	05:34	01:37:02.70	LETHBRIDGE
42 WILLIAMSON, TRENT	315	SPR40-49M	00:13:12.95	12	01:45	00:53:05.55	44	29.38	00:30:48.80	80	06:09	01:37:07.30	LETHBRIDGE
43 NIEBOER, JEN	219	SPR20-29F	00:16:36.50	55	02:12	00:54:51.05	56	28.44	00:25:54.15	35	05:10	01:37:21.70	PICTURE BU
44 ROBERTSON, KINDAL	288	SPR30-39M	00:15:39.25	40	02:05	00:56:55.85	71	27.40	00:25:06.95	25	05:01	01:37:42.05	CALGARY
45 SCHEMENAUER, RAINA	225	SPR20-29F	00:14:20.75	25	01:54	00:55:52.75	61	27.92	00:27:41.50	51	05:32	01:37:55.00	LETHBRIDGE
46 KUNTZ, APRIL	250	SPR30-39F	00:16:02.25	47	02:08	00:53:37.35	48	29.09	00:28:24.50	59	05:40	01:38:04.10	CLARESHOL
47 SJOVOLD, SUZANNE	261	SPR30-39F	00:15:00.75	31	02:00	00:56:16.25	66	27.72	00:26:55.15	45	05:23	01:38:12.15	EDMONTON
48 SUMNALL, ALLAN	313	SPR40-49M	00:17:22.05	68	02:18	00:48:33.75	19	32.12	00:32:27.05	86	06:29	01:38:22.85	OREM
49 GOODFELLOW, PIPPA	296	SPR40-49F	00:13:33.40	15	01:48	00:56:08.95	64	27.78	00:28:45.70	65	05:45	01:38:28.05	DIAMOND CI
50 WOLFS, EDWARD	244	SPR20-29M	00:21:44.70	93	02:53	00:50:58.45	31	30.60	00:25:52.65	34	05:10	01:38:35.80	EDMONTON
51 WATT, MICHELLE	303	SPR40-49F	00:16:39.70	56	02:13	00:52:59.50	42	29.44	00:29:05.20	69	05:49	01:38:44.40	CLARESHOL
52 ROBERTSON, TREENA	258	SPR30-39F	00:15:53.55	45	02:07	00:54:16.80	51	28.74	00:28:42.55	63	05:44	01:38:52.90	CALGARY
53 SCOTT, DEBBIE	259	SPR30-39F	00:17:40.50	71	02:21	00:55:11.80	59	28.26	00:26:22.55	40	05:16	01:39:14.85	CALGARY
54 VANDERZEE, JIM	314	SPR40-49M	00:20:32.05	88	02:44	00:50:05.55	23	31.14	00:28:43.20	64	05:44	01:39:20.80	LETHBRIDGE
55 MILNER, LARA	203	SPR16-19F	00:14:54.30	29	01:59	00:56:00.90	63	27.85	00:28:27.25	60	05:41	01:39:22.45	COCHRANE
56 NIEBOER, JARED	237	SPR20-29M	00:17:56.95	74	02:23	00:51:01.95	32	30.57	00:30:30.65	77	06:06	01:39:29.55	PICTURE BU
57 SCHREMPF, HANS	327	SPR50-59M	00:16:09.85	49	02:09	00:59:05.75	83	26.40	00:25:18.90	28	05:03	01:40:34.50	LETHBRIDGE
58 ANECA, JOHANNA	209	SPR20-29F	00:13:44.25	18	01:49	00:57:49.55	76	26.98	00:29:04.15	67	05:48	01:40:37.95	CALGARY
59 WOLANIUK, DAYLEN	208	SPR16-19M	00:17:21.90	67	02:18	00:55:25.15	60	28.15	00:27:53.20	53	05:34	01:40:40.25	LLOYDMINS'
60 IRWIN, SAMUEL	231	SPR20-29M	00:20:14.10	85	02:41	00:52:58.10	41	29.45	00:27:43.85	52	05:32	01:40:56.05	LETH
61 OGNOSKI, SHAWNA	255	SPR30-39F	00:18:46.00	82	02:30	00:56:45.15	70	27.49	00:25:46.85	33	05:09	01:41:18.00	LETH
62 DOIG, BECKY	246	SPR30-39F	00:16:10.65	50	02:09	00:58:09.25	77	26.83	00:26:58.70	46	05:23	01:41:18.60	MAGRATH
63 HARTSHORN, KENT	323	SPR50-59M	00:20:46.55	89	02:46	00:58:10.70	78	26.81	00:22:53.20	13	04:34	01:41:50.45	SASKATOON
64 WARD, JACK	329	SPR50-59M	00:17:06.30	62	02:16	00:57:24.30	75	27.18	00:28:11.30	58	05:38	01:42:41.90	ELKWATER
65 LOWE, DAVID	284	SPR30-39M	00:11:08.35	4	01:29	00:56:19.15	67	27.70	00:35:28.15	98	07:05	01:42:55.65	LETHBRIDGE
66 LOWE, MACKENZIE	251	SPR30-39F	00:19:53.65	84	02:39	00:54:20.20	52	28.71	00:28:47.00	66	05:45	01:43:00.85	LETHBRIDGE
67 HELFRICH, GREG	307	SPR40-49M	00:23:02.90	108	03:04	00:50:25.35	27	30.94	00:29:39.45	73	05:55	01:43:07.70	STRATHMOF
68 SCHLESE, STEPHEN	312	SPR40-49M	00:17:20.65	65	02:18	00:54:34.00	54	28.59	00:31:30.40	84	06:18	01:43:25.05	STURGEON
69 ROBERTS, MATTHEW	241	SPR20-29M	00:18:07.60	76	02:25	00:58:41.50	81	26.58	00:26:36.00	42	05:19	01:43:25.10	LETHBRIDGE
70 ROBERTS, JASMINE	224	SPR20-29F	00:16:46.30	59	02:14	01:00:02.15	90	25.98	00:26:36.90	43	05:19	01:43:25.35	LETHBRIDGE

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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
71 GIBB, J.D.	277	SPR30-39M	00:17:37.35	70	02:20	00:52:59.80	43	29.44	00:33:21.90	90	06:40	01:43:59.05	RAYMOND
72 LOW, RICHARD	325	SPR50-59M	00:18:28.45	79	02:27	00:57:09.90	73	27.29	00:29:08.55	70	05:49	01:44:46.90	LETH
73 HARTSHORN, REBECCA	217	SPR20-29F	00:16:08.70	48	02:09	01:05:47.50	103	23.71	00:22:58.40	14	04:35	01:44:54.60	LETHBRIDGE
74 HAMILTON, JESSICA	201	SPR16-19F	00:22:24.00	99	02:59	00:54:56.50	57	28.39	00:27:56.60	56	05:35	01:45:17.10	TABER
75 WATERS-HUSS, LORELEI	302	SPR40-49F	00:18:40.75	80	02:29	00:56:14.00	65	27.74	00:30:29.15	76	06:05	01:45:23.90	LETHBRIDGE
76 REINDL, KYLE	240	SPR20-29M	00:21:46.35	94	02:54	00:57:01.85	72	27.35	00:27:18.10	50	05:27	01:46:06.30	Lethbridge
77 UNGER, JESSICA	228	SPR20-29F	00:13:39.65	16	01:49	00:59:55.60	88	26.03	00:33:02.90	88	06:36	01:46:38.15	CALGARY
78 MURRAY, TRAVIS	236	SPR20-29M	00:15:27.45	38	02:03	01:00:55.00	92	25.61	00:30:31.75	78	06:06	01:46:54.20	AIRDRIE
79 WIGHT, TRINA	6	SPR20-29F	00:20:21.20	87	02:42	00:55:55.35	62	27.90	00:31:21.20	83	06:16	01:47:37.75	EDMONTON
80 DAHL, REGAN	337	SPR30-39M	00:24:16.05	111	03:14	00:58:11.85	79	26.81	00:25:45.00	32	05:09	01:48:12.90	LETH
81 DAVIES, RICK	322	SPR50-59M	00:17:16.35	64	02:18	00:59:52.50	87	26.05	00:31:14.40	82	06:14	01:48:23.25	LETHBRIDGE
82 STEVENS, EMMA	226	SPR20-29F	00:20:51.45	90	02:46	00:56:42.25	69	27.51	00:30:52.40	81	06:10	01:48:26.10	CALGARY
83 ROBERTS, RAY	330	SPR60+M	00:22:35.30	102	03:00	00:56:28.00	68	27.63	00:29:33.25	72	05:54	01:48:36.55	LETH
84 HANSEN, CASSY	216	SPR20-29F	00:17:01.20	61	02:16	00:59:41.85	85	26.13	00:32:02.25	85	06:24	01:48:45.30	STRATHMOF
85 GOODWIN, JEREMY	229	SPR20-29M	00:21:43.50	92	02:53	00:59:31.20	84	26.21	00:28:29.40	61	05:41	01:49:44.10	LETHBRIDGE
86 JOHNSON, ALLISON	249	SPR30-39F	00:18:10.55	77	02:25	01:03:01.70	99	24.75	00:28:37.55	62	05:43	01:49:49.80	Lethbridge
87 GOUCHIE, BECKY	213	SPR20-29F	00:17:14.25	63	02:17	01:02:49.40	96	24.83	00:30:35.15	79	06:07	01:50:38.80	FORT MACLI
88 HILL, JOEL	339	SPR20-29M	00:22:33.55	101	03:00	01:02:49.70	97	24.83	00:25:18.50	27	05:03	01:50:41.75	MAGRATH
89 BUNNAGE, TASHSA	332	SPR30-39F	00:15:32.45	39	02:04	01:02:37.15	95	24.91	00:32:33.25	87	06:30	01:50:42.85	
90 LOW, JONATHAN	233	SPR20-29M	00:20:19.40	86	02:42	01:03:44.95	101	24.47	00:27:02.75	47	05:24	01:51:07.10	LETH
91 WENDORF, NAOMI	266	SPR30-39F	00:15:10.10	35	02:01	00:54:41.75	55	28.52	00:42:19.35	112	08:27	01:52:11.20	DUNBURN
92 SCOTT, KAREN	301	SPR40-49F	00:19:32.90	83	02:36	01:00:18.30	91	25.87	00:33:24.35	91	06:40	01:53:15.55	MOOSE JAW
93 SCOTT, JANIS	260	SPR30-39F	00:15:49.35	43	02:06	01:02:00.00	94	25.16	00:35:27.95	97	07:05	01:53:17.30	CALGARY
94 SNOW, LONI	262	SPR30-39F	00:17:36.60	69	02:20	00:59:48.10	86	26.09	00:36:10.85	101	07:14	01:53:35.55	RAYMOND
95 MICHEL, DEE DEE	320	SPR50-59F	00:21:54.80	96	02:55	00:59:01.60	82	26.43	00:35:46.20	99	07:09	01:56:42.60	WELLING
96 HANLEY, SHAUN	298	SPR40-49F	00:15:58.65	46	02:07	00:59:59.50	89	26.00	00:40:54.00	107	08:10	01:56:52.15	LETH
97 PACK, JON	286	SPR30-39M	00:18:22.20	78	02:26	00:57:21.70	74	27.20	00:41:26.15	109	08:17	01:57:10.05	TABER
98 WIGHT, MERRILL	304	SPR40-49F	00:21:50.25	95	02:54	01:01:53.95	93	25.20	00:33:48.10	92	06:45	01:57:32.30	LETH
99 POLLARD, LESLIE	256	SPR30-39F	00:15:12.75	36	02:01	01:03:33.20	100	24.55	00:38:58.90	106	07:47	01:57:44.85	LETH
100 HAMILTON, JEFF	306	SPR40-49M	00:22:32.70	100	03:00	00:53:33.60	46	29.13	00:42:13.60	110	08:26	01:58:19.90	TABER
101 KUNDRIK, MARY	318	SPR50-59F	00:22:44.30	106	03:01	01:02:55.50	98	24.79	00:35:53.55	100	07:10	02:01:33.35	LETHBRIDGE
102 JOHNSON, BRITANNY	335	SPR20-29F	00:23:53.40	109	03:11	01:04:30.20	102	24.18	00:34:39.80	95	06:55	02:03:03.40	BARNWELL
103 FRENCH, ANNALISE	212	SPR20-29F	00:22:58.60	107	03:03	01:07:41.00	104	23.05	00:34:44.25	96	06:56	02:05:23.85	LETHBRIDGE
104 RYALL, GORDIE	310	SPR40-49M	00:26:07.85	113	03:29	00:58:29.35	80	26.67	00:42:42.90	113	08:32	02:07:20.10	LETH
105 PRESTON, JAKE	239	SPR20-29M	00:22:01.15	97	02:56	01:12:00.95	113	21.66	00:33:49.00	93	06:45	02:07:51.10	WOODS CRC

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106 CHRISTENSEN, CATHARINE	211	SPR20-29F	00:24:02.40	110	03:12	01:10:00.45	107	22.28	00:33:50.50	94	06:46	02:07:53.35	TABER
107 DOLL, MEGAN	247	SPR30-39F	00:22:42.15	105	03:01	01:09:09.55	106	22.56	00:37:57.40	104	07:35	02:09:49.10	CALGARY
108 MASTEL, MICHELE	253	SPR30-39F	00:22:37.25	103	03:00	01:11:30.90	111	21.81	00:37:16.40	102	07:27	02:11:24.55	MEDICINE H.
109 FREY, CHAD	276	SPR30-39M	00:22:40.30	104	03:01	01:11:27.25	110	21.83	00:37:17.30	103	07:27	02:11:24.85	MEDICINE H.
110 JACKSON, CHRIS	281	SPR30-39M	00:27:17.45	114	03:38	01:11:00.15	108	21.97	00:33:15.30	89	06:39	02:11:32.90	EDMONTON
111 JACKSON, ANDREA	248	SPR30-39F	00:22:17.95	98	02:58	01:11:18.95	109	21.87	00:38:17.75	105	07:39	02:11:54.65	EDMONTON
112 LOW, MEGAN	202	SPR16-19F	00:21:21.20	91	02:50	01:12:00.35	112	21.66	00:41:05.85	108	08:13	02:14:27.40	LETH
113 OLSON, NATALIE	334	SPR30-39F	00:25:39.35	112	03:25	01:07:41.00	105	23.05	00:42:53.20	114	08:34	02:16:13.55	LETH
114 POLLARD, MIKE	287	SPR30-39M	00:17:43.20	72	02:21	01:19:11.55	114	19.70	00:42:19.00	111	08:27	02:19:13.75	LETH