

## Overall Results

**X-Sprint Individual 750M - 20K - 5K****7 Finishers**

Name	Bib#	Category	Finish	Swim	O/A	Pace/100M	Bike	O/A	Pace K/H	Run	O/A	Pace/Km	City
1. GLOVER, AARON	93	XSPRT30-39M	<b>01:21:33.25</b>	00:16:03.60	5	02:08	00:45:08.80	1	26.58	00:20:20.85	1	04:04	FERNIE
2. MANCELL, BRYCE	90	XSPRT20-29M	<b>01:29:57.95</b>	00:15:33.00	3	02:04	00:50:29.55	2	23.77	00:23:55.40	2	04:47	ELKFORD
3. THIBODEAU, KRIS	96	XSPRT40-49M	<b>01:33:59.95</b>	00:14:46.80	2	01:58	00:53:06.95	4	22.59	00:26:06.20	3	05:13	FERNIE
4. RUSSELL, KATHERINE	92	XSPRT30-39F	<b>01:35:37.35</b>	00:13:38.95	1	01:49	00:53:04.05	3	22.61	00:28:54.35	5	05:46	ELKFORD
5. PEEL, ALLISON	91	XSPRT30-39F	<b>01:39:33.45</b>	00:16:01.05	4	02:07	00:57:17.90	5	20.94	00:26:14.50	4	05:14	ELKFORD
6. DESMOULINS, ALISTAIR	97	XSPRT60+M	<b>02:01:07.05</b>	00:20:55.90	7	02:47	01:03:43.70	6	18.83	00:36:27.45	7	07:17	COLEMAN
7. VORONINA, LYUDMYLA	95	XSPRT40-49F	<b>02:04:30.15</b>	00:17:35.65	6	02:20	01:10:28.00	7	17.03	00:36:26.50	6	07:17	SPARWOOD