

Overall Results

Xtreme 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 MILLER, RICK	152	XSPRT20-29M	00:14:46.15	2	01:58	00:52:54.30	1	22.68	00:22:12.25	1	04:26	01:29:52.70	ELKFORD
2 HUME, SHELLY	154	XSPRT50-59F	00:14:45.70	1	01:58	00:55:04.50	2	21.79	00:28:56.70	2	05:47	01:38:46.90	SPARWOOD
3 VORONINA, LYUDMYLA (LUC`	153	XSPRT30-39F	00:17:07.35	3	02:16	01:14:23.95	4	16.13	00:33:47.80	3	06:45	02:05:19.10	SPARWOOD
4 MILLER, CARL	155	XSPRT50-59M	00:22:55.50	4	03:03	01:10:48.80	3	16.95	00:33:52.70	4	06:46	02:07:37.00	ELKFORD