

**2012 Elkford Triathlon  
XTREME Sprint Bike Times**

<b>Sprint 20K</b>				
<b>Name</b>	<b>Bib#</b>	<b>Time</b>	<b>Category</b>	<b>Heat</b>
1 RUSSELL, JIM	53	00:44:23.65	XSPRTTEAM3-50-59MX	H1
2 MACREADY, LAURA	48	00:44:29.15	XSPRT30-39F	H1
3 MILLER, RICK	47	00:51:18.00	XSPRT20-29M	H1
4 HUME, SHELLY	49	00:52:50.15	XSPRT40-49F	H1
5 FRIESEN, BERT	50	00:56:49.10	XSPRT40-49M	H1
6 MILLER, CARL	51	00:58:03.25	XSPRT50-59M	H1
7 CHRISTOPHERSON, JODY	52	01:03:23.00	XSPRTTEAM2-30-39F	H1