

## Overall Results

## Sprint Individual 750M - 20K - 5K

## 37 Finishers

Name	Bib#	Category	Finish	Swim	O/A	Pace/100M	Bike	O/A	Pace K/H	Run	O/A	Pace/Km	City
1. ROBDRUP, DANNY	54	SPRT30-39M	<b>01:10:04.10</b>	00:13:58.70	5	01:51	00:34:28.15	1	34.81	00:21:37.25	1	04:19	ZEPHBRIDGE
2. FAHSELT, TRAVIS	60	SPRT40-49M	<b>01:13:53.55</b>	00:14:27.55	7	01:55	00:35:46.20	2	33.55	00:23:39.80	4	04:43	JAFFRAY
3. SPADY, KENT	55	SPRT30-39M	<b>01:14:58.35</b>	00:12:53.70	3	01:43	00:40:18.40	5	29.77	00:21:46.25	2	04:21	LETHBRIDGE
4. DECILLIA, RYAN	59	SPRT40-49M	<b>01:16:06.15</b>	00:12:51.55	2	01:42	00:36:23.60	3	32.97	00:26:51.00	9	05:22	LETHBRIDGE
5. BOEHM, ERIN	42	SPRT30-39F	<b>01:21:39.60</b>	00:16:52.60	20	02:15	00:39:56.50	4	30.04	00:24:50.50	6	04:58	JAFFRAY
6. THUMMERER, DERRICK	31	SPRT19&UM	<b>01:23:09.60</b>	00:14:45.25	8	01:58	00:44:59.50	9	26.67	00:23:24.85	3	04:40	SPARWOOD
7. FAHSELT, MELISSA	56	SPRT40-49F	<b>01:27:02.70</b>	00:15:32.95	14	02:04	00:43:05.05	7	27.85	00:28:24.70	11	05:40	JAFFRAY
8. GRIFFITHS, OWAIN	39	SPRT20-29M	<b>01:30:36.30</b>	00:15:19.15	11	02:02	00:46:35.25	13	25.76	00:28:41.90	12	05:44	FERNIE
9. PIGOTT, TARA	66	SPRT50-59F	<b>01:30:45.05</b>	00:17:54.45	26	02:23	00:44:31.90	8	26.95	00:28:18.70	10	05:39	FERNIE
10. QUAIFE, AMY	50	SPRT30-39F	<b>01:30:51.65</b>	00:16:58.50	21	02:15	00:45:01.55	10	26.65	00:28:51.60	14	05:46	CRANBROOK
11. ATTORP, JENNIFER	41	SPRT30-39F	<b>01:31:19.05</b>	00:14:11.05	6	01:53	00:48:13.25	17	24.89	00:28:54.75	15	05:46	ELKFORD
12. FROST, PETRA	57	SPRT40-49F	<b>01:31:48.50</b>	00:18:57.65	27	02:31	00:43:03.00	6	27.87	00:29:47.85	19	05:57	COALHURST
13. FAIRBAIRN, STEVE	68	SPRT50-59M	<b>01:33:17.95</b>	00:14:49.85	9	01:58	00:46:20.10	11	25.90	00:32:08.00	24	06:25	ELKFORD
14. FROST, SPENCER	61	SPRT40-49M	<b>01:33:25.65</b>	00:15:26.95	12	02:03	00:48:11.30	16	24.90	00:29:47.40	18	05:57	COALHURST
15. ATHERTON, ROSALIE	64	SPRT50-59F	<b>01:34:13.10</b>	00:17:40.10	25	02:21	00:47:49.65	15	25.09	00:28:43.35	13	05:44	ELKFORD
16. PASKIEWICH, GAGE	30	SPRT19&UM	<b>01:34:18.75</b>	00:16:48.20	19	02:14	00:53:27.55	29	22.45	00:24:03.00	5	04:48	SPARWOOD
17. ARTHUR, NICOLE	40	SPRT30-39F	<b>01:34:56.15</b>	00:20:23.55	33	02:43	00:49:24.15	25	24.29	00:25:08.45	7	05:01	ELKFORD
18. SAUVE, EMILY	51	SPRT30-39F	<b>01:37:02.05</b>	00:15:16.75	10	02:02	00:48:35.15	19	24.70	00:33:10.15	26	06:38	FERNIE
19. SULLIVAN, HANNAH	37	SPRT20-29F	<b>01:37:15.70</b>	00:15:28.45	13	02:03	00:48:37.40	20	24.68	00:33:09.85	25	06:37	FERNIE
20. THUMMERER, KONRAD	32	SPRT19&UM	<b>01:37:50.80</b>	00:15:52.05	16	02:06	00:55:39.45	31	21.56	00:26:19.30	8	05:15	SPARWOOD
21. PINCHAK, ALAYNA	49	SPRT30-39F	<b>01:37:57.35</b>	00:16:59.75	22	02:15	00:48:55.90	22	24.52	00:32:01.70	22	06:24	SPARWOOD
22. PARR, NATALIE	48	SPRT30-39F	<b>01:38:26.10</b>	00:17:18.85	23	02:18	00:51:32.45	26	23.28	00:29:34.80	17	05:54	FERNIE
23. EVANS, HILARY	45	SPRT30-39F	<b>01:38:33.80</b>	00:16:31.60	18	02:12	00:48:43.20	21	24.63	00:33:19.00	28	06:39	FERNIE
24. ETUE, RAEGAN	44	SPRT30-39F	<b>01:39:01.70</b>	00:17:23.15	24	02:19	00:48:15.80	18	24.86	00:33:22.75	29	06:40	SPARWOOD
25. NIXON, MEGAN	35	SPRT20-29F	<b>01:41:10.70</b>	00:12:07.35	1	01:36	00:55:51.50	32	21.48	00:33:11.85	27	06:38	LETHBRIDGE
26. LARSON, ROB	63	SPRT40-49M	<b>01:41:14.00</b>	00:20:20.90	32	02:42	00:46:38.90	14	25.72	00:34:14.20	30	06:50	SPARWOOD
27. ATHERTON, KEVIN	67	SPRT50-59M	<b>01:42:02.80</b>	00:21:12.50	35	02:49	00:49:07.25	23	24.43	00:31:43.05	21	06:20	ELKFORD
28. TERRIAH, COURTNEY	38	SPRT20-29F	<b>01:43:22.80</b>	00:19:52.45	30	02:38	00:52:49.60	27	22.72	00:30:40.75	20	06:08	FERNIE
29. SHIELDS, KRISTY	52	SPRT30-39F	<b>01:43:52.20</b>	00:15:47.15	15	02:06	00:58:40.60	33	20.45	00:29:24.45	16	05:52	FERNIE
30. HUME, CAILEY	33	SPRT20-29F	<b>01:44:38.05</b>	00:13:45.35	4	01:50	00:49:07.65	24	24.43	00:41:45.05	34	08:21	SPARWOOD
31. SULLIVAN, FARREN	36	SPRT20-29F	<b>01:44:47.05</b>	00:16:05.40	17	02:08	00:52:53.25	28	22.69	00:35:48.40	31	07:09	FERNIE
32. DIRKS, RENATA	43	SPRT30-39F	<b>01:45:05.10</b>	00:26:37.20	37	03:32	00:46:23.70	12	25.86	00:32:04.20	23	06:24	FERNIE
33. L'HEUREUX, KATRINA	65	SPRT50-59F	<b>01:55:03.65</b>	00:19:30.20	29	02:36	00:54:29.70	30	22.02	00:41:03.75	33	08:12	FERNIE
34. VORONINA, LYUDMYLA	53	SPRT30-39F	<b>02:04:35.30</b>	00:19:17.95	28	02:34	01:00:16.30	34	19.91	00:45:01.05	35	09:00	SPARWOOD
35. ARNESEN, MALCOLM	58	SPRT40-49M	<b>02:05:46.55</b>	00:20:08.75	31	02:41	01:05:37.35	35	18.29	00:40:00.45	32	08:00	ELKFORD
36. HOLS, REBECCA	47	SPRT30-39F	<b>02:13:27.25</b>	00:20:43.50	34	02:45	01:05:52.70	36	18.22	00:46:51.05	36	09:22	FERNIE
37. JORDAN, WILLIAM C	69	SPRT60+M	<b>02:23:24.45</b>	00:23:06.35	36	03:04	01:12:39.30	37	16.52	00:47:38.80	37	09:31	SPARWOOD