

Overall Results

Sprint Individual 750M - 20K - 5K

38 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	258	SPRT30-39M	01:04:19.79	00:12:32.30	3	01:40	00:32:58.40	2	36.39	00:18:49.09	1	03:45	ZEPHBRIDGE
2. MAUDIE, BOB	265	SPRT40-49M	01:05:55.17	00:12:53.23	4	01:43	00:32:58.25	1	36.40	00:20:03.69	3	04:00	FERNIE
3. FREHLICH, HEIDI	231	SPRT19&UF	01:14:28.39	00:12:09.96	1	01:37	00:40:57.64	6	29.30	00:21:20.79	4	04:16	LETHBRIDGE
4. WHITING, DANIEL	260	SPRT30-39M	01:15:45.11	00:15:36.33	16	02:04	00:40:09.87	5	29.88	00:19:58.91	2	03:59	CALGARY
5. MCDONALD, DANIEL	256	SPRT30-39M	01:16:27.84	00:14:51.52	11	01:58	00:38:22.42	3	31.27	00:23:13.90	7	04:38	FERNIE
6. RANKINE, LAURA	249	SPRT30-39F	01:20:22.28	00:14:33.12	9	01:56	00:41:17.35	7	29.06	00:24:31.81	9	04:54	FERNIE
7. HARRINGTON, MIKE	264	SPRT40-49M	01:21:32.19	00:16:30.79	20	02:12	00:38:24.44	4	31.24	00:26:36.96	13	05:19	SPARWOOD
8. SUTHERLAND, JEFF	259	SPRT30-39M	01:23:35.60	00:19:05.69	29	02:32	00:41:18.72	8	29.05	00:23:11.19	6	04:38	ELKFORD
9. PAGE-SHINER, IAN	257	SPRT30-39M	01:24:22.23	00:14:28.63	7	01:55	00:42:55.53	9	27.96	00:26:58.07	18	05:23	FERNIE
10. SIMPKIN, DEVIN	244	SPRT20-29M	01:26:11.13	00:15:05.15	12	02:00	00:44:41.91	12	26.85	00:26:24.07	12	05:16	LETHBRIDGE
11. SCHEBESCH, TIFFANY	239	SPRT20-29F	01:27:19.12	00:17:20.64	26	02:18	00:43:53.83	10	27.34	00:26:04.65	11	05:12	CALGARY
12. ARTHUR, NICOLE	261	SPRT40-49F	01:27:19.82	00:20:02.95	31	02:40	00:44:48.94	13	26.78	00:22:27.93	5	04:29	ELKFORD
13. FRANCOEUR-LEBLOND, NICOLAS	255	SPRT30-39M	01:27:52.20	00:15:53.25	18	02:07	00:45:19.55	15	26.47	00:26:39.40	14	05:19	FERNIE
14. LEMIEUX, STEPHANIE	263	SPRT40-49F	01:30:01.17	00:15:14.09	14	02:01	00:47:33.19	18	25.23	00:27:13.89	19	05:26	FERNIE
15. FLEMMING, SUE	269	SPRT60+F	01:30:46.77	00:16:30.94	21	02:12	00:44:00.23	11	27.27	00:30:15.60	28	06:03	FERNIE
16. JOHANCNIK, ANDREA	237	SPRT20-29F	01:30:59.25	00:15:51.89	17	02:06	00:45:19.18	14	26.48	00:29:48.18	23	05:57	CALGARY
17. GAGNON, COLLEEN	270	SPRT60+F	01:31:04.81	00:18:31.93	28	02:28	00:48:01.63	20	24.99	00:24:31.25	8	04:54	CROSSFIELD
18. TAPHORN, ANTHONY	232	SPRT19&UM	01:31:47.01	00:16:05.09	19	02:08	00:48:27.46	23	24.76	00:27:14.46	20	05:26	ELKFORD
19. HUGHES, MADDY	236	SPRT20-29F	01:32:26.69	00:16:39.19	22	02:13	00:48:06.60	21	24.94	00:27:40.90	21	05:32	FERNIE
20. DECKER MASON, COLLEEN	245	SPRT30-39F	01:32:26.93	00:15:34.74	15	02:04	00:46:45.35	16	25.67	00:30:06.84	27	06:01	SPARWOOD
21. JUELL, DAVIS	242	SPRT20-29M	01:33:41.45	00:19:57.49	30	02:39	00:47:41.90	19	25.16	00:26:02.06	10	05:12	LETHBRIDGE
22. BADGERY, EMMA	233	SPRT20-29F	01:34:14.31	00:17:43.33	27	02:21	00:49:47.50	24	24.10	00:26:43.48	16	05:20	BANFF
23. DORATY, STEPHANIE	246	SPRT30-39F	01:35:44.28	00:13:22.06	5	01:46	00:51:40.73	29	23.22	00:30:41.49	29	06:08	SPARWOOD
24. FORNWALD, RACHELLE	234	SPRT20-29F	01:36:41.03	00:20:09.59	32	02:41	00:49:50.60	25	24.08	00:26:40.84	15	05:20	CALGARY
25. TOGO, KRISTY	251	SPRT30-39F	01:37:28.83	00:13:36.10	6	01:48	00:51:26.56	28	23.33	00:32:26.17	32	06:29	LETHBRIDGE
26. SULLIVAN, FARREN	241	SPRT20-29F	01:37:44.43	00:16:54.62	23	02:15	00:50:47.55	26	23.63	00:30:02.26	26	06:00	ELKO
27. ATHERTON, KEVIN	266	SPRT50-59M	01:37:58.99	00:20:45.35	34	02:46	00:47:19.56	17	25.36	00:29:54.08	24	05:58	ELKFORD
28. KOELMA, MATT	243	SPRT20-29M	01:39:42.35	00:15:06.24	13	02:00	00:57:44.33	32	20.78	00:26:51.78	17	05:22	CALGARY
29. CREELMAN, MELISSA	262	SPRT40-49F	01:40:47.07	00:17:11.98	25	02:17	00:50:53.54	27	23.58	00:32:41.55	33	06:32	SPARWOOD
30. USHER, SAM	252	SPRT30-39F	01:41:36.23	00:12:17.03	2	01:38	00:54:44.83	31	21.92	00:34:34.37	34	06:54	FERNIE
31. INMAN, JAMIE	247	SPRT30-39F	01:41:38.31	00:17:01.11	24	02:16	00:54:38.57	30	21.96	00:29:58.63	25	05:59	FERNIE
32. ROGERS, LINDA	272	SPRT60+F	01:43:55.68	00:23:18.14	37	03:06	00:48:18.46	22	24.84	00:32:19.08	31	06:27	FERNIE
33. HOOGSTRATEN, LAURA	235	SPRT20-29F	01:46:51.31	00:14:44.68	10	01:57	01:02:40.77	36	19.15	00:29:25.86	22	05:53	CALGARY
34. JERIA, NICOLE	248	SPRT30-39F	01:55:53.52	00:14:29.20	8	01:55	01:09:47.98	37	17.19	00:31:36.34	30	06:19	ELKFORD
35. MURPHY, COLLEEN	271	SPRT60+F	01:59:31.47	00:21:33.81	35	02:52	00:59:22.79	34	20.21	00:38:34.87	35	07:42	ELKFORD
36. ZIMMER, NICKI	253	SPRT30-39F	02:05:54.36	00:21:43.11	36	02:53	01:00:28.65	35	19.84	00:43:42.60	36	08:44	ELKFORD
37. BERGMAN, KAREN	268	SPRT60+F	02:06:48.91	00:20:18.67	33	02:42	00:58:40.11	33	20.45	00:47:50.13	37	09:34	BAYNES LAKE

Overall Results

Sprint Individual 750M - 20K - 5K

38 Finishers

Name	Bib#	Category	Finish	Swim	O/A	Pace/100M	Bike	O/A	Pace K/H	Run	O/A	Pace/Km	City
38. JORDAN, WILLIAM C.	273	SPRT60+M	03:03:56.73	00:25:37.87	38	03:25	01:34:05.01	38	12.75	01:04:13.85	38	12:50	SPARWOOD