

**2019 Elkford Triathlon
XTREME Sprint Bike Times**

Xtreme Sprint 20K			
Name	Bib#	Time	Category
1 RUSSELL, JIM	288	00:45:53.09	XSPRTTEAM2-40-49MX
2 DOEY, BRUCE	283	00:51:07.05	XSPRT30-39M
3 PODEMSKI, ELLISA	284	00:53:53.98	XSPRT40-49F
4 MASSEY, DAN	287	00:54:34.22	XSPRT50-59M
5 LUCK, TARREN	281	00:56:26.33	XSPRT20-29M
6 LARSON, ROB	286	01:00:15.00	XSPRT40-49M
7 SISKA, LINDSAY	282	01:00:53.67	XSPRT30-39F
8 VORONINA, LYUDMYLA	285	01:18:24.40	XSPRT40-49F