

Overall Results

Sprint Individual 750M - 20K - 5K

25 Finishers

Name	Bib#	Category	Finish	Swim	O/A	Pace/100M	Bike	O/A	Pace K/H	Run	O/A	Pace/Km	City
1. DUQUESNAY, ANDREW	160	SPRT30-39M	01:05:57.90	00:13:35.49	3	01:48	00:33:13.16	1	36.12	00:19:09.25	2	03:49	FERNIE
2. ROBDRUP, DANNY	169	SPRT40-49M	01:10:01.78	00:15:04.00	6	02:00	00:36:24.88	2	32.95	00:18:32.90	1	03:42	LETHBRIDGE
3. CULTRERA, JORDAN	150	SPRT19&UF	01:13:04.17	00:11:55.68	1	01:35	00:39:19.72	3	30.51	00:21:48.77	5	04:21	CALGARY
4. PAGE-SHINER, IAN	163	SPRT30-39M	01:15:57.04	00:15:32.87	8	02:04	00:40:31.79	5	29.61	00:19:52.38	3	03:58	FERNIE
5. BENNETT, JAMES	152	SPRT20-29M	01:16:37.94	00:14:57.87	5	01:59	00:39:43.65	4	30.21	00:21:56.42	6	04:23	FERNIE
6. KURIO, BRETT	162	SPRT30-39M	01:19:32.42	00:16:34.44	9	02:12	00:42:16.29	6	28.39	00:20:41.69	4	04:08	LETHBRIDGE
7. SUTHERLAND, JEFF	170	SPRT40-49M	01:25:37.02	00:16:46.40	10	02:14	00:45:52.79	10	26.16	00:22:57.83	7	04:35	ELKFORD
8. HARRINGTON, MIKE	168	SPRT40-49M	01:26:43.42	00:18:19.51	15	02:26	00:42:31.09	7	28.22	00:25:52.82	14	05:10	SPARWOOD
9. RUSSELL, KATHERINE	159	SPRT30-39F	01:26:51.63	00:14:00.98	4	01:52	00:46:01.43	11	26.07	00:26:49.22	16	05:21	ELKFORD
10. LESSARD, CHRISTIAN	174	SPRT60+M	01:27:04.17	00:19:55.40	19	02:39	00:43:27.86	8	27.61	00:23:40.91	10	04:44	OKOTOKS
11. TURCATO, BRETT	165	SPRT30-39M	01:28:24.09	00:18:39.94	18	02:29	00:45:20.01	9	26.47	00:24:24.14	11	04:52	LETHBRIDGE
12. MURPHY, STEVE	175	SPRT60+M	01:28:32.68	00:17:24.57	11	02:19	00:47:43.98	13	25.14	00:23:24.13	9	04:40	CALGARY
13. SIMPKIN, DEVIN	164	SPRT30-39M	01:31:02.06	00:17:29.22	12	02:19	00:46:36.85	12	25.74	00:26:55.99	17	05:23	LETHBRIDGE
14. DORATTY, STEPHANIE	156	SPRT30-39F	01:31:54.44	00:13:34.42	2	01:48	00:52:11.26	18	22.99	00:26:08.76	15	05:13	SPARWOOD
15. DUGAL, TRAVIS	167	SPRT40-49M	01:31:56.47	00:15:31.74	7	02:04	00:53:24.48	21	22.47	00:23:00.25	8	04:36	ELKFORD
16. NORTON, KAROLINA	166	SPRT40-49F	01:33:54.10	00:17:51.60	13	02:22	00:48:46.28	15	24.60	00:27:16.22	18	05:27	AIRDRIE
17. JUELL, DAVIS	154	SPRT20-29M	01:35:02.03	00:18:22.05	17	02:26	00:48:58.00	16	24.51	00:27:41.98	19	05:32	LETHBRIDGE
18. TIEFENBACH, DONNA	172	SPRT50-59F	01:35:41.27	00:18:20.11	16	02:26	00:52:22.79	19	22.91	00:24:58.37	13	04:59	LETHBRIDGE
19. ATHERTON, KEVIN	173	SPRT60+M	01:39:00.12	00:21:45.17	21	02:54	00:48:07.90	14	24.93	00:29:07.05	20	05:49	ELKFORD
20. KURIO, MORGAN	158	SPRT30-39F	01:40:05.16	00:18:09.00	14	02:25	00:52:24.38	20	22.90	00:29:31.78	21	05:54	LETHBRIDGE
21. LANG, KYLE	155	SPRT20-29M	01:41:47.87	00:25:01.07	24	03:20	00:51:59.71	17	23.08	00:24:47.09	12	04:57	REGINA
22. BAIRD, BRENDA	171	SPRT50-59F	01:58:57.55	00:22:46.98	22	03:02	01:01:15.01	23	19.59	00:34:55.56	23	06:59	LETHBRIDGE
23. DARIMONT, EMMA	151	SPRT20-29F	02:03:53.46	00:26:55.64	25	03:35	00:57:13.75	22	20.97	00:39:44.07	25	07:56	ELKFORD
24. FERGUSON, ALLISON	157	SPRT30-39F	02:05:12.40	00:20:19.22	20	02:42	01:07:52.75	24	17.68	00:37:00.43	24	07:24	AIRDRIE
25. KOEHLER, CHRIS	161	SPRT30-39M	02:20:18.60	00:24:52.93	23	03:19	01:22:43.31	25	14.51	00:32:42.36	22	06:32	CALGARY