

## Overall Solo Gender Results

## Olympic 1.5K - 40K - 10K

## Female

Name	Bib#	Category	Swim	Cat	Bike	Cat	Run	Cat	Finish	City
1 LATHAM, COLLEEN	523	OLY30-39F	00:25:41.00	1	01:12:54.80	2	00:43:06.35	1	02:21:42.15	WHITEHOF
2 ANDERSON, JULIE	522	OLY30-39F	00:26:56.00	2	01:12:37.22	1	00:51:31.93	3	02:31:05.15	BLAIREMC
3 MCCULLOCH, ROBIN	525	OLY30-39F	00:27:11.00	3	01:20:31.55	4	00:48:23.90	2	02:36:06.45	LETH
4 ROEMMELE, TRACEY	528	OLY30-39F	00:32:50.75	7	01:14:22.05	3	00:53:26.30	4	02:40:39.10	LETH
5 DALPHOND, LOUISE	556	OLY40-49F	00:26:42.00	1	01:22:03.25	3	00:52:01.05	1	02:40:46.30	LETH
6 SLEIK, JOANNA	510	OLY20-29F	00:29:40.00	5	01:25:13.95	4	00:48:39.90	2	02:43:33.85	CRANBRO
7 KINDLEY, TRISH	559	OLY40-49F	00:29:11.00	3	01:20:06.25	1	00:54:49.60	2	02:44:06.85	LETH
8 PATTERSON, ERIN	507	OLY20-29F	00:24:28.00	1	01:21:54.50	1	00:59:16.55	4	02:45:39.05	LETH
9 RUDD, LESLIE	509	OLY20-29F	00:26:52.00	2	01:26:42.90	5	00:53:16.75	3	02:46:51.65	CALGARY
10 HARRIS, ERIN	503	OLY20-29F	00:31:44.00	6	01:29:48.55	6	00:47:17.40	1	02:48:49.95	MONARCH
11 MASON, TRUDI	524	OLY30-39F	00:30:00.80	4	01:21:38.81	5	00:58:06.54	6	02:49:46.15	LETH
12 LAMBERT, BRIDGET	504	OLY20-29F	00:28:37.00	4	01:22:29.90	2	01:01:48.35	6	02:52:55.25	MED. HAT
13 BALDREY, SUE	552	OLY40-49F	00:32:32.00	5	01:21:59.90	2	00:59:15.15	7	02:53:47.05	CALGARY
14 KOLODZIEJZYK, HELEN	560	OLY40-49F	00:35:07.00	8	01:22:34.05	4	00:56:53.90	4	02:54:34.95	CALGARY
15 THIBERT, CAROL	583	OLY50-59F	00:30:56.13	1	01:23:42.82	1	01:00:08.80	2	02:54:47.75	LETH
16 HANDSAEME, SHERRY	557	OLY40-49F	00:29:02.00	2	01:23:19.10	5	01:04:09.20	9	02:56:30.30	LETH
17 OHLMANN, NIKKI	506	OLY20-29F	00:32:03.00	7	01:24:16.70	3	01:00:13.65	5	02:56:33.35	LETH
18 KEITH, PATRICIA	580	OLY50-59F	00:33:29.34	5	01:29:57.16	3	00:53:10.15	1	02:56:36.65	LETH
19 BROWN, LESLEY	555	OLY40-49F	00:31:12.48	4	01:26:28.77	7	00:59:13.30	6	02:56:54.55	LETH
20 VUCUREVICH, ALLISON	529	OLY30-39F	00:37:01.00	8	01:27:05.65	7	00:56:53.65	5	03:01:00.30	LETH
21 EMERSON, TRISH	579	OLY50-59F	00:31:15.23	2	01:25:37.22	2	01:04:24.35	4	03:01:16.80	LETH
22 BERING, HEATHER	554	OLY40-49F	00:41:20.00	11	01:26:02.55	6	00:57:52.75	5	03:05:15.30	MED. HAT
23 KING, ANGE	581	OLY50-59F	00:33:06.00	3	01:31:45.45	4	01:01:35.95	3	03:06:27.40	CALGARY
24 MENTANKO-TIEFENBACH, DONNA	561	OLY40-49F	00:37:08.00	9	01:35:09.45	8	00:55:11.35	3	03:07:28.80	LETH
25 PENNER, KRISTY	508	OLY20-29F	00:28:01.00	3	01:34:32.90	7	01:08:18.15	7	03:10:52.05	LETH
26 WATERS-HUSS, LORELEI	564	OLY40-49F	00:33:02.00	6	01:38:07.65	9	01:01:01.85	8	03:12:11.50	LETH
27 MOLINE, LAURA	526	OLY30-39F	00:31:06.93	5	01:24:22.72	6	01:21:25.25	8	03:16:54.90	OKOTOKS
28 WOJTOWICZ, KAREN	530	OLY30-39F	00:32:18.00	6	01:33:21.15	8	01:19:10.95	7	03:24:50.10	LETH
29 NORGARD, BARB	582	OLY50-59F	00:33:13.00	4	01:39:11.40	5	01:14:30.00	5	03:26:54.40	FT. MACLE
30 MCINTYRE, KRISTEN	505	OLY20-29F	00:36:59.00	8	01:49:11.50	8	01:09:54.65	8	03:36:05.15	CALGARY
31 PATTERSON, SANDY	562	OLY40-49F	00:34:29.23	7	01:39:02.12	10	01:25:28.10	10	03:38:59.45	LETH
32 BAUMBER, KIRSTEN	553	OLY40-49F	00:40:33.00	10	01:39:12.65	11	01:54:46.20	11	04:14:31.85	CALGARY

## Overall Solo Gender Results

## Olympic 1.5K - 40K - 10K

## Male

Name	Bib#	Category	Swim	Cat	Bike	Cat	Run	Cat	Finish	City
1 SCHAEERZ, SIMON	519	OLY20-29M	00:20:49.00	1	01:02:03.10	1	00:36:48.05	1	01:59:40.15	LETH
2 KINCAID, JASON	542	OLY30-39M	00:21:38.00	2	01:00:01.00	1	00:39:40.70	1	02:01:19.70	EDMONTON
3 REID, CHAD	548	OLY30-39M	00:20:48.00	1	01:04:19.70	2	00:41:16.60	3	02:06:24.30	LETH
4 WILKINSON, JOEL	578	OLY40-49M	00:22:59.00	1	01:06:27.95	1	00:45:07.50	1	02:14:34.45	COCHRAN
5 MUNDELL, MARK	545	OLY30-39M	00:22:34.00	3	01:08:39.20	4	00:45:15.85	4	02:16:29.05	LETH
6 HAYNER, DARREN	539	OLY30-39M	00:26:57.00	7	01:09:17.05	5	00:40:37.75	2	02:16:51.80	CALGARY
7 HUMPHREY, MIKE	514	OLY20-29M	00:28:42.00	6	01:04:21.07	2	00:47:45.88	2	02:20:48.95	LETH
8 FIX, TIM	538	OLY30-39M	00:28:03.00	9	01:08:04.10	3	00:46:58.25	8	02:23:05.35	CRANBRO
9 WILKINSON, KENTON	502	OLY16-19M	00:24:22.00	1	01:19:56.35	2	00:40:05.05	1	02:24:23.40	COCHRAN
10 PENNER, DARRYL	547	OLY30-39M	00:28:59.00	10	01:09:50.20	6	00:45:47.30	5	02:24:36.50	CALGARY
11 NICOL, CREGG	574	OLY40-49M	00:30:05.78	6	01:07:08.02	2	00:47:33.60	2	02:24:47.40	COALHUR
12 ELM, IAN	536	OLY30-39M	00:26:09.00	5	01:10:55.65	8	00:48:10.45	9	02:25:15.10	EDMONTON
13 SLEIK, RYAN	550	OLY30-39M	00:29:26.00	12	01:10:00.74	7	00:46:53.61	7	02:26:20.35	CRANBRO
14 OLSEN, JOHN	518	OLY20-29M	00:24:20.00	3	01:12:08.35	3	00:50:07.60	5	02:26:35.95	CALGARY
15 ONTKEAN, NICK	501	OLY16-19M	00:29:15.00	2	01:12:24.88	1	00:46:16.67	2	02:27:56.55	LETH
16 ENGLISH, JASON	537	OLY30-39M	00:26:22.00	6	01:13:06.64	9	00:51:05.66	12	02:30:34.30	CALGARY
17 GLADNEY, GERARD	570	OLY40-49M	00:29:13.00	4	01:12:54.45	3	00:52:01.65	6	02:34:09.10	CALGARY
18 ARMSTRONG, DWAYNE	584	OLY50-59M	00:28:29.00	2	01:12:41.50	1	00:53:43.60	3	02:34:54.10	LETH
19 DAVIES, DYLAN	534	OLY30-39M	00:22:44.00	4	01:16:42.58	10	00:56:03.27	17	02:35:29.85	LETH
20 COTE, RICHARD	532	OLY30-39M	00:30:00.00	13	01:21:28.70	15	00:45:59.35	6	02:37:28.05	CALGARY
21 MENTA, ROGER	517	OLY20-29M	00:26:31.00	5	01:14:58.66	4	00:56:53.24	7	02:38:22.90	CALGARY
22 CRAIG, STEVE	533	OLY30-39M	00:28:59.83	11	01:18:38.67	11	00:51:03.30	11	02:38:41.80	LETH
23 PROBST, DALE	576	OLY40-49M	00:27:24.00	2	01:19:43.10	6	00:51:40.50	5	02:38:47.60	LETH
24 SMITH, JUSTIN	520	OLY20-29M	00:24:13.00	2	01:19:52.30	6	00:55:26.50	6	02:39:31.80	CALGARY
25 SMITH, BRENT	592	OLY50-59M	00:28:29.00	3	01:16:12.65	2	00:55:04.80	4	02:39:46.45	CALGARY
26 CANADINE, MIKE	568	OLY40-49M	00:32:39.57	7	01:21:39.38	7	00:47:54.15	3	02:42:13.10	MED. HAT
27 THURBER, BRUCE	577	OLY40-49M	00:29:25.00	5	01:17:11.00	4	00:55:38.75	9	02:42:14.75	MED. HAT
28 KENNES, LEON	590	OLY50-59M	00:32:31.00	4	01:19:38.50	3	00:51:06.50	2	02:43:16.00	LETH
29 BERING, MICHAEL	567	OLY40-49M	00:33:23.69	8	01:18:00.86	5	00:52:11.95	7	02:43:36.50	MED. HAT
30 ERICKSON, DREW	565	OLY20-29M	00:39:45.00	10	01:15:31.60	5	00:48:36.30	3	02:43:52.90	LETH
31 PATERSON, KYLE	546	OLY30-39M	00:31:14.00	15	01:21:06.95	14	00:53:01.20	15	02:45:22.15	LETH
32 KWASNY, JASON	543	OLY30-39M	00:35:17.85	16	01:19:32.70	13	00:52:57.55	14	02:47:48.10	LETH
33 KELLN, TRAVIS	541	OLY30-39M	00:31:01.82	14	01:23:20.78	16	00:53:25.85	16	02:47:48.45	SWIFT CUI
34 HARRISON, BRIAN	513	OLY20-29M	00:37:22.00	9	01:21:23.40	7	00:49:30.70	4	02:48:16.10	LETH
35 VAN MULLIGEN, JASON	551	OLY30-39M	00:37:27.28	17	01:19:28.72	12	00:52:54.65	13	02:49:50.65	CALGARY
36 HAUBER, TYLER	571	OLY40-49M	00:38:16.03	10	01:23:09.92	8	00:51:02.70	4	02:52:28.65	MED. HAT
37 ISFELD, JASON	540	OLY30-39M	00:27:25.00	8	01:25:07.95	17	01:00:20.40	18	02:52:53.35	LETH
38 KEITH, KEVIN	589	OLY50-59M	00:33:03.97	5	01:23:12.38	4	00:57:07.75	5	02:53:24.10	LETH
39 SHRINER, JASON	549	OLY30-39M	00:39:08.00	18	01:28:05.65	19	00:50:32.95	10	02:57:46.60	LETH
40 LARABEE, JOSHUA	516	OLY20-29M	00:32:33.00	7	01:29:21.00	9	00:59:39.20	9	03:01:33.20	LETH
41 PENNER, KEN	575	OLY40-49M	00:36:53.00	9	01:31:24.70	10	00:53:38.10	8	03:01:55.80	LETH
42 WINGERTER, LES	594	OLY50-59M	00:26:31.00	1	01:45:43.75	7	00:50:37.80	1	03:02:52.55	LETH
43 KEMPSTER, CODY	515	OLY20-29M	00:25:57.00	4	01:24:58.50	8	01:12:34.30	10	03:03:29.80	LETH
44 BOYD, PATRICK	512	OLY20-29M	00:34:41.00	8	01:33:10.40	10	00:57:44.95	8	03:05:36.35	MED. HAT
45 FLAIG, DON	588	OLY50-59M	00:35:05.00	6	01:31:05.55	6	01:03:49.70	6	03:10:00.25	LETH
46 DAVIS, BRAD	535	OLY30-39M	00:39:12.00	19	01:27:05.40	18	01:10:30.80	19	03:16:48.20	LETH
47 MELE, BIAGIO	573	OLY40-49M	00:28:54.93	3	01:25:31.17	9	01:23:24.50	11	03:17:50.60	CALGARY
48 BROWN, MITCHEL	586	OLY50-59M	00:39:25.63	7	01:30:10.22	5	01:09:09.15	7	03:18:45.00	FT. MACLE
49 MCCRAY, GLENN	572	OLY40-49M	00:47:26.00	11	01:32:21.95	11	01:04:29.85	10	03:24:17.80	LETH
50 FRANTZ, DON	596	OLY60+M	00:34:07.22	1	01:36:28.48	1	01:20:52.45	1	03:31:28.15	LETH

## Overall Solo Gender Results

## Super Sprint .2K - 15K - 3K

## Female

Name	Bib#	Category	Swim	Cat	Bike	Cat	Run	Cat	Finish	City
1 THOMAS, LEXI	328	SS20-29F	00:04:09.00	6	00:35:28.75	1	00:17:26.10	1	00:57:03.85	LETH
2 COLEBY, FAY	342	SS30-39F	00:04:30.00	6	00:35:52.80	1	00:17:39.65	1	00:58:02.45	LETH
3 HEINE, LAURA	314	SS20-29F	00:03:00.00	1	00:37:54.50	2	00:18:39.20	3	00:59:33.70	FT. MACLE
4 HILL, CHRISTINE	306	SS16-19F	00:03:36.00	1	00:39:03.70	1	00:16:58.90	1	00:59:38.60	LETH
5 JONES-HUSCH, KATHY	348	SS30-39F	00:04:30.00	7	00:37:31.95	3	00:18:02.60	2	01:00:04.55	LETH
6 KELMAN, SARAH	316	SS20-29F	00:04:39.65	10	00:39:02.00	3	00:17:38.75	2	01:01:20.40	LETH
7 FRENCH, BROOKE	302	SS14-15F	00:03:15.00	1	00:41:04.65	2	00:18:14.95	2	01:02:34.60	LETH
8 MCDOUGALD, NATASHA	353	SS30-39F	00:04:02.00	3	00:38:14.10	4	00:20:35.85	4	01:02:51.95	CALGARY
9 GOMES, ADRIENNE	303	SS14-15F	00:03:44.00	3	00:42:30.35	3	00:16:40.55	1	01:02:54.90	LETH
10 LEHBAUER, KRIS	350	SS30-39F	00:03:54.00	2	00:40:37.80	9	00:18:49.00	3	01:03:20.80	LETH
11 THORNEYCROFT, WHITNEY	330	SS20-29F	00:03:42.03	4	00:41:13.37	5	00:19:28.75	5	01:04:24.15	LETH
12 WOOLF, LEANNE	360	SS30-39F	00:05:18.00	13	00:36:22.15	2	00:22:47.70	10	01:04:27.85	LACOMBE
13 MELE, BRIA	304	SS14-15F	00:04:47.19	4	00:40:31.91	1	00:19:18.80	3	01:04:37.90	CALGARY
14 AITKEN, ELENA	337	SS30-39F	00:04:36.00	9	00:38:35.05	5	00:21:27.25	7	01:04:38.30	OKOTOKS
15 KOSSUTH, VIVIEN	349	SS30-39F	00:04:35.00	8	00:39:16.35	6	00:21:19.45	5	01:05:10.80	LETH
16 FAULKNER, TRACEY	344	SS30-39F	00:04:40.00	10	00:39:47.05	7	00:21:21.90	6	01:05:48.95	LETH
17 ALFORD, TRINA	372	SS40-49F	00:05:17.00	3	00:40:16.25	2	00:20:19.60	2	01:05:52.85	LETH
18 GRAHAM, KATIE	313	SS20-29F	00:04:46.28	12	00:42:28.37	7	00:18:44.25	4	01:05:58.90	CALGARY
19 LOSEY, MEAGAN	318	SS20-29F	00:03:28.00	3	00:39:40.45	4	00:23:19.15	11	01:06:27.60	LETH
20 SELBY, HEATHER	357	SS30-39F	00:03:12.00	1	00:40:23.70	8	00:23:20.05	11	01:06:55.75	OKOTOKS
21 SCHWENGLER, MARCI	380	SS40-49F	00:06:17.01	8	00:41:35.59	3	00:19:10.45	1	01:07:03.05	LETH
22 SMITH, BEV	391	SS50-59F	00:07:21.00	4	00:38:53.55	1	00:21:20.20	1	01:07:34.75	LETH
23 BENZIE, ALEXA	301	SS14-15F	00:03:28.00	2	00:44:10.20	4	00:20:08.40	4	01:07:46.60	LETH
24 GRAY, MARIANNE	312	SS40-49F	00:05:51.00	7	00:40:05.35	1	00:21:58.40	4	01:07:54.75	LETH
25 BILODEAU-GOESEELS, SYLVIE	373	SS40-49F	00:04:38.00	2	00:41:40.90	4	00:21:59.25	5	01:08:18.15	LETH
26 TANIS, LIZ	327	SS20-29F	00:03:59.00	5	00:41:32.30	6	00:23:02.95	10	01:08:34.25	PICTURE E
27 SEIBEL, CARLY	308	SS20-29F	00:03:13.00	2	00:44:39.10	9	00:22:34.00	9	01:10:26.10	LETH
28 DEMERS, MICHELLE	386	SS50-59F	00:05:39.00	2	00:42:49.95	2	00:22:06.75	2	01:10:35.70	LETH
29 KOWALCZYK, RHEA	317	SS20-29F	00:04:43.00	11	00:44:51.60	10	00:21:08.75	6	01:10:43.35	LETH
30 HOWARD, MICHELINE	376	SS40-49F	00:06:52.00	9	00:43:11.90	6	00:20:47.55	3	01:10:51.45	CALGARY
31 CASTONGUAY, MONIQUE	341	SS30-39F	00:07:31.00	20	00:42:06.80	11	00:21:38.20	8	01:11:16.00	CALGARY
32 MARTENS, NANCY	351	SS30-39F	00:05:18.00	14	00:41:59.55	10	00:24:20.60	14	01:11:38.15	COALDALE
33 SCHLENKER, AMANDA	325	SS20-29F	00:05:33.00	15	00:44:26.20	8	00:22:04.00	8	01:12:03.20	LETH
34 BABE, NORMA	338	SS30-39F	00:04:51.00	11	00:45:33.30	16	00:21:51.85	9	01:12:16.15	LETH
35 ROMANIUK, KAREN	356	SS30-39F	00:05:29.00	16	00:43:28.20	13	00:23:41.20	12	01:12:38.40	LETH
36 ABBOTT, EILEEN	371	SS40-49F	00:05:34.00	5	00:43:06.85	5	00:24:12.20	7	01:12:53.05	LETH
37 CAPUTO, KAAREEN	340	SS30-39F	00:06:17.00	17	00:42:44.00	12	00:23:57.50	13	01:12:58.50	LETH
38 MARONDA, KIRBY	320	SS20-29F	00:04:32.00	8	00:45:34.70	11	00:23:41.10	12	01:13:47.80	LETH
39 MARONDA, BRETT	319	SS20-29F	00:04:22.93	7	00:48:48.22	12	00:21:17.10	7	01:14:28.25	CALGARY
40 VARZARI, ANDREA LYNN	359	SS30-39F	00:05:27.00	15	00:44:30.35	15	00:24:45.20	15	01:14:42.55	LETH
41 HANLEY, SHAUN	346	SS30-39F	00:04:05.00	4	00:44:02.55	14	00:26:49.05	17	01:14:56.60	LETH
42 MCLEAN, NATALIE	378	SS40-49F	00:05:36.75	6	00:46:18.60	7	00:23:14.40	6	01:15:09.75	LETH
43 SCHELLENBERG, KATHY	390	SS50-59F	00:05:51.00	3	00:45:12.75	3	00:25:00.95	3	01:16:04.70	MED. HAT
44 MARONDA, WHITNEY	321	SS20-29F	00:04:32.19	9	00:48:48.86	13	00:25:50.60	15	01:19:11.65	LETH
45 IWAASA, APRIL	315	SS20-29F	00:06:03.00	16	00:49:46.35	14	00:24:29.05	13	01:20:18.40	LETH
46 SHIGEHIRO, MAGGIE	358	SS30-39F	00:05:09.00	12	00:49:30.10	19	00:25:44.60	16	01:20:23.70	LETH
47 MASTEL, MICHELE	352	SS30-39F	00:04:28.00	5	00:48:55.60	18	00:28:19.20	19	01:21:42.80	MED. HAT
48 BOWMAN, NANCY	339	SS40-49F	00:04:36.00	1	00:46:50.25	8	00:31:15.50	9	01:22:41.75	
49 HUBER, LINDA	347	SS30-39F	00:07:09.41	19	00:49:57.69	20	00:27:59.65	18	01:25:06.75	CARDSTO
50 EVANS, TAMMY	343	SS30-39F	00:08:00.89	21	00:47:47.41	17	00:29:26.75	20	01:25:15.05	OKOTOKS
51 SKOWRONSKI, LINDSAY	326	SS20-29F	00:05:15.00	13	00:56:07.35	17	00:25:27.20	14	01:26:49.55	LETH
52 NAKASHIMA, MIKA	323	SS20-29F	00:05:16.66	14	00:53:05.49	15	00:29:48.00	17	01:28:10.15	LETH
53 MICHIELIN, ANGELA	354	SS30-39F	00:06:18.00	18	00:52:49.80	21	00:29:43.85	21	01:28:51.65	LETH
54 LOCKHART, BARBARA	389	SS50-59F	00:04:59.00	1	00:56:32.65	4	00:27:44.10	4	01:29:15.75	LETH
55 MORLAND, SIMA	322	SS20-29F	00:06:09.00	17	00:54:45.55	16	00:29:33.75	16	01:30:28.30	CALGARY
56 MILNER, KIMBERLIE	379	SS40-49F	00:05:31.00	4	01:03:26.65	9	00:28:10.95	8	01:37:08.60	RAYMOND

## Overall Solo Gender Results

## Super Sprint .2K - 15K - 3K

## Male

Name	Bib#	Category	Swim	Cat	Bike	Cat	Run	Cat	Finish	City
1 GEIGER, CHAD	332	SS20-29M	00:03:38.00	1	00:31:05.25	1	00:15:53.90	2	00:50:37.15	CALGARY
2 GONSALVEZ, CHRIS	333	SS20-29M	00:03:49.00	2	00:33:03.80	2	00:16:09.65	3	00:53:02.45	LETH
3 DECILLIA, RYAN	366	SS30-39M	00:03:13.00	1	00:33:39.80	1	00:16:51.50	1	00:53:44.30	LETH
4 WARREN, AUSTIN	309	SS16-19M	00:03:03.00	1	00:35:53.60	1	00:16:13.25	1	00:55:09.85	LETH
5 ADSERBALLE, JACOB	381	SS40-49M	00:03:55.00	1	00:34:51.80	1	00:16:47.15	2	00:55:33.95	LETH
6 IWAASA, KEVIN	369	SS30-39M	00:03:36.00	2	00:35:42.80	3	00:17:17.10	2	00:56:35.90	LETH
7 LIVINGSTON, KIRK	383	SS40-49M	00:05:01.00	2	00:35:22.40	2	00:16:26.65	1	00:56:50.05	COALDALE
8 KINDLEY, KEVIN	393	SS50-59M	00:04:20.00	1	00:34:47.85	1	00:17:49.50	1	00:56:57.35	LETH
9 BAIN, MICHAEL	331	SS20-29M	00:04:41.00	5	00:35:50.55	3	00:18:22.15	4	00:58:53.70	LETH
10 HOY, LONNY	368	SS30-39M	00:04:01.00	3	00:35:04.30	2	00:20:18.80	6	00:59:24.10	LETH
11 FRIESEN, BERT	382	SS40-49M	00:05:29.00	3	00:37:25.65	3	00:17:03.55	3	00:59:58.20	TABER
12 STEWART, RUSS	336	SS20-29M	00:04:44.00	6	00:40:22.05	5	00:14:56.10	1	01:00:02.15	LETH
13 BRODIE, MIKE	363	SS30-39M	00:04:13.00	4	00:40:42.80	4	00:19:16.05	5	01:04:11.85	COALDALE
14 SCHWAB, ED	335	SS20-29M	00:04:21.00	3	00:39:59.30	4	00:21:05.50	5	01:05:25.80	LETH
15 COOKE, PETERE	365	SS30-39M	00:04:24.00	5	00:43:30.80	5	00:17:50.35	3	01:05:45.15	CALGARY
16 IWAASA, COLE	334	SS20-29M	00:04:27.00	4	00:41:31.00	6	00:21:43.35	6	01:07:41.35	LETH
17 CAMERON, JAKE	364	SS30-39M	00:04:39.00	6	00:46:08.45	6	00:18:51.85	4	01:09:39.30	LETH
18 BERG, GEORGE	395	SS60+M	00:03:31.00	1	00:42:02.55	1	00:25:05.40	1	01:10:38.95	LETH
19 MOSER, BRIAN	384	SS40-49M	00:07:01.19	4	00:45:35.21	4	00:25:22.05	4	01:17:58.45	LETH
20 FREY, CHAD	367	SS30-39M	00:05:44.00	7	00:48:15.00	7	00:28:18.80	7	01:22:17.80	MED. HAT
21 PRANGNELL, COREY	370	SS30-39M	00:10:08.00	8	00:49:22.00	8	00:33:49.15	8	01:33:19.15	LETH

## Overall Solo Gender Results

## Sprint 5K - 20K - 5K

## Female

Name	Bib#	Category	Swim	Cat	Bike	Cat	Run	Cat	Finish	City
1 KOENIG, KAREN	262	SPR40-49F	00:10:42.00	4	00:42:52.70	4	00:26:57.60	1	01:20:32.30	LETH
2 BYKOWSKI, ELANI	201	SPR14-15F	00:09:36.00	1	00:44:37.45	1	00:27:12.40	1	01:21:25.85	LETH
3 RYBA-JOWSEY, JANIS	267	SPR40-49F	00:10:15.00	3	00:41:55.45	2	00:29:32.95	2	01:21:43.40	LETH
4 DEBLOIS, CATHERINE	258	SPR40-49F	00:10:50.00	5	00:41:46.45	1	00:30:50.75	3	01:23:27.20	LETH
5 ALDCORN, LESLIE	255	SPR40-49F	00:09:15.00	1	00:45:06.05	5	00:31:10.95	4	01:25:32.00	LETH
6 MATTHEWS, JULIE	285	SPR50-59F	00:10:29.00	3	00:43:26.05	1	00:33:06.75	2	01:27:01.80	LETH
7 MCFADZEN, MICHELLE	233	SPR30-39F	00:09:17.00	1	00:47:32.45	7	00:30:55.45	3	01:27:44.90	LETH
8 APPELT, TONIA	224	SPR30-39F	00:09:55.00	4	00:47:47.85	9	00:30:22.55	1	01:28:05.40	CALGARY
9 HOAR, SHARLEEN	230	SPR30-39F	00:09:33.00	2	00:44:44.15	2	00:35:03.20	7	01:29:20.35	LETH
10 OTTO, SHAUNA	210	SPR20-29F	00:10:14.00	3	00:47:26.05	1	00:31:46.80	1	01:29:26.85	LETH
11 REIMER, SUSAN	235	SPR30-39F	00:10:14.00	5	00:47:33.05	8	00:31:58.85	4	01:29:45.90	BOW ISLAI
12 FORSBERG, JOHANNA	226	SPR30-39F	00:10:34.00	7	00:45:05.25	3	00:34:08.40	6	01:29:47.65	OKOTOKS
13 GERLOCK, JENNIFER	228	SPR30-39F	00:10:20.00	6	00:46:56.55	5	00:33:18.70	5	01:30:35.25	EDMONTON
14 ADAMS, SHONA	254	SPR40-49F	00:12:55.41	11	00:45:18.94	6	00:32:28.45	5	01:30:42.80	MED. HAT
15 LARSON, ADA	231	SPR30-39F	00:09:35.00	3	00:45:57.95	4	00:35:14.55	9	01:30:47.50	LETH
16 SLACK, REBEKAH	236	SPR30-39F	00:11:23.00	8	00:48:34.25	10	00:30:54.35	2	01:30:51.60	CALGARY
17 PHILPOTT, KAREN	287	SPR50-59F	00:13:12.00	6	00:46:01.15	2	00:32:24.10	1	01:31:37.25	LETH
18 GOODFELLOW, PIPPA	259	SPR40-49F	00:09:20.00	2	00:47:49.15	7	00:34:58.75	7	01:32:07.90	LETH
19 HAMILTON, SHAWN	282	SPR50-59F	00:09:34.00	1	00:50:01.55	5	00:33:09.90	3	01:32:45.45	LETH
20 DOUCETTE, ANGELICA	205	SPR20-29F	00:11:34.09	8	00:48:24.91	3	00:33:52.10	2	01:33:51.10	LETH
21 HALLADAY, BARB	260	SPR40-49F	00:12:35.00	10	00:42:15.20	3	00:39:28.55	12	01:34:18.75	LETH
22 MAY, FRANCINE	232	SPR30-39F	00:12:06.00	11	00:47:11.65	6	00:35:05.65	8	01:34:23.30	CALGARY
23 HAYNER, VERONICA	229	SPR30-39F	00:16:23.00	13	00:41:28.50	1	00:37:10.90	10	01:35:02.40	CALGARY
24 APPELT, SHARON	280	SPR50-59F	00:10:21.00	2	00:49:08.85	4	00:36:12.95	5	01:35:42.80	LETH
25 NEAL, KACIE	209	SPR20-29F	00:10:15.00	4	00:50:23.60	4	00:35:18.40	4	01:35:57.00	LETH
26 COLLINS, JOANNE	204	SPR20-29F	00:10:46.34	5	00:47:30.61	2	00:38:14.05	6	01:36:31.00	CALGARY
27 GILLET, SHARON	281	SPR50-59F	00:12:07.00	5	00:47:06.50	3	00:39:16.15	6	01:38:29.65	LETH
28 MARCINIAK, LESLIE	264	SPR40-49F	00:10:59.00	6	00:48:33.50	9	00:39:21.55	11	01:38:54.05	CALGARY
29 BOURDON-HARRIS, MARQUISE	257	SPR40-49F	00:14:09.00	12	00:48:15.15	8	00:37:15.65	9	01:39:39.80	MONARCH
30 SMITH-MYLES, KAREN	269	SPR40-49F	00:11:24.00	7	00:55:51.00	12	00:34:03.20	6	01:41:18.20	LETH
31 MACLEAN, PADDY	263	SPR40-49F	00:11:45.00	8	00:50:48.60	10	00:38:47.90	10	01:41:21.50	LETH
32 KENNES, MARY	283	SPR50-59F	00:14:24.00	9	00:51:41.00	7	00:35:32.35	4	01:41:37.35	LETH
33 SISSON, JULIE	268	SPR40-49F	00:14:14.00	13	00:51:06.50	11	00:36:30.00	8	01:41:50.50	LETH
34 BERTEOTTI, JASMIN	225	SPR30-39F	00:14:09.49	12	00:50:10.81	11	00:38:06.60	11	01:42:26.90	RAYMOND
35 WOOLFORD, TRUDY	290	SPR50-59F	00:11:06.47	4	00:50:11.83	6	00:43:33.65	8	01:44:51.95	CARDSTOI
36 SMITH, JESSICA	211	SPR20-29F	00:09:19.00	1	00:54:48.45	6	00:40:59.25	8	01:45:06.70	CALGARY
37 GAUDETTE-SHARP, STACEY	206	SPR20-29F	00:12:07.44	10	00:54:37.41	5	00:38:38.45	7	01:45:23.30	LETH
38 STORVOLD, CHANDRA	214	SPR20-29F	00:13:34.00	11	00:55:50.90	7	00:36:07.75	5	01:45:32.65	LETH
39 GERGELY, SUZANNE	227	SPR30-39F	00:11:39.82	10	00:50:17.83	12	00:43:56.85	12	01:45:54.50	COALDALE
40 TRUDEAU, LEAH	289	SPR50-59F	00:13:50.00	8	00:56:35.75	8	00:40:31.75	7	01:50:57.50	LETH
41 MCGAFFEY, VANYA	234	SPR30-39F	00:11:28.65	9	00:57:17.05	13	00:44:13.60	13	01:52:59.30	LETH
42 STARCHUK, KIM	213	SPR20-29F	00:11:15.88	6	01:10:21.22	11	00:33:56.60	3	01:55:33.70	LETH
43 GOLDSWORTHY, CHRISTINA	208	SPR20-29F	00:09:29.00	2	00:57:05.55	8	00:50:35.80	11	01:57:10.35	CALGARY
44 SOPPIT, JACQUI	212	SPR20-29F	00:11:24.00	7	01:05:07.20	10	00:40:59.30	9	01:57:30.50	CALGARY
45 GIBSON, KIM	207	SPR20-29F	00:11:54.00	9	01:03:58.30	9	00:42:30.90	10	01:58:23.20	LETH
46 HOUSTON, ERIN	261	SPR40-49F	00:12:01.00	9	00:58:39.45	13	00:48:03.10	13	01:58:43.55	LETH
47 SMITH, IRENE	288	SPR50-59F	00:13:44.00	7	01:03:02.10	9	00:54:04.00	9	02:10:50.10	CALGARY

## Overall Solo Gender Results

## Sprint 5K - 20K - 5K

## Male

Name	Bib#	Category	Swim	Cat	Bike	Cat	Run	Cat	Finish	City
1 DANIELSON, ERIC	202	SPR14-15M	00:06:27.00	1	00:34:12.75	1	00:22:20.75	1	01:03:00.50	LETH
2 SCHELLENBERG, RYAN	222	SPR20-29M	00:08:02.00	1	00:36:14.90	1	00:24:02.95	1	01:08:19.85	CALGARY
3 BRYANT, JEFF	292	SPR50-59M	00:08:03.00	1	00:35:47.45	1	00:25:05.15	1	01:08:55.60	LETH
4 MOTT, ROB	247	SPR30-39M	00:09:40.00	1	00:35:30.80	1	00:24:33.95	1	01:09:44.75	CALGARY
5 ELIUK, DAVID	216	SPR20-29M	00:08:28.00	2	00:40:33.00	3	00:24:21.10	2	01:13:22.10	EDMONTON
6 OTTO, ANDREW	219	SPR20-29M	00:08:47.00	5	00:38:40.35	2	00:26:05.20	3	01:13:32.55	LETH
7 MACLEAN, IAN	218	SPR20-29M	00:08:34.00	3	00:42:03.20	4	00:28:25.70	4	01:19:02.90	LETH
8 MARCINIAK, TERRY	284	SPR50-59M	00:10:09.00	3	00:43:00.80	2	00:29:32.00	3	01:22:41.80	CALGARY
9 BYKOWSKI, JOHN	271	SPR40-49M	00:07:58.00	1	00:43:47.20	5	00:31:01.20	4	01:22:46.40	LETH
10 OTTO, SIMON	248	SPR30-39M	00:11:49.34	8	00:43:06.96	8	00:27:53.35	5	01:22:49.65	CAMPBELL
11 DEFOREST, SHAWN	242	SPR30-39M	00:16:11.94	15	00:39:55.81	2	00:27:01.10	2	01:23:08.85	CALGARY
12 VUCUREVICH, JEFF	250	SPR30-39M	00:14:06.00	13	00:41:14.80	4	00:27:48.60	4	01:23:09.40	LETH
13 MYLES, CHARLIE	295	SPR50-59M	00:09:15.00	2	00:44:32.55	3	00:29:48.10	4	01:23:35.65	LETH
14 COCHRAN, TREVOR	241	SPR30-39M	00:09:48.00	2	00:41:08.25	3	00:34:03.85	14	01:25:00.10	CALGARY
15 WARD, COLIN	251	SPR30-39M	00:13:34.00	12	00:43:01.40	7	00:28:36.95	6	01:25:12.35	LETH
16 ANDRES, BLAINE	237	SPR30-39M	00:10:39.00	5	00:43:33.20	9	00:31:16.55	7	01:25:28.75	CALGARY
17 MORIELLO, DINO	275	SPR40-49M	00:15:37.00	6	00:40:56.95	1	00:29:18.75	2	01:25:52.70	CALGARY
18 HAMILTON, DEXTER	217	SPR20-29M	00:08:46.00	4	00:47:31.80	7	00:29:45.25	5	01:26:03.05	LETH
19 JANKUNIS, FRANK	273	SPR40-49M	00:10:27.81	2	00:45:09.14	7	00:31:40.20	5	01:27:17.15	LETH
20 CLARKE, JEFF	240	SPR30-39M	00:11:40.00	6	00:48:07.60	14	00:27:46.25	3	01:27:33.85	LETH
21 MILLER, IAN	245	SPR30-39M	00:10:24.03	4	00:45:56.62	11	00:32:15.50	10	01:28:36.15	LETH
22 LAQUA, GORDON	274	SPR40-49M	00:17:42.88	8	00:43:11.07	3	00:28:05.20	1	01:28:59.15	CALGARY
23 MILNE, DARREN	246	SPR30-39M	00:09:48.00	3	00:46:19.90	13	00:32:59.95	12	01:29:07.85	LETH
24 SHERIFF, JOHN	277	SPR40-49M	00:12:37.00	5	00:46:49.25	8	00:29:43.70	3	01:29:09.95	LETH
25 WILLIAMSON, ROB	253	SPR30-39M	00:13:20.00	11	00:41:28.10	5	00:35:11.40	15	01:29:59.50	LETH
26 VANDERVEEN, KLAAS	296	SPR50-59M	00:13:32.00	6	00:47:33.40	4	00:29:26.00	2	01:30:31.40	PICTURE E
27 WILDE, CHRIS	252	SPR30-39M	00:16:55.00	16	00:42:54.70	6	00:31:21.65	9	01:31:11.35	LETH
28 VANDERVEEN, GEORGE	278	SPR40-49M	00:12:28.00	4	00:42:12.05	2	00:36:41.00	7	01:31:21.05	PICTURE E
29 SCHELLENBERG, DEVAN	221	SPR20-29M	00:10:55.00	6	00:48:03.00	8	00:33:02.05	7	01:32:00.05	LETH
30 VANDERZEE, JIM	279	SPR40-49M	00:16:34.63	7	00:43:14.57	4	00:33:08.20	6	01:32:57.40	LETH
31 UNGER, DAVID	223	SPR20-29M	00:13:29.00	8	00:46:56.55	5	00:32:57.55	6	01:33:23.10	CALGARY
32 SALMON, NATHAN	220	SPR20-29M	00:12:53.37	7	00:47:20.68	6	00:33:17.25	8	01:33:31.30	LETH
33 BUCHANAN, IAN	270	SPR40-49M	00:11:31.00	3	00:45:00.80	6	00:37:05.30	8	01:33:37.10	LETH
34 HEGEDUS, CSABA	294	SPR50-59M	00:11:27.00	4	00:47:45.05	6	00:34:34.55	5	01:33:46.60	LETH
35 CHAPMAN, DAN	239	SPR30-39M	00:14:13.00	14	00:46:04.30	12	00:33:52.00	13	01:34:09.30	COALHUR
36 BRYDGES, ALLAN	238	SPR30-39M	00:12:14.93	9	00:50:45.47	16	00:31:20.65	8	01:34:21.05	LETH
37 MCCULLOCH, KENT	244	SPR30-39M	00:12:33.00	10	00:45:21.10	10	00:36:31.70	16	01:34:25.80	LETH
38 RENTER, DAVID	249	SPR30-39M	00:11:47.00	7	00:52:15.65	17	00:32:43.95	11	01:36:46.60	LETH
39 ARNOLD, JOHN	291	SPR50-59M	00:18:07.00	7	00:48:36.15	7	00:34:57.75	6	01:41:40.90	LETH
40 HARRIS, STEPHEN	293	SPR50-59M	00:11:45.52	5	00:47:34.68	5	00:43:34.20	7	01:42:54.40	MONARCH
41 GOLDSWORTHY, MIKE	243	SPR30-39M	00:17:59.00	17	00:50:15.75	15	00:41:31.25	17	01:49:46.00	CALGARY