

## Overall Results

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

Name	Bib#	Category	Swim	O/A	SwPace/100M	Bike	O/A	Bike Pace K/H	Run	O/A	Run Pace/Km	Finish	City
1 COOPER, CURTIS	534	SS20-29M	00:03:34.34	5	01:47	00:35:22.76	2	25.44	00:13:36.75	1	04:32	00:52:33.85	LETH
2 STEWART, RUSSELL	539	SS20-29M	00:04:01.00	18	02:00	00:34:49.55	1	25.84	00:14:59.65	3	04:59	00:53:50.20	LETH
3 BECK, AUSTIN	503	SS14-15M	00:03:37.00	8	01:48	00:37:21.05	3	24.10	00:14:21.10	2	04:47	00:55:19.15	BOW ISLAND
4 MERTZ, MICHAEL	568	SS30-39M	00:03:04.01	1	01:32	00:38:47.64	4	23.20	00:17:08.25	6	05:42	00:58:59.90	BLAIRMORE
5 ADAMS, BRITTNEY	510	SS20-29F	00:03:48.00	11	01:54	00:39:07.55	6	23.00	00:17:28.90	10	05:49	01:00:24.45	LETH
6 BRAUN, LORI	513	SS20-29F	00:04:12.00	22	02:06	00:39:45.50	9	22.64	00:17:19.85	8	05:46	01:01:17.35	LETH
7 FRIESEN, BERT	582	SS40-49M	00:04:49.49	36	02:24	00:39:13.61	7	22.94	00:17:29.10	11	05:49	01:01:32.20	TABER
8 HOY, LONNY	566	SS30-39M	00:03:36.59	7	01:48	00:39:30.41	8	22.78	00:18:41.10	16	06:13	01:01:48.10	LETH
9 TAYLOR, JULIE RENEE	528	SS20-29F	00:04:04.35	20	02:02	00:40:55.30	10	21.99	00:17:26.25	9	05:48	01:02:25.90	LETH
10 GRUENHAGE, PETER	565	SS30-39M	00:03:57.00	15	01:58	00:38:56.35	5	23.11	00:19:37.35	25	06:32	01:02:30.70	LETH
11 BRYANT, KEVAN	515	SS20-29F	00:05:45.91	56	02:52	00:40:55.89	11	21.99	00:17:58.80	13	05:59	01:04:40.60	COALDALE
12 KINDLEY, KEVIN	592	SS50-59M	00:03:41.50	10	01:50	00:43:30.70	15	20.68	00:17:53.95	12	05:57	01:05:06.15	LETH
13 COLBY, FAY	543	SS30-39F	00:04:21.33	26	02:10	00:42:31.77	13	21.16	00:18:39.70	15	06:13	01:05:32.80	LETH
14 SOSICK, SUSAN	580	SS40-49F	00:06:42.00	69	03:21	00:43:40.50	17	20.61	00:16:17.05	5	05:25	01:06:39.55	OKOTOKS
15 LAVIGNE, ADAM	537	SS20-29M	00:04:13.15	23	02:06	00:43:04.60	14	20.89	00:19:29.15	21	06:29	01:06:46.90	LETH
16 LIVINGSTON, KIRK	584	SS40-49M	00:05:30.13	52	02:45	00:42:24.42	12	21.22	00:19:35.00	24	06:31	01:07:29.55	COALDALE
17 ALFORD, TRINA	571	SS40-49F	00:04:32.00	28	02:16	00:43:39.35	16	20.62	00:19:46.40	28	06:35	01:07:57.75	LETH
18 BEZOOYEN, ANDREA	512	SS20-29F	00:04:57.47	44	02:28	00:45:33.78	21	19.75	00:18:08.75	14	06:02	01:08:40.00	LETH
19 PONOMAR, VICTORIA	525	SS20-29F	00:05:35.65	55	02:47	00:43:54.50	19	20.50	00:19:16.55	20	06:25	01:08:46.70	LETH
20 MERTZ, KATHERINE	553	SS30-39F	00:03:31.68	4	01:45	00:46:37.52	25	19.30	00:19:04.00	19	06:21	01:09:13.20	BLAIRMORE
21 DOUCETTE, ANGELICA	516	SS20-29F	00:03:58.00	16	01:59	00:43:48.10	18	20.55	00:21:28.65	41	07:09	01:09:14.75	LETH
22 BROWN, EMILY	514	SS20-29F	00:04:53.86	39	02:26	00:47:39.19	29	18.89	00:17:09.95	7	05:43	01:09:43.00	LETH
23 YOUNG, ELIZABETH	532	SS20-29F	00:03:52.00	13	01:56	00:45:30.55	20	19.78	00:20:36.10	35	06:52	01:09:58.65	LETH
24 MAY, FRANCINE	545	SS30-39F	00:04:52.39	37	02:26	00:45:41.11	23	19.70	00:19:56.40	30	06:38	01:10:29.90	CALGARY
25 FISCHBUCH, VANESSA	575	SS40-49F	00:04:49.00	35	02:24	00:45:38.30	22	19.72	00:20:26.80	34	06:48	01:10:54.10	COCHRANE
26 GOMES, ADRIENNE	501	SS14-15F	00:03:28.00	3	01:44	00:52:05.40	51	17.28	00:15:51.55	4	05:17	01:11:24.95	LETH
27 BRYANT, JAYCE	533	SS20-29M	00:03:59.00	17	01:59	00:48:42.10	32	18.48	00:19:33.45	22	06:31	01:12:14.55	LETH
28 DEBOER, LAURIE	574	SS40-49F	00:04:33.81	29	02:16	00:49:33.54	36	18.16	00:18:56.35	17	06:18	01:13:03.70	MONARCH
29 STRILCHUK, ERIN	526	SS20-29F	00:04:54.86	41	02:27	00:48:40.64	31	18.49	00:19:43.25	27	06:34	01:13:18.75	LETH
30 KWASNY, TRACY	550	SS30-39F	00:04:59.00	45	02:29	00:47:23.45	28	18.99	00:21:06.40	39	07:02	01:13:28.85	LETH
31 ELLEFSON, BRYAN	596	SS60+M	00:06:11.13	64	03:05	00:46:17.07	24	19.44	00:22:13.95	45	07:24	01:14:42.15	CRESTON
32 WIEBE, JANELLE	530	SS20-29F	00:05:57.28	62	02:58	00:49:28.77	35	18.19	00:19:59.75	32	06:39	01:15:25.80	LETH
33 BENZIE, ALEXA	506	SS16-19F	00:03:24.26	2	01:42	00:52:25.34	54	17.17	00:19:59.30	31	06:39	01:15:48.90	LETH
34 CAPUTO, KAAREEN	573	SS40-49F	00:06:23.28	67	03:11	00:47:12.17	27	19.07	00:22:32.10	50	07:30	01:16:07.55	LETH
35 ZUCCO, RANIERO	593	SS50-59M	00:04:55.00	42	02:27	00:50:06.05	39	17.96	00:21:20.50	40	07:06	01:16:21.55	LETH

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Name	Bib#	Category	Swim	O/A	SwPace/100M	Bike	O/A	Bike Pace K/H	Run	O/A	Run Pace/Km	Finish	City
36 GINTHER, SUSAN	546	SS30-39F	00:03:36.00	6	01:48	00:52:32.55	55	17.13	00:20:14.45	33	06:44	01:16:23.00	LETH
37 BILODEAU-GOESEELS, SYLVIE	572	SS40-49F	00:04:36.00	30	02:18	00:51:06.15	42	17.61	00:20:42.80	37	06:54	01:16:24.95	LETH
38 ARMSTRONG, GAYLEN	594	SS60+M	00:06:15.39	66	03:07	00:48:01.31	30	18.74	00:22:27.25	47	07:29	01:16:43.95	TWIN BUTTE
39 PALMER, CARLA	579	SS40-49F	00:05:16.00	50	02:38	00:50:07.50	40	17.96	00:21:39.00	42	07:13	01:17:02.50	COALDALE
40 WILDE, MELISSA	531	SS20-29F	00:05:48.00	57	02:54	00:52:17.90	52	17.21	00:18:57.80	18	06:19	01:17:03.70	LETH
41 APPELYARD, APRIL	540	SS30-39F	00:04:36.00	31	02:18	00:52:20.25	53	17.20	00:21:00.05	38	07:00	01:17:56.30	PRINCE ALB
42 HAMILTON, DALYCE	508	SS16-19F	00:04:20.01	25	02:10	00:53:53.64	60	16.70	00:20:36.35	36	06:52	01:18:50.00	LETH
43 HAWTHORNE, BRIAN	583	SS40-49M	00:06:50.34	72	03:25	00:49:27.11	34	18.20	00:22:39.85	51	07:33	01:18:57.30	CALGARY
44 MARONDA, BRETT	519	SS20-29F	00:04:19.00	24	02:09	00:51:10.80	43	17.58	00:23:48.35	59	07:56	01:19:18.15	CALGARY
45 ABBOTT, EILEEN	585	SS50-59F	00:06:12.31	65	03:06	00:49:53.39	37	18.04	00:23:23.00	54	07:47	01:19:28.70	LETH
46 THOMPSON, JOLENE	529	SS20-29F	00:04:22.00	27	02:11	00:52:40.75	56	17.08	00:22:27.40	48	07:29	01:19:30.15	LETH
47 MICHIELIN, ANGELA	554	SS30-39F	00:05:49.00	58	02:54	00:49:18.95	33	18.25	00:24:38.75	62	08:12	01:19:46.70	LETH
48 MORRISON, JILL	524	SS20-29F	00:04:09.91	21	02:04	00:53:22.39	59	16.86	00:22:27.70	49	07:29	01:20:00.00	LETH
49 GLASSFORD, MARYLEE	547	SS30-39F	00:05:51.00	61	02:55	00:51:23.60	45	17.51	00:22:58.85	53	07:39	01:20:13.45	LETH
50 HAWTHORNE, FRANCIE	577	SS40-49F	00:05:33.71	53	02:46	00:51:19.94	44	17.53	00:23:28.35	56	07:49	01:20:22.00	CALGARY
51 MASTEL, MICHELE	552	SS30-39F	00:03:53.71	14	01:56	00:50:14.44	41	17.91	00:26:26.00	70	08:48	01:20:34.15	MED. HAT
52 CAMERON, JAKE	561	SS30-39M	00:05:02.56	46	02:31	00:56:03.09	64	16.06	00:19:33.60	23	06:31	01:20:39.25	LETH
53 BAIN, JENNIFER	511	SS20-29F	00:04:53.51	38	02:26	00:51:46.54	49	17.38	00:24:02.55	60	08:00	01:20:42.60	LETH
54 KINGSLEY, KATHY	549	SS30-39F	00:06:02.00	63	03:01	00:51:29.60	46	17.48	00:23:35.40	57	07:51	01:21:07.00	CALGARY
55 FREY, CHAD	564	SS30-39M	00:04:54.00	40	02:27	00:50:04.15	38	17.98	00:26:25.70	69	08:48	01:21:23.85	MED. HAT
56 TANIS, LIZ	527	SS20-29F	00:04:04.00	19	02:02	00:51:34.70	48	17.45	00:26:12.80	66	08:44	01:21:51.50	PICTURE BU
57 MYLES, JUSTIN	505	SS14-15M	00:03:39.00	9	01:49	00:58:33.10	69	15.37	00:19:51.70	29	06:37	01:22:03.80	LETH
58 PENNINGTON, BRENDA	590	SS50-59F	00:05:03.09	47	02:31	00:52:52.16	57	17.02	00:24:23.35	61	08:07	01:22:18.60	LETH
59 CHAPMAN, MONIQUE	542	SS30-39F	00:04:57.00	43	02:28	00:55:59.00	63	16.08	00:21:57.10	43	07:19	01:22:53.10	COALHURST
60 FRANKISH, EVINA	576	SS40-49F	00:05:12.29	48	02:36	00:51:53.01	50	17.35	00:26:17.40	67	08:45	01:23:22.70	LETH
61 LAING, KIM	587	SS50-59F	00:05:34.97	54	02:47	00:46:50.53	26	19.21	00:31:04.20	73	10:21	01:23:29.70	MONARCH
62 HEFFERNAN, CHANTAL	548	SS30-39F	00:05:12.75	49	02:36	00:56:15.35	66	16.00	00:22:46.50	52	07:35	01:24:14.60	LETH
63 BERG, GEORGE	595	SS60+M	00:03:50.56	12	01:55	00:54:21.44	61	16.56	00:26:19.20	68	08:46	01:24:31.20	LETH
64 THORLACIUS, CHARLENE	581	SS40-49F	00:04:40.00	33	02:20	00:56:19.35	67	15.98	00:23:38.90	58	07:52	01:24:38.25	LETH
65 VILLETARD, KAREN	560	SS30-39F	00:05:51.00	60	02:55	00:59:14.35	71	15.19	00:19:39.60	26	06:33	01:24:44.95	LETH
66 HAWTHORNE, EMILY	517	SS20-29F	00:06:48.00	71	03:24	00:53:04.45	58	16.96	00:25:12.85	64	08:24	01:25:05.30	CALGARY
67 NAKASHIMA, JAMES	569	SS30-39M	00:08:14.00	74	04:07	00:56:08.45	65	16.03	00:22:01.05	44	07:20	01:26:23.50	LETH
68 ROMANUIK, KAREN	559	SS30-39F	00:05:25.00	51	02:42	00:55:52.95	62	16.11	00:25:08.40	63	08:22	01:26:26.35	HUMBOLDT
69 HAWTHORNE, ERIC	536	SS20-29M	00:04:38.00	32	02:19	01:00:07.50	72	14.97	00:22:18.70	46	07:26	01:27:04.20	LETH
70 KONRAD, JANE	586	SS50-59F	00:05:49.77	59	02:54	00:51:33.13	47	17.46	00:30:53.05	72	10:17	01:28:15.95	LETH

## Overall Results

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

Name	Bib#	Category	Swim	O/A	SwPace/100M	Bike	O/A	Bike Pace K/H	Run	O/A	Run Pace/Km	Finish	City
71 PREACHUK, TENNILLE	556	SS30-39F	00:06:45.18	70	03:22	00:58:01.42	68	15.51	00:25:20.30	65	08:26	01:30:06.90	COALDALE
72 MCDOUGALL, CRAIG	538	SS20-29M	00:08:04.17	73	04:02	01:00:39.43	73	14.84	00:23:23.25	55	07:47	01:32:06.85	LETH
73 RENAUD, KRISTIEN	558	SS30-39F	00:04:47.00	34	02:23	00:59:04.80	70	15.23	00:32:30.80	74	10:50	01:36:22.60	LETH
74 MORRIS, DONNELLY	523	SS20-29F	00:06:27.53	68	03:13	01:02:38.62	74	14.37	00:27:59.95	71	09:19	01:37:06.10	LETH
75 SCHEMENAUER, THERESA	591	SS50-59F	00:11:25.00	75	05:42	01:31:55.10	75	9.79	00:37:04.20	75	12:21	02:20:24.30	DEWINTON