

## Overall Results

## Sprint .5K - 20K - 5K

Name	Bib#	Category	Swim	O/A	SwPace/100M	Bike	O/A	Bike Pace K/H	Run	O/A	Run Pace/Km	Finish	City
1 DANIELSON, ERIC	307	SPR16-19M	00:06:27.19	1	01:17	00:38:48.16	1	30.93	00:23:32.45	3	04:42	01:08:47.80	LETH
2 BRYANT, JEFF	394	SPR50-59M	00:06:42.16	2	01:20	00:40:01.09	2	29.99	00:25:35.80	5	05:07	01:12:19.05	LETH
3 ROBERTS, NEIL	345	SPR20-29M	00:08:07.00	5	01:37	00:43:33.10	4	27.55	00:23:16.00	2	04:39	01:14:56.10	EDMONTON
4 BERING, MICHAEL	371	SPR40-49M	00:09:48.00	20	01:57	00:42:01.35	3	28.56	00:25:47.90	6	05:09	01:17:37.25	MED. HAT
5 SHARP, ROB	353	SPR30-39M	00:11:06.00	40	02:13	00:44:30.25	8	26.96	00:26:53.90	9	05:22	01:22:30.15	LETH
6 TAYLOR, LOWELL	325	SPR20-29M	00:09:41.00	18	01:56	00:44:09.65	5	27.17	00:28:44.05	20	05:44	01:22:34.70	LETH
7 BYKOWSKI, JOHN	373	SPR40-49M	00:07:45.00	3	01:33	00:45:43.55	11	26.24	00:29:14.90	24	05:50	01:22:43.45	LETH
8 DIXON, BRIAN	374	SPR40-49M	00:10:52.22	38	02:10	00:44:13.13	6	27.14	00:27:41.80	11	05:32	01:22:47.15	LETH
9 VEGTER, LANDON	327	SPR20-29M	00:10:11.00	25	02:02	00:44:24.35	7	27.02	00:28:17.70	16	05:39	01:22:53.05	EDMONTON
10 KOENIG, KAREN	362	SPR40-49F	00:10:25.00	33	02:05	00:44:56.55	10	26.70	00:27:59.95	13	05:35	01:23:21.50	LETH
11 SELLERS, CORY	352	SPR30-39M	00:10:48.00	36	02:09	00:50:02.75	26	23.98	00:23:06.25	1	04:37	01:23:57.00	LETH
12 IWAASA, KEVIN	348	SPR30-39M	00:10:16.74	26	02:03	00:46:35.66	13	25.75	00:28:34.10	18	05:42	01:25:26.50	LETH
13 MACDONALD, PAUL	322	SPR20-29M	00:09:37.00	17	01:55	00:44:53.20	9	26.73	00:31:32.20	34	06:18	01:26:02.40	LETH
14 AVISON, CAMERON	341	SPR30-39M	00:11:39.75	49	02:19	00:49:24.80	22	24.28	00:25:51.20	7	05:10	01:26:55.75	LETH
15 THOMAS, LEXI	318	SPR20-29F	00:09:10.16	12	01:50	00:50:56.19	28	23.56	00:27:13.60	10	05:26	01:27:19.95	LETH
16 CLARKE, JEFF	344	SPR30-39M	00:10:17.00	27	02:03	00:49:18.40	21	24.34	00:27:47.65	12	05:33	01:27:23.05	LETH
17 MCCULLOCH, ROBIN	338	SPR30-39F	00:07:51.00	4	01:34	00:51:03.95	31	23.50	00:28:29.90	17	05:41	01:27:24.85	LETH
18 MACWILLIAM, LESLIE	314	SPR20-29F	00:09:26.60	14	01:53	00:52:35.35	33	22.82	00:26:01.80	8	05:12	01:28:03.75	LETH
19 POIRIER RICHER, GREGOIRE	323	SPR20-29M	00:09:47.24	19	01:57	00:49:35.91	24	24.19	00:29:46.45	26	05:57	01:29:09.60	MED. HAT
20 HAMILTON, DEXTER	321	SPR20-29M	00:08:37.00	7	01:43	00:52:33.05	32	22.84	00:28:00.50	14	05:36	01:29:10.55	LETH
21 NYKWIST, SHEILA	340	SPR30-39F	00:10:43.00	34	02:08	00:55:09.00	47	21.76	00:24:00.85	4	04:48	01:29:52.85	LETH
22 MATTHEWS, JULIE	390	SPR50-59F	00:09:59.00	22	01:59	00:47:58.10	15	25.02	00:32:36.75	40	06:31	01:30:33.85	LETH
23 BOSCHEE, MARK	372	SPR40-49M	00:11:40.00	50	02:20	00:46:25.15	12	25.85	00:33:55.35	47	06:47	01:32:00.50	LETH
24 HILKEWICH, LESLEE	311	SPR20-29F	00:10:19.00	28	02:03	00:53:33.10	39	22.41	00:28:11.05	15	05:38	01:32:03.15	LETH
25 GERLOCK, JENNIFER	332	SPR30-39F	00:10:22.00	30	02:04	00:50:11.10	27	23.91	00:31:35.15	36	06:19	01:32:08.25	LETH
26 REINDL, KYLE	324	SPR20-29M	00:09:35.29	16	01:55	00:53:35.06	40	22.39	00:28:59.70	23	05:47	01:32:10.05	LETH
27 DIXON, TAYLOR	301	SPR14-15F	00:10:08.82	23	02:01	00:49:42.93	25	24.14	00:33:00.00	42	06:36	01:32:51.75	LETH
28 VANDERZEE, JIM	380	SPR40-49M	00:12:10.01	55	02:26	00:48:18.69	17	24.84	00:32:30.75	39	06:30	01:32:59.45	LETH
29 UNGER, DAVE	326	SPR20-29M	00:11:38.96	48	02:19	00:51:03.59	30	23.50	00:30:27.15	28	06:05	01:33:09.70	CALGARY
30 LAQUA, GORDON	377	SPR40-49M	00:15:50.00	79	03:10	00:48:14.90	16	24.87	00:29:17.90	25	05:51	01:33:22.80	CALGARY
31 HOAR, SHARLEEN	334	SPR30-39F	00:10:09.00	24	02:01	00:49:00.60	18	24.48	00:34:14.65	48	06:50	01:33:24.25	LETH
32 MARCOTTE, DENISE	363	SPR40-49F	00:10:46.00	35	02:09	00:52:55.60	35	22.67	00:29:59.40	27	05:59	01:33:41.00	LETH
33 QUICK, DEB	366	SPR40-49F	00:11:48.80	51	02:21	00:49:05.20	19	24.45	00:33:41.75	44	06:44	01:34:35.75	CALGARY
34 KAWCHUK, LAWRENCE	376	SPR40-49M	00:15:03.00	77	03:00	00:50:59.55	29	23.53	00:28:34.95	19	05:42	01:34:37.50	LETH
35 HAWKINS, DEAN	347	SPR30-39M	00:10:51.00	37	02:10	00:49:13.95	20	24.37	00:34:49.25	49	06:57	01:34:54.20	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 HAMILTON, KEVIN	375	SPR40-49M	00:10:25.00	32	02:05	00:53:11.65	37	22.56	00:31:32.25	35	06:18	01:35:08.90	LETH
37 BERING, HEATHER	355	SPR40-49F	00:14:54.50	74	02:58	00:49:28.95	23	24.25	00:31:19.30	32	06:15	01:35:42.75	MED. HAT
38 MYLES, CHARLIE	396	SPR50-59M	00:09:22.00	13	01:52	00:55:50.50	51	21.49	00:31:02.10	30	06:12	01:36:14.60	LETH
39 KALISCHUK, MELANIE	336	SPR30-39F	00:12:47.00	59	02:33	00:52:37.60	34	22.80	00:31:02.65	31	06:12	01:36:27.25	LETH
40 FITZPATRICK, CLAIR	346	SPR30-39M	00:11:21.29	43	02:16	00:56:36.56	54	21.20	00:28:54.25	21	05:46	01:36:52.10	LETH
41 HAMILTON, SHAWN	387	SPR50-59F	00:09:32.00	15	01:54	00:54:21.60	43	22.08	00:33:32.05	43	06:42	01:37:25.65	LETH
42 FERGUSON, LAURA	309	SPR20-29F	00:09:02.00	11	01:48	01:00:07.75	65	19.96	00:28:58.55	22	05:47	01:38:08.30	LETH
43 ANDRES, REBEKAH	328	SPR30-39F	00:10:20.67	29	02:04	00:56:55.88	55	21.08	00:30:53.85	29	06:10	01:38:10.40	CALGARY
44 HALLADAY, BARB	386	SPR50-59F	00:13:32.95	64	02:42	00:47:27.10	14	25.29	00:37:19.35	60	07:27	01:38:19.40	LETH
45 VEGTER, MELANIE	369	SPR40-49F	00:11:36.70	46	02:19	00:55:15.10	49	21.72	00:31:54.75	38	06:22	01:38:46.55	LETH
46 GOODFELLOW, PIPPA	359	SPR40-49F	00:08:59.00	10	01:47	00:54:43.35	45	21.93	00:35:35.15	51	07:07	01:39:17.50	DIAMOND CI
47 APPELT, SHARON	383	SPR50-59F	00:09:54.00	21	01:58	00:55:09.75	48	21.75	00:34:51.30	50	06:58	01:39:55.05	LETH
48 PASEMKO, LINDSAY	316	SPR20-29F	00:11:02.00	39	02:12	00:57:04.70	56	21.02	00:31:48.55	37	06:21	01:39:55.25	COALDALE
49 BULLOCK, COLIN	342	SPR30-39M	00:08:07.00	6	01:37	00:55:24.85	50	21.66	00:38:02.00	62	07:36	01:41:33.85	LETH
50 WATT, KEELEY	304	SPR14-15F	00:08:59.00	9	01:47	00:54:35.00	44	21.98	00:38:20.40	63	07:40	01:41:54.40	LETH
51 BECK, KIM	354	SPR40-49F	00:12:57.00	61	02:35	00:58:13.85	60	20.61	00:31:29.35	33	06:17	01:42:40.20	BOW ISLANC
52 WATT, MICHELLE	370	SPR40-49F	00:11:29.19	45	02:17	00:53:58.36	41	22.23	00:37:13.40	59	07:26	01:42:40.95	CLARESHOL
53 HAYNER, VERONICA	333	SPR30-39F	00:11:56.00	54	02:23	00:53:12.60	38	22.55	00:38:26.85	64	07:41	01:43:35.45	CALGARY
54 CHAPMAN, DAN	343	SPR30-39M	00:14:41.00	72	02:56	00:53:04.25	36	22.61	00:36:00.35	53	07:12	01:43:45.60	COALHURST
55 PHILPOTT, KAREN	391	SPR50-59F	00:13:43.70	68	02:44	00:57:14.55	57	20.96	00:33:54.45	46	06:46	01:44:52.70	LETH
56 BOSCHEE, JANA	330	SPR30-39F	00:10:22.32	31	02:04	00:54:48.83	46	21.89	00:39:43.65	69	07:56	01:44:54.80	LETH
57 STROEVE, JACKIE	317	SPR20-29F	00:11:13.69	42	02:14	00:56:03.31	52	21.41	00:39:04.95	66	07:48	01:46:21.95	LETH
58 ARNOLD, JOHN	393	SPR50-59M	00:16:12.30	80	03:14	00:54:07.90	42	22.17	00:36:03.60	54	07:12	01:46:23.80	LETH
59 BERTEOTTI, JASMIN	329	SPR30-39F	00:14:01.35	69	02:48	00:56:26.05	53	21.26	00:37:12.70	58	07:26	01:47:40.10	RAYMOND
60 UNGER, JESSICA	319	SPR20-29F	00:08:52.00	8	01:46	00:59:43.15	64	20.09	00:39:17.15	68	07:51	01:47:52.30	CALGARY
61 MACLEAN, PADDY	389	SPR50-59F	00:11:55.24	53	02:23	00:57:41.51	58	20.80	00:39:13.50	67	07:50	01:48:50.25	LETH
62 SMITH-MYLES, KAREN	368	SPR40-49F	00:11:12.00	41	02:14	01:01:28.55	68	19.52	00:36:12.80	55	07:14	01:48:53.35	LETH
63 MELE, BRIA	306	SPR16-19F	00:13:14.00	63	02:38	00:59:28.70	63	20.18	00:37:07.85	57	07:25	01:49:50.55	CALGARY
64 MARTENS, NANCY	337	SPR30-39F	00:15:11.00	78	03:02	00:58:27.85	62	20.53	00:36:39.55	56	07:19	01:50:18.40	COALDALE
65 CRESSWELL, RYAN	305	SPR20-29M	00:14:43.00	73	02:56	01:02:02.15	69	19.34	00:33:45.50	45	06:45	01:50:30.65	LETH
66 SIMPSON, ROD	379	SPR40-49M	00:11:22.80	44	02:16	00:57:55.40	59	20.72	00:41:22.50	74	08:16	01:50:40.70	LETH
67 DECILLIA, MELANIE	331	SPR30-39F	00:11:50.77	52	02:22	00:58:14.98	61	20.60	00:40:51.10	73	08:10	01:50:56.85	LETH
68 FAULKNER, TRACEY	357	SPR40-49F	00:12:41.00	58	02:32	01:03:36.45	71	18.87	00:35:35.50	52	07:07	01:51:52.95	LETH
69 SCHWAB, ED	351	SPR30-39M	00:11:38.58	47	02:19	01:07:27.12	74	17.79	00:32:47.95	41	06:33	01:51:53.65	LETH
70 GILES, JANICE	384	SPR50-59F	00:13:38.87	65	02:43	01:03:14.68	70	18.97	00:37:22.55	61	07:28	01:54:16.10	HIGH RIVER

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## Sprint .5K - 20K - 5K

Name	Bib#	Category	Swim	O/A	SwPace/100M	Bike	O/A	Bike Pace K/H	Run	O/A	Run Pace/Km	Finish	City
71 GRAY, MARIANNE	360	SPR40-49F	00:14:57.00	76	02:59	01:00:52.55	66	19.71	00:40:04.95	70	08:00	01:55:54.50	LETH
72 MORROW, LORNA	365	SPR40-49F	00:13:41.00	66	02:44	01:01:02.35	67	19.66	00:43:25.75	77	08:41	01:58:09.10	CALGARY
73 GILLETT, SHARON	385	SPR50-59F	00:12:49.68	60	02:33	01:09:45.92	77	17.20	00:38:54.30	65	07:46	02:01:29.90	LETH
74 HUCULAK, KELSEY	312	SPR20-29F	00:12:58.65	62	02:35	01:10:44.55	78	16.96	00:40:23.00	71	08:04	02:04:06.20	LETH
75 MCLEAN, NATALIE	364	SPR40-49F	00:14:56.00	75	02:59	01:08:10.55	75	17.60	00:41:45.55	76	08:21	02:04:52.10	LETH
76 ELIUK, STEPHANIE	302	SPR14-15F	00:13:42.38	67	02:44	01:05:02.32	72	18.45	00:46:19.35	79	09:15	02:05:04.05	EDMONTON
77 GAUDETTE-SHARP, STACEY	310	SPR20-29F	00:12:26.81	57	02:29	01:13:31.24	80	16.32	00:40:45.85	72	08:09	02:06:43.90	LETH
78 HUBER, LINDA	335	SPR30-39F	00:16:30.00	81	03:18	01:05:37.80	73	18.28	00:45:05.40	78	09:01	02:07:13.20	CARDSTON
79 MCGAFFEY, VANYA	339	SPR30-39F	00:12:25.00	56	02:29	01:10:56.10	79	16.92	00:48:53.75	80	09:46	02:12:14.85	LETH
80 SISSON, JULIE	367	SPR40-49F	00:14:39.00	71	02:55	01:08:28.30	76	17.53	00:49:09.50	81	09:49	02:12:16.80	LETH
81 FENZ, KATHY	358	SPR40-49F	00:14:34.69	70	02:54	01:25:21.31	81	14.06	00:41:27.70	75	08:17	02:21:23.70	LETH