

Overall Solo Gender Results

Super Sprint .2K - 15K - 3K

Female

Name	Bib#	Category	Swim	Cat	Bike	Cat	Run	Cat	Finish	City
1 ADAMS, BRITNEY	510	SS20-29F	00:03:48.00	1	00:39:07.55	1	00:17:28.90	4	01:00:24.45	LETH
2 BRAUN, LORI	513	SS20-29F	00:04:12.00	7	00:39:45.50	2	00:17:19.85	2	01:01:17.35	LETH
3 TAYLOR, JULIE RENEE	528	SS20-29F	00:04:04.35	5	00:40:55.30	3	00:17:26.25	3	01:02:25.90	LETH
4 BRYANT, KEVAN	515	SS20-29F	00:05:45.91	15	00:40:55.89	4	00:17:58.80	5	01:04:40.60	COALDALE
5 COLBY, FAY	543	SS30-39F	00:04:21.33	4	00:42:31.77	1	00:18:39.70	1	01:05:32.80	LETH
6 SOSICK, SUSAN	580	SS40-49F	00:06:42.00	10	00:43:40.50	2	00:16:17.05	1	01:06:39.55	OKOTOKS
7 ALFORD, TRINA	571	SS40-49F	00:04:32.00	1	00:43:39.35	1	00:19:46.40	3	01:07:57.75	LETH
8 BEZOOYEN, ANDREA	512	SS20-29F	00:04:57.47	13	00:45:33.78	8	00:18:08.75	6	01:08:40.00	LETH
9 PONOMAR, VICTORIA	525	SS20-29F	00:05:35.65	14	00:43:54.50	6	00:19:16.55	8	01:08:46.70	LETH
10 MERTZ, KATHERINE	553	SS30-39F	00:03:31.68	1	00:46:37.52	3	00:19:04.00	2	01:09:13.20	BLAIRMOR
11 DOUCETTE, ANGELICA	516	SS20-29F	00:03:58.00	3	00:43:48.10	5	00:21:28.65	12	01:09:14.75	LETH
12 BROWN, EMILY	514	SS20-29F	00:04:53.86	11	00:47:39.19	9	00:17:09.95	1	01:09:43.00	LETH
13 YOUNG, ELIZABETH	532	SS20-29F	00:03:52.00	2	00:45:30.55	7	00:20:36.10	11	01:09:58.65	LETH
14 MAY, FRANCINE	545	SS30-39F	00:04:52.39	7	00:45:41.11	2	00:19:56.40	4	01:10:29.90	CALGARY
15 FISCHBUCH, VANESSA	575	SS40-49F	00:04:49.00	5	00:45:38.30	3	00:20:26.80	4	01:10:54.10	COCHRAN
16 GOMES, ADRIENNE	501	SS14-15F	00:03:28.00	1	00:52:05.40	1	00:15:51.55	1	01:11:24.95	LETH
17 DEBOER, LAURIE	574	SS40-49F	00:04:33.81	2	00:49:33.54	5	00:18:56.35	2	01:13:03.70	MONARCH
18 STRILCHUK, ERIN	526	SS20-29F	00:04:54.86	12	00:48:40.64	10	00:19:43.25	9	01:13:18.75	LETH
19 KWASNY, TRACY	550	SS30-39F	00:04:59.00	9	00:47:23.45	4	00:21:06.40	7	01:13:28.85	LETH
20 WIEBE, JANELLE	530	SS20-29F	00:05:57.28	17	00:49:28.77	11	00:19:59.75	10	01:15:25.80	LETH
21 BENZIE, ALEXA	506	SS16-19F	00:03:24.26	1	00:52:25.34	1	00:19:59.30	1	01:15:48.90	LETH
22 CAPUTO, KAAREEN	573	SS40-49F	00:06:23.28	9	00:47:12.17	4	00:22:32.10	7	01:16:07.55	LETH
23 GINTHER, SUSAN	546	SS30-39F	00:03:36.00	2	00:52:32.55	10	00:20:14.45	5	01:16:23.00	LETH
24 BILODEAU-GOESEELS, SYLVIE	572	SS40-49F	00:04:36.00	3	00:51:06.15	7	00:20:42.80	5	01:16:24.95	LETH
25 PALMER, CARLA	579	SS40-49F	00:05:16.00	7	00:50:07.50	6	00:21:39.00	6	01:17:02.50	COALDALE
26 WILDE, MELISSA	531	SS20-29F	00:05:48.00	16	00:52:17.90	15	00:18:57.80	7	01:17:03.70	LETH
27 APPEYARD, APRIL	540	SS30-39F	00:04:36.00	5	00:52:20.25	9	00:21:00.05	6	01:17:56.30	PRINCE AL
28 HAMILTON, DALYCE	508	SS16-19F	00:04:20.01	2	00:53:53.64	2	00:20:36.35	2	01:18:50.00	LETH
29 MARONDA, BRETT	519	SS20-29F	00:04:19.00	8	00:51:10.80	12	00:23:48.35	15	01:19:18.15	CALGARY
30 ABBOTT, EILEEN	585	SS50-59F	00:06:12.31	4	00:49:53.39	2	00:23:23.00	1	01:19:28.70	LETH
31 THOMPSON, JOLENE	529	SS20-29F	00:04:22.00	9	00:52:40.75	16	00:22:27.40	13	01:19:30.15	LETH
32 MICHIELIN, ANGELA	554	SS30-39F	00:05:49.00	12	00:49:18.95	5	00:24:38.75	12	01:19:46.70	LETH
33 MORRISON, JILL	524	SS20-29F	00:04:09.91	6	00:53:22.39	18	00:22:27.70	14	01:20:00.00	LETH
34 GLASSFORD, MARYLEE	547	SS30-39F	00:05:51.00	14	00:51:23.60	7	00:22:58.85	10	01:20:13.45	LETH
35 HAWTHORNE, FRANCIE	577	SS40-49F	00:05:33.71	8	00:51:19.94	8	00:23:28.35	8	01:20:22.00	CALGARY
36 MASTEL, MICHELE	552	SS30-39F	00:03:53.71	3	00:50:14.44	6	00:26:26.00	15	01:20:34.15	MED. HAT
37 BAIN, JENNIFER	511	SS20-29F	00:04:53.51	10	00:51:46.54	14	00:24:02.55	16	01:20:42.60	LETH
38 KINGSLEY, KATHY	549	SS30-39F	00:06:02.00	15	00:51:29.60	8	00:23:35.40	11	01:21:07.00	CALGARY
39 TANIS, LIZ	527	SS20-29F	00:04:04.00	4	00:51:34.70	13	00:26:12.80	18	01:21:51.50	PICTURE E
40 PENNINGTON, BRENDA	590	SS50-59F	00:05:03.09	1	00:52:52.16	4	00:24:23.35	2	01:22:18.60	LETH
41 CHAPMAN, MONIQUE	542	SS30-39F	00:04:57.00	8	00:55:59.00	12	00:21:57.10	8	01:22:53.10	COALHUR
42 FRANKISH, EVINA	576	SS40-49F	00:05:12.29	6	00:51:53.01	9	00:26:17.40	10	01:23:22.70	LETH
43 LAING, KIM	587	SS50-59F	00:05:34.97	2	00:46:50.53	1	00:31:04.20	4	01:23:29.70	MONARCH
44 HEFFERNAN, CHANTAL	548	SS30-39F	00:05:12.75	10	00:56:15.35	13	00:22:46.50	9	01:24:14.60	LETH
45 THORLACIUS, CHARLENE	581	SS40-49F	00:04:40.00	4	00:56:19.35	10	00:23:38.90	9	01:24:38.25	LETH
46 VILLETARD, KAREN	560	SS30-39F	00:05:51.00	13	00:59:14.35	16	00:19:39.60	3	01:24:44.95	LETH
47 HAWTHORNE, EMILY	517	SS20-29F	00:06:48.00	19	00:53:04.45	17	00:25:12.85	17	01:25:05.30	CALGARY
48 ROMANUIK, KAREN	559	SS30-39F	00:05:25.00	11	00:55:52.95	11	00:25:08.40	13	01:26:26.35	HUMBOLD
49 KONRAD, JANE	586	SS50-59F	00:05:49.77	3	00:51:33.13	3	00:30:53.05	3	01:28:15.95	LETH
50 PREACHUK, TENNILLE	556	SS30-39F	00:06:45.18	16	00:58:01.42	14	00:25:20.30	14	01:30:06.90	COALDALE
51 RENAUD, KRISTIEN	558	SS30-39F	00:04:47.00	6	00:59:04.80	15	00:32:30.80	16	01:36:22.60	LETH
52 MORRIS, DONNELLY	523	SS20-29F	00:06:27.53	18	01:02:38.62	19	00:27:59.95	19	01:37:06.10	LETH
53 SCHEMENAUER, THERESA	591	SS50-59F	00:11:25.00	5	01:31:55.10	5	00:37:04.20	5	02:20:24.30	DEWINTON

Overall Solo Gender Results

Super Sprint .2K - 15K - 3K

Male

Name	Bib#	Category	Swim	Cat	Bike	Cat	Run	Cat	Finish	City
1 COOPER, CURTIS	534	SS20-29M	00:03:34.34	1	00:35:22.76	2	00:13:36.75	1	00:52:33.85	LETH
2 STEWART, RUSSELL	539	SS20-29M	00:04:01.00	3	00:34:49.55	1	00:14:59.65	2	00:53:50.20	LETH
3 BECK, AUSTIN	503	SS14-15M	00:03:37.00	1	00:37:21.05	1	00:14:21.10	1	00:55:19.15	BOW ISLAI
4 MERTZ, MICHAEL	568	SS30-39M	00:03:04.01	1	00:38:47.64	1	00:17:08.25	1	00:58:59.90	BLAIRMOR
5 FRIESEN, BERT	582	SS40-49M	00:04:49.49	1	00:39:13.61	1	00:17:29.10	1	01:01:32.20	TABER
6 HOY, LONNY	566	SS30-39M	00:03:36.59	2	00:39:30.41	3	00:18:41.10	2	01:01:48.10	LETH
7 GRUENHAGE, PETER	565	SS30-39M	00:03:57.00	3	00:38:56.35	2	00:19:37.35	4	01:02:30.70	LETH
8 KINDLEY, KEVIN	592	SS50-59M	00:03:41.50	1	00:43:30.70	1	00:17:53.95	1	01:05:06.15	LETH
9 LAVIGNE, ADAM	537	SS20-29M	00:04:13.15	4	00:43:04.60	3	00:19:29.15	3	01:06:46.90	LETH
10 LIVINGSTON, KIRK	584	SS40-49M	00:05:30.13	2	00:42:24.42	2	00:19:35.00	2	01:07:29.55	COALDALE
11 BRYANT, JAYCE	533	SS20-29M	00:03:59.00	2	00:48:42.10	4	00:19:33.45	4	01:12:14.55	LETH
12 ELLEFSON, BRYAN	596	SS60+M	00:06:11.13	2	00:46:17.07	1	00:22:13.95	1	01:14:42.15	CRESTON
13 ZUCCO, RANIERO	593	SS50-59M	00:04:55.00	2	00:50:06.05	2	00:21:20.50	2	01:16:21.55	LETH
14 ARMSTRONG, GAYLEN	594	SS60+M	00:06:15.39	3	00:48:01.31	2	00:22:27.25	2	01:16:43.95	TWIN BUT
15 HAWTHORNE, BRIAN	583	SS40-49M	00:06:50.34	3	00:49:27.11	3	00:22:39.85	3	01:18:57.30	CALGARY
16 CAMERON, JAKE	561	SS30-39M	00:05:02.56	5	00:56:03.09	5	00:19:33.60	3	01:20:39.25	LETH
17 FREY, CHAD	564	SS30-39M	00:04:54.00	4	00:50:04.15	4	00:26:25.70	6	01:21:23.85	MED. HAT
18 MYLES, JUSTIN	505	SS14-15M	00:03:39.00	2	00:58:33.10	2	00:19:51.70	2	01:22:03.80	LETH
19 BERG, GEORGE	595	SS60+M	00:03:50.56	1	00:54:21.44	3	00:26:19.20	3	01:24:31.20	LETH
20 NAKASHIMA, JAMES	569	SS30-39M	00:08:14.00	6	00:56:08.45	6	00:22:01.05	5	01:26:23.50	LETH
21 HAWTHORNE, ERIC	536	SS20-29M	00:04:38.00	5	01:00:07.50	5	00:22:18.70	5	01:27:04.20	LETH
22 MCDOUGALL, CRAIG	538	SS20-29M	00:08:04.17	6	01:00:39.43	6	00:23:23.25	6	01:32:06.85	LETH