

Overall Solo Gender Results

Sprint 5K - 20K - 5K

Female

Name	Bib#	Category	Swim	Cat	Bike	Cat	Run	Cat	Finish	City
1 KOENIG, KAREN	362	SPR40-49F	00:10:25.00	2	00:44:56.55	1	00:27:59.95	1	01:23:21.50	LETH
2 THOMAS, LEXI	318	SPR20-29F	00:09:10.16	3	00:50:56.19	1	00:27:13.60	2	01:27:19.95	LETH
3 MCCULLOCH, ROBIN	338	SPR30-39F	00:07:51.00	1	00:51:03.95	3	00:28:29.90	2	01:27:24.85	LETH
4 MACWILLIAM, LESLIE	314	SPR20-29F	00:09:26.60	4	00:52:35.35	2	00:26:01.80	1	01:28:03.75	LETH
5 NYKWIST, SHEILA	340	SPR30-39F	00:10:43.00	6	00:55:09.00	7	00:24:00.85	1	01:29:52.85	LETH
6 MATTHEWS, JULIE	390	SPR50-59F	00:09:59.00	3	00:47:58.10	2	00:32:36.75	1	01:30:33.85	LETH
7 HILKEWICH, LESLEE	311	SPR20-29F	00:10:19.00	5	00:53:33.10	3	00:28:11.05	3	01:32:03.15	LETH
8 GERLOCK, JENNIFER	332	SPR30-39F	00:10:22.00	4	00:50:11.10	2	00:31:35.15	5	01:32:08.25	LETH
9 DIXON, TAYLOR	301	SPR14-15F	00:10:08.82	2	00:49:42.93	1	00:33:00.00	1	01:32:51.75	LETH
10 HOAR, SHARLEEN	334	SPR30-39F	00:10:09.00	2	00:49:00.60	1	00:34:14.65	6	01:33:24.25	LETH
11 MARCOTTE, DENISE	363	SPR40-49F	00:10:46.00	3	00:52:55.60	4	00:29:59.40	2	01:33:41.00	LETH
12 QUICK, DEB	366	SPR40-49F	00:11:48.80	7	00:49:05.20	2	00:33:41.75	6	01:34:35.75	CALGARY
13 BERING, HEATHER	355	SPR40-49F	00:14:54.50	13	00:49:28.95	3	00:31:19.30	3	01:35:42.75	MED. HAT
14 KALISCHUK, MELANIE	336	SPR30-39F	00:12:47.00	10	00:52:37.60	4	00:31:02.65	4	01:36:27.25	LETH
15 HAMILTON, SHAWN	387	SPR50-59F	00:09:32.00	1	00:54:21.60	3	00:33:32.05	2	01:37:25.65	LETH
16 FERGUSON, LAURA	309	SPR20-29F	00:09:02.00	2	01:00:07.75	7	00:28:58.55	4	01:38:08.30	LETH
17 ANDRES, REBEKAH	328	SPR30-39F	00:10:20.67	3	00:56:55.88	9	00:30:53.85	3	01:38:10.40	CALGARY
18 HALLADAY, BARB	386	SPR50-59F	00:13:32.95	6	00:47:27.10	1	00:37:19.35	5	01:38:19.40	LETH
19 VEGTER, MELANIE	369	SPR40-49F	00:11:36.70	6	00:55:15.10	7	00:31:54.75	5	01:38:46.55	LETH
20 GOODFELLOW, PIPPA	359	SPR40-49F	00:08:59.00	1	00:54:43.35	6	00:35:35.15	7	01:39:17.50	DIAMOND
21 APPELT, SHARON	383	SPR50-59F	00:09:54.00	2	00:55:09.75	4	00:34:51.30	4	01:39:55.05	LETH
22 PASEMKO, LINDSAY	316	SPR20-29F	00:11:02.00	6	00:57:04.70	5	00:31:48.55	5	01:39:55.25	COALDALE
23 WATT, KEELEY	304	SPR14-15F	00:08:59.00	1	00:54:35.00	2	00:38:20.40	2	01:41:54.40	LETH
24 BECK, KIM	354	SPR40-49F	00:12:57.00	9	00:58:13.85	8	00:31:29.35	4	01:42:40.20	BOW ISLAI
25 WATT, MICHELLE	370	SPR40-49F	00:11:29.19	5	00:53:58.36	5	00:37:13.40	10	01:42:40.95	CLARESHK
26 HAYNER, VERONICA	333	SPR30-39F	00:11:56.00	8	00:53:12.60	5	00:38:26.85	9	01:43:35.45	CALGARY
27 PHILPOTT, KAREN	391	SPR50-59F	00:13:43.70	8	00:57:14.55	5	00:33:54.45	3	01:44:52.70	LETH
28 BOSCHEE, JANA	330	SPR30-39F	00:10:22.32	5	00:54:48.83	6	00:39:43.65	10	01:44:54.80	LETH
29 STROEVE, JACKIE	317	SPR20-29F	00:11:13.69	7	00:56:03.31	4	00:39:04.95	6	01:46:21.95	LETH
30 BERTEOTTI, JASMIN	329	SPR30-39F	00:14:01.35	11	00:56:26.05	8	00:37:12.70	8	01:47:40.10	RAYMOND
31 UNGER, JESSICA	319	SPR20-29F	00:08:52.00	1	00:59:43.15	6	00:39:17.15	7	01:47:52.30	CALGARY
32 MACLEAN, PADDY	389	SPR50-59F	00:11:55.24	4	00:57:41.51	6	00:39:13.50	8	01:48:50.25	LETH
33 SMITH-MYLES, KAREN	368	SPR40-49F	00:11:12.00	4	01:01:28.55	11	00:36:12.80	9	01:48:53.35	LETH
34 MELE, BRIA	306	SPR16-19F	00:13:14.00	1	00:59:28.70	1	00:37:07.85	1	01:49:50.55	CALGARY
35 MARTENS, NANCY	337	SPR30-39F	00:15:11.00	12	00:58:27.85	11	00:36:39.55	7	01:50:18.40	COALDALE
36 DECILLIA, MELANIE	331	SPR30-39F	00:11:50.77	7	00:58:14.98	10	00:40:51.10	11	01:50:56.85	LETH
37 FAULKNER, TRACEY	357	SPR40-49F	00:12:41.00	8	01:03:36.45	12	00:35:35.50	8	01:51:52.95	LETH
38 GILES, JANICE	384	SPR50-59F	00:13:38.87	7	01:03:14.68	7	00:37:22.55	6	01:54:16.10	HIGH RIVE
39 GRAY, MARIANNE	360	SPR40-49F	00:14:57.00	15	01:00:52.55	9	00:40:04.95	11	01:55:54.50	LETH
40 MORROW, LORNA	365	SPR40-49F	00:13:41.00	10	01:01:02.35	10	00:43:25.75	14	01:58:09.10	CALGARY
41 GILLET, SHARON	385	SPR50-59F	00:12:49.68	5	01:09:45.92	8	00:38:54.30	7	02:01:29.90	LETH
42 HUCULAK, KELSEY	312	SPR20-29F	00:12:58.65	9	01:10:44.55	8	00:40:23.00	8	02:04:06.20	LETH
43 MCLEAN, NATALIE	364	SPR40-49F	00:14:56.00	14	01:08:10.55	13	00:41:45.55	13	02:04:52.10	LETH
44 ELIUK, STEPHANIE	302	SPR14-15F	00:13:42.38	3	01:05:02.32	3	00:46:19.35	3	02:05:04.05	EDMONTON
45 GAUDETTE-SHARP, STACEY	310	SPR20-29F	00:12:26.81	8	01:13:31.24	9	00:40:45.85	9	02:06:43.90	LETH
46 HUBER, LINDA	335	SPR30-39F	00:16:30.00	13	01:05:37.80	12	00:45:05.40	12	02:07:13.20	CARDSTOI
47 MCGAFFEY, VANYA	339	SPR30-39F	00:12:25.00	9	01:10:56.10	13	00:48:53.75	13	02:12:14.85	LETH
48 SISSON, JULIE	367	SPR40-49F	00:14:39.00	12	01:08:28.30	14	00:49:09.50	15	02:12:16.80	LETH
49 FENZ, KATHY	358	SPR40-49F	00:14:34.69	11	01:25:21.31	15	00:41:27.70	12	02:21:23.70	LETH

Overall Solo Gender Results

Sprint 5K - 20K - 5K

Male

Name	Bib#	Category	Swim	Cat	Bike	Cat	Run	Cat	Finish	City
1 DANIELSON, ERIC	307	SPR16-19M	00:06:27.19	1	00:38:48.16	1	00:23:32.45	1	01:08:47.80	LETH
2 BRYANT, JEFF	394	SPR50-59M	00:06:42.16	1	00:40:01.09	1	00:25:35.80	1	01:12:19.05	LETH
3 ROBERTS, NEIL	345	SPR20-29M	00:08:07.00	1	00:43:33.10	1	00:23:16.00	1	01:14:56.10	EDMONTON
4 BERING, MICHAEL	371	SPR40-49M	00:09:48.00	2	00:42:01.35	1	00:25:47.90	1	01:17:37.25	MED. HAT
5 SHARP, ROB	353	SPR30-39M	00:11:06.00	6	00:44:30.25	1	00:26:53.90	3	01:22:30.15	LETH
6 TAYLOR, LOWELL	325	SPR20-29M	00:09:41.00	5	00:44:09.65	2	00:28:44.05	4	01:22:34.70	LETH
7 BYKOWSKI, JOHN	373	SPR40-49M	00:07:45.00	1	00:45:43.55	3	00:29:14.90	4	01:22:43.45	LETH
8 DIXON, BRIAN	374	SPR40-49M	00:10:52.22	4	00:44:13.13	2	00:27:41.80	2	01:22:47.15	LETH
9 VEGTER, LANDON	327	SPR20-29M	00:10:11.00	7	00:44:24.35	3	00:28:17.70	3	01:22:53.05	EDMONTON
10 SELLERS, CORY	352	SPR30-39M	00:10:48.00	4	00:50:02.75	6	00:23:06.25	1	01:23:57.00	LETH
11 IWAASA, KEVIN	348	SPR30-39M	00:10:16.74	2	00:46:35.66	2	00:28:34.10	5	01:25:26.50	LETH
12 MACDONALD, PAUL	322	SPR20-29M	00:09:37.00	4	00:44:53.20	4	00:31:32.20	8	01:26:02.40	LETH
13 AVISON, CAMERON	341	SPR30-39M	00:11:39.75	9	00:49:24.80	5	00:25:51.20	2	01:26:55.75	LETH
14 CLARKE, JEFF	344	SPR30-39M	00:10:17.00	3	00:49:18.40	4	00:27:47.65	4	01:27:23.05	LETH
15 POIRIER RICHER, GREGOIRE	323	SPR20-29M	00:09:47.24	6	00:49:35.91	5	00:29:46.45	6	01:29:09.60	MED. HAT
16 HAMILTON, DEXTER	321	SPR20-29M	00:08:37.00	2	00:52:33.05	7	00:28:00.50	2	01:29:10.55	LETH
17 BOSCHEE, MARK	372	SPR40-49M	00:11:40.00	6	00:46:25.15	4	00:33:55.35	8	01:32:00.50	LETH
18 REINDL, KYLE	324	SPR20-29M	00:09:35.29	3	00:53:35.06	8	00:28:59.70	5	01:32:10.05	LETH
19 VANDERZEE, JIM	380	SPR40-49M	00:12:10.01	7	00:48:18.69	6	00:32:30.75	7	01:32:59.45	LETH
20 UNGER, DAVE	326	SPR20-29M	00:11:38.96	8	00:51:03.59	6	00:30:27.15	7	01:33:09.70	CALGARY
21 LAQUA, GORDON	377	SPR40-49M	00:15:50.00	9	00:48:14.90	5	00:29:17.90	5	01:33:22.80	CALGARY
22 KAWCHUK, LAWRENCE	376	SPR40-49M	00:15:03.00	8	00:50:59.55	7	00:28:34.95	3	01:34:37.50	LETH
23 HAWKINS, DEAN	347	SPR30-39M	00:10:51.00	5	00:49:13.95	3	00:34:49.25	8	01:34:54.20	LETH
24 HAMILTON, KEVIN	375	SPR40-49M	00:10:25.00	3	00:53:11.65	8	00:31:32.25	6	01:35:08.90	LETH
25 MYLES, CHARLIE	396	SPR50-59M	00:09:22.00	2	00:55:50.50	3	00:31:02.10	2	01:36:14.60	LETH
26 FITZPATRICK, CLAIR	346	SPR30-39M	00:11:21.29	7	00:56:36.56	9	00:28:54.25	6	01:36:52.10	LETH
27 BULLOCK, COLIN	342	SPR30-39M	00:08:07.00	1	00:55:24.85	8	00:38:02.00	10	01:41:33.85	LETH
28 CHAPMAN, DAN	343	SPR30-39M	00:14:41.00	10	00:53:04.25	7	00:36:00.35	9	01:43:45.60	COALHUR
29 ARNOLD, JOHN	393	SPR50-59M	00:16:12.30	3	00:54:07.90	2	00:36:03.60	3	01:46:23.80	LETH
30 CRESSWELL, RYAN	305	SPR20-29M	00:14:43.00	9	01:02:02.15	9	00:33:45.50	9	01:50:30.65	LETH
31 SIMPSON, ROD	379	SPR40-49M	00:11:22.80	5	00:57:55.40	9	00:41:22.50	9	01:50:40.70	LETH
32 SCHWAB, ED	351	SPR30-39M	00:11:38.58	8	01:07:27.12	10	00:32:47.95	7	01:51:53.65	LETH