

Overall Solo Gender Results

Individual 7K Run - 20K Bike - 3K Run

Male

Name	Bib#	Category	Run 1	Cat	Bike	Cat	Run 2	Cat	Finish	City
1 GREEN, JARED	234	30-39M	00:30:06.45	1	00:33:49.55	1	00:08:18.95	2	01:12:14.95	CALGARY
2 MACPHERSON, MURRAY	327	50-59M	00:31:05.85	1	00:35:35.20	1	00:08:10.20	1	01:14:51.25	CALGARY
3 FREEMAN, DREW	233	30-39M	00:30:45.75	2	00:36:25.80	2	00:08:02.55	1	01:15:14.10	CALGARY
4 TUOHY, KEVIN	250	30-39M	00:34:02.30	4	00:37:00.90	3	00:08:49.80	3	01:19:53.00	CALGARY
5 HUGGINS-CHAN, SEAN	297	40-49M	00:33:18.40	2	00:37:34.85	1	00:09:11.65	5	01:20:04.90	CALGARY
6 CLARKE, SEAN	290	40-49M	00:32:56.95	1	00:39:01.50	3	00:08:55.25	2	01:20:53.70	CALGARY
7 ARSENEAULT, SHAYNE	227	30-39M	00:34:24.20	5	00:37:22.75	4	00:09:39.85	11	01:21:26.80	CALGARY
8 MOORES, TONY	301	40-49M	00:33:53.95	3	00:38:46.00	2	00:09:01.35	3	01:21:41.30	COCHRAN
9 ROBERTS, JAMIE	247	30-39M	00:34:40.55	7	00:37:39.50	6	00:09:35.80	10	01:21:55.85	CALGARY
10 WICK, JAMES	251	30-39M	00:35:43.35	10	00:37:29.40	5	00:09:26.85	8	01:22:39.60	CALGARY
11 MILLER, DAVE	213	30-39M	00:35:30.55	9	00:38:48.50	8	00:09:04.20	4	01:23:23.25	CALGARY
12 WASYLYNIUK, ROB	311	40-49M	00:34:27.70	4	00:39:56.05	4	00:09:23.45	6	01:23:47.20	COCHRAN
13 CAMPBELL, ERIC	180	20-29M	00:35:29.65	2	00:40:10.65	1	00:08:56.15	1	01:24:36.45	CALGARY
14 HUNT, BILL	238	30-39M	00:34:57.50	8	00:39:55.75	11	00:09:46.00	12	01:24:39.25	CALGARY
15 MYSYK, JEFF	244	30-39M	00:36:50.00	13	00:39:02.25	9	00:09:19.95	7	01:25:12.20	CALGARY
16 YOON, KI HO	316	40-49M	00:35:42.00	7	00:41:52.40	7	00:08:32.65	1	01:26:07.05	CALGARY
17 ULSETH, KEVIN	185	20-29M	00:33:30.30	1	00:43:35.15	3	00:09:06.75	3	01:26:12.20	VETERAN
18 DEERE, DAVID	321	50-59M	00:34:43.25	2	00:42:16.40	3	00:09:17.00	2	01:26:16.65	BRAGG CF
19 BRANAGAN, STUART	229	30-39M	00:34:35.30	6	00:42:12.70	14	00:09:28.80	9	01:26:16.80	CALGARY
20 KONOFF, JEFF	241	30-39M	00:37:51.40	16	00:37:43.70	7	00:10:53.65	17	01:26:28.75	CALGARY
21 HENDERSON, BRAD	235	30-39M	00:36:17.20	11	00:41:14.20	12	00:09:14.20	5	01:26:45.60	CALGARY
22 BRADY, WARREN	228	30-39M	00:36:48.95	12	00:39:32.55	10	00:10:40.60	16	01:27:02.10	PRIDDIS
23 GOUDIE, SHANE	296	40-49M	00:34:46.25	6	00:43:13.40	9	00:09:07.60	4	01:27:07.25	EDMONTC
24 KATERENCHUK, AARON	182	20-29M	00:36:05.65	3	00:42:00.40	2	00:09:03.55	2	01:27:09.60	CALGARY
25 HERRIOT, CODY	236	30-39M	00:33:51.90	3	00:44:57.75	18	00:09:18.10	6	01:28:07.75	CALGARY
26 RODGERS, DAVE	305	40-49M	00:34:40.80	5	00:43:41.80	10	00:09:52.10	8	01:28:14.70	CALGARY
27 LONG, CHRIS	242	30-39M	00:37:04.40	14	00:41:48.50	13	00:10:08.25	13	01:29:01.15	CANMORE
28 PARFITT, JOHN	329	50-59M	00:39:19.55	3	00:39:11.50	2	00:10:37.15	4	01:29:08.20	BRAGG CF
29 RATTEE, DENNIS	245	30-39M	00:37:50.50	15	00:42:42.50	15	00:11:02.15	18	01:31:35.15	CALGARY
30 LEIGHTON, RICHARD	325	50-59M	00:39:36.10	4	00:43:28.55	4	00:10:31.75	3	01:33:36.40	CALGARY
31 KATERENCHUK, JASON	239	30-39M	00:38:55.40	17	00:44:10.70	16	00:10:31.25	14	01:33:37.35	EDMONTC
32 LEUNG, JOSEPH	299	40-49M	00:40:27.80	9	00:42:15.00	8	00:11:10.10	13	01:33:52.90	CALGARY
33 STYCZEN, MIKE	309	40-49M	00:39:53.65	8	00:45:15.10	12	00:09:50.65	7	01:34:59.40	CALGARY
34 DANSIE, IVAN	293	40-49M	00:42:58.10	14	00:41:14.40	5	00:11:22.25	14	01:35:34.75	CALGARY
35 KANASHIRO, GREG	298	40-49M	00:41:41.75	10	00:44:48.30	11	00:10:40.45	10	01:37:10.50	CALGARY
36 MANN, DON	328	50-59M	00:42:26.70	7	00:44:27.00	6	00:11:01.65	5	01:37:55.35	CALGARY
37 YORKE, GORDON	332	50-59M	00:42:18.20	6	00:44:33.45	7	00:11:34.65	8	01:38:26.30	CALGARY
38 JORDAN, PETER	248	30-39M	00:40:37.15	18	00:47:45.75	19	00:10:35.00	15	01:38:57.90	MORINVILI
39 KELLER, LAWRENCE	324	50-59M	00:43:48.30	10	00:43:36.20	5	00:11:51.60	10	01:39:16.10	CALGARY
40 CRESSWELL, ALEX	160	19&UM	00:41:34.10	1	00:48:13.05	1	00:09:50.15	1	01:39:37.30	BRAGG CF
41 LOPEZ, JESUS	326	50-59M	00:43:02.05	8	00:44:58.75	8	00:11:37.55	9	01:39:38.35	CALGARY
42 DEANS, RICK	294	40-49M	00:41:47.35	11	00:46:36.25	15	00:11:27.55	15	01:39:51.15	COCHRAN
43 YANICKI, GREG	315	40-49M	00:46:30.75	20	00:41:27.40	6	00:12:28.70	19	01:40:26.85	CALGARY
44 EDWARDS, CHRIS	231	30-39M	00:46:08.80	21	00:44:22.00	17	00:11:30.45	20	01:42:01.25	CALGARY
45 FICZYCZ, ANDREW	295	40-49M	00:44:07.10	15	00:46:22.75	13	00:11:58.10	17	01:42:27.95	OKOTOKS
46 THIBODEAU, MITCH	310	40-49M	00:42:18.90	13	00:49:55.80	19	00:11:07.85	12	01:43:22.55	CALGARY
47 BICHSEL, GEORGE	335	60+M	00:50:21.75	2	00:42:43.65	1	00:11:49.00	1	01:44:54.40	CALGARY
48 BALL, MARK	287	40-49M	00:45:03.30	16	00:46:35.15	14	00:13:21.15	21	01:44:59.60	CALGARY
49 GILLET, MARK	323	50-59M	00:43:35.30	9	00:50:37.85	9	00:11:12.80	7	01:45:25.95	CALGARY
50 DEMERS, TYLER	181	20-29M	00:40:23.25	4	00:54:01.10	4	00:12:03.50	5	01:46:27.85	CALGARY
51 EMERY, WILLIAM	232	30-39M	00:44:11.25	19	00:51:03.45	20	00:11:22.10	19	01:46:36.80	CALGARY
52 BURGE, SCOTT	289	40-49M	00:45:25.60	17	00:50:37.50	21	00:10:52.65	11	01:46:55.75	STRATHM
53 DOIRON, ROBERT	336	60+M	00:44:32.25	1	00:49:51.95	2	00:12:58.60	2	01:47:22.80	ST. ALBER
54 PRUS, ROBERT	304	40-49M	00:48:38.80	22	00:47:01.85	16	00:11:50.95	16	01:47:31.60	BROOKS
55 BABLITZ, RICHARD	286	40-49M	00:45:28.20	18	00:49:17.15	18	00:13:02.70	20	01:47:48.05	CALGARY
56 POULSEN, IAN	302	40-49M	00:47:33.30	21	00:50:26.00	20	00:12:12.65	18	01:50:11.95	ST. ALBER

Overall Solo Gender Results

Individual 7K Run - 20K Bike - 3K Run

Male

Name	Bib#	Category	Run 1	Cat	Bike	Cat	Run 2	Cat	Finish	City
57 CUNNINGHAM, DARREN	230	30-39M	00:45:33.95	20	00:52:35.55	22	00:12:19.60	22	01:50:29.10	CALGARY
58 SONNENBERG, MATTHEW	307	40-49M	00:45:55.65	19	00:51:37.15	22	00:14:01.30	22	01:51:34.10	CALGARY
59 WEINMEIER, JOHN	312	40-49M	00:42:11.65	12	01:00:14.50	23	00:10:24.40	9	01:52:50.55	SHERWOC
60 MAZUR, JAN	243	30-39M	00:46:21.25	22	00:54:45.95	23	00:11:52.20	21	01:52:59.40	CALGARY
61 VAN SANT, BEN	331	50-59M	00:41:36.15	5	01:02:23.15	10	00:11:04.75	6	01:55:04.05	CALGARY
62 WOO, DANNY	313	40-49M	00:54:09.25	23	00:47:58.00	17	00:14:14.35	23	01:56:21.60	CALGARY
63 RICHARDSON, LARK	246	30-39M	00:52:00.20	23	00:51:39.30	21	00:13:44.25	23	01:57:23.75	CALGARY
64 KWOK, LAURA	183	20-29M	00:43:41.65	5	01:06:38.70	5	00:10:42.10	4	02:01:02.45	CALGARY
65 CRESSWELL, HARRIE	161	19&UM	00:47:52.10	2	01:03:07.35	2	00:11:59.85	2	02:02:59.30	BRAGG CF
66 CLAYTON, DAMON	291	40-49M	00:58:11.25	24	01:05:43.75	24	00:15:32.40	24	02:19:27.40	ST.ALBERT