

Overall Results

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

Name	Bib#	Category	Run-1	O/A	Cat	Bike	O/A	Cat	Run-2	O/A	Cat	Finish	Cat/PI	City
1 GREEN, JARED	234	30-39M	00:30:06.45	1	1	00:33:49.55	1	1	00:08:18.95	3	2	01:12:14.95	1/23	CALGARY
2 MACPHERSON, MURRAY	327	50-59M	00:31:05.85	3	1	00:35:35.20	2	1	00:08:10.20	2	1	01:14:51.25	1/10	CALGARY
3 FREEMAN, DREW	233	30-39M	00:30:45.75	2	2	00:36:25.80	3	2	00:08:02.55	1	1	01:15:14.10	2/23	CALGARY
4 TUOHY, KEVIN	250	30-39M	00:34:02.30	9	4	00:37:00.90	4	3	00:08:49.80	7	3	01:19:53.00	3/23	CALGARY
5 HUGGINS-CHAN, SEAN	297	40-49M	00:33:18.40	5	2	00:37:34.85	7	1	00:09:11.65	17	5	01:20:04.90	1/24	CALGARY
6 CLARKE, SEAN	290	40-49M	00:32:56.95	4	1	00:39:01.50	13	3	00:08:55.25	8	2	01:20:53.70	2/24	CALGARY
7 ARSENAULT, SHAYNE	227	30-39M	00:34:24.20	10	5	00:37:22.75	5	4	00:09:39.85	30	11	01:21:26.80	4/23	CALGARY
8 MOORES, TONY	301	40-49M	00:33:53.95	8	3	00:38:46.00	10	2	00:09:01.35	10	3	01:21:41.30	3/24	COCHRANE
9 ROBERTS, JAMIE	247	30-39M	00:34:40.55	13	7	00:37:39.50	8	6	00:09:35.80	28	10	01:21:55.85	5/23	CALGARY
10 WICK, JAMES	251	30-39M	00:35:43.35	21	10	00:37:29.40	6	5	00:09:26.85	25	8	01:22:39.60	6/23	CALGARY
11 MILLER, DAVE	213	30-39M	00:35:30.55	19	9	00:38:48.50	11	8	00:09:04.20	12	4	01:23:23.25	7/23	CALGARY
12 WASYLYNIUK, ROB	311	40-49M	00:34:27.70	11	4	00:39:56.05	20	4	00:09:23.45	23	6	01:23:47.20	4/24	COCHRANE
13 WINSLADE, SHANNON	225	30-39F	00:36:00.50	22	1	00:39:19.75	16	1	00:08:44.90	6	2	01:24:05.15	1/29	OKOTOKS
14 CAMPBELL, ERIC	180	20-29M	00:35:29.65	18	2	00:40:10.65	21	1	00:08:56.15	9	1	01:24:36.45	1/5	CALGARY
15 HUNT, BILL	238	30-39M	00:34:57.50	17	8	00:39:55.75	19	11	00:09:46.00	32	12	01:24:39.25	8/23	CALGARY
16 JAQUES, TONI	261	40-49F	00:36:51.95	27	1	00:38:53.75	12	1	00:09:24.50	24	1	01:25:10.20	1/28	COCHRANE
17 MYSYK, JEFF	244	30-39M	00:36:50.00	26	13	00:39:02.25	14	9	00:09:19.95	21	7	01:25:12.20	9/23	CALGARY
18 BICHSEL, STEFANIE	187	30-39F	00:37:01.25	29	3	00:39:47.55	18	2	00:08:38.90	5	1	01:25:27.70	2/29	CALGARY
19 YOON, KI HO	316	40-49M	00:35:42.00	20	7	00:41:52.40	27	7	00:08:32.65	4	1	01:26:07.05	5/24	CALGARY
20 ULSETH, KEVIN	185	20-29M	00:33:30.30	6	1	00:43:35.15	39	3	00:09:06.75	14	3	01:26:12.20	2/5	VETERAN
21 DEERE, DAVID	321	50-59M	00:34:43.25	15	2	00:42:16.40	31	3	00:09:17.00	19	2	01:26:16.65	2/10	BRAGG CREEK
22 BRANAGAN, STUART	229	30-39M	00:34:35.30	12	6	00:42:12.70	29	14	00:09:28.80	26	9	01:26:16.80	10/23	CALGARY
23 KONOFF, JEFF	241	30-39M	00:37:51.40	34	16	00:37:43.70	9	7	00:10:53.65	60	17	01:26:28.75	11/23	CALGARY
24 HENDERSON, BRAD	235	30-39M	00:36:17.20	24	11	00:41:14.20	22	12	00:09:14.20	18	5	01:26:45.60	12/23	CALGARY
25 BRADY, WARREN	228	30-39M	00:36:48.95	25	12	00:39:32.55	17	10	00:10:40.60	53	16	01:27:02.10	13/23	PRIDDIS
26 GOUDIE, SHANE	296	40-49M	00:34:46.25	16	6	00:43:13.40	36	9	00:09:07.60	15	4	01:27:07.25	6/24	EDMONTON
27 KATERENCHUK, AARON	182	20-29M	00:36:05.65	23	3	00:42:00.40	28	2	00:09:03.55	11	2	01:27:09.60	3/5	CALGARY
28 HERRIOT, CODY	236	30-39M	00:33:51.90	7	3	00:44:57.75	49	18	00:09:18.10	20	6	01:28:07.75	14/23	CALGARY
29 RODGERS, DAVE	305	40-49M	00:34:40.80	14	5	00:43:41.80	41	10	00:09:52.10	37	8	01:28:14.70	7/24	CALGARY
30 LONG, CHRIS	242	30-39M	00:37:04.40	31	14	00:41:48.50	26	13	00:10:08.25	40	13	01:29:01.15	15/23	CANMORE
31 PARFITT, JOHN	329	50-59M	00:39:19.55	40	3	00:39:11.50	15	2	00:10:37.15	49	4	01:29:08.20	3/10	BRAGG CREEK
32 PRATSCHKE, MAIREAD	217	30-39F	00:36:54.50	28	2	00:43:12.10	35	4	00:09:04.30	13	3	01:29:10.90	3/29	CALGARY
33 MCINNIS, HEATHER	212	30-39F	00:38:23.55	36	5	00:41:41.45	25	3	00:10:19.35	41	7	01:30:24.35	4/29	CALGARY
34 WARNOCK, ROSE	284	40-49F	00:37:11.25	32	2	00:43:09.30	34	2	00:10:28.75	44	6	01:30:49.30	2/28	CALGARY
35 RATTEE, DENNIS	245	30-39M	00:37:50.50	33	15	00:42:42.50	32	15	00:11:02.15	66	18	01:31:35.15	16/23	CALGARY
36 GRUBOR, ANA	167	20-29F	00:39:41.10	43	2	00:43:25.20	37	1	00:09:48.05	34	2	01:32:54.35	1/16	CALGARY
37 LEIGHTON, RICHARD	325	50-59M	00:39:36.10	41	4	00:43:28.55	38	4	00:10:31.75	46	3	01:33:36.40	4/10	CALGARY
38 KATERENCHUK, JASON	239	30-39M	00:38:55.40	37	17	00:44:10.70	42	16	00:10:31.25	45	14	01:33:37.35	17/23	EDMONTON
39 LEUNG, JOSEPH	299	40-49M	00:40:27.80	46	9	00:42:15.00	30	8	00:11:10.10	69	13	01:33:52.90	8/24	CALGARY
40 HARMS, JILL	200	30-39F	00:38:13.55	35	4	00:46:49.75	59	7	00:09:41.05	31	5	01:34:44.35	5/29	LETHBRIDGE
41 STYCZEN, MIKE	309	40-49M	00:39:53.65	44	8	00:45:15.10	51	12	00:09:50.65	36	7	01:34:59.40	9/24	CALGARY
42 DANSIE, IVAN	293	40-49M	00:42:58.10	67	14	00:41:14.40	23	5	00:11:22.25	77	14	01:35:34.75	10/24	CALGARY
43 BRANAGAN, KOURTNEY	190	30-39F	00:40:42.50	49	7	00:44:43.60	46	5	00:10:53.60	59	10	01:36:19.70	6/29	CALGARY
44 BRADY, RACHELLE	189	30-39F	00:41:17.40	52	8	00:45:16.55	52	6	00:10:06.80	39	6	01:36:40.75	7/29	PRIDDIS
45 DAWSON, TIANA	165	20-29F	00:40:31.40	47	3	00:45:48.10	55	2	00:10:40.80	54	3	01:37:00.30	2/16	CALGARY

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

Name	Bib#	Category	Run-1	O/A	Cat	Bike	O/A	Cat	Run-2	O/A	Cat	Finish	Cat/PI	City
46 KANASHIRO, GREG	298	40-49M	00:41:41.75	56	10	00:44:48.30	47	11	00:10:40.45	52	10	01:37:10.50	11/24	CALGARY
47 WOLNEY, JAN	320	50-59F	00:39:39.20	42	1	00:48:10.45	68	1	00:09:23.45	22	1	01:37:13.10	1/5	CALGARY
48 LUDBROOK, KIM	266	40-49F	00:41:19.60	53	5	00:45:45.10	54	5	00:10:21.40	42	5	01:37:26.10	3/28	CALGARY
49 LEIGHTON, JAN	264	40-49F	00:41:59.05	59	6	00:44:51.65	48	3	00:10:41.50	55	8	01:37:32.20	4/28	CALGARY
50 MANN, DON	328	50-59M	00:42:26.70	65	7	00:44:27.00	44	6	00:11:01.65	64	5	01:37:55.35	5/10	CALGARY
51 LUCAS, CLAIRE	206	30-39F	00:39:15.55	39	6	00:49:21.75	75	13	00:09:30.40	27	4	01:38:07.70	8/29	CALGARY
52 YORKE, GORDON	332	50-59M	00:42:18.20	61	6	00:44:33.45	45	7	00:11:34.65	82	8	01:38:26.30	6/10	CALGARY
53 JORDAN, PETER	248	30-39M	00:40:37.15	48	18	00:47:45.75	65	19	00:10:35.00	48	15	01:38:57.90	18/23	MORINVILLE
54 KELLER, LAWRENCE	324	50-59M	00:43:48.30	74	10	00:43:36.20	40	5	00:11:51.60	90	10	01:39:16.10	7/10	CALGARY
55 CRESSWELL, ALEX	160	19&UM	00:41:34.10	54	1	00:48:13.05	69	1	00:09:50.15	35	1	01:39:37.30	1/2	BRAGG CREEK
56 LOPEZ, JESUS	326	50-59M	00:43:02.05	68	8	00:44:58.75	50	8	00:11:37.55	85	9	01:39:38.35	8/10	CALGARY
57 DEANS, RICK	294	40-49M	00:41:47.35	58	11	00:46:36.25	58	15	00:11:27.55	79	15	01:39:51.15	12/24	COCHRANE
58 DECARLO, ANNA	258	40-49F	00:40:58.80	50	4	00:49:08.10	71	8	00:09:47.65	33	3	01:39:54.55	5/28	CALGARY
59 FRIZZELL, CARIE	197	30-39F	00:41:42.00	57	9	00:47:28.15	63	8	00:10:59.20	62	12	01:40:09.35	9/29	CALGARY
60 YANICKI, GREG	315	40-49M	00:46:30.75	98	20	00:41:27.40	24	6	00:12:28.70	110	19	01:40:26.85	13/24	CALGARY
61 MCCANN, CLARE	211	30-39F	00:43:13.80	69	12	00:47:28.80	64	9	00:10:55.80	61	11	01:41:38.40	10/29	CALGARY
62 EDWARDS, CHRIS	231	30-39M	00:46:08.80	96	21	00:44:22.00	43	17	00:11:30.45	81	20	01:42:01.25	19/23	CALGARY
63 BISHELL, SHANNA	188	30-39F	00:42:25.60	64	10	00:47:48.05	66	10	00:11:57.85	96	18	01:42:11.50	11/29	VETERAN
64 FICZYCZ, ANDREW	295	40-49M	00:44:07.10	77	15	00:46:22.75	56	13	00:11:58.10	97	17	01:42:27.95	14/24	OKOTOKS
65 MANN, AMY REBECCA	170	20-29F	00:41:01.90	51	4	00:50:39.35	82	4	00:10:52.60	57	4	01:42:33.85	3/16	CALGARY
66 ANDERSON, BRIANNA	186	30-39F	00:42:39.00	66	11	00:48:33.50	70	11	00:11:55.45	92	17	01:43:07.95	12/29	CROSSFIELD
67 THIBODEAU, MITCH	310	40-49M	00:42:18.90	62	13	00:49:55.80	77	19	00:11:07.85	68	12	01:43:22.55	15/24	CALGARY
68 LAWLESS, PENNY	263	40-49F	00:43:53.50	75	9	00:47:18.45	62	7	00:12:12.65	105	15	01:43:24.60	6/28	BANFF
69 SORENSON, LAURIE	280	40-49F	00:39:05.95	38	3	00:55:20.45	106	15	00:09:36.85	29	2	01:44:03.25	7/28	EDMONTON
70 DAROUX, MARAE	164	20-29F	00:37:01.50	30	1	00:57:57.45	117	11	00:09:08.75	16	1	01:44:07.70	4/16	CALGARY
71 BICHSEL, GEORGE	335	60+M	00:50:21.75	123	2	00:42:43.65	33	1	00:11:49.00	88	1	01:44:54.40	1/2	CALGARY
72 BALL, MARK	287	40-49M	00:45:03.30	86	16	00:46:35.15	57	14	00:13:21.15	127	21	01:44:59.60	16/24	CALGARY
73 GILLET, MARK	323	50-59M	00:43:35.30	71	9	00:50:37.85	81	9	00:11:12.80	70	7	01:45:25.95	9/10	CALGARY
74 BURGE, KYLA	192	30-39F	00:45:25.55	87	16	00:49:10.60	72	12	00:11:02.05	65	14	01:45:38.20	13/29	STRATHMORE
75 BETTS, LEIGH ANN	256	40-49F	00:43:39.65	72	8	00:50:48.50	83	10	00:11:17.35	72	9	01:45:45.50	8/28	CANMORE
76 DEMERS, TYLER	181	20-29M	00:40:23.25	45	4	00:54:01.10	96	4	00:12:03.50	100	5	01:46:27.85	4/5	CALGARY
77 EMERY, WILLIAM	232	30-39M	00:44:11.25	79	19	00:51:03.45	84	20	00:11:22.10	76	19	01:46:36.80	20/23	CALGARY
78 BURGE, SCOTT	289	40-49M	00:45:25.60	88	17	00:50:37.50	80	21	00:10:52.65	58	11	01:46:55.75	17/24	STRATHMORE
79 DOIRON, ROBERT	336	60+M	00:44:32.25	82	1	00:49:51.95	76	2	00:12:58.60	119	2	01:47:22.80	2/2	ST. ALBERT
80 PARFITT, WILMA	270	40-49F	00:46:05.60	95	14	00:49:15.10	73	9	00:12:04.05	101	14	01:47:24.75	9/28	BRAGG CREEK
81 PRUS, ROBERT	304	40-49M	00:48:38.80	112	22	00:47:01.85	60	16	00:11:50.95	89	16	01:47:31.60	18/24	BROOKS
82 BABLITZ, RICHARD	286	40-49M	00:45:28.20	89	18	00:49:17.15	74	18	00:13:02.70	122	20	01:47:48.05	19/24	CALGARY
83 SONNENBERG, AFAE	279	40-49F	00:43:29.65	70	7	00:54:02.05	97	13	00:11:19.65	74	11	01:48:51.35	10/28	CALGARY
84 HILL, TRACY	201	30-39F	00:44:18.65	80	13	00:51:53.90	88	14	00:12:42.90	115	23	01:48:55.45	14/29	CALGARY
85 WASYLYNIUK, SANDI	285	40-49F	00:49:08.90	115	19	00:47:17.65	61	6	00:12:42.45	114	18	01:49:09.00	11/28	COCHRANE
86 ROBINSON, SOPHIE	174	20-29F	00:47:41.65	108	8	00:50:17.10	78	3	00:11:45.65	87	8	01:49:44.40	5/16	CONSORT
87 THOMSON, PENNY	282	40-49F	00:45:42.65	92	13	00:51:20.40	85	11	00:12:54.10	117	19	01:49:57.15	12/28	CALGARY
88 POULSEN, IAN	302	40-49M	00:47:33.30	106	21	00:50:26.00	79	20	00:12:12.65	104	18	01:50:11.95	20/24	ST. ALBERT
89 CUNNINGHAM, DARREN	230	30-39M	00:45:33.95	91	20	00:52:35.55	90	22	00:12:19.60	108	22	01:50:29.10	21/23	CALGARY
90 JAMES, WENDY	202	30-39F	00:44:44.90	84	15	00:55:33.75	107	19	00:10:33.30	47	8	01:50:51.95	15/29	CALGARY

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

Name	Bib#	Category	Run-1	O/A	Cat	Bike	O/A	Cat	Run-2	O/A	Cat	Finish	Cat/PI	City	
91	KONOFF, ELISE	205	30-39F	00:44:20.10	81	14	00:54:10.05	99	17	00:12:48.30	116	24	01:51:18.45	16/29	CALGARY
92	KNOWLES, ALANA	169	20-29F	00:44:52.10	85	6	00:54:43.20	103	8	00:11:57.45	94	10	01:51:32.75	6/16	WINNIPEG
93	SONNENBERG, MATTHEW	307	40-49M	00:45:55.65	94	19	00:51:37.15	86	22	00:14:01.30	133	22	01:51:34.10	21/24	CALGARY
94	JANSEN, ALYSIA	203	30-39F	00:47:04.70	100	18	00:54:04.15	98	16	00:10:37.45	50	9	01:51:46.30	17/29	LANGDON
95	VAN SANT, JANE	283	40-49F	00:43:53.85	76	10	00:57:08.95	114	19	00:11:28.35	80	12	01:52:31.15	13/28	CALGARY
96	WEINMEIER, JOHN	312	40-49M	00:42:11.65	60	12	01:00:14.50	127	23	00:10:24.40	43	9	01:52:50.55	22/24	SHERWOOD PARK
97	MAZUR, JAN	243	30-39M	00:46:21.25	97	22	00:54:45.95	104	23	00:11:52.20	91	21	01:52:59.40	22/23	CALGARY
98	PESTO, LOREEN	215	30-39F	00:45:51.20	93	17	00:55:54.50	110	20	00:11:14.10	71	15	01:52:59.80	18/29	CALGARY
99	DEWAR, LIANA	260	40-49F	00:47:11.85	102	16	00:54:31.35	101	14	00:11:19.45	73	10	01:53:02.65	14/28	CALGARY
100	PILLMAN, JESSICA	173	20-29F	00:45:30.45	90	7	00:55:47.00	109	9	00:11:56.05	93	9	01:53:13.50	7/16	RED DEER
101	RATHJE, KELLY	272	40-49F	00:54:09.50	137	26	00:45:21.65	53	4	00:13:48.50	132	24	01:53:19.65	15/28	CALGARY
102	MARLOW, DEL	267	40-49F	00:44:32.95	83	12	00:58:38.65	124	22	00:10:38.85	51	7	01:53:50.45	16/28	EDMONTON
103	WEMP, SUZANNE	159	30-39F	00:47:39.80	107	22	00:54:20.55	100	18	00:12:12.40	103	20	01:54:12.75	19/29	SPARWOOD
104	MATCHETT, CHETT	171	20-29F	00:48:39.40	113	9	00:54:34.45	102	7	00:11:37.25	84	7	01:54:51.10	8/16	CALGARY
105	BYSTROM, ANIKA	163	20-29F	00:49:41.70	117	11	00:53:21.15	92	5	00:11:57.60	95	11	01:55:00.45	9/16	INNISFAIL
106	VAN SANT, BEN	331	50-59M	00:41:36.15	55	5	01:02:23.15	133	10	00:11:04.75	67	6	01:55:04.05	10/10	CALGARY
107	CHAN, JENNY	257	40-49F	00:44:07.55	78	11	01:01:27.95	130	24	00:09:56.20	38	4	01:55:31.70	17/28	CALGARY
108	ROMANIUK, KATHY	276	40-49F	00:49:42.55	118	20	00:53:00.85	91	12	00:13:02.30	121	21	01:55:45.70	18/28	CALGARY
109	SPENCER, ANGELA	281	40-49F	00:46:43.95	99	15	00:55:59.90	111	17	00:13:01.90	120	20	01:55:45.75	19/28	CALGARY
110	ROZZI, MARGARET	277	40-49F	00:48:27.80	110	18	00:55:44.75	108	16	00:11:43.50	86	13	01:55:56.05	20/28	BRAGG CREEK
111	SCHNEIDER, STEPHANIE	218	30-39F	00:47:20.65	103	20	00:56:31.90	113	21	00:12:08.80	102	19	01:56:01.35	20/29	CALGARY
112	BENOIT, WENDY	317	50-59F	00:49:46.65	121	3	00:53:54.10	93	3	00:12:22.20	109	2	01:56:02.95	2/5	CALGARY
113	ULSETH, LISA	179	20-29F	00:50:08.70	122	13	00:53:57.60	94	6	00:11:58.45	98	12	01:56:04.75	10/16	VETERAN
114	WOO, DANNY	313	40-49M	00:54:09.25	136	23	00:47:58.00	67	17	00:14:14.35	135	23	01:56:21.60	23/24	CALGARY
115	WHEATLEY, SAVANAH	226	20-29F	00:42:24.40	63	5	00:58:35.85	123	12	00:15:34.35	144	16	01:56:34.60	11/16	CROSSFIELD
116	ROBERTS, LAURA	275	40-49F	00:47:29.65	104	17	00:56:14.25	112	18	00:13:04.30	123	22	01:56:48.20	21/28	CALGARY
117	POULSEN, TAMARA	216	30-39F	00:47:32.70	105	21	00:58:14.30	119	23	00:11:01.35	63	13	01:56:48.35	21/29	ST.ALBERT
118	KELLER, SUSAN	319	50-59F	00:48:50.15	114	2	00:55:20.25	105	4	00:13:11.40	124	3	01:57:21.80	3/5	CALGARY
119	RICHARDSON, LARK	246	30-39M	00:52:00.20	131	23	00:51:39.30	87	21	00:13:44.25	131	23	01:57:23.75	23/23	CALGARY
120	STIGLITZ, JENNIFER	221	30-39F	00:51:20.95	128	25	00:54:00.45	95	15	00:12:54.40	118	25	01:58:15.80	22/29	LLOYDMINSTER
121	THORNE, TRISH	253	50-59F	00:52:43.45	133	4	00:52:08.95	89	2	00:13:35.80	129	4	01:58:28.20	4/5	CALGARY
122	MCINNIS, JAMIE	268	40-49F	00:49:43.95	119	21	00:57:09.35	116	20	00:12:15.95	106	16	01:59:09.25	22/28	CALGARY
123	SCURFIELD, MACKENZIE	177	20-29F	00:49:44.80	120	12	00:57:09.05	115	10	00:12:17.05	107	13	01:59:10.90	12/16	CALGARY
124	MAY, LESLIE	210	30-39F	00:48:29.05	111	23	00:58:12.15	118	22	00:12:31.85	111	21	01:59:13.05	23/29	CALGARY
125	KWOK, LAURA	183	20-29M	00:43:41.65	73	5	01:06:38.70	144	5	00:10:42.10	56	4	02:01:02.45	5/5	CALGARY
126	STACEY, LORI	220	30-39F	00:47:05.75	101	19	01:03:09.30	136	26	00:11:20.05	75	16	02:01:35.10	24/29	RED DEER
127	HUGGINS, CARINA	168	20-29F	00:49:24.10	116	10	01:00:43.90	129	13	00:11:35.10	83	6	02:01:43.10	13/16	CALGARY
128	SILVER, KAREN	278	40-49F	00:50:27.60	124	22	00:58:35.40	122	21	00:12:40.50	113	17	02:01:43.50	23/28	CALGARY
129	CRESSWELL, HARRIE	161	19&UM	00:47:52.10	109	2	01:03:07.35	135	2	00:11:59.85	99	2	02:02:59.30	2/2	BRAGG CREEK
130	STANGLER, HEATHER	178	20-29F	00:50:34.90	125	14	01:01:35.60	131	14	00:11:24.45	78	5	02:03:34.95	14/16	RED DEER
131	BOYLE, JULIE	318	50-59F	00:53:54.75	135	5	00:58:14.90	120	5	00:13:37.40	130	5	02:05:47.05	5/5	CALGARY
132	SCHAAB, REBECCA	176	20-29F	00:50:35.05	126	15	01:02:42.35	134	15	00:13:24.25	128	14	02:06:41.65	15/16	RED DEER
133	REINHOLZ, MICHELLE	274	40-49F	00:53:46.80	134	25	00:59:40.50	125	23	00:14:10.95	134	25	02:07:38.25	24/28	CALGARY
134	VANDENENDEN, ELLY	334	60+F	00:51:49.35	130	1	01:00:31.10	128	1	00:15:19.45	141	2	02:07:39.90	1/2	WATER VALLEY
135	LAVENDER, GAIL	262	40-49F	00:52:06.15	132	24	01:02:04.55	132	25	00:14:32.85	138	27	02:08:43.55	25/28	CALGARY

Overall Results

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

Name	Bib#	Category	Run-1	O/A	Cat	Bike	O/A	Cat	Run-2	O/A	Cat	Finish	Cat/PI	City
136 TRAVIS, CAROLYN	223	30-39F	00:50:45.00	127	24	01:06:22.15	142	28	00:12:39.80	112	22	02:09:46.95	25/29	CALGARY
137 BATEMAN, JANE	255	40-49F	00:51:30.10	129	23	01:05:15.50	139	27	00:13:16.70	126	23	02:10:02.30	26/28	CANMORE
138 BYRNE, CORRY	193	30-39F	00:58:08.55	141	27	00:58:26.50	121	24	00:15:11.10	140	26	02:11:46.15	26/29	MEDICINE HAT
139 TINDALL, BILLIE LOU	333	60+F	00:57:16.40	139	2	01:04:20.30	138	2	00:13:14.00	125	1	02:14:50.70	2/2	CALGARY
140 LEWIS-CRESSWELL, PAM	265	40-49F	00:59:39.90	143	27	01:03:42.60	137	26	00:14:31.90	137	26	02:17:54.40	27/28	BRAGG CREEK
141 EVANS, TAMMY	196	30-39F	01:01:29.25	145	28	01:00:05.20	126	25	00:16:30.60	146	29	02:18:05.05	27/29	OKOTOKS
142 GOODRIDGE, KEIRA	166	20-29F	00:54:34.35	138	16	01:09:47.55	146	16	00:14:22.70	136	15	02:18:44.60	16/16	CALGARY
143 CLAYTON, ANNE	194	30-39F	00:58:03.00	140	26	01:05:43.30	140	27	00:15:32.55	143	27	02:19:18.85	28/29	ST.ALBERT
144 CLAYTON, DAMON	291	40-49M	00:58:11.25	142	24	01:05:43.75	141	24	00:15:32.40	142	24	02:19:27.40	24/24	ST.ALBERT
145 MENEGHETTI, MONICA	269	40-49F	01:00:16.90	144	28	01:06:31.80	143	28	00:14:40.45	139	28	02:21:29.15	28/28	BANFF
146 GARRETT, MICHELLE	198	30-39F	01:04:29.00	146	29	01:09:36.25	145	29	00:16:10.35	145	28	02:30:15.60	29/29	MEDICINE HAT