

24th Annual  
Lake Chaparral Triathlon  
Lake Chaparral, Calgary, Alberta  
August 11th, 2024

Timing by "Results Canada Race Management"

Standard Competition

-----FINAL-----							1500 Meter			38 km			10.3 km		
Pos	Time	Name	City	Category			-----SWIM-----			-----BIKE-----			-----RUN-----		
				Plc/Total	Category	#	Rank	Time	/100m	Rank	Time	Km/Hr	Rank	Time	/km
1	2:05:13	Curtis HOLLOWAY	calgary	1/16	Men 25-29	95	3	22:39	1:31	1	1:02:55.57	36.2	3	39:38	3:51
2	2:09:21	Jordan SIMMONS	Calgary	2/16	Men 25-29	185	1	20:14	1:21	11	1:10:16.52	32.4	2	38:50	3:47
3	2:10:32	Calvin ZARYSKI	Calgary	1/4	Men 55-59	189	2	22:39	1:31	3	1:05:35.41	34.8	7	42:18	4:07
4	2:14:05	Adrian CHIN	Calgary	1/21	Men 30-34	190	29	27:30	1:50	2	1:04:35.51	35.3	6	42:00	4:05
5	2:17:41	Dylan BAUMAN	Calgary	1/11	Men 20-24	161	88	32:22	2:10	5	1:07:38.91	33.7	1	37:40	3:40
6	2:20:06	Mathew BENNETT	airdrie	1/10	Men 40-44	129	10	24:49	1:40	8	1:10:00.49	32.6	9	45:17	4:24
7	2:20:53	Thomas MARTIN	Calgary	1/19	Men 35-39	181	49	29:12	1:57	10	1:10:09.00	32.5	5	41:33	4:02
8	2:21:17	Benjamin RUDER	Calgary	1/5	Men 19 & Und	89	6	22:54	1:32	18	1:12:25.65	31.5	10	45:58	4:28
9	2:21:43	Hugh MACRAE	Calgary	3/16	Men 25-29	92	13	25:02	1:41	7	1:09:52.58	32.6	14	46:48	4:33
10	2:24:21	Noah REDECOPP	Calgary	2/11	Men 20-24	15	58	30:16	2:02	4	1:07:28.29	33.8	12	46:37	4:32
11	2:25:01	David BRAUNER	Calgary	2/19	Men 35-39	133	9	24:42	1:39	15	1:11:40.87	31.8	25	48:38	4:44
12	2:26:00	Erwin ZEEKANT	Calgary	3/19	Men 35-39	106	59	30:21	2:02	12	1:10:26.15	32.4	8	45:14	4:24
13	2:26:09	Bill SPACKMAN	Calgary	2/10	Men 40-44	178	30	27:34	1:51	13	1:11:10.05	32.0	19	47:26	4:37
14	2:26:18	Ryan COLLINS	Calgary	4/16	Men 25-29	3	18	25:34	1:43	19	1:12:49.92	31.3	21	47:55	4:40
15	2:26:30	Matthew WRIGHT	Calgary	2/21	Men 30-34	175	68	30:54	2:04	6	1:09:26.75	32.8	11	46:10	4:29
16	2:28:31	Mitchell ADDISON	Calgary	3/21	Men 30-34	174	38	28:09	1:53	16	1:12:10.23	31.6	22	48:12	4:41
17	2:30:21	Matus KMET	Calgary	2/5	Men 19 & Und	186	17	25:32	1:43	24	1:15:01.07	30.4	29	49:48	4:51
18	2:31:02	Jeremy BENNETT	Calgary	4/21	Men 30-34	22	35	28:03	1:53	20	1:13:11.25	31.1	30	49:48	4:51
19	2:31:24	Marshall HOWARD	Calgary	3/5	Men 19 & Und	136	11	24:51	1:40	27	1:15:28.25	30.2	35	51:06	4:58
20	2:32:14	Scott STEWART	Calgary	3/10	Men 40-44	25	97	33:11	2:13	35	1:17:48.81	29.3	4	41:15	4:01
21	2:32:24	Evan DUTTON	Calgary	5/16	Men 25-29	24	54	30:09	2:01	22	1:13:54.30	30.8	24	48:21	4:42
22	2:32:32	Chris STEPHENS	Calgary	1/5	Men 60-64	120	75	31:10	2:05	14	1:11:34.51	31.9	31	49:48	4:51
23	2:32:53	Robin SWINTON	Calgary	4/10	Men 40-44	187	116	35:19	2:22	9	1:10:04.26	32.5	20	47:30	4:37
24	2:33:27	Brian KOZAK	Calgary	2/5	Men 60-64	84	42	28:35	1:55	17	1:12:13.26	31.6	45	52:39	5:07
25	2:34:25	Drew KENNA	Calgary	6/16	Men 25-29	97	48	29:03	1:57	28	1:15:48.33	30.1	28	49:34	4:49
26	2:34:38	Jorge SALAZAR	Calgary	1/3	Men 50-54	107	55	30:10	2:01	30	1:17:05.85	29.6	18	47:23	4:36
27	2:34:43	Devon HAWKINS	Canmore	7/16	Men 25-29	104	45	28:55	1:56	21	1:13:23.86	31.1	43	52:25	5:06
28	2:34:49	Rachel TAYLOR	Calgary	1/6	Women 50-54	141	7	23:54	1:36	40	1:19:17.77	28.8	38	51:38	5:01
29	2:35:16	Kyle SORRENTI	Calgary	4/19	Men 35-39	45	5	22:53	1:32	29	1:16:17.58	29.9	71	56:06	5:27
30	2:36:13	Nataya STEPHENS	Calgary	1/14	Women 30-34	191	14	25:07	1:41	33	1:17:35.58	29.4	52	53:31	5:12
31	2:36:15	Chelsie READNER	Sherwood Park	1/9	Women 35-39	1	33	28:01	1:52	31	1:17:21.69	29.5	34	50:53	4:57
32	2:37:06	Lennart KANE	Calgary	4/5	Men 19 & Und	149	20	25:50	1:44	46	1:20:25.69	28.3	33	50:52	4:57
33	2:37:16	Bryce MCLEAN	Calgary	5/10	Men 40-44	17	61	30:34	2:03	23	1:14:50.69	30.5	40	51:51	5:03
34	2:37:31	Riley WALKER	Calgary	5/19	Men 35-39	171	73	31:07	2:05	38	1:19:07.43	28.8	17	47:17	4:36
35	2:38:23	Carson PEVERETT	Calgary	3/11	Men 20-24	122	82	31:34	2:07	43	1:20:07.67	28.5	13	46:42	4:32
36	2:38:32	Ivan MEISZINGER	Calgary	5/21	Men 30-34	13	36	28:03	1:53	56	1:22:14.43	27.7	23	48:16	4:42
37	2:39:33	Michael MATWICHUK	Calgary	6/21	Men 30-34	158	65	30:46	2:04	25	1:15:16.99	30.3	51	53:31	5:12
38	2:39:56	Kiefer WAITE	Calgary	7/21	Men 30-34	183	66	30:47	2:04	32	1:17:29.13	29.4	39	51:40	5:01
39	2:40:11	Bill TERRY	Calgary	8/21	Men 30-34	150	25	26:12	1:45	60	1:22:52.28	27.5	36	51:06	4:58
40	2:41:19	Heather MCINTOSH	high river	2/14	Women 30-34	179	26	26:19	1:46	54	1:22:06.69	27.8	46	52:53	5:08

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-----FINAL-----							1500 Meter			38 km			10.3 km		
Pos	Time	Name	City	Category		#	-----SWIM-----			-----BIKE-----			-----RUN-----		
				Plc/Total	Category		Rank	Time	/100m	Rank	Time	Km/Hr	Rank	Time	/km
41	2:41:23	Vanessa PARKER	Calgary	1/14	Women 25-29	91	21	25:52	1:44	58	1:22:22.84	27.7	48	53:09	5:10
42	2:41:39	Louise TAYLOR	Calgary	1/3	Women 55-59	137	27	27:17	1:50	41	1:19:36.43	28.6	67	54:46	5:19
43	2:42:10	Alexandra HOPE	Calgary	2/9	Women 35-39	184	46	28:55	1:56	68	1:23:49.53	27.2	27	49:26	4:48
44	2:43:16	Ben MONTGOMERY	Calgary	9/21	Men 30-34	53	39	28:27	1:54	52	1:21:47.82	27.9	47	53:02	5:09
45	2:43:18	James RASSELL	Calgary	10/21	Men 30-34	66	40	28:32	1:55	48	1:20:50.17	28.2	58	53:57	5:15
46	2:44:12	Slaven VELJOVIC	Calgary	2/3	Men 50-54	132	62	30:36	2:03	39	1:19:10.79	28.8	63	54:25	5:17
47	2:44:33	Brendan ANDROSOFF	Calgary	11/21	Men 30-34	111	104	33:38	2:15	55	1:22:10.86	27.7	26	48:45	4:44
48	2:44:45	Jonathan TEMPLE	Calgary	12/21	Men 30-34	57	51	29:20	1:58	51	1:21:35.92	27.9	56	53:50	5:14
49	2:44:49	Joseph BUTCHER	Calgary	13/21	Men 30-34	70	113	35:06	2:21	59	1:22:27.17	27.6	16	47:16	4:36
50	2:44:50	Michi NAGASE	Airdrie	1/3	Men 45-49	5	56	30:13	2:01	57	1:22:20.49	27.7	42	52:17	5:05
51	2:45:01	Hilton QUINN	Okotoks	3/3	Men 50-54	169	83	31:37	2:07	26	1:15:18.59	30.3	87	58:06	5:39
52	2:45:19	Jonathan OTTENBREIT	Calgary	6/10	Men 40-44	59	130	37:44	2:31	47	1:20:46.08	28.2	15	46:49	4:33
53	2:46:11	Lauren HOLOWAYCHUK	Calgary	1/4	Women 40-44	31	89	32:29	2:10	63	1:23:26.13	27.3	32	50:17	4:53
54	2:46:37	Marta PIETRASIK	Calgary	2/14	Women 25-29	2	115	35:12	2:21	34	1:17:37.45	29.4	55	53:47	5:14
55	2:46:46	Taylor HARPER	Calgary	14/21	Men 30-34	61	92	32:38	2:11	45	1:20:12.56	28.4	59	53:57	5:15
56	2:46:54	Marnus GROBBELAAR	Calgary	15/21	Men 30-34	20	19	25:41	1:43	74	1:24:49.08	26.9	73	56:24	5:29
57	2:48:38	Aymara SARIN	Calgary	1/2	Women 19 & U	138	24	25:56	1:44	76	1:25:07.10	26.8	82	57:36	5:36
58	2:49:04	Kirsten AARBO-GUEST	Okotoks	2/6	Women 50-54	119	32	27:46	1:52	65	1:23:41.80	27.2	83	57:37	5:36
59	2:49:36	Rebecca WILLMS	Calgary	3/9	Women 35-39	101	15	25:12	1:41	109	1:31:07.68	25.0	49	53:17	5:11
60	2:49:50	Zachary DEWIS	Calgary	4/11	Men 20-24	74	52	29:52	2:00	71	1:24:17.56	27.0	69	55:41	5:25
61	2:49:54	Stephen TRUZAK	Calgary	7/10	Men 40-44	157	95	32:51	2:12	44	1:20:12.36	28.4	76	56:52	5:32
62	2:50:04	Riley MILFORD	Calgary	8/16	Men 25-29	72	69	30:54	2:04	83	1:26:38.42	26.3	44	52:32	5:07
63	2:50:48	Brooklyn TCHOZEWSKI	Calgary	3/14	Women 30-34	116	101	33:30	2:14	36	1:18:13.48	29.1	89	59:05	5:45
64	2:51:30	Kelly BENNETT	Calgary	4/14	Women 30-34	23	23	25:53	1:44	113	1:31:56.86	24.8	54	53:40	5:13
65	2:51:37	Kevin LANGMAN	Calgary	6/19	Men 35-39	37	80	31:27	2:06	49	1:21:04.88	28.1	90	59:06	5:45
66	2:52:33	Alyssa ALGER	Southwest Calgar	4/9	Women 35-39	12	78	31:25	2:06	91	1:27:45.00	26.0	50	53:24	5:12
67	2:52:38	Lawrence MERRILL	Calgary	9/16	Men 25-29	18	87	32:22	2:10	82	1:26:24.53	26.4	57	53:52	5:14
68	2:52:43	Thomas HERD	Calgary	5/5	Men 19 & Und	30	105	33:48	2:16	90	1:27:37.50	26.0	37	51:18	4:59
69	2:52:55	Michelle COOK	Calgary	5/9	Women 35-39	144	109	34:14	2:17	50	1:21:06.08	28.1	81	57:36	5:36
70	2:53:42	Amy THOMPSON	Calgary	6/9	Women 35-39	32	90	32:32	2:11	84	1:26:44.67	26.3	64	54:26	5:18
71	2:53:52	Annabel BUGBIRD	Calgary	3/14	Women 25-29	127	50	29:17	1:58	101	1:29:50.49	25.4	66	54:45	5:19
72	2:54:02	Rachel SPRINGLE	Calgary	4/14	Women 25-29	14	53	30:09	2:01	53	1:22:02.50	27.8	101	1:01:51	6:01
73	2:54:09	Nicolette GONCALVES	Mississauga	5/14	Women 30-34	71	4	22:42	1:31	129	1:37:17.42	23.4	62	54:11	5:16
74	2:54:14	Gina WINQUIST	Calgary	5/14	Women 25-29	131	37	28:04	1:53	93	1:28:23.21	25.8	85	57:47	5:37
75	2:54:56	George NEEDHAM	Calgary	10/16	Men 25-29	125	22	25:52	1:44	89	1:27:03.03	26.2	102	1:02:02	6:02
76	2:55:07	Emily BUCHANAN	Calgary	6/14	Women 25-29	65	91	32:33	2:11	96	1:29:02.74	25.6	53	53:32	5:12
77	2:56:14	Rex DEACON	Edmonton	5/11	Men 20-24	121	44	28:42	1:55	75	1:24:51.46	26.9	104	1:02:41	6:06
78	2:56:19	Anne-Marie WIEDEMANN	Calgary	7/9	Women 35-39	4	57	30:14	2:01	114	1:32:04.51	24.8	60	54:00	5:15

79	2:56:37	Alejandra ENRIQUEZ	Calgary	6/14	Women 30-34	140	47	29:00	1:56	69	1:23:58.04	27.1	106	1:03:39	6:11
80	2:56:40	Dorian NOBBEE	Calgary	7/19	Men 35-39	7	86	32:10	2:09	78	1:25:19.72	26.7	92	59:10	5:45

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Pos	Time	Name	City	Category			1500 Meter			38 km			10.3 km		
				Plc/Total	Category	#	Rank	Time	/100m	Rank	Time	Km/Hr	Rank	Time	/km
81	2:56:57	Jennifer O'REILLY	Calgary	7/14	Women 25-29	83	60	30:30	2:02	110	1:31:13.20	25.0	68	55:14	5:22
82	2:57:04	Mia SHETTLER	Calgary	7/14	Women 30-34	41	100	33:27	2:14	87	1:26:56.28	26.2	74	56:42	5:31
83	2:57:36	Brad NAPPER	Calgary	8/19	Men 35-39	11	98	33:14	2:13	86	1:26:50.11	26.3	80	57:33	5:36
84	2:57:47	Ben O'MAHONY	Banff	11/16	Men 25-29	168	126	36:59	2:28	61	1:23:03.90	27.4	84	57:44	5:37
85	2:57:48	Shawn CURRIE	calgary	2/4	Men 55-59	180							72	56:12	5:28
86	2:58:06	Monica GOTTSCHLING	Calgary	3/6	Women 50-54	117	64	30:42	2:03	64	1:23:26.74	27.3	110	1:03:58	6:13
87	2:58:09	Tim YAWORSKI	Calgary	3/5	Men 60-64	159	110	34:23	2:18	67	1:23:47.58	27.2	95	59:59	5:50
88	2:58:50	Jon VAN TROYEN	Calgary	9/19	Men 35-39	44	76	31:17	2:06	80	1:25:42.52	26.6	100	1:01:51	6:01
89	2:58:56	Mary JESSEY	Calgary	4/6	Women 50-54	118	28	27:22	1:50	103	1:29:55.85	25.4	99	1:01:38	5:59
90	2:58:58	Todd AUGHEY	Wainwright	3/4	Men 55-59	9	120	36:05	2:25	72	1:24:28.46	27.0	88	58:25	5:41
91	2:59:04	Valerie KIM	Calgary	1/3	Women 60-64	114	63	30:38	2:03	62	1:23:13.31	27.4	118	1:05:14	6:20
92	2:59:24	Joshua SHONWISE	Olds	8/10	Men 40-44	67	85	32:08	2:09	37	1:18:46.87	28.9	129	1:08:30	6:39
93	2:59:52	Gail BROOKS	Calgary	2/3	Women 55-59	172	102	33:31	2:14	105	1:30:24.77	25.2	70	55:57	5:26
94	3:00:00	Christian LESSARD	Okotoks	4/5	Men 60-64	6	121	36:11	2:25	73	1:24:39.66	26.9	91	59:10	5:45
95	3:00:43	Alejandro STEAD	Calgary	16/21	Men 30-34	139	71	31:02	2:05	88	1:26:57.02	26.2	105	1:02:44	6:06
96	3:00:44	Kristie VAN HUMBECK	Calgary	2/4	Women 40-44	109	34	28:01	1:53	42	1:19:45.15	28.6	137	1:12:58	7:05
97	3:00:58	Sandy STEPHENS	Calgary	2/3	Women 60-64	162	137	39:52	2:40	70	1:24:16.51	27.1	75	56:51	5:32
98	3:01:28	Marie PRUSKI	Calgary	8/14	Women 30-34	26	118	35:45	2:23	112	1:31:39.00	24.9	61	54:04	5:15
99	3:02:16	Ben SOUSA	Calgary	6/11	Men 20-24	50	77	31:24	2:06	81	1:26:24.41	26.4	113	1:04:28	6:16
100	3:03:44	Lauren NEWMAN	Cochrane	8/14	Women 25-29	16	119	35:47	2:24	95	1:28:40.65	25.7	93	59:17	5:46
101	3:05:04	Derek CASE	Calgary	1/1	Men 70-74	145	74	31:09	2:05	97	1:29:19.41	25.5	116	1:04:36	6:17
102	3:05:17	Jesse HOLSWORTH	Calgary	12/16	Men 25-29	98	43	28:42	1:55	66	1:23:46.44	27.2	136	1:12:49	7:05
103	3:05:30	Julia ZEBAK	Edmonton	1/4	Women 20-24	75	8	24:02	1:37	79	1:25:40.45	26.6	146	1:15:48	7:22
104	3:05:52	Danae MCCULLOCH	Canmore	2/4	Women 20-24	96	79	31:25	2:06	115	1:32:15.64	24.7	103	1:02:12	6:03
105	3:06:48	Jordan KING	Calgary	13/16	Men 25-29	100	125	36:58	2:28	100	1:29:49.62	25.4	96	1:00:01	5:50
106	3:07:16	John KOECKHOVEN	Parkland County	10/19	Men 35-39	33	41	28:35	1:55	111	1:31:23.00	24.9	124	1:07:18	6:33
107	3:08:04	David LEVASSEUR	Calgary	9/10	Men 40-44	40	128	37:26	2:30	77	1:25:10.23	26.8	119	1:05:29	6:22
108	3:08:17	Michael FOISEY	Airdrie	11/19	Men 35-39	93	135	38:30	2:34	116	1:32:17.57	24.7	79	57:30	5:35
109	3:08:19	Erica NODDIN-CAINE	Calgary	9/14	Women 30-34	173	103	33:33	2:15	121	1:34:57.92	24.0	94	59:48	5:49
110	3:08:59	Daniel JOHNSON	Calgary	14/16	Men 25-29	126	81	31:28	2:06	94	1:28:30.44	25.8	130	1:09:01	6:42
111	3:09:16	Johan GROBBELAAR	Calgary	17/21	Men 30-34	21	31	27:40	1:51	128	1:37:09.88	23.5	112	1:04:27	6:16
112	3:10:32	Jordan BUCHANAN	Calgary	12/19	Men 35-39	88	151	49:14	3:17	99	1:29:25.91	25.5	41	51:53	5:03
113	3:10:37	Colin BRISKE	Airdrie	2/3	Men 45-49	28	136	38:38	2:35	107	1:30:43.36	25.1	97	1:01:16	5:57
114	3:11:54	Katrina HENNING	Calgary	10/14	Women 30-34	46	16	25:15	1:41	134	1:39:41.49	22.9	123	1:06:57	6:30
115	3:12:48	Teresa HORSLEY	Fort McMurray	5/6	Women 50-54	143	106	34:02	2:17	141	1:41:35.77	22.4	78	57:11	5:34
116	3:12:53	Keegan MOSHER	Armstrong	18/21	Men 30-34	78	132	38:04	2:33	85	1:26:49.44	26.3	126	1:08:00	6:37

117	3:13:46	Paulina GORNICKI	Calgary	11/14	Women 30-34	69	122	36:31	2:27	106	1:30:26.78	25.2	122	1:06:48	6:30
118	3:15:02	Marcus ALGER	Calgary	19/21	Men 30-34	112	153	50:00	3:20	92	1:27:52.58	25.9	77	57:11	5:34
119	3:15:20	Carolyn HILES	Calgary	1/1	Women 65-69	135	72	31:04	2:05	119	1:33:37.36	24.4	132	1:10:39	6:52
120	3:16:49	Maddy FOSTER	Cold Lake	9/14	Women 25-29	79	114	35:07	2:21	131	1:37:50.09	23.3	109	1:03:52	6:12

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-----FINAL-----							1500 Meter			38 km			10.3 km		
Pos	Time	Name	City	Category		#	-----SWIM-----			-----BIKE-----			-----RUN-----		
				Plc/Total	Category		Rank	Time	/100m	Rank	Time	Km/Hr	Rank	Time	/km
121	3:17:02	Josh ALGER	Calgary			90	152	49:57	3:20	118	1:32:27.83	24.7	65	54:38	5:19
122	3:17:03	Alexander LYTLE	Calgary	1/1	Men 65-69	124	123	36:36	2:27	124	1:36:23.33	23.7	111	1:04:04	6:14
123	3:17:07	Diego VAN DER BIEST	Calgary	7/11	Men 20-24	62							108	1:03:50	6:12
124	3:18:32	Damian SOVDI	Calgary	20/21	Men 30-34	19	140	42:19	2:50	104	1:30:22.85	25.2	120	1:05:51	6:24
125	3:18:45	Michelle DOLGOS	Calgary	3/4	Women 40-44	82	124	36:49	2:28	130	1:37:24.08	23.4	115	1:04:33	6:16
126	3:19:55	Kylie TIEDJE	Foothills	3/4	Women 20-24	27	67	30:49	2:04	122	1:35:05.91	24.0	141	1:14:01	7:12
127	3:20:05	Alsu BAGAUTDINOVA	Calgary	2/2	Women 19 & U	134	12	24:56	1:40	102	1:29:51.25	25.4	154	1:25:18	8:17
128	3:21:08	Laura DEL RIZZO	Calgary	12/14	Women 30-34	29	111	34:32	2:19	108	1:30:53.05	25.1	145	1:15:44	7:22
129	3:21:42	Samuel OSWEILER	Calgary	8/11	Men 20-24	148	107	34:07	2:17	126	1:36:49.85	23.5	133	1:10:45	6:53
130	3:21:51	Jasmine BEARSS	Calgary	10/14	Women 25-29	85	127	37:15	2:29	127	1:36:53.03	23.5	125	1:07:44	6:35
131	3:21:52	Andee GREEN	Calgary	11/14	Women 25-29	105	129	37:42	2:31	145	1:46:11.44	21.5	86	57:58	5:38
132	3:22:49	Bobby HOMAYOON	Calgary	13/19	Men 35-39	147	108	34:08	2:17	133	1:39:05.52	23.0	131	1:09:36	6:46
133	3:23:21	Sage BERNSTEIN-CORD	Toronto	4/4	Women 20-24	156	94	32:45	2:11	152	1:49:11.31	20.9	98	1:01:24	5:58
134	3:24:20	Carmen WIANCKO	Red Deer	3/3	Women 55-59	170	145	43:52	2:56	98	1:29:20.14	25.5	135	1:11:08	6:55
135	3:24:47	Brooklynn DEL FRARI	Edmonton	12/14	Women 25-29	60	147	45:49	3:04	117	1:32:26.38	24.7	121	1:06:32	6:28
136	3:26:40	Avery MATHER-SHAPIRO	Calgary	9/11	Men 20-24	123	84	31:39	2:07	146	1:46:57.24	21.3	127	1:08:04	6:37
137	3:27:57	Alex POLSON	Calgary	14/19	Men 35-39	165	70	31:00	2:04	154	1:52:08.50	20.3	117	1:04:49	6:18
138	3:28:15	Alex ASSELIN	Blackfalds	15/19	Men 35-39	108	133	38:23	2:34	123	1:36:09.56	23.7	140	1:13:43	7:10
139	3:28:35	Marina ROSA FILEZIO	Calgary	13/14	Women 30-34	163	117	35:37	2:23	148	1:48:28.54	21.0	114	1:04:29	6:16
140	3:29:42	Dwayne WIGHT	Calgary	5/5	Men 60-64	154	99	33:26	2:14	137	1:40:00.78	22.8	147	1:16:16	7:25
141	3:31:08	Jaco DE WET	Calgary	16/19	Men 35-39	152	96	33:01	2:13	138	1:40:24.80	22.7	150	1:17:43	7:33
142	3:31:34	Samantha SMITH	Calgary	4/4	Women 40-44	76	138	40:02	2:41	132	1:38:32.72	23.1	138	1:13:01	7:06
143	3:33:16	Natasha ROSENTHAL	Calgary	8/9	Women 35-39	54	131	37:52	2:32	140	1:40:39.31	22.6	143	1:14:45	7:16
144	3:34:51	Kelly WILLS	Grande Prairie	3/3	Women 60-64	10	112	35:02	2:21	143	1:45:14.38	21.7	142	1:14:36	7:15
145	3:38:02	Ryan BERG	Calgary	17/19	Men 35-39	151	158	54:39	3:39	135	1:39:42.92	22.9	107	1:03:40	6:11
146	3:40:33	Adam VYSE	Aldersyde	10/11	Men 20-24	160	144	43:31	2:55	139	1:40:26.57	22.7	148	1:16:36	7:27
147	3:41:24	Troy SEDGWICK	Calgary	4/4	Men 55-59	51	93	32:40	2:11	136	1:39:55.97	22.8	157	1:28:49	8:38
148	3:43:07	Ben GILBERT	Calgary	11/11	Men 20-24	39	154	50:22	3:22	142	1:44:39.44	21.8	128	1:08:06	6:37
149	3:45:11	Dylan RUDKEVITCH	Ponoka	15/16	Men 25-29	176	155	50:49	3:24	120	1:34:01.81	24.2	152	1:20:21	7:48
150	3:46:18	Saqib TARIQ	calgary	18/19	Men 35-39	99	149	47:26	3:10	144	1:45:30.37	21.6	139	1:13:22	7:08
151	3:47:00	Scott FLINTOFT	Calgary	19/19	Men 35-39	8	150	48:57	3:16	147	1:46:57.47	21.3	134	1:11:06	6:55
152	3:47:41	Stacy JOHNSON	Calgary	6/6	Women 50-54	166	143	43:25	2:54	151	1:48:56.59	20.9	144	1:15:20	7:19
153	3:49:47	Thomas BYRNE	Vancouver	16/16	Men 25-29	110	156	50:53	3:24	125	1:36:36.97	23.6	153	1:22:17	8:00
154	3:56:57	Katie RUDKEVITCH	Calgary	13/14	Women 25-29	146	146	44:41	2:59	155	1:52:38.83	20.2	151	1:19:37	7:44

155	3:57:55	David SCOTT	Calgary	21/21	Men 30-34	35	141	43:10	2:53	149	1:48:45.20	21.0	156	1:26:00	8:21
156	3:57:55	Carlee TREASURE	Calgary	14/14	Women 30-34	36	142	43:10	2:53	150	1:48:46.56	21.0	155	1:25:59	8:21
157	4:00:35	Josh GARCIA	Calgary	3/3	Men 45-49	128	157	51:48	3:28	153	1:51:38.51	20.4	149	1:17:10	7:30
158	4:06:11	Nikki OHLMANN	Coaldale	9/9	Women 35-39	177	134	38:24	2:34	157	1:58:13.24	19.3	158	1:29:34	8:42
159	4:13:39	Jonathan BICHEL		10/10	Men 40-44	388	139	40:24	2:42	158	2:03:10.64	18.5	159	1:30:04	8:45
160	4:13:40	Jesselyn POPOFF	Cochrane	14/14	Women 25-29	182	148	45:50	3:04	156	1:54:49.90	19.9	160	1:33:01	9:02

