

2009_ChinookHalfIronman_Olympic_Overall

5th Annual
 Chinook Half Ironman Triathlon
 Calgary, AB
 June 20, 2009

780-416-5124

Timing by "Results Canada"

Results

Overall Individual Olympic Triathlon

-----FINAL-----		1.5km		40km		10km		-----	
-----SWIM-----		-----BIKE-----		-----RUN-----		Category		-----	
Pos	Time	Name	City, Country	Cat	Ovr Time	Plc/Total	Category	#	
Cat	Ovr Time	/100m	km/hr	Cat	Ovr Time	Ovr Time	km		
1	2:06:06	Trevor Katelnikoff	Calgary			1/51	Men 30-39	629	
6	24:02	16:01		1	1:02:59	39:06	3:55		
2	2:08:02	Leif Baradoy	Calgary			1/18	Men 18-29	548	
7	24:07	16:05		4	1:04:48	39:09	3:55		
3	2:08:35	Kristina Schultz	Sherwood Park			1/26	women 30-39	533	
2	22:47	15:11		6	1:05:13	40:37	4:04		
4	2:09:23	Tony Smith	Calgary			1/30	Men 40-49	655	
3	22:50	15:14		3	1:04:26	42:08	4:13		
5	2:11:25	Shannon wicks	Calgary			2/51	Men 30-39	641	
10	24:46	16:31		2	1:04:16	42:24	4:15		
6	2:13:30	Matt Dean	Edmonton			2/18	Men 18-29	546	
19	26:38	17:45		9	1:06:27	40:26	4:03		
7	2:14:02	Brad Kohlsmith	Calgary			3/18	Men 18-29	634	
8	24:36	16:24		17	1:08:39	40:48	4:05		
8	2:16:50	Bo Simpson	Calgary			3/51	Men 30-39	723	
1	22:09	14:46		19	1:09:19	45:23	4:33		
9	2:17:44	Jon Enevoldsen	Norway			2/30	Men 40-49	724	
85	32:11	21:27		5	1:05:03	40:31	4:04		
10	2:18:12	Michael waldbus	Calgary			4/51	Men 30-39	589	
30	28:03	18:42		16	1:08:37	41:34	4:10		

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11	2:18:13	David Noonan	Okotoks							
14	25:26	16:57	13	1:07:34	35.5	26	45:15	4:32	Men 40-49	631
12	2:18:58	Ted Cochrane	Calgary							
16	26:34	17:43	7	1:06:00	36.4	39	46:24	4:39	Men 30-39	661
13	2:19:34	John Sasso	Calgary							
17	26:35	17:43	24	1:10:38	34.0	11	42:22	4:15	Men 18-29	600
14	2:20:00	Murray Macpherson	Calgary							
82	31:57	21:18	8	1:06:08	36.3	9	41:55	4:12	Men 50-59	652
15	2:20:24	John Winterdyk	Calgary							
28	27:57	18:38	14	1:07:52	35.4	21	44:36	4:28	Men 50-59	565
16	2:20:36	Stan Wiens	Calgary							
22	27:37	18:25	18	1:08:53	34.8	15	44:07	4:25	Men 40-49	614
17	2:20:38	Lee Butler	Calgary							
35	28:26	18:57	15	1:08:00	35.3	17	44:13	4:26	Men 30-39	560
18	2:21:28	Chad Rieger	Calgary							
12	25:21	16:54	25	1:10:39	34.0	30	45:28	4:33	Men 30-39	693
19	2:21:34	Sharon Styles	Carstairs							
20	26:41	17:47	20	1:09:43	34.4	25	45:10	4:31	Women 30-39	531
20	2:23:11	Sean Boucher	Calgary							
18	26:37	17:45	26	1:10:43	33.9	33	45:52	4:36	Men 30-39	713
21	2:23:30	Sean Messing	Calgary							
40	29:02	19:22	12	1:07:12	35.7	43	47:16	4:44	Men 30-39	524
22	2:23:57	Scott Dymond	calgary							
34	28:19	18:53	28	1:11:32	33.6	16	44:07	4:25	Men 30-39	568
23	2:26:01	John Monk	Canmore							
67	31:12	20:48	21	1:10:12	34.2	22	44:38	4:28	Men 40-49	590
24	2:26:24	James Johnston	Cochrane							
37	28:28	18:59	11	1:06:55	35.9	70	51:02	5:07	Men 40-49	536
25	2:27:14	Andrew Clark	Calgary							
38	28:41	19:07	39	1:14:02	32.4	19	44:33	4:28	Men 18-29	682
26	2:28:10	Mike Trofimuk	Calgary							
107	33:35	22:24	10	1:06:35	36.0	45	48:00	4:48	Men 40-49	657
27	2:28:19	Sean Clarke	Calgary							
55	30:06	20:04	47	1:15:05	32.0	14	43:09	4:19	Men 40-49	707
28	2:29:16	Jodi Bymoan	Calgary							
9	24:38	16:25	53	1:15:52	31.6	48	48:47	4:53	Women 30-39	687
29	2:29:57	Brain Hrynkow	Sherwood Park							
25	27:46	18:31	29	1:12:01	33.3	59	50:11	5:02	Men 18-29	526
30	2:30:35	Dion Smith	Airdrie							
45	29:41	19:47	43	1:14:30	32.2	40	46:25	4:39	Men 30-39	630
31	2:31:27	Wayne Young	Calgary							
98	33:19	22:13	34	1:13:05	32.8	24	45:04	4:31	Men 30-39	605

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32	2:31:33	Mike Whittle	Calgary		7/18	Men 18-29	636
84	32:07 21:25	22	1:10:17	34.1	51	49:11 4:56	
33	2:31:40	Joey Roa	Calgary		13/51	Men 30-39	691
125	35:38 23:46	23	1:10:35	34.0	29	45:27 4:33	
34	2:32:02	Faizel Sunderji	Calgary		14/51	Men 30-39	619
115	33:58 22:39	30	1:12:15	33.2	32	45:50 4:35	
35	2:32:09	Lee Watkins	Okotoks		15/51	Men 30-39	583
81	31:56 21:17	27	1:10:59	33.8	52	49:15 4:56	
36	2:32:32	Trevor Gair	Calgary		8/18	Men 18-29	702
39	28:57 19:18	61	1:17:25	31.0	36	46:10 4:37	
37	2:32:37	Bob Pritchard	Calgary		3/15	Men 50-59	696
114	33:52 22:35	52	1:15:42	31.7	13	43:03 4:19	
38	2:32:49	Doug McKeen	Calgary		9/30	Men 40-49	708
11	24:48 16:32	45	1:14:43	32.1	91	53:18 5:20	
39	2:33:00	Shayne Perrin	Calgary		16/51	Men 30-39	690
117	34:02 22:41	44	1:14:33	32.2	18	44:25 4:27	
40	2:33:22	Glenn Wegner	Strathmore		10/30	Men 40-49	537
41	29:05 19:24	51	1:15:39	31.7	47	48:38 4:52	
41	2:33:24	Caitlin Pietras	calgary		1/20	Women 18-29	671
52	30:02 20:01	41	1:14:24	32.3	50	48:59 4:54	
42	2:34:31	Cesar Martin	Calgary		17/51	Men 30-39	580
143	36:41 24:28	32	1:12:18	33.2	31	45:33 4:34	
43	2:34:47	Kari Gregory	Calgary		1/23	Women 40-49	663
69	31:17 20:51	65	1:18:15	30.7	27	45:17 4:32	
44	2:35:05	Laura Mackay	Edmonton		4/26	Women 30-39	699
56	30:07 20:05	64	1:18:04	30.7	41	46:55 4:42	
45	2:35:10	Marcelo Sulkin	Calgary		4/15	Men 50-59	642
36	28:27 18:58	58	1:16:43	31.3	58	50:01 5:01	
46	2:35:15	Stuart Gray	Calgary		11/30	Men 40-49	555
21	26:54 17:56	49	1:15:14	31.9	90	53:08 5:19	
47	2:35:25	James Wilson	Calgary		5/15	Men 50-59	653
58	30:09 20:06	50	1:15:38	31.7	56	49:40 4:58	
48	2:35:45	Eduardo Gomez	Calgary		18/51	Men 30-39	574
76	31:46 21:11	62	1:17:41	30.9	37	46:19 4:38	
49	2:35:58	Shane Hoogenboom	Calgary		19/51	Men 30-39	672
51	30:01 20:01	46	1:14:59	32.0	69	51:00 5:06	
50	2:36:09	Nolan Sackney	Calgary		20/51	Men 30-39	535
29	27:57 18:38	69	1:18:23	30.6	57	49:50 4:59	
51	2:36:26	Ante Petricevic	Calgary		21/51	Men 30-39	638
174	39:34 26:23	31	1:12:17	33.2	20	44:35 4:28	
52	2:36:41	Richelle Love	Calgary		5/26	Women 30-39	612
57	30:08 20:05	48	1:15:09	31.9	78	51:25 5:09	

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53	2:37:24	George Daniel	Calgary		6/15	Men 50-59	540
90	33:03 22:02	71 1:18:29	30.6	34	45:53	4:36	
54	2:37:50	Karen Sargent	Calgary		6/26	Women 30-39	683
53	30:04 20:03	72 1:18:30	30.6	53	49:17	4:56	
55	2:37:53	Alicia Bulmer	Calgary		7/26	Women 30-39	512
59	30:12 20:08	57 1:16:39	31.3	71	51:03	5:07	
56	2:37:58	Jeffery Cameron	Airdrie		22/51	Men 30-39	532
119	34:40 23:07	37 1:13:50	32.5	55	49:29	4:57	
57	2:38:38	Tyler O'Bryan	Calgary		9/18	Men 18-29	516
15	26:30 17:40	84 1:20:19	29.9	81	51:50	5:11	
58	2:38:43	Scott Willcocks	Calgary		12/30	Men 40-49	599
24	27:44 18:29	81 1:20:02	30.0	67	50:58	5:06	
59	2:38:53	Kent Jenkins	Calgary		23/51	Men 30-39	528
139	36:19 24:13	56 1:16:11	31.5	38	46:23	4:39	
60	2:39:12	Dan Morley	Calgary		13/30	Men 40-49	586
112	33:48 22:32	40 1:14:19	32.3	72	51:06	5:07	
61	2:39:15	Brigitte Bedard	Calgary		2/20	Women 18-29	675
13	25:23 16:56	67 1:18:16	30.7	109	55:37	5:34	
62	2:39:37	Brian Murray	Calgary		14/30	Men 40-49	551
71	31:26 20:57	33 1:12:46	33.0	105	55:26	5:33	
63	2:39:43	Mike Ridling	Calgary		24/51	Men 30-39	669
50	29:58 19:59	77 1:19:02	30.4	65	50:44	5:05	
64	2:40:35	Travis O'Farrell	Calgary		10/18	Men 18-29	684
87	32:24 21:36	35 1:13:10	32.8	104	55:02	5:31	
65	2:40:51	Mike Nash	Calgary		25/51	Men 30-39	711
47	29:42 19:48	98 1:21:45	29.4	54	49:24	4:57	
66	2:41:18	Jason Chow	Calgary		26/51	Men 30-39	632
102	33:25 22:17	36 1:13:29	32.7	101	54:25	5:27	
67	2:41:25	Susan Flemming	Sherwood Park		1/5	Women 50-59	668
83	32:07 21:25	68 1:18:20	30.6	68	50:59	5:06	
68	2:42:03	Shaun Moar	Calgary		7/15	Men 50-59	620
138	36:17 24:12	42 1:14:25	32.3	77	51:22	5:09	
69	2:42:13	Philip Grout	Okotoks		27/51	Men 30-39	667
44	29:26 19:37	59 1:17:14	31.1	107	55:34	5:34	
70	2:42:15	Kellie Stante	Calgary		3/20	Women 18-29	660
70	31:20 20:53	117 1:24:53	28.3	35	46:04	4:37	
71	2:42:50	Paul Schwanke	Calgary		28/51	Men 30-39	643
75	31:38 21:06	76 1:18:45	30.5	86	52:28	5:15	
72	2:43:17	Dawn Watkins	Okotoks		8/26	Women 30-39	582
68	31:15 20:50	82 1:20:05	30.0	82	51:57	5:12	
73	2:43:40	Gary Bantle	Calgary		15/30	Men 40-49	502
27	27:55 18:37	75 1:18:42	30.5	119	57:04	5:43	

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74	2:43:43	Allison Stephen	Calgary	79	9/26	Women 30-39	549
106	33:34 22:23	74 1:18:38	30.5	79	51:32	5:10	
75	2:43:44	Dennis Cranston	Edmonton	83	16/30	Men 40-49	566
79	31:54 21:16	79 1:19:49	30.1	83	52:02	5:13	
76	2:43:58	Curtis Cook	Calgary	98	29/51	Men 30-39	701
32	28:15 18:50	91 1:21:26	29.5	98	54:18	5:26	
77	2:43:59	Marnie Waehtler	Calgary	120	10/26	Women 30-39	692
33	28:16 18:51	73 1:18:32	30.6	120	57:12	5:44	
78	2:44:17	Lindsay Manning	Calgary	23	4/20	Women 18-29	592
96	33:18 22:12	121 1:25:57	27.9	23	45:03	4:31	
79	2:44:39	Suzanne Flannigan	Lethbridge	49	2/23	Women 40-49	570
94	33:14 22:10	102 1:22:32	29.1	49	48:53	4:54	
80	2:44:52	Brenda Gokiert	calgary	76	11/26	Women 30-39	573
62	30:34 20:23	107 1:23:00	28.9	76	51:18	5:08	
81	2:45:38	Mark Tonner	calgary	44	30/51	Men 30-39	500
147	36:54 24:36	87 1:21:06	29.6	44	47:39	4:46	
82	2:46:18	Haithem Al-Salam	Calgary	75	17/30	Men 40-49	508
88	32:25 21:37	104 1:22:36	29.1	75	51:18	5:08	
83	2:46:38	Paul Williams	Calgary	62	31/51	Men 30-39	539
170	38:49 25:53	60 1:17:23	31.0	62	50:28	5:03	
84	2:46:50	Ross Salmon	Calgary	61	18/30	Men 40-49	616
120	35:04 23:23	95 1:21:32	29.4	61	50:15	5:02	
85	2:46:57	Ted Wong	Calgary	42	19/30	Men 40-49	525
176	40:06 26:44	80 1:19:55	30.0	42	46:58	4:42	
86	2:47:17	Scott Mann	Medicine Hat	73	32/51	Men 30-39	654
122	35:16 23:31	85 1:20:48	29.7	73	51:14	5:08	
87	2:47:49	Stephen Mann	CALGARY	80	33/51	Men 30-39	511
157	38:02 25:21	66 1:18:15	30.7	80	51:34	5:10	
88	2:48:26	Colin Cochran	Calgary	74	34/51	Men 30-39	509
146	36:51 24:34	83 1:20:19	29.9	74	51:18	5:08	
89	2:48:32	Ashley Causton	CALGARY	95	20/30	Men 40-49	518
91	33:03 22:02	92 1:21:28	29.5	95	54:02	5:25	
90	2:48:54	Stuart Hampshire	Calgary	87	21/30	Men 40-49	563
54	30:05 20:03	125 1:26:21	27.8	87	52:29	5:15	
91	2:48:56	Carlin Doeksen	Red Deer	102	35/51	Men 30-39	545
74	31:36 21:04	105 1:22:38	29.0	102	54:42	5:29	
92	2:49:20	Phil Doucette	Calgary	8	36/51	Men 30-39	624
188	46:42 31:08	86 1:21:01	29.6	8	41:39	4:10	
93	2:49:27	Krista wells	Calgary	84	5/20	Women 18-29	602
132	35:58 23:59	90 1:21:24	29.5	84	52:06	5:13	
94	2:49:28	Lisa Walsh	Calgary	94	3/23	Women 40-49	613
104	33:32 22:21	101 1:22:00	29.3	94	53:57	5:24	

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95	2:49:52	David Paquette	Calgary	11/18	Men 18-29	627
42	29:08 19:26	38	1:13:52 32.5	164	1:06:52 6:42	
96	2:50:09	Chris Bruton	Calgary	12/18	Men 18-29	718
86	32:16 21:31	70	1:18:24 30.6	131	59:30 5:57	
97	2:50:15	Stephanie Schubert	Calgary	6/20	Women 18-29	596
46	29:42 19:48	112	1:24:04 28.5	116	56:30 5:39	
98	2:50:22	Adrienne Watson	Calgary	7/20	Women 18-29	715
142	36:40 24:27	106	1:22:52 29.0	66	50:51 5:06	
99	2:50:44	Darren Singleton	Calgary	37/51	Men 30-39	714
89	33:00 22:00	88	1:21:09 29.6	117	56:36 5:40	
100	2:51:24	Steve Glanville	Okotoks	38/51	Men 30-39	674
124	35:31 23:41	93	1:21:30 29.4	100	54:25 5:27	
101	2:51:40	Adam Lonseth	Calgary	13/18	Men 18-29	719
43	29:12 19:28	89	1:21:21 29.5	146	1:01:08 6:07	
102	2:52:15	Patty Infusino	calgary	4/23	Women 40-49	527
110	33:40 22:27	120	1:25:39 28.0	89	52:57 5:18	
103	2:52:16	Jim McFadyen	Okotoks	39/51	Men 30-39	604
129	35:49 23:53	63	1:18:00 30.8	124	58:27 5:51	
104	2:52:22	Carolyn Hiles	Calgary	5/23	Women 40-49	721
78	31:51 21:14	96	1:21:39 29.4	129	58:54 5:54	
105	2:52:24	Cindy Pocza	Calgary	6/23	Women 40-49	722
64	30:57 20:38	111	1:23:56 28.6	122	57:32 5:46	
106	2:52:34	Trevor Cochran	Calgary	40/51	Men 30-39	628
49	29:52 19:55	100	1:21:58 29.3	143	1:00:45 6:05	
107	2:52:40	Catherine Kitscha	Calgary	8/20	Women 18-29	665
5	24:01 16:01	138	1:28:31 27.1	139	1:00:09 6:01	
108	2:53:18	Brent Seefried	Calgary	14/18	Men 18-29	615
166	38:37 25:45	78	1:19:06 30.3	108	55:35 5:34	
109	2:53:30	Michelle Cooze	Calgary	12/26	Women 30-39	695
136	36:14 24:09	109	1:23:45 28.7	92	53:32 5:22	
110	2:54:18	Jane Cook	Calgary	13/26	Women 30-39	700
23	27:43 18:29	151	1:30:36 26.5	113	56:01 5:37	
111	2:54:20	webster Mundy	Calgary	41/51	Men 30-39	558
183	43:31 29:01	54	1:15:58 31.6	103	54:52 5:30	
112	2:54:23	Shona Anderson	Calgary	7/23	Women 40-49	651
61	30:19 20:13	139	1:28:36 27.1	106	55:28 5:33	
113	2:54:41	Paul Cary	Calgary	15/18	Men 18-29	685
144	36:42 24:28	144	1:29:49 26.7	46	48:10 4:49	
114	2:54:48	Natasha Thurston	Calgary	14/26	Women 30-39	581
130	35:50 23:53	94	1:21:31 29.4	121	57:27 5:45	
115	2:54:59	Troy Sedgwick	Calgary	42/51	Men 30-39	584
48	29:45 19:50	108	1:23:17 28.8	150	1:01:58 6:12	

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116	2:55:28	Stephen Robinson	Calgary		8/15	Men 50-59	637
162	38:15 25:30			127 1:26:30 27.7	64	50:44 5:05	
117	2:56:44	Brittney Maillet	Chestermere		9/20	Women 18-29	618
80	31:55 21:17			123 1:26:17 27.8	126	58:32 5:52	
118	2:57:51	Karen Johansen	Calgary		8/23	Women 40-49	662
126	35:39 23:46			119 1:25:34 28.0	118	56:39 5:40	
119	2:57:55	Peter Keeshan	calgary		43/51	Men 30-39	503
134	36:13 24:09			122 1:26:04 27.9	110	55:40 5:34	
120	2:58:41	Alexis Magi	Calgary		10/20	Women 18-29	617
101	33:24 22:16			97 1:21:45 29.4	153	1:03:33 6:22	
121	2:58:45	Bob Skoye	Calgary		22/30	Men 40-49	579
100	33:23 22:15			142 1:29:17 26.9	114	56:06 5:37	
122	2:58:51	Mark Kondrat	Cochrane		44/51	Men 30-39	648
140	36:27 24:18			128 1:26:45 27.7	111	55:40 5:34	
123	2:59:28	Debbie Wheeler	Calgary		15/26	Women 30-39	676
123	35:17 23:32			147 1:30:00 26.7	97	54:12 5:26	
124	2:59:57	Dalton Harding	Calgary		9/15	Men 50-59	588
172	38:57 25:58			129 1:26:53 27.6	96	54:08 5:25	
125	3:01:18	Stuart Brown	Calgary		23/30	Men 40-49	656
65	31:03 20:42			126 1:26:26 27.8	155	1:03:50 6:23	
126	3:02:13	Gord Clayholt	Crossfield		10/15	Men 50-59	610
191	56:03 37:22			55 1:16:01 31.6	60	50:11 5:02	
127	3:02:22	Todd Pringle	calgary		24/30	Men 40-49	507
105	33:32 22:22			118 1:24:58 28.2	156	1:03:53 6:24	
128	3:02:31	Denise Froese	Calgary		9/23	Women 40-49	650
111	33:42 22:28			137 1:28:10 27.2	142	1:00:41 6:05	
129	3:02:46	Lori Dencsak	Calgary		10/23	Women 40-49	529
95	33:17 22:12			154 1:30:45 26.4	128	58:44 5:53	
130	3:04:05	Larissa Hass	Calgary		11/23	Women 40-49	703
92	33:10 22:07			156 1:30:51 26.4	138	1:00:05 6:01	
131	3:04:33	Jennifer Campbell	Calgary		2/5	Women 50-59	598
66	31:10 20:47			183 1:39:32 24.1	93	53:52 5:24	
132	3:04:37	Phillip Du Plessix	Calgary		16/18	Men 18-29	515
135	36:13 24:09			140 1:28:49 27.0	132	59:37 5:58	
133	3:04:39	Jo Williams	Calgary		16/26	Women 30-39	649
163	38:18 25:32			165 1:33:49 25.6	88	52:34 5:16	
134	3:04:41	Kim Layton	Calgary		11/20	Women 18-29	578
154	37:51 25:14			131 1:27:09 27.5	134	59:42 5:59	
135	3:04:49	Mark Gillespie	Calgary		45/51	Men 30-39	720
93	33:14 22:09			115 1:24:17 28.5	166	1:07:19 6:44	
136	3:05:09	Ian Goodsell	Calgary		25/30	Men 40-49	611
31	28:05 18:44			163 1:33:18 25.7	154	1:03:46 6:23	

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137	3:05:12	Tom Caulfield	Calgary	46/51	Men 30-39	688
133	36:07 24:05	150 1:30:32	26.5	127 58:34	5:52	
138	3:05:21	Christine Piquette	Calgary	12/20	Women 18-29	608
186	44:37 29:45	116 1:24:37	28.4	115 56:08	5:37	
139	3:05:35	Danielle Jackson	Calgary	12/23	Women 40-49	534
131	35:57 23:58	114 1:24:13	28.5	159 1:05:26	6:33	
140	3:05:55	Angie King	Calgary	3/5	Women 50-59	666
121	35:15 23:30	134 1:27:36	27.4	151 1:03:05	6:19	
141	3:05:58	Linda Bradley	Calgary	4/5	Women 50-59	538
156	38:00 25:20	164 1:33:39	25.6	99 54:20	5:26	
142	3:06:42	Debbie Messing	Calgary	17/26	Women 30-39	523
159	38:10 25:27	148 1:30:04	26.6	125 58:30	5:51	
143	3:07:16	Darshan Dhillon	Calgary	47/51	Men 30-39	681
63	30:39 20:26	152 1:30:37	26.5	160 1:06:00	6:36	
144	3:07:19	Pamela Bunz	Calgary	13/20	Women 18-29	562
109	33:38 22:25	162 1:32:41	25.9	144 1:01:01	6:07	
145	3:07:27	Gerry Rafferty	Calgary	1/3	Men 60 +	554
182	42:04 28:03	124 1:26:17	27.8	130 59:07	5:55	
146	3:07:48	Melissa O'Brien	Okotoks	18/26	Women 30-39	517
60	30:14 20:10	135 1:27:45	27.4	172 1:09:50	6:59	
147	3:07:56	Colleen Sherry	Calgary	13/23	Women 40-49	572
99	33:22 22:15	161 1:32:39	25.9	149 1:01:56	6:12	
148	3:08:06	Trevor O'Bryan	Calgary	17/18	Men 18-29	542
4	23:49 15:53	175 1:37:05	24.7	165 1:07:13	6:44	
149	3:08:58	Angela Cubos	Spruce Grove	14/20	Women 18-29	698
26	27:48 18:32	166 1:33:51	25.6	167 1:07:20	6:44	
150	3:09:34	Chris Monk	Calgary	11/15	Men 50-59	595
181	41:55 27:57	130 1:27:03	27.6	141 1:00:37	6:04	
151	3:09:54	Cam Munro	Airdrie	26/30	Men 40-49	559
168	38:40 25:47	136 1:27:47	27.3	152 1:03:28	6:21	
152	3:09:56	Kelly Rathje	Calgary	14/23	Women 40-49	645
73	31:29 20:59	103 1:22:33	29.1	187 1:15:56	7:36	
153	3:10:00	Gerry Proudfoot	Calgary	15/23	Women 40-49	607
148	37:00 24:40	158 1:31:39	26.2	147 1:01:22	6:09	
154	3:10:11	Gail Froehlich	Calgary	16/23	Women 40-49	541
108	33:37 22:25	133 1:27:35	27.4	171 1:09:01	6:55	
155	3:10:29	Blair Nielsen	Red Deer	18/18	Men 18-29	544
190	55:37 37:05	113 1:24:12	28.5	63 50:41	5:05	
156	3:11:02	Mitch Rathje	Calgary	48/51	Men 30-39	646
152	37:40 25:07	157 1:31:29	26.2	148 1:01:54	6:12	
157	3:11:33	Todd Cooper	Calgary	27/30	Men 40-49	710
137	36:15 24:10	153 1:30:39	26.5	157 1:04:40	6:28	

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158	3:11:44	Debbie MacDonald	calgary		17/23	Women 40-49	623
179	41:27 27:38			149 1:30:19 26.6	137 59:58	6:00	
159	3:12:34	Diana De La Rosa	Calgary		15/20	Women 18-29	712
150	37:18 24:52			179 1:37:24 24.6	123 57:54	5:48	
160	3:14:44	Cathy Stanford	Calgary		16/20	Women 18-29	626
77	31:49 21:13			141 1:28:51 27.0	184 1:14:06	7:25	
161	3:15:02	Scott Clements	Calgary		2/3	Men 60 +	594
164	38:21 25:34			110 1:23:47 28.6	182 1:12:54	7:18	
162	3:15:09	Mark Gillett	Calgary		12/15	Men 50-59	577
173	39:09 26:06			173 1:36:22 24.9	133 59:40	5:58	
163	3:15:29	Janet Pritchard	Calgary		18/23	Women 40-49	697
103	33:26 22:17			132 1:27:14 27.5	186 1:14:50	7:29	
164	3:16:47	Christine Forner	Lyalta		19/26	Women 30-39	622
113	33:49 22:33			160 1:32:26 26.0	174 1:10:33	7:04	
165	3:16:52	Lorraine Thirsk	Calgary		20/26	Women 30-39	585
118	34:05 22:44			159 1:32:18 26.0	173 1:10:29	7:03	
166	3:16:57	Alan Poytress	Fort Macleod		13/15	Men 50-59	673
127	35:44 23:49			145 1:29:50 26.7	176 1:11:25	7:09	
167	3:18:08	Ken Lister	Calgary		14/15	Men 50-59	519
178	41:01 27:21			177 1:37:12 24.7	136 59:55	6:00	
168	3:18:25	Graham Carter	Calgary		49/51	Men 30-39	670
153	37:43 25:09			190 1:48:27 22.1	85 52:16	5:14	
169	3:18:56	Trina James	Calgary		21/26	Women 30-39	686
184	43:44 29:10			170 1:35:28 25.1	135 59:45	5:59	
170	3:19:05	Amanda Card	Calgary		17/20	Women 18-29	567
158	38:02 25:22			184 1:39:59 24.0	145 1:01:04	6:07	
171	3:19:36	Chris weinhaupt	Calgary		28/30	Men 40-49	689
116	34:01 22:41			168 1:34:05 25.5	177 1:11:31	7:10	
172	3:20:05	Laurie Hansen	Red Deer		18/20	Women 18-29	678
97	33:18 22:12			182 1:38:32 24.4	169 1:08:15	6:50	
173	3:20:12	Vanessa Oliver	Calgary		19/20	Women 18-29	530
72	31:27 20:58			186 1:43:55 23.1	158 1:04:51	6:30	
174	3:20:30	Jenn Wilson	Sherwood Park		22/26	Women 30-39	603
145	36:43 24:29			146 1:29:53 26.7	183 1:13:55	7:24	
175	3:21:52	Erica Hatch	Airdrie		23/26	Women 30-39	522
128	35:45 23:50			180 1:37:24 24.6	170 1:08:44	6:53	
176	3:22:17	Lois Mah	Calgary		19/23	Women 40-49	569
187	46:25 30:57			171 1:35:30 25.1	140 1:00:23	6:03	
177	3:22:26	Heather McInnis	Calgary		24/26	Women 30-39	609
192	57:13 38:09			143 1:29:31 26.8	112 55:43	5:35	
178	3:22:30	Kevin Stanwood	Calgary		29/30	Men 40-49	694
175	39:57 26:38			155 1:30:49 26.4	179 1:11:45	7:11	

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179	3:24:28	Annie Quinney	Calgary	20/20	Women 18-29	550
149	37:16 24:51		169 1:34:46 25.3	181 1:12:27	7:15	
180	3:26:11	Cheryl Bell	calgary	20/23	Women 40-49	679
151	37:29 24:59		167 1:34:02 25.5	185 1:14:41	7:29	
181	3:26:30	Alison Deagle	Calgary	21/23	Women 40-49	547
165	38:30 25:40		178 1:37:20 24.7	175 1:10:40	7:04	
182	3:27:07	Cyndi Ruff	Calgary	22/23	Women 40-49	621
169	38:44 25:50		174 1:36:43 24.8	178 1:11:41	7:11	
183	3:27:55	Luis Cabana	Calgary	30/30	Men 40-49	633
171	38:51 25:54		176 1:37:10 24.7	180 1:11:55	7:12	
184	3:29:12	Manjeet Dhillon	CALGARY	50/51	Men 30-39	557
189	46:47 31:12		172 1:36:01 25.0	162 1:06:24	6:39	
185	3:30:04	Bobbie Sheppy	Calgary	5/5	Women 50-59	521
177	41:01 27:21		185 1:42:20 23.5	163 1:06:44	6:41	
186	3:32:52	Bill way	Calgary	15/15	Men 50-59	510
180	41:44 27:49		187 1:45:02 22.8	161 1:06:07	6:37	
187	3:34:23	Craig werbicki	Calgary	51/51	Men 30-39	597
167	38:39 25:46		99 1:21:57 29.3	191 1:33:48	9:23	
188	3:49:38	Tracy Hillaby	Ponoka	25/26	Women 30-39	640
185	44:20 29:34		181 1:37:43 24.6	189 1:27:35	8:46	
189	3:53:41	Nony Hilborne	Calgary	1/1	Women 60 +	644
160	38:11 25:28		188 1:45:25 22.8	190 1:30:06	9:01	
190	3:58:46	Michelle Dobler	Calgary	23/23	Women 40-49	575
141	36:35 24:23		191 2:03:14 19.5	188 1:18:58	7:54	
191	3:59:15	Raymond Colliver	Calgary	3/3	Men 60 +	639
155	37:54 25:16		189 1:46:19 22.6	192 1:35:03	9:31	
192	4:04:08	Jacqueline Day	Calgary	26/26	Women 30-39	647
161	38:13 25:29		192 2:18:36 17.3	168 1:07:20	6:44	

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