

Category: Open Team

| Place | Team Name | Swim (500m) | Pace (min/100m) | Time 2 | Bike + T1 & T2 (19km) | km/hr | Time 3 | Run (5km) | Pace (min/km) | Overall |
|-------|---|-------------|-----------------|---------|-----------------------|-------|---------|-----------|---------------|---------|
| 1 | BDE Swimmer Roman Asmundson Biker Isaac Wideman Runner William Buckland | 08:21 | 01:40 | 48:45.9 | 0:40:25 | 28.2 | 1:06:10 | 0:17:24 | 03:29 | 1:06:10 |
| 2 | Don't Tri this at Home Swimmer David MacMillan Biker Kevin Durkeer Runner Mitchell Abbott | 10:27 | 02:05 | 46:39.4 | 0:36:12 | 31.5 | 1:08:34 | 0:21:54 | 04:23 | 1:08:34 |
| 3 | Danielle, Matt & Brad Swimmer Danielle Patzer Biker Matt Mossman Runner Brad Patzer | 10:26 | 02:05 | 47:52.2 | 0:37:26 | 30.4 | 1:08:53 | 0:21:01 | 04:12 | 1:08:53 |
| 4 | Rockin Moms Swimmer Kaitlynn Dewhirst Biker Jocelyn apps Runner Jocelyn apps | 10:57 | 02:11 | 50:10.5 | 0:39:13 | 29.1 | 1:19:08 | 0:28:58 | 05:48 | 1:19:08 |

Category: Rec Men

| Place | First Name | Last Name | Swim (150m) | Pace (min/100m) | Time 2 | Bike + T1 & T2 (10km) | km/hr | Time 3 | Run (2km) | Pace (min/km) | Overall |
|-------|------------|------------|-------------|-----------------|---------|-----------------------|-------|---------|-----------|---------------|---------|
| 1 | Morgan | Young | 03:32 | 02:21 | 25:41.9 | 0:22:10 | 27.1 | 0:34:52 | 0:09:10 | 04:35 | 0:34:52 |
| 2 | Douglas | Sauer | 03:20 | 02:13 | 26:15.2 | 0:22:55 | 26.2 | 0:36:15 | 0:10:00 | 05:00 | 0:36:15 |
| 3 | Philippe | Normandeau | 04:10 | 02:47 | 30:01.0 | 0:25:51 | 23.2 | 0:41:49 | 0:11:48 | 05:54 | 0:41:49 |
| 4 | Matthew | Patzer | 05:25 | 03:37 | 31:14.6 | 0:25:50 | 23.2 | 0:41:51 | 0:10:36 | 05:18 | 0:41:51 |
| 5 | Luke | Dizon | 08:33 | 05:42 | 35:02.9 | 0:26:30 | 22.6 | 0:47:32 | 0:12:29 | 06:14 | 0:47:32 |
| 6 | Larry | O'Brien | 08:06 | 05:24 | 35:23.1 | 0:27:17 | 22.0 | 0:49:19 | 0:13:56 | 06:58 | 0:49:19 |
| 7 | Cameron | Twa | 05:06 | 03:24 | 32:19.0 | 0:27:13 | 22.0 | 0:49:49 | 0:17:30 | 08:45 | 0:49:49 |
| 8 | Credence | Wood | 07:53 | 05:16 | 40:24.0 | 0:32:30 | 18.5 | 0:53:41 | 0:13:17 | 06:38 | 0:53:41 |

