

## 2023 Conquer The Ridge Half, 10K, 5K

## Alpha Overall Results

## 10K - 6.21 Miles

## 24 Finishers

O/A	Name	Bib#	Time	Pace/K	Pace/M	Category	Cat/PI	Gender	Gen/PI	City
4/24	BERNATH, DANIELLE	2206	52:13.922	05:13	08:24	10K35-49F	1/9	F	1/16	MEDICINE HAT, AB
22/24	CHOW, PHYLLIS	2236	1:11:02.924	07:06	11:26	10K50+F	6/6	F	14/16	MEDICINE HAT, AB
19/24	CHOW, TYSON	2237	1:06:07.920	06:36	10:38	10K19-34M	2/2	M	8/8	MEDICINE HAT, AB
18/24	HODGKINSON, PAM	2240	1:05:32.781	06:33	10:33	10K35-49F	6/9	F	11/16	MEDICINE HAT, AB
12/24	JORDET, MELANIE	2255	1:00:02.673	06:00	09:40	10K35-49F	3/9	F	5/16	CYPRESS COUNTY, AB
2/24	LEDUC, CORRY	2241	45:48.476	04:34	07:22	10K50+M	2/5	M	2/8	MEDICINE HAT, AB
5/24	LINARES, ANA	2262	52:14.677	05:13	08:24	10K19-34F	1/1	F	2/16	,
23/24	LOEWEN, SUSANA	2242	1:14:03.395	07:24	11:55	10K35-49F	8/9	F	15/16	MEDICINE HAT, AB
14/24	MAHOOD, RAELYN	2243	1:00:59.909	06:05	09:49	10K50+F	3/6	F	7/16	MEDICINE HAT, AB
3/24	MESHEN, ROBBIE	2244	47:26.514	04:44	07:38	10K35-49M	1/1	M	3/8	MEDICINE HAT, AB
9/24	POWELL, BRIAN	2246	57:05.908	05:42	09:11	10K50+M	4/5	M	6/8	REGINA, SK
15/24	SCHULZ, CYNTHIA	2257	1:01:31.336	06:09	09:54	10K35-49F	4/9	F	8/16	MEDICINE HAT, AB
6/24	SINGH, GURDEEP	2263	52:53.184	05:17	08:30	10K19-34M	1/2	M	4/8	MEDICINE HAT, AB
8/24	SLETTEN, LEASA	2247	54:26.585	05:26	08:46	10K35-49F	2/9	F	3/16	MEDICINE HAT, AB
1/24	SMITH, DARRYL	2248	39:18.971	03:55	06:19	10K50+M	1/5	M	1/8	MEDICINE HAT, AB
21/24	SPICER, SUSAN	2249	1:07:37.542	06:45	10:53	10K50+F	5/6	F	13/16	MEDICINE HAT, AB
20/24	STUMBORG, CHAR	2258	1:07:15.231	06:43	10:49	10K35-49F	7/9	F	12/16	MEDICINE HAT, AB
16/24	SUMNERS, LORI	2250	1:03:23.455	06:20	10:12	10K50+F	4/6	F	9/16	CYPRESS COUNTY, AB
10/24	SUNDE, BRENDA	2251	58:07.479	05:48	09:21	10K50+F	1/6	F	4/16	MAPLE CREEK, SK
11/24	SUNDE, MELVIN	2252	59:48.962	05:58	09:37	10K50+M	5/5	M	7/8	MAPLE CREEK, SK
17/24	WIEBE, KIM	2256	1:05:30.021	06:33	10:32	10K35-49F	5/9	F	10/16	MEDICINE HAT, AB
24/24	YKEMA, SARAH	2254	1:16:00.607	07:36	12:14	10K35-49F	9/9	F	16/16	CALGARY, AB
13/24	YOUNG, ALANA	2259	1:00:04.197	06:00	09:40	10K50+F	2/6	F	6/16	MEDICINE HAT, AB
7/24	YOUNG, SCOTT	2260	53:43.224	05:22	08:39	10K50+M	3/5	M	5/8	MEDICINE HAT, AB