

2023 Conquer The Ridge Half, 10K, 5K

Alpha Overall Results

Half Marathon 21.1K/ 13.1 Miles

33 Finishers

O/A	Name	Bib#	Time	Pace/K	Pace/M	Category	Cat/PI	Gender	Gen/PI	City
26/33	BURMAN, DALE	5046	2:17:46.337	06:31	10:31	HALF50+M	3/5	M	18/21	MEDICINE HAT, AB
10/33	CARLSON, DERIK	5047	1:47:06.152	05:04	08:10	HALF35-49M	4/9	M	7/21	MEDICINE HAT, AB
32/33	CLEMIS-LOVE, LISA	5048	3:27:54.506	09:51	15:52	HALF35-49F	9/9	F	12/12	MEDICINE HAT, AB
29/33	CUNNINGHAM, BARNEY	5050	2:26:10.781	06:55	11:09	HALF50+M	4/5	M	19/21	MEDICINE HAT, AB
13/33	DALLA LONGA, AUSTYN	5051	1:57:28.788	05:34	08:58	HALF19-34M	3/6	M	10/21	MEDICINE HAT, AB
14/33	DOYLE, AUSTIN	5052	1:57:36.311	05:34	08:58	HALF19-34M	4/6	M	11/21	CALGARY, AB
23/33	DOYLE, JUSTIN	5053	2:14:42.914	06:23	10:17	HALF19-34M	6/6	M	17/21	MEDICINE HAT, AB
25/33	DRAGANIUK, JESSICA	5054	2:17:11.367	06:30	10:28	HALF35-49F	6/9	F	8/12	MEDICINE HAT, AB
8/33	EMERSON, SHERI	5055	1:45:00.383	04:58	08:00	HALF35-49F	2/9	F	3/12	MEDICINE HAT, AB
1/33	FIGUEROA, JULIO	5056	1:26:50.949	04:06	06:37	HALF35-49M	1/9	M	1/21	MEDICINE HAT, AB
31/33	HARVEY, DALE	5057	2:58:10.306	08:26	13:36	HALF50+M	5/5	M	20/21	REGINA, SK
20/33	HENDERSON, LAURA	5058	2:04:49.620	05:54	09:31	HALF35-49F	3/9	F	5/12	LEADER, SK
21/33	HUGHSON, SCOTT	5059	2:10:57.830	06:12	09:59	HALF35-49M	8/9	M	16/21	MEDICINE HAT, AB
28/33	HYAM, MORGAN	5062	2:24:51.844	06:51	11:03	HALF35-49F	8/9	F	10/12	MEDICINE HAT, AB
17/33	LACHANCE, CHANTAL	5063	1:58:43.037	05:37	09:03	HALF50+F	1/1	F	4/12	HALIFAX, NS
7/33	LAVOIE-PIERZCHALA, ELIJAH	5065	1:43:44.707	04:55	07:55	HALF18&UM	1/1	M	5/21	MEDICINE HAT, AB
22/33	LEARNED, ALEXANDRA	5066	2:14:42.821	06:23	10:17	HALF35-49F	4/9	F	6/12	MEDICINE HAT, AB
9/33	LINARES, ANDRES	5083	1:45:26.025	04:59	08:02	HALF19-34M	2/6	M	6/21	,
6/33	LINARES, LUISA	5081	1:43:23.754	04:54	07:53	HALF19-34F	1/2	F	2/12	, AB
33/33	LJA, ROB	5080	3:49:38.584	10:53	17:31	HALF35-49M	9/9	M	21/21	COALDALE, AB
27/33	MATTIONI, LORETO	5067	2:18:13.682	06:33	10:33	HALF35-49F	7/9	F	9/12	MEDICINE HAT, AB
12/33	MINOGUE, MATTHEW	5068	1:55:35.962	05:28	08:49	HALF35-49M	6/9	M	9/21	MEDICINE HAT, AB
3/33	OSBORNE, MORGAN	5070	1:41:02.193	04:47	07:42	HALF35-49M	2/9	M	2/21	MEDICINE HAT, AB
16/33	PATTISON, ANDY	5071	1:58:42.358	05:37	09:03	HALF50+M	1/5	M	13/21	HALIFAX, NS
11/33	PERCY, WILLIAM	5072	1:47:06.223	05:04	08:10	HALF35-49M	5/9	M	8/21	MEDICINE HAT, AB
4/33	PIERZCHALA, MARK	5073	1:41:22.653	04:48	07:44	HALF35-49M	3/9	M	3/21	MEDICINE HAT, AB
5/33	RAPUANO, TRAVIS	5074	1:43:12.175	04:53	07:52	HALF19-34M	1/6	M	4/21	MEDICINE HAT, AB
19/33	RISLING, JARED	5075	2:04:27.988	05:53	09:30	HALF35-49M	7/9	M	15/21	MEDICINE HAT, AB
30/33	RYAN, KATIE	5076	2:45:37.426	07:50	12:38	HALF19-34F	2/2	F	11/12	MEDICINE HAT, AB
2/33	SHRIVES, HELOISE	5077	1:39:15.975	04:42	07:34	HALF35-49F	1/9	F	1/12	MEDICINE HAT, AB
15/33	SLACK, QUINTON	5082	1:58:17.281	05:36	09:01	HALF19-34M	5/6	M	12/21	,
18/33	SPURGEON, DANIEL	5078	2:00:58.763	05:44	09:14	HALF50+M	2/5	M	14/21	MEDICINE HAT, AB
24/33	TYMENSEN, HEATHER	5079	2:14:46.428	06:23	10:17	HALF35-49F	5/9	F	7/12	MEDICINE HAT, AB