

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

### Overall Gender Results

#### 10K - 6.21 Miles

#### Female

Gender	Name	Bib#	Time	Pace/K	Pace/M	Category	Cat	O/A	City
1/16	BERNATH, DANIELLE	2206	52:13.922	05:13	08:24	10K35-49F	1/9	4/24	MEDICINE HAT, AB
2/16	LINARES, ANA	2262	52:14.677	05:13	08:24	10K19-34F	1/1	5/24	,
3/16	SLETTEN, LEASA	2247	54:26.585	05:26	08:46	10K35-49F	2/9	8/24	MEDICINE HAT, AB
4/16	SUNDE, BRENDA	2251	58:07.479	05:48	09:21	10K50+F	1/6	10/24	MAPLE CREEK, SK
5/16	JORDET, MELANIE	2255	1:00:02.673	06:00	09:40	10K35-49F	3/9	12/24	CYPRESS COUNTY, AB
6/16	YOUNG, ALANA	2259	1:00:04.197	06:00	09:40	10K50+F	2/6	13/24	MEDICINE HAT, AB
7/16	MAHOOD, RAELYN	2243	1:00:59.909	06:05	09:49	10K50+F	3/6	14/24	MEDICINE HAT, AB
8/16	SCHULZ, CYNTHIA	2257	1:01:31.336	06:09	09:54	10K35-49F	4/9	15/24	MEDICINE HAT, AB
9/16	SUMNERS, LORI	2250	1:03:23.455	06:20	10:12	10K50+F	4/6	16/24	CYPRESS COUNTY, AB
10/16	WIEBE, KIM	2256	1:05:30.021	06:33	10:32	10K35-49F	5/9	17/24	MEDICINE HAT, AB
11/16	HODGKINSON, PAM	2240	1:05:32.781	06:33	10:33	10K35-49F	6/9	18/24	MEDICINE HAT, AB
12/16	STUMBORG, CHAR	2258	1:07:15.231	06:43	10:49	10K35-49F	7/9	20/24	MEDICINE HAT, AB
13/16	SPICER, SUSAN	2249	1:07:37.542	06:45	10:53	10K50+F	5/6	21/24	MEDICINE HAT, AB
14/16	CHOW, PHYLLIS	2236	1:11:02.924	07:06	11:26	10K50+F	6/6	22/24	MEDICINE HAT, AB
15/16	LOEWEN, SUSANA	2242	1:14:03.395	07:24	11:55	10K35-49F	8/9	23/24	MEDICINE HAT, AB
16/16	YKEMA, SARAH	2254	1:16:00.607	07:36	12:14	10K35-49F	9/9	24/24	CALGARY, AB

#### Male

Gender	Name	Bib#	Time	Pace/K	Pace/M	Category	Cat	O/A	City
1/8	SMITH, DARRYL	2248	39:18.971	03:55	06:19	10K50+M	1/5	1/24	MEDICINE HAT, AB
2/8	LEDUC, CORRY	2241	45:48.476	04:34	07:22	10K50+M	2/5	2/24	MEDICINE HAT, AB
3/8	MESHEN, ROBBIE	2244	47:26.514	04:44	07:38	10K35-49M	1/1	3/24	MEDICINE HAT, AB
4/8	SINGH, GURDEEP	2263	52:53.184	05:17	08:30	10K19-34M	1/2	6/24	MEDICINE HAT, AB
5/8	YOUNG, SCOTT	2260	53:43.224	05:22	08:39	10K50+M	3/5	7/24	MEDICINE HAT, AB
6/8	POWELL, BRIAN	2246	57:05.908	05:42	09:11	10K50+M	4/5	9/24	REGINA, SK
7/8	SUNDE, MELVIN	2252	59:48.962	05:58	09:37	10K50+M	5/5	11/24	MAPLE CREEK, SK
8/8	CHOW, TYSON	2237	1:06:07.920	06:36	10:38	10K19-34M	2/2	19/24	MEDICINE HAT, AB