

2023 Dinosaur Pump It Up Run May 6/2023

Alpha Overall Results

10.38K - 6.45 Miles

76 Finishers

O/A	Name	Bib#	Time	Pace/K	Pace/M	Category	Cat/PI	Gender	Gen/PI	City
33/76	ADAMS, ZACH	1246	1:02:26.712	06:00	09:40	10K30-39M	6/9	M	22/36	AIRDRIE, ALBERTA
34/76	ANDERSON, SIAN	1247	1:02:27.200	06:01	09:40	10K30-39F	4/10	F	12/40	OKOTOKS, ALBERTA
15/76	APOLLONIN, DMYTRO	1249	55:55.188	05:23	08:40	10K30-39M	4/9	M	12/36	CALGARY, ALBERTA
49/76	BALLS, DAVID	1250	1:09:55.621	06:44	10:50	10K40-49M	5/6	M	24/36	BROOKS, ALBERTA
46/76	BEATON, LAUREL	1252	1:08:00.427	06:33	10:32	10K40-49F	12/16	F	23/40	LAKE NEWELL RESORT
70/76	BLOCK, LAWRENCE	1253	1:45:37.927	10:10	16:22	10K50-59M	10/11	M	34/36	BROOKS, ALBERTA
44/76	BOEKEL, RACHEL	1254	1:07:37.983	06:30	10:29	10K40-49F	10/16	F	21/40	CANMORE, ALBERTA
64/76	BROWN, CYNTHIA	1328	1:19:03.053	07:36	12:15	10K50-59F	3/3	F	34/40	EDMONTON, AB
65/76	BROWN, MIRANDA	1255	1:19:23.933	07:38	12:18	10K30-39F	9/10	F	35/40	CALGARY, ALBERTA
30/76	CALVERO, JUNEER	1256	1:01:56.569	05:58	09:36	10K50-59M	5/11	M	20/36	CALGARY, ALBERTA
22/76	CAMIRÉ, FÉLIX	1257	59:11.115	05:42	09:10	10K40-49M	4/6	M	16/36	CANMORE, ALBERTA
43/76	CHOI, DOHAN	1258	1:07:30.689	06:30	10:28	10K50-59M	7/11	M	23/36	BROOKS, ALBERTA
17/76	CHOI, RENY	1259	56:54.898	05:28	08:49	10K13-19F	1/1	F	5/40	BROOKS, ALBERTA
4/76	CRAIG, MICHAEL	1260	47:21.445	04:33	07:20	10K13-19M	1/2	M	4/36	BROOKS, ALBERTA
36/76	CYR, NIKKI	1326	1:02:57.464	06:03	09:45	10K20-29F	1/5	F	14/40	BROOKS, AB
6/76	CYR, TYSON	1327	50:11.366	04:50	07:46	10K20-29M	1/6	M	6/36	BROOKS, AB
12/76	EMERSON, SHERI	1263	52:25.162	05:03	08:07	10K40-49F	2/16	F	2/40	MEDICINE HAT, ALBERTA
48/76	ENNS, ANNA	1264	1:09:36.277	06:42	10:47	10K40-49F	14/16	F	25/40	DUCHESS, ALBERTA
71/76	FRENG, ALISON	1265	1:52:21.611	10:49	17:25	10K60-69F	4/4	F	37/40	LETHBRIDGE, ALBERTA
47/76	FROESE, ANNA	1266	1:09:34.585	06:42	10:47	10K40-49F	13/16	F	24/40	DUCHESS, ALBERTA
28/76	GABRIELLE, CONNIE	1267	1:01:15.766	05:54	09:29	10K30-39F	3/10	F	10/40	LAKE NEWELL RESORT
16/76	GEIGER, KRISTEN	1268	56:32.755	05:26	08:46	10K30-39F	1/10	F	4/40	BROOKS, ALBERTA
66/76	GIBSON, HEATH	1269	1:21:21.333	07:50	12:36	10K30-39M	8/9	M	31/36	CALGARY, ALBERTA
39/76	GREENSTEIN, TWYLA	1271	1:05:54.384	06:20	10:13	10K40-49F	8/16	F	17/40	REDCLIFF, ALBERTA
13/76	GROVE, SHERIFF	1272	52:25.333	05:03	08:07	10K20-29M	3/6	M	11/36	DUCHESS, ALBERTA
59/76	HAGGERTY, CHAD	1273	1:16:42.826	07:23	11:53	10K40-49M	6/6	M	29/36	CALGARY, ALBERTA
23/76	HOBLEY, RICHARD	1275	59:21.412	05:43	09:12	10K50-59M	3/11	M	17/36	MEDICINE HAT, ALBERTA
60/76	HOLLAND, TAMMY	1276	1:17:32.514	07:28	12:01	10K40-49F	15/16	F	31/40	CALGARY, ALBERTA
11/76	INNES, GRAEME	1329	51:43.547	04:58	08:01	10K20-29M	2/6	M	10/36	EDMONTON, AB
74/76	IVAN, ALEX	1317	2:03:41.686	11:54	19:10	10K20-29M	6/6	M	35/36	LETHBRIDGE, ALBERTA
53/76	JACKSON, ANNE	1277	1:12:15.997	06:57	11:12	10K60-69F	3/4	F	27/40	BROOKS, ALBERTA
61/76	JOHNSON, LISA	1278	1:18:37.234	07:34	12:11	10K40-49F	16/16	F	32/40	ATMORE, ALBERTA
62/76	JOHNSON, STEVEN	1279	1:18:38.893	07:34	12:11	10K50-59M	9/11	M	30/36	ATMORE, ALBERTA
42/76	JORDET, MELANIE	1280	1:06:45.135	06:25	10:20	10K40-49F	9/16	F	20/40	CYPRESS COUNTY, ALBERTA
29/76	KISS, MIKE	1282	1:01:24.048	05:54	09:31	10K50-59M	4/11	M	19/36	CALGARY, ALBERTA
10/76	LEOPOLDINO, NILSON	1283	51:38.315	04:58	08:00	10K40-49M	2/6	M	9/36	BROOKS, ALBERTA
52/76	LIZAMORE, MARTIN	1284	1:11:50.857	06:55	11:08	10K30-39M	7/9	M	26/36	NEWELL COUNTY, ALBERTA
1/76	LJA, ROB	1318	46:11.942	04:27	07:09	10K30-39M	1/9	M	1/36	COALDALE, ALBERTA
18/76	LOHMANN, CHRISTIAN	1285	58:41.338	05:39	09:05	10K30-39M	5/9	M	13/36	BROOKS, ALBERTA
55/76	MARTIREZ, SERAFIN	1286	1:12:32.819	06:59	11:14	10K50-59M	8/11	M	27/36	BROOKS, ALBERTA
7/76	MCCLELLAND, ETHAN	1319	50:15.049	04:50	07:47	10K13-19M	2/2	M	7/36	LAKE NEWELL RESORT
27/76	MCMILLAN, KAREN	1305	1:00:59.178	05:52	09:27	10K60-69F	1/4	F	9/40	DRUMHELLER, AB
67/76	NIELSEN, KATIE	1288	1:31:11.817	08:47	14:08	10K30-39F	10/10	F	36/40	CALGARY, ALBERTA
54/76	OHLMANN, NIKKI	1320	1:12:25.521	06:58	11:13	10K30-39F	8/10	F	28/40	COALDALE, ALBERTA
69/76	PARISH, ADAM	1290	1:39:18.278	09:34	15:23	10K30-39M	9/9	M	33/36	EADS, TENNESSEE
2/76	PAUL, DENNIS	1291	47:02.868	04:31	07:17	10K30-39M	2/9	M	2/36	BROOKS, ALBERTA
21/76	PHARAND, KARINE	1293	59:10.268	05:42	09:10	10K40-49F	4/16	F	6/40	CANMORE, ALBERTA
3/76	PIERZCHALA, MARK	1294	47:15.031	04:33	07:19	10K40-49M	1/6	M	3/36	MEDICINE HAT, ALBERTA
58/76	RICHARDS, LAUREL	1295	1:16:27.160	07:21	11:51	10K50-59F	2/3	F	30/40	REDWOOD MEADOWS, ALBERTA
73/76	ROBERTS, ANDREA	1321	2:03:40.256	11:54	19:10	10K20-29F	4/5	F	39/40	LETHBRIDGE, ALBERTA
5/76	ROMMENS, BRIAN	1296	48:55.034	04:42	07:35	10K50-59M	1/11	M	5/36	CALGARY, ALBERTA
38/76	ROSS, MORGAN	1297	1:03:41.880	06:08	09:52	10K30-39F	5/10	F	16/40	BROOKS, ALBERTA
63/76	SAINAS, DEMETRA	1330	1:18:59.731	07:36	12:14	10K20-29F	3/5	F	33/40	CALGARY, AB
14/76	SCRIVENER, KATHY	1324	54:31.316	05:15	08:27	10K40-49F	3/16	F	3/40	MEDICINE HAT, ALBERTA
40/76	SEKERA, ALISON	1298	1:06:28.244	06:24	10:18	10K30-39F	6/10	F	18/40	CALGARY, ALBERTA
57/76	SENGER, BARB	1299	1:14:55.920	07:13	11:37	10K50-59F	1/3	F	29/40	CALGARY, ALBERTA
35/76	SHEA, JENNIFER	1300	1:02:28.153	06:01	09:41	10K40-49F	7/16	F	13/40	CANMORE, ALBERTA

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76 Finishers

O/A	Name	Bib#	Time	Pace/K	Pace/M	Category	Cat/PI	Gender	Gen/PI	City
68/76	SIMPSON, BRADY	1301	1:36:14.338	09:16	14:55	10K20-29M	5/6	M	32/36	LETHBRIDGE, ALBERTA
24/76	SNIDER, GIDEON	1302	59:21.995	05:43	09:12	10K12&UM	1/1	M	18/36	DUCHESS, ALBERTA
37/76	SUNDE, BRENDA	1303	1:02:58.204	06:03	09:45	10K60-69F	2/4	F	15/40	MAPLE CREEK, SASKAT
56/76	SUNDE, MELVIN	1304	1:13:48.056	07:06	11:26	10K60-69M	1/1	M	28/36	MAPLE CREEK, SASKAT
9/76	TUCKOVA, HEATHER	1306	51:08.035	04:55	07:55	10K40-49F	1/16	F	1/40	LETHBRIDGE, ALBERTA
76/76	UCHIKURA, GARY	1322	2:03:43.243	11:55	19:10	10K50-59M	11/11	M	36/36	LETHBRIDGE, ALBERTA
51/76	VOLSCKENK, HAROLD	1307	1:11:50.511	06:55	11:08	10K20-29M	4/6	M	25/36	NEWELL COUNTY, ALB
45/76	VON KROGH, ERIKA	1308	1:07:38.582	06:31	10:29	10K40-49F	11/16	F	22/40	CANMORE, ALBERTA
26/76	WAGNER, DALLAS	1309	1:00:57.021	05:52	09:26	10K40-49F	5/16	F	8/40	BROOKS, ALBERTA
32/76	WALKER, EMMA	1310	1:02:02.598	05:58	09:37	10K40-49F	6/16	F	11/40	MEDICINE HAT, ALBER
31/76	WALKER, PETER	1311	1:02:02.380	05:58	09:37	10K50-59M	6/11	M	21/36	MEDICINE HAT, ALBER
20/76	WATSON, JAMES	1312	59:02.729	05:41	09:09	10K50-59M	2/11	M	15/36	MEDICINE HAT, ALBER
25/76	WEAVER, KARA-LYNE	1313	59:24.048	05:43	09:12	10K30-39F	2/10	F	7/40	CANMORE, ALBERTA
72/76	WHITNACK, LESLIE	1262	1:52:47.353	10:51	17:29	10K70+F	1/1	F	38/40	LETHBRIDGE, AB
50/76	WIEBE, KIM	1314	1:11:49.588	06:55	11:08	10K30-39F	7/10	F	26/40	MEDICINE HAT, ALBER
19/76	WILLIAMS, PAUL	1315	59:01.903	05:41	09:09	10K40-49M	3/6	M	14/36	REDCLIFF, ALBERTA
41/76	WOLF, RACHEL	1316	1:06:36.620	06:25	10:19	10K20-29F	2/5	F	19/40	BROOKS, ALBERTA
75/76	YEE, KATELYN	1323	2:03:42.461	11:55	19:10	10K20-29F	5/5	F	40/40	LETHBRIDGE, ALBERTA
8/76	YOUNG, GREG	1325	50:39.379	04:52	07:51	10K30-39M	3/9	M	8/36	CALGARY, ALBERTA