

Overall Gender Results

5K Spartan Individuals - 3.1miles

Female

Gender	Name	Bib#	Time	Pace/k	Div	Cat	O/A	City
1/1049	WATSON, BEVERLY	255	00:28:14.10	05:38	H01-INDIV-F	1/33	11/2225	PRIDDIS
2/1049	THURLOW, MORGAN	232	00:31:06.25	06:13	H01-INDIV-F	2/33	43/2225	CALGARY
3/1049	BABCOCK, STEPHANIE	13	00:31:07.70	06:13	H01-INDIV-F	3/33	44/2225	CALGARY
4/1049	SCHOCH, TEEGAN	400	00:31:45.30	06:21	H02-INDIV-F	1/49	53/2225	CALGARY
5/1049	ANDERSON, LAUREN	4153	00:32:30.55	06:30	H16-INDIV-F	1/63	66/2225	CALGARY
6/1049	PARKER, ALEX	170	00:32:50.35	06:34	H01-INDIV-F	4/33	73/2225	CALGARY
7/1049	LORANGER, NANCY	4849	00:33:45.95	06:45	H18-INDIV-F	1/71	97/2225	CALGARY
8/1049	ENGLUND, JESSICA	910	00:33:56.75	06:47	H04-INDIV-F	1/80	102/2225	CALGARY
9/1049	SILVERTHORN, JEN	3517	00:36:01.10	07:12	H13-INDIV-F	1/46	150/2225	CALGARY
10/1049	KERR, LEXY	403	00:36:57.35	07:23	H02-INDIV-F	2/49	180/2225	EDMONTON
11/1049	DICKENSON, TIMOTHY	337	00:37:02.20	07:24	H02-INDIV-F	3/49	184/2225	CALGARY
12/1049	DANARD, NADINE	4756	00:37:08.60	07:25	H18-INDIV-F	2/71	189/2225	EDSON
13/1049	ANDERSON, SANDRA	566	00:37:15.70	07:27	H03-INDIV-F	1/76	191/2225	OKOTOKS
14/1049	LITTLE, KATE	4847	00:37:44.15	07:32	H18-INDIV-F	3/71	208/2225	YELLOWKNIFE
15/1049	ANDERSON, LINDSAY	1683	00:38:32.70	07:42	H07-INDIV-F	1/49	235/2225	CALGARY
16/1049	MCCUAIG, LEANNE	2905	00:38:57.45	07:47	H11-INDIV-F	1/39	255/2225	LETHBRIDGE
17/1049	TOUGH, JENNA	1900	00:39:15.95	07:51	H07-INDIV-F	2/49	266/2225	RED DEER
18/1049	BOYD, AMY	3885	00:39:27.65	07:53	H15-INDIV-F	1/39	274/2225	ARROWWOOD
19/1049	MORAN, TERRA	164	00:39:30.15	07:54	H01-INDIV-F	5/33	275/2225	CALGARY
20/1049	PIQUETTE, CHRISTINE	3493	00:39:33.50	07:54	H13-INDIV-F	2/46	278/2225	CALGARY
21/1049	VAN LEEUWEN, KYLA	2701	00:39:44.05	07:56	H10-INDIV-F	1/46	284/2225	AIRDRIE
22/1049	WILDEMAN, REAGAN	2181	00:39:58.45	07:59	H08-INDIV-F	1/72	293/2225	SASKATOON
23/1049	HART, TAMELA	4808	00:39:58.95	07:59	H18-INDIV-F	4/71	294/2225	INVERMERE
24/1049	FOX, BREANNE	2282	00:40:02.15	08:00	H09-INDIV-F	1/68	297/2225	CALGARY
25/1049	KISH, LARAINE	958	00:40:19.95	08:03	H04-INDIV-F	2/80	312/2225	CALGARY
26/1049	GRAY, JESSICA	4509	00:40:22.70	08:04	H17-INDIV-F	1/48	314/2225	CALGARY
27/1049	STEVENSON-ARCHER, SAMANTHA	86	00:40:26.60	08:05	H03-INDIV-F	2/76	318/2225	CALGARY
28/1049	CABAY, HEIDI	1975	00:40:29.05	08:05	H08-INDIV-F	2/72	322/2225	PONOKA
29/1049	MCCLINTOCK, MICHELLE	1831	00:40:39.25	08:07	H07-INDIV-F	3/49	328/2225	CLIVE
30/1049	BUTLER, MEGHAN	2763	00:40:47.55	08:09	H11-INDIV-F	2/39	333/2225	EDMONTON
31/1049	SINGH, LAUREN	499	00:40:54.75	08:10	H02-INDIV-F	4/49	337/2225	EDMONTON
32/1049	NELSON, CRICK	1000	00:41:03.40	08:12	H04-INDIV-F	3/80	344/2225	CALGARY
33/1049	CHONDRONIKOLIS, RAQUEL	871	00:41:05.35	08:13	H04-INDIV-F	4/80	346/2225	CALGARY
34/1049	LECHMANN, TAMMY	703	00:41:28.10	08:17	H03-INDIV-F	3/76	359/2225	SYLVAN LAKE
35/1049	ALMEIDA, LYNDSY	3302	00:41:33.75	08:18	H13-INDIV-F	3/46	365/2225	SHERWOOD PARK
36/1049	BELL, JESSIE	1952	00:41:48.20	08:21	H08-INDIV-F	3/72	371/2225	CALGARY
37/1049	PAULSEN, ISABELLE	4890	00:41:57.75	08:23	H18-INDIV-F	5/71	379/2225	EDMONTON
38/1049	HOLLOWAY, ASHLEY	2034	00:42:14.90	08:26	H08-INDIV-F	4/72	392/2225	CALGARY
39/1049	BOYLAN, JOEY	591	00:42:23.80	08:28	H03-INDIV-F	4/76	397/2225	MEDICINE HAT
40/1049	HARRIS, ALEXIS	2831	00:42:25.25	08:29	H05-INDIV-F	1/87	399/2225	VANCOUVER
41/1049	WILDEMAN, ALYSSA	3008	00:42:27.85	08:29	H11-INDIV-F	3/39	402/2225	THREE HILLS
42/1049	BAKKEN, STACIE	1124	00:42:30.80	08:30	H05-INDIV-F	2/87	407/2225	HIGH RIVER
43/1049	WARD, AMY	4669	00:42:44.00	08:32	H17-INDIV-F	2/48	422/2225	CALGARY
44/1049	TRUONG, LINDA	806	00:42:47.15	08:33	H03-INDIV-F	5/76	426/2225	EDMONTON
45/1049	NICHOLETTS, KRISTA	4318	00:42:52.85	08:34	H16-INDIV-F	3/63	430/2225	CALGARY
46/1049	TOOMEY, JULIA	236	00:43:00.85	08:36	H01-INDIV-F	6/33	436/2225	CALGARY
47/1049	PECKHAM, PATRICIA	1023	00:43:01.40	08:36	H04-INDIV-F	5/80	438/2225	SHERWOOD PARK
48/1049	ROBERGE, AMIEE	1870	00:43:01.50	08:36	H07-INDIV-F	4/49	439/2225	SASKATOON
49/1049	HAGUE, JUSTINE	4233	00:43:07.85	08:37	H16-INDIV-F	4/63	450/2225	CALGARY
50/1049	CAMERON, KELLY	1440	00:43:10.35	08:38	H06-INDIV-F	1/77	454/2225	RED DEER
51/1049	NIVEN, KAYLE	1010	00:43:10.85	08:38	H04-INDIV-F	6/80	455/2225	COCHRANE
52/1049	MIEDEMA, EDEN	441	00:43:11.10	08:38	H02-INDIV-F	5/49	456/2225	EDMONTON
53/1049	MCCRIMMON, CAITLYN	1276	00:43:11.60	08:38	H05-INDIV-F	3/87	457/2225	CALGARY
54/1049	GOODREAU, JAIME	1472	00:43:26.90	08:41	H06-INDIV-F	2/77	470/2225	OKOTOKS
55/1049	RAHO, NICOLE	4335	00:43:36.25	08:43	H16-INDIV-F	5/63	480/2225	CALGARY

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Female

Gender	Name	Bib#	Time	Pace/k	Div	Cat	O/A	City
56/1049	KOCHNO, MIRIAM	4835	00:43:45.10	08:45	H18-INDIV-F	6/71	485/2225	FORT MCMURRAY
57/1049	ZIZIAN, MELANIE	4971	00:43:45.20	08:45	H18-INDIV-F	7/71	486/2225	EDMONTON
58/1049	NYCHKA, STEPHANIE	167	00:43:51.80	08:46	H01-INDIV-F	7/33	491/2225	CALGARY
59/1049	GREENTREE, PHOEBE	4231	00:43:55.30	08:47	H16-INDIV-F	6/63	494/2225	CALGARY
60/1049	ADAMS, ANGIE	2209	00:44:08.60	08:49	H09-INDIV-F	2/68	510/2225	RED DEER
61/1049	OSTRANDER, JENNA	2110	00:44:17.30	08:51	H08-INDIV-F	5/72	515/2225	SASKATOON
62/1049	FAIRWEATHER, THERESA	2811	00:44:18.55	08:51	H11-INDIV-F	4/39	518/2225	CALGARY
63/1049	HARDIE, DIANE	3124	00:44:19.60	08:51	H12-INDIV-F	1/45	519/2225	EDMONTON
64/1049	GEORGE, ASHLYN	2285	00:44:20.05	08:52	H09-INDIV-F	3/68	520/2225	SASKATOON
65/1049	MARKVOORT, KIM	2086	00:44:22.25	08:52	H08-INDIV-F	6/72	523/2225	CALGARY
66/1049	LOUIS, MEGHAN	423	00:44:35.15	08:55	H02-INDIV-F	6/49	540/2225	HOBBERMA
67/1049	LAPPAN, ROCHELLE	131	00:44:36.15	08:55	H01-INDIV-F	8/33	541/2225	CALGARY
68/1049	NEUMILLER, TRUDI	3751	00:44:39.95	08:55	H14-INDIV-F	1/61	547/2225	CARSTAIRS
69/1049	QUIST, CARA	1034	00:44:44.80	08:56	H04-INDIV-F	7/80	550/2225	SHERWOOD PARK
70/1049	MAYRAND, MARIE-EVE	4023	00:44:46.85	08:57	H15-INDIV-F	2/39	551/2225	CALGARY
71/1049	CLARKE, CINDY	876	00:44:59.85	08:59	H04-INDIV-F	8/80	559/2225	CALGARY
72/1049	LEUNG, JANE	2600	00:45:00.35	09:00	H10-INDIV-F	2/46	560/2225	CALGARY
73/1049	BARNES, KATE	573	00:45:02.45	09:00	H03-INDIV-F	6/76	561/2225	CHESTEREMERE
74/1049	TREMBLAY, ISABELLE	4386	00:45:04.45	09:00	H16-INDIV-F	7/63	564/2225	CALGARY
75/1049	MAXIMNUK, DEANNA	2363	00:45:05.90	09:01	H09-INDIV-F	4/68	567/2225	DEWINTON
76/1049	MACDONALD, HEATHER	4853	00:45:07.05	09:01	H18-INDIV-F	8/71	568/2225	STRATHMORE
77/1049	HOFER, DENISE	2301	00:45:12.95	09:02	H09-INDIV-F	5/68	577/2225	CALGARY
78/1049	HOFER, SUZANNA	2302	00:45:16.90	09:03	H09-INDIV-F	6/68	579/2225	CALGARY
79/1049	HOLMWOOD, MARISSA	3958	00:45:17.30	09:03	H15-INDIV-F	3/39	580/2225	OKOTOKS
80/1049	GIORGI, HEATHER	922	00:45:18.00	09:03	H04-INDIV-F	9/80	581/2225	CALGARY
81/1049	PANNETT, AMY	2935	00:45:19.70	09:03	H11-INDIV-F	5/39	583/2225	CALGARY
82/1049	VITOLIANOS, TRINA	2169	00:45:23.70	09:04	H08-INDIV-F	7/72	586/2225	CALGARY
83/1049	VANIN, AMY	1644	00:45:30.40	09:06	H06-INDIV-F	3/77	593/2225	OKOTOKS
84/1049	PEYMAN, FAEZEH	2467	00:45:32.05	09:06	H09-INDIV-F	7/68	594/2225	CALGARY
85/1049	NERNBERG, KIM	455	00:45:32.20	09:06	H02-INDIV-F	7/49	595/2225	CALGARY
86/1049	FUZZEN, BETHANY	3380	00:45:32.45	09:06	H13-INDIV-F	4/46	596/2225	EDMONTON
87/1049	KOMARNISKI, AMY	2585	00:45:38.75	09:07	H10-INDIV-F	3/46	600/2225	SYLVAN LAKE
88/1049	DECH, JENNIFER	335	00:45:38.80	09:07	H02-INDIV-F	8/49	601/2225	CALGARY
89/1049	ROBERGE, JENNIFER	1871	00:45:39.00	09:07	H07-INDIV-F	5/49	602/2225	SASKATOON
90/1049	WHATMORE, TAMARA	4116	00:45:39.10	09:07	H15-INDIV-F	4/39	603/2225	RED DEER
91/1049	OTT, DARLA	4884	00:45:39.25	09:07	H18-INDIV-F	9/71	604/2225	GRASS VALLEY
92/1049	HAMEL, JEN	930	00:45:54.30	09:10	H04-INDIV-F	10/80	612/2225	EDMONTON
93/1049	LABBY, LACEY	2069	00:45:56.65	09:11	H08-INDIV-F	8/72	613/2225	EDMONTON
94/1049	DEVRIES, MARY	900	00:46:01.05	09:12	H04-INDIV-F	11/80	619/2225	CALGARY
95/1049	NEWTON, GISELA	1004	00:46:02.85	09:12	H04-INDIV-F	12/80	623/2225	CALGARY
96/1049	WRIGHT, BRIDGET	2185	00:46:03.20	09:12	H08-INDIV-F	9/72	624/2225	RED DEER
97/1049	THOMAS, HAYLEY	3541	00:46:03.70	09:12	H13-INDIV-F	5/46	625/2225	SHERWOOD PARK
98/1049	KUZYK, EVA	971	00:46:03.85	09:12	H04-INDIV-F	13/80	626/2225	EDMONTON
99/1049	POTTAGE, ERIKA	2193	00:46:14.20	09:14	H08-INDIV-F	10/72	635/2225	RED DEER
100/1049	SMITH, DANIELLE	1886	00:46:15.15	09:15	H07-INDIV-F	6/49	636/2225	EDMONTON
101/1049	CRANMER, LIZ	1735	00:46:15.90	09:15	H07-INDIV-F	7/49	637/2225	CALGARY
102/1049	ANDERSON, BRIANNA	290	00:46:18.65	09:15	H02-INDIV-F	9/49	640/2225	CROSSFIELD
103/1049	FABIANOVA, ANETA	2738	00:46:18.85	09:15	H10-INDIV-F	4/46	641/2225	CALGARY
104/1049	DAVIES, NICOLE	2787	00:46:19.65	09:15	H11-INDIV-F	6/39	642/2225	CALGARY
105/1049	MCMILLAN, JENNIFER	3744	00:46:24.60	09:16	H14-INDIV-F	2/61	648/2225	STETTNER
106/1049	PRYOR, LAUREN	754	00:46:24.75	09:16	H03-INDIV-F	7/76	649/2225	CALGARY
107/1049	GRENIER, VICKY	85	00:46:25.30	09:17	H01-INDIV-F	9/33	651/2225	CALGARY
108/1049	TOOKE, SARAH	4100	00:46:25.95	09:17	H15-INDIV-F	5/39	652/2225	LETHBRIDGE
109/1049	PROULX, VICKY	187	00:46:28.00	09:17	H01-INDIV-F	10/33	655/2225	CALGARY
110/1049	WRIGHT, SAMANTHA	4127	00:46:32.15	09:18	H15-INDIV-F	6/39	660/2225	LETHBRIDGE

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111/1049	KRUPIN, LYUDA	2333	00:46:32.25	09:18	H09-INDIV-F	8/68	662/2225	COCHRANE
112/1049	WHIDDEN, MICHELLE	1087	00:46:33.05	09:18	H04-INDIV-F	14/80	663/2225	CALGARY
113/1049	HOYECK, ELIZABETH	2571	00:46:36.55	09:19	H10-INDIV-F	5/46	669/2225	CALGARY
114/1049	GUNNINGHAM KAPPAH, NORMA	2021	00:46:37.20	09:19	H08-INDIV-F	11/72	670/2225	SASKTOON
115/1049	ALBRECHT, CHELSEA	836	00:46:37.35	09:19	H03-INDIV-F	8/76	671/2225	GRANDE PRAIRIE
116/1049	SOMMER, SHALLAN	782	00:46:37.55	09:19	H03-INDIV-F	9/76	672/2225	GRANDE PRAIRIE
117/1049	PARRY, LAURA	1019	00:46:41.05	09:20	H04-INDIV-F	15/80	674/2225	CALGARY
118/1049	HEIKKINEN, CATERINA	3952	00:46:45.20	09:21	H15-INDIV-F	7/39	679/2225	CALGARY
119/1049	DAVID, KIARRA	3353	00:46:45.35	09:21	H13-INDIV-F	6/46	680/2225	CALGARY
120/1049	TSOUKALAS, MARIA	2988	00:46:50.25	09:22	H11-INDIV-F	7/39	684/2225	CALGARY
121/1049	PAXTON, CHERYL	172	00:46:50.70	09:22	H01-INDIV-F	11/33	685/2225	LEGAL
122/1049	FORSTER, JEN	2535	00:46:57.95	09:23	H10-INDIV-F	6/46	690/2225	CALGARY
123/1049	BARRETT, VERLAINE	1128	00:46:58.40	09:23	H05-INDIV-F	4/87	692/2225	HIGH RIVER
124/1049	BLACKWELL, SHEALO	1706	00:47:05.00	09:25	H07-INDIV-F	8/49	701/2225	JAFFRAY
125/1049	BOWES, JEN	1963	00:47:07.05	09:25	H08-INDIV-F	12/72	702/2225	COALHURST
126/1049	WYLIE, TIFFANY	822	00:47:11.00	09:26	H03-INDIV-F	10/76	705/2225	CALGARY
127/1049	FIGUEROA, MARLEN	3371	00:47:13.20	09:26	H13-INDIV-F	7/46	708/2225	SHERWOOD PARK
128/1049	LO, JENNIFER	140	00:47:14.80	09:26	H01-INDIV-F	12/33	710/2225	CALGARY
129/1049	MCGOWAN, LAUREN	3738	00:47:16.55	09:27	H14-INDIV-F	3/61	713/2225	RED DEER
130/1049	BAZANT, CHELSEA	577	00:47:19.05	09:27	H03-INDIV-F	11/76	717/2225	DEWINTON
131/1049	BEHRMAN-LADEROUTE, KERRILYN	846	00:47:19.55	09:27	H04-INDIV-F	16/80	719/2225	FLIN FLON
132/1049	NETTESHEIM, KATY	4317	00:47:20.35	09:28	H16-INDIV-F	8/63	720/2225	CALGARY
133/1049	MAY, KATRINA	2900	00:47:20.75	09:28	H11-INDIV-F	8/39	721/2225	BEAUMONT
134/1049	BURCHELL, KATHLEEN	599	00:47:21.10	09:28	H03-INDIV-F	12/76	722/2225	CALGARY
135/1049	CHATIGNY, MELISSA	4459	00:47:21.85	09:28	H17-INDIV-F	3/48	723/2225	EDMONTON
136/1049	CHERKAOUI, MARIA	4460	00:47:22.60	09:28	H17-INDIV-F	4/48	727/2225	EDMONTON
137/1049	QUACH, JENNIFER	1312	00:47:25.25	09:29	H05-INDIV-F	5/87	731/2225	CALGARY
138/1049	KRYSZAK, KENDRA	1247	00:47:25.45	09:29	H05-INDIV-F	6/87	732/2225	SASKATOON
139/1049	YANIK, NAOMI	4967	00:47:26.10	09:29	H18-INDIV-F	10/71	734/2225	CALGARY
140/1049	HARTZEL, DANIELLE	2733	00:47:29.50	09:29	H10-INDIV-F	7/46	737/2225	EDMONTON
141/1049	HRUSHKA, MONIQUE	2572	00:47:29.85	09:29	H10-INDIV-F	8/46	738/2225	EDMONTON
142/1049	BILOTTA, MICHELLE	1419	00:47:32.00	09:30	H04-INDIV-F	17/80	741/2225	OKOTOKS
143/1049	MACEACHERN, LAURA	4017	00:47:33.30	09:30	H15-INDIV-F	8/39	743/2225	DARTMOUTH
144/1049	DOUGLAS, BRITTNEY	340	00:47:34.40	09:30	H02-INDIV-F	10/49	744/2225	CALGARY
145/1049	CHINNERY, LORI	318	00:47:36.65	09:31	H02-INDIV-F	11/49	746/2225	CALGARY
146/1049	PERRET, BECKY	749	00:47:42.25	09:32	H03-INDIV-F	13/76	750/2225	MEDICINE HAT
147/1049	HOLLADAY, CHIARA	388	00:47:42.60	09:32	H02-INDIV-F	12/49	751/2225	CROSSFIELD
148/1049	IRVING, LISA	1493	00:47:45.55	09:33	H06-INDIV-F	4/77	755/2225	EDMONTON
149/1049	LAWSON, DONNALEE	702	00:47:46.70	09:33	H03-INDIV-F	14/76	757/2225	MEDICINE HAT
150/1049	MILLER, SARAH	727	00:47:49.45	09:33	H03-INDIV-F	15/76	759/2225	INVERMERE
151/1049	HOLHOYI, LAURIN	2033	00:47:49.45	09:33	H08-INDIV-F	13/72	760/2225	REGINA
152/1049	AMYOTTE, ELAINE	4709	00:47:49.90	09:33	H18-INDIV-F	11/71	761/2225	ST-ALBERT
153/1049	WHEELER, MARIE	2176	00:47:50.90	09:34	H08-INDIV-F	14/72	762/2225	RED DEER
154/1049	AUBICHON, COLLETTE	3288	00:47:59.25	09:35	H12-INDIV-F	2/45	765/2225	FORT SASKATCHEWAN
155/1049	SUPERSAD, AMBER	3825	00:48:04.25	09:36	H04-INDIV-F	18/80	768/2225	CALGARY
156/1049	NORMAN, LISA	1298	00:48:06.90	09:37	H05-INDIV-F	7/87	770/2225	LUSK
157/1049	BISCHKE, KELLY	304	00:48:07.20	09:37	H02-INDIV-F	13/49	772/2225	CALGARY
158/1049	ESTERHUIZEN, MARIE	2809	00:48:08.15	09:37	H11-INDIV-F	9/39	773/2225	ATHABASCA
159/1049	JENSEN, HOLLY	2575	00:48:10.85	09:38	H10-INDIV-F	9/46	778/2225	RIMBEY
160/1049	MACDONALD, ALICIA	3723	00:48:11.95	09:38	H14-INDIV-F	4/61	780/2225	CALGARY
161/1049	MULLROONEY, KATHLEEN	4316	00:48:15.10	09:39	H16-INDIV-F	9/63	782/2225	CALGARY
162/1049	ROWE, MELISSA	1323	00:48:15.65	09:39	H05-INDIV-F	8/87	784/2225	CALGARY
163/1049	WHITEHEAD, AMY	816	00:48:16.10	09:39	H03-INDIV-F	16/76	785/2225	CALGARY
164/1049	KORSRUD, ALEJANDRA	3707	00:48:16.60	09:39	H14-INDIV-F	5/61	787/2225	CALGARY
165/1049	TAYLOR, V MICHELE	4379	00:48:17.65	09:39	H16-INDIV-F	10/63	790/2225	CALGARY

Overall Gender Results

5K Spartan Individuals - 3.1miles

Female

Gender	Name	Bib#	Time	Pace/k	Div	Cat	O/A	City
166/1049	CAINES, ARWEN	1153	00:48:20.25	09:40	H05-INDIV-F	9/87	792/2225	CALGARY
167/1049	JACKSON, ALISON	4820	00:48:21.50	09:40	H18-INDIV-F	12/71	794/2225	EDMONTON
168/1049	RICE, JENNIFER	4904	00:48:26.50	09:41	H18-INDIV-F	13/71	799/2225	EDMONTON
169/1049	EPP, KIMIKO	4490	00:48:28.10	09:41	H17-INDIV-F	5/48	801/2225	LETHBRIDGE
170/1049	VARTY, MELISSA	1903	00:48:29.90	09:41	H07-INDIV-F	9/49	803/2225	EDMONTON
171/1049	LEUNG, SHANNON	4552	00:48:32.35	09:42	H17-INDIV-F	6/48	804/2225	CALGARY
172/1049	PHILIPATION, KAREN	1025	00:48:37.65	09:43	H04-INDIV-F	19/80	809/2225	CALGARY
173/1049	HAMPshire, CAIT	3949	00:48:39.10	09:43	H15-INDIV-F	9/39	810/2225	CALGARY
174/1049	VELASCO, ANGEL	4107	00:48:39.55	09:43	H15-INDIV-F	10/39	811/2225	CALGARY
175/1049	PARCHER, KENDALL	1302	00:48:44.60	09:44	H05-INDIV-F	10/87	814/2225	EDMONTON
176/1049	LANDRY, MICHELLE	3990	00:48:46.85	09:45	H15-INDIV-F	11/39	817/2225	CALGARY
177/1049	SAMSON, LEAH	765	00:48:46.95	09:45	H03-INDIV-F	17/76	818/2225	SASKATOON
178/1049	JOHNSTONE, PATTI	682	00:48:47.85	09:45	H03-INDIV-F	18/76	819/2225	SASKATOON
179/1049	LANE, ANGELA	4840	00:48:48.05	09:45	H18-INDIV-F	14/71	820/2225	CALGARY
180/1049	STILL, NIKI	3533	00:48:50.70	09:46	H13-INDIV-F	8/46	821/2225	LANGDON
181/1049	BASSET, REBECCA	2494	00:48:51.10	09:46	H10-INDIV-F	10/46	822/2225	WARMAN
182/1049	NASH, TANIA	1296	00:48:57.55	09:47	H05-INDIV-F	11/87	824/2225	CALGARY
183/1049	RICHER, KAREN	3789	00:49:02.80	09:48	H14-INDIV-F	6/61	828/2225	ST. ALBERT
184/1049	THEBERGE, CHANTAL	795	00:49:03.55	09:48	H03-INDIV-F	19/76	829/2225	CALGARY
185/1049	COE, MARJORIE	2772	00:49:06.70	09:49	H11-INDIV-F	10/39	831/2225	CALGARY
186/1049	LECLAIR, EVANGELINE	2883	00:49:07.40	09:49	H11-INDIV-F	11/39	832/2225	CALGARY
187/1049	ROWNTREE, KELSEY	1875	00:49:13.25	09:50	H07-INDIV-F	10/49	834/2225	LETHBRIDGE
188/1049	HURIET, DOMINIQUE	2309	00:49:14.00	09:50	H09-INDIV-F	9/68	835/2225	SASKATOON
189/1049	CONDIE, AMANDA	1166	00:49:16.20	09:51	H05-INDIV-F	12/87	836/2225	CALGARY
190/1049	BAILEY, JEN	4438	00:49:17.95	09:51	H17-INDIV-F	7/48	838/2225	CALGARY
191/1049	GREENWOOD, ROSALIND	3119	00:49:18.10	09:51	H12-INDIV-F	3/45	839/2225	CALGARY
192/1049	HARRISON, LISA	95	00:49:19.10	09:51	H01-INDIV-F	13/33	840/2225	CRESTON
193/1049	HYATT, SHEILA	3143	00:49:19.70	09:51	H12-INDIV-F	4/45	841/2225	CALGARY
194/1049	CAVANAGH, ALICIA	317	00:49:20.30	09:52	H02-INDIV-F	14/49	842/2225	CALGARY
195/1049	BREKKE, AJ	1966	00:49:22.25	09:52	H08-INDIV-F	15/72	845/2225	CRANBROOK
196/1049	HILDEBRANDT, SUSAN	1221	00:49:23.05	09:52	H03-INDIV-F	20/76	847/2225	CALGARYA
197/1049	COOPER, RACHELLE	328	00:49:23.60	09:52	H02-INDIV-F	15/49	848/2225	BARNWELL
198/1049	WOLTERS, JOANNE	2460	00:49:33.75	09:54	H09-INDIV-F	10/68	853/2225	CALGARY
199/1049	LIVINGSTON, AMBER	1516	00:49:36.60	09:55	H06-INDIV-F	5/77	854/2225	SEXSMITH
200/1049	TIBERIO, KARLI	1077	00:49:37.75	09:55	H04-INDIV-F	20/80	855/2225	CALGARY
201/1049	ABBATE, AMANDA	842	00:49:39.80	09:55	H04-INDIV-F	21/80	856/2225	CALGARY
202/1049	SONDERGAARD, RACHEL	1065	00:49:42.90	09:56	H04-INDIV-F	22/80	858/2225	CALGARY
203/1049	KOSOWAN, RENEE	961	00:49:43.80	09:56	H04-INDIV-F	23/80	860/2225	CALGARY
204/1049	TOFT, STEPHANIE	2446	00:49:44.65	09:56	H09-INDIV-F	11/68	861/2225	CALGARY
205/1049	ELLIS, KATHY	2271	00:49:46.25	09:57	H09-INDIV-F	12/68	863/2225	ALLAN
206/1049	DAVIES, STEPHANIE	2789	00:49:50.55	09:58	H11-INDIV-F	12/39	868/2225	SHERWOOD PARK
207/1049	WIDGIZ, ALANNA	4672	00:49:52.20	09:58	H17-INDIV-F	8/48	869/2225	CALGARY
208/1049	WONG, MARNIE	1095	00:49:58.50	09:59	H04-INDIV-F	24/80	872/2225	PHOENIX
209/1049	FLANAGAN, COLLEEN	639	00:50:00.00	10:00	H03-INDIV-F	21/76	873/2225	CALGARY
210/1049	ASUCHAK, SANDRA	1402	00:50:03.15	10:00	H06-INDIV-F	6/77	876/2225	LETHBRIDGE
211/1049	WARD, MICHELLE	3550	00:50:03.25	10:00	H13-INDIV-F	9/46	877/2225	CROSSFIELD
212/1049	BLACK, JODIE	1421	00:50:04.40	10:00	H06-INDIV-F	7/77	879/2225	LETHBRIDGE
213/1049	FORREST, NICOLE	3668	00:50:09.10	10:01	H14-INDIV-F	7/61	883/2225	AIRDRIE
214/1049	JONES, LISA	2049	00:50:12.60	10:02	H08-INDIV-F	16/72	884/2225	CALGARY
215/1049	CRAIGGS, MAIA	1987	00:50:13.75	10:02	H08-INDIV-F	17/72	885/2225	CALGARY
216/1049	KUBIK, SUSANNA	2065	00:50:14.25	10:02	H08-INDIV-F	18/72	886/2225	CALGARY
217/1049	RUSTAD, PAULA	1325	00:50:22.50	10:04	H05-INDIV-F	13/87	890/2225	CALGARY
218/1049	VHAL, DEANA	809	00:50:26.05	10:05	H03-INDIV-F	22/76	893/2225	EDSON
219/1049	MOSONDZ, DAWN	2632	00:50:26.75	10:05	H10-INDIV-F	11/46	894/2225	IRRICANA
220/1049	QUICK, DEB	472	00:50:27.85	10:05	H02-INDIV-F	16/49	895/2225	CALGARY

Overall Gender Results

5K Spartan Individuals - 3.1miles

Female

Gender	Name	Bib#	Time	Pace/k	Div	Cat	O/A	City
221/1049	BUFFALO, SARAHJO	4175	00:50:29.10	10:05	H16-INDIV-F	11/63	896/2225	RED DEER
222/1049	BIRD, VIOLET	3604	00:50:34.25	10:06	H14-INDIV-F	8/61	901/2225	CALGARY
223/1049	JOHNSON, TERRIANNE	4248	00:50:36.80	10:07	H16-INDIV-F	12/63	904/2225	RED DEER
224/1049	AMES, MARY	4707	00:50:41.15	10:08	H18-INDIV-F	15/71	907/2225	CALGARY
225/1049	ZUK, SHAUNA	2191	00:50:44.95	10:08	H08-INDIV-F	19/72	911/2225	PRINCE ALBERT
226/1049	FOSS, ERIN	2538	00:50:45.30	10:09	H10-INDIV-F	12/46	912/2225	RED DEER
227/1049	SHE, KAY	4070	00:50:46.00	10:09	H15-INDIV-F	12/39	915/2225	CALGARY
228/1049	BOND, MADDISON	1138	00:50:51.20	10:10	H05-INDIV-F	14/87	920/2225	COCHRANE
229/1049	BELL, CARMEN	1951	00:50:52.00	10:10	H08-INDIV-F	20/72	922/2225	SASKATOON
230/1049	GREER, JASMINE	927	00:50:52.10	10:10	H04-INDIV-F	25/80	923/2225	RED DEER
231/1049	KIDD, PAULA	3154	00:50:52.80	10:10	H12-INDIV-F	5/45	924/2225	CALGARY
232/1049	SMELTZER, MICHELLE	3522	00:50:54.20	10:10	H13-INDIV-F	10/46	925/2225	CALGARY
233/1049	WINKLER, RIKI	3558	00:50:55.40	10:11	H13-INDIV-F	11/46	927/2225	CALGARY
234/1049	CLARKE, RACHEL	4747	00:51:00.60	10:12	H18-INDIV-F	16/71	930/2225	LETHBRIDGE
235/1049	POW, JESSICA	4903	00:51:04.80	10:12	H18-INDIV-F	17/71	932/2225	CALGARY
236/1049	SOEHN, KAREN	1889	00:51:07.40	10:13	H07-INDIV-F	11/49	934/2225	RED DEER
237/1049	KLIMOVE, SANDY	1801	00:51:08.70	10:13	H05-INDIV-F	15/87	936/2225	LETHBRIDGE
238/1049	NG, SHERI	2927	00:51:08.80	10:13	H11-INDIV-F	13/39	937/2225	OKOTOKS
239/1049	OSCAR, TRINA	1017	00:51:10.80	10:14	H04-INDIV-F	26/80	941/2225	CHETWYND
240/1049	AMES, SARAH	4708	00:51:13.50	10:14	H18-INDIV-F	18/71	943/2225	CALGARY
241/1049	LANGERUD, MANDY	1251	00:51:13.95	10:14	H05-INDIV-F	16/87	944/2225	RED DEER
242/1049	BARRETT, LESLEY-ANN	574	00:51:15.45	10:15	H03-INDIV-F	23/76	946/2225	CALGARY
243/1049	WORTLEY, MICHELLE	1385	00:51:15.50	10:15	H05-INDIV-F	17/87	947/2225	CALGARY
244/1049	HALMA, CANDICE	3391	00:51:15.85	10:15	H13-INDIV-F	12/46	948/2225	LETHBRIDGE
245/1049	VANDE GRIEND/LOWE, JENESSA	1932	00:51:19.50	10:15	H07-INDIV-F	12/49	954/2225	EDMONTON
246/1049	CAMPBELL, KAREN	1156	00:51:20.20	10:16	H05-INDIV-F	18/87	955/2225	RED DEER
247/1049	PRINS, RENEE	1933	00:51:20.75	10:16	H07-INDIV-F	13/49	957/2225	BROOKS
248/1049	PREHN, ERIN	3779	00:51:21.45	10:16	H14-INDIV-F	9/61	958/2225	STETTLER
249/1049	DREVER, GWEN	1994	00:51:25.25	10:17	H08-INDIV-F	21/72	960/2225	CANMORE
250/1049	CLARK, CHRISTINE	874	00:51:32.10	10:18	H04-INDIV-F	27/80	967/2225	CALGARY
251/1049	MASER, RICHELLE	2474	00:51:39.60	10:19	H09-INDIV-F	13/68	975/2225	CALGARY
252/1049	HART, RHONDA	4807	00:51:40.55	10:20	H18-INDIV-F	19/71	976/2225	VICTORIA
253/1049	SKIERKA, KARI	501	00:51:41.35	10:20	H02-INDIV-F	17/49	977/2225	LEDUC
254/1049	DANILAK, RACHEL	3086	00:51:42.55	10:20	H12-INDIV-F	6/45	979/2225	LEDUC
255/1049	ANDERSON, LORI	565	00:51:42.55	10:20	H03-INDIV-F	24/76	980/2225	CALGARY
256/1049	DUPUIS, CONNIE	342	00:51:43.05	10:20	H02-INDIV-F	18/49	981/2225	LEDUC
257/1049	GILLETT, NICOLE	3112	00:51:47.50	10:21	H12-INDIV-F	7/45	986/2225	BONNYVILLE
258/1049	BRUNEL, SHELLEY	1433	00:51:47.65	10:21	H06-INDIV-F	8/77	988/2225	OKOTOKS
259/1049	FONG, JANICE	2006	00:51:50.70	10:22	H08-INDIV-F	22/72	991/2225	BROOKS
260/1049	MCDOWELL, SHARON	2092	00:51:53.30	10:22	H08-INDIV-F	23/72	996/2225	CRANBROOK
261/1049	BALDWIN, STEPHANIE	3593	00:51:55.60	10:23	H14-INDIV-F	10/61	1000/2225	LETHBRIDGE
262/1049	HAYWOOD, ANGELA	937	00:51:56.70	10:23	H04-INDIV-F	28/80	1004/2225	CALGARY
263/1049	MAHON, KAYT	1825	00:51:59.25	10:23	H07-INDIV-F	14/49	1005/2225	CANMORE
264/1049	PATERSON, SHANNON	2402	00:52:00.10	10:24	H09-INDIV-F	15/68	1006/2225	CALGARY
265/1049	PAVICIC, COURTNEY	2404	00:52:00.10	10:24	H09-INDIV-F	14/68	1007/2225	CALGARY
266/1049	STEWART, VAL	2439	00:52:00.60	10:24	H09-INDIV-F	16/68	1009/2225	CALGARY
267/1049	PIRSCH, PAM	751	00:52:10.55	10:26	H03-INDIV-F	25/76	1020/2225	MEDICINE HAT
268/1049	HILLS, TAMMY	939	00:52:10.65	10:26	H04-INDIV-F	29/80	1021/2225	AIRDRIE
269/1049	NEARY, TYLENE	3195	00:52:11.15	10:26	H12-INDIV-F	8/45	1022/2225	MEDICINE HAT
270/1049	BAYNHAM, LEASA	2216	00:52:12.10	10:26	H09-INDIV-F	17/68	1024/2225	REDCLIFF
271/1049	BAIN, JENNIFER	1404	00:52:12.10	10:26	H06-INDIV-F	9/77	1023/2225	CALGARY
272/1049	FOLK, DAWN	4781	00:52:13.65	10:26	H18-INDIV-F	20/71	1026/2225	CALGARY
273/1049	ELMQUIST, CHELSEA	348	00:52:13.90	10:26	H02-INDIV-F	19/49	1027/2225	EDMONTON
274/1049	DEBIENNE, CHRISTY	334	00:52:14.55	10:26	H02-INDIV-F	20/49	1028/2225	EDMONTON
275/1049	GACKLE, DANA	643	00:52:14.75	10:26	H03-INDIV-F	26/76	1029/2225	MEDICINE HAT

Overall Gender Results

5K Spartan Individuals - 3.1miles

Female

Gender	Name	Bib#	Time	Pace/k	Div	Cat	O/A	City
276/1049	JOHNSON, LISA	2046	00:52:16.60	10:27	H08-INDIV-F	24/72	1030/2225	CRANBROOK
277/1049	FARMER, AMIE	3925	00:52:23.90	10:28	H15-INDIV-F	13/39	1033/2225	CALGARY
278/1049	CARADONNA, AMANDA	1717	00:52:25.15	10:29	H07-INDIV-F	15/49	1036/2225	EDMONTON
279/1049	FINLEY, KAREN	4495	00:52:25.25	10:29	H17-INDIV-F	9/48	1038/2225	SASKATOON
280/1049	SOLOVEOFF, ALECIA	3523	00:52:26.55	10:29	H13-INDIV-F	13/46	1039/2225	CALGARY
281/1049	MCCARTHY, LISA	4859	00:52:28.65	10:29	H18-INDIV-F	21/71	1041/2225	CALGARY
282/1049	BROWN, CHARLENE	4733	00:52:29.30	10:29	H18-INDIV-F	22/71	1043/2225	CALGARY
283/1049	BOSCHMANN, COURTNEY	1425	00:52:30.20	10:30	H06-INDIV-F	10/77	1045/2225	EDMONTON
284/1049	BOSCHMANN, CASSANDRA	1424	00:52:30.90	10:30	H06-INDIV-F	11/77	1046/2225	EDMONTON
285/1049	SANDERS, AMY	1878	00:52:31.35	10:30	H07-INDIV-F	16/49	1047/2225	MEDICINE HAT
286/1049	STETSON, HEATHER	3815	00:52:31.70	10:30	H14-INDIV-F	11/61	1048/2225	EDMONTON
287/1049	NG, JESSICA	2641	00:52:31.90	10:30	H10-INDIV-F	13/46	1050/2225	CALGARY
288/1049	NAKAMURA, SARAH	4033	00:52:33.25	10:30	H15-INDIV-F	14/39	1052/2225	CALGARY
289/1049	DECK, HEATHER	4759	00:52:33.35	10:30	H18-INDIV-F	23/71	1053/2225	CALGARY
290/1049	BIRDSEY-BAILEY, ARIELLE	4410	00:52:33.60	10:30	H16-INDIV-F	13/63	1054/2225	CALGARY
291/1049	ETHIER, STEPHANIE	2270	00:52:34.00	10:30	H09-INDIV-F	18/68	1055/2225	SASKATOON
292/1049	WATSON, RAEANNE	1362	00:52:39.55	10:31	H05-INDIV-F	19/87	1057/2225	CALGARY
293/1049	FOLLIOTT, ADELE	69	00:52:40.55	10:32	H01-INDIV-F	14/33	1060/2225	CANMORE
294/1049	HAUPRICH, DELAINE	2027	00:52:40.65	10:32	H08-INDIV-F	25/72	1061/2225	CRANBROOK
295/1049	MACLEOD, KARLY	425	00:52:42.30	10:32	H02-INDIV-F	21/49	1064/2225	LETHBRIDGE
296/1049	PISKO, DRU	3772	00:52:43.40	10:32	H14-INDIV-F	12/61	1066/2225	DELBURNE
297/1049	BANDA JOHNSON, BRENDA	4719	00:52:48.95	10:33	H18-INDIV-F	24/71	1069/2225	CALGARY
298/1049	KLYEN, JILL	2867	00:52:52.20	10:34	H11-INDIV-F	14/39	1070/2225	CALGARY
299/1049	SMITH, SARA	2149	00:52:55.80	10:35	H08-INDIV-F	26/72	1072/2225	CALGARY
300/1049	LINGE, ANGELIQUE	1515	00:53:01.40	10:36	H06-INDIV-F	12/77	1075/2225	CALGARY
301/1049	FERGIE, CORRINA	1465	00:53:02.15	10:36	H06-INDIV-F	13/77	1077/2225	OKOTOKS
302/1049	AMESTICA, KELLY	3586	00:53:06.50	10:37	H14-INDIV-F	13/61	1081/2225	CALGARY
303/1049	BACON, JACQUIE	4435	00:53:09.25	10:37	H17-INDIV-F	10/48	1083/2225	FORT MCMURRAY
304/1049	BALISKY, CHARLA	571	00:53:11.80	10:38	H03-INDIV-F	27/76	1085/2225	RED DEER
305/1049	BAKTAY, CARISSA	570	00:53:12.70	10:38	H03-INDIV-F	28/76	1086/2225	CALGARY
306/1049	PARSONS, RHONDA	2937	00:53:18.00	10:39	H11-INDIV-F	15/39	1089/2225	CANMOR
307/1049	MCCHARLES, MARINA	987	00:53:18.10	10:39	H04-INDIV-F	30/80	1090/2225	AIRDRIE
308/1049	ELLIOTT, LISA	909	00:53:18.25	10:39	H04-INDIV-F	31/80	1091/2225	CALGARY
309/1049	SWANTON, CHEYENNE	789	00:53:18.35	10:39	H03-INDIV-F	29/76	1092/2225	WHITECOURT
310/1049	KWON, KELLY	4690	00:53:19.20	10:39	H17-INDIV-F	11/48	1093/2225	NEWPORT BEACH
311/1049	LIBOIRON, OLIVIA	712	00:53:23.90	10:40	H03-INDIV-F	30/76	1095/2225	DUCHESS
312/1049	STYLES, ALEJANDRA	1109	00:53:24.20	10:40	H04-INDIV-F	32/80	1096/2225	OKOTOKS
313/1049	ALEXANDER, SARAH	563	00:53:26.35	10:41	H03-INDIV-F	31/76	1097/2225	MEDICINE HAT
314/1049	GEORGE HOLLETT, SUSAN	2013	00:53:34.70	10:42	H08-INDIV-F	27/72	1102/2225	AIRDRIE
315/1049	STRATTON, SUSAN	2156	00:53:35.15	10:43	H08-INDIV-F	28/72	1104/2225	AIRDRIE
316/1049	LALACH, CORNELIA	3428	00:53:37.35	10:43	H13-INDIV-F	14/46	1107/2225	REGINA
317/1049	CONNOR, JESSICA	325	00:53:37.80	10:43	H02-INDIV-F	22/49	1108/2225	INVERMERE
318/1049	CONNOR, YOHANNAH	326	00:53:40.25	10:44	H02-INDIV-F	23/49	1109/2225	INVERMERE
319/1049	LEDUC, STEPHANIE	704	00:53:42.75	10:44	H03-INDIV-F	32/76	1110/2225	HAMMOND
320/1049	JOHNSTON, JENNIFER	952	00:53:43.55	10:44	H04-INDIV-F	33/80	1111/2225	CALGARY
321/1049	WOOD, ALISON	3004	00:53:44.35	10:44	H11-INDIV-F	16/39	1112/2225	CALGARY
322/1049	OXLEY, LAURA	4885	00:53:44.75	10:44	H18-INDIV-F	25/71	1114/2225	CALGARY
323/1049	NIELSEN, SARAH	1565	00:53:45.95	10:45	H06-INDIV-F	14/77	1115/2225	HIGH RIVER
324/1049	BRANDT, ALICIA	1965	00:53:46.95	10:45	H08-INDIV-F	29/72	1117/2225	CALGARY
325/1049	BROWN EWERT, TRACY	1149	00:53:48.15	10:45	H05-INDIV-F	20/87	1118/2225	CARSTAIRS
326/1049	MACMURDO, SHONDREL	2361	00:53:49.65	10:45	H09-INDIV-F	19/68	1119/2225	CALGARY
327/1049	CRAWFORD, LYNDIE	4469	00:53:54.40	10:46	H17-INDIV-F	12/48	1121/2225	CALGARY
328/1049	SLOAN, STACEY	1343	00:54:02.15	10:48	H05-INDIV-F	21/87	1124/2225	HIGH RIVER
329/1049	KNUTSON, KAILEY	3421	00:54:02.55	10:48	H13-INDIV-F	15/46	1125/2225	CALGARY
330/1049	WONG, ALCYIA	829	00:54:05.75	10:49	H03-INDIV-F	33/76	1129/2225	LANGDON

Overall Gender Results

5K Spartan Individuals - 3.1miles

Female

Gender	Name	Bib#	Time	Pace/k	Div	Cat	O/A	City
331/1049	GAMACHE, NADINE	919	00:54:10.30	10:50	H04-INDIV-F	34/80	1130/2225	CALGARY
332/1049	MCLEOD, CHRISTINE	4865	00:54:11.35	10:50	H18-INDIV-F	26/71	1133/2225	AIRDRIE
333/1049	CHAN, LINDSAY	2513	00:54:12.90	10:50	H10-INDIV-F	14/46	1134/2225	CALGARY
334/1049	PRENDERGAST, ALEXIS	2656	00:54:16.25	10:51	H10-INDIV-F	15/46	1138/2225	CALGARY
335/1049	VANCE, ROBYN	2702	00:54:17.95	10:51	H10-INDIV-F	16/46	1141/2225	MEDICINE HAT
336/1049	CASEY, CYNTHIA	3894	00:54:18.50	10:51	H15-INDIV-F	15/39	1142/2225	CALGARY
337/1049	STALLARD, TANYA	4080	00:54:20.05	10:52	H15-INDIV-F	16/39	1144/2225	CALGARY
338/1049	NOWIK, DOMINIKA	1569	00:54:22.30	10:52	H06-INDIV-F	15/77	1148/2225	CALGARY
339/1049	MONKMAN, EMILY	4313	00:54:22.90	10:52	H16-INDIV-F	14/63	1149/2225	PETERBOROUGH
340/1049	FARRAH, SASAKI	2813	00:54:25.95	10:53	H11-INDIV-F	17/39	1151/2225	CALGARY
341/1049	RIPLEY, TANYA	2661	00:54:28.50	10:53	H10-INDIV-F	17/46	1152/2225	CALGARY
342/1049	ENGLAND, AUNDREA	4775	00:54:31.95	10:54	H18-INDIV-F	27/71	1155/2225	EDMONTON
343/1049	FRANCESCHI, ANGELA	2283	00:54:34.60	10:54	H07-INDIV-F	17/49	1158/2225	CALGARY
344/1049	WRIGHT, LAN	1377	00:54:35.10	10:55	H05-INDIV-F	22/87	1159/2225	LETHBRIDGE
345/1049	BERG, MANDY	580	00:54:35.30	10:55	H03-INDIV-F	34/76	1160/2225	MEDICINE HAT
346/1049	MANN, CARYN	985	00:54:37.15	10:55	H04-INDIV-F	35/80	1162/2225	CHESTERMERE
347/1049	PEARSON, LETA	4328	00:54:38.55	10:55	H16-INDIV-F	15/63	1164/2225	CALGARY
348/1049	ELLIS, MELISSA	61	00:54:38.55	10:55	H01-INDIV-F	15/33	1165/2225	CALGARY
349/1049	DERUELLE, LEANNE	54	00:54:38.65	10:55	H01-INDIV-F	16/33	1166/2225	CALGARY
350/1049	BAILEY, JENNY	1403	00:54:39.85	10:55	H06-INDIV-F	16/77	1167/2225	OKOTOKS
351/1049	SHAW, JOANNA	1054	00:54:40.55	10:56	H04-INDIV-F	36/80	1168/2225	CALGARY
352/1049	MATHIESON, CAROL	3734	00:54:41.25	10:56	H14-INDIV-F	14/61	1170/2225	SYLVAN LAKE
353/1049	FANKHANEL, JENNIFER	3661	00:54:41.85	10:56	H14-INDIV-F	15/61	1171/2225	SYLVAN LAKE
354/1049	BRAUN, CHRISTINE	4450	00:54:42.60	10:56	H17-INDIV-F	13/48	1172/2225	CARMANGAY
355/1049	NAYLOR, TARALEE	165	00:54:43.55	10:56	H01-INDIV-F	17/33	1173/2225	CALGARY
356/1049	STRONG, SARAH	4372	00:54:46.00	10:57	H16-INDIV-F	16/63	1175/2225	EDMONTON
357/1049	GORDON, KELLI	4228	00:54:46.20	10:57	H16-INDIV-F	17/63	1176/2225	EDMONTON
358/1049	HERRINGTON, PAULA	3810	00:54:49.85	10:57	H14-INDIV-M	46/63	1179/2225	MEDICINE HAT
359/1049	DE WIT, GRACE	4204	00:54:54.25	10:58	H16-INDIV-F	18/63	1180/2225	COLD LAKE
360/1049	FILECCIA, REBECCA	2530	00:54:55.95	10:59	H10-INDIV-F	18/46	1182/2225	COCHRANE
361/1049	GROULX, MARIE-JOSEE	4800	00:54:57.75	10:59	H18-INDIV-F	28/71	1184/2225	CALGARY
362/1049	DARKE SMITH, SUSAN	1452	00:55:06.80	11:01	H05-INDIV-F	23/87	1192/2225	CALGARY
363/1049	LAST, GRACE	4274	00:55:07.10	11:01	H16-INDIV-F	19/63	1193/2225	CALGARY
364/1049	VAN DER REIJDEN, ILONA	4661	00:55:07.75	11:01	H17-INDIV-F	14/48	1194/2225	CALGARY
365/1049	RUSSELL, GLENYS	1324	00:55:14.05	11:02	H05-INDIV-F	24/87	1197/2225	HIGH RIVER
366/1049	MITCHELL, SAMANTHA	1292	00:55:18.40	11:03	H05-INDIV-F	26/87	1199/2225	SASKATOON
367/1049	PROUT, CARRIE	1311	00:55:18.40	11:03	H05-INDIV-F	25/87	1198/2225	CALGARY
368/1049	PAULSON, ERIN	3486	00:55:20.55	11:04	H13-INDIV-F	16/46	1200/2225	CALGARY
369/1049	MERKLEY, KRISTLE	2911	00:55:22.70	11:04	H11-INDIV-F	18/39	1201/2225	AIRDRIE
370/1049	SHALAGAN, ALIX	494	00:55:23.25	11:04	H02-INDIV-F	24/49	1203/2225	EXSHAW
371/1049	ROSLAND, DAHLENE	3501	00:55:24.55	11:04	H13-INDIV-F	17/46	1204/2225	CAMROSE
372/1049	TEGART, ASHLEY	522	00:55:25.20	11:05	H02-INDIV-F	25/49	1205/2225	GIBBONS
373/1049	WILDE, TAMMY	1371	00:55:26.55	11:05	H05-INDIV-F	27/87	1208/2225	ST. ALBERT
374/1049	WONG, KATIE	2718	00:55:28.25	11:05	H10-INDIV-F	19/46	1210/2225	EDMONTON
375/1049	SCHMALTZ, KRISTY	2136	00:55:29.25	11:05	H08-INDIV-F	30/72	1211/2225	CALGARY
376/1049	SCHMALTZ, ERIN	2135	00:55:30.00	11:06	H08-INDIV-F	31/72	1213/2225	CALGARY
377/1049	LI, KARMEN	711	00:55:33.90	11:06	H03-INDIV-F	35/76	1216/2225	EDMONTON
378/1049	BISHOP, CASSIDY	581	00:55:35.55	11:07	H03-INDIV-F	36/76	1217/2225	GLENWOOD
379/1049	MACDONALD, SHAYLA	2081	00:55:36.30	11:07	H08-INDIV-F	32/72	1219/2225	CAROLINE
380/1049	TEN BROEK, AMANDA	2983	00:55:36.65	11:07	H11-INDIV-F	19/39	1220/2225	CALGARY
381/1049	BISHOP, EMILY	582	00:55:38.55	11:07	H03-INDIV-F	37/76	1221/2225	GLENWOOD
382/1049	ELFORD, JULIE	2001	00:55:40.50	11:08	H08-INDIV-F	33/72	1223/2225	EDMONTON
383/1049	HUNTER, MEGAN	2038	00:55:41.45	11:08	H08-INDIV-F	34/72	1225/2225	EDMONTON
384/1049	IDLAND, KARI	2039	00:55:42.85	11:08	H08-INDIV-F	35/72	1226/2225	CALGARY
385/1049	THIESSEN, MELANIE	797	00:55:43.55	11:08	H03-INDIV-F	38/76	1227/2225	RED DEER

Overall Gender Results

5K Spartan Individuals - 3.1miles

Female

Gender	Name	Bib#	Time	Pace/k	Div	Cat	O/A	City
386/1049	FIGIEL, PATRICIA	3665	00:55:44.05	11:08	H04-INDIV-F	37/80	1229/2225	CALGARY
387/1049	GAGNON, ANGELA	1469	00:55:45.05	11:09	H06-INDIV-F	17/77	1230/2225	CALGARY
388/1049	SCHINKEL, KARYN	1603	00:55:45.30	11:09	H06-INDIV-F	18/77	1231/2225	CALGARY
389/1049	WARWICK, BRIANNA	4953	00:55:47.35	11:09	H18-INDIV-F	29/71	1233/2225	ATHABASCA
390/1049	DANIELS, RUTH	622	00:55:48.75	11:09	H03-INDIV-F	39/76	1234/2225	TILLEY
391/1049	GAUDET, JESSICA	3109	00:55:49.15	11:09	H12-INDIV-F	9/45	1237/2225	DRUMHELLER
392/1049	GAUDET, SARA	3674	00:55:49.25	11:09	H14-INDIV-F	16/61	1238/2225	RED DEER
393/1049	BEAUCHAMP, MEAGAN	3037	00:55:50.25	11:10	H12-INDIV-F	10/45	1242/2225	RED DEER
394/1049	BOUCHARD, SHERRI	3044	00:55:50.70	11:10	H12-INDIV-F	11/45	1243/2225	RED DEER
395/1049	GAETZ, ASHLEY	4786	00:55:51.80	11:10	H18-INDIV-F	30/71	1245/2225	RED DEER
396/1049	MAJOR, MEGAN	427	00:55:53.55	11:10	H02-INDIV-F	26/49	1246/2225	GRANDE PRAIRIE
397/1049	BROWN, STACEY	4735	00:55:54.80	11:10	H18-INDIV-F	31/71	1248/2225	CALGARY
398/1049	COTE, JOYCE	2781	00:55:55.90	11:11	H11-INDIV-F	20/39	1249/2225	CALGARY
399/1049	LAGRANGE, LINDSAY	3711	00:55:56.10	11:11	H14-INDIV-F	17/61	1250/2225	RED DEER
400/1049	SMITH, KAILA	2680	00:55:56.50	11:11	H10-INDIV-F	20/46	1251/2225	EDMONTON
401/1049	FOESIER, DANIELLE	2281	00:55:57.10	11:11	H09-INDIV-F	20/68	1252/2225	RED DEER
402/1049	GIBSON, LYNDELL	651	00:56:00.65	11:12	H03-INDIV-F	40/76	1257/2225	MEDICINE HAT
403/1049	CAHALANE, DOIREANN	4179	00:56:03.70	11:12	H16-INDIV-F	20/63	1258/2225	COLD LAKE
404/1049	ADAMDS, JESSICA	4425	00:56:04.60	11:12	H17-INDIV-F	15/48	1260/2225	SHERWOOD PARK
405/1049	MOSER, ASHLEY	4584	00:56:06.20	11:13	H17-INDIV-F	16/48	1261/2225	SYLVAN LAKE
406/1049	LUBIANESKY, CHRISTA	1822	00:56:09.45	11:13	H07-INDIV-F	18/49	1264/2225	OKOTOKS
407/1049	BURVILL, DAWN	2505	00:56:11.75	11:14	H10-INDIV-F	21/46	1265/2225	SYLVAN LAKE
408/1049	MAGPANTAY, HAZEL	984	00:56:14.70	11:14	H04-INDIV-F	38/80	1267/2225	CALGARY
409/1049	PLANT, LINETTE	2408	00:56:16.45	11:15	H09-INDIV-F	21/68	1268/2225	SASKATOON
410/1049	MARRINAN, BARBARA	4857	00:56:16.50	11:15	H18-INDIV-F	32/71	1269/2225	CALGARY
411/1049	FOSTER, REBEKAH	1198	00:56:19.75	11:15	H05-INDIV-F	28/87	1270/2225	MEDICINE HAT
412/1049	KNUDSON, LINDSEY	1244	00:56:21.65	11:16	H05-INDIV-F	29/87	1272/2225	RED DEER
413/1049	LUCAS, KACEY	983	00:56:26.90	11:17	H04-INDIV-F	39/80	1276/2225	CALGARY
414/1049	GUIVER, ASHLEY	2292	00:56:28.85	11:17	H09-INDIV-F	22/68	1277/2225	CALGARY
415/1049	MCTURK, CARLA	3184	00:56:29.50	11:17	H12-INDIV-F	12/45	1279/2225	FORT SASKATCHEWAN
416/1049	BELLOWS, KRYSTAN	20	00:56:31.20	11:18	H01-INDIV-F	18/33	1280/2225	CALGARY
417/1049	DOEGE, NIKKI	3092	00:56:31.35	11:18	H12-INDIV-F	13/45	1283/2225	SHERWOOD PARK
418/1049	MCDOUGALL, AMANDA	2620	00:56:34.75	11:18	H10-INDIV-F	22/46	1284/2225	CALGARY
419/1049	CAMPUS, RINA	314	00:56:36.55	11:19	H02-INDIV-F	27/49	1288/2225	CALGARY
420/1049	BROWN, TRACY	311	00:56:40.55	11:20	H02-INDIV-F	28/49	1291/2225	CALGARY
421/1049	ROSE, ANGELA	1321	00:56:41.10	11:20	H05-INDIV-F	30/87	1293/2225	CALGARY
422/1049	SMITH, MANDY BASA	1344	00:56:47.20	11:21	H05-INDIV-F	31/87	1294/2225	CALGARY
423/1049	GAGNE, CHERYL	4222	00:56:49.50	11:21	H16-INDIV-F	22/63	1296/2225	EDMONTON
424/1049	CHAPMAN, MARLENE	4181	00:56:51.20	11:22	H16-INDIV-F	23/63	1297/2225	EDMONTON
425/1049	CRICK, JULIE	4198	00:56:52.30	11:22	H16-INDIV-F	24/63	1299/2225	EDMONTON
426/1049	LAPLANTE, KIM	699	00:56:52.80	11:22	H03-INDIV-F	41/76	1300/2225	CALGARY
427/1049	STAHN, TRACEY	1622	00:56:54.50	11:22	H06-INDIV-F	19/77	1301/2225	CALGARY
428/1049	BRIGLEY, TRINA	4172	00:56:54.85	11:22	H16-INDIV-F	25/63	1302/2225	SYLVAN LAKE
429/1049	EMERSON, CHALLAINE	1463	00:56:55.20	11:23	H06-INDIV-F	20/77	1303/2225	AIRDRIE
430/1049	JUNK, JILL	4254	00:56:55.80	11:23	H16-INDIV-F	26/63	1305/2225	SYLVAN LAKE
431/1049	WHALLEY, LISA	538	00:57:01.05	11:24	H02-INDIV-F	29/49	1308/2225	CALGARY
432/1049	KEIR, CLARE	4535	00:57:06.90	11:25	H17-INDIV-F	17/48	1311/2225	CALGARY
433/1049	MILLER, JOLYNNE	4581	00:57:10.15	11:26	H17-INDIV-F	18/48	1313/2225	CALGARY
434/1049	FRANK, LEANNE FRANK	354	00:57:10.40	11:26	H02-INDIV-F	30/49	1314/2225	PENHOLD
435/1049	COMSTOCK, SHANA	613	00:57:11.50	11:26	H03-INDIV-F	42/76	1315/2225	MEDICINE HAT
436/1049	STEW, KELSEY	4370	00:57:11.60	11:26	H16-INDIV-F	27/63	1316/2225	CALGARY
437/1049	MCFARLANE, JANEIL	1541	00:57:13.10	11:26	H06-INDIV-F	21/77	1319/2225	OKOTOKS
438/1049	BOISSONNAULT, SHANY	4168	00:57:14.80	11:26	H16-INDIV-F	28/63	1321/2225	CALGARY
439/1049	KOSTER, LISA	4265	00:57:24.05	11:28	H16-INDIV-F	29/63	1322/2225	HIGH RIVER
440/1049	MARSHALL, JODI	2087	00:57:25.35	11:29	H08-INDIV-F	36/72	1324/2225	LACOMBE

Overall Gender Results

5K Spartan Individuals - 3.1miles

Female

Gender	Name	Bib#	Time	Pace/k	Div	Cat	O/A	City
441/1049	REED, JACQUELINE	191	00:57:26.85	11:29	H01-INDIV-F	19/33	1326/2225	IRVINE
442/1049	KREBS, ANGELA	4837	00:57:35.85	11:31	H18-INDIV-F	33/71	1328/2225	INVERMERE
443/1049	BOWER, TAMMY	590	00:57:36.15	11:31	H03-INDIV-F	43/76	1329/2225	GRANDE PRAIRIE
444/1049	HAMMOND, NATASHA	2554	00:57:36.30	11:31	H10-INDIV-F	23/46	1330/2225	SYLVAN LAKE
445/1049	BAILEY, CORRIE	2736	00:57:36.65	11:31	H10-INDIV-F	24/46	1331/2225	SYLVAN LAKE
446/1049	DIAMOND, SHAUNA	336	00:57:38.10	11:31	H02-INDIV-F	31/49	1332/2225	CALGARY
447/1049	JENSEN, MEGAN	2044	00:57:38.80	11:31	H08-INDIV-F	37/72	1333/2225	CRANBROOK
448/1049	LILLEJORD, KYLA	2078	00:57:43.85	11:32	H08-INDIV-F	38/72	1335/2225	CRANBROOK
449/1049	GLAVIND, TULSA	2828	00:57:44.30	11:32	H11-INDIV-F	21/39	1337/2225	CALGARY
450/1049	GALBRAITH, SIOBHAN	3108	00:57:45.60	11:33	H12-INDIV-F	14/45	1338/2225	CALGARY
451/1049	OYSTRECK, TERESA	4324	00:57:45.70	11:33	H16-INDIV-F	30/63	1339/2225	CALGARY
452/1049	BIRSE, CHERYL-ANNE	3324	00:57:46.95	11:33	H13-INDIV-F	18/46	1341/2225	CALGARY
453/1049	GRIFFTH, RACHEL	656	00:57:47.55	11:33	H03-INDIV-F	44/76	1343/2225	INVERMERE
454/1049	COULTER, PAIGE	3079	00:57:51.10	11:34	H12-INDIV-F	15/45	1346/2225	CALGARY
455/1049	LOCKE, KIM	4415	00:57:51.10	11:34	H16-INDIV-F	31/63	1347/2225	CALGARY
456/1049	JACOBS, CHER	4414	00:57:51.90	11:34	H16-INDIV-F	32/63	1348/2225	CALGARY
457/1049	HEIKOOP, JOCELYN	2030	00:57:58.35	11:35	H08-INDIV-F	39/72	1355/2225	CANMORE
458/1049	MARSHALL, JENNIFER	986	00:58:00.90	11:36	H04-INDIV-F	40/80	1358/2225	CALGARY
459/1049	KOBYLNYK, YVETTE	4260	00:58:01.60	11:36	H16-INDIV-F	33/63	1359/2225	CALGARY
460/1049	SCHULTZ, SANDY	4349	00:58:02.70	11:36	H16-INDIV-F	34/63	1360/2225	AIRDRIE
461/1049	ROBERTSON, WENDY	3228	00:58:04.15	11:36	H12-INDIV-F	16/45	1362/2225	CALGARY
462/1049	MITCHELL, COURTNEY	1842	00:58:04.50	11:36	H07-INDIV-F	19/49	1363/2225	OKOTOKS
463/1049	O'BRIEN, KATHERINE	3478	00:58:06.15	11:37	H13-INDIV-F	19/46	1364/2225	CALGARY
464/1049	O'GRADY, ROBIN	1012	00:58:06.20	11:37	H04-INDIV-F	41/80	1365/2225	CALGARY
465/1049	ABERLE, KELCI	1942	00:58:06.70	11:37	H08-INDIV-F	40/72	1366/2225	PONOKA
466/1049	SOANES, KARA	2151	00:58:09.30	11:37	H08-INDIV-F	41/72	1368/2225	SASKATOON
467/1049	YEUNG, RACHEL	1922	00:58:09.50	11:37	H07-INDIV-F	20/49	1369/2225	EDMONTON
468/1049	LUNGE, LAURA	714	00:58:12.45	11:38	H03-INDIV-F	45/76	1371/2225	MEDICINE HAT
469/1049	PETTIGREW, VICKY	2652	00:58:15.60	11:39	H10-INDIV-F	25/46	1374/2225	HAY LAKES
470/1049	KENWORTHY, NATASHA	2582	00:58:20.35	11:40	H10-INDIV-F	26/46	1376/2225	LETHBRIDGE
471/1049	MAKIN, DOROTHY	3727	00:58:21.40	11:40	H14-INDIV-F	18/61	1378/2225	SPRINGBROOK
472/1049	WRIGHT, KATHLEEN	2720	00:58:22.30	11:40	H10-INDIV-F	27/46	1379/2225	COCHRANE
473/1049	MITCHELL, JILLIAN	3190	00:58:23.30	11:40	H12-INDIV-F	17/45	1380/2225	CALGARY
474/1049	STUCKE, JAMIE	3822	00:58:25.90	11:41	H14-INDIV-F	19/61	1383/2225	EDMONTON
475/1049	GODFREY, HEATHER	363	00:58:26.95	11:41	H02-INDIV-F	32/49	1385/2225	CALGARY
476/1049	GARCHINSKI, ARLENE	3673	00:58:27.60	11:41	H14-INDIV-F	20/61	1386/2225	BEAUMONT
477/1049	MARSHALL, NICOLE	2899	00:58:28.90	11:41	H11-INDIV-F	22/39	1387/2225	CALGARY
478/1049	LEGIEN, ANDREA	3434	00:58:30.45	11:42	H13-INDIV-F	20/46	1388/2225	PILOT BUTTE
479/1049	NORRIE, BRENDA	1383	00:58:31.30	11:42	H05-INDIV-F	32/87	1390/2225	HIGH RIVER
480/1049	SIROISHKA, CATHY	2677	00:58:31.35	11:42	H10-INDIV-F	28/46	1391/2225	CANMORE
481/1049	SWYSTUN, HANNAH J	3250	00:58:32.70	11:42	H12-INDIV-F	18/45	1393/2225	CALGARY
482/1049	MCNEIL, SHAWNA	2908	00:58:32.70	11:42	H11-INDIV-F	23/39	1394/2225	COCHRANE
483/1049	PODMOROFF, MARLO	4331	00:58:34.95	11:42	H16-INDIV-F	35/63	1396/2225	CALGARY
484/1049	MOGOLLON, GARDENIA	3747	00:58:36.00	11:43	H14-INDIV-F	21/61	1397/2225	CALGARY
485/1049	COUTURIER, KIMBERLEY	4195	00:58:39.05	11:43	H16-INDIV-F	36/63	1399/2225	CALGARY
486/1049	HOPPER, KENDRA	672	00:58:41.15	11:44	H03-INDIV-F	46/76	1401/2225	CALGARY
487/1049	LANGFORD, KELSEY	4272	00:58:44.65	11:44	H16-INDIV-F	37/63	1403/2225	OTTAWA
488/1049	SPROAT, JACKIE	1101	00:58:45.75	11:45	H04-INDIV-F	42/80	1404/2225	CALGARY
489/1049	COLE, CATHERINE	3344	00:58:50.80	11:46	H13-INDIV-F	21/46	1406/2225	RED DEER
490/1049	SMEATON, CLARE	1617	00:58:51.75	11:46	H06-INDIV-F	22/77	1407/2225	CALGARY
491/1049	PAAUWE, BEVERLY	3760	00:58:54.00	11:46	H14-INDIV-F	22/61	1408/2225	CALGARY
492/1049	BOHONOS, ASHLEY	1710	00:59:02.45	11:48	H07-INDIV-F	21/49	1411/2225	MEDICINE HAT
493/1049	BRADFORD, MELANIE	593	00:59:02.50	11:48	H03-INDIV-F	47/76	1412/2225	MEDICINE HAT
494/1049	SIMPSON, LINDSEY	779	00:59:02.90	11:48	H03-INDIV-F	48/76	1413/2225	CALGARY
495/1049	KORRES, ALEXANDRA	3422	00:59:04.85	11:48	H13-INDIV-F	22/46	1415/2225	CALGARY

Overall Gender Results

5K Spartan Individuals - 3.1miles

Female

Gender	Name	Bib#	Time	Pace/k	Div	Cat	O/A	City
496/1049	GATAIANT, AMANDA	3934	00:59:06.15	11:49	H15-INDIV-F	17/39	1417/2225	COCHRANE
497/1049	EDGECOMBE, JENNIFER	4772	00:59:08.15	11:49	H18-INDIV-F	34/71	1421/2225	CALGARY
498/1049	ATKINS, BRITTANY	3588	00:59:11.20	11:50	H14-INDIV-F	23/61	1424/2225	AIRDRIE
499/1049	RENNIE, JAIME	3785	00:59:11.20	11:50	H14-INDIV-F	24/61	1425/2225	AIRDRIE
500/1049	MCGLENEN, STEPH	2371	00:59:11.20	11:50	H09-INDIV-F	23/68	1423/2225	OKOTOKS
501/1049	HAGERMAN, LAURA	2295	00:59:11.30	11:50	H09-INDIV-F	24/68	1426/2225	CALGARY
502/1049	BOGUSKI, LINDSEY	585	00:59:12.15	11:50	H03-INDIV-F	49/76	1428/2225	CALGARY
503/1049	ALISCH, KELLY	2482	00:59:18.35	11:51	H10-INDIV-F	29/46	1433/2225	CALGARY
504/1049	LIBER, NATALIE	4555	00:59:22.40	11:52	H17-INDIV-F	19/48	1434/2225	LEDUC
505/1049	WOODBECK, NICOLE	269	00:59:22.80	11:52	H01-INDIV-F	20/33	1436/2225	CALGARY
506/1049	SPILDE, TRACY	1895	00:59:23.05	11:52	H07-INDIV-F	22/49	1437/2225	SHERWOOD PARK
507/1049	DRYNAN, TERRI	4482	00:59:23.80	11:52	H17-INDIV-F	20/48	1438/2225	LEDUC
508/1049	HOWE, JULIA	391	00:59:25.45	11:53	H02-INDIV-F	33/49	1439/2225	CALGARY
509/1049	ARCHIBALD, SAMANTHA	1685	00:59:26.85	11:53	H07-INDIV-F	23/49	1440/2225	CALGARY
510/1049	RUSSELL, CLARE	1597	00:59:27.35	11:53	H06-INDIV-F	23/77	1441/2225	OKOTOKS
511/1049	PRUNKL, SARAH	2949	00:59:27.40	11:53	H11-INDIV-F	24/39	1442/2225	STRATHMORE
512/1049	LARA CAMACHO, CLAUDIA	974	00:59:27.50	11:53	H04-INDIV-F	43/80	1443/2225	CALGARY
513/1049	THORPE, LIZ	1633	00:59:28.15	11:53	H06-INDIV-F	24/77	1444/2225	OKOTOKS
514/1049	ANDRUCHOW, KRISTIN	2486	00:59:28.95	11:53	H10-INDIV-F	30/46	1445/2225	CALGARY
515/1049	FRADETTE, VERONIQUE	3931	00:59:32.75	11:54	H15-INDIV-F	18/39	1447/2225	MONTREAL
516/1049	DAVIES, CARA	4203	00:59:33.40	11:54	H16-INDIV-F	38/63	1448/2225	SLAVE LAKE
517/1049	LALLY, SHAAN	2589	00:59:33.60	11:54	H10-INDIV-F	31/46	1449/2225	CALGARY
518/1049	PERSSON, TARA	4900	00:59:34.80	11:54	H18-INDIV-F	35/71	1450/2225	MILLET
519/1049	ROBINSON, HEIDI	4339	00:59:34.85	11:54	H16-INDIV-F	39/63	1451/2225	SLAVE LAKE
520/1049	KONOSKY, JANESEA	960	00:59:35.95	11:55	H04-INDIV-F	44/80	1454/2225	REDCLIFF
521/1049	MURRAY, TARA	2102	00:59:36.35	11:55	H08-INDIV-F	42/72	1456/2225	CALGARY
522/1049	PELLETIER, STACY	4896	00:59:36.40	11:55	H18-INDIV-F	36/71	1457/2225	LEDUC
523/1049	SCHOUTEN, AMANDA	1661	00:59:38.80	11:55	H06-INDIV-F	25/77	1458/2225	CALGARY
524/1049	MUMBY, KYLA	1847	00:59:39.60	11:55	H07-INDIV-F	24/49	1460/2225	MEDICINE HAT
525/1049	STEWART, REBECCA	2438	00:59:40.20	11:56	H09-INDIV-F	25/68	1462/2225	CALGARY
526/1049	BIENERT, ANNALISE	2223	00:59:46.45	11:57	H09-INDIV-F	26/68	1464/2225	CALGARY
527/1049	WILLMS, NAPHTALI	1372	00:59:46.80	11:57	H05-INDIV-F	33/87	1465/2225	COALDALE
528/1049	ENGEL, CRYSTAL	1189	00:59:47.30	11:57	H05-INDIV-F	34/87	1466/2225	LETHBRIDGE
529/1049	KRANJCEVIC, MARTINA	3985	00:59:47.45	11:57	H15-INDIV-F	19/39	1467/2225	CALGARY
530/1049	BUCKLEY, KAREN	1716	00:59:50.25	11:58	H07-INDIV-F	25/49	1469/2225	SPRUCE GROVE
531/1049	CURRIE, HEATHER	4200	00:59:53.25	11:58	H16-INDIV-F	40/63	1473/2225	CALGARY
532/1049	KUHL, DEBORAH	4838	00:59:54.90	11:58	H18-INDIV-F	37/71	1476/2225	CALGARY
533/1049	BAKER, KENDRA	4715	00:59:55.25	11:59	H18-INDIV-F	38/71	1477/2225	CALGARY
534/1049	MUNKEDAL, KAREN	4586	00:59:58.00	11:59	H17-INDIV-F	21/48	1480/2225	SYLVAN LAKE
535/1049	THEN, JENNY	4096	00:59:58.60	11:59	H15-INDIV-F	20/39	1481/2225	CALGARY
536/1049	KANE, ARIANA	3150	00:59:59.15	11:59	H12-INDIV-F	19/45	1482/2225	CALGARY
537/1049	MATECHUK, ELENA	3456	01:00:02.10	12:00	H13-INDIV-F	23/46	1483/2225	WHITEHORSE
538/1049	MASER, KRISTY	3732	01:00:02.35	12:00	H14-INDIV-F	25/61	1484/2225	CALGARY
539/1049	PAULOVICH, VIKTORIYA	1021	01:00:07.10	12:01	H04-INDIV-F	45/80	1486/2225	CALGARY
540/1049	PEARSON, TRICIA	3765	01:00:08.10	12:01	H14-INDIV-F	26/61	1487/2225	AIRDRIE
541/1049	MANTHA, JACKLYN	4293	01:00:09.85	12:01	H16-INDIV-F	41/63	1488/2225	CALGARY
542/1049	KINNELL, LISA	3703	01:00:12.40	12:02	H14-INDIV-F	27/61	1489/2225	CALGARY
543/1049	STENNER, MELANIE	4931	01:00:13.55	12:02	H18-INDIV-F	39/71	1490/2225	CALGARY
544/1049	JOSKOW, TIFFANY	3695	01:00:13.55	12:02	H14-INDIV-F	28/61	1491/2225	CALGARY
545/1049	MCNEIL, MEGAN	2907	01:00:13.60	12:02	H11-INDIV-F	25/39	1492/2225	CALGARY
546/1049	JONES, ANGELA	4250	01:00:16.35	12:03	H16-INDIV-F	42/63	1493/2225	CALGARY
547/1049	GREEN, DANIELLE	654	01:00:17.20	12:03	H03-INDIV-F	50/76	1494/2225	CALGARY
548/1049	RAINEY, LOUISE	4614	01:00:23.35	12:04	H17-INDIV-F	22/48	1496/2225	CALGARY
549/1049	DALEY-DEGROOT, GILLIAN	2194	01:00:24.20	12:04	H08-INDIV-F	43/72	1497/2225	EDMONTON
550/1049	SCHMALTZ, TRACY	2138	01:00:26.90	12:05	H08-INDIV-F	44/72	1499/2225	CALGARY

Overall Gender Results

5K Spartan Individuals - 3.1miles

Female

Gender	Name	Bib#	Time	Pace/k	Div	Cat	O/A	City
551/1049	PINDER, IRIS	1026	01:00:35.00	12:07	H04-INDIV-F	46/80	1505/2225	CALGARY
552/1049	NOGA, COURTNEY	736	01:00:39.20	12:07	H03-INDIV-F	51/76	1507/2225	MEDICINE HAT
553/1049	KUTARNA, JOANNA	2068	01:00:39.60	12:07	H08-INDIV-F	45/72	1508/2225	ALGARY
554/1049	PALMER, JENNIFER	2111	01:00:40.30	12:08	H08-INDIV-F	46/72	1510/2225	CALGARY
555/1049	PICKERING, BONNIE	2654	01:00:42.05	12:08	H10-INDIV-F	32/46	1512/2225	SYLVAN LAKE
556/1049	THEN, CHRISTA	796	01:00:42.20	12:08	H03-INDIV-F	52/76	1513/2225	CALGARY
557/1049	WAGNER, JESSICA	3266	01:00:50.85	12:10	H12-INDIV-F	20/45	1517/2225	BONNYVILLE
558/1049	WALICKI, STEPHANIE	253	01:00:52.15	12:10	H01-INDIV-F	21/33	1518/2225	LETHBRIDGE
559/1049	SEAMAN, ANGELA	1052	01:00:52.30	12:10	H04-INDIV-F	47/80	1519/2225	COCHRANE
560/1049	ARMENTA, KRISTI	3307	01:00:52.90	12:10	H13-INDIV-F	24/46	1521/2225	CALGARY
561/1049	COMEAU, JANELLE	324	01:00:58.85	12:11	H02-INDIV-F	34/49	1524/2225	CALGARY
562/1049	DEMYTRUK, LAUREN	2265	01:01:00.70	12:12	H09-INDIV-F	27/68	1526/2225	CALGARY
563/1049	JULIN, KRISTIN	1795	01:01:06.70	12:13	H07-INDIV-F	26/49	1532/2225	CALGARY
564/1049	BANTLI, SHANNON	4159	01:01:08.55	12:13	H16-INDIV-F	43/63	1534/2225	CALGARY
565/1049	LIGUORI, SABRINA	835	01:01:10.00	12:14	H03-INDIV-F	53/76	1535/2225	GRANDE PRAIRIE
566/1049	ROBINSON, LINDY	1594	01:01:11.05	12:14	H06-INDIV-F	26/77	1536/2225	OKOTOKS
567/1049	CHENARD, SARAH	1723	01:01:11.10	12:14	H07-INDIV-F	27/49	1537/2225	MEDICINE HAT
568/1049	BUSHEY, ALANA	39	01:01:13.15	12:14	H01-INDIV-F	22/33	1539/2225	RED DEER
569/1049	HAVILAND, DIANE	935	01:01:13.25	12:14	H04-INDIV-F	48/80	1541/2225	EDMONTON
570/1049	DELAMONT, KENDALL	3641	01:01:17.25	12:15	H14-INDIV-F	29/61	1542/2225	CALGARY
571/1049	TANG, MAUREEN	1631	01:01:17.95	12:15	H06-INDIV-F	27/77	1543/2225	CALGARY
572/1049	HARKER, BEC	1776	01:01:19.05	12:15	H07-INDIV-F	28/49	1544/2225	MAGRATH
573/1049	ANDERSON, PEGGY	1944	01:01:25.25	12:17	H08-INDIV-F	47/72	1545/2225	SASKATOON
574/1049	CULSHAW, MARY	3637	01:01:25.60	12:17	H14-INDIV-F	30/61	1546/2225	SEDGEWICK
575/1049	SZABO, LIAN	4376	01:01:27.15	12:17	H16-INDIV-F	44/63	1548/2225	CALGARY
576/1049	WHITELAW, GELIANE	4959	01:01:27.60	12:17	H18-INDIV-F	40/71	1549/2225	CHESTERMERE
577/1049	THUNA, DIANE	1075	01:01:29.00	12:17	H04-INDIV-F	49/80	1550/2225	CALGARY
578/1049	GRAY, HANNAH	1760	01:01:30.50	12:18	H07-INDIV-F	29/49	1552/2225	EDMONTON
579/1049	BENNER, NANCY	1692	01:01:30.95	12:18	H07-INDIV-F	30/49	1553/2225	EDMONTON
580/1049	MCINNIS, TEYA	2374	01:01:32.80	12:18	H09-INDIV-F	28/68	1555/2225	CALGARY
581/1049	SCURFIELD, MACKENZIE	2424	01:01:39.45	12:19	H09-INDIV-F	29/68	1556/2225	CALGARY
582/1049	WEIST, MARIE	1363	01:01:47.10	12:21	H05-INDIV-F	35/87	1561/2225	LETHBRIDGE
583/1049	BEKS, SAMANTHA	2496	01:01:48.20	12:21	H10-INDIV-F	33/46	1562/2225	BEAVERLODGE
584/1049	HUARTE, THERESA	943	01:01:59.35	12:23	H04-INDIV-F	50/80	1566/2225	CALGARY
585/1049	MUNRO, SARA	4876	01:02:00.60	12:24	H18-INDIV-F	41/71	1567/2225	CHESTERMERE
586/1049	NESTMAN, DEANNA	4977	01:02:02.10	12:24	H18-INDIV-F	42/71	1568/2225	FERNIE
587/1049	THIESSEN, DAWN	4935	01:02:02.15	12:24	H18-INDIV-F	43/71	1569/2225	CALGARY
588/1049	BRYANT, KRISTAL	4736	01:02:03.65	12:24	H18-INDIV-F	44/71	1570/2225	CALGARY
589/1049	COOPER, PAM	616	01:02:04.05	12:24	H03-INDIV-F	54/76	1571/2225	CALGARY
590/1049	SIMCHISON, LISA	3811	01:02:05.25	12:25	H14-INDIV-F	31/61	1572/2225	MEDICINE HAT
591/1049	HEUVER, JACKIE	1483	01:02:09.30	12:25	H06-INDIV-F	28/77	1574/2225	OKOTOKS
592/1049	BOYER, SARAH	1426	01:02:10.75	12:26	H06-INDIV-F	29/77	1575/2225	OKOTOKS
593/1049	BERTRAM, NICOLE	2221	01:02:11.40	12:26	H09-INDIV-F	30/68	1578/2225	MEDICINE HAT
594/1049	JESSOP, MISHELLE	1237	01:02:11.55	12:26	H05-INDIV-F	36/87	1579/2225	STANSBURY PARI
595/1049	ROBSON, TANIS	481	01:02:17.15	12:27	H02-INDIV-F	35/49	1581/2225	AIRDRIE
596/1049	PUSZTAY, VANESSA	2657	01:02:28.10	12:29	H10-INDIV-F	34/46	1583/2225	CALGARY
597/1049	PLANTE, ANGELA	2655	01:02:29.50	12:29	H10-INDIV-F	35/46	1585/2225	CALGARY
598/1049	TANAKA, BRANDY	1630	01:02:33.30	12:30	H06-INDIV-F	30/77	1586/2225	DE WINTON
599/1049	MORIN, NALAIN	4583	01:02:33.40	12:30	H17-INDIV-F	23/48	1587/2225	SPARWOOD
600/1049	LITTLEWOOD, KATIE	826	01:02:34.00	12:30	H03-INDIV-F	55/76	1588/2225	CALGARY
601/1049	HOWARD, JANEL	834	01:02:35.85	12:31	H03-INDIV-F	56/76	1589/2225	CALGARY
602/1049	WILLARD, MARISSA	818	01:02:36.15	12:31	H03-INDIV-F	57/76	1590/2225	GRANDE PRAIRIE
603/1049	HORNBY, LEANNE	673	01:02:36.20	12:31	H03-INDIV-F	58/76	1591/2225	CALGARY
604/1049	MULVEY, KARA	3097	01:02:36.70	12:31	H12-INDIV-F	21/45	1592/2225	EDMONTON
605/1049	STIGTER, MICHELLE	2440	01:02:37.30	12:31	H09-INDIV-F	31/68	1593/2225	REDCLIFF

Overall Gender Results

5K Spartan Individuals - 3.1 miles

Female

Gender	Name	Bib#	Time	Pace/k	Div	Cat	O/A	City
606/1049	NICKEL, DENITA	735	01:02:38.75	12:31	H03-INDIV-F	59/76	1594/2225	CALGARY
607/1049	BARTON, ABBE	575	01:02:39.55	12:31	H03-INDIV-F	60/76	1595/2225	MEDICINE HAT
608/1049	HALMA, LISA	3392	01:02:42.90	12:32	H13-INDIV-F	25/46	1597/2225	LETHBRIDGE
609/1049	WORMS, TERRI	1919	01:02:43.35	12:32	H07-INDIV-F	31/49	1598/2225	CALGARY
610/1049	MOROZ, MARINA	1554	01:02:46.50	12:33	H06-INDIV-F	31/77	1602/2225	CALGARY
611/1049	SPURWAY, LEAH	1621	01:02:47.50	12:33	H06-INDIV-F	32/77	1603/2225	OKOTOKS
612/1049	MCCLAIN, KIM	1538	01:02:50.25	12:34	H06-INDIV-F	33/77	1605/2225	OKOTOKS
613/1049	DYER, NICOLE	3651	01:02:50.25	12:34	H14-INDIV-F	32/61	1606/2225	CALGARY
614/1049	NG, MANNA	4036	01:02:50.60	12:34	H15-INDIV-F	21/39	1607/2225	CALGARY
615/1049	STOODLEY, DULCEE	1624	01:02:53.35	12:34	H06-INDIV-F	34/77	1608/2225	OKOTOKS
616/1049	HEPPNER, COURTNEY	1781	01:02:58.90	12:35	H07-INDIV-F	32/49	1609/2225	CALGARY
617/1049	VICTOR-HORNER, CHRISTINE	1646	01:03:03.45	12:36	H06-INDIV-F	35/77	1610/2225	OKOTOKS
618/1049	SHORT, DONNA	1612	01:03:04.40	12:36	H06-INDIV-F	36/77	1611/2225	OKOTOKS
619/1049	BELL, CARA	4167	01:03:05.70	12:37	H16-INDIV-F	45/63	1613/2225	STRATHMORE
620/1049	LEONHARDT, STEPHANIE	1512	01:03:06.15	12:37	H06-INDIV-F	37/77	1614/2225	CALGARY
621/1049	MOON, JENNIFER	1843	01:03:06.20	12:37	H07-INDIV-F	33/49	1615/2225	CALGARY
622/1049	HIRSCH, ASHLEY	671	01:03:08.35	12:37	H03-INDIV-F	61/76	1616/2225	MEDICINE HAT
623/1049	KNIGHT, KELLY	4259	01:03:14.40	12:38	H16-INDIV-F	46/63	1618/2225	CALGARY
624/1049	RACICOT, ERIKA	3497	01:03:28.75	12:41	H13-INDIV-F	26/46	1620/2225	CALGARY
625/1049	SHERMAN, LAURA	4353	01:03:35.45	12:43	H16-INDIV-F	47/63	1625/2225	EDMONTON
626/1049	NIELSEN, RONDA	2391	01:03:35.70	12:43	H09-INDIV-F	32/68	1627/2225	COALDALE
627/1049	SANGUINETTI, RACHEL	1880	01:03:36.20	12:43	H07-INDIV-F	34/49	1628/2225	CALGARY
628/1049	SCHAEFFER, ALISON	1043	01:03:38.90	12:43	H04-INDIV-F	51/80	1631/2225	CALGARY
629/1049	BROPHY, MELISSA	859	01:03:39.25	12:43	H04-INDIV-F	52/80	1632/2225	CALGARY
630/1049	MCKENZIE, DANNI	1279	01:03:39.95	12:43	H05-INDIV-F	37/87	1633/2225	LETHBRIDGE
631/1049	NICHOLSON, JILLIAN	3752	01:03:42.50	12:44	H14-INDIV-F	33/61	1634/2225	RED DEER
632/1049	WOODS, AMALIE	3845	01:03:44.05	12:44	H14-INDIV-F	34/61	1636/2225	RED DEER
633/1049	KRZYWICKI, SHANNON	968	01:03:44.20	12:44	H04-INDIV-F	53/80	1637/2225	CALGARY
634/1049	CONROY, TERESA	3630	01:03:44.35	12:44	H14-INDIV-F	35/61	1638/2225	RED DEER
635/1049	HEIM, MARLA	3953	01:03:44.60	12:44	H15-INDIV-F	22/39	1639/2225	CALGARY
636/1049	DENIKE, CHRISTY	3917	01:03:44.95	12:44	H15-INDIV-F	23/39	1640/2225	CALGARY
637/1049	THAUBERGER, ERIN	3255	01:03:45.40	12:45	H12-INDIV-F	22/45	1641/2225	MEDICINE HAT
638/1049	WARD, JANE	1083	01:03:49.50	12:45	H04-INDIV-F	54/80	1643/2225	CALGARY
639/1049	CRAMPHORN, JENN	4752	01:03:50.30	12:46	H18-INDIV-F	45/71	1644/2225	PRIDDIS
640/1049	MCINNIS, JAMIE	2373	01:03:55.25	12:47	H09-INDIV-F	33/68	1646/2225	CALGARY
641/1049	FREE, JENNA	3378	01:03:57.65	12:47	H13-INDIV-F	27/46	1648/2225	DEWINTON
642/1049	HAGEMANN, ROSE	4232	01:04:02.45	12:48	H16-INDIV-F	48/63	1652/2225	RIMBEY
643/1049	SIMARD, DANIELLE	777	01:04:03.65	12:48	H03-INDIV-F	62/76	1653/2225	CALGARY
644/1049	MORE, STEPHANIE	4873	01:04:06.25	12:49	H18-INDIV-F	46/71	1654/2225	CALGARY
645/1049	VILLALTA, KAREN	4947	01:04:06.30	12:49	H18-INDIV-F	47/71	1655/2225	CALGARY
646/1049	THOMASEN, KRISTEN	4936	01:04:06.35	12:49	H18-INDIV-F	48/71	1656/2225	CALGARY
647/1049	BOWDITCH, HEATHER	4171	01:04:07.40	12:49	H16-INDIV-F	49/63	1659/2225	AIRDRIE
648/1049	JARVIS, KYM	2855	01:04:09.20	12:49	H11-INDIV-F	26/39	1662/2225	CALGARY
649/1049	TOM, JULIE	3258	01:04:09.25	12:49	H12-INDIV-F	23/45	1663/2225	CALGARY
650/1049	LERNER, SARAH	2598	01:04:18.30	12:51	H10-INDIV-F	36/46	1665/2225	CALGARY
651/1049	WENTZ, KATY	2709	01:04:18.40	12:51	H10-INDIV-F	37/46	1666/2225	CALGARY
652/1049	GOUGH, MADISON	4796	01:04:20.15	12:52	H18-INDIV-F	49/71	1667/2225	CALGARY
653/1049	GOUGH, ALEXA	4795	01:04:21.75	12:52	H18-INDIV-F	50/71	1668/2225	CALGARY
654/1049	ADIE, HEATHER	1679	01:04:26.60	12:53	H07-INDIV-F	35/49	1669/2225	MEDICINE HAT
655/1049	BESPALKO, CANDACE	1418	01:04:28.80	12:53	H06-INDIV-F	38/77	1670/2225	OKOTOKS
656/1049	NYGAARD, MARTHA	2929	01:04:29.30	12:53	H11-INDIV-F	27/39	1671/2225	ROCKY MOUNTAIN
657/1049	LYONS, LARA	4567	01:04:29.50	12:53	H17-INDIV-F	24/48	1673/2225	CALGARY
658/1049	PEARSON, KARLA	4044	01:04:31.75	12:54	H15-INDIV-F	24/39	1674/2225	CALGARY
659/1049	LANGLOIS, KRISTA	3431	01:04:35.60	12:55	H13-INDIV-F	28/46	1675/2225	CALGARY
660/1049	KOMJATHY, KATALIN	4540	01:04:39.85	12:55	H17-INDIV-F	25/48	1676/2225	CALGARY

Overall Gender Results

5K Spartan Individuals - 3.1miles

Female

Gender	Name	Bib#	Time	Pace/k	Div	Cat	O/A	City
661/1049	EMARD-KOSTER, ANGELA	4216	01:04:39.95	12:55	H16-INDIV-F	50/63	1677/2225	BLACKIE
662/1049	BAKER, CHERYL	4439	01:04:42.60	12:56	H17-INDIV-F	26/48	1678/2225	CALGARY
663/1049	REMPEL, CARMELL	2123	01:04:42.95	12:56	H08-INDIV-F	48/72	1679/2225	LACOMBE
664/1049	SPORTAK, CASEY	4077	01:04:47.00	12:57	H15-INDIV-F	25/39	1682/2225	CALGARY
665/1049	GUTIERREZ, JENNIFER	3387	01:04:48.60	12:57	H13-INDIV-F	29/46	1683/2225	CALGARY
666/1049	COUGHLAN, JANICE	1986	01:04:49.00	12:57	H08-INDIV-F	49/72	1684/2225	CALGARY
667/1049	CHAN, COLLEEN	3622	01:04:54.55	12:58	H14-INDIV-F	36/61	1687/2225	LETHBRIDGE
668/1049	HANNA, MICHELLE	1476	01:04:55.85	12:59	H06-INDIV-F	39/77	1688/2225	CALGARY
669/1049	JANZEN, CORRINE	1233	01:04:56.10	12:59	H05-INDIV-F	38/87	1689/2225	COALDALE
670/1049	SHIRKEY, JENNIFER	1611	01:04:56.70	12:59	H06-INDIV-F	40/77	1690/2225	CALGARY
671/1049	MCCULLOCH, ERIN	1106	01:04:59.95	12:59	H04-INDIV-F	55/80	1692/2225	CALGARY
672/1049	CUNNINGHAM, LAUREN	2258	01:05:00.30	13:00	H09-INDIV-F	34/68	1693/2225	CALGARY
673/1049	FIXSEN, LESLIE	916	01:05:03.90	13:00	H04-INDIV-F	56/80	1694/2225	SHERWOOD PARK
674/1049	SMITH, ALYSON	3340	01:05:05.65	13:01	H12-INDIV-F	24/45	1696/2225	CALGARY
675/1049	WHITFIELD, LINDA	2178	01:05:09.10	13:01	H08-INDIV-F	50/72	1697/2225	CRANBROOK
676/1049	BROCK, JEANNE	1970	01:05:10.45	13:02	H08-INDIV-F	51/72	1698/2225	CRANBROOK
677/1049	WIECZOREK, JOSEPHINE S	4117	01:05:15.85	13:03	H15-INDIV-F	26/39	1702/2225	CALGARY
678/1049	JANZEN, NICOLE	1234	01:05:15.85	13:03	H05-INDIV-F	39/87	1701/2225	COALDALE
679/1049	BERRY, DENISE	4727	01:05:17.40	13:03	H18-INDIV-F	51/71	1703/2225	CALGARY
680/1049	CAMPBELL, ELISABETH	1441	01:05:19.15	13:03	H06-INDIV-F	41/77	1704/2225	CALGARY
681/1049	RAHMAN, SAFA	1586	01:05:19.70	13:03	H06-INDIV-F	42/77	1705/2225	CALGARY
682/1049	HUTTON, AMIE	1227	01:05:23.35	13:04	H05-INDIV-F	40/87	1706/2225	RED DEER COUNTY
683/1049	LONG, CORI	1259	01:05:25.65	13:05	H05-INDIV-F	41/87	1709/2225	HIGH RIVER
684/1049	HARMATIUK, CARLEY	3127	01:05:25.90	13:05	H12-INDIV-F	25/45	1711/2225	LETHBRIDGE
685/1049	MARSHALL, SUSAN	1272	01:05:27.25	13:05	H05-INDIV-F	42/87	1712/2225	OKOTOKS
686/1049	LONG, LORIE	1260	01:05:27.90	13:05	H05-INDIV-F	43/87	1713/2225	HIGH RIVER
687/1049	SAUDER, KAILI	1327	01:05:28.60	13:05	H05-INDIV-F	44/87	1714/2225	SWAN RIVER
688/1049	GRYNIA, MAGGIE	4801	01:05:33.35	13:06	H18-INDIV-F	52/71	1717/2225	CALGARY
689/1049	SHUTE, AMANDA	1338	01:05:33.75	13:06	H05-INDIV-F	45/87	1718/2225	AIRDRIE
690/1049	CORNELIUS, NADINE	4973	01:05:35.60	13:07	H18-INDIV-F	53/71	1719/2225	CALGARY
691/1049	PICKARD, SASHA	3492	01:05:36.05	13:07	H13-INDIV-F	30/46	1720/2225	EDMONTON
692/1049	SHEPHERD, SARAH	2430	01:05:36.65	13:07	H09-INDIV-F	35/68	1721/2225	RED DEER
693/1049	LAFRENTZ, CHANDRA	3427	01:05:44.90	13:08	H13-INDIV-F	31/46	1725/2225	CHESTER
694/1049	BENNETT, BRENDA	1694	01:05:58.80	13:11	H03-INDIV-F	63/76	1728/2225	EDMONTON
695/1049	GIBB, SARAH	4506	01:05:59.20	13:11	H17-INDIV-F	27/48	1729/2225	CARDSTON
696/1049	BENNETT, NATASHA	1700	01:05:59.65	13:11	H03-INDIV-F	64/76	1730/2225	SHERWOOD PARK
697/1049	METZ, JENA	1837	01:06:00.80	13:12	H07-INDIV-F	36/49	1731/2225	MEDICINE HAT
698/1049	BENNETT, KRISTI	1135	01:06:05.70	13:13	H03-INDIV-M	69/76	1739/2225	SHERWOOD PARK
699/1049	GUNDERON, LESLIE	3120	01:06:07.70	13:13	H12-INDIV-F	26/45	1741/2225	PRINCE ALBERT
700/1049	BENNETT, LAUREN	1698	01:06:08.55	13:13	H03-INDIV-F	65/76	1742/2225	EDMONTON
701/1049	LATTERY, DJ	4546	01:06:10.35	13:14	H17-INDIV-F	28/48	1743/2225	CALGARY
702/1049	MEYERS, JILL	3187	01:06:11.60	13:14	H12-INDIV-F	27/45	1745/2225	PRINCE ALBERT
703/1049	SCHULTZ, ASHLEY	4629	01:06:13.00	13:14	H17-INDIV-F	29/48	1746/2225	AIRDRIE
704/1049	GUTIERREZ, MIRJANA	90	01:06:13.05	13:14	H01-INDIV-F	23/33	1747/2225	CALGARY
705/1049	DEON, TRACY	895	01:06:15.35	13:15	H04-INDIV-F	57/80	1750/2225	CALGARY
706/1049	PEARSON, TARYN	4892	01:06:15.40	13:15	H18-INDIV-F	54/71	1751/2225	AIRDRIE
707/1049	GLENN, LISA	923	01:06:17.10	13:15	H04-INDIV-F	58/80	1752/2225	CALGARY
708/1049	MCKAY, MEGHAN	2375	01:06:21.45	13:16	H09-INDIV-F	36/68	1754/2225	CALGARY
709/1049	DUKE, DEENA	907	01:06:23.80	13:16	H04-INDIV-F	59/80	1755/2225	PONOKA
710/1049	KLASSEN, BEPIE	3156	01:06:24.45	13:16	H12-INDIV-F	28/45	1756/2225	PRINCE ALBERT
711/1049	HOLTON, MEGAN	941	01:06:25.80	13:17	H04-INDIV-F	60/80	1757/2225	EDMONTON
712/1049	KEETLEY, MELISSA	956	01:06:26.70	13:17	H04-INDIV-F	61/80	1758/2225	MEDICINE HAT
713/1049	WESTLING, CHANY	1085	01:06:28.70	13:17	H04-INDIV-F	62/80	1761/2225	PONOKA
714/1049	BARRETT, LAURA	4720	01:06:32.45	13:18	H18-INDIV-F	55/71	1763/2225	CANMORE
715/1049	VROON, JANET	2454	01:06:33.65	13:18	H09-INDIV-F	37/68	1765/2225	FORT SASKATCHEWAN

Overall Gender Results

5K Spartan Individuals - 3.1miles

Female

Gender	Name	Bib#	Time	Pace/k	Div	Cat	O/A	City
716/1049	PEARCEY, LINDA	747	01:06:35.75	13:19	H03-INDIV-F	66/76	1766/2225	GRANDE PRAIRIE
717/1049	LUU, SHIRLEY	143	01:06:40.40	13:20	H01-INDIV-F	24/33	1768/2225	CALGARY
718/1049	SENF, ASHLEY	3513	01:06:41.45	13:20	H13-INDIV-F	32/46	1769/2225	EDMONTON
719/1049	BRUNNER, KENDA	1714	01:06:42.10	13:20	H07-INDIV-F	37/49	1770/2225	CALGARY
720/1049	DESJARLAIS, ANNE	4764	01:06:44.90	13:20	H18-INDIV-F	56/71	1772/2225	EDMONTON
721/1049	FOX, KAT	4784	01:06:47.00	13:21	H18-INDIV-F	57/71	1774/2225	CALGARY
722/1049	BARTKO, ERIN	3623	01:06:47.90	13:21	H14-INDIV-F	37/61	1775/2225	CALGARY
723/1049	MOSDELL, KRISTEN	2920	01:06:47.95	13:21	H11-INDIV-F	28/39	1776/2225	EDMONTON
724/1049	LUHNING, CAROLYN	2353	01:06:51.40	13:22	H09-INDIV-F	38/68	1777/2225	CALGARY
725/1049	BUCKINGHAM, JODI	1973	01:06:52.55	13:22	H08-INDIV-F	52/72	1778/2225	CRANBROOK
726/1049	L'HIRONDELLE, TIFFANY	3426	01:06:53.60	13:22	H13-INDIV-F	33/46	1779/2225	EDMONTON
727/1049	MIRKA, AMY	3470	01:06:53.85	13:22	H13-INDIV-F	34/46	1780/2225	ST. ALBERT
728/1049	WARREN, BRITTANY	3551	01:06:55.45	13:23	H13-INDIV-F	35/46	1781/2225	CALGARY
729/1049	EAST, MARTINA	4486	01:06:55.60	13:23	H17-INDIV-F	30/48	1782/2225	RIMBEY
730/1049	MCLENNAN, CHRISTINE	1281	01:07:01.10	13:24	H05-INDIV-F	46/87	1783/2225	CALGARY
731/1049	SOONAWALLA, TUSHNA	2434	01:07:01.40	13:24	H09-INDIV-F	39/68	1784/2225	CALGARY
732/1049	HOPSON, CARRIE	103	01:07:18.95	13:27	H01-INDIV-F	25/33	1788/2225	CALGARY
733/1049	SCHLEITER, ANNELIES	488	01:07:19.55	13:27	H02-INDIV-F	36/49	1789/2225	CALGARY
734/1049	STODDARDT, LEA	787	01:07:24.20	13:28	H03-INDIV-F	67/76	1790/2225	MEDICINE HAT
735/1049	VAN BIEZEN, ASHLEY	3263	01:07:26.80	13:29	H12-INDIV-F	29/45	1792/2225	AIRDRIE
736/1049	GARDINER, STEFANIE	1470	01:07:30.05	13:30	H06-INDIV-F	43/77	1795/2225	CALGARY
737/1049	REYNOLDS, APRIL	1036	01:07:31.75	13:30	H04-INDIV-F	63/80	1796/2225	RED DEER
738/1049	WARD, SANDRA	254	01:07:34.15	13:30	H01-INDIV-F	26/33	1798/2225	CALGARY
739/1049	PEDERSON, SARAH	1304	01:07:36.05	13:31	H05-INDIV-F	47/87	1799/2225	CALGARY
740/1049	JILLAIN, KRISTI	1238	01:07:37.00	13:31	H05-INDIV-F	48/87	1800/2225	CALGARY
741/1049	ANDERSON, SHERRY	1684	01:07:46.30	13:33	H07-INDIV-F	38/49	1802/2225	CALGARY
742/1049	RONDEAU, AYMIE	3500	01:07:50.85	13:34	H13-INDIV-F	36/46	1803/2225	CALGARY
743/1049	FERLAINO, ANGIE	1191	01:07:55.60	13:35	H05-INDIV-F	49/87	1805/2225	CALGARY
744/1049	EASTMAN, JENNIFER	4214	01:07:56.95	13:35	H16-INDIV-F	51/63	1808/2225	CALGARY
745/1049	FERLAINO, JAIME	1192	01:07:57.85	13:35	H05-INDIV-F	50/87	1810/2225	CALGARY
746/1049	BUCKLAND, DEANNA	1715	01:08:00.25	13:36	H07-INDIV-F	39/49	1812/2225	RED DEER
747/1049	BOUZETOS, MARIA	1142	01:08:01.15	13:36	H05-INDIV-F	51/87	1813/2225	CALGARY
748/1049	WENSEL, DIANE LOUISE	1365	01:08:03.25	13:36	H05-INDIV-F	52/87	1814/2225	CALGARY
749/1049	SONMOR, QUINN	1345	01:08:05.50	13:37	H05-INDIV-F	53/87	1816/2225	CALGARY
750/1049	WARREN, VESTA	2172	01:08:08.40	13:37	H08-INDIV-F	53/72	1817/2225	SUNDRE
751/1049	COYLE, MEGAN	3082	01:08:08.85	13:37	H12-INDIV-F	30/45	1818/2225	CALGARY
752/1049	NOEL, CINDY	2928	01:08:12.25	13:38	H11-INDIV-F	29/39	1819/2225	OKOTOKS
753/1049	CURR-MYSCHUK, CHRISTINA	4199	01:08:14.65	13:38	H16-INDIV-F	52/63	1820/2225	CALGARY
754/1049	BATES, JESSICA	1130	01:08:20.25	13:40	H05-INDIV-F	54/87	1825/2225	CALGARY
755/1049	DE MELO, JESSICA	3088	01:08:25.95	13:41	H12-INDIV-F	31/45	1826/2225	SASKATOON
756/1049	COUTURIER, SANDRA	3080	01:08:30.45	13:42	H12-INDIV-F	32/45	1828/2225	SPRUCE GROVE
757/1049	BLAIS, COURTNEY	306	01:08:31.70	13:42	H02-INDIV-F	37/49	1829/2225	SASKATOON
758/1049	MORGAN, AMBER	1293	01:08:31.70	13:42	H05-INDIV-F	55/87	1830/2225	WEMBLEY
759/1049	PONATH, NICOLE	467	01:08:32.30	13:42	H02-INDIV-F	38/49	1831/2225	SASKATOON
760/1049	DYRLAND, TAYLOR	4485	01:08:34.00	13:42	H17-INDIV-F	31/48	1832/2225	SYLVAN LAKE
761/1049	SCHORTINGHUIS, REBECCA	2422	01:08:37.45	13:43	H09-INDIV-F	40/68	1834/2225	CALGARY
762/1049	SABY, LINDA	4625	01:08:37.95	13:43	H17-INDIV-F	32/48	1835/2225	NORGLLENWOLD
763/1049	KAROSAS, NICOLE	1239	01:08:41.55	13:44	H05-INDIV-F	56/87	1836/2225	CALGARY
764/1049	WIENS, NICOLE	1368	01:08:42.60	13:44	H05-INDIV-F	57/87	1837/2225	CALGARY
765/1049	GURBUZ, MONICA	1207	01:08:43.20	13:44	H05-INDIV-F	58/87	1838/2225	CALGARY
766/1049	CARLSON, DANIELLE	41	01:08:43.85	13:44	H01-INDIV-F	27/33	1839/2225	LEDUC
767/1049	KNOCH, MEGAN	125	01:08:43.90	13:44	H01-INDIV-F	28/33	1840/2225	LEDUC
768/1049	HICKE, LAUNA	378	01:08:44.80	13:44	H02-INDIV-F	39/49	1841/2225	SASKATOON
769/1049	BOGATH, ASHLEIGH	28	01:08:44.85	13:44	H01-INDIV-F	29/33	1842/2225	LEDUC
770/1049	AUGER, CARA	10	01:08:46.80	13:45	H01-INDIV-F	30/33	1843/2225	LEDUC

Overall Gender Results

5K Spartan Individuals - 3.1 miles

Female

Gender	Name	Bib#	Time	Pace/k	Div	Cat	O/A	City
771/1049	LANDERS, SUZANNE	3713	01:08:50.95	13:46	H14-INDIV-F	38/61	1844/2225	SHERWOOD PARK
772/1049	BARAGAR, JANIS	1125	01:08:51.10	13:46	H05-INDIV-F	59/87	1845/2225	CALGARY
773/1049	AYLES, CHANTELE	3589	01:08:51.25	13:46	H14-INDIV-F	39/61	1846/2225	HIGH PRAIRIE
774/1049	AYLES, EDWINA	3590	01:08:51.80	13:46	H14-INDIV-F	40/61	1847/2225	HIGH PRAIRIE
775/1049	COTE, JENNIFER	2520	01:08:56.70	13:47	H10-INDIV-F	38/46	1848/2225	EDMONTON
776/1049	KOENIG, ANGELA	4261	01:09:00.45	13:48	H16-INDIV-F	53/63	1850/2225	CALGARY
777/1049	RICHELHOF, CHANTELE	3699	01:09:01.65	13:48	H14-INDIV-F	41/61	1851/2225	AIRDRIE
778/1049	APAYDIN, JULIANNA	2744	01:09:02.15	13:48	H11-INDIV-F	30/39	1852/2225	CALGARY
779/1049	GRAY, APREIL	1473	01:09:02.85	13:48	H06-INDIV-F	44/77	1853/2225	ALBERTA
780/1049	SLAPMAN, DEBBIE	1613	01:09:02.95	13:48	H06-INDIV-F	45/77	1854/2225	OKOTOKS
781/1049	MACKAY, DIANE	1526	01:09:03.20	13:48	H06-INDIV-F	46/77	1855/2225	OKOTOKS
782/1049	STRIDE, VICKI	1625	01:09:04.30	13:48	H06-INDIV-F	47/77	1856/2225	OKOTOKS
783/1049	LACROIX, MIRANDA	1248	01:09:04.35	13:48	H05-INDIV-F	60/87	1857/2225	CALGARY
784/1049	PORETSIS, VANESSA	3214	01:09:12.20	13:50	H12-INDIV-F	33/45	1858/2225	VICTORIA
785/1049	CARTWRIGHT, KARI	600	01:09:30.60	13:54	H03-INDIV-F	68/76	1859/2225	GRANDE PRAIRIE
786/1049	WHITLOCK, SHAWNA	3842	01:09:39.15	13:55	H14-INDIV-F	42/61	1864/2225	OKOTOKS
787/1049	HENDERSON, CANDACE	2563	01:09:40.05	13:56	H10-INDIV-F	39/46	1865/2225	AIRDRIE
788/1049	WILLIAMS, ANDREA	3844	01:09:40.25	13:56	H14-INDIV-F	43/61	1866/2225	OKOTOKS
789/1049	MALAND, ANGIE	3728	01:09:40.90	13:56	H14-INDIV-F	44/61	1868/2225	VANCOUVER
790/1049	JOSEPH, JONELLE	4826	01:09:51.15	13:58	H18-INDIV-F	58/71	1870/2225	CALGARY
791/1049	BERTALANIC, DAWN	1955	01:09:51.85	13:58	H08-INDIV-F	54/72	1871/2225	CALGARY
792/1049	EVERSON, KRISTA	2466	01:09:54.80	13:58	H04-INDIV-F	64/80	1872/2225	TORONTO
793/1049	CLARK, JORDANA	1983	01:10:01.25	14:00	H08-INDIV-F	55/72	1876/2225	EDMONTON
794/1049	CHAREST, KYM	3334	01:10:02.65	14:00	H13-INDIV-F	37/46	1877/2225	CALGARY
795/1049	DUNCAN, RAJ	3648	01:10:03.45	14:00	H14-INDIV-F	45/61	1878/2225	BIG VALLEY
796/1049	BENNION, SANDY	1415	01:10:04.60	14:00	H06-INDIV-F	48/77	1879/2225	GRANDE PRARIRE
797/1049	SMITH, KYLEE	4363	01:10:08.20	14:01	H16-INDIV-F	54/63	1880/2225	CALGARY
798/1049	OLSON, KELSEY	3202	01:10:10.60	14:02	H12-INDIV-F	34/45	1881/2225	ROCKY MOUNTAIN
799/1049	PAUL, CHANTELE	2112	01:10:13.65	14:02	H08-INDIV-F	56/72	1883/2225	PRINCE ALBERT
800/1049	BOETTCHER, SARA	4444	01:10:33.95	14:06	H17-INDIV-F	33/48	1886/2225	CALGARY
801/1049	VERGIE, KELLY	4663	01:10:38.65	14:07	H17-INDIV-F	34/48	1887/2225	CALGARY
802/1049	WEILD, JEAN	4670	01:10:40.20	14:08	H17-INDIV-F	35/48	1888/2225	CALGARY
803/1049	POLITIS, NADYA	2945	01:10:44.20	14:08	H11-INDIV-F	31/39	1889/2225	CALGARY
804/1049	ESQUIVEL, NICOLE	2807	01:10:44.80	14:08	H11-INDIV-F	32/39	1890/2225	CALGARY
805/1049	CAMPBELL, JAMIE	4744	01:10:47.25	14:09	H18-INDIV-F	59/71	1891/2225	ROCKY VIEW
806/1049	POLLOCK, KENDRA	3213	01:10:48.75	14:09	H12-INDIV-F	35/45	1892/2225	ALBERTA
807/1049	NG, BERTHA	456	01:10:49.35	14:09	H02-INDIV-F	40/49	1893/2225	EDMONTON
808/1049	REFVIK, JODY	3223	01:10:49.45	14:09	H12-INDIV-F	36/45	1894/2225	CHESTERMERE
809/1049	MANCHUR, KAREN	3178	01:10:49.50	14:09	H12-INDIV-F	37/45	1895/2225	CALGARY
810/1049	MERRITT, NANCY	2625	01:10:51.35	14:10	H08-INDIV-F	57/72	1897/2225	CALGARY
811/1049	HAWCO, LINDSAY	4518	01:10:52.05	14:10	H17-INDIV-F	36/48	1898/2225	CALGARY
812/1049	MILLAN, SARAH	1384	01:11:06.90	14:13	H05-INDIV-F	61/87	1901/2225	CALGARY
813/1049	KELLIHER, DEVON	2055	01:11:08.25	14:13	H08-INDIV-F	58/72	1902/2225	SASKATOON
814/1049	MCCULLOUGH, ROSA	4861	01:11:08.30	14:13	H18-INDIV-F	60/71	1903/2225	CALGARY
815/1049	KAVANAGH, ASHLINN	3151	01:11:09.60	14:13	H12-INDIV-F	38/45	1906/2225	CALGARY
816/1049	EGGLESTON, ERIN	3656	01:11:12.75	14:14	H14-INDIV-F	46/61	1907/2225	ERSKINE
817/1049	LOMENDA, CHELSEA	141	01:11:18.90	14:15	H01-INDIV-F	31/33	1908/2225	LANGDON
818/1049	MERZ, CONSTANCE	2096	01:11:20.15	14:16	H08-INDIV-F	59/72	1909/2225	CRANBROOK
819/1049	SHARUN, AMIE	3514	01:11:23.00	14:16	H13-INDIV-F	38/46	1910/2225	CALGARY
820/1049	BEATON, NEELEY	3036	01:11:26.95	14:17	H12-INDIV-F	39/45	1911/2225	CALGARY
821/1049	LUSSIER CABANA, GENEVIÈVE	1261	01:11:28.45	14:17	H05-INDIV-F	62/87	1912/2225	CALGARY
822/1049	BEFUS, TANYA	1132	01:11:30.90	14:18	H05-INDIV-F	63/87	1914/2225	CALGARY
823/1049	DUFFY, KARI	1996	01:11:30.90	14:18	H08-INDIV-F	60/72	1915/2225	CRANBROOK
824/1049	AVERY, JENN	3030	01:11:30.95	14:18	H12-INDIV-F	40/45	1916/2225	THREE HILLS
825/1049	BUDYNSKI, CANDACE	312	01:11:32.35	14:18	H02-INDIV-F	41/49	1918/2225	EDMONTON

Overall Gender Results

5K Spartan Individuals - 3.1 miles

Female

Gender	Name	Bib#	Time	Pace/k	Div	Cat	O/A	City
826/1049	VANDEN BROEK, ROBYN	2168	01:11:34.30	14:18	H08-INDIV-F	61/72	1919/2225	CRANBROOK
827/1049	JARON, KIRSTEN	1930	01:11:35.70	14:19	H07-INDIV-F	40/49	1920/2225	CALGARY
828/1049	KETTLES, LISA	1799	01:11:36.00	14:19	H07-INDIV-F	41/49	1921/2225	CALGARY
829/1049	HAYDUK, AFTON	1778	01:11:37.30	14:19	H07-INDIV-F	42/49	1922/2225	CALGARY
830/1049	WEBB, MICHELLE	1909	01:11:37.90	14:19	H07-INDIV-F	43/49	1923/2225	CALGARY
831/1049	COOK, HEATHER	551	01:11:44.35	14:20	H02-INDIV-F	42/49	1924/2225	CALGARY
832/1049	SHUDRA, CHRISTINE	1337	01:11:47.95	14:21	H05-INDIV-F	64/87	1925/2225	CALGARY
833/1049	ROSE, SANDI	2665	01:11:48.70	14:21	H08-INDIV-F	62/72	1927/2225	CALGARY
834/1049	MERK, JULINE	1288	01:11:49.75	14:21	H05-INDIV-F	65/87	1929/2225	CALGARY
835/1049	WATSON, KATE	1361	01:11:49.90	14:21	H05-INDIV-F	66/87	1931/2225	CALGARY
836/1049	WILKINSON, JEN	4675	01:11:49.90	14:21	H17-INDIV-F	37/48	1930/2225	CALGARY
837/1049	MCALLISTER, LATEISHA	2366	01:11:50.00	14:22	H09-INDIV-F	41/68	1932/2225	RED DEER
838/1049	WILSON, LUISA	4121	01:11:53.05	14:22	H15-INDIV-F	27/39	1933/2225	CALGARY
839/1049	HUNTER, LORI	2308	01:11:55.65	14:23	H09-INDIV-F	42/68	1935/2225	RED DEER
840/1049	GARNER, KATIE	2012	01:11:55.65	14:23	H08-INDIV-F	63/72	1936/2225	CALGARY
841/1049	BURGER, DANIELLE	1974	01:11:57.50	14:23	H08-INDIV-F	64/72	1937/2225	LETHBRIDGE
842/1049	SIMPSON, NICOLE	2144	01:12:00.85	14:24	H08-INDIV-F	65/72	1938/2225	CRANBROOK
843/1049	WILSON, CHAR	2182	01:12:04.35	14:24	H08-INDIV-F	66/72	1939/2225	CRANBROOK
844/1049	MITCHELL, KANDACE	1104	01:12:20.35	14:28	H04-INDIV-F	65/80	1940/2225	CALGARY
845/1049	KATERENCHUK, TARAH	1240	01:12:25.05	14:29	H05-INDIV-F	67/87	1941/2225	EDMONTON
846/1049	PORTER, ALISHA	1308	01:12:25.75	14:29	H05-INDIV-F	68/87	1942/2225	EDMONTON
847/1049	BOYLE, CHARMAINE	3326	01:12:27.25	14:29	H13-INDIV-F	39/46	1943/2225	CALGARY
848/1049	PIETERSMA, PATTI	1862	01:12:31.90	14:30	H07-INDIV-F	44/49	1945/2225	CALGARY
849/1049	HAYNES, CHERIE-LYNN	3395	01:12:32.10	14:30	H13-INDIV-F	40/46	1946/2225	CHESTERMERE
850/1049	LAMONT, JOLENE	2878	01:12:35.45	14:31	H11-INDIV-F	33/39	1947/2225	MEDICINE HAT
851/1049	CHOMAY, CHANTELE	1444	01:12:38.65	14:31	H06-INDIV-F	49/77	1948/2225	GRANDE PRAIRIE
852/1049	JAREMA IKERT, CHRISTINA	1497	01:12:42.00	14:32	H06-INDIV-F	50/77	1949/2225	SMOKY LAKE
853/1049	JAMIESON, CINDY	1496	01:12:45.10	14:33	H06-INDIV-F	51/77	1950/2225	RADWAY
854/1049	BAILEY, CINDY	1122	01:13:01.50	14:36	H05-INDIV-F	69/87	1952/2225	DEWINTON
855/1049	BLACK, JENNIFER	1137	01:13:03.30	14:36	H05-INDIV-F	70/87	1953/2225	CALGARY
856/1049	SCHMALTZ, LAURA	1047	01:13:06.15	14:37	H04-INDIV-F	66/80	1954/2225	CALGARY
857/1049	INCH, JEN	1103	01:13:07.65	14:37	H04-INDIV-F	67/80	1955/2225	CALGARY
858/1049	SPENCER, TERESA	1102	01:13:08.50	14:37	H04-INDIV-F	68/80	1956/2225	CALGARY
859/1049	MATHIE, SAMANTHA	4296	01:13:16.15	14:39	H16-INDIV-F	55/63	1958/2225	CALGARY
860/1049	LEGG, JESSICA	3166	01:13:18.90	14:39	H12-INDIV-F	41/45	1959/2225	CALGARY
861/1049	CHISWELL, NICOLE	3067	01:13:19.65	14:39	H12-INDIV-F	42/45	1960/2225	CALGARY
862/1049	PAQUIN, TERI	4326	01:13:20.85	14:40	H16-INDIV-F	56/63	1961/2225	CALGARY
863/1049	ROBIDEAU, HEIDI	3792	01:13:21.60	14:40	H14-INDIV-F	47/61	1962/2225	CALGARY
864/1049	OTTESON, STACY	1300	01:13:21.95	14:40	H05-INDIV-F	71/87	1963/2225	HIGH RIVER
865/1049	GOLDIE, BRITA	4794	01:13:25.45	14:41	H18-INDIV-F	61/71	1964/2225	CALGARY
866/1049	BANISTER, MALLARY	4157	01:13:35.00	14:43	H16-INDIV-F	57/63	1967/2225	CALGARY
867/1049	TRISCHUK, PAM	2695	01:13:36.55	14:43	H10-INDIV-F	40/46	1970/2225	EDMONTON
868/1049	GREGORIO, KAYLA	4799	01:13:42.25	14:44	H18-INDIV-F	62/71	1972/2225	CALGARY
869/1049	DOCKSTEADER, ASHLEY	338	01:13:44.45	14:44	H02-INDIV-F	43/49	1974/2225	CALGARY
870/1049	KOVACS, LORI	1246	01:14:19.35	14:51	H05-INDIV-F	72/87	1979/2225	COCHRANE
871/1049	BEATTY, ALIX	1131	01:14:20.40	14:52	H05-INDIV-F	73/87	1980/2225	COCHRANE
872/1049	RADFORD, SHAYE	1315	01:14:20.45	14:52	H05-INDIV-F	74/87	1981/2225	COCHRANE
873/1049	SHARP, AMBER	4069	01:14:31.20	14:54	H15-INDIV-F	28/39	1982/2225	REDCLIFF
874/1049	MEIKLE, BRIANA	1545	01:14:38.95	14:55	H06-INDIV-F	52/77	1984/2225	EDMONTON
875/1049	CROCKER, RACHEL	1174	01:14:47.60	14:57	H05-INDIV-F	75/87	1988/2225	OKOTOKS
876/1049	CAMPBELL, JODIE	3616	01:14:48.65	14:57	H14-INDIV-F	48/61	1990/2225	BUFFALO
877/1049	RUSSELL, ALANNA	4061	01:14:52.20	14:58	H15-INDIV-F	29/39	1991/2225	MEDICINE HAT
878/1049	FIXSEN, HEATHER	915	01:15:04.20	15:00	H04-INDIV-F	69/80	1993/2225	SHERWOOD PARK
879/1049	FARQUHAR, SHANNON	634	01:15:16.00	15:03	H03-INDIV-F	69/76	1995/2225	MEDICINE HAT
880/1049	MACDONALD, LAURIE	3724	01:15:16.00	15:03	H14-INDIV-F	49/61	1994/2225	CALGARY

Overall Gender Results

5K Spartan Individuals - 3.1miles

Female

Gender	Name	Bib#	Time	Pace/k	Div	Cat	O/A	City
881/1049	MCLEAN, JODI	3740	01:15:16.25	15:03	H14-INDIV-F	50/61	1996/2225	CALGARY
882/1049	BELYEA, AMBER	2219	01:15:23.40	15:04	H09-INDIV-F	43/68	1999/2225	FORT SASKATCHE
883/1049	BERGER, JENNIFER	2220	01:15:24.60	15:04	H09-INDIV-F	44/68	2002/2225	FORT SASKATCHE
884/1049	GOULET, TINA	2016	01:15:24.90	15:04	H08-INDIV-F	67/72	2003/2225	THORHILD
885/1049	BYBLOW, ABBY	2236	01:15:24.90	15:04	H09-INDIV-F	45/68	2004/2225	LAMONT
886/1049	MURPHY, STEPHANIE	2387	01:15:25.25	15:05	H09-INDIV-F	46/68	2005/2225	FORT SASKATCHE
887/1049	LUKIE, DONAMARIE	2355	01:15:26.95	15:05	H09-INDIV-F	47/68	2007/2225	FORT SASKATCHE
888/1049	STUEBING, BRENDA	2444	01:15:31.70	15:06	H09-INDIV-F	48/68	2008/2225	FORT SASKATCHE
889/1049	BOUWMAN, BARBARA	2226	01:15:37.50	15:07	H09-INDIV-F	49/68	2011/2225	FORT SASKATCHE
890/1049	YOCHIM, KELSEY	4681	01:15:46.45	15:09	H17-INDIV-F	38/48	2012/2225	CALGARY
891/1049	RITCHIE, MARTHA	2125	01:15:48.25	15:09	H08-INDIV-F	68/72	2013/2225	CRANBROOK
892/1049	ALDERSON, LORRAINE	1943	01:15:50.90	15:10	H08-INDIV-F	69/72	2014/2225	CRANBROOK
893/1049	FLORES, MATEO	3928	01:15:56.85	15:11	H15-INDIV-F	30/39	2015/2225	CALGARY
894/1049	TAYLOR, CAROLINA	4092	01:15:59.40	15:11	H15-INDIV-F	31/39	2016/2225	CALGARY
895/1049	MILLER, ERYN	1839	01:16:09.25	15:13	H07-INDIV-F	45/49	2018/2225	AB
896/1049	HRENCIUC, DANIELA	2305	01:16:11.85	15:14	H09-INDIV-F	50/68	2020/2225	CALGARY
897/1049	MCDONALD, NATASHA	989	01:16:12.45	15:14	H04-INDIV-F	70/80	2021/2225	LANGDON
898/1049	BOOTH, ANGIE	1139	01:16:17.30	15:15	H05-INDIV-F	76/87	2023/2225	COCHRANE
899/1049	GORDON, HEATHER	4227	01:16:23.95	15:16	H16-INDIV-F	58/63	2024/2225	COCHRANE
900/1049	ASSENHEIMER, STACEY	2487	01:16:28.50	15:17	H10-INDIV-F	41/46	2025/2225	CALGARY
901/1049	GUTIERREZ, FRANCIS	659	01:16:40.25	15:20	H03-INDIV-F	70/76	2027/2225	CALGARY
902/1049	NORICO, JULIE	737	01:16:42.20	15:20	H03-INDIV-F	71/76	2028/2225	CHESTERMERE
903/1049	BAHT, CORINNE	1686	01:16:46.40	15:21	H07-INDIV-F	46/49	2030/2225	OKOTOKS
904/1049	MCGILLIVRAY, LISA	1543	01:16:46.55	15:21	H06-INDIV-F	53/77	2031/2225	DRAYTON VALLEY
905/1049	HAFICHUK, ERIN	3946	01:16:47.90	15:21	H15-INDIV-F	32/39	2032/2225	LETHBRIDGE
906/1049	LESTER, KATY	4002	01:16:48.75	15:21	H15-INDIV-F	33/39	2033/2225	LETHBRIDGE
907/1049	SASSEVILLE, SHANNON	1601	01:16:49.70	15:21	H06-INDIV-F	54/77	2034/2225	MORINVILLE
908/1049	KNOWLTON, NATALIE	1802	01:16:49.75	15:21	H07-INDIV-F	47/49	2035/2225	REDCLIFF
909/1049	BATES, UTE	4409	01:16:50.05	15:22	H16-INDIV-F	59/63	2036/2225	AIRDRIE
910/1049	BURNS, SANDY	4411	01:16:50.15	15:22	H16-INDIV-F	60/63	2037/2225	AIRDRIE
911/1049	GIAMBERARDINO, TINA	2542	01:17:01.95	15:24	H10-INDIV-F	42/46	2040/2225	EDMONTON
912/1049	OLATUNDE, TOMILAYO	4039	01:17:05.90	15:25	H15-INDIV-F	34/39	2041/2225	CALGARY
913/1049	WELSH-MOSER, SHANNON	3840	01:17:16.50	15:27	H14-INDIV-F	51/61	2043/2225	CALGARY
914/1049	WHALEN, JANET	3850	01:17:19.15	15:27	H14-INDIV-F	52/61	2044/2225	ST. ALBERT
915/1049	SAWCHUK, GWENDOLEN	1602	01:17:19.30	15:27	H06-INDIV-F	55/77	2045/2225	EDMONTON
916/1049	WHITEFIELD, SARAH	2459	01:17:32.65	15:30	H09-INDIV-F	51/68	2048/2225	EDMONTON
917/1049	DISMACHEK, CRYSTAL	3091	01:17:43.30	15:32	H12-INDIV-F	43/45	2049/2225	CALGARY
918/1049	COLLETT, SANDI	3074	01:17:44.25	15:32	H12-INDIV-F	44/45	2050/2225	CALGARY
919/1049	WILSON, JENNIFER	3279	01:17:45.95	15:33	H12-INDIV-F	45/45	2051/2225	OLDS
920/1049	WHITE, CARRIE	2457	01:17:47.20	15:33	H09-INDIV-F	52/68	2053/2225	CALGARY
921/1049	BUSHFIELD, BRENDA	4454	01:17:47.30	15:33	H17-INDIV-F	39/48	2054/2225	AIRDRIE
922/1049	BURNESS, AMY	1434	01:17:49.25	15:33	H06-INDIV-F	56/77	2055/2225	OKOTOKS
923/1049	CLISSDELL, JODI	1165	01:17:49.95	15:33	H05-INDIV-F	77/87	2056/2225	OKOTOKS
924/1049	PHAM, LINDA	1307	01:17:57.55	15:35	H05-INDIV-F	78/87	2058/2225	CALGARY
925/1049	DECK, LINDSAY	892	01:18:01.30	15:36	H04-INDIV-F	71/80	2060/2225	COCHRANE
926/1049	HAYWOOD, JENNIFER	938	01:18:09.00	15:37	H04-INDIV-F	72/80	2062/2225	CALGARY
927/1049	KURTZ, NIKOLE	2869	01:18:09.15	15:37	H11-INDIV-F	34/39	2063/2225	CALGARY
928/1049	SHORES, NICCI	1335	01:18:10.30	15:38	H05-INDIV-F	79/87	2064/2225	CALGARY
929/1049	CARR, JOLEEN	2511	01:18:14.65	15:38	H10-INDIV-F	43/46	2066/2225	CAMROSE
930/1049	YOUNG, GINA	2723	01:18:17.50	15:39	H10-INDIV-F	44/46	2068/2225	CAMROSE
931/1049	PIERCEY, JODIE	2943	01:18:22.30	15:40	H11-INDIV-F	35/39	2069/2225	CALGARY
932/1049	JORDAN, JULI	2858	01:18:24.20	15:40	H11-INDIV-F	36/39	2070/2225	CALGARY
933/1049	NOSEWORTHY, CAROLINE	4882	01:18:29.50	15:41	H18-INDIV-F	63/71	2071/2225	CALGARY
934/1049	LEE, CORINNA	4279	01:18:36.60	15:43	H01-INDIV-F	32/33	2072/2225	CALGARY
935/1049	PORTER, KAITY	2117	01:18:57.50	15:47	H08-INDIV-F	70/72	2075/2225	CANMORE

Overall Gender Results

5K Spartan Individuals - 3.1miles

Female

Gender	Name	Bib#	Time	Pace/k	Div	Cat	O/A	City
936/1049	FERGUSON, ELIZABETH	636	01:18:58.95	15:47	H03-INDIV-F	72/76	2076/2225	CALGARY
937/1049	STRAUSS, MICHELLE	2443	01:19:03.20	15:48	H09-INDIV-F	53/68	2077/2225	STRATHMORE
938/1049	SAUDER, LORI	1329	01:19:11.80	15:50	H05-INDIV-F	80/87	2079/2225	SWAN RIVER
939/1049	LARSSON, KAREN	1253	01:19:20.35	15:52	H05-INDIV-F	81/87	2080/2225	GRANDE PRAIRIE
940/1049	TURNER, KARA	1079	01:19:27.70	15:53	H04-INDIV-F	73/80	2081/2225	CALGARY
941/1049	SUMMERS, SARAH	3824	01:19:27.85	15:53	H14-INDIV-F	53/61	2082/2225	CALGARY
942/1049	SHARPE, MIRANDA	1053	01:19:28.00	15:53	H04-INDIV-F	74/80	2083/2225	CALGARY
943/1049	BOLTON, SPRING	2754	01:19:34.95	15:54	H11-INDIV-F	37/39	2085/2225	SPARWOOD
944/1049	HWANG, MIRINAE	4242	01:19:45.75	15:57	H16-INDIV-F	61/63	2087/2225	CALGARY
945/1049	BROWNLEE, JILLIAN	3611	01:19:55.65	15:59	H14-INDIV-F	54/61	2089/2225	RED DEER
946/1049	CAVANAGH, EMILY	3618	01:19:56.05	15:59	H14-INDIV-F	55/61	2090/2225	PERTH
947/1049	CLARK, ALEXIS	2769	01:19:58.05	15:59	H11-INDIV-F	38/39	2091/2225	CALGARY
948/1049	CRUMPLER, TARA	3347	01:20:10.45	16:02	H13-INDIV-F	41/46	2092/2225	CALGARY
949/1049	CLEMENTS, EMILY	4972	01:20:11.75	16:02	H18-INDIV-F	64/71	2093/2225	CALGARY
950/1049	HANSEN, NIKI	4804	01:20:12.15	16:02	H18-INDIV-F	65/71	2094/2225	CALGARY
951/1049	SHERMAN, SHEILA	4918	01:20:13.25	16:02	H18-INDIV-F	66/71	2095/2225	PRIDDIS
952/1049	FIOR, MEGHANN	3666	01:20:13.75	16:02	H14-INDIV-F	56/61	2096/2225	CALGARY
953/1049	WAKEFIELD, YOLANDA	4950	01:20:15.55	16:03	H18-INDIV-F	67/71	2097/2225	FORT MCMURRAY
954/1049	AYOTTE, AURELIE	4714	01:20:17.00	16:03	H18-INDIV-F	68/71	2098/2225	FORT MCMURRAY
955/1049	GREEN, CANDACE	4511	01:20:21.10	16:04	H17-INDIV-F	40/48	2100/2225	FORT ST JOHN
956/1049	BEREZOWSKI, CHLOE	3602	01:20:24.85	16:04	H14-INDIV-F	57/61	2101/2225	CALGARY
957/1049	LE, KIYOMI	3716	01:20:25.05	16:05	H14-INDIV-F	58/61	2102/2225	CALGARY
958/1049	THOMPSON, EMILY	4382	01:20:26.65	16:05	H16-INDIV-F	62/63	2103/2225	CALGARY
959/1049	LAUDER, REBECCA	1510	01:20:36.05	16:07	H06-INDIV-F	57/77	2105/2225	SPRINGBROOK
960/1049	CONWAY, CHARDELLE	3631	01:20:41.00	16:08	H14-INDIV-F	59/61	2106/2225	CALGARY
961/1049	WENDELL, TOBI	3841	01:20:44.15	16:08	H14-INDIV-F	60/61	2107/2225	CALGARY
962/1049	JONASSON, KIM	1926	01:20:47.45	16:09	H07-INDIV-F	48/49	2108/2225	SPRINGBROOK
963/1049	HUGHES, STEPHANIE	2307	01:21:09.45	16:13	H09-INDIV-F	54/68	2110/2225	CALGARY
964/1049	TOWERS, KARMA	2447	01:21:10.95	16:14	H09-INDIV-F	55/68	2111/2225	CALGARY
965/1049	SCURRAH, KRISTA	1331	01:21:21.00	16:16	H05-INDIV-F	82/87	2112/2225	CALGARY
966/1049	TYSON, BRENDA	2165	01:21:42.60	16:20	H08-INDIV-F	71/72	2113/2225	CRANBROOK
967/1049	ERICKSON, DAWNA	2003	01:21:47.45	16:21	H08-INDIV-F	72/72	2115/2225	CRANBROOK
968/1049	INGRAM, SHAREEN	1230	01:21:55.20	16:23	H05-INDIV-F	83/87	2117/2225	MEDICINE HAT
969/1049	MCLEAN, KATHLEEN	1280	01:21:56.80	16:23	H05-INDIV-F	84/87	2118/2225	AIRDRIE
970/1049	FLEMMER, RACHELLE	1196	01:21:57.95	16:23	H05-INDIV-F	85/87	2119/2225	MEDICINE HAT
971/1049	MAATJE, NADINE	2358	01:22:04.45	16:24	H09-INDIV-F	56/68	2121/2225	LETHBRIDGE
972/1049	LEMIEUX, JULIANNE	3437	01:22:05.40	16:25	H13-INDIV-F	42/46	2122/2225	ST. ALBERT
973/1049	LOGAN, HEATHER	3443	01:22:06.05	16:25	H13-INDIV-F	43/46	2123/2225	EDMONTON
974/1049	INGRAM, SARAH	3411	01:22:06.95	16:25	H13-INDIV-F	44/46	2125/2225	EDMONTON
975/1049	HAYDEN, LANI	4520	01:22:19.20	16:27	H17-INDIV-F	41/48	2126/2225	CALGARY
976/1049	LAROSE, RITA	2340	01:22:28.65	16:29	H09-INDIV-F	57/68	2129/2225	CALGARY
977/1049	SHELLEY, LEANNE	2429	01:22:42.05	16:32	H09-INDIV-F	58/68	2131/2225	ALLAN
978/1049	MURRAY, BECKY	997	01:22:42.25	16:32	H04-INDIV-F	75/80	2132/2225	RED DEER
979/1049	KOOLEN, ROBYN	3980	01:22:56.70	16:35	H15-INDIV-F	35/39	2135/2225	CALGARY
980/1049	LO, GRACE	139	01:23:00.10	16:36	H01-INDIV-F	33/33	2137/2225	CALGARY
981/1049	MATTHEWS, AMANDA	1534	01:23:21.80	16:40	H06-INDIV-F	58/77	2138/2225	BLACKFALDS
982/1049	MINNI, JADE	4133	01:23:21.90	16:40	H15-INDIV-F	36/39	2139/2225	CALGARY
983/1049	HILGERSOM, CANDICE	1484	01:23:24.05	16:40	H06-INDIV-F	59/77	2140/2225	BLACKFALDS
984/1049	MANGA, SHARI	2362	01:23:29.40	16:41	H09-INDIV-F	59/68	2141/2225	CALGARY
985/1049	CAMERON-THURBER, HONOR	3613	01:23:36.95	16:43	H14-INDIV-F	61/61	2142/2225	LETHBRIDGE
986/1049	HARDER, SHELLEY	2296	01:23:45.70	16:45	H09-INDIV-F	60/68	2144/2225	SASKATOON
987/1049	BREMNER, MELISSA	2230	01:24:00.45	16:48	H09-INDIV-F	61/68	2145/2225	CALGARY
988/1049	CADRIN, AMANDA	2237	01:24:03.30	16:48	H09-INDIV-F	62/68	2146/2225	CALGARY
989/1049	FISHER, MELISSA	2278	01:24:03.40	16:48	H09-INDIV-F	63/68	2147/2225	CALGARY
990/1049	LANNAN, MARCY	1507	01:24:05.45	16:49	H06-INDIV-F	60/77	2149/2225	CALGARY

Overall Gender Results

5K Spartan Individuals - 3.1miles

Female

Gender	Name	Bib#	Time	Pace/k	Div	Cat	O/A	City
991/1049	YOUNGBERG, KAREN	1659	01:24:05.80	16:49	H06-INDIV-F	61/77	2150/2225	CALGARY
992/1049	LUKMAN, JENNIFER	3450	01:24:10.30	16:50	H13-INDIV-F	45/46	2151/2225	CALGARY
993/1049	JONES, ROSE	2316	01:24:10.80	16:50	H09-INDIV-F	64/68	2152/2225	CALGARY
994/1049	SUTHERLAND, BRANDI	3537	01:24:11.00	16:50	H13-INDIV-F	46/46	2153/2225	CALGARY
995/1049	SCHALK, CHEREMI	1045	01:24:12.40	16:50	H04-INDIV-F	76/80	2154/2225	COALDALE
996/1049	LUYBEN, CHRISTINE	2608	01:24:21.75	16:52	H10-INDIV-F	45/46	2156/2225	CALGARY
997/1049	FILEWICH, TRACEY	2531	01:24:24.10	16:52	H10-INDIV-F	46/46	2157/2225	LANGDON
998/1049	FINCH, ROSEMARY	2277	01:24:31.35	16:54	H09-INDIV-F	65/68	2158/2225	CALGARY
999/1049	COOPER, JACLYN	1449	01:24:43.50	16:56	H06-INDIV-F	62/77	2159/2225	OKOTOKS
1000/1049	NICOL, CARLIE	1564	01:24:45.50	16:57	H06-INDIV-F	63/77	2160/2225	BLACKIE
1001/1049	PICKETT, BARBARA	1581	01:24:46.05	16:57	H06-INDIV-F	64/77	2161/2225	OKOTOKS
1002/1049	HAYWARD, KASEY	1479	01:24:49.05	16:57	H06-INDIV-F	65/77	2162/2225	OKOTOKS
1003/1049	BAIER, GERRI	4436	01:25:23.25	17:04	H17-INDIV-F	42/48	2165/2225	CONDOR
1004/1049	ROSS, MICHELLE	4622	01:25:23.60	17:04	H17-INDIV-F	43/48	2166/2225	SYLVAN LAKE
1005/1049	COLES, CHERYL	880	01:25:27.60	17:05	H04-INDIV-F	77/80	2167/2225	CALGARY
1006/1049	WALLI, CARLA	1647	01:26:22.35	17:16	H06-INDIV-F	66/77	2168/2225	LETHBRIDGE
1007/1049	SHINWALD, STACIE	1662	01:26:24.45	17:16	H06-INDIV-F	67/77	2169/2225	EDMONTON
1008/1049	HOPALUK, NIKI	1488	01:26:26.25	17:17	H06-INDIV-F	68/77	2170/2225	RED DEER
1009/1049	BEALS, REBECCA	1413	01:26:27.75	17:17	H06-INDIV-F	69/77	2171/2225	RED DEER
1010/1049	HOPP, NICOLE	1489	01:26:29.00	17:17	H06-INDIV-F	70/77	2172/2225	RED DEER
1011/1049	GRZELA, JANET	2291	01:27:11.75	17:26	H09-INDIV-F	66/68	2174/2225	CALGARY
1012/1049	MOLLER, ALLISON	1551	01:27:42.10	17:32	H06-INDIV-F	71/77	2176/2225	CALGARY
1013/1049	WHYTE, CAROL	1089	01:28:11.05	17:38	H04-INDIV-F	78/80	2179/2225	CALGARY
1014/1049	KAUFMAN, ANGELE	1797	01:28:19.40	17:39	H07-INDIV-F	49/49	2180/2225	LAC LA BICHE
1015/1049	LAING, STEPHANIE	411	01:28:55.00	17:47	H02-INDIV-F	44/49	2181/2225	STRATHMORE
1016/1049	LAING, GERRY	410	01:28:55.05	17:47	H02-INDIV-F	45/49	2182/2225	CLARESHOLM
1017/1049	CORBIERE, HOLLIE	329	01:28:56.90	17:47	H02-INDIV-F	46/49	2183/2225	CALGARY
1018/1049	TALLACK, CAROLYN	519	01:28:59.15	17:47	H02-INDIV-F	47/49	2184/2225	STEINBACH
1019/1049	HAFSO, KERIANN	4514	01:29:07.90	17:49	H17-INDIV-F	44/48	2185/2225	EDMONTON
1020/1049	TSIELOS, RACHELLE	4658	01:29:35.80	17:55	H17-INDIV-F	45/48	2187/2225	EDMONTON
1021/1049	RUTHERFORD, AMANDA	4624	01:29:36.15	17:55	H17-INDIV-F	46/48	2188/2225	EDMONTON
1022/1049	COULOMBE, KATHLEEN	618	01:30:20.40	18:04	H03-INDIV-F	73/76	2189/2225	EDMONTON
1023/1049	TIETZSCH, ADRIANA	1078	01:32:02.20	18:24	H04-INDIV-F	79/80	2190/2225	RED DEER
1024/1049	CAVIC, ARSENIJA	867	01:32:03.10	18:24	H04-INDIV-F	80/80	2191/2225	RED DEER
1025/1049	MORGAN, MELISSA	2916	01:32:13.70	18:26	H11-INDIV-F	39/39	2192/2225	CALGARY
1026/1049	MULDERS, SONIA	731	01:32:57.95	18:35	H03-INDIV-F	74/76	2195/2225	EDMONTON
1027/1049	MASON, CINDY	719	01:32:58.05	18:35	H03-INDIV-F	75/76	2196/2225	EDMONTON
1028/1049	VIBERT, ASIA	4946	01:33:35.45	18:43	H18-INDIV-F	69/71	2197/2225	CALGARY
1029/1049	LANGLOIS, CATHY	1252	01:33:45.30	18:45	H05-INDIV-F	86/87	2198/2225	CALGARY
1030/1049	ESTRADA, EUNICE	1190	01:33:45.85	18:45	H05-INDIV-F	87/87	2199/2225	CALGARY
1031/1049	TELFORD, BARBARA	4978	01:34:19.15	18:51	H18-INDIV-F	70/71	2200/2225	CALGARY
1032/1049	HABKE, KATHY	1474	01:35:17.95	19:03	H06-INDIV-F	72/77	2201/2225	CALGARY
1033/1049	MOLL, MIRANDA	2382	01:36:00.05	19:12	H09-INDIV-F	67/68	2202/2225	CALGARY
1034/1049	GRYSCHUK, TRUDY	2290	01:36:00.30	19:12	H09-INDIV-F	68/68	2203/2225	CALGARY
1035/1049	REINHARDT, ERIN	1589	01:37:11.20	19:26	H06-INDIV-F	73/77	2204/2225	CALGARY
1036/1049	ROBERTSON, KRISTY	1591	01:37:13.30	19:26	H06-INDIV-F	74/77	2206/2225	OKOTOKS
1037/1049	HALVORSON, CHRISTIE	1475	01:38:03.70	19:36	H06-INDIV-F	75/77	2207/2225	CARSTAIRS
1038/1049	COQUET, PAMELA	1450	01:38:04.55	19:36	H06-INDIV-F	76/77	2208/2225	CHESTERMERE
1039/1049	CLEARY, TINA	322	01:42:09.00	20:25	H02-INDIV-F	48/49	2210/2225	BROOKS
1040/1049	KENNEDY, ASHLEY	3974	01:43:49.55	20:45	H15-INDIV-F	37/39	2212/2225	CALGARY
1041/1049	TAYLOR, TAMMY	4378	01:43:53.35	20:46	H16-INDIV-F	63/63	2213/2225	PONOKA
1042/1049	DISTAD, NOELLE	4768	01:45:21.20	21:04	H18-INDIV-F	71/71	2214/2225	EDMONTON
1043/1049	OSUNTOGUN, TOUN	4041	01:46:29.00	21:17	H15-INDIV-F	38/39	2215/2225	CALGARY
1044/1049	DAWE, TAMMIE	4474	01:48:55.30	21:47	H17-INDIV-F	47/48	2216/2225	AIRDRIE
1045/1049	COX, AMY	4468	01:58:12.85	23:38	H17-INDIV-F	48/48	2217/2225	FORT ST JOHN

Overall Gender Results

5K Spartan Individuals - 3.1miles

Female

Gender	Name	Bib#	Time	Pace/k	Div	Cat	O/A	City
1046/1049	LEUNG, CORAL	1514	01:59:50.80	23:58	H06-INDIV-F	77/77	2218/2225	PRINCE GEORGE
1047/1049	GAHAN, BOBBIE-JO	644	02:08:52.45	25:46	H03-INDIV-F	76/76	2220/2225	CALGARY
1048/1049	HORNBY, ANGELA	3959	02:09:24.30	25:52	H15-INDIV-F	39/39	2222/2225	CALGARY
1049/1049	SAELENS, AMANDA	485	03:54:36.90	46:55	H02-INDIV-F	49/49	2224/2225	AIRDRIE

Overall Gender Results

5K Spartan Individuals - 3.1miles

Male

Gender	Name	Bib#	Time	Pace/k	Div	Cat	O/A	City
1/1176	GRETTON, CHARLIE	86	00:25:31.08	05:06	H01-INDIV-M	1/94	1/2225	CALGARY
2/1176	BALL, CRAIG	15	00:26:04.35	05:12	H01-INDIV-M	2/94	2/2225	CALGARY
3/1176	NEAL, SAMUEL	4035	00:27:05.05	05:25	H15-INDIV-M	1/61	3/2225	CALGARY
4/1176	PHIPPS, FRANK	180	00:27:09.60	05:25	H01-INDIV-M	3/94	4/2225	GRAND FORKS
5/1176	ZUK, BRAYDON	270	00:27:22.60	05:28	H01-INDIV-M	4/94	5/2225	PRINCE ALBERT
6/1176	MANCHEE, NEIL	4855	00:27:23.00	05:28	H18-INDIV-M	1/86	6/2225	CALGARY
7/1176	COURT, ADRIAN	2784	00:27:35.35	05:31	H11-INDIV-M	1/65	7/2225	CALGARY
8/1176	RUHLAND, TOMAS	200	00:27:36.65	05:31	H01-INDIV-M	5/94	8/2225	CALGARY
9/1176	MCGRATH, SCOTT	435	00:28:11.50	05:38	H02-INDIV-M	1/83	9/2225	EDMONTON
10/1176	KERBER, TOM	123	00:28:13.25	05:38	H01-INDIV-M	6/94	10/2225	BLACKDIAMOND
11/1176	DYMENT, GEOFF	553	00:28:19.60	05:39	H02-INDIV-M	2/83	12/2225	CALGARY
12/1176	WEBBER, JEFF	257	00:28:28.60	05:41	H01-INDIV-M	7/94	13/2225	CALGARY
13/1176	MAYVILLE, KURT	153	00:28:30.75	05:42	H01-INDIV-M	8/94	14/2225	CALGARY
14/1176	FORSTER, JOSH	2536	00:28:36.95	05:43	H10-INDIV-M	1/71	15/2225	CALGARY
15/1176	NEWMARCH, BRIAN	1386	00:28:38.45	05:43	H05-INDIV-M	1/65	16/2225	
16/1176	DUHAULT, ALEXANDER	3647	00:28:52.70	05:46	H14-INDIV-M	1/63	17/2225	CALGARY
17/1176	MACISAAC, ALEX	1263	00:29:01.95	05:48	H05-INDIV-M	2/65	18/2225	EDMONTON
18/1176	MARCINKOWSKI, GAVIN	149	00:29:02.55	05:48	H01-INDIV-M	9/94	19/2225	LETHBRIDGE
19/1176	PAGET, ED	1018	00:29:10.95	05:50	H04-INDIV-M	1/63	20/2225	CALGARY
20/1176	COTE, ROBBIE	2255	00:29:20.65	05:52	H09-INDIV-M	1/74	21/2225	CALGARY
21/1176	HUBICK, CHRIS	1225	00:29:42.00	05:56	H05-INDIV-M	3/65	22/2225	EDMONTON
22/1176	ETHIER, NICHOLAS	62	00:29:48.25	05:57	H01-INDIV-M	10/94	23/2225	EDMONTON
23/1176	WHICHUK, RANDAL	1086	00:29:52.50	05:58	H04-INDIV-M	2/63	24/2225	CALGARY
24/1176	CONSTANCE, STU	884	00:29:52.90	05:58	H04-INDIV-M	3/63	25/2225	CALGARY
25/1176	HARRIS, ADAM	2836	00:29:54.70	05:58	H11-INDIV-M	2/65	26/2225	CALGARY
26/1176	YARSCHENKO, ADAM	831	00:29:59.05	05:59	H03-INDIV-M	1/76	27/2225	CALGARY
27/1176	STRATFORD, SHAUN	511	00:29:59.90	05:59	H02-INDIV-M	3/83	28/2225	ST ALBERT
28/1176	GARCIA, GREG	2540	00:30:01.95	06:00	H10-INDIV-M	2/71	29/2225	CALGARY
29/1176	BULMER, ROBERT	4738	00:30:03.95	06:00	H18-INDIV-M	2/86	30/2225	CALGARY
30/1176	JORDAN, PETER	113	00:30:06.40	06:01	H01-INDIV-M	11/94	31/2225	ST ALBERT
31/1176	ROMANOW, BRETT	482	00:30:06.55	06:01	H02-INDIV-M	4/83	32/2225	CALGARY
32/1176	SUDLOW, DAVE	830	00:30:14.45	06:02	H03-INDIV-M	2/76	33/2225	CALGARY
33/1176	FARENİK, TANNER	63	00:30:17.80	06:03	H01-INDIV-M	12/94	34/2225	CALGARY
34/1176	NEWMAN, KRIS	734	00:30:23.85	06:04	H03-INDIV-M	3/76	35/2225	INVERMERE
35/1176	GIDDENS, JOHN	4793	00:30:27.25	06:05	H18-INDIV-M	3/86	36/2225	REDWOOD MEAD
36/1176	SPAFFORD, ED	784	00:30:35.40	06:07	H03-INDIV-M	4/76	37/2225	RED DEER
37/1176	MESSER, NOLAN	3746	00:30:41.30	06:08	H14-INDIV-M	2/63	38/2225	CALGARY
38/1176	ELFORD, SHAWN	2528	00:30:45.25	06:09	H10-INDIV-M	3/71	39/2225	CALGARY
39/1176	MCDERMOTT, SCOTT	154	00:30:46.20	06:09	H01-INDIV-M	13/94	40/2225	SYLVAN LAKE
40/1176	GIBLIN, BRAD	2286	00:30:52.25	06:10	H09-INDIV-M	2/74	41/2225	CALGARY
41/1176	BABIUK, JARROD	14	00:31:04.65	06:12	H01-INDIV-M	14/94	42/2225	CALGARY
42/1176	TYLLA, PAUL	529	00:31:20.85	06:16	H02-INDIV-M	5/83	45/2225	COQUITLAM
43/1176	ALMEIDA, JOSINALDO	289	00:31:21.70	06:16	H02-INDIV-M	6/83	46/2225	ST. ALBERT
44/1176	MACPHEE, KARL	146	00:31:26.35	06:17	H01-INDIV-M	15/94	47/2225	EDMONTON
45/1176	MESTON, CASSIDY	4579	00:31:26.75	06:17	H17-INDIV-M	1/55	48/2225	SYLVAN LAKE
46/1176	BARRETT, DARCY	1127	00:31:33.00	06:18	H05-INDIV-M	4/65	49/2225	HIGH RIVER
47/1176	SWINDEN, DAVE	1629	00:31:37.65	06:19	H05-INDIV-M	5/65	50/2225	CALGARY
48/1176	GERLINSKY, CHRIS	648	00:31:44.45	06:20	H03-INDIV-M	5/76	51/2225	EDMONTON
49/1176	MARSH, RYAN	1271	00:31:44.90	06:20	H05-INDIV-M	6/65	52/2225	EDMONTON
50/1176	BAZANT, RYAN	578	00:31:45.85	06:21	H03-INDIV-M	6/76	54/2225	DEWINTON
51/1176	KHEONG, ZACHARY	2864	00:31:49.55	06:21	H10-INDIV-M	4/71	55/2225	CALGARY
52/1176	MERKLEY, RYAN	1836	00:31:52.95	06:22	H07-INDIV-M	1/47	56/2225	CALGARY
53/1176	ASKIN, ANDREW	2212	00:31:55.50	06:23	H09-INDIV-M	3/74	57/2225	EDMONTON
54/1176	CHURCH, JASON	2246	00:32:10.30	06:26	H09-INDIV-M	4/74	58/2225	REGINA
55/1176	SCHEIRMAN, DARREN	4347	00:32:10.85	06:26	H16-INDIV-M	1/72	59/2225	CALGARY

Overall Gender Results

5K Spartan Individuals - 3.1miles

Male

Gender	Name	Bib#	Time	Pace/k	Div	Cat	O/A	City
56/1176	PAULSEN, MICHAEL	4891	00:32:13.40	06:26	H18-INDIV-M	4/86	60/2225	EDMONTON
57/1176	CHARTIER, CONNOR	3897	00:32:20.65	06:28	H15-INDIV-M	2/61	61/2225	COALDALE
58/1176	MORK, TORVAL	2917	00:32:26.55	06:29	H11-INDIV-M	3/65	62/2225	CALGARY
59/1176	PEARSON, DUSTIN	4043	00:32:27.80	06:29	H15-INDIV-M	3/61	63/2225	CALGARY
60/1176	MCLEOD, CONOR	157	00:32:28.50	06:29	H01-INDIV-M	16/94	64/2225	RED DEER
61/1176	DALTON, BRYAN	1736	00:32:30.05	06:30	H01-INDIV-M	17/94	65/2225	MEDICINE HAT
62/1176	HOUGHTON, IAN	105	00:32:35.15	06:31	H01-INDIV-M	18/94	67/2225	CANMORE
63/1176	MCEWEN, DEREK	4026	00:32:36.50	06:31	H15-INDIV-M	4/61	68/2225	CALGARY
64/1176	HIRONAKA, CLAYTON	3405	00:32:36.95	06:31	H13-INDIV-M	1/65	69/2225	LETHBRIDGE
65/1176	IANNACE, JOEL	107	00:32:40.70	06:32	H01-INDIV-M	19/94	70/2225	CALGARY
66/1176	ELEKES, CONNOR	60	00:32:43.50	06:32	H01-INDIV-M	20/94	71/2225	CALGARY
67/1176	STRAND, JARED	510	00:32:49.25	06:33	H02-INDIV-M	7/83	72/2225	CALGARY
68/1176	TETRAULT, J-M	525	00:32:51.90	06:34	H02-INDIV-M	8/83	74/2225	EDMONTON
69/1176	MATSER, JEFF	152	00:32:54.90	06:34	H01-INDIV-M	21/94	75/2225	CALGARY
70/1176	CASWELL, MIKE	601	00:32:59.95	06:35	H03-INDIV-M	7/76	76/2225	INVERMERE
71/1176	GOSSE, RICHARD	3384	00:33:00.50	06:36	H13-INDIV-M	2/65	77/2225	CANMORE
72/1176	DEL CASTILHO, COLIN	4762	00:33:01.70	06:36	H18-INDIV-M	5/86	78/2225	CALGARY
73/1176	DIEP, JASON	1459	00:33:03.10	06:36	H06-INDIV-M	1/31	79/2225	RED DEER
74/1176	SPORTAK, KENTON	4078	00:33:07.60	06:37	H15-INDIV-M	5/61	80/2225	CALGARY
75/1176	KANG, LEON	116	00:33:09.00	06:37	H01-INDIV-M	22/94	81/2225	CALGARY
76/1176	GUSS, TIM	88	00:33:17.25	06:39	H01-INDIV-M	23/94	82/2225	CALGARY
77/1176	BIRSE, JEREMY	3325	00:33:18.85	06:39	H13-INDIV-M	3/65	83/2225	CALGARY
78/1176	JOHNSON, TIM	398	00:33:19.55	06:39	H02-INDIV-M	9/83	84/2225	COCHRANE
79/1176	PETERSON, KEVIN	176	00:33:21.10	06:40	H01-INDIV-M	24/94	85/2225	CALGARY
80/1176	NORRIS, NICHOLAS	1568	00:33:23.30	06:40	H06-INDIV-M	2/31	86/2225	CALGARY
81/1176	LI, GARY	136	00:33:27.30	06:41	H01-INDIV-M	25/94	87/2225	CALGARY
82/1176	ULLYOTT, BRETT	3290	00:33:29.20	06:41	H12-INDIV-M	1/45	88/2225	CALGARY
83/1176	LAFORREST GENDRON, RAPHAËL	4839	00:33:30.40	06:42	H18-INDIV-M	6/86	89/2225	PRIDDIS
84/1176	FOX, JAMI	71	00:33:32.65	06:42	H01-INDIV-M	26/94	90/2225	CALGARY
85/1176	BIGGS, ADAM	3320	00:33:32.85	06:42	H13-INDIV-M	4/65	91/2225	CALGARY
86/1176	BERGERON, ISMAEL	300	00:33:36.50	06:43	H02-INDIV-M	10/83	92/2225	LETHBRIDGE
87/1176	MCGORMAN, CURTIS	3737	00:33:36.90	06:43	H14-INDIV-M	3/63	93/2225	CALGARY
88/1176	CHEPEL, IVAN	3337	00:33:40.40	06:44	H13-INDIV-M	5/65	94/2225	EDMONTON
89/1176	NOBLE, OLIVER	2104	00:33:42.15	06:44	H08-INDIV-M	1/60	95/2225	CALGARY
90/1176	LENGSFELD, CHAD	2596	00:33:43.50	06:44	H10-INDIV-M	5/71	96/2225	CALGARY
91/1176	NG, HUBERT	2389	00:33:49.05	06:45	H09-INDIV-M	5/74	98/2225	CALGARY
92/1176	SCHEMENAUER, NATHAN	2670	00:33:50.05	06:46	H10-INDIV-M	6/71	99/2225	CALGARY
93/1176	KUCHER, CHRIS	3424	00:33:52.50	06:46	H13-INDIV-M	6/65	100/2225	EDMONTON
94/1176	NICHOLSON, WILLIAM	2643	00:33:54.55	06:46	H10-INDIV-M	7/71	101/2225	CALGARY
95/1176	ELIA, DARREN	4774	00:33:57.60	06:47	H18-INDIV-M	7/86	103/2225	CALGARY
96/1176	BOYD, SCOTT	3886	00:33:57.95	06:47	H15-INDIV-M	6/61	104/2225	ARROWWOOD
97/1176	CAVE, MATT	271	00:34:02.45	06:48	H01-INDIV-M	27/94	105/2225	TORONTO
98/1176	NEARY, RAY	2924	00:34:05.60	06:49	H11-INDIV-M	4/65	106/2225	MEDICINE HAT
99/1176	WOOD, EARL	820	00:34:06.10	06:49	H03-INDIV-M	8/76	107/2225	CALGARY
100/1176	SIMPSON, KENT	1339	00:34:09.80	06:49	H05-INDIV-M	7/65	108/2225	EDMONTON
101/1176	TREMMEL, JUSTIN	4692	00:34:12.75	06:50	H17-INDIV-M	2/55	109/2225	SYLVAN LAKE
102/1176	SOEHN, KYLE	1891	00:34:14.60	06:50	H07-INDIV-M	2/47	110/2225	RED DEER
103/1176	LANE, TRENT	4841	00:34:15.60	06:51	H18-INDIV-M	8/86	111/2225	CALGARY
104/1176	KIRWIN, LIAM	3978	00:34:17.60	06:51	H15-INDIV-M	7/61	112/2225	MONTREAL
105/1176	EGGER, SCOTT	2000	00:34:19.95	06:51	H08-INDIV-M	2/60	113/2225	BROOKS
106/1176	SHTAND, JASON	1058	00:34:25.40	06:53	H04-INDIV-M	4/63	114/2225	CALGARY
107/1176	COWGER, ERIC	4196	00:34:28.85	06:53	H16-INDIV-M	2/72	115/2225	CALGARY
108/1176	JANUSC, TRISTAN	3964	00:34:33.40	06:54	H15-INDIV-M	8/61	116/2225	CALGARY
109/1176	CONSTANCE, PAUL	883	00:34:36.65	06:55	H04-INDIV-M	5/63	117/2225	CALGARY
110/1176	STEWART, COREY	1347	00:34:37.00	06:55	H05-INDIV-M	8/65	118/2225	EDMONTON

Overall Gender Results

5K Spartan Individuals - 3.1miles

Male

Gender	Name	Bib#	Time	Pace/k	Div	Cat	O/A	City
111/1176	FISKE, RODERICK	66	00:34:51.30	06:58	H01-INDIV-M	28/94	119/2225	CALGARY
112/1176	GREENE, COREY	4512	00:34:54.90	06:58	H17-INDIV-M	3/55	120/2225	LETHBRIDGE
113/1176	WILKINS, BRUCE	3273	00:34:55.30	06:59	H12-INDIV-M	2/45	121/2225	CAYLEY
114/1176	CAMPBELL, BILL	1539	00:34:55.80	06:59	H06-INDIV-M	3/31	122/2225	DRAYTON VALLEY
115/1176	CLARK, RHYS	321	00:34:56.85	06:59	H02-INDIV-M	11/83	123/2225	CALGARY
116/1176	HUSAIN, NAJEF	677	00:35:01.60	07:00	H03-INDIV-M	9/76	124/2225	CALGARY
117/1176	PENNER, JACOB	174	00:35:03.85	07:00	H01-INDIV-M	29/94	125/2225	EDMONTON
118/1176	MCDONELL, BERNARD	1387	00:35:04.55	07:00	H05-INDIV-M	9/65	126/2225	CALGARY
119/1176	CROTEAU, MARTIN	50	00:35:05.20	07:01	H01-INDIV-M	30/94	127/2225	CALGARY
120/1176	LE BOEUF, DAVID	3717	00:35:08.45	07:01	H14-INDIV-M	4/63	128/2225	CALGARY
121/1176	LEBLANC, MIKE	2343	00:35:10.55	07:02	H09-INDIV-M	6/74	129/2225	BEAUMONT
122/1176	BERINGER, CHRIS	3880	00:35:10.70	07:02	H15-INDIV-M	9/61	130/2225	EDMONTON
123/1176	LENGSFELD, BYRON	2595	00:35:12.25	07:02	H10-INDIV-M	8/71	131/2225	CALGARY
124/1176	FLEISHMAN, RYAN	3106	00:35:15.95	07:03	H12-INDIV-M	3/45	132/2225	CALGARY
125/1176	SINCLAIR, BRAD	3812	00:35:17.00	07:03	H14-INDIV-M	5/63	133/2225	CANMORE
126/1176	CROOKS, LINCOLN	4746	00:35:18.05	07:03	H18-INDIV-M	9/86	134/2225	SASKATOON
127/1176	PAVIC, RAJKO	4603	00:35:25.55	07:05	H17-INDIV-M	4/55	135/2225	CALGARY
128/1176	LAMBRIS, FOTIS	698	00:35:26.30	07:05	H03-INDIV-M	10/76	136/2225	MEDICINE HAT
129/1176	PAULSON, SCOTT	3487	00:35:28.80	07:05	H13-INDIV-M	7/65	137/2225	CALGARY
130/1176	HERTZ, NATHAN	99	00:35:28.85	07:05	H01-INDIV-M	31/94	138/2225	CALGARY
131/1176	BERGEN, MICHAEL	2749	00:35:35.75	07:07	H11-INDIV-M	5/65	139/2225	CAMROSE
132/1176	LARIVIERE, PATRICK	412	00:35:36.40	07:07	H02-INDIV-M	12/83	140/2225	COLD LAKE
133/1176	BRADFORD, DAVID	34	00:35:37.85	07:07	H01-INDIV-M	32/94	141/2225	CALGARY
134/1176	EDWARDS, NOEL	345	00:35:40.40	07:08	H02-INDIV-M	13/83	142/2225	CALGARY
135/1176	GHERAN, PAUL	2823	00:35:40.50	07:08	H11-INDIV-M	6/65	143/2225	CALGARY
136/1176	MOONEY, COLIN	4871	00:35:44.35	07:08	H18-INDIV-M	10/86	144/2225	CALGARY
866/1176	BARNES, BRAD	4420	00:35:46.10	11:18	H16-INDIV-F	71/86	1282/2225	CALGARY
866/1176	BENTLEY, ANDREW	4420	00:35:46.10	11:18	H18-INDIV-M	71/86	1282/2225	CALGARY
139/1176	HALEY, MATTHEW	929	00:35:50.60	07:10	H04-INDIV-M	6/63	147/2225	CALGARY
140/1176	REIMER, PETE	3225	00:35:51.80	07:10	H12-INDIV-M	4/45	148/2225	CALGARY
141/1176	RICHARDSON, THOMAS	4057	00:36:00.85	07:12	H15-INDIV-M	10/61	149/2225	CALGARY
142/1176	RAUCKMAN, MATTHEW	4337	00:36:03.20	07:12	H16-INDIV-M	3/72	151/2225	CALGARY
143/1176	STEVENSON, JESSE	221	00:36:04.40	07:12	H01-INDIV-M	33/94	152/2225	CALGARY
144/1176	DAINTON, JAMIE	2786	00:36:05.85	07:13	H11-INDIV-M	7/65	153/2225	CALGARY
145/1176	ADKINS, CHRIS	3583	00:36:08.75	07:13	H14-INDIV-M	6/63	154/2225	CALGARY
146/1176	GOULD, JAMES	1945	00:36:09.15	07:13	H07-INDIV-M	3/47	155/2225	CALGARY
147/1176	LENAOUR, TAYLOR	4550	00:36:10.20	07:14	H17-INDIV-M	5/55	156/2225	LETHBRIDGE
148/1176	COOPER, JARO	615	00:36:15.65	07:15	H03-INDIV-M	11/76	157/2225	CALGARY
149/1176	BATTEN, BRAD	3599	00:36:15.70	07:15	H14-INDIV-M	7/63	158/2225	CALGARY
150/1176	WALICKI, JAN	4665	00:36:16.45	07:15	H17-INDIV-M	6/55	159/2225	LETHBRIDGE
151/1176	DEVERE-BENNETT, NOEL	4765	00:36:19.55	07:15	H18-INDIV-M	12/86	160/2225	CALGARY
152/1176	DANYLUK, CAM	1177	00:36:21.90	07:16	H05-INDIV-M	10/65	161/2225	CALGARY
153/1176	KENT, TAYLOR	3286	00:36:25.75	07:17	H12-INDIV-M	5/45	162/2225	CALGARY
154/1176	EVELEIGH, DARREN	1746	00:36:28.00	07:17	H07-INDIV-M	4/47	163/2225	LETHBRIDGE
155/1176	BALDWIN, BLAINE	3592	00:36:29.10	07:17	H14-INDIV-M	8/63	164/2225	LETHBRIDGE
156/1176	DIEBEL, TYLER	4688	00:36:31.00	07:18	H17-INDIV-M	7/55	165/2225	REGINA
157/1176	SQUIRE, GORD	1896	00:36:32.85	07:18	H07-INDIV-M	5/47	166/2225	CALGARY
158/1176	SY, KEVIN	4649	00:36:34.05	07:18	H17-INDIV-M	8/55	167/2225	CALGARY
159/1176	PIRIE, GLEN	3494	00:36:35.55	07:19	H13-INDIV-M	8/65	168/2225	LETHBRIDGE
160/1176	THOMAS, SEAN	231	00:36:39.90	07:19	H01-INDIV-M	34/94	169/2225	CALGARY
161/1176	SANDEN, TYLER	205	00:36:40.15	07:20	H01-INDIV-M	35/94	170/2225	CALGARY
162/1176	MURRAY, CAMERON	4030	00:36:40.60	07:20	H15-INDIV-M	11/61	171/2225	LETHBRIDGE
163/1176	STEWART, RUSSEL	554	00:36:45.65	07:21	H02-INDIV-M	14/83	172/2225	LETHBRIDGE
164/1176	ROTHNIE, GORDON	4908	00:36:48.40	07:21	H18-INDIV-M	13/86	173/2225	FORT SMITH
165/1176	OLSON, KEL	2646	00:36:50.00	07:22	H10-INDIV-M	9/71	174/2225	CALGARY

Overall Gender Results

5K Spartan Individuals - 3.1miles

Male

Gender	Name	Bib#	Time	Pace/k	Div	Cat	O/A	City
166/1176	MCKEE, MILES	2093	00:36:50.35	07:22	H08-INDIV-M	3/60	175/2225	COCHRANE
167/1176	POPE, CARL	4332	00:36:51.65	07:22	H16-INDIV-M	4/72	176/2225	CALGARY
168/1176	STRINGER, REJ	788	00:36:51.95	07:22	H03-INDIV-M	12/76	177/2225	SWIFT CURRENT
169/1176	THOMSON, JEFF	3828	00:36:55.35	07:23	H14-INDIV-M	9/63	178/2225	ONOWAY
170/1176	RUSNAK, CHAD	3691	00:36:55.95	07:23	H14-INDIV-M	10/63	179/2225	CALGARY
171/1176	PHILLIPS, IAIN	4418	00:36:58.35	07:23	H16-INDIV-M	5/72	181/2225	LAKE LOUISE
172/1176	DION, TRAVIS	625	00:36:58.40	07:23	H03-INDIV-M	13/76	182/2225	IRVINE
173/1176	NAYLOR, WILLIAM	166	00:36:59.55	07:23	H01-INDIV-M	36/94	183/2225	CALGARY
174/1176	LOHNES, DARREN	4848	00:37:02.95	07:24	H18-INDIV-M	14/86	186/2225	CALGARY
175/1176	PHILLIPS, RYAN	2407	00:37:02.95	07:24	H09-INDIV-M	7/74	185/2225	COCHRANE
176/1176	JAMES, CHRIS	3690	00:37:05.40	07:25	H14-INDIV-M	11/63	187/2225	CALGARY
177/1176	GRYZKO, SHANE	1763	00:37:06.50	07:25	H07-INDIV-M	6/47	188/2225	CALGARY
178/1176	FOKKENS, KEVIN	2534	00:37:14.50	07:26	H10-INDIV-M	10/71	190/2225	AIRDRIE
179/1176	BROWN, NOLAN	597	00:37:20.40	07:28	H03-INDIV-M	14/76	192/2225	CALGARY
180/1176	COSLOVICH, RYAN	330	00:37:22.10	07:28	H02-INDIV-M	15/83	193/2225	AIRDRIE
181/1176	LARWAY, BRAD	415	00:37:24.40	07:28	H02-INDIV-M	16/83	194/2225	CALGARY
182/1176	KAPPAHN, JORDAN	2320	00:37:26.05	07:29	H08-INDIV-M	4/60	195/2225	SASKATOON
183/1176	BENDER, BRAD	3038	00:37:27.65	07:29	H12-INDIV-M	6/45	196/2225	CALGARY
184/1176	KHA, WILLIAM	688	00:37:27.85	07:29	H03-INDIV-M	15/76	197/2225	EDMONTON
185/1176	PHILLIPS, STEVE	3211	00:37:29.40	07:29	H12-INDIV-M	7/45	198/2225	COCHRANE
186/1176	YOUNG, SEAN	4417	00:37:30.40	07:30	H16-INDIV-M	6/72	199/2225	CALGARY
187/1176	RIVEST, CODY	3498	00:37:30.75	07:30	H13-INDIV-M	9/65	200/2225	COCHRANE
188/1176	ZEGGIL, DARREN	3566	00:37:33.15	07:30	H13-INDIV-M	10/65	201/2225	EDMONTON
189/1176	LIEN, DARCY	1931	00:37:35.95	07:31	H07-INDIV-M	7/47	202/2225	CALGARY
190/1176	LUNDELL, DALLAS	3451	00:37:39.85	07:31	H13-INDIV-M	11/65	203/2225	RED DEER
191/1176	OLIVARES, DAVID	3758	00:37:40.60	07:32	H14-INDIV-M	12/63	204/2225	CALGARY
192/1176	SOULODRE, JAIME	4927	00:37:40.70	07:32	H18-INDIV-M	15/86	205/2225	CALGARY
193/1176	SCHEIRMAN, CHAD	4346	00:37:41.00	07:32	H16-INDIV-M	7/72	206/2225	CALGARY
194/1176	DEHOD, THOMAS	4974	00:37:43.90	07:32	H18-INDIV-M	16/86	207/2225	SASKATOON
195/1176	GLAZIER, MICHAEL	3677	00:37:44.55	07:32	H14-INDIV-M	13/63	209/2225	EDMONTON
196/1176	WELWOOD, JOSHUA	4956	00:37:45.80	07:33	H18-INDIV-M	17/86	210/2225	CALGARY
197/1176	SINCLAIR, SEAN	2146	00:37:46.00	07:33	H08-INDIV-M	5/60	211/2225	CRANBROOK
198/1176	HEAD, KRIS	3129	00:37:49.20	07:33	H12-INDIV-M	8/45	212/2225	CALGARY
199/1176	LECLERC, GREG	3996	00:37:50.50	07:34	H15-INDIV-M	12/61	213/2225	CALGARY
200/1176	HUSTON, LOGAN	3410	00:37:51.65	07:34	H13-INDIV-M	12/65	214/2225	CALGARY
201/1176	BULYCH, MICHAEL	2761	00:37:52.55	07:34	H11-INDIV-M	8/65	215/2225	CALGARY
202/1176	ENGELHARDT, JOHN	272	00:37:53.50	07:34	H01-INDIV-M	37/94	216/2225	SYLVAN LAKE
203/1176	ROBERTSON, EVAN	2126	00:37:54.05	07:34	H08-INDIV-M	6/60	217/2225	CALGARY
204/1176	KING, SHANE	3701	00:37:55.90	07:35	H14-INDIV-M	14/63	218/2225	CALGARY
205/1176	QUINN, COLTON	3219	00:37:56.90	07:35	H12-INDIV-M	9/45	219/2225	CALGARY
206/1176	STEWART, BENSON	508	00:37:58.80	07:35	H02-INDIV-M	17/83	220/2225	MAGRATH
207/1176	HAWMAN, SHELLDON	2839	00:37:59.50	07:35	H11-INDIV-M	9/65	221/2225	FORT SASKATCHEWAN
208/1176	WALKER, JUSTIN	2991	00:38:01.80	07:36	H11-INDIV-M	10/65	222/2225	CALGARY
209/1176	LARGE, ALEX	2070	00:38:08.15	07:37	H08-INDIV-M	7/60	223/2225	CANMORE
210/1176	HUMMEL, ANDREW	392	00:38:09.25	07:37	H02-INDIV-M	18/83	224/2225	COALHURST
211/1176	VAN OLM, BRAD	530	00:38:09.55	07:37	H02-INDIV-M	19/83	225/2225	EDMONTON
212/1176	WEISGARBER, KYLE	536	00:38:12.25	07:38	H02-INDIV-M	20/83	226/2225	REGINA
213/1176	HARTY, PAT	2558	00:38:12.70	07:38	H10-INDIV-M	11/71	227/2225	DIDSBURY
214/1176	HICKE, NEIL	2196	00:38:13.35	07:38	H07-INDIV-M	8/47	228/2225	CALGARY
215/1176	BAIRD, PHILLIP	2492	00:38:15.30	07:39	H10-INDIV-M	12/71	229/2225	CALGARY
216/1176	SKORONSKI, KELLY	502	00:38:19.20	07:39	H02-INDIV-M	21/83	230/2225	ABERDEEN
217/1176	GALENZOSKI, TRAVIS	4787	00:38:20.50	07:40	H18-INDIV-M	18/86	231/2225	DIDSBURY
218/1176	SAPIEHA, JEFF	3252	00:38:21.95	07:40	H12-INDIV-M	10/45	232/2225	CALGARY
219/1176	VAN NIEUWKERK, BRENT	1902	00:38:30.95	07:42	H07-INDIV-M	9/47	233/2225	CLIVE
220/1176	DEVRIES, ALLAN	899	00:38:31.70	07:42	H04-INDIV-M	7/63	234/2225	CALGARY

Overall Gender Results

5K Spartan Individuals - 3.1miles

Male

Gender	Name	Bib#	Time	Pace/k	Div	Cat	O/A	City
221/1176	JOHNSON, TREVOR	4824	00:38:33.05	07:42	H18-INDIV-M	19/86	236/2225	CALGARY
222/1176	GUY, MICHAEL	91	00:38:33.40	07:42	H01-INDIV-M	38/94	237/2225	CALGARY
223/1176	JOOSTEN, NATHAN	1501	00:38:36.15	07:43	H06-INDIV-M	4/31	238/2225	CALGARY
224/1176	MOWAT, ADAM	2921	00:38:37.35	07:43	H11-INDIV-M	11/65	239/2225	CALGARY
225/1176	LOACH, ALEX	2603	00:38:38.55	07:43	H10-INDIV-M	13/71	240/2225	EDMONTON
226/1176	KUORI, DEAN	969	00:38:40.70	07:44	H04-INDIV-M	8/63	241/2225	EDMONTON
227/1176	CLANCY, BRANT	2768	00:38:42.05	07:44	H11-INDIV-M	12/65	242/2225	CALGARY
228/1176	COX, BRENT	3081	00:38:44.00	07:44	H12-INDIV-M	11/45	243/2225	EDMONTON
229/1176	SERBAN, CORNEL	3568	00:38:45.40	07:45	H13-INDIV-M	13/65	244/2225	DE WINTON AB
230/1176	GLYDON, SEAN	78	00:38:46.80	07:45	H01-INDIV-M	39/94	245/2225	STRATHMORE
231/1176	YOUNG, SEAN	2732	00:38:48.60	07:45	H10-INDIV-M	14/71	246/2225	CALGARY
232/1176	TROTTER, JASON	240	00:38:52.30	07:46	H01-INDIV-M	40/94	247/2225	LETHBRIDGE
233/1176	OROSZ, KENT	2648	00:38:52.75	07:46	H10-INDIV-M	15/71	248/2225	SASKATOON
234/1176	NOVAK, JESSE	4037	00:38:54.25	07:46	H15-INDIV-M	13/61	249/2225	SHERWOOD PARK
235/1176	DANIELS, ROBIN	621	00:38:55.65	07:47	H03-INDIV-M	16/76	250/2225	TILLEY
236/1176	VISSER, TRAVIS	3547	00:38:56.30	07:47	H13-INDIV-M	14/65	251/2225	LETHBRIDGE
237/1176	BOYKO, MICHAEL	2228	00:38:56.40	07:47	H09-INDIV-M	8/74	252/2225	ROCKY MOUNTAIN
238/1176	COX, MATTHEW	2521	00:38:57.00	07:47	H10-INDIV-M	16/71	253/2225	CALGARY
239/1176	INGRAM, CHARLIE	4819	00:38:57.15	07:47	H18-INDIV-M	20/86	254/2225	CALGARY
240/1176	ANHOLT, LANDON	3867	00:38:58.90	07:47	H15-INDIV-M	14/61	256/2225	CALGARY
241/1176	DOMMETT, GEOFFREY	4479	00:38:59.05	07:47	H17-INDIV-M	9/55	257/2225	SASKATOON
242/1176	FISHER, JUSTIN J FISHER	3372	00:38:59.30	07:47	H13-INDIV-M	15/65	258/2225	CALGARY
243/1176	FLYNN, MARK	353	00:39:01.95	07:48	H02-INDIV-M	22/83	259/2225	MEDICINE HAT
244/1176	MARRINAN, CARSON	4856	00:39:03.75	07:48	H18-INDIV-M	21/86	260/2225	CALGARY
245/1176	STRUYK, CARL	2158	00:39:05.60	07:49	H08-INDIV-M	8/60	261/2225	EDMONTON
246/1176	GRAY, ANDREW	653	00:39:05.85	07:49	H03-INDIV-M	17/76	262/2225	CALGARY
247/1176	LORANGER, SIMON	4850	00:39:09.75	07:49	H18-INDIV-M	22/86	263/2225	CALGARY
248/1176	MURRAY, STEVEN	454	00:39:11.25	07:50	H02-INDIV-M	23/83	264/2225	BROOKS
249/1176	JONES, KIM	2315	00:39:12.50	07:50	H09-INDIV-M	9/74	265/2225	CALGARY
250/1176	DANCE, ROSS	2522	00:39:16.75	07:51	H10-INDIV-M	17/71	267/2225	CALGARY
251/1176	WILSON, BRYON	3407	00:39:18.00	07:51	H13-INDIV-M	16/65	268/2225	CALGARY
252/1176	PECKHAM, KYLE	1022	00:39:18.30	07:51	H04-INDIV-M	9/63	269/2225	SHERWOOD PARK
253/1176	FLAHERTY, KEVIN	3009	00:39:18.80	07:51	H11-INDIV-M	13/65	270/2225	EDMONTON
254/1176	MACPHERSON, JOHN	2613	00:39:19.10	07:51	H10-INDIV-M	18/71	271/2225	CALGARY
255/1176	LARSON, GARY	1508	00:39:19.30	07:51	H06-INDIV-M	5/31	272/2225	REGINA
256/1176	SEILER, ANDREAS	2961	00:39:24.10	07:52	H11-INDIV-M	14/65	273/2225	GRANDE PRAIRIE
257/1176	KELLY, BRADEN	3152	00:39:31.95	07:54	H12-INDIV-M	12/45	276/2225	CALGARY
258/1176	QUINN, PATRICK	3220	00:39:32.55	07:54	H12-INDIV-M	13/45	277/2225	CALGARY
259/1176	STICKSL, COLIN	2686	00:39:34.70	07:54	H10-INDIV-M	19/71	279/2225	CALGARY
260/1176	BASA, ROBERT	3597	00:39:34.75	07:54	H14-INDIV-M	15/63	280/2225	CALGARY
261/1176	BLY, MIKE	3605	00:39:35.00	07:55	H14-INDIV-M	16/63	281/2225	LETHBRIDGE
262/1176	STRATICHUK, EVAN	512	00:39:40.55	07:56	H02-INDIV-M	24/83	282/2225	EDMONTON
263/1176	ZDRAVKOVIC, IGOR	3006	00:39:41.35	07:56	H11-INDIV-M	15/65	283/2225	CALGARY
264/1176	COSSITT, MYRON	4751	00:39:46.80	07:57	H18-INDIV-M	23/86	285/2225	STURGEON COUN
265/1176	GRAHAM, SCOTT	1758	00:39:47.40	07:57	H07-INDIV-M	10/47	286/2225	CRANBROOK
266/1176	GIRARDO, LOUIS	3113	00:39:47.60	07:57	H12-INDIV-M	14/45	287/2225	CALGARY
267/1176	WEBSTER, LIAM	811	00:39:48.55	07:57	H03-INDIV-M	18/76	288/2225	DEWINTON
268/1176	WALKER, SCOTT	4394	00:39:50.40	07:58	H16-INDIV-M	8/72	289/2225	CANMORE
269/1176	MACHUK, STEVE	2083	00:39:56.30	07:59	H08-INDIV-M	9/60	290/2225	REGINA
270/1176	GRAY, MIKE	3386	00:39:56.70	07:59	H13-INDIV-M	17/65	291/2225	CALGARY
271/1176	LUU, CHRIS	4851	00:39:58.15	07:59	H18-INDIV-M	24/86	292/2225	CALGARY
272/1176	LAMBERT, GRAHAM	4854	00:40:00.75	08:00	H18-INDIV-M	25/86	295/2225	CALMAR
273/1176	KELLY, BRENDAN	2581	00:40:01.90	08:00	H03-INDIV-M	19/76	296/2225	CALGARY
274/1176	MACKENZIE, SCOTT	4571	00:40:02.80	08:00	H17-INDIV-M	10/55	298/2225	EDMONTON
275/1176	COTE, RICHARD	2782	00:40:03.00	08:00	H11-INDIV-M	16/65	299/2225	CALGARY

Overall Gender Results

5K Spartan Individuals - 3.1miles

Male

Gender	Name	Bib#	Time	Pace/k	Div	Cat	O/A	City
276/1176	NORRIS, DJ	4881	00:40:03.10	08:00	H18-INDIV-M	26/86	300/2225	CALGARY
277/1176	HAYES, FLINT	2728	00:40:03.40	08:00	H10-INDIV-M	20/71	301/2225	SEATTLE
278/1176	COMANDANTE, JASON	2253	00:40:03.60	08:00	H09-INDIV-M	10/74	303/2225	CALGARY
279/1176	GRAY, DYLAN	4508	00:40:03.60	08:00	H17-INDIV-M	11/55	302/2225	CALGARY
280/1176	BERNIER LACASSE, ALEXANDRE	301	00:40:03.65	08:00	H02-INDIV-M	25/83	304/2225	BROOKS
281/1176	CORNFIELD, ADAM	3905	00:40:05.20	08:01	H15-INDIV-M	15/61	305/2225	CALGARY
282/1176	RAMSEY, MARK	1316	00:40:07.15	08:01	H05-INDIV-M	11/65	306/2225	CALGARY
283/1176	BARRY, NEAL	4721	00:40:09.20	08:01	H18-INDIV-M	27/86	307/2225	FORT MCMURRAY
284/1176	KNUTSON, DAVID	3420	00:40:10.00	08:02	H13-INDIV-M	18/65	308/2225	CARSTAIRS
285/1176	O'KEEFE, KELLY	4883	00:40:15.15	08:03	H18-INDIV-M	28/86	309/2225	CALGARY
286/1176	LAYS, GREGORY	3715	00:40:18.90	08:03	H14-INDIV-M	17/63	310/2225	OTTAWA
287/1176	GARRIES, RUSSELL	920	00:40:19.20	08:03	H04-INDIV-M	10/63	311/2225	CALGARY
288/1176	BONIFACE, KENNETH	307	00:40:20.45	08:04	H02-INDIV-M	26/83	313/2225	RED DEER
289/1176	CIARRONI, TYLER	4464	00:40:22.95	08:04	H17-INDIV-M	12/55	315/2225	EDMONTON
290/1176	SEDA, IAN	2198	00:40:23.75	08:04	H08-INDIV-M	10/60	316/2225	CALGARY
291/1176	TREMBLAY, ROB	239	00:40:26.10	08:05	H01-INDIV-M	41/94	317/2225	SASKATOON
292/1176	EHMANN, ALEX	1743	00:40:28.15	08:05	H07-INDIV-M	11/47	319/2225	EDMONTON
293/1176	STENNER, CHRISTIAN	4930	00:40:28.50	08:05	H18-INDIV-M	29/86	320/2225	CALGARY
294/1176	SHEWCHUK, RYAN	3809	00:40:28.80	08:05	H14-INDIV-M	18/63	321/2225	BRANDON
295/1176	BARNETT, PAUL	3595	00:40:29.80	08:05	H14-INDIV-M	19/63	323/2225	CALGARY
296/1176	CAMPBELL, MICHAEL	1157	00:40:30.45	08:06	H05-INDIV-M	12/65	324/2225	HIGH RIVER
297/1176	NG, HANSEN	1562	00:40:32.30	08:06	H06-INDIV-M	6/31	325/2225	CALGARY
298/1176	BAKKE, BRAD	3869	00:40:35.65	08:07	H15-INDIV-M	16/61	326/2225	CALGARY
299/1176	BOWIE, DONALD	4448	00:40:38.50	08:07	H17-INDIV-M	13/55	327/2225	GRANDE PRAIRIE
300/1176	COMSTOCK, STEPHEN	614	00:40:42.60	08:08	H03-INDIV-M	20/76	329/2225	MEDICINE HAT
301/1176	MILLER, SAM	2377	00:40:43.95	08:08	H09-INDIV-M	11/74	330/2225	CALGARY
302/1176	YU, BRYAN	2724	00:40:44.55	08:08	H10-INDIV-M	21/71	331/2225	ST. ALBERT
303/1176	BIRSE, ANDREW	3323	00:40:46.60	08:09	H13-INDIV-M	19/65	332/2225	CALGARY
304/1176	REHMANN, MIKE	3224	00:40:47.60	08:09	H12-INDIV-M	15/45	334/2225	CALGARY
305/1176	TEEBAY, TOM	4380	00:40:48.15	08:09	H16-INDIV-M	9/72	335/2225	PRIDDIS
306/1176	RILEA, KENTON	2954	00:40:54.15	08:10	H11-INDIV-M	17/65	336/2225	CALGARY
307/1176	DION, MATHIEU	4767	00:40:55.55	08:11	H18-INDIV-M	30/86	338/2225	CALGARY
308/1176	NICHOLETTS, TYLER	4319	00:40:55.65	08:11	H16-INDIV-M	10/72	339/2225	CALGARY
309/1176	MCCOY, SHAWN	1833	00:40:56.75	08:11	H07-INDIV-M	12/47	340/2225	EDMONTON
310/1176	LANGERUD, DEREK	1250	00:40:57.20	08:11	H05-INDIV-M	13/65	341/2225	RED DEER
311/1176	ANDERTON, TERRY	2743	00:40:57.75	08:11	H11-INDIV-M	18/65	342/2225	CALGARY
312/1176	SMITH, BRODY	4357	00:41:02.70	08:12	H16-INDIV-M	11/72	343/2225	CALGARY
313/1176	SKERGET, ERIC	4923	00:41:04.50	08:12	H18-INDIV-M	31/86	345/2225	CALGARY
314/1176	THIESSEN, NICK	798	00:41:05.45	08:13	H03-INDIV-M	21/76	347/2225	BROOKS
315/1176	HAARMANN, BEN	3388	00:41:06.55	08:13	H13-INDIV-M	20/65	348/2225	AIRDRIE
316/1176	WIEBE, JORDAN	3843	00:41:07.25	08:13	H14-INDIV-M	20/63	349/2225	CALGARY
317/1176	BOOTSMA, DAVE	3607	00:41:08.35	08:13	H14-INDIV-M	21/63	350/2225	PENHOLD
318/1176	BORYS, TIM	854	00:41:09.10	08:13	H04-INDIV-M	11/63	351/2225	CALGARY
319/1176	JANZEN, CALVIN	4821	00:41:09.40	08:13	H18-INDIV-M	32/86	352/2225	RED DEER
320/1176	ANDERSON, CAM	2484	00:41:09.80	08:13	H10-INDIV-M	22/71	353/2225	CALGARY
321/1176	MALMSTROM, TANDY	1269	00:41:16.10	08:15	H05-INDIV-M	14/65	354/2225	CALGARY
322/1176	ROBBINS, JAMES	479	00:41:18.20	08:15	H02-INDIV-M	27/83	355/2225	EDMONTON
323/1176	WITZEL, JORDAN	540	00:41:21.90	08:16	H02-INDIV-M	28/83	356/2225	CALGARY
324/1176	SZETO, REX	226	00:41:22.70	08:16	H01-INDIV-M	42/94	357/2225	CALGARY
325/1176	KIRYAKOS, JAMES	2058	00:41:26.35	08:17	H08-INDIV-M	11/60	358/2225	CALGARY
326/1176	CLARK, JOSH	875	00:41:28.65	08:17	H04-INDIV-M	12/63	360/2225	CALGARY
327/1176	SIGUENZA, JAIME	1888	00:41:29.15	08:17	H07-INDIV-M	13/47	361/2225	CRANBROOK
328/1176	NEWTON, MICHAEL	1005	00:41:30.55	08:18	H04-INDIV-M	13/63	362/2225	CALGARY
329/1176	PHILLIPS, THOMAS	3212	00:41:32.30	08:18	H12-INDIV-M	16/45	363/2225	COCHRANE
330/1176	CADGER, CURTIS	4177	00:41:32.80	08:18	H16-INDIV-M	12/72	364/2225	CALGARY

Overall Gender Results

5K Spartan Individuals - 3.1miles

Male

Gender	Name	Bib#	Time	Pace/k	Div	Cat	O/A	City
331/1176	ROBINSON, BRENT	1592	00:41:36.35	08:19	H06-INDIV-M	7/31	366/2225	OKOTOKS
332/1176	MCKENZIE, DAVID	4862	00:41:37.95	08:19	H18-INDIV-M	33/86	367/2225	RED DEER
333/1176	TERLETSKI, CLAYTON	1350	00:41:40.40	08:20	H05-INDIV-M	15/65	368/2225	HIGH RIVER
334/1176	LEESON, CHRIS	4549	00:41:41.75	08:20	H17-INDIV-M	14/55	369/2225	CALGARY
335/1176	ATIENZA, RODIEL	4712	00:41:44.45	08:20	H18-INDIV-M	34/86	370/2225	CALGARY
336/1176	CHISHOLM, BRAD	3899	00:41:48.30	08:21	H15-INDIV-M	17/61	372/2225	SASKATOON
337/1176	ROBERGE, KEVIN	759	00:41:49.30	08:21	H03-INDIV-M	22/76	373/2225	CRANBROOK
338/1176	NG, HENRY	2388	00:41:51.10	08:22	H09-INDIV-M	12/74	374/2225	CALGARY
339/1176	ROSS, AARON	4907	00:41:51.55	08:22	H18-INDIV-M	35/86	375/2225	BROOKS
340/1176	KNAUS, DUANE	2327	00:41:53.00	08:22	H09-INDIV-M	13/74	376/2225	CALGARY
341/1176	DINGMAN, ADAM	2793	00:41:53.30	08:22	H11-INDIV-M	19/65	377/2225	INNIFAIL
342/1176	BELL, CHRIS	1133	00:41:57.50	08:23	H05-INDIV-M	16/65	378/2225	STRATHMORE
343/1176	KYER, SHAWN	3159	00:41:58.05	08:23	H12-INDIV-M	17/45	380/2225	CALGARY
344/1176	LUBIMOV, KIRK	4010	00:42:02.50	08:24	H15-INDIV-M	18/61	381/2225	CALGARY
345/1176	KERR, KEVIN	3153	00:42:05.80	08:25	H12-INDIV-M	18/45	382/2225	CALGARY
346/1176	HUME, IAN	4817	00:42:07.00	08:25	H18-INDIV-M	36/86	383/2225	RED DEER
347/1176	LUND, JEFFREY	2606	00:42:07.45	08:25	H10-INDIV-M	23/71	384/2225	ST ALBERT
348/1176	HOLDITCH, KEN	2303	00:42:07.95	08:25	H09-INDIV-M	14/74	385/2225	CALGARY
349/1176	FARQUHARSON, CODY	350	00:42:09.15	08:25	H02-INDIV-M	29/83	386/2225	AIRDRIE
350/1176	KAVANAGH, TREVOR	121	00:42:09.20	08:25	H01-INDIV-M	43/94	387/2225	EDMONTON
351/1176	KIDD, MATT	2865	00:42:09.25	08:25	H11-INDIV-M	20/65	388/2225	CALGARY
352/1176	ABOUL-ENEIN, HANY	1	00:42:09.95	08:25	H01-INDIV-M	44/94	389/2225	CALGARY
353/1176	LEIER, MIKE	1257	00:42:11.00	08:26	H05-INDIV-M	17/65	390/2225	LETHBRIDGE
354/1176	CONRAD, MATT	4687	00:42:11.75	08:26	H17-INDIV-M	15/55	391/2225	ALIX
355/1176	CLIZBE, MARK	3624	00:42:16.15	08:27	H14-INDIV-M	22/63	393/2225	CALGARY
356/1176	HIRCH, CONNOR	4810	00:42:18.40	08:27	H18-INDIV-M	37/86	394/2225	ROLLING HILLS
357/1176	VISSER, LLOYD	249	00:42:20.20	08:28	H01-INDIV-M	45/94	395/2225	LETHBRIDGE
358/1176	KUNN, JORY	128	00:42:22.75	08:28	H01-INDIV-M	46/94	396/2225	CALGARY
359/1176	SCHROEDER, RYAN	492	00:42:25.05	08:29	H02-INDIV-M	30/83	398/2225	CALGARY
360/1176	MA, KEVIN	715	00:42:26.40	08:29	H03-INDIV-M	24/76	401/2225	EDMONTON
361/1176	FINDLAY, DAN	637	00:42:26.40	08:29	H03-INDIV-M	23/76	400/2225	CALGARY
362/1176	SIMPSON, ALEX	4074	00:42:29.10	08:29	H15-INDIV-M	19/61	403/2225	CALGARY
363/1176	GRAHAM, BRENDAN	3117	00:42:30.10	08:30	H12-INDIV-M	19/45	404/2225	CALGARY
364/1176	HORVATH, NEIL MARTIN	674	00:42:30.35	08:30	H03-INDIV-M	25/76	405/2225	CALGARY
365/1176	PHILLIPS, LANCE	4901	00:42:30.65	08:30	H18-INDIV-M	38/86	406/2225	EDMONTON
366/1176	LORENSEN, DAVID	2604	00:42:30.85	08:30	H10-INDIV-M	24/71	408/2225	RED DEER
367/1176	PATCHETT, DWAYNE	4889	00:42:31.20	08:30	H18-INDIV-M	39/86	409/2225	CALGARY
368/1176	JENSEN, DARREN	2574	00:42:31.25	08:30	H10-INDIV-M	25/71	410/2225	RIMBEY
369/1176	HOLBIK, COLTON	102	00:42:32.25	08:30	H01-INDIV-M	47/94	411/2225	CALGARY
370/1176	HITTEL, JORDAN	3136	00:42:34.65	08:30	H12-INDIV-M	20/45	412/2225	SASKATOON
371/1176	HIRSEKORN, PAUL	4523	00:42:35.00	08:31	H17-INDIV-M	16/55	413/2225	AIRDRIE
372/1176	DEVEAU, DUSTIN	4206	00:42:37.60	08:31	H16-INDIV-M	13/72	414/2225	CALGARY
373/1176	WAGNER, RYAN	810	00:42:38.70	08:31	H03-INDIV-M	26/76	415/2225	INVERMERE
374/1176	COMMODORE, MATT	2254	00:42:39.45	08:31	H09-INDIV-M	15/74	416/2225	CALGARY
375/1176	WILDE, SCOTT	1370	00:42:39.95	08:31	H05-INDIV-M	18/65	417/2225	ST. ALBERT
376/1176	LEES, JEFF	2344	00:42:40.10	08:32	H09-INDIV-M	16/74	418/2225	COCHRANE
377/1176	KEDDY, STEVE	2053	00:42:42.80	08:32	H08-INDIV-M	12/60	419/2225	GRANDE PRAIRIE
378/1176	MERCIER, DAVID	1287	00:42:43.00	08:32	H05-INDIV-M	19/65	420/2225	CALGARY
379/1176	PATEL, NISHIT	2399	00:42:43.45	08:32	H09-INDIV-M	17/74	421/2225	CALGARY
380/1176	DION, FRANCOIS	1993	00:42:44.20	08:32	H08-INDIV-M	13/60	423/2225	CALGARY
381/1176	PRASHAD, ROBIN	2409	00:42:44.50	08:32	H09-INDIV-M	18/74	424/2225	CALGARY
382/1176	KAMMERER, JAY	4532	00:42:46.40	08:33	H17-INDIV-M	17/55	425/2225	CALGARY
383/1176	ROSS, DANNY	3799	00:42:47.60	08:33	H14-INDIV-M	23/63	427/2225	CALGAR
384/1176	LATIMER, KURT	4544	00:42:49.35	08:33	H17-INDIV-M	18/55	428/2225	SHERWOOD PARK
385/1176	MORIN, PHIL	2384	00:42:50.95	08:34	H09-INDIV-M	19/74	429/2225	CALGARY

Overall Gender Results

5K Spartan Individuals - 3.1miles

Male

Gender	Name	Bib#	Time	Pace/k	Div	Cat	O/A	City
386/1176	GANGER, PAUL	2192	00:42:53.85	08:34	H08-INDIV-M	14/60	431/2225	CALGARY
387/1176	SILVA, CARLOS	4921	00:42:55.95	08:35	H18-INDIV-M	40/86	432/2225	CALGARY
388/1176	PATEL, AKASH	2398	00:42:56.00	08:35	H09-INDIV-M	20/74	433/2225	CALGARY
389/1176	DAVIS, MARC	3910	00:42:58.05	08:35	H15-INDIV-M	20/61	434/2225	CALGARY
390/1176	DUFFY, ALAN	1995	00:42:59.80	08:35	H08-INDIV-M	15/60	435/2225	CRANBROOK
391/1176	BESSEY, GREG	848	00:43:01.35	08:36	H04-INDIV-M	14/63	437/2225	CALGARY
392/1176	COTE, SYLVAIN	3907	00:43:01.65	08:36	H15-INDIV-M	21/61	440/2225	LAC BEAUPORT
393/1176	BRYAN, KRISTOPHER	3890	00:43:01.85	08:36	H15-INDIV-M	22/61	441/2225	LETHBRIDGE
394/1176	CODERRE, MIKE	2519	00:43:02.80	08:36	H10-INDIV-M	26/71	442/2225	EDMONTON
395/1176	MILLER, JOSH	726	00:43:02.85	08:36	H03-INDIV-M	27/76	443/2225	INVERMERE
396/1176	HAMEL, CHARLES	3948	00:43:02.95	08:36	H15-INDIV-M	23/61	444/2225	CALGARY
397/1176	PETEL, GEORGE	1024	00:43:06.50	08:37	H04-INDIV-M	15/63	445/2225	CALGARY
398/1176	MCNINCH, MARK	4578	00:43:07.45	08:37	H17-INDIV-M	19/55	446/2225	LETHBRIDGE
399/1176	BOTHA, JACQUES	1962	00:43:07.85	08:37	H08-INDIV-M	16/60	448/2225	CALGARY
400/1176	ROONEY, MIKE	546	00:43:07.85	08:37	H02-INDIV-M	31/83	449/2225	DRUMHELLER
401/1176	TROTTIER, BEN	241	00:43:07.85	08:37	H01-INDIV-M	48/94	447/2225	RED DEER
402/1176	LANZ, BRYCE	130	00:43:08.40	08:37	H01-INDIV-M	49/94	451/2225	CALGARY
403/1176	CHINNERY, PETER	319	00:43:09.25	08:37	H02-INDIV-M	32/83	452/2225	CALGARY
404/1176	WILLIAMS, DAX	1652	00:43:09.80	08:37	H06-INDIV-M	8/31	453/2225	RED DEER
405/1176	ADAMS, JASON	2210	00:43:15.35	08:39	H09-INDIV-M	21/74	458/2225	RED DEER
406/1176	MOSESON, AARON	3471	00:43:15.40	08:39	H13-INDIV-M	21/65	459/2225	CALGARY
407/1176	HETHERINGTON, BRANDON	2031	00:43:16.15	08:39	H08-INDIV-M	17/60	460/2225	MEDICINE HAT
408/1176	HUNTER, JAMES	2037	00:43:16.70	08:39	H08-INDIV-M	18/60	461/2225	CALGARY
409/1176	CHOBOTIUK, TAYLOR	3900	00:43:17.90	08:39	H15-INDIV-M	24/61	462/2225	CALGARY
410/1176	SHEWCHUK, ERIC	4072	00:43:18.55	08:39	H15-INDIV-M	25/61	463/2225	AIRDRIE
411/1176	PARKS, JASON	2397	00:43:19.65	08:39	H09-INDIV-M	22/74	464/2225	CALGARY
412/1176	ELLERGODT, MIKE	3659	00:43:19.95	08:39	H14-INDIV-M	24/63	465/2225	CALGARY
413/1176	BENNETT, JEREMY	2747	00:43:21.25	08:40	H11-INDIV-M	21/65	466/2225	RED DEER
414/1176	O'REILLY, SHANE	2393	00:43:21.75	08:40	H09-INDIV-M	23/74	467/2225	EDMONTON
415/1176	ROLLEFSTAD, KYLE	1110	00:43:22.90	08:40	H04-INDIV-M	16/63	468/2225	CALGARY
416/1176	ERICKSON, KRIS	2004	00:43:25.20	08:41	H08-INDIV-M	19/60	469/2225	CRANBROOK
417/1176	DENG, KEVIN	1991	00:43:27.00	08:41	H08-INDIV-M	20/60	471/2225	CALGARY
418/1176	SMITH, JAMES	2148	00:43:27.25	08:41	H08-INDIV-M	21/60	472/2225	FORT MCMURRAY
419/1176	RITCHIE, NICK	2413	00:43:27.35	08:41	H09-INDIV-M	24/74	473/2225	CALGARY
420/1176	COUZENS, CARTER	3632	00:43:30.05	08:42	H14-INDIV-M	25/63	474/2225	MOOSE JAW
421/1176	BERGEN, DEVON	3879	00:43:30.15	08:42	H15-INDIV-M	26/61	475/2225	CALGARY
422/1176	LUNA, ERIC	142	00:43:30.90	08:42	H01-INDIV-M	50/94	476/2225	CALGARY
423/1176	LI, SHERWIN	137	00:43:31.10	08:42	H01-INDIV-M	51/94	477/2225	CALGARY
424/1176	MCCORMICK, ANDREW	2367	00:43:34.90	08:42	H09-INDIV-M	25/74	479/2225	SHERWOOD PARK
425/1176	ACKERMANN, JEFF	2208	00:43:34.90	08:42	H09-INDIV-M	26/74	478/2225	FORT SASKATCHEWAN
426/1176	WINKLEMAN, GARRETT	266	00:43:37.20	08:43	H01-INDIV-M	52/94	481/2225	MORINVILLE
427/1176	MAXIMNUK, KEITH	2364	00:43:42.30	08:44	H09-INDIV-M	27/74	482/2225	DE WINTON
428/1176	SAN AGUSTIN, RAYMOND	204	00:43:43.35	08:44	H01-INDIV-M	53/94	483/2225	CALGARY
429/1176	STEIN, KEITH	3814	00:43:44.40	08:44	H14-INDIV-M	26/63	484/2225	CALGARY
430/1176	FREEMAN, BRANDON	4785	00:43:46.20	08:45	H18-INDIV-M	41/86	487/2225	CLUNY
431/1176	HALL, LYNDON	3947	00:43:46.35	08:45	H15-INDIV-M	27/61	488/2225	CALGARY
432/1176	KENT, TIM	2323	00:43:47.85	08:45	H09-INDIV-M	28/74	489/2225	REGINA
433/1176	WANG, DAN-BING	4358	00:43:49.80	08:45	H16-INDIV-M	14/72	490/2225	CALGARY
434/1176	DE GUZMAN, KEVIN JAMES	53	00:43:52.30	08:46	H01-INDIV-M	54/94	492/2225	RED DEER
435/1176	CYR, ANTHONY	2259	00:43:53.15	08:46	H09-INDIV-M	29/74	493/2225	CALGARY
436/1176	MCFARLAND, RYAN	2370	00:43:56.40	08:47	H09-INDIV-M	30/74	495/2225	CALGARY
437/1176	BEYER, STEVEN	3318	00:43:58.00	08:47	H13-INDIV-M	22/65	496/2225	CALGARY
438/1176	HAMZIC, OSMAN	3394	00:43:58.40	08:47	H13-INDIV-M	23/65	497/2225	CALGARY
439/1176	RAJAN, TARIQ	189	00:43:59.00	08:47	H01-INDIV-M	55/94	498/2225	CALGARY
440/1176	MEIKLE, GREGG	1546	00:43:59.05	08:47	H06-INDIV-M	9/31	499/2225	LACOMBE

Overall Gender Results

5K Spartan Individuals - 3.1miles

Male

Gender	Name	Bib#	Time	Pace/k	Div	Cat	O/A	City
441/1176	MORAN, MIKE	728	00:43:59.40	08:47	H03-INDIV-M	28/76	500/2225	CALGARY
442/1176	SLACK, CORY	781	00:43:59.45	08:47	H03-INDIV-M	29/76	501/2225	CALGARY
443/1176	BELL, RICHARD	3315	00:44:00.00	08:48	H13-INDIV-M	24/65	502/2225	CALGARY
444/1176	BARTLETT, JESSE BARTLETT	4164	00:44:00.85	08:48	H16-INDIV-M	15/72	503/2225	CALGARY
445/1176	WETHERUP, THOMAS	813	00:44:01.40	08:48	H03-INDIV-M	30/76	504/2225	CALGARY
446/1176	TCHIR, JONATHAN	521	00:44:01.95	08:48	H02-INDIV-M	33/83	505/2225	EDMONTON
447/1176	TAYLOR, JONATHAN	792	00:44:02.60	08:48	H03-INDIV-M	31/76	506/2225	CALGARY
448/1176	CHIANG, RICARDO	43	00:44:03.00	08:48	H01-INDIV-M	56/94	507/2225	CALGARY
449/1176	KU, JASON	691	00:44:04.20	08:48	H03-INDIV-M	32/76	508/2225	EDMONTON
450/1176	JACKSON, ROBERT	396	00:44:06.50	08:49	H02-INDIV-M	34/83	509/2225	CALGARY
451/1176	THOMPSON, PHIL	1353	00:44:08.95	08:49	H05-INDIV-M	20/65	511/2225	EDMONTON
452/1176	MELWOOD, TABOR	4866	00:44:10.60	08:50	H18-INDIV-M	42/86	512/2225	COCHRANE
453/1176	KWASNIEWSKI, RADEK	4268	00:44:10.80	08:50	H16-INDIV-M	16/72	513/2225	EDMONTON
454/1176	GREEN, LUCUS	83	00:44:14.10	08:50	H01-INDIV-M	57/94	514/2225	SYLVAN LAKE
455/1176	HARDIE, SHANE	3125	00:44:17.75	08:51	H12-INDIV-M	21/45	516/2225	EDMONTON
456/1176	KLEIN, KRIS	2584	00:44:18.50	08:51	H10-INDIV-M	27/71	517/2225	CALGARY
457/1176	BROWN, SAM	1972	00:44:21.40	08:52	H08-INDIV-M	22/60	521/2225	FORT MCMURRAY
458/1176	D'ANGELO, BREVAN	619	00:44:21.95	08:52	H03-INDIV-M	33/76	522/2225	CALGARY
459/1176	DILLEWAARD, BARRY	1992	00:44:24.90	08:52	H08-INDIV-M	23/60	524/2225	LETHBRIDGE
460/1176	WOODWARD, TRAVIS	1917	00:44:25.10	08:53	H07-INDIV-M	14/47	525/2225	CALGARY
461/1176	ROWLEY, STEPHEN	3802	00:44:25.95	08:53	H14-INDIV-M	27/63	526/2225	CAROLINE
462/1176	FLOYD, FREDERIC	640	00:44:27.50	08:53	H03-INDIV-M	34/76	527/2225	PONOKA
463/1176	MORCK, CODY	447	00:44:28.70	08:53	H02-INDIV-M	35/83	528/2225	EDMONTON
464/1176	COLE, JONATHAN	2774	00:44:29.20	08:53	H11-INDIV-M	22/65	529/2225	EDMONTON
465/1176	HENRY, RYAN	377	00:44:30.25	08:54	H02-INDIV-M	36/83	530/2225	MUNSON
466/1176	NICOLAS, KRIS	4880	00:44:30.70	08:54	H18-INDIV-M	43/86	531/2225	CALGARY
467/1176	SMERD, DAVID	4356	00:44:32.20	08:54	H16-INDIV-M	17/72	532/2225	CALGARY
468/1176	DONNELLY, TRYSTAN	4769	00:44:34.05	08:54	H18-INDIV-M	44/86	533/2225	LACOMBE
469/1176	KRYSCHUK, TERRANCE	406	00:44:34.25	08:54	H01-INDIV-M	58/94	534/2225	CALGARY
470/1176	KONG, VICTOR	4263	00:44:34.50	08:54	H16-INDIV-M	18/72	535/2225	CALGARY
471/1176	PETTIFER, ROB	3771	00:44:34.55	08:54	H14-INDIV-M	28/63	536/2225	STRATHMORE
472/1176	KURYLOWICH, MARK	2586	00:44:34.80	08:54	H10-INDIV-M	28/71	537/2225	LETHBRIDGE
473/1176	DIVINA, JEREMY	4209	00:44:35.00	08:55	H16-INDIV-M	19/72	538/2225	CALGARY
474/1176	SMITH, DAVID	4359	00:44:35.15	08:55	H16-INDIV-M	20/72	539/2225	OKOTOKS
475/1176	MITSCHKE, GARY	2628	00:44:37.50	08:55	H10-INDIV-M	29/71	542/2225	CALGARY
476/1176	STERGIOU, JIM	2974	00:44:38.30	08:55	H11-INDIV-M	23/65	543/2225	EDMONTON
477/1176	SCHNEIDER, JONATHAN	1882	00:44:38.80	08:55	H07-INDIV-M	15/47	544/2225	PRINCE GEORGE
478/1176	WARREN, ROBERT	2171	00:44:39.30	08:55	H08-INDIV-M	24/60	545/2225	SUNDRE
479/1176	MCNEIL, SEAN	159	00:44:39.65	08:55	H01-INDIV-M	59/94	546/2225	MORINVILLE
480/1176	WIEBE, JACKSON	2996	00:44:40.55	08:56	H11-INDIV-M	24/65	548/2225	HIGH RIVER
481/1176	KEHL, BLAINE	2321	00:44:42.70	08:56	H09-INDIV-M	31/74	549/2225	EDMONTON
482/1176	MENDOZA, ROMMELL	2624	00:44:47.90	08:57	H10-INDIV-M	30/71	552/2225	CALGARY
483/1176	CONNOLLEY, SHAUN	2779	00:44:49.30	08:57	H11-INDIV-M	25/65	553/2225	AIRDRIE
484/1176	BEDWELL, DAVE	4165	00:44:55.55	08:59	H16-INDIV-M	21/72	554/2225	YELLOWHEAD CO
485/1176	MERCER, ELLIOT	160	00:44:56.20	08:59	H01-INDIV-M	60/94	555/2225	CALGARY
486/1176	REESE, ANDREW	4053	00:44:57.60	08:59	H15-INDIV-M	28/61	556/2225	COALDALE
487/1176	PHUNG, CHRIS	2653	00:44:57.75	08:59	H10-INDIV-M	31/71	557/2225	CALGARY
488/1176	GOBEIL, JUSTIN	2015	00:44:58.25	08:59	H08-INDIV-M	25/60	558/2225	CALGARY
489/1176	GIBSON, BENJAMIN	3937	00:45:03.30	09:00	H15-INDIV-M	29/61	562/2225	ST ALBERT
490/1176	MACWHIRTER, ROD	2085	00:45:04.20	09:00	H08-INDIV-M	26/60	563/2225	RED DEER
491/1176	LAMONT, NEIL	2879	00:45:05.55	09:01	H11-INDIV-M	26/65	565/2225	MEDICINE HAT
492/1176	COBLE, SEAN	2248	00:45:05.75	09:01	H04-INDIV-M	17/63	566/2225	ST. ALBERT
493/1176	STROM, BRADLEY	224	00:45:07.65	09:01	H01-INDIV-M	61/94	569/2225	CALGARY
494/1176	VASQUEZ, ALVARO	808	00:45:08.30	09:01	H03-INDIV-M	35/76	570/2225	CALGARY
495/1176	FERRIS, JESS	2276	00:45:08.90	09:01	H09-INDIV-M	32/74	571/2225	CALGARY

Overall Gender Results

5K Spartan Individuals - 3.1miles

Male

Gender	Name	Bib#	Time	Pace/k	Div	Cat	O/A	City
496/1176	SIMON, DESMOND	778	00:45:09.00	09:01	H03-INDIV-M	36/76	572/2225	CALGARY
497/1176	MIDDLETON, FERGUS	440	00:45:09.30	09:01	H02-INDIV-M	37/83	573/2225	CALGARY
498/1176	KWAN, GEORGE	2870	00:45:09.35	09:01	H11-INDIV-M	27/65	574/2225	CALGARY
499/1176	FALLON, STEVE	349	00:45:09.45	09:01	H02-INDIV-M	38/83	575/2225	CALGARY
500/1176	KIDD, SHANE	3854	00:45:11.10	09:02	H14-INDIV-M	29/63	576/2225	CALGARY
501/1176	JACOBS, JIM	2314	00:45:16.20	09:03	H09-INDIV-M	33/74	578/2225	STRATHMORE
502/1176	LUU, CHRIS	2607	00:45:19.10	09:03	H10-INDIV-M	32/71	582/2225	CALGARY
503/1176	EDWARDS, RICHARD	3653	00:45:23.65	09:04	H14-INDIV-M	30/63	584/2225	CALGARY
504/1176	RYAN, DUSTIN	201	00:45:23.70	09:04	H01-INDIV-M	62/94	585/2225	CROSSFIELD
505/1176	KING, BRENT	3976	00:45:26.45	09:05	H15-INDIV-M	30/61	587/2225	DIDSBURY
506/1176	FRIGON, ALEXI	4499	00:45:27.25	09:05	H17-INDIV-M	20/55	588/2225	FORT MACLOED
507/1176	GUNN, AARON	1764	00:45:27.50	09:05	H07-INDIV-M	16/47	589/2225	CALGARY
508/1176	BROSOSKY, CRAIG	2232	00:45:29.35	09:05	H09-INDIV-M	34/74	590/2225	EDMONTON
509/1176	LUBIMOV, EDDIE	4009	00:45:29.40	09:05	H15-INDIV-M	31/61	591/2225	CALGARY
510/1176	LEE, JAY	2071	00:45:30.05	09:06	H08-INDIV-M	27/60	592/2225	CALGARY
511/1176	COBURN, PAUL	45	00:45:36.35	09:07	H01-INDIV-M	63/94	597/2225	CALGARY
512/1176	SMITH, NATE	4076	00:45:36.50	09:07	H15-INDIV-M	32/61	598/2225	RED DEER
513/1176	NELSON, KRIS	2925	00:45:37.20	09:07	H11-INDIV-M	28/65	599/2225	CALGARY
514/1176	LALONDE, MICHAEL	129	00:45:41.65	09:08	H01-INDIV-M	64/94	605/2225	EDMONTON
515/1176	SCOTT, GRAHAM	2139	00:45:42.65	09:08	H08-INDIV-M	28/60	606/2225	EDMONTON
516/1176	PROULX, MARC	186	00:45:44.20	09:08	H01-INDIV-M	65/94	607/2225	CALGARY
517/1176	ARCURI, DARREN	843	00:45:45.60	09:09	H04-INDIV-M	18/63	608/2225	CALGARY
518/1176	BAUMAN, JOHN	4723	00:45:50.40	09:10	H18-INDIV-M	45/86	609/2225	CALGARY
519/1176	DMONEY, JESSE	4689	00:45:52.00	09:10	H17-INDIV-M	21/55	610/2225	CALGARY
520/1176	SHEARER, CODY	2847	00:45:52.40	09:10	H11-INDIV-M	29/65	611/2225	CALGARY
521/1176	RIGOR, MARK	4905	00:45:57.05	09:11	H18-INDIV-M	46/86	614/2225	CALGARY
522/1176	WILLIAMS, JEFFREY	4960	00:45:58.20	09:11	H05-INDIV-M	21/65	615/2225	EDMONTON
523/1176	ANGELOPOULOS, DAVID	4711	00:45:58.40	09:11	H05-INDIV-M	22/65	616/2225	EDMONTON
524/1176	PETKAU, JUSTIN	4607	00:45:59.25	09:11	H17-INDIV-M	22/55	617/2225	CALGARY
525/1176	SOEHN, KEEGAN	1890	00:45:59.90	09:11	H07-INDIV-M	17/47	618/2225	RED DEER
526/1176	MAIN, CAMERON	2893	00:46:01.90	09:12	H11-INDIV-M	30/65	620/2225	CALGARY
527/1176	MILLER, TREVER	993	00:46:01.95	09:12	H04-INDIV-M	19/63	621/2225	STRATHMORE
528/1176	MCKAY, MICHEAL	991	00:46:02.30	09:12	H04-INDIV-M	20/63	622/2225	CALGARY
529/1176	ANDREWS, SHAUN	4434	00:46:04.05	09:12	H17-INDIV-M	23/55	627/2225	CALGARY
530/1176	YUSWAK, DOUG	4407	00:46:06.30	09:13	H16-INDIV-M	22/72	628/2225	CALGARY
531/1176	TJEERDEMA, SHELDEN	4938	00:46:06.40	09:13	H18-INDIV-M	47/86	629/2225	BROOKS
532/1176	RICHARDSON, ANDREW	4056	00:46:07.30	09:13	H15-INDIV-M	33/61	630/2225	CALGARY
533/1176	LITUN, CURTIS	2887	00:46:07.85	09:13	H11-INDIV-M	31/65	631/2225	CALGARY
534/1176	JOHNSON, DAN	112	00:46:07.95	09:13	H01-INDIV-M	66/94	632/2225	SYLVAN LAKE
535/1176	KORSRUD, TREVOR	3708	00:46:12.40	09:14	H14-INDIV-M	31/63	633/2225	CALGARY
536/1176	SMITH, JASON	1928	00:46:13.40	09:14	H07-INDIV-M	18/47	634/2225	EDMONTON
537/1176	HAILES, JARETT	2833	00:46:16.40	09:15	H11-INDIV-M	32/65	638/2225	EDMONTON
538/1176	FABIAN, ALEX	2737	00:46:17.85	09:15	H10-INDIV-M	33/71	639/2225	CALGARY
539/1176	JOBSON, NEIL	2045	00:46:19.90	09:15	H08-INDIV-M	29/60	643/2225	GIBBONS
540/1176	BRODIE, BRENDAN	1713	00:46:22.00	09:16	H07-INDIV-M	19/47	644/2225	CALGARY
541/1176	ANDERSON, TREVOR	1119	00:46:22.20	09:16	H05-INDIV-M	23/65	645/2225	CALGARY
542/1176	LENGSFELD, BRAD	2594	00:46:22.55	09:16	H10-INDIV-M	34/71	646/2225	CALGARY
543/1176	LECHELT, KEATON	3995	00:46:23.60	09:16	H15-INDIV-M	34/61	647/2225	EDMONTON
544/1176	MONAGHAN, TROY	2098	00:46:25.25	09:17	H08-INDIV-M	30/60	650/2225	CALGARY
545/1176	NEULS, WAYNE	2472	00:46:26.00	09:17	H09-INDIV-M	35/74	653/2225	ST. ALBERT
546/1176	DUCHSCHER, RICK	2527	00:46:27.30	09:17	H10-INDIV-M	35/71	654/2225	CALGARY
547/1176	SOUCY, KELLY	2435	00:46:28.25	09:17	H09-INDIV-M	36/74	656/2225	CALGARY
548/1176	HALAND, KYLE	1766	00:46:28.65	09:17	H07-INDIV-M	20/47	657/2225	MEDICINE HAT
549/1176	MARSHALL, JEFFEREY	2898	00:46:29.55	09:17	H11-INDIV-M	33/65	658/2225	CALGARY
550/1176	SCHMIDT, BOB	489	00:46:31.25	09:18	H02-INDIV-M	39/83	659/2225	EDMONTON

Overall Gender Results

5K Spartan Individuals - 3.1miles

Male

Gender	Name	Bib#	Time	Pace/k	Div	Cat	O/A	City
551/1176	DOHERTY, ANTHONY	2267	00:46:32.25	09:18	H09-INDIV-M	37/74	661/2225	COCHRANE
552/1176	BREHAUT, JON	1144	00:46:33.70	09:18	H05-INDIV-M	24/65	664/2225	LETHBRIDGE
553/1176	REYNOLDS, DEAN	478	00:46:33.90	09:18	H02-INDIV-M	40/83	665/2225	CALGARY
554/1176	PETIT, PHILIPPE	177	00:46:34.75	09:18	H01-INDIV-M	67/94	666/2225	CALGARY
555/1176	SEDMAN, ANDREW	4351	00:46:35.25	09:19	H16-INDIV-M	23/72	667/2225	OAKVILLE
556/1176	LACEY, JASON	408	00:46:35.65	09:19	H02-INDIV-M	41/83	668/2225	CALGARY
557/1176	THORNE, ARLOND	2692	00:46:38.75	09:19	H10-INDIV-M	36/71	673/2225	CALGARY
558/1176	DE CASTRO, RON	4979	00:46:41.15	09:20	H18-INDIV-M	48/86	675/2225	CALGARY
559/1176	OKROS, NOAH	2108	00:46:43.00	09:20	H08-INDIV-M	31/60	676/2225	CALGARY
560/1176	BOBAN, RYAN	1707	00:46:43.65	09:20	H07-INDIV-M	21/47	677/2225	LETHBRIDGE
561/1176	BETTCHER, JUSTIN	1704	00:46:44.60	09:20	H07-INDIV-M	22/47	678/2225	CRANBROOK
562/1176	MILES, NOAH	4868	00:46:48.15	09:21	H18-INDIV-M	49/86	681/2225	LARAMIE
563/1176	PATEL, CHIRAG	1854	00:46:48.55	09:21	H07-INDIV-M	23/47	682/2225	CALGARY
564/1176	MAIER, CHRIS	426	00:46:49.10	09:21	H02-INDIV-M	42/83	683/2225	CALGARY
565/1176	LATTERY, DANA	4545	00:46:52.30	09:22	H17-INDIV-M	24/55	686/2225	CALGARY
566/1176	LIZEE, FABIEN	1517	00:46:53.80	09:22	H06-INDIV-M	10/31	687/2225	REGINA
567/1176	TYERMAN, JAKE	528	00:46:54.50	09:22	H02-INDIV-M	43/83	688/2225	CALGARY
568/1176	CLARK, PETER	1927	00:46:56.65	09:23	H07-INDIV-M	24/47	689/2225	CALGARY
569/1176	ANDRES, DUSTIN	4154	00:46:58.15	09:23	H16-INDIV-M	24/72	691/2225	EDMONTON
570/1176	HENKEL, LEE	3131	00:46:59.05	09:23	H12-INDIV-M	22/45	693/2225	LACOMBE
571/1176	RAYMUNDO, JAY	1318	00:46:59.10	09:23	H05-INDIV-M	25/65	694/2225	AIRDRIE
572/1176	COUGHLAN, MARK	2783	00:46:59.15	09:23	H11-INDIV-M	34/65	695/2225	STONY PLAIN
573/1176	ASHBY, TYLER	4156	00:46:59.40	09:23	H16-INDIV-M	25/72	696/2225	EDMONTON
574/1176	WOLFF, GREGGORY	3002	00:47:00.85	09:24	H11-INDIV-M	35/65	697/2225	SPRUCE GROVE
575/1176	KACHMARSKI, CASEY	115	00:47:01.60	09:24	H01-INDIV-M	68/94	698/2225	CALGARY
576/1176	KATCHUR, LYLE	4534	00:47:02.65	09:24	H17-INDIV-M	25/55	699/2225	RED DEER
577/1176	MAH, SEAN	147	00:47:03.95	09:24	H01-INDIV-M	69/94	700/2225	CALGARY
578/1176	BLISS, ORRIE	1422	00:47:08.55	09:25	H05-INDIV-M	26/65	703/2225	CALGARY
579/1176	LIEN, BRAD	1817	00:47:09.45	09:25	H07-INDIV-M	25/47	704/2225	EDMONTON
580/1176	SCREPNEK, TODD	775	00:47:11.30	09:26	H03-INDIV-M	37/76	706/2225	CALGARY
581/1176	MATCHETT, MICHAEL	2089	00:47:11.35	09:26	H08-INDIV-M	32/60	707/2225	CALGARY
582/1176	ANDERSON, KRAIG	1399	00:47:13.65	09:26	H06-INDIV-M	11/31	709/2225	CALGARY
583/1176	WARD, STEVEN	1084	00:47:15.20	09:27	H04-INDIV-M	21/63	711/2225	CALGARY
584/1176	GAO, FENG	646	00:47:15.85	09:27	H03-INDIV-M	38/76	712/2225	EDMONTON
585/1176	LINDGREN, COLIN	2079	00:47:16.95	09:27	H08-INDIV-M	33/60	714/2225	CALGARY
586/1176	WHANG, EDWIN	263	00:47:17.50	09:27	H01-INDIV-M	70/94	715/2225	CALGARY
587/1176	BANDURA, MIKE	844	00:47:18.50	09:27	H04-INDIV-M	22/63	716/2225	CALGARY
588/1176	BOYLAN, JOHN	592	00:47:19.45	09:27	H03-INDIV-M	39/76	718/2225	MEDICINE HAT
589/1176	SANDERS, MATT	1879	00:47:22.50	09:28	H07-INDIV-M	26/47	724/2225	MEDICINE HAT
590/1176	GARZON, JOSEPH	75	00:47:22.50	09:28	H01-INDIV-M	71/94	725/2225	CALGARY
591/1176	TAGGART, RILEY	2690	00:47:22.50	09:28	H10-INDIV-M	37/71	726/2225	CALGARY
592/1176	SANTOS, JEFF	1881	00:47:22.90	09:28	H07-INDIV-M	27/47	728/2225	CALGARY
593/1176	MACLEOD, TOM	2360	00:47:24.15	09:28	H09-INDIV-M	38/74	729/2225	CALGARY
594/1176	LARSON, RITCHIE	2341	00:47:24.75	09:28	H09-INDIV-M	39/74	730/2225	CALGARY
595/1176	MILLER, LUCAS	3467	00:47:25.55	09:29	H13-INDIV-M	25/65	733/2225	WEST KELOWNA
596/1176	ROWELL, JARED	483	00:47:27.70	09:29	H02-INDIV-M	44/83	735/2225	CALGARY
597/1176	BUCKELR, RYAN	2233	00:47:28.15	09:29	H09-INDIV-M	40/74	736/2225	CALGARY
598/1176	SCHLAMP, AARON	3806	00:47:30.85	09:30	H14-INDIV-M	32/63	739/2225	CALGARY
599/1176	HOLLAND, SPENCER	3406	00:47:31.95	09:30	H13-INDIV-M	26/65	740/2225	CALGARY
600/1176	KORNS, KARL	2329	00:47:32.90	09:30	H09-INDIV-M	41/74	742/2225	CALGARY
601/1176	CASSIDY, JOSEPH	3062	00:47:35.80	09:31	H12-INDIV-M	23/45	745/2225	GRANDE PRAIRIE
602/1176	JOHNSON, GRANT	2197	00:47:38.40	09:31	H08-INDIV-M	34/60	747/2225	CRANBROOK
603/1176	DALE, JAMES	4473	00:47:40.85	09:32	H17-INDIV-M	26/55	748/2225	CALGARY
604/1176	WILKINSON, DAVID	1091	00:47:40.90	09:32	H04-INDIV-M	23/63	749/2225	CALGARY
605/1176	STILL, TANNER	3534	00:47:42.75	09:32	H13-INDIV-M	27/65	752/2225	LANGDON

Overall Gender Results

5K Spartan Individuals - 3.1miles

Male

Gender	Name	Bib#	Time	Pace/k	Div	Cat	O/A	City
606/1176	BARWICH, CURTIS	2745	00:47:43.80	09:32	H11-INDIV-M	36/65	753/2225	DEWINTON
607/1176	GOEHRING, BRYCE	1204	00:47:45.30	09:33	H05-INDIV-M	27/65	754/2225	OKOTOKS
608/1176	KERR, RON	4831	00:47:46.70	09:33	H18-INDIV-M	50/86	756/2225	OKOTOKS
609/1176	SCORNAIENCHI, LUIGI	3510	00:47:48.25	09:33	H13-INDIV-M	28/65	758/2225	EDMONTON
610/1176	WHEELER, JACK	2175	00:47:51.65	09:34	H08-INDIV-M	35/60	763/2225	RED DEER
611/1176	PITULEY, LYNDON	752	00:47:57.70	09:35	H03-INDIV-M	40/76	764/2225	MEDICINE HAT
612/1176	NISHI, FRASER	1297	00:47:59.50	09:35	H05-INDIV-M	28/65	766/2225	CALGARY
613/1176	ST. JAMES, MARK	3528	00:48:03.25	09:36	H13-INDIV-M	29/65	767/2225	EDMONTON
614/1176	RILEA, TRAVIS	2955	00:48:04.70	09:36	H11-INDIV-M	37/65	769/2225	CALGARY
615/1176	TAYLOR, GARRY	4377	00:48:07.10	09:37	H16-INDIV-M	26/72	771/2225	CALGARY
616/1176	MARTIN, OWEN	2088	00:48:09.05	09:37	H08-INDIV-M	36/60	774/2225	MEDICINE HAT
617/1176	MCMANN, JEFF	3742	00:48:09.55	09:37	H14-INDIV-M	33/63	775/2225	CALGARY
618/1176	TRAXEL, JAROD	1640	00:48:09.85	09:37	H06-INDIV-M	12/31	776/2225	CALGARY
619/1176	LEAL, KRISTOFER	3718	00:48:10.60	09:38	H14-INDIV-M	34/63	777/2225	CALGARY
620/1176	HODGES, VEN C.	2569	00:48:11.80	09:38	H10-INDIV-M	38/71	779/2225	CALGARY
621/1176	MCKINNON, MIKE	2906	00:48:12.45	09:38	H11-INDIV-M	38/65	781/2225	EDMONTON
622/1176	DIRK, AARON	4476	00:48:15.60	09:39	H17-INDIV-M	27/55	783/2225	CALGARY
623/1176	FITCHETT, TODD	352	00:48:16.30	09:39	H02-INDIV-M	45/83	786/2225	CALGARY
624/1176	EMERSON, JAMES	1188	00:48:17.40	09:39	H05-INDIV-M	29/65	788/2225	CALGARY
625/1176	DAVIES, BRYAN	1453	00:48:17.60	09:39	H06-INDIV-M	13/31	789/2225	PRIDDIS
626/1176	KEOBKE, AARON	4536	00:48:18.60	09:39	H17-INDIV-M	28/55	791/2225	CALGARY
627/1176	GEORGOU LIS, BOB	3383	00:48:21.20	09:40	H13-INDIV-M	30/65	793/2225	EDMONTON
628/1176	MCLENNAN, TRACY	1282	00:48:23.15	09:40	H05-INDIV-M	30/65	795/2225	CALGARY
629/1176	WALL, ANDREW	4668	00:48:25.15	09:41	H17-INDIV-M	29/55	796/2225	CALGARY
630/1176	GAJA, ALAN	1202	00:48:25.85	09:41	H05-INDIV-M	31/65	797/2225	HIGH RIVER
631/1176	MCLAUGHLIN, RYAN	722	00:48:26.25	09:41	H03-INDIV-M	41/76	798/2225	CALGARY
632/1176	MURDOCK, ALEX	2100	00:48:27.45	09:41	H08-INDIV-M	37/60	800/2225	CALGARY
633/1176	WONG, JASON	1374	00:48:28.70	09:41	H05-INDIV-M	32/65	802/2225	CALGARY
634/1176	MCCRAE, KEVIN	4024	00:48:33.95	09:42	H04-INDIV-M	24/63	805/2225	RED DEER
635/1176	EBENAL, CARTER	4421	00:48:34.60	09:42	H17-INDIV-M	30/55	806/2225	RED DEER
636/1176	EWASHKO, RICHARD	3104	00:48:34.80	09:42	H12-INDIV-M	24/45	807/2225	EDMONTON
637/1176	HICK, JAKE	1784	00:48:37.05	09:43	H07-INDIV-M	28/47	808/2225	CALGARY
638/1176	BRUNET, GARY	598	00:48:41.85	09:44	H03-INDIV-M	42/76	812/2225	CALGARY
639/1176	YANIK, LUKE	4966	00:48:43.80	09:44	H18-INDIV-M	51/86	813/2225	CALGARY
640/1176	SCHULHAUSER, COLIN	3236	00:48:44.95	09:44	H12-INDIV-M	25/45	815/2225	CALGARY
641/1176	PELLETIER, CURTIS	4691	00:48:45.05	09:45	H17-INDIV-M	31/55	816/2225	CALGARY
642/1176	MILES, ARAM	4867	00:48:53.25	09:46	H18-INDIV-M	52/86	823/2225	LARAMIE
643/1176	PERNEEL, ROBBIE	3768	00:48:57.85	09:47	H14-INDIV-M	35/63	825/2225	ONOWAY
644/1176	BARNARD, WILL	299	00:49:01.65	09:48	H02-INDIV-M	46/83	826/2225	CALGARY
645/1176	LAI, FRANK	832	00:49:02.55	09:48	H03-INDIV-M	43/76	827/2225	CALGARY
646/1176	PTYCIA, DAN	1033	00:49:06.55	09:49	H04-INDIV-M	25/63	830/2225	CALGARY
647/1176	LAWSON, ANDREW	701	00:49:07.90	09:49	H03-INDIV-M	44/76	833/2225	MEDICINE HAT
648/1176	MOISAN, CHRISTOPHER	4312	00:49:17.20	09:51	H16-INDIV-M	27/72	837/2225	CALGARY
649/1176	HARPER, KERRY	372	00:49:21.85	09:52	H02-INDIV-M	47/83	843/2225	LEDUC
650/1176	HILDEBRANDT, DALE	1220	00:49:22.20	09:52	H03-INDIV-M	45/76	844/2225	CALGARY
651/1176	WILLIAMS, MASON	264	00:49:22.40	09:52	H01-INDIV-M	72/94	846/2225	CALGARY
652/1176	KINNEY, MICHAEL	1242	00:49:30.25	09:54	H05-INDIV-M	33/65	849/2225	AIRDRIE
653/1176	PALMER, NEVILLE	1301	00:49:31.95	09:54	H05-INDIV-M	34/65	850/2225	HIGH RIVER
654/1176	MCMANN, JONATHAN	3743	00:49:32.50	09:54	H14-INDIV-M	36/63	851/2225	CALGARY
655/1176	WONG, JUSTIN	2717	00:49:33.70	09:54	H10-INDIV-M	39/71	852/2225	CALGARY
656/1176	HAGEL, JARED	2294	00:49:40.15	09:56	H09-INDIV-M	42/74	857/2225	CALGARY
657/1176	WONG, ROBERT	1096	00:49:43.35	09:56	H04-INDIV-M	26/63	859/2225	CALGARY
658/1176	MAATJE, JOHAN	2357	00:49:45.70	09:57	H09-INDIV-M	43/74	862/2225	LETHBRIDGE
659/1176	LIBER, MIKE	2076	00:49:48.05	09:57	H08-INDIV-M	38/60	864/2225	SHERWOOD PARK
660/1176	OSCAR, KEVIN	1016	00:49:49.60	09:57	H04-INDIV-M	27/63	865/2225	CHETWYND

Overall Gender Results

5K Spartan Individuals - 3.1miles

Male

Gender	Name	Bib#	Time	Pace/k	Div	Cat	O/A	City
661/1176	HIRSCH, JEFF	385	00:49:49.90	09:57	H02-INDIV-M	48/83	866/2225	CARBON
662/1176	CREERY, PATRICK	3346	00:49:50.30	09:58	H13-INDIV-M	31/65	867/2225	CALGARY
663/1176	LEONG, JAMIE	4551	00:49:55.95	09:59	H17-INDIV-M	32/55	870/2225	CALGARY
664/1176	ROBERTSON, DAVEY	1590	00:49:57.70	09:59	H06-INDIV-M	14/31	871/2225	OKOTOKS
665/1176	TRUONG, VICTOR	4939	00:50:00.40	10:00	H18-INDIV-M	53/86	874/2225	CALGARY
666/1176	BURNES, TODD	1435	00:50:03.10	10:00	H06-INDIV-M	15/31	875/2225	OKOTOKS
667/1176	BLONDEAU, BRANDON	2753	00:50:04.05	10:00	H11-INDIV-M	39/65	878/2225	BLAINE LAKE
668/1176	WILLIS, ISAAC	4961	00:50:06.10	10:01	H18-INDIV-M	54/86	880/2225	LONGVIEW
669/1176	RUDY, MATTHEW	828	00:50:07.25	10:01	H03-INDIV-M	46/76	881/2225	CALGARY
670/1176	MCINTYRE, TYLER	3408	00:50:07.95	10:01	H13-INDIV-M	32/65	882/2225	CALGARY
671/1176	BRAUN, ANDREW	309	00:50:15.85	10:03	H02-INDIV-M	49/83	887/2225	RED DEER
672/1176	DARGIE, THOMAS	4757	00:50:16.65	10:03	H18-INDIV-M	55/86	888/2225	BROOKS
673/1176	COTE, BRANDON	2780	00:50:17.55	10:03	H11-INDIV-M	40/65	889/2225	EDMONTON
674/1176	ENGEL, MORGAN	632	00:50:22.75	10:04	H03-INDIV-M	47/76	891/2225	MEDICINE HAT
675/1176	KILBURN, MIKE	3853	00:50:23.15	10:04	H14-INDIV-M	37/63	892/2225	
676/1176	HOSKIN, MARK	390	00:50:29.25	10:05	H02-INDIV-M	50/83	897/2225	OLDS
677/1176	LEONG, STEVEN	2346	00:50:32.40	10:06	H09-INDIV-M	44/74	898/2225	CALGARY
678/1176	FURLONG, CHRIS	2010	00:50:32.45	10:06	H07-INDIV-M	29/47	899/2225	CALGART
679/1176	MAHER, MICHAEL	1107	00:50:32.85	10:06	H04-INDIV-M	28/63	900/2225	CALGARY
680/1176	VOREL, NEIL	3548	00:50:34.80	10:06	H13-INDIV-M	33/65	902/2225	CALGARY
681/1176	COUGHLAN, JACOB	1985	00:50:34.85	10:06	H08-INDIV-M	39/60	903/2225	CALGARY
682/1176	WERENKA, NIGEL	833	00:50:40.20	10:08	H03-INDIV-M	48/76	905/2225	CALGARY
683/1176	WHEELER, MATT	4958	00:50:40.95	10:08	H18-INDIV-M	56/86	906/2225	OKOTOKS
684/1176	GUENTHER, KLADE	4802	00:50:42.35	10:08	H18-INDIV-M	57/86	908/2225	WHITECOURT
685/1176	BUTLER, YURI	3891	00:50:43.35	10:08	H15-INDIV-M	35/61	909/2225	CALGARY
686/1176	AMESTICA, HECTOR	3585	00:50:43.55	10:08	H14-INDIV-M	38/63	910/2225	CALGARY
687/1176	MIX, KEVIN	2914	00:50:45.65	10:09	H11-INDIV-M	41/65	913/2225	CALGARY
688/1176	ROCUANT, DUBERT	1595	00:50:45.70	10:09	H06-INDIV-M	16/31	914/2225	CALGARY
689/1176	O'KEEFE, TODD	3756	00:50:47.40	10:09	H14-INDIV-M	39/63	916/2225	CALGARY
690/1176	UMBLE, LUKE	1080	00:50:47.70	10:09	H04-INDIV-M	29/63	917/2225	GRANDE PRAIRIE
691/1176	WALKER, CHRIS	4667	00:50:47.95	10:09	H17-INDIV-M	33/55	918/2225	CALGARY
692/1176	MEZA, GABRIEL	1548	00:50:49.90	10:09	H06-INDIV-M	17/31	919/2225	CALGARY
693/1176	KELLER, ERIC	3698	00:50:51.70	10:10	H14-INDIV-M	40/63	921/2225	CALGARY
694/1176	CHANG, MICHAEL	2514	00:50:54.30	10:10	H10-INDIV-M	40/71	926/2225	AIRDRIE
695/1176	SCORNAIENCHI, SERGIO	3511	00:50:56.75	10:11	H13-INDIV-M	34/65	928/2225	EDMONTON
696/1176	CHEUNG, MYLES	4182	00:51:00.05	10:12	H16-INDIV-M	28/72	929/2225	CALGARY
697/1176	BOYD, KEVIN	2756	00:51:03.60	10:12	H11-INDIV-M	42/65	931/2225	CALGARY
698/1176	SMITH, FRASER	4360	00:51:05.05	10:13	H16-INDIV-M	29/72	933/2225	CALGARY
699/1176	STRACHAN, ERIC	2978	00:51:08.50	10:13	H11-INDIV-M	43/65	935/2225	OKOTOKS
700/1176	MATTSON, TYLER	1830	00:51:09.15	10:13	H07-INDIV-M	30/47	938/2225	CALGARY
701/1176	GOODEN, THOMAS	4226	00:51:09.55	10:13	H16-INDIV-M	30/72	939/2225	LANGDON
702/1176	WORKMAN, DONALD	4403	00:51:10.00	10:14	H16-INDIV-M	31/72	940/2225	CALGARY
703/1176	WORKMAN, RYAN	4404	00:51:12.10	10:14	H16-INDIV-M	32/72	942/2225	CALGARY
704/1176	RENKEMA, JONATHON	4055	00:51:14.65	10:14	H15-INDIV-M	36/61	945/2225	AIRDRIE
705/1176	TURNBULL, BRODY	4103	00:51:15.90	10:15	H15-INDIV-M	37/61	949/2225	COALDALE
706/1176	ROWE, BREDE	1038	00:51:17.80	10:15	H04-INDIV-M	30/63	950/2225	HIGH RIVER
707/1176	RUSHWORTH, IAIN JAMES	3502	00:51:17.85	10:15	H13-INDIV-M	35/65	951/2225	CALGARY
708/1176	GRACE, MATT	4797	00:51:18.95	10:15	H18-INDIV-M	58/86	952/2225	CALGARY
709/1176	HANSEN, TYLER	4515	00:51:19.00	10:15	H17-INDIV-M	34/55	953/2225	RED DEER
710/1176	JONES, WILLIAM	1500	00:51:20.40	10:16	H06-INDIV-M	18/31	956/2225	AIRDRIE
711/1176	SHERMAN, BRYCE	495	00:51:22.35	10:16	H02-INDIV-M	51/83	959/2225	CROSSFIELD
712/1176	STEVENSON, MARSHALL	3817	00:51:25.30	10:17	H14-INDIV-M	41/63	962/2225	CALGARY
713/1176	WOODWARD, ROB	821	00:51:25.30	10:17	H03-INDIV-M	49/76	961/2225	CALGARY
714/1176	PELLERIN, JOHNATHAN	2649	00:51:25.80	10:17	H10-INDIV-M	41/71	963/2225	GRANDE PRAIRIE
715/1176	GILL, BIKRAM	4413	00:51:25.85	10:17	H16-INDIV-M	33/72	964/2225	CALGARY

Overall Gender Results

5K Spartan Individuals - 3.1miles

Male

Gender	Name	Bib#	Time	Pace/k	Div	Cat	O/A	City
716/1176	DETTMAN, BRANDON	3918	00:51:30.00	10:18	H15-INDIV-M	38/61	965/2225	AIRDRIE
717/1176	YOUNG, DALLAS	4683	00:51:30.65	10:18	H17-INDIV-M	35/55	966/2225	CALGARY
718/1176	DYER, FRASER	3650	00:51:32.90	10:18	H14-INDIV-M	42/63	968/2225	CALGARY
719/1176	MILLIGAN, RYAN	1840	00:51:33.65	10:18	H07-INDIV-M	31/47	969/2225	LETHBRIDGE
720/1176	HEMPSTOCK, MATTHEW	2298	00:51:34.30	10:18	H09-INDIV-M	45/74	970/2225	ST. ALBERT
721/1176	LEASK, MICHYLO	2882	00:51:34.75	10:18	H11-INDIV-M	44/65	971/2225	BATTLEFORD
722/1176	PECKSEN, PETER	463	00:51:35.15	10:19	H02-INDIV-M	52/83	972/2225	CROSSFIELD
723/1176	FRIEDT, ROB	2009	00:51:36.10	10:19	H08-INDIV-M	40/60	973/2225	SASKATOON
724/1176	LABRECQUE, TYLER	407	00:51:39.40	10:19	H02-INDIV-M	53/83	974/2225	LEDUC
725/1176	MASER, JEREMY	2473	00:51:42.05	10:20	H09-INDIV-M	46/74	978/2225	CALGARY
726/1176	WONG, KENNETH	4122	00:51:43.90	10:20	H15-INDIV-M	39/61	982/2225	CALGARY
727/1176	BRERETON, STEPHEN	2500	00:51:45.15	10:21	H10-INDIV-M	42/71	983/2225	CALGARY
728/1176	PRIETO, JESUS	185	00:51:46.00	10:21	H01-INDIV-M	73/94	984/2225	CALGARY
729/1176	LESLIE, JASON	2599	00:51:46.40	10:21	H10-INDIV-M	43/71	985/2225	CALGARY
730/1176	KINAKIN, JASON	2057	00:51:47.55	10:21	H08-INDIV-M	41/60	987/2225	CALGARY
731/1176	LOEWEN, MATTHEW	4562	00:51:48.60	10:21	H17-INDIV-M	36/55	989/2225	RED DEER
732/1176	L, KYLE	972	00:51:48.65	10:21	H04-INDIV-M	31/63	990/2225	EDMONTON
733/1176	BUCKLER, CLINT	1150	00:51:51.15	10:22	H05-INDIV-M	35/65	992/2225	AIRDRIE
734/1176	CAMPBELL, DREW	1155	00:51:51.35	10:22	H05-INDIV-M	36/65	993/2225	CALGARY
735/1176	YOUNG, CAMERON	4682	00:51:52.45	10:22	H17-INDIV-M	37/55	994/2225	CALGARY
736/1176	BHATT, PARTH	2222	00:51:52.65	10:22	H09-INDIV-M	47/74	995/2225	CALGARY
737/1176	BARG, ANDREW	298	00:51:54.45	10:22	H02-INDIV-M	54/83	997/2225	CALGARY
738/1176	VU, PAUL	4108	00:51:54.85	10:22	H15-INDIV-M	40/61	998/2225	CALGARY
739/1176	COATES, STEVEN	3625	00:51:55.15	10:23	H14-INDIV-M	43/63	999/2225	MOOSE JAW
740/1176	BLACK, ADAM	3042	00:51:56.10	10:23	H12-INDIV-M	26/45	1001/2225	MEDICINE HAT
741/1176	VRBANICH, STEVE	4392	00:51:56.10	10:23	H16-INDIV-M	34/72	1002/2225	CALGARY
742/1176	BAUTISTA, ARMIE	18	00:51:56.45	10:23	H01-INDIV-M	74/94	1003/2225	CALGARY
743/1176	JUMAGA, GRANT	2580	00:52:00.40	10:24	H10-INDIV-M	44/71	1008/2225	CALGARY
744/1176	NAITO, HIROTAKA	4588	00:52:01.15	10:24	H17-INDIV-M	38/55	1010/2225	CALGARY
745/1176	PAVICIC, ZVONKO	2405	00:52:01.35	10:24	H09-INDIV-M	48/74	1011/2225	CALGARY
746/1176	HOPFNER, DAN	2304	00:52:01.60	10:24	H09-INDIV-M	49/74	1012/2225	CALGARY
747/1176	SIROISHKA, ROB	2678	00:52:01.80	10:24	H10-INDIV-M	45/71	1013/2225	CALGARY
748/1176	PATERSON, WADE	2403	00:52:02.90	10:24	H09-INDIV-M	50/74	1014/2225	CALGARY
749/1176	HRUDEY, PETER	4239	00:52:05.60	10:25	H16-INDIV-M	35/72	1015/2225	EDMONTON
750/1176	MILLER, JONATHON	1549	00:52:06.20	10:25	H06-INDIV-M	19/31	1016/2225	EDMONTON
751/1176	MAHON, STEFAN	1826	00:52:06.50	10:25	H07-INDIV-M	32/47	1017/2225	CANMORE
752/1176	SHAH, HEMANG	2427	00:52:07.75	10:25	H09-INDIV-M	51/74	1018/2225	CALGARY
753/1176	KOBERINSKI, MICHAEL	2328	00:52:10.05	10:26	H09-INDIV-M	52/74	1019/2225	MEDICINE HAT
754/1176	LEE, JASON	837	00:52:12.55	10:26	H03-INDIV-M	50/76	1025/2225	CALGARY
755/1176	DORE, MATT	2797	00:52:18.45	10:27	H11-INDIV-M	45/65	1031/2225	ALLISTON
756/1176	EVANS, JEFF	4493	00:52:21.70	10:28	H17-INDIV-M	39/55	1032/2225	CALGARY
757/1176	FAWCETT, TRAVIS	2814	00:52:24.55	10:28	H11-INDIV-M	46/65	1034/2225	CALGARY
758/1176	GUNNINGHAM, ANDREW	2020	00:52:24.75	10:28	H08-INDIV-M	42/60	1035/2225	AIRDRIE
759/1176	MIDDLETON, KYLE	4304	00:52:25.25	10:29	H16-INDIV-M	36/72	1037/2225	CALGARY
760/1176	IP, DAVID	3412	00:52:28.05	10:29	H13-INDIV-M	36/65	1040/2225	EDMONTON
761/1176	DAVY, DAN	1179	00:52:28.70	10:29	H05-INDIV-M	37/65	1042/2225	LETHBRIDGE
762/1176	STARRITT, BRENDAN	2437	00:52:30.10	10:30	H09-INDIV-M	53/74	1044/2225	CALGARY
763/1176	STRETCH, STEVE	4933	00:52:31.90	10:30	H18-INDIV-M	59/86	1049/2225	CALGARY
764/1176	LIM, EUGENE	2602	00:52:32.65	10:30	H10-INDIV-M	46/71	1051/2225	CALGARY
765/1176	CALVERT, RUSS	3056	00:52:39.45	10:31	H12-INDIV-M	27/45	1056/2225	ST. ALBERT
766/1176	ALVAREZ, DIEGO	4706	00:52:39.70	10:31	H18-INDIV-M	60/86	1058/2225	CALGARY
767/1176	CALVERT, MASON	3055	00:52:40.00	10:32	H12-INDIV-M	28/45	1059/2225	ST. ALBERT
768/1176	FOLLIOTT, FRED	70	00:52:41.00	10:32	H01-INDIV-M	75/94	1062/2225	CANMORE
769/1176	BLACKWOOD, JONATHAN	305	00:52:42.25	10:32	H02-INDIV-M	55/83	1063/2225	LETHBRIDGE
770/1176	EASTER, DAVID	344	00:52:43.35	10:32	H02-INDIV-M	56/83	1065/2225	LETHBRIDGE

Overall Gender Results

5K Spartan Individuals - 3.1miles

Male

Gender	Name	Bib#	Time	Pace/k	Div	Cat	O/A	City
771/1176	BREKKE, DONOVAN	1967	00:52:44.85	10:32	H08-INDIV-M	43/60	1067/2225	CRANBROOK
772/1176	SIMON, IAN	215	00:52:45.45	10:33	H01-INDIV-M	76/94	1068/2225	CALGARY
773/1176	MILLER, JAMIE	4580	00:52:55.05	10:35	H17-INDIV-M	40/55	1071/2225	CALGARY
774/1176	BIRD, PRESTON	3322	00:52:57.55	10:35	H13-INDIV-M	37/65	1073/2225	CALGARY
775/1176	HALMA, AL	3390	00:53:00.10	10:36	H13-INDIV-M	38/65	1074/2225	LETHBRIDGE
776/1176	MENDOZA, RAOUL	2623	00:53:01.55	10:36	H10-INDIV-M	47/71	1076/2225	EDMONTON
777/1176	ERICKSON, SETH	4491	00:53:02.45	10:36	H17-INDIV-M	41/55	1078/2225	FORT MCMURRAY
778/1176	PETERSON, CHAD	3770	00:53:04.20	10:36	H14-INDIV-M	44/63	1079/2225	CALGARY
779/1176	GALE, HAILEY	645	00:53:06.00	10:37	H03-INDIV-M	51/76	1080/2225	MEDICINE HAT
780/1176	BENTLEY, ADAM	3039	00:53:06.80	10:37	H12-INDIV-M	29/45	1082/2225	CALGARY
781/1176	PERROTTA, GEOFF	4899	00:53:09.50	10:37	H18-INDIV-M	61/86	1084/2225	RED DEER
782/1176	LEEPACK, ANDRE	3433	00:53:13.25	10:38	H13-INDIV-M	39/65	1087/2225	CALGARY
783/1176	LEFEBVRE, CHRIS	4280	00:53:17.55	10:39	H16-INDIV-M	37/72	1088/2225	PETERBOROUGH
784/1176	CHUNG, OWEN	608	00:53:22.65	10:40	H03-INDIV-M	52/76	1094/2225	EDMONTON
785/1176	WRIGHT, BRYAN	542	00:53:27.30	10:41	H02-INDIV-M	57/83	1098/2225	BROOKS
786/1176	PICH, SAMEY	465	00:53:27.50	10:41	H02-INDIV-M	58/83	1099/2225	BROOKS
787/1176	TURNER, LEE	4387	00:53:28.65	10:41	H16-INDIV-M	38/72	1100/2225	CALGARY
788/1176	OTTOSEN, BUD	3007	00:53:32.20	10:42	H11-INDIV-M	47/65	1101/2225	ATHABASCA
789/1176	CAMPBELL, ROWAN	1540	00:53:34.75	10:42	H06-INDIV-M	20/31	1103/2225	DRAYTON VALLEY
790/1176	SEIFERLING, TIM	3512	00:53:36.40	10:43	H13-INDIV-M	40/65	1105/2225	REGINA
791/1176	TEULING, KENNETH	1351	00:53:37.30	10:43	H05-INDIV-M	38/65	1106/2225	CALGARY
792/1176	STEFANYSHYN, DARREN	4081	00:53:44.60	10:44	H15-INDIV-M	41/61	1113/2225	CALGARY
793/1176	STEFANYSHYN, REECE	4082	00:53:46.05	10:45	H15-INDIV-M	42/61	1116/2225	CALGARY
794/1176	EMERY, WILL	4975	00:53:51.75	10:46	H18-INDIV-M	62/86	1120/2225	CALGARY
795/1176	NGUYEN, JOSHUA	2642	00:53:56.60	10:47	H10-INDIV-M	48/71	1122/2225	CALGARY
796/1176	FOX, JORDAN	3373	00:54:02.10	10:48	H13-INDIV-M	41/65	1123/2225	GRANDE PRAIRIE
797/1176	SCOTT, SHAWN	774	00:54:02.80	10:48	H03-INDIV-M	53/76	1126/2225	GRANDE PRAIRIE
798/1176	ABUAN, MARDIN	2	00:54:03.75	10:48	H01-INDIV-M	77/94	1127/2225	CALGARY
799/1176	HO, ALVIN	2568	00:54:05.35	10:49	H10-INDIV-M	49/71	1128/2225	CALGARY
800/1176	MCLEOD, ANDREW	4864	00:54:10.40	10:50	H18-INDIV-M	63/86	1131/2225	AIRDRIE
801/1176	PUNJABI, SANJAY	2410	00:54:11.30	10:50	H09-INDIV-M	54/74	1132/2225	CALGARY
802/1176	HITTEL, BRENNON	3135	00:54:13.10	10:50	H12-INDIV-M	30/45	1135/2225	MEDICINE HAT
803/1176	CURTIS, GREGORY	3084	00:54:14.00	10:50	H12-INDIV-M	31/45	1136/2225	CALGARY
804/1176	MCKINNON, DONALD	992	00:54:15.70	10:51	H04-INDIV-M	32/63	1137/2225	CALGARY
805/1176	BRADLEY, LES	3045	00:54:16.65	10:51	H12-INDIV-M	32/45	1139/2225	CALGARY
806/1176	CARNEVALE, GORDON	316	00:54:16.70	10:51	H02-INDIV-M	59/83	1140/2225	EDMONTON
807/1176	STEWART, DARREN	3531	00:54:19.60	10:51	H13-INDIV-M	42/65	1143/2225	CITY
808/1176	BARNFIELD, MARK	3596	00:54:21.00	10:52	H14-INDIV-M	45/63	1145/2225	CALGARY
809/1176	HARPER, DAN	4805	00:54:21.80	10:52	H18-INDIV-M	64/86	1147/2225	AIRDRIE
810/1176	WALKEY, BRYAN	4951	00:54:21.80	10:52	H18-INDIV-M	65/86	1146/2225	LETHBRIDGE
811/1176	HARVEY, RYAN	4235	00:54:23.85	10:52	H16-INDIV-M	39/72	1150/2225	EDMONTON
812/1176	LUHNING, RYAN	2354	00:54:28.80	10:53	H09-INDIV-M	55/74	1153/2225	CALGARY
813/1176	WINTER, DOUGLAS	4963	00:54:30.90	10:54	H18-INDIV-M	66/86	1154/2225	EDMONTON
814/1176	VAN DE VENTER, JOHANNES	3264	00:54:33.90	10:54	H12-INDIV-M	33/45	1156/2225	CALGARY
815/1176	PEARSON, TROY	4329	00:54:34.40	10:54	H16-INDIV-M	40/72	1157/2225	CALGARY
816/1176	SILBERG, ERAN	4920	00:54:36.05	10:55	H18-INDIV-M	67/86	1161/2225	CALGARY
817/1176	NAKAMURA, TIM	4034	00:54:37.80	10:55	H15-INDIV-M	43/61	1163/2225	CALGARY
818/1176	STANTON, MATT	4366	00:54:40.60	10:56	H16-INDIV-M	41/72	1169/2225	EDMONTON
819/1176	OXLEY, TRAVIS	4886	00:54:43.85	10:56	H18-INDIV-M	68/86	1174/2225	CALGARY
820/1176	SCHAN, TYLER	487	00:54:48.60	10:57	H02-INDIV-M	60/83	1177/2225	LETHBRIDGE
821/1176	STRONG, JOE	4371	00:54:49.80	10:57	H16-INDIV-M	42/72	1178/2225	EDMONTON
822/1176	LEYS SCHIROK, TREVOR	3168	00:54:54.30	10:58	H12-INDIV-M	34/45	1181/2225	CALGARY
823/1176	NEUMAN, CHRIS	3197	00:54:56.45	10:59	H12-INDIV-M	35/45	1183/2225	CALGARY
824/1176	MENDOZA, RANDY	2622	00:55:02.60	11:00	H10-INDIV-M	50/71	1185/2225	EDMONTON
825/1176	HAVILAND, TREVOR	936	00:55:03.15	11:00	H04-INDIV-M	33/63	1186/2225	EDMONTON

Overall Gender Results

5K Spartan Individuals - 3.1miles

Male

Gender	Name	Bib#	Time	Pace/k	Div	Cat	O/A	City
826/1176	SHIELDS SMITH, CHASE	1610	00:55:03.80	11:00	H05-INDIV-M	39/65	1187/2225	CALGARY
827/1176	NOBLES, MATT	4593	00:55:03.90	11:00	H17-INDIV-M	42/55	1188/2225	FORT MCMURRAY
828/1176	CHENARD, MIKE	1722	00:55:05.35	11:01	H07-INDIV-M	33/47	1189/2225	MEDICINE HAT
829/1176	SMITH, ALEX	1619	00:55:06.40	11:01	H05-INDIV-M	40/65	1190/2225	CALGARY
830/1176	WRIGHT, JEREMY	1376	00:55:06.55	11:01	H05-INDIV-M	41/65	1191/2225	LETHBRIDGE
831/1176	RINGUETTE, DALE	3226	00:55:10.00	11:02	H12-INDIV-M	36/45	1195/2225	EDMONTON
832/1176	HUTNIAK, NICHOLAS	1789	00:55:11.95	11:02	H07-INDIV-M	34/47	1196/2225	CALGARY
833/1176	HALVORSON, JEREMY	2553	00:55:22.70	11:04	H10-INDIV-M	51/71	1202/2225	MEDICINE HAT
834/1176	QUENNEVILLE, JASON	471	00:55:25.85	11:05	H02-INDIV-M	61/83	1206/2225	EDMONTON
835/1176	MARR, CAELAN	430	00:55:26.50	11:05	H02-INDIV-M	62/83	1207/2225	EDMONTON
836/1176	JEGARD, JOHN	109	00:55:26.80	11:05	H01-INDIV-M	78/94	1209/2225	CALGARY
837/1176	BAKER, HUGH	1406	00:55:29.40	11:05	H06-INDIV-M	21/31	1212/2225	CALGARY
838/1176	HILCHIE, ADRIAN	2567	00:55:30.10	11:06	H10-INDIV-M	52/71	1214/2225	CALGARY
839/1176	WESCOMB, RYAN	1912	00:55:33.65	11:06	H07-INDIV-M	35/47	1215/2225	CALGARY
840/1176	BISHOP, MIKE	583	00:55:36.25	11:07	H03-INDIV-M	54/76	1218/2225	GLENWOOD
841/1176	LEE, MARK	1256	00:55:39.55	11:07	H05-INDIV-M	42/65	1222/2225	RED DEER
842/1176	JUSTUS, ROY	2859	00:55:40.80	11:08	H11-INDIV-M	48/65	1224/2225	CALGARY
843/1176	VANG, SHAWN	532	00:55:43.95	11:08	H02-INDIV-M	63/83	1228/2225	CROSSFIELD
844/1176	BERRY, BILL	4726	00:55:46.30	11:09	H18-INDIV-M	69/86	1232/2225	LANGDON
845/1176	MEDINA, PETER	2621	00:55:48.95	11:09	H10-INDIV-M	53/71	1235/2225	EDMONTON
846/1176	LE, ANDREW	2592	00:55:49.00	11:09	H10-INDIV-M	54/71	1236/2225	CALGARY
847/1176	MCTAGGART, CARL	438	00:55:49.30	11:09	H02-INDIV-M	64/83	1239/2225	DRUMHELLER
848/1176	KNUDSON, CHAD	1243	00:55:49.55	11:09	H05-INDIV-M	43/65	1240/2225	RED DEER
849/1176	KANJI, HUSSEIN	117	00:55:50.00	11:10	H01-INDIV-M	79/94	1241/2225	CALGARY
850/1176	ASSENHEIMER, TERRY	2488	00:55:51.45	11:10	H10-INDIV-M	55/71	1244/2225	CALGARY
851/1176	MCLEAN, JON	4863	00:55:54.30	11:10	H18-INDIV-M	70/86	1247/2225	CALGARY
852/1176	GUTIERREZ, JULIO	89	00:55:57.40	11:11	H01-INDIV-M	80/94	1253/2225	CALGARY
853/1176	KELEMEN-TKACHUK, SHAWN	402	00:55:59.30	11:11	H02-INDIV-M	65/83	1254/2225	ROSEBUD
854/1176	RUDY, MITCHELL	827	00:55:59.40	11:11	H03-INDIV-M	55/76	1255/2225	CALGARY
855/1176	GREEN, JOHN	655	00:56:00.30	11:12	H03-INDIV-M	56/76	1256/2225	ATHABASCA
856/1176	DEMETER, SZABOLCS	3569	00:56:03.85	11:12	H13-INDIV-M	43/65	1259/2225	HUNGARY
857/1176	MOLZAHN, JONATHAN	444	00:56:06.95	11:13	H02-INDIV-M	66/83	1262/2225	DRUMHELLER
858/1176	FINDLEY, TRAVIS	914	00:56:08.25	11:13	H04-INDIV-M	34/63	1263/2225	CALGARY
859/1176	PLANA, HARLEY	1027	00:56:13.00	11:14	H04-INDIV-M	35/63	1266/2225	CALGARY
860/1176	BEVANS, KURT	303	00:56:21.40	11:16	H02-INDIV-M	67/83	1271/2225	DRUMHELLER
861/1176	LACLAIRE, PAUL	409	00:56:21.90	11:16	H02-INDIV-M	68/83	1273/2225	HANNA
862/1176	BRINE, NEIL	310	00:56:24.60	11:16	H02-INDIV-M	69/83	1274/2225	AIRDRIE
863/1176	JOHANSON, JASON	111	00:56:25.90	11:17	H01-INDIV-M	81/94	1275/2225	CALGARY
864/1176	BELLOWS, RYAN	21	00:56:28.95	11:17	H01-INDIV-M	82/94	1278/2225	CALGARY
866/1176	BENTLEY, ANDREW	4420	00:56:31.30	11:18	H18-INDIV-M	71/86	1282/2225	CALGARY
866/1176	BARNES, BRAD	4420	00:56:31.30	11:18	H16-INDIV-F	71/86	1282/2225	CALGARY
867/1176	SLOBODNIK, PAUL	4075	00:56:34.80	11:18	H15-INDIV-M	44/61	1285/2225	CALGARY
868/1176	GALLANT, DONAT	918	00:56:35.55	11:19	H04-INDIV-M	36/63	1286/2225	CALGARY
869/1176	VILLOUTA, HECTOR	4419	00:56:36.10	11:19	H16-INDIV-M	43/72	1287/2225	CALGARY
870/1176	SEABORNE, NATHAN	2673	00:56:39.30	11:19	H10-INDIV-M	56/71	1289/2225	CALGARY
871/1176	PIPPUS, GREG	4902	00:56:40.35	11:20	H18-INDIV-M	72/86	1290/2225	GRANDE PRAIRIE
872/1176	MCFARLANE, JAMES	433	00:56:41.05	11:20	H02-INDIV-M	70/83	1292/2225	CALGARY
873/1176	HOGAN, SHAWN	387	00:56:47.55	11:21	H02-INDIV-M	71/83	1295/2225	EDMONTON
874/1176	MANUNTAG, JEFFERY	3179	00:56:51.85	11:22	H12-INDIV-M	37/45	1298/2225	EDMONTON
875/1176	BOURREE, MARK	588	00:56:55.65	11:23	H03-INDIV-M	57/76	1304/2225	CALGARY
876/1176	YATES, AJAY	4128	00:56:59.75	11:23	H15-INDIV-M	45/61	1306/2225	CALGARY
877/1176	UNRAU, JT	2700	00:57:01.00	11:24	H10-INDIV-M	57/71	1307/2225	AIRDRIE
878/1176	CHICHAK, BRAD	2515	00:57:03.70	11:24	H10-INDIV-M	58/71	1309/2225	CALGARY
879/1176	AUGER, ROB	11	00:57:06.30	11:25	H01-INDIV-M	83/94	1310/2225	LEDUC
880/1176	BERGERON, RYAN	22	00:57:07.70	11:25	H01-INDIV-M	84/94	1312/2225	CALGARY

Overall Gender Results

5K Spartan Individuals - 3.1miles

Male

Gender	Name	Bib#	Time	Pace/k	Div	Cat	O/A	City
881/1176	MCFARLANE, TREVOR	1542	00:57:12.10	11:26	H06-INDIV-M	22/31	1317/2225	OKOTOKS
882/1176	GAUTHIER, ALEXANDRE	4223	00:57:12.70	11:26	H16-INDIV-M	44/72	1318/2225	CALGARY
883/1176	SPROULE, JARED	4365	00:57:13.55	11:26	H16-INDIV-M	45/72	1320/2225	CALGARY
884/1176	BOULTON, BARRETT	4170	00:57:25.05	11:29	H16-INDIV-M	46/72	1323/2225	HIGH RIVER
885/1176	MACIAS, MANUEL	1262	00:57:26.25	11:29	H05-INDIV-M	44/65	1325/2225	CALGARY
886/1176	HENDERSON, TREVOR	2299	00:57:31.15	11:30	H09-INDIV-M	56/74	1327/2225	AL AIN
887/1176	KILBURN, MARK	3852	00:57:39.90	11:31	H14-INDIV-M	47/63	1334/2225	
888/1176	SHERMAN, ROBERT	4917	00:57:44.20	11:32	H18-INDIV-M	73/86	1336/2225	PRIDDIS
889/1176	LILLEJORD, DAMON	2077	00:57:46.55	11:33	H08-INDIV-M	44/60	1340/2225	CRANBROOK
890/1176	CYR, CHRIS	4472	00:57:47.50	11:33	H07-INDIV-M	36/47	1342/2225	CALGARY
891/1176	FARROW, CHRISTOPHER	1747	00:57:47.60	11:33	H07-INDIV-M	37/47	1344/2225	CALGARY
892/1176	PALMER, JAMIE	4599	00:57:48.15	11:33	H17-INDIV-M	43/55	1345/2225	CALGARY
893/1176	KUMMER, MARIO	693	00:57:53.45	11:34	H03-INDIV-M	58/76	1349/2225	AIRDRIE
894/1176	NORMAN, CURTIS	1567	00:57:53.45	11:34	H06-INDIV-M	23/31	1350/2225	REGINA
895/1176	HILL, CURTIS	1100	00:57:54.05	11:34	H04-INDIV-M	37/63	1351/2225	MARANA
896/1176	PETRIE, TREVOR	178	00:57:54.70	11:34	H01-INDIV-M	85/94	1352/2225	CALGARY
897/1176	DAMJI, ZAHIR	52	00:57:55.30	11:35	H01-INDIV-M	86/94	1353/2225	CALGARY
898/1176	LANARAS, JOHN	3712	00:57:56.65	11:35	H14-INDIV-M	48/63	1354/2225	OKOTOKS
899/1176	WHALEN, DAVE	3849	00:58:00.05	11:36	H14-INDIV-M	49/63	1356/2225	ST. ALBERT
900/1176	WORM, DAMION	2461	00:58:00.10	11:36	H09-INDIV-M	57/74	1357/2225	CALGARY
901/1176	PRENDERGAST, SEAN	4612	00:58:03.00	11:36	H17-INDIV-M	44/55	1361/2225	CALGARY
902/1176	POOK, SCOTT	3495	00:58:06.95	11:37	H13-INDIV-M	44/65	1367/2225	CALGARY
903/1176	PAULOVICH, RAMAN	1020	00:58:10.85	11:38	H04-INDIV-M	38/63	1370/2225	CALGARY
904/1176	CHAMBERS, MATTHEW	1980	00:58:13.05	11:38	H08-INDIV-M	45/60	1372/2225	CALGARY
905/1176	WILLIAMS, RICK	2712	00:58:13.15	11:38	H10-INDIV-M	59/71	1373/2225	CALGARY
906/1176	BIRMINGHAM, DYLAN	849	00:58:18.35	11:39	H04-INDIV-M	39/63	1375/2225	EDMONTON
907/1176	NYGREN, RYAN	3755	00:58:20.85	11:40	H14-INDIV-M	50/63	1377/2225	SPRINGBROOK
908/1176	JANZEN, SHAWN	1235	00:58:23.50	11:40	H05-INDIV-M	45/65	1381/2225	LETHBRIDGE
909/1176	SYRNYK, MATT	3251	00:58:25.30	11:41	H12-INDIV-M	38/45	1382/2225	CALGARY
910/1176	SANDY, BRAD	2419	00:58:26.20	11:41	H07-INDIV-M	38/47	1384/2225	CALGARY
911/1176	LEGIEN, BRIAN	3435	00:58:31.30	11:42	H13-INDIV-M	45/65	1389/2225	PILOT BUTTE
912/1176	IVERSON, PJ	2041	00:58:31.75	11:42	H08-INDIV-M	46/60	1392/2225	CALGARY
913/1176	KERR-SMITH, SCOTT	2862	00:58:32.95	11:42	H11-INDIV-M	49/65	1395/2225	COCHRANE
914/1176	FRASER, ADAM	4498	00:58:37.10	11:43	H17-INDIV-M	45/55	1398/2225	CALGARY
915/1176	LAVOIE, YVES	1812	00:58:41.05	11:44	H07-INDIV-M	39/47	1400/2225	GRANDE PRAIRIE
916/1176	WALKER, MARTIN	2456	00:58:44.30	11:44	H09-INDIV-M	58/74	1402/2225	CALGARY
917/1176	MARINUCCI, MAT	1531	00:58:48.55	11:45	H06-INDIV-M	24/31	1405/2225	CALGARY
918/1176	FARIA, WALTER	4778	00:58:55.50	11:47	H18-INDIV-M	74/86	1409/2225	CALGARY
919/1176	HENLEY, MATTHEW	2840	00:58:57.25	11:47	H11-INDIV-M	50/65	1410/2225	CALGARY
920/1176	MCKAY, JASON	3463	00:59:03.10	11:48	H13-INDIV-M	46/65	1414/2225	CALGARY
921/1176	TABINGO, JOHN	227	00:59:05.80	11:49	H01-INDIV-M	87/94	1416/2225	CALGARY
922/1176	SCHOCH, KRIS	4065	00:59:06.45	11:49	H15-INDIV-M	46/61	1418/2225	CALGARY
923/1176	SMITH, SEAN	1620	00:59:08.15	11:49	H06-INDIV-M	25/31	1419/2225	CALGARY
924/1176	SMEATON, PAUL	1618	00:59:08.15	11:49	H06-INDIV-M	26/31	1420/2225	CALGARY
925/1176	STREET, CHRIS	4089	00:59:09.30	11:49	H15-INDIV-M	47/61	1422/2225	CALGARY
926/1176	IBARRA MEJIA, ENOC	3689	00:59:11.95	11:50	H14-INDIV-M	51/63	1427/2225	CALGARY
927/1176	MACALISTER, ROD	4015	00:59:14.50	11:50	H15-INDIV-M	48/61	1429/2225	CALGARY
928/1176	HUEL, HANK	1788	00:59:14.70	11:50	H07-INDIV-M	40/47	1430/2225	LETHBRIDGE
929/1176	CHAN, ELLIS	825	00:59:15.90	11:51	H03-INDIV-M	59/76	1431/2225	EDMONTON
930/1176	KROUTIL, MIKE	3709	00:59:17.75	11:51	H14-INDIV-M	52/63	1432/2225	CALGARY
931/1176	ALISCH, DAVID ALISCH	2481	00:59:22.60	11:52	H10-INDIV-M	60/71	1435/2225	CALGARY
932/1176	RAUCKMAN, BRANDON	4336	00:59:32.20	11:54	H16-INDIV-M	47/72	1446/2225	CALGARY
933/1176	HARRIS, SCOTT	933	00:59:35.70	11:55	H04-INDIV-M	40/63	1452/2225	REDCLIFF
934/1176	KONOSKY, DEREK	959	00:59:35.95	11:55	H04-INDIV-M	41/63	1453/2225	REDCLIFF
935/1176	LEE, JONATHAN	2593	00:59:36.00	11:55	H10-INDIV-M	61/71	1455/2225	EDMONTON

Overall Gender Results

5K Spartan Individuals - 3.1miles

Male

Gender	Name	Bib#	Time	Pace/k	Div	Cat	O/A	City
936/1176	SMITH, WARREN	1064	00:59:39.20	11:55	H04-INDIV-M	42/63	1459/2225	CALGARY
937/1176	ANDERSEN, OWEN	2211	00:59:40.10	11:56	H09-INDIV-M	59/74	1461/2225	CALGARY
938/1176	WINSOR, NICK	2999	00:59:44.10	11:56	H11-INDIV-M	51/65	1463/2225	CALGARY
939/1176	CLARK, DARRYL	1728	00:59:48.25	11:57	H07-INDIV-M	41/47	1468/2225	EDMONTON
940/1176	JIN, HONGWOO	4247	00:59:50.75	11:58	H16-INDIV-M	48/72	1470/2225	CALGARY
941/1176	BROWN, JAMES	1146	00:59:51.30	11:58	H05-INDIV-M	46/65	1471/2225	CALGARY
942/1176	LOSNESS, NOLAN	2889	00:59:52.25	11:58	H11-INDIV-M	52/65	1472/2225	BATTLEFORD
943/1176	BISHOP, KEITH	3041	00:59:53.35	11:58	H12-INDIV-M	39/45	1474/2225	CALGARY
944/1176	JOSS, TERRY	3416	00:59:53.65	11:58	H13-INDIV-M	47/65	1475/2225	WHITEHORSE
945/1176	RUTH, VINCENT RITH	3803	00:59:55.70	11:59	H14-INDIV-M	53/63	1478/2225	CALGARY
946/1176	LOSNESS, CALEB	2888	00:59:55.70	11:59	H11-INDIV-M	53/65	1479/2225	BATTLEFORD
947/1176	PEARSON, TYLER	3766	01:00:06.95	12:01	H14-INDIV-M	54/63	1485/2225	AIRDRIE
948/1176	IEZZI, ALEX	4818	01:00:21.70	12:04	H18-INDIV-M	75/86	1495/2225	CALGARY
949/1176	EMSLIE, MIKE	2195	01:00:26.00	12:05	H08-INDIV-M	47/60	1498/2225	CALGARY
950/1176	MACDONALD, COLIN	2080	01:00:27.00	12:05	H08-INDIV-M	48/60	1500/2225	CALGARY
951/1176	SCHMALTZ, TODD	2137	01:00:27.50	12:05	H08-INDIV-M	49/60	1501/2225	CALGARY
952/1176	LEE, BEN	975	01:00:29.70	12:05	H04-INDIV-M	43/63	1502/2225	CALGARY
953/1176	JOHNSON, CRAIG	3969	01:00:30.70	12:06	H15-INDIV-M	49/61	1503/2225	CALGARY
954/1176	NOLAN, RORY	458	01:00:31.90	12:06	H02-INDIV-M	72/83	1504/2225	CALGARY
955/1176	WATSON, ROBERT	3552	01:00:37.40	12:07	H13-INDIV-M	48/65	1506/2225	CALGARY
956/1176	SHENFIELD, JOSEPH	1334	01:00:40.00	12:08	H05-INDIV-M	47/65	1509/2225	CALGARY
957/1176	BARTHEL, BEN	4722	01:00:41.50	12:08	H18-INDIV-M	76/86	1511/2225	RED DEER
958/1176	BAIN, DUNCAN	2491	01:00:42.40	12:08	H10-INDIV-M	62/71	1514/2225	BEAUMONT
959/1176	EL AJOUZ, KAMAL	630	01:00:46.50	12:09	H03-INDIV-M	60/76	1515/2225	CALGARY
960/1176	CAMANINI, JULIEN	4132	01:00:50.05	12:10	H15-INDIV-M	50/61	1516/2225	CALGARY
961/1176	ARMENTA, BEN	3306	01:00:52.90	12:10	H13-INDIV-M	49/65	1520/2225	CALGARY
962/1176	SAWATZKY, DEVIN	1042	01:00:53.45	12:10	H04-INDIV-M	44/63	1522/2225	CALGARY
963/1176	KANUIT, TODD	401	01:00:57.20	12:11	H02-INDIV-M	73/83	1523/2225	CALGARY
964/1176	WILKINSON, MATHEW	1092	01:01:00.65	12:12	H04-INDIV-M	45/63	1525/2225	CALGARY
965/1176	BAIN, KURTIS	1949	01:01:02.30	12:12	H08-INDIV-M	50/60	1527/2225	CALGARY
966/1176	BROWN, BRAD	1971	01:01:04.10	12:12	H08-INDIV-M	51/60	1528/2225	CALGARY
967/1176	HUESTIS, CHRISTOPHER	2035	01:01:05.85	12:13	H08-INDIV-M	52/60	1529/2225	CALGARY
968/1176	BEREZANSKI, SHAWN	2498	01:01:05.90	12:13	H10-INDIV-M	63/71	1530/2225	BEAUMONT
969/1176	BANTLI, DANNY	4158	01:01:06.15	12:13	H16-INDIV-M	49/72	1531/2225	CALGARY
970/1176	WILLARD, TERRY	819	01:01:08.20	12:13	H03-INDIV-M	61/76	1533/2225	GRANDE PRAIRIE
971/1176	LITZENBERGER, PAUL	3442	01:01:11.45	12:14	H13-INDIV-M	50/65	1538/2225	SPIRITWOOD
972/1176	LOEHR, CHRISTIAN	421	01:01:13.20	12:14	H02-INDIV-M	74/83	1540/2225	CALGARY
973/1176	LATA, CHRISTOPHER	4275	01:01:26.80	12:17	H16-INDIV-M	50/72	1547/2225	CALGARY
974/1176	THUNA, GARRY	1076	01:01:30.25	12:18	H04-INDIV-M	46/63	1551/2225	CALGARY
975/1176	SCHRYVERS, PETER	4628	01:01:31.65	12:18	H17-INDIV-M	46/55	1554/2225	CALGARY
976/1176	YOXALL, BILL	4969	01:01:39.70	12:19	H18-INDIV-M	77/86	1557/2225	RED DEER
977/1176	MOERKE, BRIAN	4310	01:01:43.20	12:20	H16-INDIV-M	51/72	1558/2225	CALGARY
978/1176	MACKINNON, KEVIN	3452	01:01:43.90	12:20	H13-INDIV-M	51/65	1559/2225	LETHBRIDGE
979/1176	BALDERSTON, TREVOR	3310	01:01:46.20	12:21	H13-INDIV-M	52/65	1560/2225	CALGARY
980/1176	CRONIN, WARREN	887	01:01:51.75	12:22	H04-INDIV-M	47/63	1563/2225	CALGARY
981/1176	SAM, GORDON	4626	01:01:57.50	12:23	H17-INDIV-M	47/55	1564/2225	EDMONTON
982/1176	KAVAN, FILIP	119	01:01:59.20	12:23	H01-INDIV-M	88/94	1565/2225	CALGARY
983/1176	BRISEBOIS, ROBIN	858	01:02:06.70	12:25	H04-INDIV-M	48/63	1573/2225	CALGARY
984/1176	BORKENT, NATHAN	4169	01:02:10.90	12:26	H16-INDIV-M	52/72	1576/2225	EDMONTON
985/1176	JESSOP, JAROMY	1236	01:02:11.30	12:26	H05-INDIV-M	48/65	1577/2225	STANSBURY PARI
986/1176	GREEN, JOHN	4230	01:02:11.60	12:26	H16-INDIV-M	53/72	1580/2225	EDMONTON
987/1176	MARTEL, MIKE	150	01:02:24.30	12:28	H01-INDIV-M	89/94	1582/2225	RED DEER
988/1176	HAYES, SAM	2560	01:02:28.55	12:29	H10-INDIV-M	64/71	1584/2225	CALGARY
989/1176	KOOL, ROSS	1803	01:02:42.75	12:32	H07-INDIV-M	42/47	1596/2225	CALGARY
990/1176	BOOTH, TERRY	1141	01:02:43.65	12:32	H05-INDIV-M	49/65	1599/2225	COCHRANE

Overall Gender Results

5K Spartan Individuals - 3.1miles

Male

Gender	Name	Bib#	Time	Pace/k	Div	Cat	O/A	City
991/1176	WOOD, MIKE	1375	01:02:45.00	12:33	H05-INDIV-M	50/65	1600/2225	CALGARY
992/1176	STEWART, SPENCER	223	01:02:46.05	12:33	H01-INDIV-M	90/94	1601/2225	CALGARY
993/1176	OLSON, LANE	2647	01:02:48.55	12:33	H10-INDIV-M	65/71	1604/2225	CALGARY
994/1176	WILSON, DAVE	1654	01:03:04.85	12:36	H06-INDIV-M	27/31	1612/2225	CALGARY
995/1176	GIAN, PETER	2543	01:03:12.00	12:38	H10-INDIV-M	66/71	1617/2225	CALGARY
996/1176	JOYCE, ADAM	3417	01:03:27.95	12:41	H13-INDIV-M	53/65	1619/2225	AIRDRIE
997/1176	ZEMP, MERRICK	3285	01:03:30.70	12:42	H12-INDIV-M	40/45	1621/2225	CASTLEGAR
998/1176	FABRIS, CHRIS	912	01:03:33.05	12:42	H04-INDIV-M	49/63	1622/2225	CHESTERMERE
999/1176	ORR, MARK	4598	01:03:34.05	12:42	H17-INDIV-M	48/55	1623/2225	CALGARY
1000/1176	SHERMAN, ADRIAN	4352	01:03:35.10	12:43	H16-INDIV-M	54/72	1624/2225	EDMONTON
1001/1176	TURNBULL, BLAKE	1901	01:03:35.45	12:43	H07-INDIV-M	43/47	1626/2225	CALGARY
1002/1176	AASEN, BRIAN	562	01:03:37.25	12:43	H03-INDIV-M	62/76	1629/2225	CALGARY
1003/1176	NIELSEN, JEFF	2390	01:03:37.80	12:43	H09-INDIV-M	60/74	1630/2225	COALDALE
1004/1176	SCHAEFFER, VINCE	1044	01:03:42.55	12:44	H04-INDIV-M	50/63	1635/2225	CALGARY
1005/1176	KRZYWICKI, JACEK	967	01:03:46.70	12:45	H04-INDIV-M	51/63	1642/2225	CALGARY
1006/1176	HANNAH, CHRIS	2024	01:03:53.85	12:46	H08-INDIV-M	53/60	1645/2225	CALGARY
1007/1176	BIENERT, KENT	2465	01:03:55.35	12:47	H09-INDIV-M	61/74	1647/2225	CALGARY
1008/1176	CARLSON, SEAN	3893	01:03:58.25	12:47	H15-INDIV-M	51/61	1649/2225	CALGARY
1009/1176	BATHORY, DYLAN	3872	01:03:58.50	12:47	H15-INDIV-M	52/61	1650/2225	CALGARY
1010/1176	THORNBORROW, NICHOLAS	2164	01:04:02.30	12:48	H08-INDIV-M	54/60	1651/2225	EDMONTON
1011/1176	LICUDINE, TIM	3169	01:04:06.95	12:49	H12-INDIV-M	41/45	1657/2225	CALGARY
1012/1176	TOLLEY, CAMERON	4385	01:04:07.05	12:49	H16-INDIV-M	55/72	1658/2225	AIRDRIE
1013/1176	JENSEN, BRAD	4244	01:04:08.55	12:49	H16-INDIV-M	56/72	1660/2225	AIRDRIE
1014/1176	MUNRO, CRAIG	452	01:04:08.65	12:49	H02-INDIV-M	75/83	1661/2225	AIRDRIE
1015/1176	YON, ELI	4968	01:04:10.65	12:50	H18-INDIV-M	78/86	1664/2225	CALGARY
1016/1176	DESLAURIER, TIM	897	01:04:29.40	12:53	H04-INDIV-M	52/63	1672/2225	COCHRANE
1017/1176	REMPEL, WAYNE	2124	01:04:44.55	12:56	H08-INDIV-M	55/60	1680/2225	LACOMBE
1018/1176	MARWAHA, NAKUL	4295	01:04:45.00	12:57	H16-INDIV-M	57/72	1681/2225	TORONTO
1019/1176	WILSON, RAY	4962	01:04:49.75	12:57	H18-INDIV-M	79/86	1685/2225	CALGARY
1020/1176	LE MANNE, MICHAEL	4278	01:04:51.60	12:58	H16-INDIV-M	58/72	1686/2225	CALGARY
1021/1176	MCCULLOCH, NEIL	1105	01:04:58.10	12:59	H04-INDIV-M	53/63	1691/2225	CALGARY
1022/1176	SMITH, DAVID	3241	01:05:05.00	13:01	H12-INDIV-M	42/45	1695/2225	CALGARY
1023/1176	BROCK, CHRIS	1969	01:05:11.60	13:02	H08-INDIV-M	56/60	1699/2225	CRANBROOK
1024/1176	DEROCHE, STEVE	2266	01:05:13.70	13:02	H09-INDIV-M	62/74	1700/2225	CALGARY
1025/1176	KERBER, MATTHIAS	1241	01:05:23.90	13:04	H05-INDIV-M	51/65	1707/2225	RED DEER COUN
1026/1176	THOMPSON, NICK	3257	01:05:25.50	13:05	H12-INDIV-M	43/45	1708/2225	CALGARY
1027/1176	MCDUGALL, IAN	4025	01:05:25.75	13:05	H15-INDIV-M	53/61	1710/2225	GIBBONS
1028/1176	HYCHA, KELSEY	946	01:05:30.40	13:06	H04-INDIV-M	54/63	1715/2225	PONOKA
1029/1176	ANGELLAKIS, ANDREAS	3305	01:05:31.95	13:06	H13-INDIV-M	54/65	1716/2225	CALGARY
1030/1176	BULAI, DANIEL	4737	01:05:37.90	13:07	H18-INDIV-M	80/86	1722/2225	CALGARY
1031/1176	SUPPES, KEITH	2982	01:05:38.25	13:07	H11-INDIV-M	54/65	1723/2225	CALGARY
1032/1176	BIRD, PHILIP	3603	01:05:44.40	13:08	H14-INDIV-M	55/63	1724/2225	CALGARY
1033/1176	BEDNARSKI, JACK	2218	01:05:51.45	13:10	H09-INDIV-M	63/74	1726/2225	CALGARY
1034/1176	KNOPP, MAT	3419	01:05:58.70	13:11	H13-INDIV-M	55/65	1727/2225	CALGARY
1035/1176	BENNETT, SCOTT	1702	01:06:01.00	13:12	H03-INDIV-M	63/76	1732/2225	EDMONTON
1036/1176	BENNETT, MARC	1699	01:06:01.95	13:12	H03-INDIV-M	64/76	1733/2225	SHERWOOD PARK
1037/1176	SULLIVAN, STEPHEN	3249	01:06:03.10	13:12	H12-INDIV-M	44/45	1734/2225	CALGARY
1038/1176	BENNETT, DARCY	1696	01:06:03.20	13:12	H03-INDIV-M	65/76	1735/2225	EDMONTON
1039/1176	BENNETT, BLAIR	1693	01:06:04.20	13:12	H03-INDIV-M	66/76	1736/2225	SHERWOOD PARK
1040/1176	BENNETT, TOM	1703	01:06:04.70	13:12	H03-INDIV-M	67/76	1737/2225	CARDSON
1041/1176	BENNETT, DAVID	1134	01:06:05.45	13:13	H03-INDIV-M	68/76	1738/2225	SHERWOOD PARK
1042/1176	KILJAN, ARNOLD	4256	01:06:07.35	13:13	H16-INDIV-M	59/72	1740/2225	LETHBRIDGE
1043/1176	SCHULTZ, RYAN	4630	01:06:11.15	13:14	H17-INDIV-M	49/55	1744/2225	AIRDRIE
1044/1176	MACARTHUR, RYAN	2892	01:06:13.60	13:14	H11-INDIV-M	55/65	1748/2225	CALGARY
1045/1176	JANZEN, LEON	2854	01:06:14.70	13:14	H11-INDIV-M	56/65	1749/2225	CALGARY

Overall Gender Results

5K Spartan Individuals - 3.1 miles

Male

Gender	Name	Bib#	Time	Pace/k	Div	Cat	O/A	City
1046/1176	STRAUSS, CHRIS	2442	01:06:20.75	13:16	H09-INDIV-M	64/74	1753/2225	STRATHMORE
1047/1176	SAUDER, KODY	1328	01:06:27.00	13:17	H05-INDIV-M	52/65	1759/2225	SWAN RIVER
1048/1176	WIGEMYR, TREVOUR	3272	01:06:27.25	13:17	H12-INDIV-M	45/45	1760/2225	AIRDRIE
1049/1176	DAW, CAMERON	3911	01:06:30.35	13:18	H15-INDIV-M	54/61	1762/2225	CALGARY
1050/1176	VROON, EJ	2453	01:06:33.30	13:18	H09-INDIV-M	65/74	1764/2225	FORT SASKATCHI
1051/1176	SO, AARON	2968	01:06:38.45	13:19	H11-INDIV-M	57/65	1767/2225	CALGARY
1052/1176	MCDONALD, CHETT	2619	01:06:42.75	13:20	H10-INDIV-M	67/71	1771/2225	AIRDRIE
1053/1176	POCHAPSKY, ZACHARY	3851	01:06:46.15	13:21	H14-INDIV-M	56/63	1773/2225	CALGARY
1054/1176	KENT, DANIEL	2322	01:07:03.75	13:24	H09-INDIV-M	66/74	1785/2225	SASKATOON
1055/1176	HIRCH, LARRY	1222	01:07:04.25	13:24	H05-INDIV-M	53/65	1786/2225	ROLLING HILLS
1056/1176	BONNAH, SHAWN	1712	01:07:14.80	13:26	H07-INDIV-M	44/47	1787/2225	CALGARY
1057/1176	MISNER, JOSH	994	01:07:24.40	13:28	H04-INDIV-M	55/63	1791/2225	RED DEER
1058/1176	DYRLAND, BART	4484	01:07:27.45	13:29	H17-INDIV-M	50/55	1793/2225	SYLVAN LAKE
1059/1176	SCRUPA, CHRIS "BLACK DIAMOND"	051	01:07:28.90	13:29	H04-INDIV-M	56/63	1794/2225	NEEPAWA
1060/1176	HA, SONG	92	01:07:33.20	13:30	H01-INDIV-M	91/94	1797/2225	CALGARY
1061/1176	SHARUN, JOHN	3515	01:07:40.95	13:32	H13-INDIV-M	56/65	1801/2225	SUN PEAKS
1062/1176	MCLEOD, MITCHELL	1283	01:07:55.25	13:35	H05-INDIV-M	54/65	1804/2225	CALGARY
1063/1176	MANTIK, JENNIFER	2897	01:07:56.65	13:35	H11-INDIV-M	58/65	1806/2225	CALGARY
1064/1176	DOUZECIH, BRENT	3645	01:07:56.75	13:35	H14-INDIV-M	57/63	1807/2225	CALGARY
1065/1176	WARREN, DAVID	2170	01:07:57.20	13:35	H08-INDIV-M	57/60	1809/2225	SUNDRE
1066/1176	HARRINGTON, PETER	4806	01:07:58.25	13:35	H18-INDIV-M	81/86	1811/2225	CALGARY
1067/1176	LANSDELL-ROLL, STEVEN	2880	01:08:04.70	13:36	H11-INDIV-M	59/65	1815/2225	OKOTOKS
1068/1176	SULLIVAN, MARTY	4374	01:08:15.40	13:39	H16-INDIV-M	60/72	1821/2225	CALGARY
1069/1176	LINDSAY, CHRISTOPHER	4283	01:08:15.90	13:39	H16-INDIV-M	61/72	1822/2225	CALGARY
1070/1176	BOWNESS, JESSE	4449	01:08:17.35	13:39	H17-INDIV-M	51/55	1823/2225	CALGARY
1071/1176	BATES, CHRIS	1129	01:08:18.30	13:39	H05-INDIV-M	55/65	1824/2225	CALGARY
1072/1176	HAM, JARROD	370	01:08:29.30	13:41	H02-INDIV-M	76/83	1827/2225	AIRDRIE
1073/1176	MURRAY, BRYAN	3475	01:08:36.15	13:43	H13-INDIV-M	57/65	1833/2225	LETHBRIDGE
1074/1176	OLLERENSHAW, R. CHRISTOPHER	933	01:08:56.70	13:47	H11-INDIV-M	60/65	1849/2225	CALGARY
1075/1176	SCHALK, JAMES	1046	01:09:34.95	13:54	H04-INDIV-M	57/63	1860/2225	COALDALE
1076/1176	HENDERSON, SCOTT	2564	01:09:35.25	13:55	H10-INDIV-M	68/71	1861/2225	AIRDRIE
1077/1176	DAVIES, DALE	3908	01:09:36.15	13:55	H15-INDIV-M	55/61	1862/2225	AIRDRIE
1078/1176	LAW, MICHAEL	4842	01:09:37.00	13:55	H18-INDIV-M	82/86	1863/2225	CALGARY
1079/1176	THORNTON, ANDREW	801	01:09:40.30	13:56	H03-INDIV-M	70/76	1867/2225	CALGARY
1080/1176	CURRIE, ADAM	1175	01:09:41.75	13:56	H05-INDIV-M	56/65	1869/2225	FORT ST JOHN
1081/1176	PRATT, RYAN	3776	01:09:55.00	13:59	H14-INDIV-M	58/63	1873/2225	CALGARY
1082/1176	LAFONTAINE, JORDAN	3710	01:09:56.60	13:59	H14-INDIV-M	59/63	1874/2225	CALGARY
1083/1176	KOWALCZUK, JUSTIN	2062	01:09:58.45	13:59	H08-INDIV-M	58/60	1875/2225	EDMONTON
1084/1176	LECHELT, MATTHEW	4844	01:10:13.30	14:02	H18-INDIV-M	83/86	1882/2225	EDMONTON
1085/1176	CHAMBERS, JOSEPH	3895	01:10:18.90	14:03	H15-INDIV-M	56/61	1884/2225	COCHRANE
1086/1176	TINK, GARRY	4651	01:10:33.05	14:06	H17-INDIV-M	52/55	1885/2225	CALGARY
1087/1176	SCHENK, MICHAEL	206	01:10:50.55	14:10	H01-INDIV-M	92/94	1896/2225	CALGARY
1088/1176	GRAD, JASON	2548	01:10:54.65	14:10	H08-INDIV-M	59/60	1899/2225	CALGARY
1089/1176	WOODWARD, DANIEL	541	01:10:54.95	14:10	H02-INDIV-M	77/83	1900/2225	CLAGARY
1090/1176	SMITH, JARED	4361	01:11:08.50	14:13	H16-INDIV-M	62/72	1904/2225	CALGARY
1091/1176	FRANK, GARY	641	01:11:09.00	14:13	H03-INDIV-M	71/76	1905/2225	EDMONTON
1092/1176	MARSH, ROBERT	1270	01:11:29.85	14:17	H05-INDIV-M	57/65	1913/2225	MEDICINE HAT
1093/1176	VIVIERS, GREGORY	1357	01:11:31.15	14:18	H05-INDIV-M	58/65	1917/2225	CALGARY
1094/1176	BOURGEOIS, DAVE	4447	01:11:48.70	14:21	H17-INDIV-M	53/55	1926/2225	CALGARY
1095/1176	WILKINSON, RAY	4676	01:11:49.70	14:21	H17-INDIV-M	54/55	1928/2225	CALGARY
1096/1176	LELLIOTT, PARNELL	4000	01:11:53.05	14:22	H15-INDIV-M	57/61	1934/2225	AIRDRIE
1097/1176	DE JESUS, MIGUEL	3356	01:12:28.95	14:29	H13-INDIV-M	58/65	1944/2225	CALGARY
1098/1176	BLACK, GLENN	1136	01:13:01.20	14:36	H05-INDIV-M	59/65	1951/2225	CALGARY
1099/1176	PAQUIN, CAM	4325	01:13:12.10	14:38	H16-INDIV-M	63/72	1957/2225	CALGARY
1100/1176	LAROCHE, PHIL	3714	01:13:30.80	14:42	H14-INDIV-M	60/63	1965/2225	LETHBRIDGE

Overall Gender Results

5K Spartan Individuals - 3.1miles

Male

Gender	Name	Bib#	Time	Pace/k	Div	Cat	O/A	City
1101/1176	KLUMPENHOWER, BRAD	4258	01:13:31.30	14:42	H16-INDIV-M	64/72	1966/2225	CALGARY
1102/1176	BADKE, CURTIS	2490	01:13:36.15	14:43	H10-INDIV-M	69/71	1968/2225	EDMONTON
1103/1176	MACMILLAN, SHAUN	4291	01:13:36.40	14:43	H16-INDIV-M	65/72	1969/2225	CALGARY
1104/1176	COOK, RANDALL	552	01:13:37.40	14:43	H02-INDIV-M	78/83	1971/2225	CALGARY
1105/1176	GREIG, ANDREW	366	01:13:44.10	14:44	H02-INDIV-M	79/83	1973/2225	CALGARY
1106/1176	INGHAM, KEVIN	2851	01:13:51.80	14:46	H11-INDIV-M	61/65	1975/2225	CALGARY
1107/1176	KARST, MIKE	4828	01:13:51.95	14:46	H18-INDIV-M	84/86	1976/2225	CALGARY
1108/1176	CAYABO, JORDAN	869	01:14:04.80	14:48	H04-INDIV-M	58/63	1977/2225	CALGARY
1109/1176	LERNER, JOE	2597	01:14:10.60	14:50	H10-INDIV-M	70/71	1978/2225	CALGARY
1110/1176	MACDONALD, STEVE	2082	01:14:35.90	14:55	H08-INDIV-M	60/60	1983/2225	CRANBROOK
1111/1176	MURRY, AARON	4032	01:14:40.30	14:56	H15-INDIV-M	58/61	1985/2225	BROOKS
1112/1176	CROCKER, MARK	1173	01:14:44.75	14:56	H05-INDIV-M	60/65	1986/2225	OKOTOKS
1113/1176	BOOTH, KEVIN	1140	01:14:47.45	14:57	H05-INDIV-M	61/65	1987/2225	COCHRANE
1114/1176	CROCKER, JAKE	1172	01:14:48.35	14:57	H05-INDIV-M	62/65	1989/2225	OKOTOKS
1115/1176	CAMPBELL, CODY	3614	01:15:03.10	15:00	H14-INDIV-M	61/63	1992/2225	CALGARY
1116/1176	PRICE, COLIN	2947	01:15:20.20	15:04	H11-INDIV-M	62/65	1997/2225	LAMONT
1117/1176	BOUWMAN, JOHN	2227	01:15:21.25	15:04	H09-INDIV-M	67/74	1998/2225	FORT SASKATCHEWAN
1118/1176	STUEBING, JEFF	2425	01:15:24.10	15:04	H09-INDIV-M	68/74	2000/2225	FORT SASKATCHEWAN
1119/1176	MISSAL, GRAHAM	2379	01:15:24.25	15:04	H09-INDIV-M	69/74	2001/2225	FORT SASKATCHEWAN
1120/1176	ROBINSON, DAVE	2418	01:15:26.35	15:05	H09-INDIV-M	70/74	2006/2225	FORT SASKATCHEWAN
1121/1176	SMITH, NEVADA	4364	01:15:33.95	15:06	H16-INDIV-M	66/72	2009/2225	COCHRANE
1122/1176	FRASER, SEAN	1184	01:15:36.95	15:07	H05-INDIV-M	63/65	2010/2225	CALGARY
1123/1176	VOLD, CODY	4416	01:16:07.60	15:13	H16-INDIV-M	67/72	2017/2225	MEDICINE HAT
1124/1176	MCDONALD, MURRAY	988	01:16:11.35	15:14	H04-INDIV-M	59/63	2019/2225	LANGDON
1125/1176	LAVALLEE, JACQUES	700	01:16:16.05	15:15	H03-INDIV-M	72/76	2022/2225	CANMORE
1126/1176	MORTON, TOM	555	01:16:33.05	15:18	H02-INDIV-M	80/83	2026/2225	DRUMHELLER
1127/1176	CHEW, BILL	1724	01:16:43.95	15:20	H07-INDIV-M	45/47	2029/2225	OKOTOKS
1128/1176	TAN, JAMES	791	01:16:53.20	15:22	H03-INDIV-M	73/76	2038/2225	CHESTERMERE
1129/1176	BABIUK, IVAN	2489	01:16:56.60	15:23	H10-INDIV-M	71/71	2039/2225	EDMONTON
1130/1176	JUNAID, UMAR	4827	01:17:08.20	15:25	H18-INDIV-M	85/86	2042/2225	EDMONTON
1131/1176	COLLINS, AARON	4188	01:17:30.20	15:30	H16-INDIV-M	68/72	2046/2225	EDMONTON
1132/1176	MONAGHAN, NICK	2383	01:17:32.10	15:30	H09-INDIV-M	71/74	2047/2225	EDMONTON
1133/1176	WHITE, DAVE	2458	01:17:46.45	15:33	H09-INDIV-M	72/74	2052/2225	CALGARY
1134/1176	YOUNGBLOOD, JEREMY	1098	01:17:54.10	15:34	H04-INDIV-M	60/63	2057/2225	COCHRANE
1135/1176	STEWART, MARK	4643	01:18:00.40	15:36	H17-INDIV-M	55/55	2059/2225	CALGARY
1136/1176	STRACHAN, SCOTT	4088	01:18:04.30	15:36	H15-INDIV-M	59/61	2061/2225	SPRUCE GROVE
1137/1176	KOWULA, NOLAN	2868	01:18:11.60	15:38	H11-INDIV-M	63/65	2065/2225	CALGARY
1138/1176	NIEBOER, CHRIS	1009	01:18:15.30	15:39	H04-INDIV-M	61/63	2067/2225	CALGARY
1139/1176	CREELMAN, MATT	3345	01:18:37.60	15:43	H13-INDIV-M	59/65	2073/2225	CALGARY
1140/1176	COLLINS, MITCHELL COLLINS	4189	01:18:38.40	15:43	H16-INDIV-M	69/72	2074/2225	WAINWRIGHT
1141/1176	SHERMAN, BLAKE	4916	01:19:09.00	15:49	H18-INDIV-M	86/86	2078/2225	CALGARY
1142/1176	MCKENZIE, PATRICK	3739	01:19:31.00	15:54	H14-INDIV-M	62/63	2084/2225	CALGARY
1143/1176	VU, DAVID	3549	01:19:42.15	15:56	H13-INDIV-M	60/65	2086/2225	CALGARY
1144/1176	UNICK, ASHTON	1355	01:19:46.50	15:57	H05-INDIV-M	64/65	2088/2225	CALGARY
1145/1176	LANDALS, DAVID	3430	01:20:20.60	16:04	H13-INDIV-M	61/65	2099/2225	ST. ALBERT
1146/1176	THOMPSON, GREG	4383	01:20:27.00	16:05	H16-INDIV-M	70/72	2104/2225	CALGARY
1147/1176	TUCHSCHERER, TIM	3833	01:21:05.75	16:13	H14-INDIV-M	63/63	2109/2225	CALGARY
1148/1176	ROWLAND, DALTON	1874	01:21:47.10	16:21	H07-INDIV-M	46/47	2114/2225	CLARESHOLM
1149/1176	WORKMAN, BRENT	1918	01:21:49.40	16:21	H07-INDIV-M	47/47	2116/2225	STIRLING
1150/1176	ANOTADO, BRENT	292	01:22:03.00	16:24	H02-INDIV-M	81/83	2120/2225	CALGARY
1151/1176	WOOD, WESLEY	3560	01:22:06.40	16:25	H13-INDIV-M	62/65	2124/2225	EDMONTON
1152/1176	ALLEN, ANTHONY	4151	01:22:23.30	16:28	H16-INDIV-M	71/72	2127/2225	MINOT
1153/1176	CLARKE, JAMIE	3342	01:22:27.95	16:29	H13-INDIV-M	63/65	2128/2225	CALGARY
1154/1176	ROSS, CHARLES	4344	01:22:32.10	16:30	H16-INDIV-M	72/72	2130/2225	MINOT
1155/1176	PINCA, JANUS	181	01:22:46.80	16:33	H01-INDIV-M	93/94	2133/2225	CALGARY

Overall Gender Results

5K Spartan Individuals - 3.1miles

Male

Gender	Name	Bib#	Time	Pace/k	Div	Cat	O/A	City
1156/1176	CHIN, RICK	2244	01:22:48.55	16:33	H09-INDIV-M	73/74	2134/2225	CALGARY
1157/1176	WONG, ALAN	268	01:23:00.00	16:36	H01-INDIV-M	94/94	2136/2225	CALGARY
1158/1176	LEE, KEVIN	3432	01:23:43.15	16:44	H13-INDIV-M	64/65	2143/2225	CALGARY
1159/1176	THIRLWALL, PRESTON	1632	01:24:03.80	16:48	H06-INDIV-M	28/31	2148/2225	CALGARY
1160/1176	DE JESUS, ANDREW	3355	01:24:14.50	16:50	H13-INDIV-M	65/65	2155/2225	CALGARY
1161/1176	SALT, RYAN	1599	01:25:11.05	17:02	H06-INDIV-M	29/31	2163/2225	LETHBRIDGE
1162/1176	ECKERSLEY, PAUL	2801	01:25:18.65	17:03	H11-INDIV-M	64/65	2164/2225	CALGARY
1163/1176	LEUNG, JERRY	2347	01:27:07.90	17:25	H09-INDIV-M	74/74	2173/2225	CALGARY
1164/1176	ERASMUS, RYAN	911	01:27:40.00	17:32	H04-INDIV-M	62/63	2175/2225	RED DEER
1165/1176	CAVIC, LJUBISA	868	01:28:04.75	17:36	H04-INDIV-M	63/63	2177/2225	RED DEER
1166/1176	SUBERLAK, ANTON Q	1349	01:28:09.80	17:37	H05-INDIV-M	65/65	2178/2225	CALGARY
1167/1176	MA, MICHAEL	716	01:29:34.30	17:54	H03-INDIV-M	74/76	2186/2225	CALGARY
1168/1176	DOYLE, AARON	2798	01:32:16.00	18:27	H11-INDIV-M	65/65	2193/2225	CALGARY
1169/1176	MULDERS, DAVID	730	01:32:35.35	18:31	H03-INDIV-M	75/76	2194/2225	CALGARY
1170/1176	SWANSON, DAVID	1627	01:37:12.85	19:26	H06-INDIV-M	30/31	2205/2225	CALGARY
1171/1176	LEIBEL, NICHOLAS	3999	01:40:00.90	20:00	H15-INDIV-M	60/61	2209/2225	CALGARY
1172/1176	TEMPLE, ARTHUR	4093	01:43:44.40	20:44	H15-INDIV-M	61/61	2211/2225	CALGARY
1173/1176	EDMONDS, CHRIS	1461	01:59:51.10	23:58	H06-INDIV-M	31/31	2219/2225	PRINCE GEORGE
1174/1176	GIANG, ALEX	650	02:08:52.60	25:46	H03-INDIV-M	76/76	2221/2225	CALGARY
1175/1176	YEE, WILSON	543	03:54:35.80	46:55	H02-INDIV-M	82/83	2223/2225	AIRDRIE
1176/1176	SAELENS, JASON	486	03:54:40.25	46:56	H02-INDIV-M	83/83	2225/2225	CALGARY