

OA/PI = Overall Placing

Cat/PI = Category Placing

Gen/PI = Overall Gender Placing

Category Results

5K Women

56 Finishers

5K-F0019 - 23 Competitors

| Cat/PI | Name | Bib # | Time | Pace | Offset | OA/PI | Team |
|--------|-------------------------|-------|-------------|-------|-----------|-------|------|
| 1/23 | LUCAS, EMILY | 242 | 00:19:34.83 | 03:54 | +00:00:00 | 3/56 | LCK |
| 2/23 | MCILROY, EMILY | 210 | 00:20:09.61 | 04:01 | +00:00:34 | 6/56 | AUG |
| 3/23 | IATROU, DINA | 244 | 00:20:13.62 | 04:02 | +00:00:38 | 7/56 | LCK |
| 4/23 | SEVERTSON, AMY | 236 | 00:20:57.10 | 04:11 | +00:01:22 | 11/56 | RDC |
| 5/23 | NAWROCKI, ELISE | 254 | 00:21:01.74 | 04:12 | +00:01:26 | 12/56 | CUE |
| 6/23 | SIGURDSON, ANNA | 214 | 00:21:10.78 | 04:14 | +00:01:35 | 13/56 | AUG |
| 7/23 | TROCCOLI-HUGHES, BAILEY | 256 | 00:21:12.86 | 04:14 | +00:01:38 | 14/56 | CUE |
| 8/23 | ZULIC, ANNA | 257 | 00:21:21.95 | 04:16 | +00:01:47 | 16/56 | CUE |
| 9/23 | VON GUNTEN, SYLVIA | 247 | 00:21:42.50 | 04:20 | +00:02:07 | 21/56 | LCK |
| 10/23 | KITT, HALEY | 230 | 00:21:45.97 | 04:21 | +00:02:11 | 22/56 | RDC |
| 11/23 | MOLTZAHN, SHAELYNN | 248 | 00:22:05.58 | 04:25 | +00:02:30 | 28/56 | LCK |
| 12/23 | SZYMANAK, LAURA | 237 | 00:22:54.11 | 04:34 | +00:03:19 | 31/56 | RDC |
| 13/23 | REID, LEAH | 212 | 00:23:28.52 | 04:41 | +00:03:53 | 35/56 | AUG |
| 14/23 | MEARNS, LAUREN | 233 | 00:23:33.47 | 04:42 | +00:03:58 | 36/56 | RDC |
| 15/23 | KOERBER, TAYLA | 208 | 00:23:35.90 | 04:43 | +00:04:01 | 37/56 | AUG |
| 16/23 | ENDERS, KAYLA | 249 | 00:23:42.73 | 04:44 | +00:04:07 | 39/56 | LCK |
| 17/23 | KUBOS, JENNIFER | 250 | 00:23:48.05 | 04:45 | +00:04:13 | 40/56 | LCK |
| 18/23 | MCDONALD, TARA | 232 | 00:23:59.60 | 04:47 | +00:04:24 | 42/56 | RDC |
| 19/23 | BOYKO, BRITTANY | 204 | 00:25:05.93 | 05:01 | +00:05:31 | 43/56 | AUG |
| 20/23 | DELURE, GILLIAN | 259 | 00:25:06.70 | 05:01 | +00:05:31 | 44/56 | OLDS |
| 21/23 | ACKERMAN, KAYLIN | 225 | 00:26:09.82 | 05:13 | +00:06:34 | 47/56 | RDC |
| 22/23 | CAMPBELL, TAMICA | 222 | 00:27:20.26 | 05:28 | +00:07:45 | 51/56 | GPRC |
| 23/23 | PEDERSEN, ALEXANDRIA | 234 | 00:29:47.91 | 05:57 | +00:10:13 | 56/56 | RDC |

5K-F2034 - 32 Competitors

| Cat/PI | Name | Bib # | Time | Pace | Offset | OA/PI | Team |
|--------|--------------------|-------|-------------|-------|-----------|-------|------|
| 1/32 | WIGMORE, JAMIE | 218 | 00:18:40.42 | 03:44 | +00:00:00 | 1/56 | GPRC |
| 2/32 | JENKINS, MARRIYA | 253 | 00:19:13.67 | 03:50 | +00:00:33 | 2/56 | CUE |
| 3/32 | MCKENZIE, RACHEL | 243 | 00:19:48.95 | 03:57 | +00:01:08 | 4/56 | LCK |
| 4/32 | COTA, JORDANNA | 226 | 00:19:59.74 | 03:59 | +00:01:19 | 5/56 | RDC |
| 5/32 | HOULE, MARIA | 220 | 00:20:19.25 | 04:03 | +00:01:38 | 8/56 | GPRC |
| 6/32 | SMILIE, RACHAEL | 255 | 00:20:22.78 | 04:04 | +00:01:42 | 9/56 | CUE |
| 7/32 | NAGY, JAYME | 238 | 00:20:52.74 | 04:10 | +00:02:12 | 10/56 | SAIT |
| 8/32 | KOSTER, AMBER | 231 | 00:21:19.16 | 04:15 | +00:02:38 | 15/56 | RDC |
| 9/32 | RISSEUW, ERICA | 239 | 00:21:30.26 | 04:18 | +00:02:49 | 17/56 | SAIT |
| 10/32 | HOAR, TAYA | 207 | 00:21:35.89 | 04:19 | +00:02:55 | 18/56 | AUG |
| 11/32 | DEBREE, SAMANTHA | 228 | 00:21:36.43 | 04:19 | +00:02:56 | 19/56 | RDC |
| 12/32 | SHEPHERD, CHRISTIE | 221 | 00:21:36.81 | 04:19 | +00:02:56 | 20/56 | GPRC |
| 13/32 | MOORE, REBEKAH | 245 | 00:21:47.84 | 04:21 | +00:03:07 | 23/56 | LCK |
| 14/32 | MANZ, KIRSTEN | 219 | 00:21:49.21 | 04:21 | +00:03:08 | 25/56 | GPRC |
| 15/32 | CAMSELL, ASHLEY | 223 | 00:21:49.21 | 04:21 | +00:03:08 | 24/56 | GPRC |
| 16/32 | EDGAR, SHELBY | 251 | 00:21:50.31 | 04:22 | +00:03:09 | 26/56 | CUE |
| 17/32 | VOGEL, CAYLEE | 246 | 00:22:02.97 | 04:24 | +00:03:22 | 27/56 | LCK |
| 18/32 | FRISSELL, BAYLEE | 252 | 00:22:41.93 | 04:32 | +00:04:01 | 29/56 | CUE |
| 19/32 | WIATR, MARIE | 215 | 00:22:44.73 | 04:32 | +00:04:04 | 30/56 | LAKE |
| 20/32 | HENNING, KATRINA | 240 | 00:23:05.43 | 04:37 | +00:04:25 | 32/56 | SAIT |
| 21/32 | SCHULTZ, BRIANNA | 213 | 00:23:08.92 | 04:37 | +00:04:28 | 33/56 | AUG |
| 22/32 | RAY, MELISSA | 235 | 00:23:14.75 | 04:38 | +00:04:34 | 34/56 | RDC |
| 23/32 | THIESSEN, RANDI | 201 | 00:23:39.17 | 04:43 | +00:04:58 | 38/56 | STMU |
| 24/32 | DEASE, JALENE | 227 | 00:23:49.52 | 04:45 | +00:05:09 | 41/56 | RDC |
| 25/32 | BAILEY, CIARA | 203 | 00:26:01.37 | 05:12 | +00:07:20 | 45/56 | AUG |
| 26/32 | WHALEN, EMILY | 224 | 00:26:03.88 | 05:12 | +00:07:23 | 46/56 | GPRC |
| 27/32 | BADER, SHYLOH | 241 | 00:26:29.78 | 05:17 | +00:07:49 | 48/56 | SAIT |
| 28/32 | DINGAMTAR, ANI | 229 | 00:26:49.16 | 05:21 | +00:08:08 | 49/56 | RDC |
| 29/32 | WALL, TORI | 216 | 00:27:02.80 | 05:24 | +00:08:22 | 50/56 | LAKE |

OA/PI = Overall Placing

Cat/PI = Category Placing

Gen/PI = Overall Gender Placing

Category Results

5K Women

56 Finishers

5K-F2034 - 32 Competitors

| Cat/PI | Name | Bib # | Time | Pace | Offset | OA/PI | Team |
|--------|-----------------|-------|-------------|-------|-----------|-------|------|
| 30/32 | COOK, KATELYNN | 206 | 00:27:20.72 | 05:28 | +00:08:40 | 52/56 | AUG |
| 31/32 | SCARF, KIANA | 217 | 00:28:09.65 | 05:37 | +00:09:29 | 53/56 | LAKE |
| 32/32 | LEFEBVRE, TANIS | 202 | 00:28:13.98 | 05:38 | +00:09:33 | 54/56 | STMU |

5K-F35+ - 1 Competitors

| Cat/PI | Name | Bib # | Time | Pace | Offset | OA/PI | Team |
|--------|----------------|-------|-------------|-------|-----------|-------|------|
| 1/1 | BENOIT, RHONDA | 258 | 00:28:26.51 | 05:41 | +00:00:00 | 55/56 | OLDS |