

OA/PI = Overall Placing

Cat/PI = Category Placing

Gen/PI = Overall Gender Placing

Offset = Diff from Category win time hh:mm:ss

Category Results

10.15K Run - 6.31 Miles
50 Finishers

10K13&UM - 3 Competitors

Cat/PI	Name	Bib #	Time	Pace/K	Pace/M	OA/PI	Gen/PI	Offset	City
1/3	GRIFFITHS, SAWYER	203	1:03:50.816	06:17	10:07	35/50	23/29	+00:00:00	PONOKA
2/3	MCCLURE, JACKSON	218	1:03:51.612	06:17	10:07	36/50	24/29	+00:00:00	PONOKA
3/3	BOYES, PIETER	183	1:04:58.130	06:24	10:17	37/50	25/29	+00:01:07	PONOKA

10K14-19M - 2 Competitors

Cat/PI	Name	Bib #	Time	Pace/K	Pace/M	OA/PI	Gen/PI	Offset	City
1/2	STEEVES, JACK	228	42:30.151	04:11	06:44	2/50	2/29	+00:00:00	LACOMBE
2/2	BOYKO, JUDAH	184	55:01.030	05:25	08:43	16/50	11/29	+00:12:30	PONOKA

10K20-29F - 3 Competitors

Cat/PI	Name	Bib #	Time	Pace/K	Pace/M	OA/PI	Gen/PI	Offset	City
1/3	VON GUNTEN, SYLVIA	236	53:51.614	05:18	08:32	15/50	5/21	+00:00:00	BLUFFTON
2/3	KUZYK, AMANDA	211	58:55.358	05:48	09:20	30/50	11/21	+00:05:03	PONOKA
3/3	WIESE-MCLEOD, MORGAN	234	1:02:01.246	06:06	09:49	34/50	12/21	+00:08:09	PONOKA

10K20-29M - 4 Competitors

Cat/PI	Name	Bib #	Time	Pace/K	Pace/M	OA/PI	Gen/PI	Offset	City
1/4	MILLER, SPENCER	222	50:16.576	04:57	07:58	8/50	8/29	+00:00:00	EDMONTON
2/4	CAMPBELL, DENNIS	188	55:42.189	05:29	08:49	20/50	14/29	+00:05:25	EDMONTON
3/4	GRANT, NICK	200	58:23.461	05:45	09:15	29/50	19/29	+00:08:06	PONOKA
4/4	BELL, DUSTIN	180	59:04.053	05:49	09:21	31/50	20/29	+00:08:47	PONOKA

10K30-39F - 9 Competitors

Cat/PI	Name	Bib #	Time	Pace/K	Pace/M	OA/PI	Gen/PI	Offset	City
1/9	VELDHUISEN, DEBORAH	232	51:10.857	05:02	08:06	9/50	1/21	+00:00:00	LACOMBE COUNT
2/9	HETZE, SHARELLE	206	51:21.774	05:03	08:08	10/50	2/21	+00:00:10	PONOKA
3/9	LOPES, THAIS	215	57:10.476	05:37	09:03	26/50	9/21	+00:05:59	PONOKA
4/9	GANSKE, PAMELA	199	1:05:02.325	06:24	10:18	39/50	14/21	+00:13:51	WETASKIWIN
5/9	BAIRD, BRANDY	179	1:07:44.556	06:40	10:44	43/50	16/21	+00:16:33	STRATHMORE
6/9	GANSER, KAITLYN	198	1:08:31.712	06:45	10:51	45/50	17/21	+00:17:20	PONOKA
7/9	BOYKO, RACHEL	185	1:10:41.087	06:57	11:12	46/50	18/21	+00:19:30	PONOKA
8/9	DENNY, AUDRA	193	1:22:21.530	08:06	13:03	49/50	20/21	+00:31:10	BLACKFALDS
9/9	TOMA, TIFFANY	235	1:27:13.816	08:35	13:49	50/50	21/21	+00:36:02	PONOKA

10K30-39M - 8 Competitors

Cat/PI	Name	Bib #	Time	Pace/K	Pace/M	OA/PI	Gen/PI	Offset	City
1/8	MCLEOD, KEEGAN	220	45:06.689	04:26	07:08	3/50	3/29	+00:00:00	PONOKA
2/8	HETZE, LUCAS	205	45:10.579	04:27	07:09	4/50	4/29	+00:00:03	PONOKA
3/8	OPSTEEN, WOUTER	225	45:42.196	04:30	07:14	5/50	5/29	+00:00:35	PONOKA
4/8	GRESHAM, VELDHUISEN	202	55:07.666	05:25	08:44	18/50	12/29	+00:10:00	LACOMBE COUNT
5/8	OPSTEEN, MAARTEN	224	56:33.140	05:34	08:57	23/50	16/29	+00:11:26	LACOMBE
6/8	LONGJOHN, CURTIS	214	57:38.064	05:40	09:08	27/50	18/29	+00:12:31	BLACKFALDS
7/8	TROITSKY, ADAM	231	59:28.594	05:51	09:25	32/50	21/29	+00:14:21	PONOKA
8/8	JACKSON, LAWRENCE	208	1:06:55.573	06:35	10:36	41/50	26/29	+00:21:48	PONOKA

10K40-49F - 9 Competitors

Cat/PI	Name	Bib #	Time	Pace/K	Pace/M	OA/PI	Gen/PI	Offset	City
1/9	TOPHAM, KRISTA	230	51:53.886	05:06	08:13	11/50	3/21	+00:00:00	PONOKA
2/9	MCLAREN, CINDY	219	53:04.432	05:13	08:24	12/50	4/21	+00:01:10	RIMBEY
3/9	HALLWORTH, DAWN	204	55:05.933	05:25	08:43	17/50	6/21	+00:03:12	PONOKA
4/9	BUFFALO, GLINIS	186	55:46.995	05:29	08:50	21/50	7/21	+00:03:53	MASKWACIS
5/9	FOLDI, SHANA	197	56:39.962	05:34	08:58	25/50	8/21	+00:04:46	CALGARY
6/9	DOEF, MIRIAM	195	58:05.320	05:43	09:12	28/50	10/21	+00:06:11	LACOMBE
7/9	STRUJK, CHRIS	229	1:04:58.598	06:24	10:17	38/50	13/21	+00:13:04	PONOKA
8/9	MCNINCH, DANA	221	1:05:02.536	06:24	10:18	40/50	15/21	+00:13:08	PONOKA
9/9	MULDER, TARA	223	1:15:01.192	07:23	11:53	47/50	19/21	+00:23:07	PONOKA

10K40-49M - 9 Competitors

Cat/PI	Name	Bib #	Time	Pace/K	Pace/M	OA/PI	Gen/PI	Offset	City
1/9	KELLY, DIARUID	209	39:08.567	03:51	06:12	1/50	1/29	+00:00:00	RIMBEY
2/9	LAUGHY, CHAD	213	46:24.547	04:34	07:21	6/50	6/29	+00:07:15	RED DEER
3/9	PAYNE, JAMES	226	48:42.076	04:47	07:43	7/50	7/29	+00:09:33	STRATHMORE
4/9	BOURGET, FRANCOIS	182	53:21.028	05:15	08:27	13/50	9/29	+00:14:12	CALGARY
5/9	BOLTON, DARCY	181	53:39.573	05:17	08:30	14/50	10/29	+00:14:31	PONOKA
6/9	ATHERLEY, CHRIS	178	55:13.126	05:26	08:45	19/50	13/29	+00:16:04	PONOKA
7/9	DHARMALINGAM, RAJKUMAR	194	56:28.244	05:33	08:56	22/50	15/29	+00:17:19	CALGARY
8/9	LASELL, VAUGHN	212	59:59.063	05:54	09:30	33/50	22/29	+00:20:50	EDMONTON
9/9	FOLDI, MARK	196	1:08:20.674	06:44	10:49	44/50	28/29	+00:29:12	CALGARY

OA/PI = Overall Placing

Cat/PI = Category Placing

Gen/PI = Overall Gender Placing

Offset = Diff from Category win time hh:mm:ss

Category Results

10.15K Run - 6.31 Miles
50 Finishers

10K50-59M - 3 Competitors

Cat/PI	Name	Bib #	Time	Pace/K	Pace/M	OA/PI	Gen/PI	Offset	City
1/3	PREFONTAINE, MARK	227	56:38.767	05:34	08:58	24/50	17/29	+00:00:00	PONOKA
2/3	MCCHEYNE, KELLY	217	1:07:15.472	06:37	10:39	42/50	27/29	+00:10:36	PONOKA
3/3	KRAMER, KENT	210	1:16:04.027	07:29	12:03	48/50	29/29	+00:19:25	PONOKA