

Overall Gender Results

10.15K - 6.31 Miles

Female

Gender	Name	Bib#	Time	Pace/K	Pace/M	Category	Cat	O/A	City
1/21	VELDHUISEN, DEBORAH	232	51:10.857	05:02	08:06	10K30-39F	1/9	9/50	LACOMBE COUNTY, AB
2/21	HETZE, SHARELLE	206	51:21.774	05:03	08:08	10K30-39F	2/9	10/50	PONOKA, AB
3/21	TOPHAM, KRISTA	230	51:53.886	05:06	08:13	10K40-49F	1/9	11/50	PONOKA, AB
4/21	MCLAREN, CINDY	219	53:04.432	05:13	08:24	10K40-49F	2/9	12/50	RIMBEY, AB
5/21	VON GUNTEN, SYLVIA	236	53:51.614	05:18	08:32	10K20-29F	1/3	15/50	BLUFFTON, AB
6/21	HALLWORTH, DAWN	204	55:05.933	05:25	08:43	10K40-49F	3/9	17/50	PONOKA, AB
7/21	BUFFALO, GLINIS	186	55:46.995	05:29	08:50	10K40-49F	4/9	21/50	MASKWACIS, AB
8/21	FOLDI, SHANA	197	56:39.962	05:34	08:58	10K40-49F	5/9	25/50	CALGARY, AB
9/21	LOPES, THAIS	215	57:10.476	05:37	09:03	10K30-39F	3/9	26/50	PONOKA, AB
10/21	DOEF, MIRIAM	195	58:05.320	05:43	09:12	10K40-49F	6/9	28/50	LACOMBE, AB
11/21	KUZYK, AMANDA	211	58:55.358	05:48	09:20	10K20-29F	2/3	30/50	PONOKA, AB
12/21	WIESE-MCLEOD, MORGAN	234	1:02:01.246	06:06	09:49	10K20-29F	3/3	34/50	PONOKA, AB
13/21	STRUIK, CHRIS	229	1:04:58.598	06:24	10:17	10K40-49F	7/9	38/50	PONOKA, AB
14/21	GANSKE, PAMELA	199	1:05:02.325	06:24	10:18	10K30-39F	4/9	39/50	WETASKIWIN, AB
15/21	MCNINCH, DANA	221	1:05:02.536	06:24	10:18	10K40-49F	8/9	40/50	PONOKA, AB
16/21	BAIRD, BRANDY	179	1:07:44.556	06:40	10:44	10K30-39F	5/9	43/50	STRATHMORE, AB
17/21	GANSER, KAITLYN	198	1:08:31.712	06:45	10:51	10K30-39F	6/9	45/50	PONOKA, AB
18/21	BOYKO, RACHEL	185	1:10:41.087	06:57	11:12	10K30-39F	7/9	46/50	PONOKA, AB
19/21	MULDER, TARA	223	1:15:01.192	07:23	11:53	10K40-49F	9/9	47/50	PONOKA, AB
20/21	DENNY, AUDRA	193	1:22:21.530	08:06	13:03	10K30-39F	8/9	49/50	BLACKFALDS, AB
21/21	TOMA, TIFFANY	235	1:27:13.816	08:35	13:49	10K30-39F	9/9	50/50	PONOKA, AB

Male

Gender	Name	Bib#	Time	Pace/K	Pace/M	Category	Cat	O/A	City
1/29	KELLY, DIARMOID	209	39:08.567	03:51	06:12	10K40-49M	1/9	1/50	RIMBEY, AB
2/29	STEEVES, JACK	228	42:30.151	04:11	06:44	10K14-19M	1/2	2/50	LACOMBE, AB
3/29	MCLEOD, KEEGAN	220	45:06.689	04:26	07:08	10K30-39M	1/8	3/50	PONOKA, AB
4/29	HETZE, LUCAS	205	45:10.579	04:27	07:09	10K30-39M	2/8	4/50	PONOKA, AB
5/29	OPSTEEN, WOUTER	225	45:42.196	04:30	07:14	10K30-39M	3/8	5/50	PONOKA, AB
6/29	LAUGHY, CHAD	213	46:24.547	04:34	07:21	10K40-49M	2/9	6/50	RED DEER, AB
7/29	PAYNE, JAMES	226	48:42.076	04:47	07:43	10K40-49M	3/9	7/50	STRATHMORE, AB
8/29	MILLER, SPENCER	222	50:16.576	04:57	07:58	10K20-29M	1/4	8/50	EDMONTON, AB
9/29	BOURGET, FRANCOIS	182	53:21.028	05:15	08:27	10K40-49M	4/9	13/50	CALGARY, AB
10/29	BOLTON, DARCY	181	53:39.573	05:17	08:30	10K40-49M	5/9	14/50	PONOKA, AB
11/29	BOYKO, JUDAH	184	55:01.030	05:25	08:43	10K14-19M	2/2	16/50	PONOKA, AB
12/29	GRESHAM, VELDHUISEN	202	55:07.666	05:25	08:44	10K30-39M	4/8	18/50	LACOMBE COUNTY, AB
13/29	ATHERLEY, CHRIS	178	55:13.126	05:26	08:45	10K40-49M	6/9	19/50	PONOKA, AB
14/29	CAMPBELL, DENNIS	188	55:42.189	05:29	08:49	10K20-29M	2/4	20/50	EDMONTON, AB
15/29	DHARMALINGAM, RAJKUMAR	194	56:28.244	05:33	08:56	10K40-49M	7/9	22/50	CALGARY, AB
16/29	OPSTEEN, MAARTEN	224	56:33.140	05:34	08:57	10K30-39M	5/8	23/50	LACOMBE, AB
17/29	PREFONTAINE, MARK	227	56:38.767	05:34	08:58	10K50-59M	1/3	24/50	PONOKA, AB
18/29	LONGJOHN, CURTIS	214	57:38.064	05:40	09:08	10K30-39M	6/8	27/50	BLACKFALDS, AB
19/29	GRANT, NICK	200	58:23.461	05:45	09:15	10K20-29M	3/4	29/50	PONOKA, AB
20/29	BELL, DUSTIN	180	59:04.053	05:49	09:21	10K20-29M	4/4	31/50	PONOKA, AB
21/29	TROITSKY, ADAM	231	59:28.594	05:51	09:25	10K30-39M	7/8	32/50	PONOKA, AB
22/29	LASELL, VAUGHN	212	59:59.063	05:54	09:30	10K40-49M	8/9	33/50	EDMONTON, AB
23/29	GRIFFITHS, SAWYER	203	1:03:50.816	06:17	10:07	10K13&UM	1/3	35/50	PONOKA, AB
24/29	MCCLURE, JACKSON	218	1:03:51.612	06:17	10:07	10K13&UM	2/3	36/50	PONOKA, AB
25/29	BOYES, PIETER	183	1:04:58.130	06:24	10:17	10K13&UM	3/3	37/50	PONOKA, AB
26/29	JACKSON, LAWRENCE	208	1:06:55.573	06:35	10:36	10K30-39M	8/8	41/50	PONOKA, AB
27/29	MCCHEYNE, KELLY	217	1:07:15.472	06:37	10:39	10K50-59M	2/3	42/50	PONOKA, AB
28/29	FOLDI, MARK	196	1:08:20.674	06:44	10:49	10K40-49M	9/9	44/50	CALGARY, AB
29/29	KRAMER, KENT	210	1:16:04.027	07:29	12:03	10K50-59M	3/3	48/50	PONOKA, AB