

C4 Gran Fondo Cardston - July 29/2023

Alpha Overall Results

100K Bike - 62.14 Miles

70 Finishers

O/A	Name	Bib#	Time	K/Hr	M/Hr	Category	Cat/PI	Gender	Gen/PI	City
6/70	ANGALOT, LAWRENCE	201	3:06:42.246	32.13	19.96	100KOPENM	3/18	M	5/40	SASKATOON, SK
68/70	BAIRD, BRENDA	202	5:17:28.431	18.89	11.74	100K50+F	19/21	F	28/30	LETHBRIDGE, ALBERTA
7/70	BAMBURY, ANDREW	203	3:11:20.400	31.35	19.48	100KOPENM	4/18	M	6/40	CALGARY, ALBERTA
33/70	BENNER, DANA	204	3:55:00.588	25.53	15.86	100K50+M	12/20	M	27/40	CALGARY, AB
15/70	BENNER, JULIAN	205	3:26:00.836	29.12	18.09	100KOPENM	8/18	M	13/40	CALGARY, ALBERTA
30/70	BEVANS, TYLER	207	3:46:00.653	26.54	16.49	100KOPENM	13/18	M	24/40	CARDSTON, ALBERTA
51/70	CAHOON, MARILEE	208	4:35:14.490	21.79	13.54	100K50+F	11/21	F	15/30	CARDSTON, ALBERTA
66/70	CARD, DOREEN	209	5:03:36.291	19.76	12.28	100K50+F	18/21	F	26/30	CARDSTON, ALBERTA
60/70	CARD, KEVIN	210	4:48:32.690	20.79	12.92	100K50+M	20/20	M	40/40	LETHBRIDGE, ALBERTA
31/70	CARTER, JIM	264	3:49:44.881	26.11	16.22	100K50+M	11/20	M	25/40	LETHBRIDGE, ALBERTA
58/70	CHAPELSKY, NICKOLAS	211	4:45:17.919	21.03	13.06	100KYOUTHM	2/2	M	38/40	EDMONTON, ALBERTA
59/70	CHAPELSKY, ROBIN	212	4:45:19.866	21.02	13.06	100K50+M	19/20	M	39/40	EDMONTON, ALBERTA
35/70	CHARLTON, PETER	213	4:00:25.740	24.95	15.50	100K50+M	13/20	M	29/40	CALGARY, ALBERTA
39/70	CHUGG, KAREN	214	4:05:04.604	24.48	15.21	100K50+F	8/21	F	9/30	CALGARY, ALBERTA
63/70	CLAVERING, HOLLIE	215	4:58:20.841	20.11	12.49	100KOPENF	6/8	F	23/30	LETHBRIDGE, ALBERTA
65/70	DEVENT, WENDY	216	5:02:27.524	19.83	12.32	100KOPENF	7/8	F	25/30	LETHBRIDGE, ALBERTA
64/70	DOUGHERTY, LOUISE	217	4:58:24.684	20.10	12.49	100K50+F	17/21	F	24/30	CALGARY, ALBERTA
3/70	DUELL, CONNOR	218	3:05:28.912	32.34	20.10	100KYOUTHM	1/2	M	3/40	LETHBRIDGE, ALBERTA
44/70	ELLIOTT, JASON	219	4:21:27.650	22.94	14.25	100K50+M	14/20	M	32/40	LETHBRIDGE, ALBERTA
67/70	ELVES, SHANNON	220	5:05:47.003	19.62	12.19	100KOPENF	8/8	F	27/30	LETHBRIDGE, ALBERTA
28/70	ETCHES, PETER	221	3:45:47.248	26.57	16.51	100K50+M	9/20	M	22/40	LETHBRIDGE, ALBERTA
37/70	FIBKE, MEGAN	222	4:02:27.967	24.74	15.37	100K50+F	6/21	F	7/30	CALGARY, ALBERTA
10/70	FREMONT, DOUG	267	3:15:34.373	30.67	19.06	100K50+M	3/20	M	8/40	CALGARY, ALBERTA
27/70	GIBB, J.D.	268	3:43:21.862	26.86	16.69	100KOPENM	12/18	M	21/40	LETHBRIDGE COUNTY,
36/70	GREGSON, AUBREY	223	4:02:06.240	24.78	15.39	100KOPENM	16/18	M	30/40	MAGRATH, ALBERTA
45/70	HACKE, DEREK	224	4:25:16.496	22.61	14.05	100K50+M	15/20	M	33/40	MILK RIVER, ALBERTA
41/70	JENSEN, ANDREW	225	4:09:47.894	24.01	14.92	100KOPENM	17/18	M	31/40	MEDICINE HAT, ALBERTA
38/70	KEITH, PATRICIA	226	4:04:30.312	24.53	15.24	100K50+F	7/21	F	8/30	LETHBRIDGE, AB
53/70	KENNEDY, DORCAS	227	4:36:22.506	21.70	13.49	100K50+F	12/21	F	17/30	LETHBRIDGE, ALBERTA
16/70	KIM, VALERIE	228	3:27:39.040	28.89	17.95	100K50+F	3/21	F	3/30	CALGARY, ALBERTA
24/70	KLASSEN, KERIC	229	3:43:03.840	26.89	16.71	100K50+M	7/20	M	19/40	MOOSE JAW, SASKATOON
40/70	KRAUSE, LISA	230	4:05:06.569	24.47	15.21	100K50+F	9/21	F	10/30	FOOTHILLS, ALBERTA
55/70	LAMBERT, HEATHER	328	4:41:45.230	21.29	13.23	100KOPENF	5/8	F	19/30	EDMONTON, ALBERTA
32/70	LASTIWKA, CHRIS	231	3:50:26.508	26.03	16.17	100KOPENM	14/18	M	26/40	LETHBRIDGE, ALBERTA
43/70	LEAVITT, KIMBERLY	233	4:15:45.999	23.45	14.57	100KOPENF	3/8	F	12/30	LETHBRIDGE, ALBERTA
29/70	LEAVITT, ZEALAND	270	3:45:50.153	26.56	16.50	100K50+M	10/20	M	23/40	LETHBRIDGE, ALBERTA
47/70	LOWE, SHELLY	331	4:27:59.408	22.38	13.91	100K50+F	10/21	F	13/30	SHERWOOD PARK, ALBERTA
19/70	MACDONNELL, KENDALL	332	3:34:18.507	27.99	17.39	100K50+M	5/20	M	16/40	CARDSTON, ALBERTA
5/70	MACDONNELL, SKYLER	341	3:06:36.458	32.15	19.97	100KOPENM	2/18	M	4/40	CARDSTON, ALBERTA
12/70	MARTINEZ, NOEL	235	3:24:24.599	29.35	18.23	100KOPENM	6/18	M	10/40	LETHBRIDGE, ALBERTA
18/70	MARTINEZ, SAUL	236	3:33:21.119	28.12	17.47	100KOPENM	10/18	M	15/40	LETHBRIDGE, ALBERTA
21/70	MAY, DANETTE	265	3:37:08.244	27.63	17.17	100K50+F	4/21	F	4/30	CALGARY, ALBERTA
56/70	MENTANKO-TIEFENBACH, DONNA	287	4:43:10.955	21.18	13.16	100K50+F	14/21	F	20/30	LETHBRIDGE, ALBERTA
25/70	MILNER, JAMES	269	3:43:18.112	26.86	16.69	100K50+M	8/20	M	20/40	CALGARY, ALBERTA
48/70	MINCHER, CHARLOTTE	238	4:32:43.362	22.00	13.67	100KYOUTHF	1/1	F	14/30	CALGARY, ALBERTA
49/70	MINCHER, PHILLIP	239	4:32:44.301	21.99	13.67	100KOPENM	18/18	M	35/40	CALGARY, ALBERTA
17/70	MURRAY, TRAVIS	240	3:28:58.259	28.71	17.84	100KOPENM	9/18	M	14/40	CALGARY, ALBERTA
34/70	NEILSEN, EVAN	241	3:58:41.723	25.13	15.61	100KOPENM	15/18	M	28/40	LETHBRIDGE, ALBERTA
62/70	NELSON, WENDY	242	4:58:20.559	20.11	12.49	100K50+F	16/21	F	22/30	CALGARY, ALBERTA
50/70	POYTRESS, ALAN	262	4:33:16.644	21.95	13.64	100K50+M	17/20	M	36/40	FORT MACLEOD, ALBERTA
26/70	PRESTON, FIONA	234	3:43:19.566	26.86	16.69	100K50+F	5/21	F	6/30	CALGARY, ALBERTA
46/70	RANCIER, ALLAN	243	4:27:52.617	22.39	13.91	100K50+M	16/20	M	34/40	LETHBRIDGE, ALBERTA
22/70	REINHARDT, KRISTI	244	3:41:04.378	27.14	16.86	100KOPENF	1/8	F	5/30	CALGARY, AB
4/70	RITCHIE, MARGIE	266	3:05:31.420	32.34	20.09	100K50+F	1/21	F	1/30	EDMONTON, ALBERTA
14/70	ROTH, GARRY	245	3:24:31.588	29.33	18.22	100K50+M	4/20	M	12/40	LETHBRIDGE, ALBERTA
13/70	SMART, JORDAN	246	3:24:31.328	29.33	18.22	100KOPENM	7/18	M	11/40	MAGRATH, ALBERTA
2/70	SMITH, BARRY	247	3:05:27.340	32.35	20.10	100KOPENM	1/18	M	2/40	LETHBRIDGE, ALBERTA

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O/A	Name	Bib#	Time	K/Hr	M/Hr	Category	Cat/PI	Gender	Gen/PI	City
69/70	SMITH, SHERRY	248	5:22:19.180	18.61	11.56	100K50+F	20/21	F	29/30	LETHBRIDGE, AB
42/70	STEPHAN, JENNIFER	249	4:11:41.168	23.83	14.81	100KOPENF	2/8	F	11/30	RED DEER, AB
23/70	STICKLE, GLEN	250	3:41:07.190	27.13	16.86	100K50+M	6/20	M	18/40	MEDICINE HAT, AB
8/70	SUMNER, GLEN	251	3:15:30.226	30.68	19.07	100K50+M	2/20	M	7/40	CANMORE, ALBERTA
52/70	TAYLOR, KATHERYN	252	4:35:20.653	21.79	13.54	100KOPENF	4/8	F	16/30	LETHBRIDGE, ALBERTA
11/70	TOLLESTRUP, MARK	253	3:21:02.400	29.84	18.54	100KOPENM	5/18	M	9/40	MAGRATH, ALBERTA
70/70	UIBEL, LORNA	256	6:01:27.622	16.59	10.31	100K50+F	21/21	F	30/30	MOUNTAIN VIEW, ALBERTA
20/70	WASKIEWICZ, KARL	257	3:34:31.868	27.96	17.37	100KOPENM	11/18	M	17/40	EDMONTON, AB
9/70	WILEY, KATE	258	3:15:32.403	30.68	19.06	100K50+F	2/21	F	2/30	CANMORE, ALBERTA
1/70	WINTERDYK, JOHN	259	3:01:09.152	33.12	20.58	100K50+M	1/20	M	1/40	CALGARY, AB
61/70	WOLSEY, CAROL D	260	4:56:16.668	20.25	12.58	100K50+F	15/21	F	21/30	LETHBRIDGE, ALBERTA
54/70	YPMA, FLORENE	261	4:39:42.970	21.45	13.32	100K50+F	13/21	F	18/30	LETHBRIDGE, ALBERTA
57/70	ZUKOWSKY, RONALD	263	4:45:09.223	21.04	13.07	100K50+M	18/20	M	37/40	REGINA, SK