

OA/PI = Overall Placing

Cat/PI = Category Placing

Gen/PI = Overall Gender Placing

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

## Category Results

5K Run - 3.1 Miles  
176 Finishers

## 5K11&amp;UF - 8 Competitors

Cat/PI	Name	Bib #	Time	Pace	OA/PI	Gen/PI	Offset	City
1/8	HOLDER, MELISSA	5109	00:27:30.00	05:30	18/176	5/120	+00:00:00	CALGARY
2/8	MILLER, SOPHIA	5172	00:40:03.00	08:00	77/176	46/120	+00:12:33	CALGARY
3/8	BALINT, LOGAN	5014	00:46:00.00	09:12	112/176	73/120	+00:18:30	CALGARY
4/8	JACOBI, ALLISON	5113	00:46:26.00	09:17	115/176	75/120	+00:18:56	AIRDRIE
5/8	D'ADAMO, ALEX	5058	00:53:02.00	10:36	139/176	92/120	+00:25:32	CALGARY
6/8	ONO, LILU	5185	01:00:34.00	12:06	161/176	109/120	+00:33:04	CALGARY
7/8	BEAL, AMY	5017	01:05:26.00	13:05	167/176	114/120	+00:37:56	CALGARY
8/8	BEAL, RACHEL	5019	01:05:26.00	13:05	168/176	115/120	+00:37:56	CALGARY

## 5K11&amp;UM - 8 Competitors

Cat/PI	Name	Bib #	Time	Pace	OA/PI	Gen/PI	Offset	City
1/8	SZTABZYB, LEO	5243	00:29:00.00	05:48	21/176	14/56	+00:00:00	CALGARY
2/8	MILLER, CONNOR	5171	00:33:40.00	06:44	46/176	22/56	+00:04:40	CALGARY
3/8	LINTOTT, LUCAS	5142	00:33:46.00	06:45	47/176	23/56	+00:04:46	CALGARY
4/8	LAWSON, ETHAN	5135	00:35:40.00	07:08	57/176	26/56	+00:06:40	CHESTERMERE
5/8	DOWLER, MARCUS	5069	00:36:30.00	07:18	60/176	28/56	+00:07:30	CALGARY
6/8	JACOBI, CAMERON	5114	00:46:27.00	09:17	116/176	41/56	+00:17:27	AIRDRIE
7/8	MCMORRIS, LONDON	5166	00:51:38.00	10:19	131/176	46/56	+00:22:38	CALGARY
8/8	MCMORRIS, LOCHLAN	5167	00:51:38.00	10:19	132/176	47/56	+00:22:38	CALGARY

## 5K12-15F - 6 Competitors

Cat/PI	Name	Bib #	Time	Pace	OA/PI	Gen/PI	Offset	City
1/6	SZTABZYB, ANNIE	5241	00:30:00.00	06:00	24/176	10/120	+00:00:00	CALGARY
2/6	BALINT, LEYTON	5013	00:35:09.00	07:01	52/176	27/120	+00:05:09	CALGARY
3/6	ARANHA, KARISSA	5006	00:38:22.00	07:40	68/176	37/120	+00:08:22	CALGARY
4/6	SKRYNYK, PAITYN	5230	00:38:35.00	07:43	69/176	38/120	+00:08:35	CHESTERMERE
5/6	LAWSON, PAIGE	5137	00:42:10.00	08:26	91/176	57/120	+00:12:10	CHESTERMERE
6/6	ROBERTSON, LAUREN	5207	00:52:22.00	10:28	135/176	88/120	+00:22:22	CALGARY

## 5K12-15M - 5 Competitors

Cat/PI	Name	Bib #	Time	Pace	OA/PI	Gen/PI	Offset	City
1/5	CRASTO, ASHTON	5053	00:18:58.00	03:47	3/176	3/56	+00:00:00	CALGARY
2/5	JEFFERIES, LOGAN	5116	00:34:28.00	06:53	50/176	25/56	+00:15:30	CALGARY
3/5	LAWSON, ALEX	5134	00:42:10.00	08:26	92/176	35/56	+00:23:12	CHESTERMERE
4/5	DOWLER, MATTHEW	5070	00:43:00.00	08:36	96/176	37/56	+00:24:02	CALGARY
5/5	JACOBI, JACKSON	5115	00:46:25.00	09:17	114/176	40/56	+00:27:27	AIRDRIE

## 5K16-19F - 3 Competitors

Cat/PI	Name	Bib #	Time	Pace	OA/PI	Gen/PI	Offset	City
1/3	DE COENE, CADENCE	2197	00:31:15.00	06:15	32/176	16/120	+00:00:00	CALGARY
2/3	FROSTAD, SARA	5084	01:00:31.00	12:06	159/176	107/120	+00:29:16	CALGARY
3/3	CHOWANETZ, ALYSSA	5042	01:13:23.00	14:40	172/176	119/120	+00:42:08	CALGARY

## 5K16-19M - 1 Competitors

Cat/PI	Name	Bib #	Time	Pace	OA/PI	Gen/PI	Offset	City
1/1	SKRYNYK, NOAH	5229	00:21:46.00	04:21	4/176	4/56	+00:00:00	CHESTERMERE

## 5K20-29F - 15 Competitors

Cat/PI	Name	Bib #	Time	Pace	OA/PI	Gen/PI	Offset	City
1/15	KUHN, DREW	5129	00:25:39.00	05:07	9/176	2/120	+00:00:00	CALGARY
2/15	HENKE, ZANETTA	1106	00:30:42.00	06:08	28/176	14/120	+00:05:03	ST. ALBERT
3/15	RIEHL, RAE-ANN	5204	00:31:45.00	06:21	34/176	18/120	+00:06:06	CALGARY
4/15	LUMSDEN, ZOE	5147	00:38:45.00	07:45	72/176	41/120	+00:13:06	COCHRANE
5/15	TAIT, MARIA	5245	00:42:01.00	08:24	90/176	56/120	+00:16:22	CALGARY
6/15	MCKEAGE, TARYN	5162	00:44:45.00	08:57	102/176	64/120	+00:19:06	AIRDRIE
7/15	BURVILL, HOLLY	5035	00:45:02.00	09:00	104/176	66/120	+00:19:23	CALGARY
8/15	UHL, STEPHANIE	1274	00:45:45.00	09:09	110/176	71/120	+00:20:06	CALGARY
9/15	YEE, RACHAEL	5278	00:46:22.00	09:16	113/176	74/120	+00:20:43	CALGARY
10/15	YEE, BRIANNA	5277	00:48:12.00	09:38	120/176	78/120	+00:22:33	CALGARY
11/15	HANNA, REBECCA	5099	00:51:23.00	10:16	129/176	84/120	+00:25:44	CALGARY
12/15	ANDERSON, CARALEE	1002	00:53:01.00	10:36	137/176	90/120	+00:27:22	CALGARY
13/15	SMITH, KAREN	5280	00:53:54.00	10:46	142/176	94/120	+00:28:15	AIRDRIE
14/15	GOBRAN, JOY	5087	01:05:10.00	13:02	165/176	112/120	+00:39:31	CALGARY
15/15	KINLOCH, MELISSA	5122	01:09:00.00	13:48	170/176	117/120	+00:43:21	CHESTERMERE

OA/PI = Overall Placing

Cat/PI = Category Placing

Gen/PI = Overall Gender Placing

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

## Category Results

5K Run - 3.1 Miles  
176 Finishers

## 5K20-29M - 7 Competitors

Cat/PI	Name	Bib #	Time	Pace	OA/PI	Gen/PI	Offset	City
1/7	CORMIER, RYAN	2185	00:17:58.00	03:35	1/176	1/56	+00:00:00	CALGARY
2/7	HIGH, CHRISTOPHER	5107	00:31:02.00	06:12	29/176	15/56	+00:13:04	CALGARY
3/7	RIEHL, BRAEDEN	5202	00:31:09.00	06:13	30/176	16/56	+00:13:11	CALGARY
4/7	LAU, JASON	5132	00:32:10.00	06:26	38/176	17/56	+00:14:12	CALGARY
5/7	MCKEAGE, CAM	5161	00:34:25.00	06:53	49/176	24/56	+00:16:27	CALGARY
6/7	BRAGG, WARREN	5029	00:41:55.00	08:23	88/176	33/56	+00:23:57	CALGARY
7/7	CHOWANETZ, MARCUS	5043	01:13:23.00	14:40	173/176	54/56	+00:55:25	CALGARY

## 5K30-39F - 19 Competitors

Cat/PI	Name	Bib #	Time	Pace	OA/PI	Gen/PI	Offset	City
1/19	VANE, RACHEL	5262	00:25:42.00	05:08	10/176	3/120	+00:00:00	CALGARY
2/19	DUNLOP, KENDRA	1067	00:26:41.00	05:20	15/176	4/120	+00:00:59	COCHRANE
3/19	LAVOIE, KRISTINE	5133	00:29:21.00	05:52	22/176	8/120	+00:03:39	CALGARY
4/19	WOLFE, KRISTINA	5270	00:29:25.00	05:53	23/176	9/120	+00:03:43	CALGARY
5/19	POETSCH, ALEXANDRA	5194	00:31:58.00	06:23	35/176	19/120	+00:06:16	CALGARY
6/19	ROGERS, JODI	5209	00:32:35.00	06:31	41/176	22/120	+00:06:53	CALGARY
7/19	VELASCO, FIONA	5263	00:33:22.00	06:40	44/176	24/120	+00:07:40	SURREY
8/19	GUENTHER, KASHMIR	1097	00:35:06.00	07:01	51/176	26/120	+00:09:24	
9/19	WRIGHT, LINDSEY	5274	00:35:24.00	07:04	54/176	29/120	+00:09:42	CALGARY
10/19	GUNN, TIFFANY	5092	00:39:07.00	07:49	74/176	43/120	+00:13:25	CALGARY
11/19	SOFTLEY, MELISSA	1257	00:40:04.00	08:00	78/176	47/120	+00:14:22	COCHRANE
12/19	PAL, JENNIFER	5188	00:40:31.00	08:06	81/176	50/120	+00:14:49	CALGARY
13/19	ROSE, CASSANDRA	5210	00:45:06.00	09:01	105/176	67/120	+00:19:24	CALGARY
14/19	FORTES, KORINNA	5082	00:45:14.00	09:02	106/176	68/120	+00:19:32	AIRDRIE
15/19	CAMPUS, CRISTA	5037	00:45:23.00	09:04	107/176	69/120	+00:19:41	CALGARY
16/19	WELCHER, AMY	5266	00:45:24.00	09:04	108/176	70/120	+00:19:42	CALGARY
17/19	KLAASSEN, JESSICA	5123	00:48:24.00	09:40	121/176	79/120	+00:22:42	CALGARY
18/19	D'ADAMO, ANGELA	5059	00:53:02.00	10:36	138/176	91/120	+00:27:20	CALGARY
19/19	BEAL, KARMAN	5018	01:05:26.00	13:05	166/176	113/120	+00:39:44	CALGARY

## 5K30-39M - 6 Competitors

Cat/PI	Name	Bib #	Time	Pace	OA/PI	Gen/PI	Offset	City
1/6	SCHENDEL, JUSTIN	5216	00:25:18.00	05:03	7/176	6/56	+00:00:00	COCHRANE
2/6	SMITH, JOHN	5279	00:25:55.00	05:11	13/176	10/56	+00:00:37	AIRDRIE
3/6	MIKHAEL, PIERRE	5170	00:27:02.00	05:24	16/176	12/56	+00:01:44	CALGARY
4/6	ROGERS, ANTHONY	5208	00:27:06.00	05:25	17/176	13/56	+00:01:48	CALGARY
5/6	MOXLEY, CRAIG	5175	00:35:43.00	07:08	58/176	27/56	+00:10:25	CALGARY
6/6	ORTIZ, JEFFREY	5187	00:42:01.00	08:24	89/176	34/56	+00:16:43	CALGARY

## 5K40-49F - 34 Competitors

Cat/PI	Name	Bib #	Time	Pace	OA/PI	Gen/PI	Offset	City
1/34	SZTABZYB, EMILY	5242	00:25:00.00	05:00	5/176	1/120	+00:00:00	CALGARY
2/34	FOLEY, ANNE	5081	00:30:05.00	06:01	25/176	11/120	+00:05:05	COCHRANE
3/34	THORSEN, CHERALYN	5250	00:32:02.00	06:24	36/176	20/120	+00:07:02	CALGARY
4/34	TONG, PATTY	5253	00:32:09.00	06:25	37/176	21/120	+00:07:09	CALGARY
5/34	COONEY, CLAIRE	5049	00:32:43.00	06:32	42/176	23/120	+00:07:43	CALGARY
6/34	SCHATZ, ANGELA	5215	00:35:15.00	07:03	53/176	28/120	+00:10:15	CALGARY
7/34	HAMMER, KAT	5098	00:35:37.00	07:07	56/176	31/120	+00:10:37	CALGARY
8/34	THORSEN, CARLEE	5249	00:36:02.00	07:12	59/176	32/120	+00:11:02	CALGARY
9/34	DERKSEN, BONNIE	5064	00:36:56.00	07:23	63/176	34/120	+00:11:56	LANGDON
10/34	SMITH, DONNA	5231	00:38:08.00	07:37	67/176	36/120	+00:13:08	CALGARY
11/34	SKRYNYK, BOBBI	5227	00:38:35.00	07:43	70/176	39/120	+00:13:35	CHESTERMERE
12/34	LAWSON, JULIE	5136	00:38:37.00	07:43	71/176	40/120	+00:13:37	CHESTERMERE
13/34	FINIGAN, ABIGAIL	1075	00:39:05.00	07:49	73/176	42/120	+00:14:05	CALGARY
14/34	ABEL, ALI	5001	00:39:44.00	07:56	76/176	45/120	+00:14:44	CALGARY
15/34	MCCORMACK, BRANDI	5158	00:40:31.00	08:06	80/176	49/120	+00:15:31	CALGARY
16/34	PATEL-SCHUETT, MILAN	5189	00:40:59.00	08:11	83/176	52/120	+00:15:59	CALGARY
17/34	BERG, THERESA	5021	00:41:31.00	08:18	85/176	54/120	+00:16:31	CALGARY
18/34	SKJOLDE, LANA	5226	00:43:31.00	08:42	98/176	60/120	+00:18:31	CALGARY
19/34	COOKE, SHARON	5048	00:44:17.00	08:51	101/176	63/120	+00:19:17	MILLARVILLE
20/34	DATEWAS, KULWINDER	5060	00:45:00.00	09:00	103/176	65/120	+00:20:00	CALGARY
21/34	GAUDET, JOCELYNE	5085	00:45:46.00	09:09	111/176	72/120	+00:20:46	CALGARY
22/34	NEUMAN, NICOLE	5181	00:48:55.00	09:47	122/176	80/120	+00:23:55	CALGARY

OA/PI = Overall Placing

## Category Results

Cat/PI = Category Placing

Gen/PI = Overall Gender Placing

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

5K Run - 3.1 Miles  
176 Finishers

## 5K40-49F - 34 Competitors

Cat/PI	Name	Bib #	Time	Pace	OA/PI	Gen/PI	Offset	City
23/34	MCMORRIS, TANJA	5168	00:51:38.00	10:19	130/176	85/120	+00:26:38	CALGARY
24/34	ROBERTSON, KATHY	5206	00:52:22.00	10:28	134/176	87/120	+00:27:22	CALGARY
25/34	VAN HEUVEL, KAREN	5259	00:53:04.00	10:36	140/176	93/120	+00:28:04	FOOTHILLS
26/34	DOWHAN, MICHELLE	5068	00:54:09.00	10:49	144/176	96/120	+00:29:09	CALGARY
27/34	HAWKE, SUSAN	5104	00:56:34.00	11:18	148/176	98/120	+00:31:34	CARSELAND
28/34	BRYSON, BARBIE	5032	00:59:06.00	11:49	151/176	101/120	+00:34:06	CALGARY
29/34	NADEAU, MELISSA	5177	00:59:44.00	11:56	155/176	103/120	+00:34:44	CALGARY
30/34	BARRETT, MARINA	5016	01:00:00.00	12:00	156/176	104/120	+00:35:00	CALGARY
31/34	GENTLES, KRISTINA	5086	01:00:00.00	12:00	157/176	105/120	+00:35:00	CALGARY
32/34	EATON, ALISA	5073	01:00:15.00	12:03	158/176	106/120	+00:35:15	CALGARY
33/34	ONO, MAKIKO	5186	01:00:34.00	12:06	162/176	110/120	+00:35:34	CALGARY
34/34	GOODBODY, BRENDA	5088	01:06:01.00	13:12	169/176	116/120	+00:41:01	CHESTERMERE

## 5K40-49M - 13 Competitors

Cat/PI	Name	Bib #	Time	Pace	OA/PI	Gen/PI	Offset	City
1/13	LIEBL, LEWIS	5141	00:25:13.00	05:02	6/176	5/56	+00:00:00	SPRUCE GROVE
2/13	RILEY, KEVIN	5205	00:25:30.00	05:06	8/176	7/56	+00:00:17	CALGARY
3/13	KUA, CHOO-KAR	5128	00:25:43.00	05:08	11/176	8/56	+00:00:30	CALGARY
4/13	SKRYNYK, CRAIG	5228	00:25:53.00	05:10	12/176	9/56	+00:00:40	CHESTERMERE
5/13	POETSCH, JAN	5195	00:26:12.00	05:14	14/176	11/56	+00:00:59	CALGARY
6/13	DOWLER, STEVE	5071	00:32:11.00	06:26	39/176	18/56	+00:06:58	CALGARY
7/13	MONTERO, FRANCISCO	5174	00:32:53.00	06:34	43/176	20/56	+00:07:40	AIRDRIE
8/13	ARANHA, FRANCIS	5004	00:36:55.00	07:23	62/176	29/56	+00:11:42	CALGARY
9/13	CHEUNG, BRIAN	1041	00:37:16.00	07:27	65/176	30/56	+00:12:03	
10/13	VAN ZYL, CORNEL	5261	00:43:11.00	08:38	97/176	38/56	+00:17:58	STRATHMORE
11/13	LAWSON, PAUL	5138	00:45:30.00	09:06	109/176	39/56	+00:20:17	CHESTERMERE
12/13	THOMPSON, ANTHONY	5246	00:48:00.00	09:36	119/176	42/56	+00:22:47	BRAGG CREEK
13/13	ONO, KOJI	5184	01:00:34.00	12:06	163/176	53/56	+00:35:21	CALGARY

## 5K50-59F - 21 Competitors

Cat/PI	Name	Bib #	Time	Pace	OA/PI	Gen/PI	Offset	City
1/21	RIEHL, FIONA	5203	00:28:07.00	05:37	19/176	6/120	+00:00:00	CALGARY
2/21	GRANT, SANDRA	5090	00:28:09.00	05:37	20/176	7/120	+00:00:02	CALGARY
3/21	NEUFELD, LYNN	5180	00:30:25.00	06:05	26/176	12/120	+00:02:18	CALGARY
4/21	ATCHISON, SUSAN	5008	00:30:31.00	06:06	27/176	13/120	+00:02:24	CROSSFIELD
5/21	MACVICAR, MARGARET	5152	00:33:59.00	06:47	48/176	25/120	+00:05:52	CALGARY
6/21	ARANHA, IONA	5005	00:37:12.00	07:26	64/176	35/120	+00:09:05	CALGARY
7/21	MAYBERRY, ELNA	5157	00:39:08.00	07:49	75/176	44/120	+00:11:01	ST. CATHARINES
8/21	WORDEN, LORRAINE	5273	00:40:12.00	08:02	79/176	48/120	+00:12:05	CALGARY
9/21	MONT, SHELLY	5173	00:40:41.00	08:08	82/176	51/120	+00:12:34	CALGARY
10/21	KREMER, TRACEY	5127	00:41:07.00	08:13	84/176	53/120	+00:13:00	CALGARY
11/21	SHAW, SUSANA	5219	00:42:14.00	08:26	93/176	58/120	+00:14:07	CALGARY
12/21	CROWELL, SHARON	5055	00:42:18.00	08:27	94/176	59/120	+00:14:11	CALGARY
13/21	COLEMAN, KATHY	1045	00:43:46.00	08:45	99/176	61/120	+00:15:39	CALGARY
14/21	RASMUSSEN, MELISSA	5201	00:44:00.00	08:48	100/176	62/120	+00:15:53	STRATHMORE
15/21	THOMPSON, IRENE	5247	00:48:00.00	09:36	118/176	77/120	+00:19:53	BRAGG CREEK
16/21	SINCLAIR, LINDSAY	5225	00:51:46.00	10:21	133/176	86/120	+00:23:39	CALGARY
17/21	MARBIL, MARIA	5154	00:55:18.00	11:03	146/176	97/120	+00:27:11	CALGARY
18/21	NAIRN, JACQUELINE	5178	00:57:37.00	11:31	149/176	99/120	+00:29:30	CALGARY
19/21	STICKEL, LAURA	5234	00:57:37.00	11:31	150/176	100/120	+00:29:30	CALGARY
20/21	THOMPSON, KATHERINE	5248	01:03:07.00	12:37	164/176	111/120	+00:35:00	CALGARY
21/21	O'NEILL, MAUREEN	5182	01:12:41.00	14:32	171/176	118/120	+00:44:34	CALGARY

## 5K50-59M - 7 Competitors

Cat/PI	Name	Bib #	Time	Pace	OA/PI	Gen/PI	Offset	City
1/7	CASEY, JEFFREY	5040	00:18:06.00	03:37	2/176	2/56	+00:00:00	AIRDRIE
2/7	MARBIL, MIKE	5155	00:33:28.00	06:41	45/176	21/56	+00:15:22	CALGARY
3/7	WEIDEMANN, ROB	5265	00:37:50.00	07:34	66/176	31/56	+00:19:44	CALGARY
4/7	MUNN, STEVE	5176	00:42:34.00	08:30	95/176	36/56	+00:24:28	CALGARY
5/7	SANDBECK, DARREN	5212	00:55:37.00	11:07	147/176	50/56	+00:37:31	AIRDRIE
6/7	BROWN, JOSEPH	5030	00:59:17.00	11:51	153/176	51/56	+00:41:11	PINCHER CREEK
7/7	LUNDY, DARREN	5148	02:45:50.00	33:10	176/176	56/56	+02:27:44	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

5K Run - 3.1 Miles  
176 Finishers

## 5K60-69F - 11 Competitors

Cat/PI	Name	Bib #	Time	Pace	OA/PI	Gen/PI	Offset	City
1/11	BAIRD, DIANA	5011	00:31:14.00	06:14	31/176	15/120	+00:00:00	STRATHMORE
2/11	WONG, TINA	5272	00:31:28.00	06:17	33/176	17/120	+00:00:14	CALGARY
3/11	PENNER, STELLA	5192	00:36:44.00	07:20	61/176	33/120	+00:05:30	CALGARY
4/11	WONG, CATHY	5271	00:41:32.00	08:18	86/176	55/120	+00:10:18	CALGARY
5/11	WHITWORTH, KATHARINE	5269	00:47:00.00	09:24	117/176	76/120	+00:15:46	CALGARY
6/11	CRAMER, SUSAN	5052	00:50:45.00	10:09	123/176	81/120	+00:19:31	CALGARY
7/11	BOLYEA, DARLENE	5025	00:50:48.00	10:09	124/176	82/120	+00:19:34	CALGARY
8/11	STEVENSON, DIANE	5233	00:51:11.00	10:14	125/176	83/120	+00:19:57	CALGARY
9/11	HANSEN, JAMIE	5100	00:53:00.00	10:36	136/176	89/120	+00:21:46	CALGARY
10/11	KINGS, KIM	5121	00:53:55.00	10:47	143/176	95/120	+00:22:41	COCHRANE
11/11	MCKENNA, FAYE	5163	00:59:17.00	11:51	152/176	102/120	+00:28:03	BLAIRMORE

## 5K60-69M - 6 Competitors

Cat/PI	Name	Bib #	Time	Pace	OA/PI	Gen/PI	Offset	City
1/6	HEYMAN, PETER	5106	00:32:16.00	06:27	40/176	19/56	+00:00:00	CALGARY
2/6	WHITWORTH, ROB	1294	00:41:50.00	08:22	87/176	32/56	+00:09:34	CALGARY
3/6	DE GAGNE, CHARLES	5062	00:51:11.00	10:14	126/176	43/56	+00:18:55	CALGARY
4/6	COOKE, DARRELL	5047	00:53:53.00	10:46	141/176	48/56	+00:21:37	EAGLE BAY
5/6	FLINT, HARRY	5080	00:54:39.00	10:55	145/176	49/56	+00:22:23	CALGARY
6/6	MCKENNA, KEVIN	5164	00:59:17.00	11:51	154/176	52/56	+00:27:01	BLAIRMORE

## 5K70-79F - 2 Competitors

Cat/PI	Name	Bib #	Time	Pace	OA/PI	Gen/PI	Offset	City
1/2	PATKAU, DONNA	5190	01:00:31.00	12:06	160/176	108/120	+00:00:00	CALGARY
2/2	HANSEN, JUDY	5101	01:14:20.00	14:52	175/176	120/120	+00:13:49	CALGARY

## 5K70-79M - 3 Competitors

Cat/PI	Name	Bib #	Time	Pace	OA/PI	Gen/PI	Offset	City
1/3	TOWNSEND, DAVID	5254	00:51:20.00	10:16	127/176	44/56	+00:00:00	CALGARY
2/3	MCADAM, MIKE	2365	00:51:21.00	10:16	128/176	45/56	+00:00:01	NANOOSE BAY
3/3	FLINT, DAVID	5079	01:14:20.00	14:52	174/176	55/56	+00:23:00	CALGARY

## 5K80+F - 1 Competitors

Cat/PI	Name	Bib #	Time	Pace	OA/PI	Gen/PI	Offset	City
1/1	WHITE, MARY MADELINE	5267	00:35:24.00	07:04	55/176	30/120	+00:00:00	CALGARY