

Overall Gender Results

5K Run/Walk - 3.1 Miles

Female 71

Gender	Name	Bib#	Time	Pace/K	Pace/M	Category	Cat	O/A	City
1/71	NEIGEL, EMMA	375	18:15.491	03:39	05:52	5K30-39F	1/13	1/139	LETHBRIDGE, AB
2/71	FEHR, EMMA	267	20:07.937	04:01	06:28	5K30-39F	2/13	7/139	STIRLING, AB
3/71	CHATTERTON, ANNA	255	20:39.831	04:07	06:38	5K11-15F	1/10	9/139	LETHBRIDGE, AB
4/71	CHARKO, KATIE	254	21:51.080	04:22	07:01	5K20-29F	1/12	16/139	WHITECOURT, AB
5/71	HAMILTON, COURTENEY	274	22:58.789	04:35	07:23	5K20-29F	2/12	23/139	LETHBRIDGE, AB
6/71	HUNSPERGER, MACIE	292	23:15.478	04:39	07:28	5K11-15F	2/10	25/139	MAGRATH, AB
7/71	HOVE, VIENNA	287	23:40.510	04:44	07:36	5K11-15F	3/10	28/139	CARDSTON, AB
8/71	DE LEEUW, ARIETTE	261	23:49.638	04:45	07:39	5K30-39F	3/13	30/139	COALHURST, AB
9/71	LAMERS, MAKENZIE	356	23:53.749	04:46	07:41	5K11-15F	4/10	31/139	COALHURST, AB
10/71	LAMB, MARGO	302	24:00.312	04:48	07:43	5K50-59F	1/6	32/139	LETHBRIDGE, AB
11/71	CROWDER, NICOLE	259	24:06.264	04:49	07:45	5K30-39F	4/13	35/139	LETHBRIDGE, AB
12/71	ANDERSON, WHITLEY	363	24:15.852	04:51	07:48	5K11-15F	5/10	37/139	CARDSTON, AB
13/71	MADDAFORD, BREANNA	304	25:12.641	05:02	08:06	5K11-15F	6/10	42/139	LETHBRIDGE, AB
14/71	BEKEOVA, MARTA	343	25:20.563	05:04	08:08	5K40-49F	1/12	43/139	LETHBRIDGE, AB
15/71	VANDER HEYDEN, MANDY	331	25:22.390	05:04	08:09	5K30-39F	5/13	45/139	LETHBRIDGE, AB
16/71	BARNES, KELSI	107	25:52.930	05:10	08:19	5K20-29F	3/12	47/139	LETHBRIDGE, AB
17/71	HAGGETT, STEPHANIE	273	26:20.446	05:16	08:28	5K30-39F	6/13	51/139	LETHBRIDGE, AB
18/71	FOWLER, ALEXA	370	26:42.617	05:20	08:35	5K20-29F	4/12	53/139	WHITECOURT, AB
19/71	OOSTLANDER, DANAE	360	26:50.398	05:22	08:37	5K20-29F	5/12	55/139	NOBLEFORD, AB
20/71	VAN LEUKEN, DESIREE	361	27:34.576	05:30	08:52	5K40-49F	2/12	57/139	LETHBRIDGE, AB
21/71	JONES, KATHY	295	27:48.196	05:33	08:56	5K50-59F	2/6	59/139	LETHBRIDGE, AB
22/71	ATOA, MAYA	397	28:23.351	05:40	09:07	5K11-15F	7/10	62/139	COALHURST, AB
23/71	HOLDAWAY, LISA	281	28:49.505	05:45	09:16	5K40-49F	3/12	65/139	LETHBRIDGE COUNTY, AB
24/71	HOLDAWAY, CHEYENNE	279	28:59.522	05:47	09:19	5K11-15F	8/10	66/139	LETHBRIDGE COUNTY, AB
25/71	KORIN, ALEXANDRA	384	30:17.769	06:03	09:44	5K20-29F	6/12	77/139	LETHBRIDGE, AB
26/71	PITCHER, BETHANY	314	30:18.240	06:03	09:44	5K20-29F	7/12	78/139	SASKATOON, SK
27/71	FEHR, KHLOE-ANN	268	30:18.470	06:03	09:44	5K11-15F	9/10	79/139	STIRLING, AB
28/71	KOVACH, LILLIAN	352	30:21.236	06:04	09:45	5K11-15F	10/10	80/139	LETHBRIDGE, AB
29/71	MACDONNELL, ALISHA	396	30:44.090	06:08	09:52	5K40-49F	4/12	81/139	COALHURST, AB
30/71	DE LEEUW, BECKY	262	30:48.965	06:09	09:54	5K20-29F	8/12	82/139	PICTURE BUTTE, AB
31/71	KWASNY, TRACY	355	31:15.722	06:15	10:03	5K40-49F	5/12	84/139	LETHBRIDGE, AB
32/71	HORNE, TRACY	383	31:56.625	06:23	10:16	5K30-39F	7/13	86/139	LETHBRIDGE, AB
33/71	PAUL, KIMMIE	312	31:59.179	06:23	10:17	5K40-49F	6/12	87/139	TABER, AB
34/71	LINDSAY, KELLY	373	33:03.629	06:36	10:37	5K20-29F	9/12	90/139	LETHBRIDGE, AB
35/71	HUNSPERGER, KANSAS	291	34:07.358	06:49	10:58	5K10&UF	1/13	91/139	MAGRATH, AB
36/71	HUNSPERGER, KALINDA	290	34:08.039	06:49	10:58	5K40-49F	7/12	92/139	MAGRATH, AB
37/71	GEERAERT, ARLENE	271	34:14.719	06:50	11:00	5K50-59F	3/6	93/139	TABER, AB
38/71	OLSON, BETSY	377	34:15.140	06:51	11:00	5K30-39F	8/13	94/139	CARDSTON, AB
39/71	HAMILTON, KYLA	275	34:25.149	06:53	11:04	5K16-19F	1/3	95/139	LETHBRIDGE, AB
40/71	MCMILLAN, SUSAN	358	37:02.836	07:24	11:54	5K60-69F	1/1	97/139	PORT COQUITLAM, BC
41/71	YUNG, FRANKIE	338	37:03.516	07:24	11:54	5K10&UF	2/13	98/139	CALGARY, AB
42/71	DE LEEUW, ADELINA	260	37:19.006	07:27	11:59	5K10&UF	3/13	100/139	COALHURST, AB
43/71	DE LEEUW, JALAINA	263	37:19.265	07:27	12:00	5K20-29F	10/12	101/139	PICTURE BUTTE, AB
44/71	KADIJK, SYLVIA	298	37:49.262	07:33	12:09	5K50-59F	4/6	102/139	LETHBRIDGE, AB
45/71	BESTE, CHELSEY	130	38:24.117	07:40	12:20	5K20-29F	11/12	103/139	LETHBRIDGE, AB
46/71	HOVE, MARY-LYNN	286	38:55.330	07:47	12:30	5K16-19F	2/3	104/139	CARDSTON, AB
47/71	HOVE, LISA	285	38:55.405	07:47	12:30	5K40-49F	8/12	105/139	CARDSTON, AB
48/71	ANDERSON, ALAIRA	390	39:54.045	07:58	12:49	5K10&UF	4/13	108/139	CARDSTON, AB
49/71	ANDERSON, WENDY	388	40:06.184	08:01	12:53	5K30-39F	9/13	109/139	CARDSTON, AB
50/71	GRAHAM, CLAIRE	349	40:44.796	08:08	13:06	5K10&UF	5/13	111/139	LETHBRIDGE, AB
51/71	GRAHAM, LISA	350	40:45.300	08:09	13:06	5K30-39F	10/13	112/139	LETHBRIDGE, AB
52/71	VELASQUEZ, MONICA	381	41:23.898	08:16	13:18	5K30-39F	11/13	113/139	LETHBRIDGE, AB
53/71	DUURSMA, JACLYN	264	42:37.567	08:31	13:42	5K20-29F	12/12	115/139	LETHBRIDGE, AB
54/71	SHEPHERD, ROWENA	378	42:37.705	08:31	13:42	5K50-59F	5/6	116/139	PICTURE BUTTE, AB
55/71	ALLEN, MEGAN	106	42:38.692	08:31	13:42	5K10&UF	6/13	117/139	LETHBRIDGE, AB

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5K Run/Walk - 3.1 Miles

Female 71

Gender	Name	Bib#	Time	Pace/K	Pace/M	Category	Cat	O/A	City
56/71	ALLEN, ADELYN	105	42:39.394	08:31	13:42	5K10&UF	7/13	118/139	COALHURST, AB
57/71	COOK, SILVIA	347	43:44.220	08:44	14:03	5K30-39F	12/13	119/139	LETHBRIDGE, AB
58/71	ATOA, EMMA	398	44:55.633	08:59	14:26	5K10&UF	8/13	124/139	COALHURST, AB
59/71	SWEET GRASS, SARAH	387	45:23.689	09:04	14:35	5K40-49F	9/12	125/139	COALHURST, AB
60/71	VADNAIS, JENNIFER	330	45:47.101	09:09	14:43	5K50-59F	6/6	127/139	LETHBRIDGE, AB
61/71	SANDHAM, SHARON	321	46:14.922	09:14	14:52	5K70+F	1/1	128/139	COALHURST, AB
62/71	COOK, ELLA	344	46:43.611	09:20	15:01	5K10&UF	9/13	129/139	LETHBRIDGE, AB
63/71	COOK, ISLA	345	47:47.711	09:33	15:22	5K10&UF	10/13	130/139	LETHBRIDGE, AB
64/71	KARSTEN, STEPHENIE	299	47:51.860	09:34	15:23	5K40-49F	10/12	131/139	COALHURST, AB
65/71	SEWARD, SHARLA	385	50:03.670	10:00	16:05	5K30-39F	13/13	132/139	MANYBERRIES, AB
66/71	SEWARD, BRETTLYN	324	50:05.309	10:01	16:06	5K10&UF	11/13	133/139	COALHURST, AB
67/71	SEWARD, BLAKELY	322	51:15.223	10:15	16:28	5K10&UF	12/13	134/139	COALHURST, AB
68/71	REMPEL, NATALIE	320	51:49.769	10:21	16:39	5K10&UF	13/13	136/139	PICTURE BUTTE, AB
69/71	REMPEL, CARRIE	319	51:50.379	10:22	16:40	5K40-49F	11/12	137/139	PICTURE BUTTE, AB
70/71	HUGHES, JUDY	288	55:01.741	11:00	17:41	5K40-49F	12/12	138/139	COALHURST, AB
71/71	CALDER, DESTINY	252	55:02.798	11:00	17:41	5K16-19F	3/3	139/139	COALHURST, AB

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5K Run/Walk - 3.1 Miles

Male 68

Gender	Name	Bib#	Time	Pace/K	Pace/M	Category	Cat	O/A	City
1/68	CASPER, ROB	253	18:33.705	03:42	05:58	5K30-39M	1/6	2/139	COALDALE, AB
2/68	SANDERS, TANNER	394	19:17.729	03:51	06:12	5K20-29M	1/3	3/139	LETHBRIDGE, AB
3/68	MCFARLAND, COLTON	307	19:36.245	03:55	06:18	5K11-15M	1/19	4/139	LETHBRIDGE, AB
4/68	BEVANS, CARTER	366	19:42.667	03:56	06:20	5K11-15M	2/19	5/139	CARDSTON, AB
5/68	MALINOWSKI, MAC	306	19:56.180	03:59	06:24	5K40-49M	1/13	6/139	LETHBRIDGE, AB
6/68	HANSEN, KYLE	382	20:34.796	04:06	06:37	5K11-15M	3/19	8/139	CARDSTON, AB
7/68	HUNSPERGER, WADE	293	20:46.350	04:09	06:40	5K10&UM	1/11	10/139	MAGRATH, AB
8/68	CHATTERTON, DAVID	256	20:58.533	04:11	06:44	5K40-49M	2/13	11/139	LETHBRIDGE, AB
9/68	RAUDA, FELIX	318	21:22.181	04:16	06:52	5K16-19M	1/6	12/139	COALHURST, AB
10/68	JACKSON, COLE	294	21:31.158	04:18	06:55	5K20-29M	2/3	13/139	LETHBRIDGE, AB
11/68	HOVE, BRADLEY	283	21:36.902	04:19	06:57	5K40-49M	3/13	14/139	CARDSTON, AB
12/68	KADIJK, MARK	297	21:50.161	04:22	07:01	5K50-59M	1/5	15/139	LETHBRIDGE, AB
13/68	DOBSON, SILAS	369	22:02.538	04:24	07:05	5K11-15M	4/19	17/139	CARDSTON, AB
14/68	ANDERSON, BRENNAN	362	22:08.844	04:25	07:07	5K11-15M	5/19	18/139	CARDSTON, AB
15/68	FEHR, BRODY	265	22:17.783	04:27	07:10	5K11-15M	6/19	19/139	STIRLING, AB
16/68	MADDAFORD, TROY	305	22:21.454	04:28	07:11	5K40-49M	4/13	20/139	LETHBRIDGE, AB
17/68	VAN ORMAN, RYKER	379	22:49.978	04:33	07:20	5K11-15M	7/19	21/139	CARDSTON, AB
18/68	NEIL, KALEB	310	22:55.860	04:35	07:22	5K16-19M	2/6	22/139	LETHBRIDGE, AB
19/68	JRAFALCZIK, JULIUS	296	23:05.681	04:37	07:25	5K16-19M	3/6	24/139	LETHBRIDGE, AB
20/68	HOVE, JONAH	284	23:30.502	04:42	07:33	5K10&UM	2/11	26/139	CARDSTON, AB
21/68	HUDSON, KIHEI	351	23:36.357	04:43	07:35	5K16-19M	4/6	27/139	COALHURST, AB
22/68	STRONKS, SILAS	329	23:41.868	04:44	07:37	5K11-15M	8/19	29/139	COALHURST, AB
23/68	PAUL, TYLER	313	24:02.025	04:48	07:43	5K40-49M	5/13	33/139	TABER, AB
24/68	BENNETT, LACEY	365	24:02.183	04:48	07:43	5K11-15M	9/19	34/139	CARDSTON, AB
25/68	LITCHFIELD, STRAN	374	24:09.710	04:49	07:46	5K11-15M	10/19	36/139	CARDSTON, AB
26/68	SWEN, WILL	393	24:53.040	04:58	08:00	5K11-15M	11/19	38/139	LETHBRIDGE, AB
27/68	COOK, SHAWN	346	24:56.492	04:59	08:01	5K30-39M	2/6	39/139	LETHBRIDGE, AB
28/68	STRONKS, GLEN	328	24:59.169	04:59	08:02	5K40-49M	6/13	40/139	COALHURST, AB
29/68	KWASNY, SIMON	354	25:04.295	05:00	08:03	5K11-15M	12/19	41/139	LETHBRIDGE, AB
30/68	WILSON, JETT	337	25:21.501	05:04	08:09	5K10&UM	3/11	44/139	LETHBRIDGE, AB
31/68	CORKUM, DANIEL	258	25:43.601	05:08	08:16	5K40-49M	7/13	46/139	COALDALE, AB
32/68	GALLANT, BRAD	371	26:07.814	05:13	08:24	5K50-59M	2/5	48/139	LETHBRIDGE, AB
33/68	BELL, BRYSON	364	26:10.252	05:14	08:24	5K40-49M	8/13	49/139	LETHBRIDGE, AB
34/68	FEHR, CORNELIO	266	26:12.148	05:14	08:25	5K30-39M	3/6	50/139	STIRLING, AB
35/68	SHADE, BRODY	326	26:31.907	05:18	08:31	5K16-19M	5/6	52/139	COALHURST, AB
36/68	MAYNES, JOSH	395	26:47.745	05:21	08:36	5K11-15M	13/19	54/139	CARDSTON, AB
37/68	OLSON, XANDER	376	27:25.179	05:29	08:48	5K11-15M	14/19	56/139	CARDSTON, AB
38/68	LEWICKI, LYNKYN	357	27:43.531	05:32	08:54	5K11-15M	15/19	58/139	LETHBRIDGE, AB
39/68	KWASNY, JASON	353	28:00.030	05:36	09:00	5K40-49M	9/13	60/139	LETHBRIDGE, AB
40/68	KLASSEN, LES	300	28:00.616	05:36	09:00	5K50-59M	3/5	61/139	COALDALE, AB
41/68	LAMB, BRUCE	301	28:45.099	05:45	09:14	5K60-69M	1/3	63/139	LETHBRIDGE, AB
42/68	HOLDAWAY, RYAN	282	28:48.918	05:45	09:15	5K40-49M	10/13	64/139	LETHBRIDGE COUNTY, AB
43/68	SHADE, BADGER	325	29:00.851	05:48	09:19	5K10&UM	4/11	67/139	COALHURST, AB
44/68	BROADBENT, GREGORY	184	29:09.545	05:49	09:22	5K50-59M	4/5	68/139	LETHBRIDGE, AB
45/68	KRIESE, JADON	391	29:14.345	05:50	09:24	5K10&UM	5/11	69/139	,
46/68	BEVANS, CLAYTON	367	29:16.951	05:51	09:24	5K11-15M	16/19	70/139	CARDSTON, AB
47/68	KRIESE, JOSHUA	392	29:29.457	05:53	09:28	5K30-39M	4/6	71/139	LETHBRIDGE, AB
48/68	MILROY, KYE	308	29:32.255	05:54	09:29	5K16-19M	6/6	72/139	LETHBRIDGE, AB
49/68	GEERAERT, MITCHELL	272	29:33.917	05:54	09:30	5K20-29M	3/3	73/139	TABER, AB
50/68	GRAHAM, SCOTT	372	29:40.458	05:56	09:32	5K40-49M	11/13	74/139	LETHBRIDGE, AB
51/68	GRAHAM, ALEXANDER	348	29:43.785	05:56	09:33	5K11-15M	17/19	75/139	LETHBRIDGE, AB
52/68	ANDERSON, DANIC	389	30:16.036	06:03	09:43	5K10&UM	6/11	76/139	CARDSTON, AB
53/68	VELASQUEZ, ELMER	380	31:03.496	06:12	09:59	5K60-69M	2/3	83/139	LETHBRIDGE, AB
54/68	CHATTERTON, THOMAS	257	31:24.778	06:16	10:06	5K10&UM	7/11	85/139	LETHBRIDGE, AB
55/68	NASH, GEOFF	359	32:03.237	06:24	10:18	5K70+M	1/2	88/139	LETHBRIDGE, AB

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5K Run/Walk - 3.1 Miles

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Gender	Name	Bib#	Time	Pace/K	Pace/M	Category	Cat	O/A	City
56/68	SCOTT, JIM	400	32:21.494	06:28	10:24	5K70+M	2/2	89/139	COALDALE, AB
57/68	CROW CHIEF, ENDER	368	36:36.000	07:19	11:46	5K11-15M	18/19	96/139	CARDSTON, AB
58/68	PARNO, BRIAN	311	37:03.632	07:24	11:54	5K60-69M	3/3	99/139	BELLINGHAM, WA
59/68	HUMPHREYS, JASON	289	39:34.685	07:54	12:43	5K50-59M	5/5	106/139	LETHBRIDGE, AB
60/68	LOMAS, JOHN	303	39:34.964	07:54	12:43	5K11-15M	19/19	107/139	COALHURST, AB
61/68	HOLDAWAY, GRAYSON	280	40:17.199	08:03	12:57	5K10&UM	8/11	110/139	LETHBRIDGE COUNTY, AB
62/68	ATOA, ROMEO	399	42:37.425	08:31	13:42	5K10&UM	9/11	114/139	COALHURST, AB
63/68	YUNG, OLLIE	340	44:05.878	08:49	14:10	5K10&UM	10/11	120/139	CALGARY, AB
64/68	ZANONI, JAMES	341	44:06.698	08:49	14:11	5K30-39M	5/6	121/139	LETHBRIDGE, AB
65/68	YUNG, KEITH	339	44:07.165	08:49	14:11	5K40-49M	12/13	122/139	CALGARY, AB
66/68	ZANONI, MIGUEL	342	44:08.650	08:49	14:11	5K10&UM	11/11	123/139	LETHBRIDGE, AB
67/68	GOOD EAGLE, LJ	386	45:24.416	09:04	14:36	5K40-49M	13/13	126/139	COALHURST, AB
68/68	SEWARD, BRANT	323	51:16.722	10:15	16:29	5K30-39M	6/6	135/139	COALHURST, AB