

Alpha Overall Results

10K - 6.21 Miles

37 Finishers

O/A	Name	Bib#	Time	Pace/K	Pace/M	Category	Cat/PI	Gender	Gen/PI	City
4/37	ADRIAN, ARON	138	43:04.468	04:18	06:56	10K30-39M	3/6	M	4/18	MEDICINE HAT, AB
16/37	ASPREY, PHEONIX	135	50:34.217	05:03	08:08	10K12-15F	1/1	F	3/19	MEDICINE HAT, AB
23/37	BROWN, CHRIS	101	56:12.062	05:37	09:03	10K40-49M	5/5	M	15/18	MEDICINE HAT, AB
13/37	CARLSON, DERIK	139	47:51.158	04:47	07:42	10K40-49M	4/5	M	12/18	MEDICINE HAT, AB
25/37	CARROLL, ALLISON	137	58:15.427	05:49	09:22	10K30-39F	1/4	F	10/19	MEDICINE HAT, AB
20/37	CORCORAN, BILL	102	55:27.279	05:32	08:55	10K60-69M	1/2	M	14/18	MEDICINE HAT, AB
17/37	CORCORAN, MARLENE	103	51:07.077	05:06	08:13	10K50-59F	1/4	F	4/19	MEDICINE HAT, AB
34/37	CUNNINGHAM, BARNEY	104	1:09:32.757	06:57	11:11	10K70+M	1/1	M	17/18	MEDICINE HAT, AB
18/37	DULLE, LEANNE	131	52:58.440	05:17	08:31	10K40-49F	3/7	F	5/19	DUNMORE, AB
12/37	EMERSON, SHERI	105	46:57.698	04:41	07:33	10K40-49F	1/7	F	1/19	MEDICINE HAT, AB
2/37	FIGUEROA, JULIO	106	37:29.011	03:44	06:02	10K40-49M	1/5	M	2/18	MEDICINE HAT, AB
32/37	FRIESEN, MELANIE	107	1:04:31.827	06:27	10:23	10K40-49F	7/7	F	16/19	MEDICINE HAT, AB
19/37	GAUTHIER, HEATHER	108	53:39.314	05:21	08:38	10K50-59F	2/4	F	6/19	LETHBRIDGE, AB
3/37	HARDER, KEITH	109	38:16.916	03:49	06:09	10K30-39M	2/6	M	3/18	MEDICINE HAT, AB
31/37	HEGGIE, DIXIE	110	1:03:30.741	06:21	10:13	10K60-69F	1/2	F	15/19	LETHBRIDGE, AB
28/37	HODGKINSON, PAM	133	1:00:57.557	06:05	09:48	10K30-39F	2/4	F	12/19	MEDICINE HAT, AB
24/37	KOLODZIEJ, JUSTYNA	111	56:49.949	05:40	09:09	10K40-49F	5/7	F	9/19	MEDICINE HAT, AB
29/37	LEHR, MANDY	112	1:01:00.397	06:06	09:49	10K40-49F	6/7	F	13/19	CYPRESS COUNTY, AB
15/37	LINTON, JASON	140	49:04.856	04:54	07:54	10K30-39M	6/6	M	13/18	MEDICINE HAT, AB
9/37	LJA, ROB	130	46:04.752	04:36	07:25	10K30-39M	5/6	M	9/18	COALDALE, AB
7/37	LYBBERT, AARON	134	44:27.692	04:26	07:09	10K30-39M	4/6	M	7/18	MEDICINE HAT, AB
11/37	MARTIN, KEITH	132	46:48.859	04:40	07:32	10K20-29M	2/2	M	11/18	MEDICINE HAT, AB
14/37	MILNE, KEELEY	142	47:54.778	04:47	07:42	10K40-49F	2/7	F	2/19	MEDICINE HAT, AB
35/37	MOORES, AMY	114	1:11:28.785	07:08	11:30	10K30-39F	4/4	F	18/19	MEDICINE HAT, AB
1/37	ORSINI, MIKE	115	37:17.622	03:43	06:00	10K30-39M	1/6	M	1/18	MEDICINE HAT, AB
10/37	PARSONS, SHAWN	141	46:43.404	04:40	07:31	10K50-59M	1/2	M	10/18	MEDICINE HAT, AB
5/37	PERCY, WILLIAM	116	43:28.143	04:20	06:59	10K40-49M	2/5	M	5/18	MEDICINE HAT, AB
8/37	PIERZCHALA, MARK	117	45:47.398	04:34	07:22	10K40-49M	3/5	M	8/18	MEDICINE HAT, AB
21/37	PLAUSTEINER, LISA	118	55:40.937	05:34	08:57	10K40-49F	4/7	F	7/19	LETHBRIDGE, AB
6/37	RAPUANO, TRAVIS	120	43:47.402	04:22	07:03	10K20-29M	1/2	M	6/18	MEDICINE HAT, AB
27/37	SUMNERS, LORI	123	59:55.639	05:59	09:39	10K50-59F	3/4	F	11/19	CYPRESS COUNTY, AB
37/37	SUNDE, BRENDA	124	1:16:06.199	07:36	12:15	10K60-69F	2/2	F	19/19	MAPLE CREEK, SK
36/37	SUNDE, MELVIN	125	1:16:03.788	07:36	12:14	10K60-69M	2/2	M	18/18	MAPLE CREEK, SK
33/37	WIEBE, KIM	136	1:05:23.238	06:32	10:31	10K30-39F	3/4	F	17/19	MEDICINE HAT, AB
22/37	WOODRUFF, REYNA	127	55:41.077	05:34	08:58	10K16-19F	1/1	F	8/19	CYPRESS COUNTY, AB
30/37	YOUNG, ALANA	128	1:01:13.993	06:07	09:51	10K50-59F	4/4	F	14/19	MEDICINE HAT, AB
26/37	YOUNG, SCOTT	129	58:16.016	05:49	09:22	10K50-59M	2/2	M	16/18	MEDICINE HAT, AB