

OA/PI = Overall Placing

Cat/PI = Category Placing

Gen/PI = Overall Gender Placing

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

## Category Results

10K Run - 6.21 Miles  
37 Finishers

## 10K12-15F - 1 Competitors

Cat/PI	Name	Bib #	Time	Pace/K	Pace/M	OA/PI	Gen/PI	Offset	City
1/1	ASPREY, PHEONIX	135	50:34.217	05:03	08:08	16/37	3/19	+00:00:00	MEDICINE HAT

## 10K16-19F - 1 Competitors

Cat/PI	Name	Bib #	Time	Pace/K	Pace/M	OA/PI	Gen/PI	Offset	City
1/1	WOODRUFF, REYNA	127	55:41.077	05:34	08:58	22/37	8/19	+00:00:00	CYPRESS COUNT

## 10K20-29M - 2 Competitors

Cat/PI	Name	Bib #	Time	Pace/K	Pace/M	OA/PI	Gen/PI	Offset	City
1/2	RAPUANO, TRAVIS	120	43:47.402	04:22	07:03	6/37	6/18	+00:00:00	MEDICINE HAT
2/2	MARTIN, KEITH	132	46:48.859	04:40	07:32	11/37	11/18	+00:03:01	MEDICINE HAT

## 10K30-39F - 4 Competitors

Cat/PI	Name	Bib #	Time	Pace/K	Pace/M	OA/PI	Gen/PI	Offset	City
1/4	CARROLL, ALLISON	137	58:15.427	05:49	09:22	25/37	10/19	+00:00:00	MEDICINE HAT
2/4	HODGKINSON, PAM	133	1:00:57.557	06:05	09:48	28/37	12/19	+00:02:42	MEDICINE HAT
3/4	WIEBE, KIM	136	1:05:23.238	06:32	10:31	33/37	17/19	+00:07:07	MEDICINE HAT
4/4	MOORES, AMY	114	1:11:28.785	07:08	11:30	35/37	18/19	+00:13:13	MEDICINE HAT

## 10K30-39M - 6 Competitors

Cat/PI	Name	Bib #	Time	Pace/K	Pace/M	OA/PI	Gen/PI	Offset	City
1/6	ORSINI, MIKE	115	37:17.622	03:43	06:00	1/37	1/18	+00:00:00	MEDICINE HAT
2/6	HARDER, KEITH	109	38:16.916	03:49	06:09	3/37	3/18	+00:00:59	MEDICINE HAT
3/6	ADRIAN, ARON	138	43:04.468	04:18	06:56	4/37	4/18	+00:05:46	MEDICINE HAT
4/6	LYBBERT, AARON	134	44:27.692	04:26	07:09	7/37	7/18	+00:07:10	MEDICINE HAT
5/6	LJA, ROB	130	46:04.752	04:36	07:25	9/37	9/18	+00:08:47	COALDALE
6/6	LINTON, JASON	140	49:04.856	04:54	07:54	15/37	13/18	+00:11:47	MEDICINE HAT

## 10K40-49F - 7 Competitors

Cat/PI	Name	Bib #	Time	Pace/K	Pace/M	OA/PI	Gen/PI	Offset	City
1/7	EMERSON, SHERI	105	46:57.698	04:41	07:33	12/37	1/19	+00:00:00	MEDICINE HAT
2/7	MILNE, KEELEY	142	47:54.778	04:47	07:42	14/37	2/19	+00:00:57	MEDICINE HAT
3/7	DULLE, LEANNE	131	52:58.440	05:17	08:31	18/37	5/19	+00:06:00	DUNMORE
4/7	PLAUSTEINER, LISA	118	55:40.937	05:34	08:57	21/37	7/19	+00:08:43	LETHBRIDGE
5/7	KOLODZIEJ, JUSTYNA	111	56:49.949	05:40	09:09	24/37	9/19	+00:09:52	MEDICINE HAT
6/7	LEHR, MANDY	112	1:01:00.397	06:06	09:49	29/37	13/19	+00:14:02	CYPRESS COUNT
7/7	FRIESEN, MELANIE	107	1:04:31.827	06:27	10:23	32/37	16/19	+00:17:34	MEDICINE HAT

## 10K40-49M - 5 Competitors

Cat/PI	Name	Bib #	Time	Pace/K	Pace/M	OA/PI	Gen/PI	Offset	City
1/5	FIGUEROA, JULIO	106	37:29.011	03:44	06:02	2/37	2/18	+00:00:00	MEDICINE HAT
2/5	PERCY, WILLIAM	116	43:28.143	04:20	06:59	5/37	5/18	+00:05:59	MEDICINE HAT
3/5	PIERZCHALA, MARK	117	45:47.398	04:34	07:22	8/37	8/18	+00:08:18	MEDICINE HAT
4/5	CARLSON, DERIK	139	47:51.158	04:47	07:42	13/37	12/18	+00:10:22	MEDICINE HAT
5/5	BROWN, CHRIS	101	56:12.062	05:37	09:03	23/37	15/18	+00:18:43	MEDICINE HAT

## 10K50-59F - 4 Competitors

Cat/PI	Name	Bib #	Time	Pace/K	Pace/M	OA/PI	Gen/PI	Offset	City
1/4	CORCORAN, MARLENE	103	51:07.077	05:06	08:13	17/37	4/19	+00:00:00	MEDICINE HAT
2/4	GAUTHIER, HEATHER	108	53:39.314	05:21	08:38	19/37	6/19	+00:02:32	LETHBRIDGE
3/4	SUMNERS, LORI	123	59:55.639	05:59	09:39	27/37	11/19	+00:08:48	CYPRESS COUNT
4/4	YOUNG, ALANA	128	1:01:13.993	06:07	09:51	30/37	14/19	+00:10:06	MEDICINE HAT

## 10K50-59M - 2 Competitors

Cat/PI	Name	Bib #	Time	Pace/K	Pace/M	OA/PI	Gen/PI	Offset	City
1/2	PARSONS, SHAWN	141	46:43.404	04:40	07:31	10/37	10/18	+00:00:00	MEDICINE HAT
2/2	YOUNG, SCOTT	129	58:16.016	05:49	09:22	26/37	16/18	+00:11:32	MEDICINE HAT

## 10K60-69F - 2 Competitors

Cat/PI	Name	Bib #	Time	Pace/K	Pace/M	OA/PI	Gen/PI	Offset	City
1/2	HEGGIE, DIXIE	110	1:03:30.741	06:21	10:13	31/37	15/19	+00:00:00	LETHBRIDGE
2/2	SUNDE, BRENDA	124	1:16:06.199	07:36	12:15	37/37	19/19	+00:12:35	MAPLE CREEK

## 10K60-69M - 2 Competitors

Cat/PI	Name	Bib #	Time	Pace/K	Pace/M	OA/PI	Gen/PI	Offset	City
1/2	CORCORAN, BILL	102	55:27.279	05:32	08:55	20/37	14/18	+00:00:00	MEDICINE HAT
2/2	SUNDE, MELVIN	125	1:16:03.788	07:36	12:14	36/37	18/18	+00:20:36	MAPLE CREEK

## 10K70+M - 1 Competitors

Cat/PI	Name	Bib #	Time	Pace/K	Pace/M	OA/PI	Gen/PI	Offset	City
1/1	CUNNINGHAM, BARNEY	104	1:09:32.757	06:57	11:11	34/37	17/18	+00:00:00	MEDICINE HAT