

OA/PI = Overall Placing

Cat/PI = Category Placing

Gen/PI = Overall Gender Placing

## Category Award Results

## TOP 3 In Category

## 10K Run - 6.21 Miles

## 33 Finishers

## 10K20-29M (Male) - 2 Competitors

Cat/PI	Name	Bib #	Time	Pace/k	Pace/m	Offset	OA/PI	Gen/PI	City
1/2	OLIVER, TYLOR	165	55:20.658	05:28	08:48	+00:00:00	14/33	8/14	MEDICINE HAT
2/2	GIESBRECHT, BEN	153	1:02:02.027	06:08	09:52	+00:06:41	26/33	13/14	TILLEY

## 10K30-39F (Female) - 5 Competitors

Cat/PI	Name	Bib #	Time	Pace/k	Pace/m	Offset	OA/PI	Gen/PI	City
1/5	JOHNSON, TAWNY	159	49:36.739	04:54	07:54	+00:00:00	7/33	2/19	MEDICINE HAT
2/5	JASPERS, KARA	176	50:15.777	04:58	08:00	+00:00:39	8/33	3/19	REDCLIFF
3/5	HEINRICKS, KELSIE	156	51:49.162	05:07	08:15	+00:02:12	10/33	5/19	MEDICINE HAT

## 10K30-39M (Male) - 2 Competitors

Cat/PI	Name	Bib #	Time	Pace/k	Pace/m	Offset	OA/PI	Gen/PI	City
1/2	LJA, ROB	164	40:17.205	03:59	06:24	+00:00:00	1/33	1/14	COALDALE
2/2	HEINRICKS, ZACHARY	157	51:49.584	05:07	08:15	+00:11:32	11/33	6/14	MEDICINE HAT

## 10K40-49F (Female) - 6 Competitors

Cat/PI	Name	Bib #	Time	Pace/k	Pace/m	Offset	OA/PI	Gen/PI	City
1/6	EMERSON, SHERI	151	48:25.783	04:47	07:42	+00:00:00	5/33	1/19	MEDICINE HAT
2/6	PLAUSTEINER, LISA	168	55:34.056	05:30	08:50	+00:07:08	16/33	7/19	LETHBRIDGE
3/6	KOLODZIEJ, JUSTYNA	161	56:51.022	05:37	09:03	+00:08:25	18/33	8/19	MEDICINE HAT

## 10K40-49M (Male) - 4 Competitors

Cat/PI	Name	Bib #	Time	Pace/k	Pace/m	Offset	OA/PI	Gen/PI	City
1/4	PIERZCHALA, MARK	167	44:39.712	04:25	07:06	+00:00:00	3/33	3/14	MEDICINE HAT
2/4	WILLIAMS, PAUL	173	48:54.281	04:50	07:47	+00:04:14	6/33	5/14	REDCLIFF
3/4	STERN, JORDAN	170	56:08.818	05:33	08:56	+00:11:29	17/33	10/14	DUNMORE

## 10K50-59F (Female) - 5 Competitors

Cat/PI	Name	Bib #	Time	Pace/k	Pace/m	Offset	OA/PI	Gen/PI	City
1/5	RIEHELMMANN, TANIS	169	53:44.112	05:19	08:33	+00:00:00	12/33	6/19	MEDICINE HAT
2/5	YOUNG, ALANA	174	58:07.560	05:45	09:15	+00:04:23	20/33	10/19	MEDICINE HAT
3/5	HALLDORSON, BOBBI	155	1:13:48.662	07:18	11:45	+00:20:04	29/33	15/19	MEDICINE HAT

## 10K50-59M (Male) - 2 Competitors

Cat/PI	Name	Bib #	Time	Pace/k	Pace/m	Offset	OA/PI	Gen/PI	City
1/2	LEDUC, CORRY	162	43:43.256	04:19	06:57	+00:00:00	2/33	2/14	MEDICINE HAT
2/2	PARSONS, SHAWN	177	46:59.915	04:39	07:29	+00:03:16	4/33	4/14	MEDICINE HAT

## 10K60-69F (Female) - 3 Competitors

Cat/PI	Name	Bib #	Time	Pace/k	Pace/m	Offset	OA/PI	Gen/PI	City
1/3	CORCORAN, MARLENE	148	51:08.598	05:03	08:08	+00:00:00	9/33	4/19	MEDICINE HAT
2/3	CHOW, PHYLLIS	145	1:11:04.632	07:02	11:19	+00:19:56	28/33	14/19	MEDICINE HAT
3/3	JENSEN, ANITA	158	1:14:38.157	07:23	11:53	+00:23:29	32/33	18/19	BARNWELL

## 10K60-69M (Male) - 3 Competitors

Cat/PI	Name	Bib #	Time	Pace/k	Pace/m	Offset	OA/PI	Gen/PI	City
1/3	OUGH, EDWARD	166	53:44.720	05:19	08:33	+00:00:00	13/33	7/14	MEDICINE HAT
2/3	CORCORAN, BILL	147	55:33.513	05:30	08:50	+00:01:48	15/33	9/14	MEDICINE HAT
3/3	YOUNG, SCOTT	175	58:07.863	05:45	09:15	+00:04:23	21/33	11/14	MEDICINE HAT

## 10K70+M (Male) - 1 Competitors

Cat/PI	Name	Bib #	Time	Pace/k	Pace/m	Offset	OA/PI	Gen/PI	City
1/1	CUNNINGHAM, BARNEY	149	1:11:04.459	07:02	11:19	+00:00:00	27/33	14/14	MEDICINE HAT