

2016 Calgary Women's Run - Aug 28/2016

Alpha Overall Results

10K Run - 6.21 Miles

102 Finishers

O/A	Name	Bib#	Time	Pace/m	Category	Cat/PI	Gender	Gen/PI	City
31/102	ALEXANDROVA, DIANA	2001	00:54:50.24	05:29	10K40-49	6/25	F	31/102	
26/102	ALLEN, KRISTAL	2132	00:54:25.40	05:26	10K30-39	6/29	F	26/102	
62/102	ANSELMO, LORELEI	2002	01:02:41.72	06:16	10K40-49	14/25	F	62/102	
101/102	AUSTERBERRY, DAPHNE	2004	01:21:11.73	08:07	10K70-79	2/2	F	101/102	
75/102	BENEDICT, KENDRA	2005	01:04:45.52	06:28	10K40-49	19/25	F	75/102	
14/102	BENSON, LORRAINE	2131	00:49:19.09	04:55	10K60-69	1/4	F	14/102	
92/102	BLACKMUR, KAREN	2006	01:10:25.81	07:02	10K50-59	15/19	F	92/102	
41/102	BOCKUS, PAMELA	2130	00:56:47.22	05:40	10K30-39	9/29	F	41/102	
5/102	BOGDANE, TAMMY	2007	00:44:58.58	04:29	10K20-29	2/19	F	5/102	
48/102	BOIVIN, STACEY	2008	00:59:52.50	05:59	10K40-49	11/25	F	48/102	
16/102	BROADHURST, KYMBERLEE	2114	00:52:12.31	05:13	10K20-29	7/19	F	16/102	
56/102	BRUINS, NICOLE	2115	01:01:43.71	06:10	10K30-39	15/29	F	56/102	
53/102	CAIE, SHARI	2009	01:01:19.65	06:07	10K30-39	14/29	F	53/102	
87/102	CHENG, WENDY	2011	01:09:30.55	06:57	10K60-69	4/4	F	87/102	
13/102	CLARK, ALISON	2012	00:49:14.69	04:55	10K50-59	4/19	F	13/102	
10/102	CLARK, VICTORIA	2014	00:47:54.13	04:47	10K20-29	4/19	F	10/102	
61/102	COOKE, KARA	2016	01:02:39.34	06:15	10K30-39	18/29	F	61/102	
45/102	COSMAN, BRITTANY	2017	00:58:19.74	05:49	10K30-39	12/29	F	45/102	
68/102	COSTANZO, SHELLEY	2018	01:03:28.30	06:20	10K30-39	20/29	F	68/102	
90/102	CRONKRITE, HAILEY	2020	01:09:42.45	06:58	10K10-14	2/2	F	90/102	
9/102	DELANEY, KATIE	2022	00:47:35.89	04:45	10K30-39	2/29	F	9/102	
30/102	DEMETRICK, ALESSANDRA	2023	00:54:35.58	05:27	10K10-14	1/2	F	30/102	
28/102	DEMETRICK, MELANIE	2024	00:54:29.97	05:27	10K20-29	9/19	F	28/102	
29/102	DEMETRICK, SELINA	2025	00:54:30.34	05:27	10K15-19	1/2	F	29/102	
67/102	DENHAM, CAROL	2129	01:03:20.18	06:20	10K50-59	12/19	F	67/102	
35/102	DIFRANCESCO, LISA	2026	00:55:46.85	05:34	10K50-59	8/19	F	35/102	
83/102	DOUGLAS, SHELLEY	2116	01:07:34.56	06:45	10K40-49	23/25	F	83/102	
44/102	DRIEDIGER-MURPHY, LINDSAY	2027	00:58:11.89	05:49	10K30-39	11/29	F	44/102	
39/102	FEE, BRYDIE	2029	00:56:14.85	05:37	10K30-39	8/29	F	39/102	
78/102	FERGUSON, CRYSTAL	2030	01:05:38.15	06:33	10K30-39	25/29	F	78/102	
51/102	FISCHER, EMMA	2032	01:00:29.33	06:02	10K15-19	2/2	F	51/102	
52/102	FISCHER, KAREN	2031	01:00:29.83	06:02	10K40-49	12/25	F	52/102	
84/102	FORSYTHE, BRIANNE	2035	01:07:56.86	06:47	10K20-29	17/19	F	84/102	
94/102	FREEMAN, CATHERINE	2036	01:10:53.51	07:05	10K50-59	17/19	F	94/102	
6/102	FRIEDLEY, JILL	2037	00:46:05.66	04:36	10K30-39	1/29	F	6/102	
100/102	FRIESEN, JENNA	2038	01:15:40.48	07:34	10K30-39	29/29	F	100/102	
98/102	FRIESEN, LAUREN	2039	01:14:28.36	07:26	10K20-29	19/19	F	98/102	
60/102	FRISKE, JEN	2040	01:02:12.82	06:13	10K30-39	17/29	F	60/102	
46/102	FRISKEN, ALETHEA	2041	00:59:05.92	05:54	10K40-49	10/25	F	46/102	
34/102	GALBRAITH, LAUREN	2050	00:55:45.28	05:34	10K20-29	10/19	F	34/102	
97/102	GARSTAD, TINA	2044	01:14:03.54	07:24	10K40-49	25/25	F	97/102	
12/102	GAULT, COURTNEY	2045	00:49:00.36	04:54	10K20-29	6/19	F	12/102	
11/102	GIORGINI, SHANNON	2046	00:48:04.28	04:48	10K20-29	5/19	F	11/102	
81/102	GREAVES, LISA	2118	01:06:41.60	06:40	10K40-49	22/25	F	81/102	
63/102	GUIRY, KATRINA	2048	01:02:56.52	06:17	10K30-39	19/29	F	63/102	
59/102	HAUCK, DARLENE	2049	01:02:12.33	06:13	10K40-49	13/25	F	59/102	
17/102	HUDSON, MELISSA	2051	00:52:20.03	05:14	10K30-39	3/29	F	17/102	
54/102	JAGO, CAITLIN	2052	01:01:26.17	06:08	10K20-29	13/19	F	54/102	
55/102	JAGO, EMILY	2053	01:01:26.18	06:08	10K20-29	14/19	F	55/102	
58/102	JAMES, KERRI	2054	01:01:59.20	06:11	10K50-59	11/19	F	58/102	
21/102	KILLAM, CAERI	2057	00:53:47.74	05:22	10K40-49	4/25	F	21/102	
3/102	KITCHING, LIZ	2133	00:43:02.45	04:18	10K20-29	1/19	F	3/102	
88/102	KLASSEN, KIMBERLEY	2058	01:09:33.68	06:57	10K50-59	14/19	F	88/102	
80/102	KLESKEN, AMANDA	2119	01:06:31.14	06:39	10K40-49	21/25	F	80/102	
77/102	KNOX, KIM	2059	01:05:30.82	06:33	10K30-39	24/29	F	77/102	
22/102	KOHLMAN, NATASHA	2060	00:54:06.86	05:24	10K30-39	4/29	F	22/102	
64/102	KOSLOSKI, DAWN	2062	01:03:14.94	06:19	10K40-49	15/25	F	64/102	
95/102	LAWRENCE, SEANNA	2063	01:11:54.70	07:11	10K20-29	18/19	F	95/102	
38/102	LIN, LISA	2064	00:56:03.87	05:36	10K20-29	11/19	F	38/102	
86/102	LLOYD, LESLIE	2065	01:09:28.54	06:56	10K50-59	13/19	F	86/102	
1/102	MACPHERSON, JENNIFER	2120	00:42:17.48	04:13	10K50-59	1/19	F	1/102	
42/102	MADDAN, KATHLEEN	2121	00:56:56.98	05:41	10K30-39	10/29	F	42/102	
102/102	MANITOPYES, CARRIE	2067	01:21:29.75	08:08	10K50-59	19/19	F	102/102	
93/102	MARCHAND, VICTORIA	2068	01:10:26.04	07:02	10K50-59	16/19	F	93/102	
70/102	MATHESON, JULIE	2069	01:03:56.45	06:23	10K30-39	21/29	F	70/102	
85/102	MICHAUD, LYNN	2071	01:08:43.84	06:52	10K30-39	26/29	F	85/102	

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O/A	Name	Bib#	Time	Pace/m	Category	Cat/PI	Gender	Gen/PI	City
32/102	MOORE, DONNA	2072	00:54:52.99	05:29	10K50-59	7/19	F	32/102	
79/102	MOUNTFORD, NIKKI	2122	01:06:28.60	06:38	10K40-49	20/25	F	79/102	
4/102	MULLIGAN, ZITA	2073	00:43:07.13	04:18	10K50-59	2/19	F	4/102	
47/102	NEALON, LINDSAY	2074	00:59:40.54	05:58	10K30-39	13/29	F	47/102	
74/102	NG, MO	2075	01:04:45.08	06:28	10K60-69	3/4	F	74/102	
18/102	NICHOLS, LEAH	2076	00:52:41.64	05:16	10K50-59	5/19	F	18/102	
96/102	PARKER, DAWN	2079	01:13:45.90	07:22	10K50-59	18/19	F	96/102	
82/102	PIETRACUPA, ANJELICA	2082	01:06:42.65	06:40	10K20-29	16/19	F	82/102	
89/102	PIGOTT-HASS, PENNY	2083	01:09:33.70	06:57	10K40-49	24/25	F	89/102	
25/102	PINNOW, ALISON	2084	00:54:23.55	05:26	10K30-39	5/29	F	25/102	
57/102	POZZO, RENEE	2086	01:01:48.70	06:10	10K30-39	16/29	F	57/102	
91/102	QUESNELLE, AMANDA	2134	01:10:06.63	07:00	10K30-39	27/29	F	91/102	
8/102	RICHARDSON, ERICA	2088	00:47:23.29	04:44	10K20-29	3/19	F	8/102	
49/102	RICHARDSON, MEGAN	2089	00:59:58.03	05:59	10K50-59	10/19	F	49/102	
36/102	RIEMANN, CAROLYNN	2123	00:55:49.04	05:34	10K40-49	8/25	F	36/102	
73/102	RODGER, SHEILA	2091	01:04:35.58	06:27	10K30-39	23/29	F	73/102	
15/102	ROSS, TERRY	2093	00:50:22.21	05:02	10K40-49	2/25	F	15/102	
99/102	SCHAFF, LESLIE	2124	01:15:15.41	07:31	10K30-39	28/29	F	99/102	
20/102	SKOV, BONNIE	2096	00:53:47.52	05:22	10K70-79	1/2	F	20/102	
76/102	SNOW, KATT	2097	01:05:08.01	06:30	10K20-29	15/19	F	76/102	
69/102	SO, RAE	2098	01:03:54.97	06:23	10K60-69	2/4	F	69/102	
2/102	TAYLOR, MARILYN	2100	00:42:54.50	04:17	10K40-49	1/25	F	2/102	
50/102	TAYLOR, ROXANNE	2101	01:00:21.35	06:02	10K20-29	12/19	F	50/102	
33/102	VALLIANATOS, HELEN	2103	00:55:31.87	05:33	10K40-49	7/25	F	33/102	
37/102	VAN BESOUW, CHELSEA	2125	00:55:59.30	05:35	10K30-39	7/29	F	37/102	
23/102	WAGHORN, ALISON	2105	00:54:21.58	05:26	10K50-59	6/19	F	23/102	
24/102	WAKLEY, ELIZABETH	2106	00:54:22.23	05:26	10K40-49	5/25	F	24/102	
72/102	WALDEN, ASHLYN	2107	01:04:33.75	06:27	10K30-39	22/29	F	72/102	
19/102	WARNER, SANDY	2108	00:53:21.33	05:20	10K40-49	3/25	F	19/102	
43/102	WEIERS, VIOLA	2109	00:57:52.58	05:47	10K50-59	9/19	F	43/102	
71/102	WICKES, SANDRA	2111	01:03:57.09	06:23	10K40-49	18/25	F	71/102	
27/102	WILSON, MADDIE	2112	00:54:29.65	05:26	10K20-29	8/19	F	27/102	
40/102	WOO, CLAUDIA	2126	00:56:30.70	05:39	10K40-49	9/25	F	40/102	
7/102	WREFORD, KELLI	2113	00:46:55.48	04:41	10K50-59	3/19	F	7/102	
66/102	YEE, LESLIE	2127	01:03:18.08	06:19	10K40-49	17/25	F	66/102	
65/102	YEE, SUSAN	2128	01:03:17.19	06:19	10K40-49	16/25	F	65/102	