

## 2024 Calgary Women's Run - Aug 25/2024

## Alpha Overall Results

## 10K - 6.21 Miles

## 105 Finishers

O/A	Name	Bib#	Time	Pace/K	Pace/M	Category	Cat/PI	City
88/105	ADAMSON, NATALIE	549	1:16:32.411	07:39	12:19	10K30-39	24/31	MONTREAL, QC
91/105	ADHIKARI, ASMITA	550	1:19:14.390	07:55	12:45	10K30-39	25/31	CALGARY, AB
82/105	BAHR-HEMSING, RYLYNN	552	1:14:53.527	07:29	12:03	10K20-29	19/27	BROOKS, AB
19/105	BARRETO, MARINA	554	55:04.454	05:30	08:52	10K50-59	4/10	CALGARY, AB
64/105	BENTO, MARIANA	555	1:08:29.527	06:50	11:01	10K30-39	18/31	CALGARY, AB
4/105	BLONDE, SAMARA	556	45:43.830	04:34	07:21	10K10-19	1/5	CALGARY, AB
66/105	BRENNICK, MICHELLE	557	1:08:53.342	06:53	11:05	10K60-69	8/9	COCHRANE, AB
36/105	BUTLER-GRETTON, MARY	559	1:00:00.608	06:00	09:39	10K60-69	4/9	CALGARY, AB
75/105	BUYZE, SYDNEY	560	1:10:02.481	07:00	11:16	10K20-29	17/27	CALGARY, AB
100/105	CARLOS, LAUREN	561	1:23:35.856	08:21	13:27	10K30-39	29/31	CALGARY, AB
10/105	CASTRO, ANGELA	562	49:52.878	04:59	08:01	10K30-39	4/31	CALGARY, AB
27/105	CHUNG, MONICA	564	56:29.062	05:38	09:05	10K30-39	6/31	CALGARY, AB
43/105	COONAN, TERESA	566	1:02:28.498	06:14	10:03	10K30-39	12/31	CALGARY, AB
37/105	DANIELLE, ASHLEY	568	1:00:25.286	06:02	09:43	10K30-39	9/31	CALGARY, AB
57/105	DESJARDINS, BJ	569	1:06:47.482	06:40	10:45	10K50-59	8/10	CALGARY, AB
104/105	DUNCAN, TAMRYN	570	1:28:08.877	08:48	14:11	10K40-49	19/20	CALGARY, AB
17/105	DVORAK, VERONICA	571	54:40.106	05:28	08:48	10K20-29	4/27	CALGARY, AB
103/105	DYKSHOORN, DAWNYSHIA	572	1:26:04.930	08:36	13:51	10K40-49	18/20	CALGARY, AB
44/105	ERSKINE, BRENDA	573	1:02:53.153	06:17	10:07	10K60-69	6/9	CALGARY, AB
71/105	EVELEIGH, LEILA	574	1:09:24.651	06:56	11:10	10K40-49	15/20	CALGARY, AB
74/105	FORD, ELIZABETH	575	1:10:02.222	07:00	11:16	10K20-29	16/27	CALGARY, AB
15/105	GARRETSON, JILL	576	54:10.877	05:25	08:43	10K40-49	3/20	BARRIE, AB
50/105	GEUZENBROEK, MAARTJE	577	1:04:32.272	06:27	10:23	10K20-29	9/27	CALGARY, AB
30/105	GIOVANETTO, BETHANY	578	57:20.273	05:44	09:13	10K20-29	7/27	COCHRANE, AB
32/105	GOODS, LORI	579	57:35.295	05:45	09:16	10K40-49	7/20	CALGARY, AB
31/105	GOSSMANN, PAMELA	580	57:34.240	05:45	09:16	10K60-69	3/9	COCHRANE, AB
24/105	GRAHAM, AMY	684	56:09.467	05:36	09:02	10K40-49	4/20	CALGARY, AB
60/105	GRAY, LAURA	581	1:07:58.498	06:47	10:56	10K40-49	12/20	CALGARY, AB
97/105	GREGORY, MADISON	583	1:22:24.185	08:14	13:16	10K20-29	27/27	CALGARY, AB
73/105	HAUGHEY, SARAH	585	1:09:58.637	06:59	11:16	10K30-39	20/31	CALGARY, AB
83/105	HEMSING-SMITH, JACLYN	586	1:14:55.237	07:29	12:03	10K40-49	16/20	BROOKS, AB
18/105	HINTZ, EMILY	587	54:56.554	05:29	08:50	10K20-29	5/27	CALGARY, AB
80/105	HINTZ, JILL	588	1:13:46.472	07:22	11:52	10K20-29	18/27	CALGARY, AB
20/105	HOLDER, ISABELA	589	55:25.221	05:32	08:55	10K10-19	3/5	CALGARY, AB
95/105	ILCHI, BERNA	591	1:21:21.114	08:08	13:06	10K20-29	25/27	CALGARY, AB
41/105	JENSEN, CAITLIN	687	1:02:16.943	06:13	10:01	10K40-49	8/20	CALGARY, AB
46/105	KARPUK, STEPHANIE	595	1:03:08.576	06:18	10:10	10K30-39	13/31	CALGARY, AB
5/105	KESSLER, ANNA	596	45:51.308	04:35	07:23	10K30-39	2/31	CALGARY, AB
94/105	KHAN, SOPHIA	597	1:20:42.205	08:04	12:59	10K20-29	24/27	CALGARY, AB
6/105	KLASSEN, ADRIANA	599	45:58.479	04:35	07:24	10K40-49	1/20	CALGARY, AB
28/105	KNOX, KIM	600	56:34.408	05:39	09:06	10K40-49	6/20	CALGARY, AB
56/105	KONUMA, MUTSUKO	601	1:06:22.848	06:38	10:41	10K40-49	11/20	CALGARY, AB
22/105	KOSKIMAKI, RHONDA	602	55:37.822	05:33	08:57	10K50-59	5/10	CALGARY, AB
105/105	KOSKIMAKI, TERESA	603	1:29:34.941	08:57	14:25	10K40-49	20/20	CALGARY, AB
16/105	KRALA, ALEXA	685	54:31.946	05:27	08:46	10K20-29	3/27	CALGARY, AB
12/105	KROSHUS, CLAIRE	604	50:49.947	05:04	08:11	10K60-69	1/9	CALGARY, AB
76/105	KRUCHKOWSKI, KIM	605	1:10:51.489	07:05	11:24	10K30-39	21/31	CALGARY, AB
86/105	LIBKE, SARAH	606	1:15:40.963	07:34	12:11	10K20-29	21/27	CALGARY, AB
59/105	LINGAYO, SHEENA	607	1:07:36.137	06:45	10:53	10K20-29	13/27	CALGARY, AB
42/105	LUCAN, JILL	609	1:02:27.724	06:14	10:03	10K40-49	9/20	CALGARY, AB
48/105	LUDLOW, HEATHER	610	1:03:46.779	06:22	10:16	10K30-39	14/31	CALGARY, AB
54/105	MACDONALD-GRAY, BETTY	611	1:05:22.006	06:32	10:31	10K70+	1/3	CALGARY, AB
11/105	MARCHENKO, NOLA	612	49:59.790	04:59	08:03	10K10-19	2/5	CALGARY, AB
39/105	MCCABE, TEIGHAN	614	1:00:58.379	06:05	09:49	10K30-39	10/31	CALGARY, AB
98/105	MILI MONFARED, FATEMEH	615	1:22:49.450	08:16	13:20	10K30-39	27/31	CALGARY, AB
79/105	MIYANISHI, KIYOKO	617	1:12:17.362	07:13	11:38	10K70+	2/3	CALGARY, AB
58/105	MURRAY, JENN	619	1:07:18.977	06:43	10:50	10K30-39	15/31	CALGARY, AB

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O/A	Name	Bib#	Time	Pace/K	Pace/M	Category	Cat/Pl	City
9/105	NASH, KIERRA	620	49:32.228	04:57	07:58	10K20-29	2/27	CALGARY, AB
68/105	NEALON, LEXI	621	1:09:01.075	06:54	11:06	10K10-19	5/5	CALGARY, AB
67/105	NEALON, LINDSAY	622	1:09:00.229	06:54	11:06	10K40-49	14/20	CALGARY, AB
51/105	NEDELJAKOVA, ZUZANA	623	1:04:32.341	06:27	10:23	10K20-29	10/27	CALGARY, AB
72/105	NG, JOYCE	625	1:09:36.303	06:57	11:12	10K30-39	19/31	CALGARY, AB
81/105	NG, MO	626	1:14:45.935	07:28	12:02	10K70+	3/3	CALGARY, AB
26/105	NOETZOLD, MARIA CIDA	628	56:27.961	05:38	09:05	10K60-69	2/9	COCHRANE, AB
25/105	NOETZOLD, TAISA	629	56:27.352	05:38	09:05	10K40-49	5/20	COCHRANE, AB
38/105	NORTHEY, MORAG	630	1:00:30.325	06:03	09:44	10K60-69	5/9	CALGARY, AB
85/105	OH, ARDEN	633	1:15:40.823	07:34	12:11	10K20-29	20/27	CALGARY, AB
55/105	OKUBO, MARIKA	634	1:06:09.536	06:36	10:39	10K10-19	4/5	CALGARY, AB
49/105	REID-PAYNE, DALYCE	637	1:03:56.575	06:23	10:17	10K40-49	10/20	CALGARY, AB
96/105	SCHRETLEN, REBEKAH	640	1:22:24.092	08:14	13:16	10K20-29	26/27	CALGARY, AB
1/105	SCHROEDER, ALICE	641	41:34.432	04:09	06:41	10K20-29	1/27	WATERLOO, ON
87/105	SHAIR, JONI	642	1:15:53.247	07:35	12:13	10K40-49	17/20	CALGARY, AB
40/105	SHAND, KAYLA	643	1:00:58.637	06:05	09:49	10K30-39	11/31	CALGARY, AB
63/105	SHARIFIAN, SETAREH	644	1:08:24.606	06:50	11:00	10K30-39	17/31	CALGARY, AB
90/105	SHERIDAN, DIANE	645	1:18:46.660	07:52	12:41	10K50-59	10/10	SUNDRE, AB
89/105	SHERIDAN, FREYA	646	1:18:46.424	07:52	12:41	10K20-29	22/27	SUNDRE, AB
35/105	SHILLETTO THIRLWELL, EMILY	647	59:57.819	05:59	09:39	10K30-39	8/31	CALGARY, AB
29/105	SIEB, MAKAYLA	648	57:01.850	05:42	09:11	10K20-29	6/27	CALGARY, AB
69/105	SONG, CLAIRE	650	1:09:17.177	06:55	11:09	10K20-29	14/27	CALGARY, AB
2/105	STEVENSON, CHELSEY	651	42:38.180	04:15	06:51	10K30-39	1/31	ESTON, SK
61/105	SYKES, MICHELLE	653	1:08:11.926	06:49	10:58	10K30-39	16/31	CHESTERMERE, AB
77/105	TAYLOR, JESSICA	655	1:11:55.238	07:11	11:34	10K30-39	22/31	CALGARY, AB
78/105	TAYLOR, MICHELE	656	1:11:55.262	07:11	11:34	10K60-69	9/9	CALGARY, AB
101/105	TEJPAR, SUNAIRA	657	1:23:40.729	08:22	13:28	10K30-39	30/31	CALGARY, AB
14/105	TRUDEL, NANCY	660	53:31.946	05:21	08:37	10K50-59	3/10	CALGARY, AB
102/105	TUCKER, LAURA	661	1:23:42.487	08:22	13:28	10K30-39	31/31	CALGARY, AB
92/105	TWO GUNS, MEGAN	662	1:20:34.917	08:03	12:58	10K30-39	26/31	CALGARY, AB
93/105	URSU, CAMELIA	663	1:20:41.010	08:04	12:59	10K20-29	23/27	CALGARY, AB
52/105	VILLARIN, SHERLENE	665	1:04:39.982	06:27	10:24	10K20-29	11/27	CALGARY, AB
70/105	VIRK, MANSIMRAN	618	1:09:18.465	06:55	11:09	10K20-29	15/27	EDMONTON, AB
47/105	VLOOSWYK, MARY	667	1:03:08.763	06:18	10:10	10K60-69	7/9	CALGARY, AB
7/105	WALL, SUSAN	668	46:57.659	04:41	07:33	10K40-49	2/20	COCHRANE, AB
8/105	WEISBRICH, MOOKTIDA	669	48:21.844	04:50	07:47	10K30-39	3/31	CALGARY, AB
33/105	WELSH, KERRY	671	58:42.047	05:52	09:27	10K50-59	7/10	OKOTOKS, AB
84/105	WHITNEY, TANISHA	672	1:15:01.645	07:30	12:04	10K30-39	23/31	CALGARY, AB
21/105	WILEY, JESSICA	673	55:36.283	05:33	08:57	10K30-39	5/31	CALGARY, AB
13/105	WILKINSON, LAURA	674	53:31.595	05:21	08:37	10K50-59	2/10	CALGARY, AB
23/105	WITTEVRONGEL, CHERYL	675	55:59.556	05:35	09:00	10K50-59	6/10	CALGARY, AB
65/105	WOO, TIFFANY	676	1:08:51.887	06:53	11:05	10K40-49	13/20	CALGARY, AB
99/105	WOZNIAK, SARAH	677	1:23:35.480	08:21	13:27	10K30-39	28/31	KELOWNA, BC
62/105	YEE, KAREN	686	1:08:24.396	06:50	11:00	10K50-59	9/10	CALGARY,
34/105	YIM, AMANDA	678	59:45.587	05:58	09:37	10K30-39	7/31	CALGARY, AB
3/105	YOHEMAS, LEANNE	679	44:27.634	04:26	07:09	10K50-59	1/10	CALGARY, AB
53/105	ZEBAK, JULIA	682	1:04:40.919	06:28	10:24	10K20-29	12/27	EDMONTON, AB
45/105	ZEBAK, SARAH	683	1:02:58.310	06:17	10:08	10K20-29	8/27	EDMONTON, AB