

2012 Dinosaur Pump it up Run

OA/PI = Overall Placing

Cat/PI = Category Placing

Gen/PI = Overall Gender Placing

Alpha Overall Results

10.25K - 6.37 Miles

| OA/PI | Name | Bib# | Time | Pace/K | Category | Cat/PI | Gender | Gen/PI | Chip Time |
|---------|-----------------------------|------|-------------|--------|-----------|--------|--------|--------|-------------|
| 12/160 | ANNICCHIARICO, JENNI | 318 | 00:49:23.20 | 04:49 | 10K20-29F | 1/29 | F | 2/99 | 00:49:23.15 |
| 18/160 | ANNICCHIARICO, KRISTA | 319 | 00:51:47.50 | 05:03 | 10K20-29F | 2/29 | F | 4/99 | 00:51:45.65 |
| 23/160 | ARANETA, MIGO | 320 | 00:53:48.95 | 05:15 | 10K20-29M | 2/5 | M | 17/61 | 00:53:36.80 |
| 41/160 | ARMOUR, NANCY | 321 | 00:56:29.20 | 05:30 | 10K50-59F | 4/17 | F | 17/99 | 00:56:18.30 |
| 15/160 | BABB, JAMIE | 322 | 00:50:46.55 | 04:57 | 10K30-39M | 7/26 | M | 12/61 | 00:50:45.25 |
| 3/160 | BAERG, JASON | 324 | 00:45:40.00 | 04:27 | 10K30-39M | 2/26 | M | 2/61 | 00:45:38.25 |
| 33/160 | BAERG, STEPHEN | 325 | 00:55:17.80 | 05:23 | 10K30-39M | 14/26 | M | 21/61 | 00:55:15.55 |
| 17/160 | BARKER, DYLAN | 326 | 00:51:31.30 | 05:01 | 10K30-39M | 9/26 | M | 14/61 | 00:51:29.65 |
| 103/160 | BEEB, CAROLINE | 327 | 01:07:36.75 | 06:35 | 10K40-49F | 9/17 | F | 56/99 | 01:07:22.70 |
| 151/160 | BERG, BRIAN | 328 | 01:23:55.15 | 08:11 | 10K60-69M | 2/4 | M | 57/61 | 01:23:48.35 |
| 111/160 | BETTER, MONIQUE | 329 | 01:09:46.30 | 06:48 | 10K20-29F | 22/29 | F | 62/99 | 01:09:32.85 |
| 22/160 | BHINDER, IRWIN | 330 | 00:53:46.05 | 05:14 | 10K30-39M | 11/26 | M | 16/61 | 00:53:41.10 |
| 59/160 | BISHOP, DARREN | 331 | 00:58:57.10 | 05:45 | 10K40-49M | 5/7 | M | 32/61 | 00:58:50.10 |
| 156/160 | BLOCK, LAWRENCE | 332 | 01:33:36.60 | 09:07 | 10K40-49M | 7/7 | M | 60/61 | 01:33:15.15 |
| 100/160 | BORK, CHRISTIE | 333 | 01:05:40.25 | 06:24 | 10K30-39F | 16/27 | F | 54/99 | 01:05:29.40 |
| 108/160 | BRAUL, LAWRENCE | 334 | 01:09:18.65 | 06:45 | 10K50-59M | 14/15 | M | 49/61 | 01:09:00.50 |
| 89/160 | BUTEAU, CANDICE | 336 | 01:03:04.00 | 06:09 | 10K30-39F | 12/27 | F | 45/99 | 01:02:52.30 |
| 11/160 | BUTEAU, DEVON | 337 | 00:49:03.95 | 04:47 | 10K30-39M | 6/26 | M | 10/61 | 00:49:03.20 |
| 146/160 | CAMERON, JAKE | 338 | 01:20:42.95 | 07:52 | 10K30-39M | 26/26 | M | 56/61 | 01:20:23.00 |
| 90/160 | CHISHOLM, JOAN | 339 | 01:03:10.95 | 06:09 | 10K40-49F | 7/17 | F | 46/99 | 01:02:55.75 |
| 141/160 | CHISHOLM, ROBERT | 340 | 01:18:45.50 | 07:41 | 10K50-59M | 15/15 | M | 55/61 | 01:18:29.65 |
| 118/160 | CHOI, ANDY | 341 | 01:11:40.65 | 06:59 | 10K12&UM | 1/3 | M | 51/61 | 01:11:32.95 |
| 31/160 | CHOI, DO HAN | 342 | 00:55:09.20 | 05:22 | 10K40-49M | 2/7 | M | 20/61 | 00:54:59.80 |
| 147/160 | COLLIN, KAREN | 345 | 01:20:43.10 | 07:52 | 10K50-59F | 17/17 | F | 91/99 | 01:20:22.50 |
| 145/160 | COULOMBE-MONTMAGNY, MARIEVE | 346 | 01:20:40.05 | 07:52 | 10K20-29F | 28/29 | F | 90/99 | 01:20:32.20 |
| 99/160 | DANIELS, RUTH | 348 | 01:05:30.50 | 06:23 | 10K20-29F | 18/29 | F | 53/99 | 01:05:28.15 |
| 14/160 | DE BLASIO, ALEX | 350 | 00:50:33.70 | 04:55 | 10K13-19M | 1/1 | M | 11/61 | 00:50:31.00 |
| 24/160 | DE BLASIO, JAMIE | 351 | 00:53:50.25 | 05:15 | 10K30-39M | 12/26 | M | 18/61 | 00:53:47.55 |
| 98/160 | DEJONG, BRIAN | 352 | 01:04:31.60 | 06:17 | 10K50-59M | 12/15 | M | 46/61 | 01:04:08.85 |
| 77/160 | DELONG, JIM | 353 | 01:01:52.65 | 06:02 | 10K50-59M | 10/15 | M | 42/61 | 01:01:47.70 |
| 49/160 | DESCHAMPS, DEVONIE | 354 | 00:57:35.20 | 05:37 | 10K13-19F | 1/4 | F | 22/99 | 00:57:29.45 |
| 120/160 | DESJARDINS, CYNTHIA | 355 | 01:12:14.60 | 07:02 | 10K50-59F | 11/17 | F | 69/99 | 01:12:02.45 |
| 119/160 | DICK, ANGELIA | 357 | 01:12:08.90 | 07:02 | 10K20-29F | 23/29 | F | 68/99 | 01:07:59.90 |
| 124/160 | DICK, SANDY | 359 | 01:12:36.05 | 07:04 | 10K40-49F | 11/17 | F | 73/99 | 01:12:15.10 |
| 46/160 | DRESSEL, CANDACE | 361 | 00:57:11.55 | 05:34 | 10K20-29F | 8/29 | F | 20/99 | 00:56:54.95 |
| 9/160 | EGGER, SCOTT | 363 | 00:48:47.20 | 04:45 | 10K50-59M | 2/15 | M | 8/61 | 00:48:46.10 |
| 107/160 | FEENEY, MAUREEN | 364 | 01:08:52.95 | 06:43 | 10K40-49F | 10/17 | F | 59/99 | 01:08:36.75 |
| 48/160 | FEFCHAK, CHELSEA | 365 | 00:57:19.95 | 05:35 | 10K20-29F | 9/29 | F | 21/99 | 00:57:17.90 |
| 68/160 | FISSET, RACHELLE | 366 | 00:59:37.10 | 05:48 | 10K40-49F | 4/17 | F | 31/99 | 00:59:23.55 |
| 27/160 | FLECK, MIKE | 367 | 00:54:53.10 | 05:21 | 10K30-39M | 13/26 | M | 19/61 | 00:54:37.85 |
| 42/160 | FONG, JANICE | 368 | 00:56:31.80 | 05:30 | 10K50-59F | 5/17 | F | 18/99 | 00:56:28.50 |
| 142/160 | FYFE, TRACY | 369 | 01:18:53.70 | 07:41 | 10K40-49F | 16/17 | F | 87/99 | 01:18:32.45 |
| 57/160 | GABRIELLE, TRENT | 370 | 00:58:32.45 | 05:42 | 10K30-39M | 18/26 | M | 31/61 | 00:58:21.15 |
| 123/160 | GENDRON-MEEK, GENEVIEVE | 371 | 01:12:22.40 | 07:03 | 10K30-39F | 22/27 | F | 72/99 | 01:12:15.15 |
| 74/160 | GEREIN, SHANNON | 372 | 01:01:16.95 | 05:58 | 10K40-49F | 5/17 | F | 34/99 | 01:01:05.55 |
| 130/160 | GERTZEN, AMANDA | 373 | 01:14:19.30 | 07:15 | 10K30-39F | 24/27 | F | 78/99 | 01:14:13.65 |
| 87/160 | GIESBRECHT, JODY | 374 | 01:02:54.00 | 06:08 | 10K30-39F | 11/27 | F | 43/99 | 01:02:45.95 |
| 40/160 | GLEN, LAURIE | 375 | 00:56:24.40 | 05:30 | 10K50-59F | 3/17 | F | 16/99 | 00:56:23.20 |
| 62/160 | GROBBELAAR, COBUS | 376 | 00:59:02.30 | 05:45 | 10K40-49M | 6/7 | M | 33/61 | 00:58:56.90 |
| 10/160 | GUICHETEAU, CODY | 380 | 00:49:01.60 | 04:47 | 10K20-29M | 1/5 | M | 9/61 | 00:48:54.60 |
| 37/160 | HAAG, ELIZABETH | 381 | 00:55:51.65 | 05:27 | 10K30-39F | 6/27 | F | 14/99 | 00:55:49.80 |
| 154/160 | HALEY-CALLAGHAN, ANNE | 384 | 01:29:03.85 | 08:41 | 10K60-69F | 2/5 | F | 95/99 | 01:28:58.25 |
| 140/160 | HALLOCK, TANYA | 385 | 01:17:43.15 | 07:34 | 10K30-39F | 25/27 | F | 86/99 | 01:17:35.00 |
| 83/160 | HANSON, WES | 386 | 01:02:39.60 | 06:06 | 10K50-59M | 11/15 | M | 44/61 | 01:02:21.50 |
| 97/160 | HARRIS, JENNIFER | 387 | 01:03:57.80 | 06:14 | 10K30-39F | 15/27 | F | 52/99 | 01:03:45.55 |
| 35/160 | HARRIS, MARK | 388 | 00:55:43.15 | 05:26 | 10K40-49M | 3/7 | M | 22/61 | 00:55:39.40 |
| 157/160 | HEAL, BARRY | 389 | 01:36:35.20 | 09:25 | 10K60-69M | 4/4 | M | 61/61 | 01:36:28.20 |

2012 Dinosaur Pump it up Run

OA/PI = Overall Placing

Cat/PI = Category Placing

Gen/PI = Overall Gender Placing

Alpha Overall Results

10.25K - 6.37 Miles

| OA/PI | Name | Bib# | Time | Pace/K | Category | Cat/PI | Gender | Gen/PI | Chip Time |
|---------|-----------------------|------|-------------|--------|-----------|--------|--------|--------|-------------|
| 133/160 | HEAL, GEOFF | 390 | 01:15:15.80 | 07:20 | 10K30-39M | 25/26 | M | 54/61 | 01:15:00.25 |
| 39/160 | HEAL, GEORGE | 391 | 00:56:11.45 | 05:28 | 10K30-39M | 15/26 | M | 24/61 | 00:56:00.90 |
| 73/160 | HEAL, PETER | 392 | 01:01:11.15 | 05:58 | 10K30-39M | 23/26 | M | 40/61 | 01:01:00.50 |
| 155/160 | HEAL, TRUDI | 393 | 01:30:38.70 | 08:50 | 10K60-69F | 3/5 | F | 96/99 | 01:30:02.50 |
| 126/160 | HEINRICHS, HAROLD | 394 | 01:13:28.65 | 07:10 | 10K60-69M | 1/4 | M | 52/61 | 01:13:09.60 |
| 109/160 | HENKE, CINDY | 395 | 01:09:27.35 | 06:46 | 10K20-29F | 21/29 | F | 60/99 | 01:09:20.95 |
| 149/160 | HRABCHUK, SEPTEMBER | 396 | 01:21:16.35 | 07:55 | 10K30-39F | 26/27 | F | 93/99 | 01:21:02.30 |
| 104/160 | HUBER, GHUENDA | 397 | 01:08:03.40 | 06:38 | 10K30-39F | 17/27 | F | 57/99 | 01:07:54.45 |
| 7/160 | HUNT, ROB | 398 | 00:48:24.00 | 04:43 | 10K30-39M | 5/26 | M | 6/61 | 00:48:22.55 |
| 13/160 | IRWIN, KARYN | 399 | 00:49:32.20 | 04:49 | 10K30-39F | 2/27 | F | 3/99 | 00:49:27.70 |
| 84/160 | JACKSON, ANNE | 400 | 01:02:48.00 | 06:07 | 10K50-59F | 7/17 | F | 40/99 | 01:02:36.30 |
| 80/160 | JACKSON, MARIA | 401 | 01:02:19.10 | 06:04 | 10K20-29F | 12/29 | F | 38/99 | 01:02:13.05 |
| 128/160 | JAKOBSEN, CORALEE | 402 | 01:13:53.35 | 07:12 | 10K40-49F | 12/17 | F | 76/99 | 01:13:38.35 |
| 50/160 | JENSEN, SHIELA | 404 | 00:57:49.35 | 05:38 | 10K40-49F | 2/17 | F | 23/99 | 00:57:41.10 |
| 8/160 | JOHNSON, DEAN | 405 | 00:48:40.05 | 04:44 | 10K40-49M | 1/7 | M | 7/61 | 00:48:37.95 |
| 86/160 | JUSKA, HOLLY | 406 | 01:02:52.15 | 06:08 | 10K20-29F | 15/29 | F | 42/99 | 01:02:45.95 |
| 4/160 | KEOGAN, TIM | 408 | 00:45:52.45 | 04:28 | 10K50-59M | 1/15 | M | 3/61 | 00:45:51.15 |
| 132/160 | KHOUNVISETH, MANOLAY | 409 | 01:15:06.00 | 07:19 | 10K40-49F | 13/17 | F | 79/99 | 01:14:45.50 |
| 28/160 | KIBSEY, SYLVIA | 410 | 00:54:55.35 | 05:21 | 10K20-29F | 5/29 | F | 9/99 | 00:54:46.65 |
| 136/160 | KNELSEN, MARLENE | 411 | 01:16:44.55 | 07:29 | 10K50-59F | 15/17 | F | 82/99 | 01:16:30.65 |
| 150/160 | LABORET, JESSACA | 413 | 01:23:11.10 | 08:06 | 10K20-29F | 29/29 | F | 94/99 | 01:22:46.45 |
| 135/160 | LAUBENSTEIN, DAWN | 414 | 01:16:38.90 | 07:28 | 10K40-49F | 14/17 | F | 81/99 | 01:16:17.65 |
| 76/160 | LE, NAM | 415 | 01:01:51.30 | 06:02 | 10K50-59M | 9/15 | M | 41/61 | 01:01:38.05 |
| 21/160 | LEA, RACHEL | 416 | 00:53:19.95 | 05:12 | 10K20-29F | 4/29 | F | 6/99 | 00:53:18.70 |
| 55/160 | LIBOIRON, OLIVIA | 417 | 00:58:28.65 | 05:42 | 10K30-39F | 8/27 | F | 26/99 | 00:58:26.30 |
| 52/160 | LIM, SEE-YIN | 418 | 00:58:02.70 | 05:39 | 10K20-29F | 10/29 | F | 24/99 | 00:57:50.60 |
| 1/160 | LOO, RHONDA | 419 | 00:43:16.55 | 04:13 | 10K30-39F | 1/27 | F | 1/99 | 00:43:15.05 |
| 30/160 | LUKYE, LAURA | 420 | 00:54:58.70 | 05:21 | 10K30-39F | 4/27 | F | 11/99 | 00:54:54.25 |
| 32/160 | MATYCIO, TRINA | 422 | 00:55:11.55 | 05:23 | 10K30-39F | 5/27 | F | 12/99 | 00:54:58.10 |
| 113/160 | MCCALLAN, AMELIA | 424 | 01:10:09.95 | 06:50 | 10K30-39F | 18/27 | F | 64/99 | 01:09:54.15 |
| 70/160 | MCCORMACK, JAMES | 426 | 00:59:48.20 | 05:50 | 10K50-59M | 8/15 | M | 39/61 | 00:59:44.00 |
| 61/160 | MCCORMACK, MARNIE | 427 | 00:59:00.50 | 05:45 | 10K50-59F | 6/17 | F | 29/99 | 00:58:49.15 |
| 95/160 | MCELGUNN, JAMIE | 428 | 01:03:51.85 | 06:13 | 10K20-29F | 17/29 | F | 51/99 | 01:03:38.85 |
| 139/160 | MCGREGOR, GISELA | 429 | 01:17:36.00 | 07:34 | 10K60-69F | 1/5 | F | 85/99 | 01:17:10.75 |
| 26/160 | MCMILLAN, KAREN | 430 | 00:54:23.90 | 05:18 | 10K50-59F | 1/17 | F | 8/99 | 00:53:54.55 |
| 45/160 | MCREOBERT, HILARY | 433 | 00:57:11.40 | 05:34 | 10K20-29F | 7/29 | F | 19/99 | 00:56:54.95 |
| 66/160 | METCALFE, GARY | 434 | 00:59:16.45 | 05:47 | 10K50-59M | 7/15 | M | 36/61 | 00:59:13.30 |
| 82/160 | MILLER, BRENDAN | 435 | 01:02:36.05 | 06:06 | 10K20-29M | 3/5 | M | 43/61 | 01:02:29.30 |
| 16/160 | MOOLMAN, JOHANNES | 438 | 00:51:19.05 | 05:00 | 10K30-39M | 8/26 | M | 13/61 | 00:51:14.70 |
| 137/160 | MOTOKADO, JEANNINE | 439 | 01:17:31.65 | 07:33 | 10K40-49F | 15/17 | F | 83/99 | 01:17:13.85 |
| 116/160 | NELSON, ERRIN | 440 | 01:10:52.00 | 06:54 | 10K30-39M | 24/26 | M | 50/61 | 01:10:37.05 |
| 112/160 | NIELSEN, BONNY | 442 | 01:10:05.15 | 06:50 | 10K50-59F | 10/17 | F | 63/99 | 01:09:49.10 |
| 160/160 | NIZNIK, B. JOAN | 443 | 01:58:21.90 | 11:32 | 10K60-69F | 5/5 | F | 99/99 | 01:57:41.75 |
| 53/160 | O'BRIEN, STEPHANIE | 444 | 00:58:15.60 | 05:41 | 10K30-39F | 7/27 | F | 25/99 | 00:58:13.45 |
| 25/160 | OLSEN, CATHY | 445 | 00:54:10.65 | 05:17 | 10K40-49F | 1/17 | F | 7/99 | 00:54:09.40 |
| 110/160 | OSADCZUK, LORNA | 446 | 01:09:34.90 | 06:47 | 10K50-59F | 9/17 | F | 61/99 | 01:09:21.00 |
| 6/160 | PETKUS, STEVE | 447 | 00:48:11.25 | 04:42 | 10K30-39M | 4/26 | M | 5/61 | 00:48:10.75 |
| 134/160 | PHILIPSEN, ANNE MARIE | 448 | 01:15:39.35 | 07:22 | 10K50-59F | 14/17 | F | 80/99 | 01:15:26.65 |
| 144/160 | PICH, SANGVATH | 449 | 01:20:11.60 | 07:49 | 10K20-29F | 27/29 | F | 89/99 | 01:20:04.90 |
| 143/160 | POMEDLI, LUCILLE | 423 | 01:20:07.45 | 07:49 | 10K20-29F | 26/29 | F | 88/99 | 01:19:42.90 |
| 93/160 | POTIUK, KELLY | 450 | 01:03:34.45 | 06:12 | 10K30-39F | 13/27 | F | 49/99 | 01:03:21.90 |
| 51/160 | PRATT, LARRY | 451 | 00:57:56.50 | 05:39 | 10K50-59M | 6/15 | M | 28/61 | 00:57:49.00 |
| 105/160 | PRINS, DANIEL | 452 | 01:08:26.20 | 06:40 | 10K20-29M | 5/5 | M | 48/61 | 01:08:06.70 |
| 114/160 | PRINS, SHELLY | 454 | 01:10:20.20 | 06:51 | 10K30-39F | 19/27 | F | 65/99 | 01:09:55.80 |
| 5/160 | PROZESKY, BEN | 455 | 00:47:03.90 | 04:35 | 10K30-39M | 3/26 | M | 4/61 | 00:47:03.45 |
| 159/160 | REHM, KATHRYN | 458 | 01:44:04.70 | 10:09 | 10K60-69F | 4/5 | F | 98/99 | 01:43:28.65 |
| 34/160 | ROMMENS, ASHLEY | 460 | 00:55:29.20 | 05:24 | 10K20-29F | 6/29 | F | 13/99 | 00:55:26.85 |

2012 Dinosaur Pump it up Run

OA/PI = Overall Placing

Cat/PI = Category Placing

Gen/PI = Overall Gender Placing

Alpha Overall Results

10.25K - 6.37 Miles

| OA/PI | Name | Bib# | Time | Pace/K | Category | Cat/PI | Gender | Gen/PI | Chip Time |
|---------|----------------------|------|-------------|--------|-----------|--------|--------|--------|-------------|
| 91/160 | ROMMENS, JANET | 461 | 01:03:28.95 | 06:11 | 10K50-59F | 8/17 | F | 47/99 | 01:03:16.90 |
| 127/160 | ROMMENS, WANDA | 462 | 01:13:30.50 | 07:10 | 10K50-59F | 13/17 | F | 75/99 | 01:13:17.80 |
| 47/160 | ROMMENS, WENDELL | 463 | 00:57:16.75 | 05:35 | 10K50-59M | 5/15 | M | 27/61 | 00:57:13.55 |
| 92/160 | ROSS, ROXANNE | 464 | 01:03:29.25 | 06:11 | 10K40-49F | 8/17 | F | 48/99 | 01:03:23.50 |
| 125/160 | ROY, WHITNEY | 510 | 01:13:02.85 | 07:07 | 10K20-29F | 25/29 | F | 74/99 | 01:12:59.90 |
| 69/160 | RUTHERFORD, RYAN | 465 | 00:59:38.50 | 05:49 | 10K30-39M | 22/26 | M | 38/61 | 00:59:23.95 |
| 54/160 | SABO, MARK | 466 | 00:58:19.35 | 05:41 | 10K40-49M | 4/7 | M | 29/61 | 00:58:12.15 |
| 20/160 | SARAUER, BECKY | 467 | 00:52:33.20 | 05:07 | 10K20-29F | 3/29 | F | 5/99 | 00:52:30.45 |
| 122/160 | SARAUER, DENISE | 468 | 01:12:19.20 | 07:03 | 10K50-59F | 12/17 | F | 71/99 | 01:12:03.50 |
| 115/160 | SCHAFFER, JACKIE | 209 | 01:10:36.20 | 06:53 | 10K30-39F | 20/27 | F | 66/99 | 01:10:11.80 |
| 65/160 | SCHNEIDER, LEORA | 470 | 00:59:15.90 | 05:46 | 10K30-39F | 9/27 | F | 30/99 | 00:59:14.10 |
| 94/160 | SCHROEDER, RHIAN | 472 | 01:03:39.20 | 06:12 | 10K30-39F | 14/27 | F | 50/99 | 01:03:26.80 |
| 152/160 | SEYMOUR, NIGEL | 473 | 01:26:34.85 | 08:26 | 10K60-69M | 3/4 | M | 58/61 | 01:26:18.35 |
| 63/160 | SHEPHERD, CODY | 474 | 00:59:09.45 | 05:46 | 10K30-39M | 19/26 | M | 34/61 | 00:58:47.75 |
| 81/160 | SMITH, ANGELA | 476 | 01:02:25.70 | 06:05 | 10K20-29F | 13/29 | F | 39/99 | 01:02:11.85 |
| 36/160 | SMITH, RON | 477 | 00:55:44.45 | 05:26 | 10K50-59M | 3/15 | M | 23/61 | 00:55:41.45 |
| 58/160 | STADNYK, DONNA | 478 | 00:58:46.60 | 05:44 | 10K40-49F | 3/17 | F | 27/99 | 00:58:38.35 |
| 158/160 | STANTE, ERIKA | 479 | 01:44:04.30 | 10:09 | 10K30-39F | 27/27 | F | 97/99 | 01:43:28.45 |
| 38/160 | STEHR, PATSY | 480 | 00:55:53.30 | 05:27 | 10K50-59F | 2/17 | F | 15/99 | 00:55:50.65 |
| 78/160 | STIMSON, SARAH | 290 | 01:02:15.00 | 06:04 | 10K13-19F | 3/4 | F | 36/99 | 01:02:08.85 |
| 79/160 | STIMSON, SHANNON | 291 | 01:02:15.10 | 06:04 | 10K13-19F | 4/4 | F | 37/99 | 01:02:09.35 |
| 106/160 | STINNISEN, CIMONE | 483 | 01:08:42.45 | 06:42 | 10K20-29F | 20/29 | F | 58/99 | 01:08:22.90 |
| 117/160 | STOGRE, TARA | 484 | 01:11:38.30 | 06:59 | 10K30-39F | 21/27 | F | 67/99 | 01:11:19.35 |
| 2/160 | STONE, STEVE | 485 | 00:44:54.10 | 04:22 | 10K30-39M | 1/26 | M | 1/61 | 00:44:49.55 |
| 71/160 | STRACH, DENISE | 486 | 00:59:51.00 | 05:50 | 10K30-39F | 10/27 | F | 32/99 | 00:59:36.70 |
| 19/160 | SUMMACH, RYAN | 487 | 00:52:03.10 | 05:04 | 10K30-39M | 10/26 | M | 15/61 | 00:51:50.75 |
| 75/160 | SUTHERLAND, SHERRY | 489 | 01:01:17.40 | 05:58 | 10K40-49F | 6/17 | F | 35/99 | 01:01:06.75 |
| 64/160 | SWAIN, KRESTEN | 490 | 00:59:10.35 | 05:46 | 10K30-39M | 20/26 | M | 35/61 | 00:58:47.50 |
| 148/160 | THIELE, SUSIE | 491 | 01:21:09.55 | 07:55 | 10K40-49F | 17/17 | F | 92/99 | 01:20:54.85 |
| 44/160 | THIESSEN, NICK | 492 | 00:56:56.55 | 05:33 | 10K30-39M | 16/26 | M | 26/61 | 00:56:54.00 |
| 72/160 | THIESSEN, SAMANTHA | 493 | 01:00:06.40 | 05:51 | 10K20-29F | 11/29 | F | 33/99 | 01:00:04.15 |
| 43/160 | TILL, WAYNE | 494 | 00:56:40.35 | 05:31 | 10K50-59M | 4/15 | M | 25/61 | 00:56:37.40 |
| 56/160 | TJEERDEMA, SHELDEN | 495 | 00:58:31.85 | 05:42 | 10K30-39M | 17/26 | M | 30/61 | 00:58:19.85 |
| 153/160 | TRABELSI, ADAM | 496 | 01:28:36.40 | 08:38 | 10K12&UM | 3/3 | M | 59/61 | 01:28:26.70 |
| 67/160 | VAN DER LINDE, ERICH | 497 | 00:59:25.60 | 05:47 | 10K30-39M | 21/26 | M | 37/61 | 00:59:14.30 |
| 29/160 | VAN METRE, GINA | 498 | 00:54:58.55 | 05:21 | 10K30-39F | 3/27 | F | 10/99 | 00:54:54.20 |
| 88/160 | VOLD, CARLA | 499 | 01:02:55.70 | 06:08 | 10K20-29F | 16/29 | F | 44/99 | 01:02:46.05 |
| 131/160 | WARNOCK, KEENAN | 500 | 01:14:49.30 | 07:18 | 10K12&UM | 2/3 | M | 53/61 | 01:14:33.90 |
| 138/160 | WEBB, ANITA | 501 | 01:17:32.75 | 07:33 | 10K50-59F | 16/17 | F | 84/99 | 01:17:11.70 |
| 129/160 | WESSELING, CAROLIEN | 502 | 01:14:14.30 | 07:14 | 10K30-39F | 23/27 | F | 77/99 | 01:14:08.55 |
| 60/160 | WIEBE, ALAINA | 503 | 00:58:58.35 | 05:45 | 10K13-19F | 2/4 | F | 28/99 | 00:58:52.30 |
| 102/160 | WILLIAMS, ASHLEY | 504 | 01:06:53.35 | 06:31 | 10K20-29F | 19/29 | F | 55/99 | 01:06:31.95 |
| 96/160 | WILLIAMS, CHAD | 505 | 01:03:51.90 | 06:13 | 10K20-29M | 4/5 | M | 45/61 | 01:03:38.95 |
| 101/160 | WILSON, ED | 506 | 01:06:52.45 | 06:31 | 10K50-59M | 13/15 | M | 47/61 | 01:06:28.75 |
| 85/160 | WILSON, JANNA | 507 | 01:02:49.50 | 06:07 | 10K20-29F | 14/29 | F | 41/99 | 01:02:41.40 |
| 121/160 | WILSON, LINDSEY | 508 | 01:12:17.05 | 07:03 | 10K20-29F | 24/29 | F | 70/99 | 01:11:52.65 |