

## 2024 Dinosaur Pump It Up Run May 4/2024

## Alpha Overall Results

## 3K - 1.86 Miles

## 74 Finishers

O/A	Name	Bib#	Time	Pace/K	Pace/M	Category	Cat/PI	Gender	Gen/PI	City
11/74	ASHRAFF, ALYSSA	413	20:27.103	06:49	10:59	3K12&UF	1/17	F	2/44	CALGARY, AB
23/74	ASHRAFF, AYRTON	414	23:53.379	07:57	12:50	3K12&UF	4/17	M	14/30	CALGARY, AB
24/74	ASHRAFF, OMAR	412	23:54.600	07:58	12:51	3K40-49M	3/4	M	15/30	CALGARY, AB
9/74	BARTLETT, DUSTIN	339	18:15.422	06:05	09:48	3K30-39M	1/4	M	8/30	LETHBRIDGE, ALBERTA
15/74	BARTLETT, PAIGE	340	21:48.185	07:16	11:43	3K20-29F	2/6	F	4/44	LETHBRIDGE, ALBERTA
60/74	BEST, BUFFY	341	37:32.215	12:30	20:10	3K40-49F	5/8	F	34/44	BROOKS, ALBERTA
41/74	BISCHOFF, ALEIYAH	418	28:58.845	09:39	15:34	3K12&UF	11/17	F	22/44	FOX VALLEY, SASKATON
53/74	DAAG, DEAELE	419	33:14.910	11:04	17:52	3K30-39F	4/6	F	29/44	RICHMOUND, SASKATON
35/74	DE OLIVEIRA, BEN	399	27:40.419	09:13	14:52	3K12&UM	11/14	M	18/30	CANMORE, ALBERTA
5/74	DE OLIVEIRA, JACK	400	17:16.181	05:45	09:17	3K12&UM	4/14	M	5/30	CANMORE, ALBERTA
50/74	DEVALERIOLA, MIKE	406	32:35.143	10:51	17:31	3K30-39M	3/4	M	23/30	BROOKS, ALBERTA
44/74	DINGWALL, HANNAH	342	29:38.621	09:52	15:56	3K20-29F	4/6	F	25/44	BROOKS, ALBERTA
45/74	DINGWALL, TANYA	343	29:39.678	09:53	15:56	3K50-59F	2/2	F	26/44	BROOKS, ALBERTA
25/74	DUGUAY, AUBREY	409	24:07.341	08:02	12:58	3K12&UF	5/17	F	10/44	CANMORE, AB
20/74	DUGUAY, EMRIK	410	23:36.043	07:52	12:41	3K12&UM	8/14	M	12/30	CANMORE, AB
34/74	ELLIOTT, HARPER	344	27:18.957	09:06	14:41	3K12&UF	8/17	F	17/44	BROOKS, ALBERTA
64/74	ELLIOTT, ROB	345	37:53.748	12:37	20:22	3K30-39M	4/4	M	27/30	BROOKS, ALBERTA
22/74	ELLIOTT, SPENCER	346	23:53.344	07:57	12:50	3K12&UM	9/14	M	13/30	BROOKS, ALBERTA
65/74	ELLIOTT, TANYA	347	37:54.991	12:38	20:23	3K40-49F	8/8	F	38/44	BROOKS, ALBERTA
17/74	FALKENBERG, PAIGE	348	21:57.926	07:19	11:48	3K13-19F	1/3	F	6/44	BROOKS, ALBERTA
13/74	FIORITA, ROZELLE	397	21:21.642	07:07	11:29	3K30-39F	1/6	F	3/44	BROOK, ALBERTA
73/74	FLORIN, ANFREA	416	51:04.417	17:01	27:27	3K12&UF	17/17	F	43/44	BROOKS, AB
72/74	FLORIN, NOAH	417	51:02.559	17:00	27:26	3K12&UM	14/14	M	30/30	BROOKS, AB
3/74	GABRIELLE, FOX	349	17:07.759	05:42	09:12	3K12&UM	3/14	M	3/30	LAKE NEWELL RESORT
1/74	GABRIELLE, NASH	350	13:23.273	04:27	07:11	3K12&UM	1/14	M	1/30	LAKE NEWELL RESORT
4/74	GABRIELLE, TRENT	352	17:11.771	05:43	09:14	3K40-49M	1/4	M	4/30	LAKE NEWELL RESORT
21/74	GALESKI, MAGDALEN	353	23:47.331	07:55	12:47	3K12&UF	3/17	F	9/44	BROOKS, ALBERTA
63/74	GALESKI, ROCHELLE	354	37:53.327	12:37	20:22	3K40-49F	7/8	F	37/44	BROOKS, ALBERTA
14/74	GEIGER, RORY	355	21:47.955	07:15	11:43	3K12&UM	7/14	M	11/30	CESSFORD, ALBERTA
67/74	GROENENBERG, MARCIA	356	46:29.657	15:29	24:59	3K30-39F	5/6	F	40/44	BROOKS, ALBERTA
66/74	GROENENBERG, MARLY	357	46:01.360	15:20	24:44	3K12&UF	16/17	F	39/44	BROOKS, ALBERTA
55/74	GROVE, ALEXA	358	36:14.994	12:04	19:29	3K13-19F	3/3	F	30/44	MEDICINE HAT, ALBERTA
43/74	GROVE, CONNIE	359	29:33.429	09:51	15:53	3K50-59F	1/2	F	24/44	MEDICINE HAT, ALBERTA
56/74	GROVE, JOANNE	360	36:19.000	12:06	19:31	3K60-69F	1/2	F	31/44	DUCHESS, ALBERTA
54/74	GROVE, LUKAS	361	35:08.697	11:42	18:53	3K13-19M	2/2	M	25/30	MEDICINE HAT, ALBERTA
57/74	GROVE, TOM	362	36:39.278	12:13	19:42	3K60-69M	1/1	M	26/30	DUCHESS, ALBERTA
6/74	HUTCHINSON, SARA	401	17:31.264	05:50	09:25	3K20-29F	1/6	F	1/44	VULCAN, ALBERTA
36/74	INGRAM, KARLEIGH	398	27:49.909	09:16	14:57	3K20-29F	3/6	F	18/44	CHESTERMERE, ALBERTA
42/74	JANSMA, FAITH	363	28:59.127	09:39	15:35	3K12&UF	12/17	F	23/44	BURSTALL, SASKATON
30/74	JANSMA, STACEY	364	25:52.528	08:37	13:54	3K30-39F	2/6	F	13/44	BURSTALL, SASKATON
29/74	JANSMA, TUCKER	365	25:52.384	08:37	13:54	3K12&UM	10/14	M	17/30	BURSTALL, SASKATON
46/74	JOHNSON, ED	408	29:49.622	09:56	16:02	3K70+M	1/1	M	20/30	BROOKS, ALBERTA
38/74	JOHNSON, ELIZA	366	28:23.690	09:27	15:15	3K12&UF	9/17	F	20/44	BROOKS, ALBERTA
39/74	JOHNSON, JOSIAH	367	28:24.066	09:28	15:16	3K30-39M	2/4	M	19/30	BROOKS, ALBERTA
40/74	JOHNSON, NAOMI	369	28:24.482	09:28	15:16	3K12&UF	10/17	F	21/44	BROOKS, ALBERTA
37/74	JOHNSON, WILMA	407	28:03.494	09:21	15:05	3K70+F	1/1	F	19/44	BROOKS, ALBERTA
18/74	JUPP, MCKENNA	370	22:12.929	07:24	11:56	3K13-19F	2/3	F	7/44	BROOKS, ALBERTA
52/74	KEENAN, KATELYNN	371	32:37.718	10:52	17:32	3K30-39F	3/6	F	28/44	BROOKS, ALBERTA
51/74	KEENAN, MALACHI	372	32:37.365	10:52	17:32	3K13-19M	1/2	M	24/30	BROOKS, ALBERTA
2/74	MANG, BENJAMIN	374	15:31.401	05:10	08:20	3K12&UM	2/14	M	2/30	CALGARY, ALBERTA
8/74	MANG, DANIEL	375	17:50.725	05:56	09:35	3K12&UM	5/14	M	7/30	CALGARY, ALBERTA
19/74	MESHEN, MICHELLE	377	22:40.929	07:33	12:11	3K40-49F	1/8	F	8/44	MEDICINE HAT, ALBERTA
49/74	MOORE, RIDGER	378	32:10.707	10:43	17:18	3K12&UM	12/14	M	22/30	BROOKS, ALBERTA
48/74	MOORE, KALLEN	379	32:08.670	10:42	17:16	3K40-49M	4/4	M	21/30	BROOKS, ALBERTA
47/74	MOORE, QUINCY	380	31:35.607	10:31	16:59	3K12&UF	13/17	F	27/44	BROOKS, ALBERTA
7/74	MUELLER, ANDRE	402	17:43.348	05:54	09:31	3K20-29M	1/3	M	6/30	MONTREAL, QUEBEC
32/74	NOWACZYK, JENNA	405	27:01.941	09:00	14:32	3K12&UF	7/17	F	15/44	BROOKS, ALBERTA

## 2024 Dinosaur Pump It Up Run May 4/2024

## Alpha Overall Results

## 3K - 1.86 Miles

## 74 Finishers

O/A	Name	Bib#	Time	Pace/K	Pace/M	Category	Cat/PI	Gender	Gen/PI	City
16/74	NOWACZYK, KAYDENCE	404	21:54.615	07:18	11:46	3K12&UF	2/17	F	5/44	BROOKS, ALBERTA
33/74	NOWACZYK, STEPHANIE	403	27:09.683	09:03	14:36	3K40-49F	4/8	F	16/44	BROOKS, ALBERTA
31/74	OHLMANN, AUDRA	381	26:52.406	08:57	14:26	3K12&UF	6/17	F	14/44	COALDALE, ALBERTA
71/74	OHLMANN, NEVAN	382	50:34.114	16:51	27:11	3K12&UM	13/14	M	29/30	COALDALE, ALBERTA
27/74	PRATT, DORIAN	383	24:46.060	08:15	13:18	3K20-29M	2/3	M	16/30	BROOKS, ALBERTA
74/74	ROSS, ROXANNE	415	51:06.072	17:02	27:28	3K60-69F	2/2	F	44/44	BROOKS, AB
28/74	SHAND, TRINA	384	24:48.826	08:16	13:20	3K40-49F	3/8	F	12/44	BROOKS, ALBERTA
68/74	SINCLAIR, LAUREN	385	46:44.991	15:34	25:08	3K30-39F	6/6	F	41/44	BROOKS, ALBERTA
62/74	SPRUNGER, KATE	386	37:35.889	12:31	20:12	3K40-49F	6/8	F	36/44	LAKE NEWELL RESORT
58/74	SPRUNGER, WESSY	387	37:28.466	12:29	20:08	3K12&UF	14/17	F	32/44	LAKE NEWELL RESORT
59/74	SPRUNGER, ZOE	388	37:29.466	12:29	20:09	3K12&UF	15/17	F	33/44	LAKE NEWELL RESORT
61/74	STOLZ, KRISTEN	389	37:35.371	12:31	20:12	3K20-29F	5/6	F	35/44	DUCHESS, ALBERTA
26/74	VONKROGH, ERIKA	411	24:08.266	08:02	12:58	3K40-49F	2/8	F	11/44	CANMORE, AB
12/74	WAGNER, DARREN	391	20:27.786	06:49	11:00	3K40-49M	2/4	M	10/30	BROOKS, ALBERTA
10/74	WAGNER, NICHOLAS	392	20:27.077	06:49	10:59	3K12&UM	6/14	M	9/30	BROOKS, ALBERTA
70/74	WOLF, NATHAN	395	48:53.413	16:17	26:17	3K20-29M	3/3	M	28/30	BROOKS, ALBERTA
69/74	WOLF, RACHEL	396	48:53.254	16:17	26:17	3K20-29F	6/6	F	42/44	BROOKS, ALBERTA