

2024 Dinosaur Pump It Up Run May 4/2024

Alpha Overall Results

5K - 3.1 Miles

96 Finishers

O/A	Name	Bib#	Time	Pace/K	Pace/M	Category	Cat/PI	Gender	Gen/PI	City
16/96	ABRAHAM, NAHON	801	24:20.606	04:52	07:49	5K20-29M	6/10	M	16/44	BROOKS,
12/96	AL-SHEMARI, MURTAZA	701	23:12.623	04:38	07:27	5K13-19M	5/10	M	12/44	BROOKS, ALBERTA
78/96	ANDERSON, JAYNE	702	39:56.245	07:59	12:50	5K30-39F	5/8	F	36/52	CALGARY, ALBERTA
60/96	ANDERSON, SHARLENE	703	32:31.634	06:30	10:27	5K40-49F	3/10	F	22/52	MEDICINE HAT, ALBERTA
59/96	ARTHUR, JEFF	704	32:27.034	06:29	10:26	5K40-49M	8/8	M	38/44	BROOKS, ALBERTA
39/96	BECKER, DALYS	705	28:14.704	05:38	09:04	5K13-19F	6/11	F	13/52	BROOKS, ALBERTA
52/96	BECKER, KELTY	706	30:15.957	06:03	09:43	5K40-49F	2/10	F	18/52	BROOKS, ALBERTA
6/96	BECKER, WAYLON	707	20:32.366	04:06	06:36	5K20-29M	3/10	M	6/44	CALGARY, ALBERTA
40/96	BEST, PAIZLEY	708	28:15.667	05:39	09:05	5K13-19F	7/11	F	14/52	BROOKS, ALBERTA
89/96	BISCHOFF, REJEANNE	709	50:57.056	10:11	16:22	5K50-59F	4/6	F	46/52	FOX VALLEY, SASKATON
2/96	BLACKMORE, ABE	710	19:32.417	03:54	06:16	5K20-29M	1/10	M	2/44	CALGARY, ALBERTA
62/96	BRUDER, DAKODA	805	32:40.070	06:32	10:30	5K20-29F	3/7	F	24/52	RAINIER, ALBERTA
27/96	CAMIRE, EMILIE	712	26:03.925	05:12	08:22	5K12&UF	2/6	F	5/52	CANMORE, ALBERTA
3/96	CAMIRE, FELIX	713	19:37.637	03:55	06:18	5K40-49M	2/8	M	3/44	CANMORE, ALBERTA
28/96	CAMIRE, LIANNE	714	26:04.122	05:12	08:22	5K12&UF	3/6	F	6/52	CANMORE, ALBERTA
25/96	CANTE, FRANCISCO	800	25:58.682	05:11	08:21	5K20-29M	8/10	M	22/44	BROOKS,
71/96	CORBETT, NICHOLAS	793	35:01.864	07:00	11:15	5K30-39M	4/4	M	40/44	BROOKS, ALBERTA
50/96	CUTTER, KYLE	715	29:41.456	05:56	09:32	5K30-39M	2/4	M	33/44	BROOKS, ALBERTA
21/96	DE OLIVEIRA, JUSTIN	787	24:49.925	04:57	07:59	5K40-49M	4/8	M	20/44	CANMORE, ALBERTA
87/96	DESJARDINS, BOJANA	717	50:32.130	10:06	16:14	5K40-49F	8/10	F	44/52	TILLEY, ALBERTA
88/96	DESJARDINS, NADIA	718	50:32.404	10:06	16:15	5K12&UF	6/6	F	45/52	TILLEY, ALBERTA
85/96	ECKERT, JAMIELYNN	719	49:27.951	09:53	15:54	5K30-39F	6/8	F	42/52	DUCHESS, ALBERTA
41/96	EGGER, JANICE	720	28:43.251	05:44	09:14	5K60-69F	1/3	F	15/52	CANMORE, ALBERTA
29/96	EGGER, SCOTT	721	26:10.384	05:14	08:24	5K60-69M	1/2	M	23/44	CANMORE, ALBERTA
11/96	FRIESEN, KADEN	722	22:18.672	04:27	07:10	5K13-19M	4/10	M	11/44	BROOKS, ALBERTA
10/96	FRIESEN, RYLEN	723	22:16.339	04:27	07:09	5K13-19M	3/10	M	10/44	BROOKS, ALBERTA
93/96	FULTON, CARA	724	59:43.845	11:56	19:12	5K50-59F	6/6	F	49/52	DUCHESS, ALBERTA
42/96	GAUVREAU, LUKA	725	28:49.716	05:45	09:16	5K12&UM	5/9	M	27/44	CANMORE, ALBERTA
95/96	GOODSTRIKER, CHRISSEY	727	1:07:11.026	13:26	21:36	5K40-49F	10/10	F	51/52	STANDOFF, ALBERTA
96/96	GOODSTRIKER, KARLI	798	1:07:11.502	13:26	21:36	5K13-19F	11/11	F	52/52	STANDOFF, ALBERTA
80/96	GREEN, EMMA	728	40:40.914	08:08	13:04	5K20-29F	6/7	F	37/52	BROOKS, ALBERTA
55/96	GROVE, JOE	729	30:49.360	06:09	09:54	5K50-59M	1/1	M	35/44	MEDICINE HAT, ALBERTA
61/96	GUBBINS, KELSEY	806	32:39.954	06:31	10:30	5K20-29F	2/7	F	23/52	RAINIER, ALBERTA
37/96	GUNN, BURKE	731	27:44.935	05:32	08:55	5K12&UM	4/9	M	26/44	CANMORE, ALBERTA
20/96	GUNN, TY	732	24:35.922	04:55	07:54	5K12&UM	2/9	M	19/44	CANMORE, ALBERTA
19/96	HEAL, PARKS	797	24:31.485	04:54	07:53	5K12&UM	1/9	M	18/44	CANMORE, ALBERTA
33/96	HEAL, PETER	733	27:08.245	05:25	08:43	5K40-49M	5/8	M	25/44	LAKE NEWELL RESORT
35/96	HEAL, SOPHIE	734	27:29.906	05:29	08:50	5K13-19F	4/11	F	10/52	LAKE NEWELL RESORT
26/96	HEAL, STEVIE	796	26:03.176	05:12	08:22	5K12&UF	1/6	F	4/52	CANMORE, ALBERTA
82/96	HEAL, TRUDI	794	43:05.890	08:37	13:51	5K70+F	1/1	F	39/52	LAKE NEWELL RESORT
34/96	HEAL, VERA	795	27:09.297	05:25	08:43	5K13-19F	3/11	F	9/52	CANMORE, ALBERTA
75/96	HOFER, MYAH	780	35:48.040	07:09	11:30	5K13-19F	10/11	F	33/52	BROOKS, ALBERTA
94/96	HOGG, MELINDA	791	59:44.237	11:56	19:12	5K40-49F	9/10	F	50/52	DUCHESS, ALBERTA
38/96	JENKINS, ANNIKA	735	28:13.072	05:38	09:04	5K13-19F	5/11	F	12/52	CANMORE, ALBERTA
43/96	JENKINS, ELI	736	29:06.319	05:49	09:21	5K12&UM	6/9	M	28/44	CANMORE, ALBERTA
15/96	KEARLEY, CALEB	737	24:11.985	04:50	07:46	5K20-29M	5/10	M	15/44	CRAVEN, SASKATCHEW
23/96	KEARLEY, MEGHAN	743	25:00.503	05:00	08:02	5K20-29F	1/7	F	2/52	BROOKS, ALBERTA
32/96	KIBSEY, NADIA	738	26:57.823	05:23	08:40	5K13-19F	2/11	F	8/52	BROOKS, ALBERTA
36/96	KRUEGER, SYDNEY	739	27:40.404	05:32	08:53	5K30-39F	2/8	F	11/52	BROOKS, ALBERTA
58/96	LANE, JESSE	781	31:51.177	06:22	10:14	5K40-49M	7/8	M	37/44	SHAUNAVON, SASKATON
51/96	LANE, MICKY	782	30:09.170	06:01	09:41	5K13-19M	8/10	M	34/44	SHAUNAVON, SASKATON
57/96	LANE, TERRY	783	31:31.761	06:18	10:08	5K13-19M	9/10	M	36/44	SHAUNAVON, SASKATON
5/96	LAWRENCE, JACK	740	20:19.329	04:03	06:32	5K20-29M	2/10	M	5/44	CALGARY, ALBERTA
65/96	LIBOIRON, LORRAINE	741	33:04.961	06:36	10:38	5K60-69F	3/3	F	27/52	MEDICINE HAT, ALBERTA
56/96	MACDONALD, CATHY	742	31:03.269	06:12	09:59	5K50-59F	3/6	F	21/52	BROOKS, ALBERTA
92/96	MATSON, DESIREE	799	57:17.362	11:27	18:25	5K50-59F	5/6	F	48/52	BLUFFTON, AB
30/96	MAXWELL-LYST, SARAYE	744	26:13.861	05:14	08:26	5K13-19F	1/11	F	7/52	LAKE NEWELL RESORT

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96 Finishers

O/A	Name	Bib#	Time	Pace/K	Pace/M	Category	Cat/PI	Gender	Gen/PI	City
24/96	MAXWELL-LYST, TERECE	745	25:48.393	05:09	08:17	5K40-49F	1/10	F	3/52	LAKE NEWELL RESORT
31/96	MAXWELL-LYST, TOR	746	26:21.572	05:16	08:28	5K13-19M	7/10	M	24/44	LAKE NEWELL RESORT
68/96	MCMEEKEN, CRAIG	747	34:07.678	06:49	10:58	5K30-39M	3/4	M	39/44	BROOKS, ALBERTA
18/96	MCMEEKEN, SHEVAUN	748	24:21.665	04:52	07:49	5K30-39F	1/8	F	1/52	BROOKS, ALBERTA
8/96	MESHEN, GAVIN	749	21:37.145	04:19	06:57	5K13-19M	1/10	M	8/44	MEDICINE HAT, ALBERTA
4/96	MESHEN, ROBBIE	750	19:50.458	03:58	06:22	5K40-49M	3/8	M	4/44	MEDICINE HAT, ALBERTA
67/96	MOORE, KEELY	751	33:39.447	06:43	10:49	5K40-49F	4/10	F	29/52	BROOKS, ALBERTA
66/96	MOORE, LYNLEE	752	33:38.711	06:43	10:49	5K12&UF	5/6	F	28/52	BROOKS, ALBERTA
54/96	MOSSING, CLAIRE	753	30:30.792	06:06	09:48	5K13-19F	8/11	F	20/52	FOOTHILLS, ALBERTA
1/96	MOSSING, TYRON	754	18:13.146	03:38	05:51	5K40-49M	1/8	M	1/44	FOOTHILLS, ALBERTA
70/96	MOTIKA, MILANA	755	34:58.492	06:59	11:14	5K20-29F	4/7	F	31/52	BROOKS, ALBERTA
14/96	NUN, KYLAN	757	24:05.915	04:49	07:44	5K13-19M	6/10	M	14/44	CALGARY, ALBERTA
64/96	OHLMANN, KARLI	758	32:56.534	06:35	10:35	5K12&UF	4/6	F	26/52	COALDALE, ALBERTA
79/96	OJALA, MATTHEW	784	40:14.675	08:02	12:56	5K20-29M	9/10	M	43/44	LAKE NEWELL RESORT
77/96	OJALA, TORRI	785	37:18.245	07:27	11:59	5K20-29F	5/7	F	35/52	LAKE NEWELL RESORT
90/96	PEDIDA, ROCH	759	51:38.631	10:19	16:36	5K20-29M	10/10	M	44/44	CALGARY, ALBERTA
84/96	PHARAND, KARINE	760	43:18.476	08:39	13:55	5K40-49F	7/10	F	41/52	CANMORE, ALBERTA
53/96	PHELPS, KRISTA	761	30:26.065	06:05	09:47	5K50-59F	2/6	F	19/52	CALGARY, ALBERTA
63/96	PIHRAG, RACHEL	762	32:45.950	06:33	10:32	5K30-39F	3/8	F	25/52	BROOKS, ALBERTA
74/96	REDELBACK, ALEAH	786	35:45.485	07:09	11:29	5K13-19F	9/11	F	32/52	BROOKS, ALBERTA
86/96	REISS, SHAWNA	763	49:34.221	09:54	15:56	5K30-39F	7/8	F	43/52	DUCHESS, ALBERTA
69/96	RICE, KATHY	764	34:13.319	06:50	11:00	5K40-49F	5/10	F	30/52	DUCHESS, ALBERTA
49/96	ROMMENS, JANET	765	29:35.778	05:55	09:30	5K60-69F	2/3	F	17/52	BROOKS, ALBERTA
91/96	ROMMENS, MARINA	766	57:13.224	11:26	18:23	5K30-39F	8/8	F	47/52	DUCHESS, ALBERTA
7/96	ROMMENS, SCOTT	789	21:34.884	04:18	06:56	5K30-39M	1/4	M	7/44	DUCHESS, ALBERTA
45/96	ROMMENS, WENDELL	767	29:23.776	05:52	09:27	5K60-69M	2/2	M	30/44	BROOKS, ALBERTA
17/96	SANTA MARIA, ERIC	802	24:21.118	04:52	07:49	5K20-29M	7/10	M	17/44	BROOKS,
9/96	SARGEANT, REID	769	21:38.918	04:19	06:57	5K13-19M	2/10	M	9/44	CALGARY, ALBERTA
83/96	SHEA, JENNIFER	790	43:17.955	08:39	13:55	5K40-49F	6/10	F	40/52	CANMORE, ALBERTA
48/96	SLORSTAD, TERESA	770	29:31.867	05:54	09:29	5K50-59F	1/6	F	16/52	SUNNYNOOK, ALBERTA
13/96	TAYLOR, CARSON	792	23:14.935	04:38	07:28	5K20-29M	4/10	M	13/44	BROOKS, AB
81/96	TAYLOR, SHONDRA	772	40:41.081	08:08	13:04	5K20-29F	7/7	F	38/52	BROOKS, ALBERTA
76/96	TIFFIN, LISA	773	36:34.570	07:18	11:45	5K30-39F	4/8	F	34/52	BROOKS, ALBERTA
72/96	WAGNER, CHARLIE	774	35:26.967	07:05	11:23	5K12&UM	9/9	M	41/44	BROOKS, ALBERTA
73/96	WAGNER, PEYTON	775	35:27.421	07:05	11:24	5K13-19M	10/10	M	42/44	BROOKS, ALBERTA
22/96	WIENS, VINCENT	776	25:00.022	05:00	08:02	5K12&UM	3/9	M	21/44	ROSEMARY, ALBERTA
47/96	WOOD, DANNY	777	29:26.771	05:53	09:28	5K40-49M	6/8	M	32/44	CANMORE, ALBERTA
44/96	WOOD, EAMON	778	29:06.825	05:49	09:21	5K12&UM	7/9	M	29/44	CANMORE, ALBERTA
46/96	WOOD, NORTH	779	29:26.726	05:53	09:28	5K12&UM	8/9	M	31/44	CANMORE, ALBERTA