

OA/PI = Overall Placing

Cat/PI = Category Placing

Gen/PI = Overall Gender Placing

Category Award Results

TOP 3 In Category

3K - 1.86 Miles

74 Finishers

3K12&UF (Female) - 17 Competitors

Cat/PI	Name	Bib #	Time	Pace/K	Pace/M	Offset	OA/PI	Gen/PI	City
1/17	ASHRAFF, ALYSSA	413	20:27.103	06:49	10:59	+00:00:00	11/74	2/45	CALGARY
2/17	NOWACZYK, KAYDENCE	404	21:54.615	07:18	11:46	+00:01:27	16/74	5/45	BROOKS
3/17	GALESKI, MAGDALEN	353	23:47.331	07:55	12:47	+00:03:20	21/74	9/45	BROOKS

3K12&UM (Male) - 14 Competitors

Cat/PI	Name	Bib #	Time	Pace/K	Pace/M	Offset	OA/PI	Gen/PI	City
1/14	GABRIELLE, NASH	350	13:23.273	04:27	07:11	+00:00:00	1/74	1/29	LAKE NEWELL RE
2/14	MANG, BENJAMIN	374	15:31.401	05:10	08:20	+00:02:08	2/74	2/29	CALGARY
3/14	GABRIELLE, FOX	349	17:07.759	05:42	09:12	+00:03:44	3/74	3/29	LAKE NEWELL RE

3K13-19F (Female) - 3 Competitors

Cat/PI	Name	Bib #	Time	Pace/K	Pace/M	Offset	OA/PI	Gen/PI	City
1/3	FALKENBERG, PAIGE	348	21:57.926	07:19	11:48	+00:00:00	17/74	6/45	BROOKS
2/3	JUPP, MCKENNA	370	22:12.929	07:24	11:56	+00:00:15	18/74	7/45	BROOKS
3/3	GROVE, ALEXA	358	36:14.994	12:04	19:29	+00:14:17	55/74	30/45	MEDICINE HAT

3K13-19M (Male) - 2 Competitors

Cat/PI	Name	Bib #	Time	Pace/K	Pace/M	Offset	OA/PI	Gen/PI	City
1/2	KEENAN, MALACHI	372	32:37.365	10:52	17:32	+00:00:00	51/74	24/29	BROOKS
2/2	GROVE, LUKAS	361	35:08.697	11:42	18:53	+00:02:31	54/74	25/29	MEDICINE HAT

3K20-29F (Female) - 6 Competitors

Cat/PI	Name	Bib #	Time	Pace/K	Pace/M	Offset	OA/PI	Gen/PI	City
1/6	HUTCHINSON, SARA	401	17:31.264	05:50	09:25	+00:00:00	6/74	1/45	VULCAN
2/6	BARTLETT, PAIGE	340	21:48.185	07:16	11:43	+00:04:16	15/74	4/45	LETHBRIDGE
3/6	INGRAM, KARLEIGH	398	27:49.909	09:16	14:57	+00:10:18	36/74	18/45	CHESTERMERE

3K20-29M (Male) - 3 Competitors

Cat/PI	Name	Bib #	Time	Pace/K	Pace/M	Offset	OA/PI	Gen/PI	City
1/3	MUELLER, ANDRE	402	17:43.348	05:54	09:31	+00:00:00	7/74	6/29	MONTREAL
2/3	PRATT, DORIAN	383	24:46.060	08:15	13:18	+00:07:02	27/74	16/29	BROOKS
3/3	WOLF, NATHAN	395	48:53.413	16:17	26:17	+00:31:10	70/74	28/29	BROOKS

3K30-39F (Female) - 6 Competitors

Cat/PI	Name	Bib #	Time	Pace/K	Pace/M	Offset	OA/PI	Gen/PI	City
1/6	FIORITA, ROZELLE	397	21:21.642	07:07	11:29	+00:00:00	13/74	3/45	BROOK
2/6	JANSMA, STACEY	364	25:52.528	08:37	13:54	+00:04:30	30/74	13/45	BURSTALL
3/6	KEENAN, KATELYNN	371	32:37.718	10:52	17:32	+00:11:16	52/74	28/45	BROOKS

3K30-39M (Male) - 4 Competitors

Cat/PI	Name	Bib #	Time	Pace/K	Pace/M	Offset	OA/PI	Gen/PI	City
1/4	BARTLETT, DUSTIN	339	18:15.422	06:05	09:48	+00:00:00	9/74	8/29	LETHBRIDGE
2/4	JOHNSON, JOSIAH	367	28:24.066	09:28	15:16	+00:10:08	39/74	19/29	BROOKS
3/4	DEVALERIOLA, MIKE	406	32:35.143	10:51	17:31	+00:14:19	50/74	23/29	BROOKS

3K40-49F (Female) - 8 Competitors

Cat/PI	Name	Bib #	Time	Pace/K	Pace/M	Offset	OA/PI	Gen/PI	City
1/8	MESHEN, MICHELLE	377	22:40.929	07:33	12:11	+00:00:00	19/74	8/45	MEDICINE HAT
2/8	VONKROGH, ERIKA	411	24:08.266	08:02	12:58	+00:01:27	26/74	11/45	CANMORE
3/8	SHAND, TRINA	384	24:48.826	08:16	13:20	+00:02:07	28/74	12/45	BROOKS

3K40-49M (Male) - 4 Competitors

Cat/PI	Name	Bib #	Time	Pace/K	Pace/M	Offset	OA/PI	Gen/PI	City
1/4	GABRIELLE, TRENT	352	17:11.771	05:43	09:14	+00:00:00	4/74	4/29	LAKE NEWELL RE
2/4	WAGNER, DARREN	391	20:27.786	06:49	11:00	+00:03:16	12/74	10/29	BROOKS
3/4	ASHRAFF, OMAR	412	23:54.600	07:58	12:51	+00:06:42	24/74	15/29	CALGARY

3K50-59F (Female) - 2 Competitors

Cat/PI	Name	Bib #	Time	Pace/K	Pace/M	Offset	OA/PI	Gen/PI	City
1/2	GROVE, CONNIE	359	29:33.429	09:51	15:53	+00:00:00	43/74	24/45	MEDICINE HAT
2/2	DINGWALL, TANYA	343	29:39.678	09:53	15:56	+00:00:06	45/74	26/45	BROOKS

OA/PI = Overall Placing

Cat/PI = Category Placing

Gen/PI = Overall Gender Placing

Category Award Results

TOP 3 In Category

3K - 1.86 Miles

74 Finishers

3K60-69F (Female) - 2 Competitors

Cat/PI	Name	Bib #	Time	Pace/K	Pace/M	Offset	OA/PI	Gen/PI	City
1/2	GROVE, JOANNE	360	36:19.000	12:06	19:31	+00:00:00	56/74	31/45	DUCHESS
2/2	ROSS, ROXANNE	415	51:06.072	17:02	27:28	+00:14:47	74/74	44/45	BROOKS

3K60-69M (Male) - 1 Competitors

Cat/PI	Name	Bib #	Time	Pace/K	Pace/M	Offset	OA/PI	Gen/PI	City
1/1	GROVE, TOM	362	36:39.278	12:13	19:42	+00:00:00	57/74	26/29	DUCHESS

3K70+F (Female) - 1 Competitors

Cat/PI	Name	Bib #	Time	Pace/K	Pace/M	Offset	OA/PI	Gen/PI	City
1/1	JOHNSON, WILMA	407	28:03.494	09:21	15:05	+00:00:00	37/74	19/45	BROOKS

3K70+M (Male) - 1 Competitors

Cat/PI	Name	Bib #	Time	Pace/K	Pace/M	Offset	OA/PI	Gen/PI	City
1/1	JOHNSON, ED	408	29:49.622	09:56	16:02	+00:00:00	46/74	20/29	BROOKS