

OA/PI = Overall Placing

Cat/PI = Category Placing

Gen/PI = Overall Gender Placing

Offset = Diff from Category win time hh:mm:ss

## Category Results

10.38K Run - 6.45 Miles  
88 Finishers

## 10K12&amp;UF - 2 Competitors

Cat/PI	Name	Bib #	Time	Pace/K	Pace/M	OA/PI	Gen/PI	Offset	City
1/2	OLAUSON, NORAH	1285	1:05:59.627	06:21	10:13	44/88	17/45	+00:00:00	CANMORE
2/2	OLAUSON, ELLIE	1283	1:06:14.679	06:22	10:16	46/88	19/45	+00:00:15	CANMORE

## 10K13-19F - 1 Competitors

Cat/PI	Name	Bib #	Time	Pace/K	Pace/M	OA/PI	Gen/PI	Offset	City
1/1	CHOI, RENY	1238	1:01:35.239	05:55	09:32	29/88	9/45	+00:00:00	BROOKS

## 10K13-19M - 4 Competitors

Cat/PI	Name	Bib #	Time	Pace/K	Pace/M	OA/PI	Gen/PI	Offset	City
1/4	CRAIG, MICHAEL	1242	48:41.539	04:41	07:32	6/88	6/43	+00:00:00	BROOKS
2/4	SNIDER, GIDEON	1296	55:17.837	05:19	08:34	13/88	11/43	+00:06:36	DUCHESS
3/4	KEENAN, JACOB	1269	57:40.900	05:33	08:56	21/88	15/43	+00:08:59	BROOKS
4/4	DANIELS, EVAN	1291	1:19:07.648	07:37	12:16	69/88	37/43	+00:30:26	TILLEY

## 10K20-29F - 5 Competitors

Cat/PI	Name	Bib #	Time	Pace/K	Pace/M	OA/PI	Gen/PI	Offset	City
1/5	BITTNER, KARLY	1321	1:02:58.149	06:03	09:45	37/88	15/45	+00:00:00	CANMORE
2/5	DOUGLASS, ERIN	1245	1:06:01.520	06:21	10:14	45/88	18/45	+00:03:03	GEM
3/5	SARCINI, GABRIELLE	1292	1:06:57.061	06:27	10:22	49/88	21/45	+00:03:58	CALGARY
4/5	VAN WERT, GRACE	1319	1:22:38.341	07:57	12:48	70/88	33/45	+00:19:40	TILLEY
5/5	HARPER-FLORES, MEGHAN	1258	1:46:58.168	10:18	16:35	85/88	43/45	+00:44:00	EDMONTON

## 10K20-29M - 4 Competitors

Cat/PI	Name	Bib #	Time	Pace/K	Pace/M	OA/PI	Gen/PI	Offset	City
1/4	DOMINGOS, LUCCA	1315	55:03.336	05:18	08:32	11/88	10/43	+00:00:00	BROOKS
2/4	LATRACE, JUSTIN	1326	1:01:16.531	05:54	09:30	28/88	20/43	+00:06:13	BROOKS
3/4	HOLLINDA, NATHAN	1264	1:03:26.939	06:06	09:50	40/88	25/43	+00:08:23	BROOKS
4/4	FLORES, GAMY	1249	1:47:00.003	10:18	16:35	86/88	43/43	+00:51:56	BROOKS

## 10K30-39F - 12 Competitors

Cat/PI	Name	Bib #	Time	Pace/K	Pace/M	OA/PI	Gen/PI	Offset	City
1/12	OLSEN, MANDI	1286	55:15.137	05:19	08:33	12/88	2/45	+00:00:00	MEDICINE HAT
2/12	GEIGER, KRISTEN	1256	56:25.459	05:26	08:44	17/88	5/45	+00:01:10	CESSFORD
3/12	TOLSON, JACKIE	1303	56:37.471	05:27	08:46	18/88	6/45	+00:01:22	RALSTON
4/12	LATRACE, CASSIDY	1325	1:01:13.298	05:53	09:29	26/88	8/45	+00:05:58	BROOKS
5/12	WIEBE, KIM	1313	1:02:03.110	05:58	09:37	32/88	10/45	+00:06:47	MEDICINE HAT
6/12	CYR, NIKKI	1320	1:02:18.269	06:00	09:39	34/88	12/45	+00:07:03	BROOKS
7/12	OHLMANN, NIKKI	1281	1:17:44.684	07:29	12:03	66/88	32/45	+00:22:29	COALDALE
8/12	SYRETTE, CAROL LYNN	1301	1:23:05.309	08:00	12:52	71/88	34/45	+00:27:50	MEDICINE HAT
9/12	JOHANCSIK, ANDREA	1267	1:25:14.759	08:12	13:12	72/88	35/45	+00:29:59	CALGARY
10/12	HOOGSTRATEN, LAURA	1265	1:25:17.578	08:13	13:13	74/88	36/45	+00:30:02	CALGARY
11/12	RANDLEMAN, LINDSAY	1289	1:36:08.138	09:15	14:54	77/88	38/45	+00:40:53	BROOKS
12/12	TSEGAYE, ROZI	1304	1:36:56.275	09:20	15:01	79/88	40/45	+00:41:41	CALGARY

## 10K30-39M - 9 Competitors

Cat/PI	Name	Bib #	Time	Pace/K	Pace/M	OA/PI	Gen/PI	Offset	City
1/9	WHITING, DANIEL	1310	42:09.141	04:03	06:32	1/88	1/43	+00:00:00	CALGARY
2/9	BALOG, BLAKE	1232	44:36.424	04:17	06:54	2/88	2/43	+00:02:27	DUCHESS
3/9	LENDRUM, TREVOR	1272	45:54.076	04:25	07:06	3/88	3/43	+00:03:44	LETHBRIDGE
4/9	LENDRUM, RILEY	1271	1:00:42.979	05:50	09:24	25/88	18/43	+00:18:33	CALGARY
5/9	LIZAMORE, MARTIN	1324	1:01:13.712	05:53	09:29	27/88	19/43	+00:19:04	BROOKS
6/9	WALL, LIAM	1322	1:02:58.327	06:04	09:45	38/88	23/43	+00:20:49	CANMORE
7/9	SEAFI, MUHAMMAD	1294	1:05:56.831	06:21	10:13	43/88	27/43	+00:23:47	MEDICINE HAT
8/9	OLSON, TRAVIS	1287	1:18:15.303	07:32	12:07	67/88	35/43	+00:36:06	BROOKS
9/9	KOELMA, MATT	1270	1:25:15.600	08:12	13:13	73/88	38/43	+00:43:06	CALGARY

## 10K40-49F - 15 Competitors

Cat/PI	Name	Bib #	Time	Pace/K	Pace/M	OA/PI	Gen/PI	Offset	City
1/15	EMERSON, SHERI	1247	53:45.735	05:10	08:20	10/88	1/45	+00:00:00	MEDICINE HAT
2/15	CLIFFORD, CHELSEY	1239	56:00.412	05:23	08:40	14/88	3/45	+00:02:14	RED DEER
3/15	FOURNIER, AMY	1250	56:08.685	05:24	08:42	16/88	4/45	+00:02:22	CANMORE
4/15	GABRIELLE, CONNIE	1253	59:49.379	05:45	09:16	24/88	7/45	+00:06:03	LAKE NEWELL RE
5/15	WAGNER, DALLAS	1305	1:02:03.914	05:58	09:37	33/88	11/45	+00:08:18	BROOKS
6/15	JORDET, MELANIE	1268	1:02:38.751	06:02	09:42	36/88	14/45	+00:08:53	CYPRESS COUNT
7/15	DRAGANIUK, JESSICA	1246	1:03:47.407	06:08	09:53	41/88	16/45	+00:10:01	MEDICINE HAT
8/15	OLAUSON, JESSICA	1284	1:06:16.565	06:23	10:16	48/88	20/45	+00:12:30	CANMORE
9/15	BEATON, LAUREL	1233	1:07:24.136	06:29	10:26	52/88	22/45	+00:13:38	LAKE NEWELL RE
10/15	ASHRAFF, KAREN	1241	1:09:36.669	06:42	10:47	55/88	24/45	+00:15:50	CALGARY
11/15	MOENS, WILLYANNE	1279	1:11:43.686	06:54	11:07	57/88	26/45	+00:17:57	FORT MACLEOD

OA/PI = Overall Placing

## Category Results

Cat/PI = Category Placing

Gen/PI = Overall Gender Placing

Offset = Diff from Category win time hh:mm:ss

### 10.38K Run - 6.45 Miles

#### 88 Finishers

#### 10K40-49F - 15 Competitors

Cat/PI	Name	Bib #	Time	Pace/K	Pace/M	OA/PI	Gen/PI	Offset	City
12/15	NAKAMURA, BRETT	1280	1:13:16.808	07:03	11:21	60/88	27/45	+00:19:31	DUCHESS
13/15	WENNEKERS, CHRISTINE	1309	1:13:56.099	07:07	11:27	62/88	29/45	+00:20:10	ROLLING HILLS
14/15	HOLLAND, TAMMY	1261	1:14:00.022	07:07	11:28	63/88	30/45	+00:20:14	CALGARY
15/15	JAREMKO, SARA	1266	1:29:38.549	08:38	13:53	75/88	37/45	+00:35:52	CALGARY

#### 10K40-49M - 14 Competitors

Cat/PI	Name	Bib #	Time	Pace/K	Pace/M	OA/PI	Gen/PI	Offset	City
1/14	MANG, TIM	1276	46:27.324	04:28	07:12	4/88	4/43	+00:00:00	CALGARY
2/14	LEOPOLDINO, NILSON	1273	47:08.133	04:32	07:18	5/88	5/43	+00:00:40	BROOKS
3/14	CLIFFORD, DION	1240	49:01.748	04:43	07:36	8/88	8/43	+00:02:34	RED DEER
4/14	BECKER, ASH	1234	51:00.247	04:54	07:54	9/88	9/43	+00:04:32	BROOKS
5/14	GAUVREAU, DAVID	1255	56:04.842	05:24	08:41	15/88	12/43	+00:09:37	CANMORE
6/14	WAKEFIELD, ROBERT	1306	56:37.763	05:27	08:46	19/88	13/43	+00:10:10	RALSTON
7/14	GUNN, JAMES	1257	1:01:40.012	05:56	09:33	30/88	21/43	+00:15:12	CANMORE
8/14	SNIDER, JASON	1297	1:05:42.461	06:19	10:11	42/88	26/43	+00:19:15	DUCHESS
9/14	OLAUSON, COLIN	1282	1:06:15.140	06:22	10:16	47/88	28/43	+00:19:47	CANMORE
10/14	YEMANE, PETROS	1314	1:11:55.661	06:55	11:09	58/88	32/43	+00:25:28	CALGARY
11/14	HARTLEY, JONATHAN	1259	1:12:18.805	06:57	11:12	59/88	33/43	+00:25:51	CALGARY
12/14	BALLS, DAVID	1231	1:14:09.364	07:08	11:29	64/88	34/43	+00:27:42	BROOKS
13/14	EHRET, RICHARD	1295	1:37:41.177	09:24	15:08	80/88	40/43	+00:51:13	MAPLE CREEK
14/14	FRANKS, CLAYTON	1251	1:37:41.925	09:24	15:08	81/88	41/43	+00:51:14	MEDICINE HAT

#### 10K50-59F - 3 Competitors

Cat/PI	Name	Bib #	Time	Pace/K	Pace/M	OA/PI	Gen/PI	Offset	City
1/3	MONTGOMERY, LISA	1317	1:09:19.897	06:40	10:44	54/88	23/45	+00:00:00	CHESTERMERE
2/3	ROBERTS, TJ	1290	1:15:26.647	07:16	11:41	65/88	31/45	+00:06:06	MEDICINE HAT
3/3	HOLLINDA, DEBBIE	1262	1:36:08.471	09:15	14:54	78/88	39/45	+00:26:48	BROOKS

#### 10K50-59M - 7 Competitors

Cat/PI	Name	Bib #	Time	Pace/K	Pace/M	OA/PI	Gen/PI	Offset	City
1/7	ROMMENS, BRIAN	1318	48:53.486	04:42	07:34	7/88	7/43	+00:00:00	CALGARY
2/7	HOBLEY, RICHARD	1316	59:35.279	05:44	09:14	23/88	17/43	+00:10:41	MEDICINE HAT
3/7	HOLLINDA, MICHAEL	1263	1:01:51.591	05:57	09:35	31/88	22/43	+00:12:58	BROOKS
4/7	SCHOLLY, LES	1293	1:03:21.114	06:06	09:49	39/88	24/43	+00:14:27	MEDICINE HAT
5/7	MARTIREZ, SERAFIN	1323	1:07:21.104	06:29	10:26	51/88	30/43	+00:18:27	BROOKS
6/7	CHOI, DOHAN	1237	1:18:15.696	07:32	12:08	68/88	36/43	+00:29:22	BROOKS
7/7	BLOCK, LAWRENCE	1235	1:45:23.745	10:09	16:20	82/88	42/43	+00:56:30	BROOKS

#### 10K60-69F - 4 Competitors

Cat/PI	Name	Bib #	Time	Pace/K	Pace/M	OA/PI	Gen/PI	Offset	City
1/4	SUNDE, BRENDA	1299	1:02:28.705	06:01	09:41	35/88	13/45	+00:00:00	MAPLE CREEK
2/4	JACKSON, ANNE	1260	1:13:37.827	07:05	11:24	61/88	28/45	+00:11:09	BROOKS
3/4	LYONS, LAURIE	1274	1:46:15.466	10:14	16:28	84/88	42/45	+00:43:46	KAMLOOPS
4/4	FRENG, ALISON	1252	2:01:09.822	11:40	18:47	87/88	44/45	+00:58:41	LETHBRIDGE

#### 10K60-69M - 4 Competitors

Cat/PI	Name	Bib #	Time	Pace/K	Pace/M	OA/PI	Gen/PI	Offset	City
1/4	WATSON, JAMES	1308	57:40.078	05:33	08:56	20/88	14/43	+00:00:00	MEDICINE HAT
2/4	SUNDE, MELVIN	1300	59:23.304	05:43	09:12	22/88	16/43	+00:01:43	MAPLE CREEK
3/4	STOLZ, DALE	1298	1:08:59.133	06:38	10:41	53/88	31/43	+00:11:19	DUCHESS
4/4	THOMPSON, ROBERT	1302	1:35:06.574	09:09	14:44	76/88	39/43	+00:37:26	RED DEER COUNT

#### 10K70+F - 3 Competitors

Cat/PI	Name	Bib #	Time	Pace/K	Pace/M	OA/PI	Gen/PI	Offset	City
1/3	DIRK, BONNIE	1244	1:10:30.422	06:47	10:55	56/88	25/45	+00:00:00	MEDICINE HAT
2/3	WATSON, CECILIA	1307	1:46:14.349	10:14	16:28	83/88	41/45	+00:35:43	DUCHESS
3/3	WHITNACK, LESLIE	1312	2:01:23.403	11:41	18:49	88/88	45/45	+00:50:52	LETHBRIDGE

#### 10K70+M - 1 Competitors

Cat/PI	Name	Bib #	Time	Pace/K	Pace/M	OA/PI	Gen/PI	Offset	City
1/1	MCCORQUODALE, BRENT	1277	1:06:58.021	06:27	10:22	50/88	29/43	+00:00:00	CALGARY