

OA/PI = Overall Placing

Cat/PI = Category Placing

Gen/PI = Overall Gender Placing

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

Category Results

3K - 1.86 Miles
74 Finishers

3K12&UF - 17 Competitors

Cat/PI	Name	Bib #	Time	Pace/K	Pace/M	OA/PI	Gen/PI	Offset	City
1/17	ASHRAFF, ALYSSA	413	20:27.103	06:49	10:59	11/74	2/44	+00:00:00	CALGARY
2/17	NOWACZYK, KAYDENCE	404	21:54.615	07:18	11:46	16/74	5/44	+00:01:27	BROOKS
3/17	GALESKI, MAGDALEN	353	23:47.331	07:55	12:47	21/74	9/44	+00:03:20	BROOKS
4/17	ASHRAFF, AYRTON	414	23:53.379	07:57	12:50	23/74	14/30	+00:03:26	CALGARY
5/17	DUGUAY, AUBREY	409	24:07.341	08:02	12:58	25/74	10/44	+00:03:40	CANMORE
6/17	OHLMANN, AUDRA	381	26:52.406	08:57	14:26	31/74	14/44	+00:06:25	COALDALE
7/17	NOWACZYK, JENNA	405	27:01.941	09:00	14:32	32/74	15/44	+00:06:34	BROOKS
8/17	ELLIOTT, HARPER	344	27:18.957	09:06	14:41	34/74	17/44	+00:06:51	BROOKS
9/17	JOHNSON, ELIZA	366	28:23.690	09:27	15:15	38/74	20/44	+00:07:56	BROOKS
10/17	JOHNSON, NAOMI	369	28:24.482	09:28	15:16	40/74	21/44	+00:07:57	BROOKS
11/17	BISCHOFF, ALEIYAH	418	28:58.845	09:39	15:34	41/74	22/44	+00:08:31	FOX VALLEY
12/17	JANSMA, FAITH	363	28:59.127	09:39	15:35	42/74	23/44	+00:08:32	BURSTALL
13/17	MOORE, QUINCY	380	31:35.607	10:31	16:59	47/74	27/44	+00:11:08	BROOKS
14/17	SPRUNGER, WESSY	387	37:28.466	12:29	20:08	58/74	32/44	+00:17:01	LAKE NEWELL RE
15/17	SPRUNGER, ZOE	388	37:29.466	12:29	20:09	59/74	33/44	+00:17:02	LAKE NEWELL RE
16/17	GROENENBERG, MARLY	357	46:01.360	15:20	24:44	66/74	39/44	+00:25:34	BROOKS
17/17	FLORIN, ANFREA	416	51:04.417	17:01	27:27	73/74	43/44	+00:30:37	BROOKS

3K12&UM - 14 Competitors

Cat/PI	Name	Bib #	Time	Pace/K	Pace/M	OA/PI	Gen/PI	Offset	City
1/14	GABRIELLE, NASH	350	13:23.273	04:27	07:11	1/74	1/30	+00:00:00	LAKE NEWELL RE
2/14	MANG, BENJAMIN	374	15:31.401	05:10	08:20	2/74	2/30	+00:02:08	CALGARY
3/14	GABRIELLE, FOX	349	17:07.759	05:42	09:12	3/74	3/30	+00:03:44	LAKE NEWELL RE
4/14	DE OLIVEIRA, JACK	400	17:16.181	05:45	09:17	5/74	5/30	+00:03:52	CANMORE
5/14	MANG, DANIEL	375	17:50.725	05:56	09:35	8/74	7/30	+00:04:27	CALGARY
6/14	WAGNER, NICHOLAS	392	20:27.077	06:49	10:59	10/74	9/30	+00:07:03	BROOKS
7/14	GEIGER, RORY	355	21:47.955	07:15	11:43	14/74	11/30	+00:08:24	CESSFORD
8/14	DUGUAY, EMRIK	410	23:36.043	07:52	12:41	20/74	12/30	+00:10:12	CANMORE
9/14	ELLIOTT, SPENCER	346	23:53.344	07:57	12:50	22/74	13/30	+00:10:30	BROOKS
10/14	JANSMA, TUCKER	365	25:52.384	08:37	13:54	29/74	17/30	+00:12:29	BURSTALL
11/14	DE OLIVEIRA, BEN	399	27:40.419	09:13	14:52	35/74	18/30	+00:14:17	CANMORE
12/14	MOORE, BRIDGER	378	32:10.707	10:43	17:18	49/74	22/30	+00:18:47	BROOKS
13/14	OHLMANN, NEVAN	382	50:34.114	16:51	27:11	71/74	29/30	+00:37:10	COALDALE
14/14	FLORIN, NOAH	417	51:02.559	17:00	27:26	72/74	30/30	+00:37:39	BROOKS

3K13-19F - 3 Competitors

Cat/PI	Name	Bib #	Time	Pace/K	Pace/M	OA/PI	Gen/PI	Offset	City
1/3	FALKENBERG, PAIGE	348	21:57.926	07:19	11:48	17/74	6/44	+00:00:00	BROOKS
2/3	JUPP, MCKENNA	370	22:12.929	07:24	11:56	18/74	7/44	+00:00:15	BROOKS
3/3	GROVE, ALEXA	358	36:14.994	12:04	19:29	55/74	30/44	+00:14:17	MEDICINE HAT

3K13-19M - 2 Competitors

Cat/PI	Name	Bib #	Time	Pace/K	Pace/M	OA/PI	Gen/PI	Offset	City
1/2	KEENAN, MALACHI	372	32:37.365	10:52	17:32	51/74	24/30	+00:00:00	BROOKS
2/2	GROVE, LUKAS	361	35:08.697	11:42	18:53	54/74	25/30	+00:02:31	MEDICINE HAT

3K20-29F - 6 Competitors

Cat/PI	Name	Bib #	Time	Pace/K	Pace/M	OA/PI	Gen/PI	Offset	City
1/6	HUTCHINSON, SARA	401	17:31.264	05:50	09:25	6/74	1/44	+00:00:00	VULCAN
2/6	BARTLETT, PAIGE	340	21:48.185	07:16	11:43	15/74	4/44	+00:04:16	LETHBRIDGE
3/6	INGRAM, KARLEIGH	398	27:49.909	09:16	14:57	36/74	18/44	+00:10:18	CHESTERMERE
4/6	DINGWALL, HANNAH	342	29:38.621	09:52	15:56	44/74	25/44	+00:12:07	BROOKS
5/6	STOLZ, KRISTEN	389	37:35.371	12:31	20:12	61/74	35/44	+00:20:04	DUCHESS
6/6	WOLF, RACHEL	396	48:53.254	16:17	26:17	69/74	42/44	+00:31:21	BROOKS

3K20-29M - 3 Competitors

Cat/PI	Name	Bib #	Time	Pace/K	Pace/M	OA/PI	Gen/PI	Offset	City
1/3	MUELLER, ANDRE	402	17:43.348	05:54	09:31	7/74	6/30	+00:00:00	MONTREAL
2/3	PRATT, DORIAN	383	24:46.060	08:15	13:18	27/74	16/30	+00:07:02	BROOKS
3/3	WOLF, NATHAN	395	48:53.413	16:17	26:17	70/74	28/30	+00:31:10	BROOKS

3K30-39F - 6 Competitors

Cat/PI	Name	Bib #	Time	Pace/K	Pace/M	OA/PI	Gen/PI	Offset	City
1/6	FIORITA, ROZELLE	397	21:21.642	07:07	11:29	13/74	3/44	+00:00:00	BROOK
2/6	JANSMA, STACEY	364	25:52.528	08:37	13:54	30/74	13/44	+00:04:30	BURSTALL
3/6	KEENAN, KATELYNN	371	32:37.718	10:52	17:32	52/74	28/44	+00:11:16	BROOKS
4/6	DAAG, DEAELE	419	33:14.910	11:04	17:52	53/74	29/44	+00:11:53	RICHMOUND
5/6	GROENENBERG, MARCIA	356	46:29.657	15:29	24:59	67/74	40/44	+00:25:08	BROOKS
6/6	SINCLAIR, LAUREN	385	46:44.991	15:34	25:08	68/74	41/44	+00:25:23	BROOKS

OA/PI = Overall Placing

Cat/PI = Category Placing

Gen/PI = Overall Gender Placing

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

Category Results

3K - 1.86 Miles
74 Finishers

3K30-39M - 4 Competitors

Cat/PI	Name	Bib #	Time	Pace/K	Pace/M	OA/PI	Gen/PI	Offset	City
1/4	BARTLETT, DUSTIN	339	18:15.422	06:05	09:48	9/74	8/30	+00:00:00	LETHBRIDGE
2/4	JOHNSON, JOSIAH	367	28:24.066	09:28	15:16	39/74	19/30	+00:10:08	BROOKS
3/4	DEVALERIOLA, MIKE	406	32:35.143	10:51	17:31	50/74	23/30	+00:14:19	BROOKS
4/4	ELLIOTT, ROB	345	37:53.748	12:37	20:22	64/74	27/30	+00:19:38	BROOKS

3K40-49F - 8 Competitors

Cat/PI	Name	Bib #	Time	Pace/K	Pace/M	OA/PI	Gen/PI	Offset	City
1/8	MESHEN, MICHELLE	377	22:40.929	07:33	12:11	19/74	8/44	+00:00:00	MEDICINE HAT
2/8	VONKROGH, ERIKA	411	24:08.266	08:02	12:58	26/74	11/44	+00:01:27	CANMORE
3/8	SHAND, TRINA	384	24:48.826	08:16	13:20	28/74	12/44	+00:02:07	BROOKS
4/8	NOWACZYK, STEPHANIE	403	27:09.683	09:03	14:36	33/74	16/44	+00:04:28	BROOKS
5/8	BEST, BUFFY	341	37:32.215	12:30	20:10	60/74	34/44	+00:14:51	BROOKS
6/8	SPRUNGER, KATE	386	37:35.889	12:31	20:12	62/74	36/44	+00:14:54	LAKE NEWELL RE
7/8	GALESKI, ROCHELLE	354	37:53.327	12:37	20:22	63/74	37/44	+00:15:12	BROOKS
8/8	ELLIOTT, TANYA	347	37:54.991	12:38	20:23	65/74	38/44	+00:15:14	BROOKS

3K40-49M - 4 Competitors

Cat/PI	Name	Bib #	Time	Pace/K	Pace/M	OA/PI	Gen/PI	Offset	City
1/4	GABRIELLE, TRENT	352	17:11.771	05:43	09:14	4/74	4/30	+00:00:00	LAKE NEWELL RE
2/4	WAGNER, DARREN	391	20:27.786	06:49	11:00	12/74	10/30	+00:03:16	BROOKS
3/4	ASHRAFF, OMAR	412	23:54.600	07:58	12:51	24/74	15/30	+00:06:42	CALGARY
4/4	MOORE, KALLEN	379	32:08.670	10:42	17:16	48/74	21/30	+00:14:56	BROOKS

3K50-59F - 2 Competitors

Cat/PI	Name	Bib #	Time	Pace/K	Pace/M	OA/PI	Gen/PI	Offset	City
1/2	GROVE, CONNIE	359	29:33.429	09:51	15:53	43/74	24/44	+00:00:00	MEDICINE HAT
2/2	DINGWALL, TANYA	343	29:39.678	09:53	15:56	45/74	26/44	+00:00:06	BROOKS

3K60-69F - 2 Competitors

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

3K60-69M - 1 Competitors

Cat/PI	Name	Bib #	Time	Pace/K	Pace/M	OA/PI	Gen/PI	Offset	City
1/1	GROVE, TOM	362	36:39.278	12:13	19:42	57/74	26/30	+00:00:00	DUCHESS

3K70+F - 1 Competitors

Cat/PI	Name	Bib #	Time	Pace/K	Pace/M	OA/PI	Gen/PI	Offset	City
1/1	JOHNSON, WILMA	407	28:03.494	09:21	15:05	37/74	19/44	+00:00:00	BROOKS

3K70+M - 1 Competitors

Cat/PI	Name	Bib #	Time	Pace/K	Pace/M	OA/PI	Gen/PI	Offset	City
1/1	JOHNSON, ED	408	29:49.622	09:56	16:02	46/74	20/30	+00:00:00	BROOKS