

OA/PI = Overall Placing

Cat/PI = Category Placing

Gen/PI = Overall Gender Placing

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

## Category Results

## 5K Run - 3.1 Miles

96 Finishers

## 5K12&amp;UF - 6 Competitors

Cat/PI	Name	Bib #	Time	Pace/K	Pace/M	OA/PI	Gen/PI	Offset	City
1/6	HEAL, STEVIE	796	26:03.176	05:12	08:22	26/96	4/52	+00:00:00	CANMORE
2/6	CAMIRE, EMILIE	712	26:03.925	05:12	08:22	27/96	5/52	+00:00:00	CANMORE
3/6	CAMIRE, LIANNE	714	26:04.122	05:12	08:22	28/96	6/52	+00:00:00	CANMORE
4/6	OHLMANN, KARLI	758	32:56.534	06:35	10:35	64/96	26/52	+00:06:53	COALDALE
5/6	MOORE, LYNLEE	752	33:38.711	06:43	10:49	66/96	28/52	+00:07:35	BROOKS
6/6	DESJARDINS, NADIA	718	50:32.404	10:06	16:15	88/96	45/52	+00:24:29	TILLEY

## 5K12&amp;UM - 9 Competitors

Cat/PI	Name	Bib #	Time	Pace/K	Pace/M	OA/PI	Gen/PI	Offset	City
1/9	HEAL, PARKS	797	24:31.485	04:54	07:53	19/96	18/44	+00:00:00	CANMORE
2/9	GUNN, TY	732	24:35.922	04:55	07:54	20/96	19/44	+00:00:04	CANMORE
3/9	WIENS, VINCENT	776	25:00.022	05:00	08:02	22/96	21/44	+00:00:28	ROSEMARY
4/9	GUNN, BURKE	731	27:44.935	05:32	08:55	37/96	26/44	+00:03:13	CANMORE
5/9	GAUVREAU, LUKA	725	28:49.716	05:45	09:16	42/96	27/44	+00:04:18	CANMORE
6/9	JENKINS, ELI	736	29:06.319	05:49	09:21	43/96	28/44	+00:04:34	CANMORE
7/9	WOOD, EAMON	778	29:06.825	05:49	09:21	44/96	29/44	+00:04:35	CANMORE
8/9	WOOD, NORTH	779	29:26.726	05:53	09:28	46/96	31/44	+00:04:55	CANMORE
9/9	WAGNER, CHARLIE	774	35:26.967	07:05	11:23	72/96	41/44	+00:10:55	BROOKS

## 5K13-19F - 11 Competitors

Cat/PI	Name	Bib #	Time	Pace/K	Pace/M	OA/PI	Gen/PI	Offset	City
1/11	MAXWELL-LYST, SARAYE	744	26:13.861	05:14	08:26	30/96	7/52	+00:00:00	LAKE NEWELL RE
2/11	KIBSEY, NADIA	738	26:57.823	05:23	08:40	32/96	8/52	+00:00:43	BROOKS
3/11	HEAL, VERA	795	27:09.297	05:25	08:43	34/96	9/52	+00:00:55	CANMORE
4/11	HEAL, SOPHIE	734	27:29.906	05:29	08:50	35/96	10/52	+00:01:16	LAKE NEWELL RE
5/11	JENKINS, ANNIKA	735	28:13.072	05:38	09:04	38/96	12/52	+00:01:59	CANMORE
6/11	BECKER, DALYS	705	28:14.704	05:38	09:04	39/96	13/52	+00:02:00	BROOKS
7/11	BEST, PAIZLEY	708	28:15.667	05:39	09:05	40/96	14/52	+00:02:01	BROOKS
8/11	MOSSING, CLAIRE	753	30:30.792	06:06	09:48	54/96	20/52	+00:04:16	FOOTHILLS
9/11	REDELBACK, ALEAH	786	35:45.485	07:09	11:29	74/96	32/52	+00:09:31	BROOKS
10/11	HOFER, MYAH	780	35:48.040	07:09	11:30	75/96	33/52	+00:09:34	BROOKS
11/11	GOODSTRIKER, KARLI	798	1:07:11.502	13:26	21:36	96/96	52/52	+00:40:57	STANDOFF

## 5K13-19M - 10 Competitors

Cat/PI	Name	Bib #	Time	Pace/K	Pace/M	OA/PI	Gen/PI	Offset	City
1/10	MESHEN, GAVIN	749	21:37.145	04:19	06:57	8/96	8/44	+00:00:00	MEDICINE HAT
2/10	SARGEANT, REID	769	21:38.918	04:19	06:57	9/96	9/44	+00:00:01	CALGARY
3/10	FRIESEN, RYLEN	723	22:16.339	04:27	07:09	10/96	10/44	+00:00:39	BROOKS
4/10	FRIESEN, KADEN	722	22:18.672	04:27	07:10	11/96	11/44	+00:00:41	BROOKS
5/10	AL-SHEMARI, MURTAZA	701	23:12.623	04:38	07:27	12/96	12/44	+00:01:35	BROOKS
6/10	NUN, KYLAN	757	24:05.915	04:49	07:44	14/96	14/44	+00:02:28	CALGARY
7/10	MAXWELL-LYST, TOR	746	26:21.572	05:16	08:28	31/96	24/44	+00:04:44	LAKE NEWELL RE
8/10	LANE, MICKY	782	30:09.170	06:01	09:41	51/96	34/44	+00:08:32	SHAUNAVON
9/10	LANE, TERRY	783	31:31.761	06:18	10:08	57/96	36/44	+00:09:54	SHAUNAVON
10/10	WAGNER, PEYTON	775	35:27.421	07:05	11:24	73/96	42/44	+00:13:50	BROOKS

## 5K20-29F - 7 Competitors

Cat/PI	Name	Bib #	Time	Pace/K	Pace/M	OA/PI	Gen/PI	Offset	City
1/7	KEARLEY, MEGHAN	743	25:00.503	05:00	08:02	23/96	2/52	+00:00:00	BROOKS
2/7	GUBBINS, KELSEY	806	32:39.954	06:31	10:30	61/96	23/52	+00:07:39	RAINIER
3/7	BRUDER, DAKODA	805	32:40.070	06:32	10:30	62/96	24/52	+00:07:39	RAINIER
4/7	MOTIKA, MILANA	755	34:58.492	06:59	11:14	70/96	31/52	+00:09:57	BROOKS
5/7	OJALA, TORRI	785	37:18.245	07:27	11:59	77/96	35/52	+00:12:17	LAKE NEWELL RE
6/7	GREEN, EMMA	728	40:40.914	08:08	13:04	80/96	37/52	+00:15:40	BROOKS
7/7	TAYLOR, SHONDRA	772	40:41.081	08:08	13:04	81/96	38/52	+00:15:40	BROOKS

## 5K20-29M - 10 Competitors

Cat/PI	Name	Bib #	Time	Pace/K	Pace/M	OA/PI	Gen/PI	Offset	City
1/10	BLACKMORE, ABE	710	19:32.417	03:54	06:16	2/96	2/44	+00:00:00	CALGARY
2/10	LAWRENCE, JACK	740	20:19.329	04:03	06:32	5/96	5/44	+00:00:46	CALGARY
3/10	BECKER, WAYLON	707	20:32.366	04:06	06:36	6/96	6/44	+00:00:59	CALGARY
4/10	TAYLOR, CARSON	792	23:14.935	04:38	07:28	13/96	13/44	+00:03:42	BROOKS
5/10	KEARLEY, CALEB	737	24:11.985	04:50	07:46	15/96	15/44	+00:04:39	CRAVEN
6/10	ABRAHAM, NAHON	801	24:20.606	04:52	07:49	16/96	16/44	+00:04:48	BROOKS
7/10	SANTA MARIA, ERIC	802	24:21.118	04:52	07:49	17/96	17/44	+00:04:48	BROOKS
8/10	CANTE, FRANCISCO	800	25:58.682	05:11	08:21	25/96	22/44	+00:06:26	BROOKS
9/10	OJALA, MATTHEW	784	40:14.675	08:02	12:56	79/96	43/44	+00:20:42	LAKE NEWELL RE
10/10	PEDIDA, ROCH	759	51:38.631	10:19	16:36	90/96	44/44	+00:32:06	CALGARY

OA/PI = Overall Placing

Cat/PI = Category Placing

Gen/PI = Overall Gender Placing

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

## Category Results

## 5K Run - 3.1 Miles

96 Finishers

## 5K30-39F - 8 Competitors

Cat/PI	Name	Bib #	Time	Pace/K	Pace/M	OA/PI	Gen/PI	Offset	City
1/8	MCMEEKEN, SHEVAUN	748	24:21.665	04:52	07:49	18/96	1/52	+00:00:00	BROOKS
2/8	KRUEGER, SYDNEY	739	27:40.404	05:32	08:53	36/96	11/52	+00:03:18	BROOKS
3/8	PIHRAG, RACHEL	762	32:45.950	06:33	10:32	63/96	25/52	+00:08:24	BROOKS
4/8	TIFFIN, LISA	773	36:34.570	07:18	11:45	76/96	34/52	+00:12:12	BROOKS
5/8	ANDERSON, JAYNE	702	39:56.245	07:59	12:50	78/96	36/52	+00:15:34	CALGARY
6/8	ECKERT, JAMIELYNN	719	49:27.951	09:53	15:54	85/96	42/52	+00:25:06	DUCHESS
7/8	REISS, SHAWNA	763	49:34.221	09:54	15:56	86/96	43/52	+00:25:12	DUCHESS
8/8	ROMMENS, MARINA	766	57:13.224	11:26	18:23	91/96	47/52	+00:32:51	DUCHESS

## 5K30-39M - 4 Competitors

Cat/PI	Name	Bib #	Time	Pace/K	Pace/M	OA/PI	Gen/PI	Offset	City
1/4	ROMMENS, SCOTT	789	21:34.884	04:18	06:56	7/96	7/44	+00:00:00	DUCHESS
2/4	CUTTER, KYLE	715	29:41.456	05:56	09:32	50/96	33/44	+00:08:06	BROOKS
3/4	MCMEEKEN, CRAIG	747	34:07.678	06:49	10:58	68/96	39/44	+00:12:32	BROOKS
4/4	CORBETT, NICHOLAS	793	35:01.864	07:00	11:15	71/96	40/44	+00:13:26	BROOKS

## 5K40-49F - 10 Competitors

Cat/PI	Name	Bib #	Time	Pace/K	Pace/M	OA/PI	Gen/PI	Offset	City
1/10	MAXWELL-LYST, TERECE	745	25:48.393	05:09	08:17	24/96	3/52	+00:00:00	LAKE NEWELL RE
2/10	BECKER, KELTY	706	30:15.957	06:03	09:43	52/96	18/52	+00:04:27	BROOKS
3/10	ANDERSON, SHARLENE	703	32:31.634	06:30	10:27	60/96	22/52	+00:06:43	MEDICINE HAT
4/10	MOORE, KEELY	751	33:39.447	06:43	10:49	67/96	29/52	+00:07:51	BROOKS
5/10	RICE, KATHY	764	34:13.319	06:50	11:00	69/96	30/52	+00:08:24	DUCHESS
6/10	SHEA, JENNIFER	790	43:17.955	08:39	13:55	83/96	40/52	+00:17:29	CANMORE
7/10	PHARAND, KARINE	760	43:18.476	08:39	13:55	84/96	41/52	+00:17:30	CANMORE
8/10	DESJARDINS, BOJANA	717	50:32.130	10:06	16:14	87/96	44/52	+00:24:43	TILLEY
9/10	HOGG, MELINDA	791	59:44.237	11:56	19:12	94/96	50/52	+00:33:55	DUCHESS
10/10	GOODSTRIKER, CHRISSY	727	1:07:11.026	13:26	21:36	95/96	51/52	+00:41:22	STANDOFF

## 5K40-49M - 8 Competitors

Cat/PI	Name	Bib #	Time	Pace/K	Pace/M	OA/PI	Gen/PI	Offset	City
1/8	MOSSING, TYRON	754	18:13.146	03:38	05:51	1/96	1/44	+00:00:00	FOOTHILLS
2/8	CAMIRE, FELIX	713	19:37.637	03:55	06:18	3/96	3/44	+00:01:24	CANMORE
3/8	MESHEN, ROBBIE	750	19:50.458	03:58	06:22	4/96	4/44	+00:01:37	MEDICINE HAT
4/8	DE OLIVEIRA, JUSTIN	787	24:49.925	04:57	07:59	21/96	20/44	+00:06:36	CANMORE
5/8	HEAL, PETER	733	27:08.245	05:25	08:43	33/96	25/44	+00:08:55	LAKE NEWELL RE
6/8	WOOD, DANNY	777	29:26.771	05:53	09:28	47/96	32/44	+00:11:13	CANMORE
7/8	LANE, JESSE	781	31:51.177	06:22	10:14	58/96	37/44	+00:13:38	SHAUNAVON
8/8	ARTHUR, JEFF	704	32:27.034	06:29	10:26	59/96	38/44	+00:14:13	BROOKS

## 5K50-59F - 6 Competitors

Cat/PI	Name	Bib #	Time	Pace/K	Pace/M	OA/PI	Gen/PI	Offset	City
1/6	SLORSTAD, TERESA	770	29:31.867	05:54	09:29	48/96	16/52	+00:00:00	SUNNYNOOK
2/6	HELPS, KRISTA	761	30:26.065	06:05	09:47	53/96	19/52	+00:00:54	CALGARY
3/6	MACDONALD, CATHY	742	31:03.269	06:12	09:59	56/96	21/52	+00:01:31	BROOKS
4/6	BISCHOFF, REJEANNE	709	50:57.056	10:11	16:22	89/96	46/52	+00:21:25	FOX VALLEY
5/6	MATSON, DESIREE	799	57:17.362	11:27	18:25	92/96	48/52	+00:27:45	BLUFFTON
6/6	FULTON, CARA	724	59:43.845	11:56	19:12	93/96	49/52	+00:30:11	DUCHESS

## 5K50-59M - 1 Competitors

Cat/PI	Name	Bib #	Time	Pace/K	Pace/M	OA/PI	Gen/PI	Offset	City
1/1	GROVE, JOE	729	30:49.360	06:09	09:54	55/96	35/44	+00:00:00	MEDICINE HAT

## 5K60-69F - 3 Competitors

Cat/PI	Name	Bib #	Time	Pace/K	Pace/M	OA/PI	Gen/PI	Offset	City
1/3	EGGER, JANICE	720	28:43.251	05:44	09:14	41/96	15/52	+00:00:00	CANMORE
2/3	ROMMENS, JANET	765	29:35.778	05:55	09:30	49/96	17/52	+00:00:52	BROOKS
3/3	LIBOIRON, LORRAINE	741	33:04.961	06:36	10:38	65/96	27/52	+00:04:21	MEDICINE HAT

## 5K60-69M - 2 Competitors

Cat/PI	Name	Bib #	Time	Pace/K	Pace/M	OA/PI	Gen/PI	Offset	City
1/2	EGGER, SCOTT	721	26:10.384	05:14	08:24	29/96	23/44	+00:00:00	CANMORE
2/2	ROMMENS, WENDELL	767	29:23.776	05:52	09:27	45/96	30/44	+00:03:13	BROOKS

## 5K70+F - 1 Competitors

Cat/PI	Name	Bib #	Time	Pace/K	Pace/M	OA/PI	Gen/PI	Offset	City
1/1	HEAL, TRUDI	794	43:05.890	08:37	13:51	82/96	39/52	+00:00:00	LAKE NEWELL RE