

## Overall Gender Results

3K - 1.86 Miles

## Female

Gender	Name	Bib#	Time	Pace/K	Pace/M	Category	Cat	O/A	City
1/44	HUTCHINSON, SARA	401	17:31.264	05:50	09:25	3K20-29F	1/6	6/74	VULCAN, ALBERTA
2/44	ASHRAFF, ALYSSA	413	20:27.103	06:49	10:59	3K12&UF	1/17	11/74	CALGARY, AB
3/44	FIORITA, ROZELLE	397	21:21.642	07:07	11:29	3K30-39F	1/6	13/74	BROOK, ALBERTA
4/44	BARTLETT, PAIGE	340	21:48.185	07:16	11:43	3K20-29F	2/6	15/74	LETHBRIDGE, ALBERTA
5/44	NOWACZYK, KAYDENCE	404	21:54.615	07:18	11:46	3K12&UF	2/17	16/74	BROOKS, ALBERTA
6/44	FALKENBERG, PAIGE	348	21:57.926	07:19	11:48	3K13-19F	1/3	17/74	BROOKS, ALBERTA
7/44	JUPP, MCKENNA	370	22:12.929	07:24	11:56	3K13-19F	2/3	18/74	BROOKS, ALBERTA
8/44	MESHEN, MICHELLE	377	22:40.929	07:33	12:11	3K40-49F	1/8	19/74	MEDICINE HAT, ALBERTA
9/44	GALESKI, MAGDALEN	353	23:47.331	07:55	12:47	3K12&UF	3/17	21/74	BROOKS, ALBERTA
10/44	DUGUAY, AUBREY	409	24:07.341	08:02	12:58	3K12&UF	5/17	25/74	CANMORE, AB
11/44	VONKROGH, ERIKA	411	24:08.266	08:02	12:58	3K40-49F	2/8	26/74	CANMORE, AB
12/44	SHAND, TRINA	384	24:48.826	08:16	13:20	3K40-49F	3/8	28/74	BROOKS, ALBERTA
13/44	JANSMA, STACEY	364	25:52.528	08:37	13:54	3K30-39F	2/6	30/74	BURSTALL, SASKATCHEW
14/44	OHLMANN, AUDRA	381	26:52.406	08:57	14:26	3K12&UF	6/17	31/74	COALDALE, ALBERTA
15/44	NOWACZYK, JENNA	405	27:01.941	09:00	14:32	3K12&UF	7/17	32/74	BROOKS, ALBERTA
16/44	NOWACZYK, STEPHANIE	403	27:09.683	09:03	14:36	3K40-49F	4/8	33/74	BROOKS, ALBERTA
17/44	ELLIOTT, HARPER	344	27:18.957	09:06	14:41	3K12&UF	8/17	34/74	BROOKS, ALBERTA
18/44	INGRAM, KARLEIGH	398	27:49.909	09:16	14:57	3K20-29F	3/6	36/74	CHESTERMERE, ALBERTA
19/44	JOHNSON, WILMA	407	28:03.494	09:21	15:05	3K70+F	1/1	37/74	BROOKS, ALBERTA
20/44	JOHNSON, ELIZA	366	28:23.690	09:27	15:15	3K12&UF	9/17	38/74	BROOKS, ALBERTA
21/44	JOHNSON, NAOMI	369	28:24.482	09:28	15:16	3K12&UF	10/17	40/74	BROOKS, ALBERTA
22/44	BISCHOFF, ALEIYAH	418	28:58.845	09:39	15:34	3K12&UF	11/17	41/74	FOX VALLEY, SASKATCHE
23/44	JANSMA, FAITH	363	28:59.127	09:39	15:35	3K12&UF	12/17	42/74	BURSTALL, SASKATCHEW
24/44	GROVE, CONNIE	359	29:33.429	09:51	15:53	3K50-59F	1/2	43/74	MEDICINE HAT, ALBERTA
25/44	DINGWALL, HANNAH	342	29:38.621	09:52	15:56	3K20-29F	4/6	44/74	BROOKS, ALBERTA
26/44	DINGWALL, TANYA	343	29:39.678	09:53	15:56	3K50-59F	2/2	45/74	BROOKS, ALBERTA
27/44	MOORE, QUINCY	380	31:35.607	10:31	16:59	3K12&UF	13/17	47/74	BROOKS, ALBERTA
28/44	KEENAN, KATELYNN	371	32:37.718	10:52	17:32	3K30-39F	3/6	52/74	BROOKS, ALBERTA
29/44	DAAG, DEAELE	419	33:14.910	11:04	17:52	3K30-39F	4/6	53/74	RICHMOUND, SASKATCHE
30/44	GROVE, ALEXA	358	36:14.994	12:04	19:29	3K13-19F	3/3	55/74	MEDICINE HAT, ALBERTA
31/44	GROVE, JOANNE	360	36:19.000	12:06	19:31	3K60-69F	1/2	56/74	DUCHESS, ALBERTA
32/44	SPRUNGER, WESSY	387	37:28.466	12:29	20:08	3K12&UF	14/17	58/74	LAKE NEWELL RESORT, A
33/44	SPRUNGER, ZOE	388	37:29.466	12:29	20:09	3K12&UF	15/17	59/74	LAKE NEWELL RESORT, A
34/44	BEST, BUFFY	341	37:32.215	12:30	20:10	3K40-49F	5/8	60/74	BROOKS, ALBERTA
35/44	STOLZ, KRISTEN	389	37:35.371	12:31	20:12	3K20-29F	5/6	61/74	DUCHESS, ALBERTA
36/44	SPRUNGER, KATE	386	37:35.889	12:31	20:12	3K40-49F	6/8	62/74	LAKE NEWELL RESORT, A
37/44	GALESKI, ROCHELLE	354	37:53.327	12:37	20:22	3K40-49F	7/8	63/74	BROOKS, ALBERTA
38/44	ELLIOTT, TANYA	347	37:54.991	12:38	20:23	3K40-49F	8/8	65/74	BROOKS, ALBERTA
39/44	GROENENBERG, MARLY	357	46:01.360	15:20	24:44	3K12&UF	16/17	66/74	BROOKS, ALBERTA
40/44	GROENENBERG, MARCIA	356	46:29.657	15:29	24:59	3K30-39F	5/6	67/74	BROOKS, ALBERTA
41/44	SINCLAIR, LAUREN	385	46:44.991	15:34	25:08	3K30-39F	6/6	68/74	BROOKS, ALBERTA
42/44	WOLF, RACHEL	396	48:53.254	16:17	26:17	3K20-29F	6/6	69/74	BROOKS, ALBERTA
43/44	FLORIN, ANFREA	416	51:04.417	17:01	27:27	3K12&UF	17/17	73/74	BROOKS, AB
44/44	ROSS, ROXANNE	415	51:06.072	17:02	27:28	3K60-69F	2/2	74/74	BROOKS, AB

## Overall Gender Results

## 3K - 1.86 Miles

## Male

Gender	Name	Bib#	Time	Pace/K	Pace/M	Category	Cat	O/A	City
1/30	GABRIELLE, NASH	350	13:23.273	04:27	07:11	3K12&UM	1/14	1/74	LAKE NEWELL RESORT, A
2/30	MANG, BENJAMIN	374	15:31.401	05:10	08:20	3K12&UM	2/14	2/74	CALGARY, ALBERTA
3/30	GABRIELLE, FOX	349	17:07.759	05:42	09:12	3K12&UM	3/14	3/74	LAKE NEWELL RESORT, A
4/30	GABRIELLE, TRENT	352	17:11.771	05:43	09:14	3K40-49M	1/4	4/74	LAKE NEWELL RESORT, A
5/30	DE OLIVEIRA, JACK	400	17:16.181	05:45	09:17	3K12&UM	4/14	5/74	CANMORE, ALBERTA
6/30	MUELLER, ANDRE	402	17:43.348	05:54	09:31	3K20-29M	1/3	7/74	MONTREAL, QUEBEC
7/30	MANG, DANIEL	375	17:50.725	05:56	09:35	3K12&UM	5/14	8/74	CALGARY, ALBERTA
8/30	BARTLETT, DUSTIN	339	18:15.422	06:05	09:48	3K30-39M	1/4	9/74	LETHBRIDGE, ALBERTA
9/30	WAGNER, NICHOLAS	392	20:27.077	06:49	10:59	3K12&UM	6/14	10/74	BROOKS, ALBERTA
10/30	WAGNER, DARREN	391	20:27.786	06:49	11:00	3K40-49M	2/4	12/74	BROOKS, ALBERTA
11/30	GEIGER, RORY	355	21:47.955	07:15	11:43	3K12&UM	7/14	14/74	CESSFORD, ALBERTA
12/30	DUGUAY, EMRIK	410	23:36.043	07:52	12:41	3K12&UM	8/14	20/74	CANMORE, AB
13/30	ELLIOTT, SPENCER	346	23:53.344	07:57	12:50	3K12&UM	9/14	22/74	BROOKS, ALBERTA
14/30	ASHRAFF, AYRTON	414	23:53.379	07:57	12:50	3K12&UF	4/17	23/74	CALGARY, AB
15/30	ASHRAFF, OMAR	412	23:54.600	07:58	12:51	3K40-49M	3/4	24/74	CALGARY, AB
16/30	PRATT, DORIAN	383	24:46.060	08:15	13:18	3K20-29M	2/3	27/74	BROOKS, ALBERTA
17/30	JANSMA, TUCKER	365	25:52.384	08:37	13:54	3K12&UM	10/14	29/74	BURSTALL, SASKATCHEW
18/30	DE OLIVEIRA, BEN	399	27:40.419	09:13	14:52	3K12&UM	11/14	35/74	CANMORE, ALBERTA
19/30	JOHNSON, JOSIAH	367	28:24.066	09:28	15:16	3K30-39M	2/4	39/74	BROOKS, ALBERTA
20/30	JOHNSON, ED	408	29:49.622	09:56	16:02	3K70+M	1/1	46/74	BROOKS, ALBERTA
21/30	MOORE, KALLEN	379	32:08.670	10:42	17:16	3K40-49M	4/4	48/74	BROOKS, ALBERTA
22/30	MOORE, BRIDGER	378	32:10.707	10:43	17:18	3K12&UM	12/14	49/74	BROOKS, ALBERTA
23/30	DEVALERIOLA, MIKE	406	32:35.143	10:51	17:31	3K30-39M	3/4	50/74	BROOKS, ALBERTA
24/30	KEENAN, MALACHI	372	32:37.365	10:52	17:32	3K13-19M	1/2	51/74	BROOKS, ALBERTA
25/30	GROVE, LUKAS	361	35:08.697	11:42	18:53	3K13-19M	2/2	54/74	MEDICINE HAT, ALBERTA
26/30	GROVE, TOM	362	36:39.278	12:13	19:42	3K60-69M	1/1	57/74	DUCHESS, ALBERTA
27/30	ELLIOTT, ROB	345	37:53.748	12:37	20:22	3K30-39M	4/4	64/74	BROOKS, ALBERTA
28/30	WOLF, NATHAN	395	48:53.413	16:17	26:17	3K20-29M	3/3	70/74	BROOKS, ALBERTA
29/30	OHLMANN, NEVAN	382	50:34.114	16:51	27:11	3K12&UM	13/14	71/74	COALDALE, ALBERTA
30/30	FLORIN, NOAH	417	51:02.559	17:00	27:26	3K12&UM	14/14	72/74	BROOKS, AB