

OA/PI = Overall Placing
 Cat/PI = Category Placing
 Gen/PI = Overall Gender Placing

Category Award Results
 TOP 3 In Category

5K Run - 3.1 Miles
 114 Finishers

5K12&UF (Female) - 11 Competitors

Cat/PI	Name	Bib #	Time	Pace/K	Pace/M	Offset	OA/PI	Gen/PI	City
1/11	CAMIRÉ, LIANNE	818	30:41.411	06:08	09:52	+00:00:00	20/114	7/68	CANMORE
2/11	CAMIRÉ, ÉMILIE	819	30:42.217	06:08	09:52	+00:00:00	21/114	8/68	CANMORE
3/11	SVEISTRUP, ADELLE	887	39:05.789	07:49	12:34	+00:08:24	64/114	34/68	STRATHMORE

5K12&UM (Male) - 15 Competitors

Cat/PI	Name	Bib #	Time	Pace/K	Pace/M	Offset	OA/PI	Gen/PI	City
1/15	GABRIELLE, NASH	827	26:18.035	05:15	08:27	+00:00:00	5/114	5/46	LAKE NEWELL RE
2/15	WOOD, NORTH	908	26:38.489	05:19	08:33	+00:00:20	6/114	6/46	CANMORE
3/15	GUNN, TY	833	26:57.747	05:23	08:40	+00:00:39	7/114	7/46	CANMORE

5K13-19F (Female) - 6 Competitors

Cat/PI	Name	Bib #	Time	Pace/K	Pace/M	Offset	OA/PI	Gen/PI	City
1/6	BECKER, DALYS	812	29:29.883	05:53	09:29	+00:00:00	14/114	2/68	BROOKS
2/6	NIZNIK, EVA	863	36:04.340	07:12	11:35	+00:06:34	48/114	21/68	BROOKS
3/6	STRACH, ERIN	904	36:36.024	07:19	11:46	+00:07:06	51/114	24/68	BROOKS

5K13-19M (Male) - 4 Competitors

Cat/PI	Name	Bib #	Time	Pace/K	Pace/M	Offset	OA/PI	Gen/PI	City
1/4	BECKER, ZANE	865	27:18.979	05:27	08:47	+00:00:00	9/114	9/46	BROOKS
2/4	GAUVREAU, LUKA	829	30:50.963	06:10	09:55	+00:03:31	22/114	14/46	CANMORE
3/4	MAXWELL-LYST, TOR	857	31:58.586	06:23	10:16	+00:04:39	28/114	17/46	LAKE NEWELL RE

5K20-29F (Female) - 10 Competitors

Cat/PI	Name	Bib #	Time	Pace/K	Pace/M	Offset	OA/PI	Gen/PI	City
1/10	LUCYSHYN, ALEXIS	852	29:40.903	05:56	09:32	+00:00:00	16/114	4/68	CALGARY
2/10	NADEAU, KENDRA	862	29:46.357	05:57	09:34	+00:00:05	17/114	5/68	BROOKS
3/10	MALCOLM, MJ	922	32:11.084	06:26	10:20	+00:02:30	30/114	12/68	BROOKS

5K20-29M (Male) - 4 Competitors

Cat/PI	Name	Bib #	Time	Pace/K	Pace/M	Offset	OA/PI	Gen/PI	City
1/4	BECKER, WAYLON	814	22:52.438	04:34	07:21	+00:00:00	2/114	2/46	BROOKS
2/4	NUNN, KYLAN	936	25:42.607	05:08	08:16	+00:02:50	3/114	3/46	CALGARY
3/4	BOVERO, MARIO	921	27:19.787	05:27	08:47	+00:04:27	10/114	10/46	BROOKS

5K30-39F (Female) - 14 Competitors

Cat/PI	Name	Bib #	Time	Pace/K	Pace/M	Offset	OA/PI	Gen/PI	City
1/14	ANDREWS, SAMANTHA	808	27:43.441	05:32	08:54	+00:00:00	11/114	1/68	BROOKS
2/14	KRUEGER, SYDNEY	845	30:32.048	06:06	09:49	+00:02:48	19/114	6/68	BROOKS
3/14	THUE, GLENDA	890	31:03.131	06:12	09:59	+00:03:19	23/114	9/68	BLACKIE

5K30-39M (Male) - 6 Competitors

Cat/PI	Name	Bib #	Time	Pace/K	Pace/M	Offset	OA/PI	Gen/PI	City
1/6	SANCHEZ, RODRIGO	872	32:01.736	06:24	10:17	+00:00:00	29/114	18/46	BROOKS
2/6	HANSEN, TYLER	834	32:20.256	06:28	10:23	+00:00:18	32/114	20/46	MAPLE CREEK
3/6	BARTLETT, DUSTIN	809	34:56.453	06:59	11:14	+00:02:54	41/114	25/46	BROOKS

5K40-49F (Female) - 18 Competitors

Cat/PI	Name	Bib #	Time	Pace/K	Pace/M	Offset	OA/PI	Gen/PI	City
1/18	MAXWELL-LYST, TERECE	856	29:40.355	05:56	09:32	+00:00:00	15/114	3/68	LAKE NEWELL RE
2/18	OKELL, ALISEN	923	31:18.900	06:15	10:04	+00:01:38	26/114	10/68	BROOKS
3/18	PAHL, STACEY	866	33:09.300	06:37	10:39	+00:03:28	34/114	14/68	DUNMORE

5K40-49M (Male) - 13 Competitors

Cat/PI	Name	Bib #	Time	Pace/K	Pace/M	Offset	OA/PI	Gen/PI	City
1/13	GAUVREAU, DAVID	828	26:07.911	05:13	08:24	+00:00:00	4/114	4/46	CANMORE
2/13	JANZEN, LEON	934	28:54.911	05:46	09:17	+00:02:47	12/114	11/46	CALGARY
3/13	HIPOLITO, JOHN	900	29:20.322	05:52	09:26	+00:03:12	13/114	12/46	BROOKS

5K50-59F (Female) - 4 Competitors

Cat/PI	Name	Bib #	Time	Pace/K	Pace/M	Offset	OA/PI	Gen/PI	City
1/4	ROWE, MICHELLE	935	35:48.845	07:09	11:30	+00:00:00	47/114	20/68	MEDICINE HAT
2/4	PHELPS, KRISTA	870	37:55.252	07:35	12:11	+00:02:06	60/114	30/68	LAKE NEWELL RE
3/4	NIZNIK, KRISTEN	931	41:19.519	08:15	13:17	+00:05:30	71/114	38/68	BROOKS

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Category Award Results

TOP 3 In Category

5K Run - 3.1 Miles

114 Finishers

5K50-59M (Male) - 4 Competitors

Cat/PI	Name	Bib #	Time	Pace/K	Pace/M	Offset	OA/PI	Gen/PI	City
1/4	MESHEN, ROBBIE	918	22:12.129	04:26	07:08	+00:00:00	1/114	1/46	MEDICINE HAT
2/4	COPELAND, TREVOR	919	35:42.664	07:08	11:28	+00:13:30	46/114	27/46	MEDICINE HAT
3/4	STRACH, DARREN	902	36:55.852	07:23	11:52	+00:14:43	53/114	28/46	BROOKS

5K60-69F (Female) - 4 Competitors

Cat/PI	Name	Bib #	Time	Pace/K	Pace/M	Offset	OA/PI	Gen/PI	City
1/4	LIBOIRON, LORRAINE	897	38:34.622	07:42	12:24	+00:00:00	62/114	32/68	MEDICINE HAT
2/4	ANDERSON, LORRAINE	807	44:26.681	08:53	14:17	+00:05:52	81/114	44/68	BONNINGTON
3/4	MARZOLF, ELAINE	901	51:04.412	10:12	16:25	+00:12:29	94/114	53/68	ROLLING HILLS

5K70+F (Female) - 1 Competitors

Cat/PI	Name	Bib #	Time	Pace/K	Pace/M	Offset	OA/PI	Gen/PI	City
1/1	HEAL, TRUDI	912	49:06.444	09:49	15:47	+00:00:00	91/114	51/68	BROOKS