

Overall Gender Results

5K - 3.1 Miles

Female

Gender	Name	Bib#	Time	Pace/K	Pace/M	Category	Cat	O/A	City
1/68	ANDREWS, SAMANTHA	808	27:43.441	05:32	08:54	5K30-39F	1/14	11/114	BROOKS, ALBERTA
2/68	BECKER, DALYS	812	29:29.883	05:53	09:29	5K13-19F	1/6	14/114	BROOKS, ALBERTA
3/68	MAXWELL-LYST, TERECE	856	29:40.355	05:56	09:32	5K40-49F	1/18	15/114	LAKE NEWELL RESORT, A
4/68	LUCYSHYN, ALEXIS	852	29:40.903	05:56	09:32	5K20-29F	1/10	16/114	CALGARY, ALBERTA
5/68	NADEAU, KENDRA	862	29:46.357	05:57	09:34	5K20-29F	2/10	17/114	BROOKS, ALBERTA
6/68	KRUEGER, SYDNEY	845	30:32.048	06:06	09:49	5K30-39F	2/14	19/114	BROOKS, ALBERTA
7/68	CAMIRÉ, LIANNE	818	30:41.411	06:08	09:52	5K12&UF	1/11	20/114	CANMORE, ALBERTA
8/68	CAMIRÉ, ÉMILIE	819	30:42.217	06:08	09:52	5K12&UF	2/11	21/114	CANMORE, ALBERTA
9/68	THUE, GLENDA	890	31:03.131	06:12	09:59	5K30-39F	3/14	23/114	BLACKIE, ALBERTA
10/68	OKELL, ALISEN	923	31:18.900	06:15	10:04	5K40-49F	2/18	26/114	BROOKS, ALBERTA
11/68	GUENTER, GRACE	899	31:34.695	06:18	10:09	5K30-39F	4/14	27/114	EDMONTON, ALBERTA
12/68	MALCOLM, MJ	922	32:11.084	06:26	10:20	5K20-29F	3/10	30/114	BROOKS, ALBERTA
13/68	JESSE, MEGAN	927	32:36.438	06:31	10:29	5K20-29F	4/10	33/114	MEDICINE HAT, AB
14/68	PAHL, STACEY	866	33:09.300	06:37	10:39	5K40-49F	3/18	34/114	DUNMORE, ALBERTA
15/68	CUTTER, SYLVIA	821	33:23.416	06:40	10:44	5K30-39F	5/14	35/114	BROOKS, ALBERTA
16/68	VOOYS, JESSY	905	34:11.676	06:50	10:59	5K30-39F	6/14	38/114	MILO, ALBERTA
17/68	BECKER, KELTY	813	35:13.648	07:02	11:19	5K40-49F	4/18	42/114	BROOKS, ALBERTA
18/68	KRAUSE, CHELSEY	843	35:25.377	07:05	11:23	5K30-39F	7/14	44/114	DELBURNE, ALBERTA
19/68	BEATON, LAUREL	924	35:27.417	07:05	11:24	5K40-49F	5/18	45/114	LAKE NEWELL RESORT, A
20/68	ROWE, MICHELLE	935	35:48.845	07:09	11:30	5K50-59F	1/4	47/114	MEDICINE HAT, AB
21/68	NIZNIK, EVA	863	36:04.340	07:12	11:35	5K13-19F	2/6	48/114	BROOKS, ALBERTA
22/68	EDMONSTONE, AMY	920	36:09.581	07:13	11:37	5K40-49F	6/18	49/114	CYPRESS COUNTY, ALBE
23/68	ANDERSON, SHARLENE	909	36:10.388	07:14	11:37	5K40-49F	7/18	50/114	MEDICINE HAT, ALBERTA
24/68	STRACH, ERIN	904	36:36.024	07:19	11:46	5K13-19F	3/6	51/114	BROOKS, ALBERTA
25/68	JONES, MAKENZIE	840	36:38.217	07:19	11:46	5K30-39F	8/14	52/114	RED DEER COUNTY, ALBE
26/68	STRACH, DENISE	903	36:56.086	07:23	11:52	5K40-49F	8/18	54/114	BROOKS, ALBERTA
27/68	ANDREWS, SHANNON	932	37:09.188	07:25	11:56	5K40-49F	9/18	56/114	BROOKS, ALBERTA
28/68	KRAUSE, JENNA	844	37:29.521	07:29	12:03	5K20-29F	5/10	58/114	CALGARY, ALBERTA
29/68	SMITH, KIRSTIN	882	37:32.649	07:30	12:04	5K30-39F	9/14	59/114	CHAMPION, ALBERTA
30/68	PHELPS, KRISTA	870	37:55.252	07:35	12:11	5K50-59F	2/4	60/114	LAKE NEWELL RESORT, A
31/68	HENRICKSON, CASSIDY	836	37:55.263	07:35	12:11	5K20-29F	6/10	61/114	PATRICIA, ALBERTA
32/68	LIBOIRON, LORRAINE	897	38:34.622	07:42	12:24	5K60-69F	1/4	62/114	MEDICINE HAT, ALBERTA
33/68	LUCYSHYN, BROOKLYNE	853	39:01.623	07:48	12:32	5K20-29F	7/10	63/114	CANMORE, ALBERTA
34/68	SVEISTRUP, ADELLE	887	39:05.789	07:49	12:34	5K12&UF	3/11	64/114	STRATHMORE, ALBERTA
35/68	HOLLAND, TAMMY	838	39:15.099	07:51	12:37	5K40-49F	10/18	66/114	CALGARY, ALBERTA
36/68	WAGNER, DALLAS	930	39:41.859	07:56	12:45	5K40-49F	11/18	67/114	BROOKS, ALBERTA
37/68	MCHARGUE, CRYSTAL	859	39:47.762	07:57	12:47	5K40-49F	12/18	70/114	MEDICINE HAT, ALBERTA
38/68	NIZNIK, KRISTEN	931	41:19.519	08:15	13:17	5K50-59F	3/4	71/114	BROOKS, ALBERTA
39/68	HICKEY, KEIRSTEN	837	41:31.570	08:18	13:21	5K30-39F	10/14	72/114	MEDICINE HAT, ALBERTA
40/68	MAGPANTAY, ROUELA	937	42:01.448	08:24	13:30	5K20-29F	8/10	74/114	BROOKS,
41/68	SUNLEY, BRANDIS	886	42:19.381	08:27	13:36	5K30-39F	11/14	75/114	BROOKS, ALBERTA
42/68	SMITH, KYLIE	928	42:29.753	08:29	13:39	5K13-19F	4/6	76/114	LAKE NEWELL, AB
43/68	NOWACZYK, KAYDENCE	915	42:30.832	08:30	13:40	5K13-19F	5/6	78/114	BROOKS, ALBERTA
44/68	ANDERSON, LORRAINE	807	44:26.681	08:53	14:17	5K60-69F	2/4	81/114	BONNINGTON, BRITISH C
45/68	CABALLERO, CAROLINA	816	45:34.493	09:06	14:39	5K40-49F	13/18	82/114	BROOKS, ALBERTA
46/68	SCHEIBNER, KAYLEY	875	45:37.701	09:07	14:40	5K30-39F	12/14	83/114	GEM, ALBERTA
47/68	LEFORT, MONIQUE	850	46:41.051	09:20	15:00	5K40-49F	14/18	86/114	STRATHMORE, ALBERTA
48/68	ROGERS, HADLEY	938	46:56.158	09:23	15:05	5K13-19F	6/6	87/114	CANMORE, AB
49/68	GREENHALGH, GENEVIEVE (830	47:54.793	09:34	15:24	5K12&UF	4/11	88/114	DUCHESS, ALBERTA
50/68	GREENHALGH, MARIE	831	47:54.932	09:34	15:24	5K40-49F	15/18	89/114	DUCHESS, ALBERTA
51/68	HEAL, TRUDI	912	49:06.444	09:49	15:47	5K70+F	1/1	91/114	BROOKS, ALBERTA
52/68	NIZNIK, JODI	864	50:01.692	10:00	16:05	5K50-59F	4/4	92/114	BROOKS, ALBERTA
53/68	MARZOLF, ELAINE	901	51:04.412	10:12	16:25	5K60-69F	3/4	94/114	ROLLING HILLS, ALBERTA
54/68	NOWACZYK, JENNA	914	51:06.236	10:13	16:25	5K12&UF	5/11	95/114	BROOKS, ALBERTA
55/68	WOLF, NEVEYA	894	51:06.457	10:13	16:25	5K12&UF	6/11	96/114	BROOKS, ALBERTA

2025 Dinosaur Pump It Up Run May 3/2025
Overall Gender Results

5K - 3.1 Miles

Female

Gender	Name	Bib#	Time	Pace/K	Pace/M	Category	Cat	O/A	City
56/68	WOLF, RACHEL	895	51:25.767	10:17	16:32	5K30-39F	13/14	98/114	BROOKS, ALBERTA
57/68	WOLF, TELEYA	896	51:26.709	10:17	16:32	5K12&UF	7/11	99/114	BROOKS, ALBERTA
58/68	NOWACZYK, STEPHANIE	916	51:32.671	10:18	16:34	5K40-49F	16/18	100/114	BROOKS, ALBERTA
59/68	DOERKSEN, LUCY	826	51:59.932	10:23	16:43	5K12&UF	8/11	102/114	GEM, ALBERTA
60/68	KUCZAJ, MONIKA	820	52:31.942	10:30	16:53	5K40-49F	17/18	103/114	CALGARY, ALBERTA
61/68	DOERKSEN, KATIE	825	56:09.333	11:13	18:03	5K30-39F	14/14	104/114	GEM, ALBERTA
62/68	DOERKSEN, JOSIE	824	56:09.534	11:13	18:03	5K12&UF	9/11	105/114	GEM, ALBERTA
63/68	SCHEIBNER, MADELINE	877	56:09.780	11:13	18:03	5K12&UF	10/11	106/114	GEM, ALBERTA
64/68	LATRACE, CALLIE	847	56:10.644	11:14	18:03	5K12&UF	11/11	107/114	BROOKS, ALBERTA
65/68	SANFORD, NADINE	873	56:23.960	11:16	18:08	5K40-49F	18/18	110/114	BROOKS, ALBERTA
66/68	SMITH, JUDY	881	57:49.507	11:33	18:35	5K60-69F	4/4	112/114	CHAMPION, ALBERTA
67/68	HARPER-FLORES, MEGHAN	910	1:02:12.894	12:26	20:00	5K20-29F	9/10	113/114	BROOKS, ALBERTA
68/68	HERRIMAN, ELEENA	911	1:02:13.314	12:26	20:00	5K20-29F	10/10	114/114	BROOKS, ALBERTA

Overall Gender Results

5K - 3.1 Miles

Male

Gender	Name	Bib#	Time	Pace/K	Pace/M	Category	Cat	O/A	City
1/46	MESHEN, ROBBIE	918	22:12.129	04:26	07:08	5K50-59M	1/4	1/114	MEDICINE HAT, ALBERTA
2/46	BECKER, WAYLON	814	22:52.438	04:34	07:21	5K20-29M	1/4	2/114	BROOKS, ALBERTA
3/46	NUNN, KYLAN	936	25:42.607	05:08	08:16	5K20-29M	2/4	3/114	CALGARY,
4/46	GAUVREAU, DAVID	828	26:07.911	05:13	08:24	5K40-49M	1/13	4/114	CANMORE, ALBERTA
5/46	GABRIELLE, NASH	827	26:18.035	05:15	08:27	5K12&UM	1/15	5/114	LAKE NEWELL RESORT, A
6/46	WOOD, NORTH	908	26:38.489	05:19	08:33	5K12&UM	2/15	6/114	CANMORE, ALBERTA
7/46	GUNN, TY	833	26:57.747	05:23	08:40	5K12&UM	3/15	7/114	CANMORE, ALBERTA
8/46	MANG, BEN	855	27:05.593	05:25	08:42	5K12&UM	4/15	8/114	CALGARY, ALBERTA
9/46	BECKER, ZANE	865	27:18.979	05:27	08:47	5K13-19M	1/4	9/114	BROOKS, ALBERTA
10/46	BOVERO, MARIO	921	27:19.787	05:27	08:47	5K20-29M	3/4	10/114	BROOKS, ALBERTA
11/46	JANZEN, LEON	934	28:54.911	05:46	09:17	5K40-49M	2/13	12/114	CALGARY, AB
12/46	HIPOLITO, JOHN	900	29:20.322	05:52	09:26	5K40-49M	3/13	13/114	BROOKS, ALBERTA
13/46	MCINTOSH, ADAM	860	30:15.735	06:03	09:43	5K40-49M	4/13	18/114	BROOKS, ALBERTA
14/46	GAUVREAU, LUKA	829	30:50.963	06:10	09:55	5K13-19M	2/4	22/114	CANMORE, ALBERTA
15/46	THUE, DAXX	898	31:04.412	06:12	09:59	5K12&UM	5/15	24/114	BLACKIE, ALBERTA
16/46	THUE, JOSH	933	31:09.627	06:13	10:01	5K40-49M	5/13	25/114	BLACKIE, ALBERTA
17/46	MAXWELL-LYST, TOR	857	31:58.586	06:23	10:16	5K13-19M	3/4	28/114	LAKE NEWELL RESORT, A
18/46	SANCHEZ, RODRIGO	872	32:01.736	06:24	10:17	5K30-39M	1/6	29/114	BROOKS, ALBERTA
19/46	HEAL, PETER	835	32:16.755	06:27	10:22	5K40-49M	6/13	31/114	LAKE NEWELL RESORT, A
20/46	HANSEN, TYLER	834	32:20.256	06:28	10:23	5K30-39M	2/6	32/114	MAPLE CREEK, SASKATCH
21/46	MAGPANTAY, ROBERT	925	33:35.915	06:43	10:48	5K40-49M	7/13	36/114	BROOKS, AB
22/46	VOOYS, RIO	907	34:11.087	06:50	10:59	5K12&UM	6/15	37/114	MILO, ALBERTA
23/46	SNIDER, JASON	883	34:52.500	06:58	11:12	5K40-49M	8/13	39/114	DUCHESS, ALBERTA
24/46	SNIDER, JUDAH	884	34:54.532	06:58	11:13	5K12&UM	7/15	40/114	DUCHESS, ALBERTA
25/46	BARTLETT, DUSTIN	809	34:56.453	06:59	11:14	5K30-39M	3/6	41/114	BROOKS, ALBERTA
26/46	GRIERSON, JEFF	917	35:16.633	07:03	11:20	5K40-49M	9/13	43/114	REVELSTOKE, BRITISH CO
27/46	COPELAND, TREVOR	919	35:42.664	07:08	11:28	5K50-59M	2/4	46/114	MEDICINE HAT, ALBERTA
28/46	STRACH, DARREN	902	36:55.852	07:23	11:52	5K50-59M	3/4	53/114	BROOKS, ALBERTA
29/46	NOWACZYK, COLIN	913	37:09.188	07:25	11:56	5K40-49M	10/13	55/114	BROOKS, ALBERTA
30/46	BAUMGARTEN, RYKER	811	37:18.691	07:27	11:59	5K12&UM	8/15	57/114	ROLLING HILLS, ALBERTA
31/46	SVEISTRUP, STEVE	889	39:13.375	07:50	12:36	5K40-49M	11/13	65/114	STRATHMORE, ALBERTA
32/46	WAGNER, PEYTON	892	39:42.690	07:56	12:46	5K13-19M	4/4	68/114	BROOKS, ALBERTA
33/46	WAGNER, CHARLIE	891	39:42.817	07:56	12:46	5K12&UM	9/15	69/114	BROOKS, ALBERTA
34/46	CALVILLO, FRANCISCO	817	41:56.850	08:23	13:29	5K40-49M	12/13	73/114	BROOKS, ALBERTA
35/46	MCMEEKEN, CRAIG	861	42:30.618	08:30	13:40	5K30-39M	4/6	77/114	BROOKS, ALBERTA
36/46	VILLAR, FRANCIS	926	44:13.523	08:50	14:13	5K20-29M	4/4	79/114	BROOKS, AB
37/46	OCAMPO, JAIRO	929	44:18.197	08:51	14:14	5K40-49M	13/13	80/114	BROOKS, ALBERTA
38/46	SCHEIBNER, BLAKE	874	45:50.999	09:10	14:44	5K12&UM	10/15	84/114	GEM, ALBERTA
39/46	SVEISTRUP, LUC	888	46:33.458	09:18	14:58	5K12&UM	11/15	85/114	STRATHMORE, ALBERTA
40/46	MACDONALD, DAN	854	48:39.137	09:43	15:38	5K50-59M	4/4	90/114	BROOKS, ALBERTA
41/46	RITCHIE, BRANSON	871	50:58.194	10:11	16:23	5K12&UM	12/15	93/114	BASSANO, ALBERTA
42/46	WOLF, NATHAN	893	51:07.839	10:13	16:26	5K30-39M	5/6	97/114	BROOKS, ALBERTA
43/46	SCHEIBNER, LAWSON	876	51:52.825	10:22	16:40	5K12&UM	13/15	101/114	GEM, ALBERTA
44/46	LATRACE, COOPER	849	56:13.521	11:14	18:04	5K12&UM	14/15	108/114	BROOKS, ALBERTA
45/46	LATRACE, JUSTIN	848	56:15.320	11:15	18:05	5K30-39M	6/6	109/114	BROOKS, ALBERTA
46/46	VOOYS, LEVI	906	57:42.499	11:32	18:33	5K12&UM	15/15	111/114	MILO, ALBERTA