

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  
92 Finishers

## 3K09&amp;UF - 8 Competitors

Cat/PI	Name	Bib #	Time	Pace/K	Pace/M	OA/PI	Gen/PI	Offset	City
1/8	VELIZ, DANIELA	294	16:31.703	05:30	08:53	13/92	5/59	+00:00:00	RED DEER
2/8	BRINEN, MADISON	113	19:16.022	06:25	10:21	22/92	10/59	+00:02:44	RED DEER
3/8	MACNAUGHTON, MIRA	212	20:19.113	06:46	10:55	33/92	15/59	+00:03:47	RED DEER
4/8	HOFFART, SARAH	181	21:28.395	07:09	11:32	43/92	22/59	+00:04:56	RED DEER
5/8	PALAMARUK, MELAYNA	347	23:43.416	07:54	12:45	57/92	32/59	+00:07:11	RED DEER
6/8	TILBURY, CHLOE	349	27:35.357	09:11	14:49	72/92	45/59	+00:11:03	LACOMBE
7/8	MOORE, HENLEY	233	49:33.732	16:31	26:38	89/92	57/59	+00:33:02	LACOMBE
8/8	HALE, EMMA	171	52:45.052	17:35	28:21	92/92	59/59	+00:36:13	RED DEER

## 3K09&amp;UM - 9 Competitors

Cat/PI	Name	Bib #	Time	Pace/K	Pace/M	OA/PI	Gen/PI	Offset	City
1/9	WEIDELL, JUSTUS	301	14:30.812	04:50	07:48	9/92	8/33	+00:00:00	PONOKA
2/9	CHEETHAM, JACK	345	19:40.441	06:33	10:34	26/92	15/33	+00:05:09	RED DEER
3/9	RENNIE, HUNTER	251	20:12.833	06:44	10:52	31/92	17/33	+00:05:42	CLIVE
4/9	EZE-ADIELE, CHIHURUMNANYA B	151	20:17.123	06:45	10:54	32/92	18/33	+00:05:46	PONOKA
5/9	EZE-ADIELE, CHIDOZIRIMUZOR M	149	20:25.019	06:48	10:58	35/92	20/33	+00:05:54	PONOKA
6/9	DODMAN, KAIDEN	138	20:54.855	06:58	11:14	41/92	21/33	+00:06:24	BLACKFALDS
7/9	HALE, TRISTAN	174	22:10.769	07:23	11:55	50/92	23/33	+00:07:39	RED DEER
8/9	PANGMAN, SAXTON	322	28:13.035	09:24	15:10	77/92	29/33	+00:13:42	RED DEER COUNT
9/9	DODMAN, LUKAS	139	33:31.594	11:10	18:01	84/92	30/33	+00:19:00	BLACKFALDS

## 3K10-12F - 7 Competitors

Cat/PI	Name	Bib #	Time	Pace/K	Pace/M	OA/PI	Gen/PI	Offset	City
1/7	WEIDELL, SHILOH	305	13:41.925	04:33	07:21	5/92	1/59	+00:00:00	PONOKA
2/7	PFAFF, ALEENA	334	15:56.221	05:18	08:34	11/92	3/59	+00:02:14	RED DEER
3/7	VELIZ, LEANDRA	295	16:59.256	05:39	09:07	15/92	6/59	+00:03:17	RED DEER
4/7	TOEWS, JENAE	285	21:03.947	07:01	11:19	42/92	21/59	+00:07:22	THREE HILLS
5/7	SPADY, AVA	273	22:10.229	07:23	11:55	49/92	27/59	+00:08:28	RED DEER
6/7	CHUNG, ILIANA	122	25:24.936	08:28	13:39	62/92	36/59	+00:11:43	EDMONTON
7/7	PANGMAN, ATHENA	320	26:45.757	08:55	14:23	65/92	39/59	+00:13:03	RED DEER COUNT

## 3K10-12M - 7 Competitors

Cat/PI	Name	Bib #	Time	Pace/K	Pace/M	OA/PI	Gen/PI	Offset	City
1/7	PENNINGA, BRODIE	331	12:07.495	04:02	06:31	3/92	3/33	+00:00:00	RED DEER
2/7	HOFFART, SAMSON	180	13:56.221	04:38	07:29	6/92	5/33	+00:01:48	RED DEER
3/7	GIRARDIN, FEILIX	316	14:26.666	04:48	07:45	7/92	6/33	+00:02:19	RED DEER
4/7	FLECK, HAYDEN	152	19:14.922	06:24	10:20	21/92	12/33	+00:07:07	RED DEER
5/7	NOWE, RYLEY	243	19:34.305	06:31	10:31	24/92	13/33	+00:07:26	RED DEER
6/7	SPADY, JACKSON	274	22:45.196	07:35	12:13	52/92	24/33	+00:10:37	RED DEER
7/7	MCDOUGALL, ISAAC	221	28:03.709	09:21	15:05	76/92	28/33	+00:15:56	RED DEER

## 3K13-15F - 4 Competitors

Cat/PI	Name	Bib #	Time	Pace/K	Pace/M	OA/PI	Gen/PI	Offset	City
1/4	WEIDELL, CORA	300	14:57.330	04:59	08:02	10/92	2/59	+00:00:00	PONOKA
2/4	SUSHYNSKI, BROOKLYNN	279	20:05.427	06:41	10:48	29/92	13/59	+00:05:08	RED DEER COUNT
3/4	SCHALKWYK, LEAH	257	20:05.638	06:41	10:48	30/92	14/59	+00:05:08	RED DEER COUNT
4/4	SZAMKO, ALYSSIA	282	20:51.062	06:57	11:12	40/92	20/59	+00:05:53	PONOKA

## 3K16-17M - 2 Competitors

Cat/PI	Name	Bib #	Time	Pace/K	Pace/M	OA/PI	Gen/PI	Offset	City
1/2	HOFFART, NOAH	179	11:25.799	03:48	06:08	2/92	2/33	+00:00:00	RED DEER
2/2	SZAMKO, WILLIAM	283	14:27.369	04:49	07:46	8/92	7/33	+00:03:01	PONOKA

## 3K18+F - 40 Competitors

Cat/PI	Name	Bib #	Time	Pace/K	Pace/M	OA/PI	Gen/PI	Offset	City
1/40	DOERKSEN, KAITLIN	145	16:15.085	05:25	08:44	12/92	4/59	+00:00:00	RED DEER
2/40	DOERKSEN, DORIS	143	17:49.866	05:56	09:35	17/92	7/59	+00:01:34	RED DEER
3/40	WILLSON, SHAWNA	310	18:58.492	06:19	10:12	19/92	8/59	+00:02:43	PONOKA
4/40	PARSONS, ROXANE	245	18:58.912	06:19	10:12	20/92	9/59	+00:02:43	LACOMBE
5/40	FLECK, SARAH	153	19:16.959	06:25	10:22	23/92	11/59	+00:03:01	RED DEER
6/40	COZENS, KLARA	128	19:53.315	06:37	10:41	27/92	12/59	+00:03:38	RED DEER
7/40	BERNARD, JESSICA	108	20:29.121	06:49	11:00	36/92	16/59	+00:04:14	RED DEER
8/40	RENNIE, KATRINA	252	20:48.459	06:56	11:11	37/92	17/59	+00:04:33	CLIVE
9/40	SCHALKWYK, NADINE	258	20:49.020	06:56	11:11	38/92	18/59	+00:04:33	RED DEER COUNT
10/40	SUSHYNSKI, KIM	281	20:49.098	06:56	11:11	39/92	19/59	+00:04:34	RED DEER COUNT
11/40	HOLOBOFF, JOYCE	182	21:37.839	07:12	11:37	44/92	23/59	+00:05:22	RED DEER
12/40	GIRARDIN, SARA	317	21:40.416	07:13	11:39	45/92	24/59	+00:05:25	RED DEER
13/40	TOEWS, LEIANNE	286	21:45.127	07:15	11:41	46/92	25/59	+00:05:30	THREE HILLS
14/40	HALE, NATALIE	173	22:10.013	07:23	11:55	48/92	26/59	+00:05:54	RED DEER

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  
92 Finishers

## 3K18+F - 40 Competitors

Cat/PI	Name	Bib #	Time	Pace/K	Pace/M	OA/PI	Gen/PI	Offset	City
15/40	SOLDAN, MEGAN	272	22:32.401	07:30	12:07	51/92	28/59	+00:06:17	RED DEER
16/40	DAURY, HOLLY	133	23:06.428	07:42	12:25	54/92	29/59	+00:06:51	RED DEER
17/40	COLE, KATHY	124	23:13.744	07:44	12:29	55/92	30/59	+00:06:58	RED DEER
18/40	FRAYN, SHANNON	157	23:42.661	07:54	12:44	56/92	31/59	+00:07:27	RED DEER
19/40	AREVALO, NASHREEN	103	24:20.798	08:06	13:05	58/92	33/59	+00:08:05	LACOMBE
20/40	COUNTRYMAN-SMITH, JEANETTE	126	24:32.680	08:10	13:11	60/92	34/59	+00:08:17	RED DEER
21/40	BARKER, CASS	105	25:12.968	08:24	13:33	61/92	35/59	+00:08:57	RED DEER
22/40	LEWANS, KARI	208	26:19.294	08:46	14:09	63/92	37/59	+00:10:04	SASKATOON
23/40	HUNTER, ASHLEY	188	26:26.609	08:48	14:13	64/92	38/59	+00:10:11	RED DEER
24/40	LEIKEIM, CELINE	206	26:50.795	08:56	14:26	66/92	40/59	+00:10:35	RED DEER
25/40	WILSON, ELIZABETH	311	27:18.990	09:06	14:41	67/92	41/59	+00:11:03	STETTLE
26/40	FULLER, MANDY	158	27:19.952	09:06	14:41	68/92	42/59	+00:11:04	ALLIANCE
27/40	NORRIE, LINDSAY	241	27:32.163	09:10	14:48	69/92	43/59	+00:11:17	RED DEER
28/40	BALATTI, MEGAN	101	27:32.302	09:10	14:48	70/92	44/59	+00:11:17	RED DEER
29/40	GALBRAITH, HILARY	160	27:37.293	09:12	14:51	73/92	46/59	+00:11:22	BLACKFALDS
30/40	CHUNG, JODI	123	27:55.455	09:18	15:00	74/92	47/59	+00:11:40	EDMONTON
31/40	BURKIN, JOANNE	114	28:00.356	09:20	15:03	75/92	48/59	+00:11:45	RED DEER
32/40	OLVER, LINDSAY	321	28:14.466	09:24	15:11	78/92	49/59	+00:11:59	RED DEER
33/40	TORREJAS, MARY	287	29:25.902	09:48	15:49	79/92	50/59	+00:13:10	RED DEER
34/40	BURMEISTER, IMKE	116	29:26.067	09:48	15:49	80/92	51/59	+00:13:10	RED DEER
35/40	WILLIS, TRICIA	308	29:26.699	09:48	15:49	81/92	52/59	+00:13:11	BLACKFALDS
36/40	BURKIN, KIM	115	31:12.143	10:24	16:46	82/92	53/59	+00:14:57	RED DEER
37/40	EZE-ADIELE, CHIHURUMNANYA	150	32:51.669	10:57	17:40	83/92	54/59	+00:16:36	PONOKA
38/40	MCDUGALL, ERIN	220	34:26.501	11:28	18:31	86/92	55/59	+00:18:11	RED DEER
39/40	LANDAVERDE, CLAUDIA	330	49:25.835	16:28	26:34	88/92	56/59	+00:33:10	RED DEER
40/40	MOORE, MARIE	234	49:35.890	16:31	26:39	90/92	58/59	+00:33:20	LACOMBE

## 3K18+M - 15 Competitors

Cat/PI	Name	Bib #	Time	Pace/K	Pace/M	OA/PI	Gen/PI	Offset	City
1/15	DOERKSEN, NATHAN	146	11:01.112	03:40	05:55	1/92	1/33	+00:00:00	RED DEER
2/15	BOYD, MATTHEW	112	13:18.370	04:26	07:09	4/92	4/33	+00:02:17	RED DEER
3/15	NEWMAN, DARYL	238	16:36.627	05:32	08:55	14/92	9/33	+00:05:35	RED DEER
4/15	RATTAI, RILEY	338	17:21.016	05:47	09:19	16/92	10/33	+00:06:19	RED DEER
5/15	VELIZ, MARTIN	296	18:05.429	06:01	09:43	18/92	11/33	+00:07:04	RED DEER
6/15	CHEETHAM, JESSE	346	19:40.117	06:33	10:34	25/92	14/33	+00:08:39	RED DEER
7/15	RENNIE, ALAN	250	20:02.764	06:40	10:46	28/92	16/33	+00:09:01	CLIVE
8/15	MACNAUGHTON, BRENT	211	20:20.380	06:46	10:56	34/92	19/33	+00:09:19	RED DEER
9/15	ADIELE, EZE	314	22:00.995	07:20	11:50	47/92	22/33	+00:10:59	PONOKA
10/15	SPADY, KURT	275	22:46.064	07:35	12:14	53/92	25/33	+00:11:44	RED DEER
11/15	AREVALO, FRANCIS	102	24:20.914	08:06	13:05	59/92	26/33	+00:13:19	LACOMBE
12/15	TILBURY, ANDREW	348	27:35.023	09:11	14:49	71/92	27/33	+00:16:33	LACOMBE
13/15	DODMAN, STEFN	140	33:31.969	11:10	18:01	85/92	31/33	+00:22:30	BLACKFALDS
14/15	BEATON, TERRY	106	44:35.563	14:51	23:58	87/92	32/33	+00:33:34	RED DEER
15/15	SNIDER, DALLAS	270	50:48.593	16:56	27:19	91/92	33/33	+00:39:47	RED DEER