

2022 AIMS High River Half, 10K, 5K

Alpha Overall Results

5K Run - 3.1 Miles

75 Finishers

O/A	Name	Bib#	Time	Pace/k	Pace/m	Category	Cat/PI	Gender	Gen/PI	Chip Time
5/75	ABRAMSON, DONNA	531	24:58.779	04:59	08:01	5K50-59F	1/5	F	3/54	00:24:58.057
44/75	ALI, ZYMAL	533	40:50.356	08:10	13:07	5K15&UF	6/7	F	30/54	00:40:44.468
67/75	ARMSTRONG, BRYNN	593	54:58.879	10:59	17:40	5K15&UF	7/7	F	48/54	00:54:26.698
65/75	ARMSTRONG, LOGAN	594	54:58.011	10:59	17:40	5K15&UM	5/5	M	19/21	00:54:26.808
73/75	ATKINS, DON	534	1:26:59.376	17:23	27:58	5K60+M	5/5	M	20/21	01:26:23.763
25/75	ATTWOOD, ALYSSA	535	31:47.292	06:21	10:13	5K30-39F	4/17	F	14/54	00:31:40.089
46/75	BAARDA, WILLOW	536	41:09.387	08:13	13:14	5K30-39F	11/17	F	31/54	00:41:00.131
38/75	BEHLKE, CORDELIA	537	37:07.726	07:25	11:56	5K15&UF	3/7	F	24/54	00:37:01.403
42/75	BEHLKE, HOXIE	538	40:49.628	08:09	13:07	5K15&UF	4/7	F	28/54	00:40:43.686
7/75	BLAIS, KARA-LEE	601	25:25.052	05:05	08:10	5K40-49F	1/8	F	4/54	00:25:24.751
8/75	BLAIS, MICAH	602	25:25.098	05:05	08:10	5K15&UM	3/5	M	4/21	00:25:24.516
35/75	BLOCKA, MARIE	603	36:25.517	07:17	11:42	5K30-39F	8/17	F	22/54	00:36:01.034
74/75	BRULE, LAURA	539	1:27:14.236	17:26	28:03	5K60+F	10/10	F	54/54	01:26:38.845
63/75	BUCK, KRISTIE	612	54:20.466	10:52	17:28	5K30-39F	15/17	F	45/54	00:53:58.520
48/75	CLINANSMITH, JACLYN	540	46:14.515	09:14	14:52	5K40-49F	6/8	F	33/54	00:46:01.800
56/75	COLEMAN, CATHLIN	541	50:10.086	10:02	16:07	5K16-19F	2/2	F	39/54	00:49:50.994
52/75	COLEMAN, JOHN	543	46:57.197	09:23	15:05	5K50-59M	3/4	M	16/21	00:46:40.645
55/75	COLEMAN, LEE-ANNE	544	50:09.591	10:01	16:07	5K50-59F	3/5	F	38/54	00:49:50.195
62/75	COLEMAN, ROB	614	54:20.254	10:52	17:28	5K60+M	4/5	M	18/21	00:53:58.107
53/75	COLEMAN, SCOTT	545	46:57.220	09:23	15:05	5K20-29M	2/2	M	17/21	00:46:38.303
41/75	DE GRANO, ALLIA	546	39:07.140	07:49	12:34	5K20-29F	3/4	F	27/54	00:38:55.996
75/75	DOUCET, BILL	548	1:27:37.579	17:31	28:10	5K50-59M	4/4	M	21/21	01:27:00.957
36/75	GRENWICH, MICHELLE	550	36:25.680	07:17	11:42	5K30-39F	9/17	F	23/54	00:36:01.338
37/75	HANULIK, STEVEN	551	36:26.077	07:17	11:42	5K40-49M	3/3	M	14/21	00:36:06.224
30/75	HANULIK, TONI	552	32:31.025	06:30	10:27	5K40-49F	4/8	F	19/54	00:32:10.140
13/75	JACOBUS, DEREK	553	28:39.887	05:43	09:13	5K30-39M	2/2	M	8/21	00:28:27.824
19/75	JANTZEN, COLLEEN	554	30:37.425	06:07	09:50	5K60+F	2/10	F	9/54	00:30:21.274
33/75	JANTZEN, KYLE	555	34:46.189	06:57	11:10	5K50-59M	2/4	M	13/21	00:34:28.856
50/75	KERSBERGEN, JORDANNA	556	46:55.251	09:23	15:05	5K30-39F	12/17	F	35/54	00:46:41.495
47/75	KOLK, LAURA	557	41:18.456	08:15	13:16	5K50-59F	2/5	F	32/54	00:41:09.123
51/75	KOZEY, LYNDASAY	558	46:55.507	09:23	15:05	5K30-39F	13/17	F	36/54	00:46:41.956
11/75	KUECHLER, DEREK	559	26:18.606	05:15	08:27	5K40-49M	2/3	M	7/21	00:26:07.661
58/75	LUTZ, MOLLY	560	50:28.411	10:05	16:13	5K20-29F	4/4	F	41/54	00:50:20.116
57/75	LUTZ, SARAH	561	50:23.490	10:04	16:12	5K30-39F	14/17	F	40/54	00:50:15.198
18/75	MACMILLAN, SHEILA	605	30:11.903	06:02	09:42	5K30-39F	3/17	F	8/54	00:30:03.328
31/75	MARLEAU, CHANTAL	562	33:36.391	06:43	10:48	5K40-49F	5/8	F	20/54	00:33:04.709
49/75	MARTIN, ANNE MARIE	606	46:39.102	09:19	15:00	5K60+F	5/10	F	34/54	00:46:20.469
21/75	MARTIN, HEATHER	595	31:20.176	06:16	10:04	5K20-29F	1/4	F	11/54	00:31:04.561
45/75	MCCALLUM, GERRY	611	40:56.238	08:11	13:09	5K60+M	3/5	M	15/21	00:40:43.662
15/75	MCINTOSH, ANN	564	29:46.403	05:57	09:34	5K60+F	1/10	F	7/54	00:29:40.661
16/75	MCINTOSH, RON	565	29:46.473	05:57	09:34	5K60+M	1/5	M	9/21	00:29:41.558
54/75	MCKENNA, RUNA	566	47:07.790	09:25	15:09	5K06&UF	1/1	F	37/54	00:46:57.072
26/75	MEIKLE, CHRISTINA	567	31:47.786	06:21	10:13	5K30-39F	5/17	F	15/54	00:31:40.071
24/75	MEIKLE, DANIKA	568	31:47.011	06:21	10:13	5K15&UF	1/7	F	13/54	00:31:40.284
40/75	MOORE, SHEENA	608	38:05.685	07:37	12:14	5K30-39F	10/17	F	26/54	00:37:56.088
72/75	MORRISON, MARIANNE	570	1:09:36.276	13:55	22:22	5K60+F	9/10	F	53/54	01:09:12.454
12/75	MOSSING, AMANDA	571	26:42.981	05:20	08:35	5K40-49F	2/8	F	5/54	00:26:42.538
28/75	MOSSING, CLAIRE	572	32:10.213	06:26	10:20	5K15&UF	2/7	F	17/54	00:32:09.391
6/75	MOSSING, REID	573	25:15.418	05:03	08:07	5K15&UM	2/5	M	3/21	00:25:15.417
32/75	PASOLLI, ALAN	576	33:54.204	06:46	10:54	5K60+M	2/5	M	12/21	00:33:35.950
34/75	PEEK, FALARA	577	35:10.749	07:02	11:18	5K30-39F	7/17	F	21/54	00:34:57.791
22/75	POWELL, SANDI	596	31:20.668	06:16	10:04	5K40-49F	3/8	F	12/54	00:31:04.977
66/75	RAPCHUK, JANIS	578	54:58.737	10:59	17:40	5K60+F	6/10	F	47/54	00:54:27.052
68/75	RAY, LINDA	597	57:26.627	11:29	18:28	5K50-59F	5/5	F	49/54	00:57:03.380
69/75	RAY, MARISSA	598	57:28.244	11:29	18:28	5K30-39F	17/17	F	50/54	00:57:05.923
20/75	REHAK, LILLIAN	579	31:00.067	06:12	09:58	5K60+F	3/10	F	10/54	00:30:55.430
14/75	ROBINSON, JESSICA	580	29:10.590	05:50	09:22	5K30-39F	2/17	F	6/54	00:29:02.237
61/75	ROCHER, KATHERINE	599	51:55.810	10:23	16:41	5K40-49F	8/8	F	44/54	00:51:27.738
2/75	ROMMENS, ADAM	610	24:30.560	04:54	07:52	5K30-39M	1/2	M	1/21	00:24:28.803
4/75	ROMMENS, HARPER	609	24:56.528	04:59	08:01	5K15&UM	1/5	M	2/21	00:24:54.572
3/75	SANDOVAL, RUBI	581	24:45.653	04:57	07:57	5K16-19F	1/2	F	2/54	00:24:44.741
70/75	SAWATZKY, ESTHER	582	1:03:32.412	12:42	20:25	5K60+F	7/10	F	51/54	01:03:07.197
17/75	SCHOEN, ANDREW	583	29:54.676	05:58	09:37	5K20-29M	1/2	M	10/21	00:29:43.274
60/75	STRAIN, KELLY	584	50:59.114	10:11	16:23	5K40-49F	7/8	F	43/54	00:50:39.019

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75 Finishers

O/A	Name	Bib#	Time	Pace/k	Pace/m	Category	Cat/PI	Gender	Gen/PI	Chip Time
59/75	STRAIN, LAURA	585	50:57.919	10:11	16:23	5K50-59F	4/5	F	42/54	00:50:37.516
64/75	THOMAS, JENNIFER	613	54:21.074	10:52	17:28	5K30-39F	16/17	F	46/54	00:53:58.139
1/75	THOMSON, NICOLE	586	23:37.766	04:43	07:35	5K30-39F	1/17	F	1/54	00:23:36.354
23/75	TSCHRITTER, HYRUM	615	31:44.990	06:20	10:12	5K15&UM	4/5	M	11/21	00:31:41.387
27/75	TSCHRITTER, NICOLE	587	31:57.863	06:23	10:16	5K30-39F	6/17	F	16/54	00:31:54.261
39/75	VALGARDSON, MIKAELA	588	37:42.154	07:32	12:07	5K20-29F	2/4	F	25/54	00:37:22.577
9/75	WALSH, KEVIN	589	26:18.395	05:15	08:27	5K50-59M	1/4	M	5/21	00:26:06.491
10/75	WARNER, CHRISTOPHER	607	26:18.444	05:15	08:27	5K40-49M	1/3	M	6/21	00:26:07.626
71/75	WEST, SHIRLEY	590	1:03:34.825	12:42	20:26	5K60+F	8/10	F	52/54	01:03:09.902
29/75	WESTON, ANN	591	32:24.207	06:28	10:25	5K60+F	4/10	F	18/54	00:32:19.453
43/75	WURZ, JOLIE	592	40:49.849	08:09	13:07	5K15&UF	5/7	F	29/54	00:40:42.947