

Alpha Overall Results

8K - 4.97 Miles

413 Finishers

O/A	Name	Bib#	Time	Pace/k	Pace/m	Category	Cat/PI			Chip Time
398/413	ADRIAN, LINDA	101	1:33:41.693	11:42	18:51	45-49	32/34	+00:48:34	+00:57:24	01:33:06.891
358/413	AJANA-SIMPSON, FAITH	102	1:23:07.148	10:23	16:43	25-29	45/48	+00:43:17	+00:46:50	01:22:27.653
92/413	AMBLER, SAMANTHA	103	50:56.404	06:22	10:14	25-29	12/48	+00:11:06	+00:14:39	00:50:51.642
369/413	ANDRE, EVELYN	104	1:25:08.578	10:38	17:07	40-44	38/42	+00:48:20	+00:48:51	01:25:00.970
368/413	ANDRE-GUNDERSON, ANNA	105	1:25:08.532	10:38	17:07	45-49	25/34	+00:40:01	+00:48:51	01:25:01.442
367/413	ANDRE-HEPPLE, TINA	106	1:25:08.321	10:38	17:07	50-54	24/31	+00:44:19	+00:48:51	01:25:01.229
163/413	APPELT, SHARON	107	57:02.472	07:07	11:28	65-69	2/14	+00:01:15	+00:20:45	00:56:58.903
352/413	APPLETON, AMY	108	1:21:39.561	10:12	16:25	50-54	22/31	+00:40:50	+00:45:22	01:21:25.100
394/413	APPLETON, CAROL	109	1:33:19.992	11:39	18:46	55-59	30/30	+00:48:52	+00:57:02	01:33:05.412
346/413	APPLETON, GRACIE	110	1:21:02.790	10:07	16:18	15-19	15/19	+00:44:08	+00:44:45	01:20:48.799
354/413	APPLETON, MADELYN	111	1:21:48.468	10:13	16:27	20-24	18/20	+00:43:22	+00:45:31	01:21:35.139
49/413	ARCHER, ANGELA	112	46:24.532	05:48	09:20	50-54	4/31	+00:05:35	+00:10:07	00:46:09.413
397/413	ARCHIBALD, VALERIE	113	1:33:40.287	11:42	18:50	45-49	31/34	+00:48:32	+00:57:23	01:33:04.596
81/413	ARIK, KATELYN	114	50:10.654	06:16	10:05	25-29	11/48	+00:10:20	+00:13:53	00:50:08.505
127/413	ARMSTRONG, SHAUNA	115	53:59.005	06:44	10:51	55-59	6/30	+00:09:31	+00:17:41	00:53:52.923
241/413	ARRIAGA, COLOMBA	549	1:04:04.041	08:00	12:53	35-39	54/69	+00:25:33	+00:27:46	01:03:40.719
116/413	ATKINSON, LAUREN	116	53:25.818	06:40	10:45	30-34	22/66	+00:17:08	+00:17:08	00:53:24.910
99/413	ATKINSON, TAYLOR	117	51:46.373	06:28	10:25	25-29	14/48	+00:11:56	+00:15:29	00:51:35.644
180/413	BAILEY, JENNA	118	58:31.510	07:18	11:46	40-44	19/42	+00:21:43	+00:22:14	00:58:26.469
307/413	BAIRD, BRENDA	119	1:14:19.855	09:17	14:57	60-64	10/17	+00:31:40	+00:38:02	01:13:50.150
214/413	BARANYAY, KIERA	120	1:01:14.389	07:39	12:19	35-39	48/69	+00:22:43	+00:24:57	01:01:02.299
69/413	BARTELSHEIM, EMMA	121	49:04.655	06:08	09:52	15-19	7/19	+00:12:10	+00:12:47	00:48:48.715
310/413	BASKERVILLE, KELLY	122	1:14:21.870	09:17	14:57	45-49	21/34	+00:29:14	+00:38:04	01:13:52.630
409/413	BASKERVILLE, PATRICIA	123	1:40:53.434	12:36	20:17	70-74	6/6	+00:45:51	+01:04:36	01:40:25.293
305/413	BASKERVILLE, SOPHIA	124	1:13:59.022	09:14	14:53	15-19	13/19	+00:37:04	+00:37:41	01:13:30.183
324/413	BEATON, DANIELLE	125	1:15:46.080	09:28	15:14	45-49	24/34	+00:30:38	+00:39:29	01:15:15.532
255/413	BEAZER, GABRIELLE	126	1:06:24.548	08:18	13:21	20-24	11/20	+00:27:58	+00:30:07	01:06:11.997
353/413	BEAZER, KATE	127	1:21:48.374	10:13	16:27	15-19	16/19	+00:44:53	+00:45:31	01:21:34.704
376/413	BEAZER, MARY	128	1:26:22.052	10:47	17:22	20-24	20/20	+00:47:56	+00:50:04	01:26:09.301
407/413	BEAZER, PATRICIA	129	1:39:35.364	12:26	20:02	50-54	30/31	+00:58:46	+01:03:18	01:39:12.820
16/413	BEDARD, CRYSTAL	130	40:49.026	05:06	08:12	50-54	1/31	+00:00:00	+00:04:31	00:40:48.904
39/413	BEKEOVA, MARTA	131	45:17.384	05:39	09:06	40-44	8/42	+00:08:29	+00:09:00	00:45:07.864
207/413	BENSON, CAITLYNN	132	1:00:41.801	07:35	12:12	30-34	40/66	+00:24:24	+00:24:24	01:00:24.291
213/413	BENTLEY, ROBYN	133	1:01:08.237	07:38	12:18	40-44	25/42	+00:24:20	+00:24:51	01:00:35.018
245/413	BESTE, CHELSEY	134	1:04:23.494	08:02	12:57	25-29	35/48	+00:24:33	+00:28:06	01:04:00.643
393/413	BEVANS, CASSIA	135	1:33:17.625	11:39	18:46	15-19	19/19	+00:56:23	+00:57:00	01:32:51.346
392/413	BEVANS, MCKENNA	136	1:33:15.115	11:39	18:45	15-19	18/19	+00:56:20	+00:56:58	01:32:48.557
406/413	BEVANS, MIANNA	137	1:39:35.105	12:26	20:02	40-44	41/42	+01:02:47	+01:03:18	01:39:11.546
332/413	BIG HEAD, RAMONA	138	1:18:03.494	09:45	15:42	55-59	26/30	+00:33:35	+00:41:46	01:17:50.684
274/413	BILANSKI, NICHA	139	1:09:31.788	08:41	13:59	30-34	53/66	+00:33:14	+00:33:14	01:09:11.629
133/413	BLACKMORE, ANGELA	140	54:16.840	06:47	10:55	45-49	8/34	+00:09:09	+00:17:59	00:54:04.665
242/413	BLACKMORE, BRITYNN	141	1:04:11.424	08:01	12:54	20-24	9/20	+00:25:45	+00:27:54	01:03:59.255
178/413	BOLES, RAEANNE	142	58:25.044	07:18	11:45	25-29	26/48	+00:18:35	+00:22:07	00:58:19.504
200/413	BOND, SARA	143	59:23.071	07:25	11:56	35-39	43/69	+00:20:52	+00:23:06	00:59:13.170
400/413	BORTHWICK, ERIKA	145	1:33:41.927	11:42	18:51	40-44	40/42	+00:56:54	+00:57:24	01:33:06.948
351/413	BOURGET, ELISE	146	1:21:31.098	10:11	16:24	50-54	21/31	+00:40:42	+00:45:14	01:21:23.239
233/413	BRACKEN, JILLIAN	147	1:03:28.885	07:56	12:46	40-44	27/42	+00:26:41	+00:27:11	01:03:04.362
115/413	BROOKS, KARLI	229	53:21.693	06:40	10:44	30-34	21/66	+00:17:04	+00:17:04	00:52:59.934
396/413	BROUWER, KAREN	149	1:33:38.810	11:42	18:50	45-49	30/34	+00:48:31	+00:57:21	01:33:09.826
172/413	BROWN, BARB	529	57:56.073	07:14	11:39	50-54	10/31	+00:17:07	+00:21:39	00:57:39.079
151/413	BROWN, BRANDEE	150	56:17.942	07:02	11:19	35-39	34/69	+00:17:47	+00:20:00	00:56:11.861
167/413	BROWN, KENNEDY	548	57:15.598	07:09	11:31	30-34	31/66	+00:20:58	+00:20:58	00:57:05.600
317/413	BROWN, LINDSAY	545	1:15:09.940	09:23	15:07	40-44	34/42	+00:38:22	+00:38:52	01:14:42.298
56/413	BRUGGER, CAITLYN	151	47:21.181	05:55	09:31	35-39	15/69	+00:08:50	+00:11:04	00:47:05.368
229/413	BUKATKA, BRYNLEE	152	1:02:53.213	07:51	12:39	15-19	11/19	+00:25:58	+00:26:36	01:02:42.399
319/413	BUKATKA, CASSIE	153	1:15:27.144	09:25	15:10	40-44	35/42	+00:38:39	+00:39:10	01:15:13.992
195/413	BULLOCK, ALANNA	154	59:11.893	07:23	11:54	35-39	41/69	+00:20:41	+00:22:54	00:59:03.433
219/413	BULLOCK, CHELSIE	155	1:02:19.791	07:47	12:32	30-34	42/66	+00:26:02	+00:26:02	01:01:52.909
42/413	BULLOCK, LARISSA	156	45:27.415	05:40	09:08	15-19	6/19	+00:08:32	+00:09:10	00:45:13.324
197/413	BUREK, JUDY	157	59:13.537	07:24	11:54	65-69	4/14	+00:03:26	+00:22:56	00:59:00.387
240/413	BURT, MACKENZIE	158	1:04:00.127	08:00	12:52	25-29	32/48	+00:24:10	+00:27:43	01:03:40.447
348/413	BYAM, TERESA	159	1:21:12.469	10:09	16:20	40-44	36/42	+00:44:24	+00:44:55	01:20:53.424
142/413	CALE, MARCELLE	160	55:27.575	06:55	11:09	55-59	8/30	+00:10:59	+00:19:10	00:55:16.966
344/413	CHALMERS, CLARA	162	1:19:03.000	09:52	15:54	20-24	17/20	+00:40:37	+00:42:45	01:18:51.952

Alpha Overall Results

8K - 4.97 Miles

413 Finishers

O/A	Name	Bib#	Time	Pace/k	Pace/m	Category	Cat/PI			Chip Time
297/413	CHAMBERLAIN, KRISTEN	163	1:12:50.957	09:06	14:39	30-34	57/66	+00:36:33	+00:36:33	01:12:18.650
341/413	CHAPMAN, KAYLEE	164	1:18:56.767	09:52	15:53	30-34	62/66	+00:42:39	+00:42:39	01:18:24.995
78/413	CHARTIER, TANNIS	563	49:49.162	06:13	10:01	25-29	9/48	+00:09:59	+00:13:32	00:49:41.453
309/413	CHATTERTON, ALISON	165	1:14:20.932	09:17	14:57	40-44	32/42	+00:37:33	+00:38:03	01:14:19.841
4/413	CHATTERTON, ANNA	166	37:02.738	04:37	07:27	10-14	1/6	+00:00:00	+00:00:45	00:37:02.575
126/413	CHEVERIE, ZITA	167	53:49.395	06:43	10:49	50-54	7/31	+00:13:00	+00:17:32	00:53:28.353
268/413	CHRISTENSEN, SHERRY	168	1:09:01.999	08:37	13:53	65-69	8/14	+00:13:15	+00:32:44	01:08:59.151
58/413	CHRISTIANSEN, OSHANA	169	47:49.843	05:58	09:37	35-39	16/69	+00:09:19	+00:11:32	00:47:10.285
27/413	CLAASSEN, MARJOLEIN	171	42:39.720	05:19	08:35	60-64	1/17	+00:00:00	+00:06:22	00:42:24.542
379/413	CLARKE, ANDREA	172	1:26:31.171	10:48	17:24	45-49	28/34	+00:41:23	+00:50:14	01:26:22.493
205/413	COADY, DANIELLE	173	1:00:39.128	07:34	12:12	30-34	39/66	+00:24:22	+00:24:22	01:00:30.343
232/413	COLE, EMILY	174	1:03:06.712	07:53	12:41	35-39	52/69	+00:24:36	+00:26:49	01:02:36.619
19/413	COLLINS, BRONWYN	176	41:35.338	05:11	08:22	35-39	4/69	+00:03:04	+00:05:18	00:41:30.498
62/413	COLLINS MCINTYRE, JESSICA	177	48:22.936	06:02	09:44	35-39	17/69	+00:09:52	+00:12:05	00:48:05.626
77/413	CONARD, SHAUNA	178	49:41.920	06:12	09:59	40-44	10/42	+00:12:54	+00:13:24	00:49:40.067
339/413	COOK, SILVIA	179	1:18:43.290	09:50	15:50	35-39	64/69	+00:40:12	+00:42:26	01:18:42.297
329/413	CRITCHLOW, KYLEE	530	1:17:34.431	09:41	15:36	15-19	14/19	+00:40:39	+00:41:17	01:17:33.439
41/413	CROWDER, NICOLE	180	45:26.688	05:40	09:08	35-39	9/69	+00:06:56	+00:09:09	00:45:23.942
236/413	CUNNINGHAM, HALEY	182	1:03:32.802	07:56	12:47	25-29	31/48	+00:23:42	+00:27:15	01:03:14.423
281/413	CURTIS, ALYCIA	183	1:10:01.507	08:45	14:05	30-34	54/66	+00:33:44	+00:33:44	01:09:40.868
289/413	CURTIS, ASHLEY	184	1:10:23.515	08:47	14:09	35-39	58/69	+00:31:53	+00:34:06	01:10:02.474
176/413	DARBY, BARBARA	185	58:19.910	07:17	11:44	55-59	13/30	+00:13:52	+00:22:02	00:58:02.461
411/413	DARMODY, CAROL	186	1:45:17.640	13:09	21:11	75-79	6/6	+00:49:51	+01:09:00	01:45:03.764
378/413	DAVIS, ABBY	188	1:26:25.826	10:48	17:23	25-29	46/48	+00:46:35	+00:50:08	01:26:18.245
312/413	DAVIS, AMY	189	1:14:54.799	09:21	15:04	45-49	22/34	+00:29:47	+00:38:37	01:14:30.979
153/413	DAY CHIEF, MERANDA	191	56:27.668	07:03	11:21	35-39	36/69	+00:17:57	+00:20:10	00:56:19.477
40/413	DE GROOT, ANDREA	557	45:24.954	05:40	09:08	25-29	4/48	+00:05:35	+00:09:07	00:45:10.174
257/413	DE GROOT, SANDRA	556	1:07:10.580	08:23	13:30	50-54	13/31	+00:26:21	+00:30:53	01:06:52.891
215/413	DE JAHAM, CLAUDETTE	192	1:01:17.214	07:39	12:19	45-49	14/34	+00:16:09	+00:25:00	01:00:50.595
30/413	DE LEEUW, ARIETTE	193	43:35.946	05:26	08:46	35-39	8/69	+00:05:05	+00:07:18	00:43:17.464
114/413	DE LEEUW, BECKY	194	53:20.966	06:40	10:44	25-29	18/48	+00:13:31	+00:17:03	00:53:00.805
412/413	DEACON-ROGERS, LESLEE	195	1:46:40.751	13:20	21:27	40-44	42/42	+01:09:53	+01:10:23	01:46:12.612
322/413	DEGINNUS, KATHLEEN	196	1:15:44.277	09:28	15:14	55-59	24/30	+00:31:16	+00:39:27	01:15:18.667
199/413	DEGINNUS, TIARAH	197	59:18.081	07:24	11:55	35-39	42/69	+00:20:47	+00:23:01	00:58:52.411
284/413	DESJARDINS, FINLEY	198	1:10:09.640	08:46	14:07	09&U	2/3	+00:20:06	+00:33:52	01:09:48.339
286/413	DESJARDINS, HALEIGH	199	1:10:13.835	08:46	14:07	30-34	55/66	+00:33:56	+00:33:56	01:09:54.197
112/413	DIBBEN, KELLY	200	53:18.739	06:39	10:43	35-39	26/69	+00:14:48	+00:17:01	00:53:10.838
276/413	DJOKOTO-ASEM, EDNA	201	1:09:50.562	08:43	14:03	55-59	20/30	+00:25:22	+00:33:33	01:09:27.713
314/413	DONOVAN, AUDREY	546	1:14:59.252	09:22	15:05	10-14	4/6	+00:37:56	+00:38:42	01:14:30.633
24/413	DOTY, KAELLA	202	42:29.595	05:18	08:32	40-44	6/42	+00:05:41	+00:06:12	00:42:28.334
161/413	DUECK, JUSTINE	203	56:55.465	07:06	11:27	30-34	29/66	+00:20:38	+00:20:38	00:56:49.706
128/413	DUECK, NAOMI	204	54:00.980	06:45	10:52	45-49	7/34	+00:08:53	+00:17:43	00:53:53.566
70/413	DUMONT, OCEANNE	205	49:04.936	06:08	09:52	10-14	2/6	+00:12:02	+00:12:47	00:48:58.616
198/413	DUMONT, SUSIE	206	59:16.018	07:24	11:55	45-49	13/34	+00:14:08	+00:22:58	00:59:10.015
269/413	DURRANT, STACY	207	1:09:05.468	08:38	13:54	30-34	51/66	+00:32:48	+00:32:48	01:08:30.850
238/413	DYKSTRA, CLAIRE	208	1:03:34.697	07:56	12:47	30-34	44/66	+00:27:17	+00:27:17	01:03:25.437
111/413	EARL, MELISSA	209	53:07.142	06:38	10:41	35-39	25/69	+00:14:36	+00:16:50	00:53:02.179
14/413	ELGERSMA, EMMALYN	210	40:01.729	05:00	08:03	25-29	2/48	+00:00:11	+00:03:44	00:40:00.041
237/413	EPP, KIMIKO	212	1:03:34.534	07:56	12:47	40-44	28/42	+00:26:46	+00:27:17	01:03:09.081
68/413	EYRE, CHRISTINA	213	49:03.975	06:07	09:52	30-34	10/66	+00:12:46	+00:12:46	00:48:39.296
304/413	FAHEY, AMANDA	214	1:13:34.574	09:11	14:48	35-39	60/69	+00:35:04	+00:37:17	01:13:15.032
338/413	FAIRBROTHER-SKINNER, MACKENZIE	215	1:18:32.229	09:49	15:48	25-29	43/48	+00:38:42	+00:42:15	01:17:59.918
402/413	FAULKNER, TRACEY	215	1:33:42.044	11:42	18:51	50-54	29/31	+00:52:53	+00:57:24	01:33:08.306
1/413	FEHR, EMMA	216	36:17.059	04:32	07:18	30-34	1/66	+00:00:00	+00:00:00	00:36:16.568
28/413	FICIUR, AJ	217	43:08.338	05:23	08:40	35-39	7/69	+00:04:37	+00:06:51	00:43:04.868
188/413	FINDLATER, ALLISON	218	58:46.416	07:20	11:49	30-34	35/66	+00:22:29	+00:22:29	00:58:31.708
335/413	FINNIE, LAURIE	219	1:18:07.150	09:45	15:43	60-64	12/17	+00:35:27	+00:41:50	01:17:44.607
333/413	FINNIE, MALLORY	220	1:18:05.533	09:45	15:42	35-39	63/69	+00:39:35	+00:41:48	01:17:43.250
327/413	FISHER, ESMINA	221	1:16:55.900	09:36	15:28	55-59	25/30	+00:32:28	+00:40:38	01:16:55.900
261/413	FORREST, BRENDA	223	1:08:08.895	08:31	13:42	50-54	14/31	+00:27:19	+00:31:51	01:07:38.326
181/413	FOURNIER, ANN	224	58:31.815	07:18	11:46	55-59	14/30	+00:14:04	+00:22:14	00:58:15.512
10/413	FRANCIS, SHANNON	225	39:26.057	04:55	07:56	40-44	3/42	+00:02:38	+00:03:08	00:39:25.345
204/413	FRANZ, JAYLYN	226	1:00:31.697	07:33	12:10	40-44	24/42	+00:23:43	+00:24:14	01:00:27.648
308/413	FRASER, VALERIE	227	1:14:19.948	09:17	14:57	50-54	18/31	+00:33:30	+00:38:02	01:13:51.209

23rd Annual Ladiesfest 8K - June 8/2024

Alpha Overall Results

8K - 4.97 Miles

413 Finishers

O/A	Name	Bib#	Time	Pace/k	Pace/m	Category	Cat/PI			Chip Time
33/413	GARDEN, DANA	228	44:27.603	05:33	08:56	55-59	1/30	+00:00:00	+00:08:10	00:44:26.343
164/413	GIESBRECHT, COLLEEN	230	57:09.308	07:08	11:30	40-44	16/42	+00:20:21	+00:20:52	00:56:57.496
13/413	GIESBRECHT, MEGAN	532	39:49.940	04:58	08:00	25-29	1/48	+00:00:00	+00:03:32	00:39:48.452
57/413	GIN, SUSAN	561	47:39.836	05:57	09:35	55-59	3/30	+00:03:12	+00:11:22	00:47:36.907
254/413	GIRALDO, HELENID	349	1:06:12.219	08:16	13:19	30-34	47/66	+00:29:55	+00:29:55	01:06:07.858
253/413	GIRALDO, SARIA	233	1:06:12.174	08:16	13:19	25-29	37/48	+00:26:22	+00:29:55	01:06:07.330
75/413	GLAZER, TALII	547	49:35.945	06:11	09:58	20-24	4/20	+00:11:10	+00:13:18	00:49:29.386
149/413	GLEN, LAURIE	234	55:46.560	06:58	11:13	65-69	1/14	+00:00:00	+00:19:29	00:55:45.767
154/413	GOODFELLOW, PIPPA	235	56:29.192	07:03	11:21	55-59	10/30	+00:12:01	+00:20:12	00:56:17.382
293/413	GOODSTRIKER, CHRISSY	236	1:12:15.826	09:01	14:32	45-49	19/34	+00:27:08	+00:35:58	01:12:01.547
129/413	GORNY, EVA	491	54:01.184	06:45	10:52	30-34	26/66	+00:17:44	+00:17:44	00:53:53.475
246/413	GOUW, CARLA	237	1:04:39.244	08:04	13:00	50-54	12/31	+00:23:50	+00:28:22	01:04:21.138
285/413	GRASDAL, SHELLEY	239	1:10:12.991	08:46	14:07	65-69	9/14	+00:14:26	+00:33:55	01:10:00.963
95/413	GREEP, EMMA	241	51:09.858	06:23	10:17	20-24	6/20	+00:12:44	+00:14:52	00:51:07.569
168/413	GRUNINGER, STEPHANIE	242	57:18.879	07:09	11:31	30-34	32/66	+00:21:01	+00:21:01	00:57:01.567
65/413	GUNDERSON, CHAR-LANE	243	48:44.967	06:05	09:48	35-39	18/69	+00:10:14	+00:12:27	00:48:43.355
243/413	GUNNESS, SYDNEY	244	1:04:14.494	08:01	12:55	25-29	33/48	+00:24:24	+00:27:57	01:03:49.891
260/413	GUST, JESSY	553	1:08:06.360	08:30	13:42	30-34	49/66	+00:31:49	+00:31:49	01:08:00.678
146/413	GUST, LINDA	552	55:31.301	06:56	11:10	60-64	4/17	+00:12:51	+00:19:14	00:55:25.541
330/413	HA, ANGIA	533	1:17:34.559	09:41	15:36	30-34	59/66	+00:41:17	+00:41:17	01:17:32.949
11/413	HACKETT, FINOLA	245	39:45.042	04:58	07:59	30-34	2/66	+00:03:27	+00:03:27	00:39:43.948
301/413	HAMER, BRONWYN	246	1:12:59.934	09:07	14:41	15-19	12/19	+00:36:05	+00:36:42	01:12:27.205
186/413	HAMILTON, APRIL	247	58:45.619	07:20	11:49	40-44	20/42	+00:21:57	+00:22:28	00:58:42.491
21/413	HAMILTON, COURTENEY	248	41:53.549	05:14	08:25	25-29	3/48	+00:02:03	+00:05:36	00:41:48.247
326/413	HARJI, ASHIANNA	249	1:16:55.666	09:36	15:28	20-24	16/20	+00:38:30	+00:40:38	01:16:55.666
5/413	HASIL, LESLEE	250	37:58.730	04:44	07:38	40-44	2/42	+00:01:11	+00:01:41	00:37:58.572
295/413	HAUVER, DEBORAH	251	1:12:45.567	09:05	14:38	50-54	15/31	+00:31:56	+00:36:28	01:12:12.467
45/413	HAVINGA, NICOLE	252	45:53.641	05:44	09:14	30-34	6/66	+00:09:36	+00:09:36	00:45:50.366
94/413	HAYWARD, MADISON	253	51:02.429	06:22	10:16	35-39	22/69	+00:12:32	+00:14:45	00:50:44.540
340/413	HEAVY RUNNER, HEATHER	534	1:18:52.525	09:51	15:52	55-59	28/30	+00:34:24	+00:42:35	01:18:17.067
194/413	HEERSINK, NICOLEEN	357	59:07.229	07:23	11:53	30-34	37/66	+00:22:50	+00:22:50	00:58:40.870
226/413	HEILMAN, ANNA	255	1:02:52.697	07:51	12:39	15-19	10/19	+00:25:58	+00:26:35	01:02:41.305
124/413	HEINRICH, KELSEY	256	53:47.474	06:43	10:49	25-29	19/48	+00:13:57	+00:17:30	00:53:42.754
277/413	HEINRICH, LINA	560	1:09:59.163	08:44	14:04	20-24	12/20	+00:31:33	+00:33:42	01:09:35.461
31/413	HEWITT, MEAGAN	257	43:46.563	05:28	08:48	30-34	5/66	+00:07:29	+00:07:29	00:43:43.290
235/413	HIERATH, LAURIE	258	1:03:32.589	07:56	12:47	45-49	16/34	+00:18:25	+00:27:15	01:03:15.135
72/413	HITCHCOCK, STEPHANIE	259	49:20.382	06:10	09:55	30-34	12/66	+00:13:03	+00:13:03	00:48:57.140
134/413	HOLTHE, LINDY	261	54:28.138	06:48	10:57	30-34	27/66	+00:18:11	+00:18:11	00:54:23.494
258/413	HOOPER, DARLENE	262	1:07:21.712	08:25	13:33	65-69	7/14	+00:11:35	+00:31:04	01:07:13.012
85/413	HORNBERGER, MARY	562	50:21.320	06:17	10:07	15-19	8/19	+00:13:26	+00:14:04	00:50:07.988
390/413	HUMPHREYS, CLAIRE	264	1:30:32.881	11:19	18:13	50-54	28/31	+00:49:43	+00:54:15	01:30:13.021
372/413	IWAASA, DAWN	265	1:25:29.061	10:41	17:12	45-49	26/34	+00:40:21	+00:49:12	01:25:06.292
371/413	IWAASA, HAILEY	266	1:25:28.759	10:41	17:11	15-19	17/19	+00:48:34	+00:49:11	01:25:05.907
7/413	JAROKOSKY, HEATHER	267	38:30.417	04:48	07:44	35-39	1/69	+00:00:00	+00:02:13	00:38:26.563
119/413	JASSMAN, MEGAN	268	53:35.848	06:41	10:47	30-34	24/66	+00:17:18	+00:17:18	00:53:28.976
291/413	JENSEN, ANITA	270	1:10:46.553	08:50	14:14	60-64	8/17	+00:28:06	+00:34:29	01:10:19.929
363/413	JENSEN, CANDICE	271	1:24:14.415	10:31	16:56	35-39	65/69	+00:45:43	+00:47:57	01:23:50.096
380/413	JENSEN, EMMA	272	1:26:37.827	10:49	17:25	25-29	47/48	+00:46:47	+00:50:20	01:26:25.650
74/413	JERAJ, ALYA	274	49:23.898	06:10	09:56	35-39	20/69	+00:10:53	+00:13:06	00:49:18.558
224/413	JOHNSON CAMPBELL, CATHY	275	1:02:39.879	07:49	12:36	65-69	6/14	+00:06:53	+00:26:22	01:02:35.639
35/413	KACHUR, KARI	277	44:30.626	05:33	08:57	50-54	3/31	+00:03:41	+00:08:13	00:44:28.231
221/413	KADIJK, SYLVIA	278	1:02:34.394	07:49	12:35	45-49	15/34	+00:17:27	+00:26:17	01:02:21.424
59/413	KADLUBICKI, KEAGAN	279	47:56.969	05:59	09:38	30-34	7/66	+00:11:39	+00:11:39	00:47:27.988
259/413	KANASHIRO, SANDRA	280	1:07:45.524	08:28	13:38	55-59	17/30	+00:23:17	+00:31:28	01:07:26.104
399/413	KARAPITA, CHERYL	281	1:33:41.763	11:42	18:51	45-49	33/34	+00:48:34	+00:57:24	01:33:07.284
17/413	KEITH, TAYLOR	282	41:14.415	05:09	08:17	30-34	3/66	+00:04:57	+00:04:57	00:41:13.246
108/413	KENNEY, ROXANNE	283	52:31.911	06:33	10:34	25-29	17/48	+00:12:41	+00:16:14	00:52:19.158
8/413	KILLINS, HANNAH	284	38:47.855	04:50	07:48	15-19	2/19	+00:01:53	+00:02:30	00:38:47.547
395/413	KING, KYLA	285	1:33:38.482	11:42	18:50	35-39	69/69	+00:55:08	+00:57:21	01:33:09.363
401/413	KLASSEN, COLLEEN	287	1:33:41.928	11:42	18:51	45-49	34/34	+00:48:34	+00:57:24	01:33:08.879
157/413	KLASSEN, KENZIE	288	56:43.324	07:05	11:24	30-34	28/66	+00:20:26	+00:20:26	00:56:19.760
34/413	KLASSEN, NANCY	290	44:29.805	05:33	08:57	20-24	3/20	+00:06:04	+00:08:12	00:44:27.408
365/413	KLEIN, SHIRLEY	535	1:24:23.789	10:32	16:58	75-79	4/6	+00:28:57	+00:48:06	01:24:10.320
159/413	KNUTSON, EMMA	211	56:54.574	07:06	11:27	25-29	23/48	+00:17:04	+00:20:37	00:56:50.604

Alpha Overall Results

8K - 4.97 Miles

413 Finishers

O/A	Name	Bib#	Time	Pace/k	Pace/m	Category	Cat/PI			Chip Time
230/413	KOETHLER, ANNIE	291	1:02:54.643	07:51	12:39	30-34	43/66	+00:26:37	+00:26:37	01:02:30.883
203/413	KOLLIAS, DONELL	292	59:40.206	07:27	12:00	40-44	23/42	+00:22:52	+00:23:23	00:59:28.774
231/413	KOPERVAS, JOLAYNE	565	1:03:04.087	07:53	12:41	25-29	30/48	+00:23:14	+00:26:47	01:02:45.384
212/413	KRAMER, AMBER	293	1:01:08.073	07:38	12:18	35-39	47/69	+00:22:37	+00:24:51	01:00:35.184
388/413	KRYSAK, CYNTHIA	296	1:30:01.946	11:15	18:06	35-39	68/69	+00:51:31	+00:53:44	01:29:28.995
76/413	KURIO, MORGAN	297	49:40.443	06:12	09:59	30-34	13/66	+00:13:23	+00:13:23	00:49:26.893
206/413	LADOUCEUR, KAYLA	298	1:00:40.135	07:35	12:12	35-39	45/69	+00:22:09	+00:24:23	01:00:26.464
192/413	LAING, ROBIN	299	59:05.026	07:23	11:53	65-69	3/14	+00:03:18	+00:22:47	00:58:57.495
18/413	LANDRY, STEPHANIE	300	41:24.064	05:10	08:19	35-39	3/69	+00:02:53	+00:05:07	00:41:22.295
251/413	LAPLUME, KIRSTEN	301	1:05:29.376	08:11	13:10	25-29	36/48	+00:25:39	+00:29:12	01:05:03.936
103/413	LEAVITT, CAYLEE	302	52:17.146	06:32	10:31	25-29	16/48	+00:12:27	+00:16:00	00:51:46.856
405/413	LEESON, SHANNON	303	1:39:19.424	12:24	19:59	25-29	48/48	+00:59:29	+01:03:02	01:39:00.266
107/413	LENZ, EMMA	304	52:30.436	06:33	10:33	55-59	5/30	+00:08:02	+00:16:13	00:52:24.216
101/413	LENZ, SHEILA	305	51:59.615	06:29	10:27	25-29	15/48	+00:12:09	+00:15:42	00:51:47.006
218/413	LETCHER, LINDSAY	306	1:01:29.988	07:41	12:22	35-39	50/69	+00:22:59	+00:25:12	01:01:18.799
386/413	LITTLE, BECKY	307	1:28:49.499	11:06	17:52	50-54	27/31	+00:48:00	+00:52:32	01:28:30.455
145/413	LOGAN, HELEN	308	55:30.621	06:56	11:10	35-39	31/69	+00:17:00	+00:19:13	00:55:21.920
23/413	LOHUES, KRISTEN	309	42:26.103	05:18	08:32	30-34	4/66	+00:06:09	+00:06:09	00:42:23.315
244/413	LOW, AVERY	310	1:04:16.392	08:02	12:55	25-29	34/48	+00:24:26	+00:27:59	01:03:58.523
36/413	LOW, ISABELLE	311	44:32.735	05:34	08:57	15-19	5/19	+00:07:38	+00:08:15	00:44:31.366
2/413	LOW, JENNIE	312	36:47.714	04:35	07:24	40-44	1/42	+00:00:00	+00:00:30	00:36:47.491
138/413	LUKINUK, ELIZABETH	313	54:55.560	06:51	11:03	45-49	9/34	+00:09:48	+00:18:38	00:54:47.369
136/413	LYONS, SHAYE	314	54:46.279	06:50	11:01	25-29	21/48	+00:14:56	+00:18:29	00:54:39.146
250/413	LYSTER, ERIN	315	1:05:23.611	08:10	13:09	35-39	55/69	+00:26:53	+00:29:06	01:05:11.182
280/413	MACDONALD, TRACY	316	1:10:00.593	08:45	14:05	60-64	7/17	+00:27:20	+00:33:43	01:09:35.164
100/413	MACKINNON, BOBBIE	317	51:46.513	06:28	10:25	55-59	4/30	+00:07:18	+00:15:29	00:51:35.582
283/413	MAKIN, SHARLAYNE	318	1:10:07.296	08:45	14:06	55-59	21/30	+00:25:39	+00:33:50	01:09:56.846
193/413	MALMBERG, KARMYN	319	59:06.808	07:23	11:53	40-44	22/42	+00:22:19	+00:22:49	00:58:54.439
347/413	MARKLEY, WENDY	320	1:21:12.398	10:09	16:20	60-64	13/17	+00:38:32	+00:44:55	01:20:52.174
209/413	MARTIN, DAWN	323	1:00:50.564	07:36	12:14	65-69	5/14	+00:05:04	+00:24:33	01:00:30.126
320/413	MATHER, KYRA	324	1:15:35.650	09:26	15:12	20-24	15/20	+00:37:10	+00:39:18	01:15:00.191
131/413	MCCLURE, KATRINA	325	54:09.341	06:46	10:53	35-39	28/69	+00:15:38	+00:17:52	00:53:57.345
137/413	MCDONALD, MCKAYA	327	54:54.367	06:51	11:02	25-29	22/48	+00:15:04	+00:18:37	00:54:50.997
155/413	MCGALE, KAREN	328	56:30.222	07:03	11:22	50-54	9/31	+00:15:41	+00:20:13	00:56:18.313
183/413	MCHARGUE, CRYSTAL	329	58:38.026	07:19	11:47	35-39	39/69	+00:20:07	+00:22:20	00:58:35.237
370/413	MCINTYRE, IRENE	330	1:25:27.609	10:40	17:11	65-69	11/14	+00:29:41	+00:49:10	01:25:05.330
264/413	MCNAMARA, CIARA	332	1:08:21.711	08:32	13:45	30-34	50/66	+00:32:04	+00:32:04	01:08:02.756
139/413	MEGAW, CAROL	333	55:02.427	06:52	11:04	70-74	1/6	+00:00:00	+00:18:45	00:54:59.937
165/413	MENDOZA, KRISTINE	536	57:15.457	07:09	11:31	40-44	17/42	+00:20:27	+00:20:58	00:57:06.014
150/413	MIDDEL, FRED A	334	56:09.034	07:01	11:17	60-64	5/17	+00:13:29	+00:19:51	00:56:04.792
84/413	MIKADO, LINDA	335	50:20.826	06:17	10:07	50-54	5/31	+00:09:31	+00:14:03	00:50:15.727
148/413	MILLER, ANDI	336	55:39.526	06:57	11:11	35-39	33/69	+00:17:09	+00:19:22	00:55:19.586
389/413	MILROY, MARY	337	1:30:30.561	11:18	18:12	40-44	39/42	+00:53:42	+00:54:13	01:30:09.721
66/413	MOENS, WILLYANNE	338	48:55.725	06:06	09:50	45-49	5/34	+00:03:48	+00:12:38	00:48:39.508
299/413	MOORE, DARLENE	340	1:12:54.214	09:06	14:40	55-59	22/30	+00:28:26	+00:36:37	01:12:38.754
256/413	MOREAULT, ANNE-MARIE	341	1:07:10.555	08:23	13:30	30-34	48/66	+00:30:53	+00:30:53	01:07:01.971
343/413	MORROW, ADARA	342	1:18:58.876	09:52	15:53	25-29	44/48	+00:39:08	+00:42:41	01:18:50.418
187/413	MORTON, ROBYN	343	58:46.346	07:20	11:49	35-39	40/69	+00:20:15	+00:22:29	00:58:31.422
262/413	MOUNTAIN, MELISSA	537	1:08:09.101	08:31	13:42	55-59	18/30	+00:23:41	+00:31:52	01:07:38.029
179/413	MPOFU, SMELOTIE	344	58:28.558	07:18	11:45	40-44	18/42	+00:21:40	+00:22:11	00:58:12.657
63/413	MUDGE, MORGAN	345	48:25.281	06:03	09:44	25-29	8/48	+00:08:35	+00:12:08	00:48:19.339
73/413	MUELLER, KONRA NADINE	346	49:21.999	06:10	09:55	35-39	19/69	+00:10:51	+00:13:04	00:49:06.060
104/413	MULDER, BROOKE	347	52:21.200	06:32	10:32	35-39	23/69	+00:13:50	+00:16:04	00:52:16.898
67/413	MULHALL, KRISTINE	348	49:00.554	06:07	09:51	30-34	9/66	+00:12:43	+00:12:43	00:49:00.046
106/413	MURRAY, RAEANN	350	52:30.317	06:33	10:33	35-39	24/69	+00:13:59	+00:16:13	00:52:25.474
132/413	NELSON, KAELEE	353	54:09.902	06:46	10:53	35-39	29/69	+00:15:39	+00:17:52	00:54:06.971
302/413	NELSON, KIRSTEN	354	1:13:01.012	09:07	14:41	25-29	42/48	+00:33:11	+00:36:43	01:12:46.920
391/413	NICHOLSON, ALICE	355	1:32:33.796	11:34	18:37	65-69	13/14	+00:36:47	+00:56:16	01:32:13.257
158/413	NORRIS, JOAN	358	56:46.300	07:05	11:25	80+	1/2	+00:00:00	+00:20:29	00:56:42.828
182/413	NYKORAK, CELINE	359	58:32.144	07:19	11:46	25-29	27/48	+00:18:42	+00:22:15	00:58:08.784
334/413	NYKORAK, TENILLE	555	1:18:06.400	09:45	15:42	30-34	60/66	+00:41:49	+00:41:49	01:17:43.263
48/413	OGILVIE, RACHELLE	360	46:20.547	05:47	09:19	45-49	2/34	+00:01:13	+00:10:03	00:46:19.452
173/413	OLFERT, CASSANDRA	362	58:08.729	07:16	11:41	30-34	34/66	+00:21:51	+00:21:51	00:58:08.017
185/413	OLFERT, DOREEN	363	58:43.395	07:20	11:48	70-74	2/6	+00:03:40	+00:22:26	00:58:33.715

Alpha Overall Results

8K - 4.97 Miles

413 Finishers

O/A	Name	Bib#	Time	Pace/k	Pace/m	Category	Cat/PI			Chip Time
6/413	OLSEN, ERIKA	364	38:25.615	04:48	07:43	20-24	1/20	+00:00:00	+00:02:08	00:38:23.463
355/413	OLSEN, LIZ	365	1:22:01.827	10:15	16:30	30-34	64/66	+00:45:44	+00:45:44	01:21:47.247
303/413	OLSON, ELAINE	366	1:13:34.246	09:11	14:48	45-49	20/34	+00:28:26	+00:37:17	01:13:14.566
90/413	OOSTLANDER, DANAE	558	50:38.475	06:19	10:11	20-24	5/20	+00:12:12	+00:14:21	00:50:18.796
336/413	OPHUS, MELANIE	367	1:18:31.948	09:48	15:48	55-59	27/30	+00:34:04	+00:42:14	01:17:59.259
170/413	ORTLIEB, RUSSET	368	57:36.151	07:12	11:35	35-39	38/69	+00:19:05	+00:21:19	00:57:28.945
191/413	OSMOND HOOVER, HEATHER	369	58:50.214	07:21	11:50	40-44	21/42	+00:22:02	+00:22:33	00:58:38.217
144/413	OTTO, SHAUNA	370	55:27.622	06:55	11:09	40-44	15/42	+00:18:39	+00:19:10	00:55:21.122
306/413	PACK, SHAUNLEE	371	1:14:19.340	09:17	14:57	50-54	17/31	+00:33:30	+00:38:02	01:13:52.047
252/413	PAJARITO, GLORIA	372	1:05:49.907	08:13	13:14	45-49	17/34	+00:20:42	+00:29:32	01:05:35.737
384/413	PALMER, CORALEE	373	1:28:29.154	11:03	17:48	65-69	12/14	+00:32:42	+00:52:12	01:28:19.196
247/413	PARDIAC, KATRINA	374	1:04:42.947	08:05	13:01	30-34	45/66	+00:28:25	+00:28:25	01:04:36.948
313/413	PATCHING, SHARALYN	538	1:14:57.916	09:22	15:05	45-49	23/34	+00:29:50	+00:38:40	01:14:49.076
177/413	PAUL, KIMMIE	375	58:24.809	07:18	11:45	45-49	10/34	+00:13:17	+00:22:07	00:58:15.510
356/413	PERSSON, VANESSA	376	1:22:15.070	10:16	16:32	40-44	37/42	+00:45:27	+00:45:58	01:21:56.011
121/413	PERVERSEFF, TRISHA	377	53:40.138	06:42	10:47	45-49	6/34	+00:08:32	+00:17:23	00:53:16.319
288/413	PETA, ASHLYN	378	1:10:21.265	08:47	14:09	20-24	14/20	+00:31:55	+00:34:04	01:10:13.080
54/413	PETER, NANCY	379	47:01.445	05:52	09:27	40-44	9/42	+00:10:13	+00:10:44	00:46:56.541
189/413	PETERS, SYDNEY	380	58:46.487	07:20	11:49	30-34	36/66	+00:22:29	+00:22:29	00:58:31.964
325/413	PETERSEN, BETH	381	1:16:49.712	09:36	15:27	70-74	4/6	+00:21:47	+00:40:32	01:16:30.854
169/413	PETERSON, KIMBERLY	382	57:28.066	07:11	11:33	30-34	33/66	+00:21:11	+00:21:11	00:57:25.670
96/413	PHILLIPS, SARAH	384	51:27.974	06:25	10:21	30-34	17/66	+00:15:10	+00:15:10	00:51:15.279
362/413	PHILPOTT, AUDREY	385	1:24:11.789	10:31	16:56	10-14	5/6	+00:47:09	+00:47:54	01:24:00.203
361/413	PHILPOTT, KAREN	386	1:24:10.757	10:31	16:56	65-69	10/14	+00:28:24	+00:47:53	01:24:00.287
375/413	PITCHER, LAUREL	387	1:26:19.335	10:47	17:22	35-39	66/69	+00:47:48	+00:50:02	01:25:58.612
3/413	PIZARRO, LAURA	388	36:54.487	04:36	07:25	15-19	1/19	+00:00:00	+00:00:37	00:36:51.155
318/413	PIZOR, BETH	389	1:15:12.870	09:24	15:08	55-59	23/30	+00:30:45	+00:38:55	01:14:39.330
190/413	PLANGER, MELISSA	390	58:47.987	07:20	11:49	45-49	12/34	+00:13:40	+00:22:30	00:58:26.382
300/413	POLS, BOBBI JO	392	1:12:59.793	09:07	14:41	50-54	16/31	+00:32:10	+00:36:42	01:12:43.183
227/413	PONECH, LEANNE	393	1:02:53.050	07:51	12:39	55-59	16/30	+00:18:25	+00:26:35	01:02:29.689
217/413	PRICE, ALLI	394	1:01:24.620	07:40	12:21	25-29	28/48	+00:21:34	+00:25:07	01:01:13.386
143/413	PRICE, MARION	395	55:27.576	06:55	11:09	55-59	9/30	+00:10:59	+00:19:10	00:55:17.475
152/413	PRICE, RACHEL	396	56:20.871	07:02	11:20	35-39	35/69	+00:17:50	+00:20:03	00:55:58.411
86/413	PUCHALA, KARLIE	397	50:21.696	06:17	10:07	30-34	16/66	+00:14:04	+00:14:04	00:50:16.354
279/413	QUILTY, ANGELA	399	1:10:00.266	08:45	14:05	25-29	40/48	+00:30:10	+00:33:43	01:09:38.324
349/413	RAWLINS, DAGMAR	400	1:21:13.219	10:09	16:20	60-64	14/17	+00:38:33	+00:44:56	01:20:53.180
51/413	RED CROW, SAMANTHA	401	46:38.243	05:49	09:23	35-39	12/69	+00:08:07	+00:10:21	00:46:34.003
248/413	REDEKOPP, RACHEL	539	1:04:56.939	08:07	13:04	20-24	10/20	+00:26:31	+00:28:39	01:04:33.577
287/413	RESS, SHAYLEE	403	1:10:21.173	08:47	14:09	20-24	13/20	+00:31:55	+00:34:04	01:10:13.087
52/413	RESSLER, JESSICA	404	46:39.438	05:49	09:23	35-39	13/69	+00:08:09	+00:10:22	00:46:15.038
12/413	REYES, CINTHYA	405	39:47.339	04:58	08:00	40-44	4/42	+00:02:59	+00:03:30	00:39:36.890
383/413	RICHARDSON, EMILY	406	1:28:28.969	11:03	17:48	10-14	6/6	+00:51:26	+00:52:11	01:28:18.637
408/413	RIEHS, PEGGI	407	1:40:53.386	12:36	20:17	70-74	5/6	+00:45:50	+01:04:36	01:40:23.097
141/413	ROBERTS, GABRIELE	408	55:26.215	06:55	11:09	75-79	1/6	+00:00:00	+00:19:09	00:55:23.107
387/413	ROBINSON, LACEY	410	1:30:01.616	11:15	18:06	35-39	67/69	+00:51:31	+00:53:44	01:29:28.078
267/413	ROELOFSEN, BRANDI	411	1:08:47.142	08:35	13:50	45-49	18/34	+00:23:39	+00:32:30	01:08:28.083
125/413	ROUT, DANIKA	414	53:49.239	06:43	10:49	25-29	20/48	+00:13:59	+00:17:32	00:53:27.716
225/413	RUSCHIN, TRACEY	415	1:02:52.464	07:51	12:39	40-44	26/42	+00:26:04	+00:26:35	01:02:29.882
410/413	RYAN, STEPHANIE	416	1:44:45.860	13:05	21:04	75-79	5/6	+00:49:19	+01:08:28	01:44:33.168
404/413	SACCOMANI, AURELIA	417	1:34:43.382	11:50	19:03	65-69	14/14	+00:38:56	+00:58:26	01:34:15.744
403/413	SACCOMANI, CANDIDA	418	1:34:39.513	11:49	19:02	60-64	17/17	+00:51:59	+00:58:22	01:34:10.891
360/413	SAID MORLEY, AIMEE	419	1:24:09.820	10:31	16:56	30-34	65/66	+00:47:52	+00:47:52	01:23:58.828
109/413	SANDERS, JULIANNE	420	52:34.185	06:34	10:34	40-44	14/42	+00:15:46	+00:16:17	00:52:13.262
345/413	SANDHAM, SHARON	421	1:19:03.612	09:52	15:54	75-79	3/6	+00:23:37	+00:42:46	01:18:58.772
9/413	SCHAERZ, LEXI	422	38:56.245	04:52	07:50	35-39	2/69	+00:00:25	+00:02:39	00:38:56.244
273/413	SCHULER-ERDMAN, FALLON	540	1:09:26.798	08:40	13:58	25-29	39/48	+00:29:36	+00:33:09	01:09:25.188
266/413	SECRETAN, KIRA	425	1:08:29.165	08:33	13:46	40-44	30/42	+00:31:41	+00:32:12	01:08:12.949
44/413	SECRETAN, KOLBEE	426	45:37.258	05:42	09:10	25-29	5/48	+00:05:47	+00:09:20	00:45:24.129
223/413	SECRETAN, PENNY	427	1:02:38.987	07:49	12:36	70-74	3/6	+00:07:36	+00:26:21	01:02:22.552
228/413	SEELY, REBECCA	428	1:02:53.098	07:51	12:39	50-54	11/31	+00:22:04	+00:26:36	01:02:29.339
278/413	SEILLER, ISABELLA	429	1:09:59.280	08:44	14:04	35-39	57/69	+00:31:28	+00:33:42	01:09:59.280
64/413	SEWARD, CARINA	430	48:39.085	06:04	09:47	30-34	8/66	+00:12:22	+00:12:22	00:48:37.474
53/413	SHAW, MICHELLE	433	46:56.102	05:52	09:26	45-49	3/34	+00:01:48	+00:10:39	00:46:53.709
171/413	SHAW PIERSON, STEPHANIE	434	57:36.432	07:12	11:35	25-29	25/48	+00:17:46	+00:21:19	00:57:29.928

Alpha Overall Results

8K - 4.97 Miles

413 Finishers

O/A	Name	Bib#	Time	Pace/k	Pace/m	Category	Cat/PI			Chip Time
22/413	SHEETS, SARAH	435	42:02.735	05:15	08:27	35-39	5/69	+00:03:32	+00:05:45	00:42:01.926
122/413	SHERWOOD, BRITTNEY	436	53:42.177	06:42	10:48	35-39	27/69	+00:15:11	+00:17:25	00:53:35.672
323/413	SHIGEHIRO, MAGGIE	437	1:15:44.322	09:28	15:14	50-54	19/31	+00:34:55	+00:39:27	01:15:17.883
210/413	SHORT, EILISH	438	1:01:01.839	07:37	12:16	30-34	41/66	+00:24:44	+00:24:44	01:00:39.069
120/413	SHURTZ, TEAGAN	440	53:38.310	06:42	10:47	30-34	25/66	+00:17:21	+00:17:21	00:53:31.630
275/413	SIEMENS, BONNIE	441	1:09:47.538	08:43	14:02	55-59	19/30	+00:25:19	+00:33:30	01:09:38.489
29/413	SIKKENS, HEIDI	442	43:19.870	05:24	08:43	50-54	2/31	+00:02:30	+00:07:02	00:43:17.895
381/413	SIMONS, TRACY	443	1:26:58.944	10:52	17:30	45-49	29/34	+00:41:51	+00:50:41	01:26:53.264
357/413	SIMPSON, LAURA	444	1:23:06.328	10:23	16:43	50-54	23/31	+00:42:17	+00:46:49	01:22:27.109
32/413	SINCLAIR, JASMINE	445	44:17.126	05:32	08:54	15-19	4/19	+00:07:22	+00:08:00	00:44:12.164
184/413	SKEITH, CHRISTINA	446	58:38.752	07:19	11:47	45-49	11/34	+00:13:31	+00:22:21	00:58:17.152
202/413	SLOMP, ALEXANDRIA	447	59:35.986	07:26	11:59	35-39	44/69	+00:21:05	+00:23:18	00:59:28.893
83/413	SLUSAR, HILLARY	448	50:15.998	06:17	10:06	30-34	15/66	+00:13:58	+00:13:58	00:49:51.780
110/413	SMART, SARA	449	52:47.262	06:35	10:37	30-34	19/66	+00:16:30	+00:16:30	00:52:29.472
292/413	SMART, YOLANDE	450	1:11:15.779	08:54	14:20	75-79	2/6	+00:15:49	+00:34:58	01:11:03.569
298/413	SMIENK, SANDRA	451	1:12:54.099	09:06	14:40	60-64	9/17	+00:30:14	+00:36:37	01:12:38.581
118/413	SMITH, JENNA	452	53:35.497	06:41	10:46	30-34	23/66	+00:17:18	+00:17:18	00:53:29.415
222/413	SMITH, KATE	541	1:02:38.330	07:49	12:36	35-39	51/69	+00:24:07	+00:26:21	01:02:22.522
123/413	SNOW, PAYTON	453	53:45.622	06:43	10:49	20-24	7/20	+00:15:20	+00:17:28	00:53:32.012
135/413	SOLOMON, NICOLE	356	54:40.043	06:50	10:59	35-39	30/69	+00:16:09	+00:18:22	00:54:24.782
93/413	SOMMERFELDT, NICKI	454	51:00.060	06:22	10:15	40-44	13/42	+00:14:12	+00:14:43	00:50:45.967
270/413	SPEELMAN, SHERESE	455	1:09:14.655	08:39	13:55	40-44	31/42	+00:32:26	+00:32:57	01:08:44.164
25/413	STEED, KIM	457	42:35.126	05:19	08:34	35-39	6/69	+00:04:04	+00:06:18	00:42:31.997
166/413	STELFOX, MELANIE	551	57:15.552	07:09	11:31	35-39	37/69	+00:18:45	+00:20:58	00:57:06.291
373/413	STEWART, AMY	542	1:26:15.701	10:46	17:21	45-49	27/34	+00:41:08	+00:49:58	01:25:44.173
315/413	STEWART, APRYL	458	1:15:03.658	09:22	15:06	35-39	61/69	+00:36:33	+00:38:46	01:14:32.289
80/413	STEWART, BETHANY	459	50:05.195	06:15	10:04	25-29	10/48	+00:10:15	+00:13:48	00:50:02.262
296/413	STEWART, MARGO	460	1:12:48.402	09:06	14:38	35-39	59/69	+00:34:17	+00:36:31	01:12:48.402
20/413	STIRLING, ELIZABETH	461	41:53.431	05:14	08:25	40-44	5/42	+00:05:05	+00:05:36	00:41:51.205
216/413	STOCK, STEPHANIE	462	1:01:18.712	07:39	12:20	35-39	49/69	+00:22:48	+00:25:01	01:00:44.371
147/413	STRAND, ALISON	464	55:36.714	06:57	11:11	35-39	32/69	+00:17:06	+00:19:19	00:55:33.745
71/413	STRANG, JOELLE	465	49:07.421	06:08	09:53	30-34	11/66	+00:12:50	+00:12:50	00:49:04.147
50/413	STRATYCHUK, NICOLE	466	46:36.579	05:49	09:22	35-39	11/69	+00:08:06	+00:10:19	00:46:14.814
234/413	SULC, TEGAN	467	1:03:30.384	07:56	12:46	35-39	53/69	+00:24:59	+00:27:13	01:03:21.124
55/413	SWIFT, KATHERINE	468	47:05.969	05:53	09:28	35-39	14/69	+00:08:35	+00:10:48	00:47:05.256
47/413	TAKEYASU, CARRIE	469	46:10.165	05:46	09:17	55-59	2/30	+00:01:42	+00:09:53	00:46:05.863
60/413	TAMS, CATHERINE	471	47:59.359	05:59	09:39	45-49	4/34	+00:02:52	+00:11:42	00:47:44.436
140/413	TAMS, CORINNA	472	55:10.068	06:53	11:06	55-59	7/30	+00:10:42	+00:18:53	00:54:55.144
46/413	TANNER, SKYLER	473	46:04.728	05:45	09:16	25-29	6/48	+00:06:14	+00:09:47	00:46:02.714
271/413	TAVERNINI, BRITTANY	474	1:09:14.678	08:39	13:55	35-39	56/69	+00:30:44	+00:32:57	01:08:43.928
331/413	TAYLOR, MEGAN	475	1:17:45.030	09:43	15:38	35-39	62/69	+00:39:14	+00:41:27	01:17:33.400
311/413	TAYLOR, WINN	476	1:14:23.419	09:17	14:58	09&U	3/3	+00:24:20	+00:38:06	01:14:11.408
239/413	THOMAS, KRISTY	477	1:03:55.064	07:59	12:51	40-44	29/42	+00:27:07	+00:27:38	01:03:53.154
117/413	THOMPSON, WENDY	478	53:30.904	06:41	10:46	60-64	3/17	+00:10:51	+00:17:13	00:53:23.772
174/413	TIETZ, TERRIE	479	58:14.613	07:16	11:43	60-64	6/17	+00:15:34	+00:21:57	00:58:08.274
263/413	TIMM, BROOKLYNN	480	1:08:12.501	08:31	13:43	10-14	3/6	+00:31:09	+00:31:55	01:07:52.161
272/413	TIMM, CORTNEY	481	1:09:22.837	08:40	13:57	30-34	52/66	+00:33:05	+00:33:05	01:09:02.014
160/413	TOLNAI, PAIGE	482	56:54.621	07:06	11:27	25-29	24/48	+00:17:04	+00:20:37	00:56:50.968
196/413	TOMIYAMA, SHANNON	559	59:12.596	07:24	11:54	55-59	15/30	+00:14:44	+00:22:55	00:58:57.156
364/413	TORGUNRUD, SHEILA	483	1:24:14.578	10:31	16:57	60-64	15/17	+00:41:34	+00:47:57	01:23:49.109
382/413	TURNER, APRIL	485	1:27:52.710	10:59	17:40	60-64	16/17	+00:45:12	+00:51:35	01:27:26.351
413/413	ULRICH, JENNIFER	486	1:46:40.891	13:20	21:27	50-54	31/31	+01:05:51	+01:10:23	01:46:12.553
350/413	VADNAIS, JENNIFER	487	1:21:29.954	10:11	16:23	50-54	20/31	+00:40:40	+00:45:12	01:21:19.958
26/413	VALENTINE, DESHANN	488	42:35.455	05:19	08:34	20-24	2/20	+00:04:09	+00:06:18	00:42:21.907
201/413	VAN DER KOOIJ, STACY	489	59:28.510	07:26	11:58	30-34	38/66	+00:23:11	+00:23:11	00:59:21.889
97/413	VAN DRIESTEN, MORIAH	490	51:41.005	06:27	10:23	25-29	13/48	+00:11:51	+00:15:23	00:51:28.395
377/413	VAN ESSEN, ELIZABETH	492	1:26:25.053	10:48	17:23	30-34	66/66	+00:50:07	+00:50:07	01:26:16.648
211/413	VAN ESSEN, LEANDRA	493	1:01:07.581	07:38	12:17	20-24	8/20	+00:22:41	+00:24:50	01:00:38.840
15/413	VAN GINHOVEN, SYDNEY	494	40:47.900	05:05	08:12	15-19	3/19	+00:03:53	+00:04:30	00:40:34.347
37/413	VAN HERK, KATHLEEN	495	45:07.305	05:38	09:04	45-49	1/34	+00:00:00	+00:08:50	00:45:00.682
328/413	VAN HIERDEN, BRENDA	496	1:17:27.029	09:40	15:35	60-64	11/17	+00:34:47	+00:41:09	01:16:59.087
38/413	VAN LEUKEN, DESIREE	497	45:10.048	05:38	09:05	40-44	7/42	+00:08:22	+00:08:52	00:45:09.890
102/413	VANDEN DOOL, GRACE	498	52:09.669	06:31	10:29	50-54	6/31	+00:11:20	+00:15:52	00:52:03.985
79/413	VANDENBERG, BRIELLE	499	50:03.248	06:15	10:04	09&U	1/3	+00:00:00	+00:13:46	00:49:55.388

Alpha Overall Results

8K - 4.97 Miles

413 Finishers

O/A	Name	Bib#	Time	Pace/k	Pace/m	Category	Cat/PI	Chip Time		
82/413	VANDENBERG, LARISSA	500	50:12.299	06:16	10:06	30-34	14/66	+00:13:55	+00:13:55	00:50:04.401
89/413	VEDRES, FAYLA	501	50:36.553	06:19	10:10	40-44	11/42	+00:13:48	+00:14:19	00:50:06.849
294/413	VELASQUEZ, MONICA	502	1:12:30.402	09:03	14:35	30-34	56/66	+00:36:13	+00:36:13	01:12:29.487
162/413	WADSWORTH, ANNALISE	504	56:55.815	07:06	11:27	30-34	30/66	+00:20:38	+00:20:38	00:56:40.894
316/413	WALKER, ASHLEY	505	1:15:03.799	09:22	15:06	40-44	33/42	+00:38:16	+00:38:46	01:14:32.091
88/413	WARD, JANENE	506	50:26.123	06:18	10:08	35-39	21/69	+00:11:55	+00:14:09	00:50:17.339
113/413	WARD, KATHLEEN	507	53:20.965	06:40	10:44	30-34	20/66	+00:17:03	+00:17:03	00:53:12.779
43/413	WASYLENKO, MELANIE	508	45:31.305	05:41	09:09	35-39	10/69	+00:07:00	+00:09:14	00:45:26.259
385/413	WERRELL, KATIE	509	1:28:47.084	11:05	17:51	50-54	26/31	+00:47:58	+00:52:30	01:28:21.495
105/413	WESTON, WHITNEY	510	52:26.896	06:33	10:33	30-34	18/66	+00:16:09	+00:16:09	00:52:09.028
290/413	WHITE, MARY MADELINE	511	1:10:27.193	08:48	14:10	80+	2/2	+00:13:40	+00:34:10	01:10:17.023
282/413	WHITE QUILLS, BROOKE	512	1:10:04.249	08:45	14:05	25-29	41/48	+00:30:14	+00:33:47	01:09:57.691
249/413	WIEBE, AGATHA	543	1:04:59.235	08:07	13:04	30-34	46/66	+00:28:42	+00:28:42	01:04:34.836
61/413	WILDE, BRYNLEY	513	48:00.390	06:00	09:39	25-29	7/48	+00:08:10	+00:11:43	00:47:53.520
208/413	WILLIAMS, NICOLE	514	1:00:50.190	07:36	12:14	35-39	46/69	+00:22:19	+00:24:33	01:00:29.650
265/413	WILLIAMS, RACHEL	515	1:08:29.000	08:33	13:46	25-29	38/48	+00:28:39	+00:32:11	01:08:13.097
337/413	WILLIAMS, SYDNEE	516	1:18:32.136	09:49	15:48	30-34	61/66	+00:42:15	+00:42:15	01:18:00.107
359/413	WILSON, ABIGAIL	554	1:23:50.906	10:28	16:52	20-24	19/20	+00:45:25	+00:47:33	01:23:37.496
366/413	WILSON, PENNI	517	1:24:23.882	10:32	16:58	55-59	29/30	+00:39:56	+00:48:06	01:24:10.333
321/413	WILSON, SARAH	518	1:15:42.075	09:27	15:13	30-34	58/66	+00:39:25	+00:39:25	01:15:20.135
156/413	WINGATE, MIRANDA	519	56:35.378	07:04	11:23	55-59	11/30	+00:12:07	+00:20:18	00:56:24.149
91/413	WOLCOTT, RAQUEL	520	50:40.912	06:20	10:11	40-44	12/42	+00:13:53	+00:14:23	00:50:36.009
175/413	WOLFE, HELEN	521	58:17.238	07:17	11:43	55-59	12/30	+00:13:49	+00:22:00	00:58:11.335
342/413	YAMASHITA, CHANDRA	524	1:18:58.688	09:52	15:53	30-34	63/66	+00:42:41	+00:42:41	01:18:49.708
130/413	YPMA, FLORENE	525	54:04.325	06:45	10:52	50-54	8/31	+00:13:15	+00:17:47	00:53:56.615
374/413	ZECK, DEBORAH	544	1:26:16.498	10:47	17:21	50-54	25/31	+00:45:27	+00:49:59	01:25:44.585
220/413	ZECK, EMILEE	550	1:02:32.799	07:49	12:35	25-29	29/48	+00:22:42	+00:26:15	01:02:24.519
87/413	ZEEB, LEXI	526	50:22.682	06:17	10:08	15-19	9/19	+00:13:28	+00:14:05	00:50:07.420
98/413	ZOETEMAN, JANA	527	51:41.522	06:27	10:24	60-64	2/17	+00:09:01	+00:15:24	00:51:38.670