

2024 Ritas Run 5K/10K May 25/2024

Alpha Overall Results

10K - 6.21 Miles

67 Finishers

O/A	Name	Bib#	Time	Pace/K	Pace/M	Category	Cat/PI	Gender	Gen/PI	City
18/67	BECHTEL, ROBERT	100	54:08.666	05:24	08:43	10K50-59M	2/4	M	11/30	LETHBRIDGE, AB
66/67	BESTE, CHELSEY	101	1:21:40.889	08:10	13:09	10K20-29F	6/6	F	36/37	LETHBRIDGE, AB
3/67	BLACK, ROBBIE	181	42:26.068	04:14	06:49	10K19&UM	1/3	M	3/30	LETHBRIDGE, AB
58/67	BRUINING, SIERRA	102	1:09:47.580	06:58	11:14	10K30-39F	9/10	F	29/37	COALHURST, AB
8/67	BURGESS, NICOLE	103	48:54.995	04:53	07:52	10K19&UF	1/1	F	2/37	LETHBRIDGE, AB
1/67	CASPER, ROB	183	41:07.289	04:06	06:37	10K30-39M	1/9	M	1/30	COALDALE, AB
44/67	DE LEEUW, BECKY	105	1:04:42.887	06:28	10:25	10K20-29F	2/6	F	21/37	PICTURE BUTTE, AB
56/67	DENBOK, TRISTAN	107	1:08:21.484	06:50	11:00	10K19&UM	3/3	M	29/30	LETHBRIDGE, AB
39/67	DEWACHT, AIMEE	108	1:04:04.739	06:24	10:19	10K40-49F	7/13	F	17/37	LETHBRIDGE, AB
21/67	DEWACHT, KARSON	109	54:37.729	05:27	08:47	10K20-29M	1/2	M	13/30	LETHBRIDGE, AB
25/67	DONOVAN, ANDREW	110	56:02.377	05:36	09:01	10K40-49M	2/6	M	16/30	LETHBRIDGE, AB
15/67	DOTY, KAELLA	111	52:12.887	05:13	08:24	10K40-49F	2/13	F	6/37	LETHBRIDGE, AB
53/67	EAVES, BRYCE	113	1:07:44.159	06:46	10:54	10K40-49M	5/6	M	26/30	LETHBRIDGE, AB
17/67	FOGGIN, CARSON	115	52:54.904	05:17	08:31	10K30-39M	5/9	M	10/30	LETHBRIDGE, AB
20/67	FRIESEN, HELENA	193	54:34.252	05:27	08:47	10K30-39F	4/10	F	8/37	LETHBRIDGE, AB
33/67	GIBSON, TROY	116	59:34.178	05:57	09:35	10K30-39M	8/9	M	21/30	LETHBRIDGE, AB
59/67	GLEN, LAURIE	117	1:10:08.180	07:00	11:17	10K60-69F	2/2	F	30/37	LUNDBRECK, AB
49/67	GONZALEZ, CLAUDIA	119	1:06:29.422	06:38	10:42	10K40-49F	10/13	F	25/37	LETHBRIDGE, AB
19/67	GRISNICH, LUKE	120	54:11.666	05:25	08:43	10K30-39M	6/9	M	12/30	NORTH GRAND PRE, NS
24/67	GROTEN, JOSH	121	55:45.138	05:34	08:58	10K60-69M	2/5	M	15/30	DIAMOND CITY, AB
4/67	HALOWSKI, JENI	122	42:50.210	04:17	06:53	10K40-49F	1/13	F	1/37	LETHBRIDGE, AB
34/67	HARRIS, STACEY	123	1:00:14.447	06:01	09:42	10K40-49F	5/13	F	13/37	TABER, AB
5/67	HELWIG, JOSEPH	124	46:33.770	04:39	07:29	10K60-69M	1/5	M	4/30	LETHBRIDGE, AB
11/67	JOHNSON, DEAN	126	50:14.175	05:01	08:05	10K50-59M	1/4	M	8/30	LETHBRIDGE, AB
40/67	JONES, PAUL	127	1:04:27.396	06:26	10:22	10K50-59M	3/4	M	23/30	NOBLEFORD, AB
22/67	JONES-HUSCH, KATHY	128	55:20.542	05:32	08:54	10K40-49F	4/13	F	9/37	LETHBRIDGE, AB
52/67	KAPPEL, JOANNA	129	1:07:27.262	06:44	10:51	10K50-59F	4/4	F	27/37	LETHBRIDGE, AB
14/67	KEITH, TAYLOR	131	51:57.358	05:11	08:21	10K30-39F	3/10	F	5/37	LETHBRIDGE, AB
41/67	KNAPP, JODY	132	1:04:29.328	06:26	10:23	10K50-59F	2/4	F	18/37	COALDALE, AB
10/67	LENAOUR, TAYLOR	135	49:49.007	04:58	08:01	10K30-39M	4/9	M	7/30	LETHBRIDGE, AB
67/67	LETTS, DIANA	136	1:21:45.923	08:10	13:10	10K40-49F	13/13	F	37/37	LETHBRIDGE, AB
28/67	MACKINNON, BRUCE	138	56:26.459	05:38	09:05	10K60-69M	3/5	M	18/30	LETHBRIDGE, AB
30/67	MAYER, BERNADETTE	141	57:58.893	05:47	09:20	10K20-29F	1/6	F	12/37	LETHBRIDGE, AB
7/67	MCDONALD, JASON	143	48:40.527	04:52	07:50	10K30-39M	3/9	M	6/30	LETHBRIDGE, AB
61/67	MEGAW, CAROL	144	1:13:21.725	07:20	11:48	10K70+F	1/1	F	32/37	LETHBRIDGE, AB
16/67	MOHR, JONI	147	52:14.032	05:13	08:24	10K40-49F	3/13	F	7/37	MAGRATH, AB
6/67	MOSER, BRAD	149	46:58.802	04:41	07:33	10K40-49M	1/6	M	5/30	LETHBRIDGE, AB
12/67	NEIL, KALEB	150	50:53.040	05:05	08:11	10K19&UM	2/3	M	9/30	LETHBRIDGE, AB
42/67	OLSON, MELLISSA	151	1:04:32.896	06:27	10:23	10K40-49F	8/13	F	19/37	MAGRATH, AB
37/67	PAXMAN, ELBERT	152	1:03:12.233	06:19	10:10	10K60-69M	5/5	M	22/30	GLENWOOD, AB
45/67	PRICE, RACHEL	154	1:04:49.588	06:28	10:26	10K30-39F	7/10	F	22/37	COALDALE, AB
26/67	RESSLER, JESSICA	155	56:03.921	05:36	09:01	10K30-39F	5/10	F	10/37	LETHBRIDGE, AB
27/67	RIBAR, HAROLD	156	56:06.282	05:36	09:02	10K70+M	1/1	M	17/30	LETHBRIDGE, AB
54/67	RODGERS, TANNER	157	1:08:02.729	06:48	10:57	10K20-29M	2/2	M	27/30	LETHBRIDGE, AB
57/67	ROUT, DANIKA	158	1:08:36.223	06:51	11:02	10K20-29F	3/6	F	28/37	LETHBRIDGE, AB
46/67	ROYER, ANDRE	159	1:05:10.714	06:31	10:29	10K50-59M	4/4	M	24/30	LETHBRIDGE, AB
38/67	SANDERS, JULIANNE	160	1:03:26.409	06:20	10:12	10K40-49F	6/13	F	16/37	LETHBRIDGE, AB
55/67	SANGSTER, BRODY	161	1:08:14.459	06:49	10:59	10K30-39M	9/9	M	28/30	LETHBRIDGE, AB
2/67	SHURGELO, SHELDON	162	42:11.718	04:13	06:47	10K30-39M	2/9	M	2/30	CRESTON, BC
43/67	SLOAN, TIFFANY	163	1:04:33.169	06:27	10:23	10K40-49F	9/13	F	20/37	MAGRATH, AB
36/67	SLUSAR, HILLARY	164	1:00:45.299	06:04	09:47	10K30-39F	6/10	F	15/37	LETHBRIDGE, AB
63/67	STAEHR, BRAD	166	1:15:28.409	07:32	12:09	10K40-49M	6/6	M	30/30	LETHBRIDGE, AB
23/67	STANLEY, SHELDON	182	55:43.182	05:34	08:58	10K30-39M	7/9	M	14/30	COALHURST, AB
48/67	STANLEY, TAMARA	177	1:05:52.906	06:35	10:36	10K30-39F	8/10	F	24/37	COALHURST, AB
35/67	SUNDE, BRENDA	167	1:00:20.352	06:02	09:42	10K60-69F	1/2	F	14/37	MAPLE CREEK, SK
32/67	SUNDE, MELVIN	168	58:28.219	05:50	09:24	10K60-69M	4/5	M	20/30	MAPLE CREEK, SK
29/67	TAKEYASU, CARRIE	169	56:37.005	05:39	09:07	10K50-59F	1/4	F	11/37	LETHBRIDGE, AB

2024 Ritas Run 5K/10K May 25/2024

Alpha Overall Results

10K - 6.21 Miles

67 Finishers

O/A	Name	Bib#	Time	Pace/K	Pace/M	Category	Cat/PI	Gender	Gen/PI	City
65/67	THOMAS, KRISTY	170	1:21:01.633	08:06	13:02	10K40-49F	12/13	F	35/37	LETHBRIDGE, AB
60/67	TREMBLAY, FREDERIQUE	148	1:11:41.965	07:10	11:32	10K30-39F	10/10	F	31/37	COALHURST, AB
64/67	TROCKSTAD, SHAYNA	171	1:18:00.647	07:48	12:33	10K20-29F	5/6	F	34/37	LETHBRIDGE, AB
13/67	TROTTER, DARLA	172	51:03.710	05:06	08:13	10K30-39F	2/10	F	4/37	PINCHER CREEK, AB
50/67	UYS, CHARMAINE	173	1:07:00.011	06:42	10:47	10K40-49F	11/13	F	26/37	LETHBRIDGE, AB
51/67	UYS, KENDAL	174	1:07:00.497	06:42	10:47	10K40-49M	4/6	M	25/30	LETHBRIDGE, AB
62/67	VAN ESSEN, LEANDRA	175	1:13:24.926	07:20	11:49	10K20-29F	4/6	F	33/37	PICTURE BUTTE, AB
9/67	VANDER HEYDEN, MANDY	176	49:23.739	04:56	07:57	10K30-39F	1/10	F	3/37	LETHBRIDGE, AB
47/67	WICHERS, STACEY	178	1:05:17.199	06:31	10:30	10K50-59F	3/4	F	23/37	LETHBRIDGE, AB
31/67	WOLDEN, MARK	179	58:00.768	05:48	09:20	10K40-49M	3/6	M	19/30	LEHTBRIDGE, AB