

Alpha Overall Results

5K - 3.1 Miles

352 Finishers

O/A	Name	Bib#	Time	Pace/K	Pace/M	Category	Cat/PI	Gender	Gen/PI	City
17/352	ABERNATHY, RYAN	184	24:04.320	04:48	07:45	5K30-39M	4/14	M	14/96	LETHBRIDGE, AB
111/352	ANKRAH, JOSIAH	5002	33:02.897	06:36	10:39	5K10&UM	7/17	M	50/96	LETHBRIDGE, AB
126/352	ARNAUD, EMILIE	5003	33:53.706	06:46	10:56	5K40-49F	20/57	F	71/256	LETHBRIDGE, AB
271/352	ASHCROFT, ALAN	5004	50:41.590	10:08	16:21	5K50-59M	14/14	M	87/96	LETHBRIDGE, AB
166/352	ASHCROFT, CHELSIE	5005	37:54.765	07:34	12:13	5K40-49F	25/57	F	104/256	LETHBRIDGE, AB
104/352	ATKINS, AVERY	5323	32:34.881	06:30	10:30	5K11-15F	6/13	F	58/256	LETHBRIDGE, AB
172/352	BALDERSTON, NICOLE	5006	38:04.303	07:36	12:16	5K40-49F	27/57	F	109/256	LETHBRIDGE, AB
286/352	BANKS, GEORGIA	5007	51:59.162	10:23	16:46	5K11-15F	12/13	F	198/256	LETHBRIDGE, AB
287/352	BANKS, LILLI	5008	52:01.100	10:24	16:46	5K40-49F	46/57	F	199/256	LETHBRIDGE, AB
124/352	BARNES, CHARLOTTE	5010	33:50.790	06:46	10:55	5K10&UF	2/12	F	70/256	PICTURE BUTTE, AB
195/352	BARNES, KRISTY	5011	41:52.257	08:22	13:30	5K40-49F	30/57	F	125/256	PICTURE BUTTE, AB
342/352	BARSKY, JEANNETTE	5365	1:01:52.291	12:22	19:57	5K70+F	4/4	F	248/256	LETHBRIDGE, AB
82/352	BEBEK, BRYNNE	5013	30:53.499	06:10	09:57	5K40-49F	8/57	F	44/256	LETHBRIDGE, AB
52/352	BEBEK, LENNIE	5014	28:36.867	05:43	09:13	5K11-15F	3/13	F	22/256	LETHBRIDGE, AB
345/352	BEBEK, THEO	5015	1:06:03.519	13:12	21:18	5K10&UF	12/12	F	250/256	LETHBRIDGE, AB
121/352	BECKIE, ANTHONY	5016	33:41.481	06:44	10:52	5K20-29M	9/19	M	52/96	LETHBRIDGE, AB
251/352	BEERS, CARSON	5017	49:53.149	09:58	16:05	5K20-29M	18/19	M	82/96	LETHBRIDGE, AB
234/352	BELISLE, LIA	5019	47:02.677	09:24	15:10	5K10&UF	9/12	F	157/256	LETHBRIDGE, AB
236/352	BELISLE, MINDY	5020	47:06.639	09:25	15:11	5K30-39F	41/66	F	159/256	LETHBRIDGE, AB
311/352	BENNETT, MARIBETH	5021	55:21.094	11:04	17:51	5K70+F	2/4	F	219/256	LETHBRIDGE, AB
132/352	BENTLEY, ROBYN	5022	34:18.663	06:51	11:04	5K30-39F	22/66	F	76/256	LETHBRIDGE, AB
249/352	BIALOBZYSKI, ALEXIS	5023	49:49.849	09:57	16:04	5K40-49F	40/57	F	169/256	LETHBRIDGE, AB
300/352	BILCIK, KATHRYN	5024	53:24.257	10:40	17:13	5K30-39F	55/66	F	210/256	COALDALE, AB
87/352	BILODEAU-GOESEELS, SYLVIE	5058	31:29.752	06:17	10:09	5K50-59F	7/39	F	47/256	LETHBRIDGE, AB
194/352	BINETRUY, TAYLOR	5025	41:47.896	08:21	13:28	5K20-29F	23/32	F	124/256	LETHBRIDGE, AB
90/352	BLACK, TARA	5390	31:44.423	06:20	10:14	5K11-15F	4/13	F	50/256	LETHBRIDGE, AB
72/352	BLACQUIERE, KAYLA	5026	30:18.286	06:03	09:46	5K30-39F	12/66	F	37/256	LETHBRIDGE, AB
57/352	BLACQUIERE, OWEN	186	29:02.461	05:48	09:22	5K30-39M	8/14	M	31/96	LETHBRIDGE, AB
184/352	BONNEY, RACHEL	5027	40:04.460	08:00	12:55	5K20-29F	19/32	F	119/256	LETHBRIDGE, AB
303/352	BORAS, COLIN	5028	54:12.393	10:50	17:29	5K30-39M	13/14	M	92/96	LETHBRIDGE, AB
296/352	BREAKEY, AMELIA	5032	53:19.263	10:39	17:12	5K40-49F	48/57	F	208/256	LETHBRIDGE, AB
325/352	BREWIN, NATASHA	5033	57:09.539	11:25	18:26	5K30-39F	61/66	F	233/256	LETHBRIDGE, AB
304/352	BREWSTER, SHELLY	5034	54:13.153	10:50	17:29	5K50-59F	33/39	F	212/256	LETHBRIDGE, AB
335/352	BROOKS, KARLI	5035	59:54.499	11:58	19:19	5K30-39F	63/66	F	242/256	LETHBRIDGE, AB
164/352	BROWN, EMILY	5057	37:24.569	07:28	12:04	5K30-39F	32/66	F	103/256	LETHBRIDGE, AB
206/352	BROWN, KENNEDY	5048	43:50.811	08:46	14:08	5K20-29M	16/19	F	136/256	LETHBRIDGE, AB
212/352	BROWN, LINDSAY	5036	44:24.367	08:52	14:19	5K40-49F	36/57	F	141/256	LETHBRIDGE, AB
207/352	BROWN, OWEN	5255	43:52.279	08:46	14:09	5K10&UM	11/17	M	71/96	LETHBRIDGE, AB
128/352	BULLOCK, ALANNA	5037	34:00.949	06:48	10:58	5K30-39F	20/66	F	73/256	LETHBRIDGE, AB
159/352	BULLOCK, CHELSIE	5038	36:38.827	07:19	11:49	5K30-39F	30/66	F	99/256	BARNWELL, AB
15/352	BURLEIGH, ADAM	5039	23:50.394	04:46	07:41	5K30-39M	3/14	M	13/96	LETHBRIDGE, AB
43/352	BURLEIGH, JAYNA	5040	27:46.078	05:33	08:57	5K30-39F	4/66	F	17/256	LETHBRIDGE, AB
312/352	BYRTUS, JEANNETTE	5041	55:21.177	11:04	17:51	5K70+F	3/4	F	220/256	LETHBRIDGE, AB
14/352	CHAN, CHUN NGAI	5042	22:57.541	04:35	07:24	5K20-29M	3/19	M	12/96	LETHBRIDGE, AB
12/352	CHATTERS, OLIVER	5044	22:38.929	04:31	07:18	5K11-15M	3/10	M	11/96	LETHBRIDGE, AB
5/352	CHATTERTON, ANNA	5045	21:27.044	04:17	06:55	5K11-15F	1/13	F	1/256	LETHBRIDGE, AB
7/352	CHATTERTON, DAVID	114	21:41.380	04:20	06:59	5K40-49M	3/17	M	6/96	LETHBRIDGE, AB
117/352	CHEUNG, ANDREA	5049	33:16.395	06:39	10:43	5K40-49F	18/57	F	67/256	LETHBRIDGE, AB
340/352	CHEUNG, MAGGIE	5050	1:01:48.776	12:21	19:56	5K16-19F	6/6	F	246/256	LETHBRIDGE, AB
213/352	CHEUNG, MEIKA	5051	44:50.234	08:58	14:27	5K11-15F	10/13	F	142/256	LETHBRIDGE, AB
226/352	CHILES, GORDON	5052	45:56.047	09:11	14:49	5K70+M	2/3	M	76/96	TABER, AB
176/352	CHISHOLM, TRINIE	5053	38:39.417	07:43	12:28	5K30-39F	36/66	F	112/256	LETHBRIDGE, AB
49/352	CHMILAR, SARAH	5054	28:30.143	05:42	09:11	5K20-29F	5/32	F	20/256	LETHBRIDGE, AB
13/352	CHRAPKO, MACKENZIE	5055	22:42.792	04:32	07:19	5K20-29F	1/32	F	2/256	LETHBRIDGE, AB
240/352	CHUDOBIAK, APRIL	5056	47:50.762	09:34	15:26	5K40-49F	38/57	F	162/256	COALDALE, AB
198/352	CLAMP, KEIRA	5366	42:10.131	08:26	13:36	5K10&UF	5/12	F	128/256	LETHBRIDGE, AB
233/352	CLEAVER, DAWN	5367	46:51.329	09:22	15:06	5K50-59F	18/39	F	156/256	FORT MACLEOD, AB

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5K - 3.1 Miles

352 Finishers

O/A	Name	Bib#	Time	Pace/K	Pace/M	Category	Cat/PI	Gender	Gen/PI	City
129/352	COADY, DANIELLE	5060	34:04.244	06:48	10:59	5K30-39F	21/66	F	74/256	LETHBRIDGE, AB
41/352	COLLINS, BRONWYN	5061	27:30.829	05:30	08:52	5K30-39F	3/66	F	15/256	LETHBRIDGE, AB
31/352	COOK, SHAWN	5064	26:16.233	05:15	08:28	5K30-39M	6/14	M	22/96	LETHBRIDGE, AB
273/352	COOK, TRISH	5065	50:48.889	10:09	16:23	5K50-59F	24/39	F	185/256	LETHBRIDGE, AB
232/352	CRAIG, SUSAN	5066	46:48.558	09:21	15:05	5K50-59F	17/39	F	155/256	FORT MACLEOD, AB
160/352	CROSBY, XAVIER	5067	36:40.226	07:20	11:49	5K20-29M	14/19	M	61/96	LETHBRIDGE, AB
131/352	DAPITO, MEL	134	34:12.108	06:50	11:01	5K50-59M	7/14	M	56/96	LETHBRIDGE, AB
268/352	DAVIES, JAN	5069	50:37.573	10:07	16:19	5K40-49F	42/57	F	183/256	LETHBRIDGE, AB
100/352	DAVY, DAN	5070	32:18.455	06:27	10:25	5K40-49M	12/17	M	46/96	LETHBRIDGE, AB
99/352	DAVY, ROMAN	5071	32:18.250	06:27	10:25	5K10&UM	5/17	M	45/96	LETHBRIDGE, AB
228/352	DE GINNUS, KATHY	5368	46:16.467	09:15	14:55	5K50-59F	15/39	F	152/256	FORT MACLEOD, AB
260/352	DEBOER, SHERRI	5072	50:13.474	10:02	16:12	5K50-59F	22/39	F	175/256	MONARCH, AB
162/352	DEKELVER, AVICE	5073	36:57.744	07:23	11:55	5K30-39F	31/66	F	101/256	LETHBRIDGE, AB
108/352	DELVAL, IRENE	5074	32:53.972	06:34	10:36	5K40-49F	16/57	F	60/256	LETHBRIDGE, AB
109/352	DELVAL, LINO	185	32:54.316	06:34	10:36	5K10&UM	6/17	M	49/96	LETHBRIDGE, AB
25/352	DERRY, CONNOR	5075	25:11.390	05:02	08:07	5K30-39M	5/14	M	18/96	LETHBRIDGE, AB
182/352	DJOKOTO-ASEM, EDNA	5076	39:45.888	07:57	12:49	5K50-59F	13/39	F	117/256	LETHBRIDGE, AB
245/352	DOENZ, CODY	5077	48:46.110	09:45	15:43	5K30-39F	42/66	F	165/256	LETHBRIDGE, AB
211/352	DONOVAN, AUDREY	5079	44:20.483	08:52	14:18	5K11-15F	9/13	F	140/256	LETHBRIDGE, AB
183/352	DOUVILLE, SUSANNE	5080	39:58.930	07:59	12:53	5K40-49F	29/57	F	118/256	LETHBRIDGE, AB
192/352	DOWELL, ANDREW	5081	40:57.703	08:11	13:12	5K30-39M	12/14	M	70/96	LETHBRIDGE, AB
193/352	DOWELL, BROOKE	5082	41:45.098	08:21	13:28	5K20-29F	22/32	F	123/256	LETHBRIDGE, AB
167/352	DRISCOLL, LAURIE	5083	37:55.972	07:35	12:14	5K50-59F	11/39	F	105/256	LETHBRIDGE, AB
270/352	DRISCOLL, STEVE	5084	50:39.633	10:07	16:20	5K50-59M	13/14	M	86/96	LETHBRIDGE, AB
265/352	DUECK, ROBYN	5086	50:25.734	10:05	16:16	5K30-39F	49/66	F	180/256	LETHBRIDGE, AB
261/352	DUMONTIER, LEANNE	5087	50:14.180	10:02	16:12	5K50-59F	23/39	F	176/256	LETHBRIDGE, AB
58/352	DYCK, NANCY	5168	29:04.658	05:48	09:22	5K40-49F	4/57	F	27/256	GRASSY LAKE, AB
299/352	ENTZ, KADE	5089	53:24.169	10:40	17:13	5K11-15M	9/10	M	90/96	LETHBRIDGE, AB
298/352	ENTZ, TENNILLE	5090	53:23.606	10:40	17:13	5K40-49F	49/57	F	209/256	LETHBRIDGE, AB
217/352	ERAIS, BARI	5091	45:12.343	09:02	14:34	5K30-39F	40/66	F	145/256	LETHBRIDGE COUNTY, AB
219/352	ERAIS, SPENCER	5092	45:17.124	09:03	14:36	5K10&UF	8/12	F	146/256	LETHBRIDGE COUNTY, AB
227/352	EVANS, SHANNON	5093	45:59.128	09:11	14:50	5K50-59F	14/39	F	151/256	LETHBRIDGE, AB
35/352	FANKHAUSER, SAMUEL	5094	26:59.837	05:23	08:42	5K10&UM	1/17	M	24/96	CLARESHOLM, AB
36/352	FANKHAUSER, SHAUNA	5095	27:00.164	05:24	08:42	5K30-39F	1/66	F	12/256	CLARESHOLM, AB
297/352	FARRELL, LIAM	5096	53:22.281	10:40	17:12	5K11-15M	8/10	M	89/96	LETHBRIDGE, AB
264/352	FAUST, TAWNYA	5097	50:25.279	10:05	16:15	5K30-39F	48/66	F	179/256	LETHBRIDGE, AB
21/352	FERGUSON, BILLIE-JO	5098	24:31.129	04:54	07:54	5K50-59F	1/39	F	4/256	TABER, AB
9/352	FEYTER, DANIEL	5099	22:20.453	04:28	07:12	5K30-39M	1/14	M	8/96	DIAMOND CITY, AB
20/352	FEYTER, DWAYNE	5100	24:26.307	04:53	07:53	5K40-49M	4/17	M	17/96	MONARCH, AB
141/352	FEYTER, MELISSA	5101	34:56.437	06:59	11:16	5K40-49F	21/57	F	83/256	MONARCH, AB
196/352	FINNIE, LAURIE	5369	42:06.554	08:25	13:35	5K60-69F	7/26	F	126/256	LETHBRIDGE, AB
173/352	FLICKINGER, CASSANDRA	5104	38:05.089	07:37	12:17	5K30-39F	34/66	F	110/256	CALGARY, AB
351/352	FONTAINE, AMANDA	139	1:15:28.682	15:05	24:20	5K30-39F	66/66	F	255/256	LETHBRIDGE, AB
350/352	FONTAINE, COLTON	140	1:15:26.072	15:05	24:20	5K10&UM	17/17	M	96/96	LETHBRIDGE, AB
285/352	FOREMAN, TAMMI	5105	51:58.227	10:23	16:45	5K30-39F	53/66	F	197/256	LETHBRIDGE, AB
1/352	FRIESEN, CHARLES	5106	18:46.508	03:45	06:03	5K40-49M	1/17	M	1/96	LETHBRIDGE, AB
347/352	FRITZ, LORNA	5107	1:07:56.615	13:35	21:55	5K50-59F	39/39	F	252/256	DUCHESS AB, AB
115/352	FUENTES, BECKY	5109	33:11.547	06:38	10:42	5K20-29F	8/32	F	65/256	LETHBRIDGE, AB
65/352	FULWILER, CAROLYN	5110	29:37.069	05:55	09:33	5K40-49F	7/57	F	33/256	LETHBRIDGE, AB
105/352	GALLAIS, JODIE	5389	32:38.354	06:31	10:31	5K40-49F	15/57	F	59/256	LETHBRIDGE, AB
28/352	GALLANT, BRAD	5370	25:49.734	05:09	08:19	5K50-59M	1/14	M	20/96	LETHBRIDGE, AB
180/352	GARCIA, VICKY	5111	39:10.107	07:50	12:38	5K40-49F	28/57	F	115/256	LETHBRIDGE, AB
142/352	GEERAERT, ARLENE	5112	35:01.029	07:00	11:17	5K50-59F	9/39	F	84/256	TABER, AB
37/352	GEERAERT, MITCHELL	5113	27:15.132	05:27	08:47	5K20-29M	5/19	M	25/96	TABER, AB
252/352	GELLENY, KAREN	5114	49:53.596	09:58	16:05	5K60-69F	13/26	F	170/256	LETHBRIDGE, AB
295/352	GILCHRIST, STEPHANIE	5115	52:54.540	10:34	17:04	5K30-39F	54/66	F	207/256	LETHBRIDGE, AB
215/352	GILL, TANYA	5116	45:10.424	09:02	14:34	5K40-49F	37/57	F	143/256	LETHBRIDGE, AB

Alpha Overall Results

5K - 3.1 Miles

352 Finishers

O/A	Name	Bib#	Time	Pace/K	Pace/M	Category	Cat/PI	Gender	Gen/PI	City
302/352	GREENO, LEVI	5120	54:07.306	10:49	17:27	5K11-15M	10/10	M	91/96	LETHBRIDGE, AB
305/352	GRIGG, MIKAELA	5121	54:15.205	10:51	17:30	5K30-39F	56/66	F	213/256	LETHBRIDGE, AB
113/352	GRISNICH, JAYNE	5122	33:08.174	06:37	10:41	5K30-39F	18/66	F	63/256	NOVA SCOTIA, NS
40/352	GROTEN, ELISABETH	5123	27:22.772	05:28	08:49	5K50-59F	4/39	F	14/256	DIAMOND CITY, AB
243/352	GUGYELKA, DARREN	5371	48:32.050	09:42	15:39	5K50-59M	12/14	M	79/96	LETHBRIDGE, AB
242/352	GUGYELKA, NATASHA	5124	48:29.789	09:41	15:38	5K50-59F	21/39	F	164/256	COALDALE, AB
56/352	HARASEM, LORI	5125	28:53.041	05:46	09:19	5K50-59F	5/39	F	26/256	COALHURST, AB
67/352	HARASEM PIPER, SAGE	5126	29:48.097	05:57	09:36	5K16-19M	2/2	M	34/96	COALHURST, AB
34/352	HARRIS, TEYA	5127	26:47.821	05:21	08:38	5K16-19F	1/6	F	11/256	TABER, AB
246/352	HAYNES, JULIE	5128	49:38.115	09:55	16:00	5K30-39F	43/66	F	166/256	LETHBRIDGE, AB
98/352	HERRINGTON, CAROLYN	5130	32:10.860	06:26	10:22	5K40-49F	11/57	F	54/256	LETHBRIDGE, AB
107/352	HOLLINGSWORTH, KENT	5131	32:45.296	06:33	10:33	5K50-59M	6/14	M	48/96	LETHBRIDGE, AB
324/352	HORON, EMMA	5132	57:07.575	11:25	18:25	5K30-39F	60/66	F	232/256	LETHBRIDGE, AB
279/352	HULL, EVIE	5134	50:55.533	10:11	16:25	5K50-59F	28/39	F	191/256	TABER, AB
61/352	HUMPHREYS, JASON	5135	29:13.974	05:50	09:25	5K50-59M	4/14	M	32/96	LETHBRIDGE, AB
116/352	HUNSPERGER, KALINDA	5136	33:13.746	06:38	10:43	5K30-39F	19/66	F	66/256	MAGRATH, AB
68/352	HUNSPERGER, KANSAS	5137	29:51.236	05:58	09:37	5K10&UF	1/12	F	34/256	MAGRATH, AB
23/352	HUNSPERGER, MACIE	5138	24:38.757	04:55	07:57	5K11-15F	2/13	F	6/256	MAGRATH, AB
348/352	ISENOR, BRITTANY	5141	1:07:58.090	13:35	21:55	5K30-39F	65/66	F	253/256	LETHBRIDGE, AB
329/352	JAKOBSSON, PASCALE	5143	57:53.089	11:34	18:40	5K50-59F	37/39	F	237/256	LETHBRIDGE, AB
248/352	JANZEN, CORRINE	5144	49:40.401	09:56	16:01	5K40-49F	39/57	F	168/256	LETHBRIDGE, AB
254/352	JANZEN, GIDEON	5145	49:54.702	09:58	16:06	5K10&UM	14/17	M	83/96	LETHBRIDGE, AB
177/352	JANZEN, LEONARD	5146	38:40.532	07:44	12:28	5K10&UM	9/17	M	65/96	LETHBRIDGE, AB
225/352	JAROKOSKY, BONNIE	5147	45:49.858	09:09	14:47	5K60-69F	9/26	F	150/256	LETHBRIDGE, AB
76/352	JAROKOSKY, HEATHER	5150	30:36.630	06:07	09:52	5K30-39F	14/66	F	39/256	LETHBRIDGE, AB
203/352	JENSEN, ANITA	5151	42:42.207	08:32	13:46	5K60-69F	8/26	F	133/256	BARNWELL, AB
188/352	JENSEN, RYAN	5152	40:48.872	08:09	13:09	5K20-29M	15/19	M	68/96	LETHBRIDGE, AB
338/352	JENSEN, SHELLEY	5153	1:00:18.286	12:03	19:27	5K40-49F	57/57	F	244/256	LETHBRIDGE, AB
2/352	JEROME, CODY	5031	19:30.480	03:54	06:17	5K20-29M	1/19	M	2/96	LETHBRIDGE, AB
154/352	JOHNSON, JESSICA	5154	36:14.812	07:14	11:41	5K30-39F	28/66	F	95/256	LETHBRIDGE, AB
313/352	JOHNSON, MOYA	5155	55:24.121	11:04	17:52	5K40-49F	51/57	F	221/256	LETHBRIDGE, AB
280/352	JOHNSON, RENEE	5156	51:03.245	10:12	16:28	5K50-59F	29/39	F	192/256	LETHBRIDGE, AB
27/352	JOKINEN, CASSANDRA	5157	25:41.340	05:08	08:17	5K40-49F	3/57	F	8/256	LETHBRIDGE, AB
46/352	JUBBER, LAINEY	191	28:02.218	05:36	09:02	5K16-19F	2/6	F	18/256	LETHBRIDGE, AB
45/352	JUBBER, LINCOLN	192	27:58.111	05:35	09:01	5K11-15M	6/10	M	28/96	LETHBRIDGE, AB
145/352	KAATZ, TAMMY	5159	35:14.464	07:02	11:22	5K40-49F	22/57	F	87/256	LETHBRIDGE, AB
306/352	KAIN, MARCY	5160	54:16.233	10:51	17:30	5K50-59F	34/39	F	214/256	LETHBRIDGE, AB
247/352	KARL, NICOLE	5162	49:38.156	09:55	16:00	5K30-39F	44/66	F	167/256	COALDALE, AB
341/352	KEMMET, SANDY	5163	1:01:51.372	12:22	19:57	5K60-69F	23/26	F	247/256	LETHBRIDGE, AB
84/352	KINNIBURGH, MARISSA	5165	30:59.795	06:11	09:59	5K20-29F	7/32	F	46/256	LETHBRIDGE, AB
315/352	KIRKPATRICK, KELLI	5166	55:40.271	11:08	17:57	5K30-39F	57/66	F	223/256	LETHBRIDGE, AB
316/352	KIRKPATRICK, THEA	5167	55:40.678	11:08	17:57	5K10&UF	10/12	F	224/256	LETHBRIDGE, AB
147/352	KLETKE, HOLLY	5169	35:15.854	07:03	11:22	5K20-29F	12/32	F	89/256	LETHBRIDGE, AB
73/352	KNAPP, BARRY	5170	30:30.271	06:06	09:50	5K50-59M	5/14	M	36/96	COALDALE, AB
136/352	KOEGLER, MICHAEL	5171	34:35.992	06:55	11:09	5K20-29M	12/19	M	58/96	LETHBRIDGE, AB
237/352	KOSKEWICH, SHERRI	5172	47:17.062	09:27	15:15	5K60-69F	11/26	F	160/256	CARDSTON COUNTY, AB
144/352	KOWBEL, ALANNA	5373	35:03.590	07:00	11:18	5K30-39F	25/66	F	86/256	LETHBRIDGE, AB
75/352	KOWBEL, JAXON	5374	30:32.923	06:06	09:51	5K10&UM	2/17	M	37/96	LETHBRIDGE, AB
143/352	KOWBEL, RIKKELLE	5376	35:03.099	07:00	11:18	5K10&UF	4/12	F	85/256	LETHBRIDGE, AB
133/352	KRAMER, AMBER	5173	34:19.459	06:51	11:04	5K30-39F	23/66	F	77/256	LETHBRIDGE, AB
26/352	KRAMPS, JESSE	5174	25:24.229	05:04	08:11	5K40-49M	5/17	M	19/96	LETHBRIDGE, AB
66/352	KWASNY, JASON	5176	29:43.203	05:56	09:35	5K40-49M	7/17	M	33/96	LETHBRIDGE, AB
18/352	KWASNY, SIMON	5177	24:14.141	04:50	07:49	5K11-15M	4/10	M	15/96	LETHBRIDGE, AB
88/352	KWASNY, TRACY	5178	31:33.256	06:18	10:10	5K40-49F	9/57	F	48/256	LETHBRIDGE, AB
140/352	LACANILAO, COURTNEY	5179	34:47.638	06:57	11:13	5K30-39F	24/66	F	82/256	LETHBRIDGE, AB
292/352	LAMB, DEE	5180	52:49.180	10:33	17:02	5K50-59F	31/39	F	204/256	LETHBRIDGE, AB
77/352	LAMMERS-POTTAGE, ANDREA	5181	30:37.897	06:07	09:52	5K30-39F	15/66	F	40/256	LETHBRIDGE, AB

Alpha Overall Results

5K - 3.1 Miles

352 Finishers

O/A	Name	Bib#	Time	Pace/K	Pace/M	Category	Cat/PI	Gender	Gen/PI	City
307/352	LANDRY-DEBOER, JULIE	5182	54:16.758	10:51	17:30	5K50-59F	35/39	F	215/256	COALDALE, AB
344/352	LANE, ASHLEY	5183	1:04:13.888	12:50	20:43	5K20-29F	32/32	F	249/256	CALGARY, AB
343/352	LANE, IAN	5184	1:04:08.980	12:49	20:41	5K70+M	3/3	M	95/96	LETHBRIDGE, AB
322/352	LANE, JULIE	5185	57:06.892	11:25	18:25	5K40-49F	54/57	F	230/256	LETHBRIDGE, AB
231/352	LANE, SCOTT	5186	46:39.887	09:19	15:03	5K50-59M	11/14	M	77/96	LETHBRIDGE, AB
22/352	LAPORTE, MARCY	5187	24:38.467	04:55	07:56	5K40-49F	2/57	F	5/256	LETHBRIDGE, AB
205/352	LARENTE, LOUISE	187	43:25.491	08:41	14:00	5K30-39F	38/66	F	135/256	LETHBRIDGE, AB
323/352	LARSON-PENDOCK, JODIE	5189	57:07.233	11:25	18:25	5K30-39F	59/66	F	231/256	LETHBRIDGE, AB
30/352	LAURENDEAU, JASON	5190	26:08.353	05:13	08:25	5K50-59M	2/14	M	21/96	LETHBRIDGE, AB
197/352	LEAVITT, KIM	5378	42:09.628	08:25	13:36	5K40-49F	31/57	F	127/256	LETHBRIDGE, AB
119/352	LINDBLAD, RYAN	5379	33:34.880	06:42	10:49	5K20-29M	8/19	M	51/96	CALGARY, AB
171/352	LITTLETTENT, MELANIE	5191	38:04.275	07:36	12:16	5K40-49F	26/57	F	108/256	LETHBRIDGE, AB
250/352	LOGAN, DARCY	5192	49:50.137	09:58	16:04	5K40-49M	16/17	M	81/96	LETHBRIDGE, AB
89/352	LORE, BECKY	5193	31:36.646	06:19	10:11	5K60-69F	3/26	F	49/256	LETHBRIDGE, AB
220/352	LOS BANES, MARIEL	5194	45:18.660	09:03	14:36	5K20-29F	25/32	F	147/256	LETHBRIDGE, AB
48/352	MAATJE, JOHAN	137	28:21.266	05:40	09:08	5K50-59M	3/14	M	29/96	LETHBRIDGE, AB
59/352	MACKINNON, BOBBIE	5195	29:06.665	05:49	09:23	5K50-59F	6/39	F	28/256	LETHBRIDGE, AB
334/352	MACKINNON, JORDAN	5196	59:47.687	11:57	19:17	5K20-29F	31/32	F	241/256	LETHBRIDGE, AB
4/352	MALINOWSKI, MACIEJ	5139	21:06.614	04:13	06:48	5K40-49M	2/17	M	4/96	LETHBRIDGE, AB
301/352	MANSON, ELLEN	5197	53:24.524	10:40	17:13	5K60-69F	18/26	F	211/256	DINSMORE, SK
317/352	MARRIOTT, AMARA	5198	55:47.095	11:09	17:59	5K30-39F	58/66	F	225/256	LETHBRIDGE, AB
318/352	MARRIOTT, DAPHNE	5199	55:52.970	11:10	18:01	5K10&UF	11/12	F	226/256	LETHBRIDGE, AB
321/352	MARRIOTT, GLENDA	188	55:57.063	11:11	18:02	5K60-69F	19/26	F	229/256	COALDALE, AB
134/352	MARTIN, BROOKE	5200	34:35.446	06:55	11:09	5K20-29F	10/32	F	78/256	BROOKS, AB
214/352	MARTYN, DECLAN	5201	44:59.878	08:59	14:30	5K10&UM	12/17	M	72/96	LETHBRIDGE, AB
216/352	MARTYN, JEN	5202	45:11.696	09:02	14:34	5K30-39F	39/66	F	144/256	LETHBRIDGE, AB
224/352	MARTYN, KADEN	5203	45:49.339	09:09	14:46	5K11-15M	7/10	M	75/96	LETHBRIDGE, AB
221/352	MATHER, KYRA	5204	45:32.472	09:06	14:41	5K20-29F	26/32	F	148/256	FOOTHILLS NO. 31, AB
314/352	MATHURIN-MOE, MARTHA	5205	55:24.782	11:04	17:52	5K40-49F	52/57	F	222/256	LETHBRIDGE, AB
230/352	MATIS-VADNAIS, JENNIFER	5206	46:29.751	09:17	14:59	5K50-59F	16/39	F	154/256	LETHBRIDGE, AB
80/352	MATKIN, TRISHA	5207	30:46.677	06:09	09:55	5K30-39F	16/66	F	42/256	LETHBRIDGE, AB
85/352	MAZEROLLE, KEVIN	5208	31:16.187	06:15	10:05	5K40-49M	9/17	M	39/96	LETHBRIDGE, AB
155/352	MCDONALD, ASHLEIGH	5209	36:22.026	07:16	11:43	5K30-39F	29/66	F	96/256	LETHBRIDGE, AB
337/352	MCDONALD, LEXI	5210	1:00:17.554	12:03	19:26	5K30-39F	64/66	F	243/256	LETHBRIDGE, AB
336/352	MCDONALD, NOEL	5211	1:00:17.305	12:03	19:26	5K10&UM	16/17	M	94/96	LETHBRIDGE, AB
8/352	MCINTYRE, CORIGAN	5212	21:49.140	04:21	07:02	5K11-15M	1/10	M	7/96	LETHBRIDGE, AB
3/352	MCINTYRE, GAVIN	5213	19:34.505	03:54	06:18	5K16-19M	1/2	M	3/96	LETHBRIDGE, AB
62/352	MCINTYRE, JESSICA	5214	29:16.371	05:51	09:26	5K30-39F	9/66	F	30/256	LETHBRIDGE, AB
293/352	MCKEE, ALLISON	5215	52:49.539	10:33	17:02	5K50-59F	32/39	F	205/256	CLARESHOLM, AB
101/352	MCMAHON, AMANDA	5216	32:27.333	06:29	10:28	5K40-49F	12/57	F	55/256	LETHBRIDGE, AB
210/352	MCMORROW, HEATHER	5217	43:57.956	08:47	14:10	5K40-49F	35/57	F	139/256	LETHBRIDGE, AB
209/352	MCMORROW, MOLLY	5218	43:57.399	08:47	14:10	5K16-19F	5/6	F	138/256	LETHBRIDGE, AB
281/352	MEIER, TAMMY	5219	51:05.168	10:13	16:28	5K50-59F	30/39	F	193/256	LETHBRIDGE, AB
218/352	MENDOZA, ANGELO	5220	45:12.771	09:02	14:35	5K20-29M	17/19	M	73/96	LETHBRIDGE, AB
86/352	MENDOZA, CARLO	5221	31:19.588	06:15	10:06	5K20-29M	6/19	M	40/96	LETHBRIDGE, AB
165/352	MENDOZA, JOSELITO	5222	37:42.525	07:32	12:09	5K50-59M	8/14	M	62/96	LETHBRIDGE, AB
282/352	MERCER, TAMIE	5223	51:07.229	10:13	16:29	5K40-49F	45/57	F	194/256	LETHBRIDGE, AB
238/352	MERTZ, DIANNE	130	47:19.320	09:27	15:15	5K60-69F	12/26	F	161/256	LETHBRIDGE, AB
64/352	MILLER, ANDI	145	29:33.972	05:54	09:32	5K30-39F	10/66	F	32/256	BELLEVUE, AB
352/352	MORO, LORI	5046	1:15:31.005	15:06	24:21	5K60-69F	26/26	F	256/256	LETHBRIDGE, AB
328/352	MOSSEY, AMY	5227	57:52.899	11:34	18:40	5K40-49F	55/57	F	236/256	LETHBRIDGE, AB
178/352	MURPHY, DEBRA	5228	38:47.553	07:45	12:30	5K60-69F	5/26	F	113/256	LETHBRIDGE, AB
189/352	NEUFELD, CAMRYN	190	40:49.786	08:09	13:10	5K20-29F	20/32	F	121/256	LETHBRIDGE, AB
190/352	NEUFELD, PERRY	189	40:50.722	08:10	13:10	5K50-59M	9/14	M	69/96	LETHBRIDGE, AB
152/352	NG, SHERRI	5229	35:54.492	07:10	11:34	5K40-49F	24/57	F	93/256	LETHBRIDGE, AB
174/352	NIWA, TYSON	5230	38:32.098	07:42	12:25	5K30-39M	11/14	M	64/96	LETHBRIDGE, AB
269/352	NORRIS, CATHERINE	5231	50:37.908	10:07	16:19	5K40-49F	43/57	F	184/256	LETHBRIDGE, AB

Alpha Overall Results

5K - 3.1 Miles

352 Finishers

O/A	Name	Bib#	Time	Pace/K	Pace/M	Category	Cat/PI	Gender	Gen/PI	City
349/352	NYBERG, KATHY	5232	1:07:59.574	13:35	21:55	5K60-69F	25/26	F	254/256	BROOKS, AB
112/352	OHENE, GERALDINE	5233	33:05.201	06:37	10:40	5K30-39F	17/66	F	62/256	LETHBRIDGE, AB
53/352	OLD, BRANDY	5234	28:38.075	05:43	09:14	5K30-39F	6/66	F	23/256	LETHBRIDGE, AB
149/352	ONYANGO, NYARADZO	5236	35:24.719	07:04	11:25	5K30-39F	27/66	F	91/256	LETHBRIDGE, AB
319/352	ORMSTON, ANTONIA	5237	55:53.782	11:10	18:01	5K40-49F	53/57	F	227/256	LETHBRIDGE, AB
320/352	ORMSTON, REBECCA	5238	55:54.493	11:10	18:02	5K11-15F	13/13	F	228/256	LETHBRIDGE, AB
208/352	ORR, KIM	5239	43:56.971	08:47	14:10	5K40-49F	34/57	F	137/256	LETHBRIDGE, AB
277/352	ORSTEN, AMANDA	5240	50:51.926	10:10	16:24	5K30-39F	51/66	F	189/256	COALDALE, AB
278/352	ORSTEN, ELLIE	5241	50:52.927	10:10	16:24	5K50-59F	27/39	F	190/256	COALDALE, AB
10/352	ORSTEN, RYKER	5242	22:35.948	04:31	07:17	5K11-15M	2/10	M	9/96	COALDALE, AB
274/352	OSTEPCHUK, CATHERINE	5243	50:49.105	10:09	16:23	5K50-59F	25/39	F	186/256	LETHBRIDGE, AB
241/352	OVERES, KATHY	5244	48:18.208	09:39	15:34	5K50-59F	20/39	F	163/256	LETHBRIDGE, AB
283/352	OVERES, LEANNE	5245	51:27.209	10:17	16:35	5K30-39F	52/66	F	195/256	LETHBRIDGE, AB
276/352	PAOLETTI, JODI	5246	50:49.762	10:09	16:23	5K50-59F	26/39	F	188/256	LETHBRIDGE, AB
266/352	PAPWORTH, KARA	5247	50:28.328	10:05	16:16	5K30-39F	50/66	F	181/256	LETHBRIDGE, AB
244/352	PAPWORTH, MILO	5248	48:46.046	09:45	15:43	5K10&UM	13/17	M	80/96	LETHBRIDGE, AB
235/352	PAQUIN, LUCIE	5249	47:06.490	09:25	15:11	5K50-59F	19/39	F	158/256	LETHBRIDGE, AB
175/352	PARDIAC, KATRINA	5250	38:33.839	07:42	12:26	5K30-39F	35/66	F	111/256	LETHBRIDGE, AB
256/352	PARKER, BYRON	5251	50:08.083	10:01	16:10	5K40-49M	17/17	M	84/96	LETHBRIDGE, AB
308/352	PAULS, SHAUNA	5252	54:17.968	10:51	17:30	5K50-59F	36/39	F	216/256	COALDALE, AB
339/352	PELLETIER, ROSE	5257	1:01:01.480	12:12	19:41	5K60-69F	22/26	F	245/256	LETHBRIDGE, AB
289/352	PETERSON, JESSICA	5258	52:38.243	10:31	16:58	5K20-29F	29/32	F	201/256	LETHBRIDGE COUNTY, AB
294/352	PETTIPAS, MARISA	5259	52:53.803	10:34	17:03	5K20-29F	30/32	F	206/256	LETHBRIDGE, AB
83/352	PICKLES, JENNA	5260	30:59.630	06:11	09:59	5K20-29F	6/32	F	45/256	LETHBRIDGE, AB
288/352	PICKLES, TAUNYA	5261	52:36.537	10:31	16:58	5K40-49F	47/57	F	200/256	LETHBRIDGE, AB
103/352	PLANGER, MELISSA	5262	32:33.900	06:30	10:30	5K40-49F	14/57	F	57/256	TABER, AB
179/352	POLS, BOBBI JO	5263	39:00.585	07:48	12:35	5K50-59F	12/39	F	114/256	LETHBRIDGE, AB
16/352	POPE, PAIGE	5265	23:53.158	04:46	07:42	5K40-49F	1/57	F	3/256	LETHBRIDGE, AB
78/352	POTTAGE, ANDY	5266	30:37.918	06:07	09:52	5K10&UM	3/17	M	38/96	LETHBRIDGE, AB
54/352	PUCHALA, KARLIE	5269	28:45.404	05:45	09:16	5K30-39F	7/66	F	24/256	LETHBRIDGE, AB
291/352	QUINTIN, YVONNE	5270	52:48.328	10:33	17:02	5K60-69F	17/26	F	203/256	LETHBRIDGE, AB
229/352	REACH, RONDA	5331	46:20.373	09:16	14:56	5K60-69F	10/26	F	153/256	FORT MACLEOD, AB
138/352	RED CROW, MIRANDA	5271	34:36.683	06:55	11:09	5K50-59F	8/39	F	80/256	STANDOFF, AB
97/352	REIZVIKH, ALEX	5272	32:03.984	06:24	10:20	5K10&UM	4/17	M	44/96	LETHBRIDGE, AB
186/352	REIZVIKH, ANALI	5273	40:41.739	08:08	13:07	5K30-39F	37/66	F	120/256	LETHBRIDGE, AB
96/352	REIZVIKH, DMITRI	5274	32:03.435	06:24	10:20	5K40-49M	11/17	M	43/96	LETHBRIDGE, AB
185/352	REIZVIKH, NICK	5275	40:38.992	08:07	13:06	5K10&UM	10/17	M	66/96	LETHBRIDGE, AB
38/352	RITCHIE, BRUCE	5380	27:20.409	05:28	08:49	5K60-69M	1/1	M	26/96	ST. ALBERT, AB
239/352	RITCHIE, CURTIS	5388	47:36.688	09:31	15:21	5K40-49M	15/17	M	78/96	EDMONTON, AB
223/352	ROQUE, FRANCISCO	5276	45:48.168	09:09	14:46	5K50-59M	10/14	M	74/96	PICTURE BUTTE, AB
222/352	ROQUE, MARIA	5277	45:48.004	09:09	14:46	5K11-15F	11/13	F	149/256	PICTURE BUTTE, AB
202/352	ROWAN, CHRISTINA	5278	42:36.984	08:31	13:44	5K40-49F	33/57	F	132/256	LETHBRIDGE, AB
201/352	ROWAN, ELYSE	5279	42:36.295	08:31	13:44	5K10&UF	7/12	F	131/256	LETHBRIDGE, AB
310/352	SANDERSON, ADINA	5281	55:19.074	11:03	17:50	5K40-49F	50/57	F	218/256	LETHBRIDGE, AB
181/352	SANFORD, JANICE	5282	39:19.708	07:51	12:41	5K60-69F	6/26	F	116/256	COALHURST, AB
204/352	SAPRIKIN, LISA	5381	43:24.496	08:40	14:00	5K20-29F	24/32	F	134/256	COALDALE, AB
118/352	SCHOENING, ERIN	5283	33:21.597	06:40	10:45	5K40-49F	19/57	F	68/256	LETHBRIDGE, AB
122/352	SCHWAB, ED	5382	33:45.607	06:45	10:53	5K40-49M	14/17	M	53/96	LETHBRIDGE, AB
150/352	SENNEKER, ALEX	5284	35:45.089	07:09	11:31	5K30-39M	9/14	M	59/96	LETHBRIDGE, AB
253/352	SENNEKER, ALEXA	5285	49:53.626	09:58	16:05	5K30-39F	45/66	F	171/256	LETHBRIDGE, AB
259/352	SENNEKER, LIZ	5059	50:12.029	10:02	16:11	5K20-29F	28/32	F	174/256	LETHBRIDGE, AB
267/352	SENNEKER, ROMINA	5286	50:36.241	10:07	16:19	5K60-69F	14/26	F	182/256	TABER, AB
258/352	SENNEKER, RYAN	5158	50:11.018	10:02	16:11	5K20-29M	19/19	M	85/96	LETHBRIDGE, AB
123/352	SEREBRYANSKY, MARK	5287	33:47.557	06:45	10:54	5K20-29M	10/19	M	54/96	LETHBRIDGE, AB
199/352	SHARP, OLIVIA	5288	42:25.186	08:29	13:41	5K10&UF	6/12	F	129/256	LETHBRIDGE, AB
200/352	SHARP, ROSANNE	5289	42:27.581	08:29	13:41	5K40-49F	32/57	F	130/256	LETHBRIDGE, AB
156/352	SHING, CERISSE	5291	36:23.971	07:16	11:44	5K20-29F	15/32	F	97/256	LETHBRIDGE, AB

Alpha Overall Results

5K - 3.1 Miles

352 Finishers

O/A	Name	Bib#	Time	Pace/K	Pace/M	Category	Cat/PI	Gender	Gen/PI	City
33/352	SHURGELO, DARCIÉ	5292	26:37.647	05:19	08:35	5K20-29F	2/32	F	10/256	ARROW CREEK, BC
42/352	SHURGELO, HEIDI	5293	27:45.436	05:33	08:57	5K20-29F	3/32	F	16/256	ARROW CREEK, BC
81/352	SHURGELO, MARGARET	5294	30:47.196	06:09	09:55	5K60-69F	2/26	F	43/256	ARROW CREEK, BC
6/352	SHURGELO, MICAH	5295	21:35.588	04:19	06:57	5K20-29M	2/19	M	5/96	ARROW CREEK, BC
139/352	SILVER, TAYLA	5296	34:40.166	06:56	11:11	5K20-29F	11/32	F	81/256	MONARCH, AB
333/352	SIMON, SUNITA	5297	58:33.148	11:42	18:53	5K50-59F	38/39	F	240/256	LETHBRIDGE, AB
102/352	SKEITH, CHRISTINA	5298	32:29.419	06:29	10:28	5K40-49F	13/57	F	56/256	LETHBRIDGE, AB
69/352	SMIGEL, NATHAN	5299	29:52.518	05:58	09:38	5K40-49M	8/17	M	35/96	LETHBRIDGE, AB
257/352	SMITH, JANAÉ	5302	50:08.295	10:01	16:10	5K40-49F	41/57	F	173/256	LETHBRIDGE, AB
263/352	SPACKMAN, KRISTA	5303	50:24.264	10:04	16:15	5K30-39F	47/66	F	178/256	LETHBRIDGE, AB
24/352	SPATE, GENA	5304	24:53.841	04:58	08:01	5K50-59F	2/39	F	7/256	TABER, AB
79/352	SPEER, MACKENZIE	5305	30:40.611	06:08	09:53	5K16-19F	3/6	F	41/256	TABER, AB
125/352	STADTMULLER, LEO	5306	33:50.955	06:46	10:55	5K10&UM	8/17	M	55/96	LETHBRIDGE, AB
327/352	STARRENBURG, DIANE	5307	57:10.744	11:26	18:26	5K60-69F	21/26	F	235/256	LETHBRIDGE, AB
151/352	STOROZYNSKY, SELENA	5309	35:51.782	07:10	11:34	5K20-29F	13/32	F	92/256	LETHBRIDGE, AB
309/352	STREET, ERIKA	5310	55:18.385	11:03	17:50	5K70+F	1/4	F	217/256	COALDALE, AB
346/352	STUMP, DIMPLES	5311	1:06:29.452	13:17	21:26	5K60-69F	24/26	F	251/256	LETHBRIDGE, AB
29/352	SUTTROP, VIVIEN	5312	25:55.159	05:11	08:21	5K50-59F	3/39	F	9/256	LETHBRIDGE, AB
148/352	TABOULCHANAS, OLEA	5313	35:18.849	07:03	11:23	5K40-49F	23/57	F	90/256	LETHBRIDGE, AB
39/352	TASKER, KELSEY	5314	27:21.396	05:28	08:49	5K30-39F	2/66	F	13/256	LETHBRIDGE, AB
110/352	TURNBULL, JENNY	5316	32:54.845	06:34	10:37	5K40-49F	17/57	F	61/256	LETHBRIDGE, AB
326/352	TYMBURSKI, ANITA	5317	57:10.710	11:26	18:26	5K60-69F	20/26	F	234/256	LETHBRIDGE, AB
163/352	UGLEM, SEANNA	5318	37:12.715	07:26	12:00	5K20-29F	17/32	F	102/256	LETHBRIDGE, AB
93/352	ULLY, BRETT	5319	31:47.722	06:21	10:15	5K20-29M	7/19	M	41/96	LETHBRIDGE, AB
290/352	VAN VAERENBERGH, LAUREL	5321	52:46.333	10:33	17:01	5K60-69F	16/26	F	202/256	LETHBRIDGE, AB
130/352	VANDEN DUNGEN, EVA	5322	34:07.817	06:49	11:00	5K11-15F	8/13	F	75/256	LETHBRIDGE, AB
127/352	VANDEN DUNGEN, SADIE	5324	33:58.131	06:47	10:57	5K16-19F	4/6	F	72/256	LETHBRIDGE, AB
168/352	VANDEN DUNGEN, SANTANA	5325	37:58.961	07:35	12:15	5K20-29F	18/32	F	106/256	LETHBRIDGE, AB
161/352	VANDEN ELZEN, JEN	5326	36:50.434	07:22	11:53	5K50-59F	10/39	F	100/256	COALDALE, AB
157/352	VANDEN ELZEN, MADELINE	5327	36:31.353	07:18	11:46	5K20-29F	16/32	F	98/256	LETHBRIDGE, AB
191/352	VANESSEN, MIANNA	5328	40:51.365	08:10	13:10	5K20-29F	21/32	F	122/256	LETHBRIDGE, AB
70/352	VANLIERE, TAMI	5329	30:03.025	06:00	09:41	5K30-39F	11/66	F	35/256	PICTURE BUTTE, AB
262/352	VAVRA PEACOCK, JASMINE	5330	50:23.292	10:04	16:15	5K30-39F	46/66	F	177/256	LETHBRIDGE, AB
60/352	VEDRES, SYLVA	5047	29:12.787	05:50	09:25	5K40-49F	5/57	F	29/256	LETHBRIDGE, AB
284/352	VINEY, SYLVIA	5332	51:57.995	10:23	16:45	5K60-69F	15/26	F	196/256	LETHBRIDGE, AB
50/352	WALDORF, RYAN	5333	28:32.220	05:42	09:12	5K40-49M	6/17	M	30/96	LETHBRIDGE, AB
332/352	WALOWETZ, CHANTAL	5334	58:05.527	11:37	18:44	5K40-49F	56/57	F	239/256	LETHBRIDGE, AB
106/352	WARKENTIN, SCOTT	5335	32:45.086	06:33	10:33	5K40-49M	13/17	M	47/96	LETHBRIDGE, AB
63/352	WARNOCK, ALISON	5383	29:24.998	05:53	09:29	5K40-49F	6/57	F	31/256	LETHBRIDGE, AB
330/352	WARREN, DENISE	5336	58:04.285	11:36	18:43	5K30-39F	62/66	F	238/256	CALGARY, AB
331/352	WARREN, KOLIN	5337	58:04.613	11:36	18:44	5K30-39M	14/14	M	93/96	CALGARY, AB
32/352	WATT, JENS	5338	26:17.746	05:15	08:28	5K20-29M	4/19	M	23/96	LETHBRIDGE, AB
74/352	WHITTINGTON, ASHLEY	5339	30:30.853	06:06	09:50	5K30-39F	13/66	F	38/256	LETHBRIDGE, AB
146/352	WICKERSHAM, AIMEE	5384	35:14.855	07:02	11:22	5K30-39F	26/66	F	88/256	LETHBRIDGE, AB
114/352	WICKERSHAM, AVALYN	5385	33:11.509	06:38	10:42	5K11-15F	7/13	F	64/256	LETHBRIDGE, AB
19/352	WIGAND, EVAN	5341	24:16.520	04:51	07:49	5K11-15M	5/10	M	16/96	LETHBRIDGE, AB
47/352	WILDE, BRYNLEY	5342	28:18.040	05:39	09:07	5K20-29F	4/32	F	19/256	LETHBRIDGE, AB
158/352	WILDE, HAYDEN	5343	36:36.875	07:19	11:48	5K20-29M	13/19	M	60/96	LETHBRIDGE, AB
94/352	WIRZBA, ALLISON	5345	31:48.229	06:21	10:15	5K11-15F	5/13	F	53/256	LETHBRIDGE, AB
95/352	WIRZBA, MATT	5346	31:49.848	06:21	10:16	5K40-49M	10/17	M	42/96	LETHBRIDGE, AB
187/352	WITTEN, RALPH	5348	40:45.491	08:09	13:08	5K70+M	1/3	M	67/96	LETHBRIDGE, AB
11/352	WOLDEN, SHAWN	5349	22:36.608	04:31	07:17	5K30-39M	2/14	M	10/96	LETHBRIDGE, AB
51/352	WOYNAROWSKY, PAULA	5350	28:35.230	05:43	09:13	5K30-39F	5/66	F	21/256	LETHBRIDGE, AB
55/352	YAKE, KELLY	5351	28:46.354	05:45	09:16	5K30-39F	8/66	F	25/256	LETHBRIDGE, AB
44/352	YAKE, WYATT	5352	27:48.556	05:33	08:58	5K30-39M	7/14	M	27/96	LETHBRIDGE, AB
120/352	YANISH, MADISON	5353	33:35.091	06:43	10:50	5K20-29F	9/32	F	69/256	LETHBRIDGE, AB
137/352	YASINSKI, CADEN	5354	34:36.509	06:55	11:09	5K10&UF	3/12	F	79/256	LETHBRIDGE, AB

Alpha Overall Results

5K - 3.1 Miles

352 Finishers

O/A	Name	Bib#	Time	Pace/K	Pace/M	Category	Cat/PI	Gender	Gen/PI	City
275/352	YASINSKI, CHARIS	5355	50:49.724	10:09	16:23	5K40-49F	44/57	F	187/256	LETHBRIDGE, AB
272/352	YASINSKI, COEN	5356	50:45.499	10:09	16:22	5K10&UM	15/17	M	88/96	LETHBRIDGE, AB
169/352	YOSHIHARA, MEGAN	5357	38:03.128	07:36	12:16	5K30-39F	33/66	F	107/256	LETHBRIDGE, AB
170/352	YOSHIHARA, RUSSELL	5358	38:04.240	07:36	12:16	5K30-39M	10/14	M	63/96	LETHBRIDGE, AB
153/352	ZECK, EMILEE	5359	36:07.778	07:13	11:39	5K20-29F	14/32	F	94/256	LETHBRIDGE, AB
135/352	ZECK, JAMES	5360	34:35.701	06:55	11:09	5K20-29M	11/19	M	57/96	LETHBRIDGE, AB
92/352	ZEMP, KRISTINA	5361	31:47.148	06:21	10:15	5K40-49F	10/57	F	52/256	LETHBRIDGE, AB
91/352	ZEMP, NORMA	5362	31:47.131	06:21	10:15	5K60-69F	4/26	F	51/256	RAYMOND, AB
255/352	ZIPURSKY, MICHAELA	5363	49:56.557	09:59	16:06	5K20-29F	27/32	F	172/256	LETHBRIDGE, AB
71/352	ZOETEMAN, JANA	5364	30:15.606	06:03	09:45	5K60-69F	1/26	F	36/256	LETHBRIDGE, AB