

Overall Gender Results

10K - 6.21 Miles

Female

Gender	Name	Bib#	Time	Pace/K	Pace/M	Category	Cat	O/A	City
1/37	HALOWSKI, JENI	122	42:50.210	04:17	06:53	10K40-49F	1/13	4/67	LETHBRIDGE, AB
2/37	BURGESS, NICOLE	103	48:54.995	04:53	07:52	10K19&UF	1/1	8/67	LETHBRIDGE, AB
3/37	VANDER HEYDEN, MANDY	176	49:23.739	04:56	07:57	10K30-39F	1/10	9/67	LETHBRIDGE, AB
4/37	TROTTER, DARLA	172	51:03.710	05:06	08:13	10K30-39F	2/10	13/67	PINCHER CREEK, AB
5/37	KEITH, TAYLOR	131	51:57.358	05:11	08:21	10K30-39F	3/10	14/67	LETHBRIDGE, AB
6/37	DOTY, KAELLA	111	52:12.887	05:13	08:24	10K40-49F	2/13	15/67	LETHBRIDGE, AB
7/37	MOHR, JONI	147	52:14.032	05:13	08:24	10K40-49F	3/13	16/67	MAGRATH, AB
8/37	FRIESEN, HELENA	193	54:34.252	05:27	08:47	10K30-39F	4/10	20/67	LETHBRIDGE, AB
9/37	JONES-HUSCH, KATHY	128	55:20.542	05:32	08:54	10K40-49F	4/13	22/67	LETHBRIDGE, AB
10/37	RESSLER, JESSICA	155	56:03.921	05:36	09:01	10K30-39F	5/10	26/67	LETHBRIDGE, AB
11/37	TAKEYASU, CARRIE	169	56:37.005	05:39	09:07	10K50-59F	1/4	29/67	LETHBRIDGE, AB
12/37	MAYER, BERNADETTE	141	57:58.893	05:47	09:20	10K20-29F	1/6	30/67	LETHBRIDGE, AB
13/37	HARRIS, STACEY	123	1:00:14.447	06:01	09:42	10K40-49F	5/13	34/67	TABER, AB
14/37	SUNDE, BRENDA	167	1:00:20.352	06:02	09:42	10K60-69F	1/2	35/67	MAPLE CREEK, SK
15/37	SLUSAR, HILLARY	164	1:00:45.299	06:04	09:47	10K30-39F	6/10	36/67	LETHBRIDGE, AB
16/37	SANDERS, JULIANNE	160	1:03:26.409	06:20	10:12	10K40-49F	6/13	38/67	LETHBRIDGE, AB
17/37	DEWACHT, AIMEE	108	1:04:04.739	06:24	10:19	10K40-49F	7/13	39/67	LETHBRIDGE, AB
18/37	KNAPP, JODY	132	1:04:29.328	06:26	10:23	10K50-59F	2/4	41/67	COALDALE, AB
19/37	OLSON, MELLISSA	151	1:04:32.896	06:27	10:23	10K40-49F	8/13	42/67	MAGRATH, AB
20/37	SLOAN, TIFFANY	163	1:04:33.169	06:27	10:23	10K40-49F	9/13	43/67	MAGRATH, AB
21/37	DE LEEUW, BECKY	105	1:04:42.887	06:28	10:25	10K20-29F	2/6	44/67	PICTURE BUTTE, AB
22/37	PRICE, RACHEL	154	1:04:49.588	06:28	10:26	10K30-39F	7/10	45/67	COALDALE, AB
23/37	WICHERS, STACEY	178	1:05:17.199	06:31	10:30	10K50-59F	3/4	47/67	LETHBRIDGE, AB
24/37	STANLEY, TAMARA	177	1:05:52.906	06:35	10:36	10K30-39F	8/10	48/67	COALHURST, AB
25/37	GONZALEZ, CLAUDIA	119	1:06:29.422	06:38	10:42	10K40-49F	10/13	49/67	LETHBRIDGE, AB
26/37	UYS, CHARMAINE	173	1:07:00.011	06:42	10:47	10K40-49F	11/13	50/67	LETHBRIDGE, AB
27/37	KAPPEL, JOANNA	129	1:07:27.262	06:44	10:51	10K50-59F	4/4	52/67	LETHBRIDGE, AB
28/37	ROUT, DANIKA	158	1:08:36.223	06:51	11:02	10K20-29F	3/6	57/67	LETHBRIDGE, AB
29/37	BRUINING, SIERRA	102	1:09:47.580	06:58	11:14	10K30-39F	9/10	58/67	COALHURST, AB
30/37	GLEN, LAURIE	117	1:10:08.180	07:00	11:17	10K60-69F	2/2	59/67	LUNDBRECK, AB
31/37	TREMBLAY, FREDERIQUE	148	1:11:41.965	07:10	11:32	10K30-39F	10/10	60/67	COALHURST, AB
32/37	MEGAW, CAROL	144	1:13:21.725	07:20	11:48	10K70+F	1/1	61/67	LETHBRIDGE, AB
33/37	VAN ESSEN, LEANDRA	175	1:13:24.926	07:20	11:49	10K20-29F	4/6	62/67	PICTURE BUTTE, AB
34/37	TROCKSTAD, SHAYNA	171	1:18:00.647	07:48	12:33	10K20-29F	5/6	64/67	LETHBRIDGE, AB
35/37	THOMAS, KRYSYTY	170	1:21:01.633	08:06	13:02	10K40-49F	12/13	65/67	LETHBRIDGE, AB
36/37	BESTE, CHELSEY	101	1:21:40.889	08:10	13:09	10K20-29F	6/6	66/67	LETHBRIDGE, AB
37/37	LETTES, DIANA	136	1:21:45.923	08:10	13:10	10K40-49F	13/13	67/67	LETHBRIDGE, AB

Overall Gender Results

10K - 6.21 Miles

Male

Gender	Name	Bib#	Time	Pace/K	Pace/M	Category	Cat	O/A	City
1/30	CASPER, ROB	183	41:07.289	04:06	06:37	10K30-39M	1/9	1/67	COALDALE, AB
2/30	SHURGELO, SHELDON	162	42:11.718	04:13	06:47	10K30-39M	2/9	2/67	CRESTON, BC
3/30	BLACK, ROBBIE	181	42:26.068	04:14	06:49	10K19&UM	1/3	3/67	LETHBRIDGE, AB
4/30	HELWIG, JOSEPH	124	46:33.770	04:39	07:29	10K60-69M	1/5	5/67	LETHBRIDGE, AB
5/30	MOSER, BRAD	149	46:58.802	04:41	07:33	10K40-49M	1/6	6/67	LETHBRIDGE, AB
6/30	MCDONALD, JASON	143	48:40.527	04:52	07:50	10K30-39M	3/9	7/67	LETHBRIDGE, AB
7/30	LENAOUR, TAYLOR	135	49:49.007	04:58	08:01	10K30-39M	4/9	10/67	LETHBRIDGE, AB
8/30	JOHNSON, DEAN	126	50:14.175	05:01	08:05	10K50-59M	1/4	11/67	LETHBRIDGE, AB
9/30	NEIL, KALEB	150	50:53.040	05:05	08:11	10K19&UM	2/3	12/67	LETHBRIDGE, AB
10/30	FOGGIN, CARSON	115	52:54.904	05:17	08:31	10K30-39M	5/9	17/67	LETHBRIDGE, AB
11/30	BECHTEL, ROBERT	100	54:08.666	05:24	08:43	10K50-59M	2/4	18/67	LETHBRIDGE, AB
12/30	GRISNICH, LUKE	120	54:11.666	05:25	08:43	10K30-39M	6/9	19/67	NORTH GRAND PRE, NS
13/30	DEWACHT, KARSON	109	54:37.729	05:27	08:47	10K20-29M	1/2	21/67	LETHBRIDGE, AB
14/30	STANLEY, SHELDON	182	55:43.182	05:34	08:58	10K30-39M	7/9	23/67	COALHURST, AB
15/30	GROTEN, JOSH	121	55:45.138	05:34	08:58	10K60-69M	2/5	24/67	DIAMOND CITY, AB
16/30	DONOVAN, ANDREW	110	56:02.377	05:36	09:01	10K40-49M	2/6	25/67	LETHBRIDGE, AB
17/30	RIBAR, HAROLD	156	56:06.282	05:36	09:02	10K70+M	1/1	27/67	LETHBRIDGE, AB
18/30	MACKINNON, BRUCE	138	56:26.459	05:38	09:05	10K60-69M	3/5	28/67	LETHBRIDGE, AB
19/30	WOLDEN, MARK	179	58:00.768	05:48	09:20	10K40-49M	3/6	31/67	LEHTBRIDGE, AB
20/30	SUNDE, MELVIN	168	58:28.219	05:50	09:24	10K60-69M	4/5	32/67	MAPLE CREEK, SK
21/30	GIBSON, TROY	116	59:34.178	05:57	09:35	10K30-39M	8/9	33/67	LETHBRIDGE, AB
22/30	PAXMAN, ELBERT	152	1:03:12.233	06:19	10:10	10K60-69M	5/5	37/67	GLENWOOD, AB
23/30	JONES, PAUL	127	1:04:27.396	06:26	10:22	10K50-59M	3/4	40/67	NOBLEFORD, AB
24/30	ROYER, ANDRE	159	1:05:10.714	06:31	10:29	10K50-59M	4/4	46/67	LETHBRIDGE, AB
25/30	UYS, KENDAL	174	1:07:00.497	06:42	10:47	10K40-49M	4/6	51/67	LETHBRIDGE, AB
26/30	EAVES, BRYCE	113	1:07:44.159	06:46	10:54	10K40-49M	5/6	53/67	LETHBRIDGE, AB
27/30	RODGERS, TANNER	157	1:08:02.729	06:48	10:57	10K20-29M	2/2	54/67	LETHBRIDGE, AB
28/30	SANGSTER, BRODY	161	1:08:14.459	06:49	10:59	10K30-39M	9/9	55/67	LETHBRIDGE, AB
29/30	DENBOK, TRISTAN	107	1:08:21.484	06:50	11:00	10K19&UM	3/3	56/67	LETHBRIDGE, AB
30/30	STAEHR, BRAD	166	1:15:28.409	07:32	12:09	10K40-49M	6/6	63/67	LETHBRIDGE, AB