

Alpha Overall Results

10K - 6.21 Miles

98 Finishers

O/A	Name	Bib#	Time	Pace/K	Pace/M	Category	Cat/PI	Gender	Gen/PI	City
17/98	ABREY-MCKEOWN, FINN	101	51:31.734	05:09	08:17	10K19&UM	2/7	M	10/39	COALDALE, AB
54/98	ADELMAN, REBECCA	103	1:03:52.979	06:23	10:17	10K40-49F	5/12	F	25/59	LETHBRIDGE, AB
13/98	ALVARGONZALEZ, MIGUEL	104	50:26.609	05:02	08:07	10K19&UM	1/7	M	8/39	COALDALE, AB
23/98	ARGYLE, GRAHAM	105	52:08.517	05:12	08:23	10K70+M	1/1	M	15/39	LETHBRIDGE, AB
56/98	BANATAO, MARC	106	1:05:56.325	06:35	10:37	10K30-39M	3/6	M	30/39	LETHBRIDGE, AB
40/98	BASSO, COLLIN	108	58:49.442	05:52	09:28	10K20-29M	5/8	M	24/39	LETHBRIDGE, AB
18/98	BECHTEL, ROBERT	109	51:32.923	05:09	08:18	10K50-59M	1/2	M	11/39	LETHBRIDGE, AB
63/98	BECKER, DESTINY	110	1:07:30.823	06:45	10:52	10K19&UF	2/5	F	31/59	STRATHMORE, AB
95/98	BESTE, CHELSEY	111	1:27:42.171	08:46	14:07	10K20-29F	10/10	F	57/59	LETHBRIDGE, AB
80/98	BIDARIAN, BETH	112	1:12:08.381	07:12	11:37	10K50-59F	6/7	F	45/59	LETHBRIDGE, AB
79/98	BULLOCK, ALANNA	114	1:11:30.474	07:09	11:30	10K30-39F	19/25	F	44/59	LETHBRIDGE, AB
68/98	CAPUTO, AVA	116	1:09:09.297	06:54	11:08	10K19&UF	3/5	F	36/59	LETHBRIDGE, AB
69/98	CAPUTO, LOLA	117	1:09:09.383	06:54	11:08	10K19&UF	4/5	F	37/59	LETHBRIDGE, AB
52/98	CARDOZO, MATIAS	118	1:03:14.471	06:19	10:11	10K40-49M	8/11	M	29/39	LETHBRIDGE, AB
28/98	CASILI, JULIUS	119	53:40.830	05:22	08:38	10K40-49M	5/11	M	18/39	LETHBRIDGE, AB
1/98	CASPER, ROB	120	41:14.486	04:07	06:38	10K40-49M	1/11	M	1/39	COALDALE, AB
49/98	CHATTERTON, MATTHEW	121	1:02:08.624	06:12	10:00	10K30-39M	2/6	M	27/39	LETHBRIDGE, AB
10/98	CHRAPKO, MACKENZIE	122	48:46.635	04:52	07:51	10K20-29F	1/10	F	3/59	LETHBRIDGE, AB
78/98	COADY, DANIELLE	123	1:11:30.039	07:09	11:30	10K30-39F	18/25	F	43/59	LETHBRIDGE, AB
61/98	CROSBY, XAVIER	125	1:07:28.344	06:44	10:51	10K20-29M	8/8	M	31/39	CALGARY, AB
15/98	CROWDER, NICOLE	126	50:51.126	05:05	08:11	10K30-39F	2/25	F	6/59	LETHBRIDGE, AB
53/98	DE GROOT, VICTORIA	127	1:03:26.840	06:20	10:13	10K30-39F	13/25	F	24/59	LETHBRIDGE, AB
73/98	DEE VERZOSA, KEDZ CARMELA	128	1:09:55.978	06:59	11:15	10K20-29F	7/10	F	41/59	LETHBRIDGE, AB
44/98	DENBOK, TRISTAN	129	59:53.176	05:59	09:38	10K19&UM	6/7	M	26/39	LETHBRIDGE, AB
65/98	DEWACHT, AIMEE	130	1:07:41.009	06:46	10:53	10K40-49F	8/12	F	33/59	LETHBRIDGE, AB
39/98	DEWACHT, STEVE	132	58:47.505	05:52	09:28	10K50-59M	2/2	M	23/39	LETHBRIDGE, AB
43/98	DEWACHT, TIE	133	59:30.349	05:57	09:34	10K20-29M	6/8	M	25/39	LETHBRIDGE, AB
7/98	DIBBEN, MITCHEL	134	46:50.002	04:41	07:32	10K40-49M	3/11	M	6/39	LETHBRIDGE, AB
11/98	DOMINGUEZ, JEM	135	49:08.942	04:54	07:54	10K20-29F	2/10	F	4/59	LETHBRIDGE, AB
32/98	DONOVAN, ANDREW	136	54:46.661	05:28	08:49	10K40-49M	7/11	M	20/39	LETHBRIDGE, AB
30/98	DOTY, KAELLA	137	54:32.852	05:27	08:47	10K40-49F	3/12	F	11/59	LETHBRIDGE, AB
33/98	DYCK, BECCA	138	55:14.335	05:31	08:53	10K30-39F	7/25	F	13/59	COALDALE, AB
29/98	FOURNIER, VINCENT	140	54:31.292	05:27	08:46	10K40-49M	6/11	M	19/39	LETHBRIDGE, AB
42/98	FRENZEL, BRONWYNN	141	59:13.088	05:55	09:32	10K20-29F	5/10	F	18/59	MAGRATH, AB
62/98	GIBSON, TROY	142	1:07:30.797	06:45	10:52	10K30-39M	4/6	M	32/39	LETHBRIDGE, AB
70/98	GONZALEZ, CLAUDIA	143	1:09:11.492	06:55	11:08	10K50-59F	5/7	F	38/59	LETHBRIDGE, AB
45/98	GRAHAM, DOROTHY	145	59:59.958	05:59	09:39	10K30-39F	9/25	F	19/59	LETHBRIDGE, AB
87/98	GRAY, CHALAING	146	1:18:33.025	07:51	12:38	10K30-39F	22/25	F	51/59	COALHURST, AB
57/98	GROENENBOOM, ABBY	147	1:05:59.061	06:35	10:37	10K40-49F	6/12	F	27/59	COALHURST, AB
14/98	GROSS, LANDON	148	50:48.667	05:04	08:10	10K20-29M	3/8	M	9/39	LETHBRIDGE, AB
21/98	GROTEN, JOSH	149	51:50.110	05:11	08:20	10K60-69M	2/4	M	13/39	DIAMOND CITY, AB
77/98	HA, STEVEN	152	1:11:16.750	07:07	11:28	10K30-39M	6/6	M	35/39	LETHBRIDGE, AB
26/98	HAGGETT, STEPHANIE	153	53:23.640	05:20	08:35	10K30-39F	5/25	F	10/59	LETHBRIDGE, AB
47/98	HALLETT, SHANNON	115	1:00:00.231	06:00	09:39	10K30-39F	11/25	F	21/59	LETHBRIDGE, AB
2/98	HALOWSKI, JENI	166	42:01.620	04:12	06:46	10K40-49F	1/12	F	1/59	LETHBRIDGE, AB
96/98	HANEY, KEVIN	154	1:30:14.126	09:01	14:31	10K40-49M	11/11	M	39/39	LETHBRIDGE, AB
6/98	HELWIG, JOSEPH	156	45:57.119	04:35	07:23	10K60-69M	1/4	M	5/39	LETHBRIDGE, AB
41/98	HORNE, TRACY	158	58:53.381	05:53	09:28	10K30-39F	8/25	F	17/59	LETHBRIDGE, AB
75/98	HUGHES, ALYSSA	159	1:10:36.867	07:03	11:22	10K19&UF	5/5	F	42/59	LETHBRIDGE, AB
51/98	HUNT, ETHAN	160	1:02:59.350	06:17	10:08	10K20-29M	7/8	M	28/39	LETHBRIDGE, AB
3/98	ISENOR, DAN	161	45:05.954	04:30	07:15	10K30-39M	1/6	M	2/39	LETHBRIDGE, AB
8/98	JAROKOSKY, HEATHER	162	47:20.868	04:44	07:37	10K30-39F	1/25	F	2/59	LETHBRIDGE, AB
97/98	JOHNSON, CHRISTINE	163	1:49:36.944	10:57	17:39	10K30-39F	24/25	F	58/59	BARONS, AB
24/98	JOHNSON, DEAN	164	52:09.325	05:12	08:23	10K60-69M	3/4	M	16/39	LETHBRIDGE, AB
31/98	KEITH, TAYLOR	165	54:33.220	05:27	08:47	10K30-39F	6/25	F	12/59	LETHBRIDGE, AB
72/98	KLATT, KORTNEY	167	1:09:24.851	06:56	11:10	10K30-39F	17/25	F	40/59	FOREMOST, AB
37/98	KOCH-GINGRAS, SANDY	195	58:05.600	05:48	09:21	10K50-59F	1/7	F	15/59	LETHBRIDGE, AB

2025 Ritas Run 5K/10K May 10/2025

Alpha Overall Results

10K - 6.21 Miles

98 Finishers

O/A	Name	Bib#	Time	Pace/K	Pace/M	Category	Cat/PI	Gender	Gen/PI	City
66/98	LAMBERT, KARIANNE	169	1:07:54.771	06:47	10:56	10K30-39F	15/25	F	34/59	COALDALE, AB
27/98	LEONOR, MEL	171	53:34.684	05:21	08:37	10K20-29M	4/8	M	17/39	LETHBRIDGE, AB
89/98	MACDONALD, ABIGAIL	172	1:20:45.865	08:04	13:00	10K20-29F	9/10	F	53/59	LETHBRIDGE, AB
92/98	MARSHALL, ANNA	174	1:23:45.622	08:22	13:29	10K50-59F	7/7	F	54/59	LETHBRIDGE, AB
19/98	MCKEOWN, KEVIN	175	51:34.461	05:09	08:18	10K40-49M	4/11	M	12/39	COALDALE, AB
98/98	MILLER, JESSICA	176	1:49:37.644	10:57	17:39	10K30-39F	25/25	F	59/59	FORT MACLEOD, AB
5/98	MOSER, BRAD	177	45:28.692	04:32	07:19	10K40-49M	2/11	M	4/39	LETHBRIDGE, AB
94/98	MUSICK, ERIN	178	1:25:54.356	08:35	13:50	10K40-49F	12/12	F	56/59	LETHBRIDGE, AB
4/98	NEUFELD, TEDDY	211	45:27.656	04:32	07:19	10K20-29M	1/8	M	3/39	LETHBRIDGE, AB
82/98	PARDIAC, KATRINA	179	1:15:45.047	07:34	12:11	10K30-39F	20/25	F	47/59	LETHBRIDGE, AB
74/98	PERMALINO, LANZER	180	1:10:31.525	07:03	11:21	10K30-39M	5/6	M	33/39	LETHBRIDGE, AB
67/98	PHILLIPS, VICTORIA	181	1:07:55.763	06:47	10:56	10K50-59F	4/7	F	35/59	LETHBRIDGE, AB
48/98	POFF, SAMANTHA	182	1:02:01.142	06:12	09:59	10K30-39F	12/25	F	22/59	LETHBRIDGE, AB
35/98	POIROT BOURDAIN, AMAURY	183	55:59.360	05:35	09:00	10K19&UM	4/7	M	21/39	LETHBRIDGE, AB
36/98	POLINIAK, RAFAEL	184	57:11.884	05:43	09:12	10K19&UM	5/7	M	22/39	COALDALE, AB
16/98	SCHULTZ, SHAWNA	186	51:22.513	05:08	08:16	10K30-39F	3/25	F	7/59	RAYMOND, AB
20/98	SHAH, YESHA	187	51:39.785	05:09	08:19	10K20-29F	3/10	F	8/59	LETHBRIDGE, AB
83/98	SHARPE, CARLY	188	1:16:19.292	07:37	12:17	10K40-49F	10/12	F	48/59	LETHBRIDGE, AB
25/98	SHEETS, SARAH	189	52:35.184	05:15	08:28	10K30-39F	4/25	F	9/59	LETHBRIDGE, AB
58/98	SKLARENKO, JEANINE	190	1:05:59.363	06:35	10:37	10K40-49F	7/12	F	28/59	LETHBRIDGE, AB
85/98	SMITH, HAROLD	191	1:18:06.774	07:48	12:34	10K60-69M	4/4	M	36/39	LETHBRIDGE, AB
71/98	SPENCER, LOGAN	192	1:09:24.747	06:56	11:10	10K30-39F	16/25	F	39/59	LETHBRIDGE COUNTY, AB
91/98	STAEHR, BRAD	193	1:21:41.535	08:10	13:09	10K40-49M	10/11	M	38/39	LETHBRIDGE, AB
93/98	THOMAS, KRYSTY	196	1:23:52.496	08:23	13:30	10K40-49F	11/12	F	55/59	LETHBRIDGE, AB
84/98	THOMAS, SHARELYN	197	1:16:48.761	07:40	12:22	10K30-39F	21/25	F	49/59	LETHBRIDGE, AB
12/98	THUSI, MARTHA	198	50:16.834	05:01	08:05	10K40-49F	2/12	F	5/59	LETHBRIDGE, AB
46/98	TKACH, RACHEL	185	1:00:00.168	06:00	09:39	10K30-39F	10/25	F	20/59	LETHBRIDGE, AB
9/98	VANDEN ELZEN, JOHN	199	48:45.760	04:52	07:51	10K20-29M	2/8	M	7/39	COALDALE, AB
60/98	VANDEN ELZEN, MADELINE	200	1:07:28.225	06:44	10:51	10K20-29F	6/10	F	30/59	CALGARY, AB
86/98	WALL, SUSANA	201	1:18:32.168	07:51	12:38	10K20-29F	8/10	F	50/59	TABER, AB
90/98	WALTON, EVAN	202	1:20:57.351	08:05	13:02	10K19&UM	7/7	M	37/39	LETHBRIDGE, AB
88/98	WEBSTER, LEAH	203	1:20:45.824	08:04	13:00	10K30-39F	23/25	F	52/59	LETHBRIDGE, AB
81/98	WHELPLEY, BONNIE	204	1:14:25.704	07:26	11:59	10K40-49F	9/12	F	46/59	LETHBRIDGE, AB
64/98	WICHERS, STACEY	205	1:07:33.214	06:45	10:52	10K50-59F	3/7	F	32/59	LETHBRIDGE, AB
22/98	WIGAND, EVAN	206	52:08.312	05:12	08:23	10K19&UM	3/7	M	14/39	LETHBRIDGE, AB
59/98	WILLIAMSON, SCARLETT	207	1:07:09.738	06:42	10:48	10K30-39F	14/25	F	29/59	COALDALE, AB
55/98	WOLFE, HELEN	173	1:05:35.308	06:33	10:33	10K50-59F	2/7	F	26/59	LETHBRIDGE, AB
38/98	WOOD, MAKENA	208	58:19.282	05:49	09:23	10K20-29F	4/10	F	16/59	LETHBRIDGE, AB
34/98	YAVITU, SARAH	210	55:47.654	05:34	08:59	10K40-49F	4/12	F	14/59	LETHBRIDGE, AB
50/98	YPMA, FIONA	150	1:02:30.571	06:15	10:03	10K19&UF	1/5	F	23/59	TABER, AB
76/98	YPMA, LLOYD	124	1:10:57.400	07:05	11:25	10K40-49M	9/11	M	34/39	TABER, AB