

Overall Gender Results

5K Run/Walk - 3.1 Miles

Female 43

Gender	Name	Bib#	Time	Pace/K	Pace/M	Category	Cat	O/A	City
1/43	CHRAPKO, MACKENZIE	5014	23:10.737	04:38	07:27	5K20-29F	1/6	5/76	LETHBRIDGE, AB
2/43	CROWDER, NICOLE	5021	25:44.647	05:08	08:16	5K30-39F	1/13	9/76	LETHBRIDGE, AB
3/43	COLLINS, BRONWYN	5018	26:19.613	05:15	08:27	5K30-39F	2/13	13/76	LETHBRIDGE, AB
4/43	DUMONT, OCEANNE	5024	27:07.784	05:25	08:43	5K11&UF	1/4	15/76	LETHBRIDGE, AB
5/43	BESTE, BROOKE	5006	27:56.555	05:35	08:59	5K16-19F	1/5	17/76	LETHBRIDGE, AB
6/43	SCHNEIDER, LEANDRA	5055	28:57.407	05:47	09:18	5K30-39F	3/13	21/76	TABER, AB
7/43	CONARD, SHAUNA	5019	29:46.760	05:57	09:34	5K40-49F	1/5	22/76	LETHBRIDGE, AB
8/43	ALCALA, TONYA	5002	30:36.904	06:07	09:50	5K30-39F	4/13	27/76	TABER, AB
9/43	VEDRES, FAYLA	5062	31:10.499	06:14	10:01	5K40-49F	2/5	28/76	LETHBRIDGE, AB
10/43	LEGGAT, BERKLEY	5071	31:11.130	06:14	10:01	5K16-19F	2/5	29/76	LETHBRIDGE, AB
11/43	LABRECQUE, AINSLEE	5070	31:26.179	06:17	10:06	5K16-19F	3/5	30/76	LETHBRIDGE, AB
12/43	STONE, KYLEY	5003	32:34.552	06:30	10:28	5K30-39F	5/13	32/76	COALDALE, AB
13/43	FLAHERTY, OLIVIA	5030	32:43.639	06:32	10:31	5K12-15F	1/2	33/76	TABER, AB
14/43	ZENTNER, KAMRYN	5066	32:48.888	06:33	10:33	5K11&UF	2/4	34/76	LETHBRIDGE, AB
15/43	SMITH, KATE	5056	33:23.654	06:40	10:44	5K30-39F	6/13	37/76	LETHBRIDGE, AB
16/43	JONES, KENNA	5034	33:28.417	06:41	10:45	5K20-29F	2/6	38/76	LETHBRIDGE, AB
17/43	DUMONT, SUSIE	5025	33:39.265	06:43	10:49	5K40-49F	3/5	39/76	LETHBRIDGE, AB
18/43	LYONS, SHAYE	5037	34:11.357	06:50	10:59	5K20-29F	3/6	42/76	LETHBRIDGE, AB
19/43	KRAMER, AMBER	5035	34:21.247	06:52	11:02	5K30-39F	7/13	44/76	LETHBRIDGE, AB
20/43	OVERES, KIM	5046	34:21.444	06:52	11:02	5K40-49F	4/5	45/76	LETHBRIDGE, AB
21/43	MORRIS, NANCY	5043	34:43.157	06:56	11:09	5K60+F	1/5	46/76	LETHBRIDGE, AB
22/43	MEGAW, CAROL	5041	34:43.757	06:56	11:10	5K60+F	2/5	47/76	LETHBRIDGE, AB
23/43	FIORINO, JACKIE	5027	37:05.871	07:25	11:55	5K60+F	3/5	48/76	LETHBRIDGE, AB
24/43	MEDD, KRISTA	5073	37:06.405	07:25	11:55	5K30-39F	8/13	49/76	LETHBRIDGE, AB
25/43	OLFERT, CASSANDRA	5045	37:29.738	07:29	12:03	5K30-39F	9/13	50/76	LETHBRIDGE, AB
26/43	FLAHERTY, KATIE	5029	37:59.685	07:35	12:13	5K12-15F	2/2	51/76	TABER, AB
27/43	BESTE, CHELSEY	5007	39:26.022	07:53	12:40	5K20-29F	4/6	52/76	LETHBRIDGE, AB
28/43	MUKENDI, TRINITY	5044	39:33.391	07:54	12:43	5K16-19F	4/5	53/76	TABER, AB
29/43	PHILLIPS, BARB	5049	39:38.235	07:55	12:44	5K60+F	4/5	54/76	LETHBRIDGE, AB
30/43	JENSEN, ANITA	5033	39:39.131	07:55	12:44	5K60+F	5/5	55/76	BARNWELL, AB
31/43	BRIDGES, TESS	5009	41:00.230	08:12	13:11	5K30-39F	10/13	58/76	LETHBRIDGE, AB
32/43	POLS, BOBBI JO	5050	42:24.266	08:28	13:38	5K50-59F	1/3	60/76	LETHBRIDGE, AB
33/43	BURNDRED, KARMYN	5011	42:26.030	08:29	13:38	5K16-19F	5/5	62/76	LETHBRIDGE, AB
34/43	STEWART, APRYL	5059	42:39.245	08:31	13:42	5K30-39F	11/13	63/76	LETHBRIDGE, AB
35/43	PETEK, BRYNLEE	5048	43:32.830	08:42	14:00	5K11&UF	3/4	64/76	TABER, AB
36/43	FERGUSON, BILLIE-JO	5026	43:33.329	08:42	14:00	5K50-59F	2/3	65/76	TABER, AB
37/43	VELASQUEZ, MONICA	5078	43:50.808	08:46	14:05	5K30-39F	12/13	66/76	LETHBRIDGE, AB
38/43	KUCEY, LEANNE	5036	45:00.494	09:00	14:28	5K40-49F	5/5	67/76	LETHBRIDGE, AB
39/43	STELLA, RORY	5058	45:53.089	09:10	14:45	5K11&UF	4/4	68/76	LETHBRIDGE, AB
40/43	STELLA, LINDSAY	5057	45:54.185	09:10	14:45	5K30-39F	13/13	69/76	LETHBRIDGE, AB
41/43	WOLF TAIL, GRACIE	5064	47:30.552	09:30	15:16	5K20-29F	5/6	70/76	FORT MACLEOD, AB
42/43	VADNAIS, JENNIFER	5061	49:01.436	09:48	15:45	5K50-59F	3/3	71/76	LETHBRIDGE, AB
43/43	BLOOD, KANSIE	5051	56:07.757	11:13	18:02	5K20-29F	6/6	76/76	PINCHER CREEK, AB

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Male 33

Gender	Name	Bib#	Time	Pace/K	Pace/M	Category	Cat	O/A	City
1/33	CASPER, ROB	5013	19:48.271	03:57	06:22	5K30-39M	1/9	1/76	COALDALE, AB
2/33	TATA, ILARIO	5060	22:28.752	04:29	07:13	5K12-15M	1/3	2/76	LETHBRIDGE, AB
3/33	ROOT, WESLEY	5052	22:35.836	04:31	07:15	5K20-29M	1/3	3/76	COALDALE, AB
4/33	CAMPBELL, CRAIG	5068	22:59.939	04:35	07:23	5K30-39M	2/9	4/76	LETHBRIDGE, AB
5/33	HELWIG, JOSEPH	5032	23:10.824	04:38	07:27	5K60+M	1/5	6/76	LETHBRIDGE, AB
6/33	CAMPBELL, JOSH	5081	24:55.997	04:59	08:01	5K16-19M	1/1	7/76	LETHBRIDGE, AB
7/33	COOK, SHAWN	5020	25:34.290	05:06	08:13	5K30-39M	3/9	8/76	LETHBRIDGE, AB
8/33	ARGYLE, GRAHAM	5004	25:47.009	05:09	08:17	5K60+M	2/5	10/76	LETHBRIDGE, AB
9/33	MAGARRELL, JED	5038	26:06.258	05:13	08:23	5K20-29M	2/3	11/76	COALDALE, AB
10/33	ROOT, ZACK	5053	26:12.914	05:14	08:25	5K30-39M	4/9	12/76	COADALE, AB
11/33	WARSAWSKI, DAMIAN	5063	27:00.657	05:24	08:41	5K30-39M	5/9	14/76	LETHBRIDGE, AB
12/33	DUMONT, MADDOX	5023	27:45.136	05:33	08:55	5K12-15M	2/3	16/76	LETHBRIDGE, AB
13/33	ROOT, SCOTT	5082	27:58.668	05:35	08:59	5K50-59M	1/4	18/76	LONDON, ONT
14/33	LEGGAT, SCOTT	5072	28:08.306	05:37	09:02	5K40-49M	1/4	19/76	LETHBRIDGE, AB
15/33	FLAHERTY, CHRIS	5028	28:09.207	05:37	09:03	5K40-49M	2/4	20/76	TABER, AB
16/33	SARMET, GABRIEL	5075	29:51.363	05:58	09:36	5K11&UM	1/4	23/76	LETHBRIDGE, AB
17/33	SILVA, MATEUS	5076	29:51.995	05:58	09:36	5K30-39M	6/9	24/76	LETHBRIDGE, AB
18/33	MCKERLIE, CALEB	5040	30:05.435	06:01	09:40	5K30-39M	7/9	25/76	COALDALE, AB
19/33	ZENTNER, JAXON	5065	30:36.816	06:07	09:50	5K12-15M	3/3	26/76	LETHBRIDGE, AB
20/33	DYCK, GREG	5069	32:34.401	06:30	10:28	5K50-59M	2/4	31/76	LETHBRIDGE, AB
21/33	ZENTNER, TRAVIS	5067	32:49.252	06:33	10:33	5K30-39M	8/9	35/76	LETHBRIDGE, AB
22/33	SITTER, DARREN	5022	32:51.115	06:34	10:33	5K50-59M	3/4	36/76	LETHBRIDGE, AB
23/33	NASH, GEOFF	5074	33:41.791	06:44	10:50	5K60+M	3/5	40/76	LETHBRIDGE, AB
24/33	VELASQUEZ, ELMER	5077	33:44.362	06:44	10:50	5K60+M	4/5	41/76	LETHBRIDGE, AB
25/33	MERESKI, ELLIOT	5005	34:20.902	06:52	11:02	5K40-49M	3/4	43/76	LETHBRIDGE, AB
26/33	SABO, MARK	5054	40:56.708	08:11	13:09	5K50-59M	4/4	56/76	LETHBRIDGE, AB
27/33	MIHALIK, TOM	5042	40:57.367	08:11	13:10	5K60+M	5/5	57/76	LETHBRIDGE, AB
28/33	ALCALA, MALACHI	5001	42:09.511	08:25	13:33	5K11&UM	2/4	59/76	TABER, AB
29/33	HELMER, JOSHUA	5031	42:25.715	08:29	13:38	5K20-29M	3/3	61/76	LETHBRIDGE, AB
30/33	WALKER, NICHOLAS	5080	51:43.634	10:20	16:37	5K11&UM	3/4	72/76	LETHBRIDGE, AB
31/33	WALKER, JOSH	5079	51:45.397	10:21	16:38	5K40-49M	4/4	73/76	LETHBRIDGE, AB
32/33	CHUDYK, RYAN	5017	52:49.687	10:33	16:59	5K30-39M	9/9	74/76	LETHBRIDGE, AB
33/33	CHUDYK, CADEN	5012	52:51.379	10:34	16:59	5K11&UM	4/4	75/76	LETHBRIDGE, AB