

OA/PI = Overall Placing

Cat/PI = Category Placing

Gen/PI = Overall Gender Placing

Offset = Diff from Category win time hh:mm:ss

Category Results

5K Run/Walk - 3.1 Miles
95 Finishers

5K30-39M - 11 Competitors

Cat/PI	Name	Bib #	Time	Pace/K	Pace/M	OA/PI	Gen/PI	Offset	City
			26:39.030						
8/11	SAPS FORD, CHRISTIAN	5056	28:56.630	05:47	09:20	25/95	18/42	+00:09:09	LETHBRIDGE
9/11	AHS, RICHARD CR	5094	32:42.159	06:32	10:32	32/95	23/42	+00:12:54	KAINAI
10/11	TAILFEATHERS, PIINA AKOYIM	5068	32:49.455	06:33	10:35	33/95	24/42	+00:13:02	LETHBRIDGE
11/11	AHS, IAN	5082	35:39.563	07:07	11:30	42/95	29/42	+00:15:52	KAINAI

5K40-49F - 13 Competitors

Cat/PI	Name	Bib #	Time	Pace/K	Pace/M	OA/PI	Gen/PI	Offset	City
1/13	FABIAN, TAMMY	5090	28:29.441	05:41	09:11	22/95	5/52	+00:00:00	LETHBRIDGE
2/13	LAMMERS-POTTAGE, ANDREA	5033	30:41.261	06:08	09:53	28/95	8/52	+00:02:11	LETHBRIDGE
3/13	FYFE, JILL	5022	35:22.198	07:04	11:24	40/95	12/52	+00:06:52	LETHBRIDGE
4/13	PROVOST, KRISTYLEE	5053	37:40.267	07:32	12:09	49/95	18/52	+00:09:10	LETHBRIDGE
5/13	DAVID, DALLAS	5017	43:53.134	08:46	14:09	54/95	22/52	+00:15:23	KAINAI
6/13	TANNER, NIKKI	5069	43:55.101	08:47	14:10	55/95	23/52	+00:15:25	KAINAI
7/13	TWIGG, ROBIN LEE	5108	46:40.688	09:20	15:03	62/95	29/52	+00:18:11	FT MACLEOD
8/13	PROVOST, TRISHELL	5109	50:42.727	10:08	16:21	72/95	34/52	+00:22:13	LETHBRIDGE
9/13	SOLVEY, CHRISSEY	5104	58:40.618	11:44	18:55	78/95	38/52	+00:30:11	KAINAI
10/13	C, SUSAN	5099	58:41.861	11:44	18:56	80/95	40/52	+00:30:12	KAINAI
11/13	AHS, WACEY	5084	1:00:17.421	12:03	19:26	84/95	44/52	+00:31:47	KAINAI
12/13	DICKSON, ANGELA	5102	1:00:31.524	12:06	19:31	85/95	45/52	+00:32:02	KAINAI
13/13	DAVIS, HEIDI	5087	1:02:23.695	12:28	20:07	89/95	48/52	+00:33:54	KAINAI

5K40-49M - 4 Competitors

Cat/PI	Name	Bib #	Time	Pace/K	Pace/M	OA/PI	Gen/PI	Offset	City
1/4	STEWART, LUKE	5065	28:56.114	05:47	09:20	24/95	17/42	+00:00:00	LETHBRIDGE
2/4	TANNER, PATRICK	5070	31:18.309	06:15	10:05	30/95	21/42	+00:02:22	KAINAI
3/4	AHS, DARRYL	5079	50:18.182	10:03	16:13	69/95	36/42	+00:21:22	KAINAI
4/4	AHS, DONOVAN DC	5080	1:03:05.977	12:37	20:21	90/95	41/42	+00:34:09	KAINAI

5K50-59F - 15 Competitors

Cat/PI	Name	Bib #	Time	Pace/K	Pace/M	OA/PI	Gen/PI	Offset	City
1/15	SWIHART, KRISTIN	5105	24:53.561	04:58	08:01	11/95	3/52	+00:00:00	KAINAI
2/15	SPEAR CHIEF, SHARON	5063	36:09.624	07:13	11:39	43/95	13/52	+00:11:16	LETHBRIDGE
3/15	OSEEN, JENNY	5047	36:48.074	07:21	11:52	44/95	14/52	+00:11:54	LETHBRIDGE
4/15	KADIJK, SYLVIA	5032	37:19.900	07:27	12:02	47/95	16/52	+00:12:26	LETHBRIDGE
5/15	ANDERSON, SHAWNA	5001	37:31.010	07:30	12:06	48/95	17/52	+00:12:37	CALGARY
6/15	BLACK, HEATHER	5007	46:05.321	09:13	14:52	60/95	27/52	+00:21:11	KAINAI
7/15	NORDIN, LEE-ANNE	5046	46:37.502	09:19	15:02	61/95	28/52	+00:21:43	LETHBRIDGE
8/15	VADNAIS, JENNIFER	5072	47:54.025	09:34	15:27	64/95	30/52	+00:23:00	LETHBRIDGE
9/15	CROWSHOE, THELMA	5016	49:23.554	09:52	15:55	65/95	31/52	+00:24:29	BROCKET
10/15	BRUISED HEAD, SUSAN	5010	49:32.695	09:54	15:58	67/95	32/52	+00:24:39	STANDOFF
11/15	CARVALHO, CARMEN	5011	57:10.712	11:26	18:26	74/95	35/52	+00:32:17	LETHBRIDGE
12/15	NOWAK, ECHO	5081	57:19.992	11:27	18:29	75/95	36/52	+00:32:26	KAINAI
13/15	EAGLE BEAR, LEANNE	5089	57:39.000	11:31	18:35	76/95	37/52	+00:32:45	KAINAI
14/15	ATWOOD, SANDI	5002	1:03:07.312	12:37	20:21	91/95	49/52	+00:38:13	CARDSTON
15/15	BLACK, CINDY	5004	1:03:12.345	12:38	20:23	92/95	50/52	+00:38:18	LETHBRIDGE

5K50-59M - 6 Competitors

Cat/PI	Name	Bib #	Time	Pace/K	Pace/M	OA/PI	Gen/PI	Offset	City
1/6	KADIJK, MARK	5031	21:52.835	04:22	07:03	6/95	5/42	+00:00:00	LETHBRIDGE
2/6	MANYFINGERS, TROY	5036	24:53.936	04:58	08:01	12/95	8/42	+00:03:01	LETHBRIDGE
3/6	OSEEN, STEVE	5048	28:11.512	05:38	09:05	21/95	16/42	+00:06:18	LETHBRIDGE
4/6	SINCLAIR, BUDDY	5061	35:23.036	07:04	11:24	41/95	28/42	+00:13:30	WINNIPEG
5/6	BLACK, THERON	5008	49:57.351	09:59	16:06	68/95	35/42	+00:28:04	LETHBRIDGE
6/6	DAVIS, SHAWN	5088	1:04:48.888	12:57	20:54	95/95	42/42	+00:42:56	KAINAI

5K60+F - 4 Competitors

Cat/PI	Name	Bib #	Time	Pace/K	Pace/M	OA/PI	Gen/PI	Offset	City
1/4	GAUTHIER, HEATHER	5023	26:20.198	05:16	08:29	18/95	4/52	+00:00:00	LETHBRIDGE
2/4	MAKISHI, DAWN	5034	37:05.435	07:25	11:57	46/95	15/52	+00:10:45	CALGARY
3/4	DAVIS, JACKIE	5106	45:25.336	09:05	14:39	57/95	25/52	+00:19:05	CARDSTON
4/4	PROVOST, ANGELA	5111	50:19.454	10:03	16:14	71/95	33/52	+00:23:59	LETHBRIDGE

5K60+M - 5 Competitors

Cat/PI	Name	Bib #	Time	Pace/K	Pace/M	OA/PI	Gen/PI	Offset	City
1/5	CARVALHO, RICHARD	5013	27:03.498	05:24	08:43	20/95	15/42	+00:00:00	LETHBRIDGE
2/5	NASH, GEOFF	5043	35:02.229	07:00	11:18	37/95	26/42	+00:07:58	LETHBRIDGE
3/5	HELWIG, JOSEPH	5026	35:21.893	07:04	11:24	39/95	27/42	+00:08:18	LETHBRIDGE
4/5	PROVOST, ANDREW	5110	50:19.031	10:03	16:13	70/95	37/42	+00:23:15	LETHBRIDGE

OA/PI = Overall Placing

Cat/PI = Category Placing

Gen/PI = Overall Gender Placing

Offset = Diff from Category win time hh:mm:ss

Category Results

5K Run/Walk - 3.1 Miles

95 Finishers

5K60+M - 5 Competitors

Cat/PI	Name	Bib #	Time	Pace/K	Pace/M	OA/PI	Gen/PI	Offset	City
5/5	BRUISED HEAD, LYNN	5113	58:27.447	11:41	18:51	77/95	39/42	+00:31:23	STANDOFF