

The Water Run 3K/5K/10K Oct 8/2022

Alpha Overall Results

10K Run - 6.21 Miles

22 Finishers

O/A	Name	Bib#	Time	Pace/K	Pace/M	Category	Cat/PI	Gender	Gen/PI	City
6/22	CARLSON, DERIK	409	52:38.766	05:15	08:28	10K40-49M	2/4	M	4/10	MEDICINE HAT, AB
4/22	CHARLAND, LISA	410	51:23.070	05:08	08:16	10K30-39F	1/5	F	1/12	MEDICINE HAT, AB
18/22	CHESLEY, TRACEY	601	1:03:31.091	06:21	10:13	10K50+F	2/2	F	9/12	CALGARY, AB
12/22	DIEC, VICTOR	419	58:24.709	05:50	09:24	10K30-39M	2/2	M	6/10	MEDICINE HAT, AB
10/22	DRUT, MARTIN	420	56:51.303	05:41	09:09	10K50+M	2/3	M	5/10	MEDICINE HAT, AB
5/22	FILION, SOPHIE	432	51:58.435	05:11	08:22	10K19-29F	1/1	F	2/12	MEDICINE HAT, AB
19/22	GARCIA, JUAN	434	1:03:32.443	06:21	10:13	10K40-49M	4/4	M	10/10	MEDICINE HAT, AB
17/22	GREENSTEIN, TWYLA	436	1:01:43.964	06:10	09:56	10K40-49F	2/4	F	8/12	REDCLIFF, AB
15/22	HODGKINSON, PAM	452	1:00:24.949	06:02	09:43	10K30-39F	4/5	F	7/12	MEDICINE HAT, AB
11/22	JOHNSTON, NICKI	472	58:02.847	05:48	09:20	10K50+F	1/2	F	6/12	MEDICINE HAT, AB
20/22	JORDET, MELANIE	474	1:04:18.629	06:25	10:21	10K40-49F	3/4	F	10/12	CYPRESS COUNTY, AB
9/22	KOLODZIEJ, JUSTYNA	481	55:43.636	05:34	08:58	10K40-49F	1/4	F	5/12	MEDICINE HAT, AB
3/22	LJA, ROB	608	45:55.704	04:35	07:23	10K30-39M	1/2	M	3/10	COALDALE, AB
13/22	OUGH, EDWARD	507	58:44.807	05:52	09:27	10K50+M	3/3	M	7/10	MEDICINE HAT, AB
2/22	PIERZCHALA, MARK	513	45:21.335	04:32	07:18	10K40-49M	1/4	M	2/10	MEDICINE HAT, AB
21/22	POPE, SARA	514	1:09:13.920	06:55	11:08	10K30-39F	5/5	F	11/12	MEDICINE HAT, AB
8/22	ROTH, AMY	518	53:25.250	05:20	08:36	10K30-39F	3/5	F	4/12	EDMONTON, AB
22/22	SMART, COURTNEY	530	1:21:11.038	08:07	13:04	10K40-49F	4/4	F	12/12	SUFFIELD, AB
1/22	SMITH, DARRYL	338	39:27.185	03:56	06:21	10K50+M	1/3	M	1/10	MEDICINE HAT, AB
16/22	STURGEON, DILLON	599	1:01:23.968	06:08	09:53	10K19-29M	1/1	M	9/10	COALDALE, AB
7/22	VENO, DESIRAE	564	53:01.467	05:18	08:32	10K30-39F	2/5	F	3/12	HANNA, AB
14/22	WILLIAMS, PAUL	575	59:34.105	05:57	09:35	10K40-49M	3/4	M	8/10	REDCLIFF, AB