

Overall Gender Results

10K Run - 6.21 Miles

Female 12

Gender	Name	Bib#	Time	Pace/K	Pace/M	Category	Cat	O/A	City
1/12	CHARLAND, LISA	410	51:23.070	05:08	08:16	10K30-39F	1/5	4/22	MEDICINE HAT, AB
2/12	FILION, SOPHIE	432	51:58.435	05:11	08:22	10K19-29F	1/1	5/22	MEDICINE HAT, AB
3/12	VENO, DESIRAE	564	53:01.467	05:18	08:32	10K30-39F	2/5	7/22	HANNA, AB
4/12	ROTH, AMY	518	53:25.250	05:20	08:36	10K30-39F	3/5	8/22	EDMONTON, AB
5/12	KOLODZIEJ, JUSTYNA	481	55:43.636	05:34	08:58	10K40-49F	1/4	9/22	MEDICINE HAT, AB
6/12	JOHNSTON, NICKI	472	58:02.847	05:48	09:20	10K50+F	1/2	11/22	MEDICINE HAT, AB
7/12	HODGKINSON, PAM	452	1:00:24.949	06:02	09:43	10K30-39F	4/5	15/22	MEDICINE HAT, AB
8/12	GREENSTEIN, TWYLA	436	1:01:43.964	06:10	09:56	10K40-49F	2/4	17/22	REDCLIFF, AB
9/12	CHESLEY, TRACEY	601	1:03:31.091	06:21	10:13	10K50+F	2/2	18/22	CALGARY, AB
10/12	JORDET, MELANIE	474	1:04:18.629	06:25	10:21	10K40-49F	3/4	20/22	CYPRESS COUNTY, AB
11/12	POPE, SARA	514	1:09:13.920	06:55	11:08	10K30-39F	5/5	21/22	MEDICINE HAT, AB
12/12	SMART, COURTNEY	530	1:21:11.038	08:07	13:04	10K40-49F	4/4	22/22	SUFFIELD, AB

Male 10

Gender	Name	Bib#	Time	Pace/K	Pace/M	Category	Cat	O/A	City
1/10	SMITH, DARRYL	338	39:27.185	03:56	06:21	10K50+M	1/3	1/22	MEDICINE HAT, AB
2/10	PIERZCHALA, MARK	513	45:21.335	04:32	07:18	10K40-49M	1/4	2/22	MEDICINE HAT, AB
3/10	LJA, ROB	608	45:55.704	04:35	07:23	10K30-39M	1/2	3/22	COALDALE, AB
4/10	CARLSON, DERIK	409	52:38.766	05:15	08:28	10K40-49M	2/4	6/22	MEDICINE HAT, AB
5/10	DRUT, MARTIN	420	56:51.303	05:41	09:09	10K50+M	2/3	10/22	MEDICINE HAT, AB
6/10	DIEC, VICTOR	419	58:24.709	05:50	09:24	10K30-39M	2/2	12/22	MEDICINE HAT, AB
7/10	OUGH, EDWARD	507	58:44.807	05:52	09:27	10K50+M	3/3	13/22	MEDICINE HAT, AB
8/10	WILLIAMS, PAUL	575	59:34.105	05:57	09:35	10K40-49M	3/4	14/22	REDCLIFF, AB
9/10	STURGEON, DILLON	599	1:01:23.968	06:08	09:53	10K19-29M	1/1	16/22	COALDALE, AB
10/10	GARCIA, JUAN	434	1:03:32.443	06:21	10:13	10K40-49M	4/4	19/22	MEDICINE HAT, AB