

## Overall Gender Results

## 3K Run/Walk - 1.86 Miles

## Female 58

Gender	Name	Bib#	Time	Pace/K	Pace/M	Category	Cat	O/A	City
1/58	DE WALLE, NORA	414	15:30.594	05:10	08:20	3K13-18F	1/12	1/100	CALGARY, AB
2/58	VIS, CHLOE	568	16:45.163	05:35	09:00	3K12&UF	1/13	3/100	REDCLIFF, AB
3/58	VIS, TESSA	571	16:46.600	05:35	09:01	3K12&UF	2/13	4/100	REDCLIFF, AB
4/58	DE WALLE, SARAH	415	18:52.382	06:17	10:08	3K12&UF	3/13	6/100	CALGARY, AB
5/58	DE WALLE, JULIANA	413	19:15.860	06:25	10:21	3K13-18F	2/12	9/100	CALGARY, AB
6/58	HOZACK, ILA	453	19:19.173	06:26	10:23	3K12&UF	4/13	10/100	MEDICINE HAT, AB
7/58	JASPERS, JILLIAN	467	19:45.757	06:35	10:37	3K12&UF	5/13	12/100	REDCLIFF, AB
8/58	MALCOLM, TIA	498	20:55.016	06:58	11:14	3K13-18F	3/12	16/100	MEDICINE HAT, AB
9/58	MALCOLM, CAMBRIA	596	20:56.086	06:58	11:15	3K19-29F	1/7	17/100	MEDICINE HAT, AB
10/58	MAIER, SERENNA	497	21:35.203	07:11	11:36	3K13-18F	4/12	20/100	DESERT BLUME, AB
11/58	REINHARDT, LEINA	464	21:44.259	07:14	11:41	3K40-49F	1/12	21/100	CALGARY, AB
12/58	SHAGIN, MICHELEEN	527	21:54.819	07:18	11:46	3K30-39F	1/5	22/100	MEDICINE HAT, AB
13/58	FEENEY, OLIVIA	430	22:34.944	07:31	12:08	3K12&UF	6/13	24/100	CYPRESS COUNTY, AB
14/58	FEENEY, KAYLEE	429	22:40.414	07:33	12:11	3K13-18F	5/12	25/100	CYPRESS COUNTY, AB
15/58	MAIER, NANCY	494	22:50.303	07:36	12:16	3K40-49F	2/12	26/100	DESERT BLUME, AB
16/58	MAIER, NALISHA	493	23:10.820	07:43	12:27	3K13-18F	6/12	29/100	DESERT BLUME, AB
17/58	FEENEY, JAIME	428	23:28.774	07:49	12:37	3K40-49F	3/12	30/100	CYPRESS COUNTY, AB
18/58	EHNISZ, CHARITY	339	23:31.790	07:50	12:39	3K40-49F	4/12	31/100	MED HAT,
19/58	HART, KENNEDY	448	24:08.155	08:02	12:58	3K13-18F	7/12	32/100	MEDICINE HAT, AB
20/58	HOZACK, MELISSA	456	24:08.584	08:02	12:58	3K40-49F	5/12	33/100	MEDICINE HAT, AB
21/58	GAZDAG, JACLYN	590	24:17.747	08:05	13:03	3K40-49F	6/12	35/100	MEDICINE HAT, AB
22/58	MAIER, AMBRIA	490	24:33.229	08:11	13:12	3K12&UF	7/13	38/100	DESERT BLUME, AB
23/58	BARBOUR, RENAE	396	24:58.948	08:19	13:25	3K40-49F	7/12	41/100	CYPRESS COUNTY, AB
24/58	VIS, JASMIN	569	24:58.991	08:19	13:25	3K12&UF	8/13	42/100	REDCLIFF, AB
25/58	PAHL, ANGELA	508	25:05.907	08:21	13:29	3K50+F	1/9	43/100	MEDICINE HAT, AB
26/58	VIS, ANDREA	566	25:27.804	08:29	13:41	3K30-39F	2/5	44/100	REDCLIFF, AB
27/58	KOLODZIEJ, MAJA	482	26:04.484	08:41	14:01	3K12&UF	9/13	46/100	MEDICINE HAT, AB
28/58	MORRISON, TATUM	506	26:54.531	08:58	14:28	3K12&UF	10/13	50/100	MEDICINE HAT, AB
29/58	JANZEN, CARA	461	27:05.581	09:01	14:33	3K40-49F	8/12	52/100	CALGARY, AB
30/58	STIGTER, AUDREY	538	27:48.592	09:16	14:57	3K50+F	2/9	53/100	REDCLIFF, AB
31/58	KOWALCHUK, KIM	483	29:19.767	09:46	15:46	3K30-39F	3/5	56/100	MEDICINE HAT, AB
32/58	MAPHOSA, MADELYN	610	29:30.997	09:50	15:52	3K12&UF	11/13	57/100	MEDICINE HAT, AB
33/58	MAPHOSA, LYNDESEY	609	29:32.239	09:50	15:52	3K30-39F	4/5	58/100	MEDICINE HAT, AB
34/58	GROVE, ALEXA	437	30:20.174	10:06	16:18	3K13-18F	8/12	60/100	MEDICINE HAT, AB
35/58	GROVE, CONNIE	438	30:20.622	10:06	16:18	3K50+F	3/9	61/100	MEDICINE HAT, AB
36/58	HARDER, ADALYN	443	32:11.236	10:43	17:18	3K12&UF	12/13	62/100	LETHBRIDGE COUNTY, AB
37/58	BURK, SHARI	580	32:11.865	10:43	17:18	3K30-39F	5/5	64/100	MEDICINE HAT, AB
38/58	DARMANIN, IZABELL	411	32:52.464	10:57	17:40	3K13-18F	9/12	66/100	CYPRESS COUNTY, AB
39/58	KNUTSON, KATHRYN	595	32:52.811	10:57	17:40	3K50+F	4/9	67/100	IDDESLEIGH, AB
40/58	ENCINAS, FREDA	421	32:55.761	10:58	17:42	3K12&UF	13/13	68/100	MEDICINE HAT, AB
41/58	ENCINAS, JOCELYN	422	32:56.795	10:58	17:42	3K40-49F	9/12	69/100	MEDICINE HAT, AB
42/58	SMID, LORI	588	34:31.635	11:30	18:33	3K40-49F	10/12	73/100	ROCKY MOUNTAIN HOUSE
43/58	SMID, FAITH	587	34:33.121	11:31	18:34	3K13-18F	10/12	74/100	ROCKY MOUNTAIN HOUSE
44/58	BARNES, FRANCES	329	34:41.237	11:33	18:38	3K50+F	5/9	76/100	MEDICINE HAT, AB
45/58	VAN DAM, KATIE	559	34:41.874	11:33	18:39	3K13-18F	11/12	77/100	MEDICINE HAT, AB
46/58	VAN DAM, TRACEY	561	34:41.963	11:33	18:39	3K40-49F	11/12	78/100	MEDICINE HAT, AB
47/58	VAN DAM, JOELLE	558	34:42.905	11:34	18:39	3K19-29F	2/7	79/100	MEDICINE HAT, AB
48/58	MEIER, HANNAH	501	34:43.998	11:34	18:40	3K19-29F	3/7	81/100	MEDICINE HAT, AB
49/58	VAN DAM, MANDY	560	34:44.187	11:34	18:40	3K50+F	6/9	82/100	MEDICINE HAT, AB
50/58	HARDER, KENDRA	445	36:01.807	12:00	19:22	3K13-18F	12/12	84/100	LETHBRIDGE COUNTY, AB
51/58	VANDERHAM, DIANE	562	37:22.733	12:27	20:05	3K50+F	7/9	87/100	MEDICINE HAT, AB
52/58	VANDERHAM, SHAUNEEN	563	37:23.340	12:27	20:06	3K40-49F	12/12	88/100	MEDICINE HAT, AB
53/58	MOLONEY, LEAH	502	42:46.289	14:15	22:59	3K19-29F	4/7	89/100	MEDICINE HAT, AB
54/58	WILSON, TAYLOR	393	42:49.127	14:16	23:01	3K19-29F	5/7	91/100	MEDICINE HAT, AB
55/58	WILSON, WENDY	577	42:50.914	14:16	23:02	3K50+F	8/9	92/100	SEVEN PERSONS, AB

## Overall Gender Results

**3K Run/Walk - 1.86 Miles**

## Female 58

Gender	Name	Bib#	Time	Pace/K	Pace/M	Category	Cat	O/A	City
56/58	JERRY, MAEGHAN	471	46:38.160	15:32	25:04	3K19-29F	6/7	95/100	CALGARY, AB
57/58	LETKEMAN, JOANNE	488	46:42.471	15:34	25:06	3K50+F	9/9	98/100	MEDICINE HAT, AB
58/58	JANZEN, DANI	462	46:53.035	15:37	25:12	3K19-29F	7/7	100/100	MEDICINE HAT, AB

## Male 42

Gender	Name	Bib#	Time	Pace/K	Pace/M	Category	Cat	O/A	City
1/42	MELLISH, LOGAN	585	16:35.307	05:31	08:55	3K13-18M	1/2	2/100	MEDICINE HAT, AB
2/42	NAYAK, REUBEN	613	17:05.278	05:41	09:11	3K13-18M	2/2	5/100	MEDICINE HAT, AB
3/42	SHAGIN, EZEKIEL	524	19:07.770	06:22	10:17	3K12&UM	1/20	7/100	MEDICINE HAT, AB
4/42	SHAGIN, MICHAEL	526	19:08.449	06:22	10:17	3K30-39M	1/3	8/100	MEDICINE HAT, AB
5/42	JASPERS, THOMAS	470	19:23.306	06:27	10:25	3K12&UM	2/20	11/100	REDCLIFF, AB
6/42	REINHARDT, JOE	517	19:52.541	06:37	10:41	3K30-39M	2/3	13/100	MEDICINE HAT, AB
7/42	BARBOUR, BEORN	394	19:59.490	06:39	10:44	3K12&UM	3/20	14/100	CYPRESS COUNTY, AB
8/42	REINHARDT, ALEXANDER	515	20:01.228	06:40	10:45	3K12&UM	4/20	15/100	MEDICINE HAT, AB
9/42	VIS, LYLE	570	21:01.563	07:00	11:18	3K12&UM	5/20	18/100	REDCLIFF, AB
10/42	BURK, ANSON	578	21:11.531	07:03	11:23	3K12&UM	6/20	19/100	MEDICINE HAT, AB
11/42	SHAGIN, JACOB	525	21:54.852	07:18	11:46	3K12&UM	7/20	23/100	MEDICINE HAT, AB
12/42	MCBRIDE, CARTER	617	22:53.543	07:37	12:18	3K12&UM	8/20	27/100	MEDICINE HAT, AB
13/42	SLATER, JONATHAN	529	22:55.737	07:38	12:19	3K50+M	1/8	28/100	MEDICINE HAT, AB
14/42	GAZDAG, NEIL	593	24:16.328	08:05	13:02	3K40-49M	1/6	34/100	MEDICINE HAT, AB
15/42	FITZPATRICK-KNUTSON, DOMINIC	433	24:32.422	08:10	13:11	3K12&UM	9/20	36/100	CYPRESS COUNTY, AB
16/42	MAIER, JEFFREY	491	24:33.173	08:11	13:12	3K40-49M	2/6	37/100	DESERT BLUME, AB
17/42	BARBOUR, WOLF	397	24:57.679	08:19	13:25	3K12&UM	10/20	39/100	CYPRESS COUNTY, AB
18/42	BARBOUR, DANIEL	395	24:58.298	08:19	13:25	3K40-49M	3/6	40/100	CYPRESS COUNTY, AB
19/42	SCHERER, RUSSELL	521	25:48.773	08:36	13:52	3K50+M	2/8	45/100	MEDICINE HAT, AB
20/42	HARDER, THOMAS	447	26:19.872	08:46	14:09	3K12&UM	11/20	47/100	LETHBRIDGE COUNTY, AB
21/42	MCELHINNEY, STERLING	500	26:32.064	08:50	14:15	3K12&UM	12/20	48/100	MEDICINE HAT, AB
22/42	ULBRICHT, BRYLIN	556	26:54.260	08:58	14:27	3K12&UM	13/20	49/100	MEDICINE HAT, AB
23/42	ULBRICHT, TRAVIS	557	26:54.661	08:58	14:28	3K40-49M	4/6	51/100	MEDICINE HAT, AB
24/42	STIGTER, HARRY	541	27:50.020	09:16	14:57	3K50+M	3/8	54/100	REDCLIFF, AB
25/42	KOWALCHUK, LIAM	484	29:16.176	09:45	15:44	3K12&UM	14/20	55/100	MEDICINE HAT, AB
26/42	MAPHOSA, SILAS	611	29:32.286	09:50	15:52	3K12&UM	15/20	59/100	MEDICINE HAT, AB
27/42	BURK, ELIAS	579	32:11.239	10:43	17:18	3K12&UM	16/20	63/100	MEDICINE HAT, AB
28/42	REINHARDT, DEXTER	516	32:42.879	10:54	17:35	3K12&UM	17/20	65/100	MEDICINE HAT, AB
29/42	MORRISON, HUDSON	505	33:36.730	11:12	18:04	3K12&UM	18/20	70/100	MEDICINE HAT, AB
30/42	ENCINAS, TITIAN	424	33:39.140	11:13	18:05	3K12&UM	19/20	71/100	MEDICINE HAT, AB
31/42	ENCINAS, LEE	423	33:44.619	11:14	18:08	3K40-49M	5/6	72/100	MEDICINE HAT, AB
32/42	BARNES, DREW	299	34:40.920	11:33	18:38	3K50+M	4/8	75/100	MEDICINE HAT, AB
33/42	PAHL, MICHAEL	509	34:43.733	11:34	18:40	3K19-29M	1/3	80/100	MEDICINE HAT, AB
34/42	BARTSCH, HENRY	398	36:00.845	12:00	19:21	3K30-39M	3/3	83/100	MEDICINE HAT, AB
35/42	HARDER, ABE	442	36:03.474	12:01	19:23	3K40-49M	6/6	85/100	LETHBRIDGE COUNTY, AB
36/42	VERCHOLUK, ROB	565	37:22.661	12:27	20:05	3K50+M	5/8	86/100	MEDICINE HAT, AB
37/42	WILSON, JEFF	576	42:47.234	14:15	23:00	3K50+M	6/8	90/100	SEVEN PERSONS, AB
38/42	SWAREN, BROOKS	549	44:56.726	14:58	24:09	3K12&UM	20/20	93/100	MEDICINE HAT, AB
39/42	SWAREN, DARREN	550	44:58.375	14:59	24:10	3K50+M	7/8	94/100	MEDICINE HAT, AB
40/42	LETKEMAN, STEVE	489	46:39.626	15:33	25:05	3K50+M	8/8	96/100	MEDICINE HAT, AB
41/42	LETKEMAN, BRENNAN	487	46:40.329	15:33	25:05	3K19-29M	2/3	97/100	MEDICINE HAT, AB
42/42	JANZEN, DANIEL	463	46:50.327	15:36	25:10	3K19-29M	3/3	99/100	MEDICINE HAT, AB