

The Water Run 3K/5K/10K Oct 7/2023

Alpha Overall Results

10K Run - 6.21 Miles

46 Finishers

O/A	Name	Bib#	Time	Pace/K	Pace/M	Category	Cat/PI	Gender	Gen/PI	City
10/46	BLANCHET, JESSIE	630	49:21.739	04:56	07:56	10K19-29F	1/3	F	2/22	MEDICINE HAT, AB
39/46	CARIPÁ• DE GARCIA, MARIA	843	1:02:23.933	06:14	10:02	10K40-49F	7/9	F	17/22	MEDICINE HAT, AB
7/46	CARLSON, DERIK	639	46:47.258	04:40	07:32	10K40-49M	3/7	M	7/24	MEDICINE HAT, AB
33/46	CHARLES, RICHARDSON	819	59:25.274	05:56	09:34	10K30-39M	2/3	M	19/24	MEDICINE HAT, AB
38/46	CUNNINGHAM, BARNEY	844	1:01:31.179	06:09	09:54	10K50+M	6/7	M	22/24	MEDICINE HAT, AB
23/46	DESHARNAIS, ANECA	644	54:26.633	05:26	08:46	10K30-39F	2/5	F	8/22	MEDICINE HAT, AB
37/46	DIEC, VICTOR	645	1:01:25.529	06:08	09:53	10K30-39M	3/3	M	21/24	MEDICINE HAT, AB
9/46	DOMIAN, TIBOR	646	48:05.543	04:48	07:44	10K40-49M	4/7	M	8/24	MEDICINE HAT, AB
3/46	GARCIA CARIPA, JUAN ANDRES	845	43:33.811	04:21	07:00	10K13-18M	1/3	M	3/24	MEDICINE HAT, AB
4/46	GIESBRECHT, SILAS	846	45:17.005	04:31	07:17	10K19-29M	2/4	M	4/24	MEDICINE HAT, AB
35/46	GREENSTEIN, TWYLA	664	1:00:15.429	06:01	09:42	10K40-49F	6/9	F	15/22	REDCLIFF, AB
43/46	HAWTHORN, JOEL	674	1:09:40.196	06:58	11:13	10K19-29M	4/4	M	24/24	LETHBRIDGE, AB
24/46	HEINRICKS, KELSY	675	56:16.391	05:37	09:03	10K30-39F	3/5	F	9/22	MEDICINE HAT, AB
16/46	HENNES, DOMINIC	676	51:27.411	05:08	08:17	10K13-18M	3/3	M	12/24	MEDICINE HAT, AB
12/46	HOWES, ROCHEAL	682	49:52.722	04:59	08:01	10K40-49F	2/9	F	4/22	DUNMORE, AB
11/46	JASPERS, KARA	692	49:26.309	04:56	07:57	10K30-39F	1/5	F	3/22	REDCLIFF, AB
30/46	JOHNSTON, NICKI	696	57:57.148	05:47	09:19	10K50+F	2/5	F	13/22	MEDICINE HAT, AB
34/46	JOHNSTON, NORMAN	697	1:00:07.156	06:00	09:40	10K50+M	5/7	M	20/24	MEDICINE HAT, AB
26/46	JORDET, MELANIE	827	56:52.208	05:41	09:09	10K40-49F	5/9	F	11/22	CYPRESS COUNTY, AB
14/46	KNIGHT, JONATHAN	702	51:07.370	05:06	08:13	10K13-18M	2/3	M	10/24	MEDICINE HAT, AB
22/46	KOLODZIEJ, JUSTYNA	705	53:57.689	05:23	08:41	10K40-49F	3/9	F	7/22	MEDICINE HAT, AB
46/46	LAGRAN, SHELLY	709	1:28:17.851	08:49	14:13	10K50+F	5/5	F	22/22	MEDICINE HAT, AB
6/46	LONGMUIR, VAUGHN	721	46:38.660	04:39	07:30	10K19-29M	3/4	M	6/24	MEDICINE HAT, AB
21/46	MAIER, LEANNE	724	53:44.517	05:22	08:39	10K50+F	1/5	F	6/22	MEDICINE HAT, AB
19/46	MAIER, ROD	725	52:03.363	05:12	08:22	10K50+M	1/7	M	14/24	MEDICINE HAT, AB
17/46	MATTHEWS, ALEENA	832	51:47.238	05:10	08:20	10K19-29F	2/3	F	5/22	CALGARY, AB
5/46	MCMAHON, DANA	727	46:24.879	04:38	07:28	10K40-49M	2/7	M	5/24	MEDICINE HAT, AB
20/46	OUGH, EDWARD	837	52:22.135	05:14	08:25	10K50+M	2/7	M	15/24	MEDICINE HAT, AB
27/46	PAHL, STEVEN	743	57:33.050	05:45	09:16	10K50+M	3/7	M	16/24	MEDICINE HAT, AB
41/46	PARRY, MYA	744	1:05:27.965	06:32	10:32	10K30-39F	5/5	F	18/22	MEDICINE HAT, AB
31/46	PEPIN, MARTIN	745	58:54.078	05:53	09:29	10K40-49M	7/7	M	18/24	MEDICINE HAT, AB
45/46	PETTRISCH, KIM	746	1:28:15.997	08:49	14:12	10K50+F	4/5	F	21/22	MEDICINE HAT, AB
1/46	PIERZCHALA, MARK	747	43:02.497	04:18	06:55	10K40-49M	1/7	M	1/24	MEDICINE HAT, AB
44/46	PLACE, JANE	748	1:13:27.867	07:20	11:49	10K40-49F	9/9	F	20/22	REDCLIFF, AB
40/46	PORTER, DARYL	749	1:02:40.481	06:16	10:05	10K50+M	7/7	M	23/24	MEDICINE HAT, AB
2/46	SCHMEICHEL, NOAH	839	43:31.491	04:21	07:00	10K19-29M	1/4	M	2/24	MEDICINE HAT, AB
8/46	SLETTEN, LEASA	770	47:58.037	04:47	07:43	10K40-49F	1/9	F	1/22	MEDICINE HAT, AB
42/46	SMART, COURTNEY	771	1:08:22.104	06:50	11:00	10K40-49F	8/9	F	19/22	MEDICINE HAT, AB
29/46	SMART, PAUL	772	57:55.556	05:47	09:19	10K50+M	4/7	M	17/24	MEDICINE HAT, AB
32/46	SUMNERS, LORI	780	59:21.031	05:56	09:33	10K50+F	3/5	F	14/22	CYPRESS COUNTY, AB
18/46	UNRAU, JEFF	792	51:52.535	05:11	08:21	10K30-39M	1/3	M	13/24	MEDICINE HAT, AB
36/46	UNRAU, KIM	793	1:00:52.741	06:05	09:48	10K30-39F	4/5	F	16/22	MEDICINE HAT, AB
25/46	WALKER, EMMA	806	56:26.307	05:38	09:05	10K40-49F	4/9	F	10/22	MEDICINE HAT, AB
28/46	WECKEND, KYLIE	808	57:50.305	05:47	09:18	10K19-29F	3/3	F	12/22	MEDICINE HAT, AB
13/46	WIENS, ANDREW	810	50:22.255	05:02	08:06	10K40-49M	5/7	M	9/24	MEDICINE HAT, AB
15/46	WILLIAMS, PAUL	812	51:26.869	05:08	08:17	10K40-49M	6/7	M	11/24	REDCLIFF, AB