

OA/PI = Overall Placing

Cat/PI = Category Placing

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

Top Category Results TOP 3 In Category

5K - 3.1 Miles

400 Finishers

5K06&UF (Female) - 21 Competitors

Cat/PI	Name	Bib #	Time	Pace	Offset	OA/PI	Gen/PI	City
1/21	VANKAMMEN, JAMIE-LYNN	415	00:31:42.00	06:20	+00:00:00	145/400	63/221	CRANFORD
2/21	BULTENA, JORDYNN	207	00:36:39.00	07:19	+00:04:57	182/400	84/221	COALDALE
3/21	PALADINO, KADE	328	00:39:24.00	07:52	+00:07:42	206/400	100/221	COALDALE

5K06&UM (Male) - 14 Competitors

Cat/PI	Name	Bib #	Time	Pace	Offset	OA/PI	Gen/PI	City
1/14	CARVALHO, CYRUS	268	00:49:20.00	09:52	+00:00:00	276/400	129/179	LETHBRIDGE
2/14	VIENNEAU, OLIVER	162	00:51:01.00	10:12	+00:01:41	294/400	136/179	COALDALE
3/14	VEENENDAAL, OREN	373	00:51:34.00	10:18	+00:02:14	301/400	140/179	COALDALE

5K07-10F (Female) - 25 Competitors

Cat/PI	Name	Bib #	Time	Pace	Offset	OA/PI	Gen/PI	City
1/25	VANKAMMEN, RUBY	414	00:26:14.00	05:14	+00:00:00	74/400	23/221	CRANFORD
2/25	VEURINK, JORDYNN	400	00:26:56.00	05:23	+00:00:42	84/400	28/221	COALDALE
3/25	RUS, HEIDI	357	00:28:39.00	05:43	+00:02:25	109/400	42/221	DEVON

5K07-10M (Male) - 26 Competitors

Cat/PI	Name	Bib #	Time	Pace	Offset	OA/PI	Gen/PI	City
1/26	VANDER HEIDE, ISAIAH	346	00:24:28.00	04:53	+00:00:00	42/400	32/179	COALDALE
2/26	HARTHOORN, BRAD	135	00:24:49.00	04:57	+00:00:21	47/400	36/179	COALDALE
3/26	LE GRANGE, JACQUES	213	00:25:25.00	05:05	+00:00:57	57/400	43/179	COALDALE

5K11-14F (Female) - 29 Competitors

Cat/PI	Name	Bib #	Time	Pace	Offset	OA/PI	Gen/PI	City
1/29	DUECK, CAMRYNN	222	00:23:03.00	04:36	+00:00:00	24/400	5/221	COALDALE
2/29	VANKAMMEN, LEAH	413	00:24:21.00	04:52	+00:01:18	35/400	9/221	CRANFORD
3/29	VEURINK, PEYTON	399	00:24:23.00	04:52	+00:01:20	36/400	10/221	COALDALE

5K11-14M (Male) - 37 Competitors

Cat/PI	Name	Bib #	Time	Pace	Offset	OA/PI	Gen/PI	City
1/37	HARTHOORN, DYLAN	194	00:21:48.00	04:21	+00:00:00	18/400	15/179	COALDALE
2/37	SENNEKER, OWEN	179	00:22:49.00	04:33	+00:01:01	22/400	19/179	COALDALE
3/37	WEILENGA, AARON	462	00:24:24.00	04:52	+00:02:36	37/400	27/179	BARNWELL

5K15-19F (Female) - 19 Competitors

Cat/PI	Name	Bib #	Time	Pace	Offset	OA/PI	Gen/PI	City
1/19	RUS, ARIANE	353	00:24:49.00	04:57	+00:00:00	47/400	12/221	DEVON
2/19	LEFFERS, HAILEY	224	00:24:50.00	04:58	+00:00:01	50/400	13/221	SPRUCE GROVE
3/19	KUSTRA, TARYN	277	00:25:24.00	05:04	+00:00:35	56/400	14/221	COALDALE

5K15-19M (Male) - 20 Competitors

Cat/PI	Name	Bib #	Time	Pace	Offset	OA/PI	Gen/PI	City
1/20	SCHMIDTKE, KIERAN	315	00:16:40.00	03:20	+00:00:00	1/400	1/179	LETHBRIDGE
2/20	KWASNY, DOMINIC	500	00:18:35.00	03:43	+00:01:55	2/400	2/179	LETHBRIDGE
3/20	LEFFERS, ANDREW	251	00:19:10.00	03:50	+00:02:30	3/400	3/179	SPRUCE GROVE

5K20-29F (Female) - 24 Competitors

Cat/PI	Name	Bib #	Time	Pace	Offset	OA/PI	Gen/PI	City
1/24	NELSON, KAILYN	490	00:19:58.00	03:59	+00:00:00	5/400	2/221	LETHBRIDGE
2/24	TIGGELAAR, KARINA	386	00:26:17.00	05:15	+00:06:19	75/400	24/221	BARRHEAD
3/24	BYKOWSKI, ELANI	107	00:27:30.00	05:30	+00:07:32	93/400	33/221	LETHBRIDGE

5K20-29M (Male) - 8 Competitors

Cat/PI	Name	Bib #	Time	Pace	Offset	OA/PI	Gen/PI	City
1/8	MINDERHOUD, LEVI	199	00:22:20.00	04:28	+00:00:00	21/400	18/179	CHILLIWACK
2/8	BURKE, MATT	285	00:23:40.00	04:44	+00:01:20	26/400	20/179	COALDALE
3/8	KANIS, DANIEL	197	00:24:16.00	04:51	+00:01:56	32/400	24/179	CHILLIWACK

5K30-39F (Female) - 45 Competitors

Cat/PI	Name	Bib #	Time	Pace	Offset	OA/PI	Gen/PI	City
1/45	MARKLE, MARISSA	499	00:19:19.00	03:51	+00:00:00	4/400	1/221	LETHBRIDGE
2/45	STIMSON, KELSEY	319	00:20:33.00	04:06	+00:01:14	9/400	3/221	LETHBRIDGE
3/45	VANDERGAAG, LYNETTE	380	00:23:46.00	04:45	+00:04:27	30/400	7/221	SMITHERS

5K30-39M (Male) - 22 Competitors

Cat/PI	Name	Bib #	Time	Pace	Offset	OA/PI	Gen/PI	City
1/22	LOW, MARK	250	00:20:19.00	04:03	+00:00:00	7/400	5/179	LETHBRIDGE
2/22	STIMSON, DAN	318	00:20:33.00	04:06	+00:00:14	9/400	7/179	LETHBRIDGE
3/22	CHRISTENSEN, BRENT	446	00:21:18.00	04:15	+00:00:59	14/400	11/179	LETHBRIDGE

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Top Category Results TOP 3 In Category

5K - 3.1 Miles

400 Finishers

5K40-49F (Female) - 22 Competitors

Cat/PI	Name	Bib #	Time	Pace	Offset	OA/PI	Gen/PI	City
1/22	HARTHOORN, MELANIE	139	00:22:50.00	04:34	+00:00:00	23/400	4/221	COALDALE
2/22	TUCKOVA, HEATHER	338	00:23:16.00	04:39	+00:00:26	25/400	6/221	LETHBRIDGE
3/22	VEURINK, TINA	396	00:24:00.00	04:48	+00:01:10	31/400	8/221	COALDALE

5K40-49M (Male) - 28 Competitors

Cat/PI	Name	Bib #	Time	Pace	Offset	OA/PI	Gen/PI	City
1/28	PERRETT, ADAM	498	00:20:27.00	04:05	+00:00:00	8/400	6/179	LETHBRIDGE
2/28	MALINOWSKI, MATT	494	00:20:38.00	04:07	+00:00:11	11/400	8/179	LETHBRIDGE
3/28	BOURNE, GREG	497	00:20:54.00	04:10	+00:00:27	12/400	9/179	MAGRATH

5K50-59F (Female) - 20 Competitors

Cat/PI	Name	Bib #	Time	Pace	Offset	OA/PI	Gen/PI	City
1/20	KASKO, SHANNON	539	00:26:11.00	05:14	+00:00:00	72/400	21/221	COALDALE
2/20	WILLIAMS, MELANIE	312	00:28:15.00	05:39	+00:02:04	102/400	39/221	RAYMOND
3/20	HULST, ANGELA	167	00:29:46.00	05:57	+00:03:35	127/400	52/221	COALDALE

5K50-59M (Male) - 9 Competitors

Cat/PI	Name	Bib #	Time	Pace	Offset	OA/PI	Gen/PI	City
1/9	MARKS, CORWIN	383	00:24:38.00	04:55	+00:00:00	45/400	35/179	BROOKS
2/9	KASKO, RYAN	538	00:25:09.00	05:01	+00:00:31	54/400	41/179	COALDALE
3/9	ROBERTSON, WILF	487	00:25:56.00	05:11	+00:01:18	66/400	49/179	COALDALE

5K60-69F (Female) - 10 Competitors

Cat/PI	Name	Bib #	Time	Pace	Offset	OA/PI	Gen/PI	City
1/10	SCOTT, JANE	125	00:26:50.00	05:22	+00:00:00	82/400	27/221	LETHBRIDGE
2/10	MOROZ, SUE	166	00:43:43.00	08:44	+00:16:53	232/400	121/221	LETH
3/10	ISLEIFSON, IRENE	105	00:47:41.00	09:32	+00:20:51	265/400	140/221	LETHBRIDGE

5K60-69M (Male) - 10 Competitors

Cat/PI	Name	Bib #	Time	Pace	Offset	OA/PI	Gen/PI	City
1/10	LOW, STEVEN	393	00:21:45.00	04:21	+00:00:00	17/400	14/179	COALDALE
2/10	GUENTHER, CHARLES	483	00:24:27.00	04:53	+00:02:42	41/400	31/179	LETHBRIDGE
3/10	DELANEY, JULIUS	335	00:33:56.00	06:47	+00:12:11	161/400	89/179	STANDOFF

5K70+F (Female) - 6 Competitors

Cat/PI	Name	Bib #	Time	Pace	Offset	OA/PI	Gen/PI	City
1/6	NORRIS, JOAN	229	00:35:04.00	07:00	+00:00:00	169/400	76/221	LETHBRIDGE
2/6	VANSPRONSEN, JOHANNA	208	00:44:47.00	08:57	+00:09:43	237/400	126/221	COALDALE
3/6	LEFFERS, HELEN	330	00:46:37.00	09:19	+00:11:33	257/400	135/221	COALDALE

5K70+M (Male) - 5 Competitors

Cat/PI	Name	Bib #	Time	Pace	Offset	OA/PI	Gen/PI	City
1/5	DEHAAS, JOHN	349	00:40:39.00	08:07	+00:00:00	215/400	108/179	COALDALE
2/5	VAN TOL, JACK	485	00:40:44.00	08:08	+00:00:05	216/400	109/179	LETHBRIDGE
3/5	STREET, WAYNE	334	00:51:54.00	10:22	+00:11:15	309/400	145/179	COALDALE