

OA/PI = Overall Placing

Cat/PI = Category Placing

Gen/PI = Overall Gender Placing

Category Results

5K - 3.1 Miles

400 Finishers

5K06&UF - 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
4/21	VANKAMMEN, KRISTI	510	00:43:31.00	08:42	+00:11:49	228/400	117/221	CRANFORD
5/21	BULTENA, MACKENZIE	205	00:49:26.00	09:53	+00:17:44	279/400	149/221	COALDALE
6/21	HARTHOORN, CLAIRE	512	00:49:31.00	09:54	+00:17:49	280/400	150/221	COALDALE
7/21	VEENENDAAL, INAYA	374	00:50:00.00	10:00	+00:18:18	283/400	152/221	COALDALE
8/21	DIEK, MAKAYLA	237	00:51:00.00	10:12	+00:19:18	287/400	154/221	COALDALE
8/21	DIEK, ELISE	238	00:51:00.00	10:12	+00:19:18	287/400	154/221	COALDALE
10/21	LE GRANGE, ELZE	211	00:51:38.00	10:19	+00:19:56	303/400	163/221	COALDALE
11/21	HOWG, NAVY	124	00:51:40.00	10:20	+00:19:58	306/400	164/221	COALDALE
12/21	VANDER HEIDE, KENNEDY	263	00:53:40.00	10:44	+00:21:58	316/400	168/221	COALDALE
13/21	DRETE, NEVAEH	410	00:56:20.00	11:16	+00:24:38	327/400	175/221	COALDALE
14/21	VAN DYKE, BROOKLYN	389	00:58:36.00	11:43	+00:26:54	339/400	181/221	COALDALE
15/21	KUSTERMANS, EVA	456	01:02:00.00	12:24	+00:30:18	358/400	193/221	COALDALE
16/21	VOORHORST, SARAH	475	01:03:00.00	12:36	+00:31:18	362/400	195/221	COALDALE
17/21	STIMSON, ALEX	141	01:03:43.00	12:44	+00:32:01	369/400	199/221	COALDALE
17/21	STIMSON, CAITLIN	146	01:03:43.00	12:44	+00:32:01	369/400	199/221	COALDALE
17/21	LEMA, AUBREY	143	01:03:43.00	12:44	+00:32:01	369/400	199/221	COALDALE
20/21	VELDMAN, HANNAH	470	01:13:20.00	14:40	+00:41:38	389/400	215/221	LETHBRIDGE COL
21/21	VANDASSELAAR, CLAIRE	471	01:13:21.00	14:40	+00:41:39	390/400	216/221	LETHBRIDGE COL

5K06&UM - 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
4/14	VEURINK, REID	402	00:51:52.00	10:22	+00:02:32	308/400	144/179	COALDALE
5/14	BULTENA, CARSON	206	00:52:58.00	10:35	+00:03:38	313/400	147/179	COALDALE
6/14	VEURINK, LEVI	247	00:55:54.00	11:10	+00:06:34	324/400	152/179	LETHBRIDGE
7/14	VEURINK, REUBEN	248	00:55:54.00	11:10	+00:06:34	323/400	151/179	LETHBRIDGE
8/14	DRETE, REMINGTON	411	00:56:20.00	11:16	+00:07:00	327/400	153/179	COALDALE
9/14	VAN DYKE, NATHAN	390	00:58:36.00	11:43	+00:09:16	339/400	159/179	COALDALE
10/14	MACHT, COOPER	431	00:59:22.00	11:52	+00:10:02	346/400	162/179	COALDALE
10/14	CAMPBELL, COOPER	442	00:59:22.00	11:52	+00:10:02	346/400	162/179	COALDALE
12/14	VOORHORST, JARED	473	01:03:00.00	12:36	+00:13:40	362/400	168/179	COALDALE
12/14	VOORHORST, COLIN	476	01:03:00.00	12:36	+00:13:40	362/400	168/179	COALDALE
14/14	VEURINK, COLE	403	01:26:01.00	17:12	+00:36:41	397/400	178/179	COALDALE

5K07-10F - 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
4/25	VISSER, PAYTON	292	00:30:00.00	06:00	+00:03:46	131/400	55/221	COALDALE
5/25	DEN BOER, KRISTEL	160	00:30:07.00	06:01	+00:03:53	135/400	57/221	TABER
6/25	VEURINK, APRIL	401	00:30:36.00	06:07	+00:04:22	136/400	58/221	COALDALE
7/25	DEHAAS, PETRA	547	00:36:03.00	07:12	+00:09:49	180/400	82/221	ABBOTSFORD
8/25	DUNSMORE, MIKAYLA	341	00:37:05.00	07:25	+00:10:51	186/400	87/221	COALDALE
9/25	WITHAGE, JANELLA	424	00:37:38.00	07:31	+00:11:24	189/400	88/221	COALDALE
10/25	HAASE, WILLOW	127	00:37:46.00	07:33	+00:11:32	190/400	89/221	COALDALE
11/25	RUS, KATELYN	356	00:38:00.00	07:36	+00:11:46	195/400	92/221	DEVON
12/25	CONRAD, GRACIE	449	00:38:05.00	07:37	+00:11:51	196/400	93/221	COALDALE
13/25	HARTHOORN, CHELSEA	137	00:39:06.00	07:49	+00:12:52	202/400	97/221	COALDALE
14/25	VAN RAALTE, TESSA	156	00:39:35.00	07:55	+00:13:21	210/400	103/221	COALDALE
15/25	HOFKINK, TAYLOR	545	00:41:02.00	08:12	+00:14:48	220/400	111/221	TABER
16/25	VAN DYK, TALIA	258	00:41:20.00	08:16	+00:15:06	222/400	113/221	COALDALE
17/25	YPMA, NAOMI	233	00:43:08.00	08:37	+00:16:54	226/400	116/221	PURPLE SPRINGS
18/25	VEENENDAAL, XYLIA	376	00:43:39.00	08:43	+00:17:25	231/400	120/221	COALDALE
19/25	WIERSMA, JADE	217	00:45:16.00	09:03	+00:19:02	240/400	128/221	CARMAN
20/25	VOORHORST, KATIE	480	00:46:02.00	09:12	+00:19:48	252/400	132/221	COALDALE
21/25	VEENENDAAL, ZAMIRAH	375	00:46:15.00	09:15	+00:20:01	253/400	133/221	COALDALE
22/25	MACKAY, AMANDA	514	00:50:10.00	10:02	+00:23:56	285/400	153/221	COALDALE
23/25	CAMPBELL, MADISON	441	00:59:22.00	11:52	+00:33:08	346/400	185/221	COALDALE
23/25	MACHT, ROWAN	430	00:59:22.00	11:52	+00:33:08	346/400	185/221	COALDALE
25/25	VOORHORST, JULIA	477	01:03:00.00	12:36	+00:36:46	362/400	195/221	COALDALE

5K07-10M - 26 Competitors

Cat/PI	Name	Bib #	Time	Pace	Offset	OA/PI	Gen/PI	City
1/26	VANDER HEIDE, ISIAH	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

OA/PI = Overall Placing

Cat/PI = Category Placing

Gen/PI = Overall Gender Placing

Category Results

5K - 3.1 Miles

400 Finishers

5K07-10M - 26 Competitors

Cat/PI	Name	Bib #	Time	Pace	Offset	OA/PI	Gen/PI	City
4/26	SENNEKER, DAWSON	541	00:26:09.00	05:13	+00:01:41	70/400	51/179	COALDALE
5/26	HARTHOORN, JASON	136	00:26:46.00	05:21	+00:02:18	81/400	55/179	COALDALE
6/26	LE GRANGE, M.J.	212	00:26:56.00	05:23	+00:02:28	84/400	57/179	COALDALE
7/26	HARTHOORN, BEN	195	00:26:58.00	05:23	+00:02:30	86/400	58/179	COALDALE
8/26	HARTHOORN, ZACHARY	511	00:28:02.00	05:36	+00:03:34	99/400	62/179	COALDALE
9/26	VANDER HEIDE, JESSE	347	00:28:49.00	05:45	+00:04:21	112/400	69/179	COALDALE
10/26	VAN DER MOLEN, OWEN	173	00:28:52.00	05:46	+00:04:24	114/400	70/179	COALDALE
11/26	BULTENA, NATHAN	203	00:28:59.00	05:47	+00:04:31	116/400	72/179	COALDALE
12/26	DIEK, LEVI	236	00:31:01.00	06:12	+00:06:33	139/400	79/179	COALDALE
13/26	WANNOP, PEYTON	178	00:31:02.00	06:12	+00:06:34	140/400	80/179	COALDALE
14/26	VOORHORST, RYAN	479	00:34:21.00	06:52	+00:09:53	163/400	90/179	COALDALE
15/26	WIERSMA, BRODY	219	00:34:30.00	06:54	+00:10:02	167/400	92/179	CARMAN
16/26	YPMA, JOSHUA	232	00:35:55.00	07:11	+00:11:27	178/400	98/179	PURPLE SPRINGS
17/26	HOFSSINK, JAMES	544	00:38:13.00	07:38	+00:13:45	197/400	104/179	TABER
18/26	DOEVE, JOEL	367	00:45:00.00	09:00	+00:20:32	239/400	112/179	LETHBRIDGE COL
19/26	VOORHORST, MARK	478	00:48:10.00	09:38	+00:23:42	267/400	127/179	COALDALE
20/26	HOWG, ROMAN	123	00:51:40.00	10:20	+00:27:12	306/400	143/179	COALDALE
21/26	KUSTERMANS, KAIDEN	453	00:52:43.00	10:32	+00:28:15	311/400	146/179	COALDALE
22/26	BULTENA, LUCUS	204	00:53:30.00	10:42	+00:29:02	314/400	148/179	COALDALE
23/26	PREZA, SANTIAGO	460	00:58:00.00	11:36	+00:33:32	335/400	156/179	COALDALE
24/26	KRAMER, KESTON	489	01:00:59.00	12:11	+00:36:31	354/400	165/179	LETHBRIDGE
25/26	VELDMAN, HARRISON	468	01:09:00.00	13:48	+00:44:32	384/400	173/179	LETHBRIDGE COL
26/26	VELDMAN, COLE	469	01:25:53.00	17:10	+01:01:25	396/400	177/179	LETHBRIDGE COL

5K11-14F - 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
4/29	VEURINK, RAELYNN	398	00:25:42.00	05:08	+00:02:39	62/400	15/221	COALDALE
5/29	HARTHOORN, SHAWNA	134	00:26:10.00	05:14	+00:03:07	71/400	20/221	COALDALE
6/29	HARTHOORN, SIMONE	133	00:27:05.00	05:25	+00:04:02	87/400	29/221	COALDALE
7/29	HOOGERDYK, JOCELYN	513	00:27:35.00	05:31	+00:04:32	96/400	35/221	COALDALE
8/29	VANKAMMEN, DAYNA	412	00:28:03.00	05:36	+00:05:00	101/400	38/221	CRANFORD
9/29	DEBOER, CARA	306	00:29:59.00	05:59	+00:06:56	130/400	54/221	COALDALE
10/29	VAN DER MOLEN, ABIGAIL	172	00:30:05.00	06:01	+00:07:02	134/400	56/221	COALDALE
11/29	LEFFERS, SKYLA	226	00:30:46.00	06:09	+00:07:43	137/400	59/221	SPRUCE GROVE
12/29	DIEK, SHARISE	240	00:31:02.00	06:12	+00:07:59	140/400	61/221	COALDALE
13/29	DEN BOER, MARGIT	159	00:31:56.00	06:23	+00:08:53	148/400	66/221	TABER
14/29	YPMA, LYNNETTE	527	00:33:11.00	06:38	+00:10:08	157/400	70/221	PURPLE SPRINGS
15/29	WIERSMA, MISHAYLA	216	00:34:01.00	06:48	+00:10:58	162/400	73/221	CARMAN
16/29	MACKAY, DANIKA	517	00:34:21.00	06:52	+00:11:18	163/400	74/221	COALDALE
17/29	VANDER HEIDE, HAILEY	261	00:34:27.00	06:53	+00:11:24	165/400	75/221	COALDALE
18/29	DIEK, MEAGHAN	508	00:35:35.00	07:07	+00:12:32	173/400	78/221	COALDALE
19/29	WITHAGE, MARCIA	425	00:36:06.00	07:13	+00:13:03	181/400	83/221	COALDALE
20/29	MRAK, CORA	288	00:36:42.00	07:20	+00:13:39	184/400	85/221	COALDALE
21/29	BAREMAN, ROBYN	417	00:39:12.00	07:50	+00:16:09	203/400	98/221	TABER
22/29	VANASSEN, JAICELENE	420	00:39:15.00	07:51	+00:16:12	205/400	99/221	COALDALE
23/29	BULTENA, ABBY	202	00:39:51.00	07:58	+00:16:48	212/400	105/221	COALDALE
24/29	LEFFERS, NADIA	419	00:40:56.00	08:11	+00:17:53	219/400	110/221	COALDALE
25/29	DOEVE, ASHLYN	366	00:43:37.00	08:43	+00:20:34	229/400	118/221	LETHBRIDGE COL
26/29	BAREMAN, NAOMI	379	00:43:38.00	08:43	+00:20:35	230/400	119/221	TABER
27/29	VAN BEZOOYEN, CARA	465	00:45:53.00	09:10	+00:22:50	243/400	129/221	COALDALE
28/29	LEFFERS, SOPHIA	418	00:45:55.00	09:11	+00:22:52	244/400	130/221	COALDALE
29/29	HUMMEL, SAVANNA	421	00:49:09.00	09:49	+00:26:06	272/400	144/221	TABER

5K11-14M - 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
4/37	RUS, PAUL	355	00:24:49.00	04:57	+00:03:01	47/400	36/179	DEVON
5/37	POPPE, TIMOTHY	323	00:25:32.00	05:06	+00:03:44	58/400	44/179	SEVILLE GROVE
6/37	DEBOER, LIAM	305	00:25:36.00	05:07	+00:03:48	60/400	46/179	COALDALE
7/37	MACKAY, JAMES	519	00:25:57.00	05:11	+00:04:09	68/400	50/179	COALDALE
8/37	VISSER, JOSIAH	368	00:26:53.00	05:22	+00:05:05	83/400	56/179	COALDALE
9/37	POPPE, MATTHEW	322	00:27:09.00	05:25	+00:05:21	88/400	59/179	SEVILLE GROVE
10/37	MRAK, KASON	287	00:27:24.00	05:28	+00:05:36	92/400	60/179	COALDALE
11/37	VEENENDAAL, WYATT	377	00:27:31.00	05:30	+00:05:43	94/400	61/179	COALDALE
12/37	DIEK, NOAH	239	00:28:02.00	05:36	+00:06:14	99/400	62/179	COALDALE
13/37	VISSER, CARTER	291	00:28:23.00	05:40	+00:06:35	104/400	65/179	COALDALE
		225	00:28:33.00	05:42	+00:06:45			SPRUCE GROVE

OA/PI = Overall Placing

Cat/PI = Category Placing

Gen/PI = Overall Gender Placing

Category Results

5K - 3.1 Miles

400 Finishers

5K11-14M - 37 Competitors

Cat/PI	Name	Bib #	Time	Pace	Offset	OA/PI	Gen/PI	City
14/37	LEFFERS, BRENNAN					106/400	66/179	
15/37	WANNOP, DEVREY	177	00:28:47.00	05:45	+00:06:59	111/400	68/179	COALDALE
16/37	BEUMER, IAN	474	00:29:21.00	05:52	+00:07:33	119/400	73/179	COALDALE
17/37	JANS, REED	472	00:29:25.00	05:53	+00:07:37	121/400	74/179	CRANFORD
18/37	VAN SETERS, JAKOB	505	00:29:58.00	05:59	+00:08:10	128/400	76/179	COALDALE
19/37	DEBOER, ADAM	303	00:30:02.00	06:00	+00:08:14	132/400	77/179	COALDALE
20/37	VAN RAALTE, JADON	154	00:31:18.00	06:15	+00:09:30	142/400	81/179	COALDALE
21/37	VAN RAALTE, CODY	155	00:32:02.00	06:24	+00:10:14	150/400	84/179	COALDALE
22/37	VEENENDAAL, DIMITRI	378	00:34:37.00	06:55	+00:12:49	168/400	93/179	COALDALE
23/37	ORSTEN, RYKER	254	00:35:31.00	07:06	+00:13:43	170/400	94/179	COALDALE
24/37	YPMA, MARK	231	00:35:53.00	07:10	+00:14:05	177/400	97/179	PURPLE SPRINGS
25/37	YPMA, JASON	526	00:37:21.00	07:28	+00:15:33	187/400	100/179	PURPLE SPRINGS
26/37	BEUMER, NICK	392	00:37:28.00	07:29	+00:15:40	188/400	101/179	COALDALE
27/37	VANDER HEIDE, SETH	343	00:37:56.00	07:35	+00:16:08	194/400	103/179	COALDALE
28/37	DEBOER, QUINN	228	00:43:13.00	08:38	+00:21:25	227/400	111/179	COALDALE
29/37	BAREMAN, BLAKE	433	00:46:00.00	09:12	+00:24:12	245/400	115/179	GRASSY LAKE
29/37	HOFKINK, JARED	530	00:46:00.00	09:12	+00:24:12	245/400	115/179	COALDALE
31/37	BAREMAN, CADE	434	00:47:29.00	09:29	+00:25:41	264/400	125/179	GRASSY LAKE
32/37	HUMMEL, MARTEN	422	00:47:56.00	09:35	+00:26:08	266/400	126/179	TABER
33/37	DIEK, MATTHEW	507	00:48:47.00	09:45	+00:26:59	270/400	128/179	COALDALE
34/37	MACKAY, DARREN	518	00:51:10.00	10:14	+00:29:22	297/400	137/179	COALDALE
35/37	VAN DYK, COLTEN	256	00:57:27.00	11:29	+00:35:39	333/400	154/179	COALDALE
36/37	PREZA, LEONEL ANDRES	459	00:58:00.00	11:36	+00:36:12	335/400	156/179	COALDALE
37/37	MAY, ALEX	266	01:07:49.00	13:33	+00:46:01	381/400	172/179	COALDALE

5K15-19F - 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
4/19	LEFFERS, LARYSSA	223	00:26:37.00	05:19	+00:01:48	80/400	26/221	SPRUCE GROVE
5/19	RUS, JESSICA	354	00:27:11.00	05:26	+00:02:22	89/400	30/221	DEVON
6/19	KOK, EMMA	163	00:28:34.00	05:42	+00:03:45	107/400	41/221	COALDALE
7/19	VAN KAMMEN, AMBER	370	00:29:21.00	05:52	+00:04:32	119/400	47/221	CRANFORD
8/19	DEBOER, KAYLEIGH	307	00:29:32.00	05:54	+00:04:43	124/400	49/221	COALDALE
9/19	VEURINK, MACKENNA	397	00:31:49.00	06:21	+00:07:00	147/400	65/221	COALDALE
10/19	LAARMAN, ANIKA	467	00:37:54.00	07:34	+00:13:05	193/400	91/221	TABER
11/19	SCHOEN, CHRISTINE	249	00:44:03.00	08:48	+00:19:14	233/400	122/221	COALDALE
12/19	BAREMAN, JILL	463	00:48:19.00	09:39	+00:23:30	268/400	141/221	TABER
13/19	HUMMEL, ESTHER	423	00:48:30.00	09:42	+00:23:41	269/400	142/221	TABER
14/19	VIENNEAU, KATIE	161	00:48:56.00	09:47	+00:24:07	271/400	143/221	COALDALE
15/19	FONTAINE, ABI	151	00:51:00.00	10:12	+00:26:11	287/400	154/221	LETHBRIDGE
16/19	LIVINGSTONE, TAMARIN	282	00:56:20.00	11:16	+00:31:31	327/400	175/221	COALDALE
17/19	DEBOER, JASMINE	227	00:57:15.00	11:27	+00:32:26	331/400	178/221	COALDALE
17/19	REURINK, NIESJE	169	00:57:15.00	11:27	+00:32:26	331/400	178/221	COALDALE
19/19	MOURIK, LEANNE	534	01:01:40.00	12:20	+00:36:51	356/400	191/221	COALDALE

5K15-19M - 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
4/20	GALLANT, CARSON	164	00:20:04.00	04:00	+00:03:24	6/400	4/179	LETHBRIDGE
5/20	KINGA, ALEC	501	00:21:17.00	04:15	+00:04:37	13/400	10/179	COALDALE
6/20	TUCEK, LUKASH	546	00:21:37.00	04:19	+00:04:57	16/400	13/179	LETHBRIDGE
7/20	VISSER, MICAH	369	00:23:42.00	04:44	+00:07:02	29/400	23/179	COALDALE
8/20	SLOMP, ASHER	428	00:24:25.00	04:53	+00:07:45	38/400	28/179	COALDALE
9/20	DEBOER, OWEN	304	00:24:59.00	04:59	+00:08:19	53/400	40/179	COALDALE
10/20	POPPE, CALEB	326	00:25:32.00	05:06	+00:08:52	58/400	44/179	SEVILLE GROVE
11/20	WIERSMA, SILAS	218	00:30:03.00	06:00	+00:13:23	133/400	78/179	CARMAN
12/20	VANDER HEIDE, NOAH	342	00:31:41.00	06:20	+00:15:01	144/400	82/179	COALDALE
13/20	POPPE, DAVID	324	00:34:29.00	06:53	+00:17:49	166/400	91/179	SEVILLE GROVE
14/20	YPMA, CALEB	528	00:36:39.00	07:19	+00:19:59	182/400	99/179	PURPLE SPRINGS
15/20	BURKE, MARK	286	00:42:04.00	08:24	+00:25:24	223/400	110/179	COALDALE
16/20	VAN BEZOOYEN, ETHAN	466	00:46:00.00	09:12	+00:29:20	245/400	115/179	COALDALE
16/20	GIESBRECHT, JEFF	464	00:46:00.00	09:12	+00:29:20	245/400	115/179	COALDALE
16/20	OOSTENBRUG, NATHAN	461	00:46:00.00	09:12	+00:29:20	245/400	115/179	COALDALE
19/20	KINNIBURGH, COLTER	275	00:50:01.00	10:00	+00:33:21	284/400	132/179	COALDALE
20/20	FONTAINE, KYLE	150	00:51:00.00	10:12	+00:34:20	287/400	134/179	LETHBRIDGE

5K20-29F - 24 Competitors

Cat/PI	Name	Bib #	Time	Pace	Offset	OA/PI	Gen/PI	City
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OA/PI = Overall Placing

Cat/PI = Category Placing

Gen/PI = Overall Gender Placing

Category Results

5K - 3.1 Miles

400 Finishers

5K20-29F - 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
4/24	WADSWORTH, ANNALISE	317	00:27:50.00	05:34	+00:07:52	97/400	36/221	LETHBRIDGE
5/24	BARKS, CHRISTINA	293	00:28:25.00	05:41	+00:08:27	105/400	40/221	LETHBRIDGE
6/24	LE ROUX, WILMA	523	00:28:51.00	05:46	+00:08:53	113/400	44/221	PRETORIA
7/24	ORSTEN, AMANDA	253	00:35:31.00	07:06	+00:15:33	170/400	77/221	COALDALE
8/24	HIEMSTRA, KIRA	272	00:35:46.00	07:09	+00:15:48	174/400	79/221	COALDALE
9/24	POPPE, ANGELICA	325	00:39:30.00	07:54	+00:19:32	209/400	102/221	SEVILLE GROVE
10/24	MEYER, KELSEY	244	00:39:44.00	07:56	+00:19:46	211/400	104/221	COALDALE
11/24	GREEN, KIMBERLY	280	00:40:44.00	08:08	+00:20:46	216/400	108/221	COALDALE
11/24	VAN TOL, KAT	486	00:40:44.00	08:08	+00:20:46	216/400	108/221	LETHBRIDGE
13/24	HOSFINK, JESSICA	543	00:41:02.00	08:12	+00:21:04	120/400	111/221	TABER
14/24	OOSTENBRUG, TARA-LEE	174	00:46:37.00	09:19	+00:26:39	257/400	135/221	COALDALE
15/24	WIPF, TRINITY AND BRODY	129	00:52:48.00	10:33	+00:32:50	312/400	166/221	GRANUM
16/24	VEURINK, ANNELIES	246	00:55:54.00	11:10	+00:35:56	325/400	173/221	LETHBRIDGE
17/24	VAN DYKE, NICOLE	387	00:58:36.00	11:43	+00:38:38	339/400	181/221	COALDALE
18/24	HARPER, DARCIE	531	00:59:25.00	11:53	+00:39:27	351/400	188/221	COALDALE
19/24	MOURIK, KATE	533	01:01:41.00	12:20	+00:41:43	357/400	192/221	COALDALE
20/24	STOUTJESDYK, JOLIEKE	407	01:02:23.00	12:28	+00:42:25	361/400	194/221	COALDALE
21/24	STONE, KYLEY	142	01:03:43.00	12:44	+00:43:45	369/400	199/221	COALDALE
22/24	MOURIK, CAROLIEN	537	01:04:05.00	12:49	+00:44:07	377/400	206/221	COALDALE
23/24	MOURIK, SUZANNE	535	01:05:08.00	13:01	+00:45:10	378/400	207/221	COALDALE
24/24	MOODIE, KAITLYNN	278	01:20:19.00	16:03	+01:00:21	395/400	219/221	LETHBRIDGE

5K20-29M - 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
4/8	KINNIBURGH, GUNNER	276	00:25:36.00	05:07	+00:03:16	60/400	46/179	COALDALE
5/8	DEKKER, MATTHEW	327	00:39:29.00	07:53	+00:17:09	208/400	107/179	SEVILLE GROVE
6/8	GAEHRING, JARED	532	00:51:25.00	10:17	+00:29:05	299/400	138/179	COALDALE
7/8	ANNIS, SEAN	300	01:02:00.00	12:24	+00:39:40	358/400	166/179	LETHBRIDGE
8/8	STONE, COLBY	147	01:03:43.00	12:44	+00:41:23	369/400	171/179	COALDALE

5K30-39F - 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
4/45	WANNOP, KATHY	175	00:24:38.00	04:55	+00:05:19	45/400	11/221	COALDALE
5/45	VANDER HEIDE, TRACY	345	00:25:56.00	05:11	+00:06:37	66/400	18/221	COALDALE
6/45	JANKOWSKI, JEN	298	00:26:08.00	05:13	+00:06:49	69/400	19/221	LETHBRIDGE
7/45	RUS, GWEN	351	00:26:24.00	05:16	+00:07:05	78/400	25/221	DEVON
8/45	DEHAAS, MICHELLE	404	00:27:13.00	05:26	+00:07:54	90/400	31/221	ABBOTSFORD
9/45	BLACK PLUME, FINOLA	130	00:27:33.00	05:30	+00:08:14	95/400	34/221	COALHURST
10/45	MACINNIS-TANNER, DANIELLE	491	00:28:41.00	05:44	+00:09:22	110/400	43/221	COALDALE
11/45	YPMA, JENNETTE	230	00:29:11.00	05:50	+00:09:52	117/400	45/221	PURPLE SPRINGS
12/45	DIBBEN, KELLY	495	00:29:19.00	05:51	+00:10:00	118/400	46/221	LETHBRIDGE
13/45	SCHOLTENS, TANYA	359	00:29:29.00	05:53	+00:10:10	123/400	48/221	LANGLEY
14/45	IBBITSON, ALICIA	361	00:29:44.00	05:56	+00:10:25	126/400	51/221	LANGLEY
15/45	POW, ASHLEY	181	00:31:23.00	06:16	+00:12:04	143/400	62/221	BLAIRMORE
16/45	VANKAMMEN, LEANNE	416	00:31:43.00	06:20	+00:12:24	146/400	64/221	CRANFORD
17/45	IVEY, KRISTIN	187	00:32:06.00	06:25	+00:12:47	151/400	67/221	BLAIRMORE
18/45	DOTY, KAELLA	241	00:32:15.00	06:27	+00:12:56	152/400	68/221	LETHBRIDGE
19/45	SNYDER, NATHALIE	550	00:33:20.00	06:40	+00:14:01	160/400	72/221	COALDALE
20/45	CONRAD, TANYA	450	00:37:02.00	07:24	+00:17:43	185/400	86/221	COALDALE
21/45	VAN DER MOLEN, JOLENE	170	00:38:46.00	07:45	+00:19:27	200/400	95/221	COALDALE
22/45	LE GRANGE, HETTIE	209	00:38:58.00	07:47	+00:19:39	201/400	96/221	COALDALE
23/45	HOWG, NICOLE	121	00:39:25.00	07:53	+00:20:06	207/400	101/221	COALDALE
24/45	KUSTERMANS, MICHELLE	455	00:40:25.00	08:05	+00:21:06	214/400	107/221	COALDALE
25/45	EWERT, TABITHA	394	00:42:12.00	08:26	+00:22:53	224/400	114/221	OTTAWA
26/45	SCHOUTEN, SUE	337	00:44:29.00	08:53	+00:25:10	235/400	124/221	LANGLEY
27/45	KASTELIC, GRACE	104	00:44:42.00	08:56	+00:25:23	236/400	125/221	LETHBRIDGE
28/45	VAN DYK, COLLEEN	257	00:44:49.00	08:57	+00:25:30	238/400	127/221	COALDALE
29/45	WIERSMA, BRENDA	215	00:46:27.00	09:17	+00:27:08	255/400	134/221	CARMAN
30/45	DIEK, DANIELLE	234	00:51:00.00	10:12	+00:31:41	287/400	154/221	COALDALE
31/45	VEENENDAAL, KRISTEN	372	00:51:34.00	10:18	+00:32:15	301/400	162/221	COALDALE
32/45	DOEVE, TINEKE	365	00:53:37.00	10:43	+00:34:18	315/400	167/221	LETHBRIDGE COL
33/45	VANDER HEIDE, TIA	265	00:53:40.00	10:44	+00:34:21	316/400	168/221	COALDALE
		201	00:53:52.00	10:46	+00:34:33			COALDALE

OA/PI = Overall Placing

Cat/PI = Category Placing

Gen/PI = Overall Gender Placing

Category Results

5K - 3.1 Miles

400 Finishers

5K30-39F - 45 Competitors

Cat/PI	Name	Bib #	Time	Pace	Offset	OA/PI	Gen/PI	City
34/45	BULTENA, MICHELLE					318/400	170/221	
35/45	VISSER, CARRIE	290	00:54:40.00	10:56	+00:35:21	321/400	172/221	COALDALE
36/45	BILCIK, KATHRYN	302	00:56:09.00	11:13	+00:36:50	326/400	174/221	COALDALE
37/45	PRETE, MELISSA	281	00:56:20.00	11:16	+00:37:01	327/400	175/221	COALDALE
38/45	CHIANG, EVA	458	00:58:00.00	11:36	+00:38:41	335/400	180/221	COALDALE
39/45	MACHT, AMY	429	00:59:22.00	11:52	+00:40:03	346/400	185/221	COALDALE
40/45	KRAMER, DAPHNE	488	01:00:59.00	12:11	+00:41:40	354/400	190/221	LETHBRIDGE
41/45	VOORHORST, MICHELLE	481	01:03:00.00	12:36	+00:43:41	362/400	195/221	COALDALE
42/45	STIMSON, BAILEY	145	01:03:43.00	12:44	+00:44:24	369/400	199/221	COALDALE
42/45	BOEHMER, KATLIN	148	01:03:43.00	12:44	+00:44:24	369/400	199/221	COALDALE
44/45	VROOM, ELYSE	196	01:08:05.00	13:37	+00:48:46	383/400	211/221	CHILLIWACK
45/45	FERGUSON, AMELIA	296	01:15:36.00	15:07	+00:56:17	394/400	218/221	LETHBRIDGE

5K30-39M - 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
4/22	DEHAAS, JAMES	405	00:24:18.00	04:51	+00:03:59	33/400	25/179	ABBOTSFORD
5/22	SCHUTTEN, ANDRE	214	00:24:25.00	04:53	+00:04:06	38/400	28/179	OTTAWA
6/22	HARTHOORN, PAT	245	00:24:37.00	04:55	+00:04:18	44/400	34/179	BARRHEAD
7/22	VAN DER MOLEN, JOEL	171	00:24:58.00	04:59	+00:04:39	52/400	39/179	COALDALE
8/22	JONKER, BEN	168	00:26:18.00	05:15	+00:05:59	77/400	53/179	ST CATHARINES
9/22	WANNOP, NATHAN	176	00:28:52.00	05:46	+00:08:33	114/400	70/179	COALDALE
10/22	HOWG, TAYLOR	122	00:32:47.00	06:33	+00:12:28	156/400	87/179	COALDALE
11/22	CONRAD, TRAVIS	451	00:33:13.00	06:38	+00:12:54	158/400	88/179	COALDALE
12/22	TAMS, LUKE	255	00:35:31.00	07:06	+00:15:12	170/400	94/179	COALDALE
13/22	COLUCCI, JASON	182	00:35:47.00	07:09	+00:15:28	175/400	96/179	BLAIRMORE
14/22	LE ROUX, LOOD	522	00:39:14.00	07:50	+00:18:55	204/400	106/179	BOTSWANG
15/22	VEURINK, GERARD	313	00:45:20.00	09:04	+00:25:01	241/400	113/179	NEERLANDIA
16/22	LE ROUX, HENNIE	524	00:46:36.00	09:19	+00:26:17	256/400	122/179	BOTSWANG
17/22	BULTENA, BRANDON	200	00:46:59.00	09:23	+00:26:40	261/400	124/179	COALDALE
18/22	DIEK, ASH	235	00:51:00.00	10:12	+00:30:41	287/400	134/179	COALDALE
19/22	LE GRANGE, J.P.	210	00:51:38.00	10:19	+00:31:19	303/400	141/179	COALDALE
20/22	THOMAS, PATRICK	186	00:51:39.00	10:19	+00:31:20	305/400	142/179	BLAIRMORE
21/22	VISSER, TREVOR	289	00:54:40.00	10:56	+00:34:21	321/400	150/179	COALDALE
22/22	KUSTERMANS, SHAUN	454	01:02:00.00	12:24	+00:41:41	358/400	166/179	COALDALE

5K40-49F - 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
4/22	SLOMP, JENNIFER	427	00:25:43.00	05:08	+00:02:53	64/400	16/221	COALDALE
5/22	STAM, SHAUNA	339	00:25:45.00	05:09	+00:02:55	65/400	17/221	LANGLEY
6/22	OEVERING, LENA	502	00:26:13.00	05:14	+00:03:23	73/400	22/221	COALDALE
7/22	POPPE, AMANDA	321	00:27:20.00	05:28	+00:04:30	91/400	32/221	SEVILLE GROVE
8/22	LEFFERS, SHELLEY	542	00:27:56.00	05:35	+00:05:06	98/400	37/221	SPRUCEGROVE
9/22	WRIGHT, STACEY	191	00:29:40.00	05:56	+00:06:50	125/400	50/221	BLAIRMORE
10/22	VAN SETERS, KAREN	503	00:29:58.00	05:59	+00:07:08	128/400	53/221	COALDALE
11/22	PEAKE, RHONDA	406	00:30:55.00	06:11	+00:08:05	138/400	60/221	COALDALE
12/22	DEBOER, SHARON	308	00:33:19.00	06:39	+00:10:29	159/400	71/221	COALDALE
13/22	BURSAW, HEATHER	126	00:35:50.00	07:10	+00:13:00	176/400	80/221	COALDALE
14/22	PATCHING, SHARALYN	492	00:38:44.00	07:44	+00:15:54	199/400	94/221	LETHBRIDGE
15/22	CARVALHO, CARMEN	269	00:49:20.00	09:52	+00:26:30	276/400	148/221	LETHBRIDGE
16/22	KINNIBURGH, CORI	274	00:49:55.00	09:59	+00:27:05	281/400	151/221	COALDALE
17/22	FONTAINE, JAIME	149	00:51:00.00	10:12	+00:28:10	287/400	154/221	LETHBRIDGE
18/22	VANWOUDEBERG, NICOLE	360	00:51:04.00	10:12	+00:28:14	296/400	160/221	LANGLEY
19/22	VAN RAALTE, COLLEEN	152	00:58:43.00	11:44	+00:35:53	342/400	183/221	COALDALE
20/22	LASSEY, SASHA	184	00:58:59.00	11:47	+00:36:09	344/400	184/221	BLAIRMORE
21/22	DERKSEN, NADINE	267	01:07:49.00	13:33	+00:44:59	381/400	210/221	COALDALE
22/22	LEWIS, KIM	192	02:48:16.00	33:39	+02:25:26	400/400	221/221	BLAIRMORE

5K40-49M - 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
4/28	LUKINIK, BRENDT	336	00:21:24.00	04:16	+00:00:57	15/400	12/179	LETHBRIDGE
5/28	KYWERIGA, MICHAEL	496	00:21:58.00	04:23	+00:01:31	19/400	16/179	MISSOULA
6/28	PENNINGA, MARK	242	00:22:07.00	04:25	+00:01:40	20/400	17/179	SMITHERS
7/28	BULLOCK, BRADLEY	536	00:23:40.00	04:44	+00:03:13	26/400	20/179	COALDALE

OA/PI = Overall Placing

Cat/PI = Category Placing

Gen/PI = Overall Gender Placing

Category Results

5K - 3.1 Miles

400 Finishers

5K40-49M - 28 Competitors

Cat/PI	Name	Bib #	Time	Pace	Offset	OA/PI	Gen/PI	City
8/28	HARTHOORN, PETER	138	00:23:41.00	04:44	+00:03:14	28/400	22/179	COALDALE
9/28	WERKMAN, RON	252	00:24:20.00	04:52	+00:03:53	34/400	26/179	WINNIPEG
10/28	RUS, GUS	352	00:24:25.00	04:53	+00:03:58	38/400	28/179	DEVON
11/28	POPPE, DIRK	320	00:24:29.00	04:53	+00:04:02	43/400	33/179	SEVILLE GROVE
12/28	GUNNINK, GEORGE	391	00:24:57.00	04:59	+00:04:30	51/400	38/179	SURREY
13/28	CUMMING, NICHOLAS	493	00:25:13.00	05:02	+00:04:46	55/400	42/179	LETHBRIDGE
14/28	VEURINK, IVAN	395	00:25:42.00	05:08	+00:05:15	62/400	48/179	COALDALE
15/28	DE HAAN, BRIAN	333	00:26:17.00	05:15	+00:05:50	75/400	52/179	EDMONTON
16/28	SLOMP, MARK	426	00:28:19.00	05:39	+00:07:52	103/400	64/179	COALDALE
17/28	GALLANT, BRAD	165	00:28:38.00	05:43	+00:08:11	108/400	67/179	LETHBRIDGE
18/28	MURRAY, TYLER	299	00:29:28.00	05:53	+00:09:01	122/400	75/179	LETHBRIDGE
19/28	DEBOER, ERIK	309	00:32:33.00	06:30	+00:12:06	153/400	85/179	COALDALE
20/28	GROVES, SCOTT	106	00:37:50.00	07:34	+00:17:23	192/400	102/179	LETHBRIDGE
21/28	DIEK, LEON	509	00:38:27.00	07:41	+00:18:00	198/400	105/179	COALDALE
22/28	VEENENDAAL, CHRIS	371	00:46:43.00	09:20	+00:26:16	260/400	123/179	COALDALE
23/28	KINNIBURGH, WARREN	273	00:49:55.00	09:59	+00:29:28	281/400	131/179	COALDALE
24/28	MACKAY, DAN	515	00:50:10.00	10:02	+00:29:43	285/400	133/179	COALDALE
25/28	SCHOUTEN, MIKE	198	00:57:28.00	11:29	+00:37:01	334/400	155/179	CHILLIWACK
26/28	PREZA, LEONEL	457	00:58:00.00	11:36	+00:37:33	335/400	156/179	COALDALE
27/28	VAN RAALTE, JEFF	153	00:58:43.00	11:44	+00:38:16	342/400	160/179	COALDALE
28/28	SCHMIDT, MARTY	185	00:59:00.00	11:48	+00:38:33	345/400	161/179	BLAIRMORE

5K50-59F - 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
4/20	HOFSTINK, JACKIE	180	00:32:38.00	06:31	+00:06:27	154/400	69/221	COALDALE
5/20	HAZELAARE, SHERRY	301	00:36:00.00	07:12	+00:09:49	179/400	81/221	LETHBRIDGE
6/20	GEERAERT, ARLENE	140	00:37:49.00	07:33	+00:11:38	191/400	90/221	TABER
7/20	MEYER, DENISE	243	00:39:59.00	07:59	+00:13:48	213/400	106/221	COALDALE
8/20	PITSTRA, JACKIE	279	00:42:17.00	08:27	+00:16:06	225/400	115/221	COALDALE
9/20	LE ROUX, ANNALENE	521	00:44:21.00	08:52	+00:18:10	234/400	123/221	PANDAMATENGA
10/20	HARPER, TRACY	409	00:46:01.00	09:12	+00:19:50	250/400	131/221	COALDALE
11/20	WIELENGA, JOHANNA	158	00:46:42.00	09:20	+00:20:31	259/400	137/221	COALDALE
12/20	JOANNE, DERUITER	362	00:47:02.00	09:24	+00:20:51	262/400	138/221	SMITHERS
12/20	BANDSTRA, KAREN	329	00:47:02.00	09:24	+00:20:51	262/400	138/221	SMITHERS
14/20	VAN VELZEN, RUTH	316	00:49:15.00	09:51	+00:23:04	274/400	146/221	BURLINGTON
15/20	DEHAAS, DAPHNE	440	00:51:03.00	10:12	+00:24:52	295/400	159/221	ALDERGROVE
16/20	MACKAY, TRISH	520	00:51:10.00	10:14	+00:24:59	297/400	161/221	COALDALE
17/20	HIGH, CAROL	294	00:52:20.00	10:28	+00:26:09	310/400	165/221	PINCHER CREEK
18/20	BOEHMER, RAYLENE	144	01:03:43.00	12:44	+00:37:32	369/400	199/221	COALDALE
19/20	BAIRD, BRENDA	385	01:07:17.00	13:27	+00:41:06	379/400	208/221	LETHBRIDGE
20/20	LINDERMAN, TRACEY	193	01:10:00.00	14:00	+00:43:49	386/400	213/221	BLAIRMORE

5K50-59M - 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
4/9	HENRY, GLENN	540	00:26:31.00	05:18	+00:01:53	79/400	54/179	COALDALE
5/9	BLOCK, TREVOR	190	00:31:58.00	06:23	+00:07:20	149/400	83/179	BLAIRMORE
6/9	BURKE, DOUG	284	00:32:45.00	06:33	+00:08:07	155/400	86/179	COALDALE
7/9	LUDWIG, JOHN	314	00:45:20.00	09:04	+00:20:42	241/400	113/179	NEERLANDIA
8/9	HARPER, DAVE	408	00:46:01.00	09:12	+00:21:23	250/400	120/179	COALDALE
9/9	CARVALHO, RICHARD	270	00:49:20.00	09:52	+00:24:42	276/400	129/179	LETHBRIDGE

5K60-69F - 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
4/10	KLEMEN, KATHLEEN	120	00:49:19.00	09:51	+00:22:29	275/400	147/221	VAUXHALL
5/10	NICHOLSON, ALICE	358	00:53:52.00	10:46	+00:27:02	318/400	170/221	LETHBRIDGE
6/10	VANDERHEIDE, JOHANNA	311	01:00:57.00	12:11	+00:34:07	352/400	189/221	COALDALE
7/10	HIRONIMUS, CLAUDETTE	188	01:03:28.00	12:41	+00:36:38	367/400	198/221	BLAIRMORE
8/10	PARLEVLIET, JETTY	259	01:10:25.00	14:05	+00:43:35	387/400	214/221	LETHBRIDGE
9/10	FLEMING, LORI	103	01:13:57.00	14:47	+00:47:07	391/400	217/221	GRANDE PRAIRIE
10/10	DOEVE, CAROLYN	332	01:30:00.00	18:00	+01:03:10	398/400	220/221	COALDALE

5K60-69M - 10 Competitors

Cat/PI	Name	Bib #	Time	Pace	Offset	OA/PI	Gen/PI	City
		393	00:21:45.00	04:21	+00:00:00			COALDALE

OA/PI = Overall Placing

Cat/PI = Category Placing

Gen/PI = Overall Gender Placing

Category Results

5K - 3.1 Miles

400 Finishers

5K60-69M - 10 Competitors

Cat/PI	Name	Bib #	Time	Pace	Offset	OA/PI	Gen/PI	City
1/10	LOW, STEVEN					17/400	14/179	
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
4/10	DEHAAS, WILLIAM	432	00:46:26.00	09:17	+00:24:41	254/400	121/179	ALDERGROVE
5/10	GROENWOLD, PIETER	484	00:51:30.00	10:18	+00:29:45	300/400	139/179	COALDALE
6/10	HOFKINK, RON	525	00:53:55.00	10:47	+00:32:10	320/400	149/179	COALDALE
7/10	HIRONIMUS, MIKE	189	01:03:28.00	12:41	+00:41:43	367/400	170/179	BLAIRMORE
8/10	PARLEVLIET, MARINUS	260	01:10:25.00	14:05	+00:48:40	387/400	174/179	LETHBRIDGE
9/10	FLEMING, WADE	102	01:13:57.00	14:47	+00:52:12	391/400	175/179	GRANDE PRAIRIE
10/10	DOEVE, HENRY	331	01:30:00.00	18:00	+01:08:15	398/400	179/179	COALDALE

5K70+F - 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
4/6	BURKE, CAROLYN	283	00:49:10.00	09:50	+00:14:06	273/400	145/221	COALDALE
5/6	BAIRD, LEOLA	384	01:07:17.00	13:27	+00:32:13	379/400	208/221	LETHBRIDGE
6/6	SCHULZ, KAREN	157	01:09:56.00	13:59	+00:34:52	385/400	212/221	LETHBRIDGE

5K70+M - 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
4/5	VANDERHEIDE, WILLEM	310	01:00:57.00	12:11	+00:20:18	352/400	164/179	COALDALE
5/5	FLEMING, DON	101	01:13:57.00	14:47	+00:33:18	391/400	175/179	GRANDE PRAIRIE