

2023 Calgary Women's Run - Aug 20/2023

Alpha Overall Results

10K - 6.21 Miles

86 Finishers

O/A	Name	Bib#	Time	Pace/K	Pace/M	Category	Cat/PI	City
44/86	BARNHART, CHRISTA	3429	1:04:21.957	06:26	10:21	10K40-49	10/16	HIGH RIVER, AB
27/86	BEAUDIN, LAURA	1437	59:18.829	05:55	09:33	10K40-49	4/16	CALGARY, AB
5/86	BOULRICE, AMY	1439	46:56.782	04:41	07:33	10K30-39	2/22	CALGARY, AB
12/86	BROWN, LAUREN	1440	53:32.335	05:21	08:37	10K20-29	4/27	CALGARY, AB
10/86	BUSHNAQ, DOMINIQUE	3430	51:55.796	05:11	08:21	10K40-49	2/16	CALGARY, AB
6/86	CARTWRIGHT, VANESSA	4367	47:10.988	04:43	07:35	10K40-49	1/16	CALGARY, AB
53/86	CHO, VIVIAN	1443	1:06:32.772	06:39	10:42	10K30-39	14/22	CALGARY, AB
47/86	CLAVAGNIER, RACHÈLE	1444	1:05:28.343	06:32	10:32	10K20-29	13/27	CALGARY, AB
36/86	COPITHORNE, CHELSEA	1446	1:02:08.214	06:12	10:00	10K30-39	11/22	CALGARY, AB
37/86	CORTES MONROY, ARIANE	1447	1:02:37.462	06:15	10:05	10K40-49	7/16	MÉXICO D.F., CDMX
79/86	DECOSTE, KRYSYAL	4366	1:18:21.237	07:50	12:37	10K30-39	18/22	CALGARY, AB
4/86	DELMAR, LESLEY	3457	46:10.051	04:37	07:26	10K50-59	2/11	CALGARY, AB
55/86	DUCHARME, LINDSEY	1450	1:06:53.611	06:41	10:46	10K20-29	18/27	FORT MACLEOD, AB
34/86	ERSKINE, BRENDA	3431	1:01:52.370	06:11	09:57	10K60-69	2/4	CALGARY, AB
83/86	FEEHAN, KATIE	3432	1:25:57.209	08:35	13:50	10K20-29	27/27	CALGARY, AB
70/86	FOLTINEK, MELISSA	3433	1:10:57.617	07:05	11:25	10K40-49	13/16	CALGARY, AB
2/86	GAMBLE, MARGARET	3434	45:32.925	04:33	07:20	10K60-69	1/4	CALGARY, AB
3/86	GAMBLE, REBECCA	3435	45:32.973	04:33	07:20	10K30-39	1/22	CALGARY, AB
86/86	GARSTAD, TINA	3436	1:33:24.697	09:20	15:02	10K50-59	11/11	CALGARY, AB
20/86	GIESBRECHT, KIMBERLY	3438	56:27.551	05:38	09:05	10K30-39	5/22	AIRDRIE, AB
71/86	GORDON, ROSALEE	3439	1:11:17.772	07:07	11:28	10K50-59	8/11	CALGARY, AB
39/86	GRAY, LAURA	3440	1:02:44.752	06:16	10:06	10K40-49	9/16	CALGARY, AB
61/86	GRAYWAL, MANDEEP	3441	1:08:48.241	06:52	11:04	10K30-39	17/22	CALGARY, AB
14/86	HINTZ, EMILY	3443	53:47.005	05:22	08:39	10K20-29	5/27	CALGARY, AB
45/86	HOLDER, ISABELA	3444	1:05:17.494	06:31	10:30	10K15-19	3/5	CALGARY, AB
18/86	HOWELL, SARAH	3446	55:24.764	05:32	08:55	10K40-49	3/16	CALGARY, AB
85/86	IRMAGANBETOVA, ASSEL	3447	1:31:50.690	09:11	14:47	10K30-39	22/22	CALGARY, AB
16/86	IVY, ELIZABETH	3448	54:03.363	05:24	08:42	10K30-39	4/22	CALGARY, AB
78/86	JAIMES, VICTORIA	3449	1:18:20.929	07:50	12:36	10K20-29	26/27	CALGARY, AB
24/86	JENNINGS, JESSICA	3450	58:37.556	05:51	09:26	10K30-39	9/22	CALGARY, AB
46/86	KAUR, SUMEET	3453	1:05:24.000	06:32	10:31	10K30-39	12/22	CALGARY, AB
23/86	KERR, HOLLY	3454	57:43.441	05:46	09:17	10K30-39	8/22	CALGARY, AB
17/86	KIM, DANIELLE	3455	54:18.221	05:25	08:44	10K20-29	6/27	CALGARY, AB
77/86	KOSKIMAKI, RHONDA	3458	1:16:06.195	07:36	12:15	10K50-59	10/11	CALGARY, AB
30/86	LAGANIERE, NOEMIE	3460	1:00:30.994	06:03	09:44	10K20-29	10/27	FOOTHILLS, AB
65/86	LAVALLEE, NIANA	3461	1:09:09.968	06:54	11:08	10K20-29	24/27	CALGARY, AB
62/86	LEUNG, CARLY	3462	1:08:54.639	06:53	11:05	10K20-29	21/27	CALGARY, AB
40/86	MACDONALD-GRAY, BETTY	3463	1:03:36.430	06:21	10:14	10K60-69	3/4	CALGARY, AB
26/86	MACLEOD, BREANNE	3464	58:41.822	05:52	09:27	10K30-39	10/22	CALGARY, AB
33/86	MACNEIL, ELIZABETH	3465	1:01:11.077	06:07	09:51	10K20-29	11/27	CALGARY, AB
32/86	MACNEIL, KATIE	3466	1:01:10.956	06:07	09:51	10K50-59	4/11	CALGARY, AB
75/86	MARTINEZ, MARIANA	3468	1:14:20.115	07:26	11:58	10K50-59	9/11	CALGARY, AB
11/86	MCWILLIAMS, ABIGAIL	3469	52:42.414	05:16	08:29	10K15-19	1/5	CALGARY, AB
42/86	MILLARD, AMANDA	4368	1:04:18.502	06:25	10:21	10K15-19	2/5	CALGARY, AB
9/86	MILLARD, MADISON	4371	50:24.271	05:02	08:07	10K20-29	3/27	CALGARY, AB
25/86	MILLER, ERIN	3473	58:38.259	05:51	09:26	10K20-29	8/27	CALGARY, AB
73/86	MIYANISHI, KIYOKO	3474	1:13:55.011	07:23	11:54	10K70-79	1/1	CALGARY, AB
13/86	MORAES, MICHELLE	3475	53:42.336	05:22	08:38	10K30-39	3/22	CALGARY, AB
48/86	MURILLO, PAULA	3478	1:05:41.916	06:34	10:34	10K20-29	14/27	CALGARY, AB
38/86	NAJOAN, EVITA	3481	1:02:39.453	06:15	10:05	10K40-49	8/16	CALGARY, AB
67/86	NEALON, LEXI	3482	1:09:19.530	06:55	11:09	10K15-19	5/5	CALGARY, AB
66/86	NEALON, LINDSAY	3483	1:09:18.593	06:55	11:09	10K40-49	11/16	CALGARY, AB
7/86	NEFF, EMMA	3484	47:21.932	04:44	07:37	10K20-29	1/27	CALGARY, AB
51/86	NG, MO	3486	1:06:15.992	06:37	10:40	10K60-69	4/4	CALGARY, AB
56/86	OKUBO, MARIKA	3489	1:07:33.265	06:45	10:52	10K15-19	4/5	CALGARY, AB
81/86	OPIKOKEW, MEAGAN	3490	1:19:51.051	07:59	12:51	10K30-39	20/22	CALGARY, AB
29/86	PATEL, RUDRA	3491	1:00:22.441	06:02	09:43	10K20-29	9/27	CALGARY, AB

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31/86	PENALUNA, LEE-ANN	3492	1:00:52.488	06:05	09:48	10K40-49	6/16	CALGARY, AB
63/86	PERKOVIC, ANDREA	3493	1:09:07.811	06:54	11:07	10K20-29	22/27	CALGARY, AB
64/86	PERKOVIC, MARINA	3494	1:09:08.046	06:54	11:07	10K20-29	23/27	CALGARY, AB
69/86	PETRUCCI, ASHLEE	3495	1:10:57.447	07:05	11:25	10K40-49	12/16	CALGARY, AB
82/86	POFFENROTH, COLETTE	3496	1:19:51.401	07:59	12:51	10K40-49	16/16	CALGARY, AB
49/86	PORTELANCE, RACHEL	3497	1:05:51.499	06:35	10:36	10K20-29	15/27	CALGARY, AB
60/86	PORTELANCE, ZOE	3498	1:08:28.811	06:50	11:01	10K20-29	20/27	CALGARY, AB
50/86	POWNALL, MEGAN	3500	1:05:58.516	06:35	10:37	10K30-39	13/22	CALGARY, AB
76/86	PRYZNYK, SHANNON	4363	1:14:39.826	07:27	12:01	10K40-49	15/16	CALGARY, AB
68/86	REABURN, TARA	4365	1:09:26.558	06:56	11:10	10K50-59	7/11	CALGARY, AB
59/86	ROBINSON, JORDANNA	4369	1:08:14.537	06:49	10:59	10K30-39	16/22	CALGARY, AB
58/86	ROSTEK, KIERA	4372	1:08:00.640	06:48	10:57	10K20-29	19/27	CALGARY, AB
52/86	SCHATZ, NICOLA	4374	1:06:21.616	06:38	10:41	10K20-29	16/27	OLDS, AB
28/86	SHARMA, ANGELA	4375	59:59.094	05:59	09:39	10K40-49	5/16	CALGARY, AB
43/86	SHIELDS, MERCEDES	4377	1:04:21.665	06:26	10:21	10K20-29	12/27	HIGH RIVER, AB
21/86	SINCLAIR, JENNY	4378	57:27.293	05:44	09:15	10K30-39	6/22	CALGARY, AB
57/86	STORTON, ALENA	4379	1:07:49.906	06:46	10:55	10K30-39	15/22	COCHRANE, AB
35/86	SUMNERS, LORI	4380	1:01:52.415	06:11	09:57	10K50-59	5/11	CYPRESS COUNTY, AB
19/86	VIGNEAULT, ELIZABETH	4384	56:00.223	05:36	09:01	10K20-29	7/27	BOUCHERVILLE, QC
74/86	WEBER, ANGIE	4386	1:14:00.989	07:24	11:55	10K40-49	14/16	CALGARY, AB
80/86	WILLIAMS, MARIE-LIANNE	3487	1:18:21.354	07:50	12:37	10K30-39	19/22	CALGARY, AB
22/86	WILLIAMS, VALERIE	4390	57:28.113	05:44	09:15	10K30-39	7/22	CALGARY, AB
15/86	WITTEVRONGEL, CHERYL	4391	53:51.226	05:23	08:40	10K50-59	3/11	CALGARY, AB
72/86	WONG, DANIKA	4392	1:13:42.285	07:22	11:52	10K20-29	25/27	CALGARY, AB
84/86	WOODLEY, KARA	4394	1:29:47.689	08:58	14:27	10K30-39	21/22	CALGARY, AB
54/86	YANG, EUNKYUNG	4395	1:06:41.560	06:40	10:44	10K20-29	17/27	CALGARY, AB
41/86	YEE, KAREN	3467	1:03:44.728	06:22	10:15	10K50-59	6/11	NE, CALGARY
1/86	YOHEMAS, LEANNE	4396	44:33.113	04:27	07:10	10K50-59	1/11	CALGARY, AB
8/86	YU, FLORENCE	4477	50:01.234	05:00	08:03	10K20-29	2/27	CALGARY, AB