

OA/PI = Overall Placing

Cat/PI = Category Placing

Gen/PI = Overall Gender Placing

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

Category Results

5K - 3.1 Miles
154 Finishers

5K09&U - 2 Competitors

Cat/PI	Name	Bib #	Time	Pace/K	Pace/M	OA/PI	Offset	City
1/2	KWOK, HALEY	235	48:56.205	09:47	15:44	139/154	+00:00:00	CALGARY
2/2	KAUR, AVNOOR	228	49:58.026	09:59	16:03	143/154	+00:01:01	CALGARY

5K10-19 - 20 Competitors

Cat/PI	Name	Bib #	Time	Pace/K	Pace/M	OA/PI	Offset	City
1/20	BOIRE, ASPEN	172	21:26.612	04:17	06:53	2/154	+00:00:00	CALGARY
2/20	ENGLESON, AVERY	199	26:30.735	05:18	08:31	7/154	+00:05:04	CHESTERMERE
3/20	SELLIAH, OVIYA	290	30:44.772	06:08	09:53	24/154	+00:09:18	CALGARY
4/20	ILES, TORI	215	31:23.621	06:16	10:05	26/154	+00:09:57	CALGARY
5/20	WEDHOLM, JULIA	306	31:41.186	06:20	10:11	29/154	+00:10:14	CHESTERMERE
6/20	COE, CAELYN	186	32:14.303	06:26	10:21	35/154	+00:10:47	CALGARY
7/20	THOMPSON, SOPHIA	301	32:31.904	06:30	10:27	38/154	+00:11:05	CALGARY
8/20	KIM, SARAH	233	32:44.255	06:32	10:31	40/154	+00:11:17	CALGARY
9/20	MAJCAN, EMILY	250	33:27.451	06:41	10:45	49/154	+00:12:00	RED DEER COUNT
10/20	BURT, HANNAH	178	34:13.576	06:50	11:00	57/154	+00:12:46	OKOTOKS
11/20	HEFFERNAN, CLAIRE	207	35:02.746	07:00	11:16	62/154	+00:13:36	CALGARY
12/20	DICKINSON, HAILEY	193	38:30.546	07:42	12:22	79/154	+00:17:03	CALGARY
13/20	WEDHOLM, REBECCA	307	40:09.052	08:01	12:54	92/154	+00:18:42	CHESTERMERE
14/20	TROFIMUK, CHARLOTTE	302	40:51.426	08:10	13:08	94/154	+00:19:24	CALGARY
15/20	STEER, VERONICA	299	40:51.636	08:10	13:08	95/154	+00:19:25	CALGARY
16/20	COATES, AMANDA	184	41:27.778	08:17	13:19	101/154	+00:20:01	CALGARY
17/20	DICKINSON, STELLA	195	42:53.558	08:34	13:47	119/154	+00:21:26	CALGARY
18/20	HOBEL, CAITLIN	210	47:20.391	09:28	15:13	134/154	+00:25:53	CALGARY
19/20	KAUR, BISMHEET	226	49:58.054	09:59	16:04	144/154	+00:28:31	CALGARY
20/20	NICE, AINSLEY	267	1:02:20.017	12:28	20:02	153/154	+00:40:53	ROCKY VIEW

5K20-29 - 27 Competitors

Cat/PI	Name	Bib #	Time	Pace/K	Pace/M	OA/PI	Offset	City
1/27	PLASTIRAS, MAGGIE	276	27:35.021	05:31	08:52	11/154	+00:00:00	CALGARY
2/27	KIERNAN, FRIEDE	231	27:41.633	05:32	08:54	14/154	+00:00:06	CALGARY
3/27	NAEGELE, HELENA	323	28:23.960	05:40	09:07	15/154	+00:00:48	HEIDELBERG
4/27	LI, ALDA	242	28:54.885	05:46	09:17	17/154	+00:01:19	CALGARY
5/27	ZUROCK, EILYSH	334	29:02.325	05:48	09:20	19/154	+00:01:27	CALGARY
6/27	BOONE, MILA	174	32:05.093	06:25	10:19	32/154	+00:04:30	CALGARY
7/27	MOYLAN, JESSICA	264	32:49.952	06:33	10:33	41/154	+00:05:14	BURDETT
8/27	JONES, ASHLEY	220	32:50.444	06:34	10:33	42/154	+00:05:15	CALGARY
9/27	GRANAT, CHRISTY	205	32:56.022	06:35	10:35	44/154	+00:05:21	COCHRANE
10/27	DIRK, MEGAN	196	33:49.061	06:45	10:52	55/154	+00:06:14	CALGARY
11/27	JERIN, SANJANA	219	34:30.122	06:54	11:05	59/154	+00:06:55	CALGARY
12/27	BHAGRIA, AVNEET	171	34:32.380	06:54	11:06	60/154	+00:06:57	CALGARY
13/27	ELESIN, PELUMI	198	35:18.569	07:03	11:21	64/154	+00:07:43	CALGARY
14/27	POON-MATSUNE, DORA	277	35:59.820	07:11	11:34	70/154	+00:08:24	CALGARY
15/27	MORATINOS, RAQUEL	262	37:05.630	07:25	11:55	74/154	+00:09:30	CALGARY
16/27	WEDHOLM, EMMA	305	37:43.341	07:32	12:07	76/154	+00:10:08	CALGARY
17/27	KANG, ANGELA	225	38:39.075	07:43	12:25	80/154	+00:11:04	CALGARY
18/27	RAJABOV, KATELYNN	329	39:09.825	07:49	12:35	84/154	+00:11:34	CALGARY
19/27	ANSTEY, SHAYE	167	39:47.463	07:57	12:47	89/154	+00:12:12	CALGARY
20/27	HORNSBY, SAGE	212	41:52.433	08:22	13:27	109/154	+00:14:17	CALGARY
21/27	AKKERMAN, HENDRIKJE	166	41:52.927	08:22	13:28	110/154	+00:14:17	CALGARY
22/27	GELLNER, MACKENZIE	202	42:14.230	08:26	13:34	112/154	+00:14:39	CALGARY
23/27	SCHILLING, NATALIE	288	42:14.369	08:26	13:34	113/154	+00:14:39	CALGARY
24/27	SIDHU, RUPINDER	294	42:49.104	08:33	13:46	117/154	+00:15:14	CALGARY
25/27	BEDI, SIMRAN	170	42:49.471	08:33	13:46	118/154	+00:15:14	CALGARY
26/27	PHILLIPS, KAETLYN	274	48:16.173	09:39	15:31	137/154	+00:20:41	CALGARY
27/27	BUGAYONG, LESLIE	327	51:22.009	10:16	16:31	147/154	+00:23:46	CALGARY

5K30-39 - 51 Competitors

Cat/PI	Name	Bib #	Time	Pace/K	Pace/M	OA/PI	Offset	City
1/51	LOGAN, JENNA	243	20:32.496	04:06	06:36	1/154	+00:00:00	CANMORE
2/51	WILLIAMS, VALERIE	311	26:06.441	05:13	08:23	5/154	+00:05:33	CALGARY
3/51	CHAN, EVE	180	26:15.922	05:15	08:26	6/154	+00:05:43	CALGARY
4/51	HINTHER, KELSEY	209	26:40.039	05:20	08:34	8/154	+00:06:07	CALGARY
5/51	CLAYBORNE, ZAHRA	183	27:20.234	05:28	08:47	9/154	+00:06:47	CALGARY
6/51	MITCHELL, MHAIRI	259	27:24.475	05:28	08:48	10/154	+00:06:51	CALGARY
7/51	TAAL, LAUREN	324	28:24.007	05:40	09:07	16/154	+00:07:51	CALGARY
8/51	MACLEOD, BREANNE	245	29:18.847	05:51	09:25	21/154	+00:08:46	CALGARY
9/51	HOOD, KIRSTIE	322	31:52.433	06:22	10:14	30/154	+00:11:19	CALGARY

OA/PI = Overall Placing

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

Category Results

5K - 3.1 Miles
154 Finishers

5K30-39 - 51 Competitors

Cat/PI	Name	Bib #	Time	Pace/K	Pace/M	OA/PI	Offset	City
10/51	HACHÉ, JENNA	206	31:59.282	06:23	10:17	31/154	+00:11:26	CALGARY
11/51	AUCHSTAETTER, SARAH	169	32:17.398	06:27	10:22	36/154	+00:11:44	OKOTOKS
12/51	BUI, KACEY	332	32:24.427	06:28	10:25	37/154	+00:11:51	CALGARY
13/51	KIM, AMY	232	32:54.896	06:34	10:35	43/154	+00:12:22	CALGARY
14/51	DANDER, DEVON	190	32:57.641	06:35	10:35	45/154	+00:12:25	PORT MOODY
15/51	MILLS, BRANDI	191	33:00.733	06:36	10:36	46/154	+00:12:28	LACOMBE
16/51	MCGOVERN, ERIN	325	33:09.895	06:37	10:39	47/154	+00:12:37	CALGARY
17/51	LAMBERTON, KALYNA	238	33:19.485	06:39	10:42	48/154	+00:12:46	LACOMBE
18/51	RODRIGUES DOS SANTOS, PAMELA	284	33:33.779	06:42	10:47	51/154	+00:13:01	GUARULHOS
19/51	SELL, ASHLEIGH	289	33:44.162	06:44	10:50	52/154	+00:13:11	BEISEKER
20/51	MAYBURY, GABRIELA	254	33:45.110	06:45	10:51	53/154	+00:13:12	CALGARY
21/51	CORNEJO, CARLA	187	33:47.228	06:45	10:51	54/154	+00:13:14	CALGARY
22/51	NELSON, MARILYN	265	34:34.365	06:54	11:06	61/154	+00:14:01	CALGARY
23/51	WILLING, AMY	312	35:04.059	07:00	11:16	63/154	+00:14:31	LACOMBE
24/51	MCKENZIE, LINDSAY	256	35:50.840	07:10	11:31	66/154	+00:15:18	CALGARY
25/51	GAULT, KELSAY	201	35:55.765	07:11	11:33	67/154	+00:15:23	CALGARY
26/51	CANET PONS, JULIA	179	35:59.555	07:11	11:34	68/154	+00:15:27	CALGARY
27/51	TSOI, TATIANA	303	35:59.612	07:11	11:34	69/154	+00:15:27	CALGARY
28/51	MILLER, MALLORY	258	36:27.029	07:17	11:43	71/154	+00:15:54	CALGARY
29/51	SIWY, RACHELLE	296	37:54.076	07:34	12:11	78/154	+00:17:21	CALGARY
30/51	MAHNKE, TINA	249	38:39.756	07:43	12:25	82/154	+00:18:07	OKOTOKS
31/51	MAHNKE, RACHEL	248	38:40.365	07:44	12:26	83/154	+00:18:07	OKOTOKS
32/51	TAN, AIKO	328	39:10.763	07:50	12:35	85/154	+00:18:38	CALGARY
33/51	BRYANT, JANELL	330	39:11.664	07:50	12:36	86/154	+00:18:39	CALGARY
34/51	IHEMEFOR, VERA	214	39:16.855	07:51	12:37	87/154	+00:18:44	CALGARY
35/51	REDMOND, JASMINE	282	39:30.356	07:54	12:42	88/154	+00:18:57	CALGARY
36/51	VOS, DANA	175	40:58.365	08:11	13:10	96/154	+00:20:25	CALGARY
37/51	SOLATI, SETAREH	298	41:21.683	08:16	13:17	99/154	+00:20:49	CALGARY
38/51	KELLY, ALYSSA	333	41:46.223	08:21	13:25	107/154	+00:21:13	CALGARY
39/51	VANDEBEEK, EMILY	304	42:41.372	08:32	13:43	114/154	+00:22:08	HIGH RIVER
40/51	PUGH, ERIN	279	42:42.028	08:32	13:43	115/154	+00:22:09	CALGARY
41/51	RIES, IVONA	283	43:27.355	08:41	13:58	121/154	+00:22:54	CALGARY
42/51	JUAREZ, STEPHANIE	223	43:51.449	08:46	14:06	124/154	+00:23:18	CALGARY
43/51	KAMARA, JENEBA	224	45:46.960	09:09	14:43	126/154	+00:25:14	CALGARY
44/51	OKONKWO, IFEOMA	270	47:02.252	09:24	15:07	131/154	+00:26:29	CALGARY
45/51	LETUN, JESSICA	241	48:04.594	09:36	15:27	135/154	+00:27:32	CALGARY
46/51	YORKE, ASHLEY	316	48:04.933	09:36	15:27	136/154	+00:27:32	RED DEER COUNT
47/51	OKUBOYEJO, DEMI	271	48:25.924	09:41	15:34	138/154	+00:27:53	CALGARY
48/51	KWOK, JENNY	236	48:57.023	09:47	15:44	140/154	+00:28:24	CALGARY
49/51	CARROLL, DIANA	319	48:58.198	09:47	15:44	141/154	+00:28:25	CALGARY
50/51	SAFARALI, YAS	287	49:11.462	09:50	15:49	142/154	+00:28:38	CALGARY
51/51	DAVIS, SONDRRA-JOAN SOLSTICE	192	51:37.804	10:19	16:36	150/154	+00:31:05	CALGARY

5K40-49 - 28 Competitors

Cat/PI	Name	Bib #	Time	Pace/K	Pace/M	OA/PI	Offset	City
1/28	BOIRE, LAURA	173	21:40.299	04:20	06:58	3/154	+00:00:00	CALGARY
2/28	MACSWEEN, MAUREEN	247	25:17.422	05:03	08:07	4/154	+00:03:37	CALGARY
3/28	HIGGINS, LINDA MAE	208	27:37.836	05:31	08:53	12/154	+00:05:57	CALGARY
4/28	SHERLEY, JILL	293	27:41.070	05:32	08:54	13/154	+00:06:00	CALGARY
5/28	DA SILVA BENETTI, CARLA	189	29:00.335	05:48	09:19	18/154	+00:07:20	CALGARY
6/28	CRANE, JODY	188	30:08.444	06:01	09:41	23/154	+00:08:28	CALGARY
7/28	PILON, SOPHIE	321	31:31.741	06:18	10:08	27/154	+00:09:51	CALGARY
8/28	LEEMAN, BRIANNE	320	31:32.162	06:18	10:08	28/154	+00:09:51	CALGARY
9/28	WESTGARD, ALIX	308	32:12.353	06:26	10:21	33/154	+00:10:32	CALGARY
10/28	NOEL, JOLENE	269	32:13.248	06:26	10:21	34/154	+00:10:32	CANMORE
11/28	FRENCH, JEN	200	32:37.247	06:31	10:29	39/154	+00:10:56	SIOUX FALLS
12/28	MCCUTCHEON, BETH	255	33:31.693	06:42	10:46	50/154	+00:11:51	RED DEER COUNT
13/28	BURT, ERIN	177	34:16.831	06:51	11:01	58/154	+00:12:36	OKOTOKS
14/28	SUNG, CHERYL	300	35:50.629	07:10	11:31	65/154	+00:14:10	CALGARY
15/28	QUINN, EVENSTAR	280	38:39.450	07:43	12:25	81/154	+00:16:59	CALGARY
16/28	PADUA, CHERRY	272	39:57.801	07:59	12:50	91/154	+00:18:17	CALGARY
17/28	DICKINSON, NIKI	194	40:20.794	08:04	12:58	93/154	+00:18:40	CALGARY
18/28	NICE, CHANTAL	268	41:11.770	08:14	13:14	98/154	+00:19:31	ROCKY VIEW
19/28	MANTLER, MARNIE	252	41:44.557	08:20	13:25	105/154	+00:20:04	LETHBRIDGE
20/28	DOUVILLE, SUSANNE	197	41:49.129	08:21	13:26	108/154	+00:20:08	LETHBRIDGE
21/28	MOEIN, MARYAM	261	41:55.339	08:23	13:28	111/154	+00:20:15	CALGARY

OA/PI = Overall Placing

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

Category Results

5K - 3.1 Miles
154 Finishers

5K40-49 - 28 Competitors

Cat/PI	Name	Bib #	Time	Pace/K	Pace/M	OA/PI	Offset	City
22/28	LAFLECHE, AMY	237	43:11.791	08:38	13:53	120/154	+00:21:31	CALGARY
23/28	RODRIGUEZ, NATHALY	286	43:29.649	08:41	13:59	122/154	+00:21:49	CALGARY
24/28	RODRIGUEZ, JENNIFER	285	43:53.615	08:46	14:06	125/154	+00:22:13	AIRDRIE
25/28	KAUR, GAGANPREET	227	50:43.032	10:08	16:18	145/154	+00:29:02	CALGARY
26/28	ARYA, PREMA	168	50:43.080	10:08	16:18	146/154	+00:29:02	CALGARY
27/28	BUGAYONG, JULIETA	176	51:29.064	10:17	16:33	148/154	+00:29:48	CALGARY
28/28	YADAO, MARY	314	51:35.718	10:19	16:35	149/154	+00:29:55	CALGARY

5K50-59 - 15 Competitors

Cat/PI	Name	Bib #	Time	Pace/K	Pace/M	OA/PI	Offset	City
1/15	PLASTIRAS, ANDREA	275	29:16.576	05:51	09:24	20/154	+00:00:00	CALGARY
2/15	LAUTERMILCH, JENNY	239	29:58.697	05:59	09:38	22/154	+00:00:42	CALGARY
3/15	MAY, DOREEN	253	31:03.429	06:12	09:59	25/154	+00:01:46	CALGARY
4/15	WONG, WENDY	313	34:11.093	06:50	10:59	56/154	+00:04:54	CALGARY
5/15	HUPP, TRACY	213	36:45.332	07:21	11:49	72/154	+00:07:28	CALGARY
6/15	CHENG, MILY	181	37:05.257	07:25	11:55	73/154	+00:07:48	CALGARY
7/15	MORGAN, LAUREL	263	40:58.807	08:11	13:10	97/154	+00:11:42	COCHRANE
8/15	MILLER, JANNA	257	41:23.324	08:16	13:18	100/154	+00:12:06	CALGARY
9/15	COATES, SUSAN	185	41:28.551	08:17	13:20	102/154	+00:12:11	CALGARY
10/15	ABRIAM, GLORICA	165	43:31.667	08:42	13:59	123/154	+00:14:15	CALGARY
11/15	YUEN, FRANCES	317	46:15.635	09:15	14:52	127/154	+00:16:59	CALGARY
12/15	RATZ, HEIDI	281	46:45.635	09:21	15:02	128/154	+00:17:29	CALGARY
13/15	WIEBE, SHEILA	310	46:45.753	09:21	15:02	129/154	+00:17:29	SPERLING
14/15	HOBEL, CYNTHIA	211	47:19.571	09:27	15:13	133/154	+00:18:02	CALGARY
15/15	MANTEN, CATHY	251	1:02:20.393	12:28	20:02	154/154	+00:33:03	CALGARY

5K60-69 - 7 Competitors

Cat/PI	Name	Bib #	Time	Pace/K	Pace/M	OA/PI	Offset	City
1/7	SKENE, CATHERINE	297	37:06.264	07:25	11:55	75/154	+00:00:00	CALGARY
2/7	IRWIN, LESLIE	216	39:48.380	07:57	12:47	90/154	+00:02:42	CALGARY
3/7	SHANE, KAIT	291	41:33.559	08:18	13:21	103/154	+00:04:27	CALGARY
4/7	PAULS ATAS, WILMA	273	41:40.244	08:20	13:23	104/154	+00:04:33	CALGARY
5/7	CHRISTENSEN, CONNIE	182	42:42.284	08:32	13:43	116/154	+00:05:36	CALGARY
6/7	MACMILLAN, MARILYN	246	53:25.429	10:41	17:10	151/154	+00:16:19	CALGARY
7/7	SINCLAIR, SARAH	295	53:26.344	10:41	17:10	152/154	+00:16:20	CALGARY

5K70-79 - 3 Competitors

Cat/PI	Name	Bib #	Time	Pace/K	Pace/M	OA/PI	Offset	City
1/3	SKOV, BONNIE	326	37:51.428	07:34	12:10	77/154	+00:00:00	CALGARY
2/3	KENT, ADELE	230	41:46.127	08:21	13:25	106/154	+00:03:54	CALGARY
3/3	PODGORSKI, MARY-ANN	331	47:16.407	09:27	15:12	132/154	+00:09:24	CALGARY

5K80+ - 1 Competitors

Cat/PI	Name	Bib #	Time	Pace/K	Pace/M	OA/PI	Offset	City
1/1	WHITE, MARY MADELINE	309	46:48.003	09:21	15:02	130/154	+00:00:00	CALGARY