

Category Results

5K - 3.1 Miles**5K19&UF - 5 Competitors**

Cat	Name	Bib #	Time	Pace	O/A	Chiptime	City
1/5	MCAVOY, SHANNON	255	00:20:21.65	04:04	12/55	00:20:16.75	CALGARY, AB
2/5	ALEXANDRIA, VARTY	202	00:24:37.75	04:55	20/55	00:24:34.45	CALGARY, AB
3/5	BADGER, ALLISON	204	00:25:12.70	05:02	25/55	00:25:04.95	CALGARY, AB
4/5	ZUMWALT, KATIE	249	00:29:57.55	05:59	34/55	00:29:49.55	CALGARY, AB
5/5	ZUMWALT, CASSIE	251	00:29:58.85	05:59	35/55	00:29:50.55	CALGARY, AB

5K19&UM - 9 Competitors

Cat	Name	Bib #	Time	Pace	O/A	Chiptime	City
1/9	CHRIST, ADRIAN	211	00:17:59.95	03:35	3/55	00:17:57.30	RED DEER, AB
2/9	MCLELLAN, COLE	248	00:18:43.05	03:44	6/55	00:18:40.50	CALGARY, AB
3/9	SELTSAM, NATANIAL	256	00:18:55.45	03:47	7/55	00:18:53.25	
4/9	WILKINSON, JAMIE	244	00:20:00.45	04:00	10/55	00:19:59.75	COCHRANE, AB
5/9	BADGER, DYLAN	205	00:22:25.35	04:29	15/55	00:22:16.70	CALGARY, AB
6/9	VAN SANT, MAX	243	00:24:48.85	04:57	22/55	00:24:44.00	CALGARY, AB
7/9	ZUMWALT, BEN	250	00:27:36.10	05:31	28/55	00:27:27.75	CALGARY, AB
8/9	RODRIGUES, TOMMY	234	00:32:38.40	06:31	41/55	00:32:28.45	CALGARY, AB
9/9	BOEHLER, RILEY	207	00:37:59.30	07:35	48/55	00:37:43.90	CALGARY, AB

5K20-29F - 5 Competitors

Cat	Name	Bib #	Time	Pace	O/A	Chiptime	City
1/5	MORAN, MANDY	226	00:23:26.05	04:41	18/55	00:23:19.15	CALGARY, AB
2/5	NEIL, LESLEY	252	00:28:31.20	05:42	33/55	00:28:25.80	HALIFAX, NS
3/5	KEATING, BRIANNA	220	00:31:13.85	06:14	37/55	00:31:08.70	CALGARY, AB
4/5	LOURO, MERCEDES	222	00:32:10.80	06:26	39/55	00:32:00.45	CALGARY, AB
5/5	DOWNEY, JENNIFER	213	00:39:22.35	07:52	50/55	00:39:08.30	CALGARY, AB

5K20-29M - 3 Competitors

Cat	Name	Bib #	Time	Pace	O/A	Chiptime	City
1/3	LANGILLE, DAVID	253	00:19:22.65	03:52	9/55	00:19:17.95	CALGARY, AB
2/3	NAKASKA, DANIEL	229	00:22:29.10	04:29	16/55	00:22:26.60	CALGARY, AB
3/3	ZAIDI, FAHAD	247	00:27:55.60	05:35	31/55	00:27:53.40	CALGARY, AB

5K30-39F - 6 Competitors

Cat	Name	Bib #	Time	Pace	O/A	Chiptime	City
1/6	MCCLEMENTS, VALERIE	224	00:24:45.40	04:57	21/55	00:24:42.30	CALGARY, AB
2/6	TALDORF, KRISTA	238	00:33:58.65	06:47	43/55	00:33:50.90	CALGARY, AB
3/6	BOEHLER, TAMARA	206	00:34:51.50	06:58	44/55	00:34:36.65	CALGARY, AB
4/6	STEVENS, COLLEEN	237	00:35:15.30	07:03	46/55	00:35:06.25	CALGARY, AB
5/6	CHEN, DEBBIE	210	00:37:29.15	07:29	47/55	00:37:23.35	VANCOUVER, BC
6/6	CAHOON, PAIJE	209	00:39:44.20	07:56	52/55	00:39:31.45	CALGARY, AB

5K30-39M - 7 Competitors

Cat	Name	Bib #	Time	Pace	O/A	Chiptime	City
1/7	MYERS, KEN	105	00:16:08.70	03:13	1/55	00:16:08.35	CALGARY, AB
2/7	HUSSEIN, VURHAN	259	00:17:55.35	03:35	2/55	00:17:54.95	
3/7	DWYER, MARK	214	00:18:04.90	03:36	4/55	00:18:03.75	CALGARY, AB
4/7	LEIGH, RYAN	221	00:20:17.55	04:03	11/55	00:20:14.15	CALGARY, AB
5/7	NAKASKA, JOSH	228	00:20:46.70	04:09	13/55	00:20:44.40	CALGARY, AB
6/7	MORDEN, FRASER	227	00:22:51.30	04:34	17/55	00:22:44.35	CALGARY, AB
7/7	BRUCE, CAMERON	208	00:23:43.75	04:44	19/55	00:23:40.35	CALGARY, AB

5K40-49F - 8 Competitors

Cat	Name	Bib #	Time	Pace	O/A	Chiptime	City
1/8	ELIASZIW, MISHA	215	00:25:38.15	05:07	26/55	00:25:34.65	CALGARY, AB
2/8	VAN SANT, JANE	241	00:27:40.55	05:32	29/55	00:27:32.55	CALGARY, AB
3/8	TALDORF, SYLVIA	239	00:27:45.35	05:33	30/55	00:27:37.45	CALGARY, AB
4/8	ADAMS, ANGIE	201	00:31:55.45	06:23	38/55	00:31:47.30	CALGARY, AB
5/8	MIHALCHEON, MIMI	225	00:32:39.95	06:31	42/55	00:32:26.85	CALGARY, AB
6/8	HAMILTON, LARA	216	00:35:01.05	07:00	45/55	00:34:48.60	CALGARY, AB
7/8	MARINO, MARGARET	254	00:39:32.80	07:54	51/55	00:39:18.25	CALGARY, AB
8/8	CROSS, BONNIE	212	00:43:09.40	08:37	55/55	00:42:57.60	CALGARY, AB

5K40-49M - 6 Competitors

Cat	Name	Bib #	Time	Pace	O/A	Chiptime	City
1/6	WILKINSON, JOEL	245	00:18:19.40	03:39	5/55	00:18:19.10	COCHRANE, AB
2/6	BLANSAH, JOSEPH	257	00:19:22.15	03:52	8/55	00:19:20.70	

Category Results

5K - 3.1 Miles**5K40-49M - 6 Competitors**

Cat	Name	Bib #	Time	Pace	O/A	Chiptime	City
3/6	KARPIAK, DAVE	219	00:21:43.65	04:20	14/55	00:21:41.95	KAMLOOPS, BC
4/6	PILICH, VLADIMIR	232	00:25:56.85	05:11	27/55	00:25:44.60	CALGARY, AB
5/6	JONES, DEAN	218	00:31:13.55	06:14	36/55	00:31:08.40	CALGARY, AB
6/6	RODRIGUES, LOUIS	233	00:32:38.15	06:31	40/55	00:32:28.30	CALGARY, AB

5K50-59F - 1 Competitors

Cat	Name	Bib #	Time	Pace	O/A	Chiptime	City
1/1	AZPIAZU, MARIA CRISTI	203	00:38:32.70	07:42	49/55	00:38:22.15	CALGARY, AB

5K50-59M - 1 Competitors

Cat	Name	Bib #	Time	Pace	O/A	Chiptime	City
1/1	MATTHEWS, GERRY	223	00:25:09.25	05:01	24/55	00:25:00.65	CALGARY NW, AB

5K60-69F - 1 Competitors

Cat	Name	Bib #	Time	Pace	O/A	Chiptime	City
1/1	NESTERENKO, LOUISE	230	00:42:24.45	08:28	53/55	00:42:15.80	CALGARY, AB

5K60-69M - 3 Competitors

Cat	Name	Bib #	Time	Pace	O/A	Chiptime	City
1/3	INGLIS, GEORGE	217	00:24:55.30	04:59	23/55	00:24:51.05	CALGARY, AB
2/3	RUSTEBAKKE, DALE	235	00:28:16.90	05:39	32/55	00:28:07.95	HIGH RIVER, AB
3/3	KIRKBY, BOB	258	00:42:24.85	08:28	54/55	00:42:15.60	