

2010 Dinosaur Pump it up Run
Overall Gender Results

5K - 3.11 Miles**Female**

Gender	Name	Bib#	Time	Pace	Category	Cat	O/A	City
1/119	MORRIS, MICHELLE	580	00:26:20.65	08:28	5K20-29F	1/38	12/169	EDMONTON, AB, CANADA
2/119	GAMBLE, TILLY	460	00:26:40.95	08:34	5K40-49F	1/23	15/169	BROOKS, AB, CANADA
3/119	ALTWASSER, MYRA	405	00:26:41.25	08:34	5K12UF	1/6	16/169	BROOKS, AB, CANADA
4/119	FISSET-HOFER, RACHELLE	451	00:27:45.25	08:55	5K30-39F	1/28	24/169	BROOKS, AB, CANADA
5/119	KNUTSVIK, MIRANDA	495	00:27:47.25	08:56	5K13-19F	1/4	25/169	BROOKS, , CANADA
6/119	HALE, ROXANNE	469	00:28:16.95	09:05	5K30-39F	2/28	28/169	DOROTHY, , CANADA
7/119	SUCHY, SHARIE	545	00:28:28.80	09:09	5K30-39F	3/28	29/169	TILLEY, , CANADA
8/119	SUTHERLAND, SHERRY	546	00:28:28.85	09:09	5K40-49F	2/23	30/169	CALGARY, , CANADA
9/119	OSADCZUK, ELAINE	516	00:29:05.45	09:21	5K40-49F	3/23	34/169	JENNER, , CANADA
10/119	PERCIVAL, DONNA	521	00:29:09.80	09:22	5K50-59F	1/19	35/169	BROOKS, AB, CANADA
11/119	SIDAM, TRACY	539	00:29:14.55	09:24	5K30-39F	4/28	36/169	HAYS, , CANADA
12/119	NEELY, SHERRI	513	00:29:17.65	09:24	5K40-49F	4/23	37/169	DUCHESS, , CANADA
13/119	KIRKELUND, JENNIFER	494	00:29:18.00	09:25	5K30-39F	5/28	38/169	BROOKS, , CANADA
14/119	PAPROSKI, THERESA	519	00:29:21.05	09:26	5K40-49F	5/23	39/169	BROOKS, , CANADA
15/119	SKANDERUP, DARA	540	00:29:33.95	09:30	5K20-29F	2/38	42/169	BROOKS, , CANADA
16/119	SCHWARTZENBERGER, KATRINA	537	00:29:35.40	09:30	5K20-29F	3/38	43/169	BROOKS, , CANADA
17/119	LARSON, DARSEY	498	00:29:41.40	09:32	5K20-29F	4/38	44/169	DUCHESS, AB, CANADA
18/119	SKRIVER, LEONA	543	00:30:17.85	09:44	5K40-49F	6/23	46/169	BROOKS, , CANADA
19/119	PRESTON, MARILYN	525	00:30:27.20	09:47	5K30-39F	6/28	48/169	ROSEMARY, , CANADA
20/119	DAME, PAULA	568	00:30:34.90	09:49	5K30-39F	7/28	49/169	DUCHESS, , CANADA
21/119	BURNS, CINDEE	421	00:30:39.85	09:51	5K40-49F	7/23	50/169	BASSANO, , CANADA
22/119	SHEPARD, JEN	538	00:30:40.40	09:51	5K20-29F	5/38	51/169	BROOKS, AB, CANADA
23/119	DUMESNIL, MICKEY	572	00:30:44.45	09:52	5K30-39F	8/28	52/169	MED. HAT, AB,
24/119	WIEBE, DONNA	565	00:30:47.50	09:53	5K30-39F	9/28	53/169	ROSEMARY, , CANADA
25/119	COOPER, KENDRA	431	00:31:01.85	09:58	5K20-29F	6/38	54/169	EDMONTON, AB, CANADA
26/119	VAN MAANEN, JENNIFER	556	00:31:20.45	10:04	5K20-29F	7/38	57/169	COALHURST, , CANADA
27/119	VELASCO, TAMZIN	558	00:31:32.55	10:08	5K30-39F	10/28	58/169	BROOKS, , CANADA
28/119	SCHMIDEK, SARAH	535	00:31:48.75	10:13	5K20-29F	8/38	59/169	MEDICINE HAT, , CANADA
29/119	ANDERSON, KERRI	406	00:32:01.55	10:17	5K30-39F	11/28	60/169	BROOKS, AB, CANADA
30/119	GREER, CHARMAINE	465	00:32:13.55	10:21	5K30-39F	12/28	61/169	HAYS, , CANADA
31/119	MCNIVEN, BARBARA	507	00:32:15.60	10:22	5K20-29F	9/38	62/169	DUCHESS, , CANADA
32/119	FULLER, LAURIE	458	00:32:21.75	10:24	5K50-59F	2/19	64/169	DUCHESS, , CANADA
33/119	ROSS, LINDA	532	00:32:21.90	10:24	5K50-59F	3/19	65/169	DUCHESS, , CANADA
34/119	GILMOUR, DESIREE	461	00:32:39.15	10:29	5K30-39F	13/28	66/169	BROOKS, , CANADA
35/119	PATTERSON, MONA	520	00:32:40.35	10:30	5K50-59F	4/19	67/169	BROOKS, , CANADA
36/119	DAVIDSON, COLLEEN	127	00:32:51.35	10:33	5K40-49F	8/23	68/169	BROOKS, , CANADA
37/119	DYCK, ANNIE	443	00:32:57.85	10:35	5K40-49F	9/23	71/169	LETHBRIDGE, , CANADA
38/119	ROSS, ROXANNE	533	00:33:03.30	10:37	5K40-49F	10/23	73/169	BROOKS, AB, CANADA
39/119	FULTON, CARA	459	00:33:03.35	10:37	5K30-39F	14/28	74/169	DUCHESS, , CANADA
40/119	JAKOBSEN, SHARON	486	00:33:08.55	10:39	5K40-49F	11/23	75/169	TILLEY, , CANADA
41/119	ECKERT, VALERIE	447	00:33:27.60	10:45	5K20-29F	10/38	77/169	DUCHESS, , CANADA
42/119	OSADCZUK, AMANDA	515	00:33:30.45	10:46	5K20-29F	11/38	78/169	DUCHESS, , CANADA
43/119	OSADCZUK, LORNA	517	00:33:36.85	10:48	5K40-49F	12/23	80/169	JENNER, , CANADA
44/119	ROOKE, CARRIE	531	00:33:39.95	10:49	5K20-29F	12/38	81/169	DUCHESS, , CANADA
45/119	BEST, BUFFY	417	00:33:44.25	10:50	5K20-29F	13/38	82/169	BROOKS, AB, CANADA
46/119	HIEBERT, WENDY	475	00:34:03.80	10:56	5K30-39F	15/28	83/169	GEM, , CANADA
47/119	CHORNEY, CARRIE	427	00:34:25.60	11:04	5K20-29F	14/38	84/169	CALGARY, , CANADA
48/119	COOPER, JUDY	430	00:34:33.40	11:06	5K40-49F	13/23	85/169	BROOKS, AB, CANADA
49/119	HEAL, DONNA	473	00:35:09.85	11:18	5K30-39F	16/28	86/169	BROOKS, , CANADA
50/119	SCHULTZ, AMANDA	536	00:35:31.05	11:25	5K20-29F	15/38	87/169	BROOKS, , CANADA
51/119	SKRIVER, LAUREN	542	00:36:20.20	11:40	5K13-19F	2/4	88/169	BROOKS, , CANADA
52/119	EGGER, RHONDA	448	00:36:21.95	11:41	5K50-59F	5/19	89/169	BROOKS, , CANADA
53/119	TAYLOR, TRINA	551	00:37:40.05	12:06	5K40-49F	14/23	92/169	BROOKS, , CANADA
54/119	THOMPSON, LANA	552	00:37:41.80	12:07	5K30-39F	17/28	93/169	BROOKS, , CANADA
55/119	HODGSON, ROBBIE	476	00:37:45.05	12:08	5K20-29F	16/38	94/169	DUCHESS, , CANADA

2010 Dinosaur Pump it up Run
Overall Gender Results

5K - 3.11 Miles**Female**

Gender	Name	Bib#	Time	Pace	Category	Cat	O/A	City
56/119	ZIMMER, AMANDA	567	00:37:57.20	12:12	5K20-29F	17/38	95/169	BROOKS, , CANADA
57/119	MCCLELLAND, KIM	506	00:38:08.45	12:15	5K30-39F	18/28	96/169	BROOKS, , CANADA
58/119	HAGER, TERRIE	468	00:38:13.20	12:17	5K50-59F	6/19	97/169	BROOKS, , CANADA
59/119	TJEERDEMA, LINDSAY	553	00:38:16.25	12:18	5K20-29F	18/38	99/169	BROOKS, AB, CANADA
60/119	CHHIV, TAHNEE	426	00:38:25.85	12:21	5K20-29F	19/38	101/169	BROOKS, AB, CANADA
61/119	LAUBER, SHYLA	499	00:38:28.70	12:22	5K20-29F	20/38	102/169	BROOKS, AB, CANADA
62/119	JENSEN, JENNIFER	488	00:39:06.85	12:34	5K20-29F	21/38	103/169	BROOKS, , CANADA
63/119	MOELLER, JIIYA	509	00:39:08.55	12:35	5K20-29F	22/38	104/169	BROOKS, AB, CANADA
64/119	MOELLER, SHELLSEE	510	00:39:30.15	12:42	5K30-39F	19/28	105/169	BROOKS, AB, CANADA
65/119	BOSCH, JEN	418	00:39:52.10	12:49	5K20-29F	23/38	106/169	BROOKS, AB, CANADA
66/119	ALBERS, LISA	401	00:39:54.95	12:49	5K40-49F	15/23	107/169	BROOKS, , CANADA
67/119	PERKINS, JANET	523	00:39:58.25	12:51	5K50-59F	7/19	108/169	BROOKS, , CANADA
68/119	DYCK, LAURA	444	00:39:58.45	12:51	5K40-49F	16/23	109/169	ROSEMARY, , CANADA
69/119	HOPP, LINDSAY	477	00:39:59.90	12:51	5K20-29F	24/38	110/169	DUCHESS, , CANADA
70/119	WHITE, KIMARA	563	00:40:07.20	12:53	5K30-39F	20/28	111/169	BROOKS, , CANADA
71/119	SCHULTZ, KAREN	569	00:40:42.35	13:05	5K40-49F	17/23	112/169	, ,
72/119	MCRAE, LISA	508	00:41:04.45	13:12	5K40-49F	18/23	113/169	LETHBRIDGE, , CANADA
73/119	BECKER, MIRANDA	416	00:41:06.20	13:12	5K20-29F	25/38	114/169	BROOKS, , CANADA
74/119	KEEPING, MARLA	492	00:41:22.75	13:18	5K30-39F	21/28	115/169	BROOKS, AB, CANADA
75/119	DIRK, PATRICIA	440	00:41:42.30	13:24	5K50-59F	8/19	116/169	MEDICINE HAT, AB, CANADA
76/119	EUBANK, DEBORAH	450	00:42:42.05	13:43	5K50-59F	9/19	117/169	BROOKS, , CANADA
77/119	HUMPHRIES, RICHELLE	479	00:43:10.35	13:52	5K50-59F	10/19	118/169	CALGATY, , CANADA
78/119	JAKOBSEN, TANESHA	487	00:43:30.70	13:59	5K13-19F	3/4	120/169	TILLEY, , CANADA
79/119	JAKOBSEN, LAURA	485	00:43:38.45	14:01	5K12UF	2/6	121/169	TILLEY, , CANADA
80/119	JAKOBSEN, JANAE	484	00:43:40.10	14:02	5K12UF	3/6	122/169	TILLEY, , CANADA
81/119	CHARLTON, MARCIA	425	00:44:23.65	14:16	5K30-39F	22/28	123/169	BROOKS, , CANADA
82/119	CHRISTMAN, SHARON	429	00:44:26.20	14:17	5K30-39F	23/28	124/169	BROOKS, , CANADA
83/119	HENDERSON, PHEONIX	578	00:44:35.65	14:20	5K12UF	4/6	126/169	, ,
84/119	GINET, TANYA	462	00:44:50.35	14:24	5K30-39F	24/28	127/169	BROOKS, , CANADA
85/119	SVOBODA, LAURIELEE	547	00:45:34.75	14:39	5K40-49F	19/23	128/169	BROOKS, AB, CANADA
86/119	HUTCHISON, REBECCA	480	00:47:06.85	15:08	5K30-39F	25/28	130/169	OKOTOKS, AB, CANADA
87/119	HAMLIN, TONY	470	00:47:07.00	15:09	5K30-39F	26/28	131/169	BASSANO, , CANADA
88/119	MOREY, LINDA	511	00:48:01.95	15:26	5K40-49F	20/23	132/169	DUCHESS, , CANADA
89/119	BRAGG, KELLY	419	00:48:02.25	15:26	5K40-49F	21/23	133/169	DUCHESS, , CANADA
90/119	JOHNSON, ANNETTE	489	00:48:39.20	15:38	5K13-19F	4/4	135/169	ROSEMARY, , CANADA
91/119	JOHNSON, BRITANY	490	00:48:39.35	15:38	5K20-29F	26/38	136/169	ROSEMARY, , CANADA
92/119	BROWN, JANICE	420	00:48:40.70	15:38	5K50-59F	11/19	137/169	BROOKS, , CANADA
93/119	WEISS, KATHY	562	00:48:40.95	15:38	5K50-59F	12/19	138/169	BROOKS, , CANADA
94/119	CRITCH, ALLISON	433	00:48:52.35	15:42	5K20-29F	27/38	139/169	BROOKS, , CANADA
95/119	VELDHUISEN, DANIELLE	559	00:48:55.35	15:43	5K20-29F	28/38	140/169	RAINIER, , CANADA
96/119	VANDERLOH, SHARRON	557	00:49:14.10	15:49	5K40-49F	22/23	141/169	DUCHESS, , CANADA
97/119	GRAHAM, KATIE	463	00:49:45.15	15:59	5K20-29F	29/38	142/169	DUCHESS, , CANADA
98/119	VIROSTEK, KASSIDY	560	00:50:10.55	16:07	5K12UF	5/6	143/169	TABER, , CANADA
99/119	REGEHR, KIERSTYN	527	00:51:34.40	16:34	5K12UF	6/6	144/169	ROSEMARY, , CANADA
100/119	REGEHR, DEBORAH	526	00:51:43.25	16:37	5K30-39F	27/28	146/169	ROSEMARY, , CANADA
101/119	SPAHMANN, CHRISTA	242	00:53:01.10	17:02	5K20-29F	30/38	149/169	COALDALE, , CANADA
102/119	SPAHMANN, SABINA	244	00:53:01.40	17:02	5K20-29F	31/38	151/169	COALDALE, , CANADA
103/119	SPAHMANN, JEAN	243	00:53:01.40	17:02	5K50-59F	13/19	150/169	COALDALE, , CANADA
104/119	PIERSON, TRACY	524	00:53:03.20	17:03	5K30-39F	28/28	152/169	LEDUC, , CANADA
105/119	SCHEIBNER, SHELLEY	534	00:53:03.35	17:03	5K20-29F	32/38	153/169	GEM, , CANADA
106/119	HANSON, KAREN	471	00:53:33.60	17:13	5K50-59F	14/19	154/169	LETHBRIDGE, AB, CANADA
107/119	BOSCH, DIANE	570	00:54:00.05	17:21	5K50-59F	15/19	156/169	BROOKS, AB,
108/119	KRISTIANSON, KAREN	496	00:54:58.00	17:40	5K50-59F	16/19	157/169	ROLLING HILLS, , CANADA
109/119	DEUNK, VALERIE	575	00:57:21.25	18:26	5K50-59F	17/19	159/169	BROOKS, AB,
110/119	SWAIN, RACHELLE	549	00:57:24.95	18:27	5K20-29F	33/38	160/169	DUCHESS, AB, CANADA

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Overall Gender Results**

5K - 3.11 Miles**Female**

Gender	Name	Bib#	Time	Pace	Category	Cat	O/A	City
111/119	FREIMARK, KALLIE	456	00:57:28.30	18:28	5K20-29F	34/38	161/169	DUCHESS, , CANADA
112/119	HAUSHER, AUDREY	472	00:57:51.00	18:36	5K50-59F	18/19	162/169	DUCHESS, , CANADA
113/119	GREEN, KIMBERLY	155	00:58:33.45	18:49	5K20-29F	35/38	163/169	BROOKS, AB, CANADA
114/119	MORRIS, BRENDA	579	00:59:32.95	19:08	5K40-49F	23/23	164/169	, ,
115/119	ARTHUR, JENNIFER	408	01:01:45.80	19:51	5K20-29F	36/38	165/169	BROOKS, AB, CANADA
116/119	FRANCES, BRENDA	454	01:01:48.65	19:52	5K50-59F	19/19	166/169	BROOKS, AB, CANADA
117/119	LESTER, DARBY	503	01:06:33.25	21:23	5K20-29F	37/38	167/169	RAINIER, , CANADA
118/119	DOVICHAK, MELISSA	441	01:06:33.75	21:23	5K20-29F	38/38	168/169	BROOKS, , CANADA
119/119	FRIESEN, KATHIE	457	01:11:30.20	22:59	5K60-69F	1/1	169/169	VAUXHALL, , CANADA

2010 Dinosaur Pump it up Run
Overall Gender Results

5K - 3.11 Miles**Male**

Gender	Name	Bib#	Time	Pace	Category	Cat	O/A	City
1/50	GRAHAM, TRAVIS	464	00:21:56.15	07:03	5K13-19M	1/6	1/169	RAINIER, , CANADA
2/50	KIRKELUND, ALAN	493	00:22:25.10	07:12	5K30-39M	1/12	2/169	BROOKS, , CANADA
3/50	RICHARDSON, BRAD	530	00:22:32.85	07:14	5K20-29M	1/8	3/169	DUCHESS, AB, CANADA
4/50	JOHNSON, RODNEY	491	00:23:36.90	07:35	5K30-39M	2/12	4/169	BROOKS, AB, CANADA
5/50	EBREY, JAMES	446	00:23:40.45	07:36	5K20-29M	2/8	5/169	LETHBRIDGE, AB, CANADA
6/50	BATEMAN, PHIL	410	00:24:15.00	07:47	5K30-39M	3/12	6/169	BROOKS, , CANADA
7/50	DAVIDSON, KYLE	129	00:25:35.95	08:13	5K13-19M	2/6	7/169	BROOKS, , CANADA
8/50	SWAIN, KRESTEN	481	00:25:42.80	08:15	5K20-29M	3/8	8/169	DUCHESS, , CANADA
9/50	LONGWORTH, TOM	504	00:25:52.55	08:19	5K30-39M	4/12	9/169	BROOKS, , CANADA
10/50	LUKEY, JASON	505	00:26:16.15	08:26	5K20-29M	4/8	10/169	BROOKS, , CANADA
11/50	DANIELS, ROBIN	437	00:26:19.15	08:27	5K13-19M	3/6	11/169	TILLEY, , CANADA
12/50	TOWN, JOSH	555	00:26:20.75	08:28	5K13-19M	4/6	13/169	BROOKS, , CANADA
13/50	ALBERS, TORY	402	00:26:38.60	08:33	5K20-29M	5/8	14/169	BROOKS, , CANADA
14/50	DRIEDGER, DARCY	442	00:26:56.05	08:39	5K40-49M	1/7	17/169	DUCHESS, AB, CANADA
15/50	ALTWASSER, IAN	404	00:26:56.85	08:39	5K12UM	1/7	18/169	BROOKS, AB, CANADA
16/50	ALTWASSER, BRENT	403	00:26:58.15	08:40	5K40-49M	2/7	19/169	BROOKS, AB, CANADA
17/50	HAGER, RON	467	00:27:06.05	08:42	5K50-59M	1/9	20/169	BROOKS, , CANADA
18/50	FLECK, MIKE	453	00:27:30.70	08:50	5K30-39M	5/12	21/169	BROOKS, , CANADA
19/50	CHOI, ANDY	574	00:27:34.45	08:51	5K12UM	2/7	22/169	BROOKS, , CANADA
20/50	DAVIDSON, LOGAN	130	00:27:43.20	08:54	5K13-19M	5/6	23/169	BROOKS, , CANADA
21/50	TAYLOR, BRAD	550	00:27:49.60	08:56	5K30-39M	6/12	26/169	BROOKS, , CANADA
22/50	PHILIPSEN, JAY	483	00:27:59.25	08:59	5K20-29M	6/8	27/169	TILLEY, , CANADA
23/50	LE, JOHN	501	00:28:50.60	09:16	5K30-39M	7/12	31/169	CALGARY, , CANADA
24/50	LE, NAM	502	00:28:50.75	09:16	5K50-59M	2/9	32/169	BROOKS, , CANADA
25/50	JOHNSON, THERON	573	00:29:04.00	09:20	5K13-19M	6/6	33/169	MED.HAT, AB,
26/50	HOWG, KYLE	478	00:29:21.15	09:26	5K30-39M	8/12	40/169	ENCHANT, , CANADA
27/50	DAVIDSON, KEITH	128	00:29:32.05	09:29	5K50-59M	3/9	41/169	BROOKS, , CANADA
28/50	JACKSON, BILL	482	00:29:52.45	09:36	5K50-59M	4/9	45/169	BROOKS, , CANADA
29/50	WIEBE, KELLY	566	00:30:22.65	09:45	5K12UM	3/7	47/169	ROSEMARY, , CANADA
30/50	COOPER, WAYNE	432	00:31:03.40	09:59	5K40-49M	3/7	55/169	BROOKS, AB, CANADA
31/50	HECK, CLAYTON	474	00:31:18.75	10:03	5K30-39M	9/12	56/169	BROOKS, AB, CANADA
32/50	LAYCHUK, TYLER	500	00:32:20.35	10:23	5K20-29M	7/8	63/169	BROOKS, , CANADA
33/50	BUTEAU, RUSSELL	423	00:32:51.75	10:33	5K12UM	4/7	69/169	BROOKS, , CANADA
34/50	BUTEAU, DEVON	422	00:32:52.85	10:34	5K30-39M	10/12	70/169	BROOKS, , CANADA
35/50	ENGBRECHT, ERNIE	449	00:32:58.10	10:36	5K50-59M	5/9	72/169	LETHBRIDGE, , CANADA
36/50	WHITE, SEAN	564	00:33:10.45	10:39	5K40-49M	4/7	76/169	BROOKS, , CANADA
37/50	PERCIVAL, FRANK	522	00:33:35.05	10:47	5K50-59M	6/9	79/169	BROOKS, AB, CANADA
38/50	OLSEN, KEVIN	514	00:36:28.35	11:43	5K40-49M	5/7	90/169	BROOKS, AB, CANADA
39/50	OLSEN, GORD	576	00:36:29.45	11:43	5K40-49M	6/7	91/169	, ,
40/50	ARTHUR, LACHLAN	577	00:38:15.95	12:17	5K12UM	5/7	98/169	BROOKS, AB,
41/50	TJEERDEMA, SHELDEN	554	00:38:16.75	12:18	5K20-29M	8/8	100/169	BROOKS, AB, CANADA
42/50	VIROSTEK, KEVIN	561	00:43:10.35	13:52	5K50-59M	7/9	119/169	COALHURST, AB, CANADA
43/50	CHRISTMAN, BUCK	428	00:44:26.50	14:17	5K30-39M	11/12	125/169	BROOKS, , CANADA
44/50	SVOBODA, MARVIN	548	00:45:35.85	14:39	5K40-49M	7/7	129/169	BROOKS, AB, CANADA
45/50	FITZPATRICK, JESSE	452	00:48:33.65	15:36	5K30-39M	12/12	134/169	BROOKS, , CANADA
46/50	REGEHR, MASON	528	00:51:40.00	16:36	5K12UM	6/7	145/169	ROSEMARY, , CANADA
47/50	FRANCES, JOHN	455	00:52:27.45	16:51	5K60-69M	1/1	147/169	BROOKS, AB, CANADA
48/50	DAHL, TIM	436	00:52:27.75	16:51	5K50-59M	8/9	148/169	BROOKS, AB, CANADA
49/50	BEASLEY, SHAYMUS	571	00:53:49.85	17:18	5K12UM	7/7	155/169	BROOKS, AB,
50/50	KRISTIANSON, MARVIN	497	00:56:20.85	18:06	5K50-59M	9/9	158/169	ROLLING HILLS, , CANADA