

2025 AIMS High River Half, 10K, 5K

Alpha Overall Results

10K/6.21 Miles

70 Finishers

O/A	Name	Bib#	Time	Pace/k	Pace/m	Category	Cat/PI	Gender	Gen/PI	Chip Time
27/70	AN, CHIWON	1180	59:23.370	05:56	09:33	10K40-49M	10/14	M	17/32	59:18.912
16/70	BEEKHUIZEN, JASON	1182	55:22.220	05:32	08:54	10K30-39M	1/5	M	12/32	55:21.135
4/70	BEEKMAN, FRANKIE	1183	48:30.919	04:51	07:48	10K15&UF	1/2	F	2/38	48:29.390
44/70	BESENSKI, CHRIS	1184	1:05:21.982	06:32	10:31	10K50-59M	3/4	M	23/32	1:05:19.673
42/70	BOIVIN, KIRBY	1185	1:05:18.394	06:31	10:30	10K30-39F	7/18	F	21/38	1:05:07.499
18/70	BYSKAL, GABRIELLE	1187	57:31.056	05:45	09:15	10K30-39F	3/18	F	5/38	57:19.749
19/70	BYSKAL, OWEN	1188	57:31.337	05:45	09:15	10K40-49M	9/14	M	14/32	57:19.771
24/70	CALLHOUN, CHRISTINA	1189	58:54.143	05:53	09:29	10K30-39F	6/18	F	10/38	58:43.947
63/70	CALLAGHAN, DYLAN	1190	1:12:10.164	07:13	11:37	10K30-39M	4/5	M	31/32	1:12:02.408
28/70	CHAE, DONGCHAN	1191	59:31.900	05:57	09:35	10K40-49M	11/14	M	18/32	59:27.375
61/70	CLAVAGNIER, RACHÈLE	1192	1:11:53.312	07:11	11:34	10K30-39F	13/18	F	31/38	1:11:43.680
47/70	DEN OUDSTEN, CASE	1193	1:06:35.807	06:39	10:43	10K60-69M	4/5	M	24/32	1:06:19.660
30/70	DION, MARYSE	1194	1:00:53.180	06:05	09:48	10K60-69F	1/3	F	12/38	1:00:47.762
8/70	DUKE, ASHLEY	1195	49:57.941	04:59	08:02	10K30-39F	1/18	F	3/38	49:54.331
1/70	DUKE, JAY	1196	44:25.133	04:26	07:09	10K40-49M	1/14	M	1/32	44:23.970
55/70	DUNHAM, LINDSEY	1197	1:09:09.765	06:54	11:08	10K40-49F	7/8	F	28/38	1:08:58.843
2/70	HARPER, DAVID	1198	47:07.600	04:42	07:35	10K40-49M	2/14	M	2/32	47:07.033
54/70	HIDER, CHRIS	1199	1:09:04.587	06:54	11:07	10K70+F	1/1	F	27/38	1:08:59.628
60/70	HIDER, JON	1200	1:11:24.109	07:08	11:29	10K70+M	2/2	M	30/32	1:11:18.728
51/70	HOLMSTROM, CHUCK	1201	1:08:20.993	06:50	11:00	10K60-69M	5/5	M	26/32	1:08:10.741
49/70	HORON, KELLI	1202	1:07:30.369	06:45	10:52	10K30-39F	10/18	F	24/38	1:07:22.373
53/70	HULAR, RONNIE	1203	1:08:41.345	06:52	11:03	10K50-59M	4/4	M	27/32	1:08:41.345
31/70	INKSTER, SARAH	1205	1:00:55.782	06:05	09:48	10K40-49F	3/8	F	13/38	1:00:51.258
26/70	JAUDINES, LEOSANDY	2237	59:21.526	05:56	09:33	10K50-59M	1/4	M	16/32	59:21.526
38/70	JESSIMAN, SHAUNA	1206	1:02:54.559	06:17	10:07	10K40-49F	5/8	F	18/38	1:02:45.588
46/70	JOHNSON, COURTNEY	1207	1:06:20.410	06:38	10:40	10K30-39F	9/18	F	23/38	1:06:12.910
6/70	KRAUSE, JAYSON	1255	49:31.340	04:57	07:58	10K40-49M	3/14	M	4/32	49:30.491
40/70	LAW, CLARA	1251	1:03:29.856	06:20	10:13	10K15&UF	2/2	F	19/38	1:03:29.690
9/70	LAW, ISAAC	1252	50:18.613	05:01	08:06	10K16-19M	1/1	M	6/32	50:18.586
32/70	LAWSON, DELLA	1211	1:01:07.828	06:06	09:50	10K40-49F	4/8	F	14/38	1:00:59.230
5/70	LESSARD, CHRISTIAN	1212	49:29.563	04:56	07:58	10K60-69M	1/5	M	3/32	49:23.667
11/70	LIM, SU-CHONG	1213	52:18.424	05:13	08:25	10K70+M	1/2	M	8/32	52:17.196
62/70	MACCONNELL, MADDIE	1214	1:12:03.109	07:12	11:36	10K30-39F	14/18	F	32/38	1:11:55.411
66/70	MAKISHI, DAWN	1215	1:14:41.827	07:28	12:01	10K60-69F	3/3	F	34/38	1:14:31.852
50/70	MCDougALL, MELODY	1257	1:08:01.823	06:48	10:57	10K60-69F	2/3	F	25/38	1:07:52.047
12/70	MOLINA, PABLO	1260	52:57.166	05:17	08:31	10K40-49M	6/14	M	9/32	52:56.159
69/70	MULHOLLAND, SYLVIA	1217	1:20:29.870	08:02	12:57	10K50-59F	3/3	F	37/38	1:20:14.046
59/70	MURRAY, GEAROID	1218	1:11:22.563	07:08	11:29	10K40-49M	14/14	M	29/32	1:11:07.998
23/70	MYLES, FONTANNA	1256	58:48.048	05:52	09:28	10K30-39F	5/18	F	9/38	58:42.099
39/70	NEALON, KELSEY	1248	1:03:25.615	06:20	10:12	10K20-29M	1/1	M	21/32	1:03:13.790
22/70	NELSON, MICHELLE	1219	58:46.197	05:52	09:27	10K50-59F	1/3	F	8/38	58:43.627
43/70	OLSON, TRAVIS	1222	1:05:19.824	06:31	10:31	10K30-39M	2/5	M	22/32	1:05:07.288
57/70	RAY, KELSEY	1223	1:11:13.165	07:07	11:28	10K30-39F	12/18	F	29/38	1:11:07.548
45/70	ROBERTSON, NIKI	1224	1:06:08.621	06:36	10:39	10K30-39F	8/18	F	22/38	1:06:00.542
7/70	ROBINSON, DAVID	1225	49:44.207	04:58	08:00	10K40-49M	4/14	M	5/32	49:35.952
21/70	RONALD, ASHLEIGH	1226	58:25.900	05:50	09:24	10K40-49F	1/8	F	7/38	58:25.872
17/70	RONALD, MATTHEW	1227	56:51.166	05:41	09:09	10K40-49M	8/14	M	13/32	56:50.659
34/70	ROWLAND, ABBY	1228	1:02:19.170	06:13	10:02	10K20-29F	3/3	F	16/38	1:02:11.792
35/70	ROWLAND, CURTIS	1229	1:02:20.202	06:14	10:02	10K40-49M	12/14	M	19/32	1:02:13.397
36/70	ROWLAND, TODD	1230	1:02:21.448	06:14	10:02	10K50-59M	2/4	M	20/32	1:02:14.229
48/70	SCHNEIDER, ADAM	1231	1:07:24.720	06:44	10:51	10K40-49M	13/14	M	25/32	1:07:18.590
29/70	SHAW, BRENDA	1258	1:00:39.609	06:03	09:46	10K40-49F	2/8	F	11/38	1:00:36.061
58/70	SMALL, JENN	1232	1:11:18.063	07:07	11:28	10K40-49F	8/8	F	30/38	1:11:10.707
10/70	SMALL, JUSTIN	1233	50:33.075	05:03	08:08	10K40-49M	5/14	M	7/32	50:25.320
15/70	SORG, KERENSA	1249	54:48.142	05:28	08:49	10K30-39F	2/18	F	4/38	54:45.036
56/70	SPRAGG, JOSHUA	1234	1:10:56.382	07:05	11:25	10K30-39M	3/5	M	28/32	1:10:53.672
67/70	STANGER, JENNIFER	1235	1:17:40.091	07:46	12:30	10K30-39F	16/18	F	35/38	1:17:31.756
20/70	STANGER, EMMA	1236	57:46.994	05:46	09:18	10K30-39F	4/18	F	6/38	57:44.948
14/70	STEINER, MARCUS	1237	54:44.345	05:28	08:48	10K40-49M	7/14	M	11/32	54:42.438
25/70	STEMPFLE, MIKE	1253	59:18.681	05:55	09:33	10K60-69M	3/5	M	15/32	59:16.112
13/70	STOBART, ROBIN	1238	53:14.978	05:19	08:34	10K60-69M	2/5	M	10/32	53:14.350

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70 Finishers

O/A	Name	Bib#	Time	Pace/k	Pace/m	Category	Cat/PI	Gender	Gen/PI	Chip Time
65/70	SUBAAN, VINCENT	1239	1:14:32.616	07:27	12:00	10K30-39M	5/5	M	32/32	1:14:31.668
3/70	THROCKMORTON, HANNAH	1240	47:30.428	04:45	07:39	10K20-29F	1/3	F	1/38	47:30.082
33/70	UFFELMAN, HOPE	1241	1:01:29.507	06:08	09:54	10K20-29F	2/3	F	15/38	1:01:26.544
64/70	VALGARDSON, MIKAELA	1242	1:13:32.687	07:21	11:50	10K30-39F	15/18	F	33/38	1:13:26.501
68/70	VALGARDSON, PAIGE	1243	1:18:06.412	07:48	12:34	10K30-39F	17/18	F	36/38	1:18:00.047
41/70	VERHOEF, JOLANDA	1244	1:04:01.427	06:24	10:18	10K40-49F	6/8	F	20/38	1:03:56.472
37/70	WIEBE, LINDA	1246	1:02:45.327	06:16	10:06	10K50-59F	2/3	F	17/38	1:02:41.429
52/70	WOOD, MEGAN	1247	1:08:22.727	06:50	11:00	10K30-39F	11/18	F	26/38	1:08:07.645
70/70	WOODLEY, KARA	1259	1:30:48.078	09:04	14:37	10K30-39F	18/18	F	38/38	1:30:38.580