

## 2013 Lethbridge Police Half, 10K, 5K

## Alpha Overall Results

## 10K Run/6.21 Miles

## 72 Total

| O/A   | Name                  | Bib# | Time        | Pace/K | Category  | Cat/PI | Gender | Gen/PI | Chip Time   |
|-------|-----------------------|------|-------------|--------|-----------|--------|--------|--------|-------------|
| 21/72 | ARNOLDUSSEN, EVELYN   | 2091 | 00:52:32.70 | 05:15  | 10K33-42F | 2/14   | F      | 7/49   | 00:52:27.00 |
| 15/72 | ARNOLDUSSEN, JONAS    | 2090 | 00:51:17.80 | 05:07  | 10K33-42M | 3/7    | M      | 10/23  | 00:51:11.25 |
| 40/72 | AVERY-DEINES, KATHRYN | 2001 | 00:57:03.40 | 05:42  | 10K53-62F | 1/5    | F      | 19/49  | 00:56:54.20 |
| 20/72 | AYE, THU              | 2002 | 00:52:07.05 | 05:12  | 10K23-32M | 4/9    | M      | 14/23  | 00:51:53.80 |
| 2/72  | BALAZ, AMANDA         | 2003 | 00:43:15.40 | 04:19  | 10K23-32F | 1/16   | F      | 1/49   | 00:43:08.55 |
| 62/72 | BARRON, SHANDI        | 2005 | 01:13:00.45 | 07:18  | 10K23-32F | 16/16  | F      | 40/49  | 01:12:44.40 |
| 27/72 | BENNETT, JANNA        | 2006 | 00:54:02.85 | 05:24  | 10K23-32F | 3/16   | F      | 12/49  | 00:54:02.10 |
| 59/72 | BREEDON, SARA         | 2007 | 01:09:42.10 | 06:58  | 10K23-32F | 14/16  | F      | 37/49  | 01:09:17.40 |
| 58/72 | BURGER, DANIELLE      | 2009 | 01:09:31.40 | 06:57  | 10K23-32F | 13/16  | F      | 36/49  | 01:09:07.75 |
| 44/72 | CLAVORA, HAYLEY       | 2012 | 00:58:49.45 | 05:52  | 10K33-42F | 5/14   | F      | 22/49  | 00:58:33.60 |
| 35/72 | COOK, ROWDY           | 2013 | 00:55:13.10 | 05:31  | 10K23-32M | 6/9    | M      | 18/23  | 00:54:50.15 |
| 55/72 | CUNNINGHAM, KATE      | 2014 | 01:07:04.65 | 06:42  | 10K23-32F | 11/16  | F      | 33/49  | 01:06:50.70 |
| 18/72 | CUNNINGHAM, SCOTT     | 2015 | 00:52:00.80 | 05:12  | 10K33-42M | 5/7    | M      | 12/23  | 00:51:47.20 |
| 8/72  | DARBY, MIKE           | 2016 | 00:49:29.70 | 04:56  | 10K33-42M | 1/7    | M      | 5/23   | 00:49:00.05 |
| 54/72 | DAY, MORGAN           | 2017 | 01:07:04.65 | 06:42  | 10K33-42F | 10/14  | F      | 32/49  | 01:06:50.60 |
| 29/72 | DEMONE, JIMMY         | 2018 | 00:54:28.90 | 05:26  | 10K23-32M | 5/9    | M      | 16/23  | 00:54:24.70 |
| 30/72 | DEMONE, KRISTEN       | 2019 | 00:54:28.95 | 05:26  | 10K23-32F | 5/16   | F      | 14/49  | 00:54:24.60 |
| 49/72 | DUBE, MICHELLE        | 2021 | 01:02:13.40 | 06:13  | 10K33-42F | 9/14   | F      | 27/49  | 01:02:06.70 |
| 10/72 | FERGUSON, JEREMY      | 2022 | 00:49:45.45 | 04:58  | 10K23-32M | 2/9    | M      | 7/23   | 00:49:36.85 |
| 24/72 | FRY, PAM              | 2024 | 00:53:02.65 | 05:18  | 10K43-52F | 4/9    | F      | 10/49  | 00:52:58.20 |
| 25/72 | GARAGAN, THERESA      | 2025 | 00:53:26.30 | 05:20  | 10K43-52F | 5/9    | F      | 11/49  | 00:52:58.55 |
| 36/72 | GAREAU, ADAM          | 2026 | 00:55:13.60 | 05:31  | 10K23-32M | 7/9    | M      | 19/23  | 00:54:50.55 |
| 72/72 | GLAS, SHARON          | 2027 | 01:20:47.30 | 08:04  | 10K53-62F | 5/5    | F      | 49/49  | 01:20:32.15 |
| 67/72 | GOERZEN SINE, EMMA    | 2028 | 01:16:43.85 | 07:40  | 10K53-62F | 3/5    | F      | 44/49  | 01:16:29.40 |
| 50/72 | GUKERT, KAREN         | 2029 | 01:02:47.15 | 06:16  | 10K43-52F | 7/9    | F      | 28/49  | 01:02:41.20 |
| 43/72 | HALL, LINDA           | 2031 | 00:58:22.30 | 05:50  | 10K23-32F | 8/16   | F      | 21/49  | 00:58:15.15 |
| 48/72 | HARASEM, LORI         | 2032 | 01:01:20.90 | 06:08  | 10K33-42F | 8/14   | F      | 26/49  | 01:00:55.00 |
| 53/72 | HAYWARD, ANGELICA     | 2033 | 01:05:37.00 | 06:33  | 10K43-52F | 8/9    | F      | 31/49  | 01:05:24.30 |
| 34/72 | HAYWARD, JESSIKA      | 2034 | 00:54:54.20 | 05:29  | 10K12-22F | 3/5    | F      | 17/49  | 00:54:41.05 |
| 16/72 | HEGGIE, BERKLEY       | 2088 | 00:51:54.35 | 05:11  | 10K12-22F | 1/5    | F      | 6/49   | 00:51:54.00 |
| 17/72 | HEGGIE, SHAWN         | 2087 | 00:51:54.65 | 05:11  | 10K33-42M | 4/7    | M      | 11/23  | 00:51:53.95 |
| 63/72 | HEPHER, IAN           | 2035 | 01:13:07.35 | 07:18  | 10K63-72M | 1/1    | M      | 23/23  | 01:12:59.90 |
| 70/72 | HILL, YVONNE          | 2036 | 01:19:21.85 | 07:56  | 10K53-62F | 4/5    | F      | 47/49  | 01:18:56.55 |
| 68/72 | KAMALEDDINE, KIMBERLY | 2038 | 01:18:39.85 | 07:51  | 10K12-22F | 4/5    | F      | 45/49  | 01:18:30.00 |
| 69/72 | KAMALEDDINE, LIANNA   | 2039 | 01:18:40.50 | 07:52  | 10K33-42F | 14/14  | F      | 46/49  | 01:18:30.20 |
| 47/72 | KAPPEL, JOANNA        | 2040 | 00:59:21.85 | 05:56  | 10K33-42F | 7/14   | F      | 25/49  | 00:59:12.70 |
| 9/72  | KIDDINE, RYAN         | 2042 | 00:49:29.70 | 04:56  | 10K33-42M | 2/7    | M      | 6/23   | 00:49:00.70 |
| 45/72 | KRUEGER, JANICE       | 2043 | 00:58:50.25 | 05:53  | 10K33-42F | 6/14   | F      | 23/49  | 00:58:34.75 |
| 23/72 | LAPOINTE, NATASHA     | 2044 | 00:52:42.25 | 05:16  | 10K12-22F | 2/5    | F      | 9/49   | 00:52:33.10 |
| 38/72 | LEAVITT, ZEALAND      | 2045 | 00:55:53.75 | 05:35  | 10K53-62M | 2/2    | M      | 21/23  | 00:55:47.30 |
| 66/72 | LIVINGSTONE, AMY      | 2047 | 01:15:14.70 | 07:31  | 10K33-42F | 13/14  | F      | 43/49  | 01:14:48.20 |
| 11/72 | MAATTE, JOHAN         | 2048 | 00:49:58.25 | 04:59  | 10K43-52M | 3/3    | M      | 8/23   | 00:49:52.35 |
| 57/72 | MACKENZIE, RHONDA     | 2049 | 01:09:21.80 | 06:56  | 10K33-42F | 11/14  | F      | 35/49  | 01:08:54.15 |
| 56/72 | MAIER, KATIE          | 2050 | 01:08:37.05 | 06:51  | 10K23-32F | 12/16  | F      | 34/49  | 01:08:13.35 |
| 33/72 | MARSHALL, ANNA        | 2051 | 00:54:50.90 | 05:29  | 10K33-42F | 3/14   | F      | 16/49  | 00:54:46.00 |
| 41/72 | MASTEL, RYAN          | 2052 | 00:57:21.10 | 05:44  | 10K23-32M | 9/9    | M      | 22/23  | 00:56:58.75 |
| 3/72  | MCDONALD, JOEL        | 2053 | 00:43:49.40 | 04:22  | 10K23-32M | 1/9    | M      | 2/23   | 00:43:39.75 |
| 51/72 | MCMULLAN, AMANDA      | 2055 | 01:03:09.35 | 06:18  | 10K23-32F | 9/16   | F      | 29/49  | 01:02:58.45 |
| 12/72 | NEUFELD, LISA         | 2056 | 00:50:06.25 | 05:00  | 10K33-42F | 1/14   | F      | 4/49   | 00:49:57.60 |
| 31/72 | OHLMANN, NIKKI        | 2057 | 00:54:33.20 | 05:27  | 10K23-32F | 6/16   | F      | 15/49  | 00:54:29.50 |
| 46/72 | OSBERG, WANDA         | 2082 | 00:59:21.70 | 05:56  | 10K43-52F | 6/9    | F      | 24/49  | 00:59:12.75 |
| 1/72  | PASQUOTTI, DINO       | 2058 | 00:43:06.10 | 04:18  | 10K43-52M | 1/3    | M      | 1/23   | 00:42:55.65 |
| 13/72 | PASQUOTTI, THERESA    | 2059 | 00:50:36.35 | 05:03  | 10K43-52F | 2/9    | F      | 5/49   | 00:50:26.80 |
| 4/72  | POITRAS, LEIGHANN     | 2062 | 00:46:11.00 | 04:37  | 10K23-32F | 2/16   | F      | 2/49   | 00:46:02.20 |
| 42/72 | POYTRESS, LACEY       | 2063 | 00:57:59.05 | 05:47  | 10K23-32F | 7/16   | F      | 20/49  | 00:57:47.60 |
| 14/72 | PROCEE, MICHAEL       | 2064 | 00:51:06.50 | 05:06  | 10K23-32M | 3/9    | M      | 9/23   | 00:50:58.30 |
| 65/72 | RANKIN, LAREE         | 2065 | 01:14:27.20 | 07:26  | 10K43-52F | 9/9    | F      | 42/49  | 01:14:12.95 |

## 2013 Lethbridge Police Half, 10K, 5K

## Alpha Overall Results

## 10K Run/6.21 Miles

## 72 Total

| O/A   | Name              | Bib# | Time        | Pace/K | Category  | Cat/PI | Gender | Gen/PI | Chip Time   |
|-------|-------------------|------|-------------|--------|-----------|--------|--------|--------|-------------|
| 52/72 | RIDDELL, AMANDA   | 2067 | 01:04:47.95 | 06:28  | 10K23-32F | 10/16  | F      | 30/49  | 01:04:43.35 |
| 39/72 | SIMPSON, LAURA    | 2085 | 00:56:12.10 | 05:37  | 10K33-42F | 4/14   | F      | 18/49  | 00:55:58.35 |
| 32/72 | SINE, DAVID       | 2070 | 00:54:41.75 | 05:28  | 10K53-62M | 1/2    | M      | 17/23  | 00:54:38.00 |
| 61/72 | SMITH, JULIE      | 2071 | 01:12:59.90 | 07:17  | 10K23-32F | 15/16  | F      | 39/49  | 01:12:43.65 |
| 64/72 | ST. JOHN, JOANN   | 2072 | 01:14:00.00 | 07:24  | 10K53-62F | 2/5    | F      | 41/49  | 01:13:53.30 |
| 6/72  | STAFFORD, DAVE    | 2089 | 00:47:30.80 | 04:45  | 10K43-52M | 2/3    | M      | 3/23   | 00:47:12.15 |
| 19/72 | STOUT, AARON      | 2073 | 00:52:01.00 | 05:12  | 10K33-42M | 6/7    | M      | 13/23  | 00:51:47.35 |
| 71/72 | TALBOT, SHUNA     | 2074 | 01:19:43.20 | 07:58  | 10K12-22F | 5/5    | F      | 48/49  | 01:19:30.05 |
| 60/72 | TARR, KARLA       | 2075 | 01:11:41.80 | 07:10  | 10K33-42F | 12/14  | F      | 38/49  | 01:11:23.45 |
| 5/72  | TIEFENBACH, DONNA | 2077 | 00:47:20.50 | 04:44  | 10K43-52F | 1/9    | F      | 3/49   | 00:47:06.30 |
| 7/72  | TURNER, KEVIN     | 2086 | 00:49:01.10 | 04:54  | 10K12-22M | 1/1    | M      | 4/23   | 00:49:01.05 |
| 28/72 | VISSER, ALICIA    | 2078 | 00:54:17.05 | 05:25  | 10K23-32F | 4/16   | F      | 13/49  | 00:54:14.35 |
| 37/72 | WILLIAMS, ANDREW  | 2079 | 00:55:13.75 | 05:31  | 10K23-32M | 8/9    | M      | 20/23  | 00:55:00.40 |
| 26/72 | WOBICK, MARK      | 2084 | 00:53:47.65 | 05:22  | 10K33-42M | 7/7    | M      | 15/23  | 00:53:38.70 |
| 22/72 | WRIGHT, HOLLY     | 2080 | 00:52:37.70 | 05:15  | 10K43-52F | 3/9    | F      | 8/49   | 00:52:33.70 |