

Alpha Overall Results

10K Run - 6.21 Miles

172 Finishers

O/A	Name	Bib#	Time	Pace/m	Category	Cat/PI	Gender	Gen/PI	Chip Time
67/172	ADEMA, SETH	1001	00:58:47.43	05:52	10K30-39M	6/10	M	23/39	00:57:55.76
130/172	ALBIEZ, RACHEL	1002	01:11:52.91	07:11	10K30-39F	35/50	F	96/133	01:11:45.70
69/172	ARNAUD, EMILIE	1003	00:59:11.61	05:55	10K30-39F	22/50	F	46/133	00:59:03.34
13/172	ASUCHAK, SANDRA	1077	00:48:21.82	04:50	10K40-49F	1/23	F	3/133	00:48:20.76
35/172	AUDET-SEXTON, CYNTHIA	1004	00:54:04.17	05:24	10K30-39F	10/50	F	21/133	00:53:55.91
66/172	BALDERSTON, NICOLE	1005	00:58:23.36	05:50	10K30-39F	20/50	F	44/133	00:58:11.75
85/172	BARKS, CHRISTINA	1006	01:02:27.43	06:14	10K20-29F	17/36	F	56/133	01:02:21.68
167/172	BAXTER, NANCY	1007	01:34:58.39	09:29	10K40-49F	23/23	F	128/133	01:34:55.93
90/172	BECK, JANICE	1008	01:03:13.46	06:19	10K50-59F	7/14	F	60/133	01:02:56.80
162/172	BEKKERING, CARLI	1009	01:27:33.95	08:45	10K30-39F	48/50	F	123/133	01:27:16.14
4/172	BETT, JAMES	1010	00:43:32.53	04:21	10K20-29M	1/9	M	4/39	00:43:30.18
80/172	BEVERIDGE, NEIL	1011	01:01:11.68	06:07	10K20-29M	7/9	M	27/39	01:01:03.22
95/172	BIENIADA, SARA	1012	01:04:03.13	06:24	10K20-29F	19/36	F	64/133	01:03:59.38
70/172	BIRRELL, HANNAH	1013	00:59:15.08	05:55	10K12-15F	2/4	F	47/133	00:58:53.72
151/172	BLACKMORE, CLINTON	1014	01:19:58.00	07:59	10K30-39M	10/10	M	37/39	01:19:41.05
152/172	BLACKMORE, MARCUS	1015	01:19:58.05	07:59	10K11&UM	4/4	M	38/39	01:19:41.86
22/172	BOGAART, WILLIAM	1016	00:50:32.55	05:03	10K40-49M	3/6	M	12/39	00:50:23.20
104/172	BOND, SARA	1017	01:04:53.73	06:29	10K30-39F	27/50	F	72/133	01:04:41.95
8/172	BORBANDY, LEON	1018	00:45:51.33	04:35	10K40-49M	2/6	M	7/39	00:45:48.20
131/172	BRAATEN, HEATHER	1019	01:11:57.49	07:11	10K30-39F	36/50	F	97/133	01:11:51.94
97/172	BRINK, ROCHELLE	1020	01:04:06.95	06:24	10K12-15F	4/4	F	66/133	01:04:04.59
166/172	BROWN, SUSAN	1021	01:34:42.64	09:28	10K50-59F	12/14	F	127/133	01:34:40.01
101/172	BUREK, JUDY	1023	01:04:37.72	06:27	10K60-69F	1/4	F	69/133	01:04:34.85
92/172	BYE, JARON	1025	01:03:41.68	06:22	10K50-59M	5/6	M	31/39	01:03:26.54
143/172	CASTELLANO, KERRI	1027	01:15:00.59	07:30	10K20-29F	32/36	F	108/133	01:14:49.94
112/172	CHAMBERLAIN, KRISTEN	1028	01:05:57.78	06:35	10K20-29F	25/36	F	80/133	01:05:55.92
140/172	CHURCHILL, ALYSSA	1029	01:14:18.14	07:25	10K30-39F	39/50	F	105/133	01:13:59.94
123/172	CLARABUT, NICK	1026	01:09:03.31	06:54	10K30-39M	9/10	M	34/39	01:08:47.12
147/172	CLARK, JASMINE	1199	01:17:14.72	07:43	10K30-39F	42/50	F	111/133	01:14:01.30
20/172	COQUET, LEANNE	1031	00:50:21.65	05:02	10K30-39F	4/50	F	9/133	00:50:14.81
33/172	CUELLAR, NARYIS YOHANA	1032	00:54:01.87	05:24	10K20-29F	8/36	F	19/133	00:53:49.59
93/172	DAIGLE, KARINE	1033	01:03:42.08	06:22	10K40-49F	9/23	F	62/133	01:03:32.24
87/172	DARBY, CLAIRE	1034	01:02:32.14	06:15	10K50-59F	5/14	F	57/133	01:02:22.01
86/172	DARBY, JAMES	1035	01:02:32.00	06:15	10K50-59M	4/6	M	30/39	01:02:20.89
115/172	DAUB, SHERI	1217	01:06:34.65	06:39	10K40-49F	13/23	F	83/133	01:06:11.61
113/172	DE GROOT, SANDRA	1188	01:06:30.03	06:39	10K50-59F	8/14	F	81/133	01:06:21.86
108/172	DE LEEUW, BECKY	1036	01:05:11.07	06:31	10K20-29F	23/36	F	76/133	01:05:00.54
27/172	DELEEUW, ARIETTE	1037	00:52:38.69	05:15	10K30-39F	6/50	F	14/133	00:52:28.55
84/172	DEVOY, CHLOE	1216	01:01:42.62	06:10	10K20-29F	16/36	F	55/133	01:01:39.78
136/172	DJOKOTO-ASEM, EDNA	1039	01:13:20.60	07:20	10K50-59F	10/14	F	101/133	01:13:07.71
109/172	DOMINATO, ASHLEY	1040	01:05:44.19	06:34	10K30-39F	29/50	F	77/133	01:05:40.39
168/172	DONAHUE, STASHA	1041	01:35:34.39	09:33	10K50-59F	13/14	F	129/133	01:35:22.98
94/172	DOYLE, KIERSTYN	1042	01:03:50.40	06:23	10K12-15F	3/4	F	63/133	01:03:30.49
120/172	DRIEDGER, TRACEY	1043	01:08:03.71	06:48	10K20-29F	27/36	F	87/133	01:07:59.18
170/172	EASTON, KYLEE	1045	01:43:58.71	10:23	10K30-39F	49/50	F	131/133	01:43:35.36
165/172	EASTON, SHEILA	1046	01:28:47.85	08:52	10K60-69F	3/4	F	126/133	01:28:22.57
3/172	ECCLES, ADAM	1047	00:41:36.73	04:09	10K30-39M	3/10	M	3/39	00:41:36.24
89/172	ELDRIDGE, YVONNE	1048	01:03:09.83	06:18	10K40-49F	8/23	F	59/133	01:02:56.88
41/172	ELLIS-TODDINGTON, ANGELINA	1049	00:55:18.58	05:31	10K16-19F	1/2	F	25/133	00:55:03.53
154/172	ELLIS-TODDINGTON, JESSIE-SHEILA	1050	01:20:29.27	08:02	10K30-39F	43/50	F	116/133	01:20:13.73
65/172	EPP, COURTNEY	1051	00:58:20.41	05:50	10K30-39F	19/50	F	43/133	00:58:16.11
60/172	EYBEN, AMY	1053	00:57:22.47	05:44	10K20-29F	14/36	F	40/133	00:57:17.39
114/172	EYRE, CHRISTINA	1054	01:06:32.07	06:39	10K20-29F	26/36	F	82/133	01:06:26.12
98/172	FAHEY, AMANDA	1055	01:04:14.63	06:25	10K30-39F	26/50	F	67/133	01:04:08.12
96/172	FINDLAY, MELISSA	1056	01:04:03.90	06:24	10K20-29F	20/36	F	65/133	01:03:49.93
155/172	FRIESEN, JENNA	1058	01:21:13.85	08:07	10K30-39F	44/50	F	117/133	01:21:06.16
163/172	FRIESEN, KRISTEN	1059	01:28:08.40	08:48	10K20-29F	36/36	F	124/133	01:28:00.75
48/172	FURTADO, ALASTAIR	1060	00:56:10.56	05:37	10K50-59M	3/6	M	18/39	00:55:57.61
59/172	FYFE, INDIE	1061	00:57:21.11	05:44	10K20-29F	13/36	F	39/133	00:57:10.78
47/172	GAMMACK, ANDREW	1062	00:56:02.59	05:36	10K20-29M	3/9	M	17/39	00:55:44.40
57/172	GAUTHIER, KENZIE	1196	00:57:04.00	05:42	10K20-29F	12/36	F	38/133	00:57:03.61
72/172	GELLRICH, KERRY	1063	00:59:36.01	05:57	10K30-39F	23/50	F	49/133	00:59:31.13
5/172	GELLRICH, TREVOR	1064	00:43:55.22	04:23	10K30-39M	4/10	M	5/39	00:43:54.30
11/172	GIBSON, KYLE	1065	00:47:59.46	04:47	10K30-39M	5/10	M	10/39	00:47:34.97
46/172	GOODFELLOW, PIPPA	1066	00:56:01.59	05:36	10K50-59F	3/14	F	30/133	00:55:50.86
82/172	GREEN, JON	1067	01:01:23.59	06:08	10K30-39M	8/10	M	29/39	01:01:23.59

2019 Lethbridge Police Half, 10K, 5K

Alpha Overall Results

10K Run - 6.21 Miles

172 Finishers

O/A	Name	Bib#	Time	Pace/m	Category	Cat/PI	Gender	Gen/PI	Chip Time
62/172	GRISNICH, BEN	1068	00:57:48.51	05:46	10K20-29M	5/9	M	22/39	00:57:31.43
12/172	HACKETT, FINOLA	1189	00:48:04.62	04:48	10K20-29F	1/36	F	2/133	00:47:52.52
31/172	HANSEN, ANDREA	1069	00:53:33.39	05:21	10K30-39F	9/50	F	17/133	00:53:31.53
15/172	HANSON, JANNIS	1070	00:49:22.73	04:56	10K20-29F	2/36	F	5/133	00:49:19.73
79/172	HATCH, SHAUNA	1072	01:01:11.52	06:07	10K40-49F	7/23	F	53/133	01:00:59.62
37/172	HEGGIE, DIXIE	1073	00:54:57.39	05:29	10K50-59F	1/14	F	23/133	00:54:40.03
63/172	HERRINGTON, CAROLYN	1074	00:58:05.76	05:48	10K30-39F	17/50	F	41/133	00:58:05.76
55/172	HICKS, TROY	1075	00:56:58.96	05:41	10K40-49M	4/6	M	19/39	00:56:58.26
78/172	HIERATH, LAURIE	1076	01:00:49.53	06:04	10K40-49F	6/23	F	52/133	01:00:39.60
19/172	HURT, CHRISTINE	1190	00:50:10.45	05:01	10K40-49F	2/23	F	8/133	00:50:08.89
83/172	HUSSEY, LAURA	1078	01:01:31.00	06:09	10K30-39F	25/50	F	54/133	01:01:28.76
118/172	ISAAK, ART	1079	01:07:17.66	06:43	10K70+M	1/1	M	33/39	01:07:03.33
9/172	JENSEN, BEN	1080	00:47:09.04	04:42	10K16-19M	1/2	M	8/39	00:47:03.36
61/172	JENSEN, RUSSEL	1081	00:57:33.18	05:45	10K40-49M	5/6	M	21/39	00:57:27.27
169/172	JOEL, DENISE	1083	01:37:49.56	09:46	10K50-59F	14/14	F	130/133	01:37:37.97
105/172	JOHNSON, HANNAH	1084	01:04:55.79	06:29	10K20-29F	22/36	F	73/133	01:04:32.34
111/172	JOHNSON, JESSICA	1085	01:05:54.88	06:35	10K30-39F	30/50	F	79/133	01:05:41.79
75/172	JONES, PAUL	1086	01:00:39.74	06:03	10K40-49M	6/6	M	25/39	01:00:17.42
134/172	JOURDIN, ANNE MARIE	1087	01:12:32.46	07:15	10K50-59F	9/14	F	99/133	01:12:26.60
28/172	JUERGENSEN, BRENT	1088	00:53:02.46	05:18	10K50-59M	1/6	M	14/39	00:52:52.27
91/172	KLASSEN, TONI	1091	01:03:16.67	06:19	10K20-29F	18/36	F	61/133	01:03:02.23
39/172	KLIMA, KAYLEIGH	1093	00:55:14.01	05:31	10K12-15F	1/4	F	24/133	00:55:00.92
2/172	KLOHN, CHAD	1194	00:38:07.18	03:48	10K30-39M	2/10	M	2/39	00:38:06.56
107/172	KOLLIAS, DONELL	1094	01:05:04.65	06:30	10K30-39F	28/50	F	75/133	01:04:53.71
58/172	KRIZSAN, KURTIS	1095	00:57:15.20	05:43	10K20-29M	4/9	M	20/39	00:57:00.48
88/172	KRIZSAN, RHONDA	1096	01:02:41.24	06:16	10K50-59F	6/14	F	58/133	01:02:26.73
54/172	KRUK, MICHELLE	1082	00:56:43.44	05:40	10K40-49F	4/23	F	36/133	00:56:34.20
142/172	LABIUK, COLLEEN	1097	01:14:43.71	07:28	10K40-49F	19/23	F	107/133	01:14:27.62
56/172	LAYCHUK, JEN	1100	00:56:59.17	05:41	10K30-39F	16/50	F	37/133	00:56:52.61
1/172	LEBLANC, JOSHUA	1101	00:33:30.78	03:21	10K30-39M	1/10	M	1/39	00:33:30.47
138/172	LIEVAART, BRITNEY	1102	01:13:40.43	07:22	10K20-29F	31/36	F	103/133	01:13:31.01
150/172	LUMSDEN, STEPHANIE	1103	01:19:39.65	07:57	10K20-29F	33/36	F	114/133	01:19:37.80
145/172	LUU, STEPHEN	1191	01:17:08.58	07:42	10K20-29M	8/9	M	36/39	01:17:07.58
40/172	MAATJE, JOHAN	1104	00:55:15.93	05:31	10K50-59M	2/6	M	16/39	00:55:06.06
148/172	MACDONALD, TRACY	1105	01:17:37.29	07:45	10K50-59F	11/14	F	112/133	01:17:18.06
121/172	MACMILLAN, JACLYN	1106	01:08:46.93	06:52	10K20-29F	28/36	F	88/133	01:08:21.33
156/172	MAIER, VIRGINIA	1107	01:23:16.59	08:19	10K30-39F	45/50	F	118/133	01:23:00.97
36/172	MCKECHNIE, TAYLOR	1109	00:54:41.90	05:28	10K20-29F	10/36	F	22/133	00:54:35.95
126/172	MCLEAN, DESTINY	1110	01:10:58.95	07:05	10K30-39F	34/50	F	92/133	01:10:50.14
117/172	MCMAHON, AMANDA	1111	01:06:59.87	06:41	10K30-39F	32/50	F	85/133	01:06:50.20
17/172	MERCIER, BRITTANY	1112	00:49:58.96	04:59	10K30-39F	3/50	F	6/133	00:49:52.54
127/172	MICHEL, DEE DEE	1113	01:10:59.14	07:05	10K60-69F	2/4	F	93/133	01:10:41.60
50/172	MIKADO, LINDA	1114	00:56:31.19	05:39	10K40-49F	3/23	F	32/133	00:56:11.18
24/172	MOLINA, BECKY	1115	00:51:31.50	05:09	10K20-29F	4/36	F	11/133	00:51:27.40
14/172	MOORE, JACALYN	1117	00:48:29.08	04:50	10K30-39F	2/50	F	4/133	00:48:22.44
144/172	MOORE, RALNA	1119	01:16:00.42	07:36	10K40-49F	20/23	F	109/133	01:15:39.05
141/172	MOREIRA, CARMEN	1120	01:14:42.16	07:28	10K30-39F	40/50	F	106/133	01:14:25.77
73/172	MORTENSON, SEAN	1200	01:00:17.92	06:01	10K20-29M	6/9	M	24/39	01:00:07.11
81/172	NAKASHIMA, JAMES	1121	01:01:12.78	06:07	10K30-39M	7/10	M	28/39	01:00:50.73
16/172	NEILSON, KEETLEY	1122	00:49:43.92	04:58	10K11&UM	1/4	M	11/39	00:49:25.93
146/172	NEUFELDT, NATALIE	1198	01:17:11.97	07:43	10K30-39F	41/50	F	110/133	01:13:58.55
6/172	NORTON, MATT	1123	00:44:49.03	04:28	10K40-49M	1/6	M	6/39	00:44:47.17
119/172	OHLMANN, NIKKI	1124	01:08:02.00	06:48	10K30-39F	33/50	F	86/133	01:07:57.79
139/172	OLSEN, SHERI	1125	01:13:43.03	07:22	10K40-49F	18/23	F	104/133	01:13:40.94
100/172	OLSON, ELAINE	1126	01:04:22.30	06:26	10K40-49F	10/23	F	68/133	01:04:15.88
64/172	OLSON, SHEENA	1127	00:58:12.04	05:49	10K30-39F	18/50	F	42/133	00:58:02.45
52/172	OTTO, SHAUNA	1128	00:56:41.15	05:40	10K30-39F	15/50	F	34/133	00:56:37.25
77/172	OVIATT, CHRISTINE	1129	01:00:49.44	06:04	10K40-49F	5/23	F	51/133	01:00:39.31
160/172	PAPP, TERESA	1130	01:27:33.64	08:45	10K40-49F	21/23	F	121/133	01:27:09.79
34/172	PELE, JESSICA	1193	00:54:03.82	05:24	10K20-29F	9/36	F	20/133	00:53:57.18
164/172	PIRNESS, CHRISTY	1131	01:28:32.40	08:51	10K40-49F	22/23	F	125/133	01:28:07.67
23/172	POPE, BRADLEY	1133	00:51:12.49	05:07	10K20-29M	2/9	M	13/39	00:50:59.70
153/172	POTTS, KATE	1134	01:20:15.53	08:01	10K20-29F	34/36	F	115/133	01:19:57.34
18/172	POYTRESS, BRITTANY	1135	00:50:05.41	05:00	10K20-29F	3/36	F	7/133	00:50:03.56
171/172	PRESSE, JULIE	1136	01:56:37.33	11:39	10K30-39F	50/50	F	132/133	01:56:21.84
172/172	PRESSE, PATRICIA	1137	01:56:38.06	11:39	10K60-69F	4/4	F	133/133	01:56:19.81

2019 Lethbridge Police Half, 10K, 5K

Alpha Overall Results

10K Run - 6.21 Miles

172 Finishers

O/A	Name	Bib#	Time	Pace/m	Category	Cat/PI	Gender	Gen/PI	Chip Time
26/172	REGOUT, RACHEL	1140	00:52:33.89	05:15	10K20-29F	6/36	F	13/133	00:52:25.82
53/172	ROUKENS, NICOLE	1141	00:56:41.57	05:40	10K20-29F	11/36	F	35/133	00:56:38.74
7/172	SCHAERZ, LEXI	1197	00:45:06.75	04:30	10K30-39F	1/50	F	1/133	00:45:04.91
158/172	SCHIVE, QUINN	1142	01:27:05.05	08:42	10K20-29M	9/9	M	39/39	01:26:43.78
68/172	SCHNEIDER, LEANDRA	1143	00:59:09.01	05:54	10K30-39F	21/50	F	45/133	00:59:00.44
124/172	SCHOENING, ERIN	1144	01:09:36.66	06:57	10K40-49F	15/23	F	90/133	01:09:28.80
25/172	SCHWARTZ, JEN	1145	00:51:48.21	05:10	10K20-29F	5/36	F	12/133	00:51:39.64
132/172	SEXTON, ALEX	1146	01:12:14.11	07:13	10K11&UM	3/4	M	35/39	01:11:58.61
76/172	SEXTON, CONNOR	1147	01:00:49.42	06:04	10K11&UM	2/4	M	26/39	01:00:35.36
133/172	SEXTON, KATRINA	1148	01:12:14.60	07:13	10K40-49F	17/23	F	98/133	01:11:59.07
129/172	SEXTON, TAKEENA	1149	01:11:51.10	07:11	10K20-29F	30/36	F	95/133	01:11:51.10
43/172	SKLARENKO, JEANINE	1150	00:55:28.46	05:32	10K30-39F	12/50	F	27/133	00:55:07.67
122/172	SMITH, JANAE	1151	01:08:53.21	06:53	10K40-49F	14/23	F	89/133	01:08:42.87
128/172	SMITH, MELISSA	1152	01:11:36.89	07:09	10K40-49F	16/23	F	94/133	01:11:27.65
159/172	STEWART, JESSICA	1156	01:27:06.22	08:42	10K20-29F	35/36	F	120/133	01:26:44.46
30/172	STINSON, MELISSA	1157	00:53:17.32	05:19	10K30-39F	8/50	F	16/133	00:53:09.32
110/172	TAMMINGA, BREEA	1158	01:05:49.70	06:34	10K20-29F	24/36	F	78/133	01:05:40.34
157/172	TAYLOR, MEGAN	1159	01:24:24.48	08:26	10K30-39F	46/50	F	119/133	01:24:11.01
135/172	THOMAS, SHARELYN	1160	01:12:41.89	07:16	10K30-39F	37/50	F	100/133	01:12:28.16
44/172	THOMPSON, NICOLE	1162	00:55:28.56	05:32	10K30-39F	13/50	F	28/133	00:55:09.75
42/172	TIMMER, MANDY	1163	00:55:23.41	05:32	10K30-39F	11/50	F	26/133	00:55:14.54
32/172	TROTTER, DARLA	1164	00:53:41.48	05:22	10K20-29F	7/36	F	18/133	00:53:32.42
161/172	TURCATO, BONNIE	1165	01:27:33.76	08:45	10K30-39F	47/50	F	122/133	01:27:16.09
74/172	TYMKO, KRISTY	1166	01:00:35.73	06:03	10K30-39F	24/50	F	50/133	01:00:34.08
125/172	VAKA, EMILY	1167	01:10:31.39	07:03	10K20-29F	29/36	F	91/133	01:10:16.64
137/172	VAN GUNST, SARAH	1168	01:13:21.38	07:20	10K30-39F	38/50	F	102/133	01:13:13.69
71/172	VANDEGOEDE, JANELLE	1172	00:59:27.04	05:56	10K20-29F	15/36	F	48/133	00:59:23.14
51/172	VANDEN DOOL, GRACE	1173	00:56:32.03	05:39	10K50-59F	4/14	F	33/133	00:56:29.57
10/172	VANEE, GERAD	1174	00:47:44.15	04:46	10K16-19M	2/2	M	9/39	00:47:27.31
149/172	VANEE, JAIMEE	1175	01:17:44.27	07:46	10K16-19F	2/2	F	113/133	01:17:24.35
45/172	WAGENAAR, JANE	1192	00:55:42.18	05:34	10K50-59F	2/14	F	29/133	00:55:33.44
38/172	WALPER, REESE	1176	00:55:10.77	05:31	10K12-15M	1/1	M	15/39	00:54:57.11
21/172	WASYLENKO, MELANIE	1177	00:50:28.31	05:02	10K30-39F	5/50	F	10/133	00:50:22.16
102/172	WICHERS, BRITTANY	1180	01:04:47.33	06:28	10K20-29F	21/36	F	70/133	01:04:42.96
103/172	WICHERS, STACEY	1181	01:04:48.04	06:28	10K40-49F	11/23	F	71/133	01:04:43.67
116/172	WIERL, STEPHANIE	1182	01:06:54.64	06:41	10K30-39F	31/50	F	84/133	01:06:54.64
106/172	WILLIAMS, MELANIE	1183	01:04:56.24	06:29	10K40-49F	12/23	F	74/133	01:04:38.05
49/172	WOLCOTT, RAQUEL	1184	00:56:29.03	05:38	10K30-39F	14/50	F	31/133	00:56:08.54
29/172	YASINSKI, CHARIS	1186	00:53:11.53	05:19	10K30-39F	7/50	F	15/133	00:53:10.63
99/172	ZAPLACHINSKI, JIM	1187	01:04:20.75	06:26	10K50-59M	6/6	M	32/39	01:04:16.95