

2022 Lethbridge Police Half, 10K, 5K

Alpha Overall Results

5K Run - 3.1 Miles

146 Finishers

O/A	Name	Bib#	Time	Pace/k	Pace/m	Category	Cat/PI	Gender	Gen/PI	Chip Time
56/146	ARIK, KATELYN	5265	29:58.819	05:59	09:38	5K20-29F	3/15	F	17/79	00:29:42.466
80/146	ARNETT, MARTYN	5266	34:06.149	06:49	10:57	5K50-59M	3/3	M	46/67	00:33:56.416
120/146	BALANDJE, NICOLE	5267	42:37.457	08:31	13:42	5K40-49F	12/17	F	61/79	00:42:25.557
45/146	BARRUS, JARED	5268	29:00.319	05:48	09:19	5K40-49M	7/14	M	33/67	00:28:43.765
44/146	BARRUS, WYATT	5269	28:55.421	05:47	09:18	5K16-19M	4/4	M	32/67	00:28:38.992
110/146	BATES, MICHAEL	5270	39:42.614	07:56	12:46	5K40-49M	12/14	M	57/67	00:39:21.486
109/146	BATES, ZANDRIA-LYNN	5271	39:42.311	07:56	12:46	5K20-29F	12/15	F	53/79	00:39:21.043
15/146	BEEKMAN, KAYLEN	5273	24:34.025	04:54	07:53	5K20-29F	1/15	F	3/79	00:24:28.975
90/146	BENNIS, MONICA	5274	35:09.242	07:01	11:18	5K40-49F	7/17	F	42/79	00:34:57.023
5/146	BIDARIAN, ARMAN	5275	22:44.831	04:32	07:18	5K16-19M	2/4	M	4/67	00:22:31.652
57/146	BIDARIAN, BETH	5276	30:19.256	06:03	09:44	5K50-59F	3/8	F	18/79	00:29:47.164
116/146	BINETRUY, TAYLOR	5437	40:35.185	08:07	13:03	5K20-29F	13/15	F	58/79	00:40:16.296
13/146	BOURNE, BARON	5278	24:08.970	04:49	07:45	5K12-15M	3/10	M	11/67	00:24:05.351
101/146	BRAICO, DAN	5279	37:39.765	07:31	12:06	5K30-39M	11/16	M	52/67	00:37:13.193
100/146	BRAICO, SARAH	5280	37:39.639	07:31	12:06	5K30-39F	14/20	F	49/79	00:37:15.246
99/146	BRAICO, TEGAN	5281	37:37.906	07:31	12:06	5K11&UF	6/12	F	48/79	00:37:12.216
64/146	BRAUN, CHRISTINE	5282	30:53.942	06:10	09:56	5K40-49F	1/17	F	22/79	00:30:40.399
14/146	BURLEIGH, ADAM	5283	24:19.517	04:51	07:49	5K30-39M	3/16	M	12/67	00:24:13.966
63/146	CAMPBELL, TANNER	5285	30:49.840	06:09	09:54	5K20-29M	4/5	M	42/67	00:30:44.490
6/146	CHATTERTON, ANNA	5286	23:08.080	04:37	07:26	5K11&UF	1/12	F	2/79	00:23:08.078
126/146	CHIEF MOON, KRISSY	5287	45:49.714	09:09	14:44	5K30-39F	17/20	F	66/79	00:42:10.688
24/146	DAVIS, PARKER	5291	26:31.189	05:18	08:31	5K12-15M	5/10	M	18/67	00:26:16.535
33/146	DAVIS, PAUL	5292	27:46.702	05:33	08:55	5K40-49M	4/14	M	26/67	00:27:32.957
129/146	DE KREEK, KEVIN	5293	46:51.892	09:22	15:04	5K40-49M	14/14	M	62/67	00:46:32.443
138/146	DEBOER, KARY	5294	53:32.342	10:42	17:12	5K30-39F	19/20	F	74/79	00:53:08.355
137/146	DEBOER, MARK	5295	53:32.248	10:42	17:12	5K30-39M	15/16	M	64/67	00:53:08.718
49/146	EASTER, KARLY	5297	29:25.820	05:53	09:27	5K30-39F	7/20	F	14/79	00:29:09.050
31/146	ELLIS, JASON	5298	27:28.210	05:29	08:49	5K40-49M	3/14	M	25/67	00:27:15.310
18/146	FEENSTRA, BANIER	5300	24:48.228	04:57	07:58	5K70+M	1/2	M	15/67	00:24:46.927
36/146	FIRST CHARGER, HUSKY	5301	28:02.686	05:36	09:01	5K30-39M	6/16	M	27/67	00:27:48.434
124/146	FIRST CHARGER, RAE MARIE	5302	44:06.074	08:49	14:10	5K11&UF	9/12	F	64/79	00:43:52.700
92/146	FONTAINE, ABI	5303	36:14.866	07:14	11:39	5K20-29F	10/15	F	43/79	00:36:01.480
125/146	FONTAINE, JAIME	5304	45:49.314	09:09	14:44	5K40-49F	13/17	F	65/79	00:45:35.934
143/146	FOREMAN, JOSHUA	5305	1:02:07.729	12:25	19:58	5K30-39M	16/16	M	67/67	01:01:27.359
141/146	FOREMAN, PARKER	5306	1:02:06.136	12:25	19:58	5K11&UM	11/11	M	66/67	01:01:25.910
144/146	FOREMAN, SUTTON	5307	1:02:08.549	12:25	19:58	5K11&UF	12/12	F	77/79	01:01:30.119
142/146	FOREMAN, TAMMI	5308	1:02:06.228	12:25	19:58	5K30-39F	20/20	F	76/79	01:01:27.621
22/146	FYFE, INDIE	5310	25:49.305	05:09	08:18	5K30-39F	2/20	F	5/79	00:25:46.880
41/146	GALLANT, BRAD	5374	28:28.586	05:41	09:09	5K40-49M	6/14	M	31/67	00:28:12.237
77/146	GEDRASIK, TERRI	5436	33:30.409	06:42	10:46	5K30-39F	11/20	F	32/79	00:33:18.788
81/146	GEERAERT, ARLENE	5311	34:11.085	06:50	10:59	5K50-59F	5/8	F	35/79	00:33:58.523
69/146	GEERAERT, MITCHELL	5312	31:59.003	06:23	10:17	5K20-29M	5/5	M	44/67	00:31:46.024
12/146	GETZ, CONNOR	5313	24:08.548	04:49	07:45	5K20-29M	2/5	M	10/67	00:24:04.535
10/146	GOERTZ, BRADY	5314	23:44.807	04:44	07:38	5K30-39M	2/16	M	8/67	00:23:42.063
121/146	GREEP, GEMMA	5440	42:54.333	08:34	13:47	5K11&UF	8/12	F	62/79	00:42:41.553
122/146	GREEP, JUSTIN	5439	42:54.730	08:34	13:47	5K30-39M	14/16	M	60/67	00:42:42.568
65/146	GROENENBOOM, RACHEL	5316	31:43.019	06:20	10:11	5K20-29F	6/15	F	23/79	00:31:21.311
21/146	GROTEN, JOSH	5317	25:39.790	05:07	08:15	5K50-59M	1/3	M	17/67	00:25:25.420
113/146	GUDMUNDSON, REBECCA	5318	40:26.232	08:05	13:00	5K30-39F	15/20	F	55/79	00:39:57.251
132/146	HENRY, HEATHER	5324	49:23.345	09:52	15:52	5K50-59F	8/8	F	69/79	00:49:01.560
107/146	HILDEBRAND, DEIDRE	5325	39:26.654	07:53	12:40	5K60-69F	1/2	F	52/79	00:39:07.845
106/146	HILDEBRAND, NIKKI	5326	39:26.562	07:53	12:40	5K20-29F	11/15	F	51/79	00:39:07.307
1/146	HILLIER, ZACHARY	5327	19:02.972	03:48	06:07	5K12-15M	1/10	M	1/67	00:19:02.297
115/146	HOFFMAN, JESSICA	5328	40:29.795	08:05	13:01	5K30-39F	16/20	F	57/79	00:40:00.895
51/146	HYGGEN, BRAYLON	5330	29:31.085	05:54	09:29	5K40-49M	8/14	M	37/67	00:29:30.208
50/146	JUELL, DAVIS	5409	29:27.131	05:53	09:28	5K20-29M	3/5	M	36/67	00:29:22.398
103/146	KABANDIZE, DENISE	5331	39:05.560	07:49	12:34	5K40-49F	10/17	F	50/79	00:38:53.781
79/146	KAISER, CHANTELE	5332	33:54.948	06:46	10:54	5K20-29F	9/15	F	34/79	00:33:43.764
78/146	KIENZLE, NICOLE	5334	33:49.908	06:45	10:52	5K40-49F	4/17	F	33/79	00:33:42.216
84/146	KOLLIAS, DONELL	5335	34:23.752	06:52	11:03	5K40-49F	5/17	F	37/79	00:34:09.004
60/146	KREGEL, JOLENE	5336	30:27.201	06:05	09:47	5K20-29F	4/15	F	19/79	00:30:05.132
76/146	KRIZSAN, DERRICK	5337	33:24.503	06:40	10:44	5K50-59M	2/3	M	45/67	00:33:08.428
43/146	KRIZSAN, RHONDA	5338	28:40.679	05:44	09:13	5K50-59F	2/8	F	12/79	00:28:24.798
55/146	KROSSE, MEREL	5339	29:43.631	05:56	09:33	5K20-29F	2/15	F	16/79	00:29:35.323

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O/A	Name	Bib#	Time	Pace/k	Pace/m	Category	Cat/Pl	Gender	Gen/Pl	Chip Time
123/146	LACUSTA, CHANTEL	5340	44:05.956	08:49	14:10	5K20-29F	15/15	F	63/79	00:43:52.976
72/146	LAM, CANDICE	5341	32:43.651	06:32	10:31	5K40-49F	3/17	F	28/79	00:32:34.822
136/146	LIGHT, CHRISTINE	5441	53:14.272	10:38	17:07	5K40-49F	16/17	F	73/79	00:53:06.423
135/146	LIGHT, LIZZIE	5443	52:58.545	10:35	17:02	5K11&UF	11/12	F	72/79	00:52:50.750
9/146	LIGHT, ZACH	5442	23:37.259	04:43	07:35	5K12-15M	2/10	M	7/67	00:23:30.648
26/146	LORENZ, ABBOTT	5343	26:50.176	05:22	08:37	5K11&UM	3/11	M	20/67	00:26:49.384
28/146	LORENZ, BRENT	5344	26:50.336	05:22	08:37	5K40-49M	2/14	M	22/67	00:26:49.233
46/146	LOW, HASYTEN	5345	29:00.835	05:48	09:19	5K11&UF	2/12	F	13/79	00:28:53.144
32/146	LOW, KAYLEE	5346	27:32.968	05:30	08:51	5K30-39F	3/20	F	7/79	00:27:25.894
47/146	LOW, MICHAEL	5347	29:02.006	05:48	09:20	5K30-39M	7/16	M	34/67	00:28:54.996
30/146	LOW, SOLON	5348	27:20.921	05:28	08:47	5K11&UM	4/11	M	24/67	00:27:14.108
20/146	LOW, TAIT	5349	25:23.570	05:04	08:09	5K12-15M	4/10	M	16/67	00:25:16.437
85/146	LOWEN, PETER	5350	34:32.190	06:54	11:06	5K11&UM	6/11	M	48/67	00:34:23.241
86/146	LOWEN, YVETTE	5351	34:32.893	06:54	11:06	5K30-39F	13/20	F	38/79	00:34:24.123
48/146	MACLEOD, ROY	5354	29:25.724	05:53	09:27	5K70+M	2/2	M	35/67	00:29:08.115
89/146	MADDAFORD, BREANNA	5355	35:09.196	07:01	11:18	5K11&UF	4/12	F	41/79	00:35:00.366
37/146	MADDAFORD, KATELYNN	5356	28:06.320	05:37	09:02	5K16-19F	1/2	F	10/79	00:27:56.972
2/146	MADDAFORD, TROY	5357	21:24.769	04:16	06:53	5K40-49M	1/14	M	2/67	00:20:35.000
11/146	MANN, BRADEN	5358	24:06.791	04:49	07:45	5K20-29M	1/5	M	9/67	00:24:02.897
119/146	MARTIN, BOBBI-JO	5359	42:10.153	08:26	13:33	5K50-59F	7/8	F	60/79	00:41:48.884
38/146	MCINTYRE, CORIGAN	5361	28:13.515	05:38	09:04	5K12-15M	7/10	M	28/67	00:28:00.615
39/146	MCINTYRE, DAN	5362	28:20.757	05:40	09:06	5K40-49M	5/14	M	29/67	00:28:07.853
87/146	MCKINNON, LORREE	5363	34:55.602	06:59	11:13	5K40-49F	6/17	F	39/79	00:34:52.300
61/146	MIKLOS, SARAH	5364	30:30.272	06:06	09:48	5K20-29F	5/15	F	20/79	00:30:22.570
91/146	MILLER, BRENT	5365	35:59.164	07:11	11:34	5K40-49M	10/14	M	49/67	00:35:48.132
16/146	MILROY, KYE	5366	24:43.541	04:56	07:57	5K16-19M	3/4	M	13/67	00:24:33.809
97/146	MILROY, MARY	5367	37:18.452	07:27	11:59	5K40-49F	9/17	F	46/79	00:37:09.497
108/146	MOORE, AARON	5368	39:33.334	07:54	12:43	5K40-49M	11/14	M	56/67	00:39:24.261
93/146	MOORE, ADRIA	5369	36:52.717	07:22	11:51	5K11&UF	5/12	F	44/79	00:36:44.524
94/146	MOORE, JADEN	5370	36:53.584	07:22	11:51	5K12-15M	9/10	M	50/67	00:36:51.325
95/146	MOORE, RALNA	5371	37:03.640	07:24	11:54	5K40-49F	8/17	F	45/79	00:36:54.930
146/146	OKA-WELLS, VERONICA	5375	1:02:56.363	12:35	20:14	5K60-69F	2/2	F	79/79	01:02:32.309
88/146	OSBERG, SHERI	5376	34:55.768	06:59	11:13	5K50-59F	6/8	F	40/79	00:34:52.348
71/146	OUWERKERK, KAITLIN	5377	32:12.574	06:26	10:21	5K30-39F	9/20	F	27/79	00:32:09.152
98/146	PHILLIPS, BARB	5378	37:35.913	07:31	12:05	5K70+F	1/1	F	47/79	00:37:18.381
27/146	PIPER, DUANE	5380	26:50.266	05:22	08:37	5K30-39M	4/16	M	21/67	00:26:44.633
114/146	POLLARD, LESLIE	5381	40:27.755	08:05	13:00	5K40-49F	11/17	F	56/79	00:40:00.125
96/146	POLLARD, RIVER	5382	37:13.202	07:26	11:58	5K11&UM	7/11	M	51/67	00:36:45.513
40/146	POTE, JIMMY	5383	28:23.921	05:40	09:07	5K60-69M	1/2	M	30/67	00:28:17.250
4/146	REDEKOP, SARAH	5386	22:22.448	04:28	07:11	5K30-39F	1/20	F	1/79	00:22:20.268
42/146	REMFERT, CHRISTIE	5387	28:39.413	05:43	09:12	5K30-39F	6/20	F	11/79	00:28:28.458
29/146	REMPEL, SHAWN	5388	27:05.805	05:25	08:42	5K30-39M	5/16	M	23/67	00:26:57.565
52/146	RICE, KYLE	5390	29:37.349	05:55	09:31	5K30-39M	8/16	M	38/67	00:29:24.646
67/146	RUSSELL, ANGELA	5391	31:48.620	06:21	10:13	5K40-49F	2/17	F	24/79	00:31:48.427
68/146	RUSSELL, MIKAH	5392	31:48.692	06:21	10:13	5K20-29F	7/15	F	25/79	00:31:47.899
112/146	SCHELLENBERG, JORDAN	5394	39:56.514	07:59	12:50	5K30-39M	13/16	M	58/67	00:39:36.461
111/146	SCHELLENBERG, SAYLOR	5395	39:56.490	07:59	12:50	5K11&UF	7/12	F	54/79	00:39:36.376
117/146	SCOTT, BRENNA	5396	41:08.348	08:13	13:13	5K20-29F	14/15	F	59/79	00:41:03.237
139/146	SHOUTING, EDWARD	5397	56:54.654	11:22	18:17	5K12-15M	10/10	M	65/67	00:56:31.391
134/146	SHOUTING, TAMARA	5398	50:33.702	10:06	16:15	5K40-49F	15/17	F	71/79	00:50:13.074
66/146	SLINGERLAND, DARCY	5400	31:45.505	06:21	10:12	5K30-39M	9/16	M	43/67	00:31:42.886
105/146	SLINGERLAND, DENVER	5401	39:15.289	07:51	12:37	5K11&UM	8/11	M	55/67	00:39:13.029
104/146	SLINGERLAND, JAIMIE	5402	39:13.552	07:50	12:36	5K30-39M	12/16	M	54/67	00:39:11.649
17/146	SLINGERLAND, RILEY	5403	24:45.368	04:57	07:57	5K11&UM	2/11	M	14/67	00:24:44.068
82/146	SLUSAR, HILLARY	5404	34:22.228	06:52	11:03	5K30-39F	12/20	F	36/79	00:34:07.860
83/146	SLUSAR, TAYLOR	5405	34:22.978	06:52	11:03	5K30-39M	10/16	M	47/67	00:34:08.924
59/146	SWIFT, ANDREW	5435	30:24.832	06:04	09:46	5K40-49M	9/14	M	41/67	00:30:17.362
3/146	SWIFT, CONRAD	5432	21:59.902	04:23	07:04	5K16-19M	1/4	M	3/67	00:21:52.773
58/146	SWIFT, ISAAC	5434	30:23.849	06:04	09:46	5K12-15M	8/10	M	40/67	00:30:15.998
34/146	SWIFT, KATHERINE	5431	27:56.241	05:35	08:58	5K30-39F	4/20	F	8/79	00:27:48.186
23/146	SWIFT, LIVIA	5433	26:02.127	05:12	08:22	5K12-15F	1/2	F	6/79	00:25:55.053
102/146	TIEFENBACH, RICH	5438	38:57.521	07:47	12:31	5K60-69M	2/2	M	53/67	00:38:37.412
70/146	TURNBULL, JENNY	5407	32:08.870	06:25	10:20	5K30-39F	8/20	F	26/79	00:32:04.016
140/146	ULRICH, JENNIFER	5408	57:57.020	11:35	18:38	5K40-49F	17/17	F	75/79	00:57:46.080

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73/146	VEDRES, FAYLA	5410	32:58.207	06:35	10:36	5K30-39F	10/20	F	29/79	00:32:49.438
19/146	VONKEMAN, JEANETTE	5411	25:01.047	05:00	08:02	5K50-59F	1/8	F	4/79	00:25:00.128
133/146	WELLS, GERMAIN	5413	49:52.500	09:58	16:02	5K40-49F	14/17	F	70/79	00:49:33.247
145/146	WELLS, OCEAN	5414	1:02:52.189	12:34	20:12	5K12-15F	2/2	F	78/79	01:02:52.189
130/146	WILLIAMS, COLBY	5415	48:38.932	09:43	15:38	5K11&UM	10/11	M	63/67	00:48:19.344
62/146	WILLIAMS, MELANIE	5416	30:39.903	06:07	09:51	5K50-59F	4/8	F	21/79	00:30:28.199
131/146	WILLIAMS, NICOLE	5417	48:39.545	09:43	15:38	5K30-39F	18/20	F	68/79	00:48:21.559
25/146	WOOLF, AIDAN	5419	26:41.664	05:20	08:35	5K12-15M	6/10	M	19/67	00:26:37.132
75/146	WOOLF, SYDNEY	5420	33:22.182	06:40	10:43	5K16-19F	2/2	F	31/79	00:33:16.753
74/146	WYNDER, AVERY	5421	33:19.299	06:39	10:42	5K20-29F	8/15	F	30/79	00:33:02.088
35/146	YAKE, KELLY	5422	27:57.179	05:35	08:59	5K30-39F	5/20	F	9/79	00:27:54.160
127/146	YASINSKI, CADEN	5423	45:49.971	09:09	14:44	5K11&UF	10/12	F	67/79	00:45:32.741
128/146	YASINSKI, WES	5424	45:54.728	09:10	14:45	5K40-49M	13/14	M	61/67	00:45:37.656
53/146	YAVITU, AMALIA	5430	29:41.545	05:56	09:32	5K11&UF	3/12	F	15/79	00:29:26.791
118/146	YAVITU, ETHAN	5429	41:48.404	08:21	13:26	5K11&UM	9/11	M	59/67	00:41:33.135
54/146	YAVITU, MIKA	5428	29:41.966	05:56	09:32	5K11&UM	5/11	M	39/67	00:29:27.136
8/146	ZWARTBOL, EVAN	5426	23:09.370	04:37	07:26	5K11&UM	1/11	M	6/67	00:23:07.952
7/146	ZWARTBOL, STEVE	5427	23:09.276	04:37	07:26	5K30-39M	1/16	M	5/67	00:23:07.374