

OA/PI = Overall Placing

Cat/PI = Category Placing

Gen/PI = Overall Gender Placing

Category Award Results

TOP 3 In Category

10K Run - 6.21 Miles

89 Finishers

10K11&UF (Female) - 1 Competitors

Cat/PI	Name	Bib #	Time	Pace/k	Pace/m	Cat Offset	OA/PI	Gen/PI	City
1/1	DYCK, MIKAYLA	1230	1:09:57.412	06:59	11:15	+00:00:00	65/89	41/60	LETHBRIDGE

10K12-15M (Male) - 1 Competitors

Cat/PI	Name	Bib #	Time	Pace/k	Pace/m	Cat Offset	OA/PI	Gen/PI	City
1/1	MCINTYRE, GAVIN	1262	47:16.338	04:43	07:36	+00:00:00	12/89	9/29	LETHBRIDGE

10K20-29F (Female) - 15 Competitors

Cat/PI	Name	Bib #	Time	Pace/k	Pace/m	Cat Offset	OA/PI	Gen/PI	City
1/15	BARWEGEN, TAMRA	1207	52:23.412	05:14	08:26	+00:00:00	19/89	8/60	LETHBRIDGE
2/15	CHRAPKO, MACKENZIE	1218	53:50.881	05:23	08:40	+00:01:27	24/89	11/60	LETHBRIDGE
3/15	EKKEL, MYRANDA	1231	54:44.833	05:28	08:48	+00:02:21	26/89	12/60	LETHBRIDGE

10K20-29M (Male) - 6 Competitors

Cat/PI	Name	Bib #	Time	Pace/k	Pace/m	Cat Offset	OA/PI	Gen/PI	City
1/6	NKAKAIRE, RICHARD	1268	44:04.996	04:24	07:05	+00:00:00	5/89	5/29	LETHBRIDGE
2/6	MCKINNON, LINCOLN	1263	47:09.612	04:42	07:35	+00:03:04	11/89	8/29	LETHBRIDGE
3/6	VAN HIENEN, DERRICK	1297	54:59.926	05:29	08:51	+00:10:54	28/89	15/29	LETHBRIDGE

10K30-39F (Female) - 25 Competitors

Cat/PI	Name	Bib #	Time	Pace/k	Pace/m	Cat Offset	OA/PI	Gen/PI	City
1/25	PADDICK, KESHIA	1271	46:33.728	04:39	07:29	+00:00:00	8/89	1/60	LETHBRIDGE
2/25	STEED, KIMBERLY	1292	46:54.096	04:41	07:33	+00:00:20	9/89	2/60	LETHBRIDGE
3/25	FEHR, EMMA	1233	47:01.361	04:42	07:34	+00:00:27	10/89	3/60	STIRLING

10K30-39M (Male) - 9 Competitors

Cat/PI	Name	Bib #	Time	Pace/k	Pace/m	Cat Offset	OA/PI	Gen/PI	City
1/9	LAROCHE, RICHARD	1256	36:31.273	03:39	05:52	+00:00:00	1/89	1/29	LETHBRIDGE
2/9	WARD, KIERAN	1298	44:00.309	04:24	07:05	+00:07:29	4/89	4/29	LETHBRIDGE
3/9	YAVITU, SERUPEPELI	1309	49:07.384	04:54	07:54	+00:12:36	13/89	10/29	LETHBRIDGE

10K40-49F (Female) - 12 Competitors

Cat/PI	Name	Bib #	Time	Pace/k	Pace/m	Cat Offset	OA/PI	Gen/PI	City
1/12	GALLAGHER, DIANE	1236	49:34.878	04:57	07:59	+00:00:00	14/89	4/60	COALDALE
2/12	LEGGAT, TERRA	1258	53:42.724	05:22	08:38	+00:04:07	22/89	9/60	LETHBRIDGE
3/12	YAVITU, SARAH	1308	55:02.036	05:30	08:51	+00:05:27	30/89	14/60	LETHBRIDGE

10K40-49M (Male) - 6 Competitors

Cat/PI	Name	Bib #	Time	Pace/k	Pace/m	Cat Offset	OA/PI	Gen/PI	City
1/6	KLOHN, CHAD	1255	39:06.029	03:54	06:17	+00:00:00	2/89	2/29	LETHBRIDGE
2/6	MALINOWSKI, MACIEJ (MATT)	1239	41:18.100	04:07	06:39	+00:02:12	3/89	3/29	LETHBRIDGE
3/6	MICHEL, GRAYSON	1267	52:30.398	05:15	08:27	+00:13:24	20/89	12/29	LETHBRIDGE

10K50-59F (Female) - 3 Competitors

Cat/PI	Name	Bib #	Time	Pace/k	Pace/m	Cat Offset	OA/PI	Gen/PI	City
1/3	SPATE, GENA	1289	49:58.594	04:59	08:02	+00:00:00	17/89	6/60	TABER
2/3	PRICE, MARION	1279	1:04:15.650	06:25	10:20	+00:14:17	54/89	32/60	LETHBRIDGE
3/3	DJOKOTO-ASEM, EDNA	1227	1:10:56.614	07:05	11:25	+00:20:58	68/89	44/60	LETHBRIDGE

10K50-59M (Male) - 4 Competitors

Cat/PI	Name	Bib #	Time	Pace/k	Pace/m	Cat Offset	OA/PI	Gen/PI	City
1/4	NORTON, MATT	1269	44:23.933	04:26	07:08	+00:00:00	6/89	6/29	LETHBRIDGE
2/4	GALLAGHER, CHRIS	1235	45:16.197	04:31	07:17	+00:00:52	7/89	7/29	COALDALE
3/4	ZAPLACHINSKI, JIM	1306	54:04.474	05:24	08:42	+00:09:40	25/89	14/29	LETHBRIDGE

10K60-69F (Female) - 4 Competitors

Cat/PI	Name	Bib #	Time	Pace/k	Pace/m	Cat Offset	OA/PI	Gen/PI	City
1/4	MICHEL, DEE DEE	1266	1:10:09.904	07:00	11:17	+00:00:00	67/89	43/60	WELLING
2/4	BAREHAM-WRIGHT, VALERIE	1204	1:17:51.902	07:47	12:32	+00:07:41	77/89	52/60	LETHBRIDGE
3/4	BIGGINS, MARIAN	1208	1:17:52.206	07:47	12:32	+00:07:42	78/89	53/60	LETHBRIDGE

10K60-69M (Male) - 2 Competitors

Cat/PI	Name	Bib #	Time	Pace/k	Pace/m	Cat Offset	OA/PI	Gen/PI	City
1/2	PETRUNIK, GORDON	1274	1:02:18.908	06:13	10:02	+00:00:00	51/89	22/29	LETHBRIDGE
2/2	ANDERSON, PHILLIP	1201	1:46:26.036	10:38	17:08	+00:44:07	89/89	29/29	TULSA

10K70+M (Male) - 1 Competitors

Cat/PI	Name	Bib #	Time	Pace/k	Pace/m	Cat Offset	OA/PI	Gen/PI	City
1/1	BROWN, JERRY	1213	1:41:52.592	10:11	16:24	+00:00:00	86/89	27/29	LETHBRIDGE