

OA/PI = Overall Placing  
Cat/PI = Category Placing  
Gen/PI = Overall Gender Placing  
Offset = Diff from Gender WinTime hh:mm:ss

2022 Lethbridge Police Half, 10K, 5K  
Overall Gender Award Results

Top 10 In Gender

10K Run - 6.21 Miles  
89 Finishers

| Female |                  |      |           |        |        | 60 Finishers |       |        |           |            |
|--------|------------------|------|-----------|--------|--------|--------------|-------|--------|-----------|------------|
| Gen/PI | Name             | Bib# | Time      | Pace/k | Pace/m | Category     | OA/PI | Cat/PI | Offset    | City       |
| 1/60   | PADDICK, KESHIA  | 1271 | 46:33.728 | 04:39  | 07:29  | 10K30-39F    | 8/89  | 1/25   | +00:00:00 | LETHBRIDGE |
| 2/60   | STEED, KIMBERLY  | 1292 | 46:54.096 | 04:41  | 07:33  | 10K30-39F    | 9/89  | 2/25   | +00:00:20 | LETHBRIDGE |
| 3/60   | FEHR, EMMA       | 1233 | 47:01.361 | 04:42  | 07:34  | 10K30-39F    | 10/89 | 3/25   | +00:00:27 | STIRLING   |
| 4/60   | GALLAGHER, DIANE | 1236 | 49:34.878 | 04:57  | 07:59  | 10K40-49F    | 14/89 | 1/12   | +00:03:01 | COALDALE   |
| 5/60   | COFFEY, KYM      | 1222 | 49:49.077 | 04:58  | 08:01  | 10K30-39F    | 16/89 | 4/25   | +00:03:15 | LETHBRIDGE |
| 6/60   | SPATE, GENA      | 1289 | 49:58.594 | 04:59  | 08:02  | 10K50-59F    | 17/89 | 1/3    | +00:03:24 | TABER      |
| 7/60   | WHIDDEN, ASHTON  | 1299 | 50:36.422 | 05:03  | 08:08  | 10K30-39F    | 18/89 | 5/25   | +00:04:02 | LETHBRIDGE |
| 8/60   | BARWEGEN, TAMRA  | 1207 | 52:23.412 | 05:14  | 08:26  | 10K20-29F    | 19/89 | 1/15   | +00:05:49 | LETHBRIDGE |
| 9/60   | LEGGAT, TERRA    | 1258 | 53:42.724 | 05:22  | 08:38  | 10K40-49F    | 22/89 | 2/12   | +00:07:08 | LETHBRIDGE |
| 10/60  | RESSLER, JESSICA | 1281 | 53:44.083 | 05:22  | 08:39  | 10K30-39F    | 23/89 | 6/25   | +00:07:10 | LETHBRIDGE |

| Male   |                           |      |           |        |        | 29 Finishers |       |        |           |            |
|--------|---------------------------|------|-----------|--------|--------|--------------|-------|--------|-----------|------------|
| Gen/PI | Name                      | Bib# | Time      | Pace/k | Pace/m | Category     | OA/PI | Cat/PI | Offset    | City       |
| 1/29   | LAROUCHE, RICHARD         | 1256 | 36:31.273 | 03:39  | 05:52  | 10K30-39M    | 1/89  | 1/9    | +00:00:00 | LETHBRIDGE |
| 2/29   | KLOHN, CHAD               | 1255 | 39:06.029 | 03:54  | 06:17  | 10K40-49M    | 2/89  | 1/6    | +00:02:34 | LETHBRIDGE |
| 3/29   | MALINOWSKI, MACIEJ (MATT) | 1239 | 41:18.100 | 04:07  | 06:39  | 10K40-49M    | 3/89  | 2/6    | +00:04:46 | LETHBRIDGE |
| 4/29   | WARD, KIERAN              | 1298 | 44:00.309 | 04:24  | 07:05  | 10K30-39M    | 4/89  | 2/9    | +00:07:29 | LETHBRIDGE |
| 5/29   | NKAKAIRE, RICHARD         | 1268 | 44:04.996 | 04:24  | 07:05  | 10K20-29M    | 5/89  | 1/6    | +00:07:33 | LETHBRIDGE |
| 6/29   | NORTON, MATT              | 1269 | 44:23.933 | 04:26  | 07:08  | 10K50-59M    | 6/89  | 1/4    | +00:07:52 | LETHBRIDGE |
| 7/29   | GALLAGHER, CHRIS          | 1235 | 45:16.197 | 04:31  | 07:17  | 10K50-59M    | 7/89  | 2/4    | +00:08:44 | COALDALE   |
| 8/29   | MCKINNON, LINCOLN         | 1263 | 47:09.612 | 04:42  | 07:35  | 10K20-29M    | 11/89 | 2/6    | +00:10:38 | LETHBRIDGE |
| 9/29   | MCINTYRE, GAVIN           | 1262 | 47:16.338 | 04:43  | 07:36  | 10K12-15M    | 12/89 | 1/1    | +00:10:45 | LETHBRIDGE |
| 10/29  | YAVITU, SERUPEPELI        | 1309 | 49:07.384 | 04:54  | 07:54  | 10K30-39M    | 13/89 | 3/9    | +00:12:36 | LETHBRIDGE |