

2023 Lethbridge Police Half, 10K, 5K

Alpha Overall Results

10K/6.21 Miles

141 Finishers

O/A	Name	Bib#	Time	Pace/k	Pace/m	Category	Cat/PI	Gender	Gen/PI	Chip Time
17/141	ARGYLE, GRAHAM	1108	50:04.147	05:00	08:03	10K60-69M	1/2	M	11/52	49:56.134
84/141	ARIK, KATELYN	1109	1:04:24.198	06:26	10:22	10K20-29F	10/20	F	43/89	1:04:10.534
133/141	BALANDJE, NICOLE	1153	1:26:57.940	08:41	14:00	10K40-49F	15/17	F	82/89	1:26:45.057
135/141	BARANYAY, KIERA	1110	1:31:05.225	09:06	14:40	10K30-39F	33/34	F	84/89	1:30:52.338
48/141	BARKER, LINDSAY	1111	56:33.420	05:39	09:06	10K30-39F	10/34	F	22/89	56:28.096
28/141	BEKEOVA, MARTA	1112	53:06.256	05:18	08:33	10K40-49F	3/17	F	9/89	53:01.930
116/141	BENTLEY, ROBYN	1113	1:10:21.759	07:02	11:19	10K30-39F	28/34	F	70/89	1:10:08.373
139/141	BENTLEY, SUE	1114	1:42:06.253	10:12	16:26	10K50-59F	10/11	F	88/89	1:41:32.984
113/141	BESTE, CHELSEY	1115	1:10:11.516	07:01	11:18	10K20-29F	18/20	F	67/89	1:10:01.180
61/141	BIDARIAN, BETH	1116	58:17.645	05:49	09:23	10K50-59F	4/11	F	33/89	57:30.952
104/141	BLOCK, CHELSEA	1120	1:07:40.604	06:46	10:53	10K30-39F	24/34	F	60/89	1:07:33.388
89/141	BOEHME, EMILY	1251	1:05:39.666	06:33	10:34	10K40-49F	7/17	F	48/89	1:05:37.342
90/141	BOEHME, MADDI	1252	1:05:40.063	06:34	10:34	10K20-29F	13/20	F	49/89	1:05:37.739
105/141	BOULTER, LEAH	1121	1:08:12.762	06:49	10:59	10K50-59F	7/11	F	61/89	1:08:00.157
141/141	BROWN, JERRY	1123	1:48:41.289	10:52	17:30	10K70+M	4/4	M	52/52	1:48:07.361
38/141	BRUGGER, CAITLYN	1124	55:16.356	05:31	08:54	10K30-39F	6/34	F	15/89	55:05.238
20/141	BRUINING, MICHAEL	1125	51:17.202	05:07	08:15	10K30-39M	5/15	M	14/52	51:13.217
11/141	BURGESS, NICOLE	1126	47:21.070	04:44	07:37	10K12-15F	1/2	F	4/89	47:16.047
27/141	CATONIO, CIANA	1127	53:00.209	05:18	08:32	10K16-19F	1/2	F	8/89	53:00.203
36/141	CHAPMAN, WES	1274	55:16.099	05:31	08:53	10K30-39M	6/15	M	23/52	55:12.351
83/141	CHRISTIANSEN, JORGE	1129	1:04:14.707	06:25	10:20	10K40-49M	12/14	M	41/52	1:04:08.703
39/141	CHRISTIANSEN, OSHANA	1130	55:22.262	05:32	08:54	10K30-39F	7/34	F	16/89	55:16.321
140/141	CLARK, DONICA	1131	1:42:07.189	10:12	16:26	10K50-59F	11/11	F	89/89	1:41:34.527
114/141	COLBURN-SWARTZ, CAROLINE	1132	1:10:12.383	07:01	11:18	10K20-29F	19/20	F	68/89	1:10:08.058
68/141	COLBURN-SWARTZ, KATHERINE	1133	1:00:16.589	06:01	09:42	10K20-29F	8/20	F	35/89	1:00:12.265
33/141	DEVINE, AARON	1253	54:07.849	05:24	08:43	10K40-49M	6/14	M	21/52	53:53.273
107/141	DIAS, CAMILA	1134	1:09:01.181	06:54	11:06	10K30-39F	25/34	F	63/89	1:08:48.294
119/141	DJOKOTO-ASEM, EDNA	1135	1:11:15.700	07:07	11:28	10K50-59F	9/11	F	73/89	1:11:10.977
112/141	DUURSMA, JACLYN	1139	1:10:11.047	07:01	11:18	10K20-29F	17/20	F	66/89	1:10:05.443
98/141	DYCK, DIANE	1140	1:06:54.549	06:41	10:46	10K50-59F	6/11	F	55/89	1:06:50.982
34/141	DYCK, GREG	1271	54:34.939	05:27	08:47	10K50-59M	2/4	M	22/52	54:26.523
29/141	DYER, FIONA	1254	53:34.779	05:21	08:37	10K50-59F	1/11	F	10/89	53:27.920
108/141	EASTER, KARLY	1141	1:09:08.026	06:54	11:07	10K30-39F	26/34	F	64/89	1:08:53.452
51/141	ENFIELD, KASSIE	1143	56:42.980	05:40	09:07	10K20-29F	3/20	F	25/89	56:38.256
64/141	FAIRS, TIM	1144	59:24.982	05:56	09:34	10K30-39M	10/15	M	30/52	59:10.260
37/141	FEHR, CADENCE	1146	55:16.123	05:31	08:53	10K12-15F	2/2	F	14/89	55:13.513
19/141	FITZGERALD, JONATHAN	1255	51:01.101	05:06	08:12	10K20-29M	3/10	M	13/52	50:59.852
111/141	FRANZ, DAVID	1147	1:09:42.009	06:58	11:13	10K40-49M	13/14	M	46/52	1:09:31.754
2/141	FRIESEN, CHARLES	1256	39:35.255	03:57	06:22	10K40-49M	1/14	M	2/52	39:32.429
15/141	FRIESEN, HELENA	1257	50:00.796	05:00	08:03	10K30-39F	2/34	F	6/89	49:59.935
10/141	FRIESEN, ZACHARY	1142	47:12.726	04:43	07:36	10K20-29M	2/10	M	7/52	47:11.822
25/141	FROESE, ARNALDO	1149	52:48.819	05:16	08:30	10K20-29M	5/10	M	18/52	52:47.958
57/141	FYFE, INDIE	1150	57:21.394	05:44	09:14	10K30-39F	13/34	F	29/89	57:16.486
5/141	GALLAGHER, CHRIS	1151	43:49.105	04:22	07:03	10K50-59M	1/4	M	5/52	43:47.379
13/141	GALLAGHER, DIANE	1152	48:33.421	04:51	07:49	10K40-49F	2/17	F	5/89	48:31.353
97/141	GIBSON, ANTHONY	1258	1:06:37.205	06:39	10:43	10K30-39M	15/15	M	43/52	1:06:34.298
93/141	GINTER, KARLA	1156	1:05:53.447	06:35	10:36	10K40-49F	8/17	F	51/89	1:05:42.468
14/141	GOERTZ, BRADY	1157	48:34.709	04:51	07:49	10K30-39M	2/15	M	9/52	48:34.022
70/141	GOGOWICH, MEGAN	1259	1:00:22.929	06:02	09:43	10K20-29F	9/20	F	37/89	1:00:13.333
23/141	GOMEZ, LUIS	1158	51:27.632	05:08	08:17	10K40-49M	4/14	M	16/52	51:25.025
121/141	GONZALEZ, CLAUDIA	1159	1:12:22.180	07:14	11:39	10K40-49F	12/17	F	74/89	1:11:34.186
54/141	GRASMEYER, LAUREN	1160	57:12.372	05:43	09:12	10K20-29F	4/20	F	27/89	57:08.808
59/141	GRASMEYER, MICAH	1161	57:23.715	05:44	09:14	10K20-29F	6/20	F	31/89	57:19.810
56/141	HAMILTON, KRISTIN	1162	57:20.316	05:44	09:13	10K30-39F	12/34	F	28/89	57:17.911
129/141	HANEY, KEVIN	1163	1:23:08.536	08:18	13:23	10K40-49M	14/14	M	50/52	1:22:57.623
117/141	HATCH, SHAUNA	1164	1:10:51.735	07:05	11:24	10K40-49F	11/17	F	71/89	1:10:04.580
45/141	HEGGIE, JENNA	1260	56:30.020	05:39	09:05	10K30-39F	9/34	F	21/89	56:14.833
67/141	HICKS, TROY	1165	59:43.612	05:58	09:37	10K40-49M	8/14	M	33/52	59:42.068
91/141	HILLIARD, JEFF	1166	1:05:45.503	06:34	10:35	10K30-39M	14/15	M	42/52	1:05:30.317
92/141	HILLIARD, KATY	1167	1:05:45.690	06:34	10:35	10K30-39F	21/34	F	50/89	1:05:31.520
69/141	HITCHCOCK, STEPHANIE	1168	1:00:17.034	06:01	09:42	10K30-39F	15/34	F	36/89	1:00:02.986

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10K/6.21 Miles

141 Finishers

O/A	Name	Bib#	Time	Pace/k	Pace/m	Category	Cat/PI	Gender	Gen/PI	Chip Time
24/141	HOOGERDYK, JETHRO	1261	51:48.538	05:10	08:20	10K20-29M	4/10	M	17/52	51:47.571
49/141	HORON, EMMA	1189	56:33.559	05:39	09:06	10K30-39F	11/34	F	23/89	56:28.078
120/141	ISAAK, ART	1169	1:11:45.476	07:10	11:33	10K70+M	3/4	M	47/52	1:11:38.617
103/141	IWAASA, DAWN	1170	1:07:22.112	06:44	10:50	10K40-49F	10/17	F	59/89	1:06:57.127
102/141	IWAASA, HAILEY	1171	1:07:20.331	06:44	10:50	10K16-19F	2/2	F	58/89	1:06:55.347
80/141	JERAJ, ALYA	1174	1:02:56.123	06:17	10:08	10K30-39F	19/34	F	41/89	1:02:47.226
46/141	JURGENS, CODY	1175	56:30.352	05:39	09:05	10K30-39M	8/15	M	25/52	56:25.309
126/141	KADIJK, SYLVIA	1176	1:17:27.919	07:44	12:28	10K40-49F	14/17	F	77/89	1:17:22.512
43/141	KIRKBY, FIONA	1177	56:15.185	05:37	09:03	10K40-49F	5/17	F	19/89	56:11.880
86/141	KLASSEN, COLLEEN	1178	1:04:53.284	06:29	10:26	10K20-29F	11/20	F	45/89	1:04:48.836
75/141	KLASSEN, LES	1179	1:01:32.010	06:09	09:54	10K40-49M	10/14	M	37/52	1:01:24.155
125/141	KLASSEN, NAOMI	1180	1:15:15.850	07:31	12:07	10K40-49F	13/17	F	76/89	1:15:02.726
96/141	KOCSIS, BRIANNE	1262	1:06:36.877	06:39	10:43	10K20-29F	15/20	F	54/89	1:06:33.892
50/141	KUBE, MARIE	1181	56:41.551	05:40	09:07	10K60-69F	1/2	F	24/89	56:40.582
138/141	KUCEY, LEANNE	1182	1:32:36.932	09:15	14:54	10K40-49F	17/17	F	87/89	1:32:30.357
9/141	LANDRY, STEPHANIE	1183	46:20.203	04:38	07:27	10K30-39F	1/34	F	3/89	46:19.417
100/141	LANE, JALEN	1184	1:07:05.119	06:42	10:48	10K20-29M	9/10	M	44/52	1:07:03.492
1/141	LAROCHE, RICHARD	1185	34:37.321	03:27	05:34	10K30-39M	1/15	M	1/52	34:37.313
73/141	LARSEN, COLLIN	1263	1:01:10.424	06:07	09:51	10K20-29M	8/10	M	35/52	1:00:59.885
118/141	LARSEN, HANNAH	1186	1:10:51.898	07:05	11:24	10K20-29F	20/20	F	72/89	1:10:40.662
72/141	LAYTON, ADAM	1187	1:00:58.543	06:05	09:49	10K20-29M	7/10	M	34/52	1:00:50.689
41/141	LEAF, ALYSSA	1188	55:39.325	05:33	08:57	10K20-29F	2/20	F	18/89	55:34.280
94/141	LYONS, SHAYE	1190	1:05:58.555	06:35	10:37	10K20-29F	14/20	F	52/89	1:05:58.150
136/141	LYSTER, ERIN	1191	1:31:05.340	09:06	14:40	10K30-39F	34/34	F	85/89	1:30:52.276
77/141	MAATJE, JOHAN	1192	1:01:53.946	06:11	09:58	10K50-59M	4/4	M	39/52	1:01:46.326
109/141	MACLEOD, ROY	1193	1:09:08.259	06:54	11:07	10K70+M	2/4	M	45/52	1:08:53.659
127/141	MARTIN, DAWN	1194	1:17:33.848	07:45	12:29	10K60-69F	2/2	F	78/89	1:17:23.907
95/141	MCDONALD, ASHLEIGH	1195	1:06:25.556	06:38	10:41	10K30-39F	22/34	F	53/89	1:06:21.891
42/141	MCDONALD, JASON	1196	55:50.459	05:35	08:59	10K30-39M	7/15	M	24/52	55:46.674
106/141	MCGALE, KAREN	1264	1:08:28.862	06:50	11:01	10K50-59F	8/11	F	62/89	1:08:19.848
32/141	MCGINNIS, SHAWNEY	1197	54:04.896	05:24	08:42	10K30-39F	5/34	F	12/89	53:56.877
21/141	MCINTYRE, CORIGAN	1198	51:24.233	05:08	08:16	10K12-15M	2/2	M	15/52	51:23.448
4/141	MCINTYRE, GAVIN	1199	43:07.081	04:18	06:56	10K12-15M	1/2	M	4/52	43:06.051
63/141	MCINTYRE, JESSICA	1200	58:58.286	05:53	09:29	10K30-39F	14/34	F	34/89	58:51.311
85/141	MPOFU, MEL	1265	1:04:30.222	06:27	10:23	10K40-49F	6/17	F	44/89	1:04:18.743
35/141	OGONOSKI, SHAWNA	1202	55:15.348	05:31	08:53	10K50-59F	2/11	F	13/89	55:12.043
99/141	OHLMANN, NIKKI	1203	1:06:59.189	06:41	10:47	10K30-39F	23/34	F	56/89	1:06:51.173
79/141	OLDERSKOG, KAYLEE	1204	1:02:23.265	06:14	10:02	10K30-39F	18/34	F	40/89	1:02:10.780
65/141	PAHULJE, STEFAN	1206	59:27.582	05:56	09:34	10K30-39M	11/15	M	31/52	59:16.344
134/141	PETERSEN, BETH	1207	1:27:03.002	08:42	14:01	10K70+F	1/1	F	83/89	1:26:53.323
31/141	PETTY, SARAH	1208	53:53.458	05:23	08:40	10K30-39F	4/34	F	11/89	53:52.212
12/141	PETCHARKA, KENNY	1209	47:43.194	04:46	07:41	10K40-49M	3/14	M	8/52	47:41.569
7/141	PINDER, ERIN	1210	45:35.953	04:33	07:20	10K40-49F	1/17	F	1/89	45:31.210
101/141	PLANGER, MELISSA	1211	1:07:15.220	06:43	10:49	10K40-49F	9/17	F	57/89	1:07:02.730
40/141	PLAUSTEINER, LISA	1212	55:25.052	05:32	08:55	10K40-49F	4/17	F	17/89	55:16.916
76/141	POETTCKER, STEPHEN	1267	1:01:49.118	06:10	09:57	10K40-49M	11/14	M	38/52	1:01:41.424
132/141	POYTRESS, ALAN	1272	1:26:30.075	08:39	13:55	10K60-69M	2/2	M	51/52	1:25:55.247
81/141	PRICE, MARION	1213	1:03:13.794	06:19	10:10	10K50-59F	5/11	F	42/89	1:03:06.180
88/141	PRICE, RACHEL	1214	1:05:38.634	06:33	10:34	10K30-39F	20/34	F	47/89	1:05:26.145
22/141	QUINTON, BROOKLYN	1275	51:27.584	05:08	08:17	10K30-39F	3/34	F	7/89	51:12.000
82/141	REDFORD, JEFF	1215	1:03:59.941	06:23	10:18	10K30-39M	13/15	M	40/52	1:03:53.266
26/141	RIBAR, HAROLD	1216	52:57.068	05:17	08:31	10K70+M	1/4	M	19/52	52:54.282
6/141	ROOT, WESLEY	1217	44:49.899	04:28	07:13	10K20-29M	1/10	M	6/52	44:48.175
66/141	SCHLOSSER, RILEY	1219	59:31.284	05:57	09:35	10K30-39M	12/15	M	32/52	59:16.561
55/141	SEMENUIK, RICK	1220	57:20.247	05:44	09:13	10K40-49M	7/14	M	28/52	57:18.122
47/141	SGRAZZUTTI, GRAEME	1273	56:32.317	05:39	09:06	10K20-29M	6/10	M	26/52	56:16.178
124/141	SIMPSON, BRADY	1222	1:14:26.609	07:26	11:59	10K20-29M	10/10	M	49/52	1:14:21.702
62/141	SMITH, CORWIN	1223	58:18.161	05:49	09:23	10K30-39M	9/15	M	29/52	58:06.984
30/141	SOMMERVILLE, ANDREW	1224	53:50.576	05:23	08:40	10K40-49M	5/14	M	20/52	53:38.999
60/141	SOUSTER, MADISON	1225	57:23.762	05:44	09:14	10K20-29F	7/20	F	32/89	57:19.518
16/141	STANLEY, SHELDON	1226	50:01.030	05:00	08:03	10K30-39M	3/15	M	10/52	49:57.045

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O/A	Name	Bib#	Time	Pace/k	Pace/m	Category	Cat/Pl	Gender	Gen/Pl	Chip Time
115/141	TURNBULL, JENNY	1230	1:10:17.399	07:01	11:19	10K30-39F	27/34	F	69/89	1:10:07.922
137/141	VAN EGMOND, JULIE	1231	1:32:36.767	09:15	14:54	10K40-49F	16/17	F	86/89	1:32:30.271
130/141	VAN GUNST, SARAH	1232	1:26:17.324	08:37	13:53	10K30-39F	31/34	F	80/89	1:26:07.070
53/141	VANDEN DOOL, GRACE	1234	57:11.481	05:43	09:12	10K50-59F	3/11	F	26/89	56:59.554
110/141	VELDBOOM, OLIVIA	1235	1:09:38.025	06:57	11:12	10K20-29F	16/20	F	65/89	1:09:24.960
58/141	VINK, NADIA	1236	57:23.622	05:44	09:14	10K20-29F	5/20	F	30/89	57:19.555
44/141	WALKER, ASHLEY	1268	56:27.207	05:38	09:05	10K30-39F	8/34	F	20/89	56:15.852
123/141	WALLER, ANKE	1237	1:13:33.429	07:21	11:50	10K30-39F	29/34	F	75/89	1:13:22.654
122/141	WALTON, EVAN	1239	1:12:22.296	07:14	11:39	10K16-19M	1/1	M	48/52	1:11:31.809
3/141	WARD, KIERAN	1269	42:16.856	04:13	06:48	10K40-49M	2/14	M	3/52	42:15.130
131/141	WEST, AMY	1240	1:26:17.511	08:37	13:53	10K30-39F	32/34	F	81/89	1:26:06.856
87/141	WEST, KATIE	1241	1:05:17.634	06:31	10:30	10K20-29F	12/20	F	46/89	1:05:07.759
8/141	WILLIAMS, MARIN	1242	45:40.805	04:34	07:21	10K20-29F	1/20	F	2/89	45:39.178
128/141	WILLIAMS, NICOLE	1243	1:17:33.871	07:45	12:29	10K30-39F	30/34	F	79/89	1:17:23.993
71/141	WILLIAMS, SARA	1244	1:00:41.526	06:04	09:46	10K30-39F	16/34	F	38/89	1:00:36.000
74/141	WILLIAMSON, ROB	1246	1:01:16.260	06:07	09:51	10K40-49M	9/14	M	36/52	1:01:06.985
52/141	ZAPLACHINSKI, JIM	1248	57:04.543	05:42	09:11	10K50-59M	3/4	M	27/52	56:48.697
18/141	ZENTNER, BRAYDEN	1249	50:20.014	05:02	08:06	10K30-39M	4/15	M	12/52	50:15.570
78/141	ZUIDAM, ROMY	1250	1:02:11.339	06:13	10:00	10K30-39F	17/34	F	39/89	1:02:00.304