

2023 Lethbridge Police Half, 10K, 5K

Alpha Overall Results

Half Marathon 21.1K/13.1 Miles

159 Finishers

O/A	Name	Bib#	Time	Pace/k	Pace/m	Category	Cat/PI	Gender	Gen/PI	Chip Time
27/159	ADEMA, SETH	2094	1:44:30.636	04:57	07:58	HALF30-39M	6/27	M	23/92	1:44:25.219
59/159	ANSELMO, JAYDA	2237	1:55:52.924	05:29	08:50	HALF20-29F	7/18	F	14/67	1:55:50.612
128/159	ATKINSON, LAUREN	2095	2:18:20.194	06:33	10:33	HALF20-29F	14/18	F	50/67	2:18:12.442
5/159	ATWOOD, NIGEL	2096	1:29:03.084	04:13	06:47	HALF30-39M	3/27	M	5/92	1:29:02.775
23/159	BARKS, COURTNEY	2098	1:41:37.032	04:48	07:45	HALF30-39F	2/28	F	3/67	1:41:37.032
71/159	BEAR HAT, KESSLER	2238	1:58:13.875	05:36	09:01	HALF16-19M	3/4	M	50/92	1:57:53.804
77/159	BECHTEL, ROBERT	2099	1:58:52.639	05:38	09:04	HALF50-59M	7/7	M	54/92	1:58:36.568
150/159	BELISLE, MINDY	2100	2:48:52.671	08:00	12:53	HALF30-39F	27/28	F	60/67	2:48:42.140
41/159	BENOIT, NICOLAS	2101	1:49:05.067	05:10	08:19	HALF16-19M	2/4	M	35/92	1:48:57.913
14/159	BOEHME, KAI	2102	1:36:34.155	04:34	07:22	HALF40-49M	6/24	M	13/92	1:36:24.547
43/159	BOLDT, JONATHAN	2103	1:49:33.284	05:11	08:21	HALF30-39M	11/27	M	37/92	1:49:29.185
39/159	BROOKS, MIKE	2261	1:48:43.809	05:09	08:18	HALF30-39M	9/27	M	33/92	1:48:28.016
94/159	BROWN, JORDAN	2105	2:05:55.026	05:58	09:36	HALF30-39M	19/27	M	65/92	2:05:45.816
72/159	BURLEIGH, ADAM	2106	1:58:18.703	05:36	09:01	HALF30-39M	16/27	M	51/92	1:58:07.931
90/159	BURTON, NATALIE	2107	2:04:35.035	05:54	09:30	HALF50-59F	4/6	F	28/67	2:04:31.413
51/159	BYL, JOCELYN	2108	1:52:19.292	05:19	08:34	HALF20-29F	6/18	F	9/67	1:52:11.339
38/159	CAMACHO, LEO	2109	1:48:19.689	05:08	08:16	HALF40-49M	13/24	M	32/92	1:48:19.686
144/159	CHAMBERLAIN, KRISTEN	2110	2:26:48.878	06:57	11:12	HALF30-39F	25/28	F	56/67	2:26:39.875
146/159	CHAMBERS, GAIL	2111	2:31:49.232	07:11	11:35	HALF50-59F	6/6	F	57/67	2:31:40.608
50/159	CHRAPKO, MACKENZIE	2112	1:52:06.213	05:18	08:33	HALF20-29F	5/18	F	8/67	1:51:56.923
82/159	CHRONIK, JUSTIN	2113	1:59:37.709	05:40	09:07	HALF30-39M	17/27	M	58/92	1:59:30.279
66/159	CHURKO, TYREL	2114	1:57:17.414	05:33	08:57	HALF40-49M	16/24	M	48/92	1:57:12.118
37/159	CIGUI, PETE	2115	1:47:41.535	05:06	08:13	HALF50-59M	5/7	M	31/92	1:47:36.584
74/159	COPEES, ELANOR	2116	1:58:24.280	05:36	09:02	HALF16-19F	1/2	F	22/67	1:58:20.509
54/159	CUELLAR, NARYIS	2239	1:52:57.939	05:21	08:37	HALF30-39F	4/28	F	11/67	1:49:45.939
83/159	CURTIS, ALCYIA	2117	1:59:42.842	05:40	09:08	HALF30-39F	10/28	F	25/67	1:59:35.089
89/159	DE LEEUW, ARIETTE	2118	2:04:33.346	05:54	09:30	HALF30-39F	11/28	F	27/67	2:04:23.455
47/159	DE LEEUW, DEREK	2119	1:51:11.604	05:16	08:29	HALF30-39M	14/27	M	41/92	1:51:01.273
114/159	DETMERS, AMY	2120	2:12:40.166	06:17	10:07	HALF30-39F	19/28	F	42/67	2:12:19.565
76/159	DONAHUE, KEVIN	2121	1:58:40.593	05:37	09:03	HALF40-49M	17/24	M	53/92	1:58:27.427
53/159	DUCE, JACILYN	2240	1:52:51.166	05:20	08:36	HALF30-39F	3/28	F	10/67	1:52:50.852
153/159	DYCK, HEATHER	2122	2:50:33.871	08:05	13:01	HALF40-49F	8/10	F	62/67	2:50:20.858
137/159	DYCK, JARED	2241	2:20:20.684	06:39	10:42	HALF20-29M	19/21	M	85/92	2:19:44.332
136/159	DYCK, JESSY	2242	2:20:20.636	06:39	10:42	HALF30-39M	24/27	M	84/92	2:19:45.184
152/159	DYCK, MIKAYLA	2123	2:50:33.308	08:04	13:01	HALF11&UF	1/1	F	61/67	2:50:20.234
122/159	DYCK, RADIANCE	2124	2:15:36.438	06:25	10:21	HALF20-29F	13/18	F	46/67	2:15:33.941
88/159	DYCK, SEAN	2125	2:02:46.073	05:49	09:22	HALF40-49M	21/24	M	62/92	2:02:39.298
142/159	EMERSON, JESSE	2126	2:23:48.481	06:48	10:58	HALF30-39M	26/27	M	87/92	2:23:17.598
33/159	ENS, RYLUND	2127	1:46:00.497	05:01	08:05	HALF30-39M	8/27	M	28/92	1:45:50.607
116/159	EPP, CHRISTIAN	2257	2:13:07.096	06:18	10:09	HALF20-29M	15/21	M	73/92	2:13:06.987
17/159	FEHR, EMMA	2244	1:37:53.746	04:38	07:28	HALF30-39F	1/28	F	2/67	1:37:52.253
2/159	FERAN, WILLIAM	2129	1:24:04.114	03:59	06:25	HALF30-39M	1/27	M	2/92	1:24:01.943
125/159	FINDLATER, ALLISON	2130	2:17:31.187	06:31	10:29	HALF30-39F	22/28	F	47/67	2:17:27.567
91/159	FITZGERALD, ROBERT	2132	2:04:37.354	05:54	09:30	HALF20-29M	11/21	M	63/92	2:04:30.579
121/159	FROESE, HENRY	2258	2:15:34.479	06:25	10:20	HALF20-29M	17/21	M	76/92	2:15:23.367
26/159	FROESE, KEVIN	2133	1:44:13.012	04:56	07:57	HALF20-29M	3/21	M	22/92	1:44:10.898
81/159	GAU, LANDEN	2134	1:59:34.405	05:40	09:07	HALF20-29M	10/21	M	57/92	1:59:31.412
1/159	GEDRASIK, ANDREW	2245	1:17:01.237	03:39	05:52	HALF40-49M	1/24	M	1/92	1:16:59.666
106/159	GIBSON, ROWAN	2246	2:09:13.683	06:07	09:51	HALF20-29F	10/18	F	37/67	2:09:09.571
73/159	GIESE, ETHAN	2135	1:58:20.976	05:36	09:02	HALF20-29M	8/21	M	52/92	1:58:17.005
68/159	GIN, SUSAN	2136	1:58:00.608	05:35	09:00	HALF50-59F	3/6	F	20/67	1:57:51.317
127/159	GRAHAM, LINDSEY	2137	2:18:10.842	06:32	10:32	HALF30-39F	23/28	F	49/67	2:18:04.389
143/159	GRASSE, LUKAS	2138	2:24:41.707	06:51	11:02	HALF20-29M	20/21	M	88/92	2:24:32.613
126/159	GREENLEY, ERYN	2139	2:17:55.704	06:32	10:31	HALF16-19F	2/2	F	48/67	2:17:51.058
79/159	GUNDERSON, DAVID	2140	1:59:25.802	05:39	09:07	HALF40-49M	18/24	M	55/92	1:59:13.892
78/159	GUNDERSON, DEANNA	2141	1:59:24.959	05:39	09:06	HALF40-49F	4/10	F	24/67	1:59:12.871
22/159	HAAS, BRIAN	2142	1:41:30.962	04:48	07:44	HALF40-49M	10/24	M	20/92	1:41:20.627
15/159	HARTFORD, RYAN	2143	1:37:39.801	04:37	07:27	HALF40-49M	7/24	M	14/92	1:37:39.190
132/159	HARVEY, DALE	2144	2:19:04.373	06:35	10:36	HALF60-69M	6/6	M	80/92	2:18:58.481
100/159	HECK, CHERYL	2145	2:07:25.378	06:02	09:43	HALF40-49F	6/10	F	33/67	2:07:14.548
109/159	HENDERSON, LANDON	2260	2:09:58.307	06:09	09:55	HALF20-29M	13/21	M	71/92	2:09:41.217

2023 Lethbridge Police Half, 10K, 5K

Alpha Overall Results

Half Marathon 21.1K/13.11 Miles

159 Finishers

O/A	Name	Bib#	Time	Pace/k	Pace/m	Category	Cat/Pl	Gender	Gen/Pl	Chip Time
13/159	HILL, JACKSON	2146	1:35:54.406	04:32	07:19	HALF16-19M	1/4	M	12/92	1:35:46.972
145/159	HOWATT, ANDREW	2247	2:31:37.254	07:11	11:34	HALF16-19M	4/4	M	89/92	2:28:05.254
113/159	HURT, NEBRIAH	2148	2:11:32.104	06:14	10:02	HALF30-39F	18/28	F	41/67	2:11:24.044
93/159	JASSMAN, MEGAN	2149	2:05:41.573	05:57	09:35	HALF30-39F	12/28	F	29/67	2:05:26.204
32/159	JONES, GARETH	2150	1:45:59.067	05:01	08:05	HALF40-49M	12/24	M	27/92	1:45:48.995
56/159	JONES-HUSCH, KATHY	2151	1:54:48.941	05:26	08:45	HALF40-49F	2/10	F	12/67	1:54:42.691
99/159	KAVANAGH, KEELY	2152	2:07:24.956	06:02	09:43	HALF30-39F	13/28	F	32/67	2:07:21.181
95/159	KAWCHUK, MICHAEL	2153	2:05:55.636	05:58	09:36	HALF30-39M	20/27	M	66/92	2:05:46.244
44/159	KEETCH, CODI	2154	1:49:45.567	05:12	08:22	HALF30-39M	12/27	M	38/92	1:49:45.259
48/159	KEITH, TAYLOR	2155	1:51:11.885	05:16	08:29	HALF20-29F	4/18	F	7/67	1:50:59.133
105/159	KIRKBY, CHARLES	2156	2:09:00.908	06:06	09:50	HALF40-49M	22/24	M	69/92	2:08:59.254
140/159	KLASSEN, EVA	2157	2:23:19.745	06:47	10:56	HALF20-29F	16/18	F	54/67	2:23:08.630
16/159	LEDUC, CORRY	2158	1:37:45.638	04:37	07:27	HALF50-59M	2/7	M	15/92	1:37:44.290
42/159	LEDUC, ROBERT	2159	1:49:17.816	05:10	08:20	HALF60-69M	1/6	M	36/92	1:49:01.606
129/159	LENAOUR, KELLEY	2160	2:18:27.366	06:33	10:34	HALF30-39F	24/28	F	51/67	2:18:18.604
9/159	LJA, ROB	2097	1:35:18.547	04:31	07:16	HALF30-39M	4/27	M	8/92	1:35:17.191
96/159	LOWINGS, MALCOLM	2161	2:06:15.370	05:59	09:38	HALF60-69M	5/6	M	67/92	2:06:15.370
4/159	LOWRIE, NATHAN	2162	1:26:21.179	04:05	06:35	HALF30-39M	2/27	M	4/92	1:26:20.746
57/159	MADDAFORD, TROY	2163	1:55:24.494	05:28	08:48	HALF40-49M	15/24	M	45/92	1:55:21.880
21/159	MALINOWSKI, MACIEJ	2164	1:39:56.135	04:44	07:37	HALF40-49M	9/24	M	19/92	1:39:52.764
67/159	MALMBERG, NICOLE	2165	1:57:33.656	05:34	08:58	HALF30-39F	7/28	F	19/67	1:57:17.962
3/159	MANASSES, KEMEI	2166	1:25:53.710	04:04	06:33	HALF20-29M	1/21	M	3/92	1:25:53.340
86/159	MATHEW, JOSE	2167	2:02:16.612	05:47	09:20	HALF60-69M	4/6	M	61/92	2:02:07.911
155/159	MATHEW, STEVE	2168	2:52:54.979	08:11	13:11	HALF30-39M	27/27	M	92/92	2:52:54.979
85/159	MCBEATH, KEVIN	2169	2:01:15.957	05:44	09:15	HALF40-49M	20/24	M	60/92	2:01:03.847
97/159	MENTANKO-TIEFENBACH, DONNA	2148	2:06:24.698	05:59	09:38	HALF60-69F	1/2	F	30/67	2:06:16.492
25/159	MISTAKEN CHIEF, CHARLES	2171	1:43:41.464	04:54	07:54	HALF50-59M	3/7	M	21/92	1:43:32.843
10/159	MITCHELL, ERIC	2172	1:35:37.202	04:31	07:17	HALF40-49M	3/24	M	9/92	1:35:35.800
46/159	MOLAND, MARK	2173	1:50:49.080	05:15	08:27	HALF50-59M	6/7	M	40/92	1:50:41.727
108/159	MOORE, KEATON	2174	2:09:55.705	06:09	09:55	HALF30-39M	21/27	M	70/92	2:09:51.768
28/159	MORLAND, BEN	2175	1:44:32.394	04:57	07:58	HALF30-39M	7/27	M	24/92	1:44:25.539
84/159	MPOFU, ARCHIE	2176	2:00:09.913	05:41	09:10	HALF40-49M	19/24	M	59/92	2:00:07.979
110/159	MUELLER, KONRA	2177	2:10:05.784	06:09	09:55	HALF30-39F	17/28	F	39/67	2:09:57.026
80/159	MUSK, CAMERON	2179	1:59:33.022	05:39	09:07	HALF20-29M	9/21	M	56/92	1:59:30.031
117/159	NAGORSKI, LEE	2180	2:13:34.540	06:19	10:11	HALF20-29M	16/21	M	74/92	2:13:25.064
18/159	NUTLEY, MICK	2181	1:38:43.667	04:40	07:32	HALF40-49M	8/24	M	16/92	1:38:42.266
98/159	OGILVIE, RACHELLE	2249	2:06:44.174	06:00	09:40	HALF40-49F	5/10	F	31/67	2:06:37.222
49/159	OLER, DAN	2182	1:52:01.407	05:18	08:33	HALF40-49M	14/24	M	42/92	1:51:56.476
29/159	OLIVER, RANDY	2250	1:44:53.394	04:58	08:00	HALF40-49M	11/24	M	25/92	1:44:43.442
69/159	OLSON, BARRY	2183	1:58:03.562	05:35	09:00	HALF60-69M	3/6	M	49/92	1:57:59.131
87/159	OSUNGADE, ATINUKE	2184	2:02:37.823	05:48	09:21	HALF20-29F	8/18	F	26/67	2:02:35.429
31/159	OVIATT, AIDAN	2185	1:45:43.739	05:00	08:04	HALF20-29M	4/21	M	26/92	1:45:27.468
12/159	PATERSON, KYLE	2186	1:35:46.742	04:32	07:18	HALF40-49M	5/24	M	11/92	1:35:44.050
157/159	PAYNE, DANIELLE	2187	2:53:50.603	08:14	13:16	HALF20-29F	18/18	F	65/67	2:53:45.192
156/159	PERRY, SALINA	2188	2:52:59.134	08:11	13:12	HALF40-49F	9/10	F	64/67	2:52:48.798
159/159	PETERSON, ERIN	2189	3:25:27.370	09:44	15:41	HALF40-49F	10/10	F	67/67	3:25:08.659
6/159	PRATT, RYAN	2191	1:31:49.777	04:21	07:00	HALF40-49M	2/24	M	6/92	1:31:42.622
119/159	QUARTERMAN, KEITH	2192	2:14:54.743	06:23	10:17	HALF30-39M	22/27	M	75/92	2:14:46.540
118/159	QUARTERMAN, SHANNON	2193	2:14:54.449	06:23	10:17	HALF30-39F	21/28	F	44/67	2:14:46.833
65/159	RED CROW, SAMANTHA	2194	1:56:44.021	05:31	08:54	HALF30-39F	6/28	F	18/67	1:56:42.589
111/159	RIEGER, JESSIE	2195	2:10:28.752	06:11	09:57	HALF20-29F	11/18	F	40/67	2:10:23.900
130/159	ROEDLER, CHRIS	2196	2:18:28.889	06:33	10:34	HALF40-49M	24/24	M	79/92	2:18:16.898
131/159	ROEDLER, RHONDA	2197	2:18:29.123	06:33	10:34	HALF40-49F	7/10	F	52/67	2:18:17.011
35/159	SALTER, ABBIE	2198	1:46:42.286	05:03	08:08	HALF20-29F	3/18	F	6/67	1:46:36.293
135/159	SANDUM, MATTHEW	2199	2:20:02.965	06:38	10:41	HALF20-29M	18/21	M	83/92	2:19:55.754
112/159	SANDUM, TREVOR	2200	2:10:59.291	06:12	09:59	HALF20-29M	14/21	M	72/92	2:10:54.359
149/159	SCHATZ, NICOLA	2252	2:45:28.792	07:50	12:37	HALF20-29F	17/18	F	59/67	2:45:22.538
151/159	SCOTT, JIM	2262	2:50:12.075	08:03	12:59	HALF70+M	2/2	M	91/92	2:50:06.000
104/159	SEDGWICK, AUSTIN	2201	2:08:19.447	06:04	09:47	HALF20-29M	12/21	M	68/92	2:08:14.296
24/159	SHANNON, SAMANTHA	2253	1:41:51.329	04:49	07:46	HALF20-29F	1/18	F	4/67	1:41:49.927
103/159	SHIMODA, CARLEY	2202	2:08:18.768	06:04	09:47	HALF20-29F	9/18	F	36/67	2:08:13.293

2023 Lethbridge Police Half, 10K, 5K

Alpha Overall Results

Half Marathon 21.1K/13.1 Miles

159 Finishers

O/A	Name	Bib#	Time	Pace/k	Pace/m	Category	Cat/Pl	Gender	Gen/Pl	Chip Time
70/159	SHIMODA, MARLEE	2203	1:58:05.905	05:35	09:00	HALF30-39F	8/28	F	21/67	1:58:01.256
60/159	SIKKENS, HEIDI	2204	1:55:58.222	05:29	08:51	HALF50-59F	1/6	F	15/67	1:55:56.872
138/159	SLINGERLAND, DARCY	2205	2:20:29.871	06:39	10:43	HALF30-39M	25/27	M	86/92	2:20:23.178
55/159	SLINGERLAND, ELDON	2206	1:53:17.935	05:22	08:38	HALF20-29M	6/21	M	44/92	1:53:02.422
61/159	SLINGERLAND, JEDREK	2207	1:56:21.001	05:30	08:52	HALF20-29M	7/21	M	46/92	1:56:07.989
133/159	SLINGERLAND, RILEY	2208	2:19:04.819	06:35	10:37	HALF11&UM	1/1	M	81/92	2:18:58.568
101/159	SLUSAR, HILLARY	2209	2:07:38.221	06:02	09:44	HALF30-39F	14/28	F	34/67	2:07:20.007
124/159	SMIGEL, NATHAN	2210	2:16:36.437	06:28	10:25	HALF40-49M	23/24	M	78/92	2:16:32.263
115/159	STANDISH, JULIA	2211	2:12:58.755	06:18	10:09	HALF30-39F	20/28	F	43/67	2:12:50.515
107/159	STANTON, KAYLA	2212	2:09:55.589	06:09	09:55	HALF30-39F	16/28	F	38/67	2:09:51.656
134/159	STEED, CLAYNE	2254	2:19:22.983	06:36	10:38	HALF70+M	1/2	M	82/92	2:19:12.831
158/159	STINN, WENDY	2213	3:14:53.036	09:14	14:52	HALF60-69F	2/2	F	66/67	3:14:31.873
64/159	STIRLING, ELIZABETH	2214	1:56:40.454	05:31	08:54	HALF40-49F	3/10	F	17/67	1:56:35.700
154/159	STOCK, STEPHANIE	2215	2:52:23.980	08:10	13:09	HALF30-39F	28/28	F	63/67	2:52:08.748
34/159	STONE, JASON	2216	1:46:09.379	05:01	08:06	HALF50-59M	4/7	M	29/92	1:46:04.440
7/159	SUTHERLAND, ANDRIA	2255	1:34:06.760	04:27	07:11	HALF40-49F	1/10	F	1/67	1:34:05.424
11/159	SZOBOTA, LUKE	2217	1:35:44.327	04:32	07:18	HALF40-49M	4/24	M	10/92	1:35:37.256
75/159	THEROUX, DELANIAH	2218	1:58:32.788	05:37	09:02	HALF30-39F	9/28	F	23/67	1:58:14.455
62/159	THIESSEN, ERNIE	2219	1:56:25.408	05:31	08:53	HALF60-69M	2/6	M	47/92	1:56:20.076
58/159	THIESSEN, MADISON	2220	1:55:25.315	05:28	08:48	HALF30-39F	5/28	F	13/67	1:55:20.735
148/159	THOMAS, RILEY	2221	2:42:23.075	07:41	12:23	HALF20-29M	21/21	M	90/92	2:42:15.123
139/159	TOWNLEY, JULIA	2222	2:21:38.824	06:42	10:48	HALF20-29F	15/18	F	53/67	2:21:31.010
120/159	TRUSCOTT, SAM	2223	2:15:33.109	06:25	10:20	HALF20-29F	12/18	F	45/67	2:15:30.939
30/159	TSCHETTER, SARAH	2224	1:45:31.153	05:00	08:03	HALF20-29F	2/18	F	5/67	1:45:11.503
123/159	TURCATO, BRETT	2225	2:16:01.680	06:26	10:23	HALF30-39M	23/27	M	77/92	2:15:26.227
20/159	VAN HIERDEN, JEREMY	2226	1:39:35.580	04:43	07:36	HALF20-29M	2/21	M	18/92	1:39:22.029
102/159	VAN ROOTSELAAR, NICOLE	2228	2:08:05.362	06:04	09:46	HALF30-39F	15/28	F	35/67	2:07:56.560
8/159	VANDEN DOOL, GLENN	2229	1:34:38.260	04:29	07:13	HALF50-59M	1/7	M	7/92	1:34:31.108
147/159	VEDRES, FAYLA	2227	2:35:23.779	07:21	11:51	HALF30-39F	26/28	F	58/67	2:35:12.668
92/159	VIRAG, TOM	2230	2:05:40.800	05:57	09:35	HALF30-39M	18/27	M	64/92	2:05:31.840
63/159	VONKEMAN, JEANETTE	2231	1:56:39.469	05:31	08:54	HALF50-59F	2/6	F	16/67	1:56:37.039
19/159	WALLER, CHRISTOPHER	2232	1:39:03.027	04:41	07:33	HALF30-39M	5/27	M	17/92	1:39:01.454
52/159	WILLIAMS, TIM	2233	1:52:27.447	05:19	08:35	HALF30-39M	15/27	M	43/92	1:52:12.835
141/159	WOOD, DONNA	2256	2:23:39.526	06:48	10:57	HALF50-59F	5/6	F	55/67	2:23:33.635
40/159	YANCHYCKI, TYSON	2234	1:48:45.097	05:09	08:18	HALF30-39M	10/27	M	34/92	1:48:27.803
36/159	ZADNIK, RYAN	2235	1:47:02.512	05:04	08:10	HALF20-29M	5/21	M	30/92	1:46:58.895
45/159	ZANONI, JAMES	2236	1:49:52.479	05:12	08:23	HALF30-39M	13/27	M	39/92	1:49:48.826