

2023 Lethbridge Police Half, 10K, 5K

Alpha Overall Results

5K/3.11 Miles

283 Finishers

O/A	Name	Bib#	Time	Pace/k	Pace/m	Category	Cat/Pl	Gender	Gen/Pl	Chip Time
205/283	ADDY, AMANDA	5490	45:24.797	09:04	14:36	5K30-39F	35/52	F	122/175	45:02.213
204/283	ADDY, JASON	5444	45:24.610	09:04	14:36	5K30-39M	17/21	M	83/108	45:02.179
121/283	ANTON, LEONA	5445	34:09.010	06:49	10:58	5K50-59F	6/21	F	65/175	33:46.912
139/283	AOKUSO, AMMON	5446	36:21.710	07:16	11:41	5K11&UM	12/28	M	63/108	35:45.045
198/283	AOKUSO, MOILA	5447	44:19.690	08:51	14:15	5K30-39M	16/21	M	82/108	43:43.424
114/283	ARNETT, MARTYN	5448	33:24.407	06:40	10:44	5K50-59M	4/6	M	55/108	33:05.872
184/283	ARNETT, RENEE	5449	41:18.285	08:15	13:16	5K50-59F	11/21	F	109/175	40:59.811
275/283	ARORA, ANCHAL	5450	59:19.074	11:51	19:04	5K30-39F	52/52	F	167/175	58:57.067
273/283	ARORA, RYAN	5451	58:56.269	11:47	18:57	5K11&UM	27/28	M	107/108	58:34.159
274/283	ARORA, SAM	5452	59:17.456	11:51	19:03	5K11&UM	28/28	M	108/108	58:55.529
231/283	ASH, ADAM	5453	50:08.366	10:01	16:07	5K20-29M	18/19	M	92/108	49:25.460
232/283	ASH, MACKENZIE	5454	50:08.694	10:01	16:07	5K20-29F	35/37	F	140/175	49:25.608
212/283	ASH, MADISON	5455	46:19.547	09:15	14:53	5K20-29M	15/19	M	87/108	45:36.842
213/283	ASH, QUINN	5456	46:21.024	09:16	14:54	5K11&UM	19/28	M	88/108	45:37.418
207/283	ASH, WESLEY	5457	45:42.000	09:08	14:41	5K11&UM	18/28	M	84/108	44:58.813
32/283	BARTELSHEIM, EMMA	5753	26:32.595	05:18	08:32	5K16-19F	2/4	F	12/175	26:16.647
53/283	BARWEGEN, KIRSTEN	5709	28:23.474	05:40	09:07	5K20-29F	8/37	F	23/175	27:49.747
247/283	BATES, JANAY	5459	52:56.693	10:35	17:01	5K40-49F	26/28	F	152/175	52:20.445
183/283	BATES, MICHAEL	5460	41:03.075	08:12	13:11	5K40-49M	9/14	M	75/108	40:35.341
182/283	BATES, ZANDRIA-LYNN	5461	40:51.684	08:10	13:08	5K20-29F	30/37	F	108/175	40:23.604
99/283	BENOIT, AIMEE	5464	31:41.964	06:20	10:11	5K40-49F	9/28	F	51/175	31:24.529
52/283	BENOIT, DOMINIC	5465	28:16.443	05:39	09:05	5K12-15M	5/8	M	30/108	27:59.527
60/283	BENOIT, JULIEN	5466	28:45.222	05:45	09:14	5K12-15M	7/8	M	34/108	28:26.864
219/283	BERRY, BRANTLY	5754	47:05.954	09:25	15:08	5K20-29M	16/19	M	89/108	46:48.959
180/283	BINETRUY, TAYLOR	5467	39:34.200	07:54	12:43	5K20-29F	29/37	F	107/175	39:23.626
278/283	BLACK, CINDY	5468	1:02:58.794	12:35	20:15	5K50-59F	20/21	F	170/175	1:02:25.447
100/283	BOWES, GREG	5470	32:08.918	06:25	10:20	5K30-39M	11/21	M	49/108	31:52.901
137/283	BREWIN, NATASHA	5471	36:13.860	07:14	11:38	5K30-39F	22/52	F	75/175	36:01.697
115/283	BRUINING, SIERRA	5472	33:26.072	06:41	10:45	5K20-29F	17/37	F	60/175	32:49.451
57/283	BRUNNING, JONATHAN	5711	28:41.450	05:44	09:13	5K40-49M	3/14	M	33/108	28:27.866
58/283	BRUNNING, SCARLETT	5712	28:42.271	05:44	09:13	5K12-15F	4/10	F	25/175	28:29.063
36/283	BURLEIGH, JAYNA	5473	26:46.868	05:21	08:36	5K30-39F	2/52	F	15/175	26:39.650
244/283	BURSAW, HEATHER	5474	52:47.999	10:33	16:58	5K40-49F	24/28	F	149/175	52:09.931
97/283	CAMERON, MAGGIE	5475	31:36.761	06:19	10:09	5K30-39F	13/52	F	49/175	31:07.007
203/283	CAPNER, TAYLOR	5477	44:50.204	08:58	14:25	5K20-29F	31/37	F	121/175	44:27.950
9/283	CHATTERTON, ANNA	5765	22:30.930	04:30	07:14	5K12-15F	2/10	F	3/175	22:28.607
154/283	CHATTERTON, MATTHEW	5479	37:10.178	07:26	11:57	5K30-39M	14/21	M	69/108	37:01.924
155/283	CHATTERTON, MICHAELA	5480	37:10.180	07:26	11:57	5K20-29F	21/37	F	86/175	37:01.342
112/283	CHATTERTON, RICHARD	5481	33:21.267	06:40	10:43	5K60-69M	1/5	M	54/108	33:12.853
27/283	CHUBB, KEVIN	5482	25:51.743	05:10	08:18	5K40-49M	1/14	M	18/108	25:35.724
82/283	COLLINS, FRANCES	5714	30:13.302	06:02	09:43	5K30-39F	10/52	F	42/175	29:38.796
282/283	COLWILL, LILLIAN	5483	1:34:46.983	18:57	30:28	5K70+F	4/5	F	174/175	1:33:39.755
59/283	CONARD, SHAUNA	5484	28:42.434	05:44	09:13	5K40-49F	4/28	F	26/175	28:30.490
103/283	CONRAD, CHEYENNE	5485	32:18.715	06:27	10:23	5K30-39F	15/52	F	52/175	32:01.088
56/283	CRAIG, JOSHUA	5486	28:38.801	05:43	09:12	5K20-29M	6/19	M	32/108	28:25.137
116/283	CREEGAN-DOUGHERTY, ERIN	5487	33:27.266	06:41	10:45	5K20-29F	18/37	F	61/175	32:51.097
31/283	CROWDER, NICOLE	5489	26:19.938	05:15	08:28	5K30-39F	1/52	F	11/175	26:08.382
209/283	DE KREEK, KEVIN	5491	45:54.844	09:10	14:45	5K40-49M	11/14	M	85/108	45:29.355
178/283	DE LEEUW, ADELINA	5492	39:29.046	07:53	12:41	5K11&UF	6/14	F	105/175	38:43.440
164/283	DE LEEUW, BECKY	5493	38:05.935	07:37	12:15	5K20-29F	24/37	F	95/175	37:20.690
177/283	DE LEEUW, JALAINA	5494	39:28.669	07:53	12:41	5K20-29F	27/37	F	104/175	38:44.385
179/283	DE LEEUW, KORI	5495	39:29.701	07:53	12:41	5K20-29F	28/37	F	106/175	38:45.638
281/283	DEACON-ROGERS, LESLEE	5715	1:14:43.202	14:56	24:01	5K40-49F	28/28	F	173/175	1:14:03.176
211/283	DEBOER, KARY	5496	46:03.539	09:12	14:48	5K30-39F	36/52	F	125/175	45:17.021
210/283	DEBOER, MARK	5497	46:02.533	09:12	14:48	5K30-39M	18/21	M	86/108	45:16.347
44/283	DEGROOT, DAVIN	5498	27:40.250	05:32	08:53	5K11&UM	4/28	M	26/108	27:38.121
18/283	DEGROOT, KADEN	5499	24:33.745	04:54	07:53	5K12-15M	4/8	M	14/108	24:30.385
185/283	DELANEY, JOSEPH	5716	41:27.941	08:17	13:19	5K11&UM	15/28	M	76/108	40:51.193
186/283	DELANEY, JULIUS	5717	41:35.982	08:19	13:22	5K60-69M	4/5	M	77/108	40:54.156
197/283	DICK, STEPHANIE	5718	44:18.025	08:51	14:14	5K40-49F	20/28	F	116/175	43:51.850
169/283	DRAPER, BROCK	5501	38:15.944	07:39	12:18	5K20-29M	14/19	M	70/108	37:56.090

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283 Finishers

O/A	Name	Bib#	Time	Pace/k	Pace/m	Category	Cat/PI	Gender	Gen/PI	Chip Time
266/283	DRAPER, CANDACE	5502	56:23.271	11:16	18:07	5K30-39F	48/52	F	163/175	55:43.517
265/283	DRAPER, HUNTER	5503	56:23.012	11:16	18:07	5K11&UM	24/28	M	103/108	55:43.998
264/283	DRAPER, MADDOX	5504	56:22.895	11:16	18:07	5K11&UM	23/28	M	102/108	55:43.502
72/283	DUCE, BELLA	5505	29:16.677	05:51	09:24	5K20-29F	13/37	F	35/175	29:02.083
120/283	DUCHARME, LINDSEY	5764	34:06.781	06:49	10:58	5K20-29F	19/37	F	64/175	33:49.647
206/283	DYCK, TERI	5506	45:29.766	09:05	14:37	5K40-49F	21/28	F	123/175	45:09.510
130/283	EASTER, JAYDEN	5507	35:19.015	07:03	11:21	5K11&UM	9/28	M	59/108	34:52.898
146/283	ELLERMAN, JENNIFER	5719	36:37.670	07:19	11:46	5K40-49F	14/28	F	81/175	36:22.424
17/283	ELLISON, DONOVAN	5720	24:20.082	04:52	07:49	5K12-15M	3/8	M	13/108	24:04.418
263/283	ENGLISH, DEANNA	5508	56:11.411	11:14	18:04	5K50-59F	19/21	F	162/175	55:34.868
119/283	EPP, KIMIKO	5509	33:53.260	06:46	10:53	5K40-49F	11/28	F	63/175	33:33.985
106/283	ESPOSITO, STEPHANIE	5510	32:22.253	06:28	10:24	5K30-39F	16/52	F	55/175	31:59.209
92/283	FENIMORE, DARWIN	5511	31:15.597	06:15	10:03	5K11&UM	7/28	M	47/108	30:49.060
172/283	FENIMORE, GLEN	5512	38:17.748	07:39	12:18	5K40-49M	7/14	M	72/108	37:51.053
166/283	FENIMORE, MAQUINNA	5513	38:14.560	07:38	12:17	5K11&UF	4/14	F	97/175	37:48.226
11/283	FEYTER, DWAYNE	5514	23:21.510	04:40	07:30	5K30-39M	2/21	M	8/108	23:17.845
158/283	FEYTER, MELISSA	5515	37:26.352	07:29	12:02	5K40-49F	17/28	F	89/175	37:13.543
156/283	FITZGERALD, REBECCA	5517	37:19.647	07:27	12:00	5K70+F	2/5	F	87/175	36:59.194
193/283	FLAHERTY, CHRIS	5518	43:57.612	08:47	14:08	5K40-49M	10/14	M	80/108	43:43.014
192/283	FLAHERTY, KATIE	5519	43:57.166	08:47	14:07	5K12-15F	10/10	F	113/175	43:42.299
122/283	FLAHERTY, OLIVIA	5520	34:24.853	06:52	11:03	5K12-15F	7/10	F	66/175	34:09.610
165/283	FONTAINE, ABI	5521	38:07.740	07:37	12:15	5K20-29F	25/37	F	96/175	37:39.146
208/283	FONTAINE, JAIME	5522	45:49.009	09:09	14:43	5K40-49F	22/28	F	124/175	45:20.415
188/283	FOREMAN, PARKER	5523	43:35.628	08:43	14:01	5K11&UM	16/28	M	78/108	42:45.381
194/283	FOREMAN, SUTTON	5524	44:13.089	08:50	14:13	5K11&UF	7/14	F	114/175	43:22.295
189/283	FOREMAN, TAMMI	5525	43:46.760	08:45	14:04	5K30-39F	31/52	F	111/175	42:57.227
54/283	FORSYTH, SPENCER	5755	28:33.295	05:42	09:10	5K12-15M	6/8	M	31/108	28:04.461
118/283	GALLAMORE, SHEH	5526	33:34.017	06:42	10:47	5K20-29M	12/19	M	56/108	33:15.540
37/283	GALLANT, BRAD	5527	26:53.242	05:22	08:38	5K50-59M	2/6	M	22/108	26:46.268
21/283	GAUTHIER, HEATHER	5751	25:07.214	05:01	08:04	5K50-59F	1/21	F	6/175	24:52.139
67/283	GELATA, JESSICA	5768	28:56.075	05:47	09:18	5K30-39F	7/52	F	32/175	28:42.870
89/283	GENSOREK, MATTHEW	5528	30:32.144	06:06	09:49	5K16-19M	6/7	M	45/108	30:16.840
229/283	GFRERER, ANTONIETTA	5529	49:01.945	09:48	15:45	5K50-59F	14/21	F	138/175	49:01.945
141/283	GOGOWICH, IRENE	5721	36:24.382	07:16	11:42	5K50-59F	8/21	F	78/175	35:58.123
142/283	GOGOWICH, RICK	5722	36:24.453	07:16	11:42	5K50-59M	6/6	M	64/108	35:57.760
61/283	GOOK, OLIVIA	5532	28:46.160	05:45	09:15	5K16-19F	3/4	F	27/175	28:41.635
133/283	GRAYSTON, BROOKE	5533	35:26.282	07:05	11:23	5K30-39F	20/52	F	73/175	34:54.278
132/283	GRAYSTON, ROWAN	5534	35:26.142	07:05	11:23	5K11&UM	10/28	M	60/108	34:53.476
283/283	GREENWAY, MARION	5535	1:34:50.522	18:58	30:29	5K70+F	5/5	F	175/175	1:33:43.577
35/283	GROTEN, ELISABETH	5723	26:42.929	05:20	08:35	5K50-59F	3/21	F	14/175	26:33.911
24/283	GROTEN, JOSH	5536	25:17.688	05:03	08:08	5K50-59M	1/6	M	17/108	25:07.433
243/283	HAASE, HOLLIE	5537	52:47.718	10:33	16:58	5K11&UF	11/14	F	148/175	52:09.610
241/283	HALLWORTH, JILLIAN	5540	52:44.086	10:32	16:57	5K30-39F	43/52	F	146/175	52:05.982
251/283	HANCOCK, TERAN	5541	55:08.646	11:01	17:43	5K20-29M	19/19	M	98/108	54:23.467
267/283	HANSON, HOLLIE	5542	56:23.435	11:16	18:07	5K30-39F	49/52	F	164/175	55:43.860
81/283	HARASEM, LORI	5724	29:55.270	05:59	09:37	5K50-59F	4/21	F	41/175	29:40.166
55/283	HARRIS, STACEY	5543	28:36.434	05:43	09:11	5K40-49F	3/28	F	24/175	28:25.081
22/283	HATCH, GRACE	5544	25:13.541	05:02	08:06	5K20-29F	4/37	F	7/175	25:04.700
271/283	HATFIELD, JILLIAN	5545	58:15.348	11:39	18:43	5K30-39F	51/52	F	166/175	57:54.095
270/283	HATFIELD, MAZZA	5546	58:14.084	11:38	18:43	5K11&UM	26/28	M	105/108	57:52.829
272/283	HATFIELD, TROY	5547	58:28.238	11:41	18:48	5K40-49M	14/14	M	106/108	58:06.233
254/283	HILDEBRAND, DEIDRE	5548	55:12.137	11:02	17:44	5K60-69F	4/4	F	156/175	54:14.738
253/283	HILDEBRAND, NICOLE	5549	55:12.067	11:02	17:44	5K30-39F	46/52	F	155/175	54:14.164
49/283	HILL, KELSEY	5550	28:03.507	05:36	09:01	5K30-39F	5/52	F	21/175	27:27.733
2/283	HILLIER, ZACHARY	5551	18:40.824	03:44	06:00	5K12-15M	1/8	M	2/108	18:40.415
102/283	HOLGATE, ANTHONY	5552	32:18.199	06:27	10:23	5K40-49M	5/14	M	51/108	32:11.046
101/283	HOLGATE, SEAN	5553	32:17.284	06:27	10:22	5K11&UM	8/28	M	50/108	32:09.810
117/283	HOLT, KINSEY	5725	33:27.478	06:41	10:45	5K30-39F	19/52	F	62/175	33:00.141
104/283	JAMES, ROBIN	5554	32:21.504	06:28	10:24	5K40-49F	10/28	F	53/175	31:52.253
257/283	JENTINK, BRIER	5555	55:19.966	11:03	17:47	5K11&UF	13/14	F	157/175	54:34.362
258/283	JENTINK, JANELLE	5556	55:29.952	11:05	17:50	5K50-59F	16/21	F	158/175	54:44.167

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283 Finishers

O/A	Name	Bib#	Time	Pace/k	Pace/m	Category	Cat/PI	Gender	Gen/PI	Chip Time
181/283	JERVIS, NEIL	5557	40:16.131	08:03	12:56	5K60-69M	3/5	M	74/108	40:16.131
171/283	JESSOP, JASIE	5558	38:16.624	07:39	12:18	5K20-29F	26/37	F	100/175	37:57.030
201/283	JONES, JULIANA	5559	44:28.666	08:53	14:18	5K30-39F	34/52	F	119/175	44:03.501
255/283	JOOSSE, DEAGLAN	5560	55:15.281	11:03	17:46	5K11&UM	22/28	M	99/108	54:17.767
256/283	JOOSSE, TODD	5561	55:15.631	11:03	17:46	5K40-49M	13/14	M	100/108	54:19.276
69/283	JORGENSEN, CHRIS	5562	28:59.965	05:47	09:19	5K50-59M	3/6	M	36/108	28:28.220
238/283	KAUPP, BRAEDEN	5564	52:21.350	10:28	16:50	5K30-39M	19/21	M	94/108	51:53.829
10/283	KHANGURA, KULJEET	5565	23:12.594	04:38	07:27	5K20-29M	1/19	M	7/108	23:06.039
161/283	KIENZLE, NICOLE	5566	37:42.217	07:32	12:07	5K40-49F	18/28	F	92/175	37:24.103
191/283	KINAHAN, KIRA	5635	43:56.955	08:47	14:07	5K40-49F	19/28	F	112/175	43:18.730
131/283	KLASSEN, AGANETA	5757	35:22.297	07:04	11:22	5K20-29F	20/37	F	72/175	35:06.283
87/283	KLASSEN, MATTHEW	5567	30:22.419	06:04	09:45	5K40-49M	4/14	M	44/108	29:58.019
199/283	KRAMPL, WENDY	5569	44:23.181	08:52	14:16	5K50-59F	12/21	F	117/175	43:58.977
127/283	KREMENIK, TERRI	5570	34:45.617	06:57	11:10	5K50-59F	7/21	F	69/175	34:26.823
138/283	KRUZER, BRYNLEIGH	5571	36:21.359	07:16	11:41	5K11&UF	2/14	F	76/175	35:57.253
136/283	KRUZER, CAYDENCE	5572	35:59.797	07:11	11:34	5K11&UM	11/28	M	62/108	35:35.872
140/283	KRUZER, KYRA	5573	36:21.711	07:16	11:41	5K30-39F	23/52	F	77/175	35:57.787
222/283	KWOK, ERIC	5574	47:37.241	09:31	15:18	5K60-69M	5/5	M	90/108	46:58.291
221/283	KWOK, MAGGIE	5575	47:37.171	09:31	15:18	5K30-39F	38/52	F	132/175	46:59.065
280/283	LAHODA, AIMEE	5576	1:14:42.570	14:56	24:01	5K20-29F	37/37	F	172/175	1:14:02.717
162/283	LAIRD, CAYLEE	5577	38:00.709	07:36	12:13	5K20-29F	22/37	F	93/175	37:42.492
235/283	LAMMERS-POTTAGE, ANDREA	5578	51:37.969	10:19	16:36	5K30-39F	41/52	F	142/175	51:02.696
90/283	LEHBAUER, HOLLY	5580	30:36.223	06:07	09:50	5K40-49F	8/28	F	45/175	30:05.020
259/283	LISOWICZ, DENIECE	5582	55:45.137	11:09	17:55	5K50-59F	17/21	F	159/175	55:00.174
252/283	LISOWICZ, KAEALYN	5583	55:10.006	11:02	17:44	5K11&UF	12/14	F	154/175	54:23.448
28/283	LORENZ, ABBOTT	5584	26:10.164	05:14	08:24	5K11&UM	3/28	M	19/108	26:09.700
29/283	LORENZ, BRENT	5585	26:12.461	05:14	08:25	5K40-49M	2/14	M	20/108	26:11.377
214/283	MACDONALD, BROOK-LYNN	5729	46:45.657	09:21	15:02	5K11&UF	8/14	F	126/175	45:59.653
200/283	MACKILLOP, DORRAINE	5588	44:23.674	08:52	14:16	5K30-39F	33/52	F	118/175	43:59.228
237/283	MACLEOD, CAREL	5589	52:21.068	10:28	16:49	5K70+F	3/5	F	144/175	51:52.674
129/283	MACLEOD, TEANA	5590	35:17.398	07:03	11:20	5K12-15F	8/10	F	71/175	34:49.841
93/283	MADDAFORD, KATELYNN	5591	31:16.301	06:15	10:03	5K16-19F	4/4	F	46/175	31:08.866
91/283	MAMONA, ELIM	5592	31:15.550	06:15	10:03	5K16-19M	7/7	M	46/108	31:09.243
74/283	MAMUDU, NURUDEEN	5593	29:27.973	05:53	09:28	5K30-39M	8/21	M	38/108	29:20.913
159/283	MARTIN, STEPHANIE	5594	37:26.984	07:29	12:02	5K30-39F	27/52	F	90/175	36:56.649
233/283	MATIS-VADNAIS, JENNIFER	5595	50:44.225	10:08	16:18	5K50-59F	15/21	F	141/175	50:16.888
19/283	MAZUTINEC, TRENT	5596	24:42.158	04:56	07:56	5K30-39M	4/21	M	15/108	24:25.689
34/283	MCBEATH, JACOB	5597	26:41.078	05:20	08:34	5K16-19M	5/7	M	21/108	26:14.160
151/283	MCCULLOUGH, DAREN	5598	36:57.218	07:23	11:52	5K20-29M	13/19	M	67/108	36:43.934
86/283	MCKERLIE, CALEB	5600	30:19.465	06:03	09:45	5K30-39M	10/21	M	43/108	30:06.760
66/283	MIKLOS, SARAH	5602	28:51.293	05:46	09:16	5K20-29F	11/37	F	31/175	28:38.089
98/283	MILLER, JOLAYNE	5731	31:38.800	06:19	10:10	5K30-39F	14/52	F	50/175	31:18.845
262/283	MILLER, RHONDA	5603	56:11.317	11:14	18:04	5K50-59F	18/21	F	161/175	55:34.507
175/283	MOORE, AARON	5734	39:15.332	07:51	12:37	5K40-49M	8/14	M	73/108	38:54.418
107/283	MOORE, ADRIA	5735	32:35.705	06:31	10:28	5K12-15F	6/10	F	56/175	32:16.370
149/283	MOORE, RALNA	5736	36:52.788	07:22	11:51	5K40-49F	15/28	F	83/175	36:31.740
123/283	MOTZ, AMY	5737	34:24.970	06:52	11:03	5K11&UF	1/14	F	67/175	34:09.524
124/283	MOTZ, LEIGHTON	5738	34:25.016	06:53	11:03	5K30-39M	12/21	M	57/108	34:09.827
96/283	MOWERS, JODI	5604	31:36.034	06:19	10:09	5K30-39F	12/52	F	48/175	31:16.261
14/283	NEIL, KALEB	5607	23:50.385	04:46	07:39	5K16-19M	3/7	M	10/108	23:48.900
109/283	NEUFELD, AMANDA	5739	32:46.088	06:33	10:32	5K20-29F	16/37	F	58/175	32:08.744
51/283	OLER, DAVID	5608	28:11.310	05:38	09:03	5K20-29M	5/19	M	29/108	28:03.492
70/283	OLSON, BRADEN	5609	29:10.930	05:50	09:23	5K20-29M	7/19	M	37/108	29:00.192
71/283	OLSON, EMMA	5610	29:10.958	05:50	09:23	5K20-29F	12/37	F	34/175	29:00.828
68/283	ORR, KIM	5611	28:59.824	05:47	09:19	5K40-49F	5/28	F	33/175	28:28.081
150/283	PAHULJE, MAJDA	5612	36:56.467	07:23	11:52	5K70+F	1/5	F	84/175	36:39.814
126/283	PARASCAK, CRAIG	5613	34:27.594	06:53	11:04	5K50-59M	5/6	M	58/108	33:59.481
95/283	PARASCAK, TANNER	5614	31:21.082	06:16	10:04	5K20-29M	9/19	M	48/108	30:54.904
79/283	PERES, MICHELLE	5530	29:47.449	05:57	09:34	5K40-49F	7/28	F	40/175	29:43.704
242/283	PETITE, STACEY	5615	52:47.670	10:33	16:58	5K30-39F	44/52	F	147/175	52:09.599
174/283	PIKE, TAMMIE	5617	38:45.404	07:45	12:27	5K30-39F	29/52	F	102/175	38:35.148

2023 Lethbridge Police Half, 10K, 5K

Alpha Overall Results

5K/3.11 Miles

283 Finishers

O/A	Name	Bib#	Time	Pace/k	Pace/m	Category	Cat/PI	Gender	Gen/PI	Chip Time
246/283	PODRASKY, KAYLA	5618	52:56.365	10:35	17:01	5K30-39F	45/52	F	151/175	52:20.116
145/283	POLS, BOBBI JO	5619	36:35.164	07:19	11:45	5K50-59F	9/21	F	80/175	36:11.360
111/283	POOL, AUSTIN	5740	32:57.691	06:35	10:35	5K20-29M	11/19	M	53/108	32:35.266
234/283	POTTAGE, ANDY	5621	51:26.553	10:17	16:32	5K11&UM	20/28	M	93/108	50:51.480
88/283	POZDNEKOFF, JENNIFER	5622	30:24.716	06:04	09:46	5K50-59F	5/21	F	44/175	30:10.932
215/283	RAPUANO, JASMINE	5741	46:46.734	09:21	15:02	5K20-29F	32/37	F	127/175	46:01.713
128/283	REARDEN, RACHIEL	5624	34:57.828	06:59	11:14	5K40-49F	13/28	F	70/175	34:23.704
62/283	REITER, KOLBEA	5763	28:46.254	05:45	09:15	5K30-39F	6/52	F	28/175	28:16.900
134/283	RICE, KYLE	5626	35:47.328	07:09	11:30	5K30-39M	13/21	M	61/108	35:25.504
135/283	RICE, SAMANTHA	5627	35:47.353	07:09	11:30	5K30-39F	21/52	F	74/175	35:25.988
47/283	RICHARDSON, BEN	5628	27:46.726	05:33	08:55	5K30-39M	7/21	M	28/108	27:40.723
163/283	ROBBINS, TASHIAH	5629	38:05.748	07:37	12:14	5K20-29F	23/37	F	94/175	37:47.271
195/283	ROEDLER, BLAKE	5630	44:15.635	08:51	14:13	5K11&UM	17/28	M	81/108	43:42.287
276/283	ROEDLER, EMILY	5631	59:29.669	11:53	19:07	5K11&UF	14/14	F	168/175	58:53.503
277/283	ROEDLER, LEAH	5632	59:59.854	11:59	19:17	5K40-49F	27/28	F	169/175	59:24.157
245/283	ROMANIUK, TRISH	5633	52:54.841	10:34	17:00	5K40-49F	25/28	F	150/175	52:24.424
85/283	ROOT, ZACK	5742	30:17.168	06:03	09:44	5K30-39M	9/21	M	42/108	30:05.683
190/283	SANGSTER, BRODY	5634	43:56.932	08:47	14:07	5K30-39M	15/21	M	79/108	43:19.284
16/283	SARMET, GABRIEL	5636	24:07.803	04:49	07:45	5K11&UM	2/28	M	12/108	24:04.439
38/283	SARMET, GIULIA	5637	26:59.454	05:23	08:40	5K12-15F	3/10	F	16/175	26:55.884
108/283	SASS, SVENJA	5638	32:37.862	06:31	10:29	5K30-39F	17/52	F	57/175	32:18.886
125/283	SATURLEY, KRISTEN	5639	34:26.798	06:53	11:04	5K40-49F	12/28	F	68/175	34:05.549
249/283	SCHELLENBERG, ASA	5640	53:39.912	10:43	17:15	5K11&UM	21/28	M	97/108	53:06.848
168/283	SCHELLENBERG, JODI	5641	38:14.866	07:38	12:17	5K30-39F	28/52	F	99/175	37:42.981
248/283	SCHELLENBERG, JORDAN	5642	53:39.701	10:43	17:15	5K30-39M	20/21	M	96/108	53:05.656
167/283	SCHELLENBERG, SAYLOR	5643	38:14.725	07:38	12:17	5K11&UF	5/14	F	98/175	37:42.781
202/283	SCHOEN, ANNA	5644	44:29.747	08:53	14:18	5K60-69F	1/4	F	120/175	44:04.639
260/283	SCHWARTZ, CARMEN	5645	55:51.771	11:10	17:57	5K30-39F	47/52	F	160/175	55:10.427
261/283	SCHWARTZ, MIKE	5646	55:52.358	11:10	17:57	5K30-39M	21/21	M	101/108	55:10.535
230/283	SEIBERT, LOUISE	5648	49:26.811	09:53	15:53	5K60-69F	3/4	F	139/175	48:34.306
84/283	SHENTON, JESSIE	5649	30:15.598	06:03	09:43	5K20-29F	14/37	F	43/175	29:52.635
15/283	SILVA, MATEUS	5650	24:07.635	04:49	07:45	5K30-39M	3/21	M	11/108	24:03.892
83/283	SKILLING, DAVID	5651	30:14.730	06:02	09:43	5K20-29M	8/19	M	41/108	29:55.394
147/283	SLINGERLAND, COLTON	5652	36:44.702	07:20	11:48	5K11&UM	14/28	M	66/108	36:01.097
148/283	SLINGERLAND, KIMBERLY	5653	36:44.773	07:20	11:48	5K30-39F	25/52	F	82/175	36:01.070
63/283	SMITH, KRISTEN	5654	28:47.286	05:45	09:15	5K20-29F	9/37	F	29/175	28:30.229
228/283	SMITH, PATRICK	5655	48:15.983	09:39	15:31	5K20-29M	17/19	M	91/108	48:07.006
50/283	STEACY, BRITTANY	5656	28:09.576	05:37	09:03	5K40-49F	2/28	F	22/175	27:40.623
73/283	STEED, KIMBERLY	5657	29:17.613	05:51	09:25	5K30-39F	8/52	F	36/175	29:03.018
224/283	STELLA, LINDSAY	5658	47:53.695	09:34	15:24	5K30-39F	39/52	F	134/175	47:21.028
223/283	STELLA, RORY	5659	47:53.624	09:34	15:23	5K11&UF	10/14	F	133/175	47:21.497
105/283	STEWART, KAMI	5660	32:21.549	06:28	10:24	5K20-29F	15/37	F	54/175	31:51.783
196/283	SULC, TEGAN	5743	44:17.767	08:51	14:14	5K30-39F	32/52	F	115/175	43:51.822
75/283	SULLIVAN-FEHR, KHLOE-ANN	5661	29:28.209	05:53	09:28	5K12-15F	5/10	F	37/175	28:58.633
173/283	SUTHERLAND, LORNA	5662	38:28.673	07:41	12:22	5K50-59F	10/21	F	101/175	38:04.867
26/283	SUTTROP, VIVIEN	5663	25:27.111	05:05	08:11	5K50-59F	2/21	F	9/175	25:21.887
76/283	SWIFT, BRODY	5664	29:30.527	05:54	09:29	5K11&UM	6/28	M	39/108	29:21.973
4/283	SWIFT, CONRAD	5767	19:16.589	03:51	06:11	5K16-19M	2/7	M	3/108	19:13.801
23/283	SWIFT, ISAAC	5769	25:17.080	05:03	08:07	5K16-19M	4/7	M	16/108	25:13.775
143/283	SWIFT, JACOB	5665	36:25.765	07:17	11:42	5K11&UM	13/28	M	65/108	36:16.691
144/283	SWIFT, KATHERINE	5666	36:28.366	07:17	11:43	5K30-39F	24/52	F	79/175	36:19.091
25/283	SWIFT, LIVIA	5766	25:18.650	05:03	08:08	5K16-19F	1/4	F	8/175	25:15.662
12/283	SZILAGYI, CARTER	5667	23:25.986	04:41	07:32	5K20-29M	2/19	M	9/108	23:17.266
250/283	SZILAGYI, KARYN	5668	54:21.491	10:52	17:28	5K20-29F	36/37	F	153/175	53:44.871
33/283	TANNER, SKYLER	5744	26:38.476	05:19	08:33	5K20-29F	5/37	F	13/175	26:34.028
39/283	TASKER, KELSEY	5669	27:11.500	05:26	08:44	5K30-39F	3/52	F	17/175	26:41.484
220/283	TAYLOR, MEGAN	5670	47:11.461	09:26	15:10	5K30-39F	37/52	F	131/175	46:42.679
216/283	TAYLOR, WINN	5671	46:49.360	09:21	15:03	5K11&UF	9/14	F	128/175	46:19.923
40/283	TEIXEIRA, COREY	5672	27:15.789	05:27	08:45	5K20-29M	3/19	M	23/108	27:07.732
13/283	TESKE, WHITNEY	5758	23:48.018	04:45	07:39	5K20-29F	2/37	F	4/175	23:44.449
80/283	THIBEAU, BEN	5673	29:51.528	05:58	09:36	5K12-15M	8/8	M	40/108	29:22.747

2023 Lethbridge Police Half, 10K, 5K

Alpha Overall Results

5K/3.11 Miles

283 Finishers

O/A	Name	Bib#	Time	Pace/k	Pace/m	Category	Cat/PI	Gender	Gen/PI	Chip Time
65/283	THIBEAU, JAX	5674	28:51.177	05:46	09:16	5K11&UM	5/28	M	35/108	28:21.903
153/283	THIBEAU, KELLY	5675	36:58.717	07:23	11:53	5K40-49F	16/28	F	85/175	36:25.169
152/283	THIBEAU, ROB	5676	36:58.579	07:23	11:53	5K40-49M	6/14	M	68/108	36:25.776
170/283	TIEFENBACH, RICH	5745	38:16.107	07:39	12:18	5K60-69M	2/5	M	71/108	37:55.491
113/283	TORRIE, KELSEY	5746	33:24.291	06:40	10:44	5K30-39F	18/52	F	59/175	32:57.178
20/283	TRINH, MERCY	5678	24:52.470	04:58	07:59	5K20-29F	3/37	F	5/175	24:51.387
227/283	TYMCHYNA, LINDSAY	5679	48:14.976	09:38	15:30	5K20-29F	34/37	F	137/175	48:05.818
3/283	TYMKO, PETRA	5747	18:51.395	03:46	06:03	5K12-15F	1/10	F	1/175	18:51.188
279/283	ULRICH, JENNIFER	5680	1:14:40.507	14:56	24:00	5K50-59F	21/21	F	171/175	1:14:00.513
46/283	UNRUH, SPENCER	5681	27:46.131	05:33	08:55	5K30-39M	6/21	M	27/108	27:28.613
226/283	VAN DE COEVERING, KIM	5682	47:54.797	09:34	15:24	5K30-39F	40/52	F	136/175	47:33.295
225/283	VAN DE COEVERING, MARGARET	5683	47:54.727	09:34	15:24	5K60-69F	2/4	F	135/175	47:33.584
236/283	VAN ECK, NICOLE	5759	51:38.343	10:19	16:36	5K30-39F	42/52	F	143/175	51:03.350
45/283	VAN HIERDEN, ALEISHA	5760	27:40.492	05:32	08:53	5K20-29F	7/37	F	19/175	27:11.832
8/283	VANDER HEIDE, ISAIAH	5748	22:16.963	04:27	07:09	5K12-15M	2/8	M	6/108	21:56.584
78/283	VANDER HEIDE, TRACY	5684	29:34.930	05:54	09:30	5K40-49F	6/28	F	39/175	29:14.415
110/283	VANDERPLAS, MATTHIAS	5685	32:57.596	06:35	10:35	5K20-29M	10/19	M	52/108	32:34.511
157/283	WAKEHAM, REBECCA	5687	37:23.632	07:28	12:01	5K30-39F	26/52	F	88/175	36:49.347
218/283	WALDIE, MADISON	5688	47:05.860	09:25	15:08	5K20-29F	33/37	F	130/175	46:49.005
64/283	WALLACE, SERENA	5689	28:47.544	05:45	09:15	5K20-29F	10/37	F	30/175	28:30.488
176/283	WALPER, KELSEY	5752	39:24.356	07:52	12:40	5K30-39F	30/52	F	103/175	38:59.833
187/283	WALTON, MAYA	5690	41:42.169	08:20	13:24	5K12-15F	9/10	F	110/175	40:54.395
77/283	WARNOCK, ALISON	5692	29:30.952	05:54	09:29	5K30-39F	9/52	F	38/175	29:19.007
94/283	WICKS, ASHLY	5693	31:18.480	06:15	10:04	5K30-39F	11/52	F	47/175	30:49.443
1/283	WILLIAMS, COOPER	5761	17:16.498	03:27	05:33	5K16-19M	1/7	M	1/108	17:15.974
30/283	WILLIAMS, CORALEE	5762	26:18.250	05:15	08:27	5K40-49F	1/28	F	10/175	26:10.714
41/283	WILLIAMS, HANNAH	5749	27:16.001	05:27	08:46	5K20-29F	6/37	F	18/175	27:10.777
42/283	WILLIAMS, REGGIE	5750	27:16.633	05:27	08:46	5K20-29M	4/19	M	24/108	27:10.949
240/283	WOOLLEY, JAMES	5697	52:33.514	10:30	16:53	5K40-49M	12/14	M	95/108	52:08.870
239/283	WOOLLEY, SARAH	5698	52:31.123	10:30	16:53	5K40-49F	23/28	F	145/175	52:06.217
7/283	WYLIE, LACIE	5699	22:12.697	04:26	07:08	5K20-29F	1/37	F	2/175	26:59.361
48/283	YAKE, KELLY	5700	27:58.350	05:35	08:59	5K30-39F	4/52	F	20/175	27:48.611
43/283	YAKE, WYATT	5701	27:37.141	05:31	08:52	5K30-39M	5/21	M	25/108	27:27.403
160/283	YASINSKI, CADEN	5702	37:29.585	07:29	12:03	5K11&UF	3/14	F	91/175	36:46.677
269/283	YASINSKI, CHARIS	5703	57:28.967	11:29	18:28	5K30-39F	50/52	F	165/175	56:45.320
268/283	YASINSKI, COEN	5704	57:28.895	11:29	18:28	5K11&UM	25/28	M	104/108	56:45.245
217/283	YORK - GILLETT, TRISH	5705	47:01.945	09:24	15:07	5K50-59F	13/21	F	129/175	46:07.104
5/283	ZWARTBOL, EVAN	5707	22:04.939	04:24	07:06	5K11&UM	1/28	M	4/108	22:02.754
6/283	ZWARTBOL, STEVE	5708	22:05.012	04:25	07:06	5K30-39M	1/21	M	5/108	22:03.665