

2023 Ritas Run 5K/10K May 13/2023

Alpha Overall Results

10K - 6.21 Miles

85 Finishers

O/A	Name	Bib#	Time	Pace/K	Pace/M	Category	Cat/PI	Gender	Gen/PI	City
79/85	ASHCROFT, ALAN	101	1:19:55.352	07:59		10K50-59M	6/6	M	25/26	LETHBRIDGE, AB
78/85	ASHCROFT, CHELSIE	102	1:19:54.987	07:59		10K40-49F	15/18	F	54/59	LETHBRIDGE, AB
75/85	BAREHAM-WRIGHT, VAL	169	1:18:09.404	07:48		10K60-69F	2/3	F	51/59	LETHBRIDGE, AB
72/85	BELISLE, MINDY	103	1:14:04.832	07:24		10K30-39F	25/27	F	48/59	LETHBRIDGE, AB
76/85	BIGGINS, MARIAN	104	1:18:10.296	07:49		10K60-69F	3/3	F	52/59	LETHBRIDGE, AB
30/85	BOGAART, WILLIAM	105	55:57.622	05:35		10K40-49M	5/7	M	15/26	LETHBRIDGE, AB
80/85	BRIDGES, TESS	106	1:20:32.413	08:03		10K30-39F	26/27	F	55/59	LETHBRIDGE, AB
74/85	BROWN, BARB	107	1:15:49.533	07:34		10K40-49F	14/18	F	50/59	LETHBRIDGE, AB
14/85	BRUGGER, CAITLYN	108	52:16.440	05:13		10K30-39F	3/27	F	6/59	TABER, AB
15/85	BURGESS, NICOLE	195	52:48.739	05:16		10K19&UF	1/3	F	7/59	LETHBRIDGE, AB
17/85	CASTRO, LINA	196	53:48.790	05:22		10K20-29F	2/4	F	8/59	LETHBRIDGE, AB
57/85	CHAMPAGNE, CAT	109	1:04:55.489	06:29		10K30-39F	20/27	F	34/59	TABER, AB
33/85	CHAREST, JOLLIN	110	56:35.932	05:39		10K40-49M	6/7	M	16/26	LETHBRIDGE, AB
5/85	CHAREST, TRISTAN	200	44:27.151	04:26		10K19&UM	1/1	M	4/26	LETHBRIDGE, AB
11/85	CHRAPKO, MACKENZIE	111	51:46.410	05:10		10K20-29F	1/4	F	4/59	LETHBRIDGE, AB
60/85	CHRONIK, KATHERINE	113	1:06:52.167	06:41		10K30-39F	21/27	F	37/59	PICTURE BUTTE, AB
16/85	DAVY, DAN	115	52:58.964	05:17		10K40-49M	3/7	M	9/26	LETHBRIDGE, AB
46/85	DEWACHT, AIMEE	197	1:01:26.992	06:08		10K40-49F	8/18	F	27/59	LETHBRIDGE, AB
70/85	DIAS, CAMILA	116	1:10:16.869	07:01		10K30-39F	24/27	F	46/59	LETHBRIDGE, AB
2/85	DIBBEN, MITCHEL	117	42:42.439	04:16		10K40-49M	1/7	M	2/26	LETHBRIDGE, AB
48/85	DOENZ, CODY	118	1:01:45.036	06:10		10K30-39F	16/27	F	29/59	LETHBRIDGE, AB
84/85	DYKSTRA, KRISTEN	119	1:24:36.227	08:27		10K40-49F	18/18	F	58/59	LETHBRIDGE, AB
73/85	FRANZ, JAYLYN	121	1:15:14.656	07:31		10K40-49F	13/18	F	49/59	LETHBRIDGE, AB
12/85	FRIESEN, HELENA	201	52:03.292	05:12		10K30-39F	2/27	F	5/59	LETHBRIDGE, AB
77/85	GAMMON, BARBARA	122	1:18:48.765	07:52		10K70+F	1/1	F	53/59	LETHBRIDGE, AB
36/85	GELATA, JESSICA	123	57:02.714	05:42		10K30-39F	10/27	F	20/59	LETHBRIDGE, AB
81/85	GOODRICH, JENNA	125	1:22:38.703	08:15		10K40-49F	16/18	F	56/59	LETHBRIDGE, AB
56/85	GROENENBOOM, ABIGAIL	126	1:02:39.559	06:15		10K40-49F	9/18	F	33/59	COALHURST, AB
43/85	GUPPY, BRENT	128	58:59.837	05:53		10K60-69M	1/3	M	19/26	LETHBRIDGE, AB
8/85	HAGEL, RYAN	129	49:58.037	04:59		10K40-49M	2/7	M	6/26	LETHBRIDGE, AB
42/85	HALL, LARA	130	58:33.399	05:51		10K40-49F	6/18	F	24/59	LETHBRIDGE, AB
4/85	HALOWSKI, JENI	131	43:37.499	04:21		10K40-49F	1/18	F	1/59	LETHBRIDGE, AB
45/85	HARRIS, STACEY	132	1:01:08.349	06:06		10K40-49F	7/18	F	26/59	TABER, AB
31/85	HEROD, CHRISTINE	133	56:31.160	05:39		10K30-39F	8/27	F	16/59	COALHURST, AB
23/85	HYGGEN, JAYDEN	134	54:55.867	05:29		10K20-29F	3/4	F	11/59	LETHBRIDGE, AB
53/85	JENSEN, RUSSEL	135	1:02:23.444	06:14		10K40-49M	7/7	M	21/26	LETHBRIDGE, AB
13/85	JOHNSON, DEAN	136	52:10.394	05:13		10K50-59M	1/6	M	8/26	LETHBRIDGE, AB
58/85	JOHNSON, MICHELLE	137	1:06:34.074	06:39		10K40-49F	10/18	F	35/59	LETHBRIDGE, AB
52/85	JONES, PAUL	138	1:02:20.636	06:14		10K50-59M	3/6	M	20/26	NOBLEFORD, AB
24/85	JONES-HUSCH, KATHY	139	54:57.343	05:29		10K40-49F	3/18	F	12/59	LETHBRIDGE, AB
64/85	KAPPEL, JOANNA	140	1:08:34.063	06:51		10K50-59F	2/3	F	40/59	LETHBRIDGE, AB
21/85	KELLY, DILLAN	141	54:51.222	05:29		10K20-29M	1/2	M	12/26	LETHBRIDGE, AB
47/85	KINNEL, JENN	143	1:01:32.991	06:09		10K30-39F	15/27	F	28/59	LETHBRIDGE, AB
7/85	LANDRY, STEPHANIE	145	48:39.986	04:51		10K30-39F	1/27	F	2/59	LETHBRIDGE, AB
85/85	LANGE, JENNIFER	146	1:27:31.595	08:45		10K30-39F	27/27	F	59/59	LETHBRIDGE, AB
1/85	LAROUCHE, RICHARD	147	37:25.263	03:44		10K30-39M	1/6	M	1/26	LETHBRIDGE, AB
19/85	LARSEN, ERIK	148	54:37.588	05:27		10K30-39M	5/6	M	11/26	LETHBRIDGE, AB
9/85	LENAOUR, TAYLOR	149	50:23.118	05:02		10K30-39M	4/6	M	7/26	LETHBRIDGE, AB
3/85	LJA, ROB	159	43:11.613	04:19		10K30-39M	2/6	M	3/26	COALDALE, AB
51/85	LYNCH, ASHLEY	150	1:02:19.072	06:13		10K30-39F	19/27	F	32/59	LETHBRIDGE, AB
55/85	MAATJE, JOHAN	151	1:02:36.924	06:15		10K50-59M	4/6	M	23/26	LETHBRIDGE, AB
26/85	MACKINNON, BRUCE	152	55:37.426	05:33		10K50-59M	2/6	M	13/26	LETHBRIDGE, AB
25/85	MALCHOW, BRENNNA	153	55:24.171	05:32		10K30-39F	6/27	F	13/59	LETHBRIDGE, AB
22/85	MALMBERG, NICOLE	154	54:54.801	05:29		10K30-39F	5/27	F	10/59	LETHBRIDGE, AB
67/85	MORRIS, NANCY	160	1:09:20.031	06:56		10K60-69F	1/3	F	43/59	LETHBRIDGE, AB
18/85	MRAK, JOE	161	54:17.675	05:25		10K40-49M	4/7	M	10/26	COALDALE, AB
10/85	MRAK, LAURA	162	51:03.500	05:06		10K40-49F	2/18	F	3/59	COALDALE, AB

2023 Ritas Run 5K/10K May 13/2023

Alpha Overall Results

10K - 6.21 Miles

85 Finishers

O/A	Name	Bib#	Time	Pace/K	Pace/M	Category	Cat/PI	Gender	Gen/PI	City
38/85	NEARING, THOMAS	163	57:39.094	05:45		10K20-29M	2/2	M	17/26	LETHBRIDGE, AB
68/85	NG, SHERRI	164	1:09:28.426	06:56		10K40-49F	11/18	F	44/59	LETHBRIDGE, AB
71/85	OLSEN, CASSIE	165	1:13:13.040	07:19		10K20-29F	4/4	F	47/59	CARDSTON, AB
54/85	PAXMAN, ELBERT	167	1:02:29.459	06:14		10K60-69M	2/3	M	22/26	GLENWOOD, AB
69/85	PLANGER, MELISSA	171	1:09:42.173	06:58		10K40-49F	12/18	F	45/59	TABER, AB
28/85	PLAUSTEINER, LISA	172	55:48.703	05:34		10K40-49F	4/18	F	14/59	LETHBRIDGE, AB
65/85	PRICE, MARION	173	1:08:55.246	06:53		10K50-59F	3/3	F	41/59	LETHBRIDGE, AB
62/85	PRICE, RACHEL	174	1:07:49.191	06:46		10K30-39F	22/27	F	39/59	COALDALE, AB
44/85	REMPEL, CARRIE	112	59:56.978	05:59		10K30-39F	14/27	F	25/59	PICTURE BUTTE, AB
39/85	RIBAR, HAROLD	175	57:50.929	05:47		10K70+M	1/1	M	18/26	LETHBRIDGE, AB
59/85	RYU, SIYEON	178	1:06:38.818	06:39		10K19&UF	3/3	F	36/59	LETHBRIDGE, AB
49/85	SANDERS, JULIANNE	179	1:01:53.249	06:11		10K30-39F	17/27	F	30/59	LETHBRIDGE, AB
50/85	SKLARENKO, JEANINE	180	1:01:53.399	06:11		10K30-39F	18/27	F	31/59	LETHBRIDGE, AB
82/85	SMITH, HAROLD	181	1:22:44.386	08:16		10K60-69M	3/3	M	26/26	LETHBRIDGE, AB
20/85	STIRLING, ELIZABETH	182	54:49.734	05:28		10K30-39F	4/27	F	9/59	LETHBRIDGE, AB
29/85	THEROUX, DELANIAH	198	55:54.632	05:35		10K30-39F	7/27	F	15/59	COALDALE, AB
27/85	THEROUX, JP	199	55:47.728	05:34		10K30-39M	6/6	M	14/26	COALDALE, AB
32/85	THIBODEAU, MICHELLE	185	56:35.375	05:39		10K30-39F	9/27	F	17/59	LETHBRIDGE, AB
35/85	TOWNLEY, JULIA	186	56:54.719	05:41		10K19&UF	2/3	F	19/59	LETHBRIDGE, AB
41/85	TROTTER, DARLA	187	58:20.750	05:50		10K30-39F	13/27	F	23/59	LETHBRIDGE, AB
83/85	UYS, CHARMAINE	188	1:24:30.729	08:27		10K40-49F	17/18	F	57/59	LETHBRIDGE, AB
61/85	VAN MAANEN, DIANE	202	1:07:27.142	06:44		10K50-59F	1/3	F	38/59	COALDALE, AB
63/85	VAN MAANEN, MIKE	203	1:08:21.149	06:50		10K50-59M	5/6	M	24/26	COALDALE, AB
40/85	VANDER HEYDEN, MANDY	189	57:53.392	05:47		10K30-39F	12/27	F	22/59	LETHBRIDGE, AB
66/85	VEDRES, FAYLA	190	1:08:56.073	06:53		10K30-39F	23/27	F	42/59	LETHBRIDGE, AB
37/85	WALKER, ASHLEY	192	57:30.340	05:45		10K30-39F	11/27	F	21/59	LETHBRIDGE, AB
34/85	WALKER, EMMA	158	56:48.471	05:40		10K40-49F	5/18	F	18/59	MEDICINE HAT, AB
6/85	ZANONI, JAMES	194	48:26.316	04:50		10K30-39M	3/6	M	5/26	LETHBRIDGE, AB