

OA/PI = Overall Placing

Cat/PI = Category Placing

Gen/PI = Overall Gender Placing

Offset = Diff from Category win time hh:mm:ss

## Category Results

10K Run - 6.21 Miles  
85 Finishers

## 10K19&amp;UF - 3 Competitors

Cat/PI	Name	Bib #	Time	Pace/K	Pace/M	OA/PI	Gen/PI	Offset	City
1/3	BURGESS, NICOLE	195	52:48.739	05:16		15/85	7/59	+00:00:00	LETHBRIDGE
2/3	TOWNLEY, JULIA	186	56:54.719	05:41		35/85	19/59	+00:04:05	LETHBRIDGE
3/3	RYU, SIYEON	178	1:06:38.818	06:39		59/85	36/59	+00:13:50	LETHBRIDGE

## 10K19&amp;UM - 1 Competitors

Cat/PI	Name	Bib #	Time	Pace/K	Pace/M	OA/PI	Gen/PI	Offset	City
1/1	CHAREST, TRISTAN	200	44:27.151	04:26		5/85	4/26	+00:00:00	LETHBRIDGE

## 10K20-29F - 4 Competitors

Cat/PI	Name	Bib #	Time	Pace/K	Pace/M	OA/PI	Gen/PI	Offset	City
1/4	CHRAPKO, MACKENZIE	111	51:46.410	05:10		11/85	4/59	+00:00:00	LETHBRIDGE
2/4	CASTRO, LINA	196	53:48.790	05:22		17/85	8/59	+00:02:02	LETHBRIDGE
3/4	HYGGEN, JAYDEN	134	54:55.867	05:29		23/85	11/59	+00:03:09	LETHBRIDGE
4/4	OLSEN, CASSIE	165	1:13:13.040	07:19		71/85	47/59	+00:21:26	CARDSTON

## 10K20-29M - 2 Competitors

Cat/PI	Name	Bib #	Time	Pace/K	Pace/M	OA/PI	Gen/PI	Offset	City
1/2	KELLY, DILLAN	141	54:51.222	05:29		21/85	12/26	+00:00:00	LETHBRIDGE
2/2	NEARING, THOMAS	163	57:39.094	05:45		38/85	17/26	+00:02:47	LETHBRIDGE

## 10K30-39F - 27 Competitors

Cat/PI	Name	Bib #	Time	Pace/K	Pace/M	OA/PI	Gen/PI	Offset	City
1/27	LANDRY, STEPHANIE	145	48:39.986	04:51		7/85	2/59	+00:00:00	LETHBRIDGE
2/27	FRIESEN, HELENA	201	52:03.292	05:12		12/85	5/59	+00:03:23	LETHBRIDGE
3/27	BRUGGER, CAITLYN	108	52:16.440	05:13		14/85	6/59	+00:03:36	TABER
4/27	STIRLING, ELIZABETH	182	54:49.734	05:28		20/85	9/59	+00:06:09	LETHBRIDGE
5/27	MALMBERG, NICOLE	154	54:54.801	05:29		22/85	10/59	+00:06:14	LETHBRIDGE
6/27	MALCHOW, BRENNIA	153	55:24.171	05:32		25/85	13/59	+00:06:44	LETHBRIDGE
7/27	THEROUX, DELANIAH	198	55:54.632	05:35		29/85	15/59	+00:07:14	COALDALE
8/27	HEROD, CHRISTINE	133	56:31.160	05:39		31/85	16/59	+00:07:51	COALHURST
9/27	THIBODEAU, MICHELLE	185	56:35.375	05:39		32/85	17/59	+00:07:55	LETHBRIDGE
10/27	GELATA, JESSICA	123	57:02.714	05:42		36/85	20/59	+00:08:22	LETHBRIDGE
11/27	WALKER, ASHLEY	192	57:30.340	05:45		37/85	21/59	+00:08:50	LETHBRIDGE
12/27	VANDER HEYDEN, MANDY	189	57:53.392	05:47		40/85	22/59	+00:09:13	LETHBRIDGE
13/27	TROTTER, DARLA	187	58:20.750	05:50		41/85	23/59	+00:09:40	LETHBRIDGE
14/27	REMPEL, CARRIE	112	59:56.978	05:59		44/85	25/59	+00:11:16	PICTURE BUTTE
15/27	KINNELL, JENN	143	1:01:32.991	06:09		47/85	28/59	+00:12:53	LETHBRIDGE
16/27	DOENZ, CODY	118	1:01:45.036	06:10		48/85	29/59	+00:13:05	LETHBRIDGE
17/27	SANDERS, JULIANNE	179	1:01:53.249	06:11		49/85	30/59	+00:13:13	LETHBRIDGE
18/27	SKLARENKO, JEANINE	180	1:01:53.399	06:11		50/85	31/59	+00:13:13	LETHBRIDGE
19/27	LYNCH, ASHLEY	150	1:02:19.072	06:13		51/85	32/59	+00:13:39	LETHBRIDGE
20/27	CHAMPAGNE, CAT	109	1:04:55.489	06:29		57/85	34/59	+00:16:15	TABER
21/27	CHRONIK, KATHERINE	113	1:06:52.167	06:41		60/85	37/59	+00:18:12	PICTURE BUTTE
22/27	PRICE, RACHEL	174	1:07:49.191	06:46		62/85	39/59	+00:19:09	COALDALE
23/27	VEDRES, FAYLA	190	1:08:56.073	06:53		66/85	42/59	+00:20:16	LETHBRIDGE
24/27	DIAS, CAMILA	116	1:10:16.869	07:01		70/85	46/59	+00:21:36	LETHBRIDGE
25/27	BELISLE, MINDY	103	1:14:04.832	07:24		72/85	48/59	+00:25:24	LETHBRIDGE
26/27	BRIDGES, TESS	106	1:20:32.413	08:03		80/85	55/59	+00:31:52	LETHBRIDGE
27/27	LANGE, JENNIFER	146	1:27:31.595	08:45		85/85	59/59	+00:38:51	LETHBRIDGE

## 10K30-39M - 6 Competitors

Cat/PI	Name	Bib #	Time	Pace/K	Pace/M	OA/PI	Gen/PI	Offset	City
1/6	LAROCHE, RICHARD	147	37:25.263	03:44		1/85	1/26	+00:00:00	LETHBRIDGE
2/6	LJA, ROB	159	43:11.613	04:19		3/85	3/26	+00:05:46	COALDALE
3/6	ZANONI, JAMES	194	48:26.316	04:50		6/85	5/26	+00:11:01	LETHBRIDGE
4/6	LENAOUR, TAYLOR	149	50:23.118	05:02		9/85	7/26	+00:12:57	LETHBRIDGE
5/6	LARSEN, ERIK	148	54:37.588	05:27		19/85	11/26	+00:17:12	LETHBRIDGE
6/6	THEROUX, JP	199	55:47.728	05:34		27/85	14/26	+00:18:22	COALDALE

## 10K40-49F - 18 Competitors

Cat/PI	Name	Bib #	Time	Pace/K	Pace/M	OA/PI	Gen/PI	Offset	City
1/18	HALOWSKI, JENI	131	43:37.499	04:21		4/85	1/59	+00:00:00	LETHBRIDGE
2/18	MRAK, LAURA	162	51:03.500	05:06		10/85	3/59	+00:07:26	COALDALE
3/18	JONES-HUSCH, KATHY	139	54:57.343	05:29		24/85	12/59	+00:11:19	LETHBRIDGE
4/18	PLAUSTEINER, LISA	172	55:48.703	05:34		28/85	14/59	+00:12:11	LETHBRIDGE
5/18	WALKER, EMMA	158	56:48.471	05:40		34/85	18/59	+00:13:10	MEDICINE HAT
6/18	HALL, LARA	130	58:33.399	05:51		42/85	24/59	+00:14:55	LETHBRIDGE
7/18	HARRIS, STACEY	132	1:01:08.349	06:06		45/85	26/59	+00:17:30	TABER
8/18	DEWACHT, AIMEE	197	1:01:26.992	06:08		46/85	27/59	+00:17:49	LETHBRIDGE

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## Category Results

10K Run - 6.21 Miles  
85 Finishers

## 10K40-49F - 18 Competitors

Cat/PI	Name	Bib #	Time	Pace/K	Pace/M	OA/PI	Gen/PI	Offset	City
9/18	GROENENBOOM, ABIGAIL	126	1:02:39.559	06:15		56/85	33/59	+00:19:02	COALHURST
10/18	JOHNSON, MICHELLE	137	1:06:34.074	06:39		58/85	35/59	+00:22:56	LETHBRIDGE
11/18	NG, SHERRI	164	1:09:28.426	06:56		68/85	44/59	+00:25:50	LETHBRIDGE
12/18	PLANGER, MELISSA	171	1:09:42.173	06:58		69/85	45/59	+00:26:04	TABER
13/18	FRANZ, JAYLYN	121	1:15:14.656	07:31		73/85	49/59	+00:31:37	LETHBRIDGE
14/18	BROWN, BARB	107	1:15:49.533	07:34		74/85	50/59	+00:32:12	LETHBRIDGE
15/18	ASHCROFT, CHELSIE	102	1:19:54.987	07:59		78/85	54/59	+00:36:17	LETHBRIDGE
16/18	GOODRICH, JENNA	125	1:22:38.703	08:15		81/85	56/59	+00:39:01	LETHBRIDGE
17/18	UYS, CHARMAINE	188	1:24:30.729	08:27		83/85	57/59	+00:40:53	LETHBRIDGE
18/18	DYKSTRA, KRISTEN	119	1:24:36.227	08:27		84/85	58/59	+00:40:58	LETHBRIDGE

## 10K40-49M - 7 Competitors

Cat/PI	Name	Bib #	Time	Pace/K	Pace/M	OA/PI	Gen/PI	Offset	City
1/7	DIBBEN, MITCHEL	117	42:42.439	04:16		2/85	2/26	+00:00:00	LETHBRIDGE
2/7	HAGEL, RYAN	129	49:58.037	04:59		8/85	6/26	+00:07:15	LETHBRIDGE
3/7	DAVY, DAN	115	52:58.964	05:17		16/85	9/26	+00:10:16	LETHBRIDGE
4/7	MRAK, JOE	161	54:17.675	05:25		18/85	10/26	+00:11:35	COALDALE
5/7	BOGAART, WILLIAM	105	55:57.622	05:35		30/85	15/26	+00:13:15	LETHBRIDGE
6/7	CHAREST, JOLLIN	110	56:35.932	05:39		33/85	16/26	+00:13:53	LETHBRIDGE
7/7	JENSEN, RUSSEL	135	1:02:23.444	06:14		53/85	21/26	+00:19:41	LETHBRIDGE

## 10K50-59F - 3 Competitors

Cat/PI	Name	Bib #	Time	Pace/K	Pace/M	OA/PI	Gen/PI	Offset	City
1/3	VAN MAANEN, DIANE	202	1:07:27.142	06:44		61/85	38/59	+00:00:00	COALDALE
2/3	KAPPEL, JOANNA	140	1:08:34.063	06:51		64/85	40/59	+00:01:06	LETHBRIDGE
3/3	PRICE, MARION	173	1:08:55.246	06:53		65/85	41/59	+00:01:28	LETHBRIDGE

## 10K50-59M - 6 Competitors

Cat/PI	Name	Bib #	Time	Pace/K	Pace/M	OA/PI	Gen/PI	Offset	City
1/6	JOHNSON, DEAN	136	52:10.394	05:13		13/85	8/26	+00:00:00	LETHBRIDGE
2/6	MACKINNON, BRUCE	152	55:37.426	05:33		26/85	13/26	+00:03:27	LETHBRIDGE
3/6	JONES, PAUL	138	1:02:20.636	06:14		52/85	20/26	+00:10:10	NOBLEFORD
4/6	MAATJE, JOHAN	151	1:02:36.924	06:15		55/85	23/26	+00:10:26	LETHBRIDGE
5/6	VAN MAANEN, MIKE	203	1:08:21.149	06:50		63/85	24/26	+00:16:10	COALDALE
6/6	ASHCROFT, ALAN	101	1:19:55.352	07:59		79/85	25/26	+00:27:44	LETHBRIDGE

## 10K60-69F - 3 Competitors

Cat/PI	Name	Bib #	Time	Pace/K	Pace/M	OA/PI	Gen/PI	Offset	City
1/3	MORRIS, NANCY	160	1:09:20.031	06:56		67/85	43/59	+00:00:00	LETHBRIDGE
2/3	BAREHAM-WRIGHT, VAL	169	1:18:09.404	07:48		75/85	51/59	+00:08:49	LETHBRIDGE
3/3	BIGGINS, MARIAN	104	1:18:10.296	07:49		76/85	52/59	+00:08:50	LETHBRIDGE

## 10K60-69M - 3 Competitors

Cat/PI	Name	Bib #	Time	Pace/K	Pace/M	OA/PI	Gen/PI	Offset	City
1/3	GUPPY, BRENT	128	58:59.837	05:53		43/85	19/26	+00:00:00	LETHBRIDGE
2/3	PAXMAN, ELBERT	167	1:02:29.459	06:14		54/85	22/26	+00:03:29	GLENWOOD
3/3	SMITH, HAROLD	181	1:22:44.386	08:16		82/85	26/26	+00:23:44	LETHBRIDGE

## 10K70+F - 1 Competitors

Cat/PI	Name	Bib #	Time	Pace/K	Pace/M	OA/PI	Gen/PI	Offset	City
1/1	GAMMON, BARBARA	122	1:18:48.765	07:52		77/85	53/59	+00:00:00	LETHBRIDGE

## 10K70+M - 1 Competitors

Cat/PI	Name	Bib #	Time	Pace/K	Pace/M	OA/PI	Gen/PI	Offset	City
1/1	RIBAR, HAROLD	175	57:50.929	05:47		39/85	18/26	+00:00:00	LETHBRIDGE