

## Overall Gender Results

## 10K - 6.21 Miles

## Female

Gender	Name	Bib#	Time	Pace/K	Pace/M	Category	Cat	O/A	City
1/59	HALOWSKI, JENI	131	43:37.499	04:21		10K40-49F	1/18	4/85	LETHBRIDGE, AB
2/59	LANDRY, STEPHANIE	145	48:39.986	04:51		10K30-39F	1/27	7/85	LETHBRIDGE, AB
3/59	MRAK, LAURA	162	51:03.500	05:06		10K40-49F	2/18	10/85	COALDALE, AB
4/59	CHRAPKO, MACKENZIE	111	51:46.410	05:10		10K20-29F	1/4	11/85	LETHBRIDGE, AB
5/59	FRIESEN, HELENA	201	52:03.292	05:12		10K30-39F	2/27	12/85	LETHBRIDGE, AB
6/59	BRUGGER, CAITLYN	108	52:16.440	05:13		10K30-39F	3/27	14/85	TABER, AB
7/59	BURGESS, NICOLE	195	52:48.739	05:16		10K19&UF	1/3	15/85	LETHBRIDGE, AB
8/59	CASTRO, LINA	196	53:48.790	05:22		10K20-29F	2/4	17/85	LETHBRIDGE, AB
9/59	STIRLING, ELIZABETH	182	54:49.734	05:28		10K30-39F	4/27	20/85	LETHBRIDGE, AB
10/59	MALMBERG, NICOLE	154	54:54.801	05:29		10K30-39F	5/27	22/85	LETHBRIDGE, AB
11/59	HYGGEN, JAYDEN	134	54:55.867	05:29		10K20-29F	3/4	23/85	LETHBRIDGE, AB
12/59	JONES-HUSCH, KATHY	139	54:57.343	05:29		10K40-49F	3/18	24/85	LETHBRIDGE, AB
13/59	MALCHOW, BRENNIA	153	55:24.171	05:32		10K30-39F	6/27	25/85	LETHBRIDGE, AB
14/59	PLAUSTEINER, LISA	172	55:48.703	05:34		10K40-49F	4/18	28/85	LETHBRIDGE, AB
15/59	THEROUX, DELANIAH	198	55:54.632	05:35		10K30-39F	7/27	29/85	COALDALE, AB
16/59	HEROD, CHRISTINE	133	56:31.160	05:39		10K30-39F	8/27	31/85	COALHURST, AB
17/59	THIBODEAU, MICHELLE	185	56:35.375	05:39		10K30-39F	9/27	32/85	LETHBRIDGE, AB
18/59	WALKER, EMMA	158	56:48.471	05:40		10K40-49F	5/18	34/85	MEDICINE HAT, AB
19/59	TOWNLEY, JULIA	186	56:54.719	05:41		10K19&UF	2/3	35/85	LETHBRIDGE, AB
20/59	GELATA, JESSICA	123	57:02.714	05:42		10K30-39F	10/27	36/85	LETHBRIDGE, AB
21/59	WALKER, ASHLEY	192	57:30.340	05:45		10K30-39F	11/27	37/85	LETHBRIDGE, AB
22/59	VANDER HEYDEN, MANDY	189	57:53.392	05:47		10K30-39F	12/27	40/85	LETHBRIDGE, AB
23/59	TROTTER, DARLA	187	58:20.750	05:50		10K30-39F	13/27	41/85	LETHBRIDGE, AB
24/59	HALL, LARA	130	58:33.399	05:51		10K40-49F	6/18	42/85	LETHBRIDGE, AB
25/59	REMPEL, CARRIE	112	59:56.978	05:59		10K30-39F	14/27	44/85	PICTURE BUTTE, AB
26/59	HARRIS, STACEY	132	1:01:08.349	06:06		10K40-49F	7/18	45/85	TABER, AB
27/59	DEWACHT, AIMEE	197	1:01:26.992	06:08		10K40-49F	8/18	46/85	LETHBRIDGE, AB
28/59	KINNELL, JENN	143	1:01:32.991	06:09		10K30-39F	15/27	47/85	LETHBRIDGE, AB
29/59	DOENZ, CODY	118	1:01:45.036	06:10		10K30-39F	16/27	48/85	LETHBRIDGE, AB
30/59	SANDERS, JULIANNE	179	1:01:53.249	06:11		10K30-39F	17/27	49/85	LETHBRIDGE, AB
31/59	SKLARENKO, JEANINE	180	1:01:53.399	06:11		10K30-39F	18/27	50/85	LETHBRIDGE, AB
32/59	LYNCH, ASHLEY	150	1:02:19.072	06:13		10K30-39F	19/27	51/85	LETHBRIDGE, AB
33/59	GROENENBOOM, ABIGAIL	126	1:02:39.559	06:15		10K40-49F	9/18	56/85	COALHURST, AB
34/59	CHAMPAGNE, CAT	109	1:04:55.489	06:29		10K30-39F	20/27	57/85	TABER, AB
35/59	JOHNSON, MICHELLE	137	1:06:34.074	06:39		10K40-49F	10/18	58/85	LETHBRIDGE, AB
36/59	RYU, SIYEON	178	1:06:38.818	06:39		10K19&UF	3/3	59/85	LETHBRIDGE, AB
37/59	CHRONIK, KATHERINE	113	1:06:52.167	06:41		10K30-39F	21/27	60/85	PICTURE BUTTE, AB
38/59	VAN MAANEN, DIANE	202	1:07:27.142	06:44		10K50-59F	1/3	61/85	COALDALE, AB
39/59	PRICE, RACHEL	174	1:07:49.191	06:46		10K30-39F	22/27	62/85	COALDALE, AB
40/59	KAPPEL, JOANNA	140	1:08:34.063	06:51		10K50-59F	2/3	64/85	LETHBRIDGE, AB
41/59	PRICE, MARION	173	1:08:55.246	06:53		10K50-59F	3/3	65/85	LETHBRIDGE, AB
42/59	VEDRES, FAYLA	190	1:08:56.073	06:53		10K30-39F	23/27	66/85	LETHBRIDGE, AB
43/59	MORRIS, NANCY	160	1:09:20.031	06:56		10K60-69F	1/3	67/85	LETHBRIDGE, AB
44/59	NG, SHERRI	164	1:09:28.426	06:56		10K40-49F	11/18	68/85	LETHBRIDGE, AB
45/59	PLANGER, MELISSA	171	1:09:42.173	06:58		10K40-49F	12/18	69/85	TABER, AB
46/59	DIAS, CAMILA	116	1:10:16.869	07:01		10K30-39F	24/27	70/85	LETHBRIDGE, AB
47/59	OLSEN, CASSIE	165	1:13:13.040	07:19		10K20-29F	4/4	71/85	CARDSTON, AB
48/59	BELISLE, MINDY	103	1:14:04.832	07:24		10K30-39F	25/27	72/85	LETHBRIDGE, AB
49/59	FRANZ, JAYLYN	121	1:15:14.656	07:31		10K40-49F	13/18	73/85	LETHBRIDGE, AB
50/59	BROWN, BARB	107	1:15:49.533	07:34		10K40-49F	14/18	74/85	LETHBRIDGE, AB
51/59	BAREHAM-WRIGHT, VAL	169	1:18:09.404	07:48		10K60-69F	2/3	75/85	LETHBRIDGE, AB
52/59	BIGGINS, MARIAN	104	1:18:10.296	07:49		10K60-69F	3/3	76/85	LETHBRIDGE, AB
53/59	GAMMON, BARBARA	122	1:18:48.765	07:52		10K70+F	1/1	77/85	LETHBRIDGE, AB
54/59	ASHCROFT, CHELSIE	102	1:19:54.987	07:59		10K40-49F	15/18	78/85	LETHBRIDGE, AB
55/59	BRIDGES, TESS	106	1:20:32.413	08:03		10K30-39F	26/27	80/85	LETHBRIDGE, AB

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## Female

Gender	Name	Bib#	Time	Pace/K	Pace/M	Category	Cat	O/A	City
56/59	GOODRICH, JENNA	125	1:22:38.703	08:15		10K40-49F	16/18	81/85	LETHBRIDGE, AB
57/59	UYS, CHARMAINE	188	1:24:30.729	08:27		10K40-49F	17/18	83/85	LETHBRIDGE, AB
58/59	DYKSTRA, KRISTEN	119	1:24:36.227	08:27		10K40-49F	18/18	84/85	LETHBRIDGE, AB
59/59	LANGE, JENNIFER	146	1:27:31.595	08:45		10K30-39F	27/27	85/85	LETHBRIDGE, AB

## Male

Gender	Name	Bib#	Time	Pace/K	Pace/M	Category	Cat	O/A	City
1/26	LAROUCHE, RICHARD	147	37:25.263	03:44		10K30-39M	1/6	1/85	LETHBRIDGE, AB
2/26	DIBBEN, MITCHEL	117	42:42.439	04:16		10K40-49M	1/7	2/85	LETHBRIDGE, AB
3/26	LJA, ROB	159	43:11.613	04:19		10K30-39M	2/6	3/85	COALDALE, AB
4/26	CHAREST, TRISTAN	200	44:27.151	04:26		10K19&UM	1/1	5/85	LETHBRIDGE, AB
5/26	ZANONI, JAMES	194	48:26.316	04:50		10K30-39M	3/6	6/85	LETHBRIDGE, AB
6/26	HAGEL, RYAN	129	49:58.037	04:59		10K40-49M	2/7	8/85	LETHBRIDGE, AB
7/26	LENAOUR, TAYLOR	149	50:23.118	05:02		10K30-39M	4/6	9/85	LETHBRIDGE, AB
8/26	JOHNSON, DEAN	136	52:10.394	05:13		10K50-59M	1/6	13/85	LETHBRIDGE, AB
9/26	DAVY, DAN	115	52:58.964	05:17		10K40-49M	3/7	16/85	LETHBRIDGE, AB
10/26	MRAK, JOE	161	54:17.675	05:25		10K40-49M	4/7	18/85	COALDALE, AB
11/26	LARSEN, ERIK	148	54:37.588	05:27		10K30-39M	5/6	19/85	LETHBRIDGE, AB
12/26	KELLY, DILLAN	141	54:51.222	05:29		10K20-29M	1/2	21/85	LETHBRIDGE, AB
13/26	MACKINNON, BRUCE	152	55:37.426	05:33		10K50-59M	2/6	26/85	LETHBRIDGE, AB
14/26	THEROUX, JP	199	55:47.728	05:34		10K30-39M	6/6	27/85	COALDALE, AB
15/26	BOGAART, WILLIAM	105	55:57.622	05:35		10K40-49M	5/7	30/85	LETHBRIDGE, AB
16/26	CHAREST, JOLLIN	110	56:35.932	05:39		10K40-49M	6/7	33/85	LETHBRIDGE, AB
17/26	NEARING, THOMAS	163	57:39.094	05:45		10K20-29M	2/2	38/85	LETHBRIDGE, AB
18/26	RIBAR, HAROLD	175	57:50.929	05:47		10K70+M	1/1	39/85	LETHBRIDGE, AB
19/26	GUPPY, BRENT	128	58:59.837	05:53		10K60-69M	1/3	43/85	LETHBRIDGE, AB
20/26	JONES, PAUL	138	1:02:20.636	06:14		10K50-59M	3/6	52/85	NOBLEFORD, AB
21/26	JENSEN, RUSSEL	135	1:02:23.444	06:14		10K40-49M	7/7	53/85	LETHBRIDGE, AB
22/26	PAXMAN, ELBERT	167	1:02:29.459	06:14		10K60-69M	2/3	54/85	GLENWOOD, AB
23/26	MAATJE, JOHAN	151	1:02:36.924	06:15		10K50-59M	4/6	55/85	LETHBRIDGE, AB
24/26	VAN MAANEN, MIKE	203	1:08:21.149	06:50		10K50-59M	5/6	63/85	COALDALE, AB
25/26	ASHCROFT, ALAN	101	1:19:55.352	07:59		10K50-59M	6/6	79/85	LETHBRIDGE, AB
26/26	SMITH, HAROLD	181	1:22:44.386	08:16		10K60-69M	3/3	82/85	LETHBRIDGE, AB