

## 2023 Ritas Run 5K/10K May 13/2023 Overall Results

**OA/PI = Overall Placing**  
**Cat/PI = Category Placing**

**Gen/PI = Overall Gender Placing**

**Offsets = Diff from O/A, Age Cat, Gender win Times hh:mm:ss**

*Placings based on CHIPTIME*

### 10K Run - 6.21 Miles

OA/PI	Name	Bib#	Time	Pace/K	Pace/M	Category	Cat/PI	Gen	Gen/PI	O/AOffset	CatOffset	GenOffset	City
1/86	LAROCHE, RICHARD	147	37:25.263	03:44		10K30-39M	1/6	M	1/27	+00:00:00	+00:00:00	+00:00:00	LETHBRIDGE
2/86	DIBBEN, MITCHEL	117	42:42.439	04:16		10K40-49M	1/8	M	2/27	+00:05:17	+00:00:00	+00:05:17	LETHBRIDGE
3/86	LJA, ROB	159	43:11.613	04:19		10K30-39M	2/6	M	3/27	+00:05:46	+00:05:46	+00:05:46	COALDALE
4/86	HALOWSKI, JENI	131	43:37.499	04:21		10K40-49F	1/18	F	1/59	+00:06:12	+00:00:00	+00:00:00	LETHBRIDGE
5/86	CHAREST, TRISTAN	200	44:27.151	04:26		10K19&UM	1/1	M	4/27	+00:07:01	+00:00:00	+00:07:01	LETHBRIDGE
6/86	ZANONI, JAMES	194	48:26.316	04:50		10K30-39M	3/6	M	5/27	+00:11:01	+00:11:01	+00:11:01	LETHBRIDGE
7/86	LANDRY, STEPHANIE	145	48:39.986	04:51		10K30-39F	1/27	F	2/59	+00:11:14	+00:00:00	+00:05:02	LETHBRIDGE
8/86	HAGEL, RYAN	129	49:58.037	04:59		10K40-49M	2/8	M	6/27	+00:12:32	+00:07:15	+00:12:32	LETHBRIDGE
9/86	LENAOUR, TAYLOR	149	50:23.118	05:02		10K30-39M	4/6	M	7/27	+00:12:57	+00:12:57	+00:12:57	LETHBRIDGE
10/86	MRAK, LAURA	162	51:03.500	05:06		10K40-49F	2/18	F	3/59	+00:13:38	+00:07:26	+00:07:26	COALDALE
11/86	CHRAPKO, MACKENZIE	111	51:46.410	05:10		10K20-29F	1/4	F	4/59	+00:14:21	+00:00:00	+00:08:08	LETHBRIDGE
12/86	FRIESEN, HELENA	201	52:03.292	05:12		10K30-39F	2/27	F	5/59	+00:14:38	+00:03:23	+00:08:25	LETHBRIDGE
13/86	JOHNSON, DEAN	136	52:10.394	05:13		10K50-59M	1/6	M	8/27	+00:14:45	+00:00:00	+00:14:45	LETHBRIDGE
14/86	BRUGGER, CAITLYN	108	52:16.440	05:13		10K30-39F	3/27	F	6/59	+00:14:51	+00:03:36	+00:08:38	TABER
15/86	BURGESS, NICOLE	195	52:48.739	05:16		10K19&UF	1/3	F	7/59	+00:15:23	+00:00:00	+00:09:11	LETHBRIDGE
16/86	DAVY, DAN	115	52:58.964	05:17		10K40-49M	3/8	M	9/27	+00:15:33	+00:10:16	+00:15:33	LETHBRIDGE
17/86	CASTRO, LINA	196	53:48.790	05:22		10K20-29F	2/4	F	8/59	+00:16:23	+00:02:02	+00:10:11	LETHBRIDGE
18/86	MRAK, JOE	161	54:17.675	05:25		10K40-49M	4/8	M	10/27	+00:16:52	+00:11:35	+00:16:52	COALDALE
19/86	LARSEN, ERIK	148	54:37.588	05:27		10K30-39M	5/6	M	11/27	+00:17:12	+00:17:12	+00:17:12	LETHBRIDGE
20/86	STIRLING, ELIZABETH	182	54:49.734	05:28		10K30-39F	4/27	F	9/59	+00:17:24	+00:06:09	+00:11:12	LETHBRIDGE
21/86	KELLY, DILLAN	141	54:51.222	05:29		10K20-29M	1/2	M	12/27	+00:17:25	+00:00:00	+00:17:25	LETHBRIDGE
22/86	MALMBERG, NICOLE	154	54:54.801	05:29		10K30-39F	5/27	F	10/59	+00:17:29	+00:06:14	+00:11:17	LETHBRIDGE
23/86	HYGGEN, JAYDEN	134	54:55.867	05:29		10K20-29F	3/4	F	11/59	+00:17:30	+00:03:09	+00:11:18	LETHBRIDGE
24/86	JONES-HUSCH, KATHY	139	54:57.343	05:29		10K40-49F	3/18	F	12/59	+00:17:32	+00:11:19	+00:11:19	LETHBRIDGE
25/86	MALCHOW, BRENNIA	153	55:24.171	05:32		10K30-39F	6/27	F	13/59	+00:17:58	+00:06:44	+00:11:46	LETHBRIDGE
26/86	MACKINNON, BRUCE	152	55:37.426	05:33		10K50-59M	2/6	M	13/27	+00:18:12	+00:03:27	+00:18:12	LETHBRIDGE
27/86	THEROUX, JP	199	55:47.728	05:34		10K30-39M	6/6	M	14/27	+00:18:22	+00:18:22	+00:18:22	COALDALE
28/86	PLAUSTEINER, LISA	172	55:48.703	05:34		10K40-49F	4/18	F	14/59	+00:18:23	+00:12:11	+00:12:11	LETHBRIDGE
29/86	THEROUX, DELANIAH	198	55:54.632	05:35		10K30-39F	7/27	F	15/59	+00:18:29	+00:07:14	+00:12:17	COALDALE
30/86	BOGAART, WILLIAM	105	55:57.622	05:35		10K40-49M	5/8	M	15/27	+00:18:32	+00:13:15	+00:18:32	LETHBRIDGE
31/86	HEROD, CHRISTINE	133	56:31.160	05:39		10K30-39F	8/27	F	16/59	+00:19:05	+00:07:51	+00:12:53	COALHURST
32/86	THIBODEAU, MICHELLE	185	56:35.375	05:39		10K30-39F	9/27	F	17/59	+00:19:10	+00:07:55	+00:12:57	LETHBRIDGE
33/86	CHAREST, JOLLIN	110	56:35.932	05:39		10K40-49M	6/8	M	16/27	+00:19:10	+00:13:53	+00:19:10	LETHBRIDGE
34/86	WALKER, EMMA	158	56:48.471	05:40		10K40-49F	5/18	F	18/59	+00:19:23	+00:13:10	+00:13:10	MEDICINE HAT

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## Overall Results

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## 10K Run - 6.21 Miles

OA/PI	Name	Bib#	Time	Pace/K	Pace/M	Category	Cat/PI	Gen	Gen/PI	O/AOffset	CatOffset	GenOffset	City
35/86	TOWNLEY, JULIA	186	56:54.719	05:41		10K19&UF	2/3	F	19/59	+00:19:29	+00:04:05	+00:13:17	LETHBRIDGE
36/86	GELATA, JESSICA	123	57:02.714	05:42		10K30-39F	10/27	F	20/59	+00:19:37	+00:08:22	+00:13:25	LETHBRIDGE
37/86	WALKER, ASHLEY	192	57:30.340	05:45		10K30-39F	11/27	F	21/59	+00:20:05	+00:08:50	+00:13:52	LETHBRIDGE
38/86	NEARING, THOMAS	163	57:39.094	05:45		10K20-29M	2/2	M	17/27	+00:20:13	+00:02:47	+00:20:13	LETHBRIDGE
39/86	RIBAR, HAROLD	175	57:50.929	05:47		10K70+M	1/1	M	18/27	+00:20:25	+00:00:00	+00:20:25	LETHBRIDGE
40/86	VANDER HEYDEN, MANDY	189	57:53.392	05:47		10K30-39F	12/27	F	22/59	+00:20:28	+00:09:13	+00:14:15	LETHBRIDGE
41/86	TROTTER, DARLA	187	58:20.750	05:50		10K30-39F	13/27	F	23/59	+00:20:55	+00:09:40	+00:14:43	LETHBRIDGE
42/86	HALL, LARA	130	58:33.399	05:51		10K40-49F	6/18	F	24/59	+00:21:08	+00:14:55	+00:14:55	LETHBRIDGE
43/86	GUPPY, BRENT	128	58:59.837	05:53		10K60-69M	1/3	M	19/27	+00:21:34	+00:00:00	+00:21:34	LETHBRIDGE
44/86	REMPEL, CARRIE	112	59:56.978	05:59		10K30-39F	14/27	F	25/59	+00:22:31	+00:11:16	+00:16:19	PICTURE BUTTE
45/86	HARRIS, STACEY	132	1:01:08.349	06:06		10K40-49F	7/18	F	26/59	+00:23:43	+00:17:30	+00:17:30	TABER
46/86	DEWACHT, AIMEE	197	1:01:26.992	06:08		10K40-49F	8/18	F	27/59	+00:24:01	+00:17:49	+00:17:49	LETHBRIDGE
47/86	KINNELL, JENN	143	1:01:32.991	06:09		10K30-39F	15/27	F	28/59	+00:24:07	+00:12:53	+00:17:55	LETHBRIDGE
48/86	DOENZ, CODY	118	1:01:45.036	06:10		10K30-39F	16/27	F	29/59	+00:24:19	+00:13:05	+00:18:07	LETHBRIDGE
49/86	SANDERS, JULIANNE	179	1:01:53.249	06:11		10K30-39F	17/27	F	30/59	+00:24:27	+00:13:13	+00:18:15	LETHBRIDGE
50/86	SKLARENKO, JEANINE	180	1:01:53.399	06:11		10K30-39F	18/27	F	31/59	+00:24:28	+00:13:13	+00:18:15	LETHBRIDGE
51/86	LYNCH, ASHLEY	150	1:02:19.072	06:13		10K30-39F	19/27	F	32/59	+00:24:53	+00:13:39	+00:18:41	LETHBRIDGE
52/86	JONES, PAUL	138	1:02:20.636	06:14		10K50-59M	3/6	M	20/27	+00:24:55	+00:10:10	+00:24:55	NOBLEFORD
53/86	JENSEN, RUSSEL	135	1:02:23.444	06:14		10K40-49M	7/8	M	21/27	+00:24:58	+00:19:41	+00:24:58	LETHBRIDGE
54/86	PAXMAN, ELBERT	167	1:02:29.459	06:14		10K60-69M	2/3	M	22/27	+00:25:04	+00:03:29	+00:25:04	GLENWOOD
55/86	MAATJE, JOHAN	151	1:02:36.924	06:15		10K50-59M	4/6	M	23/27	+00:25:11	+00:10:26	+00:25:11	LETHBRIDGE
56/86	GROENENBOOM, ABIGAIL	126	1:02:39.559	06:15		10K40-49F	9/18	F	33/59	+00:25:14	+00:19:02	+00:19:02	COALHURST
57/86	CHAMPAGNE, CAT	109	1:04:55.489	06:29		10K30-39F	20/27	F	34/59	+00:27:30	+00:16:15	+00:21:17	TABER
58/86	JOHNSON, MICHELLE	137	1:06:34.074	06:39		10K40-49F	10/18	F	35/59	+00:29:08	+00:22:56	+00:22:56	LETHBRIDGE
59/86	RYU, SIYEON	178	1:06:38.818	06:39		10K19&UF	3/3	F	36/59	+00:29:13	+00:13:50	+00:23:01	LETHBRIDGE
60/86	CHRONIK, KATHERINE	113	1:06:52.167	06:41		10K30-39F	21/27	F	37/59	+00:29:26	+00:18:12	+00:23:14	PICTURE BUTTE
61/86	VAN MAANEN, DIANE	202	1:07:27.142	06:44		10K50-59F	1/3	F	38/59	+00:30:01	+00:00:00	+00:23:49	COALDALE
62/86	PRICE, RACHEL	174	1:07:49.191	06:46		10K30-39F	22/27	F	39/59	+00:30:23	+00:19:09	+00:24:11	COALDALE
63/86	VAN MAANEN, MIKE	203	1:08:21.149	06:50		10K50-59M	5/6	M	24/27	+00:30:55	+00:16:10	+00:30:55	COALDALE
64/86	KAPPEL, JOANNA	140	1:08:34.063	06:51		10K50-59F	2/3	F	40/59	+00:31:08	+00:01:06	+00:24:56	LETHBRIDGE
65/86	PRICE, MARION	173	1:08:55.246	06:53		10K50-59F	3/3	F	41/59	+00:31:29	+00:01:28	+00:25:17	LETHBRIDGE
66/86	VEDRES, FAYLA	190	1:08:56.073	06:53		10K30-39F	23/27	F	42/59	+00:31:30	+00:20:16	+00:25:18	LETHBRIDGE
67/86	MORRIS, NANCY	160	1:09:20.031	06:56		10K60-69F	1/3	F	43/59	+00:31:54	+00:00:00	+00:25:42	LETHBRIDGE
68/86	NG, SHERRI	164	1:09:28.426	06:56		10K40-49F	11/18	F	44/59	+00:32:03	+00:25:50	+00:25:50	LETHBRIDGE

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69/86	PLANGER, MELISSA	171	1:09:42.173	06:58		10K40-49F	12/18	F	45/59	+00:32:16	+00:26:04	+00:26:04	TABER
70/86	DIAS, CAMILA	116	1:10:16.869	07:01		10K30-39F	24/27	F	46/59	+00:32:51	+00:21:36	+00:26:39	LETHBRIDGE
71/86	OLSEN, CASSIE	165	1:13:13.040	07:19		10K20-29F	4/4	F	47/59	+00:35:47	+00:21:26	+00:29:35	CARDSTON
72/86	BELISLE, MINDY	103	1:14:04.832	07:24		10K30-39F	25/27	F	48/59	+00:36:39	+00:25:24	+00:30:27	LETHBRIDGE
73/86	FRANZ, JAYLYN	121	1:15:14.656	07:31		10K40-49F	13/18	F	49/59	+00:37:49	+00:31:37	+00:31:37	LETHBRIDGE
74/86	BROWN, BARB	107	1:15:49.533	07:34		10K40-49F	14/18	F	50/59	+00:38:24	+00:32:12	+00:32:12	LETHBRIDGE
75/86	BAREHAM-WRIGHT, VAL	169	1:18:09.404	07:48		10K60-69F	2/3	F	51/59	+00:40:44	+00:08:49	+00:34:31	LETHBRIDGE
76/86	BIGGINS, MARIAN	104	1:18:10.296	07:49		10K60-69F	3/3	F	52/59	+00:40:45	+00:08:50	+00:34:32	LETHBRIDGE
77/86	GAMMON, BARBARA	122	1:18:48.765	07:52		10K70+F	1/1	F	53/59	+00:41:23	+00:00:00	+00:35:11	LETHBRIDGE
78/86	ASHCROFT, CHELSIE	102	1:19:54.987	07:59		10K40-49F	15/18	F	54/59	+00:42:29	+00:36:17	+00:36:17	LETHBRIDGE
79/86	ASHCROFT, ALAN	101	1:19:55.352	07:59		10K50-59M	6/6	M	25/27	+00:42:30	+00:27:44	+00:42:30	LETHBRIDGE
80/86	BRIDGES, TESS	106	1:20:32.413	08:03		10K30-39F	26/27	F	55/59	+00:43:07	+00:31:52	+00:36:54	LETHBRIDGE
81/86	GOODRICH, JENNA	125	1:22:38.703	08:15		10K40-49F	16/18	F	56/59	+00:45:13	+00:39:01	+00:39:01	LETHBRIDGE
82/86	SMITH, HAROLD	181	1:22:44.386	08:16		10K60-69M	3/3	M	26/27	+00:45:19	+00:23:44	+00:45:19	LETHBRIDGE
83/86	UYS, CHARMAINE	188	1:24:30.729	08:27		10K40-49F	17/18	F	57/59	+00:47:05	+00:40:53	+00:40:53	LETHBRIDGE
84/86	DYKSTRA, KRISTEN	119	1:24:36.227	08:27		10K40-49F	18/18	F	58/59	+00:47:10	+00:40:58	+00:40:58	LETHBRIDGE
85/86	LANGE, JENNIFER	146	1:27:31.595	08:45		10K30-39F	27/27	F	59/59	+00:50:06	+00:38:51	+00:43:54	LETHBRIDGE