

Roots and Ruts Run 10K/5K/3K Sept. 22/2017

Alpha Overall Results

10K Run - 6.21 Miles

137 Finishers

O/A	Name	Bib#	Time	Pace/m	Category	Cat/Pl	Gender	Gen/Pl	Chip Time
118/137	AHLGREN, JACKIE	1001	01:32:06.76	09:12	10K20-29F	12/13	F	73/88	01:31:52.93
79/137	ANDERSON, LEE-ANN	1003	01:15:58.90	07:35	10K40-49F	18/32	F	41/88	01:15:46.13
59/137	BACKE, JOSIE	1005	01:11:21.05	07:08	10K30-39F	5/24	F	28/88	01:11:17.55
104/137	BARBER, BONNIE	1006	01:26:01.19	08:36	10K60-69F	2/4	F	61/88	01:25:54.06
39/137	BEHNKE, LUKE	1009	01:06:09.11	06:36	10K30-39M	9/15	M	23/49	01:06:05.73
71/137	BEHNKE, TANIS	1010	01:14:05.76	07:24	10K30-39F	8/24	F	35/88	01:14:00.89
77/137	BENKE, ALISON	1011	01:15:31.68	07:33	10K30-39F	10/24	F	39/88	01:15:29.41
76/137	BENKE, AMELIA	1012	01:15:23.19	07:32	10K12-13F	1/1	F	38/88	01:15:20.91
8/137	BENKE, DALE	1013	00:53:49.01	05:22	10K40-49M	3/11	M	8/49	00:53:47.63
49/137	BENKE, WELLINGTON	1014	01:10:24.73	07:02	10K14-15M	1/1	M	28/49	01:10:22.54
53/137	BEST, JENNA	1015	01:10:34.94	07:03	10K20-29F	6/13	F	23/88	01:10:30.34
120/137	BESTWARD, WENDY	1016	01:33:41.47	09:22	10K40-49F	27/32	F	75/88	01:33:37.26
70/137	BICE, DUSTIN	1207	01:12:56.92	07:17	10K20-29M	4/5	M	36/49	01:12:48.04
11/137	BLUE, SHAYLA	1018	00:56:06.00	05:36	10K30-39F	1/24	F	1/88	00:56:04.32
127/137	BRICK, TINA	1019	01:40:18.48	10:01	10K40-49F	29/32	F	81/88	01:40:06.51
131/137	BROWN, KAITLYNN	1022	01:57:08.79	11:42	10K08-9F	1/1	F	83/88	01:56:51.60
14/137	BRUCE, BARRIE	1133	00:57:54.19	05:47	10K40-49M	5/11	M	12/49	00:57:52.55
95/137	CALLIHO, TINA	1028	01:23:06.56	08:18	10K40-49F	23/32	F	53/88	01:22:56.62
56/137	CAPELLE, LORRAINE	1029	01:10:57.15	07:05	10K40-49F	13/32	F	26/88	01:10:55.12
9/137	CARROLL, ROBERT	1209	00:54:58.60	05:29	10K50-59M	1/7	M	9/49	00:54:58.11
69/137	CISSELL, MONIQUE	1032	01:12:48.27	07:16	10K30-39F	7/24	F	34/88	01:12:42.93
47/137	CLARK, ROSANNA	1033	01:10:15.17	07:01	10K40-49F	10/32	F	21/88	01:10:09.92
50/137	CLARKSON, CINDY	1034	01:10:25.40	07:02	10K40-49F	11/32	F	22/88	01:10:15.22
42/137	CLARKSON, JOHNATHON	1189	01:08:16.51	06:49	10K30-39M	10/15	M	25/49	01:08:12.31
18/137	CRAIG, TONI	1036	00:59:25.44	05:56	10K40-49F	3/32	F	6/88	00:59:22.80
93/137	CROSTON, BRITTANY	1037	01:21:46.88	08:10	10K20-29F	10/13	F	51/88	01:21:44.73
51/137	DAVIS, MATE	1190	01:10:28.29	07:02	10K18-19M	1/1	M	29/49	01:10:16.42
62/137	DEXTER, DYAN	1191	01:11:53.91	07:11	10K40-49F	14/32	F	30/88	01:11:44.87
27/137	DRIEDGER, DARREN	1041	01:03:11.74	06:19	10K50-59M	3/7	M	17/49	01:03:11.31
2/137	DUNBAR, LONDON	1020	00:44:40.74	04:28	10K30-39M	1/15	M	2/49	00:44:40.73
112/137	DYER, JANE	1192	01:28:58.76	08:53	10K50-59F	8/11	F	68/88	01:28:50.00
44/137	EMES, LAVERNA	1042	01:09:29.59	06:56	10K50-59F	1/11	F	19/88	01:09:27.99
107/137	FALLE, COURTNEY	1044	01:26:43.56	08:40	10K30-39F	19/24	F	64/88	01:26:28.25
85/137	FEHR, ANGELA	1045	01:18:45.12	07:52	10K40-49F	21/32	F	47/88	01:18:42.48
6/137	FERRON, MARK	1046	00:49:03.93	04:54	10K30-39M	3/15	M	6/49	00:49:02.83
15/137	FIMRITE, BOBBIE-JO	1039	00:57:54.47	05:47	10K40-49F	1/32	F	3/88	00:57:51.34
34/137	FRIESEN, HALEY	1047	01:04:40.40	06:28	10K16-17F	1/2	F	13/88	01:04:32.97
29/137	FRIESEN, MARGARET	1048	01:03:52.75	06:23	10K40-49F	4/32	F	11/88	01:03:45.16
63/137	GALE, KELCIE	1131	01:11:56.39	07:11	10K20-29F	8/13	F	31/88	01:11:55.13
60/137	GALENZA, BRUCE	1193	01:11:23.28	07:08	10K60-69M	3/4	M	32/49	01:11:14.24
45/137	GERZANICH, PETER	1052	01:09:41.73	06:58	10K60-69M	2/4	M	26/49	01:09:33.69
46/137	GETZ, NATASHA	1053	01:09:46.69	06:58	10K20-29F	5/13	F	20/88	01:09:40.56
130/137	GIRVAN, DAVID	1056	01:52:33.09	11:15	10K70-79M	1/1	M	48/49	01:52:22.12
98/137	GOEBEL, DAYLENE	1194	01:24:37.72	08:27	10K40-49F	24/32	F	55/88	01:24:24.61
3/137	GOOSNEY, SCOTT	1057	00:45:20.28	04:32	10K40-49M	1/11	M	3/49	00:45:19.78
38/137	GRIER, ERIN	1060	01:06:09.11	06:36	10K40-49F	8/32	F	16/88	01:06:04.32
17/137	GUMMESEN, JULIE	1061	00:59:14.59	05:55	10K40-49F	2/32	F	5/88	00:59:11.78
88/137	HEARN, GREG	1063	01:20:22.84	08:02	10K20-29M	5/5	M	41/49	01:20:09.87
103/137	HEARN, LORRAINE	1065	01:25:38.10	08:33	10K30-39F	17/24	F	60/88	01:25:25.05
80/137	HILLIER, LORNA	1195	01:16:04.02	07:36	10K50-59F	3/11	F	42/88	01:15:51.77
83/137	HORNE, ELIZAVETA	1067	01:17:16.38	07:43	10K20-29F	9/13	F	45/88	01:17:02.83
82/137	HOWARTH, CARMEN	1069	01:16:52.08	07:41	10K40-49F	19/32	F	44/88	01:16:40.71
126/137	HUDSON, LISA	1070	01:40:18.48	10:01	10K40-49F	28/32	F	80/88	01:40:05.37
117/137	HULL, PATRICIA	1071	01:31:00.12	09:06	10K50-59F	10/11	F	72/88	01:30:53.47
91/137	HUMBKE, MELANIE	1072	01:21:23.49	08:08	10K30-39F	14/24	F	50/88	01:21:11.52
67/137	HUNTER, BEN	1073	01:12:36.95	07:15	10K16-17M	1/2	M	35/49	01:12:35.57
35/137	HUNTER, CHRISTINA	1196	01:05:21.41	06:32	10K40-49F	6/32	F	14/88	01:05:19.13
128/137	JASPER, MICHELLE	1077	01:48:26.94	10:50	10K40-49F	30/32	F	82/88	01:48:10.49
100/137	JEFFERY, SUSAN	1078	01:24:40.55	08:28	10K20-29F	11/13	F	57/88	01:24:26.72
65/137	JOHNSON, BILL	1079	01:12:13.78	07:13	10K50-59M	5/7	M	33/49	01:12:05.27
133/137	JOHNSON, CARTER	1182	02:01:08.81	12:06	10K16-17M	2/2	M	49/49	02:00:51.75
72/137	JOSEPH, LOUIS	1085	01:14:25.99	07:26	10K40-49M	8/11	M	37/49	01:14:21.63
25/137	KARAMI, HISHAM	1087	01:02:56.91	06:17	10K40-49M	6/11	M	16/49	01:02:49.88
96/137	KING, NADINE	1089	01:23:18.82	08:19	10K30-39F	15/24	F	54/88	01:23:07.79
55/137	KLASSEN, ALISON	1090	01:10:47.14	07:04	10K50-59F	2/11	F	25/88	01:10:39.71
119/137	KNODEL, CANDICE	1091	01:32:59.86	09:17	10K30-39F	22/24	F	74/88	01:32:55.58

Roots and Ruts Run 10K/5K/3K Sept. 22/2017

Alpha Overall Results

10K Run - 6.21 Miles

137 Finishers

O/A	Name	Bib#	Time	Pace/m	Category	Cat/PI	Gender	Gen/PI	Chip Time
124/137	KOERSEN, WILMA	1092	01:37:02.81	09:42	10K50-59F	11/11	F	78/88	01:36:50.08
43/137	LANDIS, LISA	1197	01:09:10.28	06:55	10K20-29F	4/13	F	18/88	01:09:04.13
61/137	LANGLOIS, CHARITY	1146	01:11:37.65	07:09	10K30-39F	6/24	F	29/88	01:11:33.37
58/137	LIVINGSTON, KENNETH	1095	01:11:19.88	07:07	10K30-39M	12/15	M	31/49	01:11:07.75
30/137	MAGRUM, WARREN	1101	01:04:07.68	06:24	10K60-69M	1/4	M	19/49	01:04:02.15
92/137	MAH, PAUL	1102	01:21:46.66	08:10	10K50-59M	7/7	M	42/49	01:21:42.26
4/137	MASIK, BRADY	1103	00:47:37.18	04:45	10K30-39M	2/15	M	4/49	00:47:36.59
90/137	MASIK, CARLEEN	1104	01:20:56.72	08:05	10K30-39F	13/24	F	49/88	01:20:47.76
129/137	MCINTOSH, DWAYNE	1107	01:48:27.00	10:50	10K40-49M	11/11	M	47/49	01:48:10.81
37/137	MCKALE, MELANIE	1198	01:05:56.32	06:35	10K40-49F	7/32	F	15/88	01:05:47.61
48/137	MEISE, DAVE	1109	01:10:21.79	07:02	10K40-49M	7/11	M	27/49	01:10:16.84
1/137	MILLER, BRANDON	1199	00:41:31.46	04:09	10K20-29M	1/5	M	1/49	00:41:31.24
101/137	MOON, MARGARET	1111	01:25:06.47	08:30	10K60-69F	1/4	F	58/88	01:24:58.61
23/137	MOON, TERRY	1112	01:01:40.18	06:10	10K50-59M	2/7	M	15/49	01:01:37.26
105/137	MOORE, MELANIE	1113	01:26:30.42	08:39	10K50-59F	5/11	F	62/88	01:26:20.48
113/137	MORRIS, AMANDA	1114	01:29:11.19	08:55	10K30-39F	21/24	F	69/88	01:28:55.79
123/137	MORRIS, RALPH	1115	01:36:51.11	09:41	10K40-49M	10/11	M	46/49	01:36:35.46
54/137	MUNGALL, BRENDA	1116	01:10:42.65	07:04	10K40-49F	12/32	F	24/88	01:10:34.61
36/137	NAYLOR, LONNIE	1200	01:05:39.43	06:33	10K20-29M	2/5	M	22/49	01:05:34.68
89/137	NOEL, KALINA	1118	01:20:56.58	08:05	10K40-49F	22/32	F	48/88	01:20:48.30
78/137	NORDHAGEN, CORRIE	1119	01:15:57.13	07:35	10K30-39F	11/24	F	40/88	01:15:50.68
20/137	NYCHKA, COLE	1120	01:01:03.90	06:06	10K30-39M	5/15	M	13/49	01:00:58.03
99/137	NYCHKA, KELLY	1121	01:24:39.50	08:27	10K30-39F	16/24	F	56/88	01:24:33.53
57/137	OLANSKI, BEKKI	1123	01:11:17.29	07:07	10K20-29F	7/13	F	27/88	01:11:12.54
94/137	OOSTRA, KAREN	1161	01:22:35.41	08:15	10K50-59F	4/11	F	52/88	01:22:23.27
75/137	PARKYN, RYAN	1124	01:14:56.46	07:29	10K30-39M	13/15	M	38/49	01:14:50.32
84/137	PEARCE, TONYA	1125	01:18:31.33	07:51	10K40-49F	20/32	F	46/88	01:18:25.80
116/137	PENSON, CHARLOTTE	1126	01:29:41.99	08:58	10K40-49F	26/32	F	71/88	01:29:31.48
7/137	PETERS, JEREMY	1128	00:51:58.26	05:11	10K30-39M	4/15	M	7/49	00:51:42.95
68/137	PETERSON, TRACY	1129	01:12:48.19	07:16	10K40-49F	16/32	F	33/88	01:12:43.83
137/137	PETTIT, CATHY	1130	02:03:25.63	12:20	10K60-69F	4/4	F	88/88	02:03:21.42
12/137	PICARD, JESSICA	1147	00:56:31.33	05:39	10K30-39F	2/24	F	2/88	00:56:23.68
22/137	PROBST, MAX	1134	01:01:25.03	06:08	10K10-11M	1/1	M	14/49	01:01:24.76
52/137	RAMSAY, CHAD	1202	01:10:28.43	07:02	10K30-39M	11/15	M	30/49	01:10:17.40
115/137	REMPEL, BOB	1136	01:29:19.12	08:55	10K60-69M	4/4	M	45/49	01:29:08.99
125/137	REMPEL, KAREN	1137	01:37:09.69	09:42	10K60-69F	3/4	F	79/88	01:36:59.56
73/137	REMPEL, KERI	1138	01:14:45.91	07:28	10K30-39F	9/24	F	36/88	01:14:40.44
31/137	REMPEL, ROSS	1139	01:04:12.21	06:25	10K30-39M	7/15	M	20/49	01:04:06.96
64/137	RENFREE, MELISSA	1098	01:11:56.81	07:11	10K40-49F	15/32	F	32/88	01:11:55.31
97/137	ROBBIARD, DALLAS	1208	01:24:24.24	08:26	10K30-39M	14/15	M	43/49	01:24:12.06
111/137	ROWLAND, DUSTY	1142	01:28:05.98	08:48	10K30-39M	15/15	M	44/49	01:28:00.50
136/137	SAVAGE, STACEY	1145	02:02:34.24	12:15	10K30-39F	24/24	F	87/88	02:02:17.30
26/137	SAXON, KATHLEEN	1021	01:02:57.00	06:17	10K20-29F	3/13	F	10/88	01:02:54.92
16/137	SCULLY, HEATHER	1149	00:59:04.04	05:54	10K30-39F	3/24	F	4/88	00:59:01.12
5/137	SEITZ, ROBERT	1150	00:48:50.90	04:53	10K40-49M	2/11	M	5/49	00:48:50.16
32/137	SHEPHERD, JOANNE	1152	01:04:22.88	06:26	10K40-49F	5/32	F	12/88	01:04:19.70
135/137	SIEBEN, JENNIFER	1154	02:02:33.91	12:15	10K40-49F	32/32	F	86/88	02:02:16.88
66/137	SIMIGAN, JASON	1201	01:12:17.21	07:13	10K20-29M	3/5	M	34/49	01:12:09.17
19/137	SMITH, JESSICA	1206	01:00:52.83	06:05	10K20-29F	1/13	F	7/88	01:00:43.50
87/137	SPEAGER, DWAYNE	1203	01:19:29.01	07:56	10K50-59M	6/7	M	40/49	01:19:14.54
33/137	STAVROU, DENNIS	1135	01:04:26.57	06:26	10K30-39M	8/15	M	21/49	01:04:19.28
134/137	STEVENSON, SADIE	1156	02:01:09.09	12:06	10K16-17F	2/2	F	85/88	02:00:52.03
132/137	STEVENSON, TANYA	1157	01:57:08.98	11:42	10K40-49F	31/32	F	84/88	01:56:51.61
108/137	STRICKLAND, ZANNE	1043	01:27:28.06	08:44	10K50-59F	6/11	F	65/88	01:27:24.56
102/137	SULLIVAN, ALAINE	1159	01:25:17.62	08:31	10K40-49F	25/32	F	59/88	01:24:59.69
109/137	TENNEY, ASHLY	1162	01:27:57.62	08:47	10K30-39F	20/24	F	66/88	01:27:43.15
40/137	THIEMANN, TRACEY	1163	01:06:31.85	06:39	10K40-49F	9/32	F	17/88	01:06:21.50
24/137	TINWORTH, KRISTINA	1164	01:01:46.57	06:10	10K20-29F	2/13	F	9/88	01:01:39.08
10/137	TINWORTH, LIAM	1165	00:55:46.47	05:34	10K12-13M	1/1	M	10/49	00:55:39.14
122/137	TOM, KAREN	1168	01:35:39.84	09:33	10K30-39F	23/24	F	77/88	01:35:35.76
114/137	TUNKE, COLETTE	1171	01:29:17.28	08:55	10K50-59F	9/11	F	70/88	01:29:10.56
28/137	UDEY, BRIAN	1204	01:03:50.45	06:23	10K30-39M	6/15	M	18/49	01:03:42.67
121/137	WALLAN, KORI	1176	01:35:17.02	09:31	10K20-29F	13/13	F	76/88	01:35:01.62
74/137	WEBBER, CHRISTIE	1177	01:14:50.46	07:29	10K40-49F	17/32	F	37/88	01:14:47.42
110/137	WEBBER, TERRI	1178	01:28:00.88	08:48	10K50-59F	7/11	F	67/88	01:27:56.28
86/137	WESTAD, MIKE	1180	01:19:02.63	07:54	10K40-49M	9/11	M	39/49	01:18:55.52

Alpha Overall Results

10K Run - 6.21 Miles

137 Finishers

O/A	Name	Bib#	Time	Pace/m	Category	Cat/PI	Gender	Gen/PI	Chip Time
41/137	WILLEMS, ROD	1183	01:07:48.68	06:46	10K50-59M	4/7	M	24/49	01:07:38.68
21/137	WOLD, JENNIFER	1184	01:01:07.40	06:06	10K30-39F	4/24	F	8/88	01:01:00.36
106/137	WOLFE, ANDREA	1185	01:26:43.48	08:40	10K30-39F	18/24	F	63/88	01:26:29.15
81/137	WOYTUIK, ASHLEY	1187	01:16:22.70	07:38	10K30-39F	12/24	F	43/88	01:16:13.94
13/137	ZWANEOEL, STEFAN	1059	00:56:32.19	05:39	10K40-49M	4/11	M	11/49	00:56:30.81