

## Category Results

## 10.3K - 6.40 Miles

## 10K12-15M - 2 Competitors

Cat	Name	Bib #	Time	Pace	O/A	City:
1/2	HARDING, ALEX	470	00:40:16.30	06:17	1/22	MD OF TABER, ,
2/2	HARASEM-MITCHELL, SETH	469	01:00:01.85	09:22	17/22	COUNTY OF LETHBRIDGE, ,

## 10K16-19F - 1 Competitors

Cat	Name	Bib #	Time	Pace	O/A	City:
1/1	GUNDERSON, KARLEE	468	00:52:23.40	08:11	8/22	CITY OF LETHBRIDGE, ,

## 10K20-29M - 4 Competitors

Cat	Name	Bib #	Time	Pace	O/A	City:
1/4	VAN GEEST, ALEX	480	00:43:54.00	06:51	3/22	MD OF TABER, ,
2/4	BUGEAUD, YANNICK	463	00:51:05.85	07:59	6/22	MD OF PINCHER CREEK, ,
3/4	PETLUCK, DUANE	475	00:52:42.10	08:14	9/22	COUNTY OF LETHBRIDGE, ,
4/4	TJEERDEMA, SHELDON	479	00:59:13.15	09:15	16/22	COUNTY OF NEWELL, ,

## 10K30-39F - 4 Competitors

Cat	Name	Bib #	Time	Pace	O/A	City:
1/4	ARTHUR, DANIELLE	461	00:57:30.70	08:59	14/22	CITY OF MEDICINE HAT, ,
2/4	PACK, COLLEEN	474	01:03:17.40	09:53	18/22	MD OF TABER, ,
3/4	HELLAND, KAREN	471	01:19:28.70	12:25	20/22	COUNTY OF VULCAN, ,
4/4	CARRIE, COLLEEN	464	01:19:28.90	12:25	21/22	COUNTY OF VULCAN, ,

## 10K30-39M - 1 Competitors

Cat	Name	Bib #	Time	Pace	O/A	City:
1/1	PIVONKA, LASZLO	487	00:49:12.55	07:41	5/22	CYPRESS COUNTY, ,

## 10K40-49F - 1 Competitors

Cat	Name	Bib #	Time	Pace	O/A	City:
1/1	WOGSBERG, MARILYN	482	01:15:05.70	11:44	19/22	COUNTY OF VULCAN, ,

## 10K40-49M - 2 Competitors

Cat	Name	Bib #	Time	Pace	O/A	City:
1/2	SHARPE, DWAYNE	484	00:42:31.45	06:38	2/22	CYPRESS COUNTY, ,
2/2	NIEBERGALL, ROBIN	473	00:58:20.65	09:07	15/22	COUNTY OF NEWELL, ,

## 10K50-59F - 1 Competitors

Cat	Name	Bib #	Time	Pace	O/A	City:
1/1	GLENGRAHAM, LAURIER	467	00:53:29.40	08:21	11/22	COUNTY OF NEWELL, ,

## 10K50-59M - 4 Competitors

Cat	Name	Bib #	Time	Pace	O/A	City:
1/4	EGGER, SCOTT	466	00:49:01.75	07:39	4/22	COUNTY OF NEWELL, ,
2/4	MCKINNON, ROB	486	00:51:06.60	07:59	7/22	CYPRESS COUNTY, ,
3/4	PRATT, LARRY	476	00:54:20.15	08:29	12/22	COUNTY OF NEWELL, ,
4/4	MCKNIGHT, CHARLIE	483	00:55:34.55	08:41	13/22	CYPRESS COUNTY, ,

## 10K60+M - 2 Competitors

Cat	Name	Bib #	Time	Pace	O/A	City:
1/2	CUNNINGHAM, BARNEY	465	00:52:47.30	08:14	10/22	CITY OF MEDICINE HAT, ,
2/2	SADOWNIK, STEVE	477	01:32:30.75	14:27	22/22	CITY OF MEDICINE HAT, ,