

Overall Gender Results

5K - 3.1 Miles

Female

Gender	Name	Bib#	Time	Pace/K	Pace/M	Category	Cat	O/A	City
1/108	SINKE, CHARLOTTE	5465	00:19:02.265	03:48	06:07	5K19&UF	1/5	4/157	CALGARY, AB
2/108	DESY, JANEVE	5484	00:19:33.133	03:54	06:17	5K30-39F	1/33	5/157	CALGARY, AB
3/108	SKOCDOPOLE, ALANA	5384	00:19:35.642	03:55	06:18	5K20-29F	1/13	6/157	CALGARY, AB
4/108	BAYER, AGATHA	5399	00:20:41.595	04:08	06:39	5K30-39F	2/33	7/157	CALGARY, AB
5/108	EVERETT, BREANNE	5416	00:21:29.499	04:17	06:54	5K30-39F	3/33	8/157	CALGARY, AB
6/108	GILES, LISA	5330	00:21:42.671	04:20	06:58	5K30-39F	4/33	9/157	CALGARY, AB
7/108	CLARK, RHONDA	5409	00:21:46.271	04:21	07:00	5K50-59F	1/16	10/157	CALGARY, AB
8/108	ANDERSON, AMY	5302	00:21:47.546	04:21	07:00	5K60-69F	1/7	11/157	CALGARY, AB
9/108	KNIH, DEJANA	5485	00:22:58.257	04:35	07:23	5K30-39F	5/33	14/157	CALGARY, AB
10/108	CHABASSOL, SELENA	5308	00:23:45.195	04:45	07:38	5K30-39F	6/33	18/157	CALGARY, AB
11/108	WITCZAK, LAURA	5395	00:23:49.817	04:45	07:39	5K30-39F	7/33	19/157	CALGARY, AB
12/108	MACSWEEN, MAUREEN	5354	00:23:54.810	04:46	07:41	5K40-49F	1/33	20/157	CALGARY, AB
13/108	MCLAUGHLIN, LISA	490	00:24:32.308	04:54	07:53	5K40-49F	2/33	21/157	CALGARY, AB
14/108	RAMSEY, KATE	5489	00:24:42.857	04:56	07:56	5K50-59F	2/16	22/157	CALGARY, AB
15/108	MCMURRAY, OLIVIA	5446	00:24:44.098	04:56	07:57	5K20-29F	2/13	23/157	CALGARY, AB
16/108	THOMSON, NICOLE	5469	00:25:12.926	05:02	08:06	5K30-39F	8/33	25/157	CALGARY, AB
17/108	JESSEY, MARY	460	00:26:19.557	05:15	08:27	5K40-49F	3/33	26/157	CALGARY, AB
18/108	KOZAR, JOELYN	5438	00:27:13.862	05:26	08:45	5K30-39F	9/33	31/157	CALGARY, AB
19/108	SCHALY, APRIL	5380	00:28:20.002	05:40	09:06	5K30-39F	10/33	34/157	CALGARY, AB
20/108	FLEMING, LISA	5421	00:30:09.451	06:01	09:41	5K30-39F	11/33	42/157	CALGARY, AB
21/108	KOHLBERG, KIM	5437	00:30:32.634	06:06	09:49	5K30-39F	12/33	43/157	CALGARY, AB
22/108	KAMBEITZ, CHERENE	5343	00:30:51.122	06:10	09:55	5K50-59F	3/16	45/157	CALGARY, AB
23/108	LYNSKEY, LUCY	5353	00:30:51.313	06:10	09:55	5K30-39F	13/33	46/157	COCHRANE, AB
24/108	HENDERSON, LAURA	5340	00:31:03.078	06:12	09:59	5K30-39F	14/33	47/157	CALGARY, AB
25/108	PODESCU, CATRINEL	512	00:31:03.451	06:12	09:59	5K30-39F	15/33	48/157	CALGARY, AB
26/108	LONG, TANIA	5352	00:31:07.202	06:13	10:00	5K40-49F	4/33	49/157	CALGARY, AB
27/108	SCHIMPF, KARLIE	5460	00:31:23.455	06:16	10:05	5K20-29F	3/13	50/157	CALGARY, AB
28/108	MAXSON, AMANDA	5444	00:31:45.909	06:21	10:12	5K40-49F	5/33	52/157	CALGARY, AB
29/108	CRAWFORD, JANE	5311	00:31:51.850	06:22	10:14	5K50-59F	4/16	53/157	CALGARY, AB
30/108	BANDOLA, REAGAN	5305	00:32:02.138	06:24	10:18	5K19&UF	2/5	54/157	CALGARY, AB
31/108	BIAGIONI, ROBIN	5401	00:32:21.147	06:28	10:24	5K30-39F	16/33	55/157	CALGARY, AB
32/108	CHOONGH, SIM	5404	00:32:57.075	06:35	10:35	5K20-29F	4/13	58/157	CALGARY, AB
33/108	MCINTYRE, KRISTA	5358	00:33:06.427	06:37	10:38	5K30-39F	17/33	60/157	CALGARY, AB
34/108	TEGART, MELANIE	5388	00:33:11.676	06:38	10:40	5K40-49F	6/33	61/157	COCHRANE, AB
35/108	TEMPLETON-BANDOLA, KATHLEEN	5389	00:33:20.236	06:40	10:43	5K40-49F	7/33	62/157	CALGARY, AB
36/108	GREEN, STEPHANIE	5334	00:33:35.748	06:43	10:48	5K30-39F	18/33	63/157	CALGARY, AB
37/108	TANNIS, TILA	5468	00:33:36.310	06:43	10:48	5K30-39F	19/33	64/157	CALGARY, AB
38/108	PRIMAVERA, KATARINA	5458	00:33:41.654	06:44	10:50	5K20-29F	5/13	69/157	CALGARY, AB
39/108	WYTSMA, REBECCA	5480	00:34:31.873	06:54	11:06	5K20-29F	6/13	72/157	CALGARY, AB
40/108	DHANJAL, HARPREET	5415	00:34:33.615	06:54	11:06	5K30-39F	20/33	73/157	CALGARY, AB
41/108	DUBORD, JANELLE	430	00:34:38.581	06:55	11:08	5K20-29F	7/13	74/157	CALGARY, AB
42/108	D'EON, JEANELLE	5411	00:34:40.656	06:56	11:09	5K30-39F	21/33	75/157	CALGARY, AB
43/108	KRAMER, SHARON	5349	00:34:57.118	06:59	11:14	5K60-69F	2/7	76/157	CALGARY, AB
44/108	WOODWARD, SHANNON	5396	00:35:00.590	07:00	11:15	5K40-49F	8/33	77/157	CALGARY, AB
45/108	HIROSE, AMANDA	5428	00:35:04.575	07:00	11:16	5K40-49F	9/33	78/157	CALGARY, AB
46/108	MCMURRAY, NATALIE	5445	00:35:05.708	07:01	11:17	5K20-29F	8/13	80/157	ROCKYVIEW COUNTY, AB
47/108	SZCZOTKA, MAGDALENA	5491	00:35:30.051	07:06	11:24	5K30-39F	22/33	81/157	EDMONTON, AB
48/108	CYR, PHYLLIS	5312	00:35:43.635	07:08	11:29	5K60-69F	3/7	82/157	CALGARY, AB
49/108	OLDFIELD, SARAH	5367	00:35:55.573	07:11	11:33	5K30-39F	23/33	83/157	CALGARY, AB
50/108	MARSH, PATSY	5486	00:36:06.120	07:13	11:36	5K60-69F	4/7	87/157	CALGARY, AB
51/108	HYDE, SHERRY	5430	00:36:56.838	07:23	11:52	5K40-49F	10/33	89/157	CALGARY, AB
52/108	DHANJAL, BALJEET	5413	00:37:13.853	07:26	11:58	5K30-39F	24/33	90/157	CALGARY, AB
53/108	GERLACH, KARIN	5427	00:37:47.315	07:33	12:09	5K60-69F	5/7	91/157	CALGARY, AB
54/108	NICKERSON, MANDY	5452	00:37:59.917	07:35	12:13	5K40-49F	11/33	92/157	OKOTOKS, AB
55/108	FLANIGAN, AMANDA	5419	00:38:00.191	07:36	12:13	5K20-29F	9/13	93/157	CALGARY, AB

Overall Gender Results

5K - 3.1 Miles

Female

Gender	Name	Bib#	Time	Pace/K	Pace/M	Category	Cat	O/A	City
56/108	GAULD, KAYLA	5426	00:38:01.971	07:36	12:13	5K19&UF	3/5	94/157	CALGARY, AB
57/108	VASILOPOULOS, KOULA	5391	00:38:41.440	07:44	12:26	5K50-59F	5/16	95/157	CALGARY, AB
58/108	MOORE, RITA	5363	00:38:45.097	07:45	12:27	5K50-59F	6/16	96/157	CALGARY, AB
59/108	SPENCER, DANIELLE	5466	00:38:48.187	07:45	12:28	5K40-49F	12/33	97/157	ROCKY MOUNTAIN HOUSE
60/108	KANKAM-URBINSKY, AMA	5434	00:38:48.517	07:45	12:28	5K40-49F	13/33	98/157	CONDOR, AB
61/108	DILLABOUGH, JESSICA	5316	00:38:55.571	07:47	12:30	5K40-49F	14/33	99/157	CALGARY, AB
62/108	CEPEDA VEGA, NANCY	5408	00:38:59.415	07:47	12:32	5K30-39F	25/33	100/157	CALGARY, AB
63/108	BANDOLA, SUMMER	5306	00:39:50.180	07:58	12:48	5K19&UF	4/5	101/157	CALGARY, AB
64/108	ORR, KARA	5455	00:39:56.766	07:59	12:50	5K30-39F	26/33	102/157	CALGARY, AB
65/108	METZLER, CHRISTIANE	5361	00:40:01.081	08:00	12:52	5K50-59F	7/16	103/157	CALGARY, AB
66/108	LEGALLOU, SUNITA	5441	00:40:01.949	08:00	12:52	5K30-39F	27/33	104/157	CALGARY, AB
67/108	MCGREGOR, JULIE	5356	00:40:02.394	08:00	12:52	5K40-49F	15/33	105/157	COCHRANE, AB
68/108	HAEBER, SARA	5335	00:40:02.439	08:00	12:52	5K40-49F	16/33	106/157	CALGARY, AB
69/108	PETERS, NICOLE	5370	00:40:02.862	08:00	12:52	5K40-49F	17/33	107/157	CALGARY, AB
70/108	HAUGHEY, ROISIN	5336	00:40:04.948	08:00	12:53	5K30-39F	28/33	108/157	CALGARY, AB
71/108	LUNDY, DANNI	5379	00:40:06.118	08:01	12:53	5K30-39F	29/33	109/157	CALGARY, AB
72/108	ADAMS, MELISSA	5301	00:40:11.462	08:02	12:55	5K30-39F	30/33	110/157	CALGARY, AB
73/108	CIPRICK, ASHLEY	5309	00:40:36.421	08:07	13:03	5K20-29F	10/13	112/157	CALGARY, AB
74/108	SHAH, ANUPA	5382	00:40:37.172	08:07	13:03	5K40-49F	18/33	114/157	CALGARY, AB
75/108	ASHTARIEH, BAHAR	5303	00:40:38.111	08:07	13:03	5K30-39F	31/33	115/157	CANMORE, AB
76/108	LANGVIN, PATRICIA	5350	00:40:50.369	08:10	13:07	5K50-59F	8/16	116/157	CALGARY, AB
77/108	FRANK, KATE	5324	00:40:57.375	08:11	13:10	5K60-69F	6/7	117/157	CALGARY, AB
78/108	RUZYCKI, SUSAN	5490	00:40:59.180	08:11	13:10	5K40-49F	19/33	118/157	CALGARY, AB
79/108	MILLER, NATASHA	5488	00:41:02.509	08:12	13:11	5K19&UF	5/5	119/157	CALGARY, AB
80/108	DESJARDINS, BJ	5314	00:41:41.414	08:20	13:24	5K50-59F	9/16	121/157	CALGARY, AB
81/108	TSAI, KRISTY	5474	00:41:57.468	08:23	13:29	5K40-49F	20/33	125/157	CALGARY, AB
82/108	MILLER, KAREN	5487	00:43:15.938	08:39	13:54	5K40-49F	21/33	128/157	CALGARY, AB
83/108	PACHECO, DANIELA	5456	00:43:43.478	08:44	14:03	5K30-39F	32/33	129/157	CALGARY, AB
84/108	GRAHAM ROSS, NADIA MAUREEN	5333	00:44:09.091	08:49	14:11	5K40-49F	22/33	130/157	AIRDRIE, AB
85/108	FARNCOMBE, DOROTHY	5321	00:44:09.116	08:49	14:11	5K40-49F	23/33	131/157	AIRDRIE, AB
86/108	NIJER, EKROOP	5453	00:44:50.132	08:58	14:24	5K20-29F	11/13	132/157	CALGARY, AB
87/108	REABURN, TARA	5375	00:45:40.849	09:08	14:41	5K40-49F	24/33	133/157	CALGARY, AB
88/108	GARSTAD, TINA	5424	00:45:41.412	09:08	14:41	5K50-59F	10/16	134/157	CALGARY, AB
89/108	OMAN, TRACY	5368	00:48:39.907	09:43	15:38	5K40-49F	25/33	135/157	CALGARY, AB
90/108	EVERETT, ROSE	5417	00:48:56.923	09:47	15:44	5K60-69F	7/7	136/157	CALGARY, AB
91/108	VAN IDERSTINE, BROOKLYN	5475	00:49:23.302	09:52	15:52	5K20-29F	12/13	137/157	COCHRANE, AB
92/108	VAN IDERSTINE, DANNA	5476	00:49:23.900	09:52	15:53	5K50-59F	11/16	138/157	COCHRANE, AB
93/108	ZIPCHIAN, VIVIAN	5397	00:50:28.657	10:05	16:13	5K50-59F	12/16	139/157	SHERWOOD PARK, AB
94/108	MINTY, MEGAN	5450	00:51:26.266	10:17	16:32	5K30-39F	33/33	140/157	CALGARY, AB
95/108	WEISBECK, SHARILYN	5479	00:51:28.538	10:17	16:33	5K40-49F	26/33	141/157	CALGARY, AB
96/108	MINTY, BRE	5449	00:51:33.555	10:18	16:34	5K40-49F	27/33	142/157	CALGARY, AB
97/108	SHARPE, NINA	5463	00:52:10.773	10:26	16:46	5K50-59F	13/16	144/157	CALGARY, AB
98/108	RAZAVI, NAZLI	5459	00:52:10.821	10:26	16:46	5K40-49F	28/33	145/157	CALGARY, AB
99/108	PREVOST, TEENA	5372	00:52:21.929	10:28	16:50	5K50-59F	14/16	147/157	CALGARY, AB
100/108	DONAHUE, MARLENE	5317	00:52:23.152	10:28	16:50	5K70-79F	1/1	148/157	CALGARY, AB
101/108	DHANJAL, DALJIT	5414	00:52:39.225	10:31	16:55	5K20-29F	13/13	149/157	CALGARY, AB
102/108	VIRANI, AZMINA	5478	00:52:41.545	10:32	16:56	5K50-59F	15/16	150/157	CALGARY, AB
103/108	CUMMINGS, MARIESA	5410	00:53:31.726	10:42	17:12	5K40-49F	29/33	151/157	CALGARY, AB
104/108	SEIFRIED, HELEN	5462	00:53:32.174	10:42	17:12	5K40-49F	30/33	152/157	CALGARY, AB
105/108	WASHBURN, STEPHANIE	5392	00:56:03.878	11:12	18:01	5K40-49F	31/33	153/157	CALGARY, AB
106/108	JACKSON, BRANDY	5342	00:56:05.397	11:13	18:02	5K40-49F	32/33	154/157	CALGARY, AB
107/108	FINGLER, ERIN	5322	00:57:31.134	11:30	18:29	5K40-49F	33/33	155/157	CALGARY, AB
108/108	SHADE, LOUISE	5381	00:57:32.250	11:30	18:30	5K50-59F	16/16	156/157	CALGARY, AB

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5K - 3.1 Miles

Male

Gender	Name	Bib#	Time	Pace/K	Pace/M	Category	Cat	O/A	City
1/49	LEBLANC, JOSHUA	5351	00:16:06.723	03:13	05:10	5K30-39M	1/14	1/157	LETHBRIDGE, AB
2/49	BRADFORD, KEITH	5482	00:17:29.480	03:29	05:37	5K40-49M	1/8	2/157	CALGARY, AB
3/49	PAAUWE, REINIER	5369	00:17:38.314	03:31	05:40	5K40-49M	2/8	3/157	CALGARY, AB
4/49	SCHOMMER, CLARK	5461	00:22:25.983	04:29	07:12	5K30-39M	2/14	12/157	CALGARY, AB
5/49	THOOM, BHARGAV	5470	00:22:45.961	04:33	07:19	5K20-29M	1/10	13/157	CALGARY, AB
6/49	LEE, KOGAN	5440	00:23:06.060	04:37	07:25	5K30-39M	3/14	15/157	CALGARY, AB
7/49	TRABADELLO, RYAN	5473	00:23:16.677	04:39	07:29	5K20-29M	2/10	16/157	CALGARY, AB
8/49	LAZAR, BRENDAN	5439	00:23:29.000	04:41	07:33	5K20-29M	3/10	17/157	CALGARY, AB
9/49	CALLAGHAN, SCOTT	5406	00:25:06.897	05:01	08:04	5K30-39M	4/14	24/157	CALGARY, AB
10/49	STARRK, CHRIS	5386	00:26:22.393	05:16	08:28	5K40-49M	3/8	27/157	CALGARY, AB
11/49	MCINTYRE, PETER	5359	00:26:28.160	05:17	08:30	5K30-39M	5/14	28/157	CALGARY, AB
12/49	BANDOLA, MARK	5304	00:26:48.315	05:21	08:37	5K50-59M	1/5	29/157	CALGARY, AB
13/49	SHELLEY, ADAM	5464	00:27:00.784	05:24	08:41	5K30-39M	6/14	30/157	CALGARY, AB
14/49	FLEMING, JACKSON	5420	00:27:43.133	05:32	08:54	5K19&UM	1/3	32/157	CALGARY, AB
15/49	FRY, JIM	5328	00:28:09.807	05:37	09:03	5K80+M	1/2	33/157	CALGARY, AB
16/49	NOTT, TRYSTAN	5454	00:29:02.819	05:48	09:20	5K19&UM	2/3	35/157	CALGARY, AB
17/49	BRYAN, PATRICK	5402	00:29:07.695	05:49	09:21	5K60-69M	1/4	36/157	CALGARY, AB
18/49	IANNELLI, VINCE	5431	00:29:11.962	05:50	09:23	5K40-49M	4/8	37/157	CALGARY, AB
19/49	MURPHY, LINUS	5451	00:29:39.829	05:55	09:32	5K60-69M	2/4	38/157	CALGARY, AB
20/49	JUNCK, ADAM	5433	00:29:42.921	05:56	09:33	5K20-29M	4/10	39/157	CALGARY, AB
21/49	HILDEBRANDT, DALE	5341	00:29:47.750	05:57	09:34	5K60-69M	3/4	40/157	CALGARY, AB
22/49	KLEINSASSER, MICHAEL	5436	00:30:01.648	06:00	09:39	5K20-29M	5/10	41/157	CHESTERMERE, AB
23/49	MEREDITH, MIKE	5360	00:30:49.179	06:09	09:54	5K40-49M	5/8	44/157	CALGARY, AB
24/49	PELAT, IAN	5457	00:31:24.309	06:16	10:05	5K20-29M	6/10	51/157	CALGARY, AB
25/49	GALEANO, NATHAN	5423	00:32:33.710	06:30	10:28	5K19&UM	3/3	56/157	CALGARY, AB
26/49	REDEKOP, COLIN	5376	00:32:54.661	06:34	10:34	5K50-59M	2/5	57/157	CALGARY, AB
27/49	GALEANO, JOHAN	5422	00:33:03.708	06:36	10:37	5K30-39M	7/14	59/157	CALGARY, AB
28/49	HEALEY, BRAD	5337	00:33:36.755	06:43	10:48	5K30-39M	8/14	65/157	CALGARY, AB
29/49	KING, IAN	5435	00:33:37.668	06:43	10:48	5K30-39M	9/14	66/157	CALGARY, AB
30/49	MILLER, RILEY	5447	00:33:41.043	06:44	10:49	5K30-39M	10/14	67/157	CALGARY, AB
31/49	MORIN, JOE	5364	00:33:41.396	06:44	10:49	5K70-79M	1/3	68/157	CALGARY, AB
32/49	HIROSE, CLAUDIO	5429	00:34:17.067	06:51	11:01	5K20-29M	7/10	70/157	CALGARY, AB
33/49	CAVANAUGH, TYLER	5407	00:34:28.200	06:53	11:05	5K30-39M	11/14	71/157	CALGARY, AB
34/49	DAVIS, COLIN	5412	00:35:05.465	07:01	11:16	5K20-29M	8/10	79/157	CALGARY, AB
35/49	VAN IDERSTINE, DREW	5477	00:35:56.112	07:11	11:33	5K50-59M	3/5	84/157	COCHRANE, AB
36/49	OLDFIELD, BEN	5366	00:35:56.161	07:11	11:33	5K30-39M	12/14	85/157	CALGARY, AB
37/49	KOELLER, DEAN	5347	00:36:00.893	07:12	11:34	5K40-49M	6/8	86/157	CALGARY, AB
38/49	SKJOLDE, KEN	5383	00:36:43.198	07:20	11:48	5K40-49M	7/8	88/157	CALGARY, AB
39/49	GAULD, JEFF	5425	00:40:23.885	08:04	12:59	5K60-69M	4/4	111/157	CALGARY, AB
40/49	CHAYKOWSKI, NICK	5492	00:40:36.681	08:07	13:03	5K20-29M	9/10	113/157	CALGARY, AB
41/49	CALLAGHAN, DAVID	5405	00:41:08.205	08:13	13:13	5K70-79M	2/3	120/157	CALGARY, AB
42/49	CAMPBELL, CLAYTON	5307	00:41:42.704	08:20	13:24	5K40-49M	8/8	122/157	CALGARY, AB
43/49	GOODWIN, DORIAN	5332	00:41:44.112	08:20	13:25	5K30-39M	13/14	123/157	CALGARY, AB
44/49	LEUNG, SAM	5442	00:41:55.362	08:23	13:28	5K30-39M	14/14	124/157	CALGARY, AB
45/49	LEVEQUE, PETER	5443	00:42:41.272	08:32	13:43	5K50-59M	4/5	126/157	CALGARY, AB
46/49	BUDD, T	5403	00:42:41.553	08:32	13:43	5K50-59M	5/5	127/157	CALGARY, AB
47/49	KINLOCH, ALBERT	5346	00:51:46.425	10:21	16:38	5K80+M	2/2	143/157	OKOTOKS, AB
48/49	DONAHUE, STEPHEN	5318	00:52:20.543	10:28	16:49	5K70-79M	3/3	146/157	CALGARY, AB
49/49	SUAREZ, CAMILO	5467	01:24:01.942	16:48	27:01	5K20-29M	10/10	157/157	CALGARY, AB