

OA/PI = Overall Placing  
 Cat/PI = Category Placing  
 Gen/PI = Overall Gender Placing

**Category Award Results**  
**TOP 3 In Category**

**10K Run - 6.21 Miles**

**63 Finishers**

**10K12&UM (Male) - 1 Competitors**

Cat/PI	Name	Bib #	Time	Pace/K	Pace/M	Offset	OA/PI	Gen/PI	City
1/1	JANZEN, TEO	709	1:00:13.857	06:01	09:41	+00:00:00	34/63	21/30	CALGARY

**10K13-18F (Female) - 2 Competitors**

Cat/PI	Name	Bib #	Time	Pace/K	Pace/M	Offset	OA/PI	Gen/PI	City
1/2	ASPREY, PHEONIX	600	45:44.118	04:34	07:21	+00:00:00	2/63	1/33	MEDICINE HAT
2/2	HAWTHORN, KATIE	686	1:19:07.219	07:54	12:44	+00:33:23	56/63	28/33	MEDICINE HAT

**10K13-18M (Male) - 3 Competitors**

Cat/PI	Name	Bib #	Time	Pace/K	Pace/M	Offset	OA/PI	Gen/PI	City
1/3	STEHR, NATHAN	837	50:02.868	05:00	08:03	+00:00:00	7/63	5/30	MEDICINE HAT
2/3	HENNES, DOMINIC	692	53:06.992	05:18	08:33	+00:03:04	16/63	12/30	MEDICINE HAT
3/3	KNIBBS, LEVI	946	1:08:24.494	06:50	11:00	+00:18:21	47/63	26/30	MEDICINE HAT

**10K19-29F (Female) - 13 Competitors**

Cat/PI	Name	Bib #	Time	Pace/K	Pace/M	Offset	OA/PI	Gen/PI	City
1/13	IWATA, AKI	700	50:57.242	05:05	08:12	+00:00:00	11/63	3/33	MEDICINE HAT
2/13	KARSTEN, TAYA	722	51:08.258	05:06	08:14	+00:00:11	12/63	4/33	MEDICINE HAT
3/13	KLASSEN, ALEENA	725	56:17.258	05:37	09:03	+00:05:20	24/63	6/33	CALGARY

**10K19-29M (Male) - 12 Competitors**

Cat/PI	Name	Bib #	Time	Pace/K	Pace/M	Offset	OA/PI	Gen/PI	City
1/12	GIESBRECHT, SILAS	658	44:37.672	04:27	07:11	+00:00:00	1/63	1/30	MEDICINE HAT
2/12	WAHL, CODY	867	47:04.337	04:42	07:34	+00:02:26	4/63	3/30	MEDICINE HAT
3/12	HIEBERT, JOSH	931	50:45.337	05:04	08:10	+00:06:07	10/63	8/30	BOW ISLAND

**10K30-39F (Female) - 8 Competitors**

Cat/PI	Name	Bib #	Time	Pace/K	Pace/M	Offset	OA/PI	Gen/PI	City
1/8	HODEL, ASHLEY	694	47:45.876	04:46	07:41	+00:00:00	5/63	2/33	WETASKIWIN
2/8	FEERE, JENNIFER	649	57:25.459	05:44	09:14	+00:09:39	26/63	7/33	MEDICINE HAT
3/8	NEWTON, ERICA	777	58:57.498	05:53	09:29	+00:11:11	33/63	13/33	CALGARY

**10K30-39M (Male) - 6 Competitors**

Cat/PI	Name	Bib #	Time	Pace/K	Pace/M	Offset	OA/PI	Gen/PI	City
1/6	NEWTON, TOBIAH	778	49:11.539	04:55	07:55	+00:00:00	6/63	4/30	CALGARY
2/6	GERSTENBUHLER, DEVIN	655	50:20.516	05:02	08:06	+00:01:08	8/63	6/30	MEDICINE HAT
3/6	MCDUGALD, SHAUN	755	50:36.267	05:03	08:08	+00:01:24	9/63	7/30	MAPLE CREEK

**10K40-49F (Female) - 6 Competitors**

Cat/PI	Name	Bib #	Time	Pace/K	Pace/M	Offset	OA/PI	Gen/PI	City
1/6	WITKOWSKA, AGA	876	53:38.938	05:21	08:38	+00:00:00	18/63	5/33	MEDICINE HAT
2/6	JUDGE, AIME	719	58:02.890	05:48	09:20	+00:04:23	31/63	11/33	MEDICINE HAT
3/6	KNIGHT, JENNIE	731	1:00:37.248	06:03	09:45	+00:06:58	35/63	14/33	MAPLE CREEK

**10K40-49M (Male) - 3 Competitors**

Cat/PI	Name	Bib #	Time	Pace/K	Pace/M	Offset	OA/PI	Gen/PI	City
1/3	HEESE, JOEL	690	51:39.314	05:09	08:19	+00:00:00	13/63	9/30	MEDICINE HAT
2/3	KOCH, JORDAN	734	57:23.328	05:44	09:14	+00:05:44	25/63	19/30	MEDICINE HAT
3/3	JANZEN, AARON	703	1:04:00.285	06:24	10:18	+00:12:20	41/63	23/30	CALGARY

**10K50+F (Female) - 4 Competitors**

Cat/PI	Name	Bib #	Time	Pace/K	Pace/M	Offset	OA/PI	Gen/PI	City
1/4	RIEHELMMANN, TANIS	779	57:39.944	05:45	09:17	+00:00:00	29/63	9/33	MEDICINE HAT
2/4	GESSNER, LYNN	656	1:01:59.024	06:11	09:58	+00:04:19	39/63	17/33	FOREMOST
3/4	LEHMANN, SHELLEY	741	1:06:55.622	06:41	10:46	+00:09:15	46/63	21/33	SHAUNAVON

**10K50+M (Male) - 5 Competitors**

Cat/PI	Name	Bib #	Time	Pace/K	Pace/M	Offset	OA/PI	Gen/PI	City
1/5	PIERZCHALA, MARK	788	45:57.903	04:35	07:24	+00:00:00	3/63	2/30	MEDICINE HAT
2/5	SMITH, DARRYL	951	55:55.015	05:35	09:00	+00:09:57	23/63	18/30	MEDICINE HAT
3/5	SMART, PAUL	832	57:33.148	05:45	09:16	+00:11:35	27/63	20/30	MEDICINE HAT