

## Overall Gender Results

## 10K Run - 6.21 Miles

## Female 33

Gender	Name	Bib#	Time	Pace/K	Pace/M	Category	Cat	O/A	City
1/33	ASPNEY, PHEONIX	600	45:44.118	04:34	07:21	10K13-18F	1/2	2/63	MEDICINE HAT, AB
2/33	HODEL, ASHLEY	694	47:45.876	04:46	07:41	10K30-39F	1/8	5/63	WETASKIWIN, AB
3/33	IWATA, AKI	700	50:57.242	05:05	08:12	10K19-29F	1/13	11/63	MEDICINE HAT, AB
4/33	KARSTEN, TAYA	722	51:08.258	05:06	08:14	10K19-29F	2/13	12/63	MEDICINE HAT, AB
5/33	WITKOWSKA, AGA	876	53:38.938	05:21	08:38	10K40-49F	1/6	18/63	MEDICINE HAT, AB
6/33	KLASSEN, ALEENA	725	56:17.258	05:37	09:03	10K19-29F	3/13	24/63	CALGARY, AB
7/33	FEERE, JENNIFER	649	57:25.459	05:44	09:14	10K30-39F	2/8	26/63	MEDICINE HAT, AB
8/33	MALCOLM, TIA	751	57:34.436	05:45	09:16	10K19-29F	4/13	28/63	MEDICINE HAT, AB
9/33	RIECHELMANN, TANIS	779	57:39.944	05:45	09:17	10K50+F	1/4	29/63	MEDICINE HAT, AB
10/33	ZINGER, TESS	882	57:47.535	05:46	09:18	10K19-29F	5/13	30/63	MEDICINE HAT, AB
11/33	JUDGE, AIME	719	58:02.890	05:48	09:20	10K40-49F	2/6	31/63	MEDICINE HAT, AB
12/33	IWATA, MIZUKI	939	58:54.903	05:53	09:29	10K19-29F	6/13	32/63	MEDICINE HAT, AB
13/33	NEWTON, ERICA	777	58:57.498	05:53	09:29	10K30-39F	3/8	33/63	CALGARY, AB
14/33	KNIGHT, JENNIE	731	1:00:37.248	06:03	09:45	10K40-49F	3/6	35/63	MAPLE CREEK, SK
15/33	KNIBBS, MARILEE	730	1:01:18.074	06:07	09:52	10K40-49F	4/6	36/63	MEDICINE HAT, AB
16/33	HEIN, JANAY	691	1:01:21.498	06:08	09:52	10K19-29F	7/13	37/63	MAPLE CREEK, SK
17/33	GESSNER, LYNN	656	1:01:59.024	06:11	09:58	10K50+F	2/4	39/63	FOREMOST, AB
18/33	SULLIVAN, JENNILYNNE	839	1:03:37.669	06:21	10:14	10K40-49F	5/6	40/63	MEDICINE HAT, AB
19/33	MOSSMAN, SHELBY	913	1:06:23.137	06:38	10:41	10K30-39F	4/8	43/63	MEDICINE HAT, AB
20/33	MATTHEWS, KYLA	753	1:06:31.175	06:39	10:42	10K19-29F	8/13	45/63	LETHBRIDGE, AB
21/33	LEHMANN, SHELLEY	741	1:06:55.622	06:41	10:46	10K50+F	3/4	46/63	SHAUNAVON, SK
22/33	PORTER, GRACE	790	1:09:37.363	06:57	11:12	10K19-29F	9/13	48/63	CALGARY, AB
23/33	KRIEL, PHOEBE	737	1:11:56.182	07:11	11:35	10K19-29F	10/13	49/63	MEDICINE HAT, AB
24/33	SHWAGA, JESSALYN	824	1:13:56.253	07:23	11:54	10K19-29F	11/13	51/63	MAPLE CREEK, SK
25/33	WALKER, MACKENNA	868	1:14:02.603	07:24	11:55	10K19-29F	12/13	52/63	MEDICINE HAT, AB
26/33	BOLDUC, DANI	618	1:17:12.725	07:43	12:26	10K30-39F	5/8	53/63	MEDICINE HAT, AB
27/33	SYRETTE, CAROL	840	1:18:03.328	07:48	12:34	10K30-39F	6/8	54/63	MEDICINE HAT, AB
28/33	HAWTHORN, KATIE	686	1:19:07.219	07:54	12:44	10K13-18F	2/2	56/63	MEDICINE HAT, AB
29/33	COLBORN, ERIN	952	1:19:09.515	07:54	12:44	10K30-39F	7/8	57/63	MAPLE CREEK, SK
30/33	BERNDTSSON, LINA	611	1:19:10.500	07:55	12:44	10K19-29F	13/13	58/63	MAPLE CREEK, SK
31/33	QUINLAN, LINDY	791	1:34:18.505	09:25	15:11	10K30-39F	8/8	60/63	MEDICINE HAT, AB
32/33	WHEELER, SARAH	874	1:44:02.940	10:24	16:45	10K50+F	4/4	62/63	MEDICINE HAT, AB
33/33	TAINSH, OMETERE	843	1:44:13.747	10:25	16:47	10K40-49F	6/6	63/63	MEDICINE HAT, AB

## Overall Gender Results

## 10K Run - 6.21 Miles

## Male 30

Gender	Name	Bib#	Time	Pace/K	Pace/M	Category	Cat	O/A	City
1/30	GIESBRECHT, SILAS	658	44:37.672	04:27	07:11	10K19-29M	1/12	1/63	MEDICINE HAT, AB
2/30	PIERZCHALA, MARK	788	45:57.903	04:35	07:24	10K50+M	1/5	3/63	MEDICINE HAT, AB
3/30	WAHL, CODY	867	47:04.337	04:42	07:34	10K19-29M	2/12	4/63	MEDICINE HAT, AB
4/30	NEWTON, TOBIAH	778	49:11.539	04:55	07:55	10K30-39M	1/6	6/63	CALGARY, AB
5/30	STEHR, NATHAN	837	50:02.868	05:00	08:03	10K13-18M	1/3	7/63	MEDICINE HAT, AB
6/30	GERSTENBUHLER, DEVIN	655	50:20.516	05:02	08:06	10K30-39M	2/6	8/63	MEDICINE HAT, AB
7/30	MCDUGALD, SHAUN	755	50:36.267	05:03	08:08	10K30-39M	3/6	9/63	MAPLE CREEK, SK
8/30	HIEBERT, JOSH	931	50:45.337	05:04	08:10	10K19-29M	3/12	10/63	BOW ISLAND, AB
9/30	HEESE, JOEL	690	51:39.314	05:09	08:19	10K40-49M	1/3	13/63	MEDICINE HAT, AB
10/30	NEIL, KALEB	776	51:44.938	05:10	08:19	10K19-29M	4/12	14/63	LETHBRIDGE, AB
11/30	JANGULA, JAXSON	887	52:58.000	05:17	08:31	10K19-29M	5/12	15/63	MEDICINE HAT, AB
12/30	HENNES, DOMINIC	692	53:06.992	05:18	08:33	10K13-18M	2/3	16/63	MEDICINE HAT, AB
13/30	IWATA, SHINTARO	701	53:13.978	05:19	08:34	10K19-29M	6/12	17/63	MEDICINE HAT, AB
14/30	SHWAGA, SETH	825	54:13.952	05:25	08:43	10K19-29M	7/12	19/63	SASKATOON, SK
15/30	HUDEC, ETHAN	699	54:29.586	05:26	08:46	10K19-29M	8/12	20/63	MEDICINE HAT, AB
16/30	CUMMING, NICHOLAS	643	54:37.437	05:27	08:47	10K19-29M	9/12	21/63	MEDICINE HAT, AB
17/30	HODGMAN, WADE	697	54:49.508	05:28	08:49	10K30-39M	4/6	22/63	MEDICINE HAT, AB
18/30	SMITH, DARRYL	951	55:55.015	05:35	09:00	10K50+M	2/5	23/63	MEDICINE HAT, AB
19/30	KOCH, JORDAN	734	57:23.328	05:44	09:14	10K40-49M	2/3	25/63	MEDICINE HAT, AB
20/30	SMART, PAUL	832	57:33.148	05:45	09:16	10K50+M	3/5	27/63	MEDICINE HAT, AB
21/30	JANZEN, TEO	709	1:00:13.857	06:01	09:41	10K12&UM	1/1	34/63	CALGARY, AB
22/30	HIEBERT, JAY	932	1:01:27.099	06:08	09:53	10K19-29M	10/12	38/63	BOW ISLAND, AB
23/30	JANZEN, AARON	703	1:04:00.285	06:24	10:18	10K40-49M	3/3	41/63	CALGARY, AB
24/30	ONOFERYCHUK, JUSTIN	928	1:06:20.113	06:38	10:40	10K19-29M	11/12	42/63	MEDICINE HAT, AB
25/30	MATTHEWS, STAN	754	1:06:31.170	06:39	10:42	10K50+M	4/5	44/63	DUNMORE, AB
26/30	KNIBBS, LEVI	946	1:08:24.494	06:50	11:00	10K13-18M	3/3	47/63	MEDICINE HAT, AB
27/30	DIEC, VICTOR	645	1:13:30.237	07:21	11:50	10K30-39M	5/6	50/63	MEDICINE HAT, AB
28/30	HAWTHORN, JOEL	685	1:19:06.961	07:54	12:44	10K19-29M	12/12	55/63	PICTURE BUTTE, AB
29/30	PORTER, DARYL	789	1:19:19.757	07:55	12:46	10K50+M	5/5	59/63	MEDICINE HAT, AB
30/30	QUINLAN, ZACH	940	1:34:19.775	09:25	15:11	10K30-39M	6/6	61/63	MEDICINE HAT, AB