

Overall Gender Results

5K Run/Walk - 3.1 Miles

Female 66

Gender	Name	Bib#	Time	Pace/K	Pace/M	Category	Cat	O/A	City
1/66	MCWILLIAMS, ISABELLE	757	24:12.619	04:50	07:47	5K12&UF	1/9	8/130	MEDICINE HAT, AB
2/66	STONE, LAILA	838	26:23.611	05:16	08:29	5K30-39F	1/12	13/130	MEDICINE HAT, AB
3/66	VIS, TESSA	866	26:38.519	05:19	08:33	5K12&UF	2/9	15/130	REDCLIFF, AB
4/66	KAKUK, BROOKLYNN	721	27:04.836	05:24	08:42	5K13-18F	1/6	18/130	MEDICINE HAT, AB
5/66	EMERSON, SHERI	647	27:05.518	05:25	08:42	5K50+F	1/14	19/130	MEDICINE HAT, AB
6/66	MAIER, LEANNE	748	28:14.609	05:38	09:04	5K50+F	2/14	28/130	MEDICINE HAT, AB
7/66	ALBERS, EDEN	595	28:15.241	05:39	09:05	5K13-18F	2/6	29/130	MEDICINE HATAB, AB
8/66	KEITH, STEPHANIE	892	28:49.134	05:45	09:15	5K30-39F	2/12	31/130	MILDEN, SK
9/66	VIS, ANDREA	857	29:42.384	05:56	09:33	5K30-39F	3/12	35/130	REDCLIFF, AB
10/66	BURK, ANSON	635	30:49.321	06:09	09:54	5K12&UF	3/9	39/130	MEDICINE HATAB, AB
11/66	JANZEN, SIMONA	708	30:50.335	06:10	09:54	5K12&UF	4/9	40/130	CALGARY, AB
12/66	WATSON, MERAY	869	30:51.629	06:10	09:55	5K19-29F	1/9	41/130	REDCLIFF, AB
13/66	MOCH, JOLENE	764	31:22.343	06:16	10:05	5K40-49F	1/16	43/130	MEDICINE HAT, AB
14/66	JORDET, MELANIE	718	31:22.367	06:16	10:05	5K40-49F	2/16	44/130	CYPRESS COUNTY, AB
15/66	SHAW, JULIE	823	31:45.494	06:21	10:12	5K50+F	3/14	45/130	MEDICINE HAT, AB
16/66	JOHNSTON, NICKI	715	31:46.603	06:21	10:13	5K50+F	4/14	46/130	MEDICINE HAT, AB
17/66	SHAGIN, MARINA	822	32:51.986	06:34	10:34	5K40-49F	3/16	52/130	WETASKIWIN, AB
18/66	HEESE, CAROL	688	32:57.286	06:35	10:35	5K40-49F	4/16	54/130	MEDICINE HAT, AB
19/66	VAN DAM, TRACEY	923	33:27.307	06:41	10:45	5K50+F	5/14	55/130	MEDICINE HAT, AB
20/66	SMOOD, AUBREY	835	33:40.929	06:44	10:49	5K30-39F	4/12	58/130	MEDICINE HAT, AB
21/66	HERNDIER, JOEY	884	33:46.953	06:45	10:51	5K19-29F	2/9	59/130	MEDICINE HAT, AB
22/66	BOULTON-CHAYKOWSKI, LEAH	622	34:02.257	06:48	10:56	5K50+F	6/14	62/130	CALGARY, AB
23/66	KEITH, AUBREY	888	34:21.942	06:52	11:03	5K12&UF	5/9	65/130	MILDEN, SK
24/66	HEESE, AURIEL	687	34:25.296	06:53	11:04	5K19-29F	3/9	66/130	MEDICINE HAT, AB
25/66	SHAGIN, ABIGAIL	819	34:26.445	06:53	11:04	5K12&UF	6/9	67/130	WETASKIWIN, AB
26/66	MILLER, KAJIA	759	35:02.725	07:00	11:16	5K30-39F	5/12	69/130	MEDICINE HAT, AB
27/66	CHARLTON, AMANDA	906	35:15.242	07:03	11:20	5K30-39F	6/12	70/130	MEDICINE HAT, AB
28/66	CONNAUTON, STACI	642	35:19.648	07:03	11:21	5K40-49F	5/16	71/130	DUCHESS, AB
29/66	MALCOLM, CAMBRIA	750	35:40.132	07:08	11:28	5K19-29F	4/9	72/130	MEDICINE HAT, AB
30/66	STIGTER, MICHELLE	905	35:47.374	07:09	11:30	5K40-49F	6/16	73/130	REDCLIFF, AB
31/66	LAURENT, ALLIE	738	35:49.415	07:09	11:31	5K30-39F	7/12	75/130	CALGARY, AB
32/66	FULTON, CARA	652	36:14.201	07:14	11:39	5K50+F	7/14	77/130	DUCHESS, AB
33/66	MCELGUNN, JAMIE	756	36:14.702	07:14	11:39	5K40-49F	7/16	78/130	BROOKS, AB
34/66	VANRENTERGEM, NICKI	854	36:50.983	07:22	11:50	5K40-49F	8/16	80/130	REDCLIFF, AB
35/66	WOLSEY, JEN	878	36:51.125	07:22	11:50	5K40-49F	9/16	81/130	LETHBRIDGE, AB
36/66	BULLOCK, CHELSIE	634	36:55.695	07:23	11:52	5K30-39F	8/12	84/130	BARNWELL, AB
37/66	DEROALDES, JENNIFER	949	36:57.779	07:23	11:53	5K40-49F	10/16	85/130	LANGDON,
38/66	LOFGREN, MELISSA	897	38:04.204	07:36	12:14	5K40-49F	11/16	87/130	MEDICINE HAT, AB
39/66	BROECKERT, JAYDA	629	38:43.553	07:44	12:27	5K13-18F	3/6	88/130	REDCLIFF, AB
40/66	WOLSEY, RYEN	880	38:48.841	07:45	12:28	5K13-18F	4/6	89/130	LETHBRIDGE, AB
41/66	HICKEY, KEIRSTEN	693	39:19.178	07:51	12:38	5K30-39F	9/12	92/130	MEDICINE HAT, AB
42/66	TOVAR, ROSA	848	39:19.809	07:51	12:38	5K40-49F	12/16	94/130	MEDICINE HAT, AB
43/66	VAN WERT, JAZMON	849	41:03.100	08:12	13:11	5K19-29F	5/9	98/130	MEDICINE HAT, AB
44/66	JANZEN, CARA	705	41:56.935	08:23	13:29	5K40-49F	13/16	99/130	CALGARY, AB
45/66	JANZEN, AVEN	704	41:57.452	08:23	13:29	5K12&UF	7/9	100/130	CALGARY, AB
46/66	HATCH, MISTYLEE	680	42:10.132	08:26	13:33	5K30-39F	10/12	101/130	MEDICINE HAT, AB
47/66	PIERSON, TRACY	787	42:18.873	08:27	13:36	5K40-49F	14/16	102/130	WARDLOW, AB
48/66	GRANGER, SUE	908	43:41.046	08:44	14:02	5K50+F	8/14	105/130	REDCLIFF, AB
49/66	WHEELER, SOPHIE	875	44:31.177	08:54	14:18	5K19-29F	6/9	107/130	MEDICINE HAT, AB
50/66	JACKLE, RHONDA	702	45:54.405	09:10	14:45	5K50+F	9/14	108/130	MEDICINE HAT, AB
51/66	HRYNYK, GRACE	698	45:56.044	09:11	14:46	5K50+F	10/14	109/130	MEDICINE HAT, AB
52/66	HILLS, VICTORIA	886	47:18.402	09:27	15:12	5K12&UF	8/9	111/130	MEDICINE HAT, AB
53/66	VANRENTERGEM, RYLEE	855	48:11.936	09:38	15:29	5K13-18F	5/6	112/130	REDCLIFF, AB
54/66	CHRISTMAN, RACHEL	641	49:00.308	09:48	15:45	5K13-18F	6/6	114/130	REDCLIFF, AB
55/66	BRYNER, ARINA	632	51:46.245	10:21	16:38	5K19-29F	7/9	117/130	MEDICINE HAT, AB

Overall Gender Results

5K Run/Walk - 3.1 Miles**Female 66**

Gender	Name	Bib#	Time	Pace/K	Pace/M	Category	Cat	O/A	City
56/66	BOJORQUEZ, KAROL	617	52:40.197	10:32	16:56	5K40-49F	15/16	119/130	MEDICINE HAT, AB
57/66	BOYD, EDEN	623	52:40.480	10:32	16:56	5K19-29F	8/9	120/130	MEDICINE HAT, AB
58/66	BOYD, REBECCA	625	52:41.560	10:32	16:56	5K50+F	11/14	121/130	MEDICINE HAT, AB
59/66	GROVE, CONNIE	669	55:02.159	11:00	17:41	5K50+F	12/14	122/130	MEDICINE HAT, AB
60/66	WANTY, MARIE	924	55:04.548	11:00	17:42	5K50+F	13/14	123/130	MEDICINE HAT, AB
61/66	VANDERSPRUIT, VIOLET	851	56:33.870	11:18	18:11	5K12&UF	9/9	124/130	MEDICINE HAT, AB
62/66	BELL, ARIANN	925	56:50.837	11:22	18:16	5K30-39F	11/12	125/130	MEDICINE HAT, AB
63/66	VANDERSPRUIT, JULIE	850	57:07.268	11:25	18:22	5K30-39F	12/12	126/130	MEDICINE HAT, AB
64/66	SCHWARTZ, ANGELICA	816	57:30.448	11:30	18:29	5K40-49F	16/16	128/130	MEDICINE HAT, AB
65/66	VANRENTERGEM, BONNIE	852	59:43.424	11:56	19:12	5K50+F	14/14	129/130	REDCLIFF, AB
66/66	BOOKER, KAPRI	619	59:46.289	11:57	19:13	5K19-29F	9/9	130/130	REDCLIFF, AB

Overall Gender Results

5K Run/Walk - 3.1 Miles

Male 64

Gender	Name	Bib#	Time	Pace/K	Pace/M	Category	Cat	O/A	City
1/64	VIS, ANDREW	858	19:43.114	03:56	06:20	5K13-18M	1/17	1/130	REDCLIFF, AB
2/64	BEWLEY-BOWLES, DEREK	612	21:36.107	04:19	06:56	5K30-39M	1/8	2/130	MEDICINE HAT, AB
3/64	FERGUSON, AXTON	650	22:17.168	04:27	07:09	5K19-29M	1/7	3/130	IRVINE, AB
4/64	KENNEL, MARK	724	22:21.692	04:28	07:11	5K40-49M	1/15	4/130	MEDICINE HAT, AB
5/64	MURRAY, KODIE	774	22:36.129	04:31	07:16	5K30-39M	2/8	5/130	WETASKIWIN, AB
6/64	KENNEL, ASHER	723	23:30.036	04:42	07:33	5K13-18M	2/17	6/130	MEDICINE HAT, AB
7/64	MERRIMAN, JOEY	758	23:42.410	04:44	07:37	5K40-49M	2/15	7/130	MEDICINE HAT, AB
8/64	LEEB, BRENT	740	24:26.780	04:53	07:51	5K40-49M	3/15	9/130	MEDICINE HAT, AB
9/64	PETIT, MARC	929	24:58.867	04:59	08:01	5K13-18M	3/17	10/130	MEDICINE HAT, AB
10/64	KLASSEN, CHRIS	726	25:32.918	05:06	08:12	5K40-49M	4/15	11/130	MEDICINE HAT, AB
11/64	REINHARDT, ALEXANDER	944	26:14.517	05:14	08:26	5K12&UM	1/7	12/130	MEDICINE HAT, AB
12/64	WOLSEY, KINGSTON	879	26:38.447	05:19	08:33	5K13-18M	4/17	14/130	LETHBRIDGE, AB
13/64	OUGH, EDWARD	780	26:50.705	05:22	08:37	5K50+M	1/10	16/130	MEDICINE HAT, AB
14/64	GALLANT, DYLAN	934	26:54.593	05:22	08:39	5K19-29M	2/7	17/130	LETHBRIDGE, AB
15/64	SHAGIN, ELIJAH	820	27:08.190	05:25	08:43	5K40-49M	5/15	20/130	WETASKIWIN, AB
16/64	BARTSCH, LINCOLN	608	27:11.353	05:26	08:44	5K13-18M	5/17	21/130	MEDICINE HAT, AB
17/64	GALLANT, BRAD	933	27:13.042	05:26	08:45	5K50+M	2/10	22/130	LETHBRIDGE, AB
18/64	TAINSH, JOSEF	841	27:51.991	05:34	08:57	5K50+M	3/10	23/130	MEDICINE HAT, AB
19/64	NEIL, DONOVAN	775	27:53.822	05:34	08:58	5K13-18M	6/17	24/130	LETHBRIDGE, AB
20/64	REINHELLER, HUNTER	794	27:56.610	05:35	08:59	5K13-18M	7/17	25/130	MEDICINE HAT, AB
21/64	KELLER, LEO	927	28:00.597	05:36	09:00	5K13-18M	8/17	26/130	MEDICINE HAT, AB
22/64	BARTSCH, KEEGAN	607	28:12.666	05:38	09:04	5K13-18M	9/17	27/130	MEDICINE HAT, AB
23/64	GONZALEZ, RODRIGO	926	28:44.351	05:44	09:14	5K13-18M	10/17	30/130	MEDICINE HAT, AB
24/64	REINHARDT, JOE	941	28:49.698	05:45	09:16	5K40-49M	6/15	32/130	MEDICINE HAT, AB
25/64	REINHARDT, DEXTER	943	29:06.126	05:49	09:21	5K13-18M	11/17	33/130	MEDICINE HAT, AB
26/64	KEITH, GRAYSON	890	29:20.118	05:52	09:25	5K12&UM	2/7	34/130	MILDEN, SK
27/64	JOHNSTON, NORMAN	716	29:42.525	05:56	09:33	5K50+M	4/10	36/130	MEDICINE HAT, AB
28/64	ZINGER, BLAKE	881	30:10.674	06:02	09:42	5K19-29M	3/7	37/130	MEDICINE HAT, AB
29/64	MAIER, ROD	749	30:11.351	06:02	09:42	5K50+M	5/10	38/130	MEDICINE HAT, AB
30/64	DEROALDES, JORDAN	947	31:16.157	06:15	10:03	5K40-49M	7/15	42/130	LANGDON,
31/64	ALBERS, ETHAN	596	32:06.429	06:25	10:19	5K13-18M	12/17	47/130	MEDICINE HAT, AB
32/64	KEITH, RYKER	891	32:12.805	06:26	10:21	5K12&UM	3/7	48/130	MILDEN, SK
33/64	BROST, DRAKE	959	32:17.816	06:27	10:23	5K12&UM	4/7	49/130	MEDICINE HAT, AB
34/64	YOON, DANIEL	960	32:20.961	06:28	10:24	5K12&UM	5/7	50/130	MEDICINE HAT, AB
35/64	PAHL, MICHAEL	783	32:23.130	06:28	10:24	5K19-29M	4/7	51/130	MEDICINE HAT, AB
36/64	KLASSEN, JONAH	727	32:52.977	06:34	10:34	5K12&UM	6/7	53/130	MEDICINE HAT, AB
37/64	VAN DAM, JONATHAN	920	33:28.126	06:41	10:45	5K19-29M	5/7	56/130	MEDICINE HAT, AB
38/64	SHAGIN, GIDEON	821	33:36.146	06:43	10:48	5K13-18M	13/17	57/130	WETASKIWIN, AB
39/64	BOULTON-CHAYKOWSKI, AARON	621	34:01.390	06:48	10:56	5K50+M	6/10	60/130	CALGARY, AB
40/64	WELZ, BRYCE	871	34:01.978	06:48	10:56	5K30-39M	3/8	61/130	MEDICINE HAT, AB
41/64	WELZ, KEVIN	872	34:02.588	06:48	10:56	5K30-39M	4/8	63/130	MEDICINE HAT, AB
42/64	KEITH, CODY	889	34:21.172	06:52	11:02	5K30-39M	5/8	64/130	MILDEN, SK
43/64	BARBOUR, DANIEL	604	34:49.320	06:57	11:11	5K40-49M	8/15	68/130	CYPRESS COUNTY, AB
44/64	STIGTER, JEFF	903	35:47.654	07:09	11:30	5K40-49M	9/15	74/130	REDCLIFF, AB
45/64	SCHWARTZ, STEVEN	818	36:11.163	07:14	11:38	5K40-49M	10/15	76/130	MEDICINE HAT, AB
46/64	BULLOCK, BRANDON	633	36:41.444	07:20	11:47	5K40-49M	11/15	79/130	BARNWELL, AB
47/64	TOEWS, DEVON	930	36:53.750	07:22	11:51	5K19-29M	6/7	82/130	REDCLIFF, AB
48/64	DEROALDES, HUNTER	948	36:55.510	07:23	11:52	5K13-18M	14/17	83/130	LANGDON,
49/64	LOFGREN, MATTHEW	896	37:44.373	07:32	12:08	5K40-49M	12/15	86/130	MEDICINE HAT, AB
50/64	WOLSEY, CHRIS	877	38:54.242	07:46	12:30	5K40-49M	13/15	90/130	LETHBRIDGE, AB
51/64	BASANTA TOVAR, JEREMIAS	609	39:06.685	07:49	12:34	5K13-18M	15/17	91/130	MEDICINE HAT, AB
52/64	BROECKERT, DAVAR	628	39:19.697	07:51	12:38	5K40-49M	14/15	93/130	REDCLIFF, AB
53/64	BURNETT, DEAN	638	39:47.349	07:57	12:47	5K50+M	7/10	95/130	REDCLIFF, AB
54/64	WHEELER, JASON	873	40:17.749	08:03	12:57	5K50+M	8/10	96/130	MEDICINE HAT, AB
55/64	MAY, EVAN	953	40:32.072	08:06	13:02	5K30-39M	6/8	97/130	MEDICINE HAT,

Overall Gender Results

5K Run/Walk - 3.1 Miles**Male 64**

Gender	Name	Bib#	Time	Pace/K	Pace/M	Category	Cat	O/A	City
56/64	HAWTHORN, JEFF	684	42:31.669	08:30	13:40	5K40-49M	15/15	103/130	MEDICINE HAT, AB
57/64	GRANGER, LARRY	907	43:32.069	08:42	13:59	5K50+M	9/10	104/130	REDCLIFF, AB
58/64	LAURENT, BEN	739	43:43.763	08:44	14:03	5K30-39M	7/8	106/130	MEDICINE HATAB, AB
59/64	LOFGREN, HENRY	895	47:17.466	09:27	15:12	5K12&UM	7/7	110/130	MEDICINE HAT, AB
60/64	VANRENTERGEM, COLE	853	48:59.724	09:47	15:45	5K30-39M	8/8	113/130	REDCLIFF, AB
61/64	FOLKMAN, TIM	651	51:36.588	10:19	16:35	5K50+M	10/10	115/130	MEDICINE HAT, AB
62/64	BOYD, JATHEN	624	51:43.739	10:20	16:37	5K19-29M	7/7	116/130	MEDICINE HAT, AB
63/64	SALAZAR, SAMUEL	799	52:39.893	10:31	16:56	5K13-18M	16/17	118/130	MEDICINE HAT, AB
64/64	SCHWARTZ, HUDSON	817	57:30.447	11:30	18:29	5K13-18M	17/17	127/130	MEDICINE HAT, AB