

# Category Results: 5k

MEC Calgary Road Race THREE

LIVE RACE RESULTS: <http://results.blitzevents.ca>

## Female Ages 11 & Under

Pos	Bib#	Name	Time	Overall Position	Time Behind Categ	Time Behind Winner
1	1100	Joy Kaze Osemota	00:26:39	38	00:00:21	00:06:31
2	900	Sophie Anderson	00:34:08	143	00:07:51	00:14:02
3	902	Sara-Jade Angers	00:35:16	165	00:08:57	00:15:08
4	1019	Sabrina Jeckway	00:35:42	172	00:09:48	00:15:58
5	1070	Alexandra Marcoux	00:36:51	181	00:10:35	00:16:46
6	933	Kennedy Byskal	00:37:22	196	00:11:01	00:17:12
7	1175	Catherine Tremblay	00:42:32	233	00:16:14	00:22:24
8	1174	Freshnelle Dorothe Touko Chouamako Raye	00:44:40	255	00:18:25	00:24:36
9	899	Claire Anderson	00:44:43	256	00:18:26	00:24:37
10	1004	Sophie Hanson	00:45:24	260	00:19:19	00:25:29

## Male Ages 11 & Under

Pos	Bib#	Name	Time	Overall Position	Time Behind Categ	Time Behind Winner
1	1212	Vincent Zhang	00:29:54	74	00:00:30	00:12:07
2	1065	Loic Maccullough	00:36:07	176	00:06:37	00:18:14
3	1055	Luke Lessard-Deyell	00:39:30	221	00:10:00	00:21:37
4	1011	Jackson Hoddinott	00:39:42	224	00:10:03	00:21:40

## Female Ages 12-17

Pos	Bib#	Name	Time	Overall Position	Time Behind Categ	Time Behind Winner
1	922	Rosie Bouchard	00:20:28	4	00:00:02	00:00:02
2	1074	Brigid Mckay	00:27:21	41	00:07:07	00:07:07
3	1014	Nia House	00:29:51	73	00:09:40	00:09:40
4	992	Sarah Gorniak	00:32:52	121	00:12:27	00:12:27
5	950	Anika Cunningham	00:36:30	178	00:16:19	00:16:19
6	1005	Talia Hanson	00:37:23	197	00:17:24	00:17:24
7	1196	Jayden White	00:39:02	218	00:19:11	00:19:11

## Male Ages 12-17

Pos	Bib#	Name	Time	Overall Position	Time Behind Categ	Time Behind Winner
1	1148	Kuy Schmirler	00:23:35	12	00:00:02	00:05:20
2	1147	Danny Schmirler	00:23:42	14	00:00:09	00:05:27
3	1050	Joel Lapp	00:24:58	22	00:01:55	00:07:13
4	1103	Benjamin Paprocke	00:25:36	27	00:02:13	00:07:31
5	1102	Benjamin Paprocke	00:26:09	35	00:02:48	00:08:05
6	1048	Garrett Lapp	00:28:14	50	00:05:10	00:10:28
7	1104	Brandon Paprocke	00:32:44	114	00:09:24	00:14:42
8	1190	Alan Wang	00:38:38	214	00:15:12	00:20:29

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MEC Calgary Road Race THREE

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## Female Ages 18-29

Pos	Bib#	Name	Time	Overall Position	Time Behind Categ	Time Behind Winner
1	1187	Mandy Vocke	00:22:52	9	00:00:06	00:02:30
2	1076	Breanne McMurray	00:23:55	16	00:01:07	00:03:31
3	1094	Lindsay Nyholt	00:25:50	31	00:03:04	00:05:28
4	1029	Kelsey Jones	00:27:50	48	00:05:22	00:07:46
5	1038	Samantha Kohut	00:29:09	58	00:06:52	00:09:16
6	928	Janet Budd	00:29:13	60	00:06:34	00:08:58
7	1153	Kaley Sheppard	00:29:30	63	00:06:53	00:09:18
8	1144	Joanne Sanderson	00:29:38	66	00:06:53	00:09:18
9	983	Aimee Gegolick	00:29:42	69	00:07:08	00:09:32
10	1080	Lindsay Miller	00:30:57	90	00:08:29	00:10:53
11	1101	Caroline Pang	00:31:05	93	00:08:37	00:11:01
12	1041	Katie Kuiper	00:31:41	97	00:08:57	00:11:21
13	1086	Jennifer Murphy	00:31:46	99	00:09:25	00:11:49
14	895	Liliana Alvarez	00:32:12	104	00:09:24	00:11:48
15	1142	Maria Cecilia Salischiker	00:32:24	108	00:09:45	00:12:09
16	993	Samantha Graham	00:32:47	118	00:10:21	00:12:45
17	994	Alison Green	00:32:48	119	00:10:21	00:12:45
18	997	Kelly Griffin	00:32:48	120	00:10:14	00:12:39
19	891	Andrea Adam	00:33:12	127	00:10:37	00:13:02
20	1031	Fiona Kelly	00:33:15	128	00:10:47	00:13:11
21	3978	Alexandra Chubachi	00:33:42	133	00:11:17	00:13:42
22	1073	Rosalynn Martell	00:33:53	139	00:11:12	00:13:37
23	987	Helene Girardot	00:34:12	146	00:11:29	00:13:54
24	1040	Caitlyn Kruse	00:34:28	151	00:11:56	00:14:20
25	1069	Crismille Manalaysay	00:35:01	161	00:12:15	00:14:39
26	1186	Cassie Vocke	00:35:21	167	00:12:35	00:14:59
27	2203	Cali Klootwyk	00:35:48	173	00:13:24	00:15:48
28	960	Raissa Dias	00:35:49	174	00:13:06	00:15:30
29	995	Kimberly Green	00:36:39	180	00:14:13	00:16:37
30	1181	Courtenay Vickers	00:36:58	188	00:14:29	00:16:54
31	1092	Caitlin Newton	00:37:24	199	00:14:58	00:17:22
32	946	Mackenzie Cook	00:37:33	201	00:15:07	00:17:31
33	1062	Kate Loritz	00:49:07	269	00:26:59	00:29:23
34	1066	Ashlee Macfarlane	00:57:33	275	00:35:28	00:37:53

## Male Ages 18-29

Pos	Bib#	Name	Time	Overall Position	Time Behind Categ	Time Behind Winner
1	1213	Adam Zymirski	00:22:16	8	00:00:03	00:04:01
2	1193	Callahan Weller	00:23:19	11	00:01:10	00:05:09
3	972	Brandon Evans	00:25:24	25	00:03:28	00:07:27
4	934	Jack Campbell	00:25:48	30	00:03:38	00:07:36
5	1122	Mike Reaume	00:28:39	53	00:06:44	00:10:42
6	1138	Jonathan Rosebush	00:29:30	62	00:07:21	00:11:20
7	958	Eric Delorme	00:30:20	83	00:08:19	00:12:17
8	1121	Mijail Rangel	00:30:34	87	00:08:21	00:12:20
9	1085	Isaac Murphy	00:31:46	100	00:10:01	00:14:00
10	1158	Tom Stachiw	00:36:52	183	00:15:17	00:19:16
11	1123	Marion Paolo Remolacio	00:40:59	228	00:18:49	00:22:48

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MEC Calgary Road Race THREE

LIVE RACE RESULTS: <http://results.blitzevents.ca>

## Female Ages 30-39

Pos	Bib#	Name	Time	Overall Position	Time Behind Categ	Time Behind Winner
1	991	Anna Gordon	00:24:16	19	00:00:05	00:03:53
2	1180	Megan Urban	00:24:28	20	00:00:18	00:04:06
3	911	Carla Barney	00:25:34	26	00:01:31	00:05:19
4	1054	Katherine Leicht	00:25:58	32	00:02:00	00:05:47
5	957	Lindsay Delorey	00:25:59	33	00:01:51	00:05:39
6	965	Emily Dukeshire	00:26:52	39	00:02:51	00:06:38
7	1202	Kim Willoughby	00:28:14	51	00:04:33	00:08:20
8	1000	Christy Hallowes	00:28:51	55	00:05:02	00:08:49
9	1064	Brenda Ly	00:29:12	59	00:05:02	00:08:49
10	2310	Heather Poffenroth	00:29:23	61	00:05:14	00:09:01
11	1016	Nicole Imeson	00:29:31	64	00:05:56	00:09:44
12	1072	Holly Marisco	00:29:35	65	00:06:06	00:09:54
13	1150	Sofiya Semeniuk	00:30:04	76	00:06:07	00:09:55
14	2321	Shelley Qian	00:30:47	89	00:07:20	00:11:07
15	2204	Sarah Knapp	00:30:59	91	00:06:48	00:10:36
16	1162	Cheryl Sung	00:31:11	95	00:07:26	00:11:13
17	981	Amanda Frost	00:31:42	98	00:07:40	00:11:28
18	998	Genevieve Groulx	00:31:49	101	00:07:50	00:11:37
19	1170	Suzanne Thibodeau	00:31:58	103	00:08:02	00:11:50
20	971	Sarah Ellis	00:32:15	105	00:08:46	00:12:33
21	3333	Jessica Zimmer	00:32:27	110	00:08:30	00:12:18
22	975	Angela Fischer	00:32:40	111	00:08:48	00:12:36
23	3976	Victoria Chio	00:32:59	123	00:09:05	00:12:52
24	1060	Tsering Lineen	00:33:03	124	00:09:13	00:13:01
25	1157	Fallon Squire	00:33:47	135	00:09:47	00:13:35
26	1078	Courtney Merritt	00:33:48	136	00:09:48	00:13:35
27	982	Robyn Gamber	00:33:56	140	00:10:18	00:14:06
28	1044	Annie-Claude Lachapelle	00:34:15	147	00:10:21	00:14:08
29	1215	Patricia Cieplak	00:34:54	156	00:11:06	00:14:53
30	940	Karen Chrapko	00:34:54	157	00:10:57	00:14:44
31	1045	Julie Lajeunesse	00:35:15	164	00:11:20	00:15:08
32	1115	Megan Pownall	00:35:17	166	00:11:44	00:15:31
33	1030	Angela Jones	00:35:28	169	00:11:37	00:15:24
34	1201	Chrystal Williams	00:35:34	170	00:11:34	00:15:22
35	3321	Samantha Whitten	00:35:39	171	00:12:03	00:15:51
36	1108	Hayley Parsons	00:36:54	185	00:12:42	00:16:29
37	1082	Whitney Monson	00:36:54	186	00:12:42	00:16:29
38	1099	Aline Osemota	00:36:59	189	00:13:03	00:16:50
39	1199	Tiffany Wight	00:37:04	191	00:13:35	00:17:23
40	949	Amanda Crutchfield	00:37:07	192	00:12:59	00:16:46
41	936	Caroline Lampron	00:37:39	202	00:13:49	00:17:36
42	1204	Erin Winkler	00:37:41	203	00:14:12	00:18:00
43	1140	Andrea Rutherford	00:37:44	204	00:13:40	00:17:27
44	1043	Nicole Labrie	00:37:59	207	00:14:12	00:18:00
45	1172	Katrina Toews	00:38:01	208	00:14:13	00:18:01
46	921	Karen Blake	00:38:34	213	00:14:58	00:18:46
47	1206	Anita Withers	00:38:40	215	00:14:56	00:18:43
48	1198	Lily Whitehead-Delong	00:42:54	236	00:19:30	00:23:18
49	1021	Natasha Joachim	00:43:21	240	00:19:45	00:23:32
50	2374	Darlene Sibilleau	00:43:34	243	00:19:36	00:23:23
51	1152	Jessilyn Shank	00:43:42	244	00:19:30	00:23:18

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## Female Ages 30-39

Pos	Bib#	Name	Time	Overall Position	Time Behind Categ	Time Behind Winner
52	945	Andrea Cole	00:43:48	246	00:20:00	00:23:47
53	938	Karol Cheetham	00:43:48	247	00:20:00	00:23:47
54	1087	Meg Murphy	00:44:05	249	00:20:27	00:24:14
55	1107	Cho Park	00:44:29	252	00:20:46	00:24:33
56	1111	Kyra Petrie	00:44:40	253	00:20:59	00:24:47
57	1039	Tara Kornelsen	00:44:40	254	00:20:59	00:24:47
58	1035	Julia Kirkey	00:47:10	265	00:23:33	00:27:20
59	984	Kristina Gentles	00:49:15	270	00:25:37	00:29:25
60	3980	Cindy Clark	00:52:44	272	00:29:17	00:33:04
61	3330	Tanya Yeomans	00:58:43	276	00:34:57	00:38:44
62	897	Victoria Amero	00:59:42	278	00:36:03	00:39:50
63	896	Rachael Amero	00:59:45	279	00:36:05	00:39:53

## Male Ages 30-39

Pos	Bib#	Name	Time	Overall Position	Time Behind Categ	Time Behind Winner
1	1211	Ryan Zahynacz	00:18:18	1	00:00:02	00:00:02
2	1132	Owen Roberts	00:18:35	2	00:00:20	00:00:20
3	2387	Josh Stryde	00:18:58	3	00:00:42	00:00:42
4	1208	Roger Woon	00:20:43	5	00:02:33	00:02:33
5	909	Adam Barnes	00:21:30	6	00:03:19	00:03:19
6	947	Craig Corder	00:22:55	10	00:04:41	00:04:41
7	1146	Adrian Schatzmann	00:24:03	17	00:05:49	00:05:49
8	1084	Brian Moynihan	00:24:49	21	00:07:16	00:07:16
9	1057	Josh Lewis	00:25:05	24	00:07:18	00:07:18
10	1068	Martin Malek	00:25:45	28	00:07:56	00:07:56
11	1047	Rick Langille	00:25:47	29	00:07:58	00:07:58
12	968	Matthew Dyker	00:27:37	45	00:09:53	00:09:53
13	1161	Henry Sun	00:27:49	47	00:10:02	00:10:02
14	910	Tim Barnett	00:29:42	68	00:11:43	00:11:43
15	1116	Heather Pringle	00:30:45	88	00:12:43	00:12:43
16	1131	Donnie Rivera	00:31:10	94	00:13:00	00:13:00
17	3972	Brad Charlebois	00:31:34	96	00:13:26	00:13:26
18	1059	Peter Lineen	00:32:17	106	00:14:26	00:14:26
19	4062	Tyne Baker	00:32:45	116	00:14:39	00:14:39
20	969	Ian Edwards	00:32:46	117	00:14:45	00:14:45
21	892	Daniel Adam	00:33:12	126	00:15:12	00:15:12
22	903	Geoff Appleby	00:33:30	131	00:15:50	00:15:50
23	1051	Andrew Lau	00:34:57	158	00:17:26	00:17:26
24	1053	Graham Legaspi	00:34:58	159	00:17:27	00:17:27
25	1176	German Trinks	00:35:21	168	00:17:18	00:17:18
26	908	Richard Balt	00:36:23	177	00:18:36	00:18:36
27	1194	Jonathan Wells	00:37:47	205	00:19:56	00:19:56
28	1203	Scott Willoughby	00:41:13	230	00:22:55	00:22:55
29	956	Andrew Delong	00:42:54	235	00:25:28	00:25:28
30	1106	Chanhee Park	00:44:29	251	00:26:44	00:26:44
31	1217	Steven Baker	00:46:19	262	00:28:15	00:28:15

# Category Results: 5k

MEC Calgary Road Race THREE

LIVE RACE RESULTS: <http://results.blitzevents.ca>

## Female Ages 40-49

Pos	Bib#	Name	Time	Overall Position	Time Behind Categ	Time Behind Winner
1	977	Jaime Fleming	00:26:18	36	00:00:07	00:05:57
2	1182	Naomi Viljoen	00:27:43	46	00:01:34	00:07:24
3	1079	Joanne Michelmann	00:28:40	54	00:02:31	00:08:21
4	4045	Leanne Good	00:29:07	57	00:03:03	00:08:53
5	1058	Kai Li	00:29:58	75	00:04:09	00:09:59
6	2338	Kerrie Reschke	00:30:15	80	00:04:08	00:09:57
7	3982	Natalie Coady	00:30:15	81	00:04:08	00:09:58
8	1216	Luckresha Baker	00:30:25	84	00:04:13	00:10:03
9	1002	Sherri Hamblin	00:30:28	86	00:04:35	00:10:25
10	1113	Angela Porteous	00:30:59	92	00:05:00	00:10:49
11	1042	Julie Labbe	00:32:19	107	00:06:48	00:12:37
12	986	Amanda Gilluley	00:32:25	109	00:06:20	00:12:09
13	970	Joann Elliott	00:32:42	112	00:06:47	00:12:36
14	1018	Adrienne Janzen	00:32:44	115	00:06:46	00:12:36
15	920	Crystal Blair	00:32:54	122	00:06:54	00:12:44
16	1184	Margie Villanueva	00:33:16	129	00:07:03	00:12:53
17	1067	Shannon Mackinnon	00:33:37	132	00:07:45	00:13:35
18	996	Kelly Grey	00:34:05	141	00:07:52	00:13:42
19	2222	Coralee Legault	00:34:20	149	00:08:14	00:14:04
20	980	Teresa Frentz	00:34:22	150	00:08:30	00:14:19
21	953	Holly Davidson	00:34:45	152	00:08:53	00:14:42
22	951	Nina Cunningham	00:34:48	154	00:08:53	00:14:42
23	1163	Sheila Sung	00:35:05	162	00:09:18	00:15:08
24	943	Tracy Clary	00:35:07	163	00:09:21	00:15:10
25	894	Ola Akinlade	00:35:58	175	00:10:15	00:16:05
26	1135	Gloria Roker	00:36:53	184	00:11:15	00:17:05
27	919	Celine Bittante	00:36:58	187	00:11:04	00:16:53
28	3920	Sheryl Barnes	00:37:09	193	00:11:21	00:17:11
29	932	Beth Byskal	00:37:23	198	00:11:22	00:17:12
30	1007	Candace Henderson	00:37:24	200	00:11:20	00:17:10
31	916	Carrie Benoit	00:37:51	206	00:11:53	00:17:43
32	925	Anmol Brar	00:38:32	212	00:12:25	00:18:14
33	4048	Sheroma Green	00:38:47	216	00:12:41	00:18:31
34	3944	Sonya Bouvier	00:39:01	217	00:12:49	00:18:39
35	1197	Julie White	00:39:04	219	00:13:23	00:19:13
36	893	W Adeyinka	00:40:44	226	00:15:01	00:20:51
37	1130	Chona Rivera	00:40:45	227	00:14:33	00:20:23
38	1114	Judith Potvin	00:41:03	229	00:15:08	00:20:57
39	959	Micki Dhaliwal	00:43:28	242	00:17:22	00:23:12
40	898	Caroline Anderson	00:44:45	257	00:18:49	00:24:39
41	1210	Annie Yeoh-Sparksman	00:45:05	258	00:19:30	00:25:19
42	1188	Alyse Wallace	00:46:28	263	00:20:25	00:26:15
43	1125	Tess Remolacio	00:48:13	266	00:22:00	00:27:50
44	1166	Connie Taggart	00:52:44	273	00:27:14	00:33:04
45	2914	Teresa Webber	00:56:52	274	00:30:45	00:36:34

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## Male Ages 40-49

Pos	Bib#	Name	Time	Overall Position	Time Behind Categ	Time Behind Winner
1	1214	Andrew Platten	00:21:52	7	00:00:00	00:03:34
2	1020	Humberto Jijon	00:24:08	18	00:02:20	00:05:54
3	906	Robert Baker	00:26:00	34	00:04:13	00:07:47
4	1027	Jesse Johnstone	00:26:27	37	00:04:53	00:08:27
5	1077	Michael Meredith	00:26:52	40	00:05:10	00:08:44
6	1191	Sean Wang	00:28:20	52	00:06:38	00:10:12
7	942	Rob Clarke	00:29:01	56	00:07:23	00:10:58
8	918	Kent Bienert	00:30:12	78	00:08:41	00:12:15
9	1052	Jae Bum Lee	00:33:24	130	00:12:12	00:15:47
10	1183	Bobby Villanueva	00:33:51	137	00:12:05	00:15:39
11	2355	Scott Schinkel	00:34:08	144	00:13:14	00:16:49
12	1071	Nicolas Marcoux	00:36:51	182	00:15:22	00:18:57
13	904	Mike Arduo	00:38:18	210	00:16:42	00:20:16
14	1124	Pol Remolacio	00:38:31	211	00:16:44	00:20:18
15	1037	Greg Kleemair	00:40:01	225	00:18:46	00:22:20
16	1155	Bing So	00:42:58	237	00:21:46	00:25:20
17	1003	Lee Hanson	00:45:23	259	00:24:05	00:27:39
18	4070	Emmanuel Ho	00:58:44	277	00:37:21	00:40:55

## Female Ages 50-59

Pos	Bib#	Name	Time	Overall Position	Time Behind Categ	Time Behind Winner
1	1189	Laura Walsh	00:27:32	44	00:00:19	00:07:23
2	1143	Heike Sanderson	00:29:38	67	00:02:14	00:09:18
3	990	Mary Anne Gonzales	00:29:44	71	00:02:42	00:09:46
4	2230	Angela Lovegrove	00:33:43	134	00:06:18	00:13:21
5	1195	Shannon Welsh-Moser	00:34:05	142	00:06:44	00:13:48
6	1097	Bridget Orr	00:34:15	148	00:07:19	00:14:23
7	1008	Janice Heslep	00:34:48	155	00:07:39	00:14:42
8	1046	Louise Landry	00:35:01	160	00:07:41	00:14:45
9	935	Judy Candy	00:36:32	179	00:09:36	00:16:39
10	1110	Lisa Petersen	00:39:08	220	00:12:16	00:19:19
11	1012	Michelle Hoddinott	00:39:41	222	00:12:26	00:19:29
12	1126	Lucie Rempal	00:41:41	231	00:14:47	00:21:51
13	1141	Maria Sabo	00:45:52	261	00:18:58	00:26:02
14	1091	Lisa Nadeau	00:46:50	264	00:19:57	00:27:01
15	3961	Jane Burnham	00:48:50	267	00:21:53	00:28:57
16	4018	Sharon Evelyn	00:48:51	268	00:21:53	00:28:57
17	2242	Liz Mackay	00:50:05	271	00:23:08	00:30:12
18	979	Meridee Fockler	01:04:20	280	00:37:32	00:44:36

# Category Results: 5k

MEC Calgary Road Race THREE

LIVE RACE RESULTS: <http://results.blitzevents.ca>

## Male Ages 50-59

Pos	Bib#	Name	Time	Overall Position	Time Behind Categ	Time Behind Winner
1	1083	Rob Moser	00:25:01	23	00:00:09	00:06:53
2	1023	Mark Jobin	00:27:27	42	00:02:37	00:09:20
3	1154	Carter Siebens	00:27:32	43	00:02:50	00:09:34
4	1049	Greg Lapp	00:29:44	72	00:05:15	00:11:58
5	1001	Bruce Hamblin	00:30:05	77	00:05:28	00:12:11
6	1112	Howard Phillips	00:30:27	85	00:05:40	00:12:24
7	1133	Brent Robin	00:31:49	102	00:07:04	00:13:48
8	1105	Dave Paprocke	00:32:44	113	00:07:58	00:14:42

## Female Ages 69-69

Pos	Bib#	Name	Time	Overall Position	Time Behind Categ	Time Behind Winner
1	963	Marlene Donahue	00:43:24	241	00:00:45	00:23:41
2	1015	Sharon Huculak	01:04:20	281	00:21:40	00:44:36

## Male Ages 69-69

Pos	Bib#	Name	Time	Overall Position	Time Behind Categ	Time Behind Winner
1	985	Roland Gervais	00:30:12	79	00:00:09	00:12:04
2	1207	Ed Wong	00:34:47	153	00:05:05	00:17:00
3	1010	Clyde Hoddinott	00:39:41	223	00:09:45	00:21:40
4	964	Stephen Donahue	00:43:14	238	00:13:47	00:25:42
5	2209	Gregory Kuhl	00:44:10	250	00:14:25	00:26:20

## Female Ages 70 +

Pos	Bib#	Name	Time	Overall Position	Time Behind Categ	Time Behind Winner
1	988	Vera Gjerdrum	00:37:01	190	00:00:13	00:16:45

## Female No Age Specified

Pos	Bib#	Name	Time	Overall Position	Time Behind Categ	Time Behind Winner
1	1024	Samantha Jobin	00:23:40	13	00:00:10	00:03:22
2	1139	Brooke Rousselle	00:23:54	15	00:00:17	00:03:29
3	901	Becky Andres	00:28:10	49	00:04:36	00:07:47
4	1192	Tingting Wang	00:29:44	70	00:06:12	00:09:24
5	4052	Michelle Haley	00:30:20	82	00:06:53	00:10:04
6	941	Raylene Claeys	00:33:03	125	00:09:31	00:12:42
7	1022	Nicole Joachim	00:33:53	138	00:10:54	00:14:05
8	915	Gabrielle Belostotski	00:34:11	145	00:10:52	00:14:03
9	978	Tamara Flindell	00:37:16	194	00:13:48	00:16:59
10	1063	Alison Lovely	00:37:17	195	00:13:48	00:17:00
11	1171	Isla Toews	00:38:01	209	00:14:50	00:18:01
12	1137	Jeanie Roode	00:41:41	232	00:18:39	00:21:50
13	924	Rajwinder Brar	00:42:39	234	00:19:10	00:22:21
14	1093	Anna Nieuwenhuis	00:43:20	239	00:20:13	00:23:25
15	966	Angela Dumancic	00:43:57	248	00:20:50	00:24:02

# Category Results: 5k

MEC Calgary Road Race THREE

LIVE RACE RESULTS: <http://results.blitzevents.ca>

## Male No Age Specified

Pos	Bib#	Name	Time	Overall Position	Time Behind Categ	Time Behind Winner
1	1151	Cameron Shank	00:43:43	245	00:00:03	00:25:28