

# Category Results: 3k

## Red Deer PCN Women's Run

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

### Female Ages U19

Pos	Bib#	Name	Time	Overall Position	Time Behind Categ	Time Behind Winner
1	1660	Corey Ovie	00:14:42	1	00:00:00	00:00:00
2	1604	Chloe Ramsay	00:15:06	2	00:00:23	00:00:23
3	1522	Vivian Cunningham	00:15:51	3	00:01:09	00:01:09
4	1549	Hilary Galbraith	00:16:07	4	00:01:25	00:01:25
5	1594	Clara Ouellette	00:16:29	5	00:01:47	00:01:47
6	1546	Felicity Fredine	00:16:32	6	00:01:49	00:01:49
7	1556	Jill Hawkins	00:16:32	7	00:01:49	00:01:49
8	1523	Riley Dand	00:16:55	8	00:02:13	00:02:13
9	1624	Jattu Sesay	00:17:22	9	00:02:40	00:02:40
10	1654	Abby Whitbread	00:17:37	12	00:02:55	00:02:55
11	1618	Anna Rudge	00:17:55	13	00:03:12	00:03:12
12	1596	Chloe Pariseau	00:17:55	14	00:03:12	00:03:12
13	1640	Taya Terrenzio	00:17:58	15	00:03:15	00:03:15
14	1638	Kasia Terrenzio	00:18:17	17	00:03:35	00:03:35
15	1565	Quinn Horne	00:18:18	18	00:03:35	00:03:35
16	1562	Megan Henderson	00:18:36	20	00:03:54	00:03:54
17	1600	Jordan Quirk	00:18:40	21	00:03:58	00:03:58
18	1700	Penelope Martin	00:18:56	23	00:04:13	00:04:13
19	1598	Amber Petrica	00:19:07	25	00:04:24	00:04:24
20	1515	Madison Burke	00:19:08	27	00:04:25	00:04:25
21	1678	Ella Griffiths	00:19:10	28	00:04:28	00:04:28
22	1614	Lexus Robertson	00:19:17	30	00:04:34	00:04:34
23	1656	Kayla Zapisocky	00:19:17	31	00:04:35	00:04:35
24	1657	Morgan Zapisocky	00:19:18	32	00:04:36	00:04:36
25	1561	Carson Henderson	00:19:36	36	00:04:54	00:04:54
26	1717	Eva Bilo	00:19:41	37	00:04:58	00:04:58
27	1578	Chloe Leonard	00:20:19	41	00:05:36	00:05:36
28	1676	Kyra Skinner	00:20:26	43	00:05:44	00:05:44
29	1738	Chloe Simpson	00:20:41	45	00:05:59	00:05:59
30	1564	Maeve Horne	00:20:52	46	00:06:10	00:06:10
31	1744	Sienna Slatten	00:21:04	53	00:06:22	00:06:22
32	1725	Ava Robinson	00:21:08	54	00:06:26	00:06:26
33	1724	Noella Robinson	00:21:08	56	00:06:26	00:06:26
34	1637	Sophia Taylor	00:21:09	57	00:06:27	00:06:27
35	1575	Allie Larouche	00:21:13	59	00:06:31	00:06:31
36	1635	Kinlee Taylor	00:21:15	61	00:06:32	00:06:32
37	1611	Madison Reschny	00:21:15	62	00:06:32	00:06:32
38	1646	Ava Unruh	00:21:19	63	00:06:36	00:06:36
39	1643	Asia Tuck	00:21:32	66	00:06:50	00:06:50
40	1686	Janika La	00:21:36	67	00:06:54	00:06:54
41	1685	Jasmine La	00:21:41	68	00:06:58	00:06:58
42	1632	Brooklynn Sushynski	00:21:41	69	00:06:59	00:06:59
43	1720	Megan Homan	00:21:48	72	00:07:06	00:07:06
44	1677	Willow Ludwig	00:21:49	73	00:07:07	00:07:07
45	1535	Jordan Findlay	00:21:58	74	00:07:16	00:07:16
46	1633	Danica Sushynski	00:22:00	75	00:07:18	00:07:18
47	1696	Presely Mcdonald	00:22:18	77	00:07:36	00:07:36
48	1518	Emilie Chiasson	00:22:25	78	00:07:43	00:07:43
49	1739	Jewel Fast	00:22:28	80	00:07:45	00:07:45
50	1554	Jenna Harvey	00:22:29	81	00:07:47	00:07:47
51	1527	Alexa Diz	00:22:36	84	00:07:54	00:07:54

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### Female Ages U19

Pos	Bib#	Name	Time	Overall Position	Time Behind Categ	Time Behind Winner
52	1727	Tori Adams-Owen	00:22:38	86	00:07:56	00:07:56
53	1583	Raquel Maxwell	00:22:52	90	00:08:10	00:08:10
54	1534	Vita Fesik	00:22:55	91	00:08:12	00:08:12
55	1590	Nour Negm	00:22:59	92	00:08:17	00:08:17
56	1698	Keira Smith	00:23:07	94	00:08:25	00:08:25
57	1699	Avery Smith	00:23:07	95	00:08:25	00:08:25
58	8	Mya Hovind	00:23:08	96	00:08:25	00:08:25
59	1579	Kate Lynch	00:23:10	97	00:08:27	00:08:27
60	1719	Nicole Homan	00:23:27	100	00:08:45	00:08:45
61	1516	Madelyn Cameron	00:23:29	102	00:08:47	00:08:47
62	1511	Maria Banks	00:24:46	109	00:10:03	00:10:03
63	1602	Taylor Quirk	00:24:56	110	00:10:14	00:10:14
64	1593	Zoe Oshvalda	00:25:03	115	00:10:21	00:10:21
65	1701	Paige Humphrey	00:25:20	117	00:10:38	00:10:38
66	1710	Jerzi Lightbown	00:25:21	118	00:10:39	00:10:39
67	1606	Avea Rasmussen	00:25:31	119	00:10:48	00:10:48
68	1615	Jensen Rockarts	00:25:35	121	00:10:53	00:10:53
69	1616	Laine Rockarts	00:25:35	122	00:10:53	00:10:53
70	1661	Juliane Adams	00:25:41	123	00:10:59	00:10:59
71	1621	Bella Sargent	00:25:41	124	00:10:59	00:10:59
72	1662	Lorilei Jenkins	00:25:45	125	00:11:02	00:11:02
73	1622	Sydney Sargent	00:25:45	126	00:11:03	00:11:03
74	1543	Autumn Fraser	00:26:44	131	00:12:02	00:12:02
75	1723	Hannah Hulyk	00:26:48	132	00:12:06	00:12:06
76	1675	Harlow Maddex	00:26:48	133	00:12:06	00:12:06
77	1653	Cassello Watson	00:26:49	135	00:12:07	00:12:07
78	1610	Sarah Reese	00:26:49	136	00:12:07	00:12:07
79	1608	Julieanne Ratzke	00:26:54	138	00:12:12	00:12:12
80	1501	Callie Ames	00:27:21	141	00:12:39	00:12:39
81	1708	Isabel Thornton	00:27:21	143	00:12:39	00:12:39
82	1548	Emily Funk	00:27:25	144	00:12:43	00:12:43
83	1663	Kadence Mcleod	00:27:37	147	00:12:55	00:12:55
84	1693	Gemma Kosheluk	00:27:37	148	00:12:55	00:12:55
85	1694	Georgia Kosheluk	00:27:38	149	00:12:55	00:12:55
86	1737	Jayden Wallner	00:27:40	151	00:12:58	00:12:58
87	1690	Sophie Stringer	00:27:56	153	00:13:13	00:13:13
88	1560	Lily Helder	00:28:08	155	00:13:26	00:13:26
89	1623	Fatimata Sesay	00:28:53	158	00:14:10	00:14:10
90	1503	Zoe Ames	00:28:53	159	00:14:11	00:14:11
91	1525	Chloe Delaronde	00:28:57	161	00:14:15	00:14:15
92	1609	Keilyn Rechlo	00:29:00	163	00:14:17	00:14:17
93	1529	Anneke Duke	00:29:09	165	00:14:27	00:14:27
94	1647	Emma Unruh	00:29:10	168	00:14:27	00:14:27
95	1628	Madison Slack	00:29:22	169	00:14:40	00:14:40
96	1673	Abbigail Bahler	00:29:47	170	00:15:05	00:15:05
97	1536	Quinn Fischer	00:29:51	172	00:15:09	00:15:09
98	1545	Denise Fredeen	00:29:52	173	00:15:10	00:15:10
99	1555	Annika Hawkins	00:29:53	174	00:15:11	00:15:11
100	1553	Olivia Hammerschmidt	00:29:58	175	00:15:15	00:15:15
101	1713	Nora Parrott	00:30:33	183	00:15:51	00:15:51
102	1550	Reanne Gonzales	00:30:54	184	00:16:12	00:16:12

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Pos	Bib#	Name	Time	Overall Position	Time Behind Categ	Time Behind Winner
103	1704	Emmalynn Levesque	00:30:55	185	00:16:13	00:16:13
104	1612	Rachel Reschny	00:30:57	186	00:16:15	00:16:15
105	1734	Kaybree Angelveldt	00:31:01	189	00:16:19	00:16:19
106	1630	Grace Smith	00:32:28	192	00:17:46	00:17:46
107	1688	Georgia Dyvig	00:32:29	193	00:17:47	00:17:47
108	1537	Brea Fisher	00:32:35	195	00:17:53	00:17:53
109	1586	Norah Mcneely	00:32:36	197	00:17:54	00:17:54
110	1520	Ava Clark	00:32:40	201	00:17:57	00:17:57
111	1504	Natalie Anderson	00:33:33	205	00:18:51	00:18:51
112	1539	Pyper Fiske	00:35:21	215	00:20:39	00:20:39
113	1742	Athena Pangman	00:36:40	218	00:21:58	00:21:58

## Female Ages 20-24

Pos	Bib#	Name	Time	Overall Position	Time Behind Categ	Time Behind Winner
1	1716	Catherine Alain	00:28:51	157	00:00:00	00:14:09
2	1684	Madeleine Killen	00:34:29	207	00:05:37	00:19:47

## Female Ages 25-29

Pos	Bib#	Name	Time	Overall Position	Time Behind Categ	Time Behind Winner
1	1541	Megan Flaws	00:17:22	10	00:00:00	00:02:40
2	1603	Christal Ramanauskas	00:19:43	38	00:02:20	00:05:00
3	1715	Mariah Kaminski	00:22:50	88	00:05:28	00:08:08
4	1597	Laura Peters	00:22:51	89	00:05:28	00:08:08
5	1736	Jade Mayerson	00:27:45	152	00:10:23	00:13:03
6	1544	Shelby Fraser	00:30:13	178	00:12:50	00:15:31
7	1588	Amy Miller	00:40:32	223	00:23:09	00:25:50

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Red Deer PCN Women's Run

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

## Female Ages 30-34

Pos	Bib#	Name	Time	Overall Position	Time Behind Categ	Time Behind Winner
1	1607	Rachel Rasmussen	00:17:26	11	00:00:00	00:02:44
2	1645	Liz Turner	00:19:00	24	00:01:33	00:04:18
3	1569	Justine Johnson	00:19:26	33	00:02:00	00:04:44
4	1695	Danie Mcdonald	00:19:45	39	00:02:18	00:05:03
5	1745	Noelle Slatten	00:21:04	52	00:03:37	00:06:22
6	1514	Erin Bodnar	00:21:44	71	00:04:17	00:07:01
7	1567	Suzan Jensen	00:23:32	104	00:06:05	00:08:50
8	1625	Ashton Sharp	00:25:35	120	00:08:08	00:10:52
9	1691	Nicole Stringer	00:27:56	154	00:10:29	00:13:13
10	1502	Casey Ames	00:28:53	160	00:11:27	00:14:11
11	1709	Alexis Lightbown	00:30:31	181	00:13:04	00:15:49
12	1613	Tanya Reschny	00:30:57	187	00:13:30	00:16:15
13	1658	Karla Shakotko	00:32:02	191	00:14:35	00:17:20
14	1538	Nicole Fisher	00:32:36	196	00:15:09	00:17:53
15	1585	Esther Mcneely	00:32:37	198	00:15:10	00:17:54
16	1571	Jil Jorgensen	00:32:39	200	00:15:12	00:17:57
17	1595	Heather Paat	00:33:00	204	00:15:33	00:18:17
18	1605	Courtney Ranta	00:40:46	224	00:23:19	00:26:04

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Red Deer PCN Women's Run

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

## Female Ages 35-39

Pos	Bib#	Name	Time	Overall Position	Time Behind Categ	Time Behind Winner
1	1573	Andria Klatt	00:19:07	26	00:00:00	00:04:24
2	1521	Jinelee Conner	00:19:35	35	00:00:28	00:04:53
3	1506	Brandee Angeltvedt	00:20:19	42	00:01:12	00:05:37
4	1731	Jessica Pillman	00:21:01	49	00:01:54	00:06:19
5	1649	Megan Vallet Fredine	00:21:02	50	00:01:55	00:06:20
6	1576	Erin Larouche	00:21:13	60	00:02:06	00:06:31
7	1728	Chantel Tombs	00:22:38	85	00:03:31	00:07:56
8	1629	Brienen Smith	00:22:43	87	00:03:36	00:08:01
9	1580	Wendy Lynch	00:23:10	98	00:04:03	00:08:28
10	1619	Diana Ryan	00:23:50	106	00:04:43	00:09:08
11	1642	Tamela Toma	00:23:59	107	00:04:52	00:09:17
12	1513	Heather Bettenson	00:24:59	112	00:05:52	00:10:17
13	1592	Angela Oshvalda	00:25:03	114	00:05:56	00:10:21
14	1735	Liesel Morin	00:25:14	116	00:06:07	00:10:31
15	1620	Ashley Sargent	00:25:45	127	00:06:38	00:11:03
16	1669	Rachel Jenkins	00:26:20	129	00:07:13	00:11:38
17	1668	Larissa Adams	00:26:20	130	00:07:13	00:11:38
18	1566	Ashley Hunter	00:27:08	140	00:08:01	00:12:26
19	1707	Shelley Thornton	00:27:21	142	00:08:14	00:12:39
20	1667	Abbie Breitzkreitz	00:27:40	150	00:08:33	00:12:57
21	1526	Melissa Delaronde	00:28:57	162	00:09:50	00:14:15
22	1648	Laura Unruh	00:29:09	166	00:10:02	00:14:27
23	1631	Ruth Stubbings	00:29:09	167	00:10:02	00:14:27
24	1680	Jennifer Bahler	00:29:47	171	00:10:40	00:15:05
25	1733	Jodel Taylor	00:31:01	188	00:11:54	00:16:19
26	1726	Sasha Lernowich	00:32:41	203	00:13:34	00:17:59
27	1248	Kelly Kruger	00:36:19	217	00:17:12	00:21:37
28	1743	Lindsay Olver	00:36:53	219	00:17:46	00:22:11

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## Red Deer PCN Women's Run

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

### Female Ages 40-44

Pos	Bib#	Name	Time	Overall Position	Time Behind Categ	Time Behind Winner
1	1639	Mandy Terrenzio	00:18:12	16	00:00:00	00:03:29
2	1574	Jeaneth Lanchimba	00:18:21	19	00:00:09	00:03:39
3	1679	Susan Mackay	00:19:10	29	00:00:58	00:04:28
4	1655	Christie Zapisocky	00:20:06	40	00:01:54	00:05:23
5	1587	Nicola Meier	00:20:26	44	00:02:14	00:05:44
6	1563	Crystal Horne	00:20:52	47	00:02:40	00:06:10
7	1641	Alexandra Tietzsch	00:21:02	51	00:02:50	00:06:20
8	1682	Lisa Apperley	00:21:08	55	00:02:56	00:06:26
9	1636	Sasha Taylor	00:21:12	58	00:03:00	00:06:29
10	1740	Leah Fast	00:22:27	79	00:04:15	00:07:45
11	1718	Melanie Homan	00:23:28	101	00:05:16	00:08:46
12	1517	Sheri Cameron	00:23:30	103	00:05:18	00:08:48
13	1683	Tammy Fleury	00:26:09	128	00:07:57	00:11:27
14	1722	Shauna Hulyk	00:26:52	137	00:08:40	00:12:09
15	1702	Janeil Humphrey	00:30:31	180	00:12:19	00:15:48
16	1712	Malin Hansen	00:30:33	182	00:12:21	00:15:51
17	1687	Andrea Dyvig	00:32:33	194	00:14:21	00:17:51
18	1581	Jessica Macdonald	00:32:41	202	00:14:29	00:17:59
19	1697	Janis Smith	00:35:01	209	00:16:48	00:20:18
20	1540	Renee Fiske	00:35:21	214	00:17:09	00:20:39

### Female Ages 45-49

Pos	Bib#	Name	Time	Overall Position	Time Behind Categ	Time Behind Winner
1	1692	Shirl Morgan	00:20:56	48	00:00:00	00:06:13
2	1741	Elaine Findlay	00:22:07	76	00:01:11	00:07:25
3	1670	Lisa Voitel	00:22:31	82	00:01:35	00:07:48
4	1732	Viesia Luck	00:23:02	93	00:02:06	00:08:20
5	1721	Cindy Skjaveland	00:23:10	99	00:02:14	00:08:28
6	1510	Catharine Banks	00:24:46	108	00:03:50	00:10:03
7	1601	Lisa Quirk	00:24:57	111	00:04:00	00:10:14
8	1547	Claire Funk	00:27:26	145	00:06:30	00:12:44
9	1552	Dawne Hammerschmidt	00:29:58	176	00:09:02	00:15:16
10	1508	Orlene Aubin	00:30:13	177	00:09:17	00:15:30
11	1557	Aimee Hawkins Phillpot	00:30:23	179	00:09:27	00:15:41
12	1505	Rayann Anderson	00:33:34	206	00:12:38	00:18:52
13	1584	Barb Mckee	00:58:45	227	00:37:49	00:44:03

### Female Ages 50-54

Pos	Bib#	Name	Time	Overall Position	Time Behind Categ	Time Behind Winner
1	1711	Karla Thompson	00:18:49	22	00:00:00	00:04:06
2	1559	Sherry Hedlund	00:21:24	64	00:02:35	00:06:41
3	1714	Kim Noselski	00:27:08	139	00:08:19	00:12:26
4	1572	Paula Jorgensen	00:32:39	199	00:13:50	00:17:56
5	1671	Nancy Killen	00:34:29	208	00:15:40	00:19:47
6	1542	Cathy Forner	00:35:16	210	00:16:27	00:20:34
7	1672	Rita Loewen	00:35:16	211	00:16:27	00:20:34
8	1570	Nancy Johnstone	00:40:28	221	00:21:39	00:25:46

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Red Deer PCN Women's Run

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## Female Ages 55-59

Pos	Bib#	Name	Time	Overall Position	Time Behind Categ	Time Behind Winner
1	1568	Donna Johnson	00:19:27	34	00:00:00	00:04:44
2	1558	Norana Hedlund	00:21:24	65	00:01:57	00:06:42
3	1533	Liz Farrell	00:21:43	70	00:02:16	00:07:01
4	1634	Heather Tarry	00:28:51	156	00:09:24	00:14:08
5	1528	Lori Donovan	00:35:16	213	00:15:49	00:20:34
6	1730	Joanne Mossip	00:37:16	220	00:17:49	00:22:34
7	1577	Janet Larsen	00:40:46	225	00:21:19	00:26:04

## Female Ages 60-64

Pos	Bib#	Name	Time	Overall Position	Time Behind Categ	Time Behind Winner
1	1524	Diana Day	00:22:35	83	00:00:00	00:07:52
2	1509	Patty Austin	00:23:34	105	00:00:59	00:08:52
3	1551	Elaine Halter	00:25:00	113	00:02:25	00:10:17
4	1626	Barb Silversides	00:29:07	164	00:06:32	00:14:24
5	1659	Alvina Burns	00:32:01	190	00:09:26	00:17:19

## Female Ages 65-69

Pos	Bib#	Name	Time	Overall Position	Time Behind Categ	Time Behind Winner
1	1582	Penny Maclachlan-Hill	00:27:29	146	00:00:00	00:12:47
2	1530	Helen Empey	00:40:46	226	00:13:17	00:26:04

## Female Ages 70-79

Pos	Bib#	Name	Time	Overall Position	Time Behind Categ	Time Behind Winner
1	1644	Ivy Tucker	00:26:49	134	00:00:00	00:12:06
2	1674	Hiltrude Goetz	00:35:16	212	00:08:27	00:20:34
3	1255	Darlene Mcmillan	00:36:17	216	00:09:28	00:21:35
4	1627	Carol Sims	00:58:46	228	00:31:56	00:44:03

## Female Ages 80+

Pos	Bib#	Name	Time	Overall Position	Time Behind Categ	Time Behind Winner
1	85	Joan Johnstone	00:40:29	222	00:00:00	00:25:46