RDC Cross Country

September 14, 2013

5 km results

Runner	Team	Age Group	Bib#	Time	Place	GPrix	RDC	LCK	NAIT	OC	SAIT	GMU	STMU	AUG	CUCA	KEY	LAKE	GPRC	TAC	UofA	UNA	Open	TAC	Open place	Pace/km
Jodi Sanguin	Open	0	1988	19:11	1																	1		1	03:50
Shari Boyle	Open	40	1947	19:50	2																	2		2	03:58
Marriya Jenkins	CUCA	20	50	20:00	3	1									1										04:00
Lesley Koopman	GMU	19	33	20:01	4	2						2													04:00
Vanessa Trofimenkoff	GMU	19	31	20:01	5	3						3													04:00
Lisa Mensink	Open	0	1989	20:20	6																	6		3	04:04
Megan Pinkoski	UofA	0	70	20:51	7															7				4	04:10
Mikaela York	LCK	18	38	20:57	8	4		4																	04:11
Jessie Lilly	UofA	0	71	21:05	9															9				5	04:13
Jamie Wigmore	GPRC	20	67	21:11	10	5												5							04:14
Jennifer Normington	Open	30	1979	21:12	11																	11		6	04:14
Nicole Martynuik Pombert	Open	0	1987	21:12	12																	12		7	04:14
Jordanna Cota	RDC	17	9	21:22	13	6	6																		04:16
Nicole Kitt	Open	0	1992	21:28	14																	14		8	04:18
Rachel McKenzie	LCK	18	41	21:35	15	7		7																	04:19
Kristen Hansen	Open	24	1981	21:40	16																	16		9	04:20
Sarah McMaster	NAIT	23	17	21:46	17	8			8																04:21
Natalia Sznkarzuk	Open	25	1943	21:46	18																	18		10	04:21
Isabella Englert	UofA	0	73	21:53	19															19				11	04:23
Kayla Hardy	GPRC	20	68	22:04	20	9												9							04:25
Morgan Lawley	UofA	0	69	22:05	21															21				12	04:25
Freya Hik	UNA	0	76	22:08	22																22			13	04:26
Marie Blais	Open	0	195	22:11	23																	23		14	04:26
Collette Washbrook	Open	0	1984	22:14	24																	24		15	04:27
Claire Murchison	UofA	0	72	22:23	25															25				16	04:29
Jen Chen	SAIT	18	29	22:28	26	10					10														04:30
Emily Maplethorpe	RDC	17	2	23:05	27	11	11																		04:37
Anna Richardson	GMU	19	37	23:11	28	12						12													04:38
Lauren Brookes	Open	0	1983	23:12	29																	29		17	04:38
Sarah Maklowsky	LCK	24	47	23:21	30	13		13																	04:40
Stephanie Bowes	UNA	0	74	23:24	31																31			18	04:41
Alexandra Robertson	GMU	20	32	23:30	32	14						14													04:42
Alison McPHerson	SAIT	20	27	23:32	33	15					15														04:42
Caylee Vogel	LCK	19	44	23:37	34	16		16																	04:43
Robyn Hebert	RDC	18	1	23:41	35	17	17																		04:44
Krysten Faawcett	Open	0	1985	23:45	36																	36		19	04:45
Michelle Harvey	Open	46	1982	23:48	37																	37		20	04:46
Anna Duda	RDC	42	6	23:51	38	18	18																		04:46
Sophie Trageser	UNA	0	79	23:56	39																39			21	04:47
Samantha Debree	RDC	18	3	23:57	40	19	19																		04:47
Luiza Lesniak	Open	0	1986	23:59	41																	41		22	04:48
Catherine Alcorn	RDC	19	4	24:12	42	20	20																		04:50
Sefrah Daviduck	LCK	18	39	24:17	43	21		21																	04:51
Sarah Hong	GMU	24	35	24:19	44	22						22													04:52
Laura Friesen	RDC	21	5	24:23	45	23	23																		04:53
Beverly Kaine	CUCA	45	51	24:38	46	24									24										04:56
Tess Krause	UNA		77	24:49	47																47			23	04:58
Mackenzie Koopmans	LCK		46	24:51	48	25		25																	04:58
Stephanie Dufault	OC		12	25:04	49	26				26															05:01
Sarah Milner	UNA		78	25:10	50																50			24	05:02
Taya Hoar	AUG		49	25:11	51	27								27											05:02
Amee Toporchak	LCK		45	25:17	52	28		28																	05:03
Alaina Wiebe	LCK		43	25:18	53	29		29																	05:04
Kaitlin Brady	KEY		65	25:19	54	30										30									05:04
Sidney Moss	RDC		7	26:13	55	31	31																		05:15
Megan Paxton	SAIT		30	26:17	56	32					32														05:15
Hana Laverick	GMU		36	26:19	57	33						33													05:16
Katie Boychuk	LAKE		1993	26:23	58	34											34								05:17
Megan Bruce	GMU		34	26:33	59	35						35													05:19
Shelby Edgar	CUCA		52	26:44	60	36									36										05:21
Dannica Chief	OC		11	26:56	61	37				37															05:23
Randi Thiessen	STMU		26	27:47	62	38							38												05:33
Brianna Schultz	AUG		48	27:52	63	39								39											05:34
Desiree Denney	KEY		64	28:37	64	40										40									05:43
Nicole Wilson	RDC		8	28:50	65	41	41																		05:46
Jennifer Arneson	KEY		66	29:13	66	42										42									05:51
Nicole Wagner	OC		15	29:42	67	43				43															05:56
Mabel Ho	NAIT		16	29:51	68	44			44																05:58
Amanda Scott	Open		1995	30:04	69																	69		25	06:01
Kaylee Bannerman	LAKE		21	30:11	70	45											45								06:02
Barbara Jackson	CUCA		54	31:18	71	46									46										06:16
Dominique McCleary	STMU		24	32:10	72	47							47												06:26
Amy Stollery	OC		14	32:28	73	48				48															06:30
Kyra McNeil	LAKE		20	32:38	74	49											49								06:32
Ricki Kelly Thiessen	STMU		25	32:44	75	50							50												06:33
Teaghan Brophy	CUCA		55	32:46	76	51									51										06:33
Meghan Wilcox	NAIT		18	33:48	77	52			52																06:46
Megan Kent	LAKE		22	35:13	78	53											53								07:03
Ola Olatunde	LAKE		19	38:45	79	54											54								07:45

For more than 200 runners, unprotect worksheet, insert additional rows above this row, copy previous last row above this one, paste copied row into inserted rows, protect worksheet

			RDC	LCK	NAIT	OC	SAIT	GMU	STMU	AUG	CUCA	KEY	LAKE	GPRC	TAC	UofA	UNA	Open	TAC	Open place
# of runners scoring	79	54	9	8	3	4	3	7	3	2	5	3	5	2	0	5	5	15	0	25
total best 4 runners			52	40		154		31			107		181			56	##	20		
rank on best 4 runners			3	2		5		1			4		6							
total best 3 runners			34	24	104	106	57	17	135		61	112	128			35	92	9		
rank on best 3 runners			3	2	6	7	4	1	10		5	8	9							
total best 3 women+best 3 men			82	37	171		100	45	277		119					59	##	18		
rank on best 3 women and men			3	1	6		4	2	7		5									

note: ACAC team scores based on Gprix placing, whereas open and hs team scores based on overall placing