

# ACAC Grand Prix #4 Hosted by StMU

## Oct 15th, 2022

### 6 km results

Runner	Team	Bib#	Time	Place	Gprix	ACAC	StMU	MHC	RDP	LCK	UAA	SAIT	NWP	TKU	CUE	PC	OPEN	RRAC	Open place	Pace/km
Reese Bendiksen	UAA	832	23:04	1	1	1						1								03:51
Rebecca Ross	MHC	817	23:36	2	2	2		2												03:56
Maddy Scirmger	MHC	818	23:59	3	3	3		3												04:00
Maria Fox	StMU	803	24:17	4	4	4	4													04:03
Cadence Laplante	StMU	802	24:28	5	5	5	5													04:05
Sydney Zissos	StMU	801	24:35	6	6	6	6													04:06
Lauren Kryschuk	OPEN	853	24:38	7													7		1	04:06
Jill Stewart	SAIT	835	24:41	8	7	7						7								04:07
Emma Derbyshire	CUE	849	24:53	9	8	8									8					04:09
Lesley Koopman	RRAC	854	25:08	10														10	2	04:11
Taylor Chamberlin	CUE	848	25:13	11	9	9									9					04:12
BobbiJo Waite Lang	OPEN	852	25:19	12													12		3	04:13
Justine Larson	RDP	840	25:56	13	10	10			10											04:19
Holly Moores	SAIT	836	25:59	14	11	11						11								04:20
Maria Boix-Frias	LCK	823	26:05	15	12	12				12										04:21
Chloe Funnell	UAA	831	26:11	16	13	13					13									04:22
Cheldynn Molnar	MHC	819	26:12	17	14	14		14												04:22
Melissa Ray	RDP	841	26:46	18	15	15			15											04:28
Pyper Gil	MHC	820	26:59	19	16	16		16												04:30
Josephine Bennett	PC	847	27:46	20	17	17										17				04:38
Rosie Bouchard	LCK	822	28:19	21	18	18				18										04:43
Elizabeth Krueger	StMU	804	28:44	22	19	19	19													04:47
Maria Leonard	StMU	806	28:44	23	20	20	20													04:47
Philine Schmidt	StMU	809	28:45	24	21	21	21													04:48
Emily Barritt	RDP	846	29:02	25	22	22			22											04:50
Naomi Zwygart	NWP	828	29:04	26	23	23						23								04:51
Kammy Park	RDP	842	29:27	27	24	24			24											04:55
Hannah Smith	LCK	825	29:38	28	25	25				25										04:56
Georgia Sawchuk	RDP	844	29:38	29	26	26			26											04:56
Sarah Foscarini	StMU	805	30:19	30	27	x	x													05:03
Brianne Dangerfield	StMU	807	31:23	31	28	x	x													05:14
Aman Leung	UAA	834	31:29	32	29	27					27									05:15
Julie Tabler	TKU	814	32:05	33	30	28								28						05:21
Rayanne Hoefflicher	LCK	824	32:37	34	31	29				29										05:26
Amanda Paul	StMU	808	32:49	35	32	x	x													05:28
Magdelyn MacDougall	CUE	850	33:21	36	33	30									30					05:34
Karli Tluchak	UAA	833	33:34	37	34	31					31									05:36
Skya Mitchell-Brost	SAIT	837	34:43	38	35	32						32								05:47
Dakota Sadlier	NWP	827	35:08	39	36	33						33								05:51
Megan Hoyteniuk	TKU	812	35:51	40	37	34								34						05:59
Brandy Nicholson	NWP	829	36:11	41	38	35						35								06:02
Delaney Vincent	TKU	816	36:57	42	39	36								36						06:09
Rachel Stang	TKU	815	37:15	43	40	37								37						06:13
Amy Johnson	SAIT	838	37:31	44	41	38						38								06:15
Laura Fraser	StMU	810	40:13	45	42	x	x													06:42
Martha Sotelo-Baca	StMU	811	40:37	46	43	x	x													06:46
Nicole Pylpychuk	TKU	813	42:58	47	44	39								39						07:10

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

# of runners scoring	47	44	39	6	4	5	4	4	4	4	3	5	3	1	2	1	3
# of non-scoring runners			5	5	0	0	0	0	0	0	0	0	0	0			
total best 4 runners				34	35	71	84	72	88		135						
rank on best 4 runners				1	2	3	5	4	6		7						
total best 3 runners				15	19	47	55	41	50	91	98	47					
rank on best 3 runners				1	2	4	7	3	6	8	9	4					
total best 3 women+best 3 men				107	73	69	91	89	59	176							
rank on best 3 women and men				6	3	2	5	4	1	7							

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