

Grand Prix 3 hosted by Lethbridge College Kodiaks

September 30, 2023

6 km results

Runner	Team	Bib#	Time	Place	Gprix	ACAC	TKU	RDP	MHC	NWP	NAIT	UAA	LCK	PRAC	CUE	STMU	SAIT	Open	RRAC	Open place	Pace/km
Madeleine Cummings	RRAC	345	23:32	1															1	1	03:55
Becky Ross	MHC	312	24:16	2	1	1			1												04:03
Cadence Laplante	STMU	337	24:40	3	2	2										2					04:07
Maddy Scirmger	MHC	311	24:55	4	3	3			3												04:09
Justine Larson	RDP	303	26:19	5	4	4		4													04:23
Katrina Michel	LCK	327	26:29	6	5	5							5								04:25
Myah Cota	RDP	305	26:57	7	6	6		6													04:30
Georgia Sawchuk	RDP	304	27:03	8	7	7		7													04:31
Loami Rautenbach	RDP	309	27:15	9	8	8		8													04:32
Emily Barritt	RDP	306	27:22	10	9	9		9													04:34
Kate Block	LCK	328	27:24	11	10	10							10								04:34
Josephine Bennett	PRAC	333	27:49	12	11	11								11							04:38
Jenna Schnare	Open	344	27:52	13														13		2	04:39
Kammy Park	RDP	308	27:55	14	12	12		12													04:39
Kerigan Frampton	SAIT	343	28:11	15	13	13											13				04:42
Megan Gubbins	LCK	329	28:43	16	14	14							14								04:47
Philine Schmidt	STMU	340	28:47	17	15	15										15					04:48
Elizabeth Krueger	STMU	338	28:48	18	16	16										16					04:48
Hannah Warford	NAIT	320	28:56	19	17	17					17										04:49
Andrea Leusink	TKU	302	29:19	20	18	18	18														04:53
Mizuki Iwata	MHC	315	29:23	21	19	19			19												04:54
Hannah Smith	LCK	326	29:24	22	20	20							20								04:54
Jordyn Rist	LCK	332	29:38	23	21	21							21								04:56
Pyper Gill	MHC	310	29:43	24	22	22			22												04:57
Maria Leonard	STMU	339	30:06	25	23	23										23					05:01
Aman Leung	UAA	325	30:39	26	24	24						24									05:07
Lara Birkill	UAA	322	30:56	27	25	25						25									05:09
Lydia Steinke	NWP	316	31:01	28	26	26				26											05:10
Sidney Cusack	UAA	387	31:33	29	27	27						27									05:16
Effie Lockhart	UAA	323	32:09	30	28	28						28									05:21
Drew Armener	LCK	331	32:10	31	29	29							29								05:22
Cherise Carter	STMU	336	32:24	32	30	30										30					05:24
Kabri Stickel	MHC	314	33:06	33	31	31			31												05:31
Amelie Froehlich	TKU	301	33:17	34	32	32	32														05:33
Magdelyn MacDougal	CUE	334	33:17	35	33	33									33						05:33
Taniesha Humbke	NWP	319	33:55	36	34	34				34											05:39
Chevayah Ropcean	NWP	317	34:08	37	35	35				35											05:41
Annika Marshall	MHC	313	34:16	38	36	36			36												05:43
Jill Starman	NAIT	321	34:24	39	37	37					37										05:44
Brandy Nicholson	NWP	318	35:28	40	38	38				38											05:55
Megan Hoyteniuk	TKU	346	37:58	41	39	39	39														06:20
Julia Jedwabski	STMU	341	39:27	42	40	40										40					06:35
Huda Omer	CUE	335	59:16	43	41	41									41						09:53
# of runners scoring				43			41	3	6	6	4	2	4	6	1	2	6	1	1	1	2
# of non-scoring runners							0	0	0	0	0	0	0	0	0	0	0	0			
total best 4 runners								25	45	133		104	49			56					
rank on best 4 runners								1	2	6		5	3			4					
total best 3 runners							89	17	23	95		76	29			33					
rank on best 3 runners							6	1	2	7		5	3			4					
total best 3 women+best 3 men							36	100	170		188	64				149					
rank on best 3 women and men							1	3	5		6	2				4					

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