

MEC Race #3 10K

Overall Male Runner

Place	Bib#	Name	Time	Grade	Athlete Type	Hometown	Pace	Speed	Overall Place	Age	Athlete ID
1.	30851	Eyasu, Michael	39:03.160	-	Runner	Winnipeg, AR	6:17	9.547	1	39	30851
2.	30842	Carter, Murray	39:07.534	-	Runner	Winnipeg, AR	6:18	9.531	2	33	30842
3.	30836	Jones, Braeden	39:19.484	-	Runner	Winnipeg, AR	6:20	9.483	3	24	30836

Overall Female Runner

Place	Bib#	Name	Time	Grade	Athlete Type	Hometown	Pace	Speed	Overall Place	Age	Athlete ID
1.	30834	Cunnane, Rebecca	42:04.434	-	Runner	Winnipeg, AR	6:46	8.863	11	36	30834
2.	26653	Parson, Janie	43:15.177	-	Runner	La Salle, AR	6:58	8.620	15	43	26653
3.	30859	Green, Lindsay	43:32.860	FR	Runner	Winnipeg, CAN	7:00	8.564	16	31	

Male 10-14

Place	Bib#	Name	Time	Grade	Athlete Type	Hometown	Pace	Speed	Overall Place	Age	Athlete ID
1.	26529	Chutskoff, Justin	40:57.794	-	Runner	Winnipeg, AR	6:35	9.104	7	14	26529
2.	26588	Jackimec, Eric	59:50.544	-	Runner	Winnipeg, AR	9:38	6.231	81	13	26588
3.	30828	Paulicelli, Noah	1:09:21.027	-	Runner	Winnipeg, AR	11:10	5.376	116	13	30828

Male 15-19

Place	Bib#	Name	Time	Grade	Athlete Type	Hometown	Pace	Speed	Overall Place	Age	Athlete ID
1.	30826	Ofiaza, Deo	48:46.154	-	Runner	Winnipeg, AR	7:51	7.645	40	17	30826

Male 20-24

Place	Bib#	Name	Time	Grade	Athlete Type	Hometown	Pace	Speed	Overall Place	Age	Athlete ID
1.	30836	Jones, Braeden	39:19.484	-	Runner	Winnipeg, AR	6:20	9.483	3	24	30836

Male 25-29

Place	Bib#	Name	Time	Grade	Athlete Type	Hometown	Pace	Speed	Overall Place	Age	Athlete ID
1.	30822	Gubb, Tyler	44:27.047	-	Runner	Winnipeg, AR	7:09	8.387	20	27	30822
2.	26624	Mccullough, Jesse	45:34.050	-	Runner	Winnipeg, AR	7:20	8.182	26	28	26624
3.	30850	Harzing, Matthew	47:38.750	-	Runner	Winnipeg, AR	7:40	7.827	35	29	30850
4.	26514	Bodner, Scott	48:51.604	-	Runner	Winnipeg, AR	7:52	7.632	41	29	26514
5.	26561	Gesell, Travis	59:37.384	-	Runner	Winnipeg, AR	9:36	6.254	77	28	26561
6.	26591	Jaques, Mark	1:01:55.497	-	Runner	Winkler, AR	9:58	6.021	93	26	26591

Male 30-34

Place	Bib#	Name	Time	Grade	Athlete Type	Hometown	Pace	Speed	Overall Place	Age	Athlete ID
1.	30842	Carter, Murray	39:07.534	-	Runner	Winnipeg, AR	6:18	9.531	2	33	30842
2.	26503	Bargen, Tyler	41:27.984	FR	Runner	Winnipeg, CAN	6:40	8.995	8	34	26503
3.	30843	Dumont, Joel	42:03.080	-	Runner	Winnipeg, AR	6:46	8.866	10	34	30843
4.	30847	Mckeever, Michael	46:04.990	FR	Runner		7:25	8.093	29	32	
5.	26523	Castaneda, Angel	1:03:33.787	-	Runner	Winnipeg, AR	10:14	5.867	96	30	26523
6.	30852	Robson, Rob	1:07:54.114	-	Runner	Winnipeg, AR	10:56	5.491	108	33	30852
7.	26607	Larsen, Leif	1:09:37.920	-	Runner	Winnipeg, AR	11:12	5.355	118	34	26607

Male 35-39

Place	Bib#	Name	Time	Grade	Athlete Type	Hometown	Pace	Speed	Overall Place	Age	Athlete ID
1.	30851	Eyasu, Michael	39:03.160	-	Runner	Winnipeg, AR	6:17	9.547	1	39	30851

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2.	26628	Mclaren, Paul	47:39.234	-	Runner	Winnipeg, AR	7:40	7.824	37	38	26628
3.	26657	Perez, Jason	53:46.040	-	Runner	Winnipeg, AR	8:39	6.934	51	39	26657
4.	26662	Rarama, Brian	53:56.030	-	Runner	Winnipeg, AR	8:41	6.913	52	38	26662
5.	30814	Zubrycki, Andy	56:35.414	-	Runner	Winnipeg, AR	9:06	6.589	66	37	30814
6.	26617	Malapit, Christopher	58:51.987	-	Runner	Winnipeg, AR	9:28	6.335	71	35	26617
7.	30845	Marasigan, Leonardo Jr.	58:52.934	-	Runner	Lorette, AR	9:28	6.333	72	36	30845
8.	26587	Jackimec, Dave	59:50.274	-	Runner	Winnipeg, AR	9:38	6.231	80	38	26587
9.	26579	Hendren, Tyler	1:01:22.304	-	Runner	Winnipeg, AR	9:53	6.075	91	35	26579
10.	26517	Boissonneault, Grant	1:01:35.170	-	Runner	Winnipeg, AR	9:55	6.054	92	39	26517

Male 40-44

Place	Bib#	Name	Time	Grade	Athlete Type	Hometown	Pace	Speed	Overall Place	Age	Athlete ID
1.	26562	Gilleshammer, Allen	40:23.160	-	Runner	Winnipeg, AR	6:30	9.232	5	42	26562
2.	26501	Alexiuk, Mark	40:55.740	FR	Runner	Winnipeg, CAN	6:35	9.112	6	41	26501
3.	26567	Grivell, John	43:36.604	-	Runner	Winnipeg, AR	7:01	8.551	17	41	26567
4.	26629	Mclaren, Andrew	43:41.094	-	Runner	Winnipeg, AR	7:02	8.535	18	41	26629
5.	26530	Clarete, Paco	45:02.907	-	Runner	Winnipeg, AR	7:15	8.279	22	44	26530
6.	26598	Kell, Dan	46:27.907	-	Runner	Narol, AR	7:29	8.026	30	40	26598
7.	26533	Conrad, Fernie	46:36.544	-	Runner	Winnipeg, AR	7:30	8.001	31	43	26533
8.	26578	Hendren, Jason	47:38.337	-	Runner	Kelowna, AR	7:40	7.827	34	43	26578
9.	26575	Havens, Matthew	55:44.484	-	Runner	Winnipeg, AR	8:58	6.689	61	42	26575
10.	26566	Gray, Ryan	56:19.214	-	Runner	Winnipeg, AR	9:04	6.620	64	40	26566

Male 45-49

Place	Bib#	Name	Time	Grade	Athlete Type	Hometown	Pace	Speed	Overall Place	Age	Athlete ID
1.	26616	Malapad, Junel	39:47.760	-	Runner	Winnipeg, AR	6:24	9.371	4	46	26616
2.	30825	Mccaughan, Dan	42:00.817	FR	Runner	Winnipeg, CAN	6:46	8.877	9	45	30825
3.	26536	Cunningham, Dennis	42:17.157	-	Runner	Winnipeg, AR	6:48	8.817	12	49	26536
4.	30819	Dick, Chris	42:51.604	-	Runner	Carman, AR	6:54	8.701	14	49	30819
5.	26508	Baskin, Allan	56:02.710	-	Runner	Oakbank, AR	9:01	6.654	63	45	26508
6.	26618	Mariash, Keith	1:11:56.284	-	Runner	Winnipeg, AR	11:35	5.183	132	46	26618

Male 50-54

Place	Bib#	Name	Time	Grade	Athlete Type	Hometown	Pace	Speed	Overall Place	Age	Athlete ID
1.	26689	Terichow Parrott, Stephen	44:55.117	-	Runner	Winnipeg, AR	7:14	8.300	21	53	26689
2.	30817	Mawle, Troy	47:06.380	-	Runner	Winnipeg, AR	7:35	7.916	33	50	30817
3.	26599	Keller, Vic	51:40.877	-	Runner	Winnipeg, AR	8:19	7.216	47	53	26599
4.	26688	Szwaluk, Michael	53:56.200	-	Runner	Winnipeg, AR	8:41	6.913	53	51	26688
5.	26511	Bergeron, Jean-Stefane	1:11:23.260	-	Runner	Winnipeg, AR	11:29	5.223	127	50	26511

Male 55-59

Place	Bib#	Name	Time	Grade	Athlete Type	Hometown	Pace	Speed	Overall Place	Age	Athlete ID
1.	26551	Flett, Gordon	44:14.800	-	Runner	Winnipeg, AR	7:07	8.429	19	56	26551
2.	30844	Gagne, Pete	45:03.784	-	Runner	Winnipeg, AR	7:15	8.276	23	59	30844
3.	30832	Stewart, George	46:04.834	-	Runner	Winnipeg, AR	7:25	8.093	28	57	30832

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4.	26535	Cox, Bob	46:52.804	-	Runner	Winnipeg, AR	7:33	7.955	32	56	26535
5.	26519	Brault, Paul	49:07.584	FR	Runner	Headingley, CAN	7:54	7.591	43	57	26519
6.	26592	Jones, Raymond	51:23.140	-	Runner	Winnipeg, AR	8:16	7.256	46	58	26592
7.	26512	Bernardin, Paul	1:17:50.174	-	Runner	Winnipeg, AR	12:32	4.790	143	59	26512

Male 60-64

Place	Bib#	Name	Time	Grade	Athlete Type	Hometown	Pace	Speed	Overall Place	Age	Athlete ID
1.	26600	Keyes, John	51:54.350	-	Runner	Quebec, AR	8:21	7.183	48	63	26600
2.	26559	Galvez, Virgilio	53:59.890	-	Runner	Winnipeg, AR	8:41	6.906	55	62	26559
3.	30829	Pawlow, Mayer	59:38.854	-	Runner	Winnipeg, AR	9:36	6.252	78	63	30829

Male 65-69

Place	Bib#	Name	Time	Grade	Athlete Type	Hometown	Pace	Speed	Overall Place	Age	Athlete ID
1.	30849	Towns, Grant	42:39.744	-	Runner	Winnipeg, AR	6:52	8.741	13	69	30849
2.	26697	Vince, Jeff	59:19.104	-	Runner	East St Paul, AR	9:33	6.285	74	68	26697

Male 70-74

Place	Bib#	Name	Time	Grade	Athlete Type	Hometown	Pace	Speed	Overall Place	Age	Athlete ID
1.	26664	Reed, Colin	53:43.500	-	Runner	Winnipeg, AR	8:39	6.941	50	71	26664
2.	26537	Debreuil, Lucien	1:11:56.010	-	Runner	Winnipeg, AR	11:35	5.183	131	73	26537

Female 10-14

Place	Bib#	Name	Time	Grade	Athlete Type	Hometown	Pace	Speed	Overall Place	Age	Athlete ID
1.	30840	Roddy, Paige	1:00:30.134	-	Runner	Winnipeg, AR	9:44	6.162	83	13	30840
2.	26633	Mercier, Tryniti	1:06:43.777	-	Runner	Elie, AR	10:44	5.588	102	14	26633

Female 15-19

Place	Bib#	Name	Time	Grade	Athlete Type	Hometown	Pace	Speed	Overall Place	Age	Athlete ID
1.	30820	Farpelha, Barbara	53:16.440	-	Runner	Winnipeg, AR	8:34	6.999	49	17	30820

Female 20-24

Place	Bib#	Name	Time	Grade	Athlete Type	Hometown	Pace	Speed	Overall Place	Age	Athlete ID
1.	30815	Samuel, Ami	45:08.070	-	Runner	Winnipeg, AR	7:16	8.260	24	21	30815
2.	26525	Chalmers, Callie	55:42.037	-	Runner	Winnipeg, AR	8:58	6.693	60	21	26525
3.	26524	Chalmers, Jamie	1:01:04.984	-	Runner	Winnipeg, AR	9:50	6.105	87	23	26524
4.	26515	Bogaski, Jenelle	1:03:37.887	-	Runner	Winnipeg, AR	10:14	5.860	97	20	26515
5.	26582	Hunt, Christina	1:06:56.887	-	Runner	Winnipeg, AR	10:46	5.570	104	23	26582
6.	26686	Sutherland, Maureen	1:10:44.197	-	Runner	Winnipeg, AR	11:23	5.271	122	23	26686
7.	26555	Friesen, Lindsay	1:18:43.194	-	Runner	Grunthal, AR	12:40	4.736	144	23	26555
8.	26675	Sawatzky, Stacey	1:18:43.257	-	Runner	Steinbach, AR	12:40	4.736	145	23	26675

Female 25-29

Place	Bib#	Name	Time	Grade	Athlete Type	Hometown	Pace	Speed	Overall Place	Age	Athlete ID
1.	26615	Macrae, Cassie	45:09.380	-	Runner	Calgary, AR	7:16	8.257	25	29	26615
2.	26585	Isaak, Carly	48:33.854	-	Runner	Winnipeg, AR	7:49	7.679	39	25	26585
3.	30841	Thompson, Ava	49:48.024	-	Runner	Winnipeg, AR	8:01	7.486	44	28	30841
4.	26526	Charles, Anastasia	54:48.834	-	Runner	Winnipeg, AR	8:49	6.803	59	27	26526
5.	26614	Lund, Sarah	57:32.120	-	Runner	Winnipeg, AR	9:16	6.480	69	27	26614

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6.	26626	Mcgregor, Melissa	59:33.504	-	Runner	Winnipeg, AR	9:35	6.261	75	27	26626
7.	26544	Doherty, Meagan	59:41.374	-	Runner	Winnipeg, AR	9:36	6.247	79	25	26544
8.	26606	Lardizabal, Courtney	1:01:02.020	-	Runner	Winnipeg, AR	9:49	6.109	86	28	26606
9.	30833	Bogaski, Deanna	1:03:45.160	-	Runner	Winnipeg, AR	10:16	5.848	98	26	30833
10.	26659	Petersen, Kelsey	1:16:36.044	-	Runner	Winnipeg, AR	12:20	4.867	142	26	26659

Female 30-34

Place	Bib#	Name	Time	Grade	Athlete Type	Hometown	Pace	Speed	Overall Place	Age	Athlete ID
1.	30859	Green, Lindsay	43:32.860	FR	Runner	Winnipeg, CAN	7:00	8.564	16	31	
2.	26690	Tetreault, Stephanie	48:53.340	-	Runner	Ile-Des-Chenes, AR	7:52	7.627	42	30	26690
3.	30846	Mostaco-Guidolin, Leila	50:55.884	-	Runner	Winnipeg, AR	8:12	7.322	45	32	30846
4.	26502	Bargen, Meghan	55:56.804	FR	Runner	Winnipeg, CAN	9:00	6.666	62	31	26502
5.	26571	Hall, Kate	1:00:05.207	-	Runner	Winnipeg, AR	9:40	6.205	82	31	26571
6.	30839	Patrician, Emily	1:02:09.994	-	Runner	Winnipeg, AR	10:00	5.999	94	33	30839
7.	26581	Houlbrook, Meaghan	1:02:11.067	-	Runner	Winnipeg, AR	10:00	5.996	95	32	26581
8.	26541	Desjardins, Renee	1:06:57.247	-	Runner	Winnipeg, AR	10:46	5.569	105	32	26541
9.	26505	Barsky, Jessica	1:06:59.664	-	Runner	Winnipeg, AR	10:47	5.566	106	31	26505
10.	26605	Landry, Jessica	1:07:17.647	-	Runner	Winnipeg, AR	10:50	5.541	107	30	26605

Female 35-39

Place	Bib#	Name	Time	Grade	Athlete Type	Hometown	Pace	Speed	Overall Place	Age	Athlete ID
1.	30834	Cunnane, Rebecca	42:04.434	-	Runner	Winnipeg, AR	6:46	8.863	11	36	30834
2.	26521	Campbell, Amy	45:56.067	-	Runner	Winnipeg, AR	7:24	8.117	27	36	26521
3.	26518	Boyko, Lindsay	47:39.054	-	Runner	Winnipeg, AR	7:40	7.824	36	38	26518
4.	26538	Dent, Jenn	54:15.634	-	Runner	Winnipeg, AR	8:44	6.872	56	38	26538
5.	26507	Baskin, Tiana	56:34.254	-	Runner	Oakbank, AR	9:06	6.591	65	35	26507
6.	26556	Friesen, Jennel	57:01.344	-	Runner	Winnipeg, AR	9:11	6.539	67	37	26556
7.	30830	Race, Dana	59:37.004	-	Runner	Stonewall, AR	9:36	6.254	76	35	30830
8.	26656	Perez, Doreen	1:01:13.500	-	Runner	Winnipeg, AR	9:51	6.090	89	37	26656
9.	26668	Robson, Heidy	1:07:54.667	-	Runner	Winnipeg, AR	10:56	5.491	109	35	26668
10.	26543	Diamond, Melissa	1:08:21.404	-	Runner	Winnipeg, AR	11:00	5.455	112	35	26543

Female 40-44

Place	Bib#	Name	Time	Grade	Athlete Type	Hometown	Pace	Speed	Overall Place	Age	Athlete ID
1.	26653	Parson, Janie	43:15.177	-	Runner	La Salle, AR	6:58	8.620	15	43	26653
2.	26531	Cleary, Lisa	53:59.467	-	Runner	Winnipeg, AR	8:41	6.906	54	42	26531
3.	26601	Klassen, Kari	58:55.464	-	Runner	Winnipeg, AR	9:29	6.328	73	42	26601
4.	26634	Horne, Vivienne	1:00:54.157	FR	Runner	Winnipeg, CAN	9:48	6.122	84	42	26634
5.	26565	Goulet, Sara	1:04:27.420	-	Runner	Winnipeg, AR	10:22	5.785	99	41	26565
6.	26632	Mercier, Stacy	1:06:51.977	-	Runner	Elie, AR	10:46	5.577	103	41	26632
7.	30821	Friesen, Alana	1:09:00.710	-	Runner	West St. Paul, AR	11:06	5.403	115	43	30821
8.	26646	Nfon, Victorine	1:10:04.814	-	Runner	Winnipeg, AR	11:17	5.321	119	43	26646
9.	30827	Paulicelli, Leanne	1:11:19.560	-	Runner	Winnipeg, AR	11:29	5.228	125	44	30827
10.	30848	Emms, Windy	1:11:23.260	FR	Runner	Winnipeg, CAN	11:29	5.223	126	42	26546

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Female 45-49

Place	Bib#	Name	Time	Grade	Athlete Type	Hometown	Pace	Speed	Overall Place	Age	Athlete ID
1.	30823	Hass, Jo-Anne	48:23.014	-	Runner	West St Paul, AR	7:47	7.706	38	49	30823
2.	26638	Moltzan, Catherine	54:24.997	-	Runner	Headingley, AR	8:45	6.853	58	47	26638
3.	30835	Jobb, Danielle	1:00:55.897	-	Runner	Winnipeg, AR	9:48	6.120	85	46	30835
4.	30824	Legary, Colleen	1:05:37.624	-	Runner	Dugald, AR	10:34	5.682	101	47	30824
5.	30856	Danochick, Shelly	1:10:06.610	FR	Runner	Gimli, CAN	11:17	5.318	120	49	
6.	26583	Hunter, Randi	1:10:20.740	-	Runner	Winnipeg, AR	11:19	5.301	121	47	26583
7.	26644	Neumann, Jacqueline	1:12:52.037	-	Runner	Grande Pointe, AR	11:44	5.117	135	45	26644
8.	26667	Robinson, Bridget	1:14:06.010	-	Runner	Winnipeg, AR	11:56	5.031	140	48	26667
9.	26640	Mrena, Susan	1:22:58.400	-	Runner	Winnipeg, AR	13:21	4.494	153	49	26640

Female 50-54

Place	Bib#	Name	Time	Grade	Athlete Type	Hometown	Pace	Speed	Overall Place	Age	Athlete ID
1.	26611	Lintott, Mhairi	1:20:03.767	-	Runner	Winnipeg, AR	12:53	4.657	148	53	26611
2.	26681	Smoluk, Gwen	1:21:40.164	-	Runner	Winnipeg, AR	13:09	4.565	151	54	26681

Female 55-59

Place	Bib#	Name	Time	Grade	Athlete Type	Hometown	Pace	Speed	Overall Place	Age	Athlete ID
1.	26604	Lamont, Sandi	58:19.310	-	Runner	Winnipeg, AR	9:23	6.393	70	58	26604
2.	30855	Bruce, Sharon	1:01:07.694	FR	Runner	Winnipeg, CAN	9:50	6.100	88	59	
3.	26623	Mccoll, Dorothy	1:01:15.167	-	Runner	Winnipeg, AR	9:51	6.087	90	58	26623

Female 60-64

Place	Bib#	Name	Time	Grade	Athlete Type	Hometown	Pace	Speed	Overall Place	Age	Athlete ID
1.	26671	Rubell, Linda	1:08:00.974	-	Runner	Winnipeg, AR	10:57	5.483	110	62	26671
2.	30838	Macrae, Norma-Jean	1:13:22.447	-	Runner	Calgary, AR	11:48	5.082	136	60	30838
3.	26622	Mccallum, Kimberley	1:14:05.627	-	Runner	Winnipeg, AR	11:55	5.032	139	61	26622

Female 65-69

Place	Bib#	Name	Time	Grade	Athlete Type	Hometown	Pace	Speed	Overall Place	Age	Athlete ID
1.	26573	Hanson, Dawn	1:20:36.840	-	Runner	Winnipeg, AR	12:58	4.626	150	68	26573