

MEC Race #4 5K

Overall Adult Male

Place	Bib#	Name	Time	Grade	Athlete Type	Hometown	Pace	Speed	Overall Place	Age	Athlete ID
1.	38338	Terichow Parrott, Stephen	22:25.970	-	Runner	Winnipeg, AR	7:13	8.316	1	53	38338
2.	38330	Nivet, Glen	23:14.437	-	Runner	Winnipeg, AR	7:29	8.023	2	54	38330
3.	38388	Wakefield, James	26:06.577	-	Runner	Winnipeg, AR	8:24	7.142	3	42	38388

Overall Adult Female

Place	Bib#	Name	Time	Grade	Athlete Type	Hometown	Pace	Speed	Overall Place	Age	Athlete ID
1.	38346	Wilton, Kim	27:38.093	-	Runner	Portage La Prairie, AR	8:54	6.746	4	44	38346
2.	38313	Dawson, Kathleen	27:43.990	-	Runner	Winnipeg, AR	8:55	6.726	5	35	38313
3.	38365	Lett, Andrea	30:28.153	-	Runner	Winnipeg, AR	9:48	6.119	7	21	38365

Male 20-24

Place	Bib#	Name	Time	Grade	Athlete Type	Hometown	Pace	Speed	Overall Place	Age	Athlete ID
1.	38369	Mckeown, Ian	56:40.853	-	Runner	Winnipeg, AR	18:14	3.290	38	21	38369

Male 25-29

Place	Bib#	Name	Time	Grade	Athlete Type	Hometown	Pace	Speed	Overall Place	Age	Athlete ID
1.	38380	Strecker, Steve	29:10.293	-	Runner	Winnipeg, AR	9:23	6.391	6	25	38380

Male 35-39

Place	Bib#	Name	Time	Grade	Athlete Type	Hometown	Pace	Speed	Overall Place	Age	Athlete ID
1.	38362	Kulczycki, Roman	38:02.300	-	Runner	Winnipeg, AR	12:15	4.901	26	36	38362

Male 40-44

Place	Bib#	Name	Time	Grade	Athlete Type	Hometown	Pace	Speed	Overall Place	Age	Athlete ID
1.	38388	Wakefield, James	26:06.577	-	Runner	Winnipeg, AR	8:24	7.142	3	42	38388
2.	38386	Richot, Jason	32:04.993	-	Runner	Winnipeg, AR	10:19	5.813	11	40	38386

Male 50-54

Place	Bib#	Name	Time	Grade	Athlete Type	Hometown	Pace	Speed	Overall Place	Age	Athlete ID
1.	38338	Terichow Parrott, Stephen	22:25.970	-	Runner	Winnipeg, AR	7:13	8.316	1	53	38338
2.	38330	Nivet, Glen	23:14.437	-	Runner	Winnipeg, AR	7:29	8.023	2	54	38330

Female 20-24

Place	Bib#	Name	Time	Grade	Athlete Type	Hometown	Pace	Speed	Overall Place	Age	Athlete ID
1.	38365	Lett, Andrea	30:28.153	-	Runner	Winnipeg, AR	9:48	6.119	7	21	38365
2.	38353	Chan, Yen	31:32.717	-	Runner	Winnipeg, AR	10:09	5.912	9	21	38353
3.	38304	Millar, Shelby	31:50.840	-	Runner	Winnipeg, AR	10:15	5.856	10	22	38304
4.	38364	Laramée, Nicole	33:55.203	-	Runner	Winnipeg, AR	10:55	5.496	17	22	38364
5.	38367	Madsen, Kimberly	36:56.753	-	Runner	Winnipeg, AR	11:53	5.047	23	21	38367

Female 25-29

Place	Bib#	Name	Time	Grade	Athlete Type	Hometown	Pace	Speed	Overall Place	Age	Athlete ID
1.	38316	Fillion, Kristin	33:36.190	-	Runner	Winnipeg, AR	10:49	5.548	15	25	38316
2.	38347	Young, Janet	33:38.953	-	Runner	Winnipeg, AR	10:50	5.542	16	28	38347
3.	38370	McClean, Kathleen	36:57.130	-	Runner	Winnipeg, AR	11:54	5.045	24	27	38370
4.	38327	Lambooy, Lindsey	37:47.803	-	Runner	Winnipeg, AR	12:10	4.934	25	25	38327

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5. 38376 Skelly, Bryna 48:36.047 - Runner Winnipeg, AR 15:39 3.836 37 28 38376

Female 30-34

Place	Bib#	Name	Time	Grade	Athlete Type	Hometown	Pace	Speed	Overall Place	Age	Athlete ID
1.	38350	Anikin, Ksenia	30:29.510	-	Runner	Winnipeg, AR	9:49	6.115	8	31	38350
2.	38373	Prystupa, Kristen	32:26.320	-	Runner	Winnipeg, AR	10:26	5.748	12	30	38373
3.	38382	Tang, Lily	34:11.097	-	Runner	Winnipeg, AR	11:00	5.453	18	34	38382
4.	38311	Borlang, Jamie	34:42.720	-	Runner	Winnipeg, AR	11:10	5.372	20	34	38311
5.	38326	Lagasse, Brittany	36:18.647	-	Runner	Winnipeg, AR	11:41	5.135	22	31	38326
6.	38317	Foat, Rebecca	38:14.697	-	Runner	Winnipeg, AR	12:18	4.876	27	34	38317
7.	38357	Eng, Erica	40:49.867	-	Runner	Winnipeg, AR	13:08	4.567	29	31	38357
8.	38368	Manotham, Phonvilay	41:27.987	-	Runner	Winnipeg, AR	13:20	4.497	30	32	38368
9.	38358	Foster, Santy	48:23.373	-	Runner	Winnipeg, AR	15:34	3.853	36	31	38358
10.	38361	Kulczycki, Jenny	59:43.670	-	Runner	Winnipeg, AR	19:13	3.122	39	32	38361

Female 35-39

Place	Bib#	Name	Time	Grade	Athlete Type	Hometown	Pace	Speed	Overall Place	Age	Athlete ID
1.	38313	Dawson, Kathleen	27:43.990	-	Runner	Winnipeg, AR	8:55	6.726	5	35	38313
2.	38328	Middleton, Heather	32:39.877	-	Runner	Winnipeg, AR	10:31	5.709	13	39	38328
3.	38340	Thompson, Lindsay	32:42.220	-	Runner	Winnipeg, AR	10:32	5.701	14	35	38340
4.	38377	Skelly, Lauren	41:33.423	-	Runner	Winnipeg, AR	13:22	4.486	31	35	38377
5.	38375	Schmidt, Johanna	42:34.077	-	Runner	Winnipeg, AR	13:42	4.379	33	39	38375

Female 40-44

Place	Bib#	Name	Time	Grade	Athlete Type	Hometown	Pace	Speed	Overall Place	Age	Athlete ID
1.	38346	Wilton, Kim	27:38.093	-	Runner	Portage La Prairie, AR	8:54	6.746	4	44	38346
2.	38384	Toews, Pei-Jean	42:35.067	-	Runner	Winnipeg, AR	13:42	4.378	34	41	38384
3.	38354	Chartrand, Jane-Marie	44:01.217	-	Runner	Winnipeg, AR	14:10	4.235	35	40	38354

Female 45-49

Place	Bib#	Name	Time	Grade	Athlete Type	Hometown	Pace	Speed	Overall Place	Age	Athlete ID
1.	38390	Wong, Jodie	34:21.650	-	Runner	Winnipeg, AR	11:03	5.427	19	45	38390

Female 50-54

Place	Bib#	Name	Time	Grade	Athlete Type	Hometown	Pace	Speed	Overall Place	Age	Athlete ID
1.	38318	Fukumura, Sheila	36:16.143	-	Runner	Winnipeg, AR	11:40	5.140	21	51	38318
2.	38306	Murray-Francis, Andrea	39:11.910	-	Runner	Winnipeg, AR	12:37	4.757	28	51	38306
3.	38336	Smoluk, Gwen	41:51.320	-	Runner	Winnipeg, AR	13:28	4.454	32	54	38336

Female 55-59

Place	Bib#	Name	Time	Grade	Athlete Type	Hometown	Pace	Speed	Overall Place	Age	Athlete ID
1.	38301	Bond, Cathe	1:16:30.017	-	Runner	Winnipeg, AR	24:37	2.437	40	59	38301