

MEC Spooky Dash - 10K

Overall Male 18 & Under

Place	Bib#	Name	Time	Grade	Athlete Type	Hometown	Pace	Speed	Overall Place	Age	Athlete ID
1.	65508	Roy, Logan	43:05.234	-	Runner	Anola, MB	6:56	8.654	14	18	65508
		Lap 1 >	0:21:18.454								
		Lap 2 >	0:21:46.780								
2.	64100	Higgs, John	51:54.747	-	Runner	Winnipeg, MB	8:21	7.183	50	18	64100
		Lap 1 >	0:25:46.580								
		Lap 2 >	0:26:08.167								
3.	64052	Dick, Dawson	53:11.600	-	Runner	Linden, MB	8:34	7.010	58	14	64052
		Lap 1 >	0:27:24.367								
		Lap 2 >	0:25:47.233								

Overall Female 18 & Under

Place	Bib#	Name	Time	Grade	Athlete Type	Hometown	Pace	Speed	Overall Place	Age	Athlete ID
1.	64812	Jung-Hartnell, Camille	51:51.224	-	Runner	Winnipeg, MB	8:21	7.190	48	18	64812
		Lap 1 >	0:25:47.254								
		Lap 2 >	0:26:03.970								
2.	65518	Shearer, Elizabeth	54:08.537	-	Runner	Winnipeg, MB	8:43	6.887	60	17	65518
		Lap 1 >	0:27:28.380								
		Lap 2 >	0:26:40.157								
3.	64002	Baek, Chelsea	1:02:37.767	-	Runner	Winnipeg, MB	10:05	5.954	108	16	64002
		Lap 1 >	0:30:30.024								
		Lap 2 >	0:32:07.743								

Overall Male 19 +

Place	Bib#	Name	Time	Grade	Athlete Type	Hometown	Pace	Speed	Overall Place	Age	Athlete ID
1.	64848	McGavock, Jonathan	37:20.447	-	Runner	Winnipeg, MB	6:00	9.986	1	41	64848
		Lap 1 >	0:18:32.314								
		Lap 2 >	0:18:48.133								
2.	65515	Schild, James	37:39.570	-	Runner	Winnipeg, MB	6:04	9.902	2	33	65515
		Lap 1 >	0:19:00.020								
		Lap 2 >	0:18:39.550								
3.	65549	Watson, Scott	38:58.747	-	Runner	Winnipeg, MB	6:16	9.568	3	38	65549
		Lap 1 >	0:19:07.664								
		Lap 2 >	0:19:51.083								

Overall Female 19+

Place	Bib#	Name	Time	Grade	Athlete Type	Hometown	Pace	Speed	Overall Place	Age	Athlete ID
1.	64041	Cunnane, Rebecca	41:10.817	-	Runner	Winnipeg, MB	6:38	9.056	8	36	64041
		Lap 1 >	0:20:47.884								
		Lap 2 >	0:20:22.933								
2.	64086	Green, Lindsey	44:25.860	-	Runner	Winnipeg, MB	7:09	8.394	20	32	64086
		Lap 1 >	0:22:26.534								
		Lap 2 >	0:21:59.326								
3.	64024	Campbell, Amy	44:49.164	-	Runner	Winnipeg, MB	7:13	8.319	23	36	64024
		Lap 1 >	0:22:44.180								
		Lap 2 >	0:22:04.984								

Male 10-14

Place	Bib#	Name	Time	Grade	Athlete Type	Hometown	Pace	Speed	Overall Place	Age	Athlete ID
1.	64052	Dick, Dawson	53:11.600	-	Runner	Linden, MB	8:34	7.010	58	14	64052
		Lap 1 >	0:27:24.367								
		Lap 2 >	0:25:47.233								

Male 15-19

Place	Bib#	Name	Time	Grade	Athlete Type	Hometown	Pace	Speed	Overall Place	Age	Athlete ID
1.	65508	Roy, Logan	43:05.234	-	Runner	Anola, MB	6:56	8.654	14	18	65508
		Lap 1 >	0:21:18.454								
		Lap 2 >	0:21:46.780								

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2.	64100	Higgs, John	51:54.747	-	Runner	Winnipeg, MB	8:21	7.183	50	18	64100
		Lap 1 >	0:25:46.580								
		Lap 2 >	0:26:08.167								
			(0:25:46.580)								
			(0:51:54.747)								

Male 20-24

Place	Bib#	Name	Time	Grade	Athlete Type	Hometown	Pace	Speed	Overall Place	Age	Athlete ID
1.	64898	Rarama, Brian	53:27.084	-	Runner	Winnipeg, MB	8:36	6.975	59	21	64898
		Lap 1 >	0:26:01.014								
		Lap 2 >	0:27:26.070								
			(0:26:01.014)								
			(0:53:27.084)								
2.	65552	Whalen, Tye	1:02:33.184	-	Runner	Winnipeg, MB	10:04	5.960	106	21	65552
		Lap 1 >	0:31:25.630								
		Lap 2 >	0:31:07.554								
			(0:31:25.630)								
			(1:02:33.184)								

Male 25-29

Place	Bib#	Name	Time	Grade	Athlete Type	Hometown	Pace	Speed	Overall Place	Age	Athlete ID
1.	64025	Campbell, Stephen	42:48.564	-	Runner	Winnipeg, MB	6:53	8.711	11	26	64025
		Lap 1 >	0:20:55.170								
		Lap 2 >	0:21:53.394								
			(0:20:55.170)								
			(0:42:48.564)								
2.	64821	Kerherve, Sebastien	44:46.794	-	Runner	Winnipeg, MB	7:12	8.328	22	29	64821
		Lap 1 >	0:22:17.554								
		Lap 2 >	0:22:29.240								
			(0:22:17.554)								
			(0:44:46.794)								
3.	64814	Kantyluk, Daniel	46:44.464	-	Runner	Winnipeg, MB	7:31	7.978	28	25	64814
		Lap 1 >	0:23:24.950								
		Lap 2 >	0:23:19.514								
			(0:23:24.950)								
			(0:46:44.464)								
4.	65563	Mccullough, Jessie	47:09.924	FR	Runner		7:35	7.907	29	28	
		Lap 1 >	0:23:48.707								
		Lap 2 >	0:23:21.217								
			(0:23:48.707)								
			(0:47:09.924)								
5.	64096	Harzing, Matt	48:00.744	-	Runner	Headingley, MB	7:43	7.767	34	29	64096
		Lap 1 >	0:24:03.120								
		Lap 2 >	0:23:57.624								
			(0:24:03.120)								
			(0:48:00.744)								

Male 30-34

Place	Bib#	Name	Time	Grade	Athlete Type	Hometown	Pace	Speed	Overall Place	Age	Athlete ID
1.	65515	Schild, James	37:39.570	-	Runner	Winnipeg, MB	6:04	9.902	2	33	65515
		Lap 1 >	0:19:00.020								
		Lap 2 >	0:18:39.550								
			(0:19:00.020)								
			(0:37:39.570)								
2.	64003	Bargen, Tyler	40:41.600	-	Runner	Winnipeg, MB	6:33	9.164	6	34	64003
		Lap 1 >	0:20:17.300								
		Lap 2 >	0:20:24.300								
			(0:20:17.300)								
			(0:40:41.600)								
3.	64073	Franz, Wayne	42:48.974	-	Runner	Winnipeg, MB	6:53	8.711	12	30	64073
		Lap 1 >	0:21:16.344								
		Lap 2 >	0:21:32.630								
			(0:21:16.344)								
			(0:42:48.974)								
4.	64029	Charaton, Kyle	43:36.950	-	Runner	Winnipeg, MB	7:01	8.551	16	33	64029
		Lap 1 >	0:21:19.674								
		Lap 2 >	0:22:17.276								
			(0:21:19.674)								
			(0:43:36.950)								
5.	64872	Oleniuk, Trevor	44:46.387	-	Runner	Winnipeg, MB	7:12	8.328	21	30	64872
		Lap 1 >	0:22:27.127								
		Lap 2 >	0:22:19.260								
			(0:22:27.127)								
			(0:44:46.387)								
6.	64877	Pangilinan, Joseph	54:38.027	-	Runner	Winnipeg, MB	8:48	6.824	61	31	64877
		Lap 1 >	0:27:25.370								
		Lap 2 >	0:27:12.657								
			(0:27:25.370)								
			(0:54:38.027)								
7.	64036	Cook, Phil	54:55.067	-	Runner	Winnipeg, MB	8:50	6.789	64	30	64036
		Lap 1 >	0:28:38.207								
		Lap 2 >	0:26:16.860								
			(0:28:38.207)								
			(0:54:55.067)								

Male 35-39

Place	Bib#	Name	Time	Grade	Athlete Type	Hometown	Pace	Speed	Overall Place	Age	Athlete ID
1.	65549	Watson, Scott	38:58.747	-	Runner	Winnipeg, MB	6:16	9.568	3	38	65549
		Lap 1 >	0:19:07.664								
		Lap 2 >	0:19:51.083								
			(0:19:07.664)								
			(0:38:58.747)								

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2.	64043	Dahle, Eric	46:23.814	-	Runner	Winnipeg, MB	7:28	8.038	27	39	64043
		Lap 1 >	0:23:00.107								
		Lap 2 >	0:23:23.707								
3.	65562	Pacay, Fidel	48:44.314	FR	Runner		7:51	7.650	37	36	
		Lap 1 >	0:24:17.610								
		Lap 2 >	0:24:26.704								
4.	64057	Domaratzki, Michael	56:36.290	-	Runner	Winnipeg, MB	9:07	6.587	72	39	64057
		Lap 1 >	0:28:59.057								
		Lap 2 >	0:27:37.233								
5.	64087	Griffith, James	58:58.924	-	Runner	Winnipeg, MB	9:29	6.323	84	36	64087
		Lap 1 >	0:29:47.280								
		Lap 2 >	0:29:11.644								
6.	64840	Malapit, Cristopher	59:22.397	-	Runner	Winnipeg, MB	9:33	6.280	86	35	64840
		Lap 1 >	0:29:04.284								
		Lap 2 >	0:30:18.113								
7.	64862	Montemayor, Jaykris	1:01:32.964	-	Runner	Winnipeg, MB	9:54	6.059	100	36	64862
		Lap 1 >	0:30:04.134								
		Lap 2 >	0:31:28.830								

Male 40-44

Place	Bib#	Name	Time	Grade	Athlete Type	Hometown	Pace	Speed	Overall Place	Age	Athlete ID
1.	64848	Mcgavock, Jonathan	37:20.447	-	Runner	Winnipeg, MB	6:00	9.986	1	41	64848
		Lap 1 >	0:18:32.314								
		Lap 2 >	0:18:48.133								
2.	65519	Shymko, Paul	40:08.524	-	Runner	Winnipeg, MB	6:28	9.290	4	43	65519
		Lap 1 >	0:19:59.197								
		Lap 2 >	0:20:09.327								
3.	64088	Grivell, John	43:29.574	-	Runner	Winnipeg, MB	7:00	8.574	15	41	64088
		Lap 1 >	0:21:46.580								
		Lap 2 >	0:21:42.994								
4.	64011	Bilous, Jason	43:50.954	-	Runner	Winnipeg, MB	7:03	8.505	18	41	64011
		Lap 1 >	0:21:44.464								
		Lap 2 >	0:22:06.490								
5.	64035	Conrod, Matt	44:54.684	-	Runner	Selkirk, MB	7:14	8.303	24	41	64035
		Lap 1 >	0:22:41.087								
		Lap 2 >	0:22:13.597								
6.	64034	Conrad, Fernie	45:35.154	-	Runner	Winnipeg, MB	7:20	8.179	25	43	64034
		Lap 1 >	0:22:44.257								
		Lap 2 >	0:22:50.897								
7.	65554	Wiens, Stacy	49:24.534	-	Runner	Flin Flon, MB	7:57	7.547	39	44	65554
		Lap 1 >	0:24:24.240								
		Lap 2 >	0:25:00.294								
8.	64053	Dick, Scott	53:11.457	-	Runner	Linden, MB	8:34	7.010	57	44	64053
		Lap 1 >	0:27:24.210								
		Lap 2 >	0:25:47.247								
9.	65565	Golub, Daniel	55:28.037	-	Runner	Winnipeg, MB	8:56	6.722	68	41	
		Lap 1 >	0:29:30.607								
		Lap 2 >	0:25:57.430								
10.	64085	Gray, Ryan	57:43.314	-	Runner	Winnipeg, MB	9:17	6.460	77	40	64085
		Lap 1 >	0:29:34.570								
		Lap 2 >	0:28:08.744								
11.	65524	Smith, Kevin	58:03.724	-	Runner	Winnipeg, MB	9:21	6.422	79	44	65524
		Lap 1 >	0:30:09.480								
		Lap 2 >	0:27:54.244								

Male 45-49

Place	Bib#	Name	Time	Grade	Athlete Type	Hometown	Pace	Speed	Overall Place	Age	Athlete ID
1.	65513	Saftel, Matthew	40:26.417	-	Runner	Winnipeg, MB	6:30	9.221	5	47	65513
		Lap 1 >	0:20:27.627								
		Lap 2 >	0:19:58.790								
2.	64864	Murray, Cameron	42:17.140	-	Runner	Winnipeg, MB	6:48	8.817	9	45	64864
		Lap 1 >	0:21:20.957								
		Lap 2 >	0:20:56.183								

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3.	64042	Cunningham, Dennis	42:45.810	-	Runner	Winnipeg, MB	6:53	8.721	10	49	64042
		<i>Lap 1 > 0:21:20.284</i>	<i>(0:21:20.284)</i>								
		<i>Lap 2 > 0:21:25.526</i>	<i>(0:42:45.810)</i>								
4.	64032	Clarete, Paco	43:42.054	-	Runner	Winnipeg, MB	7:02	8.531	17	49	64032
		<i>Lap 1 > 0:22:02.290</i>	<i>(0:22:02.290)</i>								
		<i>Lap 2 > 0:21:39.764</i>	<i>(0:43:42.054)</i>								
5.	65560	Zink, Ken	47:24.580	-	Runner	Winnipeg, MB	7:38	7.865	30	49	65560
		<i>Lap 1 > 0:23:27.144</i>	<i>(0:23:27.144)</i>								
		<i>Lap 2 > 0:23:57.436</i>	<i>(0:47:24.580)</i>								
6.	65535	Swan, Andrew	52:42.317	-	Runner	Winnipeg, MB	8:29	7.074	53	48	65535
		<i>Lap 1 > 0:26:16.630</i>	<i>(0:26:16.630)</i>								
		<i>Lap 2 > 0:26:25.687</i>	<i>(0:52:42.317)</i>								
7.	64897	Radford, Jason	52:45.157	-	Runner	Winnipeg, MB	8:29	7.068	54	47	64897
		<i>Lap 1 > 0:26:46.334</i>	<i>(0:26:46.334)</i>								
		<i>Lap 2 > 0:25:58.823</i>	<i>(0:52:45.157)</i>								
8.	65557	Wood, James	58:24.754	-	Runner	Winnipeg, MB	9:24	6.384	82	46	65557
		<i>Lap 1 > 0:29:02.650</i>	<i>(0:29:02.650)</i>								
		<i>Lap 2 > 0:29:22.104</i>	<i>(0:58:24.754)</i>								
9.	64876	Palmer, Iain	1:01:18.634	-	Runner	Stonewall, MB	9:52	6.082	97	49	64876
		<i>Lap 1 > 0:31:07.547</i>	<i>(0:31:07.547)</i>								
		<i>Lap 2 > 0:30:11.087</i>	<i>(1:01:18.634)</i>								

Male 50-54

Place	Bib#	Name	Time	Grade	Athlete Type	Hometown	Pace	Speed	Overall Place	Age	Athlete ID
1.	65556	Willmott, Edward	47:44.964	-	Runner	Winnipeg, MB	7:41	7.811	32	54	65556
		<i>Lap 1 > 0:24:48.520</i>	<i>(0:24:48.520)</i>								
		<i>Lap 2 > 0:22:56.444</i>	<i>(0:47:44.964)</i>								
2.	64819	Keller, Vic	50:16.667	-	Runner	Winnipeg, MB	8:05	7.417	42	53	64819
		<i>Lap 1 > 0:26:15.597</i>	<i>(0:26:15.597)</i>								
		<i>Lap 2 > 0:24:01.070</i>	<i>(0:50:16.667)</i>								
3.	64080	Glover, David	51:19.210	-	Runner	Winnipeg, MB	8:16	7.265	46	52	64080
		<i>Lap 1 > 0:25:43.130</i>	<i>(0:25:43.130)</i>								
		<i>Lap 2 > 0:25:36.080</i>	<i>(0:51:19.210)</i>								
4.	65536	Szwaluk, Michael	51:52.900	-	Runner	Winnipeg, MB	8:21	7.188	49	51	65536
		<i>Lap 1 > 0:25:37.230</i>	<i>(0:25:37.230)</i>								
		<i>Lap 2 > 0:26:15.670</i>	<i>(0:51:52.900)</i>								
5.	64033	Collignon, Brad	54:52.814	-	Runner	Winnipeg, MB	8:50	6.795	63	51	64033
		<i>Lap 1 > 0:27:47.244</i>	<i>(0:27:47.244)</i>								
		<i>Lap 2 > 0:27:05.570</i>	<i>(0:54:52.814)</i>								
6.	64020	Brown, Reg	56:01.604	-	Runner	Winnipeg, MB	9:01	6.656	71	53	64020
		<i>Lap 1 > 0:28:18.857</i>	<i>(0:28:18.857)</i>								
		<i>Lap 2 > 0:27:42.747</i>	<i>(0:56:01.604)</i>								

Male 55-59

Place	Bib#	Name	Time	Grade	Athlete Type	Hometown	Pace	Speed	Overall Place	Age	Athlete ID
1.	64040	Cox, Bob	41:07.567	-	Runner	Winnipeg, MB	6:37	9.067	7	56	64040
		<i>Lap 1 > 0:20:47.610</i>	<i>(0:20:47.610)</i>								
		<i>Lap 2 > 0:20:19.957</i>	<i>(0:41:07.567)</i>								
2.	64065	Ferguson, Neil	42:59.214	-	Runner	Winnipeg, MB	6:55	8.674	13	58	64065
		<i>Lap 1 > 0:21:23.364</i>	<i>(0:21:23.364)</i>								
		<i>Lap 2 > 0:21:35.850</i>	<i>(0:42:59.214)</i>								
3.	64070	Flett, Gordon	44:16.550	-	Runner	Winnipeg, MB	7:07	8.422	19	56	64070
		<i>Lap 1 > 0:22:07.317</i>	<i>(0:22:07.317)</i>								
		<i>Lap 2 > 0:22:09.233</i>	<i>(0:44:16.550)</i>								
4.	64090	Gutierrez, Hernan	48:38.664	-	Runner	Winnipeg, MB	7:50	7.666	36	56	64090
		<i>Lap 1 > 0:25:07.777</i>	<i>(0:25:07.777)</i>								
		<i>Lap 2 > 0:23:30.887</i>	<i>(0:48:38.664)</i>								
5.	64810	Jones, Raymond	49:19.454	-	Runner	Winnipeg, MB	7:56	7.560	38	58	64810
		<i>Lap 1 > 0:25:08.980</i>	<i>(0:25:08.980)</i>								
		<i>Lap 2 > 0:24:10.474</i>	<i>(0:49:19.454)</i>								
6.	64018	Brauilt, Paul	49:55.754	-	Runner	Headingley, MB	8:02	7.469	41	57	64018
		<i>Lap 1 > 0:25:30.524</i>	<i>(0:25:30.524)</i>								
		<i>Lap 2 > 0:24:25.230</i>	<i>(0:49:55.754)</i>								

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7.	65542	Veldkamp, Ross	1:00:09.040	-	Runner	Winnipeg, MB	9:41	6.198	90	56	65542
		Lap 1 >	0:30:23.107								
		Lap 2 >	0:29:45.933								
8.	64010	Bernardin, Paul	1:16:21.354	-	Runner	Winnipeg, MB	12:17	4.883	130	59	64010
		Lap 1 >	0:38:11.454								
		Lap 2 >	0:38:09.900								

Male 60-64

Place	Bib#	Name	Time	Grade	Athlete Type	Hometown	Pace	Speed	Overall Place	Age	Athlete ID
1.	64829	Lawler, David	46:23.187	-	Runner	Winnipeg, MB	7:28	8.038	26	62	64829
		Lap 1 >	0:23:29.190								
		Lap 2 >	0:22:53.997								
2.	64858	Miller, Kevin	47:45.694	-	Runner	Winnipeg, MB	7:41	7.808	33	60	64858
		Lap 1 >	0:24:20.864								
		Lap 2 >	0:23:24.830								
3.	64881	Pawlow, Mayer	57:01.747	-	Runner	Winnipeg, MB	9:11	6.539	74	64	64881
		Lap 1 >	0:29:16.850								
		Lap 2 >	0:27:44.897								
4.	65527	Spencer, Jim	1:01:26.717	-	Runner	Winnipeg, MB	9:53	6.069	98	63	65527
		Lap 1 >	0:31:02.030								
		Lap 2 >	0:30:24.687								

Male 65-69

Place	Bib#	Name	Time	Grade	Athlete Type	Hometown	Pace	Speed	Overall Place	Age	Athlete ID
1.	64099	Hesslein, Ray	1:03:19.664	-	Runner	Winnipeg, MB	10:11	5.888	111	67	64099
		Lap 1 >	0:32:27.850								
		Lap 2 >	0:30:51.814								
2.	65546	Vince, Jeff	1:09:53.187	-	Runner	East St Paul, MB	11:15	5.335	124	68	65546
		Lap 1 >	0:35:12.180								
		Lap 2 >	0:34:41.007								

Male 70-74

Place	Bib#	Name	Time	Grade	Athlete Type	Hometown	Pace	Speed	Overall Place	Age	Athlete ID
1.	64046	Debreuil, Lucien	1:17:46.640	-	Runner	Winnipeg, MB	12:31	4.794	131	73	64046
		Lap 1 >	0:38:00.540								
		Lap 2 >	0:39:46.100								

Female 15-19

Place	Bib#	Name	Time	Grade	Athlete Type	Hometown	Pace	Speed	Overall Place	Age	Athlete ID
1.	64812	Jung-Hartnell, Camille	51:51.224	-	Runner	Winnipeg, MB	8:21	7.190	48	18	64812
		Lap 1 >	0:25:47.254								
		Lap 2 >	0:26:03.970								
2.	65518	Shearer, Elizabeth	54:08.537	-	Runner	Winnipeg, MB	8:43	6.887	60	17	65518
		Lap 1 >	0:27:28.380								
		Lap 2 >	0:26:40.157								
3.	64002	Baek, Chelsea	1:02:37.767	-	Runner	Winnipeg, MB	10:05	5.954	108	16	64002
		Lap 1 >	0:30:30.024								
		Lap 2 >	0:32:07.743								
4.	64883	Penner, Vanessa	1:04:43.644	-	Runner	Winnipeg, MB	10:25	5.761	116	15	64883
		Lap 1 >	0:30:29.780								
		Lap 2 >	0:34:13.864								

Female 20-24

Place	Bib#	Name	Time	Grade	Athlete Type	Hometown	Pace	Speed	Overall Place	Age	Athlete ID
1.	64820	Kelly, Megan	1:00:18.467	-	Runner	Winnipeg, MB	9:42	6.183	92	21	64820
		Lap 1 >	0:29:51.530								
		Lap 2 >	0:30:26.937								
2.	64888	Piotrowski, Caroline	1:02:07.717	-	Runner	Winnipeg, MB	10:00	6.002	103	21	64888
		Lap 1 >	0:33:39.210								
		Lap 2 >	0:28:28.507								

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3.	64023	Burns, Hanna	1:02:33.387	-	Runner	Winnipeg, MB	10:04	5.960	107	21	64023
		Lap 1 >	0:31:25.880								
		Lap 2 >	0:31:07.507								
			(0:31:25.880)								
			(1:02:33.387)								
4.	65522	Slagerman, Sarah	1:04:23.640	-	Runner	Rosser, MB	10:22	5.791	113	21	65522
		Lap 1 >	0:31:23.510								
		Lap 2 >	0:33:00.130								
			(0:31:23.510)								
			(1:04:23.640)								
5.	64884	Perchotte, Chantal	1:04:31.704	-	Runner	Winnipeg, MB	10:23	5.779	114	22	64884
		Lap 1 >	0:31:15.170								
		Lap 2 >	0:33:16.534								
			(0:31:15.170)								
			(1:04:31.704)								
6.	65533	Sutherland, Maureen	1:13:33.454	-	Runner	Winnipeg, MB	11:50	5.069	128	23	65533
		Lap 1 >	0:36:47.284								
		Lap 2 >	0:36:46.170								
			(0:36:47.284)								
			(1:13:33.454)								

Female 25-29

Place	Bib#	Name	Time	Grade	Athlete Type	Hometown	Pace	Speed	Overall Place	Age	Athlete ID
1.	65558	Woolf, Amy	49:39.087	-	Runner	Winnipeg, MB	7:59	7.509	40	29	65558
		Lap 1 >	0:24:40.757								
		Lap 2 >	0:24:58.330								
			(0:24:40.757)								
			(0:49:39.087)								
2.	64863	Mulholland, Lindsay	50:50.590	-	Runner	Winnipeg, MB	8:11	7.334	44	29	64863
		Lap 1 >	0:25:14.824								
		Lap 2 >	0:25:35.766								
			(0:25:14.824)								
			(0:50:50.590)								
3.	65544	Ventura, Diane	54:59.960	-	Runner	Winnipeg, MB	8:51	6.781	65	29	65544
		Lap 1 >	0:26:57.110								
		Lap 2 >	0:28:02.850								
			(0:26:57.110)								
			(0:54:59.960)								
4.	64048	Depape, Brigitte	55:00.084	-	Runner	Winnipeg, MB	8:51	6.779	66	26	64048
		Lap 1 >	0:26:57.964								
		Lap 2 >	0:28:02.120								
			(0:26:57.964)								
			(0:55:00.084)								
5.	64838	Macmillan, Kate	55:44.190	-	Runner	Winnipeg, MB	8:58	6.689	70	28	64838
		Lap 1 >	0:27:56.090								
		Lap 2 >	0:27:48.100								
			(0:27:56.090)								
			(0:55:44.190)								
6.	64836	Lund, Sarah	1:00:27.687	-	Runner	Winnipeg, MB	9:44	6.167	93	27	64836
		Lap 1 >	0:31:18.924								
		Lap 2 >	0:29:08.763								
			(0:31:18.924)								
			(1:00:27.687)								
7.	64044	Dario, Crystal	1:02:27.914	-	Runner	Winnipeg, MB	10:03	5.970	105	27	64044
		Lap 1 >	0:28:16.254								
		Lap 2 >	0:34:11.660								
			(0:28:16.254)								
			(1:02:27.914)								
8.	64056	Doherty, Meagan	1:02:56.660	-	Runner	Winnipeg, MB	10:08	5.924	109	26	64056
		Lap 1 >	0:31:29.584								
		Lap 2 >	0:31:27.076								
			(0:31:29.584)								
			(1:02:56.660)								
9.	64886	Petersen, Kelsey	1:03:12.654	-	Runner	Winnipeg, MB	10:10	5.899	110	26	64886
		Lap 1 >	0:32:36.414								
		Lap 2 >	0:30:36.240								
			(0:32:36.414)								
			(1:03:12.654)								
10.	64054	Dienstbier, Chantal	1:09:08.717	-	Runner	Winnipeg, MB	11:08	5.393	121	25	64054
		Lap 1 >	0:34:38.204								
		Lap 2 >	0:34:30.513								
			(0:34:38.204)								
			(1:09:08.717)								

Female 30-34

Place	Bib#	Name	Time	Grade	Athlete Type	Hometown	Pace	Speed	Overall Place	Age	Athlete ID
1.	64086	Green, Lindsey	44:25.860	-	Runner	Winnipeg, MB	7:09	8.394	20	32	64086
		Lap 1 >	0:22:26.534								
		Lap 2 >	0:21:59.326								
			(0:22:26.534)								
			(0:44:25.860)								
2.	64045	Davis, Amanda	50:45.304	-	Runner	Winnipeg, MB	8:10	7.346	43	31	64045
		Lap 1 >	0:25:27.404								
		Lap 2 >	0:25:17.900								
			(0:25:27.404)								
			(0:50:45.304)								
3.	64050	Desjardins, Renee	51:02.544	-	Runner	Winnipeg, MB	8:13	7.305	45	32	64050
		Lap 1 >	0:26:11.820								
		Lap 2 >	0:24:50.724								
			(0:26:11.820)								
			(0:51:02.544)								
4.	64031	Chiyoka, Wara	52:06.510	-	Runner	Winnipeg, MB	8:23	7.156	51	32	64031
		Lap 1 >	0:27:17.490								
		Lap 2 >	0:24:49.020								
			(0:27:17.490)								
			(0:52:06.510)								
5.	64077	Ginther, Abigail	55:32.664	-	Runner	Winnipeg, MB	8:56	6.714	69	33	64077
		Lap 1 >	0:28:20.560								
		Lap 2 >	0:27:12.104								
			(0:28:20.560)								
			(0:55:32.664)								

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6.	64828	Landry, Jessica	57:14.017	-	Runner	Winnipeg, MB	9:13	6.514	75	30	64828
		Lap 1 >	0:28:57.234	(0:28:57.234)							
		Lap 2 >	0:28:16.783	(0:57:14.017)							
7.	64055	Dot, Meagan	59:17.407	-	Runner	Winnipeg, MB	9:32	6.289	85	33	64055
		Lap 1 >	0:29:11.474	(0:29:11.474)							
		Lap 2 >	0:30:05.933	(0:59:17.407)							
8.	64803	Houlbrook, Meaghan	1:00:12.920	-	Runner	Winnipeg, MB	9:41	6.193	91	32	64803
		Lap 1 >	0:31:29.084	(0:31:29.084)							
		Lap 2 >	0:28:43.836	(1:00:12.920)							
9.	65501	Rempel, Rebecca	1:02:21.817	-	Runner	Lorette, MB	10:02	5.980	104	30	65501
		Lap 1 >	0:29:26.107	(0:29:26.107)							
		Lap 2 >	0:32:55.710	(1:02:21.817)							
10.	64016	Booy, Lindsey	1:03:25.100	-	Runner	Sioux Lookout, MB	10:12	5.879	112	34	64016
		Lap 1 >	0:32:11.787	(0:32:11.787)							
		Lap 2 >	0:31:13.313	(1:03:25.100)							
11.	64007	Bateman, Jessica	1:07:23.687	-	Runner	Winnipeg, MB	10:51	5.533	117	34	64007
		Lap 1 >	0:34:20.604	(0:34:20.604)							
		Lap 2 >	0:33:03.083	(1:07:23.687)							
12.	64030	Chipilski, Elizabeth	1:14:39.454	-	Runner	Winnipeg, MB	12:01	4.994	129	32	64030
		Lap 1 >	0:35:57.980	(0:35:57.980)							
		Lap 2 >	0:38:41.474	(1:14:39.454)							

Female 35-39

Place	Bib#	Name	Time	Grade	Athlete Type	Hometown	Pace	Speed	Overall Place	Age	Athlete ID
1.	64041	Cunnane, Rebecca	41:10.817	-	Runner	Winnipeg, MB	6:38	9.056	8	36	64041
		Lap 1 >	0:20:47.884	(0:20:47.884)							
		Lap 2 >	0:20:22.933	(0:41:10.817)							
2.	64024	Campbell, Amy	44:49.164	-	Runner	Winnipeg, MB	7:13	8.319	23	36	64024
		Lap 1 >	0:22:44.180	(0:22:44.180)							
		Lap 2 >	0:22:04.984	(0:44:49.164)							
3.	64017	Boyko, Lindsay	48:01.164	-	Runner	Winnipeg, MB	7:44	7.764	35	38	64017
		Lap 1 >	0:24:03.550	(0:24:03.550)							
		Lap 2 >	0:23:57.614	(0:48:01.164)							
4.	64846	Mccandless, Liz	52:11.404	-	Runner	Winnipeg, MB	8:24	7.144	52	37	64846
		Lap 1 >	0:26:59.314	(0:26:59.314)							
		Lap 2 >	0:25:12.090	(0:52:11.404)							
5.	65503	Rivas, Carmen	52:53.364	-	Runner	Winnipeg, MB	8:31	7.050	56	37	65503
		Lap 1 >	0:27:01.444	(0:27:01.444)							
		Lap 2 >	0:25:51.920	(0:52:53.364)							
6.	64882	Pearson, Cheryl	56:46.307	-	Runner	Winnipeg, MB	9:08	6.568	73	39	64882
		Lap 1 >	0:28:38.760	(0:28:38.760)							
		Lap 2 >	0:28:07.547	(0:56:46.307)							
7.	64084	Gray, Sherie	57:43.720	-	Runner	Winnipeg, MB	9:17	6.460	78	37	64084
		Lap 1 >	0:29:35.094	(0:29:35.094)							
		Lap 2 >	0:28:08.626	(0:57:43.720)							
8.	64880	Patterson, Lisa	58:05.670	-	Runner	Winnipeg, MB	9:21	6.419	80	37	64880
		Lap 1 >	0:30:09.920	(0:30:09.920)							
		Lap 2 >	0:27:55.750	(0:58:05.670)							
9.	64874	Osborne, Kirstan	59:49.054	-	Runner	Winnipeg, MB	9:38	6.233	88	39	64874
		Lap 1 >	0:30:25.810	(0:30:25.810)							
		Lap 2 >	0:29:23.244	(0:59:49.054)							
10.	64895	Race, Dana	1:01:03.814	-	Runner	Stonewall, MB	9:50	6.107	96	36	64895
		Lap 1 >	0:31:08.787	(0:31:08.787)							
		Lap 2 >	0:29:55.027	(1:01:03.814)							
11.	64892	Preyma, Windy	1:01:31.160	-	Runner	Winnipeg, MB	9:54	6.061	99	35	64892
		Lap 1 >	0:31:05.390	(0:31:05.390)							
		Lap 2 >	0:30:25.770	(1:01:31.160)							
12.	65545	Verwey, Rebecca	1:08:50.844	-	Runner	Portage La Prairie, MB	11:05	5.416	119	37	65545
		Lap 1 >	0:33:56.247	(0:33:56.247)							
		Lap 2 >	0:34:54.597	(1:08:50.844)							

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Female 40-44

Place	Bib#	Name	Time	Grade	Athlete Type	Hometown	Pace	Speed	Overall Place	Age	Athlete ID
1.	64841	Marks, Heather	52:52.290	-	Runner	Wpg, MB	8:30	7.052	55	43	64841
		Lap 1 >	0:26:24.384								
		Lap 2 >	0:26:27.906								
2.	64801	Horne, Vivienne	57:14.370	-	Runner	Winnipeg, MB	9:13	6.514	76	42	64801
		Lap 1 >	0:28:56.750								
		Lap 2 >	0:28:17.620								
3.	65564	Bashura, Tanya	58:11.357	-	Runner	Winnipeg, MB	9:22	6.408	81	44	
		Lap 1 >	0:29:40.497								
		Lap 2 >	0:28:30.860								
4.	64039	Cote, Tanya	1:00:31.367	-	Runner	Portage La Prairie, MB	9:44	6.161	94	44	64039
		Lap 1 >	0:30:36.920								
		Lap 2 >	0:29:54.447								
5.	64004	Barghout, Caroline	1:07:24.687	-	Runner	Winnipeg, MB	10:51	5.532	118	40	64004
		Lap 1 >	0:34:21.354								
		Lap 2 >	0:33:03.333								
6.	64885	Perron, Angela	1:08:50.904	-	Runner	Portage La Prairie, MB	11:05	5.416	120	40	64885
		Lap 1 >	0:33:56.664								
		Lap 2 >	0:34:54.240								
7.	64083	Goulet, Sara	1:09:48.107	-	Runner	Winnipeg, MB	11:14	5.341	123	41	64083
		Lap 1 >	0:35:34.687								
		Lap 2 >	0:34:13.420								

Female 45-49

Place	Bib#	Name	Time	Grade	Athlete Type	Hometown	Pace	Speed	Overall Place	Age	Athlete ID
1.	64081	Gonzales, Lisa	51:40.384	-	Runner	Winnipeg, MB	8:19	7.216	47	45	64081
		Lap 1 >	0:26:19.677								
		Lap 2 >	0:25:20.707								
2.	64861	Moltzan, Catherine	55:01.044	-	Runner	Headingley, MB	8:51	6.777	67	47	64861
		Lap 1 >	0:27:46.124								
		Lap 2 >	0:27:14.920								
3.	64809	Jobb, Danielle	59:38.950	-	Runner	Winnipeg, MB	9:36	6.252	87	47	64809
		Lap 1 >	0:29:38.014								
		Lap 2 >	0:30:00.936								
4.	65506	Robinson, Bridget	1:11:48.250	-	Runner	Winnipeg, MB	11:33	5.193	125	48	65506
		Lap 1 >	0:35:44.694								
		Lap 2 >	0:36:03.556								

Female 50-54

Place	Bib#	Name	Time	Grade	Athlete Type	Hometown	Pace	Speed	Overall Place	Age	Athlete ID
1.	64075	Ganske, Shelley	54:52.467	-	Runner	Winnipeg, MB	8:50	6.795	62	50	64075
		Lap 1 >	0:27:47.337								
		Lap 2 >	0:27:05.130								
2.	64051	Desmet, Fiona	58:39.880	-	Runner	Winnipeg, MB	9:26	6.357	83	50	64051
		Lap 1 >	0:29:18.824								
		Lap 2 >	0:29:21.056								
3.	65543	Veldkamp, Robin	1:00:08.977	-	Runner	Winnipeg, MB	9:41	6.200	89	50	65543
		Lap 1 >	0:30:23.577								
		Lap 2 >	0:29:45.400								
4.	65517	Seida, Tracey	1:02:00.750	-	Runner	Winnipeg, MB	9:59	6.013	102	51	65517
		Lap 1 >	0:33:46.467								
		Lap 2 >	0:28:14.283								
5.	64013	Blair, Monica	1:12:32.374	-	Runner	Winnipeg, MB	11:40	5.140	126	54	64013
		Lap 1 >	0:35:45.040								
		Lap 2 >	0:36:47.334								
6.	64866	Musto, Shawna	1:18:46.484	-	Runner	Winnipeg, MB	12:41	4.733	132	50	64866
		Lap 1 >	0:39:01.774								
		Lap 2 >	0:39:44.710								

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Female 55-59

Place	Bib#	Name	Time	Grade	Athlete Type	Hometown	Pace	Speed	Overall Place	Age	Athlete ID
1.	64827	Lamont, Sandi	1:00:50.674	-	Runner	Winnipeg, MB	9:47	6.129	95	58	64827
		Lap 1 >	0:30:04.707								
		Lap 2 >	0:30:45.967								
2.	64891	Pratt, Annette	1:18:46.547	-	Runner	Narol, MB	12:41	4.733	133	57	64891
		Lap 1 >	0:39:01.234								
		Lap 2 >	0:39:45.313								

Female 60-64

Place	Bib#	Name	Time	Grade	Athlete Type	Hometown	Pace	Speed	Overall Place	Age	Athlete ID
1.	64878	Papin, Danielle	47:32.534	-	Runner	Winnipeg, MB	7:39	7.843	31	60	64878
		Lap 1 >	0:24:00.767								
		Lap 2 >	0:23:31.767								
2.	64813	Kamke, Judy	1:01:59.750	-	Runner	Winnipeg, MB	9:59	6.015	101	60	64813
		Lap 1 >	0:33:46.960								
		Lap 2 >	0:28:12.790								
3.	64802	Horsburgh, June	1:04:33.670	-	Runner	Winnipeg, MB	10:23	5.776	115	64	64802
		Lap 1 >	0:32:32.824								
		Lap 2 >	0:32:00.846								
4.	65509	Rubell, Linda	1:09:28.920	-	Runner	Winnipeg, MB	11:11	5.367	122	61	65509
		Lap 1 >	0:33:27.224								
		Lap 2 >	0:36:01.696								
5.	64845	Mccallum, Kimberley	1:12:33.250	-	Runner	Winnipeg, MB	11:41	5.139	127	61	64845
		Lap 1 >	0:35:45.420								
		Lap 2 >	0:36:47.830								

Female 65-69

Place	Bib#	Name	Time	Grade	Athlete Type	Hometown	Pace	Speed	Overall Place	Age	Athlete ID
1.	64093	Hanson, Dawn	1:20:48.640	-	Runner	Winnipeg, MB	13:00	4.614	134	68	64093
		Lap 1 >	0:40:08.544								
		Lap 2 >	0:40:40.096								