

# MEC Race #3 5K

## Overall Male Runner

Place	Bib#	Name	Time	Grade	Athlete Type	Hometown	Pace	Speed	Overall Place	Age	Athlete ID
1.	65455	Hopkins, Alan	20:15.644	FR	Runner	Winnipeg, CAN	6:31	9.206	1	53	
2.	65373	Nivet, Glen	21:30.718	-	Runner	Winnipeg, AR	6:55	8.670	3	54	65373
3.	65360	Lozynyc, Matt	21:41.958	-	Runner	Winnipeg, AR	6:59	8.597	4	27	65360

## Overall Female Runner

Place	Bib#	Name	Time	Grade	Athlete Type	Hometown	Pace	Speed	Overall Place	Age	Athlete ID
1.	65431	Slade, Alicia	21:09.701	-	Runner	Winnipeg, AR	6:48	8.814	2	31	65431
2.	65448	Toews, Tamara	21:56.311	-	Runner	Winnipeg, AR	7:04	8.499	5	23	65448
3.	65374	Papin, Danielle	23:14.081	-	Runner	Winnipeg, AR	7:29	8.023	8	60	65374

## Female 5-9

Place	Bib#	Name	Time	Grade	Athlete Type	Hometown	Pace	Speed	Overall Place	Age	Athlete ID
1.	65317	Carriere, Haidyn	38:35.408	-	Runner	Dugald, AR	12:25	4.831	101	9	65317

## Female 10-14

Place	Bib#	Name	Time	Grade	Athlete Type	Hometown	Pace	Speed	Overall Place	Age	Athlete ID
1.	65429	Moffatt, Kyleigh	25:21.351	-	Runner	Winnipeg, AR	8:10	7.354	12	12	65429
2.	65430	Moffatt, Katelin	25:23.774	-	Runner	Winnipeg, AR	8:10	7.344	13	10	65430
3.	65416	Andrews, Paige	25:47.228	-	Runner	Kenora, AR	8:18	7.230	15	13	65416
4.	65346	Huynh, Halie	28:46.991	-	Runner	Winnipeg, AR	9:16	6.480	31	13	65346
5.	65335	Galagan, Jolene	29:31.298	-	Runner	East. St. Paul, AR	9:30	6.315	36	13	65335
6.	65442	Delaquis, Mia	31:54.978	-	Runner	Winnipeg, AR	10:16	5.844	47	10	65442
7.	65434	Balcaen, Janique	37:40.974	-	Runner	Winnipeg, AR	12:07	4.949	84	12	65434
8.	65441	Delaquis, Sophie	37:45.124	-	Runner	Winnipeg, AR	12:09	4.938	87	13	65441

## Female 15-19

Place	Bib#	Name	Time	Grade	Athlete Type	Hometown	Pace	Speed	Overall Place	Age	Athlete ID
1.	65307	Beardy, Amber	30:24.604	-	Runner	Steinbach, AR	9:47	6.132	39	15	65307
2.	65454	Messiner, Mackenzie	32:10.708	FR	Runner	Winnipeg, CAN	10:21	5.795	48	19	
3.	65437	Bowman, Kataryne	34:04.611	-	Runner	Dufresne, AR	10:58	5.472	61	15	65437
4.	65445	Manswell, Maya	38:08.538	-	Runner	Lorette, AR	12:16	4.888	89	15	65445

## Female 20-24

Place	Bib#	Name	Time	Grade	Athlete Type	Hometown	Pace	Speed	Overall Place	Age	Athlete ID
1.	65448	Toews, Tamara	21:56.311	-	Runner	Winnipeg, AR	7:04	8.499	5	23	65448
2.	65377	Plett, Breanne	26:06.448	-	Runner	Steinbach, AR	8:24	7.142	19	22	65377
3.	65370	Millar, Shelby	29:17.224	-	Runner	Winnipeg, AR	9:26	6.366	34	22	65370
4.	65409	Wei, Grace	30:42.798	-	Runner	Winnipeg, AR	9:53	6.072	43	20	65409
5.	65398	Tekasala, Rachele	35:32.238	-	Runner	Winnipeg, AR	11:26	5.246	72	22	65398

## Female 25-29

Place	Bib#	Name	Time	Grade	Athlete Type	Hometown	Pace	Speed	Overall Place	Age	Athlete ID
1.	65419	Kabooha, Nathalie	29:19.371	-	Runner	La Broquerie West, AR	9:26	6.359	35	27	65419
2.	65308	Boileau, Joelle	30:09.671	-	Runner	Winnipeg, AR	9:42	6.183	38	26	65308
3.	65389	Simard, Veronique	34:24.294	-	Runner	Winnipeg, AR	11:04	5.419	66	26	65389
4.	65367	Mcneill, Carly	34:55.678	-	Runner	Winnipeg, AR	11:14	5.339	69	29	65367

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5.	65330	Duguid, Samantha	34:59.551	-	Runner	Winnipeg, AR	11:16	5.329	70	27	65330
6.	65351	Lacroix, Kristy	35:00.008	-	Runner	Winnipeg, AR	11:16	5.326	71	27	65351
7.	65354	Lamboos, Lindsey	36:13.118	-	Runner	Winnipeg, AR	11:39	5.147	75	25	65354
8.	65385	Romagnoli, Carina	37:23.321	-	Runner	Winnipeg, AR	12:02	4.986	80	25	65385
9.	65376	Plett, Shelly	38:23.261	-	Runner	Winnipeg, AR	12:21	4.857	97	28	65376
10.	65457	Yuson, Arianne	38:31.741	FR	Runner	Winnipeg, CAN	12:24	4.840	98	25	

## Female 30-34

Place	Bib#	Name	Time	Grade	Athlete Type	Hometown	Pace	Speed	Overall Place	Age	Athlete ID
1.	65431	Slade, Alicia	21:09.701	-	Runner	Winnipeg, AR	6:48	8.814	2	31	65431
2.	65339	Guarino, Cassie	24:53.651	-	Runner	Winnipeg, AR	8:01	7.491	10	33	65339
3.	65438	Carter, Catherine	27:46.634	-	Runner	Winnipeg, AR	8:56	6.714	26	31	65438
4.	65399	Todd, Charissa	30:30.448	-	Runner	Winnipeg, AR	9:49	6.112	41	32	65399
5.	65355	Land, Jen	30:54.958	-	Runner	Eriksdale, AR	9:57	6.033	44	34	65355
6.	65446	Prystupa, Kristen	31:25.121	-	Runner	Winnipeg, AR	10:07	5.934	46	30	65446
7.	65422	Watt, Jo-Anna	33:36.918	-	Runner	Winnipeg, AR	10:49	5.548	57	31	65422
8.	65361	Luu, Cindy	33:45.708	-	Runner	Winnipeg, AR	10:52	5.523	59	31	65361
9.	65311	Borlang, Jamie	34:11.901	-	Runner	Winnipeg, AR	11:00	5.453	63	34	65311
10.	65402	Toews, Vanda	35:40.838	-	Runner	Winnipeg, AR	11:29	5.226	73	34	65402

## Female 35-39

Place	Bib#	Name	Time	Grade	Athlete Type	Hometown	Pace	Speed	Overall Place	Age	Athlete ID
1.	65304	Andrews, Liz	26:20.078	-	Runner	Kenora, AR	8:29	7.079	21	38	65304
2.	65325	Dawson, Kathleen	28:15.791	-	Runner	Winnipeg, AR	9:06	6.599	28	35	65325
3.	65424	Desrochers, Nic	29:16.018	-	Runner	Winnipeg, AR	9:25	6.369	33	35	65424
4.	65338	Gray, Sherie	30:32.948	-	Runner	Winnipeg, AR	9:50	6.105	42	37	65338
5.	65318	Cefali, Maria	32:52.751	-	Runner	Winnipeg, AR	10:35	5.672	49	39	65318
6.	65391	Skelly, Lauren	38:00.078	-	Runner	Winnipeg, AR	12:14	4.906	88	35	65391
7.	65403	Tolchinsky, Trina	38:22.081	-	Runner	Winnipeg, AR	12:21	4.859	96	36	65403
8.	65321	Chartrand, Jane-Marie	38:40.714	-	Runner	Winnipeg, AR	12:27	4.821	102	39	65321
9.	65450	King, Vicky	38:40.824	-	Runner	Winnipeg, AR	12:27	4.821	103	36	65450

## Female 40-44

Place	Bib#	Name	Time	Grade	Athlete Type	Hometown	Pace	Speed	Overall Place	Age	Athlete ID
1.	65302	Alexiuk, Tressa	24:46.134	-	Runner	Winnipeg, AR	7:58	7.527	9	40	65302
2.	65410	Wilton, Kim	28:26.754	-	Runner	Portage La Prairie, AR	9:09	6.556	29	44	65410
3.	65358	Lepine, Lise	31:17.538	-	Runner	Lorette, AR	10:04	5.959	45	44	65358
4.	65411	Wong, Jodie	33:15.764	-	Runner	Winnipeg, AR	10:42	5.606	53	44	65411
5.	65343	Hayward, Kristine	33:35.858	-	Runner	Winnipeg, AR	10:49	5.551	56	44	65343
6.	65382	Ritchot, Carrie	35:57.898	-	Runner	Winnipeg, AR	11:34	5.185	74	41	65382
7.	65366	Mcfeetors, Rikke	37:00.951	-	Runner	Winnipeg, AR	11:55	5.038	77	41	65366
8.	65316	Carriere, Wendy	38:35.374	-	Runner	Dugald, AR	12:25	4.831	100	41	65316
9.	65440	Delaquis, Genevieve	39:12.954	-	Runner	Winnipeg, AR	12:37	4.755	106	43	65440

## Female 45-49

Place	Bib#	Name	Time	Grade	Athlete Type	Hometown	Pace	Speed	Overall Place	Age	Athlete ID
1.	65413	Zentner, Paige	28:04.788	-	Runner	Winnipeg, AR	9:02	6.642	27	45	65413

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2.	65425	Frick, Lisa	33:08.528	-	Runner	Winnipeg, AR	10:40	5.626	52	48	65425
3.	65331	Duquette, Kim	33:47.348	-	Runner	Winnipeg, AR	10:52	5.518	60	45	65331
4.	65359	Lepp, Andrea	34:17.594	-	Runner	Steinbach, AR	11:02	5.437	64	47	65359
5.	65322	Chisholm, Lisa	37:01.078	-	Runner	Winnipeg, AR	11:55	5.036	78	48	65322

## Female 50-54

Place	Bib#	Name	Time	Grade	Athlete Type	Hometown	Pace	Speed	Overall Place	Age	Athlete ID
1.	65432	Svecova, Dagmar	26:18.744	-	Runner	Winnipeg, AR	8:28	7.088	20	50	65432
2.	65301	Alder, Kathleen	33:04.348	-	Runner	Winnipeg, AR	10:39	5.637	50	50	65301
3.	65452	Mcphail, Leaslie	33:16.014	-	Runner	Winnipeg, AR	10:42	5.604	54	50	65452
4.	65334	Fukumura, Sheila	34:10.678	-	Runner	Winnipeg, AR	11:00	5.456	62	51	65334
5.	65372	Murray-Francis, Andrea	34:52.558	-	Runner	Winnipeg, AR	11:13	5.346	68	51	65372

## Female 55-59

Place	Bib#	Name	Time	Grade	Athlete Type	Hometown	Pace	Speed	Overall Place	Age	Athlete ID
1.	65381	Ratuski, Cathy	38:21.311	-	Runner	Winnipeg, AR	12:21	4.861	95	55	65381
2.	65310	Bond, Cathe	40:02.078	-	Runner	Winnipeg, AR	12:53	4.656	109	59	65310

## Female 60-64

Place	Bib#	Name	Time	Grade	Athlete Type	Hometown	Pace	Speed	Overall Place	Age	Athlete ID
1.	65374	Papin, Danielle	23:14.081	-	Runner	Winnipeg, AR	7:29	8.023	8	60	65374
2.	65348	Kozoriz, Elizabeth	38:20.821	-	Runner	Winnipeg, AR	12:20	4.863	94	61	65348

## Male 5-9

Place	Bib#	Name	Time	Grade	Athlete Type	Hometown	Pace	Speed	Overall Place	Age	Athlete ID
1.	65447	Sawbo, Jeremiah	25:59.484	-	Runner	Winnipeg, AR	8:22	7.174	18	7	65447
2.	65423	Desrochers, Niko	29:15.354	-	Runner	Winnipeg, AR	9:25	6.373	32	8	65423
3.	65426	Frick, Adam	33:08.208	-	Runner	Winnipeg, AR	10:40	5.626	51	9	65426
4.	65328	Dlot, Chase	37:40.974	-	Runner	Winnipeg, AR	12:07	4.949	85	7	65328
5.	65320	Champagne, Addison	38:18.974	-	Runner	Winnipeg, AR	12:20	4.867	92	8	65320
6.	65421	Ward, Conor	38:49.704	-	Runner	West St Paul, AR	12:30	4.802	104	8	65421

## Male 10-14

Place	Bib#	Name	Time	Grade	Athlete Type	Hometown	Pace	Speed	Overall Place	Age	Athlete ID
1.	65439	Cintije, Nicodem	25:53.524	-	Runner	Winnipeg, AR	8:20	7.202	16	10	65439
2.	65443	Manswell, Jaden	25:56.728	-	Runner	Lorette, AR	8:21	7.188	17	13	65443
3.	65341	Gumprich, Jackson	29:55.221	-	Runner	Winnipeg, AR	9:38	6.231	37	11	65341
4.	65456	Jones, Aiden1	37:37.561	FR	Runner	London, CAN	12:06	4.956	83	13	

## Male 15-19

Place	Bib#	Name	Time	Grade	Athlete Type	Hometown	Pace	Speed	Overall Place	Age	Athlete ID
1.	65451	Mcphail, Max	38:34.554	-	Runner	Winnipeg, AR	12:25	4.833	99	15	65451

## Male 20-24

Place	Bib#	Name	Time	Grade	Athlete Type	Hometown	Pace	Speed	Overall Place	Age	Athlete ID
1.	65386	Romagnoli, Bryce	28:32.551	-	Runner	Winnipeg, AR	9:11	6.533	30	21	65386

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## Male 25-29

Place	Bib#	Name	Time	Grade	Athlete Type	Hometown	Pace	Speed	Overall Place	Age	Athlete ID
1.	65360	Lozynyc, Matt	21:41.958	-	Runner	Winnipeg, AR	6:59	8.597	4	27	65360
2.	65326	Dempster, Scott	27:04.684	-	Runner	Winnipeg, AR	8:43	6.887	25	29	65326
3.	65362	Ly, Danny	37:34.774	-	Runner	Winnipeg, AR	12:05	4.962	82	27	65362

## Male 30-34

Place	Bib#	Name	Time	Grade	Athlete Type	Hometown	Pace	Speed	Overall Place	Age	Athlete ID
1.	65415	Muehling, Tim	25:41.271	-	Runner	Steinbach, AR	8:16	7.258	14	32	65415
2.	65417	Donkersloot, Josh	33:37.614	-	Runner	Winnipeg, AR	10:49	5.545	58	33	65417
3.	65368	Melnyk, Dwayne	34:47.311	-	Runner	Winnipeg, AR	11:12	5.359	67	30	65368

## Male 35-39

Place	Bib#	Name	Time	Grade	Athlete Type	Hometown	Pace	Speed	Overall Place	Age	Athlete ID
1.	65453	Hilding, Colin	26:44.954	-	Runner	Winnipeg, AR	8:36	6.973	24	35	65453
2.	65412	Woo, Alan	38:16.658	-	Runner	Winnipeg, AR	12:19	4.871	91	38	65412
3.	65433	Ward, Ryan	38:50.288	-	Runner	West St Paul, AR	12:30	4.800	105	38	65433
4.	65345	Houlbrook, William	39:32.818	-	Runner	Winnipeg, AR	12:43	4.715	108	37	65345

## Male 40-44

Place	Bib#	Name	Time	Grade	Athlete Type	Hometown	Pace	Speed	Overall Place	Age	Athlete ID
1.	65356	Land, Shea	22:59.594	-	Runner	Eriksdale, AR	7:24	8.111	7	41	65356
2.	65428	Moffatt, Julian	25:15.634	-	Runner	Winnipeg, AR	8:08	7.383	11	43	65428
3.	65444	Manswell, Robert	26:37.831	-	Runner	Lorette, AR	8:34	7.004	22	42	65444
4.	65340	Gumprich, Chris	33:16.231	-	Runner	Winnipeg, AR	10:42	5.604	55	41	65340
5.	65349	Krozkin, Alex	48:03.688	-	Runner	Winnipeg, AR	15:28	3.880	112	42	65349

## Male 45-49

Place	Bib#	Name	Time	Grade	Athlete Type	Hometown	Pace	Speed	Overall Place	Age	Athlete ID
1.	65436	Bowman, Patrick	26:37.891	-	Runner	Dufresne, AR	8:34	7.004	23	45	65436
2.	65314	Brown, Darren	30:27.698	-	Runner	Winnipeg, AR	9:48	6.122	40	45	65314
3.	65305	Bailey, Christopher	37:03.888	-	Runner	Winnipeg, AR	11:56	5.031	79	45	65305
4.	65379	Pruden, Jason	37:26.554	-	Runner	Winnipeg, AR	12:03	4.980	81	45	65379
5.	65319	Champagne, Rick	38:19.334	-	Runner	Winnipeg, AR	12:20	4.865	93	45	65319

## Male 50-54

Place	Bib#	Name	Time	Grade	Athlete Type	Hometown	Pace	Speed	Overall Place	Age	Athlete ID
1.	65455	Hopkins, Alan	20:15.644	FR	Runner	Winnipeg, CAN	6:31	9.206	1	53	
2.	65373	Nivet, Glen	21:30.718	-	Runner	Winnipeg, AR	6:55	8.670	3	54	65373
3.	65323	Costen, Greg	34:18.108	-	Runner	Carberry, AR	11:02	5.435	65	54	65323
4.	65418	Friesen, David	38:15.048	-	Runner	West St. Paul, AR	12:19	4.874	90	54	65418

## Male 55-59

Place	Bib#	Name	Time	Grade	Athlete Type	Hometown	Pace	Speed	Overall Place	Age	Athlete ID
1.	65449	Courish, Jeff	22:34.658	-	Runner	Halifax, AR	7:16	8.260	6	57	65449
2.	65387	Romagnoli, Gino	36:32.354	-	Runner	Winnipeg, AR	11:46	5.103	76	55	65387
3.	65414	Muehling, Peter	40:41.314	-	Runner	Steinbach, AR	13:06	4.582	110	58	65414