

MEC Race # 1 5K

Overall Male Runner 19+

Place	Bib#	Name	Time	Grade	Athlete Type	Hometown	Pace	Speed	Overall Place	Age	Athlete ID
1.	2997	Jonas Eastcott	00:17:14.99		Runner	Winnipeg, MB	3:27/K	17.4kph	1	26	
2.	3040	JOSH GUENTHER	00:17:31.82		Runner	Winnipeg, MB	3:30/K	17.1kph	2	25	
3.	3150	Graeme Young	00:17:45.08		Runner	Winnipeg, MB	3:33/K	16.9kph	3	31	

Overall Male Under 19

Place	Bib#	Name	Time	Grade	Athlete Type	Hometown	Pace	Speed	Overall Place	Age	Athlete ID
1.	2929	Xander Bjornsson	00:20:16.95		Runner	Winnipeg, MB	4:03/K	14.8kph	17	17	
2.	2933	Elijah Bonham	00:27:59.14		Runner	Winnipeg, MB	5:36/K	10.7kph	109	11	
3.	3116	Rylan Thompson	00:39:59.69		Runner	Winnipeg, MB	8:00/K	7.5kph	256	7	

Overall Female Runner 19+

Place	Bib#	Name	Time	Grade	Athlete Type	Hometown	Pace	Speed	Overall Place	Age	Athlete ID
1.	2990	Mairead Drain	00:20:06.84		Runner	winnipeg, MB	4:01/K	14.9kph	15	38	
2.	3047	Stacey Hay	00:21:02.08		Runner	Winnipeg, MB	4:12/K	14.3kph	22	37	
3.	3261	Carolyn Rempel	00:21:13.11		Runner	Winnipeg, MB	4:15/K	14.1kph	24	47	

Overall Female Under 19

Place	Bib#	Name	Time	Grade	Athlete Type	Hometown	Pace	Speed	Overall Place	Age	Athlete ID
1.	3236	Annika Niblock	00:21:37.59		Runner	Winnipeg, MB	4:19/K	13.9kph	32	15	
2.	3131	Megan VanHeyst	00:21:46.23		Runner	STONY MOUNTAIN, MB	4:21/K	13.8kph	35	14	
3.	3247	Kristin Peterson	00:23:51.72		Runner	Portage La Prairie, CAN	4:46/K	12.6kph	58	12	

Male 0-9

Place	Bib#	Name	Time	Grade	Athlete Type	Hometown	Pace	Speed	Overall Place	Age	Athlete ID
1.	3116	Rylan Thompson	00:39:59.69		Runner	Winnipeg, MB	8:00/K	7.5kph	256	7	

Male 10-14

Place	Bib#	Name	Time	Grade	Athlete Type	Hometown	Pace	Speed	Overall Place	Age	Athlete ID
1.	2933	Elijah Bonham	00:27:59.14		Runner	Winnipeg, MB	5:36/K	10.7kph	109	11	

Female

Place	Bib#	Name	Time	Grade	Athlete Type	Hometown	Pace	Speed	Overall Place	Age	Athlete ID
1.	3157	Katelyn Morrison	00:34:44.16		Runner	Winnipeg	6:57/K	8.6kph	223	7	

Female 10-14

Place	Bib#	Name	Time	Grade	Athlete Type	Hometown	Pace	Speed	Overall Place	Age	Athlete ID
1.	3131	Megan VanHeyst	00:21:46.23		Runner	STONY MOUNTAIN, MB	4:21/K	13.8kph	35	14	
2.	3247	Kristin Peterson	00:23:51.72		Runner	Portage La Prairie, CAN	4:46/K	12.6kph	58	12	

Female 15-19

Place	Bib#	Name	Time	Grade	Athlete Type	Hometown	Pace	Speed	Overall Place	Age	Athlete ID
1.	3236	Annika Niblock	00:21:37.59		Runner	Winnipeg, MB	4:19/K	13.9kph	32	15	
2.	3235	Linnea Nelson	00:24:32.25		Runner	Winnipeg, MB	4:54/K	12.2kph	67	16	
3.	3008	Barbara Farpelha	00:25:21.29		Runner	Winnipeg, MB	5:04/K	11.8kph	73	17	
4.	2955	Alexa Chimuk	00:28:17.34		Runner	Winnipeg, MB	5:39/K	10.6kph	117	19	

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5.	3293	Meaghan Smith	00:28:21.97		Runner	Winnipeg, MB	5:40/K	10.6kph	123	15
6.	3225	Shelby Mitchell	00:30:07.40		Runner	Winnipeg, MB	6:01/K	10.0kph	145	16

Female 20-24

Place	Bib#	Name	Time	Grade	Athlete Type	Hometown	Pace	Speed	Overall Place	Age	Athlete ID
1.	3057	Christina Hunt	00:23:04.45		Runner	Winnipeg, MB	4:37/K	13.0kph	44	23	
2.	3097	Jamie Mann	00:26:42.02		Runner	Winnipeg, MB	5:20/K	11.2kph	89	22	
3.	3104	Brynn Swan	00:26:56.04		Runner	Winnipeg, MB	5:23/K	11.1kph	97	23	
4.	3001	Katie Enns	00:28:02.32		Runner	Winnipeg, MB	5:36/K	10.7kph	111	21	
5.	3127	Annaka van Huizen	00:28:17.83		Runner	Winnipeg, MB	5:39/K	10.6kph	119	20	
6.	2948	Emily Campbell	00:29:18.93		Runner	Winnipeg, MB	5:52/K	10.2kph	134	24	
7.	2993	Jamie Dupasquier	00:29:35.70		Runner	Winnipeg, MB	5:55/K	10.1kph	137	22	
8.	3299	Lauren St. Vincent	00:32:05.33		Runner	Winnipeg, MB	6:25/K	9.4kph	178	24	
9.	3277	Francesca Salvador	00:32:21.90		Runner	Winnipeg, MB	6:28/K	9.3kph	186	24	
10.	3092	Gabrielle Lint	00:32:43.46		Runner	Winnipeg, MB	6:33/K	9.2kph	192	23	
11.	2972	Julia DaCosta	00:34:47.50		Runner	Winnipeg, MB	6:57/K	8.6kph	226	24	
12.	3085	Janelle Landry	00:36:06.07		Runner	Winnipeg, CAN	7:13/K	8.3kph	240	24	
13.	3253	Debbie Popovic	00:37:20.62		Runner	Winnipeg, MB	7:28/K	8.0kph	250	21	

Female 25-29

Place	Bib#	Name	Time	Grade	Athlete Type	Hometown	Pace	Speed	Overall Place	Age	Athlete ID
1.	3075	Kristy Lacroix	00:23:00.95		Runner	Winnipeg, MB	4:36/K	13.0kph	43	28	
2.	3073	Kayla Krahn	00:23:46.54		Runner	La Broquerie West, MB	4:45/K	12.6kph	56	27	
3.	2980	Elizabeth Derraugh	00:26:16.86		Runner	Winnipeg, MB	5:15/K	11.4kph	81	26	
4.	3265	Christine Richardson	00:26:25.31		Runner	Winnipeg, MB	5:17/K	11.4kph	84	27	
5.	2953	Anastasia Charles	00:26:36.10		Runner	Winnipeg, MB	5:19/K	11.3kph	87	29	
6.	3129	Carly Van Ryssel	00:26:45.76		Runner	Winnipeg, MB	5:21/K	11.2kph	91	27	
7.	3254	Kristina Procyk	00:26:49.28		Runner	Winnipeg, MB	5:22/K	11.2kph	92	29	
8.	3140	Kristi Wiebe	00:26:56.49		Runner	Steinbach, MB	5:23/K	11.1kph	98	26	
9.	3107	Kristie Taphorn	00:26:59.24		Runner	Winnipeg, MB	5:24/K	11.1kph	99	28	
10.	3201	Ashley Jordan Martin	00:27:01.00		Runner	Winnipeg, MB	5:24/K	11.1kph	101	27	
11.	3230	Stacey Mutton	00:27:17.97		Runner	Winnipeg, MB	5:27/K	11.0kph	103	29	
12.	3298	Allison St Godard	00:27:31.40		Runner	Steinbach, MB	5:30/K	10.9kph	105	27	
13.	3120	Carolyn Townend	00:27:53.36		Runner	Winnipeg, MB	5:35/K	10.8kph	108	28	
14.	2988	Sarah Dobie	00:28:07.76		Runner	Winnipeg, MB	5:37/K	10.7kph	114	25	
15.	3145	Ashley Woods	00:28:31.58		Runner	Winnipeg, MB	5:42/K	10.5kph	125	29	
16.	3279	Sierra Sawatzky	00:28:58.52		Runner	Winnipeg, AB	5:48/K	10.4kph	128	27	
17.	3263	Kaitlin Rempel	00:29:09.59		Runner	Winnipeg, MB	5:50/K	10.3kph	131	29	
18.	3219	Elise Menec	00:29:12.46		Runner	Winnipeg, MB	5:50/K	10.3kph	132	25	
19.	3033	Lidet Getachew	00:30:40.01		Runner	Winnipeg, MB	6:08/K	9.8kph	153	25	
20.	2949	Audrey Candelaria	00:30:57.17		Runner	Winnipeg, MB	6:11/K	9.7kph	160	28	
21.	3119	Alexandra Torcolacci	00:31:03.44		Runner	Winnipeg, MB	6:13/K	9.7kph	162	25	
22.	3149	Janet Young	00:31:30.02		Runner	Winnipeg, MB	6:18/K	9.5kph	171	28	
23.	3260	Danae Reimer	00:32:03.24		Runner	Winnipeg, MB	6:25/K	9.4kph	177	27	
24.	3071	Alex Kozelko	00:32:34.18		Runner	Winnipeg, MB	6:31/K	9.2kph	187	29	

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25. 3213 Kathleen McLean 00:32:40.62 Runner Winnipeg, MB 6:32/K 9.2kph 189 28

Female 30-34

Place	Bib#	Name	Time	Grade	Athlete Type	Hometown	Pace	Speed	Overall Place	Age	Athlete ID
1.	3017	Laura Ford	00:23:18.06		Runner	Winnipeg, MB	4:40/K	12.9kph	47	33	
2.	3039	Cassie Guarino	00:23:35.42		Runner	winnipeg, MB	4:43/K	12.7kph	53	34	
3.	3052	Bryanne Hildebrandt	00:24:34.29		Runner	Winnipeg, MB	4:55/K	12.2kph	68	32	
4.	3285	Sarah Semmler	00:25:54.40		Runner	Winnipeg, MB	5:11/K	11.6kph	74	34	
5.	3257	Maya Radunz	00:25:59.53		Runner	Winnipeg, MB	5:12/K	11.5kph	78	32	
6.	3035	Ana Gonzalez	00:26:31.20		Runner	Winnipeg, MB	5:18/K	11.3kph	86	34	
7.	3082	Roberta Landreth	00:27:49.53		Runner	Winnipeg, MB	5:34/K	10.8kph	107	30	
8.	3290	Lindsay Skibinski	00:28:20.56		Runner	Winnipeg, MB	5:40/K	10.6kph	121	33	
9.	3084	Jessica Landry	00:29:13.36		Runner	Winnipeg, MB	5:51/K	10.3kph	133	31	
10.	3042	Lise Hamilton	00:29:29.83		Runner	Winnipeg, MB	5:54/K	10.2kph	136	30	
11.	3126	Erynn Unrau	00:29:39.73		Runner	Winnipeg, MB	5:56/K	10.1kph	138	30	
12.	3021	Meredith Fraser	00:29:54.99		Runner	Winnipeg, MB	5:59/K	10.0kph	141	32	
13.	2999	Jess Ehlers	00:30:46.22		Runner	Winnipeg, MB	6:09/K	9.8kph	154	30	
14.	2942	Alexis Burt	00:31:07.58		Runner	Winnipeg, MB	6:13/K	9.6kph	164	33	
15.	3141	Emmelia Wiley	00:31:07.85		Runner	Winnipeg, MB	6:13/K	9.6kph	165	33	
16.	3106	Diane Tamayo	00:31:31.78		Runner	Winnipeg, MB	6:18/K	9.5kph	172	34	
17.	3139	ASHLEE WESELOWSKI	00:31:48.19		Runner	Winnipeg, MB	6:22/K	9.4kph	175	31	
18.	3255	Kristen Prystupa	00:31:54.29		Runner	Winnipeg, MB	6:23/K	9.4kph	176	31	
19.	3291	Melissa Skibinski	00:32:15.23		Runner	Narol, MB	6:27/K	9.3kph	183	34	
20.	3209	Emma McGeough	00:33:09.38		Runner	Winnipeg, MB	6:38/K	9.0kph	203	32	
21.	3031	Emily George	00:34:15.38		Runner	Winnipeg, MB	6:51/K	8.8kph	217	32	
22.	2986	Andrea Dietrich	00:34:15.38		Runner	Winnipeg, MB	6:51/K	8.8kph	218	34	
23.	3061	Kristin Jimmy	00:34:17.66		Runner	Winnipeg, MB	6:51/K	8.8kph	220	31	
24.	3227	Sara Morrison	00:34:46.16		Runner	Winnipeg, MB	6:57/K	8.6kph	225	34	
25.	2969	Erin Crymble	00:34:59.10		Runner	Winnipeg, MB	7:00/K	8.6kph	230	30	

Female 35-39

Place	Bib#	Name	Time	Grade	Athlete Type	Hometown	Pace	Speed	Overall Place	Age	Athlete ID
1.	2990	Mairead Drain	00:20:06.84		Runner	winnipeg, MB	4:01/K	14.9kph	15	38	
2.	3047	Stacey Hay	00:21:02.08		Runner	Winnipeg, MB	4:12/K	14.3kph	22	37	
3.	3267	Crystal Ringach	00:24:25.57		Runner	Winnipeg, MB	4:53/K	12.3kph	64	36	
4.	3276	Christa Rust	00:24:36.98		Runner	Winnipeg, MB	4:55/K	12.2kph	69	37	
5.	3114	Debbie Thieseen Thiessen	00:25:54.72		Runner	St. Germain South, MB	5:11/K	11.6kph	75	36	
6.	2911	MICHELLE AVERIA	00:26:30.29		Runner	WINNIPEG, MB	5:18/K	11.3kph	85	35	
7.	3037	Sherie Gray	00:26:44.79		Runner	Winnipeg, MB	5:21/K	11.2kph	90	38	
8.	3110	Jen Tennent	00:27:00.18		Runner	Winnipeg, MB	5:24/K	11.1kph	100	36	
9.	2977	Holly Delorme	00:27:22.43		Runner	Winnipeg, MB	5:28/K	11.0kph	104	39	
10.	3016	Leanne Fontaine	00:28:21.11		Runner	Lorette, MB	5:40/K	10.6kph	122	37	
11.	3032	Vanessa Geswein	00:28:27.39		Runner	Winnipeg, MB	5:41/K	10.5kph	124	38	
12.	3132	Kaneena Vanstone	00:29:01.92		Runner	Winnipeg, MB	5:48/K	10.3kph	129	35	

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13.	3002	Angie Enns	00:29:42.45	Runner	Winnipeg, MB	5:56/K	10.1kph	139	35
14.	2998	Charlotte Ehlers	00:30:46.59	Runner	St. Pierre, MB	6:09/K	9.8kph	155	36
15.	3020	Melinda Fowler	00:30:48.94	Runner	Winnipeg, MB	6:10/K	9.7kph	156	38
16.	3146	Amanda Woods	00:30:49.34	Runner	Winnipeg, MB	6:10/K	9.7kph	157	36
17.	2968	Kristine Cruz	00:30:51.34	Runner	Winnipeg, MB	6:10/K	9.7kph	158	35
18.	3006	Leah Erum	00:31:28.95	Runner	Winnipeg, MB	6:18/K	9.5kph	170	38
19.	3222	Heather Middleton	00:32:06.29	Runner	Winnipeg, MB	6:25/K	9.3kph	179	39
20.	2921	Christine Becker	00:32:07.04	Runner	Winnipeg, MB	6:25/K	9.3kph	180	35
21.	2946	Robin Campbell	00:32:19.55	Runner	Winnipeg, MB	6:28/K	9.3kph	184	37
22.	2947	Lori Campbell	00:32:19.84	Runner	East St Paul, MB	6:28/K	9.3kph	185	39
23.	3269	Amy Robinson	00:32:40.15	Runner	Winnipeg, MB	6:32/K	9.2kph	188	35
24.	2960	Shannon Coates	00:32:46.43	Runner	Winnipeg, MB	6:33/K	9.2kph	195	36
25.	3233	Erin Nault	00:33:00.81	Runner	Winnipeg, MB	6:36/K	9.1kph	201	38

Female 40-44

Place	Bib#	Name	Time	Grade	Athlete Type	Hometown	Pace	Speed	Overall Place	Age	Athlete ID
1.	2996	Wendy Dyck	00:23:05.22		Runner	Altona, MB	4:37/K	13.0kph	45	41	
2.	3268	Marie Roberts	00:24:12.63		Runner	Winnipeg, MB	4:50/K	12.4kph	61	44	
3.	3237	Cara Nichols	00:26:17.30		Runner	Winnipeg, MB	5:15/K	11.4kph	82	40	
4.	3292	Lynne Skromeda	00:26:21.50		Runner	Winnipeg, MB	5:16/K	11.4kph	83	42	
5.	3059	Lindsay Hyman	00:26:40.75		Runner	Winnipeg, MB	5:20/K	11.2kph	88	40	
6.	3128	Connie van Rosmalen	00:26:52.95		Runner	Winnipeg, MB	5:22/K	11.2kph	95	40	
7.	3156	Catharine Beattie	00:27:03.09		Runner	Winnipeg, MB	5:25/K	11.1kph	102	42	
8.	2913	Sandra Bains	00:28:02.66		Runner	Winnipeg, MB	5:36/K	10.7kph	112	44	
9.	3216	Marianne McPeek	00:28:12.87		Runner	Winnipeg, MB	5:38/K	10.6kph	115	40	
10.	2902	Ilana Abrams	00:28:46.70		Runner	Winnipeg, MB	5:45/K	10.4kph	127	40	
11.	3086	Wendy Lazaruk	00:30:08.35		Runner	Winkler, MB	6:02/K	10.0kph	146	44	
12.	3246	Jennifer Peters	00:30:35.56		Runner	Winnipeg, MB	6:07/K	9.8kph	150	42	
13.	3289	Wendy Singleton	00:30:37.50		Runner	Winnipeg, MB	6:07/K	9.8kph	152	44	
14.	3239	Cali Orsulak	00:31:28.63		Runner	Winnipeg, MB	6:18/K	9.5kph	168	41	
15.	3266	Kari Rieger	00:31:28.95		Runner	Winnipeg, MB	6:18/K	9.5kph	169	42	
16.	3274	Karin Ross	00:33:50.13		Runner	Winnipeg, MB	6:46/K	8.9kph	210	44	
17.	3090	Crystal Letain	00:33:50.65		Runner	Winnipeg, MB	6:46/K	8.9kph	211	44	
18.	2914	Lisa Baker	00:34:09.41		Runner	Headingley, MB	6:50/K	8.8kph	213	42	
19.	3224	Corrie Mitchell	00:35:24.40		Runner	Winnipeg, MB	7:05/K	8.5kph	233	41	
20.	3134	Sherri Vautour	00:36:01.58		Runner	Stony Mountain, MB	7:12/K	8.3kph	239	44	
21.	3056	stacey huitikka	00:36:31.97		Runner	winnipeg, MB	7:18/K	8.2kph	246	42	
22.	3245	Janet Peters	00:36:35.61		Runner	Winnipeg, MB	7:19/K	8.2kph	248	41	
23.	3023	Eloise Freitas	00:41:36.88		Runner	Winnipeg, MB	8:19/K	7.2kph	259	44	

Female 45-49

Place	Bib#	Name	Time	Grade	Athlete Type	Hometown	Pace	Speed	Overall Place	Age	Athlete ID
1.	3261	Carolyn Rempel	00:21:13.11		Runner	Winnipeg, MB	4:15/K	14.1kph	24	47	
2.	2922	Linda Bembridge	00:25:55.42		Runner	Winnipeg, MB	5:11/K	11.6kph	76	48	
3.	3000	Frederica Emery	00:26:54.64		Runner	St Andrews, NB	5:23/K	11.2kph	96	46	
4.	2956	Lin-P'ing Choo-Smith	00:29:54.75		Runner	Winnipeg, MB	5:59/K	10.0kph	140	48	

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5.	3043	Sande Hammill	00:29:57.70		Runner	Winnipeg, MB	5:59/K	10.0kph	142	49
6.	3210	Ainsley mcintyre	00:30:27.64		Runner	winnipeg, MB	6:05/K	9.9kph	149	49
7.	3089	Barb Lesyk	00:30:54.01		Runner	Winnipeg, MB	6:11/K	9.7kph	159	49
8.	3152	Deirdre Zebrowski	00:31:10.44		Runner	Ste. Anne, MB	6:14/K	9.6kph	166	45
9.	3058	Randi Hunter	00:31:19.34		Runner	Winnipeg, MB	6:16/K	9.6kph	167	48
10.	3102	Sonja STRAUSZ	00:32:42.58		Runner	Winnipeg, MB	6:32/K	9.2kph	191	48
11.	3004	Elizabeth Erickson	00:32:55.29		Runner	Winnipeg, MB	6:35/K	9.1kph	199	46
12.	2983	Leah Desrochers	00:33:04.67		Runner	St Francois Xavier, MB	6:37/K	9.1kph	202	47

Female 50-54

Place	Bib#	Name	Time	Grade	Athlete Type	Hometown	Pace	Speed	Overall Place	Age	Athlete ID
1.	3094	Nancy MacTavish	00:24:39.27		Runner	Winnipeg, MB	4:56/K	12.2kph	71	50	
2.	3211	Catherine McKay	00:25:16.96		Runner	Winnipeg, MB	5:03/K	11.9kph	72	51	
3.	2901	Maria Abiusi	00:28:15.15		Runner	Winnipeg, MB	5:39/K	10.6kph	116	53	
4.	3234	Doris Nelson	00:28:18.36		Runner	Winnipeg, MB	5:40/K	10.6kph	120	50	
5.	3212	Fenella McLaren	00:29:06.34		Runner	Winnipeg, MB	5:49/K	10.3kph	130	51	
6.	3025	Sheila Fukumura	00:30:37.11		Runner	Winnipeg, MB	6:07/K	9.8kph	151	52	
7.	3252	Sally Plante	00:32:14.62		Runner	Winnipeg, MB	6:27/K	9.3kph	182	54	
8.	2924	Lori Benoit	00:33:43.86		Runner	Wpg, MB	6:45/K	8.9kph	209	51	

Female 55-59

Place	Bib#	Name	Time	Grade	Athlete Type	Hometown	Pace	Speed	Overall Place	Age	Athlete ID
1.	3009	Vicki Favel	00:25:56.67		Runner	La Salle, MB	5:11/K	11.6kph	77	56	
2.	2981	Lori Derraugh	00:26:16.74		Runner	Winnipeg, MB	5:15/K	11.4kph	80	58	
3.	2989	Nancy Doern-White	00:26:50.26		Runner	Winnipeg, MB	5:22/K	11.2kph	94	59	
4.	3284	Colleen Semmler	00:31:04.08		Runner	Oakbank, MB	6:13/K	9.7kph	163	56	
5.	3153	Gwen Smoiuk	00:33:24.75		Runner	Winnipeg, MB	6:41/K	9.0kph	205	55	
6.	2930	Monica Blair	00:34:17.16		Runner	Winnipeg, MB	6:51/K	8.8kph	219	56	
7.	2978	Susan Delorme	00:35:05.69		Runner	Winnipeg, MB	7:01/K	8.6kph	231	58	

Female 60-64

Place	Bib#	Name	Time	Grade	Athlete Type	Hometown	Pace	Speed	Overall Place	Age	Athlete ID
1.	3242	Danielle Papin	00:23:32.68		Runner	Winnipeg, MB	4:42/K	12.7kph	52	61	
2.	2934	Gwen M. Bonneville	00:29:58.32		Runner	Winnipeg, MB	6:00/K	10.0kph	143	63	
3.	3072	Elizabeth Kozoriz	00:31:00.65		Runner	Winnipeg, MB	6:12/K	9.7kph	161	62	
4.	3270	Sandra Robinson	00:33:35.74		Runner	Winnipeg, MB	6:43/K	8.9kph	207	60	
5.	2917	Tricia Barnabe	00:35:46.56		Runner	Winnipeg, MB	7:09/K	8.4kph	237	60	

Female 80+

Place	Bib#	Name	Time	Grade	Athlete Type	Hometown	Pace	Speed	Overall Place	Age	Athlete ID
1.	3087	Leigh Legal-Young	00:32:46.90		Runner	Winnipeg, MB	6:33/K	9.2kph	197	90	
2.	3078	Brittany Lagasse	00:32:50.68		Runner	Winnipeg, MB	6:34/K	9.1kph	198	90	
3.	2904	Jennifer Ali	00:32:57.52		Runner	Winnipeg, MB	6:35/K	9.1kph	200	90	
4.	2991	Dreena Duhome	00:38:20.56		Runner	Winnipeg, MB	7:40/K	7.8kph	252	81	
5.	3050	Rebecca Heide	00:41:39.91		Runner	Winnipeg, MB	8:20/K	7.2kph	260	90	

MEC Race # 1 5K

Male 15-19

Place	Bib#	Name	Time	Grade	Athlete Type	Hometown	Pace	Speed	Overall Place	Age	Athlete ID
1.	2929	Xander Bjornsson	00:20:16.95		Runner	Winnipeg, MB	4:03/K	14.8kph	17	17	

Male 20-24

Place	Bib#	Name	Time	Grade	Athlete Type	Hometown	Pace	Speed	Overall Place	Age	Athlete ID
1.	3262	Joshua Rempel	00:19:04.88		Runner	Winnipeg, MB	3:49/K	15.7kph	7	23	
2.	3074	Cameron Krisko	00:19:07.08		Runner	Winnipeg, MB	3:49/K	15.7kph	8	24	
3.	2940	John Buhler	00:23:09.19		Runner	Swan River, MB	4:38/K	13.0kph	46	24	
4.	3036	Darcy Gosek	00:43:54.43		Runner	Winnipeg, MB	8:47/K	6.8kph	261	20	

Male 25-29

Place	Bib#	Name	Time	Grade	Athlete Type	Hometown	Pace	Speed	Overall Place	Age	Athlete ID
1.	2997	Jonas Eastcott	00:17:14.99		Runner	Winnipeg, MB	3:27/K	17.4kph	1	26	
2.	3040	JOSH GUENTHER	00:17:31.82		Runner	Winnipeg, MB	3:30/K	17.1kph	2	25	
3.	3026	Kevin Gabel	00:21:36.31		Runner	Winnipeg, MB	4:19/K	13.9kph	31	28	
4.	3051	Colin Heier	00:23:19.14		Runner	mittchell, MB	4:40/K	12.9kph	48	26	
5.	3083	Joey Landreth	00:24:16.31		Runner	Winnipeg, MB	4:51/K	12.4kph	62	29	
6.	3231	Derek Myhre	00:26:00.09		Runner	Winnipeg, MB	5:12/K	11.5kph	79	27	
7.	3108	Ryan Tapp	00:29:25.34		Runner	Winnipeg, MB	5:53/K	10.2kph	135	26	
8.	3138	Ryan Wehrle	00:32:44.82		Runner	Winnipeg, MB	6:33/K	9.2kph	193	26	
9.	3014	Elias Fiebelkorn	00:34:48.49		Runner	Winnipeg, MB	6:58/K	8.6kph	227	25	

Male 30-34

Place	Bib#	Name	Time	Grade	Athlete Type	Hometown	Pace	Speed	Overall Place	Age	Athlete ID
1.	3150	Graeme Young	00:17:45.08		Runner	Winnipeg, MB	3:33/K	16.9kph	3	31	
2.	2967	Daryl Croft	00:20:41.40		Runner	Morden, MB	4:08/K	14.5kph	20	31	
3.	3081	David Landreth	00:21:15.24		Runner	Winnipeg, MB	4:15/K	14.1kph	26	31	
4.	2905	Stu Anderson	00:21:28.21		Runner	Winnipeg, MB	4:18/K	14.0kph	28	32	
5.	3045	Nicholas Hargrove	00:22:00.61		Runner	Winnipeg, MB	4:24/K	13.6kph	38	31	
6.	3113	Brendon Thiessen	00:23:29.10		Runner	Winnipeg, MB	4:42/K	12.8kph	51	32	
7.	3135	Trent Vos	00:24:06.92		Runner	Winnipeg, CAN	4:49/K	12.4kph	60	33	
8.	3287	David Sierhuis	00:24:23.77		Runner	Winnipeg, MB	4:53/K	12.3kph	63	33	
9.	2931	Scott Bodner	00:24:27.34		Runner	Winnipeg, MB	4:53/K	12.3kph	65	30	
10.	3133	Oleksiy Vasylyuk	00:28:40.78		Runner	Winnipeg, MB	5:44/K	10.5kph	126	34	
11.	3202	Marydelle Maslanka	00:34:00.61		Runner	Winnipeg, MB	6:48/K	8.8kph	212	33	
12.	3054	Darwin Hudson	00:34:09.41		Runner	Winnipeg, MB	6:50/K	8.8kph	216	34	
13.	3228	Freya Sigfusson	00:36:29.02		Runner		7:18/K	8.2kph	243	33	
14.	3038	Robert Green	00:46:54.87		Runner	Winnipeg, MB	9:23/K	6.4kph	264	32	

Male 35-39

Place	Bib#	Name	Time	Grade	Athlete Type	Hometown	Pace	Speed	Overall Place	Age	Athlete ID
1.	2992	Joel Dumont	00:20:31.39		Runner	Winnipeg, MB	4:06/K	14.6kph	19	35	
2.	2945	Chris Buzunis	00:21:33.14		Runner	Headingley, MB	4:19/K	13.9kph	30	37	
3.	2912	Ryan Awang	00:22:11.57		Runner	Oakbank, MB	4:26/K	13.5kph	40	36	
4.	3048	Grant Heather	00:26:50.12		Runner	Stony Mountain, MB	5:22/K	11.2kph	93	39	

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5.	2952	Mark Chan	00:33:11.65	Runner	Winnipeg, MB	6:38/K	9.0kph	204	35
6.	3053	Tim Hoover	00:35:59.33	Runner	Winnipeg, MB	7:12/K	8.3kph	238	37
7.	2966	Kevin Cox	00:51:38.67	Runner	Narol, MB	10:20/K	5.8kph	266	35

Male 40-44

Place	Bib#	Name	Time	Grade	Athlete Type	Hometown	Pace	Speed	Overall Place	Age	Athlete ID
1.	3294	Marcel Sorin	00:19:49.10		Runner	Lorette, MB	3:58/K	15.1kph	10	44	
2.	3003	Craig Erb	00:19:59.98		Runner	Winnipeg, MB	4:00/K	15.0kph	12	42	
3.	3244	Scott Penner	00:20:02.82		Runner	Altona, MB	4:00/K	15.0kph	13	42	
4.	2957	Jeff Clark	00:21:02.03		Runner	Winnipeg, MB	4:12/K	14.3kph	21	42	
5.	3217	Clayton McPherson	00:21:37.95		Runner	Winnipeg, MB	4:19/K	13.9kph	33	42	
6.	3022	Kevin Fraser	00:22:56.27		Runner	Winnipeg, MB	4:35/K	13.1kph	42	43	
7.	2959	Shawn Clements	00:23:20.60		Runner	Winnipeg, MB	4:40/K	12.9kph	49	41	
8.	2962	Fernie Conrad	00:24:03.08		Runner	Winnipeg, MB	4:49/K	12.5kph	59	43	
9.	3007	Bryan Ezako	00:24:38.38		Runner	Cartier, MB	4:56/K	12.2kph	70	44	
10.	2963	Kevin Cook	00:27:49.16		Runner	Winnipeg, MB	5:34/K	10.8kph	106	42	
11.	2985	Gerald Dieleman	00:27:59.92		Runner	Winnipeg, MB	5:36/K	10.7kph	110	41	

Male 45-49

Place	Bib#	Name	Time	Grade	Athlete Type	Hometown	Pace	Speed	Overall Place	Age	Athlete ID
1.	3044	Darcey Harder	00:18:17.19		Runner	Winnipeg, MB	3:39/K	16.4kph	4	45	
2.	3207	Dan McCaughan	00:19:01.65		Runner	Winnipeg, MB	3:48/K	15.8kph	6	46	
3.	3125	David Unger	00:21:11.49		Runner	Winnipeg, MB	4:14/K	14.2kph	23	49	
4.	3155	Geoff Gibson	00:22:09.01		Runner	Winnipeg, MB	4:26/K	13.5kph	39	47	
5.	3105	Andrew Swan	00:23:25.26		Runner	Winnipeg, MB	4:41/K	12.8kph	50	48	
6.	3223	Andy Misurka	00:28:17.63		Runner	Winnipeg, MB	5:39/K	10.6kph	118	49	
7.	2918	John Batiuk	00:31:44.39		Runner	Winnipeg, MB	6:21/K	9.5kph	173	48	

Male 50-54

Place	Bib#	Name	Time	Grade	Athlete Type	Hometown	Pace	Speed	Overall Place	Age	Athlete ID
1.	3154	Grant Hughes	00:18:35.67		Runner	Brandon	3:43/K	16.1kph	5	53	
2.	2971	Dennis Cunningham	00:19:56.64		Runner	Winnipeg, MB	3:59/K	15.1kph	11	50	
3.	3111	Stephen Terichow Parrott	00:21:22.59		Runner	Winnipeg, MB	4:16/K	14.0kph	27	54	
4.	3205	Troy Mawle	00:21:47.14		Runner	Winnipeg, MB	4:21/K	13.8kph	36	51	
5.	2973	Jim Daher	00:22:37.40		Runner	Winnipeg, MB	4:31/K	13.3kph	41	53	
6.	3028	Pascal Garipey	00:23:45.31		Runner	Elie, MB	4:45/K	12.6kph	55	52	
7.	3130	Mark Van Schepdael	00:24:29.44		Runner	Winnipeg, MB	4:54/K	12.3kph	66	53	
8.	2928	Shawn Bjornsson	00:30:23.22		Runner	Winnipeg, MB	6:05/K	9.9kph	148	53	
9.	3158	James Daher'	00:32:09.06		Runner		6:26/K	9.3kph	181	52	

Male 55-59

Place	Bib#	Name	Time	Grade	Athlete Type	Hometown	Pace	Speed	Overall Place	Age	Athlete ID
1.	3011	Neil Ferguson	00:20:06.70		Runner	Winnipeg, MB	4:01/K	14.9kph	14	59	
2.	3148	Bruce Young	00:20:11.50		Runner	Winnipeg, MB	4:02/K	14.9kph	16	58	
3.	2965	Bob Cox	00:20:29.51		Runner	Winnipeg, MB	4:06/K	14.6kph	18	56	
4.	3238	Glen Nivet	00:21:13.32		Runner	Winnipeg, MB	4:15/K	14.1kph	25	56	

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5.	3295	Byron Speidel	00:23:37.72		Runner	Winnipeg, MB	4:43/K	12.7kph	54	57
6.	2909	David Armishaw	00:23:49.82		Runner	Stonewall, MB	4:46/K	12.6kph	57	57

Male 60-64

Place	Bib#	Name	Time	Grade	Athlete Type	Hometown	Pace	Speed	Overall Place	Age	Athlete ID
1.	3296	Karl Sproll	00:19:43.90		Runner	Winnipeg, MB	3:57/K	15.2kph	9	62	
2.	3101	Robert Stewart	00:21:45.23		Runner	Winnipeg, MB	4:21/K	13.8kph	34	63	
3.	3258	Tim Rafter	00:31:47.15		Runner	Winnipeg, MB	6:21/K	9.4kph	174	62	
4.	3136	Stewart Wakeman	00:49:15.36		Runner	Winnipeg, MB	9:51/K	6.1kph	265	60	

Male 65-69

Place	Bib#	Name	Time	Grade	Athlete Type	Hometown	Pace	Speed	Overall Place	Age	Athlete ID
1.	2925	Alphonse Bernard	00:21:55.48		Runner	WINNIPEG, MB	4:23/K	13.7kph	37	67	
2.	2927	Vern (Coot) Bird	00:30:18.35		Runner	Winnipeg, MB	6:04/K	9.9kph	147	66	

Male 70-74

Place	Bib#	Name	Time	Grade	Athlete Type	Hometown	Pace	Speed	Overall Place	Age	Athlete ID
1.	2958	Leon Clegg	00:21:28.78		Runner	Seven Sisters Falls, MB	4:18/K	14.0kph	29	70	

Male 80+

Place	Bib#	Name	Time	Grade	Athlete Type	Hometown	Pace	Speed	Overall Place	Age	Athlete ID
1.	3229	Zlatan Muheljic	00:28:07.02		Runner	Winnipeg, MB	5:37/K	10.7kph	113	90	
2.	2964	Henry Cortes	00:30:04.22		Runner	Winnipeg, MB	6:01/K	10.0kph	144	90	
3.	2976	Adam Decker	00:32:46.80		Runner	Winnipeg, MB	6:33/K	9.2kph	196	90	
4.	2903	Moises Alfaro	00:34:38.42		Runner	Winnipeg, MB	6:56/K	8.7kph	222	90	