

Hecla 10K

Overall Male Runner

Place	Bib#	Name	Time	Grade	Athlete Type	Hometown	Pace	Speed	Overall Place	Age	Athlete ID
1.	1013	Jason Bruce	00:38:12.91		Runner	Winnipeg, MB	3:49/K	15.7kph	1	35	
2.	1019	Anthony Del Vecchio	00:41:38.59		Runner	Winnipeg, MB	4:10/K	14.4kph	2	27	
3.	1035	Allen Gilleshammer	00:42:42.34		Runner	Winnipeg, MB	4:16/K	14.1kph	3	43	

Overall Female Runner

Place	Bib#	Name	Time	Grade	Athlete Type	Hometown	Pace	Speed	Overall Place	Age	Athlete ID
1.	1050	Monique Ledrew	00:46:45.46		Runner	Sandy Hook, MB	4:40/K	12.8kph	5	36	
2.	1051	Kyla Lenio-Slack	00:46:45.82		Runner	Teulon, MB	4:40/K	12.8kph	6	35	
3.	1046	Gillian Kmet	00:49:54.55		Runner	Winnipeg, MB	4:59/K	12.0kph	11	31	

Female 10 - 14

Place	Bib#	Name	Time	Grade	Athlete Type	Hometown	Pace	Speed	Overall Place	Age	Athlete ID
1.	1053	Mason Lewis	00:55:14.33		Runner	Martensville, SK	5:31/K	10.9kph	17	12	

Male 15 - 19

Place	Bib#	Name	Time	Grade	Athlete Type	Hometown	Pace	Speed	Overall Place	Age	Athlete ID
1.	1065	Brent Sinclair	00:47:41.33		Runner	Winnipeg, MB	4:46/K	12.6kph	7	17	

Female 20 - 24

Place	Bib#	Name	Time	Grade	Athlete Type	Hometown	Pace	Speed	Overall Place	Age	Athlete ID
1.	1077	Kalynn Wood	01:02:30.20		Runner	Winnipeg, MB	6:15/K	9.6kph	40	22	

Male 25 - 29

Place	Bib#	Name	Time	Grade	Athlete Type	Hometown	Pace	Speed	Overall Place	Age	Athlete ID
1.	1019	Anthony Del Vecchio	00:41:38.59		Runner	Winnipeg, MB	4:10/K	14.4kph	2	27	
2.	1003	Scott Anderson	00:52:11.34		Runner	Winnipeg, MB	5:13/K	11.5kph	15	28	

Female 25 - 29

Place	Bib#	Name	Time	Grade	Athlete Type	Hometown	Pace	Speed	Overall Place	Age	Athlete ID
1.	1052	Cleo Leslie	00:57:07.71		Runner	Winnipeg, MB	5:43/K	10.5kph	28	28	
2.	1025	Avery Enns	01:02:26.85		Runner	Steinbach, MB	6:15/K	9.6kph	39	26	
3.	1010	Robin Beukema	01:04:16.41		Runner	Carman, MB	6:26/K	9.3kph	44	25	
4.	1034	Melissa Gabbs	01:08:15.66		Runner	Winnipeg, MB	6:50/K	8.8kph	48	27	
5.	1064	Alysa Simard	01:11:20.75		Runner	Winnipeg, MB	7:08/K	8.4kph	55	26	
6.	1048	Katharina Kowalchuk	01:11:25.15		Runner	Winnipeg, MB	7:09/K	8.4kph	56	29	

Male 30 - 34

Place	Bib#	Name	Time	Grade	Athlete Type	Hometown	Pace	Speed	Overall Place	Age	Athlete ID
1.	1059	Chad Penner	00:57:01.99		Runner	Winnipeg, MB	5:42/K	10.5kph	23	34	
2.	2115	Ameya Bhandarkar	01:05:14.78		Runner	Regina	6:31/K	9.2kph	46	34	
3.	1029	Luke Fiddler	01:11:45.71		Runner	Selkirk, MB	7:10/K	8.4kph	57	31	

Female 30 - 34

Place	Bib#	Name	Time	Grade	Athlete Type	Hometown	Pace	Speed	Overall Place	Age	Athlete ID
1.	1046	Gillian Kmet	00:49:54.55		Runner	Winnipeg, MB	4:59/K	12.0kph	11	31	
2.	1032	Meredith Fraser	00:55:32.14		Runner	Winnipeg, MB	5:33/K	10.8kph	18	32	

Hecla 10K

3.	1015	Lindsay Burns	00:55:32.52	Runner	Winnipeg Beach, MB	5:33/K	10.8kph	19	32
4.	1047	Stefanie Kornelsen	00:55:53.60	Runner	Rosenort, BC	5:35/K	10.7kph	20	31
5.	1055	Breanne Martens	00:57:02.71	Runner	St Francois Xavier, MB	5:42/K	10.5kph	24	34
6.	1002	Alyssa Allard	00:57:03.73	Runner	St. Francois Xavier, MB	5:42/K	10.5kph	25	33
7.	1049	Brina Larsen	00:57:30.26	Runner	Winnipeg, MB	5:45/K	10.4kph	29	32
8.	1030	Tristan Flock	00:59:09.67	Runner	Oakbank, MB	5:55/K	10.1kph	31	32
9.	1040	Devan Huber	01:02:02.08	Runner	Port Coquitlam, BC	6:12/K	9.7kph	36	31
10.	1067	Erin Stasiuk	01:02:19.80	Runner	Lloydminster, AB	6:14/K	9.6kph	38	34
11.	1063	Rocheen Samorodny	01:07:31.37	Runner	Gunton, MB	6:45/K	8.9kph	47	34
12.	1070	Amy Vanderveen	01:08:42.88	Runner	Carman, MB	6:52/K	8.7kph	49	34
13.	1037	Stacy Goldsworthy	01:24:06.35	Runner	Oak Bluff, MB	8:25/K	7.1kph	61	33
14.	1016	Sally Chornoby	01:24:08.65	Runner	Winnipeg, MB	8:25/K	7.1kph	62	31
15.	1061	Erika Recksiedler	01:32:36.00	Runner	Winnipeg, MB	9:16/K	6.5kph	66	30

Male 35 - 39

Place	Bib#	Name	Time	Grade	Athlete Type	Hometown	Pace	Speed	Overall Place	Age	Athlete ID
1.	1013	Jason Bruce	00:38:12.91		Runner	Winnipeg, MB	3:49/K	15.7kph	1	35	
2.	1026	Brock Epp	00:46:06.86		Runner	Winnipeg, MB	4:37/K	13.0kph	4	39	
3.	1073	Nic Wedel	00:48:51.40		Runner	Stonewall, MB	4:53/K	12.3kph	9	39	
4.	1068	Christopher Struhan	00:51:03.76		Runner	Gimli, MB	5:06/K	11.8kph	12	39	
5.	1069	Keith Tarr	00:52:04.75		Runner	Winnipeg, MB	5:12/K	11.5kph	14	38	
6.	1075	Dustin Winkler	00:52:45.13		Runner	Carman, MB	5:16/K	11.4kph	16	35	

Female 35 - 39

Place	Bib#	Name	Time	Grade	Athlete Type	Hometown	Pace	Speed	Overall Place	Age	Athlete ID
1.	1050	Monique Ledrew	00:46:45.46		Runner	Sandy Hook, MB	4:40/K	12.8kph	5	36	
2.	1051	Kyla Lenio-Slack	00:46:45.82		Runner	Teulon, MB	4:40/K	12.8kph	6	35	
3.	1023	Amber Dyck	00:55:57.63		Runner	St. Francois Xavier, MB	5:36/K	10.7kph	21	35	
4.	1011	Carly Bjornsson	00:57:04.96		Runner	Stonewall, MB	5:42/K	10.5kph	26	37	
5.	1020	Angie Deprez	00:57:05.22		Runner	West St. Paul, MB	5:42/K	10.5kph	27	37	
6.	1028	Jen Ferguson	00:58:29.75		Runner	Winnipeg, MB	5:51/K	10.3kph	30	37	
7.	2166	Kristen Legault	01:00:41.94		Runner	Rosser	6:04/K	9.9kph	33	36	
8.	1054	Kelly Malcolmson	01:02:39.29		Runner	Winnipeg, MB	6:16/K	9.6kph	41	35	
9.	1071	Cristine Wallace	01:19:51.54		Runner	Balmoral, MB	7:59/K	7.5kph	60	37	
10.	1072	Aynsley Webster	01:24:09.25		Runner	Winnipeg, MB	8:25/K	7.1kph	63	35	

Male 40 - 44

Place	Bib#	Name	Time	Grade	Athlete Type	Hometown	Pace	Speed	Overall Place	Age	Athlete ID
1.	1035	Allen Gilleshammer	00:42:42.34		Runner	Winnipeg, MB	4:16/K	14.1kph	3	43	
2.	1039	Glenn Howell	00:48:04.01		Runner	Winnipeg, MB	4:48/K	12.5kph	8	41	
3.	1044	Paul Johnson	01:02:03.29		Runner	Gimli, MB	6:12/K	9.7kph	37	40	
4.	1009	Martin Beaudette	01:09:26.31		Runner	Winnipeg, MB	6:57/K	8.6kph	50	41	

Female 40 - 44

Place	Bib#	Name	Time	Grade	Athlete Type	Hometown	Pace	Speed	Overall Place	Age	Athlete ID
1.	1012	Susanne Boyd	00:52:04.09		Runner	Winnipeg, MB	5:12/K	11.5kph	13	41	

Hecla 10K

2.	1078	Theresa Zuk	00:56:04.19		Runner	Arborg, MB	5:36/K	10.7kph	22	40
3.	1018	Caddie Crampton	01:01:59.05		Runner	Carman, MB	6:12/K	9.7kph	35	40
4.	1074	Jodi Winkler	01:03:10.65		Runner	Carman, MB	6:19/K	9.5kph	42	42
5.	1014	Kimberly Burgardt	01:03:40.04		Runner	Kerrobert, SK	6:22/K	9.4kph	43	40
6.	2187	Christina Zamzow	01:05:14.51		Runner	Winnipeg	6:31/K	9.2kph	45	42
7.	1033	Lorraine Freiboth	01:09:26.47		Runner	St. Francois Xavier, MB	6:57/K	8.6kph	51	42
8.	1008	Angelique Beaudette	01:09:26.86		Runner	Winnipeg, MB	6:57/K	8.6kph	52	40
9.	1045	Debbie Johnson	01:30:24.86		Runner	Winnipeg, MB	9:02/K	6.6kph	65	44

Male 45 - 49

Place	Bib#	Name	Time	Grade	Athlete Type	Hometown	Pace	Speed	Overall Place	Age	Athlete ID
1.	1036	Brian Gilleshammer	00:49:50.90		Runner	Winnipeg, MB	4:59/K	12.0kph	10	47	

Female 45 - 49

Place	Bib#	Name	Time	Grade	Athlete Type	Hometown	Pace	Speed	Overall Place	Age	Athlete ID
1.	1043	Darlene Johannesson	00:59:41.03		Runner	Wynyard, SK	5:58/K	10.1kph	32	48	
2.	1076	Angie Wittmann	01:10:11.58		Runner	Winnipeg, MB	7:01/K	8.5kph	54	49	
3.	1038	Iris Griffin	01:32:36.61		Runner	Winnipeg, MB	9:16/K	6.5kph	67	48	

Female 50 - 54

Place	Bib#	Name	Time	Grade	Athlete Type	Hometown	Pace	Speed	Overall Place	Age	Athlete ID
1.	1006	Janet Bangle	01:00:47.83		Runner	Warren, MB	6:05/K	9.9kph	34	52	
2.	1066	Karen Sinclair	01:09:27.99		Runner	Winnipeg, MB	6:57/K	8.6kph	53	50	
3.	1027	Tima Faria	01:30:23.12		Runner	Winnipeg, MB	9:02/K	6.6kph	64	50	

Male 55 - 59

Place	Bib#	Name	Time	Grade	Athlete Type	Hometown	Pace	Speed	Overall Place	Age	Athlete ID
1.	1057	Sam Neis	01:19:07.47		Runner	Winnipeg, MB	7:55/K	7.6kph	59	59	

Female 55 - 59

Place	Bib#	Name	Time	Grade	Athlete Type	Hometown	Pace	Speed	Overall Place	Age	Athlete ID
1.	2134	Lorie Fiddler	01:12:22.39		Runner	Selkirk	7:14/K	8.3kph	58	55	
2.	1024	Sherry Dyck	01:48:26.71		Runner	Winnipeg, MB	10:51/K	5.5kph	68	57	