

# Hecla 5K

## Overall Male Runner

Place	Bib#	Name	Time	Grade	Athlete Type	Hometown	Pace	Speed	Overall Place	Age	Athlete ID
1.	501	Bran Adams	00:23:52.74		Runner	Winnipeg, MB	4:46/K	12.6kph	1	35	
2.	520	David Johnson	00:24:04.51		Runner	Gimli, MB	4:49/K	12.5kph	3	10	
3.	517	Lawson Johannesson	00:25:38.74		Runner	Waldheim, SK	5:08/K	11.7kph	4	10	

## Overall Female Runner

Place	Bib#	Name	Time	Grade	Athlete Type	Hometown	Pace	Speed	Overall Place	Age	Athlete ID
1.	510	Cassie Guarino	00:23:54.03		Runner	Winnipeg, MB	4:47/K	12.6kph	2	35	
2.	504	Cazie Bisson	00:25:40.27		Runner	Clandeboye, MB	5:08/K	11.7kph	5	11	
3.	523	Shauna Krawchuk	00:28:16.09		Runner	Winnipeg, MB	5:39/K	10.6kph	7	39	

## Male 0-9

Place	Bib#	Name	Time	Grade	Athlete Type	Hometown	Pace	Speed	Overall Place	Age	Athlete ID
1.	518	Grayer Johannesson	00:29:16.20		Runner	Waldheim, SK	5:51/K	10.3kph	12	8	

## Female 0 - 9

Place	Bib#	Name	Time	Grade	Athlete Type	Hometown	Pace	Speed	Overall Place	Age	Athlete ID
1.	508	Madison Froese	00:28:33.90		Runner	Carman, MB	5:43/K	10.5kph	9	7	

## Male 10 - 14

Place	Bib#	Name	Time	Grade	Athlete Type	Hometown	Pace	Speed	Overall Place	Age	Athlete ID
1.	520	David Johnson	00:24:04.51		Runner	Gimli, MB	4:49/K	12.5kph	3	10	
2.	517	Lawson Johannesson	00:25:38.74		Runner	Waldheim, SK	5:08/K	11.7kph	4	10	
3.	516	Devon Johannesson	00:26:32.24		Runner	Waldheim, SK	5:18/K	11.3kph	6	11	

## Female 10 - 14

Place	Bib#	Name	Time	Grade	Athlete Type	Hometown	Pace	Speed	Overall Place	Age	Athlete ID
1.	504	Cazie Bisson	00:25:40.27		Runner	Clandeboye, MB	5:08/K	11.7kph	5	11	
2.	545	Marlene Zimmermann	00:30:53.79		Runner	St Francois Xavier, MB	6:11/K	9.7kph	15	11	
3.	528	Rylee Nordine	00:45:18.43		Runner	Clandeboye, MB	9:04/K	6.6kph	34	11	

## Female 15 - 19

Place	Bib#	Name	Time	Grade	Athlete Type	Hometown	Pace	Speed	Overall Place	Age	Athlete ID
1.	509	Sarah Gilleshammer	00:36:35.63		Runner	Winnipeg, MB	7:19/K	8.2kph	26	17	
2.	532	Hannah Pearce	00:42:11.51		Runner	Arborg, MB	8:26/K	7.1kph	32	15	

## Female 20 - 24

Place	Bib#	Name	Time	Grade	Athlete Type	Hometown	Pace	Speed	Overall Place	Age	Athlete ID
1.	537	Rebecca Simard	00:36:41.42		Runner	Winnipeg, MB	7:20/K	8.2kph	27	23	

## Female 25 - 29

Place	Bib#	Name	Time	Grade	Athlete Type	Hometown	Pace	Speed	Overall Place	Age	Athlete ID
1.	541	Jennifer Thorkelson	00:28:51.10		Runner	Teulon, MB	5:46/K	10.4kph	10	28	
2.	505	Shelby Brisbin	00:29:16.53		Runner	Winnipeg, MB	5:51/K	10.3kph	13	27	
3.	535	Sarah Scarlett	00:29:17.70		Runner	Winnipeg, MB	5:51/K	10.2kph	14	26	
4.	534	Kayla Robinson	00:34:02.22		Runner	Winnipeg, MB	6:48/K	8.8kph	23	28	

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## Male 30 - 34

Place	Bib#	Name	Time	Grade	Athlete Type	Hometown	Pace	Speed	Overall Place	Age	Athlete ID
1.	542	Nino Vales	00:43:06.18		Runner	Winnipeg, MB	8:37/K	7.0kph	33	30	
2.	515	Alex Johannesson	01:24:11.97		Runner	Waldheim, SK	16:50/K	3.6kph	42	34	

## Female 30 - 34

Place	Bib#	Name	Time	Grade	Athlete Type	Hometown	Pace	Speed	Overall Place	Age	Athlete ID
1.	514	Kristina Johannesson	00:31:09.74		Runner	Waldheim, SK	6:14/K	9.6kph	16	33	
2.	526	Kim Mushaluk	00:32:56.14		Runner	Balmoral, MB	6:35/K	9.1kph	21	34	
3.	512	Jennifer Hurrie	00:50:16.78		Runner	St.Francois Xavier, MB	10:03/K	6.0kph	37	34	
4.	1022	Christine Gillis	00:50:17.77		Runner	St.Francois Xavier, CAN	10:03/K	6.0kph	38	33	

## Male 35 - 39

Place	Bib#	Name	Time	Grade	Athlete Type	Hometown	Pace	Speed	Overall Place	Age	Athlete ID
1.	501	Bran Adams	00:23:52.74		Runner	Winnipeg, MB	4:46/K	12.6kph	1	35	

## Female 35 - 39

Place	Bib#	Name	Time	Grade	Athlete Type	Hometown	Pace	Speed	Overall Place	Age	Athlete ID
1.	510	Cassie Guarino	00:23:54.03		Runner	Winnipeg, MB	4:47/K	12.6kph	2	35	
2.	523	Shauna Krawchuk	00:28:16.09		Runner	Winnipeg, MB	5:39/K	10.6kph	7	39	
3.	540	Cherie Thordarson	00:32:10.16		Runner	Gimli, MB	6:26/K	9.3kph	19	35	
4.	525	Heather Laurie	00:37:40.29		Runner	Winnipeg, MB	7:32/K	8.0kph	28	35	
5.	539	Lindsay Struhan	00:38:58.25		Runner	Gimli, MB	7:48/K	7.7kph	29	35	
6.	1062	Jennifer Reesink	01:10:12.77		Runner	Woodlands	14:02/K	4.3kph	41	39	

## Female 40 - 44

Place	Bib#	Name	Time	Grade	Athlete Type	Hometown	Pace	Speed	Overall Place	Age	Athlete ID
1.	507	Joy Enright	00:28:18.88		Runner	Warren, MB	5:40/K	10.6kph	8	42	
2.	521	Karen King	00:31:27.92		Runner	Winnipeg, MB	6:17/K	9.5kph	17	40	
3.	543	Susan Wedel	00:31:59.62		Runner	Stonewall, MB	6:24/K	9.4kph	18	42	
4.	531	Melanie Pearce	00:34:00.10		Runner	Arborg, MB	6:48/K	8.8kph	22	40	
5.	544	Melanie Zimmermann	00:39:06.73		Runner	St Francois Xavier, MB	7:49/K	7.7kph	30	41	
6.	527	Bryna Nordine	00:46:29.17		Runner	Clandeboye, MB	9:18/K	6.5kph	36	42	
7.	529	Colleen Otto	01:01:27.87		Runner	Tyndall, MB	12:17/K	4.9kph	39	43	
8.	522	Kim Kmet	01:01:29.87		Runner	Gimli, MB	12:18/K	4.9kph	40	41	

## Female 45 - 49

Place	Bib#	Name	Time	Grade	Athlete Type	Hometown	Pace	Speed	Overall Place	Age	Athlete ID
1.	502	Lisa Andersen	00:32:26.17		Runner	Winnipeg, MB	6:29/K	9.2kph	20	47	
2.	519	Doriane Johnson	00:36:03.92		Runner	Gimli, MB	7:13/K	8.3kph	25	46	
3.	503	Josie Bisson	00:46:28.25		Runner	Clandeboye, MB	9:18/K	6.5kph	35	45	

## Male 50 - 54

Place	Bib#	Name	Time	Grade	Athlete Type	Hometown	Pace	Speed	Overall Place	Age	Athlete ID
1.	533	Brent Prior	00:29:03.20		Runner	Teulon, MB	5:49/K	10.3kph	11	54	

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## Female 50 - 54

Place	Bib#	Name	Time	Grade	Athlete Type	Hometown	Pace	Speed	Overall Place	Age	Athlete ID
1.	524	Tara Lancaster	00:34:41.21		Runner	Winnipeg, MB	6:56/K	8.6kph	24	54	
2.	513	Jo-Anne Johannesson	01:24:13.10		Runner	Riverton, MB	16:51/K	3.6kph	43	54	

## Male 75 - 79

Place	Bib#	Name	Time	Grade	Athlete Type	Hometown	Pace	Speed	Overall Place	Age	Athlete ID
1.	506	Ron Chopek	00:39:58.37		Runner	Gimli, MB	8:00/K	7.5kph	31	78	