

Lace Up for Diabetes - 10K

Overall Male Runner

Place	Bib#	Name	Time	Grade	Athlete Type	Hometown	Pace	Speed	Overall Place	Age	Athlete ID
1.	1372	John McGavock	00:38:32.68		Runner	Winnipeg, CAN	3:51/K	15.6kph	1	42	
		Lap 1 >	0:18:51.007								(0:18:51.007)
		Lap 2 >	0:19:41.673								(0:38:32.680)
2.	1313	Jonas Eastcott	00:39:06.00		Runner	Winnipeg, MB	3:54/K	15.4kph	2	26	
		Lap 1 >	0:19:40.817								(0:19:40.817)
		Lap 2 >	0:19:25.183								(0:39:06.000)
3.	1340	Toby Harper-Merrett	00:42:45.24		Runner	Montréal, CAN	4:16/K	14.0kph	3	39	
		Lap 1 >	0:20:49.140								(0:20:49.140)
		Lap 2 >	0:21:56.103								(0:42:45.243)

Overall Female Runner

Place	Bib#	Name	Time	Grade	Athlete Type	Hometown	Pace	Speed	Overall Place	Age	Athlete ID
1.	1352	Randi Marshall	00:49:01.77		Runner	Winnipeg, MB	4:54/K	12.2kph	10	24	
		Lap 1 >	0:24:05.486								(0:24:05.486)
		Lap 2 >	0:24:56.290								(0:49:01.776)
2.	1302	Phuong Phan	00:50:31.36		Runner	Winnipeg, MB	5:03/K	11.9kph	12	41	
		Lap 1 >	0:24:30.433								(0:24:30.433)
		Lap 2 >	0:26:00.934								(0:50:31.367)
3.	1303	Samantha Erichsen	00:50:42.82		Runner	Winnipeg, MB	5:04/K	11.8kph	13	29	
		Lap 1 >	0:25:36.906								(0:25:36.906)
		Lap 2 >	0:25:05.920								(0:50:42.826)

Male 20 - 24

Place	Bib#	Name	Time	Grade	Athlete Type	Hometown	Pace	Speed	Overall Place	Age	Athlete ID
1.	1347	Evan Klyne	00:50:43.67		Runner	Winnipeg, MB	5:04/K	11.8kph	14	23	
		Lap 1 >	0:24:20.143								(0:24:20.143)
		Lap 2 >	0:26:23.530								(0:50:43.673)
2.	1307	Andrew Little	01:01:06.03		Runner	Winnipeg, MB	6:07/K	9.8kph	30	23	
		Lap 1 >	0:28:14.110								(0:28:14.110)
		Lap 2 >	0:32:51.920								(1:01:06.030)
3.	1308	John Schaefer	01:42:08.73		Runner	Winnipeg, MB	10:13/K	5.9kph	61	23	
		Lap 1 >	0:25:22.507								(0:25:22.507)
		>	1:16:46.226								(1:42:08.733)

Female 20 - 24

Place	Bib#	Name	Time	Grade	Athlete Type	Hometown	Pace	Speed	Overall Place	Age	Athlete ID
1.	1352	Randi Marshall	00:49:01.77		Runner	Winnipeg, MB	4:54/K	12.2kph	10	24	
		Lap 1 >	0:24:05.486								(0:24:05.486)
		Lap 2 >	0:24:56.290								(0:49:01.776)
2.	1322	Katryna Barske	00:50:46.01		Runner	Winnipeg, MB	5:05/K	11.8kph	15	24	
		Lap 1 >	0:24:31.970								(0:24:31.970)
		Lap 2 >	0:26:14.043								(0:50:46.013)
3.	1337	Anna Fritschij	01:10:43.64		Runner	Winnipeg, MB	7:04/K	8.5kph	47	23	
		Lap 1 >	0:33:11.093								(0:33:11.093)
		Lap 2 >	0:37:32.554								(1:10:43.647)

Male 25 - 29

Place	Bib#	Name	Time	Grade	Athlete Type	Hometown	Pace	Speed	Overall Place	Age	Athlete ID
1.	1313	Jonas Eastcott	00:39:06.00		Runner	Winnipeg, MB	3:54/K	15.4kph	2	26	
		>	0:19:40.817								(0:19:40.817)
		Lap 2 >	0:19:25.183								(0:39:06.000)
2.	1330	Anthony Del Vecchio	00:46:50.01		Runner	Winnipeg, MB	4:41/K	12.8kph	8	27	
		Lap 1 >	0:23:47.667								(0:23:47.667)
		Lap 2 >	0:23:02.350								(0:46:50.017)
3.	1319	Bryan Joss	00:51:30.54		Runner	Winnipeg, MB	5:09/K	11.7kph	18	28	
		Lap 1 >	0:50:22.146								(0:50:22.146)
		Lap 2 >	0:01:08.397								(0:51:30.543)

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4.	1351	Ralph Lumbang	01:15:43.31		Runner	Winnipeg, MB	7:34/K	7.9kph	51	28
		Lap 1 >	0:37:25.330							
		>	0:38:17.980							
			(0:37:25.330)							
			(1:15:43.310)							

Female 25 - 29

Place	Bib#	Name	Time	Grade	Athlete Type	Hometown	Pace	Speed	Overall Place	Age	Athlete ID
1.	1303	Samantha Erichsen	00:50:42.82		Runner	Winnipeg, MB	5:04/K	11.8kph	13	29	
		Lap 1 >	0:25:36.906								
		Lap 2 >	0:25:05.920								
			(0:25:36.906)								
			(0:50:42.826)								

Male 30 - 34

Place	Bib#	Name	Time	Grade	Athlete Type	Hometown	Pace	Speed	Overall Place	Age	Athlete ID
1.	1364	Michael Torres	00:47:01.69		Runner	Winnipeg, MB	4:42/K	12.8kph	9	34	
		Lap 1 >	0:23:31.930								
		Lap 2 >	0:23:29.763								
			(0:23:31.930)								
			(0:47:01.693)								
2.	1362	Brian Stover	00:53:37.39		Runner	Winnipeg, MB	5:22/K	11.2kph	22	33	
		Lap 1 >	0:24:32.660								
		>	0:29:04.730								
			(0:24:32.660)								
			(0:53:37.390)								
3.	1345	Brett Klassen	01:06:18.13		Runner	Brandon, MB	6:38/K	9.0kph	40	31	
		Lap 1 >	0:31:32.440								
		Lap 2 >	0:34:45.697								
			(0:31:32.440)								
			(1:06:18.137)								
4.	1304	Bryan Stadnyk	01:12:39.56		Runner	Winnipeg, MB	7:16/K	8.3kph	49	31	
		Lap 1 >	0:33:50.850								
		Lap 2 >	0:38:48.713								
			(0:33:50.850)								
			(1:12:39.563)								
5.	1320	Prem Sakounkhou	01:17:16.77		Runner	Winnipeg, MB	7:44/K	7.8kph	52	34	
		Lap 1 >	0:36:28.934								
		>	0:40:47.836								
			(0:36:28.934)								
			(1:17:16.770)								

Female 30 - 34

Place	Bib#	Name	Time	Grade	Athlete Type	Hometown	Pace	Speed	Overall Place	Age	Athlete ID
1.	1301	Robyn Kent	00:51:00.86		Runner	Winnipeg, MB	5:06/K	11.8kph	17	30	
		Lap 1 >	0:24:26.600								
		Lap 2 >	0:26:34.260								
			(0:24:26.600)								
			(0:51:00.860)								
2.	1317	Chantel Cheng	01:05:49.13		Runner	Winnipeg, MB	6:35/K	9.1kph	35	34	
		Lap 1 >	0:32:06.760								
		Lap 2 >	0:33:42.377								
			(0:32:06.760)								
			(1:05:49.137)								
3.	1346	Meagan Klassen	01:06:12.85		Runner	Brandon, MB	6:37/K	9.1kph	37	31	
		Lap 1 >	0:31:44.350								
		Lap 2 >	0:34:28.500								
			(0:31:44.350)								
			(1:06:12.850)								

Male 35 - 39

Place	Bib#	Name	Time	Grade	Athlete Type	Hometown	Pace	Speed	Overall Place	Age	Athlete ID
1.	1340	Toby Harper-Merrett	00:42:45.24		Runner	Montréal, CAN	4:16/K	14.0kph	3	39	
		Lap 1 >	0:20:49.140								
		Lap 2 >	0:21:56.103								
			(0:20:49.140)								
			(0:42:45.243)								
2.	1348	Shaun Kohut	00:44:36.45		Runner	Winnipeg, MB	4:28/K	13.5kph	6	36	
		Lap 1 >	0:21:57.743								
		Lap 2 >	0:22:38.707								
			(0:21:57.743)								
			(0:44:36.450)								
3.	1354	Dan Misko	00:50:07.17		Runner	Winnipeg, MB	5:01/K	12.0kph	11	39	
		Lap 1 >	0:24:44.220								
		Lap 2 >	0:25:22.953								
			(0:24:44.220)								
			(0:50:07.173)								
4.	1329	Chris Awesome	01:06:15.05		Runner		6:38/K	9.1kph	38	35	
		Lap 1 >	0:33:27.203								
		Lap 2 >	0:32:47.854								
			(0:33:27.203)								
			(1:06:15.057)								

Female 35 - 39

Place	Bib#	Name	Time	Grade	Athlete Type	Hometown	Pace	Speed	Overall Place	Age	Athlete ID
1.	1336	Emanuelle Freundlich	00:59:48.14		Runner	Oakbank, MB	5:59/K	10.0kph	27	38	
		Lap 1 >	0:29:25.103								
		Lap 2 >	0:30:23.037								
			(0:29:25.103)								
			(0:59:48.140)								

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2.	1358	Blue Marie Rocero	01:01:52.79	Runner	Winnipeg, MB	6:11/K	9.7kph	31	39
		Lap 1 >	0:29:45.923 (0:29:45.923)						
		Lap 2 >	0:32:06.867 (1:01:52.790)						
3.	1306	Marion Kollinger	01:04:25.58	Runner	Winnipeg, MB	6:27/K	9.3kph	33	39
		Lap 1 >	0:30:36.790 (0:30:36.790)						
		Lap 2 >	0:33:48.790 (1:04:25.580)						
4.	1328	Shauna Campbell	01:06:57.73	Runner	Oakbank, MB	6:42/K	9.0kph	43	36
		Lap 1 >	0:32:44.583 (0:32:44.583)						
		Lap 2 >	0:34:13.147 (1:06:57.730)						
5.	1325	Diane Borges	01:15:41.73	Runner	Winnipeg, MB	7:34/K	7.9kph	50	35
		Lap 1 >	0:37:24.473 (0:37:24.473)						
		>	0:38:17.257 (1:15:41.730)						
6.	1366	Jewel White	01:31:10.68	Runner	Thornhill, ON	9:07/K	6.6kph	60	37
		Lap 1 >	0:44:26.990 (0:44:26.990)						
		>	0:46:43.697 (1:31:10.687)						

Male 40 - 44

Place	Bib#	Name	Time	Grade	Athlete Type	Hometown	Pace	Speed	Overall Place	Age	Athlete ID
1.	1372	John McGavock	00:38:32.68		Runner	Winnipeg, CAN	3:51/K	15.6kph	1	42	
		>	0:18:51.007 (0:18:51.007)								
		Lap 2 >	0:19:41.673 (0:38:32.680)								
2.	1359	Sak Si	01:00:32.46		Runner	Winnipeg, MB	6:03/K	9.9kph	29	43	
		Lap 1 >	0:29:27.527 (0:29:27.527)								
		Lap 2 >	0:31:04.936 (1:00:32.463)								
3.	1356	Avery Normand	01:02:45.39		Runner	Winnipeg, MB	6:16/K	9.6kph	32	42	
		Lap 1 >	0:30:32.270 (0:30:32.270)								
		Lap 2 >	0:32:13.123 (1:02:45.393)								

Female 40 - 44

Place	Bib#	Name	Time	Grade	Athlete Type	Hometown	Pace	Speed	Overall Place	Age	Athlete ID
1.	1302	Phuong Phan	00:50:31.36		Runner	Winnipeg, MB	5:03/K	11.9kph	12	41	
		Lap 1 >	0:24:30.433 (0:24:30.433)								
		Lap 2 >	0:26:00.934 (0:50:31.367)								
2.	1343	Marti-Dee Hogg	00:53:22.45		Runner	Warren, MB	5:20/K	11.2kph	21	43	
		Lap 1 >	0:26:21.140 (0:26:21.140)								
		Lap 2 >	0:27:01.316 (0:53:22.456)								
3.	1334	Kristal Elskamp	01:05:42.73		Runner	Sanford	6:34/K	9.1kph	34	43	
		Lap 1 >	0:29:24.840 (0:29:24.840)								
		Lap 2 >	0:36:17.893 (1:05:42.733)								
4.	1316	Rhonda McCallum	01:06:20.17		Runner	Winnipeg, MB	6:38/K	9.0kph	42	43	
		Lap 1 >	0:32:26.124 (0:32:26.124)								
		Lap 2 >	0:33:54.050 (1:06:20.174)								
5.	1371	Deborah Smith	01:19:30.34		Runner	Winnipeg, CAN	7:57/K	7.5kph	53	40	
		Lap 1 >	0:37:05.560 (0:37:05.560)								
		>	0:42:24.787 (1:19:30.347)								
6.	1331	Christine Doucette	01:28:43.61		Runner	Headingley, MB	8:52/K	6.8kph	56	40	
		Lap 1 >	0:42:27.356 (0:42:27.356)								
		>	0:46:16.254 (1:28:43.610)								
7.	1367	Brandy Wicklow	01:28:44.25		Runner	Winnipeg, MB	8:52/K	6.8kph	57	43	
		Lap 1 >	0:42:27.713 (0:42:27.713)								
		>	0:46:16.544 (1:28:44.257)								

Male 45 - 49

Place	Bib#	Name	Time	Grade	Athlete Type	Hometown	Pace	Speed	Overall Place	Age	Athlete ID
1.	1335	Thomas Elskamp	00:46:41.39		Runner	Sanford, MB	4:40/K	12.9kph	7	47	
		Lap 1 >	0:22:45.654 (0:22:45.654)								
		Lap 2 >	0:23:55.740 (0:46:41.394)								
2.	1310	Kevin Wolk	00:50:57.88		Runner	Winnipeg, MB	5:06/K	11.8kph	16	47	
		Lap 1 >	0:25:20.530 (0:25:20.530)								
		Lap 2 >	0:25:37.353 (0:50:57.883)								
3.	1332	Mike Dutka	00:52:46.19		Runner	Winnipeg, MB	5:17/K	11.4kph	20	47	
		Lap 1 >	0:26:01.090 (0:26:01.090)								
		Lap 2 >	0:26:45.106 (0:52:46.196)								

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4.	1350	NOEL LAPUZ	01:00:03.50	Runner	WINNIPEG, MB	6:00/K	10.0kph	28	47
		Lap 1 >	0:29:28.577						
		Lap 2 >	0:30:34.923						
			(0:29:28.577)						
			(1:00:03.500)						
5.	1318	Jumir Encarnacion	01:07:56.30	Runner	Winnipeg, MB	6:48/K	8.8kph	44	45
		Lap 1 >	0:32:44.787						
		Lap 2 >	0:35:11.520						
			(0:32:44.787)						
			(1:07:56.307)						
6.	1326	Corey Burton	01:08:22.09	Runner	Kleefeld, MB	6:50/K	8.8kph	45	46
		Lap 1 >	0:29:29.700						
		Lap 2 >	0:38:52.393						
			(0:29:29.700)						
			(1:08:22.093)						

Female 45 - 49

Place	Bib#	Name	Time	Grade	Athlete Type	Hometown	Pace	Speed	Overall Place	Age	Athlete ID
1.	1333	Teresa Dyck	00:55:20.89		Runner	Portage la Prairie, MB	5:32/K	10.8kph	23	46	
		Lap 1 >	0:27:37.203								
		Lap 2 >	0:27:43.687								
			(0:27:37.203)								
			(0:55:20.890)								
2.	1344	Danielle Jobb	01:05:58.15		Runner	Winnipeg, MB	6:36/K	9.1kph	36	47	
		Lap 1 >	0:31:42.846								
		Lap 2 >	0:34:15.304								
			(0:31:42.846)								
			(1:05:58.150)								
3.	1360	Barb Stephanson	01:06:16.13		Runner	Winnipeg, MB	6:38/K	9.1kph	39	47	
		Lap 1 >	0:32:39.497								
		Lap 2 >	0:33:36.640								
			(0:32:39.497)								
			(1:06:16.137)								
4.	1349	Kerry Lamoureux	01:11:54.29		Runner	Winnipeg, MB	7:11/K	8.3kph	48	47	
		Lap 1 >	0:35:03.916								
		Lap 2 >	0:36:50.374								
			(0:35:03.916)								
			(1:11:54.290)								
5.	1353	Fiona McCarthy	01:26:18.11		Runner	Winnipeg, MB	8:38/K	7.0kph	55	46	
		Lap 1 >	0:41:07.393								
		>	0:45:10.717								
			(0:41:07.393)								
			(1:26:18.110)								

Female 50 - 54

Place	Bib#	Name	Time	Grade	Athlete Type	Hometown	Pace	Speed	Overall Place	Age	Athlete ID
1.	1327	Kathleen Caithness	00:52:43.00		Runner	Winnipeg, MB	5:16/K	11.4kph	19	50	
		Lap 1 >	0:25:18.640								
		Lap 2 >	0:27:24.360								
			(0:25:18.640)								
			(0:52:43.000)								
2.	1365	Karen Wakegijig	01:29:21.10		Runner	MacGregor, MB	8:56/K	6.7kph	58	52	
		Lap 1 >	0:45:26.936								
		>	0:43:54.167								
			(0:45:26.936)								
			(1:29:21.103)								

Male 55 - 59

Place	Bib#	Name	Time	Grade	Athlete Type	Hometown	Pace	Speed	Overall Place	Age	Athlete ID
1.	1321	Khalid Ahmad	00:44:04.84		Runner	Winnipeg, MB	4:24/K	13.6kph	5	55	
		Lap 1 >	0:22:05.070								
		Lap 2 >	0:21:59.777								
			(0:22:05.070)								
			(0:44:04.847)								
2.	1311	Scott Thomson	00:59:46.06		Runner	Winnipeg, MB	5:59/K	10.0kph	26	59	
		Lap 1 >	0:28:53.496								
		Lap 2 >	0:30:52.570								
			(0:28:53.496)								
			(0:59:46.066)								
3.	1338	Mike Fritschij	01:10:43.41		Runner	Winnipeg, MB	7:04/K	8.5kph	46	56	
		Lap 1 >	0:33:09.473								
		Lap 2 >	0:37:33.937								
			(0:33:09.473)								
			(1:10:43.410)								

Female 55 - 59

Place	Bib#	Name	Time	Grade	Athlete Type	Hometown	Pace	Speed	Overall Place	Age	Athlete ID
1.	1342	Nancy Hill	00:56:03.92		Runner	Winnipeg, MB	5:36/K	10.7kph	24	59	
		Lap 1 >	0:26:15.603								
		Lap 2 >	0:29:48.323								
			(0:26:15.603)								
			(0:56:03.926)								
2.	1355	Patricia Mondt	01:29:22.71		Runner	Winnipeg, MB	8:56/K	6.7kph	59	56	
		Lap 1 >	0:44:07.570								
		>	0:45:15.143								
			(0:44:07.570)								
			(1:29:22.713)								

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Male 60 - 64

Place	Bib#	Name	Time	Grade	Athlete Type	Hometown	Pace	Speed	Overall Place	Age	Athlete ID
1.	1368	Brent Willows	00:43:48.52		Runner	Winnipeg, MB	4:23/K	13.7kph	4	60	
		Lap 1 >	0:21:23.690								(0:21:23.690)
		Lap 2 >	0:22:24.833								(0:43:48.523)

Female 60 - 64

Place	Bib#	Name	Time	Grade	Athlete Type	Hometown	Pace	Speed	Overall Place	Age	Athlete ID
1.	1361	Jane Stewart	01:19:59.30		Runner	Winnipeg, MB	8:00/K	7.5kph	54	62	
		Lap 1 >	0:39:52.260								(0:39:52.260)
		>	0:40:07.040								(1:19:59.300)

Male 65 - 69

Place	Bib#	Name	Time	Grade	Athlete Type	Hometown	Pace	Speed	Overall Place	Age	Athlete ID
1.	1314	Ian McKeown	00:57:04.75		Runner	Winnipeg, MB	5:42/K	10.5kph	25	66	
		Lap 1 >	0:28:54.867								(0:28:54.867)
		Lap 2 >	0:28:09.883								(0:57:04.750)
2.	1315	Jeff Vince	01:06:19.00		Runner	East St Paul, MB	6:38/K	9.0kph	41	69	
		Lap 1 >	0:31:52.450								(0:31:52.450)
		Lap 2 >	0:34:26.550								(1:06:19.000)