

East St Paul Canada Day 10K

Overall Male Runner

| Place | Bib# | Name | Time | Grade | Athlete Type | Hometown | Pace | Speed | Overall Place | Age | Athlete ID |
|-------|------|------------------|-------------|-------|--------------|-------------------|--------|---------|---------------|-----|------------|
| 1. | 1010 | Steven Graupner | 00:35:53.11 | | Runner | St. Malo, MB | 3:35/K | 16.7kph | 1 | 28 | |
| 2. | 1025 | Jeremy Malenchak | 00:46:04.24 | | Runner | Morden, MB | 4:36/K | 13.0kph | 2 | 16 | |
| 3. | 1009 | Robert Glover | 00:46:29.31 | | Runner | East St. Paul, MB | 4:39/K | 12.9kph | 3 | 16 | |

Overall Female Runner

| Place | Bib# | Name | Time | Grade | Athlete Type | Hometown | Pace | Speed | Overall Place | Age | Athlete ID |
|-------|------|--------------|-------------|-------|--------------|------------------|--------|---------|---------------|-----|------------|
| 1. | 1002 | Ana Breit | 00:46:40.62 | | Runner | Winnipeg, MB | 4:40/K | 12.9kph | 4 | 24 | |
| 2. | 1017 | Jo-Anne Hass | 00:47:28.99 | | Runner | West St Paul, MB | 4:45/K | 12.6kph | 7 | 50 | |
| 3. | 1034 | Kathy Taylor | 00:52:08.26 | | Runner | Winnipeg, MB | 5:13/K | 11.5kph | 11 | 53 | |

Male 10 - 14

| Place | Bib# | Name | Time | Grade | Athlete Type | Hometown | Pace | Speed | Overall Place | Age | Athlete ID |
|-------|------|--------------|-------------|-------|--------------|-----------|--------|---------|---------------|-----|------------|
| 1. | 1028 | Zack Meadows | 00:51:43.46 | | Runner | Gimli, MB | 5:10/K | 11.6kph | 10 | 13 | |

Male 15 - 19

| Place | Bib# | Name | Time | Grade | Athlete Type | Hometown | Pace | Speed | Overall Place | Age | Athlete ID |
|-------|------|------------------|-------------|-------|--------------|-------------------|--------|---------|---------------|-----|------------|
| 1. | 1025 | Jeremy Malenchak | 00:46:04.24 | | Runner | Morden, MB | 4:36/K | 13.0kph | 2 | 16 | |
| 2. | 1009 | Robert Glover | 00:46:29.31 | | Runner | East St. Paul, MB | 4:39/K | 12.9kph | 3 | 16 | |

Male 20 - 24

| Place | Bib# | Name | Time | Grade | Athlete Type | Hometown | Pace | Speed | Overall Place | Age | Athlete ID |
|-------|------|---------------|-------------|-------|--------------|--------------|--------|--------|---------------|-----|------------|
| 1. | 1013 | Dalton Grieve | 01:10:18.06 | | Runner | Winnipeg, MB | 7:02/K | 8.5kph | 35 | 22 | |

Female 20 - 24

| Place | Bib# | Name | Time | Grade | Athlete Type | Hometown | Pace | Speed | Overall Place | Age | Athlete ID |
|-------|------|----------------|-------------|-------|--------------|-------------------|--------|---------|---------------|-----|------------|
| 1. | 1002 | Ana Breit | 00:46:40.62 | | Runner | Winnipeg, MB | 4:40/K | 12.9kph | 4 | 24 | |
| 2. | 1004 | Caitlin Dansen | 00:53:11.59 | | Runner | East St. Paul, MB | 5:19/K | 11.3kph | 13 | 24 | |
| 3. | 1005 | Emily Dempster | 00:58:46.68 | | Runner | Winnipeg, MB | 5:53/K | 10.2kph | 22 | 22 | |
| 4. | 1007 | Alanna Flom | 01:02:51.76 | | Runner | Winnipeg, MB | 6:17/K | 9.5kph | 30 | 21 | |

Male 25 - 29

| Place | Bib# | Name | Time | Grade | Athlete Type | Hometown | Pace | Speed | Overall Place | Age | Athlete ID |
|-------|------|-----------------|-------------|-------|--------------|--------------|--------|---------|---------------|-----|------------|
| 1. | 1010 | Steven Graupner | 00:35:53.11 | | Runner | St. Malo, MB | 3:35/K | 16.7kph | 1 | 28 | |
| 2. | 1041 | Josh Greenberg | 00:51:18.65 | | Runner | Winnipeg, MB | 5:08/K | 11.7kph | 8 | 28 | |
| 3. | 1020 | Yusuf Kacamak | 01:03:33.62 | | Runner | Winnipeg, MB | 6:21/K | 9.4kph | 31 | 28 | |

Female 25 - 29

| Place | Bib# | Name | Time | Grade | Athlete Type | Hometown | Pace | Speed | Overall Place | Age | Athlete ID |
|-------|------|--------------------|-------------|-------|--------------|--------------|--------|---------|---------------|-----|------------|
| 1. | 1031 | Victoria Ptashnick | 00:58:02.57 | | Runner | Toronto, MB | 5:48/K | 10.3kph | 20 | 29 | |
| 2. | 1014 | Merriam Grieve | 01:06:06.46 | | Runner | Winnipeg, MB | 6:37/K | 9.1kph | 33 | 28 | |

Female 30 - 34

| Place | Bib# | Name | Time | Grade | Athlete Type | Hometown | Pace | Speed | Overall Place | Age | Athlete ID |
|-------|------|-----------------|-------------|-------|--------------|-------------------|--------|---------|---------------|-----|------------|
| 1. | 1040 | Jessica Slimmon | 00:53:04.79 | | Runner | Winnipeg, MB | 5:18/K | 11.3kph | 12 | 30 | |
| 2. | 1016 | Jenny Hall | 00:53:19.08 | | Runner | Winnipeg, MB | 5:20/K | 11.3kph | 14 | 32 | |
| 3. | 1026 | Kaitlin Martens | 00:57:48.08 | | Runner | East St. Paul, MB | 5:47/K | 10.4kph | 18 | 32 | |

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4. 1032 Eden Ramsay 01:12:22.27 Runner Winnipeg, MB 7:14/K 8.3kph 37 30

Male 35 - 39

| Place | Bib# | Name | Time | Grade | Athlete Type | Hometown | Pace | Speed | Overall Place | Age | Athlete ID |
|-------|------|-----------------|-------------|-------|--------------|------------------|--------|---------|---------------|-----|------------|
| 1. | 1003 | Miguel Carrasco | 00:56:18.11 | | Runner | East St Paul, MB | 5:38/K | 10.7kph | 17 | 37 | |

Female 35 - 39

| Place | Bib# | Name | Time | Grade | Athlete Type | Hometown | Pace | Speed | Overall Place | Age | Athlete ID |
|-------|------|-------------|-------------|-------|--------------|--------------|--------|---------|---------------|-----|------------|
| 1. | 1039 | Angie Wiebe | 00:55:01.33 | | Runner | Winnipeg, MB | 5:30/K | 10.9kph | 16 | 35 | |

Male 40 - 44

| Place | Bib# | Name | Time | Grade | Athlete Type | Hometown | Pace | Speed | Overall Place | Age | Athlete ID |
|-------|------|---------------|-------------|-------|--------------|-------------------|--------|---------|---------------|-----|------------|
| 1. | 1036 | Andrew Willms | 00:47:20.33 | | Runner | Winnipeg, MB | 4:44/K | 12.7kph | 6 | 41 | |
| 2. | 1027 | Will Martens | 00:57:49.77 | | Runner | East St. Paul, MB | 5:47/K | 10.4kph | 19 | 41 | |

Male 45 - 49

| Place | Bib# | Name | Time | Grade | Athlete Type | Hometown | Pace | Speed | Overall Place | Age | Athlete ID |
|-------|------|--------------|-------------|-------|--------------|------------------|--------|---------|---------------|-----|------------|
| 1. | 1008 | Dave Fulawka | 00:54:10.75 | | Runner | East St Paul, MB | 5:25/K | 11.1kph | 15 | 48 | |

Female 45 - 49

| Place | Bib# | Name | Time | Grade | Athlete Type | Hometown | Pace | Speed | Overall Place | Age | Athlete ID |
|-------|------|----------------|-------------|-------|--------------|--------------|--------|--------|---------------|-----|------------|
| 1. | 1019 | Danielle Jobb | 01:02:16.40 | | Runner | Winnipeg, MB | 6:14/K | 9.6kph | 29 | 47 | |
| 2. | 1029 | Maxine Meadows | 01:09:12.03 | | Runner | Gimli, MB | 6:55/K | 8.7kph | 34 | 45 | |

Male 50 - 54

| Place | Bib# | Name | Time | Grade | Athlete Type | Hometown | Pace | Speed | Overall Place | Age | Athlete ID |
|-------|------|------------|-------------|-------|--------------|------------------|--------|---------|---------------|-----|------------|
| 1. | 1038 | Marc Hache | 00:51:42.93 | | Runner | East St.Paul, MB | 5:10/K | 11.6kph | 9 | 51 | |
| 2. | 1011 | Tom Grieve | 00:58:39.33 | | Runner | Winnipeg, MB | 5:52/K | 10.2kph | 21 | 54 | |

Female 50 - 54

| Place | Bib# | Name | Time | Grade | Athlete Type | Hometown | Pace | Speed | Overall Place | Age | Athlete ID |
|-------|------|----------------|-------------|-------|--------------|------------------|--------|---------|---------------|-----|------------|
| 1. | 1017 | Jo-Anne Hass | 00:47:28.99 | | Runner | West St Paul, MB | 4:45/K | 12.6kph | 7 | 50 | |
| 2. | 1034 | Kathy Taylor | 00:52:08.26 | | Runner | Winnipeg, MB | 5:13/K | 11.5kph | 11 | 53 | |
| 3. | 1006 | Carol Ferguson | 01:01:12.82 | | Runner | East St Paul, MB | 6:07/K | 9.8kph | 28 | 53 | |

Male 55 - 59

| Place | Bib# | Name | Time | Grade | Athlete Type | Hometown | Pace | Speed | Overall Place | Age | Athlete ID |
|-------|------|--------------|-------------|-------|--------------|-----------------|--------|---------|---------------|-----|------------|
| 1. | 1018 | David Hooper | 00:46:55.07 | | Runner | St. Andrews, MB | 4:42/K | 12.8kph | 5 | 56 | |
| 2. | 1033 | John Ramsay | 01:11:22.88 | | Runner | Winnipeg, MB | 7:08/K | 8.4kph | 36 | 56 | |

Female 55 - 59

| Place | Bib# | Name | Time | Grade | Athlete Type | Hometown | Pace | Speed | Overall Place | Age | Athlete ID |
|-------|------|----------------|-------------|-------|--------------|-------------------|--------|--------|---------------|-----|------------|
| 1. | 1037 | Deb Schwartz | 01:05:09.33 | | Runner | East St.Paul, MB | 6:31/K | 9.2kph | 32 | 59 | |
| 2. | 1024 | Rhonda Leochko | 01:12:33.88 | | Runner | East St. Paul, MB | 7:15/K | 8.3kph | 38 | 55 | |

Female 60 - 64

| Place | Bib# | Name | Time | Grade | Athlete Type | Hometown | Pace | Speed | Overall Place | Age | Athlete ID |
|-------|------|-------------|-------------|-------|--------------|---------------------|--------|---------|---------------|-----|------------|
| 1. | 1022 | Janet Kole | 00:59:11.66 | | Runner | East St. Paul, MB | 5:55/K | 10.1kph | 24 | 61 | |
| 2. | 1023 | Viola Labun | 00:59:13.67 | | Runner | Wineast St Paul, MB | 5:55/K | 10.1kph | 25 | 64 | |

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3. 1012 Felly Grieve 01:00:32.02 Runner Winnipeg, MB 6:03/K 9.9kph 27 63

Male 65 - 69

| Place | Bib# | Name | Time | Grade | Athlete Type | Hometown | Pace | Speed | Overall Place | Age | Athlete ID |
|-------|------|----------------|-------------|-------|--------------|-------------------|--------|---------|---------------|-----|------------|
| 1. | 1030 | Gord Ptashnick | 00:59:06.26 | | Runner | East St. Paul, MB | 5:55/K | 10.2kph | 23 | 66 | |
| 2. | 1035 | Jeff Vince | 00:59:14.03 | | Runner | East St Paul, MB | 5:55/K | 10.1kph | 26 | 69 | |