

# East St Paul Canada Day 10K

## Overall Male Runner

Place	Bib#	Name	Time	Grade	Athlete Type	Hometown	Pace	Speed	Overall Place	Age	At
1.	1003	Chase Bueckert	00:44:52.83		Runner		4:29/K	13.4kph	1	12	
2.	1011	David Hooper	00:47:38.82		Runner		4:46/K	12.6kph	4	57	
3.	1009	Benjamin Gigolyk	00:49:22.09		Runner		4:56/K	12.2kph	5	11	

## Overall Female Runner

Place	Bib#	Name	Time	Grade	Athlete Type	Hometown	Pace	Speed	Overall Place	Age	At
1.	1004	Brandy Chevalier	00:46:16.00		Runner		4:38/K	13.0kph	2	33	
2.	1012	Kirsten Hooper	00:47:30.55		Runner		4:45/K	12.6kph	3	22	
3.	1001	Heather Ayres	00:50:12.16		Runner		5:01/K	12.0kph	6	55	

## Male 10 - 14

Place	Bib#	Name	Time	Grade	Athlete Type	Hometown	Pace	Speed	Overall Place	Age	At
1.	1017	Zack Meadows	00:53:31.49		Runner		5:21/K	11.2kph	7	14	

## Female 10 - 14

Place	Bib#	Name	Time	Grade	Athlete Type	Hometown	Pace	Speed	Overall Place	Age	At
1.	1027	Morgan Meadows	01:12:22.36		Runner		7:14/K	8.3kph	19	12	

## Male 20 - 24

Place	Bib#	Name	Time	Grade	Athlete Type	Hometown	Pace	Speed	Overall Place	Age	At
1.	1026	Matthew VanScheepdael	01:04:15.28		Runner		6:26/K	9.3kph	16	21	
2.	1005	Alex Czehryn	01:14:53.14		Runner		7:29/K	8.0kph	22	22	

## Female 20 - 24

Place	Bib#	Name	Time	Grade	Athlete Type	Hometown	Pace	Speed	Overall Place	Age	At
1.	1019	Athena Skarban	01:04:14.59		Runner		6:25/K	9.3kph	15	22	
2.	1014	Abby Koch	01:14:52.85		Runner		7:29/K	8.0kph	21	22	

## Male 25 - 29

Place	Bib#	Name	Time	Grade	Athlete Type	Hometown	Pace	Speed	Overall Place	Age	At
1.	1008	KEVIN ESSEBIER	01:01:15.09		Runner		6:08/K	9.8kph	13	25	

## Female 30 - 34

Place	Bib#	Name	Time	Grade	Athlete Type	Hometown	Pace	Speed	Overall Place	Age	At
1.	1022	Lisa Timmerman	01:08:35.52		Runner		6:51/K	8.7kph	17	30	

## Male 35 - 39

Place	Bib#	Name	Time	Grade	Athlete Type	Hometown	Pace	Speed	Overall Place	Age	At
1.	1006	Ryan Dueck	00:56:19.62		Runner		5:38/K	10.7kph	9	36	

## Female 35 - 39

Place	Bib#	Name	Time	Grade	Athlete Type	Hometown	Pace	Speed	Overall Place	Age	At
1.	1023	Jennifer Toews	00:56:20.35		Runner		5:38/K	10.7kph	10	35	

## Female 45 - 49

Place	Bib#	Name	Time	Grade	Athlete Type	Hometown	Pace	Speed	Overall Place	Age	At
1.	1015	heather marks	00:54:05.25		Runner		5:24/K	11.1kph	8	45	
2.	1016	Maxine Meadows	01:13:21.96		Runner		7:20/K	8.2kph	20	46	

## Female 50 - 54

Place	Bib#	Name	Time	Grade	Athlete Type	Hometown	Pace	Speed	Overall Place	Age	At
1.	1025	robin veldkamp	00:59:57.96		Runner		6:00/K	10.0kph	12	53	
2.	1020	Charlene Spakowski	01:11:20.69		Runner		7:08/K	8.4kph	18	50	

### Male 55 - 59

Place	Bib#	Name	Time	Grade	Athlete Type	Hometown	Pace	Speed	Overall Place	Age	At
1.	1010	Hernan Gutierrez	00:59:20.51		Runner		5:56/K	10.1kph	11	58	

### Male 60 - 64

Place	Bib#	Name	Time	Grade	Athlete Type	Hometown	Pace	Speed	Overall Place	Age	At
1.	1007	Kevin Edwards	01:02:57.66		Runner		6:18/K	9.5kph	14	62	
2.	1021	Brian Timmerman	01:21:36.93		Runner		8:10/K	7.4kph	23	60	

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