

# East St Paul Canada Day 5K

## Overall Male Runner

Place	Bib#	Name	Time	Grade	Athlete Type	Hometown	Pace	Speed	Overall Place	Age	At
1.	5016	Tyler Derksen	00:17:46.68		Runner		3:33/K	16.9kph	1	27	
2.	5060	Karl Sproll	00:19:38.16		Runner		3:56/K	15.3kph	2	63	
3.	5067	Bruce Young	00:19:49.92		Runner		3:58/K	15.1kph	3	59	

## Overall Female Runner

Place	Bib#	Name	Time	Grade	Athlete Type	Hometown	Pace	Speed	Overall Place	Age	At
1.	5047	Janie Parson	00:21:32.29		Runner		4:18/K	13.9kph	12	45	
2.	5070	Stefanie Sheard	00:22:17.29		Runner		4:27/K	13.5kph	17	23	
3.	5007	Sayda Bloom	00:22:39.14		Runner		4:32/K	13.2kph	18	15	

## Male 0 - 9

Place	Bib#	Name	Time	Grade	Athlete Type	Hometown	Pace	Speed	Overall Place	Age	At
1.	5074	Dan McCaughan	00:20:10.48		Runner		4:02/K	14.9kph	5	0	
2.	5038	Tyler Lenius	00:45:12.89		Runner		9:02/K	6.6kph	75	9	

## Male 10 - 14

Place	Bib#	Name	Time	Grade	Athlete Type	Hometown	Pace	Speed	Overall Place	Age	At
1.	5073	Travis Singbeil	00:27:27.70		Runner		5:29/K	10.9kph	47	13	
2.	5076	mitchell vanstone	00:29:49.32		Runner		5:58/K	10.1kph	56	14	
3.	5057	Elliot Singleton	00:36:05.50		Runner		7:13/K	8.3kph	69	11	

## Female 10 - 14

Place	Bib#	Name	Time	Grade	Athlete Type	Hometown	Pace	Speed	Overall Place	Age	At
1.	5031	Caitlyn Hollywood	00:24:22.06		Runner		4:52/K	12.3kph	31	11	
2.	5078	Zora Zaric	00:27:12.30		Runner		5:26/K	11.0kph	44	14	
3.	5079	Esme Zaric	00:28:48.56		Runner		5:46/K	10.4kph	53	14	

## Male 15 - 19

Place	Bib#	Name	Time	Grade	Athlete Type	Hometown	Pace	Speed	Overall Place	Age	At
1.	5042	maxwell mcphail	00:47:43.19		Runner		9:33/K	6.3kph	77	17	

## Female 15 - 19

Place	Bib#	Name	Time	Grade	Athlete Type	Hometown	Pace	Speed	Overall Place	Age	At
1.	5071	Brooke Singbeil	00:25:22.38		Runner		5:04/K	11.8kph	36	15	
2.	5077	Jolene Gallagan	00:30:27.29		Runner		6:05/K	9.9kph	58	15	
3.	5032	Amanda Hunter	00:38:53.24		Runner		7:47/K	7.7kph	72	18	

## Male 20 - 24

Place	Bib#	Name	Time	Grade	Athlete Type	Hometown	Pace	Speed	Overall Place	Age	At
1.	5048	Jeremy Peabody	00:24:41.96		Runner		4:56/K	12.2kph	34	24	

## Male 25 - 29

Place	Bib#	Name	Time	Grade	Athlete Type	Hometown	Pace	Speed	Overall Place	Age	At
1.	5049	Warren Peabody	00:24:42.02		Runner		4:56/K	12.1kph	35	26	

## Female 25 - 29

Place	Bib#	Name	Time	Grade	Athlete Type	Hometown	Pace	Speed	Overall Place	Age	At
1.	5035	Stephanie Korczynski	00:23:39.31		Runner		4:44/K	12.7kph	28	26	

## Male 30 - 34

Place	Bib#	Name	Time	Grade	Athlete Type	Hometown	Pace	Speed	Overall Place	Age	At
1.	5030	Kris Holian	00:25:32.79		Runner		5:06/K	11.7kph	37	34	

**Female 30 - 34**

Place	Bib#	Name	Time	Grade	Athlete Type	Hometown	Pace	Speed	Overall Place	Age	At
1.	5050	Lori Pickerl	00:43:41.34		Runner		8:44/K	6.9kph	74		33

**Male 35 - 39**

Place	Bib#	Name	Time	Grade	Athlete Type	Hometown	Pace	Speed	Overall Place	Age	At
1.	5082	Mark Gojkovic	00:21:49.00		Runner		4:22/K	13.8kph	14		38
2.	5028	Michael Hamm	00:28:36.99		Runner		5:43/K	10.5kph	52		38

**Female 35 - 39**

Place	Bib#	Name	Time	Grade	Athlete Type	Hometown	Pace	Speed	Overall Place	Age	At
1.	5098	Elizabeth Gojkovic	00:23:12.90		Runner		4:38/K	12.9kph	23		38
2.	5051	Suzanne Pringle	00:25:38.74		Runner		5:08/K	11.7kph	38		37
3.	5006	Melanie Bisson	00:31:51.10		Runner		6:22/K	9.4kph	61		39
4.	5053	Christy Rogowski	00:36:07.47		Runner		7:13/K	8.3kph	70		38

**Male 40 - 44**

Place	Bib#	Name	Time	Grade	Athlete Type	Hometown	Pace	Speed	Overall Place	Age	At
1.	5064	Michael Thompson	00:22:46.33		Runner		4:33/K	13.2kph	19		40
2.	5010	mike choiselat	00:23:23.41		Runner		4:41/K	12.8kph	27		44
3.	5075	Adriano Iezzi	00:27:27.30		Runner		5:29/K	10.9kph	46		43

**Female 40 - 44**

Place	Bib#	Name	Time	Grade	Athlete Type	Hometown	Pace	Speed	Overall Place	Age	At
1.	5001	Tressa Alexiuk	00:23:46.84		Runner		4:45/K	12.6kph	30		42
2.	5059	Kasia Slobozian	00:26:13.35		Runner		5:15/K	11.4kph	40		40

**Male 45 - 49**

Place	Bib#	Name	Time	Grade	Athlete Type	Hometown	Pace	Speed	Overall Place	Age	At
1.	5025	Daniel Galli	00:20:47.03		Runner		4:09/K	14.4kph	8		46
2.	5021	Bryan Ezako	00:23:12.66		Runner		4:38/K	12.9kph	22		45
3.	5004	Noel Beckel	00:26:37.09		Runner		5:19/K	11.3kph	41		48

**Female 45 - 49**

Place	Bib#	Name	Time	Grade	Athlete Type	Hometown	Pace	Speed	Overall Place	Age	At
1.	5044	Catherine Moltzan	00:27:07.64		Runner		5:25/K	11.1kph	43		49
2.	5058	Wendy Singleton	00:32:07.27		Runner		6:25/K	9.3kph	62		45

**Male 50 - 54**

Place	Bib#	Name	Time	Grade	Athlete Type	Hometown	Pace	Speed	Overall Place	Age	At
1.	5015	Dennis Cunningham	00:20:37.80		Runner		4:07/K	14.6kph	6		51
2.	5005	Don Bevington	00:20:40.30		Runner		4:08/K	14.5kph	7		50
3.	5040	Troy mawle	00:21:24.05		Runner		4:17/K	14.0kph	11		52
4.	5039	Tim Magas	00:22:10.81		Runner		4:26/K	13.5kph	15		50
5.	5045	Emile Morrissette	00:22:13.09		Runner		4:27/K	13.5kph	16		53
6.	5081	Aldo Furlan	00:24:22.90		Runner		4:52/K	12.3kph	32		53
7.	5072	Darren Singbeil	00:27:29.61		Runner		5:30/K	10.9kph	48		50
8.	5043	David Merz	00:30:54.38		Runner		6:11/K	9.7kph	59		52
9.	5024	glenn gallant	00:34:26.10		Runner		6:53/K	8.7kph	66		52

**Female 50 - 54**

Place	Bib#	Name	Time	Grade	Athlete Type	Hometown	Pace	Speed	Overall Place	Age	At
1.	5080	Ami Samuel	00:23:15.69		Runner		4:39/K	12.9kph	24		51
2.	5018	Kerri Drosdowech	00:24:39.92		Runner		4:56/K	12.2kph	33		50
3.	5041	leaslie mcphail	00:31:35.51		Runner		6:19/K	9.5kph	60		52
4.	5029	Debbie Heckmann	00:33:10.84		Runner		6:38/K	9.0kph	64		52
5.	5054	Jill Saunders	00:35:49.67		Runner		7:10/K	8.4kph	68		54
6.	5033	Kelly Hunter	00:38:52.82		Runner		7:46/K	7.7kph	71		50

### Male 55 - 59

Place	Bib#	Name	Time	Grade	Athlete Type	Hometown	Pace	Speed	Overall Place	Age	At
1.	5014	Bob Cox	00:20:52.68		Runner		4:10/K	14.4kph	9		57
2.	5023	Gordon Flett	00:21:18.61		Runner		4:16/K	14.1kph	10		58
3.	5066	Rainer Wosnitza	00:23:02.58		Runner		4:36/K	13.0kph	20		57
4.	5027	Jean-Pierre Grolet	00:23:05.51		Runner		4:37/K	13.0kph	21		59
5.	5012	Kirk Cook	00:23:19.00		Runner		4:40/K	12.9kph	26		55
6.	5063	Stephen Terichow Parrott	00:23:44.84		Runner		4:45/K	12.6kph	29		55
7.	5013	Richard Cooke	00:28:51.80		Runner		5:46/K	10.4kph	54		55

### Female 55 - 59

Place	Bib#	Name	Time	Grade	Athlete Type	Hometown	Pace	Speed	Overall Place	Age	At
1.	5026	Nancy Gilchrist	00:25:51.84		Runner		5:10/K	11.6kph	39		59
2.	5061	Louise Stuart	00:28:29.28		Runner		5:42/K	10.5kph	50		55
3.	5009	Bev Chliboyko	00:28:33.15		Runner		5:43/K	10.5kph	51		59
4.	5056	Colleen Semmler	00:32:21.77		Runner		6:28/K	9.3kph	63		57
5.	5003	Sandra Atkinson	00:35:24.34		Runner		7:05/K	8.5kph	67		56

### Male 60 - 64

Place	Bib#	Name	Time	Grade	Athlete Type	Hometown	Pace	Speed	Overall Place	Age	At
1.	5008	Randal Bodner	00:27:59.11		Runner		5:36/K	10.7kph	49		61

### Female 60 - 64

Place	Bib#	Name	Time	Grade	Athlete Type	Hometown	Pace	Speed	Overall Place	Age	At
1.	5046	Danielle Papin	00:23:16.33		Runner		4:39/K	12.9kph	25		62
2.	5017	NANCY Doern-White	00:27:20.04		Runner		5:28/K	11.0kph	45		60

### Male 65 - 69

Place	Bib#	Name	Time	Grade	Athlete Type	Hometown	Pace	Speed	Overall Place	Age	At
1.	5036	Dennis Lang	00:19:57.73		Runner		3:59/K	15.0kph	4		67
2.	5002	Barry Atkinson	00:29:59.37		Runner		6:00/K	10.0kph	57		69
3.	5034	George Koch	00:33:28.18		Runner		6:42/K	9.0kph	65		65

### Male 70 - 74

Place	Bib#	Name	Time	Grade	Athlete Type	Hometown	Pace	Speed	Overall Place	Age	At
1.	5011	Leon Clegg	00:21:36.14		Runner		4:19/K	13.9kph	13		71
2.	5052	Colin Reed	00:26:47.78		Runner		5:21/K	11.2kph	42		73
3.	5065	Jeff Vince	00:29:41.42		Runner		5:56/K	10.1kph	55		70

### Male 80 - 84

Place	Bib#	Name	Time	Grade	Athlete Type	Hometown	Pace	Speed	Overall Place	Age	At
1.	5019	Jack Dubnicoff	00:45:44.16		Runner		9:09/K	6.6kph	76		80

### Female 80 - 84

Place	Bib#	Name	Time	Grade	Athlete Type	Hometown	Pace	Speed	Overall Place	Age	At
1.	5020	Dreena Duhamel	00:43:05.60		Runner		8:37/K	7.0kph	73		82

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