

LACE UP FOR DIABETES - 10K

Line Through = Disqualified

Place	Name	Hometown	Type	Bib #	Time	Pace	Speed	Sex	Age	ID Number
1	JOHN MCGAVOCK	WINNIPEG, CAN	RUNNER	1372	00:38:32.68	3:51/k	15.6kph	M	42	
	Lap 1 >	0:18:51.007	(0:18:51.007)							
	Lap 2 >	0:19:41.673	(0:38:32.680)							
2	JONAS EASTCOTT	WINNIPEG, MB	RUNNER	1313	00:39:06.00	3:55/k	15.3kph	M	26	
	Lap 1 >	0:19:40.817	(0:19:40.817)							
	Lap 2 >	0:19:25.183	(0:39:06.000)							
3	TOBY HARPER-MERRETT	MONTRÉAL, CAN	RUNNER	1340	00:42:45.24	4:16/k	14.0kph	M	39	
	Lap 1 >	0:20:49.140	(0:20:49.140)							
	Lap 2 >	0:21:56.103	(0:42:45.243)							
4	BRENT WILLOWS	WINNIPEG, MB	RUNNER	1368	00:43:48.52	4:23/k	13.7kph	M	60	
	Lap 1 >	0:21:23.690	(0:21:23.690)							
	Lap 2 >	0:22:24.833	(0:43:48.523)							
5	KHALID AHMAD	WINNIPEG, MB	RUNNER	1321	00:44:04.84	4:24/k	13.6kph	M	55	
	Lap 1 >	0:22:05.070	(0:22:05.070)							
	Lap 2 >	0:21:59.777	(0:44:04.847)							
6	SHAUN KOHUT	WINNIPEG, MB	RUNNER	1348	00:44:36.45	4:28/k	13.5kph	M	36	
	Lap 1 >	0:21:57.743	(0:21:57.743)							
	Lap 2 >	0:22:38.707	(0:44:36.450)							
7	THOMAS ELSKAMP	SANFORD, MB	RUNNER	1335	00:46:41.39	4:40/k	12.9kph	M	47	
	Lap 1 >	0:22:45.654	(0:22:45.654)							
	Lap 2 >	0:23:55.740	(0:46:41.394)							
8	ANTHONY DEL VECCHIO	WINNIPEG, MB	RUNNER	1330	00:46:50.01	4:41/k	12.8kph	M	27	
	Lap 1 >	0:23:47.667	(0:23:47.667)							
	Lap 2 >	0:23:02.350	(0:46:50.017)							
9	MICHAEL TORRES	WINNIPEG, MB	RUNNER	1364	00:47:01.69	4:42/k	12.8kph	M	34	
	Lap 1 >	0:23:31.930	(0:23:31.930)							
	Lap 2 >	0:23:29.763	(0:47:01.693)							
10	RANDI MARSHALL	WINNIPEG, MB	RUNNER	1352	00:49:01.77	4:54/k	12.2kph	F	24	
	Lap 1 >	0:24:05.486	(0:24:05.486)							
	Lap 2 >	0:24:56.290	(0:49:01.776)							
11	DAN MISKO	WINNIPEG, MB	RUNNER	1354	00:50:07.17	5:01/k	12.0kph	M	39	
	Lap 1 >	0:24:44.220	(0:24:44.220)							
	Lap 2 >	0:25:22.953	(0:50:07.173)							
12	PHUONG PHAN	WINNIPEG, MB	RUNNER	1302	00:50:31.36	5:03/k	11.9kph	F	41	
	Lap 1 >	0:24:30.433	(0:24:30.433)							
	Lap 2 >	0:26:00.934	(0:50:31.367)							
13	SAMANTHA ERICHSEN	WINNIPEG, MB	RUNNER	1303	00:50:42.82	5:04/k	11.8kph	F	29	
	Lap 1 >	0:25:36.906	(0:25:36.906)							
	Lap 2 >	0:25:05.920	(0:50:42.826)							
14	EVAN KLYNE	WINNIPEG, MB	RUNNER	1347	00:50:43.67	5:04/k	11.8kph	M	23	
	Lap 1 >	0:24:20.143	(0:24:20.143)							
	Lap 2 >	0:26:23.530	(0:50:43.673)							
15	KATRYNA BARSKE	WINNIPEG, MB	RUNNER	1322	00:50:46.01	5:05/k	11.8kph	F	24	
	Lap 1 >	0:24:31.970	(0:24:31.970)							
	Lap 2 >	0:26:14.043	(0:50:46.013)							
16	KEVIN WOLK	WINNIPEG, MB	RUNNER	1310	00:50:57.88	5:06/k	11.8kph	M	47	
	Lap 1 >	0:25:20.530	(0:25:20.530)							
	Lap 2 >	0:25:37.353	(0:50:57.883)							
17	ROBYN KENT	WINNIPEG, MB	RUNNER	1301	00:51:00.86	5:06/k	11.8kph	F	30	
	Lap 1 >	0:24:26.600	(0:24:26.600)							
	Lap 2 >	0:26:34.260	(0:51:00.860)							
18	BRYAN JOSS	WINNIPEG, MB	RUNNER	1319	00:51:30.54	5:09/k	11.7kph	M	28	
	Lap 1 >	0:50:22.146	(0:50:22.146)							
	Lap 2 >	0:01:08.397	(0:51:30.543)							
19	KATHLEEN CAITHNESS	WINNIPEG, MB	RUNNER	1327	00:52:43.00	5:16/k	11.4kph	F	50	
	Lap 1 >	0:25:18.640	(0:25:18.640)							
	Lap 2 >	0:27:24.360	(0:52:43.000)							
20	MIKE DUTKA	WINNIPEG, MB	RUNNER	1332	00:52:46.19	5:17/k	11.4kph	M	47	
	Lap 1 >	0:26:01.090	(0:26:01.090)							
	Lap 2 >	0:26:45.106	(0:52:46.196)							
21	MARTI-DEE HOGG	WARREN, MB	RUNNER	1343	00:53:22.45	5:20/k	11.2kph	F	43	
	Lap 1 >	0:26:21.140	(0:26:21.140)							
	Lap 2 >	0:27:01.316	(0:53:22.456)							
22	BRIAN STOVER	WINNIPEG, MB	RUNNER	1362	00:53:37.39	5:22/k	11.2kph	M	33	
	Lap 1 >	0:24:32.660	(0:24:32.660)							
	Lap 2 >	0:29:04.730	(0:53:37.390)							

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23	TERESA DYCK	PORTAGE LA PRAIRIE, MB	RUNNER	1333	00:55:20.89	5:32/k	10.8kph	F	46	
	Lap 1 >	0:27:37.203	(0:27:37.203)							
	Lap 2 >	0:27:43.687	(0:55:20.890)							
24	NANCY HILL	WINNIPEG, MB	RUNNER	1342	00:56:03.92	5:36/k	10.7kph	F	59	
	Lap 1 >	0:26:15.603	(0:26:15.603)							
	Lap 2 >	0:29:48.323	(0:56:03.926)							
25	IAN MCKEOWN	WINNIPEG, MB	RUNNER	1314	00:57:04.75	5:42/k	10.5kph	M	66	
	Lap 1 >	0:28:54.867	(0:28:54.867)							
	Lap 2 >	0:28:09.883	(0:57:04.750)							
26	SCOTT THOMSON	WINNIPEG, MB	RUNNER	1311	00:59:46.06	5:59/k	10.0kph	M	59	
	Lap 1 >	0:28:53.496	(0:28:53.496)							
	Lap 2 >	0:30:52.570	(0:59:46.066)							
27	EMANUELLE FREUNDLICH	OAKBANK, MB	RUNNER	1336	00:59:48.14	5:59/k	10.0kph	F	38	
	Lap 1 >	0:29:25.103	(0:29:25.103)							
	Lap 2 >	0:30:23.037	(0:59:48.140)							
28	NOEL LAPUZ	WINNIPEG, MB	RUNNER	1350	01:00:03.50	6:00/k	10.0kph	M	47	
	Lap 1 >	0:29:28.577	(0:29:28.577)							
	Lap 2 >	0:30:34.923	(1:00:03.500)							
29	SAK SI	WINNIPEG, MB	RUNNER	1359	01:00:32.46	6:03/k	9.9kph	M	43	
	Lap 1 >	0:29:27.527	(0:29:27.527)							
	Lap 2 >	0:31:04.936	(1:00:32.463)							
30	ANDREW LITTLE	WINNIPEG, MB	RUNNER	1307	01:01:06.03	6:07/k	9.8kph	M	23	
	Lap 1 >	0:28:14.110	(0:28:14.110)							
	Lap 2 >	0:32:51.920	(1:01:06.030)							
31	BLUE MARIE ROCERO	WINNIPEG, MB	RUNNER	1358	01:01:52.79	6:11/k	9.7kph	F	39	
	Lap 1 >	0:29:45.923	(0:29:45.923)							
	Lap 2 >	0:32:06.867	(1:01:52.790)							
32	AVERY NORMAND	WINNIPEG, MB	RUNNER	1356	01:02:45.39	6:16/k	9.6kph	M	42	
	Lap 1 >	0:30:32.270	(0:30:32.270)							
	Lap 2 >	0:32:13.123	(1:02:45.393)							
33	MARION KOLLINGER	WINNIPEG, MB	RUNNER	1306	01:04:25.58	6:27/k	9.3kph	F	39	
	Lap 1 >	0:30:36.790	(0:30:36.790)							
	Lap 2 >	0:33:48.790	(1:04:25.580)							
34	KRISTAL ELSKAMP	SANFORD,	RUNNER	1334	01:05:42.73	6:34/k	9.1kph	F	43	
	Lap 1 >	0:29:24.840	(0:29:24.840)							
	Lap 2 >	0:36:17.893	(1:05:42.733)							
35	CHANTEL CHENG	WINNIPEG, MB	RUNNER	1317	01:05:49.13	6:35/k	9.1kph	F	34	
	Lap 1 >	0:32:06.760	(0:32:06.760)							
	Lap 2 >	0:33:42.377	(1:05:49.137)							
36	DANIELLE JOBB	WINNIPEG, MB	RUNNER	1344	01:05:58.15	6:36/k	9.1kph	F	47	
	Lap 1 >	0:31:42.846	(0:31:42.846)							
	Lap 2 >	0:34:15.304	(1:05:58.150)							
37	MEAGAN KLASSEN	BRANDON, MB	RUNNER	1346	01:06:12.85	6:37/k	9.1kph	F	31	
	Lap 1 >	0:31:44.350	(0:31:44.350)							
	Lap 2 >	0:34:28.500	(1:06:12.850)							
38	CHRIS AWESOME		RUNNER	1329	01:06:15.05	6:38/k	9.1kph	M	35	
	Lap 1 >	0:33:27.203	(0:33:27.203)							
	Lap 2 >	0:32:47.854	(1:06:15.057)							
39	BARB STEPHANSON	WINNIPEG, MB	RUNNER	1360	01:06:16.13	6:38/k	9.1kph	F	47	
	Lap 1 >	0:32:39.497	(0:32:39.497)							
	Lap 2 >	0:33:36.640	(1:06:16.137)							
40	BRETT KLASSEN	BRANDON, MB	RUNNER	1345	01:06:18.13	6:38/k	9.0kph	M	31	
	Lap 1 >	0:31:32.440	(0:31:32.440)							
	Lap 2 >	0:34:45.697	(1:06:18.137)							
41	JEFF VINCE	EAST ST PAUL, MB	RUNNER	1315	01:06:19.00	6:38/k	9.0kph	M	69	
	Lap 1 >	0:31:52.450	(0:31:52.450)							
	Lap 2 >	0:34:26.550	(1:06:19.000)							
42	RHONDA MCCALLUM	WINNIPEG, MB	RUNNER	1316	01:06:20.17	6:38/k	9.0kph	F	43	
	Lap 1 >	0:32:26.124	(0:32:26.124)							
	Lap 2 >	0:33:54.050	(1:06:20.174)							
43	SHAUNA CAMPBELL	OAKBANK, MB	RUNNER	1328	01:06:57.73	6:42/k	9.0kph	F	36	
	Lap 1 >	0:32:44.583	(0:32:44.583)							
	Lap 2 >	0:34:13.147	(1:06:57.730)							
44	JUMIR ENCARNACION	WINNIPEG, MB	RUNNER	1318	01:07:56.30	6:48/k	8.8kph	M	45	
	Lap 1 >	0:32:44.787	(0:32:44.787)							
	Lap 2 >	0:35:11.520	(1:07:56.307)							

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45	COREY BURTON	KLEEFELD, MB	RUNNER	1326	01:08:22.09	6:50/k	8.8kph	M	46	
	Lap 1 >	0:29:29.700	(0:29:29.700)							
	Lap 2 >	0:38:52.393	(1:08:22.093)							
46	MIKE FRITSCHIJ	WINNIPEG, MB	RUNNER	1338	01:10:43.41	7:04/k	8.5kph	M	56	
	Lap 1 >	0:33:09.473	(0:33:09.473)							
	Lap 2 >	0:37:33.937	(1:10:43.410)							
47	ANNA FRITSCHIJ	WINNIPEG, MB	RUNNER	1337	01:10:43.64	7:04/k	8.5kph	F	23	
	Lap 1 >	0:33:11.093	(0:33:11.093)							
	Lap 2 >	0:37:32.554	(1:10:43.647)							
48	KERRY LAMOUREUX	WINNIPEG, MB	RUNNER	1349	01:11:54.29	7:11/k	8.3kph	F	47	
	Lap 1 >	0:35:03.916	(0:35:03.916)							
	Lap 2 >	0:36:50.374	(1:11:54.290)							
49	BRYAN STADNYK	WINNIPEG, MB	RUNNER	1304	01:12:39.56	7:16/k	8.3kph	M	31	
	Lap 1 >	0:33:50.850	(0:33:50.850)							
	Lap 2 >	0:38:48.713	(1:12:39.563)							
50	DIANE BORGES	WINNIPEG, MB	RUNNER	1325	01:15:41.73	7:34/k	7.9kph	F	35	
	Lap 1 >	0:37:24.473	(0:37:24.473)							
	Lap 2 >	0:38:17.257	(1:15:41.730)							
51	RALPH LUMBANG	WINNIPEG, MB	RUNNER	1351	01:15:43.31	7:34/k	7.9kph	M	28	
	Lap 1 >	0:37:25.330	(0:37:25.330)							
	Lap 2 >	0:38:17.980	(1:15:43.310)							
52	PREM SAKOUNKHOU	WINNIPEG, MB	RUNNER	1320	01:17:16.77	7:44/k	7.8kph	M	34	
	Lap 1 >	0:36:28.934	(0:36:28.934)							
	Lap 2 >	0:40:47.836	(1:17:16.770)							
53	DEBORAH SMITH	WINNIPEG, CAN	RUNNER	1371	01:19:30.34	7:57/k	7.5kph	F	40	
	Lap 1 >	0:37:05.560	(0:37:05.560)							
	Lap 2 >	0:42:24.787	(1:19:30.347)							
54	JANE STEWART	WINNIPEG, MB	RUNNER	1361	01:19:59.30	8:00/k	7.5kph	F	62	
	Lap 1 >	0:39:52.260	(0:39:52.260)							
	Lap 2 >	0:40:07.040	(1:19:59.300)							
55	FIONA MCCARTHY	WINNIPEG, MB	RUNNER	1353	01:26:18.11	8:38/k	7.0kph	F	46	
	Lap 1 >	0:41:07.393	(0:41:07.393)							
	Lap 2 >	0:45:10.717	(1:26:18.110)							
56	CHRISTINE DOUCETTE	HEADINGLEY, MB	RUNNER	1331	01:28:43.61	8:52/k	6.8kph	F	40	
	Lap 1 >	0:42:27.356	(0:42:27.356)							
	Lap 2 >	0:46:16.254	(1:28:43.610)							
57	BRANDY WICKLOW	WINNIPEG, MB	RUNNER	1367	01:28:44.25	8:52/k	6.8kph	F	43	
	Lap 1 >	0:42:27.713	(0:42:27.713)							
	Lap 2 >	0:46:16.544	(1:28:44.257)							
58	KAREN WAKEGIJIG	MACGREGOR, MB	RUNNER	1365	01:29:21.10	8:56/k	6.7kph	F	52	
	Lap 1 >	0:45:26.936	(0:45:26.936)							
	Lap 2 >	0:43:54.167	(1:29:21.103)							
59	PATRICIA MONDT	WINNIPEG, MB	RUNNER	1355	01:29:22.71	8:56/k	6.7kph	F	56	
	Lap 1 >	0:44:07.570	(0:44:07.570)							
	Lap 2 >	0:45:15.143	(1:29:22.713)							
60	JEWEL WHITE	THORNHILL, ON	RUNNER	1366	01:31:10.68	9:07/k	6.6kph	F	37	
	Lap 1 >	0:44:26.990	(0:44:26.990)							
	Lap 2 >	0:46:43.697	(1:31:10.687)							
61	JOHN SCHAEFER	WINNIPEG, MB	RUNNER	1308	01:42:08.73	10:13/k	5.9kph	M	23	
	Lap 1 >	0:25:22.507	(0:25:22.507)							
	Lap 2 >	1:16:46.226	(1:42:08.733)							