

# Lace Up For Diabetes 10K

## Overall Male Runner

Place	Bib #	Name	Time	Type	City	
1	1777	ANTHONY DEL VECCHIO	00:42:51.24	Runner		
		<u>Split Description</u>	<u>Split Times</u>	<u>Speed</u>	<u>Pace</u>	<u>Cummulative</u>
		Lap 1	00:21:35.119	13.9kph	04:19	00:21:35.119
		Lap 2	00:21:16.129	14.1kph	04:15	00:42:51.248
2	1773	JONATHAN CLAASSEN	00:45:40.48	Runner		
		<u>Split Description</u>	<u>Split Times</u>	<u>Speed</u>	<u>Pace</u>	<u>Cummulative</u>
		Lap 1	00:22:29.098	13.3kph	04:29	00:22:29.098
		Lap 2	00:23:11.389	12.9kph	04:38	00:45:40.487
3	1807	ANDREW PULLEN	00:45:41.21	Runner		
		<u>Split Description</u>	<u>Split Times</u>	<u>Speed</u>	<u>Pace</u>	<u>Cummulative</u>
		Lap 1	00:22:55.934	13.1kph	04:35	00:22:55.934
		Lap 2	00:22:45.283	13.2kph	04:33	00:45:41.217

## Overall Female Runner

Place	Bib #	Name	Time	Type	City	
1	1812	BRANDI SMITH	00:46:54.53	Runner		
		<u>Split Description</u>	<u>Split Times</u>	<u>Speed</u>	<u>Pace</u>	<u>Cummulative</u>
		Lap 1	00:23:33.461	12.7kph	04:42	00:23:33.461
		Lap 2	00:23:21.076	12.8kph	04:40	00:46:54.537
2	1772	CHARLENE CHIBORAK	00:47:28.14	Runner		
		<u>Split Description</u>	<u>Split Times</u>	<u>Speed</u>	<u>Pace</u>	<u>Cummulative</u>
		Lap 1	00:23:34.439	12.7kph	04:42	00:23:34.439
		Lap 2	00:23:53.709	12.6kph	04:46	00:47:28.148
3	1766	KATRYNA BARSKE	00:47:47.33	Runner		
		<u>Split Description</u>	<u>Split Times</u>	<u>Speed</u>	<u>Pace</u>	<u>Cummulative</u>
		Lap 1	00:23:23.187	12.8kph	04:40	00:23:23.187
		Lap 2	00:24:24.144	12.3kph	04:52	00:47:47.331

## Male 0 - 9

Place	Bib #	Name	Time	Type	City	
1	1834	SHELDON KUZMIK	01:01:54.93	Runner		
		<u>Split Description</u>	<u>Split Times</u>	<u>Speed</u>	<u>Pace</u>	<u>Cummulative</u>
		Lap 1	00:29:32.711	10.2kph	05:54	00:29:32.711
		Lap 2	00:32:22.228	9.3kph	06:28	01:01:54.939

## Male 10 - 14

Place	Bib #	Name	Time	Type	City	
1	1763	ZIMRAAN AHMAD	01:05:06.37	Runner		
		<u>Split Description</u>	<u>Split Times</u>	<u>Speed</u>	<u>Pace</u>	<u>Cummulative</u>
		Lap 1	00:31:41.398	9.5kph	06:20	00:31:41.398
		Lap 2	00:33:24.981	9.0kph	06:40	01:05:06.379

## Female 15 - 19

Place	Bib #	Name	Time	Type	City	
1	1837	SIOBHAN MERRY	01:09:18.32	Runner		
		<u>Split Description</u>	<u>Split Times</u>	<u>Speed</u>	<u>Pace</u>	<u>Cummulative</u>
		Lap 1	00:34:23.283	8.7kph	06:52	00:34:23.283
		Lap 2	00:34:55.040	8.6kph	06:59	01:09:18.323
2	1810	ALYSSA RYAN	01:09:52.62	Runner		
		<u>Split Description</u>	<u>Split Times</u>	<u>Speed</u>	<u>Pace</u>	<u>Cummulative</u>
		Lap 1	00:31:37.900	9.5kph	06:19	00:31:37.900
		Lap 2	00:38:14.727	7.8kph	07:38	01:09:52.627

## Female 20 - 24

Place	Bib #	Name	Time	Type	City	
1	1795	ALYCIA MANCHULENKO	00:52:58.86	Runner		
		<u>Split Description</u>	<u>Split Times</u>	<u>Speed</u>	<u>Pace</u>	<u>Cummulative</u>
		Lap 1	00:26:08.016	11.5kph	05:13	00:26:08.016
		Lap 2	00:26:50.848	11.2kph	05:22	00:52:58.864
2	1775	SYDNI DE JONG	00:56:05.91	Runner		
		<u>Split Description</u>	<u>Split Times</u>	<u>Speed</u>	<u>Pace</u>	<u>Cummulative</u>
		Lap 1	00:27:53.974	10.8kph	05:34	00:27:53.974
		Lap 2	00:28:11.941	10.6kph	05:38	00:56:05.915
3	1785	KRISTYN FANSTONE	01:06:38.81	Runner		
		<u>Split Description</u>	<u>Split Times</u>	<u>Speed</u>	<u>Pace</u>	<u>Cummulative</u>
		Lap 1	00:30:11.133	9.9kph	06:02	00:30:11.133
		Lap 2	00:36:27.678	8.2kph	07:17	01:06:38.811
4	1792	DARIA KOPYNSKY	01:11:38.02	Runner		
		<u>Split Description</u>	<u>Split Times</u>	<u>Speed</u>	<u>Pace</u>	<u>Cummulative</u>
		Lap 1	00:34:18.188	8.7kph	06:51	00:34:18.188
		Lap 2	00:37:19.834	8.0kph	07:27	01:11:38.022

## Male 25 - 29

Place	Bib #	Name	Time	Type	City	
1	1777	ANTHONY DEL VECCHIO	00:42:51.24	Runner		
		<u>Split Description</u>	<u>Split Times</u>	<u>Speed</u>	<u>Pace</u>	<u>Cummulative</u>
		Lap 1	00:21:35.119	13.9kph	04:19	00:21:35.119
		Lap 2	00:21:16.129	14.1kph	04:15	00:42:51.248
2	1788	CHRISTOPHER GADALETA	00:49:10.95	Runner		
		<u>Split Description</u>	<u>Split Times</u>	<u>Speed</u>	<u>Pace</u>	<u>Cummulative</u>
		Lap 1	00:23:36.647	12.7kph	04:43	00:23:36.647
		Lap 2	00:25:34.306	11.7kph	05:06	00:49:10.953
3	1764	EROMOSELE ASIBOR	00:52:59.41	Runner		
		<u>Split Description</u>	<u>Split Times</u>	<u>Speed</u>	<u>Pace</u>	<u>Cummulative</u>
		Lap 1	00:26:02.874	11.5kph	05:12	00:26:02.874
		Lap 2	00:26:56.536	11.1kph	05:23	00:52:59.410
4	1820	JORDAN DUPUIS	00:55:04.94	Runner		
		<u>Split Description</u>	<u>Split Times</u>	<u>Speed</u>	<u>Pace</u>	<u>Cummulative</u>
		Lap 1	00:26:28.026	11.3kph	05:17	00:26:28.026
		Lap 2	00:28:36.923	10.5kph	05:43	00:55:04.949

# Lace Up For Diabetes 10K

## Female 25 - 29

Place	Bib #	Name	Time	Type	City	
1	1766	KATRYNA BARSKE	00:47:47.33	Runner		
		<u>Split Description</u>	<u>Split Times</u>	<u>Speed</u>	<u>Pace</u>	<u>Cummulative</u>
		Lap 1	00:23:23.187	12.8kph	04:40	00:23:23.187
		Lap 2	00:24:24.144	12.3kph	04:52	00:47:47.331
2	1814	HAILEY STEVENS	00:56:26.98	Runner		
		<u>Split Description</u>	<u>Split Times</u>	<u>Speed</u>	<u>Pace</u>	<u>Cummulative</u>
		Lap 1	00:28:09.943	10.7kph	05:37	00:28:09.943
		Lap 2	00:28:17.046	10.6kph	05:39	00:56:26.989
3	1806	DANA PROCTOR	00:56:52.91	Runner		
		<u>Split Description</u>	<u>Split Times</u>	<u>Speed</u>	<u>Pace</u>	<u>Cummulative</u>
		Lap 1	00:27:14.054	11.0kph	05:26	00:27:14.054
		Lap 2	00:29:38.864	10.1kph	05:55	00:56:52.918
4	1776	VICTORIA DE JONG	00:59:39.18	Runner		
		<u>Split Description</u>	<u>Split Times</u>	<u>Speed</u>	<u>Pace</u>	<u>Cummulative</u>
		Lap 1	00:30:11.148	9.9kph	06:02	00:30:11.148
		Lap 2	00:29:28.040	10.2kph	05:53	00:59:39.188
5	1840	MICHELLE STEVENS	01:03:20.98	Runner		
		<u>Split Description</u>	<u>Split Times</u>	<u>Speed</u>	<u>Pace</u>	<u>Cummulative</u>
		Lap 1	00:36:59.938	8.1kph	07:23	00:36:59.938
		Lap 2	00:26:21.046	11.4kph	05:16	01:03:20.984
6	1787	MELISSA GABBS	01:08:20.82	Runner		
		<u>Split Description</u>	<u>Split Times</u>	<u>Speed</u>	<u>Pace</u>	<u>Cummulative</u>
		Lap 1	00:36:17.727	8.3kph	07:15	00:36:17.727
		Lap 2	00:32:03.098	9.4kph	06:24	01:08:20.825
7	1754	ERINN OLCEN	01:18:55.09	Runner		
		<u>Split Description</u>	<u>Split Times</u>	<u>Speed</u>	<u>Pace</u>	<u>Cummulative</u>
		Lap 1	00:37:56.374	7.9kph	07:35	00:37:56.374
		Lap 2	00:40:58.723	7.3kph	08:11	01:18:55.097

## Male 30 - 34

Place	Bib #	Name	Time	Type	City	
1	1807	ANDREW PULLEN	00:45:41.21	Runner		
		<u>Split Description</u>	<u>Split Times</u>	<u>Speed</u>	<u>Pace</u>	<u>Cummulative</u>
		Lap 1	00:22:55.934	13.1kph	04:35	00:22:55.934
		Lap 2	00:22:45.283	13.2kph	04:33	00:45:41.217
2	1768	JOEL BRANDT	00:46:57.96	Runner		
		<u>Split Description</u>	<u>Split Times</u>	<u>Speed</u>	<u>Pace</u>	<u>Cummulative</u>
		Lap 1	00:23:19.828	12.9kph	04:39	00:23:19.828
		Lap 2	00:23:38.137	12.7kph	04:43	00:46:57.965
3	1786	TYLER FRIESEN	00:54:44.16	Runner		
		<u>Split Description</u>	<u>Split Times</u>	<u>Speed</u>	<u>Pace</u>	<u>Cummulative</u>
		Lap 1	00:26:42.339	11.2kph	05:20	00:26:42.339
		Lap 2	00:28:01.823	10.7kph	05:36	00:54:44.162

## Female 30 - 34

Place	Bib #	Name	Time	Type	City	
1	1821	SAMANTHA ERICHSEN	00:48:44.67	Runner		
		<u>Split Description</u>	<u>Split Times</u>	<u>Speed</u>	<u>Pace</u>	<u>Cummulative</u>
		Lap 1	00:24:11.921	12.4kph	04:50	00:24:11.921
		Lap 2	00:24:32.758	12.2kph	04:54	00:48:44.679
2	1817	JOANNA WEBB	00:52:06.05	Runner		
		<u>Split Description</u>	<u>Split Times</u>	<u>Speed</u>	<u>Pace</u>	<u>Cummulative</u>
		Lap 1	00:26:04.852	11.5kph	05:12	00:26:04.852
		Lap 2	00:26:01.203	11.5kph	05:12	00:52:06.055
3	1832	NIKKI HAWRYLYSHEN	00:54:01.37	Runner		
		<u>Split Description</u>	<u>Split Times</u>	<u>Speed</u>	<u>Pace</u>	<u>Cummulative</u>
		Lap 1	00:26:18.132	11.4kph	05:15	00:26:18.132
		Lap 2	00:27:43.240	10.8kph	05:32	00:54:01.372
4	1767	CATHERINE GALAY	00:55:40.14	Runner		
		<u>Split Description</u>	<u>Split Times</u>	<u>Speed</u>	<u>Pace</u>	<u>Cummulative</u>
		Lap 1	00:27:55.926	10.7kph	05:35	00:27:55.926
		Lap 2	00:27:44.217	10.8kph	05:32	00:55:40.143
5	1796	KIIRSTEN MAY	00:58:14.86	Runner		
		<u>Split Description</u>	<u>Split Times</u>	<u>Speed</u>	<u>Pace</u>	<u>Cummulative</u>
		Lap 1	00:28:53.541	10.4kph	05:46	00:28:53.541
		Lap 2	00:29:21.327	10.2kph	05:52	00:58:14.868
6	1808	BECKY REMPEL	00:58:17.40	Runner		
		<u>Split Description</u>	<u>Split Times</u>	<u>Speed</u>	<u>Pace</u>	<u>Cummulative</u>
		Lap 1	00:28:54.461	10.4kph	05:46	00:28:54.461
		Lap 2	00:29:22.939	10.2kph	05:52	00:58:17.400
7	1829	MEGAN DEGROW	01:00:01.82	Runner		
		<u>Split Description</u>	<u>Split Times</u>	<u>Speed</u>	<u>Pace</u>	<u>Cummulative</u>
		Lap 1	00:29:20.251	10.2kph	05:52	00:29:20.251
		Lap 2	00:30:41.578	9.8kph	06:08	01:00:01.829
8	1779	JESSICA DUBEAU	01:13:41.67	Runner		
		<u>Split Description</u>	<u>Split Times</u>	<u>Speed</u>	<u>Pace</u>	<u>Cummulative</u>
		Lap 1	00:35:39.850	8.4kph	07:07	00:35:39.850
		Lap 2	00:38:01.822	7.9kph	07:36	01:13:41.672
9	1756	KATTIE CAPULONG	01:16:32.30	Runner		
		<u>Split Description</u>	<u>Split Times</u>	<u>Speed</u>	<u>Pace</u>	<u>Cummulative</u>
		Lap 1	00:36:30.965	8.2kph	07:18	00:36:30.965
		Lap 2	00:40:01.342	7.5kph	08:00	01:16:32.307

## Male 35 - 39

Place	Bib #	Name	Time	Type	City	
1	1773	JONATHAN CLAASSEN	00:45:40.48	Runner		
		<u>Split Description</u>	<u>Split Times</u>	<u>Speed</u>	<u>Pace</u>	<u>Cummulative</u>
		Lap 1	00:22:29.098	13.3kph	04:29	00:22:29.098
		Lap 2	00:23:11.389	12.9kph	04:38	00:45:40.487
2	1757	KAYCEE CAPULONG	00:59:16.46	Runner		
		<u>Split Description</u>	<u>Split Times</u>	<u>Speed</u>	<u>Pace</u>	<u>Cummulative</u>
		Lap 1	00:28:31.516	10.5kph	05:42	00:28:31.516
		Lap 2	00:30:44.950	9.8kph	06:08	00:59:16.466
3	1765	CHRIS AWESOME	00:59:31.72	Runner		
		<u>Split Description</u>	<u>Split Times</u>	<u>Speed</u>	<u>Pace</u>	<u>Cummulative</u>
		Lap 1	00:30:17.094	9.9kph	06:03	00:30:17.094
		Lap 2	00:29:14.633	10.3kph	05:50	00:59:31.727
4	1782	CARL EUSEBIO	01:00:22.23	Runner		
		<u>Split Description</u>	<u>Split Times</u>	<u>Speed</u>	<u>Pace</u>	<u>Cummulative</u>
		Lap 1	00:31:13.937	9.6kph	06:14	00:31:13.937
		Lap 2	00:29:08.295	10.3kph	05:49	01:00:22.232
5	1758	MARK DAVID	01:03:41.34	Runner		
		<u>Split Description</u>	<u>Split Times</u>	<u>Speed</u>	<u>Pace</u>	<u>Cummulative</u>
		Lap 1	00:30:07.169	10.0kph	06:01	00:30:07.169
		Lap 2	00:33:34.176	8.9kph	06:42	01:03:41.345
6	1826	COREY BRANDT	01:04:30.68	Runner		
		<u>Split Description</u>	<u>Split Times</u>	<u>Speed</u>	<u>Pace</u>	<u>Cummulative</u>
		Lap 1	00:32:19.321	9.3kph	06:27	00:32:19.321
		Lap 2	00:32:11.362	9.3kph	06:26	01:04:30.683

# Lace Up For Diabetes 10K

## Female 35 - 39

Place	Bib #	Name	Time	Type	City	
1	1793	PIOTR KOZLOWSKI	00:51:24.74	Runner		
		<u>Split Description</u>	<u>Split Times</u>	<u>Speed</u>	<u>Pace</u>	<u>Cummulative</u>
		Lap 1	00:24:56.156	12.0kph	04:59	00:24:56.156
		Lap 2	00:26:28.591	11.3kph	05:17	00:51:24.747

## Male 40 - 44

Place	Bib #	Name	Time	Type	City	
1	1801	DAN MYSKO	00:49:16.11	Runner		
		<u>Split Description</u>	<u>Split Times</u>	<u>Speed</u>	<u>Pace</u>	<u>Cummulative</u>
		Lap 1	00:24:56.912	12.0kph	04:59	00:24:56.912
		Lap 2	00:24:19.202	12.3kph	04:51	00:49:16.114
2	1761	DAN CHEVRIER	01:01:45.12	Runner		
		<u>Split Description</u>	<u>Split Times</u>	<u>Speed</u>	<u>Pace</u>	<u>Cummulative</u>
		Lap 1	00:30:14.599	9.9kph	06:02	00:30:14.599
		Lap 2	00:31:30.528	9.5kph	06:18	01:01:45.127

## Female 40 - 44

Place	Bib #	Name	Time	Type	City	
1	1812	BRANDI SMITH	00:46:54.53	Runner		
		<u>Split Description</u>	<u>Split Times</u>	<u>Speed</u>	<u>Pace</u>	<u>Cummulative</u>
		Lap 1	00:23:33.461	12.7kph	04:42	00:23:33.461
		Lap 2	00:23:21.076	12.8kph	04:40	00:46:54.537
2	1772	CHARLENE CHIBORAK	00:47:28.14	Runner		
		<u>Split Description</u>	<u>Split Times</u>	<u>Speed</u>	<u>Pace</u>	<u>Cummulative</u>
		Lap 1	00:23:34.439	12.7kph	04:42	00:23:34.439
		Lap 2	00:23:53.709	12.6kph	04:46	00:47:28.148
3	1803	SUZETE MONIZ	00:55:51.13	Runner		
		<u>Split Description</u>	<u>Split Times</u>	<u>Speed</u>	<u>Pace</u>	<u>Cummulative</u>
		Lap 1	00:27:54.219	10.8kph	05:34	00:27:54.219
		Lap 2	00:27:56.913	10.7kph	05:35	00:55:51.132
4	1799	MELANIE MELVIN	00:57:02.82	Runner		
		<u>Split Description</u>	<u>Split Times</u>	<u>Speed</u>	<u>Pace</u>	<u>Cummulative</u>
		Lap 1	00:27:41.637	10.8kph	05:32	00:27:41.637
		Lap 2	00:29:21.186	10.2kph	05:52	00:57:02.823
5	1804	AMY PASSMORE	01:01:35.93	Runner		
		<u>Split Description</u>	<u>Split Times</u>	<u>Speed</u>	<u>Pace</u>	<u>Cummulative</u>
		Lap 1	00:30:39.875	9.8kph	06:07	00:30:39.875
		Lap 2	00:30:56.059	9.7kph	06:11	01:01:35.934
6	1783	CHANTELLE FALK	01:04:35.08	Runner		
		<u>Split Description</u>	<u>Split Times</u>	<u>Speed</u>	<u>Pace</u>	<u>Cummulative</u>
		Lap 1	00:33:01.252	9.1kph	06:36	00:33:01.252
		Lap 2	00:31:33.837	9.5kph	06:18	01:04:35.089
7	1751	COLLEEN DUDYCH	01:18:54.35	Runner		
		<u>Split Description</u>	<u>Split Times</u>	<u>Speed</u>	<u>Pace</u>	<u>Cummulative</u>
		Lap 1	00:37:56.548	7.9kph	07:35	00:37:56.548
		Lap 2	00:40:57.807	7.3kph	08:11	01:18:54.355

## Male 45 - 49

Place	Bib #	Name	Time	Type	City	
1	1819	KEVIN WOLK	00:47:49.61	Runner		
		<u>Split Description</u>	<u>Split Times</u>	<u>Speed</u>	<u>Pace</u>	<u>Cummulative</u>
		Lap 1	00:23:32.708	12.7kph	04:42	00:23:32.708
		Lap 2	00:24:16.911	12.4kph	04:51	00:47:49.619
2	1800	NATHAN MELVIN	00:56:22.06	Runner		
		<u>Split Description</u>	<u>Split Times</u>	<u>Speed</u>	<u>Pace</u>	<u>Cummulative</u>
		Lap 1	00:27:40.128	10.8kph	05:32	00:27:40.128
		Lap 2	00:28:41.934	10.5kph	05:44	00:56:22.062
3	1830	JUMIR ENCARNACION	01:00:21.96	Runner		
		<u>Split Description</u>	<u>Split Times</u>	<u>Speed</u>	<u>Pace</u>	<u>Cummulative</u>
		Lap 1	00:31:13.875	9.6kph	06:14	00:31:13.875
		Lap 2	00:29:08.092	10.3kph	05:49	01:00:21.967
4	1759	WARREN BANKS	01:14:13.38	Runner		
		<u>Split Description</u>	<u>Split Times</u>	<u>Speed</u>	<u>Pace</u>	<u>Cummulative</u>
		Lap 1	00:35:44.920	8.4kph	07:08	00:35:44.920
		Lap 2	00:38:28.461	7.8kph	07:41	01:14:13.381

## Female 45 - 49

Place	Bib #	Name	Time	Type	City	
1	1789	CHRISTINE JESTADT	00:52:10.02	Runner		
		<u>Split Description</u>	<u>Split Times</u>	<u>Speed</u>	<u>Pace</u>	<u>Cummulative</u>
		Lap 1	00:26:18.929	11.4kph	05:15	00:26:18.929
		Lap 2	00:25:51.098	11.6kph	05:10	00:52:10.027
2	1835	LORRAINE MANSON	00:56:12.40	Runner		
		<u>Split Description</u>	<u>Split Times</u>	<u>Speed</u>	<u>Pace</u>	<u>Cummulative</u>
		Lap 1	00:27:56.072	10.7kph	05:35	00:27:56.072
		Lap 2	00:28:16.328	10.6kph	05:39	00:56:12.400
3	1760	CLAIRE HERBERT REIS	01:00:53.89	Runner		
		<u>Split Description</u>	<u>Split Times</u>	<u>Speed</u>	<u>Pace</u>	<u>Cummulative</u>
		Lap 1	00:30:13.878	9.9kph	06:02	00:30:13.878
		Lap 2	00:30:40.015	9.8kph	06:08	01:00:53.893
4	1794	PAULA KREITZ	01:16:05.23	Runner		
		<u>Split Description</u>	<u>Split Times</u>	<u>Speed</u>	<u>Pace</u>	<u>Cummulative</u>
		Lap 1	00:36:40.074	8.2kph	07:20	00:36:40.074
		Lap 2	00:39:25.163	7.6kph	07:53	01:16:05.237

## Male 50 - 54

Place	Bib #	Name	Time	Type	City	
1	1836	JOHN MERRY	01:28:36.18	Runner		
		<u>Split Description</u>	<u>Split Times</u>	<u>Speed</u>	<u>Pace</u>	<u>Cummulative</u>
		Lap 1	00:42:02.453	7.1kph	08:24	00:42:02.453
		Lap 2	00:46:33.735	6.4kph	09:18	01:28:36.188

## Female 50 - 54

Place	Bib #	Name	Time	Type	City	
1	1770	KATHLEEN CAITHNESS	00:48:58.15	Runner		
		<u>Split Description</u>	<u>Split Times</u>	<u>Speed</u>	<u>Pace</u>	<u>Cummulative</u>
		Lap 1	00:24:35.617	12.2kph	04:55	00:24:35.617
		Lap 2	00:24:22.534	12.3kph	04:52	00:48:58.151
2	1771	SUE CAUGHLIN	00:58:07.93	Runner		
		<u>Split Description</u>	<u>Split Times</u>	<u>Speed</u>	<u>Pace</u>	<u>Cummulative</u>
		Lap 1	00:28:58.703	10.4kph	05:47	00:28:58.703
		Lap 2	00:29:09.236	10.3kph	05:49	00:58:07.939

## Male 55 - 59

Place	Bib #	Name	Time	Type	City	
1	1762	KHALID AHMAD	01:05:06.59	Runner		
		<u>Split Description</u>	<u>Split Times</u>	<u>Speed</u>	<u>Pace</u>	<u>Cummulative</u>
		Lap 1	00:31:40.527	9.5kph	06:20	00:31:40.527
		Lap 2	00:33:26.068	9.0kph	06:41	01:05:06.595

# Lace Up For Diabetes 10K

## Female 55 - 59

Place	Bib #	Name	Time	Type	City	
1	1809	STEPHANIE ROBERECKI	00:54:54.58	Runner		
		<u>Split Description</u>	<u>Split Times</u>	<u>Speed</u>	<u>Pace</u>	<u>Cummulative</u>
		Lap 1	00:27:27.597	10.9kph	05:29	00:27:27.597
		Lap 2	00:27:26.991	10.9kph	05:29	00:54:54.588
2	1802	PATRICIA MONDT	01:31:27.52	Runner		
		<u>Split Description</u>	<u>Split Times</u>	<u>Speed</u>	<u>Pace</u>	<u>Cummulative</u>
		Lap 1	00:45:59.431	6.5kph	09:11	00:45:59.431
		Lap 2	00:45:28.096	6.6kph	09:05	01:31:27.527

## Male 60 - 64

Place	Bib #	Name	Time	Type	City	
1	1818	KEN WILSON	00:54:27.26	Runner		
		<u>Split Description</u>	<u>Split Times</u>	<u>Speed</u>	<u>Pace</u>	<u>Cummulative</u>
		Lap 1	00:27:39.225	10.8kph	05:31	00:27:39.225
		Lap 2	00:26:48.040	11.2kph	05:21	00:54:27.265

## Female 60 - 64

Place	Bib #	Name	Time	Type	City	
1	1790	NORMA JONES	00:59:16.11	Runner		
		<u>Split Description</u>	<u>Split Times</u>	<u>Speed</u>	<u>Pace</u>	<u>Cummulative</u>
		Lap 1	00:30:09.600	9.9kph	06:01	00:30:09.600
		Lap 2	00:29:06.510	10.3kph	05:49	00:59:16.110

## Male 65 - 69

Place	Bib #	Name	Time	Type	City	
1	1813	MICHAEL SMITH	01:08:24.87	Runner		
		<u>Split Description</u>	<u>Split Times</u>	<u>Speed</u>	<u>Pace</u>	<u>Cummulative</u>
		Lap 1	00:34:11.457	8.8kph	06:50	00:34:11.457
		Lap 2	00:34:13.418	8.8kph	06:50	01:08:24.875