

# Lace Up For Diabetes 10K

Line Through = Disqualified

| Place | Name                 | Hometown       | Type   | Bib # | Time                     | Pace              | Speed       | Sex          | Age                | ID Number |
|-------|----------------------|----------------|--------|-------|--------------------------|-------------------|-------------|--------------|--------------------|-----------|
| 1     | ANTHONY DEL VECCHIO  | WINNIPEG, MB   | RUNNER | 1777  | 00:42:51.24              | 04:17             | 14.0kph     | M            | 29                 |           |
|       |                      |                |        |       | <u>Split Description</u> | <u>Split Time</u> | <u>Pace</u> | <u>Speed</u> | <u>Cummulative</u> |           |
|       |                      |                |        |       | Lap 1                    | 00:21:35.119      | 04:19       | 13.9kph      | 00:21:35.119       |           |
|       |                      |                |        |       | Lap 2                    | 00:21:16.129      | 04:15       | 14.1kph      | 00:42:51.248       |           |
| 2     | JONATHAN CLAASSEN    | WINNIPEG, MB   | RUNNER | 1773  | 00:45:40.48              | 04:34             | 13.1kph     | M            | 37                 |           |
|       |                      |                |        |       | <u>Split Description</u> | <u>Split Time</u> | <u>Pace</u> | <u>Speed</u> | <u>Cummulative</u> |           |
|       |                      |                |        |       | Lap 1                    | 00:22:29.098      | 04:29       | 13.3kph      | 00:22:29.098       |           |
|       |                      |                |        |       | Lap 2                    | 00:23:11.389      | 04:38       | 12.9kph      | 00:45:40.487       |           |
| 3     | ANDREW PULLEN        | WINNIPEG, MB   | RUNNER | 1807  | 00:45:41.21              | 04:34             | 13.1kph     | M            | 33                 |           |
|       |                      |                |        |       | <u>Split Description</u> | <u>Split Time</u> | <u>Pace</u> | <u>Speed</u> | <u>Cummulative</u> |           |
|       |                      |                |        |       | Lap 1                    | 00:22:55.934      | 04:35       | 13.1kph      | 00:22:55.934       |           |
|       |                      |                |        |       | Lap 2                    | 00:22:45.283      | 04:33       | 13.2kph      | 00:45:41.217       |           |
| 4     | BRANDI SMITH         | WINNIPEG, MB   | RUNNER | 1812  | 00:46:54.53              | 04:41             | 12.8kph     | F            | 41                 |           |
|       |                      |                |        |       | <u>Split Description</u> | <u>Split Time</u> | <u>Pace</u> | <u>Speed</u> | <u>Cummulative</u> |           |
|       |                      |                |        |       | Lap 1                    | 00:23:33.461      | 04:42       | 12.7kph      | 00:23:33.461       |           |
|       |                      |                |        |       | Lap 2                    | 00:23:21.076      | 04:40       | 12.8kph      | 00:46:54.537       |           |
| 5     | JOEL BRANDT          | NIVERVILLE, MB | RUNNER | 1768  | 00:46:57.96              | 04:41             | 12.8kph     | M            | 33                 |           |
|       |                      |                |        |       | <u>Split Description</u> | <u>Split Time</u> | <u>Pace</u> | <u>Speed</u> | <u>Cummulative</u> |           |
|       |                      |                |        |       | Lap 1                    | 00:23:19.828      | 04:39       | 12.9kph      | 00:23:19.828       |           |
|       |                      |                |        |       | Lap 2                    | 00:23:38.137      | 04:43       | 12.7kph      | 00:46:57.965       |           |
| 6     | CHARLENE CHIBORAK    | NIVERVILLE, MB | RUNNER | 1772  | 00:47:28.14              | 04:44             | 12.6kph     | F            | 42                 |           |
|       |                      |                |        |       | <u>Split Description</u> | <u>Split Time</u> | <u>Pace</u> | <u>Speed</u> | <u>Cummulative</u> |           |
|       |                      |                |        |       | Lap 1                    | 00:23:34.439      | 04:42       | 12.7kph      | 00:23:34.439       |           |
|       |                      |                |        |       | Lap 2                    | 00:23:53.709      | 04:46       | 12.6kph      | 00:47:28.148       |           |
| 7     | KATRYNA BARSKE       | WINNIPEG, MB   | RUNNER | 1766  | 00:47:47.33              | 04:46             | 12.6kph     | F            | 26                 |           |
|       |                      |                |        |       | <u>Split Description</u> | <u>Split Time</u> | <u>Pace</u> | <u>Speed</u> | <u>Cummulative</u> |           |
|       |                      |                |        |       | Lap 1                    | 00:23:23.187      | 04:40       | 12.8kph      | 00:23:23.187       |           |
|       |                      |                |        |       | Lap 2                    | 00:24:24.144      | 04:52       | 12.3kph      | 00:47:47.331       |           |
| 8     | KEVIN WOLK           | WINNIPEG, MB   | RUNNER | 1819  | 00:47:49.61              | 04:46             | 12.5kph     | M            | 49                 |           |
|       |                      |                |        |       | <u>Split Description</u> | <u>Split Time</u> | <u>Pace</u> | <u>Speed</u> | <u>Cummulative</u> |           |
|       |                      |                |        |       | Lap 1                    | 00:23:32.708      | 04:42       | 12.7kph      | 00:23:32.708       |           |
|       |                      |                |        |       | Lap 2                    | 00:24:16.911      | 04:51       | 12.4kph      | 00:47:49.619       |           |
| 9     | SAMANTHA ERICHSEN    | WINNIPEG, MB   | RUNNER | 1821  | 00:48:44.67              | 04:52             | 12.3kph     | F            | 30                 |           |
|       |                      |                |        |       | <u>Split Description</u> | <u>Split Time</u> | <u>Pace</u> | <u>Speed</u> | <u>Cummulative</u> |           |
|       |                      |                |        |       | Lap 1                    | 00:24:11.921      | 04:50       | 12.4kph      | 00:24:11.921       |           |
|       |                      |                |        |       | Lap 2                    | 00:24:32.758      | 04:54       | 12.2kph      | 00:48:44.679       |           |
| 10    | KATHLEEN CAITHNESS   | WINNIPEG, MB   | RUNNER | 1770  | 00:48:58.15              | 04:53             | 12.3kph     | F            | 52                 |           |
|       |                      |                |        |       | <u>Split Description</u> | <u>Split Time</u> | <u>Pace</u> | <u>Speed</u> | <u>Cummulative</u> |           |
|       |                      |                |        |       | Lap 1                    | 00:24:35.617      | 04:55       | 12.2kph      | 00:24:35.617       |           |
|       |                      |                |        |       | Lap 2                    | 00:24:22.534      | 04:52       | 12.3kph      | 00:48:58.151       |           |
| 11    | CHRISTOPHER GADALETA | WINNIPEG, MB   | RUNNER | 1788  | 00:49:10.95              | 04:55             | 12.2kph     | M            | 26                 |           |
|       |                      |                |        |       | <u>Split Description</u> | <u>Split Time</u> | <u>Pace</u> | <u>Speed</u> | <u>Cummulative</u> |           |
|       |                      |                |        |       | Lap 1                    | 00:23:36.647      | 04:43       | 12.7kph      | 00:23:36.647       |           |
|       |                      |                |        |       | Lap 2                    | 00:25:34.306      | 05:06       | 11.7kph      | 00:49:10.953       |           |
| 12    | DAN MYSKO            | WINNIPEG, MB   | RUNNER | 1801  | 00:49:16.11              | 04:55             | 12.2kph     | M            | 41                 |           |
|       |                      |                |        |       | <u>Split Description</u> | <u>Split Time</u> | <u>Pace</u> | <u>Speed</u> | <u>Cummulative</u> |           |
|       |                      |                |        |       | Lap 1                    | 00:24:56.912      | 04:59       | 12.0kph      | 00:24:56.912       |           |
|       |                      |                |        |       | Lap 2                    | 00:24:19.202      | 04:51       | 12.3kph      | 00:49:16.114       |           |
| 13    | PIOTR KOZLOWSKI      | WINNIPEG, MB   | RUNNER | 1793  | 00:51:24.74              | 05:08             | 11.7kph     | F            | 37                 |           |
|       |                      |                |        |       | <u>Split Description</u> | <u>Split Time</u> | <u>Pace</u> | <u>Speed</u> | <u>Cummulative</u> |           |
|       |                      |                |        |       | Lap 1                    | 00:24:56.156      | 04:59       | 12.0kph      | 00:24:56.156       |           |
|       |                      |                |        |       | Lap 2                    | 00:26:28.591      | 05:17       | 11.3kph      | 00:51:24.747       |           |
| 14    | JOANNA WEBB          | WINNIPEG, MB   | RUNNER | 1817  | 00:52:06.05              | 05:12             | 11.5kph     | F            | 34                 |           |
|       |                      |                |        |       | <u>Split Description</u> | <u>Split Time</u> | <u>Pace</u> | <u>Speed</u> | <u>Cummulative</u> |           |
|       |                      |                |        |       | Lap 1                    | 00:26:04.852      | 05:12       | 11.5kph      | 00:26:04.852       |           |
|       |                      |                |        |       | Lap 2                    | 00:26:01.203      | 05:12       | 11.5kph      | 00:52:06.055       |           |
| 15    | CHRISTINE JESTADT    | WINNIPEG, MB   | RUNNER | 1789  | 00:52:10.02              | 05:13             | 11.5kph     | F            | 49                 |           |
|       |                      |                |        |       | <u>Split Description</u> | <u>Split Time</u> | <u>Pace</u> | <u>Speed</u> | <u>Cummulative</u> |           |
|       |                      |                |        |       | Lap 1                    | 00:26:18.929      | 05:15       | 11.4kph      | 00:26:18.929       |           |
|       |                      |                |        |       | Lap 2                    | 00:25:51.098      | 05:10       | 11.6kph      | 00:52:10.027       |           |

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| Place | Name                | Hometown           | Type   | Bib # | Time                     | Pace              | Speed       | Sex          | Age                | ID Number |
|-------|---------------------|--------------------|--------|-------|--------------------------|-------------------|-------------|--------------|--------------------|-----------|
| 16    | ALYCIA MANCHULENKO  | ROSSER, MB         | RUNNER | 1795  | 00:52:58.86              | 05:17             | 11.3kph     | F            | 22                 |           |
|       |                     |                    |        |       | <u>Split Description</u> | <u>Split Time</u> | <u>Pace</u> | <u>Speed</u> | <u>Cummulative</u> |           |
|       |                     |                    |        |       | Lap 1                    | 00:26:08.016      | 05:13       | 11.5kph      | 00:26:08.016       |           |
|       |                     |                    |        |       | Lap 2                    | 00:26:50.848      | 05:22       | 11.2kph      | 00:52:58.864       |           |
| 17    | EROMOSELE ASIBOR    | WINNIPEG, MB       | RUNNER | 1764  | 00:52:59.41              | 05:17             | 11.3kph     | M            | 26                 |           |
|       |                     |                    |        |       | <u>Split Description</u> | <u>Split Time</u> | <u>Pace</u> | <u>Speed</u> | <u>Cummulative</u> |           |
|       |                     |                    |        |       | Lap 1                    | 00:26:02.874      | 05:12       | 11.5kph      | 00:26:02.874       |           |
|       |                     |                    |        |       | Lap 2                    | 00:26:56.536      | 05:23       | 11.1kph      | 00:52:59.410       |           |
| 18    | NIKKI HAWRYLYSHEN   | WINNIPEG, MB       | RUNNER | 1832  | 00:54:01.37              | 05:24             | 11.1kph     | F            | 30                 |           |
|       |                     |                    |        |       | <u>Split Description</u> | <u>Split Time</u> | <u>Pace</u> | <u>Speed</u> | <u>Cummulative</u> |           |
|       |                     |                    |        |       | Lap 1                    | 00:26:18.132      | 05:15       | 11.4kph      | 00:26:18.132       |           |
|       |                     |                    |        |       | Lap 2                    | 00:27:43.240      | 05:32       | 10.8kph      | 00:54:01.372       |           |
| 19    | KEN WILSON          | CARMAN, MB         | RUNNER | 1818  | 00:54:27.26              | 05:26             | 11.0kph     | M            | 60                 |           |
|       |                     |                    |        |       | <u>Split Description</u> | <u>Split Time</u> | <u>Pace</u> | <u>Speed</u> | <u>Cummulative</u> |           |
|       |                     |                    |        |       | Lap 1                    | 00:27:39.225      | 05:31       | 10.8kph      | 00:27:39.225       |           |
|       |                     |                    |        |       | Lap 2                    | 00:26:48.040      | 05:21       | 11.2kph      | 00:54:27.265       |           |
| 20    | TYLER FRIESEN       | WINNIPEG, MB       | RUNNER | 1786  | 00:54:44.16              | 05:28             | 11.0kph     | M            | 32                 |           |
|       |                     |                    |        |       | <u>Split Description</u> | <u>Split Time</u> | <u>Pace</u> | <u>Speed</u> | <u>Cummulative</u> |           |
|       |                     |                    |        |       | Lap 1                    | 00:26:42.339      | 05:20       | 11.2kph      | 00:26:42.339       |           |
|       |                     |                    |        |       | Lap 2                    | 00:28:01.823      | 05:36       | 10.7kph      | 00:54:44.162       |           |
| 21    | STEPHANIE ROBERECKI | WINNIPEG, MB       | RUNNER | 1809  | 00:54:54.58              | 05:29             | 10.9kph     | F            | 56                 |           |
|       |                     |                    |        |       | <u>Split Description</u> | <u>Split Time</u> | <u>Pace</u> | <u>Speed</u> | <u>Cummulative</u> |           |
|       |                     |                    |        |       | Lap 1                    | 00:27:27.597      | 05:29       | 10.9kph      | 00:27:27.597       |           |
|       |                     |                    |        |       | Lap 2                    | 00:27:26.991      | 05:29       | 10.9kph      | 00:54:54.588       |           |
| 22    | JORDAN DUPUIS       | WINNIPEG, MB       | RUNNER | 1820  | 00:55:04.94              | 05:30             | 10.9kph     | M            | 26                 |           |
|       |                     |                    |        |       | <u>Split Description</u> | <u>Split Time</u> | <u>Pace</u> | <u>Speed</u> | <u>Cummulative</u> |           |
|       |                     |                    |        |       | Lap 1                    | 00:26:28.026      | 05:17       | 11.3kph      | 00:26:28.026       |           |
|       |                     |                    |        |       | Lap 2                    | 00:28:36.923      | 05:43       | 10.5kph      | 00:55:04.949       |           |
| 23    | CATHERINE GALAY     | WINNIPEG, MB       | RUNNER | 1767  | 00:55:40.14              | 05:34             | 10.8kph     | F            | 30                 |           |
|       |                     |                    |        |       | <u>Split Description</u> | <u>Split Time</u> | <u>Pace</u> | <u>Speed</u> | <u>Cummulative</u> |           |
|       |                     |                    |        |       | Lap 1                    | 00:27:55.926      | 05:35       | 10.7kph      | 00:27:55.926       |           |
|       |                     |                    |        |       | Lap 2                    | 00:27:44.217      | 05:32       | 10.8kph      | 00:55:40.143       |           |
| 24    | SUZETE MONIZ        | WINNIPEG, MB       | RUNNER | 1803  | 00:55:51.13              | 05:35             | 10.7kph     | F            | 44                 |           |
|       |                     |                    |        |       | <u>Split Description</u> | <u>Split Time</u> | <u>Pace</u> | <u>Speed</u> | <u>Cummulative</u> |           |
|       |                     |                    |        |       | Lap 1                    | 00:27:54.219      | 05:34       | 10.8kph      | 00:27:54.219       |           |
|       |                     |                    |        |       | Lap 2                    | 00:27:56.913      | 05:35       | 10.7kph      | 00:55:51.132       |           |
| 25    | SYDNI DE JONG       | WINNIPEG, MB       | RUNNER | 1775  | 00:56:05.91              | 05:36             | 10.7kph     | F            | 23                 |           |
|       |                     |                    |        |       | <u>Split Description</u> | <u>Split Time</u> | <u>Pace</u> | <u>Speed</u> | <u>Cummulative</u> |           |
|       |                     |                    |        |       | Lap 1                    | 00:27:53.974      | 05:34       | 10.8kph      | 00:27:53.974       |           |
|       |                     |                    |        |       | Lap 2                    | 00:28:11.941      | 05:38       | 10.6kph      | 00:56:05.915       |           |
| 26    | LORRAINE MANSON     | WINNIPEG, MB       | RUNNER | 1835  | 00:56:12.40              | 05:37             | 10.7kph     | F            | 49                 |           |
|       |                     |                    |        |       | <u>Split Description</u> | <u>Split Time</u> | <u>Pace</u> | <u>Speed</u> | <u>Cummulative</u> |           |
|       |                     |                    |        |       | Lap 1                    | 00:27:56.072      | 05:35       | 10.7kph      | 00:27:56.072       |           |
|       |                     |                    |        |       | Lap 2                    | 00:28:16.328      | 05:39       | 10.6kph      | 00:56:12.400       |           |
| 27    | NATHAN MELVIN       | WINNIPEG, MB       | RUNNER | 1800  | 00:56:22.06              | 05:38             | 10.6kph     | M            | 45                 |           |
|       |                     |                    |        |       | <u>Split Description</u> | <u>Split Time</u> | <u>Pace</u> | <u>Speed</u> | <u>Cummulative</u> |           |
|       |                     |                    |        |       | Lap 1                    | 00:27:40.128      | 05:32       | 10.8kph      | 00:27:40.128       |           |
|       |                     |                    |        |       | Lap 2                    | 00:28:41.934      | 05:44       | 10.5kph      | 00:56:22.062       |           |
| 28    | HAILEY STEVENS      | STONY MOUNTAIN, MB | RUNNER | 1814  | 00:56:26.98              | 05:38             | 10.6kph     | F            | 27                 |           |
|       |                     |                    |        |       | <u>Split Description</u> | <u>Split Time</u> | <u>Pace</u> | <u>Speed</u> | <u>Cummulative</u> |           |
|       |                     |                    |        |       | Lap 1                    | 00:28:09.943      | 05:37       | 10.7kph      | 00:28:09.943       |           |
|       |                     |                    |        |       | Lap 2                    | 00:28:17.046      | 05:39       | 10.6kph      | 00:56:26.989       |           |
| 29    | DANA PROCTOR        | WINNIPEG, MB       | RUNNER | 1806  | 00:56:52.91              | 05:41             | 10.5kph     | F            | 25                 |           |
|       |                     |                    |        |       | <u>Split Description</u> | <u>Split Time</u> | <u>Pace</u> | <u>Speed</u> | <u>Cummulative</u> |           |
|       |                     |                    |        |       | Lap 1                    | 00:27:14.054      | 05:26       | 11.0kph      | 00:27:14.054       |           |
|       |                     |                    |        |       | Lap 2                    | 00:29:38.864      | 05:55       | 10.1kph      | 00:56:52.918       |           |
| 30    | MELANIE MELVIN      | WINNIPEG, MB       | RUNNER | 1799  | 00:57:02.82              | 05:42             | 10.5kph     | F            | 41                 |           |
|       |                     |                    |        |       | <u>Split Description</u> | <u>Split Time</u> | <u>Pace</u> | <u>Speed</u> | <u>Cummulative</u> |           |
|       |                     |                    |        |       | Lap 1                    | 00:27:41.637      | 05:32       | 10.8kph      | 00:27:41.637       |           |
|       |                     |                    |        |       | Lap 2                    | 00:29:21.186      | 05:52       | 10.2kph      | 00:57:02.823       |           |

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|-------|---------------------|--------------|--------|-------|--------------------------|-------------------|-------------|--------------|--------------------|-----------|
| 31    | SUE CAUGHLIN        | WINNIPEG, MB | RUNNER | 1771  | 00:58:07.93              | 05:48             | 10.3kph     | F            | 50                 |           |
|       |                     |              |        |       | <u>Split Description</u> | <u>Split Time</u> | <u>Pace</u> | <u>Speed</u> | <u>Cummulative</u> |           |
|       |                     |              |        |       | Lap 1                    | 00:28:58.703      | 05:47       | 10.4kph      | 00:28:58.703       |           |
|       |                     |              |        |       | Lap 2                    | 00:29:09.236      | 05:49       | 10.3kph      | 00:58:07.939       |           |
| 32    | KIRSTEN MAY         | WINNIPEG, MB | RUNNER | 1796  | 00:58:14.86              | 05:49             | 10.3kph     | F            | 32                 |           |
|       |                     |              |        |       | <u>Split Description</u> | <u>Split Time</u> | <u>Pace</u> | <u>Speed</u> | <u>Cummulative</u> |           |
|       |                     |              |        |       | Lap 1                    | 00:28:53.541      | 05:46       | 10.4kph      | 00:28:53.541       |           |
|       |                     |              |        |       | Lap 2                    | 00:29:21.327      | 05:52       | 10.2kph      | 00:58:14.868       |           |
| 33    | BECKY REMPEL        | LORETTE, MB  | RUNNER | 1808  | 00:58:17.40              | 05:49             | 10.3kph     | F            | 33                 |           |
|       |                     |              |        |       | <u>Split Description</u> | <u>Split Time</u> | <u>Pace</u> | <u>Speed</u> | <u>Cummulative</u> |           |
|       |                     |              |        |       | Lap 1                    | 00:28:54.461      | 05:46       | 10.4kph      | 00:28:54.461       |           |
|       |                     |              |        |       | Lap 2                    | 00:29:22.939      | 05:52       | 10.2kph      | 00:58:17.400       |           |
| 34    | NORMA JONES         | WINNIPEG, MB | RUNNER | 1790  | 00:59:16.11              | 05:55             | 10.1kph     | F            | 62                 |           |
|       |                     |              |        |       | <u>Split Description</u> | <u>Split Time</u> | <u>Pace</u> | <u>Speed</u> | <u>Cummulative</u> |           |
|       |                     |              |        |       | Lap 1                    | 00:30:09.600      | 06:01       | 9.9kph       | 00:30:09.600       |           |
|       |                     |              |        |       | Lap 2                    | 00:29:06.510      | 05:49       | 10.3kph      | 00:59:16.110       |           |
| 35    | KAYCEE CAPULONG     | WINNIPEG, MB | RUNNER | 1757  | 00:59:16.46              | 05:55             | 10.1kph     | M            | 38                 |           |
|       |                     |              |        |       | <u>Split Description</u> | <u>Split Time</u> | <u>Pace</u> | <u>Speed</u> | <u>Cummulative</u> |           |
|       |                     |              |        |       | Lap 1                    | 00:28:31.516      | 05:42       | 10.5kph      | 00:28:31.516       |           |
|       |                     |              |        |       | Lap 2                    | 00:30:44.950      | 06:08       | 9.8kph       | 00:59:16.466       |           |
| 36    | CHRIS AWESOME       | WINNIPEG, MB | RUNNER | 1765  | 00:59:31.72              | 05:57             | 10.1kph     | M            | 37                 |           |
|       |                     |              |        |       | <u>Split Description</u> | <u>Split Time</u> | <u>Pace</u> | <u>Speed</u> | <u>Cummulative</u> |           |
|       |                     |              |        |       | Lap 1                    | 00:30:17.094      | 06:03       | 9.9kph       | 00:30:17.094       |           |
|       |                     |              |        |       | Lap 2                    | 00:29:14.633      | 05:50       | 10.3kph      | 00:59:31.727       |           |
| 37    | VICTORIA DE JONG    | WINNIPEG, MB | RUNNER | 1776  | 00:59:39.18              | 05:57             | 10.1kph     | F            | 25                 |           |
|       |                     |              |        |       | <u>Split Description</u> | <u>Split Time</u> | <u>Pace</u> | <u>Speed</u> | <u>Cummulative</u> |           |
|       |                     |              |        |       | Lap 1                    | 00:30:11.148      | 06:02       | 9.9kph       | 00:30:11.148       |           |
|       |                     |              |        |       | Lap 2                    | 00:29:28.040      | 05:53       | 10.2kph      | 00:59:39.188       |           |
| 38    | MEGAN DEGROW        | WINNIPEG, MB | RUNNER | 1829  | 01:00:01.82              | 06:00             | 10.0kph     | F            | 34                 |           |
|       |                     |              |        |       | <u>Split Description</u> | <u>Split Time</u> | <u>Pace</u> | <u>Speed</u> | <u>Cummulative</u> |           |
|       |                     |              |        |       | Lap 1                    | 00:29:20.251      | 05:52       | 10.2kph      | 00:29:20.251       |           |
|       |                     |              |        |       | Lap 2                    | 00:30:41.578      | 06:08       | 9.8kph       | 01:00:01.829       |           |
| 39    | JUMIR ENCARNACION   | WINNIPEG, MB | RUNNER | 1830  | 01:00:21.96              | 06:02             | 9.9kph      | M            | 48                 |           |
|       |                     |              |        |       | <u>Split Description</u> | <u>Split Time</u> | <u>Pace</u> | <u>Speed</u> | <u>Cummulative</u> |           |
|       |                     |              |        |       | Lap 1                    | 00:31:13.875      | 06:14       | 9.6kph       | 00:31:13.875       |           |
|       |                     |              |        |       | Lap 2                    | 00:29:08.092      | 05:49       | 10.3kph      | 01:00:21.967       |           |
| 40    | CARL EUSEBIO        | WINNIPEG, MB | RUNNER | 1782  | 01:00:22.23              | 06:02             | 9.9kph      | M            | 37                 |           |
|       |                     |              |        |       | <u>Split Description</u> | <u>Split Time</u> | <u>Pace</u> | <u>Speed</u> | <u>Cummulative</u> |           |
|       |                     |              |        |       | Lap 1                    | 00:31:13.937      | 06:14       | 9.6kph       | 00:31:13.937       |           |
|       |                     |              |        |       | Lap 2                    | 00:29:08.295      | 05:49       | 10.3kph      | 01:00:22.232       |           |
| 41    | CLAIRE HERBERT REIS | WINNIPEG, MB | RUNNER | 1760  | 01:00:53.89              | 06:05             | 9.9kph      | F            | 46                 |           |
|       |                     |              |        |       | <u>Split Description</u> | <u>Split Time</u> | <u>Pace</u> | <u>Speed</u> | <u>Cummulative</u> |           |
|       |                     |              |        |       | Lap 1                    | 00:30:13.878      | 06:02       | 9.9kph       | 00:30:13.878       |           |
|       |                     |              |        |       | Lap 2                    | 00:30:40.015      | 06:08       | 9.8kph       | 01:00:53.893       |           |
| 42    | AMY PASSMORE        | WINNIPEG, MB | RUNNER | 1804  | 01:01:35.93              | 06:09             | 9.7kph      | F            | 43                 |           |
|       |                     |              |        |       | <u>Split Description</u> | <u>Split Time</u> | <u>Pace</u> | <u>Speed</u> | <u>Cummulative</u> |           |
|       |                     |              |        |       | Lap 1                    | 00:30:39.875      | 06:07       | 9.8kph       | 00:30:39.875       |           |
|       |                     |              |        |       | Lap 2                    | 00:30:56.059      | 06:11       | 9.7kph       | 01:01:35.934       |           |
| 43    | DAN CHEVRIER        | WINNIPEG, MB | RUNNER | 1761  | 01:01:45.12              | 06:10             | 9.7kph      | M            | 43                 |           |
|       |                     |              |        |       | <u>Split Description</u> | <u>Split Time</u> | <u>Pace</u> | <u>Speed</u> | <u>Cummulative</u> |           |
|       |                     |              |        |       | Lap 1                    | 00:30:14.599      | 06:02       | 9.9kph       | 00:30:14.599       |           |
|       |                     |              |        |       | Lap 2                    | 00:31:30.528      | 06:18       | 9.5kph       | 01:01:45.127       |           |
| 44    | SHELDON KUZMIK      |              | RUNNER | 1834  | 01:01:54.93              | 06:11             | 9.7kph      | M            | 0                  |           |
|       |                     |              |        |       | <u>Split Description</u> | <u>Split Time</u> | <u>Pace</u> | <u>Speed</u> | <u>Cummulative</u> |           |
|       |                     |              |        |       | Lap 1                    | 00:29:32.711      | 05:54       | 10.2kph      | 00:29:32.711       |           |
|       |                     |              |        |       | Lap 2                    | 00:32:22.228      | 06:28       | 9.3kph       | 01:01:54.939       |           |
| 45    | MICHELLE STEVENS    | WINNIPEG, MB | RUNNER | 1840  | 01:03:20.98              | 06:20             | 9.5kph      | F            | 28                 |           |
|       |                     |              |        |       | <u>Split Description</u> | <u>Split Time</u> | <u>Pace</u> | <u>Speed</u> | <u>Cummulative</u> |           |
|       |                     |              |        |       | Lap 1                    | 00:36:59.938      | 07:23       | 8.1kph       | 00:36:59.938       |           |
|       |                     |              |        |       | Lap 2                    | 00:26:21.046      | 05:16       | 11.4kph      | 01:03:20.984       |           |

# Lace Up For Diabetes 10K

Line Through = Disqualified

| Place | Name             | Hometown       | Type   | Bib # | Time                     | Pace              | Speed       | Sex          | Age                | ID Number |
|-------|------------------|----------------|--------|-------|--------------------------|-------------------|-------------|--------------|--------------------|-----------|
| 46    | MARK DAVID       | WINNIPEG, MB   | RUNNER | 1758  | 01:03:41.34              | 06:22             | 9.4kph      | M            | 35                 |           |
|       |                  |                |        |       | <u>Split Description</u> | <u>Split Time</u> | <u>Pace</u> | <u>Speed</u> | <u>Cummulative</u> |           |
|       |                  |                |        |       | Lap 1                    | 00:30:07.169      | 06:01       | 10.0kph      | 00:30:07.169       |           |
|       |                  |                |        |       | Lap 2                    | 00:33:34.176      | 06:42       | 8.9kph       | 01:03:41.345       |           |
| 47    | COREY BRANDT     |                | RUNNER | 1826  | 01:04:30.68              | 06:27             | 9.3kph      | M            | 38                 |           |
|       |                  |                |        |       | <u>Split Description</u> | <u>Split Time</u> | <u>Pace</u> | <u>Speed</u> | <u>Cummulative</u> |           |
|       |                  |                |        |       | Lap 1                    | 00:32:19.321      | 06:27       | 9.3kph       | 00:32:19.321       |           |
|       |                  |                |        |       | Lap 2                    | 00:32:11.362      | 06:26       | 9.3kph       | 01:04:30.683       |           |
| 48    | CHANTELLE FALK   | NIVERVILLE, MB | RUNNER | 1783  | 01:04:35.08              | 06:27             | 9.3kph      | F            | 42                 |           |
|       |                  |                |        |       | <u>Split Description</u> | <u>Split Time</u> | <u>Pace</u> | <u>Speed</u> | <u>Cummulative</u> |           |
|       |                  |                |        |       | Lap 1                    | 00:33:01.252      | 06:36       | 9.1kph       | 00:33:01.252       |           |
|       |                  |                |        |       | Lap 2                    | 00:31:33.837      | 06:18       | 9.5kph       | 01:04:35.089       |           |
| 49    | ZIMRAAN AHMAD    | WINNIPEG, MB   | RUNNER | 1763  | 01:05:06.37              | 06:30             | 9.2kph      | M            | 10                 |           |
|       |                  |                |        |       | <u>Split Description</u> | <u>Split Time</u> | <u>Pace</u> | <u>Speed</u> | <u>Cummulative</u> |           |
|       |                  |                |        |       | Lap 1                    | 00:31:41.398      | 06:20       | 9.5kph       | 00:31:41.398       |           |
|       |                  |                |        |       | Lap 2                    | 00:33:24.981      | 06:40       | 9.0kph       | 01:05:06.379       |           |
| 50    | KHALID AHMAD     | WINNIPEG, MB   | RUNNER | 1762  | 01:05:06.59              | 06:30             | 9.2kph      | M            | 57                 |           |
|       |                  |                |        |       | <u>Split Description</u> | <u>Split Time</u> | <u>Pace</u> | <u>Speed</u> | <u>Cummulative</u> |           |
|       |                  |                |        |       | Lap 1                    | 00:31:40.527      | 06:20       | 9.5kph       | 00:31:40.527       |           |
|       |                  |                |        |       | Lap 2                    | 00:33:26.068      | 06:41       | 9.0kph       | 01:05:06.595       |           |
| 51    | KRISTYN FANSTONE | OAKBANK, MB    | RUNNER | 1785  | 01:06:38.81              | 06:39             | 9.0kph      | F            | 24                 |           |
|       |                  |                |        |       | <u>Split Description</u> | <u>Split Time</u> | <u>Pace</u> | <u>Speed</u> | <u>Cummulative</u> |           |
|       |                  |                |        |       | Lap 1                    | 00:30:11.133      | 06:02       | 9.9kph       | 00:30:11.133       |           |
|       |                  |                |        |       | Lap 2                    | 00:36:27.678      | 07:17       | 8.2kph       | 01:06:38.811       |           |
| 52    | MELISSA GABBS    | WINNIPEG, MB   | RUNNER | 1787  | 01:08:20.82              | 06:50             | 8.8kph      | F            | 28                 |           |
|       |                  |                |        |       | <u>Split Description</u> | <u>Split Time</u> | <u>Pace</u> | <u>Speed</u> | <u>Cummulative</u> |           |
|       |                  |                |        |       | Lap 1                    | 00:36:17.727      | 07:15       | 8.3kph       | 00:36:17.727       |           |
|       |                  |                |        |       | Lap 2                    | 00:32:03.098      | 06:24       | 9.4kph       | 01:08:20.825       |           |
| 53    | MICHAEL SMITH    | DAVIDSON, sk   | RUNNER | 1813  | 01:08:24.87              | 06:50             | 8.8kph      | M            | 68                 |           |
|       |                  |                |        |       | <u>Split Description</u> | <u>Split Time</u> | <u>Pace</u> | <u>Speed</u> | <u>Cummulative</u> |           |
|       |                  |                |        |       | Lap 1                    | 00:34:11.457      | 06:50       | 8.8kph       | 00:34:11.457       |           |
|       |                  |                |        |       | Lap 2                    | 00:34:13.418      | 06:50       | 8.8kph       | 01:08:24.875       |           |
| 54    | SIOBHAN MERRY    |                | RUNNER | 1837  | 01:09:18.32              | 06:55             | 8.7kph      | F            | 16                 |           |
|       |                  |                |        |       | <u>Split Description</u> | <u>Split Time</u> | <u>Pace</u> | <u>Speed</u> | <u>Cummulative</u> |           |
|       |                  |                |        |       | Lap 1                    | 00:34:23.283      | 06:52       | 8.7kph       | 00:34:23.283       |           |
|       |                  |                |        |       | Lap 2                    | 00:34:55.040      | 06:59       | 8.6kph       | 01:09:18.323       |           |
| 55    | ALYSSA RYAN      | WINNIPEG, MB   | RUNNER | 1810  | 01:09:52.62              | 06:59             | 8.6kph      | F            | 16                 |           |
|       |                  |                |        |       | <u>Split Description</u> | <u>Split Time</u> | <u>Pace</u> | <u>Speed</u> | <u>Cummulative</u> |           |
|       |                  |                |        |       | Lap 1                    | 00:31:37.900      | 06:19       | 9.5kph       | 00:31:37.900       |           |
|       |                  |                |        |       | Lap 2                    | 00:38:14.727      | 07:38       | 7.8kph       | 01:09:52.627       |           |
| 56    | DARIA KOPYNSKY   | WINNIPEG, MB   | RUNNER | 1792  | 01:11:38.02              | 07:09             | 8.4kph      | F            | 23                 |           |
|       |                  |                |        |       | <u>Split Description</u> | <u>Split Time</u> | <u>Pace</u> | <u>Speed</u> | <u>Cummulative</u> |           |
|       |                  |                |        |       | Lap 1                    | 00:34:18.188      | 06:51       | 8.7kph       | 00:34:18.188       |           |
|       |                  |                |        |       | Lap 2                    | 00:37:19.834      | 07:27       | 8.0kph       | 01:11:38.022       |           |
| 57    | JESSICA DUBEAU   | STE. ANNE, MB  | RUNNER | 1779  | 01:13:41.67              | 07:22             | 8.1kph      | F            | 30                 |           |
|       |                  |                |        |       | <u>Split Description</u> | <u>Split Time</u> | <u>Pace</u> | <u>Speed</u> | <u>Cummulative</u> |           |
|       |                  |                |        |       | Lap 1                    | 00:35:39.850      | 07:07       | 8.4kph       | 00:35:39.850       |           |
|       |                  |                |        |       | Lap 2                    | 00:38:01.822      | 07:36       | 7.9kph       | 01:13:41.672       |           |
| 58    | WARREN BANKS     | WINNIPEG, MB   | RUNNER | 1759  | 01:14:13.38              | 07:25             | 8.1kph      | M            | 48                 |           |
|       |                  |                |        |       | <u>Split Description</u> | <u>Split Time</u> | <u>Pace</u> | <u>Speed</u> | <u>Cummulative</u> |           |
|       |                  |                |        |       | Lap 1                    | 00:35:44.920      | 07:08       | 8.4kph       | 00:35:44.920       |           |
|       |                  |                |        |       | Lap 2                    | 00:38:28.461      | 07:41       | 7.8kph       | 01:14:13.381       |           |
| 59    | PAULA KREITZ     | WINNIPEG, MB   | RUNNER | 1794  | 01:16:05.23              | 07:36             | 7.9kph      | F            | 49                 |           |
|       |                  |                |        |       | <u>Split Description</u> | <u>Split Time</u> | <u>Pace</u> | <u>Speed</u> | <u>Cummulative</u> |           |
|       |                  |                |        |       | Lap 1                    | 00:36:40.074      | 07:20       | 8.2kph       | 00:36:40.074       |           |
|       |                  |                |        |       | Lap 2                    | 00:39:25.163      | 07:53       | 7.6kph       | 01:16:05.237       |           |
| 60    | KATTIE CAPULONG  | WINNIPEG, MB   | RUNNER | 1756  | 01:16:32.30              | 07:39             | 7.8kph      | F            | 34                 |           |
|       |                  |                |        |       | <u>Split Description</u> | <u>Split Time</u> | <u>Pace</u> | <u>Speed</u> | <u>Cummulative</u> |           |
|       |                  |                |        |       | Lap 1                    | 00:36:30.965      | 07:18       | 8.2kph       | 00:36:30.965       |           |
|       |                  |                |        |       | Lap 2                    | 00:40:01.342      | 08:00       | 7.5kph       | 01:16:32.307       |           |

# Lace Up For Diabetes 10K

Line Through = Disqualified

| Place | Name           | Hometown     | Type   | Bib # | Time                     | Pace              | Speed       | Sex          | Age                | ID Number |
|-------|----------------|--------------|--------|-------|--------------------------|-------------------|-------------|--------------|--------------------|-----------|
| 61    | COLLEEN DUDYCH | WINNIPEG,    | RUNNER | 1751  | 01:18:54.35              | 07:53             | 7.6kph      | F            | 43                 |           |
|       |                |              |        |       | <u>Split Description</u> | <u>Split Time</u> | <u>Pace</u> | <u>Speed</u> | <u>Cummulative</u> |           |
|       |                |              |        |       | Lap 1                    | 00:37:56.548      | 07:35       | 7.9kph       | 00:37:56.548       |           |
|       |                |              |        |       | Lap 2                    | 00:40:57.807      | 08:11       | 7.3kph       | 01:18:54.355       |           |
| 62    | ERINN OLCEN    | WINNIPEG,    | RUNNER | 1754  | 01:18:55.09              | 07:53             | 7.6kph      | F            | 29                 |           |
|       |                |              |        |       | <u>Split Description</u> | <u>Split Time</u> | <u>Pace</u> | <u>Speed</u> | <u>Cummulative</u> |           |
|       |                |              |        |       | Lap 1                    | 00:37:56.374      | 07:35       | 7.9kph       | 00:37:56.374       |           |
|       |                |              |        |       | Lap 2                    | 00:40:58.723      | 08:11       | 7.3kph       | 01:18:55.097       |           |
| 63    | JOHN MERRY     | WINNIPEG, MB | RUNNER | 1836  | 01:28:36.18              | 08:51             | 6.8kph      | M            | 51                 |           |
|       |                |              |        |       | <u>Split Description</u> | <u>Split Time</u> | <u>Pace</u> | <u>Speed</u> | <u>Cummulative</u> |           |
|       |                |              |        |       | Lap 1                    | 00:42:02.453      | 08:24       | 7.1kph       | 00:42:02.453       |           |
|       |                |              |        |       | Lap 2                    | 00:46:33.735      | 09:18       | 6.4kph       | 01:28:36.188       |           |
| 64    | PATRICIA MONDT | WINNIPEG, MB | RUNNER | 1802  | 01:31:27.52              | 09:08             | 6.6kph      | F            | 57                 |           |
|       |                |              |        |       | <u>Split Description</u> | <u>Split Time</u> | <u>Pace</u> | <u>Speed</u> | <u>Cummulative</u> |           |
|       |                |              |        |       | Lap 1                    | 00:45:59.431      | 09:11       | 6.5kph       | 00:45:59.431       |           |
|       |                |              |        |       | Lap 2                    | 00:45:28.096      | 09:05       | 6.6kph       | 01:31:27.527       |           |
| 65    | BRYAN BUSS     | WINNIPEG, MB | RUNNER | 1769  | 00:46:58.85              | 04:41             | 12.8kph     | M            | 38                 |           |
|       |                |              |        |       | <u>Split Description</u> | <u>Split Time</u> | <u>Pace</u> | <u>Speed</u> | <u>Cummulative</u> |           |
|       |                |              |        |       | Lap 1                    | 00:23:18.311      | 04:39       | 12.9kph      | 00:23:18.311       |           |
|       |                |              |        |       | Lap 2                    | 00:23:40.544      | 04:44       | 12.7kph      | 00:46:58.855       |           |