

East St Paul Centennial 10K

Overall Male Runner

Place	Bib#	Name	Time	Grade	Athlete Type	Hometown	Pace	Speed	Overall Place	Age	Athlete ID
1.	1066	Graupner, Steven	35:22.639	-	Runner	Manitoba, AR	5:42	10.542	1	28	

Overall Female Runner

Place	Bib#	Name	Time	Grade	Athlete Type	Hometown	Pace	Speed	Overall Place	Age	Athlete ID
1.	1050	Parson, Janie	42:46.869	-	Runner	La Salle, MAN	6:53	8.718	9	43	1050

Male 10-14

Place	Bib#	Name	Time	Grade	Athlete Type	Hometown	Pace	Speed	Overall Place	Age	Athlete ID
1.	1009	Meadows, Zack	55:46.599	-	Runner	Gimli, Man	8:58	6.685	42	12	1009
2.	1018	Cintije, Nicodem	59:44.172	-	Runner	Winnipeg, MAN	9:37	6.241	53	10	1018

Male 15-19

Place	Bib#	Name	Time	Grade	Athlete Type	Hometown	Pace	Speed	Overall Place	Age	Athlete ID
1.	1004	Glover, Robert	46:43.525	-	Runner	East St. Paul, MAN	7:31	7.981	24	15	1004
2.	1014	Galagan, Ben	57:52.919	-	Runner	East St. Paul, MB	9:19	6.443	48	17	1014

Male 20-24

Place	Bib#	Name	Time	Grade	Athlete Type	Hometown	Pace	Speed	Overall Place	Age	Athlete ID
1.	1028	Malenchak, Joshua	39:45.832	-	Runner	Winnipeg, Man	6:24	9.379	3	20	1028
2.	1049	Yakimchuk, Trevor	51:04.195	-	Runner	Winnipeg, Man	8:13	7.301	31	22	1049

Male 25-29

Place	Bib#	Name	Time	Grade	Athlete Type	Hometown	Pace	Speed	Overall Place	Age	Athlete ID
1.	1061	Eastcott, Jonas	42:18.249	-	Runner	Manitoba, AR	6:48	8.814	7	25	
2.	1063	Petrash, Cody	43:09.969	FR	Runner		6:57	8.640	11	25	
3.	1034	Hamilton, Brett	44:59.369	-	Runner	Winnipeg, Man	7:14	8.288	19	28	1034

Male 30-34

Place	Bib#	Name	Time	Grade	Athlete Type	Hometown	Pace	Speed	Overall Place	Age	Athlete ID
1.	1006	Densmore, Anthony	40:51.572	-	Runner	Winnipeg, MAN	6:34	9.127	4	33	1006

Male 35-39

Place	Bib#	Name	Time	Grade	Athlete Type	Hometown	Pace	Speed	Overall Place	Age	Athlete ID
1.	1073	Lilley, David	55:23.425	-	Runner	Manitoba, AR	8:55	6.732	41	38	

Male 40-44

Place	Bib#	Name	Time	Grade	Athlete Type	Hometown	Pace	Speed	Overall Place	Age	Athlete ID
1.	1020	Erb, Craig	40:57.772	-	Runner	Winnipeg, MB	6:35	9.104	5	42	1020
2.	1051	Stapinsky, Jonathan	45:59.195	-	Runner	Narol, MAN	7:24	8.108	20	43	1051
3.	1031	Zaplitny, Chris	47:09.805	-	Runner	East St Paul, MAN	7:35	7.907	26	43	1031

Male 45-49

Place	Bib#	Name	Time	Grade	Athlete Type	Hometown	Pace	Speed	Overall Place	Age	Athlete ID
1.	1069	Zhou, Sam	39:45.629	-	Runner	Manitoba, AR	6:24	9.379	2	48	
2.	1017	Mccaughan, Dan	43:01.192	-	Runner	Winnipeg, MAN	6:55	8.667	10	45	1017
3.	1019	Dick, Chris	43:18.409	-	Runner	Carman, MB	6:58	8.610	12	48	1019

East St Paul Centennial 10K

Male 50-54

Place	Bib#	Name	Time	Grade	Athlete Type	Hometown	Pace	Speed	Overall Place	Age	Athlete ID
1.	1071	Mawle, Troy	46:55.432	-	Runner	Manitoba, AR	7:33	7.947	25	51	
2.	1033	Grieve, Tom	58:07.825	-	Runner	Winnipeg, Man	9:21	6.415	50	53	1033

Male 55-59

Place	Bib#	Name	Time	Grade	Athlete Type	Hometown	Pace	Speed	Overall Place	Age	Athlete ID
1.	1008	Young, Bruce	40:59.869	-	Runner	Winnipeg, Man	6:36	9.097	6	57	1008
2.	1002	Cox, Bob	43:42.885	-	Runner	Winnipeg, Man	7:02	8.531	15	55	1002
3.	1058	Ferguson, Neil	44:16.639	-	Runner	Winnipeg, Man	7:07	8.422	16	58	1058

Male 60-64

Place	Bib#	Name	Time	Grade	Athlete Type	Hometown	Pace	Speed	Overall Place	Age	Athlete ID
1.	1072	Bain, Bruce	46:12.465	-	Runner	Manitoba, AR	7:26	8.070	22	60	
2.	1042	Gwynne, Michael	52:47.775	-	Runner	Winnipeg, Man	8:30	7.063	36	64	1042
3.	1012	Riddolls, Ray	59:56.815	-	Runner	East St. Paul, MAN	9:39	6.221	54	61	1012

Male 65-59

Place	Bib#	Name	Time	Grade	Athlete Type	Hometown	Pace	Speed	Overall Place	Age	Athlete ID
1.	1022	Towns, Grant	42:23.115	-	Runner	Winnipeg, Man	6:49	8.796	8	69	1022
2.	1036	Ptashnick, Gord	54:18.269	-	Runner	East St. Paul, MAN	8:44	6.866	39	65	1036
3.	1038	Vince, Jeff	57:15.875	-	Runner	East St Paul, MAN	9:13	6.512	46	68	1038

Male 70-74

Place	Bib#	Name	Time	Grade	Athlete Type	Hometown	Pace	Speed	Overall Place	Age	Athlete ID
1.	1059	Gerrard, Martin	1:33:12.825	FR	Runner		15:00	4.000	69	74	

Female 20-24

Place	Bib#	Name	Time	Grade	Athlete Type	Hometown	Pace	Speed	Overall Place	Age	Athlete ID
1.	1062	Herman, Raeanne	52:03.012	FR	Runner	Manitoba, CAN	8:23	7.163	35	20	
2.	1027	Dansen, Caitlin	57:11.809	-	Runner	East St. Paul, MAN	9:12	6.520	45	23	1027
3.	1076	Sternberg, Carolina	57:39.449	-	Runner	Manitoba, AR	9:17	6.467	47	22	

Female 25-29

Place	Bib#	Name	Time	Grade	Athlete Type	Hometown	Pace	Speed	Overall Place	Age	Athlete ID
1.	1003	Ramsay, Eden	1:06:48.705	-	Runner	Winnipeg, Man	10:45	5.581	62	29	1003
2.	1074	Jeyanthan, Janu	1:20:00.379	-	Runner	Manitoba, AR	12:52	4.660	68	29	

Female 30-34

Place	Bib#	Name	Time	Grade	Athlete Type	Hometown	Pace	Speed	Overall Place	Age	Athlete ID
1.	1011	Green, Lindsey	43:22.039	-	Runner	Winnipeg, MB	6:59	8.597	13	31	1011
2.	1068	Nazerevich, Andrea	46:33.969	-	Runner	Manitoba, AR	7:29	8.009	23	30	
3.	1054	Hall, Jenny	54:11.779	-	Runner	Winnipeg, MAN	8:43	6.881	38	31	1054

Female 35-39

Place	Bib#	Name	Time	Grade	Athlete Type	Hometown	Pace	Speed	Overall Place	Age	Athlete ID
1.	1023	Bridges, Sonja	1:02:34.379	-	Runner	Winnipeg, MB	10:04	5.959	58	36	1023
2.	1025	Darragh, Kristin	1:13:41.145	-	Runner	Winnipeg, MB	11:51	5.060	66	39	1025

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Female 40-44

Place	Bib#	Name	Time	Grade	Athlete Type	Hometown	Pace	Speed	Overall Place	Age	Athlete ID
1.	1029	Rusk, Christa	49:31.272	-	Runner	Winnipeg, MB	7:58	7.529	27	44	1029
2.	1067	Webb, Jennifer	51:19.172	-	Runner	Manitoba, AR	8:16	7.265	32	41	
3.	1007	Klassen, Kari	1:00:05.109	-	Runner	Selkirk, Man	9:40	6.205	55	42	1007

Female 45-49

Place	Bib#	Name	Time	Grade	Athlete Type	Hometown	Pace	Speed	Overall Place	Age	Athlete ID
1.	1070	Samuel, Ami	44:26.672	-	Runner	Manitoba, AR	7:09	8.391	17	48	
2.	1040	Moltzan, Catherine	56:44.612	-	Runner	Headingley, MB	9:08	6.572	44	47	1040
3.	1021	Jobb, Danielle	1:00:10.022	-	Runner	Winnipeg, Man	9:41	6.197	56	46	1021

Female 50-54

Place	Bib#	Name	Time	Grade	Athlete Type	Hometown	Pace	Speed	Overall Place	Age	Athlete ID
1.	1039	Stuart, Louise	58:30.672	-	Runner	Thompson, Man	9:25	6.373	52	53	1039
2.	1043	Daher, Anita	1:01:40.729	-	Runner	Winnipeg, Man	9:55	6.046	57	50	1043
3.	1024	Rehill, Bev	1:04:41.712	-	Runner	East St.Paul, Man	10:25	5.764	60	54	1024

Female 55-59

Place	Bib#	Name	Time	Grade	Athlete Type	Hometown	Pace	Speed	Overall Place	Age	Athlete ID
1.	1001	Hawkins, Jan	55:53.619	-	Runner	Winnipeg, MAN	9:00	6.671	43	57	1001

Female 75-79

Place	Bib#	Name	Time	Grade	Athlete Type	Hometown	Pace	Speed	Overall Place	Age	Athlete ID
1.	1060	Letinski, Ada	1:09:14.605	FR	Runner		11:09	5.385	64	77	