## **East St Paul Centennial 5K**

Bib#	Name		<u>O</u>	verall Male	<u> kunner</u>						
	Name										
L 117 /	David Lucasa	Time	Grade	Athlete Type	Hometown	Pace	Speed	Overall Place	Age	Athlete ID	
5014	Roy, Lucas	18:10.544	-	Runner	Winnipeg, Man	5:51	10.261	1	18	5014	
Overall Female Runner											
Bib#	Name	Time	Grade	Athlete Type	Hometown	Pace	Speed	Overall Place	Age	Athlete ID	
5056	Watt, Margret	21:41.280	-	Runner	Manitoba, AR	6:59	8.597	7	14		
<u>Male 5-9</u>											
Bib#	Name	Time	Grade	Athlete Type	Hometown	Pace	Speed	Overall Place	Age	Athlete ID	
5008	Harder, Tristan	35:51.360	-	Runner	East St Paul, MAN	11:32	5.200	53	8	5008	
Male 10-14											
Bib#	Name	Time	Grade	Athlete Type	Hometown	Pace	Speed	Overall Place	Age	Athlete ID	
5064	Boyle, William	18:18.694	-	Runner	Manitoba, AR	5:53	10.186	2	13		
5020	Larence, Matthew	24:03.190	-	Runner	East St. Paul, MAN	7:44	7.751	15	12	5020	
5018	Zaplitny, Cade	24:41.194	-	Runner	East St Paul, MAN	7:57	7.552	17	11	5018	
Male 15-19											
Bib#	Name	Time	Grade	Athlete Type	Hometown	Pace	Speed	Overall Place	Age	Athlete ID	
5022	Jenkins, Bryce	19:04.787	-	Runner	Winnipeg, MAN	6:08	9.777	3	16	5022	
5065	Kolodiej, Peter	21:15.604	-	Runner	Manitoba, AR	6:50	8.772	4	16		
5058	Martens, Jon	21:31.204	-	Runner	Manitoba, AR	6:56	8.664	5	18		
Male 20-24											
Bib#	Name	Time	Grade	Athlete Type	Hometown	Pace	Speed	Overall Place	Age	Athlete ID	
5057	Wallace-Booth, Caden	23:32.150	-	Runner	Manitoba, AR	7:34	7.921	13	22		
5034	Peabody, Warren	26:20.884	-	Runner	East St.Paul, MB	8:29	7.079	24	24	5034	
				Male 2	<u>5-29</u>						
Bib#	Name	Time	Grade	Athlete Type	Hometown	Pace	Speed	Overall Place	Age	Athlete ID	
5053	Sohor, Davis	22:45.964	-	Runner	Manitoba, AR	7:19	8.194	11	28		
5052	Dankochik, Brent	33:46.364	FR	Runner		10:52	5.521	47	27		
				Male 30	<u>)-34</u>						
Bib#	Name	Time	Grade	Athlete Type	Hometown	Pace	Speed	Overall Place	Age	Athlete ID	
5012	Harris, Phil	21:36.817	-	Runner	Winnipeg, Man	6:57	8.630	6	33	5012	
5035	Hodgins, Robert	23:01.230	-	Runner	Winnipeg, MAN	7:24	8.099	12	30	5035	
5015	Pawlak, Nicholas	31:47.244	-	Runner	Prince Albert, Sas	10:14	5.865	43	30	5015	
				<u>M</u> ale 40	D-44						
Bib#	Name	Time	Grade	Athlete Type	Hometown	Pace	Speed	Overall Place	Age	Athlete ID	
5031	Francis, Ryan	26:41.380	-	Runner	East St. Paul, MAN	8:35	6.986	26	44	5031	
5009	Harder, Robert	35:51.267	-	Runner	East St Paul, MAN	11:32	5.200	52	40	5009	
				<u>Ma</u> le 4	5-4 <u>9</u>						
Bib#	Name	Time	Grade	Athlete Type	Hometown	Pace	Speed	Overall Place	Age	Athlete ID	
	Riley, Sean	26:11.254		Runner	Winnmipeg, Man	8:26	7.119	23	46	5017	
	Bib# 5008  Bib# 5008  Bib# 5004  5018  Bib# 5022  5065  5058  Bib# 5057  5034  Bib# 5053  5052  Bib# 5012  5035  5015  Bib# 5031  5009	Bib# Name 5008 Harder, Tristan  Bib# Name 5064 Boyle, William 5020 Larence, Matthew 5018 Zaplitny, Cade  Bib# Name 5022 Jenkins, Bryce 5065 Kolodiej, Peter 5058 Martens, Jon  Bib# Name 5057 Wallace-Booth, Caden 5034 Peabody, Warren  Bib# Name 5053 Sohor, Davis 5052 Dankochik, Brent  Bib# Name 5012 Harris, Phil 5035 Hodgins, Robert 5015 Pawlak, Nicholas  Bib# Name 5011 Francis, Ryan 5009 Harder, Robert	Bib#         Name         Time           5008         Harder, Tristan         35:51.360           Bib#         Name         Time           5064         Boyle, William         18:18.694           5020         Larence, Matthew         24:03.190           5018         Zaplitny, Cade         24:41.194           Bib#         Name         Time           5022         Jenkins, Bryce         19:04.787           5065         Kolodiej, Peter         21:35.604           5058         Martens, Jon         21:31.204           Bib#         Name         Time           5057         Wallace-Booth, Caden         23:32.150           5034         Peabody, Warren         26:20.884           Bib#         Name         Time           5052         Dankochik, Brent         33:46.364           Bib#         Name         Time           5012         Harris, Phil         21:36.817           5035         Hodgins, Robert         23:01.230           5015         Pawlak, Nicholas         31:47.244           Bib#         Name         Time           5031         Francis, Ryan         26:41.380           5009	Bib#         Name         Time         Grade           5056         Watt, Margret         21:41.280         -           Bib#         Name         Time         Grade           5008         Harder, Tristan         35:51.360         -           Bib#         Name         Time         Grade           5064         Boyle, William         18:18.694         -           5020         Larence, Matthew         24:03.190         -           5018         Zaplitny, Cade         24:41.194         -           8ib#         Name         Time         Grade           5022         Jenkins, Bryce         19:04.787         -           5058         Kolodiej, Peter         21:15.604         -           5058         Martens, Jon         21:31.204         -           8ib#         Name         Time         Grade           5057         Wallace-Booth, Caden         23:32.150         -           5034         Peabody, Warren         26:20.884         -           8ib#         Name         Time         Grade           5052         Dankochik, Brent         33:46.364         FR           8ib#         Name         Time	Bib# Name   Time   Grade   Athlete Type   Runner	Bible   Name	Bible         Name         Time         Grade         Athlete Type         Hometown         Pace           5056         Watt, Margret         21:41:280         -         Runner         Manitoba, AR         6:59           Male 5-9           Bible         Name         Time         Grade         Athlete Type         Hometown         Pace           5008         Harder, Tristan         35:51:360         -         Runner         East St Paul, MAN         11:32           Male 10-14           Bible         Name         Time         Grade         Athlete Type         Hometown         Pace           5064         Boyle, William         18:18.694         -         Runner         Manitoba, AR         5:53           5020         Larence, Mathew         24:03:190         -         Runner         East St Paul, MAN         7:44           5018         Zaplitry, Cade         24:41:194         -         Runner         Hometown         Pace           Male 15-19           Bible         Name         Time         Grade         Athlete Type         Hometown         Pace           5052         Denkins, Bryce         19:04-787         -         Runner	Bible         Name         Time         Grade         Athlete Type         Hometown         Pace         Speed           5056         Watt, Margret         21:41:280         -         Runner         Manitoba, AR         6:59         8:597           Maile 5-9           Bible         Name         Time         Grade         Athlete Type         Hemetown         Pace         Speed           5008         Harder, Tristan         35:51:360         -         Runner         East St Paul, MAN         11:32         5:200           Male 10-14           Male 10-14           Male 10-14           Bible         Name         Time         Grade         Athlete Type         Hemetown         Pace         Speed           5018         Zaplitny, Cade         24:41.194         -         Runner         Manitoba, AR         5:53         10.186           5018         Zaplitny, Cade         24:41.194         -         Runner         Bate St Paul, MAN         7:44         7:751           5018         Name         Time         Grade         Athlete Type         Hometown         Pace         Speed           5018         Naines, Bryce	Name	Name   Time   Grade   Athlete Type   Hometown   Pace   Speed   Overall Place   Age	

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## **East St Paul Centennial 5K**

	Female 35-39  Place Bib# Name Time Grade Athlete Type Hometown Pace Speed Overall Place Age Athlete ID										
						ar aa					
3.	5026	Ryman, Tracy	29:34.697	-	Runner	East St Paul, MAN	9:31	6.305	37	31	5026
2.	5024	Guarino, Cassie	25:16.370	-	Runner	Winnipeg, MAN	8:08	7.378	21	33	5024
1.	5062	Wiebe, Angie	24:47.777	-	Runner	Manitoba, AR	7:59	7.522	18	34	
Place	Bib#	Name	Time	Grade	Athlete Type	Hometown	Pace	Speed	Overall Place	Age	Athlete ID
					Female:	<u>30-34</u>					
1.	5032	Haring, Marla	27:45.510	-	Runner	Cold Lake, Alb	8:56	6.718	32	27	5032
Place	Bib#	Name	Time	Grade	Athlete Type	Hometown	Pace	Speed	Overall Place	Age	Athlete ID
					Female:	<u> 25-29</u>					
1.	5042	Wiens, Kaitlyn	25:56.057	-	Runner	Winnipeg, MAN	8:21	7.188	22	22	5042
Place	Bib#	Name	Time	Grade	Athlete Type	Hometown	Pace	Speed	Overall Place	Age	Athlete ID
					Female:						
					_	·					
3.	5030	Francis, Hudson	26:41.147	-	Runner	East St. Paul, MAN	8:35	6.986	25	10	5030
2.	5023	Roddy, Paige	25:04.384	-	Runner	Winnipeg, MB	8:04	7.437	19	13	5023
1.	5021	Niblock, Annika	22:29.374	-	Runner	Winnipeg, MB	7:14	8.291	10	14	5021
Place	Bib#	Name	Time	Grade	Athlete Type	Hometown	Pace	Speed	Overall Place	Age	Athlete ID
					<u>Female</u>	<u>10-14</u>					
		, 500, 00111,11				www.iipog, w.a.v	1.52	1.024	10	J	5544
Place 1.	Bib# 5044	Name Hollywood, Caitlyn	24:27.437	Grade -	Runner	Winnipeg, MAN	Pace 7:52	7.624	Overall Place	Age 9	5044
Diago	D:h#	Namo	Time	Grade	Female Athlete Type	# <b>3-9</b> Hometown	Poss	Span-l	Overall Place	٨٥٥	Athlete ID
Female 5-9											
1.	5011	Konotopetz, Larry	22:26.284	-	Runner	Winnipeg, Man	7:13	8.310	9	67	5011
Place	Bib#	Name	Time	Grade	Athlete Type	Hometown	Pace	Speed	Overall Place	Age	Athlete ID
Male 65-69											
		, 					. 5.51	2.001	· <b>-</b>		
2.	5004	Yakimchuk, Al	31:25.040	-	Runner	East St Paul, MAN	10:07	5.934	42	64	5004
1.	5033	Stewart, Al	23:47.060	-	Runner	Winnipeg, MAN	7:39	7.838	14	Age 64	5033
Male 60-64  Place Bib# Name Time Grade Athlete Type Hometown Pace Speed Overall Place Age Athlete ID											
Mala CO CA											
3.	5025	Unger, Grant	29:02.184	-	Runner	Winnipeg, MAN	9:21	6.421	34	56	5025
2.	5061	Berard, Fern	27:39.954	-	Runner	Manitoba, AR	8:54	6.742	30	58	
1.	5063	Shutuema, Jim	25:14.027	-	Runner	Manitoba, AR	8:07	7.388	20	56	
Place	Bib#	Name	Time	Grade	Athlete Type	Hometown	Pace	Speed	Overall Place	Age	Athlete ID
<u>Male 55-59</u>											
						,					
	5001	Meadows, Corey	33:24.074	-	Runner	Gimli, Man	10:45	5.581	44	46	5001
3.		Mccullough, Brett	26:51.650	-	Runner	Wpg, MAN	8:39	6.943	27	46	5013

## **East St Paul Centennial 5K**

2.	1048	Atamanchuk, Dawna	48:33.057	FR	Runner		15:38	3.840	57	42	
Female 45-49											
Place	Bib#	Name	Time	Grade	Athlete Type	Hometown	Pace	Speed	Overall Place	Age	Athlete ID
1.	5029	Younka, Amanda	22:08.794	-	Runner	Wpg, MAN	7:07	8.422	8	47	5029
2.	5041	Bate, Rhonda	29:05.677	-	Runner	Oakbank, Man	9:22	6.410	35	47	5041
3.	5054	Boticki, Bojana	34:50.070	-	Runner	Manitoba, AR	11:13	5.352	49	46	
	Female 55-59										
Place	Bib#	Name	Time	Grade	Athlete Type	Hometown	Pace	Speed	Overall Place	Age	Athlete ID
1.	5043	Wiens, Kathy	27:45.634	-	Runner	Winnipeg, MAN	8:56	6.718	33	59	5043
2.	5045	Unger, Cindy	30:31.570	-	Runner	Winnipeg, Man	9:49	6.109	40	55	5045
Female 60-64											
Place	Bib#	Name	Time	Grade	Athlete Type	Hometown	Pace	Speed	Overall Place	Age	Athlete ID
1.	5060	Labun, Viola	29:53.684	-	Runner	Manitoba, AR	9:37	6.238	38	63	
2.	5036	Dansen, Patricia	46:34.054	-	Runner	East St. Paul, MB	14:59	4.003	56	61	5036