

East St Paul Centennial 5K

Overall Male Runner

Place	Bib#	Name	Time	Grade	Athlete Type	Hometown	Pace	Speed	Overall Place	Age	Athlete ID
1.	5014	Roy, Lucas	18:10.544	-	Runner	Winnipeg, Man	5:51	10.261	1	18	5014

Overall Female Runner

Place	Bib#	Name	Time	Grade	Athlete Type	Hometown	Pace	Speed	Overall Place	Age	Athlete ID
1.	5056	Watt, Margret	21:41.280	-	Runner	Manitoba, AR	6:59	8.597	7	14	

Male 5-9

Place	Bib#	Name	Time	Grade	Athlete Type	Hometown	Pace	Speed	Overall Place	Age	Athlete ID
1.	5008	Harder, Tristan	35:51.360	-	Runner	East St Paul, MAN	11:32	5.200	53	8	5008

Male 10-14

Place	Bib#	Name	Time	Grade	Athlete Type	Hometown	Pace	Speed	Overall Place	Age	Athlete ID
1.	5064	Boyle, William	18:18.694	-	Runner	Manitoba, AR	5:53	10.186	2	13	
2.	5020	Larence, Matthew	24:03.190	-	Runner	East St. Paul, MAN	7:44	7.751	15	12	5020
3.	5018	Zaplitny, Cade	24:41.194	-	Runner	East St Paul, MAN	7:57	7.552	17	11	5018

Male 15-19

Place	Bib#	Name	Time	Grade	Athlete Type	Hometown	Pace	Speed	Overall Place	Age	Athlete ID
1.	5022	Jenkins, Bryce	19:04.787	-	Runner	Winnipeg, MAN	6:08	9.777	3	16	5022
2.	5065	Kolodiej, Peter	21:15.604	-	Runner	Manitoba, AR	6:50	8.772	4	16	
3.	5058	Martens, Jon	21:31.204	-	Runner	Manitoba, AR	6:56	8.664	5	18	

Male 20-24

Place	Bib#	Name	Time	Grade	Athlete Type	Hometown	Pace	Speed	Overall Place	Age	Athlete ID
1.	5057	Wallace-Booth, Caden	23:32.150	-	Runner	Manitoba, AR	7:34	7.921	13	22	
2.	5034	Peabody, Warren	26:20.884	-	Runner	East St.Paul, MB	8:29	7.079	24	24	5034

Male 25-29

Place	Bib#	Name	Time	Grade	Athlete Type	Hometown	Pace	Speed	Overall Place	Age	Athlete ID
1.	5053	Sohor, Davis	22:45.964	-	Runner	Manitoba, AR	7:19	8.194	11	28	
2.	5052	Dankochik, Brent	33:46.364	FR	Runner		10:52	5.521	47	27	

Male 30-34

Place	Bib#	Name	Time	Grade	Athlete Type	Hometown	Pace	Speed	Overall Place	Age	Athlete ID
1.	5012	Harris, Phil	21:36.817	-	Runner	Winnipeg, Man	6:57	8.630	6	33	5012
2.	5035	Hodgins, Robert	23:01.230	-	Runner	Winnipeg, MAN	7:24	8.099	12	30	5035
3.	5015	Pawlak, Nicholas	31:47.244	-	Runner	Prince Albert, Sas	10:14	5.865	43	30	5015

Male 40-44

Place	Bib#	Name	Time	Grade	Athlete Type	Hometown	Pace	Speed	Overall Place	Age	Athlete ID
1.	5031	Francis, Ryan	26:41.380	-	Runner	East St. Paul, MAN	8:35	6.986	26	44	5031
2.	5009	Harder, Robert	35:51.267	-	Runner	East St Paul, MAN	11:32	5.200	52	40	5009

Male 45-49

Place	Bib#	Name	Time	Grade	Athlete Type	Hometown	Pace	Speed	Overall Place	Age	Athlete ID
1.	5017	Riley, Sean	26:11.254	-	Runner	Winnipeg, Man	8:26	7.119	23	46	5017

East St Paul Centennial 5K

2.	5013	Mccullough, Brett	26:51.650	-	Runner	Wpg, MAN	8:39	6.943	27	46	5013
3.	5001	Meadows, Corey	33:24.074	-	Runner	Gimli, Man	10:45	5.581	44	46	5001

Male 55-59

Place	Bib#	Name	Time	Grade	Athlete Type	Hometown	Pace	Speed	Overall Place	Age	Athlete ID
1.	5063	Shutuema, Jim	25:14.027	-	Runner	Manitoba, AR	8:07	7.388	20	56	
2.	5061	Berard, Fern	27:39.954	-	Runner	Manitoba, AR	8:54	6.742	30	58	
3.	5025	Unger, Grant	29:02.184	-	Runner	Winnipeg, MAN	9:21	6.421	34	56	5025

Male 60-64

Place	Bib#	Name	Time	Grade	Athlete Type	Hometown	Pace	Speed	Overall Place	Age	Athlete ID
1.	5033	Stewart, Al	23:47.060	-	Runner	Winnipeg, MAN	7:39	7.838	14	64	5033
2.	5004	Yakimchuk, Al	31:25.040	-	Runner	East St Paul, MAN	10:07	5.934	42	64	5004

Male 65-69

Place	Bib#	Name	Time	Grade	Athlete Type	Hometown	Pace	Speed	Overall Place	Age	Athlete ID
1.	5011	Konotopetz, Larry	22:26.284	-	Runner	Winnipeg, Man	7:13	8.310	9	67	5011

Female 5-9

Place	Bib#	Name	Time	Grade	Athlete Type	Hometown	Pace	Speed	Overall Place	Age	Athlete ID
1.	5044	Hollywood, Caitlyn	24:27.437	-	Runner	Winnipeg, MAN	7:52	7.624	16	9	5044

Female 10-14

Place	Bib#	Name	Time	Grade	Athlete Type	Hometown	Pace	Speed	Overall Place	Age	Athlete ID
1.	5021	Niblock, Annika	22:29.374	-	Runner	Winnipeg, MB	7:14	8.291	10	14	5021
2.	5023	Roddy, Paige	25:04.384	-	Runner	Winnipeg, MB	8:04	7.437	19	13	5023
3.	5030	Francis, Hudson	26:41.147	-	Runner	East St. Paul, MAN	8:35	6.986	25	10	5030

Female 20-24

Place	Bib#	Name	Time	Grade	Athlete Type	Hometown	Pace	Speed	Overall Place	Age	Athlete ID
1.	5042	Wiens, Kaitlyn	25:56.057	-	Runner	Winnipeg, MAN	8:21	7.188	22	22	5042

Female 25-29

Place	Bib#	Name	Time	Grade	Athlete Type	Hometown	Pace	Speed	Overall Place	Age	Athlete ID
1.	5032	Haring, Marla	27:45.510	-	Runner	Cold Lake, Alb	8:56	6.718	32	27	5032

Female 30-34

Place	Bib#	Name	Time	Grade	Athlete Type	Hometown	Pace	Speed	Overall Place	Age	Athlete ID
1.	5062	Wiebe, Angie	24:47.777	-	Runner	Manitoba, AR	7:59	7.522	18	34	
2.	5024	Guarino, Cassie	25:16.370	-	Runner	Winnipeg, MAN	8:08	7.378	21	33	5024
3.	5026	Ryman, Tracy	29:34.697	-	Runner	East St Paul, MAN	9:31	6.305	37	31	5026

Female 35-39

Place	Bib#	Name	Time	Grade	Athlete Type	Hometown	Pace	Speed	Overall Place	Age	Athlete ID
1.	5003	Becker, Christine	34:41.197	-	Runner	Winnipeg, MAN	11:10	5.375	48	35	5003

Female 40-44

Place	Bib#	Name	Time	Grade	Athlete Type	Hometown	Pace	Speed	Overall Place	Age	Athlete ID
1.	5005	Bains, Sandra	30:59.694	-	Runner	Winnipeg, MAN	9:58	6.017	41	43	5005

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