

10K Prairie Wildlife Rehabilitation Clinic

Line Through = Disqualified

Place	Name	Hometown	Type	Bib #	Time	Pace	Speed	Sex	Age	ID Number
1	CHRISTOPHER MARTIN	WINNIPEG, CAN	RUNNER	1197	00:41:26.69	04:08	14.5kph	M	36	
					<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cummulative</u>	
					Split 1	00:10:00.067	04:00	15.0kph	00:10:00.067	
					Split 2	00:10:31.091	04:12	14.3kph	00:20:31.158	
					Split 3	00:10:32.676	04:13	14.2kph	00:31:03.834	
					Split 4	00:10:22.861	04:09	14.4kph	00:41:26.695	
2	JONATHAN LACOSTE	WINNIPEG, Man	RUNNER	1176	00:48:24.09	04:50	12.4kph	M	44	
					<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cummulative</u>	
					Split 1	00:11:42.010	04:40	12.8kph	00:11:42.010	
					Split 2	00:12:43.427	05:05	11.8kph	00:24:25.437	
					Split 3	00:12:04.412	04:49	12.4kph	00:36:29.849	
					Split 4	00:11:54.241	04:45	12.6kph	00:48:24.090	
3	STEVE NEWTON	WINNIPEG, Man	RUNNER	1182	00:49:42.51	04:58	12.1kph	M	45	
					<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cummulative</u>	
					Split 1	00:12:07.731	04:51	12.4kph	00:12:07.731	
					Split 2	00:12:24.122	04:57	12.1kph	00:24:31.853	
					Split 3	00:12:41.398	05:04	11.8kph	00:37:13.251	
					Split 4	00:12:29.268	04:59	12.0kph	00:49:42.519	
4	JUDD ST.GODARD	WINNIPEG, Man	RUNNER	1196	00:52:37.86	05:15	11.4kph	M	40	
					<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cummulative</u>	
					Split 1	00:13:29.638	05:23	11.1kph	00:13:29.638	
					Split 2	00:12:59.458	05:11	11.5kph	00:26:29.096	
					Split 3	00:13:08.488	05:15	11.4kph	00:39:37.584	
					Split 4	00:13:00.285	05:12	11.5kph	00:52:37.869	
5	ASHLEY SCOTT	WINNIPEG, Man	RUNNER	1187	00:52:47.78	05:16	11.4kph	F	34	
					<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cummulative</u>	
					Split 1	00:13:09.262	05:15	11.4kph	00:13:09.262	
					Split 2	00:12:54.929	05:09	11.6kph	00:26:04.191	
					Split 3	00:13:49.684	05:31	10.8kph	00:39:53.875	
					Split 4	00:12:53.913	05:09	11.6kph	00:52:47.788	
6	GLEN SHUMSKY	WINNIPEG, Man	RUNNER	1188	00:54:32.90	05:27	11.0kph	M	34	
					<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cummulative</u>	
					Split 1	00:12:48.036	05:07	11.7kph	00:12:48.036	
					Split 2	00:13:43.748	05:29	10.9kph	00:26:31.784	
					Split 3	00:13:38.550	05:27	11.0kph	00:40:10.334	
					Split 4	00:14:22.573	05:45	10.4kph	00:54:32.907	
7	STEPHANIE SANCHO	WINNIPEG, Man	RUNNER	1186	00:59:11.15	05:55	10.1kph	F	32	
					<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cummulative</u>	
					Split 1	00:13:36.786	05:26	11.0kph	00:13:36.786	
					Split 2	00:14:39.900	05:51	10.2kph	00:28:16.686	
					Split 3	00:15:38.727	06:15	9.6kph	00:43:55.413	
					Split 4	00:15:15.740	06:06	9.8kph	00:59:11.153	
8	COURTNEY LARDIZABAL	WINNIPEG, Man	RUNNER	1178	01:02:28.11	06:14	9.6kph	F	31	
					<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cummulative</u>	
					Split 1	00:14:15.955	05:42	10.5kph	00:14:15.955	
					Split 2	00:16:06.504	06:26	9.3kph	00:30:22.459	
					Split 3	00:16:21.173	06:32	9.2kph	00:46:43.632	
					Split 4	00:15:44.478	06:17	9.5kph	01:02:28.110	
9	TRACEY STEMPNICK	WINNIPEG, Man	RUNNER	1189	01:03:18.11	06:19	9.5kph	F	40	
					<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cummulative</u>	
					Split 1	00:15:25.134	06:10	9.7kph	00:15:25.134	
					Split 2	00:15:42.540	06:17	9.5kph	00:31:07.674	
					Split 3	00:16:18.806	06:31	9.2kph	00:47:26.480	
					Split 4	00:15:51.630	06:20	9.5kph	01:03:18.110	
10	BRANDON WILLIAMS	WINNIPEG, Man	RUNNER	1191	01:04:05.25	06:24	9.4kph	M	35	
					<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cummulative</u>	
					Split 1	00:16:45.193	06:42	9.0kph	00:16:45.193	
					Split 2	00:16:51.605	06:44	8.9kph	00:33:36.798	
					Split 3	00:15:22.687	06:09	9.8kph	00:48:59.485	
					Split 4	00:15:05.769	06:02	9.9kph	01:04:05.254	
11	BRIGETTE DEPAPE	WINNIPEG, Man	RUNNER	1172	01:04:26.05	06:26	9.3kph	F	29	
					<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cummulative</u>	
					Split 1	00:15:09.087	06:03	9.9kph	00:15:09.087	
					Split 2	00:16:25.165	06:34	9.1kph	00:31:34.252	
					Split 3	00:16:43.884	06:41	9.0kph	00:48:18.136	
					Split 4	00:16:07.920	06:27	9.3kph	01:04:26.056	

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12 TAMERA WILSON	WINNIPEG, Man	RUNNER	1193	01:04:53.51	06:29	9.2kph	F	57	
				<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cummulative</u>	
				Split 1	00:16:22.672	06:33	9.2kph	00:16:22.672	
				Split 2	00:16:25.020	06:34	9.1kph	00:32:47.692	
				Split 3	00:16:07.816	06:27	9.3kph	00:48:55.508	
				Split 4	00:15:58.007	06:23	9.4kph	01:04:53.515	
13 DENISE PAULS	WINNIPEG, Man	RUNNER	1183	01:04:54.42	06:29	9.2kph	F	56	
				<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cummulative</u>	
				Split 1	00:16:20.469	06:32	9.2kph	00:16:20.469	
				Split 2	00:16:28.202	06:35	9.1kph	00:32:48.671	
				Split 3	00:16:07.164	06:26	9.3kph	00:48:55.835	
				Split 4	00:15:58.587	06:23	9.4kph	01:04:54.422	
14 DREW RAMSDALE	WINNIPEG, Man	RUNNER	1184	01:05:15.31	06:31	9.2kph	M	44	
				<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cummulative</u>	
				Split 1	00:16:04.663	06:25	9.3kph	00:16:04.663	
				Split 2	00:16:15.406	06:30	9.2kph	00:32:20.069	
				Split 3	00:16:53.404	06:45	8.9kph	00:49:13.473	
				Split 4	00:16:01.840	06:24	9.4kph	01:05:15.313	
15 DARLENE KEEPER	ST ANDREWS, Man	RUNNER	1174	01:06:09.88	06:36	9.1kph	F	25	
				<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cummulative</u>	
				Split 1	00:18:45.780	07:30	8.0kph	00:18:45.780	
				Split 2	00:16:19.381	06:31	9.2kph	00:35:05.161	
				Split 3	00:15:51.029	06:20	9.5kph	00:50:56.190	
				Split 4	00:15:13.690	06:05	9.9kph	01:06:09.880	
16 LARISSA BARR	WINNIPEG, Man	RUNNER	1169	01:07:12.78	06:43	8.9kph	F	31	
				<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cummulative</u>	
				Split 1	00:17:17.790	06:55	8.7kph	00:17:17.790	
				Split 2	00:15:58.693	06:23	9.4kph	00:33:16.483	
				Split 3	00:16:49.520	06:43	8.9kph	00:50:06.003	
				Split 4	00:17:06.780	06:50	8.8kph	01:07:12.783	
17 DRAKE MIDDLETON	LASALLE, Man	RUNNER	1180	01:07:52.43	06:47	8.8kph	M	8	
				<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cummulative</u>	
				Split 1	00:16:43.905	06:41	9.0kph	00:16:43.905	
				Split 2	00:16:59.699	06:47	8.8kph	00:33:43.604	
				Split 3	00:17:21.610	06:56	8.6kph	00:51:05.214	
				Split 4	00:16:47.219	06:42	8.9kph	01:07:52.433	
18 SANYLLE MIDDLETON	LASALLE, Man	RUNNER	1181	01:07:53.16	06:47	8.8kph	F	39	
				<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cummulative</u>	
				Split 1	00:16:48.099	06:43	8.9kph	00:16:48.099	
				Split 2	00:16:58.143	06:47	8.8kph	00:33:46.242	
				Split 3	00:17:22.370	06:56	8.6kph	00:51:08.612	
				Split 4	00:16:44.557	06:41	9.0kph	01:07:53.169	
19 KATY BERGERON	WINNIPEG, Man	RUNNER	1170	01:08:10.83	06:49	8.8kph	F	40	
				<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cummulative</u>	
				Split 1	00:17:11.004	06:52	8.7kph	00:17:11.004	
				Split 2	00:17:59.489	07:11	8.3kph	00:35:10.493	
				Split 3	00:16:52.725	06:45	8.9kph	00:52:03.218	
				Split 4	00:16:07.616	06:27	9.3kph	01:08:10.834	
20 MARK EVACHEWSKI	ILES DES CHENE, Man	RUNNER	1173	01:08:51.29	06:53	8.7kph	M	30	
				<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cummulative</u>	
				Split 1	00:16:47.176	06:42	8.9kph	00:16:47.176	
				Split 2	00:16:59.114	06:47	8.8kph	00:33:46.290	
				Split 3	00:17:16.430	06:54	8.7kph	00:51:02.720	
				Split 4	00:17:48.573	07:07	8.4kph	01:08:51.293	
21 MELA WILLIAMS	WINNIPEG, Man	RUNNER	1192	01:08:51.34	06:53	8.7kph	F	31	
				<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cummulative</u>	
				Split 1	00:16:47.816	06:43	8.9kph	00:16:47.816	
				Split 2	00:16:59.131	06:47	8.8kph	00:33:46.947	
				Split 3	00:17:16.514	06:54	8.7kph	00:51:03.461	
				Split 4	00:17:47.879	07:07	8.4kph	01:08:51.340	
22 KHOSI MASHININI	WINNIPEG, Man	RUNNER	1179	01:13:59.57	07:23	8.1kph	F	41	
				<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cummulative</u>	
				Split 1	00:17:24.497	06:57	8.6kph	00:17:24.497	
				Split 2	00:18:21.872	07:20	8.2kph	00:35:46.369	
				Split 3	00:19:34.693	07:49	7.7kph	00:55:21.062	
				Split 4	00:18:38.510	07:27	8.0kph	01:13:59.572	

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23	TATIANA ROBINSON	WINNIPEG, Man	RUNNER	1185	01:13:59.62	07:23	8.1kph	F	38	
					<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cummulative</u>	
					Split 1	00:17:23.664	06:57	8.6kph	00:17:23.664	
					Split 2	00:18:23.293	07:21	8.2kph	00:35:46.957	
					Split 3	00:19:34.027	07:49	7.7kph	00:55:20.984	
					Split 4	00:18:38.640	07:27	8.0kph	01:13:59.624	
24	JODI BODNARCHUK	MITCHELL, Man	RUNNER	1194	01:13:59.92	07:23	8.1kph	F	44	
					<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cummulative</u>	
					Split 1	00:17:24.283	06:57	8.6kph	00:17:24.283	
					Split 2	00:18:23.323	07:21	8.2kph	00:35:47.606	
					Split 3	00:19:34.084	07:49	7.7kph	00:55:21.690	
					Split 4	00:18:38.231	07:27	8.0kph	01:13:59.921	
25	CARL COLEMAN	WINNIPEG, Man	RUNNER	1171	01:19:47.00	07:58	7.5kph	M	59	
					<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cummulative</u>	
					Split 1	00:19:40.558	07:52	7.6kph	00:19:40.558	
					Split 2	00:19:56.959	07:58	7.5kph	00:39:37.517	
					Split 3	00:20:11.156	08:04	7.4kph	00:59:48.673	
					Split 4	00:19:58.328	07:59	7.5kph	01:19:47.001	
26	JEWEL WHITE	THORNHILL, Man	RUNNER	1190	01:27:32.39	08:45	6.9kph	F	39	
					<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cummulative</u>	
					Split 1	00:20:45.604	08:18	7.2kph	00:20:45.604	
					Split 2	00:22:04.291	08:49	6.8kph	00:42:49.895	
					Split 3	00:21:52.823	08:45	6.9kph	01:04:42.718	
					Split 4	00:22:49.675	09:07	6.6kph	01:27:32.393	