

Pinawa 10K

Place	Name	Hometown	Gender	Type	Bib #	Time	Pace	Speed	Division Rank	
1	ALEX MIELKE	WINNIPEG, MB	M: 1	Runner	1030	00:42:50.61	04:17	14.0kph	Overall Male Runner: 1	
						<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
						Lap 1	00:21:16.946	04:15	14.1kph	00:21:16.946
						Lap 2	00:21:33.670	04:18	13.9kph	00:42:50.616
2	JESSE KAMINSKI	PINAWA, MB	M: 2	Runner	1027	00:47:05.53	04:42	12.7kph	Overall Male Runner: 2	
						<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
						Lap 1	00:22:58.381	04:35	13.1kph	00:22:58.381
						Lap 2	00:24:07.154	04:49	12.4kph	00:47:05.535
3	AMBER DYCK	ST. FRANCOIS XAVIER, MB	F: 1	Runner	1012	00:54:57.32	05:29	10.9kph	Overall Female Runner: 1	
						<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
						Lap 1	00:28:05.552	05:37	10.7kph	00:28:05.552
						Lap 2	00:26:51.771	05:22	11.2kph	00:54:57.323
4	JENNIFER HURRIE	ST FRANCOIS XAVIER, MB	F: 2	Runner	1019	00:54:57.78	05:29	10.9kph	Overall Female Runner: 2	
						<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
						Lap 1	00:28:06.935	05:37	10.7kph	00:28:06.935
						Lap 2	00:26:50.852	05:22	11.2kph	00:54:57.787
5	ELLA SIWAK	KENORA, CAN	F: 3	Runner	1042	00:56:06.91	05:36	10.7kph	Overall Female Runner: 3	
						<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
						Lap 1	00:27:57.153	05:35	10.7kph	00:27:57.153
						Lap 2	00:28:09.762	05:37	10.7kph	00:56:06.915
6	MICHAEL PEREIRA	WINNIPEG, MB	M: 3	Runner	1034	00:56:50.42	05:41	10.6kph	Overall Male Runner: 3	
						<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
						Lap 1	00:26:15.838	05:15	11.4kph	00:26:15.838
						Lap 2	00:30:34.583	06:06	9.8kph	00:56:50.421
7	JASON SIWAK	KENORA, CAN	M: 4	Runner	1040	00:58:01.63	05:48	10.3kph	Overall Male Runner: 4	
						<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
						Lap 1	00:31:02.559	06:12	9.7kph	00:31:02.559
						Lap 2	00:26:59.076	05:23	11.1kph	00:58:01.635
8	JEFF PLANTE	WINNIPEG, MB	M: 5	Runner	1039	01:01:32.85	06:09	9.7kph	Overall Male Runner: 5	
						<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
						Lap 1	00:31:22.990	06:16	9.6kph	00:31:22.990
						Lap 2	00:30:09.863	06:01	9.9kph	01:01:32.853
9	GISELE CAMPBELL	LAC DU BONNET, MB	F: 4	Runner	1009	01:12:23.00	07:14	8.3kph	Overall Female Runner: 4	
						<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
						Lap 1	00:35:03.675	07:00	8.6kph	00:35:03.675
						Lap 2	00:37:19.328	07:27	8.0kph	01:12:23.003