10K Quarry Run

Overall Male Runner

Place	Bib #	Name	Time	Class	Type	Hometown	Pace	Speed	Overall	Age	ID Number
1	1049	THOMAS EROS	00:38:00.81		Runner	Brandon, MB	3:48/K	15.8kph	1	30	

Split Description	Split Times	Speed	Pace	Cumulative
Lap1	00:18:05.268	16.6kph	03:37	00:18:05.268
Lap2	00:19:55.547	15.1kph	03:59	00:38:00.815

Place	Bib #	Name	Time	Class	Type	Hometown	Pace	Speed	Overall	Age	ID Number
2	1096	SAM ZHOU	00:42:39.32		Runner	Winnipeg, MB	4:16/K	14.1kph	2	56	

Split Description	Split Times	Speed	Pace	Cumulative
Lap1	00:20:47.430	14.4kph	04:09	00:20:47.430
Lap2	00:21:51.891	13.7kph	04:22	00:42:39.321

Place	Bib #	Name	Time	Class	Type	Hometown	Pace	Speed	Overall	Age	ID Number
3	1069	DIAMOND MAXYMOWICH	00:42:39.88		Runner	Morris, MB	4:16/K	14.1kph	3	31	

Split Description	Split Times	Speed	Pace	Cumulative
Lap1	00:20:18.331	14.8kph	04:03	00:20:18.331
Lap2	00:22:21.553	13.4kph	04:28	00:42:39.884

Overall Female Runner

Place	Bib #	Name	Time	Class	Type	Hometown	Pace	Speed	Overall	Age	ID Number
1	1075	JOY PALMER	00:47:25.14		Runner	Winnipeg, MB	4:45/K	12.7kph	12	35	

Split Description	Split Times	Speed	Pace	Cumulative
Lap1	00:23:11.099	12.9kph	04:38	00:23:11.099
Lap2	00:24:14.047	12.4kph	04:50	00:47:25.146

Place	Bib #	Name	Time	Class	Type	Hometown	Pace	Speed	Overall	Age	ID Number
2	1037	AMANDA CIPRIANO	00:49:12.70		Runner	Winnipeg, MB	4:55/K	12.2kph	14	41	

Split Description	Split Times	Speed	Pace	Cumulative
Lap1	00:23:53.583	12.6kph	04:46	00:23:53.583
Lap2	00:25:19.123	11.8kph	05:03	00:49:12.706

Place	Bib #	Name	Time	Class	Type	Hometown	Pace	Speed	Overall	Age	ID Number
3	1031	MEGAN BESWITHERICK	00:50:38.22		Runner	Austin, MB	5:04/K	11.8kph	18	21	

Split Description	Split Times	Speed	Pace	Cumulative
Lap1	00:23:51.419	12.6kph	04:46	00:23:51.419
Lap2	00:26:46.806	11.2kph	05:21	00:50:38.225

Male 20 - 24

Place	Bib #	Name	Time	Class	Type	Hometown	Pace	Speed	Overall	Age	ID Number
1	1078	GRAEME PERRIE	01:00:01.87		Runner	Stonewall, MB	6:00/K	10.0kph	34	22	

Split Description	Split Times	Speed	Pace	Cumulative
Lap1	00:27:51.061	10.8kph	05:34	00:27:51.061
Lap2	00:32:10.811	9.3kph	06:26	01:00:01.872

Place	Bib #	Name	Time	Class	Type	Hometown	Pace	Speed	Overall	Age	ID Number
2	1061	KEVIN JUNGBLUTH	01:12:41.14		Runner	Morris, MB	7:16/K	8.3kph	50	24	

Split Description	Split Times	Speed	Pace	Cumulative
Lap1	00:30:56.565	9.7kph	06:11	00:30:56.565
Lap2	00:41:44.577	7.2kph	08:20	01:12:41.142

Place	Bib #	Name	Time	Class	Type	Hometown	Pace	Speed	Overall	Age	ID Number
3	1040	JOHN CUBE	01:13:58.64		Runner	Winnipeg, MB	7:24/K	8.1kph	52	24	

Split Description	Split Times	Speed	Pace	Cumulative
Lap1	00:35:04.029	8.6kph	07:00	00:35:04.029
Lap2	00:38:54.618	7.7kph	07:46	01:13:58.647

Female 20 - 24

Place	Bib #	Name	Time	Class	Type	Hometown	Pace	Speed	Overall	Age	ID Number
1	1031	MEGAN BESWITHERICK	00:50:38.22		Runner	Austin, MB	5:04/K	11.8kph	18	21	

Split Description	Split Times	Speed	Pace	Cumulative
Lap1	00:23:51.419	12.6kph	04:46	00:23:51.419
Lap2	00:26:46.806	11.2kph	05:21	00:50:38.225

Place	Bib #	Name	Time	Class	Type	Hometown	Pace	Speed	Overall	Age	ID Number
2	1082	CELINA ROMANIW	01:06:10.06		Runner	St. Andrews, MB	6:37/K	9.1kph	42	22	

Split Description	Split Times	Speed	Pace	Cumulative
Lap1	00:30:56.685	9.7kph	06:11	00:30:56.685
Lap2	00:35:13.379	8.5kph	07:02	01:06:10.064

10K Quarry Run

Male 25 - 29

Place	Bib #	Name	Time	Class	Type	Hometown	Pace	Speed	Overall	Age	ID Number
1	1091	TAKUNDA TAIMU	00:57:34.77		Runner	Winnipeg, MB	5:45/K	10.4kph	28	27	

Split Description	Split Times	Speed	Pace	Cumulative
Lap1	00:28:37.577	10.5kph	05:43	00:28:37.577
Lap2	00:28:57.193	10.4kph	05:47	00:57:34.770

2	1048	BRYAN ENCABO	01:00:27.07		Runner	Winnipeg, MB	6:03/K	9.9kph	35	28	

Split Description	Split Times	Speed	Pace	Cumulative
Lap1	00:28:40.163	10.5kph	05:44	00:28:40.163
Lap2	00:31:46.916	9.4kph	06:21	01:00:27.079

3	1043	KYLE DOHERTY	01:04:40.32		Runner	Winnipeg, MB	6:28/K	9.3kph	39	28	

Split Description	Split Times	Speed	Pace	Cumulative
Lap1	00:30:47.543	9.7kph	06:09	00:30:47.543
Lap2	00:33:52.783	8.9kph	06:46	01:04:40.326

Female 25 - 29

Place	Bib #	Name	Time	Class	Type	Hometown	Pace	Speed	Overall	Age	ID Number
1	1056	NETANYA HINOJOSA	01:13:41.59		Runner	Winnipeg, MB	7:22/K	8.1kph	51	28	

Split Description	Split Times	Speed	Pace	Cumulative
Lap1	00:35:53.181	8.4kph	07:10	00:35:53.181
Lap2	00:37:48.409	7.9kph	07:33	01:13:41.590

Male 30 - 34

Place	Bib #	Name	Time	Class	Type	Hometown	Pace	Speed	Overall	Age	ID Number
1	1049	THOMAS EROS	00:38:00.81		Runner	Brandon, MB	3:48/K	15.8kph	1	30	

Split Description	Split Times	Speed	Pace	Cumulative
Lap1	00:18:05.268	16.6kph	03:37	00:18:05.268
Lap2	00:19:55.547	15.1kph	03:59	00:38:00.815

2	1069	DIAMOND MAXYMOWICH	00:42:39.88		Runner	Morris, MB	4:16/K	14.1kph	3	31	

Split Description	Split Times	Speed	Pace	Cumulative
Lap1	00:20:18.331	14.8kph	04:03	00:20:18.331
Lap2	00:22:21.553	13.4kph	04:28	00:42:39.884

Female 30 - 34

Place	Bib #	Name	Time	Class	Type	Hometown	Pace	Speed	Overall	Age	ID Number
1	1035	DAKOTA BLUE-MALBRANCK	00:50:55.24		Runner	Warren, MB	5:06/K	11.8kph	21	33	

Split Description	Split Times	Speed	Pace	Cumulative
Lap1	00:24:31.007	12.2kph	04:54	00:24:31.007
Lap2	00:26:24.241	11.4kph	05:16	00:50:55.248

2	1081	KAYLENE REIMER	01:03:19.41		Runner	Stonewall, MB	6:20/K	9.5kph	38	34	

Split Description	Split Times	Speed	Pace	Cumulative
Lap1	00:30:04.696	10.0kph	06:00	00:30:04.696
Lap2	00:33:14.719	9.0kph	06:38	01:03:19.415

3	1090	JESSICA SUTCLIFFE	01:21:30.28		Runner	Winnipeg, MB	8:09/K	7.4kph	58	31	

Split Description	Split Times	Speed	Pace	Cumulative
Lap1	00:39:16.222	7.6kph	07:51	00:39:16.222
Lap2	00:42:14.059	7.1kph	08:26	01:21:30.281

Male 35 - 39

Place	Bib #	Name	Time	Class	Type	Hometown	Pace	Speed	Overall	Age	ID Number
1	1900	ANDREW FERGUSON	00:45:54.11		Runner	Winnipeg, CAN	4:35/K	13.1kph	8	37	

Split Description	Split Times	Speed	Pace	Cumulative
Lap1	00:22:24.705	13.4kph	04:28	00:22:24.705
Lap2	00:23:29.411	12.8kph	04:41	00:45:54.116

2	1086	CHRIS SHEA	00:48:00.59		Runner	Warren, MB	4:48/K	12.5kph	13	39	

Split Description	Split Times	Speed	Pace	Cumulative
Lap1	00:22:38.892	13.2kph	04:31	00:22:38.892
Lap2	00:25:21.698	11.8kph	05:04	00:48:00.590

3	1050	JACE ETHERIDGE	00:57:51.24		Runner	Komarno, MB	5:47/K	10.4kph	29	39	

10K Quarry Run

Male 35 - 39

Place	Bib #	Name	Time	Class	Type	Hometown	Pace	Speed	Overall	Age	ID Number
		Split Description	*Split Times*	*Speed*	*Pace*	*Cumulative*					
		Lap1	00:27:08.378	11.1kph	05:25	00:27:08.378					
		Lap2	00:30:42.862	9.8kph	06:08	00:57:51.240					
4	1059	JAMES JANZEN	01:02:18.38		Runner	Winnipeg, MB	6:14/K	9.6kph	37	39	
		Split Description	*Split Times*	*Speed*	*Pace*	*Cumulative*					
		Lap1	00:30:29.451	9.8kph	06:05	00:30:29.451					
		Lap2	00:31:48.935	9.4kph	06:21	01:02:18.386					
5	1084	DAVID SCHULZ	01:10:58.65		Runner	Winnipeg, MB	7:06/K	8.5kph	47	35	
		Split Description	*Split Times*	*Speed*	*Pace*	*Cumulative*					
		Lap1	00:28:41.516	10.5kph	05:44	00:28:41.516					
		Lap2	00:42:17.142	7.1kph	08:27	01:10:58.658					

Female 35 - 39

Place	Bib #	Name	Time	Class	Type	Hometown	Pace	Speed	Overall	Age	ID Number
1	1075	JOY PALMER	00:47:25.14		Runner	Winnipeg, MB	4:45/K	12.7kph	12	35	
		Split Description	*Split Times*	*Speed*	*Pace*	*Cumulative*					
		Lap1	00:23:11.099	12.9kph	04:38	00:23:11.099					
		Lap2	00:24:14.047	12.4kph	04:50	00:47:25.146					
2	1073	LINDSAY NOEL	01:06:37.76		Runner	Stonewall, MB	6:40/K	9.0kph	45	38	
		Split Description	*Split Times*	*Speed*	*Pace*	*Cumulative*					
		Lap1	00:32:04.586	9.4kph	06:24	00:32:04.586					
		Lap2	00:34:33.181	8.7kph	06:54	01:06:37.767					
3	1039	GILLIAN CRAWFORD	01:21:35.78		Runner	Winnipeg, MB	8:09/K	7.4kph	59	39	
		Split Description	*Split Times*	*Speed*	*Pace*	*Cumulative*					
		Lap1	00:38:22.739	7.8kph	07:40	00:38:22.739					
		Lap2	00:43:13.045	6.9kph	08:38	01:21:35.784					

Male 40 - 44

Place	Bib #	Name	Time	Class	Type	Hometown	Pace	Speed	Overall	Age	ID Number
1	1066	GIRISH MANUEL	00:46:35.75		Runner	Winnipeg, MB	4:39/K	12.9kph	11	41	
		Split Description	*Split Times*	*Speed*	*Pace*	*Cumulative*					
		Lap1	00:22:10.742	13.5kph	04:26	00:22:10.742					
		Lap2	00:24:25.017	12.3kph	04:53	00:46:35.759					
2	1062	JASON KAROS	01:14:54.21		Runner	Winnipeg, MB	7:29/K	8.0kph	55	44	
		Split Description	*Split Times*	*Speed*	*Pace*	*Cumulative*					
		Lap1	00:35:50.333	8.4kph	07:10	00:35:50.333					
		Lap2	00:39:03.881	7.7kph	07:48	01:14:54.214					

Female 40 - 44

Place	Bib #	Name	Time	Class	Type	Hometown	Pace	Speed	Overall	Age	ID Number
1	1037	AMANDA CIPRIANO	00:49:12.70		Runner	Winnipeg, MB	4:55/K	12.2kph	14	41	
		Split Description	*Split Times*	*Speed*	*Pace*	*Cumulative*					
		Lap1	00:23:53.583	12.6kph	04:46	00:23:53.583					
		Lap2	00:25:19.123	11.8kph	05:03	00:49:12.706					
2	1888	JEN KENNEDY	00:55:13.56		Runner	Headingley, MB	5:31/K	10.9kph	23	44	
		Split Description	*Split Times*	*Speed*	*Pace*	*Cumulative*					
		Lap1	00:26:31.599	11.3kph	05:18	00:26:31.599					
		Lap2	00:28:41.961	10.5kph	05:44	00:55:13.560					
3	1032	KRISTY BIGELOW	01:05:24.47		Runner	Stonewall, MB	6:32/K	9.2kph	41	42	
		Split Description	*Split Times*	*Speed*	*Pace*	*Cumulative*					
		Lap1	00:33:13.651	9.0kph	06:38	00:33:13.651					
		Lap2	00:32:10.825	9.3kph	06:26	01:05:24.476					
4	1079	SHAWNA PFEFFER	01:06:17.22		Runner	Winnipeg, MB	6:38/K	9.1kph	43	44	
		Split Description	*Split Times*	*Speed*	*Pace*	*Cumulative*					
		Lap1	00:30:43.646	9.8kph	06:08	00:30:43.646					
		Lap2	00:35:33.582	8.4kph	07:06	01:06:17.228					
5	1094	JODY WASSERMAN	01:19:58.66		Runner	Komarno, MB	8:00/K	7.5kph	57	40	
		Split Description	*Split Times*	*Speed*	*Pace*	*Cumulative*					
		Lap1	00:36:48.757	8.1kph	07:21	00:36:48.757					

10K Quarry Run

Female 40 - 44

Place	Bib #	Name	Time	Class	Type	Hometown	Pace	Speed	Overall	Age	ID Number
		Lap2 00:43:09.904	7.0kph	08:37	01:19:58.661						

Male 45 - 49

Place	Bib #	Name	Time	Class	Type	Hometown	Pace	Speed	Overall	Age	ID Number
1	1220	LEE BEAUCAGE	00:44:02.59		Runner	Headingley, MB	4:24/K	13.6kph	6	45	
		Split Description ***Split Times*** ***Speed*** ***Pace*** ***Cumulative***									
		Lap1 00:21:10.340	14.2kph	04:14	00:21:10.340						
		Lap2 00:22:52.252	13.1kph	04:34	00:44:02.592						
2	1051	MIKE FITZPATRICK	00:44:52.61		Runner	Stonewall, MB	4:29/K	13.4kph	7	45	
		Split Description ***Split Times*** ***Speed*** ***Pace*** ***Cumulative***									
		Lap1 00:21:34.373	13.9kph	04:18	00:21:34.373						
		Lap2 00:23:18.237	12.9kph	04:39	00:44:52.610						
3	1077	PHILLIP PAWLUK	00:45:59.07		Runner	East Selkirk, MB	4:36/K	13.0kph	9	45	
		Split Description ***Split Times*** ***Speed*** ***Pace*** ***Cumulative***									
		Lap1 00:22:24.042	13.4kph	04:28	00:22:24.042						
		Lap2 00:23:35.030	12.7kph	04:43	00:45:59.072						
4	1058	BRENT HOULE	00:50:02.55		Runner	Winnipeg, MB	5:00/K	12.0kph	16	45	
		Split Description ***Split Times*** ***Speed*** ***Pace*** ***Cumulative***									
		Lap1 00:23:57.031	12.5kph	04:47	00:23:57.031						
		Lap2 00:26:05.526	11.5kph	05:13	00:50:02.557						
5	1071	KEVIN MCCORRISTER	00:57:56.39		Runner	Winnipeg, MB	5:48/K	10.4kph	31	48	
		Split Description ***Split Times*** ***Speed*** ***Pace*** ***Cumulative***									
		Lap1 00:27:51.709	10.8kph	05:34	00:27:51.709						
		Lap2 00:30:04.684	10.0kph	06:00	00:57:56.393						

Female 45 - 49

Place	Bib #	Name	Time	Class	Type	Hometown	Pace	Speed	Overall	Age	ID Number
1	1034	VICTORIA BLOOMFIELD	00:58:42.90		Runner	Winnipeg, MB	5:52/K	10.2kph	32	47	
		Split Description ***Split Times*** ***Speed*** ***Pace*** ***Cumulative***									
		Lap1 00:28:47.928	10.4kph	05:45	00:28:47.928						
		Lap2 00:29:54.979	10.0kph	05:58	00:58:42.907						
2	1092	CECILIA TURNER	01:05:10.99		Runner	Stonewall, MB	6:31/K	9.2kph	40	46	
		Split Description ***Split Times*** ***Speed*** ***Pace*** ***Cumulative***									
		Lap1 00:32:05.089	9.4kph	06:25	00:32:05.089						
		Lap2 00:33:05.909	9.1kph	06:37	01:05:10.998						
3	1072	LEIGH NESBITT	01:06:36.81		Runner	Stonewall, MB	6:40/K	9.0kph	44	47	
		Split Description ***Split Times*** ***Speed*** ***Pace*** ***Cumulative***									
		Lap1 00:32:03.623	9.4kph	06:24	00:32:03.623						
		Lap2 00:34:33.195	8.7kph	06:54	01:06:36.818						

Male 50 - 54

Place	Bib #	Name	Time	Class	Type	Hometown	Pace	Speed	Overall	Age	ID Number
1	1054	TREVOR GREAVES	00:43:26.13		Runner	Winnipeg, MB	4:21/K	13.8kph	4	51	
		Split Description ***Split Times*** ***Speed*** ***Pace*** ***Cumulative***									
		Lap1 00:20:51.316	14.4kph	04:10	00:20:51.316						
		Lap2 00:22:34.823	13.3kph	04:30	00:43:26.139						
2	1055	JONATHAN HALES	00:50:50.83		Runner	Winnipeg, MB	5:05/K	11.8kph	20	54	
		Split Description ***Split Times*** ***Speed*** ***Pace*** ***Cumulative***									
		Lap1 00:23:38.609	12.7kph	04:43	00:23:38.609						
		Lap2 00:27:12.229	11.0kph	05:26	00:50:50.838						
3	1044	TREVOR DUECK	01:35:48.87		Runner	Winnipeg, MB	9:35/K	6.3kph	60	53	
		Split Description ***Split Times*** ***Speed*** ***Pace*** ***Cumulative***									
		Lap1 00:54:17.282	5.5kph	10:51	00:54:17.282						
		Lap2 00:41:31.593	7.2kph	08:18	01:35:48.875						

Female 50 - 54

Place	Bib #	Name	Time	Class	Type	Hometown	Pace	Speed	Overall	Age	ID Number
1	1042	CINDY DOBSON	00:50:43.69		Runner	Winnipeg, MB	5:04/K	11.8kph	19	53	

10K Quarry Run

Female 50 - 54

Place	Bib #	Name	Time	Class	Type	Hometown	Pace	Speed	Overall	Age	ID Number
		Split Description	*Split Times*	*Speed*	*Pace*	*Cumulative*					
		Lap1	00:24:29.094	12.3kph	04:53	00:24:29.094					
		Lap2	00:26:14.601	11.4kph	05:14	00:50:43.695					
2	1076	JANIE PARSON	00:53:55.96		Runner	La Salle, MB	5:24/K	11.1kph	22	52	
		Split Description	*Split Times*	*Speed*	*Pace*	*Cumulative*					
		Lap1	00:24:58.410	12.0kph	04:59	00:24:58.410					
		Lap2	00:28:57.557	10.4kph	05:47	00:53:55.967					
3	1030	CINDY BERGEN	01:12:38.92		Runner	Winnipeg, MB	7:16/K	8.3kph	49	52	
		Split Description	*Split Times*	*Speed*	*Pace*	*Cumulative*					
		Lap1	00:34:16.640	8.8kph	06:51	00:34:16.640					
		Lap2	00:38:22.283	7.8kph	07:40	01:12:38.923					
4	1085	VANESSA SCHURKO	01:14:19.03		Runner	Portage La Prairie, MB	7:26/K	8.1kph	53	50	
		Split Description	*Split Times*	*Speed*	*Pace*	*Cumulative*					
		Lap1	00:35:18.321	8.5kph	07:03	00:35:18.321					
		Lap2	00:39:00.711	7.7kph	07:48	01:14:19.032					
5	1028	DEBORAH BAZAN	01:18:05.96		Runner	Winnipeg, MB	7:48/K	7.7kph	56	50	
		Split Description	*Split Times*	*Speed*	*Pace*	*Cumulative*					
		Lap1	00:37:27.742	8.0kph	07:29	00:37:27.742					
		Lap2	00:40:38.222	7.4kph	08:07	01:18:05.964					

Male 55 - 59

Place	Bib #	Name	Time	Class	Type	Hometown	Pace	Speed	Overall	Age	ID Number
1	1096	SAM ZHOU	00:42:39.32		Runner	Winnipeg, MB	4:16/K	14.1kph	2	56	
		Split Description	*Split Times*	*Speed*	*Pace*	*Cumulative*					
		Lap1	00:20:47.430	14.4kph	04:09	00:20:47.430					
		Lap2	00:21:51.891	13.7kph	04:22	00:42:39.321					
2	1041	CHRIS DICK	00:49:37.96		Runner	Carman, MB	4:58/K	12.1kph	15	57	
		Split Description	*Split Times*	*Speed*	*Pace*	*Cumulative*					
		Lap1	00:24:16.302	12.4kph	04:51	00:24:16.302					
		Lap2	00:25:21.659	11.8kph	05:04	00:49:37.961					
3	1029	ELDON BERGEN	00:55:33.11		Runner	Winnipeg, MB	5:33/K	10.8kph	24	57	
		Split Description	*Split Times*	*Speed*	*Pace*	*Cumulative*					
		Lap1	00:25:52.831	11.6kph	05:10	00:25:52.831					
		Lap2	00:29:40.279	10.1kph	05:56	00:55:33.110					

Female 55 - 59

Place	Bib #	Name	Time	Class	Type	Hometown	Pace	Speed	Overall	Age	ID Number
1	1047	FREDERICA EMERY	00:57:51.25		Runner	St. Andrews, MB	5:47/K	10.4kph	30	55	
		Split Description	*Split Times*	*Speed*	*Pace*	*Cumulative*					
		Lap1	00:27:36.379	10.9kph	05:31	00:27:36.379					
		Lap2	00:30:14.877	9.9kph	06:02	00:57:51.256					
2	1080	KATHY PRAGNELL	00:59:22.96		Runner	Lockport, MB	5:56/K	10.1kph	33	57	
		Split Description	*Split Times*	*Speed*	*Pace*	*Cumulative*					
		Lap1	00:29:07.790	10.3kph	05:49	00:29:07.790					
		Lap2	00:30:15.174	9.9kph	06:03	00:59:22.964					

Male 60 - 64

Place	Bib #	Name	Time	Class	Type	Hometown	Pace	Speed	Overall	Age	ID Number
1	1038	BOB COX	00:43:33.22		Runner	Winnipeg, MB	4:21/K	13.8kph	5	64	
		Split Description	*Split Times*	*Speed*	*Pace*	*Cumulative*					
		Lap1	00:21:16.673	14.1kph	04:15	00:21:16.673					
		Lap2	00:22:16.547	13.5kph	04:27	00:43:33.220					
2	1052	ALDO FURLAN	00:46:27.61		Runner	Winnipeg, MB	4:39/K	12.9kph	10	60	
		Split Description	*Split Times*	*Speed*	*Pace*	*Cumulative*					
		Lap1	00:23:10.500	12.9kph	04:38	00:23:10.500					
		Lap2	00:23:17.110	12.9kph	04:39	00:46:27.610					
3	1033	SHAWN BJORNSSON	00:56:50.66		Runner	WINNIPEG, MB	5:41/K	10.6kph	27	62	
		Split Description	*Split Times*	*Speed*	*Pace*	*Cumulative*					
		Lap1	00:27:14.754	11.0kph	05:26	00:27:14.754					
		Lap2	00:29:35.906	10.1kph	05:55	00:56:50.660					

10K Quarry Run

Male 60 - 64

Place	Bib #	Name	Time	Class	Type	Hometown	Pace	Speed	Overall	Age	ID Number
4	1036	REG BROWN	01:14:46.66		Runner	Winnipeg, MB	7:29/K	8.0kph	54	62	

Split Description	Split Times	Speed	Pace	Cumulative
Lap1	00:34:56.634	8.6kph	06:59	00:34:56.634
Lap2	00:39:50.026	7.5kph	07:58	01:14:46.660

Female 60 - 64

Place	Bib #	Name	Time	Class	Type	Hometown	Pace	Speed	Overall	Age	ID Number
1	1089	LOUISE STUART	01:06:53.48		Runner	Winnipeg, MB	6:41/K	9.0kph	46	62	

Split Description	Split Times	Speed	Pace	Cumulative
Lap1	00:31:28.421	9.5kph	06:17	00:31:28.421
Lap2	00:35:25.065	8.5kph	07:05	01:06:53.486

Male 65 - 69

Place	Bib #	Name	Time	Class	Type	Hometown	Pace	Speed	Overall	Age	ID Number
1	1046	GLEN EASTON	00:50:29.30		Runner	Winnipeg, MB	5:03/K	11.9kph	17	67	

Split Description	Split Times	Speed	Pace	Cumulative
Lap1	00:24:29.067	12.3kph	04:53	00:24:29.067
Lap2	00:26:00.239	11.5kph	05:12	00:50:29.306

Female 65 - 69

Place	Bib #	Name	Time	Class	Type	Hometown	Pace	Speed	Overall	Age	ID Number
1	1045	LINDA DYCK	00:55:36.61		Runner	Winnipeg, MB	5:34/K	10.8kph	25	68	

Split Description	Split Times	Speed	Pace	Cumulative
Lap1	00:26:51.695	11.2kph	05:22	00:26:51.695
Lap2	00:28:44.915	10.4kph	05:44	00:55:36.610

2	1063	BRENDA KRUEGER	00:56:06.29		Runner	Winnipeg, MB	5:37/K	10.7kph	26	69	

Split Description	Split Times	Speed	Pace	Cumulative
Lap1	00:27:29.571	10.9kph	05:29	00:27:29.571
Lap2	00:28:36.719	10.5kph	05:43	00:56:06.290

3	1060	NORMA JONES	01:11:43.99		Runner	Winnipeg, MB	7:10/K	8.4kph	48	68	

Split Description	Split Times	Speed	Pace	Cumulative
Lap1	00:34:18.912	8.7kph	06:51	00:34:18.912
Lap2	00:37:25.085	8.0kph	07:29	01:11:43.997

Female 70 - 74

Place	Bib #	Name	Time	Class	Type	Hometown	Pace	Speed	Overall	Age	ID Number
1	1065	CLEMUS LAURILA	01:44:34.88		Runner	Winnipeg, MB	10:27/K	5.7kph	61	70	

Split Description	Split Times	Speed	Pace	Cumulative
Lap1	00:49:15.321	6.1kph	09:51	00:49:15.321
Lap2	00:55:19.564	5.4kph	11:03	01:44:34.885

Male 75 - 79

Place	Bib #	Name	Time	Class	Type	Hometown	Pace	Speed	Overall	Age	ID Number
1	1053	JAMES GOHO	01:01:28.62		Runner	Winnipeg, MB	6:09/K	9.8kph	36	78	

Split Description	Split Times	Speed	Pace	Cumulative
Lap1	00:30:15.627	9.9kph	06:03	00:30:15.627
Lap2	00:31:12.994	9.6kph	06:14	01:01:28.621

2	1093	JEFF VINCE	01:44:35.80		Runner	east st paul, MB	10:27/K	5.7kph	62	77	

Split Description	Split Times	Speed	Pace	Cumulative
Lap1	00:49:18.151	6.1kph	09:51	00:49:18.151
Lap2	00:55:17.649	5.4kph	11:03	01:44:35.800