

Stonewall Quarry Run 2K

Overall Male Runner

Place	Bib #	Name	Time	Class	Type	Hometown	Pace	Speed	Overall	Age	ID Number
1	234	SEAN TERICHOW PARROTT	00:08:42.21		Runner	Winnipeg, MB	4:21/K	13.8kph	2	11	
		<u>Split Description</u>	<u>Split Times</u>	<u>Speed</u>	<u>Pace</u>	<u>Cumulative</u>					
		Lap 1	00:04:23.367	13.7kph	04:23	00:04:23.367					
		Lap 2	00:04:18.843	13.9kph	04:18	00:08:42.210					
2	227	ADAM MASTERS	00:09:11.91		Runner	Oakbank, MB	4:36/K	13.1kph	3	9	
		<u>Split Description</u>	<u>Split Times</u>	<u>Speed</u>	<u>Pace</u>	<u>Cumulative</u>					
		Lap 1	00:04:26.193	13.5kph	04:26	00:04:26.193					
		Lap 2	00:04:45.720	12.6kph	04:45	00:09:11.913					
3	222	RYAN CHARISON	00:10:14.40		Runner	Gunton, MB	5:07/K	11.7kph	5	7	
		<u>Split Description</u>	<u>Split Times</u>	<u>Speed</u>	<u>Pace</u>	<u>Cumulative</u>					
		Lap 1	00:05:06.568	11.7kph	05:06	00:05:06.568					
		Lap 2	00:05:07.840	11.7kph	05:07	00:10:14.408					

Overall Female Runner

Place	Bib #	Name	Time	Class	Type	Hometown	Pace	Speed	Overall	Age	ID Number
1	225	ANDREA GOWAN	00:08:41.10		Runner	oakbank, MB	4:21/K	13.8kph	1	9	
		<u>Split Description</u>	<u>Split Times</u>	<u>Speed</u>	<u>Pace</u>	<u>Cumulative</u>					
		Lap 1	00:04:22.265	13.7kph	04:22	00:04:22.265					
		Lap 2	00:04:18.844	13.9kph	04:18	00:08:41.109					
2	214	CHLOE CHARISON	00:09:31.87		Runner	Gunton, MB	4:45/K	12.6kph	4	9	
		<u>Split Description</u>	<u>Split Times</u>	<u>Speed</u>	<u>Pace</u>	<u>Cumulative</u>					
		Lap 1	00:04:27.762	13.4kph	04:27	00:04:27.762					
		Lap 2	00:05:04.112	11.8kph	05:04	00:09:31.874					
3	226	TRACIE GOWAN	00:10:51.11		Runner	oakbank, MB	5:26/K	11.1kph	7	38	
		<u>Split Description</u>	<u>Split Times</u>	<u>Speed</u>	<u>Pace</u>	<u>Cumulative</u>					
		Lap 1	00:05:15.589	11.4kph	05:15	00:05:15.589					
		Lap 2	00:05:35.528	10.7kph	05:35	00:10:51.117					

Male 0 - 9

Place	Bib #	Name	Time	Class	Type	Hometown	Pace	Speed	Overall	Age	ID Number
1	227	ADAM MASTERS	00:09:11.91		Runner	Oakbank, MB	4:36/K	13.1kph	3	9	
		<u>Split Description</u>	<u>Split Times</u>	<u>Speed</u>	<u>Pace</u>	<u>Cumulative</u>					
		Lap 1	00:04:26.193	13.5kph	04:26	00:04:26.193					
		Lap 2	00:04:45.720	12.6kph	04:45	00:09:11.913					
2	222	RYAN CHARISON	00:10:14.40		Runner	Gunton, MB	5:07/K	11.7kph	5	7	
		<u>Split Description</u>	<u>Split Times</u>	<u>Speed</u>	<u>Pace</u>	<u>Cumulative</u>					
		Lap 1	00:05:06.568	11.7kph	05:06	00:05:06.568					
		Lap 2	00:05:07.840	11.7kph	05:07	00:10:14.408					
3	235	BENJAMIN ZELENIEZ	00:11:46.60		Runner	Winnipeg, MB	5:53/K	10.2kph	8	7	
		<u>Split Description</u>	<u>Split Times</u>	<u>Speed</u>	<u>Pace</u>	<u>Cumulative</u>					
		Lap 1	00:05:08.041	11.7kph	05:08	00:05:08.041					
		Lap 2	00:06:38.568	9.0kph	06:38	00:11:46.609					
4	223	BRADY CHARISON	00:16:10.00		Runner	Gunton, MB	8:05/K	7.4kph	11	5	
		<u>Split Description</u>	<u>Split Times</u>	<u>Speed</u>	<u>Pace</u>	<u>Cumulative</u>					
		Lap 1	00:14:10.455	4.2kph	14:10	00:14:10.455					
		Lap 2	00:01:59.545	30.1kph	01:59	00:16:10.000					

Female 0 - 9

Place	Bib #	Name	Time	Class	Type	Hometown	Pace	Speed	Overall	Age	ID Number
1	225	ANDREA GOWAN	00:08:41.10		Runner	oakbank, MB	4:21/K	13.8kph	1	9	
		<u>Split Description</u>	<u>Split Times</u>	<u>Speed</u>	<u>Pace</u>	<u>Cumulative</u>					
		Lap 1	00:04:22.265	13.7kph	04:22	00:04:22.265					
		Lap 2	00:04:18.844	13.9kph	04:18	00:08:41.109					
2	214	CHLOE CHARISON	00:09:31.87		Runner	Gunton, MB	4:45/K	12.6kph	4	9	
		<u>Split Description</u>	<u>Split Times</u>	<u>Speed</u>	<u>Pace</u>	<u>Cumulative</u>					
		Lap 1	00:04:27.762	13.4kph	04:27	00:04:27.762					
		Lap 2	00:05:04.112	11.8kph	05:04	00:09:31.874					
3	232	KYLA SKAFTFELD	01:00:17.03		Runner	Winnipeg, MB	30:09/K	2.0kph	14	2	
		<u>Split Description</u>	<u>Split Times</u>	<u>Speed</u>	<u>Pace</u>	<u>Cumulative</u>					

Stonewall Quarry Run 2K

Female 0 - 9

Place	Bib #	Name	Time	Class	Type	Hometown	Pace	Speed	Overall	Age	ID Number
		Lap 1	00:09:53.987	6.1kph	09:53	00:09:53.987					
		Lap 2	00:50:23.045	1.2kph	50:23	01:00:17.032					

Male 10 - 14

Place	Bib #	Name	Time	Class	Type	Hometown	Pace	Speed	Overall	Age	ID Number
1	234	SEAN TERICHOW PARROTT	00:08:42.21		Runner	Winnipeg, MB	4:21/K	13.8kph	2	11	
		<u>Split Description</u>	<u>Split Times</u>	<u>Speed</u>	<u>Pace</u>	<u>Cumulative</u>					
		Lap 1	00:04:23.367	13.7kph	04:23	00:04:23.367					
		Lap 2	00:04:18.843	13.9kph	04:18	00:08:42.210					

Male 35 - 39

Place	Bib #	Name	Time	Class	Type	Hometown	Pace	Speed	Overall	Age	ID Number
1	224	CAMERON CHARISON	00:10:15.37		Runner	Gunton, MB	5:08/K	11.7kph	6	39	
		<u>Split Description</u>	<u>Split Times</u>	<u>Speed</u>	<u>Pace</u>	<u>Cumulative</u>					
		Lap 1	00:05:07.062	11.7kph	05:07	00:05:07.062					
		Lap 2	00:05:08.316	11.7kph	05:08	00:10:15.378					

Female 35 - 39

Place	Bib #	Name	Time	Class	Type	Hometown	Pace	Speed	Overall	Age	ID Number
1	226	TRACIE GOWAN	00:10:51.11		Runner	oakbank, MB	5:26/K	11.1kph	7	38	
		<u>Split Description</u>	<u>Split Times</u>	<u>Speed</u>	<u>Pace</u>	<u>Cumulative</u>					
		Lap 1	00:05:15.589	11.4kph	05:15	00:05:15.589					
		Lap 2	00:05:35.528	10.7kph	05:35	00:10:51.117					
2	213	WHYTNIE CHARISON	00:14:10.90		Runner	Gunton, MB	7:05/K	8.5kph	10	39	
		<u>Split Description</u>	<u>Split Times</u>	<u>Speed</u>	<u>Pace</u>	<u>Cumulative</u>					
		Lap 1	00:07:02.017	8.5kph	07:02	00:07:02.017					
		Lap 2	00:07:08.885	8.4kph	07:08	00:14:10.902					

Female 40 - 44

Place	Bib #	Name	Time	Class	Type	Hometown	Pace	Speed	Overall	Age	ID Number
1	228	HOLLY MASTERS	00:12:52.90		Runner	Oakbank, MB	6:26/K	9.3kph	9	42	
		<u>Split Description</u>	<u>Split Times</u>	<u>Speed</u>	<u>Pace</u>	<u>Cumulative</u>					
		Lap 1	00:06:34.717	9.1kph	06:34	00:06:34.717					
		Lap 2	00:06:18.192	9.5kph	06:18	00:12:52.909					

Male 60 - 64

Place	Bib #	Name	Time	Class	Type	Hometown	Pace	Speed	Overall	Age	ID Number
1	233	JOHNNY SUTHERLAND	00:24:31.75		Runner	Winnipeg, MB	12:15/K	4.9kph	13	62	
		<u>Split Description</u>	<u>Split Times</u>	<u>Speed</u>	<u>Pace</u>	<u>Cumulative</u>					
		Lap 1	00:09:56.312	6.0kph	09:56	00:09:56.312					
		Lap 2	00:14:35.446	4.1kph	14:35	00:24:31.758					

Female 60 - 64

Place	Bib #	Name	Time	Class	Type	Hometown	Pace	Speed	Overall	Age	ID Number
1	231	SHELLEY RYLAND	00:17:36.94		Runner	Winnipeg, MB	8:48/K	6.8kph	12	61	
		<u>Split Description</u>	<u>Split Times</u>	<u>Speed</u>	<u>Pace</u>	<u>Cumulative</u>					
		Lap 1	00:09:54.636	6.1kph	09:54	00:09:54.636					
		Lap 2	00:07:42.313	7.8kph	07:42	00:17:36.949					