

Stonewall Quarry Run 2K

Place	Name	Hometown	Gender	Type	Bib #	Time	Pace	Speed	Division Rank	
1	ANDREA GOWAN	OAKBANK, MB	F: 1	RUNNER	225	00:08:41.11	04:20	13.8kph	Overall Female Runner: 1	
						<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
						Lap 1	00:04:22.27	04:22	13.7kph	00:04:22.27
						Lap 2	00:04:18.85	04:18	13.9kph	00:08:41.11
2	SEAN TERICHOW PARROTT	WINNIPEG, MB	M: 1	RUNNER	234	00:08:42.21	04:21	13.8kph	Overall Male Runner: 1	
						<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
						Lap 1	00:04:23.37	04:23	13.7kph	00:04:23.37
						Lap 2	00:04:18.85	04:18	13.9kph	00:08:42.21
3	ADAM MASTERS	OAKBANK, MB	M: 2	RUNNER	227	00:09:11.92	04:35	13.0kph	Overall Male Runner: 2	
						<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
						Lap 1	00:04:26.20	04:26	13.5kph	00:04:26.20
						Lap 2	00:04:45.72	04:45	12.6kph	00:09:11.92
4	CHLOE CHARISON	GUNTON, MB	F: 2	RUNNER	214	00:09:31.88	04:45	12.6kph	Overall Female Runner: 2	
						<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
						Lap 1	00:04:27.77	04:27	13.4kph	00:04:27.77
						Lap 2	00:05:04.12	05:04	11.8kph	00:09:31.88
5	RYAN CHARISON	GUNTON, MB	M: 3	RUNNER	222	00:10:14.41	05:07	11.7kph	Overall Male Runner: 3	
						<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
						Lap 1	00:05:06.57	05:06	11.7kph	00:05:06.57
						Lap 2	00:05:07.84	05:07	11.7kph	00:10:14.41
6	CAMERON CHARISON	GUNTON, MB	M: 4	RUNNER	224	00:10:15.38	05:07	11.7kph	Overall Male Runner: 4	
						<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
						Lap 1	00:05:07.07	05:07	11.7kph	00:05:07.07
						Lap 2	00:05:08.32	05:08	11.7kph	00:10:15.38
7	TRACIE GOWAN	OAKBANK, MB	F: 3	RUNNER	226	00:10:51.12	05:25	11.1kph	Overall Female Runner: 3	
						<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
						Lap 1	00:05:15.59	05:15	11.4kph	00:05:15.59
						Lap 2	00:05:35.53	05:35	10.7kph	00:10:51.12
8	BENJAMIN ZELENIEZ	WINNIPEG, MB	M: 5	RUNNER	235	00:11:46.61	05:53	10.2kph	Overall Male Runner: 5	
						<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
						Lap 1	00:05:08.05	05:08	11.7kph	00:05:08.05
						Lap 2	00:06:38.57	06:38	9.0kph	00:11:46.61
9	HOLLY MASTERS	OAKBANK, MB	F: 4	RUNNER	228	00:12:52.91	06:26	9.3kph	Overall Female Runner: 4	
						<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
						Lap 1	00:06:34.72	06:34	9.1kph	00:06:34.72
						Lap 2	00:06:18.20	06:18	9.5kph	00:12:52.91
10	WHYTNIE CHARISON	GUNTON, MB	F: 5	RUNNER	213	00:14:10.91	07:05	8.5kph	Overall Female Runner: 5	
						<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
						Lap 1	00:07:02.02	07:02	8.5kph	00:07:02.02
						Lap 2	00:07:08.89	07:08	8.4kph	00:14:10.91
11	BRADY CHARISON	GUNTON, MB	M: 6	RUNNER	223	00:16:10.00	08:05	7.4kph	Overall Male Runner: 6	
						<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
						Lap 1	00:14:10.46	14:10	4.2kph	00:14:10.46
						Lap 2	00:01:59.55	01:59	30.1kph	00:16:10.00
12	SHELLEY RYLAND	WINNIPEG, MB	F: 6	RUNNER	231	00:17:36.95	08:48	6.8kph	Overall Female Runner: 6	
						<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
						Lap 1	00:09:54.64	09:54	6.1kph	00:09:54.64
						Lap 2	00:07:42.32	07:42	7.8kph	00:17:36.95
13	JOHNNY SUTHERLAND	WINNIPEG, MB	M: 7	RUNNER	233	00:24:31.76	12:15	4.9kph	Overall Male Runner: 7	
						<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
						Lap 1	00:09:56.32	09:56	6.0kph	00:09:56.32
						Lap 2	00:14:35.45	14:35	4.1kph	00:24:31.76
14	KYLA SKAFTFELD	WINNIPEG, MB	F: 7	RUNNER	232	01:00:17.04	30:08	2.0kph	Overall Female Runner: 7	
						<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
						Lap 1	00:09:53.99	09:53	6.1kph	00:09:53.99
						Lap 2	00:50:23.05	50:23	1.2kph	01:00:17.04