

Duck and Run 5K

Overall Male Runner

Place	Bib #	Name	Time	Class	Type	Hometown	Pace	Speed	Overall	Age	ID Number
1	2507	LUXTON DUECK	00:17:34.06		Runner	Winnipeg, MB	3:31/K	17.1kph	1	17	
2	2617	ZACHARY RUDOLPH	00:20:25.00		Runner	winnipeg, MB	4:05/K	14.7kph	2	25	
3	2650	DWAYNE WHEELER	00:20:39.75		Runner	Winnipeg, MB	4:08/K	14.5kph	3	57	

Overall Female Runner

Place	Bib #	Name	Time	Class	Type	Hometown	Pace	Speed	Overall	Age	ID Number
1	2654	ERIN YORKE	00:23:45.82		Runner	Winnipeg, MB	4:45/K	12.6kph	10	22	
2	2468	CHRISTINE ARTOLA	00:24:38.85		Runner	Winnipeg, MB	4:56/K	12.2kph	13	41	
3	2505	KERRI DROSDOWECH	00:25:27.89		Runner	Winnipeg, MB	5:05/K	11.8kph	15	57	

Male 0 - 4

Place	Bib #	Name	Time	Class	Type	Hometown	Pace	Speed	Overall	Age	ID Number
1	2613	ROWAN ROMANIW	00:40:49.97		Runner	Winnipeg, MB	8:10/K	7.3kph	112	0	

Male 5 - 12

Place	Bib #	Name	Time	Class	Type	Hometown	Pace	Speed	Overall	Age	ID Number
1	2478	LUKE BUCHEL	00:24:24.02		Runner	Winnipeg, MB	4:53/K	12.3kph	11	11	
2	2493	THOMAS CROZIER	00:24:43.75		Runner	Winnipeg, MB	4:57/K	12.1kph	14	9	
3	2467	HENRY ARNOLD	00:25:46.27		Runner	Winnipeg, MB	5:09/K	11.6kph	16	10	
4	2570	ADAM MASTERS	00:26:02.92		Runner	Oakbank, MB	5:12/K	11.5kph	18	11	
5	2465	KASTLE ACTON	00:26:41.51		Runner	Anola, MB	5:20/K	11.2kph	22	10	
6	2578	SEBASTIAN NOEL	00:27:50.24		Runner	Stonewall, MB	5:34/K	10.8kph	29	10	
7	2494	ALEC CROZIER	00:28:21.94		Runner	Winnipeg, MB	5:40/K	10.6kph	32	11	
8	2525	NICOLAI GRAY	00:28:47.19		Runner	Winnipeg, MB	5:45/K	10.4kph	35	9	
9	2500	EMMETT DEJAEGER	00:34:37.79		Runner	Winnipeg, MB	6:55/K	8.7kph	65	9	
10	2593	LUCAS PINETTE	00:37:05.66		Runner	Winnipeg, MB	7:25/K	8.1kph	80	9	
11	2492	RYAN CROZIER	00:39:58.64		Runner	Winnipeg, MB	8:00/K	7.5kph	105	7	
12	2487	BRODY CHORNEY	00:40:48.34		Runner	Stonewall, MB	8:10/K	7.4kph	109	12	
13	2486	CONNOR CHORNEY	00:41:31.73		Runner	Stonewall, MB	8:18/K	7.2kph	116	10	
14	2609	CHARLES ROBSON	00:42:28.68		Runner	St. Andrews, MB	8:30/K	7.1kph	120	9	
15	2608	ANTHONY ROBSON	00:42:37.19		Runner	St. Andrews, MB	8:31/K	7.0kph	121	7	
16	2644	EMMETT WATT	00:55:14.82		Runner	Winnipeg, MB	11:03/K	5.4kph	154	11	

Female 5 - 12

Place	Bib #	Name	Time	Class	Type	Hometown	Pace	Speed	Overall	Age	ID Number
1	2651	NATALYA WOJCIECHOWSKI	00:33:48.87		Runner	Winnipeg, MB	6:46/K	8.9kph	56	9	
2	2498	RENEE DEJAEGER	00:37:28.78		Runner	Winnipeg, MB	7:30/K	8.0kph	85	7	
3	2563	NOLA MADDEN	00:37:45.53		Runner	Winnipeg, MB	7:33/K	7.9kph	88	12	
4	2499	CALLIE DEJAEGER	00:40:10.66		Runner	Winnipeg, MB	8:02/K	7.5kph	107	7	
5	2551	CHARLEIGH KOSTYTSHYN	00:40:42.72		Runner	Anola, MB	8:08/K	7.4kph	108	11	
6	2635	HEIDI VAN NIEKERK	00:41:26.94		Runner	Winnipeg, MB	8:17/K	7.2kph	114	12	
7	2634	GRETA VAN NIEKERK	00:41:27.40		Runner	Winnipeg, MB	8:17/K	7.2kph	115	9	
8	2547	EMILY KARLAFTIS	00:41:39.23		Runner	Winnipeg, MB	8:20/K	7.2kph	117	12	
9	2524	LAYLA GRAY	00:51:51.24		Runner	Winnipeg, MB	10:22/K	5.8kph	145	7	

Male 13+

Place	Bib #	Name	Time	Class	Type	Hometown	Pace	Speed	Overall	Age	ID Number
1	2507	LUXTON DUECK	00:17:34.06		Runner	Winnipeg, MB	3:31/K	17.1kph	1	17	
2	2617	ZACHARY RUDOLPH	00:20:25.00		Runner	winnipeg, MB	4:05/K	14.7kph	2	25	
3	2650	DWAYNE WHEELER	00:20:39.75		Runner	Winnipeg, MB	4:08/K	14.5kph	3	57	
4	2619	CHRIS SHEA	00:21:35.46		Runner	Warren, MB	4:19/K	13.9kph	4	40	
5	2590	PHILLIP PAWLUK	00:22:29.76		Runner	East Selkirk, MB	4:30/K	13.3kph	5	45	

Duck and Run 5K

Male 13+

Place	Bib #	Name	Time	Class	Type	Hometown	Pace	Speed	Overall	Age	ID Number
6	2506	DRADEN DUECK	00:22:33.11		Runner	Winnipeg, MB	4:31/K	13.3kph	6	14	
7	2557	DYLAN LANG	00:23:20.04		Runner	Stonewall, MB	4:40/K	12.9kph	7	30	
8	2569	GIRISH MANUEL	00:23:26.21		Runner	Winnipeg, MB	4:41/K	12.8kph	8	41	
9	2520	QUINN FYFE	00:23:34.42		Runner	Selkirk, MB	4:43/K	12.7kph	9	17	
10	2483	ADRIEN CARRIÈRE	00:24:29.95		Runner	St laurent, MB	4:54/K	12.3kph	12	29	
11	2472	THOMAS BECKER	00:26:17.87		Runner	Cooks Creek, MB	5:15/K	11.4kph	20	39	
12	2476	LOGAN BOYD MILLER	00:26:48.71		Runner	East Selkirk, MB	5:22/K	11.2kph	23	14	
13	2464	GABRIEL ABREU	00:27:05.51		Runner	Winnipeg, MB	5:25/K	11.1kph	24	35	
14	2579	JAMES NOEL	00:27:39.38		Runner	Stonewall, MB	5:32/K	10.8kph	27	13	
15	2530	BOB HANSEN	00:27:43.65		Runner	Winnipeg, MB	5:33/K	10.8kph	28	67	
16	2490	JEREMY CORBETT	00:28:45.44		Runner	Winnipeg, MB	5:45/K	10.4kph	34	47	
17	2526	SCOTT GRAY	00:28:47.29		Runner	Winnipeg, MB	5:45/K	10.4kph	36	44	
18	2536	TONY HOESS	00:29:31.58		Runner	Stony Mountain, MB	5:54/K	10.2kph	38	60	
19	2511	JACE ETHERIDGE	00:30:55.76		Runner	Komarno, MB	6:11/K	9.7kph	42	40	
20	2641	JOSE VILLEDA	00:30:58.72		Runner	Winnipeg, MB	6:12/K	9.7kph	43	50	
21	2571	MACKLIN MCRAE	00:33:07.03		Runner	Stonewall, MB	6:37/K	9.1kph	49	49	
22	2477	RANDAL BROWN	00:33:08.56		Runner	Selkirk, MB	6:38/K	9.1kph	51	36	
23	2628	ROMAN TEBEL	00:33:37.98		Runner	Winnipeg, MB	6:43/K	8.9kph	54	23	
24	2514	ANDREW FILYK	00:34:46.84		Runner	Winnipeg, MB	6:57/K	8.6kph	66	46	
25	2603	PETR RESLER	00:34:53.37		Runner	Winnipeg, MB	6:59/K	8.6kph	67	60	
26	2605	NEIL RICHARD	00:35:07.06		Runner	Winnipeg, MB	7:01/K	8.5kph	69	38	
27	2516	JEFFREY FLASHA	00:35:26.23		Runner	Sandy Hook, MB	7:05/K	8.5kph	75	49	
28	2489	LINDSAY CONRAD	00:35:31.54		Runner	Stonewall, MB	7:06/K	8.4kph	76	19	
29	2636	MAX VAN NIEKERK	00:36:41.24		Runner	Winnipeg, MB	7:20/K	8.2kph	78	14	
30	2474	ARMAND BELANGER	00:37:07.91		Runner	Gimli, MB	7:25/K	8.1kph	81	46	
31	2594	DAVID PINETTE	00:37:10.50		Runner	Winnipeg, MB	7:26/K	8.1kph	82	48	
32	2573	ALEX MITCHELL	00:37:36.81		Runner	Oakville, MB	7:31/K	8.0kph	86	37	
33	2565	SEAN MADDEN	00:37:45.96		Runner	Winnipeg, MB	7:33/K	7.9kph	89	42	
34	2620	GRAEME SMITH	00:38:07.35		Runner	Winnipeg, MB	7:37/K	7.9kph	96	34	
35	2501	BARRY DEJAEGER	00:40:10.10		Runner	Winnipeg, MB	8:02/K	7.5kph	106	48	
36	2566	GUY MADILL	00:43:59.44		Runner	Winnipeg, MB	8:48/K	6.8kph	124	69	
37	2637	JONAS VAN NIEKERK	00:45:12.40		Runner	Winnipeg, MB	9:02/K	6.6kph	126	41	
38	2648	NATHANAEL WEIR-WAKELY	00:47:07.98		Runner	La Broquerie, MB	9:25/K	6.4kph	137	36	
39	2599	SHAYNE PRYSIZNEY	00:47:24.51		Runner	Winnipeg, MB	9:29/K	6.3kph	139	44	
40	2549	FRANK KARLAFTIS	00:53:33.09		Runner	Winnipeg, MB	10:43/K	5.6kph	152	52	
41	2680	ETHAN MASTERS	00:54:26.86		Runner	Astonewall, CAN	10:53/K	5.5kph	153	13	
42	2645	LIAM WATT	00:55:15.52		Runner	Winnipeg, MB	11:03/K	5.4kph	155	14	
43	2564	AUSTIN MADDEN	00:58:17.54		Runner	Winnipeg, MB	11:39/K	5.1kph	161	35	
44	2491	MIGUEL COURNOYER	00:58:18.84		Runner	Winnipeg, MB	11:40/K	5.1kph	162	33	
45	2521	TEEGAN GILLICH	00:59:17.61		Runner	Winnipeg, MB	11:51/K	5.1kph	163	25	
46	2537	LOUIS HOLZTRAGER	01:01:19.67		Runner	Winnipeg, MB	12:16/K	4.9kph	166	71	
47	2591	RAUL PEREZ-GARCIA	01:01:23.28		Runner	Stonewall, MB	12:17/K	4.9kph	169	26	

Female 13 - 99

Place	Bib #	Name	Time	Class	Type	Hometown	Pace	Speed	Overall	Age	ID Number
1	2654	ERIN YORKE	00:23:45.82		Runner	Winnipeg, MB	4:45/K	12.6kph	10	22	
2	2468	CHRISTINE ARTOLA	00:24:38.85		Runner	Winnipeg, MB	4:56/K	12.2kph	13	41	
3	2505	KERRI DROSDOWECH	00:25:27.89		Runner	Winnipeg, MB	5:05/K	11.8kph	15	57	
4	2522	AMY GRACEFFO	00:26:01.86		Runner	Winnipeg, MB	5:12/K	11.5kph	17	32	
5	2479	LISA BUCHEL	00:26:10.08		Runner	Winnipeg, MB	5:14/K	11.5kph	19	45	
6	2623	LISA STANSELL	00:26:36.78		Runner	Stonewall, MB	5:19/K	11.3kph	21	44	
7	2466	BRITTANY ACTON	00:27:08.52		Runner	Anola, MB	5:26/K	11.1kph	25	35	
8	2510	FREDERICA EMERY	00:27:19.38		Runner	St Andrews, MB	5:28/K	11.0kph	26	55	
9	2631	GAIA TURNER	00:28:04.65		Runner	Stonewall, MB	5:37/K	10.7kph	30	13	
10	2622	JILLIAN ST. GEORGE	00:28:07.72		Runner	Winnipeg, MB	5:37/K	10.7kph	31	31	
11	2528	SAMANTHA HALVORSEN	00:28:36.25		Runner	Winnipeg, MB	5:43/K	10.5kph	33	30	
12	2529	LINDA HAMILTON	00:29:04.19		Runner	Winnipeg, MB	5:49/K	10.3kph	37	69	

Duck and Run 5K

Female 13 - 99

Place	Bib #	Name	Time	Class	Type	Hometown	Pace	Speed	Overall	Age	ID Number
13	2597	SHERRY PROULX	00:29:58.07		Runner	East St. Paul, MB	6:00/K	10.0kph	39	58	
14	2538	JENELLE HULAN	00:30:39.20		Runner	Clandeboye, MB	6:08/K	9.8kph	40	34	
15	2580	LINDSAY NOEL	00:30:55.34		Runner	Stonewall, MB	6:11/K	9.7kph	41	39	
16	2618	SARAH SEMMLER	00:31:12.71		Runner	WINNIPEG, MB	6:14/K	9.6kph	44	43	
17	2576	LEIGH NESBITT	00:31:18.26		Runner	Stonewall, MB	6:16/K	9.6kph	45	48	
18	2568	NICOLE MANUEL	00:31:57.30		Runner	Winnipeg, MB	6:23/K	9.4kph	46	40	
19	2633	CECILIA TURNER	00:31:58.81		Runner	Stonewall, MB	6:24/K	9.4kph	47	47	
20	2471	LISA BECKER	00:32:28.01		Runner	Cooks Creek, MB	6:30/K	9.2kph	48	39	
21	2495	VALERIE CZMOLA	00:33:07.25		Runner	Winnipeg, MB	6:37/K	9.1kph	50	45	
22	2575	KELSEY MOELLER BROWN	00:33:09.09		Runner	Selkirk, MB	6:38/K	9.0kph	52	37	
23	2542	JOYCE JI	00:33:37.61		Runner	Winnipeg, MB	6:43/K	8.9kph	53	22	
24	2502	ANGIE DEPREZ	00:33:43.88		Runner	West St. Paul, MB	6:45/K	8.9kph	55	45	
25	2652	STEFENIE WOJCIECHOWSKI	00:33:49.43		Runner	Winnipeg, MB	6:46/K	8.9kph	57	42	
26	2621	ALLISON ST GODARD	00:33:49.89		Runner	Winnipeg, MB	6:46/K	8.9kph	58	36	
27	2614	CELINA ROMANIW	00:33:51.41		Runner	Morris, MB	6:46/K	8.9kph	59	22	
28	2535	BEV HIDLEBAUGH	00:33:58.56		Runner	Stonewall, MB	6:48/K	8.8kph	60	44	
29	2607	JESSIE ROBINSON	00:34:03.37		Runner	Ste Anne, AR	6:49/K	8.8kph	61	41	
30	2602	MEGHAN REID	00:34:07.15		Runner	Ste Anne, MB	6:49/K	8.8kph	62	41	
31	2588	LEIGH PATTERSON	00:34:23.58		Runner	Winnipeg, MB	6:53/K	8.7kph	63	59	
32	2612	SAMANTHA MAHONEY	00:34:25.97		Runner	Balmoral, AR	6:53/K	8.7kph	64	35	
33	2604	MARTINA RESLEROVA	00:34:53.48		Runner	Winnipeg, MB	6:59/K	8.6kph	68	57	
34	2630	CHRISTINA TRAN	00:35:13.18		Runner	Winnipeg, MB	7:03/K	8.5kph	70	25	
35	2513	CONNIE EYOLFSON	00:35:15.95		Runner	Teulon, MB	7:03/K	8.5kph	71	48	
36	2581	REYNA OLIVARES	00:35:16.49		Runner	La Salle, MB	7:03/K	8.5kph	72	35	
37	2544	OLIVE JOHNSTON	00:35:16.72		Runner	Argyle, MB	7:03/K	8.5kph	73	21	
38	2642	RUTH WANG	00:35:21.91		Runner	Winnipeg, MB	7:04/K	8.5kph	74	35	
39	2587	LISA PATTERSON	00:36:26.04		Runner	Winnipeg, MB	7:17/K	8.2kph	77	47	
40	2606	DANA ROBINSON	00:36:50.30		Runner	East Selkirk, MB	7:22/K	8.1kph	79	36	
41	2481	ALICIA CAJIGAS	00:37:18.21		Runner	Winnipeg, MB	7:28/K	8.0kph	83	44	
42	2545	NORMA JONES	00:37:26.45		Runner	Winnipeg, MB	7:29/K	8.0kph	84	69	
43	2555	JENNA LANDER	00:37:44.36		Runner	Oakville, MB	7:33/K	8.0kph	87	36	
44	2539	EUNSEO HWANG	00:37:48.55		Runner	Winnipeg, MB	7:34/K	7.9kph	90	25	
45	2473	MICHELLE BELANGER	00:37:49.28		Runner	Gimli, MB	7:34/K	7.9kph	91	46	
46	2517	JENN FLASHA	00:37:50.21		Runner	Sandy Hook, MB	7:34/K	7.9kph	92	51	
47	2504	BRENNA DIXON	00:37:51.56		Runner	Winnipeg, MB	7:34/K	7.9kph	93	36	
48	2589	HEATHER PAWLUK	00:38:05.54		Runner	East Selkirk, MB	7:37/K	7.9kph	94	42	
49	2572	SEON YOUNG MIN	00:38:06.28		Runner	Winnipeg, MB	7:37/K	7.9kph	95	34	
50	2643	JODY WASSERMAN	00:38:58.12		Runner	Komarno, MB	7:48/K	7.7kph	97	40	
51	2523	KRISTEN GRACEFFO	00:39:02.03		Runner	Winnipeg, MB	7:48/K	7.7kph	98	34	
52	2561	KYLA LENIO-SLACK	00:39:14.73		Runner	Teulon, MB	7:51/K	7.6kph	99	44	
53	2577	JACKIE NICHOLS	00:39:25.65		Runner	Balmoral, MB	7:53/K	7.6kph	100	24	
54	2629	TIANA THIESSSN	00:39:26.18		Runner	Balmoral, MB	7:53/K	7.6kph	101	24	
55	2540	KEIRA JANZEN	00:39:32.42		Runner	Winnipeg, MB	7:54/K	7.6kph	102	32	
56	2552	ASHLYN KROPP	00:39:34.16		Runner	New Bothwell, MB	7:55/K	7.6kph	103	23	
57	2519	CINDY FRAZER	00:39:58.56		Runner	Winnipeg, MB	8:00/K	7.5kph	104	42	
58	2532	LAURA HARVIE	00:40:49.29		Runner	Stonewall, MB	8:10/K	7.3kph	110	35	
59	2515	HALEY FISHER	00:40:49.34		Runner	Riverton, MB	8:10/K	7.3kph	111	40	
60	2508	MEGAN DUFF	00:41:07.74		Runner	Selkirk, MB	8:13/K	7.3kph	113	22	
61	2676	SHAWNA LEGAULT	00:41:53.44		Runner	Stony Mountain, AR	8:23/K	7.2kph	118	43	
62	2646	TRINA WATT	00:42:03.43		Runner	Winnipeg, MB	8:25/K	7.1kph	119	41	
63	2611	HEIDY ROBSON	00:42:39.37		Runner	St. Andrews, MB	8:32/K	7.0kph	122	45	
64	2541	ASHLEY JENSEN	00:43:45.96		Runner	Winnipeg, MB	8:45/K	6.9kph	123	43	
65	2627	LISA TAYLOR	00:45:00.26		Runner	Beausejour, MB	9:00/K	6.7kph	125	41	
66	2559	CLEMUS LAURILA	00:45:39.96		Runner	Winnipeg, MB	9:08/K	6.6kph	127	71	
67	2592	CHERYL PICH	00:45:42.03		Runner	Teulon, MB	9:08/K	6.6kph	128	49	
68	2550	SHELBY KOSTYSHYN	00:45:44.23		Runner	Anola, MB	9:09/K	6.6kph	129	35	
69	2548	MELANIE KARLAFTIS	00:46:26.32		Runner	Winnipeg, MB	9:17/K	6.5kph	130	48	
70	2585	KARA PARK	00:46:43.53		Runner	Winnipeg, MB	9:21/K	6.4kph	131	19	
71	2543	SUSAN JIN	00:46:49.76		Runner	Winnipeg, MB	9:22/K	6.4kph	132	49	

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Female 13 - 99

Place	Bib #	Name	Time	Class	Type	Hometown	Pace	Speed	Overall	Age	ID Number
72	2586	SHANNON PATERSON	00:47:02.80		Runner	Winnipeg, MB	9:24/K	6.4kph	133	51	
73	2562	KAREN MACKIE	00:47:04.09		Runner	Oakbank, MB	9:25/K	6.4kph	134	52	
74	2649	ASHLEIGH WESTPHAL	00:47:07.50		Runner	La Broquerie, MB	9:25/K	6.4kph	136	36	
75	2596	JUSTINE PROULX	00:47:23.14		Runner	Winnipeg, MB	9:29/K	6.3kph	138	30	
76	2677	AMY POOLE	00:47:28.81		Runner	Winnipeg, AR	9:30/K	6.3kph	140	21	
77	2567	SOURABH MAITI	00:49:49.13		Runner	Winnipeg, MB	9:58/K	6.0kph	141	39	
78	2480	DAWN BUTTON	00:49:56.80		Runner	Winnipeg, MB	9:59/K	6.0kph	142	59	
79	2600	PAT PURO	00:50:57.13		Runner	Winnipeg, MB	10:11/K	5.9kph	143	62	
80	2582	KATHERINE OSIOWY	00:51:17.88		Runner	Winnipeg, MB	10:15/K	5.8kph	144	27	
81	2509	LAURA DYCK	00:51:54.18		Runner	Winnipeg, MB	10:23/K	5.8kph	146	41	
82	2624	MICHELLE STARK	00:51:58.20		Runner	Winnipeg, MB	10:24/K	5.8kph	147	54	
83	2527	SALLY GUARINO	00:53:14.05		Runner	Headingley, MB	10:39/K	5.6kph	148	18	
84	2625	MEGAN SUTHERLAND	00:53:14.32		Runner	East Selkirk, MB	10:39/K	5.6kph	149	39	
85	2482	HEATHER CAPUSKA	00:53:15.61		Runner	Balmoral, MB	10:39/K	5.6kph	150	61	
86	2647	SHERRY WEAVER	00:53:19.13		Runner	Balmoral, MB	10:40/K	5.6kph	151	58	
87	2475	ANGIE BOEHM	00:56:12.69		Runner	Winnipeg, MB	11:14/K	5.3kph	156	62	
88	2632	LINDSEY TURNER	00:56:13.46		Runner	Winnipeg, MB	11:15/K	5.3kph	157	42	
89	2553	CARISSA KYLE - OTTENSON	00:56:13.63		Runner	Winnipeg, MB	11:15/K	5.3kph	158	34	
90	2598	NICOLE PRUDEN	00:57:10.51		Runner	Teulon, MB	11:26/K	5.2kph	159	29	
91	2615	DANIKA ROMANIW	00:57:10.70		Runner	Winnipeg, MB	11:26/K	5.2kph	160	29	
92	2626	VICKY TANG	00:59:18.02		Runner	Winnipeg, MB	11:52/K	5.1kph	164	25	
93	2488	STEFFY CIELEN	00:59:41.29		Runner	Winnipeg, MB	11:56/K	5.0kph	165	34	
94	2556	RENEE LANG	01:01:21.32		Runner	Stonewall, MB	12:16/K	4.9kph	167	26	
95	2558	DANIELLE LANG	01:01:22.36		Runner	Winnipeg, MB	12:16/K	4.9kph	168	53	