

OA = Placing Overall

Place = Category Placing

Gender Offset = Time from Gender Winning time

hh:mm:ss

Overall Gender Results

5K - 3.1 Miles

Female

181 Competitors

Place	Name	Bib#	Time	Pace	Div	Gen Offset	Cat	O/A	Chip Time
1/181	BERNARD, MARIA	1216	00:17:40.16	03:32	F2029	+00:00:00	1/35	5/276	00:17:40.01
2/181	ZAMBRANO, MARIA	1213	00:17:59.78	03:35	F4049	+00:00:19	1/37	8/276	00:17:52.29
3/181	PYKE, BRIDGET	1298	00:19:05.32	03:49	F2029	+00:01:25	2/35	11/276	00:19:04.67
4/181	BOYLE, SHARI	1251	00:19:12.41	03:50	F4049	+00:01:32	2/37	12/276	00:19:11.85
5/181	KAISER, JESSICA	1199	00:19:20.95	03:52	F2029	+00:01:40	3/35	13/276	00:19:20.49
6/181	FILLIER, SARAH	1260	00:19:28.63	03:53	F3039	+00:01:48	1/65	14/276	00:19:28.07
7/181	KANUKA, GLORIA	1282	00:19:42.54	03:56	F2029	+00:02:02	4/35	16/276	00:19:41.31
8/181	CLARK, RHONDA	1219	00:20:40.53	04:08	F4049	+00:03:00	3/37	21/276	00:20:39.18
9/181	STEACY, SHEENA	1147	00:21:05.56	04:13	F3039	+00:03:25	2/65	25/276	00:21:03.95
10/181	ANDERSON, AMY	1177	00:21:35.83	04:19	F5059	+00:03:55	1/23	26/276	00:21:34.36
11/181	MONCRIEFF, MARLA	1104	00:21:43.30	04:20	F5059	+00:04:03	2/23	27/276	00:21:41.83
12/181	HNATYSHYN, MELANIE	1063	00:22:24.23	04:28	F3039	+00:04:44	3/65	29/276	00:22:22.62
13/181	FAH, CATHERINE	1033	00:22:30.90	04:30	F4049	+00:04:50	4/37	30/276	00:22:28.65
14/181	STRAUSS, KARLEEN	1150	00:23:06.03	04:37	F3039	+00:05:25	4/65	35/276	00:23:02.61
15/181	KNIH, DEJANA	1072	00:23:08.31	04:37	F3039	+00:05:28	5/65	36/276	00:23:02.02
16/181	KEAY, AGATHA	1200	00:23:31.15	04:42	F2029	+00:05:50	5/35	37/276	00:23:29.20
17/181	CLARKE, SARAH	1220	00:24:39.82	04:55	F2029	+00:06:59	6/35	44/276	00:24:27.33
18/181	CHAN, JENNY	1307	00:24:49.12	04:57	F4049	+00:07:08	5/37	47/276	00:24:45.69
19/181	MACLEOD, JILL	1274	00:24:51.52	04:58	F3039	+00:07:11	6/65	49/276	00:24:50.97
20/181	GERTRIDGE, KAREN	1270	00:24:52.17	04:58	F3039	+00:07:12	7/65	50/276	00:24:51.96
21/181	FAIRHOLM, MADISON	1036	00:25:00.26	05:00	F0119	+00:07:20	1/13	53/276	00:24:59.03
22/181	CULL, JENNY	1024	00:25:43.67	05:08	F3039	+00:08:03	8/65	58/276	00:25:41.48
23/181	BARRETT, JENN	1215	00:25:54.92	05:10	F2029	+00:08:14	7/35	59/276	00:25:52.79
24/181	LUNNEY, MEG	1201	00:26:29.01	05:17	F3039	+00:08:48	9/65	62/276	00:26:25.41
25/181	WYLLIE, LEAH	1165	00:26:39.85	05:19	F2029	+00:08:59	8/35	64/276	00:26:26.64
26/181	GRAINGER, MADISON	1052	00:26:49.47	05:21	F2029	+00:09:09	9/35	67/276	00:26:34.91
27/181	PETTIPAS, BRITTANY	1235	00:26:51.75	05:22	F2029	+00:09:11	10/35	69/276	00:26:45.70
28/181	SALON, MARISA	1132	00:26:53.67	05:22	F2029	+00:09:13	11/35	70/276	00:26:33.60
29/181	HRABCHAK, CINDY	1064	00:26:56.59	05:23	F5059	+00:09:16	3/23	71/276	00:26:50.66
30/181	WIENECKE, MICHELE	437	00:27:30.49	05:30	F3039	+00:09:50	10/65	73/276	00:27:24.44
31/181	KJEARSGAARD, RACHEL	1284	00:27:31.56	05:30	F2029	+00:09:51	12/35	74/276	00:26:41.48
32/181	REABURN, TARA	1126	00:27:44.78	05:32	F4049	+00:10:04	6/37	77/276	00:27:28.93
33/181	RAWSON, JEN	1276	00:27:45.42	05:33	F2029	+00:10:05	13/35	78/276	00:27:38.57
34/181	GRAF, SANDA	1313	00:27:54.60	05:34	F4049	+00:10:14	7/37	80/276	00:27:40.32
35/181	OSWALD, TIA	1293	00:28:07.14	05:37	F4049	+00:10:26	8/37	81/276	00:28:06.27
36/181	HOANG, KHANH TUE	1226	00:28:15.83	05:39	F3039	+00:10:35	11/65	84/276	00:28:12.92
37/181	REID, ASHLEY	364	00:28:27.49	05:41	F2029	+00:10:47	14/35	86/276	00:27:36.44
38/181	MARTIN, ADELINE	1090	00:28:30.20	05:42	F4049	+00:10:50	9/37	89/276	00:28:22.71
39/181	NOBLE, DANIELLE	1234	00:28:31.54	05:42	F2029	+00:10:51	15/35	90/276	00:28:17.20
40/181	MOORE, TRACIE	1107	00:28:34.47	05:42	F3039	+00:10:54	12/65	91/276	00:28:20.73
41/181	GREEN, TANYA	1056	00:28:44.43	05:44	F3039	+00:11:04	13/65	92/276	00:28:32.62
42/181	MARINEAU, LYNN	1228	00:28:51.21	05:46	F5059	+00:11:11	4/23	94/276	00:28:31.34
43/181	KENT, SARAH	1294	00:28:53.51	05:46	F3039	+00:11:13	14/65	95/276	00:28:44.12
44/181	COOZE, MICHELLE	1020	00:28:53.61	05:46	F4049	+00:11:13	10/37	96/276	00:28:43.40
45/181	PEWAR, KIM	1121	00:29:09.81	05:49	F5059	+00:11:29	5/23	98/276	00:28:48.84
46/181	DOUGHERTY, LOUISE	1030	00:29:11.35	05:50	F5059	+00:11:31	6/23	99/276	00:28:49.86
47/181	GORELIK, LENA	1049	00:29:11.75	05:50	F3039	+00:11:31	15/65	100/276	00:28:59.36
48/181	BLOXHAM, HEATHER	458	00:29:18.80	05:51	F4049	+00:11:38	11/37	102/276	00:29:14.61
49/181	DEMPSTER, ASHLEY	1026	00:29:19.23	05:51	F2029	+00:11:39	16/35	103/276	00:29:12.00
50/181	HOPKINS, NIKKY	1288	00:29:22.57	05:52	F0119	+00:11:42	2/13	104/276	00:29:14.32
51/181	WITCZAK, LAURA	1162	00:29:25.73	05:53	F3039	+00:11:45	16/65	106/276	00:29:18.12
52/181	MEDWID, BARB	1099	00:29:38.47	05:55	F4049	+00:11:58	12/37	108/276	00:29:31.62
53/181	MCCLELLAND, CATHERINE	1092	00:29:47.47	05:57	F5059	+00:12:07	7/23	109/276	00:29:41.82

OA = Placing Overall
Place = Category Placing

Overall Gender Results

Gender Offset = Time from Gender Winning time
hh:mm:ss

5K - 3.1 Miles

Female

181 Competitors

Place	Name	Bib#	Time	Pace	Div	Gen Offset	Cat	O/A	Chip Time
54/181	VERTZ, ASHLEY	1160	00:29:50.26	05:58	F2029	+00:12:10	17/35	110/276	00:29:37.29
55/181	MEUNIER, CELIA	1203	00:29:50.27	05:58	F2029	+00:12:10	18/35	111/276	00:29:36.53
56/181	GRISDALE, JANET	1305	00:30:11.80	06:02	F4049	+00:12:31	13/37	113/276	00:30:05.59
57/181	SAVOIE, CATHERINE	1134	00:30:19.88	06:03	F5059	+00:12:39	8/23	115/276	00:30:13.77
58/181	FULLER, TRACY	1046	00:30:57.22	06:11	F3039	+00:13:17	17/65	118/276	00:30:30.72
59/181	PALSEN, JAN	1116	00:31:14.72	06:14	F5059	+00:13:34	9/23	120/276	00:30:55.85
60/181	LADDS-BOND, DAWN	1077	00:31:26.15	06:17	F3039	+00:13:45	18/65	123/276	00:31:06.28
61/181	HUDSON, CASSANDRA	1314	00:31:58.84	06:23	F3039	+00:14:18	19/65	128/276	00:31:38.02
62/181	MILLER, BIRCH	1230	00:32:02.73	06:24	F3039	+00:14:22	20/65	129/276	00:32:00.92
63/181	MACLAREN, JANICE	1256	00:32:06.61	06:25	F4049	+00:14:26	14/37	132/276	00:31:56.78
64/181	FREY, CHRISTINE	1045	00:32:06.75	06:25	F3039	+00:14:26	21/65	133/276	00:31:21.40
65/181	CORTESE, NANCY	1252	00:32:06.75	06:25	F4049	+00:14:26	15/37	134/276	00:31:57.46
66/181	WILLIAMS, ANGELA	1278	00:32:10.22	06:26	F3039	+00:14:30	22/65	135/276	00:32:02.67
67/181	JONES, ANGELA	1198	00:32:17.66	06:27	F3039	+00:14:37	23/65	136/276	00:32:00.43
68/181	PEPPER, CARRIE	1285	00:32:32.84	06:30	F3039	+00:14:52	24/65	139/276	00:32:08.25
69/181	PIAGNO, DAYNA	1286	00:32:33.50	06:30	F3039	+00:14:53	25/65	140/276	00:32:06.60
70/181	KUJAWA, STEF	1273	00:32:38.03	06:31	F2029	+00:14:57	19/35	141/276	00:32:33.36
71/181	MORTON HUGHES, SARAH	1232	00:32:40.80	06:32	F4049	+00:15:00	16/37	142/276	00:32:31.81
72/181	CARTER, JULIA	1316	00:32:46.10	06:33	F2029	+00:15:05	20/35	144/276	00:31:56.35
73/181	GRAY, CHERI	1053	00:32:59.32	06:35	F4049	+00:15:19	17/37	145/276	00:32:51.31
74/181	HOLLIGAN, SUZANNE	1195	00:33:04.74	06:36	F3039	+00:15:24	26/65	146/276	00:32:50.89
75/181	SMITH, MEREDITH	1299	00:33:09.25	06:37	F3039	+00:15:29	27/65	147/276	00:32:31.57
76/181	HINES, VICTORIA	1261	00:33:16.68	06:39	F2029	+00:15:36	21/35	148/276	00:33:06.59
77/181	OICKLE, NGAN	1267	00:33:20.20	06:40	F4049	+00:15:40	18/37	149/276	00:32:54.35
78/181	BRETT, ROSEMARY	1180	00:33:36.14	06:43	F2029	+00:15:55	22/35	151/276	00:33:22.55
79/181	KILLAM, CAERI	1069	00:33:59.08	06:47	F4049	+00:16:18	19/37	152/276	00:33:33.35
80/181	KILLAM, TERESA	1070	00:33:59.22	06:47	F3039	+00:16:19	28/65	153/276	00:33:34.15
81/181	ABEL, ALI	1214	00:34:08.36	06:49	F3039	+00:16:28	29/65	154/276	00:33:45.06
82/181	BIG SNAKE, MEAGAN	1268	00:34:12.09	06:50	F2029	+00:16:31	23/35	155/276	00:33:58.42
83/181	CROWCHILD, HINE	1221	00:34:12.18	06:50	F3039	+00:16:32	30/65	156/276	00:33:58.62
84/181	HYNES, ORLAITH	1197	00:34:25.48	06:53	F2029	+00:16:45	24/35	157/276	00:34:21.21
85/181	ARKLEY, JORDAN	1002	00:34:38.72	06:55	F2029	+00:16:58	25/35	158/276	00:34:23.82
86/181	HOWLEY, KAREN	1196	00:34:49.49	06:57	F3039	+00:17:09	31/65	160/276	00:34:35.72
87/181	MARCHAND, VICTORIA	1289	00:34:52.70	06:58	F5059	+00:17:12	10/23	161/276	00:34:31.08
88/181	WISNIEWSKI, AMANDA	1212	00:34:53.16	06:58	F4049	+00:17:13	20/37	162/276	00:34:30.26
89/181	CHENG, WENDY	1181	00:34:53.24	06:58	F6069	+00:17:13	1/7	163/276	00:34:30.13
90/181	MOONEY, MACKENA	1105	00:35:03.28	07:00	F0119	+00:17:23	3/13	164/276	00:34:41.73
91/181	SEPHTON, SHANNON	1143	00:35:04.13	07:00	F4049	+00:17:23	21/37	165/276	00:34:41.61
92/181	CHIASSON, COURTNEY	1312	00:35:14.88	07:02	F0119	+00:17:34	4/13	166/276	00:35:11.20
93/181	PINCHIN, MARY	1123	00:35:28.52	07:05	F2029	+00:17:48	26/35	167/276	00:35:08.84
94/181	BODI, CHRISANN	1295	00:35:31.14	07:06	F3039	+00:17:50	32/65	168/276	00:35:26.40
95/181	KUYTENE, TATIANA	1075	00:35:33.06	07:06	F4049	+00:17:52	22/37	169/276	00:35:19.65
96/181	LONG, JILL	1083	00:35:34.18	07:06	F3039	+00:17:54	33/65	170/276	00:35:12.49
97/181	DONIHEE, MEAGHAN	1029	00:35:40.18	07:08	F2029	+00:18:00	27/35	171/276	00:34:45.15
98/181	DONIHEE, JENNY	1027	00:35:40.55	07:08	F3039	+00:18:00	34/65	173/276	00:34:46.01
99/181	MULDER, TRISH	1109	00:35:59.57	07:11	F3039	+00:18:19	35/65	176/276	00:35:40.40
100/181	TONG, PATTY	1153	00:35:59.89	07:11	F4049	+00:18:19	23/37	177/276	00:35:41.01
101/181	MUELLER, MARIANNE	1249	00:36:00.17	07:12	F5059	+00:18:20	11/23	178/276	00:35:56.75
102/181	MARLATT, HEATHER M	1088	00:36:07.23	07:13	F2029	+00:18:27	28/35	179/276	00:35:51.61
103/181	FULKER, HEATHER	1224	00:36:11.68	07:14	F3039	+00:18:31	36/65	180/276	00:36:04.73
104/181	WHITE, MARY MADELINE	1161	00:36:18.14	07:15	F7099	+00:18:37	1/1	181/276	00:36:14.72
105/181	SEPHTON, EMMA	1142	00:36:19.79	07:15	F0119	+00:18:39	5/13	183/276	00:35:57.64
106/181	YABLONSKI, ANGELA	1166	00:36:35.46	07:19	F3039	+00:18:55	37/65	184/276	00:36:07.93

OA = Placing Overall
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Overall Gender Results

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hh:mm:ss

5K - 3.1 Miles

Female

181 Competitors

Place	Name	Bib#	Time	Pace	Div	Gen Offset	Cat	O/A	Chip Time
107/181	MCKAY, TRACY	1095	00:36:36.48	07:19	F4049	+00:18:56	24/37	185/276	00:36:32.60
108/181	CARD, JULIE	140	00:36:38.51	07:19	F3039	+00:18:58	38/65	187/276	00:35:53.44
109/181	KURRANT, CJ	1262	00:36:47.36	07:21	F4049	+00:19:07	25/37	188/276	00:36:39.35
110/181	NESBITT, VERONICA	1112	00:37:14.53	07:26	F4049	+00:19:34	26/37	189/276	00:36:55.26
111/181	ERTMAN, KYLA	1032	00:37:14.90	07:26	F4049	+00:19:34	27/37	190/276	00:36:55.37
112/181	MCNUTT, JOANNE	1265	00:37:39.25	07:31	F5059	+00:19:59	12/23	191/276	00:37:28.79
113/181	LAROCHELLE, MARIE	1078	00:37:48.75	07:33	F5059	+00:20:08	13/23	192/276	00:37:24.55
114/181	FREEMAN, JAYDA	1041	00:37:48.87	07:33	F0119	+00:20:08	6/13	193/276	00:37:06.31
115/181	NELSON, VERNA	1206	00:37:54.31	07:34	F5059	+00:20:14	14/23	194/276	00:37:15.46
116/181	MYLES, KELSEY	1290	00:37:55.42	07:35	F3039	+00:20:15	39/65	195/276	00:37:43.77
117/181	ANSTETT, JANET	1178	00:37:59.90	07:35	F4049	+00:20:19	28/37	196/276	00:37:56.45
118/181	EVERTON, SHEENA	1186	00:38:00.16	07:36	F3039	+00:20:20	40/65	197/276	00:37:47.34
119/181	PATZACK, JENNIFER	1119	00:38:03.47	07:36	F3039	+00:20:23	41/65	198/276	00:37:14.86
120/181	GILLINGWATER, SUE	1244	00:38:08.26	07:37	F4049	+00:20:28	29/37	199/276	00:37:44.95
121/181	HOWE, JENNY	1301	00:38:26.83	07:41	F3039	+00:20:46	42/65	200/276	00:38:01.70
122/181	ZIPCHIAN, VIVIAN	1167	00:38:28.42	07:41	F4049	+00:20:48	30/37	201/276	00:38:13.14
123/181	DZURMAN, SARA	1185	00:38:29.86	07:41	F3039	+00:20:49	43/65	202/276	00:37:59.73
124/181	FREDRICH-DUNNE, SHAYE	1311	00:38:32.06	07:42	F0119	+00:20:51	7/13	203/276	00:33:04.01
125/181	STORKSON, ASHLEY	1149	00:38:49.68	07:45	F2029	+00:21:09	29/35	204/276	00:38:21.89
126/181	MILLER, NATASHA	1205	00:39:06.49	07:49	F0119	+00:21:26	8/13	205/276	00:38:55.08
127/181	MILLER, KAREN	1204	00:39:08.93	07:49	F3039	+00:21:28	44/65	206/276	00:38:57.20
128/181	FRASER, CONNIE	1189	00:39:26.47	07:53	F3039	+00:21:46	45/65	208/276	00:38:45.89
129/181	KEMP, JENNIFER	1068	00:39:26.94	07:53	F3039	+00:21:46	46/65	210/276	00:39:02.65
130/181	OMAN, TRACY	1115	00:39:32.26	07:54	F3039	+00:21:52	47/65	211/276	00:39:17.64
131/181	HAY, JANICE	1060	00:39:39.60	07:55	F5059	+00:21:59	15/23	212/276	00:39:16.89
132/181	SANDERSON, CHASIDY	1133	00:39:58.88	07:59	F4049	+00:22:18	31/37	213/276	00:39:36.67
133/181	GJURA, JULIE	1245	00:40:10.89	08:02	F5059	+00:22:30	16/23	216/276	00:39:48.06
134/181	CUDMORE, JESSICA	1023	00:40:19.44	08:03	F3039	+00:22:39	48/65	217/276	00:39:30.75
135/181	ZJALIC, MEGAN	1168	00:40:19.96	08:03	F3039	+00:22:39	49/65	218/276	00:39:31.27
136/181	SCHUMACHER, CRYSTAL	1141	00:40:21.37	08:04	F3039	+00:22:41	50/65	219/276	00:40:08.60
137/181	MACDONALD, KRISTA	1085	00:40:33.84	08:06	F3039	+00:22:53	51/65	220/276	00:39:52.33
138/181	MARLOW, MICHELLE	1089	00:40:35.38	08:07	F5059	+00:22:55	17/23	221/276	00:39:53.62
139/181	WIENECKE, CHRISTINA	436	00:40:38.27	08:07	F3039	+00:22:58	52/65	222/276	00:40:32.58
140/181	JENSEN, DANIELLE	1065	00:40:46.45	08:09	F3039	+00:23:06	53/65	223/276	00:40:18.46
141/181	MCDONALD, CHERYL	1093	00:41:08.88	08:13	F6069	+00:23:28	2/7	225/276	00:41:06.29
142/181	RUPARCIC, GABRIELLE	1130	00:41:19.29	08:15	F6069	+00:23:39	3/7	226/276	00:40:37.52
143/181	BURT, JENNIFER	1011	00:41:19.38	08:15	F4049	+00:23:39	32/37	227/276	00:40:37.52
144/181	DONAHUE, MARLENE	1182	00:41:22.87	08:16	F6069	+00:23:42	4/7	228/276	00:40:44.15
145/181	HAMILTON, ELLEN	1246	00:41:30.69	08:18	F5059	+00:23:50	18/23	230/276	00:41:19.76
146/181	VAN MAARION, JENNIFER	1157	00:41:44.05	08:20	F3039	+00:24:03	54/65	231/276	00:33:55.00
147/181	VAN IDERSTINE, DANNA	1155	00:42:19.48	08:27	F4049	+00:24:39	33/37	232/276	00:42:08.47
148/181	VAN IDERSTINE, BROOKLYN	1154	00:42:19.89	08:27	F2029	+00:24:39	30/35	233/276	00:42:08.30
149/181	ARTHURS, ALEXA	1241	00:42:38.83	08:31	F0119	+00:24:58	9/13	234/276	00:42:03.17
150/181	MCKENZIE, LIANNE	1306	00:42:40.15	08:32	F4049	+00:24:59	34/37	235/276	00:42:22.21
151/181	TINCHER, KRISTA	1151	00:42:42.85	08:32	F3039	+00:25:02	55/65	236/276	00:42:09.63
152/181	DAWSON, NORMA	1025	00:42:43.17	08:32	F6069	+00:25:03	5/7	237/276	00:42:09.95
153/181	MCKENZIE, KRISTIN	1097	00:44:34.93	08:54	F0119	+00:26:54	10/13	238/276	00:44:17.58
154/181	DONAHUE, SHANNON	1254	00:44:37.61	08:55	F3039	+00:26:57	56/65	240/276	00:43:54.49
155/181	LIMA, MARCELLA	1081	00:45:00.27	09:00	F0119	+00:27:20	11/13	242/276	00:44:23.71
156/181	FREEMAN, CALLIE	1040	00:45:05.08	09:01	F0119	+00:27:24	12/13	245/276	00:44:21.39
157/181	ORTMAN, JACQUELINE	1207	00:45:10.66	09:02	F2029	+00:27:30	31/35	246/276	00:44:59.79
158/181	DUNCAN, KATHERINE	1184	00:45:10.72	09:02	F3039	+00:27:30	57/65	247/276	00:44:59.37
159/181	KRYCZKA, MARY JO	1074	00:45:17.35	09:03	F4049	+00:27:37	35/37	248/276	00:44:55.42

OA = Placing Overall

Place = Category Placing

Gender Offset = Time from Gender Winning time

hh:mm:ss

Overall Gender Results

5K - 3.1 Miles

Female

181 Competitors

Place	Name	Bib#	Time	Pace	Div	Gen Offset	Cat	O/A	Chip Time
160/181	SCHNELL, IRENE	1138	00:45:47.78	09:09	F3039	+00:28:07	58/65	250/276	00:45:11.10
161/181	CORMIER, MONIQUE	1021	00:46:10.32	09:14	F4049	+00:28:30	36/37	251/276	00:45:34.61
162/181	BOURGEOIS, HEATHER	1009	00:46:23.48	09:16	F3039	+00:28:43	59/65	252/276	00:45:56.28
163/181	SCHNELL, ELENA	1137	00:46:31.06	09:18	F0119	+00:28:50	13/13	254/276	00:45:54.38
164/181	BURYLO, MICHELLE	1012	00:46:41.71	09:20	F2029	+00:29:01	32/35	255/276	00:46:37.32
165/181	FRASER, JOLENE	1039	00:46:44.08	09:20	F2029	+00:29:03	33/35	256/276	00:46:04.46
166/181	GALPIN, JENNIFER	1191	00:46:48.59	09:21	F3039	+00:29:08	60/65	257/276	00:46:36.78
167/181	SMITH, JEN	1240	00:47:35.31	09:31	F3039	+00:29:55	61/65	260/276	00:47:26.72
168/181	FITZPATRICK, AMY	1302	00:47:36.21	09:31	F2029	+00:29:56	34/35	261/276	00:47:27.74
169/181	WALMSLEY, JUDY	1277	00:48:02.70	09:36	F5059	+00:30:22	19/23	263/276	00:47:44.57
170/181	HAWKINGS, JAN	1247	00:48:17.44	09:39	F5059	+00:30:37	20/23	264/276	00:47:40.70
171/181	FRASER, GLORIA	1190	00:48:26.63	09:41	F5059	+00:30:46	21/23	266/276	00:47:45.76
172/181	HUCKABEE, JUDY	1281	00:48:32.74	09:42	F6069	+00:30:52	6/7	267/276	00:48:14.72
173/181	MACDONALD, HELENA	1084	00:49:21.91	09:52	F6069	+00:31:41	7/7	268/276	00:48:39.96
174/181	SHADE, LOUISE	1145	00:49:39.02	09:55	F5059	+00:31:58	22/23	269/276	00:49:05.99
175/181	PREVOST, TEENA	1125	00:49:39.02	09:55	F5059	+00:31:58	23/23	270/276	00:49:06.20
176/181	TKACHUK, KERI	1152	00:54:21.88	10:52	F3039	+00:36:41	62/65	271/276	00:53:58.49
177/181	HEADRICK, STEPHANIE	1225	00:54:58.71	10:59	F3039	+00:37:18	63/65	272/276	00:54:23.34
178/181	NOWICKI, ERIN	1257	00:55:20.63	11:04	F4049	+00:37:40	37/37	273/276	00:55:13.78
179/181	FINGLER, ERIN	1037	00:55:52.55	11:10	F3039	+00:38:12	64/65	274/276	00:55:18.70
180/181	ROMICK, VANESSA	1129	00:56:27.36	11:17	F2029	+00:38:47	35/35	275/276	00:56:07.05
181/181	FREMONT, CRYSTAL	1044	00:56:27.88	11:17	F3039	+00:38:47	65/65	276/276	00:56:07.52

OA = Placing Overall

Place = Category Placing

Gender Offset = Time from Gender Winning time

hh:mm:ss

Overall Gender Results

5K - 3.1 Miles

Male

95 Competitors

Place	Name	Bib#	Time	Pace	Div	Gen Offset	Cat	O/A	Chip Time
1/95	CLACK, WILLIAM	1310	00:16:49.67	03:21	M2029	+00:00:00	1/11	1/276	00:16:49.33
2/95	GUIDINGER, JONATHAN	1280	00:16:59.76	03:23	M0119	+00:00:10	1/12	2/276	00:16:58.09
3/95	VAN BESOUW, JORDAN	1210	00:17:35.13	03:31	M3039	+00:00:45	1/26	3/276	00:17:34.80
4/95	KONDRO, DOUGLAS	1271	00:17:39.45	03:31	M2029	+00:00:49	2/11	4/276	00:17:39.11
5/95	DEBIASIO, THOMAS	1223	00:17:56.02	03:35	M2029	+00:01:06	3/11	6/276	00:17:54.35
6/95	GAULARD, ANTHONY	1308	00:17:58.70	03:35	M2029	+00:01:09	4/11	7/276	00:17:58.25
7/95	MEDWID, GREG	1100	00:18:28.65	03:41	M4049	+00:01:38	1/24	9/276	00:18:28.61
8/95	CORMIER, RYAN	1022	00:18:54.39	03:46	M2029	+00:02:04	5/11	10/276	00:18:53.32
9/95	ROBERTS, MORRIS	1127	00:19:28.71	03:53	M5059	+00:02:39	1/14	15/276	00:19:28.23
10/95	MITCHELMORE, PETER	1103	00:19:56.36	03:59	M3039	+00:03:06	2/26	17/276	00:19:53.97
11/95	MEUNIER, PATRICK	1102	00:20:15.41	04:03	M2029	+00:03:25	6/11	18/276	00:20:13.02
12/95	HEHR, NEIL	1193	00:20:23.21	04:04	M4049	+00:03:33	2/24	19/276	00:20:21.92
13/95	PAQUET, MARC	1209	00:20:28.42	04:05	M5059	+00:03:38	2/14	20/276	00:20:26.39
14/95	MONAGHAN, DARRYN	1275	00:20:42.65	04:08	M3039	+00:03:52	3/26	22/276	00:20:41.84
15/95	HEINZE, KIM	1255	00:20:47.05	04:09	M5059	+00:03:57	3/14	23/276	00:20:43.11
16/95	SCHOMMER, CLARK	1140	00:21:03.97	04:12	M3039	+00:04:14	4/26	24/276	00:21:03.42
17/95	STRONG, TODD	1259	00:21:44.90	04:20	M4049	+00:04:55	3/24	28/276	00:21:41.47
18/95	HOFER, TREVOR	1194	00:22:54.64	04:34	M3039	+00:06:04	5/26	31/276	00:22:52.02
19/95	MANY GREY HORSES, MAVERICK	1202	00:22:58.07	04:35	M0119	+00:06:08	2/12	32/276	00:22:55.88
20/95	CAMERON, CLAYTON	1015	00:23:02.13	04:36	M3039	+00:06:12	6/26	33/276	00:22:40.70
21/95	LANTHIER, JASON	1227	00:23:05.46	04:37	M4049	+00:06:15	4/24	34/276	00:23:01.98
22/95	KURRANT, RYLAN	1263	00:23:40.36	04:44	M0119	+00:06:50	3/12	38/276	00:23:33.51
23/95	MCKAY, DECLAN	1094	00:23:57.30	04:47	M0119	+00:07:07	4/12	39/276	00:23:57.15
24/95	BENNETT, JAMES	1242	00:23:57.56	04:47	M0119	+00:07:07	5/12	40/276	00:23:57.42
25/95	MORDEN, QUINN	1108	00:24:14.71	04:50	M0119	+00:07:25	6/12	41/276	00:24:09.58
26/95	SAVOIE, JOHN	1136	00:24:19.76	04:51	M5059	+00:07:30	4/14	42/276	00:24:14.45
27/95	LIN, ENOCH	1082	00:24:31.39	04:54	M3039	+00:07:41	7/26	43/276	00:24:18.04
28/95	BAKER, RYAN	1003	00:24:39.88	04:55	M2029	+00:07:50	7/11	45/276	00:24:27.71
29/95	FAIRHOLM, JOSHUA	1035	00:24:40.06	04:56	M0119	+00:07:50	7/12	46/276	00:24:37.81
30/95	KOLADICH, ANDRE	1073	00:24:50.89	04:58	M3039	+00:08:01	8/26	48/276	00:24:38.40
31/95	PAWLIUK, ADAM	1120	00:24:56.51	04:59	M4049	+00:08:06	5/24	51/276	00:24:50.40
32/95	CORRIN, SIMON	1279	00:24:57.79	04:59	M4049	+00:08:08	6/24	52/276	00:24:53.40
33/95	STARK, CHRISTOPHER	1258	00:25:00.28	05:00	M4049	+00:08:10	7/24	54/276	00:24:54.85
34/95	WRIGHT, FRED	1250	00:25:00.48	05:00	M4049	+00:08:10	8/24	55/276	00:24:54.73
35/95	FAHY, BRIAN	1187	00:25:15.08	05:03	M3039	+00:08:25	9/26	56/276	00:25:10.51
36/95	KONDRO, GREG	1272	00:25:17.73	05:03	M5059	+00:08:28	5/14	57/276	00:25:11.32
37/95	MAKOWECKI, BRAD	1087	00:26:05.16	05:13	M3039	+00:09:15	10/26	60/276	00:25:53.13
38/95	GRAF, KEVIN	1050	00:26:11.21	05:14	M4049	+00:09:21	9/24	61/276	00:25:56.93
39/95	LAWSON, SAM	1079	00:26:30.90	05:18	M0119	+00:09:41	8/12	63/276	00:26:25.35
40/95	BOND, OWEN	1008	00:26:42.57	05:20	M0119	+00:09:52	9/12	65/276	00:26:22.70
41/95	GOODWIN, DORIAN	1048	00:26:48.96	05:21	M3039	+00:09:59	11/26	66/276	00:26:20.08
42/95	WAKOLUK, JOHN	1211	00:26:50.91	05:22	M6069	+00:10:01	1/6	68/276	00:26:47.48
43/95	MOORE, MATTHEW	1106	00:26:58.62	05:23	M3039	+00:10:08	12/26	72/276	00:26:44.71
44/95	KJEARSGAARD, JOEL	1283	00:27:35.51	05:31	M2029	+00:10:45	8/11	75/276	00:26:45.17
45/95	FRY, JIM	1304	00:27:42.04	05:32	M7099	+00:10:52	1/2	76/276	00:27:40.81
46/95	FAIRHOLM, JEFF	1034	00:27:47.88	05:33	M5059	+00:10:58	6/14	79/276	00:27:46.13
47/95	MELNYK, TERRY	1101	00:28:09.91	05:37	M5059	+00:11:20	7/14	82/276	00:27:51.57
48/95	KUYTIS, RAYDAS	1291	00:28:14.14	05:38	M5059	+00:11:24	8/14	83/276	00:28:01.75
49/95	NOU, SARITH	1292	00:28:20.80	05:40	M3039	+00:11:31	13/26	85/276	00:28:04.98
50/95	PEDROTTI, MATT	346	00:28:27.49	05:41	M2029	+00:11:37	9/11	87/276	00:27:36.68
51/95	BELARDE, MIGUEL	1004	00:28:28.77	05:41	M4049	+00:11:39	10/24	88/276	00:28:27.62
52/95	MACDONALD, COLIN	1264	00:28:49.47	05:45	M6069	+00:11:59	2/6	93/276	00:28:48.82
53/95	SAVOIE, DYLAN	1135	00:28:57.40	05:47	M0119	+00:12:07	10/12	97/276	00:28:51.59

OA = Placing Overall
Place = Category Placing

Overall Gender Results

Gender Offset = Time from Gender Winning time
hh:mm:ss

5K - 3.1 Miles

Male

95 Competitors

Place	Name	Bib#	Time	Pace	Div	Gen Offset	Cat	O/A	Chip Time
54/95	GLASRUD, ERIC	1192	00:29:18.20	05:51	M4049	+00:12:28	11/24	101/276	00:29:11.31
55/95	GUSTAFSON, KYLE	1058	00:29:25.59	05:53	M3039	+00:12:35	14/26	105/276	00:29:17.52
56/95	HINTON, DAREN	1300	00:29:26.39	05:53	M4049	+00:12:36	12/24	107/276	00:29:12.06
57/95	AITON, CAMERON	1001	00:30:08.70	06:01	M2029	+00:13:19	10/11	112/276	00:29:40.85
58/95	CASSELL, KENT	1269	00:30:15.87	06:03	M3039	+00:13:26	15/26	114/276	00:29:46.42
59/95	KIRKBY, BOB	1071	00:30:24.41	06:04	M7099	+00:13:34	2/2	116/276	00:30:13.98
60/95	WYLLIE, JEREMIE	1164	00:30:44.04	06:08	M2029	+00:13:54	11/11	117/276	00:30:19.86
61/95	NEWMAN, SHANE	1113	00:31:01.28	06:12	M4049	+00:14:11	13/24	119/276	00:30:11.96
62/95	MUNN, STEVE	1110	00:31:15.02	06:15	M4049	+00:14:25	14/24	121/276	00:31:04.35
63/95	LADDS, BRENT	1076	00:31:26.00	06:17	M6069	+00:14:36	3/6	122/276	00:31:05.75
64/95	MOORE, JOE	1231	00:31:29.62	06:17	M5059	+00:14:39	9/14	124/276	00:30:58.49
65/95	VAN IDERSTINE, DREW	1156	00:31:46.54	06:21	M4049	+00:14:56	15/24	125/276	00:31:35.87
66/95	DOUGLAS, KIM	1243	00:31:52.40	06:22	M5059	+00:15:02	10/14	126/276	00:31:48.64
67/95	MACLEOD, EVAN	1315	00:31:57.04	06:23	M3039	+00:15:07	16/26	127/276	00:31:07.43
68/95	DANARD, RYAN	1222	00:32:02.93	06:24	M4049	+00:15:13	16/24	130/276	00:32:00.98
69/95	HAYDEN, MICHAEL	1061	00:32:03.33	06:24	M4049	+00:15:13	17/24	131/276	00:31:17.45
70/95	BREWSTER, BRAD	1217	00:32:24.45	06:28	M5059	+00:15:34	11/14	137/276	00:32:20.47
71/95	CHARLEBOIS, BRADLEY	1218	00:32:24.71	06:28	M3039	+00:15:35	17/26	138/276	00:32:20.44
72/95	MCCLELLAN, SHAYNE	1229	00:32:40.88	06:32	M4049	+00:15:51	18/24	143/276	00:32:31.33
73/95	OICKLE, LOGAN	1266	00:33:27.77	06:41	M0119	+00:16:38	11/12	150/276	00:33:01.21
74/95	GOMEZ, RICHARD	1047	00:34:48.73	06:57	M4049	+00:17:59	19/24	159/276	00:34:17.61
75/95	DONIHEE, JIM	1028	00:35:40.27	07:08	M6069	+00:18:50	4/6	172/276	00:34:45.54
76/95	SHORT, DARIN	1239	00:35:43.92	07:08	M3039	+00:18:54	18/26	174/276	00:35:13.28
77/95	PROKOPY, ROSS	1236	00:35:44.88	07:08	M3039	+00:18:55	19/26	175/276	00:35:15.29
78/95	SEPHTON, SHELDON	1144	00:36:19.78	07:15	M3039	+00:19:30	20/26	182/276	00:35:57.26
79/95	JOSEPH, RUSSELL	643	00:36:38.45	07:19	M3039	+00:19:48	21/26	186/276	00:35:53.46
80/95	FARRELL, MARK	631	00:39:15.31	07:51	M5059	+00:22:25	12/14	207/276	00:31:21.26
81/95	GRAHAM, TIMOTHY	1051	00:39:26.62	07:53	M3039	+00:22:36	22/26	209/276	00:39:02.71
82/95	CAWTHORN, JOEL	1016	00:39:59.09	07:59	M4049	+00:23:09	20/24	214/276	00:39:35.70
83/95	PROSSER, MICHAEL	1237	00:40:04.08	08:00	M6069	+00:23:14	5/6	215/276	00:39:15.93
84/95	GRAY, BRIAN	1287	00:40:54.53	08:10	M5059	+00:24:04	13/14	224/276	00:40:51.62
85/95	DONAHUE, STEPHEN	1183	00:41:23.26	08:16	M6069	+00:24:33	6/6	229/276	00:40:44.75
86/95	MCKENZIE, DAVID	1096	00:44:35.19	08:55	M4049	+00:27:45	21/24	239/276	00:44:17.90
87/95	DONAHUE, JONATHAN	1253	00:44:37.81	08:55	M3039	+00:27:48	23/26	241/276	00:43:53.85
88/95	STANDISH, DARYL	1146	00:45:02.99	09:00	M5059	+00:28:13	14/14	243/276	00:44:40.58
89/95	FREEMAN, TREVOR	1043	00:45:04.88	09:00	M4049	+00:28:15	22/24	244/276	00:44:22.10
90/95	VAN MAARION, WRAYNE	1158	00:45:23.89	09:04	M4049	+00:28:34	23/24	249/276	00:37:34.84
91/95	SCHNELL, ROBERT	1139	00:46:30.88	09:18	M3039	+00:29:41	24/26	253/276	00:45:54.19
92/95	GREEN, MASON	1055	00:47:01.40	09:24	M0119	+00:30:11	12/12	258/276	00:46:52.29
93/95	GREEN, JOEL	1054	00:47:01.98	09:24	M3039	+00:30:12	25/26	259/276	00:46:52.53
94/95	NGETH, MARTIN	1233	00:47:46.56	09:33	M4049	+00:30:56	24/24	262/276	01:05:24.59
95/95	FRASER, CLAY	1188	00:48:19.66	09:39	M3039	+00:31:29	26/26	265/276	00:47:37.77