

# 10k McGregor Mug Run 2018

Place	Name	Hometown	Gender	Type	Bib #	Time	Pace	Speed	Division Rank
1	ANDREW AGUANNO		M: 1	RUNNER	280	00:32:44.80	03:16	18.3kph	Overall Male: 1
			<u>Split Description</u>	<u>Split Time</u>		<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>	
			5k	00:16:24.660		03:16	18.3kph	00:16:24.660	
			10k	00:16:20.140		03:16	18.4kph	00:32:44.800	
2	IVO OLJACIC	WINDSOR, AR	M: 2	RUNNER	178	00:37:35.96	03:45	16.0kph	Overall Male: 2
			<u>Split Description</u>	<u>Split Time</u>		<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>	
			5k	00:18:59.022		03:47	15.8kph	00:18:59.022	
			10k	00:18:36.946		03:43	16.1kph	00:37:35.968	
3	MICHAEL GAMBERTA	WINDSOR, CAN	M: 3	RUNNER	41	00:38:40.91	03:52	15.5kph	Overall Male: 3
			<u>Split Description</u>	<u>Split Time</u>		<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>	
			5k	00:19:16.664		03:51	15.6kph	00:19:16.664	
			10k	00:19:24.246		03:52	15.5kph	00:38:40.910	
4	TYLER ROWLES	WINDSOR, CAN	M: 4	RUNNER	44	00:39:39.83	03:57	15.1kph	Male 10 - 19: 1
			<u>Split Description</u>	<u>Split Time</u>		<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>	
			5k	00:19:35.384		03:55	15.3kph	00:19:35.384	
			10k	00:20:04.446		04:00	14.9kph	00:39:39.830	
5	JEFF (SHOOTER) DIEMER	S. WOODSLEE, AR	M: 5	RUNNER	96	00:43:41.83	04:22	13.7kph	Male 40 - 49: 1
			<u>Split Description</u>	<u>Split Time</u>		<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>	
			5k	00:21:58.560		04:23	13.7kph	00:21:58.560	
			10k	00:21:43.279		04:20	13.8kph	00:43:41.839	
6	ADAM MOROZ	WINDSOR, AR	M: 6	RUNNER	173	00:43:44.08	04:22	13.7kph	Male 30 - 39: 1
			<u>Split Description</u>	<u>Split Time</u>		<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>	
			5k	00:21:49.267		04:21	13.7kph	00:21:49.267	
			10k	00:21:54.816		04:22	13.7kph	00:43:44.083	
7	ALEX VORSHUK	WINDSOR, AR	F: 1	RUNNER	240	00:44:40.36	04:28	13.4kph	Oveall Female: 1
			<u>Split Description</u>	<u>Split Time</u>		<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>	
			5k	00:22:35.246		04:31	13.3kph	00:22:35.246	
			10k	00:22:05.119		04:25	13.6kph	00:44:40.365	
8	LUKE MAILLOUX		M: 7	RUNNER	269	00:45:16.77	04:31	13.3kph	Male 20 - 29: 1
			<u>Split Description</u>	<u>Split Time</u>		<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>	
			5k	00:21:38.740		04:19	13.9kph	00:21:38.740	
			10k	00:23:38.033		04:43	12.7kph	00:45:16.773	
9	EVA BREAU LT		F: 2	RUNNER	265	00:47:04.68	04:42	12.7kph	Oveall Female: 2
			<u>Split Description</u>	<u>Split Time</u>		<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>	
			5k	00:25:45.653		05:09	11.6kph	00:25:45.653	
			10k	00:21:19.027		04:15	14.1kph	00:47:04.680	
10	DANNA PERRON	WINDSOR, AR	F: 3	RUNNER	183	00:47:47.78	04:46	12.6kph	Oveall Female: 3
			<u>Split Description</u>	<u>Split Time</u>		<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>	
			5k	00:23:25.945		04:41	12.8kph	00:23:25.945	
			10k	00:24:21.840		04:52	12.3kph	00:47:47.785	
11	JESSE WISEMAN		M: 8	RUNNER	259	00:48:46.81	04:52	12.3kph	Male 20 - 29: 2
			<u>Split Description</u>	<u>Split Time</u>		<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>	
			5k	00:24:59.776		04:59	12.0kph	00:24:59.776	
			10k	00:23:47.034		04:45	12.6kph	00:48:46.810	
12	BEN WISEMAN		M: 9	RUNNER	258	00:48:56.55	04:53	12.3kph	Male 20 - 29: 3
			<u>Split Description</u>	<u>Split Time</u>		<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>	
			5k	00:24:57.468		04:59	12.0kph	00:24:57.468	
			10k	00:23:59.082		04:47	12.5kph	00:48:56.550	
13	ERIN THIBERT	LASALLE, AR	F: 4	RUNNER	232	00:50:00.70	05:00	12.0kph	Female 30 - 39: 1
			<u>Split Description</u>	<u>Split Time</u>		<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>	
			5k	00:24:44.638		04:56	12.1kph	00:24:44.638	
			10k	00:25:16.062		05:03	11.9kph	00:50:00.700	
14	NAOMI STRONG	MAIDSTONE, AR	F: 5	RUNNER	228	00:50:40.25	05:04	11.8kph	Female 30 - 39: 2
			<u>Split Description</u>	<u>Split Time</u>		<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>	
			5k	00:25:42.083		05:08	11.7kph	00:25:42.083	
			10k	00:24:58.169		04:59	12.0kph	00:50:40.252	
15	CODY O'NEIL	MAIDSTONE, AR	M: 10	RUNNER	177	00:50:50.95	05:05	11.8kph	Male 30 - 39: 2
			<u>Split Description</u>	<u>Split Time</u>		<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>	
			5k	00:25:30.330		05:06	11.8kph	00:25:30.330	
			10k	00:25:20.624		05:04	11.8kph	00:50:50.954	
16	PETER ANDREW-MCBRIDE	WINDSOR ESSEX COUNTY, AR	M: 11	RUNNER	61	00:51:02.48	05:06	11.8kph	Male 30 - 39: 3
			<u>Split Description</u>	<u>Split Time</u>		<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>	
			5k	00:26:04.947		05:12	11.5kph	00:26:04.947	
			10k	00:24:57.540		04:59	12.0kph	00:51:02.487	

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Place	Name	Hometown	Gender	Type	Bib #	Time	Pace	Speed	Division Rank
17	VALERIE PATTISON	WINDSOR, AR	F: 6	RUNNER	182	00:55:00.90	05:30	10.9kph	Female 30 - 39: 3
			<u>Split Description</u>	<u>Split Time</u>		<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>	
			5k	00:26:32.822		05:18	11.3kph	00:26:32.822	
			10k	00:28:28.083		05:41	10.5kph	00:55:00.905	
18	TAMARA EREN	WINDSOR, AR	F: 7	RUNNER	102	00:55:53.46	05:35	10.7kph	Female 20 - 29: 1
			<u>Split Description</u>	<u>Split Time</u>		<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>	
			5k	00:27:48.097		05:33	10.8kph	00:27:48.097	
			10k	00:28:05.369		05:37	10.7kph	00:55:53.466	
19	CHRIS REID	WINDSOR, AR	M: 12	RUNNER	198	00:56:09.16	05:36	10.7kph	Male 60 - 69: 1
			<u>Split Description</u>	<u>Split Time</u>		<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>	
			5k	00:25:28.990		05:05	11.8kph	00:25:28.990	
			10k	00:30:40.173		06:08	9.8kph	00:56:09.163	
20	AARON WARRINER	TECUMSEH, AR	M: 13	RUNNER	241	00:56:35.12	05:39	10.6kph	Male 30 - 39: 4
			<u>Split Description</u>	<u>Split Time</u>		<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>	
			5k	00:28:39.892		05:43	10.5kph	00:28:39.892	
			10k	00:27:55.233		05:35	10.7kph	00:56:35.125	
21	SEAN BRIDGEMAN	LAKESHORE, AR	M: 14	RUNNER	79	00:56:35.53	05:39	10.6kph	Male 20 - 29: 4
			<u>Split Description</u>	<u>Split Time</u>		<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>	
			5k	00:28:43.564		05:44	10.4kph	00:28:43.564	
			10k	00:27:51.967		05:34	10.8kph	00:56:35.531	
22	PAUL MEDVED	WINDSOR, AR	M: 15	RUNNER	164	00:57:15.10	05:43	10.5kph	Male 50 - 59: 1
			<u>Split Description</u>	<u>Split Time</u>		<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>	
			5k	00:29:47.608		05:57	10.1kph	00:29:47.608	
			10k	00:27:27.493		05:29	10.9kph	00:57:15.101	
23	JENNA LARAMIE		F: 8	RUNNER	268	00:57:30.24	05:45	10.4kph	Female 20 - 29: 2
			<u>Split Description</u>	<u>Split Time</u>		<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>	
			5k	00:28:40.329		05:44	10.5kph	00:28:40.329	
			10k	00:28:49.919		05:45	10.4kph	00:57:30.248	
24	PETER LITTKEMANN	WINDSOR, AR	M: 16	RUNNER	152	00:58:00.46	05:48	10.3kph	Male 50 - 59: 2
			<u>Split Description</u>	<u>Split Time</u>		<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>	
			5k	00:29:42.745		05:56	10.1kph	00:29:42.745	
			10k	00:28:17.717		05:39	10.6kph	00:58:00.462	
25	NATALIE MORAND	BELLE RIVER, AR	F: 9	RUNNER	172	00:58:03.92	05:48	10.3kph	Female 30 - 39: 4
			<u>Split Description</u>	<u>Split Time</u>		<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>	
			5k	00:27:44.812		05:32	10.8kph	00:27:44.812	
			10k	00:30:19.117		06:03	9.9kph	00:58:03.929	
26	JENNIFER HEWER	WINDSOR, AR	F: 10	RUNNER	124	00:58:40.49	05:52	10.2kph	Female 30 - 39: 5
			<u>Split Description</u>	<u>Split Time</u>		<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>	
			5k	00:28:40.547		05:44	10.5kph	00:28:40.547	
			10k	00:29:59.949		05:59	10.0kph	00:58:40.496	
27	JOEL MAYVILLE	WINDSOR, AR	M: 17	RUNNER	159	00:59:18.63	05:55	10.1kph	Male 50 - 59: 3
			<u>Split Description</u>	<u>Split Time</u>		<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>	
			5k	00:29:48.765		05:57	10.1kph	00:29:48.765	
			10k	00:29:29.873		05:53	10.2kph	00:59:18.638	
28	JOHNA RIMMER	WINDSOR, AR	F: 11	RUNNER	200	00:59:48.32	05:58	10.0kph	Female 30 - 39: 6
			<u>Split Description</u>	<u>Split Time</u>		<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>	
			5k	00:29:36.671		05:55	10.1kph	00:29:36.671	
			10k	00:30:11.658		06:02	9.9kph	00:59:48.329	
29	SUE MICHIE	WINDSOR, AR	F: 12	RUNNER	167	01:03:38.17	06:21	9.4kph	Female 50 - 59: 1
			<u>Split Description</u>	<u>Split Time</u>		<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>	
			5k	00:30:53.567		06:10	9.7kph	00:30:53.567	
			10k	00:32:44.609		06:32	9.2kph	01:03:38.176	
30	DAVE JOHNSTON	WINDSOR, AR	M: 18	RUNNER	139	01:04:55.36	06:29	9.2kph	Male 40 - 49: 2
			<u>Split Description</u>	<u>Split Time</u>		<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>	
			5k	00:31:31.577		06:18	9.5kph	00:31:31.577	
			10k	00:33:23.787		06:40	9.0kph	01:04:55.364	
31	SUE D'ALOISIO	AMHERSTBURG, AR	F: 13	RUNNER	93	01:06:10.57	06:37	9.1kph	Female 40 - 49: 1
			<u>Split Description</u>	<u>Split Time</u>		<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>	
			5k	00:32:26.769		06:29	9.2kph	00:32:26.769	
			10k	00:33:43.807		06:44	8.9kph	01:06:10.576	
32	DAVE ARNOTT	KITCHENER, AR	M: 19	RUNNER	63	01:07:51.12	06:47	8.8kph	Male 60 - 69: 2
			<u>Split Description</u>	<u>Split Time</u>		<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>	
			5k	00:32:44.295		06:32	9.2kph	00:32:44.295	
			10k	00:35:06.830		07:01	8.5kph	01:07:51.125	

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Place	Name	Hometown	Gender	Type	Bib #	Time	Pace	Speed	Division Rank
33	CHRISTOPHER HEWER	WINDSOR, AR	M: 20	RUNNER	123	01:08:12.79	06:49	8.8kph	Male 40 - 49: 3
			<u>Split Description</u>	<u>Split Time</u>		<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>	
			5k	00:32:57.530		06:35	9.1kph	00:32:57.530	
			10k	00:35:15.265		07:03	8.5kph	01:08:12.795	
34	RACHEL GIRARD	WINDSOR, AR	F: 14	RUNNER	110	01:08:40.54	06:52	8.7kph	Female 40 - 49: 2
			<u>Split Description</u>	<u>Split Time</u>		<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>	
			5k	00:34:45.614		06:57	8.6kph	00:34:45.614	
			10k	00:33:54.926		06:46	8.8kph	01:08:40.540	
35	SANTINA SILVAGGI	TILBURY, AR	F: 15	RUNNER	220	01:08:40.77	06:52	8.7kph	Female 30 - 39: 7
			<u>Split Description</u>	<u>Split Time</u>		<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>	
			5k	00:34:45.864		06:57	8.6kph	00:34:45.864	
			10k	00:33:54.910		06:46	8.8kph	01:08:40.774	
36	AMY LONG	WINDSOR, AR	F: 16	RUNNER	153	01:11:38.65	07:09	8.4kph	Female 30 - 39: 8
			<u>Split Description</u>	<u>Split Time</u>		<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>	
			5k	00:35:05.490		07:01	8.5kph	00:35:05.490	
			10k	00:36:33.168		07:18	8.2kph	01:11:38.658	
37	TERESA HILL	WINDSOR, AR	F: 17	RUNNER	125	01:12:12.03	07:13	8.3kph	Female 40 - 49: 3
			<u>Split Description</u>	<u>Split Time</u>		<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>	
			5k	00:34:36.464		06:55	8.7kph	00:34:36.464	
			10k	00:37:35.570		07:31	8.0kph	01:12:12.034	
38	DANIELLE SHARRON	WINDSOR, AR	F: 18	RUNNER	211	01:13:25.25	07:20	8.2kph	Female 30 - 39: 9
			<u>Split Description</u>	<u>Split Time</u>		<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>	
			5k	00:35:34.971		07:06	8.4kph	00:35:34.971	
			10k	00:37:50.281		07:34	7.9kph	01:13:25.252	
39	SHELLY PITTMAN	WINDSOR, AR	F: 19	RUNNER	185	01:13:54.56	07:23	8.1kph	Female 30 - 39: 10
			<u>Split Description</u>	<u>Split Time</u>		<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>	
			5k	00:38:31.580		07:42	7.8kph	00:38:31.580	
			10k	00:35:22.984		07:04	8.5kph	01:13:54.564	