

10K MCMASTER INDOOR

Line Through = Disqualified

| Place | Name | Hometown | Type | Bib # | Time | Pace | Speed | Sex | Age | ID Number |
|-------|----------------|-------------|--------|-------|---------------|--------|---------|-----|-----|-----------|
| 1 | O'LEARY, MEGAN | | RUNNER | 1479 | 00:50:09.20 | 5:01/k | 12.0kph | F | 30 | |
| | Split 1 > | 0:01:01.493 | | | (0:01:01.493) | | | | | |
| | Split 2 > | 0:00:58.987 | | | (0:02:00.480) | | | | | |
| | Split 3 > | 0:00:58.533 | | | (0:02:59.013) | | | | | |
| | Split 4 > | 0:00:57.787 | | | (0:03:56.800) | | | | | |
| | Split 5 > | 0:00:55.863 | | | (0:04:52.663) | | | | | |
| | Split 6 > | 0:00:58.767 | | | (0:05:51.430) | | | | | |
| | Split 7 > | 0:00:55.026 | | | (0:06:46.456) | | | | | |
| | Split 8 > | 0:00:58.714 | | | (0:07:45.170) | | | | | |
| | Split 9 > | 0:00:55.870 | | | (0:08:41.040) | | | | | |
| | Split 10 > | 0:00:58.973 | | | (0:09:40.013) | | | | | |
| | Split 11 > | 0:01:00.697 | | | (0:10:40.710) | | | | | |
| | Split 12 > | 0:00:58.323 | | | (0:11:39.033) | | | | | |
| | Split 13 > | 0:01:00.373 | | | (0:12:39.406) | | | | | |
| | Split 14 > | 0:00:59.377 | | | (0:13:38.783) | | | | | |
| | Split 15 > | 0:00:59.270 | | | (0:14:38.053) | | | | | |
| | Split 16 > | 0:00:57.857 | | | (0:15:35.910) | | | | | |
| | Split 17 > | 0:01:00.603 | | | (0:16:36.513) | | | | | |
| | Split 18 > | 0:00:56.740 | | | (0:17:33.253) | | | | | |
| | Split 19 > | 0:00:59.600 | | | (0:18:32.853) | | | | | |
| | Split 20 > | 0:01:00.147 | | | (0:19:33.000) | | | | | |
| | Split 21 > | 0:00:59.956 | | | (0:20:32.956) | | | | | |
| | Split 22 > | 0:01:01.864 | | | (0:21:34.820) | | | | | |
| | Split 23 > | 0:01:00.353 | | | (0:22:35.173) | | | | | |
| | Split 24 > | 0:01:00.167 | | | (0:23:35.340) | | | | | |
| | Split 25 > | 0:01:01.816 | | | (0:24:37.156) | | | | | |
| | Split 26 > | 0:00:59.880 | | | (0:25:37.036) | | | | | |
| | Split 27 > | 0:01:02.470 | | | (0:26:39.506) | | | | | |
| | Split 28 > | 0:00:59.537 | | | (0:27:39.043) | | | | | |
| | Split 29 > | 0:01:02.013 | | | (0:28:41.056) | | | | | |
| | Split 30 > | 0:01:00.437 | | | (0:29:41.493) | | | | | |
| | Split 31 > | 0:01:01.060 | | | (0:30:42.553) | | | | | |
| | Split 32 > | 0:01:02.420 | | | (0:31:44.973) | | | | | |
| | Split 33 > | 0:01:01.593 | | | (0:32:46.566) | | | | | |
| | Split 34 > | 0:01:01.650 | | | (0:33:48.216) | | | | | |
| | Split 35 > | 0:01:00.774 | | | (0:34:48.990) | | | | | |
| | Split 36 > | 0:01:04.126 | | | (0:35:53.116) | | | | | |
| | Split 37 > | 0:01:01.450 | | | (0:36:54.566) | | | | | |
| | Split 38 > | 0:01:01.324 | | | (0:37:55.890) | | | | | |
| | Split 39 > | 0:01:04.156 | | | (0:39:00.046) | | | | | |
| | Split 40 > | 0:01:01.914 | | | (0:40:01.960) | | | | | |
| | Split 41 > | 0:01:02.636 | | | (0:41:04.596) | | | | | |
| | Split 42 > | 0:01:02.374 | | | (0:42:06.970) | | | | | |
| | Split 43 > | 0:01:02.956 | | | (0:43:09.926) | | | | | |
| | Split 44 > | 0:01:01.704 | | | (0:44:11.630) | | | | | |
| | Split 45 > | 0:01:01.090 | | | (0:45:12.720) | | | | | |
| | Split 46 > | 0:01:00.870 | | | (0:46:13.590) | | | | | |
| | Split 47 > | 0:01:01.023 | | | (0:47:14.613) | | | | | |
| | Split 48 > | 0:00:58.890 | | | (0:48:13.503) | | | | | |
| | Split 49 > | 0:00:58.230 | | | (0:49:11.733) | | | | | |
| | Split 50 > | 0:00:57.473 | | | (0:50:09.206) | | | | | |

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| Place | Name | Hometown | Type | Bib # | Time | Pace | Speed | Sex | Age | ID Number |
|-------|---------------|-------------|--------|-------|---------------|--------|---------|-----|-----|-----------|
| 2 | GARRICK, JOSH | | RUNNER | 1446 | 00:51:58.97 | 5:12/k | 11.5kph | M | 100 | |
| | Split 1 > | 0:00:58.126 | | | (0:00:58.126) | | | | | |
| | Split 2 > | 0:00:59.367 | | | (0:01:57.493) | | | | | |
| | Split 3 > | 0:01:01.567 | | | (0:02:59.060) | | | | | |
| | Split 4 > | 0:00:55.556 | | | (0:03:54.616) | | | | | |
| | Split 5 > | 0:00:53.560 | | | (0:04:48.176) | | | | | |
| | Split 6 > | 0:00:59.330 | | | (0:05:47.506) | | | | | |
| | Split 7 > | 0:01:01.024 | | | (0:06:48.530) | | | | | |
| | Split 8 > | 0:00:58.073 | | | (0:07:46.603) | | | | | |
| | Split 9 > | 0:01:00.690 | | | (0:08:47.293) | | | | | |
| | Split 10 > | 0:01:00.560 | | | (0:09:47.853) | | | | | |
| | Split 11 > | 0:01:03.000 | | | (0:10:50.853) | | | | | |
| | Split 12 > | 0:01:00.050 | | | (0:11:50.903) | | | | | |
| | Split 13 > | 0:01:04.127 | | | (0:12:55.030) | | | | | |
| | Split 14 > | 0:01:06.153 | | | (0:14:01.183) | | | | | |
| | Split 15 > | 0:01:00.583 | | | (0:15:01.766) | | | | | |
| | Split 16 > | 0:01:02.994 | | | (0:16:04.760) | | | | | |
| | Split 17 > | 0:01:01.583 | | | (0:17:06.343) | | | | | |
| | Split 18 > | 0:01:05.600 | | | (0:18:11.943) | | | | | |
| | Split 19 > | 0:01:03.603 | | | (0:19:15.546) | | | | | |
| | Split 20 > | 0:00:59.950 | | | (0:20:15.496) | | | | | |
| | Split 21 > | 0:01:05.697 | | | (0:21:21.193) | | | | | |
| | Split 22 > | 0:01:05.890 | | | (0:22:27.083) | | | | | |
| | Split 23 > | 0:01:04.857 | | | (0:23:31.940) | | | | | |
| | Split 24 > | 0:00:59.580 | | | (0:24:31.520) | | | | | |
| | Split 25 > | 0:01:05.570 | | | (0:25:37.090) | | | | | |
| | Split 26 > | 0:01:09.630 | | | (0:26:46.720) | | | | | |
| | Split 27 > | 0:01:07.560 | | | (0:27:54.280) | | | | | |
| | Split 28 > | 0:01:06.503 | | | (0:29:00.783) | | | | | |
| | Split 29 > | 0:01:02.607 | | | (0:30:03.390) | | | | | |
| | Split 30 > | 0:01:08.603 | | | (0:31:11.993) | | | | | |
| | Split 31 > | 0:01:03.960 | | | (0:32:15.953) | | | | | |
| | Split 32 > | 0:01:05.957 | | | (0:33:21.910) | | | | | |
| | Split 33 > | 0:01:02.653 | | | (0:34:24.563) | | | | | |
| | Split 34 > | 0:01:05.163 | | | (0:35:29.726) | | | | | |
| | Split 35 > | 0:01:03.294 | | | (0:36:33.020) | | | | | |
| | Split 36 > | 0:01:02.140 | | | (0:37:35.160) | | | | | |
| | Split 37 > | 0:01:05.816 | | | (0:38:40.976) | | | | | |
| | Split 38 > | 0:01:05.707 | | | (0:39:46.683) | | | | | |
| | Split 39 > | 0:01:03.827 | | | (0:40:50.510) | | | | | |
| | Split 40 > | 0:01:03.973 | | | (0:41:54.483) | | | | | |
| | Split 41 > | 0:00:58.667 | | | (0:42:53.150) | | | | | |
| | Split 42 > | 0:00:57.683 | | | (0:43:50.833) | | | | | |
| | Split 43 > | 0:00:58.423 | | | (0:44:49.256) | | | | | |
| | Split 44 > | 0:01:02.164 | | | (0:45:51.420) | | | | | |
| | Split 45 > | 0:01:04.816 | | | (0:46:56.236) | | | | | |
| | Split 46 > | 0:01:06.327 | | | (0:48:02.563) | | | | | |
| | Split 47 > | 0:00:59.573 | | | (0:49:02.136) | | | | | |
| | Split 48 > | 0:01:05.097 | | | (0:50:07.233) | | | | | |
| | Split 49 > | 0:01:01.567 | | | (0:51:08.800) | | | | | |
| | Split 50 > | 0:00:50.176 | | | (0:51:58.976) | | | | | |

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| Place | Name | Hometown | Type | Bib # | Time | Pace | Speed | Sex | Age | ID Number |
|-------|-------------|-------------|--------|-------|---------------|--------|---------|-----|-----|-----------|
| 3 | STACEY, SID | | RUNNER | 1476 | 00:56:10.64 | 5:37/k | 10.7kph | M | 64 | |
| | Split 1 > | 0:01:05.310 | | | (0:01:05.310) | | | | | |
| | Split 2 > | 0:01:06.623 | | | (0:02:11.933) | | | | | |
| | Split 3 > | 0:01:10.043 | | | (0:03:21.976) | | | | | |
| | Split 4 > | 0:01:09.070 | | | (0:04:31.046) | | | | | |
| | Split 5 > | 0:01:05.047 | | | (0:05:36.093) | | | | | |
| | Split 6 > | 0:01:10.887 | | | (0:06:46.980) | | | | | |
| | Split 7 > | 0:01:03.970 | | | (0:07:50.950) | | | | | |
| | Split 8 > | 0:01:07.313 | | | (0:08:58.263) | | | | | |
| | Split 9 > | 0:01:07.843 | | | (0:10:06.106) | | | | | |
| | Split 10 > | 0:01:07.364 | | | (0:11:13.470) | | | | | |
| | Split 11 > | 0:01:07.373 | | | (0:12:20.843) | | | | | |
| | Split 12 > | 0:01:09.293 | | | (0:13:30.136) | | | | | |
| | Split 13 > | 0:01:07.564 | | | (0:14:37.700) | | | | | |
| | Split 14 > | 0:01:07.540 | | | (0:15:45.240) | | | | | |
| | Split 15 > | 0:01:01.593 | | | (0:16:46.833) | | | | | |
| | Split 16 > | 0:01:10.377 | | | (0:17:57.210) | | | | | |
| | Split 17 > | 0:01:11.516 | | | (0:19:08.726) | | | | | |
| | Split 18 > | 0:01:06.667 | | | (0:20:15.393) | | | | | |
| | Split 19 > | 0:01:05.647 | | | (0:21:21.040) | | | | | |
| | Split 20 > | 0:01:08.486 | | | (0:22:29.526) | | | | | |
| | Split 21 > | 0:01:06.240 | | | (0:23:35.766) | | | | | |
| | Split 22 > | 0:01:04.810 | | | (0:24:40.576) | | | | | |
| | Split 23 > | 0:01:08.800 | | | (0:25:49.376) | | | | | |
| | Split 24 > | 0:01:08.114 | | | (0:26:57.490) | | | | | |
| | Split 25 > | 0:01:04.973 | | | (0:28:02.463) | | | | | |
| | Split 26 > | 0:01:07.657 | | | (0:29:10.120) | | | | | |
| | Split 27 > | 0:01:07.943 | | | (0:30:18.063) | | | | | |
| | Split 28 > | 0:01:07.943 | | | (0:31:26.006) | | | | | |
| | Split 29 > | 0:01:08.524 | | | (0:32:34.530) | | | | | |
| | Split 30 > | 0:01:06.740 | | | (0:33:41.270) | | | | | |
| | Split 31 > | 0:01:09.156 | | | (0:34:50.426) | | | | | |
| | Split 32 > | 0:01:11.047 | | | (0:36:01.473) | | | | | |
| | Split 33 > | 0:01:08.440 | | | (0:37:09.913) | | | | | |
| | Split 34 > | 0:01:05.830 | | | (0:38:15.743) | | | | | |
| | Split 35 > | 0:01:08.210 | | | (0:39:23.953) | | | | | |
| | Split 36 > | 0:01:06.340 | | | (0:40:30.293) | | | | | |
| | Split 37 > | 0:01:08.470 | | | (0:41:38.763) | | | | | |
| | Split 38 > | 0:01:11.073 | | | (0:42:49.836) | | | | | |
| | Split 39 > | 0:01:04.417 | | | (0:43:54.253) | | | | | |
| | Split 40 > | 0:01:08.253 | | | (0:45:02.506) | | | | | |
| | Split 41 > | 0:01:11.137 | | | (0:46:13.643) | | | | | |
| | Split 42 > | 0:01:06.593 | | | (0:47:20.236) | | | | | |
| | Split 43 > | 0:01:09.864 | | | (0:48:30.100) | | | | | |
| | Split 44 > | 0:01:06.956 | | | (0:49:37.056) | | | | | |
| | Split 45 > | 0:01:05.180 | | | (0:50:42.236) | | | | | |
| | Split 46 > | 0:01:09.137 | | | (0:51:51.373) | | | | | |
| | Split 47 > | 0:01:08.390 | | | (0:52:59.763) | | | | | |
| | Split 48 > | 0:01:07.020 | | | (0:54:06.783) | | | | | |
| | Split 49 > | 0:01:05.437 | | | (0:55:12.220) | | | | | |
| | Split 50 > | 0:00:58.423 | | | (0:56:10.643) | | | | | |

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| Place | Name | Hometown | Type | Bib # | Time | Pace | Speed | Sex | Age | ID Number |
|-------|------------|-------------|--------|-------|---------------|--------|---------|-----|-----|-----------|
| 4 | SMIT, LIN | | RUNNER | 1449 | 00:59:22.17 | 5:56/k | 10.1kph | F | 66 | |
| | Split 1 > | 0:01:11.883 | | | (0:01:11.883) | | | | | |
| | Split 2 > | 0:01:12.883 | | | (0:02:24.766) | | | | | |
| | Split 3 > | 0:01:10.964 | | | (0:03:35.730) | | | | | |
| | Split 4 > | 0:01:11.893 | | | (0:04:47.623) | | | | | |
| | Split 5 > | 0:01:14.577 | | | (0:06:02.200) | | | | | |
| | Split 6 > | 0:01:12.810 | | | (0:07:15.010) | | | | | |
| | Split 7 > | 0:01:10.560 | | | (0:08:25.570) | | | | | |
| | Split 8 > | 0:01:08.323 | | | (0:09:33.893) | | | | | |
| | Split 9 > | 0:01:12.203 | | | (0:10:46.096) | | | | | |
| | Split 10 > | 0:01:14.420 | | | (0:12:00.516) | | | | | |
| | Split 11 > | 0:01:11.134 | | | (0:13:11.650) | | | | | |
| | Split 12 > | 0:01:09.980 | | | (0:14:21.630) | | | | | |
| | Split 13 > | 0:01:07.866 | | | (0:15:29.496) | | | | | |
| | Split 14 > | 0:01:13.204 | | | (0:16:42.700) | | | | | |
| | Split 15 > | 0:01:09.603 | | | (0:17:52.303) | | | | | |
| | Split 16 > | 0:01:11.973 | | | (0:19:04.276) | | | | | |
| | Split 17 > | 0:01:11.167 | | | (0:20:15.443) | | | | | |
| | Split 18 > | 0:01:12.750 | | | (0:21:28.193) | | | | | |
| | Split 19 > | 0:01:11.487 | | | (0:22:39.680) | | | | | |
| | Split 20 > | 0:01:09.880 | | | (0:23:49.560) | | | | | |
| | Split 21 > | 0:01:05.230 | | | (0:24:54.790) | | | | | |
| | Split 22 > | 0:01:13.626 | | | (0:26:08.416) | | | | | |
| | Split 23 > | 0:01:13.294 | | | (0:27:21.710) | | | | | |
| | Split 24 > | 0:01:11.530 | | | (0:28:33.240) | | | | | |
| | Split 25 > | 0:01:11.686 | | | (0:29:44.926) | | | | | |
| | Split 26 > | 0:01:12.530 | | | (0:30:57.456) | | | | | |
| | Split 27 > | 0:01:13.780 | | | (0:32:11.236) | | | | | |
| | Split 28 > | 0:01:13.774 | | | (0:33:25.010) | | | | | |
| | Split 29 > | 0:01:11.713 | | | (0:34:36.723) | | | | | |
| | Split 30 > | 0:01:13.783 | | | (0:35:50.506) | | | | | |
| | Split 31 > | 0:01:12.567 | | | (0:37:03.073) | | | | | |
| | Split 32 > | 0:01:13.390 | | | (0:38:16.463) | | | | | |
| | Split 33 > | 0:01:12.857 | | | (0:39:29.320) | | | | | |
| | Split 34 > | 0:01:11.523 | | | (0:40:40.843) | | | | | |
| | Split 35 > | 0:01:12.133 | | | (0:41:52.976) | | | | | |
| | Split 36 > | 0:01:10.790 | | | (0:43:03.766) | | | | | |
| | Split 37 > | 0:01:14.490 | | | (0:44:18.256) | | | | | |
| | Split 38 > | 0:01:09.877 | | | (0:45:28.133) | | | | | |
| | Split 39 > | 0:01:10.153 | | | (0:46:38.286) | | | | | |
| | Split 40 > | 0:01:14.034 | | | (0:47:52.320) | | | | | |
| | Split 41 > | 0:01:13.303 | | | (0:49:05.623) | | | | | |
| | Split 42 > | 0:01:09.823 | | | (0:50:15.446) | | | | | |
| | Split 43 > | 0:01:08.904 | | | (0:51:24.350) | | | | | |
| | Split 44 > | 0:01:12.243 | | | (0:52:36.593) | | | | | |
| | Split 45 > | 0:01:11.050 | | | (0:53:47.643) | | | | | |
| | Split 46 > | 0:01:09.660 | | | (0:54:57.303) | | | | | |
| | Split 47 > | 0:01:11.413 | | | (0:56:08.716) | | | | | |
| | Split 48 > | 0:01:08.547 | | | (0:57:17.263) | | | | | |
| | Split 49 > | 0:01:07.180 | | | (0:58:24.443) | | | | | |
| | Split 50 > | 0:00:57.733 | | | (0:59:22.176) | | | | | |

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| Place | Name | Hometown | Type | Bib # | Time | Pace | Speed | Sex | Age | ID Number |
|-------|--------------|-------------|--------|-------|---------------|--------|---------|-----|-----|-----------|
| 5 | WOOD, THERON | | RUNNER | 1447 | 00:59:56.43 | 6:00/k | 10.0kph | M | 23 | |
| | Split 1 > | 0:00:53.343 | | | (0:00:53.343) | | | | | |
| | Split 2 > | 0:01:00.073 | | | (0:01:53.416) | | | | | |
| | Split 3 > | 0:01:05.824 | | | (0:02:59.240) | | | | | |
| | Split 4 > | 0:00:58.756 | | | (0:03:57.996) | | | | | |
| | Split 5 > | 0:00:58.280 | | | (0:04:56.276) | | | | | |
| | Split 6 > | 0:01:01.647 | | | (0:05:57.923) | | | | | |
| | Split 7 > | 0:01:02.327 | | | (0:07:00.250) | | | | | |
| | Split 8 > | 0:01:01.263 | | | (0:08:01.513) | | | | | |
| | Split 9 > | 0:01:02.110 | | | (0:09:03.623) | | | | | |
| | Split 10 > | 0:01:00.960 | | | (0:10:04.583) | | | | | |
| | Split 11 > | 0:01:04.867 | | | (0:11:09.450) | | | | | |
| | Split 12 > | 0:01:00.873 | | | (0:12:10.323) | | | | | |
| | Split 13 > | 0:01:07.207 | | | (0:13:17.530) | | | | | |
| | Split 14 > | 0:01:04.873 | | | (0:14:22.403) | | | | | |
| | Split 15 > | 0:01:05.537 | | | (0:15:27.940) | | | | | |
| | Split 16 > | 0:01:09.653 | | | (0:16:37.593) | | | | | |
| | Split 17 > | 0:00:58.823 | | | (0:17:36.416) | | | | | |
| | Split 18 > | 0:01:06.424 | | | (0:18:42.840) | | | | | |
| | Split 19 > | 0:01:01.010 | | | (0:19:43.850) | | | | | |
| | Split 20 > | 0:01:10.043 | | | (0:20:53.893) | | | | | |
| | Split 21 > | 0:00:59.567 | | | (0:21:53.460) | | | | | |
| | Split 22 > | 0:01:04.670 | | | (0:22:58.130) | | | | | |
| | Split 23 > | 0:01:09.750 | | | (0:24:07.880) | | | | | |
| | Split 24 > | 0:01:11.086 | | | (0:25:18.966) | | | | | |
| | Split 25 > | 0:01:29.907 | | | (0:26:48.873) | | | | | |
| | Split 26 > | 0:01:09.037 | | | (0:27:57.910) | | | | | |
| | Split 27 > | 0:01:16.916 | | | (0:29:14.826) | | | | | |
| | Split 28 > | 0:01:14.487 | | | (0:30:29.313) | | | | | |
| | Split 29 > | 0:01:16.903 | | | (0:31:46.216) | | | | | |
| | Split 30 > | 0:01:18.474 | | | (0:33:04.690) | | | | | |
| | Split 31 > | 0:01:22.610 | | | (0:34:27.300) | | | | | |
| | Split 32 > | 0:01:23.363 | | | (0:35:50.663) | | | | | |
| | Split 33 > | 0:01:32.193 | | | (0:37:22.856) | | | | | |
| | Split 34 > | 0:01:19.677 | | | (0:38:42.533) | | | | | |
| | Split 35 > | 0:01:27.790 | | | (0:40:10.323) | | | | | |
| | Split 36 > | 0:01:26.397 | | | (0:41:36.720) | | | | | |
| | Split 37 > | 0:01:30.523 | | | (0:43:07.243) | | | | | |
| | Split 38 > | 0:01:27.487 | | | (0:44:34.730) | | | | | |
| | Split 39 > | 0:01:19.080 | | | (0:45:53.810) | | | | | |
| | Split 40 > | 0:01:56.263 | | | (0:47:50.073) | | | | | |
| | Split 41 > | 0:01:15.107 | | | (0:49:05.180) | | | | | |
| | Split 42 > | 0:01:13.713 | | | (0:50:18.893) | | | | | |
| | Split 43 > | 0:01:09.207 | | | (0:51:28.100) | | | | | |
| | Split 44 > | 0:01:18.026 | | | (0:52:46.126) | | | | | |
| | Split 45 > | 0:01:15.397 | | | (0:54:01.523) | | | | | |
| | Split 46 > | 0:01:48.050 | | | (0:55:49.573) | | | | | |
| | Split 47 > | 0:01:11.933 | | | (0:57:01.506) | | | | | |
| | Split 48 > | 0:01:10.327 | | | (0:58:11.833) | | | | | |
| | Split 49 > | 0:01:13.393 | | | (0:59:25.226) | | | | | |
| | Split 50 > | 0:00:31.210 | | | (0:59:56.436) | | | | | |

10K MCMASTER INDOOR

Line Through = Disqualified

| Place | Name | Hometown | Type | Bib # | Time | Pace | Speed | Sex | Age | ID Number |
|-------|----------------------|-------------|--------|-------|---------------|--------|--------|-----|-----|-----------|
| 6 | D'ALLESANDRO, SANDRA | | RUNNER | 1460 | 1:00:39.30 | 6:04/k | 9.9kph | F | 47 | |
| | Split 1 > | 0:01:02.780 | | | (0:01:02.780) | | | | | |
| | Split 2 > | 0:01:09.250 | | | (0:02:12.030) | | | | | |
| | Split 3 > | 0:01:09.903 | | | (0:03:21.933) | | | | | |
| | Split 4 > | 0:01:12.453 | | | (0:04:34.386) | | | | | |
| | Split 5 > | 0:01:11.907 | | | (0:05:46.293) | | | | | |
| | Split 6 > | 0:01:11.630 | | | (0:06:57.923) | | | | | |
| | Split 7 > | 0:01:11.603 | | | (0:08:09.526) | | | | | |
| | Split 8 > | 0:01:12.504 | | | (0:09:22.030) | | | | | |
| | Split 9 > | 0:01:11.826 | | | (0:10:33.856) | | | | | |
| | Split 10 > | 0:01:12.230 | | | (0:11:46.086) | | | | | |
| | Split 11 > | 0:01:13.460 | | | (0:12:59.546) | | | | | |
| | Split 12 > | 0:01:13.190 | | | (0:14:12.736) | | | | | |
| | Split 13 > | 0:01:13.227 | | | (0:15:25.963) | | | | | |
| | Split 14 > | 0:01:11.803 | | | (0:16:37.766) | | | | | |
| | Split 15 > | 0:01:10.960 | | | (0:17:48.726) | | | | | |
| | Split 16 > | 0:01:12.197 | | | (0:19:00.923) | | | | | |
| | Split 17 > | 0:01:11.660 | | | (0:20:12.583) | | | | | |
| | Split 18 > | 0:01:11.367 | | | (0:21:23.950) | | | | | |
| | Split 19 > | 0:01:12.200 | | | (0:22:36.150) | | | | | |
| | Split 20 > | 0:01:11.350 | | | (0:23:47.500) | | | | | |
| | Split 21 > | 0:01:13.033 | | | (0:25:00.533) | | | | | |
| | Split 22 > | 0:01:13.110 | | | (0:26:13.643) | | | | | |
| | Split 23 > | 0:01:13.560 | | | (0:27:27.203) | | | | | |
| | Split 24 > | 0:01:14.363 | | | (0:28:41.566) | | | | | |
| | Split 25 > | 0:01:10.977 | | | (0:29:52.543) | | | | | |
| | Split 26 > | 0:01:12.570 | | | (0:31:05.113) | | | | | |
| | Split 27 > | 0:01:11.737 | | | (0:32:16.850) | | | | | |
| | Split 28 > | 0:01:14.750 | | | (0:33:31.600) | | | | | |
| | Split 29 > | 0:01:14.203 | | | (0:34:45.803) | | | | | |
| | Split 30 > | 0:01:15.883 | | | (0:36:01.686) | | | | | |
| | Split 31 > | 0:01:15.944 | | | (0:37:17.630) | | | | | |
| | Split 32 > | 0:01:15.520 | | | (0:38:33.150) | | | | | |
| | Split 33 > | 0:01:14.800 | | | (0:39:47.950) | | | | | |
| | Split 34 > | 0:01:17.970 | | | (0:41:05.920) | | | | | |
| | Split 35 > | 0:01:18.666 | | | (0:42:24.586) | | | | | |
| | Split 36 > | 0:09:18.247 | | | (0:51:42.833) | | | | | |
| | Split 37 > | 0:00:20.087 | | | (0:52:02.920) | | | | | |
| | Split 38 > | 0:00:21.063 | | | (0:52:23.983) | | | | | |
| | Split 39 > | 0:00:20.057 | | | (0:52:44.040) | | | | | |
| | Split 40 > | 0:00:28.616 | | | (0:53:12.656) | | | | | |
| | Split 41 > | 0:01:38.277 | | | (0:54:50.933) | | | | | |
| | Split 42 > | 0:00:21.803 | | | (0:55:12.736) | | | | | |
| | Split 43 > | 0:00:32.380 | | | (0:55:45.116) | | | | | |
| | Split 44 > | 0:00:55.527 | | | (0:56:40.643) | | | | | |
| | Split 45 > | 0:00:44.613 | | | (0:57:25.256) | | | | | |
| | Split 46 > | 0:00:32.050 | | | (0:57:57.306) | | | | | |
| | Split 47 > | 0:00:42.477 | | | (0:58:39.783) | | | | | |
| | Split 48 > | 0:00:57.747 | | | (0:59:37.530) | | | | | |
| | Split 49 > | 0:00:30.440 | | | (1:00:07.970) | | | | | |
| | Split 50 > | 0:00:31.330 | | | (1:00:39.300) | | | | | |

10K MCMASTER INDOOR

Line Through = Disqualified

| Place | Name | Hometown | Type | Bib # | Time | Pace | Speed | Sex | Age | ID Number |
|-------|---------------|-------------|--------|-------|---------------|--------|--------|-----|-----|-----------|
| 7 | STACEY, TRACY | DUNDAS, AR | RUNNER | 1475 | 1:00:44.25 | 6:04/k | 9.9kph | F | 53 | |
| | Split 1 > | 0:01:22.643 | | | (0:01:22.643) | | | | | |
| | Split 2 > | 0:01:19.757 | | | (0:02:42.400) | | | | | |
| | Split 3 > | 0:01:19.636 | | | (0:04:02.036) | | | | | |
| | Split 4 > | 0:01:17.774 | | | (0:05:19.810) | | | | | |
| | Split 5 > | 0:01:20.836 | | | (0:06:40.646) | | | | | |
| | Split 6 > | 0:01:16.934 | | | (0:07:57.580) | | | | | |
| | Split 7 > | 0:01:18.190 | | | (0:09:15.770) | | | | | |
| | Split 8 > | 0:01:17.960 | | | (0:10:33.730) | | | | | |
| | Split 9 > | 0:01:19.223 | | | (0:11:52.953) | | | | | |
| | Split 10 > | 0:01:16.510 | | | (0:13:09.463) | | | | | |
| | Split 11 > | 0:01:16.627 | | | (0:14:26.090) | | | | | |
| | Split 12 > | 0:01:16.020 | | | (0:15:42.110) | | | | | |
| | Split 13 > | 0:01:14.803 | | | (0:16:56.913) | | | | | |
| | Split 14 > | 0:01:16.210 | | | (0:18:13.123) | | | | | |
| | Split 15 > | 0:01:15.200 | | | (0:19:28.323) | | | | | |
| | Split 16 > | 0:01:14.420 | | | (0:20:42.743) | | | | | |
| | Split 17 > | 0:01:14.993 | | | (0:21:57.736) | | | | | |
| | Split 18 > | 0:01:14.064 | | | (0:23:11.800) | | | | | |
| | Split 19 > | 0:01:15.113 | | | (0:24:26.913) | | | | | |
| | Split 20 > | 0:01:14.253 | | | (0:25:41.166) | | | | | |
| | Split 21 > | 0:01:14.264 | | | (0:26:55.430) | | | | | |
| | Split 22 > | 0:01:12.533 | | | (0:28:07.963) | | | | | |
| | Split 23 > | 0:01:13.240 | | | (0:29:21.203) | | | | | |
| | Split 24 > | 0:01:14.147 | | | (0:30:35.350) | | | | | |
| | Split 25 > | 0:01:13.953 | | | (0:31:49.303) | | | | | |
| | Split 26 > | 0:01:13.857 | | | (0:33:03.160) | | | | | |
| | Split 27 > | 0:00:20.846 | | | (0:33:24.006) | | | | | |
| | Split 28 > | 0:00:21.154 | | | (0:33:45.160) | | | | | |
| | Split 29 > | 0:01:49.246 | | | (0:35:34.406) | | | | | |
| | Split 30 > | 0:01:15.837 | | | (0:36:50.243) | | | | | |
| | Split 31 > | 0:01:14.193 | | | (0:38:04.436) | | | | | |
| | Split 32 > | 0:01:14.244 | | | (0:39:18.680) | | | | | |
| | Split 33 > | 0:01:15.003 | | | (0:40:33.683) | | | | | |
| | Split 34 > | 0:01:14.847 | | | (0:41:48.530) | | | | | |
| | Split 35 > | 0:01:13.343 | | | (0:43:01.873) | | | | | |
| | Split 36 > | 0:01:12.170 | | | (0:44:14.043) | | | | | |
| | Split 37 > | 0:01:14.253 | | | (0:45:28.296) | | | | | |
| | Split 38 > | 0:01:16.317 | | | (0:46:44.613) | | | | | |
| | Split 39 > | 0:01:12.583 | | | (0:47:57.196) | | | | | |
| | Split 40 > | 0:01:12.750 | | | (0:49:09.946) | | | | | |
| | Split 41 > | 0:01:10.340 | | | (0:50:20.286) | | | | | |
| | Split 42 > | 0:01:09.714 | | | (0:51:30.000) | | | | | |
| | Split 43 > | 0:01:09.570 | | | (0:52:39.570) | | | | | |
| | Split 44 > | 0:01:09.113 | | | (0:53:48.683) | | | | | |
| | Split 45 > | 0:01:07.733 | | | (0:54:56.416) | | | | | |
| | Split 46 > | 0:01:10.747 | | | (0:56:07.163) | | | | | |
| | Split 47 > | 0:01:06.830 | | | (0:57:13.993) | | | | | |
| | Split 48 > | 0:01:09.903 | | | (0:58:23.896) | | | | | |
| | Split 49 > | 0:01:10.614 | | | (0:59:34.510) | | | | | |
| | Split 50 > | 0:01:09.740 | | | (1:00:44.250) | | | | | |

10K MCMASTER INDOOR

Line Through = Disqualified

| Place | Name | Hometown | Type | Bib # | Time | Pace | Speed | Sex | Age | ID Number |
|-------|---------------|-------------|--------|-------|---------------|--------|--------|-----|-----|-----------|
| 8 | SANDERS, JODI | | RUNNER | 1467 | 1:01:51.76 | 6:11/k | 9.7kph | F | 48 | |
| | Split 1 > | 0:01:17.510 | | | (0:01:17.510) | | | | | |
| | Split 2 > | 0:01:21.540 | | | (0:02:39.050) | | | | | |
| | Split 3 > | 0:01:20.190 | | | (0:03:59.240) | | | | | |
| | Split 4 > | 0:01:20.140 | | | (0:05:19.380) | | | | | |
| | Split 5 > | 0:01:20.030 | | | (0:06:39.410) | | | | | |
| | Split 6 > | 0:01:17.340 | | | (0:07:56.750) | | | | | |
| | Split 7 > | 0:01:17.743 | | | (0:09:14.493) | | | | | |
| | Split 8 > | 0:01:17.133 | | | (0:10:31.626) | | | | | |
| | Split 9 > | 0:01:22.447 | | | (0:11:54.073) | | | | | |
| | Split 10 > | 0:01:15.057 | | | (0:13:09.130) | | | | | |
| | Split 11 > | 0:01:16.960 | | | (0:14:26.090) | | | | | |
| | Split 12 > | 0:01:15.870 | | | (0:15:41.960) | | | | | |
| | Split 13 > | 0:01:15.200 | | | (0:16:57.160) | | | | | |
| | Split 14 > | 0:01:17.653 | | | (0:18:14.813) | | | | | |
| | Split 15 > | 0:01:13.343 | | | (0:19:28.156) | | | | | |
| | Split 16 > | 0:01:14.630 | | | (0:20:42.786) | | | | | |
| | Split 17 > | 0:01:14.194 | | | (0:21:56.980) | | | | | |
| | Split 18 > | 0:01:14.526 | | | (0:23:11.506) | | | | | |
| | Split 19 > | 0:01:16.054 | | | (0:24:27.560) | | | | | |
| | Split 20 > | 0:01:13.940 | | | (0:25:41.500) | | | | | |
| | Split 21 > | 0:01:13.030 | | | (0:26:54.530) | | | | | |
| | Split 22 > | 0:01:11.500 | | | (0:28:06.030) | | | | | |
| | Split 23 > | 0:01:12.656 | | | (0:29:18.686) | | | | | |
| | Split 24 > | 0:01:16.497 | | | (0:30:35.183) | | | | | |
| | Split 25 > | 0:01:13.177 | | | (0:31:48.360) | | | | | |
| | Split 26 > | 0:01:12.076 | | | (0:33:00.436) | | | | | |
| | Split 27 > | 0:01:37.964 | | | (0:34:38.400) | | | | | |
| | Split 28 > | 0:01:08.493 | | | (0:35:46.893) | | | | | |
| | Split 29 > | 0:01:09.057 | | | (0:36:55.950) | | | | | |
| | Split 30 > | 0:01:10.656 | | | (0:38:06.606) | | | | | |
| | Split 31 > | 0:01:10.280 | | | (0:39:16.886) | | | | | |
| | Split 32 > | 0:01:16.177 | | | (0:40:33.063) | | | | | |
| | Split 33 > | 0:01:12.917 | | | (0:41:45.980) | | | | | |
| | Split 34 > | 0:01:13.550 | | | (0:42:59.530) | | | | | |
| | Split 35 > | 0:01:12.586 | | | (0:44:12.116) | | | | | |
| | Split 36 > | 0:01:15.854 | | | (0:45:27.970) | | | | | |
| | Split 37 > | 0:01:14.203 | | | (0:46:42.173) | | | | | |
| | Split 38 > | 0:01:12.877 | | | (0:47:55.050) | | | | | |
| | Split 39 > | 0:01:13.286 | | | (0:49:08.336) | | | | | |
| | Split 40 > | 0:01:13.877 | | | (0:50:22.213) | | | | | |
| | Split 41 > | 0:01:14.287 | | | (0:51:36.500) | | | | | |
| | Split 42 > | 0:01:12.723 | | | (0:52:49.223) | | | | | |
| | Split 43 > | 0:01:10.913 | | | (0:54:00.136) | | | | | |
| | Split 44 > | 0:01:09.274 | | | (0:55:09.410) | | | | | |
| | Split 45 > | 0:01:09.836 | | | (0:56:19.246) | | | | | |
| | Split 46 > | 0:01:07.454 | | | (0:57:26.700) | | | | | |
| | Split 47 > | 0:01:08.026 | | | (0:58:34.726) | | | | | |
| | Split 48 > | 0:01:08.277 | | | (0:59:43.003) | | | | | |
| | Split 49 > | 0:01:08.783 | | | (1:00:51.786) | | | | | |
| | Split 50 > | 0:00:59.974 | | | (1:01:51.760) | | | | | |

10K MCMASTER INDOOR

Line Through = Disqualified

| Place | Name | Hometown | Type | Bib # | Time | Pace | Speed | Sex | Age | ID Number |
|-------|------------------|-------------|--------|-------|---------------|--------|--------|-----|-----|-----------|
| 9 | ROBERTSON, SHANE | | RUNNER | 1464 | 1:03:52.91 | 6:23/k | 9.4kph | M | 26 | |
| | Split 1 > | 0:01:21.790 | | | (0:01:21.790) | | | | | |
| | Split 2 > | 0:01:21.910 | | | (0:02:43.700) | | | | | |
| | Split 3 > | 0:01:19.236 | | | (0:04:02.936) | | | | | |
| | Split 4 > | 0:01:19.644 | | | (0:05:22.580) | | | | | |
| | Split 5 > | 0:01:16.653 | | | (0:06:39.233) | | | | | |
| | Split 6 > | 0:01:15.273 | | | (0:07:54.506) | | | | | |
| | Split 7 > | 0:01:08.090 | | | (0:09:02.596) | | | | | |
| | Split 8 > | 0:01:06.574 | | | (0:10:09.170) | | | | | |
| | Split 9 > | 0:01:08.430 | | | (0:11:17.600) | | | | | |
| | Split 10 > | 0:01:08.780 | | | (0:12:26.380) | | | | | |
| | Split 11 > | 0:01:25.396 | | | (0:13:51.776) | | | | | |
| | Split 12 > | 0:01:09.534 | | | (0:15:01.310) | | | | | |
| | Split 13 > | 0:01:08.546 | | | (0:16:09.856) | | | | | |
| | Split 14 > | 0:01:11.770 | | | (0:17:21.626) | | | | | |
| | Split 15 > | 0:01:10.957 | | | (0:18:32.583) | | | | | |
| | Split 16 > | 0:01:10.380 | | | (0:19:42.963) | | | | | |
| | Split 17 > | 0:01:12.843 | | | (0:20:55.806) | | | | | |
| | Split 18 > | 0:01:11.844 | | | (0:22:07.650) | | | | | |
| | Split 19 > | 0:01:12.840 | | | (0:23:20.490) | | | | | |
| | Split 20 > | 0:01:13.166 | | | (0:24:33.656) | | | | | |
| | Split 21 > | 0:01:28.947 | | | (0:26:02.603) | | | | | |
| | Split 22 > | 0:01:35.140 | | | (0:27:37.743) | | | | | |
| | Split 23 > | 0:01:10.050 | | | (0:28:47.793) | | | | | |
| | Split 24 > | 0:01:17.273 | | | (0:30:05.066) | | | | | |
| | Split 25 > | 0:01:15.950 | | | (0:31:21.016) | | | | | |
| | Split 26 > | 0:01:13.814 | | | (0:32:34.830) | | | | | |
| | Split 27 > | 0:01:14.356 | | | (0:33:49.186) | | | | | |
| | Split 28 > | 0:01:14.340 | | | (0:35:03.526) | | | | | |
| | Split 29 > | 0:01:14.597 | | | (0:36:18.123) | | | | | |
| | Split 30 > | 0:01:16.437 | | | (0:37:34.560) | | | | | |
| | Split 31 > | 0:01:16.226 | | | (0:38:50.786) | | | | | |
| | Split 32 > | 0:01:14.430 | | | (0:40:05.216) | | | | | |
| | Split 33 > | 0:01:18.490 | | | (0:41:23.706) | | | | | |
| | Split 34 > | 0:01:19.694 | | | (0:42:43.400) | | | | | |
| | Split 35 > | 0:01:19.253 | | | (0:44:02.653) | | | | | |
| | Split 36 > | 0:01:14.620 | | | (0:45:17.273) | | | | | |
| | Split 37 > | 0:01:20.743 | | | (0:46:38.016) | | | | | |
| | Split 38 > | 0:01:17.294 | | | (0:47:55.310) | | | | | |
| | Split 39 > | 0:01:19.236 | | | (0:49:14.546) | | | | | |
| | Split 40 > | 0:01:21.154 | | | (0:50:35.700) | | | | | |
| | Split 41 > | 0:01:21.986 | | | (0:51:57.686) | | | | | |
| | Split 42 > | 0:01:18.964 | | | (0:53:16.650) | | | | | |
| | Split 43 > | 0:01:19.596 | | | (0:54:36.246) | | | | | |
| | Split 44 > | 0:01:21.094 | | | (0:55:57.340) | | | | | |
| | Split 45 > | 0:01:18.340 | | | (0:57:15.680) | | | | | |
| | Split 46 > | 0:01:20.613 | | | (0:58:36.293) | | | | | |
| | Split 47 > | 0:01:19.673 | | | (0:59:55.966) | | | | | |
| | Split 48 > | 0:01:19.200 | | | (1:01:15.166) | | | | | |
| | Split 49 > | 0:01:17.710 | | | (1:02:32.876) | | | | | |
| | Split 50 > | 0:01:20.034 | | | (1:03:52.910) | | | | | |

10K MCMASTER INDOOR

Line Through = Disqualified

| Place | Name | Hometown | Type | Bib # | Time | Pace | Speed | Sex | Age | ID Number |
|-------|---------------|-------------|--------|-------|---------------|--------|--------|-----|-----|-----------|
| 10 | PAULS, ESTHER | | RUNNER | 1431 | 1:04:05.95 | 6:24/k | 9.4kph | F | 61 | |
| | Split 1 > | 0:01:17.710 | | | (0:01:17.710) | | | | | |
| | Split 2 > | 0:01:22.326 | | | (0:02:40.036) | | | | | |
| | Split 3 > | 0:01:20.280 | | | (0:04:00.316) | | | | | |
| | Split 4 > | 0:01:20.404 | | | (0:05:20.720) | | | | | |
| | Split 5 > | 0:01:19.423 | | | (0:06:40.143) | | | | | |
| | Split 6 > | 0:01:17.413 | | | (0:07:57.556) | | | | | |
| | Split 7 > | 0:01:18.267 | | | (0:09:15.823) | | | | | |
| | Split 8 > | 0:01:18.817 | | | (0:10:34.640) | | | | | |
| | Split 9 > | 0:01:20.030 | | | (0:11:54.670) | | | | | |
| | Split 10 > | 0:01:15.800 | | | (0:13:10.470) | | | | | |
| | Split 11 > | 0:01:16.340 | | | (0:14:26.810) | | | | | |
| | Split 12 > | 0:01:16.220 | | | (0:15:43.030) | | | | | |
| | Split 13 > | 0:01:15.723 | | | (0:16:58.753) | | | | | |
| | Split 14 > | 0:01:15.687 | | | (0:18:14.440) | | | | | |
| | Split 15 > | 0:01:14.680 | | | (0:19:29.120) | | | | | |
| | Split 16 > | 0:01:14.493 | | | (0:20:43.613) | | | | | |
| | Split 17 > | 0:01:14.340 | | | (0:21:57.953) | | | | | |
| | Split 18 > | 0:01:14.643 | | | (0:23:12.596) | | | | | |
| | Split 19 > | 0:01:13.804 | | | (0:24:26.400) | | | | | |
| | Split 20 > | 0:01:15.440 | | | (0:25:41.840) | | | | | |
| | Split 21 > | 0:01:14.256 | | | (0:26:56.096) | | | | | |
| | Split 22 > | 0:01:12.634 | | | (0:28:08.730) | | | | | |
| | Split 23 > | 0:01:13.556 | | | (0:29:22.286) | | | | | |
| | Split 24 > | 0:01:13.617 | | | (0:30:35.903) | | | | | |
| | Split 25 > | 0:01:14.780 | | | (0:31:50.683) | | | | | |
| | Split 26 > | 0:01:14.917 | | | (0:33:05.600) | | | | | |
| | Split 27 > | 0:02:29.416 | | | (0:35:35.016) | | | | | |
| | Split 28 > | 0:01:13.787 | | | (0:36:48.803) | | | | | |
| | Split 29 > | 0:01:15.737 | | | (0:38:04.540) | | | | | |
| | Split 30 > | 0:01:14.560 | | | (0:39:19.100) | | | | | |
| | Split 31 > | 0:01:15.716 | | | (0:40:34.816) | | | | | |
| | Split 32 > | 0:01:14.260 | | | (0:41:49.076) | | | | | |
| | Split 33 > | 0:01:13.120 | | | (0:43:02.196) | | | | | |
| | Split 34 > | 0:01:12.427 | | | (0:44:14.623) | | | | | |
| | Split 35 > | 0:01:15.857 | | | (0:45:30.480) | | | | | |
| | Split 36 > | 0:01:14.080 | | | (0:46:44.560) | | | | | |
| | Split 37 > | 0:01:12.636 | | | (0:47:57.196) | | | | | |
| | Split 38 > | 0:01:15.134 | | | (0:49:12.330) | | | | | |
| | Split 39 > | 0:01:16.340 | | | (0:50:28.670) | | | | | |
| | Split 40 > | 0:01:19.243 | | | (0:51:47.913) | | | | | |
| | Split 41 > | 0:01:15.780 | | | (0:53:03.693) | | | | | |
| | Split 42 > | 0:01:17.420 | | | (0:54:21.113) | | | | | |
| | Split 43 > | 0:01:22.513 | | | (0:55:43.626) | | | | | |
| | Split 44 > | 0:01:15.777 | | | (0:56:59.403) | | | | | |
| | Split 45 > | 0:01:19.870 | | | (0:58:19.273) | | | | | |
| | Split 46 > | 0:01:16.030 | | | (0:59:35.303) | | | | | |
| | Split 47 > | 0:01:19.783 | | | (1:00:55.086) | | | | | |
| | Split 48 > | 0:01:17.487 | | | (1:02:12.573) | | | | | |
| | Split 49 > | 0:01:21.653 | | | (1:03:34.226) | | | | | |
| | Split 50 > | 0:00:31.724 | | | (1:04:05.950) | | | | | |

10K MCMMASTER INDOOR

Line Through = Disqualified

| Place | Name | Hometown | Type | Bib # | Time | Pace | Speed | Sex | Age | ID Number |
|-------|-------------------|-------------|--------|-------|---------------|--------|--------|-----|-----|-----------|
| 11 | CONNOLLY, JESSICA | | RUNNER | 1481 | 1:05:47.30 | 6:35/k | 9.1kph | F | 22 | |
| | Split 1 > | 0:01:17.903 | | | (0:01:17.903) | | | | | |
| | Split 2 > | 0:01:19.197 | | | (0:02:37.100) | | | | | |
| | Split 3 > | 0:01:15.036 | | | (0:03:52.136) | | | | | |
| | Split 4 > | 0:01:19.464 | | | (0:05:11.600) | | | | | |
| | Split 5 > | 0:01:12.933 | | | (0:06:24.533) | | | | | |
| | Split 6 > | 0:01:15.513 | | | (0:07:40.046) | | | | | |
| | Split 7 > | 0:01:16.697 | | | (0:08:56.743) | | | | | |
| | Split 8 > | 0:01:14.977 | | | (0:10:11.720) | | | | | |
| | Split 9 > | 0:01:11.533 | | | (0:11:23.253) | | | | | |
| | Split 10 > | 0:01:19.917 | | | (0:12:43.170) | | | | | |
| | Split 11 > | 0:01:15.950 | | | (0:13:59.120) | | | | | |
| | Split 12 > | 0:01:14.630 | | | (0:15:13.750) | | | | | |
| | Split 13 > | 0:01:19.323 | | | (0:16:33.073) | | | | | |
| | Split 14 > | 0:01:17.303 | | | (0:17:50.376) | | | | | |
| | Split 15 > | 0:01:17.314 | | | (0:19:07.690) | | | | | |
| | Split 16 > | 0:01:16.546 | | | (0:20:24.236) | | | | | |
| | Split 17 > | 0:01:21.437 | | | (0:21:45.673) | | | | | |
| | Split 18 > | 0:01:12.807 | | | (0:22:58.480) | | | | | |
| | Split 19 > | 0:01:18.940 | | | (0:24:17.420) | | | | | |
| | Split 20 > | 0:01:20.190 | | | (0:25:37.610) | | | | | |
| | Split 21 > | 0:01:18.580 | | | (0:26:56.190) | | | | | |
| | Split 22 > | 0:01:18.013 | | | (0:28:14.203) | | | | | |
| | Split 23 > | 0:01:17.317 | | | (0:29:31.520) | | | | | |
| | Split 24 > | 0:01:12.790 | | | (0:30:44.310) | | | | | |
| | Split 25 > | 0:01:22.150 | | | (0:32:06.460) | | | | | |
| | Split 26 > | 0:01:16.553 | | | (0:33:23.013) | | | | | |
| | Split 27 > | 0:01:17.900 | | | (0:34:40.913) | | | | | |
| | Split 28 > | 0:01:15.273 | | | (0:35:56.186) | | | | | |
| | Split 29 > | 0:01:20.687 | | | (0:37:16.873) | | | | | |
| | Split 30 > | 0:01:20.160 | | | (0:38:37.033) | | | | | |
| | Split 31 > | 0:01:21.063 | | | (0:39:58.096) | | | | | |
| | Split 32 > | 0:01:22.527 | | | (0:41:20.623) | | | | | |
| | Split 33 > | 0:01:19.627 | | | (0:42:40.250) | | | | | |
| | Split 34 > | 0:01:21.636 | | | (0:44:01.886) | | | | | |
| | Split 35 > | 0:01:24.610 | | | (0:45:26.496) | | | | | |
| | Split 36 > | 0:01:24.707 | | | (0:46:51.203) | | | | | |
| | Split 37 > | 0:01:15.133 | | | (0:48:06.336) | | | | | |
| | Split 38 > | 0:01:18.494 | | | (0:49:24.830) | | | | | |
| | Split 39 > | 0:01:30.736 | | | (0:50:55.566) | | | | | |
| | Split 40 > | 0:01:18.130 | | | (0:52:13.696) | | | | | |
| | Split 41 > | 0:01:21.280 | | | (0:53:34.976) | | | | | |
| | Split 42 > | 0:01:34.564 | | | (0:55:09.540) | | | | | |
| | Split 43 > | 0:01:27.090 | | | (0:56:36.630) | | | | | |
| | Split 44 > | 0:01:19.263 | | | (0:57:55.893) | | | | | |
| | Split 45 > | 0:01:26.507 | | | (0:59:22.400) | | | | | |
| | Split 46 > | 0:01:19.826 | | | (1:00:42.226) | | | | | |
| | Split 47 > | 0:01:18.060 | | | (1:02:00.286) | | | | | |
| | Split 48 > | 0:01:20.220 | | | (1:03:20.506) | | | | | |
| | Split 49 > | 0:01:19.974 | | | (1:04:40.480) | | | | | |
| | Split 50 > | 0:01:06.826 | | | (1:05:47.306) | | | | | |

10K MCMASTER INDOOR

Line Through = Disqualified

| Place | Name | Hometown | Type | Bib # | Time | Pace | Speed | Sex | Age | ID Number |
|-------|-------------------|-------------|--------|-------|---------------|--------|--------|-----|-----|-----------|
| 12 | DRYDEN, FREDERICK | | RUNNER | 1478 | 1:06:20.73 | 6:38/k | 9.0kph | M | 45 | |
| | Split 1 > | 0:01:13.150 | | | (0:01:13.150) | | | | | |
| | Split 2 > | 0:01:12.766 | | | (0:02:25.916) | | | | | |
| | Split 3 > | 0:01:10.827 | | | (0:03:36.743) | | | | | |
| | Split 4 > | 0:01:12.380 | | | (0:04:49.123) | | | | | |
| | Split 5 > | 0:01:12.080 | | | (0:06:01.203) | | | | | |
| | Split 6 > | 0:01:11.887 | | | (0:07:13.090) | | | | | |
| | Split 7 > | 0:01:12.623 | | | (0:08:25.713) | | | | | |
| | Split 8 > | 0:01:12.953 | | | (0:09:38.666) | | | | | |
| | Split 9 > | 0:01:13.074 | | | (0:10:51.740) | | | | | |
| | Split 10 > | 0:01:17.263 | | | (0:12:09.003) | | | | | |
| | Split 11 > | 0:01:12.670 | | | (0:13:21.673) | | | | | |
| | Split 12 > | 0:01:11.260 | | | (0:14:32.933) | | | | | |
| | Split 13 > | 0:01:18.750 | | | (0:15:51.683) | | | | | |
| | Split 14 > | 0:01:27.380 | | | (0:17:19.063) | | | | | |
| | Split 15 > | 0:01:32.113 | | | (0:18:51.176) | | | | | |
| | Split 16 > | 0:01:32.887 | | | (0:20:24.063) | | | | | |
| | Split 17 > | 0:01:22.207 | | | (0:21:46.270) | | | | | |
| | Split 18 > | 0:01:28.603 | | | (0:23:14.873) | | | | | |
| | Split 19 > | 0:01:27.493 | | | (0:24:42.366) | | | | | |
| | Split 20 > | 0:01:24.740 | | | (0:26:07.106) | | | | | |
| | Split 21 > | 0:01:27.970 | | | (0:27:35.076) | | | | | |
| | Split 22 > | 0:01:27.640 | | | (0:29:02.716) | | | | | |
| | Split 23 > | 0:00:22.944 | | | (0:29:25.660) | | | | | |
| | Split 24 > | 0:01:30.726 | | | (0:30:56.386) | | | | | |
| | Split 25 > | 0:01:22.047 | | | (0:32:18.433) | | | | | |
| | Split 26 > | 0:01:23.290 | | | (0:33:41.723) | | | | | |
| | Split 27 > | 0:01:35.480 | | | (0:35:17.203) | | | | | |
| | Split 28 > | 0:03:10.510 | | | (0:38:27.713) | | | | | |
| | Split 29 > | 0:01:16.857 | | | (0:39:44.570) | | | | | |
| | Split 30 > | 0:01:11.303 | | | (0:40:55.873) | | | | | |
| | Split 31 > | 0:01:10.883 | | | (0:42:06.756) | | | | | |
| | Split 32 > | 0:01:10.130 | | | (0:43:16.886) | | | | | |
| | Split 33 > | 0:01:10.024 | | | (0:44:26.910) | | | | | |
| | Split 34 > | 0:01:18.540 | | | (0:45:45.450) | | | | | |
| | Split 35 > | 0:01:16.566 | | | (0:47:02.016) | | | | | |
| | Split 36 > | 0:01:22.064 | | | (0:48:24.080) | | | | | |
| | Split 37 > | 0:01:13.363 | | | (0:49:37.443) | | | | | |
| | Split 38 > | 0:01:20.007 | | | (0:50:57.450) | | | | | |
| | Split 39 > | 0:01:20.950 | | | (0:52:18.400) | | | | | |
| | Split 40 > | 0:01:18.383 | | | (0:53:36.783) | | | | | |
| | Split 41 > | 0:01:13.780 | | | (0:54:50.563) | | | | | |
| | Split 42 > | 0:01:15.287 | | | (0:56:05.850) | | | | | |
| | Split 43 > | 0:01:17.246 | | | (0:57:23.096) | | | | | |
| | Split 44 > | 0:01:16.980 | | | (0:58:40.076) | | | | | |
| | Split 45 > | 0:01:18.977 | | | (0:59:59.053) | | | | | |
| | Split 46 > | 0:01:18.703 | | | (1:01:17.756) | | | | | |
| | Split 47 > | 0:01:13.857 | | | (1:02:31.613) | | | | | |
| | Split 48 > | 0:01:14.147 | | | (1:03:45.760) | | | | | |
| | Split 49 > | 0:01:14.520 | | | (1:05:00.280) | | | | | |
| | Split 50 > | 0:01:20.450 | | | (1:06:20.730) | | | | | |

10K MCMASTER INDOOR

Line Through = Disqualified

| Place | Name | Hometown | Type | Bib # | Time | Pace | Speed | Sex | Age | ID Number |
|-------|-------------------|-------------|--------|-------|---------------|--------|--------|-----|-----|-----------|
| 13 | DESJARDINS, JESSE | | RUNNER | 1488 | 1:07:27.06 | 6:45/k | 8.9kph | M | 23 | |
| | Split 1 > | 0:00:43.670 | | | (0:00:43.670) | | | | | |
| | Split 2 > | 0:00:44.906 | | | (0:01:28.576) | | | | | |
| | Split 3 > | 0:00:49.297 | | | (0:02:17.873) | | | | | |
| | Split 4 > | 0:00:49.193 | | | (0:03:07.066) | | | | | |
| | Split 5 > | 0:00:57.954 | | | (0:04:05.020) | | | | | |
| | Split 6 > | 0:01:08.870 | | | (0:05:13.890) | | | | | |
| | Split 7 > | 0:00:54.083 | | | (0:06:07.973) | | | | | |
| | Split 8 > | 0:00:52.080 | | | (0:07:00.053) | | | | | |
| | Split 9 > | 0:01:10.497 | | | (0:08:10.550) | | | | | |
| | Split 10 > | 0:01:10.386 | | | (0:09:20.936) | | | | | |
| | Split 11 > | 0:01:32.267 | | | (0:10:53.203) | | | | | |
| | Split 12 > | 0:02:16.167 | | | (0:13:09.370) | | | | | |
| | Split 13 > | 0:01:30.446 | | | (0:14:39.816) | | | | | |
| | Split 14 > | 0:02:24.857 | | | (0:17:04.673) | | | | | |
| | Split 15 > | 0:01:59.430 | | | (0:19:04.103) | | | | | |
| | Split 16 > | 0:02:08.440 | | | (0:21:12.543) | | | | | |
| | Split 17 > | 0:02:06.220 | | | (0:23:18.763) | | | | | |
| | Split 18 > | 0:02:32.217 | | | (0:25:50.980) | | | | | |
| | Split 19 > | 0:01:24.916 | | | (0:27:15.896) | | | | | |
| | Split 20 > | 0:01:35.884 | | | (0:28:51.780) | | | | | |
| | Split 21 > | 0:01:20.856 | | | (0:30:12.636) | | | | | |
| | Split 22 > | 0:01:23.990 | | | (0:31:36.626) | | | | | |
| | Split 23 > | 0:01:27.534 | | | (0:33:04.160) | | | | | |
| | Split 24 > | 0:01:31.140 | | | (0:34:35.300) | | | | | |
| | Split 25 > | 0:01:11.073 | | | (0:35:46.373) | | | | | |
| | Split 26 > | 0:00:50.787 | | | (0:36:37.160) | | | | | |
| | Split 27 > | 0:00:50.913 | | | (0:37:28.073) | | | | | |
| | Split 28 > | 0:00:50.190 | | | (0:38:18.263) | | | | | |
| | Split 29 > | 0:01:10.563 | | | (0:39:28.826) | | | | | |
| | Split 30 > | 0:01:12.980 | | | (0:40:41.806) | | | | | |
| | Split 31 > | 0:01:27.477 | | | (0:42:09.283) | | | | | |
| | Split 32 > | 0:01:05.103 | | | (0:43:14.386) | | | | | |
| | Split 33 > | 0:01:11.334 | | | (0:44:25.720) | | | | | |
| | Split 34 > | 0:01:10.343 | | | (0:45:36.063) | | | | | |
| | Split 35 > | 0:01:11.370 | | | (0:46:47.433) | | | | | |
| | Split 36 > | 0:01:30.127 | | | (0:48:17.560) | | | | | |
| | Split 37 > | 0:01:51.743 | | | (0:50:09.303) | | | | | |
| | Split 38 > | 0:01:14.800 | | | (0:51:24.103) | | | | | |
| | Split 39 > | 0:01:53.563 | | | (0:53:17.666) | | | | | |
| | Split 40 > | 0:01:24.774 | | | (0:54:42.440) | | | | | |
| | Split 41 > | 0:01:19.166 | | | (0:56:01.606) | | | | | |
| | Split 42 > | 0:01:13.140 | | | (0:57:14.746) | | | | | |
| | Split 43 > | 0:01:26.197 | | | (0:58:40.943) | | | | | |
| | Split 44 > | 0:01:19.383 | | | (1:00:00.326) | | | | | |
| | Split 45 > | 0:01:18.300 | | | (1:01:18.626) | | | | | |
| | Split 46 > | 0:01:13.114 | | | (1:02:31.740) | | | | | |
| | Split 47 > | 0:01:13.900 | | | (1:03:45.640) | | | | | |
| | Split 48 > | 0:01:15.786 | | | (1:05:01.426) | | | | | |
| | Split 49 > | 0:01:16.670 | | | (1:06:18.096) | | | | | |
| | Split 50 > | 0:01:08.964 | | | (1:07:27.060) | | | | | |

10K MCMASTER INDOOR

Line Through = Disqualified

| Place | Name | Hometown | Type | Bib # | Time | Pace | Speed | Sex | Age | ID Number |
|-------|----------------|-------------|--------|-------|---------------|---------|--------|-----|-----|-----------|
| 14 | WATSON, KRISTY | | RUNNER | 1439 | 1:41:35.48 | 10:09/k | 5.9kph | F | 37 | |
| | Split 1 > | 0:01:48.340 | | | (0:01:48.340) | | | | | |
| | Split 2 > | 0:02:03.180 | | | (0:03:51.520) | | | | | |
| | Split 3 > | 0:02:04.716 | | | (0:05:56.236) | | | | | |
| | Split 4 > | 0:01:59.374 | | | (0:07:55.610) | | | | | |
| | Split 5 > | 0:02:04.240 | | | (0:09:59.850) | | | | | |
| | Split 6 > | 0:01:27.880 | | | (0:11:27.730) | | | | | |
| | Split 7 > | 0:01:57.596 | | | (0:13:25.326) | | | | | |
| | Split 8 > | 0:02:00.070 | | | (0:15:25.396) | | | | | |
| | Split 9 > | 0:01:58.307 | | | (0:17:23.703) | | | | | |
| | Split 10 > | 0:01:59.477 | | | (0:19:23.180) | | | | | |
| | Split 11 > | 0:01:56.673 | | | (0:21:19.853) | | | | | |
| | Split 12 > | 0:01:49.147 | | | (0:23:09.000) | | | | | |
| | Split 13 > | 0:02:07.786 | | | (0:25:16.786) | | | | | |
| | Split 14 > | 0:02:12.757 | | | (0:27:29.543) | | | | | |
| | Split 15 > | 0:07:40.527 | | | (0:35:10.070) | | | | | |
| | Split 16 > | 0:01:49.200 | | | (0:36:59.270) | | | | | |
| | Split 17 > | 0:01:50.613 | | | (0:38:49.883) | | | | | |
| | Split 18 > | 0:01:52.080 | | | (0:40:41.963) | | | | | |
| | Split 19 > | 0:01:56.110 | | | (0:42:38.073) | | | | | |
| | Split 20 > | 0:01:57.327 | | | (0:44:35.400) | | | | | |
| | Split 21 > | 0:01:55.700 | | | (0:46:31.100) | | | | | |
| | Split 22 > | 0:01:53.920 | | | (0:48:25.020) | | | | | |
| | Split 23 > | 0:01:47.770 | | | (0:50:12.790) | | | | | |
| | Split 24 > | 0:01:47.543 | | | (0:52:00.333) | | | | | |
| | Split 25 > | 0:01:46.520 | | | (0:53:46.853) | | | | | |
| | Split 26 > | 0:01:50.583 | | | (0:55:37.436) | | | | | |
| | Split 27 > | 0:01:46.587 | | | (0:57:24.023) | | | | | |
| | Split 28 > | 0:01:46.690 | | | (0:59:10.713) | | | | | |
| | Split 29 > | 0:02:20.440 | | | (1:01:31.153) | | | | | |
| | Split 30 > | 0:01:49.947 | | | (1:03:21.100) | | | | | |
| | Split 31 > | 0:01:53.610 | | | (1:05:14.710) | | | | | |
| | Split 32 > | 0:01:52.763 | | | (1:07:07.473) | | | | | |
| | Split 33 > | 0:01:51.677 | | | (1:08:59.150) | | | | | |
| | Split 34 > | 0:01:53.200 | | | (1:10:52.350) | | | | | |
| | Split 35 > | 0:01:53.006 | | | (1:12:45.356) | | | | | |
| | Split 36 > | 0:01:49.474 | | | (1:14:34.830) | | | | | |
| | Split 37 > | 0:02:28.010 | | | (1:17:02.840) | | | | | |
| | Split 38 > | 0:01:57.223 | | | (1:19:00.063) | | | | | |
| | Split 39 > | 0:01:51.813 | | | (1:20:51.876) | | | | | |
| | Split 40 > | 0:01:52.237 | | | (1:22:44.113) | | | | | |
| | Split 41 > | 0:01:53.530 | | | (1:24:37.643) | | | | | |
| | Split 42 > | 0:01:54.730 | | | (1:26:32.373) | | | | | |
| | Split 43 > | 0:01:55.787 | | | (1:28:28.160) | | | | | |
| | Split 44 > | 0:01:52.933 | | | (1:30:21.093) | | | | | |
| | Split 45 > | 0:02:06.493 | | | (1:32:27.586) | | | | | |
| | Split 46 > | 0:01:52.164 | | | (1:34:19.750) | | | | | |
| | Split 47 > | 0:01:45.556 | | | (1:36:05.306) | | | | | |
| | Split 48 > | 0:01:44.600 | | | (1:37:49.906) | | | | | |
| | Split 49 > | 0:01:47.994 | | | (1:39:37.900) | | | | | |
| | Split 50 > | 0:01:57.586 | | | (1:41:35.486) | | | | | |