

NOTL 5k

Overall Male Runner

Place	Bib#	Name	Time	Grade	Athlete Type	Hometown	Pace	Speed	Overall Place	Age	Athlete ID
1.	3166	Mcgill, Robert	17:34.418	-	Runner		5:37	10.674	1	40	
2.	3186	Lang, Cam	18:46.603	FR	Runner		6:00	9.991	2	41	
3.	3171	Terrana, Marcus	19:23.574	-	Runner		6:12	9.673	3	23	

Overall Female Runner

Place	Bib#	Name	Time	Grade	Athlete Type	Hometown	Pace	Speed	Overall Place	Age	Athlete ID
1.	3176	Mclean Ross, Barbara	22:31.120	-	Runner		7:12	8.327	7	45	
2.	3168	Janzen, Joy	27:28.207	-	Runner		8:47	6.826	11	42	
3.	3169	Janzen, Annika	27:27.790	-	Runner		8:47	6.831	12	9	

20-29 M

Place	Bib#	Name	Time	Grade	Athlete Type	Hometown	Pace	Speed	Overall Place	Age	Athlete ID
1.	3171	Terrana, Marcus	19:23.574	-	Runner		6:12	9.673	3	23	

30-39 M

Place	Bib#	Name	Time	Grade	Athlete Type	Hometown	Pace	Speed	Overall Place	Age	Athlete ID
1.	3172	Mcgill, David	21:26.957	-	Runner		6:52	8.748	5	37	

40-49 M

Place	Bib#	Name	Time	Grade	Athlete Type	Hometown	Pace	Speed	Overall Place	Age	Athlete ID
1.	3166	Mcgill, Robert	17:34.418	-	Runner		5:37	10.674	1	40	
2.	3186	Lang, Cam	18:46.603	FR	Runner		6:00	9.991	2	41	
3.	3167	Janzen, Steve	20:57.850	-	Runner		6:42	8.950	4	48	

50-59M

Place	Bib#	Name	Time	Grade	Athlete Type	Hometown	Pace	Speed	Overall Place	Age	Athlete ID
1.	3163	Cooley, Dale	23:12.137	-	Runner		7:25	8.082	8	53	

60-69M

Place	Bib#	Name	Time	Grade	Athlete Type	Hometown	Pace	Speed	Overall Place	Age	Athlete ID
1.	3185	Thompson, Alan	31:46.203	FR	Runner		10:10	5.902	18	68	

0-9F

Place	Bib#	Name	Time	Grade	Athlete Type	Hometown	Pace	Speed	Overall Place	Age	Athlete ID
1.	3169	Janzen, Annika	27:27.790	-	Runner		8:47	6.831	12	9	

10-19F

Place	Bib#	Name	Time	Grade	Athlete Type	Hometown	Pace	Speed	Overall Place	Age	Athlete ID
1.	3182	Mcgrath, Sydney	29:34.717	FR	Runner		9:28	6.342	15	16	

30-39F

Place	Bib#	Name	Time	Grade	Athlete Type	Hometown	Pace	Speed	Overall Place	Age	Athlete ID
1.	3178	Cameron, Clare	28:44.237	-	Runner		9:12	6.526	13	33	
2.	3162	Megee, Christina	30:24.580	-	Runner		9:44	6.168	17	39	
3.	3174	Croteau, Natalie	33:32.510	-	Runner		10:44	5.591	20	39	

NOTL 5k

40-49F

Place	Bib#	Name	Time	Grade	Athlete Type	Hometown	Pace	Speed	Overall Place	Age	Athlete ID
1.	3176	Mclean Ross, Barbara	22:31.120	-	Runner		7:12	8.327	7	45	
2.	3168	Janzen, Joy	27:28.207	-	Runner		8:47	6.826	11	42	
3.	3164	Iwanyzki, Debbie	29:11.297	-	Runner		9:20	6.425	14	46	