

Running for Rachael 5k

Place	Name	Hometown	Gender	Type	Bib #	Time	Pace	Speed	Division Rank
1	MARK SINKE	HAMILTON, CA	M: 1	Runner	1297	00:20:03.09	06:27	9.3mph	Overall Male Runner: 1
			<u>Split Description</u>	<u>Split Time</u>		<u>Pace</u>		<u>Speed</u>	<u>Cumulative</u>
			Split1	00:05:44.924		05:32		10.8mph	00:05:44.924
			Split 2	00:07:15.860		07:00		8.6mph	00:13:00.784
			Finish	00:07:02.315		06:47		8.8mph	00:20:03.099
2	CRAIG THOMPSON	TORONTO, CA	M: 2	Runner	1255	00:20:03.86	06:27	9.3mph	Overall Male Runner: 2
			<u>Split Description</u>	<u>Split Time</u>		<u>Pace</u>		<u>Speed</u>	<u>Cumulative</u>
			Split1	00:05:58.219		05:45		10.4mph	00:05:58.219
			Split 2	00:07:20.736		07:05		8.5mph	00:13:18.955
			Finish	00:06:44.912		06:30		9.2mph	00:20:03.867
3	OWEN ANGUS-YAMADA		M: 3	Runner	3246	00:20:08.31	06:28	9.3mph	Overall Male Runner: 3
			<u>Split Description</u>	<u>Split Time</u>		<u>Pace</u>		<u>Speed</u>	<u>Cumulative</u>
			Split1	00:05:45.982		05:34		10.8mph	00:05:45.982
			Split 2	00:07:15.495		07:00		8.6mph	00:13:01.477
			Finish	00:07:06.839		06:52		8.7mph	00:20:08.316
4	PAUL ROOT	HAMILTON, AR	M: 4	Runner	3295	00:21:18.87	06:51	8.7mph	Male 60 - 69: 1
			<u>Split Description</u>	<u>Split Time</u>		<u>Pace</u>		<u>Speed</u>	<u>Cumulative</u>
			Split1	00:06:03.649		05:51		10.3mph	00:06:03.649
			Split 2	00:07:36.071		07:20		8.2mph	00:13:39.720
			Finish	00:07:39.156		07:23		8.1mph	00:21:18.876
5	MAX FOSTER		M: 5	Runner	3299	00:22:26.66	07:13	8.3mph	Male 10 - 19: 1
			<u>Split Description</u>	<u>Split Time</u>		<u>Pace</u>		<u>Speed</u>	<u>Cumulative</u>
			Split1	00:06:48.151		06:34		9.1mph	00:06:48.151
			Split 2	00:07:30.172		07:14		8.3mph	00:14:18.323
			Finish	00:08:08.342		07:51		7.6mph	00:22:26.665
6	LUCAS AYOB UNGARETTI		M: 6	Runner	3272	00:23:04.87	07:25	8.1mph	Male 20 - 29: 1
			<u>Split Description</u>	<u>Split Time</u>		<u>Pace</u>		<u>Speed</u>	<u>Cumulative</u>
			Split1	00:06:42.031		06:28		9.3mph	00:06:42.031
			Split 2	00:08:15.942		07:58		7.5mph	00:14:57.973
			Finish	00:08:06.906		07:50		7.7mph	00:23:04.879
7	SATAR WAHIDI		M: 7	Runner	3290	00:23:09.70	07:27	8.0mph	Male 20 - 29: 2
			<u>Split Description</u>	<u>Split Time</u>		<u>Pace</u>		<u>Speed</u>	<u>Cumulative</u>
			Split1	00:06:20.648		06:07		9.8mph	00:06:20.648
			Split 2	00:08:09.603		07:52		7.6mph	00:14:30.251
			Finish	00:08:39.455		08:21		7.2mph	00:23:09.706
8	CYNTHIA BOSSETT		F: 1	Runner	3265	00:23:19.21	07:30	8.0mph	Overall Female Runner: 1
			<u>Split Description</u>	<u>Split Time</u>		<u>Pace</u>		<u>Speed</u>	<u>Cumulative</u>
			Split1	00:06:44.863		06:30		9.2mph	00:06:44.863
			Split 2	00:08:16.385		07:59		7.5mph	00:15:01.248
			Finish	00:08:17.966		08:00		7.5mph	00:23:19.214
9	ALEX RICHARDS		M: 8	Runner	3236	00:23:50.12	07:40	7.8mph	Male 20 - 29: 3
			<u>Split Description</u>	<u>Split Time</u>		<u>Pace</u>		<u>Speed</u>	<u>Cumulative</u>
			Split1	00:10:08.926		09:47		6.1mph	00:10:08.926
			Split 2	00:13:20.923		12:53		4.7mph	00:23:29.849
			Finish	00:00:20.278		00:19		183.9mph	00:23:50.127
10	MATT ROBERTS	BINBROOK, CA	M: 9	Runner	1290	00:24:44.14	07:57	7.5mph	Male 20 - 29: 4
			<u>Split Description</u>	<u>Split Time</u>		<u>Pace</u>		<u>Speed</u>	<u>Cumulative</u>
			Split1	00:06:55.912		06:41		9.0mph	00:06:55.912
			Split 2	00:08:42.954		08:24		7.1mph	00:15:38.866
			Finish	00:09:05.280		08:46		6.8mph	00:24:44.146
11	EMILY PATENAUE	HAMILTON, CA	F: 2	Runner	1281	00:24:53.20	08:00	7.5mph	Overall Female Runner: 2
			<u>Split Description</u>	<u>Split Time</u>		<u>Pace</u>		<u>Speed</u>	<u>Cumulative</u>
			Split1	00:12:29.539		12:03		5.0mph	00:12:29.539
			Split 2	00:10:32.490		10:10		5.9mph	00:23:02.029
			Finish	00:01:51.179		01:47		33.5mph	00:24:53.208
12	GORD PAULS		M: 10	Runner	3235	00:25:29.48	08:12	7.3mph	Male 60 - 69: 2
			<u>Split Description</u>	<u>Split Time</u>		<u>Pace</u>		<u>Speed</u>	<u>Cumulative</u>
			Split1	00:07:32.560		07:16		8.2mph	00:07:32.560
			Split 2	00:08:41.549		08:23		7.1mph	00:16:14.109
			Finish	00:09:15.375		08:56		6.7mph	00:25:29.484
13	VINCENT SANCHEZ	HAMILTON, CA	M: 11	Runner	1294	00:25:47.67	08:18	7.2mph	Male 30 - 39: 1
			<u>Split Description</u>	<u>Split Time</u>		<u>Pace</u>		<u>Speed</u>	<u>Cumulative</u>
			Split1	00:07:53.212		07:36		7.9mph	00:07:53.212
			Split 2	00:08:59.497		08:40		6.9mph	00:16:52.709
			Finish	00:08:54.963		08:36		7.0mph	00:25:47.672

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14	SERGE PROULX		M: 12	Runner	3261	00:26:25.39	08:30	7.1mph	Male 50 - 59:	1
			<u>Split Description</u>			<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>	
			Split1			00:07:24.185	07:08	8.4mph	00:07:24.185	
			Split 2			00:09:21.637	09:02	6.6mph	00:16:45.822	
			Finish			00:09:39.577	09:19	6.4mph	00:26:25.399	
15	ANDY XIAO		M: 13	Runner	3279	00:26:25.60	08:30	7.1mph	Male 20 - 29:	5
			<u>Split Description</u>			<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>	
			Split1			00:07:25.726	07:10	8.4mph	00:07:25.726	
			Split 2			00:09:26.756	09:07	6.6mph	00:16:52.482	
			Finish			00:09:33.127	09:13	6.5mph	00:26:25.609	
16	VALERIO BOZZO		M: 14	Runner	1510	00:26:36.11	08:33	7.0mph	Male 30 - 39:	2
			<u>Split Description</u>			<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>	
			Split1			00:08:15.475	07:58	7.5mph	00:08:15.475	
			Split 2			00:09:39.688	09:19	6.4mph	00:17:55.163	
			Finish			00:08:40.955	08:22	7.2mph	00:26:36.118	
17	SAMANTHA MERCANTI	BURLINGTON, CA	F: 3	Runner	1263	00:26:39.10	08:34	7.0mph	Overall Female Runner:	3
			<u>Split Description</u>			<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>	
			Split1			00:08:03.944	07:47	7.7mph	00:08:03.944	
			Split 2			00:09:41.601	09:21	6.4mph	00:17:45.545	
			Finish			00:08:53.556	08:35	7.0mph	00:26:39.101	
18	KYLE RAYNER		M: 15	Runner	3249	00:26:39.32	08:34	7.0mph	Male 40 - 49:	1
			<u>Split Description</u>			<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>	
			Split1			00:07:33.428	07:17	8.2mph	00:07:33.428	
			Split 2			00:09:34.478	09:14	6.5mph	00:17:07.906	
			Finish			00:09:31.415	09:11	6.5mph	00:26:39.321	
19	TRISH RAYNER	HAMILTON, CA	F: 4	Runner	1285	00:26:39.83	08:34	7.0mph	Female 40 - 49:	1
			<u>Split Description</u>			<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>	
			Split1			00:07:35.102	07:19	8.2mph	00:07:35.102	
			Split 2			00:09:34.510	09:14	6.5mph	00:17:09.612	
			Finish			00:09:30.226	09:10	6.5mph	00:26:39.838	
20	RYAN MCHUGH		M: 16	Runner	3241	00:26:56.59	08:40	6.9mph	Male 30 - 39:	3
			<u>Split Description</u>			<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>	
			Split1			00:07:29.600	07:14	8.3mph	00:07:29.600	
			Split 2			00:09:32.735	09:12	6.5mph	00:17:02.335	
			Finish			00:09:54.261	09:33	6.3mph	00:26:56.596	
21	ANGELA FEDERICO		F: 5	Runner	3238	00:27:19.47	08:47	6.8mph	Female 20 - 29:	1
			<u>Split Description</u>			<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>	
			Split1			00:07:35.837	07:20	8.2mph	00:07:35.837	
			Split 2			00:09:32.749	09:12	6.5mph	00:17:08.586	
			Finish			00:10:10.887	09:49	6.1mph	00:27:19.473	
22	MEGAN BRIGGS	HAMILTON, CA	F: 6	Runner	1209	00:27:20.13	08:47	6.8mph	Female 20 - 29:	2
			<u>Split Description</u>			<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>	
			Split1			00:08:40.343	08:22	7.2mph	00:08:40.343	
			Split 2			00:09:28.108	09:08	6.6mph	00:18:08.451	
			Finish			00:09:11.685	08:52	6.8mph	00:27:20.136	
23	CHARLES BRIGGS	HAMILTON, CA	M: 17	Runner	1212	00:27:21.26	08:48	6.8mph	Male 20 - 29:	6
			<u>Split Description</u>			<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>	
			Split1			00:08:39.157	08:21	7.2mph	00:08:39.157	
			Split 2			00:09:29.535	09:09	6.5mph	00:18:08.692	
			Finish			00:09:12.576	08:53	6.7mph	00:27:21.268	
24	JACQUELINE SCHULLER	OAKVILLE, CA	F: 7	Runner	1295	00:27:27.88	08:50	6.8mph	Female 50 - 59:	1
			<u>Split Description</u>			<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>	
			Split1			00:07:49.812	07:33	7.9mph	00:07:49.812	
			Split 2			00:09:53.427	09:32	6.3mph	00:17:43.239	
			Finish			00:09:44.645	09:24	6.4mph	00:27:27.884	
25	BREANNE SCHAEFER		F: 8	Runner	3243	00:27:38.97	08:53	6.7mph	Female 40 - 49:	2
			<u>Split Description</u>			<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>	
			Split1			00:08:35.880	08:18	7.2mph	00:08:35.880	
			Split 2			00:09:49.839	09:29	6.3mph	00:18:25.719	
			Finish			00:09:13.260	08:54	6.7mph	00:27:38.979	
26	DAN SCHAEFER		M: 18	Runner	3247	00:27:39.18	08:54	6.7mph	Male 40 - 49:	2
			<u>Split Description</u>			<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>	
			Split1			00:08:33.267	08:15	7.3mph	00:08:33.267	
			Split 2			00:09:50.579	09:30	6.3mph	00:18:23.846	
			Finish			00:09:15.338	08:56	6.7mph	00:27:39.184	

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27	SHERRI BECKERSON	HAMILTON, CA	F: 9	Runner	1206	00:27:43.12	08:55	6.7mph	Female 30 - 39: 1
			<u>Split Description</u>		<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>	
			Split1		00:08:07.337	07:50	7.7mph	00:08:07.337	
			Split 2		00:09:43.446	09:23	6.4mph	00:17:50.783	
			Finish		00:09:52.342	09:31	6.3mph	00:27:43.125	
28	CATHARINE MUNN	DUNDAS, CA	F: 10	Runner	1267	00:27:45.65	08:56	6.7mph	Female 40 - 49: 3
			<u>Split Description</u>		<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>	
			Split1		00:08:05.692	07:48	7.7mph	00:08:05.692	
			Split 2		00:10:01.056	09:40	6.2mph	00:18:06.748	
			Finish		00:09:38.909	09:18	6.4mph	00:27:45.657	
29	ISABEL RICHARDS	DUNDAS, CA	F: 11	Runner	1289	00:27:46.43	08:56	6.7mph	Female 10 - 19: 1
			<u>Split Description</u>		<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>	
			Split1		00:08:04.834	07:48	7.7mph	00:08:04.834	
			Split 2		00:10:01.041	09:40	6.2mph	00:18:05.875	
			Finish		00:09:40.562	09:20	6.4mph	00:27:46.437	
30	NIALL HYNES		M: 19	Runner	3262	00:27:54.19	08:58	6.7mph	Male 20 - 29: 7
			<u>Split Description</u>		<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>	
			Split1		00:08:05.256	07:48	7.7mph	00:08:05.256	
			Split 2		00:09:51.897	09:31	6.3mph	00:17:57.153	
			Finish		00:09:57.046	09:36	6.2mph	00:27:54.199	
31	BINYAMIN BACQUAIN		M: 20	Runner	3252	00:27:55.48	08:59	6.7mph	Male 20 - 29: 8
			<u>Split Description</u>		<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>	
			Split1		00:08:05.471	07:48	7.7mph	00:08:05.471	
			Split 2		00:09:53.310	09:32	6.3mph	00:17:58.781	
			Finish		00:09:56.699	09:36	6.2mph	00:27:55.480	
32	TYLER CHAMPAGNE	OAKVILLE, CA	M: 21	Runner	1214	00:27:57.60	08:59	6.7mph	Male 20 - 29: 9
			<u>Split Description</u>		<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>	
			Split1		00:08:01.454	07:44	7.7mph	00:08:01.454	
			Split 2		00:10:08.032	09:47	6.1mph	00:18:09.486	
			Finish		00:09:48.122	09:27	6.3mph	00:27:57.608	
33	MARCEL FAULKNER	HAMILTON, CA	M: 22	Runner	1226	00:28:22.95	09:08	6.6mph	Male 60 - 69: 3
			<u>Split Description</u>		<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>	
			Split1		00:08:38.458	08:20	7.2mph	00:08:38.458	
			Split 2		00:09:55.946	09:35	6.3mph	00:18:34.404	
			Finish		00:09:48.549	09:28	6.3mph	00:28:22.953	
34	PAUL BOYLE	DUNDAS, CA	M: 23	Runner	1207	00:28:36.87	09:12	6.5mph	Male 60 - 69: 4
			<u>Split Description</u>		<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>	
			Split1		00:09:49.853	09:29	6.3mph	00:09:49.853	
			Split 2		00:09:38.674	09:18	6.4mph	00:19:28.527	
			Finish		00:09:08.347	08:49	6.8mph	00:28:36.874	
35	CHAD ROGLICH	MOUNT HOPE, CA	M: 24	Runner	1291	00:28:39.53	09:13	6.5mph	Male 40 - 49: 3
			<u>Split Description</u>		<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>	
			Split1		00:08:20.607	08:03	7.4mph	00:08:20.607	
			Split 2		00:10:08.618	09:47	6.1mph	00:18:29.225	
			Finish		00:10:10.310	09:49	6.1mph	00:28:39.535	
36	TONY GIANNINI	BURLINGTON, CA	M: 25	Runner	1231	00:28:51.91	09:17	6.5mph	Male 50 - 59: 2
			<u>Split Description</u>		<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>	
			Split1		00:07:54.816	07:38	7.9mph	00:07:54.816	
			Split 2		00:10:31.601	10:09	5.9mph	00:18:26.417	
			Finish		00:10:25.501	10:03	6.0mph	00:28:51.918	
37	AARON STONE		M: 26	Runner	3287	00:29:02.07	09:20	6.4mph	Male 30 - 39: 4
			<u>Split Description</u>		<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>	
			Split1		00:09:03.915	08:45	6.9mph	00:09:03.915	
			Split 2		00:10:19.672	09:58	6.0mph	00:19:23.587	
			Finish		00:09:38.486	09:18	6.4mph	00:29:02.073	
38	NATE DIXON	WATERDOWN, CA	M: 27	Runner	1221	00:29:05.55	09:21	6.4mph	Male 20 - 29: 10
			<u>Split Description</u>		<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>	
			Split1		00:07:13.062	06:58	8.6mph	00:07:13.062	
			Split 2		00:10:34.161	10:12	5.9mph	00:17:47.223	
			Finish		00:11:18.331	10:54	5.5mph	00:29:05.554	
39	ANGELA REITSMA	HAMILTON, CA	F: 12	Runner	1287	00:29:18.78	09:26	6.4mph	Female 30 - 39: 2
			<u>Split Description</u>		<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>	
			Split1		00:08:19.176	08:01	7.5mph	00:08:19.176	
			Split 2		00:10:35.651	10:13	5.9mph	00:18:54.827	
			Finish		00:10:23.961	10:02	6.0mph	00:29:18.788	

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40	YANG TING		F: 13	Runner	3298	00:29:26.33	09:28	6.3mph	Female 40 - 49: 4
			<u>Split Description</u>		<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>	
			Split1		00:08:34.330	08:16	7.3mph	00:08:34.330	
			Split 2		00:10:34.016	10:12	5.9mph	00:19:08.346	
			Finish		00:10:17.984	09:56	6.0mph	00:29:26.330	
41	JIMMY GARDINER		M: 28	Runner	3275	00:29:37.59	09:32	6.3mph	Male 60 - 69: 5
			<u>Split Description</u>		<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>	
			Split1		00:09:15.232	08:56	6.7mph	00:09:15.232	
			Split 2		00:10:21.945	10:00	6.0mph	00:19:37.177	
			Finish		00:10:00.416	09:39	6.2mph	00:29:37.593	
42	ROGER BARKER		M: 29	Runner	3284	00:29:38.03	09:32	6.3mph	Male 70 - 79: 1
			<u>Split Description</u>		<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>	
			Split1		00:09:14.795	08:55	6.7mph	00:09:14.795	
			Split 2		00:10:24.479	10:02	6.0mph	00:19:39.274	
			Finish		00:09:58.760	09:38	6.2mph	00:29:38.034	
43	ANDREW PAGE-FOSTER		M: 30	Runner	3259	00:29:39.53	09:32	6.3mph	Male 40 - 49: 4
			<u>Split Description</u>		<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>	
			Split1		00:10:58.026	10:35	5.7mph	00:10:58.026	
			Split 2		00:09:36.793	09:16	6.5mph	00:20:34.819	
			Finish		00:09:04.712	08:45	6.8mph	00:29:39.531	
44	CARLA LABELLA	STONE CREEK, CA	F: 14	Runner	1244	00:29:40.42	09:33	6.3mph	Female 40 - 49: 5
			<u>Split Description</u>		<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>	
			Split1		00:08:20.009	08:02	7.5mph	00:08:20.009	
			Split 2		00:10:46.227	10:23	5.8mph	00:19:06.236	
			Finish		00:10:34.191	10:12	5.9mph	00:29:40.427	
45	DEBBIE IWANYZKI	WILSONVILLE, CA	F: 15	Runner	1241	00:30:29.85	09:48	6.1mph	Female 40 - 49: 6
			<u>Split Description</u>		<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>	
			Split1		00:08:19.804	08:02	7.5mph	00:08:19.804	
			Split 2		00:11:19.324	10:55	5.5mph	00:19:39.128	
			Finish		00:10:50.722	10:28	5.7mph	00:30:29.850	
46	JILLIAN MEYERS ROBERTS		F: 16	Runner	3291	00:30:30.66	09:49	6.1mph	Female 20 - 29: 3
			<u>Split Description</u>		<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>	
			Split1		00:00:19.790	00:19	188.4mph	00:00:19.790	
			Split 2		00:00:08.570	00:08	435.1mph	00:00:28.360	
			Finish		00:30:02.300	28:59	2.1mph	00:30:30.660	
47	CARL MCCASKELL	ANCASTER, CA	M: 31	Runner	1254	00:30:36.91	09:51	6.1mph	Male 50 - 59: 3
			<u>Split Description</u>		<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>	
			Split1		00:09:24.516	09:04	6.6mph	00:09:24.516	
			Split 2		00:11:12.538	10:49	5.5mph	00:20:37.054	
			Finish		00:09:59.857	09:39	6.2mph	00:30:36.911	
48	HAIDER SAEED	HAMILTON, CA	M: 32	Runner	1292	00:30:39.74	09:52	6.1mph	Male 40 - 49: 5
			<u>Split Description</u>		<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>	
			Split1		00:09:24.080	09:04	6.6mph	00:09:24.080	
			Split 2		00:11:13.220	10:49	5.5mph	00:20:37.300	
			Finish		00:10:02.448	09:41	6.2mph	00:30:39.748	
49	LUKE BARKER	HAMILTON, CA	M: 33	Runner	1203	00:30:48.32	09:54	6.1mph	Male 30 - 39: 5
			<u>Split Description</u>		<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>	
			Split1		00:08:35.697	08:17	7.2mph	00:08:35.697	
			Split 2		00:11:22.409	10:58	5.5mph	00:19:58.106	
			Finish		00:10:50.221	10:27	5.7mph	00:30:48.327	
50	JEANNETTE RAYNHAM	HAMILTON, CA	F: 17	Runner	1286	00:30:51.59	09:55	6.0mph	Female 20 - 29: 4
			<u>Split Description</u>		<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>	
			Split1		00:08:42.009	08:23	7.1mph	00:08:42.009	
			Split 2		00:11:00.950	10:38	5.6mph	00:19:42.959	
			Finish		00:11:08.632	10:45	5.6mph	00:30:51.591	
51	RYAN CLOUTIER	BURLINGTON, CA	M: 34	Runner	1215	00:30:53.03	09:56	6.0mph	Male 30 - 39: 6
			<u>Split Description</u>		<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>	
			Split1		00:09:15.232	08:56	6.7mph	00:09:15.232	
			Split 2		00:10:47.242	10:24	5.8mph	00:20:02.474	
			Finish		00:10:50.559	10:28	5.7mph	00:30:53.033	
52	RACHAEL LABOSSE		F: 18	Runner	3297	00:31:03.82	09:59	6.0mph	Female 20 - 29: 5
			<u>Split Description</u>		<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>	
			Split1		00:08:40.783	08:22	7.2mph	00:08:40.783	
			Split 2		00:11:22.097	10:58	5.5mph	00:20:02.880	
			Finish		00:11:00.945	10:38	5.6mph	00:31:03.825	

Running for Rachael 5k

Place	Name	Hometown	Gender	Type	Bib #	Time	Pace	Speed	Division Rank
53	ESTHER BEATTY	HAMILTON, CA	F: 19	Runner	1205	00:31:08.11	10:01	6.0mph	Female 50 - 59: 2
			<u>Split Description</u>		<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>	
			Split1		00:08:51.844	08:33	7.0mph	00:08:51.844	
			Split 2		00:11:21.053	10:57	5.5mph	00:20:12.897	
			Finish		00:10:55.219	10:32	5.7mph	00:31:08.116	
54	LAURA BAINBRIDGE	HAMILTON, CA	F: 20	Runner	1202	00:31:25.92	10:07	5.9mph	Female 40 - 49: 7
			<u>Split Description</u>		<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>	
			Split1		00:09:03.506	08:44	6.9mph	00:09:03.506	
			Split 2		00:09:49.409	09:29	6.3mph	00:18:52.915	
			Finish		00:12:33.013	12:06	5.0mph	00:31:25.928	
55	LIN XI YU	MISSISSAUGA, CA	F: 21	Runner	1227	00:31:32.48	10:09	5.9mph	Female 20 - 29: 6
			<u>Split Description</u>		<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>	
			Split1		00:08:29.008	08:11	7.3mph	00:08:29.008	
			Split 2		00:11:22.784	10:59	5.5mph	00:19:51.792	
			Finish		00:11:40.697	11:16	5.3mph	00:31:32.489	
56	BRIAN HATHAWAY	STONE CREEK, AR	M: 35	Runner	3276	00:31:47.01	10:13	5.9mph	Male 50 - 59: 4
			<u>Split Description</u>		<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>	
			Split1		00:09:51.551	09:31	6.3mph	00:09:51.551	
			Split 2		00:11:16.145	10:52	5.5mph	00:21:07.696	
			Finish		00:10:39.320	10:17	5.8mph	00:31:47.016	
57	ELAINE RENAULT	ANCASTER, CA	F: 22	Runner	1288	00:31:47.61	10:13	5.9mph	Female 40 - 49: 8
			<u>Split Description</u>		<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>	
			Split1		00:09:48.560	09:28	6.3mph	00:09:48.560	
			Split 2		00:11:19.722	10:56	5.5mph	00:21:08.282	
			Finish		00:10:39.331	10:17	5.8mph	00:31:47.613	
58	ESTHER PAULS		F: 23	Runner	3233	00:32:08.66	10:20	5.8mph	Female 60 - 69: 1
			<u>Split Description</u>		<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>	
			Split1		00:09:18.443	08:59	6.7mph	00:09:18.443	
			Split 2		00:11:52.975	11:28	5.2mph	00:21:11.418	
			Finish		00:10:57.245	10:34	5.7mph	00:32:08.663	
59	MARY BOOTH		F: 24	Runner	3292	00:32:12.78	10:22	5.8mph	Female 60 - 69: 2
			<u>Split Description</u>		<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>	
			Split1		00:09:48.937	09:28	6.3mph	00:09:48.937	
			Split 2		00:11:20.682	10:57	5.5mph	00:21:09.619	
			Finish		00:11:03.169	10:40	5.6mph	00:32:12.788	
60	ROSE FISCHER	HAMILTON, CA	F: 25	Runner	1228	00:32:15.92	10:23	5.8mph	Female 60 - 69: 3
			<u>Split Description</u>		<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>	
			Split1		00:09:49.724	09:29	6.3mph	00:09:49.724	
			Split 2		00:11:19.336	10:55	5.5mph	00:21:09.060	
			Finish		00:11:06.863	10:43	5.6mph	00:32:15.923	
61	NAFID SILSILA		F: 26	Runner	3267	00:32:32.21	10:28	5.7mph	Female 20 - 29: 7
			<u>Split Description</u>		<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>	
			Split1		00:08:37.973	08:20	7.2mph	00:08:37.973	
			Split 2		00:12:47.581	12:21	4.9mph	00:21:25.554	
			Finish		00:11:06.665	10:43	5.6mph	00:32:32.219	
62	ALLISON DONNELLY	WATERDOWN, CA	F: 27	Runner	1222	00:32:45.78	10:32	5.7mph	Female 40 - 49: 9
			<u>Split Description</u>		<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>	
			Split1		00:09:19.051	08:59	6.7mph	00:09:19.051	
			Split 2		00:11:34.194	11:10	5.4mph	00:20:53.245	
			Finish		00:11:52.536	11:27	5.2mph	00:32:45.781	
63	JOHN ATKINSON		M: 36	Runner	3282	00:32:59.99	10:37	5.6mph	Male 40 - 49: 6
			<u>Split Description</u>		<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>	
			Split1		00:10:17.331	09:55	6.0mph	00:10:17.331	
			Split 2		00:14:46.249	14:15	4.2mph	00:25:03.580	
			Finish		00:07:56.410	07:39	7.8mph	00:32:59.990	
64	TIMER SEE		F: 28	Runner	3251	00:33:07.79	10:39	5.6mph	Female 0 - 9: 1
			<u>Split Description</u>		<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>	
			Split1		00:09:20.729	09:01	6.7mph	00:09:20.729	
			Split 2		00:12:35.605	12:09	4.9mph	00:21:56.334	
			Finish		00:11:11.457	10:48	5.6mph	00:33:07.791	
65	EMILY ALTON	BURLINGTON, CA	F: 29	Runner	1201	00:33:08.79	10:40	5.6mph	Female 30 - 39: 3
			<u>Split Description</u>		<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>	
			Split1		00:09:07.744	08:48	6.8mph	00:09:07.744	
			Split 2		00:12:33.985	12:07	4.9mph	00:21:41.729	
			Finish		00:11:27.062	11:03	5.4mph	00:33:08.791	

Running for Rachael 5k

Place	Name	Hometown	Gender	Type	Bib #	Time	Pace	Speed	Division	Rank
66	MASON SCHAEFER		M: 37	Runner	3248	00:33:13.77	10:41	5.6mph	Male 10 - 19:	2
			<u>Split Description</u>			<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>	
			Split1			00:09:03.280	08:44	6.9mph	00:09:03.280	
			Split 2			00:12:18.466	11:52	5.0mph	00:21:21.746	
			Finish			00:11:52.031	11:27	5.2mph	00:33:13.777	
67	ZACH CERWELL		M: 38	Runner	3294	00:33:49.73	10:53	5.5mph	Male 20 - 29:	11
			<u>Split Description</u>			<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>	
			Split1			00:08:35.281	08:17	7.2mph	00:08:35.281	
			Split 2			00:12:54.683	12:27	4.8mph	00:21:29.964	
			Finish			00:12:19.766	11:54	5.0mph	00:33:49.730	
68	MARCIA MCCASKELL	ANCASTER, CA	F: 30	Runner	1260	00:34:19.82	11:02	5.4mph	Female 50 - 59:	3
			<u>Split Description</u>			<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>	
			Split1			00:09:26.128	09:06	6.6mph	00:09:26.128	
			Split 2			00:12:03.387	11:38	5.2mph	00:21:29.515	
			Finish			00:12:50.314	12:23	4.8mph	00:34:19.829	
69	JENN BRASCH.		F: 31	Runner	0	00:34:25.78	11:04	5.4mph	Female 50 - 59:	4
			<u>Split Description</u>			<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>	
			Split1			00:08:41.673	08:23	7.1mph	00:08:41.673	
			Split 2			00:15:02.814	14:31	4.1mph	00:23:44.487	
			Finish			00:10:41.299	10:19	5.8mph	00:34:25.786	
70	NIKOLETTA PAPADOPOULOS	TORONTO, CA	F: 32	Runner	3271	00:34:54.85	11:14	5.3mph	Female 30 - 39:	4
			<u>Split Description</u>			<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>	
			Split1			00:09:53.040	09:32	6.3mph	00:09:53.040	
			Split 2			00:12:33.122	12:07	5.0mph	00:22:26.162	
			Finish			00:12:28.689	12:02	5.0mph	00:34:54.851	
71	DEBRA COLLINS		F: 33	Runner	3258	00:35:07.41	11:18	5.3mph	Female 50 - 59:	5
			<u>Split Description</u>			<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>	
			Split1			00:10:12.580	09:51	6.1mph	00:10:12.580	
			Split 2			00:12:54.880	12:28	4.8mph	00:23:07.460	
			Finish			00:11:59.952	11:35	5.2mph	00:35:07.412	
72	SANDRA D'ALESSANDRO	HAMILTON, CA	F: 34	Runner	1218	00:35:08.21	11:18	5.3mph	Female 30 - 39:	5
			<u>Split Description</u>			<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>	
			Split1			00:10:17.119	09:55	6.0mph	00:10:17.119	
			Split 2			00:12:52.898	12:26	4.8mph	00:23:10.017	
			Finish			00:11:58.195	11:33	5.2mph	00:35:08.212	
73	SCOTT ARSENAULT		M: 39	Runner	3244	00:35:10.27	11:19	5.3mph	Male 50 - 59:	5
			<u>Split Description</u>			<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>	
			Split1			00:09:19.694	09:00	6.7mph	00:09:19.694	
			Split 2			00:12:51.565	12:24	4.8mph	00:22:11.259	
			Finish			00:12:59.015	12:32	4.8mph	00:35:10.274	
74	RACHEL GIBBS	BURLINGTON, CA	F: 35	Runner	1234	00:35:11.63	11:19	5.3mph	Female 30 - 39:	6
			<u>Split Description</u>			<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>	
			Split1			00:09:15.232	08:56	6.7mph	00:09:15.232	
			Split 2			00:12:49.962	12:23	4.8mph	00:22:05.194	
			Finish			00:13:06.443	12:39	4.7mph	00:35:11.637	
75	COLLEEN MARSHALL	HAMILTON, CA	F: 36	Runner	1250	00:35:12.00	11:19	5.3mph	Female 50 - 59:	6
			<u>Split Description</u>			<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>	
			Split1			00:10:15.729	09:54	6.1mph	00:10:15.729	
			Split 2			00:12:53.977	12:27	4.8mph	00:23:09.706	
			Finish			00:12:02.301	11:37	5.2mph	00:35:12.007	
76	MELANIE KING	HAMILTON, CA	F: 37	Runner	1242	00:35:16.66	11:21	5.3mph	Female 30 - 39:	7
			<u>Split Description</u>			<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>	
			Split1			00:09:31.056	09:11	6.5mph	00:09:31.056	
			Split 2			00:12:20.456	11:54	5.0mph	00:21:51.512	
			Finish			00:13:25.150	12:57	4.6mph	00:35:16.662	
77	SARA NIEZEN	BURLINGTON, CA	F: 38	Runner	1270	00:35:22.81	11:23	5.3mph	Female 20 - 29:	8
			<u>Split Description</u>			<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>	
			Split1			00:10:01.259	09:40	6.2mph	00:10:01.259	
			Split 2			00:13:19.510	12:51	4.7mph	00:23:20.769	
			Finish			00:12:02.048	11:37	5.2mph	00:35:22.817	
78	KRISTYN WILLIAMSON		F: 39	Runner	3253	00:35:23.49	11:23	5.3mph	Female 20 - 29:	9
			<u>Split Description</u>			<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>	
			Split1			00:09:19.902	09:00	6.7mph	00:09:19.902	
			Split 2			00:14:02.570	13:33	4.4mph	00:23:22.472	
			Finish			00:12:01.025	11:36	5.2mph	00:35:23.497	

Running for Rachael 5k

Place	Name	Hometown	Gender	Type	Bib #	Time	Pace	Speed	Division Rank	
79	TAMMY NOXELL	BURLINGTON, CA	F: 40	Runner	1275	00:35:57.82	11:34	5.2mph	Female 40 - 49: 10	
			<u>Split Description</u>			<u>Split Time</u>		<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
			Split1			00:09:20.386		09:01	6.7mph	00:09:20.386
			Split 2			00:13:03.759		12:36	4.8mph	00:22:24.145
			Finish			00:13:33.680		13:05	4.6mph	00:35:57.825
80	FREDERICK DRYDEN	HAMILTON, CA	M: 40	Runner	1223	00:36:13.52	11:39	5.1mph	Male 40 - 49: 7	
			<u>Split Description</u>			<u>Split Time</u>		<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
			Split1			00:10:11.003		09:49	6.1mph	00:10:11.003
			Split 2			00:12:56.247		12:29	4.8mph	00:23:07.250
			Finish			00:13:06.270		12:39	4.7mph	00:36:13.520
81	DAVID SWEET		M: 41	Runner	3293	00:36:14.73	11:39	5.1mph	Male 60 - 69: 6	
			<u>Split Description</u>			<u>Split Time</u>		<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
			Split1			00:10:12.291		09:51	6.1mph	00:10:12.291
			Split 2			00:12:56.257		12:29	4.8mph	00:23:08.548
			Finish			00:13:06.184		12:38	4.7mph	00:36:14.732
82	NADINE GREER	BURLINGTON, CA	F: 41	Runner	1236	00:36:47.34	11:50	5.1mph	Female 20 - 29: 10	
			<u>Split Description</u>			<u>Split Time</u>		<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
			Split1			00:09:47.947		09:27	6.3mph	00:09:47.947
			Split 2			00:13:29.137		13:01	4.6mph	00:23:17.084
			Finish			00:13:30.258		13:02	4.6mph	00:36:47.342
83	SANDY HUIBERS	ST. CATHARINES, CA	F: 42	Runner	1240	00:38:04.97	12:15	4.9mph	Female 30 - 39: 8	
			<u>Split Description</u>			<u>Split Time</u>		<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
			Split1			00:10:55.462		10:32	5.7mph	00:10:55.462
			Split 2			00:13:30.279		13:02	4.6mph	00:24:25.741
			Finish			00:13:39.238		13:10	4.6mph	00:38:04.979
84	BRANDY O'TOOLE	HAMILTON, CA	F: 43	Runner	1277	00:38:27.03	12:22	4.8mph	Female 20 - 29: 11	
			<u>Split Description</u>			<u>Split Time</u>		<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
			Split1			00:10:56.041		10:33	5.7mph	00:10:56.041
			Split 2			00:13:43.270		13:14	4.5mph	00:24:39.311
			Finish			00:13:47.719		13:19	4.5mph	00:38:27.030
85	KRISTIN GREGORY	HAMILTON, CA	F: 44	Runner	1238	00:38:27.62	12:22	4.8mph	Female 20 - 29: 12	
			<u>Split Description</u>			<u>Split Time</u>		<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
			Split1			00:10:57.817		10:35	5.7mph	00:10:57.817
			Split 2			00:13:44.921		13:16	4.5mph	00:24:42.738
			Finish			00:13:44.889		13:16	4.5mph	00:38:27.627
86	ALANNA ALTON	HAMILTON, CA	F: 45	Runner	1200	00:38:40.03	12:26	4.8mph	Female 20 - 29: 13	
			<u>Split Description</u>			<u>Split Time</u>		<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
			Split1			00:09:55.638		09:35	6.3mph	00:09:55.638
			Split 2			00:13:37.531		13:09	4.6mph	00:23:33.169
			Finish			00:15:06.870		14:35	4.1mph	00:38:40.039
87	MUGHAS ALAM		M: 42	Runner	3283	00:39:50.00	12:49	4.7mph	Male 20 - 29: 12	
			<u>Split Description</u>			<u>Split Time</u>		<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
			Split1			00:09:28.422		09:08	6.6mph	00:09:28.422
			Split 2			00:16:14.857		15:41	3.8mph	00:25:43.279
			Finish			00:14:06.729		13:37	4.4mph	00:39:50.008
88	REBECCA DYKER		F: 46	Runner	3280	00:39:50.73	12:49	4.7mph	Female 20 - 29: 14	
			<u>Split Description</u>			<u>Split Time</u>		<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
			Split1			00:10:02.616		09:41	6.2mph	00:10:02.616
			Split 2			00:15:43.223		15:10	4.0mph	00:25:45.839
			Finish			00:14:04.899		13:35	4.4mph	00:39:50.738
89	LISA MERCANTI-LADD	STONE CREEK, CA	F: 47	Runner	1264	00:41:13.53	13:16	4.5mph	Female 40 - 49: 11	
			<u>Split Description</u>			<u>Split Time</u>		<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
			Split1			00:11:35.799		11:11	5.4mph	00:11:35.799
			Split 2			00:14:40.325		14:09	4.2mph	00:26:16.124
			Finish			00:14:57.415		14:26	4.2mph	00:41:13.539
90	LISA GIBBS	HAMILTON, CA	F: 48	Runner	1233	00:50:34.02	16:16	3.7mph	Female 30 - 39: 9	
			<u>Split Description</u>			<u>Split Time</u>		<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
			Split1			00:13:45.467		13:16	4.5mph	00:13:45.467
			Split 2			00:18:23.398		17:45	3.4mph	00:32:08.865
			Finish			00:18:25.155		17:46	3.4mph	00:50:34.020
91	RHONNIE COCKSHUTT	WATERDOWN, CA	F: 49	Runner	1217	00:55:31.34	17:52	3.4mph	Female 20 - 29: 15	
			<u>Split Description</u>			<u>Split Time</u>		<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
			Split1			00:22:16.993		21:30	2.8mph	00:22:16.993
			Split 2			00:23:10.926		22:22	2.7mph	00:45:27.919
			Finish			00:10:03.430		09:42	6.2mph	00:55:31.349

Running for Rachael 5k

Place	Name	Hometown	Gender	Type	Bib #	Time	Pace	Speed	Division Rank
92	LISA-MARIE PHARAND		F: 50	Runner	3260	42:09:13.37	34:04	0.1mph	Female 50 - 59: 7
		<u>Split Description</u>		<u>Split Time</u>		<u>Pace</u>		<u>Speed</u>	<u>Cumulative</u>
		Split 1		00:13:30.000		13:01		4.6mph	00:13:30.000
		Split 2		00:15:19.950		14:48		4.1mph	00:28:49.950
		Finish		41:40:23.420		13:54		0.0mph	42:09:13.370