

# Haliburton Forest Trail Race - 100 Mile Trail Race

Place	Name	Hometown	Gender	Type	Bib #	Time	Pace	Speed	Division Rank	
1	KIP ARLIDGE	HUNTSVILLE, AR	M: 1	Runner	39	15:36:33.03	05:49	10.3kph	Overall Male: 1	
						<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
						50 Miles	07:10:20.542	05:20	11.2kph	07:10:20.542
						100 Miles	08:26:12.489	06:17	9.5kph	15:36:33.031
2	ADAM KOPPANY	KINGSTON, AR	M: 2	Runner	37	19:05:34.00	07:07	8.4kph	Overall Male: 2	
						<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
						50 Miles	08:16:16.311	06:10	9.7kph	08:16:16.311
						100 Miles	10:49:17.689	08:04	7.4kph	19:05:34.000
3	EMILY RUDOW	TORONTO, AR	F: 1	Runner	28	22:50:16.99	08:30	7.0kph	Overall Female: 1	
						<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
						50 Miles	09:32:50.766	07:07	8.4kph	09:32:50.766
						100 Miles	13:17:26.225	09:54	6.1kph	22:50:16.991
4	PIERRE-LUC DERY	LAC-À-LA-TORTUE, AR	M: 3	Runner	50	23:39:50.33	08:49	6.8kph	Overall Male: 3	
						<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
						50 Miles	09:57:42.350	07:25	8.1kph	09:57:42.350
						100 Miles	13:42:07.985	10:13	5.9kph	23:39:50.335
5	DAVID HOGG	AJAX, AR	M: 4	Runner	10	24:35:14.28	09:10	6.5kph	Male 0 - 49: 1	
						<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
						50 Miles	10:26:51.650	07:47	7.7kph	10:26:51.650
						100 Miles	14:08:22.633	10:32	5.7kph	24:35:14.283
6	MICHAEL LUXTON	OSHAWA, AR	M: 5	Runner	32	24:52:43.34	09:16	6.5kph	Male 0 - 49: 2	
						<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
						50 Miles	10:09:16.623	07:34	7.9kph	10:09:16.623
						100 Miles	14:43:26.726	10:58	5.5kph	24:52:43.349
7	MATTHEW BRIGGS	TOTTENHAM, AR	M: 6	Runner	23	24:57:28.58	09:18	6.4kph	Male 0 - 49: 3	
						<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
						50 Miles	10:09:14.889	07:34	7.9kph	10:09:14.889
						100 Miles	14:48:13.694	11:02	5.4kph	24:57:28.583
8	BILL MCNALLY	ACTON, AR	M: 7	Runner	30	25:57:55.92	09:40	6.2kph	Male 0 - 49: 4	
						<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
						50 Miles	10:55:14.631	08:08	7.4kph	10:55:14.631
						100 Miles	15:02:41.297	11:13	5.3kph	25:57:55.928
9	ANNA JONES	ROSENEATH, AR	F: 2	Runner	53	26:00:00.87	09:41	6.2kph	Overall Female: 2	
						<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
						50 Miles	09:57:08.366	07:25	8.1kph	09:57:08.366
						100 Miles	16:02:52.507	11:57	5.0kph	26:00:00.873
10	MICHAEL WILLIAMS	GARSON, AR	M: 8	Runner	20	26:46:27.60	09:58	6.0kph	Male 50 - 120: 1	
						<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
						50 Miles	10:52:09.074	08:06	7.4kph	10:52:09.074
						100 Miles	15:54:18.526	11:51	5.1kph	26:46:27.600
11	DAVID VARTY	THORNHILL, AR	M: 9	Runner	51	26:57:25.82	10:03	6.0kph	Male 0 - 49: 5	
						<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
						50 Miles	11:46:46.876	08:47	6.8kph	11:46:46.876
						100 Miles	15:10:38.944	11:19	5.3kph	26:57:25.820
12	EMMANUEL RONCHIN	PICKERING, AR	M: 10	Runner	35	27:06:33.27	10:06	5.9kph	Male 0 - 49: 6	
						<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
						50 Miles	11:13:49.497	08:22	7.2kph	11:13:49.497
						100 Miles	15:52:43.777	11:50	5.1kph	27:06:33.274
13	JEAN-SÉBASTIEN ST-PIERRE	FABRE, AR	M: 11	Runner	38	27:29:28.85	10:14	5.9kph	Male 0 - 49: 7	
						<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
						50 Miles	10:39:31.344	07:56	7.5kph	10:39:31.344
						100 Miles	16:49:57.506	12:33	4.8kph	27:29:28.850
14	BERNARD ABARQUEZ	TORONTO, AR	M: 12	Runner	42	27:45:34.97	10:20	5.8kph	Male 0 - 49: 8	
						<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
						50 Miles	11:46:18.368	08:46	6.8kph	11:46:18.368
						100 Miles	15:59:16.603	11:55	5.0kph	27:45:34.971
15	JENNIFER PAYNE	CARLETON PLACE, AR	F: 3	Runner	21	27:51:10.23	10:23	5.8kph	Overall Female: 3	
						<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
						50 Miles	11:38:41.828	08:40	6.9kph	11:38:41.828
						100 Miles	16:12:28.411	12:05	5.0kph	27:51:10.239

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Place	Name	Hometown	Gender	Type	Bib #	Time	Pace	Speed	Division Rank
16	CARSTEN QUELL	OTTAWA, AR	M: 13	Runner	26	27:56:30.09	10:25	5.8kph	Male 50 - 120: 2
			<u>Split Description</u>			<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
			50 Miles			11:11:34.305	08:20	7.2kph	11:11:34.305
			100 Miles			16:44:55.785	12:29	4.8kph	27:56:30.090
17	HELEN FRANCIS	SUDBURY, AR	F: 4	Runner	4	28:10:48.80	10:30	5.7kph	Female 0 - 49: 1
			<u>Split Description</u>			<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
			50 Miles			10:58:26.233	08:10	7.3kph	10:58:26.233
			100 Miles			17:12:22.570	12:49	4.7kph	28:10:48.803
18	JEREMY FERGUSON	KITCHENER, AR	M: 14	Runner	3	28:14:24.71	10:31	5.7kph	Male 0 - 49: 9
			<u>Split Description</u>			<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
			50 Miles			11:44:14.578	08:45	6.9kph	11:44:14.578
			100 Miles			16:30:10.141	12:18	4.9kph	28:14:24.719
19	LARISSA CHANKSELIANI	CONCORD, AR	F: 5	Runner	52	28:16:32.54	10:32	5.7kph	Female 50 - 120: 1
			<u>Split Description</u>			<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
			50 Miles			11:19:42.684	08:26	7.1kph	11:19:42.684
			100 Miles			16:56:49.856	12:38	4.7kph	28:16:32.540
20	PAM BARRETT	WHITBY, AR	F: 6	Runner	36	28:28:14.95	10:36	5.7kph	Female 0 - 49: 2
			<u>Split Description</u>			<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
			50 Miles			12:06:47.885	09:01	6.6kph	12:06:47.885
			100 Miles			16:21:27.068	12:11	4.9kph	28:28:14.953
21	STEPHEN CADIEUX	KANATA, AR	M: 15	Runner	9	28:29:36.24	10:37	5.6kph	Male 50 - 120: 3
			<u>Split Description</u>			<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
			50 Miles			13:59:57.232	10:26	5.7kph	13:59:57.232
			100 Miles			14:29:39.009	10:48	5.6kph	28:29:36.241
22	GRACE PANOFF	MOUNT HOPE, AR	F: 7	Runner	17	29:27:18.87	10:58	5.5kph	Female 50 - 120: 2
			<u>Split Description</u>			<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
			50 Miles			14:06:20.378	10:31	5.7kph	14:06:20.378
			100 Miles			15:20:58.496	11:26	5.2kph	29:27:18.874
23	GRANT MONETTE	DURHAM, AR	M: 16	Runner	48	29:27:21.91	10:58	5.5kph	Male 50 - 120: 4
			<u>Split Description</u>			<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
			50 Miles			12:20:04.228	09:11	6.5kph	12:20:04.228
			100 Miles			17:07:17.682	12:45	4.7kph	29:27:21.910