

10K RUNNING FOR RACHAEL 2018

Place	Name	Hometown	Gender	Type	Bib #	Time	Pace	Speed	Division Rank
1	KALEN PAVKOVIC		M: 1	RUNNER	820	00:42:49.29	06:53	8.7mph	Overall Male Runner: 1
			<u>Split Description</u>	<u>Split Time</u>		<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>	
			5k	00:22:23.859		07:12	8.3mph	00:22:23.859	
			5k	00:20:25.438		06:34	9.1mph	00:42:49.297	
2	WILL GILMET		M: 2	RUNNER	1056	00:43:28.22	06:59	8.6mph	Overall Male Runner: 2
			<u>Split Description</u>	<u>Split Time</u>		<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>	
			5k	00:22:27.417		07:13	8.3mph	00:22:27.417	
			5k	00:21:00.805		06:45	8.9mph	00:43:28.222	
3	KEVIN DEMATTOS		M: 3	RUNNER	830	00:44:03.83	07:05	8.5mph	Overall Male Runner: 3
			<u>Split Description</u>	<u>Split Time</u>		<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>	
			5k	00:22:27.362		07:13	8.3mph	00:22:27.362	
			5k	00:21:36.473		06:57	8.6mph	00:44:03.835	
4	JEFF JANS		M: 4	RUNNER	803	00:46:32.49	07:29	8.0mph	Male 40 - 49: 1
			<u>Split Description</u>	<u>Split Time</u>		<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>	
			5k	00:22:25.677		07:13	8.3mph	00:22:25.677	
			5k	00:24:06.813		07:45	7.7mph	00:46:32.490	
5	SEOJIN LEE		M: 5	RUNNER	949	00:47:33.77	07:39	7.8mph	Male 20 - 29: 1
			<u>Split Description</u>	<u>Split Time</u>		<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>	
			5k	00:24:32.792		07:54	7.6mph	00:24:32.792	
			5k	00:23:00.979		07:24	8.1mph	00:47:33.771	
6	MEGHAN FTHENOS		F: 1	RUNNER	1130	00:47:40.64	07:40	7.8mph	Overall Female Runner: 1
			<u>Split Description</u>	<u>Split Time</u>		<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>	
			5k	00:23:19.233		07:30	8.0mph	00:23:19.233	
			5k	00:24:21.410		07:50	7.7mph	00:47:40.643	
7	HAMISH SHEA-PELLETIER		M: 6	RUNNER	1141	00:48:00.60	07:43	7.8mph	Male 60 - 69: 1
			<u>Split Description</u>	<u>Split Time</u>		<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>	
			5k	00:23:16.708		07:29	8.0mph	00:23:16.708	
			5k	00:24:43.893		07:57	7.5mph	00:48:00.601	
8	ELAINE RENAULT		F: 2	RUNNER	762	00:51:15.58	08:14	7.3mph	Overall Female Runner: 2
			<u>Split Description</u>	<u>Split Time</u>		<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>	
			5k	00:25:26.839		08:11	7.3mph	00:25:26.839	
			5k	00:25:48.746		08:18	7.2mph	00:51:15.585	
9	JULIAN SCHRODER		M: 7	RUNNER	798	00:51:28.00	08:16	7.2mph	Male 20 - 29: 2
			<u>Split Description</u>	<u>Split Time</u>		<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>	
			5k	00:26:26.604		08:30	7.0mph	00:26:26.604	
			5k	00:25:01.401		08:03	7.4mph	00:51:28.005	
10	ALLAN FELDMAN		M: 8	RUNNER	776	00:52:32.30	08:27	7.1mph	Male 60 - 69: 2
			<u>Split Description</u>	<u>Split Time</u>		<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>	
			5k	00:26:29.036		08:31	7.0mph	00:26:29.036	
			5k	00:26:03.267		08:23	7.2mph	00:52:32.303	
11	ROGER BARKER		M: 9	RUNNER	766	00:52:33.64	08:27	7.1mph	Male 70 - 79: 1
			<u>Split Description</u>	<u>Split Time</u>		<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>	
			5k	00:26:25.939		08:30	7.1mph	00:26:25.939	
			5k	00:26:07.706		08:24	7.1mph	00:52:33.645	
12	GERRY GROFF		M: 10	RUNNER	787	00:52:41.08	08:28	7.1mph	Male 0 - 9: 1
			<u>Split Description</u>	<u>Split Time</u>		<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>	
			5k	00:26:19.855		08:28	7.1mph	00:26:19.855	
			5k	00:26:21.233		08:28	7.1mph	00:52:41.088	
13	ANNE GRZELLA		F: 3	RUNNER	799	00:52:54.46	08:30	7.0mph	Overall Female Runner: 3
			<u>Split Description</u>	<u>Split Time</u>		<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>	
			5k	00:26:27.040		08:30	7.0mph	00:26:27.040	
			5k	00:26:27.421		08:30	7.0mph	00:52:54.461	
14	MARLENA HEELEY		F: 4	RUNNER	852	00:54:22.78	08:45	6.9mph	Female 30 - 39: 1
			<u>Split Description</u>	<u>Split Time</u>		<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>	
			5k	00:28:52.242		09:17	6.5mph	00:28:52.242	
			5k	00:25:30.538		08:12	7.3mph	00:54:22.780	
15	JORDAN PEYTON		M: 11	RUNNER	817	00:57:38.90	09:16	6.5mph	Male 20 - 29: 3
			<u>Split Description</u>	<u>Split Time</u>		<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>	
			5k	00:29:07.510		09:22	6.4mph	00:29:07.510	
			5k	00:28:31.392		09:10	6.5mph	00:57:38.902	
16	JEN JOHNSON		F: 5	RUNNER	1104	00:58:12.20	09:22	6.4mph	Female 40 - 49: 1
			<u>Split Description</u>	<u>Split Time</u>		<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>	
			5k	00:30:03.565		09:40	6.2mph	00:30:03.565	
			5k	00:28:08.637		09:03	6.6mph	00:58:12.202	

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17	CARL MCCASKELL		M: 12	RUNNER	647	00:58:15.10	09:22	6.4mph	Male 50 - 59:	1
			<u>Split Description</u>			<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>	
			5k			00:30:06.152	09:41	6.2mph	00:30:06.152	
			5k			00:28:08.950	09:03	6.6mph	00:58:15.102	
18	CINDY NEVILLE		F: 6	RUNNER	657	00:58:55.38	09:28	6.3mph	Female 50 - 59:	1
			<u>Split Description</u>			<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>	
			5k			00:28:54.471	09:18	6.4mph	00:28:54.471	
			5k			00:30:00.916	09:39	6.2mph	00:58:55.387	
19	HAIDER SAEED		M: 13	RUNNER	694	00:59:11.49	09:31	6.3mph	Male 40 - 49:	2
			<u>Split Description</u>			<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>	
			5k			00:30:06.963	09:41	6.2mph	00:30:06.963	
			5k			00:29:04.536	09:21	6.4mph	00:59:11.499	
20	MICHELLE KHO		F: 7	RUNNER	1150	00:59:21.43	09:33	6.3mph	Female 40 - 49:	2
			<u>Split Description</u>			<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>	
			5k			00:30:17.993	09:45	6.2mph	00:30:17.993	
			5k			00:29:03.444	09:21	6.4mph	00:59:21.437	
21	FRANCINE MARZANEK		F: 8	RUNNER	1103	01:01:02.29	09:49	6.1mph	Female 50 - 59:	2
			<u>Split Description</u>			<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>	
			5k			00:30:22.045	09:46	6.1mph	00:30:22.045	
			5k			00:30:40.245	09:52	6.1mph	01:01:02.290	
22	SARI YAKUBOVICH		F: 9	RUNNER	754	01:01:10.19	09:50	6.1mph	Female 30 - 39:	2
			<u>Split Description</u>			<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>	
			5k			00:30:27.962	09:48	6.1mph	00:30:27.962	
			5k			00:30:42.234	09:52	6.1mph	01:01:10.196	
23	SUEANN MILLER-KOREN		F: 10	RUNNER	960	01:01:26.09	09:53	6.1mph	Female 50 - 59:	3
			<u>Split Description</u>			<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>	
			5k			00:34:45.994	11:11	5.4mph	00:34:45.994	
			5k			00:26:40.096	08:35	7.0mph	01:01:26.090	
24	CARLA LABELLA		F: 11	RUNNER	649	01:02:43.19	10:05	5.9mph	Female 40 - 49:	3
			<u>Split Description</u>			<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>	
			5k			00:30:28.579	09:48	6.1mph	00:30:28.579	
			5k			00:32:14.613	10:22	5.8mph	01:02:43.192	
25	MARY BOOTH		F: 12	RUNNER	765	01:03:27.77	10:12	5.9mph	Female 60 - 69:	1
			<u>Split Description</u>			<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>	
			5k			01:02:56.741	20:15	3.0mph	01:02:56.741	
			5k			00:00:31.032	00:09	360.4mph	01:03:27.773	
26	KELLY MANCINI		F: 13	RUNNER	827	01:04:19.31	10:21	5.8mph	Female 40 - 49:	4
			<u>Split Description</u>			<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>	
			5k			01:03:58.742	20:35	2.9mph	01:03:58.742	
			5k			00:00:20.568	00:06	543.8mph	01:04:19.310	
27	SANDY SCHWEYER		F: 14	RUNNER	944	01:04:27.78	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>	
			5k			01:04:07.497	20:38	2.9mph	01:04:07.497	
			5k			00:00:20.288	00:06	551.3mph	01:04:27.785	
28	MAURICIO CASTELLANOS		M: 14	RUNNER	1154	01:05:37.64	10:33	5.7mph	Male 20 - 29:	4
			<u>Split Description</u>			<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>	
			5k			01:04:06.174	20:37	2.9mph	01:04:06.174	
			5k			00:01:31.474	00:29	122.3mph	01:05:37.648	
29	GAVIN CHAPMAN		M: 15	RUNNER	684	01:05:52.20	10:36	5.7mph	Male 30 - 39:	1
			<u>Split Description</u>			<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>	
			5k			00:31:34.117	10:09	5.9mph	00:31:34.117	
			5k			00:34:18.083	11:02	5.4mph	01:05:52.200	
30	DAVE GEROUX		M: 16	RUNNER	764	01:07:30.12	10:51	5.5mph	Male 30 - 39:	2
			<u>Split Description</u>			<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>	
			5k			00:30:00.046	09:39	6.2mph	00:30:00.046	
			5k			00:37:30.081	12:04	5.0mph	01:07:30.127	
31	COLLEEN MARSHALL		F: 15	RUNNER	660	01:09:57.52	11:15	5.3mph	Female 50 - 59:	4
			<u>Split Description</u>			<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>	
			5k			00:33:58.159	10:56	5.5mph	00:33:58.159	
			5k			00:35:59.362	11:35	5.2mph	01:09:57.521	
32	ROSE DI GIOVANNI		F: 16	RUNNER	937	01:13:35.06	11:50	5.1mph	Female 40 - 49:	5
			<u>Split Description</u>			<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>	
			5k			00:34:28.055	11:05	5.4mph	00:34:28.055	
			5k			00:39:07.012	12:35	4.8mph	01:13:35.067	

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33	ESTHER PAULS		F: 17	RUNNER	677	01:15:50.89	12:12	4.9mph	Female 60 - 69:	3
			<u>Split Description</u>	<u>Split Time</u>		<u>Pace</u>		<u>Speed</u>	<u>Cumulative</u>	
			5k	00:37:58.364		12:13		4.9mph	00:37:58.364	
			5k	00:37:52.530		12:11		4.9mph	01:15:50.894	
34	DEBRA COLLINS		F: 18	RUNNER	1113	01:15:52.71	12:12	4.9mph	Female 50 - 59:	5
			<u>Split Description</u>	<u>Split Time</u>		<u>Pace</u>		<u>Speed</u>	<u>Cumulative</u>	
			5k	00:36:43.632		11:49		5.1mph	00:36:43.632	
			5k	00:39:09.085		12:36		4.8mph	01:15:52.717	
35	STEVE FRKOVIC		M: 17	RUNNER	1153	01:16:35.94	12:19	4.9mph	Male 50 - 59:	2
			<u>Split Description</u>	<u>Split Time</u>		<u>Pace</u>		<u>Speed</u>	<u>Cumulative</u>	
			5k	00:31:47.321		10:13		5.9mph	00:31:47.321	
			5k	00:44:48.620		14:25		4.2mph	01:16:35.941	
36	DAVID HUTTON		M: 18	RUNNER	667	01:34:20.65	15:10	4.0mph	Male 60 - 69:	3
			<u>Split Description</u>	<u>Split Time</u>		<u>Pace</u>		<u>Speed</u>	<u>Cumulative</u>	
			5k	00:48:00.200		15:27		3.9mph	00:48:00.200	
			5k	00:46:20.450		14:54		4.0mph	01:34:20.650	
37	LOUISE HUTTON		F: 19	RUNNER	842	01:34:21.22	15:11	4.0mph	Female 50 - 59:	6
			<u>Split Description</u>	<u>Split Time</u>		<u>Pace</u>		<u>Speed</u>	<u>Cumulative</u>	
			5k	00:47:59.741		15:26		3.9mph	00:47:59.741	
			5k	00:46:21.487		14:55		4.0mph	01:34:21.228	
38	MARC BERNARD		M: 19	RUNNER	847	01:39:39.61	16:02	3.7mph	Male 60 - 69:	4
			<u>Split Description</u>	<u>Split Time</u>		<u>Pace</u>		<u>Speed</u>	<u>Cumulative</u>	
			5k	00:49:25.026		15:54		3.8mph	00:49:25.026	
			5k	00:50:14.585		16:10		3.7mph	01:39:39.611	
39	DEBORAH FOWLER		F: 20	RUNNER	668	01:39:42.74	16:02	3.7mph	Female 50 - 59:	7
			<u>Split Description</u>	<u>Split Time</u>		<u>Pace</u>		<u>Speed</u>	<u>Cumulative</u>	
			5k	00:49:23.437		15:53		3.8mph	00:49:23.437	
			5k	00:50:19.310		16:11		3.7mph	01:39:42.747	
40	PENNY FOBLER-CRESSY		F: 21	RUNNER	929	01:39:45.89	16:03	3.7mph	Female 50 - 59:	8
			<u>Split Description</u>	<u>Split Time</u>		<u>Pace</u>		<u>Speed</u>	<u>Cumulative</u>	
			5k	00:49:28.394		15:55		3.8mph	00:49:28.394	
			5k	00:50:17.505		16:11		3.7mph	01:39:45.899	
41	JODIE RONNENBERG		F: 22	RUNNER	814	01:39:46.16	16:03	3.7mph	Female 50 - 59:	9
			<u>Split Description</u>	<u>Split Time</u>		<u>Pace</u>		<u>Speed</u>	<u>Cumulative</u>	
			5k	00:49:30.226		15:56		3.8mph	00:49:30.226	
			5k	00:50:15.938		16:10		3.7mph	01:39:46.164	