

3k OFILD

Place	Name	Hometown	Gender	Type	Bib #	Time	Pace	Speed	Division Rank
1	RACHEL KOLENKO	HAMILTON, ON	F: 1	RUNNER	87	00:11:29.96	03:49	15.7kph	Overall Female Runner: 1
			<u>Split Description</u>	<u>Split Time</u>		<u>Pace</u>		<u>Speed</u>	<u>Cumulative</u>
			Finish	00:10:49.68				0.0kph	00:10:49.68
			Split 2	00:00:20.12		00:26		134.2kph	00:11:09.79
			Split 3	00:00:20.17		00:26		133.9kph	00:11:29.96
2	MARGARET BENNETT		F: 2	RUNNER	186	00:13:46.99	04:35	13.1kph	Overall Female Runner: 2
			<u>Split Description</u>	<u>Split Time</u>		<u>Pace</u>		<u>Speed</u>	<u>Cumulative</u>
			Finish	00:12:38.60				0.0kph	00:12:38.60
			Split 2	00:00:48.36		01:04		55.8kph	00:13:26.95
			Split 3	00:00:20.04		00:26		134.7kph	00:13:46.99
3	NOAH GABINET	HAMILTON, ON	M: 1	RUNNER	67	00:15:35.45	05:11	11.5kph	Overall Male Runner: 1
			<u>Split Description</u>	<u>Split Time</u>		<u>Pace</u>		<u>Speed</u>	<u>Cumulative</u>
			Finish	00:04:28.65				0.0kph	00:04:28.65
			Split 2	00:05:12.09		06:56		8.7kph	00:09:40.73
			Split 3	00:05:54.72		07:52		7.6kph	00:15:35.45
4	SARAH GABINET	HAMILTON, ON	F: 3	RUNNER	68	00:16:56.05	05:38	10.6kph	Overall Female Runner: 3
			<u>Split Description</u>	<u>Split Time</u>		<u>Pace</u>		<u>Speed</u>	<u>Cumulative</u>
			Finish	00:05:13.49				0.0kph	00:05:13.49
			Split 2	00:05:48.15		07:44		7.8kph	00:11:01.64
			Split 3	00:05:54.42		07:52		7.6kph	00:16:56.05
5	GREG WHITT		M: 2	RUNNER	190	00:17:27.87	05:49	10.3kph	Overall Male Runner: 2
			<u>Split Description</u>	<u>Split Time</u>		<u>Pace</u>		<u>Speed</u>	<u>Cumulative</u>
			Finish	00:05:29.69				0.0kph	00:05:29.69
			Split 2	00:05:46.03		07:41		7.8kph	00:11:15.71
			Split 3	00:06:12.16		08:16		7.3kph	00:17:27.87
6	RITA SAVOIE	HAMILTON, ON	F: 4	RUNNER	99	00:17:55.00	05:58	10.0kph	Female 40 - 49: 1
			<u>Split Description</u>	<u>Split Time</u>		<u>Pace</u>		<u>Speed</u>	<u>Cumulative</u>
			Finish	00:05:24.39				0.0kph	00:05:24.39
			Split 2	00:06:25.52		08:34		7.0kph	00:11:49.91
			Split 3	00:06:05.10		08:06		7.4kph	00:17:55.00
7	ANNA MARIA BILATO	ANCASTER, ON	F: 5	RUNNER	49	00:20:40.62	06:53	8.7kph	Female 50 - 59: 1
			<u>Split Description</u>	<u>Split Time</u>		<u>Pace</u>		<u>Speed</u>	<u>Cumulative</u>
			Finish	00:06:07.97				0.0kph	00:06:07.97
			Split 2	00:06:52.34		09:09		6.5kph	00:13:00.30
			Split 3	00:07:40.32		10:13		5.9kph	00:20:40.62
8	BEN BILATO	ANCASTER, ON	M: 3	RUNNER	50	00:20:43.64	06:54	8.7kph	Overall Male Runner: 3
			<u>Split Description</u>	<u>Split Time</u>		<u>Pace</u>		<u>Speed</u>	<u>Cumulative</u>
			Finish	00:06:08.54				0.0kph	00:06:08.54
			Split 2	00:06:56.66		09:15		6.5kph	00:13:05.19
			Split 3	00:07:38.45		10:11		5.9kph	00:20:43.64
9	DORLISA CASSANOVA		F: 6	RUNNER	294	00:20:51.14	06:57	8.6kph	Female 40 - 49: 2
			<u>Split Description</u>	<u>Split Time</u>		<u>Pace</u>		<u>Speed</u>	<u>Cumulative</u>
			Finish	00:06:48.10				0.0kph	00:06:48.10
			Split 2	00:07:21.92		09:49		6.1kph	00:14:10.01
			Split 3	00:06:41.14		08:54		6.7kph	00:20:51.14
10	TERESA BARRACOSA		F: 7	RUNNER	295	00:23:51.16	07:57	7.5kph	Female 0 - 9: 1
			<u>Split Description</u>	<u>Split Time</u>		<u>Pace</u>		<u>Speed</u>	<u>Cumulative</u>
			Finish	00:08:02.31				0.0kph	00:08:02.31
			Split 2	00:07:57.55		10:36		5.7kph	00:15:59.86
			Split 3	00:07:51.30		10:28		5.7kph	00:23:51.16
11	HORATIO BARACASA		M: 4	RUNNER	296	00:23:51.27	07:57	7.5kph	Male 0 - 9: 1
			<u>Split Description</u>	<u>Split Time</u>		<u>Pace</u>		<u>Speed</u>	<u>Cumulative</u>
			Finish	00:08:02.79				0.0kph	00:08:02.79
			Split 2	00:07:58.47		10:37		5.6kph	00:16:01.26
			Split 3	00:07:50.02		10:26		5.7kph	00:23:51.27
12	MILKA VUJNOVIC	HAMILTON,	F: 8	RUNNER	292	00:24:32.77	08:10	7.3kph	Female 60 - 69: 1
			<u>Split Description</u>	<u>Split Time</u>		<u>Pace</u>		<u>Speed</u>	<u>Cumulative</u>
			Finish	00:13:13.76				0.0kph	00:13:13.76
			Split 2	00:10:54.47		14:32		4.1kph	00:24:08.23
			Split 3	00:00:24.55		00:32		110.0kph	00:24:32.77
13	MILAN SANADER	HAMILTON,	M: 5	RUNNER	288	00:24:46.55	08:15	7.3kph	Male 60 - 69: 1
			<u>Split Description</u>	<u>Split Time</u>		<u>Pace</u>		<u>Speed</u>	<u>Cumulative</u>
			Finish	00:13:22.18				0.0kph	00:13:22.18
			Split 2	00:11:04.36		14:45		4.1kph	00:24:26.54
			Split 3	00:00:20.01		00:26		134.9kph	00:24:46.55

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14	DAVID SANADER	HAMILTON,	M: 6	RUNNER	287	00:25:00.48	08:20	7.2kph	Male 30 - 39: 1
			<u>Split Description</u>	<u>Split Time</u>		<u>Pace</u>		<u>Speed</u>	<u>Cumulative</u>
			Finish	00:13:26.34				0.0kph	00:13:26.34
			Split 2	00:11:13.72		14:58		4.0kph	00:24:40.05
			Split 3	00:00:20.43		00:27		132.2kph	00:25:00.48
15	MAUREEN WILSON		F: 9	RUNNER	175	00:25:11.66	08:23	7.1kph	Female 50 - 59: 2
			<u>Split Description</u>	<u>Split Time</u>		<u>Pace</u>		<u>Speed</u>	<u>Cumulative</u>
			Finish	00:08:23.39				0.0kph	00:08:23.39
			Split 2	00:08:07.20		10:49		5.5kph	00:16:30.58
			Split 3	00:08:41.08		11:34		5.2kph	00:25:11.66
16	JOANN FOUGERE	HAMILTON, ON	F: 10	RUNNER	66	00:25:28.03	08:29	7.1kph	Female 40 - 49: 3
			<u>Split Description</u>	<u>Split Time</u>		<u>Pace</u>		<u>Speed</u>	<u>Cumulative</u>
			Finish	00:12:41.59				0.0kph	00:12:41.59
			Split 2	00:12:23.55		16:31		3.6kph	00:25:05.13
			Split 3	00:00:22.90		00:30		117.9kph	00:25:28.03
17	DALE BURNETT		F: 11	RUNNER	168	00:25:40.83	08:33	7.0kph	Female 60 - 69: 2
			<u>Split Description</u>	<u>Split Time</u>		<u>Pace</u>		<u>Speed</u>	<u>Cumulative</u>
			Finish	00:08:24.37				0.0kph	00:08:24.37
			Split 2	00:08:56.96		11:55		5.0kph	00:17:21.32
			Split 3	00:08:19.51		11:06		5.4kph	00:25:40.83
18	ARDEMIS COSTABILE		F: 12	RUNNER	297	00:26:24.84	08:48	6.8kph	Female 0 - 9: 2
			<u>Split Description</u>	<u>Split Time</u>		<u>Pace</u>		<u>Speed</u>	<u>Cumulative</u>
			Finish	00:08:26.33				0.0kph	00:08:26.33
			Split 2	00:08:55.69		11:54		5.0kph	00:17:22.02
			Split 3	00:09:02.83		12:03		5.0kph	00:26:24.84
19	KAMI TOMLINSON	ANCASTER, ON	F: 13	RUNNER	157	00:26:39.90	08:53	6.8kph	Female 40 - 49: 4
			<u>Split Description</u>	<u>Split Time</u>		<u>Pace</u>		<u>Speed</u>	<u>Cumulative</u>
			Finish	00:19:59.62				0.0kph	00:19:59.62
			Split 2	00:06:20.26		08:27		7.1kph	00:26:19.88
			Split 3	00:00:20.03		00:26		134.8kph	00:26:39.90
20	INEZ KELLY		F: 14	RUNNER	194	00:27:08.29	09:02	6.6kph	Female 60 - 69: 3
			<u>Split Description</u>	<u>Split Time</u>		<u>Pace</u>		<u>Speed</u>	<u>Cumulative</u>
			Finish	00:08:55.24				0.0kph	00:08:55.24
			Split 2	00:09:01.58		12:02		5.0kph	00:17:56.81
			Split 3	00:09:11.48		12:15		4.9kph	00:27:08.29
21	JANICE TOMLINSON	ANCASTER, ON	F: 15	RUNNER	150	00:27:15.65	09:05	6.6kph	Female 70 - 79: 1
			<u>Split Description</u>	<u>Split Time</u>		<u>Pace</u>		<u>Speed</u>	<u>Cumulative</u>
			Finish	00:26:23.90				0.0kph	00:26:23.90
			Split 2	00:00:31.81		00:42		84.9kph	00:26:55.71
			Split 3	00:00:19.94		00:26		135.4kph	00:27:15.65
22	CHARLES TOMLINSON	ANCASTER, ON	M: 7	RUNNER	149	00:27:24.56	09:08	6.6kph	Male 70 - 79: 1
			<u>Split Description</u>	<u>Split Time</u>		<u>Pace</u>		<u>Speed</u>	<u>Cumulative</u>
			Finish	00:26:32.02				0.0kph	00:26:32.02
			Split 2	00:00:32.53		00:43		83.0kph	00:27:04.54
			Split 3	00:00:20.03		00:26		134.9kph	00:27:24.56
23	BOBBI-LYN CLELAND	ANCASTER,	F: 16	RUNNER	262	00:28:13.85	09:24	6.4kph	Female 40 - 49: 5
			<u>Split Description</u>	<u>Split Time</u>		<u>Pace</u>		<u>Speed</u>	<u>Cumulative</u>
			Finish	00:09:52.62				0.0kph	00:09:52.62
			Split 2	00:09:15.53		12:20		4.9kph	00:19:08.15
			Split 3	00:09:05.71		12:07		4.9kph	00:28:13.85
24	MARILYN STUART	HAMILTON, ON	F: 17	RUNNER	128	00:28:22.89	09:27	6.3kph	Female 60 - 69: 4
			<u>Split Description</u>	<u>Split Time</u>		<u>Pace</u>		<u>Speed</u>	<u>Cumulative</u>
			Finish	00:08:59.21				0.0kph	00:08:59.21
			Split 2	00:09:25.43		12:33		4.8kph	00:18:24.64
			Split 3	00:09:58.26		13:17		4.5kph	00:28:22.89
25	CHRIS WELDRICK		M: 8	RUNNER	304	00:28:42.90	09:34	6.3kph	Male 60 - 69: 2
			<u>Split Description</u>	<u>Split Time</u>		<u>Pace</u>		<u>Speed</u>	<u>Cumulative</u>
			Finish	00:09:49.12				0.0kph	00:09:49.12
			Split 2	00:09:27.06		12:36		4.8kph	00:19:16.18
			Split 3	00:09:26.73		12:35		4.8kph	00:28:42.90
26	TONY WELDRICK		M: 9	RUNNER	305	00:28:48.32	09:36	6.2kph	Male 60 - 69: 3
			<u>Split Description</u>	<u>Split Time</u>		<u>Pace</u>		<u>Speed</u>	<u>Cumulative</u>
			Finish	00:09:50.15				0.0kph	00:09:50.15
			Split 2	00:09:29.48		12:39		4.7kph	00:19:19.62
			Split 3	00:09:28.70		12:38		4.7kph	00:28:48.32

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27	ROBERT HAND		M: 10	RUNNER	193	00:28:55.17	09:38	6.2kph	Male 60 - 69:	4
			<u>Split Description</u>	<u>Split Time</u>		<u>Pace</u>		<u>Speed</u>	<u>Cumulative</u>	
			Finish	00:10:06.99				0.0kph	00:10:06.99	
			Split 2	00:09:28.02		12:37		4.8kph	00:19:35.00	
			Split 3	00:09:20.18		12:26		4.8kph	00:28:55.17	
28	KATY NEMETH	HAMILTON, ON	F: 18	RUNNER	90	00:29:25.60	09:48	6.1kph	Female 40 - 49:	6
			<u>Split Description</u>	<u>Split Time</u>		<u>Pace</u>		<u>Speed</u>	<u>Cumulative</u>	
			Finish	00:09:30.25				0.0kph	00:09:30.25	
			Split 2	00:09:37.73		12:50		4.7kph	00:19:07.98	
			Split 3	00:10:17.63		13:43		4.4kph	00:29:25.60	
29	PHILIP MALEK	HAMILTON,	M: 11	RUNNER	275	00:30:04.60	10:01	6.0kph	Male 20 - 29:	1
			<u>Split Description</u>	<u>Split Time</u>		<u>Pace</u>		<u>Speed</u>	<u>Cumulative</u>	
			Finish	00:10:03.83				0.0kph	00:10:03.83	
			Split 2	00:09:51.26		13:08		4.6kph	00:19:55.08	
			Split 3	00:10:09.52		13:32		4.4kph	00:30:04.60	
30	IRMA MACDONALD		F: 19	RUNNER	185	00:30:20.04	10:06	5.9kph	Female 60 - 69:	5
			<u>Split Description</u>	<u>Split Time</u>		<u>Pace</u>		<u>Speed</u>	<u>Cumulative</u>	
			Finish	00:12:35.97				0.0kph	00:12:35.97	
			Split 2	00:08:21.73		11:08		5.4kph	00:20:57.70	
			Split 3	00:09:22.35		12:29		4.8kph	00:30:20.04	
31	BARB RICHARDSON		F: 20	RUNNER	184	00:30:23.09	10:07	5.9kph	Female 50 - 59:	3
			<u>Split Description</u>	<u>Split Time</u>		<u>Pace</u>		<u>Speed</u>	<u>Cumulative</u>	
			Finish	00:12:38.82				0.0kph	00:12:38.82	
			Split 2	00:08:20.24		11:06		5.4kph	00:20:59.06	
			Split 3	00:09:24.04		12:32		4.8kph	00:30:23.09	
32	LYNDA BRADY	TORONTO, ON	F: 21	RUNNER	52	00:30:34.07	10:11	5.9kph	Female 50 - 59:	4
			<u>Split Description</u>	<u>Split Time</u>		<u>Pace</u>		<u>Speed</u>	<u>Cumulative</u>	
			Finish	00:10:30.29				0.0kph	00:10:30.29	
			Split 2	00:09:53.44		13:11		4.5kph	00:20:23.72	
			Split 3	00:10:10.36		13:33		4.4kph	00:30:34.07	
33	ERIC FERRARA		M: 12	RUNNER	192	00:30:36.38	10:12	5.9kph	Male 40 - 49:	1
			<u>Split Description</u>	<u>Split Time</u>		<u>Pace</u>		<u>Speed</u>	<u>Cumulative</u>	
			Finish	00:10:37.70				0.0kph	00:10:37.70	
			Split 2	00:09:55.64		13:14		4.5kph	00:20:33.34	
			Split 3	00:10:03.04		13:24		4.5kph	00:30:36.38	
34	CAROL GIBSON	HAMILTON, ON	F: 22	RUNNER	70	00:30:39.28	10:13	5.9kph	Female 50 - 59:	5
			<u>Split Description</u>	<u>Split Time</u>		<u>Pace</u>		<u>Speed</u>	<u>Cumulative</u>	
			Finish	00:10:36.26				0.0kph	00:10:36.26	
			Split 2	00:09:51.92		13:09		4.6kph	00:20:28.18	
			Split 3	00:10:11.11		13:34		4.4kph	00:30:39.28	
35	MARIEKA TAYLOR	DUNDAS, ON	F: 23	RUNNER	134	00:30:45.28	10:15	5.9kph	Female 20 - 29:	1
			<u>Split Description</u>	<u>Split Time</u>		<u>Pace</u>		<u>Speed</u>	<u>Cumulative</u>	
			Finish	00:09:49.61				0.0kph	00:09:49.61	
			Split 2	00:10:01.86		13:22		4.5kph	00:19:51.46	
			Split 3	00:10:53.82		14:31		4.1kph	00:30:45.28	
36	JOHN DOPWBIGGIN		M: 13	RUNNER	303	00:30:49.17	10:16	5.8kph	Male 30 - 39:	2
			<u>Split Description</u>	<u>Split Time</u>		<u>Pace</u>		<u>Speed</u>	<u>Cumulative</u>	
			Finish	00:10:11.96				0.0kph	00:10:11.96	
			Split 2	00:10:20.55		13:47		4.4kph	00:20:32.50	
			Split 3	00:10:16.67		13:42		4.4kph	00:30:49.17	
37	RACHEL WELDRICK		F: 24	RUNNER	302	00:31:08.45	10:22	5.8kph	Female 30 - 39:	1
			<u>Split Description</u>	<u>Split Time</u>		<u>Pace</u>		<u>Speed</u>	<u>Cumulative</u>	
			Finish	00:10:11.79				0.0kph	00:10:11.79	
			Split 2	00:10:21.86		13:49		4.3kph	00:20:33.65	
			Split 3	00:10:34.81		14:06		4.3kph	00:31:08.45	
38	KATHY POWELL	BINBROOK, ON	F: 25	RUNNER	92	00:32:01.92	10:40	5.6kph	Female 60 - 69:	6
			<u>Split Description</u>	<u>Split Time</u>		<u>Pace</u>		<u>Speed</u>	<u>Cumulative</u>	
			Finish	00:11:04.93				0.0kph	00:11:04.93	
			Split 2	00:10:28.41		13:57		4.3kph	00:21:33.34	
			Split 3	00:10:28.58		13:58		4.3kph	00:32:01.92	
39	JONATHAN CORUZZI	HAMILTON, ON	M: 14	RUNNER	56	00:32:15.61	10:45	5.6kph	Male 60 - 69:	5
			<u>Split Description</u>	<u>Split Time</u>		<u>Pace</u>		<u>Speed</u>	<u>Cumulative</u>	
			Finish	00:12:07.60				0.0kph	00:12:07.60	
			Split 2	00:10:08.90		13:31		4.4kph	00:22:16.49	
			Split 3	00:09:59.12		13:18		4.5kph	00:32:15.61	

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40	RICHARD REEVES	BRACEBRIDGE, ON	M: 15	RUNNER	95	00:32:47.28	10:55	5.5kph	Male 60 - 69: 6
				<u>Split Description</u>		<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
				Finish		00:13:30.55		0.0kph	00:13:30.55
				Split 2		00:12:28.23	16:37	3.6kph	00:25:58.77
				Split 3		00:06:48.51	09:04	6.6kph	00:32:47.28
41	COLLEEN WICKHAM		F: 26	RUNNER	180	00:32:47.77	10:55	5.5kph	Female 70 - 79: 2
				<u>Split Description</u>		<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
				Finish		00:10:56.43		0.0kph	00:10:56.43
				Split 2		00:10:53.56	14:31	4.1kph	00:21:49.98
				Split 3		00:10:57.79	14:37	4.1kph	00:32:47.77
42	SUSAN KOZUH	HAMILTON, ON	F: 27	RUNNER	88	00:32:51.64	10:57	5.5kph	Female 60 - 69: 7
				<u>Split Description</u>		<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
				Finish		00:11:30.78		0.0kph	00:11:30.78
				Split 2		00:10:18.48	13:44	4.4kph	00:21:49.26
				Split 3		00:11:02.39	14:43	4.1kph	00:32:51.64
43	GILLIAN POWELL	HAMILTON, ON	F: 28	RUNNER	91	00:32:53.76	10:57	5.5kph	Female 60 - 69: 8
				<u>Split Description</u>		<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
				Finish		00:11:25.79		0.0kph	00:11:25.79
				Split 2		00:10:28.18	13:57	4.3kph	00:21:53.96
				Split 3		00:10:59.81	14:39	4.1kph	00:32:53.76
44	ROBERT POWELL	HAMILTON, ON	M: 16	RUNNER	93	00:32:58.74	10:59	5.5kph	Male 60 - 69: 7
				<u>Split Description</u>		<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
				Finish		00:11:25.80		0.0kph	00:11:25.80
				Split 2		00:10:24.66	13:52	4.3kph	00:21:50.46
				Split 3		00:11:08.29	14:51	4.0kph	00:32:58.74
45	SANDRA FORD	HAMILTON, ON	F: 29	RUNNER	65	00:33:01.62	11:00	5.5kph	Female 60 - 69: 9
				<u>Split Description</u>		<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
				Finish		00:11:06.00		0.0kph	00:11:06.00
				Split 2		00:10:50.30	14:27	4.2kph	00:21:56.30
				Split 3		00:11:05.33	14:47	4.1kph	00:33:01.62
46	LARRY HALL		M: 17	RUNNER	172	00:33:30.77	11:10	5.4kph	Male 50 - 59: 1
				<u>Split Description</u>		<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
				Finish		00:12:19.10		0.0kph	00:12:19.10
				Split 2		00:10:12.79	13:37	4.4kph	00:22:31.89
				Split 3		00:10:58.89	14:38	4.1kph	00:33:30.77
47	DONNA GUMULAK	BRANTFORD, ON	F: 30	RUNNER	71	00:33:46.61	11:15	5.3kph	Female 60 - 69: 10
				<u>Split Description</u>		<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
				Finish		00:12:09.49		0.0kph	00:12:09.49
				Split 2		00:10:45.90	14:21	4.2kph	00:22:55.39
				Split 3		00:10:51.23	14:28	4.1kph	00:33:46.61
48	THERESA TOFANI	MOUNT HOPE, ON	F: 31	RUNNER	141	00:33:52.43	11:17	5.3kph	Female 50 - 59: 6
				<u>Split Description</u>		<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
				Finish		00:07:41.98		0.0kph	00:07:41.98
				Split 2		00:11:26.21	15:14	3.9kph	00:19:08.18
				Split 3		00:14:44.25	19:38	3.1kph	00:33:52.43
49	DENNIS ANGER	HAMILTON, ON	M: 18	RUNNER	45	00:33:54.92	11:18	5.3kph	Male 60 - 69: 8
				<u>Split Description</u>		<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
				Finish		00:11:49.67		0.0kph	00:11:49.67
				Split 2		00:10:51.60	14:28	4.1kph	00:22:41.26
				Split 3		00:11:13.67	14:58	4.0kph	00:33:54.92
50	MINH HUYNH	TORONTO,	M: 19	RUNNER	270	00:34:10.81	11:23	5.3kph	Male 30 - 39: 3
				<u>Split Description</u>		<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
				Finish		00:12:38.05		0.0kph	00:12:38.05
				Split 2		00:10:47.90	14:23	4.2kph	00:23:25.95
				Split 3		00:10:44.87	14:19	4.2kph	00:34:10.81
51	MELISSA REICHHELD	MOUNT HOPE, ON	F: 32	RUNNER	96	00:34:17.63	11:25	5.2kph	Female 20 - 29: 2
				<u>Split Description</u>		<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
				Finish		00:11:58.70		0.0kph	00:11:58.70
				Split 2		00:11:33.23	15:24	3.9kph	00:23:31.93
				Split 3		00:10:45.71	14:20	4.2kph	00:34:17.63
52	SHARON REICHHELD	MOUNT HOPE, ON	F: 33	RUNNER	97	00:34:18.01	11:26	5.2kph	Female 50 - 59: 7
				<u>Split Description</u>		<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
				Finish		00:11:57.81		0.0kph	00:11:57.81
				Split 2		00:11:33.66	15:24	3.9kph	00:23:31.47
				Split 3		00:10:46.54	14:22	4.2kph	00:34:18.01

3k OFILD

Place	Name	Hometown	Gender	Type	Bib #	Time	Pace	Speed	Division	Rank
53	MICHAEL WATKIN	HAMILTON, ON	M: 20	RUNNER	165	00:34:18.19	11:26	5.2kph	Male 60 - 69:	9
			<u>Split Description</u>		<u>Split Time</u>	<u>Pace</u>		<u>Speed</u>	<u>Cumulative</u>	
			Finish		00:12:36.17			0.0kph	00:12:36.17	
			Split 2		00:10:59.80	14:39		4.1kph	00:23:35.97	
			Split 3		00:10:42.23	14:16		4.2kph	00:34:18.19	
54	JENNIE SMITH		F: 34	RUNNER	173	00:34:19.20	11:26	5.2kph	Female 70 - 79:	3
			<u>Split Description</u>		<u>Split Time</u>	<u>Pace</u>		<u>Speed</u>	<u>Cumulative</u>	
			Finish		00:12:36.65			0.0kph	00:12:36.65	
			Split 2		00:11:00.12	14:40		4.1kph	00:23:36.77	
			Split 3		00:10:42.44	14:16		4.2kph	00:34:19.20	
55	BETH SHEARER	MT HOPE, ON	F: 35	RUNNER	114	00:34:27.45	11:29	5.2kph	Female 30 - 39:	2
			<u>Split Description</u>		<u>Split Time</u>	<u>Pace</u>		<u>Speed</u>	<u>Cumulative</u>	
			Finish		00:12:32.87			0.0kph	00:12:32.87	
			Split 2		00:11:08.45	14:51		4.0kph	00:23:41.32	
			Split 3		00:10:46.13	14:21		4.2kph	00:34:27.45	
56	GREG PRESTON		M: 21	RUNNER	183	00:34:32.48	11:30	5.2kph	Male 30 - 39:	4
			<u>Split Description</u>		<u>Split Time</u>	<u>Pace</u>		<u>Speed</u>	<u>Cumulative</u>	
			Finish		00:12:36.40			0.0kph	00:12:36.40	
			Split 2		00:11:12.43	14:56		4.0kph	00:23:48.82	
			Split 3		00:10:43.66	14:18		4.2kph	00:34:32.48	
57	JON DALY	HAMILTON, ON	M: 22	RUNNER	57	00:34:36.28	11:32	5.2kph	Male 30 - 39:	5
			<u>Split Description</u>		<u>Split Time</u>	<u>Pace</u>		<u>Speed</u>	<u>Cumulative</u>	
			Finish		00:12:36.34			0.0kph	00:12:36.34	
			Split 2		00:11:16.56	15:02		4.0kph	00:23:52.89	
			Split 3		00:10:43.40	14:17		4.2kph	00:34:36.28	
58	LOUISE ANGER	HAMILTON, ON	F: 36	RUNNER	46	00:34:41.20	11:33	5.2kph	Female 60 - 69:	11
			<u>Split Description</u>		<u>Split Time</u>	<u>Pace</u>		<u>Speed</u>	<u>Cumulative</u>	
			Finish		00:12:19.75			0.0kph	00:12:19.75	
			Split 2		00:11:03.86	14:45		4.1kph	00:23:23.60	
			Split 3		00:11:17.61	15:03		4.0kph	00:34:41.20	
59	RALPH VILLENEUVE		M: 23	RUNNER	174	00:34:50.57	11:36	5.2kph	Male 70 - 79:	2
			<u>Split Description</u>		<u>Split Time</u>	<u>Pace</u>		<u>Speed</u>	<u>Cumulative</u>	
			Finish		00:12:38.18			0.0kph	00:12:38.18	
			Split 2		00:10:57.31	14:36		4.1kph	00:23:35.49	
			Split 3		00:11:15.08	15:00		4.0kph	00:34:50.57	
60	PAULA HAYDEN	HAMILTON, ON	F: 37	RUNNER	77	00:34:57.74	11:39	5.1kph	Female 50 - 59:	8
			<u>Split Description</u>		<u>Split Time</u>	<u>Pace</u>		<u>Speed</u>	<u>Cumulative</u>	
			Finish		00:12:44.12			0.0kph	00:12:44.12	
			Split 2		00:10:57.88	14:37		4.1kph	00:23:42.00	
			Split 3		00:11:15.74	15:00		4.0kph	00:34:57.74	
61	LEANNE KIELY	DUNDAS, ON	F: 38	RUNNER	85	00:35:36.02	11:52	5.1kph	Female 30 - 39:	3
			<u>Split Description</u>		<u>Split Time</u>	<u>Pace</u>		<u>Speed</u>	<u>Cumulative</u>	
			Finish		00:12:22.15			0.0kph	00:12:22.15	
			Split 2		00:11:45.02	15:40		3.8kph	00:24:07.16	
			Split 3		00:11:28.86	15:18		3.9kph	00:35:36.02	
62	LOUISE DUTTON	HAMILTON, ON	F: 39	RUNNER	61	00:35:36.44	11:52	5.1kph	Female 60 - 69:	12
			<u>Split Description</u>		<u>Split Time</u>	<u>Pace</u>		<u>Speed</u>	<u>Cumulative</u>	
			Finish		00:11:28.97			0.0kph	00:11:28.97	
			Split 2		00:12:08.72	16:11		3.7kph	00:23:37.69	
			Split 3		00:11:58.76	15:58		3.8kph	00:35:36.44	
63	PAULINE JARVIS	HAMILTON, ON	F: 40	RUNNER	79	00:35:39.87	11:53	5.0kph	Female 50 - 59:	9
			<u>Split Description</u>		<u>Split Time</u>	<u>Pace</u>		<u>Speed</u>	<u>Cumulative</u>	
			Finish		00:13:39.88			0.0kph	00:13:39.88	
			Split 2		00:11:39.77	15:33		3.9kph	00:25:19.65	
			Split 3		00:10:20.23	13:46		4.4kph	00:35:39.87	
64	HAYLEY JARVIS	HAMILTON, ON	F: 41	RUNNER	78	00:35:42.91	11:54	5.0kph	Female 20 - 29:	3
			<u>Split Description</u>		<u>Split Time</u>	<u>Pace</u>		<u>Speed</u>	<u>Cumulative</u>	
			Finish		00:13:40.72			0.0kph	00:13:40.72	
			Split 2		00:11:42.35	15:36		3.8kph	00:25:23.06	
			Split 3		00:10:19.85	13:46		4.4kph	00:35:42.91	
65	NICOLE SMITH	HAMILTON, ON	F: 42	RUNNER	115	00:36:01.80	12:00	5.0kph	Female 50 - 59:	10
			<u>Split Description</u>		<u>Split Time</u>	<u>Pace</u>		<u>Speed</u>	<u>Cumulative</u>	
			Finish		00:12:36.26			0.0kph	00:12:36.26	
			Split 2		00:12:04.47	16:05		3.7kph	00:24:40.73	
			Split 3		00:11:21.07	15:08		4.0kph	00:36:01.80	

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Place	Name	Hometown	Gender	Type	Bib #	Time	Pace	Speed	Division Rank
66	ANDREA LEGER	HAMILTON, ON	F: 43	RUNNER	89	00:36:25.68	12:08	4.9kph	Female 30 - 39: 4
			<u>Split Description</u>	<u>Split Time</u>		<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>	
			Finish	00:12:20.55			0.0kph	00:12:20.55	
			Split 2	00:10:58.88		14:38	4.1kph	00:23:19.43	
			Split 3	00:13:06.26		17:28	3.4kph	00:36:25.68	
67	KATHY STACEY	HAMILTON, ON	F: 44	RUNNER	121	00:36:45.40	12:15	4.9kph	Female 50 - 59: 11
			<u>Split Description</u>	<u>Split Time</u>		<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>	
			Finish	00:12:38.83			0.0kph	00:12:38.83	
			Split 2	00:12:32.76		16:43	3.6kph	00:25:11.59	
			Split 3	00:11:33.81		15:25	3.9kph	00:36:45.40	
68	KAREN KIELY	DUNDAS, ON	F: 45	RUNNER	84	00:37:33.74	12:31	4.8kph	Female 60 - 69: 13
			<u>Split Description</u>	<u>Split Time</u>		<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>	
			Finish	00:12:22.38			0.0kph	00:12:22.38	
			Split 2	00:11:28.82		15:18	3.9kph	00:23:51.20	
			Split 3	00:13:42.55		18:16	3.3kph	00:37:33.74	
69	ALAN STACEY	HAMILTON, ON	M: 24	RUNNER	119	00:37:39.17	12:33	4.8kph	Male 50 - 59: 2
			<u>Split Description</u>	<u>Split Time</u>		<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>	
			Finish	00:13:26.54			0.0kph	00:13:26.54	
			Split 2	00:12:36.23		16:48	3.6kph	00:26:02.77	
			Split 3	00:11:36.41		15:28	3.9kph	00:37:39.17	
70	AL FORD	HAMILTON, ON	M: 25	RUNNER	64	00:37:44.64	12:34	4.8kph	Male 60 - 69: 10
			<u>Split Description</u>	<u>Split Time</u>		<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>	
			Finish	00:12:37.05			0.0kph	00:12:37.05	
			Split 2	00:12:38.92		16:51	3.6kph	00:25:15.97	
			Split 3	00:12:28.68		16:38	3.6kph	00:37:44.64	
71	RENATO BERLINGIERI		M: 26	RUNNER	170	00:37:45.22	12:35	4.8kph	Male 70 - 79: 3
			<u>Split Description</u>	<u>Split Time</u>		<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>	
			Finish	00:12:38.04			0.0kph	00:12:38.04	
			Split 2	00:12:45.74		17:00	3.5kph	00:25:23.77	
			Split 3	00:12:21.45		16:28	3.6kph	00:37:45.22	
72	SILVANA BERLINGIERI		M: 27	RUNNER	171	00:37:49.13	12:36	4.8kph	Male 60 - 69: 11
			<u>Split Description</u>	<u>Split Time</u>		<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>	
			Finish	00:12:40.11			0.0kph	00:12:40.11	
			Split 2	00:12:42.89		16:57	3.5kph	00:25:22.99	
			Split 3	00:12:26.14		16:34	3.6kph	00:37:49.13	
73	SARAH EWING	HAMILTON, ON	F: 46	RUNNER	62	00:38:33.37	12:51	4.7kph	Female 40 - 49: 7
			<u>Split Description</u>	<u>Split Time</u>		<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>	
			Finish	00:12:36.05			0.0kph	00:12:36.05	
			Split 2	00:13:04.90		17:26	3.4kph	00:25:40.94	
			Split 3	00:12:52.44		17:09	3.5kph	00:38:33.37	
74	AVERY EWING		F: 47	RUNNER	187	00:38:37.54	12:52	4.7kph	Female 0 - 9: 3
			<u>Split Description</u>	<u>Split Time</u>		<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>	
			Finish	00:12:39.22			0.0kph	00:12:39.22	
			Split 2	00:13:02.34		17:23	3.5kph	00:25:41.56	
			Split 3	00:12:55.99		17:14	3.5kph	00:38:37.54	
75	SEAN KIELY	DUNDAS, ON	M: 28	RUNNER	86	00:39:16.85	13:05	4.6kph	Male 60 - 69: 12
			<u>Split Description</u>	<u>Split Time</u>		<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>	
			Finish	00:12:18.70			0.0kph	00:12:18.70	
			Split 2	00:11:50.06		15:46	3.8kph	00:24:08.76	
			Split 3	00:15:08.10		20:10	3.0kph	00:39:16.85	
76	RYAN RUAUX	HAMILTON,	M: 29	RUNNER	285	00:39:17.66	13:05	4.6kph	Male 30 - 39: 6
			<u>Split Description</u>	<u>Split Time</u>		<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>	
			Finish	00:12:27.59			0.0kph	00:12:27.59	
			Split 2	00:11:38.31		15:31	3.9kph	00:24:05.89	
			Split 3	00:15:11.77		20:15	3.0kph	00:39:17.66	
77	CAROL-ANNE HAY	HAMILTON, ON	F: 48	RUNNER	76	00:39:20.47	13:06	4.6kph	Female 50 - 59: 12
			<u>Split Description</u>	<u>Split Time</u>		<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>	
			Finish	00:12:48.62			0.0kph	00:12:48.62	
			Split 2	00:12:45.29		17:00	3.5kph	00:25:33.91	
			Split 3	00:13:46.57		18:22	3.3kph	00:39:20.47	
78	MIKE DOCKRILL	BRANTFORD, ON	M: 30	RUNNER	60	00:43:44.16	14:34	4.1kph	Male 40 - 49: 2
			<u>Split Description</u>	<u>Split Time</u>		<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>	
			Finish	00:15:50.36			0.0kph	00:15:50.36	
			Split 2	00:15:15.96		20:21	2.9kph	00:31:06.32	
			Split 3	00:12:37.85		16:50	3.6kph	00:43:44.16	

3k OFILD

Place	Name	Hometown	Gender	Type	Bib #	Time	Pace	Speed	Division Rank
79	JOEY SEXTON	BRANTFORD, ON	M: 31	RUNNER	100	00:43:48.29	14:36	4.1kph	Male 20 - 29: 2
Split Description Split Time Pace Speed Cumulative									
Finish 00:15:57.71 0.0kph 00:15:57.71									
Split 2 00:15:09.29 20:12 3.0kph 00:31:06.99									
Split 3 00:12:41.31 16:55 3.5kph 00:43:48.29									
80	ROBIN SEXTON-DOCKRILL	BRANTFORD, ON	F: 49	RUNNER	108	00:43:48.33	14:36	4.1kph	Female 40 - 49: 8
Split Description Split Time Pace Speed Cumulative									
Finish 00:15:48.22 0.0kph 00:15:48.22									
Split 2 00:15:18.23 20:24 2.9kph 00:31:06.44									
Split 3 00:12:41.89 16:55 3.5kph 00:43:48.33									
81	JOEL BARTON	HAMILTON, ON	M: 32	RUNNER	48	00:54:22.91	18:07	3.3kph	Male 50 - 59: 3
Split Description Split Time Pace Speed Cumulative									
Finish 00:04:06.35 0.0kph 00:04:06.35									
Split 2 00:00:32.78 00:43 82.4kph 00:04:39.12									
Split 3 00:49:43.79 06:18 0.9kph 00:54:22.91									
82	CAROLYN RICHARDS	HAMILTON, ON	F: 50	RUNNER	98	00:54:30.18	18:10	3.3kph	Female 50 - 59: 13
Split Description Split Time Pace Speed Cumulative									
Finish 00:04:39.12 0.0kph 00:04:39.12									
Split 2 00:00:42.03 00:56 64.2kph 00:05:21.15									
Split 3 00:49:09.03 05:32 0.9kph 00:54:30.18									
DNF	DAVE BARTON	HAMILTON, ON	M: 33	RUNNER	47	00:04:59.97	01:39	36.0kph	:
Split Description Split Time Pace Speed Cumulative									
Finish 00:04:06.29 0.0kph 00:04:06.29									
Split 2 00:00:30.09 00:40 89.8kph 00:04:36.37									
Split 3 00:00:23.60 00:31 114.4kph 00:04:59.97									
DNF	DEE BISSON	HAMILTON, ON	F: 51	RUNNER	51	00:05:20.83	01:46	33.7kph	:
Split Description Split Time Pace Speed Cumulative									
Finish 00:04:25.46 0.0kph 00:04:25.46									
Split 2 00:00:33.81 00:45 79.9kph 00:04:59.26									
Split 3 00:00:21.57 00:28 125.2kph 00:05:20.83									