

# 5k OFILD

| Place | Name             | Hometown      | Gender | Type                     | Bib # | Time              | Pace        | Speed        | Division Rank            |
|-------|------------------|---------------|--------|--------------------------|-------|-------------------|-------------|--------------|--------------------------|
| 1     | SOFIA BERALDO    | ANCASTER, ON  | F: 1   | RUNNER                   | 259   | 00:20:10.03       | 04:02       | 14.9kph      | Overall Female Runner: 1 |
|       |                  |               |        | <u>Split Description</u> |       | <u>Split Time</u> | <u>Pace</u> | <u>Speed</u> | <u>Cumulative</u>        |
|       |                  |               |        | Finish                   |       | 00:03:08.35       |             | 0.0kph       | 00:03:08.35              |
|       |                  |               |        | Split 2                  |       | 00:03:08.25       | 03:45       | 15.9kph      | 00:06:16.59              |
|       |                  |               |        | Split 3                  |       | 00:03:21.70       | 04:02       | 14.9kph      | 00:09:38.28              |
|       |                  |               |        | Split 4                  |       | 00:03:35.64       | 04:18       | 13.9kph      | 00:13:13.92              |
|       |                  |               |        | Split 5                  |       | 00:03:34.13       | 04:16       | 14.0kph      | 00:16:48.05              |
|       |                  |               |        | Split 6                  |       | 00:03:21.99       | 04:02       | 14.9kph      | 00:20:10.03              |
| 2     | RACHEL HAMBLY    | HAMILTON, ON  | F: 2   | RUNNER                   | 268   | 00:23:41.95       | 04:44       | 12.7kph      | Overall Female Runner: 2 |
|       |                  |               |        | <u>Split Description</u> |       | <u>Split Time</u> | <u>Pace</u> | <u>Speed</u> | <u>Cumulative</u>        |
|       |                  |               |        | Finish                   |       | 00:03:41.46       |             | 0.0kph       | 00:03:41.46              |
|       |                  |               |        | Split 2                  |       | 00:03:44.55       | 04:29       | 13.4kph      | 00:07:26.01              |
|       |                  |               |        | Split 3                  |       | 00:03:55.06       | 04:42       | 12.8kph      | 00:11:21.06              |
|       |                  |               |        | Split 4                  |       | 00:04:06.72       | 04:56       | 12.2kph      | 00:15:27.77              |
|       |                  |               |        | Split 5                  |       | 00:04:09.66       | 04:59       | 12.0kph      | 00:19:37.43              |
|       |                  |               |        | Split 6                  |       | 00:04:04.53       | 04:53       | 12.3kph      | 00:23:41.95              |
| 3     | GORDON AGLOR     | BINBROOK, ON  | M: 1   | RUNNER                   | 256   | 00:23:46.89       | 04:45       | 12.6kph      | Overall Male Runner: 1   |
|       |                  |               |        | <u>Split Description</u> |       | <u>Split Time</u> | <u>Pace</u> | <u>Speed</u> | <u>Cumulative</u>        |
|       |                  |               |        | Finish                   |       | 00:03:55.09       |             | 0.0kph       | 00:03:55.09              |
|       |                  |               |        | Split 2                  |       | 00:03:56.42       | 04:43       | 12.7kph      | 00:07:51.50              |
|       |                  |               |        | Split 3                  |       | 00:03:59.02       | 04:46       | 12.6kph      | 00:11:50.51              |
|       |                  |               |        | Split 4                  |       | 00:03:57.35       | 04:44       | 12.6kph      | 00:15:47.86              |
|       |                  |               |        | Split 5                  |       | 00:04:01.31       | 04:49       | 12.4kph      | 00:19:49.16              |
|       |                  |               |        | Split 6                  |       | 00:03:57.73       | 04:45       | 12.6kph      | 00:23:46.89              |
| 4     | MARY MACARIO     |               | F: 3   | RUNNER                   | 176   | 00:24:50.41       | 04:58       | 12.1kph      | Overall Female Runner: 3 |
|       |                  |               |        | <u>Split Description</u> |       | <u>Split Time</u> | <u>Pace</u> | <u>Speed</u> | <u>Cumulative</u>        |
|       |                  |               |        | Finish                   |       | 00:04:24.37       |             | 0.0kph       | 00:04:24.37              |
|       |                  |               |        | Split 2                  |       | 00:04:04.63       | 04:53       | 12.3kph      | 00:08:29.00              |
|       |                  |               |        | Split 3                  |       | 00:04:04.12       | 04:52       | 12.3kph      | 00:12:33.11              |
|       |                  |               |        | Split 4                  |       | 00:04:05.21       | 04:54       | 12.2kph      | 00:16:38.32              |
|       |                  |               |        | Split 5                  |       | 00:04:07.56       | 04:57       | 12.1kph      | 00:20:45.87              |
|       |                  |               |        | Split 6                  |       | 00:04:04.54       | 04:53       | 12.3kph      | 00:24:50.41              |
| 5     | ALANNA WALKER    | HAMILTON, ON  | F: 4   | RUNNER                   | 293   | 00:26:49.06       | 05:21       | 11.2kph      | Female 30 - 39: 1        |
|       |                  |               |        | <u>Split Description</u> |       | <u>Split Time</u> | <u>Pace</u> | <u>Speed</u> | <u>Cumulative</u>        |
|       |                  |               |        | Finish                   |       | 00:04:20.87       |             | 0.0kph       | 00:04:20.87              |
|       |                  |               |        | Split 2                  |       | 00:04:03.84       | 04:52       | 12.3kph      | 00:08:24.71              |
|       |                  |               |        | Split 3                  |       | 00:04:43.43       | 05:40       | 10.6kph      | 00:13:08.14              |
|       |                  |               |        | Split 4                  |       | 00:04:27.78       | 05:21       | 11.2kph      | 00:17:35.92              |
|       |                  |               |        | Split 5                  |       | 00:04:45.39       | 05:42       | 10.5kph      | 00:22:21.30              |
|       |                  |               |        | Split 6                  |       | 00:04:27.76       | 05:21       | 11.2kph      | 00:26:49.06              |
| 6     | MATTHEW MARCHESE | CAMBRIDGE, ON | M: 2   | RUNNER                   | 276   | 00:27:20.83       | 05:28       | 11.0kph      | Overall Male Runner: 2   |
|       |                  |               |        | <u>Split Description</u> |       | <u>Split Time</u> | <u>Pace</u> | <u>Speed</u> | <u>Cumulative</u>        |
|       |                  |               |        | Finish                   |       | 00:04:33.34       |             | 0.0kph       | 00:04:33.34              |
|       |                  |               |        | Split 2                  |       | 00:04:35.19       | 05:30       | 10.9kph      | 00:09:08.53              |
|       |                  |               |        | Split 3                  |       | 00:04:39.14       | 05:34       | 10.7kph      | 00:13:47.66              |
|       |                  |               |        | Split 4                  |       | 00:04:43.40       | 05:40       | 10.6kph      | 00:18:31.06              |
|       |                  |               |        | Split 5                  |       | 00:04:34.60       | 05:29       | 10.9kph      | 00:23:05.65              |
|       |                  |               |        | Split 6                  |       | 00:04:15.18       | 05:06       | 11.8kph      | 00:27:20.83              |
| 7     | ESTHER KYAW      | HAMILTON, ON  | F: 5   | RUNNER                   | 273   | 00:27:53.55       | 05:34       | 10.8kph      | Female 20 - 29: 1        |
|       |                  |               |        | <u>Split Description</u> |       | <u>Split Time</u> | <u>Pace</u> | <u>Speed</u> | <u>Cumulative</u>        |
|       |                  |               |        | Finish                   |       | 00:04:29.46       |             | 0.0kph       | 00:04:29.46              |
|       |                  |               |        | Split 2                  |       | 00:04:36.09       | 05:31       | 10.9kph      | 00:09:05.55              |
|       |                  |               |        | Split 3                  |       | 00:04:39.32       | 05:35       | 10.7kph      | 00:13:44.86              |
|       |                  |               |        | Split 4                  |       | 00:04:44.96       | 05:41       | 10.5kph      | 00:18:29.82              |
|       |                  |               |        | Split 5                  |       | 00:04:52.28       | 05:50       | 10.3kph      | 00:23:22.10              |
|       |                  |               |        | Split 6                  |       | 00:04:31.46       | 05:25       | 11.1kph      | 00:27:53.55              |
| 8     | LORNE HAMLYN     | BINBROOK, ON  | M: 3   | RUNNER                   | 269   | 00:28:04.20       | 05:36       | 10.7kph      | Overall Male Runner: 3   |
|       |                  |               |        | <u>Split Description</u> |       | <u>Split Time</u> | <u>Pace</u> | <u>Speed</u> | <u>Cumulative</u>        |
|       |                  |               |        | Finish                   |       | 00:04:33.74       |             | 0.0kph       | 00:04:33.74              |
|       |                  |               |        | Split 2                  |       | 00:04:38.12       | 05:33       | 10.8kph      | 00:09:11.85              |
|       |                  |               |        | Split 3                  |       | 00:04:39.14       | 05:34       | 10.7kph      | 00:13:50.99              |
|       |                  |               |        | Split 4                  |       | 00:04:44.13       | 05:40       | 10.6kph      | 00:18:35.11              |
|       |                  |               |        | Split 5                  |       | 00:04:48.98       | 05:46       | 10.4kph      | 00:23:24.09              |
|       |                  |               |        | Split 6                  |       | 00:04:40.12       | 05:36       | 10.7kph      | 00:28:04.20              |

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| Place | Name              | Hometown         | Gender | Type                     | Bib # | Time              | Pace        | Speed        | Division Rank     |
|-------|-------------------|------------------|--------|--------------------------|-------|-------------------|-------------|--------------|-------------------|
| 9     | SAMANTHA MERCANTI | STONEY CREEK, ON | F: 6   | RUNNER                   | 278   | 00:28:09.30       | 05:37       | 10.7kph      | Female 40 - 49: 1 |
|       |                   |                  |        | <u>Split Description</u> |       | <u>Split Time</u> | <u>Pace</u> | <u>Speed</u> | <u>Cumulative</u> |
|       |                   |                  |        | Finish                   |       | 00:04:45.18       |             | 0.0kph       | 00:04:45.18       |
|       |                   |                  |        | Split 2                  |       | 00:04:39.46       | 05:35       | 10.7kph      | 00:09:24.64       |
|       |                   |                  |        | Split 3                  |       | 00:04:36.76       | 05:32       | 10.8kph      | 00:14:01.39       |
|       |                   |                  |        | Split 4                  |       | 00:04:53.34       | 05:51       | 10.2kph      | 00:18:54.72       |
|       |                   |                  |        | Split 5                  |       | 00:04:35.93       | 05:31       | 10.9kph      | 00:23:30.65       |
|       |                   |                  |        | Split 6                  |       | 00:04:38.65       | 05:34       | 10.8kph      | 00:28:09.30       |
| 10    | DAVE HARRISON     |                  | M: 4   | RUNNER                   | 178   | 00:30:07.84       | 06:01       | 10.0kph      | Male 60 - 69: 1   |
|       |                   |                  |        | <u>Split Description</u> |       | <u>Split Time</u> | <u>Pace</u> | <u>Speed</u> | <u>Cumulative</u> |
|       |                   |                  |        | Finish                   |       | 00:04:48.34       |             | 0.0kph       | 00:04:48.34       |
|       |                   |                  |        | Split 2                  |       | 00:04:58.68       | 05:58       | 10.0kph      | 00:09:47.01       |
|       |                   |                  |        | Split 3                  |       | 00:05:01.60       | 06:01       | 9.9kph       | 00:14:48.61       |
|       |                   |                  |        | Split 4                  |       | 00:05:06.07       | 06:07       | 9.8kph       | 00:19:54.67       |
|       |                   |                  |        | Split 5                  |       | 00:05:08.42       | 06:10       | 9.7kph       | 00:25:03.09       |
|       |                   |                  |        | Split 6                  |       | 00:05:04.76       | 06:05       | 9.8kph       | 00:30:07.84       |
| 11    | DAN DOVE          | HAMILTON, ON     | M: 5   | RUNNER                   | 264   | 00:31:44.01       | 06:20       | 9.5kph       | Male 30 - 39: 1   |
|       |                   |                  |        | <u>Split Description</u> |       | <u>Split Time</u> | <u>Pace</u> | <u>Speed</u> | <u>Cumulative</u> |
|       |                   |                  |        | Finish                   |       | 00:05:06.04       |             | 0.0kph       | 00:05:06.04       |
|       |                   |                  |        | Split 2                  |       | 00:05:24.83       | 06:29       | 9.2kph       | 00:10:30.86       |
|       |                   |                  |        | Split 3                  |       | 00:05:46.21       | 06:55       | 8.7kph       | 00:16:17.06       |
|       |                   |                  |        | Split 4                  |       | 00:05:08.58       | 06:10       | 9.7kph       | 00:21:25.64       |
|       |                   |                  |        | Split 5                  |       | 00:05:12.55       | 06:15       | 9.6kph       | 00:26:38.18       |
|       |                   |                  |        | Split 6                  |       | 00:05:05.83       | 06:06       | 9.8kph       | 00:31:44.01       |
| 12    | JOHN ASSANTE      |                  | M: 6   | RUNNER                   | 177   | 00:32:53.44       | 06:34       | 9.1kph       | Male 60 - 69: 2   |
|       |                   |                  |        | <u>Split Description</u> |       | <u>Split Time</u> | <u>Pace</u> | <u>Speed</u> | <u>Cumulative</u> |
|       |                   |                  |        | Finish                   |       | 00:05:10.07       |             | 0.0kph       | 00:05:10.07       |
|       |                   |                  |        | Split 2                  |       | 00:05:25.03       | 06:30       | 9.2kph       | 00:10:35.09       |
|       |                   |                  |        | Split 3                  |       | 00:05:26.64       | 06:31       | 9.2kph       | 00:16:01.73       |
|       |                   |                  |        | Split 4                  |       | 00:05:41.63       | 06:49       | 8.8kph       | 00:21:43.36       |
|       |                   |                  |        | Split 5                  |       | 00:05:24.75       | 06:29       | 9.2kph       | 00:27:08.10       |
|       |                   |                  |        | Split 6                  |       | 00:05:45.35       | 06:54       | 8.7kph       | 00:32:53.44       |
| 13    | NIAMH CASHELL     | BRAMPTON, ON     | F: 7   | RUNNER                   | 261   | 00:33:23.23       | 06:40       | 9.0kph       | Female 20 - 29: 2 |
|       |                   |                  |        | <u>Split Description</u> |       | <u>Split Time</u> | <u>Pace</u> | <u>Speed</u> | <u>Cumulative</u> |
|       |                   |                  |        | Finish                   |       | 00:05:29.86       |             | 0.0kph       | 00:05:29.86       |
|       |                   |                  |        | Split 2                  |       | 00:05:30.40       | 06:36       | 9.1kph       | 00:11:00.26       |
|       |                   |                  |        | Split 3                  |       | 00:05:13.32       | 06:15       | 9.6kph       | 00:16:13.58       |
|       |                   |                  |        | Split 4                  |       | 00:05:49.95       | 06:59       | 8.6kph       | 00:22:03.53       |
|       |                   |                  |        | Split 5                  |       | 00:05:09.21       | 06:11       | 9.7kph       | 00:27:12.73       |
|       |                   |                  |        | Split 6                  |       | 00:06:10.50       | 07:24       | 8.1kph       | 00:33:23.23       |
| 14    | PETER DALGLEISH   |                  | M: 7   | RUNNER                   | 153   | 00:34:51.01       | 06:58       | 8.6kph       | Male 0 - 9: 1     |
|       |                   |                  |        | <u>Split Description</u> |       | <u>Split Time</u> | <u>Pace</u> | <u>Speed</u> | <u>Cumulative</u> |
|       |                   |                  |        | Finish                   |       | 00:05:12.57       |             | 0.0kph       | 00:05:12.57       |
|       |                   |                  |        | Split 2                  |       | 00:05:32.66       | 06:39       | 9.0kph       | 00:10:45.23       |
|       |                   |                  |        | Split 3                  |       | 00:05:50.47       | 07:00       | 8.6kph       | 00:16:35.69       |
|       |                   |                  |        | Split 4                  |       | 00:05:59.20       | 07:11       | 8.4kph       | 00:22:34.88       |
|       |                   |                  |        | Split 5                  |       | 00:06:08.63       | 07:22       | 8.1kph       | 00:28:43.51       |
|       |                   |                  |        | Split 6                  |       | 00:06:07.51       | 07:21       | 8.2kph       | 00:34:51.01       |
| 15    | MONICA CIRELLO    | HAMILTON,        | F: 8   | RUNNER                   | 189   | 00:35:38.24       | 07:07       | 8.4kph       | Female 30 - 39: 2 |
|       |                   |                  |        | <u>Split Description</u> |       | <u>Split Time</u> | <u>Pace</u> | <u>Speed</u> | <u>Cumulative</u> |
|       |                   |                  |        | Finish                   |       | 00:05:32.77       |             | 0.0kph       | 00:05:32.77       |
|       |                   |                  |        | Split 2                  |       | 00:05:42.39       | 06:50       | 8.8kph       | 00:11:15.16       |
|       |                   |                  |        | Split 3                  |       | 00:06:13.24       | 07:27       | 8.0kph       | 00:17:28.40       |
|       |                   |                  |        | Split 4                  |       | 00:06:32.78       | 07:51       | 7.6kph       | 00:24:01.17       |
|       |                   |                  |        | Split 5                  |       | 00:06:13.12       | 07:27       | 8.0kph       | 00:30:14.29       |
|       |                   |                  |        | Split 6                  |       | 00:05:23.95       | 06:28       | 9.3kph       | 00:35:38.24       |
| 16    | MELISSA GALLAGHER | HAMILTON, ON     | F: 9   | RUNNER                   | 266   | 00:36:20.30       | 07:16       | 8.3kph       | Female 30 - 39: 3 |
|       |                   |                  |        | <u>Split Description</u> |       | <u>Split Time</u> | <u>Pace</u> | <u>Speed</u> | <u>Cumulative</u> |
|       |                   |                  |        | Finish                   |       | 00:05:50.18       |             | 0.0kph       | 00:05:50.18       |
|       |                   |                  |        | Split 2                  |       | 00:06:01.16       | 07:13       | 8.3kph       | 00:11:51.33       |
|       |                   |                  |        | Split 3                  |       | 00:05:59.52       | 07:11       | 8.3kph       | 00:17:50.85       |
|       |                   |                  |        | Split 4                  |       | 00:06:01.02       | 07:13       | 8.3kph       | 00:23:51.87       |
|       |                   |                  |        | Split 5                  |       | 00:06:18.41       | 07:34       | 7.9kph       | 00:30:10.27       |
|       |                   |                  |        | Split 6                  |       | 00:06:10.03       | 07:24       | 8.1kph       | 00:36:20.30       |

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| Place | Name                 | Hometown         | Gender | Type                     | Bib # | Time              | Pace        | Speed        | Division Rank     |
|-------|----------------------|------------------|--------|--------------------------|-------|-------------------|-------------|--------------|-------------------|
| 17    | SUSAN BARTKO-WINTERS | GUELPH, ON       | F: 10  | RUNNER                   | 258   | 00:36:46.71       | 07:21       | 8.2kph       | Female 40 - 49: 2 |
|       |                      |                  |        | <u>Split Description</u> |       | <u>Split Time</u> | <u>Pace</u> | <u>Speed</u> | <u>Cumulative</u> |
|       |                      |                  |        | Finish                   |       | 00:05:46.86       |             | 0.0kph       | 00:05:46.86       |
|       |                      |                  |        | Split 2                  |       | 00:06:02.92       | 07:15       | 8.3kph       | 00:11:49.78       |
|       |                      |                  |        | Split 3                  |       | 00:06:22.48       | 07:38       | 7.8kph       | 00:18:12.26       |
|       |                      |                  |        | Split 4                  |       | 00:06:33.50       | 07:52       | 7.6kph       | 00:24:45.75       |
|       |                      |                  |        | Split 5                  |       | 00:06:12.06       | 07:26       | 8.1kph       | 00:30:57.80       |
|       |                      |                  |        | Split 6                  |       | 00:05:48.91       | 06:58       | 8.6kph       | 00:36:46.71       |
| 18    | REBECCA TAYLOR       | DUNDAS, ON       | F: 11  | RUNNER                   | 291   | 00:38:17.65       | 07:39       | 7.8kph       | Female 30 - 39: 4 |
|       |                      |                  |        | <u>Split Description</u> |       | <u>Split Time</u> | <u>Pace</u> | <u>Speed</u> | <u>Cumulative</u> |
|       |                      |                  |        | Finish                   |       | 00:06:19.55       |             | 0.0kph       | 00:06:19.55       |
|       |                      |                  |        | Split 2                  |       | 00:06:20.36       | 07:36       | 7.9kph       | 00:12:39.90       |
|       |                      |                  |        | Split 3                  |       | 00:06:30.67       | 07:48       | 7.7kph       | 00:19:10.56       |
|       |                      |                  |        | Split 4                  |       | 00:06:18.56       | 07:34       | 7.9kph       | 00:25:29.12       |
|       |                      |                  |        | Split 5                  |       | 00:06:30.17       | 07:48       | 7.7kph       | 00:31:59.29       |
|       |                      |                  |        | Split 6                  |       | 00:06:18.37       | 07:34       | 7.9kph       | 00:38:17.65       |
| 19    | JULIA FOSTER         | KINGSTON, ON     | F: 12  | RUNNER                   | 265   | 00:38:19.89       | 07:39       | 7.8kph       | Female 30 - 39: 5 |
|       |                      |                  |        | <u>Split Description</u> |       | <u>Split Time</u> | <u>Pace</u> | <u>Speed</u> | <u>Cumulative</u> |
|       |                      |                  |        | Finish                   |       | 00:06:18.47       |             | 0.0kph       | 00:06:18.47       |
|       |                      |                  |        | Split 2                  |       | 00:06:22.64       | 07:39       | 7.8kph       | 00:12:41.11       |
|       |                      |                  |        | Split 3                  |       | 00:06:31.99       | 07:50       | 7.7kph       | 00:19:13.10       |
|       |                      |                  |        | Split 4                  |       | 00:06:17.11       | 07:32       | 8.0kph       | 00:25:30.20       |
|       |                      |                  |        | Split 5                  |       | 00:06:31.02       | 07:49       | 7.7kph       | 00:32:01.21       |
|       |                      |                  |        | Split 6                  |       | 00:06:18.68       | 07:34       | 7.9kph       | 00:38:19.89       |
| 20    | LISA MERCANTI-LADD   | STONEY CREEK, ON | F: 13  | RUNNER                   | 279   | 00:43:18.87       | 08:39       | 6.9kph       | Female 50 - 59: 1 |
|       |                      |                  |        | <u>Split Description</u> |       | <u>Split Time</u> | <u>Pace</u> | <u>Speed</u> | <u>Cumulative</u> |
|       |                      |                  |        | Finish                   |       | 00:06:31.20       |             | 0.0kph       | 00:06:31.20       |
|       |                      |                  |        | Split 2                  |       | 00:06:40.95       | 08:01       | 7.5kph       | 00:13:12.14       |
|       |                      |                  |        | Split 3                  |       | 00:08:11.86       | 09:50       | 6.1kph       | 00:21:23.99       |
|       |                      |                  |        | Split 4                  |       | 00:06:42.17       | 08:02       | 7.5kph       | 00:28:06.16       |
|       |                      |                  |        | Split 5                  |       | 00:07:44.22       | 09:17       | 6.5kph       | 00:35:50.37       |
|       |                      |                  |        | Split 6                  |       | 00:07:28.50       | 08:58       | 6.7kph       | 00:43:18.87       |
| 21    | RAFFAELLA ASSAF      |                  | M: 8   | RUNNER                   | 298   | 00:44:34.64       | 08:54       | 6.7kph       | Male 0 - 9: 2     |
|       |                      |                  |        | <u>Split Description</u> |       | <u>Split Time</u> | <u>Pace</u> | <u>Speed</u> | <u>Cumulative</u> |
|       |                      |                  |        | Finish                   |       | 00:06:41.20       |             | 0.0kph       | 00:06:41.20       |
|       |                      |                  |        | Split 2                  |       | 00:07:15.23       | 08:42       | 6.9kph       | 00:13:56.42       |
|       |                      |                  |        | Split 3                  |       | 00:07:47.63       | 09:21       | 6.4kph       | 00:21:44.05       |
|       |                      |                  |        | Split 4                  |       | 00:08:25.90       | 10:07       | 5.9kph       | 00:30:09.95       |
|       |                      |                  |        | Split 5                  |       | 00:07:34.19       | 09:05       | 6.6kph       | 00:37:44.13       |
|       |                      |                  |        | Split 6                  |       | 00:06:50.51       | 08:12       | 7.3kph       | 00:44:34.64       |
| 22    | LILIANA TOMAN        |                  | M: 9   | RUNNER                   | 169   | 00:44:42.26       | 08:56       | 6.7kph       | Male 40 - 49: 1   |
|       |                      |                  |        | <u>Split Description</u> |       | <u>Split Time</u> | <u>Pace</u> | <u>Speed</u> | <u>Cumulative</u> |
|       |                      |                  |        | Finish                   |       | 00:06:40.35       |             | 0.0kph       | 00:06:40.35       |
|       |                      |                  |        | Split 2                  |       | 00:07:14.96       | 08:41       | 6.9kph       | 00:13:55.31       |
|       |                      |                  |        | Split 3                  |       | 00:07:47.89       | 09:21       | 6.4kph       | 00:21:43.19       |
|       |                      |                  |        | Split 4                  |       | 00:08:25.98       | 10:07       | 5.9kph       | 00:30:09.17       |
|       |                      |                  |        | Split 5                  |       | 00:07:34.54       | 09:05       | 6.6kph       | 00:37:43.71       |
|       |                      |                  |        | Split 6                  |       | 00:06:58.56       | 08:22       | 7.2kph       | 00:44:42.26       |
| 23    | ELIZABETH ASSANTE    |                  | F: 14  | RUNNER                   | 182   | 00:44:42.28       | 08:56       | 6.7kph       | Female 50 - 59: 2 |
|       |                      |                  |        | <u>Split Description</u> |       | <u>Split Time</u> | <u>Pace</u> | <u>Speed</u> | <u>Cumulative</u> |
|       |                      |                  |        | Finish                   |       | 00:06:38.59       |             | 0.0kph       | 00:06:38.59       |
|       |                      |                  |        | Split 2                  |       | 00:07:24.43       | 08:53       | 6.8kph       | 00:14:03.01       |
|       |                      |                  |        | Split 3                  |       | 00:07:36.02       | 09:07       | 6.6kph       | 00:21:39.03       |
|       |                      |                  |        | Split 4                  |       | 00:07:30.67       | 09:00       | 6.7kph       | 00:29:09.70       |
|       |                      |                  |        | Split 5                  |       | 00:07:38.19       | 09:09       | 6.5kph       | 00:36:47.88       |
|       |                      |                  |        | Split 6                  |       | 00:07:54.41       | 09:29       | 6.3kph       | 00:44:42.28       |
| 24    | MARY CLELAND         | ANCASTER, ON     | F: 15  | RUNNER                   | 263   | 00:45:38.51       | 09:07       | 6.6kph       | Female 70 - 79: 1 |
|       |                      |                  |        | <u>Split Description</u> |       | <u>Split Time</u> | <u>Pace</u> | <u>Speed</u> | <u>Cumulative</u> |
|       |                      |                  |        | Finish                   |       | 00:09:27.62       |             | 0.0kph       | 00:09:27.62       |
|       |                      |                  |        | Split 2                  |       | 00:09:21.96       | 11:14       | 5.3kph       | 00:18:49.57       |
|       |                      |                  |        | Split 3                  |       | 00:08:58.24       | 10:45       | 5.6kph       | 00:27:47.80       |
|       |                      |                  |        | Split 4                  |       | 00:08:32.68       | 10:15       | 5.9kph       | 00:36:20.48       |
|       |                      |                  |        | Split 5                  |       | 00:08:25.02       | 10:06       | 5.9kph       | 00:44:45.50       |
|       |                      |                  |        | Split 6                  |       | 00:00:53.01       | 01:03       | 56.6kph      | 00:45:38.51       |

# 5k OFILD

| Place | Name            | Hometown     | Gender                   | Type              | Bib # | Time        | Pace  | Speed        | Division Rank     |
|-------|-----------------|--------------|--------------------------|-------------------|-------|-------------|-------|--------------|-------------------|
| 25    | LINDA DALGLEISH |              | F: 16                    | RUNNER            | 299   | 00:45:45.80 | 09:09 | 6.6kph       | Female 0 - 9: 1   |
|       |                 |              |                          |                   |       |             |       |              |                   |
|       |                 |              | <u>Split Description</u> | <u>Split Time</u> |       | <u>Pace</u> |       | <u>Speed</u> | <u>Cumulative</u> |
|       |                 |              | Finish                   | 00:07:07.45       |       |             |       | 0.0kph       | 00:07:07.45       |
|       |                 |              | Split 2                  | 00:07:33.45       |       | 09:04       |       | 6.6kph       | 00:14:40.90       |
|       |                 |              | Split 3                  | 00:07:38.98       |       | 09:10       |       | 6.5kph       | 00:22:19.88       |
|       |                 |              | Split 4                  | 00:07:57.42       |       | 09:32       |       | 6.3kph       | 00:30:17.29       |
|       |                 |              | Split 5                  | 00:07:55.02       |       | 09:30       |       | 6.3kph       | 00:38:12.30       |
|       |                 |              | Split 6                  | 00:07:33.50       |       | 09:04       |       | 6.6kph       | 00:45:45.80       |
| 26    | RACHEL TAYLOR   | HAMILTON, ON | M: 10                    | RUNNER            | 290   | 00:50:20.48 | 10:04 | 6.0kph       | Male 20 - 29: 1   |
|       |                 |              |                          |                   |       |             |       |              |                   |
|       |                 |              | <u>Split Description</u> | <u>Split Time</u> |       | <u>Pace</u> |       | <u>Speed</u> | <u>Cumulative</u> |
|       |                 |              | Finish                   | 00:10:06.58       |       |             |       | 0.0kph       | 00:10:06.58       |
|       |                 |              | Split 2                  | 00:09:50.48       |       | 11:48       |       | 5.1kph       | 00:19:57.05       |
|       |                 |              | Split 3                  | 00:10:09.63       |       | 12:11       |       | 4.9kph       | 00:30:06.68       |
|       |                 |              | Split 4                  | 00:06:31.60       |       | 07:49       |       | 7.7kph       | 00:36:38.27       |
|       |                 |              | Split 5                  | 00:07:03.47       |       | 08:28       |       | 7.1kph       | 00:43:41.74       |
|       |                 |              | Split 6                  | 00:06:38.75       |       | 07:58       |       | 7.5kph       | 00:50:20.48       |