

2023 CF Lime Ridge RUNNING FOR RACHAEL - 5K RUN

Place	Bib #	Name (Team)	Time	Pace	Type
1	607	CHRISTOPHER CONLEY	00:18:28.65	03:41	RUNNER
		<u>Split Description</u>	<u>Split Times</u>	<u>Speed</u>	<u>Pace</u> <u>Cumulative</u>
		Split 1	00:05:42.11	0.0kph	01:05 00:05:42.11
		Split 2	00:06:19.86	0.0kph	18:32 00:12:01.97
		Split 3	00:06:26.69	0.0kph	26:48 00:18:28.65
2	608	CRAIG THOMPSON	00:19:38.54	03:55	RUNNER
		<u>Split Description</u>	<u>Split Times</u>	<u>Speed</u>	<u>Pace</u> <u>Cumulative</u>
		Split 1	00:06:00.47	0.0kph	04:40 00:06:00.47
		Split 2	00:06:53.43	0.0kph	54:16 00:12:53.90
		Split 3	00:06:44.64	0.0kph	26:20 00:19:38.54
3	665	FRANCIS LU	00:22:27.34	04:29	RUNNER
		<u>Split Description</u>	<u>Split Times</u>	<u>Speed</u>	<u>Pace</u> <u>Cumulative</u>
		Split 1	00:06:50.00	0.0kph	19:56 00:06:50.00
		Split 2	00:07:45.35	0.0kph	33:26 00:14:35.34
		Split 3	00:07:52.00	0.0kph	39:57 00:22:27.34
4	675	JOSIAH FRIESEN	00:22:47.43	04:33	RUNNER
		<u>Split Description</u>	<u>Split Times</u>	<u>Speed</u>	<u>Pace</u> <u>Cumulative</u>
		Split 1	00:07:01.75	0.0kph	17:29 00:07:01.75
		Split 2	00:08:06.49	0.0kph	04:49 00:15:08.24
		Split 3	00:07:39.20	0.0kph	31:56 00:22:47.43
5	666	IAN MACLENNAN	00:23:06.08	04:37	RUNNER
		<u>Split Description</u>	<u>Split Times</u>	<u>Speed</u>	<u>Pace</u> <u>Cumulative</u>
		Split 1	00:07:31.04	0.0kph	10:22 00:07:31.04
		Split 2	00:08:06.00	0.0kph	59:57 00:15:37.04
		Split 3	00:07:29.04	0.0kph	50:22 00:23:06.08
6	681	FELIX MCAVOY	00:23:15.53	04:39	RUNNER
		<u>Split Description</u>	<u>Split Times</u>	<u>Speed</u>	<u>Pace</u> <u>Cumulative</u>
		Split 1	00:06:44.65	0.0kph	26:28 00:06:44.65
		Split 2	00:08:09.23	0.0kph	32:18 00:14:53.88
		Split 3	00:08:21.65	0.0kph	36:28 00:23:15.53
7	693	MATTHEW STONE	00:23:32.21	04:42	RUNNER
		<u>Split Description</u>	<u>Split Times</u>	<u>Speed</u>	<u>Pace</u> <u>Cumulative</u>
		Split 1	00:06:46.23	0.0kph	42:15 00:06:46.23
		Split 2	00:08:06.22	0.0kph	02:10 00:14:52.45
		Split 3	00:08:39.76	0.0kph	37:36 00:23:32.21
8	663	MARKIE DELL	00:23:56.44	04:47	RUNNER
		<u>Split Description</u>	<u>Split Times</u>	<u>Speed</u>	<u>Pace</u> <u>Cumulative</u>
		Split 1	00:07:03.68	0.0kph	36:44 00:07:03.68
		Split 2	00:08:17.22	0.0kph	52:11 00:15:20.90
		Split 3	00:08:35.55	0.0kph	55:25 00:23:56.44
9	629	SCOTT WOOD	00:24:30.49	04:54	RUNNER
		<u>Split Description</u>	<u>Split Times</u>	<u>Speed</u>	<u>Pace</u> <u>Cumulative</u>
		Split 1	00:07:23.14	0.0kph	51:23 00:07:23.14
		Split 2	00:08:30.65	0.0kph	06:27 00:15:53.79
		Split 3	00:08:36.70	0.0kph	06:58 00:24:30.49
10	631	STEPHEN DE WETTER	00:24:56.48	04:59	RUNNER
		<u>Split Description</u>	<u>Split Times</u>	<u>Speed</u>	<u>Pace</u> <u>Cumulative</u>
		Split 1	00:07:53.03	0.0kph	50:14 00:07:53.03
		Split 2	00:08:36.79	0.0kph	07:52 00:16:29.82
		Split 3	00:08:26.66	0.0kph	26:36 00:24:56.48
11	635	WIL FUJARCZUK	00:24:56.72	04:59	RUNNER
		<u>Split Description</u>	<u>Split Times</u>	<u>Speed</u>	<u>Pace</u> <u>Cumulative</u>
		Split 1	00:07:53.47	0.0kph	54:37 00:07:53.47
		Split 2	00:08:35.86	0.0kph	58:36 00:16:29.33
		Split 3	00:08:27.40	0.0kph	33:58 00:24:56.72
12	627	SAMANTHA MERCANTI	00:25:33.05	05:06	RUNNER
		<u>Split Description</u>	<u>Split Times</u>	<u>Speed</u>	<u>Pace</u> <u>Cumulative</u>
		Split 1	00:07:56.18	0.0kph	21:47 00:07:56.19
		Split 2	00:08:55.03	0.0kph	10:12 00:16:51.21
		Split 3	00:08:41.85	0.0kph	58:28 00:25:33.05
13	655	SAMANTHA GREENBERG	00:25:46.32	05:09	RUNNER
		<u>Split Description</u>	<u>Split Times</u>	<u>Speed</u>	<u>Pace</u> <u>Cumulative</u>
		Split 1	00:08:12.02	0.0kph	00:08 00:08:12.02

Place	Bib #	Name (Team)	Time	Pace	Type
14	672	MALIA MCLAUGHLIN	00:25:48.76	05:09	RUNNER
		<u>Split Description</u>	<u>Split Times</u>	<u>Speed</u>	<u>Pace</u> <u>Cumulative</u>
		Split 1	00:07:38.99	0.0kph	29:48 00:07:38.99
		Split 2	00:09:06.13	0.0kph	01:18 00:16:45.12
		Split 3	00:09:03.65	0.0kph	36:24 00:25:48.76
15	664	MARCEL BLOM	00:26:03.95	05:12	RUNNER
		<u>Split Description</u>	<u>Split Times</u>	<u>Speed</u>	<u>Pace</u> <u>Cumulative</u>
		Split 1	00:08:23.89	0.0kph	58:53 00:08:23.89
		Split 2	00:08:47.17	0.0kph	51:41 00:17:11.06
		Split 3	00:08:52.89	0.0kph	48:52 00:26:03.95
16	623	NATALIE GREIG	00:26:06.48	05:13	RUNNER
		<u>Split Description</u>	<u>Split Times</u>	<u>Speed</u>	<u>Pace</u> <u>Cumulative</u>
		Split 1	00:08:21.24	0.0kph	32:22 00:08:21.24
		Split 2	00:08:51.55	0.0kph	35:25 00:17:12.78
		Split 3	00:08:53.70	0.0kph	56:55 00:26:06.48
17	669	LEANNE MCLAUGHLIN	00:26:45.24	05:21	RUNNER
		<u>Split Description</u>	<u>Split Times</u>	<u>Speed</u>	<u>Pace</u> <u>Cumulative</u>
		Split 1	00:07:59.68	0.0kph	56:43 00:07:59.68
		Split 2	00:09:19.50	0.0kph	14:57 00:17:19.17
		Split 3	00:09:26.07	0.0kph	20:40 00:26:45.24
18	603	ANDY TRAYNOR	00:27:04.48	05:24	RUNNER
		<u>Split Description</u>	<u>Split Times</u>	<u>Speed</u>	<u>Pace</u> <u>Cumulative</u>
		Split 1	00:08:30.65	0.0kph	06:29 00:08:30.65
		Split 2	00:09:28.17	0.0kph	41:36 00:17:58.82
		Split 3	00:09:05.67	0.0kph	56:37 00:27:04.48
19	642	DAN HUIBERS	00:27:34.76	05:30	RUNNER
		<u>Split Description</u>	<u>Split Times</u>	<u>Speed</u>	<u>Pace</u> <u>Cumulative</u>
		Split 1	00:08:08.38	0.0kph	23:47 00:08:08.38
		Split 2	00:09:43.06	0.0kph	10:30 00:17:51.44
		Split 3	00:09:43.33	0.0kph	13:14 00:27:34.76
20	615	JOSHUA WELLS	00:27:41.59	05:32	RUNNER
		<u>Split Description</u>	<u>Split Times</u>	<u>Speed</u>	<u>Pace</u> <u>Cumulative</u>
		Split 1	00:07:44.92	0.0kph	29:09 00:07:44.92
		Split 2	00:10:06.03	0.0kph	00:16 00:17:50.95
		Split 3	00:09:50.65	0.0kph	26:26 00:27:41.59
21	685	NANCY AUMA	00:27:41.82	05:32	RUNNER
		<u>Split Description</u>	<u>Split Times</u>	<u>Speed</u>	<u>Pace</u> <u>Cumulative</u>
		Split 1	00:07:51.90	0.0kph	38:57 00:07:51.90
		Split 2	00:09:17.56	0.0kph	55:33 00:17:09.46
		Split 3	00:10:32.37	0.0kph	23:37 00:27:41.82
22	696	AUGUSTA GEAGAN	00:28:24.09	05:40	RUNNER
		<u>Split Description</u>	<u>Split Times</u>	<u>Speed</u>	<u>Pace</u> <u>Cumulative</u>
		Split 1	00:08:21.89	0.0kph	38:50 00:08:21.89
		Split 2	00:09:40.84	0.0kph	48:22 00:18:02.73
		Split 3	00:10:21.36	0.0kph	33:35 00:28:24.09
23	686	ADELAIDE PIERCE	00:29:03.08	05:48	RUNNER
		<u>Split Description</u>	<u>Split Times</u>	<u>Speed</u>	<u>Pace</u> <u>Cumulative</u>
		Split 1	00:08:21.06	0.0kph	30:31 00:08:21.06
		Split 2	00:10:52.20	0.0kph	41:58 00:19:13.26
		Split 3	00:09:49.83	0.0kph	18:16 00:29:03.08
24	648	JAY PIERCE	00:29:03.50	05:48	RUNNER
		<u>Split Description</u>	<u>Split Times</u>	<u>Speed</u>	<u>Pace</u> <u>Cumulative</u>
		Split 1	00:08:20.39	0.0kph	23:49 00:08:20.39
		Split 2	00:10:53.64	0.0kph	56:22 00:19:14.03
		Split 3	00:09:49.48	0.0kph	14:44 00:29:03.50
25	616	KEVIN LOFTUS	00:29:09.92	05:49	RUNNER
		<u>Split Description</u>	<u>Split Times</u>	<u>Speed</u>	<u>Pace</u> <u>Cumulative</u>
		Split 1	00:09:13.33	0.0kph	13:15 00:09:13.33
		Split 2	00:10:07.39	0.0kph	13:52 00:19:20.72
		Split 3	00:09:49.21	0.0kph	12:03 00:29:09.92
26	628	SCOT BUSCHHAUSEN	00:29:21.68	05:52	RUNNER
		<u>Split Description</u>	<u>Split Times</u>	<u>Speed</u>	<u>Pace</u> <u>Cumulative</u>
		Split 1	00:08:42.57	0.0kph	05:39 00:08:42.57
		Split 2	00:10:02.25	0.0kph	22:28 00:18:44.82
		Split 3	00:10:36.86	0.0kph	08:35 00:29:21.68

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Place	Bib #	Name (Team)	Time	Pace	Type
27	668	JOSH GORDON	00:29:51.05	05:58	RUNNER
		<u>Split Description</u>	<u>Split Times</u>	<u>Speed</u>	<u>Pace</u> <u>Cumulative</u>
		Split 1	00:08:09.54	0.0kph	35:19 00:08:09.54
		Split 2	00:11:06.46	0.0kph	04:35 00:19:16.00
		Split 3	00:10:35.06	0.0kph	50:30 00:29:51.05
28	674	KERRY	00:30:12.02	06:02	RUNNER
		CHANCELLOR-MADDISON			
		<u>Split Description</u>	<u>Split Times</u>	<u>Speed</u>	<u>Pace</u> <u>Cumulative</u>
		Split 1	00:09:34.14	0.0kph	41:23 00:09:34.15
		Split 2	00:10:28.82	0.0kph	48:11 00:20:02.96
		Split 3	00:10:09.06	0.0kph	30:33 00:30:12.02
29	610	DANTE JOYNER	00:31:09.41	06:13	RUNNER
		<u>Split Description</u>	<u>Split Times</u>	<u>Speed</u>	<u>Pace</u> <u>Cumulative</u>
		Split 1	00:09:51.66	0.0kph	36:33 00:09:51.66
		Split 2	00:10:50.57	0.0kph	25:39 00:20:42.23
		Split 3	00:10:27.19	0.0kph	31:52 00:31:09.41
30	632	TOM MURDOCK	00:31:09.75	06:13	RUNNER
		<u>Split Description</u>	<u>Split Times</u>	<u>Speed</u>	<u>Pace</u> <u>Cumulative</u>
		Split 1	00:09:52.73	0.0kph	47:12 00:09:52.73
		Split 2	00:10:49.10	0.0kph	10:55 00:20:41.82
		Split 3	00:10:27.94	0.0kph	39:21 00:31:09.75
31	680	LANCE ROSARIO	00:31:35.31	06:19	RUNNER
		<u>Split Description</u>	<u>Split Times</u>	<u>Speed</u>	<u>Pace</u> <u>Cumulative</u>
		Split 1	00:07:44.42	0.0kph	24:10 00:07:44.42
		Split 2	00:12:19.36	0.0kph	13:33 00:20:03.78
		Split 3	00:11:31.53	0.0kph	15:17 00:31:35.31
32	660	TINA CHU	00:31:36.40	06:19	RUNNER
		<u>Split Description</u>	<u>Split Times</u>	<u>Speed</u>	<u>Pace</u> <u>Cumulative</u>
		Split 1	00:10:52.88	0.0kph	48:44 00:10:52.88
		Split 2	00:10:27.47	0.0kph	34:36 00:21:20.34
		Split 3	00:10:16.07	0.0kph	40:38 00:31:36.40
33	644	ELIJAH DE KOCK	00:31:50.42	06:22	RUNNER
		<u>Split Description</u>	<u>Split Times</u>	<u>Speed</u>	<u>Pace</u> <u>Cumulative</u>
		Split 1	00:11:29.20	0.0kph	51:55 00:11:29.20
		Split 2	00:09:58.74	0.0kph	47:23 00:21:27.94
		Split 3	00:10:22.49	0.0kph	44:50 00:31:50.42
34	606	CHRISTINE WINTER	00:31:51.71	06:22	RUNNER
		<u>Split Description</u>	<u>Split Times</u>	<u>Speed</u>	<u>Pace</u> <u>Cumulative</u>
		Split 1	00:09:47.44	0.0kph	54:22 00:09:47.44
		Split 2	00:10:57.54	0.0kph	35:23 00:20:44.98
		Split 3	00:11:06.73	0.0kph	07:16 00:31:51.71
35	614	JAYDE WINTER	00:31:52.98	06:22	RUNNER
		<u>Split Description</u>	<u>Split Times</u>	<u>Speed</u>	<u>Pace</u> <u>Cumulative</u>
		Split 1	00:09:49.72	0.0kph	17:06 00:09:49.72
		Split 2	00:10:56.98	0.0kph	29:44 00:20:46.69
		Split 3	00:11:06.30	0.0kph	02:55 00:31:52.98
36	633	TONY GIANNINI	00:31:58.72	06:23	RUNNER
		<u>Split Description</u>	<u>Split Times</u>	<u>Speed</u>	<u>Pace</u> <u>Cumulative</u>
		Split 1	00:09:27.83	0.0kph	38:17 00:09:27.84
		Split 2	00:11:17.32	0.0kph	53:08 00:20:45.15
		Split 3	00:11:13.58	0.0kph	15:45 00:31:58.72
37	676	SCOTT JOLLY	00:32:00.91	06:24	RUNNER
		<u>Split Description</u>	<u>Split Times</u>	<u>Speed</u>	<u>Pace</u> <u>Cumulative</u>
		Split 1	00:10:43.41	0.0kph	14:04 00:10:43.41
		Split 2	00:10:50.71	0.0kph	27:00 00:21:34.11
		Split 3	00:10:26.80	0.0kph	27:55 00:32:00.91
38	634	TRISTAN	00:32:24.09	06:28	RUNNER
		THETSOMBANDITH			
		<u>Split Description</u>	<u>Split Times</u>	<u>Speed</u>	<u>Pace</u> <u>Cumulative</u>
		Split 1	00:08:46.22	0.0kph	42:06 00:08:46.22
		Split 2	00:11:14.23	0.0kph	22:17 00:20:00.45
		Split 3	00:12:23.65	0.0kph	56:27 00:32:24.09
39	678	REBEKAH	00:32:29.56	06:29	RUNNER
		ROELEVELD			
		<u>Split Description</u>	<u>Split Times</u>	<u>Speed</u>	<u>Pace</u> <u>Cumulative</u>
		Split 1	00:10:25.77	0.0kph	17:36 00:10:25.77
		Split 2	00:11:23.45	0.0kph	54:25 00:21:49.21
		Split 3	00:10:40.35	0.0kph	43:30 00:32:29.56

Place	Bib #	Name (Team)	Time	Pace	Type
40	688	MICAYLA GALLANT	00:32:50.56	06:34	RUNNER
		<u>Split Description</u>	<u>Split Times</u>	<u>Speed</u>	<u>Pace</u> <u>Cumulative</u>
		Split 1	00:09:31.83	0.0kph	18:12 00:09:31.83
		Split 2	00:11:44.26	0.0kph	22:35 00:21:16.09
		Split 3	00:11:34.48	0.0kph	44:44 00:32:50.56
41	699	ALYSSA ALEXANDER	00:32:57.65	06:35	RUNNER
		<u>Split Description</u>	<u>Split Times</u>	<u>Speed</u>	<u>Pace</u> <u>Cumulative</u>
		Split 1	00:09:12.68	0.0kph	06:46 00:09:12.68
		Split 2	00:11:52.05	0.0kph	40:28 00:21:04.73
		Split 3	00:11:52.92	0.0kph	49:09 00:32:57.65
42	698	ALVIN ALEXANDER	00:32:59.06	06:35	RUNNER
		<u>Split Description</u>	<u>Split Times</u>	<u>Speed</u>	<u>Pace</u> <u>Cumulative</u>
		Split 1	00:09:14.53	0.0kph	25:16 00:09:14.53
		Split 2	00:11:51.55	0.0kph	35:27 00:21:06.08
		Split 3	00:11:52.99	0.0kph	49:48 00:32:59.06
43	659	SUSAN KALLSEN	00:33:28.89	06:41	RUNNER
		<u>Split Description</u>	<u>Split Times</u>	<u>Speed</u>	<u>Pace</u> <u>Cumulative</u>
		Split 1	00:09:04.30	0.0kph	42:58 00:09:04.30
		Split 2	00:11:43.60	0.0kph	16:00 00:20:47.90
		Split 3	00:12:40.99	0.0kph	49:49 00:33:28.89
44	691	MATEEN EJI	00:34:58.69	06:59	RUNNER
		<u>Split Description</u>	<u>Split Times</u>	<u>Speed</u>	<u>Pace</u> <u>Cumulative</u>
		Split 1	00:08:24.98	0.0kph	09:47 00:08:24.98
		Split 2	00:12:23.11	0.0kph	51:01 00:20:48.09
		Split 3	00:14:10.61	0.0kph	46:04 00:34:58.69
45	640	CATRIONA BAIRD	00:34:58.90	06:59	RUNNER
		<u>Split Description</u>	<u>Split Times</u>	<u>Speed</u>	<u>Pace</u> <u>Cumulative</u>
		Split 1	00:10:40.24	0.0kph	42:23 00:10:40.24
		Split 2	00:12:02.43	0.0kph	24:16 00:22:42.67
		Split 3	00:12:16.23	0.0kph	42:15 00:34:58.90
46	652	KEVIN DE KOCK	00:35:00.29	07:00	RUNNER
		<u>Split Description</u>	<u>Split Times</u>	<u>Speed</u>	<u>Pace</u> <u>Cumulative</u>
		Split 1	00:10:41.73	0.0kph	57:12 00:10:41.73
		Split 2	00:12:01.27	0.0kph	12:39 00:22:42.99
		Split 3	00:12:17.30	0.0kph	52:58 00:35:00.29
47	646	ESMOND LEE	00:35:00.67	07:00	RUNNER
		<u>Split Description</u>	<u>Split Times</u>	<u>Speed</u>	<u>Pace</u> <u>Cumulative</u>
		Split 1	00:10:53.13	0.0kph	51:14 00:10:53.13
		Split 2	00:13:15.00	0.0kph	29:54 00:24:08.12
		Split 3	00:10:52.56	0.0kph	45:31 00:35:00.67
48	609	DANIEL TOUCHIE	00:36:15.87	07:15	RUNNER
		<u>Split Description</u>	<u>Split Times</u>	<u>Speed</u>	<u>Pace</u> <u>Cumulative</u>
		Split 1	00:09:51.04	0.0kph	30:22 00:09:51.04
		Split 2	00:15:18.92	0.0kph	09:08 00:25:09.96
		Split 3	00:11:05.92	0.0kph	59:10 00:36:15.87
49	618	LISA MERCANTI-	00:37:00.80	07:24	RUNNER
		LADD			
		<u>Split Description</u>	<u>Split Times</u>	<u>Speed</u>	<u>Pace</u> <u>Cumulative</u>
		Split 1	00:11:21.23	0.0kph	32:12 00:11:21.23
		Split 2	00:13:09.44	0.0kph	34:20 00:24:30.66
		Split 3	00:12:30.14	0.0kph	01:21 00:37:00.80
50	677	ALICIA JOLLY	00:37:11.36	07:26	RUNNER
		<u>Split Description</u>	<u>Split Times</u>	<u>Speed</u>	<u>Pace</u> <u>Cumulative</u>
		Split 1	00:10:45.15	0.0kph	31:27 00:10:45.15
		Split 2	00:13:55.96	0.0kph	19:34 00:24:41.11
		Split 3	00:12:30.26	0.0kph	02:32 00:37:11.36
51	667	KATIE MILLER	00:37:13.07	07:26	RUNNER
		<u>Split Description</u>	<u>Split Times</u>	<u>Speed</u>	<u>Pace</u> <u>Cumulative</u>
		Split 1	00:10:46.40	0.0kph	43:58 00:10:46.40
		Split 2	00:13:16.98	0.0kph	49:46 00:24:03.38
		Split 3	00:13:09.70	0.0kph	36:55 00:37:13.07
52	673	EHREN MCLAUGHLIN	00:37:50.11	07:34	RUNNER
		<u>Split Description</u>	<u>Split Times</u>	<u>Speed</u>	<u>Pace</u> <u>Cumulative</u>
		Split 1	00:08:25.54	0.0kph	15:22 00:08:25.54
		Split 2	00:14:38.63	0.0kph	26:15 00:23:04.17
		Split 3	00:14:45.94	0.0kph	39:22 00:37:50.11

2023 CF Lime Ridge RUNNING FOR RACHAEL - 5K RUN

Place	Bib #	Name (Team)	Time	Pace	Type
53	671	EDEN MCLAUGHLIN	00:38:35.66	07:43	RUNNER
		<u>Split Description</u>	<u>Split Times</u>	<u>Speed</u>	<u>Pace</u> <u>Cumulative</u>
		Split 1	00:10:43.83	0.0kph	18:12 00:10:43.83
		Split 2	00:12:50.84	0.0kph	28:19 00:23:34.66
		Split 3	00:15:01.01	0.0kph	10:02 00:38:35.66
54	670	WILL MCLAUGHLIN	00:38:36.80	07:43	RUNNER
		<u>Split Description</u>	<u>Split Times</u>	<u>Speed</u>	<u>Pace</u> <u>Cumulative</u>
		Split 1	00:10:45.58	0.0kph	35:43 00:10:45.58
		Split 2	00:12:51.06	0.0kph	30:30 00:23:36.63
		Split 3	00:15:00.18	0.0kph	01:42 00:38:36.80
55	601	ALESSANDRA	00:39:05.12	07:49	RUNNER
		FRACASSI			
		<u>Split Description</u>	<u>Split Times</u>	<u>Speed</u>	<u>Pace</u> <u>Cumulative</u>
		Split 1	00:11:13.17	0.0kph	11:38 00:11:13.17
		Split 2	00:13:58.60	0.0kph	45:54 00:25:11.76
		Split 3	00:13:53.37	0.0kph	53:37 00:39:05.12
56	625	ORNELLO IANNACE	00:39:06.59	07:49	RUNNER
		<u>Split Description</u>	<u>Split Times</u>	<u>Speed</u>	<u>Pace</u> <u>Cumulative</u>
		Split 1	00:11:13.11	0.0kph	11:02 00:11:13.11
		Split 2	00:13:58.66	0.0kph	46:30 00:25:11.76
		Split 3	00:13:54.83	0.0kph	08:16 00:39:06.59
57	641	DALTON HUIBERS	00:39:35.33	07:55	RUNNER
		<u>Split Description</u>	<u>Split Times</u>	<u>Speed</u>	<u>Pace</u> <u>Cumulative</u>
		Split 1	00:11:36.04	0.0kph	00:19 00:11:36.04
		Split 2	00:14:13.83	0.0kph	18:16 00:25:49.87
		Split 3	00:13:45.47	0.0kph	34:38 00:39:35.33
58	679	JULIE GIZZY	00:40:24.39	08:04	RUNNER
		<u>Split Description</u>	<u>Split Times</u>	<u>Speed</u>	<u>Pace</u> <u>Cumulative</u>
		Split 1	00:11:40.35	0.0kph	43:30 00:11:40.36
		Split 2	00:14:26.59	0.0kph	25:51 00:26:06.94
		Split 3	00:14:17.46	0.0kph	54:31 00:40:24.39
59	613	RAFIELLA ASSAD	00:40:40.71	08:08	RUNNER
		<u>Split Description</u>	<u>Split Times</u>	<u>Speed</u>	<u>Pace</u> <u>Cumulative</u>
		Split 1	00:12:17.54	0.0kph	55:21 00:12:17.54
		Split 2	00:14:30.07	0.0kph	00:36 00:26:47.60
		Split 3	00:13:53.11	0.0kph	51:05 00:40:40.71
60	612	ESTHER PAULS	00:40:41.04	08:08	RUNNER
		<u>Split Description</u>	<u>Split Times</u>	<u>Speed</u>	<u>Pace</u> <u>Cumulative</u>
		Split 1	00:12:16.11	0.0kph	41:01 00:12:16.11
		Split 2	00:14:29.97	0.0kph	59:40 00:26:46.08
		Split 3	00:13:54.97	0.0kph	09:41 00:40:41.04
61	682	GIDEON MCAVOY	00:40:51.44	08:10	RUNNER
		<u>Split Description</u>	<u>Split Times</u>	<u>Speed</u>	<u>Pace</u> <u>Cumulative</u>
		Split 1	00:13:16.47	0.0kph	44:36 00:13:16.47
		Split 2	00:13:37.83	0.0kph	18:12 00:26:54.29
		Split 3	00:13:57.16	0.0kph	31:33 00:40:51.44
62	622	MELANIE KING	00:40:52.60	08:10	RUNNER
		<u>Split Description</u>	<u>Split Times</u>	<u>Speed</u>	<u>Pace</u> <u>Cumulative</u>
		Split 1	00:10:58.72	0.0kph	47:10 00:10:58.72
		Split 2	00:13:26.95	0.0kph	29:28 00:24:25.67
		Split 3	00:16:26.94	0.0kph	29:20 00:40:52.60
63	695	ROBYN EADY	00:41:23.82	08:16	RUNNER
		<u>Split Description</u>	<u>Split Times</u>	<u>Speed</u>	<u>Pace</u> <u>Cumulative</u>
		Split 1	00:09:51.66	0.0kph	36:33 00:09:51.66
		Split 2	00:10:53.24	0.0kph	52:18 00:20:44.89
		Split 3	00:20:38.93	0.0kph	29:15 00:41:23.82
64	687	CHRISTIAN VINZ	00:42:22.12	08:28	RUNNER
		ANCHETA			
		<u>Split Description</u>	<u>Split Times</u>	<u>Speed</u>	<u>Pace</u> <u>Cumulative</u>
		Split 1	00:14:00.69	0.0kph	06:53 00:14:00.69
		Split 2	00:13:59.71	0.0kph	57:05 00:28:00.40
		Split 3	00:14:21.72	0.0kph	37:12 00:42:22.12
65	662	ASHLEY ABENOJAR	00:42:22.47	08:28	RUNNER
		<u>Split Description</u>	<u>Split Times</u>	<u>Speed</u>	<u>Pace</u> <u>Cumulative</u>
		Split 1	00:07:38.39	0.0kph	23:51 00:07:38.39
		Split 2	00:20:20.20	0.0kph	21:55 00:27:58.58
		Split 3	00:14:23.89	0.0kph	58:49 00:42:22.47

Place	Bib #	Name (Team)	Time	Pace	Type
66	654	MELODY DE KOCK-	00:45:57.35	09:11	RUNNER
		DENNY			
		<u>Split Description</u>	<u>Split Times</u>	<u>Speed</u>	<u>Pace</u> <u>Cumulative</u>
		Split 1	00:18:16.53	0.0kph	45:13 00:18:16.53
		Split 2	00:16:04.05	0.0kph	40:29 00:34:20.58
		Split 3	00:11:36.78	0.0kph	07:46 00:45:57.35
67	658	SIMONE DE KOCK	00:47:01.49	09:24	RUNNER
		<u>Split Description</u>	<u>Split Times</u>	<u>Speed</u>	<u>Pace</u> <u>Cumulative</u>
		Split 1	00:18:21.02	0.0kph	30:11 00:18:21.02
		Split 2	00:15:57.72	0.0kph	37:08 00:34:18.74
		Split 3	00:12:42.76	0.0kph	07:30 00:47:01.49
68	692	TOHEEB EJI	00:48:40.07	09:44	RUNNER
		<u>Split Description</u>	<u>Split Times</u>	<u>Speed</u>	<u>Pace</u> <u>Cumulative</u>
		Split 1	00:09:58.75	0.0kph	47:25 00:09:58.75
		Split 2	00:17:50.57	0.0kph	25:37 00:27:49.31
		Split 3	00:20:50.76	0.0kph	27:33 00:48:40.07
69	645	ELLIOT CLASSEN	00:51:51.03	10:22	RUNNER
		<u>Split Description</u>	<u>Split Times</u>	<u>Speed</u>	<u>Pace</u> <u>Cumulative</u>
		Split 1	00:18:19.13	0.0kph	11:13 00:18:19.13
		Split 2	00:18:48.94	0.0kph	09:23 00:37:08.07
		Split 3	00:14:42.96	0.0kph	09:35 00:51:51.03
70	643	DESTINY DE KOCK	00:51:51.35	10:22	RUNNER
		<u>Split Description</u>	<u>Split Times</u>	<u>Speed</u>	<u>Pace</u> <u>Cumulative</u>
		Split 1	00:16:21.98	0.0kph	39:44 00:16:21.98
		Split 2	00:20:46.04	0.0kph	40:24 00:37:08.02
		Split 3	00:14:43.34	0.0kph	13:19 00:51:51.35
DNF	651	KENZIE SHERRY	00:27:20.12	05:28	RUNNER
		<u>Split Description</u>	<u>Split Times</u>	<u>Speed</u>	<u>Pace</u> <u>Cumulative</u>
		Split 1	00:11:59.28	0.0kph	52:47 00:11:59.28
		Split 2	00:12:48.10	0.0kph	00:57 00:24:47.38
		Split 3	00:02:32.75	0.0kph	27:26 00:27:20.12