

Hecla 10K

Overall Male Runner

Place	Bib#	Name	Time	Grade	Athlete Type	Hometown	Pace	Speed	Overall Place	Age	Athlete ID
1.	1010	Bruce, Jason	37:40.521	-	Runner	Winnipeg, MB	6:04	9.898	1	34	
2.	1017	Del Vecchio, Anthony	45:10.494	-	Runner	Winnipeg, MB	7:16	8.254	2	26	
3.	1014	Conrod, Matt	45:55.087	-	Runner	Selkirk, MB	7:23	8.120	3	41	

Overall Female Runner

Place	Bib#	Name	Time	Grade	Athlete Type	Hometown	Pace	Speed	Overall Place	Age	Athlete ID
1.	1034	Gruenke, Gabriela	48:24.721	-	Runner	Riverton, MB	7:47	7.703	6	21	
2.	1055	Miller, Cari	49:08.034	-	Runner	Winnipeg, MB	7:54	7.588	7	39	
3.	1053	Mccartney, Kelly	50:38.664	-	Runner	Winnipeg, MB	8:09	7.363	9	42	

Male 20-24

Place	Bib#	Name	Time	Grade	Athlete Type	Hometown	Pace	Speed	Overall Place	Age	Athlete ID
1.	1005	Bawa, Abhi	47:07.157	-	Runner	Riverton, MB	7:35	7.913	5	24	

Male 25-29

Place	Bib#	Name	Time	Grade	Athlete Type	Hometown	Pace	Speed	Overall Place	Age	Athlete ID
1.	1017	Del Vecchio, Anthony	45:10.494	-	Runner	Winnipeg, MB	7:16	8.254	2	26	

Male 30-34

Place	Bib#	Name	Time	Grade	Athlete Type	Hometown	Pace	Speed	Overall Place	Age	Athlete ID
1.	1010	Bruce, Jason	37:40.521	-	Runner	Winnipeg, MB	6:04	9.898	1	34	
2.	1020	Eichel, Matthew	59:26.877	-	Runner	Winnipeg, MB	9:34	6.273	21	30	
3.	1066	Radford, Chris	1:04:16.641	-	Runner	Winnipeg, MB	10:21	5.801	28	34	
4.	1078	Whitlaw, Mark	1:06:19.597	-	Runner	Winnipeg, MB	10:40	5.622	33	33	
5.	1048	Kenny, Chris	1:15:17.511	-	Runner	La Salle, MB	12:07	4.952	48	30	

Male 35-39

Place	Bib#	Name	Time	Grade	Athlete Type	Hometown	Pace	Speed	Overall Place	Age	Athlete ID
1.	1074	Still, Dale	1:11:21.271	-	Runner	Selkirk, MB	11:29	5.225	44	37	
2.	1045	Jonker, Paul	2:06:43.274	-	Runner	Winnipeg, MB	20:24	2.942	62	35	

Male 40-44

Place	Bib#	Name	Time	Grade	Athlete Type	Hometown	Pace	Speed	Overall Place	Age	Athlete ID
1.	1014	Conrod, Matt	45:55.087	-	Runner	Selkirk, MB	7:23	8.120	3	41	
2.	1068	Salmon, Neil	49:21.911	-	Runner	Selkirk, MB	7:57	7.555	8	44	
3.	1038	Hrymak, Brad	57:55.461	-	Runner	Selkirk, MB	9:19	6.437	17	42	
4.	1030	Golub, Daniel	59:38.287	-	Runner	Winnipeg, MB	9:36	6.252	22	41	

Male 45-49

Place	Bib#	Name	Time	Grade	Athlete Type	Hometown	Pace	Speed	Overall Place	Age	Athlete ID
1.	1031	Gray, Robert	1:09:09.794	-	Runner	Gimli, MB	11:08	5.392	41	48	

Male 50-54

Place	Bib#	Name	Time	Grade	Athlete Type	Hometown	Pace	Speed	Overall Place	Age	Athlete ID
1.	1007	Bjornsson, Shawn	53:06.107	-	Runner	Winnipeg, MB	8:33	7.021	12	53	

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Male 55-59

Place	Bib#	Name	Time	Grade	Athlete Type	Hometown	Pace	Speed	Overall Place	Age	Athlete ID
1.	1075	Stobbe, James	54:57.024	-	Runner	Steinbach, MB	8:51	6.785	14	55	
2.	1062	Nociar, Keith	58:03.381	-	Runner	Winnipeg, MB	9:21	6.422	18	57	

Male 60-64

Place	Bib#	Name	Time	Grade	Athlete Type	Hometown	Pace	Speed	Overall Place	Age	Athlete ID
1.	1018	Dutfield, Andrew	46:38.431	-	Runner	Winnipeg, MB	7:30	7.995	4	60	

Female 0-9

Place	Bib#	Name	Time	Grade	Athlete Type	Hometown	Pace	Speed	Overall Place	Age	Athlete ID
1.	1046	Jonker, Addison	2:06:43.221	-	Runner	Winnipeg, MB	20:24	2.942	61	8	

Female 20-24

Place	Bib#	Name	Time	Grade	Athlete Type	Hometown	Pace	Speed	Overall Place	Age	Athlete ID
1.	1034	Gruenke, Gabriela	48:24.721	-	Runner	Riverton, MB	7:47	7.703	6	21	

Female 25-29

Place	Bib#	Name	Time	Grade	Athlete Type	Hometown	Pace	Speed	Overall Place	Age	Athlete ID
1.	1025	Fridfinnson, Laura	56:35.231	-	Runner	Arborg, MB	9:06	6.589	15	28	
2.	1050	Leslie, Cleo	1:05:57.394	-	Runner	Winnipeg, MB	10:37	5.653	32	27	
3.	1004	Banma, Janna	1:07:22.361	-	Runner	Winnipeg, MB	10:50	5.534	37	28	
4.	1028	Gabbs, Melissa	1:13:03.341	-	Runner	Winnipeg, MB	11:45	5.104	47	26	
5.	1047	Kenny, Chandra	1:15:18.131	-	Runner	La Salle, MB	12:07	4.951	49	28	
6.	1035	Halpin, Emma	1:35:05.314	-	Runner	The Pas, MB	15:18	3.921	60	29	

Female 30-34

Place	Bib#	Name	Time	Grade	Athlete Type	Hometown	Pace	Speed	Overall Place	Age	Athlete ID
1.	1011	Burns, Lindsay	54:11.961	-	Runner	Winnipeg Beach, MB	8:43	6.881	13	31	
2.	1041	Janzen, Susan	59:38.531	-	Runner	Winnipeg, MB	9:36	6.252	23	30	
3.	1001	Agar, Kerri	1:00:04.024	-	Runner	Winnipeg, MB	9:40	6.207	24	30	
4.	1051	Malcolmson, Kelly	1:04:42.751	-	Runner	Winnipeg, MB	10:25	5.762	29	34	
5.	1079	Whitlaw, Jennifer	1:05:00.817	-	Runner	Winnipeg, MB	10:28	5.736	31	33	
6.	1013	Clark, Andrea	1:07:31.091	-	Runner	Selkirk, MB	10:52	5.522	38	34	
7.	1069	Samorodny, Rocheen	1:07:31.814	-	Runner	Gunton, MB	10:52	5.522	39	33	
8.	1043	Johnson, Nancy	1:07:56.494	-	Runner	Gimli, MB	10:56	5.488	40	34	
9.	1067	Rowsell, Jocelyne	1:10:23.504	-	Runner	Winnipeg, MB	11:20	5.297	43	33	
10.	1059	Morrish, Lindsay	1:15:22.377	-	Runner	Winnipeg, MB	12:08	4.947	50	32	
11.	1065	Radford, Kim	1:15:40.414	-	Runner	Winnipeg, MB	12:11	4.927	51	34	
12.	1029	Goldsworthy, Stacy	1:18:03.007	-	Runner	Oak Bluff, MB	12:34	4.777	53	32	
13.	1012	Chornoby, Sally	1:18:03.317	-	Runner	Winnipeg, MB	12:34	4.777	54	30	
14.	1006	Bell, Aynsley	1:18:03.804	-	Runner	Winnipeg, MB	12:34	4.777	55	34	
15.	1019	Eichel, Jayme	1:19:04.794	-	Runner	Winnipeg, MB	12:43	4.715	56	32	
16.	1024	Fridfinnson, Brooke	1:24:20.534	-	Runner	Ottawa, ON	13:34	4.421	57	32	

Female 35-39

Place	Bib#	Name	Time	Grade	Athlete Type	Hometown	Pace	Speed	Overall Place	Age	Athlete ID
1.	1055	Miller, Cari	49:08.034	-	Runner	Winnipeg, MB	7:54	7.588	7	39	

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2.	1015	Convery, Sara	1:04:54.741	-	Runner	Morden, MB	10:27	5.745	30	35
3.	1037	Horbatiuk, Cat	1:06:42.111	-	Runner	Winnipeg, MB	10:44	5.590	35	38
4.	1027	Froese, Melissa	1:06:42.184	-	Runner	Winnipeg, MB	10:44	5.590	36	38
5.	1064	Pitcher, Melanie	1:28:05.577	-	Runner	Winnipeg, MB	14:11	4.233	58	37
6.	1021	Ferguson, Lisa	2:06:43.917	-	Runner	Winnipeg, MB	20:24	2.942	63	37

Female 40-44

Place	Bib#	Name	Time	Grade	Athlete Type	Hometown	Pace	Speed	Overall Place	Age	Athlete ID
1.	1053	Mccartney, Kelly	50:38.664	-	Runner	Winnipeg, MB	8:09	7.363	9	42	
2.	1054	Mcintyre, Karen	52:35.371	-	Runner	Winnipeg, MB	8:28	7.090	10	44	
3.	1063	Palsson, Lori	52:50.651	-	Runner	Gimli, MB	8:30	7.057	11	41	
4.	1057	Miyanishi, Christy	1:06:41.881	-	Runner	Winnipeg, MB	10:44	5.591	34	42	
5.	1070	Sanchez, Shawna	1:32:23.434	-	Runner	Winnipeg, MB	14:52	4.036	59	41	

Female 45-49

Place	Bib#	Name	Time	Grade	Athlete Type	Hometown	Pace	Speed	Overall Place	Age	Athlete ID
1.	1039	Hrymak, Cheryl	56:42.697	-	Runner	Selkirk, MB	9:07	6.575	16	48	
2.	1032	Griffin, Iris	1:00:27.241	-	Runner	Winnipeg, MB	9:44	6.167	25	47	
3.	1009	Brown-Andersen, Lisa	1:02:26.667	-	Runner	Winnipeg, MB	10:03	5.972	26	46	

Female 50-54

Place	Bib#	Name	Time	Grade	Athlete Type	Hometown	Pace	Speed	Overall Place	Age	Athlete ID
1.	1023	Fridfinnson, Elan	59:13.144	-	Runner	Toronto, ON	9:32	6.296	20	54	
2.	1052	Maynard, Tanis	1:02:40.321	-	Runner	Winnipeg, MB	10:05	5.949	27	52	
3.	1022	Fiddler, Lori	1:09:53.731	-	Runner	Selkirk, MB	11:15	5.335	42	54	
4.	1016	Croy, Brenda	1:11:59.924	-	Runner	Selkirk, MB	11:35	5.179	45	53	
5.	1044	Johnson, Debbie	1:12:21.314	-	Runner	Winnipeg, MB	11:39	5.153	46	53	

Female 55-59

Place	Bib#	Name	Time	Grade	Athlete Type	Hometown	Pace	Speed	Overall Place	Age	Athlete ID
1.	1026	Fridfinnson-Elliott, Jennifer	59:11.691	-	Runner	Winnipeg, MB	9:31	6.299	19	56	
2.	1071	Sawatzky, Karen	1:16:26.251	-	Runner	Winnipeg, MB	12:18	4.878	52	55	