

Lace Up For Diabetes 10K

Line Through = Disqualified

Place	Name	Hometown	Type	Bib #	Time	Pace	Speed	Sex	Age	ID Number
1	ANTHONY DEL VECCHIO	WINNIPEG, MB	RUNNER	1777	00:42:51.24	04:17	14.0kph	M	29	
					<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cummulative</u>	
					Lap 1	00:21:35.119	04:19	13.9kph	00:21:35.119	
					Lap 2	00:21:16.129	04:15	14.1kph	00:42:51.248	
2	JONATHAN CLAASSEN	WINNIPEG, MB	RUNNER	1773	00:45:40.48	04:34	13.1kph	M	37	
					<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cummulative</u>	
					Lap 1	00:22:29.098	04:29	13.3kph	00:22:29.098	
					Lap 2	00:23:11.389	04:38	12.9kph	00:45:40.487	
3	ANDREW PULLEN	WINNIPEG, MB	RUNNER	1807	00:45:41.21	04:34	13.1kph	M	33	
					<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cummulative</u>	
					Lap 1	00:22:55.934	04:35	13.1kph	00:22:55.934	
					Lap 2	00:22:45.283	04:33	13.2kph	00:45:41.217	
4	BRANDI SMITH	WINNIPEG, MB	RUNNER	1812	00:46:54.53	04:41	12.8kph	F	41	
					<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cummulative</u>	
					Lap 1	00:23:33.461	04:42	12.7kph	00:23:33.461	
					Lap 2	00:23:21.076	04:40	12.8kph	00:46:54.537	
5	JOEL BRANDT	NIVERVILLE, MB	RUNNER	1768	00:46:57.96	04:41	12.8kph	M	33	
					<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cummulative</u>	
					Lap 1	00:23:19.828	04:39	12.9kph	00:23:19.828	
					Lap 2	00:23:38.137	04:43	12.7kph	00:46:57.965	
6	BRYAN BUSS	WINNIPEG, MB	RUNNER	1769	00:46:58.85	04:41	12.8kph	M	38	
					<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cummulative</u>	
					Lap 1	00:23:18.311	04:39	12.9kph	00:23:18.311	
					Lap 2	00:23:40.544	04:44	12.7kph	00:46:58.855	
7	CHARLENE CHIBORAK	NIVERVILLE, MB	RUNNER	1772	00:47:28.14	04:44	12.6kph	F	42	
					<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cummulative</u>	
					Lap 1	00:23:34.439	04:42	12.7kph	00:23:34.439	
					Lap 2	00:23:53.709	04:46	12.6kph	00:47:28.148	
8	KATRYNA BARSKE	WINNIPEG, MB	RUNNER	1766	00:47:47.33	04:46	12.6kph	F	26	
					<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cummulative</u>	
					Lap 1	00:23:23.187	04:40	12.8kph	00:23:23.187	
					Lap 2	00:24:24.144	04:52	12.3kph	00:47:47.331	
9	KEVIN WOLK	WINNIPEG, MB	RUNNER	1819	00:47:49.61	04:46	12.5kph	M	49	
					<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cummulative</u>	
					Lap 1	00:23:32.708	04:42	12.7kph	00:23:32.708	
					Lap 2	00:24:16.911	04:51	12.4kph	00:47:49.619	
10	SAMANTHA ERICHSEN	WINNIPEG, MB	RUNNER	1821	00:48:44.67	04:52	12.3kph	F	30	
					<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cummulative</u>	
					Lap 1	00:24:11.921	04:50	12.4kph	00:24:11.921	
					Lap 2	00:24:32.758	04:54	12.2kph	00:48:44.679	
11	KATHLEEN CAITHNESS	WINNIPEG, MB	RUNNER	1770	00:48:58.15	04:53	12.3kph	F	52	
					<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cummulative</u>	
					Lap 1	00:24:35.617	04:55	12.2kph	00:24:35.617	
					Lap 2	00:24:22.534	04:52	12.3kph	00:48:58.151	
12	CHRISTOPHER GADALETA	WINNIPEG, MB	RUNNER	1788	00:49:10.95	04:55	12.2kph	M	26	
					<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cummulative</u>	
					Lap 1	00:23:36.647	04:43	12.7kph	00:23:36.647	
					Lap 2	00:25:34.306	05:06	11.7kph	00:49:10.953	
13	DAN MYSKO	WINNIPEG, MB	RUNNER	1801	00:49:16.11	04:55	12.2kph	M	41	
					<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cummulative</u>	
					Lap 1	00:24:56.912	04:59	12.0kph	00:24:56.912	
					Lap 2	00:24:19.202	04:51	12.3kph	00:49:16.114	
14	PIOTR KOZLOWSKI	WINNIPEG, MB	RUNNER	1793	00:51:24.74	05:08	11.7kph	F	37	
					<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cummulative</u>	
					Lap 1	00:24:56.156	04:59	12.0kph	00:24:56.156	
					Lap 2	00:26:28.591	05:17	11.3kph	00:51:24.747	
15	JOANNA WEBB	WINNIPEG, MB	RUNNER	1817	00:52:06.05	05:12	11.5kph	F	34	
					<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cummulative</u>	
					Lap 1	00:26:04.852	05:12	11.5kph	00:26:04.852	
					Lap 2	00:26:01.203	05:12	11.5kph	00:52:06.055	

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Place	Name	Hometown	Type	Bib #	Time	Pace	Speed	Sex	Age	ID Number
16	CHRISTINE JESTADT	WINNIPEG, MB	RUNNER	1789	00:52:10.02	05:13	11.5kph	F	49	
					<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>		<u>Cummulative</u>
					Lap 1	00:26:18.929	05:15	11.4kph		00:26:18.929
					Lap 2	00:25:51.098	05:10	11.6kph		00:52:10.027
17	ALYCIA MANCHULENKO	ROSSER, MB	RUNNER	1795	00:52:58.86	05:17	11.3kph	F	22	
					<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>		<u>Cummulative</u>
					Lap 1	00:26:08.016	05:13	11.5kph		00:26:08.016
					Lap 2	00:26:50.848	05:22	11.2kph		00:52:58.864
18	EROMOSELE ASIBOR	WINNIPEG, MB	RUNNER	1764	00:52:59.41	05:17	11.3kph	M	26	
					<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>		<u>Cummulative</u>
					Lap 1	00:26:02.874	05:12	11.5kph		00:26:02.874
					Lap 2	00:26:56.536	05:23	11.1kph		00:52:59.410
19	NIKKI HAWRYLYSHEN	WINNIPEG, MB	RUNNER	1832	00:54:01.37	05:24	11.1kph	F	30	
					<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>		<u>Cummulative</u>
					Lap 1	00:26:18.132	05:15	11.4kph		00:26:18.132
					Lap 2	00:27:43.240	05:32	10.8kph		00:54:01.372
20	KEN WILSON	CARMAN, MB	RUNNER	1818	00:54:27.26	05:26	11.0kph	M	60	
					<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>		<u>Cummulative</u>
					Lap 1	00:27:39.225	05:31	10.8kph		00:27:39.225
					Lap 2	00:26:48.040	05:21	11.2kph		00:54:27.265
21	TYLER FRIESEN	WINNIPEG, MB	RUNNER	1786	00:54:44.16	05:28	11.0kph	M	32	
					<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>		<u>Cummulative</u>
					Lap 1	00:26:42.339	05:20	11.2kph		00:26:42.339
					Lap 2	00:28:01.823	05:36	10.7kph		00:54:44.162
22	STEPHANIE ROBERECKI	WINNIPEG, MB	RUNNER	1809	00:54:54.58	05:29	10.9kph	F	56	
					<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>		<u>Cummulative</u>
					Lap 1	00:27:27.597	05:29	10.9kph		00:27:27.597
					Lap 2	00:27:26.991	05:29	10.9kph		00:54:54.588
23	JORDAN DUPUIS	WINNIPEG, MB	RUNNER	1820	00:55:04.94	05:30	10.9kph	M	26	
					<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>		<u>Cummulative</u>
					Lap 1	00:26:28.026	05:17	11.3kph		00:26:28.026
					Lap 2	00:28:36.923	05:43	10.5kph		00:55:04.949
24	CATHERINE GALAY	WINNIPEG, MB	RUNNER	1767	00:55:40.14	05:34	10.8kph	F	30	
					<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>		<u>Cummulative</u>
					Lap 1	00:27:55.926	05:35	10.7kph		00:27:55.926
					Lap 2	00:27:44.217	05:32	10.8kph		00:55:40.143
25	SUZETE MONIZ	WINNIPEG, MB	RUNNER	1803	00:55:51.13	05:35	10.7kph	F	44	
					<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>		<u>Cummulative</u>
					Lap 1	00:27:54.219	05:34	10.8kph		00:27:54.219
					Lap 2	00:27:56.913	05:35	10.7kph		00:55:51.132
26	SYDNI DE JONG	WINNIPEG, MB	RUNNER	1775	00:56:05.91	05:36	10.7kph	F	23	
					<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>		<u>Cummulative</u>
					Lap 1	00:27:53.974	05:34	10.8kph		00:27:53.974
					Lap 2	00:28:11.941	05:38	10.6kph		00:56:05.915
27	LORRAINE MANSON	WINNIPEG, MB	RUNNER	1835	00:56:12.40	05:37	10.7kph	F	49	
					<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>		<u>Cummulative</u>
					Lap 1	00:27:56.072	05:35	10.7kph		00:27:56.072
					Lap 2	00:28:16.328	05:39	10.6kph		00:56:12.400
28	NATHAN MELVIN	WINNIPEG, MB	RUNNER	1800	00:56:22.06	05:38	10.6kph	M	45	
					<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>		<u>Cummulative</u>
					Lap 1	00:27:40.128	05:32	10.8kph		00:27:40.128
					Lap 2	00:28:41.934	05:44	10.5kph		00:56:22.062
29	HAILEY STEVENS	STONY MOUNTAIN, MB	RUNNER	1814	00:56:26.98	05:38	10.6kph	F	27	
					<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>		<u>Cummulative</u>
					Lap 1	00:28:09.943	05:37	10.7kph		00:28:09.943
					Lap 2	00:28:17.046	05:39	10.6kph		00:56:26.989
30	DANA PROCTOR	WINNIPEG, MB	RUNNER	1806	00:56:52.91	05:41	10.5kph	F	25	
					<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>		<u>Cummulative</u>
					Lap 1	00:27:14.054	05:26	11.0kph		00:27:14.054
					Lap 2	00:29:38.864	05:55	10.1kph		00:56:52.918

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Place	Name	Hometown	Type	Bib #	Time	Pace	Speed	Sex	Age	ID Number
31	MELANIE MELVIN	WINNIPEG, MB	RUNNER	1799	00:57:02.82	05:42	10.5kph	F	41	
					<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>		<u>Cummulative</u>
					Lap 1	00:27:41.637	05:32	10.8kph		00:27:41.637
					Lap 2	00:29:21.186	05:52	10.2kph		00:57:02.823
32	SUE CAUGHLIN	WINNIPEG, MB	RUNNER	1771	00:58:07.93	05:48	10.3kph	F	50	
					<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>		<u>Cummulative</u>
					Lap 1	00:28:58.703	05:47	10.4kph		00:28:58.703
					Lap 2	00:29:09.236	05:49	10.3kph		00:58:07.939
33	KIIRSTEN MAY	WINNIPEG, MB	RUNNER	1796	00:58:14.86	05:49	10.3kph	F	32	
					<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>		<u>Cummulative</u>
					Lap 1	00:28:53.541	05:46	10.4kph		00:28:53.541
					Lap 2	00:29:21.327	05:52	10.2kph		00:58:14.868
34	BECKY REMPEL	LORETTE, MB	RUNNER	1808	00:58:17.40	05:49	10.3kph	F	33	
					<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>		<u>Cummulative</u>
					Lap 1	00:28:54.461	05:46	10.4kph		00:28:54.461
					Lap 2	00:29:22.939	05:52	10.2kph		00:58:17.400
35	NORMA JONES	WINNIPEG, MB	RUNNER	1790	00:59:16.11	05:55	10.1kph	F	62	
					<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>		<u>Cummulative</u>
					Lap 1	00:30:09.600	06:01	9.9kph		00:30:09.600
					Lap 2	00:29:06.510	05:49	10.3kph		00:59:16.110
36	KAYCEE CAPULONG	WINNIPEG, MB	RUNNER	1757	00:59:16.46	05:55	10.1kph	M	38	
					<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>		<u>Cummulative</u>
					Lap 1	00:28:31.516	05:42	10.5kph		00:28:31.516
					Lap 2	00:30:44.950	06:08	9.8kph		00:59:16.466
37	CHRIS AWESOME	WINNIPEG, MB	RUNNER	1765	00:59:31.72	05:57	10.1kph	M	37	
					<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>		<u>Cummulative</u>
					Lap 1	00:30:17.094	06:03	9.9kph		00:30:17.094
					Lap 2	00:29:14.633	05:50	10.3kph		00:59:31.727
38	VICTORIA DE JONG	WINNIPEG, MB	RUNNER	1776	00:59:39.18	05:57	10.1kph	F	25	
					<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>		<u>Cummulative</u>
					Lap 1	00:30:11.148	06:02	9.9kph		00:30:11.148
					Lap 2	00:29:28.040	05:53	10.2kph		00:59:39.188
39	MEGAN DEGROW	WINNIPEG, MB	RUNNER	1829	01:00:01.82	06:00	10.0kph	F	34	
					<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>		<u>Cummulative</u>
					Lap 1	00:29:20.251	05:52	10.2kph		00:29:20.251
					Lap 2	00:30:41.578	06:08	9.8kph		01:00:01.829
40	JUMIR ENCARNACION	WINNIPEG, MB	RUNNER	1830	01:00:21.96	06:02	9.9kph	M	48	
					<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>		<u>Cummulative</u>
					Lap 1	00:31:13.875	06:14	9.6kph		00:31:13.875
					Lap 2	00:29:08.092	05:49	10.3kph		01:00:21.967
41	CARL EUSEBIO	WINNIPEG, MB	RUNNER	1782	01:00:22.23	06:02	9.9kph	M	37	
					<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>		<u>Cummulative</u>
					Lap 1	00:31:13.937	06:14	9.6kph		00:31:13.937
					Lap 2	00:29:08.295	05:49	10.3kph		01:00:22.232
42	CLAIRE HERBERT REIS	WINNIPEG, MB	RUNNER	1760	01:00:53.89	06:05	9.9kph	F	46	
					<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>		<u>Cummulative</u>
					Lap 1	00:30:13.878	06:02	9.9kph		00:30:13.878
					Lap 2	00:30:40.015	06:08	9.8kph		01:00:53.893
43	AMY PASSMORE	WINNIPEG, MB	RUNNER	1804	01:01:35.93	06:09	9.7kph	F	43	
					<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>		<u>Cummulative</u>
					Lap 1	00:30:39.875	06:07	9.8kph		00:30:39.875
					Lap 2	00:30:56.059	06:11	9.7kph		01:01:35.934
44	DAN CHEVRIER	WINNIPEG, MB	RUNNER	1761	01:01:45.12	06:10	9.7kph	M	43	
					<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>		<u>Cummulative</u>
					Lap 1	00:30:14.599	06:02	9.9kph		00:30:14.599
					Lap 2	00:31:30.528	06:18	9.5kph		01:01:45.127
45	SHELDON KUZMIK		RUNNER	1834	01:01:54.93	06:11	9.7kph	M	0	
					<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>		<u>Cummulative</u>
					Lap 1	00:29:32.711	05:54	10.2kph		00:29:32.711
					Lap 2	00:32:22.228	06:28	9.3kph		01:01:54.939

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46	MICHELLE STEVENS	WINNIPEG, MB	RUNNER	1840	01:03:20.98	06:20	9.5kph	F	28	
					<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cummulative</u>	
					Lap 1	00:36:59.938	07:23	8.1kph	00:36:59.938	
					Lap 2	00:26:21.046	05:16	11.4kph	01:03:20.984	
47	MARK DAVID	WINNIPEG, MB	RUNNER	1758	01:03:41.34	06:22	9.4kph	M	35	
					<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cummulative</u>	
					Lap 1	00:30:07.169	06:01	10.0kph	00:30:07.169	
					Lap 2	00:33:34.176	06:42	8.9kph	01:03:41.345	
48	COREY BRANDT		RUNNER	1826	01:04:30.68	06:27	9.3kph	M	38	
					<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cummulative</u>	
					Lap 1	00:32:19.321	06:27	9.3kph	00:32:19.321	
					Lap 2	00:32:11.362	06:26	9.3kph	01:04:30.683	
49	CHANTELLE FALK	NIVERVILLE, MB	RUNNER	1783	01:04:35.08	06:27	9.3kph	F	42	
					<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cummulative</u>	
					Lap 1	00:33:01.252	06:36	9.1kph	00:33:01.252	
					Lap 2	00:31:33.837	06:18	9.5kph	01:04:35.089	
50	ZIMRAAN AHMAD	WINNIPEG, MB	RUNNER	1763	01:05:06.37	06:30	9.2kph	M	10	
					<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cummulative</u>	
					Lap 1	00:31:41.398	06:20	9.5kph	00:31:41.398	
					Lap 2	00:33:24.981	06:40	9.0kph	01:05:06.379	
51	KHALID AHMAD	WINNIPEG, MB	RUNNER	1762	01:05:06.59	06:30	9.2kph	M	57	
					<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cummulative</u>	
					Lap 1	00:31:40.527	06:20	9.5kph	00:31:40.527	
					Lap 2	00:33:26.068	06:41	9.0kph	01:05:06.595	
52	KRISTYN FANSTONE	OAKBANK, MB	RUNNER	1785	01:06:38.81	06:39	9.0kph	F	24	
					<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cummulative</u>	
					Lap 1	00:30:11.133	06:02	9.9kph	00:30:11.133	
					Lap 2	00:36:27.678	07:17	8.2kph	01:06:38.811	
53	MELISSA GABBS	WINNIPEG, MB	RUNNER	1787	01:08:20.82	06:50	8.8kph	F	28	
					<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cummulative</u>	
					Lap 1	00:36:17.727	07:15	8.3kph	00:36:17.727	
					Lap 2	00:32:03.098	06:24	9.4kph	01:08:20.825	
54	MICHAEL SMITH	DAVIDSON, sk	RUNNER	1813	01:08:24.87	06:50	8.8kph	M	68	
					<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cummulative</u>	
					Lap 1	00:34:11.457	06:50	8.8kph	00:34:11.457	
					Lap 2	00:34:13.418	06:50	8.8kph	01:08:24.875	
55	SIOBHAN MERRY		RUNNER	1837	01:09:18.32	06:55	8.7kph	F	16	
					<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cummulative</u>	
					Lap 1	00:34:23.283	06:52	8.7kph	00:34:23.283	
					Lap 2	00:34:55.040	06:59	8.6kph	01:09:18.323	
56	ALYSSA RYAN	WINNIPEG, MB	RUNNER	1810	01:09:52.62	06:59	8.6kph	F	16	
					<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cummulative</u>	
					Lap 1	00:31:37.900	06:19	9.5kph	00:31:37.900	
					Lap 2	00:38:14.727	07:38	7.8kph	01:09:52.627	
57	DARIA KOPYNSKY	WINNIPEG, MB	RUNNER	1792	01:11:38.02	07:09	8.4kph	F	23	
					<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cummulative</u>	
					Lap 1	00:34:18.188	06:51	8.7kph	00:34:18.188	
					Lap 2	00:37:19.834	07:27	8.0kph	01:11:38.022	
58	JESSICA DUBEAU	STE. ANNE, MB	RUNNER	1779	01:13:41.67	07:22	8.1kph	F	30	
					<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cummulative</u>	
					Lap 1	00:35:39.850	07:07	8.4kph	00:35:39.850	
					Lap 2	00:38:01.822	07:36	7.9kph	01:13:41.672	
59	WARREN BANKS	WINNIPEG, MB	RUNNER	1759	01:14:13.38	07:25	8.1kph	M	48	
					<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cummulative</u>	
					Lap 1	00:35:44.920	07:08	8.4kph	00:35:44.920	
					Lap 2	00:38:28.461	07:41	7.8kph	01:14:13.381	
60	PAULA KREITZ	WINNIPEG, MB	RUNNER	1794	01:16:05.23	07:36	7.9kph	F	49	
					<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cummulative</u>	
					Lap 1	00:36:40.074	07:20	8.2kph	00:36:40.074	
					Lap 2	00:39:25.163	07:53	7.6kph	01:16:05.237	

Lace Up For Diabetes 10K

Line Through = Disqualified

Place	Name	Hometown	Type	Bib #	Time	Pace	Speed	Sex	Age	ID Number
61	KATTIE CAPULONG	WINNIPEG, MB	RUNNER	1756	01:16:32.30	07:39	7.8kph	F	34	
					<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>	
					Lap 1	00:36:30.965	07:18	8.2kph	00:36:30.965	
					Lap 2	00:40:01.342	08:00	7.5kph	01:16:32.307	
62	COLLEEN DUDYCH	WINNIPEG,	RUNNER	1751	01:18:54.35	07:53	7.6kph	F	43	
					<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>	
					Lap 1	00:37:56.548	07:35	7.9kph	00:37:56.548	
					Lap 2	00:40:57.807	08:11	7.3kph	01:18:54.355	
63	ERINN OLCEN	WINNIPEG,	RUNNER	1754	01:18:55.09	07:53	7.6kph	F	29	
					<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>	
					Lap 1	00:37:56.374	07:35	7.9kph	00:37:56.374	
					Lap 2	00:40:58.723	08:11	7.3kph	01:18:55.097	
64	JOHN MERRY	WINNIPEG, MB	RUNNER	1836	01:28:36.18	08:51	6.8kph	M	51	
					<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>	
					Lap 1	00:42:02.453	08:24	7.1kph	00:42:02.453	
					Lap 2	00:46:33.735	09:18	6.4kph	01:28:36.188	
65	PATRICIA MONDT	WINNIPEG, MB	RUNNER	1802	01:31:27.52	09:08	6.6kph	F	57	
					<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>	
					Lap 1	00:45:59.431	09:11	6.5kph	00:45:59.431	
					Lap 2	00:45:28.096	09:05	6.6kph	01:31:27.527	