

2018 KRRR Resolution Run

RMC Gymnasium

2018-02-13

1/7/18 - 1/7/18

Results by www.runningbydesign.com**Event # 1 MIXED 8K Run**

	Name	Age	Bib	Team	Avg per K	Avg per MI	Time
FEMALE 20 - 29							
1	Julie Bates	F	605	KINGSTON	4:38.7	7:28.5	37:09.97
2	Yasmin Hamid	F	688	KINGSTON	5:01.4	8:05.1	40:11.59
3	Mary Reynolds	F	707	KINGSTON	5:30.8	8:52.3	44:06.41
4	Casey Kidson	F	693	KINGSTON	5:31.0	8:52.8	44:08.56
5	Allison McMillan	F	697	KINGSTON	6:09.1	9:54.0	49:13.06
6	Alanna Kader	F	692	KINGSTON	6:18.4	10:09.1	50:27.94
FEMALE 30 - 39							
1	Jaquie Dewolf	F	680	KINGSTON	4:35.0	7:22.6	36:40.59
2	Lesley Rudy	F	713	KINGSTON	5:11.1	8:20.6	41:28.91
3	Andrea Rochon	F	711	KINGSTON	5:31.1	8:52.9	44:09.18
4	Jennifer Stankusz	F	724	KINGSTON	6:51.2	11:01.8	54:50.00
FEMALE 40 - 49							
1	Lana Saunders	F	739	KINGSTON	4:46.1	7:40.5	38:09.59
2	Annie Riel	F	709	KINGSTON	4:51.3	7:48.8	38:50.53
3	Ikuko Hall	F	687	KINGSTON	5:19.0	8:33.4	42:32.50
4	Tammy Pigion	F	704	NAPANEE	5:24.7	8:42.6	43:17.84
5	Felicity Kenward	F	723	KINGSTON	6:51.3	11:02.0	54:51.00
6	Michelle Strassburger	F	728	KINGSTON	6:58.5	11:13.5	55:48.00
FEMALE 50 - 59							
1	Nancy Burge	F	641	KINGSTON	4:40.8	7:32.0	37:26.88
2	Cheryl La Force	F	733	KINGSTON	5:08.8	8:17.1	41:11.18
3	Janet Shepherd	F	716	MALLORYTOWN	5:11.4	8:21.2	41:31.84
4	Pamela Mundell	F	699	KINGSTON	5:12.9	8:23.6	41:43.41
5	Francoise Glibert	F	684	KINGSTON	5:14.2	8:25.7	41:54.03
6	Stacey Berdan	F	610	TWEED	5:44.5	9:14.4	45:56.00
7	Nancy Ball	F	603	KINGSTON	5:48.2	9:20.3	46:25.66
FEMALE 60 - 69							
1	Deb Holtom	F	690	KINGSTON	5:27.0	8:46.4	43:36.75
2	Brenda Melling	F	698	KINGSTON	5:30.8	8:52.4	44:06.90
3	Margie File	F	683	KINGSTON	6:27.5	10:23.6	51:40.00
MALE 1 - 19							
1	Cooper Barrie	M	730	KINGSTON	4:55.4	7:55.4	39:23.66
MALE 20 - 29							
1	Mike Mackett	M	694	ST CATHARINES	3:52.7	6:14.5	31:02.00
2	Jeff Shepherd	M	715	ELGIN	4:00.5	6:27.1	32:04.69
MALE 30 - 39							
1	Brice McCarrell	M	696	BELLEVILLE	4:05.5	6:35.2	32:44.56
2	Carsten Meyer-Jacob	M	727	KINGSTON	4:09.9	6:42.3	33:19.91
3	Shane Cole	M	679	KINGSTON	4:21.6	7:01.0	34:52.94
4	Mark Kerr	M	731	KINGSTON	4:22.0	7:01.6	34:56.12
5	Luis Paico-Avilez	M	702	KANATA	4:45.9	7:40.1	38:07.41
MALE 40 - 49							
1	Savvas Frantzekos	M	722	KINGSTON	3:49.1	6:08.7	30:32.84
2	Todd Biggerman	M	738	KINGSTON	4:19.9	6:58.3	34:39.72

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	Name	Age	Bib	Team	Avg per K	Avg per MI	Time
3	George Semple	M	714	KINGSTON	4:58.4	8:00.3	39:47.56
4	Steve Kinney	M	725	DESERONTO	5:10.2	8:19.3	41:22.15
5	Andy Glazin	M	685	KINGSTON	5:19.7	8:34.5	42:37.84
6	Matthew Richardson	M	708	NAPANEE	6:14.7	10:03.1	49:58.34
MALE 50 - 59							
1	Robby Breadner	M	710	KINGSTON	4:07.6	6:38.5	33:01.06
2	Wayne Rice	M	734	KINGSTON	4:16.0	6:52.0	34:08.06
3	Rick Royce	M	736	KINGSTON	4:32.4	7:18.4	36:19.62
4	Richard Prinsen	M	706	KINGSTON	4:37.6	7:26.9	37:01.56
5	Andrew Hall	M	686	KINGSTON	4:40.9	7:32.1	37:27.68
6	Fred Topham	M	719	KINGSTON	4:55.6	7:55.8	39:25.59
MALE 60 - 69							
1	Al Cantlay	M	616	KINGSTON	4:29.0	7:13.0	35:52.59
2	Ken Hook	M	691	CLOYNE	4:43.7	7:36.6	37:50.18
3	Ed Brand	M	735	KINGSTON	5:00.3	8:03.3	40:02.62
4	Paul Thompson	M	718	KINGSTON	6:49.6	10:59.2	54:37.00
MALE 70 - 99							
1	Richard Sunderland	M	726	KINGSTON	5:59.9	9:39.2	47:59.56
2	Geoffrey Roulet	M	712	KINGSTON	6:05.6	9:48.5	48:45.47
3	PJ Marshall	M	695	KINGSTON	6:54.5	11:07.0	55:16.00