

2012 KRRR Anniversary Run

The Landings Golf Course

04/11/2012 - 04/11/2012

Results by www.runningbydesign.ca**Event # 1 MIXED 10K Run**

	Name	Age	Team	Bib	Avg per K	Avg per MI	Time
OVERALL							
1	Trevor Walmslev	24 M	10K	566	3:20.34	5:22.42	33:23.4
2	Nick Cosman	30 M	10K	555	3:35.00	5:46.01	35:50.0
3	Alex Wordlev	31 M	10K	571	3:37.30	5:49.71	36:13.0
4	Rob Miller	47 M	10K	472	3:40.90	5:55.50	36:49.0
5	Connor Matheson	18 M	10K	519	3:43.25	5:59.29	37:12.5
6	Savvas Frantzeskos	37 M	10K	562	3:44.80	6:01.78	37:28.0
7	Matt McCormac	18 M	10K	559	3:45.40	6:02.75	37:34.0
8	Michael MacKett	21 M	10K	485	3:46.10	6:03.87	37:41.0
9	Steven Blostein	50 M	10K	550	3:57.30	6:21.90	39:33.0
10	Laura Goodfellow	20 F	10K	569	3:58.30	6:23.51	39:43.0
11	Peter James	56 M	10K	575	3:59.30	6:25.12	39:53.0
12	Caleb Homewood	22 M	10K	516	4:01.30	6:28.33	40:13.0
13	Doriian Naidovski	20 M	10K	514	4:04.00	6:32.68	40:40.0
14	Ostic Heather	43 F	10K	552	4:04.50	6:33.48	40:45.0
15	Philip Danks	40 M	10K	554	4:05.40	6:34.93	40:54.0
16	Al Cantlav	57 M	10K	567	4:05.90	6:35.74	40:59.0
17	Rebecca Goodfellow	18 F	10K	568	4:06.70	6:37.03	41:07.0
18	Margarita Babkova	42 F	10K	509	4:08.50	6:39.92	41:25.0
19	Geoff Stephen	30 M	10K	544	4:08.60	6:40.08	41:26.0
20	Rick Rovce	52 M	10K	522	4:14.50	6:49.58	42:25.0
21	Steve Ingo	44 M	10K	535	4:14.80	6:50.06	42:28.0
22	Stephen King	53 M	10K	558	4:15.40	6:51.03	42:34.0
23	Mike Kawam	44 M	10K	517	4:16.20	6:52.31	42:42.0
24	Carolyn Coffin	34 F	10K	518	4:16.21	6:52.33	42:42.1
25	Trov Jagoe	44 M	10K	488	4:16.50	6:52.80	42:45.0
26	Robert Hurowitz	20 M	10K	565	4:17.70	6:54.73	42:57.0
27	Robbv Breadner	46 M	10K	473	4:18.40	6:55.85	43:04.0
28	Pierre Cahuzac	22 M	10K	538	4:18.50	6:56.02	43:05.0
29	Chris Borek	28 M	10K	557	4:19.10	6:56.98	43:11.0
30	Wavne Rice	49 M	10K	469	4:21.40	7:00.68	43:34.0
31	Amir Mahmood	30 M	10K	499	4:23.20	7:03.58	43:52.0
32	Yannick Tardif St-onge	25 M	10K	490	4:25.00	7:06.48	44:10.0
33	Richard Prinsen	47 M	10K	524	4:26.30	7:08.57	44:23.0
34	Roger Bowes	42 M	10K	578	4:27.00	7:09.69	44:30.0
35	Isabelle Allain	21 F	10K	537	4:27.80	7:10.98	44:38.0
36	Tvler Turner	26 M	10K	536	4:27.90	7:11.14	44:39.0
37	Mike Bay	39 M	10K	563	4:28.80	7:12.59	44:48.0
38	Randv Frith	65 M	10K	548	4:28.90	7:12.75	44:49.0
39	Lana Saunders	37 F	10K	545	4:31.20	7:16.45	45:12.0
40	Jeffrev Lalonde	35 M	10K	513	4:31.40	7:16.78	45:14.0
41	Andrew Forbes	50 M	10K	556	4:32.80	7:19.03	45:28.0
42	Erik Dumouchel	22 M	10K	497	4:37.40	7:26.43	46:14.0
43	David Lee	48 M	10K	502	4:40.80	7:31.90	46:48.0
44	Greg Phelan	46 M	10K	482	4:43.90	7:36.89	47:19.0
45	Shirlev Mvers	59 F	10K	468	4:46.20	7:40.59	47:42.0
46	Bridget Murphv	42 F	10K	483	4:46.80	7:41.56	47:48.0
47	Duncan Cooper	54 M	10K	508	4:47.60	7:42.85	47:56.0
48	Peter Sims	62 M	10K	523	4:48.80	7:44.78	48:08.0
49	Jim Gauthier	53 M	10K	549	4:51.80	7:49.61	48:38.0
50	Thomas Bovd	18 M	10K	504	4:53.80	7:52.83	48:58.0

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	Name	Age	Team	Bib	Avg per K	Avg per MI	Time
51	Jeff Boyd	48 M	10K	505	4:53.90	7:52.99	48:59.0
52	Stacev Berdan	44 F	10K	539	4:54.70	7:54.27	49:07.0
53	Carole Gagne	46 F	10K	528	4:55.70	7:55.88	49:17.0
54	Kathleen Brown	26 F	10K	474	4:58.70	8:00.71	49:47.0
55	Lee Goh	44 M	10K	551	5:03.60	8:08.60	50:36.0
56	Audethv Tallack	52 F	10K	520	5:03.90	8:09.08	50:39.0
57	Deborah Holtom	61 F	10K	532	5:04.30	8:09.72	50:43.0
58	Svlvia Robb	48 F	10K	527	5:05.40	8:11.49	50:54.0
59	Garrv Carl	56 M	10K	533	5:06.90	8:13.91	51:09.0
60	Alicia Papanicolaou	30 F	10K	503	5:10.10	8:19.06	51:41.0
61	Jennifer Smith	36 F	10K	475	5:10.90	8:20.35	51:49.0
62	Jason Hager	35 M	10K	576	5:11.80	8:21.79	51:58.0
63	Angie Hawlev	45 F	10K	541	5:12.70	8:23.24	52:07.0
64	Kelsev Pardv	17 F	10K	510	5:17.60	8:31.13	52:56.0
65	Paul Thompson	63 M	10K	521	5:17.70	8:31.29	52:57.0
66	Heather Smith	35 F	10K	543	5:18.40	8:32.42	53:04.0
67	Jessica Hamilton	40 F	10K	570	5:18.90	8:33.22	53:09.0
68	Diana King	57 F	10K	561	5:19.60	8:34.35	53:16.0
69	Richard Sunderland	66 M	10K	511	5:28.00	8:47.86	54:40.0
70	Anik Desrochers	34 F	10K	480	5:29.40	8:50.12	54:54.0
71	Corrie Hall	34 F	10K	512	5:29.80	8:50.76	54:58.0
72	Jim Malekos	58 M	10K	572	5:29.90	8:50.92	54:59.0
73	Claire McKinnev	45 F	10K	507	5:30.10	8:51.24	55:01.0
74	Andrew Edgar	39 M	10K	540	5:30.50	8:51.89	55:05.0
75	Chelsea Good	24 F	10K	553	5:31.00	8:52.69	55:10.0
76	Laura Klassen	26 F	10K	564	5:35.90	9:00.58	55:59.0
77	Carina Gardner	36 F	10K	464	5:36.20	9:01.06	56:02.0
78	Jodi Snowdon	35 F	10K	461	5:36.40	9:01.38	56:04.0
79	Janice Ringle	40 F	10K	546	5:36.90	9:02.19	56:09.0
80	Erin Young	37 F	10K	542	5:38.10	9:04.12	56:21.0
81	Wendv Guthrie	45 F	10K	547	5:40.50	9:07.98	56:45.0
82	Chris Povell	64 M	10K	506	5:44.60	9:14.58	57:26.0
83	Lorri Tavl	48 F	10K	573	5:47.60	9:19.41	57:56.0
84	Phiona Lappan	49 F	10K	484	5:49.30	9:22.14	58:13.0
85	Patricia Heon	28 F	10K	493	5:51.90	9:26.33	58:39.0
86	Colleen Maillet	28 F	10K	494	5:52.00	9:26.49	58:40.0
87	Kimberlev Carquez	33 F	10K	479	5:52.30	9:26.97	58:43.0
88	Jaime Whitlev	29 F	10K	525	5:57.10	9:34.70	59:31.0
89	Brittany Walker	21 F	10K	531	6:00.60	9:40.33	1:00:06.0
90	Celine Jacquemet	18 F	10K	534	6:00.90	9:40.81	1:00:09.0
91	Joanne Patev	44 F	10K	530	6:01.60	9:41.94	1:00:16.0
92	Nathalie Melzer	27 F	10K	476	6:12.60	9:59.64	1:02:06.0
93	Peter Gagolewicz	33 M	10K	477	6:12.70	9:59.80	1:02:07.0
94	Christopher Maduri	32 M	10K	577	6:20.90	10:13.00	1:03:29.0
95	Judv VanDale	45 F	10K	466	6:23.70	10:17.51	1:03:57.0
96	Tammv Farrar	37 F	10K	496	6:26.30	10:21.69	1:04:23.0
97	Sikkema Nicola	40 F	10K	495	6:26.30	10:21.69	1:04:23.0
98	Kris Potter	32 F	10K	487	6:29.90	10:27.48	1:04:59.0
99	Pegzv Cuthbert	41 F	10K	529	6:35.80	10:36.98	1:05:58.0
100	Dave Wilson	82 M	10K	526	6:41.30	10:45.83	1:06:53.0
101	Rick Helman	62 M	10K	574	6:41.50	10:46.15	1:06:55.0
102	Michelle Lavland	37 F	10K	498	6:46.60	10:54.36	1:07:46.0

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	Name	Age	Team	Bib	Avg per K	Avg per MI	Time
103	Melanie Strickland	45 F 10K		471	6:48.50	10:57.42	1:08:05.0
104	Amanda Cox	40 F 10K		500	6:58.60	11:13.67	1:09:46.0
105	Cassandra Crichton	29 F 10K		491	7:36.60	12:14.83	1:16:06.0
106	Alana Mcgillv Lamain	35 F 10K		465	8:01.30	12:54.58	1:20:13.0
107	Liliane VanCe	49 F 10K		481	9:37.90	15:30.04	1:36:19.0