

Hecla 5K

Overall Male Runner

Place	Bib#	Name	Time	Grade	Athlete Type	Hometown	Pace	Speed	Overall Place	Age	Athlete ID
1.	5204	Johnson, David	25:28.182	-	Runner	Gimli, MB	8:12	7.320	2	9	
2.	5233	Carter, Eli	25:35.832	-	Runner	Clandeboye, MB	8:14	7.286	3	9	
3.	5226	Nickel, Chad	27:34.229	-	Runner	Miami, MB	8:52	6.762	5	43	

Overall Female Runner

Place	Bib#	Name	Time	Grade	Athlete Type	Hometown	Pace	Speed	Overall Place	Age	Athlete ID
1.	5222	Heald, Jocelyn	24:03.312	-	Runner	Petersfield, MB	7:44	7.751	1	12	
2.	5221	Heald, Jill	27:32.409	-	Runner	Petersfield, MB	8:52	6.770	4	41	
3.	5234	Simpson, Cori	30:02.022	-	Runner	Petersfield, MB	9:40	6.207	6	23	

Male 0-9

Place	Bib#	Name	Time	Grade	Athlete Type	Hometown	Pace	Speed	Overall Place	Age	Athlete ID
1.	5204	Johnson, David	25:28.182	-	Runner	Gimli, MB	8:12	7.320	2	9	
2.	5233	Carter, Eli	25:35.832	-	Runner	Clandeboye, MB	8:14	7.286	3	9	

Male 35-39

Place	Bib#	Name	Time	Grade	Athlete Type	Hometown	Pace	Speed	Overall Place	Age	Athlete ID
1.	5220	Pullen, Jon	30:04.192	-	Runner	Winnipeg, MB	9:41	6.200	7	37	
2.	5214	Convery, Kevin	34:26.876	-	Runner	Morden, MB	11:05	5.414	18	39	
3.	5206	Wiens, Chris	44:38.436	-	Runner	Ste Anne, MB	14:22	4.177	32	35	

Male 40-44

Place	Bib#	Name	Time	Grade	Athlete Type	Hometown	Pace	Speed	Overall Place	Age	Athlete ID
1.	5226	Nickel, Chad	27:34.229	-	Runner	Miami, MB	8:52	6.762	5	43	
2.	5237	Clarke, Derek	30:10.929	-	Runner	Gimli, MB	9:43	6.179	9	44	

Male 55-59

Place	Bib#	Name	Time	Grade	Athlete Type	Hometown	Pace	Speed	Overall Place	Age	Athlete ID
1.	5244	Neis, Sam	45:57.756	FR	Runner	Winnipeg, CAN	14:47	4.057	35	58	

Male 60-64

Place	Bib#	Name	Time	Grade	Athlete Type	Hometown	Pace	Speed	Overall Place	Age	Athlete ID
1.	5238	Montgomery, Steve	48:35.759	-	Runner	Winnipeg, MB	15:38	3.837	38	60	

Male 70-74

Place	Bib#	Name	Time	Grade	Athlete Type	Hometown	Pace	Speed	Overall Place	Age	Athlete ID
1.	5228	Fast, Eric	1:05:22.656	-	Runner	Portage La Ptairie, MB	21:02	2.852	41	73	

Female 10-14

Place	Bib#	Name	Time	Grade	Athlete Type	Hometown	Pace	Speed	Overall Place	Age	Athlete ID
1.	5222	Heald, Jocelyn	24:03.312	-	Runner	Petersfield, MB	7:44	7.751	1	12	

Female 15-19

Place	Bib#	Name	Time	Grade	Athlete Type	Hometown	Pace	Speed	Overall Place	Age	Athlete ID
1.	5235	Kornelsen, Chloe	31:57.746	-	Runner	Winnipeg, MB	10:17	5.834	12	18	

Hecla 5K

Female 20-24

Place	Bib#	Name	Time	Grade	Athlete Type	Hometown	Pace	Speed	Overall Place	Age	Athlete ID
1.	5234	Simpson, Cori	30:02.022	-	Runner	Petersfield, MB	9:40	6.207	6	23	
2.	5241	Maynard, Rebecca	33:38.019	-	Runner	Gimli, MB	10:50	5.542	14	22	
3.	5202	Antymniuk, Laura	41:48.009	-	Runner	Winnipeg, MB	13:27	4.460	30	22	

Female 25-29

Place	Bib#	Name	Time	Grade	Athlete Type	Hometown	Pace	Speed	Overall Place	Age	Athlete ID
1.	5242	Sylvester, Alicia	33:37.346	-	Runner	Gimli, MB	10:49	5.545	13	25	
2.	5216	Fyfe, Monica	38:21.779	-	Runner	Winnipeg, MB	12:21	4.861	23	26	
3.	5217	Mccullough, Meaghan	46:57.219	-	Runner	Gunton, MB	15:07	3.970	36	26	

Female 30-34

Place	Bib#	Name	Time	Grade	Athlete Type	Hometown	Pace	Speed	Overall Place	Age	Athlete ID
1.	5211	Dean, Ashley	34:29.972	-	Runner	Winnipeg, MB	11:06	5.406	19	30	
2.	5209	Struhan, Lindsay	36:44.446	-	Runner	Gimli, MB	11:49	5.075	21	34	
3.	5207	Cure, Christine	44:37.992	-	Runner	Ste Anne, MB	14:22	4.178	31	32	
4.	2109	Balcaen, Valerie	47:59.872	FR	Runner	Winnipeg, CAN	15:27	3.885	37	34	

Female 35-39

Place	Bib#	Name	Time	Grade	Athlete Type	Hometown	Pace	Speed	Overall Place	Age	Athlete ID
1.	1061	Nause, Leanne	34:25.056	FR	Runner	Morden, CAN	11:05	5.416	17	38	
2.	5232	Lowdon, Natalie	39:28.599	-	Runner	Winnipeg, MB	12:42	4.723	25	39	
3.	5230	Robson, Janique	39:28.752	-	Runner	Clandeboye, MB	12:42	4.723	26	39	
4.	5239	Rerie, Melanie	41:07.196	-	Runner	Selkirk, MB	13:14	4.534	29	36	
5.	5212	Fridfinnson, Davian	45:39.919	-	Runner	Winnipeg, MB	14:42	4.084	33	39	

Female 40-44

Place	Bib#	Name	Time	Grade	Athlete Type	Hometown	Pace	Speed	Overall Place	Age	Athlete ID
1.	5221	Heald, Jill	27:32.409	-	Runner	Petersfield, MB	8:52	6.770	4	41	
2.	5218	Clarke, Heather	30:10.832	-	Runner	Gimli, MB	9:43	6.179	8	41	
3.	5219	Schneider, Tracy	33:48.942	-	Runner	Winnipeg, MB	10:53	5.515	15	41	
4.	5227	Duncan, Sheri-Lynn	34:24.749	-	Runner	Miami, MB	11:04	5.419	16	40	
5.	5240	Peiluck, Kara	39:25.396	-	Runner	Gimli, MB	12:41	4.729	24	42	
6.	5205	Johnson, Caroline	40:45.369	-	Runner	Spruce Grove, AB	13:07	4.575	28	40	
7.	5245	Johnson, Debbie	45:48.062	FR	Runner	Winnipeg, CAN	14:44	4.070	34	44	

Female 45-49

Place	Bib#	Name	Time	Grade	Athlete Type	Hometown	Pace	Speed	Overall Place	Age	Athlete ID
1.	5224	Basic, Wendy	30:46.189	-	Runner	Winnipeg, MB	9:54	6.059	10	46	
2.	5223	Koniuck, Maria	31:40.852	-	Runner	Winnipeg, MB	10:12	5.887	11	46	
3.	5225	Wittmann, Angie	34:34.662	-	Runner	Winnipeg, MB	11:08	5.393	20	48	
4.	5203	Johnson, Doriane	36:46.846	-	Runner	Gimli, MB	11:50	5.070	22	45	
5.	5243	Roberts, Julianna	40:33.512	-	Runner	Arnes, MB	13:03	4.597	27	47	

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Female 50-54

Place	Bib#	Name	Time	Grade	Athlete Type	Hometown	Pace	Speed	Overall Place	Age	Athlete ID
1.	5236	Fridfinnson, Heather	48:54.732	-	Runner	Arborg, MB	15:44	3.812	39	54	

Female 55-59

Place	Bib#	Name	Time	Grade	Athlete Type	Hometown	Pace	Speed	Overall Place	Age	Athlete ID
1.	5231	Fridfinnson, Debbie	48:55.682	-	Runner	Arborg, MB	15:45	3.811	40	59	