

Hecla Half Marathon

Overall Male Runner

Place	Bib#	Name	Time	Grade	Athlete Type	Hometown	Pace	Speed	Overall Place	Age	Athlete ID
1.	2186	Travis Zagrodnik	01:27:58.09		Runner	Winnipeg, MB	4:10/K	14.4kph	1	39	
2.	2132	Craig Erb	01:30:01.91		Runner	Winnipeg, MB	4:16/K	14.1kph	2	43	
3.	2121	Bob Cox	01:30:23.09		Runner	Winnipeg, MB	4:17/K	14.0kph	3	57	

Overall Female Runner

Place	Bib#	Name	Time	Grade	Athlete Type	Hometown	Pace	Speed	Overall Place	Age	Athlete ID
1.	2170	Sarah Millar	01:36:29.40		Runner	Headingley, MB	4:34/K	13.1kph	6	35	
2.	2147	Christine Kaegi	01:39:19.46		Runner	Winnipeg, MB	4:42/K	12.7kph	8	44	
3.	2117	Lindsay Boyko	01:43:50.04		Runner	Winnipeg, MB	4:55/K	12.2kph	10	39	

Female 15 - 19

Place	Bib#	Name	Time	Grade	Athlete Type	Hometown	Pace	Speed	Overall Place	Age	Athlete ID
1.	2139	Shannon Furness	01:59:47.66		Runner	Stonewall, MB	5:41/K	10.6kph	29	19	
2.	2107	Emily Baker	02:22:59.58		Runner	Stonewall, MB	6:47/K	8.9kph	59	19	

Male 20 - 24

Place	Bib#	Name	Time	Grade	Athlete Type	Hometown	Pace	Speed	Overall Place	Age	Athlete ID
1.	2116	Clayton Boyd	01:47:28.35		Runner	Winnipeg, MB	5:06/K	11.8kph	12	24	

Female 20 - 24

Place	Bib#	Name	Time	Grade	Athlete Type	Hometown	Pace	Speed	Overall Place	Age	Athlete ID
1.	2123	Ali Cuthbert	02:47:21.13		Runner	Winnipeg, MB	7:56/K	7.6kph	76	22	

Male 25 - 29

Place	Bib#	Name	Time	Grade	Athlete Type	Hometown	Pace	Speed	Overall Place	Age	Athlete ID
1.	2184	Matt Tustin	02:31:01.79		Runner	Winnipeg, MB	7:09/K	8.4kph	68	28	

Female 25 - 29

Place	Bib#	Name	Time	Grade	Athlete Type	Hometown	Pace	Speed	Overall Place	Age	Athlete ID
1.	2164	Patricia Lausman	01:47:31.69		Runner	Winnipeg, MB	5:06/K	11.8kph	13	29	
2.	2168	Rebecca Mclachlan	01:57:22.21		Runner	Winnipeg, MB	5:34/K	10.8kph	24	27	
3.	2130	Laura Dutfield	02:02:54.56		Runner	Montreal, QC	5:49/K	10.3kph	36	27	
4.	2133	Jen Fiddler	02:06:02.10		Runner	Selkirk, MB	5:58/K	10.0kph	45	28	
5.	2106	Devin Anderson	02:31:01.50		Runner	Winnipeg, MB	7:09/K	8.4kph	67	27	

Male 30 - 34

Place	Bib#	Name	Time	Grade	Athlete Type	Hometown	Pace	Speed	Overall Place	Age	Athlete ID
1.	2137	Jason Fridfinnson	01:36:12.78		Runner	Winnipeg, MB	4:34/K	13.2kph	5	31	
2.	2159	Brett Lamoureux	01:46:20.70		Runner	Winnipeg, MB	5:02/K	11.9kph	11	34	
3.	2160	Corey Lancaster	01:57:42.98		Runner	Dugald, MB	5:35/K	10.8kph	26	31	
4.	2156	Matthew Kowalchuk	02:02:22.63		Runner	Winnipeg, MB	5:48/K	10.3kph	34	32	
5.	2110	Brodie Bauer	02:03:02.12		Runner	Calgary, AB	5:50/K	10.3kph	38	31	
6.	2136	Daven Flock	02:04:38.15		Runner	Oakbank, MB	5:54/K	10.2kph	41	34	
7.	2119	John Ciavaglia	02:15:26.37		Runner	Niverville, MB	6:25/K	9.3kph	53	32	
8.	2145	James Janzen	02:15:27.91		Runner	Winnipeg, MB	6:25/K	9.3kph	54	31	

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Female 30 - 34

Place	Bib#	Name	Time	Grade	Athlete Type	Hometown	Pace	Speed	Overall Place	Age	Athlete ID
1.	2161	Tara Lancaster	01:57:42.62		Runner	Dugald, MB	5:35/K	10.8kph	25	30	
2.	2177	Teneil Sailer	01:58:45.48		Runner	Carman, MB	5:38/K	10.7kph	27	30	
3.	2109	Terrina Barsalou	01:58:50.85		Runner	WINNIPEG, MB	5:38/K	10.7kph	28	34	
4.	2162	Jessica Landry	02:12:15.26		Runner	Winnipeg, MB	6:16/K	9.6kph	50	32	
5.	2148	Randi Kellow	02:15:59.28		Runner	Winnipeg, MB	6:27/K	9.3kph	55	30	
6.	2127	Kimberly Dodds	02:22:52.75		Runner	Winnipeg, MB	6:46/K	8.9kph	58	33	
7.	2169	Heather Messner	02:23:18.92		Runner	Blumenort, MB	6:47/K	8.8kph	60	32	
8.	2175	Danielle Perron	02:29:46.98		Runner	Winnipeg, MB	7:06/K	8.5kph	66	32	
9.	2112	Jennifer Bent	02:38:13.48		Runner	Winnipeg, MB	7:30/K	8.0kph	71	34	
10.	2118	Stephanie Carvalho	02:38:14.04		Runner	SFX, MB	7:30/K	8.0kph	72	31	
11.	2151	Chantale Keszler	02:49:53.03		Runner	Winnipeg, MB	8:03/K	7.5kph	79	32	

Male 35 - 39

Place	Bib#	Name	Time	Grade	Athlete Type	Hometown	Pace	Speed	Overall Place	Age	Athlete ID
1.	2186	Travis Zagrodnik	01:27:58.09		Runner	Winnipeg, MB	4:10/K	14.4kph	1	39	
2.	2154	Reg Kmet	01:34:24.39		Runner	Winnipeg, MB	4:28/K	13.4kph	4	35	

Female 35 - 39

Place	Bib#	Name	Time	Grade	Athlete Type	Hometown	Pace	Speed	Overall Place	Age	Athlete ID
1.	2170	Sarah Millar	01:36:29.40		Runner	Headingley, MB	4:34/K	13.1kph	6	35	
2.	2117	Lindsay Boyko	01:43:50.04		Runner	Winnipeg, MB	4:55/K	12.2kph	10	39	
3.	2182	Stacey Stade	01:52:45.46		Runner	Winnipeg, MB	5:21/K	11.2kph	19	39	
4.	2122	Kristin Cuthbert	01:53:41.32		Runner	Gimli, MB	5:23/K	11.1kph	20	38	
5.	2120	Carly Cox	02:01:38.23		Runner	Carman, MB	5:46/K	10.4kph	32	38	
6.	2138	Michelle Froese	02:03:57.74		Runner	Carman, MB	5:52/K	10.2kph	39	37	
7.	2103	Christine Alexander	02:04:10.95		Runner	Lac Du Bonnet, MB	5:53/K	10.2kph	40	38	
8.	2163	Denise Langendorfer	02:05:15.58		Runner	Winnipeg, MB	5:56/K	10.1kph	42	38	
9.	2113	Kristy Beriault	02:05:27.38		Runner	Winnipeg, MB	5:57/K	10.1kph	44	38	
10.	1041	Lara Iserloh	02:15:13.41		Runner	Winnipeg	6:25/K	9.4kph	52	35	
11.	2105	Kimberley Allen	02:24:11.81		Runner	Selkirk, MB	6:50/K	8.8kph	61	36	
12.	2179	Nancy Sedo	02:28:02.66		Runner	Selkirk, MB	7:01/K	8.6kph	65	38	
13.	2100	Andrea Richardson-Lipon	02:41:03.74		Runner	Winnipeg, CAN	7:38/K	7.9kph	74	38	
14.	2155	Tracy Stempnick	02:53:50.92		Runner	Winnipeg	8:14/K	7.3kph	80	36	

Male 40 - 44

Place	Bib#	Name	Time	Grade	Athlete Type	Hometown	Pace	Speed	Overall Place	Age	Athlete ID
1.	2132	Craig Erb	01:30:01.91		Runner	Winnipeg, MB	4:16/K	14.1kph	2	43	
2.	2126	Corrado D'antonio	01:57:22.14		Runner	Winnipeg, MB	5:34/K	10.8kph	23	43	
3.	2114	Rob Beriault	02:05:27.19		Runner	Winnipeg, MB	5:57/K	10.1kph	43	41	
4.	2180	Dalip Shekhawat	02:24:12.19		Runner	Winnipeg, MB	6:50/K	8.8kph	62	42	
5.	2150	Brian Keszler	02:49:51.88		Runner	Winnipeg, MB	8:03/K	7.5kph	78	40	

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Female 40 - 44

Place	Bib#	Name	Time	Grade	Athlete Type	Hometown	Pace	Speed	Overall Place	Age	Athlete ID
1.	2147	Christine Kaegi	01:39:19.46		Runner	Winnipeg, MB	4:42/K	12.7kph	8	44	
2.	2142	Kristin Heinrichs	01:49:13.78		Runner	Winnipeg, MB	5:11/K	11.6kph	15	41	
3.	2143	Dana Hlady	01:50:39.86		Runner	Winnipeg, MB	5:15/K	11.4kph	16	42	
4.	2185	Kris Wood	01:50:54.05		Runner	Winnipeg, MB	5:15/K	11.4kph	17	44	
5.	2173	Lori Palsson	01:56:20.55		Runner	Gimli, MB	5:31/K	10.9kph	21	42	
6.	2174	Cheryl Pearson	01:57:03.71		Runner	Winnipeg, MB	5:33/K	10.8kph	22	40	
7.	2171	Christy Nicolajsen	02:07:57.05		Runner	Graysville, MB	6:04/K	9.9kph	47	42	
8.	2140	Jlee Giesbrecht	02:16:20.42		Runner	Winnipeg, MB	6:28/K	9.3kph	57	42	
9.	2108	Shelagh Bakos	02:24:33.80		Runner	Stonewall, MB	6:51/K	8.8kph	63	44	

Female 45 - 49

Place	Bib#	Name	Time	Grade	Athlete Type	Hometown	Pace	Speed	Overall Place	Age	Athlete ID
1.	2165	Shannon Leach	01:47:49.55		Runner	Winnipeg, MB	5:07/K	11.7kph	14	45	
2.	2101	Esther Adamson	02:00:49.57		Runner	Winnipeg, MB	5:44/K	10.5kph	31	46	

Male 50 - 54

Place	Bib#	Name	Time	Grade	Athlete Type	Hometown	Pace	Speed	Overall Place	Age	Athlete ID
1.	2131	Jon Dvorak	01:52:42.44		Runner	Winnipeg, MB	5:20/K	11.2kph	18	52	
2.	2149	Kevin Kendel	02:06:02.15		Runner	Stonewall, MB	5:58/K	10.0kph	46	50	
3.	2102	David Adamson	02:13:38.04		Runner	Winnipeg, MB	6:20/K	9.5kph	51	51	
4.	2153	Chris Kjeaar	02:26:46.71		Runner	Stony Mountain, MB	6:57/K	8.6kph	64	54	

Female 50 - 54

Place	Bib#	Name	Time	Grade	Athlete Type	Hometown	Pace	Speed	Overall Place	Age	Athlete ID
1.	2111	Debbie Bennett	02:09:08.80		Runner	Winnipeg, MB	6:07/K	9.8kph	49	54	
2.	2152	Shannon Kjeaar	02:36:20.53		Runner	Stony Mountain, MB	7:25/K	8.1kph	70	51	
3.	2125	Shelly Dankochik	02:38:39.50		Runner	Gimli, MB	7:31/K	8.0kph	73	50	
4.	2178	Jill Saunders	02:45:49.40		Runner	Winnipeg, MB	7:52/K	7.6kph	75	53	
5.	2124	Rosanna Cuthbert	02:47:21.44		Runner	Gimli, MB	7:56/K	7.6kph	77	52	

Male 55 - 59

Place	Bib#	Name	Time	Grade	Athlete Type	Hometown	Pace	Speed	Overall Place	Age	Athlete ID
1.	2121	Bob Cox	01:30:23.09		Runner	Winnipeg, MB	4:17/K	14.0kph	3	57	
2.	2135	Gordon Flett	01:38:40.47		Runner	Winnipeg, MB	4:41/K	12.8kph	7	57	
3.	2172	Keith Nociar	02:00:16.36		Runner	Winnipeg, MB	5:42/K	10.5kph	30	58	
4.	2128	Scott Thomson	02:07:57.49		Runner	Winnipeg, CAN	6:04/K	9.9kph	48	56	
5.	2183	Gary Sutherland	02:16:08.23		Runner	Winnipeg, MB	6:27/K	9.3kph	56	57	

Female 55 - 59

Place	Bib#	Name	Time	Grade	Athlete Type	Hometown	Pace	Speed	Overall Place	Age	Athlete ID
1.	2158	Laura Kuhl	02:02:07.78		Runner	Claresholm, AB	5:47/K	10.4kph	33	55	

Male 60 - 64

Place	Bib#	Name	Time	Grade	Athlete Type	Hometown	Pace	Speed	Overall Place	Age	Athlete ID
1.	2104	Louis Allain	01:40:19.55		Runner	Saint-Laurent, MB	4:45/K	12.6kph	9	60	
2.	2167	Scott Mchesney	02:02:32.71		Runner	Winnipeg, MB	5:48/K	10.3kph	35	64	

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3. 2129 Andrew Dutfield 02:02:55.30 Runner Winnipeg, MB 5:50/K 10.3kph 37 61

Female 60 - 64

Place	Bib#	Name	Time	Grade	Athlete Type	Hometown	Pace	Speed	Overall Place	Age	Athlete ID
1.	2181	Kim Smith	02:36:08.47		Runner	Winnipeg, MB	7:24/K	8.1kph	69	60	