

2017 Mississippi Mills Run for AGH 10K Age Groups 9/13/17 7:33:13 PM

Position	Bib #	Name	Race Time	Pace	Age	Gender
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10K F 20 - 29 - based on Gun Elapsed time

1	111	Hayley Chazan	00:56:40.25	5:40	26	F
2	186	Amy Coulter	01:01:29.63	6:09	23	F
3	108	Abby Bougoin	01:01:30.44	6:09	23	F
4	140	Jenn McNulty	01:01:30.54	6:09	22	F

10K F 30 - 39 - based on Gun Elapsed time

1	157	Victoria Tuttle	00:45:54.04	4:35	35	F
2	134	Nina Lipenska	00:47:41.06	4:46	34	F
3	145	Natasha Onley	00:52:36.94	5:16	32	F
4	118	Jennifer Dobbin	00:58:58.98	5:54	34	F
5	158	Alissa Van Gaal	00:59:12.92	5:55	32	F
6	173	Karen Turcotte	00:59:34.94	5:57	35	F
7	181	Sarah Koteles	01:03:25.58	6:21	39	F
8	164	Sarah Anderson	01:05:34.99	6:33	34	F
9	120	Jennifer Emaman	01:12:17.87	7:14	37	F

10K F 40 - 49 - based on Gun Elapsed time

1	124	Clare Gallant	00:47:02.53	4:42	45	F
2	136	Shannon Mallen	00:49:26.39	4:57	44	F
3	143	Marie Noreau	00:49:26.53	4:57	42	F
4	147	Chantal Paquet	00:49:45.17	4:58	45	F
5	155	LYNNE THOMAS	00:57:54.79	5:47	45	F
6	151	Jennifer Smith Seguin	00:59:28.05	5:57	43	F
7	139	Wendy McLeod	01:00:54.22	6:05	46	F
8	125	Phyllis Geleynse	01:04:55.00	6:29	46	F
9	179	Emily Sheffield	01:07:34.79	6:45	42	F
10	177	Sarah Gray	01:07:35.21	6:46	44	F
11	176	Jenny Sheffield	01:07:35.80	6:46	46	F
12	152	Jennifer Stewart	01:07:57.56	6:48	42	F
13	142	Tania Miller	01:08:21.07	6:50	48	F
14	150	Stacey Shrout	01:09:29.15	6:57	42	F
15	138	Shannon McGrath	01:12:18.07	7:14	44	F
16	154	Elizabeth Tan	01:14:43.06	7:28	47	F
17	129	Mikolt Horvath	01:14:43.23	7:28	42	F
18	167	Cheryl Moore	01:29:07.39	8:55	47	F

10K F 50 - 59 - based on Gun Elapsed time

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Position	Bib #	Name	Race Time	Pace	Age	Gender
1	130	Cyndi Kennedy	00:48:25.51	4:51	54	F
2	153	Sandra Sukstorf	00:52:42.38	5:16	53	F
3	156	Darene Toal-Sullivan	00:59:10.15	5:55	58	F
4	115	Peggy Cooke	00:59:36.53	5:58	58	F
5	131	Corinne Lalonde	01:00:17.02	6:02	52	F
6	141	Kelly McNulty	01:07:10.78	6:43	50	F
7	122	Penny Forster	01:11:40.84	7:10	57	F
8	162	Cara Williams	01:23:45.17	8:22	50	F
9	137	Carmel McCann	01:24:29.60	8:27	53	F

10K F 60+ - based on Gun Elapsed time

1	110	Cathy Chalmers	01:46:29.83	10:39	62	F
2	114	Claire Collis	01:46:29.83	10:39	79	F
3	109	Susan Brimmell	01:46:29.84	10:39	67	F

10K M 20 - 29 - based on Gun Elapsed time

1	112	Richard Clark	00:55:47.04	5:35	25	M
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10K M 30 - 39 - based on Gun Elapsed time

1	102	Alexandre Audet	00:40:24.95	4:02	37	M
2	184	Hugues Capo Chichi	00:40:39.45	4:04	34	M
3	161	JOSEPH WATTERS	00:40:55.16	4:06	39	M
4	159	Derek Van Gaal	00:45:12.12	4:31	37	M
5	135	Pavel Lipensky	00:47:56.21	4:48	37	M
6	182	Dominic Beauvais	00:49:40.83	4:58	39	M
7	101	Alex Atfield	01:04:31.21	6:27	39	M
8	117	Rodrigo Diaz	01:07:03.11	6:42	35	M

10K M 40 - 49 - based on Gun Elapsed time

1	178	Charles Johnson	00:42:18.30	4:14	46	M
2	116	David Cooper	00:47:47.93	4:47	49	M
3	144	Paul Norman	00:49:45.40	4:58	45	M
4	146	DAN PAK	00:59:12.85	5:55	48	M
5	148	Daniel Seguin	00:59:28.05	5:57	43	M
6	172	James Doukas	00:59:34.86	5:57	46	M
7	128	Gerald Horula	01:11:39.13	7:10	44	M

10K M 50 - 59 - based on Gun Elapsed time

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Position	Bib #	Name	Race Time	Pace	Age	Gender
1	107	Richard Bellefeuille	00:41:13.58	4:07	50	M
2	104	Rick Balderson	00:46:17.77	4:38	56	M
3	166	Ray Bonhomme	00:52:47.70	5:17	56	M
4	160	Tim Waterhouse	00:56:20.64	5:38	58	M
5	113	William Collins	00:59:08.44	5:55	52	M
6	163	Darrell Williams	01:23:45.16	8:22	54	M

10K M 60+ - based on Gun Elapsed time

1	183	Mark Miller	00:48:00.02	4:48	66	M
2	106	Mike Belland	00:59:45.71	5:58	64	M
3	126	Fern Hamann	01:07:35.06	6:46	60	M
4	180	Pierre St. Onge	01:25:11.78	8:31	74	M
5	175	ROBERT SCOTT	01:30:57.62	9:06	62	M

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Position	Bib #	Name	Race Time	Pace	Age	Gender
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2017 Mississippi Mills Run for AGH 10K Age Groups 9/13/17 7:33:19 PM

Position	Bib #	Name	Race Time	Pace	Age	Gender
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