

5K Results

Rank	Bib	First	Last	Race Time	Chip Time	Race	Gender	City	Pace
1	1950	JOEL	ALLAERT	00:21:50	00:21:39	5k	F	OTTAWA	00:04:22
2	1955	rob	bradley	00:23:57	00:23:45	5k	M	carleton place	00:04:47
3	1974	Cynthia	Kennedy	00:25:16	00:25:00	5k	F	Ottawa	00:05:03
4	1961	Jeff	Crawford	00:27:14	00:26:59	5k	M	Cincinnati	00:05:27
5	1962	Kelsey	Crosbie	00:29:16	00:28:50	5k	F	Metcalfe	00:05:51
6	4851	Wayne	Giles	00:30:04	00:29:59	5k	M	Shannonville	00:06:01
7	4852	Stephanie	Maltais	00:30:24	00:29:22	5k	F	Gatineau	00:06:05
8	1983	Catriona	Robertson	00:30:25	00:29:48	5k	F	Kingston	00:06:05
9	1985	TracyLyn	Tardiff	00:31:10	00:30:31	5k	F	Gatineau	00:06:14
10	1750	SUZANNE	ROBERTSON	00:31:19	00:31:02	5k	F	OTTAWA	00:06:16
11	1992	Mike	Southgate	00:31:39	00:31:03	5k	M	Kanata	00:06:20
12	1964	Joseph	Dimovski	00:31:42	00:31:15	5k	M	Peterborough	00:06:20
13	4856	Ashley	Anderson	00:32:26	00:31:40	5k	f		00:06:29
14	1972	Deborah	Jackman	00:34:23	00:33:39	5k	F	Arnprior	00:06:53
15	1966	Emily	Downey	00:35:21	00:34:22	5k	F	Kanata	00:07:04
16	1951	Erin	Bell	00:35:21	00:34:23	5k	F	Ottawa	00:07:04
17	1991	Cindy	Southgate	00:35:35	00:35:00	5k	F	Kanata	00:07:07
18	4857	Petra	Austin	00:35:45	00:35:24	5k	f		00:07:09
19	1977	Marlaina	loveys	00:35:50	00:34:51	5k	F	Ottawa	00:07:10
20	1978	AMY	MCLEAN	00:35:50	00:34:51	5k	F	NEPEAN	00:07:10
21	1910	Elaine	Petrie	00:36:19	00:35:14	5k	F	Nepean	00:07:16
22	1986	Huong	Thai	00:36:19	00:35:38	5k	F	Gatineau	00:07:16
23	4830	Carly	Hasselman	00:36:45	00:36:29	5k	F	Kingston	00:07:21
24	1963	Danielle	Dimovski	00:36:51	00:36:25	5k	F	Peterborough	00:07:22
25	1957	Ryan	Brunt	00:36:52	00:35:51	5k	M	Arnprior	00:07:22
26	1973	Liisa	Johns	00:37:36	00:36:41	5k	F	Kanata	00:07:31
27	1980	DAN	PAK	00:37:36	00:36:42	5k	M	STITTSVILLE	00:07:31
28	4854	Gord	McInnes	00:38:06	00:37:17	5k	M	Ottawa	00:07:37
29	1984	Jenny	Tardiff	00:38:15	00:37:36	5k	F	Gatineau	00:07:39
30	1981	KATHERINE	PARK	00:38:34	00:38:08	5k	F	VARs	00:07:43
31	1971	Rebecca	Hubble	00:38:39	00:38:12	5k	F	Ottawa	00:07:44
32	1987	Robert	Thompson	00:38:42	00:37:42	5k	M	OTTAWA	00:07:44
33	4850	Anne	Young	00:40:47	00:40:39	5k	F	Ottawa	00:08:09
34	1976	Natalie	Lapointe	00:40:47	00:40:38	5k	F	Nepean	00:08:09
35	1956	Jennifer	Brule	00:41:01	00:40:26	5k	F	Kingston	00:08:12
36	1993	JOHANNE	DUFOUR	00:42:27	00:42:11	5k	F	ORLEANS	00:08:29
37	1959	Diane	Casault	00:42:39	00:41:37	5k	F	Ottawa	00:08:32
38	1891	Richard	Lewis	00:43:22	00:43:13	5k	M	OTTAWA	00:08:40
39	1965	Stephanie	Diotte	00:43:26	00:43:18	5k	F	Ottawa	00:08:41
40	1960	Monique	Cormier	00:43:28	00:43:19	5k	F	Ottaw	00:08:42
41	1952	Bonnie	Bercik	00:43:35	00:43:26	5k	F	Ottawa	00:08:43
42	1990	bob	sweetlove	00:44:28	00:44:16	5k	M	russell	00:08:54
43	1958	Kimberley	Butler	00:44:53	00:43:47	5k	F	Ottawa	00:08:59
44	1988	Ty	Trieu	00:45:28	00:44:47	5k	M	Gatineau	00:09:06
45	1970	Kristin	Garrett	00:45:59	00:44:54	5k	F	Orleans	00:09:12
46	1969	Diane-Marie	Fernandez	00:47:32	00:46:41	5k	F	Ottawa	00:09:30
47	1979	Samantha	Oliveras	00:47:32	00:46:41	5k	F	Rockland	00:09:30
48	1953	Andree	Bertrand	00:47:54	00:46:48	5k	F	ottawa	00:09:35
49	4853	Elizabeth	McGowan	00:49:19	00:48:19	5k	F	Colborne	00:09:52
50	1840	Janet	Carleton	00:49:39	00:48:47	5k	F	Perth	00:09:56
51	1967	Debby	Duford	00:52:19	00:51:16	5k	F	Ottawa	00:10:28

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52	1989	Judy	Valentine	00:54:18	00:54:06	5k	F	Ottawa	00:10:52