

Overall Rank	Age Rank	Bib	Division	First	Last	Race	Age*	Age Cat	Gender	City	Prov/St	Team	Club	Type	Country
1	1	2151	10K	Nathan	Dehghan	00:32:56	23	M 20 - 29	M	Ancaster	Ontario				Canada
2	1	2156	10K	Yves	Filion	00:37:28	45	M 40 - 49	M	Kingston	Ontario				Canada
3	1	2163	10K	Chris	Hague	00:37:28	30	M 30 - 39	M	Kingston	Ontario				Canada
4	1	2159	10K	Greg	Garey	00:38:25	18	M 16 - 19	M	Kingston	Ontario				Canada
5	2	2158	10K	Christian	Futschik	00:39:31	25	M 20 - 29	M	Kingston	Ontario				Canada
6	2	2226	10K	Allan	Roberts	00:40:40	42	M 40 - 49	M	Kingston					
7	3	2224	10K	Cole	Vežina	00:41:15	23	M 20 - 29	M	Kingston					
8	2	2227	10K	Tom	Roberts	00:41:24	38	M 30 - 39	M	Ottawa					
9	4	2208	10K	Simon	Rioux	00:41:29	28	M 20 - 29	M	Montreal	Quebec	Kormas			Canada
10	3	2225	10K	Bryan	Lambert	00:42:03	48	M 40 - 49	M	Kingston			KRRA2019		
11	5	2167	10K	Arsalan	Ijaz	00:43:22	23	M 20 - 29	M	Kingston	Ontario				Canada
12	1	2147	10K	Mairead	Corrigan	00:45:38	21	F 20 -29	F	Kingston	Ontario				Canada
13	1	2230	10K	John	Curlio	00:45:38	54	M 50 - 59	M	London					
14	4	2176	10K	David	Murakami Wood	00:46:38	47	M 40 - 49	M	Wolfe Island	Ontario				Canada
15	1	2185	10K	John	Tranter	00:47:28	67	M 60 - 69	M	Lindsay	Ontario				Canada
16	2	2141	10K	Warren	Cantor	00:47:39	52	M 50 - 59	M	Aurora	Ontario				Canada
17	2	2186	10K	Johanna	Whitehead	00:48:12	21	F 20 -29	F	Kingston	Ontario				Canada
18	1	2218	10K	Erin	Carr	00:48:14	36	F 30 -39	F	Colorado Springs	Colorado	Team Carr			United States
19	3	2174	10K	Meriah	Moodie	00:48:16	25	F 20 -29	F	Wolfe Island	Ontario				Canada
20	1	2214	10K	Jennifer	Pellow	00:48:19	44	F 40 - 49	F	Amherstview	Ontario	Rollers			Canada
21	6	2154	10K	Malcolm	Eade	00:48:27	24	M 20 - 29	M	Kingston	Ontario				Canada
22	7	2139	10K	Christian	Baldwin	00:48:30	23	M 20 - 29	M	Toronto	Ontario				Canada
23	8	2229	10K	Jayd	Mark	00:48:55	23	M 20 - 29	M	Kingston					
24	9	2202	10K	Gavin	Crowder	00:49:08	23	M 20 - 29	M	Kingston	Ontario	Dissipative Feedback			Canada
25	4	2222	10K	Kate	Fenwick	00:49:19	23	F 20 -29	F	Kingston	Ontario	ultrafast			Canada
26	2	2233	10K	Lindsay	Grier	00:49:29	38	F 30 -39	F	Honolulu	Hawaii				
27	10	2169	10K	Steven	Lee	00:49:34	23	M 20 - 29	M	Sault Ste Marie	Ontario				Canada
28	5	2162	10K	Jamie	Gray	00:49:35	21	F 20 -29	F	Newmarket	Ontario				Canada
29	2	2201	10K	Nanae	Arai	00:50:45	49	F 40 - 49	F	Kingston	Ontario	Dissipative Feedback			Canada
30	6	2175	10K	Emma	Morris	00:51:25	25	F 20 -29	F	Kingston	Ontario				Canada
31	3	2203	10K	Stephen	Hughes	00:51:49	51	M 50 - 59	M	Kingston	Ontario	Dissipative Feedback			Canada
32	2	2142	10K	Sam	Cantor	00:51:49	19	M 16 - 19	M	Kingston	Ontario				Canada
33	7	2144	10K	Angela	Choudhury	00:52:42	21	F 20 -29	F	Kingston	Ontario				Canada
34	2	2228	10K	Brian	Lalonde	00:53:09	62	M 60 - 69	M	Calgary					
35	11	2153	10K	Aaron	Delph	00:53:12	25	M 20 - 29	M	Kingston	Ontario				Canada
36	3	2235	10K	Denis	McCallum	00:53:25	60	M 60 - 69	M	Oshawa					
37	5	2223	10K	James	Fraser	00:53:27	49	M 40 - 49	M	Kingston	Ontario	ultrafast			Canada
38	8	2143	10K	Natalie	Carson	00:53:46	21	F 20 -29	F	Kingston	Ontario				Canada
39	3	2168	10K	Christine	Kennedy	00:53:54	33	F 30 -39	F	Elginburg	Ontario				Canada
40	6	2171	10K	Chris	Manoll	00:54:20	43	M 40 - 49	M	Kingston	Ontario		KRRA2019		Canada
41	9	2145	10K	Jessica	Connolly	00:54:24	27	F 20 -29	F	Kingston	Ontario				Canada
42	12	2221	10K	Thomas	Faour	00:54:43	24	M 20 - 29	M	Kingston	Ontario	ultrafast			Canada
43	7	2209	10K	Nikolay	Sapov	00:54:55	41	M 40 - 49	M	Montreal	Quebec	Kormas			Canada
44	4	2219	10K	graham	carr	00:55:15	63	M 60 - 69	M	MONTREAL	Quebec	Team Carr			Canada
45	4	2207	10K	Rod	McDonald	00:55:49	53	M 50 - 59	M	Montreal	Quebec	Kormas			Canada
46	5	2231	10K	Rob	Rashotte	00:57:09	54	M 50 - 59	M	Stittsville					
47	4	2170	10K	Meng	Li	00:57:45	30	F 30 -39	F	Kingston	Ontario				Canada
48	13	2204	10K	Will	salmon	00:57:54	22	M 20 - 29	M	Kingston	Ontario	Dissipative Feedback			Canada
49	5	2234	10K	Bob	Bolton	00:57:58	65	M 60 - 69	M	Whitby					

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50	1	2220	10K	Pascale	Rancourt	00:58:01	55	F 50 - 59	F	Montreal	Quebec	Team Carr			Canada
51	10	2180	10K	Maeghan	Pardy	00:58:13	27	F 20 - 29	F	Kingston	Ontario				Canada
52	3	2210	10K	Joshua	Cleaver	00:58:41	31	M 30 - 39	M	Kingston	Ontario	Morrison2019			Canada
53	3	2166	10K	Heidi	Hitchins	00:59:23	41	F 40 - 49	F	Roslin	Ontario				Canada
54	5	2182	10K	Lindsay	Shaddock	00:59:36	34	F 30 - 39	F	Kingston	Ontario				Canada
55	8	2206	10K	George	Kormas	00:59:40	49	M 40 - 49	M	Montreal	Quebec	Kormas			Canada
56	6	2181	10K	Justina	Poisson	01:00:28	35	F 30 - 39	F	Joyceville	Ontario				Canada
57	4	2137	10K	Melissa	Allan	01:01:02	40	F 40 - 49	F	Kingston	Ontario				Canada
58	2	2179	10K	Jill	Norman	01:01:26	50	F 50 - 59	F	Kingston	Ontario				Canada
59	5	2173	10K	Dawn	Miller	01:01:30	47	F 40 - 49	F	Belleville	Ontario				Canada
60	6	2212	10K	Alexander	Morrison	01:01:33	61	M 60 - 69	M	Kingston	Ontario	Morrison2019			Canada
61	6	2160	10K	Christy	Girard	01:01:35	41	F 40 - 49	F	Reinholds	Pennsylvania				United States
62	11	2183	10K	Seraphina	Skands	01:01:37	24	F 20 - 29	F	Kingston	Ontario				Canada
63	12	2232	10K	meg	dixon	01:02:54	24	F 20 - 29	F						
64	13	2184	10K	Kelsie	Tobin	01:02:54	24	F 20 - 29	F	Toronto	Ontario				Canada
65	3	2187	10K	Tina	Wilson	01:03:12	56	F 50 - 59	F	Kingston	Ontario		KRRA2019		Canada
66	1	2216	10K	Ignacio	Arroyo-Lopez	01:05:53	15	M 13 - 15	M	BATH	Ontario	Spanish-10k	KRRA2019		Canada
67	14	2211	10K	Stephanie	Morrison	01:06:35	25	F 20 - 29	F	Kingston	Ontario	Morrison2019			Canada
68	7	2152	10K	Jessica	Della-Latta	01:06:47	43	F 40 - 49	F	Kingston	Ontario				Canada
69	8	2140	10K	Karen	Burkett	01:06:47	45	F 40 - 49	F	Kingston	Ontario				Canada
70	4	2177	10K	Liza	Nelson	01:08:08	51	F 50 - 59	F	Kingston	Ontario				Canada
71	1	2217	10K	Rocio	Arroyo-Lopez	01:08:11	13	F 13 - 15	F	BATH	Ontario	Spanish-10k	KRRA2019		Canada
72	9	2215	10K	Ignacio	Arroyo	01:08:11	45	M 40 - 49	M	BATH	Ontario	Spanish-10k	KRRA2019		Canada
73	4	2213	10K	Scott	Morrison	01:09:10	36	M 30 - 39	M	Kingston	Ontario	Morrison2019			Canada
74	1	2150	10K	John	Dalgleish	01:09:18	71	M 70 plus	M	Wolfe Island	Ontario				Canada
75	6	2165	10K	Andrew	Hamilton	01:10:00	59	M 50 - 59	M	Kingston	Ontario				Canada
76	9	2205	10K	Valerie	Cellier	01:10:02	44	F 40 - 49	F	Montreal	Quebec	Kormas			Canada
77	5	2136	10K	Phillip	Ada	01:11:00	34	M 30 - 39	M	Stamford	Connecticut				United States
78	7	2138	10K	Joe	Allen	01:11:17	57	M 50 - 59	M	Kingston	Ontario		KRRA2019		Canada
79	15	2164	10K	Erin	Hamilton	01:18:35	26	F 20 - 29	F	Kingston	Ontario				Canada
80	10	2178	10K	Nina	Norgaard	01:22:56	44	F 40 - 49	F	Sydenham	Ontario				Canada
81	11	2172	10K	Julie Anne	Matias	01:22:56	47	F 40 - 49	F	Inverary	Ontario				Canada