

2019 Dr Kim Armstrong Turkey Trot 5K Age Group 10/19/19 1:24:50 PM

Position	Bib #	Name	Race Time	Pace	Gender	Age
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5K F 1 - 13 - based on Gun Elapsed time

1	235	Quinn Coughlin	00:21:47.05	4:21	F	12
2	206	Claire Bemister	00:22:09.28	4:26	F	13
3	411	Summer Sparling	00:29:50.64	5:58	F	9

5K F 14 - 19 - based on Gun Elapsed time

1	328	Isabelle Plourde	00:46:31.75	9:18	F	15
2	427	Belinda Felskie	00:56:12.05	11:14	F	18
3	425	Nicole Duff	00:56:12.75	11:14	F	14

5K F 20 - 29 - based on Gun Elapsed time

1	393	Randa Teschner	00:21:33.59	4:19	F	27
2	443	Mary Riendeau	00:22:42.59	4:32	F	27
3	361	Katie Tollis-Flabbi	00:26:02.68	5:12	F	29

5K F 30 - 39 - based on Gun Elapsed time

1	316	Crissy Parsons	00:20:44.04	4:09	F	38
2	225	Dana Buchanan	00:21:04.98	4:13	F	35
3	436	Kate Carr	00:24:36.08	4:55	F	37

5K F 40 - 49 - based on Gun Elapsed time

1	408	Jennifer Sparling	00:22:03.48	4:25	F	41
2	265	Colleen Haney	00:25:57.59	5:11	F	41
3	228	Tammy Callahan	00:27:15.41	5:27	F	40

5K F 50 - 59 - based on Gun Elapsed time

1	276	Dianne Johnston	00:30:07.72	6:01	F	53
2	329	Arlene Probert	00:30:18.99	6:04	F	56
3	363	Lise Vaillancourt	00:31:45.26	6:21	F	58

5K F 60 - 79 - based on Gun Elapsed time

1	205	Sharon Bell	00:22:33.77	4:31	F	60
2	271	Val Hinsperger	00:24:18.00	4:52	F	61
3	306	Leslie Muzzi	00:29:11.80	5:50	F	60

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5K F NO AGE - based on Gun Elapsed time

1	226	Simone Burger	00:42:18.54	8:28	F	99
2	239	Josi Curry	00:42:18.67	8:28	F	99
3	287	Marwyn LaBlanc	00:43:21.59	8:40	F	99

5K M 1 - 13 - based on Gun Elapsed time

1	423	Will Hugli	00:20:29.58	4:06	M	12
2	410	Justin Sparling	00:21:51.33	4:22	M	11
3	418	Noah Walsh	00:22:03.12	4:25	M	12

5K M 14 - 19 - based on Gun Elapsed time

1	340	Andrew Sapinski	00:19:50.78	3:58	M	16
2	231	Hunter Cobus	00:20:49.96	4:10	M	14
3	364	Jacob VanCamp	00:21:44.77	4:21	M	14

5K M 20 - 29 - based on Gun Elapsed time

1	431	Cliff Conquer	00:22:01.87	4:24	M	29
2	256	Jake Edwards	00:30:14.98	6:03	M	21
3	249	Sean Dixon-Cole	00:52:23.77	10:29	M	22

5K M 30 - 39 - based on Gun Elapsed time

1	337	Derek Rochon	00:26:00.80	5:12	M	39
2	213	Rick Boudreau	00:27:34.79	5:31	M	38
3	403	Calvin Bertrand	00:28:00.77	5:36	M	33

5K M 40 - 49 - based on Gun Elapsed time

1	307	SCOTT NICHOL	00:24:04.90	4:49	M	47
2	297	Jason McGill	00:25:11.51	5:02	M	45
3	286	Dheerendra Kumar	00:26:45.80	5:21	M	47

5K M 50 - 59 - based on Gun Elapsed time

1	350	Terence Spilchen	00:22:35.93	4:31	M	55
2	341	Rob Sapinski	00:22:47.13	4:33	M	53
3	429	Dean Campbell	00:23:55.63	4:47	M	56

5K M 60 - 79 - based on Gun Elapsed time

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Position	Bib #	Name	Race Time	Pace	Gender	Age
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1	428	Ron Sauer	00:28:48.28	5:46	M	66
2	245	Rob DAVIDSON	00:30:19.38	6:04	M	65
3	289	Francois Lemaire	00:31:44.94	6:21	M	60

5K M NO AGE - based on Gun Elapsed time

1	399	Richard Johnson	00:45:43.73	9:09	M	99
2	434	Ron Needham	01:23:17.65	16:39	M	99

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