

		:16.09344																10:		10:21.0975		
Name	Home town	Club	Assigned Start	Actual Start	Halfway Turn hh : mm : ss	Finish Time hh : mm : ss	notes	Running Time	Time Position	Start Pos	Penalty Time	Placement Time	Placing Position	First Lap	Second Lap	Lap Delta	Running Points	AG%	KM Pace	Mile Pace	10K Equivalent	Half Mara. Equivalent
Shane Ruljancich		PIH	10:43 AM	10:41:00	11:14:17	11:44:43	ran with Chris for 8M	1:03:43	1	12		11:46:43	5	33:17	30:26	-02:51	719.4	73.0%	3:58	6:22	0:38:19	1:25:06
Chris Callendar		PIH	10:41 AM	10:41:00	11:14:17	11:45:25	easy first lap	1:04:25	2	12		11:45:25	2	33:17	31:08	-02:09	711.5	69.8%	4:00	6:26	0:38:44	1:26:02
Gary Duncan		PIH	10:37 AM	10:37:00	11:11:30	11:47:01		1:10:01	3	11		11:47:01	6	34:30	35:31	01:01	654.6	77.8%	4:21	7:00	0:42:06	1:33:31
Will Boothman		PIH	10:35 AM	10:35:00		11:45:43		1:10:43	4	10		11:45:43	3				648.2	71.3%	4:24	7:04	0:42:31	1:34:27
Graham Hill			10:30 AM	10:30:00		11:47:47		1:17:47	5	8		11:47:47	7				589.3	59.8%	4:50	7:47	0:46:46	1:43:53
Jeff Beddoes		PIH	10:27 AM	10:27:00		11:45:54		1:18:54	6	6		11:45:54	4				580.9	67.3%	4:54	7:53	0:47:27	1:45:23
Sean Finucane		PIH	10:24 AM	10:24:00	11:03:37	11:43:04		1:19:04	7	4		11:43:04	1	39:37	39:27	-00:10	579.7	62.2%	4:55	7:54	0:47:33	1:45:36
Graham Fisher		TWC	10:28 AM	10:28:00		11:52:16		1:24:16	8	7		11:52:16	11				543.9	62.4%	5:14	8:26	0:50:40	1:52:33
Buddy Bhandar		PIH	10:33 AM	10:33:00	11:14:45	11:58:24		1:25:24	9	9		11:58:24	12	41:45	43:39	01:54	536.7	65.0%	5:18	8:32	0:51:21	1:54:04
Mark Shier		PIH	10:25 AM	10:25:00	11:08:20	11:50:44		1:25:44	10	5		11:50:44	10	43:20	42:24	-00:56	534.6	64.2%	5:20	8:34	0:51:33	1:54:30
Bob Janicki		PIH	10:21 AM	10:23:00	11:07:35	11:52:42	started late	1:29:42	11	3		11:50:42	9	44:35	45:07	00:32	511.0	60.2%	5:34	8:58	0:53:56	1:59:48
Marcia Stromsmoe		PIH	10:13 AM	10:13:00	11:01:08	11:48:31		1:35:31	12	2		11:48:31	8	48:08	47:23	-00:45	479.9	74.6%	5:56	9:33	0:57:26	2:07:34
Mike Ellis			10:11 AM	10:11:00	11:05:40	12:02:49		1:51:49	13	1		12:02:49	13	54:40	57:09	02:29	409.9	62.7%	6:57	11:11	1:07:14	2:29:21
Maryse Poulin	Toronto ON		9:57 AM	DNS																		
Tina Lulic	Calgary AB		10:13 AM	DNS																		
Melody Haddow			10:25 AM	DNS																		
Patricia Roney		PIH	10:38 AM	On Spec																		
Mike Angrove	SE Asia	PIH	10:40 AM	Cancelled																		
Matthew Winkler			10:42 AM	Cancelled																		
<i>min</i>			9:57 AM	10:11:00	11:01:08	11:43:04		1:03:43	1			11:43:04	1	33:17	30:26	-02:51	409.9	59.8%	3:58	6:22	0:38:19	1:25:06
<i>max</i>			10:43 AM	10:41:00	11:14:45	12:02:49		1:51:49	13			12:02:49	13	54:40	57:09	02:29	719.4	77.8%	6:57	11:11	1:07:14	2:29:21
<i>spread</i>			46:00	0:30:00	0:13:37	0:19:45		0:48:06				0:19:45		21:23	26:43	05:20	309.4	18.0%	2:59	4:49	0:28:55	1:04:15
Single lap 5-Mile																:8.04672		5:		10:21.0975		
Name	Home Town	Club	Assigned Start	Actual Start	Time h h : m m : s s	Finish Time h h : m m : s s	notes	Running Time	Time Position	Start Pos	Penalty Time	Placement Time	Placing Position	First Lap	Second Lap	Lap Delta	Running Points	AG%	KM Pace	Mile Pace	10K Equivalent	Half Mara. Equivalent
Matine Janicki		PIH		10:15:00		11:00:51		0:45:51				0:45:51					476.5		5:42	9:10	0:57:50	2:08:28
Jenny Fisher				10:15:00		11:33:00	walk	1:18:00				1:18:00					280.1		9:42	15:36	1:38:24	3:38:33