

Run Off The Grid 25k

Place	Name	Hometown	Gender	Age	Bib #	Time	Pace	Speed	Division Rank
1	STUART MACPHERSON	PETAWAWA, CAN	M: 1	62	491	02:09:52.54	05:11	11.5kph	Overall Male Runner: 1
			<u>Split Description</u>	<u>Split Time</u>		<u>Pace</u>		<u>Speed</u>	<u>Cumulative</u>
			Split 1	01:04:50.76		05:11		11.6kph	01:04:50.76
			Split 2	01:05:01.79		05:12		11.5kph	02:09:52.54
3	ANDREW HAWKINS	GRAND SUDBURY, CAN	M: 3	76	494	02:10:58.59	05:14	11.5kph	Overall Male Runner: 2
			<u>Split Description</u>	<u>Split Time</u>		<u>Pace</u>		<u>Speed</u>	<u>Cumulative</u>
			Split 1	01:05:03.70		05:12		11.5kph	01:05:03.70
			Split 2	01:05:54.89		05:16		11.4kph	02:10:58.59
5	JEFFREY PAUL	SUDBURY, CAN	M: 5	86	492	02:19:33.68	05:34	10.7kph	Overall Male Runner: 3
			<u>Split Description</u>	<u>Split Time</u>		<u>Pace</u>		<u>Speed</u>	<u>Cumulative</u>
			Split 1	01:08:00.07		05:26		11.0kph	01:08:00.07
			Split 2	01:11:33.61		05:43		10.5kph	02:19:33.68
7	GWYNFOR ASHCROFT	FORESTERS FALLS, CAN	M: 7	100	486	02:31:12.65	06:02	9.9kph	Overall Male Runner: 4
			<u>Split Description</u>	<u>Split Time</u>		<u>Pace</u>		<u>Speed</u>	<u>Cumulative</u>
			Split 1	01:13:01.11		05:50		10.3kph	01:13:01.11
			Split 2	01:18:11.55		06:15		9.6kph	02:31:12.65
9	SARA MCILRAITH	LIVELY, CAN	F: 1	108	487	02:44:09.63	06:33	9.1kph	Overall Female Runner: 1
			<u>Split Description</u>	<u>Split Time</u>		<u>Pace</u>		<u>Speed</u>	<u>Cumulative</u>
			Split 1	01:23:31.95		06:40		9.0kph	01:23:31.95
			Split 2	01:20:37.69		06:27		9.3kph	02:44:09.63
11	TOM CARRUTHERS	KITCHENER, CAN	M: 9	70	483	02:48:28.14	06:44	8.9kph	Overall Male Runner: 5
			<u>Split Description</u>	<u>Split Time</u>		<u>Pace</u>		<u>Speed</u>	<u>Cumulative</u>
			Split 1	01:22:15.63		06:34		9.1kph	01:22:15.63
			Split 2	01:26:12.52		06:53		8.7kph	02:48:28.14
13	IVAN SHEEHAN	KITCHENER, CAN	M: 11	114	467	02:54:34.99	06:59	8.6kph	Overall Male Runner: 6
			<u>Split Description</u>	<u>Split Time</u>		<u>Pace</u>		<u>Speed</u>	<u>Cumulative</u>
			Split 1	01:21:47.60		06:32		9.2kph	01:21:47.60
			Split 2	01:32:47.39		07:25		8.1kph	02:54:34.99
15	TINA SESTAN	KITCHENER, CAN	F: 3	82	468	03:00:44.94	07:13	8.3kph	Overall Female Runner: 2
			<u>Split Description</u>	<u>Split Time</u>		<u>Pace</u>		<u>Speed</u>	<u>Cumulative</u>
			Split 1	01:28:18.50		07:03		8.5kph	01:28:18.50
			Split 2	01:32:26.44		07:23		8.1kph	03:00:44.94
17	CHRIS HOLMES	KITCHENER, CAN	M: 13	70	482	03:03:00.53	07:19	8.2kph	Overall Male Runner: 7
			<u>Split Description</u>	<u>Split Time</u>		<u>Pace</u>		<u>Speed</u>	<u>Cumulative</u>
			Split 1	01:27:09.62		06:58		8.6kph	01:27:09.62
			Split 2	01:35:50.92		07:40		7.8kph	03:03:00.53
19	MARK NEUFELD	KEMPTVILLE, CAN	M: 15	132	470	03:08:45.90	07:33	7.9kph	Overall Male Runner: 8
			<u>Split Description</u>	<u>Split Time</u>		<u>Pace</u>		<u>Speed</u>	<u>Cumulative</u>
			Split 1	01:31:08.80		07:17		8.2kph	01:31:08.80
			Split 2	01:37:37.10		07:48		7.7kph	03:08:45.90
21	JESSE WEAVER	DEEP RIVER, CAN	M: 17	86	493	03:09:43.61	07:35	7.9kph	Overall Male Runner: 9
			<u>Split Description</u>	<u>Split Time</u>		<u>Pace</u>		<u>Speed</u>	<u>Cumulative</u>
			Split 1	01:33:55.41		07:30		8.0kph	01:33:55.41
			Split 2	01:35:48.21		07:39		7.8kph	03:09:43.61
23	CIAN MCDONOUGH	NORTH BAY, CAN	M: 19	30	480	03:17:05.18	07:53	7.6kph	Overall Male Runner: 10
			<u>Split Description</u>	<u>Split Time</u>		<u>Pace</u>		<u>Speed</u>	<u>Cumulative</u>
			Split 1	01:31:42.95		07:20		8.2kph	01:31:42.95
			Split 2	01:45:22.24		08:25		7.1kph	03:17:05.18
25	KIMBERLY TSIMIKLIS	PEMBROKE, CAN	F: 5	84	475	03:17:56.94	07:55	7.6kph	Overall Female Runner: 3
			<u>Split Description</u>	<u>Split Time</u>		<u>Pace</u>		<u>Speed</u>	<u>Cumulative</u>
			Split 1	01:34:17.26		07:32		8.0kph	01:34:17.26
			Split 2	01:43:39.69		08:17		7.2kph	03:17:56.94
27	STAVROS TSIMIKLIS	PEMBROKE, CAN	M: 21	86	476	03:17:57.72	07:55	7.6kph	Overall Male Runner: 11
			<u>Split Description</u>	<u>Split Time</u>		<u>Pace</u>		<u>Speed</u>	<u>Cumulative</u>
			Split 1	01:33:27.82		07:28		8.0kph	01:33:27.82
			Split 2	01:44:29.90		08:21		7.2kph	03:17:57.72
29	JEFF SOLOMON	KITCHENER, CAN	M: 23	122	478	03:20:27.21	08:01	7.5kph	Overall Male Runner: 12
			<u>Split Description</u>	<u>Split Time</u>		<u>Pace</u>		<u>Speed</u>	<u>Cumulative</u>
			Split 1	01:35:26.85		07:38		7.9kph	01:35:26.85
			Split 2	01:45:00.37		08:24		7.1kph	03:20:27.21

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31	JENNIFER BEAUCAGE	STURGEON FALLS, CAN	F: 7	96	481	03:26:41.56	08:16	7.3kph	Overall Female Runner: 4
Split Description Split Time Pace Speed Cumulative Split 1 01:37:39.44 07:48 7.7kph 01:37:39.44 Split 2 01:49:02.12 08:43 6.9kph 03:26:41.56									
33	SAMIRA SHAYANA	NEWMARKET, CAN	F: 9	86	456	03:27:32.93	08:18	7.2kph	Overall Female Runner: 5
Split Description Split Time Pace Speed Cumulative Split 1 01:36:52.20 07:44 7.7kph 01:36:52.20 Split 2 01:50:40.74 08:51 6.8kph 03:27:32.93									
35	DARREN GRANDEL	NEWMARKET, CAN	M: 25	94	436	03:27:33.54	08:18	7.2kph	Overall Male Runner: 13
Split Description Split Time Pace Speed Cumulative Split 1 01:36:49.77 07:44 7.7kph 01:36:49.77 Split 2 01:50:43.77 08:51 6.8kph 03:27:33.54									
37	SARAH ALLEN	HUNTSVILLE, CAN	F: 11	80	479	03:36:26.63	08:39	6.9kph	Overall Female Runner: 6
Split Description Split Time Pace Speed Cumulative Split 1 01:42:02.02 08:09 7.4kph 01:42:02.02 Split 2 01:54:24.62 09:09 6.6kph 03:36:26.63									
39	ROBIN WITZKE	KINGSTON, CAN	F: 13	100	466	03:37:07.47	08:41	6.9kph	Overall Female Runner: 7
Split Description Split Time Pace Speed Cumulative Split 1 00:00:01.00 00:00 45000.2kph 00:00:01.00 Split 2 03:37:06.47 17:22 3.5kph 03:37:07.47									
41	JADE PERIARD	NORTH BAY, CAN	F: 15	88	425	03:38:55.10	08:45	6.9kph	Overall Female Runner: 8
Split Description Split Time Pace Speed Cumulative Split 1 01:46:28.09 08:31 7.0kph 01:46:28.09 Split 2 01:52:27.02 08:59 6.7kph 03:38:55.10									
43	KATIE MACKENZIE	BURLINGTON, CAN	F: 17	78	489	03:43:16.50	08:55	6.7kph	Overall Female Runner: 9
Split Description Split Time Pace Speed Cumulative Split 1 01:46:39.84 08:31 7.0kph 01:46:39.84 Split 2 01:56:36.66 09:19 6.4kph 03:43:16.50									
45	CELINE MCGARVEY	GATINEAU, CAN	F: 19	62	471	03:46:09.33	09:02	6.6kph	Overall Female Runner: 10
Split Description Split Time Pace Speed Cumulative Split 1 01:45:36.39 08:26 7.1kph 01:45:36.39 Split 2 02:00:32.95 09:38 6.2kph 03:46:09.33									
47	LINDSAY SEGUIN	NORTH BAY, CAN	F: 21	82	434	03:48:28.51	09:08	6.6kph	Overall Female Runner: 11
Split Description Split Time Pace Speed Cumulative Split 1 01:46:21.54 08:30 7.1kph 01:46:21.54 Split 2 02:02:06.97 09:46 6.1kph 03:48:28.51									
49	LYNETTE O'DONNELL	NORTH BAY, CAN	F: 23	122	435	03:48:30.28	09:08	6.6kph	Overall Female Runner: 12
Split Description Split Time Pace Speed Cumulative Split 1 01:46:03.22 08:29 7.1kph 01:46:03.22 Split 2 02:02:27.07 09:47 6.1kph 03:48:30.28									
51	CAM HEAPHY	ROCKWOOD, CAN	M: 27	68	473	03:51:36.25	09:15	6.5kph	Overall Male Runner: 14
Split Description Split Time Pace Speed Cumulative Split 1 01:38:00.16 07:50 7.7kph 01:38:00.16 Split 2 02:13:36.10 10:41 5.6kph 03:51:36.25									
53	SHELLEY CRICHTON	COLLINGWOOD, CAN	F: 25	76	465	04:03:39.68	09:44	6.2kph	Overall Female Runner: 13
Split Description Split Time Pace Speed Cumulative Split 1 01:45:04.74 08:24 7.1kph 01:45:04.74 Split 2 02:18:34.95 11:05 5.4kph 04:03:39.68									
55	HAYLEY CRICHTON	GRAND PRE, CAN	F: 27	70	462	04:03:41.08	09:44	6.2kph	Overall Female Runner: 14
Split Description Split Time Pace Speed Cumulative Split 1 01:45:01.95 08:24 7.1kph 01:45:01.95 Split 2 02:18:39.13 11:05 5.4kph 04:03:41.08									
57	JO-ANNE CRISP	OTTAWA, CAN	F: 29	106	477	04:03:48.58	09:45	6.2kph	Overall Female Runner: 15
Split Description Split Time Pace Speed Cumulative Split 1 02:01:33.56 09:43 6.2kph 02:01:33.56 Split 2 02:02:15.03 09:46 6.1kph 04:03:48.58									
59	CLAIRE GUY	OTTAWA, CAN	F: 31	48	490	04:37:16.96	11:05	5.4kph	Overall Female Runner: 16
Split Description Split Time Pace Speed Cumulative Split 1 02:03:30.17 09:52 6.1kph 02:03:30.17 Split 2 02:33:46.80 12:18 4.9kph 04:37:16.96									

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61	SUE MCLENNAN	OTTAWA, CAN	F: 33	108	469	05:01:16.15	12:03	5.0kph	Overall Female Runner: 17
			<u>Split Description</u>	<u>Split Time</u>		<u>Pace</u>		<u>Speed</u>	<u>Cumulative</u>
			Split 1	02:09:26.29		10:21		5.8kph	02:09:26.29
			Split 2	02:51:49.86		13:44		4.4kph	05:01:16.15
63	TOM ZINCK	OTTAWA, CAN	M: 29	106	488	05:23:11.59	12:55	4.6kph	Overall Male Runner: 15
			<u>Split Description</u>	<u>Split Time</u>		<u>Pace</u>		<u>Speed</u>	<u>Cumulative</u>
			Split 1	02:28:28.83		11:52		5.1kph	02:28:28.83
			Split 2	02:54:42.76		13:58		4.3kph	05:23:11.59