

Run Off The Grid 50k

Place	Name	Hometown	Gender	Age	Bib #	Time	Pace	Speed	Division Rank
1	NICK ALLEN	NORTH BAY, CAN	M: 1	47	572	05:44:36.86	06:53	8.7kph	Overall Male Runner: 1
			<u>Split Description</u>	<u>Split Time</u>		<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>	
			Split 1	01:17:42.28		06:12	9.7kph	01:17:42.28	
			Split 2	01:20:52.58		06:28	9.3kph	02:38:34.85	
			Split 3	01:28:24.82		07:04	8.5kph	04:06:59.67	
			Split 4	01:37:37.20		07:48	7.7kph	05:44:36.86	
2	CHASE MCGOWAN	GATINEAU, CAN	M: 2	33	538	05:45:31.21	06:54	8.7kph	Overall Male Runner: 2
			<u>Split Description</u>	<u>Split Time</u>		<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>	
			Split 1	01:18:12.21		06:15	9.6kph	01:18:12.21	
			Split 2	01:23:18.67		06:39	9.0kph	02:41:30.87	
			Split 3	01:30:49.57		07:15	8.3kph	04:12:20.44	
			Split 4	01:33:10.78		07:27	8.0kph	05:45:31.21	
3	TYLER COLLING	MEAFORD, CAN	M: 3	36	551	06:02:01.06	07:14	8.3kph	Overall Male Runner: 3
			<u>Split Description</u>	<u>Split Time</u>		<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>	
			Split 1	01:21:45.16		06:32	9.2kph	01:21:45.16	
			Split 2	01:29:49.70		07:11	8.3kph	02:51:34.85	
			Split 3	01:34:27.53		07:33	7.9kph	04:26:02.37	
			Split 4	01:35:58.70		07:40	7.8kph	06:02:01.06	
4	HELEEN DE NECKER	GARSON, CAN	F: 1	47	568	06:11:13.41	07:25	8.1kph	Overall Female Runner: 1
			<u>Split Description</u>	<u>Split Time</u>		<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>	
			Split 1	01:29:15.50		07:08	8.4kph	01:29:15.50	
			Split 2	01:33:23.61		07:28	8.0kph	03:02:39.11	
			Split 3	01:35:13.84		07:37	7.9kph	04:37:52.94	
			Split 4	01:33:20.47		07:28	8.0kph	06:11:13.41	
5	CARSTEN MEYER-JACOB	DUPARQUET, CAN	M: 4	40	569	06:12:25.80	07:26	8.1kph	Overall Male Runner: 4
			<u>Split Description</u>	<u>Split Time</u>		<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>	
			Split 1	01:23:17.14		06:39	9.0kph	01:23:17.14	
			Split 2	01:30:05.17		07:12	8.3kph	02:53:22.31	
			Split 3	01:41:27.55		08:07	7.4kph	04:34:49.85	
			Split 4	01:37:35.95		07:48	7.7kph	06:12:25.80	
6	LEANNE HAYNES	MEAFORD, CAN	F: 2	39	542	06:32:53.09	07:51	7.6kph	Overall Female Runner: 2
			<u>Split Description</u>	<u>Split Time</u>		<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>	
			Split 1	01:31:54.22		07:21	8.2kph	01:31:54.22	
			Split 2	Split 2 did not read					
			Split 3	03:15:26.96				04:47:56.96	
			Split 4	01:44:56.13		08:23	7.1kph	06:32:53.09	
7	SEAN BLAINE	ALEXANDRIA, CAN	M: 5	51	564	06:37:35.48	07:57	7.5kph	Overall Male Runner: 5
			<u>Split Description</u>	<u>Split Time</u>		<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>	
			Split 1	Split 1 + 2 did not read					
			Split 2	not read					
			Split 3	04:45:45.63				04:47:45.63	
			Split 4	01:49:49.85		08:47	6.8kph	06:37:35.48	
8	KEVIN DENSTON	NORTH BAY, CAN	M: 6	52	556	07:09:59.10	08:35	7.0kph	Overall Male Runner: 6
			<u>Split Description</u>	<u>Split Time</u>		<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>	
			Split 1	01:26:34.00		06:55	8.7kph	01:26:34.00	
			Split 2	01:32:22.86		07:23	8.1kph	02:58:56.86	
			Split 3	01:59:32.49		09:33	6.3kph	04:58:29.34	
			Split 4	02:11:29.76		10:31	5.7kph	07:09:59.10	
9	JOHN MCGOWAN	WATERLOO, CAN	M: 7	31	563	07:28:49.22	08:58	6.7kph	Overall Male Runner: 7
			<u>Split Description</u>	<u>Split Time</u>		<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>	
			Split 1	01:42:16.12		08:10	7.3kph	01:42:16.12	
			Split 2	01:41:38.08		08:07	7.4kph	03:23:54.20	
			Split 3	01:54:05.11		09:07	6.6kph	05:17:59.30	
			Split 4	02:10:49.92		10:27	5.7kph	07:28:49.22	
10	CHARLOTTE VASARHELYI	KITCHENER, CAN	F: 3	49	561	07:30:21.75	09:00	6.7kph	Overall Female Runner: 3
			<u>Split Description</u>	<u>Split Time</u>		<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>	
			Split 1	01:37:43.06		07:49	7.7kph	01:37:43.06	
			Split 2	01:51:28.34		08:55	6.7kph	03:29:11.39	
			Split 3	02:00:02.18		09:36	6.2kph	05:29:13.57	
			Split 4	02:01:08.18		09:41	6.2kph	07:30:21.75	
11	LESLIE AITCHISON	NORTH BAY, CAN	F: 4	48	560	07:46:15.46	09:19	6.4kph	Overall Female Runner: 4
			<u>Split Description</u>	<u>Split Time</u>		<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>	
			Split 1	01:42:45.44		08:13	7.3kph	01:42:45.44	
			Split 2	01:47:46.30		08:37	7.0kph	03:30:31.73	
			Split 3	02:05:04.83		10:00	6.0kph	05:35:36.56	
			Split 4	02:10:38.90		10:27	5.7kph	07:46:15.46	

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12	SAVVAS FARASSOGLU	OTTAWA, CAN	M: 8	45	558	07:57:47.19	09:33	6.3kph	Overall Male Runner: 8
			<u>Split Description</u>	<u>Split Time</u>		<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>	
			Split 1	01:45:15.05		08:25	7.1kph	01:45:15.05	
			Split 2	01:59:53.87		09:35	6.3kph	03:45:08.92	
			Split 3	02:10:04.80		10:24	5.8kph	05:55:13.71	
			Split 4	02:02:33.48		09:48	6.1kph	07:57:47.19	
13	ALYSON COOLEN	OAKVILLE, CAN	F: 5	56	562	08:02:33.12	09:39	6.2kph	Overall Female Runner: 5
			<u>Split Description</u>	<u>Split Time</u>		<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>	
			Split 1	01:46:34.27		08:31	7.0kph	01:46:34.27	
			Split 2	01:58:35.47		09:29	6.3kph	03:45:09.73	
			Split 3	02:10:17.52		10:25	5.8kph	05:55:27.24	
			Split 4	02:07:05.88		10:10	5.9kph	08:02:33.12	
14	COSTAS FARASSOGLU	OTTAWA, CAN	M: 9	45	557	08:17:11.76	09:56	6.0kph	Overall Male Runner: 9
			<u>Split Description</u>	<u>Split Time</u>		<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>	
			Split 1	01:37:28.01		07:47	7.7kph	01:37:28.01	
			Split 2	02:02:41.98		09:48	6.1kph	03:40:09.98	
			Split 3	02:17:23.87		10:59	5.5kph	05:57:33.85	
			Split 4	02:19:37.91		11:10	5.4kph	08:17:11.76	
15	TREVOR MORGAN	BARRIE, CAN	M: 10	49	565	08:30:27.90	10:12	5.9kph	Overall Male Runner: 10
			<u>Split Description</u>	<u>Split Time</u>		<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>	
			Split 1	01:49:55.74		08:47	6.8kph	01:49:55.74	
			Split 2	01:52:31.88		09:00	6.7kph	03:42:27.62	
			Split 3	02:09:01.89		10:19	5.8kph	05:51:29.51	
			Split 4	02:38:58.39		12:43	4.7kph	08:30:27.90	
16	RACHEL GOLDSWORTHY-MCGOWAN	WATERLOO, CAN	F: 6	30	571	08:37:00.70	10:20	5.8kph	Overall Female Runner: 6
			<u>Split Description</u>	<u>Split Time</u>		<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>	
			Split 1	01:44:15.41		08:20	7.2kph	01:44:15.41	
			Split 2	02:12:08.05		10:34	5.7kph	03:56:23.46	
			Split 3	02:05:18.86		10:01	6.0kph	06:01:42.32	
			Split 4	02:35:18.39		12:25	4.8kph	08:37:00.70	
17	NEIL IBEY	CASTLETON, CAN	M: 11	60	567	08:46:53.43	10:32	5.7kph	Overall Male Runner: 11
			<u>Split Description</u>	<u>Split Time</u>		<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>	
			Split 1	01:53:14.39		09:03	6.6kph	01:53:14.39	
			Split 2	02:08:42.37		10:17	5.8kph	04:01:56.76	
			Split 3	02:18:03.46		11:02	5.4kph	06:20:00.22	
			Split 4	02:26:53.22		11:45	5.1kph	08:46:53.43	
18	JIM NEWIN	OTTERBURN PARK, CAN	M: 12	72	532	10:20:36.27	12:24	4.8kph	Overall Male Runner: 12
			<u>Split Description</u>	<u>Split Time</u>		<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>	
			Split 1	02:44:00.00		13:07	4.6kph	02:44:00.00	
			Split 2	02:17:44.11		11:01	5.4kph	05:01:44.11	
			Split 3	02:39:54.94		12:47	4.7kph	07:41:39.05	
			Split 4	02:38:57.22		12:42	4.7kph	10:20:36.27	
19	RONALD GEHL	KITCHENER, CAN	M: 13	78	559	12:45:00.03	15:18	3.9kph	Overall Male Runner: 13
			<u>Split Description</u>	<u>Split Time</u>		<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>	
			Split 1	02:56:00.00		14:04	4.3kph	02:56:00.00	
			Split 2	03:04:17.53		14:44	4.1kph	06:00:17.53	
			Split 3	03:13:53.61		15:30	3.9kph	09:14:11.14	
			Split 4	03:30:48.89		16:51	3.6kph	12:45:00.03	