

MEC LOWER MAINLAND: ROAD RACE FOUR, 10K/21.1K

Race Date

April 15, 2017

Overall Finish List**21.1 k Run****Female**

<u>Overall</u>	<u>Name</u>	<u>Bib No</u>	<u>AG Place</u>	<u>Time</u>	<u>Pace</u>
1	Lisa Dinh	31942	1 21-30	1:38:50	4:41/K
2	Laticia Chapman	31926	1 31-40	1:39:31	4:43/K
3	Susan Bogle	31914	1 41-50	1:40:19	4:45/K
4	Gerevieve Martin	33149	1 99-99	1:42:18	4:51/K
5	Amanda Travis	33117	2 21-30	1:42:38	4:52/K
6	Grazietta Valdez	33122	3 21-30	1:45:14	4:59/K
7	Kiera Van Der Sande	33123	4 21-30	1:46:26	5:03/K
8	Lindi Porter	33133	2 99-99	1:47:08	5:05/K
9	Maude Bouffard	31916	5 21-30	1:47:12	5:05/K
10	Nathania Braun	31919	1 0-20	1:49:19	5:11/K
11	Adriana Proton	31998	6 21-30	1:51:12	5:16/K
12	Stefanie Kappel	31969	1 51-59	1:52:52	5:21/K
13	Sarah Amundrud	31903	2 31-40	1:53:51	5:24/K
14	Katie Tongue	33116	7 21-30	1:54:03	5:24/K
15	Alexandra Rodriguez	33102	3 31-40	1:54:26	5:25/K
16	Tara Virginillo	33124	2 0-20	1:54:39	5:26/K
17	Claudia Mendoza	31991	8 21-30	1:54:58	5:27/K
18	Janet Pritchard	31996	1 60-64	1:55:58	5:30/K
19	Debbie Samsom	33104	2 51-59	1:59:09	5:39/K
20	Vivian Bertrand	31911	2 41-50	1:59:14	5:39/K
21	Sophie Gabarrus	31952	9 21-30	1:59:22	5:39/K
22	Olivia Fournier	31950	10 21-30	2:01:33	5:46/K
23	Teri Hao	31959	4 31-40	2:02:00	5:47/K
24	Nicole Richardson	33141	3 99-99	2:03:05	5:50/K
25	Leah Dixon	31943	5 31-40	2:03:23	5:51/K
26	Anjana Price	33145	6 31-40	2:04:34	5:54/K
27	Mariela Cruz	31938	11 21-30	2:05:04	5:56/K
28	Sherry Mahoney	31985	3 51-59	2:05:49	5:58/K
29	Mona Windl	33126	4 51-59	2:10:41	6:12/K
30	Adriana Droton	31999	4 99-99	2:11:41	6:14/K
31	Liz Uhl	33121	12 21-30	2:12:01	6:15/K
32	Marta Bashovski	31907	7 31-40	2:12:02	6:15/K
33	Maryam Sanaz Davoodi	31939	13 21-30	2:13:32	6:20/K
34	Amanda Hill	31963	3 41-50	2:13:44	6:20/K
35	Rachel Sinnott	33108	14 21-30	2:16:43	6:29/K
36	Sarah Seyed Mahmoud	33106	15 21-30	2:17:57	6:32/K
37	Elizabeth Harris	31961	8 31-40	2:22:14	6:44/K
38	Cassandra Basi	31908	9 31-40	2:22:34	6:45/K
39	Jennifer Kostenchuk	31973	10 31-40	2:23:23	6:48/K
40	Deanna McIntyre	31989	4 41-50	2:24:41	6:51/K
41	Katie Charyna	31927	16 21-30	2:46:38	7:54/K
42	Amelia Goodine	31956	17 21-30	2:46:38	7:54/K

MEC LOWER MAINLAND: ROAD RACE FOUR, 10K/21.1K

Race Date

April 15, 2017

Overall Finish List**21.1 k Run****Male**

<u>Overall</u>	<u>Name</u>	<u>Bib No</u>	<u>AG Place</u>	<u>Time</u>	<u>Pace</u>
1	Curtis Jung	33132	1 99-99	1:21:59	3:53/K
2	Ryan May	31987	1 21-30	1:24:00	3:59/K
3	Duane Evans	31947	2 21-30	1:24:03	3:59/K
4	Morgan Stewart	33112	1 41-50	1:25:50	4:04/K
5	Alexandre Campbell	33140	2 99-99	1:29:14	4:14/K
6	Tedd Tucker	33119	1 31-40	1:30:56	4:19/K
7	Milan Benacka	33143	3 99-99	1:34:36	4:29/K
8	Chun Yin Joshua Li	33139	4 99-99	1:34:52	4:30/K
9	Alan Blair	31912	2 31-40	1:35:17	4:31/K
10	Aidan Goheen	31954	3 21-30	1:36:46	4:35/K
11	David Crabtree	31936	4 21-30	1:37:04	4:36/K
12	Adrian Lucanu	31979	3 31-40	1:37:39	4:38/K
13	Daniel Rafai	32000	4 31-40	1:38:55	4:41/K
14	Sam Woolf	33130	5 21-30	1:41:13	4:48/K
15	Blair Brodie	31920	6 21-30	1:41:13	4:48/K
16	Michael Liu	31977	2 41-50	1:41:33	4:49/K
17	James Yaremy	33131	7 21-30	1:44:15	4:56/K
18	Mike Deines	31941	5 31-40	1:44:41	4:58/K
19	Ben Parker	31993	8 21-30	1:45:46	5:01/K
20	Darrin London	31978	1 51-59	1:46:23	5:03/K
21	Robert Zelisko	33144	3 41-50	1:46:40	5:03/K
22	Darren Duff	31944	6 31-40	1:46:43	5:03/K
23	Steve Duddy	33150	7 31-40	1:47:18	5:05/K
24	Gordon Lee	31976	8 31-40	1:48:13	5:08/K
25	Leighland Joyce	31968	9 21-30	1:48:52	5:10/K
26	Mark Wong	33128	9 31-40	1:49:40	5:12/K
27	Rabih Majzoub	31986	5 99-99	1:49:40	5:12/K
28	Rudolfo Espinosa	33134	6 99-99	1:49:52	5:12/K
29	Norm Wong	33129	4 41-50	1:50:33	5:14/K
30	Eli Kastelein	31970	10 21-30	1:50:34	5:14/K
31	Simon Couture	31935	5 41-50	1:51:00	5:16/K
32	Tom Barichello	33135	7 99-99	1:51:03	5:16/K
33	Kevin MacLeod	33136	8 99-99	1:51:58	5:18/K
34	Jason Boyes	31917	6 41-50	1:52:33	5:20/K
35	Lawrence Bernales	33147	9 99-99	1:53:04	5:22/K
36	David Blas	31913	7 41-50	1:53:32	5:23/K
37	Francis Edmilao	31945	8 41-50	1:53:33	5:23/K
38	Jared Hyland	31966	10 31-40	1:54:35	5:26/K
39	Naveenraj Rathinakumar	33101	11 21-30	1:55:53	5:30/K
40	Chris Chan	31924	9 41-50	1:56:38	5:32/K
41	Trevor Amundrud	31904	11 31-40	1:57:10	5:33/K
42	Bill Jaffe	31967	2 51-59	1:57:43	5:35/K
43	Nelson Santos	33105	10 41-50	1:57:55	5:35/K
44	Jonathan Weresch	33148	10 99-99	1:59:13	5:39/K
45	Colin Chan	31925	12 31-40	2:00:38	5:43/K
46	Clarence Lai	31974	13 31-40	2:01:57	5:47/K
47	Steven Pearce	31994	3 51-59	2:03:38	5:52/K

Overall Finish List

21.1 k Run

Male

<u>Overall</u>	<u>Name</u>	<u>Bib No</u>	<u>AG Place</u>	<u>Time</u>	<u>Pace</u>
48	Rowan Holger	33142	11 99-99	2:05:41	5:57/K
49	Josh Nelson	33137	12 99-99	2:09:13	6:07/K
50	James Tai	33114	14 31-40	2:12:00	6:15/K
51	Lukos Christopolas	33151	13 99-99	2:12:30	6:17/K
52	Jon Mahoney	31984	1 65-98	2:13:32	6:20/K
53	Jj Hill	31962	11 41-50	2:13:43	6:20/K
54	Neil Harrington	31960	12 41-50	2:15:21	6:25/K
55	Peter Buckley	31921	13 41-50	2:19:56	6:38/K

MEC LOWER MAINLAND: ROAD RACE FOUR, 10K/21.1K

Race Date

April 15, 2017

Overall Finish List**10 k Run****Female**

<u>Overall</u>	<u>Name</u>	<u>Bib No</u>	<u>AG Place</u>	<u>Time</u>	<u>Pace</u>
1	Tina Connelly	3260	1 41-50	43:59	4:24/K
2	Lisa Egami	3282	1 21-30	45:22	4:32/K
3	Claire Ewatski	3284	2 21-30	47:14	4:43/K
4	Melissa Jung	7494	1 99-99	48:18	4:50/K
5	Andrea Rempel	7413	1 31-40	49:05	4:55/K
6	Devie Amundsen	3206	3 21-30	49:06	4:55/K
7	Catherine Regan	7412	4 21-30	51:52	5:11/K
8	Patriua Nicoli	7508	2 41-50	53:12	5:19/K
9	Stefanie Artuso	3210	2 31-40	54:37	5:28/K
10	Ashley Van Der Pouw Kraan	7461	5 21-30	55:19	5:32/K
11	Elizabeth Zajc	7481	3 31-40	55:25	5:33/K
12	Helene Decarie	3272	4 31-40	55:34	5:33/K
13	Leilani Harmon	3314	3 41-50	56:20	5:38/K
14	Jill Ferrie	3288	1 51-59	56:50	5:41/K
15	Carolyn Hubbard	3325	4 41-50	56:55	5:42/K
16	Camille Owens	3396	2 51-59	57:18	5:44/K
17	Naomi Saeki	7420	5 41-50	57:32	5:45/K
18	Soumia Abboub	3201	5 31-40	58:05	5:49/K
19	Kimberly Dyce	3280	6 31-40	58:15	5:50/K
20	Brittaney Boone	7500	2 99-99	58:20	5:50/K
21	Kirsten Gibson	3297	6 21-30	58:44	5:52/K
22	Alissa Reed	7411	7 31-40	59:11	5:55/K
23	Oana Nistor	3393	8 31-40	59:42	5:58/K
24	Erin Booth	3227	9 31-40	59:46	5:59/K
25	Andrea Lavoie	3348	7 21-30	59:48	5:59/K
26	Margot Lively	3356	6 41-50	59:48	5:59/K
27	Sheena Hoskin	3322	10 31-40	59:57	6:00/K
28	Kingkarn Mansilatham	3369	11 31-40	1:00:19	6:02/K
29	Jennifer Dickson	3277	12 31-40	1:00:26	6:03/K
30	Heather Simm	7436	7 41-50	1:00:27	6:03/K
31	Jennifer Evancio	7489	3 99-99	1:00:32	6:03/K
32	Magdalena Stroniarz	7444	1 0-20	1:00:37	6:04/K
33	Christina Price	7407	8 41-50	1:00:37	6:04/K
34	Shirley Blair	3224	1 65-98	1:00:50	6:05/K
35	Suzanne Brodziak	3229	9 41-50	1:00:54	6:05/K
36	Natalie Twohey	7519	4 99-99	1:00:56	6:06/K
37	Tanja Cvekic	3265	13 31-40	1:01:01	6:06/K
38	Melissa Benjamin	3223	8 21-30	1:01:43	6:10/K
39	Pam Voros	7464	14 31-40	1:02:05	6:13/K
40	Branka Gataric	3294	3 51-59	1:02:34	6:15/K
41	Tracy-Kim Campbell	3232	4 51-59	1:02:35	6:16/K
42	Connie Zhou	7483	9 21-30	1:02:38	6:16/K
43	Natasha Benes	3222	15 31-40	1:02:50	6:17/K
44	Lisa Ramsay	7410	16 31-40	1:02:51	6:17/K
45	Rochelle Parker	3397	17 31-40	1:03:07	6:19/K
46	Jaclyn Adair	3204	10 21-30	1:03:20	6:20/K
47	Jade Paul	7490	5 99-99	1:03:42	6:22/K

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Race Date

April 15, 2017

Overall Finish List**10 k Run****Female**

<u>Overall</u>	<u>Name</u>	<u>Bib No</u>	<u>AG Place</u>	<u>Time</u>	<u>Pace</u>
48	Alice Toåjiät	7453	18 31-40	1:03:49	6:23/K
49	Megan Williams	7472	6 99-99	1:03:49	6:23/K
50	Kate Goertzen	3299	11 21-30	1:03:50	6:23/K
51	Tanya Dechant	3273	10 41-50	1:04:13	6:25/K
52	Melisa Joyal	3335	19 31-40	1:04:45	6:29/K
53	Janna Vandervelden	7462	2 0-20	1:05:12	6:31/K
54	Elizabeth Winston	7474	20 31-40	1:05:19	6:32/K
55	Bronwyn Masson	3374	5 51-59	1:05:30	6:33/K
56	Bethan Davies	3270	11 41-50	1:05:43	6:34/K
57	Nicolle Filangieri	3289	12 21-30	1:06:09	6:37/K
58	Jennifer Scudds	7427	12 41-50	1:06:25	6:39/K
59	Carrie Lawson	7517	7 99-99	1:06:55	6:42/K
60	Jill Sheather	7434	13 41-50	1:07:12	6:43/K
61	Shirley Cochrane	3256	14 41-50	1:07:13	6:43/K
62	Winnie Timko	7499	8 99-99	1:07:19	6:44/K
63	Alanna Goodman	3303	13 21-30	1:07:22	6:44/K
64	Gayle Stoodley	7443	15 41-50	1:07:22	6:44/K
65	Laura D'Alva	3267	6 51-59	1:07:25	6:45/K
66	Janine Pippy	7403	9 99-99	1:07:50	6:47/K
67	Marcella Bonanomi	3226	10 99-99	1:07:53	6:47/K
68	Clare Whelan Sadike	7469	21 31-40	1:08:07	6:49/K
69	Louise Underwood	7459	22 31-40	1:08:08	6:49/K
70	Colleen Chow	7491	11 99-99	1:09:03	6:54/K
71	Arezoy Bahari	7515	14 21-30	1:09:11	6:55/K
72	Lina Saldarriaga	7421	12 99-99	1:09:11	6:55/K
73	Manda Sayers	7423	23 31-40	1:09:12	6:55/K
74	Gillian Gonzalez-Risso	3301	16 41-50	1:09:21	6:56/K
75	Amanda Zayonc	7482	15 21-30	1:09:22	6:56/K
76	Kylie Hall	3310	24 31-40	1:09:40	6:58/K
77	Katherine Hughes	3326	13 99-99	1:10:45	7:05/K
78	Christie Stanford	7442	25 31-40	1:10:58	7:06/K
79	Michaela Staller	7441	16 21-30	1:11:09	7:07/K
80	Karen Robertson	7417	26 31-40	1:12:36	7:16/K
81	Ming H. (alice) Wang	7466	27 31-40	1:12:37	7:16/K
82	Mala Rupnarain	7419	17 41-50	1:12:44	7:16/K
83	Heather Beatty	3220	17 21-30	1:12:48	7:17/K
84	Erin Obsniuk@gmail.com	3394	28 31-40	1:12:48	7:17/K
85	Adria Goresky	3304	29 31-40	1:13:11	7:19/K
86	Michelle Clark	3253	30 31-40	1:13:12	7:19/K
87	Monica Simone	7437	18 21-30	1:13:33	7:21/K
88	Lorraine Douville	7503	7 51-59	1:13:50	7:23/K
89	Kendra Klemke	3343	19 21-30	1:14:50	7:29/K
90	Jeraldine Penullar	7401	20 21-30	1:15:02	7:30/K
91	Katie Grudzinski	3309	31 31-40	1:15:11	7:31/K
92	Verna Campbell	3234	1 60-64	1:15:53	7:35/K
93	Ria Sulistyowati	7446	8 51-59	1:16:16	7:38/K
94	Christine Jones	3333	18 41-50	1:17:13	7:43/K

Overall Finish List

10 k Run

Female

<u>Overall</u>	<u>Name</u>	<u>Bib No</u>	<u>AG Place</u>	<u>Time</u>	<u>Pace</u>
95	Lisa Odland	3395	21 21-30	1:17:30	7:45/K
96	Marie Meier	3382	22 21-30	1:17:30	7:45/K
97	Leanne Fawcett	3286	19 41-50	1:18:03	7:48/K
98	Natasha Chaing	3242	23 21-30	1:18:08	7:49/K
99	Lucy Grainger	3305	24 21-30	1:18:12	7:49/K
100	Rita Long	3361	2 60-64	1:18:24	7:50/K
101	Lynne De Forest	3271	14 99-99	1:18:31	7:51/K
102	Morgan Baskin	3219	25 21-30	1:18:40	7:52/K
103	Norjielyn Flores	3291	26 21-30	1:18:57	7:54/K
104	Stacey Chan	3245	27 21-30	1:19:18	7:56/K
105	Masumi Chan	3244	3 60-64	1:19:40	7:58/K
106	Kirby Tham	7451	28 21-30	1:21:19	8:08/K
107	Ginny Young	7478	32 31-40	1:25:51	8:35/K
108	Mary Munro	3391	20 41-50	1:28:33	8:51/K
109	Lora Huang	3324	33 31-40	1:34:42	9:28/K
110	Michelle Young	7479	34 31-40	1:34:42	9:28/K
111	Lulu Li	3355	15 99-99	1:36:37	9:40/K
112	Jiamin Ma	3364	16 99-99	1:39:21	9:56/K
113	Kristin McNulty	3381	21 41-50	1:40:23	10:02/K
114	Mardeanna Lock	3357	22 41-50	1:45:07	10:31/K
115	Tina Campbell	3233	9 51-59	1:45:08	10:31/K

MEC LOWER MAINLAND: ROAD RACE FOUR, 10K/21.1K

Race Date

April 15, 2017

Overall Finish List**10 k Run****Male**

<u>Overall</u>	<u>Name</u>	<u>Bib No</u>	<u>AG Place</u>	<u>Time</u>	<u>Pace</u>
1	Andrew Slack	7510	1 31-40	40:17	4:02/K
2	Mohammad Sabereffati	7492	1 99-99	42:07	4:13/K
3	Brady Dunne	3278	2 31-40	42:17	4:14/K
4	Sam Yeung	7496	1 0-20	43:03	4:18/K
5	Sebastian Wearmouth	7468	1 21-30	44:06	4:25/K
6	Renn MacDonald	3365	2 0-20	44:10	4:25/K
7	Robert Watt	7467	1 51-59	44:29	4:27/K
8	James Leeson	3354	3 31-40	44:32	4:27/K
9	Kyle Marancos	3370	4 31-40	44:58	4:30/K
10	Charles Finn	3290	1 41-50	45:13	4:31/K
11	Tybon Wu	7475	5 31-40	45:30	4:33/K
12	Cameron Boutin	7493	2 99-99	45:59	4:36/K
13	Anthony Barber	7487	3 99-99	46:03	4:36/K
14	Craig Premack	7405	2 51-59	46:04	4:36/K
15	Jeff Lane	3346	2 21-30	46:36	4:40/K
16	Matthew King	7488	4 99-99	46:40	4:40/K
17	Jack MacDougall	3366	1 60-64	47:02	4:42/K
18	Yassine Barakat	3214	5 99-99	47:16	4:44/K
19	Cody Baines	3213	3 21-30	47:54	4:47/K
20	Benjamin Dupuis	3279	4 21-30	47:58	4:48/K
21	Wai Teng Chow	7485	6 99-99	48:01	4:48/K
22	Ross MacDonald	7504	6 31-40	48:14	4:49/K
23	Sam Shave	7433	7 99-99	48:46	4:53/K
24	Jordan Ellis	7501	8 99-99	49:16	4:56/K
25	Kyle Barber	3215	7 31-40	49:43	4:58/K
26	Reg Rempel	7414	3 51-59	49:55	5:00/K
27	Eamon Quinn	7507	9 99-99	49:56	5:00/K
28	Brendan Curran	3264	5 21-30	50:07	5:01/K
29	Justin Mak	7518	6 21-30	50:14	5:01/K
30	Jason Gauthier	3296	2 41-50	50:46	5:05/K
31	Arezou Bahari	3212	10 99-99	51:17	5:08/K
32	Enrique Gonzalez	3300	8 31-40	52:01	5:12/K
33	Tomas Hajduk	7514	7 21-30	52:10	5:13/K
34	Richard Carroll	3239	11 99-99	52:20	5:14/K
35	Reith Smith	7506	12 99-99	52:27	5:15/K
36	Liam Foran	7502	13 99-99	52:32	5:15/K
37	Dong Baik Kim	3337	3 41-50	52:57	5:18/K
38	Michael Sarvari	7422	9 31-40	53:33	5:21/K
39	Ben Cole	3257	4 41-50	53:47	5:23/K
40	Nick Hart	3316	10 31-40	53:49	5:23/K
41	Alex Coombes	7498	14 99-99	54:12	5:25/K
42	Jim Bradley	7497	15 99-99	54:18	5:26/K
43	Christophe Keegan	3336	8 21-30	54:19	5:26/K
44	Kevin Lee	3353	9 21-30	54:29	5:27/K
45	Michael Belcher	3221	4 51-59	55:14	5:31/K
46	Devin Moberg	3388	5 41-50	55:34	5:33/K
47	Chris Seppelt	7430	6 41-50	55:59	5:36/K

MEC LOWER MAINLAND: ROAD RACE FOUR, 10K/21.1K

Race Date

April 15, 2017

Overall Finish List**10 k Run****Male**

<u>Overall</u>	<u>Name</u>	<u>Bib No</u>	<u>AG Place</u>	<u>Time</u>	<u>Pace</u>
48	Obone Sepato	7429	10 21-30	56:20	5:38/K
49	Steven Evans	3283	16 99-99	56:33	5:39/K
50	Polo Cebrero	3240	11 31-40	57:00	5:42/K
51	Matthew King	3339	17 99-99	57:26	5:45/K
52	Johnathan McFarlane	3378	12 31-40	57:28	5:45/K
53	Jeremy Hood	3320	13 31-40	57:38	5:46/K
54	Tom Sherlock	7511	18 99-99	57:49	5:47/K
55	David Arnone	3209	11 21-30	58:05	5:49/K
56	Paul Yeoman	7477	14 31-40	58:38	5:52/K
57	Chris Manore	3368	2 60-64	58:43	5:52/K
58	Colin Scott	7426	12 21-30	58:44	5:52/K
59	Matthew Funk	3293	19 99-99	58:44	5:52/K
60	Mark Carbungco	3236	13 21-30	58:57	5:54/K
61	Casey Craig	3262	15 31-40	58:57	5:54/K
62	Kurt Chelsberg	3250	7 41-50	59:25	5:57/K
63	David Lee	7513	3 60-64	59:28	5:57/K
64	Liam Foran	3292	14 21-30	59:33	5:57/K
65	Campbell Danroth	3269	3 0-20	59:39	5:58/K
66	Ian Moore	3390	15 21-30	59:48	5:59/K
67	Mike Symchyh	7509	4 60-64	59:56	6:00/K
68	Serjoe Tabamo	7448	16 21-30	1:00:06	6:01/K
69	Steve White	7470	8 41-50	1:00:35	6:04/K
70	Wesley Cheek	3249	17 21-30	1:00:40	6:04/K
71	Mark Topacio	7454	16 31-40	1:01:01	6:06/K
72	Wai Keung Tsang	7455	20 99-99	1:01:18	6:08/K
73	Albert Cole Davies	3258	4 0-20	1:01:26	6:09/K
74	Gary Kingston	3341	5 60-64	1:01:28	6:09/K
75	Ed Chan	3243	1 65-98	1:01:53	6:11/K
76	Ivo Valov	7460	18 21-30	1:01:54	6:11/K
77	Tyler Pronyk	7408	17 31-40	1:02:10	6:13/K
78	Rainier Chavez	3248	19 21-30	1:03:12	6:19/K
79	Jackisch Ingo	7505	6 60-64	1:03:28	6:21/K
80	David Hall	3311	18 31-40	1:03:52	6:23/K
81	Owen Cole Davies	3259	5 0-20	1:05:39	6:34/K
82	Bib 7512	7512	21 99-99	1:05:55	6:36/K
83	Keith Schendel	7424	19 31-40	1:06:08	6:37/K
84	Darryl Dechant	3274	9 41-50	1:06:21	6:38/K
85	Draze Gataric	3295	5 51-59	1:06:31	6:39/K
86	Darryl Tham	7450	20 21-30	1:06:31	6:39/K
87	Andrew Abel	3202	10 41-50	1:07:10	6:43/K
88	Josh Abel	3203	6 0-20	1:07:11	6:43/K
89	Jia Chen	3251	20 31-40	1:07:13	6:43/K
90	Jason Sander	7495	21 31-40	1:07:14	6:43/K
91	Tom Martinson	3373	22 99-99	1:08:02	6:48/K
92	Bob Clibbon	3255	6 51-59	1:08:21	6:50/K
93	Michael Hughes	3327	23 99-99	1:08:47	6:53/K
94	Marc Apduhan	3207	21 21-30	1:10:38	7:04/K

Race Date

April 15, 2017

MEC LOWER MAINLAND: ROAD RACE FOUR, 10K/21.1K

Overall Finish List

10 k Run

Male

<u>Overall</u>	<u>Name</u>	<u>Bib No</u>	<u>AG Place</u>	<u>Time</u>	<u>Pace</u>
95	Luthfi Subagio	7445	22 21-30	1:10:38	7:04/K
96	Nelson Federipe	3287	7 0-20	1:11:22	7:08/K
97	Raymond Tsow	7456	7 51-59	1:11:38	7:10/K
98	Yudi Soennichsen	7440	23 21-30	1:13:41	7:22/K
99	Ray Miller	3385	22 31-40	1:14:05	7:25/K
100	Navtej Heir	3318	24 21-30	1:14:34	7:27/K
101	Harjit Grewal	3307	24 99-99	1:14:50	7:29/K
102	Nicklas Baron	3218	23 31-40	1:14:50	7:29/K
103	Rick Horne	3321	2 65-98	1:15:14	7:31/K
104	Chung Che Kao	7484	25 99-99	1:28:18	8:50/K
105	Bib 7516	7516	26 99-99	1:41:06	10:07/K