

# MEC Race FOUR

10k

## Category Results

### Female Ages 11 + Under

Pos	Bib#	Name	Time	Overall Position	Time Behind Categ	Time Behind Winner
1	31189	Tabitha Williams	00:53:43	100	00:00:04	00:10:41
2	31194	Sophia Wilson	00:54:12	108	00:00:36	00:11:13
3	31196	Anna Jasinsky	00:54:31	117	00:00:56	00:11:34
4	31199	Lili Wilz	00:58:58	161	00:05:21	00:15:58
5	31200	Nadia Fish	00:58:58	163	00:05:24	00:16:01

### Male Ages 11 + Under

Pos	Bib#	Name	Time	Overall Position	Time Behind Categ	Time Behind Winner
1	21930	Nathaniel Leclerc	00:47:22	37	00:00:03	00:10:28
2	31192	Keiran Carlson	00:48:09	42	00:00:52	00:11:18
3	20926	Owen Brown	00:51:46	73	00:04:38	00:15:03
4	31171	Boyd Jr Tippett	00:52:25	78	00:05:10	00:15:35
5	31193	Finnegan Duff	00:53:05	89	00:05:47	00:16:12
6	20922	Alex Brost	00:54:13	109	00:06:59	00:17:25
7	20959	Ryan Dempsey	01:06:09	215	00:18:58	00:29:23

### Female Ages 12 -17

Pos	Bib#	Name	Time	Overall Position	Time Behind Categ	Time Behind Winner
1	20925	Grace Brown	00:46:58	34	00:00:03	00:03:55
2	31182	Elise Sauve	00:48:23	45	00:01:35	00:05:27
3	21788	Kaisa Wiens	00:54:33	118	00:07:42	00:11:33
4	31191	Keanna Woodrow	00:58:04	150	00:11:14	00:15:06
5	20957	Kirsten Dempsey	01:00:20	178	00:13:27	00:17:18
6	20956	Kayla Dempsey	01:03:55	199	00:17:01	00:20:53
7	21754	Franka Sparks	01:05:52	212	00:19:01	00:22:52
8	31190	Aili Mamalis	01:07:31	223	00:20:40	00:24:32

### Male Ages 12 -17

Pos	Bib#	Name	Time	Overall Position	Time Behind Categ	Time Behind Winner
1	31139	Benjamin Doig	00:44:55	23	00:00:03	00:08:01
2	31135	Brayden Zawalykut	00:53:09	92	00:08:17	00:16:16
3	31136	Riley Zawalykut	00:53:38	98	00:08:47	00:16:45
4	21766	Ryan Mitchell	01:01:51	192	00:16:59	00:24:58

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## Category Results

### Female Ages 18-29

Pos	Bib#	Name	Time	Overall Position	Time Behind Categ	Time Behind Winner
1	20903	Lauren Adamson	00:44:16	19	00:00:06	00:01:15
2	21992	Erin Scott	00:48:55	48	00:04:44	00:05:53
3	20944	Ericka Conner	00:48:59	50	00:05:01	00:06:11
4	21793	Isabella Skuplik	00:49:09	52	00:05:24	00:06:34
5	21782	Kate Crofton	00:50:09	58	00:06:03	00:07:13
6	31188	Christina Lam	00:50:30	60	00:06:19	00:07:28
7	21953	Carly Mitchell	00:50:34	62	00:06:22	00:07:32
8	31147	Rachel Friesen	00:50:51	64	00:07:04	00:08:14
9	21763	Leah Vasant	00:52:36	79	00:08:50	00:09:59
10	20987	Anna Gordon	00:53:00	88	00:08:47	00:09:57
11	31157	Justine Innes	00:53:06	90	00:08:56	00:10:06
12	31186	Barbara Wiegele	00:53:06	91	00:08:57	00:10:06
13	31120	Kristin White	00:54:24	112	00:10:27	00:11:37
14	31181	Shana Reilander	00:54:30	115	00:10:20	00:11:29
15	31178	Jordan Lamey	00:54:31	116	00:10:20	00:11:30
16	21958	Stephanie Nadeau	00:55:12	122	00:11:09	00:12:18
17	31111	Chantal Trottier	00:56:13	129	00:12:14	00:13:24
18	31162	Diandra Novick	00:56:49	136	00:12:47	00:13:57
19	20910	Christina Bassett	00:56:50	137	00:12:50	00:14:00
20	21972	Huyen Pham	00:57:37	141	00:13:46	00:14:55
21	31179	Sarah Pack	00:57:49	142	00:13:46	00:14:56
22	21934	Devon Lenz	00:59:21	170	00:15:41	00:16:50
23	21777	Allison Ritchie	00:59:52	176	00:15:55	00:17:05
24	20966	Riana Downs	01:00:43	180	00:16:53	00:18:03
25	31150	Ashlee Hamblin	01:00:51	182	00:16:54	00:18:04
26	21957	Allison Murphy	01:01:32	187	00:17:31	00:18:40
27	21924	Jampa Laflamme	01:01:45	190	00:18:04	00:19:14
28	31172	Kelly Weir	01:02:20	195	00:18:40	00:19:49
29	20999	Christa Heynen	01:04:40	206	00:20:32	00:21:41
30	20904	Meghan Andrews	01:04:59	208	00:21:17	00:22:27
31	21951	Rosa Migliarese	01:09:40	236	00:25:42	00:26:52
32	21981	Saaraa Premji	01:12:03	243	00:28:08	00:29:18
33	31156	Amanda Howard	01:12:40	249	00:28:52	00:30:01
34	31113	Kimberly Turner	01:13:21	251	00:29:40	00:30:50
35	20976	Candice Lukaszewicz	01:13:23	252	00:29:42	00:30:51
36	21969	Jackie Pell	01:13:24	253	00:29:39	00:30:48
37	20911	Sophie-Anne Belisle	01:13:45	255	00:29:44	00:30:53
38	21996	Lindsay Shaver	01:16:39	261	00:32:54	00:34:03
39	21960	Leah Nel	01:17:45	262	00:33:45	00:34:55
40	31106	Rebekka Stripling	01:17:45	263	00:33:45	00:34:55
41	31131	Carmen Yu	01:25:58	265	00:42:19	00:43:28
42	20909	Janet Barriage	01:28:54	266	00:45:07	00:46:16

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## Category Results

### Male Ages 18-29

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Pos	Bib#	Name	Time	Overall Position	Time Behind Categ	Time Behind Winner
1	21950	Geoff Michalak	00:38:29	5	00:00:02	00:01:34
2	21771	Stefan Bastings	00:40:13	8	00:01:46	00:03:18
3	31108	Chris Swift	00:40:32	10	00:02:07	00:03:39
4	21799	Brett Ullyott	00:42:41	14	00:04:15	00:05:47
5	21756	Chris Smith	00:44:53	22	00:06:54	00:08:26
6	21781	Brayden Jessen	00:49:17	53	00:11:01	00:12:32
7	31160	Eric Liong	00:50:51	65	00:12:48	00:14:20
8	21764	Max Vansant	00:51:24	67	00:13:18	00:14:50
9	21778	Stefano Arcovio	00:51:30	68	00:13:18	00:14:50
10	21968	Paul Pearson	00:52:02	75	00:13:48	00:15:20
11	21989	Sam Rush	00:52:36	80	00:14:26	00:15:58
12	21792	Logan Pearee	00:53:17	94	00:15:00	00:16:31
13	20983	Adam Gaunt	00:53:53	103	00:15:50	00:17:21
14	31141	Jason Buie	00:54:05	107	00:15:56	00:17:28
15	21790	Justin Wu	00:54:40	119	00:16:37	00:18:09
16	31184	Bill Stuewe	00:56:22	132	00:18:05	00:19:37
17	21940	Daniel Luu	00:56:22	133	00:18:18	00:19:50
18	21964	Troy Pachal	00:59:38	173	00:21:17	00:22:49
19	20906	Daniel Baker	01:09:40	237	00:31:29	00:33:01
20	21954	Hakeem Mitha	01:12:03	244	00:33:55	00:35:27

# MEC Race FOUR

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## Category Results

### Female Ages 30-39

Pos	Bib#	Name	Time	Overall Position	Time Behind Categ	Time Behind Winner
1	21963	Kylee Ohler	00:43:06	16	00:00:09	00:00:09
2	31173	Laura Wilson	00:47:06	36	00:04:08	00:04:08
3	20929	Karen Burns	00:48:58	49	00:06:01	00:06:01
4	21911	Alexa Hutchinson	00:51:21	66	00:08:24	00:08:24
5	21914	Mallory Jeffrey	00:52:37	81	00:09:41	00:09:41
6	21995	Stacey Seymour	00:52:49	84	00:09:53	00:09:53
7	20951	Jennifer Cull	00:53:29	96	00:10:32	00:10:32
8	31161	Jennifer Litzenberger	00:53:49	102	00:11:01	00:11:01
9	21962	Jennifer Oh	00:54:00	106	00:11:21	00:11:21
10	20998	Laura Heptonstall	00:55:42	124	00:12:53	00:12:53
11	31177	Victoria Klassen	00:56:05	128	00:13:13	00:13:13
12	21979	Renee Pozzo	00:56:13	130	00:13:16	00:13:16
13	31145	Shauna Frank	00:56:36	134	00:13:41	00:13:41
14	21795	Allison Tennent	00:56:52	138	00:14:10	00:14:10
15	21906	Kimberley Hoeksema	00:58:01	146	00:15:33	00:15:33
16	20901	Lindsey Ackerman	00:58:08	151	00:15:19	00:15:19
17	31104	Tanya Stefanishion	00:58:23	153	00:15:24	00:15:24
18	20936	Corrine Chisholm	00:58:27	155	00:15:34	00:15:34
19	21974	Amanda Plomp	00:58:48	158	00:16:04	00:16:04
20	21988	Marie-Helene Robin	00:58:56	160	00:15:55	00:15:55
21	21932	Nia Lefebvre	00:59:20	169	00:16:39	00:16:39
22	21770	Sarah Hernandez-Silva	00:59:44	175	00:17:10	00:17:10
23	20915	Sylvie Bohemier	00:59:56	177	00:17:16	00:17:16
24	31180	Joanne Pratt	01:00:45	181	00:17:44	00:17:44
25	20932	Lindsey Cardott	01:00:55	183	00:18:06	00:18:06
26	31118	Laurie Weidenhamer	01:00:55	184	00:18:07	00:18:07
27	20996	Kristina Haseloh	01:01:25	185	00:18:34	00:18:34
28	21921	Jennifer Kot	01:01:49	191	00:19:05	00:19:05
29	31140	Sheri Bolitho	01:01:57	193	00:19:04	00:19:04
30	35687	Ashley Penrose	01:03:56	200	00:21:15	00:21:15
31	20982	Aimee Gabriel	01:04:03	201	00:21:09	00:21:09
32	20955	Adelle de la Paz	01:04:18	203	00:21:31	00:21:31
33	21773	Sylvie Lang	01:04:22	204	00:21:55	00:21:55
34	21952	Alison Miller	01:05:53	213	00:23:24	00:23:24
35	21949	Michele McPherson	01:06:48	217	00:24:20	00:24:20
36	21755	Brianne Law	01:07:06	220	00:24:38	00:24:38
37	21904	Trish Hodges	01:08:22	228	00:25:48	00:25:48
38	35547	Heidi Collinge	01:08:51	230	00:26:24	00:26:24
39	21796	Morgyn Ahrens	01:10:02	238	00:27:20	00:27:20
40	20942	Jessica Cohen	01:10:14	240	00:27:41	00:27:41
41	21943	Stacey Majchrzak	01:10:56	242	00:28:12	00:28:12
42	35557	Rachel Decker	01:12:36	248	00:29:54	00:29:54
43	20986	Susanne Golby	01:13:21	250	00:30:49	00:30:49
44	20961	Bonnie Derksen	01:16:25	260	00:34:00	00:34:00
45	21775	Karen Fox	01:18:20	264	00:35:41	00:35:41

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## Category Results

### Male Ages 30-39

Pos	Bib#	Name	Time	Overall Position	Time Behind Categ	Time Behind Winner
1	31134	Ryan Zahynacz	00:36:57	1	00:00:02	00:00:02
2	21947	Patrick McMahon	00:38:06	3	00:01:11	00:01:11
3	21907	Drew Hogan	00:42:14	12	00:05:31	00:05:31
4	31153	Bo Hill	00:42:44	15	00:05:55	00:05:55
5	20905	Mark Ashton	00:43:20	17	00:06:29	00:06:29
6	20928	Neal Burgess	00:45:39	26	00:08:46	00:08:46
7	21910	Will Humphrey	00:45:51	27	00:09:08	00:09:08
8	20968	Ryan Egger	00:46:01	28	00:09:09	00:09:09
9	20930	Derek Campbell	00:46:05	29	00:09:23	00:09:23
10	20989	Jacob Gossen	00:47:01	35	00:10:33	00:10:33
11	21983	Wesley Quintin	00:49:00	51	00:12:24	00:12:24
12	21784	Eddie Kilburn	00:49:37	55	00:12:53	00:12:53
13	21982	Don Pryznyk	00:50:18	59	00:13:41	00:13:41
14	21966	Aaron Parrotto	00:50:31	61	00:13:43	00:13:43
15	21941	Chris MacDougall	00:50:47	63	00:14:18	00:14:18
16	20971	Justin Eyford	00:51:40	70	00:15:54	00:15:54
17	21789	Jared Ward	00:52:10	76	00:15:23	00:15:23
18	31170	Boyd Tippet	00:52:25	77	00:15:35	00:15:35
19	21767	Devin Featherstone	00:52:56	87	00:16:08	00:16:08
20	21942	Geoff MacIntosh	00:53:15	93	00:16:31	00:16:31
21	21903	Robert Hilton	00:55:45	125	00:19:07	00:19:07
22	21769	Gikas Michael	00:57:11	140	00:20:25	00:20:25
23	21905	Garrett Hoeksema	00:58:01	147	00:21:42	00:21:42
24	31103	James Stefanishion	00:58:03	149	00:21:15	00:21:15
25	20960	Justin Deniset	00:58:41	156	00:22:10	00:22:10
26	31102	Michael Sornberger	00:59:03	166	00:22:27	00:22:27
27	31126	Kevin Woo	01:01:26	186	00:24:59	00:24:59
28	31185	Corey Thomson	01:03:00	196	00:26:30	00:26:30
29	20978	Scott Foster	01:05:20	210	00:28:45	00:28:45

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## Category Results

### Female Ages 40-49

Pos	Bib#	Name	Time	Overall Position	Time Behind Categ	Time Behind Winner
1	21780	Shelley Lissel	00:51:42	71	00:00:10	00:08:45
2	21794	Natalie Hay	00:52:49	83	00:01:17	00:09:53
3	20923	Erica Brost	00:54:25	113	00:02:54	00:11:30
4	20902	Karen Adams	00:55:26	123	00:04:03	00:12:38
5	21758	Kimberly Smith	00:56:59	139	00:05:46	00:14:21
6	20908	Diana Barker	00:57:50	144	00:06:31	00:15:07
8	31155	Michelle Hoddinott	00:58:48	157	00:07:09	00:15:45
9	31198	Heather Wilz	00:59:01	164	00:07:27	00:16:02
10	20969	Ebby Ekewenu	00:59:15	168	00:07:57	00:16:33
11	21986	Catherine Reynolds	00:59:30	172	00:08:13	00:16:49
12	20964	Suzanne Doig	00:59:38	174	00:08:01	00:16:37
13	21797	Kary Benner	01:00:28	179	00:10:40	00:19:16
14	20979	Yvonne Frame-Zawalykut	01:02:14	194	00:10:43	00:19:19
15	31163	Lorrie Paulsen	01:03:08	197	00:11:40	00:20:16
16	31149	Melanie Golem	01:04:07	202	00:12:42	00:21:17
17	21772	Heather Bloxham	01:04:46	207	00:13:43	00:22:19
18	31130	Karen Yee	01:05:04	209	00:13:28	00:22:04
19	21994	Stacey Scott	01:05:55	214	00:14:37	00:23:13
20	31174	Linda Yee	01:06:54	218	00:15:35	00:24:11
21	21751	Thea Mitchell	01:07:27	221	00:15:57	00:24:32
22	20931	Myra Campbell	01:08:01	224	00:16:42	00:25:18
23	20997	Samantha Hazzard	01:08:22	227	00:17:13	00:25:48
24	20948	Trudy Coucill	01:08:55	231	00:17:34	00:26:10
25	21937	Airlaine Ligot	01:09:08	233	00:17:46	00:26:21
26	20958	Lisa Dempsey	01:09:29	234	00:17:58	00:26:33
27	21959	Jennifer Natras	01:10:07	239	00:18:58	00:27:34
28	21975	Jeannette Podador	01:13:45	254	00:22:18	00:30:54
29	20988	Sue Gosselin	01:15:25	257	00:23:55	00:32:31
30	21787	Ellen Gleave	01:15:36	258	00:24:22	00:32:58

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## Category Results

### Male Ages 40-49

Pos	Bib#	Name	Time	Overall Position	Time Behind Categ	Time Behind Winner
1	21779	Jason Reed	00:37:49	2	00:00:02	00:00:54
2	21985	Asaf Rashid	00:38:26	4	00:00:39	00:01:32
3	31146	Mark Frezell	00:39:06	6	00:01:20	00:02:12
4	31167	Steve Saunders	00:39:12	7	00:01:26	00:02:19
5	31187	Gregg Delcourt	00:40:27	9	00:02:40	00:03:33
6	20985	Robert Goertz	00:41:29	11	00:03:43	00:04:35
7	31152	Mark Herasymiuk	00:42:27	13	00:04:41	00:05:33
8	21774	Peter Duggan	00:44:11	18	00:06:26	00:07:19
9	31176	Andrei Zaoistrovski	00:44:36	21	00:06:52	00:07:45
10	20990	Ian Graham	00:45:08	24	00:07:33	00:08:26
11	21902	Said Hilout	00:45:10	25	00:07:25	00:08:17
12	21931	Yanick Leclerc	00:47:24	38	00:09:38	00:10:30
13	20919	Shawn Fox	00:48:08	41	00:10:35	00:11:28
14	31197	David Carlson	00:48:13	43	00:10:30	00:11:22
15	21920	Jamie Keller	00:49:23	54	00:11:48	00:12:40
16	20934	Trent Cherry	00:51:32	69	00:14:01	00:14:54
17	20927	Tyson Brown	00:52:54	86	00:15:19	00:16:11
18	31137	Rodney Zawalykut	00:53:32	97	00:15:53	00:16:45
19	20924	Mike Brost	00:54:14	110	00:16:34	00:17:26
20	21925	Kurt Larsen	00:55:09	121	00:17:37	00:18:29
21	21759	Steve Brent	00:55:55	126	00:18:35	00:19:28
22	21927	Brad Lavenne	00:56:38	135	00:19:01	00:19:54
23	20933	Warren Carvey	00:57:50	143	00:20:24	00:21:16
7	20947	Cassidy Corpe	00:57:55	145	00:20:35	00:21:27
24	21976	Toby Podador	00:58:24	154	00:20:50	00:21:43
25	21752	Graeme Williams	00:59:22	171	00:21:46	00:22:39
26	21965	Pan Gi Park	01:07:28	222	00:29:57	00:30:50
27	21993	Robert Scott	01:08:34	229	00:31:10	00:32:02
28	31142	Jaehee Chae	01:09:06	232	00:31:34	00:32:27

### Female Ages 50-59

Pos	Bib#	Name	Time	Overall Position	Time Behind Categ	Time Behind Winner
1	31128	Kelli Wreford	00:46:34	30	00:00:05	00:03:33
2	20921	Suzanne Brooks	00:53:45	101	00:07:16	00:10:44
3	31183	Susan Sauve	00:54:26	114	00:08:02	00:11:30
4	21765	Kimmy Chung	00:58:58	162	00:12:42	00:16:10
5	16505	Jane Van Sant	01:01:36	189	00:15:32	00:19:00
6	20914	Carolyn Black	01:08:15	226	00:22:06	00:25:34
7	21938	Sabrina Ling	01:09:38	235	00:23:26	00:26:54
8	31115	Marilyn Wallace	01:10:16	241	00:23:57	00:27:25
9	20913	Belinda Berg	01:14:20	256	00:28:10	00:31:38

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## Category Results

### Male Ages 50-59

Pos	Bib#	Name	Time	Overall Position	Time Behind Categ	Time Behind Winner
1	21918	Phil Jones	00:44:25	20	00:00:07	00:07:36
2	31110	Gerry Trodd	00:46:34	31	00:02:16	00:09:45
3	20920	David Brietzke	00:46:45	33	00:02:27	00:09:56
4	31122	Michael Wilhelm	00:48:21	44	00:04:00	00:11:28
5	21760	Paul Geddes	00:48:31	46	00:04:19	00:11:48
6	21944	Bob Marble	00:48:38	47	00:04:18	00:11:46
7	20946	Randy Cormier	00:49:51	56	00:05:29	00:12:57
8	20917	Ralph Bohnet	00:51:46	74	00:07:26	00:14:55
9	21980	Bruce Predham	00:52:51	85	00:08:32	00:16:01
10	31164	Barry Poon	00:53:18	95	00:09:13	00:16:42
11	20935	Tom Chin	00:53:56	104	00:09:51	00:17:20
12	21945	Scott McArthur	00:53:58	105	00:09:37	00:17:06
13	21998	Geoffrey Simmins	00:54:50	120	00:10:36	00:18:04
14	31168	Terry Sutton	00:58:08	152	00:13:56	00:21:25
15	21783	Warnen Wilken	00:59:02	165	00:14:44	00:22:13
16	31129	John Wright	01:04:24	205	00:20:21	00:27:50
17	21776	Keith Amiotte	01:08:02	225	00:24:05	00:31:34

### Female Ages 60-69

Pos	Bib#	Name	Time	Overall Position	Time Behind Categ	Time Behind Winner
1	35672	Julie Muller	00:53:38	99	00:00:11	00:10:43
2	31112	Alison Tucker	00:54:21	111	00:00:59	00:11:31

### Male Ages 60-69

Pos	Bib#	Name	Time	Overall Position	Time Behind Categ	Time Behind Winner
1	31154	Clyde Hoddinott	00:52:43	82	00:00:04	00:15:50
2	21791	Thomas Atherton	00:59:11	167	00:06:48	00:22:34
3	20952	Ben Czelenski	01:01:32	188	00:09:21	00:25:07
4	31107	Neil Sutherland	01:03:15	198	00:11:04	00:26:50
5	31127	Lee Woolery	01:06:14	216	00:14:00	00:29:46
6	21922	Greg Kuhl	01:16:23	259	00:23:58	00:39:44

### Female Ages 70+

Pos	Bib#	Name	Time	Overall Position	Time Behind Categ	Time Behind Winner
1	21955	Kiyoko Miyanishi	01:05:31	211	00:00:06	00:22:31

### Male Ages 70+

Pos	Bib#	Name	Time	Overall Position	Time Behind Categ	Time Behind Winner
1	21762	Roger Davies	00:56:01	127	00:00:07	00:19:11



# MEC Race FOUR

10k

## Category Results

### Female No Age Specified

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Pos	Bib#	Name	Time	Overall Position	Time Behind Categ	Time Behind Winner
1	31148	Margot Glover	00:48:04	40	00:00:04	00:05:02
2	21785	Patricia Hantzsch	00:56:17	131	00:08:22	00:13:19
3	21987	Ruth Richert	00:58:52	159	00:10:59	00:15:57
4	31175	Susan Yee	01:06:54	219	00:19:13	00:24:11
5	20975	Julia Fisher	01:12:34	246	00:24:42	00:29:40
6	20954	Megan Dawson	01:12:34	247	00:24:42	00:29:40

### Male No Age Specified

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Pos	Bib#	Name	Time	Overall Position	Time Behind Categ	Time Behind Winner
1	22000	Name Unknown	00:46:40	32	00:00:21	00:10:04
2	31116	Earl Ward	00:47:35	39	00:01:01	00:10:44
3	31143	Clarence Cheng	00:49:56	57	00:03:38	00:13:22
4	31151	Niall Heffernan	00:51:44	72	00:05:21	00:15:04
5	21753	Dan Sparks	00:58:03	148	00:11:32	00:21:16
6	31169	Jason Tang	01:12:13	245	00:26:09	00:35:52