

# Middle Path 26km

Place	Name	Hometown	Gender	Type	Bib #	Time	Pace	Speed	Division Rank
1	BRAYDEN MCGREGOR		M: 1	Runner	363	02:02:40.98	04:43	12.7kph	Overall Male Runner: 1
			<u>Split Description</u>		<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>	
				Split 1	01:00:06.410	04:37	13.0kph	01:00:06.410	
				Split 2	01:02:34.573	04:48	12.5kph	02:02:40.983	
2	BLAIR MCBRIDE		M: 2	Runner	368	02:07:55.48	04:55	12.2kph	Overall Male Runner: 2
			<u>Split Description</u>		<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>	
				Split 1	01:04:51.489	04:59	12.0kph	01:04:51.489	
				Split 2	01:03:03.993	04:51	12.4kph	02:07:55.482	
3	EMILIE TREMBLAY		F: 1	Runner	341	02:11:37.68	05:03	11.9kph	Overall Female Runner: 1
			<u>Split Description</u>		<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>	
				Split 1	01:26:14.710	06:38	9.0kph	01:26:14.710	
				Split 2	00:45:22.975	03:29	17.2kph	02:11:37.685	
4	GLENN CAMERON		M: 3	Runner	319	02:29:33.44	05:45	10.4kph	Overall Male Runner: 3
			<u>Split Description</u>		<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>	
				Split 1	01:14:50.211	05:45	10.4kph	01:14:50.211	
				Split 2	01:14:43.233	05:44	10.4kph	02:29:33.444	
5	JUSTIN ROSS		M: 4	Runner	355	02:31:56.35	05:50	10.3kph	Overall Male Runner: 4
			<u>Split Description</u>		<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>	
				Split 1	01:11:56.981	05:32	10.8kph	01:11:56.981	
				Split 2	01:19:59.378	06:09	9.8kph	02:31:56.359	
6	TIM HAINES		M: 5	Runner	370	02:36:53.71	06:02	9.9kph	Overall Male Runner: 5
			<u>Split Description</u>		<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>	
				Split 1	01:15:51.500	05:50	10.3kph	01:15:51.500	
				Split 2	01:21:02.213	06:14	9.6kph	02:36:53.713	
7	ARJUN CHOUHAN		M: 6	Runner	353	02:39:27.68	06:07	9.8kph	Overall Male Runner: 6
			<u>Split Description</u>		<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>	
				Split 1	01:21:52.557	06:17	9.5kph	01:21:52.557	
				Split 2	01:17:35.128	05:58	10.1kph	02:39:27.685	
8	CHRISTINE DAVIES		F: 2	Runner	323	02:39:50.99	06:08	9.8kph	Overall Female Runner: 2
			<u>Split Description</u>		<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>	
				Split 1	01:23:22.089	06:24	9.4kph	01:23:22.089	
				Split 2	01:16:28.909	05:52	10.2kph	02:39:50.998	
9	GREGORY WHITTINGTON		M: 7	Runner	362	02:39:54.99	06:09	9.8kph	Overall Male Runner: 7
			<u>Split Description</u>		<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>	
				Split 1	01:19:05.768	06:05	9.9kph	01:19:05.768	
				Split 2	01:20:49.222	06:13	9.7kph	02:39:54.990	
10	GLEN WHITTINGTON		M: 8	Runner	322	02:39:55.43	06:09	9.8kph	Overall Male Runner: 8
			<u>Split Description</u>		<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>	
				Split 1	01:19:02.148	06:04	9.9kph	01:19:02.148	
				Split 2	01:20:53.288	06:13	9.6kph	02:39:55.436	
11	RODNEY BRUCE		M: 9	Runner	346	02:41:37.17	06:12	9.7kph	Overall Male Runner: 9
			<u>Split Description</u>		<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>	
				Split 1	01:23:03.350	06:23	9.4kph	01:23:03.350	
				Split 2	01:18:33.821	06:02	9.9kph	02:41:37.171	
12	STEPH LOGAN		F: 3	Runner	326	02:41:43.23	06:13	9.6kph	Overall Female Runner: 3
			<u>Split Description</u>		<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>	
				Split 1	01:23:24.393	06:24	9.4kph	01:23:24.393	
				Split 2	01:18:18.841	06:01	10.0kph	02:41:43.234	
13	EMMA PATRIQUIN		F: 4	Runner	338	02:42:11.69	06:14	9.6kph	Overall Female Runner: 4
			<u>Split Description</u>		<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>	
				Split 1	01:20:14.593	06:10	9.7kph	01:20:14.593	
				Split 2	01:21:57.102	06:18	9.5kph	02:42:11.695	
14	KIRSTEN SERVICE		F: 5	Runner	376	02:46:45.60	06:24	9.4kph	Overall Female Runner: 5
			<u>Split Description</u>		<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>	
				Split 1	01:23:23.638	06:24	9.4kph	01:23:23.638	
				Split 2	01:23:21.967	06:24	9.4kph	02:46:45.605	
15	DOMINIC D'ANDREA		M: 10	Runner	375	02:47:12.97	06:25	9.3kph	Overall Male Runner: 10
			<u>Split Description</u>		<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>	
				Split 1	01:20:24.850	06:11	9.7kph	01:20:24.850	
				Split 2	01:26:48.127	06:40	9.0kph	02:47:12.977	
16	ANNE CORKERY		F: 6	Runner	356	02:49:15.47	06:30	9.2kph	Overall Female Runner: 6
			<u>Split Description</u>		<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>	
				Split 1	01:19:13.295	06:05	9.8kph	01:19:13.295	
				Split 2	01:30:02.175	06:55	8.7kph	02:49:15.470	

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17	JOHN MCCORMICK		M: 11	Runner	334	02:51:05.43	06:34	9.1kph	Overall Male Runner: 11		
				<u>Split Description</u>		<u>Split Time</u>		<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>	
						Split 1		01:28:44.732	06:49	8.8kph	01:28:44.732
						Split 2		01:22:20.698	06:20	9.5kph	02:51:05.430
18	SHEN DREER		F: 7	Runner	343	02:51:19.96	06:35	9.1kph	Overall Female Runner: 7		
				<u>Split Description</u>		<u>Split Time</u>		<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>	
						Split 1		01:20:46.591	06:12	9.7kph	01:20:46.591
						Split 2		01:30:33.370	06:57	8.6kph	02:51:19.961
19	SEAN HOWE		M: 12	Runner	336	02:53:24.73	06:40	9.0kph	Overall Male Runner: 12		
				<u>Split Description</u>		<u>Split Time</u>		<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>	
						Split 1		01:20:48.188	06:12	9.7kph	01:20:48.188
						Split 2		01:32:36.546	07:07	8.4kph	02:53:24.734
20	DANIEL LIGHTFOOT		M: 13	Runner	320	02:53:37.67	06:40	9.0kph	Overall Male Runner: 13		
				<u>Split Description</u>		<u>Split Time</u>		<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>	
						Split 1		01:22:21.001	06:20	9.5kph	01:22:21.001
						Split 2		01:31:16.672	07:01	8.5kph	02:53:37.673
21	ELLA VANBRUINESSEN		F: 8	Runner	329	02:55:37.44	06:45	8.9kph	Overall Female Runner: 8		
				<u>Split Description</u>		<u>Split Time</u>		<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>	
						Split 1		01:23:24.094	06:24	9.4kph	01:23:24.094
						Split 2		01:32:13.349	07:05	8.5kph	02:55:37.443
22	ANDREW WOODMAN		M: 14	Runner	337	03:01:57.26	06:59	8.6kph	Overall Male Runner: 14		
				<u>Split Description</u>		<u>Split Time</u>		<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>	
						Split 1		01:16:30.625	05:53	10.2kph	01:16:30.625
						Split 2		01:45:26.638	08:06	7.4kph	03:01:57.263
23	DAVID VARTY		M: 15	Runner	359	03:03:29.22	07:03	8.5kph	Overall Male Runner: 15		
				<u>Split Description</u>		<u>Split Time</u>		<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>	
						Split 1		01:26:54.924	06:41	9.0kph	01:26:54.924
						Split 2		01:36:34.299	07:25	8.1kph	03:03:29.223
24	COLIN ROUS		M: 16	Runner	373	03:05:14.31	07:07	8.4kph	Overall Male Runner: 16		
				<u>Split Description</u>		<u>Split Time</u>		<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>	
						Split 1		01:27:51.833	06:45	8.9kph	01:27:51.833
						Split 2		01:37:22.485	07:29	8.0kph	03:05:14.318
25	BRIANNA ELIOT		F: 9	Runner	372	03:05:15.81	07:07	8.4kph	Overall Female Runner: 9		
				<u>Split Description</u>		<u>Split Time</u>		<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>	
						Split 1		01:27:53.119	06:45	8.9kph	01:27:53.119
						Split 2		01:37:22.695	07:29	8.0kph	03:05:15.814
26	TODD MICKOLWIN		M: 17	Runner	377	03:15:42.37	07:31	8.0kph	Overall Male Runner: 17		
				<u>Split Description</u>		<u>Split Time</u>		<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>	
						Split 1		01:33:07.170	07:09	8.4kph	01:33:07.170
						Split 2		01:42:35.200	07:53	7.6kph	03:15:42.370
27	KARYN DOWDALL		F: 10	Runner	365	03:16:39.73	07:33	7.9kph	Overall Female Runner: 10		
				<u>Split Description</u>		<u>Split Time</u>		<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>	
						Split 1		03:16:39.100	15:07	4.0kph	03:16:39.100
						Split 2		00:00:00.630	00:00	74284.5kph	03:16:39.730
28	JOSHUA KENT		M: 18	Runner	330	03:20:34.66	07:42	7.8kph	Overall Male Runner: 18		
				<u>Split Description</u>		<u>Split Time</u>		<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>	
						Split 1		01:39:33.840	07:39	7.8kph	01:39:33.840
						Split 2		01:41:00.820	07:46	7.7kph	03:20:34.660
29	JENNIFER SCUDDS-CARLETON		F: 11	Runner	374	03:33:04.09	08:11	7.3kph	Overall Female Runner: 11		
				<u>Split Description</u>		<u>Split Time</u>		<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>	
						Split 1		01:39:23.096	07:38	7.8kph	01:39:23.096
						Split 2		01:53:40.996	08:44	6.9kph	03:33:04.092
30	SHAYLA MCISAAC		F: 12	Runner	327	03:35:06.25	08:16	7.3kph	Overall Female Runner: 12		
				<u>Split Description</u>		<u>Split Time</u>		<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>	
						Split 1		01:37:33.384	07:30	8.0kph	01:37:33.384
						Split 2		01:57:32.874	09:02	6.6kph	03:35:06.258
31	SEBASTIEN TINOR-ROY		M: 19	Runner	339	03:36:54.49	08:20	7.2kph	Overall Male Runner: 19		
				<u>Split Description</u>		<u>Split Time</u>		<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>	
						Split 1		01:37:44.297	07:31	8.0kph	01:37:44.297
						Split 2		01:59:10.200	09:10	6.5kph	03:36:54.497
32	AISLINN MOORE		F: 13	Runner	347	03:39:51.98	08:27	7.1kph	Overall Female Runner: 13		
				<u>Split Description</u>		<u>Split Time</u>		<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>	
						Split 1		01:40:47.502	07:45	7.7kph	01:40:47.502
						Split 2		01:59:04.483	09:09	6.6kph	03:39:51.985

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PlaceName	Hometown	Gender	Type	Bib #	Time	Pace	Speed	Division Rank
33	TANYA KENT	F: 14	Runner	331	03:40:31.61	08:28	7.1kph	Overall Female Runner: 14
		<u>Split Description</u>	<u>Split Time</u>		<u>Pace</u>		<u>Speed</u>	<u>Cumulative</u>
		Split 1	01:48:26.514		08:20		7.2kph	01:48:26.514
		Split 2	01:52:05.104		08:37		7.0kph	03:40:31.618
34	JULIE BELL	F: 15	Runner	335	03:47:28.61	08:44	6.9kph	Overall Female Runner: 15
		<u>Split Description</u>	<u>Split Time</u>		<u>Pace</u>		<u>Speed</u>	<u>Cumulative</u>
		Split 1	01:37:26.243		07:29		8.0kph	01:37:26.243
		Split 2	02:10:02.368		10:00		6.0kph	03:47:28.611
35	ELIZABETH KITCHEN	F: 16	Runner	324	03:54:11.88	09:00	6.7kph	Overall Female Runner: 16
		<u>Split Description</u>	<u>Split Time</u>		<u>Pace</u>		<u>Speed</u>	<u>Cumulative</u>
		Split 1	01:58:42.161		09:07		6.6kph	01:58:42.161
		Split 2	01:55:29.724		08:53		6.8kph	03:54:11.885
36	HEATHER KERRIGAN	F: 17	Runner	357	03:59:00.28	09:11	6.5kph	Overall Female Runner: 17
		<u>Split Description</u>	<u>Split Time</u>		<u>Pace</u>		<u>Speed</u>	<u>Cumulative</u>
		Split 1	01:57:14.870		09:01		6.7kph	01:57:14.870
		Split 2	02:01:45.418		09:21		6.4kph	03:59:00.288
37	RAYMOND LOBO	M: 20	Runner	351	04:09:21.69	09:35	6.3kph	Overall Male Runner: 20
		<u>Split Description</u>	<u>Split Time</u>		<u>Pace</u>		<u>Speed</u>	<u>Cumulative</u>
		Split 1	01:56:41.404		08:58		6.7kph	01:56:41.404
		Split 2	02:12:40.286		10:12		5.9kph	04:09:21.690
38	LESLIE ABRAM	M: 21	Runner	332	04:10:00.70	09:36	6.2kph	Overall Male Runner: 21
		<u>Split Description</u>	<u>Split Time</u>		<u>Pace</u>		<u>Speed</u>	<u>Cumulative</u>
		Split 1	01:56:17.303		08:56		6.7kph	01:56:17.303
		Split 2	02:13:43.402		10:17		5.8kph	04:10:00.705
DNF	HEATHER LIGHTFOOT	F: 18	Runner	325	01:36:49.60	03:43	16.1kph	:
		<u>Split Description</u>	<u>Split Time</u>		<u>Pace</u>		<u>Speed</u>	<u>Cumulative</u>
		Split 1	01:35:25.534		07:20		8.2kph	01:35:25.534
		Split 2	00:01:24.074		00:06		556.7kph	01:36:49.608
DNF	KENT FIEST	M: 22	Runner	369	02:06:01.34	04:50	12.4kph	:
		<u>Split Description</u>	<u>Split Time</u>		<u>Pace</u>		<u>Speed</u>	<u>Cumulative</u>
		Split 1	01:36:00.148		07:23		8.1kph	01:36:00.148
		Split 2	00:30:01.198		02:18		26.0kph	02:06:01.346
DNF	JESSICA SONTROP	F: 19	Runner	328	02:50:26.57	06:33	9.2kph	:
		<u>Split Description</u>	<u>Split Time</u>		<u>Pace</u>		<u>Speed</u>	<u>Cumulative</u>
		Split 1	02:48:59.203		12:59		4.6kph	02:48:59.203
		Split 2	00:01:27.373		00:06		535.6kph	02:50:26.576