

Dave Down Bridge Hospice Run, Walk & Wag - 10K Run

Place	Name (Team)	Hometown	Gender	Type	Bib #	Time	Pace	Speed	Division Rank
1	JEFF MACDONALD		M: 1	10K RUN	522	00:48:06.72	04:48	12.5kph	Overall Male: 1
			<u>Split Description</u>	<u>Split Time</u>		<u>Pace</u>		<u>Speed</u>	<u>Cumulative</u>
			Split 1	00:23:26.10		04:41		12.8kph	00:23:33.68
			Finish	00:24:33.04		04:54		12.2kph	00:48:06.72
2	EVERT AKKERMAN		M: 2	10K RUN	514	00:48:06.94	04:48	12.5kph	Male 50 - 59: 1
			<u>Split Description</u>	<u>Split Time</u>		<u>Pace</u>		<u>Speed</u>	<u>Cumulative</u>
			Split 1	00:23:27.55		04:41		12.8kph	00:23:33.57
			Finish	00:24:33.37		04:54		12.2kph	00:48:06.94
3	MIKE VOSBURGH		M: 3	10K RUN	526	00:48:38.48	04:51	12.3kph	Male 30 - 39: 1
			<u>Split Description</u>	<u>Split Time</u>		<u>Pace</u>		<u>Speed</u>	<u>Cumulative</u>
			Split 1	00:23:58.17		04:47		12.5kph	00:24:35.41
			Finish	00:24:03.07		04:48		12.5kph	00:48:38.48
4	BRENDEN SAVAGE		M: 4	10K RUN	525	00:48:50.64	04:53	12.3kph	Male 30 - 39: 2
			<u>Split Description</u>	<u>Split Time</u>		<u>Pace</u>		<u>Speed</u>	<u>Cumulative</u>
			Split 1	00:24:24.35		04:52		12.3kph	00:25:00.94
			Finish	00:23:49.71		04:45		12.6kph	00:48:50.64
5	KATIE ABBOTT		F: 1	10K RUN	513	00:50:04.56	05:00	12.0kph	Overall Female: 1
			<u>Split Description</u>	<u>Split Time</u>		<u>Pace</u>		<u>Speed</u>	<u>Cumulative</u>
			Split 1	00:24:32.97		04:54		12.2kph	00:24:39.82
			Finish	00:25:24.75		05:04		11.8kph	00:50:04.56
6	RYAN COLQUHOUN		M: 5	10K RUN	518	00:51:52.73	05:11	11.6kph	Male 40 - 49: 1
			<u>Split Description</u>	<u>Split Time</u>		<u>Pace</u>		<u>Speed</u>	<u>Cumulative</u>
			Split 1	00:25:48.77		05:09		11.6kph	00:25:59.35
			Finish	00:25:53.38		05:10		11.6kph	00:51:52.73
7	CRAIG LAVER		M: 6	10K RUN	521	00:54:03.78	05:24	11.1kph	Male 40 - 49: 2
			<u>Split Description</u>	<u>Split Time</u>		<u>Pace</u>		<u>Speed</u>	<u>Cumulative</u>
			Split 1	00:26:39.44		05:19		11.3kph	00:26:46.78
			Finish	00:27:17.01		05:27		11.0kph	00:54:03.78
8	TIM KRAHN		M: 7	10K RUN	520	00:54:29.06	05:26	11.0kph	Male 50 - 59: 2
			<u>Split Description</u>	<u>Split Time</u>		<u>Pace</u>		<u>Speed</u>	<u>Cumulative</u>
			Split 1	00:26:52.60		05:22		11.2kph	00:26:57.68
			Finish	00:27:31.38		05:30		10.9kph	00:54:29.06
9	ANDREW ORR		M: 8	10K RUN	524	01:02:23.77	06:14	9.6kph	Male 30 - 39: 3
			<u>Split Description</u>	<u>Split Time</u>		<u>Pace</u>		<u>Speed</u>	<u>Cumulative</u>
			Split 1	00:29:51.01		05:58		10.1kph	00:29:55.58
			Finish	00:32:28.19		06:29		9.2kph	01:02:23.77
10	JILL CHARLES		F: 2	10K RUN	517	01:02:27.44	06:14	9.6kph	Female 30 - 39: 1
			<u>Split Description</u>	<u>Split Time</u>		<u>Pace</u>		<u>Speed</u>	<u>Cumulative</u>
			Split 1	00:30:58.09		06:11		9.7kph	00:31:04.41
			Finish	00:31:23.03		06:16		9.6kph	01:02:27.44
11	HEATHER CRAIG		F: 3	10K RUN	519	01:07:13.57	06:43	8.9kph	Female 30 - 39: 2
			<u>Split Description</u>	<u>Split Time</u>		<u>Pace</u>		<u>Speed</u>	<u>Cumulative</u>
			Split 1	00:32:22.01		06:28		9.3kph	00:32:28.61
			Finish	00:34:44.96		06:56		8.6kph	01:07:13.57
12	COURTNEY ALLEMS		F: 4	10K RUN	515	01:12:15.98	07:13	8.3kph	Female 30 - 39: 3
			<u>Split Description</u>	<u>Split Time</u>		<u>Pace</u>		<u>Speed</u>	<u>Cumulative</u>
			Split 1	00:35:11.81		07:02		8.5kph	00:35:18.91
			Finish	00:36:57.07		07:23		8.1kph	01:12:15.98
13	MARLENE MORGAN		F: 5	10K RUN	523	01:14:00.32	07:24	8.1kph	Female 60 - 69: 1
			<u>Split Description</u>	<u>Split Time</u>		<u>Pace</u>		<u>Speed</u>	<u>Cumulative</u>
			Split 1	00:36:01.63		07:12		8.3kph	00:36:09.21
			Finish	00:37:51.12		07:34		7.9kph	01:14:00.32

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Overall Male

Place	Bib #	Name	Time	Type	City
1	522	JEFF MACDONALD	00:48:06	10K Run	
<u>Split Description</u> <u>Split Times</u> <u>Speed</u> <u>Pace</u> <u>Cumulative</u>					
		Split 1	00:23:26.097	12.8kph	04:41 00:23:33.678
		Finish	00:24:33.033	12.2kph	04:54 00:48:06.711

Overall Female

Place	Bib #	Name	Time	Type	City
1	513	KATIE ABBOTT	00:50:04	10K Run	
<u>Split Description</u> <u>Split Times</u> <u>Speed</u> <u>Pace</u> <u>Cumulative</u>					
		Split 1	00:24:32.963	12.2kph	04:54 00:24:39.812
		Finish	00:25:24.745	11.8kph	05:04 00:50:04.557

Male 30 - 39

Place	Bib #	Name	Time	Type	City
1	526	MIKE VOSBURGH	00:48:38	10K Run	
<u>Split Description</u> <u>Split Times</u> <u>Speed</u> <u>Pace</u> <u>Cumulative</u>					
		Split 1	00:23:58.165	12.5kph	04:47 00:24:35.406
		Finish	00:24:03.070	12.5kph	04:48 00:48:38.476

Female 30 - 39

Place	Bib #	Name	Time	Type	City
1	517	JILL CHARLES	01:02:27	10K Run	
<u>Split Description</u> <u>Split Times</u> <u>Speed</u> <u>Pace</u> <u>Cumulative</u>					
		Split 1	00:30:58.083	9.7kph	06:11 00:31:04.410
		Finish	00:31:23.026	9.6kph	06:16 01:02:27.436

Male 40 - 49

Place	Bib #	Name	Time	Type	City
1	518	RYAN COLQUHOUN	00:51:52	10K Run	
<u>Split Description</u> <u>Split Times</u> <u>Speed</u> <u>Pace</u> <u>Cumulative</u>					
		Split 1	00:25:48.768	11.6kph	05:09 00:25:59.345
		Finish	00:25:53.376	11.6kph	05:10 00:51:52.721

Male 50 - 59

Place	Bib #	Name	Time	Type	City
1	514	EVERT AKKERMAN	00:48:06	10K Run	
<u>Split Description</u> <u>Split Times</u> <u>Speed</u> <u>Pace</u> <u>Cumulative</u>					
		Split 1	00:23:27.541	12.8kph	04:41 00:23:33.568
		Finish	00:24:33.366	12.2kph	04:54 00:48:06.934

Female 60 - 69

Place	Bib #	Name	Time	Type	City
1	523	MARLENE MORGAN	01:14:00	10K Run	
<u>Split Description</u> <u>Split Times</u> <u>Speed</u> <u>Pace</u> <u>Cumulative</u>					
		Split 1	00:36:01.621	8.3kph	07:12 00:36:09.202
		Finish	00:37:51.117	7.9kph	07:34 01:14:00.319