

## 2019 Russell Run 5 km Results

Place	Name	Gender	Age	Bib	Avg per K	Avg per MI	Time
1	HILL, JACOB	M	14	103	3:34.2	5:44.7	17:51
2	HUEBSCH, TIM	M	28	86	3:36.6	5:48.5	18:03
3	JOHNSON, OWEN	M	15	105	4:07.0	6:37.5	20:35
4	GREER, REBECCA	F	14	23	4:09.2	6:41.0	20:46
5	PERRAS-PHANEUF, XAVIE	M	14	80	4:09.6	6:41.6	20:48
6	MCCAULEY, CONNOR	M	12	70	4:19.8	6:58.1	21:39
7	VANDEKEMP, ZACHARY	M	13	36	4:21.4	7:00.6	21:47
8	PHANEUF, DOMINIQUE	M	51	83	4:23.8	7:04.5	21:59
9	NADEAU, CLAUDE	M	46	30	4:24.0	7:04.8	22:00
10	LABBE, ELLIOTT	M	16	109	4:25.8	7:07.7	22:09
11	MOORE, KEVIN	M	38	59	4:27.0	7:09.6	22:15
12	MCCLAIN, JUNELLE	F	13	88	4:29.6	7:13.8	22:28
13	CHAN, ROLAND	M	50	87	4:44.2	7:37.3	23:41
14	YOUNG, ANDREW	M	29	39	4:45.2	7:38.9	23:46
15	FORTIER, MARC	M	41	11	4:48.4	7:44.1	24:02
16	HOWELL, JACK	M	13	108	4:57.6	7:58.9	24:48
17	FOTHERGILL, SARAH	F	19	90	4:59.0	8:01.1	24:55
18	TEDFORD, JAKE	M	9	67	5:00.2	8:03.1	25:01
19	FOTHERGILL, DAVE	M	59	91	5:00.6	8:03.7	25:03
20	BOURBONNAIS, NICOLAS	M	12	106	5:06.6	8:13.4	25:33
21	HOANG, HEIDI	F	32	72	5:07.0	8:14.0	25:35
22	YATES, PATRICIA	F	45	12	5:07.2	8:14.3	25:36
23	LEBLOND, PARKER	M	10	34	5:07.6	8:15.0	25:38
24	BOURGEAULT, CASH	M	9	38	5:08.0	8:15.6	25:40
25	VANDEKEMP, AMY	F	43	97	5:09.0	8:17.2	25:45
26	BOURQUE, CLAUDE	M	53	13	5:10.8	8:20.1	25:54
27	MORRIS, ERIKA	F	39	37	5:11.6	8:21.4	25:58
28	MENARD, DARRELL	M	64	116	5:11.8	8:21.7	25:59
29	VEDDER, ELIA	F	24	52	5:18.8	8:33.0	26:34
30	MOORE, FIONA	F	8	58	5:22.4	8:38.8	26:52
31	MCCOMB, RILEY	M	10	113	5:23.0	8:39.8	26:55
32	MCCOMB, CHRIS	M	47	115	5:37.8	9:03.6	28:09

Place	Name	Gender	Age	Bib	Avg per K	Avg per MI	Time
33	MARTIN, MIRIAME	F	38	42	5:41.8	9:10.0	28:29
34	LEBLOND, KERRY	M	45	32	5:48.0	9:20.0	29:00
35	KOSH, GABRIELLA	F	50	118	5:52.0	9:26.4	29:20
36	MASSON, DAVID	M	56	85	5:53.2	9:28.4	29:26
37	MCCAULEY, KELLY	F	43	69	5:59.4	9:38.3	29:57
38	CHESSER, TARYN	F	27	112	6:00.0	9:39.3	30:00
39	BELO, KATELYN	F	31	117	6:00.6	9:40.3	30:03
40	HONG, KATHRYN	F	26	27	6:02.4	9:43.2	30:12
41	TILLEY, KENDEL	F	31	28	6:15.6	10:04.4	31:18
42	HOWARD, CHELSEA	F	34	25	6:15.8	10:04.7	31:19
43	HOWARD, JONATHAN	M	34	24	6:20.6	10:12.5	31:43
44	HOWELL, PAM	F	44	107	6:20.8	10:12.8	31:44
45	MASSON, SHIRLEY	F	54	84	6:23.4	10:17.0	31:57
46	MCCOMB, LISA	F	44	114	6:28.6	10:25.3	32:23
47	THOMAS, ED	M	64	89	6:29.0	10:26.0	32:25
48	LEITHEAD, MEGAN	F	34	100	6:32.8	10:32.1	32:44
49	DEWITT, ERICA	F	32	47	6:38.8	10:41.8	33:14
50	DEWITT, A.J.	M	33	48	6:44.0	10:50.1	33:40
51	GREER, LORNA	F	52	22	6:44.0	10:50.1	33:40
52	LEBLOND, JENNIFER	F	47	33	6:44.2	10:50.4	33:41
53	MAIER, BRAYDEN	M	8	74	6:55.8	11:09.1	34:39
54	MAIER, JENNIFER	F	41	73	6:57.0	11:11.0	34:45
55	LACOMBE, TRISHA	F	33	56	8:34.8	13:48.4	42:54
56	WAHAB, SAMIRA	F	18	65	8:35.0	13:48.8	42:55
57	VANLOON, KIM	F	49	53	8:35.6	13:49.7	42:58
58	LACOMBE, LUCY	F	2	57	8:35.6	13:49.7	42:58