

OVERALL TOP 3
Physio Fit Run 10K
May 13,2023
Assiniboine Park

AGE-GROUP RESULTS FOR STATISTICAL PURPOSES ONLY

***** MALE OVERALL RESULTS FOR Physio Fit 10K Run *****

1 Daniel Heschuk	30:55
2 Nickolas Kosmenko	33:56
3 David Snider	35:11

***** FEMALE OVERALL RESULTS FOR Physio Fit 10K Run *****

1 Lindsey Green	44:43
2 Katherine Lamoureux	45:03
3 Shayna Giesbrecht	45:35

MALE AGE GROUP: 14 & Under

1 Owen Davidson	1:02:34
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MALE AGE GROUP: 15 to 19

1 Caleb Friesen	45:46
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MALE AGE GROUP: 20 to 24

1 Jordan Kozak	45:31
2 Marvin Routley	49:13
3 Sam Narvey	49:39
4 Jainik Shah	57:59

5 Jun Kim	59:39
6 Lois Dela Cruz	1:15:33
7 Miguel Babao	1:21:22

MALE AGE GROUP: 25 to 29

1 Daniel Heschuk	30:55
2 Ari Kimura	44:40
3 Christian Guenette	49:54
4 Manuel Sebastian	51:44
5 Davis McClarty	51:46
6 Taha Hijazi	52:13
7 Marco Olfert	54:08
8 Zack Monkman	56:08
9 Seth Doerksen	57:54
10 Preston Tran	1:01:15
11 Alex Bouchard	1:01:18
12 Dricx Catap	1:04:45
13 Angelo Dizon	1:05:50
14 Adrian Siapno	1:06:54
15 Matthew Froese	1:06:55
16 Sem Perez	1:06:57

MALE AGE GROUP: 30 to 34

1 Nickolas Kosmenko	33:56
2 Frederic Lamontagne	41:55

3	Jonas Eastcott	43:02
4	Mark McLoughlin	43:52
5	Jared Field	44:08
6	Christopher Gadaleta	51:21
7	Justis Pederson	57:14
8	Josh Doerksen	57:54
9	Gary Thomas	1:07:30
10	Albert Amante	1:17:46

MALE AGE GROUP: 35 to 39

1	David Snider	35:11
2	Andrew Ferguson	44:32
3	Scott Harding	46:48
4	Jedidiah Dodd	48:32
5	Bryce Desender	51:40
6	Jon Epp	1:17:51

MALE AGE GROUP: 40 to 44

1	Phillip Pawluk	44:49
2	Todd Friesen	45:38
3	Lawrence Campbell	45:50
4	Ryan Dueck	48:28
5	Ryan Sestric	1:00:29
6	Xi Zhou	1:01:17
7	Jerrod Favel	1:31:06

MALE AGE GROUP: 45 to 49

1	Jared Desrosiers	42:17
2	Cameron Funk	45:47
3	Mark Alexiuk	50:12
4	Nathan Wiebe	52:14
5	John Krestanowich	1:15:11

MALE AGE GROUP: 50 to 54

1	Chris Breneman	42:45
2	Tom Connon	44:04
3	William Sloan	47:17
4	Bill Gamache	49:01
5	Jonathan Hales	52:24
6	Hans-Joachin Wieden	52:55
7	Armeen Del Mundo	55:35
8	Andrew Swan	56:55
9	Craig White	1:04:07
10	Katrina Lee-Kwen	1:04:24

MALE AGE GROUP: 55 to 59

1	Chris Dick	50:32
2	Shawn Bjornsson	56:54

MALE AGE GROUP: 60 to 64

1 Bob Cox	45:15
2 Sheldon Pohl	45:47
3 Stephen Terichow Parrott	47:49
4 Grant Bridgeman	49:47
5 Paul Brault	52:25
6 Jim Wernham	55:23
7 Mike Cook	57:24
8 Reg Brown	1:18:45

MALE AGE GROUP: 65 to 69

1 Joel Remis	58:35
2 Edward Zwingerman	58:43
3 Randal Bodner	1:10:41
4 Ed Toews	1:15:30
5 Guy Madill	1:16:15

MALE AGE GROUP: 75 to 79

1 Robert Doolan	1:08:43
2 Colin Reed	1:14:20
3 Jeff Vince	1:18:49

MALE AGE GROUP: 80 & Over

1 Jim Anderson	1:22:36
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FEMALE AGE GROUP: 14 & Under

1 Elli Peterson 1:04:03

2 Klara Kuss 1:18:52

FEMALE AGE GROUP: 15 to 19

1 Talia Bertrand-Meadows 1:05:36

FEMALE AGE GROUP: 20 to 24

1 Shayna Giesbrecht 45:35

2 Elena Klippenstein 49:19

3 Angela Buchel 50:13

4 Hayley Ward 52:09

5 Diana Prince 54:13

6 Breanne Smith 1:02:41

7 Carly Zulich 1:03:28

8 Nicole Bajao 1:15:24

FEMALE AGE GROUP: 25 to 29

1 Maura Macaulay 49:37

2 Mary Strain 51:23

3 Chelsea Van Deynze 54:08

4 Hailey Lavarias 56:27

5 Hillary Rempel 56:38

6 Tamara McVannel 57:40

7 Lindsey Sturgeon 58:22

8 Olivia Thorleifson 59:31

9 Odile D Huynh	1:03:27
10 Camille Daly	1:06:55
11 Monica Arnuco	1:09:02
12 Karyse Ramotar	1:21:22
13 Erin Leathers	1:55:34

FEMALE AGE GROUP: 30 to 34

1 Melissa Garry	48:03
2 Genevieve Mitchell	59:31
3 Alizee Gourmand	59:34
4 Tejal Friesen	1:00:43
5 Sarah Epp	1:02:03
6 Cheyenne Moore	1:02:24
7 Melissa Pederson	1:03:25
8 Anne-Marie Styba	1:04:23
9 Michelle Skaftfeld	1:08:15
10 Sarah McLeod	1:16:11
11 Jill Reimer	1:17:46
12 Alero Tenumah	1:18:43
13 Alaina Thompson	1:19:36
14 Lexie Sparrow	1:23:45
15 Brenna Dixon	1:32:14

FEMALE AGE GROUP: 35 to 39

1 Lindsey Green	44:43
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2	Katie Zwingerman	56:00
3	Joanna Esselink	57:21
4	Melissa Beaumont	1:04:28
5	Lynnette Van Bruggen	1:04:37
6	Lana Obach	1:14:59
7	Alyssa Froese	1:17:42
8	Kendra Obach	1:21:03
9	Sara Favel	1:31:05

FEMALE AGE GROUP: 40 to 44

1	Katherine Lamoureux	45:03
2	Vanessa Mulhern	46:48
3	Jessica Drakul	50:03
4	Shirley Ramos	50:59
5	Kathleen Elgar	58:32
6	Jennifer Toews	1:01:55
7	Stacey Stade	1:06:12

FEMALE AGE GROUP: 45 to 49

1	Tressa Alexiuk	50:12
2	Linda Funk	55:40
3	Victoria Bloomfield	56:53
4	Laura Redekop	57:48
5	Laurie Dyck	1:04:42
6	Dorota Rusak	1:06:12

7 Vanessa Schurko 1:16:45

FEMALE AGE GROUP: 50 to 54

1 Frederica Emery 52:01

2 Danielle Burtch 54:09

3 Catherine Moltzan 56:42

4 Cindy Dobson 56:53

5 Sylvia Loewen 57:29

6 Carmen Basarowich 1:08:51

FEMALE AGE GROUP: 55 to 59

1 Kathleen Caithness 50:12

2 Monique Maynard 1:08:45

FEMALE AGE GROUP: 60 to 64

1 Chelsea Day 52:58

2 Sally Taylor-Alexander 55:50

3 Louise Stuart 1:03:53

4 Sherry Gruhle 1:49:17

FEMALE AGE GROUP: 65 to 69

1 Brenda Krueger 59:00

2 Shelley Borschawa 1:02:24

3 Terry Brennan 1:08:28

4 Alexis Mooney 1:16:28

FEMALE AGE GROUP: 70 to 74

1 Beverley Eert 1:15:41

FEMALE AGE GROUP: 75 to 79

1 Lynda Tunny 1:20:31