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BIST 5k Run
Toronto, Ontario
Saturday September 24, 2011
5k

	Entrants	Finishers
Total	274	224
Male	95	79
Female	179	145
Unknown	0	0

O'all Place	Bib	Name	Gun Time	Class Placing	Gender	Pace /Km	Net Time	City
1	2968	Garvin Moses	21:11	SM25-29	1/7	1 4:15	21:09	
2	2824	Jeff Bryce	21:15	SM40-44	1/9	2 4:15	21:14	
3	2971	Ben Mulrone	22:13	SM35-39	1/15	3 4:27	22:13	
4	2984	Andrew Ottaway	23:12	SM30-34	1/9	4 4:39	23:08	
5	3099	George Tsakopoulos	23:25	SM25-29	2/7	5 4:41	23:18	
6	2926	Alison Lair	23:56	SF30-34	1/32	1 4:48	23:50	
7	2885	Erwin Gadong	23:59	SM15-19	1/3	6 4:48	23:59	
8	2905	Carr Hatch	24:00	SM30-34	2/9	7 4:48	23:58	
9	2869	Naseem Dorazahi	24:02	SM20-24	1/6	8 4:49	23:56	
10	2865	Kit Darling	24:27	SF25-29	1/28	2 4:54	24:24	
11	2944	Sloan Mandel	24:33	SM40-44	2/9	9 4:55	24:32	
12	2851	Sally Clara	24:50	SF45-49	1/11	3 4:58	24:46	
13	2949	Kate Mazzucco	24:59	SF30-34	2/32	4 5:00	24:50	
14	2891	Todd Gotlieb	25:06	SM45-49	1/6	10 5:02	25:05	
15	2940	Tonya Mah	25:15	SF35-39	1/16	5 5:03	25:12	
16	2917	Zachery Johns	25:19	SM11-14	1/4	11 5:04	25:17	
17	3067	Leo Serieux	25:23	SM35-39	2/15	12 5:05	25:23	
18	2981	Darian Orlando	25:26	SM11-14	2/4	13 5:06	25:24	
19	2963	Martin Mitolinski	25:26	SM15-19	2/3	14 5:06	25:26	
20	3112	Wayne Willis	25:39	SM30-34	3/9	15 5:08	25:32	
21	3001	Claudia San Martin	25:41	SF25-29	2/28	6 5:09	25:41	
22	2985	Efron Patel	25:43	SM15-19	3/3	16 5:09	25:43	
23	2838	Juan Carranza	25:53	SM40-44	3/9	17 5:11	25:53	
24	2803	Brooke Allen	25:57	SF30-34	3/32	7 5:12	25:53	
25	2875	Kristina Ellis	26:02	SF30-34	4/32	8 5:13	26:02	
26	3126	Peter Kistemaker	26:04	SM35-39	3/15	18 5:13	26:02	
27	2841	Leonel Carranza	26:16	SM65+	1/6	19 5:16	26:15	
28	2975	Greg Noack	26:20	SM35-39	4/15	20 5:16	26:16	
29	2960	Christine Michaud	26:34	SF25-29	3/28	9 5:19	26:30	
30	2843	Ronald Carranza	26:45	SM35-39	5/15	21 5:21	26:45	
31	2819	Colleen Boyce	26:54	SF50-54	1/8	10 5:23	26:54	
32	2982	John Orlando	26:55	SM-10	1/2	22 5:23	26:54	
33	2979	Meri Orlando	26:57	SF40-44	1/22	11 5:24	26:56	
34	2930	Charissa Levy	27:24	SF40-44	2/22	12 5:29	27:19	
35	3061	Carly Schelberg	27:28	SF20-24	1/10	13 5:30	27:28	
36	2897	Nick Gurevich	27:39	SM35-39	6/15	23 5:32	27:30	
37	2956	Chris McLeish	28:01	SM35-39	7/15	24 5:37	27:52	
38	2957	John McLeish	28:01	SM60-64	1/3	25 5:37	27:53	
39	3095	Julia Kerr	28:06	SF11-14	1/5	14 5:38	28:01	
40	3096	Grace Tenzsen	28:06	SF11-14	2/5	15 5:38	28:01	
41	2874	Vanessa Ellis	28:09	SF25-29	4/28	16 5:38	27:50	
42	2914	Aviatar Inbar	28:09	SM25-29	3/7	26 5:38	27:50	
43	3057	Lesley Ruttan	28:10	SF45-49	2/11	17 5:38	28:06	
44	2922	Gila Karp	28:14	SF30-34	5/32	18 5:39	27:55	
45	3094	Sheryl Tenzsen	28:24	SF45-49	3/11	19 5:41	28:19	
46	3093	David Tenzsen	28:24	SM50-54	1/5	27 5:41	28:19	
47	3129	Deanna Gilbert	28:25	SF30-34	6/32	20 5:41	28:24	
48	2988	Laura Paulin	28:40	SF25-29	5/28	21 5:44	28:30	
49	3125	Kevin Browne	28:52	SM30-34	4/9	28 5:47	28:44	
50	2860	Cassy Cunningham	28:52	SF15-19	1/4	22 5:47	28:51	
51	2980	Madison Orlando	29:29	SF15-19	2/4	23 5:54	29:27	

52	2876	Corey Erdman	29:32	SM20-24	2/6	29	5:55	29:24
53	2958	Amy McParland	29:59	SF35-39	2/16	24	6:00	29:59
54	2903	Dan Harren	30:05	SM30-34	5/9	30	6:01	30:00
55	3056	Laurie Running	30:12	SF40-44	3/22	25	6:03	30:10
56	3124	Stephanie Zawalicz-Mow	30:14	SF25-29	6/28	26	6:03	30:14
57	2959	Robert Marlowe	30:26	SM35-39	8/15	31	6:06	30:15
58	2820	Sarah Briggs	30:26	SF35-39	3/16	27	6:06	30:26
59	2806	Mike Arsenault	30:29	SM30-34	6/9	32	6:06	30:29
60	3078	Renee Somerville	30:58	SF20-24	2/10	28	6:12	30:56
61	3127	Juan Carranza	31:00	SM11-14	3/4	33	6:12	30:58
62	2825	Vera Burke	31:02	SF-10	1/3	29	6:13	30:59
63	2826	Marina Burke	31:03	SF35-39	4/16	30	6:13	30:59
64	2842	Cesar Carranza	31:12	SM40-44	4/9	34	6:15	31:10
65	2831	Joseph Campisi	31:15	SM65+	2/6	35	6:15	31:12
66	2992	Dana Pernickova	31:17	SF45-49	4/11	31	6:16	31:02
67	2846	Barbara Catt	31:21	SF50-54	2/8	32	6:17	31:21
68	2847	Daniel Catt	31:21	SM50-54	2/5	36	6:17	31:21
69	2907	Melanie Hay	31:43	SF30-34	7/32	33	6:21	31:43
70	2934	Cathy Loan	31:50	SF55-59	1/3	34	6:22	31:50
71	2829	Erica Burton	31:51	SF25-29	7/28	35	6:23	31:45
72	3116	Scott Wooder	31:59	SM25-29	4/7	37	6:24	31:43
73	2861	Rosanne Currarino	32:01	SF40-44	4/22	36	6:25	32:01
74	2950	Gillian McBride	32:05	SF30-34	8/32	37	6:25	31:55
75	2812	Galyn Baptist	32:29	SF40-44	5/22	38	6:30	32:23
76	3069	Eran Shram	32:40	SM35-39	9/15	38	6:32	32:32
77	2870	Brenda Dorey	32:41	SF30-34	9/32	39	6:33	32:37
78	3115	Meredyth Wobowsk	32:44	SF25-29	8/28	40	6:33	32:38
79	2892	Tara Marie Grancken	32:45	SF30-34	10/32	41	6:33	32:45
80	3060	Pat Saunoris	32:52	SF50-54	3/8	42	6:35	32:39
81	2827	Alison Burrison	32:59	SF35-39	5/16	43	6:36	32:59
82	2858	Davide Cortinovis	33:16	SM40-44	5/9	39	6:40	33:12
83	3071	Steven Sieger	33:16	SM40-44	6/9	40	6:40	33:13
84	3086	Jackie Swartz	33:30	SF25-29	9/28	44	6:42	33:18
85	2828	Jonathan Burton	33:44	SM30-34	7/9	41	6:45	33:38
86	2900	Jacqueline Hallett	33:45	SF30-34	11/32	45	6:45	33:34
87	2871	Sarah Downing	34:00	SF20-24	3/10	46	6:48	33:52
88	2814	Laura Bellon	34:14	SF30-34	12/32	47	6:51	34:07
89	3077	Sonica Soares	34:19	SF25-29	10/28	48	6:52	34:19
90	2946	Lisa Martin	34:20	SF30-34	13/32	49	6:52	34:04
91	2931	Galit Liffshiz	34:20	SF45-49	5/11	50	6:52	34:04
92	2993	Alex Piotti	34:30	SF30-34	14/32	51	6:54	34:23
93	2953	Steven McDonald	34:32	SM35-39	10/15	42	6:55	33:04
94	2969	Rachel Mountney	34:39	SF20-24	4/10	52	6:56	34:23
95	2929	Neal Leong	34:45	SM35-39	11/15	43	6:57	34:39
96	3079	Monica Spence	34:45	SF35-39	6/16	53	6:57	34:40
97	2832	Joseph Campisi	34:57	SM40-44	7/9	44	7:00	34:55
98	2879	Tom Finlayson	34:57	SM50-54	3/5	45	7:00	34:55
99	3106	Julian Wallace	35:05	SM20-24	3/6	46	7:01	35:05
100	2813	Anat Barak	35:14	SF35-39	7/16	54	7:03	35:03
101	2972	Rebecca Munro	35:16	SF30-34	15/32	55	7:04	35:04
102	3081	Dieter Stahan	35:16	SM35-39	12/15	47	7:04	35:05
103	3121	Juliana Zago	35:26	SF20-24	5/10	56	7:06	35:26
104	2802	Maria Ahmad	35:27	SF30-34	16/32	57	7:06	35:23
105	3089	Veronica Takes	35:31	SF35-39	8/16	58	7:07	35:20
106	3051	Heidi Reznick	35:31	SF30-34	17/32	59	7:07	35:31
107	2808	Sarah Arsenault	35:46	SF30-34	18/32	60	7:10	35:46
108	2839	Tina Greavette	35:52	SF40-44	6/22	61	7:11	35:48
109	2939	Hazel MacTavish	35:53	SF40-44	7/22	62	7:11	35:48
110	2943	Raquel Mandel	36:05	SF-10	2/3	63	7:13	35:48
111	2966	Wendy Moore	36:05	SF40-44	8/22	64	7:13	35:48
112	2810	L B	36:31	SF40-44	9/22	65	7:19	36:28
113	2938	Lee Lyttle	37:34	SM35-39	13/15	48	7:31	37:32
114	2962	Nichole Miller	37:43	SF20-24	6/10	66	7:33	37:43
115	2845	Paula Cassin	37:53	SF45-49	6/11	67	7:35	37:51
116	3073	Abigail Siu	37:58	SF11-14	3/5	68	7:36	37:07
117	2941	Kris Mamaril	38:12	SM35-39	14/15	49	7:39	37:44
118	2942	Carter Mandel	38:21	SM-10	2/2	50	7:41	38:03
119	2990	Dave Pearson	38:24	SM55-59	1/3	51	7:41	38:11
120	2881	Robert Forget	38:24	SM45-49	2/6	52	7:41	38:11
121	3088	Sarah Szpilewski	38:28	SF30-34	19/32	69	7:42	38:15
122	2932	Diane Lima	38:34	SF25-29	11/28	70	7:43	38:18

123	3076	Stephanie So	38:35	SF25-29	12/28	71	7:43	38:19
124	2807	Robert Arsenault	38:40	SM55-59	2/3	53	7:44	38:40
125	3117	June Woods	38:41	SF35-39	9/16	72	7:45	38:41
126	2913	Melissa Hoving	38:41	SF20-24	7/10	73	7:45	38:29
127	2921	Rajni Kang	38:41	SF25-29	13/28	74	7:45	38:30
128	2901	Cathy Halovanic-Higgin	38:54	SF40-44	10/22	75	7:47	38:48
129	3113	Jane Wiltsie	39:31	SF30-34	20/32	76	7:55	39:31
130	2872	Abigail Dry	39:31	SF30-34	21/32	77	7:55	39:31
131	2899	Crissie Halabi	39:59	SF25-29	14/28	78	8:00	39:46
132	3062	Ken Schelberg	41:05	SM55-59	3/3	54	8:13	40:54
133	3114	April Winter	41:09	SF25-29	15/28	79	8:14	40:57
134	3082	Muska Stanakzai	41:54	SM20-24	4/6	55	8:23	41:54
135	2983	Lauren Orlando	41:56	SF-10	3/3	80	8:24	41:41
136	2978	Dale Orlando	41:56	SM40-44	8/9	56	8:24	41:41
137	2920	Niraj Joshi	41:58	SF45-49	7/11	81	8:24	41:43
138	2989	David Paulin	41:58	SM25-29	5/7	57	8:24	41:44
139	2848	Salvatore Shaw	42:01	SM35-39	15/15	58	8:25	41:48
140	3091	Kimberly Teixeira	42:01	SF25-29	16/28	82	8:25	42:01
141	2909	David Himelfarb	42:21	SM45-49	3/6	59	8:29	42:05
142	2910	Siera Himelfarb	42:21	SF15-19	3/4	83	8:29	42:04
143	2835	Linda Carnegie	42:27	SF40-44	11/22	84	8:30	42:27
144	2937	Carolyn Luney	42:27	SF35-39	10/16	85	8:30	42:13
145	3092	Nikita Teixeira	42:53	SF20-24	8/10	86	8:35	42:42
146	3058	Sulemana Sadik	43:00	SF50-54	4/8	87	8:36	42:32
147	2809	Chris Aznar	43:02	SF30-34	22/32	88	8:37	42:35
148	3122	Louis Zavodni	43:03	SM30-34	8/9	60	8:37	42:42
149	3123	Mary Zavodni	43:03	SF25-29	17/28	89	8:37	42:42
150	2916	Jenny Jeri Freitas	43:30	SF25-29	18/28	90	8:42	43:18
151	3083	Alanna Strlic	43:31	SF20-24	9/10	91	8:43	43:31
152	2994	Anika Popiel	43:31	SF25-29	19/28	92	8:43	43:31
153	2898	Sunita Gurung	43:32	SF35-39	11/16	93	8:43	43:32
154	2987	Heather Patterson	43:59	SF30-34	23/32	94	8:48	43:59
155	2902	Lynne Harford	44:00	SF40-44	12/22	95	8:48	43:31
156	2805	Loretta Arsenault	44:07	SF55-59	2/3	96	8:50	44:07
157	3118	Beverley Wright	44:11	SF40-44	13/22	97	8:51	43:57
158	2935	Becky Loucks	44:34	SF25-29	20/28	98	8:55	43:55
159	2862	Matthew Currell	45:05	SM11-14	4/4	61	9:01	45:03
160	2974	Kathleen Ng	45:20	SF40-44	14/22	99	9:04	44:28
161	2821	Carol-Ann Brookfield	45:29	SF35-39	12/16	100	9:06	45:13
162	2833	Nadia Campoli	45:46	SF45-49	8/11	101	9:10	45:01
163	2836	Alejandro Carranza	46:11	SM20-24	5/6	62	9:15	46:06
164	2880	Noemi Flores	46:12	SF40-44	15/22	102	9:15	46:12
165	2857	Matthew Comisso	46:16	SM20-24	6/6	63	9:16	45:51
166	2890	Teri Gold	46:29	SF30-34	24/32	103	9:18	46:16
167	3059	Unknown See Timer	46:33	SMNOAGE	1/1	64	9:19	46:19
168	2895	Kay Groth	47:00	SF45-49	9/11	104	9:24	46:49
169	2873	Wilma Eini	47:52	SF65+	1/2	105	9:35	47:52
170	3085	Lesley Suchter	48:25	SF25-29	21/28	106	9:41	47:54
171	3070	Laura Shugar	48:25	SF25-29	22/28	107	9:41	47:56
172	2849	Paulynd Chundamala	48:33	SF30-34	25/32	108	9:43	48:33
173	2927	Adele Lastoeria	48:34	SF45-49	10/11	109	9:43	48:34
174	2850	Rose Cimolai	50:01	SF25-29	23/28	110	10:01	49:21
175	2882	Aylee Fox	50:01	SF25-29	24/28	111	10:01	49:22
176	3072	Diana Siemieniec	50:35	SF35-39	13/16	112	10:03	50:13
177	2973	Edith Ng	50:44	SF35-39	14/16	113	10:09	49:48
178	2887	Gary Gerber	51:03	SM65+	3/6	65	10:08	50:39
179	2964	Claire Montgomery	51:13	SF35-39	15/16	114	10:15	44:01
180	3055	Jo-Ann Rowe	51:31	SF55-59	3/3	115	10:08	50:40
181	2991	Wayne Peirce	51:33	SM60-64	2/3	66	10:08	50:40
182	2815	Martha Binstock	51:41	SF50-54	5/8	116	10:10	50:50
183	2970	Amanda Muise	51:50	SF30-34	26/32	117	10:18	51:28
184	2889	Deena Ginsberg	51:53	SF40-44	16/22	118	10:23	44:54
185	2976	Zenice Norris	52:02	SF40-44	17/22	119	10:20	51:39
186	2896	Kelly Gunnell	52:02	SF40-44	18/22	120	10:20	51:38
187	2853	Danielle Clemmet	52:02	SF25-29	25/28	121	10:20	51:39
188	3064	Dawn Schwalb	52:06	SF30-34	27/32	122	10:23	51:52
189	2908	Eamonn Henry	52:27	SM45-49	4/6	67	10:19	51:34
190	2837	Clara Carranza	53:33	SF15-19	4/4	123	10:43	53:33
191	2840	Katherine Carranza	53:34	SF11-14	4/5	124	10:43	53:34
192	3080	Cynthia Sprigings	53:40	SF50-54	6/8	125	10:39	53:11
193	3084	Liz Stubbett	53:42	SF45-49	11/11	126	10:45	53:42

194	3054	Lesley Rosenthal	54:33	SF40-44	19/22	127	10:55	47:33
195	2947	Tracy Martin	54:34	SF40-44	20/22	128	10:55	47:34
196	2884	Peter Friedman	54:50	SM65+	4/6	68	10:53	54:24
197	2878	Andrea Finlayson	54:50	SF50-54	7/8	129	10:53	54:22
198	2954	Tim McDonald	54:51	SM65+	5/6	69	10:53	54:24
199	2904	Nicole Hart	56:50	SF25-29	26/28	130	11:19	56:32
200	2859	Leslie Creamer	56:50	SM45-49	5/6	70	11:19	56:32
201	3087	Birgit Switilek	56:54	SF40-44	21/22	131	11:15	56:12
202	2818	Kathy Black	57:13	SF60-64	1/1	132	11:16	56:16
203	2817	John Black	57:14	SM60-64	3/3	71	11:16	56:17
204	2830	Colin Campbell	57:14	SM25-29	6/7	72	11:15	56:15
205	2816	Alec Black	57:15	SM25-29	7/7	73	11:16	56:17
206	2933	Wendy Litner	57:24	SF30-34	28/32	133	11:23	56:52
207	2915	John Ioannidis	57:30	SM50-54	4/5	74	11:26	57:06
208	2883	Karen Friedman	57:30	SF65+	2/2	134	11:25	57:02
209	3108	Stephen Weir	58:12	SM30-34	9/9	75	11:33	57:42
210	3109	Ron Weir	58:12	SM65+	6/6	76	11:34	57:46
211	3104	Rich Walker	58:15	SM40-44	9/9	77	11:33	57:43
212	2894	Alberto Gridel	58:17	SM45-49	6/6	78	11:33	57:41
213	2856	Daniella Comisso	58:20	SF25-29	27/28	135	11:31	57:33
214	2834	Alessia Campoli	58:21	SF11-14	5/5	136	11:36	57:57
215	2996	Linda Pugliese	1:00:50	SF35-39	16/16	137	12:02	1:00:07
216	3000	Natalie Reid	1:01:08	SF20-24	10/10	138	12:06	1:00:28
217	3120	Nykema Wright	1:01:08	SF30-34	29/32	139	12:06	1:00:27
218	2888	Carla Giammarino	1:01:09	SF30-34	30/32	140	12:06	1:00:26
219	2877	Lindsay Escott	1:01:09	SF30-34	31/32	141	12:03	1:00:14
220	2854	Marco Comisso	1:01:55	SM50-54	5/5	79	12:18	1:01:30
221	2855	Rosa Maria Comisso	1:02:00	SF50-54	8/8	142	12:19	1:01:35
222	3100	Tonya Van Dusen	1:06:04	SF25-29	28/28	143	12:55	1:04:34
223	2965	Kate Moore	1:06:04	SF30-34	32/32	144	13:04	1:05:17
224	2906	Jennie Hawking	1:06:05	SF40-44	22/22	145	13:13	1:06:05

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