

Trail Trot - 26/09/2010

Hiawatha Highlands  
Sault Ste. Marie

10K Age Group

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Name	Age	Avg Mile	Time
20-29 Results - Women			
1 #418 Hayman, Emily	W27	7:10.7	44:35.69
2 #409 Zeppa, Jessica	W27	11:15.0	1:09:53.83
40-49 Results - Women			
1 #412 de Groot, Wendy	W48	8:05.7	50:17.89
2 #406 Logan, Marcie	W40	8:52.7	55:09.70
15-19 Results - Men			
1 #401 Turco, Daniel	M16	5:58.4	37:06.80
2 #414 Lake, Jaime	M16	6:20.4	39:23.74
3 #419 Pawson, Brad	M17	6:43.4	41:46.27
4 #413 Lake, Alex	M17	7:15.1	45:03.13
20-29 Results - Men			
1 #407 Magill, Kevin	M29	7:17.7	45:19.71
2 #410 Zeppa, Jason	M29	7:34.5	47:03.67
30-39 Results - Men			
1 #400 McMillan, Brent	M31	5:40.4	35:15.10
2 #405 Beharriell, Greg	M33	6:46.3	42:04.38
3 #417 Rutledge, Rick	M39	8:02.2	49:55.76
40-49 Results - Men			
1 #416 Wetzl, Mark	M44	6:08.0	38:06.69
2 #404 Shafiee, Mir	M41	7:32.7	46:52.42
50-59 Results - Men			
1 #415 Keating, Michael	M53	6:24.8	39:50.62