

High River Flag Day Runs
July 1, 2010

Overall 10k Results

Place	No.	Name	Div/Tot	Div	Time	Min/Mile
1	162	Chad PARR			38:54	6:16
2	173	Darren VANGILST			39:36	6:23
3	161	Andrea GLOVER			39:47	6:25
4	169	Mark ST.AMANT			41:09	6:38
5	147	Bob MACDONALD			43:51	7:04
6	177	Jim VANGILST			44:37	7:11
7	163	Mark PARR			45:22	7:18
8	164	Mike SAUNDERS			46:25	7:29
9	171	Rob LEDERER			46:50	7:33
10	143	Adam WILLIAMS			47:24	7:38
11	165	Brenda DRYER			48:02	7:44
12	125	Rebecca STEVENS			48:14	7:46
13	150	Ron MCINTOSH			48:37	7:50
14	174	Kurt STEMPLE			49:28	7:58
15	153	Donna ABRAMSON			49:51	8:02
16	152	Ron ABRAMSON			49:53	8:02
17	132	Peter BELL			51:33	8:18
18	155	Sandra UKRAINEZ			51:34	8:18
19	159	Ann WESTON			53:52	8:41
20	146	Gabrielle CROVARI			54:18	8:45
21	145	Dan MCPHEE			54:18	8:45
22	154	Sameer SHAKYA			55:42	8:58
23	128	Dave HOLOWAYCHUK			56:15	9:04
24	129	Lori MACKAY			56:42	9:08
25	158	Christel HUMFREY			57:48	9:19
26	167	Rob PAGE			58:14	9:23
27	131	John JANSEN			59:13	9:32
28	160	Fikerte NEGUISSE			1:00:07	9:41
29	181	Eric BAXTER			1:00:45	9:47
30	149	Bruce HADDEN			1:01:53	9:58
31	148	Danielle DAHLSTROM			1:01:54	9:58
32	142	Jim WILLIAMS			1:02:24	10:03
33	179	Mik IRWIN			1:04:06	10:19
34	156	John ANDRESEN			1:04:20	10:22
35	166	Tara PAGE			1:06:35	10:43
36	133	Mary BELL			1:08:02	10:57
37	180	Yvonne VAN KESSEL			1:08:19	11:00
38	170	Barbara MCINERNEY			1:09:14	11:09
39	178	Gary SCHULTZ			1:10:21	11:20