

2022 KRRRA Fort Henry XCcountry 5K Final Results

Position	Bib #	Name	Race Time	Pace	Division	Gender	Age
DIVISION: 5K							
1	130	Brendon Howard	16:36.93	3:19	5k	M	25
2	165	Zach Comber	16:53.54	3:23	5k	M	18
3	183	Andre Larocque	16:53.85	3:23	5k	M	17
4	170	Andy Li	17:03.46	3:25	5k	M	25
5	171	Adam Woehl	17:05.30	3:25	5k	M	18
6	187	Nick Cosman	17:05.32	3:25	5k	M	40
7	172	Daniel Henao Lopez	17:25.46	3:29	5k	M	19
8	176	Clay Patterson	17:35.27	3:31	5k	M	32
9	175	Kieran McSweeney	17:58.48	3:36	5k	M	19
10	166	Savvas Frantzeskos	18:07.67	3:37	5k	M	47
11	114	Griffin Douglas	18:25.74	3:41	5k	M	23
12	180	Paul Riek	18:40.14	3:44	5k	M	24
13	182	Paige Kobe	18:51.93	3:46	5k	F	22
14	190	Jacob Clancy	19:11.18	3:50	5k	M	22
15	157	Jeremy Strachan	19:12.27	3:50	5k	M	17
16	150	Jeff Strachan	19:38.96	3:56	5k	M	46
17	139	Alyshia Alkerton	19:47.51	3:57	5k	F	17
18	161	Tom Brackenbury	19:52.71	3:58	5k	M	51
19	115	Noah Westwater	20:15.56	4:03	5k	M	20
20	133	Stephen Hughes	20:23.79	4:05	5k	M	54
21	177	James Brown	20:34.54	4:07	5k	M	31
22	122	Pierre Bartkowiak	20:39.00	4:08	5k	M	34
23	120	Michael Kennedy	20:44.44	4:09	5k	M	41
24	149	Payton Pitts	20:50.13	4:10	5k	F	12
25	121	Jacquie Dewolfe	20:51.63	4:10	5k	F	39
26	173	Erini Haron	20:55.74	4:11	5k	F	19
27	147	Denise Dacosta	21:03.86	4:13	5k	F	38
28	160	Kara Parkins	21:06.65	4:13	5k	F	18
29	155	Bryan Lambert	21:19.79	4:16	5k	M	51
30	109	Francis Diaz	21:34.11	4:19	5k	M	39
31	128	Shawn Clarke	22:02.44	4:24	5k	M	38
32	138	Robby Breadner	22:06.52	4:25	5k	M	55
33	154	Wayne Rice	22:21.39	4:28	5k	M	59
34	191	taylor brown	22:24.91	4:29	5k	m	31

35	136	Kohen George	22:25.63	4:29	5k	M	14
36	153	Richard Royce	22:37.78	4:31	5k	M	62
37	127	Elsie Kinch	22:42.44	4:32	5k	F	37
38	104	Lauren Dawe	22:45.72	4:33	5k	F	12
39	108	Dan Shaver	22:55.30	4:35	5k	M	45
40	162	Ethan Sparks	22:57.28	4:35	5k	M	14
41	152	Chloé Galy	23:17.66	4:39	5k	F	25
42	117	Tara Kennedy	23:18.93	4:40	5k	F	14
43	135	Jamin George	23:21.51	4:40	5k	M	39
44	168	Jonathan Brueton	23:22.31	4:40	5k	M	38
45	107	Andrew Hall	23:23.90	4:41	5k	M	60
46	106	Kate Archibald-Cross	23:28.05	4:42	5k	F	48
47	181	Glenn Caird	23:34.63	4:43	5k	M	69
48	148	Jannah Roberts	23:38.90	4:44	5k	F	13
49	185	Al Cantlay	23:43.57	4:45	5k	M	67
50	179	Lyndsey Dossett	23:51.92	4:46	5k	F	28
51	143	Ignacio Arroyo	24:13.03	4:51	5k	M	47
52	125	Ellen White	24:15.34	4:51	5k	F	41
53	141	Diane Pennell	24:34.33	4:55	5k	F	42
54	167	Karen Millson	24:48.49	4:58	5k	F	59
55	131	Leslie Paterson	25:04.96	5:01	5k	F	37
56	163	Lesley Rudy	25:36.34	5:07	5k	F	41
57	189	Sonia Lopez	25:46.53	5:09	5k	F	49
58	126	Deborah Holtom	26:06.63	5:13	5k	F	71
59	145	Mary Reynolds	26:23.46	5:17	5k	F	29
60	111	Yana Sloat	26:40.50	5:20	5k	F	33
61	112	Christine Hodgson	26:42.70	5:20	5k	F	37
62	110	Monica Labarge	26:59.20	5:24	5k	F	46
63	178	Audethy Tallack	27:08.21	5:26	5k	F	61
64	132	Naomi Greer-Ballance	27:21.63	5:28	5k	F	53
65	134	Natalie George	27:39.65	5:32	5k	F	40
66	159	Juan Carrasco	28:12.53	5:38	5k	M	15
67	123	Angeline Vallieres	28:13.17	5:39	5k	F	33
68	113	Brooke Macalpine	28:19.53	5:40	5k	F	29
69	188	John Done	29:13.32	5:51	5k	M	64
70	101	Paco Vera Badillo	29:45.23	5:57	5k	M	43
71	164	Casey Kidson-Reid	29:47.32	5:57	5k	F	33
72	105	Sommar Brown	29:57.87	5:59	5k	F	44
73	156	Siddhartha Sharma	30:14.99	6:03	5k	M	32

74	118	Ewan Kennedy	30:41.16	6:08	5k	M	9
75	186	Richard Sunderland	31:46.93	6:21	5k	M	76
76	119	Oliver Kennedy	41:59.09	8:24	5k	M	12