

# Results by Runner 33rd Kananaskis 100 Relay Race 22 June 2019

for Mito Canada

Team:101 DLA Run Crew

Category: Legal

Leg	Runner Name	Team Time	Leg Time	Min/Mile	Min/Km	Penalty	Rank	
							Leg	Team
1	Smith, Mitch	1:32:19	1:32:19	7:59	4:58	0	30	30
2	Makulska, Matyllda	3:10:02	1:37:43	9:32	5:55	0	51	34
3	Vogeli, Amanda	4:40:40	1:30:38	9:56	6:10	0	55	41
4	Johnson, Aaron	6:20:24	1:39:44	11:23	7:04	0	70	55
5	Kenney, Dan	7:54:19	1:33:55	8:35	5:20	0	27	48
6	Arndt, Jennifer	8:48:25	0:54:06	9:16	5:45	0	52	47
7	Brown, Jonathan	10:07:27	1:19:02	7:43	4:48	0	22	43
8	Walsh, Joe	11:40:03	1:32:36	9:22	5:49	0	51	47
9	Woods, Keenan	12:48:06	1:08:03	9:17	5:46	0	51	45
10	Schneider, Brad	14:24:14	1:36:08	9:29	5:54	0	56	49

# Results by Runner 33rd Kananaskis 100 Relay Race 22 June 2019

for Mito Canada

Team:102 Integrated Sust. H2Go

Category: Corporate

Leg	Runner Name	Team Time	Leg Time	Min/Mile	Min/Km	Penalty	Rank	
							Leg	Team
1	Keturakis, Derrick	1:43:05	1:43:05	8:55	5:32	0	47	47
2	Leslie, Pat	3:15:17	1:32:12	9:00	5:36	0	38	41
3	Wall, Trevor	4:37:37	1:22:20	9:01	5:36	0	33	35
4	Murphy, Ryan	5:47:04	1:09:27	7:56	4:56	0	16	26
5	Smith, Marc	7:28:31	1:41:27	9:16	5:45	0	46	28
6	Keturakis, Jennifer	8:29:17	1:00:46	10:24	6:28	0	65	33
7	Smith, Pat	9:52:33	1:23:16	8:07	5:03	0	31	31
8	Calvert, Jody	11:20:42	1:28:09	8:55	5:32	0	39	28
9	Morrision, Kelly	12:26:38	1:05:56	9:00	5:36	0	44	31
10	Melvin, Andrew	14:07:50	1:41:12	9:59	6:12	0	62	41

# Results by Runner 33rd Kananaskis 100 Relay Race 22 June 2019

for Mito Canada

Team:103 Pyramid Peckerheads

Category: Corporate

Leg	Runner Name	Team Time	Leg Time	Min/Mile	Min/Km	Penalty	Rank	
							Leg	Team
1	Dellezay, Dylan	1:48:26	1:48:26	9:23	5:50	0	53	53
2	Jones, Andrea	3:22:20	1:33:54	9:10	5:42	0	44	50
3	Jones, Ryan	4:38:29	1:16:09	8:20	5:11	0	23	38
4	Basnett, Keith	6:01:57	1:23:28	9:32	5:55	0	44	40
5	Shiple, Amy	7:40:18	1:38:21	8:59	5:35	0	42	37
6	Buchanan, Chris	8:46:35	1:06:17	11:21	7:03	0	72	46
7	Shiple, Mike	10:00:43	1:14:08	7:14	4:30	0	14	38
8	Bartlett, Mike	11:28:29	1:27:46	8:53	5:31	0	38	37
9	Kentel, Kevin	12:30:22	1:01:53	8:27	5:15	0	38	35
10	Kardash, Drew	14:04:00	1:33:38	9:15	5:45	0	53	38

# Results by Runner 33rd Kananaskis 100 Relay Race 22 June 2019

for Mito Canada

Team:104 Team With a Theme

Category: Women's Open

Leg	Runner Name	Team Time	Leg Time	Min/Mile	Min/Km	Penalty	Rank	
							Leg	Team
1	Parks, Natalie	1:42:04	1:42:04	8:50	5:29	0	46	46
2	Shewchuk, Gail	3:10:03	1:27:59	8:35	5:20	0	28	35
3	Mcgrath, Tory	4:44:21	1:34:18	10:20	6:25	0	63	46
4	Davies, Trish	6:24:45	1:40:24	11:28	7:07	0	71	59
5	Peters, Tara	8:33:51	2:09:06	11:48	7:20	0	70	71
6	Leiter, Josie	9:23:53	0:50:02	8:34	5:19	0	41	68
7	Patton, Helen	11:04:11	1:40:18	9:47	6:05	0	60	65
8	Holod, Carol	12:34:42	1:30:31	9:10	5:42	0	48	62
9	Krause, Melissa	13:42:52	1:08:10	9:18	5:47	0	52	64
10	Brady, Tammy	15:33:32	1:50:40	10:55	6:47	0	71	68

# Results by Runner 33rd Kananaskis 100 Relay Race 22 June 2019

for Mito Canada

Team:105 Anvils

Category: Open

Leg	Runner Name	Team Time	Leg Time	Min/Mile	Min/Km	Penalty	Rank	
							Leg	Team
1	Dobblesteyn, Loretta	1:47:54	1:47:54	9:20	5:48	0	51	51
2	Hadden, Robb	3:18:34	1:30:40	8:51	5:30	0	34	47
3	Cirka, Grant	4:27:57	1:09:23	7:36	4:43	0	10	27
4	Kinnear, Susan	5:44:57	1:17:00	8:47	5:27	0	35	24
5	Mcpherson, Sheila	7:22:04	1:37:07	8:53	5:31	0	35	25
6	Hadden, Heather	8:22:25	1:00:21	10:20	6:25	0	63	30
7	Hack, Victoria	10:08:02	1:45:37	10:18	6:24	0	67	45
8	Pinette, Josh	11:42:09	1:34:07	9:32	5:55	0	52	48
9	Zerk, Sharon	13:03:24	1:21:15	11:05	6:53	0	69	51
10	Nichols, Sean	14:23:20	1:19:56	7:53	4:54	0	28	48

# Results by Runner 33rd Kananaskis 100 Relay Race 22 June 2019

for Mito Canada

Team:106 EnduraHealth

Category: Open

Leg	Runner Name	Team Time	Leg Time	Min/Mile	Min/Km	Penalty	Rank	
							Leg	Team
1	Picton, Evan	2:10:11	2:10:11	11:16	6:60	0	71	71
2	Mann, Don	3:47:07	1:36:56	9:27	5:52	0	50	71
3	Kennedy, Andrea	5:09:32	1:22:25	9:02	5:37	0	34	69
4	Robbins, Barry	6:30:08	1:20:36	9:12	5:43	0	39	63
5	La Haye, James	8:15:37	1:45:29	9:39	5:60	0	51	63
6	Thiessen, Larry	8:58:06	0:42:29	7:16	4:31	0	14	54
7	Brooks, Will	10:20:06	1:22:00	8:00	4:58	0	27	50
8	Nichol, Jeff	11:31:53	1:11:47	7:16	4:31	0	14	42
9	Kennedy, Rick	12:41:56	1:10:03	9:33	5:56	0	57	42
10	Kennedy, Thomas	14:06:59	1:25:03	8:24	5:13	0	37	40

# Results by Runner 33rd Kananaskis 100 Relay Race 22 June 2019

for Mito Canada

Team:107 Nissen PL Running Room Ladies

Category: Women's Open

Leg	Runner Name	Team Time	Leg Time	Min/Mile	Min/Km	Penalty	Rank	
							Leg	Team
1	Jenkins, Marriya	1:21:18	1:21:18	7:02	4:22	0	10	10
2	Englert, Isabella	2:42:17	1:20:59	7:54	4:54	0	16	12
3	Dolphin, Claire	3:51:41	1:09:24	7:36	4:43	0	11	10
4	Koopmans, Lesley	4:58:56	1:07:15	7:41	4:46	0	12	10
5	Zulic, Ana	6:34:48	1:35:52	8:46	5:27	0	31	11
6	Ali, Marwa	7:18:54	0:44:06	7:33	4:41	0	22	12
7	Trocolli-hughes, Bailey	8:34:53	1:15:59	7:25	4:36	0	19	13
8	Podlecki, Lisa	9:51:47	1:16:54	7:47	4:50	0	19	13
9	Peacock, Anna	10:49:54	0:58:07	7:56	4:56	0	30	13
10	Skoreyko, Roxanne	12:01:01	1:11:07	7:01	4:22	0	14	12

# Results by Runner 33rd Kananaskis 100 Relay Race 22 June 2019

for Mito Canada

Team:108 Nissen PL Running Room

Category: Corporate

Leg	Runner Name	Team Time	Leg Time	Min/Mile	Min/Km	Penalty	Rank	
							Leg	Team
1	Woo, Chan	1:11:11	1:11:11	6:09	3:49	0	3	3
2	Mcguiness, Conor	2:13:44	1:02:33	6:06	3:47	0	3	2
3	Russell, Ryan	3:13:43	0:59:59	6:34	4:05	0	2	2
4	Mcgrath, Tom	4:11:53	0:58:10	6:38	4:07	0	4	2
5	Norminton, Matt	5:46:48	1:34:55	8:41	5:24	0	29	3
6	Agnew, Brad	6:26:07	0:39:19	6:44	4:11	0	6	3
7	Spruyt, Keith	7:34:54	1:08:47	6:43	4:10	0	7	3
8	Barr, Sean	8:39:59	1:05:05	6:35	4:05	0	6	3
9	Dong, Kyle	9:30:12	0:50:13	6:51	4:15	0	10	3
10	Deforge, Darrin	10:35:33	1:05:21	6:27	4:00	0	6	3

# Results by Runner 33rd Kananaskis 100 Relay Race 22 June 2019

for Mito Canada

Team:109 Nissen PL Running Room Men

Category: Open

Leg	Runner Name	Team Time	Leg Time	Min/Mile	Min/Km	Penalty	Rank	
							Leg	Team
1	Chesoo, Leonard	1:03:17	1:03:17	5:28	3:24	0	1	1
2	Nishyama, Michael	2:01:01	0:57:44	5:38	3:30	0	1	1
3	Trites, Mike	2:56:35	0:55:34	6:05	3:47	0	1	1
4	Stewart, Michael	3:49:59	0:53:24	6:06	3:47	0	1	1
5	Cote, Patrick	5:04:23	1:14:24	6:48	4:13	0	2	1
6	Peters, Andrew	5:39:21	0:34:58	5:59	3:43	0	3	1
7	Law, Graeme	6:43:37	0:59:16	5:47	3:36	5	1	1
8	Nissen, Robbie	7:38:57	0:55:20	5:36	3:29	0	2	1
9	Sundt, Kirk	8:22:26	0:43:29	5:56	3:41	0	2	1
10	Allen, Charles	9:21:23	0:58:57	5:49	3:37	0	1	1

# Results by Runner 33rd Kananaskis 100 Relay Race 22 June 2019

for Mito Canada

Team:110

Scrambled Legs

Category: Open

Leg	Runner Name	Team Time	Leg Time	Min/Mile	Min/Km	Penalty	Rank	
							Leg	Team
1	Caputo, Connie	1:48:50	1:48:50	9:25	5:51	0	55	55
2	Crowchild, Pearl	3:26:43	1:37:53	9:33	5:56	0	53	57
3	Smith, Sandy	4:56:12	1:29:29	9:48	6:05	0	51	59
4	Savage, Kelly	6:10:02	1:13:50	8:26	5:14	0	28	49
5	Sinclair, Paul	8:08:34	1:58:32	10:50	6:44	0	64	57
6	Cooper, Barbara	9:05:25	0:56:51	9:44	6:03	0	58	58
7	Hobday, Katie	10:36:33	1:31:08	8:53	5:31	0	48	59
8	Chan, Jenny	12:02:17	1:25:44	8:41	5:24	0	33	53
9	Spath, Linda	13:09:20	1:07:03	9:09	5:41	0	47	53
10	Cooper, Alan	14:46:35	1:37:15	9:36	5:58	0	59	54

# Results by Runner 33rd Kananaskis 100 Relay Race 22 June 2019

for Mito Canada

Team:111

AER Reg U Laterers

Category: Corporate

Leg	Runner Name	Team Time	Leg Time	Min/Mile	Min/Km	Penalty	Rank	
							Leg	Team
1	Richelhof, Chantelle	2:04:36	2:04:36	10:47	6:42	0	70	70
2	Heim, Tracy	3:37:18	1:32:42	9:03	5:37	0	39	65
3	Aguas, Paul	5:04:04	1:26:46	9:30	5:54	0	45	63
4	Gosselin, Trevor	6:38:14	1:34:10	10:45	6:41	0	67	69
5	Coulas, Matt	8:24:38	1:46:24	9:44	6:03	0	53	66
6	St Louis, Julie	9:22:48	0:58:10	9:58	6:12	0	59	67
7	Benning, David	10:48:14	1:25:26	8:20	5:11	0	37	61
8	Best, Madeline	12:37:01	1:48:47	11:01	6:51	0	68	64
9	Hopper, Clay	13:29:20	0:52:19	7:08	4:26	0	13	60
10	Naas, Dennis	15:17:05	1:47:45	10:38	6:36	0	69	63

# Results by Runner 33rd Kananaskis 100 Relay Race 22 June 2019

for Mito Canada

Team:112

Strokies

Category: Mixed

Leg	Runner Name	Team Time	Leg Time	Min/Mile	Min/Km	Penalty	Rank	
							Leg	Team
1	Dukelow, Janice	1:37:25	1:37:25	8:26	5:14	0	38	38
2	Kenney, Carol	3:33:07	1:55:42	11:17	7:01	0	71	63
3	Phillips, Crystal	5:04:41	1:31:34	10:02	6:14	0	56	64
4	Poulin M Poulin, M	6:30:09	1:25:28	9:45	6:03	0	50	64
5	Hagen, Neil	8:06:10	1:36:01	8:47	5:27	0	32	54
6	Osualdini, Crista	9:11:47	1:05:37	11:14	6:59	0	70	62
7	Hawe, Rachel	10:34:15	1:22:28	8:03	5:00	0	29	56
8	Kinney, Amber	12:53:14	2:18:59	14:04	8:44	0	73	69
9	D'esterre, Chris	13:40:24	0:47:10	6:26	3:60	0	6	62
10	Fenwick, Peter	15:17:06	1:36:42	9:33	5:56	0	58	64

# Results by Runner 33rd Kananaskis 100 Relay Race 22 June 2019

for Mito Canada

Team:113 10 Fat White Guys

Category: Masters 40+

Leg	Runner Name	Team Time	Leg Time	Min/Mile	Min/Km	Penalty	Rank	
							Leg	Team
1	Lazaruk, John	1:35:35	1:35:35	8:16	5:08	0	34	34
2	Lappenbush, Larry	3:09:22	1:33:47	9:09	5:41	0	42	33
3	Stewart, Bryan	4:24:07	1:14:45	8:11	5:05	0	21	24
4	Boileau, Pierre	5:47:57	1:23:50	9:34	5:57	0	45	27
5	Dea, Tim	8:05:58	2:18:01	12:37	7:50	0	73	52
6	Wallace, Scott	8:53:53	0:47:55	8:12	5:06	0	34	51
7	Wallace, Scott	10:20:43	1:26:50	8:28	5:16	0	39	51
8	Phipps, Steve	11:45:09	1:24:26	8:33	5:19	0	31	49
9	Lazaruk, John	12:50:36	1:05:27	8:56	5:33	0	43	47
10	Stranquist, Wade	14:32:09	1:41:33	10:01	6:13	0	63	52

# Results by Runner 33rd Kananaskis 100 Relay Race 22 June 2019

for Mito Canada

Team:114 Running from our respibil.

Category: Mixed

Leg	Runner Name	Team Time	Leg Time	Min/Mile	Min/Km	Penalty	Rank	
							Leg	Team
1	Uzelac, Slavko	1:28:05	1:28:05	7:37	4:44	0	19	19
2	Allen, Stuart	2:52:37	1:24:32	8:15	5:08	0	21	19
3	Courtright, Sigourney	4:28:33	1:35:56	10:30	6:31	0	64	28
4	Frizzle, Isabelle	6:02:26	1:33:53	10:43	6:39	0	64	41
5	Smith, Jacqueline	7:43:32	1:41:06	9:14	5:44	0	44	39
6	Hosfield, Kathleen	8:33:48	0:50:16	8:36	5:21	0	43	38
7	Massina, Sean	10:14:08	1:40:20	9:47	6:05	0	61	47
8	Schenk, Taylor	11:33:20	1:19:12	8:01	4:59	0	24	43
9	Maldonado, Diego	12:34:05	1:00:45	8:17	5:09	0	36	39
10	Courtright, Sigourney	14:10:27	1:36:22	9:31	5:55	0	57	42

# Results by Runner 33rd Kananaskis 100 Relay Race 22 June 2019

for Mito Canada

Team:115 Space Ponies

Category: Mixed

Leg	Runner Name	Team Time	Leg Time	Min/Mile	Min/Km	Penalty	Rank	
							Leg	Team
1	Young, Scott	1:49:55	1:49:55	9:31	5:55	0	58	58
2	Wiebe, Kim	3:39:30	1:49:35	10:41	6:38	0	65	67
3	Young, Alana	5:11:14	1:31:44	10:03	6:15	0	57	70
4	Leduc, Corry	6:24:17	1:13:03	8:20	5:11	0	24	56
5	Meshen, Robbie	7:51:08	1:26:51	7:56	4:56	0	16	44
6	Jesske, Kevin	8:42:44	0:51:36	8:50	5:29	0	47	45
7	Aman, Chloe	10:03:34	1:20:50	7:53	4:54	0	25	41
8	Stuber, Kimberly	11:33:51	1:30:17	9:08	5:40	0	46	44
9	Zmurchyk, Mike	12:42:21	1:08:30	9:21	5:49	0	54	43
10	Wiebe, James	14:12:49	1:30:28	8:56	5:33	0	48	44

# Results by Runner 33rd Kananaskis 100 Relay Race 22 June 2019

for Mito Canada

Team:116 Sheep River Racing Team

Category: Masters 40+

Leg	Runner Name	Team Time	Leg Time	Min/Mile	Min/Km	Penalty	Rank	
							Leg	Team
1	Ruston, Chad	1:28:40	1:28:40	7:40	4:46	0	21	21
2	Ference, Erna	3:02:35	1:33:55	9:10	5:42	0	45	29
3	Kroon, Paul	4:27:15	1:24:40	9:16	5:45	0	37	26
4	Hughes, Tom	5:37:27	1:10:12	8:01	4:59	0	19	22
5	Volsteedt, Charl	7:03:56	1:26:29	7:54	4:54	0	15	19
6	Brinkhof, Jos	7:51:37	0:47:41	8:10	5:04	0	32	19
7	Toombs, Lori	9:12:22	1:20:45	7:53	4:54	0	24	18
8	Wright, Greg	10:32:52	1:20:30	8:09	5:04	0	25	20
9	Smart, Dave	11:48:16	1:15:24	10:17	6:23	0	64	21
10	Toombs, Mark	13:14:55	1:26:39	8:33	5:19	0	39	23

# Results by Runner 33rd Kananaskis 100 Relay Race 22 June 2019

for Mito Canada

Team:117 Bayer Crop Science

Category: Open

Leg	Runner Name	Team Time	Leg Time	Min/Mile	Min/Km	Penalty	Rank	
							Leg	Team
1	Melesko, Tammy	1:56:01	1:56:01	10:02	6:14	0	66	66
2	Schultz, Robert	3:28:44	1:32:43	9:03	5:37	0	40	60
3	Dobson, Sarah	4:55:16	1:26:32	9:29	5:54	0	42	56
4	Bunz, Curtis	6:03:08	1:07:52	7:45	4:49	0	13	45
5	Gutten, Tyler	7:28:55	1:25:47	7:50	4:52	0	11	29
6	Lasecka, Urszula	8:20:34	0:51:39	8:51	5:30	0	48	29
7	Riederkrisinger, Anna	9:54:28	1:33:54	9:10	5:42	0	53	33
8	Gans, Matthew	11:31:20	1:36:52	9:48	6:05	0	57	41
9	Koopman, Edda	12:49:21	1:18:01	10:39	6:37	0	68	46
10	Hossini, Komie	13:59:08	1:09:47	6:53	4:17	0	12	36

# Results by Runner 33rd Kananaskis 100 Relay Race 22 June 2019

for Mito Canada

Team:118 The Joggernuts

Category: Mixed

Leg	Runner Name	Team Time	Leg Time	Min/Mile	Min/Km	Penalty	Rank	
							Leg	Team
1	Armour, Nancy	1:50:44	1:50:44	9:35	5:57	0	60	60
2	Mccormack, Jim	3:35:34	1:44:50	10:14	6:21	0	61	64
3	Plunkett, Marni	5:08:00	1:32:26	10:07	6:17	0	59	67
4	Scott, Stewart	6:33:48	1:25:48	9:48	6:05	0	51	66
5	Pryznyk, Don	8:12:57	1:39:09	9:04	5:38	0	43	59
6	Platten, Dale	9:13:54	1:00:57	10:26	6:29	0	66	64
7	Helm, Steve	10:35:57	1:22:03	8:00	4:58	0	28	58
8	Gerein, Shannon	12:19:37	1:43:40	10:30	6:31	0	66	60
9	Helm, Nancy	13:28:06	1:08:29	9:21	5:49	0	53	59
10	Bradley, Jay	15:10:58	1:42:52	10:09	6:18	0	65	60

# Results by Runner 33rd Kananaskis 100 Relay Race 22 June 2019

for Mito Canada

Team:119 Cool Pool Cruisers

Category: Mixed

Leg	Runner Name	Team Time	Leg Time	Min/Mile	Min/Km	Penalty	Rank	
							Leg	Team
1	Coulter, Mike	1:32:20	1:32:20	7:59	4:58	0	31	31
2	Coulter, Caleb	3:13:23	1:41:03	9:52	6:08	0	59	38
3	Parkinson, Chantel	5:00:10	1:46:47	11:42	7:16	0	71	61
4	Barnes, Torri	6:34:16	1:34:06	10:45	6:41	0	65	67
5	Barnes, Marty	8:28:31	1:54:15	10:27	6:30	0	61	68
6	Barnes, Haley	9:25:00	0:56:29	9:40	6:00	0	57	69
7	Densmorem Coult, J	11:13:08	1:43:08	10:04	6:15	5	64	69
8	Densmore, Teagan	13:10:53	1:52:45	11:25	7:06	5	71	71
9	Cole, Dana	14:08:29	0:57:36	7:51	4:53	0	27	70
10	Coulter, Mike	15:26:38	1:18:09	7:43	4:48	0	26	65

# Results by Runner 33rd Kananaskis 100 Relay Race 22 June 2019

for Mito Canada

Team:120 BLAKES

Category: Legal

Leg	Runner Name	Team Time	Leg Time	Min/Mile	Min/Km	Penalty	Rank	
							Leg	Team
1	Scratch, Jason	1:28:29	1:28:29	7:39	4:45	0	20	20
2	Cox, Emilie	2:58:06	1:29:37	8:45	5:26	0	32	21
3	Sereda, Callin	4:24:42	1:26:36	9:29	5:54	0	43	25
4	Loughlin, Spencer	5:51:53	1:27:11	9:57	6:11	0	54	31
5	Smith, Josh	7:21:47	1:29:54	8:13	5:06	0	21	24
6	Bakker, Nicole	8:09:05	0:47:18	8:06	5:02	0	29	23
7	Devinis, Meghan	9:44:57	1:35:52	9:21	5:49	0	57	26
8	Rowles, Trevor	11:20:32	1:35:35	9:40	6:00	0	55	27
9	Li, Bryan	12:36:24	1:15:52	10:21	6:26	0	66	40
10	Sevalrud, Robert	13:46:07	1:09:43	6:53	4:17	0	11	29

# Results by Runner 33rd Kananaskis 100 Relay Race 22 June 2019

for Mito Canada

Team:121 BD&P

Category: Legal

Leg	Runner Name	Team Time	Leg Time	Min/Mile	Min/Km	Penalty	Rank	
							Leg	Team
1	Chiswell, Paul	1:26:43	1:26:43	7:30	4:40	0	18	18
2	De Groot, David	3:02:07	1:35:24	9:18	5:47	0	47	27
3	Strueby, Jill	4:20:34	1:18:27	8:36	5:21	0	28	22
4	Henry, Mike	5:33:41	1:13:07	8:21	5:11	0	25	21
5	Plant, Jake	7:06:23	1:32:42	8:28	5:16	0	26	20
6	Ionescu-mocanu, Simina	7:52:54	0:46:31	7:58	4:57	0	27	20
7	Dixon, Evan	9:21:24	1:28:30	8:38	5:22	0	43	22
8	Dixon, Rema	10:36:59	1:15:35	7:39	4:45	0	18	21
9	Wood, Tasha	11:44:06	1:07:07	9:09	5:41	0	48	20
10	Finley, Robyn	13:08:08	1:24:02	8:18	5:09	0	34	22

# Results by Runner 33rd Kananaskis 100 Relay Race 22 June 2019

for Mito Canada

Team:122 Nissen PL Running Room Ladies

Category: Women's Open

Leg	Runner Name	Team Time	Leg Time	Min/Mile	Min/Km	Penalty	Rank	
							Leg	Team
1	Humphreys, Rachel	1:13:08	1:13:08	6:20	3:56	0	5	5
2	Boutin, Savanna	2:21:27	1:08:19	6:40	4:09	0	6	6
3	Carlin, Taylor	3:23:48	1:02:21	6:50	4:15	0	4	4
4	Kallos, Alecia	4:26:27	1:02:39	7:09	4:27	0	7	4
5	Stewart, Lisa	5:52:27	1:26:00	7:52	4:53	0	14	4
6	Norminton, Jen	6:32:26	0:39:59	6:51	4:15	0	10	4
7	Cummings, Madeleine	7:38:17	1:05:51	6:25	3:59	0	5	4
8	Harvey, Michele	8:48:52	1:10:35	7:09	4:27	0	11	4
9	Mack, Natalia	9:42:20	0:53:28	7:18	4:32	0	17	4
10	Hansen, Kristen	10:53:09	1:10:49	6:59	4:20	0	13	5

# Results by Runner 33rd Kananaskis 100 Relay Race 22 June 2019

for Mito Canada

Team:123 ESCAPE

Category: Mixed

Leg	Runner Name	Team Time	Leg Time	Min/Mile	Min/Km	Penalty	Rank	
							Leg	Team
1	Dukelow, Sean	1:59:22	1:59:22	10:20	6:25	0	68	68
2	Ryckborst, Karla	3:39:26	1:40:04	9:46	6:04	0	58	66
3	Hill, Michael	5:07:44	1:28:18	9:40	6:00	0	49	66
4	Volny, Ondrej	6:52:45	1:45:01	11:59	7:27	0	73	71
5	Doram, Craig	8:21:19	1:28:34	8:06	5:02	0	20	64
6	Hill, Maxwell	9:10:26	0:49:07	8:25	5:14	0	37	60
7	Hill, Alexis	10:49:00	1:38:34	9:37	5:58	0	59	62
8	Mrklas, Kelly	12:45:50	1:56:50	11:50	7:21	0	72	66
9	Moore, Rob	13:38:48	0:52:58	7:14	4:30	0	16	61
10	Hill, Peter	15:11:30	1:32:42	9:09	5:41	0	51	61

# Results by Runner 33rd Kananaskis 100 Relay Race 22 June 2019

for Mito Canada

Team:124 Dentons Canada LLP

Category: Legal

Leg	Runner Name	Team Time	Leg Time	Min/Mile	Min/Km	Penalty	Rank	
							Leg	Team
1	Mamdani, Josh	1:40:23	1:40:23	8:41	5:24	0	44	44
2	Magee, Sarah	3:16:28	1:36:05	9:22	5:49	0	48	43
3	Allum, Elizabeth	4:50:29	1:34:01	10:18	6:24	0	62	52
4	Boyd-clowes, Mackenzie	6:01:18	1:10:49	8:05	5:01	0	20	39
5	Standing, Jesse	7:48:19	1:47:01	9:47	6:05	0	56	41
6	Elliott, Mark	8:33:59	0:45:40	7:49	4:51	0	24	39
7	Moulton, Kellan	9:53:22	1:14:23	7:15	4:30	5	15	32
8	Tomei, Lucas	11:10:53	1:17:31	7:51	4:53	0	20	25
9	Titus, Morgan	11:55:59	0:45:06	6:09	3:49	0	3	23
10	Titus, Morgan	13:00:52	1:04:53	6:24	3:59	0	5	20



# Results by Runner 33rd Kananaskis 100 Relay Race 22 June 2019

for Mito Canada

Team:125 Torys

Category: Legal

Leg	Runner Name	Team Time	Leg Time	Min/Mile	Min/Km	Penalty	Rank	
							Leg	Team
1	Lui, Matthew	1:49:22	1:49:22	9:28	5:53	0	56	56
2	Caughlin, Amy	3:16:36	1:27:14	8:31	5:17	0	25	44
3	Gordon, Ian	5:04:57	1:48:21	11:52	7:22	0	73	65
4	Bruni, Gino	6:17:31	1:12:34	8:17	5:09	0	22	53
5	Elgie, Thomas	7:52:03	1:34:32	8:38	5:22	0	28	45
6	Moquin, Yvan	8:35:20	0:43:17	7:25	4:36	0	18	41
7	Holmes, Michelle	9:59:39	1:24:19	8:14	5:07	0	35	37
8	Dickinson, Evan	11:21:32	1:21:53	8:17	5:09	0	28	29
9	Hains, Aaron	12:10:35	0:49:03	6:42	4:10	0	8	27
10	Sevalrud, Austin	13:27:32	1:16:57	7:36	4:43	0	23	26

# Results by Runner 33rd Kananaskis 100 Relay Race 22 June 2019

for Mito Canada

Team:126 Team B2

Category: Open

Leg	Runner Name	Team Time	Leg Time	Min/Mile	Min/Km	Penalty	Rank	
							Leg	Team
1	Buchanan, Emily	1:37:33	1:37:33	8:26	5:14	0	39	39
2	Gerrand, Lucy	3:28:24	1:50:51	10:49	6:43	0	66	59
3	Lundquist, Samantha	4:56:02	1:27:38	9:36	5:58	0	47	58
4	Laycock, Ian	6:28:14	1:32:12	10:32	6:33	0	62	62
5	Hollowaychuk, Lauren	8:06:02	1:37:48	8:56	5:33	0	38	53
6	Laycock, Andrew	9:12:55	1:06:53	11:27	7:07	0	73	63
7	Lee, Megan	10:54:13	1:41:18	9:53	6:08	0	63	63
8	Buchanan, Meg	12:16:17	1:22:04	8:18	5:09	0	29	59
9	Hollowaychuk, Dave	13:20:06	1:03:49	8:42	5:24	0	41	57
10	Gerrand, Sam	14:31:35	1:11:29	7:03	4:23	0	15	51

# Results by Runner 33rd Kananaskis 100 Relay Race 22 June 2019

for Mito Canada

Team:127 Just Keep Running

Category: Open

Leg	Runner Name	Team Time	Leg Time	Min/Mile	Min/Km	Penalty	Rank	
							Leg	Team
1	Boyd, Nick	1:37:51	1:37:51	8:28	5:16	0	40	40
2	Schwann, Matt	3:00:52	1:23:01	8:06	5:02	0	17	26
3	Moss, Laura	4:33:22	1:32:30	10:08	6:18	0	61	32
4	Robb, Nathan	5:51:48	1:18:26	8:57	5:34	0	37	29
5	Irving, Connor	7:29:41	1:37:53	8:57	5:34	0	39	30
6	Hilling, Corey	8:18:06	0:48:25	8:17	5:09	0	35	26
7	Verhelst, Daniel	9:43:24	1:25:18	8:19	5:10	0	36	24
8	Williamson, Kendra	11:21:46	1:38:22	9:57	6:11	0	60	30
9	Moser, Geoff	12:28:57	1:07:11	9:10	5:42	0	49	34
10	Stjames, Ryan	14:04:29	1:35:32	9:26	5:52	0	54	39

# Results by Runner 33rd Kananaskis 100 Relay Race 22 June 2019

for Mito Canada

Team:128 Birchcliff Energizers

Category: Corporate

Leg	Runner Name	Team Time	Leg Time	Min/Mile	Min/Km	Penalty	Rank	
							Leg	Team
1	Jones, Janet	1:47:51	1:47:51	9:20	5:48	0	50	50
2	Ritchie, Brian	3:41:38	1:53:47	11:06	6:54	0	70	69
3	Naka, Kody	4:47:12	1:05:34	7:11	4:28	0	6	50
4	Galan, Earl	6:00:24	1:13:12	8:21	5:11	0	26	38
5	Zimmerman, Mike	7:26:15	1:25:51	7:51	4:53	0	12	27
6	Zimmerman, Mike	8:05:37	0:39:22	6:44	4:11	0	7	22
7	Wieclawek, Stefan	9:15:07	1:09:30	6:47	4:13	0	9	20
8	Borthwick, Deb	10:25:53	1:10:46	7:10	4:27	0	13	19
9	Popescu, Andrei	11:16:43	0:50:50	6:56	4:18	0	11	18
10	Sharp, Dan	12:30:00	1:13:17	7:14	4:30	0	18	17

# Results by Runner 33rd Kananaskis 100 Relay Race 22 June 2019

for Mito Canada

Team:129 Felesky Flynn

Category: Legal

Leg	Runner Name	Team Time	Leg Time	Min/Mile	Min/Km	Penalty	Rank	
							Leg	Team
1	Ross, Kyle	1:31:52	1:31:52	7:57	4:56	0	29	29
2	Bateman, Andrew	3:25:29	1:53:37	11:05	6:53	0	69	54
3	Hebert, David	4:41:08	1:15:39	8:17	5:09	0	22	42
4	Wells, Tara	6:10:37	1:29:29	10:13	6:21	0	58	50
5	Beswick, Byron	7:36:33	1:25:56	7:51	4:53	0	13	34
6	Goodwin, Christina	8:27:19	0:50:46	8:42	5:24	0	45	32
7	Szeto, Jonathan	9:48:01	1:20:42	7:52	4:53	0	23	28
8	Miazga, Steve	11:30:10	1:42:09	10:20	6:25	0	64	40
9	Anderson, Cathy	12:45:49	1:15:39	10:19	6:25	0	65	44
10	Anderson, Brett	14:17:57	1:32:08	9:06	5:39	0	50	46

# Results by Runner 33rd Kananaskis 100 Relay Race 22 June 2019

for Mito Canada

Team:130 Osler Outlaws

Category: Legal

Leg	Runner Name	Team Time	Leg Time	Min/Mile	Min/Km	Penalty	Rank	
							Leg	Team
1	Jalkotzy, Georg	1:20:05	1:20:05	6:56	4:18	0	9	9
2	Couture, Joey	2:43:08	1:23:03	8:06	5:02	0	18	13
3	Paplawski, Emily	4:19:36	1:36:28	10:34	6:34	0	66	21
4	Mcpeak, Karen	5:53:46	1:34:10	10:45	6:41	0	66	32
5	Mansour, Adam	7:13:56	1:20:10	7:20	4:33	0	5	21
6	Nitoslawski, Jan	7:57:51	0:43:55	7:31	4:40	0	20	21
7	Hamill, Catherine	9:29:04	1:31:13	8:54	5:32	0	49	23
8	Chantler, Monique	10:58:17	1:29:13	9:02	5:37	0	42	23
9	Downie, Daniel	11:57:21	0:59:04	8:03	5:00	0	33	24
10	Gray, Kaitlin	13:26:50	1:29:29	8:50	5:29	0	47	25

# Results by Runner 33rd Kananaskis 100 Relay Race 22 June 2019

for Mito Canada

Team:131 Monarchs Rule

Category: Mixed

Leg	Runner Name	Team Time	Leg Time	Min/Mile	Min/Km	Penalty	Rank	
							Leg	Team
1	Popowich, Jason	1:52:05	1:52:05	9:42	6:02	0	63	63
2	Hinks, Darren	3:11:37	1:19:32	7:46	4:50	0	12	36
3	Henderson, Jim	4:41:33	1:29:56	9:51	6:07	0	52	43
4	Wong, Janelle	6:03:35	1:22:02	9:22	5:49	0	41	46
5	Smith, Meredith	8:07:03	2:03:28	11:17	7:01	0	68	55
6	Hu, Richard	8:57:20	0:50:17	8:37	5:21	0	44	52
7	Peterson, Jeff	10:57:11	1:59:51	11:42	7:16	0	72	64
8	Caetano, Hernani	12:07:50	1:10:39	7:09	4:27	0	12	56
9	Wiebe, Candice	13:42:43	1:34:53	12:57	8:03	0	72	63
10	Smith, Adam	15:28:11	1:45:28	10:25	6:28	0	68	66

# Results by Runner 33rd Kananaskis 100 Relay Race 22 June 2019

for Mito Canada

Team:132 Ben Jonesin for Victory

Category: Legal

Leg	Runner Name	Team Time	Leg Time	Min/Mile	Min/Km	Penalty	Rank	
							Leg	Team
1	Penner, Darryl	1:24:21	1:24:21	7:18	4:32	0	14	14
2	Gilmour, Brad	2:51:52	1:27:31	8:32	5:18	0	26	17
3	Assie, Sean	4:08:46	1:16:54	8:25	5:14	0	25	17
4	Mcdonough, Tyler	5:16:57	1:08:11	7:47	4:50	0	15	17
5	Fink, Niall	6:38:15	1:21:18	7:26	4:37	0	6	12
6	Boyle, Colm	7:20:47	0:42:32	7:17	4:32	0	15	13
7	Myers, Tim	8:26:27	1:05:40	6:24	3:59	0	3	12
8	Goodfellow, Vince	9:50:59	1:24:32	8:33	5:19	0	32	12
9	Sorensen, Martin	10:46:53	0:55:54	7:38	4:45	0	22	12
10	Salsman, Jamie	12:09:02	1:22:09	8:07	5:03	0	33	13

# Results by Runner 33rd Kananaskis 100 Relay Race 22 June 2019

for Mito Canada

Team:133 CNRL Rusty Road Runners

Category: Corporate

Leg	Runner Name	Team Time	Leg Time	Min/Mile	Min/Km	Penalty	Rank	
							Leg	Team
1	Garduno, Temoc	1:21:40	1:21:40	7:04	4:23	0	11	11
2	Krewulak, Ken	2:52:20	1:30:40	8:51	5:30	0	35	18
3	Zimmer, Earl	3:56:36	1:04:16	7:02	4:22	0	5	13
4	Chmilar, Matt	5:00:01	1:03:25	7:14	4:30	0	8	11
5	Robbins, Nick	6:20:10	1:20:09	7:20	4:33	0	4	10
6	Tallas, Darren	7:00:41	0:40:31	6:56	4:18	0	11	10
7	Volschenk, Waldo	8:11:46	1:11:05	6:56	4:18	0	10	9
8	Munro, Reid	9:38:38	1:26:52	8:48	5:28	0	37	11
9	Davis, Kevin	10:38:04	0:59:26	8:06	5:02	0	34	11
10	Grieco, Ryan	11:38:58	1:00:54	6:01	3:44	0	2	9

# Results by Runner 33rd Kananaskis 100 Relay Race 22 June 2019

for Mito Canada

Team:134 Central Alberta Masters

Category: Masters 50+

Leg	Runner Name	Team Time	Leg Time	Min/Mile	Min/Km	Penalty	Rank	
							Leg	Team
1	Hastie, Larry	1:49:22	1:49:22	9:28	5:53	0	57	57
2	Kutney, Dave	3:20:21	1:30:59	8:53	5:31	0	37	48
3	Rafa, Tom	4:44:56	1:24:35	9:16	5:45	0	36	47
4	Glover, Gary	5:59:25	1:14:29	8:30	5:17	0	29	37
5	Cuthbertson, Andy	7:36:21	1:36:56	8:52	5:31	0	33	32
6	Lee, Don	8:20:25	0:44:04	7:33	4:41	0	21	28
7	Somers, Liam	9:50:09	1:29:44	8:45	5:26	0	45	30
8	Just, Ron	11:08:15	1:18:06	7:54	4:54	0	22	24
9	Stepanik, Otto	12:02:17	0:54:02	7:22	4:35	0	19	25
10	Dyrland, Deb	13:27:34	1:25:17	8:25	5:14	0	38	27

# Results by Runner 33rd Kananaskis 100 Relay Race 22 June 2019

for Mito Canada

Team:135 0 to 100 real slow

Category: Corporate

Leg	Runner Name	Team Time	Leg Time	Min/Mile	Min/Km	Penalty	Rank	
							Leg	Team
1	Warren, Sophie	2:18:39	2:18:39	12:00	7:27	0	72	72
2	Gamber, Robyn	4:15:05	1:56:26	11:22	7:04	0	72	72
3	Ranca, Diana	5:52:31	1:37:26	10:40	6:38	0	67	72
4	Monson, Andrew	7:28:01	1:35:30	10:54	6:46	0	68	72
5	Leduc, Robert	9:05:33	1:37:32	8:55	5:32	0	37	72
6	Quick, Jordan	10:07:56	1:02:23	10:41	6:38	0	68	72
7	De Laurentiis, Aimee	11:43:20	1:35:24	9:18	5:47	0	55	72
8	Chen, Donna	13:14:04	1:30:44	9:11	5:42	0	49	72
9	Wickham, Dj	14:26:14	1:12:10	9:51	6:07	0	60	72
10	Wickham, Dj	15:50:25	1:24:11	8:19	5:10	0	36	70

# Results by Runner 33rd Kananaskis 100 Relay Race 22 June 2019

for Mito Canada

Team:136 Lost in Pace

Category: Open

Leg	Runner Name	Team Time	Leg Time	Min/Mile	Min/Km	Penalty	Rank	
							Leg	Team
1	Renwick, Curtis	1:47:07	1:47:07	9:16	5:45	0	49	49
2	March, Heather	3:32:16	1:45:09	10:16	6:23	0	62	62
3	Myroon, Alex	4:53:01	1:20:45	8:51	5:30	0	31	55
4	Haurdahl, Jonas	6:17:07	1:24:06	9:36	5:58	0	46	52
5	Macmillan, John	8:14:44	1:57:37	10:45	6:41	0	63	61
6	Swan, Patricia	9:09:02	0:54:18	9:18	5:47	0	53	59
7	Arsenault, Andre	10:32:56	1:23:54	8:11	5:05	0	33	55
8	Phillips, Cindy	12:11:12	1:38:16	9:57	6:11	0	59	57
9	Merwin, Shawn	13:07:13	0:56:01	7:39	4:45	0	23	52
10	Klassen, Brandon	14:34:21	1:27:08	8:36	5:21	0	40	53

# Results by Runner 33rd Kananaskis 100 Relay Race 22 June 2019

for Mito Canada

Team:137 MLT Aikins Billable Miles

Category: Legal

Leg	Runner Name	Team Time	Leg Time	Min/Mile	Min/Km	Penalty	Rank	
							Leg	Team
1	Halbert, Evan	1:25:30	1:25:30	7:24	4:36	0	17	17
2	Jobin, Samantha	3:03:19	1:37:49	9:33	5:56	0	52	31
3	Aboudheir, Aziz	4:32:34	1:29:15	9:47	6:05	0	50	30
4	Finkbeiner, Joel	6:03:04	1:30:30	10:20	6:25	0	59	43
5	Lafond, Drew	7:49:34	1:46:30	9:44	6:03	0	54	43
6	Webster, Catrina	8:49:33	0:59:59	10:16	6:23	0	62	49
7	Kriel, Kristel	10:15:14	1:25:41	8:22	5:12	0	38	48
8	Forys, Eva	12:05:57	1:50:43	11:12	6:58	0	70	55
9	Torrems, Jean	13:11:20	1:05:23	8:55	5:32	0	42	54
10	Kaukas, Adam	14:49:52	1:38:32	9:44	6:03	0	61	56

# Results by Runner 33rd Kananaskis 100 Relay Race 22 June 2019

for Mito Canada

Team:138 SAIT Trojans, Friends Mixed

Category: Mixed

Leg	Runner Name	Team Time	Leg Time	Min/Mile	Min/Km	Penalty	Rank	
							Leg	Team
1	Edgar, Ryan	1:14:10	1:14:10	6:25	3:59	0	7	7
2	Hindbo, Kate	2:38:03	1:23:53	8:11	5:05	0	19	10
3	Seasons, Kendall	3:58:42	1:20:39	8:50	5:29	0	30	14
4	Theriault, Madison	4:56:16	0:57:34	6:34	4:05	0	3	9
5	Ross, Daryl	6:09:33	1:13:17	6:42	4:10	0	1	7
6	Stockton, Alea	6:52:00	0:42:27	7:16	4:31	0	13	7
7	Danard, Ann	8:07:26	1:15:26	7:22	4:35	0	18	8
8	Rynn, Isaac	9:12:24	1:04:58	6:35	4:05	0	5	7
9	Ratzlaff, Trent	9:59:24	0:47:00	6:25	3:59	0	5	7
10	Wisnoski, Kyle	11:01:44	1:02:20	6:09	3:49	0	3	6

# Results by Runner 33rd Kananaskis 100 Relay Race 22 June 2019

for Mito Canada

Team:139 United Cycle Heros

Category: Mixed

Leg	Runner Name	Team Time	Leg Time	Min/Mile	Min/Km	Penalty	Rank	
							Leg	Team
1	Buzzeo, David	1:58:31	1:58:31	10:15	6:22	0	67	67
2	Scanga, Tanya	3:27:29	1:28:58	8:41	5:24	0	31	58
3	Edwards, Anne	4:52:36	1:25:07	9:19	5:47	0	39	53
4	Uhlich, Jeff	6:24:20	1:31:44	10:28	6:30	0	61	57
5	Glen, Cliff	7:52:14	1:27:54	8:02	4:59	0	19	46
6	Lennarson, Michelle	8:34:46	0:42:32	7:17	4:32	0	16	40
7	Comstock, Andy	10:07:28	1:32:42	9:03	5:37	0	52	44
8	Wells, James	11:29:13	1:21:45	8:16	5:08	0	27	38
9	Lorinczi, Klara	12:51:32	1:22:19	11:14	6:59	0	71	48
10	Bustos, Beto	14:15:42	1:24:10	8:19	5:10	0	35	45

# Results by Runner 33rd Kananaskis 100 Relay Race 22 June 2019

for Mito Canada

Team:140 Field Law

Category: Legal

Leg	Runner Name	Team Time	Leg Time	Min/Mile	Min/Km	Penalty	Rank	
							Leg	Team
1	Michaud, Joël	1:31:04	1:31:04	7:53	4:54	0	26	26
2	Precht, Kim	2:59:47	1:28:43	8:39	5:22	0	30	24
3	Jackson, Mark	4:23:38	1:23:51	9:11	5:42	0	35	23
4	Mcdonald, Sheldon	5:39:57	1:16:19	8:43	5:25	0	33	23
5	Clark, Peter	7:46:13	2:06:16	11:33	7:11	0	69	40
6	Thorne, Evie	8:36:01	0:49:48	8:32	5:18	0	40	42
7	Brown, Channing	9:58:38	1:22:37	8:04	5:01	0	30	35
8	Fu, Katherine	11:37:49	1:39:11	10:02	6:14	0	61	46
9	Tomic, Predrag	12:52:37	1:14:48	10:12	6:20	0	63	49
10	Precht, Kimberly	14:28:12	1:35:35	9:26	5:52	0	55	50

# Results by Runner 33rd Kananaskis 100 Relay Race 22 June 2019

for Mito Canada

Team:141 BDO Canada

Category: Corporate

Leg	Runner Name	Team Time	Leg Time	Min/Mile	Min/Km	Penalty	Rank	
							Leg	Team
1	Bestwick, Robert	1:30:37	1:30:37	7:50	4:52	0	25	25
2	Kremer, Kevin	2:58:12	1:27:35	8:33	5:19	0	27	22
3	Moore, Adria	4:34:23	1:36:11	10:32	6:33	0	65	33
4	Friesen, Kelly	5:57:15	1:22:52	9:28	5:53	0	43	34
5	Holm, David	7:38:31	1:41:16	9:15	5:45	0	45	36
6	Haji, Sadeeq	8:31:20	0:52:49	9:03	5:37	0	50	37
7	Ellis-worden, Vanessa	10:03:24	1:32:04	8:59	5:35	0	50	40
8	Jones, Sindy	11:29:36	1:26:12	8:43	5:25	0	35	39
9	Keenan, Daniel	12:37:16	1:07:40	9:14	5:44	0	50	41
10	Lecocq, Vance	13:55:02	1:17:46	7:41	4:46	0	24	33

# Results by Runner 33rd Kananaskis 100 Relay Race 22 June 2019

for Mito Canada

Team:142 Speedy Spartans

Category: Open

Leg	Runner Name	Team Time	Leg Time	Min/Mile	Min/Km	Penalty	Rank	
							Leg	Team
1	Winklerjolie Ne, Erin	2:41:30	2:41:30	13:58	8:41	0	73	73
2	Huckcourtney He, Kelly	5:05:57	2:24:27	14:06	8:46	0	73	73
3	Goody, Nigel	6:38:24	1:32:27	10:08	6:18	0	60	73
4	Goodall, Stephen	8:02:40	1:24:16	9:37	5:58	0	48	73
5	Cronin, Michael	9:53:59	1:51:19	10:11	6:20	0	59	73
6	Tane, Peter	10:41:28	0:47:29	8:08	5:03	0	31	73
7	Olynyk, Carlin	12:27:33	1:46:05	10:21	6:26	0	68	73
8	Dominguez, Ruben	13:49:53	1:22:20	8:20	5:11	0	30	73
9	Squire, Bobbi	14:47:37	0:57:44	7:53	4:54	0	29	73
10	Hamill, Jay	16:37:38	1:50:01	10:52	6:45	0	70	73

# Results by Runner 33rd Kananaskis 100 Relay Race 22 June 2019

for Mito Canada

Team:143 BDO Edmonton

Category: Corporate

Leg	Runner Name	Team Time	Leg Time	Min/Mile	Min/Km	Penalty	Rank	
							Leg	Team
1	Nguyen, Peter	1:36:12	1:36:12	8:19	5:10	0	35	35
2	Cush, Maureen	3:18:23	1:42:11	9:58	6:12	0	60	46
3	Verwey, Jesse	4:45:06	1:26:43	9:30	5:54	0	44	48
4	Hamilton, Andrew	6:25:36	1:40:30	11:28	7:07	0	72	60
5	Jickling, Ward	8:07:15	1:41:39	9:17	5:46	0	47	56
6	Stecyk, Elizabeth	8:58:03	0:50:48	8:42	5:24	0	46	53
7	Tkachuk, Elizabeth	10:32:40	1:34:37	9:14	5:44	0	54	54
8	James, Devin	12:02:58	1:30:18	9:08	5:40	0	47	54
9	Kallal, Susan	13:46:43	1:43:45	14:09	8:47	0	73	65
10	Prenislo, Linda	15:14:24	1:27:41	8:39	5:22	0	41	62

# Results by Runner 33rd Kananaskis 100 Relay Race 22 June 2019

for Mito Canada

Team:144 Mercer

Category: Corporate

Leg	Runner Name	Team Time	Leg Time	Min/Mile	Min/Km	Penalty	Rank	
							Leg	Team
1	Shea, Cheryl	1:50:16	1:50:16	9:32	5:55	0	59	59
2	Friedland, Aaron	3:15:23	1:25:07	8:18	5:09	0	23	42
3	Dahonick, Richard	4:42:25	1:27:02	9:32	5:55	0	46	44
4	Thompson, Scott	5:58:19	1:15:54	8:40	5:23	0	32	35
5	Trudeau, Dino	7:36:29	1:38:10	8:58	5:34	0	41	33
6	Napen, Dea	8:31:01	0:54:32	9:20	5:48	0	54	35
7	Kildare, Carolyn	10:03:10	1:32:09	8:59	5:35	0	51	39
8	Little, Jesse	11:35:17	1:32:07	9:19	5:47	0	50	45
9	Jones, Morgan	12:28:49	0:53:32	7:18	4:32	0	18	33
10	Greenwood, Mark	13:57:06	1:28:17	8:43	5:25	0	42	34

# Results by Runner 33rd Kananaskis 100 Relay Race 22 June 2019

for Mito Canada

Team:145 Whose Idea Was This

Category: Mixed

Leg	Runner Name	Team Time	Leg Time	Min/Mile	Min/Km	Penalty	Rank	
							Leg	Team
1	Raudebaugh, Dallas	1:13:33	1:13:33	6:22	3:57	0	6	6
2	Torrance, Brian	2:18:00	1:04:27	6:17	3:54	0	5	4
3	Soderberg, Nicole	3:31:57	1:13:57	8:06	5:02	0	19	5
4	Woytiuk, Kurt	4:33:23	1:01:26	7:01	4:22	0	5	5
5	Lambert, Adrian	5:55:12	1:21:49	7:29	4:39	0	7	5
6	Soderberg, Alana	6:34:53	0:39:41	6:48	4:13	0	9	5
7	Soltice, John	7:47:42	1:12:49	7:06	4:25	0	12	5
8	Van Vliet, Jenna	8:54:43	1:07:01	6:47	4:13	0	7	5
9	Widney, Chantell	9:46:07	0:51:24	7:01	4:22	0	12	5
10	O'brien, Ben	10:50:27	1:04:20	6:21	3:57	0	4	4

# Results by Runner 33rd Kananaskis 100 Relay Race 22 June 2019

for Mito Canada

Team:146 Fast Trax Collective

Category: Mixed

Leg	Runner Name	Team Time	Leg Time	Min/Mile	Min/Km	Penalty	Rank	
							Leg	Team
1	Quapp, Doreen	1:36:29	1:36:29	8:21	5:11	0	36	36
2	Zabel, Darren	2:49:25	1:12:56	7:07	4:25	0	9	15
3	White Lang, Bobbijo	3:58:46	1:09:21	7:36	4:43	0	9	15
4	Barnes, Steve	5:13:45	1:14:59	8:34	5:19	0	30	15
5	Gray, Steve	6:45:07	1:31:22	8:21	5:11	0	23	15
6	Ong, Simon	7:18:25	0:33:18	5:42	3:32	0	2	11
7	Thorpe, Bruce	8:21:33	1:03:08	6:10	3:50	0	2	11
8	Shuttleworth, Laura	9:35:14	1:13:41	7:27	4:38	0	15	10
9	De Jong, Saskia	10:37:31	1:02:17	8:30	5:17	0	40	10
10	Shuttleworth, Wayne	11:50:06	1:12:35	7:10	4:27	0	17	11

# Results by Runner 33rd Kananaskis 100 Relay Race 22 June 2019

for Mito Canada

Team:147 BLG Gazelles

Category: Legal

Leg	Runner Name	Team Time	Leg Time	Min/Mile	Min/Km	Penalty	Rank	
							Leg	Team
1	Zhen, Celine	1:52:37	1:52:37	9:45	6:03	0	64	64
2	Taylor, Jessica	3:42:05	1:49:28	10:41	6:38	0	64	70
3	Laroche, Colin	4:56:13	1:14:08	8:07	5:03	0	20	60
4	Block, Randall	6:24:24	1:28:11	10:04	6:15	0	55	58
5	Armstrong, Jared	7:56:02	1:31:38	8:23	5:13	0	24	50
6	Wang, Jason	8:48:47	0:52:45	9:02	5:37	0	49	48
7	Chen, Siwei	10:29:11	1:40:24	9:48	6:05	0	62	53
8	Marsden, Duncan	11:24:26	0:55:15	5:36	3:29	0	1	34
9	Blanchet, Benoit	12:21:11	0:56:45	7:45	4:49	0	25	29
10	Samuel, Daffyd	13:54:25	1:33:14	9:12	5:43	0	52	32

# Results by Runner 33rd Kananaskis 100 Relay Race 22 June 2019

for Mito Canada

Team:148 exprESSO

Category: Corporate

Leg	Runner Name	Team Time	Leg Time	Min/Mile	Min/Km	Penalty	Rank	
							Leg	Team
1	Crabtree, Jack	1:22:28	1:22:28	7:08	4:26	0	12	12
2	Polak, Jason	2:34:55	1:12:27	7:04	4:23	0	8	9
3	Van De Vliert, Jonathan	3:45:18	1:10:23	7:43	4:48	0	12	7
4	Goodridge, Sarah	4:54:46	1:09:28	7:56	4:56	0	17	7
5	Delaney, Colin	6:20:00	1:25:14	7:47	4:50	0	10	9
6	Pageau, Jacqueline	6:58:38	0:38:38	6:37	4:07	0	5	9
7	Jurkov, Sergey	8:17:36	1:18:58	7:42	4:47	0	21	10
8	Gordon, Scott	9:26:39	1:09:03	6:59	4:20	0	10	9
9	Milner, Bruce	10:23:38	0:56:59	7:46	4:50	0	26	9
10	Jeffries, Stephanie	11:41:41	1:18:03	7:42	4:47	0	25	10



# Results by Runner 33rd Kananaskis 100 Relay Race 22 June 2019

for Mito Canada

Team:149 Pomeroy

Category: Corporate

Leg	Runner Name	Team Time	Leg Time	Min/Mile	Min/Km	Penalty	Rank	
							Leg	Team
1	Wogan, Gerard	1:54:15	1:54:15	9:53	6:08	0	65	65
2	Alvarado Calvo, Carlos	3:15:11	1:20:56	7:54	4:54	0	15	40
3	Burns, Adam	4:40:16	1:25:05	9:19	5:47	0	38	39
4	Rocheffort, Justine	6:03:03	1:22:47	9:27	5:52	0	42	42
5	Ransome, Liam	7:54:22	1:51:19	10:11	6:20	0	58	49
6	Mc Queen, Beaudean	8:50:42	0:56:20	9:39	5:60	0	56	50
7	Lebrun, David	10:04:17	1:13:35	7:11	4:28	0	13	42
8	Bettoni, Daniela	11:21:57	1:17:40	7:52	4:53	0	21	31
9	Taiman, Koveh	12:27:57	1:06:00	9:00	5:36	0	45	32
10	Tomkys, James	13:57:21	1:29:24	8:50	5:29	0	46	35

# Results by Runner 33rd Kananaskis 100 Relay Race 22 June 2019

for Mito Canada

Team:150 First Blood

Category: Open

Leg	Runner Name	Team Time	Leg Time	Min/Mile	Min/Km	Penalty	Rank	
							Leg	Team
1	Kathol, Todd	1:38:52	1:38:52	8:33	5:19	0	43	43
2	Kathol, Brian	3:13:30	1:34:38	9:14	5:44	0	46	39
3	Kathol, Chris	4:33:08	1:19:38	8:43	5:25	0	29	31
4	Douglas, Lee	5:45:47	1:12:39	8:18	5:09	0	23	25
5	Kathol, Neil	7:15:48	1:30:01	8:14	5:07	0	22	22
6	Kathol, Barbara	8:16:13	1:00:25	10:21	6:26	0	64	25
7	Ghai, Sam	9:46:03	1:29:50	8:46	5:27	0	46	27
8	Kirwin, Meara	11:22:21	1:36:18	9:45	6:03	0	56	32
9	Buffett, Matt	12:30:59	1:08:38	9:22	5:49	0	56	36
10	Kirwin, Erin	14:02:59	1:32:00	9:05	5:39	0	49	37

# Results by Runner 33rd Kananaskis 100 Relay Race 22 June 2019

for Mito Canada

Team:151 Bullet Jones

Category: Legal

Leg	Runner Name	Team Time	Leg Time	Min/Mile	Min/Km	Penalty	Rank	
							Leg	Team
1	Frostad, Emerson	1:48:22	1:48:22	9:22	5:49	0	52	52
2	Heine, Thomas	3:26:42	1:38:20	9:36	5:58	0	55	56
3	Heine, Thomas	4:40:19	1:13:37	8:04	5:01	0	16	40
4	Barrett, Michael	5:59:18	1:18:59	9:01	5:36	0	38	36
5	Denstedt, Sam	8:15:07	2:15:49	12:25	7:43	0	72	62
6	Mireault, Melanie	9:02:26	0:47:19	8:06	5:02	0	30	56
7	Mavridis, Angele	11:12:12	2:09:46	12:40	7:52	0	73	67
8	Batzel, John	12:41:36	1:29:24	9:03	5:37	0	43	65
9	Ridge, Stephanie	13:54:09	1:12:33	9:54	6:09	0	61	68
10	Dwyer, Stacey	16:09:10	2:15:01	13:20	8:17	0	73	71

# Results by Runner 33rd Kananaskis 100 Relay Race 22 June 2019

for Mito Canada

Team:152 Mito Men

Category: Open

Leg	Runner Name	Team Time	Leg Time	Min/Mile	Min/Km	Penalty	Rank	
							Leg	Team
1	Chafe, Dave	1:12:34	1:12:34	6:17	3:54	0	4	4
2	Bradford, Keith	2:16:19	1:03:45	6:13	3:52	0	4	3
3	Robb, Jaime	3:17:19	1:01:00	6:41	4:09	0	3	3
4	Macdonald, Rich	4:14:26	0:57:07	6:31	4:03	0	2	3
5	Zahynacz, Ryan	5:33:38	1:19:12	7:14	4:30	0	3	2
6	Bell, Darcy	6:06:12	0:32:34	5:35	3:28	0	1	2
7	Lindland, Kevin	7:11:54	1:05:42	6:25	3:59	0	4	2
8	Draude, Jody	8:08:38	0:56:44	5:45	3:34	0	3	2
9	Brett, Allan	8:51:44	0:43:06	5:53	3:39	0	1	2
10	Paauwe, Reinier	9:58:35	1:06:51	6:36	4:06	0	8	2

# Results by Runner 33rd Kananaskis 100 Relay Race 22 June 2019

for Mito Canada

Team:153 The Lost Tribe

Category: Open

Leg	Runner Name	Team Time	Leg Time	Min/Mile	Min/Km	Penalty	Rank	
							Leg	Team
1	Sorensen, Laurie	1:32:27	1:32:27	8:00	4:58	0	32	32
2	Ivey, Marcus	2:33:01	1:00:34	5:55	3:41	0	2	8
3	Goudie, Shane	3:46:52	1:13:51	8:05	5:01	0	18	8
4	Freed, Nathan	4:54:53	1:08:01	7:46	4:50	0	14	8
5	Fink, Warren	6:16:57	1:22:04	7:30	4:40	0	8	8
6	Cassidy, Kevin	6:58:28	0:41:31	7:07	4:25	0	12	8
7	Mciver, Jordan	8:07:25	1:08:57	6:44	4:11	0	8	7
8	Durance, Jason	9:21:26	1:09:01	6:59	4:20	5	9	8
9	Snook, Andrew	10:11:20	0:49:54	6:48	4:13	0	9	8
10	Snook, Andrew	11:27:34	1:16:14	7:32	4:41	0	22	8

# Results by Runner 33rd Kananaskis 100 Relay Race 22 June 2019

for Mito Canada

Team:154 Mito Women

Category: Women's Open

Leg	Runner Name	Team Time	Leg Time	Min/Mile	Min/Km	Penalty	Rank	
							Leg	Team
1	Klassen, Leanne	1:16:16	1:16:16	6:36	4:06	0	8	8
2	Wild, Adriana	2:33:00	1:16:44	7:29	4:39	0	11	7
3	Styles Hamm, Sharon	3:40:19	1:07:19	7:22	4:35	0	8	6
4	Hutchings, Sarah	4:42:13	1:01:54	7:04	4:23	0	6	6
5	Russell, Deborah	6:04:51	1:22:38	7:33	4:41	0	9	6
6	Reed, Deb	6:44:25	0:39:34	6:47	4:13	0	8	6
7	Lambert, Carmen	7:59:02	1:14:37	7:17	4:32	0	16	6
8	Macdonald, Megan	9:06:26	1:07:24	6:49	4:14	0	8	6
9	Fitz, Arielle	9:53:59	0:47:33	6:29	4:02	0	7	6
10	Paauwe, Melissa	11:03:04	1:09:05	6:49	4:14	0	10	7

# Results by Runner 33rd Kananaskis 100 Relay Race 22 June 2019

for Mito Canada

Team:155 Fast Trax YEG Ladies

Category: Women's Open

Leg	Runner Name	Team Time	Leg Time	Min/Mile	Min/Km	Penalty	Rank	
							Leg	Team
1	Brown, Laura	1:24:25	1:24:25	7:18	4:32	0	15	15
2	Graen, Petra	2:40:13	1:15:48	7:24	4:36	0	10	11
3	Atwood, Kathy	3:54:01	1:13:48	8:05	5:01	0	17	11
4	Kufeldt, Nanette	5:12:10	1:18:09	8:55	5:32	0	36	13
5	Feraco, Merissa	6:50:15	1:38:05	8:58	5:34	0	40	17
6	Graen, Petra	7:28:44	0:38:29	6:35	4:05	0	4	15
7	Brown, Laura	8:40:58	1:12:14	7:03	4:23	0	11	14
8	Kufeldt, Nanette	9:55:21	1:14:23	7:32	4:41	0	16	14
9	Warawa, Samantha	10:56:49	1:01:28	8:23	5:13	0	37	14
10	Anna Hughes, Heidi	12:25:15	1:28:26	8:44	5:26	0	44	16

# Results by Runner 33rd Kananaskis 100 Relay Race 22 June 2019

for Mito Canada

Team:156 Limpkins

Category: Open

Leg	Runner Name	Team Time	Leg Time	Min/Mile	Min/Km	Penalty	Rank	
							Leg	Team
1	Schubert, Courtney	1:38:39	1:38:39	8:32	5:18	0	41	41
2	Blomfieldm Trud, M	3:03:17	1:19:38	7:46	4:50	5	13	30
3	Crittenden, James	4:19:29	1:16:12	8:21	5:11	0	24	20
4	Briggs, Ali	5:32:44	1:13:15	8:22	5:12	0	27	20
5	Blomfield, Michael	7:20:47	1:48:03	9:53	6:08	0	57	23
6	Cole, Lauran	8:22:46	1:01:59	10:37	6:36	0	67	31
7	Trudeau, Melanie	9:43:48	1:21:02	7:54	4:54	0	26	25
8	Nissen, Emily	11:23:15	1:39:27	10:04	6:15	0	62	33
9	Guzzardi, David	12:18:31	0:55:16	7:32	4:41	0	20	28
10	Carter, Danny	13:46:52	1:28:21	8:43	5:25	0	43	30

# Results by Runner 33rd Kananaskis 100 Relay Race 22 June 2019

for Mito Canada

Team:157 Western Cdn Selects

Category: Corporate

Leg	Runner Name	Team Time	Leg Time	Min/Mile	Min/Km	Penalty	Rank	
							Leg	Team
1	Trzok, Mladen	1:24:52	1:24:52	7:20	4:33	0	16	16
2	Richardson, Ian	2:51:33	1:26:41	8:27	5:15	0	24	16
3	Zaher, Nico	4:08:44	1:17:11	8:27	5:15	0	26	16
4	Goadoue, Erwan	5:13:02	1:04:18	7:20	4:33	0	10	14
5	Reid, Jeremy	6:39:56	1:26:54	7:57	4:56	0	17	13
6	O'shea, Dermot	7:30:00	0:50:04	8:34	5:19	0	42	16
7	Hills, Dave	8:58:42	1:28:42	8:39	5:22	0	44	17
8	Field, Sarah	10:13:37	1:14:55	7:35	4:43	0	17	16
9	Thomson, George	11:13:38	1:00:01	8:11	5:05	0	35	17
10	Bone, Anthony	12:35:22	1:21:44	8:04	5:01	0	31	18

# Results by Runner 33rd Kananaskis 100 Relay Race 22 June 2019

for Mito Canada

Team:158 Not Quite Intact

Category: Open

Leg	Runner Name	Team Time	Leg Time	Min/Mile	Min/Km	Penalty	Rank	
							Leg	Team
1	Thompson, Brian	2:01:49	2:01:49	10:32	6:33	0	69	69
2	Schmigelski, Denise	3:39:54	1:38:05	9:34	5:57	0	54	68
3	Deacon, Morgan	5:24:51	1:44:57	11:30	7:09	0	69	71
4	Borrel, Jerome	6:51:36	1:26:45	9:54	6:09	0	52	70
5	Nutting, Allison	8:28:55	1:37:19	8:54	5:32	0	36	69
6	Andriashek Thom, Rachel	9:28:13	0:59:18	10:09	6:18	0	60	70
7	Tsang-mckenzie, Sabrina	11:12:17	1:44:04	10:09	6:18	0	66	68
8	Mckenzie, Alan	12:52:07	1:39:50	10:06	6:17	0	63	68
9	Parchem, Wayne	13:47:45	0:55:38	7:35	4:43	0	21	66
10	Schmigelski, Denise	15:42:47	1:55:02	11:21	7:03	0	72	69

# Results by Runner 33rd Kananaskis 100 Relay Race 22 June 2019

for Mito Canada

Team:159 Where's the Finish

Category: Mixed

Leg	Runner Name	Team Time	Leg Time	Min/Mile	Min/Km	Penalty	Rank	
							Leg	Team
1	Liew, Elena	1:41:26	1:41:26	8:46	5:27	0	45	45
2	Higginson, Jim	3:18:03	1:36:37	9:26	5:52	0	49	45
3	Oh, Jeanne	5:03:47	1:45:44	11:35	7:12	0	70	62
4	Ostrowerka, Dustin	6:28:00	1:24:13	9:37	5:58	0	47	61
5	Bawol, David	8:14:39	1:46:39	9:45	6:03	0	55	60
6	Banol, Eurose	9:19:50	1:05:11	11:10	6:56	0	69	65
7	Wilson, Laura	11:13:55	1:54:05	11:08	6:55	0	71	70
8	Carson, Monica	12:48:49	1:34:54	9:36	5:58	0	53	67
9	Morrison, Lee	14:00:14	1:11:25	9:45	6:03	0	59	69
10	Neupane, Manny	15:29:13	1:28:59	8:47	5:27	0	45	67

# Results by Runner 33rd Kananaskis 100 Relay Race 22 June 2019

for Mito Canada

Team:160 Run Flats

Category: Open

Leg	Runner Name	Team Time	Leg Time	Min/Mile	Min/Km	Penalty	Rank	
							Leg	Team
1	Feick, Wes	1:36:41	1:36:41	8:22	5:12	0	37	37
2	Feick, Celeste	3:24:05	1:47:24	10:29	6:31	0	63	52
3	Fipke, Dan	4:46:18	1:22:13	9:00	5:36	0	32	49
4	Feick, Clayton	6:19:47	1:33:29	10:40	6:38	0	63	54
5	Clark, Victoria	8:22:46	2:02:59	11:14	6:59	0	67	65
6	James, Emma	9:11:16	0:48:30	8:18	5:09	0	36	61
7	James, Dan	10:39:36	1:28:20	8:37	5:21	0	41	60
8	Maiani, Meghan	12:14:57	1:35:21	9:39	5:60	0	54	58
9	Mizibrocky, Scott	13:25:10	1:10:13	9:35	5:57	0	58	58
10	Jenkinson, Doug	14:47:02	1:21:52	8:05	5:01	0	32	55

# Results by Runner 33rd Kananaskis 100 Relay Race 22 June 2019

for Mito Canada

Team:161 Brintnell Grinders

Category: Corporate

Leg	Runner Name	Team Time	Leg Time	Min/Mile	Min/Km	Penalty	Rank	
							Leg	Team
1	Fentie, Logan	1:31:17	1:31:17	7:54	4:54	0	27	27
2	Tait, Owen	2:59:40	1:28:23	8:37	5:21	0	29	23
3	Cartwright, John	4:12:34	1:12:54	7:59	4:58	0	15	19
4	Campbell, Brock	5:18:15	1:05:41	7:30	4:40	0	11	18
5	Stewart, Rory	6:50:49	1:32:34	8:28	5:16	0	25	18
6	Laustsen, Nicole	7:36:30	0:45:41	7:49	4:51	0	25	18
7	Urbina, Liz	9:13:00	1:36:30	9:25	5:51	0	58	19
8	Duncan, Harrison	10:50:44	1:37:44	9:54	6:09	0	58	22
9	Moriarty, Mike	11:49:08	0:58:24	7:58	4:57	0	31	22
10	Nyman, Cassidy	13:07:19	1:18:11	7:43	4:48	0	27	21

# Results by Runner 33rd Kananaskis 100 Relay Race 22 June 2019

for Mito Canada

Team:162 Lakeside Packers

Category: Open

Leg	Runner Name	Team Time	Leg Time	Min/Mile	Min/Km	Penalty	Rank	
							Leg	Team
1	Murphy, Mike	1:31:21	1:31:21	7:54	4:54	0	28	28
2	Herman, Adam	3:02:16	1:30:55	8:52	5:31	0	36	28
3	Hopkins, Cody	4:30:31	1:28:15	9:40	6:00	0	48	29
4	Diep, Hung	5:51:14	1:20:43	9:13	5:44	0	40	28
5	Diep, Tony	7:41:32	1:45:18	9:38	5:59	5	50	38
6	Kelly, Lauren	8:30:42	0:49:10	8:25	5:14	0	38	34
7	Albrecht, Brent	9:59:04	1:28:22	8:37	5:21	0	42	36
8	Albrecht, Kelly	11:27:31	1:28:27	8:57	5:34	0	40	36
9	Gackle, Breanne	12:34:00	1:06:29	9:04	5:38	0	46	38
10	Belziuk, Jeff	14:18:28	1:44:28	10:19	6:25	0	66	47

# Results by Runner 33rd Kananaskis 100 Relay Race 22 June 2019

for Mito Canada

Team:163 Worst Pace Scenario

Category: Open

Leg	Runner Name	Team Time	Leg Time	Min/Mile	Min/Km	Penalty	Rank	
							Leg	Team
1	Smart, Courtenay	1:28:41	1:28:41	7:40	4:46	0	22	22
2	Thompson, Steven	3:20:50	1:52:09	10:56	6:48	0	67	49
3	Blomquist, Kirsten	4:52:40	1:31:50	10:04	6:15	0	58	54
4	Gunderson, Cole	6:09:09	1:16:29	8:44	5:26	0	34	48
5	Meyer, Jeff	7:52:40	1:43:31	9:28	5:53	0	48	47
6	Meyer, Tess	8:39:36	0:46:56	8:02	4:59	0	28	43
7	Macgillivray, Brett	9:56:46	1:17:10	7:32	4:41	0	20	34
8	Arndt, Dana	11:26:33	1:29:47	9:05	5:39	0	45	35
9	Halbert, Evan	12:24:58	0:58:25	7:58	4:57	0	32	30
10	Mazurek, Matthew	13:45:45	1:20:47	7:58	4:57	0	30	28

# Results by Runner 33rd Kananaskis 100 Relay Race 22 June 2019

for Mito Canada

Team:164 Hey We're Trying

Category: Mixed

Leg	Runner Name	Team Time	Leg Time	Min/Mile	Min/Km	Penalty	Rank	
							Leg	Team
1	Clark, Curtis	1:33:52	1:33:52	8:07	5:03	0	33	33
2	Hanson, Ian	2:54:46	1:20:54	7:54	4:54	0	14	20
3	Gamez, Jill	4:42:48	1:48:02	11:50	7:21	0	72	45
4	Shelly, Dee	6:13:57	1:31:09	10:24	6:28	0	60	51
5	Collins, Tyler	8:12:57	1:59:00	10:53	6:46	0	66	58
6	Crocker, Erin	9:02:34	0:49:37	8:30	5:17	0	39	57
7	Banack, Melissa	10:26:34	1:24:00	8:12	5:06	0	34	52
8	Rieger, Kate	11:55:36	1:29:02	9:01	5:36	0	41	51
9	Irvine, Tyler	12:57:51	1:02:15	8:30	5:17	0	39	50
10	Oke, Abbey	14:11:25	1:13:34	7:16	4:31	0	19	43

# Results by Runner 33rd Kananaskis 100 Relay Race 22 June 2019

for Mito Canada

Team:165 Stantec Stallions

Category: Corporate

Leg	Runner Name	Team Time	Leg Time	Min/Mile	Min/Km	Penalty	Rank	
							Leg	Team
1	Grace, Darien	1:38:39	1:38:39	8:32	5:18	0	42	42
2	Hocevar, Laura	3:31:45	1:53:06	11:02	6:51	0	68	61
3	Proudfoot, Kevin	4:50:00	1:18:15	8:34	5:19	0	27	51
4	Storey T Steel, M	5:54:04	1:04:04	7:19	4:33	0	9	33
5	Tabelev, Vlad	7:31:08	1:37:04	8:52	5:31	0	34	31
6	Ho, Rachel	8:18:58	0:47:50	8:11	5:05	0	33	27
7	Story, Mark	9:49:57	1:30:59	8:53	5:31	0	47	29
8	Meyer, Brigitte	11:16:03	1:26:06	8:43	5:25	0	34	26
9	Storey, Mark	12:08:32	0:52:29	7:10	4:27	0	14	26
10	Steele, Taylor	13:16:40	1:08:08	6:44	4:11	0	9	24

# Results by Runner 33rd Kananaskis 100 Relay Race 22 June 2019

for Mito Canada

Team:166 Nose Hill Running Club

Category: Open

Leg	Runner Name	Team Time	Leg Time	Min/Mile	Min/Km	Penalty	Rank	
							Leg	Team
1	Ong, Raymond	1:23:58	1:23:58	7:16	4:31	0	13	13
2	Matsumaru, Ayako	2:48:31	1:24:33	8:15	5:08	0	22	14
3	Li, Haisheng	3:55:30	1:06:59	7:20	4:33	0	7	12
4	Wang, Gordon	5:07:05	1:11:35	8:10	5:04	0	21	12
5	Li, Leo	6:42:52	1:35:47	8:45	5:26	0	30	14
6	Wang, Jessie	7:28:36	0:45:44	7:50	4:52	0	26	14
7	Guo, Liwu	8:43:57	1:15:21	7:21	4:34	0	17	15
8	Li, Xiaodong	10:02:32	1:18:35	7:57	4:56	0	23	15
9	Wu, Jiannong	10:58:57	0:56:25	7:42	4:47	0	24	15
10	Yin, Henry	12:14:03	1:15:06	7:25	4:36	0	20	14

# Results by Runner 33rd Kananaskis 100 Relay Race 22 June 2019

for Mito Canada

Team:167 Red Deer Runners

Category: Mixed

Leg	Runner Name	Team Time	Leg Time	Min/Mile	Min/Km	Penalty	Rank	
							Leg	Team
1	Loewen, Dean	1:51:59	1:51:59	9:41	6:01	0	62	62
2	Hauck, Darlene	3:25:38	1:33:39	9:08	5:40	0	41	55
3	Stepanik, Otto	4:36:06	1:10:28	7:43	4:48	0	13	34
4	Mcdougall, Justin	5:51:52	1:15:46	8:39	5:22	0	31	30
5	Gilrie, Hal	7:36:47	1:44:55	9:35	5:57	0	49	35
6	Goodkey, Ladonn	8:42:37	1:05:50	11:16	6:60	0	71	44
7	Goodkey, Murray	10:09:46	1:27:09	8:30	5:17	0	40	46
8	Goodwin, Diane	11:59:00	1:49:14	11:03	6:52	0	69	52
9	Schumacher, John	13:16:56	1:17:56	10:38	6:36	0	67	55
10	Denoudsten, Case	14:59:18	1:42:22	10:06	6:17	0	64	58

# Results by Runner 33rd Kananaskis 100 Relay Race 22 June 2019

for Mito Canada

Team:168 The SAMsquatches

Category: Corporate

Leg	Runner Name	Team Time	Leg Time	Min/Mile	Min/Km	Penalty	Rank	
							Leg	Team
1	Wald, Jordan	1:28:48	1:28:48	7:41	4:46	0	23	23
2	Amy, Wendy	3:07:55	1:39:07	9:40	6:00	0	57	32
3	Lamoureux, Simon	4:38:15	1:30:20	9:54	6:09	0	53	36
4	Marks, Kelsie	6:05:24	1:27:09	9:57	6:11	0	53	47
5	Dykstra, David	8:04:10	1:58:46	10:51	6:44	0	65	51
6	Gregory, Fiona	9:00:14	0:56:04	9:36	5:58	0	55	55
7	Lamoureux, Katie	10:35:45	1:35:31	9:19	5:47	0	56	57
8	Jones, Doug	12:19:40	1:43:55	10:31	6:32	0	67	61
9	Dezeeuw, Trevor	13:17:22	0:57:42	7:52	4:53	0	28	56
10	Reed, Steve	14:54:41	1:37:19	9:36	5:58	0	60	57

# Results by Runner 33rd Kananaskis 100 Relay Race 22 June 2019

for Mito Canada

Team:169 We Got the Runs

Category: Mixed

Leg	Runner Name	Team Time	Leg Time	Min/Mile	Min/Km	Penalty	Rank	
							Leg	Team
1	Grant, Amber	1:44:35	1:44:35	9:03	5:37	0	48	48
2	Krekoski, Tanya	3:23:31	1:38:56	9:39	5:60	0	56	51
3	Denbraber, Janine	5:08:14	1:44:43	11:28	7:07	0	68	68
4	Kawecki, Nathan	6:37:25	1:29:11	10:11	6:20	0	57	68
5	Percy, Jerad	8:30:36	1:53:11	10:21	6:26	0	60	70
6	Percy, Leanne	9:29:59	0:59:23	10:10	6:19	0	61	71
7	Percy, Jackson	11:20:21	1:50:22	10:46	6:41	0	70	71
8	King, Mike	13:03:58	1:43:37	10:29	6:31	0	65	70
9	Mayner, Vanessa	14:26:10	1:22:12	11:13	6:58	0	70	71
10	King, Crystal	16:11:13	1:45:03	10:22	6:26	0	67	72

# Results by Runner 33rd Kananaskis 100 Relay Race 22 June 2019

for Mito Canada

Team:170 Sheep River Racers

Category: Open

Leg	Runner Name	Team Time	Leg Time	Min/Mile	Min/Km	Penalty	Rank	
							Leg	Team
1	Banks, Peter	1:51:30	1:51:30	9:39	5:60	0	61	61
2	Houle, Joel	3:25:22	1:33:52	9:09	5:41	0	43	53
3	Gosselin, Susan	4:55:42	1:30:20	9:54	6:09	0	54	57
4	Nelson, Jennifer	6:31:46	1:36:04	10:58	6:49	0	69	65
5	Hudson, Dean	8:28:23	1:56:37	10:40	6:38	0	62	67
6	Heuver, Jacqueline	9:22:22	0:53:59	9:15	5:45	0	51	66
7	Vicicgustafson, Breahna	11:06:04	1:43:42	10:07	6:17	0	65	66
8	Hardy, Katherine	12:35:50	1:29:46	9:05	5:39	0	44	63
9	Heuver, Josh	13:48:49	1:12:59	9:57	6:11	0	62	67
10	Heuver, Jacob	15:04:14	1:15:25	7:27	4:38	0	21	59

# Results by Runner 33rd Kananaskis 100 Relay Race 22 June 2019

for Mito Canada

Team:171 Running from Something

Category: Open

Leg	Runner Name	Team Time	Leg Time	Min/Mile	Min/Km	Penalty	Rank	
							Leg	Team
1	Yung, Vance	1:48:39	1:48:39	9:24	5:50	0	54	54
2	Charabin, Darryl	3:12:59	1:24:20	8:14	5:07	0	20	37
3	Park, Travis	4:38:25	1:25:26	9:21	5:49	0	40	37
4	Landry-par�e, Lili	6:03:07	1:24:42	9:40	6:00	0	49	44
5	Rick, Ellen	7:48:40	1:45:33	9:39	5:60	0	52	42
6	Curoe, Dave	8:31:13	0:42:33	7:17	4:32	0	17	36
7	Bertagnolli, Megan	10:19:18	1:48:05	10:33	6:33	0	69	49
8	Fellows, Chelsey	11:46:08	1:26:50	8:47	5:27	0	36	50
9	Davis, Mark	12:31:46	0:45:38	6:14	3:52	0	4	37
10	Mccloskey, Andrew	13:51:46	1:20:00	7:54	4:54	0	29	31

# Results by Runner 33rd Kananaskis 100 Relay Race 22 June 2019

for Mito Canada

Team:172 Adrenaline Rush

Category: Masters 50+

Leg	Runner Name	Team Time	Leg Time	Min/Mile	Min/Km	Penalty	Rank	
							Leg	Team
1	Bambury, Donald	1:30:17	1:30:17	7:49	4:51	0	24	24
2	Parker, Giles	3:00:27	1:30:10	8:48	5:28	0	33	25
3	Parker, Mike	4:11:22	1:10:55	7:46	4:50	0	14	18
4	Martens, Mark	5:21:12	1:09:50	7:58	4:57	0	18	19
5	Roberts, Morris	6:48:54	1:27:42	8:01	4:59	0	18	16
6	Mccaffrey, Janice	7:33:25	0:44:31	7:37	4:44	0	23	17
7	Trimble, Patty	8:56:58	1:23:33	8:09	5:04	0	32	16
8	Aitken, Kevin	10:17:51	1:20:53	8:11	5:05	0	26	17
9	Leonard, Carolyn	11:26:26	1:08:35	9:21	5:49	0	55	19
10	Evans, Doug	12:37:59	1:11:33	7:04	4:23	0	16	19



# Results by Runner

33rd Kananaskis 100 Relay Race 22 June 2019

for Mito Canada

Team:173 Mito Mixed

Category: Mixed

Leg	Runner Name	Team Time	Leg Time	Min/Mile	Min/Km	Penalty	Leg Rank	Team Rank
1	Penny, Blaine	1:09:25	1:09:25	6:00	3:44	0	2	2
2	Kendrick, Nathan	2:21:09	1:11:44	7:00	4:21	0	7	5
3	Boyd, Suzanne	3:47:00	1:25:51	9:24	5:50	0	41	9
4	Johnson, Ally	5:15:24	1:28:24	10:05	6:16	0	56	16
5	Popescu, Cat	7:26:09	2:10:45	11:57	7:25	0	71	26
6	Lambert, Martin	8:09:57	0:43:48	7:30	4:40	0	19	24
7	Clancy, Shannyn	9:18:36	1:08:39	6:42	4:10	0	6	21
8	Bell, Darcy	10:19:59	1:01:23	6:13	3:52	0	4	18
9	Burke, Loren	11:12:36	0:52:37	7:11	4:28	0	15	16
10	Azar, Austin	12:19:07	1:06:31	6:34	4:05	0	7	15