

Regina Road Runners

Flatlanders Road Race

Regina, SK

October 1, 2022

Overall 5km Runner Results

Pace	Over All Rank	Rank In AgeGroup	Sex	Bib Num	Competitor Name	Net Time
Min/Km	Rank	AgeGroup	Sex	Num	Competitor Name	Time
3:40	1	1/4	M	678	Alex Kolesov	18:19
3:42	2	1/1	M	5642	Joe Filson	18:26
3:51	3	1/4	M	665	Morgan Bradshaw	19:14
3:57	4	1/2	F	670	Molly Lakustiak	19:45
3:59	5	1/13	F	638	Nikolina Kapovic	19:55
4:00	6	1/5	F	677	Natalia Kolesova	19:59
4:27	7	2/2	F	673	Naomi Brown	22:11
4:27	8	2/4	M	634	Max Seidler	22:14
4:34	9	2/4	M	631	Devan Horvath	22:49
4:44	10	3/4	M	651	Marshall Wilson	23:37
4:49	11	1/9	M	646	David Shannon	24:03
4:55	12	2/9	M	656	John Ritson	24:35
5:00	13	1/19	F	674	Brittany Zeigler	24:59
5:07	14	1/6	F	655	Fiona Cribb	25:34
5:26	15	2/13	F	648	Layla Doka	27:11
5:27	16	1/4	F	649	Shahlo Mustafaeva	27:11
	17	3/9	M	676	Mark Ellsworth	27:17

5:28					
	18	2/19	F	653 Jennifer Foell	27:19
5:28					
	19	1/7	F	679 Maxine McKenzie-Cox	27:22
5:29					
	20	3/19	F	661 Kara Marks	27:54
5:35					
	21	4/19	F	645 Marijke Langebroek	28:04
5:37					
	22	4/9	M	644 Ashley Pretorius	28:04
5:37					
	23	1/7	M	643 Lucas Besaw	28:14
5:39					
	24	3/4	M	669 Noah Morhart	29:10
5:50					
	25	4/4	M	668 Ethan Morhart	29:12
5:51					
	26	1/1	M	681 Ryan Grabarczyk	29:15
5:51					
	27	5/9	M	680 Glenroy Cox	29:24
5:53					
	28	5/19	F	658 Nicole Debond	29:41
5:57					
	29	6/19	F	659 Laura Kristoff	30:08
6:02					
	30	2/7	M	636 Jack Ford	30:46
6:10					
	31	6/9	M	635 John Ford	30:47
6:10					
	32	7/19	F	650 Allie Atter	30:48
6:10					
	33	8/19	F	666 Kari Sveinbjornson	30:59
6:12					
	34	2/6	F	626 Kathryn Kelly	31:05
6:13					
	35	9/19	F	647 Erin Nielsen	31:07
6:14					
	36	2/7	F	632 Sue Bayliss	31:36
6:20					
	37	10/19	F	652 Jenn King	32:14
6:27					
	38	3/13	F	691 Recca Aquino	32:58
6:36					
	39	3/7	M	642 Thomas Besaw	33:13
6:39					
	40	4/13	F	699 Francine Morisseau	33:48
6:46					
	41	1/2	M	675 Wally Hauk	33:48
6:46					
	42	4/4	M	628 Colten Yuzicappi	33:49

6:46					
	43	3/6	F	633 Anna Valimaki	33:49
6:46					
	44	11/19	F	627 Kim Yuzicappi	33:49
6:46					
	45	5/13	F	686 Noel Adriatico	34:08
6:50					
	46	2/4	F	657 Amy Poole	34:35
6:55					
	47	3/4	F	629 Andrea Sterzuk	34:41
6:57					
	48	6/13	F	689 Maison Pelletier	34:54
6:59					
	49	12/19	F	663 Emily George	34:56
7:00					
	50	13/19	F	667 Elfie Lukalu-Nkongolo	35:20
7:04					
	51	4/6	F	660 Bob Marks	35:30
7:06					
	52	4/7	M	692 Alex McNabb	35:33
7:07					
	53	7/13	F	696 Khylie Dustyhorn	35:43
7:09					
	54	8/13	F	695 Sarah Dalil	35:43
7:09					
	55	3/7	F	672 Rhonda Gleim	36:06
7:14					
	56	5/7	M	698 Guy Favel	36:42
7:21					
	57	6/7	M	700 Mason Pulongbarit	37:08
7:26					
	58	1/1	M	625 Herman Hulshof	37:59
7:36					
	59	4/7	F	620 Anastasie Mbuyi - Tshiasuma	39:03
7:49					
	60	9/13	F	697 Angela Htoo	39:18
7:52					
	61	5/6	F	612 Loanne Myrah	39:34
7:55					
	62	2/5	F	682 Jenell Masson	40:24
8:05					
	63	14/19	F	683 Jennifer MacRae	40:25
8:05					
	64	5/7	F	623 Corinne Morhart	41:09
8:14					
	65	4/4	F	671 Rachelle Foster	41:20
8:16					
	66	10/13	F	640 Anastasia Besaw	41:35
8:19					
	67	11/13	F	641 Elizabeth Besaw	41:36

8:20					
	68	7/9	M	685 Don Coleman	42:23
8:29					
	69	6/7	F	637 Pam Ford	42:44
8:33					
	70	2/2	M	630 Murray Allan	45:30
9:06					
	71	7/7	M	694 Stellar Deguzman	45:54
9:11					
	72	12/13	F	693 Shaira Baynos	45:54
9:11					
	73	7/7	F	616 Jill Davidson	46:24
9:17					
	74	15/19	F	654 Alexandria Li	48:38
9:44					
	75	8/9	M	624 Don Morhart	49:17
9:52					
	76	3/5	F	613 Erin Gibbs	53:57
10:48					
	77	4/5	F	617 Jill Schmidt	53:57
10:48					
	78	16/19	F	618 Kimberly Hiebert	53:57
10:48					
	79	13/13	F	687 Tiffany Sengmany	54:38
10:56					
	80	6/6	F	621 Karen Henrion	55:49
11:10					
	81	17/19	F	619 Judith Nkongolo	57:38
11:32					
	82	18/19	F	622 Sara-Ann Henrion	58:58
11:48					
	83	19/19	F	684 Nichole Burdon	59:32
11:55					
	84	9/9	M	614 Brent Donald	1:19:21
15:53					
	85	5/5	F	615 Madison Donald	1:19:21
15:53					