

2008 CIS Championships 29th Women's & 46th Men's

Plaines d'Abraham, Quebec City

11/08/2008

Saturday 8-Nov-08

Team Statistics for: Event # 1 WOMENS 5K Run

TEAM GUELPH GRYPHONS		SCORE: 77		PLACE: 1			
OVERALL							
SCORE - PLACE	NAME	AGE	GR	BIB	TIME	Avg. Per KM	Avg. Per Mile
3-3	Lindsay Carson		E2	1	17:59	3:36	5:48
10-10	Rachel Cliff		E3	2	18:37	3:44	6:00
15-15	Courtney Laurie		E3	5	18:50	3:46	6:04
24-23	Lindsay Furtado		E2	3	19:05	3:49	6:09
27-26	Karoline Hoy		E2	4	19:09	3:50	6:10
=====							
30-29	Laura McIvor		E2	6	19:14	3:51	6:12
85-83	Shantelle Novak		E4	7	20:06	4:02	6:29
=====							
Top 5 Total Time:		93:40	Top 5 Average Time:		18:44		
Top 5 Average per KM:		3:45	Top 5 Average Per MILE:		6:02		
1 - 5 Split:		1:10	1 - 7 Split:		2:07		
Top 7 Total Time:		133:00	Top 7 Average Time:		19:00		

TEAM TORONTO VARSITY BLUE		SCORE: 118		PLACE: 2			
OVERALL							
SCORE - PLACE	NAME	AGE	GR	BIB	TIME	Avg. Per KM	Avg. Per Mile
1-1	Megan Brown		E4	8	17:37	3:32	5:41
5-5	Tamara Jewett		R	9	18:22	3:41	5:55
7-7	Erin McClure		E4	10	18:29	3:42	5:57
52-50	Donna Vakalis		E3	13	19:37	3:56	6:19
57-55	Elizabeth Montgomery		E5	11	19:41	3:57	6:21
=====							
99-97	Brenda Colley		E2	12	20:39	4:08	6:39
108-105	Mary Hein		E5	14	21:11	4:15	6:50
=====							
Top 5 Total Time:		93:46	Top 5 Average Time:		18:46		
Top 5 Average per KM:		3:46	Top 5 Average Per MILE:		6:03		
1 - 5 Split:		2:04	1 - 7 Split:		3:34		
Top 7 Total Time:		135:36	Top 7 Average Time:		19:23		

TEAM CALGARY DINOS		SCORE: 126		PLACE: 3			
OVERALL							
SCORE - PLACE	NAME	AGE	GR	BIB	TIME	Avg. Per KM	Avg. Per Mile
8-8	Heather Sim		E5	28	18:33	3:43	5:59
16-16	Debby Querengesser		E3	22	18:50	3:46	6:04
18-18	Erin Sask		E5	27	18:58	3:48	6:07
41-39	Lindsay McNicoll		E3	25	19:30	3:54	6:17
47-45	Hilary Johnston		E4	24	19:34	3:55	6:18
=====							
65-63	Riley McQueen		E3	26	19:45	3:57	6:22
70-68	Faye Stenning		E2	23	19:50	3:58	6:24
=====							
Top 5 Total Time:		95:25	Top 5 Average Time:		19:05		
Top 5 Average per KM:		3:49	Top 5 Average Per MILE:		6:09		
1 - 5 Split:		1:01	1 - 7 Split:		1:17		
Top 7 Total Time:		135:00	Top 7 Average Time:		19:18		

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TEAM		MCMaster MARAUDERS		SCORE:	132	PLACE:	4
OVERALL							
SCORE - PLACE	NAME	AGE	GR	BIB	TIME	Avg. Per KM	Avg. Per Mile
11-11	Jillian Wyman		E2	30	18:39	3:44	6:01
12-12	Jessica Pearo		E2	29	18:41	3:45	6:01
32-31	Katie Anderson		R	31	19:18	3:52	6:13
38-37	Sara Giovannetti		R	32	19:25	3:53	6:15
43-41	Sarah Haliburton		R	33	19:32	3:55	6:18
=====							
67-65	Erika Scott		E3	35	19:46	3:58	6:22
80-78	Carlyn Nameth		R	34	19:58	4:00	6:26
=====							
Top 5 Total Time:		95:35		Top 5 Average Time:		19:07	
Top 5 Average per KM:		3:50		Top 5 Average Per MILE:		6:10	
1 - 5 Split:		:53		1 - 7 Split:		1:19	
Top 7 Total Time:		135:19		Top 7 Average Time:		19:20	

TEAM		WESTERN MUSTANGS		SCORE:	158	PLACE:	5
OVERALL							
SCORE - PLACE	NAME	AGE	GR	BIB	TIME	Avg. Per KM	Avg. Per Mile
17-17	Lynn Mockler		E3	39	18:53	3:47	6:05
19-19	Lorelle Convery		E3	36	18:58	3:48	6:07
28-27	Stephanie Van Veen		E4	37	19:10	3:50	6:11
37-36	Jenn Webber		E5	40	19:21	3:53	6:14
61-59	Alyssa Giuliani		E2	41	19:43	3:57	6:21
=====							
77-75	Johanna Shenstone		E2	42	19:56	4:00	6:25
Top 5 Total Time:		96:05		Top 5 Average Time:		19:13	
Top 5 Average per KM:		3:51		Top 5 Average Per MILE:		6:12	
1 - 5 Split:		:50		1 - 7 Split:			
Top 7 Total Time:				Top 7 Average Time:			

TEAM		VICTORIA VIKES		SCORE:	164	PLACE:	6
OVERALL							
SCORE - PLACE	NAME	AGE	GR	BIB	TIME	Avg. Per KM	Avg. Per Mile
6-6	Marilyn Arsenault		E1	15	18:25	3:41	5:56
31-30	Claire Jean		E2	17	19:16	3:52	6:13
36-35	Shauna Skinner		E3	20	19:19	3:52	6:14
42-40	Julia Tschanz		R	21	19:32	3:55	6:18
55-53	Deidre Moran		R	19	19:39	3:56	6:20
=====							
82-80	Alexandra Coates		R	16	20:00	4:00	6:27
102-100	Laura Mitic		E2	18	20:48	4:10	6:42
=====							
Top 5 Total Time:		96:11		Top 5 Average Time:		19:15	
Top 5 Average per KM:		3:51		Top 5 Average Per MILE:		6:12	
1 - 5 Split:		1:14		1 - 7 Split:		2:23	
Top 7 Total Time:		136:59		Top 7 Average Time:		19:35	

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TEAM WINDSOR LANCERS		SCORE: 204		PLACE: 7			
OVERALL							
SCORE - PLACE	NAME	AGE	GR	BIB	TIME	Avg. Per KM	Avg. Per Mile
14-14	Lisa Brooking		E4	50	18:46	3:46	6:03
29-28	Hannah Eberhard		E5	52	19:13	3:51	6:12
46-44	Stephaney Fay		E3	53	19:34	3:55	6:18
60-58	Raeleen Hunter		E3	54	19:42	3:57	6:21
62-60	Jen Corrick		R	51	19:43	3:57	6:21
69-67	Brittany Moran		E4	55	19:49	3:58	6:23
86-84	Alyssa Thrasher		E2	56	20:08	4:02	6:29
Top 5 Total Time:		96:58	Top 5 Average Time:		19:24		
Top 5 Average per KM:		3:53	Top 5 Average Per MILE:		6:15		
1 - 5 Split:		:57	1 - 7 Split:		1:22		
Top 7 Total Time:		136:55	Top 7 Average Time:		19:34		

TEAM LAVAL ROUGE ET OR		SCORE: 237		PLACE: 8			
OVERALL							
SCORE - PLACE	NAME	AGE	GR	BIB	TIME	Avg. Per KM	Avg. Per Mile
2-2	Catherine Cormier		E3	58	17:59	3:36	5:48
9-9	Véronique Fortin		E4	60	18:35	3:43	5:59
64-62	Alexia Pichard-Jolicoeur		E2	63	19:44	3:57	6:22
71-69	Manon Létourneau		E3	61	19:51	3:59	6:24
97-95	Josée Picard-Arsenault		E2	62	20:32	4:07	6:37
100-98	Marianne Boivin		E5	57	20:39	4:08	6:39
104-101	Annie Croteau-Carignan		R	59	21:03	4:13	6:47
Top 5 Total Time:		96:41	Top 5 Average Time:		19:21		
Top 5 Average per KM:		3:53	Top 5 Average Per MILE:		6:14		
1 - 5 Split:		2:33	1 - 7 Split:		3:04		
Top 7 Total Time:		138:23	Top 7 Average Time:		19:47		

TEAM ST.FX X-WOMEN		SCORE: 243		PLACE: 9			
OVERALL							
SCORE - PLACE	NAME	AGE	GR	BIB	TIME	Avg. Per KM	Avg. Per Mile
13-13	Gina Stewart		E4	48	18:42	3:45	6:02
23-22	Monika Preibischova		E2	47	19:05	3:49	6:09
33-32	Heather Mosher		E3	46	19:19	3:52	6:14
84-82	Kelly MacDonald		E3	45	20:04	4:01	6:28
96-94	Madeline MacDonald		R	44	20:21	4:05	6:33
105-102	Helena Fiore		E2	43	21:06	4:14	6:48
	Holly VanGestel		E3	49	DNF		
Top 5 Total Time:		97:31	Top 5 Average Time:		19:31		
Top 5 Average per KM:		3:55	Top 5 Average Per MILE:		6:17		
1 - 5 Split:		1:39	1 - 7 Split:				
Top 7 Total Time:			Top 7 Average Time:				

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TEAM MCGILL MARTLETS		SCORE: 247				PLACE: 10	
OVERALL							
SCORE - PLACE	NAME	AGE	GR	BIB	TIME	Avg. Per KM	Avg. Per Mile
34-33	Melanie Myrand		R	100	19:19	3:52	6:14
48-46	Charlene Puel		R	102	19:35	3:55	6:19
49-47	Brittany Therrien		R	103	19:35	3:55	6:19
51-49	Christina Lo Basso		E4	99	19:37	3:56	6:19
74-72	Arielle Beatty		E2	97	19:53	3:59	6:24
=====							
81-79	Margaux Pontoreau-Bazinet		R	101	19:59	4:00	6:26
111-108	Nicole Lajeunesse		E2	98	21:25	4:17	6:54
=====							
Top 5 Total Time:		97:59	Top 5 Average Time:		19:36		
Top 5 Average per KM:		3:56	Top 5 Average Per MILE:		6:19		
1 - 5 Split:		:34	1 - 7 Split:		2:06		
Top 7 Total Time:		139:23	Top 7 Average Time:		19:55		

TEAM QUEEN'S GAELS		SCORE: 247				PLACE: 11	
OVERALL							
SCORE - PLACE	NAME	AGE	GR	BIB	TIME	Avg. Per KM	Avg. Per Mile
26-25	Leslie Sexton		E4	64	19:09	3:50	6:10
44-42	Grace Keenleyside		E3	68	19:33	3:55	6:18
54-52	Nadia Tatlow		E2	65	19:38	3:56	6:20
56-54	Liz Miller		E5	66	19:39	3:56	6:20
76-74	Beki Roth		R	69	19:54	3:59	6:25
=====							
79-77	Leah Larocque		E2	67	19:58	4:00	6:26
98-96	Carla Murphy		E5	70	20:37	4:08	6:39
=====							
Top 5 Total Time:		97:53	Top 5 Average Time:		19:35		
Top 5 Average per KM:		3:55	Top 5 Average Per MILE:		6:19		
1 - 5 Split:		:45	1 - 7 Split:		1:28		
Top 7 Total Time:		138:28	Top 7 Average Time:		19:47		

TEAM ALBERTA PANDAS		SCORE: 252				PLACE: 12	
OVERALL							
SCORE - PLACE	NAME	AGE	GR	BIB	TIME	Avg. Per KM	Avg. Per Mile
4-4	Paula Findlay		E2	73	18:03	3:37	5:49
35-34	Lindsay Acheson		E4	71	19:19	3:52	6:14
63-61	Danika Medinski		E2	75	19:43	3:57	6:21
66-64	Hayley Degaust		R	72	19:46	3:58	6:22
91-89	Jessica Van Soest		E3	77	20:11	4:03	6:30
=====							
101-99	Alana Soderberg		R	76	20:45	4:09	6:41
107-104	Jenny Hockin		E3	74	21:11	4:15	6:50
=====							
Top 5 Total Time:		97:02	Top 5 Average Time:		19:25		
Top 5 Average per KM:		3:53	Top 5 Average Per MILE:		6:15		
1 - 5 Split:		2:08	1 - 7 Split:		3:08		
Top 7 Total Time:		138:58	Top 7 Average Time:		19:52		

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Team Statistics for: Event # 1 WOMENS 5K Run

TEAM MANITOBA BISONS		SCORE: 282			PLACE: 13		
OVERALL							
SCORE - PLACE	NAME	AGE	GR	BIB	TIME	Avg. Per KM	Avg. Per Mile
22-21	Katrina Bruckschwaiger		E2	93	19:03	3:49	6:08
40-38	Melanie Gregoire		E2	95	19:27	3:54	6:16
45-43	Alex Bell		E2	92	19:33	3:55	6:18
89-87	Justine Sromberg		E2	96	20:10	4:02	6:30
95-93	Lacey Ginter		E3	94	20:19	4:04	6:33
=====							
112-109	Alyssa Altomare		E2	90	21:27	4:18	6:55
113-110	Chantal Auger		R	91	21:35	4:19	6:57
=====							
Top 5 Total Time:		98:32			Top 5 Average Time:		19:43
Top 5 Average per KM:		3:57			Top 5 Average Per MILE:		6:21
1 - 5 Split:		1:16			1 - 7 Split:		2:32
Top 7 Total Time:		141:34			Top 7 Average Time:		20:14

TEAM SASKATCHEWAN HUSKIES		SCORE: 286			PLACE: 14		
OVERALL							
SCORE - PLACE	NAME	AGE	GR	BIB	TIME	Avg. Per KM	Avg. Per Mile
25-24	Caitlin Warkentin		E2	110	19:06	3:50	6:09
50-48	Jodi Souter		E3	109	19:36	3:56	6:19
58-56	Marcia Richards		E2	107	19:42	3:57	6:21
68-66	Christine Foth		E2	105	19:46	3:58	6:22
94-92	Kailey Smith		E3	108	20:17	4:04	6:32
=====							
106-103	Nadine Brenault		R	104	21:08	4:14	6:49
114-111	Erin Humphreys		E2	106	21:51	4:23	7:02
=====							
Top 5 Total Time:		98:27			Top 5 Average Time:		19:42
Top 5 Average per KM:		3:57			Top 5 Average Per MILE:		6:21
1 - 5 Split:		1:11			1 - 7 Split:		2:45
Top 7 Total Time:		141:26			Top 7 Average Time:		20:13

TEAM SHERBROOKE VERT OR		SCORE: 327			PLACE: 15		
OVERALL							
SCORE - PLACE	NAME	AGE	GR	BIB	TIME	Avg. Per KM	Avg. Per Mile
53-51	Sarah Baribeau		E2	111	19:38	3:56	6:20
59-57	Marilaine Savard		E2	117	19:42	3:57	6:21
72-70	Mireille Rodrigue		E3	116	19:52	3:59	6:24
75-73	Valérie Bélanger		R	112	19:54	3:59	6:25
78-76	Elizabeth Parenteau		R	115	19:57	4:00	6:26
=====							
109-106	Sara Grand'Maison		E2	113	21:17	4:16	6:52
110-107	Véronique Legault		E4	114	21:22	4:17	6:53
=====							
Top 5 Total Time:		99:03			Top 5 Average Time:		19:49
Top 5 Average per KM:		3:58			Top 5 Average Per MILE:		6:23
1 - 5 Split:		:19			1 - 7 Split:		1:44
Top 7 Total Time:		141:42			Top 7 Average Time:		20:15

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Team Statistics for: *Event # 1 WOMENS 5K Run*

TEAM DALHOUSIE TIGERS		SCORE: 343		PLACE: 16			
OVERALL							
SCORE - PLACE	NAME	AGE	GR	BIB	TIME	Avg. Per KM	Avg. Per Mile
20-20	Caroline Schlosser		E3	88	19:00	3:48	6:07
73-71	Kaitlyn Watters		E5	89	19:52	3:59	6:24
83-81	Valerie Christie		R	84	20:01	4:01	6:27
87-85	Crystal Deschambault		E1	85	20:10	4:02	6:30
88-86	Celia Peters		E3	86	20:10	4:02	6:30
90-88	Rebecca Reeves		E3	87	20:10	4:02	6:30
92-90	Stephanie Bennett		E3	83	20:11	4:03	6:30
Top 5 Total Time:		99:13	Top 5 Average Time:		19:51		
Top 5 Average per KM:		3:59	Top 5 Average Per MILE:		6:24		
1 - 5 Split:		1:10	1 - 7 Split:		1:11		
Top 7 Total Time:		139:34	Top 7 Average Time:		19:57		

TEAM CONCORDIA STINGERS		SCORE: 545		PLACE: 17			
OVERALL							
SCORE - PLACE	NAME	AGE	GR	BIB	TIME	Avg. Per KM	Avg. Per Mile
93-91	Rebecca Trembath		E2	82	20:16	4:04	6:32
115-112	Erika Bedford		E2	79	22:56	4:36	7:23
116-113	Melissa Fournier		R	80	23:47	4:46	7:40
117-114	Alaina Garrigan		R	81	25:24	5:05	8:11
118-115	Gabrielle Adam		E2	78	29:43	5:57	9:34
Top 5 Total Time:		122:06	Top 5 Average Time:		24:26		
Top 5 Average per KM:		4:54	Top 5 Average Per MILE:		7:52		
1 - 5 Split:		9:27	1 - 7 Split:				
Top 7 Total Time:			Top 7 Average Time:				