

**2008 CIS Championships 29th Women's & 46th Men's
Plaines d'Abraham, Quebec City
Saturday 8-Nov-08**

11/08/2008 - 11/08/2008

Event # 1 WOMENS 5K Run

START: 1:00pm

Conditions:drizzle, wind 27kph, 5°

COURSE RECORD:Megan Brown U. Toronto :17:10.00 11-Nov-06

PLACE	TEAM	POINTS	SCORERS	DISPLACERS
1	GUELPH GRYPHONS	77	3-10-15-23-26	29-83
2	TORONTO VARSITY BLUE	118	1-5-7-50-55	97-105
3	CALGARY DINOS	126	8-16-18-39-45	63-68
4	MCMASTER MARAUDERS	132	11-12-31-37-41	65-78
5	WESTERN MUSTANGS	158	17-19-27-36-59	75
6	VICTORIA VIKES	164	6-30-35-40-53	80-100
7	WINDSOR LANCERS	204	14-28-44-58-60	67-84
8	LAVAL ROUGE ET OR	237	2-9-62-69-95	98-101
9	ST.FX X-WOMEN	243	13-22-32-82-94	102
10	MCGILL MARTLETS	247	33-46-47-49-72	79-108
11	QUEEN'S GAELS	247	25-42-52-54-74	77-96
12	ALBERTA PANDAS	252	4-34-61-64-89	99-104
13	MANITOBA BISONS	282	21-38-43-87-93	109-110
14	SASKATCHEWAN HUSKIES	286	24-48-56-66-92	103-111
15	SHERBROOKE VERT OR	327	51-57-70-73-76	106-107
16	DALHOUSIE TIGERS	343	20-71-81-85-86	88-90
17	CONCORDIA STINGERS	545	91-112-113-114-115	

OVERALL PLACE	SCORE PLACE	BIB NUM	NAME	AGE	GRADE	TEAM	PLACE ON TEAM	TIME
1	1	8	Megan Brown		E4	TORONTO VARSITY BLUE	1	17:37
2	2	58	Catherine Cormier		E3	LAVAL ROUGE ET OR	1	17:59
3	3	1	Lindsay Carson		E2	GUELPH GRYPHONS	1	17:59
4	4	73	Paula Findlay		E2	ALBERTA PANDAS	1	18:03
5	5	9	Tamara Jewett		R	TORONTO VARSITY BLUE	2	18:22
6	6	15	Marilyn Arsenaault		E1	VICTORIA VIKES	1	18:25
7	7	10	Erin McClure		E4	TORONTO VARSITY BLUE	3	18:29
8	8	28	Heather Sim		E5	CALGARY DINOS	1	18:33
9	9	60	Véronique Fortin		E4	LAVAL ROUGE ET OR	2	18:35
10	10	2	Rachel Cliff		E3	GUELPH GRYPHONS	2	18:37
11	11	30	Jillian Wyman		E2	MCMASTER MARAUDERS	1	18:39
12	12	29	Jessica Pearo		E2	MCMASTER MARAUDERS	2	18:41
13	13	48	Gina Stewart		E4	ST.FX X-WOMEN	1	18:42
14	14	50	Lisa Brooking		E4	WINDSOR LANCERS	1	18:46
15	15	5	Courtney Laurie		E3	GUELPH GRYPHONS	3	18:50
16	16	22	Debby Querengesser		E3	CALGARY DINOS	2	18:50
17	17	39	Lynn Mockler		E3	WESTERN MUSTANGS	1	18:53
18	18	27	Erin Sask		E5	CALGARY DINOS	3	18:58
19	19	36	Lorelle Convery		E3	WESTERN MUSTANGS	2	18:58
20	20	88	Caroline Schlosser		E3	DALHOUSIE TIGERS	1	19:00
21		120	Kelly-Lynne Spettigue		E3	WATERLOO	1	19:02
22	21	93	Katrina Bruckschwaiger		E2	MANITOBA BISONS	1	19:03

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23	22	47	Monika Preibischova	E2	ST.FX X-WOMEN	2	19:05
24	23	3	Lindsay Furtado	E2	GUELPH GRYPHONS	4	19:05
25	24	110	Caitlin Warkentin	E2	SASKATCHEWAN HUSKIES	1	19:06
26	25	64	Leslie Sexton	E4	QUEEN'S GAELS	1	19:09
27	26	4	Karoline Hoy	E2	GUELPH GRYPHONS	5	19:09
28	27	37	Stephanie Van Veen	E4	WESTERN MUSTANGS	3	19:10
29	28	52	Hannah Eberhard	E5	WINDSOR LANCERS	2	19:13
30	29	6	Laura McIvor	E2	GUELPH GRYPHONS	6	19:14
31	30	17	Claire Jean	E2	VICTORIA VIKES	2	19:16
32	31	31	Katie Anderson	R	MCMASTER MARAUDERS	3	19:18
33	32	46	Heather Mosher	E3	ST.FX X-WOMEN	3	19:19
34	33	100	Melanie Myrand	R	MCGILL MARTLETS	1	19:19
35	34	71	Lindsay Acheson	E4	ALBERTA PANDAS	2	19:19
36	35	20	Shauna Skinner	E3	VICTORIA VIKES	3	19:19
37	36	40	Jenn Webber	E5	WESTERN MUSTANGS	4	19:21
38	37	32	Sara Giovannetti	R	MCMASTER MARAUDERS	4	19:25
39		118	Kelsey Daley	E4	SAINT MARY'S	1	19:26
40	38	95	Melanie Gregoire	E2	MANITOBA BISONS	2	19:27
41	39	25	Lindsay McNicoll	E3	CALGARY DINOS	4	19:30
42	40	21	Julia Tschanz	R	VICTORIA VIKES	4	19:32
43	41	33	Sarah Haliburton	R	MCMASTER MARAUDERS	5	19:32
44	42	68	Grace Keenleyside	E3	QUEEN'S GAELS	2	19:33
45	43	92	Alex Bell	E2	MANITOBA BISONS	3	19:33
46	44	53	Stephaney Fay	E3	WINDSOR LANCERS	3	19:34
47	45	24	Hilary Johnston	E4	CALGARY DINOS	5	19:34
48	46	102	Charlene Puel	R	MCGILL MARTLETS	2	19:35
49	47	103	Brittany Therrien	R	MCGILL MARTLETS	3	19:35
50	48	109	Jodi Souter	E3	SASKATCHEWAN HUSKIES	2	19:36
51	49	99	Christina Lo Basso	E4	MCGILL MARTLETS	4	19:37
52	50	13	Donna Vakalis	E3	TORONTO VARSITY BLUE	4	19:37
53	51	111	Sarah Baribeau	E2	SHERBROOKE VERT OR	1	19:38
54	52	65	Nadia Tatlow	E2	QUEEN'S GAELS	3	19:38
55	53	19	Deidre Moran	R	VICTORIA VIKES	5	19:39
56	54	66	Liz Miller	E5	QUEEN'S GAELS	4	19:39
57	55	11	Elizabeth Montgomery	E5	TORONTO VARSITY BLUE	5	19:41
58	56	107	Marcia Richards	E2	SASKATCHEWAN HUSKIES	3	19:42
59	57	117	Marilaine Savard	E2	SHERBROOKE VERT OR	2	19:42
60	58	54	Raeleen Hunter	E3	WINDSOR LANCERS	4	19:42
61	59	41	Alyssa Giuliani	E2	WESTERN MUSTANGS	5	19:43
62	60	51	Jen Corrick	R	WINDSOR LANCERS	5	19:43
63	61	75	Danika Medinski	E2	ALBERTA PANDAS	3	19:43
64	62	63	Alexia Pichard-Jolicoeur	E2	LAVAL ROUGE ET OR	3	19:44
65	63	26	Riley McQueen	E3	CALGARY DINOS	6	19:45
66	64	72	Hayley Degaust	R	ALBERTA PANDAS	4	19:46
67	65	35	Erika Scott	E3	MCMASTER MARAUDERS	6	19:46
68	66	105	Christine Foth	E2	SASKATCHEWAN HUSKIES	4	19:46
69	67	55	Brittany Moran	E4	WINDSOR LANCERS	6	19:49
70	68	23	Faye Stenning	E2	CALGARY DINOS	7	19:50
71	69	61	Manon Létourneau	E3	LAVAL ROUGE ET OR	4	19:51
72	70	116	Mireille Rodrigue	E3	SHERBROOKE VERT OR	3	19:52
73	71	89	Kaitlyn Watters	E5	DALHOUSIE TIGERS	2	19:52
74	72	97	Arielle Beatty	E2	MCGILL MARTLETS	5	19:53
75	73	112	Valérie Bélanger	R	SHERBROOKE VERT OR	4	19:54

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76	74	69	Beki Roth	R	QUEEN'S GAELS	5	19:54
77	75	42	Johanna Shenstone	E2	WESTERN MUSTANGS	6	19:56
78	76	115	Elizabeth Parenteau	R	SHERBROOKE VERT OR	5	19:57
79	77	67	Leah Larocque	E2	QUEEN'S GAELS	6	19:58
80	78	34	Carlyn Nameth	R	MCMASTER MARAUDERS	7	19:58
81	79	101	Margaux Pontoreau-Bazinet	R	MCGILL MARTLETS	6	19:59
82	80	16	Alexandra Coates	R	VICTORIA VIKES	6	20:00
83	81	84	Valerie Christie	R	DALHOUSIE TIGERS	3	20:01
84	82	45	Kelly MacDonald	E3	ST.FX X-WOMEN	4	20:04
85	83	7	Shantelle Novak	E4	GUELPH GRYPHONS	7	20:06
86	84	56	Alyssa Thrasher	E2	WINDSOR LANCERS	7	20:08
87	85	85	Crystal Deschambault	E1	DALHOUSIE TIGERS	4	20:10
88	86	86	Celia Peters	E3	DALHOUSIE TIGERS	5	20:10
89	87	96	Justine Sromberg	E2	MANITOBA BISONS	4	20:10
90	88	87	Rebecca Reeves	E3	DALHOUSIE TIGERS	6	20:10
91	89	77	Jessica Van Soest	E3	ALBERTA PANDAS	5	20:11
92	90	83	Stephanie Bennett	E3	DALHOUSIE TIGERS	7	20:11
93	91	82	Rebecca Trembath	E2	CONCORDIA STINGERS	1	20:16
94	92	108	Kailey Smith	E3	SASKATCHEWAN HUSKIES	5	20:17
95	93	94	Lacey Ginter	E3	MANITOBA BISONS	5	20:19
96	94	44	Madeline MacDonald	R	ST.FX X-WOMEN	5	20:21
97	95	62	Josée Picard-Arsenault	E2	LAVAL ROUGE ET OR	5	20:32
98	96	70	Carla Murphy	E5	QUEEN'S GAELS	7	20:37
99	97	12	Brenda Colley	E2	TORONTO VARSITY BLUE	6	20:39
100	98	57	Marianne Boivin	E5	LAVAL ROUGE ET OR	6	20:39
101	99	76	Alana Soderberg	R	ALBERTA PANDAS	6	20:45
102	100	18	Laura Mitic	E2	VICTORIA VIKES	7	20:48
103		119	Christine Carey	E4	SAINT MARY'S	2	20:54
104	101	59	Annie Croteau-Carignan	R	LAVAL ROUGE ET OR	7	21:03
105	102	43	Helena Fiore	E2	ST.FX X-WOMEN	6	21:06
106	103	104	Nadine Brenault	R	SASKATCHEWAN HUSKIES	6	21:08
107	104	74	Jenny Hockin	E3	ALBERTA PANDAS	7	21:11
108	105	14	Mary Hein	E5	TORONTO VARSITY BLUE	7	21:11
109	106	113	Sara Grand'Maison	E2	SHERBROOKE VERT OR	6	21:17
110	107	114	Véronique Legault	E4	SHERBROOKE VERT OR	7	21:22
111	108	98	Nicole Lajeunesse	E2	MCGILL MARTLETS	7	21:25
112	109	90	Alyssa Altomare	E2	MANITOBA BISONS	6	21:27
113	110	91	Chantal Auger	R	MANITOBA BISONS	7	21:35
114	111	106	Erin Humphreys	E2	SASKATCHEWAN HUSKIES	7	21:51
115	112	79	Erika Bedford	E2	CONCORDIA STINGERS	2	22:56
116	113	80	Melissa Fournier	R	CONCORDIA STINGERS	3	23:47
117	114	81	Alaina Garrigan	R	CONCORDIA STINGERS	4	25:24
118	115	78	Gabrielle Adam	E2	CONCORDIA STINGERS	5	29:43
		49	Holly VanGestel	E3	ST.FX X-WOMEN		DNF

See next pages for TEAM STATS

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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 Statistics for: Event # 1 WOMENS 5K Run

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 Statistics for: Event # 1 WOMENS 5K Run

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 Statistics for: Event # 1 WOMENS 5K Run

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	

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

Plaines d'Abraham, Quebec City

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Saturday 8-Nov-08

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:				