

## 2009 McGill Open

Saturday September 19, 2009

19/09/2009

Mount Royal Park, Montreal QC

**Team Statistics for:      *Event # 1 WOMENS 4k Run*****TEAM UNIV WESTERN ONTARIO      SCORE: 30      PLACE: 1**

OVERALL							
SCORE - PLACE	NAME	AGE	GR	BIB	TIME	Avg. Per KM	Avg. Per Mile
2-2	Lynn Mockler		E4	8	15:04	3:46	6:03
4-4	Lorelle Convery		E4	1	15:10	3:47	6:06
5-5	Alicia Knox		R	6	15:14	3:48	6:07
9-9	Hailey Cummings		R	3	15:20	3:50	6:10
10-10	Laura Desjardins		E2	5	15:20	3:50	6:10
=====							
15-13	Rachel Windsor		R	10	15:30	3:52	6:14
24-20	Hilary Egan		E4	4	15:49	3:57	6:21
=====							
34	Lauren Coutts		E3	2	16:00	4:00	6:26
37	Sara Leo		E4	7	16:02	4:00	6:27
<b>Top 5 Total Time:</b>		76:08	<b>Top 5 Average Time:</b>		15:13		
<b>Top 5 Average per KM:</b>		3:48	<b>Top 5 Average Per MILE:</b>		6:07		
<b>1 - 5 Split:</b>		:16	<b>1 - 7 Split:</b>		:45		
<b>Top 7 Total Time:</b>		107:27	<b>Top 7 Average Time:</b>		15:21		

**TEAM QUEEN'S UNIVERSITY      SCORE: 55      PLACE: 2**

OVERALL							
SCORE - PLACE	NAME	AGE	GR	BIB	TIME	Avg. Per KM	Avg. Per Mile
6-6	Leah Larocque		E3	115	15:19	3:49	6:09
8-8	Emily Klassen		E2	114	15:20	3:50	6:10
12-12	Nadia Tatlow		E3	121	15:26	3:51	6:12
16-14	Alecia Kallos		E1	112	15:31	3:52	6:14
17-15	Maggie Hutton		R	111	15:31	3:52	6:14
=====							
19-17	Grace Keenleyside		E3	113	15:33	3:53	6:15
21-19	Julie McVicar		E4	116	15:47	3:56	6:21
=====							
22	Carla Murphy		E4	118	15:48	3:57	6:21
23	Heather Bijman		E3	106	15:48	3:57	6:21
29	Stephanie Hulse		R	110	15:54	3:58	6:23
32	Elizabeth Miller		E5	117	15:58	3:59	6:25
33	Alexandra Gatza		R	109	16:00	4:00	6:26
41	Theresa Fritz-Endres		R	108	16:14	4:03	6:31
43	Caitlin Tino		E5	122	16:16	4:04	6:32
50	Vanessa Dehoog		R	107	16:32	4:08	6:39
59	Michelle Nicholson		E4	119	16:57	4:14	6:49
<b>Top 5 Total Time:</b>		77:07	<b>Top 5 Average Time:</b>		15:25		
<b>Top 5 Average per KM:</b>		3:51	<b>Top 5 Average Per MILE:</b>		6:12		
<b>1 - 5 Split:</b>		:12	<b>1 - 7 Split:</b>		:28		
<b>Top 7 Total Time:</b>		108:27	<b>Top 7 Average Time:</b>		15:29		

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**Team Statistics for: Event # 1 WOMENS 4k Run**

TEAM MCGILL UNIVERSITY		SCORE: 87		PLACE: 3			
OVERALL							
SCORE - PLACE	NAME	AGE	GR	BIB	TIME	Avg. Per KM	Avg. Per Mile
3-3	Melanie Myrand		E2	175	15:06	3:46	6:04
11-11	Sarah McCuaig		R	176	15:21	3:50	6:10
28-23	Catherine Drouin-Audet		E3	180	15:52	3:58	6:23
30-24	Madeleine Cummings		R	179	15:55	3:58	6:24
35-26	Aimee Castro		R	177	16:01	4:00	6:26
=====							
44-31	Lyndsey Pearsall		R	181	16:16	4:04	6:32
46-33	Gina Pinsonnault		E3	178	16:23	4:05	6:35
=====							
60	Michelle Kowanda		E3	183	17:01	4:15	6:50
71	Mari Mesri		E3	182	17:24	4:21	7:00
81	Rebecca Rolf		E2	184	17:43	4:25	7:07
<b>Top 5 Total Time:</b>		78:15			<b>Top 5 Average Time:</b>	15:39	
<b>Top 5 Average per KM:</b>		3:54			<b>Top 5 Average Per MILE:</b>	6:17	
<b>1 - 5 Split:</b>		:55			<b>1 - 7 Split:</b>	1:17	
<b>Top 7 Total Time:</b>		110:54			<b>Top 7 Average Time:</b>	15:50	

TEAM UNIVERSITE LAVAL		SCORE: 142		PLACE: 4			
OVERALL							
SCORE - PLACE	NAME	AGE	GR	BIB	TIME	Avg. Per KM	Avg. Per Mile
1-1	Manon Letourneau		E3	324	14:57	3:44	6:00
31-25	Jeanne Mercier		R	325	15:56	3:59	6:24
48-35	Évelyne Blouin		E2	323	16:24	4:06	6:35
51-37	Marina Rioux-Castonguay		E2	329	16:35	4:08	6:40
64-44	Isabelle Riedl		E2	328	17:05	4:16	6:52
=====							
66-46	Marie-Pier Plante		E2	327	17:16	4:19	6:56
67-47	Myriam Tremblay		E1	330	17:18	4:19	6:57
=====							
77	Marie-Ève Bilodeau-Corriveau		R	322	17:35	4:23	7:04
92	Kathryn Adel		E3	321	18:12	4:33	7:19
<b>Top 5 Total Time:</b>		80:57			<b>Top 5 Average Time:</b>	16:11	
<b>Top 5 Average per KM:</b>		4:02			<b>Top 5 Average Per MILE:</b>	6:30	
<b>1 - 5 Split:</b>		2:08			<b>1 - 7 Split:</b>	2:21	
<b>Top 7 Total Time:</b>		115:31			<b>Top 7 Average Time:</b>	16:30	

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TEAM		UNIV. DE SHERBROOKE		SCORE: 155		PLACE: 5	
OVERALL							
SCORE - PLACE	NAME	AGE	GR	BIB	TIME	Avg. Per KM	Avg. Per Mile
25-21	Sara Grand Maison		E3	350	15:49	3:57	6:21
36-27	Marilaine Savard		E5	349	16:01	4:00	6:26
40-30	Clemence Trudel		E2	352	16:10	4:02	6:30
52-38	Véronique Legault		E4	351	16:38	4:09	6:41
53-39	Virgine Gauthier		R	355	16:38	4:09	6:41
=====							
54-40	Marie Soleil Samson		R	354	16:39	4:09	6:41
75-53	Marie Christine Carette		R	356	17:30	4:22	7:02
=====							
94	Catherine Gauthier		E2	353	18:17	4:34	7:21
<b>Top 5 Total Time:</b>		81:16			<b>Top 5 Average Time:</b>	16:15	
<b>Top 5 Average per KM:</b>		4:03			<b>Top 5 Average Per MILE:</b>	6:32	
<b>1 - 5 Split:</b>		:49			<b>1 - 7 Split:</b>	1:41	
<b>Top 7 Total Time:</b>		115:25			<b>Top 7 Average Time:</b>	16:29	

TEAM		UNIV. SOUTHERN MAINE		SCORE: 159		PLACE: 6	
OVERALL							
SCORE - PLACE	NAME	AGE	GR	BIB	TIME	Avg. Per KM	Avg. Per Mile
27-22	Carly Dion		E3	27	15:50	3:57	6:22
38-28	Erin Garvey		E3	30	16:02	4:00	6:27
45-32	Jennie Foley		E1	29	16:18	4:04	6:33
47-34	Sarah Myrick		E4	39	16:23	4:05	6:35
62-43	Brooke Madden		E1	35	17:02	4:15	6:51
=====							
74-52	Tiffany Binette		E3	24	17:28	4:22	7:01
76-54	Christina Connolly		E3	26	17:30	4:22	7:02
=====							
83	Alex Raynor		E3	41	17:47	4:26	7:09
89	Bethany Dumas		E2	28	18:11	4:32	7:18
97	Caitlin Wilson		E1	43	18:20	4:35	7:22
104	Robyn Parsons		E3	40	18:45	4:41	7:32
113	Abby Kramer		E4	33	19:02	4:45	7:39
121	Phoebe Borden		E1	25	19:13	4:48	7:43
122	Ariel Howes		E1	32	19:16	4:49	7:45
137	Britt McConnell		E1	36	20:13	5:03	8:08
146	Emily Artesani		E4	23	20:53	5:13	8:24
152	Jennie Tang		E1	42	21:20	5:20	8:34
171	Krissy Liguori		E3	34	22:57	5:44	9:14
<b>Top 5 Total Time:</b>		81:35			<b>Top 5 Average Time:</b>	16:19	
<b>Top 5 Average per KM:</b>		4:04			<b>Top 5 Average Per MILE:</b>	6:33	
<b>1 - 5 Split:</b>		1:12			<b>1 - 7 Split:</b>	1:40	
<b>Top 7 Total Time:</b>		116:33			<b>Top 7 Average Time:</b>	16:39	

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**Team Statistics for: Event # 1 WOMENS 4k Run****TEAM CHAMPLAIN-ST-LAMBERT SCORE: 202 PLACE: 7**

OVERALL							
SCORE - PLACE	NAME	AGE	GR	BIB	TIME	Avg. Per KM	Avg. Per Mile
18-16	Jessica Porfilio			246	15:32	3:53	6:14
20-18	Coralina Tse			245	15:47	3:56	6:21
69-49	Cyrena Girardi			247	17:21	4:20	6:58
84-58	Julia Stirling			248	17:52	4:28	7:11
87-61	Kristin Hunt			249	18:04	4:31	7:16
=====							
148-88	Stephanie Potter			250	21:00	5:15	8:26
	<b>Top 5 Total Time:</b>	84:36			<b>Top 5 Average Time:</b>	16:55	
	<b>Top 5 Average per KM:</b>	4:13			<b>Top 5 Average Per MILE:</b>	6:48	
	<b>1 - 5 Split:</b>	2:32			<b>1 - 7 Split:</b>		
	<b>Top 7 Total Time:</b>				<b>Top 7 Average Time:</b>		

**TEAM CONCORDIA UNIVERSITY SCORE: 212 PLACE: 8**

OVERALL							
SCORE - PLACE	NAME	AGE	GR	BIB	TIME	Avg. Per KM	Avg. Per Mile
49-36	Amelie Roy		E2	143	16:32	4:08	6:39
56-41	Rebecca Trembath		E3	145	16:41	4:10	6:42
57-42	Emily Hargraeves		E1	144	16:50	4:12	6:46
65-45	Sherisse McLaughlin		E1	148	17:12	4:18	6:55
68-48	Elizabeth Mokrusa		E1	146	17:19	4:19	6:58
=====							
70-50	Kelly Hewitt		E1	150	17:21	4:20	6:58
99-65	Gillian Robinson		E1	149	18:25	4:36	7:24
=====							
100	Anna Labarias			381	18:25	4:36	7:24
108	Camila Fitzgibbon		E1	155	18:57	4:44	7:37
114	Jennie Mae Roy		E1	154	19:05	4:46	7:40
120	Laura Newman			380	19:12	4:48	7:43
125	Chanel Savoie		E1	153	19:31	4:52	7:51
151	Jessica Kwaiton		E1	157	21:07	5:16	8:29
168	Laura Caspin		R	162	22:51	5:42	9:11
170	Katy MacDonald		E1	159	22:56	5:44	9:13
174	Lisa-Marie Williams		E1	156	23:01	5:45	9:15
176	Noor Al Ghafari		E1	158	23:38	5:54	9:30
180	Samentha Govindarajan		E1	160	23:49	5:57	9:34
185	Alex Harocpos		E1	161	28:55	7:13	11:38
	<b>Top 5 Total Time:</b>	84:34			<b>Top 5 Average Time:</b>	16:54	
	<b>Top 5 Average per KM:</b>	4:13			<b>Top 5 Average Per MILE:</b>	6:48	
	<b>1 - 5 Split:</b>	:47			<b>1 - 7 Split:</b>	1:53	
	<b>Top 7 Total Time:</b>	120:20			<b>Top 7 Average Time:</b>	17:11	

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**Team Statistics for:      *Event # 1 WOMENS 4k Run***

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<b>TEAM</b>	<b>F-X GARNEAU</b>		<b>SCORE: 256</b>		<b>PLACE: 9</b>		
<b>OVERALL</b>							
<b>SCORE - PLACE</b>	<b>NAME</b>	<b>AGE</b>	<b>GR</b>	<b>BIB</b>	<b>TIME</b>	<b>Avg. Per KM</b>	<b>Avg. Per Mile</b>
7-7	Joanie Roy			54	15:19	3:49	6:09
78-55	Anaïs Deschênes			51	17:35	4:23	7:04
95-63	Shawn Tremblay			52	18:17	4:34	7:21
96-64	Katie Santerre			45	18:19	4:34	7:22
103-67	Elsa Guimond			53	18:45	4:41	7:32
=====							
129-75	Joanie Charland			46	19:44	4:56	7:56
134-78	Emmanuelle Roy			50	19:58	4:59	8:02
=====							
140	Alexane St-Amant			48	20:17	5:04	8:09
166	Anne Leblanc			49	22:31	5:37	9:03
	<b>Top 5 Total Time:</b>	88:15			<b>Top 5 Average Time:</b>	17:39	
	<b>Top 5 Average per KM:</b>	4:24			<b>Top 5 Average Per MILE:</b>	7:06	
	<b>1 - 5 Split:</b>	3:26			<b>1 - 7 Split:</b>	4:39	
	<b>Top 7 Total Time:</b>	127:57			<b>Top 7 Average Time:</b>	18:16	

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<b>TEAM</b>	<b>AHUNTSIC</b>		<b>SCORE: 305</b>		<b>PLACE: 10</b>		
<b>OVERALL</b>							
<b>SCORE - PLACE</b>	<b>NAME</b>	<b>AGE</b>	<b>GR</b>	<b>BIB</b>	<b>TIME</b>	<b>Avg. Per KM</b>	<b>Avg. Per Mile</b>
73-51	Sabrina St-Gelais			224	17:27	4:21	7:01
79-56	Joanie Blanchette			217	17:36	4:24	7:04
85-59	Valerie Gagne			219	17:57	4:29	7:13
86-60	Stephanie Giroux			220	17:58	4:29	7:13
135-79	Veronique Drapeau			218	20:11	5:02	8:07
=====							
139-82	Emmerence Kwizera			221	20:14	5:03	8:08
162-95	Florence Martineau			223	22:00	5:30	8:51
=====							
172	Audrey Vallee			225	22:57	5:44	9:14
	<b>Top 5 Total Time:</b>	91:09			<b>Top 5 Average Time:</b>	18:13	
	<b>Top 5 Average per KM:</b>	4:33			<b>Top 5 Average Per MILE:</b>	7:20	
	<b>1 - 5 Split:</b>	2:44			<b>1 - 7 Split:</b>	4:33	
	<b>Top 7 Total Time:</b>	133:23			<b>Top 7 Average Time:</b>	19:03	

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**Team Statistics for:      *Event # 1 WOMENS 4k Run***

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<b>TEAM</b>	<b>JOHN ABBOTT</b>			<b>SCORE: 343</b>	<b>PLACE: 11</b>		
<b>OVERALL</b>							
<b>SCORE - PLACE</b>	<b>NAME</b>	<b>AGE</b>	<b>GR</b>	<b>BIB</b>	<b>TIME</b>	<b>Avg. Per KM</b>	<b>Avg. Per Mile</b>
39-29	Karen Richard			273	16:05	4:01	6:28
88-62	Stephanie Totten			272	18:08	4:32	7:17
138-81	Christina Di Re			266	20:13	5:03	8:08
143-84	Sascha Bahler			271	20:30	5:07	8:14
147-87	Christina Nadon			267	20:59	5:14	8:26
=====							
156-92	Melissa Louette			274	21:38	5:24	8:42
160-94	Alexia Oprean			275	21:51	5:27	8:47
=====							
164	Alexandra Valencak			265	22:16	5:34	8:57
165	Sara Hojabri			270	22:17	5:34	8:57
	<b>Top 5 Total Time:</b>	95:55			<b>Top 5 Average Time:</b>	19:11	
	<b>Top 5 Average per KM:</b>	4:47			<b>Top 5 Average Per MILE:</b>	7:43	
	<b>1 - 5 Split:</b>	4:54			<b>1 - 7 Split:</b>	5:46	
	<b>Top 7 Total Time:</b>	139:24			<b>Top 7 Average Time:</b>	19:54	

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<b>TEAM</b>	<b>MONTMORENCY</b>			<b>SCORE: 368</b>	<b>PLACE: 12</b>		
<b>OVERALL</b>							
<b>SCORE - PLACE</b>	<b>NAME</b>	<b>AGE</b>	<b>GR</b>	<b>BIB</b>	<b>TIME</b>	<b>Avg. Per KM</b>	<b>Avg. Per Mile</b>
102-66	Caroline Hains			291	18:31	4:37	7:27
109-69	Maribel Turcotte-Desrochers			298	18:58	4:44	7:37
111-71	Karianne Malo			293	18:59	4:44	7:38
133-77	Frederique Pelletier			297	19:52	4:58	7:59
144-85	Anne-Katherine Cormier			287	20:31	5:07	8:15
=====							
153-91	Anne-Catherine Gauthier-			289	21:25	5:21	8:37
157-93	Stephanie Gauvin			290	21:39	5:24	8:42
=====							
159	Michele Masson-Trottier			294	21:47	5:26	8:45
161	Pier-Maude Papillon-Dion			296	21:53	5:28	8:48
175	Carolane Larocque			292	23:12	5:48	9:20
181	Laurenne Mercier			295	25:12	6:18	10:08
	<b>Top 5 Total Time:</b>	96:51			<b>Top 5 Average Time:</b>	19:22	
	<b>Top 5 Average per KM:</b>	4:50			<b>Top 5 Average Per MILE:</b>	7:47	
	<b>1 - 5 Split:</b>	2:00			<b>1 - 7 Split:</b>	3:08	
	<b>Top 7 Total Time:</b>	139:55			<b>Top 7 Average Time:</b>	19:59	

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**Team Statistics for:      *Event # 1 WOMENS 4k Run***

<b>TEAM JEAN-DE-BRÉBEUF</b>		<b>SCORE: 374</b>			<b>PLACE: 13</b>		
<b>OVERALL</b>							
<b>SCORE - PLACE</b>	<b>NAME</b>	<b>AGE</b>	<b>GR</b>	<b>BIB</b>	<b>TIME</b>	<b>Avg. Per KM</b>	<b>Avg. Per Mile</b>
80-57	Gérin Lajoie Claire			262	17:40	4:25	7:06
116-72	Sophie Cartier			386	19:07	4:46	7:41
132-76	Charbonneau Duf Florence			261	19:52	4:58	7:59
142-83	Pelletier Marie-Christine			260	20:30	5:07	8:14
145-86	Roy Marie-Christine			263	20:35	5:08	8:16
<b>Top 5 Total Time:</b>		97:44			<b>Top 5 Average Time:</b>		19:32
<b>Top 5 Average per KM:</b>		4:53			<b>Top 5 Average Per MILE:</b>		7:51
<b>1 - 5 Split:</b>		2:55			<b>1 - 7 Split:</b>		
<b>Top 7 Total Time:</b>				<b>Top 7 Average Time:</b>			

<b>TEAM SHAWINIGAN</b>		<b>SCORE: 374</b>			<b>PLACE: 14</b>		
<b>OVERALL</b>							
<b>SCORE - PLACE</b>	<b>NAME</b>	<b>AGE</b>	<b>GR</b>	<b>BIB</b>	<b>TIME</b>	<b>Avg. Per KM</b>	<b>Avg. Per Mile</b>
106-68	Vanessa Lahaie			401	18:48	4:42	7:33
110-70	Amelie G. Lafreniere			402	18:58	4:44	7:37
117-73	Karyanne Lavoie			404	19:11	4:47	7:43
124-74	Stephanie Matteau			403	19:26	4:51	7:49
149-89	Joannie Paquette			405	21:00	5:15	8:26
167-97	Genevieve Gagnon			406	22:41	5:40	9:07
<b>Top 5 Total Time:</b>		97:23			<b>Top 5 Average Time:</b>		19:28
<b>Top 5 Average per KM:</b>		4:52			<b>Top 5 Average Per MILE:</b>		7:50
<b>1 - 5 Split:</b>		2:12			<b>1 - 7 Split:</b>		
<b>Top 7 Total Time:</b>				<b>Top 7 Average Time:</b>			

<b>TEAM MÉRICI</b>		<b>SCORE: 463</b>			<b>PLACE: 15</b>		
<b>OVERALL</b>							
<b>SCORE - PLACE</b>	<b>NAME</b>	<b>AGE</b>	<b>GR</b>	<b>BIB</b>	<b>TIME</b>	<b>Avg. Per KM</b>	<b>Avg. Per Mile</b>
136-80	Boucher Frédérique			73	20:12	5:03	8:07
150-90	Motard Annick			74	21:01	5:15	8:27
163-96	Gobeil Ariane			72	22:07	5:31	8:53
179-98	Filion Claudia			75	23:48	5:57	9:34
183-99	Bonin Mélodie			76	28:29	7:07	11:27
<b>Top 5 Total Time:</b>		115:37			<b>Top 5 Average Time:</b>		23:07
<b>Top 5 Average per KM:</b>		5:46			<b>Top 5 Average Per MILE:</b>		9:18
<b>1 - 5 Split:</b>		8:17			<b>1 - 7 Split:</b>		
<b>Top 7 Total Time:</b>				<b>Top 7 Average Time:</b>			