

Indoor Insanity 5k

Place	Bib	Name	Split	Gun Time	Fastest Lap	Slowest Lap	Average	Last	Number of Laps	Time	Gap
Heat 1											
1.	969	Andrew Goupee	Lap 25	0:17:21,8	00:37,8 25	00:43,1 20	00:41,6	00:37,8	25	0:17:22,3	-
2.	958	Gage Mattson	Lap 25	0:17:32,1	00:34,3 1	00:45,3 18	00:42,0	00:40,6	25	0:17:32,1	+00:00:09
3.	970	Steven Fritzsche	Lap 25	0:17:42,5	00:37,6 1	00:43,9 23	00:42,5	00:38,1	25	0:17:42,9	+00:00:20
4.	962	Nora Schmidt	Lap 25	0:17:42,9	00:37,8 1	00:44,0 23	00:42,5	00:38,0	25	0:17:42,9	+00:00:20
5.	965	Brian Jansen	Lap 25	0:17:46,0	00:38,0 1	00:44,3 19	00:42,6	00:39,1	25	0:17:46,1	+00:00:23
6.	968	Sam Dunham	Lap 25	0:18:36,9	00:37,5 1	00:47,8 15	00:44,6	00:42,2	25	0:18:36,9	+00:01:14
7.	957	David Ouellette	Lap 25	0:18:48,4	00:39,5 25	00:47,2 20	00:45,1	00:39,5	25	0:18:48,7	+00:01:26
8.	971	Emily Bishop	Lap 25	0:20:19,4	00:40,2 1	00:51,8 17	00:48,7	00:47,1	25	0:20:19,6	+00:02:57
9.	973	Forrest Raymond	Lap 25	0:20:25,1	00:41,1 1	00:58,8 21	00:49,0	00:48,6	25	0:20:25,1	+00:03:02
10.	966	Alex Casey	Lap 25	0:20:30,9	00:42,2 1	00:55,3 22	00:49,2	00:44,4	25	0:20:31,8	+00:03:09
11.	964	Cecilia Morin	Lap 25	0:20:33,8	00:45,4 7	00:53,1 16	00:49,3	00:48,1	25	0:20:34,8	+00:03:12
12.	959	Reagan Mattson	Lap 25	0:20:40,9	00:39,1 1	00:55,6 21	00:49,6	00:45,9	25	0:20:40,9	+00:03:18
13.	1807	Cody Bentley	Lap 25	0:21:00,0	00:42,8 1	00:54,0 20	00:50,4	00:47,2	25	0:21:01,0	+00:03:38
Heat 2											
1.	984	Elizabeth Neiman	Lap 25	0:20:04,6	00:47,8 25	00:55,6 17	00:52,1	00:47,8	25	0:21:44,9	+00:01:08
2.	994	Erik Crocker	Lap 25	0:20:36,3	00:44,6 2	00:52,4 24	00:49,4	00:46,7	25	0:20:36,3	-
3.	982	Chris Robinson	Lap 25	0:20:53,6	00:47,6 25	00:52,6 5	00:50,1	00:47,6	25	0:20:53,6	+00:00:17
4.	975	Steven Dubois	Lap 25	0:21:40,1	00:43,9 1	00:55,9 19	00:52,0	00:48,1	25	0:21:40,1	+00:01:03
5.	991	Noah Rau	Lap 25	0:21:43,9	00:44,8 1	00:56,1 9	00:52,1	00:52,3	25	0:21:43,9	+00:01:07
6.	981	Hollie Adams	Lap 25	0:21:46,4	00:48,3 1	00:54,9 22	00:52,2	00:49,1	25	0:21:46,4	+00:01:10
7.	999	Sidney Knox	Lap 25	0:22:04,4	00:52,3 2	01:00,2 13	00:57,6	00:57,3	25	0:24:01,8	+00:03:25
8.	985	Aaron Dettman	Lap 25	0:22:49,2	00:50,2 2	00:56,7 20	00:54,7	00:53,9	25	0:22:49,2	+00:02:12
9.	990	Olivia Michaud	Lap 25	0:22:57,8	00:50,3 1	00:57,0 17	00:55,1	00:51,1	25	0:22:57,8	+00:02:21
10.	1808	Frank Guarnieri	Lap 25	0:23:08,8	00:50,9 25	00:57,5 16	00:55,5	00:50,9	25	0:23:08,8	+00:02:32
11.	1813	Matthew Stone	Lap 25	0:23:21,3	00:52,3 1	00:58,3 19	00:56,0	00:54,3	25	0:23:21,3	+00:02:44
12.	987	Rachel Carter	Lap 25	0:23:23,2	00:51,3 25	00:59,6 20	00:56,1	00:51,3	25	0:23:23,2	+00:02:46

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13.	974	Logan Pettinato	Lap 25	0:23:47,6	00:47,4 1	01:02,1 22	00:57,1	00:49,6	25	0:23:47,6	+00:03:11
14.	997	Elyse Catalina	Lap 25	0:23:57,7	00:53,4 2	01:00,1 22	00:57,5	00:55,2	25	0:23:57,7	+00:03:21
15.	989	Emily Leshner	Lap 25	0:24:17,0	00:52,4 25	01:02,2 23	00:58,2	00:52,4	25	0:24:17,0	+00:03:40
16.	976	Dana Parker	Lap 25	0:24:18,5	00:50,0 2	01:08,7 21	00:58,3	01:01,1	25	0:24:18,5	+00:03:42
17.	988	Ian Hepburn	Lap 25	0:24:38,6	00:54,2 25	01:03,8 22	00:59,1	00:54,2	25	0:24:38,6	+00:04:02
18.	992	Steve Tosi	Lap 25	0:24:52,9	00:54,0 25	01:02,2 19	00:59,7	00:54,0	25	0:24:52,9	+00:04:16
19.	995	David Frost	Lap 25	0:25:07,8	00:54,7 2	01:05,2 23	01:00,3	00:59,1	25	0:25:07,8	+00:04:31
20.	979	Jen Pellerin	Lap 25	0:25:14,7	00:53,5 1	01:02,9 21	01:00,5	00:57,3	25	0:25:14,7	+00:04:38
21.	1812	Erin Rhoda	Lap 25	0:26:33,1	00:57,3 2	01:08,1 20	01:03,7	01:01,9	25	0:26:33,1	+00:05:56
22.	980	James Williamson	Lap 25	0:27:05,6	00:58,2 2	01:13,6 20	01:05,0	01:07,6	25	0:27:05,6	+00:06:29
23.	986	Dave Dettman	Lap 25	0:28:46,5	00:57,3 2	01:34,8 19	01:09,0	01:07,8	25	0:28:46,5	+00:08:10

Heat 2 Walkers

1.	1766	John Lacey	Lap 22	0:30:43,6	02:07,7 16	02:31,1 4	02:17,6	02:10,2	23	0:52:46,6	+00:07:29
2.	1756	Becky Pearce	Lap 22	0:36:21,5	02:39,9 6	03:07,2 1	02:46,5	02:44,9	23	1:03:50,6	+00:18:33
3.	1802	John White	Lap 22	0:39:35,5	01:41,6 23	02:26,2 1	01:58,1	01:41,6	23	0:45:17,5	-
4.	1760	Gavin Frame	Lap 22	0:43:48,8	02:27,9 18	02:47,1 1	02:33,5	02:27,9	22	0:56:17,8	-1 LAP
5.	1754	Jocelia Pease	Lap 22	0:44:14,3	02:29,3 12	02:50,0 15	02:35,6	02:36,7	23	0:59:40,2	+00:14:22
6.	1764	Tracy Macdonald	Lap 22	0:46:23,8	02:25,8 15	02:44,8 1	02:34,4	02:34,5	23	0:59:12,8	+00:13:55
7.	1757	Elizabeth Bridger	Lap 22	0:47:09,2	02:09,9 23	02:29,9 4	02:20,1	02:09,9	23	0:53:44,5	+00:08:27
8.	1810	Zach St. Johns	Lap 22	0:47:32,0	01:08,3 14	04:54,5 6	02:53,2	02:25,2	23	1:06:24,7	+00:21:07
9.	1765	David Beaulieu	Lap 22	0:48:56,3	02:26,1 15	02:44,8 1	02:34,4	02:34,4	23	0:59:13,0	+00:13:55
10.	1759	Erin Bouttenot	Lap 22	0:51:16,8	02:27,3 22	02:46,6 1	02:33,5	02:27,3	22	0:56:17,0	-1 LAP
11.	1763	Sharon Frost	Lap 22	0:51:40,9	02:27,7 16	02:51,5 6	02:34,7	02:32,6	23	0:59:18,4	+00:14:00
12.	1755	Ryan Kemp	Lap 22	0:52:00,0	02:31,7 3	02:50,8 15	02:35,6	02:34,4	23	0:59:40,8	+00:14:23
13.	1762	Judy Angsten	Lap 22	0:52:51,0	02:40,5 6	03:06,8 1	02:46,3	02:43,8	23	1:03:47,1	+00:18:29
14.	1809	Abby St. Johns	Lap 22	1:03:59,0	01:08,7 14	04:55,5 6	02:53,2	02:25,0	23	1:06:24,0	+00:21:06
15.	1751	Gaylene Williams	Lap 22	1:10:28,6	02:21,4 20	32:43,1 1	03:48,2	02:21,9	23	1:27:30,4	+00:42:12

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16.	1773	Bonita Clukey	Lap 22	1:23:16,8	02:51,2 8	33:39,3 1	05:08,3	03:03,6	21	1:47:55,0	-2 LAP
17.	1752	Sandra Farmer	Lap 22	1:25:07,8	02:23,0 20	32:42,3 1	03:48,4	02:25,5	23	1:27:33,4	+00:42:15
18.	1774	Russell Clukey	Lap 17	1:55:29,8	03:15,2 7	33:40,2 1	09:35,9	27:54,9	12	1:55:11,5	-11 LAP

Heat 3

1.	1819	Dallas Clark	Lap 25	0:25:49,5	00:52,0 22	01:19,8 1	01:01,9	00:54,8	25	0:25:49,5	-
2.	1818	Drew Wyman	Lap 25	0:27:30,7	00:47,9 25	01:19,6 1	01:06,0	00:47,9	25	0:27:30,7	+00:01:41
3.	1817	Jeff Ballard	Lap 25	0:27:44,5	00:55,9 25	01:26,9 18	01:06,5	00:55,9	25	0:27:44,5	+00:01:55
4.	1797	Tysen Wyman	Lap 25	0:28:57,6	00:57,3 25	01:13,8 9	01:09,5	00:57,3	25	0:28:57,6	+00:03:08
5.	1790	Melanie Carney	Lap 25	0:29:43,3	01:00,7 25	01:15,8 6	01:11,3	01:00,7	25	0:29:43,3	+00:03:53
6.	1782	Nyari Patterson-Lee	Lap 25	0:30:20,9	01:08,2 25	01:15,3 23	01:12,8	01:08,2	25	0:30:20,9	+00:04:31
7.	1787	Julia Gregoire	Lap 25	0:30:23,8	00:55,4 1	01:24,5 21	01:12,9	01:14,4	25	0:30:23,8	+00:04:34
8.	1816	Ed Zimmerman	Lap 25	0:30:32,0	00:59,7 25	01:16,3 20	01:13,2	00:59,7	25	0:30:32,0	+00:04:42
9.	1778	Julie Vickers	Lap 25	0:31:12,2	01:07,3 25	01:18,2 19	01:14,8	01:07,3	25	0:31:12,2	+00:05:22
10.	1779	Becca French	Lap 25	0:31:12,3	01:07,4 25	01:18,1 19	01:14,8	01:07,4	25	0:31:12,3	+00:05:22
11.	1805	Denise Klasson	Lap 25	0:31:18,5	01:11,2 3	01:21,2 22	01:15,1	01:14,6	25	0:31:18,5	+00:05:29
12.	1788	Janet Oprendek	Lap 25	0:31:53,1	01:11,7 6	01:23,4 21	01:16,5	01:14,2	25	0:31:53,1	+00:06:03
13.	1786	Thomas Stott	Lap 25	0:32:45,9	00:53,9 1	01:27,9 21	01:18,6	01:12,7	25	0:32:45,9	+00:06:56
14.	1767	Christy Crocker	Lap 25	0:34:17,3	01:15,8 25	01:29,6 21	01:22,2	01:15,8	25	0:34:17,3	+00:08:27
15.	1785	Katelyn Gass	Lap 25	0:34:42,5	01:19,6 25	01:50,3 22	01:30,2	01:19,6	25	0:37:35,1	+00:11:45
16.	1814	Allison Tsomides	Lap 25	0:34:43,6	01:18,1 1	01:26,5 19	01:23,3	01:19,1	25	0:34:43,6	+00:08:54
17.	1770	Martha Nadeau	Lap 25	0:34:52,3	01:06,2 25	01:32,0 17	01:23,6	01:06,2	25	0:34:52,3	+00:09:02
18.	1776	Lisa McIntyre	Lap 25	0:35:17,5	01:07,3 1	01:40,8 16	01:24,7	01:14,4	25	0:35:17,5	+00:09:27
19.	1784	Sherry Woodes	Lap 25	0:35:56,9	01:19,0 6	01:36,1 1	01:26,2	01:31,1	25	0:35:56,9	+00:10:07
20.	1792	Rachel Roy	Lap 25	0:36:43,1	01:20,8 25	01:36,4 23	01:28,1	01:20,8	25	0:36:43,1	+00:10:53
21.	1772	Lloyd Harmon	Lap 25	0:36:45,7	01:13,3 1	01:42,9 24	01:28,2	01:33,9	25	0:36:45,7	+00:10:56
22.	1781	Pamela Brown	Lap 25	0:37:09,8	01:10,8 25	01:36,9 18	01:29,1	01:10,8	25	0:37:09,8	+00:11:20
23.	1783	Kristina Fulgham	Lap 25	0:38:02,4	01:26,2 25	01:44,2 19	01:31,2	01:26,2	25	0:38:02,4	+00:12:12

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Place	Bib	Name	Split	Gun Time	Fastest Lap	Slowest Lap	Average	Last	Number of Laps	Time	Gap
24.	1789	Megan Muncey	Lap 25	0:38:20,8	01:19,3 1	01:36,0 14	01:32,0	01:25,6	25	0:38:20,8	+00:12:31
25.	1791	Tina Nelson	Lap 25	0:38:38,2	01:30,1 23	01:55,9 10	01:44,5	01:30,9	25	0:43:33,7	+00:17:44
26.	1811	Jessica Dumais	Lap 25	0:40:19,3	01:17,2 2	02:03,7 18	01:36,7	01:30,9	25	0:40:19,3	+00:14:29
27.	1777	Joanne Bellmore	Lap 25	0:41:05,8	01:25,7 2	01:50,8 14	01:38,6	01:38,4	25	0:41:05,8	+00:15:16
28.	1794	Robert Morrison	Lap 25	0:41:53,5	01:16,9 1	01:57,8 19	01:44,8	01:48,3	25	0:43:41,8	+00:17:52
29.	1799	Sarah Zwart	Lap 25	0:44:25,2	01:16,1 25	02:28,4 6	01:46,6	01:16,1	25	0:44:25,2	+00:18:35
30.	1800	Monica Lakin	Lap 25	0:44:25,4	01:16,2 25	02:28,6 6	01:46,6	01:16,2	25	0:44:25,4	+00:18:35
31.	1803	Patrick Crocker	Lap 25	0:44:36,4	01:08,8 22	02:45,9 20	01:50,4	01:23,7	25	0:46:00,2	+00:20:10
32.	1815	Daniel Genness	Lap 25	0:45:42,4	01:09,8 25	02:31,8 12	02:02,2	01:09,8	25	0:50:57,4	+00:25:07
33.	1804	Michelle Mitchell	Lap 25	0:46:04,7	01:46,1 2	02:08,4 18	01:54,8	01:46,6	25	0:47:51,4	+00:22:01
34.	1806	Douglas Hekl	Lap 25	0:50:57,5	01:09,8 25	02:33,6 12	02:02,3	01:09,8	25	0:50:57,5	+00:25:08
35.	1775	Eliza Britt	Lap 25	0:52:15,7	01:41,4 1	02:36,5 6	02:05,4	01:49,4	25	0:52:15,7	+00:26:26

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