

Paavo Nurmi Run 2013 - Final Results

First Name	Last Name	Sex	Age Cat.	Event	Bib Number	Time
10 KM - Female - Under 19						
Tanya	Humeniuk	F	under 19	10 K	2926	40:48
Linnea	Uunila	F	under 19	10 K	2907	50:22
Hailey	Palichuk	F	under 19	10 K	2928	50:06
Arlie	Palichuk	F	under 19	10 K	2930	53:17
10 KM - Male - Under 19						
Sam	Hart	M	under 19	10 K	2921	55:10
Alistair	Ogden	M	under 19	10 K	2933	41:58
10 KM - Female - 19-35						
Kelly	Cioffi	F	19-35	10 K	2903	49:37
Jessica	Player	F	19-35	10 K	2918	52:09
Hanna	Szefer	F	19-35	10 K	2929	56:01
Yasuyo	Yonemura	F	19-35	10 K	2902	57:27
10 KM - Male - 19-35						
Felix	Wu	M	19-35	10 K	2931	47:02
Graham	Hallson	M	19-35	10 K	2912	48:48
Rob	An	M	19-35	10 K	2901	54:28
10 KM - Female - 35-49						
Lesley	Ogden	F	35-49	10 K	2934	51:32
Marja	Riihijarvi	F	35-49	10 K	2932	52:34
Sophia	Han	F	35-49	10 K	2909	59:37
10 KM - Male - 35-49						
Mikhail	Titov	M	35-49	10 K	2920	36:10
Samu	Aarto	M	35-49	10 K	2919	38:45
Ged	Ashton	M	35-49	10 K	2910	42:13
10 KM - Female - 50+						
Denise	Jensen	F	50+	10 K	2911	109:56
Monica	Mannerstrom	F	50+	10 K	2925	52:36
Liisa	Tella	F	50+	10 K	2935	54:41
Lorna	McGill	F	50+	10 K	2908	110:51
Jan	Miettinen	F	50+	10 K	2906	113:40
10 KM - Male - 50+						
Sakari	Uunila	M	50+	10 K	2923	51:59
Jaswant	Mehat	M	50+	10 K	2905	59:18
mark	haukka	M	50+	10 K	2904	59:23
Rob	Daniel	M	50+	10 K	2922	103:53
Larry	Amskold	M	50+	10 K	2915	105:03
Larry	Amskold	M	50+	10 K	2914	105:03
David	Moulton	M	50+	10 K	2913	113:16
Brian	Johnson	M	50+	10 K	2927	113:27
5 KM - Female - Under 19						
Lillian	Brichon	F	5-10	5 K	5425	41:15
Cheryl	Chow	F	11-15	5 K	5415	23:53
5 KM - Male - Under 19						
Hamish	Ogden	M	11-15	5 K	5432	20:54
Victor	Saarinén	M	15-19	5 K	5434	24:13
Jarrod	Cowan	M	15-19	5 K	5408	27:39
5 KM - Female - 19-35						
Phanh	Nguyen	F	19-35	5 K	5417	28:39
Melissa	Postnikoff	F	19-35	5 K	5428	28:46
Amanda	Bollinger	F	19-35	5 K	5430	30:15
Valerie	Norquay	F	19-35	5 K	5420	38:23
Tamara	Fuchinsky	F	19-35	5 K	5419	54:44
5 KM - Male - 19-35						
Matt	Battocchio	M	19-35	5 K	5422	20:17
5 KM - Female - 35-49						
Shelley	Turner	F	34-49	5 K	5404	48:14
Paula	Huber	F	35-49	5 K	5429	24:18
Keri-Lyn	Durant	F	35-49	5 K	5403	28:55
Jocelyne	Legal	F	35-49	5 K	5413	30:06
Alice	Chan	F	35-49	5 K	5424	35:13
Cessy	Ng	F	35-49	5 K	5406	36:48
Karen	Lucas-Dacpano	F	35-49	5 K	5405	41:51
Nicole	Strong	F	35-49	5 K	5435	41:51
5 KM - Male 35-49						
Alvin	Chow	M	35-49	5 K	5418	24:06
Jeff	Rank	M	35-49	5 K	5414	24:06
Tero	Kosonen	M	35-49	5 K	5421	28:25
Rick	Weninger	M	35-49	5 K	5407	29:39
5 KM - Male - 50+						
Gordon	Flett	M	50+	5 K	5401	21:19
Len	Brownlie	M	50+	5 K	5426	22:03
Hugh	Blair	M	50+	5 K	5433	30:02
JOHN	RICHARDS	M	50+	5 K	5409	33:28
Daryl	Anderson	M	50+	5 K	5416	33:30
Keith	Turner	M	50+	5 K	5411	34:07
Kosti	Uusikartano	M	50+	5 K	5427	36:33
Mark	Brichon	M	50+	5 K	5423	41:16
3 KM - Female - Youth						
Tamsin	Ogden	F	5-10	3 K	5334	21:50
Marika	Hibbits	F	5-10	3 K	5337	21:51
3 KM - Female - Adult						
Cathy	Wen	F	35-49	3 K	101	20:57
Sheila	West	F	35-49	3 K	5336	21:51
3 KM - Male - Adult						
Paavo	Pulki	M	50+	3 K	5338	20:46
Chris	Ogden	M	50+	3 K	5332	21:57

*fastest female 10 KM

* fastest male 10 KM

*fastest female 5 KM

*fastest male 5 KM

*5 KM & 3 KM times have been adjusted for the 5 min delayed start