

2nd Annual No Foolin' 5KM Run

Squamish Titans Tuesday Running Group

<u>Name</u>	<u>Total Time</u>	<u>1st KM</u>
Roger Shirt	18:05	3:49
Graham Schultz	19:17	3:56
Andrew Baird	21:04	4:18
Aaron Golub	21:23	4:00
Trevor Lowe	21:58	4:16
Alison Abell	22:48	4:36
Sara Voyer	25:18	4:58
Heather Evans	25:18	4:58
Heather Gordon	26:50	
Nichole Waine	26:53	
Sarah Ruttan	27:12	6:00
Isabelle Demars	28:34	5:26
Heather Sidsworth	28:51	5:48

<u>Ideal KM Splits</u>	<u>Difference from 1st KM</u>
3:37	+0:12
3:51	+0:05
4:13	+0:05
4:17	-0:17
4:24	-0:08
4:34	+0:02
5:04	-0:06
5:04	-0:06
5:22	
5:23	
5:26	+0:34
5:43	-0:17
5:47	+0:01