

3rd Annual No Foolin' 5KM Run

Squamish Titans Tuesday Running Group

<u>Name</u>	<u>Total Time</u>	<u>1st KM</u>
Volker Schneider	18:59	3:40
Chris Bishop	19:29	3:52
Andrew Baird	20:37	3:50
Graham Schultz	20:38	3:50
Jason Ross	20:58	3:52
Peter Drysdale	21:10	4:16
Rich Rawling	21:27	4:16
Aaron Golub	21:36	4:00
Alison Abell	22:51	4:20
Richard McKellar	23:17	4:38
Sarah Ruttan	24:36	4:38
Marie-France Dubois	27:39	5:05
Jen Moss	28:36	5:35
Nichole Murray	28:37	5:35

<u>Ideal KM Splits</u>	<u>Difference from 1st KM</u>
3:48	+0:08
3:54	+0:02
4:07	+0:17
4:08	+0:18
4:12	+0:20
4:14	-0:02
4:17	+0:01
4:19	+0:19
4:34	+0:14
4:39	+0:01
4:55	+0:17
5:32	+0:27
5:43	+0:08
5:43	+0:08