

Race Date  
July 24, 2019

CESSE 5K  
Age Group Results

5K

Female Open Winners

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Overall</u>	<u>-----Total-----</u>		<u>Chip</u>	<u>Pace</u>
						<u>Chip Time</u>	<u>Gun Time</u>	<u>Diff</u>	
1	Lizzy Seymour		587	33	2	25:12.1	25:13.0	0:00.9	8:06/M

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Female 26 to 49

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Overall</u>	<u>-----Total-----</u>		<u>Chip</u>	
						<u>Chip Time</u>	<u>Gun Time</u>	<u>Diff</u>	<u>Pace</u>
1	* Marie-Elaine Lemieux		583	43	11	28:19.5	28:20.6	0:01.1	9:06/M
2	Carmen Beck		596	36	17	31:10.7	31:12.0	0:01.2	10:02/M

Female 50 and Over

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Overall</u>	<u>-----Total-----</u>		<u>Chip</u>	
						<u>Chip Time</u>	<u>Gun Time</u>	<u>Diff</u>	<u>Pace</u>
1	* Cheryl Smith		593	52	9	27:20.7	27:24.9	0:04.1	8:48/M
2	Lisa Hunter		597	50	15	29:40.6	29:43.2	0:02.6	9:33/M
3	Amy Martell		591	58	16	30:18.2	30:20.2	0:02.0	9:45/M

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5K

Male Open Winners

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Overall</u>	<u>Chip Time</u>	<u>Gun Time</u>	<u>Diff</u>	<u>Pace</u>
1	Brian Savoie		600	46	1	22:35.6	22:38.3	0:02.6	7:16/M

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Male 26 to 49

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Overall</u>	<u>-----Total-----</u>		<u>Chip</u>	
						<u>Chip Time</u>	<u>Gun Time</u>	<u>Diff</u>	<u>Pace</u>
1	* Chris Gardner		595	27	3	25:25.3	25:27.4	0:02.0	8:10/M
2	David Gammel		590	49	7	26:56.2	26:57.6	0:01.4	8:40/M
3	Anthony Nelson		585	34	8	27:10.0	27:10.6	0:00.6	8:44/M
4	Bobby Pilch		586	44	14	29:34.9	29:37.3	0:02.3	9:31/M

Male 50 and Over

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Overall</u>	<u>-----Total-----</u>		<u>Chip</u>	
						<u>Chip Time</u>	<u>Gun Time</u>	<u>Diff</u>	<u>Pace</u>
1	* Sigmund Van Damme		584	55	4	25:44.7	25:47.4	0:02.7	8:17/M
2	Andrew McCauley		599	56	5	26:32.0	26:33.4	0:01.3	8:32/M
3	Jamie Caron		598	51	6	26:39.6	26:41.4	0:01.7	8:34/M
4	Paul Hedrick		589	54	10	27:38.9	27:41.9	0:03.0	8:53/M
5	Chris Stelzig		588	51	12	29:06.0	29:08.0	0:02.0	9:21/M
6	Jim Katz		601	60	13	29:20.6	29:24.3	0:03.7	9:26/M