

## SPLITS - 2019 TOUR DE CAPE 5K SPLITS

| Place | Bib# | Name            | G | Age | 1sthalf | Pace | 2ndhalf | Pace | Tagtime | Pace | Div/Tot | Div    | Gen/Tot | G |
|-------|------|-----------------|---|-----|---------|------|---------|------|---------|------|---------|--------|---------|---|
| 1     | 1485 | Chris Meier     | M | 51  | 9:54    | 6:24 | 9:54    | 6:24 | 19:48   | 6:24 | 1/5     | M50-54 | 1/55    | M |
| 2     | 1486 | Chris Moyer Ii  | M | 34  | 9:57    | 6:26 | 10:17   | 6:39 | 20:14   | 6:32 | 1/2     | M30-24 | 2/55    | M |
| 3     | 1408 | Amy Babeu       | F | 26  | 10:26   | 6:44 | 10:20   | 6:40 | 20:46   | 6:42 | 1/2     | F25-29 | 1/90    | F |
| 4     | 1469 | Bruce Lander    | M | 59  | 10:29   | 6:46 | 10:25   | 6:43 | 20:53   | 6:45 | 1/13    | M55-59 | 3/55    | M |
| 5     | 1418 | Andreas Boehm   | M | 60  | 10:33   | 6:48 | 10:24   | 6:43 | 20:57   | 6:46 | 1/6     | M60-64 | 4/55    | M |
| 6     | 1599 | John Scott      | M | 54  | 10:28   | 6:45 | 10:40   | 6:53 | 21:07   | 6:49 | 2/5     | M50-54 | 5/55    | M |
| 7     | 1532 | Lee Waller      | M | 34  | 10:48   | 6:58 | 11:18   | 7:18 | 22:05   | 7:08 | 2/2     | M30-24 | 6/55    | M |
| 8     | 1525 | Guy Tam         | M | 57  | 10:45   | 6:56 | 11:36   | 7:30 | 22:21   | 7:13 | 2/13    | M55-59 | 7/55    | M |
| 9     | 1407 | Gary Aubuchon   | M | 56  | 11:02   | 7:07 | 11:33   | 7:27 | 22:35   | 7:17 | 3/13    | M55-59 | 8/55    | M |
| 10    | 1510 | Chris Scott     | M | 46  | 10:58   | 7:04 | 11:46   | 7:35 | 22:43   | 7:20 | 1/6     | M45-49 | 9/55    | M |
| 11    | 1517 | Perry Small     | M | 59  | 11:29   | 7:25 | 11:37   | 7:30 | 23:05   | 7:27 | 4/13    | M55-59 | 10/55   | M |
| 12    | 1454 | Erik Greenfield | M | 46  | 11:44   | 7:34 | 11:29   | 7:25 | 23:13   | 7:30 | 2/6     | M45-49 | 11/55   | M |
| 13    | 1530 | Ivan Vega       | M | 68  | 11:34   | 7:28 | 11:49   | 7:38 | 23:22   | 7:33 | 1/5     | M65-69 | 12/55   | M |
| 14    | 1511 | Grant Setzer    | M | 57  | 11:45   | 7:35 | 12:09   | 7:51 | 23:54   | 7:43 | 5/13    | M55-59 | 13/55   | M |
| 15    | 1528 | Jay Trojan      | M | 59  | 11:36   | 7:29 | 12:37   | 8:08 | 24:12   | 7:49 | 6/13    | M55-59 | 14/55   | M |
| 16    | 1482 | Nile McBride    | M | 14  | 11:22   | 7:20 | 12:57   | 8:21 | 24:18   | 7:51 | 1/4     | M11-14 | 15/55   | M |
| 17    | 1564 | Daria Zimmer    | F | 34  | 12:16   | 7:55 | 12:28   | 8:02 | 24:43   | 7:59 | 1/4     | F30-24 | 2/90    | F |
| 18    | 1550 | Dean Traiger Md | M | 49  | 12:23   | 8:00 | 12:36   | 8:08 | 24:58   | 8:04 | 3/6     | M45-49 | 16/55   | M |
| 19    | 1465 | Russell Kohl    | M | 64  | 12:33   | 8:06 | 12:27   | 8:02 | 25:00   | 8:04 | 2/6     | M60-64 | 17/55   | M |
| 20    | 1533 | Louis Wang      | M | 28  | 12:23   | 7:59 | 12:53   | 8:19 | 25:16   | 8:09 | 1/2     | M25-29 | 18/55   | M |
| 21    | 1414 | Joshua Beyer    | M | 27  | 12:23   | 7:59 | 13:11   | 8:30 | 25:33   | 8:15 | 2/2     | M25-29 | 19/55   | M |
| 22    | 1512 | Renee Sheppard  | F | 46  | 12:39   | 8:10 | 13:03   | 8:25 | 25:42   | 8:18 | 1/12    | F45-49 | 3/90    | F |

|    |      |                   |   |    |       |      |       |      |       |      |      |        |       |   |
|----|------|-------------------|---|----|-------|------|-------|------|-------|------|------|--------|-------|---|
| 23 | 1507 | Meike Rosenberger | F | 45 | 12:59 | 8:23 | 12:53 | 8:19 | 25:52 | 8:21 | 2/12 | F45-49 | 4/90  | F |
| 24 | 1502 | John Reed         | M | 67 | 13:10 | 8:30 | 12:48 | 8:15 | 25:57 | 8:23 | 2/5  | M65-69 | 20/55 | M |
| 25 | 1477 | Laurie Mansfield  | F | 53 | 12:47 | 8:15 | 13:31 | 8:43 | 26:18 | 8:29 | 1/7  | F50-54 | 5/90  | F |

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|-------|------|--------------------|---|-----|---------|-------|---------|-------|---------|-------|---------|---------|---------|---|
| ====  | ==== | =====              | = | ==  | =====   | ===== | =====   | ===== | =====   | ===== | =====   | =====   | =====   | = |
| 26    | 1468 | Wyatt Labair       | M | 8   | 12:51   | 8:18  | 13:51   | 8:56  | 26:42   | 8:37  | 1/2     | M10&UND | 21/55   | M |
| 27    | 1439 | Emilio De La Cruz  | M | 10  | 13:23   | 8:39  | 13:20   | 8:36  | 26:43   | 8:37  | 2/2     | M10&UND | 22/55   | M |
| 28    | 1440 | Luis De La Cruz    | M | 37  | 13:24   | 8:39  | 13:20   | 8:36  | 26:44   | 8:38  | 1/2     | M35-39  | 23/55   | M |
| 29    | 1559 | Christine Castillo | F | 34  | 13:19   | 8:36  | 13:27   | 8:41  | 26:45   | 8:38  | 2/4     | F30-24  | 6/90    | F |
| 30    | 1425 | Andy Bristow       | M | 57  | 13:02   | 8:25  | 13:45   | 8:53  | 26:47   | 8:39  | 7/13    | M55-59  | 24/55   | M |
| 31    | 1544 | Michelle Wooten    | F | 41  | 13:31   | 8:44  | 13:22   | 8:38  | 26:53   | 8:41  | 1/11    | F40-44  | 7/90    | F |
| 32    | 1484 | Annabelle Meier    | F | 47  | 13:37   | 8:47  | 13:30   | 8:43  | 27:06   | 8:45  | 3/12    | F45-49  | 8/90    | F |
| 33    | 1429 | Nicole Cartier     | F | 43  | 13:33   | 8:44  | 13:39   | 8:49  | 27:12   | 8:47  | 2/11    | F40-44  | 9/90    | F |
| 34    | 1417 | Kelsey Blomquist   | F | 31  | 13:11   | 8:30  | 14:12   | 9:10  | 27:22   | 8:50  | 3/4     | F30-24  | 10/90   | F |
| 35    | 1543 | Lincoln Wooten     | M | 48  | 13:30   | 8:43  | 13:53   | 8:57  | 27:23   | 8:50  | 4/6     | M45-49  | 25/55   | M |
| 36    | 1453 | Nancy Gonzalez     | F | 66  | 13:48   | 8:54  | 13:40   | 8:49  | 27:28   | 8:52  | 1/13    | F65-69  | 11/90   | F |
| 37    | 1447 | Patrick Esposito   | M | 58  | 13:37   | 8:47  | 13:58   | 9:01  | 27:34   | 8:54  | 8/13    | M55-59  | 26/55   | M |
| 38    | 1546 | Carlene Zeches     | F | 55  | 14:06   | 9:06  | 13:42   | 8:51  | 27:48   | 8:58  | 1/15    | F55-59  | 12/90   | F |
| 39    | 1506 | Michael Rolph      | M | 54  | 13:50   | 8:56  | 14:33   | 9:24  | 28:23   | 9:10  | 3/5     | M50-54  | 27/55   | M |
| 40    | 1478 | Gail Marinari      | F | 54  | 14:04   | 9:05  | 14:42   | 9:29  | 28:45   | 9:17  | 2/7     | F50-54  | 13/90   | F |

|    |      |                  |   |    |       |       |       |      |       |      |      |        |       |   |
|----|------|------------------|---|----|-------|-------|-------|------|-------|------|------|--------|-------|---|
| 41 | 1463 | Jeff Justin      | M | 58 | 14:05 | 9:05  | 14:54 | 9:37 | 28:58 | 9:21 | 9/13 | M55-59 | 28/55 | M |
| 42 | 1554 | Laura Decamp     | F | 41 | 14:09 | 9:08  | 14:50 | 9:35 | 28:59 | 9:21 | 3/11 | F40-44 | 14/90 | F |
| 43 | 1443 | Cheryll Duquette | F | 66 | 14:32 | 9:23  | 14:45 | 9:31 | 29:17 | 9:27 | 2/13 | F65-69 | 15/90 | F |
| 44 | 1446 | Suzanne Elliott  | F | 23 | 14:49 | 9:34  | 15:15 | 9:50 | 30:03 | 9:42 | 1/1  | F20-24 | 16/90 | F |
| 45 | 1436 | Caroline Davis   | F | 27 | 14:49 | 9:34  | 15:16 | 9:51 | 30:04 | 9:42 | 2/2  | F25-29 | 17/90 | F |
| 46 | 1493 | Joan Perkett     | F | 61 | 15:02 | 9:42  | 15:06 | 9:45 | 30:07 | 9:43 | 1/10 | F60-64 | 18/90 | F |
| 47 | 1552 | Bill Bond        | M | 75 | 15:15 | 9:50  | 15:05 | 9:44 | 30:19 | 9:47 | 1/4  | M75+   | 29/55 | M |
| 48 | 1444 | Delilah Edwards  | F | 41 | 15:26 | 9:58  | 15:03 | 9:43 | 30:29 | 9:50 | 4/11 | F40-44 | 19/90 | F |
| 49 | 1405 | Lyzza Archipov   | F | 44 | 15:25 | 9:57  | 15:05 | 9:44 | 30:30 | 9:51 | 5/11 | F40-44 | 20/90 | F |
| 50 | 1521 | Ian. Steele      | M | 63 | 15:31 | 10:01 | 15:22 | 9:55 | 30:52 | 9:58 | 3/6  | M60-64 | 30/55 | M |

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| Place | Bib#  | Name               | G | Age   | 1sthalf | Pace  | 2ndhalf | Pace  | Tagtime | Pace  | Div/Tot | Div    | Gen/Tot | G     |
|-------|-------|--------------------|---|-------|---------|-------|---------|-------|---------|-------|---------|--------|---------|-------|
| ===== | ===== | =====              | = | ===== | =====   | ===== | =====   | ===== | =====   | ===== | =====   | =====  | =====   | ===== |
| 51    | 1522  | Robin Steele       | F | 62    | 15:35   | 10:03 | 15:19   | 9:53  | 30:53   | 9:58  | 2/10    | F60-64 | 21/90   | F     |
| 52    | 1483  | Janet McNaughton   | F | 37    | 15:24   | 9:56  | 15:33   | 10:02 | 30:56   | 9:59  | 1/3     | F35-39 | 22/90   | F     |
| 53    | 1526  | Christina Toro     | F | 38    | 15:44   | 10:09 | 15:20   | 9:54  | 31:04   | 10:02 | 2/3     | F35-39 | 23/90   | F     |
| 54    | 1542  | Steve Wirth        | M | 60    | 15:28   | 9:59  | 15:42   | 10:08 | 31:09   | 10:03 | 4/6     | M60-64 | 31/55   | M     |
| 55    | 1540  | Tricia Winterstein | F | 50    | 15:26   | 9:58  | 15:48   | 10:12 | 31:13   | 10:05 | 3/7     | F50-54 | 24/90   | F     |
| 56    | 1480  | Annette McBride    | F | 47    | 14:44   | 9:31  | 16:38   | 10:44 | 31:22   | 10:07 | 4/12    | F45-49 | 25/90   | F     |
| 57    | 1406  | Andrea Aubuchon    | F | 56    | 15:18   | 9:53  | 16:07   | 10:24 | 31:25   | 10:08 | 2/15    | F55-59 | 26/90   | F     |
| 58    | 1504  | James Renfro       | M | 74    | 15:23   | 9:56  | 16:11   | 10:26 | 31:33   | 10:11 | 1/4     | M70-74 | 32/55   | M     |
| 59    | 1563  | Thomas Bersch      | M | 71    | 15:50   | 10:13 | 15:48   | 10:12 | 31:37   | 10:12 | 2/4     | M70-74 | 33/55   | M     |

|    |      |                    |   |    |       |       |       |       |       |       |       |        |       |   |
|----|------|--------------------|---|----|-------|-------|-------|-------|-------|-------|-------|--------|-------|---|
| 60 | 1458 | Addy Hines         | F | 45 | 15:46 | 10:11 | 15:55 | 10:16 | 31:40 | 10:13 | 5/12  | F45-49 | 27/90 | F |
| 61 | 1556 | Scott Smiley       | M | 62 | 15:34 | 10:02 | 16:10 | 10:26 | 31:43 | 10:14 | 5/6   | M60-64 | 34/55 | M |
| 62 | 1539 | Jeffrey Winterstei | M | 48 | 15:06 | 9:45  | 16:44 | 10:48 | 31:50 | 10:16 | 5/6   | M45-49 | 35/55 | M |
| 63 | 1558 | Alfred Iagnemmo    | M | 70 | 16:10 | 10:26 | 15:55 | 10:16 | 32:05 | 10:21 | 3/4   | M70-74 | 36/55 | M |
| 64 | 1413 | Connie Barron      | F | 62 | 16:49 | 10:51 | 15:35 | 10:03 | 32:24 | 10:27 | 3/10  | F60-64 | 28/90 | F |
| 65 | 1456 | Maja Hans          | F | 54 | 16:21 | 10:33 | 16:30 | 10:39 | 32:51 | 10:36 | 4/7   | F50-54 | 29/90 | F |
| 66 | 1441 | Chuck Decamp       | M | 56 | 15:44 | 10:09 | 17:10 | 11:05 | 32:54 | 10:37 | 10/13 | M55-59 | 37/55 | M |
| 67 | 1481 | Hayden McBride     | M | 12 | 15:37 | 10:04 | 17:29 | 11:17 | 33:05 | 10:41 | 2/4   | M11-14 | 38/55 | M |
| 68 | 1585 | Andrea Wigert      | F | 39 | 17:27 | 11:16 | 16:14 | 10:28 | 33:40 | 10:52 | 3/3   | F35-39 | 30/90 | F |
| 69 | 1555 | Elizabeth Merriken | F | 46 | 16:26 | 10:37 | 17:26 | 11:15 | 33:52 | 10:56 | 6/12  | F45-49 | 31/90 | F |
| 70 | 1586 | Eddie Keller       | M | 38 | 16:25 | 10:36 | 17:28 | 11:16 | 33:53 | 10:56 | 2/2   | M35-39 | 39/55 | M |
| 71 | 1516 | Nathan Slater      | M | 11 | 16:11 | 10:26 | 17:55 | 11:34 | 34:06 | 11:00 | 3/4   | M11-14 | 40/55 | M |
| 72 | 1434 | Jennifer Craft     | F | 41 | 16:34 | 10:42 | 17:42 | 11:25 | 34:15 | 11:03 | 6/11  | F40-44 | 32/90 | F |
| 73 | 1570 | Rob Lawrence       | M | 55 | 16:33 | 10:41 | 18:04 | 11:39 | 34:36 | 11:10 | 11/13 | M55-59 | 41/55 | M |
| 74 | 1535 | Kathi Whitcomb     | F | 48 | 16:32 | 10:40 | 18:19 | 11:49 | 34:50 | 11:15 | 7/12  | F45-49 | 33/90 | F |
| 75 | 1498 | Kelly Potter       | F | 57 | 16:38 | 10:44 | 18:18 | 11:49 | 34:56 | 11:16 | 3/15  | F55-59 | 34/90 | F |

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| Place | Bib# | Name            | G | Age | 1sthalf | Pace  | 2ndhalf | Pace  | Tagtime | Pace  | Div/Tot | Div    | Gen/Tot | G |
|-------|------|-----------------|---|-----|---------|-------|---------|-------|---------|-------|---------|--------|---------|---|
| 76    | 1537 | Maryann Windey  | F | 55  | 17:42   | 11:25 | 17:33   | 11:19 | 35:14   | 11:22 | 4/15    | F55-59 | 35/90   | F |
| 77    | 1497 | Richard Pittman | M | 76  | 17:42   | 11:25 | 17:35   | 11:21 | 35:17   | 11:23 | 2/4     | M75+   | 42/55   | M |

|     |      |                    |   |    |       |       |       |       |       |       |       |        |       |   |
|-----|------|--------------------|---|----|-------|-------|-------|-------|-------|-------|-------|--------|-------|---|
| 78  | 1496 | Wendy Piascik      | F | 63 | 17:20 | 11:11 | 18:01 | 11:37 | 35:20 | 11:24 | 4/10  | F60-64 | 36/90 | F |
| 79  | 1488 | Kevin Onorevole    | M | 49 | 18:15 | 11:46 | 17:33 | 11:20 | 35:47 | 11:33 | 6/6   | M45-49 | 43/55 | M |
| 80  | 1569 | Carol Lawrence     | F | 52 | 17:42 | 11:25 | 18:51 | 12:10 | 36:32 | 11:48 | 5/7   | F50-54 | 37/90 | F |
| 81  | 1515 | Melissa Slater     | F | 44 | 18:02 | 11:38 | 18:31 | 11:57 | 36:33 | 11:48 | 7/11  | F40-44 | 38/90 | F |
| 82  | 1460 | Susan Hopf         | F | 61 | 18:21 | 11:50 | 18:26 | 11:54 | 36:47 | 11:52 | 5/10  | F60-64 | 39/90 | F |
| 83  | 1519 | Brenda Spindler    | F | 56 | 18:22 | 11:51 | 18:25 | 11:53 | 36:47 | 11:52 | 5/15  | F55-59 | 40/90 | F |
| 84  | 1466 | Scott Kook         | M | 55 | 17:38 | 11:23 | 19:30 | 12:35 | 37:08 | 11:59 | 12/13 | M55-59 | 44/55 | M |
| 85  | 1534 | Terry Weiss        | F | 60 | 17:48 | 11:29 | 19:22 | 12:30 | 37:09 | 11:59 | 6/10  | F60-64 | 41/90 | F |
| 86  | 1459 | Susanne Hogenkamp  | F | 48 | 18:24 | 11:52 | 18:56 | 12:13 | 37:19 | 12:03 | 8/12  | F45-49 | 42/90 | F |
| 87  | 1442 | Britta Dietrich    | F | 47 | 18:24 | 11:53 | 18:56 | 12:13 | 37:20 | 12:03 | 9/12  | F45-49 | 43/90 | F |
| 88  | 1410 | Nancy Bagliani     | F | 52 | 18:49 | 12:08 | 18:49 | 12:09 | 37:38 | 12:09 | 6/7   | F50-54 | 44/90 | F |
| 89  | 1464 | Sue Justin         | F | 66 | 18:03 | 11:39 | 20:04 | 12:57 | 38:06 | 12:18 | 3/13  | F65-69 | 45/90 | F |
| 90  | 1419 | Ywonka Boehm       | F | 49 | 18:08 | 11:42 | 20:00 | 12:54 | 38:07 | 12:18 | 10/12 | F45-49 | 46/90 | F |
| 91  | 1430 | Alicia Chiappetta  | F | 44 | 18:38 | 12:01 | 19:32 | 12:36 | 38:09 | 12:19 | 8/11  | F40-44 | 47/90 | F |
| 92  | 1452 | Alicia Geerson     | F | 40 | 17:50 | 11:31 | 20:28 | 13:12 | 38:17 | 12:21 | 9/11  | F40-44 | 48/90 | F |
| 93  | 1431 | Logan "flash" Chia | M | 14 | 19:01 | 12:17 | 22:07 | 14:16 | 41:08 | 13:16 | 4/4   | M11-14 | 45/55 | M |
| 94  | 1432 | Louis Chiappetta   | M | 51 | 19:01 | 12:16 | 22:10 | 14:18 | 41:10 | 13:17 | 4/5   | M50-54 | 46/55 | M |
| 95  | 1518 | Kim Southworth     | F | 62 | 19:39 | 12:41 | 21:36 | 13:56 | 41:15 | 13:19 | 7/10  | F60-64 | 49/90 | F |
| 96  | 1455 | Mariann Griffin    | F | 67 | 19:42 | 12:43 | 21:34 | 13:55 | 41:15 | 13:19 | 4/13  | F65-69 | 50/90 | F |
| 97  | 1571 | Terri Lollo        | F | 62 | 19:48 | 12:47 | 21:34 | 13:55 | 41:21 | 13:21 | 8/10  | F60-64 | 51/90 | F |
| 98  | 1529 | Marietjie Van Der  | F | 58 | 20:06 | 12:58 | 21:37 | 13:57 | 41:43 | 13:28 | 6/15  | F55-59 | 52/90 | F |
| 99  | 1490 | Damita Parks       | F | 32 | 18:09 | 11:43 | 23:50 | 15:23 | 41:58 | 13:33 | 4/4   | F30-24 | 53/90 | F |
| 100 | 1524 | Denise Talt        | F | 55 | 17:40 | 11:24 | 24:29 | 15:48 | 42:08 | 13:36 | 7/15  | F55-59 | 54/90 | F |

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|-------|------|--------------------|---|-----|---------|-------|---------|-------|---------|-------|---------|--------|---------|---|
| 101   | 1450 | Jamie Fitzgerald   | F | 53  | 20:28   | 13:12 | 21:45   | 14:02 | 42:12   | 13:37 | 7/7     | F50-54 | 55/90   | F |
| 102   | 1567 | Jade Decker        | F | 15  | 19:18   | 12:27 | 23:02   | 14:52 | 42:20   | 13:40 | 1/2     | F15-19 | 56/90   | F |
| 103   | 1409 | John Bagliani      | M | 53  | 21:31   | 13:53 | 21:14   | 13:42 | 42:45   | 13:48 | 5/5     | M50-54 | 47/55   | M |
| 104   | 1433 | Janet Cooper       | F | 44  | 19:17   | 12:26 | 23:29   | 15:09 | 42:45   | 13:48 | 10/11   | F40-44 | 57/90   | F |
| 105   | 1451 | Shelly Fowinkle    | F | 46  | 19:16   | 12:26 | 23:31   | 15:10 | 42:47   | 13:48 | 11/12   | F45-49 | 58/90   | F |
| 106   | 1495 | Robin Piaggione    | F | 58  | 20:48   | 13:26 | 22:07   | 14:17 | 42:55   | 13:51 | 8/15    | F55-59 | 59/90   | F |
| 107   | 1403 | Maria Antonucci    | F | 65  | 20:46   | 13:24 | 22:14   | 14:21 | 43:00   | 13:53 | 5/13    | F65-69 | 60/90   | F |
| 108   | 1487 | Christine Onorevol | F | 48  | 20:31   | 13:14 | 23:28   | 15:09 | 43:58   | 14:11 | 12/12   | F45-49 | 61/90   | F |
| 109   | 1514 | Emily Slater       | F | 15  | 19:47   | 12:46 | 24:14   | 15:38 | 44:00   | 14:12 | 2/2     | F15-19 | 62/90   | F |
| 110   | 1494 | Jon D. Peterson    | M | 81  | 21:12   | 13:41 | 22:54   | 14:47 | 44:05   | 14:14 | 3/4     | M75+   | 48/55   | M |
| 111   | 1426 | Sharon Brunett     | F | 56  | 22:13   | 14:20 | 22:00   | 14:12 | 44:13   | 14:16 | 9/15    | F55-59 | 63/90   | F |
| 112   | 1449 | Darcie Ferris      | F | 65  | 22:29   | 14:31 | 22:08   | 14:17 | 44:37   | 14:24 | 6/13    | F65-69 | 64/90   | F |
| 113   | 1548 | Maureen Jackson    | F | 69  | 22:28   | 14:30 | 22:12   | 14:20 | 44:40   | 14:25 | 7/13    | F65-69 | 65/90   | F |
| 114   | 1420 | Andrea Boling      | F | 63  | 21:43   | 14:01 | 22:57   | 14:49 | 44:40   | 14:25 | 9/10    | F60-64 | 66/90   | F |
| 115   | 1435 | Carol Daigle       | F | 68  | 22:33   | 14:33 | 22:11   | 14:19 | 44:43   | 14:26 | 8/13    | F65-69 | 67/90   | F |
| 116   | 1470 | Mary Lewis         | F |     | 22:01   | 14:13 | 23:06   | 14:54 | 45:06   | 14:33 |         |        | 68/90   | F |
| 117   | 1501 | Patrick Quinlan    | M | 56  | 21:54   | 14:08 | 24:26   | 15:46 | 46:20   | 14:57 | 13/13   | M55-59 | 49/55   | M |
| 118   | 1500 | Eileen Quinlan     | F | 58  | 22:06   | 14:15 | 24:16   | 15:40 | 46:21   | 14:57 | 10/15   | F55-59 | 69/90   | F |
| 119   | 1424 | Billi Brantley     | F | 67  | 23:13   | 14:59 | 23:23   | 15:06 | 46:36   | 15:02 | 9/13    | F65-69 | 70/90   | F |
| 120   | 1437 | Ida Davison        | F | 60  | 23:13   | 14:59 | 23:24   | 15:06 | 46:37   | 15:02 | 10/10   | F60-64 | 71/90   | F |

|     |      |                |   |    |       |       |       |       |       |       |       |        |       |   |
|-----|------|----------------|---|----|-------|-------|-------|-------|-------|-------|-------|--------|-------|---|
| 121 | 1445 | Eleni Ellberg  | F | 44 | 23:44 | 15:19 | 23:46 | 15:20 | 47:30 | 15:20 | 11/11 | F40-44 | 72/90 | F |
| 122 | 1492 | Sabine Pein-S  | F | 57 | 23:45 | 15:20 | 23:45 | 15:20 | 47:30 | 15:20 | 11/15 | F55-59 | 73/90 | F |
| 123 | 1547 | Dennis Jackson | M | 72 | 24:10 | 15:36 | 24:14 | 15:38 | 48:24 | 15:37 | 4/4   | M70-74 | 50/55 | M |
| 124 | 1462 | Julie Isaacson | F | 65 |       |       |       |       | 49:00 | 15:49 | 10/13 | F65-69 | 74/90 | F |
| 125 | 1412 | George Baker   | M | 61 | 24:30 | 15:48 | 24:40 | 15:55 | 49:09 | 15:52 | 6/6   | M60-64 | 51/55 | M |

SPLITS - 2019 TOUR DE CAPE 5K SPLITS

| Place | Bib#  | Name             | G | Age  | 1sthalf | Pace  | 2ndhalf | Pace  | Tagtime | Pace  | Div/Tot | Div    | Gen/Tot | G |
|-------|-------|------------------|---|------|---------|-------|---------|-------|---------|-------|---------|--------|---------|---|
| ===== | ===== | =====            | = | ==== | =====   | ===== | =====   | ===== | =====   | ===== | =====   | =====  | =====   | = |
| 126   | 1536  | Janet Wiley      | F | 56   | 24:21   | 15:43 | 24:50   | 16:01 | 49:10   | 15:52 | 12/15   | F55-59 | 75/90   | F |
| 127   | 1411  | Debbie Baker     | F | 57   | 24:25   | 15:45 | 24:50   | 16:01 | 49:14   | 15:53 | 13/15   | F55-59 | 76/90   | F |
| 128   | 1461  | Kathy Hudson     | F | 56   | 24:26   | 15:46 | 27:12   | 17:33 | 51:38   | 16:40 | 14/15   | F55-59 | 77/90   | F |
| 129   | 1513  | Rusty Shunk      | M | 75   | 25:56   | 16:44 | 26:26   | 17:03 | 52:21   | 16:54 | 4/4     | M75+   | 52/55   | M |
| 130   | 1560  | Darlene Breining | F | 84   | 25:50   | 16:40 | 26:33   | 17:08 | 52:22   | 16:54 | 1/2     | F75+   | 78/90   | F |
| 131   | 1422  | Leah Bond        | F | 80   | 26:26   | 17:04 | 27:27   | 17:43 | 53:53   | 17:23 | 2/2     | F75+   | 79/90   | F |
| 132   | 1568  | Karen Renfro     | F | 72   | 26:26   | 17:04 | 27:30   | 17:45 | 53:56   | 17:24 | 1/7     | F70-74 | 80/90   | F |
| 133   | 1508  | Mel Rowe         | F | 72   | 27:13   | 17:34 | 27:49   | 17:57 | 55:02   | 17:45 | 2/7     | F70-74 | 81/90   | F |
| 134   | 1549  | Sheila Koons     | F | 58   | 27:12   | 17:33 | 27:56   | 18:02 | 55:08   | 17:47 | 15/15   | F55-59 | 82/90   | F |
| 135   | 1505  | Ralph Richard    | M | 66   | 28:19   | 18:16 | 28:21   | 18:18 | 56:40   | 18:17 | 3/5     | M65-69 | 53/55   | M |
| 136   | 1415  | Linda Biancotti  | F | 68   | 28:19   | 18:16 | 28:23   | 18:19 | 56:42   | 18:18 | 11/13   | F65-69 | 83/90   | F |
| 137   | 1416  | Theresa Bickford | F | 69   | 28:16   | 18:15 | 31:28   | 20:18 | 59:44   | 19:16 | 12/13   | F65-69 | 84/90   | F |
| 138   | 1428  | Wanda Butrim     | F | 66   | 33:11   | 21:25 | 32:52   | 21:13 | 1:06:03 | 21:19 | 13/13   | F65-69 | 85/90   | F |
| 139   | 1476  | Pam MacAbio      | F | 73   | 32:45   | 21:08 | 33:22   | 21:32 | 1:06:07 | 21:20 | 3/7     | F70-74 | 86/90   | F |

|     |      |                    |   |    |       |       |       |       |         |       |     |        |       |   |
|-----|------|--------------------|---|----|-------|-------|-------|-------|---------|-------|-----|--------|-------|---|
| 140 | 1427 | John Butrim        | M | 68 | 33:09 | 21:23 | 35:55 | 23:11 | 1:09:04 | 22:17 | 4/5 | M65-69 | 54/55 | M |
| 141 | 1562 | Loraina Beza       | F | 74 | 32:44 | 21:07 | 36:22 | 23:28 | 1:09:05 | 22:18 | 4/7 | F70-74 | 87/90 | F |
| 142 | 1527 | Jean Triplett      | F | 74 | 39:15 | 25:20 | 42:59 | 27:44 | 1:22:14 | 26:32 | 5/7 | F70-74 | 88/90 | F |
| 143 | 1401 | Juanita Alberro    | F | 73 | 39:08 | 25:15 | 43:06 | 27:49 | 1:22:14 | 26:32 | 6/7 | F70-74 | 89/90 | F |
| 144 | 1561 | Marie Sheridan Kin | F | 72 | 39:21 | 25:23 | 55:22 | 35:43 | 1:34:43 | 30:33 | 7/7 | F70-74 | 90/90 | F |
| 145 | 1566 | David Schatzke     | M | 66 | 39:21 | 25:23 | 55:25 | 35:45 | 1:34:45 | 30:34 | 5/5 | M65-69 | 55/55 | M |