

2023 Sri Chinmoy Lennox Gardens Races

Laps Report 5 Mile run

Lap#	Lap Time	Elapsed
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5 Mile run

ANNIS, Simone - Bib# 249

1	9:34	9:34
2	9:37	19:10
3	9:49	28:58
4	9:56	38:54
5	9:55	48:49

BADOWSKI, Peter - Bib# 207

1	9:36	9:36
2	9:53	19:28
3	10:13	29:41
4	10:21	40:02
5	10:23	50:24

BAHMANN, Daniel - Bib# 2255

1	8:04	8:04
2	8:36	16:39
3	10:23	27:02
4	29:19	56:20
5	14:16	1:10:36

BAHMANN, Karen - Bib# 2256

1	12:55	12:55
2	14:08	27:02
3	15:15	42:16
4	14:05	56:21
5	14:15	1:10:36

BEAVEN, David - Bib# 710

1	6:20	6:20
2	6:20	12:40
3	6:17	18:56
4	6:17	25:12
5	6:10	31:22

BLACKHURST, Darren - Bib# 588

1	6:38	6:38
2	6:57	13:34
3	6:59	20:33
4	7:03	27:36
5	6:57	34:32

BROWN, James - Bib# 390

1	6:36	6:36
2	6:46	13:22
3	6:41	20:02
4	6:44	26:45
5	6:40	33:25

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Laps Report 5 Mile run

Lap#	Lap Time	Elapsed
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COLE, Chris - Bib# 2263

1	8:08	8:08
2	7:53	16:01
3	8:01	24:01
4	8:21	32:22
5	8:23	40:44

DALEY, Adam - Bib# 1860

1	8:29	8:29
2	9:04	17:32
3	9:20	26:51
4	9:42	36:32
5	9:43	46:15

DUNCANSON, Owen - Bib# 2182

1	7:34	7:34
2	7:50	15:24
3	8:03	23:26
4	8:34	31:59
5	11:08	43:06

DUNN, Isabel - Bib# 100

1	9:01	9:01
2	8:50	17:51
3	8:59	26:49
4	9:16	36:05
5	8:57	45:01

DUQUETTE, Megan - Bib# 2315

1	7:48	7:48
2	8:11	15:58
3	9:25	25:23
4	8:45	34:07
5	8:35	42:42

ELIOPOULOS, Yiannis - Bib# 1937

1	5:38	5:38
2	5:43	11:21
3	5:49	17:09
4	5:55	23:03
5	5:50	28:53

ERSKINE, Joe - Bib# 2265

1	5:43	5:43
2	5:55	11:38
3	6:06	17:44
4	6:06	23:49
5	5:58	29:47

FOLEY, Christopher - Bib# 1635

1	8:47	8:47
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2023 Sri Chinmoy Lennox Gardens Races

Laps Report 5 Mile run

Lap#	Lap Time	Elapsed
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2	8:53	17:40
3	8:54	26:33
4	8:48	35:20
5	8:16	43:36

FOLEY, Shamsher - Bib# 1636

1	5:29	5:29
2	5:41	11:09
3	5:47	16:56
4	5:53	22:49
5	6:00	28:49

GALLERY, Dominique - Bib# 2321

1	9:07	9:07
2	8:34	17:40
3	8:37	26:17
4	8:40	34:56
5	8:37	43:32

GRANLUND, Rebecca - Bib# 219

1	7:42	7:42
2	8:02	15:44
3	8:08	23:51
4	8:10	32:00
5	8:00	40:00

HANBURY, Mick - Bib# 184

1	6:45	6:45
2	6:43	13:27
3	6:44	20:10
4	6:45	26:55
5	6:33	33:27

HANN, Bethany - Bib# 2319

1	13:58	13:58
2	14:35	28:32
3	14:59	43:31
4	15:48	59:18
5	16:00	1:15:17

HOUGHTON, Kim - Bib# 137

1	7:42	7:42
2	7:43	15:24
3	7:41	23:05
4	7:42	30:46
5	7:35	38:21

HUMPHREY, David - Bib# 838

1	8:22	8:22
2	8:19	16:41
3	8:33	25:13

2023 Sri Chinmoy Lennox Gardens Races

Laps Report 5 Mile run

Lap#	Lap Time	Elapsed
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4	8:42	33:55
5	10:54	44:48

JACOBS, Trevor - Bib# 294

1	8:16	8:16
2	8:00	16:15
3	7:50	24:04
4	7:49	31:53
5	7:39	39:31

JOHNSON, Nathan - Bib# 193

1	7:58	7:58
2	8:09	16:06
3	8:23	24:29
4	8:40	33:08
5	8:16	41:24

JORGENSEN, Hugh - Bib# 378

1	9:30	9:30
2	9:00	18:30
3	9:00	27:30
4	8:44	36:13
5	8:30	44:43

JORGENSEN, Laura - Bib# 2275

1	9:05	9:05
2	8:58	18:02
3	9:00	27:02
4	9:01	36:02
5	8:15	44:17

KAY, Debra - Bib# 780

1	7:53	7:53
2	8:03	15:56
3	8:03	23:59
4	8:00	31:58
5	7:56	39:54

KELLETT, Jennifer - Bib# 352

1	7:44	7:44
2	7:34	15:17
3	7:29	22:46
4	7:30	30:15
5	7:29	37:43

KENNEDY, Anthony - Bib# 2276

1	6:03	6:03
2	6:02	12:05
3	6:00	18:05
4	6:00	24:05
5	5:48	29:53

2023 Sri Chinmoy Lennox Gardens Races

Laps Report 5 Mile run

Lap#	Lap Time	Elapsed
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KING, Sarah - Bib# 1717

1	6:13	6:13
2	6:27	12:39
3	6:19	18:58
4	6:13	25:10
5	6:07	31:16

MAUNDRELL, Shane - Bib# 2320

1	6:53	6:53
2	6:35	13:27
3	6:40	20:06
4	6:41	26:47
5	6:40	33:26

MIGUS, Sasha - Bib# 2314

1	12:48	12:48
2	12:53	25:40
3	14:06	39:46
4	14:24	54:10
5	14:45	1:08:55

MILLER, Amanda - Bib# 2318

1	7:29	7:29
2	7:39	15:07
3	7:44	22:50
4	7:47	30:36
5	7:44	38:19

MITCHELL, Jillian - Bib# 1730

1	8:30	8:30
2	8:40	17:10
3	8:44	25:53
4	8:43	34:35
5	8:25	43:00

MONGAN, Gavin - Bib# 2287

1	6:55	6:55
2	6:49	13:43
3	6:49	20:32
4	6:58	27:29
5	7:03	34:31

MULMUDI, Hemant Kumar - Bib# 2252

1	9:44	9:44
2	11:20	21:04
3	11:55	32:58
4	11:45	44:43
5	11:34	56:17

NAGAKI, Mara - Bib# 160

1	9:01	9:01
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2023 Sri Chinmoy Lennox Gardens Races

Laps Report 5 Mile run

Lap#	Lap Time	Elapsed
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2	8:50	17:51
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3	8:57	26:48
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4	8:45	35:32
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5	8:19	43:51
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O'BRIEN, Eugenia - Bib# 2291

1	12:48	12:48
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2	12:53	25:41
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3	14:06	39:46
---	-------	-------

4	14:25	54:10
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5	14:45	1:08:55
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O'NEILL, Sharon - Bib# 2292

1	8:31	8:31
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2	8:20	16:50
---	------	-------

3	8:10	25:00
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4	8:10	33:09
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5	7:43	40:52
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SLIWINSKI, Kathryn - Bib# 1457

1	7:26	7:26
---	------	------

2	7:44	15:10
---	------	-------

3	7:47	22:57
---	------	-------

4	7:40	30:36
---	------	-------

5	7:28	38:03
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SOMMERS, Karina - Bib# 123

1	10:12	10:12
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2	10:31	20:42
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3	10:43	31:24
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4	10:45	42:09
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5	10:13	52:22
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STEEL, Lee - Bib# 888

1	7:41	7:41
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2	7:42	15:22
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3	7:34	22:56
---	------	-------

4	7:31	30:26
---	------	-------

5	7:22	37:48
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STILP, Nick - Bib# 2302

1	10:22	10:22
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2	10:36	20:57
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3	10:56	31:53
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4	11:13	43:05
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5	9:54	52:58
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STONE, Rachel - Bib# 2211

1	7:43	7:43
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2	7:43	15:25
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3	7:43	23:07
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2023 Sri Chinmoy Lennox Gardens Races

Laps Report 5 Mile run

Lap#	Lap Time	Elapsed
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4	7:47	30:54
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5	7:44	38:37
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SYMES, Courtney - Bib# 1816

1	10:24	10:24
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2	10:50	21:13
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3	11:05	32:18
---	-------	-------

4	11:21	43:39
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5	11:20	54:58
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SZYDLIK, Clare - Bib# 2209

1	8:44	8:44
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2	8:54	17:37
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3	9:02	26:39
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4	9:04	35:42
---	------	-------

5	8:30	44:12
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SZYDLIK, Peter - Bib# 2208

1	8:44	8:44
---	------	------

2	8:54	17:37
---	------	-------

3	9:00	26:37
---	------	-------

4	8:59	35:35
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5	7:18	42:53
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THOMPSON, Moss - Bib# 1922

1	5:58	5:58
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2	6:02	12:00
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3	6:05	18:04
---	------	-------

4	6:10	24:13
---	------	-------

5	6:10	30:22
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TURNER, Bill - Bib# 1420

1	8:35	8:35
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2	8:48	17:22
---	------	-------

3	8:56	26:18
---	------	-------

4	9:03	35:20
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5	8:34	43:53
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TURNER, Yvette - Bib# 1199

1	9:40	9:40
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2	9:46	19:25
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3	9:57	29:22
---	------	-------

4	10:12	39:34
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5	10:08	49:41
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WRIGHT, Scott - Bib# 2309

1	7:51	7:51
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2	7:44	15:34
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3	7:44	23:18
---	------	-------

4	7:23	30:41
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5	7:00	37:40
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2023 Sri Chinmoy Lennox Gardens Races

Laps Report 5 Mile run

Lap#	Lap Time	Elapsed
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ZEITLHOFER, Matthew - Bib# 2312

1	6:05	6:05
2	6:17	12:21
3	6:10	18:31
4	6:10	24:41
5	6:03	30:43
