

Windsor  
**RUN FOR WINDSOR**  
 Malden Park  
 2019-09-29

**Race #1****MEN & WOMEN • 5 Kilometers (3.11 Miles)****FINAL RESULTS****INDIVIDUAL RESULTS**

<b>Athlete</b>	<b>#</b>	<b>Team</b>	<b>Score</b>	<b>Time</b>	<b>Gap</b>	<b>Avg. Mile</b>	<b>Avg. KM</b>
1 Joaquim Lourenco	1082	Unattached	--	20:13.0	---	6:30.0	4:02.6
2 Mumtaz Umor	1098	Unattached	--	21:27.1	1:14.1	6:53.8	4:17.4
3 Josh Gaul	1077	Unattached	--	21:35.0	1:22.0	6:56.4	4:19.0
4 Owen Coffey	1076	Unattached	--	21:50.4	1:37.4	7:01.3	4:22.1
5 Louie Guarascio	1090	Unattached	--	25:12.0	4:59.0	8:06.2	5:02.4
6 Ibtasam Naseem	1099	Unattached	--	25:19.6	5:06.6	8:08.6	5:03.9
7 Grace Mazlounian	1083	Unattached	--	27:46.9	7:33.9	8:56.0	5:33.4
8 Aqil Butt	1094	Unattached	--	29:02.4	8:49.4	9:20.3	5:48.5
9 Ahad Hashmat	1106	Unattached	--	30:07.5	9:54.5	9:41.2	6:01.5
10 Adil Mohammad	1086	Unattached	--	30:12.9	9:59.9	9:42.9	6:02.6
11 Ryli Micklczuk	1085	Unattached	--	30:20.3	10:07.3	9:45.3	6:04.1
12 Mary Mazlounian	1084	Unattached	--	30:20.7	10:07.7	9:45.4	6:04.1
13 Deon Whiteside	1089	Unattached	--	31:13.2	11:00.2	10:02.3	6:14.6
14 Allison Johnson	1079	Unattached	--	31:25.6	11:12.6	10:06.3	6:17.1
15 Ibrahim Ahmad	1096	Unattached	--	33:46.2	13:33.2	10:51.5	6:45.2
16 Faiz Hashmat	1100	Unattached	--	34:20.1	14:07.1	11:02.4	6:52.0
17 Reizelle Valerio	1088	Unattached	--	34:22.2	14:09.2	11:03.1	6:52.4
18 Waseem Kaleem	1095	Unattached	--	36:47.8	16:34.9	11:49.9	7:21.6
19 Iman Hasmi	1108	Unattached	--	38:36.8	18:23.8	12:24.9	7:43.3
20 Dawud Aderinto	1097	Unattached	--	40:39.4	20:26.4	13:04.4	8:07.9
21 Rida Hashmat	1102	Unattached	--	43:36.0	23:23.0	14:01.1	8:43.2
22 Parivash Kashif	1109	Unattached	--	43:49.8	23:36.8	14:05.6	8:45.9
23 Linqat Ahmed	1110	Unattached	--	46:06.8	25:53.8	14:49.6	9:13.4