



Iron Knee/Tender Knee 2025

Podium Results		Iron Knee (25K)		M
Place	Runner Bib	Name	Distance	Time
1	4213	Devin Delany	25 km	1:55:38.4
2	4220	Benjamin Ekroth	25 km	2:01:29.2
3	4050	John Alsbergas	25 km	2:04:57.0

Podium Results		Iron Knee (25K)		F
Place	Runner Bib	Name	Distance	Time
1	4277	Katie Sandrin	25 km	2:12:59.0
2	4251	Catherine Maledy	25 km	2:18:34.4
3	4265	Danielle O'Neill	25 km	2:21:24.2

Podium Results		Tender Knee (12K)		M
Place	Runner Bib	Name	Distance	Time
1	5918	Tom Jenkins	12 km	56:05.4
2	5929	daithi O beag	12 km	59:04.5
3	5936	Ryan Shum	12 km	1:01:39.7

Podium Results		Tender Knee (12K)		F
Place	Runner Bib	Name	Distance	Time
1	5925	Keri McKenzie	12 km	1:19:22.4
2	5924	Heather McCullough	12 km	1:25:43.9
3	5949	Tamiko Young	12 km	1:29:21.1