

Pl	Stno	Name	Cl.	Time															
Course 1 (19)				2.8 km	65 m	12 C										F			
						1(44)	2(60)	3(61)	4(62)	5(63)	6(64)	7(65)	8(92)	9(67)	10(93)	11(85)	12(59)		
1	159	Mlynczyk, Teodor	M12	19:26	1:36	3:01	5:13	6:10	8:06	9:45	11:02	13:14	14:01	16:29	16:55	19:04	19:26		
		Ukr OC			1:36	1:25	2:12	0:57	1:56	1:39	1:17	2:12	0:47	2:28	0:26	2:09	0:22		
2	226	Martino, Tyson	M12	19:59	1:54	3:31	6:03	7:07	9:15	11:07	12:14	14:30	15:23	17:32	18:00	19:35	19:59		
		FWOC			1:54	1:37	2:32	1:04	2:08	1:52	1:07	2:16	0:53	2:09	0:28	1:35	0:24		
3	158	Mlynczyk, Anton	M12	20:11	1:39	3:25	5:56	7:01	9:02	10:52	12:11	14:34	15:26	17:32	17:57	19:47	20:11		
		Ukr OC			1:39	1:46	2:31	1:05	2:01	1:50	1:19	2:23	0:52	2:06	0:25	1:50	0:24		
4	344	Shier, Hannah	W12	20:33	2:01	3:37	6:09	7:07	9:07	10:50	12:10	14:46	15:41	17:50	18:19	20:10	20:33		
		YOA			2:01	1:36	2:32	0:58	2:00	1:43	1:20	2:36	0:55	2:09	0:29	1:51	0:23		
5	326	Thomson, Amand	W12	21:11	2:02	3:47	6:23	7:40	10:00	11:53	13:15	15:26	16:22	18:34	19:06	20:47	21:11		
		YOA			2:02	1:45	2:36	1:17	2:20	1:53	1:22	2:11	0:56	2:12	0:32	1:41	0:24		
6	239	Sherwood, Isaac	M12	21:32	2:02	3:54	6:38	7:38	9:46	11:29	12:46	15:33	16:27	18:58	19:23	21:07	21:32		
		FWOC			2:02	1:52	2:44	1:00	2:08	1:43	1:17	2:47	0:54	2:31	0:25	1:44	0:25		
7	265	Heron, Andrew	M12	21:51	1:40	3:17	5:59	6:59	9:31	11:40	13:08	15:46	16:38	19:26	19:48	21:25	21:51		
		ONB-Fundy			1:40	1:37	2:42	1:00	2:32	2:09	1:28	2:38	0:52	2:48	0:22	1:37	0:26		
8	353	Cash, Savannah	W12	22:14	1:58	3:59	6:30	7:41	9:38	11:31	12:52	15:13	16:54	19:10	19:40	21:49	22:14		
		YOA			1:58	2:01	2:31	1:11	1:57	1:53	1:21	2:21	1:41	2:16	0:30	2:09	0:25		
9	278	Aksland, Jonas	M12	22:16	3:22	5:17	8:45	9:43	12:09	13:40	14:47	17:11	17:53	19:56	20:21	21:50	22:16		
		FWOC			3:22	1:55	3:28	0:58	2:26	1:31	1:07	2:24	0:42	2:03	0:25	1:29	0:26		
10	116	Svoboda, David	M12	22:20	2:19	4:00	7:07	8:07	10:11	12:03	13:21	15:35	16:36	19:11	19:40	21:54	22:20		
		FWOC			2:19	1:41	3:07	1:00	2:04	1:52	1:18	2:14	1:01	2:35	0:29	2:14	0:26		
11	347	McMillan, Tara	W12	23:14	1:38	3:48	6:13	7:11	9:19	11:08	12:32	17:34	18:27	20:41	21:16	22:52	23:14		
		GVOC			1:38	2:10	2:25	0:58	2:08	1:49	1:24	5:02	0:53	2:14	0:35	1:36	0:22		
12	225	Martino, Kyle	M12	23:31	2:06	4:11	8:34	9:35	11:44	13:27	14:41	17:30	18:25	20:51	21:22	23:06	23:31		
		FWOC			2:06	2:05	4:23	1:01	2:09	1:43	1:14	2:49	0:55	2:26	0:31	1:44	0:25		
13	115	Svoboda, Michael	M12	23:41	1:55	3:26	6:11	7:22	9:51	11:55	13:33	16:40	17:43	20:22	20:47	23:14	23:41		
		FWOC			1:55	1:31	2:45	1:11	2:29	2:04	1:38	3:07	1:03	2:39	0:25	2:27	0:27		
14	296	May, Rachel	W12	25:09	1:51	5:46	8:41	9:58	12:34	14:54	16:47	19:08	20:00	22:20	23:01	24:46	25:09		
		Sage			1:51	3:55	2:55	1:17	2:36	2:20	1:53	2:21	0:52	2:20	0:41	1:45	0:23		
15	310	Omdal, Ingrid	W12	26:17	1:53	3:28	6:31	7:41	9:55	13:10	14:51	19:14	20:22	23:25	24:01	25:47	26:17		
		FWOC			1:53	1:35	3:03	1:10	2:14	3:15	1:41	4:23	1:08	3:03	0:36	1:46	0:30		
16	297	May, Trond	OpenM1	28:55	2:06	4:24	7:26	9:16	12:23	15:03	17:15	20:31	21:47	25:21	26:40	28:31	28:55		
		Sage			2:06	2:18	3:02	1:50	3:07	2:40	2:12	3:16	1:16	3:34	1:19	1:51	0:24		
17	400	Bond, Sofia	OpenW1	40:27	3:08	5:30	9:44	11:16	15:11	18:12	20:26	24:34	26:23	31:21	32:03	39:51	40:27		
		YOA			3:08	2:22	4:14	1:32	3:55	3:01	2:14	4:08	1:49	4:58	0:42	7:48	0:36		
18	358	Boyd, Emma	OpenW1	47:24	3:03	5:55	11:56	13:53	20:01	23:49	26:29	33:53	38:18	43:07	44:05	46:44	47:24		
		YOA			3:03	2:52	6:01	1:57	6:08	3:48	2:40	7:24	4:25	4:49	0:58	2:39	0:40		
19	277	Aksland, Julie	OpenW1	53:14	3:54	7:21	11:19	13:46	19:02	23:22	26:20	34:11	36:45	44:45	46:22	52:35	53:14		
		FWOC			3:54	3:27	3:58	2:27	5:16	4:20	2:58	7:51	2:34	8:00	1:37	6:13	0:39		
Course 2 (11)				3.4 km	87 m	12 C													
						1(70)	2(60)	3(81)	4(62)	5(71)	6(87)	7(72)	8(73)	9(65)	10(88)	11(69)	12(59)	F	
1	140	McLean, Caelan	M13-14	21:49	2:26	3:02	5:46	6:44	10:20	11:32	12:35	13:30	15:21	18:09	20:18	21:27	21:49		
		YOA			2:26	0:36	2:44	0:58	3:36	1:12	1:03	0:55	1:51	2:48	2:09	1:09	0:22		
2	207	Waddington, Emn	W13-14	26:48	2:31	3:18	6:06	7:17	12:15	13:59	15:54	16:52	19:15	22:24	24:51	26:26	26:48		
		GHO			2:31	0:47	2:48	1:11	4:58	1:44	1:55	0:58	2:23	3:09	2:27	1:35	0:22		
3	103	Blake, Leif	M13-14	29:08	2:42	3:29	8:34	9:46	14:24	16:57	18:38	19:39	21:44	24:52	27:00	28:42	29:08		
		YOA			2:42	0:47	5:05	1:12	4:38	2:33	1:41	1:01	2:05	3:08	2:08	1:42	0:26		
4	238	Sherwood, Emma	W13-14	32:33	3:25	4:21	8:09	9:27	15:00	16:46	18:32	19:48	22:21	26:11	29:38	32:06	32:33		
		FWOC			3:25	0:56	3:48	1:18	5:33	1:46	1:46	1:16	2:33	3:50	3:27	2:28	0:27		
5	309	Omdal, Sunniva	W13-14	33:14	2:37	3:35	7:17	9:06	14:43	16:50	18:29	19:42	22:52	27:19	30:45	32:44	33:14		
		FWOC			2:37	0:58	3:42	1:49	5:37	2:07	1:39	1:13	3:10	4:27	3:26	1:59	0:30		
6	313	Rascher, Terrence	M13-14	35:09	4:24	5:19	8:48	10:18	15:30	17:31	19:24	20:49	23:22	27:19	32:23	34:42	35:09		
		GVOC			4:24	0:55	3:29	1:30	5:12	2:01	1:53	1:25	2:33	3:57	5:04	2:19	0:27		
7	255	Sproule, Patrick	OpenM2	37:44	3:34	4:48	8:51	10:48	17:33	19:41	21:54	23:32	26:52	32:07	35:10	37:01	37:44		
		N/A			3:34	1:14	4:03	1:57	6:45	2:08	2:13	1:38	3:20	5:15	3:03	1:51	0:43		
8	163	Strat, Trish	OpenW2	1:11:05	6:21	8:03	15:48	20:09	32:26	36:08	39:43	43:25	50:53	59:21	1:05:27	1:09:16	1:11:05		
		QOC			6:21	1:42	7:45	4:21	12:17	3:42	3:35	3:42	7:28	8:28	6:06	3:49	1:49		
	273	Sagar, Elias	M13-14	mp	-----	4:36	7:28	8:36	17:32	18:55	21:06	22:30	24:53	28:32	32:39	34:12	34:38		
		YOA				4:36	2:52	1:08	8:56	1:23	2:11	1:24	2:23	3:39	4:07	1:33	0:26		
	334	Mitchell, Tayler	W13-14	mp	-----	13:53	-----	19:53	-----	-----	-----	-----	28:01	-----	-----	38:57	39:21		
		YOA				13:53		6:00					8:08			10:56	0:24		
					36:18	36:50													
					*93	*85													
														5:06	17:40	22:59	25:59	31:36	32:50
														*44	*61	*63	*64	*92	*67

Pl	Srno	Name	Cl.	Time																
Course 2 (11)					3.4 km 87 m 12 C			(cont.)												
					1(70)	2(60)	3(81)	4(62)	5(71)	6(87)	7(72)	8(73)	9(65)	10(88)	11(69)	12(59)	F			
	329	Family, Sennett YOA	Group2	dnf	----	----	----	----	----	----	----	----	----	----	----	----				
Course 3 (16)					4.3 km 165 m 11 C															
					1(60)	2(75)	3(74)	4(78)	5(39)	6(38)	7(82)	8(33)	9(57)	10(58)	11(59)	F				
1	104	Blake, Pia YOA	W15-16	58:37	3:31	5:27	9:42	14:52	24:15	27:11	45:01	49:26	52:11	57:10	58:14	58:37				
					3:31	1:56	4:15	5:10	9:23	2:56	17:50	4:25	2:45	4:59	1:04	0:23				
2	346	McMillan, Roan GVOC	M15-16	1:00:47	3:15	5:00	8:32	25:30	33:59	37:08	48:24	50:35	55:04	59:40	1:00:26	1:00:47				
					3:15	1:45	3:32	16:58	8:29	3:09	11:16	2:11	4:29	4:36	0:46	0:21				
3	308	Omdal, Helene FWOC	W15-16	1:09:59	3:45	6:02	10:20	15:48	25:22	29:07	44:06	46:33	1:01:24	1:08:18	1:09:36	1:09:59				
					3:45	2:17	4:18	5:28	9:34	3:45	14:59	2:27	14:51	6:54	1:18	0:23				
4	215	Sepandj, Darya FWOC	W15-16	1:11:41	4:24	6:10	10:00	14:59	22:52	26:27	41:43	45:19	48:38	1:10:20	1:11:19	1:11:41				
					4:24	1:46	3:50	4:59	7:53	3:35	15:16	3:36	3:19	21:42	0:59	0:22				
5	164	Kemp, Ian Ottawa OC	M15-16	1:12:02	3:37	7:01	12:17	22:52	33:28	39:24	55:44	57:45	1:00:25	1:10:24	1:11:35	1:12:02				
					3:37	3:24	5:16	10:35	10:36	5:56	16:20	2:01	2:40	9:59	1:11	0:27				
6	287	Bayly, Andrea FWOC	OpenW3	1:38:23	4:20	7:34	13:20	21:43	35:16	41:11	1:05:17	1:09:57	1:24:09	1:35:38	1:37:48	1:38:23				
					4:20	3:14	5:46	8:23	13:33	5:55	24:06	4:40	14:12	11:29	2:10	0:35				
7	179	Stephen, Alix FWOC	W15-16	1:38:31	3:57	7:34	12:45	19:27	32:20	37:37	1:11:16	1:20:34	1:25:07	1:36:21	1:38:04	1:38:31				
					3:57	3:37	5:11	6:42	12:53	5:17	33:39	9:18	4:33	11:14	1:43	0:27				
8	339	Sadurskis, Aija Centrum OK	OpenW3	1:41:06	5:06	7:40	14:02	22:19	41:33	47:38	1:16:09	1:20:28	1:28:03	1:38:34	1:40:24	1:41:06				
					5:06	2:34	6:22	8:17	19:14	6:05	28:31	4:19	7:35	10:31	1:50	0:42				
9	368	Thorstensson/Far Kvillebyns	Group3	1:48:47	5:19	9:01	15:43	43:29	58:45	1:04:51	1:27:35	1:34:07	1:39:54	1:46:48	1:48:14	1:48:47				
					5:19	3:42	6:42	27:46	15:16	6:06	22:44	6:32	5:47	6:54	1:26	0:33				
10	336	Tayler, Wendy YOA	OpenW3	1:52:14	3:11	5:02	9:17	34:39	45:10	51:11	1:21:55	1:39:37	1:44:06	1:50:42	1:51:41	1:52:14				
					3:11	1:51	4:15	25:22	10:31	6:01	30:44	17:42	4:29	6:36	0:59	0:33				
11	108	Graupner, Pat CdeB	OpenW3	2:09:29	5:49	10:06	17:23	27:06	44:49	51:12	1:20:30	1:29:05	1:36:51	2:06:35	2:08:21	2:09:29				
					5:49	4:17	7:17	9:43	17:43	6:23	29:18	8:35	7:46	29:44	1:46	1:08				
12	220	Nelson, Doris CdeB	OpenW3																	

Pl	Stno	Name	Cl.	Time														
Course 5 (30)				3.7 km	120 m	13 C	(cont.)											
					1(76)	2(83)	3(35)	4(36)	5(37)	6(45)	7(71)	8(34)	9(57)	10(93)	11(69)	12(58)	13(59)	F
2	178	Kelly, Ryan YOA	OpenM5	51:57	2:39	8:54	16:22	18:14	22:09	31:17	32:15	37:05	44:05	47:26	48:57	50:11	51:28	51:57
					2:39	6:15	7:28	1:52	3:55	9:08	0:58	4:50	7:00	3:21	1:31	1:14	1:17	0:29
3	222	Ellis, Margaret GVOC	W65-74	57:02	3:02	10:05	12:47	14:40	18:32	27:27	28:18	33:58	48:16	52:57	54:26	55:19	56:34	57:02
					3:02	7:03	2:42	1:53	3:52	8:55	0:51	5:40	14:18	4:41	1:29	0:53	1:15	0:28
4	184	Owen, Marion FWOC	W55-64	57:08	3:44	10:55	14:49	16:52	20:03	27:08	27:50	42:02	49:48	53:35	54:40	55:35	56:40	57:08
					3:44	7:11	3:54	2:03	3:11	7:05	0:42	14:12	7:46	3:47	1:05	0:55	1:05	0:28
5	112	Gamey, Muriel Manitoba	W55-64	57:18	2:29	8:25	11:52	18:07	21:46	28:08	28:59	34:27	44:16	50:00	54:13	55:25	56:50	57:18
					2:29	5:56	3:27	6:15	3:39	6:22	0:51	5:28	9:49	5:44	4:13	1:12	1:25	0:28
6	155	Faulkner, Trish Peninsula	W65-74	57:39	3:00	11:28	16:38	18:46	22:27	31:31	32:23	37:37	48:50	53:03	54:30	55:38	57:06	57:39
					3:00	8:28	5:10	2:08	3:41	9:04	0:52	5:14	11:13	4:13	1:27	1:08	1:28	0:33
7	183	Jones, Kitty FWOC	W55-64	57:45	2:35	9:47	13:04	14:59	18:45	26:34	27:36	33:14	49:28	53:26	54:43	55:57	57:08	57:45
					2:35	7:12	3:17	1:55	3:46	7:49	1:02	5:38	16:14	3:58	1:17	1:14	1:11	0:37
8	216	Pearson, Angela EOOC	W55-64	1:02:32	3:56	10:22	13:30	19:15	23:19	30:32	31:19	37:23	47:28	58:38	59:36	1:00:44	1:01:54	1:02:32
					3:56	6:26	3:08	5:45	4:04	7:13	0:47	6:04	10:05	11:10	0:58	1:08	1:10	0:38
9	259	Rankin, Gloria Ottawa OC	W65-74	1:03:25	3:27	12:28	19:58	22:00	26:43	36:25	37:40	44:45	53:18	58:54	1:00:31	1:01:30	1:02:45	1:03:25
					3:27	9:01	7:30	2:02	4:43	9:42	1:15	7:05	8:33	5:36	1:37	0:59	1:15	0:40
10	145	Deumer, Trudy GHO	W55-64	1:06:33	4:21	14:12	26:29	28:13	33:09	42:13	43:14	51:07	59:07	1:02:13	1:03:29	1:04:55	1:05:58	1:06:33
					4:21	9:51	12:17	1:44	4:56	9:04	1:01	7:53	8:00	3:06	1:16	1:26	1:03	0:35
11	231	Rennie, Robyn GVOC	W55-64	1:09:11	2:47	9:16	21:19	23:12	27:08	43:23	44:37	49:27	1:00:00	1:03:35	1:05:01	1:07:08	1:08:36	1:09:11
					2:47	6:29	12:03	1:53	3:56	16:15	1:14	4:50	10:33	3:35	1:26	2:07	1:28	0:35
12	315	Cornish, Judy EOOC	W55-64	1:10:54	3:36	13:39	23:59	25:51	31:02	42:32	43:47	50:02	1:01:10	1:06:26	1:07:35	1:08:58	1:10:18	1:10:54
					3:36	10:03	10:20	1:52	5:11	11:30	1:15	6:15	11:08	5:16	1:09	1:23	1:20	0:36
13	205	Anderson, Hilary GVOC	W55-64	1:14:34	4:47	11:56	22:06	23:44	27:15	46:11	46:46	53:19	1:05:43	1:10:37	1:12:02	1:13:04	1:14:05	1:14:34
					4:47	7:09	10:10	1:38	3:31	18:56	0:35	6:33	12:24	4:54	1:25	1:02	1:01	0:29
14	168	Mckenna, Karen YOA	W55-64	1:16:17	3:11	9:49	12:12	16:25	21:43	51:30	52:21	58:25	1:05:39	1:09:02	1:13:31	1:14:45	1:15:48	1:16:17
					3:11	6:38	2:23	4:13	5:18	29:47	0:51	6:04	7:14	3:23	4:29	1:14	1:03	0:29
15	128	Hocking, Diana VICO	W65-74	1:16:26	10:59	20:22	25:34	28:35	33:17	42:56	44:13	51:50	1:06:40	1:11:38	1:12:49	1:14:25	1:15:52	1:16:26
					10:59	9:23	5:12	3:01	4:42	9:39	1:17	7:37	14:50	4:58	1:11	1:36	1:27	0:34
16	138	van Hees, Violet YOA	W55-64	1:16:37	3:27	11:37	18:14	20:13	25:04	36:33	37:38	50:26	1:06:11	1:11:27	1:13:09	1:14:41	1:15:59	1:16:37
					3:27	8:10	6:37	1:59	4:51	11:29	1:05	12:48	15:45	5:16	1:42	1:32	1:18	0:38
17	118	Bailey, Leigh VICO	M75-79	1:18:20	6:43	15:43	23:51	25:54	31:39	43:10	44:35	56:54	1:08:03	1:13:20	1:14:57	1:16:24	1:17:51	1:18:20
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18	182	Lachance, Karen GVOC	W55-64	1:18:54	3:39	12:41	29:31	31:33	36:33	48:43	50:02	57:43	1:08:20	1:13:24	1:15:04	1:16:31	1:18:10	1:18:54
					3:39	9:02	16:50	2:02	5:00	12:10	1:19	7:41	10:37	5:04	1:40	1:27	1:39	0:44
19	262	Smith, Luella ONB Falcon	W55-64	1:20:42	3:12	12:03	14:50	19:59	26:24	37:17	38:20	50:31	1:08:45	1:13:55	1:16:16	1:18:17	1:20:06	1:20:42
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20	359	Chartrand, Susan Sage	W55-64	1:22:10	8:18	17:43	21:35	27:21	33:08	46:41	51:41	59:12	1:11:21	1:16:35	1:18:28	1:19:49	1:21:26	1:22:10
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21	111	Guttormson, Lorn Ottawa OC	W65-74	1:27:04	3:39	16:47	24:51	27:04	31:59	43:50	45:16	59:09	1:17:47	1:22:26	1:23:44	1:25:01	1:26:20	1:27:04
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22	188	Davies, Robyn Peninsula	W65-74	1:32:31	4:46	17:28	22:27	25:42	33:39	49:03	50:23	1:01:54	1:16:49	1:24:29	1:27:56	1:29:33	1:31:35	1:32:31
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23	149	Pohl, Julie USOF	W55-64	1:33:38	11:48	25:09	31:37	36:03	42:31	54:56	56:28	1:09:34	1:23:18	1:27:59	1:29:25	1:31:01	1:32:55	1:33:38
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24	252	Vyse, Frances Sage	W65-74	1:38:54	5:01	24:58	30:11	32:48	37:47	1:00:12	1:01:51	1:09:50	1:28:52	1:33:16	1:35:10	1:36:46	1:38:22	1:38:54
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25	121	Edmunds, Marilyn EOOC	W55-64	1:41:26	5:50	18:58	24:57	28:54	35:10	54:00	55:24	1:11:03	1:28:31	1:34:39	1:37:02	1:38:40	1:40:36	1:41:26
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26	176	Goeres, Ursula CdeB	W55-64	1:45:36	7:25	16:57	28:46	33:11	37:35	1:03:00	1:04:16	1:13:04	1:34:56	1:40:12	1:42:11	1:43:23	1:45:04	1:45:36
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27	204	McBee, Jill CROC	W65-74	1:46:00	6:34	18:00	23:15	27:34	42:08	59:21	1:00:39	1:11:49	1:31:42	1:38:22	1:41:25	1:42:55	1:44:56	1:46:00
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28	348	Fenton, Jennifer GVOC	OpenW5	1:47:20	6:56	14:45	19:37	28:05	51:11	1:00:43	1:01:56	1:10:02	1:36:58	1:41:33	1:43:17	1:45:34	1:46:49	1:47:20
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29	338	Pangman, Jill YOA	OpenW5	1:49:37	4:41	13:47	17:40	34:22	51:36	1:06:28	1:08:23	1:26:46	1:40:35	1:44:42	1:46:25	1:47:41	1:49:06	1:49:37
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	129	Hocking, Martin VICO	OpenM5	mp	10:11	44:29	51:28	55:12	1:14:37	2:01:51	2:04:59	-----	-----	-----	-----	-----	2:54:38	2:55:22
					10:11	34:18	6:59	3:44	19:25	47:14	3:08						49:39	0:44

Pl	Stno	Name	Cl.	Time											
Course 6 (32)				4.4 km	140 m	11 C									
					1(33)	2(82)	3(84)	4(37)	5(45)	6(71)	7(36)	8(35)	9(57)	10(58)	11(59) F
1	214	Robert, Magali	W45-54	53:00	8:06	10:04	16:15	18:59	29:40	30:26	37:25	39:09	47:02	51:33	52:33 53:00
		FWOC			8:06	1:58	6:11	2:44	10:41	0:46	6:59	1:44	7:53	4:31	1:00 0:27
2	197	Rowlands, Jane	W45-54	54:36	8:03	11:21	18:15	21:03	27:59	28:52	37:27	39:18	47:57	52:44	54:06 54:36
		FWOC			8:03	3:18	6:54	2:48	6:56	0:53	8:35	1:51	8:39	4:47	1:22 0:30
3	301	Barrier, Marianne	OpenW6	55:07	10:13	17:16	22:49	25:04	30:58	32:42	40:19	42:03	50:03	53:39	54:38 55:07
		EOOC			10:13	7:03	5:33	2:15	5:54	1:44	7:37	1:44	8:00	3:36	0:59 0:29
4	125	Yarkie, Greg	M65-74	56:02	7:48	10:07	18:27	20:55	27:36	28:15	37:41	39:12	49:46	54:36	55:37 56:02
		EOOC			7:48	2:19	8:20	2:28	6:41	0:39	9:26	1:31	10:34	4:50	1:01 0:25
5	257	Anderson, Bill	M65-74	59:54	8:11	10:29	18:18	21:16	29:29	30:30	41:07	43:13	52:45	58:02	59:17 59:54
		Ottawa OC			8:11	2:18	7:49	2:58	8:13	1:01	10:37	2:06	9:32	5:17	1:15 0:37
6	192	Karel, Krsak	OpenM6	1:03:44	7:36	12:10	20:35	24:33	32:25	33:24	43:06	46:12	56:12	1:01:46	1:03:04 1:03:44
		Hana O			7:36	4:34	8:25	3:58	7:52	0:59	9:42	3:06	10:00	5:34	1:18 0:40
7	109	Hunter, Gord	M65-74	1:04:45	7:58	10:59	22:34	24:54	32:41	33:34	43:37	45:18	57:23	1:02:51	1:04:11 1:04:45
		Ottawa OC			7:58	3:01	11:35	2:20	7:47	0:53	10:03	1:41	12:05	5:28	1:20 0:34
8	223	Ellis, Brian	M65-74	1:07:41	6:37	16:28	21:49	23:55	43:37	44:10	51:15	52:58	1:01:32	1:06:14	1:07:15 1:07:41
		GVOC			6:37	9:51	5:21	2:06	19:42	0:33	7:05	1:43	8:34	4:42	1:01 0:26
9	356	Laurich, Bruce	OpenM6	1:07:52	8:27	11:14	19:13	21:58	36:33	37:40	47:56	49:37	1:01:59	1:06:33	1:07:29 1:07:52
		Ottawa OC			8:27	2:47	7:59	2:45	14:35	1:07	10:16	1:41	12:22	4:34	0:56 0:23
10	289	Teutsch, Anne	W45-54	1:09:09	9:58	12:27	20:02	22:48	30:57	32:12	43:24	47:44	1:01:21	1:07:21	1:08:31 1:09:09
		Ottawa OC			9:58	2:29	7:35	2:46	8:09	1:15	11:12	4:20	13:37	6:00	1:10 0:38
11	224	Martino, Karen	W45-54	1:09:17	9:38	14:56	21:53	24:18	37:18	37:58	47:19	51:24	1:02:24	1:07:42	1:08:52 1:09:17
		FWOC			9:38	5:18	6:57	2:25	13:00	0:40	9:21	4:05	11:00	5:18	1:10 0:25
12	187	Davies, John	M65-74	1:12:35	10:28	13:46	21:09	24:11	34:19	35:34	48:19	51:27	1:03:45	1:10:28	1:11:58 1:12:35
		Peninsula			10:28	3:18	7:23	3:02	10:08	1:15	12:45	3:08	12:18	6:43	1:30 0:37
13	105	Schweiger, Sabina	W45-54	1:12:44	10:32	13:19	30:11	32:15	40:23	41:15	51:35	53:56	1:03:40	1:11:00	1:12:12 1:12:44
		YOA			10:32	2:47	16:52	2:04	8:08	0:52	10:20	2:21	9:44	7:20	1:12 0:32
14	354	Viddal, Einar	M65-74	1:13:43	10:14	12:30	23:03	26:14	35:12	35:56	44:51	54:07	1:04:23	1:12:17	1:13:18 1:13:43
		EOOC			10:14	2:16	10:33	3:11	8:58	0:44	8:55	9:16	10:16	7:54	1:01 0:25
15	251	Vyse, Alan	M65-74	1:18:22	9:36	19:36	27:28	30:18	40:12	41:06	52:08	54:26	1:11:48	1:16:48	1:17:52 1:18:22
		Sage			9:36	10:00	7:52	2:50	9:54	0:54	11:02	2:18	17:22	5:00	1:04 0:30
16	150	Breseman, Eileen	W45-54	1:19:00	14:30	17:36	25:38	28:10	36:49	37:50	48:12	50:04	1:02:01	1:17:06	1:18:21 1:19:00
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17	247	Krsakova, Veronika	OpenW6	1:19:33	14:39	18:48	29:51	33:16	43:25	44:12	58:03	1:00:11	1:12:14	1:17:44	1:19:01 1:19:33
		Hana O			14:39	4:09	11:03	3:25	10:09	0:47	13:51	2:08	12:03	5:30	1:17 0:32
18	147	Veler, Fred	M65-74	1:21:26	14:13	17:10	27:36	31:45	41:57	43:26	56:10	59:37	1:11:54	1:18:51	1:20:30 1:21:26
		SAMM			14:13	2:57	10:26	4:09	10:12	1:29	12:44	3:27	12:17	6:57	1:39 0:56
19	203	McBee, Rick	M65-74	1:24:48	11:21	18:56	29:02	34:58	45:05	46:25	56:48	59:38	1:15:14	1:23:07	1:24:20 1:24:48
		CROC			11:21	7:35	10:06	5:56	10:07	1:20	10:23	2:50	15:36	7:53	1:13 0:28
20	195	Price, Alison	OpenW6	1:25:35	18:44	24:03	34:34	37:52	52:20	54:46	1:07:11	1:09:02	1:18:16	1:23:55	1:25:09 1:25:35
		GVOC			18:44	5:19	10:31	3:18	14:28	2:26	12:25	1:51	9:14	5:39	1:14 0:26
21	378	Svoboda, Michael	OpenM6	1:25:56	14:09	16:55	26:50	32:57	42:31	43:08	57:07	59:14	1:17:56	1:24:18	1:25:27 1:25:56
		FWOC			14:09	2:46	9:55	6:07	9:34	0:37	13:59	2:07	18:42	6:22	1:09 0:29
22	193	Regina, Jezkova	W45-54	1:30:39	18:23	21:42	30:29	33:09	48:16	49:56	1:00:58	1:05:31	1:21:22	1:28:33	1:30:02 1:30:39
		Hana O			18:23	3:19	8:47	2:40	15:07	1:40	11:02	4:33	15:51	7:11	1:29 0:37
23	113	Svoboda, Lenka	W45-54	1:30:55	13:45	18:34	31:07	33:16	48:28	49:45	1:04:12	1:06:05	1:20:59	1:29:04	1:30:19 1:30:55
		FWOC			13:45	4:49	12:33	2:09	15:12	1:17	14:27	1:53	14:54	8:05	1:15 0:36
24	244	Hrouzova, Jirina	W45-54	1:31:17	12:07	14:35	24:14	27:11	42:15	43:07	53:03	1:04:43	1:19:58	1:27:44	1:30:25 1:31:17
		Hana O			12:07	2:28	9:39	2:57	15:04	0:52	9:56	11:40	15:15	7:46	2:41 0:52
25	110	Guttormson, Richard	M65-74	1:35:22	11:10	13:57	39:50	42:16	57:27	58:34	1:11:12	1:13:51	1:27:29	1:33:43	1:34:52 1:35:22
		Ottawa OC			11:10	2:47	25:53	2:26	15:11	1:07	12:38	2:39	13:38	6:14	1:09 0:30
26	144	Pepper, Shelagh	W45-54	1:36:12	15:43	18:21	26:43	29:59	43:25	44:35	56:52	1:10:45	1:26:19	1:34:25	1:35:41 1:36:12
		STARS			15:43	2:38	8:22	3:16	13:26	1:10	12:17	13:53	15:34	8:06	1:16 0:31
27	171	Kuestner, Sue	OpenW6	1:45:15	14:50	21:34	32:01	36:11	50:23	54:52	1:12:38	1:17:27	1:33:52	1:43:24	1:44:45 1:45:15
		COC			14:50	6:44	10:27	4:10	14:12	4:29	17:46	4:49	16:25	9:32	1:21 0:30
28	324	Melnik, Lara	OpenW6	2:14:03	13:27	17:56	39:32	41:38	1:18:02	1:19:08	1:42:22	1:46:06	2:04:06	2:12:03	2:13:34 2:14:03
		YOA			13:27	4:29	21:36	2:06	36:24	1:06	23:14	3:44	18:00	7:57	1:31 0:29
	201	Waddington, Jim	M65-74	mp	-----	-----	-----	-----	-----	-----	-----	-----	28:51	38:20	40:06 41:18
		GHO											28:51	9:29	1:46 1:12
	208	Waddington, Stan	W45-54	mp	14:40	19:58	30:17	34:15	-----	-----	-----	-----	1:32:23	1:43:09	1:44:56 1:45:31
		GHO			14:40	5:18	10:19	3:58	-----	-----	-----	-----	58:08	10:46	1:47 0:35
	279	Aksland, Berit	OpenW6	mp	31:11	37:03	53:34	-----	-----	-----	-----	-----	-----	-----	-----
		FWOC			31:11	5:52	16:31								

Pl	Stno	Name	Cl.	Time													
Course 6 (32)				4.4 km 140 m 11 C	<i>(cont.)</i>												
				1(33)	2(82)	3(84)	4(37)	5(45)	6(71)	7(36)	8(35)	9(57)	10(58)	11(59)	F		
	350	Nixon, Wendy YOA	W45-54	dnf	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----			
Course 7 (49)				7.0 km 215 m 12 C													
				1(57)	2(39)	3(38)	4(45)	5(46)	6(79)	7(35)	8(74)	9(76)	10(80)	11(58)	12(59)	F	
1	328	Duca, Nick STARS	M45-54	51:41	3:50	14:16	16:58	23:51	30:06	32:10	41:37	43:38	47:12	49:05	50:26	51:17	51:41
				3:50	10:26	2:42	6:53	6:15	2:04	9:27	2:01	3:34	1:53	1:21	0:51	0:24	
2	282	Sacher, Martin Bussola OK	M45-54	1:00:53	8:24	19:13	22:17	30:22	37:33	39:57	50:02	52:18	56:11	58:05	59:40	1:00:30	1:00:53
				8:24	10:49	3:04	8:05	7:11	2:24	10:05	2:16	3:53	1:54	1:35	0:50	0:23	
3	189	Robert, Zdrahal Hana O	M45-54	1:05:24	4:38	16:23	18:03	26:27	42:00	43:58	54:14	56:30	1:00:34	1:02:31	1:04:03	1:04:57	1:05:24
				4:38	11:45	1:40	8:24	15:33	1:58	10:16	2:16	4:04	1:57	1:32	0:54	0:27	
4	280	Sugiyama, Takashi Sans Souci	M55-64	1:08:52	4:53	19:17	21:25	33:42	41:58	44:37	55:56	58:34	1:03:23	1:05:41	1:07:23	1:08:23	1:08:52
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5	312	Rascher, Michael GVOC	M45-54	1:12:00	5:00	19:06	21:17	31:55	41:20	44:02	55:49	1:00:32	1:06:05	1:08:46	1:10:38	1:11:30	1:12:00
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6	241	Irimie, Sevastian STARS	M45-54	1:12:41	5:50	21:58	24:42	35:42	43:46	46:32	59:59	1:02:34	1:07:18	1:09:33	1:11:14	1:12:15	1:12:41
				5:50	16:08	2:44	11:00	8:04	2:46	13:27	2:35	4:44	2:15	1:41	1:01	0:26	
7	256	Forrest, Kimball ARCT	M55-64	1:13:23	5:16	21:33	24:36	34:18	42:38	45:50	59:53	1:02:40	1:07:16	1:10:02	1:12:03	1:12:57	1:13:23
				5:16	16:17	3:03	9:42	8:20	3:12	14:03	2:47	4:36	2:46	2:01	0:54	0:26	
8	190	Tomas, Zdrahal Hana O	M55-64	1:15:57	6:01	20:36	23:04	32:32	39:09	42:30	57:11	59:35	1:11:31	1:13:23	1:14:47	1:15:33	1:15:57
				6:01	14:35	2:28	9:28	6:37	3:21	14:41	2:24	11:56	1:52	1:24	0:46	0:24	
9	243	Hrouza, Jan Hana O	M55-64	1:16:34	5:59	22:20	26:14	35:56	46:14	49:22	1:02:32	1:05:22	1:10:33	1:13:23	1:15:09	1:16:08	1:16:34
				5:59	16:21	3:54	9:42	10:18	3:08	13:10	2:50	5:11	2:50	1:46	0:59	0:26	
10	293	Larsson, Svante OK Vargen	M45-54	1:17:38	11:28	24:58	28:12	38:42	46:12	48:27	1:00:04	1:02:46	1:11:35	1:14:37	1:16:22	1:17:13	1:17:38
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11	162	Strat, Tom QOC	M55-64	1:18:14	8:30	24:48	28:47	39:30	47:47	50:40	1:02:34	1:07:08	1:11:56	1:14:42	1:16:51	1:17:47	1:18:14
				8:30	16:18	3:59	10:43	8:17	2:53	11:54	4:34	4:48	2:46	2:09	0:56	0:27	
12	306	Omdal, Sturle FWOC	M45-54	1:19:52	6:55	23:51	26:11	43:44	51:40	54:48	1:06:03	1:08:33	1:13:15	1:16:13	1:18:31	1:19:25	1:19:52
				6:55	16:56	2:20	17:33	7:56	3:08	11:15	2:30	4:42	2:58	2:18	0:54	0:27	
13	355	Laurich, Peter Ottawa OC	M45-54	1:20:39	8:51	23:46	27:01	38:53	50:24	52:49	1:06:54	1:10:03	1:14:45	1:17:15	1:19:08	1:20:12	1:20:39
				8:51	14:55	3:15	11:52	11:31	2:25	14:05	3:09	4:42	2:30	1:53	1:04	0:27	
14	285	Bayly, Don FWOC	M55-64	1:22:17	6:28	24:01	27:58	38:46	47:46	50:57	1:05:50	1:08:49	1:15:02	1:17:49	1:20:09	1:21:51	1:22:17
				6:28	17:33	3:57	10:48	9:00	3:11	14:53	2:59	6:13	2:47	2:20	1:42	0:26	
15	254	Konotopetz, Larry CdeB	M55-64	1:22:18	6:13	26:25	29:04	41:34	50:15	52:53	1:07:17	1:09:58	1:15:18	1:18:47	1:20:52	1:21:53	1:22:18
				6:13	20:12	2:39	12:30	8:41	2:38	14:24	2:41	5:20	3:29	2:05	1:01	0:25	
16	120	Edmunds, Geraint EOOC	M55-64	1:22:46	6:51	23:42	27:44	45:37	53:41	56:06	1:07:35	1:10:20	1:16:46	1:19:28	1:21:22	1:22:19	1:22:46
				6:51	16:51	4:02	17:53	8:04	2:25	11:29	2:45	6:26	2:42	1:54	0:57	0:27	
17	242	Kulich, Jaroslav Hana O	M45-54	1:23:34	5:39	20:10	22:57	41:48	49:31	53:51	1:08:55	1:11:56	1:17:36	1:20:08	1:22:07	1:23:05	1:23:34
				5:39	14:31	2:47	18:51	7:43	4:20	15:04	3:01	5:40	2:32	1:59	0:58	0:29	
18	232	Rennie, Bruce GVOC	M55-64	1:24:15	6:15	23:12	27:02	39:27	48:35	52:13	1:08:31	1:11:23	1:17:35	1:20:31	1:22:42	1:23:46	1:24:15
				6:15	16:57	3:50	12:25	9:08	3:38	16:18	2:52	6:12	2:56	2:11	1:04	0:29	
19	323	Holcombe, Darren YOA	OpenM7	1:28:21	4:45	23:09	25:47	34:30	44:47	46:56	1:14:06	1:16:38	1:21:04	1:24:23	1:26:32	1:27:47	1:28:21
				4:45	18:24	2:38	8:43	10:17	2:09	27:10	2:32	4:26	3:19	2:09	1:15	0:34	
20	151	Breseman, Rick Cascade OC	M55-64	1:28:36	5:08	19:43	22:31	37:32	54:57	57:46	1:11:47	1:14:36	1:21:29	1:24:45	1:27:06	1:28:12	1:28:36
				5:08	14:35	2:48	15:01	17:25	2:49	14:01	2:49	6:53	3:16	2:21	1:06	0:24	
21	345	McMillan, Mark GVOC	M45-54	1:30:28	12:20	30:41	33:32	47:05	57:31	1:00:36	1:13:45	1:17:32	1:23:33	1:26:25	1:28:39	1:30:06	1:30:28
				12:20	18:21	2:51	13:33	10:26	3:05	13:09	3:47	6:01	2:52	2:14	1:27	0:22	
22	218	Nelson, Vern CdeB	M45-54	1:32:30	6:39	24:30	26:48	36:10	56:31	59:06	1:16:21	1:20:27	1:25:51	1:28:24	1:30:43	1:31:59	1:32:30
				6:39	17:51	2:18	9:22	20:21	2:35	17:15	4:06	5:24	2:33	2:19	1:16	0:31	
23	152	Karlden, Torbjorn Kvillebyns	M55-64	1:34:46	8:00	31:38	38:45	49:25	58:19	1:01:08	1:17:48	1:22:50	1:28:21	1:31:08	1:33:18	1:34:14	1:34:46
				8:00	23:38	7:07	10:40	8:54	2:49	16:40	5:02	5:31	2:47	2:10	0:56	0:32	
24	135	Birnie, Glenn GHO	M55-64	1:35:13	6:05	24:35	29:10	41:19	51:31	54:43	1:17:41	1:21:20	1:27:26	1:30:50	1:33:28	1:34:43	1:35:13
				6:05	18:30	4:35	12:09	10:12	3:12	22:58	3:39	6:06	3:24	2:38	1:15	0:30	
25	250	Urban, Jan Cascade OC	M45-54	1:40:13	6:45	27:01	30:09	46:34	1:02:55	1:06:14	1:22:47	1:26:01	1:32:14	1:36:02	1:38:27	1:39:45	1:40:13
				6:45	20:16	3:08	16:25	16:21	3:19	16:33	3:14	6:13	3:48	2:25	1:18	0:28	
26	351	Johnson, Jeremy YOA	OpenM7	1:44:38	5:04	26:30	30:09	51:34	1:04:26	1:07:55	1:25:16	1:28:49	1:35:36	1:39:56	1:42:41	1:44:05	1:44:38
				5:04	21:26	3:39	21:25	12:52	3:29	17:21	3:33	6:47	4:20	2:45	1:24	0:33	
27	245	Gregor, Vladimir Hana O	M45-54	1:47:30	6:47	21:07	23:52	48:41	59:02	1:07:11	1:32:49	1:36:07	1:41:24	1:44:02	1:45:52	1:47:01	1:47:30
				6:47	14:20	2:45	24:49	10:21	8:09	25:38	3:18	5:17	2:38	1:50	1:09	0:29	1:11:27
28	114	Svoboda, Robert FWOC	M45-54	1:48:18	7:20	25:25	28:22	41:43	53:10	56:37	1:22:18	1:27:01	1:35:24	1:41:55	1:46:42	1:47:48	1:48:18
				7:20	18:05	2:57	13:21	11:27	3:27	25:41	4:43	8:23	6:31	4:47	1:06	0:30	*46

Pl	Stno	Name	Cl.	Time													
Course 7 (49)				7.0 km	215 m	12 C	<i>(cont.)</i>										
					1(57)	2(39)	3(38)	4(45)	5(46)	6(79)	7(35)	8(74)	9(76)	10(80)	11(58)	12(59)	F
29	322	Riddle, Don SZOC	M55-64	1:48:24	7:53 21:22	29:15 3:52	33:07 4:19	47:16 14:09	1:04:50 7:34	1:09:22 4:32	1:28:08 18:46	1:32:20 4:12	1:39:51 7:31	1:43:43 3:52	1:46:34 2:51	1:47:51 1:17	1:48:24 0:33
30	274	Yagar, Bob YOA	M45-54	1:49:54	6:30 26:54	30:05 3:11	44:07 14:02	1:09:09 25:02	1:12:02 2:53	1:30:15 18:13	1:34:25 4:10	1:41:02 6:37	1:44:29 3:27	1:48:35 4:06	1:49:31 0:56	1:49:54 0:23	
31	107	Graupner, Dave CdeB	M45-54	1:50:24	8:16 22:58	31:14 3:55	35:09 14:09	49:18 18:12	1:07:30 3:34	1:11:04 3:34	1:30:12 19:08	1:33:52 3:40	1:42:21 8:29	1:46:07 3:46	1:48:48 2:41	1:49:57 1:09	1:50:24 0:27
32	146	Webster, Jim KOC	M55-64	1:54:00	7:38 27:38	31:12 3:34	49:27 18:15	1:04:08 14:41	1:08:38 4:30	1:32:36 23:58	1:36:58 4:22	1:45:27 8:29	1:49:02 3:35	1:51:58 2:56	1:53:17 1:19	1:54:00 0:43	
33	228	Williams, Kean Cascade OC	M45-54	1:58:35	6:11 19:37	25:48 2:32	28:20 2:32	47:41 19:21	1:13:04 25:23	1:17:19 4:15	1:37:13 19:54	1:40:49 3:36	1:48:27 7:38	1:51:29 3:02	1:56:47 5:18	1:57:59 1:12	1:58:35 0:36
34	264	Heron, Steve ONB-Fundy	M45-54	2:01:32	9:48 20:00	29:48 3:29	33:17 13:58	47:15 26:52	1:14:07 3:21	1:17:28 22:29	1:39:57 4:28	1:44:25 8:31	1:52:56 3:56	1:56:52 2:46	1:59:38 2:46	2:01:00 1:22	2:01:32 0:32
35	234	Bradley, Joe YOA	M45-54	2:02:59	8:46 23:50	32:36 4:00	36:36 4:00	53:59 17:23	1:11:18 17:19	1:16:04 4:46	1:38:23 22:19	1:43:22 4:59	1:51:59 8:37	1:56:43 4:44	2:00:41 3:58	2:02:23 1:42	2:02:59 0:36
36	311	Hawkings, Jim YOA	M55-64	2:03:44	16:13 20:52	37:05 4:40	41:45 4:40	1:03:16 21:31	1:19:25 16:09	1:22:23 2:58	1:42:20 19:57	1:46:30 4:10	1:53:22 6:52	1:59:21 5:59	2:02:00 2:39	2:03:15 1:15	2:03:44 0:29
37	141	Fisher, Gar GVOC	M45-54	2:04:07	7:24 24:54	32:18 3:24	35:42 3:24	55:03 19:21	1:09:20 14:17	1:14:53 5:33	1:37:57 23:04	1:41:54 3:57	1:50:36 8:42	1:57:18 6:42	2:02:21 5:03	2:03:36 1:15	2:04:07 0:31
38	148	Rogers, David USOF	M55-64	2:06:32	12:13 25:15	37:28 4:02	41:30 4:02	56:44 15:14	1:12:13 15:29	1:18:47 6:34	1:38:50 20:03	1:43:06 4:16	1:53:58 10:52	2:01:09 7:11	2:04:22 3:13	2:06:01 1:39	2:06:32 0:31
39	210	Atchison, Garry EOOC	M45-54	2:10:29	9:15 26:57	36:12 4:56	41:08 4:56	59:48 18:40	1:17:01 17:13	1:21:28 4:27	1:47:33 26:05	1:52:51 5:18	2:00:14 7:23	2:05:18 5:04	2:08:37 3:19	2:09:49 1:12	2:10:29 0:40
40	240	Merriam, Don FWOC	M55-64	2:11:11	17:06 22:51	39:57 4:06	44:03 4:06	1:02:05 18:02	1:16:21 14:16	1:20:31 4:10	1:46:57 26:26	1:50:34 3:37	1:56:43 6:09	2:06:39 9:56	2:09:21 2:42	2:10:33 1:12	2:11:11 0:38
41	191	Roman, Jelinek Hana O	M55-64	2:14:28	8:15 26:19	34:34 4:15	38:49 4:15	57:01 18:12	1:19:27 22:26	1:25:15 5:48	1:50:04 24:49	1:55:26 5:22	2:04:11 8:45	2:08:24 4:13	2:11:46 3:22	2:13:39 1:53	2:14:28 0:49
42	180	Connors, Patrick CdeB	M55-64	2:27:17	10:08 30:42	40:50 4:28	45:18 4:28	1:05:29 20:11	1:26:24 20:55	1:32:35 6:11	1:57:13 24:38	2:06:00 8:47	2:14:33 8:33	2:19:15 4:42	2:23:34 4:19	2:26:09 2:35	2:27:17 1:08
43	132	Sidders, Ian GHO	M55-64	2:43:30	7:44 23:33	31:17 3:21	34:38 3:21	46:36 11:58	1:05:36 19:00	1:08:33 2:57	2:21:28 1:12:55	2:28:40 7:12	2:35:40 7:00	2:39:20 3:40	2:41:57 2:37	2:43:01 1:04	2:43:30 0:29
177	Goeres, Michael CdeB	M55-64	mp	8:55 8:55	----	----	----	----	----	----	----	----	1:52:19 1:43:24	1:56:27 4:08	1:58:39 2:12	1:59:13 0:34	
217	Gilchrist, Robert EOOC	M55-64	mp	5:36 5:36	21:00 15:24	23:35 2:35	33:24 9:49	42:18 8:54	45:19 3:01	----	58:51 13:32	1:07:41 8:50	1:10:45 3:04	1:12:37 1:52	1:13:32 0:55	1:13:57 0:25	
267	Woods, Stan GVOC	OpenM7	mp	10:36 10:36	51:48 41:12	1:00:19 8:31	1:32:59 32:40	----	----	----	----	----	----	----	2:32:12 59:13	2:32:51 0:39	2:32:13 *59
300	Brooks, Craig YOA	M45-54	mp	13:14 13:14	56:43 43:29	1:03:33 6:50	1:32:36 29:03	----	----	1:55:08 22:32	2:02:49 7:41	2:15:14 12:25	2:21:51 6:37	2:25:58 4:07	2:28:06 2:08	2:29:08 1:02	
349	Abbott, Grant YOA	M55-64	mp	7:49 7:49	33:06 25:17	37:47 4:41	57:30 19:43	1:08:15 10:45	1:11:56 3:41	1:30:29 18:33	1:37:40 7:11	1:43:47 6:07	1:48:20 4:33	1:51:25 3:05	----- 3:05	1:53:51 2:26	29:39 *61
				1:34:09 *55	1:38:24 *66	1:39:49 *69	1:41:39 *90										
331	Gaule, Andrew YOA	M45-54	ot	20:12 20:12	54:50 34:38	59:15 4:25	1:37:18 38:03	2:13:08 35:50	2:19:00 5:52	2:50:07 31:07	3:00:27 10:20	3:11:37 11:10	3:18:44 7:07	3:23:44 5:00	3:27:41 3:57	3:28:54 1:13	
Course 8 (9)				5.4 km	145 m	11 C											
					1(76)	2(32)	3(37)	4(79)	5(46)	6(91)	7(36)	8(35)	9(57)	10(58)	11(59)	F	
1	167	Murray, Kendra YOA	W17-20	55:10	2:10 2:10	4:36 2:26	11:59 7:23	22:36 10:37	24:53 2:17	34:59 10:06	40:08 5:09	41:29 1:21	50:10 8:41	53:57 3:47	54:49 0:52	55:10 0:21	
2	198	Ross, Emily ONB Falcon	W17-20	1:00:27	2:31 2:31	5:11 2:40	13:43 8:32	23:38 9:55	27:04 3:26	37:09 10:05	42:22 5:13	43:55 1:33	54:07 10:12	59:02 4:55	1:00:03 1:01	1:00:27 0:24	
3	173	McNeil, Philippa YOA	W35-44	1:05:34	2:52 2:52	5:42 2:50	16:05 10:23	28:13 12:08	31:07 2:54	40:55 9:48	48:42 7:47	50:12 1:30	58:45 8:33	1:03:59 5:14	1:05:07 1:08	1:05:34 0:27	46:48 *35
4	290	Teutsch, Laura Ottawa OC	W17-20	1:05:58	2:14 2:14	4:45 2:31	14:03 9:18	25:43 11:40	29:07 3:24	44:29 15:22	49:25 4:56	51:23 1:58	1:00:18 8:55	1:04:40 4:22	1:05:33 0:53	1:05:58 0:25	
5	304	Jolliff, Jennifer ARCT	W35-44	1:08:36	3:11 3:11	6:08 2:57	14:42 8:34	25:17 10:35	28:19 3:02	42:31 14:12	49:21 6:50	51:25 2:04	1:02:36 11:11	1:07:15 4:39	1:08:10 0:55	1:08:36 0:26	
6	206	Mackeigan, Jennil YOA	W17-20	1:22:09	4:10 4:10	7:20 3:10	21:53 14:33	35:31 13:38	43:46 8:15	57:26 13:40	1:03:41 6:15	1:05:38 1:57	1:15:43 10:05	1:20:37 4:54	1:21:40 1:03	1:22:09 0:29	
7	248	Krsakova, Marie Hana O	W17-20	1:32:27	3:35 3:35	7:59 4:24	18:33 10:34	33:09 14:36	37:15 4:06	50:53 13:38	1:02:13 11:20	1:05:34 3:21	1:19:11 13:37	1:30:19 11:08	1:31:43 1:24	1:32:27 0:44	

Pl	Srno	Name	Cl.	Time																				
Course 9 (29)					8.2 km	245 m	19 C	(cont.)																
					1(33)	2(34)	3(84)	4(37)	5(79)	6(94)	7(47)	8(48)	9(49)	10(50)	11(51)	12(52)	13(54)	14(55)	15(56)	16(90)	17(57)	18(58)	19(59)	F
28	260	Richardson, Jame Ottawa OC	M35-44	2:07:50	7:11 7:11	11:25 4:14	17:13 5:48	19:29 2:16	29:51 10:22	43:21 13:30	43:59 0:38	1:12:11 28:12	1:16:07 3:56	1:25:25 9:18	1:38:26 13:01	1:39:40 1:14	1:44:50 5:10	1:50:00 5:10	1:52:39 2:39	1:57:01 4:22	2:00:42 3:41	2:06:16 5:34	2:07:26 1:10	2:07:50 0:24
29	124	Joggi, Marianne O Kölliken	W21-34	2:10:22	7:20 7:20	11:44 4:24	18:33 6:49	20:46 2:13	47:31 26:45	59:12 11:41	59:52 0:40	1:14:39 14:47	1:21:36 6:57	1:23:27 1:51	1:33:12 9:45	1:34:35 1:23	1:40:03 5:28	1:53:02 12:59	1:55:55 2:53	2:00:16 4:21	2:03:01 2:45	2:08:48 5:47	2:09:52 1:04	2:10:22 0:30
Course 10 (23)					11.8 km	335 m	30 C																	
					1(31) 21(51)	2(33) 22(52)	3(34) 23(53)	4(35) 24(54)	5(36) 25(55)	6(37) 26(56)	7(38) 27(90)	8(39) 28(57)	9(40) 29(80)	10(41) 30(59)	11(42) F	12(43)	13(91)	14(45)	15(46)	16(94)	17(47)	18(48)	19(49)	20(50)
1	134	Johansson, Magn GVOC	M21-34	1:29:47	2:06 2:06	4:37 2:31	7:49 3:12	9:45 1:56	11:03 1:18	13:11 2:08	16:52 3:41	18:56 2:04	22:57 4:01	24:16 1:19	25:32 1:16	27:22 1:50	38:22 11:00	39:50 1:28	49:12 9:22	53:29 4:17	53:55 0:26	1:03:00 9:05	1:05:22 2:22	1:06:08 0:46
2	258	Anderson, Robbie Ottawa OC	M21-34	1:30:33	5:28 2:00	0:58 5:01	7:44 2:44	1:21 9:19	1:32 10:21	1:36 12:24	2:28 15:48	1:51 17:43	2:36 25:45	2:05 27:03	1:30:33 28:37	30:03 1:26	41:00 10:57	42:11 1:11	50:45 8:34	54:13 3:28	54:35 0:22	1:03:53 9:18	1:06:04 2:11	1:06:48 0:44
3	352	Smith, Mike ONB Falcon	M21-34	1:30:47	1:12:17 5:29	1:13:16 0:59	1:16:20 3:04	1:17:36 1:16	1:19:46 2:10	1:21:22 1:36	1:24:09 2:47	1:26:20 2:11	1:28:26 2:06	1:30:11 1:45	1:30:33 0:22	28:23 1:45	38:56 10:33	40:26 1:30	47:30 7:04	51:11 3:41	51:39 0:28	1:02:00 10:21	1:04:28 2:28	1:05:15 0:47
4	106	Graupner, Steven CdeB	M21-34	1:36:41	5:50 2:03	1:00 5:02	2:39 8:00	1:17 10:19	2:23 11:54	1:29 14:19	1:29 18:20	2:48 20:19	2:17 25:01	1:55 28:10	0:22 29:32	30:57 1:25	43:02 12:05	44:18 1:16	50:19 6:01	54:41 4:22	55:04 0:23	1:05:26 10:22	1:07:38 2:12	1:08:58 1:20
5	325	Moholdt, Geir San Diego	M21-34	1:37:28	5:36 1:59	1:05 4:39	3:02 7:32	1:51 9:45	2:22 10:45	3:41 12:57	3:04 16:43	2:52 18:32	2:03 22:39	1:47 23:57	0:20 29:03	31:24 2:21	41:35 10:11	42:48 1:13	50:53 8:05	54:58 4:05	55:24 0:26	1:06:35 11:11	1:09:16 2:41	1:10:14 0:58
6	318	Critchley, Will EOOC	M21-34	1:37:45	5:47 1:43	1:03 9:02	3:18 12:06	1:18 14:39	2:56 15:50	2:02 18:10	2:59 22:24	2:43 24:28	2:30 28:08	2:11 29:24	0:27 30:31	31:51 1:20	41:14 9:23	42:23 1:09	49:14 6:51	54:27 5:13	54:52 0:25	1:05:25 10:33	1:08:10 2:45	1:08:51 0:41
7	153	Faruga Karlde, C Kvillebyns	M21-34	1:39:04	5:47 3:03	0:54 5:30	4:15 8:25	1:08 10:41	2:33 12:02	1:58 14:24	3:09 18:28	3:58 20:36	3:05 25:15	1:46 26:56	0:21 28:48	30:26 1:38	43:10 12:44	45:41 2:31	54:04 8:23	59:34 5:30	59:59 0:25	1:09:40 9:41	1:12:02 2:22	1:13:01 0:59
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