

Pl	Srno	Name	Cl.	Time																		
Course 1 (17)					1.9 km	30 m	12 C															
					1(31)	2(34)	3(35)	4(47)	5(48)	6(36)	7(41)	8(42)	9(43)	10(37)	11(120)	12(123)	F					
1	344	Shier, Hannah	W12	11:06	1:05	2:10	2:54	3:52	4:22	5:22	6:33	7:46	8:10	8:53	9:57	10:44	11:06					
		YOA			1:05	1:05	0:44	0:58	0:30	1:00	1:11	1:13	0:24	0:43	1:04	0:47	0:22					
2	347	McMillan, Tara	W12	11:23	1:15	2:35	3:20	4:15	4:53	5:45	6:56	7:57	8:19	9:11	10:16	11:02	11:23					
		GVOC			1:15	1:20	0:45	0:55	0:38	0:52	1:11	1:01	0:22	0:52	1:05	0:46	0:21					
3	158	Mlynczyk, Anton	M12	11:52	1:05	2:16	3:03	4:03	4:33	5:33	7:03	8:06	8:28	9:22	10:36	11:29	11:52					
		Ukr OC			1:05	1:11	0:47	1:00	0:30	1:00	1:30	1:03	0:22	0:54	1:14	0:53	0:23					
4	296	May, Rachel	W12	12:04	1:00	2:08	3:00	4:00	4:29	5:28	6:48	8:01	8:26	9:19	10:52	11:38	12:04					
		Sage			1:00	1:08	0:52	1:00	0:29	0:59	1:20	1:13	0:25	0:53	1:33	0:46	0:26					
5	159	Mlynczyk, Teodor	M12	12:12	1:01	2:18	3:06	4:07	4:40	5:36	6:54	7:59	8:54	9:48	11:04	11:52	12:12					
		Ukr OC			1:01	1:17	0:48	1:01	0:33	0:56	1:18	1:05	0:55	0:54	1:16	0:48	0:20					
6	226	Martino, Tyson	M12	12:20	1:24	2:29	3:18	4:16	4:48	5:45	7:05	8:53	9:12	10:02	11:07	11:55	12:20					
		FWOC			1:24	1:05	0:49	0:58	0:32	0:57	1:20	1:48	0:19	0:50	1:05	0:48	0:25					
6	265	Heron, Andrew	M12	12:20	1:05	2:12	2:58	3:57	4:30	5:35	6:57	8:03	9:06	9:54	11:01	11:53	12:20					
		ONB-Fundy			1:05	1:07	0:46	0:59	0:33	1:05	1:22	1:06	1:03	0:48	1:07	0:52	0:27					
8	116	Svoboda, David	M12	12:41	1:01	2:14	3:10	4:16	4:53	5:52	7:52	9:00	9:24	10:13	11:23	12:16	12:41					
		FWOC			1:01	1:13	0:56	1:06	0:37	0:59	2:00	1:08	0:24	0:49	1:10	0:53	0:25					
9	239	Sherwood, Isaac	M12	13:02	1:21	2:35	3:35	4:44	5:15	6:29	7:50	8:59	9:26	10:22	11:47	12:39	13:02					
		FWOC			1:21	1:14	1:00	1:09	0:31	1:14	1:21	1:09	0:27	0:56	1:25	0:52	0:23					
10	278	Aksland, Jonas	M12	13:05	1:14	2:44	3:30	4:32	5:03	6:03	7:26	9:16	9:40	10:25	11:49	12:41	13:05					
		FWOC			1:14	1:30	0:46	1:02	0:31	1:00	1:23	1:50	0:24	0:45	1:24	0:52	0:24					
11	225	Martino, Kyle	M12	13:25	1:13	2:30	3:20	4:26	5:13	6:23	7:50	9:29	9:52	10:46	12:07	12:59	13:25					
		FWOC			1:13	1:17	0:50	1:06	0:47	1:10	1:27	1:39	0:23	0:54	1:21	0:52	0:26					
12	297	May, Trond	OpenM1	14:33	1:36	3:06	3:59	5:13	5:58	7:11	8:50	10:27	10:59	11:58	13:16	14:10	14:33					
		Sage			1:36	1:30	0:53	1:14	0:45	1:13	1:39	1:37	0:32	0:59	1:18	0:54	0:23					
13	310	Omdal, Ingrid	W12	15:15	2:06	3:33	4:35	5:45	6:28	7:40	9:55	11:03	11:31	12:29	13:49	14:48	15:15					
		FWOC			2:06	1:27	1:02	1:10	0:43	1:12	2:15	1:08	0:28	0:58	1:20	0:59	0:27					
14	400	Bond, Sofia	OpenW1	19:18	2:28	4:51	5:56	7:23	8:17	9:32	11:29	14:00	14:33	15:46	17:39	18:50	19:18					
		YOA			2:28	2:23	1:05	1:27	0:54	1:15	1:57	2:31	0:33	1:13	1:53	1:11	0:28					
	277	Aksland, Julie	OpenW1	mp	2:28	4:47	6:32	8:32	-----	14:00	17:49	21:09	22:19	25:07	28:17	29:54	30:23					
		FWOC			2:28	2:19	1:45	2:00		5:28	3:49	3:20	1:10	2:48	3:10	1:37	0:29					
	326	Thomson, Amand	W12	mp	1:13	2:30	3:20	4:39	5:14	6:14	7:42	8:45	9:08	-----	-----	12:02	12:26					
		YOA			1:13	1:17	0:50	1:19	0:35	1:00	1:28	1:03	0:23			2:54	0:24					
	353	Cash, Savannah	W12	mp	1:04	2:18	3:03	4:03	4:39	5:39	7:04	10:22	-----	-----	12:36	13:30	13:59					
		YOA			1:04	1:14	0:45	1:00	0:36	1:00	1:25	3:18			2:14	0:54	0:29					
										</												

Pl	Stno	Name	Cl.	Time													
Course 3 (19)					2.1 km	40 m	12 C										
					1(44)	2(39)	3(38)	4(49)	5(50)	6(37)	7(116)	8(119)	9(125)	10(124)	11(129)	12(123)	F
1	219	Nelson, Reid CdeB	M15-16	19:18	1:12 1:12	5:07 3:55	5:49 0:42	7:32 1:43	9:18 1:46	12:24 3:06	13:21 0:57	13:53 0:32	14:28 0:35	14:54 0:26	16:08 1:14	18:55 2:47	19:18 0:23
2	346	McMillan, Roan GVOG	M15-16	19:57	1:09 1:09	5:37 4:28	6:46 1:09	8:18 1:32	11:01 2:43	14:11 3:10	16:15 2:04	16:51 0:36	17:32 0:41	18:11 0:39	18:58 0:47	19:37 0:39	19:57 0:20
3	308	Omdal, Helene FWOC	W15-16	21:18	2:38 2:38	7:01 4:23	8:01 1:00	9:57 1:56	12:26 2:29	15:35 3:09	17:07 1:32	17:49 0:42	18:34 0:45	19:01 0:27	19:59 0:58	20:54 0:55	21:18 0:24
4	104	Blake, Pia YOA	W15-16	22:12	1:47 1:47	5:15 3:28	6:21 1:06	8:40 2:19	10:36 1:56	13:59 3:23	16:29 2:30	17:10 0:41	17:52 0:42	18:17 0:25	20:34 2:17	21:47 1:13	22:12 0:25
5	207	Waddington, Emn GHO	W15-16	23:59	1:40 1:40	7:48 6:08	9:15 1:27	11:18 2:03	13:37 2:19	17:23 3:46	18:31 1:08	19:14 0:43	20:00 0:46	20:31 0:31	22:38 2:07	23:39 1:01	23:59 0:20
6	287	Bayly, Andrea FWOC	OpenW3	27:58	2:28 2:28	8:54 6:26	9:57 1:03	12:22 2:25	15:06 2:44	19:21 4:15	20:43 1:22	21:32 0:49	22:38 1:06	24:17 1:39	26:18 2:01	27:30 1:12	27:58 0:28
7	215	Sepandj, Darya FWOC	W15-16	29:48	5:57 5:57	16:39 10:42	17:56 1:17	19:38 1:42	21:38 2:00	24:30 2:52	25:44 1:14	26:30 0:46	27:12 0:42	27:35 0:23	28:43 1:08	29:28 0:45	29:48 0:20
8	336	Tayler, Wendy YOA	OpenW3	33:05	5:00 5:00	14:19 9:19	15:43 1:24	18:18 2:35	20:32 2:14	25:43 5:11	28:23 2:40	29:07 0:44	29:54 0:47	30:33 0:39	31:35 1:02	32:34 0:59	33:05 0:31
9	179	Stephen, Alix FWOC	W15-16	34:00	2:47 2:47	8:54 6:07	10:25 1:31	12:29 2:04	15:41 3:12	20:09 4:28	28:19 8:10	28:57 0:38	29:48 0:51	30:18 0:30	32:56 2:38	33:37 0:41	34:00 0:23
10	368	Thorstensson/Far Kvillebyns	Group3	41:36	9:58 9:58	17:46 7:48	20:31 2:45	22:44 2:13	25:44 3:00	30:48 5:04	33:55 3:07	34:30 0:35	36:09 1:39	37:11 1:02	39:33 2:22	40:59 1:26	41:36 0:37
11	332	Mitchell, Kaitlynn YOA	W15-16	45:11	3:23 3:23	10:47 7:24	12:08 1:21	15:02 2:54	21:15 6:13	27:54 6:39	30:20 2:26	30:48 0:28	32:07 1:19	32:30 0:23	43:29 10:59	44:38 1:09	45:11 0:33
12	307	Omdal, Liv FWOC	OpenW3	45:14	2:50 2:50	17:22 14:32	18:55 1:33	21:00 2:05	24:00 3:00	27:43 3:43	31:47 4:04	32:37 0:50	33:46 1:09	38:42 4:56	43:28 4:46	44:50 1:22	45:14 0:24
13	211	Atchison, Cheryl EOOC	OpenW3	47:28	4:51 4:51	14:10 9:19	17:29 3:19	22:08 4:39	25:42 3:34	33:34 7:52	36:12 2:38	37:33 1:21	39:26 1:53	40:43 1:17	43:12 2:29	46:00 2:48	47:28 1:28
14	339	Sadurskis, Aija Centrum OK	OpenW3	50:43	3:08 3:08	16:13 13:05	18:31 2:18	21:16 2:45	26:26 5:10	32:33 6:07	42:38 10:05	43:19 0:41	44:45 1:26	45:50 1:05	48:13 2:23	50:00 1:47	50:43 0:43
15	220	Nelson, Doris CdeB	OpenW3	53:46	15:28 15:28	30:11 14:43	32:04 1:53	35:09 3:05	37:57 2:48	44:41 6:44	46:17 1:36	47:33 1:16	48:35 1:02	49:28 0:53	51:44 2:16	53:05 1:21	53:46 0:41
16	108	Graupner, Pat CdeB	OpenW3	54:19	11:40 11:40	20:50 9:10	23:44 2:54	27:57 4:13	32:48 4:51	39:01 6:13	43:39 4:38	44:32 0:53	48:39 4:07	49:48 1:09	51:38 1:50	53:08 1:30	54:19 1:11
17	286	Cowling, Anne FWOC	OpenW3	55:13	4:47 4:47	16:42 11:55	21:50 5:08	25:02 3:12	31:13 6:11	37:59 6:46	45:46 7:47	47:08 1:22	48:43 1:35	49:43 1:00	52:16 2:33	54:34 2:18	55:13 0:39
18	163	Strat, Trish QOC	OpenW3	1:08:33	20:10 20:10	34:50 14:40	38:22 3:32	43:14 4:52	47:49 4:35	54:56 7:07	57:33 2:37	59:53 2:20	1:01:28 1:35	1:03:05 1:37	1:05:13 2:08	1:07:09 1:56	1:08:33 1:24
	221	Nelson, Jenna CdeB	OpenW3	mp	----- 2:50	----- 1:33	----- 5:20	----- 3:45	----- -----	----- -----	----- -----	----- 1:00:49	----- 47:21	----- 1:01:52	----- 1:03	30:49 30:49	31:26 0:37
Course 4 (6)					1.3 km	60 m	8 C										
					1(44)	2(45)	3(125)	4(128)	5(136)	6(131)	7(129)	8(123)					F
1	137	Leduc, Nesta YOA	W75-79	46:32	4:13 4:13	5:48 1:35	11:06 5:18	26:15 15:09	32:28 6:13	39:58 7:30	44:17 4:19	45:47 1:30	46:32 0:45				
2	119	Bailey, Gillian VICO	W75-79	49:23	2:49 2:49	5:01 2:12	9:38 4:37	13:39 4:01	18:47 5:08	43:17 24:30	46:40 3:23	48:16 1:36	49:23 1:07				
3	283	Scott, Don EOOC	M80	50:28	5:42 5:42	8:21 2:39	16:16 7:55	21:01 4:45	29:11 8:10	38:58 9:47	46:12 7:14	49:02 2:50	50:28 1:26				
4	229	MacNaughton, Je FWOC	W75-79	1:21:08	4:34 4:34	8:51 4:17	17:36 8:45	24:35 6:59	31:24 6:49	48:03 16:39	1:17:08 29:05	1:19:32 2:24	1:21:08 1:36				
5	321	Mackeigan, Linda YOA	OpenW4	1:22:29	3:34 3:34	5:00 1:26	54:17 49:17	58:31 4:14	1:03:36 5:05	1:11:08 7:32	1:19:40 8:32	1:21:32 1:52	1:22:29 0:57				
	117	Woof, Caryl Esk Valley	W75-79	mp	2:50 2:50	4:23 1:33	9:43 5:20	13:28 3:45	----- -----	----- -----	----- 1:00:49	----- 47:21	1:01:52 1:03				
Course 5 (30)					1.8 km	85 m	11 C										
					1(44)	2(45)	3(125)	4(128)	5(109)	6(108)	7(121)	8(138)	9(132)	10(129)	11(123)		F
1	184	Owen, Marion FWOC	W55-64	29:09	1:48 1:48	2:50 1:02	5:12 2:22	7:02 1:50	10:45 3:43	13:32 2:47	16:34 3:02	23:14 6:40	25:59 2:45	27:56 1:57	28:44 0:48	29:09 0:25	
2	183	Jones, Kitty FWOC	W55-64	30:17	1:36 1:36	2:42 1:06	5:08 2:26	7:06 1:58	13:18 6:12	16:05 2:47	18:54 2:49	23:32 4:38	26:22 2:50	28:39 2:17	29:45 1:06	30:17 0:32	

Pl	Stno	Name	Cl.	Time												
Course 5 (30)				1.8 km	85 m	11 C	(cont.)									
					1(44)	2(45)	3(125)	4(128)	5(109)	6(108)	7(121)	8(138)	9(132)	10(129)	11(123)	F
3	168	Mckenna, Karen YOA	W55-64	31:41	2:06	3:45	6:38	8:40	13:33	16:01	20:02	25:18	28:01	30:30	31:13	31:41
					2:06	1:39	2:53	2:02	4:53	2:28	4:01	5:16	2:43	2:29	0:43	0:28
4	216	Pearson, Angela EOO	W55-64	32:56	1:47	2:50	10:36	12:44	16:02	18:35	22:32	26:18	29:13	31:27	32:25	32:56
					1:47	1:03	7:46	2:08	3:18	2:33	3:57	3:46	2:55	2:14	0:58	0:31
5	222	Ellis, Margaret GVOC	W65-74	38:29	2:19	4:00	6:30	8:28	17:33	21:34	24:28	31:20	34:16	36:42	38:03	38:29
					2:19	1:41	2:30	1:58	9:05	4:01	2:54	6:52	2:56	2:26	1:21	0:26
6	327	Brown, Ellyn ARCT	W55-64	43:41	2:24	4:21	7:15	9:13	14:46	25:02	27:27	38:32	40:10	42:20	43:13	43:41
					2:24	1:57	2:54	1:58	5:33	10:16	2:25	11:05	1:38	2:10	0:53	0:28
7	182	Lachance, Karen GVOC	W55-64	48:14	2:18	3:45	7:49	10:28	16:51	21:01	24:31	39:25	42:49	46:05	47:31	48:14
					2:18	1:27	4:04	2:39	6:23	4:10	3:30	14:54	3:24	3:16	1:26	0:43
8	128	Hocking, Diana VICO	W65-74	54:33	2:06	3:41	7:08	9:59	16:37	20:32	25:21	44:21	48:08	52:18	53:59	54:33
					2:06	1:35	3:27	2:51	6:38	3:55	4:49	19:00	3:47	4:10	1:41	0:34
9	145	Deumer, Trudy GHO	W55-64	55:27	3:17	12:45	17:01	20:39	26:20	30:23	34:45	38:03	41:38	53:42	54:46	55:27
					3:17	9:28	4:16	3:38	5:41	4:03	4:22	3:18	3:35	12:04	1:04	0:41
10	357	Boyd-Larsson, Ch OK Vargen	W55-64	1:02:41	5:05	6:29	10:39	13:42	21:24	27:48	33:14	45:53	55:55	1:00:55	1:02:05	1:02:41
					5:05	1:24	4:10	3:03	7:42	6:24	5:26	12:39	10:02	5:00	1:10	0:36
11	112	Gamey, Muriel Manitoba	W55-64	1:06:53	1:46	2:48	5:08	6:52	29:39	32:50	45:42	50:09	1:01:56	1:05:30	1:06:21	1:06:53
					1:46	1:02	2:20	1:44	22:47	3:11	12:52	4:27	11:47	3:34	0:51	0:32
12	149	Pohl, Julie USOF	W55-64	1:11:10	3:08	5:00	9:40	12:37	21:58	37:50	43:05	47:25	1:02:54	1:09:06	1:10:28	1:11:10
					3:08	1:52	4:40	2:57	9:21	15:52	5:15	4:20	15:29	6:12	1:22	0:42
13	205	Anderson, Hilary GVOC	W55-64	1:12:52	2:10	5:45	8:38	10:49	24:51	28:57	33:42	48:17	1:08:30	1:11:30	1:12:21	1:12:52
					2:10	3:35	2:53	2:11	14:02	4:06	4:45	14:35	20:13	3:00	0:51	0:31
14	118	Bailey, Leigh VICO	M75-79	1:14:21	1:45	2:56	12:44	15:35	27:20	54:54	57:59	1:04:46	1:09:42	1:12:37	1:13:49	1:14:21
					1:45	1:11	9:48	2:51	11:45	27:34	3:05	6:47	4:56	2:55	1:12	0:32
15	259	Rankin, Gloria Ottawa OC	W65-74	1:19:45	5:52	7:00	11:08	18:06	32:21	41:28	1:04:42	1:09:22	1:14:13	1:17:40	1:18:58	1:19:45
					5:52	1:08	4:08	6:58	14:15	9:07	23:14	4:40	4:51	3:27	1:18	0:47
16	188	Davies, Robyn Peninsula	W65-74	1:21:06	2:41	5:33	9:02	12:22	19:14	40:34	55:58	1:01:20	1:10:48	1:17:57	1:19:56	1:21:06
					2:41	2:52	3:29	3:20	6:52	21:20	15:24	5:22	9:28	7:09	1:59	1:10
17	143	James, Margaret Halifax Hu	W65-74	1:25:44	7:29	10:10	16:12	20:52	31:01	52:46	57:51	1:08:39	1:17:46	1:22:16	1:24:38	1:25:44
					7:29	2:41	6:02	4:40	10:09	21:45	5:05	10:48	9:07	4:30	2:22	1:06
18	138	van Hees, Violet YOA	W55-64	1:28:41	2:39	4:10	7:36	10:45	33:23	40:01	44:58	1:18:24	1:23:37	1:26:41	1:28:03	1:28:41
					2:39	1:31	3:26	3:09	22:38	6:38	4:57	33:26	5:13	3:04	1:22	0:38
19	111	Guttormson, Lorn Ottawa OC	W65-74	1:35:08	6:00	7:03	10:40	16:35	25:47	53:35	1:20:53	1:24:31	1:29:18	1:32:35	1:34:15	1:35:08
					6:00	1:03	3:37	5:55	9:12	27:48	27:18	3:38	4:47	3:17	1:40	0:53
20	315	Cornish, Judy EOO	W55-64	1:40:53	2:46	3:58	7:21	9:43	53:18	56:54	1:00:26	1:29:00	1:34:41	1:38:40	1:40:14	1:40:53
					2:46	1:12	3:23	2:22	43:35	3:36	3:32	28:34	5:41	3:59	1:34	0:39
21	155	Faulkner, Trish Peninsula	W65-74	1:42:31	3:16	4:13	7:42	10:09	22:07	30:34	34:20	1:35:05	1:37:09	1:40:39	1:41:52	1:42:31
					3:16	0:57	3:29	2:27	11:58	8:27	3:46	1:00:45	2:04	3:30	1:13	0:39
22	121	Edmunds, Marilyn EOO	W55-64	1:45:42	4:16	6:15	10:46	13:37	57:31	1:19:17	1:23:32	1:32:35	1:38:39	1:42:47	1:44:51	1:45:42
					4:16	1:59	4:31	2:51	43:54	21:46	4:15	9:03	6:04	4:08	2:04	0:51
23	204	McBee, Jill CROC	W65-74	1:52:38	5:59	19:12	26:10	29:18	42:47	51:53	57:16	1:30:21	1:36:04	1:49:31	1:51:28	1:52:38
					5:59	13:13	6:58	3:08	13:29	9:06	5:23	33:05	5:43	13:27	1:57	1:10
24	359	Chartrand, Susan Sage	W55-64	1:56:14	2:46	3:54	8:31	11:46	19:35	41:10	44:39	1:44:24	1:48:23	1:54:09	1:55:30	1:56:14
					2:46	1:08	4:37	3:15	7:49	21:35	3:29	59:45	3:59	5:46	1:21	0:44
	129	Hocking, Martin VICO	OpenM5	mp	5:28	8:24	16:50	20:33	-----	-----	-----	-----	-----	1:19:36	1:24:45	1:25:33
					5:28	2:56	8:26	3:43						59:03	5:09	0:48
	176	Goeres, Ursula CdeB	W55-64	mp	3:00	4:30	9:00	12:27	20:59	-----	-----	-----	59:15	1:03:10	1:04:31	1:05:05
					3:00	1:30	4:30	3:27	8:32				38:16	3:55	1:21	0:34
	202	Waddington, Sue GHO	W65-74	mp	4:31	7:24	11:54	-----	-----	-----	-----	-----	-----	58:48	1:00:23	1:01:27
					4:31	2:53	4:30							46:54	1:35	1:04
	252	Vyse, Frances Sage	W65-74	mp	2:23	4:31	8:40	10:45	24:07	31:13	35:48	-----	1:17:21	1:24:17	1:27:19	1:27:54
					2:23	2:08	4:09	2:05	13:22	7:06	4:35		41:33	6:56	3:02	0:35
	262	Smith, Luella ONB Falcon	W55-64	mp	1:53	4:04	7:32	9:48	40:36	-----	-----	-----	-----	-----	-----	
					1:53	2:11	3:28	2:16	30:48							
	314	Hendrigan, Holly GVOC	OpenW5	mp	13:34	15:08	18:21	26:51	1:01:42	-----	-----	-----	1:19:25	1:23:30	1:25:04	1:25:51
					13:34	1:34	3:13	8:30	34:51				17:43	4:05	1:34	0:47

Course 6 (28)				2.1 km	100 m	10 C									
					1(45)	2(127)	3(139)	4(122)	5(138)	6(110)	7(109)	8(128)	9(129)	10(123)	F
1	214	Robert, Magali FWOC	W45-54	29:18	1:46	5:40	9:55	12:07	14:08	17:14	19:08	25:54	28:04	28:51	29:18
					1:46	3:54	4:15	2:12	2:01	3:06	1:54	6:46	2:10	0:47	0:27

Pl	Stno	Name	Cl.	Time											
Course 6 (28)				2.1 km	100 m	10 C	(cont.)								
					1(45)	2(127)	3(139)	4(122)	5(138)	6(110)	7(109)	8(128)	9(129)	10(123)	F
2	197	Rowlands, Jane FWOC	W45-54	30:31	2:34 2:34	5:44 3:10	10:34 4:50	13:13 2:39	16:18 3:05	19:24 3:06	21:02 1:38	26:12 5:10	29:05 2:53	30:01 0:56	30:31 0:30
3	223	Ellis, Brian GVOC	M65-74	35:19	2:13 2:13	6:40 4:27	16:27 9:47	19:15 2:48	21:53 2:38	25:03 3:10	26:35 1:32	31:13 4:38	34:04 2:51	34:51 0:47	35:19 0:28
4	125	Yarkie, Greg EOOC	M65-74	35:59	2:16 2:16	5:55 3:39	11:57 6:02	15:02 3:05	17:24 2:22	24:30 7:06	27:12 2:42	31:48 4:36	34:36 2:48	35:31 0:55	35:59 0:28
5	251	Vyse, Alan Sage	M65-74	37:33	2:13 2:13	6:32 4:19	13:06 6:34	16:41 3:35	19:16 2:35	26:10 6:54	29:01 2:51	33:37 4:36	36:10 2:33	37:04 0:54	37:33 0:29
6	257	Anderson, Bill Ottawa OC	M65-74	40:07	2:29 2:29	6:13 3:44	16:07 9:54	18:18 2:11	20:35 2:17	24:03 3:28	25:47 1:44	31:47 6:00	38:18 6:31	39:26 1:08	40:07 0:41
7	289	Teutsch, Anne Ottawa OC	W45-54	40:10	2:41 2:41	9:57 7:16	17:27 7:30	20:13 2:46	23:12 2:59	27:08 3:56	30:53 3:45	34:54 4:01	38:26 3:32	39:30 1:04	40:10 0:40
8	109	Hunter, Gord Ottawa OC	M65-74	41:22	4:26 4:26	11:31 7:05	17:49 6:18	21:26 3:37	24:49 3:23	27:57 3:08	31:37 3:40	36:00 4:23	39:27 3:27	40:41 1:14	41:22 0:41
9	301	Barrier, Marianne EOOC	OpenW6	41:44	1:28 1:28	13:30 12:02	18:25 4:55	23:49 5:24	26:07 2:18	28:51 2:44	30:31 1:40	37:57 7:26	40:29 2:32	41:18 0:49	41:44 0:26
10	110	Guttormson, Rich Ottawa OC	M65-74	43:47	2:17 2:17	12:10 9:53	18:19 6:09	21:09 2:50	23:56 2:47	30:53 6:57	33:40 2:47	38:38 4:58	42:15 3:37	43:14 0:59	43:47 0:33
11	231	Rennie, Robyn GVOC	W45-54	44:33	3:17 3:17	7:48 4:31	22:13 14:25	25:46 3:33	28:49 3:03	32:01 3:12	34:05 2:04	39:43 5:38	42:56 3:13	43:57 1:01	44:33 0:36
12	354	Viddal, Einar EOOC	M65-74	45:19	2:42 2:42	16:32 13:50	25:29 8:57	28:17 2:48	31:13 2:56	34:06 2:53	36:02 1:56	41:08 5:06	43:54 2:46	44:49 0:55	45:19 0:30
13	144	Pepper, Shelagh STARS	W45-54	47:24	4:46 4:46	9:37 4:51	15:45 6:08	21:04 5:19	23:28 2:24	30:53 7:25	36:25 5:32	41:57 5:32	45:37 3:40	46:57 1:20	47:24 0:27
14	187	Davies, John Peninsula	M65-74	48:54	2:33 2:33	7:23 4:50	17:23 10:00	20:20 2:57	25:25 5:05	36:22 10:57	38:03 1:41	43:49 5:46	46:57 3:08	48:15 1:18	48:54 0:39
15	113	Svoboda, Lenka FWOC	W45-54	51:24	3:15 3:15	10:20 7:05	29:56 19:36	32:48 2:52	35:26 2:38	39:06 3:40	42:35 3:29	46:51 4:16	49:57 3:06	50:50 0:53	51:24 0:34
16	147	Veler, Fred SAMM	M65-74	51:58	8:10 8:10	15:05 6:55	22:36 7:31	26:04 3:28	29:39 3:35	35:23 5:44	39:54 4:31	45:40 5:46	49:14 3:34	51:00 1:46	51:58 0:58
17	394	Svoboda, Michael FWOC	OpenM6	56:10	3:25 3:25	13:13 9:48	21:24 8:11	24:22 2:58	28:15 3:53	34:03 5:48	36:54 2:51	41:19 4:25	54:43 13:24	55:39 0:56	56:10 0:31
18	105	Schweiger, Sabine YOA	W45-54	57:41	2:37 2:37	6:24 3:47	31:45 25:21	34:36 2:51	37:43 3:07	41:24 3:41	45:16 3:52	53:16 8:00	56:21 3:05	57:09 0:48	57:41 0:32
19	150	Breseman, Eileen Cascade OC	W45-54	59:16	7:01 7:01	14:13 7:12	38:04 23:51	40:44 2:40	43:41 2:57	47:00 3:19	50:24 3:24	54:45 4:21	57:34 2:49	58:39 1:05	59:16 0:37
20	203	McBee, Rick CROC	M65-74	1:01:33	4:00 4:00	8:40 4:40	24:23 15:43	28:29 4:06	30:56 2:27	37:43 6:47	41:31 3:48	48:14 6:43	59:53 11:39	1:01:01 1:08	1:01:33 0:32
21	201	Waddington, Jim GHO	M65-74	1:08:39	2:19 2:19	6:08 3:49	14:01 7:53	18:17 4:16	21:01 2:44	56:34 35:33	58:38 2:04	1:02:46 4:08	1:06:50 4:04	1:07:52 1:02	1:08:39 0:47
22	171	Kuestner, Sue COC	OpenW6	1:28:00	4:20 4:20	12:47 8:27	31:47 19:00	40:37 8:50	45:05 4:28	1:04:47 19:42	1:13:11 8:24	1:21:15 8:04	1:26:19 5:04	1:27:28 1:09	1:28:00 0:32
23	324	Melnik, Lara YOA	OpenW6	1:32:14	3:43 3:43	23:25 19:42	47:11 23:46	52:15 5:04	57:02 4:47	1:13:41 16:39	1:16:01 2:20	1:23:42 7:41	1:30:39 6:57	1:31:40 1:01	1:32:14 0:34
24	279	Aksland, Berit FWOC	OpenW6	1:48:03	5:57 5:57	12:24 6:27	1:02:03 49:39	1:05:07 3:04	1:07:31 2:24	1:21:03 13:32	1:23:53 2:50	1:35:30 11:37	1:46:37 11:07	1:47:39 1:02	1:48:03 0:24
	195	Price, Alison GVOC	OpenW6	mp	2:33 2:33	10:58 8:25	34:15 23:17	37:24 3:09	40:40 3:16	----- 12:59	53:39 12:00	1:05:39 12:00	1:09:33 3:54	1:10:47 1:14	1:11:30 0:43
	208	Waddington, Stari GHO	W45-54	mp	18:41 18:41	23:29 4:48	32:22 8:53	37:24 5:02	41:36 4:12	48:21 6:45	----- -----	----- 41:35	1:29:56 1:30	1:31:26 1:30	1:32:21 0:55
	224	Martino, Karen FWOC	W45-54	mp	14:09 14:09	27:14 13:05	33:30 6:16	36:11 2:41	44:41 8:30	48:20 3:39	54:25 6:05	59:48 5:23	1:02:20 2:32	----- -----	1:03:31 1:11
	350	Nixon, Wendy YOA	W45-54	dnf	----- -----	----- -----	----- -----	----- -----	----- -----	----- -----	----- -----	----- -----	----- -----	----- -----	----- -----
Course 7 (40)				2.5 km	170 m	11 C									F
					1(118)	2(136)	3(132)	4(122)	5(104)	6(105)	7(111)	8(112)	9(131)	10(129)	11(123)
1	280	Sugiyama, Takashi Sans Souci	M55-64	32:12	3:40 3:40	8:31 4:51	10:09 1:38	12:58 2:49	18:27 5:29	20:48 2:21	22:47 1:59	25:25 2:38	28:24 2:59	30:48 2:24	31:44 0:56
2	312	Rascher, Michael GVOC	M45-54	36:57	3:41 3:41	9:12 5:31	11:31 2:19	14:54 3:23	21:06 6:12	23:32 2:26	26:00 2:28	27:47 1:47	32:35 4:48	35:47 3:12	36:29 0:42

Pl	Stno	Name	Cl.	Time											
Course 7 (40)				2.5 km	170 m	11 C	(cont.)								
					1(118)	2(136)	3(132)	4(122)	5(104)	6(105)	7(111)	8(112)	9(131)	10(129)	11(123) F
3	256	Forrest, Kimball ARCT	M55-64	37:24	5:45	13:59	15:30	19:01	23:47	25:37	28:11	30:14	33:39	36:14	37:24
					5:45	8:14	1:31	3:31	4:46	1:50	2:34	2:03	3:25	2:35	0:40
4	285	Bayly, Don FWOC	M55-64	38:48	6:48	11:35	14:37	18:13	24:16	26:24	28:58	31:42	35:03	37:15	38:48
					6:48	4:47	3:02	3:36	6:03	2:08	2:34	2:44	3:21	2:12	1:09
5	241	Irimie, Sevastian STARS	M45-54	40:35	3:46	16:15	18:06	21:15	26:27	28:17	31:11	33:01	36:24	39:10	40:35
					3:46	12:29	1:51	3:09	5:12	1:50	2:54	1:50	3:23	2:46	0:55
6	293	Larsson, Svante OK Vargen	M45-54	41:34	5:03	8:52	14:05	18:36	24:05	26:09	27:39	29:30	38:00	40:26	41:34
					5:03	3:49	5:13	4:31	5:29	2:04	1:30	1:51	8:30	2:26	0:43
7	351	Johnson, Jeremy YOA	OpenM7	41:35	4:54	14:52	17:39	21:12	28:34	30:29	32:31	35:45	38:16	40:15	41:35
					4:54	9:58	2:47	3:33	7:22	1:55	2:02	3:14	2:31	1:59	0:57
8	345	McMillan, Mark GVOC	M45-54	45:12	8:14	14:08	16:28	25:43	32:05	33:48	35:47	38:02	41:03	43:51	45:12
					8:14	5:54	2:20	9:15	6:22	1:43	1:59	2:15	3:01	2:48	0:58
9	135	Birnie, Glenn GHO	M55-64	46:32	5:54	15:07	18:01	21:30	28:43	30:51	33:43	35:54	39:10	44:58	46:32
					5:54	9:13	2:54	3:29	7:13	2:08	2:52	2:11	3:16	5:48	1:04
10	217	Gilchrist, Robert EOOC	M55-64	47:31	4:27	8:55	19:07	25:02	32:39	35:55	38:21	40:35	43:37	46:17	47:31
					4:27	4:28	10:12	5:55	7:37	3:16	2:26	2:14	3:02	2:40	0:47
11	306	Omdal, Sturle FWOC	M45-54	48:28	8:21	18:30	20:11	24:22	33:27	35:28	37:07	42:46	45:10	47:28	48:28
					8:21	10:09	1:41	4:11	9:05	2:01	1:39	5:39	2:24	2:18	0:37
12	151	Breseman, Rick Cascade OC	M55-64	50:30	5:22	9:39	12:06	31:29	36:32	39:08	41:45	43:46	46:49	49:24	50:30
					5:22	4:17	2:27	19:23	5:03	2:36	2:37	2:01	3:03	2:35	0:45
13	218	Nelson, Vern CdeB	M45-54	52:09	10:35	15:47	18:37	22:07	30:02	41:55	44:31	45:57	48:40	50:47	52:09
					10:35	5:12	2:50	3:30	7:55	11:53	2:36	1:26	2:43	2:07	0:57
14	323	Holcombe, Darren YOA	OpenM7	53:28	10:03	22:39	25:39	31:45	38:46	40:52	46:19	47:31	50:18	52:12	53:03
					10:03	12:36	3:00	6:06	7:01	2:06	5:27	1:12	2:47	1:54	0:51
15	162	Strat, Tom QOC	M55-64	55:14	4:35	13:42	17:07	28:57	33:58	35:29	40:27	45:35	48:22	53:44	55:14
					4:35	9:07	3:25	11:50	5:01	1:31	4:58	5:08	2:47	5:22	1:00
16	311	Hawkings, Jim YOA	M55-64	56:48	6:35	23:36	26:42	30:12	40:47	42:48	45:57	48:30	52:03	55:34	56:48
					6:35	17:01	3:06	3:30	10:35	2:01	3:09	2:33	3:33	3:31	0:50
17	186	McLean, Bruce YOA	M55-64	59:56	13:23	20:29	24:48	31:06	40:58	44:43	48:05	50:51	54:30	57:49	59:56
					13:23	7:06	4:19	6:18	9:52	3:45	3:22	2:46	3:39	3:19	1:18
18	254	Konotopetz, Larry CdeB	M55-64	1:00:50	5:48	13:08	17:19	36:16	43:14	48:41	50:51	53:02	56:20	59:34	1:00:21
					5:48	7:20	4:11	18:57	6:58	5:27	2:10	2:11	3:18	3:14	0:47
19	264	Heron, Steve ONB-Fundy	M45-54	1:01:38	8:29	14:44	18:09	28:51	37:35	42:20	48:01	50:57	55:42	59:58	1:01:02
					8:29	6:15	3:25	10:42	8:44	4:45	5:41	2:56	4:45	4:16	1:04
20	322	Riddle, Don SZOC	M55-64	1:03:24	5:37	10:50	14:17	23:21	37:11	40:35	51:03	53:33	58:21	1:01:33	1:02:50
					5:37	5:13	3:27	9:04	13:50	3:24	10:28	2:30	4:48	3:12	1:17
21	355	Laurich, Peter Ottawa OC	M45-54	1:05:40	4:44	17:28	19:39	24:05	38:38	42:23	55:32	58:03	1:01:27	1:04:19	1:05:03
					4:44	12:44	2:11	4:26	14:33	3:45	13:09	2:31	3:24	2:52	0:44
22	114	Svoboda, Robert FWOC	M45-54	1:08:18	7:29	21:06	23:54	28:47	38:02	40:39	47:39	51:55	59:01	1:06:40	1:07:45
					7:29	13:37	2:48	4:53	9:15	2:37	7:00	4:16	7:06	7:39	1:05
23	250	Urban, Jan Cascade OC	M45-54	1:08:50	6:06	17:32	22:11	43:43	51:35	53:37	58:07	1:00:42	1:03:56	1:06:55	1:08:20
					6:06	11:26	4:39	21:32	7:52	2:02	4:30	2:35	3:14	2:59	1:25
24	291	Teutsch, Eric Ottawa OC	M55-64	1:08:55	6:39	16:02	21:35	26:32	38:17	41:05	51:33	54:01	1:03:01	1:07:21	1:08:26
					6:39	9:23	5:33	4:57	11:45	2:48	10:28	2:28	9:00	4:20	1:05
25	274	Sagar, Bob YOA	M45-54	1:09:09	18:23	28:23	31:12	40:45	48:08	50:50	55:02	58:57	1:03:14	1:07:59	1:08:46
					18:23	10:00	2:49	9:33	7:23	2:42	4:12	3:55	4:17	4:45	0:47
26	132	Sidders, Ian GHO	M55-64	1:09:59	7:12	26:08	28:57	36:57	47:37	53:51	58:03	1:01:02	1:05:34	1:08:41	1:09:31
					7:12	18:56	2:49	8:00	10:40	6:14	4:12	2:59	4:32	3:07	0:50
27	349	Abbott, Grant YOA	M55-64	1:12:24	8:05	20:04	22:15	32:18	42:03	44:38	47:57	1:02:03	1:05:12	1:11:03	1:11:53
					8:05	11:59	2:11	10:03	9:45	2:35	3:19	14:06	3:09	5:51	0:50
28	180	Connors, Patrick CdeB	M55-64	1:12:49	14:22	22:56	27:26	34:34	50:27	54:00	57:51	1:00:48	1:05:55	1:10:17	1:11:40
					14:22	8:34	4:30	7:08	15:53	3:33	3:51	2:57	5:07	4:22	1:23
29	232	Rennie, Bruce GVOC	M55-64	1:15:41	9:43	16:15	18:35	24:51	56:45	58:13	1:00:42	1:03:56	1:10:57	1:14:15	1:15:08
					9:43	6:32	2:20	6:16	31:54	1:28	2:29	3:14	7:01	3:18	0:53
30	107	Graupner, Dave CdeB	M45-54	1:18:41	7:45	21:51	25:14	38:14	47:51	50:26	54:38	1:09:54	1:13:50	1:17:13	1:18:10
					7:45	14:06	3:23	13:00	9:37	2:35	4:12	15:16	3:56	3:23	0:57
31	141	Fisher, Gar GVOC	M45-54	1:26:27	9:55	17:11	27:19	45:10	54:58	57:31	1:00:45	1:16:13	1:21:20	1:24:37	1:25:51
					9:55	7:16	10:08	17:51	9:48	2:33	3:14	15:28	5:07	3:17	1:14
32	267	Woods, Stan GVOC	OpenM7	1:31:58	11:13	55:21	58:45	1:05:31	1:14:12	1:16:56	1:20:02	1:23:08	1:26:34	1:30:41	1:31:28
					11:13	44:08	3:24	6:46	8:41	2:44	3:06	3:06	3:26	4:07	0:47
33	300	Brooks, Craig YOA	M45-54	1:50:40	11:35	36:45	41:18	58:35	1:17:45	1:23:02	1:32:11	1:35:49	1:44:04	1:47:56	1:49:42
					11:35	25:10	4:33	17:17	19:10	5:17	9:09	3:38	8:15	3:52	1:46

Pl	Stno	Name	Cl.	Time																		
Course 7 (40)					2.5 km	170 m	11 C	(cont.)														
						1(118)	2(136)	3(132)	4(122)	5(104)	6(105)	7(111)	8(112)	9(131)	10(129)	11(123)	F					
120	Edmunds, Geraint	M55-64	mp	5:54	11:09	12:47	17:59	24:04	-----	34:33	36:21	39:34	41:38	42:21	42:47	28:01						
EOOC				5:54	5:15	1:38	5:12	6:05		10:29	1:48	3:13	2:04	0:43	0:26	*103						
148	Rogers, David	M55-64	mp	11:03	1:29:36	1:32:01	1:46:34	1:56:41	-----	2:01:46	-----	2:18:34	2:23:43	2:25:02	2:25:34	1:58:23						
USOF				11:03	1:18:33	2:25	14:33	10:07		5:05		16:48	5:09	1:19	0:32	*103						
152	Karlden, Torbjorn	M55-64	mp	6:58	14:06	16:20	-----	-----	-----	-----	-----	-----	-----	39:01	40:01							
Kvillebyns				6:58	7:08	2:14								22:41	1:00							
164	Kemp, Ian	OpenM7	mp	20:01	34:04	36:17	48:04	-----	59:03	1:01:40	1:04:54	1:08:41	1:11:40	1:13:02	1:13:29							
Ottawa OC				20:01	14:03	2:13	11:47		10:59	2:37	3:14	3:47	2:59	1:22	0:27							
177	Goeres, Michael	M55-64	mp	10:34	33:07	40:09	47:51	-----	-----	54:35	-----	-----	-----	1:04:32	1:05:08							
CdeB				10:34	22:33	7:02	7:42			6:44				9:57	0:36							
228	Williams, Kean	M45-54	mp	6:22	23:02	25:09	52:48	1:00:11	-----	1:05:01	1:07:47	1:11:11	1:13:58	1:15:15	1:15:52	1:02:22						
Cascade OC				6:22	16:40	2:07	27:39	7:23		4:50	2:46	3:24	2:47	1:17	0:37	*103						
240	Merriam, Don	M55-64	mp	6:18	23:19	27:17	40:29	-----	-----	-----	-----	-----	-----	-----	1:09:48							
FWOC				6:18	17:01	3:58	13:12								29:19							
Course 8 (9)					2.5 km	205 m	11 C															
						1(45)	2(127)	3(110)	4(109)	5(121)	6(104)	7(105)	8(111)	9(112)	10(129)	11(123)	F					
1	198	Ross, Emily	W17-20	27:45	1:43	5:01	8:28	10:04	14:11	18:08	19:32	21:10	22:32	26:16	27:19	27:45						
ONB Falcon				1:43	3:18	3:27	1:36	4:07	3:57	1:24	1:38	1:22	3:44	1:03	0:26							
2	167	Murray, Kendra	W17-20	29:06	3:49	7:13	10:25	12:03	16:18	20:09	21:28	23:06	24:25	28:00	28:45	29:06						
YOA				3:49	3:24	3:12	1:38	4:15	3:51	1:19	1:38	1:19	3:35	0:45	0:21							
3	139	Burnett, Kerstin	W17-20	33:39	1:43	4:21	7:45	8:52	15:12	20:07	21:31	26:05	27:53	32:12	33:15	33:39						
YOA				1:43	2:38	3:24	1:07	6:20	4:55	1:24	4:34	1:48	4:19	1:03	0:24							
4	173	McNeil, Philippa	W35-44	38:20	1:52	4:54	12:25	13:58	18:43	24:12	26:37	28:46	31:45	37:03	37:54	38:20						
YOA				1:52	3:02	7:31	1:33	4:45	5:29	2:25	2:09	2:59	5:18	0:51	0:26							
5	304	Jolliff, Jennifer	W35-44	41:34	2:48	6:29	10:59	14:54	20:43	25:44	30:34	33:06	35:32	40:18	41:08	41:34						
ARCT				2:48	3:41	4:30	3:55	5:49	5:01	4:50	2:32	2:26	4:46	0:50	0:26							
6	290	Teutsch, Laura	W17-20	47:14	1:45	4:30	10:02	16:09	27:42	34:27	35:59	38:21	40:43	46:03	46:44	47:14	35:30					
Ottawa OC				1:45	2:45	5:32	6:07	11:33	6:45	1:32	2:22	2:22	5:20	0:41	0:30	*103						
7	206	Mackeigan, Jennil	W17-20	53:02	2:22	6:32	21:07	22:39	34:02	39:19	41:44	44:11	46:29	51:54	52:37	53:02						
YOA				2:22	4:10	14:35	1:32	11:23	5:17	2:25	2:27	2:18	5:25	0:43	0:25							
8	330	Jones, Rhiannon	W17-20	1:05:50	2:46	6:11	13:44	14:47	32:39	43:52	45:39	55:40	59:15	1:04:46	1:05:29	1:05:50						
YOA				2:46	3:25	7:33	1:03	17:52	11:13	1:47	10:01	3:35	5:31	0:43	0:21							
281	Sacher, Olivia	W17-20	mp	3:27	34:57	44:54	50:23	1:01:44	-----	-----	-----	-----	-----	-----	1:44:08							
Bussola OK				3:27	31:30	9:57	5:29	11:21							42:24							
Course 9 (24)					3.3 km	205 m	16 C															
						1(46)	2(118)	3(128)	4(110)	5(109)	6(107)	7(132)	8(131)	9(126)	10(113)	11(112)	12(103)	13(106)	14(136)	15(129)	16(123)	F
1	227	Oram, Louise	W21-34	33:44	2:01	3:38	5:43	8:21	10:04	13:58	17:37	18:39	20:07	22:51	23:45	25:07	26:36	30:33	32:27	33:22	33:44	
GVOC				2:01	1:37	2:05	2:38	1:43	3:54	3:39	1:02	1:28	2:44	0:54	1:22	1:29	3:57	1:54	0:55	0:22		
2	233	Rennie, Graeme	M17-20	33:45	1:55	3:16	5:12	7:12	8:45	12:20	15:05	16:21	17:41	20:11	20:51	22:24	24:10	29:54	32:49	33:24	33:45	
GVOC				1:55	1:21	1:56	2:00	1:33	3:35	2:45	1:16	1:20	2:30	0:40	1:33	1:46	5:44	2:55	0:35	0:21		
3	169	Hawkings, Lee	M17-20	35:03	1:42	3:44	5:58	7:46	10:00	13:22	15:56	16:57	18:28	21:19	22:00	26:06	27:24	32:40	34:07	34:43	35:03	
YOA				1:42	2:02	2:14	1:48	2:14	3:22	2:34	1:01	1:31	2:51	0:41	4:06	1:18	5:16	1:27	0:36	0:20		
4	200	Ross, Carol	W21-34	35:31	1:59	3:50	5:36	7:35	9:07	13:41	18:07	19:09	20:54	23:58	24:48	27:02	29:02	32:49	34:21	35:05	35:31	
ONB				1:59	1:51	1:46	1:59	1:32	4:34	4:26	1:02	1:45	3:04	0:50	2:14	2:00	3:47	1:32	0:44	0:26		
5	130	James, Pam	W21-34	37:09	1:52	3:47	6:01	8:10	9:46	13:29	16:49	17:54	19:27	22:19	23:15	27:01	29:53	34:20	35:59	36:42	37:09	
YOA				1:52	1:55	2:14	2:09	1:36	3:43	3:20	1:05	1:33	2:52	0:56	3:46	2:52	4:27	1:39	0:43	0:27		
6	172	Ereaux, Graham	M17-20	37:49	1:45	3:33	5:17	6:54	7:59	10:59	13:56	15:26	16:38	23:10	23:48	27:04	30:37	34:45	36:45	37:25	37:49	
ONB Falcon				1:45	1:48	1:44	1:37	1:05	3:00	2:57	1:30	1:12	6:32	0:38	3:16	3:33	4:08	2:00	0:40	0:24		
7	157	Mlynczyk, Eugene	M35-44	39:19	1:43	5:27	8:00	10:15	11:56	15:51	20:19	21:32	23:04	26:27	27:21	29:55	32:01	36:14	38:15	38:58	39:19	
Ukr OC				1:43	3:44	2:33	2:15	1:41	3:55	4:28	1:13	1:32	3:23	0:54	2:34	2:06	4:13	2:01	0:43	0:21		
8	142	Bray, Trevor	M17-20	40:02	2:19	4:00	7:10	8:56	10:03	13:07	16:32	17:42	19:05	25:38	30:13	32:24	33:54	37:36	39:09	39:40	40:02	
YOA				2:19	1:41	3:10	1:46	1:07	3:04	3:25	1:10	1:23	6:33	4:35	2:11	1:30	3:42	1:33	0:31	0:22		
9	185	Scheck, Katherine	W21-34	41:30	2:17	3:58	6:11	10:45	12:34	19:00	22:08	23:18	24:49	28:06	29:28	31:59	33:47	38:12	40:24	41:09	41:30	
YOA				2:17	1:41	2:13	4:34	1:49	6:26	3:08	1:10	1:31	3:17	1:22	2:31	1:48	4:25	2:12	0:45	0:21		
10	319	Critchley, Claire	W21-34	41:46	4:43	7:28	9:33	11:46	13:13	18:19	22:47	24:08	25:47	29:05	30:10	31:45	33:31	37:58	40:27	41:23	41:46	
EOOC				4:43	2:45	2:05	2:13	1:27	5:06	4:28	1:21	1:39	3:18	1:05	1:35	1:46	4:27	2:29	0:56	0:23		
11	160	Zissos, Adrian	M35-44	42:03	2:11	4:17	6:39	9:41	11:16	15:37	20:22	21:58	24:17	28:01	29:07	31:26	34:15	39:15	40:59	41:42	42:03	
FWOC				2:11	2:06	2:22	3:02	1:35	4:21	4:45	1:36	2:19	3:44	1:06	2:19	2:49	5:00	1:44	0:43	0:21		

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Pl	Stno	Name	Cl.	Time																		
Course 9 (24)					3.3 km	205 m	16 C	(cont.)														
					1(46)	2(118)	3(128)	4(110)	5(109)	6(107)	7(132)	8(131)	9(126)	10(113)	11(112)	12(103)	13(106)	14(136)	15(129)	16(123)	F	
12	266	Woods, Adam	M17-20	42:33	3:02	4:44	7:31	9:24	10:59	17:18	21:00	22:26	23:55	27:07	27:47	30:01	34:17	39:50	41:36	42:16	42:33	
					3:02	1:42	2:47	1:53	1:35	6:19	3:42	1:26	1:29	3:12	0:40	2:14	4:16	5:33	1:46	0:40	0:17	
13	133	Balakova, Andrea	W21-34	43:34	1:57	3:50	6:44	9:28	11:08	15:08	19:48	21:21	22:53	29:09	30:08	32:00	35:00	40:01	42:16	43:07	43:34	
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14	196	Brandreth, Sarah	W21-34	46:32	2:20	4:18	7:06	9:53	11:48	17:21	21:01	22:29	24:52	29:30	31:19	33:19	35:29	42:36	44:44	45:55	46:32	
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15	294	May, Abbigail	W21-34	47:36	2:51	5:10	8:05	10:17	11:53	16:24	25:42	26:54	28:14	33:34	34:48	36:55	39:28	44:54	46:36	47:13	47:36	
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16	199	Rance, Meghan	W21-34	51:06	2:35	5:08	7:44	9:50	11:38	16:39	20:38	22:14	24:19	28:45	30:06	32:17	41:56	46:58	49:31	50:38	51:06	
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17	299	Petrenko, Galyna	W21-34	51:35	2:33	4:24	7:27	13:04	14:32	24:33	27:52	29:03	30:38	35:27	36:45	39:19	43:26	47:58	50:12	51:05	51:35	
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18	276	Aksland, Tor Gunn	M35-44	54:59	1:41	3:46	5:21	9:31	10:39	20:15	23:23	26:02	27:47	30:54	35:16	37:22	39:46	51:14	53:33	54:37	54:59	
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19	178	Kelly, Ryan	M35-44	1:17:54	2:51	7:17	10:16	13:56	15:55	39:52	46:43	48:35	50:39	59:57	1:01:31	1:04:59	1:07:10	1:13:41	1:16:45	1:17:30	1:17:54	
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20	356	Laurich, Bruce	M17-20	1:35:09	3:03	7:56	21:31	32:15	33:36	58:22	1:04:06	1:05:35	1:07:14	1:13:53	1:19:01	1:22:45	1:25:48	1:31:19	1:34:03	1:34:45	1:35:09	
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127	Fagerlind, Karin	W21-34	mp	-----	12:54	23:31	32:35	33:42	38:22	43:15	44:30	46:09	52:01	55:05	58:05	59:52	1:06:52	1:09:27	1:10:14	1:10:40	4:38	
						12:54	10:37	9:04	1:07	4:40	4:53	1:15	1:39	5:52	3:04	3:00	1:47	7:00	2:35	0:47	0:26	*44
260	Richardson, Jame	M35-44	mp	3:05	6:02	9:30	46:02	47:41	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	1:00:17	1:01:14	1:01:37	
					3:05	2:57	3:28	36:32	1:39										12:36	0:57	0:23	
210	Atchison, Garry	M35-44	ot	4:28	9:52	14:38	20:33	22:49	31:37	51:22	53:56	59:30	1:11:33	1:17:11	1:22:01	1:31:34	1:58:48	2:05:04	2:06:00	2:06:41	2:03:24	
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Course 10 (32)					4.5 km	260 m	16 C															
					1(118)	2(127)	3(122)	4(108)	5(110)	6(134)	7(131)	8(126)	9(114)	10(112)	11(101)	12(100)	13(102)	14(106)	15(129)	16(123)	F	
1	295	May, Brian	M21-34	36:58	3:21	4:24	7:44	8:20	11:03	12:33	16:09	17:21	20:22	21:08	23:40	25:42	29:29	33:05	36:05	36:39	36:58	
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2	318	Critchley, Will	M21-34	38:04	2:34	3:29	6:35	7:06	10:35	11:57	16:15	17:23	19:01	23:13	25:35	27:16	30:22	33:39	37:20	37:47	38:04	
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3	166	Langbakk, Brent	M21-34	40:10	3:25	4:17	7:36	8:10	10:40	12:07	16:47	17:54	19:30	20:22	23:57	26:01	31:02	35:28	39:16	39:50	40:10	
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4	134	Johansson, Magn	M21-34	40:59	2:40	3:49	7:55	8:26	11:17	13:04	17:08	18:18	20:01	21:00	25:27	27:21	30:45	35:20	39:47	40:36	40:59	
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5	106	Graupner, Steven	M21-34	41:15	3:36	4:37	8:14	8:59	12:23	14:15	18:59	20:05	22:47	23:41	26:43	28:46	32:20	37:09	40:11	40:52	41:15	
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6	161	Kemp, Eric	M21-34	41:33	2:44	3:39	6:33	7:02	9:17	10:45	15:06	16:20	17:57	18:39	22:01	23:55	33:28	37:20	40:36	41:08	41:33	
					2:44	0:55	2:54	0:29	2:15	1:28	4:21	1:14	1:37	0:42	3:22	1:54	9:33	3:52	3:16	0:32	0:25	
7	209	Waddington, Mike	M21-34	43:29	3:20	4:18	8:11	8:48	12:34	14:32	18:45	20:06	22:05	23:26	26:59	29:41	33:36	38:05	42:11	42:58	43:29	
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8	288	Teutsch, Jeffrey	M21-34	44:28	3:26	4:27	9:46	10:18	13:18	15:03	20:39	21:39	23:38	24:40	27:44	30:03	34:02	39:32	43:32	44:06	44:28	
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9	342	Pearson, Forest	M21-34	46:03	3:13	4:29	9:56	10:37	13:27	15:22	19:46	21:06	23:25	25:48	29:08	31:28	35:49	41:12	45:01	45:41	46:03	
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10	153	Faruga Karlde, C	M21-34	47:29	3:43	4:50	9:59	10:46	14:38	16:33	24:13	25:15	27:03	28:03	31:15	33:30	37:17	42:44	46:28	47:07	47:29	
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11	325	Moholdt, Geir	M21-34	48:05	3:40	4:40	8:08	8:42	11:28	12:54	19:22	20:39										

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Course 10 (32)				4.5 km	260 m	16 C	(cont.)														
					1(118)	2(127)	3(122)	4(108)	5(110)	6(134)	7(131)	8(126)	9(114)	10(112)	11(101)	12(100)	13(102)	14(106)	15(129)	16(123)	F
17	253	Konotopetz, Dami CdeB	M21-34	56:15	3:16	5:24	8:38	9:07	12:37	14:01	18:08	19:17	21:05	25:06	27:43	29:40	39:18	50:45	55:11	55:48	56:15
					3:16	2:08	3:14	0:29	3:30	1:24	4:07	1:09	1:48	4:01	2:37	1:57	9:38	11:27	4:26	0:37	0:27
18	261	Walker, Greg CSU	M21-34	58:26	3:37	4:45	14:47	15:19	20:26	22:07	27:38	29:02	31:05	32:05	39:49	42:31	47:34	52:38	57:14	58:00	58:26
					3:37	1:08	10:02	0:32	5:07	1:41	5:31	1:24	2:03	1:00	7:44	2:42	5:03	5:04	4:36	0:46	0:26
19	165	Kemp, Randy Ottawa OC	M21-34	1:01:33	9:52	11:17	15:53	16:32	20:38	22:37	29:39	31:40	34:17	35:30	39:38	43:59	49:30	54:46	1:00:22	1:01:02	1:01:33
					9:52	1:25	4:36	0:39	4:06	1:59	7:02	2:01	2:37	1:13	4:08	4:21	5:31	5:16	5:36	0:40	0:31
20	123	Oeschger, Severin O Kölliken	M21-34	1:04:19	4:58	6:08	12:13	12:48	20:46	22:47	30:55	32:26	34:22	35:23	39:01	41:47	48:49	55:44	1:03:01	1:03:45	1:04:19
					4:58	1:10	6:05	0:35	7:58	2:01	8:08	1:31	1:56	1:01	3:38	2:46	7:02	6:55	7:17	0:44	0:34
21	303	Cernin, Zbynek Cascade OC	M21-34	1:04:25	6:16	8:21	14:08	15:40	19:33	22:37	29:06	30:39	34:08	35:39	40:27	43:23	51:26	57:10	1:02:53	1:04:00	1:04:25
					6:16	2:05	5:47	1:32	3:53	3:04	6:29	1:33	3:29	1:31	4:48	2:56	8:03	5:44	5:43	1:07	0:25
22	263	Torrance, Jon Ottawa OC	M21-34	1:05:28	3:23	4:25	16:49	17:19	21:09	23:52	28:39	29:49	34:40	40:51	45:14	47:26	52:59	58:32	1:04:27	1:05:03	1:05:28
					3:23	1:02	12:24	0:30	3:50	2:43	4:47	1:10	4:51	6:11	4:23	2:12	5:33	5:33	5:55	0:36	0:25
23	282	Sacher, Martin Bussola OK	M21-34	1:07:12	3:19	6:06	15:24	22:06	27:31	30:00	35:26	36:57	39:17	40:43	44:41	47:33	53:10	58:37	1:05:38	1:06:37	1:07:12
					3:19	2:47	9:18	6:42	5:25	2:29	5:26	1:31	2:20	1:26	3:58	2:52	5:37	5:27	7:01	0:59	0:35
24	292	Teutsch, Alex Ottawa OC	M21-34	1:07:18	5:35	6:42	14:02	14:52	23:38	26:42	33:31	35:26	38:45	40:51	44:42	47:23	53:42	1:00:54	1:05:58	1:06:54	1:07:18
					5:35	1:07	7:20	0:50	8:46	3:04	6:49	1:55	3:19	2:06	3:51	2:41	6:19	7:12	5:04	0:56	0:24
25	122	Sigvaldason, Chri EOOO	M21-34	1:24:48	6:12	8:09	14:53	16:31	22:15	25:23	33:15	35:58	39:28	44:45	50:44	54:31	1:06:12	1:15:45	1:22:53	1:24:18	1:24:48
					6:12	1:57	6:44	1:38	5:44	3:08	7:52	2:43	3:30	5:17	5:59	3:47	11:41	9:33	7:08	1:25	0:30
26	316	Nipen-Barrie, Troy GVOC	M21-34	1:28:51	5:51	7:18	34:56	35:40	42:40	45:55	56:24	57:49	1:00:15	1:01:37	1:05:05	1:07:58	1:15:03	1:21:58	1:27:41	1:28:31	1:28:51
					5:51	1:27	27:38	0:44	7:00	3:15	10:29	1:25	2:26	1:22	3:28	2:53	7:05	6:55	5:43	0:50	0:20
27	156	Graupner, Thoma CdeB	M21-34	1:29:28	5:36	6:48	17:56	20:02	24:53	29:59	49:32	52:20	55:03	56:28	1:00:41	1:03:57	1:13:56	1:22:17	1:28:17	1:29:07	1:29:28
					5:36	1:12	11:08	2:06	4:51	5:06	19:33	2:48	2:43	1:25	4:13	3:16	9:59	8:21	6:00	0:50	0:21
28	302	Chung, Raymond TOC	M21-34	1:46:27	5:14	13:59	22:03	22:42	28:02	32:45	40:19	41:56	44:35	45:39	51:40	55:52	1:03:09	1:37:48	1:44:52	1:45:57	1:46:27
					5:14	8:45	8:04	0:39	5:20	4:43	7:34	1:37	2:39	1:04	6:01	4:12	7:17	34:39	7:04	1:05	0:30
	154	Faruga Karlde, N Kvillebyns	M21-34	mp	3:49	5:02	9:24	10:14	13:43	16:27	23:59	25:31	27:54	29:10	-----	-----	-----	-----	-----	50:38	51:01
					3:49	1:13	4:22	0:50	3:29	2:44	7:32	1:32	2:23	1:16						21:28	0:23
298	Ryabkov, Nikolay TOC	M21-34	mp		6:24	7:42	52:52	53:25	1:02:03	1:04:50	1:15:32	1:17:08	1:21:11	1:27:18	-----	-----	-----	1:30:44	1:39:12	1:39:50	1:40:12
					6:24	1:18	45:10	0:33	8:38	2:47	10:42	1:36	4:03	6:07				3:26	8:28	0:38	0:22
317	Barrett, Nathan D GVOC	M21-34	mp		3:58	5:49	18:31	19:14	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	1:30:12	1:30:30
					3:58	1:51	12:42	0:43												1:10:58	0:18
352	Smith, Mike ONB Falcon	M21-34	mp		2:52	3:58	7:47	8:28	10:45	12:32	16:34	17:35	19:14	21:52	24:35	27:52	31:31	35:11	-----	44:39	45:12
					2:52	1:06	3:49	0:41	2:17	1:47	4:02	1:01	1:39	2:38	2:43	3:17	3:39	3:40		9:28	0:33