

Pl	Stno	Name	Cl.	Time																			
Course 1 (12)				2.8 km	110 m	16 C																	
				1(31)	2(32)	3(33)	4(34)	5(35)	6(36)	7(38)	8(39)	9(41)	10(42)	11(43)	12(44)	13(45)	14(46)	15(47)	16(90)	F			
1	115	Svoboda, Michael	M12	25:39	2:15	2:36	3:00	3:58	5:10	5:48	7:19	7:46	9:28	10:44	16:54	18:04	21:05	22:12	23:47	24:49	25:39		
					2:15	0:21	0:24	0:58	1:12	0:38	1:31	0:27	1:42	1:16	6:10	1:10	3:01	1:07	1:35	1:02	0:50		
2	265	Heron, Andrew	M12	25:54	2:58	3:28	4:02	4:59	6:26	7:11	8:58	9:33	11:44	13:39	14:44	16:36	18:45	22:49	23:42	24:50	25:54		
					2:58	0:30	0:34	0:57	1:27	0:45	1:47	0:35	2:11	1:55	1:05	1:52	2:09	4:04	0:53	1:08	1:04		
3	116	Svoboda, David	M12	27:37	3:07	6:22	6:56	7:53	9:34	10:18	12:20	13:04	14:54	16:16	17:07	18:33	20:26	24:31	25:31	26:42	27:37		
					3:07	3:15	0:34	0:57	1:41	0:44	2:02	0:44	1:50	1:22	0:51	1:26	1:53	4:05	1:00	1:11	0:55		
4	296	May, Rachel	W12	27:42	2:54	3:43	4:18	5:32	7:16	8:17	10:42	11:19	13:14	14:50	19:08	20:59	23:12	24:53	25:44	26:52	27:42		
					2:54	0:49	0:35	1:14	1:44	1:01	2:25	0:37	1:55	1:36	4:18	1:51	2:13	1:41	0:51	1:08	0:50		
5	159	Mlynczyk, Teodor	M12	28:02	2:20	2:47	3:30	4:20	5:49	8:42	10:07	10:54	12:48	14:07	18:07	19:41	21:53	24:54	26:11	27:17	28:02		
					2:20	0:27	0:43	0:50	1:29	2:53	1:25	0:47	1:54	1:19	4:00	1:34	2:12	3:01	1:17	1:06	0:45		
6	226	Martino, Tyson	OpenM1	28:22	3:20	3:47	4:14	5:16	6:52	7:41	9:25	9:59	11:52	13:17	14:13	17:07	19:44	25:29	26:29	27:22	28:22		
					3:20	0:27	0:27	1:02	1:36	0:49	1:44	0:34	1:53	1:25	0:56	2:54	2:37	5:45	1:00	0:53	1:00		
7	158	Mlynczyk, Anton	M12	29:53	3:26	3:58	5:09	7:00	8:37	12:31	14:41	15:13	17:09	18:45	19:33	20:55	22:39	26:14	27:47	28:59	29:53		
					3:26	0:32	1:11	1:51	1:37	3:54	2:10	0:32	1:56	1:36	0:48	1:22	1:44	3:35	1:33	1:12	0:54		
8	225	Martino, Kyle	M12	36:31	2:57	7:58	8:30	9:23	10:51	11:38	13:29	13:57	15:47	17:36	20:56	22:16	30:15	33:46	34:33	35:41	36:31		
					2:57	5:01	0:32	0:53	1:28	0:47	1:51	0:28	1:50	1:49	3:20	1:20	7:59	3:31	0:47	1:08	0:50		
9	297	May, Trond	OpenM1	38:25	5:35	6:33	7:31	9:05	11:41	12:46	17:12	18:38	21:15	23:45	25:05	27:31	30:05	34:28	36:21	37:37	38:25		
					5:35	0:58	0:58	1:34	2:36	1:05	4:26	1:26	2:37	2:30	1:20	2:26	2:34	4:23	1:53	1:16	0:48		
10	358	Boyd, Emma	OpenW1	41:36	4:47	5:59	6:53	8:28	10:14	11:14	13:53	15:00	19:04	21:50	27:49	30:21	33:16	36:27	38:09	40:16	41:36		
					4:47	1:12	0:54	1:35	1:46	1:00	2:39	1:07	4:04	2:46	5:59	2:32	2:55	3:11	1:42	2:07	1:20		
11	347	McMillan, Tara	W12	59:00	3:00	3:36	4:22	10:01	11:53	12:38	14:26	14:56	16:49	18:13	38:58	41:13	44:05	51:06	55:13	58:10	59:00		
					3:00	0:36	0:46	5:39	1:52	0:45	1:48	0:30	1:53	1:24	20:45	2:15	2:52	7:01	4:07	2:57	0:50		
	344	Shier, Hannah	W12	mp	3:07	3:50	4:27	5:20	6:45	7:31	9:09	9:38	11:09	12:24	-----	21:03	23:41	31:37	35:06	36:14	37:07		
					3:07	0:43	0:37	0:53	1:25	0:46	1:38	0:29	1:31	1:15		8:39	2:38	7:56	3:29	1:08	0:53		
Course 2 (5)				2.7 km	105 m	9 C																	
				1(51)	2(52)	3(53)	4(39)	5(41)	6(43)	7(44)	8(46)	9(90)	F										
1	140	McLean, Caelan	M13-14	19:57	2:49	5:20	8:20	10:55	12:20	13:52	15:00	17:51	19:12	19:57									
					2:49	2:31	3:00	2:35	1:25	1:32	1:08	2:51	1:21	0:45									
2	103	Blake, Leif	M13-14	24:58	3:43	7:06	10:00	13:59	15:53	17:56	19:24	22:33	24:07	24:58									
					3:43	3:23	2:54	3:59	1:54	2:03	1:28	3:09	1:34	0:51									
3	313	Rascher, Terrence	M13-14	27:58	4:05	7:41	11:35	15:18	17:02	19:06	20:47	25:04	27:00	27:58									
					4:05	3:36	3:54	3:43	1:44	2:04	1:41	4:17	1:56	0:58									
4	255	Sproule, Patrick	Group2	50:06	7:28	14:21	24:50	29:21	31:33	35:00	40:05	47:20	48:57	50:06	48:58								
					7:28	6:53	10:29	4:31	2:12	3:27	5:05	7:15	1:37	1:09	*90								
5	163	Strat, Trish	OpenW2	1:07:03	9:42	17:25	24:18	32:28	37:17	49:11	52:27	1:00:51	1:04:38	1:07:03	46:04								
					9:42	7:43	6:53	8:10	4:49	11:54	3:16	8:24	3:47	2:25	*44								
Course 3 (12)				4.2 km	140 m	8 C																	
				1(51)	2(62)	3(63)	4(64)	5(65)	6(50)	7(69)	8(90)	F											
1	104	Blake, Pia	W15-16	50:03	2:58	12:19	13:42	23:18	25:46	40:37	47:29	49:11	50:03										
					2:58	9:21	1:23	9:36	2:28	14:51	6:52	1:42	0:52										
2	346	McMillan, Roan	M15-16	53:22	2:44	18:01	19:09	26:48	29:43	44:58	50:45	52:35	53:22										
					2:44	15:17	1:08	7:39	2:55	15:15	5:47	1:50	0:47										
3	164	Kemp, Ian	M15-16	58:34	3:35	15:43	17:04	29:21	32:37	44:27	53:19	57:11	58:34										
					3:35	12:08	1:21	12:17	3:16	11:50	8:52	3:52	1:23										
4	215	Septandj, Darya	W15-16	1:02:44	3:26	28:12	29:20	39:20	41:36	53:01	1:00:16	1:02:04	1:02:44										
					3:26	24:46	1:08	10:00	2:16	11:25	7:15	1:48	0:40										
5	219	Nelson, Reid	M15-16	1:16:32	2:07	10:44	11:45	53:06	54:48	1:08:12	1:13:36	1:15:42	1:16:32	1:04:36									
					2:07	8:37	1:01	41:21	1:42	13:24	5:24	2:06	0:50	*55									
6	179	Stephen, Alix	W15-16	1:32:09	4:55	29:22	32:01	1:04:44	1:07:07	1:19:04	1:29:09	1:31:19	1:32:09										
					4:55	24:27	2:39	32:43	2:23	11:57	10:05	2:10	0:50										
7	286	Cowling, Anne	OpenW3	1:39:11	7:08	25:11	28:54	48:40	55:20	1:18:25	1:32:44	1:37:51	1:39:11										
					7:08	18:03	3:43	19:46	6:40	23:05	14:19	5:07	1:20										
8	287	Bayly, Andrea	OpenW3	2:00:44	5:06	58:10	1:00:28	1:13:27	1:18:02	1:41:36	1:55:29	1:59:31	2:00:44										
					5:06	53:04	2:18	12:59	4:35	23:34	13:53	4:02	1:13										
9	211	Atchison, Cheryl	OpenW3	2:16:07	9:54	34:07	37:30	1:00:12	1:10:10	1:38:21	2:05:32	2:12:40	2:16:07										
					9:54	24:13	3:23	22:42	9:58	28:11	27:11	7:08	3:27										
10	108	Graupner, Pat	OpenW3	2:17:28	7:27	41:55	57:40	1:15:43	1:26:39	1:55:52	2:09:22	2:15:03	2:17:28										
					7:27	34:28	15:45	18:03	10:56	29:13	13:30	5:41	2:25										
11	220	Nelson, Doris+Jer	Group3	2:24:32	9:29	55:50	58:57	1:32:05	1:38:03	2:03:13	2:17:47	2:23:10	2:24:32										

Pl	Stno	Name	Cl.	Time									
Course 3 (12)				4.2 km 140 m 8 C		<i>(cont.)</i>							
				1(51)	2(62)	3(63)	4(64)	5(65)	6(50)	7(69)	8(90)	F	
		CdeB		9:29	46:21	3:07	33:08	5:58	25:10	14:34	5:23	1:22	
	339	Sadurskis, Aija	OpenW3	mp	5:23	24:21	27:22	43:43	48:28	1:14:51	----	2:05:13	2:07:28
		Centrum OK			5:23	18:58	3:01	16:21	4:45	26:23		50:22	2:15
Course 4 (8)				2.1 km 70 m 6 C									
				1(51)	2(61)	3(50)	4(55)	5(66)	6(90)	F			
1	137	Leduc, Nesta	W75-79	35:55	6:35	13:12	21:26	23:54	30:32	34:32	35:55		
		YOA			6:35	6:37	8:14	2:28	6:38	4:00	1:23		
2	314	Hendrigan, Holly	OpenW4	38:03	8:52	16:08	24:42	26:35	33:01	36:58	38:03		
		GVOC			8:52	7:16	8:34	1:53	6:26	3:57	1:05		
3	119	Bailey, Gillian	W75-79	40:04	7:02	13:50	22:53	25:41	32:48	38:17	40:04		
		VICO			7:02	6:48	9:03	2:48	7:07	5:29	1:47		
4	117	Woof, Caryl	W75-79	54:43	6:31	13:13	24:20	37:26	47:07	53:06	54:43		
		Esk Valley			6:31	6:42	11:07	13:06	9:41	5:59	1:37		
5	281	Sacher, Olivia	OpenW4	57:55	5:28	15:50	39:52	42:29	51:38	56:38	57:55		
		Bussola OK			5:28	10:22	24:02	2:37	9:09	5:00	1:17		
6	229	MacNaughton, Je	W75-79	1:23:13	15:40	28:30	49:20	58:07	1:10:32	1:20:56	1:23:13		
		FWOC			15:40	12:50	20:50	8:47	12:25	10:24	2:17		
7	283	SCOTT, Don	M80	1:26:33	16:04	32:03	49:34	54:51	1:10:34	1:23:36	1:26:33		
		EOOC			16:04	15:59	17:31	5:17	15:43	13:02	2:57		
	321	Mackeigan, Linda	OpenW4	mp	7:38	15:37	49:37	51:27	1:00:04	----	1:07:24		
		YOA			7:38	7:59	34:00	1:50	8:37		7:20		
Course 5 (26)				3.5 km 125 m 8 C									
				1(61)	2(52)	3(77)	4(65)	5(50)	6(55)	7(66)	8(90)	F	
1	183	Jones, Kitty	W55-64	40:10	6:19	8:04	18:20	20:39	28:54	30:26	36:10	39:07	40:10
		FWOC			6:19	1:45	10:16	2:19	8:15	1:32	5:44	2:57	1:03
2	327	Brown, Ellyn	W55-64	41:48	11:06	12:26	21:30	23:05	33:09	34:13	38:19	40:45	41:48
		ARCT			11:06	1:20	9:04	1:35	10:04	1:04	4:06	2:26	1:03
3	118	Bailey, Leigh	M75-79	44:25	7:05	9:02	21:17	23:18	34:06	35:54	40:29	43:24	44:25
		VICO			7:05	1:57	12:15	2:01	10:48	1:48	4:35	2:55	1:01
4	168	Mckenna, Karen	W55-64	48:17	5:18	7:10	18:43	20:44	36:35	37:49	44:38	47:24	48:17
		YOA			5:18	1:52	11:33	2:01	15:51	1:14	6:49	2:46	0:53
4	249	Kerr, Alex	M75-79	48:17	6:38	9:07	21:01	23:13	34:21	36:09	43:53	47:10	48:17
		GVOC			6:38	2:29	11:54	2:12	11:08	1:48	7:44	3:17	1:07
6	205	Anderson, Hilary	W55-64	49:02	6:54	9:12	24:12	26:26	35:37	37:23	45:05	48:03	49:02
		GVOC			6:54	2:18	15:00	2:14	9:11	1:46	7:42	2:58	0:59
7	155	Faulkner, Trish	W65-74	49:47	6:13	8:07	24:49	26:31	36:59	38:28	45:42	48:38	49:47
		Peninsula			6:13	1:54	16:42	1:42	10:28	1:29	7:14	2:56	1:09
8	315	Cornish, Judy	W55-64	50:35	8:28	10:29	25:20	27:51	38:48	40:34	45:31	49:19	50:35
		EOOC			8:28	2:01	14:51	2:31	10:57	1:46	4:57	3:48	1:16
9	178	Kelly, Ryan	OpenM5	52:15	8:34	10:45	24:02	26:30	40:26	42:04	47:33	51:10	52:15
		YOA			8:34	2:11	13:17	2:28	13:56	1:38	5:29	3:37	1:05
10	112	Gamey, Muriel	W55-64	52:24	7:12	9:30	30:09	31:55	42:29	43:54	48:36	51:26	52:24
		Manitoba			7:12	2:18	20:39	1:46	10:34	1:25	4:42	2:50	0:58
11	284	Hogg, Mary-Lou	W55-64	53:47	8:11	10:28	27:12	29:35	40:17	42:12	48:59	52:40	53:47
		EOOC			8:11	2:17	16:44	2:23	10:42	1:55	6:47	3:41	1:07
12	128	Hocking, Diana	W65-74	53:48	7:47	10:20	24:33	27:37	40:42	43:03	48:33	52:39	53:48
		VICO			7:47	2:33	14:13	3:04	13:05	2:21	5:30	4:06	1:09
13	359	Chartrand, Susan	W55-64	55:09	9:05	11:13	28:02	30:08	42:01	43:58	50:36	53:54	55:09
		Sage			9:05	2:08	16:49	2:06	11:53	1:57	6:38	3:18	1:15
14	259	Rankin, Gloria	W65-74	55:15	7:56	10:14	24:28	26:48	41:21	43:14	49:46	54:01	55:15
		Ottawa OC			7:56	2:18	14:14	2:20	14:33	1:53	6:32	4:15	1:14
15	252	Vyse, Frances	W65-74	1:00:56	10:10	12:19	34:58	37:16	47:38	49:21	56:34	59:49	1:00:56
		Sage			10:10	2:09	22:39	2:18	10:22	1:43	7:13	3:15	1:07
16	145	Deumer, Trudy	W55-64	1:02:04	10:32	13:11	33:43	35:38	49:00	51:44	57:00	1:00:56	1:02:04
		GHO			10:32	2:39	20:32	1:55	13:22	2:44	5:16	3:56	1:08
17	111	Guttormson, Lorn	W65-74	1:04:26	11:12	13:48	28:46	32:13	46:16	48:53	58:48	1:03:01	1:04:26
		Ottawa OC			11:12	2:36	14:58	3:27	14:03	2:37	9:55	4:13	1:25

Pl	Stno	Name	Cl.	Time														
Course 5 (26)				3.5 km	125 m	8 C	<i>(cont.)</i>											
				1(61)	2(52)	3(77)	4(65)	5(50)	6(55)	7(66)	8(90)	F						
18	182	Lachance, Karen GVOG	W55-64	1:07:13	8:25	10:55	33:40	36:26	52:18	54:08	1:00:25	1:05:35	1:07:13					
					8:25	2:30	22:45	2:46	15:52	1:50	6:17	5:10	1:38					
19	149	Pohl, Julie USOF	W55-64	1:08:23	10:50	13:08	31:02	34:48	50:41	52:50	1:02:16	1:07:00	1:08:23					
					10:50	2:18	17:54	3:46	15:53	2:09	9:26	4:44	1:23					
20	275	Hearn, Penny Sunshine C	W55-64	1:10:16	10:23	13:32	41:54	44:35	57:18	58:53	1:06:20	1:09:16	1:10:16					
					10:23	3:09	28:22	2:41	12:43	1:35	7:27	2:56	1:00					
21	138	van Hees, Violet YOA	W55-64	1:11:58	6:27	27:57	41:55	44:23	59:49	1:01:25	1:07:17	1:10:43	1:11:58	1:10:43				
					6:27	21:30	13:58	2:28	15:26	1:36	5:52	3:26	1:15	*90				
22	176	Goeres, Ursula CdeB	W55-64	1:13:50	19:01	21:57	41:38	44:31	1:00:56	1:02:16	1:08:35	1:12:36	1:13:50					
					19:01	2:56	19:41	2:53	16:25	1:20	6:19	4:01	1:14					
23	121	Edmunds, Marilyn EOOC	W55-64	1:23:17	13:50	16:47	40:13	44:13	1:03:55	1:06:08	1:15:06	1:21:50	1:23:17					
					13:50	2:57	23:26	4:00	19:42	2:13	8:58	6:44	1:27					
24	129	Hocking, Martin VICO	OpenM5	1:35:34	16:30	19:56	45:45	49:22	1:15:59	1:18:43	1:29:15	1:34:20	1:35:34					
					16:30	3:26	25:49	3:37	26:37	2:44	10:32	5:05	1:14					
25	204	McBee, Jill CROC	W65-74	1:36:40	10:30	13:38	57:20	59:51	1:22:16	1:23:43	1:30:41	1:35:11	1:36:40					
					10:30	3:08	43:42	2:31	22:25	1:27	6:58	4:30	1:29					
26	188	Davies, Robyn Peninsula	W65-74	1:46:27	13:26	16:45	53:49	58:07	1:19:08	1:21:44	1:36:07	1:44:40	1:46:27					
					13:26	3:19	37:04	4:18	21:01	2:36	14:23	8:33	1:47					
Course 6 (27)				4.1 km	120 m	9 C												
				1(81)	2(57)	3(87)	4(74)	5(62)	6(71)	7(56)	8(66)	9(90)	F					
1	197	Rowlands, Jane FWOC	W45-54	44:12	5:26	13:49	21:41	22:18	26:58	32:40	35:47	40:30	43:17	44:12				
					5:26	8:23	7:52	0:37	4:40	5:42	3:07	4:43	2:47	0:55				
2	184	Owen, Marion FWOC	W45-54	50:10	5:46	14:28	26:47	27:27	33:36	39:05	42:04	46:52	49:18	50:10				
					5:46	8:42	12:19	0:40	6:09	5:29	2:59	4:48	2:26	0:52				
3	214	Robert, Magali FWOC	W45-54	50:20	5:08	12:32	25:19	25:52	30:34	34:51	37:31	47:09	49:26	50:20				
					5:08	7:24	12:47	0:33	4:42	4:17	2:40	9:38	2:17	0:54				
4	257	Anderson, Bill Ottawa OC	M65-74	52:37	8:06	16:45	25:23	26:11	31:26	38:14	41:52	47:39	51:23	52:37				
					8:06	8:39	8:38	0:48	5:15	6:48	3:38	5:47	3:44	1:14				
5	224	Martino, Karen FWOC	W45-54	56:33	8:51	17:01	24:05	24:34	32:11	40:12	45:02	53:22	55:43	56:33				
					8:51	8:10	7:04	0:29	7:37	8:01	4:50	8:20	2:21	0:50				
6	216	Pearson, Angela EOOC	W45-54	56:40	7:19	18:32	27:38	28:24	34:08	40:58	46:32	52:43	55:30	56:40				
					7:19	11:13	9:06	0:46	5:44	6:50	5:34	6:11	2:47	1:10				
7	105	Schweiger, Sabine YOA	W45-54	56:43	6:55	16:29	24:13	24:49	32:04	39:44	45:52	52:50	55:40	56:43				
					6:55	9:34	7:44	0:36	7:15	7:40	6:08	6:58	2:50	1:03				
8	247	Krsakova, Veronika Hana O	OpenW6	58:37	7:20	19:22	29:59	30:41	36:53	43:41	48:10	54:13	57:35	58:37				
					7:20	12:02	10:37	0:42	6:12	6:48	4:29	6:03	3:22	1:02				
9	187	Davies, John Peninsula	M65-74	58:38	8:22	17:53	27:10	27:58	34:27	41:30	45:38	54:04	57:29	58:38				
					8:22	9:31	9:17	0:48	6:29	7:03	4:08	8:26	3:25	1:09				
10	268	Woods, Joanne GVOG	OpenW6	1:01:11	6:26	17:07	25:35	26:08	34:35	43:09	46:25	57:00	1:00:21	1:01:11				
					6:26	10:41	8:28	0:33	8:27	8:34	3:16	10:35	3:21	0:50				
11	144	Pepper, Shelagh STARS	W45-54	1:02:01	7:13	18:44	28:35	29:28	35:34	44:10	48:16	57:06	1:01:09	1:02:01				
					7:13	11:31	9:51	0:53	6:06	8:36	4:06	8:50	4:03	0:52				
12	251	Vyse, Alan Sage	M65-74	1:02:35	6:01	15:21	32:12	32:54	38:43	48:07	51:02	59:07	1:01:37	1:02:35				
					6:01	9:20	16:51	0:42	5:49	9:24	2:55	8:05	2:30	0:58				
13	150	Breseman, Eileen Cascade OC	W45-54	1:06:35	12:43	23:03	36:29	37:32	44:31	51:49	55:06	1:02:13	1:05:27	1:06:35				
					12:43	10:20	13:26	1:03	6:59	7:18	3:17	7:07	3:14	1:08				
14	354	Viddal, Einar EOOC	M65-74	1:06:50	7:36	22:42	38:55	39:31	45:52	53:00	56:36	1:03:00	1:05:50	1:06:50				
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15	289	Teutsch, Anne Ottawa OC	W45-54	1:07:00	6:22	15:08	37:13	37:50	43:41	49:10	53:00	1:02:40	1:05:59	1:07:00				
					6:22	8:46	22:05	0:37	5:51	5:29	3:50	9:40	3:19	1:01				
16	193	Regina, Jezkova Hana O	W45-54	1:07:43	6:44	22:15	32:54	33:33	39:36	47:12	53:06	1:01:43	1:06:39	1:07:43				
					6:44	15:31	10:39	0:39	6:03	7:36	5:54	8:37	4:56	1:04				
17	244	Hrouzova, Jirina Hana O	W45-54	1:09:06	8:52	18:36	26:26	27:12	34:12	42:01	56:57	1:04:05	1:07:59	1:09:06				
					8:52	9:44	7:50	0:46	7:00	7:49	14:56	7:08	3:54	1:07				
18	113	Svoboda, Lenka FWOC	W45-54	1:11:06	10:46	20:24	28:17	28:55	36:18	44:10	59:02	1:05:55	1:10:02	1:11:06				
					10:46	9:38	7:53	0:38	7:23	7:52	14:52	6:53	4:07	1:04				
19	350	Nixon, Wendy YOA	W45-54	1:15:29	9:36	25:05	37:50	38:51	48:01	56:30	1:03:06	1:10:58	1:14:20	1:15:29				
					9:36	15:29	12:45	1:01	9:10	8:29	6:36	7:52	3:22	1:09				
20	110	Gottormson, Rich Ottawa OC	M65-74	1:17:32	15:47	33:14	46:16	47:13	54:50	1:01:44	1:05:43	1:12:47	1:16:26	1:17:32				
					15:47	17:27	13:02	0:57	7:37	6:54	3:59	7:04	3:39	1:06				

Pl	Stno	Name	Cl.	Time										
Course 6 (27)				4.1 km 120 m 9 C										
				<i>(cont.)</i>										
				1(81)	2(57)	3(87)	4(74)	5(62)	6(71)	7(56)	8(66)	9(90)	F	
21	171	Kuestner, Sue COC	OpenW6	1:24:01	10:02	24:41	35:08	35:50	43:24	55:50	1:09:12	1:17:45	1:23:01	1:24:01
				10:02	14:39	10:27	0:42	7:34	12:26	13:22	8:33	5:16	1:00	
22	147	Veler, Fred SAMM	M65-74	1:24:07	9:29	24:40	40:32	41:36	50:25	59:02	1:04:22	1:16:24	1:21:59	1:24:07
				9:29	15:11	15:52	1:04	8:49	8:37	5:20	12:02	5:35	2:08	
23	324	Melnik, Lara YOA	OpenW6	1:29:45	12:39	39:11	48:39	49:33	59:35	1:07:02	1:12:54	1:25:15	1:28:41	1:29:45
				12:39	26:32	9:28	0:54	10:02	7:27	5:52	12:21	3:26	1:04	
24	213	Frenette, Kevin COF	OpenM6	1:31:13	10:46	26:45	51:51	53:34	1:03:06	1:12:55	1:19:08	1:27:02	1:30:11	1:31:13
				10:46	15:59	25:06	1:43	9:32	9:49	6:13	7:54	3:09	1:02	
25	212	Penner, Dorothy COF	OpenW6	1:44:59	14:08	29:14	44:03	45:14	1:01:56	1:09:53	1:17:24	1:38:30	1:43:35	1:44:59
				14:08	15:06	14:49	1:11	16:42	7:57	7:31	21:06	5:05	1:24	
	125	Yarkie, Greg EOOC	M65-74	mp	5:25	16:37	----	23:45	28:48	37:52	41:59	46:47	49:14	50:08
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	203	McBee, Rick CROC	M65-74	mp	8:38	1:38:45	----	----	----	----	----	2:06:43	2:07:53	1:46:09
				8:38	1:30:07	----	----	----	----	----	----	27:58	1:10	*36

Course 7 (42)				5.2 km 230 m 10 C											
				1(61)	2(71)	3(58)	4(59)	5(67)	6(60)	7(55)	8(66)	9(69)	10(90)	F	
1	101	Burnett, Ross YOA	M45-54	43:50	3:21	4:58	14:59	16:44	18:29	21:59	36:32	40:16	41:31	43:02	43:50
				3:21	1:37	10:01	1:45	1:45	3:30	14:33	3:44	1:15	1:31	0:48	
2	189	Robert, Zdrahal Hana O	M45-54	45:00	4:23	6:25	15:32	17:22	18:55	22:51	38:02	41:28	42:38	44:10	45:00
				4:23	2:02	9:07	1:50	1:33	3:56	15:11	3:26	1:10	1:32	0:50	
3	190	Tomas, Zdrahal Hana O	M55-64	52:00	5:35	7:48	18:14	19:50	23:04	28:23	45:24	48:40	49:46	51:15	52:00
				5:35	2:13	10:26	1:36	3:14	5:19	17:01	3:16	1:06	1:29	0:45	
4	120	Edmunds, Geraint EOOC	M55-64	54:24	5:11	7:15	18:17	20:05	22:06	27:09	46:26	50:49	52:03	53:37	54:24
				5:11	2:04	11:02	1:48	2:01	5:03	19:17	4:23	1:14	1:34	0:47	
5	312	Rascher, Michael GVOC	M45-54	55:42	5:40	8:58	21:36	23:46	25:47	30:44	48:32	52:00	53:18	54:49	55:42
				5:40	3:18	12:38	2:10	2:01	4:57	17:48	3:28	1:18	1:31	0:53	
6	162	Strat, Tom QOC	M55-64	56:53	4:29	7:12	19:24	21:37	23:36	28:54	48:22	52:49	54:07	56:01	56:53
				4:29	2:43	12:12	2:13	1:59	5:18	19:28	4:27	1:18	1:54	0:52	
7	256	Forrest, Kimball ARCT	M55-64	57:25	5:15	7:58	20:18	22:09	24:02	29:49	50:38	54:06	55:11	56:37	57:25
				5:15	2:43	12:20	1:51	1:53	5:47	20:49	3:28	1:05	1:26	0:48	
8	151	Breseman, Rick Cascade OC	M55-64	59:28	5:40	8:01	23:43	25:58	28:00	33:54	51:54	55:53	57:05	58:41	59:28
				5:40	2:21	15:42	2:15	2:02	5:54	18:00	3:59	1:12	1:36	0:47	
9	245	Gregor, Vladimir Hana O	M45-54	1:00:12	4:45	7:14	24:06	25:35	27:03	31:09	48:47	56:21	57:41	59:16	1:00:12
				4:45	2:29	16:52	1:29	1:28	4:06	17:38	7:34	1:20	1:35	0:56	
10	323	Holcombe, Darren YOA	OpenM7	1:00:17	5:09	8:35	19:35	21:16	23:14	27:20	52:05	56:30	57:52	59:28	1:00:17
				5:09	3:26	11:00	1:41	1:58	4:06	24:45	4:25	1:22	1:36	0:49	
11	293	Larsson, Svante OK Vargen	M45-54	1:00:28	3:53	17:35	28:35	30:19	32:06	36:31	52:13	56:22	57:29	59:39	1:00:28
				3:53	13:42	11:00	1:44	1:47	4:25	15:42	4:09	1:07	2:10	0:49	
12	311	Hawkings, Jim YOA	M55-64	1:01:02	7:13	9:58	22:44	24:58	27:48	33:03	52:20	56:54	58:17	1:00:10	1:01:02
				7:13	2:45	12:46	2:14	2:50	5:15	19:17	4:34	1:23	1:53	0:52	
13	285	Bayly, Don FWOC	M55-64	1:04:03	5:35	8:07	25:16	27:11	29:48	35:51	53:54	59:55	1:01:13	1:03:12	1:04:03
				5:35	2:32	17:09	1:55	2:37	6:03	18:03	6:01	1:18	1:59	0:51	
14	254	Konotopetz, Larry CdeB	M55-64	1:05:34	7:25	11:24	25:52	28:39	34:07	38:55	56:36	1:01:20	1:02:35	1:04:44	1:05:34
				7:25	3:59	14:28	2:47	5:28	4:48	17:41	4:44	1:15	2:09	0:50	
15	242	Kulich, Jaroslav Hana O	M45-54	1:06:28	6:29	9:44	28:08	30:00	32:24	38:26	57:57	1:02:16	1:03:32	1:05:31	1:06:28
				6:29	3:15	18:24	1:52	2:24	6:02	19:31	4:19	1:16	1:59	0:57	
16	152	Karlden, Torbjorn Kvillebyns	M55-64	1:06:41	6:19	8:45	22:38	25:06	27:46	38:32	58:37	1:02:29	1:03:41	1:05:43	1:06:41
				6:19	2:26	13:53	2:28	2:40	10:46	20:05	3:52	1:12	2:02	0:58	
17	192	Karel, Krsak Hana O	M45-54	1:07:28	5:06	7:39	26:15	28:20	30:38	35:26	55:55	1:01:30	1:03:29	1:06:13	1:07:28
				5:06	2:33	18:36	2:05	2:18	4:48	20:29	5:35	1:59	2:44	1:15	
18	228	Williams, Kean Cascade OC	M45-54	1:08:07	8:18	10:31	24:53	28:59	31:03	35:40	58:32	1:03:33	1:05:12	1:07:07	1:08:07
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19	217	Gilchrist, Robert EOOC	M55-64	1:08:44	5:45	8:16	33:00	35:23	37:10	41:28	1:00:46	1:05:10	1:06:21	1:07:56	1:08:44
				5:45	2:31	24:44	2:23	1:47	4:18	19:18	4:24	1:11	1:35	0:48	
20	218	Nelson, Vern CdeB	M45-54	1:13:38	7:09	9:47	25:15	27:41	29:57	42:58	1:05:56	1:09:56	1:11:12	1:12:44	1:13:38
				7:09	2:38	15:28	2:26	2:16	13:01	22:58	4:00	1:16	1:32	0:54	
21	243	Hrouza, Jan Hana O	M55-64	1:14:05	5:28	7:54	34:14	36:41	41:01	46:19	1:05:57	1:10:16	1:11:29	1:13:20	1:14:05
				5:28	2:26	26:20	2:27	4:20	5:18	19:38	4:19	1:13	1:51	0:45	
22	146	Webster, Jim KOC	M55-64	1:17:03	8:07	11:29	29:15	31:46	35:03	41:11	1:05:07	1:11:33	1:13:22	1:15:51	1:17:03
				8:07	3:22	17:46	2:31	3:17	6:08	23:56	6:26	1:49	2:29	1:12	

Pl	Stno	Name	Cl.	Time											F		
				5.2 km	230 m	10 C	(cont.)										
						1(61)	2(71)	3(58)	4(59)	5(67)	6(60)	7(55)	8(66)	9(69)	10(90)		
23	232	Rennie, Bruce GVOC	M55-64	1:17:28	5:57	8:55	21:38	23:43	26:01	30:52	1:08:20	1:13:21	1:14:35	1:16:36	1:17:28		
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24	109	Hunter, Gord Ottawa OC	M55-64	1:18:10	5:04	7:56	32:46	35:42	37:56	44:31	1:07:40	1:13:34	1:15:11	1:17:07	1:18:10		
					5:04	2:52	24:50	2:56	2:14	6:35	23:09	5:54	1:37	1:56	1:03		
25	349	Abbott, Grant YOA	M55-64	1:20:45	7:39	10:27	23:46	25:57	28:17	48:21	1:12:09	1:16:24	1:17:49	1:19:39	1:20:45		
					7:39	2:48	13:19	2:11	2:20	20:04	23:48	4:15	1:25	1:50	1:06		
26	107	Graupner, Dave CdeB	M45-54	1:24:40	9:05	12:26	29:43	32:14	35:08	45:48	1:14:05	1:20:04	1:21:40	1:23:49	1:24:40		
					9:05	3:21	17:17	2:31	2:54	10:40	28:17	5:59	1:36	2:09	0:51		
27	141	Fisher, Gar GVOC	M45-54	1:26:38	8:49	12:29	33:11	35:42	38:36	46:30	1:15:26	1:21:18	1:23:07	1:25:37	1:26:38		
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28	322	Riddle, Don SZOC	M55-64	1:32:01	6:06	9:01	40:39	43:33	46:31	52:25	1:20:25	1:26:28	1:28:19	1:30:58	1:32:01		
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29	264	Heron, Steve ONB-Fundy	M45-54	1:35:59	8:28	11:57	36:01	38:34	42:40	52:20	1:24:38	1:30:43	1:32:30	1:34:52	1:35:59		
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30	210	Atchison, Garry EOOC	M45-54	1:36:07	13:01	16:50	37:41	41:25	45:13	54:34	1:22:01	1:29:14	1:31:10	1:35:02	1:36:07		
					13:01	3:49	20:51	3:44	3:48	9:21	27:27	7:13	1:56	3:52	1:05		
31	267	Woods, Stan GVOC	OpenM7	1:40:38	11:38	15:58	44:46	48:49	52:17	58:29	1:31:03	1:36:19	1:37:38	1:39:53	1:40:38		
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32	114	Svoboda, Robert FWOC	M45-54	1:40:57	7:44	10:53	29:06	31:36	35:00	41:35	1:31:52	1:36:48	1:38:07	1:40:01	1:40:57		
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33	378	Svoboda, Michael FWOC	OpenM7	1:42:27	8:16	11:48	37:07	39:51	45:03	54:49	1:31:52	1:37:20	1:39:04	1:41:18	1:42:27		
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34	191	Roman, Jelinek Hana O	M55-64	1:45:18	7:17	11:58	51:14	54:33	58:06	1:04:04	1:32:12	1:38:41	1:40:50	1:43:58	1:45:18		
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35	148	Rogers, David USOF	M55-64	1:56:38	7:34	13:25	55:40	58:21	1:00:55	1:07:22	1:40:45	1:49:34	1:52:28	1:55:37	1:56:38		
					7:34	5:51	42:15	2:41	2:34	6:27	33:23	8:49	2:54	3:09	1:01		
36	240	Merriam, Don FWOC	M55-64	2:01:36	8:40	11:03	32:00	34:07	40:28	46:26	1:49:30	1:56:30	1:57:58	2:00:28	2:01:36		
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37	180	Connors, Patrick CdeB	M55-64	2:04:45	11:19	15:58	39:41	43:22	47:25	1:04:21	1:47:28	1:55:13	1:57:54	2:02:33	2:04:45		
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38	177	Goeres, Michael CdeB	M55-64	2:15:28	9:31	13:58	1:03:52	1:07:13	1:10:18	1:27:49	2:03:08	2:09:19	2:11:17	2:14:26	2:15:28		
					9:31	4:27	49:54	3:21	3:05	17:31	35:19	6:11	1:58	3:09	1:02		
39	132	Sidders, Ian GHO	M55-64	2:17:49	7:22	10:01	1:30:31	1:32:47	1:35:28	1:41:45	2:09:11	2:13:23	2:14:51	2:16:55	2:17:49		
					7:22	2:39	1:20:30	2:16	2:41	6:17	27:26	4:12	1:28	2:04	0:54		
40	331	Gaule, Andrew YOA	M45-54	2:30:44	14:11	18:13	1:00:23	1:04:07	1:09:17	1:19:16	2:16:20	2:23:43	2:26:07	2:29:21	2:30:44		
					14:11	4:02	42:10	3:44	5:10	9:59	57:04	7:23	2:24	3:14	1:23		
	126	Berting, Patrick N/A	M45-54	mp	16:46	19:27	52:34	----	56:15	----	1:50:11	1:57:15	1:59:15	2:01:56	2:03:18		
					16:46	2:41	33:07	----	3:41	----	53:56	7:04	2:00	2:41	1:22		
	300	Brooks, Craig YOA	M45-54	mp	15:46	22:01	----	----	----	----	1:38:05	1:46:35	1:49:25	1:54:46	1:56:25		
					15:46	6:15	----	----	----	----	1:16:04	8:30	2:50	5:21	1:39		
																45:35	
																	50:00
																	*67
																	*59
Course 8 (8)				5.0 km	215 m	10 C											
						1(81)	2(87)	3(75)	4(77)	5(85)	6(86)	7(55)	8(66)	9(69)	10(90)	F	
1	167	Murray, Kendra YOA	W17-20	51:51	5:42	15:21	18:17	27:47	32:32	39:25	45:07	48:37	49:42	51:09	51:51		
					5:42	9:39	2:56	9:30	4:45	6:53	5:42	3:30	1:05	1:27	0:42		
2	290	Teutsch, Laura Ottawa OC	W17-20	1:00:48	5:40	17:39	21:30	33:48	39:34	43:05	51:17	56:16	57:33	59:56	1:00:48		
					5:40	11:59	3:51	12:18	5:46	3:31	8:12	4:59	1:17	2:23	0:52		
3	139	Burnett, Kerstin YOA	W17-20	1:01:21	5:42	18:52	24:40	35:11	40:53	45:12	53:50	57:55	59:11	1:00:37	1:01:21		
					5:42	13:10	5:48	10:31	5:42	4:19	8:38	4:05	1:16	1:26	0:44		
4	304	Jolliff, Jennifer ARCT	W35-44	1:06:22	5:43	17:22	22:42	34:58	41:32	47:23	56:56	1:02:47	1:04:01	1:05:36	1:06:22		
					5:43	11:39	5:20	12:16	6:34	5:51	9:33	5:51	1:14	1:35	0:46		
5	236	MacNaughton, Ch FWOC	W35-44	1:07:12	7:36	20:51	25:02	39:46	45:44	48:21	56:54	1:02:31	1:03:57	1:06:15	1:07:12		
					7:36	13:15	4:11	14:44	5:58	2:37	8:33	5:37	1:26	2:18	0:57		
6	206	Mackeigan, Jennil YOA	W17-20	1:13:53	6:53	25:30	29:23	43:01	49:47	52:28	1:02:17	1:09:19	1:10:55	1:13:01	1:13:53		
					6:53	18:37	3:53	13:38	6:46	2:41	9:49	7:02	1:36	2:06	0:52		
7	198	Ross, Emily ONB Falcon	W17-20	1:14:57	8:11	19:06	22:30	40:05	45:46	57:49	1:05:47	1:10:22	1:11:38	1:14:08	1:14:57		
					8:11	10:55	3:24	17:35	5:41	12:03	7:58	4:35	1:16	2:30	0:49		
248	Krsakova, Marie Hana O	W17-20	mp	6:05	26:55	31:14	----	----	----	57:26	1:03:44	1:05:28	1:08:00	1:09:21			
				6:05	20:50	4:19				26:12	6:18	1:44	2:32	1:21			

