

Pl	Stno	Name	Time												
<b>M12 (8)</b>			<b>1.8 km 65 m 11 C</b>												
			1(101)	2(102)	3(103)	4(104)	5(105)	6(106)	7(107)	8(108)	9(109)	10(110)	11(137)	F	
1	115	Svoboda, Michael FWOC	11:34	<b>0:44</b>	<b>1:28</b>	<b>2:06</b>	<b>3:07</b>	<b>4:18</b>	<b>5:02</b>	<b>6:49</b>	<b>7:32</b>	<b>8:25</b>	<b>10:07</b>	<b>11:15</b>	<b>11:34</b>
				<i>0:44</i>	<i>0:44</i>	<i>0:38</i>	<i>1:01</i>	<i>1:11</i>	<i>0:44</i>	<i>1:47</i>	<i>0:43</i>	<i>0:53</i>	<i>1:42</i>	1:08	0:19
2	265	Heron, Andrew ONB-Fundy	13:27	0:58	1:53	2:37	3:47	5:07	6:12	8:05	9:06	10:05	11:59	12:59	13:27
				0:58	0:55	0:44	1:10	1:20	1:05	1:53	1:01	0:59	1:54	1:00	0:28
3	225	Martino, Kyle FWOC	14:41	1:17	2:19	3:19	4:37	6:15	7:08	9:10	10:15	11:47	13:58	14:27	14:41
				1:17	1:02	1:00	1:18	1:38	0:53	2:02	1:05	1:32	2:11	0:29	<b>0:14</b>
4	116	Svoboda, David FWOC	14:57	0:52	2:02	2:57	4:25	6:13	7:09	9:20	10:34	11:45	13:59	14:42	14:57
				0:52	1:10	0:55	1:28	1:48	0:56	2:11	1:14	1:11	2:14	0:43	0:15
5	226	Martino, Tyson FWOC	15:57	1:15	2:21	3:47	5:15	7:34	8:35	10:56	11:49	12:58	15:14	15:39	15:57
				1:15	1:06	1:26	1:28	2:19	1:01	2:21	0:53	1:09	2:16	<b>0:25</b>	0:18
6	158	Mlynczyk, Anton Ukr OC	17:07	1:12	2:17	3:09	4:52	6:47	8:03	10:27	12:01	13:22	15:52	16:45	17:07
				1:12	1:05	0:52	1:43	1:55	1:16	2:24	1:34	1:21	2:30	0:53	0:22
7	337	Latham, Marshal YOA	48:34	13:20	15:40	17:13	20:48	24:04	26:14	35:44	38:44	41:28	46:19	47:23	48:34
				13:20	2:20	1:33	3:35	3:16	2:10	9:30	3:00	2:44	4:51	1:04	1:11
	159	Mlynczyk, Teodor Ukr OC	mp	1:14	2:20	3:06	4:26	5:55	7:01	9:00	9:57	11:02	13:10	----	13:44
				1:14	1:06	0:46	1:20	1:29	1:06	1:59	0:57	1:05	2:08		0:34

<b>M13-14 (3)</b>			<b>1.9 km 75 m 10 C</b>											
			1(102)	2(117)	3(133)	4(115)	5(124)	6(114)	7(107)	8(109)	9(110)	10(137)	F	
1	140	McLean, Caelan YOA	15:35	1:56	<b>3:25</b>	<b>5:03</b>	<b>6:28</b>	<b>8:05</b>	<b>10:21</b>	<b>11:45</b>	<b>13:21</b>	<b>15:00</b>	<b>15:20</b>	<b>15:35</b>
				1:56	<b>1:29</b>	1:38	1:25	<b>1:37</b>	2:16	<b>1:24</b>	<b>1:36</b>	<b>1:39</b>	0:20	<b>0:15</b>
2	313	Rascher, Terrence GVOC	19:32	2:02	4:13	6:54	9:03	11:11	13:26	14:57	17:01	18:54	19:14	19:32
				2:02	2:11	2:41	2:09	2:08	<b>2:15</b>	1:31	2:04	1:53	0:20	0:18
3	103	Blake, Leif YOA	21:35	<b>1:52</b>	8:54	10:21	11:11	12:54	15:20	16:58	18:59	20:56	21:14	21:35
				<b>1:52</b>	7:02	<b>1:27</b>	<b>0:50</b>	1:43	2:26	1:38	2:01	1:57	<b>0:18</b>	0:21
														0:55
														<b>*101</b>

<b>M15-16 (3)</b>			<b>2.3 km 85 m 11 C</b>												
			1(129)	2(128)	3(115)	4(136)	5(114)	6(107)	7(134)	8(139)	9(138)	10(110)	11(137)	F	
1	346	McMillan, Roan GVOC	29:22	5:36	10:33	<b>12:34</b>	<b>15:09</b>	<b>16:51</b>	<b>18:23</b>	<b>21:38</b>	<b>26:30</b>	<b>27:20</b>	<b>28:42</b>	<b>29:08</b>	<b>29:22</b>
				5:36	4:57	<b>2:01</b>	2:35	1:42	1:32	<b>3:15</b>	4:52	0:50	<b>1:22</b>	0:26	<b>0:14</b>
2	219	Nelson, Reid CdeB	35:26	<b>2:14</b>	<b>7:05</b>	14:12	16:10	17:49	19:19	29:57	31:36	32:25	34:48	35:07	35:26
				<b>2:14</b>	<b>4:51</b>	7:07	<b>1:58</b>	<b>1:39</b>	<b>1:30</b>	10:38	<b>1:39</b>	<b>0:49</b>	2:23	<b>0:19</b>	0:19
3	164	Kemp, Ian Ottawa OC	38:58	2:23	8:37	17:28	20:41	23:12	25:38	31:22	34:00	35:20	38:04	38:31	38:58
				2:23	6:14	8:51	3:13	2:31	2:26	5:44	2:38	1:20	2:44	0:27	0:27

<b>M17-20 (6)</b>			<b>4.2 km 190 m 18 C</b>																				
			1(131)	2(133)	3(123)	4(97)	5(127)	6(135)	7(136)	8(99)	9(139)	10(98)	11(100)	12(111)	13(118)	14(122)	15(120)	16(126)	17(119)	18(137)	F		
1	172	Ereaux, Graham ONB Falcon	31:02	2:07	3:37	<b>5:04</b>	<b>8:00</b>	<b>9:36</b>	<b>10:58</b>	<b>13:15</b>	<b>14:49</b>	<b>15:27</b>	<b>15:54</b>	<b>17:42</b>	<b>19:14</b>	<b>21:48</b>	<b>23:30</b>	<b>26:06</b>	<b>27:13</b>	<b>29:42</b>	<b>30:49</b>	<b>31:02</b>	
				2:07	1:30	<b>1:27</b>	2:56	1:36	<b>1:22</b>	2:17	<b>1:34</b>	0:38	0:27	<b>1:48</b>	1:32	2:34	1:42	2:36	1:07	2:29	1:07	0:13	
2	169	Hawkings, Lee YOA	31:11	<b>1:53</b>	4:02	5:43	9:01	10:18	11:50	13:57	15:39	16:16	16:39	18:30	20:03	22:25	24:03	26:35	27:37	29:54	30:58	31:11	
				<b>1:53</b>	2:09	1:41	3:18	1:17	1:32	<b>2:07</b>	1:42	0:37	0:23	1:51	1:33	<b>2:22</b>	<b>1:38</b>	<b>2:32</b>	1:02	2:17	<b>1:04</b>	0:13	
3	233	Rennie, Graeme GVOC	35:02	2:21	<b>3:36</b>	5:25	10:44	11:57	13:33	17:47	19:36	20:12	20:34	22:23	23:43	26:12	27:54	30:27	31:28	33:44	34:50	35:02	
				2:21	<b>1:15</b>	1:49	5:19	<b>1:13</b>	1:36	4:14	1:49	<b>0:36</b>	<b>0:22</b>	1:49	<b>1:20</b>	2:29	1:42	2:33	<b>1:01</b>	<b>2:16</b>	1:06	<b>0:12</b>	
4	142	Bray, Trevor YOA	36:29	2:40	4:26	6:38	8:17	9:47	11:30	16:24	18:22	19:01	19:25	21:39	23:02	25:25	28:06	30:43	31:45	34:55	36:13	36:29	
				2:40	1:46	2:16	<b>1:39</b>	1:30	1:43	4:54	1:58	0:39	0:24	2:14	1:23	2:23	2:41	2:37	1:02	3:10	1:18	0:16	
5	266	Woods, Adam GVOC	38:59	3:00	5:46	7:32	11:49	13:22	15:56	20:09	20:46	21:10	23:11	24:45	29:07	31:14	34:01	35:02	37:39	38:47	38:59		
				3:00	2:46	1:50	2:47	1:26	1:33	2:34	4:13	0:37	0:24	2:01	1:34	4:22	2:07	2:47	<b>1:01</b>	2:37	1:08	<b>0:12</b>	
6	292	Teutsch, Alex Ottawa OC	45:39	2:49	7:10	9:41	12:18	13:40	15:39	19:36	22:22	23:06	23:35	26:08	27:40	31:33	35:09	39:46	40:57	43:49	45:19	45:39	
				2:49	4:21	2:31	2:37	1:22	1:59	3:57	2:46	0:44	0:29	2:33	1:32	3:53	3:36	4:37	1:11	2:52	1:30	0:20	
																						29:14	
																							<b>*119</b>

<b>M21-34 (20)</b>			<b>4.6 km 215 m 19 C</b>																				
			1(121)	2(136)	3(115)	4(97)	5(116)	6(130)	7(135)	8(131)	9(99)	10(98)	11(100)	12(111)	13(113)	14(122)	15(120)	16(126)	17(125)	18(119)	19(137)	F	
1	230	Goeres, Patrick CdeB	30:03	2:28	<b>3:25</b>	<b>4:54</b>	<b>7:05</b>	<b>8:36</b>	<b>10:14</b>	<b>10:57</b>	<b>13:36</b>	<b>14:44</b>	<b>15:26</b>	<b>16:57</b>	<b>18:13</b>	<b>21:36</b>	<b>22:44</b>	<b>25:06</b>	<b>26:01</b>	<b>27:40</b>	<b>28:48</b>	<b>29:50</b>	<b>30:03</b>
				2:28	<b>0:57</b>	1:29	2:11	1:31	1:38	0:43	<b>2:39</b>	<b>1:08</b>	0:42	<b>1:31</b>	1:16	3:23	1:08	2:22	0:55	1:39	<b>1:08</b>	1:02	0:13
2	258	Anderson, Robbie Ottawa OC	30:42	<b>2:27</b>	3:28	5:21	7:28	8:47	10:24	11:06	14:07	15:27	16:05	17:38	18:57	22:02	23:19	25:43	26:40	27:59	29:23	30:30	30:42
				<b>2:27</b>	1:01	1:53	<b>2:07</b>	<b>1:19</b>	<b>1:37</b>	<b>0:42</b>	3:01	1:20	0:38	1:33	1:19	<b>3:05</b>	1:17	2:24	0:57	1:19	1:24	1:07	<b>0:12</b>
3	161	Kemp, Eric Ottawa OC	30:53	2:35	3:47	5:21	7:47	9:08	10:51	11:38	14:45	15:53	16:37	18:11	19:22	22:49	23:42	26:10	27:08	28:21	29:38	30:40	30:53
				2:35	1:12	1:34	2:26	1:21	1:43	0:47	3:07	<b>1:08</b>	0:44	1:34	1:11	3:27	0:53	2:28	0:58	1:13	1:17	1:02	0:13
4	318	Critchley, Will EOOC	32:24	3:18	4:31	5:59	8:58	10:40	12:17	12:59	15:52	17:54	18:30	20:04	21:07	24:24	25:15	27:21	28:12	29:31	31:14	32:11	32:24
				3:18	1:13	<b>1:28</b>	2:59	1:42	<b>1:37</b>	<b>0:42</b>	2:53	2:02	<b>0:36</b>	1:34	<b>1:03</b>	3:17	<b>0:51</b>	<b>2:06</b>	<b>0:51</b>	1:19	1:43	0:57	0:13

Pl	Stno	Name	Time																				F
				4.6 km 215 m 19 C			(cont.)																
				1(121)	2(136)	3(115)	4(97)	5(116)	6(130)	7(135)	8(131)	9(99)	10(98)	11(100)	12(111)	13(113)	14(122)	15(120)	16(126)	17(125)	18(119)	19(137)	
5	295	May, Brian Sage	32:51	4:00	5:04	6:41	9:33	11:06	13:00	13:47	16:45	18:02	18:48	20:23	21:33	24:44	25:41	28:02	28:59	30:11	31:33	32:36	32:51
				4:00	1:04	1:37	2:52	1:33	1:54	0:47	2:58	1:17	0:46	1:35	1:10	3:11	0:57	2:21	0:57	1:12	1:22	1:03	0:15
6	263	Torrance, Jon Ottawa OC	33:35	3:04	4:12	5:55	8:56	10:18	12:12	12:57	15:51	17:16	17:57	19:42	21:10	24:15	25:18	28:04	28:58	30:42	32:09	33:20	33:35
				3:04	1:08	1:43	3:01	1:22	1:54	0:45	2:54	1:25	0:41	1:45	1:28	3:05	1:03	2:46	0:54	1:44	1:27	1:11	0:15
7	134	Johansson, Magnus GVOG	33:53	2:39	3:40	5:12	8:24	10:22	12:07	12:50	15:47	17:03	17:50	19:42	21:05	24:54	25:48	28:37	29:40	31:12	32:33	33:37	33:53
				2:39	1:01	1:32	3:12	1:58	1:45	0:43	2:57	1:16	0:47	1:52	1:23	3:49	0:54	2:49	1:03	1:32	1:21	1:04	0:16
8	253	Konotopetz, Damian CdeB	34:42	5:40	6:48	8:20	10:36	13:32	15:10	15:52	18:49	20:04	20:44	22:21	23:29	26:51	27:48	30:04	31:01	32:18	33:34	34:30	34:42
				5:40	1:08	1:32	2:16	2:56	1:38	0:42	2:57	1:15	0:40	1:37	1:08	3:22	0:57	2:16	0:57	1:17	1:16	0:56	0:12
9	131	Saile, Patrick GHO	35:05	2:42	3:47	5:52	9:10	10:30	12:10	13:13	16:13	18:48	19:34	21:10	22:30	25:50	27:55	30:16	31:15	32:26	33:47	34:47	35:05
				2:42	1:05	2:05	3:18	1:20	1:40	1:03	3:00	2:35	0:46	1:36	1:20	3:20	2:05	2:21	0:59	1:11	1:21	1:00	0:18
10	246	Janecek, Oldrich Hana O	35:33	2:37	3:42	5:20	8:05	10:32	12:11	12:56	16:16	19:13	19:53	21:48	23:11	26:25	27:36	30:09	31:07	32:25	34:04	35:17	35:33
				2:37	1:05	1:38	2:45	2:27	1:39	0:45	3:20	2:57	0:40	1:55	1:23	3:14	1:11	2:33	0:58	1:18	1:39	1:13	0:16
11	288	Teutsch, Jeffrey Ottawa OC	35:59	2:44	4:11	5:52	8:23	9:45	11:28	12:12	15:11	16:41	17:26	19:05	20:26	24:00	25:32	28:23	29:29	31:56	34:41	35:45	35:59
				2:44	1:27	1:41	2:31	1:22	1:43	0:44	2:59	1:30	0:45	1:39	1:21	3:34	1:32	2:51	1:06	2:27	2:45	1:04	0:14
12	106	Graupner, Steven CdeB	36:28	2:39	3:49	5:31	11:01	12:23	14:09	14:53	17:39	18:51	19:32	21:12	22:30	26:42	27:57	30:23	31:28	33:06	35:03	36:14	36:28
				2:39	1:10	1:42	5:30	1:22	1:46	0:44	2:46	1:12	0:41	1:40	1:18	4:12	1:15	2:26	1:05	1:38	1:57	1:11	0:14
13	342	Pearson, Forest YOA	37:52	2:33	3:49	5:40	11:15	12:42	14:41	15:35	18:50	20:16	21:07	23:06	24:33	28:38	29:52	32:21	33:30	35:07	36:35	37:36	37:52
				2:33	1:16	1:51	5:35	1:27	1:59	0:54	3:15	1:26	0:51	1:59	1:27	4:05	1:14	2:29	1:09	1:37	1:28	1:01	0:16
14	123	Oeschger, Severin O Kölliken	38:09	3:01	4:16	6:13	9:11	10:44	13:07	13:56	17:08	19:08	19:56	21:52	23:25	27:33	28:45	31:42	32:45	35:15	36:45	37:54	38:09
				3:01	1:15	1:57	2:58	1:33	2:23	0:49	3:12	2:00	0:48	1:56	1:33	4:08	1:12	2:57	1:03	2:30	1:30	1:09	0:15
15	305	Moore, Ian ARCT	42:53	3:12	4:26	8:11	15:01	17:31	19:29	20:22	23:25	25:28	26:22	28:43	30:14	33:49	34:54	37:39	38:37	39:55	41:29	42:37	42:53
				3:12	1:14	3:45	6:50	2:30	1:58	0:53	3:03	2:03	0:54	2:21	1:31	3:35	1:05	2:45	0:58	1:18	1:34	1:08	0:16
16	261	Walker, Greg CSU	43:18	3:07	4:18	6:57	13:05	15:08	17:36	18:25	22:55	24:30	25:24	27:27	29:00	32:52	33:55	37:02	38:08	40:04	41:43	43:00	43:18
				3:07	1:11	2:39	6:08	2:03	2:28	0:49	4:30	1:35	0:54	2:03	1:33	3:52	1:03	3:07	1:06	1:56	1:39	1:17	0:18
17	165	Kemp, Randy Ottawa OC	46:21	3:11	4:39	8:44	11:36	13:15	15:55	16:48	22:35	24:15	25:15	27:46	29:38	34:15	35:21	39:06	40:26	42:59	44:40	46:02	46:21
				3:11	1:28	4:05	2:52	1:39	2:40	0:53	5:47	1:40	1:00	2:31	1:52	4:37	1:06	3:45	1:20	2:33	1:41	1:22	0:19
18	316	Nipen-Barrie, Troy GVOG	52:40	4:36	6:04	8:14	11:38	14:03	17:11	18:07	22:46	26:11	27:20	29:56	32:00	36:33	37:48	41:38	42:40	48:42	50:48	52:25	52:40
				4:36	1:28	2:10	3:24	2:25	3:08	0:56	4:39	3:25	1:09	2:36	2:04	4:33	1:15	3:50	1:02	6:02	2:06	1:37	0:15
19	156	Graupner, Thomas CdeB	56:41	3:31	5:04	7:50	11:28	16:00	18:23	19:25	24:11	27:11	27:59	30:42	32:32	36:30	38:18	42:00	45:53	52:48	54:46	56:23	56:41
				3:31	1:33	2:46	3:38	4:32	2:23	1:02	4:46	3:00	0:48	2:43	1:50	3:58	1:48	3:42	3:53	6:55	1:58	1:37	0:18
20	317	Barrett, Nathan Detroit GVOG	1:14:09	3:11	8:02	35:11	39:23	42:24	44:31	45:16	54:31	55:59	56:39	59:09	1:00:46	1:04:27	1:05:42	1:08:33	1:09:25	1:10:58	1:12:22	1:13:53	1:14:09
				3:11	4:51	27:09	4:12	3:01	2:07	0:45	9:15	1:28	0:40	2:30	1:37	3:41	1:15	2:51	0:52	1:33	1:24	1:31	0:16
<b>M35-44 (8)</b>				<b>4.2 km 190 m 18 C</b>																			
				1(131)	2(133)	3(123)	4(97)	5(127)	6(135)	7(136)	8(99)	9(139)	10(98)	11(100)	12(111)	13(118)	14(122)	15(120)	16(126)	17(119)	18(137)		F
1	209	Waddington, Mike GHO	34:13	1:59	3:34	6:44	8:24	9:55	11:32	14:25	16:25	17:03	17:33	19:44	21:16	24:04	25:47	28:46	29:46	32:36	33:54	34:13	
				1:59	1:35	3:10	1:40	1:31	1:37	2:53	2:00	0:38	0:30	2:11	1:32	2:48	1:43	2:59	1:00	2:50	1:18	0:19	
2	157	Mlynczyk, Eugene Ukr OC	37:33	2:44	4:30	6:30	9:16	10:59	12:41	15:47	18:02	18:47	19:21	21:40	23:23	26:35	28:46	31:45	32:58	36:00	37:19	37:33	
				2:44	1:46	2:00	2:46	1:43	1:42	3:06	2:15	0:45	0:34	2:19	1:43	3:12	2:11	2:59	1:13	3:02	1:19	0:14	
3	160	Zissos, Adrian FWOC	40:38	3:48	7:14	9:30	12:06	13:59	15:35	18:24	21:02	21:58	22:24	24:40	26:32	29:21	31:44	35:03	36:10	39:02	40:21	40:38	
				3:48	3:26	2:16	2:36	1:53	1:36	2:49	2:38	0:56	0:26	2:16	1:52	2:49	2:23	3:19	1:07	2:52	1:19	0:17	
4	178	Kelly, Ryan YOA	51:06	3:17	5:23	8:18	11:39	13:45	16:27	20:22	24:06	25:53	26:24	30:07	32:06	36:10	38:56	43:12	44:39	49:02	50:49	51:06	
				3:17	2:06	2:55	3:21	2:06	2:42	3:55	3:44	1:47	0:31	3:43	1:59	4:04	2:46	4:16	1:27	4:23	1:47	0:17	
5	122	Sigvaldason, Chris EOGC	57:54	3:50	6:35	9:10	12:22	15:00	18:31	22:34	25:37	26:42	27:17	31:20	34:11	39:35	43:56	48:37	50:37	55:23	57:31	57:54	
				3:50	2:45	2:35	3:12	2:38	3:31	4:03	3:03	1:05	0:35	4:03	2:51	5:24	4:21	4:41	2:00	4:46	2:08	0:23	
6	302	Chung, Raymond TOC	1:00:11	5:32	8:21	11:38	17:55	20:51	24:27	29:12	33:02	33:52	34:23	37:51	40:09	43:25	45:53	51:10	52:14	57:42	59:53	1:00:11	
				5:32	2:49	3:17	6:17	2:56	3:36	4:45	3:50	0:50	0:31	3:28	2:18	3:16	2:28	5:17	1:04	5:28	2:11	0:18	
7	260	Richardson, James Ottawa OC	1:12:10	2:52	5:19	8:00	25:51	27:42	29:52	35:35	39:41	40:38	41:07	44:38	46:40	50:21	53:35	57:54	59:33	1:10:10	1:11:55	1:12:10	
				2:52	2:27	2:41	17:51	1:51	2:10	5:43	4:06	0:57	0:29	3:31	2:02	3:41	3:14	4:19	1:39	10:37	1:45	0:15	
8	210	Atchison, Garry EOGC	1:33:58	5:52	12:16	24:00	32:39	35:42	39:36	46:09	51:13	52:38	53:36	58:23	1:04:37	1:10:12	1:14:03	1:22:30	1:24:42				

Pl	Stno	Name	Time	(cont.)													F		
				3.0 km	120 m	13 C													
				1(129)	2(123)	3(116)	4(130)	5(133)	6(136)	7(134)	8(139)	9(98)	10(100)	11(119)	12(111)	13(137)			
<b>M45-54 (16)</b>																			
4	345	McMillan, Mark GVOC	36:46	1:20	6:29	13:20	16:40	20:19	21:59	26:31	28:26	28:59	31:45	34:51	35:48	36:27	36:46		
				1:20	5:09	6:51	3:20	3:39	<b>1:40</b>	4:32	1:55	0:33	2:46	3:06	0:57	0:39	0:19		
5	293	Larsson, Svante OK Vargen	37:58	0:51	7:35	11:52	14:05	16:58	<b>18:57</b>	27:08	30:41	31:10	33:40	36:01	36:59	37:43	37:58		
				<b>0:51</b>	6:44	4:17	<b>2:13</b>	<b>2:53</b>	1:59	8:11	3:33	0:29	2:30	2:21	0:58	0:44	<b>0:15</b>		
6	312	Rascher, Michael GVOC	39:02	9:14	14:27	19:23	22:18	26:21	28:16	29:53	31:31	31:59	34:19	36:58	38:02	38:42	39:02		
				9:14	5:13	4:56	2:55	4:03	1:55	<b>1:37</b>	1:38	0:28	2:20	2:39	1:04	0:40	0:20		
7	228	Williams, Kean Cascade OC	42:15	1:23	8:21	13:41	17:13	27:20	29:17	31:05	32:54	33:29	36:21	39:42	40:47	41:57	42:15		
				1:23	6:58	5:20	3:32	10:07	1:57	1:48	1:49	0:35	2:52	3:21	1:05	1:10	0:18		
8	218	Nelson, Vern CdeB	42:31	3:25	9:10	20:47	23:07	26:48	30:13	32:16	34:08	34:40	37:31	40:20	41:22	42:12	42:31		
				3:25	5:45	11:37	2:20	3:41	3:25	2:03	1:52	0:32	2:51	2:49	1:02	0:50	0:19		
9	107	Graupner, Dave CdeB	42:36	1:49	8:27	13:46	17:17	22:37	24:34	27:06	29:09	29:48	33:52	39:18	41:02	42:17	42:36		
				1:49	6:38	5:19	3:31	5:20	1:57	2:32	2:03	0:39	4:04	5:26	1:44	1:15	0:19		
10	114	Svoboda, Robert FWOC	43:30	3:47	10:17	15:16	18:07	23:11	24:55	26:53	29:36	30:17	33:30	38:17	42:14	43:13	43:30		
				3:47	6:30	4:59	2:51	5:04	1:44	1:58	2:43	0:41	3:13	4:47	3:57	0:59	0:17		
11	242	Kulich, Jaroslav Hana O	44:42	2:15	11:17	17:54	23:13	26:51	29:22	31:28	34:00	34:45	39:47	42:19	43:39	44:23	44:42		
				2:15	9:02	6:37	5:19	3:38	2:31	2:06	2:32	0:45	5:02	2:32	1:20	0:44	0:19		
12	126	Berting, Patrick N/A	49:04	2:40	14:23	20:10	23:59	30:09	32:19	35:03	37:05	37:51	41:49	45:29	47:13	48:37	49:04		
				2:40	11:43	5:47	3:49	6:10	2:10	2:44	2:02	0:46	3:58	3:40	1:44	1:24	0:27		
13	245	Gregor, Vladimir Hana O	49:21	1:51	7:21	12:15	14:47	35:19	37:13	40:23	42:01	42:27	44:58	47:29	48:19	49:03	49:21		
				1:51	5:30	4:54	2:32	20:32	1:54	3:10	1:38	0:26	2:31	2:31	<b>0:50</b>	0:44	0:18		
14	264	Heron, Steve ONB-Fundy	59:45	3:30	9:47	28:08	31:56	39:24	41:33	45:02	47:56	48:45	53:18	56:54	58:27	59:22	59:45		
				3:30	6:17	18:21	3:48	7:28	2:09	3:29	2:54	0:49	4:33	3:36	1:33	0:55	0:23		
15	141	Fisher, Gar GVOC	1:02:59	4:29	14:10	25:28	29:04	35:22	37:53	46:09	49:18	50:09	54:24	57:57	1:01:42	1:02:38	1:02:59		
				4:29	9:41	11:18	3:36	6:18	2:31	8:16	3:09	0:51	4:15	3:33	3:45	0:56	0:21		
16	331	Gaule, Andrew YOA	1:16:59	4:39	13:54	29:46	35:43	41:46	45:21	50:10	57:54	58:42	1:03:57	1:10:55	1:13:34	1:16:29	1:16:59		
				4:39	9:15	15:52	5:57	6:03	3:35	4:49	7:44	0:48	5:15	6:58	2:39	2:55	0:30		

<b>M55-64 (23)</b>				3.0 km	120 m	13 C														F
				1(129)	2(123)	3(116)	4(130)	5(133)	6(136)	7(134)	8(139)	9(98)	10(100)	11(119)	12(111)	13(137)				
1	120	Edmunds, Geraint EOOC	29:16	2:07	7:09	10:52	<b>13:03</b>	<b>16:16</b>	<b>18:07</b>	<b>20:11</b>	<b>21:51</b>	<b>22:23</b>	<b>24:49</b>	<b>27:30</b>	<b>28:24</b>	<b>29:00</b>	<b>29:16</b>			
				2:07	5:02	<b>3:43</b>	<b>2:11</b>	3:13	1:51	2:04	1:40	0:32	2:26	2:41	0:54	<b>0:36</b>	0:16			
2	256	Forrest, Kimball ARCT	32:25	2:10	6:51	11:34	13:56	19:01	20:34	22:22	24:05	24:33	26:51	29:18	31:15	32:06	32:25			
				2:10	<b>4:41</b>	4:43	2:22	5:05	1:33	<b>1:48</b>	1:43	0:28	<b>2:18</b>	<b>2:27</b>	1:57	0:51	0:19			
3	217	Gilchrist, Robert EOOC	33:16	<b>1:24</b>	6:15	<b>10:42</b>	13:30	17:34	19:28	21:36	24:26	25:00	27:46	30:49	32:21	33:00	33:16			
				<b>1:24</b>	4:51	4:27	2:48	4:04	1:54	2:08	2:50	0:34	2:46	3:03	1:32	0:39	0:16			
4	151	Breseman, Rick Cascade OC	33:18	1:25	<b>6:12</b>	12:47	15:16	18:51	20:35	22:58	24:47	25:20	28:02	30:47	32:21	33:03	33:18			
				1:25	4:47	6:35	2:29	3:35	1:44	2:23	1:49	0:33	2:42	2:45	1:34	0:42	<b>0:15</b>			
5	232	Rennie, Bruce GVOC	33:46	2:06	7:13	11:39	15:08	19:38	21:32	23:42	25:12	25:43	28:53	31:35	32:43	33:27	33:46			
				2:06	5:07	4:26	3:29	4:30	1:54	2:10	<b>1:30</b>	0:31	3:10	2:42	1:08	0:44	0:19			
6	190	Tomas, Zdrahal Hana O	34:05	1:44	10:27	14:16	17:03	19:55	21:24	25:07	26:57	27:21	29:40	32:11	33:01	33:48	34:05			
				1:44	8:43	3:49	2:47	<b>2:52</b>	<b>1:29</b>	3:43	1:50	<b>0:24</b>	2:19	2:31	<b>0:50</b>	0:47	0:17			
7	162	Quat, Tom SQC	35:44	1:55	7:35	12:21	14:43	18:21	20:12	24:28	26:05	26:43	29:33	32:32	34:35	35:26	35:44			
				1:55	5:40	4:46	2:22	3:38	1:51	4:16	1:37	0:38	2:50	2:59	2:03	0:51	0:18			
8	109	Hunter, Gord Ottawa OC	36:28	1:58	7:36	11:56	15:53	19:45	21:42	25:55	27:43	28:15	31:11	34:19	35:23	36:07	36:28			
				1:58	5:38	4:20	3:57	3:52	1:57	4:13	1:48	0:32	2:56	3:08	1:04	0:44	0:21			
9	311	Hawkings, Jim YOA	38:04	1:34	7:47	12:10	14:47	19:35	21:29	26:11	28:43	29:15	32:13	35:47	36:59	37:48	38:04			
				1:34	6:13	4:23	2:37	4:48	1:54	4:42	2:32	0:32	2:58	3:34	1:12	0:49	0:16			
10	240	Merriam, Don FWOC	40:41	1:32	8:30	13:24	19:23	23:42	25:26	28:38	31:55	32:27	35:32	38:34	39:35	40:21	40:41			
				1:32	6:58	4:54	5:59	4:19	1:44	3:12	3:17	0:32	3:05	3:02	1:01	0:46	0:20			
11	285	Bayly, Don FWOC	41:05	2:34	8:16	14:32	18:59	23:05	25:03	29:40	31:23	31:58	34:41	37:17	40:01	40:46	41:05			
				2:34	5:42	6:16	4:27	4:06	1:58	4:37	1:43	0:35	2:43	2:36	2:44	0:45	0:19			
12	181	Rance, John GVOC	41:34	1:59	8:20	13:55	17:17	21:57	25:10	27:38	30:51	31:27	34:45	38:46	40:17	41:13	41:34			
				1:59	6:21	5:35	3:22	4:40	3:13	2:28	3:13	0:36	3:18	4:01	1:31	0:56	0:21			
13	243	Hrouza, Jan Hana O	42:12	3:05	9:45	15:06	17:24	20:37	22:25	28:59	30:36	31:20	35:36	38:19	40:42	41:54	42:12			
				3:05	6:40	5:21	2:18	3:13	1:48	6:34	1:37	0:44	4:16	2:43	2:23	1:12	0:18			
14	146	Webster, Jim KOC	42:59	3:11	9:13	14:50	18:11	23:04	25:33	28:07	30:06	30:52	34:04	40:10	41:36	42:35	42:59			
				3:11	6:02	5:37	3:21	4:53	2:29	2:34	1:59	0:46	3:12	6:06	1:26	0:59	0:24			
15	322	Riddle, Don SZOC	45:53	4:41	10:51	16:15	19:49	24:56	27:20	31:28	34:07	34:47	38:52	42:43	44:24	45:30	45:53			
				4:41	6:10	5:24	3:34	5:07	2:24	4:08	2:39	0:40	4:05	3:51	1:41	1:06	0:23			
16	254	Konotopetz, Larry CdeB	48:33	5:30	19:20	24:29	28:03	31:41	33:50	38:14	39:52	40:22	43:16	46:25	47:30	48:15	48:33			
				5:30	13:50	5:09	3:34	3:38	2:09	4:24	1:38	0:30	2:54	3:09	1:05	0:45	0:18			

27:07  
\*131

37:02  
\*111

Pl	Stno	Name	Time	(cont.)													F			
<b>M55-64 (23)</b>				<b>3.0 km</b>	<b>120 m</b>	<b>13 C</b>														
				1(129)	2(123)	3(116)	4(130)	5(133)	6(136)	7(134)	8(139)	9(98)	10(100)	11(119)	12(111)	13(137)				
17	291	Teutsch, Eric Ottawa OC	51:21	2:15	13:52	19:13	23:26	30:00	33:00	36:35	39:39	40:18	45:01	48:42	50:05	51:03	51:21			
				2:15	11:37	5:21	4:13	6:34	3:00	3:35	3:04	0:39	4:43	3:41	1:23	0:58	0:18			
18	186	McLean, Bruce YOA	51:51	2:42	11:36	17:33	22:08	27:58	30:22	34:55	37:04	37:45	41:11	48:33	50:05	51:22	51:51			
				2:42	8:54	5:57	4:35	5:50	2:24	4:33	2:09	0:41	3:26	7:22	1:32	1:17	0:29			
19	132	Sidders, Ian GHO	54:37	3:54	12:46	18:28	24:14	30:01	32:49	41:55	43:44	44:21	48:24	51:53	53:25	54:18	54:37			
				3:54	8:52	5:42	5:46	5:47	2:48	9:06	1:49	0:37	4:03	3:29	1:32	0:53	0:19			
20	191	Roman, Jelinek Hana O	55:30	3:20	13:21	19:28	24:05	30:33	33:04	36:09	42:05	42:45	47:21	51:28	53:44	54:54	55:30			
				3:20	10:01	6:07	4:37	6:28	2:31	3:05	5:56	0:40	4:36	4:07	2:16	1:10	0:36			
21	177	Goeres, Michael CdeB	1:02:47	6:20	12:58	19:39	24:11	34:55	41:57	48:57	51:02	51:43	56:26	59:55	1:01:31	1:02:28	1:02:47			
				6:20	6:38	6:41	4:32	10:44	7:02	7:00	2:05	0:41	4:43	3:29	1:36	0:57	0:19			
22	148	Rogers, David USOF	1:11:42	2:43	12:10	18:35	22:24	30:33	33:05	36:21	40:10	41:11	56:57	1:01:39	1:09:38	1:11:21	1:11:42			
				2:43	9:27	6:25	3:49	8:09	2:32	3:16	3:49	1:01	15:46	4:42	7:59	1:43	0:21			
23	180	Connors, Patrick CdeB	1:24:08	2:43	33:29	44:53	50:59	58:31	1:01:47	1:05:51	1:08:53	1:09:52	1:14:57	1:19:47	1:22:09	1:23:25	1:24:08			
				2:43	30:46	11:24	6:06	7:32	3:16	4:04	3:02	0:59	5:05	4:50	2:22	1:16	0:43			
<b>M65-74 (9)</b>				<b>2.5 km</b>	<b>110 m</b>	<b>11 C</b>											F			
				1(112)	2(128)	3(132)	4(130)	5(124)	6(133)	7(136)	8(99)	9(98)	10(100)	11(137)						
1	223	Ellis, Brian GVOC	29:23	2:05	6:22	11:34	15:11	17:22	19:33	21:22	24:08	25:11	27:43	28:46	29:23					
				2:05	4:17	5:12	3:37	2:11	1:49	2:46	1:03	2:32	1:03	0:37						
2	125	Yarkie, Greg EOOC	32:44	2:20	6:55	13:06	17:35	19:54	22:04	24:01	27:21	28:35	31:09	32:25	32:44					
				2:20	4:35	6:11	4:29	2:19	2:10	1:57	3:20	1:14	2:34	1:16	0:19					
3	354	Viddal, Einar EOOC	37:00	2:10	6:59	12:27	15:54	18:23	20:29	28:21	31:20	32:34	35:14	36:38	37:00					
				2:10	4:49	5:28	3:27	2:29	2:06	7:52	2:59	1:14	2:40	1:24	0:22					
4	201	Waddington, Jim GHO	40:17	2:59	8:47	14:40	17:58	20:33	22:37	24:33	33:50	35:05	38:22	39:51	40:17					
				2:59	5:48	5:53	3:18	2:35	2:04	1:56	9:17	1:15	3:17	1:29	0:26					
5	187	Davies, John Peninsula	41:20	4:06	11:04	17:57	22:04	25:56	28:37	31:06	34:35	36:18	39:27	40:52	41:20					
				4:06	6:58	6:53	4:07	3:52	2:41	2:29	3:29	1:43	3:09	1:25	0:28					
6	251	Vyse, Alan Sage	49:43	2:20	7:10	22:57	30:01	32:36	35:56	39:18	43:17	44:52	48:05	49:17	49:43					
				2:20	4:50	15:47	7:04	2:35	3:20	3:22	3:59	1:35	3:13	1:12	0:26					
7	147	Veler, Fred SAMM	58:19	4:02	12:27	23:37	28:46	32:44	37:19	40:52	46:52	49:14	55:00	57:25	58:19					
				4:02	8:25	11:10	5:09	3:58	4:35	3:33	6:00	2:22	5:46	2:25	0:54					
8	203	McBee, Rick CROC	1:00:45	4:43	12:41	27:11	30:56	33:41	37:01	47:21	50:51	51:59	58:48	1:00:23	1:00:45					
				4:43	7:58	14:30	3:45	2:45	3:20	10:20	3:30	1:08	6:49	1:35	0:22					
110		Guttormson, Richard Ottawa OC	mp	3:52	9:27	18:56	23:03	26:07	29:43	32:24	36:24	-----	42:34	43:40	44:01					
				3:52	5:35	9:29	4:07	3:04	3:36	2:41	4:00		6:10	1:06	0:21					
<b>M75-79 (2)</b>				<b>2.0 km</b>	<b>70 m</b>	<b>8 C</b>											F			
				1(128)	2(124)	3(117)	4(136)	5(134)	6(98)	7(100)	8(137)									
1	249	Kerr, Alex GVOC	29:45	9:11	14:06	19:11	20:08	22:30	24:43	28:00	29:21	29:45								
				9:11	4:55	5:05	0:57	2:22	2:13	3:17	1:21	0:24								
2	118	Bailey, Leigh VICO	35:40	6:24	10:53	14:02	15:27	18:12	27:48	33:36	35:16	35:40								
				6:24	4:29	3:09	1:25	2:45	9:36	5:48	1:40	0:24								
<b>M80 (1)</b>				<b>1.8 km</b>	<b>70 m</b>	<b>9 C</b>											F			
				1(128)	2(115)	3(133)	4(136)	5(134)	6(139)	7(98)	8(100)	9(137)								
1	283	Scott, Don EOOC	57:48	14:33	21:11	24:55	30:29	37:28	42:21	44:01	53:29	56:47	57:48	56:51						
				14:33	6:38	3:44	5:34	6:59	4:53	1:40	9:28	3:18	1:01	*137						
<b>W12 (2)</b>				<b>1.8 km</b>	<b>65 m</b>	<b>11 C</b>											F			
				1(101)	2(102)	3(103)	4(104)	5(105)	6(106)	7(107)	8(108)	9(109)	10(110)	11(137)						
1	296	May, Rachel Sage	14:07	0:47	1:46	2:33	3:44	5:12	6:17	8:36	9:39	10:57	13:27	13:50	14:07					
				0:47	0:59	0:47	1:11	1:28	1:05	2:19	1:03	1:18	2:30	0:23	0:17					
344		Shier, Hannah YOA	mp	-----	-----	-----	-----	-----	-----	-----	-----	-----	4:22:51	-----	14:11	1:44:17	1:40:09	2:32:39	14:11	
													4:22:51		*1	*426	*192	*4	*13	*11

Pl	Stno	Name	Time												
<b>W15-16 (4)</b>			<b>2.3 km 85 m 11 C</b>												
			1(129)	2(128)	3(115)	4(136)	5(114)	6(107)	7(134)	8(139)	9(138)	10(110)	11(137)	F	
1	104	Blake, Pia YOA	24:19	1:17	6:26	9:09	11:45	13:44	15:43	18:59	20:55	22:06	23:42	24:03	24:19
				1:17	5:09	2:43	2:36	1:59	1:59	3:16	1:56	1:11	1:36	0:21	0:16
2	207	Waddington, Emma GHO	47:34	6:42	12:27	15:38	18:24	20:51	22:52	41:47	43:22	44:56	46:41	47:19	47:34
				6:42	5:45	3:11	2:46	2:27	2:01	18:55	1:35	1:34	1:45	0:38	0:15
3	215	Sepandj, Darya FWOC	49:32	8:03	16:22	21:55	25:45	28:57	30:36	43:36	45:30	47:13	48:46	49:19	49:32
				8:03	8:19	5:33	3:50	3:12	1:39	13:00	1:54	1:43	1:33	0:33	0:13
4	179	Stephen, Alix FWOC	54:55	3:40	11:18	15:14	21:43	33:14	35:21	47:44	49:31	51:25	53:22	54:38	54:55
				3:40	7:38	3:56	6:29	11:31	2:07	12:23	1:47	1:54	1:57	1:16	0:17

<b>W17-20 (7)</b>			<b>3.2 km 115 m 15 C</b>																
			1(134)	2(131)	3(133)	4(123)	5(97)	6(116)	7(130)	8(135)	9(136)	10(99)	11(98)	12(100)	13(119)	14(111)	15(137)	F	
1	167	Murray, Kendra YOA	28:41	2:47	3:48	5:59	8:25	10:39	12:24	15:00	16:00	19:00	21:23	22:23	24:33	26:51	27:51	28:26	28:41
				2:47	1:01	2:11	2:26	2:14	1:45	2:36	1:00	3:00	2:23	1:00	2:10	2:18	1:00	0:35	0:15
2	198	Ross, Emily ONB Falcon	35:25	6:18	7:50	9:56	12:09	14:27	16:56	19:33	20:44	23:53	26:29	27:32	30:31	33:08	34:24	35:08	35:25
				6:18	1:32	2:06	2:13	2:18	2:29	2:37	1:11	3:09	2:36	1:03	2:59	2:37	1:16	0:44	0:17
3	139	Burnett, Kerstin YOA	35:33	4:14	5:30	7:39	9:56	12:35	14:47	18:04	19:17	23:05	25:35	26:57	29:51	32:29	34:42	35:18	35:33
				4:14	1:16	2:09	2:17	2:39	2:12	3:17	1:13	3:48	2:30	1:22	2:54	2:38	2:13	0:36	0:15
4	290	Teutsch, Laura Ottawa OC	40:00	5:18	6:34	8:47	11:39	17:14	20:00	23:36	24:44	27:57	31:24	32:27	35:21	38:04	39:04	39:43	40:00
				5:18	1:16	2:13	2:52	5:35	2:46	3:36	1:08	3:13	3:27	1:03	2:54	2:43	1:00	0:39	0:17
5	248	Krsakova, Marie Hana O	49:44	4:47	6:40	12:52	15:52	18:49	21:23	24:28	25:47	29:52	36:37	38:20	41:38	45:03	48:26	49:20	49:44
				4:47	1:53	6:12	3:00	2:57	2:34	3:05	1:19	4:05	6:45	1:43	3:18	3:25	3:23	0:54	0:24
6	281	Sacher, Olivia Bussola OK	1:27:25	18:59	23:07	30:18	35:26	41:36	47:30	53:06	55:07	1:01:29	1:07:58	1:10:05	1:16:48	1:23:02	1:25:22	1:26:47	1:27:25
				18:59	4:08	7:11	5:08	6:10	5:54	5:36	2:01	6:22	6:29	2:07	6:43	6:14	2:20	1:25	0:38
	206	Mackeigan, Jennifer YOA	mp	4:07	5:40	8:15	11:15	14:03	16:03	19:24	20:26	24:15	----	28:37	31:48	35:17	36:30	37:12	37:29
				4:07	1:33	2:35	3:00	2:48	2:00	3:21	1:02	3:49		4:22	3:11	3:29	1:13	0:42	0:17

<b>W21-34 (9)</b>			<b>4.2 km 190 m 18 C</b>																			
			1(131)	2(133)	3(123)	4(97)	5(127)	6(135)	7(136)	8(99)	9(139)	10(98)	11(100)	12(111)	13(118)	14(122)	15(120)	16(126)	17(119)	18(137)	F	
1	200	Ross, Carol ONB	34:17	2:33	4:37	6:37	8:33	10:08	11:47	14:29	16:30	17:12	17:36	19:32	21:15	24:10	25:48	28:39	29:45	32:41	34:02	34:17
				2:33	2:04	2:00	1:56	1:35	1:39	2:42	2:01	0:42	0:24	1:56	1:43	2:55	1:38	2:51	1:06	2:56	1:21	0:15
2	185	Scheck, Katherine YOA	38:47	2:30	4:38	6:26	8:35	10:31	12:23	15:11	17:42	18:32	18:59	21:25	23:15	26:31	28:45	32:46	34:05	37:02	38:34	38:47
				2:30	2:08	1:48	2:09	1:56	1:52	2:48	2:31	0:50	0:27	2:26	1:50	3:16	2:14	4:01	1:19	2:57	1:32	0:13
3	319	Critchley, Claire EIOC	40:31	3:07	4:48	7:39	10:17	12:04	13:45	16:55	19:43	20:34	21:03	23:50	25:30	28:15	30:18	34:46	35:55	38:59	40:16	40:31
				3:07	1:41	2:51	2:38	1:47	1:41	3:10	2:48	0:51	0:29	2:47	1:40	2:45	2:03	4:28	1:09	3:04	1:17	0:15
4	294	May, Abbigail Sage	46:49	3:09	5:53	8:57	11:26	13:21	15:37	19:15	22:23	23:26	23:57	26:45	28:33	31:35	33:56	37:25	38:27	44:48	46:31	46:49
				3:09	2:44	3:04	2:29	1:55	2:16	3:38	3:08	1:03	0:31	2:48	1:48	3:02	2:21	3:29	1:02	6:21	1:43	0:18
5	227	Oram, Louise GVOG	47:21	5:46	7:56	10:48	18:18	20:11	21:55	24:31	26:51	27:40	28:09	30:17	31:54	34:46	38:06	41:36	42:51	45:26	46:58	47:21
				5:46	2:10	2:52	7:30	1:53	1:44	2:36	2:20	0:49	0:29	2:08	1:37	2:52	3:20	3:30	1:15	2:35	1:32	0:23
6	133	Balakova, Andrea GVOG	48:04	2:35	4:40	10:02	12:50	14:40	16:43	19:58	22:51	23:37	24:08	26:52	28:31	32:03	34:26	38:13	39:54	45:58	47:43	48:04
				2:35	2:05	5:22	2:48	1:50	2:03	3:15	2:53	0:46	0:31	2:44	1:39	3:32	2:23	3:47	1:41	6:04	1:45	0:21
7	196	Brandreth, Sarah FWOC	48:23	3:12	5:33	8:03	10:55	13:11	15:14	19:11	21:52	23:00	23:34	26:46	29:03	33:32	36:59	40:54	42:45	46:26	48:03	48:23
				3:12	2:21	2:30	2:52	2:16	2:03	3:57	2:41	1:08	0:34	3:12	2:17	4:29	3:27	3:55	1:51	3:41	1:37	0:20
8	124	Joggi, Marianne O Kölliken	49:21	5:22	7:53	10:24	12:58	15:17	17:35	21:00	23:57	26:12	26:37	29:25	31:35	36:22	38:36	42:27	43:42	47:28	49:05	49:21
				5:22	2:31	2:31	2:34	2:19	2:18	3:25	2:57	2:15	0:25	2:48	2:10	4:47	2:14	3:51	1:15	3:46	1:37	0:16
9	199	Rance, Meghan GVOG	51:45	3:46	6:15	8:57	11:36	14:10	16:59	20:46	23:32	24:35	25:12	28:35	30:56	36:29	39:04	43:18	45:04	49:16	51:24	51:45
				3:46	2:29	2:42	2:39	2:34	2:49	3:47	2:46	1:03	0:37	3:23	2:21	5:33	2:35	4:14	1:46	4:12	2:08	0:21

<b>W35-44 (3)</b>			<b>3.2 km 115 m 15 C</b>																
			1(134)	2(131)	3(133)	4(123)	5(97)	6(116)	7(130)	8(135)	9(136)	10(99)	11(98)	12(100)	13(119)	14(111)	15(137)	F	
1	173	McNeil, Philippa YOA	35:03	5:22	6:31	8:37	11:20	13:55	16:22	18:53	20:03	23:37	25:57	27:08	30:05	32:57	33:57	34:45	35:03
				5:22	1:09	2:06	2:43	2:35	2:27	2:31	1:10	3:34	2:20	1:11	2:57	2:52	1:00	0:48	0:18
2	236	MacNaughton, Charlot FWOC	39:48	4:19	5:42	8:25	11:05	14:00	16:54	19:44	20:57	26:53	29:47	30:59	34:15	37:15	38:45	39:28	39:48
				4:19	1:23	2:43	2:40	2:55	2:54	2:50	1:13	5:56	2:54	1:12	3:16	3:00	1:30	0:43	0:20
3	304	Jolliff, Jennifer ARCT	40:08	3:33	5:00	7:17	13:34	16:29	19:32	22:42	23:52	27:07	30:59	31:51	34:15	36:57	38:51	39:49	40:08
				3:33	1:27	2:17	6:17	2:55	3:03	3:10	1:10	3:15	3:52	0:52	2:24	2:42	1:54	0:58	0:19

<b>W45-54 (14)</b>			<b>2.5 km 110 m 11 C</b>												
			1(112)	2(128)	3(132)	4(130)	5(124)	6(133)	7(136)	8(99)	9(98)	10(100)	11(137)	F	
1	197	Rowlands, Jane FWOC	30:52	1:55	6:37	11:37	14:47	17:50	20:16	22:25	25:30	26:42	29:36	30:52	
				1:55	4:42	5:00	3:10	3:03	2:26	2:09	3:05	1:12	2:54	0:56	0:20

Pl	Stno	Name	Time														
<b>W45-54 (14)</b>				<b>2.5 km</b>	<b>110 m</b>	<b>11 C</b>	<i>(cont.)</i>										
				1(112)	2(128)	3(132)	4(130)	5(124)	6(133)	7(136)	8(99)	9(98)	10(100)	11(137)	F		
2	214	Robert, Magali FWOC	31:28	2:19	6:32	13:35	15:59	18:37	20:56	23:49	26:47	27:49	30:02	31:09	31:28		
				2:19	4:13	7:03	2:24	2:38	2:19	2:53	2:58	1:02	2:13	1:07	0:19		
3	216	Pearson, Angela EOOC	35:59	2:12	8:17	14:44	18:45	21:43	23:59	26:17	29:52	31:16	34:24	35:32	35:59		
				2:12	6:05	6:27	4:01	2:58	2:16	2:18	3:35	1:24	3:08	1:08	0:27		
4	289	Teutsch, Anne Ottawa OC	36:09	2:50	8:38	15:30	19:17	22:08	24:51	26:59	30:20	31:34	34:43	35:45	36:09		
				2:50	5:48	6:52	3:47	2:51	2:43	2:08	3:21	1:14	3:09	1:02	0:24		
5	224	Martino, Karen FWOC	36:45	2:38	7:04	16:49	20:04	23:59	26:35	28:50	31:45	32:51	35:36	36:29	36:45		
				2:38	4:26	9:45	3:15	3:55	2:36	2:15	2:55	1:06	2:45	0:53	0:16		
6	184	Owen, Marion FWOC	42:24	3:00	10:30	18:35	22:42	25:41	28:09	31:39	35:20	37:44	40:54	41:49	42:24		
				3:00	7:30	8:05	4:07	2:59	2:28	3:30	3:41	2:24	3:10	0:55	0:35		
7	105	Schweiger, Sabine YOA	43:36	3:09	8:28	16:51	20:13	23:00	25:55	33:22	36:46	38:15	42:15	43:16	43:36		
				3:09	5:19	8:23	3:22	2:47	2:55	7:27	3:24	1:29	4:00	1:01	0:20		
8	150	Bresemann, Eileen Cascade OC	46:51	7:20	13:07	20:23	26:38	29:08	31:28	34:46	38:52	40:12	44:48	46:26	46:51		
				7:20	5:47	7:16	6:15	2:30	2:20	3:18	4:06	1:20	4:36	1:38	0:25		
9	244	Hrouzova, Jirina Hana O	48:14	3:34	9:25	16:20	20:21	23:01	31:06	33:38	40:43	42:01	46:43	47:48	48:14		
				3:34	5:51	6:55	4:01	2:40	8:05	2:32	7:05	1:18	4:42	1:05	0:26		
10	193	Regina, Jezkova Hana O	52:04	2:50	9:26	17:47	22:10	25:12	28:22	32:10	44:41	45:58	50:13	51:41	52:04		
				2:50	6:36	8:21	4:23	3:02	3:10	3:48	12:31	1:17	4:15	1:28	0:23		
11	350	Nixon, Wendy YOA	1:00:47	5:41	12:50	24:06	30:08	34:59	39:26	45:21	50:51	53:04	57:59	1:00:01	1:00:47		
				5:41	7:09	11:16	6:02	4:51	4:27	5:55	5:30	2:13	4:55	2:02	0:46		
12	113	Svoboda, Lenka FWOC	1:03:41	5:26	11:29	21:12	25:05	28:36	32:16	34:54	51:04	52:34	56:29	1:02:48	1:03:41		
				5:26	6:03	9:43	3:53	3:31	3:40	2:38	16:10	1:30	3:55	6:19	0:53		
13	144	Pepper, Shelagh STARS	1:06:04	2:11	8:29	28:24	33:27	36:43	39:54	55:20	59:07	1:00:49	1:04:36	1:05:42	1:06:04		
				2:11	6:18	19:55	5:03	3:16	3:11	15:26	3:47	1:42	3:47	1:06	0:22		
14	208	Waddington, Starr GHO	1:29:37	9:23	17:57	57:35	1:03:47	1:07:05	1:11:09	1:15:13	1:20:17	1:22:02	1:26:33	1:29:15	1:29:37		
				9:23	8:34	39:38	6:12	3:18	4:04	4:04	5:04	1:45	4:31	2:42	0:22		

24:52  
\*135

<b>W55-64 (16)</b>				<b>2.0 km</b>	<b>70 m</b>	<b>8 C</b>										
				1(128)	2(124)	3(117)	4(136)	5(134)	6(98)	7(100)	8(137)	F				
1	168	Mckenna, Karen YOA	21:33	5:23	9:08	12:25	13:19	15:26	17:21	20:11	21:13	21:33				
				5:23	3:45	3:17	0:54	2:07	1:55	2:50	1:02	0:20				
2	327	Brown, Ellyn ARCT	22:48	6:52	10:18	14:05	15:07	16:56	18:42	21:19	22:28	22:48				
				6:52	3:26	3:47	1:02	1:49	1:46	2:37	1:09	0:20				
3	183	Jones, Kitty FWOC	25:43	6:09	9:56	13:08	14:22	17:58	21:13	24:17	25:20	25:43				
				6:09	3:47	3:12	1:14	3:36	3:15	3:04	1:03	0:23				
4	205	Anderson, Hilary GVOC	27:24	5:43	10:46	14:06	15:42	18:45	21:30	26:06	27:04	27:24				
				5:43	5:03	3:20	1:36	3:03	2:45	4:36	0:58	0:20				
5	275	Hearn, Penny Sunshine C	31:19	7:31	11:48	16:01	17:31	21:19	24:04	28:35	30:58	31:19				
				7:31	4:17	4:13	1:30	3:48	2:45	4:31	2:23	0:21				
6	112	Gamey, Muriel Manitoba	31:32	5:47	11:37	19:38	20:43	24:42	26:52	30:18	31:13	31:32				
				5:47	5:50	8:01	1:05	3:59	2:10	3:26	0:55	0:19				
7	138	van Hees, Violet YOA	31:35	6:58	12:06	16:42	18:05	21:58	24:53	29:57	31:10	31:35				
				6:58	5:08	4:36	1:23	3:53	2:55	5:04	1:13	0:25				
8	315	Cornish, Judy EOOC	31:43	6:47	12:33	16:37	17:54	21:46	25:24	29:53	31:20	31:43				
				6:47	5:46	4:04	1:17	3:52	3:38	4:29	1:27	0:23				
9	284	Hogg, Mary-Lou EOOC	32:12	7:18	11:40	16:56	18:25	21:50	26:34	30:36	31:48	32:12				
				7:18	4:22	5:16	1:29	3:25	4:44	4:02	1:12	0:24				
10	145	Deumer, Trudy GHO	32:30	7:03	17:12	20:43	21:56	24:52	27:03	31:13	32:07	32:30				
				7:03	10:09	3:31	1:13	2:56	2:11	4:10	0:54	0:23				
11	182	Lachance, Karen GVOC	36:44	8:35	15:26	21:08	22:41	26:28	29:41	34:45	36:09	36:44				
				8:35	6:51	5:42	1:33	3:47	3:13	5:04	1:24	0:35				
12	121	Edmunds, Marilyn EOOC	39:51	9:34	16:06	22:38	24:50	29:11	32:37	37:51	39:18	39:51				
				9:34	6:32	6:32	2:12	4:21	3:26	5:14	1:27	0:33				
13	149	Pohl, Julie USOF	41:34	13:23	18:58	23:29	24:50	30:07	34:14	39:44	41:07	41:34				
				13:23	5:35	4:31	1:21	5:17	4:07	5:30	1:23	0:27				
14	176	Goeres, Ursula CdeB	43:49	12:25	18:07	24:11	25:31	33:58	37:15	42:04	43:29	43:49				
				12:25	5:42	6:04	1:20	8:27	3:17	4:49	1:25	0:20				
357		Boyd-Larsson, Christir OK Vargen	mp	7:38	13:12	22:30	23:53	32:00	36:02	41:18	----	42:49				
				7:38	5:34	9:18	1:23	8:07	4:02	5:16	----	1:31				
359		Chartrand, Susan Sage	mp	8:16	18:16	27:20	29:09	33:40	39:17	43:50	----	45:41				
				8:16	10:00	9:04	1:49	4:31	5:37	4:33	----	1:51				

Pl	Stno	Name	Time															
<b>W65-74 (10)</b>			<b>2.0 km 70 m 8 C</b>															
			1(128)	2(124)	3(117)	4(136)	5(134)	6(98)	7(100)	8(137)				F				
1	222	Ellis, Margaret GVOC	26:13	7:04	<b>10:50</b>	<b>14:19</b>	<b>15:33</b>	<b>18:54</b>	<b>21:20</b>	<b>24:38</b>	<b>25:56</b>	<b>26:13</b>						
				7:04	<b>3:46</b>	3:29	<b>1:14</b>	3:21	2:26	3:18	1:18	<b>0:17</b>						
2	155	Faulkner, Trish Peninsula	28:23	<b>5:50</b>	12:12	15:35	18:53	21:29	23:51	26:59	28:02	28:23						
				<b>5:50</b>	6:22	<b>3:23</b>	3:18	<b>2:36</b>	<b>2:22</b>	<b>3:08</b>	<b>1:03</b>	0:21						
3	128	Hocking, Diana VICO	35:15	8:35	15:57	19:58	21:48	25:39	28:45	33:33	34:54	35:15						
				8:35	7:22	4:01	1:50	3:51	3:06	4:48	1:21	0:21						
4	252	Vyse, Frances Sage	40:58	10:44	15:42	20:38	22:35	29:47	34:18	38:01	40:38	40:58						
				10:44	4:58	4:56	1:57	7:12	4:31	3:43	2:37	0:20						
5	259	Rankin, Gloria Ottawa OC	51:00	14:47	20:34	26:50	32:21	40:21	44:43	49:09	50:37	51:00						
				14:47	5:47	6:16	5:31	8:00	4:22	4:26	1:28	0:23						
6	188	Davies, Robyn Peninsula	1:00:11	10:24	34:06	39:39	41:30	47:10	51:18	57:25	59:29	1:00:11						
				10:24	23:42	5:33	1:51	5:40	4:08	6:07	2:04	0:42						
7	202	Waddington, Sue GHO	1:06:39	21:36	38:54	43:55	45:48	53:14	57:20	1:02:48	1:06:15	1:06:39						
				21:36	17:18	5:01	1:53	7:26	4:06	5:28	3:27	0:24						
8	204	McBee, Jill CROC	1:25:45	9:40	1:00:14	1:05:35	1:06:55	1:12:04	1:15:02	1:23:02	1:25:01	1:25:45						
				9:40	50:34	5:21	1:20	5:09	2:58	8:00	1:59	0:44						
9	143	James, Margaret Halifax Hu	1:29:56	26:53	38:29	45:28	1:01:36	1:08:32	1:13:51	1:26:18	1:29:06	1:29:56						
				26:53	11:36	6:59	1:06:08	6:56	5:19	12:27	2:48	0:50						
111		Guttormson, Lorna Ottawa OC	mp	7:16	-----	-----	30:48	34:20	38:20	43:14	44:38	45:09	15:53	17:36	37:23			
				7:16			23:32	3:32	4:00	4:54	1:24	0:31	*115	*133	*139			
<b>W75-79 (4)</b>			<b>1.8 km 70 m 9 C</b>															
			1(128)	2(115)	3(133)	4(136)	5(134)	6(139)	7(98)	8(100)	9(137)				F			
1	119	Bailey, Gillian VICO	39:17	<b>8:36</b>	<b>12:45</b>	<b>14:55</b>	<b>18:06</b>	<b>26:38</b>	<b>30:47</b>	<b>32:11</b>	<b>36:57</b>	<b>38:37</b>	<b>39:17</b>					
				<b>8:36</b>	4:09	2:10	3:11	8:32	4:09	1:24	<b>4:46</b>	1:40	0:40					
2	137	Leduc, Nesta YOA	44:57	19:54	23:38	26:00	28:47	32:37	36:52	37:39	42:54	44:28	44:57					
				19:54	<b>3:44</b>	2:22	<b>2:47</b>	<b>3:50</b>	4:15	<b>0:47</b>	5:15	1:34	<b>0:29</b>					
3	117	Woof, Caryl Esk Valley	45:03	11:30	20:05	21:58	25:51	32:35	36:41	37:46	43:01	44:34	45:03					
				11:30	8:35	<b>1:53</b>	3:53	6:44	<b>4:06</b>	1:05	5:15	<b>1:33</b>	<b>0:29</b>					
4	229	MacNaughton, Jean FWOC	1:49:15	22:20	45:06	47:38	1:00:20	1:08:25	1:15:50	1:17:12	1:45:43	1:48:16	1:49:15					
				22:20	22:46	2:32	12:42	8:05	7:25	1:22	28:31	2:33	0:59					
<b>Open M1 (2)</b>			<b>1.8 km 65 m 11 C</b>															
			1(101)	2(102)	3(103)	4(104)	5(105)	6(106)	7(107)	8(108)	9(109)	10(110)	11(137)			F		
1	297	May, Trond Sage	18:39	<b>1:14</b>	2:40	<b>3:28</b>	<b>5:10</b>	<b>7:10</b>	<b>9:10</b>	<b>11:59</b>	<b>13:44</b>	<b>15:05</b>	<b>17:26</b>	<b>18:21</b>	<b>18:39</b>			
				<b>1:14</b>	1:26	<b>0:48</b>	<b>1:42</b>	<b>2:00</b>	2:00	2:49	1:45	<b>1:21</b>	2:21	0:55	<b>0:18</b>			
2	273	Sagar, Elias YOA	19:07	1:22	<b>2:31</b>	3:31	5:22	10:00	11:13	13:27	14:33	15:56	18:11	18:49	19:07			
				1:22	<b>1:09</b>	1:00	1:51	4:38	<b>1:13</b>	<b>2:14</b>	<b>1:06</b>	1:23	<b>2:15</b>	<b>0:38</b>	<b>0:18</b>			
<b>Open M5 (1)</b>			<b>2.0 km 70 m 8 C</b>															
			1(128)	2(124)	3(117)	4(136)	5(134)	6(98)	7(100)	8(137)				F				
129		Hocking, Martin VICO	mp	27:48	<b>35:56</b>	<b>44:42</b>	<b>47:05</b>	<b>1:06:10</b>	<b>1:16:46</b>	<b>1:53:40</b>	-----	1:56:14						
				<b>27:48</b>	<b>8:08</b>	<b>8:46</b>	<b>2:23</b>	<b>19:05</b>	<b>10:36</b>	<b>36:54</b>		2:34						
<b>Open M6 (1)</b>			<b>2.5 km 110 m 11 C</b>															
			1(112)	2(128)	3(132)	4(130)	5(124)	6(133)	7(136)	8(99)	9(98)	10(100)	11(137)			F		
213		Frenette, Kevin COF	mp	<b>13:52</b>	<b>25:08</b>	<b>37:28</b>	<b>45:20</b>	<b>57:53</b>	<b>1:01:50</b>	<b>1:05:29</b>	<b>1:14:05</b>	<b>1:15:42</b>	<b>1:22:22</b>	-----	1:24:12			
				<b>13:52</b>	<b>11:16</b>	<b>12:20</b>	<b>7:52</b>	<b>12:33</b>	<b>3:57</b>	<b>3:39</b>	<b>8:36</b>	<b>1:37</b>	<b>6:40</b>		1:50			
<b>Open M7 (2)</b>			<b>3.0 km 120 m 13 C</b>															
			1(129)	2(123)	3(116)	4(130)	5(133)	6(136)	7(134)	8(139)	9(98)	10(100)	11(119)	12(111)	13(137)			F
1	323	Holcombe, Darren YOA	28:59	1:12	<b>6:54</b>	<b>9:59</b>	<b>12:18</b>	<b>15:41</b>	<b>17:10</b>	<b>19:52</b>	<b>21:23</b>	<b>21:54</b>	<b>24:25</b>	<b>26:42</b>	<b>27:54</b>	<b>28:43</b>	<b>28:59</b>	
				1:12	<b>5:42</b>	<b>3:05</b>	<b>2:19</b>	<b>3:23</b>	<b>1:29</b>	<b>2:42</b>	<b>1:31</b>	<b>0:31</b>	<b>2:31</b>	<b>2:17</b>	<b>1:12</b>	0:49	<b>0:16</b>	
2	379	Svoboda, Michael YOA	55:53	<b>1:02</b>	13:11	19:26	28:12	34:28	37:03	40:15	43:13	44:09	48:17	53:22	54:44	55:32	55:53	
				<b>1:02</b>	12:09	6:15	8:46	6:16	2:35	3:12	2:58	0:56	4:08	5:05	1:22	<b>0:48</b>	0:21	

Pl	Stno	Name	Time												
<b>Open W1 (1)</b>			<b>1.8 km 65 m 11 C</b>												
			1(101)	2(102)	3(103)	4(104)	5(105)	6(106)	7(107)	8(108)	9(109)	10(110)	11(137)	F	
1	347	McMillan, Tara GVOC	1:47:24	1:15:45	1:18:10	1:20:39	1:23:26	1:26:40	1:30:01	1:34:22	1:38:16	1:41:11	1:45:35	1:46:32	1:47:24
			1:15:45	2:25	2:29	2:47	3:14	3:21	4:21	3:54	2:55	4:24	0:57	0:52	
<b>Open W3 (7)</b>			<b>2.3 km 85 m 11 C</b>												
			1(129)	2(128)	3(115)	4(136)	5(114)	6(107)	7(134)	8(139)	9(138)	10(110)	11(137)	F	
1	287	Bayly, Andrea FWOC	49:02	3:10	12:35	20:30	25:23	29:56	32:29	39:05	42:04	43:32	48:08	48:42	49:02
			3:10	9:25	7:55	4:53	4:33	2:33	6:36	2:59	1:28	4:36	0:34	0:20	
2	220	Nelson, Doris CdeB	1:04:55	6:12	15:04	22:16	29:36	35:07	41:37	48:06	58:50	59:47	1:04:00	1:04:28	1:04:55
			6:12	8:52	7:12	7:20	5:31	6:30	6:29	10:44	0:57	4:13	0:28	0:27	
3	163	Strat, Trish QOC	1:06:18	5:06	18:58	25:39	32:47	39:14	43:06	54:57	59:14	1:01:18	1:04:49	1:05:33	1:06:18
			5:06	13:52	6:41	7:08	6:27	3:52	11:51	4:17	2:04	3:31	0:44	0:45	
4	211	Atchison, Cheryl EOOC	1:16:01	5:23	19:25	24:50	32:24	40:39	46:15	58:10	1:05:06	1:08:22	1:13:14	1:14:42	1:16:01
			5:23	14:02	5:25	7:34	8:15	5:36	11:55	6:56	3:16	4:52	1:28	1:19	
5	339	Sadurskis, Aija Centrum OK	1:17:41	7:09	18:10	26:16	30:26	49:20	52:10	59:07	1:09:21	1:11:36	1:16:15	1:17:10	1:17:41
			7:09	11:01	8:06	4:10	18:54	2:50	6:57	10:14	2:15	4:39	0:55	0:31	
6	286	Cowling, Anne FWOC	1:25:55	8:28	23:39	30:30	36:29	43:00	46:16	1:14:32	1:18:48	1:20:30	1:23:48	1:25:25	1:25:55
			8:28	15:11	6:51	5:59	6:31	3:16	28:16	4:16	1:42	3:18	1:37	0:30	
108		Graupner, Pat CdeB	mp	12:27	23:04	31:50	38:31	45:10	48:55	1:00:02	1:05:34	1:08:18	1:12:57	-----	1:14:35
			12:27	10:37	8:46	6:41	6:39	3:45	11:07	5:32	2:44	4:39		1:38	
<b>Open W4 (1)</b>			<b>1.8 km 70 m 9 C</b>												
			1(128)	2(115)	3(133)	4(136)	5(134)	6(139)	7(98)	8(100)	9(137)		F		
1	314	Hendrigan, Holly GVOC	35:23	6:53	10:19	11:36	13:47	19:50	22:14	22:55	32:08	35:00	35:23		
			6:53	3:26	1:17	2:11	6:03	2:24	0:41	9:13	2:52	0:23			
<b>Open W6 (5)</b>			<b>2.5 km 110 m 11 C</b>												
			1(112)	2(128)	3(132)	4(130)	5(124)	6(133)	7(136)	8(99)	9(98)	10(100)	11(137)	F	
1	268	Woods, Joanne GVOC	41:32	3:22	9:57	19:07	23:18	26:33	29:42	32:57	35:51	37:20	40:13	41:13	41:32
			3:22	6:35	9:10	4:11	3:15	3:09	3:15	2:54	1:29	2:53	1:00	0:19	
2	247	Krsakova, Veronika Hana O	44:56	2:43	10:06	21:17	24:55	27:50	30:48	33:44	38:31	40:00	43:33	44:36	44:56
			2:43	7:23	11:11	3:38	2:55	2:58	2:56	4:47	1:29	3:33	1:03	0:20	
3	171	Kuestner, Sue COC	57:23	5:09	11:50	26:20	30:40	35:01	38:48	41:54	48:08	50:51	55:45	57:03	57:23
			5:09	6:41	14:30	4:20	4:21	3:47	3:06	6:14	2:43	4:54	1:18	0:20	
4	324	Melnik, Lara YOA	1:11:41	3:25	9:13	18:59	23:37	26:28	53:00	55:23	1:03:42	1:05:32	1:09:38	1:11:20	1:11:41
			3:25	5:48	9:46	4:38	2:51	26:32	2:23	8:19	1:50	4:06	1:42	0:21	
5	212	Penner, Dorothy COF	1:14:07	5:37	19:36	33:39	40:37	47:27	51:26	54:50	1:02:31	1:05:35	1:11:58	1:13:41	1:14:07
			5:37	13:59	14:03	6:58	6:50	3:59	3:24	7:41	3:04	6:23	1:43	0:26	
<b>Group 2 (2)</b>			<b>1.9 km 75 m 10 C</b>												
			1(102)	2(117)	3(133)	4(115)	5(124)	6(114)	7(107)	8(109)	9(110)	10(137)		F	
1	255	Sproule, Patrick N/A	46:18	2:50	9:44	12:12	14:32	23:05	26:06	28:16	32:51	35:35	45:51	46:18	1:12
			2:50	6:54	2:28	2:20	8:33	3:01	2:10	4:35	2:44	10:16	0:27	*101	
2	329	Family, Sennett YOA	55:25	3:49	8:15	15:32	18:26	22:51	37:07	41:03	48:19	53:17	54:31	55:25	
			3:49	4:26	7:17	2:54	4:25	14:16	3:56	7:16	4:58	1:14	0:54		