

Pl	Stno	Name	Cl.	Time														F				
Course 1 (17)					1.7 km	35 m	13 C															
					1(110)	2(112)	3(108)	4(124)	5(107)	6(113)	7(118)	8(115)	9(104)	10(111)	11(125)	12(109)	13(100)	F				
1	215	Sepandj, Darya FWOC	W13-14	9:29	0:41	1:12	1:46	2:33	3:11	3:53	4:41	5:13	5:52	6:28	8:10	8:34	9:14	9:29				
2	140	McLean, Caelan YOA	M13-14	10:04	0:37	1:08	1:40	3:17	3:50	4:50	5:40	6:13	6:49	7:23	8:54	9:17	9:51	10:04				
3	103	Blake, Leif YOA	M13-14	10:28	0:42	1:17	1:54	2:54	3:42	4:35	5:30	6:01	6:48	7:32	9:14	9:38	10:11	10:28				
4	226	Martino, Tyson FWOC	M12	10:40	0:40	1:15	1:54	2:45	3:34	4:32	5:28	6:01	6:50	7:40	9:27	9:51	10:26	10:40				
5	159	Mlynczyk, Teodor Ukr OC	M12	11:16	0:39	1:24	2:00	3:06	3:57	4:52	5:53	6:26	7:15	8:00	9:53	10:27	11:02	11:16				
6	158	Mlynczyk, Anton Ukr OC	M12	11:40	0:46	1:29	2:24	3:34	4:21	5:19	6:14	6:53	7:42	8:29	10:21	10:50	11:25	11:40				
7	116	Svoboda, David FWOC	M12	12:05	0:37	1:20	2:02	2:56	3:47	4:52	6:05	6:47	7:43	8:34	10:39	11:09	11:49	12:05				
8	296	May, Rachel Sage	W12	12:20	0:38	1:19	2:06	2:58	3:54	4:48	5:55	6:37	7:28	8:19	10:54	11:28	12:04	12:20				
9	225	Martino, Kyle FWOC	M12	12:38	2:15	2:57	3:50	4:40	5:24	6:23	7:17	7:49	8:37	9:23	11:14	11:48	12:23	12:38				
10	179	Stephen, Alix FWOC	W13-14	12:42	0:37	1:09	2:02	3:05	3:50	5:03	7:01	7:45	8:42	9:21	11:23	11:49	12:26	12:42				
11	265	Heron, Andrew ONB-Fundy	M12	13:29	0:35	1:13	1:54	3:14	4:38	5:30	6:44	7:30	8:27	9:17	12:02	12:32	13:12	13:29				
12	313	Rascher, Terrence GVOC	M13-14	13:33	0:46	1:26	2:07	3:17	4:05	6:04	7:15	7:57	8:59	10:07	12:07	12:38	13:16	13:33				
13	344	Shier, Hannah YOA	W12	13:42	0:45	1:23	2:19	3:34	4:43	5:39	8:28	9:15	9:56	10:42	12:25	12:53	13:28	13:42				
14	297	May, Trond Sage	OpenM1	16:15	1:09	2:05	3:11	4:21	5:40	7:16	8:31	9:25	10:28	11:25	14:35	15:18	15:58	16:15				
15	347	McMillan, Tara GVOC	W12	18:10	0:46	1:27	2:48	8:59	9:51	11:00	12:04	12:50	13:46	14:28	16:09	17:06	17:53	18:10				
16	337	Latham, Marshal YOA	OpenM1	29:06	1:35	3:13	4:53	7:08	8:58	11:25	13:43	15:11	17:34	19:38	24:25	26:05	28:03	29:06				
	115	Svoboda, Michael FWOC	M13-14	mp	-----	-----	-----	-----	-----	-----	-----	11:29	-----	-----	-----	-----	13:47	14:03				
												11:29				2:18	0:16	1:45 *103	3:59 *127	4:59 *121	9:47 *122	10:24 *120
					13:34 *119																	

Course 2 (32)					1.5 km	35 m	8 C																
					1(103)	2(127)	3(121)	4(122)	5(120)	6(115)	7(119)	8(100)											F
1	112	Gamey, Muriel Manitoba	W55-64	14:04	2:09	3:58	4:52	9:07	9:57	11:12	13:31	13:47	14:04										
2	168	Mckenna, Karen YOA	W55-64	15:34	2:09	1:49	0:54	4:15	0:50	1:15	2:19	0:16	0:17	2:49	4:58	6:13	10:45	11:44	12:43	14:59	15:17	15:34	
3	327	Brown, Ellyn ARCT	W55-64	15:36	1:37	4:10	7:03	10:58	11:40	12:40	15:02	15:19	15:36	1:37	2:33	2:53	3:55	0:42	1:00	2:22	0:17	0:17	
4	183	Jones, Kitty FWOC	W55-64	15:50	1:47	4:11	6:11	10:47	11:45	12:59	15:10	15:30	15:50	1:47	2:24	2:00	4:36	0:58	1:14	2:11	0:20	0:20	
5	284	Hogg, Mary-Lou EOOC	W55-64	17:00	1:46	4:22	5:43	11:04	12:16	13:36	16:15	16:36	17:00	1:46	2:36	1:21	5:21	1:12	1:20	2:39	0:21	0:24	
6	205	Anderson, Hilary GVOC	W55-64	17:22	2:01	4:32	5:59	11:58	12:59	14:05	16:50	17:07	17:22	2:01	2:31	1:27	5:59	1:01	1:06	2:45	0:17	0:15	
7	249	Kerr, Alex GVOC	M75-79	17:33	1:41	3:58	5:16	11:39	12:45	14:12	16:49	17:12	17:33	1:41	2:17	1:18	6:23	1:06	1:27	2:37	0:23	0:21	
8	275	Hearn, Penny Sunshine C	W55-64	17:57	3:35	6:16	7:21	12:27	13:26	14:47	17:15	17:40	17:57	3:35	2:41	1:05	5:06	0:59	1:21	2:28	0:25	0:17	
9	252	Vyse, Frances Sage	W65-74	18:15	2:02	4:25	6:50	12:06	13:13	15:00	17:34	17:54	18:15	2:02	2:23	2:25	5:16	1:07	1:47	2:34	0:20	0:21	
10	315	Cornish, Judy EOOC	W55-64	18:55	1:56	4:21	6:47	12:58	14:02	15:14	18:10	18:33	18:55	1:56	2:25	2:26	6:11	1:04	1:12	2:56	0:23	0:22	
11	118	Bailey, Leigh VICO	M75-79	19:13	1:33	3:46	7:38	13:50	14:49	15:52	18:36	18:54	19:13	1:33	2:13	3:52	6:12	0:59	1:03	2:44	0:18	0:19	
12	155	Faulkner, Trish Peninsula	W65-74	19:18	1:43	4:15	5:49	14:24	15:14	16:29	18:36	18:56	19:18	1:43	2:32	1:34	8:35	0:50	1:15	2:07	0:20	0:22	

Pl	Stno	Name	Cl.	Time													
Course 2 (32)				1.5 km	35 m	8 C	<i>(cont.)</i>										
					1(103)	2(127)	3(121)	4(122)	5(120)	6(115)	7(119)	8(100)	F				
13	287	Bayly, Andrea	OpenW2	19:41	1:32	4:49	7:45	13:15	14:16	16:01	19:03	19:24	19:41				
		FWOC			1:32	3:17	2:56	5:30	1:01	1:45	3:02	0:21	0:17				
14	259	Rankin, Gloria	W65-74	19:47	1:49	4:21	6:07	13:12	14:22	15:53	19:07	19:28	19:47				
		Ottawa OC			1:49	2:32	1:46	7:05	1:10	1:31	3:14	0:21	0:19				
15	128	Hocking, Diana	W65-74	20:04	2:34	5:24	6:46	12:21	13:35	16:32	19:20	19:42	20:04				
		VICO			2:34	2:50	1:22	5:35	1:14	2:57	2:48	0:22	0:22				
16	111	Guttormson, Lorn	W65-74	21:38	2:30	6:57	8:18	14:11	15:51	18:04	20:50	21:16	21:38				
		Ottawa OC			2:30	4:27	1:21	5:53	1:40	2:13	2:46	0:26	0:22				
17	119	Bailey, Gillian	W75-79	23:18	2:43	6:00	8:01	15:31	16:56	18:27	22:21	22:47	23:18				
		VICO			2:43	3:17	2:01	7:30	1:25	1:31	3:54	0:26	0:31				
18	149	Pohl, Julie	W55-64	23:58	2:27	5:47	7:42	16:58	18:27	19:52	23:10	23:35	23:58				
		USOF			2:27	3:20	1:55	9:16	1:29	1:25	3:18	0:25	0:23				
19	176	Goeres, Ursula	W55-64	24:08	2:00	6:32	8:04	17:37	19:00	20:39	23:27	23:48	24:08				
		CdeB			2:00	4:32	1:32	9:33	1:23	1:39	2:48	0:21	0:20				
20	117	Woof, Caryl	W75-79	24:10	4:23	7:32	9:28	16:38	18:06	19:47	23:20	23:45	24:10				
		Esk Valley			4:23	3:09	1:56	7:10	1:28	1:41	3:33	0:25	0:25				
21	204	McBee, Jill	W65-74	25:08	3:04	6:25	8:09	15:54	17:35	19:48	24:16	24:42	25:08				
		CROC			3:04	3:21	1:44	7:45	1:41	2:13	4:28	0:26	0:26				
22	121	Edmunds, Marilyn	W55-64	25:15	2:47	8:15	9:58	17:11	18:44	20:21	24:15	24:44	25:15				
		EOOC			2:47	5:28	1:43	7:13	1:33	1:37	3:54	0:29	0:31				
23	339	Sadurskis, Aija	OpenW2	25:18	5:58	8:51	10:35	16:42	18:29	20:21	24:28	24:54	25:18				
		Centrum OK			5:58	2:53	1:44	6:07	1:47	1:52	4:07	0:26	0:24				
24	188	Davies, Robyn	W65-74	26:11	3:51	7:39	9:15	17:36	19:06	21:05	25:10	25:39	26:11				
		Peninsula			3:51	3:48	1:36	8:21	1:30	1:59	4:05	0:29	0:32				
25	137	Leduc, Nesta	W75-79	30:16	2:30	9:52	11:56	21:31	23:55	25:48	29:24	29:50	30:16				
		YOA			2:30	7:22	2:04	9:35	2:24	1:53	3:36	0:26	0:26				
26	143	James, Margaret	W65-74	31:32	5:30	9:06	12:32	21:51	23:54	26:11	30:31	31:04	31:32				
		Halifax Hu			5:30	3:36	3:26	9:19	2:03	2:17	4:20	0:33	0:28				
27	108	Graupner, Pat	OpenW2	32:40	3:11	7:16	10:07	21:54	23:07	26:14	31:24	32:06	32:40				
		CdeB			3:11	4:05	2:51	11:47	1:13	3:07	5:10	0:42	0:34				
28	220	Nelson, Doris	OpenW2	35:27	7:54	10:44	12:27	23:47	25:04	28:02	34:42	35:02	35:27	35:04			
		CdeB			7:54	2:50	1:43	11:20	1:17	2:58	6:40	0:20	0:25	*100			
29	286	Cowling, Anne	OpenW2	38:17	4:41	15:57	18:53	28:43	30:34	32:59	37:23	37:51	38:17				
		FWOC			4:41	11:16	2:56	9:50	1:51	2:25	4:24	0:28	0:26				
30	283	Scott, Don	M80	42:31	4:13	12:42	15:52	28:07	30:38	33:50	40:37	41:30	42:31				
		EOOC			4:13	8:29	3:10	12:15	2:31	3:12	6:47	0:53	1:01				
31	229	MacNaughton, Je	W75-79	42:47	3:59	8:58	16:11	27:52	30:38	34:27	41:15	42:02	42:47				
		FWOC			3:59	4:59	7:13	11:41	2:46	3:49	6:48	0:47	0:45				
	129	Hocking, Martin	OpenM2	mp	16:28	21:13	30:30	----	----	----	50:01	----	50:49				
		VICO			16:28	4:45	9:17				19:31		0:48				
Course 3 (51)				2.0 km	35 m	10 C											
					1(114)	2(127)	3(121)	4(122)	5(120)	6(123)	7(102)	8(101)	9(119)	10(100)	F		
1	243	Hrouza, Jan	M55-64	14:19	0:59	2:14	3:14	7:06	7:50	9:01	9:53	13:16	13:46	14:05	14:19		
		Hana O			0:59	1:15	1:00	3:52	0:44	1:11	0:52	3:23	0:30	0:19	0:14		
2	190	Tomas, Zdrahal	M55-64	14:51	0:53	2:08	2:55	6:22	7:06	8:14	10:57	13:53	14:17	14:35	14:51		
		Hana O			0:53	1:15	0:47	3:27	0:44	1:08	2:43	2:56	0:24	0:18	0:16		
3	120	Edmunds, Geraint	M55-64	15:08	1:04	2:11	3:07	7:07	7:49	9:10	10:22	14:12	14:38	14:54	15:08		
		EOOC			1:04	1:07	0:56	4:00	0:42	1:21	1:12	3:50	0:26	0:16	0:14		
4	232	Rennie, Bruce	M55-64	15:28	1:11	2:38	3:52	7:51	8:53	10:09	11:03	14:30	14:55	15:12	15:28		
		GVOC			1:11	1:27	1:14	3:59	1:02	1:16	0:54	3:27	0:25	0:17	0:16		
5	217	Gilchrist, Robert	M55-64	15:31	1:04	2:31	3:24	7:40	8:35	10:11	11:21	14:31	14:59	15:14	15:31		
		EOOC			1:04	1:27	0:53	4:16	0:55	1:36	1:10	3:10	0:28	0:15	0:17		
6	162	Strat, Tom	M55-64	15:42	0:51	1:57	4:21	8:04	8:54	10:14	11:13	14:47	15:09	15:27	15:42		
		QOC			0:51	1:06	2:24	3:43	0:50	1:20	0:59	3:34	0:22	0:18	0:15		
7	214	Robert, Magali	W45-54	15:46	1:01	2:21	3:28	7:07	7:53	9:11	11:17	14:37	15:09	15:27	15:46		
		FWOC			1:01	1:20	1:07	3:39	0:46	1:18	2:06	3:20	0:32	0:18	0:19		
8	256	Forrest, Kimball	M55-64	15:48	1:12	2:51	3:53	8:00	8:53	10:18	11:25	14:45	15:13	15:31	15:48		
		ARCT			1:12	1:39	1:02	4:07	0:53	1:25	1:07	3:20	0:28	0:18	0:17		
9	197	Rowlands, Jane	W45-54	15:50	1:00	2:14	3:10	7:23	8:13	9:42	10:45	14:42	15:14	15:32	15:50		
		FWOC			1:00	1:14	0:56	4:13	0:50	1:29	1:03	3:57	0:32	0:18	0:18		

Pl	Stno	Name	Cl.	Time											
Course 3 (51)					2.0 km	35 m	10 C	<i>(cont.)</i>							
					1(114)	2(127)	3(121)	4(122)	5(120)	6(123)	7(102)	8(101)	9(119)	10(100)	F
10	132	Sidders, Ian GHO	M55-64	16:32	1:26	3:07	4:06	8:46	9:40	10:54	12:02	15:29	15:59	16:17	16:32
					1:26	1:41	0:59	4:40	0:54	1:14	1:08	3:27	0:30	0:18	0:15
11	109	Hunter, Gord Ottawa OC	M55-64	16:50	1:09	2:28	3:27	7:50	8:51	10:11	11:28	15:34	16:08	16:28	16:50
					1:09	1:19	0:59	4:23	1:01	1:20	1:17	4:06	0:34	0:20	0:22
12	184	Owen, Marion FWOC	W45-54	16:58	1:08	2:43	5:27	9:15	10:03	11:47	12:52	15:55	16:24	16:41	16:58
					1:08	1:35	2:44	3:48	0:48	1:44	1:05	3:03	0:29	0:17	0:17
13	254	Konotopetz, Larry CdeB	M55-64	17:24	1:25	3:02	4:02	10:01	10:45	11:57	13:06	16:23	16:53	17:09	17:24
					1:25	1:37	1:00	5:59	0:44	1:12	1:09	3:17	0:30	0:16	0:15
14	181	Rance, John GVOC	M55-64	17:28	1:14	3:01	4:00	8:39	9:28	10:52	11:53	16:21	16:50	17:11	17:28
					1:14	1:47	0:59	4:39	0:49	1:24	1:01	4:28	0:29	0:21	0:17
15	216	Pearson, Angela EOOC	W45-54	17:32	1:17	2:53	4:14	8:39	9:40	11:20	12:31	16:20	16:55	17:16	17:32
					1:17	1:36	1:21	4:25	1:01	1:40	1:11	3:49	0:35	0:21	0:16
16	268	Woods, Joanne GVOC	OpenW3	17:40	1:21	2:51	4:47	9:33	10:23	11:39	13:00	16:39	17:06	17:24	17:40
					1:21	1:30	1:56	4:46	0:50	1:16	1:21	3:39	0:27	0:18	0:16
17	257	Anderson, Bill Ottawa OC	M65-74	17:49	1:17	2:51	3:58	8:41	9:39	11:18	12:26	16:27	17:00	17:26	17:49
					1:17	1:34	1:07	4:43	0:58	1:39	1:08	4:01	0:33	0:26	0:23
18	289	Teutsch, Anne Ottawa OC	W45-54	17:55	1:19	3:05	4:17	8:47	9:44	11:12	12:21	16:38	17:11	17:35	17:55
					1:19	1:46	1:12	4:30	0:57	1:28	1:09	4:17	0:33	0:24	0:20
19	110	Guttormson, Rich Ottawa OC	M65-74	18:00	1:06	2:39	3:48	8:17	9:08	10:53	12:20	16:47	17:23	17:42	18:00
					1:06	1:33	1:09	4:29	0:51	1:45	1:27	4:27	0:36	0:19	0:18
20	285	Bayly, Don FWOC	M55-64	18:04	1:10	2:37	3:39	7:54	8:50	10:04	11:30	16:55	17:28	17:48	18:04
					1:10	1:27	1:02	4:15	0:56	1:14	1:26	5:25	0:33	0:20	0:16
21	125	Yarkie, Greg EOOC	M65-74	18:22	1:01	2:30	4:43	10:08	10:55	12:37	13:43	17:16	17:46	18:07	18:22
					1:01	1:29	2:13	5:25	0:47	1:42	1:06	3:33	0:30	0:21	0:15
22	146	Webster, Jim KOC	M55-64	19:04	1:15	3:15	4:35	9:32	10:26	12:20	13:32	17:48	18:25	18:48	19:04
					1:15	2:00	1:20	4:57	0:54	1:54	1:12	4:16	0:37	0:23	0:16
23	354	Viddal, Einar EOOC	M65-74	19:24	1:20	2:59	4:27	9:20	10:19	12:11	13:36	18:07	18:50	19:07	19:24
					1:20	1:39	1:28	4:53	0:59	1:52	1:25	4:31	0:43	0:17	0:17
24	224	Martino, Karen FWOC	W45-54	19:53	1:08	3:41	7:01	11:25	12:17	13:39	15:27	18:54	19:20	19:38	19:53
					1:08	2:33	3:20	4:24	0:52	1:22	1:48	3:27	0:26	0:18	0:15
25	105	Schweiger, Sabina YOA	W45-54	20:17	1:15	3:43	4:50	9:26	10:38	12:37	14:54	19:05	19:37	19:57	20:17
					1:15	2:28	1:07	4:36	1:12	1:59	2:17	4:11	0:32	0:20	0:20
26	193	Regina, Jezkova Hana O	W45-54	20:31	1:12	2:58	4:03	10:20	11:17	13:01	14:13	19:10	19:48	20:12	20:31
					1:12	1:46	1:05	6:17	0:57	1:44	1:12	4:57	0:38	0:24	0:19
27	171	Kuestner, Sue COC	OpenW3	20:59	1:20	3:07	6:01	11:49	12:55	14:38	15:55	19:48	20:18	20:41	20:59
					1:20	1:47	2:54	5:48	1:06	1:43	1:17	3:53	0:30	0:23	0:18
28	177	Goeres, Michael CdeB	M55-64	21:00	1:49	3:45	4:54	10:05	11:08	13:32	14:53	19:48	20:21	20:41	21:00
					1:49	1:56	1:09	5:11	1:03	2:24	1:21	4:55	0:33	0:20	0:19
29	151	Breseman, Rick Cascade OC	M55-64	21:01	1:19	2:34	3:54	13:08	13:49	14:59	16:16	20:05	20:30	20:45	21:01
					1:19	1:15	1:20	9:14	0:41	1:10	1:17	3:49	0:25	0:15	0:16
30	311	Hawkings, Jim YOA	M55-64	21:56	1:46	3:06	8:39	13:20	14:11	15:41	16:50	20:42	21:18	21:38	21:56
					1:46	1:20	5:33	4:41	0:51	1:30	1:09	3:52	0:36	0:20	0:18
31	244	Hrouzova, Jirina Hana O	W45-54	21:57	2:09	4:05	6:13	11:10	12:14	13:38	15:26	20:34	21:11	21:35	21:57
					2:09	1:56	2:08	4:57	1:04	1:24	1:48	5:08	0:37	0:24	0:22
32	187	Davies, John Peninsula	M65-74	22:05	2:57	4:27	5:45	11:06	12:08	14:04	15:58	20:48	21:21	21:45	22:05
					2:57	1:30	1:18	5:21	1:02	1:56	1:54	4:50	0:33	0:24	0:20
33	150	Breseman, Eileen Cascade OC	W45-54	22:16	1:32	2:59	5:08	10:00	11:00	12:21	16:44	20:51	21:28	21:53	22:16
					1:32	1:27	2:09	4:52	1:00	1:21	4:23	4:07	0:37	0:25	0:23
34	291	Teutsch, Eric Ottawa OC	M55-64	22:31	1:07	5:08	6:32	12:55	13:52	15:34	17:16	21:11	21:54	22:15	22:31
					1:07	4:01	1:24	6:23	0:57	1:42	1:42	3:55	0:43	0:21	0:16
35	247	Krsakova, Veronika Hana O	OpenW3	22:44	1:09	2:49	5:58	12:28	13:34	15:08	16:24	21:22	22:02	22:24	22:44
					1:09	1:40	3:09	6:30	1:06	1:34	1:16	4:58	0:40	0:22	0:20
36	191	Roman, Jelinek Hana O	M55-64	23:18	1:17	3:20	4:40	11:09	12:23	14:40	16:05	21:36	22:26	22:58	23:18
					1:17	2:03	1:20	6:29	1:14	2:17	1:25	5:31	0:50	0:32	0:20
37	213	Frenette, Kevin COF	OpenM3	23:38	1:34	3:47	5:24	11:32	13:10	14:48	16:26	22:03	23:02	23:20	23:38
					1:34	2:13	1:37	6:08	1:38	1:38	1:38	5:37	0:59	0:18	0:18
38	267	Woods, Stan GVOC	OpenM3	23:51	4:48	5:59	10:15	14:38	15:48	17:35	19:03	22:48	23:18	23:35	23:51
					4:48	1:11	4:16	4:23	1:10	1:47	1:28	3:45	0:30	0:17	0:16
39	144	Pepper, Shelagh STARS	W45-54	24:19	1:34	3:34	6:14	13:00	14:10	15:47	17:26	23:06	23:38	24:01	24:19
					1:34	2:00	2:40	6:46	1:10	1:37	1:39	5:40	0:32	0:23	0:18
40	203	McBee, Rick CROC	M65-74	24:36	2:42	4:30	5:41	14:24	15:38	17:16	18:29	23:24	23:58	24:19	24:36
					2:42	1:48	1:11	8:43	1:14	1:38	1:13	4:55	0:34	0:21	0:17

15:13
*126

Pl	Stno	Name	Cl.	Time											
Course 3 (51)					2.0 km	35 m	10 C			<i>(cont.)</i>					
					1(114)	2(127)	3(121)	4(122)	5(120)	6(123)	7(102)	8(101)	9(119)	10(100)	F
41	212	Penner, Dorothy COF	OpenW3	24:47	1:48	4:14	5:38	12:16	13:33	15:50	17:31	23:14	23:57	24:27	24:47
					1:48	2:26	1:24	6:38	1:17	2:17	1:41	5:43	0:43	0:30	0:20
42	147	Veler, Fred SAMM	M65-74	26:43	2:08	4:27	6:00	13:04	14:24	16:50	18:38	24:36	25:28	26:07	26:43
					2:08	2:19	1:33	7:04	1:20	2:26	1:48	5:58	0:52	0:39	0:36
43	364	Svoboda, Michael YOA	OpenM3	27:22	2:10	5:13	6:29	11:49	12:53	15:44	18:21	25:55	26:37	27:03	27:22
					2:10	3:03	1:16	5:20	1:04	2:51	2:37	7:34	0:42	0:26	0:19
44	148	Rogers, David USOF	M55-64	28:46	1:37	3:36	5:07	10:56	11:53	18:39	21:26	27:28	28:03	28:25	28:46
					1:37	1:59	1:31	5:49	0:57	6:46	2:47	6:02	0:35	0:22	0:21
45	240	Merriam, Don FWOC	M55-64	29:21	1:47	3:40	12:59	17:46	18:49	21:18	22:53	28:23	28:46	29:03	29:21
					1:47	1:53	9:19	4:47	1:03	2:29	1:35	5:30	0:23	0:17	0:18
46	180	Connors, Patrick CdeB	M55-64	29:31	1:50	7:43	9:14	15:57	17:21	19:19	21:18	27:40	28:30	28:59	29:31
					1:50	5:53	1:31	6:43	1:24	1:58	1:59	6:22	0:50	0:29	0:32
47	321	Mackeigan, Linda YOA	W45-54	31:38	2:41	5:23	7:14	14:46	16:03	19:54	22:07	29:52	30:41	31:18	31:38
					2:41	2:42	1:51	7:32	1:17	3:51	2:13	7:45	0:49	0:37	0:20
48	113	Svoboda, Lenka FWOC	W45-54	33:24	8:52	11:08	12:31	17:55	19:07	20:59	22:40	32:02	32:40	33:04	33:24
					8:52	2:16	1:23	5:24	1:12	1:52	1:41	9:22	0:38	0:24	0:20
49	314	Hendrigan, Holly GVOC	OpenW3	37:18	6:14	9:44	14:26	24:15	25:22	27:57	30:07	35:44	36:26	36:53	37:18
					6:14	3:30	4:42	9:49	1:07	2:35	2:10	5:37	0:42	0:27	0:25
50	163	Strat, Trish QOC	OpenW3	43:05	2:38	5:57	9:52	20:54	23:01	27:00	30:12	40:25	41:27	42:15	43:05
					2:38	3:19	3:55	11:02	2:07	3:59	3:12	10:13	1:02	0:48	0:50
	251	Vyse, Alan Sage	M65-74	mp	1:14	2:45	3:52	8:43	9:35	10:58	12:04	15:28	-----	15:47	16:05
					1:14	1:31	1:07	4:51	0:52	1:23	1:06	3:24		0:19	0:18
Course 4 (23)					2.0 km	35 m	9 C								
					1(105)	2(106)	3(126)	4(102)	5(101)	6(116)	7(109)	8(117)	9(100)	F	
1	227	Oram, Louise GVOC	W21-34	12:47	3:08	6:25	7:06	7:54	10:51	11:29	12:01	12:18	12:34	12:47	
					3:08	3:17	0:41	0:48	2:57	0:38	0:32	0:17	0:16	0:13	
2	319	Critchley, Claire EOOC	W21-34	13:02	3:21	6:30	7:10	8:12	10:46	11:31	12:09	12:32	12:47	13:02	
					3:21	3:09	0:40	1:02	2:34	0:45	0:38	0:23	0:15	0:15	
3	185	Scheck, Katherine YOA	W21-34	14:00	3:01	6:14	6:57	8:59	11:49	12:33	13:10	13:28	13:44	14:00	
					3:01	3:13	0:43	2:02	2:50	0:44	0:37	0:18	0:16	0:16	
4	200	Ross, Carol ONB	W21-34	14:14	3:54	7:11	7:54	8:44	12:07	12:52	13:28	13:43	14:00	14:14	
					3:54	3:17	0:43	0:50	3:23	0:45	0:36	0:15	0:17	0:14	
5	133	Balakova, Andrea GVOC	W21-34	14:39	3:22	7:10	7:56	9:00	12:13	13:01	13:42	14:01	14:21	14:39	
					3:22	3:48	0:46	1:04	3:13	0:48	0:41	0:19	0:20	0:18	
6	139	Burnett, Kerstin YOA	W17-20	14:52	3:21	7:04	7:49	9:09	12:27	13:16	13:55	14:17	14:35	14:52	
					3:21	3:43	0:45	1:20	3:18	0:49	0:39	0:22	0:18	0:17	
7	198	Ross, Emily ONB Falcon	W17-20	15:58	3:40	7:44	8:32	9:34	13:30	14:23	15:04	15:25	15:44	15:58	
					3:40	4:04	0:48	1:02	3:56	0:53	0:41	0:21	0:19	0:14	
8	290	Teutsch, Laura Ottawa OC	W17-20	16:36	4:45	8:32	9:19	10:19	13:58	14:58	15:41	16:01	16:19	16:36	
					4:45	3:47	0:47	1:00	3:39	1:00	0:43	0:20	0:18	0:17	
9	167	Murray, Kendra YOA	W17-20	16:39	3:15	6:54	7:33	11:22	14:25	15:12	15:47	16:10	16:24	16:39	
					3:15	3:39	0:39	3:49	3:03	0:47	0:35	0:23	0:14	0:15	
10	104	Blake, Pia YOA	W15-16	17:44	3:55	8:21	9:59	11:16	15:04	16:00	16:49	17:12	17:30	17:44	
					3:55	4:26	1:38	1:17	3:48	0:56	0:49	0:23	0:18	0:14	
11	206	Mackeigan, Jennil YOA	W17-20	17:46	4:02	8:36	9:31	10:44	14:59	15:54	16:49	17:13	17:30	17:46	
					4:02	4:34	0:55	1:13	4:15	0:55	0:55	0:24	0:17	0:16	
12	304	Jolliff, Jennifer ARCT	W35-44	17:50	4:12	8:16	9:05	10:18	14:58	15:57	16:44	17:15	17:35	17:50	
					4:12	4:04	0:49	1:13	4:40	0:59	0:47	0:31	0:20	0:15	
13	124	Joggi, Marianne O Kölliken	W21-34	18:27	5:16	8:52	10:15	11:22	14:45	16:56	17:34	17:55	18:11	18:27	
					5:16	3:36	1:23	1:07	3:23	2:11	0:38	0:21	0:16	0:16	
14	207	Waddington, Emrn GHO	W15-16	18:45	4:17	8:33	9:45	11:19	15:24	16:28	17:41	18:15	18:31	18:45	
					4:17	4:16	1:12	1:34	4:05	1:04	1:13	0:34	0:16	0:14	
15	164	Kemp, Ian Ottawa OC	M15-16	20:45	5:41	10:32	11:45	13:10	17:12	18:33	19:28	20:07	20:27	20:45	
					5:41	4:51	1:13	1:25	4:02	1:21	0:55	0:39	0:20	0:18	
16	199	Rance, Meghan GVOC	W21-34	21:02	5:04	9:21	10:20	11:51	15:24	16:28	19:55	20:22	20:44	21:02	
					5:04	4:17	0:59	1:31	3:33	1:04	3:27	0:27	0:22	0:18	
17	294	May, Abbigail Sage	W35-44	21:51	3:44	8:49	10:23	15:43	19:18	20:07	20:56	21:21	21:37	21:51	
					3:44	5:05	1:34	5:20	3:35	0:49	0:49	0:25	0:16	0:14	
18	248	Krsakova, Marie Hana O	W17-20	22:20	5:45	10:33	11:23	14:54	19:08	20:14	21:11	21:41	22:03	22:20	
					5:45	4:48	0:50	3:31	4:14	1:06	0:57	0:30	0:22	0:17	

Pl	Stno	Name	Cl.	Time													
Course 4 (23)					2.0 km 35 m 9 C			<i>(cont.)</i>									
					1(105)	2(106)	3(126)	4(102)	5(101)	6(116)	7(109)	8(117)	9(100)	F			
19	236	MacNaughton, Ch FWOC	W35-44	23:25	4:23	10:15	11:28	17:16	20:41	21:35	22:21	22:45	23:05	23:25			
					4:23	5:52	1:13	5:48	3:25	0:54	0:46	0:24	0:20	0:20			
20	346	McMillan, Roan GVOC	M15-16	31:15	15:29	19:39	20:39	24:08	28:41	29:44	30:19	30:44	31:03	31:15			
					15:29	4:10	1:00	3:29	4:33	1:03	0:35	0:25	0:19	0:12			
	219	Nelson, Reid CdeB	M15-16	mp	38:50	----	----	----	----	----	43:16	43:46	44:04	44:23			
					38:50						4:26	0:30	0:18	0:19			
	269	Woods, Marissa GVOC	W15-16	mp	----	----	----	----	----	----	34:47	35:31	36:13	37:07			
											34:47	0:44	0:42	0:54			
	281	Sacher, Olivia Bussola OK	W17-20	mp	6:27	12:23	14:11	15:42	----	20:32	21:35	22:20	22:53	23:10			
					6:27	5:56	1:48	1:31		4:50	1:03	0:45	0:33	0:17			
Course 5 (48)					2.7 km 55 m 12 C												
					1(127)	2(106)	3(126)	4(123)	5(102)	6(101)	7(116)	8(122)	9(120)	10(109)	11(119)	12(100)	F
1	318	Critchley, Will EOOC	M21-34	13:25	1:14	4:44	5:19	6:20	7:30	9:30	10:04	11:10	11:43	12:43	13:01	13:13	13:25
					1:14	3:30	0:35	1:01	1:10	2:00	0:34	1:06	0:33	1:00	0:18	0:12	0:12
2	258	Anderson, Robbie Ottawa OC	M21-34	13:31	1:18	4:52	5:18	6:21	7:06	9:19	9:55	11:04	11:38	12:47	13:06	13:19	13:31
					1:18	3:34	0:26	1:03	0:45	2:13	0:36	1:09	0:34	1:09	0:19	0:13	0:12
3	233	Rennie, Graeme GVOC	M17-20	13:49	1:03	5:00	5:28	6:30	7:12	9:45	10:18	11:26	11:57	13:05	13:25	13:38	13:49
					1:03	3:57	0:28	1:02	0:42	2:33	0:33	1:08	0:31	1:08	0:20	0:13	0:11
4	253	Kongtopetz, Dami CdeB	M21-34	14:08	1:32	5:13	5:44	6:42	7:22	9:48	10:24	11:36	12:07	13:27	13:43	13:55	14:08
					1:32	3:41	0:31	0:58	0:40	2:26	0:36	1:12	0:31	1:20	0:16	0:12	0:13
5	131	Saile, Patrick GHO	M21-34	14:22	1:24	5:21	5:48	6:57	7:42	9:59	10:36	11:51	12:27	13:37	13:57	14:10	14:22
					1:24	3:57	0:27	1:09	0:45	2:17	0:37	1:15	0:36	1:10	0:20	0:13	0:12
6	134	Johansson, Magn GVOC	M21-34	14:36	1:18	5:08	5:38	6:42	7:25	10:00	10:42	11:58	12:37	13:45	14:08	14:23	14:36
					1:18	3:50	0:30	1:04	0:43	2:35	0:42	1:16	0:39	1:08	0:23	0:15	0:13
7	161	Kemp, Eric Ottawa OC	M21-34	14:48	1:19	5:33	6:06	7:13	7:55	10:33	11:12	12:20	12:51	14:01	14:21	14:35	14:48
					1:19	4:14	0:33	1:07	0:42	2:38	0:39	1:08	0:31	1:10	0:20	0:14	0:13
8	246	Janecek, Oldrich Hana O	M21-34	15:05	1:21	5:21	5:53	7:02	7:51	10:28	11:11	12:23	12:57	14:09	14:36	14:51	15:05
					1:21	4:00	0:32	1:09	0:49	2:37	0:43	1:12	0:34	1:12	0:27	0:15	0:14
9	263	Torrance, Jon Ottawa OC	M21-34	15:11	1:31	5:56	6:26	7:41	8:27	10:44	11:23	12:35	13:09	14:22	14:42	14:57	15:11
					1:31	4:25	0:30	1:15	0:46	2:17	0:39	1:12	0:34	1:13	0:20	0:15	0:14
10	106	Graupner, Steven CdeB	M21-34	15:13	1:37	5:57	6:26	7:34	8:18	10:43	11:20	12:39	13:13	14:25	14:46	14:59	15:13
					1:37	4:20	0:29	1:08	0:44	2:25	0:37	1:19	0:34	1:12	0:21	0:13	0:14
11	166	Langbakk, Brent YOA	M21-34	15:15	1:50	5:32	6:10	7:20	8:03	10:38	11:16	12:30	13:03	14:24	14:46	15:01	15:15
					1:50	3:42	0:38	1:10	0:43	2:35	0:38	1:14	0:33	1:21	0:22	0:15	0:14
12	169	Hawkings, Lee YOA	M17-20	15:26	1:33	5:33	6:06	7:26	8:14	10:44	11:24	12:39	13:19	14:39	14:59	15:13	15:26
					1:33	4:00	0:33	1:20	0:48	2:30	0:40	1:15	0:40	1:20	0:20	0:14	0:13
13	172	Ereaux, Graham ONB Falcon	M17-20	15:50	1:19	5:47	6:23	7:34	8:20	11:04	11:49	13:05	13:42	14:57	15:20	15:35	15:50
					1:19	4:28	0:36	1:11	0:46	2:44	0:45	1:16	0:37	1:15	0:23	0:15	0:15
14	295	May, Brian Sage	M21-34	16:00	1:16	5:33	6:03	7:12	8:26	11:06	11:44	13:23	13:56	15:08	15:30	15:44	16:00
					1:16	4:17	0:30	1:09	1:14	2:40	0:38	1:39	0:33	1:12	0:22	0:14	0:16
15	261	Walker, Greg CSU	M21-34	16:09	1:20	5:47	6:30	7:47	8:38	11:27	12:09	13:26	14:02	15:17	15:39	15:54	16:09
					1:20	4:27	0:43	1:17	0:51	2:49	0:42	1:17	0:36	1:15	0:22	0:15	0:15
16	123	Oeschger, Severin O Kölliken	M21-34	16:14	1:28	5:35	6:06	7:22	8:08	11:11	11:55	13:26	14:05	15:27	15:47	16:00	16:14
					1:28	4:07	0:31	1:16	0:46	3:03	0:44	1:31	0:39	1:22	0:20	0:13	0:14
16	288	Teutsch, Jeffrey Ottawa OC	M21-34	16:14	2:22	6:27	7:05	8:34	9:22	11:53	12:31	13:43	14:17	15:24	15:46	16:00	16:14
					2:22	4:05	0:38	1:29	0:48	2:31	0:38	1:12	0:34	1:07	0:22	0:14	0:14
18	305	Moore, Ian ARCT	M21-34	16:24	1:45	5:58	6:32	7:54	8:48	11:26	12:09	13:30	14:09	15:31	15:55	16:10	16:24
					1:45	4:13	0:34	1:22	0:54	2:38	0:43	1:21	0:39	1:22	0:24	0:15	0:14
19	342	Pearson, Forest YOA	M21-34	16:32	1:38	5:42	6:44	8:11	9:03	11:34	12:15	13:37	14:26	15:42	16:03	16:19	16:32
					1:38	4:04	1:02	1:27	0:52	2:31	0:41	1:22	0:49	1:16	0:21	0:16	0:13
20	282	Sacher, Martin Bussola OK	M45-54	16:50	1:20	5:44	6:23	7:49	8:43	11:24	12:11	13:41	14:25	15:53	16:20	16:35	16:50
					1:20	4:24	0:39	1:26	0:54	2:41	0:47	1:30	0:44	1:28	0:27	0:15	0:15
21	142	Bray, Trevor YOA	M17-20	17:06	2:04	7:06	7:37	8:53	9:42	12:24	13:05	14:32	15:09	16:21	16:40	16:52	17:06
					2:04	5:02	0:31	1:16	0:49	2:42	0:41	1:27	0:37	1:12	0:19	0:12	0:14
22	266	Woods, Adam GVOC	M17-20	17:36	1:57	8:09	8:37	9:55	10:43	13:08	13:50	15:08	15:40	16:49	17:10	17:22	17:36
					1:57	6:12	0:28	1:18	0:48	2:25	0:42	1:18	0:32	1:09	0:21	0:12	0:14
23	157	Mlynczyk, Eugene Ukr OC	M45-54	18:18	1:27	6:43	7:24	8:58	9:51	13:00	13:46	15:20	16:01	17:23	17:48	18:05	18:18
					1:27	5:16	0:41	1:34	0:53	3:09	0:46	1:34	0:41	1:22	0:25	0:17	0:13
24	165	Kemp, Randy Ottawa OC	M45-54	18:39	1:46	6:46	7:31	8:42	9:53	13:10	14:07	15:42	16:19	17:46	18:10	18:24	18:39
					1:46	5:00	0:45	1:11	1:11	3:17	0:57	1:35	0:37	1:27	0:24	0:14	0:15

Pl	Stno	Name	Cl.	Time													F		
Course 5 (48)				2.7 km	55 m	12 C	<i>(cont.)</i>												
				1(127)	2(106)	3(126)	4(123)	5(102)	6(101)	7(116)	8(122)	9(120)	10(109)	11(119)	12(100)				
25	160	Zissos, Adrian FWOC	M35-44	18:53	1:55	7:02	7:55	9:20	10:21	13:27	14:16	15:53	16:34	18:00	18:24	18:38	18:53		
					1:55	5:07	0:53	1:25	1:01	3:06	0:49	1:37	0:41	1:26	0:24	0:14	0:15		
26	189	Robert, Zdrahal Hana O	M45-54	19:08	2:16	7:11	7:46	9:00	9:52	12:48	13:37	15:45	16:36	18:04	18:31	18:49	19:08		
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27	293	Larsson, Svante OK Vargen	M45-54	19:30	2:05	7:04	7:45	9:31	10:25	13:08	14:05	16:22	17:05	18:34	18:58	19:13	19:30		
					2:05	4:59	0:41	1:46	0:54	2:43	0:57	2:17	0:43	1:29	0:24	0:15	0:17		
28	292	Teutsch, Alex Ottawa OC	M21-34	20:57	1:22	6:30	8:13	9:47	10:46	15:10	15:55	17:41	18:23	20:06	20:29	20:43	20:57		
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29	312	Rascher, Michael GVOC	M45-54	21:49	2:41	8:09	9:16	10:50	12:37	15:56	16:51	18:27	19:14	20:53	21:18	21:33	21:49		
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30	345	McMillan, Mark GVOC	M45-54	22:37	2:12	9:29	10:37	12:13	13:13	16:22	17:11	19:23	20:05	21:35	22:03	22:21	22:37		
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31	156	Graupner, Thoma CdeB	M21-34	22:38	3:31	9:20	10:00	11:30	13:16	16:55	17:42	19:16	19:57	21:39	22:06	22:26	22:38		
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32	302	Chung, Raymond TOC	M35-44	22:55	2:57	9:18	9:56	11:33	12:56	16:36	17:30	19:16	20:01	21:50	22:24	22:41	22:55		
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33	317	Barrett, Nathan D GVOC	M21-34	24:44	6:39	10:39	11:23	12:32	13:32	19:45	20:26	21:48	22:24	23:50	24:15	24:30	24:44		
					6:39	4:00	0:44	1:09	1:00	6:13	0:41	1:22	0:36	1:26	0:25	0:15	0:14		
34	192	Karel, Krsak Hana O	M45-54	25:19	1:51	8:41	9:35	11:33	12:55	17:22	18:33	20:40	21:42	23:40	24:23	24:50	25:19		
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35	178	Kelly, Ryan YOA	M35-44	25:56	3:02	9:37	10:41	12:24	14:05	18:36	19:34	21:50	22:48	24:49	25:21	25:39	25:56		
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36	316	Nipen-Barrie, Troy GVOC	M21-34	26:19	8:59	14:23	14:53	16:19	17:23	20:35	21:27	23:31	24:11	25:29	25:50	26:06	26:19		
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37	260	Richardson, Jame Ottawa OC	M35-44	26:24	1:47	7:45	11:31	13:04	14:21	17:59	19:04	20:50	22:26	25:20	25:46	26:07	26:24		
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38	122	Sigvaldason, Chri EOOC	M35-44	26:34	2:06	9:52	10:55	13:14	14:25	18:53	19:51	22:07	23:10	25:23	25:53	26:14	26:34		
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39	141	Fisher, Gar GVOC	M45-54	28:27	3:04	10:49	11:46	14:05	15:24	19:40	21:46	24:01	25:05	27:11	27:44	28:08	28:27		
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40	218	Nelson, Vern CdeB	M45-54	28:51	3:04	11:25	12:10	13:53	18:24	21:24	22:18	25:14	26:00	27:53	28:18	28:36	28:51		
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41	126	Berting, Patrick N/A	M45-54	30:06	2:56	10:21	12:42	14:50	16:27	21:10	22:25	24:40	25:47	28:40	29:17	29:41	30:06		
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42	264	Heron, Steve ONB-Fundy	M45-54	31:03	4:14	11:27	13:58	15:58	17:22	22:28	23:26	25:56	27:00	29:55	30:25	30:46	31:03		
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43	245	Gregor, Vladimir Hana O	M45-54	31:18	4:33	10:29	15:16	17:22	18:55	22:50	23:44	25:58	26:46	30:14	30:46	31:04	31:18		
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44	107	Graupner, Dave CdeB	M45-54	32:09	5:18	13:08	14:27	16:40	18:20	23:23	24:41	27:10	28:25	30:50	31:30	31:53	32:09		
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45	114	Svoboda, Robert FWOC	M45-54	34:36	5:23	16:43	17:48	20:01	21:51	26:29	27:42	29:43	30:40	33:07	34:00	34:22	34:36		
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46	228	Williams, Kean Cascade OC	M45-54	37:38	2:44	17:54	18:50	21:11	22:20	30:19	31:20	33:22	34:15	36:34	37:04	37:21	37:38		
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47	242	Kulich, Jaroslav Hana O	M45-54	43:43	2:04	15:39	19:29	21:24	22:46	26:30	27:37	31:26	32:03	42:16	42:59	43:24	43:43		
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	300	Brooks, Craig YOA	M45-54	mp	4:01	13:49	15:12	18:15	20:55	27:09	29:10	32:29	34:17	37:25	-----	38:27	39:01		
					4:01	9:48	1:23	3:03	2:40	6:14	2:01	3:19	1:48	3:08		1:02	0:34		