

Pl	Stno	Name	Time														
M12 (3)				3.6 km 10 m 12 C													
				1(101)	2(102)	3(103)	4(104)	5(105)	6(113)	7(127)	8(136)	9(108)	10(114)	11(134)	12(100)	F	
1	415	Cash, Curtis YOA	23:09	1:23	3:22	4:26	5:58	7:30	9:41	11:43	14:38	16:26	18:12	21:11	22:48	23:09	
				1:23	1:59	1:04	1:32	1:32	2:11	2:02	2:55	1:48	1:46	2:59	1:37	0:21	
2	387	Winn, Ewan FWOC	28:54	1:37	4:28	5:49	7:47	9:51	12:40	14:51	18:13	21:34	23:12	26:19	28:32	28:54	
				1:37	2:51	1:21	1:58	2:04	2:49	2:11	3:22	3:21	1:38	3:07	2:13	0:22	
3	388	Winn, Gavan FWOC	31:17	1:51	4:08	5:23	7:29	9:16	12:01	15:34	20:51	23:43	26:10	29:00	30:53	31:17	
				1:51	2:17	1:15	2:06	1:47	2:45	3:33	5:17	2:52	2:27	2:50	1:53	0:24	
M13-14 (1)				3.2 km 60 m 13 C													
				1(112)	2(131)	3(135)	4(110)	5(115)	6(116)	7(124)	8(106)	9(125)	10(108)	11(114)	12(134)	13(100)	F
1	65	Campden, James FWOC	39:24	2:05	5:06	6:53	11:16	15:31	18:48	22:39	29:26	31:39	33:16	35:17	37:25	39:05	39:24
				2:05	3:01	1:47	4:23	4:15	3:17	3:51	6:47	2:13	1:37	2:01	2:08	1:40	0:19
M15-16 (5)				4.1 km 70 m 12 C													
				1(110)	2(137)	3(132)	4(123)	5(120)	6(124)	7(112)	8(125)	9(114)	10(140)	11(129)	12(100)	F	
1	427	Martino, Tyson FWOC	35:30	2:41	7:59	11:08	13:42	17:41	20:00	24:28	26:38	29:11	31:43	32:40	35:13	35:30	
				2:41	5:18	3:09	2:34	3:59	2:19	4:28	2:10	2:33	2:32	0:57	2:33	0:17	
2	428	Sherwood, Isaac FWOC	40:44	2:06	7:41	11:32	14:14	19:02	22:44	27:39	29:37	32:08	35:43	38:01	40:27	40:44	
				2:06	5:35	3:51	2:42	4:48	3:42	4:55	1:58	2:31	3:35	2:18	2:26	0:17	
3	422	Pryce, Ben FWOC	46:46	2:13	7:46	13:38	16:26	21:47	31:00	35:24	37:35	40:10	42:40	44:04	46:28	46:46	
				2:13	5:33	5:52	2:48	5:21	9:13	4:24	2:11	2:35	2:30	1:24	2:24	0:18	
4	420	Michalchuk, Quentii FWOC	51:12	6:47	16:32	19:50	22:44	27:01	29:42	34:25	39:01	41:59	45:59	47:38	50:54	51:12	
				6:47	9:45	3:18	2:54	4:17	2:41	4:43	4:36	2:58	4:00	1:39	3:16	0:18	
5	419	Michalchuk, Avery FWOC	1:03:44	4:16	14:35	18:29	22:04	28:04	32:38	40:59	45:45	48:57	55:36	1:00:02	1:03:27	1:03:44	
				4:16	10:19	3:54	3:35	6:00	4:34	8:21	4:46	3:12	6:39	4:26	3:25	0:17	
M21-34 (16)				10.5 km 160 m 23 C													
				1(117)	2(135)	3(118)	4(133)	5(121)	6(122)	7(107)	8(109)	9(144)	10(132)	11(141)	12(116)	13(125)	14(142)
				15(126)	16(113)	17(128)	18(145)	19(130)	20(129)	21(140)	22(111)	23(100)	F				
1	89	Abbott, Colin YOA	1:14:11	1:35	5:44	16:59	18:02	28:30	29:37	31:34	34:34	36:19	39:42	42:31	44:49	51:51	56:10
				1:35	4:09	11:15	1:03	10:28	1:07	1:57	3:00	1:45	3:23	2:49	2:18	7:02	4:19
				56:47	58:26	1:00:45	1:04:01	1:07:37	1:08:54	1:09:41	1:12:32	1:13:54	1:14:11				
				0:37	1:39	2:19	3:16	3:36	1:17	0:47	2:51	1:22	0:17				
2	383	Pearson, Forest YOA	1:15:20	1:41	4:12	11:59	13:00	25:09	26:16	29:14	33:11	35:21	38:40	42:01	44:37	50:21	55:06
				1:41	2:31	7:47	1:01	12:09	1:07	2:58	3:57	2:10	3:19	3:21	2:36	5:44	4:45
				55:58	57:54	1:00:03	1:04:07	1:08:02	1:09:24	1:10:22	1:13:39	1:15:02	1:15:20				
				0:52	1:56	2:09	4:04	3:55	1:22	0:58	3:17	1:23	0:18				
3	410	Johansson, Magnus GVOC	1:16:13	1:39	3:47	11:24	12:36	24:17	25:34	28:57	32:53	34:33	37:45	40:46	44:23	50:36	55:47
				1:39	2:08	7:37	1:12	11:41	1:17	3:23	3:56	1:40	3:12	3:01	3:37	6:13	5:11
				56:31	58:41	1:01:27	1:04:32	1:09:05	1:10:23	1:11:15	1:14:32	1:15:51	1:16:13				
				0:44	2:10	2:46	3:05	4:33	1:18	0:52	3:17	1:19	0:22				
4	83	Kato, Hiroyuki TOC	1:25:18	1:33	4:12	13:26	15:19	26:33	27:57	31:59	37:29	39:41	45:07	48:39	52:51	59:40	1:05:35
				1:33	2:39	9:14	1:53	11:14	1:24	4:02	5:30	2:12	5:26	3:32	4:12	6:49	5:55
				1:06:31	1:08:35	1:10:45	1:14:20	1:18:10	1:19:38	1:20:36	1:23:37	1:24:56	1:25:18				
				0:56	2:04	2:10	3:35	3:50	1:28	0:58	3:01	1:19	0:22				
5	375	Wirehn, Per Asker SK	1:29:09	1:37	4:05	16:05	17:19	32:18	34:09	38:47	45:10	47:05	50:18	53:55	57:45	1:03:14	1:08:42
				1:37	2:28	12:00	1:14	14:59	1:51	4:38	6:23	1:55	3:13	3:37	3:50	5:29	5:28
				1:09:27	1:11:39	1:14:26	1:17:53	1:21:53	1:23:26	1:24:26	1:27:17	1:28:50	1:29:09				
				0:45	2:12	2:47	3:27	4:00	1:33	1:00	2:51	1:33	0:19				
6	446	Delmee, Gilles GVOC	1:30:38	1:46	4:28	17:14	18:05	34:05	36:09	43:06	46:25	48:12	54:51	58:38	1:01:48	1:07:31	1:11:40
				1:46	2:42	12:46	0:51	16:00	2:04	6:57	3:19	1:47	6:39	3:47	3:10	5:43	4:09
				1:12:28	1:15:03	1:17:02	1:20:46	1:24:24	1:25:35	1:26:22	1:28:53	1:30:14	1:30:38				
				0:48	2:35	1:59	3:44	3:38	1:11	0:47	2:31	1:21	0:24				
7	429	Hawkings, Lee YOA	1:32:32	2:20	4:58	17:17	18:46	33:09	34:30	39:06	43:45	46:13	50:05	53:29	56:50	1:03:45	1:09:45
				2:20	2:38	12:19	1:29	14:23	1:21	4:36	4:39	2:28	3:52	3:24	3:21	6:55	6:00
				1:10:41	1:13:23	1:15:49	1:19:40	1:24:20	1:26:00	1:26:58	1:30:36	1:32:11	1:32:32				
				0:56	2:42	2:26	3:51	4:40	1:40	0:58	3:38	1:35	0:21				
8	423	Sumbera, Jakub KOC	1:38:19	2:37	10:07	29:00	29:52	39:36	40:37	43:20	47:08	49:23	52:43	55:24	59:11	1:07:56	1:12:01
				2:37	7:30	18:53	0:52	9:44	1:01	2:43	3:48	2:15	3:20	2:41	3:47	8:45	4:05
				1:12:47	1:14:30	1:22:02	1:24:46	1:29:03	1:30:36	1:31:17	1:36:03	1:37:59	1:38:19				
				0:46	1:43	7:32	2:44	4:17	1:33	0:41	4:46	1:56	0:20		*133		
9	407	Saari, Ian GVOC	1:41:41	3:53	7:30	19:50	22:24	33:31	35:32	40:11	46:41	49:09	52:36	56:46	1:00:38	1:11:25	1:16:33
				3:53	3:37	12:20	2:34	11:07	2:01	4:39	6:30	2:28	3:27	4:10	3:52	10:47	5:08
				1:17:28	1:19:56	1:24:04	1:28:25	1:33:08	1:34:54	1:35:54	1:39:49	1:41:20	1:41:41				
				0:55	2:28	4:08	4:21	4:43	1:46	1:00	3:55	1:31	0:21				
10	450	Detroit Barrett, Natl GVOC	1:43:28	2:21	5:36	16:06	17:09	28:20	30:55	33:50	39:01	42:55	47:12	50:49	58:09	1:05:40	1:10:24
				2:21	3:15	10:30	1:03	11:11	2:35	2:55	5:11	3:54	4:17	3:37	7:20	7:31	4:44
				1:11:14	1:13:13	1:24:30	1:30:29	1:35:14	1:36:43	1:37:41	1:41:25	1:43:11	1:43:28				
				0:50	1:59	11:17	5:59	4:45	1:29	0:58	3:44	1:46	0:17				
11	412	Smith, Ben GVOC	1:43:56	1:49	5:08	18:08	19:25	33:28	35:15	41:01	48:28	51:13	55:21	1:00:24	1:04:33	1:11:50	1:17:42
				1:49	3:19	13:00	1:17	14:03	1:47	5:46	7:27	2:45	4:08	5:03	4:09	7:17	5:52
				1:18:27	1:20:36	1:26:32	1:32:37	1:36:55	1:38:21	1:39:15	1:42:09	1:43:38	1:43:56				
				0:45	2:09	5:56	6:05	4:18	1:26	0:54	2:54	1:29	0:18				
12	426	Enger, Will Sammamish	1:48:42	1:31	4:29	13:02	15:55	27:46	30:56	34:24	41:36	43:32	59:10	1:03:51	1:09:10	1:15:15	1:2

Pl	Stno	Name	Time															
M21-34 (16)				10.5 km 160 m 23 C							<i>(cont.)</i>							
				1(117)	2(135)	3(118)	4(133)	5(121)	6(122)	7(107)	8(109)	9(144)	10(132)	11(141)	12(116)	13(125)	14(142)	
				15(126)	16(113)	17(128)	18(145)	19(130)	20(129)	21(140)	22(111)	23(100)	F					
14	96	Kerherve, Sebastier CdB	1:39:33	2:23	6:28	28:37	33:04	50:11	52:33	58:12	1:07:01	1:11:12	1:21:41	1:28:59	1:35:09	1:45:36	1:53:33	
				2:23	4:05	22:09	4:27	17:07	2:22	5:39	8:49	4:11	10:29	7:18	6:10	10:27	7:57	
				1:54:52	1:58:44	2:10:22	2:18:35	2:25:51	2:28:17	2:29:57	2:36:01	2:39:11	2:39:33					
				1:19	3:52	11:38	8:13	7:16	2:26	1:40	6:04	3:10	0:22					
15	434	Golding, James GVOC	1:22:40	2:47	10:03	24:41	28:57	47:07	51:46	58:53	1:16:11	1:23:40	1:33:36	1:40:34	2:01:03	2:10:43	2:23:53	
				2:47	7:16	14:38	4:16	18:10	4:39	7:07	17:18	7:29	9:56	6:58	20:29	9:40	13:10	
				2:26:19	2:28:39	2:45:07	2:52:43	2:59:49	3:09:21	3:10:50	3:17:51	3:22:21	3:22:40					
				2:26	2:20	16:28	7:36	7:06	9:32	1:29	7:01	4:30	0:19					
	91	Collings, Ian GVOC	dnf	7:25	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	
				7:25	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----
M35-44 (1)				8.4 km 130 m 16 C														
				1(135)	2(138)	3(121)	4(122)	5(107)	6(109)	7(123)	8(124)	9(143)	10(142)	11(126)	12(128)	13(140)	14(129)	
				15(130)	16(100)	F												
1	376	Thomson, Errol Ottawa OC	1:59:21	5:37	18:42	36:54	39:14	42:35	49:53	58:56	1:16:42	1:28:18	1:32:44	1:36:28	1:41:34	1:52:34	1:53:57	
				5:37	13:05	18:12	2:20	3:21	7:18	9:03	17:46	11:36	4:26	3:44	5:06	11:00	1:23	
				1:56:02	1:58:58	1:59:21												
				2:05	2:56	0:23												
M45-54 (6)				6.6 km 75 m 12 C														
				1(120)	2(123)	3(109)	4(107)	5(146)	6(143)	7(145)	8(130)	9(129)	10(140)	11(111)	12(100)	F		
1	385	Holcombe, Darren YOA	1:07:47	6:28	10:45	16:31	20:19	30:04	45:13	48:21	53:57	55:47	57:04	1:03:47	1:07:24	1:07:47		
				6:28	4:17	5:46	3:48	9:45	15:09	3:08	5:36	1:50	1:17	6:43	3:37	0:23		
2	430	Winn, Jonathan FWOC	1:08:42	6:00	10:33	18:13	22:57	33:14	52:09	53:41	59:07	1:00:53	1:02:09	1:06:20	1:08:20	1:08:42		
				6:00	4:33	7:40	4:44	10:17	18:55	1:32	5:26	1:46	1:16	4:11	2:00	0:22		
3	64	Campden, David FWOC	1:18:54	6:02	13:46	22:55	27:20	37:37	54:56	1:02:41	1:08:17	1:10:51	1:12:19	1:16:27	1:18:30	1:18:54		
				6:02	7:44	9:09	4:25	10:17	17:19	7:45	5:36	2:34	1:28	4:08	2:03	0:24		
4	441	Hildes, Dave YOA	1:23:59	7:49	15:07	26:42	31:47	43:10	1:03:21	1:05:19	1:12:13	1:14:13	1:15:43	1:21:22	1:23:36	1:23:59		
				7:49	7:18	11:35	5:05	11:23	20:11	1:58	6:54	2:00	1:30	5:39	2:14	0:23		
5	399	Sagar, Bob YOA	1:43:53	17:10	23:08	34:26	40:06	53:29	1:18:21	1:21:18	1:28:54	1:31:51	1:33:26	1:40:18	1:43:20	1:43:53		
				17:10	5:58	11:18	5:40	13:23	24:52	2:57	7:36	2:57	1:35	6:52	3:02	0:33		
6	371	Charles, Sylvestre FWOC	1:34:26	34:02	1:04:44	1:19:23	1:27:18	1:48:37	2:07:40	2:09:58	2:17:36	2:22:09	2:24:07	2:30:27	2:33:58	2:34:26		
				34:02	30:42	14:39	7:55	21:19	19:03	2:18	7:38	4:33	1:58	6:20	3:31	0:28		
M55-64 (10)				6.6 km 75 m 12 C														
				1(120)	2(123)	3(109)	4(107)	5(146)	6(143)	7(145)	8(130)	9(129)	10(140)	11(111)	12(100)	F		
1	84	Woods, Stan GVOC	1:03:34	5:51	10:16	16:45	20:35	33:09	47:01	49:04	54:57	56:45	58:02	1:01:31	1:03:15	1:03:34		
				5:51	4:25	6:29	3:50	12:34	13:52	2:03	5:53	1:48	1:17	3:29	1:44	0:19		
2	97	Jones, Afan YOA	1:04:22	6:22	10:17	17:44	22:23	33:40	47:56	49:59	55:29	57:15	58:20	1:02:12	1:03:57	1:04:22		
				6:22	3:55	7:27	4:39	11:17	14:16	2:03	5:30	1:46	1:05	3:52	1:45	0:25		
3	391	Larsson, Svante OK Vargen	1:09:45	7:36	13:37	20:45	24:38	37:41	51:57	54:39	1:00:05	1:02:38	1:03:49	1:07:30	1:09:22	1:09:45		
				7:36	6:01	7:08	3:53	13:03	14:16	2:42	5:26	2:33	1:11	3:41	1:52	0:23		
4	99	Forrest, Kimball YOA	1:11:18	6:27	13:57	22:32	26:30	37:26	52:11	54:57	1:01:33	1:04:12	1:05:28	1:09:05	1:10:52	1:11:18		
				6:27	7:30	8:35	3:58	10:56	14:45	2:46	6:36	2:39	1:16	3:37	1:47	0:26		
5	94	Gilchrist, Robert EOOC	1:13:05	7:03	12:34	22:26	26:36	38:44	53:53	55:53	1:02:13	1:04:51	1:06:15	1:11:00	1:12:42	1:13:05		
				7:03	5:31	9:52	4:10	12:08	15:09	2:00	6:20	2:38	1:24	4:45	1:42	0:23		
6	70	Jansson, Roland Alvsby IF	1:17:33	12:35	17:19	24:39	29:26	40:53	57:41	59:41	1:05:48	1:08:19	1:09:50	1:14:35	1:17:03	1:17:33		
				12:35	4:44	7:20	4:47	11:27	16:48	2:00	6:07	2:31	1:31	4:45	2:28	0:30		
7	397	Kort, Clarence FWOC	1:19:54	11:42	17:04	27:33	31:23	46:31	1:02:44	1:04:47	1:10:28	1:12:24	1:13:35	1:17:55	1:19:38	1:19:54		
				11:42	5:22	10:29	3:50	15:08	16:13	2:03	5:41	1:56	1:11	4:20	1:43	0:16		
8	416	Bayly, Don FWOC	1:22:13	8:03	13:51	26:12	31:21	44:31	1:01:54	1:04:01	1:10:43	1:12:54	1:14:05	1:19:47	1:21:48	1:22:13		
				8:03	5:48	12:21	5:09	13:10	17:23	2:07	6:42	2:11	1:11	5:42	2:01	0:25		
9	392	Hawkings, Jim YOA	1:47:05	10:51	17:07	35:14	41:33	1:02:16	1:21:31	1:23:34	1:31:43	1:34:02	1:35:39	1:42:24	1:46:36	1:47:05		
				10:51	6:16	18:07	6:19	20:43	19:15	2:03	8:09	2:19	1:37	6:45	4:12	0:29		
10	98	Best, Wayne EOOC	1:15:47	10:51	20:36	32:01	42:09	1:06:22	1:40:24	1:44:30	1:55:57	2:00:49	2:03:23	2:11:17	2:15:25	2:15:47		
				10:51	9:45	11:25	10:08	24:13	34:02	4:06	11:27	4:52	2:34	7:54	4:08	0:22		
M65-74 (2)				4.2 km 90 m 8 C														
				1(131)	2(124)	3(141)	4(137)	5(132)	6(143)	7(114)	8(100)	F						
1	393	Yarkie, Greg EOOC	49:46	3:35	7:06	15:36	22:33	26:06	42:44	45:56	49:22	49:46						
				3:35	3:31	8:30	6:57	3:33	16:38	3:12	3:26	0:24						
2	379	Rance, John GVOC	1:53:57	4:39	8:34	20:46	28:05	1:08:23	1:39:39	1:47:14	1:53:17	1:53:57						
				4:39	3:55	12:12	7:19	40:18	31:16	7:35	6:03	0:40						
M75-79 (2)				3.8 km 70 m 7 C														
				1(139)	2(116)	3(144)	4(123)	5(143)	6(114)	7(100)	F							
	409	Viddal, Einar EOOC	mp	-----	12:33	20:13	28:00	45:43	50:10	54:58	55:31							
					12:33	7:40	7:47	17:43	4:27	4:48	0:33							
	406	Donald, Scott KOC	dnf	13:21	1:09:14	1:20:58	1:40:44	-----	-----	-----	2:01:43							
				13:21	55:53	11:44	19:46	-----	-----	-----	20:59							
M80-84 (1)				2.3 km 50 m 7 C														
				1(119)	2(115)	3(116)	4(124)	5(125)	6(111)	7(100)	F							
1	80	Kerr, Alex GVOC	44:13	1:47	11:18	19:44	25:21	33:30	37:55	43:39	44:13							
				1:47	9:31	8:26	5:37	8:09	4:25	5:44	0:34							

Pl	Stno	Name	Time														
W12 (1)				3.6 km 10 m 12 C													
				1(101)	2(102)	3(103)	4(104)	5(105)	6(113)	7(127)	8(136)	9(108)	10(114)	11(134)	12(100)	F	
1	437	Quilley, Julia EOOC	43:24	1:55	5:01	7:09	10:27	13:33	18:25	23:27	28:44	32:12	35:41	39:32	43:00	43:24	
				1:55	3:06	2:08	3:18	3:06	4:52	5:02	5:17	3:28	3:29	3:51	3:28	0:24	
W13-14 (1)				3.2 km 60 m 13 C													
				1(112)	2(131)	3(135)	4(110)	5(115)	6(116)	7(124)	8(106)	9(125)	10(108)	11(114)	12(134)	13(100)	F
1	372	Charles, Adeline FWOC	1:20:43	2:06	8:18	10:16	25:30	29:48	54:47	59:23	1:07:52	1:12:14	1:13:44	1:16:05	1:18:21	1:20:18	1:20:43
				2:06	6:12	1:58	15:14	4:18	24:59	4:36	8:29	4:22	1:30	2:21	2:16	1:57	0:25
W15-16 (2)				4.1 km 70 m 12 C													
				1(110)	2(137)	3(132)	4(123)	5(120)	6(124)	7(112)	8(125)	9(114)	10(140)	11(129)	12(100)	F	
1	414	Cash, Savannah YOA	57:57	9:07	18:09	21:27	24:16	32:50	35:22	44:05	47:46	50:59	53:34	54:52	57:32	57:57	
				9:07	9:02	3:18	2:49	8:34	2:32	8:43	3:41	3:13	2:35	1:18	2:40	0:25	
2	95	Hildes, Micah YOA	1:51:51	12:21	29:42	33:43	36:35	48:50	1:22:17	1:30:30	1:36:10	1:39:43	1:43:14	1:44:39	1:51:33	1:51:51	
				12:21	17:21	4:01	2:52	12:15	33:27	8:13	5:40	3:33	3:31	1:25	6:54	0:18	
W21-34 (6)				8.4 km 130 m 16 C													
				1(135)	2(138)	3(121)	4(122)	5(107)	6(109)	7(123)	8(124)	9(143)	10(142)	11(126)	12(128)	13(140)	14(129)
				15(130)	16(100)	F											
1	447	Hoofd, Catherine GVOC	1:23:44	4:44	16:27	28:47	30:48	35:39	40:25	47:51	55:13	1:01:42	1:05:38	1:06:34	1:11:29	1:19:06	1:20:01
				4:44	11:43	12:20	2:01	4:51	4:46	7:26	7:22	6:29	3:56	0:56	4:55	7:37	0:55
				1:21:35	1:23:19	1:23:44											
				1:34	1:44	0:25											
2	90	Owen, Tori FWOC	1:29:57	5:48	14:08	26:47	28:12	33:13	37:49	43:44	50:09	56:30	1:01:20	1:02:15	1:15:55	1:24:18	1:25:55
				5:48	8:20	12:39	1:25	5:01	4:36	5:55	6:25	6:21	4:50	0:55	13:40	8:23	1:37
				1:27:25	1:29:38	1:29:57											
				1:30	2:13	0:19											
3	63	Scheck, Justine FWOC	1:32:32	3:49	12:57	26:47	28:30	34:33	41:32	48:56	56:47	1:04:45	1:09:10	1:10:13	1:15:26	1:25:55	1:27:08
				3:49	9:08	13:50	1:43	6:03	6:59	7:24	7:51	1:04:45	1:09:10	1:10:13	1:15:26	1:25:55	1:27:08
				1:30:05	1:32:10	1:32:32											
				2:57	2:05	0:22											
4	68	MacKeigan, Jennife YOA	1:35:02	7:06	17:18	31:49	33:51	38:04	42:53	50:56	58:47	1:06:23	1:12:12	1:13:13	1:19:32	1:28:51	1:30:01
				7:06	10:12	14:31	2:02	4:13	4:49	8:03	7:51	7:36	5:49	1:01	6:19	9:19	1:10
				1:31:59	1:34:41	1:35:02											
				1:58	2:42	0:21											
5	374	Isachsen, Marit Asker SK	1:36:38	3:13	11:16	23:39	26:02	36:14	41:57	49:27	59:13	1:11:56	1:16:23	1:17:25	1:21:52	1:30:32	1:31:44
				3:13	8:03	12:23	2:23	10:12	5:43	7:30	9:46	12:43	4:27	1:02	4:27	8:40	1:12
				1:33:35	1:36:15	1:36:38											
				1:51	2:40	0:23											
6	366	Guillermic, Reine-M CdB	1:33:35	7:53	35:59	1:04:12	1:08:06	1:41:59	1:51:56	2:09:58	2:23:04	2:39:41	2:47:50	2:49:51	3:06:51	3:23:01	3:25:50
				7:53	28:06	28:13	3:54	33:53	9:57	18:02	13:06	16:37	8:09	2:01	17:00	16:10	2:49
				3:29:18	3:33:05	3:33:35											
				3:28	3:47	0:30											
W35-44 (3)				5.7 km 90 m 9 C													
				1(115)	2(132)	3(109)	4(107)	5(138)	6(106)	7(143)	8(114)	9(100)	F				
1	100	McNeil, Philippa YOA	59:58	7:50	14:02	20:11	24:14	35:55	49:10	52:13	56:01	59:28	59:58				
				7:50	6:12	6:09	4:03	11:41	13:15	3:03	3:48	3:27	0:30				
2	411	Balakova, Andrea GVOC	1:05:55	6:18	13:41	19:03	23:39	37:15	55:22	58:41	1:02:07	1:05:25	1:05:55				
				6:18	7:23	5:22	4:36	13:36	18:07	3:19	3:26	3:18	0:30				
3	370	Charles, Eileen FWOC	1:21:08	8:51	23:07	30:51	36:13	54:25	1:08:18	1:12:38	1:16:03	1:20:43	1:21:08				
				8:51	14:16	7:44	5:22	18:12	13:53	4:20	3:25	4:40	0:25				
W45-54 (6)				4.2 km 90 m 8 C													
				1(131)	2(124)	3(141)	4(137)	5(132)	6(143)	7(114)	8(100)	F					
1	369	Rowlands, Jane FWOC	47:44	4:51	8:00	14:41	20:10	23:37	39:40	43:49	47:08	47:44					
				4:51	3:09	6:41	5:29	3:27	16:03	4:09	3:19	0:36					
2	389	Winn, Teresa FWOC	54:25	6:01	9:52	20:34	27:50	31:25	46:56	50:37	54:01	54:25					
				6:01	3:51	10:42	7:16	3:35	15:31	3:41	3:24	0:24					
3	386	Melnik, Lara YOA	1:08:22	7:45	12:16	22:56	30:17	40:22	59:47	1:03:58	1:08:00	1:08:22					
				7:45	4:31	10:40	7:21	10:05	19:25	4:11	4:02	0:22					
4	418	Hendrigan, Holly GVOC	1:23:56	7:33	15:44	29:28	51:20	55:35	1:14:34	1:19:22	1:23:26	1:23:56					
				7:33	8:11	13:44	21:52	4:15	18:59	4:48	4:04	0:30					
				382	MacKeigan, Linda YOA	mp	7:51	15:02	29:18	37:58	-----	1:56:21	2:02:34	2:07:45	2:08:13		
				7:51	7:11	14:16	8:40	-----	1:18:23	6:13	5:11	0:28					
				396	Savard, Gabrielle FWOC	mp	4:02	7:13	17:06	-----	21:57	36:37	39:56	42:36	42:59		
				4:02	3:11	9:53	-----	4:51	14:40	3:19	2:40	0:23					
W55-64 (15)				3.8 km 70 m 7 C													
				1(139)	2(116)	3(144)	4(123)	5(143)	6(114)	7(100)	F						
1	402	Scheck, Barbara YOA	42:19	2:44	11:06	15:03	20:04	33:57	37:40	41:52	42:19						
				2:44	8:22	3:57	5:01	13:53	3:43	4:12	0:27						
2	81	Owen, Marion FWOC	43:03	1:33	10:10	15:45	23:41	35:55	39:28	42:38	43:03						
				1:33	8:37	5:35	7:56	12:14	3:33	3:10	0:25						
3	421	Rennie, Robyn GVOC	45:22	1:23	10:19	16:45	21:56	34:58	41:06	44:53	45:22						
				1:23	8:56	6:26	5:11	13:02	6:08	3:47	0:29						
4	433	McKenna, Karen YOA	47:33	1:10	11:22	18:24	24:01	37:27	42:01	47:05	47:33						
				1:10	10:12	7:02	5:37	13:26	4:34	5:04	0:28						
5	85	Woods, Joanne GVOC	47:40	1:26	10:02	17:02	23:41	38:04	41:05	47:17	47:40						
				1:26	8:36	7:00	6:39	14:23	3:01	6:12	0:23						

Pl	Stno	Name	Time														
W55-64 (15)				3.8 km 70 m 7 C													
				<i>(cont.)</i>													
				1(139)	2(116)	3(144)	4(123)	5(143)	6(114)	7(100)	F						
6	93	Pearson, Angela	49:15	1:29	15:58	20:49	28:18	41:04	45:08	48:45	49:15						
				1:29	14:29	4:51	7:29	12:46	4:04	3:37	0:30						
7	390	Anderson, Hilary	1:01:20	1:30	10:26	15:23	23:29	51:37	56:03	1:00:47	1:01:20						
				1:30	8:56	4:57	8:06	28:08	4:26	4:44	0:33						
8	69	Jansson, Ann	1:01:41	1:26	13:35	21:44	29:47	49:41	55:46	1:01:03	1:01:41						
				1:26	12:09	8:09	8:03	19:54	6:05	5:17	0:38						
9	67	van Hees, Violet	1:05:14	1:50	14:23	21:17	29:34	51:49	59:26	1:04:36	1:05:14						
				1:50	12:33	6:54	8:17	22:15	7:37	5:10	0:38						
10	404	Pangman, Jill	1:09:53	2:26	16:27	22:14	32:38	56:51	1:04:21	1:09:24	1:09:53						
				2:26	14:01	5:47	10:24	24:13	7:30	5:03	0:29						
11	490	Boyd-Larsson, Chri	1:19:17	4:13	23:48	30:41	41:36	1:08:04	1:13:56	1:18:44	1:19:17						
				4:13	19:35	6:53	10:55	26:28	5:52	4:48	0:33						
12	417	Cowling, Anne	1:23:14	2:33	16:07	24:05	37:59	1:10:35	1:18:09	1:22:41	1:23:14						
				2:33	13:34	7:58	13:54	32:36	7:34	4:32	0:33						
13	394	Hogg, Mary-Lou	1:36:22	1:42	47:06	53:52	1:03:02	1:24:49	1:30:22	1:35:46	1:36:22						
				1:42	45:24	6:46	9:10	21:47	5:33	5:24	0:36						
14	368	Kasperski, Kim	1:39:44	2:44	18:18	24:21	32:29	1:29:08	1:34:02	1:39:05	1:39:44						
				2:44	15:34	6:03	8:08	56:39	4:54	5:03	0:39						
15	408	Maddison, Sidney	2:25:39	3:48	32:09	54:49	1:06:15	1:37:52	1:48:02	2:24:55	2:25:39						
				3:48	28:21	22:40	11:26	31:37	10:10	36:53	0:44						
W65-74 (2)				3.8 km 70 m 7 C													
				1(139)	2(116)	3(144)	4(123)	5(143)	6(114)	7(100)	F						
1	380	Lachance, Karen	1:14:13	2:33	15:38	25:07	34:57	1:00:07	1:06:23	1:13:29	1:14:13						
				2:33	13:05	9:29	9:50	25:10	6:16	7:06	0:44						
2	398	Behie, Alda	1:36:59	4:43	25:02	38:49	56:48	1:19:29	1:30:31	1:36:22	1:36:59						
				4:43	20:19	13:47	17:59	22:41	11:02	5:51	0:37						
W75-79 (1)				2.3 km 50 m 7 C													
				1(119)	2(115)	3(116)	4(124)	5(125)	6(111)	7(100)	F						
1	405	Donald, Shirley	1:04:23	7:06	19:51	23:29	29:56	52:42	58:14	1:03:47	1:04:23						
				7:06	12:45	3:38	6:27	22:46	5:32	5:33	0:36						
W80-84 (1)				2.3 km 50 m 7 C													
				1(119)	2(115)	3(116)	4(124)	5(125)	6(111)	7(100)	F						
1	82	Leduc, Nesta	1:33:25	3:03	15:21	19:07	39:22	52:29	1:26:24	1:32:39	1:33:25						
				3:03	12:18	3:46	20:15	13:07	33:55	6:15	0:46						
Open M1 (1)				3.6 km 10 m 12 C													
				1(101)	2(102)	3(103)	4(104)	5(105)	6(113)	7(127)	8(136)	9(108)	10(114)	11(134)	12(100)	F	
1	384	Pearson, Phineas	59:52	3:29	8:55	12:41	17:34	22:41	29:15	35:54	42:51	47:02	51:11	55:36	59:21	59:52	
				3:29	5:26	3:46	4:53	5:07	6:34	6:39	6:57	4:11	4:09	4:25	3:45	0:31	
Open M2 (1)				3.2 km 60 m 13 C													
				1(112)	2(131)	3(135)	4(110)	5(115)	6(116)	7(124)	8(106)	9(125)	10(108)	11(114)	12(134)	13(100)	F
367		Limpalaa, Eric	mp	10:23	16:06	24:26	33:16	47:37	54:51	----	1:31:51	1:35:26	1:38:53	1:42:21	1:46:08	1:49:25	1:50:30
				10:23	5:43	8:20	8:50	14:21	7:14		37:00	3:35	3:27	3:28	3:47	3:17	1:05
Open M3 (1)				4.1 km 70 m 12 C													
				1(110)	2(137)	3(132)	4(123)	5(120)	6(124)	7(112)	8(125)	9(114)	10(140)	11(129)	12(100)	F	
1	453	Frenette, Kevin	1:36:52	4:49	15:45	20:42	29:10	40:00	1:01:29	1:15:07	1:18:54	1:23:35	1:29:40	1:31:43	1:36:31	1:36:52	
				4:49	10:56	4:57	8:28	10:50	21:29	13:38	3:47	4:41	6:05	2:03	4:48	0:21	
Open M5 (2)				3.8 km 70 m 7 C													
				1(139)	2(116)	3(144)	4(123)	5(143)	6(114)	7(100)	F						
1	403	McLean, Bruce	1:01:02	1:38	18:50	24:46	31:46	52:21	56:48	1:00:27	1:01:02						
				1:38	17:12	5:56	7:00	20:35	4:27	3:39	0:35						
2	413	Brooks, Craig	1:12:19	2:19	17:24	25:12	36:11	59:05	1:05:40	1:11:33	1:12:19						
				2:19	15:05	7:48	10:59	22:54	6:35	5:53	0:46						
Open M7 (2)				6.6 km 75 m 12 C													
				1(120)	2(123)	3(109)	4(107)	5(146)	6(143)	7(145)	8(130)	9(129)	10(140)	11(111)	12(100)	F	
1	452	Svenson, Dan	1:35:39	8:21	17:10	27:25	34:45	49:39	1:13:36	1:16:53	1:23:23	1:25:58	1:27:29	1:32:53	1:35:10	1:35:39	
				8:21	8:49	10:15	7:20	14:54	23:57	3:17	6:30	2:35	1:31	5:24	2:17	0:29	
2	381	Ferrand, Gilles	1:51:28	13:36	20:37	32:52	41:39	1:03:11	1:28:56	1:31:12	1:38:00	1:40:01	1:42:10	1:48:08	1:50:57	1:51:28	
				13:36	7:01	12:15	8:47	21:32	25:45	2:16	6:48	2:01	2:09	5:58	2:49	0:31	
Open W1 (1)				3.6 km 10 m 12 C													
				1(101)	2(102)	3(103)	4(104)	5(105)	6(113)	7(127)	8(136)	9(108)	10(114)	11(134)	12(100)	F	
1	373	Charles, Viviane	34:15	1:58	6:47	8:21	10:27	12:17	15:03	18:43	23:53	26:45	29:08	32:00	33:54	34:15	
				1:58	4:49	1:34	2:06	1:50	2:46	3:40	5:10	2:52	2:23	2:52	1:54	0:21	

Pl	Stno	Name	Time														
Open W2 (1)				3.2 km 60 m 13 C													
				1(112)	2(131)	3(135)	4(110)	5(115)	6(116)	7(124)	8(106)	9(125)	10(108)	11(114)	12(134)	13(100)	F
	470	Cohen, Adrienne YOA	dnf	5:09	48:32	1:14:20	1:36:18	1:50:17	2:02:45	-----	-----	-----	-----	-----	-----	2:47:21	
				5:09	43:23	25:48	21:58	13:59	12:28							44:36	
Open W3 (3)				4.1 km 70 m 12 C													
				1(110)	2(137)	3(132)	4(123)	5(120)	6(124)	7(112)	8(125)	9(114)	10(140)	11(129)	12(100)	F	
1	478	Parker, Ella YOA	1:53:44	4:58	13:29	17:30	23:16	32:46	37:49	46:12	1:38:05	1:41:35	1:46:37	1:49:50	1:53:07	1:53:44	
				4:58	8:31	4:01	5:46	9:30	5:03	8:23	51:53	3:30	5:02	3:13	3:17	0:37	
	378	Kiemele, Deb YOA	dnf	4:58	16:19	21:51	29:27	47:40	1:12:41	1:20:55	1:25:07	1:31:21	-----	-----	-----	1:54:47	
				4:58	11:21	5:32	7:36	18:13	25:01	8:14	4:12	6:14				23:26	
	443	Beckett, Rowena YOA	dnf	4:52	21:45	1:40:38	1:47:09	2:07:15	2:17:28	-----	-----	-----	-----	-----	-----		
				4:52	16:53	1:18:53	6:31	20:06	10:13								
Open W5 (1)				3.8 km 70 m 7 C													
				1(139)	2(116)	3(144)	4(123)	5(143)	6(114)	7(100)						F	
1	401	Nixon, Wendy YOA	1:00:26	2:01	12:09	22:21	31:34	50:26	55:22	59:54	1:00:26						
				2:01	10:08	10:12	9:13	18:52	4:56	4:32	0:32						
Open W6 (2)				4.2 km 90 m 8 C													
				1(131)	2(124)	3(141)	4(137)	5(132)	6(143)	7(114)	8(100)					F	
1	92	Collings, Laura GVOOC	1:11:04	-----	4:24	16:11	24:47	33:28	1:03:16	1:07:25	1:10:39	1:11:04					
					4:24	11:47	8:36	8:41	29:48	4:09	3:14	0:25					
2	454	Penner, Dorothy EOOC	1:23:44	8:01	14:05	28:44	40:32	47:09	1:12:38	1:18:49	1:23:19	1:23:44					
				8:01	6:04	14:39	11:48	6:37	25:29	6:11	4:30	0:25					
Open W7 (2)				6.6 km 75 m 12 C													
				1(120)	2(123)	3(109)	4(107)	5(146)	6(143)	7(145)	8(130)	9(129)	10(140)	11(111)	12(100)	F	
1	451	Svenson, Christa EOOC	1:50:52	9:36	16:16	26:54	35:04	55:22	1:21:36	1:29:17	1:37:45	1:40:19	1:41:57	1:48:09	1:50:26	1:50:52	
				9:36	6:40	10:38	8:10	20:18	26:14	7:41	8:28	2:34	1:38	6:12	2:17	0:26	
2	425	Caulfield, Rachel GVOOC	1:55:52	10:07	19:46	37:51	49:26	1:06:54	1:29:06	1:32:44	1:41:03	1:43:38	1:45:16	1:52:07	1:55:29	1:55:52	
				10:07	9:39	18:05	11:35	17:28	22:12	3:38	8:19	2:35	1:38	6:51	3:22	0:23	
Group 1 (1)				3.6 km 10 m 12 C													
				1(101)	2(102)	3(103)	4(104)	5(105)	6(113)	7(127)	8(136)	9(108)	10(114)	11(134)	12(100)	F	
1	377	Rowlandson, Karen Ottawa OC	1:22:05	13:32	18:59	23:05	27:55	32:35	39:51	46:46	55:52	1:01:03	1:06:09	1:11:59	1:21:06	1:22:05	
				13:32	5:27	4:06	4:50	4:40	7:16	6:55	9:06	5:11	5:06	5:50	9:07	0:59	
Group 2 (3)				3.2 km 60 m 13 C													
				1(112)	2(131)	3(135)	4(110)	5(115)	6(116)	7(124)	8(106)	9(125)	10(108)	11(114)	12(134)	13(100)	F
1	469	Czerny/Beck, Owen YOA	1:54:15	10:52	19:59	25:41	38:02	49:42	59:35	1:10:35	1:36:44	1:41:23	1:43:38	1:47:12	1:50:37	1:53:49	1:54:15
				10:52	9:07	5:42	12:21	11:40	9:53	11:00	26:09	4:39	2:15	3:34	3:25	3:12	0:26
2	468	Czerny, PeterRebec YOA	1:00:41	6:01	14:22	20:07	32:00	43:49	53:58	1:05:24	1:31:42	1:39:17	1:44:09	1:50:00	1:56:01	2:00:17	2:00:41
				6:01	8:21	5:45	11:53	11:49	10:09	11:26	26:18	7:35	4:52	5:51	6:01	4:16	0:24
	448	Purvis, Elissa YOA	dnf	3:26	29:40	-----	-----	-----	-----	-----	1:15:21	1:18:23	1:20:37	1:23:37	1:26:10	1:28:29	1:29:03
				3:26	26:14						45:41	3:02	2:14	3:00	2:33	2:19	0:34
					43:51	55:09	57:28										
					*120	*101	*139										
Group 3 (4)				4.1 km 70 m 12 C													
				1(110)	2(137)	3(132)	4(123)	5(120)	6(124)	7(112)	8(125)	9(114)	10(140)	11(129)	12(100)	F	
1	436	Quilley, Benjamin EOOC	1:16:48	7:53	22:04	30:55	39:29	52:15	1:25:10	1:40:15	1:48:46	1:56:51	2:06:24	2:11:13	2:16:27	2:16:48	
				7:53	14:11	8:51	8:34	12:46	32:55	15:05	8:31	8:05	9:33	4:49	5:14	0:21	
2	435	Quilley, Suzanne EOOC	1:16:57	7:51	22:00	30:49	39:25	52:19	1:25:21	1:40:13	1:48:49	1:56:52	2:06:30	2:11:26	2:16:31	2:16:57	
				7:51	14:09	8:49	8:36	12:54	33:02	14:52	8:36	8:03	9:38	4:56	5:05	0:26	
	431	Hitch, Doug YOA	dnf	9:56	31:53	1:54:52	2:02:55	2:20:18	2:29:00	2:48:47	2:59:51	-----	-----	-----	-----		
				9:56	21:57	1:22:59	8:03	17:23	8:42	19:47	11:04						
				1:37:38													
					*123												
	432	Chapelle, Marlene YOA	dnf	10:07	32:40	1:54:54	2:03:11	2:20:24	2:29:19	2:48:41	2:59:52	-----	-----	-----	-----		
				10:07	22:33	1:22:14	8:17	17:13	8:55	19:22	11:11						
				1:37:30	2:42:30	2:51:18											
					*123	*103	*117										
M85+ (1)				2.3 km 50 m 7 C													
				1(119)	2(115)	3(116)	4(124)	5(125)	6(111)	7(100)						F	
1	395	Scott, Don EOOC	1:25:10	4:15	21:32	30:41	42:53	1:06:56	1:17:34	1:23:55	1:25:10						
				4:15	17:17	9:09	12:12	24:03	10:38	6:21	1:15						