

Pl	Stno	Name	Time																				
<b>M12 (9)</b>			<b>2.8 km 65 m 12 C</b>																				
			1(44)	2(60)	3(61)	4(62)	5(63)	6(64)	7(65)	8(92)	9(67)	10(93)	11(85)	12(59)	F								
1	159	Mlynczyk, Teodor Ukr OC	19:26	1:36	3:01	5:13	6:10	8:06	9:45	11:02	13:14	14:01	16:29	16:55	19:04	19:26							
				1:36	1:25	2:12	0:57	1:56	1:39	1:17	2:12	0:47	2:28	0:26	2:09	0:22							
2	226	Martino, Tyson FWOC	19:59	1:54	3:31	6:03	7:07	9:15	11:07	12:14	14:30	15:23	17:32	18:00	19:35	19:59							
				1:54	1:37	2:32	1:04	2:08	1:52	1:07	2:16	0:53	2:09	0:28	1:35	0:24							
3	158	Mlynczyk, Anton Ukr OC	20:11	1:39	3:25	5:56	7:01	9:02	10:52	12:11	14:34	15:26	17:32	17:57	19:47	20:11							
				1:39	1:46	2:31	1:05	2:01	1:50	1:19	2:23	0:52	2:06	0:25	1:50	0:24							
4	239	Sherwood, Isaac FWOC	21:32	2:02	3:54	6:38	7:38	9:46	11:29	12:46	15:33	16:27	18:58	19:23	21:07	21:32							
				2:02	1:52	2:44	1:00	2:08	1:43	1:17	2:47	0:54	2:31	0:25	1:44	0:25							
5	265	Heron, Andrew ONB-Fundy	21:51	1:40	3:17	5:59	6:59	9:31	11:40	13:08	15:46	16:38	19:26	19:48	21:25	21:51							
				1:40	1:37	2:42	1:00	2:32	2:09	1:28	2:38	0:52	2:48	0:22	1:37	0:26							
6	278	Aksland, Jonas FWOC	22:16	3:22	5:17	8:45	9:43	12:09	13:40	14:47	17:11	17:53	19:56	20:21	21:50	22:16							
				3:22	1:55	3:28	0:58	2:26	1:31	1:07	2:24	0:42	2:03	0:25	1:29	0:26							
7	116	Svoboda, David FWOC	22:20	2:19	4:00	7:07	8:07	10:11	12:03	13:21	15:35	16:36	19:11	19:40	21:54	22:20							
				2:19	1:41	3:07	1:00	2:04	1:52	1:18	2:14	1:01	2:35	0:29	2:14	0:26							
8	225	Martino, Kyle FWOC	23:31	2:06	4:11	8:34	9:35	11:44	13:27	14:41	17:30	18:25	20:51	21:22	23:06	23:31							
				2:06	2:05	4:23	1:01	2:09	1:43	1:14	2:49	0:55	2:26	0:31	1:44	0:25							
9	115	Svoboda, Michael FWOC	23:41	1:55	3:26	6:11	7:22	9:51	11:55	13:33	16:40	17:43	20:22	20:47	23:14	23:41							
				1:55	1:31	2:45	1:11	2:29	2:04	1:38	3:07	1:03	2:39	0:25	2:27	0:27							
<b>M13-14 (4)</b>			<b>3.4 km 87 m 12 C</b>																				
			1(70)	2(60)	3(81)	4(62)	5(71)	6(87)	7(72)	8(73)	9(65)	10(88)	11(69)	12(59)	F								
1	140	McLean, Caelan YOA	21:49	2:26	3:02	5:46	6:44	10:20	11:32	12:35	13:30	15:21	18:09	20:18	21:27	21:49							
				2:26	0:36	2:44	0:58	3:36	1:12	1:03	0:55	1:51	2:48	2:09	1:09	0:22							
2	103	Blake, Leif YOA	29:08	2:42	3:29	8:34	9:46	14:24	16:57	18:38	19:39	21:44	24:52	27:00	28:42	29:08							
				2:42	0:47	5:05	1:12	4:38	2:33	1:41	1:01	2:05	3:08	2:08	1:42	0:26							
3	313	Rascher, Terrence GVOC	35:09	4:24	5:19	8:48	10:18	15:30	17:31	19:24	20:49	23:22	27:19	32:23	34:42	35:09							
				4:24	0:55	3:29	1:30	5:12	2:01	1:53	1:25	2:33	3:57	5:04	2:19	0:27							
	273	Sagar, Elias YOA	mp	-----	4:36	7:28	8:36	17:32	18:55	21:06	22:30	24:53	28:32	32:39	34:12	34:38							
					4:36	2:52	1:08	8:56	1:23	2:11	1:24	2:23	3:39	4:07	1:33	0:26							
<b>M15-16 (3)</b>			<b>4.3 km 165 m 11 C</b>																				
			1(60)	2(75)	3(74)	4(78)	5(39)	6(38)	7(82)	8(33)	9(57)	10(58)	11(59)	F									
1	346	McMillan, Roan GVOC	1:00:47	3:15	5:00	8:32	25:30	33:59	37:08	48:24	50:35	55:04	59:40	1:00:26	1:00:47								
				3:15	1:45	3:32	16:58	8:29	3:09	11:16	2:11	4:29	4:36	0:46	0:21								
2	164	Kemp, Ian Ottawa OC	1:12:02	3:37	7:01	12:17	22:52	33:28	39:24	55:44	57:45	1:00:25	1:10:24	1:11:35	1:12:02								
				3:37	3:24	5:16	10:35	10:36	5:56	16:20	2:01	2:40	9:59	1:11	0:27								
	219	Nelson, Reid CdeB	mp	3:23	5:20	8:22	12:24	24:58	31:05	44:37	46:48	53:20	-----	1:11:48	1:12:14	1:09:02							
				3:23	1:57	3:02	4:02	12:34	6:07	13:32	2:11	6:32		18:28	0:26	*80							
<b>M17-20 (6)</b>			<b>8.2 km 245 m 19 C</b>																				
			1(33)	2(34)	3(84)	4(37)	5(79)	6(94)	7(47)	8(48)	9(49)	10(50)	11(51)	12(52)	13(54)	14(55)	15(56)	16(90)	17(57)	18(58)	19(59)	F	
1	169	Hawkings, Lee YOA	1:06:21	4:37	7:37	10:30	12:04	19:45	25:58	26:27	35:44	39:39	40:36	46:47	47:56	51:16	53:56	56:45	59:40	1:01:54	1:05:15	1:06:01	1:06:21
				4:37	3:00	2:53	1:34	7:41	6:13	0:29	9:17	3:55	0:57	6:11	1:09	3:20	2:40	2:49	2:55	2:14	3:21	0:46	0:20
2	233	Rennie, Graeme GVOC	1:06:28	4:44	8:56	11:10	12:40	24:09	29:52	30:16	40:20	42:52	43:38	49:24	50:24	53:47	56:02	57:37	1:00:20	1:02:31	1:05:30	1:06:12	1:06:28
				4:44	4:12	2:14	1:30	11:29	5:43	0:24	10:04	2:32	0:46	5:46	1:00	3:23	2:15	1:35	2:43	2:11	2:59	0:42	0:16
3	172	Ereaux, Graham ONB Falcon	1:12:08	5:21	8:12	10:49	12:49	22:04	30:41	31:12	42:39	45:13	45:59	51:44	52:52	55:56	58:27	1:02:07	1:05:36	1:07:58	1:11:00	1:11:48	1:12:08
				5:21	2:51	2:37	2:00	9:15	8:37	0:31	11:27	2:34	0:46	5:45	1:08	3:04	2:31	3:40	3:29	2:22	3:02	0:48	0:20
4	142	Bray, Trevor YOA	1:21:22	12:12	16:00	21:13	23:15	31:28	41:25	41:49	51:46	54:14	55:28	1:01:16	1:02:19	1:05:43	1:08:38	1:11:24	1:14:30	1:16:56	1:20:21	1:21:04	1:21:22
				12:12	3:48	5:13	2:02	8:13	9:57	0:24	9:57	2:28	1:14	5:48	1:03	3:24	2:55	2:46	3:06	2:26	3:25	0:43	0:18
5	266	Woods, Adam GVOC	1:27:40	6:38	9:29	14:47	16:25	25:08	32:44	33:16	44:45	47:19	48:10	1:07:03	1:08:09	1:11:52	1:14:36	1:16:27	1:19:41	1:22:59	1:26:15	1:27:21	1:27:40
				6:38	2:51	5:18	1:38	8:43	7:36	0:32	11:29	2:34	0:51	18:53	1:06	3:43	2:44	1:51	3:14	3:18	3:16	1:06	0:19
6	292	Teutsch, Alex Ottawa OC	1:38:40	9:32	12:43	16:15	18:16	30:11	42:07	42:48	57:48	1:01:00	1:02:14	1:12:29	1:13:51	1:18:40	1:21:49	1:24:33	1:28:14	1:32:39	1:37:29	1:38:21	1:38:40
				9:32	3:11	3:32	2:01	11:55	11:56	0:41	15:00	3:12	1:14	10:15	1:22	4:49	3:09	2:44	3:41	4:25	4:50	0:52	0:19

Pl	Stno	Name	Time																					
<b>M21-34 (23)</b>				<b>11.8 km</b>	<b>335 m</b>	<b>30 C</b>																		
				1(31)	2(33)	3(34)	4(35)	5(36)	6(37)	7(38)	8(39)	9(40)	10(41)	11(42)	12(43)	13(91)	14(45)	15(46)	16(94)	17(47)	18(48)	19(49)	20(50)	21(51)
				22(52)	23(53)	24(54)	25(55)	26(56)	27(90)	28(57)	29(80)	30(59)	F											
1	134	Johansson, Magnus GVOC	1:29:47	2:06	4:37	7:49	9:45	11:03	13:11	16:52	18:56	22:57	24:16	25:32	27:22	38:22	39:50	49:12	53:29	53:55	1:03:00	1:05:22	1:06:08	1:11:36
				2:06	2:31	3:12	1:56	1:18	2:08	3:41	2:04	4:01	1:19	1:16	1:50	11:00	1:28	9:22	4:17	0:26	9:05	2:22	0:46	5:28
				1:12:34	1:15:18	1:16:39	1:18:53	1:20:25	1:22:53	1:24:44	1:27:20	1:29:25	1:29:47											
				0:58	2:44	1:21	2:14	1:32	2:28	1:51	2:36	2:05	0:22											
2	258	Anderson, Robbie Ottawa OC	1:30:33	2:00	5:01	7:24	9:19	10:21	12:24	15:48	17:43	25:45	27:03	28:37	30:03	41:00	42:11	50:45	54:13	54:35	1:03:53	1:06:04	1:06:48	1:12:17
				2:00	3:01	2:23	1:55	1:02	2:03	3:24	1:55	8:02	1:18	1:34	1:26	10:57	1:11	8:34	3:28	0:22	9:18	2:11	0:44	5:29
				1:13:16	1:16:20	1:17:36	1:19:46	1:21:22	1:24:09	1:26:20	1:28:26	1:30:11	1:30:33											
				0:59	3:04	1:16	2:10	1:36	2:47	2:11	2:06	1:45	0:22											
3	352	Smith, Mike ONB Falcon	1:30:47	1:59	4:47	8:23	10:49	11:57	14:16	17:59	19:48	23:58	25:13	26:38	28:23	38:56	40:26	47:30	51:11	51:39	1:02:00	1:04:28	1:05:15	1:11:05
				1:59	2:48	3:36	2:26	1:08	2:19	3:43	1:49	4:10	1:15	1:25	1:45	10:33	1:30	7:04	3:41	0:28	10:21	2:28	0:47	5:50
				1:12:05	1:14:44	1:16:01	1:18:24	1:19:53	1:23:25	1:26:13	1:28:30	1:30:25	1:30:47											
				1:00	2:39	1:17	2:23	1:29	3:32	2:48	2:17	1:55	0:22											
4	106	Graupner, Steven CdeB	1:36:41	2:03	5:02	8:00	10:19	11:54	14:19	18:20	20:19	25:01	28:10	29:32	30:57	43:02	44:18	50:19	54:41	55:04	1:05:26	1:07:38	1:08:58	1:14:34
				2:03	2:59	2:58	2:19	1:35	2:25	4:01	1:59	4:42	3:09	1:22	1:25	12:05	1:16	6:01	4:22	0:23	10:22	2:12	1:20	5:36
				1:15:39	1:18:41	1:20:32	1:22:54	1:26:35	1:29:39	1:32:31	1:34:34	1:36:21	1:36:41											
				1:05	3:02	1:51	2:22	3:41	3:04	2:52	2:03	1:47	0:20											
5	325	Moholdt, Geir San Diego	1:37:28	1:59	4:39	7:32	9:45	10:45	12:57	16:43	18:32	22:39	23:57	29:03	31:24	41:35	42:48	50:53	54:58	55:24	1:06:35	1:09:16	1:10:14	1:16:01
				1:59	2:40	2:53	2:13	1:00	2:12	3:46	1:49	4:07	1:18	5:06	2:21	10:11	1:13	8:05	4:05	0:26	11:11	2:41	0:58	5:47
				1:17:04	1:20:22	1:21:40	1:24:36	1:26:38	1:29:37	1:32:20	1:34:50	1:37:01	1:37:28											
				1:03	3:18	1:18	2:56	2:02	2:59	2:43	2:30	2:11	0:27											
6	318	Critchley, Will EOOC	1:37:45	1:43	9:02	12:06	14:39	15:50	18:10	22:24	24:28	28:08	29:24	30:31	31:51	41:14	42:23	49:14	54:27	54:52	1:05:25	1:08:10	1:08:51	1:14:38
				1:43	7:19	3:04	2:33	1:11	2:20	4:14	2:04	3:40	1:16	1:07	1:20	9:23	1:09	6:51	5:13	0:25	10:33	2:45	0:41	5:47
				1:15:32	1:19:47	1:20:55	1:23:28	1:25:26	1:28:35	1:32:33	1:35:38	1:37:24	1:37:45											
				0:54	4:15	1:08	2:33	1:58	3:09	3:58	3:05	1:46	0:21											
7	153	Faruga Karliden, Christ Kvillebyns	1:39:04	3:03	5:30	8:25	10:41	12:02	14:24	18:28	20:36	25:15	26:56	28:48	30:26	43:10	45:41	54:04	59:34	59:59	1:09:40	1:12:02	1:13:01	1:19:06
				3:03	2:27	2:55	2:16	1:21	2:22	4:04	2:08	4:39	1:41	1:52	1:38	12:44	2:31	8:23	5:30	0:25	9:41	2:22	0:59	6:05
				1:20:09	1:23:27	1:24:46	1:27:31	1:29:19	1:32:10	1:34:19	1:36:49	1:38:42	1:39:04											
				1:03	3:18	1:19	2:45	1:48	2:51	2:09	2:30	1:53	0:22											
8	295	May, Brian Sage	1:41:11	2:14	4:56	7:55	9:56	11:34	13:58	18:03	22:17	27:02	28:34	29:55	31:19	42:38	43:59	56:49	1:01:11	1:01:38	1:11:20	1:14:10	1:15:16	1:20:41
				2:14	2:42	2:59	2:01	1:38	2:24	4:05	4:14	4:45	1:32	1:21	1:24	11:19	1:21	12:50	4:22	0:27	9:42	2:50	1:06	5:25
				1:21:44	1:24:54	1:26:08	1:28:32	1:30:31	1:34:16	1:36:38	1:38:48	1:40:44	1:41:11											
				1:03	3:10	1:14	2:24	1:59	3:45	2:22	2:10	1:56	0:27											
9	253	Konotopetz, Damian CdeB	1:41:33	2:03	6:27	8:52	11:06	12:45	14:48	21:48	24:15	29:02	32:04	33:36	34:58	47:05	48:20	54:38	58:48	59:13	1:09:42	1:11:43	1:12:48	1:18:44
				2:03	4:24	2:25	2:14	1:39	2:03	7:00	2:27	4:47	3:02	1:32	1:22	12:07	1:15	6:18	4:10	0:25	10:29	2:01	1:05	5:56
				1:19:58	1:22:55	1:24:30	1:27:02	1:29:52	1:33:01	1:36:25	1:38:42	1:41:03	1:41:33											
				1:14	2:57	1:35	2:32	2:50	3:09	3:24	2:17	2:21	0:30											
10	263	Torrance, Jon Ottawa OC	1:42:24	2:24	5:31	8:06	10:32	12:23	14:43	19:08	21:33	25:35	27:12	28:47	30:50	45:02	46:39	54:29	59:31	1:00:01	1:10:29	1:13:43	1:14:35	1:20:49
				2:24	3:07	2:35	2:26	1:51	2:20	4:25	2:25	4:02	1:37	1:35	2:03	14:12	1:37	7:50	5:02	0:30	10:28	3:14	0:52	6:14
				1:21:52	1:26:23	1:27:35	1:30:12	1:31:53	1:34:59	1:37:19	1:40:02	1:41:59	1:42:24											
				1:03	4:31	1:12	2:37	1:41	3:06	2:20	2:43	1:57	0:25											
11	161	Kemp, Eric Ottawa OC	1:46:12	2:52	6:54	9:26	11:33	13:36	16:52	21:06	23:16	30:24	31:50	33:04	34:33	47:26	48:52	57:59	1:02:37	1:03:29	1:13:43	1:16:40	1:17:20	1:23:23
				2:52	4:02	2:32	2:07	2:03	3:16	4:14	2:10	7:08	1:26	1:14	1:29	12:53	1:26	9:07	4:38	0:52	10:14	2:57	0:40	6:03
				1:24:36	1:28:00	1:30:03	1:33:14	1:35:57	1:38:42	1:41:00	1:43:23	1:45:48	1:46:12											
				1:13	3:24	2:03	3:11	2:43	2:45	2:18	2:23	2:25	0:24											
12	261	Walker, Greg CSU	1:47:07	2:52	5:47	8:35	10:42	11:49	14:17	18:32	20:57	26:13	27:33	29:49	31:32	44:57	46:27	54:55	1:01:13	1:01:47	1:12:27	1:15:36	1:16:28	1:23:18
				2:52	2:55	2:48	2:07	1:07	2:28	4:15	2:25	5:16	1:20	2:16	1:43	13:25	1:30	8:28	6:18	0:34	10:40	3:09	0:52	6:50
				1:24:35	1:28:46	1:30:46	1:33:52	1:35:54	1:39:26	1:41:53	1:44:25	1:46:40	1:47:07											
				1:17	4:11	2:00	3:06	2:02	3:32	2:27	2:32	2:15	0:27											
13	123	Oeschger, Severin O Kölliken	1:49:07	3:18	7:28	10:26	12:37	13:43	16:04	20:50	23:16	28:04	29:37	31:44	33:31	46:35	48:10	56:41	1:03:43	1:04:10	1:14:16	1:17:25	1:18:14	1:24:54
				3:18	4:10	2:58	2:11	1:06	2:21	4:46	2:26	4:48	1:33	2:07	1:47	13:04	1:35	8:31	7:02	0:27	10:06	3:09	0:49	6:40
				1:26:01	1:29:31	1:32:54	1:35:54	1:37:58	1:41:17	1:44:08	1:46:30	1:48:41	1:49:07											
				1:07	3:30	3:23	3:00	2:04	3:19	2:51	2:22	2:11	0:26											
14	288	Teutsch, Jeffrey Ottawa OC	1:49:14	3:29	9:40	12:15	14:58	16:20	18:47	22:57	25:40	30:21	33:18	34:54	37:04	48:18	50:06	57:01	1:01:29	1:01:56	1:14:24	1:16:36	1:17:27	1:24:52
				3:29	6:11	2:35	2:43	1:22	2:27	4:10	2:43	4:41	2:57	1:36	2:10	11:14	1:48	6:55	4:28	0:27	12:28	2:12	0:51	7:25
				1:25:54	1:30:09	1:31:32	1:34:05	1:35:54	1:38:41	1:44:42	1:46:50	1:48:51	1:49:14											
				1:02	4:15	1:23	2:33	1:49	2:47	6:01	2:08	2:01	0:23											
15	305	Moore, Ian ARCT	1:50:44	2:11	6:02	9:27	11:31	12:53	15:12	19:10	21:23	25:45	27:34	29:31	32:50	48:38	50:13	1:01:21	1:05:45	1:06:11	1:15:58	1:19:33	1:20:47	1:27:08
				2:11	3:51	3:25	2:04	1:22	2:19	3:58	2:13	4:22	1:49	1:57	3:19	15:48	1:35	11:08	4:24	0:26	9:47	3:35	1:14	6:21
				1:28:10	1:31:42	1:33:13	1:36:46	1:39:06	1:42:05	1:44:24	1:47:29													

Pl	Stno	Name	Time																					
<b>M21-34 (23)</b>			<b>11.8 km 335 m 30 C</b>			<i>(cont.)</i>																		
			1(31)	2(33)	3(34)	4(35)	5(36)	6(37)	7(38)	8(39)	9(40)	10(41)	11(42)	12(43)	13(91)	14(45)	15(46)	16(94)	17(47)	18(48)	19(49)	20(50)	21(51)	
			22(52)	23(53)	24(54)	25(55)	26(56)	27(90)	28(57)	29(80)	30(59)	F												
16	246	Janecek, Oldrich Hana O	2:02:08	2:21 2:21	5:40 3:19	9:17 3:37	11:26 2:09	12:43 1:17	15:39 2:56	19:55 4:16	22:26 2:31	28:41 6:15	30:02 1:21	31:33 1:31	34:56 3:23	59:21 24:25	1:01:17 1:56	1:07:36 6:19	1:11:57 4:21	1:12:28 0:31	1:26:52 14:24	1:30:54 4:02	1:31:51 0:57	1:38:58 7:07
17	170	Murray, Nansen YOA	2:16:18	2:28 2:28	5:18 2:50	8:14 2:56	10:34 2:20	13:15 2:41	19:58 6:43	25:06 5:08	28:47 3:41	39:28 10:41	44:28 5:00	54:32 10:04	56:17 1:45	1:09:37 13:20	1:11:09 1:32	1:20:24 9:15	1:24:51 4:27	1:25:22 0:31	1:36:40 11:18	1:39:13 2:33	1:42:23 3:10	1:50:22 7:59
18	154	Faruga Karlden, Marcu Kvillebyns	2:27:08	4:03 4:03	7:13 3:10	10:20 3:07	13:05 2:45	14:45 1:40	17:43 2:58	24:21 6:38	27:40 3:19	36:22 8:42	41:16 4:54	43:02 1:46	46:55 3:53	1:06:26 19:31	1:08:36 2:10	1:18:03 9:27	1:24:27 6:24	1:25:25 0:58	1:40:29 15:04	1:43:34 3:05	1:44:32 0:58	1:53:39 9:07
19	156	Graupner, Thomas CdeB	2:27:25	4:00 4:00	12:37 8:37	16:09 3:32	18:56 2:47	20:36 1:40	23:10 2:34	29:19 6:09	33:29 4:10	39:16 5:47	41:28 2:12	43:20 1:52	53:09 9:49	1:09:23 16:14	1:11:08 1:45	1:22:25 11:17	1:28:00 5:35	1:28:34 0:34	1:41:20 12:46	1:46:19 4:59	1:47:23 1:04	1:55:37 8:14
20	316	Nipen-Barrie, Troy GVOC	2:50:14	2:58 2:58	16:55 13:57	24:40 7:45	28:41 4:01	31:01 2:20	33:42 2:41	39:36 5:54	43:33 3:57	49:17 5:44	51:46 2:29	59:00 7:14	1:03:37 4:37	1:23:25 19:48	1:27:30 4:05	1:48:51 21:21	1:54:33 5:42	1:54:59 0:26	2:07:29 12:30	2:11:36 4:07	2:12:43 1:07	2:21:00 8:17
131	Saile, Patrick GHO	mp	2:07 2:07	14:40 12:33	18:47 4:07	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	20:38 1:51	23:17 2:39	30:50 7:33	37:23 6:33	37:54 0:31	51:24 13:30	-----	-----	1:02:52 11:28
317	Barrett, Nathan Detroit GVOC	mp	3:03 3:03	8:25 5:22	11:16 2:51	-----	18:23 7:07	20:44 2:21	28:59 8:15	31:09 2:10	36:52 5:43	38:16 1:24	41:26 3:10	44:02 2:36	59:45 15:43	1:02:08 2:23	1:11:43 9:35	1:16:37 4:54	1:16:59 0:22	1:29:31 12:32	1:32:21 2:50	1:33:30 1:09	1:41:19 7:49	
298	Ryabkov, Nikolay TOC	ot	9:58 9:58	15:22 5:24	18:33 3:11	28:00 9:27	29:41 1:41	32:15 2:34	36:37 4:22	39:28 2:51	44:22 4:54	45:54 1:32	50:44 4:50	52:14 1:30	1:06:13 13:59	1:09:05 2:52	1:49:01 39:56	1:55:45 6:44	1:56:20 0:35	2:11:18 14:58	2:14:45 3:27	2:16:12 1:27	2:25:23 9:11	
<b>M35-44 (11)</b>			<b>8.2 km 245 m 19 C</b>																					
			1(33)	2(34)	3(84)	4(37)	5(79)	6(94)	7(47)	8(48)	9(49)	10(50)	11(51)	12(52)	13(54)	14(55)	15(56)	16(90)	17(57)	18(58)	19(59)	F		
1	166	Langbakk, Brent YOA	1:05:43	5:27 5:27	10:29 5:02	13:06 2:37	14:37 1:31	21:03 6:26	27:50 6:47	28:22 0:32	38:39 10:17	41:12 2:33	42:18 1:06	47:55 5:37	49:03 1:08	52:06 3:03	54:41 2:35	56:48 2:07	59:31 2:43	1:01:24 1:53	1:04:34 3:10	1:05:22 0:48	1:05:43 0:21	
2	342	Pearson, Forest YOA	1:07:29	4:44 4:44	7:17 2:33	11:08 3:51	12:50 1:42	20:07 7:17	26:44 6:37	27:14 0:30	37:33 10:19	39:50 2:17	40:49 0:59	47:21 6:32	48:28 1:07	52:14 3:46	54:52 2:38	57:27 2:35	1:00:26 2:59	1:02:56 2:30	1:06:20 3:24	1:07:09 0:49	1:07:29 0:20	
3	276	Aksland, Tor Gunnar FWOC	1:10:52	4:49 4:49	7:42 2:53	10:21 2:39	12:21 2:00	21:00 8:39	28:52 7:52	29:27 0:35	40:18 10:51	42:49 2:31	43:53 1:04	50:51 6:58	52:03 1:12	56:34 4:31	59:19 2:45	1:00:58 1:39	1:03:56 2:58	1:06:06 2:10	1:09:37 3:31	1:10:26 0:49	1:10:52 0:26	
4	209	Waddington, Mike GHO	1:17:57	6:08 6:08	9:22 3:14	12:49 3:27	15:06 2:17	25:27 10:21	32:52 7:25	33:23 0:31	44:49 11:26	47:27 2:38	48:21 0:54	55:36 7:15	56:55 1:19	1:00:51 3:56	1:03:45 2:54	1:05:49 2:04	1:09:39 3:50	1:12:30 2:51	1:16:24 3:54	1:17:23 0:59	1:17:57 0:34	
5	165	Kemp, Randy Ottawa OC	1:24:16	6:58 6:58	11:12 4:14	16:29 5:17	18:47 2:18	28:02 9:15	37:27 9:25	37:57 0:30	50:13 12:16	53:07 2:54	54:14 1:07	1:01:29 7:15	1:02:51 1:22	1:07:14 4:23	1:10:13 2:59	1:12:05 1:52	1:15:28 3:23	1:19:08 3:40	1:22:57 3:49	1:23:48 0:51	1:24:16 0:28	
6	157	Mlynczyk, Eugene Ukr OC	1:24:38	6:15 6:15	10:21 4:06	14:10 3:49	16:27 2:17	26:16 9:49	34:56 8:40	35:28 0:32	49:08 13:40	52:50 3:42	53:53 1:03	1:01:29 7:36	1:02:50 1:21	1:06:26 3:36	1:09:23 2:57	1:11:40 2:17	1:15:20 3:40	1:19:26 4:06	1:23:27 4:01	1:24:14 0:47	1:24:38 0:24	
7	160	Zissos, Adrian FWOC	1:26:10	8:43 8:43	11:56 3:13	16:00 4:04	19:12 3:12	30:15 11:03	38:10 7:55	38:39 0:29	52:00 13:21	54:56 2:56	56:17 1:21	1:03:37 7:20	1:04:53 1:16	1:09:05 4:12	1:12:06 3:01	1:14:07 2:01	1:17:19 3:12	1:20:02 2:43	1:24:50 4:48	1:25:45 0:55	1:26:10 0:25	
8	303	Cernin, Zbynek Cascade OC	1:27:03	6:17 6:17	10:07 3:50	13:47 3:40	16:16 2:29	25:59 9:43	34:31 8:32	35:04 0:33	48:11 13:07	52:00 3:49	53:18 1:18	1:03:45 10:27	1:05:09 1:24	1:09:09 4:00	1:12:41 3:32	1:15:03 2:22	1:18:39 3:36	1:21:20 2:41	1:25:36 4:16	1:26:38 1:02	1:27:03 0:25	
9	302	Chung, Raymond TOC	2:02:58	17:29 17:29	22:06 4:37	25:42 3:36	28:17 2:35	38:31 10:14	50:12 11:41	50:51 0:39	1:05:16 14:25	1:11:11 5:55	1:12:47 1:36	1:24:10 11:23	1:25:45 1:35	1:36:20 10:35	1:40:29 4:09	1:44:53 4:24	1:52:47 7:54	1:57:07 4:20	2:01:45 4:38	2:02:36 0:51	2:02:58 0:22	
10	122	Sigvaldason, Chris EOOC	2:04:36	10:37 10:37	16:19 5:42	22:01 5:42	25:18 3:17	38:22 13:04	49:54 11:32	50:33 0:39	1:09:45 19:12	1:15:09 5:24	1:16:52 1:43	1:29:37 12:45	1:31:21 1:44	1:37:31 6:10	1:42:26 4:55	1:45:42 3:16	1:52:17 6:35	1:56:18 4:01	2:02:42 6:24	2:04:06 1:24	2:04:36 0:30	
11	260	Richardson, James Ottawa OC	2:07:50	7:11 7:11	11:25 4:14	17:13 5:48	19:29 2:16	29:51 10:22	43:21 13:30	43:59 0:38	1:12:11 28:12	1:16:07 3:56	1:25:25 9:18	1:38:26 13:01	1:39:40 1:14	1:44:50 5:10	1:50:00 2:39	1:52:39 4:22	1:57:01 3:41	2:00:42 5:34	2:06:16 1:10	2:07:26 2:07	2:07:50 0:24	

Pl	Stno	Name	Time													
M45-54 (23)			7.0 km	215 m	12 C											
			1(57)	2(39)	3(38)	4(45)	5(46)	6(79)	7(35)	8(74)	9(76)	10(80)	11(58)	12(59)	F	
1	328	Duca, Nick STARS	51:41	3:50	14:16	16:58	23:51	30:06	32:10	41:37	43:38	47:12	49:05	50:26	51:17	51:41
				3:50	10:26	2:42	6:53	6:15	2:04	9:27	2:01	3:34	1:53	1:21	0:51	0:24
2	282	Sacher, Martin Bussola OK	1:00:53	8:24	19:13	22:17	30:22	37:33	39:57	50:02	52:18	56:11	58:05	59:40	1:00:30	1:00:53
				8:24	10:49	3:04	8:05	7:11	2:24	10:05	2:16	3:53	1:54	1:35	0:50	0:23
3	189	Robert, Zdrahal Hana O	1:05:24	4:38	16:23	18:03	26:27	42:00	43:58	54:14	56:30	1:00:34	1:02:31	1:04:03	1:04:57	1:05:24
				4:38	11:45	1:40	8:24	15:33	1:58	10:16	2:16	4:04	1:57	1:32	0:54	0:27
4	312	Rascher, Michael GVOC	1:12:00	5:00	19:06	21:17	31:55	41:20	44:02	55:49	1:00:32	1:06:05	1:08:46	1:10:38	1:11:30	1:12:00
				5:00	14:06	2:11	10:38	9:25	2:42	11:47	4:43	5:33	2:41	1:52	0:52	0:30
5	241	Irimie, Sevastian STARS	1:12:41	5:50	21:58	24:42	35:42	43:46	46:32	59:59	1:02:34	1:07:18	1:09:33	1:11:14	1:12:15	1:12:41
				5:50	16:08	2:44	11:00	8:04	2:46	13:27	2:35	4:44	2:15	1:41	1:01	0:26
6	293	Larsson, Svante OK Vargen	1:17:38	11:28	24:58	28:12	38:42	46:12	48:27	1:00:04	1:02:46	1:11:35	1:14:37	1:16:22	1:17:13	1:17:38
				11:28	13:30	3:14	10:30	7:30	2:15	11:37	2:42	8:49	3:02	1:45	0:51	0:25
7	306	Omdal, Sturle FWOOC	1:19:52	6:55	23:51	26:11	43:44	51:40	54:48	1:06:03	1:08:33	1:13:15	1:16:13	1:18:31	1:19:25	1:19:52
				6:55	16:56	2:20	17:33	7:56	3:08	11:15	2:30	4:42	2:58	2:18	0:54	0:27
8	355	Laurich, Peter Ottawa OC	1:20:39	8:51	23:46	27:01	38:53	50:24	52:49	1:06:54	1:10:03	1:14:45	1:17:15	1:19:08	1:20:12	1:20:39
				8:51	14:55	3:15	11:52	11:31	2:25	14:05	3:09	4:42	2:30	1:53	1:04	0:27
9	242	Kulich, Jaroslav Hana O	1:23:34	5:39	20:10	22:57	41:48	49:31	53:51	1:08:55	1:11:56	1:17:36	1:20:08	1:22:07	1:23:05	1:23:34
				5:39	14:31	2:47	18:51	7:43	4:20	15:04	3:01	5:40	2:32	1:59	0:58	0:29
10	345	McMillan, Mark GVOC	1:30:28	12:20	30:41	33:32	47:05	57:31	1:00:36	1:13:45	1:17:32	1:23:33	1:26:25	1:28:39	1:30:06	1:30:28
				12:20	18:21	2:51	13:33	10:26	3:05	13:09	3:47	6:01	2:52	2:14	1:27	0:22
11	218	Nelson, Vern CdeB	1:32:30	6:39	24:30	26:48	36:10	56:31	59:06	1:16:21	1:20:27	1:25:51	1:28:24	1:30:43	1:31:59	1:32:30
				6:39	17:51	2:18	9:22	20:21	2:35	17:15	4:06	5:24	2:33	2:19	1:16	0:31
12	250	Urban, Jan Cascade OC	1:40:13	6:45	27:01	30:09	46:34	1:02:55	1:06:14	1:22:47	1:26:01	1:32:14	1:36:02	1:38:27	1:39:45	1:40:13
				6:45	20:16	3:08	16:25	16:21	3:19	16:33	3:14	6:13	3:48	2:25	1:18	0:28
13	245	Gregor, Vladimir Hana O	1:47:30	6:47	21:07	23:52	48:41	59:02	1:07:11	1:32:49	1:36:07	1:41:24	1:44:02	1:45:52	1:47:01	1:47:30
				6:47	14:20	2:45	24:49	10:21	8:09	25:38	3:18	5:17	2:38	1:50	1:09	0:29
14	114	SVoboda, Robert FWOOC	1:48:18	7:20	25:25	28:22	41:43	53:10	56:37	1:22:18	1:27:01	1:35:24	1:41:55	1:46:42	1:47:48	1:48:18
				7:20	18:05	2:57	13:21	11:27	3:27	25:41	4:43	8:23	6:31	4:47	1:06	0:30
15	274	Sagar, Bob YOA	1:49:54	6:30	26:54	30:05	44:07	1:09:09	1:12:02	1:30:15	1:34:25	1:41:02	1:44:29	1:48:35	1:49:31	1:49:54
				6:30	20:24	3:11	14:02	25:02	2:53	18:13	4:10	6:37	3:27	4:06	0:56	0:23
16	107	Graupner, Dave CdeB	1:50:24	8:16	31:14	35:09	49:18	1:07:30	1:11:04	1:30:12	1:33:52	1:42:21	1:46:07	1:48:48	1:49:57	1:50:24
				8:16	22:58	3:55	14:09	18:12	3:34	19:08	3:40	8:29	3:46	2:41	1:09	0:27
17	228	Williams, Kean Cascade OC	1:58:35	6:11	25:48	28:20	47:41	1:13:04	1:17:19	1:37:13	1:40:49	1:48:27	1:51:29	1:56:47	1:57:59	1:58:35
				6:11	19:37	2:32	19:21	25:23	4:15	19:54	3:36	7:38	3:02	5:18	1:12	0:36
18	264	Heron, Steve ONB-Fundy	2:01:32	9:48	29:48	33:17	47:15	1:14:07	1:17:28	1:39:57	1:44:25	1:52:56	1:56:52	1:59:38	2:01:00	2:01:32
				9:48	20:00	3:29	13:58	26:52	3:21	22:29	4:28	8:31	3:56	2:46	1:22	0:32
19	234	Bradley, Joe YOA	2:02:59	8:46	32:36	36:36	53:59	1:11:18	1:16:04	1:38:23	1:43:22	1:51:59	1:56:43	2:00:41	2:02:23	2:02:59
				8:46	23:50	4:00	17:23	17:19	4:46	22:19	4:59	8:37	4:44	3:58	1:42	0:36
20	141	Fisher, Gar GVOC	2:04:07	7:24	32:18	35:42	55:03	1:09:20	1:14:53	1:37:57	1:41:54	1:50:36	1:57:18	2:02:21	2:03:36	2:04:07
				7:24	24:54	3:24	19:21	14:17	5:33	23:04	3:57	8:42	6:42	5:03	1:15	0:31
21	210	Atchison, Garry EIOC	2:10:29	9:15	36:12	41:08	59:48	1:17:01	1:21:28	1:47:33	1:52:51	2:00:14	2:05:18	2:08:37	2:09:49	2:10:29
				9:15	26:57	4:56	18:40	17:13	4:27	26:05	5:18	7:23	5:04	3:19	1:12	0:40
	300	Brooks, Craig YOA	mp	13:14	56:43	1:03:33	1:32:36	-----	-----	1:55:08	2:02:49	2:15:14	2:21:51	2:25:58	2:28:06	2:29:08
				13:14	43:29	6:50	29:03			22:32	7:41	12:25	6:37	4:07	2:08	1:02
	331	Gaule, Andrew YOA	ot	20:12	54:50	59:15	1:37:18	2:13:08	2:19:00	2:50:07	3:00:27	3:11:37	3:18:44	3:23:44	3:27:41	3:28:54
				20:12	34:38	4:25	38:03	35:50	5:52	31:07	10:20	11:10	7:07	5:00	3:57	1:13

1:11:27  
\*46

2:09:52  
\*59

M55-64 (23)			7.0 km	215 m	12 C											
			1(57)	2(39)	3(38)	4(45)	5(46)	6(79)	7(35)	8(74)	9(76)	10(80)	11(58)	12(59)	F	
1	280	Sugiyama, Takashi Sans Souci	1:08:52	4:53	19:17	21:25	33:42	41:58	44:37	55:56	58:34	1:03:23	1:05:41	1:07:23	1:08:23	1:08:52
				4:53	14:24	2:08	12:17	8:16	2:39	11:19	2:38	4:49	2:18	1:42	1:00	0:29
2	256	Forrest, Kimball ARCT	1:13:23	5:16	21:33	24:36	34:18	42:38	45:50	59:53	1:02:40	1:07:16	1:10:02	1:12:03	1:12:57	1:13:23
				5:16	16:17	3:03	9:42	8:20	3:12	14:03	2:47	4:36	2:46	2:01	0:54	0:26
3	190	Tomas, Zdrahal Hana O	1:15:57	6:01	20:36	23:04	32:32	39:09	42:30	57:11	59:35	1:11:31	1:13:23	1:14:47	1:15:33	1:15:57
				6:01	14:35	2:28	9:28	6:37	3:21	14:41	2:24	11:56	1:52	1:24	0:46	0:24
4	243	Hrouza, Jan Hana O	1:16:34	5:59	22:20	26:14	35:56	46:14	49:22	1:02:32	1:05:22	1:10:33	1:13:23	1:15:09	1:16:08	1:16:34
				5:59	16:21	3:54	9:42	10:18	3:08	13:10	2:50	5:11	2:50	1:46	0:59	0:26
5	162	Strat, Tom QOC	1:18:14	8:30	24:48	28:47	39:30	47:47	50:40	1:02:34	1:07:08	1:11:56	1:14:42	1:16:51	1:17:47	1:18:14
				8:30	16:18	3:59	10:43	8:17	2:53	11:54	4:34	4:48	2:46	2:09	0:56	0:27
6	285	Bayly, Don FWOOC	1:22:17	6:28	24:01	27:58	38:46	47:46	50:57	1:05:50	1:08:49	1:15:02	1:17:49	1:20:09	1:21:51	1:22:17
				6:28	17:33	3:57	10:48	9:00	3:11	14:53	2:59	6:13	2:47	2:20	1:42	0:26
7	254	Konotopetz, Larry CdeB	1:22:18	6:13	26:25	29:04	41:34	50:15	52:53	1:07:17	1:09:58	1:15:18	1:18:47	1:20:52	1:21:53	1:22:18
				6:13	20:12	2:39	12:30	8:41	2:38	14:24	2:41	5:20	3:29	2:05	1:01	0:25

Pl	Stno	Name	Time																				
<i>M55-64 (23)</i>			<i>7.0 km 215 m 12 C</i>		<i>(cont.)</i>																		
			1(57)	2(39)	3(38)	4(45)	5(46)	6(79)	7(35)	8(74)	9(76)	10(80)	11(58)	12(59)	F								
8	120	Edmunds, Geraint EOOC	1:22:46	6:51 6:51	23:42 16:51	27:44 4:02	45:37 17:53	53:41 8:04	56:06 <b>2:25</b>	1:07:35 1:11:29	1:10:20 2:45	1:16:46 6:26	1:19:28 2:42	1:21:22 1:54	1:22:19 0:57	1:22:46 0:27							
9	232	Rennie, Bruce GVOC	1:24:15	6:15 6:15	23:12 16:57	27:02 3:50	39:27 12:25	48:35 9:08	52:13 3:38	1:08:31 16:18	1:11:23 2:52	1:17:35 6:12	1:20:31 2:56	1:22:42 2:11	1:23:46 1:04	1:24:15 0:29							
10	151	Breseman, Rick Cascade OC	1:28:36	5:08 5:08	19:43 14:35	22:31 2:48	37:32 15:01	54:57 17:25	57:46 2:49	1:11:47 14:01	1:14:36 2:49	1:21:29 6:53	1:24:45 3:16	1:27:06 2:21	1:28:12 1:06	1:28:36 <b>0:24</b>							
11	152	Karlden, Torbjorn Kvillebyns	1:34:46	8:00 8:00	31:38 23:38	38:45 7:07	49:25 10:40	58:19 8:54	1:01:08 2:49	1:17:48 16:40	1:22:50 5:02	1:28:21 5:31	1:31:08 2:47	1:33:18 2:10	1:34:14 0:56	1:34:46 0:32							
12	135	Birnie, Glenn GHO	1:35:13	6:05 6:05	24:35 18:30	29:10 4:35	41:19 12:09	51:31 10:12	54:43 3:12	1:17:41 22:58	1:21:20 3:39	1:27:26 6:06	1:30:50 3:24	1:33:28 2:38	1:34:43 1:15	1:35:13 0:30							
13	322	Riddle, Don SZOC	1:48:24	7:53 7:53	29:15 21:22	33:07 3:52	47:16 14:09	1:04:50 17:34	1:09:22 4:32	1:28:08 18:46	1:32:20 4:12	1:39:51 7:31	1:43:43 3:52	1:46:34 2:51	1:47:51 1:17	1:48:24 0:33							
14	146	Webster, Jim KOC	1:54:00	7:38 7:38	27:38 20:00	31:12 3:34	49:27 18:15	1:04:08 14:41	1:08:38 4:30	1:32:36 23:58	1:36:58 4:22	1:45:27 8:29	1:49:02 3:35	1:51:58 2:56	1:53:17 1:19	1:54:00 0:43							
15	311	Hawkings, Jim YOA	2:03:44	16:13 16:13	37:05 20:52	41:45 4:40	1:03:16 21:31	1:19:25 16:09	1:22:23 2:58	1:42:20 19:57	1:46:30 4:10	1:53:22 6:52	1:59:21 5:59	2:02:00 2:39	2:03:15 1:15	2:03:44 0:29							
16	148	Rogers, David USOF	2:06:32	12:13 12:13	37:28 25:15	41:30 4:02	56:44 15:14	1:12:13 15:29	1:18:47 6:34	1:38:50 20:03	1:43:06 4:16	1:53:58 10:52	2:01:09 7:11	2:04:22 3:13	2:06:01 1:39	2:06:32 0:31							
17	240	Merriam, Don FWOC	2:11:11	17:06 17:06	39:57 22:51	44:03 4:06	1:02:05 18:02	1:16:21 14:16	1:20:31 4:10	1:46:57 26:26	1:50:34 3:37	1:56:43 6:09	2:06:39 9:56	2:09:21 2:42	2:10:33 1:12	2:11:11 0:38							
18	191	Roman, Jelinek Hana O	2:14:28	8:15 8:15	34:34 26:19	38:49 4:15	57:01 18:12	1:19:27 22:26	1:25:15 5:48	1:50:04 24:49	1:55:26 5:22	2:04:11 8:45	2:08:24 4:13	2:11:46 3:22	2:13:39 1:53	2:14:28 0:49							
19	180	Connors, Patrick CdeB	2:27:17	10:08 10:08	40:50 30:42	45:18 4:28	1:05:29 20:11	1:26:24 20:55	1:32:35 6:11	1:57:13 24:38	2:06:00 8:47	2:14:33 8:33	2:19:15 4:42	2:23:34 4:19	2:26:09 2:35	2:27:17 1:08							
20	132	Sidders, Ian GHO	2:43:30	7:44 7:44	31:17 23:33	34:38 3:21	46:36 11:58	1:05:36 19:00	1:08:33 2:57	2:21:28 1:12:55	2:28:40 7:12	2:35:40 7:00	2:39:20 3:40	2:41:57 2:37	2:43:01 1:04	2:43:30 0:29							
	177	Goeres, Michael CdeB	mp	8:55 8:55	-----	-----	-----	-----	-----	-----	-----	-----	1:52:19 1:43:24	1:56:27 4:08	1:58:39 2:12	1:59:13 0:34							
	217	Gilchrist, Robert EOOC	mp	5:36 5:36	21:00 15:24	23:35 2:35	33:24 9:49	42:18 8:54	45:19 3:01	----- 13:32	58:51 8:50	1:07:41 3:04	1:10:45 1:52	1:12:37 0:55	1:13:32 0:25	1:13:57 0:25							
	349	Abbott, Grant YOA	mp	7:49 7:49	33:06 25:17	37:47 4:41	57:30 19:43	1:08:15 10:45	1:11:56 3:41	1:30:29 18:33	1:37:40 7:11	1:43:47 6:07	1:48:20 4:33	1:51:25 3:05	----- 3:05	1:53:51 2:26	29:39 *61	32:27 *71	45:46 *58	47:57 *59	50:17 *67	1:10:21 *60	1:34:09 *55
				1:38:24 *66	1:39:49 *69	1:41:39 *90																	
<i>M65-74 (11)</i>			<i>4.4 km 140 m 11 C</i>																				
			1(33)	2(82)	3(84)	4(37)	5(45)	6(71)	7(36)	8(35)	9(57)	10(58)	11(59)	F									
1	125	Yarkie, Greg EOOC	56:02	7:48 7:48	10:07 2:19	18:27 8:20	20:55 2:28	27:36 <b>6:41</b>	28:15 0:39	37:41 9:26	39:12 <b>1:31</b>	49:46 10:34	54:36 4:50	55:37 <b>1:01</b>	56:02 <b>0:25</b>								
2	257	Anderson, Bill Ottawa OC	59:54	8:11 8:11	10:29 2:18	18:18 7:49	21:16 2:58	29:29 8:13	30:30 1:01	41:07 10:37	43:13 2:06	52:45 9:32	58:02 5:17	59:17 1:15	59:54 0:37								
3	109	Hunter, Gord Ottawa OC	1:04:45	7:58 7:58	10:59 3:01	22:34 11:35	24:54 2:20	32:41 7:47	33:34 0:53	43:37 10:03	45:18 1:41	57:23 12:05	1:02:51 5:28	1:04:11 1:20	1:04:45 0:34								
4	223	Ellis, Brian GVOC	1:07:41	6:37 6:37	16:28 9:51	21:49 <b>5:21</b>	23:55 <b>2:06</b>	43:37 19:42	44:10 <b>0:33</b>	51:15 <b>7:05</b>	52:58 1:43	1:01:32 <b>8:34</b>	1:06:14 <b>4:42</b>	1:07:15 <b>1:01</b>	1:07:41 0:26								
5	187	Davies, John Peninsula	1:12:35	10:28 10:28	13:46 3:18	21:09 7:23	24:11 3:02	34:19 10:08	35:34 1:15	48:19 12:45	51:27 3:08	1:03:45 2:18	1:10:28 6:43	1:11:58 1:30	1:12:35 0:37								
6	354	Viddal, Einar EOOC	1:13:43	10:14 10:14	12:30 <b>2:16</b>	23:03 10:33	26:14 3:11	35:12 8:58	35:56 0:44	44:51 8:55	54:07 9:16	1:04:23 10:16	1:12:17 7:54	1:13:18 <b>1:01</b>	1:13:43 <b>0:25</b>								
7	251	Vyse, Alan Sage	1:18:22	9:36 9:36	19:36 10:00	27:28 7:52	30:18 2:50	40:12 9:54	41:06 0:54	52:08 11:02	54:26 2:18	1:11:48 17:22	1:16:48 5:00	1:17:52 1:04	1:18:22 0:30								
8	147	Veler, Fred SAMM	1:21:26	14:13 14:13	17:10 2:57	27:36 10:26	31:45 4:09	41:57 10:12	43:26 1:29	56:10 12:44	59:37 3:27	1:11:54 12:17	1:18:51 6:57	1:20:30 1:39	1:21:26 0:56								
9	203	McBee, Rick CROC	1:24:48	11:21 11:21	18:56 7:35	29:02 10:06	34:58 5:56	45:05 10:07	46:25 1:20	56:48 10:23	59:38 2:50	1:15:14 15:36	1:23:07 7:53	1:24:20 1:13	1:24:48 0:28								
10	110	Guttormson, Richard Ottawa OC	1:35:22	11:10 11:10	13:57 2:47	39:50 25:53	42:16 2:26	57:27 15:11	58:34 1:07	1:11:12 12:38	1:13:51 2:39	1:27:29 13:38	1:33:43 6:14	1:34:52 1:09	1:35:22 0:30								
	201	Waddington, Jim GHO	mp	-----	-----	-----	-----	-----	-----	-----	-----	28:51 28:51	38:20 9:29	40:06 1:46	41:18 1:12								

Pl	Stno	Name	Time																				
<b>M75-79 (1)</b>			<b>3.7 km 120 m 13 C</b>																				
			1(76)	2(83)	3(35)	4(36)	5(37)	6(45)	7(71)	8(34)	9(57)	10(93)	11(69)	12(58)	13(59)	F							
1	118	Bailey, Leigh VICO	1:18:20	6:43	15:43	23:51	25:54	31:39	43:10	44:35	56:54	1:08:03	1:13:20	1:14:57	1:16:24	1:17:51	1:18:20						
				6:43	9:00	8:08	2:03	5:45	11:31	1:25	12:19	11:09	5:17	1:37	1:27	1:27	0:29						
<b>M80 (1)</b>			<b>2.8 km 75 m 10 C</b>																				
			1(31)	2(75)	3(74)	4(91)	5(45)	6(71)	7(82)	8(57)	9(80)	10(59)				F							
1	283	Scott, Don EOOC	1:42:56	17:19	25:04	37:35	53:13	58:45	1:01:26	1:11:04	1:24:05	1:33:26	1:41:25	1:42:56									
				17:19	7:45	12:31	15:38	5:32	2:41	9:38	13:01	9:21	7:59	1:31									
<b>W12 (6)</b>			<b>2.8 km 65 m 12 C</b>																				
			1(44)	2(60)	3(61)	4(62)	5(63)	6(64)	7(65)	8(92)	9(67)	10(93)	11(85)	12(59)		F							
1	344	Shier, Hannah YOA	20:33	2:01	3:37	6:09	7:07	9:07	10:50	12:10	14:46	15:41	17:50	18:19	20:10	20:33							
				2:01	1:36	2:32	0:58	2:00	1:43	1:20	2:36	0:55	2:09	0:29	1:51	0:23							
2	326	Thomson, Amanda YOA	21:11	2:02	3:47	6:23	7:40	10:00	11:53	13:15	15:26	16:22	18:34	19:06	20:47	21:11							
				2:02	1:45	2:36	1:17	2:20	1:53	1:22	2:11	0:56	2:12	0:32	1:41	0:24							
3	353	Cash, Savannah YOA	22:14	1:58	3:59	6:30	7:41	9:38	11:31	12:52	15:13	16:54	19:10	19:40	21:49	22:14							
				1:58	2:01	2:31	1:11	1:57	1:53	1:21	2:21	1:41	2:16	0:30	2:09	0:25							
4	347	McMillan, Tara GVOG	23:14	1:38	3:48	6:13	7:11	9:19	11:08	12:32	17:34	18:27	20:41	21:16	22:52	23:14							
				1:38	2:10	2:25	0:58	2:08	1:49	1:24	5:02	0:53	2:14	0:35	1:36	0:22							
5	296	May, Rachel Sage	25:09	1:51	5:46	8:41	9:58	12:34	14:54	16:47	19:08	20:00	22:20	23:01	24:46	25:09							
				1:51	3:55	2:55	1:17	2:36	2:20	1:53	2:21	0:52	2:20	0:41	1:45	0:23							
6	310	Omdal, Ingrid FWOC	26:17	1:53	3:28	6:31	7:41	9:55	13:10	14:51	19:14	20:22	23:25	24:01	25:47	26:17							
				1:53	1:35	3:03	1:10	2:14	3:15	1:41	4:23	1:08	3:03	0:36	1:46	0:30							
<b>W13-14 (4)</b>			<b>3.4 km 87 m 12 C</b>																				
			1(70)	2(60)	3(81)	4(62)	5(71)	6(87)	7(72)	8(73)	9(65)	10(88)	11(69)	12(59)		F							
1	207	Waddington, Emma GHO	26:48	2:31	3:18	6:06	7:17	12:15	13:59	15:54	16:52	19:15	22:24	24:51	26:26	26:48							
				2:31	0:47	2:48	1:11	4:58	1:44	1:55	0:58	2:23	3:09	2:27	1:35	0:22							
2	238	Sherwood, Emma FWOC	32:33	3:25	4:21	8:09	9:27	15:00	16:46	18:32	19:48	22:21	26:11	29:38	32:06	32:33							
				3:25	0:56	3:48	1:18	5:33	1:46	1:46	1:16	2:33	3:50	3:27	2:28	0:27							
3	309	Omdal, Sunniva FWOC	33:14	2:37	3:35	7:17	9:06	14:43	16:50	18:29	19:42	22:52	27:19	30:45	32:44	33:14							
				2:37	0:58	3:42	1:49	5:37	2:07	1:39	1:13	3:10	4:27	3:26	1:59	0:30							
	334	Mitchell, Tayler YOA	mp	-----	13:53	-----	19:53	-----	-----	-----	-----	28:01	-----	-----	38:57	39:21	5:06	17:40	22:59	25:59	31:36	32:50	36:18
					13:53		6:00					8:08			10:56	0:24	*44	*61	*63	*64	*92	*67	*93
					36:50																		
					*85																		
<b>W15-16 (4)</b>			<b>4.3 km 165 m 11 C</b>																				
			1(60)	2(75)	3(74)	4(78)	5(39)	6(38)	7(82)	8(33)	9(57)	10(58)	11(59)			F							
1	104	Blake, Pia YOA	58:37	3:31	5:27	9:42	14:52	24:15	27:11	45:01	49:26	52:11	57:10	58:14	58:37								
				3:31	1:56	4:15	5:10	9:23	2:56	17:50	4:25	2:45	4:59	1:04	0:23								
2	308	Omdal, Helene FWOC	1:09:59	3:45	6:02	10:20	15:48	25:22	29:07	44:06	46:33	1:01:24	1:08:18	1:09:36	1:09:59								
				3:45	2:17	4:18	5:28	9:34	3:45	14:59	2:27	14:51	6:54	1:18	0:23								
3	215	Sepandj, Darya FWOC	1:11:41	4:24	6:10	10:00	14:59	22:52	26:27	41:43	45:19	48:38	1:10:20	1:11:19	1:11:41								
				4:24	1:46	3:50	4:59	7:53	3:35	15:16	3:36	3:19	21:42	0:59	0:22								
4	179	Stephen, Alix FWOC	1:38:31	3:57	7:34	12:45	19:27	32:20	37:37	1:11:16	1:20:34	1:25:07	1:36:21	1:38:04	1:38:31								
				3:57	3:37	5:11	6:42	12:53	5:17	33:39	9:18	4:33	11:14	1:43	0:27								
<b>W17-20 (7)</b>			<b>5.4 km 145 m 11 C</b>																				
			1(76)	2(32)	3(37)	4(79)	5(46)	6(91)	7(36)	8(35)	9(57)	10(58)	11(59)			F							
1	167	Murray, Kendra YOA	55:10	2:10	4:36	11:59	22:36	24:53	34:59	40:08	41:29	50:10	53:57	54:49	55:10								
				2:10	2:26	7:23	10:37	2:17	10:06	5:09	1:21	8:41	3:47	0:52	0:21								
2	198	Ross, Emily ONB Falcon	1:00:27	2:31	5:11	13:43	23:38	27:04	37:09	42:22	43:55	54:07	59:02	1:00:03	1:00:27								
				2:31	2:40	8:32	9:55	3:26	10:05	5:13	1:33	10:12	4:55	1:01	0:24								
3	290	Teutsch, Laura Ottawa OC	1:05:58	2:14	4:45	14:03	25:43	29:07	44:29	49:25	51:23	1:00:18	1:04:40	1:05:33	1:05:58								
				2:14	2:31	9:18	11:40	3:24	15:22	4:56	1:58	8:55	4:22	0:53	0:25								
4	206	Mackeigan, Jennifer YOA	1:22:09	4:10	7:20	21:53	35:31	43:46	57:26	1:03:41	1:05:38	1:15:43	1:20:37	1:21:40	1:22:09								
				4:10	3:10	14:33	13:38	8:15	13:40	6:15	1:57	10:05	4:54	1:03	0:29								
5	248	Krsakova, Marie Hana O	1:32:27	3:35	7:59	18:33	33:09	37:15	50:53	1:02:13	1:05:34	1:19:11	1:30:19	1:31:43	1:32:27								
				3:35	4:24	10:34	14:36	4:06	13:38	11:20	3:21	13:37	11:08	1:24	0:44								

Pl	Stno	Name	Time																				
<b>W17-20 (7)</b>			<b>5.4 km 145 m 11 C</b>			<i>(cont.)</i>																	
			1(76)	2(32)	3(37)	4(79)	5(46)	6(91)	7(36)	8(35)	9(57)	10(58)	11(59)	F									
6	139	Burnett, Kerstin YOA	1:33:51	2:48	9:54	21:13	40:21	43:55	1:08:50	1:15:15	1:16:56	1:27:51	1:32:27	1:33:27	1:33:51								
7	330	Jones, Rhiannon YOA	1:42:06	2:50	6:34	28:05	41:50	45:51	1:07:48	1:19:00	1:21:15	1:33:58	1:40:23	1:41:47	1:42:06								
			2:50	3:44	21:31	13:45	4:01	21:57	11:12	2:15	12:43	6:25	1:24	<b>0:19</b>									
<b>W21-34 (12)</b>			<b>8.2 km 245 m 19 C</b>																				
			1(33)	2(34)	3(84)	4(37)	5(79)	6(94)	7(47)	8(48)	9(49)	10(50)	11(51)	12(52)	13(54)	14(55)	15(56)	16(90)	17(57)	18(58)	19(59)	F	
1	227	Oram, Louise GVOG	1:09:15	5:30	10:07	13:15	15:05	22:31	29:51	30:22	40:29	43:21	44:10	49:51	51:01	54:27	57:12	59:13	1:02:16	1:04:34	1:08:00	1:08:54	1:09:15
2	200	Ross, Carol ONB	1:21:03	5:42	9:34	12:41	15:12	23:48	31:24	31:53	45:26	47:57	49:40	57:31	58:48	1:03:24	1:07:02	1:09:11	1:13:04	1:15:25	1:19:42	1:20:39	1:21:03
3	130	James, Pam YOA	1:29:08	7:34	10:58	14:25	16:32	25:39	33:35	34:13	49:40	53:04	54:13	1:02:49	1:04:12	1:08:34	1:12:08	1:14:38	1:19:02	1:22:38	1:27:22	1:28:35	1:29:08
4	133	Balakova, Andrea GVOG	1:36:51	6:29	10:15	14:14	18:37	30:21	39:55	40:32	55:23	59:38	1:01:05	1:09:38	1:11:00	1:16:32	1:19:44	1:23:08	1:26:34	1:29:47	1:35:22	1:36:25	1:36:51
5	319	Critchley, Claire EOOC	1:37:52	6:48	10:25	13:52	21:06	33:47	41:56	42:31	56:07	1:01:47	1:03:00	1:10:57	1:12:06	1:15:31	1:18:38	1:23:35	1:27:29	1:32:07	1:36:34	1:37:27	1:37:52
6	185	Scheck, Katherine YOA	1:39:54	6:34	10:51	16:52	23:19	33:44	43:58	44:29	1:00:11	1:05:24	1:06:27	1:14:42	1:15:57	1:20:35	1:23:53	1:27:04	1:30:42	1:34:02	1:38:31	1:39:31	1:39:54
7	127	Fagerlind, Karin Centrum OK	1:40:07	7:13	12:01	17:02	19:18	31:02	42:51	43:47	59:56	1:03:32	1:04:52	1:12:43	1:13:54	1:18:28	1:22:08	1:26:38	1:30:42	1:33:54	1:38:37	1:39:37	1:40:07
8	294	May, Abbigail Sage	1:44:35	7:55	12:45	17:11	19:40	35:28	44:56	45:27	57:38	1:04:30	1:05:47	1:13:07	1:14:16	1:19:08	1:23:31	1:32:38	1:36:14	1:39:09	1:43:14	1:44:10	1:44:35
9	299	Petrenko, Galyna Slavutich	1:44:37	20:08	24:25	28:28	30:44	40:54	48:27	49:04	1:01:33	1:08:41	1:09:50	1:17:22	1:18:37	1:22:18	1:27:54	1:31:08	1:34:40	1:37:36	1:43:01	1:44:06	1:44:37
10	199	Rance, Meghan GVOG	1:52:52	10:47	15:06	18:50	21:09	31:46	44:13	44:54	1:02:59	1:08:59	1:10:31	1:20:43	1:22:10	1:28:19	1:31:43	1:35:10	1:38:54	1:45:40	1:51:04	1:52:23	1:52:52
11	196	Brandreth, Sarah FWOG	1:58:58	9:08	13:01	16:58	19:50	31:37	43:03	43:43	1:03:54	1:08:32	1:10:30	1:21:07	1:23:16	1:29:27	1:34:40	1:39:48	1:45:46	1:50:31	1:57:02	1:58:28	1:58:58
12	124	Joggi, Marianne O Kölliken	2:10:22	7:20	11:44	18:33	20:46	47:31	59:12	59:52	1:14:39	1:21:36	1:23:27	1:33:12	1:34:35	1:40:03	1:53:02	1:55:55	2:00:16	2:03:01	2:08:48	2:09:52	2:10:22
			7:20	4:24	6:49	2:13	26:45	11:41	0:40	14:47	6:57	1:51	9:45	1:23	5:28	12:59	2:53	4:21	2:45	5:47	1:04	0:30	
<b>W35-44 (2)</b>			<b>5.4 km 145 m 11 C</b>																				
			1(76)	2(32)	3(37)	4(79)	5(46)	6(91)	7(36)	8(35)	9(57)	10(58)	11(59)	F									
1	173	McNeil, Philippa YOA	1:05:34	2:52	5:42	16:05	28:13	31:07	40:55	48:42	50:12	58:45	1:03:59	1:05:07	1:05:34								
2	304	Jolliff, Jennifer ARCT	1:08:36	3:11	6:08	14:42	25:17	28:19	42:31	49:21	51:25	1:02:36	1:07:15	1:08:10	1:08:36								
			3:11	2:57	8:34	10:35	3:02	14:12	6:50	2:04	11:11	4:39	0:55	0:26									
<b>W45-54 (12)</b>			<b>4.4 km 140 m 11 C</b>																				
			1(33)	2(82)	3(84)	4(37)	5(45)	6(71)	7(36)	8(35)	9(57)	10(58)	11(59)	F									
1	214	Robert, Magali FWOG	53:00	8:06	10:04	16:15	18:59	29:40	30:26	37:25	39:09	47:02	51:33	52:33	53:00								
2	197	Rowlands, Jane FWOG	54:36	8:03	11:21	18:15	21:03	27:59	28:52	37:27	39:18	47:57	52:44	54:06	54:36								
3	289	Teutsch, Anne Ottawa OC	1:09:09	9:58	12:27	20:02	22:48	30:57	32:12	43:24	47:44	1:01:21	1:07:21	1:08:31	1:09:09								
4	224	Martino, Karen FWOG	1:09:17	9:38	14:56	21:53	24:18	37:18	37:58	47:19	51:24	1:02:24	1:07:42	1:08:52	1:09:17								
5	105	Schweiger, Sabine YOA	1:12:44	10:32	13:19	30:11	32:15	40:23	41:15	51:35	53:56	1:03:40	1:11:00	1:12:12	1:12:44								
6	150	Breseman, Eileen Cascade OC	1:19:00	14:30	17:36	25:38	28:10	36:49	37:50	48:12	50:04	1:02:01	1:17:06	1:18:21	1:19:00								
7	193	Regina, Jezkova Hana O	1:30:39	18:23	21:42	30:29	33:09	48:16	49:56	1:00:58	1:05:31	1:21:22	1:28:33	1:30:02	1:30:39								
8	113	Svoboda, Lenka FWOG	1:30:55	13:45	18:34	31:07	33:16	48:28	49:45	1:04:12	1:06:05	1:20:59	1:29:04	1:30:19	1:30:55								
9	244	Hrouzova, Jirina Hana O	1:31:17	12:07	14:35	24:14	27:11	42:15	43:07	53:03	1:04:43	1:19:58	1:27:44	1:30:25	1:31:17								
			12:07	2:28	9:39	2:57	15:04	0:52	9:56	11:40	15:15	7:46	2:41	0:52									

Pl	Stno	Name	Time																
<b>W45-54 (12)</b>				<b>4.4 km</b>	<b>140 m</b>	<b>11 C</b>	<i>(cont.)</i>												
				1(33)	2(82)	3(84)	4(37)	5(45)	6(71)	7(36)	8(35)	9(57)	10(58)	11(59)	F				
10	144	Pepper, Shelagh STARS	1:36:12	15:43 15:43	18:21 2:38	26:43 8:22	29:59 3:16	43:25 13:26	44:35 1:10	56:52 12:17	1:10:45 13:53	1:26:19 15:34	1:34:25 8:06	1:35:41 1:16	1:36:12 0:31				
	208	Waddington, Starr GHO	mp	14:40 14:40	19:58 5:18	30:17 10:19	34:15 3:58	----- -----	----- -----	----- -----	----- -----	1:32:23 58:08	1:43:09 10:46	1:44:56 1:47	1:45:31 0:35				
	350	Nixon, Wendy YOA	dnf	----- -----	----- -----	----- -----	----- -----	----- -----	----- -----	----- -----	----- -----	----- -----	----- -----	----- -----	----- -----				
<b>W55-64 (17)</b>				<b>3.7 km</b>	<b>120 m</b>	<b>13 C</b>													
				1(76)	2(83)	3(35)	4(36)	5(37)	6(45)	7(71)	8(34)	9(57)	10(93)	11(69)	12(58)	13(59)	F		
1	327	Brown, Ellyn ARCT	48:35	3:03 3:03	10:37 7:34	13:28 2:51	15:27 1:59	19:15 3:48	26:02 6:47	26:44 0:42	32:47 6:03	39:41 6:54	43:13 3:32	45:59 2:46	47:03 1:04	48:05 1:02	48:35 0:30		
2	184	Owen, Marion FWOC	57:08	3:44 3:44	10:55 7:11	14:49 3:54	16:52 2:03	20:03 3:11	27:08 7:05	27:50 0:42	42:02 14:12	49:48 7:46	53:35 3:47	54:40 1:05	55:35 0:55	56:40 1:05	57:08 0:28		
3	112	Gamey, Muriel Manitoba	57:18	2:29 2:29	8:25 5:56	11:52 3:27	18:07 6:15	21:46 3:39	28:08 6:22	28:59 0:51	34:27 5:28	44:16 9:49	50:00 5:44	54:13 4:13	55:25 1:12	56:50 1:25	57:18 0:28		
4	183	Jones, Kitty FWOC	57:45	2:35 2:35	9:47 7:12	13:04 3:17	14:59 1:55	18:45 3:46	26:34 7:49	27:36 1:02	33:14 5:38	49:28 16:14	53:26 3:58	54:43 1:17	55:57 1:14	57:08 1:11	57:45 0:37		
5	216	Pearson, Angela EOOC	1:02:32	3:56 3:56	10:22 6:26	13:30 3:08	19:15 5:45	23:19 4:04	30:32 7:13	31:19 0:47	37:23 6:04	47:28 10:05	58:38 11:10	59:36 0:58	1:00:44 1:08	1:01:54 1:10	1:02:32 0:38		
6	145	Deumer, Trudy GHO	1:06:33	4:21 4:21	14:12 9:51	26:29 12:17	28:13 1:44	33:09 4:56	42:13 9:04	43:14 1:01	51:07 7:53	59:07 8:00	1:02:13 3:06	1:03:29 1:16	1:04:55 1:26	1:05:58 1:03	1:06:33 0:35		
7	231	Rennie, Robyn GVOC	1:09:11	2:47 2:47	9:16 6:29	21:19 12:03	23:12 1:53	27:08 3:56	43:23 16:15	44:37 1:14	49:27 4:50	1:00:00 10:33	1:03:35 3:35	1:05:01 1:26	1:07:08 2:07	1:08:36 1:28	1:09:11 0:35		
8	315	Cornish, Judy EOOC	1:10:54	3:36 3:36	13:39 10:03	23:59 10:20	25:51 1:52	31:02 5:11	42:32 11:30	43:47 1:15	50:02 6:15	1:01:10 11:08	1:06:26 5:16	1:07:35 1:09	1:08:58 1:23	1:10:18 1:20	1:10:54 0:36		
9	205	Anderson, Hilary GVOC	1:14:34	4:47 4:47	11:56 7:09	22:06 10:10	23:44 1:38	27:15 3:31	46:11 18:56	46:46 0:35	53:19 6:33	1:05:43 12:24	1:10:37 4:54	1:12:02 1:25	1:13:04 1:02	1:14:05 1:01	1:14:34 0:29		
10	168	Mckenna, Karen YOA	1:16:17	3:11 3:11	9:49 6:38	12:12 2:23	16:25 4:13	21:43 5:18	51:30 29:47	52:21 0:51	58:25 6:04	1:05:39 7:14	1:09:02 3:23	1:13:31 4:29	1:14:45 1:14	1:15:48 1:03	1:16:17 0:29		
11	138	van Hees, Violet YOA	1:16:37	3:27 3:27	11:37 8:10	18:14 6:37	20:13 1:59	25:04 4:51	36:33 11:29	37:38 1:05	50:26 12:48	1:06:11 15:45	1:11:27 5:16	1:13:09 1:42	1:14:41 1:32	1:15:59 1:18	1:16:37 0:38		
12	182	Lachance, Karen GVOC	1:18:54	3:39 3:39	12:41 9:02	29:31 16:50	31:33 2:02	36:33 5:00	48:43 12:10	50:02 1:19	57:43 7:41	1:08:20 10:37	1:13:24 5:04	1:15:04 1:40	1:16:31 1:27	1:18:10 1:39	1:18:54 0:44		
13	262	Smith, Luella ONB Falcon	1:20:42	3:12 3:12	12:03 8:51	14:50 2:47	19:59 5:09	26:24 6:25	37:17 10:53	38:20 1:03	50:31 12:11	1:08:45 18:14	1:13:55 5:10	1:16:16 2:21	1:18:17 2:01	1:20:06 1:49	1:20:42 0:36		
14	359	Chartrand, Susan Sage	1:22:10	8:18 8:18	17:43 9:25	21:35 3:52	27:21 5:46	33:08 5:47	46:41 13:33	51:41 5:00	59:12 7:31	1:11:21 12:09	1:16:35 5:14	1:18:28 1:53	1:19:49 1:21	1:21:26 1:37	1:22:10 0:44		
15	149	Pohl, Julie USOF	1:33:38	11:48 11:48	25:09 13:21	31:37 6:28	36:03 4:26	42:31 6:28	54:56 12:25	56:28 1:32	1:09:34 13:06	1:23:18 13:44	1:27:59 4:41	1:29:25 1:26	1:31:01 1:36	1:32:55 1:54	1:33:38 0:43		
16	121	Edmunds, Marilyn EOOC	1:41:26	5:50 5:50	18:58 13:08	24:57 5:59	28:54 3:57	35:10 6:16	54:00 18:50	55:24 1:24	1:11:03 15:39	1:28:31 17:28	1:34:39 6:08	1:37:02 2:23	1:38:40 1:38	1:40:36 1:56	1:41:26 0:50		
17	176	Goeres, Ursula CdeB	1:45:36	7:25 7:25	16:57 9:32	28:46 11:49	33:11 4:25	37:35 4:24	1:03:00 25:25	1:04:16 1:16	1:13:04 8:48	1:34:56 21:52	1:40:12 5:16	1:42:11 1:59	1:43:23 1:12	1:45:04 1:41	1:45:36 0:32		
<b>W65-74 (8)</b>				<b>3.7 km</b>	<b>120 m</b>	<b>13 C</b>													
				1(76)	2(83)	3(35)	4(36)	5(37)	6(45)	7(71)	8(34)	9(57)	10(93)	11(69)	12(58)	13(59)	F		
1	222	Ellis, Margaret GVOC	57:02	3:02 3:02	10:05 7:03	12:47 2:42	14:40 1:53	18:32 3:52	27:27 8:55	28:18 0:51	33:58 5:40	48:16 14:18	52:57 4:41	54:26 1:29	55:19 0:53	56:34 1:15	57:02 0:28		
2	155	Faulkner, Trish Peninsula	57:39	3:00 3:00	11:28 8:28	16:38 5:10	18:46 2:08	22:27 3:41	31:31 9:04	32:23 0:52	37:37 5:14	48:50 11:13	53:03 4:13	54:30 1:27	55:38 1:08	57:06 1:28	57:39 0:33		
3	259	Rankin, Gloria Ottawa OC	1:03:25	3:27 3:27	12:28 9:01	19:58 7:30	22:00 2:02	26:43 4:43	36:25 9:42	37:40 1:15	44:45 7:05	53:18 8:33	58:54 5:36	1:00:31 1:37	1:01:30 0:59	1:02:45 1:15	1:03:25 0:40		
4	128	Hocking, Diana VICO	1:16:26	10:59 10:59	20:22 9:23	25:34 5:12	28:35 3:01	33:17 4:42	42:56 9:39	44:13 1:17	51:50 7:37	1:06:40 14:50	1:11:38 4:58	1:12:49 1:11	1:14:25 1:36	1:15:52 1:27	1:16:26 0:34		
5	111	Guttormson, Lorna Ottawa OC	1:27:04	3:39 3:39	16:47 13:08	24:51 8:04	27:04 2:13	31:59 4:55	43:50 11:51	45:16 1:26	59:09 13:53	1:17:47 18:38	1:22:26 4:39	1:23:44 1:18	1:25:01 1:17	1:26:20 1:19	1:27:04 0:44		
6	188	Davies, Robyn Peninsula	1:32:31	4:46 4:46	17:28 12:42	22:27 4:59	25:42 3:15	33:39 7:57	49:03 15:24	50:23 1:20	1:01:54 11:31	1:16:49 14:55	1:24:29 7:40	1:27:56 3:27	1:29:33 1:37	1:31:35 2:02	1:32:31 0:56		
7	252	Vyse, Frances Sage	1:38:54	5:01 5:01	24:58 19:57	30:11 5:13	32:48 2:37	37:47 4:59	1:00:12 22:25	1:01:51 1:39	1:09:50 7:59	1:28:52 19:02	1:33:16 4:24	1:35:10 1:54	1:36:46 1:36	1:38:22 1:36	1:38:54 0:32		

30:30  
\*78



Pl	Stno	Name	Time																	
<b>W65-74 (8)</b>				<b>3.7 km 120 m 13 C</b>	<i>(cont.)</i>															
				1(76)	2(83)	3(35)	4(36)	5(37)	6(45)	7(71)	8(34)	9(57)	10(93)	11(69)	12(58)	13(59)	F			
8	204	McBee, Jill CROC	1:46:00	6:34 6:34	18:00 11:26	23:15 5:15	27:34 4:19	42:08 14:34	59:21 17:13	1:00:39 1:18	1:11:49 11:10	1:31:42 19:53	1:38:22 6:40	1:41:25 3:03	1:42:55 1:30	1:44:56 2:01	1:46:00 1:04			
<b>W75-79 (4)</b>				<b>2.8 km 75 m 10 C</b>																
				1(31)	2(75)	3(74)	4(91)	5(45)	6(71)	7(82)	8(57)	9(80)	10(59)				F			
1	119	Bailey, Gillian VICO	1:12:52	9:37 9:37	13:33 3:56	20:59 7:26	28:44 7:45	32:32 3:48	33:53 1:21	43:48 9:55	55:59 12:11	1:02:42 6:43	1:11:50 9:08	1:12:52 1:02						
2	137	Leduc, Nesta YOA	1:13:43	9:01 9:01	12:36 3:35	19:09 6:33	28:27 9:18	32:02 3:35	33:15 1:13	51:09 17:54	1:02:51 11:42	1:08:41 5:50	1:13:03 4:22	1:13:43 0:40						
3	117	Woof, Caryl Esk Valley	1:44:13	7:52 7:52	11:04 3:12	33:39 22:35	47:45 14:06	54:47 7:02	56:18 1:31	1:14:32 18:14	1:30:45 16:13	1:37:35 6:50	1:43:29 5:54	1:44:13 0:44						
4	229	MacNaughton, Jean FWOC	1:49:30	14:15 14:15	23:12 8:57	35:04 11:52	50:54 15:50	57:08 6:14	59:43 2:35	1:10:37 10:54	1:26:35 15:58	1:37:29 10:54	1:47:56 10:27	1:49:30 1:34						
<b>Open M1 (1)</b>				<b>2.8 km 65 m 12 C</b>																
				1(44)	2(60)	3(61)	4(62)	5(63)	6(64)	7(65)	8(92)	9(67)	10(93)	11(85)	12(59)			F		
1	297	May, Trond Sage	28:55	2:06 2:06	4:24 2:18	7:26 3:02	9:16 1:50	12:23 3:07	15:03 2:40	17:15 2:12	20:31 3:16	21:47 1:16	25:21 3:34	26:40 1:19	28:31 1:51	28:55 0:24				
<b>Open M2 (1)</b>				<b>3.4 km 87 m 12 C</b>																
				1(70)	2(60)	3(81)	4(62)	5(71)	6(87)	7(72)	8(73)	9(65)	10(88)	11(69)	12(59)			F		
1	255	Sproule, Patrick N/A	37:44	3:34 3:34	4:48 1:14	8:51 4:03	10:48 1:57	17:33 6:45	19:41 2:08	21:54 2:13	23:32 1:38	26:52 3:20	32:07 5:15	35:10 3:03	37:01 1:51	37:44 0:43				
<b>Open M5 (2)</b>				<b>3.7 km 120 m 13 C</b>																
				1(76)	2(83)	3(35)	4(36)	5(37)	6(45)	7(71)	8(34)	9(57)	10(93)	11(69)	12(58)	13(59)			F	
1	178	Kelly, Ryan YOA	51:57	2:39 2:39	8:54 6:15	16:22 7:28	18:14 1:52	22:09 3:55	31:17 9:08	32:15 0:58	37:05 4:50	44:05 7:00	47:26 3:21	48:57 1:31	50:11 1:14	51:28 1:17	51:57 0:29			
	129	Hocking, Martin VICO	mp	10:11 10:11	44:29 34:18	51:28 6:59	55:12 3:44	1:14:37 19:25	2:01:51 47:14	2:04:59 3:08	-----	-----	-----	-----	-----	2:54:38 49:39	2:55:22 0:44			
<b>Open M6 (3)</b>				<b>4.4 km 140 m 11 C</b>																
				1(33)	2(82)	3(84)	4(37)	5(45)	6(71)	7(36)	8(35)	9(57)	10(58)	11(59)			F			
1	192	Karel, Krsak Hana O	1:03:44	7:36 7:36	12:10 4:34	20:35 8:25	24:33 3:58	32:25 7:52	33:24 0:59	43:06 9:42	46:12 3:06	56:12 10:00	1:01:46 5:34	1:03:04 1:18	1:03:44 1:18	1:03:44 0:40				
2	356	Laurich, Bruce Ottawa OC	1:07:52	8:27 8:27	11:14 2:47	19:13 7:59	21:58 2:45	36:33 14:35	37:40 1:07	47:56 10:16	49:37 1:41	1:01:59 12:22	1:06:33 4:34	1:07:29 0:56	1:07:52 0:23					
3	378	Svoboda, Michael FWOC	1:25:56	14:09 14:09	16:55 2:46	26:50 9:55	32:57 6:07	42:31 9:34	43:08 0:37	57:07 13:59	59:14 2:07	1:17:56 18:42	1:24:18 6:22	1:25:27 1:09	1:25:56 0:29					
<b>Open M7 (3)</b>				<b>7.0 km 215 m 12 C</b>																
				1(57)	2(39)	3(38)	4(45)	5(46)	6(79)	7(35)	8(74)	9(76)	10(80)	11(58)	12(59)			F		
1	323	Holcombe, Darren YOA	1:28:21	4:45 4:45	23:09 18:24	25:47 2:38	34:30 8:43	44:47 10:17	46:56 2:09	1:14:06 27:10	1:16:38 2:32	1:21:04 4:26	1:24:23 3:19	1:26:32 2:09	1:27:47 1:15	1:28:21 0:34				
2	351	Johnson, Jeremy YOA	1:44:38	5:04 5:04	26:30 21:26	30:09 3:39	51:34 21:25	1:04:26 12:52	1:07:55 3:29	1:25:16 17:21	1:28:49 3:33	1:35:36 6:47	1:39:56 4:20	1:42:41 2:45	1:44:05 1:24	1:44:38 0:33				
	267	Woods, Stan GVOC	mp	10:36 10:36	51:48 41:12	1:00:19 8:31	1:32:59 32:40	-----	-----	-----	-----	-----	-----	-----	2:32:12 59:13	2:32:51 0:39	2:32:13 *59			
<b>Open W1 (3)</b>				<b>2.8 km 65 m 12 C</b>																
				1(44)	2(60)	3(61)	4(62)	5(63)	6(64)	7(65)	8(92)	9(67)	10(93)	11(85)	12(59)			F		
1	400	Bond, Sofia YOA	40:27	3:08 3:08	5:30 2:22	9:44 4:14	11:16 1:32	15:11 3:55	18:12 3:01	20:26 2:14	24:34 4:08	26:23 1:49	31:21 4:58	32:03 0:42	39:51 7:48	40:27 0:36				
2	358	Boyd, Emma YOA	47:24	3:03 3:03	5:55 2:52	11:56 6:01	13:53 1:57	20:01 6:08	23:49 3:48	26:29 2:40	33:53 7:24	38:18 4:25	43:07 4:49	44:05 0:58	46:44 2:39	47:24 0:40				



Pl	Stno	Name	Time												
<b>Group 2 (1)</b>			<b>3.4 km 87 m 12 C</b>												
			1(70)	2(60)	3(81)	4(62)	5(71)	6(87)	7(72)	8(73)	9(65)	10(88)	11(69)	12(59)	F
	<b>329</b>	<b>Family, Sennett YOA</b>	<b>dnf</b>	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	
<b>Group 3 (1)</b>			<b>4.3 km 165 m 11 C</b>												
			1(60)	2(75)	3(74)	4(78)	5(39)	6(38)	7(82)	8(33)	9(57)	10(58)	11(59)		F
<b>1</b>	<b>368</b>	<b>Thorstensson/Faruga, Kvillebyns</b>	<b>1:48:47</b>	<b>5:19</b> <b>5:19</b>	<b>9:01</b> <b>3:42</b>	<b>15:43</b> <b>6:42</b>	<b>43:29</b> <b>27:46</b>	<b>58:45</b> <b>15:16</b>	<b>1:04:51</b> <b>6:06</b>	<b>1:27:35</b> <b>22:44</b>	<b>1:34:07</b> <b>6:32</b>	<b>1:39:54</b> <b>5:47</b>	<b>1:46:48</b> <b>6:54</b>	<b>1:48:14</b> <b>1:26</b>	<b>1:48:47</b> <b>0:33</b>