

Pl	Stno	Name	Time																					F			
			12.0 km 550 m 20 C			<i>(cont.)</i>																					
			1(72)	2(71)	3(73)	4(84)	5(82)	6(68)	7(89)	8(76)	9(78)	10(74)	11(87)	12(58)	13(59)	14(67)	15(80)	16(83)	17(48)	18(66)	19(69)	20(90)					
7	295	May, Brian Sage	1:45:54	4:11	5:26	11:51	13:58	15:35	36:48	40:53	42:15	45:58	1:00:08	1:00:41	1:08:16	1:09:39	1:10:57	1:26:00	1:29:23	1:38:27	1:42:32	1:43:37	1:45:04	1:45:54			
8	263	Torrance, Jon Ottawa OC	1:52:25	4:01	5:25	11:37	14:15	19:32	36:09	42:19	43:53	47:45	1:04:03	1:04:43	1:11:07	1:12:37	1:14:35	1:32:36	1:36:09	1:44:48	1:49:16	1:50:19	1:51:41	1:52:25			
9	131	Saile, Patrick GHO	1:56:27	4:01	5:45	13:44	16:04	17:43	37:35	43:49	45:37	49:39	1:10:07	1:12:14	1:21:22	1:22:36	1:24:36	1:39:30	1:42:50	1:49:12	1:53:24	1:54:28	1:55:42	1:56:27			
10	305	Moore, Ian ARCT	1:58:05	4:22	5:15	11:33	14:53	17:54	37:16	42:04	43:56	47:59	1:07:22	1:07:51	1:17:05	1:18:54	1:21:25	1:39:04	1:42:44	1:49:43	1:54:58	1:56:04	1:57:24	1:58:05			
11	282	Sacher, Martin Bussola OK	1:58:34	5:15	6:17	13:04	16:16	18:18	37:42	43:02	44:49	49:19	1:06:54	1:07:49	1:15:44	1:17:43	1:20:22	1:37:28	1:41:27	1:50:02	1:54:48	1:56:00	1:57:38	1:58:34			
12	106	Graupner, Steven CdeB	2:04:27	4:54	6:17	13:04	16:16	18:18	37:42	43:02	44:49	49:19	1:06:54	1:07:49	1:15:44	1:17:43	1:20:22	1:37:28	1:41:27	1:50:02	1:54:48	1:56:00	1:57:38	1:58:34			
13	261	Walker, Greg CSU	2:12:30	4:19	5:54	13:13	15:16	16:39	34:31	41:43	45:50	48:48	1:07:46	1:08:14	1:21:05	1:22:19	1:24:17	1:43:17	1:47:11	1:55:24	2:01:33	2:02:34	2:03:52	2:04:27			
14	246	Janecek, Oldrich Hana O	2:21:15	4:19	5:54	13:13	15:16	16:39	34:31	41:43	45:50	48:48	1:07:46	1:08:14	1:21:05	1:22:19	1:24:17	1:43:17	1:47:11	1:55:24	2:01:33	2:02:34	2:03:52	2:04:27			
15	288	Teutsch, Jeffrey Ottawa OC	2:25:50	4:19	5:54	13:13	15:16	16:39	34:31	41:43	45:50	48:48	1:07:46	1:08:14	1:21:05	1:22:19	1:24:17	1:43:17	1:47:11	1:55:24	2:01:33	2:02:34	2:03:52	2:04:27			
16	123	Oeschger, Severin O Kölliken	2:39:12	4:19	5:54	13:13	15:16	16:39	34:31	41:43	45:50	48:48	1:07:46	1:08:14	1:21:05	1:22:19	1:24:17	1:43:17	1:47:11	1:55:24	2:01:33	2:02:34	2:03:52	2:04:27			
17	253	Konotopetz, Damian CdeB	2:49:46	4:19	5:54	13:13	15:16	16:39	34:31	41:43	45:50	48:48	1:07:46	1:08:14	1:21:05	1:22:19	1:24:17	1:43:17	1:47:11	1:55:24	2:01:33	2:02:34	2:03:52	2:04:27			
122		Sigvaldason, Chris EIOC	mp	39:43	45:09	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----				
317		Barrett, Nathan Detroit GVOG	mp	39:43	5:26	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----				
156		Graupner, Thomas CdeB	ot	9:29	11:21	31:01	38:28	45:38	1:16:38	1:22:18	1:24:27	1:28:34	1:56:43	1:57:54	2:11:59	2:13:32	2:15:32	-----	-----	-----	-----	-----	-----				
316		Nipen-Barrie, Troy GVOG	ot	9:29	1:52	19:40	7:27	7:10	31:00	5:40	2:09	4:07	28:09	1:11	14:05	1:33	2:00	2:39:44	2:45:51	3:05:49	3:14:28	3:15:43	3:18:05	3:18:48			
				5:52	7:57	19:06	22:33	25:13	58:52	1:18:36	1:21:24	1:28:56	1:53:48	1:54:45	2:07:42	2:09:21	2:13:45	2:39:44	2:45:51	3:05:49	3:14:28	3:15:43	3:18:05	3:18:48			
				5:52	2:05	11:09	3:27	2:40	33:39	19:44	2:48	7:32	24:52	0:57	12:57	1:39	4:24	25:59	6:07	19:58	8:39	1:15	2:22	0:43			
				6:01	7:46	23:21	27:30	36:11	56:35	1:04:37	1:06:46	1:12:35	1:44:16	1:44:58	2:03:23	2:06:22	2:10:18	2:35:36	2:42:53	2:51:19	2:56:42	2:57:50	2:59:32	3:00:18			
				6:01	1:45	15:35	4:09	8:41	20:24	8:02	2:09	5:49	31:41	0:42	18:25	2:59	3:56	25:18	7:17	8:26	5:23	1:08	1:42	0:46			
			9.0 km 470 m 16 C																				F				
			1(61)	2(71)	3(59)	4(67)	5(78)	6(79)	7(80)	8(86)	9(89)	10(49)	11(60)	12(88)	13(55)	14(66)	15(69)	16(90)									
1	160	Zissos, Adrian FWOC	1:31:46	5:02	6:58	20:14	22:37	38:26	40:03	42:49	47:05	54:27	58:04	1:04:15	1:19:43	1:24:26	1:28:27	1:29:37	1:31:00	1:31:46							
2	157	Mlynczyk, Eugene Ukr OC	1:45:08	5:02	1:56	13:16	2:23	15:49	1:37	2:46	4:16	7:22	3:37	6:11	15:28	4:43	4:01	1:10	1:23	0:46							
3	302	Chung, Raymond TOC	2:19:25	5:29	7:56	22:33	24:26	41:16	42:52	45:38	49:57	57:16	1:01:12	1:07:00	1:30:58	1:36:34	1:41:35	1:42:50	1:44:20	1:45:08							
				5:29	2:27	14:37	1:53	16:50	1:36	2:46	4:19	7:19	3:56	5:48	23:58	5:36	5:01	1:15	1:30	0:48							
				7:53	11:07	26:17	28:50	56:29	58:34	1:02:28	1:08:56	1:19:29	1:24:02	1:34:51	2:04:06	2:10:42	2:15:28	2:16:53	2:18:32	2:19:25							
				7:53	3:14	15:10	2:33	27:39	2:05	3:54	6:28	10:33	4:33	10:49	29:15	6:36	4:46	1:25	1:39	0:53							
				5:21	7:09	21:04	23:36	1:05:03	1:09:13	1:12:54	1:18:25	1:32:08	1:36:59	1:46:33	2:15:55	-----	-----	-----	-----	2:30:02							
				5:21	1:48	13:55	2:32	41:27	4:10	3:41	5:31	13:43	4:51	9:34	29:22					14:07							
				5:38	8:25	23:25	26:00	55:16	56:43	1:09:09	1:14:00	1:30:52	1:36:53	1:47:15	-----	-----	2:31:13	2:32:47	2:35:50	2:36:46							
				5:38	2:47	15:00	2:35	29:16	1:27	12:26	4:51	16:52	6:01	10:22					43:58	1:34	3:03	0:56					
			5.2 km 230 m 10 C																				F				
			1(61)	2(71)	3(58)	4(59)	5(67)	6(60)	7(55)	8(66)	9(69)	10(90)															
1	101	Burnett, Ross YOA	43:50	3:21	4:58	14:59	16:44	18:29	21:59	36:32	40:16	41:31	43:02	43:50													
2	189	Robert, Zdrahal Hana O	45:00	3:21	1:37	10:01	1:45	1:45	3:30	14:33	3:44	1:15	1:31	0:48													
3	312	Rascher, Michael GVOG	55:42	4:23	6:25	15:32	17:22	18:55	22:51	38:02	41:28	42:38	44:10	45:00													
				4:23	2:02	9:07	1:50	1:33	3:56	15:11	3:26	1:10	1:32	0:50													
				5:40	8:58	21:36	23:46	25:47	30:44	48:32	52:00	53:18	54:49	55:42													
				5:40	3:18	12:38	2:10	2:01	4:57	17:48	3:28	1:18	1:31	0:53													
				4:45	7:14	24:06	25:35	27:03	31:09	48:47	56:21	57:41	59:16	1:00:12													
				4:45	2:29	16:52	1:29	1:28	4:06	17:38	7:34	1:20	1:35	0:56													
				3:53	17:35	28:35	30:19	32:06	36:31	52:13	56:22	57:29	59:39	1:00:28													
				3:53	13:42	11:00	1:44	1:47	4:25	15:42	4:09	1:07	2:10	0:49													
				6:29	9:44	28:08	30:00	32:24	38:26	57:57	1:02:16	1:03:32	1:05:31	1:06:28													
				6:29	3:15	18:24	1:52	2:24	6:02	19:31	4:19	1:16	1:59	0:57													
				5:06	7:39	26:15	28:20	30:38	35:26	55:55	1:01:30	1:03:29	1:06:13	1:07:28													
				5:06	2:33	18:36	2:05	2:18	4:48	20:29	5:35	1:59	2:44	1:15													

Pl	Stno	Name	Time														
M45-54 (17)				5.2 km	230 m	10 C	<i>(cont.)</i>										
				1(61)	2(71)	3(58)	4(59)	5(67)	6(60)	7(55)	8(66)	9(69)	10(90)	F			
8	228	Williams, Kean Cascade OC	1:08:07	8:18	10:31	24:53	28:59	31:03	35:40	58:32	1:03:33	1:05:12	1:07:07	1:08:07			
9	218	Nelson, Vern CdeB	1:13:38	8:18	2:13	14:22	4:06	2:04	4:37	22:52	5:01	1:39	1:55	1:00			
10	107	Graupner, Dave CdeB	1:24:40	7:09	9:47	25:15	27:41	29:57	42:58	1:05:56	1:09:56	1:11:12	1:12:44	1:13:38			
11	141	Fisher, Gar GVOC	1:26:38	7:09	2:38	15:28	2:26	2:16	13:01	22:58	4:00	1:16	1:32	0:54			
12	264	Heron, Steve ONB-Fundy	1:35:59	9:05	12:26	29:43	32:14	35:08	45:48	1:14:05	1:20:04	1:21:40	1:23:49	1:24:40			
13	210	Atchison, Garry EOOC	1:36:07	9:05	3:21	17:17	2:31	2:54	10:40	28:17	5:59	1:36	2:09	0:51			
14	114	Svoboda, Robert FWOC	1:40:57	8:49	12:29	33:11	35:42	38:36	46:30	1:15:26	1:21:18	1:23:07	1:25:37	1:26:38			
15	331	Gaule, Andrew YOA	2:30:44	8:49	3:40	20:42	2:31	2:54	7:54	28:56	5:52	1:49	2:30	1:01			
	126	Berting, Patrick N/A	mp	8:28	3:29	24:04	2:33	4:06	9:40	32:18	6:05	1:47	2:22	1:07			
	300	Brooks, Craig YOA	mp	13:01	3:49	20:51	3:44	3:48	9:21	27:27	7:13	1:56	3:52	1:05			
				7:44	10:53	29:06	31:36	35:00	41:35	1:31:52	1:36:48	1:38:07	1:40:01	1:40:57			
				7:44	3:09	18:13	2:30	3:24	6:35	50:17	4:56	1:19	1:54	0:56			
				14:11	18:13	1:00:23	1:04:07	1:09:17	1:19:16	2:16:20	2:23:43	2:26:07	2:29:21	2:30:44			
				14:11	4:02	42:10	3:44	5:10	9:59	57:04	7:23	2:24	3:14	1:23			
				16:46	19:27	52:34	----	56:15	----	1:50:11	1:57:15	1:59:15	2:01:56	2:03:18	45:35	50:00	
				16:46	2:41	33:07	----	3:41	----	53:56	7:04	2:00	2:41	1:22	*67	*59	
				15:46	22:01	----	----	----	----	1:38:05	1:46:35	1:49:25	1:54:46	1:56:25			
				15:46	6:15	----	----	----	----	1:16:04	8:30	2:50	5:21	1:39			
M55-64 (22)				5.2 km	230 m	10 C											
				1(61)	2(71)	3(58)	4(59)	5(67)	6(60)	7(55)	8(66)	9(69)	10(90)	F			
1	190	Tomas, Zdrahal Hana O	52:00	5:35	7:48	18:14	19:50	23:04	28:23	45:24	48:40	49:46	51:15	52:00			
2	120	Edmunds, Geraint EOOC	54:24	5:35	2:13	10:26	1:36	3:14	5:19	17:01	3:16	1:06	1:29	0:45			
3	162	Strat, Tom QOC	56:53	5:11	7:15	18:17	20:05	22:06	27:09	46:26	50:49	52:03	53:37	54:24			
4	256	Forrest, Kimball ARCT	57:25	5:11	2:04	11:02	1:48	2:01	5:03	19:17	4:23	1:14	1:34	0:47			
5	151	Breseman, Rick Cascade OC	59:28	5:15	7:12	19:24	21:37	23:36	28:54	48:22	52:49	54:07	56:01	56:53			
6	311	Hawkings, Jim YOA	1:01:02	4:29	2:43	12:12	2:13	1:59	5:18	19:28	4:27	1:18	1:54	0:52			
7	285	Bayly, Don FWOC	1:04:03	5:15	7:58	20:18	22:09	24:02	29:49	50:38	54:06	55:11	56:37	57:25			
8	254	Konotopetz, Larry CdeB	1:05:34	5:15	2:43	12:20	1:51	1:53	5:47	20:49	3:28	1:05	1:26	0:48			
9	152	Karlden, Torbjorn Kvillebyns	1:06:41	5:40	8:01	23:43	25:58	28:00	33:54	51:54	55:53	57:05	58:41	59:28			
10	217	Gilchrist, Robert EOOC	1:08:44	5:40	2:21	15:42	2:15	2:02	5:54	18:00	3:59	1:12	1:36	0:47			
11	243	Hrouza, Jan Hana O	1:14:05	7:13	9:58	22:44	24:58	27:48	33:03	52:20	56:54	58:17	1:00:10	1:01:02			
12	146	Webster, Jim KOC	1:17:03	7:13	2:45	12:46	2:14	2:50	5:15	19:17	4:34	1:23	1:53	0:52			
13	232	Rennie, Bruce GVOC	1:17:28	5:35	8:07	25:16	27:11	29:48	35:51	53:54	59:55	1:01:13	1:03:12	1:04:03			
14	109	Hunter, Gord Ottawa OC	1:18:10	5:35	2:32	17:09	1:55	2:37	6:03	18:03	6:01	1:18	1:59	0:51			
15	349	Abbott, Grant YOA	1:20:45	7:25	11:24	25:52	28:39	34:07	38:55	56:36	1:01:20	1:02:35	1:04:44	1:05:34			
16	322	Riddle, Don SZOC	1:32:01	7:25	3:59	14:28	2:47	5:28	4:48	17:41	4:44	1:15	2:09	0:50			
17	191	Roman, Jelinek Hana O	1:45:18	6:19	8:45	22:38	25:06	27:46	38:32	58:37	1:02:29	1:03:41	1:05:43	1:06:41			
18	148	Rogers, David USOF	1:56:38	6:19	2:26	13:53	2:28	2:40	10:46	20:05	3:52	1:12	2:02	0:58			
19	240	Merriam, Don FWOC	2:01:36	5:45	8:16	33:00	35:23	37:10	41:28	1:00:46	1:05:10	1:06:21	1:07:56	1:08:44			
				5:45	2:31	24:44	2:23	1:47	4:18	19:18	4:24	1:11	1:35	0:48			
				5:28	7:54	34:14	36:41	41:01	46:19	1:05:57	1:10:16	1:11:29	1:13:20	1:14:05			
				5:28	2:26	26:20	2:27	4:20	5:18	19:38	4:19	1:13	1:51	0:45			
				8:07	11:29	29:15	31:46	35:03	41:11	1:05:07	1:11:33	1:13:22	1:15:51	1:17:03			
				8:07	3:22	17:46	2:31	3:17	6:08	23:56	6:26	1:49	2:29	1:02			
				5:57	8:55	21:38	23:43	26:01	30:52	1:08:20	1:13:21	1:14:35	1:16:36	1:17:28			
				5:57	2:58	12:43	2:05	2:18	4:51	37:28	5:01	1:14	2:01	0:52			
				5:04	7:56	32:46	35:42	37:56	44:31	1:07:40	1:13:34	1:15:11	1:17:07	1:18:10			
				5:04	2:52	24:50	2:56	2:14	6:35	23:09	5:54	1:37	1:56	1:03			
				7:39	10:27	23:46	25:57	28:17	48:21	1:12:09	1:16:24	1:17:49	1:19:39	1:20:45			
				7:39	2:48	13:19	2:11	2:20	20:04	23:48	4:15	1:25	1:50	1:06			
				6:06	9:01	40:39	43:33	46:31	52:25	1:20:25	1:26:28	1:28:19	1:30:58	1:32:01			
				6:06	2:55	31:38	2:54	2:58	5:54	28:00	6:03	1:51	2:39	1:03			
				7:17	11:58	51:14	54:33	58:06	1:04:04	1:32:12	1:38:41	1:40:50	1:43:58	1:45:18			
				7:17	4:41	39:16	3:19	3:33	5:58	28:08	6:29	2:09	3:08	1:20			
				7:34	13:25	55:40	58:21	1:00:55	1:07:22	1:40:45	1:49:34	1:52:28	1:55:37	1:56:38			
				7:34	5:51	42:15	2:41	2:34	6:27	33:23	8:49	2:54	3:09	1:01			
				8:40	11:03	32:00	34:07	40:28	46:26	1:49:30	1:56:30	1:57:58	2:00:28	2:01:36			
				8:40	2:23	20:57	2:07	6:21	5:58	1:03:04	7:00	1:28	2:30	1:08			

Pl	Stno	Name	Time																	
M55-64 (22)				5.2 km 230 m 10 C			<i>(cont.)</i>													
				1(61)	2(71)	3(58)	4(59)	5(67)	6(60)	7(55)	8(66)	9(69)	10(90)	F						
20	180	Connors, Patrick CdeB	2:04:45	11:19	15:58	39:41	43:22	47:25	1:04:21	1:47:28	1:55:13	1:57:54	2:02:33	2:04:45						
				11:19	4:39	23:43	3:41	4:03	16:56	43:07	7:45	2:41	4:39	2:12						
21	177	Goeres, Michael CdeB	2:15:28	9:31	13:58	1:03:52	1:07:13	1:10:18	1:27:49	2:03:08	2:09:19	2:11:17	2:14:26	2:15:28						
				9:31	4:27	49:54	3:21	3:05	17:31	35:19	6:11	1:58	3:09	1:02						
22	132	Sidders, Ian GHO	2:17:49	7:22	10:01	1:30:31	1:32:47	1:35:28	1:41:45	2:09:11	2:13:23	2:14:51	2:16:55	2:17:49						
				7:22	2:39	1:20:30	2:16	2:41	6:17	27:26	4:12	1:28	2:04	0:54						
M65-74 (8)				4.1 km 120 m 9 C																
				1(81)	2(57)	3(87)	4(74)	5(62)	6(71)	7(56)	8(66)	9(90)	F							
1	257	Anderson, Bill Ottawa OC	52:37	8:06	16:45	25:23	26:11	31:26	38:14	41:52	47:39	51:23	52:37							
				8:06	8:39	8:38	0:48	5:15	6:48	3:38	5:47	3:44	1:14							
2	187	Davies, John Peninsula	58:38	8:22	17:53	27:10	27:58	34:27	41:30	45:38	54:04	57:29	58:38							
				8:22	9:31	9:17	0:48	6:29	7:03	4:08	8:26	3:25	1:09							
3	251	Vyse, Alan Sage	1:02:35	6:01	15:21	32:12	32:54	38:43	48:07	51:02	59:07	1:01:37	1:02:35							
				6:01	9:20	16:51	0:42	5:49	9:24	2:55	8:05	2:30	0:58							
4	354	Viddal, Einar EOOC	1:06:50	7:36	22:42	38:55	39:31	45:52	53:00	56:36	1:03:00	1:05:50	1:06:50							
				7:36	15:06	16:13	0:36	6:21	7:08	3:36	6:24	2:50	1:00							
5	110	Guttormson, Richard Ottawa OC	1:17:32	15:47	33:14	46:16	47:13	54:50	1:01:44	1:05:43	1:12:47	1:16:26	1:17:32							
				15:47	17:27	13:02	0:57	7:37	6:54	3:59	7:04	3:39	1:06							
6	147	Veler, Fred SAMM	1:24:07	9:29	24:40	40:32	41:36	50:25	59:02	1:04:22	1:16:24	1:21:59	1:24:07							
				9:29	15:11	15:52	1:04	8:49	8:37	5:20	12:02	5:35	2:08							
	125	Yarkie, Greg EOOC	mp	5:25	16:37	-----	23:45	28:48	37:52	41:59	46:47	49:14	50:08							
				5:25	11:12	-----	7:08	5:03	9:04	4:07	4:48	2:27	0:54							
	203	McBee, Rick CROC	mp	8:38	1:38:45	-----	-----	-----	-----	-----	-----	2:06:43	2:07:53	1:46:09	*36					
				8:38	1:30:07	-----	-----	-----	-----	-----	-----	27:58	1:10							
M75-79 (2)				3.5 km 125 m 8 C																
				1(61)	2(52)	3(77)	4(65)	5(50)	6(55)	7(66)	8(90)	F								
1	118	Bailey, Leigh VICO	44:25	7:05	9:02	21:17	23:18	34:06	35:54	40:29	43:24	44:25								
				7:05	1:57	12:15	2:01	10:48	1:48	4:35	2:55	1:01								
2	249	Kerr, Alex GVOOC	48:17	6:38	9:07	21:01	23:13	34:21	36:09	43:53	47:10	48:17								
				6:38	2:29	11:54	2:12	11:08	1:48	7:44	3:17	1:07								
M80 (1)				2.1 km 70 m 6 C																
				1(51)	2(61)	3(50)	4(55)	5(66)	6(90)	F										
1	283	Scott, Don EOOC	1:26:33	16:04	32:03	49:34	54:51	1:10:34	1:23:36	1:26:33										
				16:04	15:59	17:31	5:17	15:43	13:02	2:57										
MW12 (3)				2.8 km 110 m 16 C																
				1(31)	2(32)	3(33)	4(34)	5(35)	6(36)	7(38)	8(39)	9(41)	10(42)	11(43)	12(44)	13(45)	14(46)	15(47)	16(90)	F
1	296	May, Rachel Sage	27:42	2:54	3:43	4:18	5:32	7:16	8:17	10:42	11:19	13:14	14:50	19:08	20:59	23:12	24:53	25:44	26:52	27:42
				2:54	0:49	0:35	1:14	1:44	1:01	2:25	0:37	1:55	1:36	4:18	1:51	2:13	1:41	0:51	1:08	0:50
2	347	McMillan, Tara GVOOC	59:00	3:00	3:36	4:22	10:01	11:53	12:38	14:26	14:56	16:49	18:13	38:58	41:13	44:05	51:06	55:13	58:10	59:00
				3:00	0:36	0:46	5:39	1:52	0:45	1:48	0:30	1:53	1:24	20:45	2:15	2:52	7:01	4:07	2:57	0:50
	344	Shier, Hannah YOA	mp	3:07	3:50	4:27	5:20	6:45	7:31	9:09	9:38	11:09	12:24	-----	21:03	23:41	31:37	35:06	36:14	37:07
				3:07	0:43	0:37	0:53	1:25	0:46	1:38	0:29	1:31	1:15	-----	8:39	2:38	7:56	3:29	1:08	0:53
MW15-16 (3)				4.2 km 140 m 8 C																
				1(51)	2(62)	3(63)	4(64)	5(65)	6(50)	7(69)	8(90)	F								
1	104	Blake, Pia YOA	50:03	2:58	12:19	13:42	23:18	25:46	40:37	47:29	49:11	50:03								
				2:58	9:21	1:23	9:36	2:28	14:51	6:52	1:42	0:52								
2	215	Sepandj, Darya FWOC	1:02:44	3:26	28:12	29:20	39:20	41:36	53:01	1:00:16	1:02:04	1:02:44								
				3:26	24:46	1:08	10:00	2:16	11:25	7:15	1:48	0:40								
3	179	Stephen, Alix FWOC	1:32:09	4:55	29:22	32:01	1:04:44	1:07:07	1:19:04	1:29:09	1:31:19	1:32:09								
				4:55	24:27	2:39	32:43	2:23	11:57	10:05	2:10	0:50								

Pl	Stno	Name	Time																	
W17-20 (6)				5.0 km 215 m 10 C																
				1(81)	2(87)	3(75)	4(77)	5(85)	6(86)	7(55)	8(66)	9(69)	10(90)	F						
1	167	Murray, Kendra YOA	51:51	5:42	15:21	18:17	27:47	32:32	39:25	45:07	48:37	49:42	51:09	51:51						
				5:42	9:39	2:56	9:30	4:45	6:53	5:42	3:30	1:05	1:27	0:42						
2	290	Teutsch, Laura Ottawa OC	1:00:48	5:40	17:39	21:30	33:48	39:34	43:05	51:17	56:16	57:33	59:56	1:00:48						
				5:40	11:59	3:51	12:18	5:46	3:31	8:12	4:59	1:17	2:23	0:52						
3	139	Burnett, Kerstin YOA	1:01:21	5:42	18:52	24:40	35:11	40:53	45:12	53:50	57:55	59:11	1:00:37	1:01:21						
				5:42	13:10	5:48	10:31	5:42	4:19	8:38	4:05	1:16	1:26	0:44						
4	206	Mackeigan, Jennifer YOA	1:13:53	6:53	25:30	29:23	43:01	49:47	52:28	1:02:17	1:09:19	1:10:55	1:13:01	1:13:53						
				6:53	18:37	3:53	13:38	6:46	2:41	9:49	7:02	1:36	2:06	0:52						
5	198	Ross, Emily ONB Falcon	1:14:57	8:11	19:06	22:30	40:05	45:46	57:49	1:05:47	1:10:22	1:11:38	1:14:08	1:14:57						
				8:11	10:55	3:24	17:35	5:41	12:03	7:58	4:35	1:16	2:30	0:49						
	248	Krsakova, Marie Hana O	mp	6:05	26:55	31:14	----	----	----	57:26	1:03:44	1:05:28	1:08:00	1:09:21						
				6:05	20:50	4:19				26:12	6:18	1:44	2:32	1:21						
W21-34 (10)				9.0 km 470 m 16 C																
				1(61)	2(71)	3(59)	4(67)	5(78)	6(79)	7(80)	8(86)	9(89)	10(49)	11(60)	12(88)	13(55)	14(66)	15(69)	16(90)	F
1	227	Oram, Louise GVOG	1:27:15	4:24	6:27	17:45	19:19	33:24	35:08	37:28	40:58	49:42	52:46	1:01:55	1:16:42	1:20:31	1:24:06	1:25:12	1:26:29	1:27:15
				4:24	2:03	11:18	1:34	14:05	1:44	2:20	3:30	8:44	3:04	9:09	14:47	3:49	3:35	1:06	1:17	0:46
2	200	Ross, Carol ONB	1:40:39	4:08	6:31	18:55	21:02	39:59	41:36	44:38	48:50	56:22	1:01:22	1:09:42	1:27:16	1:33:15	1:37:18	1:38:28	1:39:55	1:40:39
				4:08	2:23	12:24	2:07	18:57	1:37	3:02	4:12	7:32	5:00	8:20	17:34	5:59	4:03	1:10	1:27	0:44
3	130	James, Pam YOA	1:41:26	4:41	6:44	18:26	20:16	38:34	40:14	43:36	47:49	56:42	1:00:18	1:07:23	1:27:44	1:33:13	1:37:33	1:38:59	1:40:32	1:41:26
				4:41	2:03	11:42	1:50	18:18	1:40	3:22	4:13	8:53	3:36	7:05	20:21	5:29	4:20	1:26	1:33	0:54
4	185	Scheck, Katherine YOA	1:47:25	4:54	7:37	22:10	24:17	43:21	45:28	48:20	53:30	1:01:32	1:05:30	1:13:37	1:34:03	1:39:09	1:43:32	1:44:56	1:46:34	1:47:25
				4:54	2:43	14:33	2:07	19:04	2:07	2:52	5:10	8:02	3:58	8:07	20:26	5:06	4:23	1:24	1:38	0:51
5	133	Balakova, Andrea GVOG	1:57:54	4:39	7:16	22:35	24:33	45:11	47:20	50:52	55:45	1:04:47	1:08:29	1:23:25	1:43:12	1:49:17	1:53:31	1:54:46	1:56:54	1:57:54
				4:39	2:37	15:19	1:58	20:38	2:09	3:32	4:53	9:02	3:42	14:56	19:47	6:05	4:14	1:15	2:08	1:00
6	319	Critchley, Claire EOOC	2:16:53	5:08	7:10	20:16	21:58	51:55	55:04	58:15	1:01:54	1:09:59	1:22:20	1:41:53	2:02:58	2:08:48	2:12:59	2:14:07	2:16:04	2:16:53
				5:08	2:02	13:06	1:42	29:57	3:09	3:11	3:39	8:05	12:21	19:33	21:05	5:50	4:11	1:08	1:57	0:49
7	196	Brandreth, Sarah FWOC	2:17:35	5:21	8:09	26:10	27:56	51:45	53:49	57:19	1:02:34	1:14:00	1:19:21	1:29:04	1:56:18	2:03:23	2:12:05	2:14:08	2:16:16	2:17:35
				5:21	2:48	18:01	1:46	23:49	2:04	3:30	5:15	11:26	5:21	9:43	27:14	7:05	8:42	2:03	2:08	1:19
8	124	Joggi, Marianne O Kölliken	2:36:49	5:57	9:00	26:28	30:02	55:15	1:00:12	1:04:23	1:10:27	1:20:15	1:24:07	1:50:02	2:19:30	2:27:26	2:32:21	2:33:51	2:35:55	2:36:49
				5:57	3:03	17:28	3:34	25:13	4:57	4:11	6:04	9:48	3:52	25:55	29:28	7:56	4:55	1:30	2:04	0:54
	199	Rance, Meghan GVOG	mp	6:05	9:42	32:11	42:51	----	----	----	----	----	----	----	----	----	1:17:07	----	1:20:31	1:21:47
				6:05	3:37	22:29	10:40										34:16		3:24	1:16
	294	May, Abbigail Sage	mp	6:17	13:46	44:37	46:53	1:17:45	1:20:18	1:25:24	1:31:50	1:43:10	1:48:03	2:16:43	----	2:40:43	2:45:36	2:46:57	2:48:56	2:50:04
				6:17	7:29	30:51	2:16	30:52	2:33	5:06	6:26	11:20	4:53	28:40		24:00	4:53	1:21	1:59	1:08
W35-44 (2)				5.0 km 215 m 10 C																
				1(81)	2(87)	3(75)	4(77)	5(85)	6(86)	7(55)	8(66)	9(69)	10(90)	F						
1	304	Jolliff, Jennifer ARCT	1:06:22	5:43	17:22	22:42	34:58	41:32	47:23	56:56	1:02:47	1:04:01	1:05:36	1:06:22						
				5:43	11:39	5:20	12:16	6:34	5:51	9:33	5:51	1:14	1:35	0:46						
2	236	MacNaughton, Charlot FWOC	1:07:12	7:36	20:51	25:02	39:46	45:44	48:21	56:54	1:02:31	1:03:57	1:06:15	1:07:12						
				7:36	13:15	4:11	14:44	5:58	2:37	8:33	5:37	1:26	2:18	0:57						
W45-54 (13)				4.1 km 120 m 9 C																
				1(81)	2(57)	3(87)	4(74)	5(62)	6(71)	7(56)	8(66)	9(90)	F							
1	197	Rowlands, Jane FWOC	44:12	5:26	13:49	21:41	22:18	26:58	32:40	35:47	40:30	43:17	44:12							
				5:26	8:23	7:52	0:37	4:40	5:42	3:07	4:43	2:47	0:55							
2	184	Owen, Marion FWOC	50:10	5:46	14:28	26:47	27:27	33:36	39:05	42:04	46:52	49:18	50:10							
				5:46	8:42	12:19	0:40	6:09	5:29	2:59	4:48	2:26	0:52							
3	214	Robert, Magali FWOC	50:20	5:08	12:32	25:19	25:52	30:34	34:51	37:31	47:09	49:26	50:20							
				5:08	7:24	12:47	0:33	4:42	4:17	2:40	9:38	2:17	0:54							
4	224	Martino, Karen FWOC	56:33	8:51	17:01	24:05	24:34	32:11	40:12	45:02	53:22	55:43	56:33							
				8:51	8:10	7:04	0:29	7:37	8:01	4:50	8:20	2:21	0:50							
5	216	Pearson, Angela EOOC	56:40	7:19	18:32	27:38	28:24	34:08	40:58	46:38	52:43	55:30	56:40							
				7:19	11:13	9:06	0:46	5:44	6:50	5:34	6:11	2:47	1:10							
6	105	Schweiger, Sabine YOA	56:43	6:55	16:29	24:13	24:49	32:04	39:44	45:52	52:50	55:40	56:43							
				6:55	9:34	7:44	0:36	7:15	7:40	6:08	6:58	2:50	1:03							
7	144	Pepper, Shelagh STARS	1:02:01	7:13	18:44	28:35	29:28	35:34	44:10	48:16	57:06	1:01:09	1:02:01							
				7:13	11:31	9:51	0:53	6:06	8:36	4:06	8:50	4:03	0:52							

Pl	Stno	Name	Time											
W45-54 (13)				4.1 km 120 m 9 C			<i>(cont.)</i>							
				1(81)	2(57)	3(87)	4(74)	5(62)	6(71)	7(56)	8(66)	9(90)	F	
8	150	Breseman, Eileen Cascade OC	1:06:35	12:43	23:03	36:29	37:32	44:31	51:49	55:06	1:02:13	1:05:27	1:06:35	
9	289	Teutsch, Anne Ottawa OC	1:07:00	6:22	15:08	37:13	37:50	43:41	49:10	53:00	1:02:40	1:05:59	1:07:00	
10	193	Regina, Jezkova Hana O	1:07:43	6:44	22:15	32:54	33:33	39:36	47:12	53:06	1:01:43	1:06:39	1:07:43	
11	244	Hrouzova, Jirina Hana O	1:09:06	6:44	15:31	10:39	0:39	6:03	7:36	5:54	8:37	4:56	1:04	
12	113	Svoboda, Lenka FWOC	1:11:06	8:52	18:36	26:26	27:12	34:12	42:01	56:57	1:04:05	1:07:59	1:09:06	
13	350	Nixon, Wendy YOA	1:15:29	8:52	9:44	7:50	0:46	7:00	7:49	14:56	7:08	3:54	1:07	
				10:46	9:38	7:53	0:38	7:23	7:52	14:52	6:53	4:07	1:04	
				9:36	25:05	37:50	38:51	48:01	56:30	1:03:06	1:10:58	1:14:20	1:15:29	
				9:36	15:29	12:45	1:01	9:10	8:29	6:36	7:52	3:22	1:09	
W55-64 (15)				3.5 km 125 m 8 C										
				1(61)	2(52)	3(77)	4(65)	5(50)	6(55)	7(66)	8(90)		F	
1	183	Jones, Kitty FWOC	40:10	6:19	8:04	18:20	20:39	28:54	30:26	36:10	39:07	40:10		
2	327	Brown, Ellyn ARCT	41:48	6:19	1:45	10:16	2:19	8:15	1:32	5:44	2:57	1:03		
3	168	Mckenna, Karen YOA	48:17	11:06	12:26	21:30	23:05	33:09	34:13	38:19	40:45	41:48		
4	205	Anderson, Hilary GVOC	49:02	11:06	1:20	9:04	1:35	10:04	1:04	4:06	2:26	1:03		
5	315	Cornish, Judy EOOC	50:35	5:18	7:10	18:43	20:44	36:35	37:49	44:38	47:24	48:17		
6	112	Gamey, Muriel Manitoba	52:24	1:52	11:33	2:01	15:51	1:14	6:49	2:46	0:53			
7	284	Hogg, Mary-Lou EOOC	53:47	6:54	9:12	24:12	26:26	35:37	37:23	45:05	48:03	49:02		
8	359	Chartrand, Susan Sage	55:09	6:54	2:18	15:00	2:14	9:11	1:46	7:42	2:58	0:59		
9	145	Deumer, Trudy GHO	1:02:04	8:28	10:29	25:20	27:51	38:48	40:34	45:31	49:19	50:35		
10	182	Lachance, Karen GVOC	1:07:13	8:28	2:01	14:51	2:31	10:57	1:46	4:57	3:48	1:16		
11	149	Pohl, Julie USOF	1:08:23	7:12	9:30	30:09	31:55	42:29	43:54	48:36	51:26	52:24		
12	275	Hearn, Penny Sunshine C	1:10:16	7:12	2:18	20:39	1:46	10:34	1:25	4:42	2:50	0:58		
13	138	van Hees, Violet YOA	1:11:58	8:11	10:28	27:12	29:35	40:17	42:12	48:59	52:40	53:47		
14	176	Goeres, Ursula CdeB	1:13:50	8:11	2:17	16:44	2:23	10:42	1:55	6:47	3:41	1:07		
15	121	Edmunds, Marilyn EOOC	1:23:17	9:05	11:13	28:02	30:08	42:01	43:58	50:36	53:54	55:09		
				9:05	2:08	16:49	2:06	11:53	1:57	6:38	3:18	1:15		
				10:32	13:11	33:43	35:38	49:00	51:44	57:00	1:00:56	1:02:04		
				10:32	2:39	20:32	1:55	13:22	2:44	5:16	3:56	1:08		
				8:25	10:55	33:40	36:26	52:18	54:08	1:00:25	1:05:35	1:07:13		
				8:25	2:30	22:45	2:46	15:52	1:50	6:17	5:10	1:38		
				10:50	13:08	31:02	34:48	50:41	52:50	1:02:16	1:07:00	1:08:23		
				10:50	2:18	17:54	3:46	15:53	2:09	9:26	4:44	1:23		
				10:23	13:32	41:54	44:35	57:18	58:53	1:06:20	1:09:16	1:10:16		
				10:23	3:09	28:22	2:41	12:43	1:35	7:27	2:56	1:00		
				6:27	27:57	41:55	44:23	59:49	1:01:25	1:07:17	1:10:43	1:11:58	1:10:43	
				6:27	21:30	13:58	2:28	15:26	1:36	5:52	3:26	1:15	*90	
				19:01	21:57	41:38	44:31	1:00:56	1:02:16	1:08:35	1:12:36	1:13:50		
				19:01	2:56	19:41	2:53	16:25	1:20	6:19	4:01	1:14		
				13:50	16:47	40:13	44:13	1:03:55	1:06:08	1:15:06	1:21:50	1:23:17		
				13:50	2:57	23:26	4:00	19:42	2:13	8:58	6:44	1:27		
W65-74 (7)				3.5 km 125 m 8 C										
				1(61)	2(52)	3(77)	4(65)	5(50)	6(55)	7(66)	8(90)		F	
1	155	Faulkner, Trish Peninsula	49:47	6:13	8:07	24:49	26:31	36:59	38:28	45:42	48:38	49:47		
2	128	Hocking, Diana VICO	53:48	6:13	1:54	16:42	1:42	10:28	1:29	7:14	2:56	1:09		
3	259	Rankin, Gloria Ottawa OC	55:15	7:47	10:20	24:33	27:37	40:42	43:03	48:33	52:39	53:48		
4	252	Vyse, Frances Sage	1:00:56	7:47	2:33	14:13	3:04	13:05	2:21	5:30	4:06	1:09		
5	111	Guttormson, Lorna Ottawa OC	1:04:26	7:56	10:14	24:28	26:48	41:21	43:14	49:46	54:01	55:15		
6	204	McBee, Jill CROC	1:36:40	7:56	2:18	14:14	2:20	14:33	1:53	6:32	4:15	1:14		
				10:10	12:19	34:58	37:16	47:38	49:21	56:34	59:49	1:00:56		
				10:10	2:09	22:39	2:18	10:22	1:43	7:13	3:15	1:07		
				11:12	13:48	28:46	32:13	46:16	48:53	58:48	1:03:01	1:04:26		
				11:12	2:36	14:58	3:27	14:03	2:37	9:55	4:13	1:25		
				10:30	13:38	57:20	59:51	1:22:16	1:23:43	1:30:41	1:35:11	1:36:40		
				10:30	3:08	43:42	2:31	22:25	1:27	6:58	4:30	1:29		

Pl	Stno	Name	Time																	
W65-74 (7)			3.5 km 125 m 8 C (cont.)																	
			1(61)	2(52)	3(77)	4(65)	5(50)	6(55)	7(66)	8(90)							F			
7	188	Davies, Robyn Peninsula	1:46:27	13:26 13:26	16:45 3:19	53:49 37:04	58:07 4:18	1:19:08 21:01	1:21:44 2:36	1:36:07 14:23	1:44:40 8:33	1:46:27 1:47								
W75-79 (4)			2.1 km 70 m 6 C																	
			1(51)	2(61)	3(50)	4(55)	5(66)	6(90)									F			
1	137	Leduc, Nesta YOA	35:55	6:35 6:35	13:12 6:37	21:26 8:14	23:54 2:28	30:32 6:38	34:32 4:00	35:55 1:23										
2	119	Bailey, Gillian VICO	40:04	7:02 7:02	13:50 6:48	22:53 9:03	25:41 2:48	32:48 7:07	38:17 5:29	40:04 1:47										
3	117	Woof, Caryl Esk Valley	54:43	6:31 6:31	13:13 6:42	24:20 11:07	37:26 13:06	47:07 9:41	53:06 5:59	54:43 1:37										
4	229	MacNaughton, Jean FWOC	1:23:13	15:40 15:40	28:30 12:50	49:20 20:50	58:07 8:47	1:10:32 12:25	1:20:56 10:24	1:23:13 2:17										
Open M1 (2)			2.8 km 110 m 16 C																	
			1(31)	2(32)	3(33)	4(34)	5(35)	6(36)	7(38)	8(39)	9(41)	10(42)	11(43)	12(44)	13(45)	14(46)	15(47)	16(90)	F	
1	226	Martino, Tyson FWOC	28:22	3:20 3:20	3:47 0:27	4:14 0:27	5:16 1:02	6:52 1:36	7:41 0:49	9:25 1:44	9:59 0:34	11:52 1:53	13:17 1:25	14:13 0:56	17:07 2:54	19:44 2:37	25:29 5:45	26:29 1:00	27:22 0:53	28:22 1:00
2	297	May, Trond Sage	38:25	5:35 5:35	6:33 0:58	7:31 0:58	9:05 1:34	11:41 2:36	12:46 1:05	17:12 4:26	18:38 1:26	21:15 2:37	23:45 2:30	25:05 1:20	27:31 2:26	30:05 2:34	34:28 4:23	36:21 1:53	37:37 1:16	38:25 0:48
Open M5 (2)			3.5 km 125 m 8 C																	
			1(61)	2(52)	3(77)	4(65)	5(50)	6(55)	7(66)	8(90)							F			
1	178	Kelly, Ryan YOA	52:15	8:34 8:34	10:45 2:11	24:02 13:17	26:30 2:28	40:26 13:56	42:04 1:38	47:33 5:29	51:10 3:37	52:15 1:05								
2	129	Hocking, Martin VICO	1:35:34	16:30 16:30	19:56 3:26	45:45 25:49	49:22 3:37	1:15:59 26:37	1:18:43 2:44	1:29:15 10:32	1:34:20 5:05	1:35:34 1:14								
Open M6 (1)			4.1 km 120 m 9 C																	
			1(81)	2(57)	3(87)	4(74)	5(62)	6(71)	7(56)	8(66)	9(90)							F		
1	213	Frenette, Kevin COF	1:31:13	10:46 10:46	26:45 15:59	51:51 25:06	53:34 1:43	1:03:06 9:32	1:12:55 9:49	1:19:08 6:13	1:27:02 7:54	1:30:11 3:09	1:31:13 1:02							
Open M7 (3)			5.2 km 230 m 10 C																	
			1(61)	2(71)	3(58)	4(59)	5(67)	6(60)	7(55)	8(66)	9(69)	10(90)							F	
1	323	Holcombe, Darren YOA	1:00:17	5:09 5:09	8:35 3:26	19:35 11:00	21:16 1:41	23:14 1:58	27:20 4:06	52:05 24:45	56:30 4:25	57:52 1:22	59:28 1:36	1:00:17 0:49						
2	267	Woods, Stan GVOC	1:40:38	11:38 11:38	15:58 4:20	44:46 28:48	48:49 4:03	52:17 3:28	58:29 6:12	1:31:03 32:34	1:36:19 5:16	1:37:38 1:19	1:39:53 2:15	1:40:38 0:45						
3	378	Svoboda, Michael FWOC	1:42:27	8:16 8:16	11:48 3:32	37:07 25:19	39:51 2:44	45:03 5:12	54:49 9:46	1:31:52 37:03	1:37:20 5:28	1:39:04 1:44	1:41:18 2:14	1:42:27 1:09						
Open W1 (1)			2.8 km 110 m 16 C																	
			1(31)	2(32)	3(33)	4(34)	5(35)	6(36)	7(38)	8(39)	9(41)	10(42)	11(43)	12(44)	13(45)	14(46)	15(47)	16(90)	F	
1	358	Boyd, Emma YOA	41:36	4:47 4:47	5:59 1:12	6:53 0:54	8:28 1:35	10:14 1:46	11:14 1:00	13:53 2:39	15:00 1:07	19:04 4:04	21:50 2:46	27:49 5:59	30:21 2:32	33:16 2:55	36:27 3:11	38:09 1:42	40:16 2:07	41:36 1:20
Open W2 (1)			2.7 km 105 m 9 C																	
			1(51)	2(52)	3(53)	4(39)	5(41)	6(43)	7(44)	8(46)	9(90)							F		
1	163	Strat, Trish QOC	1:07:03	9:42 9:42	17:25 7:43	24:18 6:53	32:28 8:10	37:17 4:49	49:11 11:54	52:27 3:16	1:00:51 8:24	1:04:38 3:47	1:07:03 2:25							
Open W3 (5)			4.2 km 140 m 8 C																	
			1(51)	2(62)	3(63)	4(64)	5(65)	6(50)	7(69)	8(90)							F			
1	286	Cowling, Anne FWOC	1:39:11	7:08 7:08	25:11 18:03	28:54 3:43	48:40 19:46	55:20 6:40	1:18:25 23:05	1:32:44 14:19	1:37:51 5:07	1:39:11 1:20								

Pl	Stno	Name	Time												
Open W3 (5)			4.2 km 140 m 8 C		<i>(cont.)</i>										
			1(51)	2(62)	3(63)	4(64)	5(65)	6(50)	7(69)	8(90)	F				
2	287	Bayly, Andrea FWOC	2:00:44	5:06	58:10	1:00:28	1:13:27	1:18:02	1:41:36	1:55:29	1:59:31	2:00:44			
				5:06	53:04	2:18	12:59	4:35	23:34	13:53	4:02	1:13			
3	211	Atchison, Cheryl EOOC	2:16:07	9:54	34:07	37:30	1:00:12	1:10:10	1:38:21	2:05:32	2:12:40	2:16:07			
				9:54	24:13	3:23	22:42	9:58	28:11	27:11	7:08	3:27			
4	108	Graupner, Pat CdeB	2:17:28	7:27	41:55	57:40	1:15:43	1:26:39	1:55:52	2:09:22	2:15:03	2:17:28			
				7:27	34:28	15:45	18:03	10:56	29:13	13:30	5:41	2:25			
	339	Sadurskis, Aija Centrum OK	mp	5:23	24:21	27:22	43:43	48:28	1:14:51	----	2:05:13	2:07:28			
				5:23	18:58	3:01	16:21	4:45	26:23		50:22	2:15			
Open W4 (3)			2.1 km 70 m 6 C												
			1(51)	2(61)	3(50)	4(55)	5(66)	6(90)	F						
1	314	Hendrigan, Holly GVOC	38:03	8:52	16:08	24:42	26:35	33:01	36:58	38:03					
				8:52	7:16	8:34	1:53	6:26	3:57	1:05					
2	281	Sacher, Olivia Bussola OK	57:55	5:28	15:50	39:52	42:29	51:38	56:38	57:55					
				5:28	10:22	24:02	2:37	9:09	5:00	1:17					
	321	Mackeigan, Linda YOA	mp	7:38	15:37	49:37	51:27	1:00:04	----	1:07:24					
				7:38	7:59	34:00	1:50	8:37		7:20					
Open W6 (5)			4.1 km 120 m 9 C												
			1(81)	2(57)	3(87)	4(74)	5(62)	6(71)	7(56)	8(66)	9(90)	F			
1	247	Krsakova, Veronika Hana O	58:37	7:20	19:22	29:59	30:41	36:53	43:41	48:10	54:13	57:35	58:37		
				7:20	12:02	10:37	0:42	6:12	6:48	4:29	6:03	3:22	1:02		
2	268	Woods, Joanne GVOC	1:01:11	6:26	17:07	25:35	26:08	34:35	43:09	46:25	57:00	1:00:21	1:01:11		
				6:26	10:41	8:28	0:33	8:27	8:34	3:16	10:35	3:21	0:50		
3	171	Kuestner, Sue COC	1:24:01	10:02	24:41	35:08	35:50	43:24	55:50	1:09:12	1:17:45	1:23:01	1:24:01		
				10:02	14:39	10:27	0:42	7:34	12:26	13:22	8:33	5:16	1:00		
4	324	Melnik, Lara YOA	1:29:45	12:39	39:11	48:39	49:33	59:35	1:07:02	1:12:54	1:25:15	1:28:41	1:29:45		
				12:39	26:32	9:28	0:54	10:02	7:27	5:52	12:21	3:26	1:04		
5	212	Penner, Dorothy COF	1:44:59	14:08	29:14	44:03	45:14	1:01:56	1:09:53	1:17:24	1:38:30	1:43:35	1:44:59		
				14:08	15:06	14:49	1:11	16:42	7:57	7:31	21:06	5:05	1:24		
Group 2 (1)			2.7 km 105 m 9 C												
			1(51)	2(52)	3(53)	4(39)	5(41)	6(43)	7(44)	8(46)	9(90)	F			
1	255	Sproule, Patrick N/A	50:06	7:28	14:21	24:50	29:21	31:33	35:00	40:05	47:20	48:57	50:06	48:58	
				7:28	6:53	10:29	4:31	2:12	3:27	5:05	7:15	1:37	1:09	*90	
Group 3 (1)			4.2 km 140 m 8 C												
			1(51)	2(62)	3(63)	4(64)	5(65)	6(50)	7(69)	8(90)	F				
1	220	Nelson, Doris+Jenna CdeB	2:24:32	9:29	55:50	58:57	1:32:05	1:38:03	2:03:13	2:17:47	2:23:10	2:24:32			
				9:29	46:21	3:07	33:08	5:58	25:10	14:34	5:23	1:22			