Pl	Stno	Name	Time														
M12 (3)				**1.6 km 0 m 8 C**													
				1(102)	2(103)	3(104)	4(106)	5(107)	6(108)	7(109)	8(100)	F					
1	**415**	**Cash, Curtis**	**9:32**	**1:15**	**1:56**	**3:01**	**4:21**	**5:33**	**6:49**	**7:54**	**9:15**	**9:32**					
		YOA		***1:15***	***0:41***	***1:05***	***1:20***	***1:12***	***1:16***	***1:05***	***1:21***	***0:17***					
2	**387**	**Winn, Ewan**	**11:23**	1:23	2:09	3:21	4:45	6:06	8:04	9:22	11:05	11:23					
		FWOC		1:23	0:46	1:12	1:24	1:21	1:58	1:18	1:43	0:18					
3	**388**	**Winn, Gavan**	**12:29**	1:30	2:21	4:32	6:01	7:31	8:54	10:33	12:10	12:29					
		FWOC		1:30	0:51	2:11	1:29	1:30	1:23	1:39	1:37	0:19					
M13-14 (1)				**2.7 km 0 m 13 C**													
				1(103)	2(104)	3(146)	4(143)	5(114)	6(113)	7(112)	8(119)	9(117)	10(118)	11(115)	12(120)	13(100)	F
1	**65**	**Campden, James**	**29:08**	**2:14**	**3:27**	**6:48**	**10:43**	**13:28**	**16:10**	**18:21**	**19:36**	**21:10**	**22:35**	**25:26**	**27:04**	**28:53**	**29:08**
		FWOC		***2:14***	***1:13***	***3:21***	***3:55***	***2:45***	***2:42***	***2:11***	***1:15***	***1:34***	***1:25***	***2:51***	***1:38***	***1:49***	***0:15***
M15-16 (5)				**2.4 km 0 m 14 C**													
				1(102)	2(101)	3(116)	4(109)	5(147)	6(143)	7(148)	8(150)	9(100)	10(138)	11(133)	12(134)	13(120)	14(100)
				F													
1	**428**	**Sherwood, Isaac**	**29:27**	1:11	4:13	10:12	13:46	14:57	16:15	17:46	20:27	21:31	22:18	**24:49**	**26:00**	**28:03**	**29:11**
		FWOC		1:11	3:02	5:59	3:34	***1:11***	1:18	1:31	2:41	***1:04***	0:47	2:31	1:11	***2:03***	***1:08***
				29:27													
				0:16													
2	**422**	**Pryce, Ben**	**31:54**	**0:58**	3:26	12:13	15:38	16:52	17:50	19:57	22:33	23:37	24:15	26:23	27:53	30:22	31:41
		FWOC		***0:58***	2:28	8:47	***3:25***	1:14	***0:58***	2:07	2:36	***1:04***	***0:38***	***2:08***	1:30	2:29	1:19
				31:54													
				0:13													
3	**427**	**Martino, Tyson**	**35:27**	1:13	3:42	**6:19**	**10:01**	**13:54**	**14:55**	**15:45**	**18:01**	**19:13**	**21:44**	29:29	30:31	33:57	35:07
		FWOC		1:13	2:29	***2:37***	3:42	3:53	1:01	***0:50***	***2:16***	1:12	2:31	7:45	***1:02***	3:26	1:10
				35:27													
				0:20													
4	**419**	**Michalchuk, Avery**	**1:07:15**	1:22	**3:00**	16:16	28:55	35:56	37:33	39:15	43:21	44:59	46:07	57:39	59:04	1:04:51	1:06:58
		FWOC		1:22	***1:38***	13:16	12:39	7:01	1:37	1:42	4:06	1:38	1:08	11:32	1:25	5:47	2:07
				1:07:15													
				0:17													
5	**420**	**Michalchuk, Quentin**	**1:08:27**	1:16	7:59	11:25	27:05	30:05	35:09	36:19	40:10	41:29	42:27	51:59	1:02:04	1:06:36	1:08:10
		FWOC		1:16	6:43	3:26	15:40	3:00	5:04	1:10	3:51	1:19	0:58	9:32	10:05	4:32	1:34
				1:08:27													
				0:17													
M21-34 (15)				**4.2 km 0 m 19 C**													
				1(130)	2(122)	3(137)	4(123)	5(124)	6(126)	7(139)	8(140)	9(128)	10(131)	11(125)	12(141)	13(132)	14(133)
				15(134)	16(135)	17(136)	18(138)	19(100)	F								
1	**410**	**Johansson, Magnus**	**38:31**	1:23	3:17	9:37	11:20	11:49	14:51	19:25	22:15	23:00	24:31	26:15	26:55	28:03	**32:56**
		GVOC		1:23	1:54	6:20	1:43	***0:29***	***3:02***	***4:34***	2:50	0:45	***1:31***	***1:44***	***0:40***	1:08	***4:53***
				33:45	**34:19**	**36:06**	**37:46**	**38:12**	**38:31**								
				0:49	0:34	1:47	1:40	0:26	0:19								
2	**89**	**Abbott, Colin**	**39:07**	1:35	**2:45**	**5:14**	**7:23**	**8:03**	11:52	**17:27**	**19:55**	**20:38**	**22:16**	**24:01**	**24:42**	**25:43**	33:31
		YOA		1:35	1:10	2:29	2:09	0:40	3:49	5:35	2:28	0:43	1:38	1:45	0:41	1:01	7:48
				34:21	35:05	37:01	38:30	38:55	39:07								
				0:50	0:44	1:56	1:29	0:25	***0:12***								
3	**83**	**Kato, Hiroyuki**	**40:32**	2:34	4:13	7:45	9:33	10:12	13:44	19:27	21:59	22:54	25:00	27:04	27:48	28:57	35:01
		TOC		2:34	1:39	3:32	1:48	0:39	3:32	5:43	2:32	0:55	2:06	2:04	0:44	1:09	6:04
				35:48	36:21	38:11	39:48	40:15	40:32								
				0:47	***0:33***	1:50	1:37	0:27	0:17								
4	**429**	**Hawkings, Lee**	**44:41**	1:36	4:54	8:59	12:10	12:51	16:29	21:56	24:50	25:44	27:47	30:05	31:00	32:16	38:04
		YOA		1:36	3:18	4:05	3:11	0:41	3:38	5:27	2:54	0:54	2:03	2:18	0:55	1:16	5:48
				39:05	39:55	42:03	43:58	44:25	44:41								
				1:01	0:50	2:08	1:55	0:27	0:16								
5	**426**	**Enger, Will**	**44:42**	1:50	3:24	5:58	7:45	8:24	**11:29**	18:44	22:41	23:39	27:13	30:18	31:11	32:37	38:50
		Sammamish		1:50	1:34	2:34	1:47	0:39	3:05	7:15	3:57	0:58	3:34	3:05	0:53	1:26	6:13
				39:37	40:21	42:16	44:02	44:29	44:42								
				0:47	0:44	1:55	1:46	0:27	0:13								
6	**66**	**Burnett, Ross**	**49:04**	2:01	5:51	9:26	11:43	12:29	16:24	22:19	25:54	27:05	29:28	32:16	33:20	34:58	41:33
		YOA		2:01	3:50	3:35	2:17	0:46	3:55	5:55	3:35	1:11	2:23	2:48	1:04	1:38	6:35
				42:49	43:46	46:08	48:17	48:48	49:04								
				1:16	0:57	2:22	2:09	0:31	0:16								
7	**424**	**Woods, Adam**	**53:04**	**1:19**	4:28	7:47	9:23	10:02	14:18	27:38	30:01	30:42	32:20	34:05	34:47	35:51	47:55
		GVOC		***1:19***	3:09	3:19	***1:36***	0:39	4:16	13:20	***2:23***	***0:41***	1:38	1:45	0:42	1:04	12:04
				48:50	49:27	50:58	52:28	52:50	53:04		*20:19*						
				0:55	0:37	***1:31***	1:30	0:22	0:14		**127*						
8	**375**	**Wirehn, Per**	**56:02**	4:12	5:21	7:46	9:42	10:19	13:25	22:23	24:55	25:46	32:31	34:25	35:10	39:00	45:22
		Asker SK		4:12	***1:09***	***2:25***	1:56	0:37	3:06	8:58	2:32	0:51	6:45	1:54	0:45	3:50	6:22
				46:31	47:18	50:50	54:38	55:42	56:02								
				1:09	0:47	3:32	3:48	1:04	0:20								
9	**446**	**Delmee, Gilles**	**58:09**	2:13	3:36	10:55	13:27	14:02	20:13	25:36	36:59	38:04	40:28	42:31	43:12	47:12	52:17
		GVOC		2:13	1:23	7:19	2:32	0:35	6:11	5:23	11:23	1:05	2:24	2:03	0:41	4:00	5:05
				53:13	53:46	56:03	57:29	57:53	58:09								
				0:56	***0:33***	2:17	***1:26***	0:24	0:16								
10	**423**	**Sumbera, Jakub**	**59:23**	1:22	4:44	8:03	10:36	11:09	17:07	22:04	29:54	30:44	32:27	38:43	39:30	40:35	48:36
		KOC		1:22	3:22	3:19	2:33	0:33	5:58	4:57	7:50	0:50	1:43	6:16	0:47	1:05	8:01
				49:37	52:23	54:17	58:44	59:09	59:23								
				1:01	2:46	1:54	4:27	0:25	0:14								

Pl	Stno	Name	Time													
M21-34 (15)				***4.2 km 0 m 19 C***					*(cont.)*							
				1(130)	2(122)	3(137)	4(123)	5(124)	6(126)	7(139)	8(140)	9(128)	10(131)	11(125)	12(141)	13(132)	14(133)
				15(134)	16(135)	17(136)	18(138)	19(100)	F								
11	**450**	**Detroit Barrett, Natl**	**L:07:09**	2:06	5:23	10:06	18:00	18:38	23:39	30:17	41:41	42:26	45:04	47:10	47:57	48:56	1:00:18
		GVOC		2:06	3:17	4:43	7:54	0:38	5:01	6:38	11:24	0:45	2:38	2:06	0:47	***0:59***	11:22
				1:01:21	1:02:34	1:05:00	1:06:34	1:06:55	1:07:09								
				1:03	1:13	2:26	1:34	***0:21***	0:14								
12	**407**	**Saari, Ian**	**L:08:38**	2:19	4:15	11:55	14:26	15:06	19:54	25:47	31:17	32:05	34:20	36:18	37:16	40:03	1:01:13
		GVOC		2:19	1:56	7:40	2:31	0:40	4:48	5:53	5:30	0:48	2:15	1:58	0:58	2:47	21:10
				1:02:25	1:03:33	1:05:39	1:07:52	1:08:21	1:08:38								
				1:12	1:08	2:06	2:13	0:29	0:17								
13	**412**	**Smith, Ben**	**L:31:11**	2:08	4:36	9:16	14:00	15:00	20:08	29:42	42:37	43:39	47:07	49:00	50:03	52:01	1:21:40
		GVOC		2:08	2:28	4:40	4:44	1:00	5:08	9:34	12:55	1:02	3:28	1:53	1:03	1:58	29:39
				1:22:50	1:23:42	1:27:04	1:30:25	1:30:57	1:31:11								
				1:10	0:52	3:22	3:21	0:32	0:14								
14	**434**	**Golding, James**	**L:52:29**	3:54	7:48	14:13	19:41	21:01	27:43	35:50	39:36	40:51	42:47	1:13:19	1:15:18	1:17:54	1:33:29
		GVOC		3:54	3:54	6:25	5:28	1:20	6:42	8:07	3:46	1:15	1:56	30:32	1:59	2:36	15:35
				1:35:32	1:39:29	1:44:11	1:51:51	1:52:12	1:52:29								
				2:03	3:57	4:42	7:40	***0:21***	0:17								
15	**96**	**Kerherve, Sebastien**	**2:04:23**	4:41	9:15	15:19	19:53	20:43	29:01	1:13:07	1:18:00	1:19:33	1:23:34	1:34:18	1:35:48	1:37:38	1:49:05
		CdB		4:41	4:34	6:04	4:34	0:50	8:18	44:06	4:53	1:33	4:01	10:44	1:30	1:50	11:27
				1:50:30	1:56:18	1:59:46	2:03:24	2:04:04	2:04:23								
				1:25	5:48	3:28	3:38	0:40	0:19								
M35-44 (2)				**3.6 km 0 m 17 C**													
				1(121)	2(122)	3(123)	4(124)	5(125)	6(126)	7(127)	8(128)	9(140)	10(131)	11(132)	12(133)	13(134)	14(135)
				15(136)	16(138)	17(100)	F										
1	**376**	**Thomson, Errol**	**L:01:44**	**1:58**	**4:35**	**11:04**	**12:06**	20:05	31:14	34:50	41:23	**42:08**	**45:09**	**47:25**	**54:17**	**55:11**	**55:57**
		Ottawa OC		***1:58***	***2:37***	***6:29***	1:02	7:59	11:09	***3:36***	6:33	***0:45***	***3:01***	***2:16***	***6:52***	***0:54***	***0:46***
				58:16	**1:00:59**	**1:01:27**	**1:01:44**										
				2:19	***2:43***	***0:28***	***0:17***										
2	**381**	**Ferrand, Gilles**	**2:14:44**	2:28	5:17	14:12	14:48	**18:52**	**27:18**	**34:30**	**40:51**	42:51	1:23:38	1:27:43	1:55:12	1:58:08	2:01:16
		CdB		2:28	2:49	8:55	***0:36***	***4:04***	***8:26***	7:12	***6:21***	2:00	40:47	4:05	27:29	2:56	3:08
				2:07:45	2:13:08	2:14:06	2:14:44										
				6:29	5:23	0:58	0:38										
M45-54 (7)				**2.4 km 0 m 13 C**													
				1(129)	2(123)	3(137)	4(141)	5(132)	6(131)	7(145)	8(133)	9(134)	10(135)	11(144)	12(138)	13(100)	F
1	**444**	**Willomitzer, Gerry**	**38:04**	2:19	6:35	**9:41**	**11:41**	**13:17**	**16:02**	**19:00**	**26:37**	**27:55**	**31:23**	**33:04**	**37:01**	**37:42**	**38:04**
		YOA		2:19	4:16	***3:06***	2:00	1:36	2:45	2:58	7:37	1:18	3:28	1:41	***3:57***	0:41	0:22
2	**430**	**Winn, Jonathan**	**42:22**	**2:02**	**6:03**	13:07	18:24	20:08	23:20	25:04	32:59	34:04	35:42	37:08	41:35	42:06	42:22
		FWOC		***2:02***	4:01	7:04	5:17	1:44	3:12	***1:44***	7:55	***1:05***	1:38	***1:26***	4:27	***0:31***	***0:16***
3	**399**	**Sagar, Bob**	**L:10:18**	2:30	21:49	27:47	30:31	32:52	35:22	39:26	51:03	53:02	57:50	1:03:32	1:08:47	1:09:48	1:10:18
		YOA		2:30	19:19	5:58	2:44	2:21	***2:30***	4:04	11:37	1:59	4:48	5:42	5:15	1:01	0:30
4	**371**	**Charles, Sylvestre**	**L:27:53**	5:43	24:45	32:20	36:30	39:55	44:10	52:12	1:09:03	1:11:02	1:12:34	1:18:21	1:25:50	1:27:19	1:27:53
		FWOC		5:43	19:02	7:35	4:10	3:25	4:15	8:02	16:51	1:59	1:32	5:47	7:29	1:29	0:34
5	**441**	**Hildes, Dave**	**2:07:18**	5:11	51:04	55:51	59:14	1:01:20	1:06:11	1:23:42	1:30:26	1:31:58	1:32:57	2:00:38	2:06:12	2:06:56	2:07:18
		YOA		5:11	45:53	4:47	3:23	2:06	4:51	17:31	***6:44***	1:32	***0:59***	27:41	5:34	0:44	0:22
	385	**Holcombe, Darren**	**mp**	2:34	6:20	17:01	18:50	20:23	-----	23:26	36:13	37:44	38:47	39:59	44:15	44:47	45:03
		YOA		2:34	***3:46***	10:41	***1:49***	***1:33***		3:03	12:47	1:31	1:03	1:12	4:16	0:32	***0:16***
	64	**Campden, David**	**dnf**	3:03	12:26	15:43	18:13	22:34	28:38	30:29	-----	-----	-----	-----	-----	1:13:52	
		FWOC		3:03	9:23	3:17	2:30	4:21	6:04	1:51						43:23	
M55-64 (11)				**2.4 km 0 m 13 C**													
				1(129)	2(123)	3(137)	4(141)	5(132)	6(131)	7(145)	8(133)	9(134)	10(135)	11(144)	12(138)	13(100)	F
1	**70**	**Jansson, Roland**	**35:28**	1:44	6:37	**10:03**	**12:32**	**14:50**	**18:10**	**19:52**	**25:53**	**27:24**	**28:48**	**30:10**	**34:21**	**35:05**	**35:28**
		Alvsby IF		1:44	4:53	3:26	2:29	2:18	3:20	1:42	6:01	1:31	1:24	1:22	4:11	0:44	0:23
2	**397**	**Kort, Clarence**	**35:35**	4:12	8:40	13:08	15:24	17:00	19:30	21:05	26:39	28:07	29:11	31:06	34:52	35:22	35:35
		FWOC		4:12	4:28	4:28	2:16	1:36	2:30	1:35	5:34	1:28	1:04	1:55	3:46	0:30	***0:13***
3	**94**	**Gilchrist, Robert**	**41:36**	2:57	9:18	12:39	16:36	19:05	24:06	25:51	32:55	34:30	35:30	37:09	40:47	41:17	41:36
		EOOC		2:57	6:21	***3:21***	3:57	2:29	5:01	1:45	7:04	1:35	***1:00***	1:39	3:38	0:30	0:19
4	**391**	**Larsson, Svante**	**42:08**	**1:33**	**6:04**	14:39	16:13	18:19	22:21	23:43	28:36	29:59	35:48	37:09	41:08	41:48	42:08
		OK Vargen		***1:33***	4:31	8:35	***1:34***	2:06	4:02	***1:22***	***4:53***	1:23	5:49	***1:21***	3:59	0:40	0:20
5	**84**	**Woods, Stan**	**45:45**	2:07	8:52	13:24	20:40	23:13	26:28	28:33	35:23	36:47	37:52	40:18	45:02	45:30	45:45
		GVOC		2:07	6:45	4:32	7:16	2:33	3:15	2:05	6:50	1:24	1:05	2:26	4:44	***0:28***	0:15
6	**403**	**McLean, Bruce**	**46:21**	4:19	11:49	16:23	19:10	21:33	24:56	28:49	36:47	38:19	39:26	41:52	45:23	45:58	46:21
		YOA		4:19	7:30	4:34	2:47	2:23	3:23	3:53	7:58	1:32	1:07	2:26	***3:31***	0:35	0:23
7	**416**	**Bayly, Don**	**50:11**	2:00	14:06	18:45	23:20	26:24	29:22	31:01	38:35	40:01	41:14	42:46	49:18	49:52	50:11
		FWOC		2:00	12:06	4:39	4:35	3:04	2:58	1:39	7:34	1:26	1:13	1:32	6:32	0:34	0:19
8	**99**	**Forrest, Kimball**	**59:27**	2:04	6:08	22:06	24:33	26:06	28:13	38:16	49:22	50:39	52:50	54:42	58:28	59:04	59:27
		YOA		2:04	***4:04***	15:58	2:27	***1:33***	***2:07***	10:03	11:06	***1:17***	2:11	1:52	3:46	0:36	0:23
					48:42												
					**142*												
9	**98**	**Best, Wayne**	**L:23:58**	3:41	16:49	24:30	29:32	34:42	40:32	44:05	57:12	1:00:01	1:03:08	1:12:43	1:21:58	1:23:38	1:23:58
		EOOC		3:41	13:08	7:41	5:02	5:10	5:50	3:33	13:07	2:49	3:07	9:35	9:15	1:40	0:20
10	**392**	**Hawkings, Jim**	**L:38:47**	2:30	47:40	52:19	57:45	1:00:14	1:05:29	1:10:46	1:19:46	1:21:28	1:23:04	1:31:51	1:37:42	1:38:25	1:38:47
		YOA		2:30	45:10	4:39	5:26	2:29	5:15	5:17	9:00	1:42	1:36	8:47	5:51	0:43	0:22
11	**413**	**Brooks, Craig**	**L:44:26**	5:16	17:22	31:40	36:43	41:24	51:42	1:00:43	1:18:59	1:23:36	1:26:37	1:31:05	1:42:26	1:43:46	1:44:26
		YOA		5:16	12:06	14:18	5:03	4:41	10:18	9:01	18:16	4:37	3:01	4:28	11:21	1:20	0:40
					24:25												
					**141*												

Pl	Stno	Name	Time													
M65-74 (1)				**2.0 km 0 m 9 C**												
				1(110)	2(123)	3(145)	4(131)	5(132)	6(125)	7(135)	8(142)	9(100)	F			
1	**393**	**Yarkie, Greg**	**26:42**	**3:24**	**7:10**	**10:32**	**12:29**	**15:27**	**17:59**	**23:13**	**24:08**	**26:24**	**26:42**			
		EOOC		***3:24***	***3:46***	***3:22***	***1:57***	***2:58***	***2:32***	***5:14***	***0:55***	***2:16***	***0:18***			
M75-79 (2)				**1.7 km 0 m 10 C**												
				1(130)	2(110)	3(123)	4(125)	5(145)	6(144)	7(135)	8(133)	9(138)	10(100)	F		
1	**409**	**Viddal, Einar**	**33:15**	**3:34**	**5:30**	**10:30**	**13:17**	**15:27**	**24:18**	**26:43**	**28:22**	**31:55**	**32:53**	**33:15**		
		EOOC		***3:34***	***1:56***	***5:00***	***2:47***	***2:10***	***8:51***	***2:25***	***1:39***	***3:33***	***0:58***	***0:22***		
	406	**Donald, Scott**	**dnf**	6:57	12:28	24:59	31:23	-----	-----	-----	-----	-----	1:54:47	1:55:53		
		KOC		6:57	5:31	12:31	6:24						1:23:24	1:06		
M80-84 (1)				**1.6 km 0 m 10 C**												
				1(105)	2(129)	3(110)	4(123)	5(111)	6(135)	7(134)	8(133)	9(138)	10(100)	F		
1	**80**	**Kerr, Alex**	**46:17**	**2:50**	**5:00**	**6:33**	**11:41**	**34:06**	**37:06**	**38:55**	**40:44**	**44:27**	**45:46**	**46:17**		
		GVOC		***2:50***	***2:10***	***1:33***	***5:08***	***22:25***	***3:00***	***1:49***	***1:49***	***3:43***	***1:19***	***0:31***		
W12 (2)				**1.6 km 0 m 8 C**												
				1(102)	2(103)	3(104)	4(106)	5(107)	6(108)	7(109)	8(100)	F				
1	**373**	**Charles, Viviane**	**12:26**	**1:21**	**2:09**	**3:30**	**5:04**	**6:41**	**8:12**	**10:08**	**12:11**	**12:26**				
		FWOC		***1:21***	***0:48***	***1:21***	***1:34***	***1:37***	***1:31***	***1:56***	***2:03***	***0:15***				
2	**437**	**Quilley, Julia**	**17:04**	1:29	2:44	4:12	6:37	8:59	11:26	14:03	16:44	17:04				
		EOOC		1:29	1:15	1:28	2:25	2:22	2:27	2:37	2:41	0:20				
W13-14 (1)				**2.7 km 0 m 13 C**												
				1(103)	2(104)	3(146)	4(143)	5(114)	6(113)	7(112)	8(119)	9(117)	10(118)	11(115)	12(120)	13(100)	F
	372	**Charles, Adeline**	**mp**	**2:09**	**3:24**	**6:38**	-----	12:47	15:28	26:49	51:26	52:53	54:27	57:33	59:06	1:00:39	1:00:59
		FWOC		***2:09***	***1:15***	***3:14***		6:09	2:41	11:21	24:37	1:27	1:34	3:06	1:33	1:33	0:20
W15-16 (2)				**2.4 km 0 m 14 C**												
				1(102)	2(101)	3(116)	4(109)	5(147)	6(143)	7(148)	8(150)	9(100)	10(138)	11(133)	12(134)	13(120)	14(100)
				F													
1	**95**	**Hildes, Micah**	**45:11**	**1:11**	**2:37**	**5:35**	**10:21**	**18:54**	24:21	25:45	**31:04**	**32:08**	**33:32**	**37:11**	**38:45**	**43:14**	**44:52**
		YOA		***1:11***	***1:26***	***2:58***	4:46	8:33	5:27	1:24	***5:19***	***1:04***	1:24	***3:39***	1:34	4:29	1:38
				45:11													
				0:19													
2	**414**	**Cash, Savannah**	**52:45**	1:15	4:56	8:06	11:41	20:03	**22:13**	**23:34**	32:39	33:52	34:36	45:26	46:34	50:54	52:23
		YOA		1:15	3:41	3:10	***3:35***	***8:22***	***2:10***	***1:21***	9:05	1:13	***0:44***	10:50	***1:08***	***4:20***	***1:29***
				52:45													
				0:22													
W21-34 (6)				**3.6 km 0 m 17 C**												
				1(121)	2(122)	3(123)	4(124)	5(125)	6(126)	7(127)	8(128)	9(140)	10(131)	11(132)	12(133)	13(134)	14(135)
				15(136)	16(138)	17(100)	F										
1	**374**	**Isachsen, Marit**	**45:53**	**1:12**	**3:01**	7:20	8:21	**10:42**	**14:54**	**18:36**	**23:17**	**24:51**	**28:29**	**31:04**	**37:32**	**38:52**	**39:40**
		Asker SK		***1:12***	***1:49***	4:19	1:01	2:21	4:12	3:42	4:41	1:34	3:38	2:35	6:28	1:20	***0:48***
				42:11	**45:08**	**45:37**	**45:53**										
				2:31	2:57	***0:29***	0:16										
2	**63**	**Scheck, Justine**	**47:43**	1:30	3:51	9:35	10:15	12:24	17:06	20:40	26:36	27:47	30:22	32:46	39:15	40:26	41:25
		FWOC		1:30	2:21	5:44	***0:40***	2:09	4:42	***3:34***	5:56	1:11	***2:35***	2:24	6:29	1:11	0:59
				44:01	46:56	47:25	47:43										
				2:36	2:55	***0:29***	0:18										
3	**90**	**Owen, Tori**	**47:45**	1:20	5:24	9:29	10:15	12:15	16:16	23:41	27:32	28:44	31:49	34:12	40:06	41:14	42:12
		FWOC		1:20	4:04	4:05	0:46	***2:00***	***4:01***	7:25	***3:51***	1:12	3:05	***2:23***	***5:54***	***1:08***	0:58
				44:56	46:52	47:30	47:45										
				2:44	***1:56***	0:38	***0:15***										
4	**447**	**Hoofd, Catherine**	**51:34**	1:20	3:39	**7:00**	**7:40**	12:56	19:04	22:45	27:00	28:06	31:12	33:57	43:28	44:38	45:56
		GVOC		1:20	2:19	***3:21***	***0:40***	5:16	6:08	3:41	4:15	***1:06***	3:06	2:45	9:31	1:10	1:18
				48:16	50:40	51:14	51:34										
				2:20	2:24	0:34	0:20										
	366	**Guillermic, Reine-M**	**dnf**	2:11	5:33	22:40	23:51	1:08:38	1:22:53	-----	-----	-----	-----	-----	1:35:19	-----	-----
		CdB		2:11	3:22	17:07	1:11	44:47	14:15						12:26		
				-----	-----	1:42:22	1:43:13		*1:25:58*								
						7:03	0:51		**134*								
	425	**Caulfield, Rachel**	**dnf**	4:45	10:13	40:33	41:57	46:34	59:05	1:12:19	1:18:48	1:34:04	-----	1:45:50	-----	-----	-----
		GVOC		4:45	5:28	30:20	1:24	4:37	12:31	13:14	6:29	15:16		11:46			
				-----	-----	2:00:20	2:00:45		*1:55:36*								
						14:30	0:25		**105*								
W35-44 (4)				**2.4 km 0 m 13 C**												
				1(121)	2(123)	3(137)	4(132)	5(125)	6(145)	7(131)	8(141)	9(124)	10(144)	11(142)	12(138)	13(100)	F
1	**100**	**McNeil, Philippa**	**31:25**	1:45	5:23	**7:51**	**11:16**	**13:46**	**15:14**	**16:34**	**20:30**	**23:53**	**26:55**	**28:03**	**30:28**	**31:06**	**31:25**
		YOA		1:45	***3:38***	***2:28***	***3:25***	2:30	1:28	***1:20***	3:56	***3:23***	3:02	***1:08***	2:25	0:38	0:19
2	**411**	**Balakova, Andrea**	**31:55**	**1:30**	**5:18**	8:44	12:19	14:27	15:42	17:22	20:43	24:28	27:29	28:39	31:01	31:36	31:55
		GVOC		***1:30***	3:48	3:26	3:35	***2:08***	***1:15***	1:40	***3:21***	3:45	***3:01***	1:10	***2:22***	0:35	0:19
3	**370**	**Charles, Eileen**	**53:03**	2:07	6:18	17:17	25:29	28:07	29:50	31:35	35:40	40:48	46:25	48:20	52:14	52:47	53:03
		FWOC		2:07	4:11	10:59	8:12	2:38	1:43	1:45	4:05	5:08	5:37	1:55	3:54	***0:33***	***0:16***
	454	**Penner, Dorothy**	**mp**	2:28	16:56	51:20	-----	-----	-----	-----	-----	-----	-----	1:19:00	1:29:09	1:30:26	1:30:48
		EOOC		2:28	14:28	34:24								27:40	10:09	1:17	0:22

Pl	Stno	Name	Time													
W45-54 (6)				**2.0 km**	**0 m**	**9 C**										
				1(110)	2(123)	3(145)	4(131)	5(132)	6(125)	7(135)	8(142)	9(100)	F			
1	**369**	**Rowlands, Jane**	**28:49**	**2:38**	**6:06**	**10:13**	**13:40**	**16:43**	**19:10**	**24:12**	**25:17**	**28:28**	**28:49**			
		FWOC		***2:38***	***3:28***	***4:07***	3:27	3:03	2:27	***5:02***	***1:05***	3:11	0:21			
2	**396**	**Savard, Gabrielle**	**30:36**	3:36	7:31	13:29	14:55	17:38	19:57	26:56	28:04	30:18	30:36			
		FWOC		3:36	3:55	5:58	***1:26***	***2:43***	***2:19***	6:59	1:08	***2:14***	0:18			
3	**389**	**Winn, Teresa**	**36:15**	3:32	7:01	18:05	19:49	22:40	25:32	31:49	33:00	35:56	36:15			
		FWOC		3:32	3:29	11:04	1:44	2:51	2:52	6:17	1:11	2:56	0:19			
4	**386**	**Melnik, Lara**	**58:26**	21:28	27:21	31:53	34:19	38:47	43:01	51:15	52:36	58:09	58:26			
		YOA		21:28	5:53	4:32	2:26	4:28	4:14	8:14	1:21	5:33	***0:17***			
5	**418**	**Hendrigan, Holly**	**1:19:14**	6:01	11:14	19:45	25:41	30:05	33:48	1:14:13	1:15:30	1:18:47	1:19:14			
		GVOC		6:01	5:13	8:31	5:56	4:24	3:43	40:25	1:17	3:17	0:27			
6	**382**	**MacKeigan, Linda**	**1:43:27**	5:33	16:40	22:11	25:15	31:43	42:09	1:36:17	1:37:37	1:43:02	1:43:27			
		YOA		5:33	11:07	5:31	3:04	6:28	10:26	54:08	1:20	5:25	0:25			
W55-64 (12)				**1.7 km**	**0 m**	**10 C**										
				1(130)	2(110)	3(123)	4(125)	5(145)	6(144)	7(135)	8(133)	9(138)	10(100)	F		
1	**402**	**Scheck, Barbara**	**22:46**	**2:42**	5:34	**8:34**	**10:44**	**12:19**	**16:22**	**17:29**	**18:38**	**21:41**	**22:23**	**22:46**		
		YOA		***2:42***	2:52	***3:00***	2:10	***1:35***	***4:03***	***1:07***	***1:09***	3:03	0:42	0:23		
2	**81**	**Owen, Marion**	**27:21**	3:35	5:32	9:24	13:04	15:15	20:31	21:51	23:11	26:11	27:03	27:21		
		FWOC		3:35	1:57	3:52	3:40	2:11	5:16	1:20	1:20	***3:00***	0:52	0:18		
3	**93**	**Pearson, Angela**	**28:09**	3:13	4:54	8:58	11:11	14:02	19:37	22:25	24:07	27:07	27:49	28:09		
		EOOC		3:13	1:41	4:04	2:13	2:51	5:35	2:48	1:42	***3:00***	0:42	0:20		
4	**390**	**Anderson, Hilary**	**31:12**	3:49	5:36	11:07	14:13	16:32	23:05	24:42	26:23	30:08	30:52	31:12		
		GVOC		3:49	1:47	5:31	3:06	2:19	6:33	1:37	1:41	3:45	0:44	0:20		
5	**433**	**McKenna, Karen**	**32:13**	2:44	**4:14**	10:13	12:17	14:50	19:50	22:08	23:30	31:16	31:50	32:13		
		YOA		2:44	1:30	5:59	***2:04***	2:33	5:00	2:18	1:22	7:46	***0:34***	0:23		
6	**421**	**Rennie, Robyn**	**36:26**	14:24	15:44	19:20	21:24	23:01	27:52	29:30	30:49	35:20	36:04	36:26		
		GVOC		14:24	***1:20***	3:36	***2:04***	1:37	4:51	1:38	1:19	4:31	0:44	0:22		
7	**69**	**Jansson, Ann**	**37:21**	3:42	6:10	11:35	15:03	17:51	25:21	28:04	30:30	34:58	36:50	37:21		
		Alvsby IF		3:42	2:28	5:25	3:28	2:48	7:30	2:43	2:26	4:28	1:52	0:31		
8	**85**	**Woods, Joanne**	**39:27**	10:22	13:11	21:05	24:38	26:43	31:50	34:05	35:25	38:31	39:11	39:27		
		GVOC		10:22	2:49	7:54	3:33	2:05	5:07	2:15	1:20	3:06	0:40	***0:16***		
9	**394**	**Hogg, Mary-Lou**	**42:18**	3:42	6:01	13:04	18:13	20:45	32:16	34:11	36:21	40:42	41:53	42:18		
		EOOC		3:42	2:19	7:03	5:09	2:32	11:31	1:55	2:10	4:21	1:11	0:25		
10	**368**	**Kasperski, Kim**	**47:12**	9:31	11:46	17:07	24:34	27:06	36:21	38:53	41:20	45:16	46:52	47:12		
		EOOC		9:31	2:15	5:21	7:27	2:32	9:15	2:32	2:27	3:56	1:36	0:20		
11	**408**	**Maddison, Sidney**	**2:04:31**	13:26	16:26	41:00	46:30	1:09:46	1:32:14	1:34:22	1:44:09	2:02:16	2:03:37	2:04:31		
		YOA		13:26	3:00	24:34	5:30	23:16	22:28	2:08	9:47	18:07	1:21	0:54		
	417	**Cowling, Anne**	**dnf**	21:54	26:24	1:37:48	-----	-----	-----	-----	-----	-----	1:55:43	1:56:12		
		FWOC		21:54	4:30	1:11:24							17:55	0:29		
W65-74 (2)				**1.7 km**	**0 m**	**10 C**										
				1(130)	2(110)	3(123)	4(125)	5(145)	6(144)	7(135)	8(133)	9(138)	10(100)	F		
1	**380**	**Lachance, Karen**	**41:18**	**5:38**	**7:56**	**18:53**	**21:34**	**23:45**	**30:38**	**32:59**	**35:01**	**39:29**	**40:44**	**41:18**		
		GVOC		***5:38***	***2:18***	***10:57***	***2:41***	***2:11***	***6:53***	***2:21***	***2:02***	***4:28***	***1:15***	***0:34***		
	398	**Behie, Alda**	**dnf**	40:55	48:17	1:08:02	1:12:51	1:25:52	-----	-----	-----	-----	-----	2:19:35		
		FWOC		40:55	7:22	19:45	4:49	13:01						53:43		
W75-79 (1)				**1.6 km**	**0 m**	**10 C**										
				1(105)	2(129)	3(110)	4(123)	5(111)	6(135)	7(134)	8(133)	9(138)	10(100)	F		
1	**405**	**Donald, Shirley**	**50:03**	**4:17**	**12:21**	**15:26**	**23:13**	**32:32**	**35:28**	**38:48**	**41:53**	**48:22**	**49:34**	**50:03**		
		KOC		***4:17***	***8:04***	***3:05***	***7:47***	***9:19***	***2:56***	***3:20***	***3:05***	***6:29***	***1:12***	***0:29***		
W80-84 (1)				**1.6 km**	**0 m**	**10 C**										
				1(105)	2(129)	3(110)	4(123)	5(111)	6(135)	7(134)	8(133)	9(138)	10(100)	F		
1	**82**	**Leduc, Nesta**	**52:03**	**11:16**	**13:59**	**16:19**	**25:18**	**34:29**	**37:31**	**40:42**	**43:42**	**50:11**	**51:35**	**52:03**		
		YOA		***11:16***	***2:43***	***2:20***	***8:59***	***9:11***	***3:02***	***3:11***	***3:00***	***6:29***	***1:24***	***0:28***		
Open M1 (1)				**1.6 km**	**0 m**	**8 C**										
				1(102)	2(103)	3(104)	4(106)	5(107)	6(108)	7(109)	8(100)	F				
1	**384**	**Pearson, Phineas**	**25:24**	**2:35**	**4:44**	**7:24**	**10:26**	**14:59**	**18:13**	**22:26**	**25:02**	**25:24**				
		YOA		***2:35***	***2:09***	***2:40***	***3:02***	***4:33***	***3:14***	***4:13***	***2:36***	***0:22***				
Open M2 (1)				**2.7 km**	**0 m**	**13 C**										
				1(103)	2(104)	3(146)	4(143)	5(114)	6(113)	7(112)	8(119)	9(117)	10(118)	11(115)	12(120)	13(100)	F
	367	**Limpalaer, Eric**	**mp**	**3:49**	**6:06**	**22:35**	-----	50:03	53:22	1:05:12	1:07:36	1:11:03	1:15:05	1:20:06	1:22:25	1:25:04	1:25:52
		CdB		***3:49***	***2:17***	***16:29***		27:28	3:19	11:50	2:24	3:27	4:02	5:01	2:19	2:39	0:48
Open M3 (1)				**2.4 km**	**0 m**	**14 C**										
				1(102)	2(101)	3(116)	4(109)	5(147)	6(143)	7(148)	8(150)	9(100)	10(138)	11(133)	12(134)	13(120)	14(100)
				F													
1	**453**	**Frenette, Kevin**	**1:03:45**	**1:40**	**4:17**	**12:33**	**22:30**	**24:44**	**27:29**	**30:17**	**38:06**	**40:35**	**47:18**	**53:31**	**55:42**	**1:01:28**	**1:03:28**
		EOOC		***1:40***	***2:37***	***8:16***	***9:57***	***2:14***	***2:45***	***2:48***	***7:49***	***2:29***	***6:43***	***6:13***	***2:11***	***5:46***	***2:00***
				1:03:45													
				0:17													

Pl	Stno	Name	Time														
Open W2 (1)				**2.7 km**	**0 m**	**13 C**											
				1(103)	2(104)	3(146)	4(143)	5(114)	6(113)	7(112)	8(119)	9(117)	10(118)	11(115)	12(120)	13(100)	F
	448	**Purvis, Elissa**	**mp**	**2:51**	**4:24**	**12:39**	-----	39:17	42:41	51:06	54:29	57:31	1:09:19	1:13:09	1:15:58	1:19:19	1:19:47
		YOA		***2:51***	***1:33***	***8:15***		26:38	3:24	8:25	3:23	3:02	11:48	3:50	2:49	3:21	0:28
Open W3 (2)				**2.4 km**	**0 m**	**14 C**											
				1(102)	2(101)	3(116)	4(109)	5(147)	6(143)	7(148)	8(150)	9(100)	10(138)	11(133)	12(134)	13(120)	14(100)
				F													
1	**443**	**Beckett, Rowena**	**1:15:23**	1:48	8:47	**14:07**	29:33	31:09	38:32	42:20	50:53	53:33	57:41	**1:03:45**	**1:06:23**	**1:12:11**	**1:14:51**
		YOA		1:48	6:59	***5:20***	15:26	***1:36***	7:23	3:48	8:33	2:40	***4:08***	***6:04***	***2:38***	***5:48***	2:40
				1:15:23													
				0:32													
2	**378**	**Kiemele, Deb**	**1:35:20**	**1:39**	**6:55**	15:42	**25:24**	**28:28**	**31:24**	**34:07**	**39:58**	**42:30**	**47:10**	1:23:15	1:26:31	1:32:19	1:34:52
		YOA		***1:39***	***5:16***	8:47	***9:42***	3:04	***2:56***	***2:43***	***5:51***	***2:32***	4:40	36:05	3:16	***5:48***	***2:33***
				1:35:20													
				0:28													
Open W5 (1)				**1.7 km**	**0 m**	**10 C**											
				1(130)	2(110)	3(123)	4(125)	5(145)	6(144)	7(135)	8(133)	9(138)	10(100)	F			
1	**401**	**Nixon, Wendy**	**1:00:31**	**8:37**	**11:33**	**19:02**	**23:02**	**29:28**	**46:38**	**48:11**	**50:54**	**58:20**	**1:00:02**	**1:00:31**			
		YOA		***8:37***	***2:56***	***7:29***	***4:00***	***6:26***	***17:10***	***1:33***	***2:43***	***7:26***	***1:42***	***0:29***			
Group 1 (1)				**1.6 km**	**0 m**	**8 C**											
				1(102)	2(103)	3(104)	4(106)	5(107)	6(108)	7(109)	8(100)	F					
1	**377**	**Rowlandson, Karen**	**30:53**	**2:57**	**4:16**	**7:41**	**11:57**	**16:03**	**19:59**	**24:34**	**30:17**	**30:53**					
		Ottawa OC		***2:57***	***1:19***	***3:25***	***4:16***	***4:06***	***3:56***	***4:35***	***5:43***	***0:36***					
Group 2 (1)				**2.7 km**	**0 m**	**13 C**											
				1(103)	2(104)	3(146)	4(143)	5(114)	6(113)	7(112)	8(119)	9(117)	10(118)	11(115)	12(120)	13(100)	F
	476	**Boorse/Ho, Loretta/**		-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	
		YOA															
Group 3 (4)				**2.4 km**	**0 m**	**14 C**											
				1(102)	2(101)	3(116)	4(109)	5(147)	6(143)	7(148)	8(150)	9(100)	10(138)	11(133)	12(134)	13(120)	14(100)
				F													
1	**436**	**Quilley, Benjamin**	**1:31:48**	**1:40**	**8:12**	**21:48**	42:13	**44:06**	49:07	51:33	**57:22**	**1:00:48**	**1:02:54**	**1:24:17**	**1:25:50**	**1:29:14**	**1:31:30**
		EOOC		***1:40***	6:32	13:36	20:25	***1:53***	5:01	***2:26***	***5:49***	***3:26***	2:06	21:23	1:33	3:24	***2:16***
				1:31:48													
				0:18													
2	**435**	**Quilley, Suzanne**	**1:31:56**	1:47	8:16	22:02	42:10	44:13	**49:02**	**51:29**	57:24	1:00:56	1:02:59	1:24:27	1:25:58	1:29:16	1:31:32
		EOOC		1:47	***6:29***	13:46	20:08	2:03	***4:49***	2:27	5:55	3:32	***2:03***	21:28	***1:31***	***3:18***	***2:16***
				1:31:56													
				0:24													
3	**431**	**Hitch, Doug**	**1:47:23**	3:06	12:44	24:48	39:44	44:14	50:21	55:48	1:07:18	1:46:51	-----	-----	-----	-----	-----
		YOA		3:06	9:38	***12:04***	14:56	4:30	6:07	5:27	11:30	39:33					
				1:47:23		*1:29:42*	*1:34:57*	*1:42:58*									
				0:32		**133*	**134*	**120*									
3	**432**	**Chapelle, Marlene**	**1:47:23**	3:02	12:25	24:50	**39:40**	44:16	50:18	55:30	1:07:59	1:16:44	1:19:35	1:30:17	1:35:12	1:42:54	1:46:49
		YOA		3:02	9:23	12:25	***14:50***	4:36	6:02	5:12	12:29	8:45	2:51	***10:42***	4:55	7:42	3:55
				1:47:23		*1:46:50*											
				0:34		**100*											
M85+ (1)				**1.6 km**	**0 m**	**10 C**											
				1(105)	2(129)	3(110)	4(123)	5(111)	6(135)	7(134)	8(133)	9(138)	10(100)	F			
1	**395**	**Scott, Don**	**2:08:23**	**8:23**	**21:59**	**27:47**	**43:06**	**1:15:09**	**1:30:45**	**1:45:08**	**1:51:07**	**2:04:20**	**2:07:15**	**2:08:23**			
		EOOC		***8:23***	***13:36***	***5:48***	***15:19***	***32:03***	***15:36***	***14:23***	***5:59***	***13:13***	***2:55***	***1:08***			